

CLASSES MAY-AUGUST 2024

Registration Opens:

Wednesday, May 1, 2024

10:00am



SUMMER 2024

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



Sponsored by:



**BlueCross BlueShield
of New Mexico**

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Optum

Dear Oasis Friends,



Somehow, summer always seems to bring a different level of excitement to life! As a child, maybe it was the first day of summer break and a chance to get outside and play that made summer so great.

Perhaps it was the first day the pool opened, or a chance to swim in the river or lake. Can you hear the crack of the ball hitting the bat? Maybe you can still feel that moment when a hot summer day became a cool summer evening. As adults, summers might have been spent vacationing, spending more time with family, or volunteering as a coach or camp counselor.

This summer, Oasis is offering a rich variety of classes and opportunities that can make you appreciate summer like you did as a kid. Learn about finding fireflies in New Mexico. Come enjoy an afternoon musical presentation. Explore our history-oriented classes. Take a wildflower walk. Sign up for container gardening and find a new way to be outside. We will feature two cooking classes for better health. Finally, for the ultimate feel-like-a-kid-class, check out our bicycling group.

Whatever it is you're looking for, we hope that as you peruse the catalogue you will find lots of classes that refresh you like a cool drink on a hot day. We can't wait to see you this summer at Albuquerque Oasis!

Fondly,



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



Oasis is looking for 50 people who love reading and who want to share that joy!

The Oasis Intergenerational Tutoring Program is recruiting for our fall training sessions in August, September, and October 2024. Join our program and spend one hour, one day a week, reading one-on-one, during the school day, with an elementary school student.

For more information contact Oasis at 505-884-4529 or visit our website at <https://albuquerque.oasisnet.org/tutoring/>



Photo courtesy of Horizons ABQ 2023

The Oasis Art Gallery - Summer 2024

Rainbow Artists - May 9 through August 23



Rainbow Artists, an award-winning women's art collective established in the 1990's, supports, promotes, and encourages women artists by embracing ethnic and artistic diversity and sharing their talents with demonstrations and exhibitions.



Artists participating are: Linda Allison, Lannie Alexander, Marian Berg, Grace Collins, Roberta Delgado, Sondra Diepen, Sylvia Domney, Jackie Hertel, Hilary Heyl, Leslie Kryder, Mary Jane Milz, Gabriele Niegelhell, Eliza Schmid, Gina Shaw, Angela Storch, and Janine Wilson.

*Opening Reception is
Thursday, May 9 from
2:30 - 4:00pm 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 38-39 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.

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On the cover: Sandia hiking trail courtesy of S. Giomi and bike riding courtesy of D. Maniaci

LECTURES

ART


Dot Mandala Painting Workshop 1 101

Bridget Schweri

Monday May 20 10:00 - 12:00
Fee: \$30 

Dot Mandala Painting Workshop 2 102

Bridget Schweri

Monday Jun 24 10:00 - 12:00
Fee: \$30 




Are you interested in trying your hand at this simple, beautiful, meditative art form? Mandala art is both meditative and creative. After learning about its rich history, practice the basic techniques on cardstock templates. Then, pick your pattern, choose your colors, and create your own work of art on a local rock, canvas panel, refrigerator magnet, recycled CD, or pair of earrings. *All materials provided; bring materials fee of \$5 payable to the instructor. Limited enrollment.*

Bridget Schweri is a dot Mandala artist. Her creative endeavors over the years have spanned a variety of techniques such as quilting, jewelry making, and stained glass. Mandala was the perfect way for Schweri to explore the geometry of shapes and colors. Her artwork has been shown and sold locally and on Etsy and Instagram.

Glass on Glass Mosaic Suncatcher Workshop

103

Erika Harding

Friday Jun 14 9:00 - 1:00
Monday Jun 17 9:00 - 11:30
Fee: \$55 2 sessions 


Use stained glass on a glass substrate to make beautiful, light-catching mosaic suncatchers. This two-day class is appropriate for both beginners and more experienced artists. *Participants are encouraged to wear the provided safety glasses and gloves. All materials provided; bring materials fee of \$25 payable to instructor at first class (cash or check). Note: Second class is 9:00-11:30. Limited enrollment.*

Erika Harding runs ErikaHardingMosaics, where she teaches mosaic and creates mosaic commissions. She is a consultant by day and has just launched a new downtown community arts education center called The Groove Artspace where a wide variety of art classes are available.

Mountain & Blue Sky Pastel Workshop 1

104


Susan Roden

Monday & Tuesday Jul 1 - Jul 2 12:30 - 3:30
Fee: \$60 2 sessions 

Mountain & Blue Sky Pastel Workshop 2

105

Susan Roden

Monday & Tuesday Aug 12 - Aug 13 9:30 - 12:30
Fee: \$60 2 sessions 

Draw two New Mexico landscapes with pastels in this two-session class. Create pictures of the Sandias through studies of composition, colors, and shapes in a fun-filled atmosphere. Demos, group exercises, and individualized renderings will enable students to create two powerful pastels. *All materials provided; bring materials fee of \$18 payable to instructor (cash or check) on first day of class. Limited enrollment.*

Susan Roden is a juried member with the Catharine Lorillard Wolfe Art Club (New York), a distinguished pastelists, 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.

Introduction to Quilling Workshop 106

Elizabeth Potter

Monday Jul 8 12:00 - 4:00
Fee: \$40 Oasis

Learn how to create basic quilling shapes, then select a project and make your own masterpiece to be mounted on canvas board. By the end of class, you'll be able to make coils, circles, triangles, marquise, and more. Congratulations, you have the basic tools and skills you need to keep on quilling. *All materials provided; bring materials fee of \$15 payable to the instructor. Limited enrollment.*

Elizabeth Potter has been a quilling and paper artist for about four years. Not one to follow the rules when it comes to art, she calls her style "traditionally twisted." Potter is a retired project manager and interior designer. She shows her work at various locations and on the Placitas Studio Tour.

Intermediate Floral Quilling Workshop 107

Elizabeth Potter

Monday Aug 5 1:00 - 4:00
Fee: \$40 Oasis

Learn how to create quilled flowers from "pre-cut" petal strips and make a bouquet to take home. Mount your flowers on a canvas board suitable for hanging. In addition to the basic quilling techniques needed to complete your bouquet, the instructor demonstrates "husking" and "combing" techniques used for more detailed shapes. *All materials provided; bring materials fee of \$15 payable to the instructor. Limited enrollment.*

See bio in class #106.

Outdoor Mosaic Paving Stone Workshop 1

Jill Gatwood

Thursday Jul 11 9:00 - 2:00
Friday Jul 12 9:00-10:30
Fee: \$55 2 sessions Oasis

Outdoor Mosaic Paving Stone Workshop 2

Jill Gatwood

Monday Jul 22 9:00 - 2:00
Tuesday Jul 23 9:00-10:30
Fee: \$55 2 sessions Oasis



Photo courtesy of Jill Gatwood

Interested in learning how to create an outdoor mosaic art piece for your garden or patio? Learn to make an outdoor mosaic using thinset mortar on a 7 x 7 concrete paving stone. Mosaic techniques for outdoor wall murals and garden sculptures are described. Gain the skills and confidence to go on to create more outdoor mosaic pieces on your own. *All materials provided; bring materials fee of \$20 payable to instructor at first class (cash or check). Note: Second class is 9:00-10:30. Limited enrollment.*

Jill Gatwood is an avid hiker and naturalist. When not exploring the mountains and canyons of New Mexico, she creates custom mosaic mailboxes, telephones, toasters, and large mosaic sculptures. She loves sharing her passion for mosaics and has taught classes at Oasis for eight years.

Mosaic Coaster Workshop**110***Jill Gatwood*

Thursday **August 8** **9:00 - 1:00**
Friday **August 9** **9:00-11:00**
Fee: \$55 

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 a materials fee of \$20 payable to the instructor at the first session (cash or check). Note: Second class is 9:00-11:00.*

See bio in class #108


CONSUMER**Who's Planning Your Final Party?****111***Mark Ballard*

Wednesday **May 22** **2:30 - 3:30**
Fee: FREE 

Though the subject of death may seem uncomfortable, it does not have to be. Learn how to have a conversation about your final arrangements with your family, how preplanning can save you money, and why preplanning provides peace of mind. Learn how to make arrangements for your final party, so your family doesn't have to make decisions for you. This presentation includes time for Q&A.

Mark Ballard is the director of advance planning at French Funerals and Cremations. He has been with French for 15 years and loves educating the community about the benefits of preplanning and why it's important.

Estate Planning: Honoring Your Wishes & Protecting Your Privacy**112***Vickie Wilcox*

Thursday **Jun 13** **10:00 - 11:30**
Fee: \$12 

Attorney Vicki Wilcox discusses the basic and essential documents for a solid estate plan, including financial and healthcare powers of attorney, living wills, post-mortem directives, personal effects lists, and other related documents. Wilcox reviews the different considerations for using a Will only or a Pour-Over Will with a Revocable Living Trust.

Vicki Wilcox is an attorney with a Master of Laws in taxation from NYU School of Law. She is the chair of the New Mexico Disciplinary Board and past adjunct professor at UNM School of Law.

Duran's Central Pharmacy History & Tour**113***Mona Ghattas*

Thursday **Aug 1** **9:30 - 10:30**
Fee: \$18  **Duran Central Pharmacy**

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. Our tour begins at Remedy, a cafe next to Duran's, with a cup of coffee and pastry. Mona Ghattas, whose family purchased Durans in 1965 from Pete Duran, provides 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 New Mexico Pharmacists Association's 2019 president. She graduated from UNM with a BS in pharmacy.

A Gentle Return: Natural Burial Benefits Our Environment & Community 114

Bryan Beard & Claire McFadyen


Monday Aug 12 10:00 - 11:30
Fee: FREE 

Burial has been part of human cultural traditions for thousands of years. Contemporary discussions about death have typically taken place behind closed doors. However, there has been a renewed desire for the community to become active participants in the process of death. This class discusses what natural burial is, how it benefits the environment, and the rights that you have caring for your loved ones after death.


Claire McFadyen and Bryan Beard are the co-owners and operators of Natural Burial New Mexico and La Puerta Natural Burial Ground. McFadyen has bachelors’ in anthropology, ecology, and evolutionary biology and a master’s in public health emphasizing environmental health. Beard has a BS in industrial design and a passion for creating things and spaces that invoke meaning.

CURRENT EVENTS

Take Me Out to the Ballpark: Tour 1 115

Monday Jun 10 11:00 - 12:30
Fee: \$18  **Isotopes Park**


Take Me Out to the Ballpark: Tour 2 116

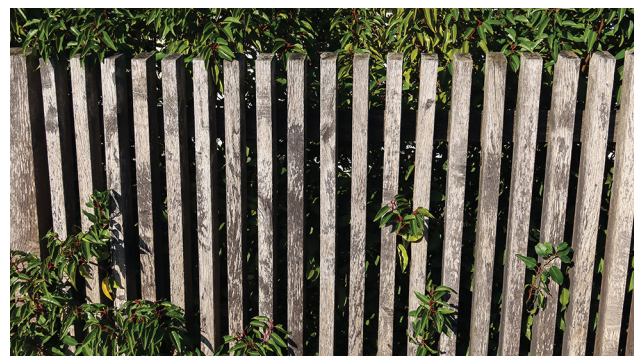
Monday Jul 8 11:00 - 12:30
Fee: \$18  **Isotopes Park**

It’s the bottom of the ninth, bases loaded. You’re at the plate waiting for the pitch. How many times did you imagine yourself in that situation as a kid? Even if you are done playing ball, you can tour Rio Grande Credit Union Field at Isotopes Park. Experience a behind the scenes look at the facility. Tours often include the press box, dugouts, locker rooms, and field. *Limited enrollment.*

Whose Fence is This? Garden Law in New Mexico 117

Lorna Wiggins

Thursday Jun 27 2:30 - 4:00
Fee: \$12 



Your house is more than bricks or 2 x 4s. It is your home, sanctuary, source of comfort. Landscaping and gardens enhance the home, sometimes creating potential liabilities. What rights and obligations do you have? Lorna Wiggins addresses these issues and others including what rights you have regarding neighbors. Hear an avid gardener – who happens to be an attorney – share her expertise about garden law.

Lorna M. Wiggins is president of Wiggins, Williams and Wiggins, P.C. and board chair of Albuquerque Oasis. In her free time, she enjoys gardening. Since downsizing her garden, she has been known to clean up medians in Albuquerque.

Supreme Court’s Most Recent Term 118

Supreme Court’s Most Recent Term ZOOM 119

Andrew Schultz
Wednesday Jul 24 12:30 - 2:00
Fee: \$12  **Oasis & Zoom**

In its most recent Term, the Supreme Court decided cases with enormous implications for a remarkable number of matters. The Court issued opinions concerning the 2024 election, abortion

access, gun control, the authority of federal agencies, and state regulation of social media. In this program, Andrew Schultz reviews many of the Court’s most significant decisions and discusses the evolving role of the Supreme Court in American society.

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.

Elections & Election Safety 120

Nathan Jaramillo

Thursday Aug 1 10:00 - 11:00
Fee: \$12 

The frenzy of political ads starts soon! Are you ready for the fall election? Do you wonder about our election safety? From voter registration to general threats to our elections, Nathan Jaramillo explains how the Bernalillo County Clerk’s office is preparing to keep elections running smoothly and safely. Learn what you need to know and how you can help keep our elections safe.

Nathan Jaramillo is the bureau of elections administrator for Bernalillo County. He has worked with elections since 2017. Jaramillo is a UNM graduate with bachelor’s degrees in both political science and government, and business administration.

China’s Belt & Road Initiative: Ten Years On 121

William Itoh

Wednesday Aug 7 6:00 - 7:30 pm
Fee: \$15 

Xi Jinping, China’s most powerful leader since Mao, announced the Belt and Road Initiative (BRI) in 2013, launching one of the world’s


largest infrastructure projects. Critics pointed to the massive debts for partner countries and the economic advantages for China. BRI has helped to connect partner economies and has promoted trade and economic growth, while the US has been challenged to offer a more appealing economic vision. Review the accomplishments and downsides of the BRI and the implications for US policy. ***Presented in partnership with the World Affairs Council of Albuquerque.***

William Itoh is Professor of Public Policy 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.

FOOD & NUTRITION


Eldora Chocolate: Field Trip 1 122

Steve Prickett

Thursday May 16 10:30 - 11:30
Fee: \$22  Eldora Chocolate

Eldora Chocolate: Field Trip 2 123

Steve Prickett

Tuesday May 21 10:30 - 11:30
Fee: \$22  Eldora Chocolate


This 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.*

Eldora Owner and Founder Steve Prickett 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 this 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.

Cooking Demo: Fighting Inflammation with Food **124**

Renee Euler


Monday Jun 3 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 has an interest in celiac disease and irritable bowel syndrome, having personally managed both for years. She received her bachelor's and master's degrees from UNM. Euler is a faculty member at CNM.

Are You Plant-Based Diet Curious? **125**

Renee Euler


Monday Jun 17 10:00 - 11:30
Fee: \$12  **Oasis**

Plant-based diets are trending. But is all the hype true? Do you have to go vegan to reap the benefits? In this class, Renee Euler reviews the different types of plant-based diets, along with the benefits and potential pitfalls. She also discusses how to put the tenets of plant-based eating into practice, while providing useful tips, recipes, and meal planning resources.

See bio in class #124.

Lunch at the Artichoke Café **126**

Pat Keene

Thursday Jul 18 10:30 - 1:00
Fee: \$45  **Artichoke Cafe**

Brighten up your day with an experience at the Artichoke Café. Pat Keene, Artichoke Café's chef and owner, demonstrates how to make crêpes and a unique salad. She shares her cooking techniques and recipes, along with her passion for cooking. After Keene's cooking demonstration, enjoy lunch, including crêpes, a salad, dessert, and beverage (all inclusive). *Limited enrollment.*

Pat Keene and her husband opened Artichoke Café in the historic Huning Highland/Edo neighborhood in 1989. It has been a significant player in the restaurant scene ever since. Keene is a classically trained chef who studied at the New York Restaurant School in Manhattan. Her passion for food has sustained not only the Artichoke Café but also their other restaurants, Farina Pizzeria and Farina Alto.

Cooking Demo: Summer Farm to Table Culinary Delights **127**


Fallon Bader

Thursday Aug 1 1:00 - 3:00
Fee: \$35  **Oasis**


Celebrate the flavors of summer with our farm-to-table cooking demo, suitable for cooks of any level. Discover the art of crafting healthy and seasonal dishes using locally-sourced ingredients straight from the farm to your table. Learn how eating seasonal and local produce enhances the taste and nutrition of your creations. It also supports the environment and your budget. 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. Chef Bader has taught hundreds of people how to confidently prepare delicious seasonal meals!

HEALTH

A Matter of Balance **128**
Tue & Thu **May 14 - Jun 6** **1:00 - 3:00**
Fee: FREE **8 sessions** 

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.*

Healthier Mouth, Healthier You **129**
David Schlottman
Thursday **May 30** **2:30 - 4:00**
Fee: \$12 



Oral health is linked to many aspects of our overall health, from cardiovascular to pulmonary to socio-emotional health. It is never too late to improve your oral health. Join David Schlottman, DDS, for a review of best practices for oral health, how to deal with common age-related oral health maladies, and overcoming common barriers to dental care.

David Schlottman, DDS, has 40 years of dentistry experience including private practice, underserved communities, and public health settings. He has practiced in Florida, Virginia, Utah, and New Mexico. He now teaches at Pima Medical Institute.

Aging Mastery Program® **130**
Wednesdays **Jun 5 - Aug 7** **10:00 - 12:00**
Fee: \$25 **10 sessions** 

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 include exercise, healthy eating, medication management, sleep, finances, living wills, healthy relationships, and community engagement. This evidence-based program was developed by the National Council on Aging. Bag, workbook, classes, refreshments, and additional materials included—a value of over \$180. *Limited enrollment.*

This class is offered with support from a grant from the Brookdale Senior Living Foundation.

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

Healthy Feet for Happy Trails 131

Healthy Feet for Happy Trails ZOOM 131.5

Janet Simon

Wednesday Jun 26 12:30 - 2:00

Fee: \$12  Oasis & Zoom

Walking/hiking is an evidence-based, life-long wellness activity. Join Janet Simon as she shares strategies for maintaining your feet in the best working condition. She details walking shoe/hiking boot selection tips, insert/orthotic benefits, injury prevention, and ways to address common foot maladies and deformities.

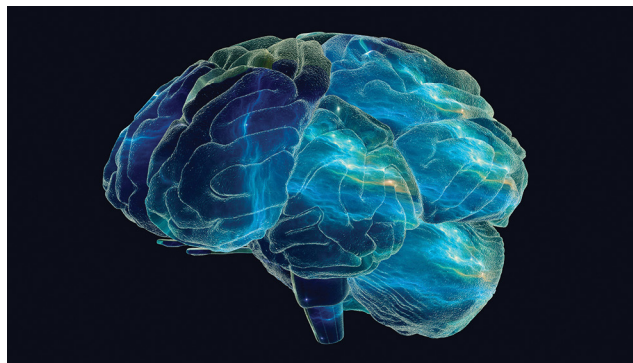
Janet Simon, Doctor of Podiatric Medicine, MEd, is executive director of the New Mexico Podiatric Medical Association and is a board-certified podiatric physician with New Mexico Foot & Ankle Institute. She has more than 30 years of experience in clinical practice and serves as senior advisor to the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

Brain Builders 132

Sarita Warrick

Wednesday Jul 10 12:30-2:00

Fee: \$12  Oasis



As we age, we might notice we are forgetting things we used to remember well, or maybe it takes longer to complete mental tasks that used to be no problem. With one in nine people aged 45 years old or older saying they've had memory

loss or confusion, forgetfulness may seem normal. However, there are still ways to combat it. Learn ways to help exercise your mind to keep living a healthy, happy life.

Sarita Warrick, MD, is Optum New Mexico's chief medical officer and a family physician. She believes strongly in preventive care, especially as we age, to help us live better, longer, and healthier lives. Warrick attended Robert Wood Johnson Medical School (now Rutgers University).

Desert Sun & Aging Skin 133

Charles Phillips

Wednesday July 31 12:30 - 1:45

Fee: \$12  Oasis

Our skin covers 100% of our body! Obviously, taking care of it is vital. The arid, high desert environment of New Mexico creates some particular problems for skin as we age. Dermatologist Charles Phillips reviews common problems in aging skin as well as those that might be more particular to the desert environment. Common skin cancers and benign lesions of the aging skin as well as rashes, dry skin, eczema, psoriasis, and seborrheic dermatitis are covered.

Charles Phillips, MD, graduated from the University of Texas Health Sciences Center. He is a staff dermatologist at the Raymond Murphy VA and a clinical professor of dermatology at UNM.

Detoxify for Wellness: Navigating Toxins & Natural Remedies 134

Li Xu

Tuesday Aug 13 12:30 - 2:00

Fee: \$12  Oasis

We are constantly exposed to environmental toxins, as well as endogenous toxins (i.e., toxins generated from within the body). They create harmful impacts on our body, mind, and health. However, by understanding these toxins and embracing natural remedies, we can empower

ourselves to support our body’s detoxification processes and enhance our well-being. Explore the fascinating intersection of detoxification, environmental health, and natural healing.

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

Hands-Only CPR & AED Use **135**

Resuscitation Rangers

Wednesday **Aug 14** **2:30 - 4:00**
Fee: \$6  **Oasis**

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—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.

Gut Instinct: Understanding the Gut-Brain Connection **136**

Renee Euler

Monday **Aug 19** **10:00 - 11:30**
Fee: \$12  **Oasis**

Have you ever experienced butterflies in your stomach? Or had a “gut feeling” that something was about to happen? These are just a few of

the ways we experience the strong connection between our gut and brain. In this class, we discuss the gut-brain connection; how it can affect our overall health, as well as our mental health; and how our food and lifestyle choices can influence it.

See bio in class #124.

Healthy Aging Update: Sleep **137**

Janice Knoefel

Tuesday **Aug 20** **12:30 - 2:00**
Fee: \$12  **Oasis**


Food, water, and sleep are essential to life. Sleep is vital for good health, and it is more important as we age. Join Janice Knoefel for a review of sleep function, benefits of sleep, and what can—and does—go wrong as we age. She also discusses sleep disturbances, such as insomnia and sleep apnea, and the dos and don’ts of sleep medications. Learn about environmental and physical changes you can make to ensure optimal sleep.

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.

HISTORY

King Arthur **138**

Kirk Gullede

Monday **May 13** **10:00 - 11:30**
Fee: \$12  **Oasis**

One of the most beloved heroes of English literature is King Arthur. Most people know of his rise to power, his queen Guinevere, his castle Camelot, his sword Excalibur, the Holy Grail, and his Knights of the Round Table. It’s an exciting story! But is it true? Did King Arthur live, or is he just a

legend? Explore the myths, magic, and the real history of King Arthur as we examine how his story helped shape our modern world.

Kirk Gullede is a retired developer of retirement communities. He has a doctorate in gerontology from the University of North Texas and a continuing passion for travel and learning. He now lives in Florida, but continues to be involved with ABQ Oasis.

Revolution & the Debate Over Rights in France **139**

Charles Steen

Monday **May 20** **10:00 - 11:30**
Fee: \$12 🌿 Oasis

Revolutions are always messy. In 1794, during the French Revolution, a debate arose over the place of human rights versus achieving peace with Europe. Conflicts led to strife over rights for women and a place for commoners. It was a time for cautious cultural expression. As the government of the French National Convention faltered, power shifted to a government led by a committee, known as the Directory. Meanwhile, the army and others fought for power.

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 part-time at UNM and is the 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.

The Dictatorship of Napoleon **140**

Charles Steen

Wednesday **May 29** **10:00 - 11:30**
Fee: \$12 🌿 Oasis

The French Revolution was ending as Napoleon assumed power. There were successes of the Revolution in education, political redistricting, and

economics, despite the strain of endless war and authoritarianism. Napoleon allowed many who had fled to return to France, but not as the elite subjects they had been. It was a time of militarism and near dictatorship, but intellectual and cultural life continued to flourish, similar to growth in other lands.

See bio in class #139.

Julius Caesar, Caesar Augustus, & Rome’s Transformation **141**

Lizabeth Johnson

Friday **Jun 7** **10:00 - 11:30**
Fee: \$12 🌿 Oasis



In its early history, the Roman government evolved into a Republic, with male citizens encouraged to attend assemblies and vote. Later, even men from humble beginnings could hope to hold a political office. Meanwhile, the Republic was being undermined by powerful leaders, including Julius Caesar who declared himself dictator for life shortly before he was assassinated by men who feared he would bring about the end of the Republic. In the end, what Caesar began, Caesar Augustus continued.

Lizabeth Johnson 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.

The Volga Bulgars: Their Legacy 142

Matthew Barbour

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

The Turkic-speaking Bulgars living along the Volga River were among the first non-Middle Eastern peoples to convert to Islam. They handed the Mongols their first defeat at the Battle of Samara Bend, but this proved temporary and the Bulgars were incorporated into the Golden Horde. This continued until their ultimate destruction at the hands of Muscovy under Ivan the Terrible. Matthew Barbour explores the history and culture of the Volga Bulgars from AD 700 to 1552.

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.

Mongolia & the Silk Road 143

Maya Sutton

Thursday Jun 13 12:30 - 2:00**Fee: \$12**  Oasis

The Silk Road consisted of perilous caravan routes roaming from China to Turkey and Europe. The caravans of Asian merchants carried silk, jade, porcelain, tea, spices, and gunpowder. Meanwhile, horses, gold, silver, jewels, and glassware, traveled from Europe to Asia. Genghis Kahn and offspring organized Mongol tribal horsemen to conquer that land. For a price, they provided amazing trade-route security, enabling Marco Polo to travel east.

Maya Sutton graduated from Georgetown University's School of Foreign Service and received her PhD from UNM. She taught English at the university in Ulaanbaatar, the capital of Mongolia, soon after the Soviet Army withdrew after years of occupation. She has spent time at the eastern end of the Silk Road in China and at the western end in Turkey and Italy.

Tracing African American Ancestral Roots: Resources & Strategies 144

Ruth Randall

Wednesday Jul 17 12:30 - 2:00**Fee: \$12**  Oasis

Enslaved people were dehumanized, objectified, and regarded as property. Consequently, they did not create records, such as deeds and tax records. Furthermore, the names of enslaved people were not included on US census records until 1870. However, they did record births, deaths, and marriages in family bibles. Those documents can be used as tools to identify one's ancestry. Ruth Randall, genealogist, shares strategies and resources that can help with a family history search.

Ruth Randall was the winner of the 2007 National Genealogical Society's (NGS) Family History Writing Contest and the American Society of Genealogists 2008 Scholar Award. She is a member of the editorial board of the *National Genealogical Society's Quarterly*. Randall authored several articles focused on the reconstruction of the lives of former slaves featured in the *NGS Quarterly* and *The Genealogist*.

The Amazing Accomplishments of Elizabeth Elstob, Pioneer Medievalist 145

Timothy Graham

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

Elizabeth Elstob (1683–1756) was the first female to learn Old English since it died out in the 12th century. She published two groundbreaking books at a time when scholarship was dominated by university-trained men. A passionate advocate of women's education, she targeted female readers to encourage others to pursue a path like her own. Timothy Graham offers a comprehensive overview of the remarkable achievements of this pioneer of women's education.

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 coauthor of *Introduction to Manuscript Studies*.

LITERATURE

The Mystery of e e cummings' Poetry 146

Norma Libman

Wednesday May 15 10:00 - 11:30

Fee: \$12  Oasis

Why did e e cummings eliminate almost all punctuation and capitalization from his poetry? And, did he really want his name spelled in lower case letters? Norma Libman answers these questions and looks at some of his most intriguing poetry showing how it fits into the times in which he wrote and the life he lived. Along the way have some fun with this playful, ingenious, and compassionate writer.

Norma Libman has been teaching courses in literature and history for Oasis for more than 20 years. She specializes in topics such as T.S. Eliot, e e cummings, Shakespeare's sonnets, and Jewish history. 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 also the author of two award-winning books.

The Rose Man of Sing Sing 147

James McGrath Morris

Friday Jun 14 10:00 - 11:30

Fee: \$12  Oasis

Hear the story of notorious newspaper man Charles E. Chapin from his biographer James McGrath Morris. An icon from the era of Yellow Journalism, Chapin's rise from reporter to editor and his fall

from power is a story torn from the pages of tabloid newspapers. Morris's book, *The Rose Man of Sing Sing*, chronicles Chapin's remarkable life. Learn what sent him to prison and how he came to be known as The Rose Man of Sing Sing.

James McGrath Morris is an award-winning and New York Times best-selling author. He recently released his long-awaited biography, *Tony Hillerman, A Life*. His other books include *The Ambulance Drivers: Hemingway, Dos Pasos, and a Friendship Made and Lost in War*, and *Pulitzer: A Life in Politics, Print and Power*.

Austin Book Group 148

Mary Bibeau

Tuesdays May 14 - Aug 13 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: May 14 - *Horse* by Geraldine Brooks; Jun 11 - *Tom Lake* by Ann Patchett; Jul 9 - *The Heaven and Earth Grocery Store* by James McBride; and Aug 13 - *Birnam Wood* by Eleanor Catton. *Limited enrollment.*

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

West Mesa Book Group 149

Irene Newlon & Ginger O'Neil

Wednesdays May 15 - Aug 21 2:30 - 4:00

Fee: \$12 4 sessions  Oasis

The West Mesa Book Group meets on the third Wednesday of each month. Book selections are: May 15 - *The Nickel Boys* by Colson Whitehead; Jun 19 - *The Midnight Library* by Matt Haig; Jul 17 - *Democracy Awakening* by Heather Cox Richardson; and Aug 21- *Tom Lake* by Ann Patchett. *Limited enrollment.*

Irene Newlon has been the director of several non-profits, is an avid writer and an advocate for using recycled material. Ginger O'Neil is an artist, writer, and life-long book lover.

Summit Book Group **150**

Merrie Courtright


Tuesdays **May 21 - Aug 20** **11:00 - 12:30**
Fee: \$12 **4 sessions**  **Oasis**

The Summit Book Group meets on the third Tuesday of every month. Book selections are: May 21 - *The Three Mothers: How the Mothers of Martin Luther King Jr., Malcolm X, and James Baldwin Shaped a Nation* by Anna Malaika Tubbs; June 18 - *The Wright Brothers* by David McCullough; July 16 - *American Nations: A History of the Eleven Rival Regional Cultures of North America* by Colin Woodard; and Aug 20 - *Harlem Shuffle* by Colson Whitehead. *Limited enrollment.*

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

Holmes Book Group ZOOM **151**

Betty Whiton & Iris Fanning

Tuesdays **May 21 - Aug 20** **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: May 21 - *Hello Beautiful* by Ann Napolitano; Jun 18 - *The Reading List: A Novel* by Sara Nisha Adams; Jul 16 - *March* by Geraldine Brooks; and Aug 20 - *High Tide in Tucson* by Barbara Kingsolver. *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.

MUSIC

Singing the Show Tunes **152**

Irma Reeder & Scott Hooker


Tuesdays **May 14 – Aug 13** **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 learn new songs, renew old friendships, and meet new people. We plan four exciting performances at the end of the semester (7/30, 8/6, 8/13, 8/16) to share what we've learned. Members are encouraged to strut their stuff and sing their favorites with solos, duets, and 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!

Exploring World Music with Frank Leto: Jamaica **153**

Frank Leto

Wednesday **Jun 5** **10:00 - 11:30**
Fee: \$12  **Oasis**


Discover Jamaica's rich musical heritage with Frank Leto. Explore the roots of reggae, its artists, musical styles, and history through lectures and live demonstrations. Let Leto's passion for music take

you on a summer Jamaican escape with the sounds of Bob Marley, Bunny Wailer, Peter Tosh, and more.

Frank Leto is a talented instrumentalist who plays Brazilian percussion, Afro-Cuban percussion, and Trinidadian Steel Drums. His band PANDemonium, features him on vocals, steel drums, and percussion. He also writes the music for the band, which blends musical styles like reggae, ska, soca, calypso, samba, salsa, and zouk into a unique sound.

Learn to Play the Penny Whistle 154

Scott Reeder

Mondays Jun 10 - Jun 24 1:00 - 2:30
Fee: \$40 3 sessions 

Use of the simple, but beautiful, 6-hole penny whistle (Irish whistle/tin whistle) began in the early 19th century. Scott Reeder teaches you how to play scales and tunes through demonstration, listening, and reading music or whistle fingering. He shares information about design and options to help you navigate the world of penny whistles. *No musical experience required. Printed materials provided. Buy an \$18 whistle on-site at the first class (cash or card), or bring your own whistle (required key of 'D').*

Lifelong musician Scott Reeder performs professionally on many instruments and currently teaches hammered dulcimer, bowed psaltery, acoustic guitar, Irish penny whistle, and Baroque recorder, as well as instrument amplification and sound system design and operation.

Singing the Oldies: Sing Along 155

Irma Reeder & Scott Hooker

Thursday Jun 20 2:00 - 3:00
Fee: \$12 


Don't you just love some of the old songs? From Bing Crosby to the Beach Boys, come and sing along to the music of the 40s, 50s, 60s. These are the songs that made us laugh, cry, dance, fall in love, and think we'd be young forever! Irma Reeder

and Scott Hooker lead us through an hour of fun, laughter, and memories.

See bio in class #152.

Exploring World Music with Frank Leto: Trinidad & Tobago 156

Frank Leto


Wednesday Jun 26 10:00 - 11:30
Fee: \$12 

Appreciate the music of Trinidad and Tobago with Frank Leto. Trinidad and Tobago is the home of Calypso music and the steel drum. Leto shares his musical passion with demonstrations while lecturing on artists, instruments, history, and music styles. Let the melodic steel drum carry you to a tropical paradise.

See bio in class #153.

Hamilton: The Man & The Musical ZOOM 157

Dan Sherman

Monday Jul 15 12:30 - 2:30
Fee: \$12 

Alexander Hamilton has been known as a key player in America's early history, but the smash Broadway musical *Hamilton* has focused new attention on the life of this individual. This presentation draws on Hamilton's biography and his depiction on stage to examine his accomplishments, discuss his relationship with Aaron Burr, and reflect on the appeal of the musical. It includes recordings from the soundtrack and interviews with its creators.

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

PERFORMANCES

Sin Límite 158

Enrique Cardiel

Friday May 17 2:00 - 3:30

Fee: \$15 🌿 Oasis



Photo courtesy of Sin Límite

Sin Límite (which translates to ‘Unlimited’) performs a rocking mixture of blues, rancheras, jazz, cumbias, and blends. Comprised of well-known Albuquerque musicians who perform in different bands, this group covers music from the 40s to contemporary in Spanish, English, and instrumental versions.

Sin Límite musicians include Jeff Sipe (bass), Danny Harps (guitar and harmonica), Jose Luis Soto (percussion and vocals), Ricardo Magallanes (guitar, percussion, and vocals), Bill Writt (guitar), and Enrique Cardiel (accordion and vocals).

A Musical Tour of the Balkans & Beyond 159

Beth Cohen

Friday Jun 14 2:00 - 3:30

Fee: \$15 🌿 Oasis



Photo courtesy of Goddess of Arno Band

Goddess of Arno, a Balkan band, takes you on a musical tour of Greece, Bulgaria, Albania, Serbia, Macedonia, Hungary, and Turkey. The five-piece ensemble performs traditional ethnic dance music and folksongs that are indigenous to these countries. Music is introduced and shared from a historical and cultural perspective and translations of songs are given. The group plays both traditional and modern western instruments.

Members of Goddess of Arno have been performing, teaching, and studying traditional Balkan and East European folk music for more than 30 years. Goddess of Arno consists of Beth Cohen (violin, tambura vocals), Barbara Friedman (electric bass, tambura vocals), Leanne Mennin (percussion vocals), Randy Edmunds (guitar, tambura vocals), and Mary Masuk (percussion).

North Valley Tune Tangles 160

Michael Gallagher

Friday Jun 28 2:00 - 3:30

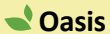
Fee: \$15 



Photo courtesy of Aarib Giombolini

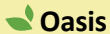
The North Valley Tune Tangles perform a spicy mix of tunes and songs from the Southern Appalachian tradition, early Western Swing, the Southwest, and Mexico. Their performance includes some original numbers and the title track of their first recording project "You're In New Mexico." Hear tight vocal harmonies, fiddle, banjo, guitar, resonator guitar, and accordion.

The North Valley Tune Tangles are Michael Gallagher (vocals, guitar, 5-string and tenor banjo, fiddle, and button accordion), Liz Stevens (vocals, fiddle, and percussion), and Skip Wrightson (vocals, guitar, resonator guitar, and percussion).

New Mexican Marimba Band 161

New Mexican Marimba Band

Friday Jul 12 2:00 - 3:30

Fee: \$15 



Learn about and listen to the marimba, a percussion instrument struck with mallets to create musical tones. The New Mexican Marimba Band, a duet featuring Steve Chavez and John Bartlit, perform on an authentic Mexican marimba made by Alfredo Mancilla. The duet performs many originals as well as Mexican, Central American, and South American favorites and styles.

Steve Chavez and John Bartlit both have degrees in music from UNM. Chavez has been a member of the NM Symphony, Chamber Orchestra of Albuquerque, and Santa Fe Pro Musica. He has composed/arranged for marimba and orchestra. Bartlit is an accomplished multi-instrumentalist. He has spent many years as a classical percussionist, composer, teacher, producer, and accompanist.

Midsummer Live Theater 162

Duchess Dale

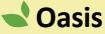
Friday July 19 2:00 - 3:30
Fee: \$15 



Photo courtesy of Duchess Dale

Uplift Productions presents enhanced staged-readings of new one-act plays with upbeat light-hearted themes about characters navigating life while striving for their sense of purpose. This presentation is followed by a talk-back Q&A with the actors, director and playwrights.

These comedies are directed by Duchess Dale (podcast host of “Re-Wire!”) and performed by local, professional actors and written by New Mexico playwrights.

Duke City Swampcoolers 163

Tony Smith

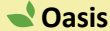
Friday Aug 2 2:00 - 3:30
Fee: \$15 



Photo courtesy of Duke City Swampcoolers.

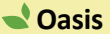
Are you ready for some authentic bluegrass music? The Duke City Swampcoolers will

deliver that and so much more! Many of their songs reflect their love of New Mexico. Their enthusiasm and lively picking keeps your toes tapping. They have produced a few CDs along the way and regularly play at local venues. You may even recognize them from a recent TLC plumbing commercial advertised on TV!

The Swampcoolers have been making music since 2003. Grey Howell (fiddle), Bill Dufault (mandolin and guitar), Jon Bryan (banjo and ukulele), Tony Smith (acoustic guitar), Kevin Cooper (bass), and Gerry Szostak (Dobro) comprise the band.

Oasis Entertainers 164

Irma Reeder & Scott Hooker

Friday Aug 16 2:00 - 3:30
Fee: \$12 



Each trimester, enthusiastic singers enroll in the “Singing in 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 #152.

PERSONAL ENRICHMENT

Container Gardening

165

John Garlisch

Monday

May 20

12:30 - 2:00

Fee: \$12

 Oasis



Do you love gardening, but don't have a garden plot any longer? You can still keep your green thumb happy and enjoy a variety of plants. Learn how to grow flowers, vegetables, herbs, fruits, and more in a smaller space. John Garlisch shares tips on types of containers, various soil mixes, and more so you can continue to enjoy gardening.

John Garlisch is a Bernalillo County Extension Agent. He grew up on a farm in Illinois and studied horticulture and ag business at Illinois as well as in Europe. Garlisch has been with the Extension Office since 2010.

Writing Mysteries...

Doesn't Have To Be A Mystery

166

Marcia Rosen

Wednesdays

May 22 - May 29

10:00 - 12:00

Fee: \$30

2 sessions

 Oasis

Your first sentence, your first paragraph, should grab your reader...maybe even by the throat, like a good murder! A good mystery has an intriguing plot, interesting characters, well described locations, compelling dialogue, a consistent point

of view, clues (real and false), and sometimes even a bit of humor. Learn how to capture your reader's interest, plus information on publishing and marketing your book. *Limited enrollment.*

Marcia Rosen is an award-winning author of the mystery series, Agatha, Raymond, Sherlock and Me Mysteries, and the Senior Sleuths, including books *Murder at the Zoo*, *Dying to Be Beautiful*, and *The Gourmet Gangster* with son, Jory Rosen. She is a member of several mystery writing organizations. She has assisted many authors in developing, publishing, and promoting their books.

Life Balance

167

Sondra Slivon

Thursdays

Jun 13 - Jun 27

10:00 - 11:30

Fee: \$30

3 sessions

 Oasis

Does your life inspire you or leave you feeling drained? What would you like more of? What would you like less of? In this workshop, we explore these questions so you can create the life you've been longing for. Gain clarity on where you'd like to be, strategies for living in alignment with your true self, and 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 both intentional or unexpected change to create the lives they've been longing for. She earned an undergraduate degree from Duke University, and holds an MA in teaching.

Test Your Trivia Skills

168

Todd Griffin

Monday

Jul 1

10:00 - 11:30

Fee: \$12

 Oasis

Back by popular demand, with all-new questions! If you like to play "Jeopardy" or just enjoy learning something new, come participate in our trivia contest. The focus is on fun and learning, not competition. Test your knowledge in categories

ranging from science and history to popular culture and entertainment. Laugh, learn, and win fabulous prizes! Leave with a plethora of little-known and utterly useless facts, suitable for amazing and annoying friends and family. *Limited enrollment.*

Todd Griffin retired to New Mexico following a career in aerospace in California. He enjoys traveling, volunteering, exercising, and taking Oasis classes. Possessed of a mind that is curious about nearly everything, he has collected a wealth of trivial and useless information.

Dreaming for Wisdom & Healing 169

Teresa Fulton

Monday & Friday Jul 29 - Aug 2 10:00 - 11:30
Fee: \$25 2 sessions Oasis

The shamanic journey is a practice found in societies throughout history. Using the drumbeat, we enter dreamtime to access guidance and healing. Through these guided sessions, 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. *Bring a notebook or journal to class. Limited enrollment.*

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

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

PHILOSOPHY, RELIGION, & SPIRITUALITY

Is Wokeness a Religion? 170

Dan Wolne & Luke Gorton

Friday May 17 10:00 - 11:30
Fee: \$12 Oasis

This presentation examines the recent debate in American culture as to whether *Wokeness* is a religion. Beginning with a careful discussion of the definition of the terms Wokeness and religion, the presenters go on to carefully examine the ways in which Wokeness may or may not be considered a religion. After examining the term *civil religion* and discussing its applicability, the presentation concludes by discussing potential political and cultural ramifications of applying these terms to Wokeness.

Dan Wolne is principal lecturer and director of the religious studies program at UNM. Luke Gorton is senior lecturer in religious studies and language, culture, and literature at UNM.

The Challenge of Christian Fundamentalism 171

Frank Yates

Thursday Jun 27 10:00 - 11:30
Fee: \$12 Oasis

Frank Yates explores the fundamentalist movement in America beginning in the nineteenth century to the present by drawing on the works of James Barr, who taught Old Testament at Oxford and Vanderbilt. Yates examines the fundamentalist interpretation of the Bible and its views of truth and also considers its strengths, its weaknesses, and the challenges it poses to the church in our times.

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.

Walking the Labyrinth **172**

Kelly Jackson Brooks

Monday **Jul 15** **10:00 - 11:30**

Fee: \$12 🌿 **Oasis**

You're not walking in circles, you're walking the labyrinth! Different from a maze which tries to confuse someone, a labyrinth's design is intended to provide a non-linear path for meditation. Participants first learn the ancient history of the labyrinth; however, most of the time will be spent practicing some basic meditative intentions while making the journey to the center of the labyrinth and back out again. No bare feet, please. *Limited enrollment.*

Rev. Dr. Kelly Jackson Brooks is the founder and director of Chrysalis Counseling for Clergy. She holds degrees in both psychology and theology. Her doctoral work combined her interests in spiritual, emotional, social, and psychological well-being which led to the genesis of Chrysalis. She has introduced the labyrinth to many people for both spiritual and meditative purposes.

Changes in Catholic Teachings Regarding Judaism **173**

Christopher Zegger

Thursday **Jul 18** **10:00 - 11:30**

Fee: \$12 🌿 **Oasis**

Seeing a resurgence in anti-Semitism, it is worth reexamining the significant improvements made in official Catholic teaching, from the first condemnation of anti-Semitism to clearly rejecting the claims that the Jews are abandoned by God. Instead, the church, particularly through John Paul II, calls for emphasizing a "spiritual bond" and upholding the original covenant with Abraham. Father Christopher Zegger reviews the progress made and what more needs to be done.

Father Christopher Zegger 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 from 1985-2008. He is the author of numerous books including *Looking to Tomorrow: The History and Mission of the Byzantine Catholic Church*; and a forthcoming book on Catholics in the Soviet Gulag.

SCIENCE, MATH, & NATURE

Asia Zoo Exhibit Tour 1 **174**

Lane Kirkpatrick

Wednesday **May 15** **9:30 - 12:00**

Fee: \$20 📍 **Albuquerque Zoo**

Asia Zoo Exhibit Tour 2 **175**

Lane Kirkpatrick

Friday **May 17** **9:30 - 12:00**

Fee: \$20 📍 **Albuquerque Zoo**



Lane Kirkpatrick, BioPark Zoo docent, leads a tour of the new Asia exhibit to explore its wonders: from Sumatra and Malaysia tropical forests, the Himalayan 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. *Class fee includes zoo admission. Be prepared to stand and walk for the duration of the 2-mile 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.

Fireflies of the Southwest 176

Anna Walker

Wednesday May 29 12:30 - 2:00

Fee: \$12 

Did you know there are fireflies in the Southwest? Learn about the ecology and biology of the diverse firefly species that call the Southwest home. Discover when and where you can see them. Hear about the challenges they face in this increasingly arid region and key conservation efforts underway to support them.

Anna Walker is the Species Survival Officer for Invertebrate Pollinators at the New Mexico BioPark Society. Her experience includes understanding the local insect fauna and North American fireflies. She is also director of the New Mexico Butterfly Monitoring Network and partners with the Western Firefly Project to document rare and understudied fireflies of the Southwest.

Penguins Plus Field Trip 1 177

Lane Kirkpatrick

Wednesday Jun 12 9:30 - 12:00

Fee: \$20  **Albuquerque Zoo**

Penguins Plus Field Trip 2 178

Lane Kirkpatrick

Friday Jun 14 9:30 - 12:00

Fee: \$20  **Albuquerque Zoo**

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. Be prepared to stand and walk for the duration of the 1-mile tour. Limited enrollment.*

See bio in class #174/#175.

The Science in Science Fiction 179

Len Duda

Wednesday Jun 19 12:30 - 2:00

Fee: \$12 

Science has been a major part of many science fiction stories ever since the fiction category started. Some stories have more science than others and much of this is due to the authors themselves. In this presentation, Len Duda reviews some selected science fiction stories and the real science used in the story from authors such as Asimov, Niven, Clarke, Heinlein, Benford, and more.

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.

Sandia Mountain & Ecology Hike 180

Fiana Shapiro

Monday Jun 24 9:00 - 12:00


Fee: \$18  **Sandia Mt Natural History Center**

This program, held at the Sandia Mountain Natural History Center (SMNHC), includes a two-mile nature hike (300-foot gain) with naturalists. Explore the ecology of the Sandias and how it all works together. Staff discuss the scientific research happening at the Center and how that science helps us understand the complex nature of the Sandia Mountain ecosystem. *Bring a sack lunch. Not handicap accessible; strenuous hike at a high elevation on a rocky trail. Limited enrollment.*

Fiana Shapiro is an environmental educator and instructional coordinator with the SMNHC. She has a degree in environmental studies from Northeastern Illinois University. Shapiro has worked as a wildlife field technician, environmental educator, and national park ranger all over the US. She is also a member of Cibola Search and Rescue and is a certified wilderness first responder.

It's Jeopardy & the Category is Weird Weather Words 181

Deirdre Kann


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

Extreme weather as a media topic is on the increase, and weather terms previously rarely mentioned are becoming more common. Some of these terms have been around for decades, while others have replaced more complicated, scientific terms and many have been picked up by media outlets. One thing is certain, no matter what the state of the weather is, there is a word for it.

Deirdre Kann has a BS in mathematics and a PhD in atmospheric sciences from Purdue University. She worked for various agencies within the National Oceanic and Atmospheric Administration for 30 years, including 23 years as the science operations officer at the Albuquerque National Weather Service. Now retired, Kann enjoys public speaking and outreach activities focused on various topics in weather and climate.

Drones, Bioinspiration, & Biomimetics 182

Mostafa Hassanalian

Wednesday Jul 17 10:00 - 11:30
Fee: \$12 

During the millions of years of evolution, nature has developed processes, objects, materials, and functions to increase efficiency. Sometimes looking at nature provides us answers for the development and optimization of different types of systems,

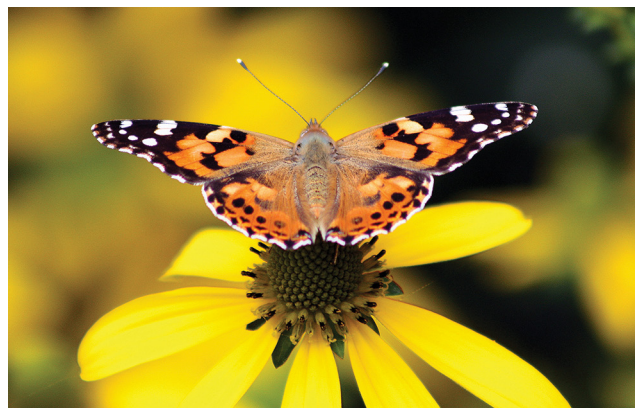
including aerospace systems. Nature has effective solutions for complex tasks in aerospace industries, such as drag reduction techniques, locomotion, navigation, and drone design.

Mostafa Hassanalian is an associate professor, dean's research scholar, and director of the Autonomous Flight and Aquatic Systems Laboratory at New Mexico Tech. He earned his PhD and master's from New Mexico State University. He has been recognized as one of the Top 2% of Cited Scientists Worldwide. He runs the K-12 Drone Program at New Mexico Tech.

Butterflies of New Mexico 183

Anna Walker

Wednesday Aug 14 10:00 - 11:30
Fee: \$12 




Come learn about the butterflies of New Mexico. Anna Walker provides an overview of the species found in the western US and the interesting ecology and biology of a diversity of species. Discover when and where you can see them, and learn how climate change and other threats affect butterflies in the Southwest.

See bio in class #176.

SOUTHWEST

New Mexico's Indigenous Communities: Why Are Some Pueblos & Some Are Not? **184**

Jon Ghahate

Monday Jun 3 10:00 - 11:30
Fee: \$12 

Visitors to New Mexico are provided a unique historical experience when they venture onto one of NM's Pueblo communities, like Acoma or Taos Pueblo. Yet, most leave without knowing why these Indigenous communities are referred to as Pueblo and neighboring Indigenous communities such as Navajo and the Apache are not. Why is a Spanish term used to identify one group but not another? This presentation helps attendees understand more about NM's Pueblo communities, past and present.

Jon Ghahate is of the Pueblos of Laguna and Zuni and of the Turkey and Badger Clans. He is an educator at the Crow Canyon Archaeological Center in Cortez, Colorado. Previously, Ghahate was the museum cultural educator at the Indian Pueblo Cultural Center. He has a diverse background which includes being a physician's assistant, math and science teacher, coach, and associate producer for *Native America Calling*.

A History of Capital Punishment in New Mexico **185**

Robert Tórréz

Thursday Jun 20 10:00 - 11:30
Fee: \$12 

Robert Tórréz delves into the history of capital punishment in New Mexico from the Spanish era to the state's last execution in 2001. The legal background, attitudes towards capital punishment, and some of the remarkable cases from each epoch are discussed. Additionally, Tórréz touches on the role of lynching during New Mexico's "wild west" period.

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

Steam Locomotive 2926 Tour **186**

John Taylor

Wednesday Jun 26 10:00 - 11:30
Fee: \$18  **Locomotive 2926**

Tour the AT&SF 2926 as it is being restored by the New Mexico Steam Locomotive Railroad Historical Society. The vintage steam locomotive is one of 30 built between 1943-44 for the war effort. Used in both freight and passenger service, the engine traveled over one million miles before its last run. The restored locomotive ran once again under its own steam power in 2021. *Limited enrollment.*

John Taylor retired in 2010 as the manager of the Integrated Technologies and Systems Strategic Management Group Support Department at Sandia National Laboratories. He has a master's degree in nuclear engineering from Stanford University. He is author, or coauthor of 50 technical reports and 25 books on a variety of topics including New Mexico history, soccer science, and naval history.

Beyond the Moon: Los Alamos Nuclear Rocket Program ZOOM **187**

Alan Carr

Tuesday Jul 30 12:30 - 2:00
Fee: \$12  **Zoom**

Between 1955 and 1973, Los Alamos Scientific Laboratory attempted to build a reactor engine for space travel intended to carry astronauts beyond the moon. The Rover Program successfully produced three reactors suitable for flight testing, including one of the most powerful individual reactors ever built. Unfortunately, the proposed mission to Mars was canceled and the Rover Program along with it. Still, the Rover Program

changed history. Listen as Alan Carr tells of the LANL program and its contributions.

Alan Carr 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.

Cave Formations & Repairs in the Southwest **188**

Michael Mansur

Thursday **Aug 15** **12:30 - 2:00**
Fee: \$12 



Photo courtesy of Aubrey Brown

Over 1,000 formations repaired; more than 4,500 volunteer hours; 18 different caves; six states. The Cave Formation Repair project began in 2018 in an effort to remedy destructive practices from human interactions with caves, such as the use of cave formations as percussion instruments in the “Music Room” of Carlsbad Caverns. Join Mike Mansur to learn how cave formation—stalagmites, stalactites, soda straws, and more—are formed and what efforts are being taken to repair broken ones using tools he invented for this purpose.


Mike Mansur founded the Cave Formation Repair Project in 2018, after retiring from Intel. He is the recipient of the 2022 Victor A. Schmidt

Conservation Award, a conservation life member, and a fellow of the National Speleological Society. Since 1986, he has volunteered his time to work on cave restoration, impact mapping, surveying, and mineral inventory projects.

TRIPS & TRAVEL

Oasis/Collette Trip to Washington, DC ZOOM **189**

Will Wegner

Wednesday **Jun 5** **3:00 - 4:00**
Fee: FREE 


Learn about the upcoming trip to Washington, DC. Collette representative Will Wegner reviews Collette’s history, policies, and highlights included in the trip scheduled for spring 2025. Trip itinerary includes: US Capitol Visitor Center, Washington National Cathedral, Arlington National Cemetery, Old Town Alexandria, and Mount Vernon. Visit Smithsonian Museums located around the National Mall in between planned activities. Learn what to expect on tour and how to register for this exciting adventure.

Trip is scheduled for April 10 -15, 2025 (6 days, 8 meals). Reserve your trip by October 3, 2024.

Oasis has done trips with Collette for many years. Will Wegner is the local Collette business development manager.


Exploring New Mexico’s Special Places **190**

David Ryan

Friday **May 31** **10:00 - 11:30**
Fee: \$12 

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 an ocean, to check out. David Ryan highlights these gold star locations that make New Mexico so special.

David Ryan is author of *Wandering in the Clear Light of New Mexico*, is coauthor of the 3rd edition of *60 Hikes Within 60 Miles: Albuquerque*, and author of several other books. In addition to hiking around Albuquerque, he has gone on several very long walks including the Camino de Santiago and the entire Appalachian Trail.

Exploring Spain **191**
Kathleen McCleery
Friday **Jul 26** **12:30 - 2:00**
Fee: \$12  **Oasis**

Explore Spain with veteran traveler and journalist Kathleen McCleery. See photos and hear tales of her Iberian adventures. You don't have to take a tour or be herded along with dozens of tourists. McCleery shares tips on how she planned her trip from start to finish. She and her husband enjoyed luxury accommodations and gourmet meals but spent a fraction of what a traditional tour package might cost.

Kathleen McCleery is an award-winning broadcast journalist. She reports and produces occasional stories for PBS NewsHour. Before moving to New Mexico, she was the program's deputy executive producer. She has travelled widely, including: Spain, Vietnam, Peru, Ecuador, Cambodia, South Africa, Zimbabwe, Italy, France, England, Germany, Luxembourg, Portugal, Honduras, Mexico, Canada, Egypt, Israel, and the Caribbean.

VOLUNTEERING

Oasis Volunteer Opportunities **192**
Monday **Jun 3** **12:30 - 1:30**
Fee: FREE  **Oasis**

Interested in volunteering? Oasis needs you! Learn about the volunteer options available – front desk, Zoom host, field trip coordinator, hike chaperone, catalog delivery, tutoring, and more. Use your enthusiasm for Oasis along with your office skills,


computer knowledge, hobbies, or other talents to support Oasis. This informal session provides you with details about becoming an Oasis volunteer.

MOVEMENT & EXERCISE

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


Tai Chi for Health, A **193**

Tai Chi for Health, A ZOOM **194**

Ilene Dunn
Tue & Thu **May 7 - Jun 27** **11:00 - 12:00**
Fee: FREE **16 sessions**  **Oasis & Zoom**

Tai Chi for Health, B **195**

Tai Chi for Health, B ZOOM **196**

Ilene Dunn
Tue & Thu **Jul 9 - Aug 29** **11:00 - 12:00**
Fee: FREE **16 sessions**  **Oasis & Zoom**

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 helps 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.*

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 is also trained in, or certified to teach, Tai Ji Quan: Moving for Better Balance®, Silver Sneakers® programs, Enhance®Fitness, and On the Move®.

**Dragon Tiger Medical Qigong—
3 More Moves 197**

Marcia Pincus

Tuesdays **May 21 - Jun 11** **1:00 - 2:00**
Fee: \$36 **4 sessions**  **Oasis**

Dragon Tiger Medical Qigong consists of seven moves that help balance and coordinate the left and right sides of the body. The movements benefit your blood flow and nervous system. In this class, learn moves 5 through 7 that emphasize clearing and grounding physical and emotional energy, as well as circulating energy. The final move clears stagnant energy and draws in, unites, and stores energy in the dantian—the energy center of the body—for wellness. *No prior experience necessary. Limited enrollment.*

Marcia Pincus has been practicing Chinese martial arts including kung fu, tai chi, qigong, and bagua for more than 35 years. She is a certified energy arts instructor, and she holds degrees in geology and engineering with a specialty in environmental engineering.

Introduction to Scottish Country Dance 198

Laura Landress & Ellen Hildebrandt

Wednesdays **Jun 5 - Jun 26** **1:00 - 2:30**
Fee: \$40 **4 sessions**  **Oasis**

Learn the basics of Scottish Country Dance, traditional social dancing that is enjoyed around the world today. Learn the roots of this social dance form, as well as its basic steps, style, and figures. Then, learn to dance jigs, reels, and strathspeys to traditional Scottish music. *You don't need a partner, special skills, or any previous dance experience. Everyone can dance! Wear comfortable shoes. Limited enrollment.*

Musician Laura Landress has a particular fondness for Scottish music, language, and culture. She discovered Scottish Country Dance (SCD) 12 years ago and became an avid enthusiast and regular dancer with the Albuquerque dance group, which she currently leads. Ellen Hildebrandt studied Highland dancing and other traditional step dances and has danced SCD since the early 80s. She assists Landress in managing the Albuquerque group.

**Balancing Life Through Balancing
the Spine 199**

Julieann Neely


Thursdays **Jun 6 - Jun 27** **1:00 - 2:15**
Fee: \$32 **4 sessions**  **Oasis**

The body, mind, and soul function together in synergistic connection for optimal well-being. Learn how moving efficiently in the seven planes of spinal movement can free up locked movement, negative mind patterns, and sluggish organ energies. Engage in pleasurable movement rhythm and be well in a joyful grace and freedom. *Movements done seated, standing, and/or lying down with seated-only options available. Bring a mat/blanket. Limited enrollment.*

Julieann Neely is a somatic movement coach. She has used study and training in traditional fitness, alternative movement programs, sound, touch, and other healing modalities for over 40 years. She loves teaching and is passionate about her coaching approach.

**Tai Ji Quan:
Moving for Better Balance® 200**

Cindy Russell

Mon & Wed **Jul 1 - Aug 26** **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 that we perform in a slow, flowing manner, coordinated with

natural breathing to build balance. 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 July 29.*

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.

Yoga for Hands & Wrists **201**

Gloria Drayer


Thursday **Jul 11** **1:00 - 2:15**
Fee: \$12 

The wrists and hands have many bones and joints, allowing us to complete all sorts of daily tasks. However, soreness, stiffness, and pain can sometimes interfere. In this class, we work on movements to help strengthen and stretch our wrists and hands, including work focused on every joint in the hand. Motion is lotion. *No previous experience necessary; class is done seated in a chair; no mat/blanket needed. Limited enrollment.*

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

Functional Conditioning: Strength, Balance, Flexibility, & Endurance **202**

Ron Dorr

Tue & Thu **Jul 16 - Jul 25** **1:30 - 2:30**
Fee: \$32 **4 sessions** 



Strength, flexibility, balance, and endurance are four types of exercise outlined in the National Council on Aging’s Go4Life as critical for aging well. Learn how to strengthen muscles, keep your joints active and lubricated, improve balance, and increase flexibility and endurance. Begin with seated full-body joint warmups; then, do a variety of seated strength, endurance, and flexibility exercises; finally, practice standing balance exercises using a chair for support. Become familiar with weights, resistance bands, and balls. *All exercise equipment used in class is provided. Limited enrollment.*

Ron Dorr is a certified senior and group fitness instructor, as well as a falls prevention specialist with training in arthritis programs. He believes remaining healthy, active, and independent are the ingredients to a longer, happier life. His goal is to provide the tools, motivation, and support to anyone looking to improve their quality of life and to offer them in a safe, encouraging environment.

Foam Rolling for Health 203

Athena Valerio-Hirschfeld

Fridays Jul 19 - Jul 26 10:30 - 11:30

Fee: \$20 2 sessions  **Oasis**

The stress and strain of daily life can take a toll. Previous injury, pain, and posture issues can have adverse bodily 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 and yoga mat or blanket. 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, community health trainer, and clinical educator. Her interests include physical fitness, brain training, and balance and vision training.

Yoga for A Peaceful Mind 204

Gloria Drayer

Wednesday Jul 31 2:30 - 3:45

Fee: \$12  **Oasis**

There are many benefits to being able to quiet stress responses, negative thinking, and anxieties. Drayer shares tools and practices, including gentle movements, breathing techniques, and meditations that build your skills for quieting the mind in your daily activities. *No experience required. Bring a yoga mat or blanket. Chair-based modifications available. Limited enrollment.*

See bio in class #201.

WALKS, HIKES, & RIDES

NOTE: Hikes vary in distance, elevation, and trail surface. Know your limitations. Be prepared with water, snack, sun protection, good hiking shoes/boots, and clothing for changing weather. Often there are no restrooms. No pets.

Bike Check-up & Safety Review 205

Lance Chilton

Wednesday May 22 10:00 - 12:00

Fee: \$6  **Oasis**

Join Lance Chilton and Esperanza Bike Safety Education Center for a refresher on bike safety and best practices, as well as bike checks (and minor repairs as feasible). Chilton also shares information on bike routes in the Albuquerque metro area. *Bring your bike if you would like it to be inspected as part of this program. Please note, this class is included at no additional cost to those registered for Biking in the Bosque (#206). Please bring a bike lock. Limited enrollment.*

Lance Chilton, MD, is a life-long bicyclist. He developed many of the biking maps/routes you find for Albuquerque, including those on the city's website. Now retired from a career in pediatrics, you can find him on daily bike rides around the city, particularly the areas along the bosque. Esperanza Bike Safety Education Center focuses on bicycle safety and education with the goal of increasing the safety, self-sufficiency, and comfort of recreational, fitness, and utility riders alike.

Biking in the Bosque 206

Lance Chilton

Wednesday May 29 8:30 - 11:00

Fee: \$30  **Alameda Bosque Trail Parking**

Looking for company or a safe route for a bicycle ride? Join Lance Chilton on a ride from the Alameda Bosque Trail Parking to Rio Grande Nature Center State Park (RGNCSP) and back. This ride is approximately 11 miles round trip on mostly level, paved terrain. As we ride along the bosque, we

make several stops to observe the flora and fauna. There is time at the RGNCSF to have water and a snack and tour the area before returning as a group to the starting point. *Attend class #205 Bike Check-Up & Safety Review to have your bike checked before the ride; it is included with your registration for this class. Wearing a helmet during the ride is required. Please bring a bike lock. Restrooms available. Limited enrollment.*

See bio in class #205.

Milne Open Space Hike **207**

William Pentler

Monday **May 20** **8:30 - 11:30**

Fee: \$18 🏔️ **Milne Open Space**

Enjoy a guided hike along trails through the John A. Milne Gutierrez Canyon Open Space property. Elevations range from 6,100 to 7,600 feet. The area is mostly pinon-juniper forest, with some ponderosa pine. You may see evidence of deer, bear, and mountain lion. Enjoy views of the East Mountains along the way. *The hike is 3 to 3.5 miles at a high elevation. 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 years.

Bosque Open Space Hike **208**

Richard Shackley & Colleen Shackley

Thursday **May 23** **8:30 - 10:30**

Fee: \$18 🏔️ **Open Space Visitor Center**

Join Open Space nature guides and trail stewards Richard and Colleen Shackley on an adventure into one of the gems of Albuquerque's Open Spaces – the Rio Grande bosque. Along the way learn about the history of the area, the flora and fauna,

the importance of water, and all of the wonderful things Albuquerque's Open Spaces have to offer. *This is a moderate hike of approximately 2 miles on uneven trails. Limited enrollment.*

Richard Shackley has been a City of Albuquerque open space trail watch volunteer since 2014. Both he and his wife Colleen are nature guides and trail stewards. They have led inquisitive guests into the Rio Grande Bosque for more than seven years. They have also led adventures throughout the Elena Gallegos Open Space.

David Canyon Hike **209**

David Ryan

Tuesday **May 28** **8:30 - 11:30**

Fee: \$18 🏔️ **David Canyon-Mars Court Trail**



With views of the Manzano Mountains and the ponderosa parkland at the bottom of David Canyon, this hike is reminiscent of the Flagstaff area and not to be missed. In addition to the spectacular scenery, this area has plenty of birds to enjoy. *Our hike is approximately 3.3 miles with a total elevation descent and gain of around 400 feet, and is rated as a moderate trail. Limited enrollment.*

See bio in class #190.

See also: Health Feet for Happy Trails (class #131) & Healthy Feet for Happy Trails ZOOM (class #131.5)

Carlito Springs Hike 210

David Ryan

Thursday **May 30** **8:30 - 11:30****Fee: \$18** 🏞️ **Carlito Springs Open Space**

Join David Ryan in hiking the beautiful Carlito Springs Open Space. The trail begins with a small drop into a lush environment, with ponderosa pines and junipers. Hikers will cross arroyos, bridges, and old stone walls along the way to the springs and some of the old resort buildings, gardens, and orchards. Wildlife is often seen in the hiking area. *Our hike is approximately a 2-mile loop with a total elevation descent and gain of around 300 feet. This is a moderate level hike. Restrooms available at the trailhead. Trekking poles are encouraged. Limited enrollment.*

See bio in class #190.

Wildflower Identification Walk - Cienega Trail 211

Karen Griffin

Wednesday **Jun 12** **10:00 - 11:30****Fee: \$15** 🏞️ **Cienega Trail**

Join Karen Griffin and other wildflower identification volunteers for a walk to identify local wildflowers that may be in bloom in the Sandia Mountains. Take a leisurely stroll of approximately two miles, frequently stopping to look at a wide variety of flowers. *The walk starts at 7500 feet with an elevation gain of about 200 feet. There is a \$3 parking fee. Restrooms available. Limited enrollment.*

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

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.

NEIGHBORHOOD IN RIO RANCHO AND LA VIDA LLENA SPONSORED CLASSES**NIRR Tummy Troubles:****Minimize the Drama** 212

Renee Euler

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

Gastrointestinal complaints can dramatically affect one's quality of life. Registered Dietitian and Nutritionist 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 #124.

NIRR To Lead a More Conscious Life, Plan a More Conscious Death 213

Danielle Slupesky

Monday **Jun 10** **3:00 - 4:30****Fee: \$6** 📍 **Neighborhood in Rio Rancho**

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. She offers education, guidance, and support for those preparing for, nearing, and at the end of their lives. She also works with 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.

NIRR The Jewish Dimension in the Relationship Between Lewis Strauss & J. Robert Oppenheimer **214**

Jack Shlachter

Monday Jul 8 3:00 - 4:30

Fee: \$6  **Neighborhood in Rio Rancho**

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. Additionally, Jack is an ordained rabbi. He has led congregations in Center Moriches, NY, Los Alamos, and Santa Fe, and he has also provided itinerant rabbinic support to far-flung Jewish communities.

NIRR Making Your Medicines Work Better for You **215**

Alicia Pruitt

Monday Aug 12 3:00 - 4:30

Fee: \$6  **Neighborhood in Rio Rancho**

1 pill, 2 pill, red pill, blue pill. Medications can be confusing, and, as we accumulate years of

age and long-term conditions, we often need to take many different types, including vitamins and supplements. What medications go together? Which ones compete? Learn ways to be better informed about your medication(s), what questions to ask your provider or pharmacist, 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 her medical practice, 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.

LVL Mass Extinctions: Past & Present **216**

Maya Elrick

Thursday May 16 3:00 - 4:30

Fee: \$6  **La Vida Llena**

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.

LVL The School on the Bluff**217***John Taylor***Thursday****Jun 20****3:00 - 4:30****Fee: \$6**📍 **La Vida Llena**

John Taylor's book, *The School on the Bluff*, describes the University of Albuquerque from its origins in 1921 as a small teacher's college for nuns to its demise as a liberal arts college in 1986. The school grew in size and scope, from its original site as a former Catholic orphanage on north 4th Street, to its final location on Albuquerque's west mesa. In this presentation, Taylor examines each administration, the challenges faced, and the disparate strategies applied at the school.

See bio in class #186.

LVL Everyone Knows It's Windy**218***Deirdre Kann***Thursday****Jul 18****3:00 - 4:30****Fee: \$6**📍 **La Vida Llena**

Dry climates are associated with windy conditions particularly in spring. Not surprisingly, New Mexico experiences numerous spring wind events lasting from a few minutes to a few days. Deirdre Kann examines the various factors 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.

See bio in class #181.

LVL Agnostics, Atheists, & Nones, Oh My!**219***Babs Mondschein***Thursday****Aug 15****3:00 - 4:30****Fee: \$6**📍 **La Vida Llena**

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? 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. She holds a BA in sociology, two teaching credentials, and an MA in special education. Mondschein was raised in a culturally Jewish, secular home.

COMMUNITY PARTNERS



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.

See bio in class #131.

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

Foot Care Clinic 1		220
Wednesday	May 15	9:00 - 12:00
Foot Care Clinic 2		221
Friday	May 17	1:00 - 4:00
Foot Care Clinic 3		222
Monday	Jun 3	1:00 - 4:00
Foot Care Clinic 4		223
Wednesday	Jun 5	1:00 - 4:00
Foot Care Clinic 5		224
Monday	Jun 17	1:00 - 4:00
Foot Care Clinic 6		225
Wednesday	Jun 19	1:00 - 4:00
Foot Care Clinic 7		226
Wednesday	June 26	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.

Alameda Bosque Trail Parking

From Paseo del Norte, turn north onto 2nd St NW then west onto Alameda Blvd NW. Continue west on Alameda for 1.5 miles. Turn south onto Kelly Summers Rd and meet in the eastmost small gravel parking lot.

Albuquerque Zoo

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

Artichoke Café

Located at 424 Central Ave SE, Albuquerque. At the corner of Central and Edith.

Carlito Springs Open Space

Located at 82 Carlito Springs Road, Tijeras. Going east on I-40, take exit 175 towards Tijeras. Turn right on NM 333 and go about half mile to Carlito Springs Road. Turn right and go under I-40. Turn right and go to Open Space sign. Turn left on gravel road. Parking lot is approx. 0.3 miles. There is an auxiliary parking area above the main lot.

Cienega Trail

From Albuquerque, drive east on I-40 to Exit 175 to Cedar Crest. Follow NM 14/The

Turquoise Trail for approximately 6.5 miles, to NM 536/Sandia Crest Scenic Byway. Turn left onto NM 536 and follow it for about two miles. Turn left at the Cienega/Sulphur Picnic Area sign. Stay to your left and follow the road for about .6 miles to the “T”. Turn right and continue until you reach the end of the parking lot. The trailhead is marked.

David Canyon – Mars Court Trailhead

From the Tijeras Exit on I-40 (Exit 175). Go 8.8 miles south on NM 337 (South 14) to Raven Road. Turn right on Raven Road and follow it 1.6 miles to Mars Court. Turn right on Mars Court and drive about 20 feet to the parking area. Mars Court is unpaved but very short.

Duran Central Pharmacy

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

Isotopes Park

Located at 1601 Avenida Cesar Chavez SE, Albuquerque. Park in Lot C off University and Avenida Cesar Chavez.

La Vida Llena

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

Locomotive 2926

Located at 1833 8th St NW, Albuquerque. From I-40, exit 6th St, then drive south on 6th St (note that 6th is a one-way going south). Turn right onto Haines Ave NW, then turn left onto 8th St NW. Street parking on 8th Street.

Milne Open Space

Take I-40 east to Highway 14 (Exit 175). Head north on 14 to the village of Cedar Crest. Look for the parking area on the east side of the road, just south of the US Postal Service Office in Cedar Crest.

Thank You To Our Contributors

Neighborhood in Rio Rancho

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

Open Space Visitor Center

Located at 6500 Coors Blvd. NW, Albuquerque. This is east of Coors Blvd at the end of Bosque Meadows, which is between Montañó Blvd and Paseo del Norte. No pets please.

Sandia Mt Natural History Center

Located at 60 Columbine Lane. Take I-40 east to Exit 175 (Cedar Crest). Follow highway 14 north into Cedar Crest. Approximately 3 miles from I-40, turn left onto Columbine Lane. Columbine lane is right after the tattoo shop on the left. If you pass Talking Talons thrift shop, you've gone a bit too far. Follow Columbine approximately 1/2 mile to the Center. Columbine Lane ends at the Center.

This donor list reflects contributions made between February 15, 2023 and February 14, 2024. Your generosity expands our possibilities and brings a world of knowledge to everyone. Legacy Circle donors have included Oasis in their estate planning. We thank all of you.

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You can easily add a gift card to your online order as a store credit for yourself or email a gift card to a friend.

You can also contact Oasis at 505-884-4529 for assistance. The gift card can be used to register for any Oasis Albuquerque class.

Oasis 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.
- Please reserve the front row of parking for folks with limited mobility.



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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				
	ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 38-39. Registration opens Wednesday, May 1 at 10:00am and continues throughout the term.			Registration Opens 10:00						
6	193 Tai Chi Health, A 194 Tai Chi Health, A ZM	7	193 Tai Chi Health, A 194 Tai Chi Health, A ZM	8	9	10	193 Tai Chi Health, A 194 Tai Chi Health, A ZM Art Gallery Opening Reception 2:30-4:00			
13	138 King Arthur 212 NIRR Tummy Troubles* 10:00-11:30 3:00-4:30	14	152 Singing the Show Tunes 193 Tai Chi Health, A 194 Tai Chi Health, A ZM 128 Matter of Balance 148 Austin Book Group 10:15-11:45 11:00-12:00 11:00-12:00 1:00-3:00 1:30-3:00	15	220 Foot Care Clinic 1 174 Asia Exhibit Tour 1* 146 e e cummings' Poetry 149 West Mesa Book Group 9:00-12:00 9:30-12:00 10:00-11:30 2:30-4:00	16	175 Asia Exhibit Tour 2* 170 Is Wokeness a Religion? 221 Foot Care Clinic 2 158 Sin Limite Performance 9:30-12:00 10:00-11:30 1:00-4:00 2:00-3:30			
20	207 Milne Open Space Hike* 139 French Revolution 101 Mandala Dots 1 165 Container Gardening 8:30-11:30 10:00-11:30 10:00-12:00 12:30-2:00	21	152 Singing the Show Tunes 123 Eldora Chocolate 2* 193 Tai Chi Health, A 194 Tai Chi Health, A ZM 150 Summit Book Group 197 Medical Qigong 151 Holmes Book Group ZM 128 Matter of Balance 10:15-11:45 10:30-11:30 11:00-12:00 11:00-12:00 11:00-12:30 1:00-2:00 1:00-2:30 1:00-3:00	22	166 Writing Mysteries 205 Bike Check-up & Safety 111 Planning Your Final Party 10:00-12:00 10:00-12:00 2:30-3:30	23	208 Open Space Bosque Hike* 193 Tai Chi Health, A 194 Tai Chi Health, A ZM 128 Matter of Balance 8:30-10:30 11:00-12:00 1:00-3:00			
27	Office Closed Memorial Day Holiday	28	209 David Canyon Hike* 152 Singing the Show Tunes 193 Tai Chi Health, A 194 Tai Chi Health, A ZM 197 Medical Qigong 128 Matter of Balance 8:30-11:30 10:15-11:45 11:00-12:00 11:00-12:00 1:00-2:00 1:00-3:00	29	206 Biking the Bosque* 140 Dictatorship of Napoleon 166 Writing Mysteries 176 Fireflies of the SW 8:30-11:00 10:00-11:30 10:00-12:00 12:30-2:00	30	210 Caritto Springs Hike* 193 Tai Chi Health, A 194 Tai Chi Health, A ZM 128 Matter of Balance 129 Healthier Mouth 8:30-11:30 11:00-12:00 11:00-12:00 1:00-3:00 2:30-4:00			
						31	190 NM's Special Places 10:00-11:30			

Monday

Tuesday

Wednesday

Thursday

Friday

ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 38-39. Registration opens Wednesday, May 1 at 10:00am and continues throughout the term.

<p>3</p> <p>184 NM Indigenous Communities 10:00-11:30</p> <p>124 Anti-Inflammatory Cooking Demo 10:00-12:00</p> <p>192 Oasis Volunteering 12:30-1:30</p> <p>222 Foot Care Clinic 3 1:00-4:00</p>	<p>4</p> <p>152 Singing the Show Tunes 10:15-11:45</p> <p>193 Tai Chi Health, A 11:00-12:00</p> <p>194 Tai Chi Health, A ZM 11:00-12:00</p> <p>197 Medical Qigong 1:00-2:00</p> <p>128 Matter of Balance 1:00-3:00</p>	<p>5</p> <p>153 Jamaican Music 10:00-11:30</p> <p>130 Aging Mastery Program 10:00-12:00</p> <p>198 Scottish Country Dance 1:00-2:30</p> <p>223 Foot Care Clinic 4 1:00-4:00</p> <p>189 Oasis/Collette Washington DC ZM 3:00-4:00</p>	<p>6</p> <p>193 Tai Chi Health, A 11:00-12:00</p> <p>194 Tai Chi Health, A ZM 11:00-12:00</p> <p>199 Balancing the Spine 1:00-2:15</p> <p>128 Matter of Balance 1:00-3:00</p>	<p>7</p> <p>141 Rome's Transformation 10:00-11:30</p>
<p>10</p> <p>115 Out to the Ballpark 1* 11:00-12:30</p> <p>154 Play Penny Whistle 1:00-2:30</p> <p>213 NIRR Plan a Conscious Death* 3:00-4:30</p>	<p>11</p> <p>152 Singing the Show Tunes 10:15-11:45</p> <p>193 Tai Chi Health, A 11:00-12:00</p> <p>194 Tai Chi Health, A ZM 11:00-12:00</p> <p>197 Medical Qigong 1:00-2:00</p> <p>148 Austin Book Group 1:30-3:00</p>	<p>12</p> <p>177 Penguins Plus Tour 1* 9:30-12:00</p> <p>211 Wildflower Walk* 10:00-11:30</p> <p>130 Aging Mastery Program 10:00-12:00</p> <p>142 The Volga Bulgars 12:30-2:00</p> <p>198 Scottish Country Dance 1:00-2:30</p>	<p>13</p> <p>112 Estate Planning 10:00-11:30</p> <p>167 Life Balance 10:00-11:30</p> <p>193 Tai Chi Health, A 11:00-12:00</p> <p>194 Tai Chi Health, A ZM 11:00-12:00</p> <p>143 Silk Road 12:30-2:00</p> <p>199 Balancing the Spine 1:00-2:15</p>	<p>14</p> <p>103 Glass Suncatcher 9:00-1:00</p> <p>178 Penguins Plus Tour 2* 9:30-12:00</p> <p>147 Rose Man 10:00-11:30</p> <p>159 Goddess of Arno 2:00-3:30</p> <p>Balkan Music</p>
<p>17</p> <p>103 Glass Suncatcher 9:00-11:30</p> <p>125 Plant-Based Eating 10:00-11:30</p> <p>154 Play Penny Whistle 1:00-2:30</p> <p>224 Foot Care Clinic 5 1:00-4:00</p>	<p>18</p> <p>152 Singing the Show Tunes 10:15-11:45</p> <p>193 Tai Chi Health, A 11:00-12:00</p> <p>194 Tai Chi Health, A ZM 11:00-12:00</p> <p>150 Summit Book Group 11:00-12:30</p> <p>151 Holmes Book Group ZM 1:00-2:30</p>	<p>19</p> <p>130 Aging Mastery Program 10:00-12:00</p> <p>179 Science in Fiction 12:30-2:00</p> <p>198 Scottish Country Dance 1:00-2:30</p> <p>225 Foot Care Clinic 6 1:00-4:00</p> <p>149 West Mesa Book Group 2:30-4:00</p>	<p>20</p> <p>167 Life Balance 10:00-11:30</p> <p>185 Capital Punishment in NM 10:00-11:30</p> <p>193 Tai Chi Health, A 11:00-12:00</p> <p>194 Tai Chi Health, A ZM 11:00-12:00</p> <p>199 Balancing the Spine 1:00-2:15</p> <p>155 Singing the Oldies 2:00-3:00</p> <p>217 LVL The School on the Bluff* 3:00-4:30</p>	<p>21</p>
<p>24</p> <p>180 Sandia Mt Hike* 9:00-12:00</p> <p>102 Mandala Dots 2 10:00-12:00</p> <p>154 Play Penny Whistle 1:00-2:30</p>	<p>25</p> <p>152 Singing the Show Tunes 10:15-11:45</p> <p>193 Tai Chi Health, A 11:00-12:00</p> <p>194 Tai Chi Health, A ZM 11:00-12:00</p>	<p>26</p> <p>226 Foot Care Clinic 7 9:00-12:00</p> <p>156 Trinidad & Tobago Music 10:00-11:30</p> <p>186 Steam Locomotive 2926* 10:00-11:30</p> <p>130 Aging Mastery Program 10:00-12:00</p> <p>131 Healthy Feet, Happy Trails 12:30-2:00</p> <p>131.5 Healthy Feet, Happy Trails ZM 12:30-2:00</p> <p>198 Scottish Country Dance 1:00-2:30</p>	<p>27</p> <p>167 Life Balance 10:00-11:30</p> <p>171 Christian Fundamentalism 10:00-11:30</p> <p>193 Tai Chi Health, A 11:00-12:00</p> <p>194 Tai Chi Health, A ZM 11:00-12:00</p> <p>199 Balancing the Spine 1:00-2:15</p> <p>117 Garden Law in NM 2:30-4:00</p>	<p>28</p> <p>160 North Valley Tune Tanglers 2:00-3:30</p>

Monday		Tuesday		Wednesday		Thursday		Friday			
1	168 Trivia Contest 10:00-11:30 104 Mountain Pastels 1 12:30-3:30 200 Tai Ji Quan for Balance 1:00-2:00	2	152 Singing the Show Tunes 10:15-11:45 104 Mountain Pastels 1 12:30-3:30	3	130 Aging Mastery Program 10:00-12:00 200 Tai Ji Quan for Balance 1:00-2:00	4	Office Closed 4th of July	5			
8	116 Out to the Ballpark 2* 11:00-12:30 106 Quilling 12:00-4:00 200 Tai Ji Quan for Balance 1:00-2:00 214 NIRR Oppenheimer & Strauss* 3:00-4:30	9	152 Singing the Show Tunes 10:15-11:45 195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 148 Austin Book Group 1:30-3:00	10	130 Aging Mastery Program 10:00-12:00 132 Brain Builders 12:30-2:00 200 Tai Ji Quan for Balance 1:00-2:00	11	108 Outdoor Mosaic 1 9:00-2:00 195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 201 Yoga: Hands & Wrists 1:00-2:15	12	108 Outdoor Mosaic 1 9:00 - 10:30 161 New Mexican Marimba Band 2:00-3:30		
15	172 Labyrinth Walking 10:00-11:30 181 Weird Weather Words 10:00-11:30 157 Hamilton: Man & Musical ZM 12:30-2:30 200 Tai Ji Quan for Balance 1:00-2:00	16	152 Singing the Show Tunes 10:15-11:45 195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 150 Summit Book Group 11:00-12:30 151 Holmes Book Group ZM 1:00-2:30 202 Functional Conditioning 1:30-2:30	17	182 Drones & Bioinspiration 10:00-11:30 130 Aging Mastery Program 10:00-12:00 144 African American Roots 12:30-2:00 200 Tai Ji Quan for Balance 1:00-2:00 149 West Mesa Book Group 2:30-4:00	18	173 Catholics & Judaism 10:00-11:30 126 Artichoke Café Lunch* 10:30-1:00 195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 202 Functional Conditioning 1:30-2:30 218 LVL It's Windy* 3:00-4:30	19	203 Foam Rolling 10:30-11:30 162 Live Theater 2:00-3:30		
22	109 Outdoor Mosaic 2 9:00-2:00 200 Tai Ji Quan for Balance 1:00-2:00	23	109 Outdoor Mosaic 2 9:00 - 10:30 152 Singing the Show Tunes 10:15-11:45 195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 202 Functional Conditioning 1:30-2:30	24	130 Aging Mastery Program 10:00-12:00 118 Supreme Court 12:30-2:00 119 Supreme Court ZM 12:30-2:00 200 Tai Ji Quan for Balance 1:00-2:00	25	195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 202 Functional Conditioning 1:30-2:30	26	203 Foam Rolling 10:30-11:30 191 Exploring Spain 12:30-2:00		
29	169 Dreams Workshop 10:00-11:30	30	152 Singing the Show Tunes* TBD 195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 187 Beyond the Moon ZM 12:30-2:00	31	130 Aging Mastery Program 10:00-12:00 133 Aging Skin 12:30-1:45 200 Tai Ji Quan for Balance 1:00-2:00 204 Yoga: Peaceful Mind 2:30-3:45	<div style="border: 1px solid black; padding: 5px;"> <p>ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 38-39. Registration opens Wednesday, May 1 at 10:00am and continues throughout the term.</p> </div>					

Monday		Tuesday		Wednesday		Thursday		Friday		
<p>ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 38-39. Registration opens Wednesday, May 1 at 10:00 am and continues throughout the term.</p>										
5	200 Tai Ji Quan for Balance 1:00-2:00 107 Floral Quilling 1:00-4:00	6	152 Singing the Show Tunes* TBD 195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00	7	130 Aging Mastery Program 10:00-12:00 200 Tai Ji Quan for Balance 1:00-2:00 121 China's Belt & Road 6:00-7:30 PM	8	110 Mosaic Coasters 9:00-1:00 195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00	9	110 Mosaic Coasters 9:00-11:00	
12	105 Mountain Pastels 2 9:30-12:30 114 Natural Burial 10:00-11:30 145 Elizabeth Elstob 12:30-2:00 200 Tai Ji Quan for Balance 1:00-2:00 215 NIRR Making Medications Work* 3:00-4:30	13	105 Mountain Pastels 2 9:30-12:30 152 Singing the Show Tunes* TBD 195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 134 Detoxifying the Body 12:30-2:00 148 Austin Book Group 1:30-3:00	14	183 Butterflies of NMI 10:00-11:30 200 Tai Ji Quan for Balance 1:00-2:00 135 Hands-Only CPR & AED 2:30-4:00	15	195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 188 Cave Formations & Repairs 12:30-2:00 219 LVL Agnostics & Atheists* 3:00-4:30	16	164 Oasis Entertainers 2:00-3:30	
19	136 Gut-Brain Connection 10:00-11:30 200 Tai Ji Quan for Balance 1:00-2:00	20	195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00 150 Summit Book Group 11:00-12:30 137 Healthy Aging: Sleep 12:30-2:00 151 Holmes Book Group ZM 1:00-2:30	21	200 Tai Ji Quan for Balance 1:00-2:00 149 West Mesa Book Group 2:30-4:00	22	195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00	23		
26	200 Tai Ji Quan for Balance 1:00-2:00	27	195 Tai Chi Health, B 11:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00	28		29	195 Tai Chi Health, B 10:00-12:00 196 Tai Chi Health, B ZM 11:00-12:00	30		

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

If you register online, your 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.

**Summer 2024 classes begin
Tuesday, May 7, 2024.**

Registration Info:

Registration opens at 10:00am on Wednesday, May 1, 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 10:00am on Wednesday, May 1, 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 10:00am on May 1, 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 10:00am on the first day of registration (May 1, 2024). The first form received is the first one entered and so on.

Important Registration Information

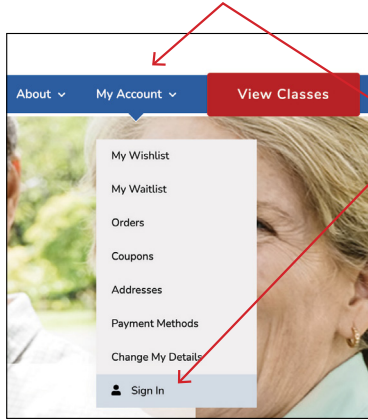
Complete your forms and payments carefully. Include payment for all of your classes and trips.

- **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

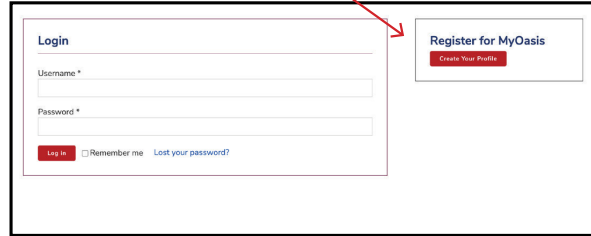
- **Credit Cards: We strongly encourage payment by credit card.** If you pay by credit card, we charge only for the classes in which you are enrolled.
- **Cash or check payments:** If you are paying by cash or check and a class is full when you register, we will apply the additional amount to your account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



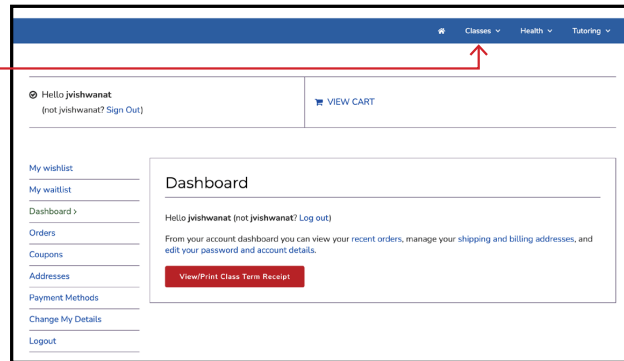
1. Go to www.oasisabq.org

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

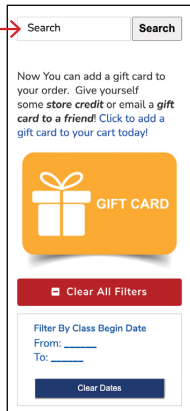


3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**

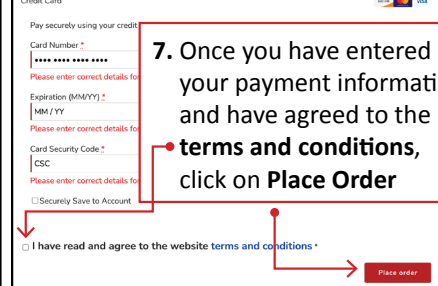
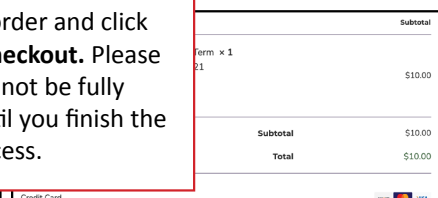
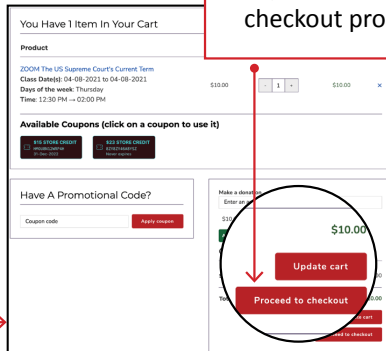
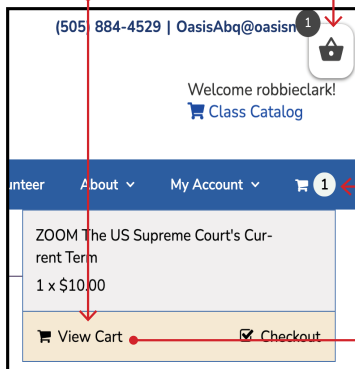
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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

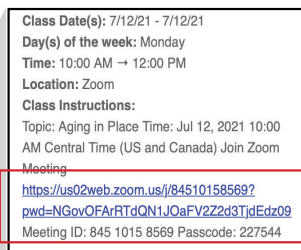
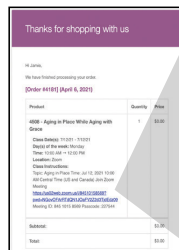


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



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

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



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



Cut along the line to remove and return this form.

Oasis Summer 2024 Class Registration Oasis ID# (from catalog address label)

Date / /

Name _____ Address _____

City _____ Zip _____

Phone _____

Email _____

WALIVER 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 →

✓	C#	*Indicates Off-Site Class	Fee \$	Office Use Only		
				In	W	
✓	101	Mandala Dots 1	\$30			
	102	Mandala Dots 2	\$30			
	103	Glass Suncatcher	\$55			
	104	Mountain Pastels 1	\$60			
	105	Mountain Pastels 2	\$60			
	106	Quilling	\$40			
	107	Floral Quilling	\$40			
	108	Outdoor Mosaic 1	\$55			
	109	Outdoor Mosaic 2	\$55			
	110	Mosaic Coaster Workshop	\$55			
	111	Planning Your Final Party	FREE			
	112	Estate Planning	\$12			
	113	Duran's Tour	\$18			
	114	Natural Burial	FREE			
	115	Out to the Ballpark 1	\$18			
	116	Out to the Ballpark 2	\$18			
	117	Garden Law in NM	\$12			
	118	Supreme Court	\$12			
	119	Supreme Court ZM	\$12			
	120	Elections & Election Safety	\$12			
	121	China's Belt & Road	\$15			
	122	Eldora Chocolate 1	\$22			

✓	C#	*Indicates Off-Site Class	Fee \$	Office Use Only		
				In	W	
✓	123	Eldora Chocolate 2	\$22			
	124	Anti-inflammatory Cooking Demo	\$35			
	125	Plant-Based Eating	\$12			
	126	Artichoke Café Lunch	\$45			
	127	Farm to Table Cooking Demo	\$35			
	128	Matter of Balance	FREE			
	129	Healthier Mouth	\$12			
	130	Aging Mastery Program®	\$25			
	131	Healthy Feet, Happy Trails	\$12			
	131.5	Healthy Feet, Happy Trails ZM	\$12			
	132	Brain Builders	\$12			
	133	Aging Skin	\$12			
	134	Detoxifying the Body	\$12			
	135	Hands-Only CPR & AED	\$6			
	136	Gut-Brain Connection	\$12			
	137	Healthy Aging: Sleep	\$12			
	138	King Arthur	\$12			
	139	French Revolution	\$12			
	140	Dictatorship of Napoleon	\$12			
	141	Rome's Transformation	\$12			
	142	The Volga Bulgars	\$12			
	143	Silk Road	\$12			

✓	C#	*Indicates Off-Site Class	Fee \$	Office Use Only		
				In	W	
✓	144	African American Roots	\$12			
	145	Elizabeth Elstob	\$12			
	146	e e cummings: Poetry	\$12			
	147	Rose Man	\$12			
	148	Austin Book Group	\$12			
	149	West Mesa Book Group	\$12			
	150	Summit Book Group	\$12			
	151	Holmes Book Group ZM	\$12			
	152	Singing the Show Tunes	\$70			
	153	Jamaican Music	\$12			
	154	Play Penny Whistle	\$40			
	155	Singing the Oldies	\$12			
	156	Trinidad & Tobago Music	\$12			
	157	Hamilton: Man & Musical ZM	\$12			
	158	Sin Limite Performance	\$15			
	159	Goddess of Arno Balkan Music	\$15			
	160	North Valley Tune Tanglers	\$15			
	161	New Mexico Marimba Band	\$15			
	162	Live Theater	\$15			
	163	Duke City Swampcoolers	\$15			
	164	Oasis Entertainers	\$12			
	165	Container Gardening	\$12			


✓ Check (on this side) the classes you would like to take				Office Use Only		
✓ Cl#	*Indicates Off-Site Class	Fee \$	In	W		
✓ 166	Writing Mysteries	\$30				
167	Life Balance	\$30				
168	Trivia Contest	\$12				
169	Dreams Workshop	\$25				
170	Is Wokeness a Religion?	\$12				
171	Christian Fundamentalism	\$12				
172	Labyrinth Walking	\$12				
173	Catholics & Judaism	\$12				
174	Asia Exhibit Tour 1	\$20				
175	Asia Exhibit Tour 2	\$20				
176	Fireflies of the SW	\$12				
177	Penguins Plus Tour 1	\$20				
178	Penguins Plus Tour 2	\$20				
179	Science in Fiction	\$12				
180	Sandia Mt Hike	\$18				
181	Weird Weather Words	\$12				
182	Drones & Bioinspiration	\$12				
183	Butterflies of NM	\$12				
184	NM Indigenous Communities	\$12				
185	Capital Punishment in NM	\$12				
186	Steam Locomotive 2926	\$18				

✓ Check (on this side) the classes you would like to take				Office Use Only		
✓ Cl#	*Indicates Off-Site Class	Fee \$	In	W		
✓ 187	Beyond the Moon ZM	\$12				
188	Cave Formations & Repairs	\$12				
189	Oasis/Collette Washington DC ZM	FREE				
190	NM's Special Places	\$12				
191	Exploring Spain	\$12				
192	Oasis Volunteering	FREE				
193	Tai Chi Health, A	FREE				
194	Tai Chi Health, A ZM	FREE				
195	Tai Chi Health, B	FREE				
196	Tai Chi Health, B ZM	FREE				
197	Medical Qigong	\$36				
198	Scottish Country Dance	\$40				
199	Balancing the Spine	\$32				
200	Tai Ji Quan for Balance	FREE				
201	Yoga: Hands & Wrists	\$12				
202	Functional Conditioning	\$32				
203	Foam Rolling	\$20				
204	Yoga: Peacetul Mind	\$12				
205	Bike Check-up & Safety	\$6				
206	Biking the Bosque	\$30				
207	Mline Open Space Hike	\$18				

✓ Check (on this side) the classes you would like to take				Office Use Only		
✓ Cl#	*Indicates Off-Site Class	Fee \$	In	W		
✓ 208	Open Space Bosque Hike	\$18				
209	David Canyon Hike	\$18				
210	Carlito Springs Hike	\$18				
211	Wildflower Walk	\$15				
212	NIRR Tummy Troubles	\$6				
213	NIRR Plan a Conscious Death	\$6				
214	NIRR Oppenheimer & Strauss	\$6				
215	NIRR Making Medications Work	\$6				
216	LVL Mass Extinctions	\$6				
217	LVL The School on the Bluff	\$6				
218	LVL It's Windy	\$6				
219	LVL Agnostics & Atheists	\$6				
220	Foot Care Clinic 1	\$15				
221	Foot Care Clinic 2	\$15				
222	Foot Care Clinic 3	\$15				
223	Foot Care Clinic 4	\$15				
224	Foot Care Clinic 5	\$15				
225	Foot Care Clinic 6	\$15				
226	Foot Care Clinic 7	\$15				
		SUBTOTAL \$				
		TOTAL DUE \$				
		TAX DEDUCTIBLE CONTRIBUTION TO OASIS \$				

Check to "Opt In" _____ Credit Card # _____ (please circle) VISA MC DISC _____ Exp. Date _____ / CVV/CSC/CVC _____
 to receive occasional _____
 group emails from _____
 Oasis Signature _____ PO Box 35518, Albuquerque NM 87176

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

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New Participant Form



Date: _____ Month/Year of Birth: _____

Name: _____
(First) (Last)

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

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

Email Address: _____

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 Field Trips 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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Oasis Institute/Oasis Albuquerque

American Square Shopping Center

3301 Menaul Blvd. NE, Suite 18

Albuquerque, NM 87107-1855

Mailing Address:

PO Box 35518, Albuquerque, NM 87176

505-884-4529

www.oasisabq.org

Registration opens on
Wednesday, May 1, 2024,
10:00am & continues throughout the term.
See pages 50-51 for
registration information.
Classes begin Tuesday, May 7, 2024

www.facebook.com/OasisAlbuquerque
www.instagram.com/OasisAlbuquerque

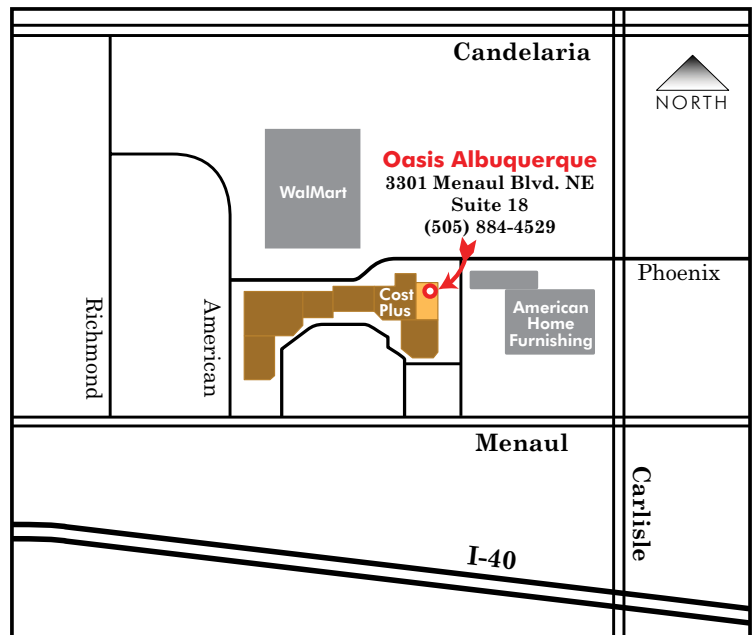
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