

CLASSES JANUARY-APRIL 2024

Registration Opens:

Wednesday, January 3, 2024

10:00am



SPRING 2024

Get fit, keep learning, have fun, and enjoy all that Oasis has to offer!



Sponsored by:



Dear Oasis Friends,



2024 is just around the corner, which means (to me) that another year has flown by. And with the end of 2023 comes the end of my tenure as the Albuquerque Oasis Executive Director. As I write this, a decision on my replacement

is imminent but not final. The Oasis Board of Directors has conducted a thorough and extensive search, and I am confident the new Executive Director will continue the excellent programs Oasis offers and take this amazing non-profit to new heights. Oasis is fortunate to have a committed and capable staff; volunteers; and you, our dedicated Oasis members.

It has been my immense pleasure serving as the Oasis Executive Director. There have been highs and lows, for sure, and the best part has been getting to know so many of you. I hope to see you in future Oasis classes (I'll have time to do that now) and/or out in our community. It's a whole new world as a retiree, and I'm excited for new experiences and adventures! Thank you all for being an integral part of my life for the past (almost) ten years.

Kathleen

Kathleen Raskob
Executive Director

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

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Email: oasisabq@oasisnet.org

National Website: www.oasisnet.org

Albuquerque Info: www.oasisabq.org

Oasis Staff



Adam



Becky



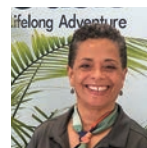
Cynthia



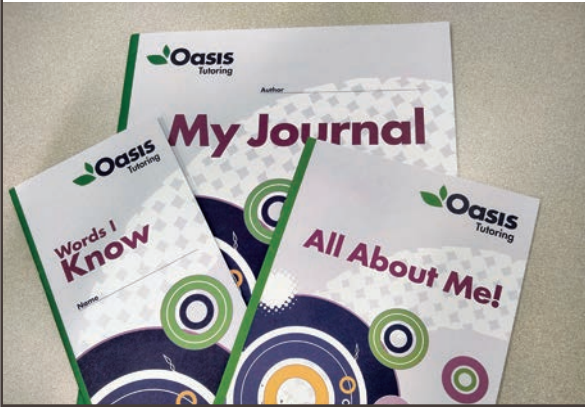
Lisa



Sylvia



Vicki



Oasis Intergenerational Tutoring



Embrace your new year's resolution of volunteering and join our team today!

Reading with an elementary school student is a resolution you won't regret! Research shows that volunteering has a positive impact on people's health that includes feeling better mentally, physically, and emotionally.

Contact Vicki today at 505-884-4529 for information on our next training session.

Oasis Art Gallery – Spring 2024
APS Middle School Art
February 1 through April 30, 2024

The Oasis Art Gallery



Current work on display is a representation of Albuquerque Public Schools Middle School visual arts programs. Students in these programs explore a variety of media and subject matter. Art projects and assignments provide opportunities for student artists to explore and express personal voice while developing artistic skills and techniques.

*Opening Reception is
 Thursday, February 1st
 from 4:00 - 5:30pm
 at Oasis.*

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 location addresses are 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: Piedras Marcadas Petroglyphs and Strength & Resistance exercise class participants.

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See pages 58-62 for important policy & registration information.

LECTURES

ART

Introduction to Calligraphy**101***Kathy Chilton***Thursday****Jan 18****10:00 - 12:00****Fee: \$15**

Oasis



Back by popular demand! This class begins with an introduction to the historical background of calligraphy and ends with a hands-on creative session. Learn about calligraphic tools and how to use them, while practicing one alphabet style of 26 forms and applications of the new-found skill. Tools and paper provided. *Bring \$4 materials fee payable to the instructor. Limited enrollment.*

Kathy Chilton has been teaching calligraphy for more than 35 years. Her pen has also been used for illustrating books; writing travel guidebooks, articles, and stories; and corresponding with friends and family around the world.

Always in Relation: Artworks from the Schultz Collection**102***Deborah Slaney***Monday****Jan 22****10:00 - 11:30****Fee: \$12**

Oasis

Albuquerque residents and Oasis members, Ruth and Sid Schultz, were movers and shakers in the

world of Native American art. They built strong relationships with artists, making careful purchases from a variety of jewelers such as Yazzie Johnson, Gail Bird, Kenneth Begay, Norbert Peshlakai, and Liz Wallace. Deb Slaney describes pieces from the Schultz collection, recently donated to the Wheelwright and Albuquerque Museums.

Deb Slaney is an independent curator, currently serving as collections data manager at the Wheelwright Museum in Santa Fe. She was formerly curator of history at the Albuquerque Museum and registrar at the Heard Museum in Phoenix. Slaney holds a bachelor's from the University of Arizona and a master's from the University of Oklahoma.

Basics & Beyond Mosaics Workshop**103***Jill Gatwood***Tuesday****Jan 23****12:30 - 4:30****Wednesday****Jan 24****12:30 - 2:30****Fee: \$55****2 sessions**

Oasis

Back by popular demand! Create your own beautiful mosaic art piece, from start to finish, in two days. Learn about design, cutting tiles, adhesives, and grout in this hands-on workshop. Students are also introduced to the techniques and materials used for creating outdoor pieces, wall murals, backsplashes, and even mosaic sculptures. No artistic ability is required; experienced mosaic artists will enjoy this class too. All tiles, tools, and other supplies are provided in class. *Bring \$25 materials fee payable to instructor (cash or check) at first session. Limited enrollment.*

Jill Gatwood is an avid hiker and naturalist. When not exploring the mountains and canyons of New Mexico, she creates custom mosaics. Her art was featured in the Mosaic New Mexico group exhibit at Oasis in 2018.

Drawing & Observation Art Workshop 104

Stephen Vosa

Mon & Fri Jan 29 - Mar 8 10:00 - 12:00

Fee: \$150 11 sessions Oasis



Photo courtesy of Stephen Vosa

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. The instructor demonstrates and draws with the class. 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 session. No class Feb 19. Limited enrollment.*

Steve Vosa has been drawing for most of his life. He is a graduate of Vesper George School of Art, Boston, in fine art and commercial art, and has worked professionally as a graphic artist/illustrator for over 30 years.

Old Books to New Art 105

Irene Newlon

Tuesday Jan 30 10:00 - 12:00

Fee: \$15 Oasis

Back by popular demand! Create attractive and decorative art pieces from books that have seen better days! In this workshop, you make a flower

wreath (dahlias) and a spring birdhouse. Also, receive information on how to create other art pieces using your recycled books. *Bring \$5 materials fee payable to the 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, and self-growth. She has a bachelor's in English and a master's in sociology/education.

Mosaic Coaster Workshop 106

Jill Gatwood

Wednesday Jan 31 12:30 - 4:30

Thursday Feb 1 12:30 - 2:30

Fee: \$55 2 sessions Oasis

Back by popular demand! 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 instructor (cash or check) at first session. Limited enrollment.*

See bio in class #103.

Biomorphic Sculpture Workshop 1 107

Lea Anderson

Mon & Fri Mar 1 & Mar 4 1:00 - 3:00

Fee: \$55 2 sessions Oasis

Biomorphic Sculpture Workshop 2 108

Lea Anderson

Mon & Fri Mar 29 & Apr 1 1:00 - 3:00

Fee: \$55 2 sessions Oasis

Create your own colorful, "Biomorphic" sculpture using non-toxic Creative Paperclay®, found natural objects, acrylic paint, and lots of imagination! Inspired by the incredible designs found in

fungi, microorganisms, ocean, and botanical life forms, participants invent unique and delightful small sculptures using a range of enjoyable materials. All experience levels welcome! *Bring \$15 materials fee payable to instructor (cash or check) at first session. Limited enrollment.*

Lea Anderson, a mixed media and installation artist, has lived and worked in New Mexico for two decades. Anderson has exhibited throughout New Mexico, the US, and internationally. She is a faculty member at CNM and has led dozens of workshops using a wide variety of mixed media techniques. She is currently collaborating on projects with Meow Wolf and Electric Playhouse.

Tour of Kei & Molly Textiles 109

Kei Tsuzuki

Tuesday Mar 5 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. Founded in 2010, the 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, ask questions, and shop. *Limited enrollment.*

Kei Tsuzuki, co-founder of Kei & Molly Textiles, helped start the social enterprise in 2010 with the vision to provide work, skills, and support for recent immigrants looking to build a better life for themselves. Today, the staff is comprised of women who have settled in Albuquerque from around the world, including Cuba, Colombia, Afghanistan, and Mexico.

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

Let's Upcycle!

110

Irene Newlon

Tuesday Apr 2 10:00 - 12:00
Fee: \$15

 **Oasis**

Create attractive items from found objects and thrift store finds! In this workshop, make a candlestick trio, greeting cards from found objects/old cards, and a spring flower arrangement. Also, receive information on other ways to upcycle what you already have. *Bring \$5 materials fee (cash or check) payable to instructor. Limited enrollment.*

See bio in class #105.

The Sky Is the Limit:

Pastel Landscapes Workshop

111

Susan Roden

Wed & Thu Apr 3 & Apr 4 12:30 - 3:30
Fee: \$60 2 sessions

 **Oasis**

Back by popular demand! A comprehensive study of clouds increases one's ability to observe the power of underlaid colors and technical ability with pastels. Create two vibrant landscapes of white clouds in blue skies, with a focus on varied techniques and substrates during a two-session class. Group exercises, demos, and individualized rendering enables all (with little or no artistic experience) to create two powerful pastels. All materials provided. *Bring \$18 materials fee payable to instructor (cash or check) at first session. 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*, and other publications.

CONSUMER

Recycling Center Tour **112**

Thursday Jan 11 9:00 - 10:00

Fee: \$18  **BARCO Recycling**

Back by popular demand! Get an in-depth look at the recycling operation in Albuquerque. Recycling staff discuss the history of the recycling effort and lead us on 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.*

Duran Central Pharmacy History & Tour 1 **113**

Mona Ghattas

Thursday March 7 9:30 - 10:30

Fee: \$18  **Duran Central Pharmacy****Duran Central Pharmacy History & Tour 2** **114**

Mona Ghattas

Thursday April 18 9:30 - 10:30

Fee: \$18  **Duran Central Pharmacy**

Back by popular demand! Duran Central Pharmacy (Duran's), the iconic independent drugstore near Old Town, has been in business since 1942, providing pharmaceutical resources to our community, as well as serving up quality New Mexican food. The Ghattas family purchased Duran's from Pete Duran in 1965. Our tour begins at Remedy, a cafe next to Duran's, with a cup of coffee and pastry. Mona Ghattas provides the history and then leads us on a tour of the pharmacy. *Limited enrollment.*

Mona Ghattas, Duran's president, owns and operates the pharmacy and restaurant. She has been a pharmacist since 1984 and was the

2019 president of the New Mexico Pharmacists Association. She graduated from UNM with a BS in pharmacy.

Understanding Cannabis & Its Applications for Wellness **115**

Kelly Buttermann

Thursday Mar 14 10:00 - 11:30

Fee: \$12  **Oasis**

Cannabis has been used medicinally for thousands of years. Join Kelly Buttermann for an in-depth look at the history of this therapeutic plant and discover how it may be beneficial to you. Buttermann delves deep into its abilities to help ease pain and anxiety, benefit GI issues, assist in recovery from exercise and physical therapy, and aid in sexual intimacy.

Kelly Buttermann is Head of Education and Culture 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 benefits the cannabis plant can offer for health and well-being.

Safely Navigate the Internet & Detect Fake News **116**

Jessica Feezell

Tuesday Apr 9 12:30 - 2:00

Fee: \$12  **Oasis**

Join us as we discuss social media use across generations with a focus on digital media

technology and political behavior. Learn about the importance of “digital media literacy” and how to develop these skills. By increasing your literacy of digital media and news, you can help combat false and misleading information, avoid phishing scams, and spot political disinformation.

Jessica Feezell earned her PhD from UC Santa Barbara and is an associate professor of political science at UNM, where she studies and teaches American politics and political communication. Her research draws on scholarship in political behavior, media effects, social media and information technology, and public policy.

CURRENT EVENTS

Guided Tour of Albuquerque Sunport 1 117

Doug Lutz

Tuesday Jan 9 10:00 - 12:00
Fee: \$18  Albuquerque Sunport


Guided Tour of Albuquerque Sunport 2 118

Doug Lutz

Monday Jan 29 10:00 - 12:00
Fee: \$18  Albuquerque Sunport

Guided Tour of Albuquerque Sunport 3 119

Doug Lutz

Thursday Feb 22 10:00 - 12:00
Fee: \$18  Albuquerque Sunport

Back by popular demand! This is your chance for a behind-the-scenes view of our airport. Visit the communications center, pass through TSA security (bring a photo ID), and hop in a van onto the tarmac. Observe planes arriving and departing, see activity at Cutter Aviation, and tour the FedEx 727. The tour includes a trip to the old historic airport terminal located west of the main airport. Finally, learn about the amazing architecture and world-class art collection on display inside the Sunport. *Limited enrollment.*

Doug Lutz works for the City of Albuquerque Aviation Department, where he serves as tour guide. As a member of Sunport’s marketing department, he oversees its volunteer programs and community outreach activities.

Current Events Discussion

Group ZOOM


120

Mondays Jan 15 – Mar 25 9:15 - 10:45
Fee: \$35 6 sessions  Zoom

Join us for bi-weekly Zoom discussions of current events and issues selected by the group. Recent topics have included gun issues in NM, the history and plight of indigenous people, climate change, global famine, and options for overcoming US political gridlock. Some topics are selected prior to the first meeting and some are selected as the term begins. Each session is led by a group member who compiles and emails relevant readings (typically 25-30 pages) in advance and then leads the discussion. Join us for stimulating and informative discussions among thoughtful, open-minded people. *Limited enrollment.*

Inspiring Change in Albuquerque 121

Kathie Winograd & Emily Howard

Tuesday Jan 23 12:30 - 2:00
Fee: \$12  Oasis


Start bragging, Albuquerque! Join Kathie Winograd and Emily Howard for an interactive discussion about all the good things happening in Albuquerque. Discussion includes the following questions: Why do you live in Albuquerque and what is the primary motivation for you to stay here? What are the top three things you love about Albuquerque? What can we do to encourage people to stay positive? What do we need to request from our city/county/state policymakers to make Albuquerque the best it can be?

Kathie Winograd, EdD, is the executive director of Economic FORUM of Albuquerque. She was CNM’s

president from 2007 to 2020. Emily Howard is the founder & president of Cheetah Strategy, a local brand & business consulting firm that provides companies with accessible strategic thinking and extra brainpower.


Today's Transgender Conversation 122

Adrien Lawyer

Monday Feb 5 10:00 - 12:00
Fee: \$12  **Oasis**

Today's Transgender Conversation ZOOM 123

Adrien Lawyer


Monday Feb 5 10:00 - 12:00
Fee: \$12  **Zoom**

Transgender people are more visible and represented than ever. Despite gains in visibility and acceptance, transgender people continue to face challenges in everyday life—poverty, unemployment, lack of access to health care and secure housing, horrific violence, and discrimination. Adrien Lawyer explains what it means to be transgender and clarifies common misconceptions about transgender people.

Adrien Lawyer is the director of education at the Transgender Resource Center of New Mexico. TGRCNM is the only organization that provides an array of services for the transgender community in New Mexico. He is transgender, a father, and an advocate for equality and accessible resources for all.

The Erosion of Human Rights: Rebuilding Democracy 124

Michael Nutkiewicz

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

Drafted after the defeat of Nazi Germany, the 1948 UN Universal Declaration of Human Rights was meant to fend off future authoritarianism and

illiberal populism. Recently, political parties with undemocratic agendas are making huge inroads into the heart of democracy. Has the world made any real progress in the area of human rights? This question is critical when so many are discouraged by world events and have lost heart. How can we implement durable democratic values, especially here in the United States?

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 also director of Oasis Albuquerque.

Ditches, Dams, & Drains: MRGCD History & Infrastructure 125

Lorna Wiggins & Jason Casuga

Thursday Feb 29 2:30 - 4:00
Fee: \$12  **Oasis**



Learn about the history of the Rio Grande and how important the infrastructure (dams, drains, and levees) is to the development of the middle Rio Grande, and our future. Join Lorna Wiggins as she interviews Jason Casuga of Middle Rio Grande Conservancy District (MRGCD) about the infrastructure of MRGCD and how it impacts us all.

Jason Casuga is the chief engineer and CEO for MRGCD. As a professional engineer, Casuga has spent the last 12 years working in the Middle Rio Grande Valley. He has an undergraduate degree in civil engineering from NMSU. Lorna Wiggins is with the law firm, Wiggins, Williams & Wiggins, PC. She specializes in the areas of labor and employment law and is chair of the Oasis Albuquerque Board of Directors.

Understanding the Latinx Immigrant Community: Encuentro Center Tour 126

Julia Cusatis


Friday Feb 23 10:00 - 11:30
Fee: \$12  **Encuentro Center**

Encuentro is a community-based organization that engages with Latinx immigrant adults in educational and career development opportunities that build skills for economic and social justice. Tour Encuentro's new building, learn what they do, meet their staff and students, and deepen your understanding of the Latinx immigrant community and the myriad of meaningful ways they contribute to our society. *Limited enrollment.*

The tour is led by Encuentro's small and mighty staff. They are bilingual, mostly Latinx immigrants, women, and current or former Encuentro students.

New Mexico Legislature 2024 Post-Mortem 127

Lance Chilton & Marian Matthews

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


Lance Chilton, MD, and State Representative Marian Matthews discuss the triumphs and debacles of the 2024 30-day New Mexico legislative session. Did our citizen legislature pass meaningful criminal reform, did they address medical provider recruitment and retention, and what did they do about NM's continuing financial windfall? What bills did Governor Michelle Lujan

Grisham sign, veto, and pocket-veto? These and a host of other issues are covered as part of this class.

Lance Chilton, MD, has worked for the Legislative Finance Committee for the past six years and was an Albuquerque pediatrician for 43 years. Marian Matthews is a NM state representative who has represented District 27 since January 2020. She has sponsored bills that focus on crime and medical provider recruitment and retention.


Supreme Court Justice Clarence Thomas 128

Andrew Schultz

Wednesday Apr 3 12:30 - 2:00
Fee: \$12  **Oasis**

Supreme Court Justice Clarence Thomas ZOOM 129

Andrew Schultz

Wednesday Apr 3 12:30 - 2:00
Fee: \$12  **Zoom**


Justice Clarence Thomas has served on the Supreme Court for more than 32 years. His nomination was controversial, and he has remained a contentious and often polarizing jurist throughout his tenure on the Court. Andrew Schultz examines Justice Thomas' career, his unique role in many of the Court's high-profile recent decisions, and his potentially lasting impact in helping to shape some of the Court's most debated holdings.

Andrew Schultz is an attorney, retired after practicing law with the Rodey Law Firm for nearly 40 years. He is the only graduate of the UNM Law School to serve as a law clerk at the US Supreme Court, serving as a clerk to Byron R. White. Schultz has been an adjunct professor at UNM's School of Law for more than three decades. He was listed among the Top 25 Lawyers in New Mexico, as compiled by Southwest Super Lawyers.

FILM & TV

Zany World of the Marx Brothers ZOOM 130

Dan Sherman

Wednesday Feb 7 12:30 - 2:30
 Fee: \$12  Zoom

The grandchildren of immigrants, the Marx Brothers were stars of vaudeville who easily made the transition to Hollywood as they created iconic characters in some of the funniest movies ever made. We review the life and career of these extraordinary entertainers, examine their influence on comedy, and view clips from some of their greatest films. We also discuss Groucho's later TV career, including his interviews with Dick Cavett.

Dan Sherman, PhD, is an economist whose interests include opera and American musical theatre. Since 2010, Sherman 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.

Citizen Kane: Enjoying a Masterpiece ZOOM 131

Dan Sherman

Wednesday Mar 6 12:30 - 2:30
 Fee: \$12  Zoom

At age 25, Orson Welles directed and starred in what some would say is the greatest film ever made. Produced nearly 80 years ago, *Citizen Kane* was immediately recognized for its technical brilliance and creative energy. This talk describes the making of this great film, its creators (including composer Bernard Herrmann), and the controversies behind it. Although the talk includes many clips from the film to demonstrate its

innovations, participants are urged to watch the entire film.

See bio in class # 130.

FOOD & NUTRITION

Eldora Chocolate: Field Trip 1 132

Steve Prickett

Tuesday Jan 23 10:00 - 11:00
 Fee: \$22  Eldora Chocolate

Eldora Chocolate: Field Trip 2 133

Steve Prickett

Thursday Jan 25 10:00 - 11:00
 Fee: \$22  Eldora Chocolate




Back by popular demand! This small batch, craft chocolate maker exposes you to everything from the full cocoa bean to the chocolate bar-making process and presents new ways of thinking about chocolate. Understand the terroir of where a bean is grown and how it affects taste and quality. Tour the Eldora Chocolate facility, sample some amazing chocolate, and come away educated on the various flavor profiles of bean origins. *Limited enrollment.*

Steve Prickett, owner and founder, followed his hobby, passion, and lifelong love of dark chocolate to start Eldora after a successful career as a private

wealth advisor at Merrill Lynch. Part of his journey was to understand chocolate flavors around the world. He proceeded to make chocolate from 24 countries and 35 origins. He brings this knowledge and enthusiasm to Eldora.

Coffee History & Tasting at Cutbow Coffee 1 134

Paul Gallegos

Monday **Feb 5** **9:00 - 11:00**
Fee: \$28  **Cutbow Coffee**

Coffee History & Tasting at Cutbow Coffee 2 135

Paul Gallegos


Monday **Feb 26** **9:00 - 11:00**
Fee: \$28  **Cutbow Coffee**

Back by popular demand! Learn about the history of coffee and the art of roasting from an 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 over 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.

Cooking Demo: Fighting Inflammation with Food 136

Renee Euler

Monday **Mar 11** **10:00 - 12:00**
Fee: \$35  **Oasis**

Inflammation is an important part of your body's normal functions. However, excessive inflammation can swing the pendulum towards chronic disease. In this class, learn about foods that can increase inflammation and foods that can reduce it. Renee Euler demonstrates three easy and delicious recipes using foods that fight inflammation, while

she discusses how to include more of these foods in your diet. Recipes and tastings are provided. *Limited enrollment.*


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 from UNM and is a faculty member at CNM. She has personally managed both celiac disease and irritable bowel syndrome for many years.

See also:

Tummy Troubles (class #138) with Renee Euler

Cooking Demo: Cooking for Improved Cognition & Memory 137

Fallon Bader

Thursday **Apr 11** **10:00 - 12:00**
Fee: \$35  **Oasis**



Back by popular demand! 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 in 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.

HEALTH

Tummy Troubles**138**

Renee Euler

Monday**Feb 5****12:30 - 2:00****Fee: \$12** **Oasis**

Gastrointestinal complaints can dramatically affect one's quality of life. Renee Euler discusses common gastrointestinal disorders such as reflux/GERD, diverticulosis, gastroparesis, celiac disease, IBS, and IBD. Learn what these conditions entail, how food and lifestyle choices influence these conditions, when to seek additional help, and some common—and not-so-common—treatment strategies.

See bio in class #136.

A Matter of Balance**139****Tue & Thu****Feb 6 - Feb 29****10:00 - 12:00****Fee: FREE****8 sessions** **Oasis**

Does a fear of falling prevent you from doing the activities that you love? If so, you are not alone. This eight-session, evidence-based program utilizes lively group discussion, problem-solving strategies, videos, and 25 minutes per session (in sessions 3 through 8) of very gentle physical activity education to help you manage concerns about falls, change your environment to reduce risk of falls, and increase your activity, all with the support of your peers. *This is an interactive, discussion-focused class. If you attend at least 6 of the 8 sessions, you will receive a \$10 Oasis credit. Limited enrollment.*

Can We Improve Cognition As We Age?**140**

Janice Knoefel

Tuesday**Feb 6****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 and Boston University, as well as UNM, where she participates in clinical care, teaching, and research. She is especially interested in preventing the neurological diseases of aging.

Aging Mastery Program®**141****Wednesdays****Feb 7 - Apr 10****10:00 - 12:00****Fee: FREE****10 sessions** **Oasis**

The Aging Mastery Program® (AMP) is a 10-session program designed to empower you to make and maintain small but impactful changes in your life. The program incorporates evidence-informed materials, expert speakers, group discussion, peer support, and small rewards to give you the skills and tools you need to achieve measurable improvements in managing health, enhancing well-being, remaining economically secure, and increasing societal participation. At each session, a different expert speaker discusses important topics as they relate to aging. Topics range from exercise, healthy eating, medication management, and sleep to finances, living wills, healthy relationships, and community engagement. This evidence-based program was developed by the National Council on Aging (NCOA). *If you attend at least 8 of the 10 sessions, you will receive a \$10 Oasis credit. Limited enrollment.*

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

Hands-Only CPR & AED Use With the Resuscitation Rangers **142**
Resuscitation Rangers
Thursday Feb 8 12:30 - 2:00
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 Rangers’ mission is to improve outcomes for heart attack and cardiac arrest victims through community education.

To Lead a More Conscious Life, Plan a More Conscious Death **143**
Danielle Slupesky
Wednesday Feb 21 10:00 - 11:30
Fee: \$12 

Death is not a dirty word. None of us will make it out of here alive, so let’s talk about it! How you

want to die is extremely personal and about so much more than just the medical and legal aspects. This presentation offers you the chance to view your end-of-life planning, not as a dreaded chore, but as an opportunity to develop a more conscious, richer relationship with your life.

Danielle Slupesky is a certified end-of-life coach, death doula, and grief support facilitator offering education, guidance, and support to those preparing for, nearing, and at the end of their lives—as well as to their loved ones and caregivers. Slupesky’s goal is to normalize conversations surrounding death and dying and bring death back home, into the hands and hearts of our families and communities.

What’s the Matter With My Bladder? **144**
Renai Gallagher
Monday Mar 4 12:30 - 2:00
Fee: \$12 

Back by popular demand! 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, is a certified pelvic health specialist in private practice, and is associate faculty at the UNM Health Sciences Center Division of Physical Therapy.

The Next Steps to Better Hearing 145

Mircela Galindo

Wednesday Mar 6 10:00 - 11:30

Fee: \$6  Oasis

Mircela Galindo discusses the correlation between hearing loss and cognitive decline, hearing health, and available options for your hearing needs. If you or a loved one are struggling to understand in noisy environments or are feeling isolated and limited because of hearing loss, this presentation offers potential next steps. Learn which technologies really matter in a hearing device and how to identify reputable clinics.

Mircela Galindo has supported those with hearing loss for seven years, first as a hearing specialist at the Arizona State Schools for the Deaf and Blind and now at Advanced Bionics. She studied speech and hearing sciences and deaf education and is passionate about supporting those who struggle with their hearing.

Aging in Your Space 146

Tonya Carbajal

Wednesday Mar 6 2:30 - 4:00

Fee: \$12  Oasis

Approximately 88% of people want to stay in their homes for as long as possible, yet only 15% have considered the changes necessary. Aging in place requires careful consideration and planning ahead. We review common concerns about aging in place; discuss simple changes to improve home safety, quality of life, and independence; and offer recommendations to reduce your fall risk and age in place gracefully.

Tonya Carbajal, MOTR/L, is a UNM graduate and an occupational therapist practicing at UNM Sandoval Regional Medical Center. Her work has been published in the *Annals of International Occupational Therapy*. She also advocated for the development, and assisted in the design, of

the “Activities of Daily Living” lab at UNM’s new outpatient rehabilitation clinic, which promotes return to functional independence.

Osteopenia & Osteoporosis: Exercise Dos & Don’ts 147

Lauren Baier

Monday Apr 1 12:30 - 2:00

Fee: \$12  Oasis

Have you been diagnosed with osteopenia or osteoporosis? Are you concerned about a break or a fracture? Do you try to exercise, but stop because it hurts? Exercising safely can help slow or even reverse loss of bone density, as well as ease pain if you do it “right.” Get the information you need to exercise in ways that benefit your bones—rather than putting them at risk—so you can exercise safely, confidently, and productively.

Lauren Baier earned a Doctor of Physical Therapy from Washington University in St. Louis. She has a strong interest in balance training and falls prevention in older adults. Originally from Wisconsin, she has worked in Guatemala, Missouri, Los Lunas, and, now, Albuquerque at Langford PT.

Thrice Bitten: An Introduction to Insect-Borne Illnesses ZOOM 148

Bruce Mann

Wednesday Apr 3 10:00 - 11:30

Fee: \$12  Zoom


Humans fall ill from diseases carried by all sorts of animals, but, in particular, insect-borne diseases pose increasing risks. Did you know mosquitoes are responsible for more human deaths than any other animal on earth? In this talk, Bruce Mann reviews what you need to know about the new diseases we’re seeing from the big three culprits—mosquitoes, ticks, and fleas.

Bruce A. Mann, MD, FACP, is a board-certified internist, past UNM School of Medicine faculty member, and former Medicare medical director. He

also has experience as a UNM researcher in several areas, including medicine and epidemiology. His focus is on explaining complex medical topics in easy-to-understand ways. He takes on this topic because he himself is a mosquito magnet who dares not step out of the house without DEET.

Catch Your Breath 149

Nitin Budhwar

Monday Apr 8 2:30 - 4:00
Fee: \$12 

Do you experience shortness of breath? Does it affect your ability to get a good night's sleep or do your daily activities? Dyspnea, defined by shortness of breath or "air hunger," has many underlying causes. Learn common causes of dyspnea, related symptoms of concern one should watch for, and how best to get to the root of this condition.

Nitin Budhwar, MD, and Fellow of the American Academy of Family Physicians, is Chief of Geriatric Medicine at the University of New Mexico. He is board certified in family medicine and geriatric medicine. His interests include primary care delivery systems improvement and electronic health record optimization.

Shoulder Pain Is Not Humerus 150

Trish Siegel

Thursday Apr 11 12:30 - 2:00
Fee: \$12 

Do your shoulders hurt? Is there a way to prevent shoulder injury? Shoulder pain is common in people over 40, but there are evidence-based methods to prevent injury and to treat pain from common shoulder problems. Join UNM's Trish Siegel and two UNM occupational therapy graduate students to learn about shoulder anatomy, how to protect your shoulders from injury, and ways to address common causes of shoulder pain.

Patricia (Trish) Siegel, licensed doctor of occupational therapy and certified hand therapist, is an assistant professor at UNM's Occupational Therapy program. She has extensive experience in hand and upper extremity therapy. She teaches and conducts research in the area of orthopaedics and hand therapy.

Making Your Medicines Work Better for You 151

Alicia Pruitt

Monday Apr 15 10:00 - 11:30
Fee: \$12 



1 pill, 2 pill, red pill, blue pill. Medications can be confusing and overwhelming. As we age, we often accumulate long-term conditions, as well as medications, vitamins, and supplements. Which medications go together and which ones compete? Join us to learn ways to be better informed about your medication(s), what questions to ask your provider or pharmacist, when and how to ask, how to best avoid side effects, and more.


Alicia Pruitt, Doctor of Nursing Practice, is a family medicine provider at Optum NM. Pruitt's background is in emergency medicine where she learned how to treat a variety of patient needs. When it comes to the medicine she practices, she believes it is more important to know what sort of person has a disease, than to know what sort of disease a person has.

HISTORY

Shades of Light: Photography In 19th Century America

152

William Itoh

Thursday Feb 1 10:00 - 11:30
Fee: \$12  **Oasis**


This extensively illustrated presentation by William Itoh features examples of daguerreotypes, ambrotypes, tintypes, and paper prints (including cartes-de-visite, cabinets, and stereoviews) which represent the introduction and development of photography in the United States. These enduring images chronicle the story of America in the 19th century including the drama of the Civil War and the opening of the American West.

William Itoh is Professor of the Practice at the University of North Carolina at Chapel Hill. A career foreign service officer, he served as Executive Secretary of the National Security Council at the White House and as Ambassador to Thailand. He holds BA and MA degrees in history from UNM.

History of Sicily

153

Matthew Barbour

Tuesday Feb 13 12:30 - 2:00
Fee: \$12  **Oasis**

The island of Sicily has a long, diverse history. Modern narratives tend to focus on connections with the present-day state of Italy. However, at other times it was part of the Spanish Empire, Fatimid Caliphate, and even an independent kingdom. The island's history reflects broader settlement patterns, political struggles, and religious upheaval which have come to define the Mediterranean as a whole. Matt Barbour provides an overview of Sicily, focusing on the role it played in the greater histories of Europe, Africa, and the Middle East.

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.

Telephone Museum: Field Trip 1

154

Wednesday Feb 28 10:00 - 12:00
Fee: \$18  **Telephone Museum**

Telephone Museum: Field Trip 2

155

Friday Mar 8 10:00 - 12:00
Fee: \$18  **Telephone Museum**




Housed in a charming 1906 downtown building, the Telephone Museum of New Mexico includes three floors of communication equipment in unique exhibits. It features historical displays, photographs, and literature from early times in the telephone industry. Come see the variety of switchboards that were once the link to the world, including the one used to warn of the attack of Pancho Villa. Learn about these and hundreds of telephones and broadcasting teletype machines in this docent-guided tour. *Limited enrollment.*

England, France, & the Hundred Years' War

156

Lizabeth Johnson

Friday Mar 1 10:00 - 11:30
Fee: \$12  **Oasis**

In 1337, Edward III of England declared war on France, intent on laying claim to the French throne. While English forces won several important

victories early on, the war was prolonged by a series of truces. When the war finally came to an end in 1453, long after Edward's death, England and France were significantly changed by the war, particularly by the domestic issues triggered by years of warfare.

Lizabeth Johnson is an Albuquerque native and received her PhD in medieval history from the University of Washington. Her graduate studies included medieval history; renaissance and reformation history; and late antiquity. Johnson's specific area of research is medieval Welsh history. She has published numerous articles.

Illustrations of Change: Art & Literature in Renaissance & Early Reformation 157

Charles Steen

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


Artists and writers during the Renaissance and early Reformation contributed to changes in attitudes and habits that recognized individuals and personal values. This was as important to commoners as the elites. This was particularly true in the Netherlands and in the north German states, where creative commoners began to describe their time and to portray social and religious issues in critical terms. Peasants and urban workers begin to appear as subjects worthy of consideration.

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.

Jewish Gangsters in the 20th Century ZOOM

158

Naomi Sandweiss

Thursday **Mar 7** **10:00 - 11:30**
Fee: \$12  **Zoom**

You may know their names — Bugsy Siegel, Meyer Lansky, and Lepke Buchalter — or the crimes that they committed. But do you know what motivated Jewish individuals to pursue a life of crime? Why did the phenomena of Jewish gangsters typically last for one generation? Naomi Sandweiss introduces the Jewish underworld and the social forces that led Jews into the mob. Sandweiss introduces a family member, Sammy the Mustache, and describes his experiences as part of Detroit's Purple Gang.

Naomi Sandweiss is a New Mexican and author of *Jewish Albuquerque 1860-1960*, in addition to other articles and book chapters. She is past-president of the New Mexico Jewish Historical Society and holds an MA in history from Arizona State University.

The Mosaics of Norman Sicily 159

Timothy Graham

Wednesday **Mar 27** **12:30 - 2:00**
Fee: \$12  **Oasis**

Shimmering with gold, the mosaics that adorn the magnificent structures built by the Normans who ruled Sicily in the twelfth century are among the world's greatest cultural treasures. They also embody Sicily's complex heritage: the island was ruled by Greeks and then Muslims before the Norman takeover. We investigate how the different traditions intermingled and impacted one another as we explore the spectacular artistry of the mosaicists.

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 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*.

The Impact of the Reformation on Europe's Cultural Life 160

Charles Steen

Monday Apr 1 10:00 - 11:30
Fee: \$12 Oasis

The stress of the Reformation caused an outpouring of artworks and literature that was inclusive, as well as important. Artists flourished and writers began to present their ideas more freely. Some faced persecution for their efforts. Both artists and writers made imaginative representations of human situations and aspirations. Lucas De Heere of Ghent was an engraver, painter, and poet and serves as an excellent example of the changes the Reformation made in cultural life of the period.

See bio in class #157.

Bill Clinton & the Destruction of American Liberalism 161

George Ovitt

Wednesday Apr 10 2:30 - 4:00
Fee: \$12 Oasis

President William Jefferson Clinton worked side by side with Newt Gingrich and other paleo-conservatives through the mid-1990s to undo sixty-years of liberal American politics. From the crime bill to the deregulation of telecommunications, Clinton's faith in the "free market" and commitment to neoliberalism undid more than half a century of policies designed to benefit ordinary Americans. George Ovitt makes the case that Clinton, more than Reagan, was the architect of our current woes.

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 162

Mary Bibeau

Tuesdays Jan 9 - Apr 9 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: Jan 9 - *The Island of Sea Women* by Lisa See; Feb 13 - *Laughing Boy: A Navajo Love Story* by Oliver La Farge; Mar 12 - *Cutting for Stone* by Abraham Verghese; and Apr 9 - *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann. *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 163*Merrie Courtright***Tuesdays Jan 16 - Apr 16 11:00 - 12:30****Fee: \$12 4 sessions**  **Oasis**

The Summit Book Group meets on the third Tuesday of every month. Book selections are: Jan 16 - *Lessons in Chemistry* by Bonnie Garmus; Feb 20 - *The Possible World* by Liese O'Halloran Schwarz; Mar 19 - *The First Ladies* by Marie Benedict and Victoria Christopher Murray; and Apr 16 - *Where'd You Go, Bernadette?* by Maria Semple. *The group's meeting on Feb 20 will be from 12:30-2:00. Limited enrollment.*

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

Holmes Book Group ZOOM 164*Betty Whiton & Iris Fanning***Tuesdays Jan 16 - Apr 16 1:00 - 2:30****Fee: \$12 4 sessions**  **Zoom**


The Holmes Book Group meets on Zoom on the third Tuesday of every month. Book selections are: Jan 16 - *The Soulful Child: Twelve Years in the Wilderness* by Chloe Gallaway; Feb 20 - *Poet Warrior: A Memoir* by Joy Harjo; Mar 19 - *Demon Copperhead* by Barbara Kingsolver; and Apr 16 - *The Five Wounds* by Kirstin Valdez Quade. *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 over 30 years as a mental health professional counseling and advocating for children, teens, and families.

West Mesa Book Group 165*Irene Newlon, Ginger O'Neil, & Tricia Simons***Wednesdays Jan 17 - Apr 17 1:30 - 3:00****Fee: \$12 4 sessions**  **Rudolfo Anaya Library**

The West Mesa Book Group usually meets on the third Wednesday of each month. Book selections are: Jan 17 - *Hello Beautiful* by Ann Napolitano; Feb 21 - *Of Water and the Spirit: Ritual, Magic, and Initiation in the Life of an African Shaman* by Malidoma Patrice Somé; Mar 20 - *Weyward* by Emilia Hart; and Apr 17 - *The Dictionary of Lost Words* by Pip Williams. *Limited enrollment.*

Irene Newlon has been the director of several non-profits, and she is an avid reader and recycled project crafter. Ginger O'Neil is an artist and writer. Books are her lifetime passion. Tricia Simons is an artist, gardener, and animal activist who enjoys the group discussion.

Robert Burns, Scotland's Beloved Poet 166*Maya Sutton***Thursday Mar 14 12:30 - 2:00****Fee: \$12**  **Oasis**

Robert (Rabbie) Burns only lived for 37 years, but he made a lasting impact on the Scottish dialect (and on many a lass). He wrote "Auld Lang Syne" and "Address to a Haggis." Burns is a poet who is revered around the world. Thousands of people take part in the annual festivities for his birthday, called "Burns Nights." Who else would write "Wee, sleeket, cowrin, tim'rous beastie" to a mouse?

Maya Sutton graduated from Georgetown University's School of Foreign Service and received her PhD from UNM. Sutton's great-grandmother, Jane MacNichol, was from the Isle of Skye, contributing to Maya's 93% Scottish-Irish DNA ancestry. She is a dual citizen with the Republic of Ireland. She has created many Burns Night celebrations and participated in many more around Albuquerque.

MUSIC

Singing the Show Tunes 167

Irma Reeder & Scott Hooker


Tuesdays Jan 16 - Apr 16 10:15 - 11:45
Fee: \$70 14 sessions  Oasis

Do you enjoy singing? In this fun and informative class, we explore show tunes from stage and screen while including gentle physical movement, vocal exercise, singing technique, and a lot of laughter! We will learn new songs, renew old friendships, and meet new people. We plan four exciting performances at the end of the semester (4/2, 4/9, 4/16, 4/19) to share what we've learned. Members are encouraged to strut their stuff and sing their favorites with solos, duets, or 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!

Karaoke 101: Become a Karaoke Star! 168

Anne Lorenz-Ray

Wednesdays Jan 24 - Feb 7 2:30 - 4:00
Fee: \$30 3 sessions  Oasis

Anyone who can smile can sing! Karaoke is a fun activity at home or out with friends. It's even more fun when you know what you're doing. Learn the basics of using a microphone, picking a song to sing, and techniques to make you a star performer. Brush up, rehearse, and learn a new song, then, as an option, join the group afterward for karaoke fun in Albuquerque. *Limited enrollment.*

Anne Lorenz-Ray is a retired transition counselor with a BA in physical anthropology from UNM. A

vocal performer since age nine, she has experience singing at the 'happiest place on earth.'


Introduction to Harp 1 169

Irma Reeder

Mondays Feb 5 - Feb 26 12:30 - 2:00
Fee: \$40 3 sessions  Oasis

Introduction to Harp 2 170

Irma Reeder

Mondays Mar 11 - Mar 25 12:30 - 2:00
Fee: \$40 3 sessions  Oasis

Come be enchanted by the beautiful and healing music of the harp. Irma Reeder introduces the lever or Celtic harp and a bit of basic music theory to get you started. You'll be amazed how quickly you'll be playing lovely music! Melodies, harmonies, and chords are covered, and soon you'll be able to call yourself a "harper" (a "harpist" plays the symphonic pedal harp). *No previous musical experience is required. Printed materials provided. No class February 19. Limited enrollment.*

Irma Reeder enjoys teaching voice, guitar, harp, bodhran (Irish frame drum), and mountain dulcimer. She also directs the Oasis Show Tunes chorus.

You Call THAT a Musical Instrument? 171

David Crossley

Friday Mar 22 10:00 - 11:30
Fee: \$12  Oasis

You Call THAT a Musical Instrument? ZOOM 172

David Crossley

Friday Mar 22 10:00 - 11:30
Fee: \$12  Zoom

Composers have employed anything that makes a sound in their music. Whales, taxi horns, satellite telemetry, car engines, gunshots, and even a typewriter. They have commissioned special

instruments made for their piece (including a giant tuba) and scored in prolonged dead silence. This presentation highlights some unique musical instruments, some of which may be familiar, and a few you may never want to hear again.

David Crossley has degrees in electrical and mechanical engineering; he retired from a 40-year career in the aerospace arena. He taught electromagnetics at NMSU. He also played oboe in the Albuquerque Philharmonic.

The Romantic Movement in Classical Music 173

Karl Hinterbichler

Thursday Mar 28 2:30 - 4:00
Fee: \$12  **Oasis**

The romantic era in music encompasses most of the 19th century. There is a new freedom in the music with the focus on conveying emotion and passion rather than following traditional formal elements. Karl Hinterbichler has chosen a number of musical compositions that capture these changes during the Romantic period. Listen to music inspired by nature, literature, art, supernatural elements, and nationalism. Works are louder, softer, higher, lower, faster, longer, and feature new instruments and bigger orchestras.

Karl Hinterbichler holds degrees from the Universities of Michigan and North Texas. He has performed as a trombonist with the NM Symphony, Santa Fe Opera, Opera Southwest, Santa Fe Symphony, Florida Symphony, and Dallas Symphony. He has concertized, given master classes, and lectured worldwide. At UNM he is a professor of music and teaches applied music, chamber music, and music history.

PERFORMANCES

3 On A Match Kabarett 174

Tina Panaro & Brad Clement


Friday Jan 19 2:00 - 3:30
Fee: \$15  **Oasis**



Photo courtesy of 3 On A Match Kabarett

The musical ensemble, 3 On A Match Kabarett, brings to life the European Kabarett style that was popular between the World Wars. They combine traditional songs with humor, satire, and wit to create a unique and entertaining experience! Take a journey into the past with the "forbidden" songs by Brecht and Weill, Hollaender and Spoliansky, songs sung in the style of Marlene Dietrich, and others.

The performers include Tina Panaro on vocals and Brad Clement on piano, with various guest musicians on accordion, guitar, and other instruments.

Mardi Gras With Flambeaux

175

Mark Weaver

Friday

Feb 16

2:00 - 3:30

Fee: \$15

Oasis



Photo courtesy of Flambeaux

Mardi Gras, here we come! Flambeaux specializes in spirited Dixieland jazz, inspired by American music from the 1910s, 20s and 30s. A few of their favorites, and possibly yours, include “Sweet Georgia Brown,” “Five Foot Two, Eyes of Blue,” and “When You’re Smiling” just to name a few. They bring the Big Easy’s Mardi Gras celebration to Oasis. Just try to keep your toes from tapping!

The brilliant Micah Hood on trombone shares the front line with 2022 NM Music Hall of Fame inductee John Truitt on soprano sax. Our swinging rhythm section features New Mexico’s own Doctor of Banjo, Wayne Shrubsall, and his long-time section mate Mark Weaver on tuba.

Traditional Scandinavian & Medieval Ballads

176

Scott Darsee & Johanna Hongell-Darsee

Friday

Mar 1

2:00 - 3:30

Fee: \$15

Oasis



Photo courtesy of Scott Darsee

International performing artists, Scott Darsee and Johanna Hongell-Darsee, perform early traditional Scandinavian and Celtic ballads and tales using both historical and modern instrumentation in their unique and original musical arrangements. Their performances have been described as magical, inspiring, haunting.

Scott (US) and Johanna (Finland/Sweden) have explored the links between Scandinavian, Celtic, European, North American, and Asian singing traditions. Their recordings have been nominated for Best Vocal Performance by the New Mexico Music Awards.

Live Theater: A Festival of Comedies! 177

Robert Benjamin & Duchess Dale

Friday Mar 8 2:00 - 3:30

Fee: \$15 Oasis

During this entertaining, evocative program of live theater and post-show discussion, Uplift Productions presents enhanced staged-readings of upbeat, light-hearted short plays about older characters. Each short play shows characters grappling with awkward, difficult yet comedic conflicts, including how to hold fast to their personal passions, sense of purpose, and quality of life — all the while navigating how it feels to be older. There is time for Q&A with the director, cast and playwright. Curtains up!

The plays are directed by “Duchess Dale,” an award-winning actor and director, who currently hosts a podcast for seniors, “Re-Wire!” These performances are done by professional actors—including prominent local actors Georgia Athearn and Don Converse. Robert Benjamin is a retired research physicist who has become a playwright since retirement. He has produced a number of full-length plays, short plays, a short film, and an operetta.

Rye Creek: Irish & Folk Tunes 178

Friday Mar 15 2:00 - 3:30

Fee: \$15 Oasis



Photo courtesy of Rye Creek

Rye Creek performs selections from their most popular Irish and folk tunes. The band uses a variety of instruments including violins, mandolins, concertina, recorders, harmonicas, percussion, guitar, and bass. The band’s strength is their lively vocal numbers. Band members also demonstrate their instruments and discuss background information about some of the songs.

Rye Creek is an Albuquerque band that plays traditional as well as more contemporary Irish, folk, and western music. Band members are Ron Trellue (guitar), Terry Axline (violin and more), Jessica Kamali (bass and violin), Mike Murphy (violin and mandolin), and Catherine Hubbard (percussion). The group has been performing for over 30 years at local venues.

Spring Is in the Air! Violin & Piano Performance

179

Barbara Barber & Dennis Alexander

Friday Apr 12 10:00 - 11:30

Fee: \$15

📍 Robertson Violins



Photos courtesy of Barbara Barber & Dennis Alexander

Violinist Barbara Barber and pianist Dennis Alexander welcome warm weather to New Mexico with a program of sonatas reflecting the newness of spring. Featuring the music of Ludwig van Beethoven and Cesar Franck, Barber and Alexander introduce each work with revealing insights into the lives of the composers as well as historical context and musical structures and highlights. They will perform in the acoustically superb recital hall of Robertsons & Sons Violin Shop.

Barbara Barber is internationally known as a violinist, pedagogue, and author. She has performed worldwide and joined Robertson & Sons Violin Shop, presenting concerts, masterclasses, and pedagogy seminars. Dennis Alexander's over 450 publications and recordings have earned him an international reputation as one of the world's most prolific and popular composers of educational piano music. Alexander taught applied piano and piano pedagogy at the University of Montana, Missoula, Cal State Fullerton, and Cal State Northridge.

Oasis Entertainers

180

Irma Reeder & Scott Hooker

Friday Apr 19 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 the stage and screen. All are invited to attend the latest trimester's musical adventure.

See bio in class #167.

PERSONAL ENRICHMENT

Life Balance

181

Sondra Slivon

Wednesdays **Jan 10 - Jan 24** **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 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. Her professional background includes roles in business, education, and the non-profit sector. She earned an undergraduate degree from Duke University, and holds an MA in teaching.

Test Your Trivia Skills!

182

Todd Griffin

Monday **Jan 15** **10:00 - 11:30**
Fee: \$12  **Oasis**

Back by popular demand, with new questions and new prizes! Do you love "Jeopardy" or "Trivial Pursuit?" Then 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.

Take Your Power Back

183

Trish Hoffman

Friday **Jan 26** **10:00 - 11:30**
Fee: \$12  **Oasis**

The rate of violent crime in Albuquerque is nearly double the national average. That is the reality we face every day in our community. Trish Hoffman provides an overview of local crime trends. She gives a safety overview and discusses adopting personal safety habits to confront violence, including how to avoid getting into dangerous situations and how to get out of the situation before it gets violent. Learn from an expert on how not to be a victim.

Trish Hoffman retired as a Lieutenant with APD after 23 years, working in the Public Information Office, Internal Affairs, and the Aviation Division, including K9-Patrol. Hoffman graduated with a bachelor's from Freed Hardeman University and received a master's from Webster University. Hoffman has been teaching safety and self-defense for over 22 years. She is founder and president of Women Against Crime.

Dreaming for Wisdom & Healing 1

184

Teresa Fulton

Tue & Fri **Mar 12 & Mar 15** **10:00 - 11:30**
Fee: \$25 **2 sessions**  **Oasis**

Dreaming for Wisdom & Healing 2

185

Teresa Fulton

Mon & Fri **Mar 18 & Mar 22** **10:00 - 11:30**
Fee: \$25 **2 sessions**  **Oasis**

Back by popular demand! 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 advance 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. Teresa has studied dreamtime with many Shamans. She is a certified Dream Teacher and practices within the framework of Celtic Shamanism.

Advanced Dream Circle 186

Teresa Fulton

Friday Mar 29 10:00 - 11:30
Fee: \$15  **Oasis**

In this class, dreamers learn how to re-enter dreams in an alert but relaxed state. Using the dream as a portal, once inside, the dreamer can clarify messages, continue work with inner teachers, and/or resolve unfinished business. In addition to a dream re-entry journey, we complete another Celtic Shamanic journey to the House of Time where we explore the concepts of parallel selves and past selves to share gifts and harvest lessons. *Prerequisite: completion of Dreaming for Wisdom and Healing workshop. Limited enrollment.*

See bio in class #184/185.

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

PHILOSOPHY, RELIGION, & SPIRITUALITY

Unlikely Friends: John Paul II & Benedict XVI

187

Christopher Zuger

Thursday Jan 18 10:00 - 11:30

Fee: \$12  **Our Lady of Perpetual Help Church**

Benedict and John Paul endured persecution and hostility from the two authoritarian disasters, Nazism and Communism. They overcame their countries' hostility to forge friendship and collaboration through their joint defense of human dignity at Vatican II and in the years thereafter. Their friendship provided the foundation for their theologies of human personhood and the centrality of Jesus Christ, profoundly affecting the modern Church in its understanding of human rights, faith, and freedom.

Father Christopher Zuger is a graduate of Saint Bonaventure University and Washington Theological Union and was ordained in 1981. He served as pastor of Our Lady of Perpetual Help Byzantine Rite Catholic Church in Albuquerque from 1985-2008. He is the author of *The Forgotten: Catholics in the Soviet Empire; Finding a Hidden Church; Looking to Tomorrow: The History and Mission of the Byzantine Catholic Church*; and a forthcoming book on Catholics in the Soviet Gulag.

The Spiritual Journey of Blaise Pascal Part 1

188

Frank Yates

Monday Jan 29 10:00 - 11:30

Fee: \$12  **Oasis**

Frank Yates focuses on the life and work of the French mathematician, philosopher, and theologian, Blaise Pascal. Yates details Pascal's spiritual class *Pensées* (Thoughts), in which Pascal reflects on the need for risking oneself in a kind of wager that God is God, and that Christ is our Savior.

Interestingly, Pascal also laid the groundwork for probability theory. The *Pensées* was never finished but was intended as an outline for a full defense of the Christian Gospel.

Reverend 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.

The Spiritual Journey of Blaise Pascal Part 2

189

Frank Yates

Monday

Feb 26

10:00 - 11:30

Fee: \$12

 Oasis



Frank Yates' second lecture on Blaise Pascal focuses on the 18 "Provincial Letters" he wrote between 1656-1657 in support of Jansenism over Jesuit casuistry (a form of moral reasoning). It's a fascinating look at theological controversy in the 17th century regarding human free will and divine grace. The official church reaction to Jansenism was to condemn the errors of this movement. Pascal wrote these letters in defense of divine grace.

See bio in class #188.

Revisiting Pius XII & The Holocaust 190

Christopher Zugger

Thursday

Feb 8

10:00 - 11:30

Fee: \$12  Our Lady of Perpetual Help Church

Using recently published research at the Vatican, Christopher Zugger reviews the role of Pius XII before and during the war. Topics covered include the Nazi racial persecution of the Jews, rescue operations of the Holy See and its diplomats, challenges due to antisemitism in Allied states, and what current evidence now shows. Was Pius XII Hitler's Pope or a living saint? This part of history is challenging, but fascinating.

See bio in class #187.

Agnostics & Atheists & Nones, Oh My! 191

Babs Mondschein

Monday

Mar 18

12:30 - 2:00

Fee: \$12

 Oasis

The religiously unaffiliated walk amongst you. "They" are your doctors, teachers, and mechanics. You probably aren't aware they are a "None," but they are. Explore how non-believers define themselves and their "whys." How are they marginalized? Where do they get their moral compass? Can you imagine losing your community? Having to start over? Discover a world of people you know, yet don't.


Babs Mondschein was the founder and organizer of Atheist Skeptical Kingdom — a positive secular Albuquerque community — and is the former president of Americans United for Separation of Church and State, New Mexico chapter. Mondschein holds a BA in sociology, two teaching credentials, and an MA in special education. Mondschein was raised in a culturally Jewish, secular home.

See also:

The Jewish Dimension in the Relationship Between Lewis Strauss & J. Robert Oppenheimer (class #217) with Jack Shlachter

The Power of the Passover Narrative from Ancient to Modern Times 192

Paul Citrin


Mon & Wed Apr 8 & Apr 10 10:00 - 11:30
 Fee: \$24 2 sessions  Oasis

Paul Citrin discusses how the Passover story has shaped the Jewish worldview, influenced Christianity, and the American Commonwealth. He examines the symbols and liturgy of the Passover celebration. Finally, he provides an overview of the power of the Passover Seder to draw Jews to its celebration who are otherwise secular and to the many churches that hold model Seders. In an age of the disintegration of community, the Passover observance can help us rebuild family and larger communities.

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.

Heroes & Zeroes of the Bible 193

Richard Field

Saturday Apr 13 10:00 - 11:30
 Fee: \$12  Oasis


Who were the heroes and who were the zeroes of the Hebrew Bible? Find out which judge never got a haircut, why Queen Jezebel was so hated, and which Hebrew king is the only one of whom we have an independent picture. Join Richard Field as he explores some unlikely heroes and some truly outrageous villains; a few that you know and several whose names you've never heard.

Richard Field 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. Field has a personal

interest in this topic, as he has sponsored the 10-12 Bible Club at Albuquerque Academy since 1998, and the Bible is one of his favorite books.

A Study of Plato's Phaedo 194

George Leone

Thursday Apr 18 2:30 - 4:00
 Fee: \$12  Oasis


Plato's dialogue, *Phaedo*, is one of the most profound presentations there ever has been of what it means to be a philosopher and what philosophy actually is. *Phaedo* is a complicated dialogue that covers many areas of the practice of philosophy as more of a spiritual practice than simply an intellectual activity. This class presents a study that features Socrates discussing these topics on his last day of life, right up to the moment when he drank the hemlock.

George Leone has had a lifelong passion for philosophy, especially from ancient Greece, and especially the philosophies of Socrates and Plato. He has a master's degree in philosophy and a master's and doctorate in counseling. He taught philosophy at two universities.

SCIENCE, MATH, & NATURE


Penguins Plus Field Trip 1 195

Lane Kirkpatrick

Wednesday Feb 14 9:30 - 12:00
 Fee: \$18  Albuquerque Zoo

Penguins Plus Field Trip 2 196

Lane Kirkpatrick

Friday Feb 16 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 wildlife 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. This is a walking tour of approximately one mile. Be prepared to stand and walk for the duration of the tour. 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.

Mass Extinctions, Past & Present 197

Maya Elrick

Thursday Feb 22 12:30 - 2:00
Fee: \$12  **Oasis**

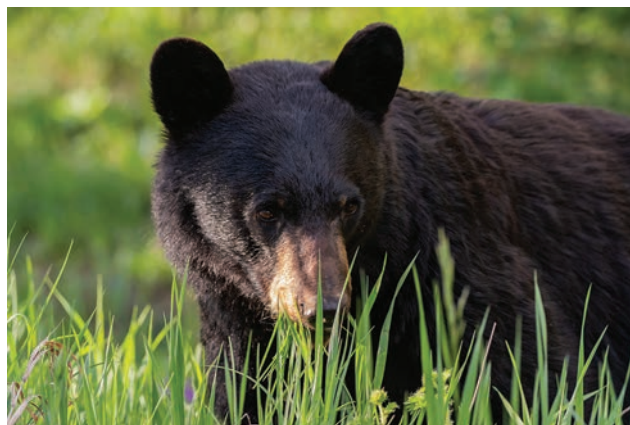
News of extinctions and loss of biologic diversity is sadly in the headlines. What is a mass extinction? What are the causes? How many have happened before and how do we detect them in the geologic past? How do these past extinctions compare with our ongoing 'sixth extinction'? This class explores the geologic history of past mass extinctions, their causes and consequences, and how they compare to the ongoing extinction.

Maya Elrick is a Professor Emerita at the UNM Earth and Planetary Sciences Department. She received her MS and PhD at Oregon State University and Virginia Tech, respectively. Her research expertise is in sedimentary rocks with an emphasis on marine limestones and how they inform us of ancient oceans, climate changes, and biologic life through geologic time.

Bears in Your Backyard ZOOM 198

Daryl Ratajczak

Friday Feb 23 10:00 - 11:30
Fee: \$12  **Zoom**



Black bears are a common animal throughout most of North America. That doesn't mean we want them hanging out in our backyard! There is a lot of information out there on how to be "Bear Smart," but what are some of the most effective tools? Learn not just about the behavior of these wonderful animals, but how to improve your behavior in order to help make you safe around bears.

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.

Please arrive on time! Classes start promptly.
Please be courteous to others - arrive 10-15 minutes early to park, check in, and get settled.

Us vs. Them: A Primal Legacy & Its Impact in Today's World 199

Creve Maples

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

The predisposition to form groups is rooted in our genetics. Groups play a key role in shaping our identity. But there is a dark side. The group mind operates at a more primal level than our individual consciousness. When conflicts occur, it can turn to radical behavior to survive. That is when reason, logic, and truth cease to matter. Examine the evolution of groups, how they function, the role of leaders, and explore the power of groups in today's society.

Creve Maples has a degree in chemistry from MIT and a PhD in nuclear science from 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.


ABQ City Greenhouse Tour 1 200

Dan Humbles

Wednesday Mar 6 **10:00 - 11:30**
Fee: \$15  **ABQ City Greenhouses**

ABQ City Greenhouse Tour 2 201

Dan Humbles

Wednesday Mar 13 **10:00 - 11:30**
Fee: \$15  **ABQ City Greenhouses**

You've seen the flowers and plants in city parks, Old Town, Civic Plaza and the Sunport. Tour the three city greenhouses responsible for producing 25,000 plants and flowers a year. Greenhouse staff and volunteers seed, grow, and harvest plants throughout the year to help keep Albuquerque green! A recent addition of a beehive keeps the pollinators close by. *Tour is not handicap accessible. Wear closed-toe shoes and be prepared for*

walking and standing throughout the tour. Limited enrollment.

City of Albuquerque Greenhouse Horticulturist Dan Humbles has worked in the greenhouses for the past five years. He has a bachelor's degree from NMSU in agronomy and crop science.

The Outer Solar System 202

Len Duda


Thursday Mar 7 **12:30 - 2:00**
Fee: \$12  **Oasis**

The planets and bodies that make up the outer solar system (Jupiter and beyond) have been studied by many spacecraft since 1979. This presentation reviews selected images returned by the Voyager, Galileo, Cassini, New Horizons, and Juno missions of Jupiter, Saturn, Uranus, Neptune, Pluto, and other objects in the outer part of the solar system. Len Duda discusses the diversity of the geology and structure of these bodies.

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.

The Lithium Conundrum 203

John Geissman

Monday Mar 18 **10:00 - 11:30**
Fee: \$12  **Oasis**

The element lithium, discovered in 1817, has been in the news a lot. It is one of many elements needed to power the critical energy transition that is taking place. (e.g. cellphone, laptop, and electric car batteries) The geology of concentrations of lithium in the Earth's crust is complex and fascinating, yet the environmental concerns related to the extraction of lithium are most considerable.

The conundrum is that we need a great deal of lithium and soon!

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.

Growing Roses in Albuquerque: Rose Basics **204**

Claire Gunderson & Cece Evola

Saturday **Mar 23** **12:00 - 1:30**
Fee: \$20  **Tony Hillerman Library**



Learn the basics of rose cultivation in a class geared specifically to our high desert climate. From rose selection and planting, to soil, pruning, watering, fertilizing, and other fundamentals, attendees emerge with the knowledge, confidence, and skill to be a successful rose gardener. *Participants receive the booklet Growing Roses in Albuquerque by the Albuquerque Rose Society. Optional 30-minute pruning session immediately after this workshop. Limited enrollment.*

Claire Gunderson has been an avid rose gardener for the past 20 years. From hybrid teas, floribundas, grandifloras, climbers, shrubs, and

miniatures, to Old Garden Roses, her passion has led to the cultivation of over 400 different varieties. Cece Evola's apprenticeship with Claire sparked an obsession for the Queen of Flowers that added a fun new dimension to her life. Join the two for a lively instructive session that will open your eyes to the world of roses!

Mineral Resources & Our Environments: Is Mining Worth the Cost? **205**

Navid Mojtabai & William Chavez

Wednesday **Mar 27** **10:00 - 11:30**
Fee: \$12  **Oasis**

There are often-overlooked costs associated with the mining, processing, and utilization of minerals. Mines necessarily leave physical and geochemical scars that may be difficult to mend in our environments. Historically, "heritage" mining sites may even lack a responsible party for any remediation going forward. Learn from Navid Mojtabai and William Chavez how these mining costs must be addressed by societies in some manner.

Navid Mojtabai has 32 years of experience in teaching and research related to mining. He is a graduate of New Mexico Tech, earning his BS and MS in mining engineering. He earned his PhD from the University of Arizona in mining engineering, with a minor in civil engineering. He is a department chair of Mineral Engineering at NMT. William Chavez has been a professor at NMT since 1985. He received his bachelor's, master's and PhD from NMT.

Everyone Knows It's Windy **206**

Deirdre Kann

Friday **Mar 29** **10:00 - 11:30**
Fee: \$12  **Oasis**


Dry climates are associated with windy conditions, particularly in spring. For New Mexicans, spring is often full of numerous wind events lasting from a

few minutes to a few days. Deirdre Kann examines the various mechanisms that generate strong winds. While most people consider windy days just a nuisance, dangerous situations can result when strong winds accompany severe weather, produce extreme fire weather, or result in hazardous air quality and driving conditions.

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 enjoys public speaking and outreach activities focused on weather and climate.


Asia Zoo Exhibit Tour 1 207

Lane Kirkpatrick

Monday Apr 1 9:30 - 12:00
Fee: \$18  Albuquerque Zoo


Asia Zoo Exhibit Tour 2 208

Lane Kirkpatrick

Wednesday Apr 3 9:30 - 12:00
Fee: \$18  Albuquerque Zoo

Asia Zoo Exhibit Tour 3 209

Lane Kirkpatrick

Tuesday Apr 9 9:30 - 12:00
Fee: \$18  Albuquerque Zoo



Lane Kirkpatrick, BioPark Zoo docent, leads a tour of the new \$27M Asia exhibit to explore the wonders of Asia, from Sumatra & Malaysia tropical forests, the Himalayan steep foothills, and Russia's northeast coast. This exhibit provides new homes for the siamangs, orangutans, tigers, snow leopards, and Steller's sea eagles with interactive opportunities for guests. Come and learn more about this exciting new exhibit! *Class fee includes zoo admission. This is a walking tour of approximately two miles. Be prepared to stand and walk for the duration of the tour. Limited enrollment.*

See bio in class #195/196.

Solar Eclipses & the Sun 210

Len Duda


Tuesday Apr 2 12:30 - 2:00
Fee: \$12  Oasis

Solar eclipses provide an opportunity to view features that are normally difficult to see from the earth. This presentation looks at what causes solar eclipses with images of the most recent eclipses. In addition, Len Duda presents other solar phenomena such as sunspots, flares, and coronal mass ejections. Images also include those obtained by spacecraft monitoring the sun at close range.

See bio in class #202.

How Does Forensic Anthropology Work? 211

Dave Weaver

Tuesday Apr 9 10:00 - 11:30
Fee: \$12  Oasis

Over the past 100 years, forensic anthropology has helped solve many cases. Along the way, the sub-field has changed from an abstruse art to a (usually) scientific approach to what we know, how we know it, and how to apply it. In this class, we survey forensic anthropological techniques and

assumptions. Examples and case studies are used to look at the development of the sub-field, some of its limitations, and some of its uses and abuses.

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.

Llamas Up Close

212

Lynda Liptak

Friday

Apr 12

9:00 - 10:30

Fee: \$35

 Llamas del Sol



Back by popular demand! Meet and greet llamas in this premium tour. Llamas del Sol is a local non-profit organization that provides education about llamas, while rescuing and supporting them for adoption. Spend some up-close time learning about llama behavior. Learn llama body language and how to approach to give a treat to these unique animals. *Closed-toed shoes, sunscreen, and water are advised. You will be standing the entire time. No restrooms available. Limited enrollment.*

Lynda Liptak is the founder of Llamas del Sol. Her llama experience began in 2009 with two rescued llamas. She now coordinates rescues and adoptions as well as llama training. Her family has a number of permanent trekking llamas as well as a few rescue llamas in training.

SOUTHWEST

See also:

Always in Relation: Artworks from the Schultz Collection (class #102) with Deborah Slaney

Women of Los Alamos ZOOM

213

Madeline Whitacre

Wednesday

Jan 31

10:00 - 11:30

Fee: \$12

 Zoom

Madeline Whitacre provides an overview of women's contributions to the Laboratory at Los Alamos over the years, from World War II to the present day. She highlights several women from different eras of the Lab's history, including Charlotte Serber, Beverly Wellnitz, and Julia Hardin, among others. Hear their stories of work and time on the Hill.

Madeline Whitacre started at the Laboratory as an undergraduate student. After receiving her bachelor's in history from the UNM, she became a regular staff member. She has a master's in museum studies from Syracuse University. She has contributed to various book projects as part of the National Security Research Center.

Project Trinity: The Myth, the Legend, the Legacy ZOOM

214

Alan Carr

Wednesday

Feb 14

12:30 - 2:00

Fee: \$12

 Zoom

The Trinity test was, arguably, history's greatest scientific experiment. It represented the culmination of the Manhattan Project, and was the culmination of decades of discovery in physics, chemistry, metallurgy, and other scientific fields. Though the advent of nuclear weapons has apparently helped render global wars between the great powers obsolete, it has also made it possible for mankind to destroy itself. This delicate balance among scientific discovery, technological

innovation, political progress, and the potential for unimaginable destruction is all part of Trinity's legacy.

Alan Carr currently serves as a program manager and the senior historian for Los Alamos National Laboratory. During his tenure as a laboratory historian, Carr produced several publications and lectures pertaining to the Manhattan Project, nuclear testing history, and the historical evolution of LANL. Carr completed his graduate studies at Texas Tech University.

New Mexico Governor Juan Bautista de Anza

215

Robert Tórrez

Thursday Feb 22 10:00 - 11:30
Fee: \$12  **Oasis**

Robert Tórrez delves into the extraordinary life and career of Governor Juan Bautista de Anza who served as the Spanish governor of New Mexico for two terms from 1777 to 1787. Anza's most notable achievement includes the 1779 defeat of the formidable Comanche leader, Cuerno Verde (Green Horn). Tórrez's presentation provides an in-depth examination of Anza's remarkable governance in New Mexico and his pivotal role in the settlement of San Francisco, California.


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.

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

Women on the Westward Trail

216

Norma Libman

Wednesday Mar 13 10:00 - 11:30
Fee: \$12  **Oasis**



Everyone knows about the brave men who settled the West. But in recent years, more and more journals kept by the women who traveled beside them or in some cases, ventured out on their own, have come to light. From these journals, learn the role of women in making the great pioneering journey: packing wagons, cooking, caring for the sick and children, bringing new life into the world, burying the dead, and setting up a home.

Norma Libman has been teaching courses in literature and history for Oasis for more than 20 years. She has degrees in education and literature and is a lecturer and a journalist with more than 500 published articles in newspapers nationwide. She is the author of two award-winning books, *Lonely River Village: A Novel of Secret Stories*, and a memoir, *The Story of the Story*.

The Jewish Dimension in the Relationship Between Lewis Strauss & J. Robert Oppenheimer

217

Jack Shlachter

Thursday Mar 21 10:00 - 11:30
Fee: \$12  **Oasis**

This presentation focuses on the Jewish dimension of the clash between J. Robert Oppenheimer,

scientific leader of the Manhattan Project, and Lewis Strauss, chairman of the Atomic Energy Commission who led the charge to strip Oppenheimer of his security clearance in 1954. Discover how their opposing approaches to their respective Jewish heritage may have contributed to the revocation.

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.

Tour of Casa San Ysidro: The Gutiérrez/Minge House **218**

Thursday **Mar 21** **1:30 - 3:00**
Fee: \$18  **Casa San Ysidro**

You are invited to take a walk through New Mexico history. This historic house museum in Corrales may be the only historic property in the state where the collections, as well as the timeless structures, are listed on the State Register of Cultural Properties. The Minge Collection includes architectural elements, furniture, religious art, household tools and hardware, jewelry, Hispanic and Pueblo weavings and pottery, a transportation collection, and historic photographs. The tour also includes a talk and visit to the adjacent Heritage Field, weather permitting. *Limited enrollment.*

Long-time Casa tour guides share their passion for telling the stories embodied in the collections and for the remarkable people who built this romantic recreation of a rancho of the past.


Galena King Mine: The History of a Bernalillo County Treasure **219**

Matt Thompson
Thursday **Apr 4** **2:30 - 4:00**
Fee: \$12  **Oasis**

Galena King Mine, just off Kirtland Air Force Base in the Manzanitos, is rich in natural beauty and history. In 1907, A.G. Bateman spotted a vein of fluorite and galena (lead). After a standoff with claim jumpers and subsequent court battle, the first 17 tons of ore shipped. Explore the significance, geology, and future of the mine. Hear updates on other mines in the Manzanitos, new survey and mapping work on Galena King Mine, and author/actor/mine owner Max Evans.

Matt Thompson is one of the founders and executive director of the Friends of Galena King, a local non-profit dedicated to the protection, preservation, and promotion of the Galena King Mine. Thompson works on Kirtland Air Force Base as an instructor and historian for the Defense Threat Reduction Agency; he retired from the Army and has a master's degree in military history.

Trinity Site, Oppenheimer, & the Atomic Bomb **220**


Jim Eckles
Friday **Apr 5** **12:30 - 2:00**
Fee: \$12  **Oasis**

Jim Eckles' presentation takes a look at Robert Oppenheimer and the scientific culmination of his work at Los Alamos with the test of the first atomic bomb. Eckles looks at Oppie's team members who made the test a success. He dispels some of the myths of the time. No, the sands in White Sands Park were not bleached by the atomic bomb and yes, the military police at Trinity Site did play polo in their spare time. Eckles also discusses the Trinity Site open house that occurs on April 6.

Jim Eckles first visited Trinity Site when he worked the open house in October 1977. He has led tours, visits by VIPs and news media, and coordinated open houses. In fact, some think he has spent more time at Trinity than any other person. He wrote a book about the first atomic bomb test called *Trinity: The History of An Atomic Bomb Test Site* in which he focuses on the local details.

Albuquerque Museum Photo Archives: Lecture & Tour 221

Jill Hartke


Thursday **Apr 11** **10:00 - 11:30**
Fee: \$15  **Albuquerque Museum**

Learn about the photo archives collection of the Albuquerque Museum from Curator of Digital Collections, Jill Hartke. She discusses how the collection was built, highlights a few stories behind some photographs, shares how you can access the collection, and takes you on a brief tour of the public research space. Finally, visit behind-the-scenes in the archival vault. *Limited enrollment.*

Jill Hartke is the curator of digital collections at the Albuquerque Museum. She completed a master's in library science at the University of Missouri. She has worked as a librarian in academic, public, and non-profit institutions for over a decade, and has managed the museum's photo archives since 2018.

TRIPS & TRAVEL

Vladem Contemporary Art & NM Art Museum: Day Trip 222

Wednesday **Apr 10** **8:30 - 3:30**
Fee: \$120  **Day Trip**

Travel by coach bus to Santa Fe to visit two art museums for guided tours. The New Mexico Museum of Art has been exhibiting art for over a century. Current exhibitions include *Out West: Gay and Lesbian Artists in the Southwest 1900-1969* and *Ways of Seeing: Four Photographic Collections*. The Vladem Contemporary Art Museum is a recently opened addition with an inaugural exhibition encompassing two galleries called *Shadow and Light*. *Lunch in Santa Fe is included.*

Sales Presentation: Oasis/Collette Trip to Mackinac Island 223

Will Wegner

Tuesday **Jan 16** **3:00 - 4:00**
Fee: FREE  **Oasis**



Trip is scheduled for September 28 - October 6, 2024 (9 days, 12 meals).

Your trip begins with sightseeing in Chicago, then you travel to Grand Rapids, MI to see the Frederik Meijer Gardens and Sculpture Garden. Then on to Mackinac Island for two nights at the Grand Hotel. This Victorian-era resort is a National Historic Landmark. Visit Bonner's, the largest Christmas store in the world, in Frankenmuth! Dearborn, Michigan is next, with a stop at the Henry Ford

COMMUNITY PARTNERS



Museum. Reserve your trip by March 28, 2024. For trip details see <https://gateway.gocollette.com/link/1188798>.

Oasis has been working with Collette for about ten years offering a variety of tours both domestic and international. Will Wegner is Collette's business development manager for our region.

Escape to Sea: Dreams & Realities of Life on a Sailboat **224**

Kent Kedl

Friday Jan 19 10:00 - 11:30

Fee: \$12  **Oasis**

In 1984, Kent Kedl, a philosophy professor at the time, abandoned his career, taking his family to sea in a sailboat (with no sailing experience whatsoever), seeking a more satisfying, simple life. In some ways he succeeded; in others, not. Kedl reveals what he learned about himself and the world during seven years of adventure - crossing the Atlantic, cruising the Caribbean, sailing through the Great Lakes; and traveling overland through parts of Central and South America. Listen and learn about the grand experiment.

Kent Kedl is the author of *We Ran Away to Sea: A Memoir and Letters*. He has a PhD in philosophy from the University of Oregon and taught at South Dakota State University for 22 years. After returning to land in 2000, he taught philosophy for two more years in South Dakota. He moved to Albuquerque in 2011.

Armchair Adventures: A Drive Along New Mexico's Highway 4 **225**

Terri Ross

Thursday Feb 15 10:00 - 11:30

Fee: \$12  **Oasis**

Just a short way from Albuquerque, Highway 4 is a retreat into beauty. Our photo explorations take us past pueblos, through narrow San Diego Canyon, amidst red rocks, beside a river, through the tiny

town of Jemez Springs, to historic and Native ruins, to the highway's end near White Rock with its stunning rim trail looking down onto Pajarito Canyon and the Rio Grande.

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.

Exploring New Mexico's Special Places **226**

David Ryan

Friday Mar 15 10:00 - 11:30

Fee: \$12  **Oasis**

Starting with three UNESCO designated World Heritage Sites (more than any other state), New Mexico has places that you can find nowhere else in the country (and, perhaps, the world). These are places that are compelling or important enough to warrant a trip across the country, or even across the ocean, to check out. In this class, David Ryan takes us to these gold star locations that make New Mexico so special.

David Ryan is the coauthor of the 3rd edition of *60 Hikes within 60 Miles: Albuquerque* and several other walking-related books including *The Gentle Art of Wandering*. He has spent the better part of the last two years gathering information and actually going (more than once) to the state's special places for a new book that is under development.

A Journey Through Central Asia & Mongolia **227**

Katya Connell

Saturday Apr 6 10:00 - 11:30

Fee: \$12  **Oasis**

For many Westerners, Central Asia is a seemingly inaccessible borderland between Russia and China

that has played vital roles in linking Europe with Asia, from the Mongol Empire to the new Silk Road known as the Belt-Road Initiative. Come join Connell as she shares her experiences in Kyrgyzstan, Kazakhstan, Uzbekistan, Mongolia, and northern China.

Katya Connell is a native New Mexican who has lived in Central Asia, Mongolia, and China. She is fluent in Chinese, Russian, and Mongolian and speaks a little Kazakh. She has developed courses in Mongolian and teaches Chinese. Katya is currently pursuing a PhD in anthropology at UNM.

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.

Strength & Resistance: Total Body 228

Marita Brookley

Mon & Wed Jan 22 - Feb 7 9:30 - 10:30
Fee: \$54 6 sessions  **Oasis**

Resistance training is one of the best bone builders and defenses against falls. Engage in movements that aid balance, contribute to proper posture and weight management, build strength for daily activities, and help prevent injury. Our movements include a variety of standing and seated positions with body weight and 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 National Academy of Sports Medicine (NASM) certified personal trainer, specializing in senior fitness. She holds a 200-hour yoga

certification, a BFA in fine arts, and an MA in art education. She finds fitness instruction to be a meaningful way to help people enjoy a healthy, independent life. She enjoys being active, especially through yoga and martial arts, and is a practicing artist.

Tai Ji Quan: Moving for Better Balance®

229

Cindy Russell

Mon & Wed Jan 22 - Mar 18 1:00 - 2:00
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 forms adapted from Yang style tai chi to build balance 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. *If you attend at least 12 of the 16 sessions, you will receive a \$10 Oasis credit. Limited enrollment. No class Feb 19.*

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 and falls prevention specialist. She is also a trained instructor in On the Move®, Tai Ji Quan: Moving for Better Balance®, and more.

On the Move: Group Exercise for Improved Mobility in Older Adults® 230

Ilene Dunn

Tue & Thu Jan 23 - Apr 11 9:30 - 10:30
Fee: FREE 24 sessions Oasis



Are you concerned that your walking is becoming unsteady? Or you are beginning to shuffle? On the Move: Group Exercise for Improved Mobility in Older Adults® (OTM) is a group-based motor learning exercise program designed to improve walking in older adults. It specifically challenges the brain and nervous system to coordinate the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking. *If you attend at least 19 of the 24 sessions, you will receive a \$10 Oasis credit. 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, Enhance®Fitness, and On the Move®.

Tai Chi for Health, Part 1 231

Ilene Dunn

Tue & Thu Jan 23 - Mar 14 11:00 - 12:00
Fee: FREE 16 sessions Oasis

Tai Chi for Health, Part 1 ZOOM 232

Ilene Dunn

Tue & Thu Jan 23 - Mar 14 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. *If you attend at least 12 of the 16 sessions, you will receive a \$10 Oasis credit. Limited enrollment.*

See bio in class #230.

Tai Chi for Health, Part 2 233

Ilene Dunn

Tue & Thu Mar 19 - Apr 4 11:00 - 12:00
Fee: \$48 6 sessions Oasis

Tai Chi for Health, Part 2 ZOOM 234

Ilene Dunn

Tue & Thu Mar 19 - Apr 4 11:00 - 12:00
Fee: \$48 6 sessions Zoom

For those who have mastered the basic movements in Tai Chi Health Part 1, this class is an opportunity to further enhance your practice by learning additional movements from the Sun Style 73 Forms. As you learn the movements, you go deeper into the tai chi principles, expand your practice, keep the qi flowing, and continue the

health benefits. *Prerequisite: knowledge of the Tai Chi for Health Part 1 (a.k.a. Tai Chi for Arthritis for Fall Prevention) basic forms. Limited enrollment.*

See bio in class #230.

Dragon & Tiger Medical Qigong, Part 1 235

Marcia Pincus


Tuesdays **Feb 13 - Mar 12** **1:00 - 2:00**
Fee: \$45 **5 sessions**  **Oasis**

Dragon & Tiger Medical Qigong consists of seven moves that help develop balance and coordinate the left and right sides of the body and brain. The movements benefit your blood flow and nervous system. During this class, learn moves 1 through 4. Look for Part 2 with moves 5 through 7 at Oasis in summer 2024. *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 for Posture 236

Gloria Drayer

Wednesday **Mar 13** **2:30 - 3:45**
Fee: \$12  **Oasis**


Stand taller, look younger, improve circulation and digestion, and increase energy, all by improving your posture. Gloria Drayer guides you through simple yoga techniques you can practice at home to train your body to maintain better posture, facilitating better overall system function. *Wear loose, comfortable clothing. No previous experience necessary; seated, standing, and/or floor options available. Bring a mat/towel. 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*.

Tai Chi Chih: Joy Through Movement 237

Ellen Tatge


Thursdays **Mar 14 - Apr 18** **1:00 - 2:00**
Fee: \$60 **6 sessions**  **Oasis**

This gentle practice supports improved balance, flexibility, and increased energy, as well as 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). *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.


Yoga for Strong & Healthy Bones 238

Gloria Drayer

Mondays **Mar 18 - Mar 25** **2:30 - 3:45**
Fee: \$20 **2 sessions**  **Oasis**

Low-impact, weight-bearing exercises like yoga can strengthen bones. Yoga can also improve muscle strength, flexibility, and stability. Join Gloria Drayer to develop a routine aimed at maintaining or rebuilding the health of your bones. *Wear loose, comfortable clothing. No previous experience necessary. Session 1 is done standing or seated—no mat required. Bring a mat/towel to session 2. Limited enrollment.*


See bio in class #236.

Foam Rolling for Health **239**
 Athena Valerio-Hirschfeld
Wednesdays **Mar 27 - Apr 3** **1:00 - 2:00**
Fee: \$20 **2 sessions** 



The stress and strain of daily life can take a toll. Previous injury, pain, and posture issues can have adverse effects. These can cause imbalances, both small and large, leading to further pain, discomfort, or aches. With foam rollers, elongate and release muscle tissues to correct these imbalances. Join this fun and informative class and leave feeling relaxed and restored. *Please bring your own foam roller. Limited enrollment.*


Athena Valerio-Hirschfeld, PhD candidate, brings passion and experience to wellness through movement and diet. She is an Albuquerque Fire Rescue lieutenant, Z-Health certified practitioner, certified natural health professional, Hardstyle Kettle Bell certified trainer, community health trainer, and clinical educator. Her interests include physical fitness, brain training, and balance and vision training.


Get Up, Get Down: Functional Moves for Reducing Fall Risks **240**
 Athena Valerio-Hirschfeld
Tue/Thu/Tue **Apr 9 - Apr 16** **11:00 - 12:00**
Fee: \$30 **3 sessions** 

Focus on balance, strength, and movement to stay active and reduce your risk of falls. The functional exercises and movements in this class are geared toward improving your overall strength and awareness of your own physical capabilities. Problem solving around getting up from the floor, based on your individual capabilities, is explored with opportunities each session to safely get down onto the floor and then safely get back up. *Limited enrollment.*

See bio class #239.

WALKS & HIKES

The Best-Kept Secret: Crane Hike 1 **241**
 David Ryan
Monday **Jan 15** **9:30 - 11:30**
Fee: \$18  **National Hispanic Cultural Center**

The Best-Kept Secret: Crane Hike 2 **242**
 David Ryan
Monday **Jan 22** **9:30 - 11:30**
Fee: \$18  **National Hispanic Cultural Center**

Back by popular demand! The largest concentration of 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 1920s, 30s, and 40s. *This hike is approximately 2 miles long, over rough, uneven terrain. Moderate hike. No restrooms available. Limited enrollment.*

See bio in class #226.

Walking Albuquerque - Mondays 243

Joyce Robertson

Mondays **Mar 18 - Apr 22** **8:30 - 10:00**
Fee: \$20 **6 sessions** 🧡 Walks

Walking Albuquerque - Wednesdays 244

Joyce Robertson

Wednesdays **Mar 20 - Apr 24** **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. Generally, 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 walk group coordinator. She has also been walking 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.

Piedras Marcadas Canyon Hike 245

William Pentler

Tuesday **Mar 26** **9:00 - 11:30**
Fee: \$15 📍 **Petroglyphs: Piedras Marcadas**

Take a guided three-mile hike through the Piedras Marcadas Canyon, part of Petroglyph National Monument. Along your route, see hundreds of petroglyphs. These images, many made 400-700 years ago, are a valuable cultural record that still hold spiritual significance for contemporary Native Americans and descendants of the early Spanish settlers. *Limited parking and no restrooms. The sometimes deep, sandy terrain has some inclines, but it's mostly level. Wear a hat, layers, and comfortable shoes; bring water. Limited enrollment.*

Bill Pentler is retired from the Open Space Division of Albuquerque Parks and Recreation. His resume also 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 and has led hikes for Oasis for many years.

Bosque Accessible Walk 246

Colston Chandler

Thursday **Mar 28** **10:00 - 12:00**
Fee: \$15 📍 **Sagebrush Church**



Join Colston Chandler for a morning walk along a beautiful part of the Rio Grande Bosque that lies on Albuquerque's westside near the Open Space Visitor Center. We wander one to two miles along the mostly flat trail through the dense cottonwoods at an unhurried pace. Along the way, learn about these trees and what makes the bosque unique. *This walk is not wheelchair accessible. No restrooms available. Dress in layers, and bring water. 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).


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 - People & Dogs: A Co-Evolutionary Journey **247**

Dave Weaver


Thursday Jan 18 3:00 - 4:30
Fee: \$6  **La Vida Llena**

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 predisposed to be together, how we have co-evolved, and how the relationship looks today.

See bio in class #211.

LVL - Advance Healthcare Directive Overview and End of Life **248**

Janice Wilson

Thursday Feb 15 3:00 - 4:30
Fee: \$6  **La Vida Llena**

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. After giving a short overview of advance healthcare directives, this presentation discusses all of them with an emphasis on important aspects

of the Elizabeth Whitefield End-of-Life Options Act passed in the 2021 legislative session.

Jan Wilson first volunteered with Compassion & Choices, making presentations about advance 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.

LVL - How the Jews Kept Their Secrets in Spain **249**

Norma Libman


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

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

See bio in class #216.

LVL - Everything You Wanted to Know About CBD & Then Some **250**

Kelly Butterman

Thursday Apr 18 3:00 - 4:30
Fee: \$6  **La Vida Llena**

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.

See bio in class #115.

NIRR - The History of Law & Order in New Mexico **251**

Don Bullis

Monday Jan 15 3:00 - 4:30
Fee: \$6  **Neighborhood in Rio Rancho**

Hear stories of New Mexico law and order dating from the 1500s to present day as told by storyteller Don Bullis. Hear the story about the historical conflict of the Lincoln County War, where constables and sheriff deputies from the same county shot at each other. Learn about the conflict between the New Mexico Mounted Police and territorial sheriffs in the early 20th century. Discover how our New Mexico history has influenced our criminal justice system of today.

Master storyteller Don Bullis is an Eastern New Mexico University grad with a degree in American history. He worked as a newspaper/magazine contributor for 35 years. He spent 20 years in NM law enforcement as deputy sheriff, town marshal, and criminal intelligence supervisor in NM DPS. He was also appointed to the Governor's Organized Crime Prevention Commission. He is the author of 11 nonfiction books and two novels.

NIRR - Armchair Traveling the Navajo Lands **252**

Terri Ross

Monday Feb 19 3:00 - 4:30
Fee: \$6  **Neighborhood in Rio Rancho**

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. The photo explorations take us to Navajo sites in New Mexico, Utah, and Arizona, and even a stop in Colorado at the Four Corners Monument.

See bio in class #225.

NIRR - But Wait, My Weather App Says... **253**

Deirdre Kann


Monday Mar 18 3:00 - 4:30
Fee: \$6  **Neighborhood in Rio Rancho**

In recent years, the number of people who obtain weather forecasts using their cell phones has increased dramatically. Most of us realize that we can't control the weather, but 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.

See bio in class #206.

NIRR - NM Governor's Mansion **254**

Douglas Beck & Constance Beck

Monday Apr 15 3:00 - 4:30
Fee: \$6  **Neighborhood in Rio Rancho**

Did you know that our Governor's mansion is not only the governor's residence, but also boasts a broad 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? This class examines both the history of our three governor's residences, the role of today's residence in presenting the rich multi-cultural history of New Mexico, and shows you virtual highlights of an actual tour.

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, overseeing the design and production of New Mexico's annual state ornament.

FOOT CARE CLINICS

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, scheduled 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 scheduled 15-minute appointment on your selected date. Payment is due when you register. Limited enrollment.*

- Please allow at least 8 weeks between appointments.
- This is a scheduled appointment. No credit or refunds will be issued for rescheduling or cancelling.
- If you fail to show up for an appointment without calling to cancel/reschedule, we will not be able to schedule you for future appointments.

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.

All appointments are \$15 and are held at Oasis.

Foot Care Clinic 1		255
Wednesday	Jan 17	9:00 - 12:00
Foot Care Clinic 2		256
Wednesday	Jan 31	9:00 - 12:00
Foot Care Clinic 3		257
Friday	Feb 2	1:00 - 4:00
Foot Care Clinic 4		258
Wednesday	Feb 7	1:00 - 4:00
Foot Care Clinic 5		259
Friday	Feb 16	1:00 - 4:00
Foot Care Clinic 6		260
Friday	Mar 1	9:00 - 12:00
Foot Care Clinic 7		261
Wednesday	Mar 6	1:00 - 4:00
Foot Care Clinic 8		262
Wednesday	Mar 27	1:00 - 4:00
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Foot Care Clinic 10		264
Wednesday	Apr 10	1:00 - 4:00
Foot Care Clinic 11		265
Wednesday	Apr 17	9:00 - 12:00
Foot Care Clinic 12		266
Friday	Apr 19	9:00 - 12:00

Off-Site Class Locations

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

ABQ City Greenhouses

Located at 8320 Spain Rd NE, Albuquerque. Three greenhouses sit on nearly five acres of land on the corner of Arroyo Del Oso Park by Wyoming and Spain. Park near the Arroyo Del Oso tennis courts.

Albuquerque Museum

Located at 2000 Mountain Road NW, near Old Town. Free parking is available around Tiguex Park, across 19th Street from the Albuquerque Museum. Paid City parking is available in a lot adjacent to the Museum.

Albuquerque Sunport

Park in the Sunport Parking Garage and bring your parking ticket into the terminal for validation. Meet under the 1914 airplane hanging from the ceiling behind the escalators in the Great Hall.

Albuquerque Zoo

Located at 903 10th St SW, Albuquerque. Meet under the main entryway, before the ticket windows.

BARCO Recycling

Located at 5021 Edith NE, Albuquerque. (north of Griegos) Look for the small BARCO sign at the driveway entrance (across the street from TLC plumbing). Turn into the long driveway. Go through the industrial gate and park in the dirt lot in front of the office.

Casa San Ysidro

Located at 973 Old Church Rd, Corrales. From I-25: Take Exit 233 toward NM-528/Alameda Blvd. Go west on Alameda Blvd for approx. 4 miles, and make a right onto NM-448 N/Corrales Rd. Drive approx. 3 miles, and then make a left onto Old Church Rd. Casa San Ysidro will be on your right.

Cutbow Coffee

Located at 1208 Rio Grande Blvd NW, Albuquerque, NM 87104 North of I-40. Parking on site.

Duran Central Pharmacy

Located at 1815 Central NW, Albuquerque. Begin your tour at Remedy, a cafe that shares the adjoining parking lot.

Eldora Chocolate

Located at 8114 Edith Blvd NE, about two blocks south of Paseo del Norte, on the east side of the street. 505-433-4076

Encuentro Center

Located at 907 4th St. SW, Albuquerque.

Kei & Molly Textiles

Located at 4400 Silver SE, Suite A. 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.

Llamas del Sol

Located at 605 El Dorado Dr NW., Albuquerque. From I-25, take Alameda west to 4th St NW. Turn left onto 4th St NW. (A large church with blue roof is on the corner of 4th and Alameda). Go 0.2 miles, and turn right onto El Dorado NW. Go 0.4 miles on El Dorado, and park in small lot or along fence.

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 Avenida César Chávez SW (aka Dolores Huerta or Bridge) and 8th Street.

Neighborhood in Rio Rancho

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

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.

Petroglyphs: Piedras Marcadas

Located at Jill Patricia St NW. The parking lot is just off of Golf Course Road, 1/2 mile north of Paseo del Norte, on the west side of the street. There is a brown "Piedras Marcadas" sign in the median on Golf Course, and the trailhead is behind several businesses. Limited parking and no amenities available.

Robertson Violins

Located at 3201 Carlisle Blvd NE, 87110. Plenty of parking is available in the shared Robertson's and Music Mart parking lots.

Rudolfo Anaya Library

Located at 7704 2nd St NW, Albuquerque. The library is on the east side of 2nd St, about 9/10 of a mile north of Osuna and 9/10 of a mile south of Paseo del Norte. The library shares a parking lot with First Choice Community Healthcare. The front entrance of the library faces the parking lot, not 2nd street.

Sagebrush Church

Located at 6440 Coors Blvd. NW, Albuquerque. Public parking on east end of Sagebrush Church parking lot (nearest the bosque and the sandhill crane sculptures).

Telephone Museum

Located at 110 4th St NW in downtown Albuquerque between Central and Copper Ave. Parking is available on the street and in nearby city parking garages.

Tony Hillerman Library

Located at 8205 Apache Ave NE, Albuquerque. Just south and west of the intersection of Menaul Blvd NE and Wyoming Blvd NE. The Albuquerque Rose Garden is adjacent to the library.



We are lucky and grateful to have a dedicated group of volunteers who help with many tasks and projects. Without their help, we could not do what we do.

Many thanks to our wonderful volunteers, for all of the amazing work they do.

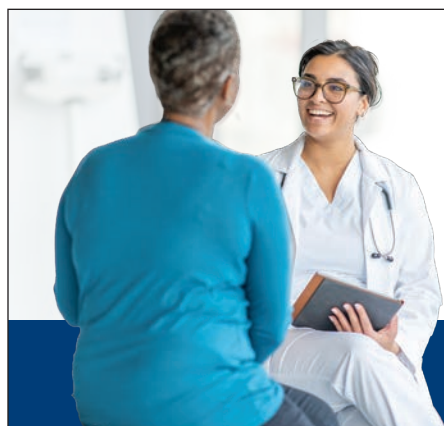
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Oasis Classroom Etiquette

- 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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* The contact information listed will direct you to a licensed insurance agent that works with Medicare enrollees to explain Medicare Advantage and Prescription Drug Plan options. There may not be plans available in your area. Any information provided is limited to those plans offered in your area. Please contact [medicare.gov](https://www.medicare.gov) or 1-800-MEDICARE (1-800-633-4227, TTY 1-877-486-2048) to get information on all of your options. Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions.

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Oasis Classes

Now close to your Neighborhood

Oasis classes offer a diverse range of topics: art, culture, science, technology crafted to inspire and engage.

Proud hosts of Oasis classes are premier New Mexico Life Plan communities La Vida Llena, located in Albuquerque's NE Heights, and The Neighborhood in Rio Rancho.

To register for the next class go to
NeighborhoodRioRancho.com/oasis or
LaVidaLlena.com/oasis

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



(505) 289-1218



(505) 273-3550



Monday		Tuesday		Wednesday		Thursday		Friday			
1		2		3		4		5			
Office Closed New Year's Day				Registration Opens 10:00				<div>ZM= Livestream via Zoom</div> <div>*Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, January 3 at 10:00 am and continues throughout the term.</div>			
8		9		10		11				12	
		117 Sunport Tour 1* 162 Austin Book Group 10:00 - 12:00 1:30 - 3:00		181 Life Balance 10:00 - 11:30		112 Recycling Tour* 9:00 - 10:00					
15		16		17		18		19			
120 Current Affairs Group ZM 9:15 - 10:45 241 Crane Hike 1* 9:30 - 11:30 182 Test Your Trivia Skills! 10:00 - 11:30 251 NIPRR NM Law & Order* 3:00 - 4:30		167 Singing the Show Tunes 10:15 - 11:45 163 Summit Book Group 11:00 - 12:30 164 Holmes Book Group ZM 1:00 - 2:30 223 Mackinac Island Trip 3:00 - 4:00		255 Foot Care Clinic 1 9:00 - 12:00 181 Life Balance 10:00 - 11:30 165 West Mesa Book Group* 1:30 - 3:00		187 John Paul II & Benedict XVI* 10:00 - 11:30 101 Calligraphy 10:00 - 12:00 247 LVL People & Dogs* 3:00 - 4:30		224 Escape to Sea 10:00 - 11:30 174 3 On A Match 2:00 - 3:30			
22		23		24		25		26			
228 Total Body Strength 9:30 - 10:30 242 Crane Hike 2* 9:30 - 11:30 102 Schultz Art Collection 10:00 - 11:30 229 Tai Ji Quan for Balance 1:00 - 2:00		230 On the Move 9:30 - 10:30 132 Eldora Chocolate 1* 10:00 - 11:00 167 Singing the Show Tunes 10:15 - 11:45 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 121 Inspiring Change in ABQ 12:30 - 2:00 103 Mosaics: Basics & Beyond 12:30 - 4:30		228 Total Body Strength 9:30 - 10:30 181 Life Balance 10:00 - 11:30 103 Mosaics: Basics & Beyond 12:30 - 2:30 229 Tai Ji Quan for Balance 1:00 - 2:00 168 Karaoke 101 2:30 - 4:00		230 On the Move 9:30 - 10:30 133 Eldora Chocolate 2* 10:00 - 11:00 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00		183 Take Your Power Back 10:00 - 11:30			
29		30		31							
120 Current Affairs Group ZM 9:15 - 10:45 228 Total Body Strength 9:30 - 10:30 188 Blaise Pascal Part 1 10:00 - 11:30 104 Drawing & Observation 10:00 - 12:00 118 Sunport Tour 2* 10:00 - 12:00 229 Tai Ji Quan for Balance 1:00 - 2:00		230 On the Move 9:30 - 10:30 105 Old Books to New Art 10:00 - 12:00 167 Singing the Show Tunes 10:15 - 11:45 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00		256 Foot Care Clinic 2 9:00 - 12:00 228 Total Body Strength 9:30 - 10:30 213 Women of Los Alamos ZM 10:00 - 11:30 106 Mosaics: Coasters 12:30 - 4:30 229 Tai Ji Quan for Balance 1:00 - 2:00 168 Karaoke 101 2:30 - 4:00							

ZM= Livestream via Zoom
*Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, January 3 at 10:00 am and continues throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, January 3 at 10:00 am and continues throughout the term.						230 On the Move 9:30 - 10:30 152 19th Century Photography 10:00 - 11:30 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 106 Mosaics: Coasters 12:30 - 2:30 Art Gallery Opening Reception 4:00-5:30		104 Drawing & Observation 10:00 - 12:00 257 Foot Care Clinic 3 1:00 - 4:00	
						8		9	
5		6		7		230 On the Move 9:30 - 10:30 190 Revisiting Plus XII* 10:00 - 11:30 139 Matter of Balance 10:00 - 12:00 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 142 Hands-Only CPR & AED 12:30 - 2:00		104 Drawing & Observation 10:00 - 12:00	
134 Coffee History/Tasting 1* 9:00 - 11:00 228 Total Body Strength 9:30 - 10:30 104 Drawing & Observation 10:00 - 12:00 122 Transgender Conversation 10:00 - 12:00 123 Transgender Conversation ZM 10:00 - 12:00 138 Tummy Troubles 12:30 - 2:00 169 Introduction to Harp 1 12:30 - 2:00 229 Tai Ji Quan for Balance 1:00 - 2:00		230 On the Move 9:30 - 10:30 139 Matter of Balance 10:00 - 12:00 167 Singing the Show Tunes 10:15 - 11:45 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 140 Improving Cognition 12:30 - 2:00		228 Total Body Strength 9:30 - 10:30 141 Aging Mastery Program® 10:00 - 12:00 130 Marx Brothers ZM 12:30 - 2:30 229 Tai Ji Quan for Balance 1:00 - 2:00 258 Foot Care Clinic 4 1:00 - 4:00 168 Karaoke 101 2:30 - 4:00		230 On the Move 9:30 - 10:30 190 Revisiting Plus XII* 10:00 - 11:30 139 Matter of Balance 10:00 - 12:00 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 142 Hands-Only CPR & AED 12:30 - 2:00		104 Drawing & Observation 10:00 - 12:00	
12		13		14		15		16	
120 Current Affairs Group ZM 9:15 - 10:45 124 Rebuilding Democracy 10:00 - 11:30 104 Drawing & Observation 10:00 - 12:00 169 Introduction to Harp 1 12:30 - 2:00 229 Tai Ji Quan for Balance 1:00 - 2:00		230 On the Move 9:30 - 10:30 139 Matter of Balance 10:00 - 12:00 167 Singing the Show Tunes 10:15 - 11:45 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 153 History of Sicily 12:30 - 2:00 235 Medical Qigong, Part 1 1:00 - 2:00 162 Austin Book Group 1:30 - 3:00		195 Penguins Plus Tour 1* 9:30 - 10:30 141 Aging Mastery Program® 10:00 - 12:00 214 Project Trinity ZM 12:30 - 2:00 229 Tai Ji Quan for Balance 1:00 - 2:00		230 On the Move 9:30 - 10:30 225 NM Highway 4 10:00 - 11:30 139 Matter of Balance 10:00 - 12:00 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 248 LVL End-of-Life Options* 3:00 - 4:30		196 Penguins Plus Tour 2* 9:30 - 12:00 104 Drawing & Observation 10:00 - 12:00 259 Foot Care Clinic 5 1:00 - 4:00 175 Flambeaux Mardi Gras 2:00 - 3:30	
19		20		21		22		23	
Office Closed Presidents' Day Holiday 252 NIRR Navajo Lands* 3:00 - 4:30		230 On the Move 9:30 - 10:30 139 Matter of Balance 10:00 - 12:00 167 Singing the Show Tunes 10:15 - 11:45 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 163 Summit Book Group 12:30 - 2:00 235 Medical Qigong, Part 1 1:00 - 2:00 164 Holmes Book Group ZM 1:00 - 2:30		143 A Conscious Death 10:00 - 11:30 141 Aging Mastery Program® 10:00 - 12:00 229 Tai Ji Quan for Balance 1:00 - 2:00 165 West Mesa Book Group* 1:30 - 3:00		230 On the Move 9:30 - 10:30 215 Juan Bautista de Anza 10:00 - 11:30 119 Sunport Tour 3* 10:00 - 12:00 139 Matter of Balance 10:00 - 12:00 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 197 Mass Extinctions 12:30 - 2:00		126 Encuentro Tour* 10:00 - 11:30 198 Backyard Bears ZM 10:00 - 11:30 104 Drawing & Observation 10:00 - 12:00	
26		27		28		29			
135 Coffee History/Tasting 2* 9:00 - 11:00 120 Current Affairs Group ZM 9:15 - 10:45 189 -Blaise Pascal Part 2 10:00 - 11:30 104 Drawing & Observation 10:00 - 12:00 169 -Introduction to Harp 1 12:30 - 2:00 229 Tai Ji Quan for Balance 1:00 - 2:00		230 On the Move 9:30 - 10:30 139 Matter of Balance 10:00 - 12:00 167 Singing the Show Tunes 10:15 - 11:45 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 235 Medical Qigong, Part 1 1:00 - 2:00		141 Aging Mastery Program® 10:00 - 12:00 154 Telephone Museum 1* 10:00 - 12:00 229 Tai Ji Quan for Balance 1:00 - 2:00		230 On the Move 9:30 - 10:30 139 Matter of Balance 10:00 - 12:00 231 Tai Chi Health, Part 1 11:00 - 12:00 232 Tai Chi Health, Part 1 ZM 11:00 - 12:00 125 Ditches, Dams, & Drains 2:30 - 4:00			

	Monday	Tuesday	Wednesday	Thursday	Friday
	ZM= Livestream via Zoom Registration opens Wednesday, January 3 at 10:00 am and continues throughout the term.				
		*Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, January 3 at 10:00 am and continues throughout the term.			
4	157 Illustrations of Change 104 Drawing & Observation 144 Bladder Matters 229 Tai Ji Quan for Balance 107 Biomorphic Art 1	230 On the Move 109 Keli & Molly Tour* 167 Singing the Show Tunes 231 Tai Chi Health, Part 1 232 Tai Chi Health, Part 1 ZM 235 Medical Qigong, Part 1 199 Us vs. Them	6 145 Better Hearing 200 Greenhouse Tour 1* 141 Aging Mastery Program® 131 Citizen Kane ZM 229 Tai Ji Quan for Balance 261 Foot Care Clinic 7 146 Age in Your Space	7 113 Duran's Tour 1* 230 On the Move 158 Jewish Gangsters ZM 231 Tai Chi Health, Part 1 232 Tai Chi Health, Part 1 ZM 202 Outer Solar System	8 104 Drawing & Observation 155 Telephone Museum 2* 177 Live Theater: Comedies
11	120 Current Affairs Group ZM 136 Anti-Inflammatory Cooking 170 Introduction to Harp 2 229 Tai Ji Quan for Balance	12 230 On the Move 184 Dreams Workshop 1 167 Singing the Show Tunes 231 Tai Chi Health, Part 1 232 Tai Chi Health, Part 1 ZM 235 Medical Qigong, Part 1 162 Austin Book Group 199 Us vs. Them	13 201 Greenhouse Tour 2* 216 Westward Trail Women 141 Aging Mastery Program® 127 2024 NM Legislative Session 229 Tai Ji Quan for Balance 236 Yoga for Posture	14 230 On the Move 115 Cannabis & Wellness 231 Tai Chi Health, Part 1 232 Tai Chi Health, Part 1 ZM 166 Robert Burns 237 Tai Chi Chih	15 184 Dreams Workshop 1 226 NM's Special Places 178 Rye Creek Performance
18	243 Walking ABQ - Mon* 185 Dreams Workshop 2 203 Lithium Conundrum 191 Agnostics & Atheists 229 Tai Ji Quan for Balance 238 Yoga for Bones 253 NIRR My Weather App*	19 230 On the Move 167 Singing the Show Tunes 233 Tai Chi Health, Part 2 234 Tai Chi Health, Part 2 ZM 163 Summit Book Group 164 Holmes Book Group ZM	20 244 Walking ABQ - Wed* 141 Aging Mastery Program® 165 West Mesa Book Group*	21 230 On the Move 217 Oppenheimer & Strauss 233 Tai Chi Health, Part 2 234 Tai Chi Health, Part 2 ZM 237 Tai Chi Chih 218 Casa San Ysidro Tour* 249 LVL Jew's Secrets in Spain*	22 171 Musical Instruments 172 Musical Instruments ZM 185 Dreams Workshop 2 23 Saturday 204 Growing Roses*
25	243 Walking ABQ - Mon* 120 Current Affairs Group ZM 170 Introduction to Harp 2 238 Yoga for Bones	26 245 Piedras Marcadas Hike* 230 On the Move 167 Singing the Show Tunes 233 Tai Chi Health, Part 2 234 Tai Chi Health, Part 2 ZM	27 244 Walking ABQ - Wed* 205 Mining's Costs 141 Aging Mastery Program® 159 Norman Sicily Mosaics 239 Foam Rolling 262 Foot Care Clinic 8	28 230 On the Move 246 Bosque Accessible Walk* 233 Tai Chi Health, Part 2 234 Tai Chi Health, Part 2 ZM 237 Tai Chi Chih 173 Romantic Classical	29 186 Advanced Dream Circle 206 It's Windy! 108 Biomorphic Art 2 1000 - 11:30 10:00 - 11:30 1:00 - 3:00 2:00 - 3:30

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
243 Walking ABQ - Mont* 207 Asia Zoo Tour 1* 160 Reformation's Impact 147 Osteoporosis & Exercise 108 Biomorphic Art 2	8:30 - 10:00 9:30 - 12:00 10:00 - 11:30 12:30 - 2:00 1:00 - 3:00	230 On the Move 110 Let's Upcycle! 167 Singing the Show Tunes 233 Tai Chi Health, Part 2 234 Tai Chi Health, Part 2 ZM 210 Solar Eclipses	9:30 - 10:30 10:00 - 12:00 TBD 11:00 - 12:00 11:00 - 12:00 12:30 - 2:00	244 Walking ABQ - Wed* 208 Asia Zoo Tour 2* 148 Insect-Borne Illnesses ZM 141 Aging Mastery Program® 128 Clarence Thomas 129 Clarence Thomas ZM 111 Sky Pastel Workshop 239 Foam Rolling	8:30 - 10:00 9:30 - 12:00 10:00 - 11:30 10:00 - 12:00 12:30 - 2:00 12:30 - 3:30 1:00 - 2:00	230 On the Move 233 Tai Chi Health, Part 2 234 Tai Chi Health, Part 2 ZM 111 Sky Pastel Workshop 237 Tai Chi Chih 219 Galena King Mine	9:30 - 10:30 11:00 - 12:00 11:00 - 12:00 12:30 - 3:30 1:00 - 2:00 2:30 - 4:00	263 Foot Care Clinic 9 220 Oppenheimer & the Bomb	9:00 - 12:00 12:30 - 2:00
8		9		10		11		12	
243 Walking ABQ - Mont* 192 Power of Passover 149 Catch Your Breath	8:30 - 10:00 10:00 - 11:30 2:30 - 4:00	230 On the Move 209 Asia Zoo Tour 3* 211 Forensic Anthropology 167 Singing the Show Tunes 240 Get Up, Get Down 116 Detecting Fake News 162 Austin Book Group	9:30 - 10:30 9:30 - 12:00 10:00 - 11:30 TBD 11:00 - 12:00 12:30 - 2:00 1:30 - 3:00	244 Walking ABQ - Wed* 222 Viadem & NM Art Museum Trip* 192 Power of Passover 141 Aging Mastery Program® 264 Foot Care Clinic 10 161 Destruction of Liberalism	8:30 - 10:00 8:30 - 3:30 10:00 - 11:30 10:00 - 12:00 1:00 - 4:00 2:30 - 4:00	230 On the Move 221 Museum Photo Archives Tour* 137 Cooking for Cognition 240 Get Up, Get Down 150 Shoulder Pain 237 Tai Chi Chih	9:30 - 10:30 10:00 - 11:30 10:00 - 12:00 11:00 - 12:00 12:30 - 2:00 1:00 - 2:00	212 Llamas Up Close* 179 Violin & Piano Performance	9:00 - 10:30 10:00 - 11:30
15		16		17		18		19	
243 Walking ABQ - Mont* 151 Making Meds Work 254 NIRR NM Governor's Mansion*	8:30 - 10:00 10:00 - 11:30 3:00 - 4:30	167 Singing the Show Tunes 240 Get Up, Get Down 163 Summit Book Group 164 Holmes Book Group ZM	TBD 11:00 - 12:00 11:00 - 12:30 1:00 - 2:30	244 Walking ABQ - Wed* 265 Foot Care Clinic 11 165 West Mesa Book Group*	8:30 - 10:00 9:00 - 12:00 1:30 - 3:00	114 Duran's Tour 2* 237 Tai Chi Chih 194 Plato's Phaedo 250 LVL CBD & Then Some*	9:30 - 10:30 1:00 - 2:00 2:30 - 4:00 3:00 - 4:30	266 Foot Care Clinic 12 180 Oasis Entertainers	9:00 - 12:00 2:00 - 3:00
22		23		24		25		26	
243 Walking ABQ - Mont*	8:30 - 10:00			244 Walking ABQ - Wed*	8:30 - 10:00				
29		30							
				ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, January 3 at 10:00 am and continues throughout the term.					

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.

**Spring 2024 classes begin
Tuesday, January 9, 2024.**

Registration Info:

Registration opens at 10:00 am on Wednesday, January 3, 2024.

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, January 3, 2024. 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 January 3, 2024.

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 (January 3, 2024). The first form received is the first one entered and so on.

Important Registration Information

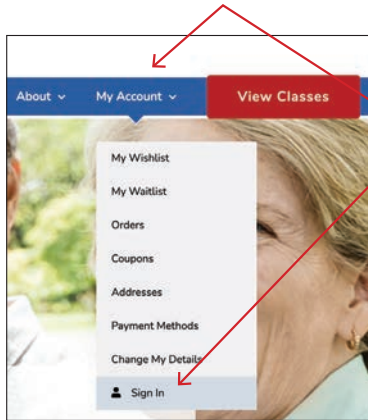
Complete your forms and payments carefully. Include payment for all of your classes and trips.

- **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

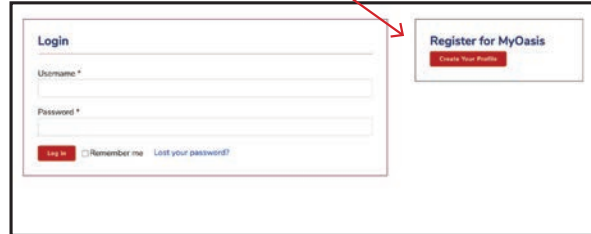
- **Credit Cards: We strongly encourage payment by credit card.** If you pay by credit card, we charge only for the classes in which you are enrolled.
- **Cash or check payments:** If you are paying by cash or check and a class is full when you register, we will apply the additional amount to your account 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



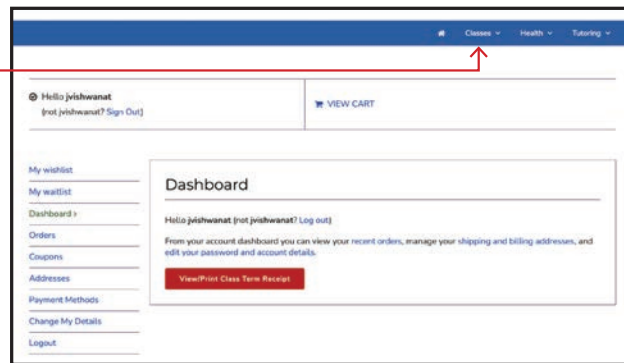
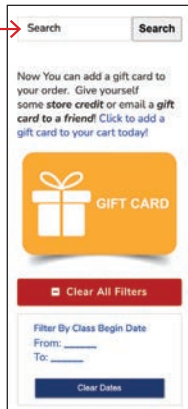
1. Go to www.oasisabq.org

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

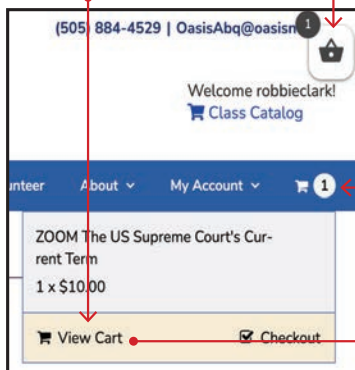


3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**

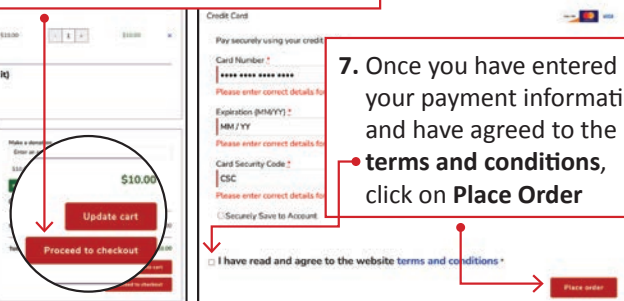
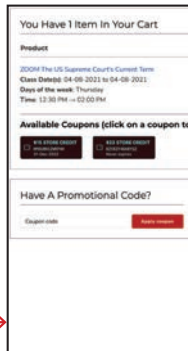
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



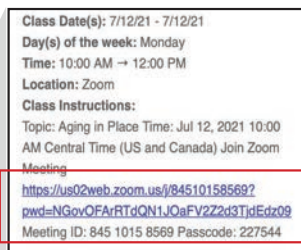
5. To check out, go to the **cart** icon in the menu at top right of the page and click **View Cart**



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



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**



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

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 Spring 2024 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					Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W		
	101	Calligraphy	\$15				
	102	Schultz Art Collection	\$12				
	103	Mosaics: Basics & Beyond	\$55				
	104	Drawing & Observation	\$150				
	105	Old Books to New Art	\$15				
	106	Mosaics: Coasters	\$55				
	107	Biomorphic Art 1	\$55				
	108	Biomorphic Art 2	\$55				
	109	Kei & Molly Tour*	\$18				
	110	Let's Upcycle!	\$15				
	111	Sky Pastel Workshop	\$60				
	112	Recycling Tour*	\$18				
	113	Duran's Tour 1*	\$18				
	114	Duran's Tour 2*	\$18				
	115	Cannabis & Wellness	\$12				
	116	Detecting Fake News	\$12				
	117	Support Tour 1*	\$18				
	118	Support Tour 2*	\$18				
	119	Support Tour 3*	\$18				
	120	Current Affairs Group ZM	\$35				
	121	Inspiring Change in ABQ	\$12				
	122	Transgender Conversation	\$12				
	123	Transgender Conversation ZM	\$12				
	124	Rebuilding Democracy	\$12				
	125	Ditches, Dams, & Drains	\$12				
	126	Encuentro Tour*	\$12				
	127	2024 NM Legislative Session	\$12				
	128	Clarence Thomas	\$12				
	129	Clarence Thomas ZM	\$12				

✓ Check (on this side) the classes you would like to take					Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W		
	130	Marx Brothers ZM	\$12				
	131	Citizen Kane ZM	\$12				
	132	Eldora Chocolate 1*	\$22				
	133	Eldora Chocolate 2*	\$22				
	134	Coffee History/Tasting 1*	\$28				
	135	Coffee History/Tasting 2*	\$28				
	136	Anti-Inflammatory Cooking	\$35				
	137	Cooking for Cognition	\$35				
	138	Tummy Troubles	\$12				
	139	Matter of Balance	FREE				
	140	Improving Cognition	\$12				
	141	Aging Mastery Program®	FREE				
	142	Hands-Only CPR & AED	\$6				
	143	A Conscious Death	\$12				
	144	Bladder Matters	\$12				
	145	Better Hearing	\$6				
	146	Age in Your Space	\$12				
	147	Osteoporosis & Exercise	\$12				
	148	Insect-Borne Illnesses ZM	\$12				
	149	Catch Your Breath	\$12				
	150	Shoulder Pain	\$12				
	151	Making Meds Work	\$12				
	152	19th Century Photography	\$12				
	153	History of Sicily	\$12				
	154	Telephone Museum 1*	\$18				
	155	Telephone Museum 2*	\$18				
	156	Hundred Years' War	\$12				
	157	Illustrations of Change	\$12				
	158	Jewish Gangsters ZM	\$12				

✓ Check (on this side) the classes you would like to take					Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W		
	159	Norman Sicily Mosaics	\$12				
	160	Reformation's Impact	\$12				
	161	Destruction of Liberalism	\$12				
	162	Austin Book Group	\$12				
	163	Summit Book Group	\$12				
	164	Holmes Book Group ZM	\$12				
	165	West Mesa Book Group*	\$12				
	166	Robert Burns	\$12				
	167	Singing the Show Tunes	\$70				
	168	Karaoke 101	\$30				
	169	Introduction to Harp 1	\$40				
	170	Introduction to Harp 2	\$40				
	171	Musical Instruments	\$12				
	172	Musical Instruments ZM	\$12				
	173	Romantic Classical	\$12				
	174	3 On A Match	\$15				
	175	Flambeaux Mardi Gras	\$15				
	176	Medieval Ballads	\$15				
	177	Live Theater: Comedies	\$15				
	178	Rye Creek Performance	\$15				
	179	Violin & Piano Performance*	\$15				
	180	Oasis Entertainers	\$12				
	181	Life Balance	\$30				
	182	Test Your Trivia Skills!	\$12				
	183	Take Your Power Back	\$12				
	184	Dreams Workshop 1	\$25				
	185	Dreams Workshop 2	\$25				
	186	Advanced Dream Circle	\$15				
	187	John Paul II & Benedict XVI*	\$12				

✓ Check (on this site) the classes you would like to take				Office Use Only	
✓	ID#	*Indicates Off-Site Class	Fee \$	In	W
	188	Blaise Pascal Part 1	\$12		
	189	Blaise Pascal Part 2	\$12		
	190	Revisiting Plus XII*	\$12		
	191	Agnostics & Atheists	\$12		
	192	Power of Passover	\$24		
	193	Bible Heroes & Zeroes	\$12		
	194	Plato's Phaedo	\$12		
	195	Penguins Plus Tour 1*	\$18		
	196	Penguins Plus Tour 2*	\$18		
	197	Mass Extinctions	\$12		
	198	Backyard Bears ZM	\$12		
	199	Us vs. Them	\$24		
	200	Greenhouse Tour 1*	\$15		
	201	Greenhouse Tour 2*	\$15		
	202	Outer Solar System	\$12		
	203	Lithium Conundrum	\$12		
	204	Growing Roses*	\$20		
	205	Mining's Costs	\$12		
	206	It's Windy!	\$12		
	207	Asia Zoo Tour 1*	\$18		
	208	Asia Zoo Tour 2*	\$18		
	209	Asia Zoo Tour 3*	\$18		
	210	Solar Eclipses	\$12		
	211	Forensic Anthropology	\$12		
	212	Llamas Up Close*	\$35		
	213	Women of Los Alamos ZM	\$12		
	214	Project Trinity ZM	\$12		
	215	Juan Bautista de Anza	\$12		

✓	Cl#	* Indicates Off-Site Class	Check (on this site) the classes you would like to take			Office Use Only	
			In	W	Fee \$		
	216	Westward Trail Women			\$12		
	217	Oppenheimer & Strauss			\$12		
	218	Casa San Ysidro Tour*			\$18		
	219	Galena King Mine			\$12		
	220	Oppenheimer & the Bomb			\$12		
	221	Museum Photo Archives Tour*			\$15		
	222	Vladem & NM Art Museum Trip*			\$120		
	223	Mackinac Island Trip			FREE		
	224	Escape to Sea			\$12		
	225	NM Highway 4			\$12		
	226	NM's Special Places			\$12		
	227	Central Asia & Mongolia			\$12		
	228	Total Body Strength			\$54		
	229	Tai Ji Quan for Balance			FREE		
	230	On the Move			FREE		
	231	Tai Chi for Health, Part 1			FREE		
	232	Tai Chi for Health, Part 1 ZM			FREE		
	233	Tai Chi for Health, Part 2			\$48		
	234	Tai Chi for Health, Part 2 ZM			\$48		
	235	Medical Qigong, Part 1			\$45		
	236	Yoga for Posture			\$12		
	237	Tai Chi Chih			\$60		
	238	Yoga for Bones			\$20		
	239	Foam Rolling			\$20		
	240	Get Up, Get Down			\$30		
	241	Crane Hike 1*			\$18		
	242	Crane Hike 2*			\$18		
	243	Walking ABQ - Mon*			\$20		

✓ Check (on this side) the classes you would like to take					
✓	C#	*Indicates Off-Site Class	Fee \$	In	W
	244	Walking ABO - Wed*	\$20		
	245	Piedras Marcadas Hike*	\$15		
	246	Bosque Accessible Walk*	\$15		
	247	LVL People & Dogs*	\$6		
	248	LVL End-of-Life Options*	\$6		
	249	LVL Jew's Secrets in Spain*	\$6		
	250	LVL CBD & Then Some*	\$6		
	251	NIRR NM Law & Order*	\$6		
	252	NIRR Navajo Lands*	\$6		
	253	NIRR My Weather App*	\$6		
	254	NIRR NM Governor's Mansion*	\$6		
	255	Foot Care Clinic 1	\$15		
	256	Foot Care Clinic 2	\$15		
	257	Foot Care Clinic 3	\$15		
	258	Foot Care Clinic 4	\$15		
	259	Foot Care Clinic 5	\$15		
	260	Foot Care Clinic 6	\$15		
	261	Foot Care Clinic 7	\$15		
	262	Foot Care Clinic 8	\$15		
	263	Foot Care Clinic 9	\$15		
	264	Foot Care Clinic 10	\$15		
	265	Foot Care Clinic 11	\$15		
	266	Foot Care Clinic 12	\$15		
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		TAX DEDUCTIBLE CONTRIBUTION TO OASIS \$			
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Credit Card # _____ Exp. Date ____/____ CVC/CSC/CVC _____
Your credit card must match your name and address on file.

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Oasis Albuquerque
PO Box 35518, Albuquerque NM 87176

Signature _____

	CASH/CHECK	CREDIT CARDS		OASIS CREDIT	FINAL BALANCE
For office us only. Please do not write in shaded areas.	Cash Rec'd \$ _____ Check \$ _____ Check # _____	Amount Charged to Credit Card by Oasis (after registration is complete)		Apply Credit Amount	Credit Credit Amount
	Date _____ Rec'd By _____	\$ _____	\$ _____	\$ _____	\$ _____



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: ☐ Woman ☐ Man ☐ 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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Albuquerque, NM 87107-1855

Mailing Address:

PO Box 35518, Albuquerque, NM 87176

505-884-4529

www.oasisabq.org

Registration opens on
Wednesday, January 3, 2024,
10:00am & continues throughout the term.
See See pages 59-60 for
registration information.

Classes begin Tuesday, January 9, 2024

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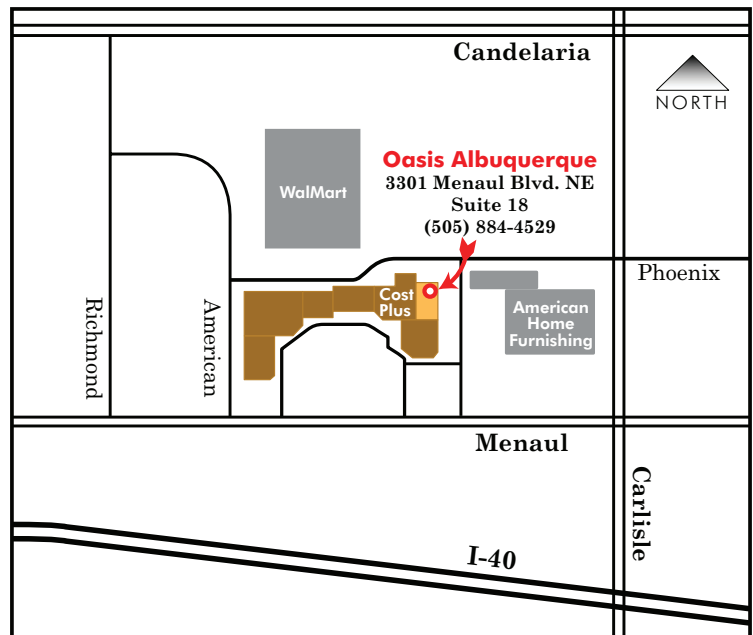
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