

CLASSES SEPTEMBER-DECEMBER 2023

Registration Opens:

Wednesday, September 6, 2023

10:00am



FALL 2023

Oasis keeps your mind active, your body moving, and your life enriched!



Sponsored by:



Dear Oasis Friends,

Happy fall! As I write this, we are in the midst of 100+ degree temperatures. I like the heat (it's dry, you know!) but fall is my favorite season of all, and I look forward to cool, crisp weather, and a new assortment of Oasis classes.

Oasis is fortunate to have a committed and passionate staff. Lisa Lerner has been on board for almost 9 years, Vicki DeVigne for 8+ years, Cynthia LaCoe-Maniaci for 6 years, Becky Kenny (who is now working remotely from the Austin, TX area) for 4.5 years, and Sylvia Giomi for 4 years. I've had the good fortune to be the Oasis Executive Director for 9.5 years. We have a lot of fun and good laughs daily! We love seeing all of you - you make our day and are the reason we come to work every day!

A warm welcome goes out to our new office manager, Adam Fischler. He is located in the office right behind the front desk. Please introduce yourself the next time you're in for a class.

Mark your calendar for our **Rediscover Oasis**, taking place on Thursday, September 14th from 10:00-noon right here at the Oasis center. We've had different names for this open house over the years (Celebrate Oasis and Taste of Oasis). We have all sorts of fun and unique activities planned, and we hope you bring your friends and introduce them to Oasis - an amazing local treasure!

See you this fall!

Kathleen

Kathleen Raskob
Executive Director

Left to Right - Sylvia Giomi, Lisa Lerner, Kathleen Raskob, Adam Fischler, Vicki DeVigne, Cynthia LaCoe-Maniaci. Becky Kenny is working from Texas.

Our Mission

By offering challenging programs in the arts, humanities, science, wellness, and volunteer service, Oasis creates opportunities for older adults to continue their personal growth and meaningful service to the community.

Oasis Affiliation

Oasis Albuquerque is a non-profit organization affiliated with the Oasis Institute in St. Louis, Missouri, which was founded in 1982. Nationally, Oasis is active in over 250 communities and reaches more than 50,000 individuals each year.

Join Oasis

Oasis is open to all adults regardless of gender, race, creed, ethnicity, age, national origin, or religion. To join, complete the New Participant Form available at the Oasis office or on the inside back cover of this catalog. Or join Oasis online at www.oasisabq.org.

The Oasis Center

Hours: 9:00am - 4:30pm Monday - Thursday
9:00am - 4:00pm Friday

American Square Shopping Center
3301 Menaul Blvd. NE, Suite 18, Albuquerque

Mail: PO Box 35518, Albuquerque, NM 87176

Phone: (505) 884-4529 Fax: (505) 884-4942

Email: oasisabq@oasisnet.org

National Website: www.oasisnet.org

Albuquerque Info: www.oasisabq.org



Rediscover Oasis!

Albuquerque
Oasis
Lifelong Adventure

Bring Your Friends!

Thursday, September 14, 2023 10:00 am-12:00 pm at Oasis Albuquerque, 3301 Menaul Blvd, Ste 18

Mini Concert by The Oasis Entertainers!

Door Prizes!

Exercise Demonstrations & Balance Screenings

Blue Cross & Blue Shield Care Van

Refreshments

Remote Control (RC) Balloons!



Photo courtesy of Horizons Albuquerque

Oasis Intergenerational Tutoring Program

Life changing moments start here!



We work with students one-on-one, for one hour weekly, creating opportunities to encourage reading and learning to help build a child's self-esteem and to provide a space for intergenerational communication.

Our team of trained volunteer reading mentors are part of a community that appreciates the joy of reading.

Visit our website www.oasisabq.org/tutoring or contact Vicki at Oasis at 505-884-4529 to learn about the program and how to join our upcoming trainings this September and October.

The Society of Layerists in MultiMedia (SLMM) October 6 – December 19, 2023

Exhibition may be viewed during Oasis office hours.

This network of artists shares a holistic perspective that everything is connected. Layered art is not a style, nor a method of making art.

Rather, the art piece itself is a culmination of the artist's human experience and intention while working with the medium and often, there is a sense of something 'other' than the physical.

Opening Reception is Friday, October 6th, 2:00-3:30.

Art Show begins Friday, October 6th and runs through Tuesday, December 19th.

The Oasis Art Gallery



Cherry Blossoms , 1 acrylic media, gold leaf, resin by Jessica Nojek

Oasis Class Formats

Oasis offers classes in four formats. As you browse the catalog you will see icons next to course locations, each representing the class type or location. Offsite locations are also listed on pages 48-49 and on our website.

Oasis On-Site

Class is held at the Oasis office located at 3301 Menaul Blvd. NE, Suite 18.

Off-Site

Class is held at a location other than Oasis. You will receive the address of the specific site on your receipt/registration confirmation.

Walk or Hike

Class is held at a location other than Oasis. You will receive the address of the specific site on your receipt/registration confirmation. Please read the class description to learn about special circumstances such as terrain, restroom, and/or parking availability.

Zoom Class

Class is held virtually on Zoom. You will receive a link to access the class, including the meeting ID and password, via email one day prior to your class. The easiest way to access Zoom is by clicking on the link that is emailed to you. For more information on how to use Zoom, visit our website www.oasisabq.org.

Inclement Weather Policy

When our area experiences snowy weather, please check your email for class updates or call the Oasis office at 505-884-4529. If we can offer a class via Zoom (in lieu of in-person), we will do so. We will do our best to reschedule other classes that can't switch to Zoom.

On the cover: Tutoring photo courtesy of Horizons Albuquerque; Sandhill cranes

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LECTURES

ART


Drawing & Observation:**Art Workshop****101***Stephen Vosa*

Mon & Fri **Sep 11 - Oct 20** **10:00 - 12:00**
Fee: \$150 **12 sessions**  **Oasis**

Back by popular demand! A course for anyone who wishes to gain knowledge and understanding through drawing. Students study form, value, light & shadow, perspective, gesture, and composition. Each class builds on the previous lesson with step-by-step instruction. Examples of each lesson in other works of art are shown. No previous study is necessary, and no one is too advanced to practice these essentials of drawing. *Bring \$10 materials fee payable to instructor (cash or check) at the first class. Limited enrollment.*

Steve Vosa has been drawing for most of his life. He is a graduate of Vesper George School of Art in fine art and commercial art and has worked professionally as a graphic artist/illustrator for more than 30 years. He has taught drawing and observation classes numerous times over the years.

Beyond Basics Mosaics Workshop**102***Jill Gatwood*

Monday **Sep 18** **12:30-4:30**
Tuesday **Sep 19** **12:30-2:30**
Fee: \$55 **2 sessions**  **Oasis**

Craft your own mosaic masterpiece in just two days. Join a hands-on class where you'll learn design, tile cutting, adhesives, and grouting. Gatwood introduces techniques for creating outdoor pieces, wall murals, backsplashes, and

mosaic sculptures. No artistic ability or experience is necessary, but experienced mosaic artists will also find value in this class. *All tiles, tools, and other supplies are provided in class. Bring \$25 materials fee payable to instructor at first class (cash or check). Limited enrollment.*

Jill Gatwood is an avid hiker and naturalist. When not exploring New Mexico, she creates custom mosaic mailboxes and teaches Introduction to Mosaic Art classes through UNM Continuing Education and the Harwood Art Center.

Riso Printing Demo & Studio Tour**103***Lauren Harms*

Monday **Sep 25** **12:30 - 2:00**
Fee: \$15  **Next Chapter Studio**



Photo courtesy of Lauren Harms

Riso is a print process that is a cross between digital duplication and screen printing. Color is printed one at a time, and the fluorescent inks are unique to Riso. It's also eco-friendly – the inks are soy and vegetable-based, and the machines use little power. Tour Next Chapter's Nob Hill location (working studio and gift shop) and watch a demonstration of the printing process.

Next Chapter Studio specializes in Riso-printed cards, stationery, and art prints. They design, print,

and assemble all products in their Albuquerque studio. Next Chapter Studio was founded by Lauren Harms and Brian Gilbreath in New York City in 2018 and moved to Albuquerque in 2020.

Old Books to New Art 104
Irene Newlon
Thursday **Sep 28** **10:00 - 12:00**
Fee: \$15 🌿 Oasis



Photo courtesy of Irene Newlon

This workshop focuses on creating attractive and decorative pieces from books that have seen better days! In this workshop, you will make a flower arrangement and a unique birdhouse. You will also receive information on other art pieces using recycled books. *Bring \$5 materials fee payable to instructor. Limited enrollment.*

Irene Newlon is the former director of several non-profits and has been a consultant, trainer, and facilitator on topics such as writing, mediation, management, self-growth, and improvement. She has a bachelor’s degree in English and a master’s in sociology/education.

Photography: The Art of Seeing 105
Richard Kozak
Monday **Oct 23** **10:00 - 11:30**
Fee: \$12 🌿 Oasis

We are fortunate to have the ability to take a photograph almost as easily as blinking our eyes. Most people have a cell phone, a point-and-shoot camera, or a more sophisticated camera that allows them to take award-winning photographs. But why are the photos not always spectacular? Photojournalist Rick Kozak shares 40 years of tips and insights about lighting, composition, color, subject, and more. Learn techniques to make your photographs spectacular.

Rick Kozak, national award-winning photojournalist, spent more than 30 years covering politics, sports, national events, and wars in Africa, Central America, Afghanistan, and Iraq. He has worked for major news outlets such as *The Washington Times*, *Time Magazine*, *US News & World Report*, *Smithsonian Magazine*, and *Science Magazine*.

Glass-on-Glass Mosaic Suncatcher Workshop 106
Erika Harding
Monday **Oct 23** **12:00-4:00**
Tuesday **Oct 24** **12:00-2:30**
Fee: \$55 **2 sessions** 🌿 Oasis

Use stained glass on a glass substrate to make beautiful, light-catching mosaic suncatchers! These will be perfect for your window or as holiday gifts. This two-day class is appropriate for beginners and more experienced glass or mosaic artists. *All glass, tools, and other supplies are provided in class. Participants are encouraged to wear provided safety glasses and gloves. Bring \$25 materials fee payable to instructor at first class (cash or check). Limited enrollment.*

Erika Harding runs Erika Harding Mosaics, where she teaches mosaics and does mosaic commissioned pieces. She is a consultant by day and has just launched a new community arts education center in downtown called The Groove Artspace.

Tour of Kei & Molly Textiles **107**

Kei Tsuzuki & Molly Luethi


Tuesday **Oct 24** **10:00 - 11:00**
Fee: \$18  **Kei & Molly Textiles**

Back by popular demand! Kei & Molly Textiles is a textile design company committed to creating hand-printed artisan-quality fabric goods while doing good. Their printing studio follows a goal of creating good jobs for immigrant and refugee women in our community. Take a tour of the company to learn what they do, see the printing process, and ask questions, followed by an opportunity to start your holiday shopping in their store! *Limited enrollment.*

Kei Tsuzuki and Molly Luethi are friends, mothers, and printers who started their social enterprise as a way to give back to their community. Located close to the International District, the printing studio provides work, skills, and support for recent immigrants looking to build a better life. Today, the studio staff is comprised of women from nine countries who speak twelve different languages.

Mosaic Coaster Holiday Gifts Workshop **108**

Jill Gatwood

Thursday **Nov 2** **12:00-4:00**
Friday **Nov 3** **12:00-2:00**
Fee: \$55 **2 sessions**  **Oasis**


Create four to six mosaic tile coasters (or more, if time allows) as gifts for friends, family, or yourself! This is an easy mosaic art project that will be fun for experienced mosaic artists or

complete newbies. These can be as complex or simple as you like. *All materials including mosaic tiles, cutters, adhesive, porcelain tile bases, and cork bottoms will be supplied. Bring \$20 materials fee payable to the instructor at the first class (cash or check). Limited enrollment.*

See bio in class #102.

Holiday Cards: Lino-cut Printing **109**

Carol Sanchez

Wed & Thu **Nov 8 - Nov 9** **12:30 - 3:30**
Fee: \$65 **2 sessions**  **Oasis**

Come be creative in this two-session printing class! Participants design and print their own holiday cards in lino-cut print. Lino-cut is a relief printmaking process in which the white or negative areas of a linoleum block are carved away, and the surface is printed onto paper. *Participants should come prepared with ideas or designs they would like to try on a holiday card. All materials will be provided with a \$15 materials fee (cash or check) payable to the instructor at the first class. Limited enrollment.*

Carol Sanchez has a printmaking studio at the Harwood Art Center, where she teaches and creates art. She earned a BFA from UNM and an MFA from SUNY at Albany, both in printmaking.

The Sky is the Limit: Pastel Landscapes Workshop **110**

Susan Roden

Mon & Tue **Nov 13 - Nov 14** **9:30 - 12:30**
Fee: \$55 **2 sessions**  **Oasis**

Create two vibrant landscapes of white clouds in blue skies, with a focus on varied techniques and substrates during a two-day session. A comprehensive study of clouds increases one's ability to observe, the power of underlaid colors,

and technical ability with pastels. Demos, group exercises, and individualized rendering will enable all with little or no artistic experience to create two powerful pastels. *All materials provided; bring materials fee of \$18 payable to instructor (cash or check) on first day of class. Limited enrollment.*

Susan Roden is a juried member with the Catharine Lorillard Wolfe Art Club (New York), a distinguished pastelist, and past president of the Pastel Society of New Mexico. She has exhibited nationally, and her paintings have been featured in *Décor & Style*, *The Pastel Journal*, *San Diego Home/Garden Lifestyles*, and *Pastel Artist International Magazine*.

CONSUMER

Making the Most of Medicare: Prepare for Fall Open Enrollment 111

Kris Winterowd

Wednesday **Sep 27** **10:00 - 11:30**
Fee: \$6  **Oasis**


Discover ways to reduce your Medicare costs and maximize benefits during the upcoming Medicare Open Enrollment (October 15th to December 7th). Changes in Medicare health and drug plans occur annually, affecting cost, coverage, providers, and pharmacies. Your health needs and medications also may have changed. Gain insights from an unbiased source on optimizing your Medicare benefits. Even if you're satisfied with your current coverage, it's beneficial to compare plans with a SHIP counselor before the enrollment period ends.

Kris Winterowd, NE Regional Coordinator for the State of New Mexico's State Health Insurance Assistance Program (SHIP), has a master's in education as well as extensive training from the Centers for Medicare and Medicaid (CMS). SHIP is part of the New Mexico Aging and Long-Term Services Department, and offers free, unbiased, expert information and assistance.

Savvy Social Security

112


Brad Yablonsky

Wednesday **Oct 4** **10:00 - 11:30**
Fee: \$12  **Oasis**

Brad Yablonsky answers all your questions about Social Security. We all pay into this system every time we get a paycheck, yet most of us don't really understand how the benefits work. There are hundreds of different ways to claim, and people are leaving money on the table due to lack of education. This presentation bridges the information gap and allows for informed, educated decision making.

Brad Yablonsky, a financial advisor at RBC Wealth Management, specializes in Social Security and Medicare benefits, seamlessly integrating them into comprehensive retirement planning. Brad is a graduate of Rutgers University and possesses Series 7, Series 66, and Insurance licenses. He serves on the board of the Senior Citizens Law Office and La Vida Llena.

Recycling Center Tour 1 113

Thursday **Oct 12** **9:00 - 10:00**
Fee: \$18  **BARCO Recycling**

Recycling Center Tour 2 114

Thursday **Oct 12** **1:00 - 2:00**
Fee: \$18  **BARCO Recycling**

Get an in-depth look at the recycling center in Albuquerque. Recycling staff discuss the history of the recycling effort and lead a tour of the facility, explaining the process that occurs from the time an item arrives at the facility to when it leaves. *Not handicap accessible; please wear closed-toe shoes, long pants, and jackets; no high heels; you will be climbing stairs. Tour is noisy and dirty. Limited enrollment.*

CURRENT EVENTS

Current Events & Issues

Discussion Group ZOOM 115

Mondays **Sep 18 - Nov 20** **9:15 - 10:45**
Fee: \$35 **6 sessions**  **Zoom**

Join us for bi-weekly Zoom discussions on current events and group selected issues. Recent topics: gun issues in NM, indigenous people's history and plight, climate change, challenges in China's government and society, American healthcare, global famine, US labor force demographics, and overcoming political gridlock. Sessions are led by group members who compile relevant readings (25-30 pages) and then lead the discussions. Engage with thoughtful, open-minded individuals in stimulating and informative discussions. *(Class meets on 9/18, 10/2, 10/16, 10/23, 11/6 and 11/20.) Limited enrollment.*

Cannabis: Behind the Scenes at Ultra Health's Manufacturing Lab 1 116

Wednesday **Oct 18** **9:30 - 10:45**
Fee: \$18  **Bernalillo Cannabis Dispensary**

Cannabis: Behind the Scenes at Ultra Health's Manufacturing Lab 2 117

Wednesday **Oct 18** **11:00 - 12:15**
Fee: \$18  **Bernalillo Cannabis Dispensary**

Ultra Health's state-of-the-art production facility in Bernalillo is a comprehensive cannabis production site that exhibits all of the functions of a cannabis operation from seed to sale. Tour the on-site dispensary, manufacturing lab, post-harvest warehouse, as well as more than 100,000 square feet of cultivation capacity. The site hosts two 35,000 square foot greenhouses and several cold frame structures to house cannabis plants as they grow to maturity. *Not handicap accessible; please wear closed-toe shoes, you will be walking and standing throughout the tour. Limited enrollment.*

Latin American Immigration & Asylum 118

Kimberly Gauderman

Thursday **Oct 19** **12:30 - 2:00**
Fee: \$12  **Oasis**



Kimberly Gauderman discusses migration from Central America's Northern Triangle (Guatemala, Honduras, and El Salvador) to the US, focusing on country conditions that push people to leave their homes and the perils they face in crossing Mexico and entering the US asylum system. As an expert witness in Latin American asylum cases since 2010, Gauderman includes an explanation of the asylum process and the growing restrictions that prevent asylum seekers from finding safety in the US, a right that is guaranteed in US and international law.

Kimberly Gauderman received her PhD in Latin American History at UCLA and joined the UNM's history department in 1998. She is the 2020 Distinguished Feminist Research Lecturer at UNM, awarded by the Feminist Research Institute.

Everything You Wanted to Know About CBD & Then Some 119


Kelly Buttermann


Tuesday **Oct 24** **12:30 - 2:00**
Fee: \$12  **Oasis**

Curious about Cannabidiol (CBD)? This presentation helps you understand the benefits of

CBD. Kelly Butterman discusses how CBD works in the body, the best ways to take it, what conditions and symptoms it is helpful for, and what to look for when purchasing a CBD product. Learn about some of the other lesser-known parts of the plant like CBN and CBG that are becoming more available.

Kelly Butterman is the head of education for the Verdes Foundation, a local, family-owned cannabis company. She has spent many years studying cannabis and has received 13 certificates through the Medical Cannabis Institute. Her passion is educating the public on the benefits that the cannabis plant can offer for health and wellness.


**Supreme Court Justice
Ketanji Brown Jackson** **120**
Andrew Schultz
Friday **Dec 1** **12:30 - 2:00**
Fee: \$12  **Oasis**

**Supreme Court Justice
Ketanji Brown Jackson ZOOM** **120.5**
Andrew Schultz
Friday **Dec 1** **12:30 - 2:00**
Fee: \$12  **Zoom**

Justice Ketanji Brown Jackson was appointed to the Supreme Court to replace Justice Stephen Breyer. Her impact on the Court is just beginning to be felt as she completed her first full term. Andrew Schultz reviews Justice Jackson's brief tenure on the Court and discusses her role in a number of the Court's most significant recent decisions, including cases dealing with affirmative action, voting rights, religious accommodation, and LGBTQ rights.

Andrew Schultz is a director at the Rodey Law Firm where he practices in the litigation department. He is the only graduate of the UNM Law School to serve as a law clerk at the US Supreme Court,

serving as clerk to Byron R. White. Schultz has been an adjunct professor at UNM's School of Law for more than 30 years. He is listed among the Top 25 Lawyers in New Mexico as compiled by Southwest Super Lawyers.

Living Dangerously? Asia in 2024 **121**
William Itoh
Tuesday **Dec 5** **10:00 - 11:30**
Fee: \$12  **Oasis**

After decades of peace and economic growth, Asia faces serious security challenges, including Taiwan's conflict with China and the ever-present North Korean threat. In Southeast Asia nascent democratic institutions are facing challenges from more authoritarian voices. US policy has never fulfilled the promise of a "Pivot to Asia." This session focuses on current security issues, political developments, and economic trends and their implications for US interests. *Presented in partnership with the World Affairs Council of Albuquerque.*

William Itoh is Professor of the Practice in the Department of Public Policy at the University of North Carolina. A career Foreign Service officer, he served as the White House's Executive Secretary of the National Security Council and as Ambassador to Thailand. He holds BA and MA history degrees from UNM.

**New Mexico's Upcoming
2024 Legislative Session** **122**
Lance Chilton & Camilla Feibelman
Wednesday **Dec 6** **12:30 - 2:00**
Fee: \$12  **Oasis**

So much of our everyday life depends on the actions of our volunteer New Mexico legislature. Everything from our children's education to the regulation of horse racing, the availability of medical care, and the care of our environment

depends on the legislature's brief sessions – this year only 30 days in length. How does a bill become a law, and how are bad bills stopped? How can we affect what happens there to be as much to our liking as possible?

Lance Chilton has been a child advocate for years and takes an annual month or two to work for the Legislative Finance Committee, analyzing bills mostly having to do with children or health. Camilla Feibelman is a registered lobbyist and Director of the Rio Grande Chapter of the Sierra Club with a great interest in protection of our beautiful New Mexico environment.

FOOD

Coffee History & Tasting at Cutbow Coffee

123

Paul Gallegos

Monday

Sep 25

9:00 - 11:00

Fee: \$28

 **Cutbow Coffee**



Learn about the history of coffee and the art of roasting from Artisan Coffee Roaster Paul Gallegos. Join him at Cutbow Coffee for a morning of coffee history and sampling some of his favorite roasts. Every cup you enjoy is proof of his passion for coffee. *Limited enrollment.*

Paul Gallegos has more than 25 years of experience roasting coffee. He has personally batch-roasted over 70 million pounds of coffee for Peet's Coffee. Cutbow Coffee is named in honor of Gallegos' late father, who was an avid fisherman in northern New Mexico waters.

Healthy Eating Made Simple

124

Renee Euler

Wednesday

Oct 25

12:30 - 2:00

Fee: \$12

 **Oasis**

Eating a health-promoting diet doesn't have to be mysterious or complicated. In this lecture, Renee Euler discusses healthy eating, while providing you with strategies for building a healthy diet into your daily routine. Learn which nutrients are important for aging, what "ultra-processed" foods are, and tips for reducing sodium intake. Come ready to interact with your peers as we learn how to read, understand, and compare food labels.

Renee Euler, MS, RDN, LD, is a Registered Dietitian Nutritionist in private practice specializing in gastrointestinal disorders. She received both her bachelor's and master's degrees in nutrition from UNM. Euler is also a faculty member at CNM.

Jaramillo Vineyard Tour & Tasting

125

Barbara & Robert Jaramillo

Tuesday

Oct 31

10:00 - 1:00

Fee: \$45

 **Jaramillo Vineyards**


Back by popular demand! Travel to Belen to visit a well-kept secret, Jaramillo Vineyards. Start your tour with Robert and Barb Jaramillo at their ten-acre vineyard, with more than 10,000 plants and 15 types of grapes. Then, drive to their tasting room, located in the historic 1909 Central Hotel in downtown Belen. (Driving instructions provided at the vineyard.) Taste six different wines and sample light appetizers, while you learn more about the winery's history and background. *You will be*

walking and standing on uneven ground during the tour. *Limited enrollment.*

Robert Jaramillo became an airline pilot after a stint in the Navy; he enjoyed some of the best wines of the world while traveling. He and his wife, Barbara, began growing grapes in New Mexico, following in the footsteps of his grandfather, Leopoldo Jaramillo, the largest wine producer in the Middle Rio Grande Valley prior to prohibition and his father, Salo, who grew grapes and made wine on a home-production scale.

Cooking Demo: Cooking for Improved Cognition & Memory 126

Fallon Bader

Monday **Nov 6** **10:00 - 12:00**
Fee: \$35  **Oasis**



Join Fallon Bader as she goes over tips and tricks for getting more brain-boosting foods into your diet. She explains and demonstrates four easy and delicious recipes that you can incorporate into your weekly rotation. She also highlights specific ingredients that are great to have in your fridge, pantry, and freezer. Recipes and tastings are provided. *Limited enrollment.*

Fallon Bader, Registered Dietitian Nutritionist (RDN), completed her bachelor's in nutrition at Penn State University, dietetic internship

at Cornell University, and master's in health education at UNM. She loves to show people how to use seasonal produce in tasty, accessible, and easy ways.

HEALTH


Why Am I Dizzy & What Can Be Done About It? 127

Janet Popp

Monday **Sep 18** **2:30 - 4:00**
Fee: \$6  **Oasis**

Why Am I Dizzy & What Can Be Done About It? ZOOM 128

Janet Popp

Monday **Sep 18** **2:30 - 4:00**
Fee: \$6  **Zoom**

Dizziness is not a normal part of aging, and there are many reasons why a person might develop this symptom. Janet Popp reviews some of the causes and recommendations for preventing, reducing, and/or managing dizziness. Take charge: address dizziness to be proactive with your health, prevent falls, and keep your independence.

Janet Popp, PT, MS, is a physical therapist, gerontologist, and service provider in the NM Developmental Disability Waiver Program. She chairs the New Mexico Adult Falls Prevention Coalition and is a member of a research team implementing a falls prevention program at the Pueblo of Zuni.

Stay Strong, Live Long: A Virtual Falls Prevention Awareness Event ZOOM 129

Wednesday **Sep 20** **11:00 - 2:00**
Fee: Free  **Zoom**

Join us for a unique virtual falls prevention event. This Zoom event features numerous speakers who

discuss the state of falls in the US and the leading risk factors for falls. You will be able to complete a falls prevention screening and a home hazard evaluation. In addition, you will be able to join in smaller group discussions on a variety of topics including neurological conditions, diabetes, blood pressure, foot care, and fracture risk. *Optional: Complementary viewing of the documentary, Saving Claire, before or after the event.*

Hands-Only CPR & AED Use with the Resuscitation Rangers 130

Resuscitation Rangers


Thursday Sep 28 2:30 - 4:00
Fee: \$6 

Back by popular demand! Do you know the signs and symptoms of a heart attack? Could you help someone who is having one? The Resuscitation Rangers teach you the principles of Early Heart Attack Care, which incorporates recognizing early signs and symptoms of someone in cardiac distress and calling 911. They provide instruction on administering hands-only cardiopulmonary resuscitation (CPR) and using an automated external defibrillator (AED) with hands-on exercises. *Limited enrollment.*

The Resuscitation Rangers is a volunteer program offered by Lovelace Health System, which includes the Heart Hospital of New Mexico at Lovelace Medical Center, dedicated entirely to cardiovascular care. The mission of the Rangers is to improve outcomes for heart attack and cardiac arrest victims through community education.

Natural Approaches for Enhancing Brain Function 131

Li Xu

Tuesday Oct 3 12:30 - 2:00
Fee: \$12 


Enhance your brain function, improve memory, and maintain cognitive vitality as you age through

the power of natural approaches. Li Xu presents five approaches to promoting brain health and preventing dementia. From acupressure and acupuncture to harnessing the benefits of herbs, supplements, exercises, and nutrition, she delves into practical strategies you can apply to your daily routine. Review the science behind these approaches; understand their mechanisms of action; and acquire actionable steps to reinforce your brain health.

Li Xu holds a PhD in acupuncture, is a DOM (Doctor of Oriental Medicine), and is a certified functional medicine practitioner. She has been learning and practicing acupuncture since 1995. In 2004, Xu moved to Albuquerque from China to teach acupuncture at Southwest Acupuncture College, and she continues to practice here at her clinic, HH Natural Medicine.

Health Disparities Are Bad For Everyone's Health 133

Enrique Cardiel

Wednesday Oct 4 2:30 - 4:00
Fee: \$12 


Health inequities are the systematic differences seen in the health of different groups in our society that result from social conditions. Examples include unhoused people dying 10-20 years younger than the average and African American women dying at a higher rate during child birth. Achieving health equity requires addressing the underlying social inequities. Public health, individual work, and policy change all can make a difference. Enrique Cardiel reviews these issues in general terms, then discusses work being done locally in our community.

Enrique Cardiel has been a public health promotion worker since 2001. He has a master's in public health. He has worked at the NM Department of Health, St. Joseph Community

Health, Bernalillo County, and is now with the Health Equity Council. He focuses on community level health through social and environmental aspects.

End-of-Life Options in NM 134

Janice Wilson

Thursday Oct 5 10:00 - 11:30
Fee: \$12 


End-of-life options in New Mexico include a wide range of choices now, from continuing with a variety of treatments to a conscious decision to find a peaceful death, including medical aid in dying. This presentation discusses all of these with an emphasis on important aspects of the Elizabeth Whitefield End-of-Life Options Act, passed in the 2021 NM legislative session.

Jan Wilson has volunteered with Compassion & Choices for ten years, making presentations about advanced healthcare planning and directives. Since the passage of the Elizabeth Whitefield End-of-Life Options Act, she has co-chaired the Public Outreach and Education Committee of the newly formed End-of-Life Options NM organization.

Make sure you read our weekly e-blasts to receive up-to-date news on added classes and other information!

Sleep & the Art of Napping ZOOM 135

Linda Mockeridge

Monday Oct 9 2:30 - 4:00
Fee: \$12 




Have trouble sleeping? Wonder why you're not sleepy at bedtime? In this class, we look at what to do throughout the day to support a good night's sleep. Learn how lighting, exercise, eating, drinking, TV watching, caffeine, bedroom set up, and other influences affect sleep quality. The do's and don'ts for that midday nap may be most helpful! This information can help you tweak a little habit that blocks your good night's rest.

Linda Mockeridge is a licensed clinical social worker (psychotherapist) in private practice and a senior teacher at the Shambhala Meditation Center of San Antonio. She has taught a wide range of topics on mental health and mindfulness in a variety of settings.

Powerful Tools for Caregivers ZOOM 136

Erin Tarica

Wednesdays Oct 11 - Nov 15 1:00 - 2:30
Fee: Free 6 sessions 

Caring for a family member or friend with a serious condition can be physically, emotionally, and financially draining. This six-week class provides tools to reduce stress, deal with difficult


emotions, and locate helpful resources, while living a more balanced life. Learn how to take care of yourself, while caring for a relative or friend, wherever they live: at home, in a facility, or across the country. *Limited enrollment.*

Powerful Tools for Caregivers is offered by the Family Caregiver Center of New Mexico, a local non-profit organization that supports family caregivers through the challenges of caring for those with chronic and disabling conditions.

**Can We Improve Cognition
As We Age?**

Janice Knoefel

Tuesday **Oct 17** **12:30 - 2:00**

Fee: \$12  **Oasis**


Back by popular demand! As we age, our brains change, sometimes for the good, sometimes not. Is there something we can do to preserve or even improve our minds as we age? The answer is yes. Find out about proven, medically-accepted ways to stack the odds in our favor, to preserve, and even enhance, cognitive and physical health as we age.

Janice Knoefel, MD, MPH, is a neurologist and geriatrician with more than 35 years of experience. She has been on the faculties of the University of Cincinnati, Boston University, and UNM, where she participates in clinical care, teaching, and research. She is especially interested in preventing the neurological diseases of aging.

**Living with Diabetes
& Navigating the Holidays**

Kathie Robinson & Laura Bowermaster

Tuesday **Nov 14** **12:30 - 2:00**

Fee: \$12  **Oasis**

Have you or a loved one been diagnosed with diabetes or pre-diabetes? Join us to learn more


about what it is and how to keep living a life you enjoy. We discuss eating and physical activity for people with diabetes and how to navigate the upcoming holiday season.

Facilitators Kathie Robinson, MS, RD, LD, CDCES, a Texas Woman’s University graduate, and Laura Bowermaster, MPH, RD, LD, CDCES, a graduate of NMSU, are both part of the Optum Diabetes Education team. They focus on helping patients navigate their diabetes diagnosis and find ways to live a healthy life.

Caring for Aging Feet

Janet Simon

Wednesday **Dec 6** **2:30 - 4:00**

Fee: \$12  **Oasis**

The average 50-year-old has taken enough steps to have walked around the world not once, not twice, but three times! It’s no surprise that we might have some aches and pains in our feet. Learn about common ailments, stepwise treatments, and best practices for preventative foot care, including how to best access it. Footwear recommendations are also discussed.

Janet Simon, Doctor of Podiatric Medicine, MEd, is executive director of the New Mexico Podiatric Medical Association and is a board-certified podiatric physician in Albuquerque with New Mexico Foot & Ankle Institute. She has more than 30 years of experience in clinical practice and serves as senior advisor to the Public Health Committees of the American Podiatric Medical Association and the American Public Health Association.

HISTORY

The Powerful History of Southwest France

Maya Sutton

Tuesday **Sep 19** **12:30 - 2:00**
Fee: \$12  **Oasis**

Southwest France has witnessed many marvels and horrors. Paleolithic artists made their exquisite cave paintings there 20,000 years ago. Greeks and Romans left their own cultural signs. The medieval town of Carcassonne survived Charlemagne's siege. Black Madonnas exist in Languedoc. In the 1200s, the Cathars were genocide victims of a crusade. Spanish civil war refugees fled over the Pyrenees. In the 1940s, partisans resisted Nazi occupation. Do the marvels outweigh the horrors?

Maya Sutton graduated from Georgetown University's School of Foreign Service and received her PhD from UNM. She is a dual citizen of the Republic of Ireland and the US. She taught courses in Celtic mythology and history at UNM for ten years. Her Celtic courses emphasize her personal experience with each area, including access to museums, authors, archives, and adventures. She has spent time in all the Celtic lands in Europe.

The Glory of Celtic Art

Maya Sutton

Tuesday **Oct 10** **12:30 - 2:00**
Fee: \$12  **Oasis**



141

Two thousand years ago, the Celts living in all of Europe produced glorious art. They adorned themselves with finely wrought gold. They created exquisite designs on cauldrons, coins, shields, and mirrors. They carved in stone and decorated the equipment of their beloved horses. By 800 CE, they combined writing with art in the treasures called illustrated manuscripts, such as the famous *Book of Kells*. Sutton explores what inspired these Celts.

See bio in class #140.

Sixty Years After the Kennedy Assassination

Bruce Held


Wednesday **Oct 11** **12:30 - 2:00**
Fee: \$12  **Oasis**

Lee Harvey Oswald was the lone gunman who killed President Kennedy. There was no dark conspiracy, but there was a coverup. Had the Secret Service, the FBI, and the CIA done their jobs properly, the President would have survived 11/22/63. The Soviet KGB and the Cuban DGI also covered up their secret relationships with the assassin.

Bruce Held is a former Associate Deputy Secretary of Energy and a CIA clandestine officer.

How the Jews Kept Their Secrets in Spain

Norma Libman

Thursday **Oct 26** **10:00 - 11:30**
Fee: \$12  **Oasis**


In 1492 Spain gave all non-Christians (Jews, Muslims, gypsies, anyone who could be defined as a heretic) a choice: leave, convert, or die. Many Jews converted but retained their Jewish practice in secret, risking apprehension for heresy. We look at how the Jews lived their secret lives in Spain at-

tempting to bridge two worlds. They later brought those same secrets to New Mexico and other parts of the New World.

Norma Libman specializes in topics such as T.S. Eliot, e.e. cummings, Columbus and the Jews of Spain, and Shakespeare's sonnets. She taught writing, literature, and humanities in Chicago, and now leads workshops and trips throughout New Mexico. She is a freelance journalist with degrees in education and literature from Northeastern Illinois University. Libman is an author of two award-winning books, *Lonely River Village* and *The Story of the Story*.

The Bayeux Tapestry: 200 Feet of History & Mystery **144**

Timothy Graham

Wednesday **Nov 1** **12:30 - 2:00**
Fee: \$12  **Oasis**


The Bayeux Tapestry is one of the world's great cultural artifacts. Offering a compelling account of the Battle of Hastings of 1066, it also provides unique insights into 11th-century everyday life. But who commissioned the Tapestry, and who made it? And how did King Harold really die? Timothy Graham addresses these questions and others in a richly illustrated presentation during which you have the opportunity to view the Tapestry's most compelling scenes.

Timothy Graham is a Distinguished Professor of history and a Regents' Professor in the College of Arts and Sciences at UNM. He served as director of the Institute for Medieval Studies from 2002-2020, organizing the acclaimed annual Medieval Spring Lecture Series. He holds BA, MA, and PhD degrees from Cambridge and an MPhil from the Warburg Institute, University of London. He is the author of *Introduction to Manuscript Studies*.

Tank Warfare!

145

Richard Field

Saturday **Nov 4** **10:00 - 11:30**
Fee: \$12  **Oasis**

Armored juggernauts! Achtung-Panzer! Tanks played a major role in ground warfare in World War II and are still a critical part of modern warfare, especially as illustrated by the Ukraine/Russia conflict. Which tank was superior: the T-34 or the Panther? What handheld anti-tank weapons revolutionized infantry versus tank warfare? Richard Field looks at tanks from all the major combatants of WWII and gives insights to understand tank warfare. Ukraine has had the ability to neutralize tanks, begging the question of tank viability in future wars.

Since middle school, Richard Field has been an avid student of history in general and military history in particular. He earned his BS and MS from East Stroudsburg University in Pennsylvania. He earned an MA from St. John's College in Santa Fe and a PhD from UNM. Field has taught at Albuquerque Academy since 1992. He is also a contributor to *Ancient History* magazine.

Paris as a Center of Art, Architecture & Learning in the 18th Century **146**

Charles Steen

Monday **Nov 6** **10:00 - 11:30**
Fee: \$12  **Oasis**

The early years of the century under Louis XIV were filled with defeat, famine, and unrest. Following his death, royal control collapsed and control by crown and church diminished, opening the way for the Enlightenment. Paris became a center for thought and new music, literature, and art. The city attracted creative individuals from across Europe and its culture influenced every land as it became the home of new thought and positive hopes.

Charlie Steen's classes place historical events in context with art, architecture, religion, and other cultural aspects of a period. He continues to teach western civilization at UNM part-time and is author of several books, including *A Cultural History of Early Modern Europe*. A graduate of UNM, he also holds a PhD in early modern European history from UCLA.

Enlightenment Becomes Revolution: Thought Becomes Politics in Paris 147

Charles Steen

Monday Dec 4 10:00 - 11:30
Fee: \$12  **Oasis**

Charlie Steen discusses the crucial time period of 1780-1804 in Paris. Bold new secular thinking was confronting an incompetent regime that continued to try to control politics and religion. Ideas that had been fostered in the Enlightenment became active forces advancing social freedom, political change, and demands for equality for women. The path forward was not smooth and there were many victims and failures, but the enduring triumph was the end of the Old Regime.

See bio in class #146.

Polluting the Pure: The American Eugenics Movement & German Racial Hygiene 174

Michael Nutkiewicz

Thursday Dec 7 10:00 - 11:30
Fee: \$12  **Oasis**

Michael Nutkiewicz illuminates a key historical moment in the United States and Germany when science supported racial and social discrimination. In the early decades of the 20th century, the American eugenics movement led to forced sterilization. In Germany, where eugenics was known as "racial hygiene," the government instituted sterilization and euthanasia. American eugenics and Nazi racial hygiene illustrate a peril always im-

plicit in science. Their lessons are well worth our continued contemplation.

Michael Nutkiewicz taught Jewish history at UNM. He directed the Los Angeles Museum of the Holocaust, was senior historian at the Survivors of the Shoah Visual History Foundation, led the Program for Torture Victims in Los Angeles, and managed the refugee resettlement program at Catholic Charities New Mexico. He was director of Oasis Albuquerque from 2010-2014. Nutkiewicz's translation of Gumener's memoir, *A Ukrainian Chapter: A Jewish Aid Worker's Memoir of Sorrow*, was published in 2022.

American Poverty 148

George Ovitt

Wednesday Dec 13 2:30 - 4:00
Fee: \$12  **Oasis**

Why are there so many poor people in America? Why, in a country with twenty trillion dollars, do eight million American children live below the poverty line of \$27,000? The answer, provided in Matthew Desmond's remarkable book, *Poverty, By America*, is that Americans are poor because we want them to be--the poor are an exploited class, and both political parties, businesses, banks, and landlords have created a system intended to keep millions of Americans living in poverty. George Ovitt recommends reading the book before the lecture, but it is not required.

George Ovitt has been teaching at Albuquerque Academy since 2000. Before that he taught at Sidwell Friends School and Drexel University. He is the author of eight books, the most recent a collection of short essays on literature and politics, *Trotsky's Sink*, written with his colleague, Peter Nash.

LITERATURE

Austin Book Group

149

Mary Bibeau

Tuesdays

Sep 12 - Dec 12

1:30 - 3:00

Fee: \$12

4 sessions

 Oasis


The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: Sep 12 - *Lady Tan's Circle of Women* by Lisa See; Oct 10 - *The Second Mrs. Astor: A Heartbreaking Historical Novel of the Titanic* by Shana Abé; Nov 14 - *The Moment of Lift: How Empowering Women Changes the World* by Melinda Gates; and Dec 12 - *Dickens and Prince: A Particular Kind of Genius* by Nick Hornby. *Limited enrollment.*

Coordinator Mary Bibeau, a retired UNM academic advisor and teacher, is an avid reader of anything from encyclopedias to cereal boxes.

Summit Book Group

150

Merrie Courtright

Tuesdays

Sep 19 - Dec 19

11:00 - 12:30

Fee: \$12

4 sessions

 Oasis

The Summit Book Group meets on the third Tuesday of every month. Book selections are: Sep 19 - *The Cowboy and His Elephant: The Story of a Remarkable Friendship* by Malcolm MacPherson;

Oct 17 - *Backlands: A Novel of the American West* by Michael McGarrity; Nov 21 - *A World of Curiosities* by Louise Penny; and Dec 19 - *Dragonfly* by Leila Meacham. *Limited enrollment.*

Coordinator Merrie Courtright is an Oasis tutor and tutor trainer. She is a retired basic education teacher at CNM.

Holmes Book Group ZOOM

151

Betty Whiton & Iris Fanning

Tuesdays

Sep 19 - Dec 19

1:00 - 2:30

Fee: \$12

4 sessions

 Zoom

The Holmes Book Group meets on the third Tuesday of every month. Book selections are: Sep 19 - *Finding Gobi: A Little Dog with a Very Big Heart* by Dion Leonard with Craig Borlase; Oct 17 - *Shutter* by Ramona Emerson; Nov 21 - *The Chancellor: The Remarkable Odyssey of Angela Merkel* by Kati Marton; and Dec 19 - *Horse: A Novel* by Geraldine Brooks. *Limited enrollment.*

Betty Whiton has worked as an award-winning teacher, conductor, musician, composer, counselor, and school psychologist. Iris Fanning is a licensed professional clinical counselor who has worked for more than 30 years as a mental health professional counseling and advocating for children, teens, and families. Together they facilitate this lively book group.

West Mesa Book Group

152

Linda Castagneri & Mary Herrmann Hughes

Wednesdays

Sep 20 - Dec 13

1:30 - 3:00

Fee: \$12

4 sessions

 Open Space
Visitor Center

The West Mesa Book Group usually meets on the third Wednesday of each month. Book selections are: Sep 20 - *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie; Oct 18 - *Life Is So Good* by George Dawson and Richard Glaubman;


Nov 15 - *Lawn Boy* by Jonathan Evison; and Dec 13 - *Maus I: A Survivor's Tale: My Father Bleeds History* by Art Spiegelman. *Limited enrollment.*

Linda Castagneri, a retired USPS senior manager, values dynamic discussion and the timeless lessons of books. Mary Herrmann Hughes is a big reading advocate and has been a member of the West Mesa Book Group for more than ten years.

MUSIC

Singing the Show Tunes 153

Irma Reeder & Scott Hooker


Tuesdays **Sep 19 - Dec 12** **10:15 - 11:45**
Fee: \$70 **13 sessions**  **Oasis**

Do you enjoy singing? In this fun and informative class, we explore show tunes and their history while including gentle physical movement, vocal exercise, basic music theory, and singing technique. We will learn new songs, renew old friendships, and make new friends. We plan four exciting performances at the end of the semester (11/28, 12/5, 12/12, 12/15) to share what we've learned. Members are encouraged to strut their stuff and sing their favorites with solos, duets, ensembles! *Participants are not required to read music or have previous musical experience. Limited enrollment.*

Irma Reeder brings decades of choral directing, vocal coaching, and performance experience, as well as a love for musicals. Scott Hooker is an amazing and energetic pianist with a background in all things jazz. Together, they take you on a fun-filled adventure in music!

Introduction to Mountain Dulcimer 154

Irma Reeder

Mondays **Oct 16 - Oct 30** **12:30 - 2:00**
Fee: \$40 **3 sessions**  **Oasis**




This instrument, from the Appalachian Mountains, was widely used in the American old-time music tradition by the Scots-Irish emigrants, and has now evolved to include just about any musical style. The dulcimer is one of the easiest instruments to start playing! In this three-session, hands-on class, you will learn to play songs in both the traditional and contemporary style. *You don't need any previous musical experience. Instruments will be available during classes. If you have a dulcimer, please bring it with you! Limited enrollment.*

After a lifetime of playing other musical instruments and styles, Irma Reeder came to the mountain dulcimer in 2005, and was instantly enchanted. She enjoys teaching voice, guitar, harp, bodhran (Irish frame drum), as well as mountain dulcimer, and directs the Oasis Show Tunes chorus.

West Side Story: Appreciating a Masterpiece ZOOM 155

Dan Sherman

Thursday Nov 16 12:30 - 2:30
Fee: \$12  Zoom

West Side Story, a retelling of *Romeo and Juliet* in a world of urban gang violence, revolutionized the Broadway musical in terms of its plot, music, and integration of dance. The 1957 play was made into an award-winning film musical in 1961 and a 2021 film directed by Steven Spielberg. Sherman reviews the musical's creation, discusses its innovations, and describes its performance history using a mix of audio and video clips, including those featuring the work's creators – Leonard Bernstein, Stephen Sondheim, Jerome Robbins, and Arthur Laurents.

Dan Sherman, PhD, is an economist whose interests include opera and American musical theatre. Since 2010, Dan has given many talks and classes on film, film music, classical composers, and great musical theatre composers and lyricists. He has spoken to lifelong learning groups, university groups, and social groups in the Washington, DC area and throughout the country via Zoom.

It's the Most Wonderful Time of the Year: Sing Along 156

Irma Reeder & Scott Hooker

Thursday Dec 7 2:00 - 3:00
Fee: \$12  Oasis

Come deck the halls and get in the festive spirit as you sing holiday songs with Irma Reeder and Scott Hooker from the Oasis Entertainers. Fast, slow, new, or old—there's bound to be a few of your favorites. Join the ghosts of Christmases past, present, and future as we party in the season. Holiday attire is encouraged! *Lyrics provided.*

See bios in class #153.

S'Wonderful: The Music of George Gershwin ZOOM 157

Dan Sherman

Monday Dec 11 12:30 - 2:30
Fee: \$12  Zoom

Although he died at age 38, George Gershwin produced some of the most memorable tunes in the Great American Songbook, in addition to masterpieces such as "Rhapsody in Blue" and *Porgy and Bess*. Dan Sherman covers Gershwin's life and career and includes recordings from many great performances of Gershwin's work, including rare recordings and interviews of George, Ira, and Frances Gershwin.

See bio in class #155.

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up-to-date news on added
classes and other information!

PERFORMANCES

The Adobe Brothers **158**
Jimmy Abraham
 Friday Sep 29 2:00 - 3:30
 Fee: \$15 Oasis



Photo courtesy of Jimmy Abraham

The Adobe Brothers (Toby, Jacobi, Moby and Pierogi) perform a selection from their vast repertoire of bluegrass, old time, Latin American, klezmer, folk, original songs and tunes. For a high-energy, enjoyable Friday afternoon of the finest in acoustic music, come and judge for yourself – are they really identical quadruplets, or only fraternal?

The Adobe Brothers are: Moby Adobe on banjo and vocals (who sometimes uses the pseudonym Wayne Shrubsall); Pierogi on bass (who plays his solid rhythm and dazzling solo flights in various other local bands under his nom de plunk, Terry Bluhm); Toby Adobe on violin and vocals (composer of many fine fiddle tunes who claims to be employed by UNM as Bruce Thomson); and on guitar, vocals and harmonica, Jacobi Adobe (whose portrait can be found in the post office, aka Jimmy Abraham).

Die Polka Schlingel **159**
Ron Sanders
 Friday Oct 13 2:00 - 3:30
 Fee: \$15 Oasis



Photo courtesy of Dan Wright

Accordion, trumpets, flugelhorns, baritones, trombones, clarinets, saxes, a tuba, and drums make up Die Polka Schlingel, an authentic New Mexican/ Bavarian polka band. Be prepared to enjoy polkas, waltzes, schottisches, landlers, big band tunes, and even Mexican polkas.

Band members include Dan Wright - der Kappelmeister (band leader) and accordion; Sergio Manriquez - tuba; Chris Smith - trombone baritone; Patty Holden Zollar- alto sax and clarinet; Kristi Raven - alto sax and clarinet; Frank Cabasier - tenor sax, clarinet, and emcee; Bill Strohl, Bill Biffle, Orion Brady - trumpet and flugelhorn; and Ron Sanders - drums, woodblock, and cowbell.

Day of the Dead Tales

160


Paulette Atencio

Friday

Oct 27

2:00 - 3:30

Fee: \$12

 Oasis


Join storyteller Paulette Atencio for an afternoon of Day of the Dead tales and legends that have been passed down through the generations. Day of the Dead (November 2) is a sacred holiday celebrating life, not death. The holiday originated in Mexico and Central America. Families welcome back the souls of their deceased relatives for a brief reunion. They prepare food, drinks, altars, and flowers for these dead relatives. Atencio's Day of the Dead tales will make you laugh, cry, tremble, keep you in suspense, and wanting more.

Paulette Atencio has been telling stories for more than 27 years. She has a master's in curriculum instruction from New Mexico Highlands University and is the author of four books, including *Cuentos from My Childhood: Legends and Folktales of Northern New Mexico*, *Cuentos from Long Ago*, *Box of Memories*, and *Pieces of My Broken Life*.

Standard Deviation Presents The Great American Songbook & Then Some

161

Scott Hooker & Janna Nelson

Friday

Nov 17

2:00 - 3:30

Fee: \$15


 Oasis


Photo courtesy of Scott Hooker

Singer Janna Nelson and pianist Scott Hooker, along with their group, Standard Deviation, present their unique take on some of the vast material that comprises The Great American Songbook. This includes some of the most important and influential American popular songs and jazz standards from the early 20th century. These popular and enduring tunes from the 1920s to the 1950s were created for Broadway theatre, musical theatre, and Hollywood musical films.

Scott Hooker and Janna Nelson had separate and joined musical careers in Atlanta from the late 1970s until they moved to Albuquerque in 2014. The name of their band, Standard Deviation, reflects their unique take on some of this vast material, from the familiar to the less heard. Jack Hanan will be joining on upright bass.

Oasis Entertainers

162

Irma Reeder & Scott Hooker

Friday

Dec 15

2:00 - 3:00

Fee: \$12

 Oasis



Each trimester, enthusiastic singers enroll in the "Singing the Show Tunes" chorus group class. At the end of a fun and challenging time of rehearsal, this group presents an hour-long program for the Oasis community. Led by Irma Reeder and accompanied on piano by Scott Hooker, this close-knit community of musicians performs music from stage and screen. All are invited to attend the latest trimester's musical adventure!

See bios in class #153.

PERSONAL ENRICHMENT

Life Balance

163

Sondra Slivon

Wednesdays

Sep 13 - Sep 27

10:00 - 11:30

Fee: \$30

3 sessions

 Oasis

Does your life inspire you or leave you feeling drained? What would you like more of? What would you like less of? In this workshop, we explore these questions so you can create the life you've been longing for. Gain clarity on where you'd like to be, strategies for living in alignment with your true self, and guidance on creating goals and a plan to support living a more balanced life. *Limited enrollment.*

Sondra Slivon is a certified coach (CPCC, ACC) who specializes in supporting people navigating change, intentional or unexpected, in creating the lives they've been longing for. She earned an undergraduate degree from Duke University, holds an MA in teaching, and has completed advanced studies in bilingual education and educational leadership.

Memoir Writing: How to Tell Your Story

164

Norma Libman

Thursday

Oct 5

10:00 - 12:00

Fee: \$20

 Oasis



Back by popular demand! Everyone has a story to tell, and now is the time to tell yours. Learn how to retrieve memories you thought were forgotten, how to get them written down, and how to organize them into your own life story. *Bring paper and pen for writing exercises and you will have written a start to your memoir when the workshop is over. Limited enrollment.*

See bio in class #143.

Test Your Trivia Skills! 165

Todd Griffin

Friday **Oct 13** **10:00 - 11:30**
Fee: \$12  **Oasis**

Do you love “Jeopardy” or “Trivial Pursuit”? Come participate in an Oasis trivia contest. The focus is on fun and learning, not competition. Test your knowledge in categories such as nature, science, history, entertainment, and more. Laugh, learn, and win fabulous prizes! Discover little-known and sometimes utterly useless facts! Amaze and irritate your friends with your newfound knowledge! *Limited enrollment.*

Todd Griffin retired to New Mexico after a lengthy career in the aerospace business in California. In retirement, he travels, volunteers, exercises, reads, and takes Oasis classes. Possessed of a mind that is curious about nearly everything, he has collected a wealth of trivial and useless information.

How to Haiku: What Teachers Never Taught You 166

Scott Wiggerman

Fridays **Nov 10 - Nov 17** **10:00 - 12:00**
Fee: \$24 **2 sessions**  **Oasis**

Back by popular demand! Do you haiku? Scott Wiggerman covers the essential characteristics of modern haiku (and one of them is not 17 syla-

bles). He discusses Japanese terms and other concepts, including use of imagery, juxtaposition, punctuation, lineation, grammar, concision, etc., as seen in haiku being published today. Then you apply this discussion to writing your own haiku through a series of brief exercises. Next, participants look closely at what other participants have written and critique them with an emphasis on the lessons of session one. *Limited enrollment.*

Scott Wiggerman has published hundreds of haiku in leading journals from around the world, including *Frogpond*, *Modern Haiku*, *Chrysanthemum*, *Haiku Canada*, *World Haiku Review*, *Daily Haiku*, *Wales Haiku Journal*, *Bamboo Hut*, and others. His haiku have twice been selected for the annual Red Moon Anthologies of best English-language haiku.

Dreaming for Wisdom & Healing 167

Teresa Fulton

Mon & Fri **Dec 4 -Dec 8** **10:00 - 11:30**
Fee: \$25 **2 sessions**  **Oasis**

The shamanic journey is a practice found in societies throughout history. Using the drumbeat, we enter dreamtime to access guidance and healing. Through these guided journeys, learn how to journey and how to record and decode your experience. Within the structure of the Celtic Shamanic journey, we can find a new story emerging from an old one. The journey can transport us to newfound wisdom and action. *Limited enrollment.*

Teresa Fulton, an advanced practice RN, moved to Albuquerque in 2019 after retirement. She is a double Reiki Master, both in Usui and Karuna Reiki. She has practiced energy work for more than 30 years. Fulton has studied dreamtime with many Shamans. She is a certified dream teacher and practices within the framework of Celtic Shamanism.

PHILOSOPHY, RELIGION, & SPIRITUALITY

The Spiritual Journey of C.S. Lewis 168

Frank Yates


Wednesday Oct 11 10:00 - 11:30
Fee: \$12 Oasis

Take a journey through the life and faith of C.S. Lewis with Frank Yates as your guide. This overview of C.S. Lewis' life is based on his 1955 spiritual autobiography entitled *Surprised by Joy*. Learn of his childhood and youth when Lewis lost his faith. Hear how his college education and the influence of his close friend, J.R.R. Tolkien, led to his conversion to Christianity. Discover the ways Lewis integrated his faith into his life and work.

Rev. Frank Yates is the interim pastor at Shepherd of the Valley Presbyterian Church. He teaches New Testament in the religious studies program at UNM. He is a graduate of Abilene Christian University and UT Austin and has graduate degrees from Austin Presbyterian Theological Seminary.

Revolutions & the Church in Early America 169

Christopher Zugger

Thursday Oct 12 10:00 - 11:30
Fee: \$12  Our Lady Of Perpetual Help Church

Learn of the effects of the American, French, and Haitian revolutions on the development of the Catholic Church in the early republic. See how the minority of American Catholics were active in the Revolution and established a Church rooted in education, missions, and expansion westward. French refugees influenced converts, education, and American theology. Haiti's revolution forced the Church to confront its own racism. Meet early saints and watch the Church struggle to grow and change.

Father Christopher Zugger is a graduate of St. Bonaventure University and The Washington Theological Union. He was ordained a priest in the Byzantine Catholic Church in 1981. He was pastor of Our Lady of Perpetual Help until medical retirement directed him into new pastoral work.

Isaac Unbound: A Life of Reconciliation 170

Paul Citrin

Monday Oct 16 10:00 - 11:30
Fee: \$12 Oasis

This class title is the same as Rabbi Citrin's newly published novel which deals with the life of the Biblical figure Isaac. While Isaac seems on the surface to be the passive patriarch, he is actually very spiritual as he struggles to fix broken relationships and to overcome his own traumas. Isaac's life has much to teach us about our own personal relationship challenges.

Rabbi Paul Citrin received his BA in history from UCLA and MA in Hebrew letters and ordination from Hebrew Union College. He has been a congregational rabbi for over forty years, a social activist, an interfaith worker, and an author of five books. His passion is teaching.

Toward Understanding the Nature of the Good 171

George Leone

Thursday Nov 9 2:30 - 4:00
Fee: \$12 Oasis

We use the word "good" in many ways. We say, "That's good," when someone tells us a piece of news. We say, "Good for you," to congratulate someone. We use the word "good" as an adjective for the most part. But as to the noun, the Good, we know next to nothing. George Leone attempts to rectify this by examining the nature of the Good, as derived from the early Greek philos-


ophers, Socrates; his student, Plato; and Plato's student, Aristotle.

George Leone has a life-long involvement with philosophy, leading to a master's degree in philosophy and a master's and doctorate in counseling. He has taught philosophy at two universities for a total of four years. During his 25 years of teaching in graduate counseling programs, he has found ways to incorporate philosophy into the counseling courses.

Mere Christianity by C.S. Lewis **172**
Frank Yates
Monday **Nov 13** **10:00 - 11:30**
Fee: \$12 

C.S. Lewis presented brief BBC radio addresses on Christianity from 1941 to 1944 during the bleak days of World War II. In this work, Lewis appeals to the common ground shared by most Christians. Lewis attempts to offer compelling reasons to take the Christian faith seriously. These brief talks later lead to the publication of *Mere Christianity*, one of Lewis' more popular works.


See bio in class #168.

Advent & Christmas Customs **173**
Christopher Zuger
Thursday **Nov 30** **10:00 - 11:30**
Fee: \$12  **Our Lady Of Perpetual Help Church**

Learn about saints, devotional practices, and their origins from the Eastern and Western Churches. Did you know that Christmas trees were originally called paradise trees? Why do the Irish put candles in windows? Learn a host of things about Saint Nicholas, Saints of Advent, the Three Kings, Spanish devotion to the Santo Niño, and more.

See bio in class #169.

SCIENCE, MATH, & NATURE

People & Dogs: A Co-Evolutionary Journey **175**
Dave Weaver
Monday **Sep 18** **10:00 - 11:30**
Fee: \$12 



Dogs and people are shaped by a unique co-evolutionary history, each affecting the other, sometimes in surprising ways. After looking at the prehistoric context, we examine the 25,000-year (or much more?) relationship, suggesting ways the relationship might have begun, how we were pre-disposed to be together, how we have co-evolved, and how the relationship looks today.

Dave Weaver received his doctorate in physical anthropology from UNM. After 25 years at Wake Forest University, he returned to New Mexico. He has worked in North and Central America, Europe, and Africa on human skeletal analysis, forensic anthropology, bone microstructure, human evolution, and osteoporosis. In retirement, he volunteers for the Sandia Mountain Natural History Center and Animal Humane New Mexico, and travels as much as possible.

Endangered African Animals

Guided Tour 1

176

Lane Kirkpatrick

Wednesday

Sep 20

9:30 - 12:00

Fee: \$18

 Albuquerque Zoo

Endangered African Animals

Guided Tour 2

177

Lane Kirkpatrick

Friday

Sep 22

9:30 - 12:00

Fee: \$18

 Albuquerque Zoo

Lane Kirkpatrick, BioPark Zoo Docent, takes you on a guided tour of the Albuquerque Zoo. He discusses wildlife species threatened with extinction and what zoos are doing to prevent extinctions. Visit exhibits and learn about animals involved in the Species Survival Plan programs. This tour includes giraffes, elephants, rhinos, cheetahs, African painted dogs, orangutans, lowland gorillas, and endangered birds. *Class fee includes zoo admission. Limited enrollment.*

Lane Kirkpatrick is a retired business executive whose firm focused on industrial automation and environmental consulting. With a lifelong interest in wildlife, nature and conservation, he has prepared extensive zoo-wide tour materials and leads zoo tours.

Endangered Reptiles, Rare Birds, & Cats Guided Tour

178

Lane Kirkpatrick

Wednesday

Sep 27

9:30 - 12:00

Fee: \$18

 Albuquerque Zoo

Lane Kirkpatrick, BioPark Zoo Docent, takes you on a guided tour of the Albuquerque Zoo. He discusses wildlife species threatened with extinction and what zoos are doing to prevent extinctions. Visit exhibits and learn about animals involved in the Species Survival Plan programs. This tour includes Komodo dragons, crocodiles and alligators, rare

birds such as Bali myna and Socorro dove, Mexican gray wolves, and large cats including jaguar, snow leopard, and Malayan tiger. *Class fee includes zoo admission. Limited enrollment.*

See bio in class #176/#177.

Candelaria Nature Preserve

Walking Tour

179

Jeannie Allen

Thursday

Sep 28

10:00 - 11:30

Fee: \$15

 Candelaria Nature Preserve

The Candelaria Nature Preserve (CNP) in Albuquerque's North Valley is a treasure in the heart of our city. One hundred and thirty acres is being slowly, strategically transformed from commercial farming to a mosaic of habitats for native wildlife and nature study. The CNP's ultimate goal is to let nature thrive and function on its own without human intervention. Friends of Candelaria Nature Preserve volunteers lead the tour. *The walk is through a 90-acre plot on level, packed dirt. Restrooms are available within walking distance. Limited enrollment.*

Jeannie Allen, President of the Friends of CNP, is recently retired from 43 years of work as a science educator with the National Geographic Society and NASA's Earth observing systems. Weaving the arts and the sciences together is her specialty.

Beavers: Ecological Engineers ZOOM 180

Daryl Ratajczak

Friday

Sep 29

10:00 - 11:30

Fee: \$12

 Zoom

Beavers are amazing animals. Not only are they known for being a keystone species, but they are also considered nature's greatest ecological engineers. From the mountains to the Bosque, beavers are making their presence known. Find out why

they are so good for the landscape as we take a tour into the world of beavers.

Daryl Ratajczak is a wildlife biologist working for the Bureau of Land Management. He obtained his degree in wildlife management and managed a black bear rehab, research, and education facility located outside Great Smoky Mountains National Park. He worked for the Tennessee Wildlife Resources Agency and served as the big game program coordinator, managing the state's deer, bear, and elk programs, eventually becoming the chief of Wildlife and Forestry.

Sorry...Your Schoolbooks Were Wrong!

David Crossley

Friday **Oct 20** **10:00 - 11:30**
Fee: \$12  **Oasis**

Sorry...Your Schoolbooks Were Wrong! ZOOM

David Crossley

Friday **Oct 20** **10:00 - 11:30**
Fee: \$12  **Zoom**

The years between kindergarten and high school are a marathon of learning facts. You may have picked up some misattributed discoveries, inventions, fables, or legends along the way. For example, Lindberg was not the first person to fly across the Atlantic and Thomas Edison did not invent ...well, pretty much anything he claimed. This class attempts to repair the flaws in your early learning.

David Crossley has degrees in electrical and mechanical engineering; he retired from a 40-year career in the aerospace arena. He taught electromagnetics at NM State University and performed electronic warfare operations in five war zones with the Air Force out of Kirtland Air Force Base.

James Webb Space Telescope

183

Len Duda

Wednesday **Oct 25** **10:00 - 11:30**
Fee: \$12  **Oasis**



The James Webb Space Telescope (JWST) is NASA's largest and most powerful space science telescope ever constructed. Webb's enormous size and frigid operating temperature present extraordinary engineering challenges. The JWST was launched on December 24, 2022. It required six months to reach its orbit at the L2 position and undergo preparations for its mission. This presentation looks at the JWST setup and shows some of the extraordinary images obtained.

Leonard Duda, PhD, retired from Sandia National Laboratories after 37 years. He has been involved with volunteer science education activities including the Science Olympiad, regional and state science fairs, and the Explora Science Center. He was Grand Awards judge co-chair at the Intel International Science and Engineering Fair.

Artificial Intelligence: The Promise, the Consequences, & the Future 184

Creve Maples


Thursdays **Oct 26 - Nov 2** **12:30-2:30**
Fee: \$24 **2 sessions**  **Oasis**

The term artificial intelligence (AI) was coined in the 50s. Its fuzzy objective was to build machines at least as smart as humans. By the early 90s, AI research began focusing on ‘machine learning’, and the field began to take off. Today, AI software is changing all aspects of technology, society, and our personal lives. Like fire, AI has the potential to benefit or destroy us. *This class is a repeat from summer with a few updates.*

Creve Maples has a degree in chemistry (MIT) and a PhD in nuclear science (UC Berkeley). He has worked in academia and the private sector, designing advanced computers and developing virtual reality systems. His classes result from a scientific curiosity and desire to explore unusual, thought-provoking topics.

The Nuclear Fuel Cycle ZOOM 185

Richard Malenfant

Friday **Nov 3** **10:00 - 11:30**
Fee: \$12  **Zoom**


The nuclear fuel cycle represents the progression of nuclear fuel from creation or reuse, to disposal. Learn about the stages of this cycle, including the front end, which prepares the fuel, the steps where the fuel is used in the reactor operation, and the final steps which manage, contain, and dispose of the spent nuclear fuel. Dick Malenfant explains this complicated process in layman terms that we can all understand, including the impact on waste disposal.

Richard (Dick) Malenfant joined the critical experiments facility at the Los Alamos National Laboratory in 1961, following a tour of active duty in the US

Air Force as a nuclear research officer. He retired from full-time employment in 1996 and continues his association with the laboratory as a guest scientist. His special interests include the history of the Manhattan Project and the work done at Los Alamos.

The Lowdown on Dirt 186

Leslie McFadden


Mondays **Nov 6 - Nov 13** **12:30 - 2:00**
Fee: \$24 **2 sessions**  **Oasis**

Soils play crucial roles in Earth’s surface environments. For example, vascular plants require soil to recruit and sustain growth, as fine soil material serves to hold and store water, and weathering processes provide key bio nutrients. This two-part class addresses soil forming processes, the soil profile, how soil studies support research in areas of geologic research, and the application of the “CLORPT” conceptual framework developed by soil scientist, Hans Jenny.

Les McFadden is a professor emeritus in the UNM Earth & Planetary Sciences (E&PS) Department. He received an MS & PhD in geosciences from the University of Arizona and a BA in anthropology from Stanford. He served as chair of the E&PS Department (1999-2007) and is a fellow of the Geological Society of America (GSA). In 2017 he received the Kirk Bryan Award for Excellence from the GSA.

South Africa’s Mineral Deposits 187

John Geissman

Wednesday **Nov 8** **10:00 - 11:30**
Fee: \$12  **Oasis**

South Africa contains a wide range of very large and important mineral deposits. These include diamonds, gold, platinum, chromium, and several others. These important concentrations of mineral wealth, and the individuals who developed South

Africa into a major economic powerhouse such as Cecil Rhodes and Ernest Oppenheimer, among others, have played an enormous role in the history of the country since the mid-1600s. Yet today, South Africa experiences up to 16 hours per day of electrical load shedding. Why?

John Geissman is a professor emeritus of geoscience at the University of Texas at Dallas and the University of New Mexico. He received a BS, MS, and PhD in geology from the University of Michigan. He is a past president of the Geological Society of America (GSA) and editor for the *GSA Bulletin*. He has over 300 peer-reviewed science journal contributions.

But Wait, My Weather App Says... 188

Deirdre Kann

Wednesday **Nov 15** **10:00 - 11:30**
Fee: \$12 Oasis



In recent years, the number of people who obtain weather forecasts using their cell phones has increased dramatically. While most of us realize that we can't control the weather, we like to be prepared for it. But where do the weather app forecasts come from, and are they accurate? This presentation focuses on the information available in weather apps, their strengths and weaknesses, and situations in which another source of information could save your life.

Deirdre Kann has a BS in mathematics and a PhD in atmospheric sciences and worked for various agencies within the National Oceanic and Atmospheric Administration (NOAA) for 30 years. Now retired, she uses a weather app and enjoys public speaking and outreach activities focused on weather and climate.

A Taste of the Math Behind AI 189

David Metzler

Wednesday **Nov 22** **10:00 - 11:30**
Fee: \$12 Oasis

Recent advances in artificial intelligence (AI) have been very much in the news. However, most stories about AI do not give much idea of the mechanisms which make them work. Rather than trying to give a full explanation of their inner workings, Metzler focuses on how a few key mathematical ideas—some over a century old—are crucial to the process.

David Metzler specializes in stimulating lectures on math topics. He holds a BA in mathematics from Rice University and a PhD in mathematics from MIT. He has taught at Rice University and the University of Florida and currently teaches at Albuquerque Academy.

Are Coral Reefs Doomed? 190

Jack Babcock

Tuesday **Nov 28** **10:00 - 11:30**
Fee: \$12 Oasis

Coral reefs are among the most spectacular phenomena in nature—they are the rainforests of the sea. Besides being the most diverse ecosystem in the ocean, reefs are nurseries for hundreds of species of fish and protect coastlines around the world. But coral reefs are in danger. Bleaching from increased temperatures, ocean acidification, and pollution threaten reefs worldwide.

Jack Babcock received his PhD in geology from the University of Wisconsin-Madison. He retired from the petroleum industry, where he worked primarily in research and training in the area of limestone reservoirs. Since moving to Albuquerque, Jack and his wife, Laurel, have volunteered with many organizations including Oasis. They lead one of the walks for Walking Albuquerque.

Penguins Plus Field Trip 1 191

Lane Kirkpatrick

Monday Dec 4 9:30 - 12:00
Fee: \$18  **Albuquerque Zoo**

Penguins Plus Field Trip 2 192

Lane Kirkpatrick

Thursday Dec 7 9:30 - 12:00
Fee: \$18  **Albuquerque Zoo**



Back by popular demand! Lane Kirkpatrick, BioPark Zoo docent, leads a guided tour of the Penguin Chill exhibit featuring three species of penguins. The tour starts with highlights of wild-life and early indigenous people in Patagonia and Tierra del Fuego, and a look at Cape Horn. Learn about penguin adaptations, natural history, and the building they are housed in. The tour concludes with the Ernest Shackleton story. *Class fee includes zoo admission. Limited enrollment.*

See bio in class #176/#177.

Discovering the Meaning of Life in a Chaotically Inclined Universe 193

Creve Maples

Tuesdays Dec 5 - Dec 12 2:00 - 4:00
Fee: \$24 2 sessions  **Oasis**

Chaos theory, discovered in 1960, is now a major scientific branch alongside relativity and quantum mechanics. It impacts our lives in various ways, from stock market performance and product design to heart arrhythmias and brain function. Creve Maples covers the discovery of chaos science and its role in nature, as well as its implications for human endeavors. Discover how chaos theory influences free will and the essence of life itself. Explore examples of seemingly insignificant human actions leading to significant and unpredictable outcomes.

See bio in class #184.

SOUTHWEST


NM Governor's Mansion 194

Doug Beck & Constance Beck

Tuesday Sep 12 12:30 - 2:00
Fee: \$12  **Oasis**


Did you know that our Governor's mansion is not only the governor's residence, but also boasts a collection of nearly 40 pieces of world class museum art and historic furnishings reflecting the state's cultural heritages: Native American, Spanish, Mexican, and American? The Becks examine both the history of the three governor's mansions and the role of today's residence in presenting the rich multi-cultural history of New Mexico. The presentation also features virtual highlights of an actual tour. *See class #209 for a companion field trip that offers an excursion to Santa Fe to tour both the Governor's Mansion and the Roundhouse.*


Doug Beck is the head docent for Governor’s mansion tours. He received an MBA from Columbia University and a PhD in political science from the University of Rochester. Constance Beck is a NM Governor’s Mansion Foundation board member where she previously served as treasurer and currently heads the ornaments committee.

Historic Fairview Cemetery Walking Tour **195**
Gail Rubin
Monday Sep 18 10:00 - 11:30
Fee: \$16  **Fairview Cemetery**

Back by popular demand! Historic Fairview Cemetery was founded in 1881. There are approximately 12,000 people buried on 17.5 acres. You are invited to walk the cemetery and learn how the people buried here reflect the history of Albuquerque, New Mexico, and the United States. Among the well-known New Mexico family names on the tour are Dietz, Galles, Hubbell, Huning, Menaul, Rodey, Ross, and Simms. *Wear sturdy walking shoes, a wide brimmed hat, and sun protection. Limited enrollment.*

Gail Rubin, Certified Thanatologist, and The Doyenne of Death®, is president of the non-profit organization that manages Historic Fairview Cemetery. She is an award-winning author and speaker.

Tijeras Pueblo Tour 1 **196**
Thursday Sep 21 10:00 - 12:00
Fee: \$20  **Tijeras Pueblo Archaeological Site**

Tijeras Pueblo Tour 2 **197**
Tuesday Sep 26 10:00 - 12:00
Fee: \$20  **Tijeras Pueblo Archaeological Site**


The Tijeras Pueblo Archaeological Site, first excavated in the 1930s, gives us a glimpse into life in a 14th century mountain village. A guided tour of

the 1/3-mile trail and museum provides a glimpse of how the early Tiwa people built their homes and survived life by gathering, farming, and hunting. The museum features a mural/map depicting the southern Tiwa world at the time that the Pueblo was occupied. *Limited enrollment.*

An Archaeological Perspective on Hunting in New Mexico **198**
Matthew Barbour
Tuesday Sep 26 12:30 - 2:00
Fee: \$12  **Oasis**

Hunting has always played a pivotal role in Native American subsistence and culture. While much is made of the megafauna hunters of the Paleoindian Period, later agriculturalists created their own specialized hunting practices. This presentation explores the archaeology and history of hunting in New Mexico from the arrival of hunters and gatherers to the twenty-first century.

Matthew Barbour holds BA and MA degrees in Anthropology from UNM and works for the New Mexico Department of Cultural Affairs. Currently, Barbour is the Deputy Director of New Mexico Historic Sites and the Interim Director of the Office of Archaeological Studies.

Archaeology & History of Tijeras Canyon **199**
Paul Secord
Thursday Sep 28 10:00 - 11:30
Fee: \$12  **Oasis**

Paul Secord bases this presentation on his book, *The Archaeology and History of Tijeras Canyon*. He takes a broad overall approach to the Canyon’s past, focusing on three areas: the Tijeras Pueblo archaeological site, other prehistoric and historic archaeological sites within the canyon, and an overview of Spanish Colonial historic sites dating

from the late 18th century. This book was the winner of the 2022 New Mexico/Arizona Book Award.

Paul Secord spent the summer of 1968 as a “digger” at the UNM Field School in Sapawe, NM. He received undergraduate and graduate degrees from UNM and also received a master’s from USC. He has been involved in a number of history and archaeology projects and is the author or editor of several books pertaining to NM archaeology and history.

Why Los Alamos Stayed in Business After the War ZOOM 200

Alan Carr & Nicholas Lewis


Monday Oct 2 10:00 - 11:30
Fee: \$12  **Zoom**

The Lab helped end World War II, but could the Lab survive peace? Join Los Alamos National Laboratory (LANL) historians Alan Carr and Nic Lewis as they examine the role of Los Alamos in the post-war period. They challenge the notion that the Lab nearly closed its doors after the war. Despite the difficulties, individuals in the government recognized the unique investment Los Alamos embodied. Those individuals acted to ensure the Lab would stay in business long after World War II.

Alan Carr serves as a program manager and senior historian for LANL. Carr completed his graduate studies at Texas Tech University. Nicholas Lewis is a historian with LANL’s classified library, the National Security Research Center. Lewis has a PhD in science and technology history from the University of MN - Twin Cities.

The Texan Pirates Are Coming! 201

Robert Tórrez

Thursday Oct 19 10:00 - 11:30
Fee: \$12  **Oasis**

History books tell us little about the Texas-Santa Fe Expedition of 1841 from the New Mexican viewpoint. Tórrez reviews what New Mexico’s own Mexican-era archives tell us about this important element of our history: early rumors of a Texan invasion, the internal conflicts regarding suspected local Texas sympathies and the Mexican government’s orders to treat the Texans as pirates. Governor Manuel Armijo’s capture of the Texans provided a great lift for the morale of the Mexican Republic.

Robert Tórrez is a native New Mexican who served as the state historian from 1987-2000. He has researched New Mexico archives for decades. He is the author of several books and has contributed chapters to nearly two dozen anthologies and textbooks.

Space Exploration at White Sands Missile Range: 1945 to Today 202

Jim Eckles

Friday Oct 20 12:30 - 2:00
Fee: \$12  **Oasis**


White Sands Missile Range (WSMR) is where the United States took its first steps in exploring outer space using German V-2 rockets. Over the decades that work continued, ranging from proposals to launch Apollo Saturn rockets at the range to hosting the actual landing of Space Shuttle Columbia in 1982. NASA and private companies are still frequent users of the range’s facilities for their space-related activities.

Jim Eckles worked at WSMR for 30 years before retiring in 2007 and now volunteers. He has seen countless rockets launched and witnessed the

1982 landing of the space shuttle Columbia. He has written books that detail a variety of many aspects of the range's history.

The First Southwesterners: The Paleoindian & Archaic Peoples ZOOM 203

Allen Dart

Fridays Nov 3 - Nov 10 2:30 - 4:00
 Fee: \$24 2 sessions  Zoom

Native Americans legitimately claim their peoples have inhabited the Americas from time immemorial. Archaeology confirms their ancestors' presence in the Southwest back into the late Pleistocene epoch. In this class, Allen Dart discusses and illustrates archaeological evidence of the earliest peoples in the American Southwest, from at least 11,000 and possibly as early as 21,000 BCE, up to the time agriculture was introduced to the region around 2100 BCE.

Archaeologist Allen Dart has worked in New Mexico and Arizona since 1975. A UNM graduate, he worked for the Museum of New Mexico and the Bureau of Indian Affairs before receiving his master's in Arizona. Dart is the executive director of Tucson's Old Pueblo Archaeology Center, a non-profit he founded in 1993. He has received awards and honors from the National Park Service and other organizations for his efforts to bring archaeology and history to the public.

Reminder: you can register at any time throughout the term.

A Look at Sandhill Cranes Within Native NM History 204


Joseph Tackes

Tuesday Nov 7 12:30 - 2:00
 Fee: \$12  Oasis



Sandhill cranes are a staple sight in New Mexico during the winter months, but is there more to the history of these birds than what meets the eye? This lecture dives into the presence of sandhill cranes within the indigenous histories of New Mexico and the Greater Southwest. Joseph Tackes introduces iconography in the forms of pottery and petroglyphs, excavation data regarding faunal remains, and the general relationship between cranes and humans over time.

Joseph Tackes is the interpretive ranger at Los Luceros Historic Site. He is originally from the Midwest and graduated with a degree in geography and Spanish from Northern Illinois University. He has spent the majority of his time abroad and, over the past six years, has worked as an ESL instructor in Spain, Costa Rica, Honduras, and Peru. Learning about history and different cultures is his passion.

Men of Honor 205***A Special Veterans Day Presentation****John Taylor***Friday Nov 10 10:00 - 11:30**
Fee: \$12  **Oasis**

Forty-nine men with strong New Mexico connections have been awarded the nation's highest honor for gallantry—the Medal of Honor. John Taylor discusses the history of the Medal and describes the conflicts for which these heroes were honored. A few of the forty-nine are presented in detail and others are reviewed.

John Taylor retired in 2010 as the manager of the Integrated Technologies and Systems Strategic Management Group Support Department at Sandia National Laboratories. He has a master's degree in nuclear engineering from Stanford University and was a member of Sandia's technical and management staff for 35 years. He is the author or co-author of 50 technical reports and 11 books on a variety of topics.

The Story of New Mexico Geology 206*Joan Karrie***Monday Dec 4 12:30 - 2:00**
Fee: \$12  **Oasis**

The landscape of New Mexico began 1.7 billion years ago and still has amazingly visible examples of the results of those processes, including the Rio Grande Rift. This is the story of the building of New Mexico, presented in terms readily comprehensible to a non-technical audience. Places where you can go to see this geology are included in the lecture.


Joan Karrie has a bachelor's degree and graduate-level classes in geology. She is a member of the New Mexico Geological Society and the Albuquerque Gem and Mineral Club. Despite having

a career in computers, she has never lost her enthusiasm for geological processes and landscapes and talking about them. Now that she lives here, where the geology is visible, she has the perfect setting to indulge herself.

The Geologic Story of the Santa Fe Area 207*Dirk Van Hart***Wednesday Dec 6 10:00 - 11:30**
Fee: \$12  **Oasis**

The Santa Fe region hosts a number of fascinating geologic features. This talk focuses on the area's geologic history, which differs significantly from that of the Albuquerque area, and on the origin of the various landscapes such as the Borrego pediment, the little jewel, the quartzite flood, the Great Unconformity, and Impact!

Dirk Van Hart has an MS in geology. He worked as a petroleum geologist for 26 years, followed by 18 years of geologic consulting work, including nine years with Sandia Labs. He is the author of three books. He is semi-retired and has presented numerous times for Oasis.

A Geologic Year in New Mexico: Evolution of Life & Land in 365 Days ZOOM 208*Kirt Kempter***Thursday Dec 14 10:00 - 11:30**
Fee: \$12  **Zoom**

This presentation is geared for those who struggle with the concept of geologic time. Even career geologists have difficulty grasping the changes that can occur over the course of a million years. Kirt Kempter condenses the last three geologic eras (Paleozoic, Mesozoic, Cenozoic) into a single calendar year, such that every second is the equivalent of approximately 17 years. Kempter focuses on the evolution of life and land in New Mexico,

including ancient landscapes far different from the rugged high desert environment we know today.

Kirt Kempter is a Fulbright Fellow and PhD graduate from the University of Texas at Austin. He has spent most of his career as a field geologist, conducting research in Costa Rica, Mexico, and North America. Kempter has authored numerous geologic maps in his home state of New Mexico and has led educational tours for *Smithsonian Journeys* and *National Geographic* since 1993, spanning much of the globe, including all seven continents.

TRAVEL & TRIPS

Tours of the Roundhouse & the Governor's Mansion in Santa Fe: Day Trip **209**
Tuesday Sep 19 9:00 - 3:30
Fee: \$120  **Day Trip**




Photo courtesy of the Governor's Mansion Foundation.

Join us as we travel to Santa Fe to visit two New Mexico treasures. Our first stop is the New Mexico Governor's Mansion where the Governor's Mansion Foundation provides a tour of its public spaces. The current structure has served as the official residence of the Governor of New Mexico and his or her family since 1954. State museum artwork is

on display in the residence's public areas. Lunch is provided and is on the mansion grounds.

After lunch, travel to the State Capitol, also known as the Roundhouse, the only round capitol building in the United States. Learn about the history of the Roundhouse, including its symbolism and icons, and New Mexican government. Tour the legislative chambers and hear about how a bill makes its way through the legislative process. Explore the first-class Capitol Art Collection and learn about some of the individual works of art. Visit the current art gallery display in the Governor's office. *Includes: Transportation; lunch; bottled water on bus. Comfortable walking shoes and layered clothing are recommended; you will be walking and standing.*

Vietnam's Amazing Son Doong Cave **210**
Kathleen McCleery
Friday Oct 6 10:00 - 11:30
Fee: \$12  **Oasis**


Come along for a virtual journey to rural Vietnam with broadcast journalist Kathleen McCleery. In Son Doong cave in Quang Binh province, she and her husband scaled rocks and ravines, slogged through rivers and streams, marched up and down steep slopes, and slept in the world's most spectacular campsites. Their trip included the northwestern part of the country where ethnic tribes still live as they did centuries ago. The couple stayed in inns and homestays, visited organic tea farms and a silk factory, and ate meals — always with rice, once with crickets!

Kathleen McCleery is an award-winning broadcast journalist who's worked for PBS and NBC. She reports and produces occasional stories for the PBS NewsHour. She has travelled widely including to Vietnam, Peru, Ecuador (and the Galapagos

Islands), Cambodia, South Africa, Zimbabwe, Italy, France, England, Germany, Luxembourg, Portugal, Honduras, Mexico, Canada, the Caribbean, Egypt, Israel, and more. Planning a trip, and later relating the adventures to others, are almost as much fun for her as the travel itself.

Armchair Adventures: Traveling the Navajo Lands 211

Terri Ross


Thursday Nov 9 10:00 - 11:30
Fee: \$12  Oasis

Please join Terri Ross as she takes you on a photo journey to see some of the beauties of the Navajo Lands. Take a photo hike through Red Rock Park, wonder at the mysteries of Chaco Canyon, and visit the remote Bisti Wilderness. Our photo explorations take us to Navajo sites in New Mexico, Utah, and Arizona, and we'll even put our toes into Colorado at the Four Corners Monument.

Terri Ross shares her love of travel with you! Terri has been a tour director for various tour companies for more than eight years and is also a certified tour guide. Even before becoming a tour director, Terri traveled the world. She takes beautiful photos of her travels, some of which have been used in travel catalogs and presentations.

Lions, Tigers, & Mares; Oh My! 212

Al Davis

Wednesday Nov 15 12:30 - 2:00
Fee: \$12  Oasis

Al Davis experiences countries in unique ways. Although he won't engage in truly dangerous activities, he also won't engage in the average tourist activities either. Davis shares experiences from three carefully selected adventures. The first focuses on animal behavior while tracking lions on foot in Zambia. The second covers ethical dilem-

mas encountered while meeting Bengal tigers in Nepal. The last adventure he shares is his experience drinking warm mares' milk, while living with nomads of Mongolia.

Al Davis has traveled to 97 countries, including sleeping on all seven continents. He was educated in computer science (PhD, University Illinois). He is a serial entrepreneur, and has held academic positions at University of Colorado, and in Australia, Indonesia, Nigeria, Spain, and South Africa. Davis has published 100+ articles and nine books, and lectured over 2,000 times in 28 countries.

MOVEMENT & EXERCISE

NOTE: Regular physical activity is beneficial at all stages of life; however, not every type of activity is appropriate for everybody. Oasis recommends that you discuss the suitability of a given physical activity with your healthcare professional before you begin, especially if you have not been physically active.

Tai Chi Chih: Joy Through Movement 213


Ellen Tatge

Thursdays Sep 21 - Oct 26 9:00 - 10:00
Fee: \$60 6 sessions  Oasis

This gentle practice supports improved balance, flexibility, increased energy, and regulation of stress, blood pressure, and weight. Easy-to-learn movements relax the body, quiet the mind, and settle the emotions by circulating internal energy (chi). This very simple practice helps one to maximize good health and experience life in a joyful, uncomplicated way—one of the secrets of a good life. *Limited enrollment.*


Ellen Tatge is known for her kind and gentle teaching of this life-enhancing practice. A former high school teacher and then a corporate trainer, she is

a certified instructor and has been practicing and teaching Tai Chi Chih for more than 25 years, including many courses for older adults. Tatge takes great joy in sharing this tool that develops balance in all aspects of our lives and maximizes our most precious gift: good health.

Tai Ji Quan: Moving for Better Balance 214
Cindy Russell
Mon & Wed Sep 25 - Nov 15 9:00 - 10:00
Fee: Free 16 sessions  **Oasis**

Would you like to improve your balance and posture? Try Tai Ji Quan: Moving for Better Balance. Learn and practice eight balance-challenging forms adapted from Yang style tai chi that we perform in a slow, flowing manner, coordinated with natural breathing. Improve your coordination, body awareness, lower body strength, and range-of-motion in this evidence-based program. *Limited enrollment.*


Cindy Russell became a personal trainer after many years in business and finance. She has a BA in human and community services and is an ACSM certified personal trainer, an ACE certified group instructor, a health coach, and a senior fitness specialist. She is a trained instructor in Tai Ji Quan: Moving for Better Balance.


Better Balance 215
Cindy Russell
Mon & Wed Oct 2 - Nov 1 1:00 - 2:00
Fee: \$50 10 sessions  **Oasis**

Join us for an upbeat class designed to help you maintain, improve, or restore balance skills. We do problem-solving activities to challenge your mind and body in a socially-supportive and confidence-building environment. Better Balance, part of the Oasis Free from Falls series, is based on the premise that physical activity is the antidote to many of the challenges that accompany aging.

Pre- and post-tests are done during class. Limited enrollment.

See bio in class # 214.

Tai Chi for Health 216
Ilene Dunn
Tue & Thu Sep 26 - Nov 16 11:00 - 12:00
Fee: Free 16 sessions  **Oasis**

Tai Chi for Health ZOOM 217
Ilene Dunn
Tue & Thu Sep 26 - Nov 16 11:00 - 12:00
Fee: Free 16 sessions  **Zoom**



Are you interested in reducing joint pain and improving balance through gentle movement? Recommended by the Arthritis Foundation and the National Council on Aging, this evidence-based class has been shown to ease joint pain and improve balance. The program was developed by Dr. Paul Lam and experts from the Tai Chi for Health Institute. Movements are from Sun style tai chi. Basic principles of tai chi are incorporated to leave you feeling calm, relaxed, and well. *Limited enrollment.*

Ilene Dunn is a certified personal trainer, specializing in senior fitness and the maintenance of strength, balance, and an active lifestyle. She is a

senior trainer with the Tai Chi for Health Institute and a Matter of Balance master trainer. She loves to exercise and is also trained in, or certified to teach, Tai Ji Quan: Moving for Better Balance, Silver Sneakers® programs, and Enhance® Fitness.

Yoga for Happy Feet

218

Gloria Drayer

Tuesday

Sep 26

2:30 - 3:45

Fee: \$12

Oasis

Your feet support you all day long; take a little time to return the favor! This class is great if you actually have any issues with your feet, but it is also ideal if you simply want to keep them healthy. Gloria has poses perfect for hammertoes, plantar fasciitis, bunions, and more to help relieve pain and improve health. *This class is done standing or sitting. No yoga mats or experience needed. Limited enrollment.*

Gloria Drayer is a certified 500-hour yoga instructor and has taught for nearly 30 years. Her sessions are given in a non-competitive environment where people are encouraged to participate at a level that is healthful and enjoyable. She is co-author of the book *Yoga and Grief: A Compassionate Journey Toward Healing*.

Yoga to Counteract Too Much Sitting

219

Gloria Drayer

Tuesdays

Oct 3 - Oct 10

2:30 - 3:45

Fee: \$18

2 sessions

Oasis

There are so many negative effects of sitting too much, whether in front of a computer or TV or while on one's phone. Doing select yoga postures with mindfulness can help you counteract the side effects of sitting improperly. *This class is done standing or sitting. No yoga mats or experience needed. Limited enrollment.*

See bio in class #218.

STRENGTH & RESISTANCE (S&R)



Benefits of resistance training include strength for functional activities (which help maintain independence), strong bones, weight management, and reduced risk of injuries. This strength and resistance series targets each region of the body: Lower Body (#220), Upper Body (#221), and Core (#222 & #223). Join us for one or more of these classes.

S&R: Lower Body

220

Marita Brookley

Tue & Thu

Oct 24 - Oct 26

1:00 - 2:00

Fee: \$20

2 sessions

Oasis

Resistance training of the lower body is one of the best bone builders and defenses against falls. Our movements include a variety of standing and seated positions with body weight and/or resistance bands (provided by Oasis) to build strength. *Seated modifications are available. Bring a yoga mat, a towel, and water. Limited enrollment.*

After a career as an art teacher, Marita Brookley became a NASM certified personal trainer with a senior fitness specialization. She holds a 200-hour yoga certification, a BFA in Fine Arts, and an MA in Art Education. She finds fitness instruction meaningful because it helps people enjoy a healthy, independent life.

S&R: Upper Body 221

Marita Brookley


Tue & Thu Oct 31 - Nov 2 1:00 - 2:00
 Fee: \$20 2 sessions 

Upper body strength is needed for many daily activities and helps prevent injuries, especially in the shoulders. Practice seated and standing exercises—some isometric and some using weights and resistance bands (provided by Oasis)—and strengthen the upper body. *Seated modifications are available. Bring a yoga mat, a towel, and water. Limited enrollment.*

See bio in class #220.

S&R: Core 1 222

Marita Brookley

Tue & Thu Oct 17 - Oct 19 1:00 - 2:00
 Fee: \$20 2 sessions 

S&R: Core 2 223

Marita Brookley


Tue & Thu Nov 7 - Nov 9 9:00 - 10:00
 Fee: \$20 2 sessions 

Engage in movements that aid in balance and contribute to proper posture, allowing limbs to move safely and efficiently. Work is done on the floor and includes traditional core exercises, as well as yoga and Pilates movements. *Seated modifications are available. Bring a yoga mat, a towel, and water. Please note, the content of Core 1 and Core 2 is the same. Limited enrollment.*

See bio in class #220.

Stretch & Relax 224

Cindy Russell

Fridays Nov 3 - Nov 17 9:00 - 10:00
 Fee: \$27 3 sessions 

Stretch & Relax ZOOM 225

Cindy Russell

Fridays Nov 3 - Nov 17 9:00 - 10:00
 Fee: \$27 3 sessions 

Deep breathing and gentle stretching greatly improve the body's ability to relax. Join us for an end-of-the-week practice focused on posture, strategic breathing techniques, and a blend of stretching techniques, including modified yoga poses. We gently stretch from either a standing or seated position (no floor work). The final component of this practice is a brief visual meditation and individual relaxation/meditation. *Limited enrollment.*

See bio in class #214.

Fundamentals of Qigong 226

Marcia Pincus

Tuesdays Nov 7 - Dec 5 1:00 - 2:00
 Fee: \$45 5 sessions 

Learn the principles of qigong, based on Lao Tzu Water Method, including how to feel and strengthen qi—your life force. Movements include static health postures, as well as three types of circles (vertical, coronal, and horizontal) that engage the three sections of the body. Learn to activate qi in various parts of the body. These fundamentals can be employed when doing tai chi. *Limited enrollment.*

Marcia Pincus has been practicing Chinese martial arts for nearly 35 years, including kung fu, tai chi, qigong, and bagua. For ten years, she has practiced and taught the Qigong Taoist Water Method. She is a certified energy arts instructor, and she holds degrees in geology and engineering with a specialty in environmental engineering.

Yoga Pilates Fusion

Marita Brookley

Tue & Thu

Dec 5 - Dec 14

9:00 - 10:00

Fee: \$36

4 sessions

Oasis



Join us for a class that blends the breathing and flexibility of yoga with the strength and stabilization of Pilates. Create a strong core, which transfers power to the limbs, increases range-of-motion, and develops body awareness. Breathe deeply, relax, and stretch. *All work is done on the mat in various seated and lying positions. All levels are welcome, and modifications are provided. Bring a yoga mat, a towel, and water. Limited enrollment.*

See bio in class #220.

Make sure you read our weekly e-blasts to receive up-to-date news on added classes and other information!

227

WALKS & HIKES

Walking Albuquerque - Mondays

228

Joyce Robertson

Mondays

Sep 11 - Oct 16

8:30 - 10:00

Fee: \$20

6 sessions

👟 Walks

Walking Albuquerque - Wednesdays

229

Joyce Robertson

Wednesdays

Sep 13 - Oct 18

8:30 - 10:00

Fee: \$20

6 sessions

👟 Walks

Whether along historic irrigation ditches, through interesting neighborhoods, or on foothill trails, enjoy these six moderately paced walks guided by a variety of walk leaders. Each walk is approximately 90 minutes. *These walks are geared for intermediate walkers because some of the terrain is uneven or uphill and at a moderate pace. Sturdy hiking shoes and general fitness are required. No pets. There are no restrooms. You will receive directions to each walk's starting point prior to the first walk. Limited enrollment.*

Joyce Robertson is the walking group coordinator. She has also walked with the group for many years. She is joined by a group of enthusiastic walk leaders who lead the group on some of their favorite walks around town.

Accessible Walk: Wildflower Identification at Balsam Glade

230

Karen Griffin

Wednesday

Sep 13

10:00 - 12:00

Fee: \$15

📍 Balsam Glade

Join us for an easy walk on the Balsam Glade Nature Trail with Karen Griffin and other volunteers with expertise to identify wildflowers that may be in bloom at the time of our walk (no guarantee of blooms). The walk starts at 8600' with an eleva-

tion gain of 40 feet for a 0.6-mile loop. Along with wildflowers, there will be a rewarding view at La Madera Overlook. Also, we'll find the steps of an old YMCA Camp that operated from 1935 to 1941. *There is a \$3 parking fee. Pit toilet. Bring water and sun protection. Limited enrollment.*

Karen Griffin has a MS in biological sciences and worked in aerospace for 36 years in several management roles. Since retiring, she is active in the Mountain Garden Club in various leadership positions, including as past president. She volunteers as an Oasis tutor and at Animal Humane NM, where she is a cat socializer and leads the gardening team. She enjoys hiking in the Sandias.

Juan Tomas Open Space Hike 231

Bill Pentler

Thursday Oct 5 8:30 - 11:30
Fee: \$18  **Juan Tomas Open Space**

The Juan Tomas Open Space is named for the nearby village of Juan Tomas that was settled around 1860. Join Bill Pentler for a moderate, 3.5-mile hike in this beautiful area characterized by gently rolling piñon-juniper forests, scattered stands of ponderosa pine trees, scrub oak thickets, and meadows with peaks of the Sandias. Mule deer and wild turkeys frequent this site, with occasional elk sightings. *Bring water, sun protection, and a snack; wear layers. No restrooms. Limited enrollment.*

Bill Pentler is the resource management and visitor services supervisor for the Open Space Division of Albuquerque Parks and Recreation. His resume includes being a lead zookeeper and educational coordinator at Lion Country Safari in Florida, the law enforcement interpretive state park ranger at Fenton Lake in the Jemez Mountains, and a supervisor at Albuquerque's Animal Shelters. He holds degrees in zoology and psychology.

The Best-Kept-Secret: Crane Hike 1 232

David Ryan

Monday Oct 30 9:30 - 11:30
Fee: \$18  **National Hispanic Cultural Center**

The Best-Kept-Secret: Crane Hike 2 233

David Ryan

Monday Nov 27 9:30 - 11:30
Fee: \$18  **National Hispanic Cultural Center**

The largest concentration of sandhill cranes near Albuquerque is in an unkempt section of the Bosque south of the National Hispanic Cultural Center. Join David Ryan as he takes us through this relatively unknown area. We hope to see hundreds of cranes, Canada geese, and hopefully porcupines. We pass the "Glass Garden" where you might find pieces of glass from the 20s, 30s, and 40s. *This hike is approximately 2 miles long, over rough, uneven terrain. Moderate hike. No restrooms available. Limited enrollment.*

David Ryan is the coauthor of the 3rd edition of *60 Hikes Within 60 Miles: Albuquerque* and the author of several other walk books. In addition to hiking around Albuquerque, he has gone on several very long walks including the Camino de Santiago and the entire Appalachian Trail. You can find many of the places he has explored on his blog at www.gentleartofwandering.com.

Accessible Walk: Sandhill Cranes at Los Poblanos Open Space 234

Colston Chandler

Tuesday Nov 28 10:00 - 12:00
Fee: \$15  **Los Poblanos Open Space**

Do you yearn to be outdoors but feel limited by impaired mobility? Join Colston Chandler for a leisurely walk of about 1.5 miles to view sandhill cranes at Los Poblanos Open Space. Every autumn, sandhill cranes migrate back to the areas along the Rio Grande, looking for prime landing fields. These

large, noisy birds are a delight to nature lovers. *The walk is on flat ground that, although slightly rough in places, can be navigated by wide-tired wheelchairs. Accessible walks are a slower paced, shorter walk than the other Sandhill Crane walks. No restrooms available. Limited enrollment.*

Colston Chandler, an Albuquerque resident for more than 50 years and UNM professor of physics for 36 of those years, is an outdoor enthusiast who has led many Oasis walks (mostly in the Bosque).

Accessible Walk: Sandhill Cranes at Valle de Oro National Wildlife Refuge 235

Colston Chandler

Thursday Nov 30 10:00 - 12:00
 Fee: \$15  Valle de Oro National Wildlife

Do you yearn to be outdoors but feel limited by impaired mobility? Join Colston Chandler at Valle de Oro National Wildlife Refuge for a leisurely walk looking for sandhill cranes often found in the area around a 1.1-mile loop trail with art murals. Every autumn, sandhill cranes migrate back to the areas along the Rio Grande. These tall birds with stately red-capped heads are the delight of nature lovers. *Accessible walks are a slower paced, shorter walk than the other Sandhill Crane walks. Restrooms are available in the visitor center. Limited enrollment.*

See bio in class #234.

SPONSORED CLASSES

Oasis members must pre-register and pay the \$6 class fee. There is NO charge for La Vida Llena or Neighborhood in Rio Rancho residents, and you do not need to pre-register through Oasis (even if you are an Oasis member). NIRR residents must pre-register at the hospitality desk.

LA VIDA LLENA AND NEIGHBORHOOD IN RIO RANCHO AND SPONSORED CLASSES

LVL-Demystifying Pronouns & Understanding Transgender 236

Adrien Lawyer

Thursday Sep 21 3:00 - 4:30
 Fee: \$6  La Vida Llena

This class covers the basics of gender, biological sex, and gender expression, and demystifies those pronouns (he/him/she/her/they/them), and how to use them. Adrien Lawyer introduces you to the lives and issues of transgender people. He personalizes transgender folks, increasing awareness while decreasing discrimination, fear, hostility, and violence that is routinely directed towards members of this population. You are encouraged to examine your own gender identity and the cultural norms and expectations you hold surrounding gender and sexuality.

Adrien Lawyer is the co-director of the Transgender Resource Center of New Mexico. TGRCNM is the only organization that provides a wide array of services for the transgender community in NM. He has presented programs on transgender issues all over New Mexico and has been instrumental in advocacy at the individual and policy levels. He is transgender, a father, and an advocate for equality and accessible resources for all.

LVL-Cannabis Basics 237

Kelly Butterman

Thursday Oct 19 3:00 - 4:30

Fee: \$6  La Vida Llena

Curious about cannabis? Cannabis basics offers an in-depth overview of the many different properties of the plant and the system in our body that cannabis interacts with, the Endocannabinoid System. We'll talk about the different ways to consume cannabis (edibles, inhalants, etc.) and how each differs in their onset times and how long the effects last. Buttermann discusses the many benefits that cannabis can have on the body.

See bio in class #119.

LVL-When Weather Changed History 238

Deirdre Kann

Thursday Nov 16 3:00 - 4:30

Fee: \$6  La Vida Llena


World history is often determined by the strategies of a general, the route of an explorer, or the migration decisions of a community. However, for hundreds of years, weather events have changed world history across the globe. In the past, we've investigated the science behind weather such as hurricanes, floods, winter storms, and droughts but this presentation focuses on how Mother Nature's forces have profoundly impacted our world.

See bio in class #188.

LVL-Meditation: A Transforming Practice In Turbulent Times 239

Rennie Maguire

Thursday Dec 21 3:00 - 4:30

Fee: \$6  La Vida Llena

Meditation is an invaluable practice to help you flow through the confusion and chaos of our times. In this class learn meditation postures, how

to regulate your breath, and how to calm your mind all while expanding your awareness. Learn to observe your thoughts and feelings, then let them go in the silence. Regular practice helps you release stress and cultivate a sense of harmony and peace.

Rennie Maguire has been trained and certified to teach superconscious meditation by the Institute of the Himalayan Tradition in St. Paul, MN. She has taught hundreds of meditation workshops in OR, NY, and NM in an array of settings. Her website is www.waterlilyworkshops.com

NIRR-Supermassive Black Holes & Exploding Stars 240

Len Duda

Monday Sep 11 3:00 - 4:30

Fee: \$6  Neighborhood in Rio Rancho

A black hole is a location in spacetime having gravity so extreme that no particles or even light can escape from it. Supermassive black holes are at the center of all galaxies and smaller ones occur after the explosive end of massive stars. Astronomers have imaged large black holes. The presentation reviews what is known about black holes including how they form and how they are detected.

See bio in class #183.

NIRR-Jews in the Manhattan Project 241

Jack Shlachter

Monday Oct 9 3:00 - 4:30

Fee: \$6  Neighborhood in Rio Rancho

Los Alamos officially became a town in 1943 with the creation of the Manhattan Project and the secret science community. A 1945 snapshot of the theoretical division roster at Los Alamos reveals a leadership structure that is disproportionately of Jewish heritage. Of the roughly 80 individuals

in the division, four (all Jewish) would go on to become Nobel Laureates. Meet members of this leadership team as well as some key Jewish scientists outside the theoretical division.

Jack Shlachter is a physicist who spent most of his career at Los Alamos National Laboratory. In parallel, Jack is an ordained rabbi. He has led congregations in Center Moriches, NY, Los Alamos, and Santa Fe, and he has also provided itinerant rabbinic support to far-flung Jewish communities.

NIRR-Stonehenge & Avebury – Sacred Sites of England **242**

Maya Sutton

Monday **Nov 13** **3:00 - 4:30**
Fee: \$6  **Neighborhood in Rio Rancho**

Surprise! Stonehenge is not a stand-alone stone circle. It is the centerpiece of a large megalithic complex that began 3,500 years ago. New research shows burial mounds, ritual shrines, massive pits, and 17 more features. The more ancient Avebury is the largest stone circle in Europe. Nearby is Silbury, the biggest man-made hill in Europe, and the gigantic West Kennet mound. Could these sacred places have been for rituals to simulate journeys through the Underworld? Maya Sutton has been inside Stonehenge twice and has stayed for several weeks at Avebury.

See bio in class #140.

NIRR-What's the Matter with My Bladder?

243

Renai Gallagher

Monday **Dec 11** **3:00 - 4:30**
Fee: \$6  **Neighborhood in Rio Rancho**

Is your bladder running the show? Do you know where all the best restrooms are located? Do you get up more than once at night to go? When you cough or sneeze, do you leak a little? If so, you should know that there are simple strategies to manage these issues. Bladder control problems are remarkably common but rarely discussed. Renai Gallagher provides valuable strategies, tips, and exercises to effectively tame your bladder.

Renai Gallagher, PT, DPT, LMT, CAPP-Pelvic, has been a physical therapist for 25 years. She holds a doctorate in physical therapy and is a certified pelvic health specialist in private practice. She is associate faculty at the UNM Health Sciences Center Division of Physical Therapy and teaches Gender Health. Throughout her career, she has presented numerous lectures on pelvic floor dysfunction to healthcare providers and community members.



Travel virtually to Vietnam's Son Doong Cave with Kathleen McCleery, class #210.

FOOT CARE CLINICS

Janet Simon

Do you have difficulty trimming your toenails? Maintaining healthy toenails is not just cosmetic; it is important for preventing ingrown nails, infections, foot pain, and falls. Have your toenails professionally trimmed by a healthcare provider in a private appointment at Oasis. Class details include a window of time in which your appointment will be booked. Once registered, the Oasis office will call you to book your specific 15-minute appointment on your selected date. *Payment is due when you register. Limited enrollment.*

This is a scheduled appointment; therefore, no credit or refunds will be issued for cancellations.

This service is offered at \$15 with support from a Blue Impact grant from Blue Cross and Blue Shield of New Mexico. You do not need to be a BCBSNM member, nor will your insurance be billed for this visit.

Janet Simon, Doctor of Podiatric Medicine, MEd, is executive director of the New Mexico Podiatric Medical Association and is a board-certified podiatric physician in Albuquerque with New Mexico Foot & Ankle Institute. She has more than 30 years of experience in clinical practice and serves as senior advisor to the Public Health Committees of the American Podiatric Medical Association and the American Public Health Association.


Foot Care Clinic 1	301
Wednesday	Dec 20
Fee: \$15	9:00 - 12:00
	 Oasis

Foot Care Clinic 2	302
Monday	Sep 18
Fee: \$15	1:00 - 4:00
	 Oasis

Foot Care Clinic 3	303
Wednesday	Sep 20
Fee: \$15	9:00 - 12:00
	 Oasis

Foot Care Clinic 4	304
Friday	Oct 4
Fee: \$15	1:00 - 4:00
	 Oasis

Foot Care Clinic 5	305
Wednesday	Oct 11
Fee: \$15	9:00 - 12:00
	 Oasis


Foot Care Clinic 6	306
Monday	Oct 16
Fee: \$15	1:00 - 4:00
	 Oasis


Foot Care Clinic 7	307
Monday	Oct 30
Fee: \$15	9:00 - 12:00
	 Oasis

Foot Care Clinic 8	308
Monday	Nov 20
Fee: \$15	9:00 - 12:00
	 Oasis

Foot Care Clinic 9	309
Friday	Dec 1
Fee: \$15	9:00 - 12:00
	 Oasis

Foot Care Clinic 10	310
Monday	Dec 4
Fee: \$15	1:00 - 4:00
	 Oasis

Foot Care Clinic 11	311
Friday	Dec 15
Fee: \$15	9:00 - 12:00
	 Oasis

Foot Care Clinic 12	312
Monday	Dec 18
Fee: \$15	1:00 - 4:00
	 Oasis



Off-Site Class Locations

If you are lost, call the Oasis Office at 505-884-4529, and we will help you with directions.

Albuquerque Zoo

Located at 903 10th Street SW, Albuquerque.

Meet under the main entryway, before the ticket windows.

Balsam Glade

From I-40 and exit 175, drive toward Cedar Crest on N-14. Follow N-14, aka the Turquoise Trail, for approximately 6.5 miles, to NM 536, aka the Sandia Crest Scenic Byway. Turn onto NM 536. Balsam Glade is approximately 7 miles up NM 536 (about one mile past the base of the Sandia Peak Ski area). Turn right into Balsam Glade Picnic Area.

BARCO Recycling

Located at 5049 Edith NE, Albuquerque. The numbers on the Education building are hidden behind a tree branch. The building is blue and located between Southwest Picture Cars and Mud Monsters Pond & Landscaping. The number to call if you are lost is 505-835-5540.

Candelaria Nature Preserve

Meet at the far west end of Arbor Rd. NW, Albuquerque. Arbor is a well-packed dirt road off Rio Grande Blvd., 1.7 miles north of I-40 (and one block north of Cherokee Rd. NW.)

Cutbow Coffee

Located at 1208 Rio Grande Blvd NW, Albuquerque. North of I-40. Parking on site.

Fairview (Historic) Cemetery

Located at 700 Yale Blvd SE, Albuquerque. Enter through the gates of Fairview Memorial Park. Drive straight through to the intersection with the cemetery office on the left. Turn left and proceed north into the historic part of the cemetery (no

grass). Meet at the Springer Walton Mausoleum in the center of the cemetery.

Jaramillo Vineyards

From I-25 South, take first Belen exit 195. Go about 1-mile, take a sharp left onto Andre Sanchez Road (it has a brown historical marker right before it). Follow road as it curves around, at red stop sign, Rasband Dairy is to your left, stop, and then drive straight forward onto private gravel road. Follow it to the top, passing a white house. The winery is right next to the house. Directions to the tasting room will be provided at the vineyard.

Juan Tomas Open Space

From I-40, take exit 175 south to Tijeras. Go 8.7 miles south on NM337. Turn left on Oak Flat Road and go 2.7 miles east. Park in the area on the left, across from the junction with Anaya Road (not Anaya Place).

Kei & Molly Textiles

Located at 4400 Silver SE, Suite A, Albuquerque. On the corner of Washington SE and Silver SE. Park in studio parking lot or on Silver.

La Vida Llena

Located at 10501 Lagrima De Oro Rd NE. From the Montgomery & Morris intersection, go north on Morris one block, then turn east on Lagrima del Oro Rd NE. La Vida Llena will be on your left.

Los Poblanos Open Space

Los Poblanos Open Space parking lot. Take Montañño 1.0 mile west of Fourth Street to Tierra Viva Pl. (east of Shepherd of the Valley Church), turning north into the lot.

National Hispanic Cultural Center

Located at 1704 4th Street SW, Albuquerque.
Intersection of 4th Street SW and Avenida César Chávez SW (Bridge Blvd). From I-25, exit Avenida César Chávez, follow west over railroad tracks. Meet at the far west side of the Cultural Center parking lot at Cesar Chavez (aka Dolores Huerta or Bridge) and 8th Street.

Neighborhood in Rio Rancho

Located at 900 Loma Colorado Blvd NE in Rio Rancho. South of Northern Blvd NE.

Next Chapter Studio

Located at 109 Hermosa Drive SE, Albuquerque. One block east of Carlisle Blvd, just south of Central. Street parking is available, and there is a church lot available closer to Silver Avenue.

Open Space Visitor Center

Located at 6500 Coors Blvd NW, Albuquerque. This is east of Coors Blvd at the end of Bosque Meadows Rd, which is between Montañó Blvd and Paseo del Norte.

Our Lady of Perpetual Help Church

Located at 1837 Alvarado Dr NE, Albuquerque. Between San Pedro and San Mateo NE. One block north of Constitution Ave NE and one block south of Alvarado Park.

Tijeras Pueblo Archaeological Site

From east on I-40, take exit 175 (Tijeras) going south on State Road 337. After the first stoplight, continue for approximately 1/4 mile. Park at the Sandia Ranger Station, on the left. The trail and museum are behind the Ranger Station.

Ultra Health Bernalillo Dispensary

Located at 255 Camino Don Tomas, Bernalillo. Take I-25 North, take exit 240 and continue to E. Avenida Bernalillo. Take a right on S. Camino Del Pueblo. Take a left on Calle Del Norte. Take a right on Camino Don Tomas; the facility will be on the left after you pass Calle De Vargas.

Valle de Oro National Wildlife Refuge

Valle de Oro National Wildlife Refuge is located 5 miles south of downtown Albuquerque. From I-25, take Rio Bravo exit 220 and head west on Rio Bravo. Turn left (south) onto 2nd Street SW. Follow 2nd Street 3.5 miles south to Refuge located on the right (west side) of 2nd Street. Meet in the Visitor Center breezeway.



Thank you volunteers!

Oasis is truly lucky to have a large group of amazing volunteers that share their time and expertise to enrich Oasis. You may not always see all of our volunteers but they are hard at work assisting Oasis with many projects.

Hat's off to all of our volunteers - we greatly appreciate you!

We are currently looking for help with catalog delivery, front desk, and tutoring. Come join us! Ask any staff person!

Oasis Albuquerque gratefully acknowledges the following foundations and corporations for their support:



DELIVERING MORE

unmhealth.org



Oasis Classroom Etiquette

- Silence your cell phones.
- Keep all cell phones in pockets or purses so they don't glow in the dark.
- Please do not wear perfume/cologne.
- Be a good neighbor and please do not park in spots that are designated for other businesses.
- Water is welcomed in the classrooms, but please, no other beverages or food.
- Dress in layers—sometimes our classrooms may feel cool.

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Oasis Classes

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To register for the next class go to
NeighborhoodRioRancho.com or
LaVidaLlena.com events page.

The Neighborhood in Rio Rancho and
La Vida Llena, Today's Way to Retire.



(505) 994-2296
NeighborhoodRioRancho.com



(505) 293-4001
LaVidaLlena.com



Monday		Tuesday		Wednesday		Thursday		Friday	
								1	
ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, September 6 at 10:00 am and continues throughout the term.									
4	Office Closed	5	6	7		8			
11	228 Walking ABQ-Mon* 101 Drawing & Observation 240 NIRP-Black Holes*	12 194 NM Governor's Mansion 149 Austin Book Group	13 229 Walking ABQ-Wed* 163 Life Balance 230 Accessible Walk: Balsam Glade*	14 Rediscover Oasis! 10:00-12:00 10:00-11:30 10:00-12:00		15 101 Drawing & Observation 10:00-12:00			
18	228 Walking ABQ-Mon* 115 Current Affairs Group ZM 175 People & Dogs 195 Historic Fairview Cemetery* 101 Drawing & Observation 102 Beyond Basics Mosaics 302 Foot Care Clinic 2 127 Addressing Dizziness 128 Addressing Dizziness ZM	19 209 Santa Fe Day Trip* 153 Singing the Show Tunes 150 Summit Book Group 140 Southwest France 102 Beyond Basics Mosaics 151 Holmes Book Group ZM	20 229 Walking ABQ-Wed* 303 Foot Care Clinic 3 176 African Animals Tour 1* 163 Life Balance 129 Stay Strong, Live Long ZM 152 West Mesa Book Group*	21 213 Tai Chi Chih 196 Tijeras Pueblo Tour 1* 236 LVL-Understanding Transgender*		22 177 African Animals Tour 2* 101 Drawing & Observation 9:30-12:00 10:00-12:00 3:00-4:30			
25	228 Walking ABQ-Mon* 214 Tai Ji Quan for Balance 123 Coffee History & Tasting* 101 Drawing & Observation 103 Riso Printing Demo*	26 197 Tijeras Pueblo Tour 2* 153 Singing the Show Tunes 216 Tai Chi Health 217 Tai Chi Health ZM 198 NM Archaeology & Hunting 218 Yoga for Feet	27 229 Walking ABQ-Wed* 214 Tai Ji Quan for Balance 178 Reptiles, Birds, & Cats Tour* 111 Maximizing Medicare 163 Life Balance	28 213 Tai Chi Chih 179 Candelaria Preserve* 199 Tijeras Canyon 104 Old Books to New Art 216 Tai Chi Health 217 Tai Chi Health ZM 130 CPR/AED		29 180 Beavers ZM 101 Drawing & Observation 158 The Adobe Brothers 10:00-11:30 10:00-12:00 11:00-12:00 2:30-4:00			

Monday			Tuesday			Wednesday			Thursday			Friday		
2	228 Walking ABQ-Mon*	8:30-10:00	3	153 Singing the Show Tunes	10:15-11:45	4	229 Walking ABQ-Wed*	8:30-10:00	5	231 Juan Tomas Hike*	8:30-11:30	6	210 Vietnam Cave	10:00-11:30
	214 Tai Ji Quan for Balance	9:00-10:00		216 Tai Chi Health	11:00-12:00		214 Tai Ji Quan for Balance	9:00-10:00		213 Tai Chi Chih	9:00-10:00		101 Drawing & Observation	10:00-12:00
	115 Current Affairs Group ZM	9:15-10:45		217 Tai Chi Health ZM	11:00-12:00		112 Social Security	10:00-11:30		134 End-of-Life Options	10:00-11:30		Art Gallery Opening Reception 2:00-3:30	
	200 Los Alamos Post War ZM	10:00-11:30		131 Natural Brain Health	12:30-2:00		215 Better Balance	1:00-2:00		164 Memoir Writing	10:00-12:00			
	101 Drawing & Observation	10:00-12:00		219 Yoga: Too Much Sitting	2:30-3:45		304 Foot Care Clinic 4	1:00-4:00		216 Tai Chi Health	11:00-12:00			
	215 Better Balance	1:00-2:00					133 Health Disparities	2:30-4:00		217 Tai Chi Health ZM	11:00-12:00			
9	228 Walking ABQ-Mon*	8:30-10:00	10	153 Singing the Show Tunes	10:15-11:45	11	229 Walking ABQ-Wed*	8:30-10:00	12	113 Recycling Tour 1*	9:00-10:00	13	165 Trivia Contest	10:00-11:30
	214 Tai Ji Quan for Balance	9:00-10:00		216 Tai Chi Health	11:00-12:00		214 Tai Ji Quan for Balance	9:00-10:00		213 Tai Chi Chih	9:00-10:00		101 Drawing & Observation	10:00-12:00
	101 Drawing & Observation	10:00-12:00		217 Tai Chi Health ZM	11:00-12:00		305 Foot Care Clinic 5	9:00-12:00		169 Church in Early America*	10:00-11:30		159 Die Polka Schlingel	2:00-3:30
	215 Better Balance	1:00-2:00		141 Celtic Art	12:30-2:00		168 C. S. Lewis Spiritual Journey	10:00-11:30		216 Tai Chi Health	11:00-12:00			
	135 Sleep & Napping ZM	2:30-4:00		149 Austin Book Group	1:30-3:00		142 Kennedy Assassination	12:30-2:00		217 Tai Chi Health ZM	11:00-12:00			
	241 NRR-Manhattan Project*	3:00-4:30		219 Yoga: Too Much Sitting	2:30-3:45		215 Better Balance	1:00-2:00		114 Recycling Tour 2*	1:00-2:00			
							136 Caregivers Tools ZM	1:00-2:30						
16	228 Walking ABQ-Mon*	8:30-10:00	17	153 Singing the Show Tunes	10:15-11:45	18	229 Walking ABQ-Wed*	8:30-10:00	19	213 Tai Chi Chih	9:00-10:00	20	181 Schoolbooks Were Wrong	10:00-11:30
	214 Tai Ji Quan for Balance	9:00-10:00		216 Tai Chi Health	11:00-12:00		214 Tai Ji Quan for Balance	9:00-10:00		201 Texan Pirates	10:00-11:30		182 Schoolbooks Were Wrong ZM	10:00-11:30
	115 Current Affairs Group ZM	9:15-10:45		217 Tai Chi Health ZM	11:00-12:00		116 Cannabis Tour 1*	9:30-10:45		216 Tai Chi Health	11:00-12:00		101 Drawing & Observation	10:00-12:00
	170 Isaac Unbound	10:00-11:30		150 Summit Book Group	11:00-12:30		117 Cannabis Tour 2*	11:00-12:15		217 Tai Chi Health ZM	11:00-12:00		202 Space Exploration	12:30-2:00
	101 Drawing & Observation	10:00-12:00		137 Improving Cognition	12:30-2:00		215 Better Balance	1:00-2:00		118 Immigration & Asylum	12:30-2:00			
	154 Mountain Dulcimer	12:30-2:00		222 S&R: Core 1	1:00-2:00		136 Caregivers Tools ZM	1:00-2:30		222 S&R: Core 1	1:00-2:00			
	215 Better Balance	1:00-2:00		151 Holmes Book Group ZM	1:00-2:30		152 West Mesa Book Group*	1:30-3:00		237 LVL-Cannabis Basics*	3:00-4:30			
23	214 Tai Ji Quan for Balance	9:00-10:00	24	107 Kei and Molly Tour*	10:00-11:00	25	214 Tai Ji Quan for Balance	9:00-10:00	26	213 Tai Chi Chih	9:00-10:00	27	160 Day of the Dead Tales	2:00-3:30
	115 Current Affairs Group ZM	9:15-10:45		153 Singing the Show Tunes	10:15-11:45		183 James Webb Telescope	10:00-11:30		143 Jewish Secrets in Spain	10:00-11:30			
	105 Spectacular Photographs	10:00-11:30		216 Tai Chi Health	11:00-12:00		124 Healthy Eating	12:30-2:00		216 Tai Chi Health	11:00-12:00			
	106 Glass Mosaic Suncatcher	12:00-4:00		217 Tai Chi Health ZM	11:00-12:00		215 Better Balance	1:00-2:00		217 Tai Chi Health ZM	11:00-12:00			
	154 Mountain Dulcimer	12:30-2:00		106 Glass Mosaic Suncatcher	12:00-2:30		136 Caregivers Tools ZM	1:00-2:30		184 Artificial Intelligence	12:30-2:30			
	215 Better Balance	1:00-2:00		119 CBD & Then Some	12:30-2:00					220 S&R: Lower Body	1:00-2:00			
				220 S&R: Lower Body	1:00-2:00									
30	214 Tai Ji Quan for Balance	9:00-10:00	31	125 Jaramillo Winery Tour*	10:00-1:00									
	307 Foot Care Clinic 7	9:00-12:00		153 Singing the Show Tunes	10:15-11:45									
	232 Crane Hike 1*	9:30-11:30		216 Tai Chi Health	11:00-12:00									
	154 Mountain Dulcimer	12:30-2:00		217 Tai Chi Health ZM	11:00-12:00									
	215 Better Balance	1:00-2:00		221 S&R: Upper Body	1:00-2:00									

ZM= Livestream via Zoom

*Off-Site Class. Please see the Off-site location directions on pages 48-49.

Registration opens Wednesday, September 6 at 10:00 am and continues throughout the term.

ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 48-49.
Registration opens Wednesday, September 6 at 10:00 am and continues throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
		1 Tai Ji Quan for Balance 9:00-10:00 Bayeux Tapestry 12:30-2:00 Better Balance 1:00-2:00 Caregivers Tools ZM 1:00-2:30		2 Tai Chi Health 11:00-12:00 Tai Chi Health ZM 11:00-12:00 Mosaics Coaster Gifts 12:30-4:00 Artificial Intelligence 12:30-2:30 S&R: Upper Body 1:00-2:00		3 Stretch & Relax 9:00-10:00 Stretch & Relax ZM 9:00-10:00 Nuclear Fuel Cycle ZM 10:00-11:30 Mosaics Coaster Gifts 12:00-2:00 1st Southwesterners ZM 2:30-4:00		4 Saturday Tank Warfare 10:00-11:30	
6	ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, September 6 at 10:00 am and continues throughout the term.	7 Tai Ji Quan for Balance 9:00-10:00 Current Affairs Group ZM 9:15-10:45 18th Century Paris 10:00-11:30 Cooking for Cognition 10:00-12:00 Lowdown on Dirt 12:30-2:00		8 Tai Ji Quan for Balance 9:00-10:00 South Africa Minerals 10:00-11:30 Lino-cut Cards 12:30-3:30 Caregivers Tools ZM 1:00-2:30		9 S&R: Core 2 9:00-10:00 Navajo Lands 10:00-11:30 Tai Chi Health 11:00-12:00 Tai Chi Health ZM 11:00-12:00 Lino-cut Cards 12:30-3:30 Nature of the Good 2:30-4:00		10 Stretch & Relax 9:00-10:00 Stretch & Relax ZM 9:00-10:00 Men of Honor 10:00-11:30 Haiku Workshop 10:00-12:00 1st Southwesterners ZM 2:30-4:00	
13	Tai Ji Quan for Balance 9:00-10:00 Sky Pastel Workshop 9:30-12:30 C. S. Lewis Mere Christianity 10:00-11:30 Lowdown on Dirt 12:30-2:00 NIRR-Stonehenge & Avebury* 3:00-4:30	14 Sky Pastel Workshop 9:30-12:30 Singing the Show Tunes 10:15-11:45 Tai Chi Health 11:00-12:00 Tai Chi Health ZM 11:00-12:00 Living with Diabetes 12:30-2:00 Qigong Fundamentals 1:00-2:00 Austin Book Group 1:30-3:00		15 Tai Ji Quan for Balance 9:00-10:00 Weather Apps 10:00-11:30 Lions, Tigers, & Mares 12:30-2:00 Caregivers Tools ZM 1:00-2:30 West Mesa Book Group* 1:30-3:00		16 Tai Chi Health 11:00-12:00 Tai Chi Health ZM 11:00-12:00 West Side Story ZM 12:30-2:30 LVL-Weather Changed History* 3:00-4:30		17 Stretch & Relax 9:00-10:00 Stretch & Relax ZM 9:00-10:00 Haiku Workshop 10:00-12:00 Standard Deviation 2:00-3:30	
20	Foot Care Clinic 8 9:00-12:00 Current Affairs Group ZM 9:15-10:45	21 Singing the Show Tunes 10:15-11:45 Summit Book Group 11:00-12:30 Qigong Fundamentals 1:00-2:00 Holmes Book Group ZM 1:00-2:30		22 Math Behind AI 10:00-11:30		23 Office Closed		24 Office Closed	
27	Crane Hike 2* 9:30-11:30	28 Coral Reefs 10:00-11:30 Accessible Cranes 10:00-12:00 Los Poblanos Open Space* TBD Singing the Show Tunes* 1:00-2:00 Qigong Fundamentals 1:00-2:00		29		30 Advent & Christmas* 10:00-11:30 Accessible Cranes 10:00-12:00 Valle de Oro*			

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	309 Foot Care Clinic 9 9:00-12:00 120 Ketanji Brown Jackson 12:30-2:00 120.5 Ketanji Brown Jackson ZM 12:30-2:00
ZM= Livestream via Zoom Registration opens Wednesday, September 6 at 10:00 am and continues throughout the term.									
4	191 Penguins Plus Tour 1* 9:30-12:00 147 Paris: Enlightenment 10:00-11:30 to Revolution 167 Dreams Workshop 10:00-11:30 206 NM Geology 12:30-2:00 310 Foot Care Clinic 10 1:00-4:00	5	227 Yoga Pilates Fusion 9:00-10:00 121 Asia 2024 10:00-11:30 153 Singing the Show Tunes* TBD 226 Qigong Fundamentals 1:00-2:00 193 Chaos Theory 2:00-4:00	6	207 Santa Fe Geology 10:00-11:30 122 2024 NM Legislature 12:30-2:00 139 Aging Feet 2:30-4:00	7	227 Yoga Pilates Fusion 9:00-10:00 192 Penguins Plus Tour 2* 9:30-12:00 174 Polluting the Pure 10:00-11:30 156 Holiday Sing Along 2:00-3:00	8	167 Dreams Workshop 10:00-11:30
11	157 George Gershwin ZM 12:30-2:30 243 NIRR-Bladder Matters* 3:00-4:30	12	227 Yoga Pilates Fusion 9:00-10:00 153 Singing the Show Tunes* TBD 149 Austin Book Group 1:30-3:00 193 Chaos Theory 2:00-4:00	13	152 West Mesa Book Group* 1:30-3:00 148 American Poverty 2:30-4:00	14	227 Yoga Pilates Fusion 9:00-10:00 208 Geologic Year in NM ZM 10:00-11:30	15	311 Foot Care Clinic 11 9:00-12:00 162 Oasis Entertainers 2:00-3:00
18	312 Foot Care Clinic 12 1:00-4:00	19	150 Summit Book Group 11:00-12:30 151 Holmes Book Group ZM 1:00-2:30	20	301 Foot Care Clinic 1 9:00-12:00	21	239 LVL-Meditation* 3:00-4:30	22	
25	Office Closed	26	Office Closed	27		28		29	

Oasis Policies

(505) 884-4529 | Hours: Monday-Thursday 9:00am to 4:30pm, Friday 9:00am - 4:00pm
American Square Shopping Center | 3301 Menaul Blvd. NE, Suite 18 Albuquerque, NM 87107
Mailing Address: PO Box 35518, Albuquerque, NM 87176

How do I become an Oasis member?

You may join Oasis at any time by completing the New Participant Form found on the inside back cover of this catalog or go online to www.oasisabq.org and click on the My Account link in the upper right corner of the webpage.

How do I register for classes?

You may register online, in person at the Oasis office, by calling the Oasis office at 505-884-4529, or by mail. Payment is required at the time of registration and holds your place in a class. Mailing in a paper registration form is highly recommended if you do not want to register online. You may add classes anytime throughout the term - either online or by phone.

If I want to drop my registration form off at your office, when can I do so?

The Oasis office is open from 9:00am - 4:30pm Monday through Thursday, and 9:00am - 4:00pm on Friday.

What types of payment do you accept?

We accept cash, check, or credit card (Visa, Discover or MasterCard).

What if the class I want is full?

We encourage you to join the wait list, and we will call you if a space becomes available. Most Zoom classes have a maximum capacity of 300 so we do not anticipate a Zoom lecture filling up. Your name is not added to the roster from the wait list until you have been called, and we have received your payment. If you do not get in and have paid by check or cash, we will apply a credit to your Oasis account for any unused amount. If you pay by credit card, we will only charge your card for the classes in which you are actually enrolled.

I can't come to class. Can I get a refund?

Program fees are non-refundable unless Oasis cancels or reschedules the class. In the case of extreme unforeseen

circumstances (i.e. jury duty or emergency medical reasons), credit may be applied to another class. If possible, we ask you to give us at least 24 hours notice in advance of your absence so that, if applicable, we can add someone from the waiting list.

Can I give my seat to someone else if I am not able to come?

Just like the airlines, your seat in class is not transferable to someone else. It is not fair to those on the waiting list.

Courtesy Confirmation Calls & Zoom Links

For in-person classes, Oasis volunteers will try to phone enrollees prior to a class to confirm details. We cannot guarantee we will always reach you so be sure to keep your own calendar.

For Zoom classes, you will NOT receive a courtesy call reminding you of your class. Your reminder will be an email sent one business day prior to the class with the Zoom link, meeting ID, and password. Please keep a calendar with your scheduled classes and check your email junk/spam folders for the Zoom link.

Your registration receipt contains class dates and times, along with Zoom links and off-site locations, if applicable. You can also log in to your MyOasis account, click on dashboard, and then click on view/print class term receipt. We do not refund or credit class fees if you miss your class.

Information about Oasis credits

Throughout 2020 and 2021, Oasis canceled many of our educational offerings due to the pandemic, and there are a lot of you who have credit on your account. We would very much like you to use the credit or consider donating it back to Oasis! If you register online, the credit will appear as a store coupon when you check out. If you register by writing a check, please call the office at 505-884-4529 to find out how much credit you have before sending another check.

Oasis Policies, Cont.

I am experiencing a financial challenge. Do you offer financial assistance for classes?

If you are experiencing a financial challenge and find yourself unable to take lectures at Oasis, please make an appointment to speak with the executive director so we can find a way to support you.

The opinions expressed by presenters and volunteers are their own and do not necessarily reflect the views of Oasis or its sponsoring organizations.

Also, please remember that information received in Oasis classes related to health, finance (including appraisal or investment), or legal matters is presented in an educational context. You should seek professional advice related to your specific situation before making decisions in these areas.

If you are an individual with a disability who is in need of a reader, amplifier, qualified sign language interpreter, or any other form of auxiliary aid or service to attend or participate in this event (class/meeting), please contact the Oasis office manager at (505) 884-4529 at the time of registration or at least two weeks prior to the event (class/meeting). Thank you.

**Fall 2023 classes begin
Monday, September 11, 2023.**

Registration Info:

Registration opens at 10:00 am on Wednesday, September 6, 2023.

How early can I register for classes, and how can I be sure I'll get into the classes I want?

Registration opens at 10:00 am on Wednesday, September 6, 2023. If you register online at that time, you have a very good chance of getting into a popular (or limited enrollment) class. If you are not comfortable registering online, your best bet is to mail in or drop off your paper registration form as soon as possible. We start collecting registration forms the day the catalogs arrive; however, they are not entered into our system until registration opens at 10:00 am on September 6, 2023.

You can mail in or drop off your registration form at your earliest convenience after receiving your new catalog. Paper registration forms are processed in the order they are received beginning at 10:00 am on the first day of registration (September 6, 2023). The first form received is the first one entered and so on.

Important Registration Information

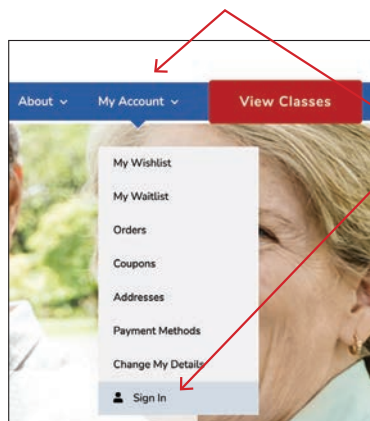
Complete your forms and payments carefully. Include payment for all of your classes and trips.

- **Couples or two friends who attend classes together** should submit forms together IN ONE ENVELOPE. You must, however, submit separate forms and payment for each person. Each attendee must sign the waiver of liability form.
- **Email:** If you have email, please include the address on your form, so we can email your receipt and confirmation.

Payment methods

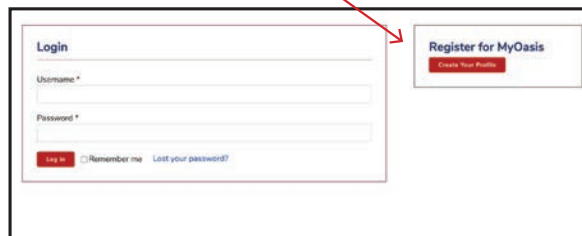
- **Credit Cards:** We strongly encourage payment by credit card. If you pay by credit card, we charge only for the classes in which you are enrolled.
- **Cash or check payments:** If you are paying by cash or check and a class is full when you register, we will apply the additional amount to your account and create a credit to use on future classes. You may use that for future classes OR it will be applied to your wait-listed class if space becomes available.
- **Oasis Credits:** Before sending another check or cash, check your Oasis credit balance by calling the Oasis office at 505-884-4529 or by checking your most recent Oasis receipt.

HOW TO REGISTER FOR CLASSES



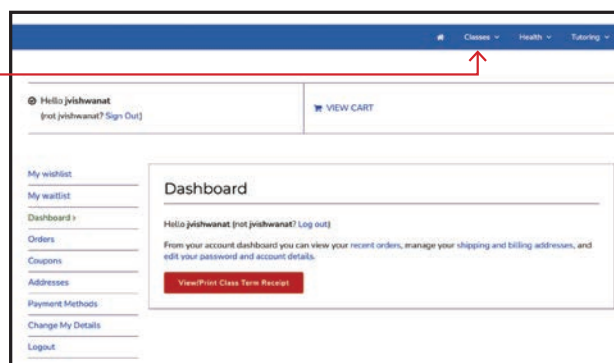
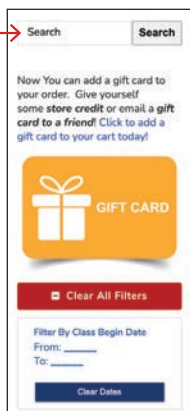
1. Go to www.oasisabq.org

2. Click **My Account > Sign In** (If you don't have a MyOASIS account yet, click **"Create Your Profile"** to sign up).

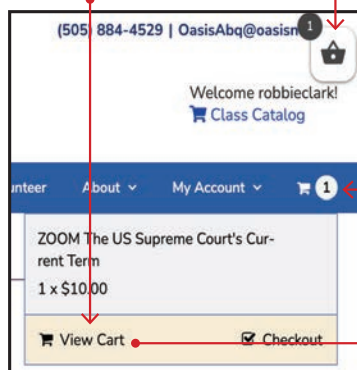


3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**

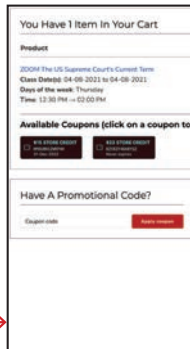
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



5. To check out, go to the **cart** icon in the menu at top right of the page and click **View Cart**

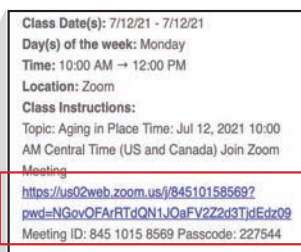
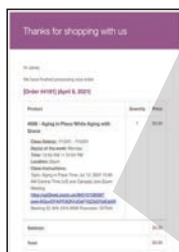


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



7. Once you have entered in your payment information and have agreed to the **terms and conditions**, click on **Place Order**

8. Once your order is complete, you will receive a confirmation receipt through email. If your class is virtual, this is where your **Zoom link** will be. You can also find your Zoom links under **Dashboard > View/Print Class Term Receipt**



9. **All done!** Make sure to check your SPAM or "Promotions" folder in your email inbox in case your receipt lands there.



Cut along the line to remove and return this form.

Oasis Fall 2023 Class Registration

Oasis ID# (from catalog address label)

Date / /

Name

Address

City

Zip

Phone

Email

WAIVER OF LIABILITY: I release and discharge Oasis and all other sponsors, supporters, and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis. These include but are not limited to: educational, cultural, volunteer, physical fitness related programs, and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that participants in Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff. I understand that all program fees are nonrefundable except as provided in the Oasis refund policy. **Media Release** I give permission for The Oasis Institute/Albuquerque Oasis to photograph or videotape me and to use my name and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute/Albuquerque Oasis's partners and by the media, as well as agree to be photographed or videotaped by the media for general publication. ** If you do not wish to give said permission, please remove yourself from photographed situations and/or make the photographer aware that you do not wish to be photographed.

By:

SIGNATURE REQUIRED

✓ Check (on this side) the classes you would like to take

✓	C#	*Indicates Off-Site Class	Office Use Only	
			Fee \$	In W
	101	Drawing & Observation	\$150	
	102	Beyond Basics Mosaics	\$55	
	103	Riso Printing Demo*	\$15	
	104	Old Books to New Art	\$15	
	105	Spectacular Photographs	\$12	
	106	Glass Mosaic Suncatcher	\$55	
	107	Kei and Molly Tour*	\$18	
	108	Mosaics Coaster Gifts	\$55	
	109	Lino-cut Cards	\$65	
	110	Sky Pastel Workshop	\$55	
	111	Maximizing Medicare	\$6	
	112	Social Security	\$12	
	113	Recycling Tour 1*	\$18	
	114	Recycling Tour 2*	\$18	
	115	Current Affairs Group ZM	\$35	
	116	Cannabis Tour 1*	\$18	
	117	Cannabis Tour 2*	\$18	
	118	Immigration & Asylum	\$12	
	119	CBD & Then Some	\$12	
	120	Ketajiji Brown Jackson	\$12	
	120.5	Ketajiji Brown Jackson ZM	\$12	
	121	Asia 2024	\$12	
	122	2024 NM Legislature	\$12	
	123	Coffee History & Tasting*	\$28	
	124	Healthy Eating	\$12	
	125	Jaramillo Winery Tour*	\$45	
	126	Cooking for Cognition	\$35	

✓ Check (on this side) the classes you would like to take

✓	C#	*Indicates Off-Site Class	Office Use Only	
			Fee \$	In W
	127	Addressing Dizziness	\$6	
	128	Addressing Dizziness ZM	\$6	
	129	Stay Strong, Live Long ZM	Free	
	130	CPR/AED	\$6	
	131	Natural Brain Health	\$12	
	133	Health Disparities	\$12	
	134	End-of-Life Options	\$12	
	135	Sleep & Napping ZM	\$12	
	136	Caregivers Tools ZM	Free	
	137	Improving Cognition	\$12	
	138	Living with Diabetes	\$12	
	139	Aging Feet	\$12	
	140	Southwest France	\$12	
	141	Celtic Art	\$12	
	142	Kennedy Assassination	\$12	
	143	Jewish Secrets in Spain	\$12	
	144	Bayeux Tapestry	\$12	
	145	Tank Warfare	\$12	
	146	18th Century Paris	\$12	
	147	Paris: Enlightenment to Revolution	\$12	
	148	American Poverty	\$12	
	149	Austin Book Group	\$12	
	150	Summit Book Group	\$12	
	151	Holmes Book Group ZM	\$12	
	152	West Mesa Book Group*	\$12	
	153	Singing the Show Tunes	\$70	
	154	Mountain Dulcimer	\$40	

✓ Check (on this side) the classes you would like to take

✓	C#	*Indicates Off-Site Class	Office Use Only	
			Fee \$	In W
	155	West Side Story ZM	\$12	
	156	Holiday Sing Along	\$12	
	157	George Gershwin ZM	\$12	
	158	The Adobe Brothers	\$15	
	159	Die Polka Schlingel	\$15	
	160	Day Of The Dead Tales	\$12	
	161	Standard Deviation	\$15	
	162	Oasis Entertainers	\$12	
	163	Life Balance	\$30	
	164	Memoir Writing	\$20	
	165	Trivia Contest	\$12	
	166	Haiku Workshop	\$24	
	167	Dreams Workshop	\$25	
	168	C. S. Lewis Spiritual Journey	\$12	
	169	Church in Early America*	\$12	
	170	Isaac Unbound	\$12	
	171	Nature of the Good	\$12	
	172	C. S. Lewis Mere Christianity	\$12	
	173	Advent & Christmas*	\$12	
	174	Polluting the Pure	\$12	
	175	People & Dogs	\$12	
	176	African Animals Tour 1*	\$18	
	177	African Animals Tour 2*	\$18	
	178	Reptiles, Birds, & Cats Tour*	\$18	
	179	Candelaria Preserve*	\$15	
	180	Beavers ZM	\$12	
	181	Schoolbooks Were Wrong	\$12	

New Participant Form



Date: _____ Month/Year of Birth: _____

Name: _____
(First) (Last)

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (_____) _____ Cell Phone: (_____) _____

Email Address: _____ Username: _____
(For data entry purposes only.)

☐ Check here if you would like to "Opt In" to receive occasional group emails from Oasis. We do not share or sell our email addresses.

In case of an emergency **(required)**, contact:

(Name) (Phone)

The information you provide is strictly confidential. We do not sell any information. This document is shredded after it is entered into our database.

Gender: ☐ Female ☐ Male ☐ Other

Marital Status: ☐ Single ☐ Married ☐ Domestic Partnership ☐ Widowed ☐ Divorced

Race/Ethnicity: ☐ Asian ☐ Black or African American ☐ White/Caucasian
☐ Hispanic or Latino ☐ American Indian or Alaska Native
☐ Native Hawaiian or other Pacific Islander ☐ Two or more races

Highest Level of Education: ☐ Grade School ☐ High School ☐ Some College
☐ College Degree ☐ Post Graduate

How did you hear about Oasis? ☐ Brochure ☐ Advertisement ☐ Oasis Catalog ☐ Friend
☐ Presentation ☐ TV/Radio ☐ Walk-In ☐ Internet/Website ☐ Newspaper

If you would like to be an Oasis volunteer, please check your interests:

☐ Tutor ☐ Office Work ☐ Special Events ☐ Health and Wellness ☐ Catalog Delivery

Past/Present Employer: _____ Past/Present Occupation: _____

Please return this form to:

Oasis | PO Box 35518 | Albuquerque, NM 87176 | PH: 505-884-4529 | Fax: 505-884-4942

To register for classes, please see the Class Registration forms in this catalog, or visit us at www.oasisabq.org.



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PO Box 35518, Albuquerque, NM 87176

505-884-4529

www.oasisabq.org

Registration opens on
Wednesday, September 6, 2023,
10:00am & continues throughout the term.
See pages 59-60.

Classes begin Monday, September 11, 2023

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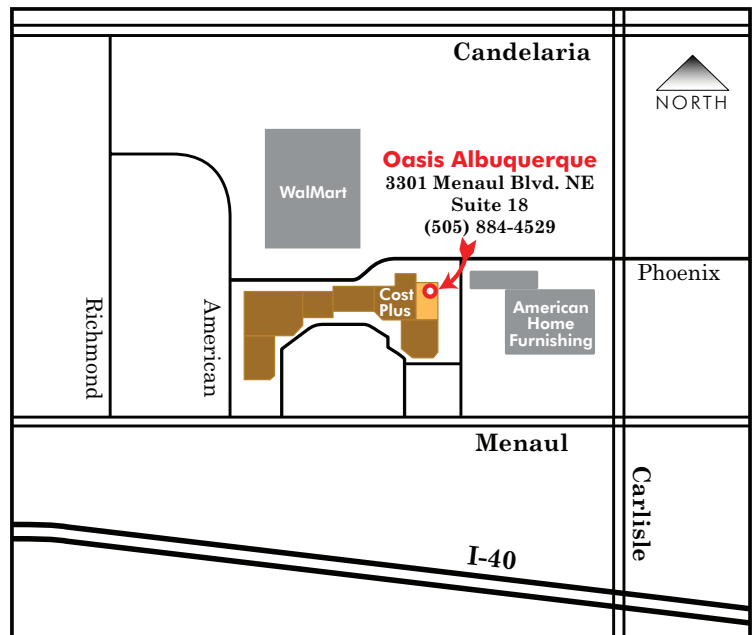
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