

**CLASSES**  
**SEPTEMBER - DECEMBER 2024**  
Registration Opens:  
Wednesday, September 4, 2024  
10:00am



# FALL 2024

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



Sponsored by:

**Optum**

**Dear Oasis Friends,**

Let's go on a *Fall in Albuquerque* scavenger hunt! How many of these quintessential Duke City experiences can you find:

- The smell of green chiles roasting
- More than 25 hot air balloons in the sky
- Yellow cottonwood leaves
- The sound of cranes as they fly overhead

I hope you enjoy all of these Albuquerque experiences and more this fall.

Join me now on an Oasis scavenger hunt with this catalog serving as your guide. Clues await within every class description. Where will these clues lead you? We've done our best to fill this trimester with all kinds of opportunities. But the truth is, the clues are what you make of them.

Most of us are probably drawn to the classes in the categories that we know we like. That's natural. However, what would it be like to sign up for a class from a different category than you usually choose? Have you looked through the personal enrichment offerings? What about movement and exercise? Our food and nutrition classes feature cooking demos and off-site tours. Listen to some music or watch a play.

Challenging ourselves to get out of our comfort zones can be very healthy. Signing up for what you might think is a non-traditional class for yourself can be a reasonable way to stretch and grow.

We all know that the goal of a scavenger hunt is to use the clues to find something special. I hope that you will use the catalog to discover a new adventure.

Here's to the clues,



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. You can also join Oasis online at [www.oasisabq.org](http://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](mailto:oasisabq@oasisnet.org)

National Website: [www.oasisnet.org](http://www.oasisnet.org)

Albuquerque Info: [www.oasisabq.org](http://www.oasisabq.org)

**Oasis Staff**



Scott



Adam



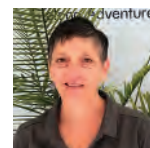
Becky



Cynthia



Lisa



Sylvia



Vicki

# Oasis Intergenerational Tutoring



Read\*ing – is to identify printed words, obtain an understanding from them, and then combine the actions for fluency.

Oasis reading mentors choose books based on a student's interest and stretch the student's comfort zone by sharing the possibilities of reading various genres and topics. Create fun by reading together!

*Join our team this fall!*

Training sessions in September & October. Contact Vicki at Oasis for more information: 505-884-4529 or visit our website: <https://albuquerque.oasisnet.org/tutoring/>

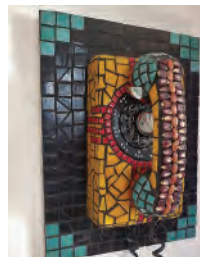
## *Celebrating Oasis Art Instructors*

**Lea Anderson, Jill Gatwood, Elizabeth Potter, Susan Roden, & Carol Sanchez**

Many Oasis participants have enjoyed taking art workshops from these fabulous instructors over the years. Come enjoy some of their professional art on display and for sale from September through December. We thank these artists for their commitment to Oasis and for sharing their artistic expertise with all of us.



Lea Anderson



Jill Gatwood



Elizabeth Potter



Susan Roden



Carol Sanchez

**Opening Reception**  
**Thursday, September 5**  
**2:30-4:00pm**  
**Oasis**

**Art on Display**  
**Thursday, September 5 -**  
**Thursday, December 19**  
**9:00-4:00 Mon-Fri**

## 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.

### 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. Off-site location addresses are listed on pages 48-49 and on our website.

### 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](http://www.oasisabq.org).

## **Inclement Weather Policy**

When the Albuquerque area experiences snowy weather, please follow the Albuquerque Public School schedule. If APS is on a 2-hour delay, the morning classes will be cancelled. If APS is closed, all classes/trips, etc. will be cancelled that day and rescheduled if possible. You may choose to receive a refund or credit for the cancelled class.

*On the cover:* Rail Runner courtesy of New Mexico Rail Runner Express & Cottonwood tree courtesy of S. Giomi

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**See pages 58-60 for important policy & registration information.**

## LECTURES

## ART

**Spinner Ring Workshop** 101

Margie Weinstein

Friday Sep 13 10:00 - 2:00

Fee: \$100  Meltdown Studio

Photo courtesy of Lauren Tobey

Join this hands-on introduction to metalsmithing at Meltdown Studio. In this four-hour workshop, make a spinner ring which is a stylish, comfortable ring with smaller bands that spin around a larger band. Learn texturing, stamping, dapping, soldering, oxidizing, and polishing while working with sterling silver, copper, and brass. Leave with a sterling silver spinner ring designed and made by YOU. *No previous experience is required. All materials and tools are provided. Participants may bring a snack. Limited enrollment.*

Margie Weinstein is a native New Mexican who has worked as a studio potter for 25 years and retired from teaching jewelry and ceramics at Albuquerque Public Schools. She is a bench mate and instructor at Meltdown where she teaches a variety of classes.

**Paintings of Edible Treats:  
Pastel Workshop A** 102

Susan Roden

Thurs &amp; Mon Sep 19 &amp; Sep 23 12:30 - 3:30

Fee: \$60 2 sessions **Paintings of Edible Treats:  
Pastel Workshop B** 103

Susan Roden

Tue &amp; Wed Dec 3 &amp; Dec 4 9:00 - 12:00

Fee: \$60 2 sessions 

Susan Roden leads two sessions that begin with group exercises on handling pastels and the use of different substrates. Next, learn a variety of pastel techniques. Finally, create individual paintings capturing vivid colors and interesting, fanciful decorations. Go home with a two-dimensional life study of sweet treats and three miniature paintings enhanced by blending, layering, and mark-making for distinctive styles. *All materials provided; bring materials fee of \$18 payable to instructor (cash or check) on first day of class. Limited enrollment.*

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

**Silk Road Unveiled: The Enduring Artistic  
Heritage of Central Asia** 104

Rikki Quintana

Wednesday Oct 2 10:00 - 11:30

Fee: \$12 

Embark on a captivating journey into the hidden world of master artists from the modern Silk Road countries of Central Asia with Rikki Quintana as your guide. She unveils some of the mesmerizing stories, culture, and history behind several of the region's most important traditional arts. Experience the beauty of handcrafted cultural treasures like

Uzbekistan ikat weaving, Tajikistan and Uzbekistan suzani embroidery, Kyrgyzstan's felting, and Tajikistan's wood carving up close.

Rikki Quintana, founder and CEO of HoonArts Fair Trade, began the company in a leap of faith, after retiring from her law career. Starting from zero, HoonArts was the first to build a US market for Tajikistani handicrafts and is now a verified fair-trade business. HoonArts works with three Central Asian countries and is empowering over 100 artisans, mostly women in rural areas.

### Basics & Beyond:

#### Mosaic Art Workshop

105

*Jill Gatwood*

**Friday**                      **Oct 11**                      **9:00 - 1:00**

**Monday**                      **Oct 14**                      **9:00 - 11:00**

**Fee: \$55**                      **2 sessions**                       **Oasis**

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

#### Tour of Kei & Molly: Field Trip

106

*Kei Tsuzuki*

**Tuesday**                      **Oct 22**                      **10:00 - 11:00**

**Fee: \$18**                       **Kei & Molly Textiles**

Back by popular demand! Kei & Molly Textiles is a textile design company committed to creating hand-printed artisan-quality fabric products, while doing good. Founded in 2010, the printing studio follows the goal of creating good jobs for immigrant and refugee women in our community. Take a tour of the company to learn what they do, see the printing process, ask questions, and shop. *Limited enrollment.*

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

#### Upcycled Holiday Crafts

107

*Irene Newlon*

**Friday**                      **Oct 25**                      **10:00 - 12:00**

**Fee: \$15**                       **Oasis**



*Photo courtesy of Irene Newlon*

Create attractive upcycled holiday décor using discarded items. In this workshop, make a fall pumpkin vase and a holiday wreath. Also receive

information on other projects that you can create to help reduce damage to our planet. *All materials provided; bring materials fee of \$5 payable to the instructor (cash or check). Limited enrollment.*

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

### **Albuquerque Museum Tour: Border Doors/Puertas fronterizas** 108

*Alicia Romero*

**Friday**                      **Nov 1**                      **10:30 - 11:30**  
**Fee: \$20**                       **Albuquerque Museum**

Border Doors/Puertas fronterizas explores contemporary immigration issues through student art. Over the past fourteen years, advanced Spanish-language students at Sandia Prep have visited the US-Mexico border, met with migrants, and have reflected on those experiences by making collages on repurposed doors. This one-hour tour will cover immigration topics such as COVID-19 and essential workers, family separation, kids in cages, and racial profiling. *Class fee includes museum admission. Limited enrollment.*

Alicia Romero, curator of history at the Albuquerque Museum, was born and raised in Albuquerque. She received her BA and MA in history from UNM and her PhD in history from the University of California, Santa Cruz. Her areas of expertise include NM history, labor, popular culture, borderlands, and memory studies.

### **Holiday Cards: Linocut Printmaking** 109

*Carol Sanchez*

**Fri & Mon**                      **Nov 1 & Nov 4**                      **12:30 - 3:30**  
**Fee: \$65**                      **2 sessions**                       **Oasis**

Come be creative in this two-session printing class. Participants design and print their own holiday

cards in linocut print. Linocut is a relief printmaking process in which the white or negative areas of a linoleum block are carved away and the surface is printed onto paper. Participants should come prepared with ideas or designs they would like to try on a holiday card. *All materials are provided; bring materials fee of \$15 (cash or check) payable to the instructor at first class. Limited enrollment.*

Carol Sanchez has a printmaking studio at the Harwood Art Center, where she teaches and creates art. She earned a BFA from UNM and an MFA from SUNY at Albany, both in printmaking. She has a national and international exhibition record; her works are included in private and public collections including The National Hispanic Cultural Center and Xi'an Academy of Fine Arts in Xi'an, China.

### **Tear & Repair: Mixed Media Collage** 110

*Lea Anderson*

**Fri & Mon**                      **Nov 8 & Nov 11**                      **10:00 - 12:00**  
**Fee: \$55**                      **2 sessions**                       **Oasis**

For this fun and satisfying project, participants create a collage by tearing colorful paper, re-assembling the pieces and "welding" them back together using acrylic medium. The pieces are then finished with a variety of drawing media such as acrylic markers, felt-tip markers, colored pencils, and gel pens. All experience levels welcome! *All materials provided; bring materials fee of \$15 payable to the instructor (cash or check) at first class. Limited enrollment.*

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

### Mosaic Coaster Holiday Gifts Workshop 111

Jill Gatwood

Friday Nov 15 12:00 - 4:00  
 Monday Nov 18 12:00 - 2:00  
 Fee: \$55 2 sessions Oasis

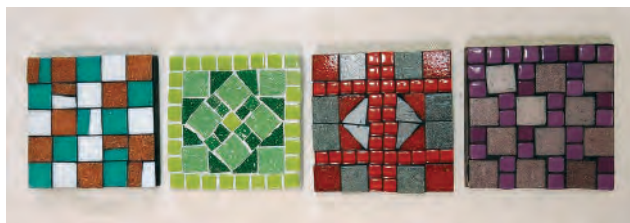


Photo courtesy of Julie Crespy

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

See bio in class #105.

### Holiday Ornament Quilling Workshop 112

Elizabeth Potter

Thursday Dec 5 9:00 - 1:00  
 Fee: \$40 Oasis

Get ready for the holidays! Using 4 easy-to-learn quilling shapes (teardrop, marquise, rectangle, and beehive swirls) create holiday ornaments to hang or use as gifts. Beginners and novice quillers alike will enjoy making beautiful decorations. *All materials provided, bring materials fee of \$15 payable to the instructor (cash or check). 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.

## CONSUMER

### Making Sense of Medicare 113

Brad Yablonsky

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

Managing your health is typically one of the biggest expenses during retirement. Many people don't understand the risks these costs pose to their financial plan and many incur large, out-of-pocket bills due to lack of planning and education. Add to this challenge the rising cost of healthcare and it becomes clear that planning for Medicare is important for achieving financial security in retirement.

Brad Yablonsky is a financial advisor with RBC Wealth Management. His focus is Social Security and Medicare benefits and integrating those programs with the other moving parts and puzzle pieces of retirement planning. Yablonsky graduated from Rutgers University.

### Recycling Center Tour A 114

Thursday Nov 14 9:00 - 10:00  
 Fee: \$18 BARCO Recycling

### Recycling Center Tour B 115

Thursday Nov 14 1:00 - 2:00  
 Fee: \$18 BARCO Recycling

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




## CURRENT EVENTS

### Current Events & Issues

#### Discussion Group ZOOM 116

*Ira Bolnick*

**Mondays**      **Sep 16 - Nov 25**      **9:15 - 10:45**  
**Fee: \$35**      **6 sessions**       **Zoom**

Join us for bi-weekly Zoom discussions of current events. Recent topics included gun issues in NM, the history and plight of indigenous people, climate change, homelessness, campaign finance, the influence of mass media, and the Russian invasion of Ukraine. This term's topics have been selected prior to the first meeting by last term's participants. Each session is led by a volunteer group member who compiles and emails relevant readings (typically 25-30 pages) in advance and then co-leads the discussion with the group facilitator. Join us for stimulating and informative discussions among thoughtful, open-minded people. *Limited enrollment.*

*See also class #108 - Albuquerque Museum Tour: Border Doors/Puertas fronterizas.*

#### Fact, Fiction, & the Fall Elections 117

*Kathleen McCleery*

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

Presidential candidates offer promises; sometimes ones they can't or won't keep. How can voters decide whom to trust and what to believe? Learn about the best fact-checkers, the challenges for journalists, the role of artificial intelligence, and how to distinguish real news from fake news. Longtime broadcast journalist Kathleen McCleery offers tips on how to tell truth from lies before heading to the polls in November.

Kathleen McCleery has been a broadcast journalist for more than four decades. She was the deputy executive producer for the PBS NewsHour. Since

moving to New Mexico in 2013, she's reported and produced stories on a variety of topics including politics, the environment, education, health care, and the arts. She covered presidential elections from 1980 to 2012 and taught journalism seminars at Princeton University focused on media coverage of elections.

#### Supreme Court's Upcoming Term 118

*Andrew Schultz*

**Tuesday**      **Oct 29**      **12:30 - 2:00**  
**Fee: \$12**       **Oasis**

#### Supreme Court's Upcoming Term ZOOM 119

*Andrew Schultz*

**Tuesday**      **Oct 29**      **12:30 - 2:00**  
**Fee: \$12**       **Zoom**


The Supreme Court ended its last Term with a deluge of significant rulings on an array of major issues. The Court begins its new Term in early October. Once again, the Court will be deciding cases with enormous implications for a remarkable number of matters. Andrew Schultz discusses the hot button and high-profile cases that will be before the Court.

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.

**Reminder: you can register at any time throughout the term, based on availability.**

**Generation to Generation: What's the Difference? 120**

Scott Sharp


**Thursday Oct 31 10:00 - 11:30**  
**Fee: \$12** 

Are you heading to holiday gatherings where people from different generations will be together? Need some tips on navigating these generations? Join us for an in depth look at Boomers, Xers, Millennials, Z's and Alphas. Who are these generations? What describes their experiences? How are they similar to other generations? How are they different? Learn why conversations about generations are helpful.

Scott Sharp is the executive director of Albuquerque Oasis. Before coming to Oasis, Sharp was a pastor in Oklahoma and New Mexico. This work afforded him the opportunity to work with people of many different generations. His master's thesis was focused on generations. He earned degrees from Oklahoma State University, Phillip's Theological Seminary, and St. Paul School of Theology. Sharp has taught at both the congregational and university levels.

**Cyber Hygiene: How You Can Be Safer Online ZOOM 121**

Lorie Liebrock

**Friday Nov 1 10:00 - 11:30**  
**Fee: \$12**  Zoom

Online threats have exploded on the Internet. We are continually bombarded with phishing attacks, ransomware, and insecure communication. These attacks cost an enormous amount of money and cause extreme stress to those who are impacted. This presentation explores various cybersecurity threats and what you can do to be more secure in our online society.

Lorie Liebrock has a PhD in computer science from Rice University. She has worked for New Mexico Institute of Mining and Technology (NMT)

since 2002. Liebrock has served as a faculty member, department chair, graduate dean, and is now director of the New Mexico Cybersecurity Center of Excellence. In addition, she runs the Transdisciplinary Cybersecurity graduate programs for NMT.


**ARCA Organics Farm Tour 122**  
**Wednesday Nov 13 10:30 - 12:00**  
**Fee: \$18**  ARCA Organics Farm



Visit ARCA's farm which provides meaningful workplace opportunities for adults with intellectual, developmental and cognitive disabilities (IDCD). Located in Corrales, ARCA utilizes greenhouses, hoop houses and outdoor spaces to grow a variety of fruits, vegetables, herbs, wheatgrass, and flowers. Enjoy the spectacular colors of thousands of poinsettias awaiting their holiday homes. Experience the remarkable opportunities created every day for people with IDCD to enjoy a career while giving back to the community in meaningful ways. *Limited enrollment.*

**Global Economic Trends Since 2020 123**

Christine Sauer

**Tuesday Dec 10 10:00 - 11:30**  
**Fee: \$12** 

How has the global economy fared since 2020 in response to the pandemic, rising trade and

geopolitical tensions, regional conflicts, and other factors? Are there any differences across regions or countries in terms of economic growth, trade, inflation, national debt, and other economic indicators? These are some of the questions we consider in this class.


Christine Sauer is professor emerita of economics and former director of the International Studies Institute at UNM. A native of Germany, she received her undergraduate training at Kiel University before coming to the US to pursue her PhD at Brown University, specializing in international macro and monetary economics. Sauer was an award-winning teacher at UNM who continues to share her international economic expertise with various community groups and organizations.

## FILM & TV

**KOAT Channel 7 Studio Tour** **124**  
**Monday** **Sep 9** **10:30 - 12:30**  
**Fee: \$15**  **KOAT-TV**

Here is your chance to go behind the scenes of KOAT Channel 7. Get an up-close experience of the control room and the set while the news is being shot live. Watch how a professional television production staff works. Observe the countless details that go into a newscast. After the show wraps, you may have the opportunity to meet some of the news staff. *Limited enrollment.*

KOAT Channel 7 has served Albuquerque and the larger New Mexico area for 70 years as the ABC affiliate. KOAT is located just down the street from Oasis.

**Great Films of 1939:  
Hollywood's Golden Year ZOOM** **125**  
*Dan Sherman*  
**Wednesday** **Oct 16** **12:30 - 2:30**  
**Fee: \$12**  **Zoom**

Hollywood of the late 1930s brought together extraordinary writers, directors, and actors to give us films starring Cary Grant, Bette Davis, Judy Garland, Henry Fonda, Joan Crawford, Jimmy Stewart, and many others. This talk explains how the studio system worked by telling the stories behind films such as *Stagecoach*, *Young Mr. Lincoln*, *The Women*, *The Wizard of Oz*, and *Gone with the Wind*. View many clips of these and other films that reveal Hollywood in its prime.

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.

**Divide in Concord: Film** **126**  
*Bullfrog Films*  
**Friday** **Nov 15** **10:00 - 11:30**  
**Fee: \$12**  **Oasis**

In this film, Jean Hill, a fiery octogenarian, spearheads a grassroots campaign to ban the sale of single-serve plastic bottled water in her hometown of Concord, Massachusetts. On the other side of the argument are merchants, the International Bottled Water Association, and a celebrity publicist who insists that Jean's work is an attack on freedom. Who will prevail? Following the film, Scott Sharp will facilitate a discussion.

Bullfrog Communities uses film and discussion as a simple way for concerned citizens to stay informed

about pressing issues: water, economic justice, food, energy & climate change, immigration, and environment.

See Scott Sharp's bio in class #120.

See also class #209 – *Microplastics in Human Tissues & Our Health*

## FOOD & NUTRITION

### Eating to Lower Blood Pressure: Cooking Demo 127

Renee Euler


Monday Sep 30 1:30 - 3:30  
 Fee: \$35 

High blood pressure seems almost inevitable as we age. However, the good news is that our dietary patterns can play a role in blood pressure management. In this class, learn the basics of the DASH (Dietary Approaches to Stop Hypertension) diet. Renee Euler demonstrates three easy, delicious recipes using foods that can help manage blood pressure and 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.

### Gourmet Graze: Charcuterie Demo 128

Fallon Bader


Thursday Oct 3 10:00 - 12:00  
 Fee: \$35 

Join Registered Dietitian and Chef Fallon Bader and learn to create stunning charcuterie boards! In this interactive session, discover the art of selecting

meats, cheeses, and accompaniments, and master the techniques for arranging them beautifully. Perfect for holiday entertaining or a special treat, this class inspires your culinary creativity and elevates your presentation skills. Tips 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.


### Roadrunner Food Bank Tour 129

Friday Oct 18 10:30 - 12:00  
 Fee: \$18  Roadrunner Food Bank

Roadrunner Food Bank has been serving New Mexico's hungry since 1980. They help nearly 70,000 hungry people each week. In addition to distributing food through partner agencies, Roadrunner Food Bank runs several direct service programs to help end hunger in New Mexico. Come tour their 106,000 square foot warehouse and see this huge operation in action. *Limited enrollment.*

### Jaramillo Vineyard Tour & Tasting 130

Barbara & Robert Jaramillo

Monday Oct 21 10:00 - 1:00  
 Fee: \$45  Jaramillo Vineyards



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

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

*See also class #149 – Tracing the Origins of Wine*

*See also class #150 – History of Italian Cuisine – From Imperial Rome to Current Day*

**Benefits of a Plant-Based Diet:  
Sprouts Farmers Market Field Trip A 131**  
*Sharon Jonas*  
Tuesday Oct 29 9:30 - 11:00  
Fee: \$18  Sprouts Farmers Market (Lomas)

**Benefits of a Plant-Based Diet:  
Sprouts Farmers Market Field Trip B 132**  
*Sharon Jonas*  
Tuesday Dec 10 9:30 - 11:00  
Fee: \$18  Sprouts Farmers Market (Lomas)  
Enjoy the vast variety and significant health benefits of eating more plant-based foods. From ancient grains like farro and quinoa to new products like BBQ jackfruit, the possibilities are

endless...and can be a bit overwhelming. Join chef and lifelong vegetarian Sharon Jonas for a practical introduction to plant-based foods. Become inspired by this informative tour of Sprouts Farmers Market, discussing ingredients, nutrition, shopping, cooking tips, and simple ways to create delicious, balanced meals. *Limited enrollment.*

Chef and certified yoga and group exercise instructor Sharon Jonas has shared her passion for healthy living through food, fitness, and yoga for over 30 years. A lifelong advocate of plant-based cuisine, Jonas owned one of Albuquerque’s first vegetarian restaurants. While working as a chef, she studied yoga at Pura Vida Yoga Center in Costa Rica.

## HEALTH

**NOTE: The classes in this section are primarily lectures and discussion classes. Exercise classes can be found in the Movement & Exercise section of the catalog.**

**Weight Loss Medications  
& the Off Label Use of Medications 133**  
*Alexander DeRadke*  
Tuesday Sep 17 2:30 - 4:00  
Fee: \$12 

There are many new injectable medications for weight loss (Ozempic, Wegovy, etc.) on the market. Alexander DeRadke discusses each and the evidence available for their use and safety in the aging population. He also touches on using medications off label and what providers think about when considering using a medicine for different uses than its FDA approval indicates.

Alexander DeRadke, DO, is an assistant professor of geriatrics at the University of New Mexico. He is also a primary care physician with an emphasis in dementia care and falls reduction.

**Aging Mastery Program®** **134**  
**Wednesdays**    **Sep 18 - Nov 20**    **10:00 - 12:00**  
**Fee: FREE**                      **10 sessions**                       **Oasis**

The Aging Mastery Program® (AMP) is a 10-session program designed to empower you to make and maintain small but impactful changes in your life. The program incorporates evidence-informed materials, expert speakers, group discussion, and peer support 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. *If you attend at least 8 of the 10 sessions, you will receive a \$10 Oasis credit. Limited enrollment.*

**CELEBRATE FALLS PREVENTION WEEK**

**“Whoa Nellie!” Understanding & Improving Your Balance** **136**

*Brad Ingrao*  
**Tuesday**                      **Sep 24**                      **2:30 - 4:00**  
**Fee: FREE**                       **Oasis**

The possibility of balance problems and falls are one of the scariest parts of growing older. In this interactive session, Brad Ingrao reviews how balance works, some of the most common reasons we lose balance, and how to improve our balance and reduce our risk of falling.

Doctor of Audiology Brad Ingrao has practiced for over three decades. His clinical practice includes infants through older adults with

a special focus on complex hearing and balance problems. Prior to his position at the Indian Health Board, Ingrao worked for the Veterans Administration and the US Air Force, and he has held faculty positions at three universities.


**A Physical Therapist’s Take on Balance** **137**

*Leslie Herman*  
**Wednesday**                      **Sep 25**                      **10:00 - 11:30**  
**Fee: FREE**                       **Oasis**

Balance is influenced by many factors. Join a physical therapist for a discussion on the role of muscles and neuromuscular circuits in balance and how they can be strengthened. Try movements Leslie Herman discusses to better understand and bolster the body’s responses. Suggestions for home activities to improve balance are provided.

Leslie Herman is a licensed physical therapist (PT) retired from clinical practice. She came to PT after ten years as a registered respiratory therapist. Her early PT career focused on major disability, followed by years of home health. She worked for the Pueblo of Isleta, creating and staffing an outpatient physical therapy clinic. She currently leads exercise classes and gives monthly talks on anatomy for exercise.

**Help Me Understand 911** **138**

*Athena Valerio-Hirschfeld*  
**Thursday**                      **Sep 26**                      **2:30 - 4:00**  
**Fee: FREE**                       **Oasis**

You called 911 for a medical emergency and a fire truck arrived. Or one ambulance showed up, but then another one was called to take you to the hospital. First responders are quick to act, but sometimes forget you


may not know how calls are channeled when you call 911. Lt. Valerio-Hirschfeld helps prepare you for what to expect when 911 is activated for medical services, fires, and other emergencies.

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.

**Funded by SCAN Health Plan New Mexico. One of the nation's largest not-for-profit Medicare Advantage plans, SCAN is dedicated to keeping seniors healthy and independent.**

**Alcohol, the Brain, & Healthy Living 139**

Janice Knoefel

**Tuesday Oct 1 12:30 - 2:00**  
**Fee: \$12** 


“It has long been recognized that the problems with alcohol relate not to the use of a bad thing but to the abuse of a good thing”(Abraham Lincoln). This lecture explores the balance of health benefits and risks of alcohol use as it relates to our physical, cognitive, and functional abilities. The latest up-to-date scientific evidence is explored in detail, with emphasis on new, evolving data on the effects of alcohol on our health and longevity.

Janice Knoefel, MD, MPH, is a neurologist and geriatrician with many decades 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.

**Concierge Medicine: Is It Right For Me? 140**

Alyson Thal


**Wednesday Oct 9 10:00 - 11:30**  
**Fee: \$12** 

Concierge medicine is a new term for an old concept. Basically, it comes down to having immediate access to a physician who knows and cares about you, via phone, in person, or by email. Nowadays, that basic relationship is hard to find and some people are willing to pay an additional fee beyond insurance to get back to that core relationship. Alyson Thal, MD, talks about a unique type of medical practice that puts the care back in primary care.

Alyson Thal, MD, believes that every patient is a unique individual and should be cared for according to his or her unique needs. Thal did her undergraduate studies at the University of Kansas. She received her Doctorate of Medicine at UNM School of Medicine. She did her residency in family medicine at the University of Colorado Medical Center. Thal is a family medicine specialist with Corrales Family Practice.

**Powerful Tools for Caregivers ZOOM 141**

Erin Tarica


**Wednesdays Oct 9 - Nov 13 1:00 - 2:30**  
**Fee: FREE** **6 sessions** 

Back by popular demand! Caring for a family member or friend with a serious condition can be physically, emotionally, and financially draining. This six-week class provides tools to reduce stress, deal with difficult emotions, and locate helpful resources, while living a more balanced life. Learn how to take care of yourself, while caring for a relative or friend, wherever they live: at home, in a facility, or across the country. *Limited enrollment.*

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

**It's a Go: Improving Bowel Habits 142**

*Renee Euler & Renai Gallagher*

**Monday Oct 14 2:30 - 4:00**  
**Fee: \$12**  **Oasis**


How can a registered dietitian and a physical therapist help you in the bathroom? Join Renee Euler, RD, and Renai Gallagher, PT, and learn more about how food, lifestyle choices, exercise, and bathroom habits influence our bowel movements. They also discuss common gastrointestinal conditions, such as constipation, diarrhea, gas, and bloating and share management strategies to try at home. Take home a few tasty recipes to improve your gut health.

Renai Gallagher, PT, DPT, CAPP-Pelvic, has over 25 years of physical therapy experience, specializing in orthopedics and pelvic health. She holds a doctorate in physical therapy and is a certified pelvic health specialist in private practice.

*See Renee Euler bio in class #127.*

**Treatments for Osteoporosis 143**

*Jaren Trost*

**Thursday Oct 17 10:00 - 11:30**  
**Fee: \$12**  **Oasis**

Osteoporosis is a progressive condition with both modifiable and nonmodifiable risk factors. Join Jaren Trost for a review of the risk factors and discussion on the impact and benefit of treatment. Learn about the latest in treatment options, including the pros and cons of each, and how to decide with your doctor which one is most appropriate for you. Get the information you need to minimize bone loss and live a longer, healthier life.

Jaren Trost, MD, MBA, is Optum New Mexico's senior medical director over primary care. He believes in helping New Mexicans live better, longer, and healthier lives. He is board certified in both internal medicine and rheumatology. Before joining Optum, Trost was a rheumatology fellow at UNM Hospital.


**A Matter of Balance 144**

**Tue & Thu Oct 22 - Nov 14 10:00 - 12:00**  
**Fee: FREE** **8 sessions**  **Oasis**

Does a fear of falling prevent you from doing the activities that you love? If so, you are not alone. This eight-session, evidence-based program utilizes lively group discussion, problem-solving strategies, videos, and in sessions 3-8, 25 minutes 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.*

**Exploring The Wellness Wheel – Mapping Your Plan 145**

*Kelly Jackson Brooks*

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

Are you curious how your physical, mental, spiritual, and even financial health fit together? Are you curious how you can develop a plan to not only recharge but to thrive using the basic elements of the Wellness Wheel? Join us as we explore the Wellness Wheel and how we can use this tool to inform our daily living. *Limited enrollment.*

Rev. Dr. Kelly Jackson Brooks, LPCC, is the founder and executive director of Chrysalis Counseling for Clergy. She holds degrees in both psychology and theology. Her doctoral work combined her interest in spiritual, emotional, social, and psychological



well-being, which led to the genesis of Chrysalis. Jackson Brooks also works as an employee assistance provider.

**Brain Builders** **146**  
 Sarita Warrick  
**Tuesday** **Nov 5** **12:30 - 2:00**  
**Fee: \$12** 




Back by popular demand! 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 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.

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


**Superconscious Meditation, A Two-Part Workshop** **147**  
 Rennie Maguire

**Thursdays** **Nov 7 & Nov 14** **10:00 - 11:30**  
**Fee: \$24** **2 sessions** 

Join Rennie Maguire for this two-part meditation. In Part 1, learn a classical form of meditation which includes step-by-step experiences of regulating your breathing, easing body tension, focusing your attention, and gradually developing inner peace. In Part 2, Living Meditation in the World, review the sitting practice and examine living meditation in action. Explore yoga theory regarding training the mind and how yoga ethics can build self-awareness and resilience. See how meditation prepares us for contemplation and enhancing our relationship to the natural world. Class is taught in chairs. *Dress comfortably. An audio practice MP3 is emailed to each participant. Limited enrollment.*

Rennie Maguire has been trained and certified to teach superconscious meditation by the Institute of the Himalayan Tradition in St. Paul, MN. She has taught hundreds of meditation workshops in Oregon, New York, and New Mexico in an array of settings.

**Natural Pain Management Strategies for Arthritis** **148**  
 Li Xu

**Tuesdays** **Dec 3 & Dec 10** **12:30 - 2:00**  
**Fee: \$24** **2 sessions** 

Back by popular demand! Li Xu presents a two-part workshop on arthritis. Topics covered include causes, how to adapt your pain management strategy to the changing seasons, how diet and nutrition affect management, and guided, hands-on presentations on how to use certain acupressure points to manage pain in the knees, neck, back, and shoulders. These are techniques that you can apply in your daily life to manage your chronic arthritis pain. *Limited enrollment.*

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 and she continues to practice at her clinic, HH Natural Medicine.

## HISTORY

### Tracing the Origins of Wine 149

*Luke Gorton*

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

This class is for wine lovers and historians alike. Wine has been made for thousands of years. Dive into wine’s historical roots with Luke Gorton. He shares evidence from a variety of sources including archaeological, botanical, literary, and linguistics to trace the origins of wine. Learn the details of how and when wine spread from the historic place of origin.

Luke Gorton is a faculty member at UNM who teaches courses in ancient languages and cultures. He has a bachelor’s in Spanish and religion, a master’s in linguistics and a doctorate in classics. Last trimester he was a co-presenter for the Oasis class, “Is Wokeness a Religion.”

### History of Italian Cuisine, from Imperial Rome to Current Day 150

*Lucio Lanucara*

**Friday** **Sep 13** **1:00 - 2:30**  
**Fee: \$12** 🌿 Oasis

In this class, Lucio Lanucara describes how Italian cuisine has changed over the centuries. He identifies its main ingredients and methods throughout history. He highlights the continuity and historic recipes that are still agreeable to our modern tastes.



Lucio Lanucara moved to New Mexico from Italy in 2013 and teaches ethics, international management, entrepreneurship, and international relations at UNM and CNM. His passion however is Italian cuisine and he is particularly proud of his background as a chef historian, who has studied and cooked recipes from Imperial Rome to contemporary Italian cuisine. He loves sharing the results of his research.

### The Era of Pike & Shot 152

*Matthew Barbour*

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

Historians often characterize the 16th and 17th centuries as the “Era of Pike and Shot.” The Spanish were the first to introduce a mixed formation of arquebusiers and pikemen to the battlefield during the Italian wars. The Dutch and Swedes would go on to perfect this formula until wide-scale adoption of the flintlock musket and bayonet by French and German armies in the late 1600s. Matthew Barbour looks at the military developments and conflicts which characterized the period.

Matthew Barbour holds BA and MA degrees in anthropology from UNM and works for the New Mexico Department of Cultural Affairs. Barbour is the deputy director of New Mexico Historic Sites, while currently serving as the acting director as well.

**Women in Celtic Society****153***Maya Sutton***Thursday****Sep 26****12:30 - 2:00****Fee: \$12**

Oasis

A Scottish chieftain's wife said to a Roman empress: "We fulfill the demands of nature much better than do you, for we consort openly with the best men, whereas you are debauched in secret by the vilest." Celtic women were free to choose a suitor and own land and herds, while Greek and Roman women were chattel, controlled by men. What rights did Brehon laws grant to Celtic women, centuries before our time?

Maya Sutton graduated from Georgetown University's School of Foreign Service and received her PhD from UNM. She taught courses in Celtic mythology and history at UNM for ten years. Her Celtic courses emphasize her personal experience with each area, including access to museums, authors, archives, and adventures. Her research into the conflict between word and image was influenced by Leonard Shlain's book *The Alphabet versus the Goddess*.

**Power in Culture: Word vs Image****154***Maya Sutton***Monday****Oct 7****12:30 - 2:00****Fee: \$12**

Oasis

Why do medieval illustrated (image) manuscripts (words) captivate us? Although a picture may be worth a thousand words, some religions have invisible gods or forbid images. Since writing appeared on the planet, the verbal and the visual have struggled for supremacy. History shows that reading/writing (left brain) occurred along with patriarchy, and replaced feminine (right-brained) concepts including goddesses. But in current times, the image has returned to prominence, in photography, film, TV, and computers. So where are we now between image and words?

*See bio in class #153.*

**Iceland's Early History & Viking Society****155***Lizabeth Johnson***Friday****Oct 11****10:00 - 11:30****Fee: \$12**

Oasis

In the mid-800s, Vikings discovered a large island west of Ireland. Several names were proposed, but only one stuck: Iceland. When people from Scandinavia started to settle in this new land, they recreated the political, social, and cultural practices of home, which included decentralized political authority (no kings!) and a reverence for law-speakers. This class focuses on Iceland's early history and what it tells us about Viking society.

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.

**Roger Williams, Dissenting Puritan: Separation of Church & State****156***David Crowley***Wednesday****Oct 23****10:00 - 11:30****Fee: \$12**

Oasis

Roger Williams, the founder of Rhode Island, broke with the notion of civil support of religious belief and practice, effectively creating the political doctrine of separation of church and state in the American political ethos. Moreover, he did this a century and a half prior to the First Amendment. We look at Williams' founding of a new colony that sought to honor the free exercise of religion.

David Crowley taught political science at Illinois State and Augustana College before becoming a pastor. He has an interest in American history and has presented history related topics to a variety of organizations.

**Creating Modern Paris & London in the 18th Century** **157**


*Charles Steen*

**Mondays**      **Nov 4 & Nov 11**      **10:00 - 11:30**  
**Fee: \$24**      **2 sessions**       **Oasis**

Life in both Paris and London showed remarkable change after 1715 as huge population growth reflected new economic, cultural, and political significance. Both cities became centers for learning, invention, and scientific investigation. People also flocked to concerts, plays, and popular performances. These creative elements encouraged social and political debate which encouraged significant changes to life in London and revolution in Paris. Charlie Steen takes you through these developments in this two-session class.

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.

**Guided Tour of the National Museum of Nuclear Science & History** **158**

**Tuesday**      **Nov 12**      **10:00 - 12:00**  
**Fee: \$22**       **Museum of Nuclear Science**

A guided tour of the National Museum of Nuclear Science and History gives you an overview of the exhibits. Docents provide a brief history of the Manhattan Project and Trinity Test and discuss the peaceful applications of nuclear science. Following the tour, go behind-the-scenes to their collections room, which houses nearly 25,000 additional items. Learn how these items are stored, organized, and shared. Afterward, walk the Museum’s Heritage Park, where the airplanes are displayed. *Museum admission is included in the class fee. Limited enrollment.*

**Poland & the Holocaust: An Exploration** **159**

*Christopher Zuger*


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

Poland had a population of three million Jews in 1939. Over the course of the war, Hitler opened 400 camps there. Challenges to rescues included fear, blackmailers, betrayal, prewar anti-Semitic attitudes, fascists, and harsh Nazi persecution of Jews and Poles. Any assistance to a Jew could bring death and even the destruction of whole villages. Hear stories of rescue, loss, the work of both the Catholic Church and Zegota, ending with how Communist rule affects retrieving history.

Father Christopher Zuger is a graduate of Saint Bonaventure University and Washington Theological Union and was ordained in 1981. He served as pastor of Our Lady of Perpetual Help Byzantine Rite Catholic Church 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.

**The Genius of Leonardo da Vinci** **160**

*Timothy Graham*

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

Scientist, inventor, engineer, architect, and creator of the world’s most famous painting; there seems no end to the accomplishments of Leonardo da Vinci. Timothy Graham sets Leonardo’s amazing innovative prowess against the shifting background of his career, as da Vinci moved from Tuscany to Milan, and into the service of the king of France. We consider why he chose to write backwards. And we explore the mystery of his most beloved work, the Mona Lisa.

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*.

**Wunderwaffen-German Secret Weapons of WWII** **161**


*Richard Field*  
**Wednesday**      **Nov 27**      **10:00 - 11:30**  
**Fee: \$12** 

During the dark days of World War II, Hitler's scientists were hard at work forging weapons to turn the tide in their favor. The result was weapons like the Me-262 jet fighter, and the V-1 and V-2 rockets. The Nazis still lost the war, but these weapons changed the face of world military arsenals for decades to come.

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

**LITERATURE**

**Austin Book Group** **162**


*Mary Bibeau*  
**Tuesdays**      **Sep 10 - Dec 10**      **1:30 - 3:00**  
**Fee: \$12**      **4 sessions** 

The Austin Book Group meets on the second Tuesday of each month. Book selections are: Sep 10 - *James* by Percival Everett; Oct 8 - *The Second Life of Mirielle West* by Amanda Skenandore; Nov

12 - *The Women* by Kristin Hannah; and Dec 10 - *Kindred* by Octavia E. Butler. *Limited enrollment.*

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

**Summit Book Group** **163**


*Merrie Courtright*  
**Tuesdays**      **Sep 17 - Dec 17**      **11:00 - 12:30**  
**Fee: \$12**      **4 sessions** 



The Summit Book Group meets on the third Tuesday of every month. Book selections are: Sep 17 - *Such a Fun Age* by Kiley Reid; Oct 15 - *James* by Percival Everett; Nov 19 - *My Life on the Road* by Gloria Steinem; and Dec 17 - *Commonwealth* by Ann Patchett. *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** **164**

*Betty Whiton & Iris Fanning*  
**Tuesdays**      **Sep 17 - Dec 17**      **1:00 - 2:30**  
**Fee: \$12**      **4 sessions** 

The Holmes Book Group meets on Zoom on the third Tuesday of every month. Book selections are: Sep 17 - *The Heaven and Earth Grocery Store* by James McBride; Oct 15 - *The Covenant of Water* by Abraham Verghese; Nov 19 - *One True Thing* by

Anna Quindlen; and Dec 17 - *How Can I Help You* by Laura Sims. *Limited enrollment.*

Betty Whiton has worked as an award-winning teacher, conductor, musician, composer, counselor, and school psychologist. Iris Fanning is a licensed professional clinical counselor who has worked for over 30 years as a mental health professional counseling and advocating for children, teens and families.

**West Mesa Book Group 165**

*Irene Newlon & Ginger O'Neil*

**Wednesdays Sep 18 - Dec 18 2:30 - 4:00**

**Fee: \$12 4 sessions**  **Rudolfo Anaya Library**

The West Mesa Book Group meets on the third Wednesday of each month. The book selections are Sep 18 - *How to Know a Person* by David Brooks; Oct 16 - *Liars' Club* by Mary Karr; Nov 20 - *The Heaven and Earth Grocery Store* by James McBride; Dec 18 - *Nightwatch* by Jayne Anne Phillips. *Limited enrollment.*

Ginger O'Neil is a writer, artist, and life-long book lover. Irene Newlon has been the director of several non-profits, enjoys writing, crafting, and listening to books.

**MUSIC**

**Singing the Show Tunes 166**

*Irma Reeder & Scott Hooker*

**Tuesdays Sep 10 - Dec 10 10:15 - 11:45**

**Fee: \$70 14 sessions** 

Do you enjoy singing? In this fun and informative class, we explore show tunes from stage and screen while including gentle physical movement, vocal exercise, singing technique and a lot of laughter! We will learn new songs, renew long-term friendships, and meet new people. We plan four exciting performances at the end of the

semester (11/26, 12/3, 12/10, 12/13) 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!

**Folk (Songs/Dances) Influences in Classical Music 167**

*Karl Hinterbichler*

**Thursday Oct 10 12:30 - 2:00**

**Fee: \$12** 

Numerous classical music composers have been strongly influenced in their own compositions by folk music and folk dances. They have incorporated these traditions into their own music in various ways. This presentation includes composers and music from Scandinavia, Great Britain, Europe, Latin America, US, and Russia.

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

**COMMUNITY PARTNERS**



## It's the Most Wonderful Time of the Year: Sing Along 168

Irma Reeder & Scott Hooker

**Thursday** **Dec 5** **2:00 - 3:00**  
**Fee: \$12** Oasis

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

See bio in class #166.

## PERFORMING ARTS

### Theater Appreciation 169

Robert Benjamin

**Monday** **Oct 21** **12:30 - 2:00**  
**Fee: \$12** Oasis

Why do you go to the theater? What are you hoping to experience? How do you know if you have experienced what you hoped for? Join Robert Benjamin, playwright, Duchess Dale, director and actor, and Shepard Sobel, off-Broadway producer, as they sit down for a conversation about theater. These three bring years of experience and love for the theater and their conversation will pull the curtain back on the theater in new ways.

Robert Benjamin is a late-blooming playwright, who loves to write light-hearted, upbeat comedies about aging with grace, courage, and humor. Shepard Sobel was founder and artistic director of The Pearl Theatre Company in New York City. Sobel has taught in Santa Fe and Albuquerque and has directed at many other venues. Duchess Dale's credits as an actor include her award-winning role as Annie Sullivan in *The Miracle Worker* and Truvy in *Steel Magnolias*. Dale also hosts a podcast entitled Re-Wire.

## PERFORMANCES

### Americana Sing Along with Banjos Etc. 170

Dick Neuman

**Friday** **Sep 20** **2:00 - 3:00**  
**Fee: \$15** Oasis

Do you love to sing? Join Banjos Etc. for a fun



Photo courtesy of Kathleen Raskob

Friday concert and sing along. As the band plays, join in the singing of your old-time Americana favorites such as "Ain't She Sweet," "You Are My Sunshine," "Home on the Range," and so many more. The nostalgic music and song make for a cheery Friday afternoon. All voices welcome!

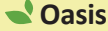
Four members of Banjos Etc. provide the music, including Dick Neuman and Wayne Shrubsall on banjo, Vickye Blatherwick on honky tonk piano, and Mark Weaver on tuba. These musicians all belong to the Rio Grande Jazz Society and have played together for years.

**Jazz to Go Performance**

**171**

*Linda Davidson*

**Friday Oct 11 2:00 - 3:30**

**Fee: \$15** 



*Photo courtesy of Linda Davidson*

Enjoy an afternoon of classic jazz with Jazz to Go. They play jazz standards as well as many original compositions and arrangements. Their sound is unique and consists of flute, piano, bass, and drums. Listen for the complex harmonies, syncopated rhythms, and improvisation.

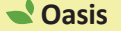
Jazz to Go musicians are: Linda Davidson on flute, Robert Lah on piano, David Parlato on bass, and Cal Haines on drums. They can be found playing locally at the Range Café in Bernalillo, the Sunport, Scalo in Albuquerque, and at Central United Methodist Church in Albuquerque.

**Live Theater**

**172**

*Robert Benjamin & Duchess Dale*

**Friday Oct 25 3:00 - 4:00**

**Fee: \$15** 



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

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

*Thank you to Flower and Bone Productions for their generous donation which underwrites Oasis’ Live Theater.*



**Trio Tornado**

**173**


*Scott Mathis*

**Friday**

**Nov 8**

**2:00 - 3:30**

**Fee: \$15**

 **Oasis**



*Photo courtesy of Julie Paladino*

Take a step into Spanish Colonial Dance music with Trio Tornado and Lucy Salazar. Enjoy music by this group paired with the option of dancing to it as well. A brief demonstration of New Mexican folk dances will be provided by Lucy Salazar. There will be space for dancing if you wish to join in.

The members of Trio Tornado have collected these dances over the last 40+ years and enjoy sharing them with whomever is interested in hearing and dancing to them. The group consists of Scott Mathis on mandolin, Linda Askew on guitar, Jack Clintworth on concertina, and Julie Paladino on violin.

*See Lucy Salazar's bio in class #233.*

*See also class #233 – New Mexico Folk Dance (Bailes de Salon)*

**Albuquerque Accordion Club Performance**

**174**


*Daniel Wright*

**Friday**

**Nov 15**

**2:00 - 3:30**

**Fee: \$15**

 **Oasis**



*Photo courtesy of Daniel Wright*

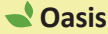
The Albuquerque Accordion Club was founded in 2001, and has continued to grow and thrive. Their repertoire includes a wide range of music, everything from folk, ethnic, & world music to popular songs, show tunes, movie and TV themes, the occasional classical music piece, and (surprise!)... They may even throw in a polka here and there!

Performers for today's concert include: Shelly Andes, Kiersten Bustos, Jan Delgado (bassist), Kathy Elam, Lester Gyongosi, Katie Harlow, Jane Hendley, Bernida Jones, Yu Liang, Sharon Rogers, Marjorie Sons, Dick Steichen, and Dan Wright. The group regularly meets at Bear Canyon Senior Center and all skill levels are welcome to come play.

**Oasis Entertainers**

**175**

*Irma Reeder & Scott Hooker*

**Friday Dec 13 2:00 - 3:00**  
**Fee: \$12** 



*Photo courtesy of Kathleen Raskob*

Each trimester, enthusiastic singers enroll in the “Singing the Show Tunes” chorus group class. At the end of a fun and challenging time of rehearsal, this group presents an hour-long program for the Oasis community. Led by Irma Reader, choral director, and accompanied by Scott Hooker on piano, 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 bios in class #166.*

**PERSONAL ENRICHMENT**

**Gathering Family Stories**

**176**

*Marc Davidson*

**Tuesdays Sep 17 - Oct 1 10:00 - 11:30**  
**Fee: \$18 3 sessions** 

Family stories help shape how we understand ourselves and see the world. In this three-part class, learn about the importance of stories as well as how to glean stories from family and gather information using tools like genealogical research, and other non-technical skills. *Limited enrollment.*

Marc Davidson received his PhD in education from University of New Mexico (educational thought and sociocultural studies). He has served as a professional counselor, health educator, and sexuality educator in various educational institutions. Upon retirement, he dove into ancestor research and genealogy studies through the Albuquerque Public Library system. Davidson focuses on research that delves into family histories, stories, and first hand accounts.

**Holy Listening: The Ministry of Presence in Hospice & Beyond**

**177**

*Cazandra Campos-MacDonald*

**Wednesday Sep 18 2:30 - 4:00**  
**Fee: \$12** 

Silence can be uncomfortable, but making peace with the uncomfortable can lead to meaningful conversations, realizations, and acceptance. Hospice Chaplain Cazandra Campos-MacDonald gives attendees an understanding of hospice care. She offers tools to use when visiting the sick and dying. These tools are also useful in everyday life.

Reverend Cazandra Campos-MacDonald is an ordained deacon, author, speaker, columnist, advocate, hospice chaplain, and encourager. She is the mother of two sons with severe hemophilia A. She lives her life passionately,

speaking to others across the country with chronic illnesses and rare diseases, imparting words of hope and encouragement. Campos-MacDonald believes she has finally found her true calling. She is the author of *Dear Hemophilia: Finding Hope Through Chronic Illness*.

**Conscious Living Through Conscious Dying Workshop 178**

Danielle Slupesky  
**Wednesdays Oct 23 - Nov 6 1:00 - 2:30**  
**Fee: \$36 3 sessions Oasis**

Explore the profound connection between life and death in this three-part workshop. Discover how embracing mortality enhances our appreciation for life, cultivates mindfulness, and fosters deeper connections. Through discussions, reflections, and practical exercises, participants will gain insights into living with intention, facing fears, and finding peace. Join Danielle Slupesky on a transformative journey towards greater awareness and a more meaningful existence. *Limited enrollment.*

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 families and communities.

**Make Your Bike Run Better Than Ever! 179**

Chuck Malagodi  
**Friday Oct 25 1:00 - 3:00**  
**Fee: \$20 Oasis**

Do you like learning new things? Do you like to tinker? Do you like to save money? Join Chuck Malagodi for an introduction to basic bicycle mechanics. Learn flat tire repair (and prevention!), chain maintenance, brake adjustment, and derailleur adjustment. *Please bring your bike*

*(most bikes welcome; no e-bikes or tandem bikes, please). Limited enrollment.*

Chuck Malagodi is a lifelong bicycle enthusiast. His interest in cycling began at age 13 when he spent time in a bike shop. From there his life has revolved around bikes, working as a guide for BackRoads for 10 years and the City of Albuquerque’s bike safety program for 25 years. He loves the freedom and simplicity of biking.

*See also class #242 – Biking Tour: Fall Colors in the Bosque*

**Oasis Trivia Contest A 180**

Todd Griffin  
**Thursday Nov 21 12:30 - 2:00**  
**Fee: \$12 Oasis**

**Oasis Trivia Contest B 181**

Todd Griffin  
**Friday Nov 22 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! You will leave armed with a plethora of little-known and utterly useless facts, suitable for amazing and annoying friends and family. *Classes A & B are exactly the same. Limited enrollment.*

Todd Griffin retired to New Mexico following a lengthy career in the aerospace business 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.

**Finding Hope Through Chronic Illness 182**

*Cazandra Campos-MacDonald*

**Monday Nov 25 2:30 - 4:00**

**Fee: \$12** 



Hope is a choice you must make, and if you choose wisely, you may just find the strength to get through anything. Approximately 60% of adults and 43% of children in America live with at least one chronic illness. Join Cazandra Campos-MacDonald as she shares her story of raising two sons with a rare disorder and how she holds on to hope.

*See bio in class #177.*

**Creating Effective Resolutions 183**

*Teresa Fulton*

**Monday Dec 9 9:00 - 11:30**

**Fee: \$15** 

The failure rate for New Year’s resolutions is 80%. In fact the second Friday in January is known as Quitter’s Day. In this workshop, learn how to create a focused vision for your life in 2025. After awakening your vision, set three intentions that are inspiring and lead to effective actions throughout the year. Teresa Fulton helps you learn to move from “working” on resolutions to “allowing” your intentions to manifest. *Bring paper and pen. 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.

**PHILOSOPHY, RELIGION, & SPIRITUALITY**

**Elder Abuse & the Bible 184**

*Nancy Bowen*

**Monday Sep 16 2:30 - 4:00**

**Fee: \$12** 

Elder abuse is increasing as the US population ages and is given scant attention in faith communities. This class discusses the nature of elder abuse and two biblical texts. Genesis 27, the story of Isaac’s deception, can be interpreted as illustrating the dynamics of abuse by family members. Psalm 71, the prayer of elder, can be read as a resource for understanding the role of faith in elder abuse.

Nancy Bowen is a retired ordained elder in the United Methodist Church and Professor Emerita of Earlham School of Religion, a seminary in the Quaker tradition where she taught Old Testament/Tanak for 30 years. Bowen has an MDiv from Claremont School of Theology and a PhD from Princeton Theological Seminary. She is interested in reading the Bible from different perspectives.

**Encountering the Christian East 185**

*Christopher Zuger*

**Thursday Sep 19 10:00 - 11:30**

**Fee: \$12** 

We forget that Jesus and the Apostles were Asians, and that the Early Church was rooted in Asia and East Africa. Who are Eastern Christians: Catholic, Orthodox, Oriental Orthodox? Why are there different Churches and Rites? Study their diversity and explore their rich theological traditions. Christopher Zuger reviews some of the challenges

these Churches have faced in homelands from Turkey to India and their status today around the world.

See bio in class #159.

**Death Beliefs & Funeral Traditions 186**

Gail Rubin

**Wednesday Sep 25 12:30 - 2:00**  
**Fee: \$12** 

Customs and traditions to honor the dead vary greatly from past to present and place to place. What do different religions and cultures believe about life and death? How do funeral traditions vary among different religions? Gail Rubin shares some of the fascinating practices from around the world.

Gail Rubin, Certified Thanatologist and The Doyenne of Death, is a pioneering death educator. She's the author of several books, host of the *Mortality Movies* TV series, and coordinator of the Before I Die New Mexico Festival.

**Spinoza: Heretic or God-Intoxicated Man? 187**

Michael Nutkiewicz

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


Benedict, or Baruch Spinoza (d. 1677), was excommunicated from the Dutch Jewish community and went on to write some of the most controversial books about philosophy, religion, and political theory. Look at Spinoza's life and the circumstances surrounding his excommunication. Touch upon his philosophy as well as his critique of religion. Learn why Spinoza's life represents the coming Age of Enlightenment, and why he has sometimes been called the first "modern man."

Michael Nutkiewicz taught Jewish history at UNM. He directed the Los Angeles Museum of the

Holocaust, was senior historian at the Survivors of the Shoah Visual History Foundation, led the Program for Torture Victims in Los Angeles, and managed the refugee resettlement program at Catholic Charities New Mexico. He was also director of Oasis Albuquerque.

**The Philosophy of Socrates 188**

George Leone


**Wednesday Nov 6 2:30 - 4:00**  
**Fee: \$12** 

The ancient Greek philosopher Socrates was presented in the early works of Plato, and in Xenophon's *Memorabilia*. Though Socrates never espoused any clear philosophy of his own, a careful reading of the texts can piece together a definite philosophy of life that Socrates lived by. George Leone presents Socrates's philosophy as gleaned from the writings of Plato and Xenophon.

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

**The Spiritual Journey of Jurgen Moltmann 189**

Frank Yates

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

This lecture follows the journey of a young German soldier captured by the British in World War II, who moved from despair to hope. He became a world famous theologian promoting the theology of hope.

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.

**Moltmann’s Theology of Hope 190**

Frank Yates

**Monday Nov 25 10:00 - 11:30**

**Fee: \$12**  **Oasis**

Frank Yates examines Jurgen Moltmann’s *Theology of Hope* and his later works *The Spirit of Hope* and *In the End—the Beginning*. The discussion focuses on how hope informs our life and our future.

See bio in class #189.

**SCIENCE, MATH, & NATURE**

**Asia Zoo Exhibit Tour A 191**

Lane Kirkpatrick

**Monday Sep 16 9:30 - 12:00**

**Fee: \$20**  **Albuquerque Zoo**

**Asia Zoo Exhibit Tour B 192**

Lane Kirkpatrick

**Wednesday Sep 18 9:30 - 12:00**

**Fee: \$20**  **Albuquerque Zoo**

Lane Kirkpatrick leads a tour of the new \$27M Asia exhibit to explore the wonders of Asia; from Sumatra & Malaysian tropical forests, to the Himalayan steppe and Russia’s northeast coast. This exhibit provides new homes for the siamangs, orangutans, tigers, snow leopards and Steller’s sea eagles with interactive opportunities for guests. Come and learn more about this exciting new exhibit! *Class fee includes zoo admission. This is a walking tour of approximately 2 miles. Be prepared to stand and walk for the duration of the tour. Limited enrollment.*

Lane Kirkpatrick is a retired business executive whose firm focused on industrial automation and environmental consulting. With a lifelong

interest in wildlife, nature and conservation, he has prepared extensive zoo-wide tour materials and has led hundreds of zoo tours.

**Us vs Them: A Primal Legacy & Its Impact in Today’s World 193**

Creve Maples

**Mondays Sep 23 & Sep 30 12:30 - 2:30**

**Fee: \$24** **2 sessions**  **Oasis**

The predisposition to form groups is rooted in our genetics. Groups play a key role in shaping our identity. But there is a dark side. The group mind operates at a more primal level than our individual consciousness. When conflicts occur, it can turn to radical behavior to survive. That is when reason, logic, and truth cease to matter. Complicating matters is the power that leaders exert on group behavior. Creve Maples examines the evolution of groups, how they function, the role of leaders, and explores the power of groups in today’s society. In particular, he reviews how to restore rational discourse and objectivity.

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

**Bosque Walk: Invasive Species 194**

Megan Lanigan

**Friday Sep 27 10:00 - 12:00**

**Fee: \$15**  **Rio Grande Nature Center SP**

Join us for a gentle, fall walk in the bosque. We start at the Rio Grande Nature Center State Park and traverse across the arroyo bridge to the bosque trails along the river in this 2-mile walk. We observe, discuss, and wonder at the impact of invasive species in the middle Rio Grande Bosque. Learn how you can appreciate and protect the wild in your own backyard. *Restrooms available. Not*

wheelchair accessible. Please wear closed toed shoes. Please bring \$3 for the state park parking fee. Limited enrollment.


Megan Lanigan is a wildlife and nature enthusiast! She has taught secondary science for APS for over ten years, including biology, chemistry, small animal science, and veterinary medicine. Her background spans wildlife jobs near and far, ranging from wildlife and conservation work in South Africa and Australia to our local BioPark Zoo. Lanigan is passionate about environmental conservation and helping to raise awareness about the critical state of our local and world-wide ecosystems.

**Carlito Springs Open Space Hydrogeology Walk** **195**

*Corbin Carsrud*  
**Thursday** **Oct 3** **9:00 - 11:00**  
**Fee: \$18**  **Carlito Springs Open Space**

The Carlito Springs Open Space contains remnants of the last century’s history as well as a long geologic past. This hike consists of a 1.8 mile loop trail that looks at the local geology, hydrology and the last century of human history in the area. Join Corbin Carsrud as he leads this educational hike in the east mountains. *Restrooms available at the trailhead. Wear a hat, layers, and comfortable shoes. Bring water and snacks. This is a moderate hike. Parking is limited. Limited enrollment.*


Corbin Carsrud is the Bernalillo County hydrogeologist, specializing in groundwater assessment, water well construction, and mapping. He holds a BS in geosciences from Texas Tech University and a MS from Sul Ross State University. Carsrud has worked across New Mexico and West Texas constructing municipal supply wells to modeling seepage in mining stockpiles. He is currently focused on identifying and raising awareness of water supply issues and spring flow changes within Bernalillo County.

**Where Does It All Go? Wastewater Treatment Tour** **196**  
*Jeff Tuttle*  
**Friday** **Oct 4** **9:30 - 11:30**  
**Fee: \$18**  **ABCWUA**



Take a walking tour of the Albuquerque Bernalillo County Water Utility Authority’s (ABQWUA) wastewater treatment plant where all of Albuquerque’s wastewater is treated. Follow the step-by-step path of water from the intake facility, through the treatment process until the cleaned water is emptied into the river. *The tour is not handicap accessible. Be prepared for walking and standing with steep stairs and uneven walkways. Long pants and closed-toed shoes are required. Hardhats provided.*

Jeff Tuttle is ABQWUA’s education coordinator. Tuttle previously worked as an elementary school teacher at Monte Vista elementary school in Albuquerque Public Schools.

**Raptors of New Mexico** **197**  
*Gail Garber*  
**Tuesday** **Oct 22** **12:30 - 2:00**  
**Fee: \$15**  **Oasis**


Live raptors! The golden eagle and sandhill crane in a life and death encounter; fledgling Cooper’s hawks and American crows forming a juvenile pack; Swainson’s hawks feasting on bats; burrowing owls and ferruginous hawks sharing the same prairie

dog towns: both predators but one also prey. Gail Garber shares real stories and life histories of some of the raptors that call New Mexico home. She brings several raptors, too!

Gail Garber, executive director of Hawks Aloft, has authored three books and published numerous articles. She began working with raptors in 1988 and assumed the directorship of Hawks Aloft when it originated in 1994. She thoroughly enjoys all aspects of Hawks Aloft: studying nesting raptors along the Rio Grande bosque, songbird surveys, and working with non-releasable education birds.

**Images from the New Horizon Spacecraft 198**

*Len Duda*


**Thursday Oct 24 10:00 - 11:30**  
**Fee: \$12**  **Oasis**

The New Horizons spacecraft flew by Pluto in July 2015, providing surprising images of Pluto and its moons. In January 2019, the spacecraft visited a brand-new object, 486958 Arrokoth (originally called Ultima Thule) in the Kuiper Belt giving a close-up view of this object. Len Duda shows images provided by the New Horizons spacecraft of these objects and others.

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.

**Record-Setting Weather & Climate 199**

*Deirdre Kann*

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


In a world where breaking records is regularly newsworthy, weather extremes are among those most keenly followed. Deirdre Kann starts with

records across New Mexico but expands the coverage to include world records. In addition to the actual extreme values, she discusses the difficulties of measuring weather as well as the organizations and procedures developed to “set the record straight.”

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 (NOAA) for 30 years, including 23 years as the Science & Operations Officer at the Albuquerque National Weather Service. Now retired, Deirdre enjoys public speaking and watching the world’s weather.

**How Water & Oxygen Define Our Planet Earth 200**

*Maya Elrick*

**Thursday Oct 31 12:30 - 2:00**  
**Fee: \$12**  **Oasis**

Liquid water and oxygen gas are essential for life on our planet and it is these essential substances that distinguish Earth from all other planetary bodies in our solar system. How and when did these precious substances accumulate on Earth? How do they influence everything from biologic evolution, ocean-atmosphere circulation, and plate tectonics, to colors of minerals? Let’s explore H<sub>2</sub>O and O<sub>2</sub>!

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.


*See also class #158 – Guided Tour of the National Museum of Nuclear Science & History*



**Penguins Plus Field Trip A 201**

Lane Kirkpatrick

**Monday Nov 18 9:30 - 12:00**

**Fee: \$20**  **Albuquerque Zoo**

**Penguins Plus Field Trip B 202**

Lane Kirkpatrick

**Wednesday Nov 20 9:30 - 12:00**

**Fee: \$20**  **Albuquerque Zoo**



Lane Kirkpatrick 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. Then learn about penguin adaptations, natural history, and the building they are housed in. The tour concludes with the Ernest Shackleton story. *Class fee includes zoo admission. This is a walking tour of approximately 1 mile. Be prepared to stand and walk for the duration of the tour. Limited enrollment.*

*See bio in class #191/192.*

**Copper: Geology & History, From Our Dawn to Today 203**

John Geissman

**Monday Nov 18 10:00 - 11:30**

**Fee: \$12**  **Oasis**

With its malleable character and high thermal and electrical conductivity, copper has played a major role in our existence on Earth. From a geologic perspective, significant concentrations of copper form via many processes in the Earth's crust. With


the ongoing transition to a green new world, copper will play a role far greater than it ever has in human history.

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

**Geoarchaeology & Cultural Landscapes of Petroglyph National Monument 204**

Leslie McFadden & Matt Schmader

**Wednesday Nov 20 12:30 - 2:00**

**Fee: \$12**  **Oasis**

Geology and archaeology intersect in this dynamic talk. Les McFadden sets the stage by describing the deep time of geologic events that produced the iconic features and landscape of the West Mesa and the Petroglyph National Monument area. Matt Schmader discusses how the geologic landscape dictated choices for site types and locations, dwellings in the river valley, and culture change over 10,000 years. Both talk about climate change and its effects in the past, present, and future.

Les McFadden is a professor emeritus in the UNM Earth & Planetary Sciences (E&PS) Department. He received an MS & PhD in geosciences from the University of Arizona and a BA in anthropology from Stanford. He served as chair of the E&PS Department. He has received the Kirk Bryan Award for Excellence.

Matt Schmader, PhD, has more than 40 years of field experience in southwestern archaeology. He has worked on sites of virtually every cultural time period, ranging from Paleo-Indian to Archaic campsites, from Spanish contact/colonial sites to the historic Red Light district in Albuquerque.

**Canine Communication:**

**Do You Speak Dog?**

**205**

*Adrienne Lommasson*

**Tuesday**

**Nov 26**

**10:00 - 11:30**

**Fee: \$12**

 **Oasis**



Have you ever wished that your dog could tell you what they are thinking? Join Adrienne Lommasson from Animal Humane New Mexico to learn how dogs communicate through their body language. She also discusses common behavior issues and their solutions to help bridge the language barrier between you and your dog.

Adrienne Lommasson is the shelter behavior manager at Animal Humane NM where she works with behaviorally challenged dogs and cats, as well as offering free advice through the behavior helpline on common behavior issues. Her nine years of animal sheltering experience includes work with multiple organizations, including the ASPCA, Austin Pets Alive, assisting and teaching training classes, and her daily work rehabilitating pets who are not ready for adoption.

**The Unity of Algebra & Geometry**

**206**

*David Metzler*

**Wednesday**

**Nov 27**

**12:30 - 2:00**

**Fee: \$12**

 **Oasis**

David Metzler takes a tour through the work of visionary 19th century thinkers who discovered

ways to encode geometry in abstract algebraic structures, giving more power to both subjects. He shows how the earliest exponents of these ideas were decades ahead of their time and only fully appreciated after their deaths. Metzler also looks at how their ideas have influenced modern physics and computer science.

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

**Fire & Ice: Iceland Geology ZOOM**

**207**

*Kirt Kempter*

**Thursday**

**Dec 5**

**10:00 - 11:30**

**Fee: \$12**

 **Zoom**

Iceland is a young landmass and a place known for dynamic geology. Explore the spectacular geology of Iceland on a virtual field trip led by Kirt Kempter. The recent eruption on th Reykjanes peninsula has signaled a new chapter in volcanic activity. He discusses the plate boundary between the North American and Eurasian plates, unusual volcanoes that form beneath glaciers, famous volcanoes, and historic eruptions. Learn why Iceland is a bucket list destination for all geologists.

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

**Wolves of North America ZOOM 208**

Daryl Ratajczak

**Friday Dec 6 10:00 - 11:30**

**Fee: \$12**  **Zoom**

Love them or hate them, wolves are an increasing presence on the North American landscape. Unfortunately, a great deal of misinformation surrounds this symbol of true wilderness. Find out why this iconic species is clouded in controversy and learn the basics of what makes wolves wild.

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

**Microplastics in Human Tissues & Our Health 209**

Marcus Garcia

**Wednesday Dec 11 10:00 - 11:30**

**Fee: \$12**  **Oasis**

The global spread of tiny plastic particles, known as micro- and nanoplastics (MNPs), is a big worry for human health. Concern has moved beyond our water bottles, as we are now getting MNPs from our food. We are also seeing MNPs in organs throughout the body. Marcus Garcia is working to improve how MNPs are measured within the body. Addressing the risks of MNPs is of the utmost importance to safeguarding human health and environmental integrity in the face of this emerging environmental threat.

Marcus Garcia, PharmD, is one of the UNM researchers at the cutting edge of research on microplastics and their presence in the human body. He received his bachelor's in biology from

New Mexico Highland University and received his Doctor of Pharmacy from UNM. He is an Academic Science Education & Research Training (ASERT) Postdoctoral Fellow, at the University of New Mexico College of Pharmacy.

**SOUTHWEST**

**Frank Hibben Historic Home Tour 210**

Doug Lutz

**Friday Sep 20 9:30 - 11:30**

**Fee: \$20**  **Hibben House**

Frank Hibben is an iconic figure in New Mexico history. Hibben was a famous, yet controversial, professor of archeology and anthropology at UNM. He also had a brilliant military career, performed spy work, and was one of the real-life individuals that became the basis for Indiana Jones. He was a big game hunter and his home displays 200+ trophy animals. The tour explores the home and lives of Frank and his wives. *Limited enrollment.*

Doug Lutz works for the City of Albuquerque Aviation Department, where he serves as tour guide. As a member of the Sunport's marketing department, he oversees its volunteer programs and community outreach activities. He and his brother, Dennis Lutz, have owned Hibben House since 2007.

**Brujeria: A History of Witchcraft in New Mexico 211**

Rob Martinez

**Monday Oct 28 10:00 - 11:30**


**Fee: \$12**  **Oasis**

The history of witchcraft in New Mexico is a fascinating subject that spans the Spanish colonial, Mexican, and US Territorial periods. In this presentation about brujería and hechicería, witchcraft and sorcery, Rob Martinez looks at actual case studies from historical documents that help to explain why, even in current times, such beliefs still persist in New Mexico.

Rob Martinez is the current state historian of New Mexico. He is a native New Mexican and a UNM graduate. Martinez earned an MA in Latin American history, was a research assistant for the Vargas Project, worked for the Sephardic Legacy Project, and has presented papers and lectures on his research for a variety of audiences.

**Slow Travel in New Mexico:  
A Transforming Experience** **212**

*Judith Fein & Paul Ross*

**Friday** **Oct 4** **12:30 - 2:00**  
**Fee: \$12**  **Oasis**

Award-winning journalists describe a slow approach to travel and photography. Slow travel is the secret to opening doors, meeting people, participating in surprising events, experiencing joy, and making each trip—no matter how long or short—deeper, richer, and an adventure that is uniquely yours. A different and transformative way to travel around the world and in your home town.

The couple, Judith Fein and Paul Ross are award-winning travel journalists who have contributed articles and photos to 130 different publications. Their book, *Slow Travel New Mexico: Unforgettable Experiences in the Land of Enchantment*, tells stories of crisscrossing New Mexico en route to amazing yet relatable experiences.

**Gutierrez-Hubbell House Tour** **213**

**Tuesday** **Oct 8** **11:00 - 12:00**  
**Fee: \$15**  **Gutierrez-Hubbell House**

Step back in time with a visit to the 5,700 square foot Territorial-style Gutierrez-Hubbell House located along the El Camino Real on ten acres of property in the South Valley. While touring, hear about the historical, cultural, and agricultural significance of this site that is listed on the National Register of Historic Places. Learn about the influences of the Spanish, Anglo and Native American cultures and traditions during the Territorial period. *Limited enrollment.*

David Ottaviano is the site manager of the Gutierrez-Hubbell House. He previously worked for the National Park Service as an interpretive park ranger for nine years. Ottaviano is an educator with a strong background in managing historic house museums.

**Ghost Towns On White Sands  
Missile Range** **214**

*Jim Eckles*

**Friday** **Oct 25** **12:30 - 2:00**  
**Fee: \$12**  **Oasis**

White Sands Missile Range (WSMR) has two ghost towns which were once home to hundreds: Estey City, a copper mining town, and Red Canyon Range Camp, a military training facility. There are only ruins now. Jim Eckles talks about the history of both towns and what led to their demise.

Jim Eckles worked for White Sands Missile Range for 30 years and has been a volunteer there since he retired in 2007. When he retired, Eckles became informally known as the “WSMR historian.” While at the range, he wrote and spoke extensively about the missile range mission and area history.

**Juan de Oñate - Planting the Seeds of  
Pueblo Fear, Hate, & Insurrection** **215**

*Jon Ghahate*

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

New Mexico has been and is a diverse spectrum of cultures, faiths, and languages that includes the Indigenous Pueblo peoples. Understanding their deep connection to ancestral lands predates Spanish colonial incursion. Don Juan de Oñate, often depicted as an adventurer or conqueror, made a lasting impact on the Pueblo peoples. While history paints him as a king’s emissary, Pueblo accounts depict him as a barbarian and a cruel, authoritarian zealot who inflicted trauma on the people. Being knowledgeable of these differing

perspectives sheds light on New Mexico’s complex history and the legitimate relevance of Pueblo narratives.

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 in Albuquerque. He has a diverse professional background which includes being a physician’s assistant, a high school math and science teacher, athletic coach, and associate producer for *Native America Calling*.

**Hidden Landscape Gems of New Mexico** **216**

*Lance Ozier*  
**Thursday** **Nov 7** **12:30 - 2:00**  
**Fee: \$12**  **Oasis**

In addition to its well-known landscapes such as White Sands, Shiprock, Ghost Ranch, El Malpais, Chaco Canyon, and others, New Mexico has many strange and intriguing areas that are off the beaten path. These are hidden gems that most people have never seen or visited. In this class, tour five of these areas virtually to see some of their amazing geological features and learn about their origins millions of years ago.

Lance Ozier is a retired career public broadcasting executive, and is passionate about photography, poetry, classical music, and the history of science. Ozier holds a BS in applied mathematics from Georgia Tech and an MA in English from the University of North Carolina at Chapel Hill.

*See also class #204 – Geoarchaeology & Cultural Landscapes of Petroglyph National Monument.*

**Southwest Detours** **217**


*Charles Seery*  
**Friday** **Nov 22** **12:30 - 2:00**  
**Fee: \$12**  **Oasis**

In 1925 the Harvey company collaborated with Pueblos in the southwest to establish “Indian Detours.” Passengers embarked from their hotels between the Grand Canyon to Santa Fe and rode in specialized cars through the wilderness panoramas of Northern New Mexico. The drivers and couriers who hosted these trips were trained for months in order to lead these tours. Hear the story of Charlie Seery who worked as an Indian Detour driver, as told by his son Charles.

Charles Seery Jr. was born in Belen, NM. As a civil engineer, he flourished in a career that led him around the world. In retirement, he has served as director of greeters for Texas Panhandle Heritage Foundation producer of TEXAS Outdoor Musical.

**TECHNOLOGY**

**Cybercrime Fighters: Phishing & Identity Theft** **218**

*Jean Starr*  
**Friday** **Oct 4** **10:00 - 11:30**  
**Fee: \$18**  **Oasis**

If you have email, use social media, or even text on your mobile device, you are a target for phishing. Phishing is an attempt to trick you into divulging personal confidential information a cybercriminal can use to steal money or even your identity. This course teaches you to recognize the hallmark signs of phishing and how to stay safer online. *Class fee includes course booklet. Limited enrollment.*

Jean Starr has over 20 years of experience providing instructional design, curriculum development, curriculum management, and

platform instruction incorporating adult learning theory and instructional systems design. Starr has developed and taught computer training courses for the Department of Defense as well as the Federal Law Enforcement Training Center.

*See also class #121 – Cyber Hygiene: How You Can Be Safer Online ZOOM*

## TRIPS & TRAVEL

**Rail Runner Trip to Santa Fe** **219**  
**Wednesday** **Sep 11** **9:00 - 2:30**  
**Fee: \$50** 📍 **Montaño Rail Runner**

Catch the Rail Runner train and head to Santa Fe for lunch. Get off the beaten path and enjoy some time on the rails. Enjoy the views from the top deck of one of the Rail Runner’s passenger cars. Dine at Tomasita’s in the historic Santa Fe railyard. Learn a little bit along the way, and return home the same day. Take in the beautiful scenic ride! *Lunch is included. Alcoholic beverages can be purchased separately.*

**Day Trip to Acoma Sky City** **220**  
**Wednesday** **Sep 25** **8:30 - 3:30**  
**Fee: \$115** 📍 **Day Trip**

Ride the charter bus from Oasis to Sky City Cultural Center and Haak’u Museum. Acoma is the oldest, continuously inhabited settlement in the United States and is still a living community. Tribal members lead a 90-minute guided walking tour of the Acoma Pueblo and the massive San Esteban del Rey Mission, sharing their history and culture along the way. Local artisans sell crafts during the tour. Visit the Acoma Haak’u Museum exhibits detailing the Acoma’s history and art. While there, enjoy a group lunch prepared by the Yaak’a Café. *Lunch is included. A list of cultural rules & etiquette reminders will be sent after registration.*

**Oasis/Collette Trip to Washington DC: Sales Presentation** **221**

*Will Wegner*  
**Thursday** **Sep 12** **3:00 - 4:00**  
**Fee: FREE** 🌿 **Oasis**



Collette’s local business development manager, 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.

Oasis has worked with Collette for many years to provide a variety of travel opportunities.

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

**Reminder: you can register at any time throughout the term, based on availability.**

## 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.**

### Fundamentals of Qigong 222

Marcia Pincus

**Tuesdays**      **Sep 17 - Oct 8**      **1:00 - 2:00**  
**Fee: \$36**      **4 sessions**      

Explore enhancing qi throughout the body using a simple movement called Circling Hands. Circling Hands consist of three types of circles that are performed in front of the body while standing in place. In addition, we explore Taoist Longevity Breathing. This technique is used to breathe into the various parts of the body to improve overall health. *Limited enrollment.*

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

### Yoga for Balance & Stability 223

Pamela Cook

**Fridays**      **Sep 20 & Sep 27**      **10:00 - 11:15**  
**Fee: \$20**      **2 sessions**      

Practicing better balance in yoga is important for anyone at any age, but it is essential for those over 60 when so many changes happen in our bodies. Join us as we work on building strength, stability, and balance during National Falls Prevention Awareness Month. Falls prevention must include all the elements of balancing: strength, flexibility, and

coordination. When we develop these skills, we also improve our agility in daily life. No experience required. *Bring a yoga mat; also bring yoga blocks and straps if you have them. Limited enrollment.*

Pamela Cook is a registered and licensed dietitian, 200-hour registered yoga teacher, integrative and functional nutrition certified practitioner, and wellness educator. She obtained additional training in chair yoga and SilverSneakers® Stability and Balance. Cook is an advocate for those wanting to improve their lives through movement, real food, and integrative health practices to thrive while aging.

### On the Move: Group Exercise for Improved Mobility in Older Adults® 224

Ilene Dunn


**Mon & Wed**      **Sep 23 - Dec 16**      **2:30 - 3:30**  
**Fee: FREE**      **24 sessions**      

Are you concerned that your walking is becoming unsteady? Are you beginning to shuffle? On the Move: Group Exercise for Improved Mobility in Older Adults® (OTM) is a group-based motor learning exercise program designed to improve walking in older adults. It specifically challenges the brain and nervous system to coordinate the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking. *If you attend at least 19 of the 24 sessions, you will receive a \$10 Oasis credit. No class on 11/27. 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®, SilverSneakers® programs, Enhance® Fitness, and On the Move®.

**Tai Chi for Arthritis & Fall Prevention, Part 1 225**

*Ilene Dunn*

**Tue & Thu**      **Sep 24 - Nov 14**      **11:00 - 12:00**  
**Fee: FREE**      **16 sessions**       **Oasis**

**Tai Chi for Arthritis & Fall Prevention, Part 1 ZOOM 226**

*Ilene Dunn*

**Tue & Thu**      **Sep 24 - Nov 14**      **11:00 - 12:00**  
**Fee: FREE**      **16 sessions**       **Zoom**

Are you interested in reducing joint pain and improving balance through gentle movement? Recommended by the Arthritis Foundation and the National Council on Aging, this evidence-based class has been shown to ease joint pain and improve balance. The program was developed by Dr. Paul Lam and experts from the Tai Chi for Health Institute. Movements are from Sun style tai chi. Basic principles of tai chi are incorporated to leave you feeling calm, relaxed, and well. *If you attend at least 12 of the 16 sessions, you will receive a \$10 Oasis credit. Limited enrollment.*

*See bio in class #224.*

**Tai Chi for Arthritis & Fall Prevention, Part 2 227**

*Ilene Dunn*

**Tues & Thu**      **Nov 19 - Dec 17**      **11:00 - 12:00**  
**Fee: \$56**      **8 sessions**       **Oasis**

**Tai Chi for Arthritis & Fall Prevention, Part 2 ZOOM 228**

*Ilene Dunn*

**Tues & Thu**      **Nov 19 - Dec 17**      **11:00 - 12:00**  
**Fee: \$56**      **8 sessions**       **Zoom**

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

practice, keep the qi flowing, and continue the health benefits. *Prerequisite: knowledge of the Tai Chi for Health Part 1 (a.k.a. Tai Chi for Arthritis for Fall Prevention) basic forms. No class on 11/28. Limited enrollment.*

*See bio in class #224.*

**Yoga for Hands & Wrists 229**

*Gloria Drayer*

**Thursday**      **Sep 26**      **9:00 - 10:15**  
**Fee: \$12**       **Oasis**

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*.

**Tai Ji Quan: Moving for Better Balance® 230**

*Cindy Russell*

**Mon & Wed**      **Sep 30 - Nov 20**      **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.*

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.

**Get Up, Get Down: Functional Moves for Falls Risk Reduction 231**

Athena Valerio-Hirschfeld

Wed/Fri/Wed Oct 2, 4, 9 10:00 - 11:00  
 Fee: \$30 3 sessions Oasis



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

See bio in class #138.

**Tai Chi Chih: Joy Through Movement 232**

Ellen Tatge

Thursdays Oct 17 - Nov 21 9:00 - 10:00  
 Fee: \$60 6 sessions Oasis

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

Ellen Tatge is known for her kind and gentle teaching of this life-enhancing practice. A former high school teacher and then a corporate trainer, she is a certified instructor and has been practicing and teaching Tai Chi Chih for more than 25 years.

**New Mexico Folk Dance (Bailes de Salon) 233**

Lucy Salazar

Thursdays Oct 17 - Nov 7 1:00 - 2:00  
 Fee: \$32 4 sessions Oasis

Join Lucy Salazar to learn the basics of New Mexican folk dances. Salazar presents La Varsoviana, La Camila, Valse de Los Panos, Valse de la Escoba, El Talean, La Cun and other traditional dances. Put your dance skills in action and register for class #173, Trio Tornado Performance. *No experience required; please wear comfortable clothing and close-toed shoes. Limited enrollment.*


Lucy Salazar is a dance instructor with NM Arts Division, National Hispanic Cultural Center, International Museum of Folk Art, and the Asociacion Nacional de Grupo Folkloricos, as well as private Ballet Folklorico dance companies in California, Colorado, and New Mexico. Lucy has presented these dances through the Artist in

the Schools Program New Mexico Arts Division, the National Hispanic Cultural Center, and the International Museum of Folk Art in Santa Fe.

*See also class #173 – Trio Tornado Performance.*

**Functional Conditioning:  
Strength, Balance, & Flexibility A 234**

*Ilene Dunn*

**Tue & Thu**      **Nov 12 - Nov 21**      **1:00 - 2:00**  
**Fee: \$32**              **4 sessions**              

**Functional Conditioning:  
Strength, Balance, & Flexibility B 235**

*Ilene Dunn*

**Tue & Thu**      **Dec 3 - Dec 12**      **1:00 - 2:00**  
**Fee: \$32**              **4 sessions**              

Back by popular demand! Strength, flexibility, balance, and endurance are the four types of exercise identified as critical for aging well by the National Council on Aging's *Go4Life*®. 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.

**Yoga for Happy Feet 236**

*Gloria Drayer*

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



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

*See bio in class #229.*

**Yoga for Navigating Chronic Illness 237**

*Gloria Drayer*

**Wednesday**      **Nov 20**      **10:00 - 11:15**  
**Fee: \$12**              

Yoga can help with many aspects of living with a chronic condition, from coping with anxiety and fatigue to promoting immune function. Practice gentle chair yoga, along with meditation and breathing techniques. Trying something new with chronic illness might seem hard to imagine; however this class will not overwhelm or be hard on your body. *No experience or mat needed; modifications to poses provided as needed. Limited enrollment.*


*See bio in class #229.*

## 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.**


### Walking Albuquerque-Mondays 238

Don Potter

**Mondays**      **Sep 16 - Oct 21**      **8:30 - 10:00**  
**Fee: \$20**      **6 sessions**       **Walks**

### Walking Albuquerque-Wednesdays 239

Don Potter


**Wednesdays**      **Sep 18 - Oct 23**      **8:30 - 10:00**  
**Fee: \$20**      **6 sessions**       **Walks**

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

Don Potter is the walk group coordinator. He has previously been both a participant and a walk leader. He is joined by a group of enthusiastic walk leaders who lead the group on some of their favorite walks around town.

### Elena Gallegos Foothills Hike 240

Richard & Colleen Shackley

**Tuesday**      **Oct 1**      **8:30 - 11:00**  
**Fee: \$18**       **Elena Gallegos Open Space**  
**Cottonwood Springs Trail**

Join Open Space nature guides and trail stewards Richard and Colleen Shackley on an adventure into

one of the gems of Albuquerque's Open Space: The Elena Gallegos Open Space. Along the way learn about the history, geology, flora and fauna, and all of the things Albuquerque's Open Spaces have to offer. Come experience the serenity of the Foothills this fall. *This is a moderately strenuous hike of approximately 1.5 miles on uneven trails. Park entrance fee of \$1. Limited enrollment.*

Richard Shackley has been a City of Albuquerque Open Space trail watch volunteer since 2014. Both he and his wife Colleen are Open Space Trail Watch volunteers, nature guides and trail stewards. They have led inquisitive guests into the Rio Grande Bosque since 2017 and have led adventures throughout the Elena Gallegos Open Space since 2020.

### San Antonito Open Space Hike 241

Bill Pentler

**Tuesday**      **Oct 15**      **9:00 - 11:30**  
**Fee: \$18**       **San Antonito Open Space**

San Antonito Open Space was one of the first properties set aside by the City of Albuquerque for the enjoyment of nature. Join Bill Pentler for a mildly strenuous -- but mostly level -- hike at an elevation of approximately 7,000 feet through a piñon-juniper landscape at one of Open Space's outlying East Mountain properties. This rugged area is home to fox, deer, eagles, and more. *No restrooms. 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. He has led hikes for Oasis for years.

**Biking Tour: Fall Colors in the Bosque 242**

Lance Chilton

**Friday Nov 1 9:00 - 11:30****Fee: \$20** 📍 **National Hispanic Cultural Center**

Looking for company or a safe route for a bicycle ride? Join Lance Chilton on a ride from the National Hispanic Cultural Center to the Rio Grande Nature Center State Park (RGNCSP) and back. This ride is approximately 11 miles round trip on mostly level, paved terrain. Ride at a leisurely pace observing the bosque along the way. There is time at the RGNCSP to have water and a snack and tour the area before returning as a group to the starting point. We highly encourage you to check your bike or have it checked before the ride. *Wearing a biking helmet during the ride is required. Please bring a bike lock. Restrooms available. Limited enrollment.*

Lance Chilton, MD, is a life-long bicyclist. He developed many of the biking maps/routes you will find for Albuquerque, including those on the city's website. Now retired from a career in pediatrics, you will find him biking the city, particularly the areas along the bosque, daily.

*See also class #179 – Making Your Bike Run Better Than Ever!*

**Sandhill Crane Accessible Walk 243**

Bill Pentler

**Friday Nov 15 10:00 - 12:00****Fee: \$18** 📍 **Los Poblanos Open Space**

Every autumn, sandhill cranes migrate back to the areas along the Rio Grande, looking for prime landing fields like Los Poblanos Open Space. Standing four to five feet tall, these stately red-capped birds are a delight to see. Bill Pentler leads the walk. *Wear layered clothing for unpredictable fall weather and bring your binoculars. The walk is a leisurely 1.5 mile stroll on flat ground, although slightly rough in places. Limited enrollment.*

*See bio in class #241.*

**The Best-Kept-Secret: Crane Hike A 244**

David Ryan

**Thursday Nov 21 9:30 - 11:30****Fee: \$18** 📍 **National Hispanic Cultural Center****The Best-Kept-Secret: Crane Hike B 245**

David Ryan

**Tuesday Dec 3 9:30 - 11:30****Fee: \$18** 📍 **National Hispanic Cultural Center**

Back by popular demand! The largest concentration of cranes near Albuquerque is in an unkempt section of the Bosque south of the National Hispanic Cultural Center. Join David Ryan as he takes us through this relatively unknown area. We hope to see hundreds of cranes, Canada geese, and hopefully porcupines. We pass the “Glass Garden” where you might find pieces of glass from the 1920s, 30s, and 40s. *This hike is approximately 2 miles long, over rough, uneven terrain. Moderate hike. No restrooms available. Limited enrollment.*

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

## SPONSORED CLASSES

### NEIGHBORHOOD IN RIO RANCHO AND LA VIDA LLENA SPONSORED CLASSES

Oasis members must pre-register and pay the \$6 class fee. There is NO charge for Neighborhood in Rio Rancho or La Vida Llena 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.

#### NIRR Meditation: A Transforming Practice in a Turbulent Time **246**

Rennie Maguire

**Tuesday**      **Sep 10**      **3:00 - 4:30**  
**Fee: \$6**       **Neighborhood in Rio Rancho**

Meditation is an invaluable practice to help you flow through the confusion and chaos of our times. In this workshop, you learn meditation postures, how to regulate your breath and calm your mind, while expanding your awareness. You learn to observe your thoughts and feelings, letting them go, in the silence. Regular practice helps you release stress and cultivate a sense of harmony and peace.

*See bio in class #147.*

#### NIRR The Science in Science Fiction **247**

Len Duda

**Monday**      **Oct 14**      **3:00 - 4:30**  
**Fee: \$6**       **Neighborhood in Rio Rancho**

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 others.

*See bio in class #198.*

#### NIRR Are You Plant-Based Diet Curious? **248**

Renee Euler

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

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

*See bio in class #127.*

#### NIRR Exploring New Mexico's Special Places **249**

David Ryan

**Monday**      **Dec 9**      **3:00 - 4:30**  
**Fee: \$6**       **Neighborhood in Rio Rancho**

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 compelling or important enough to warrant a trip across the country, or even across the ocean, to check out. In this class, David Ryan takes us to these gold star locations that make New Mexico so special.

*See bio in class #244.*

**LVL Gut Instinct: Understanding the Gut-Brain Connection 250**

*Renee Euler*


**Thursday Sep 19 3:00 - 4:30**  
**Fee: \$6**  **La Vida Llena**

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 #127.*

**LVL It’s Weather Jeopardy, and The category Is Weird Weather Words 251**

*Deirdre Kann*


**Thursday Oct 17 3:00 - 4:30**  
**Fee: \$6**  **La Vida Llena**

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.

*See bio in class #199.*

**LVL The Texan Pirates are Coming! 252**

*Robert Torrez*

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


History books tell us little about the Texas-Santa Fe Expedition of 1841 from the New Mexican viewpoint. This presentation reviews what our own Mexican archives tell us about this important element of our history, early rumors of

a Texan invasion, the internal conflicts regarding suspected local Texas sympathies and the Mexican government’s orders to treat the Texans as pirates. Governor Manuel Armijo’s capture of the Texans provided a great lift for the morale of the Mexican Republic.

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

**LVL Exploring World Music: Jamaica 253**

*Frank Leto*

**Thursday Dec 19 3:00 - 4:30**  
**Fee: \$6**  **La Vida Llena**

Learn to appreciate world music with Frank Leto. This class on Jamaica’s music will also focus on the roots of reggae music, musical styles, artists and history. Leto shares his passion for music through lecture, live demonstration, and listening. Need an escape? The music of Bob Marley, Bunny Wailer, Peter Tosh, and others will transport you to Jamaica.

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.

## 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.

Janet Simon, Doctor of Podiatric Medicine, MEd, is executive director of the New Mexico Podiatric Medical Association and is a board-certified podiatric physician in Albuquerque with New Mexico Foot & Ankle Institute. She has more

than 30 years of experience in clinical practice and serves as senior advisor to the Public Health Committees of the American Podiatric Medical Association and the American Public Health Association.

**Funded in part by SCAN Health Plan New Mexico. One of the nation's largest not-for-profit Medicare Advantage plans, SCAN is dedicated to keeping seniors healthy and independent. Also funded in part by an in-kind donation from Dr. Janet Simon.**

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

<b>Foot Care Clinic 1</b>		<b>254</b>
Wednesday	Sep 11	9:00 - 12:00
<b>Foot Care Clinic 2</b>		<b>255</b>
Friday	Oct 4	1:00 - 4:00
<b>Foot Care Clinic 3</b>		<b>256</b>
Friday	Oct 18	1:00 - 4:00
<b>Foot Care Clinic 4</b>		<b>257</b>
Friday	Nov 1	9:00 - 12:00
<b>Foot Care Clinic 5</b>		<b>258</b>
Wednesday	Nov 27	9:00 - 12:00
<b>Foot Care Clinic 6</b>		<b>259</b>
Wednesday	Dec 11	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.

### **Albuquerque Bernalillo County Water Utility Authority (ABCWUA)**

Located at 4201 Second Street SW, Albuquerque. Take I-25 South and exit 220 for Rio Bravo. Head west on Rio Bravo. From Rio Bravo and 2nd, go south on 2nd Street about 1/3 mile. Turn right at the first entrance south of Rio Bravo, labeled “Reclamation Road.” Stop at the guard shack. Continue on the same road, choosing right turns at every intersection, which are also marked by blue arrows, until you get to the northwest corner of the property to the “WaterEd” building, marked by a sign made of pallets.

### **Albuquerque Museum**

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

### **Albuquerque Zoo**

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

### **ARCA Greenhouse**

Located at 181 E La Entrada in Corrales. From Corrales Road, turn east onto La Entrada and drive one block.

### **BARCO Recycling**

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

### **Carlito Springs**

Located at 82 Carlito Springs Rd, Tijeras. Going east on I-40, take exit 175 towards Tijeras. Turn right on NM 333 and go about half mile to Carlito Springs Rd. Turn right and go under I-40. Turn right and go to the 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.

### **Elena Gallegos Open Space – Cottonwood Springs**

Travel east from the corner of Tramway and Simms Park Road (just north of the traffic

signal at Tramway and Academy) to the Open Space Information Center. After paying the \$1/ car entry fee, ignore the signs suggesting that you turn right. Instead turn left (north) around the back of the Information Center and follow the road to the parking lot. Do not leave valuables in your vehicle.

### **Gutierrez-Hubbell House**

Located at 6029 Isleta Blvd SW, Albuquerque. Exit off I-25 at Rio Bravo and turn south on Isleta Blvd SW (NM 314). Hubbell House is just south of Don Felipe Road SW.

### **Hibben Historic House**

Located at 3005 Campus Blvd, near UNM. Specific parking instructions will be sent to you prior to tour.

### **Jaramillo Vineyard**

From I-25 South, take first Belen exit 195. Go about 1-mile, take a sharp left onto Andre Sanchez Road (it has a brown historical marker right before it). Follow road as it curves around, at red stop sign, Rasband Dairy is to your left; stop, and then drive



straight forward onto private gravel road. Follow it to the top, passing a white house. The winery is right next to the house. Directions to the tasting room will be provided at the vineyard.

**Kei & Molly Textiles**

Located at 4400 Silver SE, Suite A, Albuquerque. On the corner of Washington SE and Silver SE. Park in studio parking lot or on Silver. 505-268-4400

**KOAT -TV**

Located at 3801 Carlisle Blvd NE, Albuquerque.

**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 del Oro Rd NE. La Vida Llena will be on your left.

**Los Poblanos Open Space**

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

**Meltdown Studio**

Located at 901 Rio Grande Blvd NW, Suite E130, Albuquerque. It is behind D H Lescombes Winery & Bistro (formerly St. Clair Winery & Bistro) on Rio Grande.

**Montañño Rail Runner Station**

Located at 130 Montañño Rd NW, Albuquerque. Do not leave valuables in your vehicle.

**National Hispanic Cultural Center**

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

**Neighborhood in Rio Rancho**

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

**Museum of Nuclear Science**

Located at 601 Eubank Blvd SE, Albuquerque.

**Rio Grande Nature Center State Park**

Located at 2901 Candelaria Road NW, Albuquerque. Entrance fee to State Park is \$3/vehicle or State Park pass.

**Road Runner Food Bank**

Located at 5840 Office Blvd NE, Albuquerque.

**Rudolpho Anaya Library**

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

**San Antonito Open Space**

From Albuquerque, take I-40 east, and exit at Highway 14 (Exit 175). Take Highway 14 north for about 4.5 miles. Turn right onto Ridge Drive. Follow the pavement, take the 2nd right onto Sycamore Drive. Turn left at the "T" intersection onto Juniper Hill Loop. Take first right onto Pinon Trail. There is no parking lot, but a few cars can park on the north side of Pinon Trail. Please respect the neighbors' property when parking.

**Sprouts Farmers Market**

Located at 5112 Lomas Blvd NE, Albuquerque.

# OASIS GIFT CARD



## ***Share your love of Oasis by introducing a friend.***

**Gift cards make a great gift anytime and it's easy!**

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.



**Many thanks to  
our dedicated  
volunteers.  
We appreciate you  
and everything you  
do for Oasis.**

# Oasis Travel Opportunities in 2025



## **Washington, DC**

Visit: US Capital Building Tour, Washington National Cathedral, Arlington National Cemetery, Old Town Alexandria, Mount Vernon, and Smithsonian Institution.

For itinerary details and reservation information call Oasis at 505-884-4529

**Trip is scheduled for April 10-15, 2025. Reservations accepted until October 3, 2024.**

## **Hawaii**

Visit: Waikiki Beach, Pearl Harbor, the USS Arizona Memorial, Iolani Palace; Hawai'i Volcanoes National Park, Polynesian luau, Kona, and Iao Valley.

For itinerary details and reservation information call Oasis at 505-884-4529.

**Trip is scheduled for September 21-30, 2025. Reservations accepted until March 21, 2025.**



Oasis Albuquerque  
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the following foundations  
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**20** specialties including cardiology and rheumatology



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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](http://NeighborhoodRioRancho.com/oasis) or [LaVidaLlena.com/oasis](http://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	
2		3		4		5		6	
	ZM=Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, September 4 at 10:00am and continues throughout the term.								
9	124 KOAT Tour* 10:30-12:30 Tutor Training (pre-registration required)	10	166 Singing the Show Tunes 10:15-11:45 162 Austin Book Group 1:30-3:00 246 NIRP Meditation* 3:00-4:30	11	254 Foot Care Clinic 1 9:00-12:00 219 Rail Runner to Santa Fe* 9:00-2:30	12	221 Oasis/Collette Washington DC 3:00-4:00	13	149 Origins of Wine 10:00-11:30 101 Spinner Ring* 10:00-2:00 150 History of Italian Cuisine 1:00-2:30
16	238 Walking ABQ-Mondays* 8:30-10:00 116 Current Affairs Group ZM 9:15-10:45 191 Asia Exhibit Tour A* 9:30-12:00 184 Elder Abuse & the Bible 2:30-4:00	17	176 Gathering Family Stories 10:00-11:30 166 Singing the Show Tunes 10:15-11:45 163 Summit Book Group 11:00-12:30 222 Qigong 1:00-2:00 164 Holmes Book Group ZM 1:00-2:30 133 Weight Loss Medications 2:30-4:00	18	239 Walking ABQ-Wednesdays* 8:30-10:00 192 Asia Exhibit Tour B* 9:30-12:00 134 Aging Mastery Program© 10:00-12:00 165 West Mesa Book Group* 2:30-4:00 177 Holy Listening 2:30-4:00	19	185 Christian East 10:00-11:30 102 Pastels A: Treats 12:30-3:30 250 LVL Gut-Brain Connection* 3:00-4:30	20	210 Hibben Home Tour* 9:30-11:30 223 Yoga for Balance 10:00-11:15 170 Sing Along: Banjos Etc. 2:00-3:00
23	238 Walking ABQ-Mondays* 8:30-10:00 193 Us vs Them 12:30-2:30 102 Pastels A: Treats 12:30-3:30 224 On the Move 2:30-3:30	24	176 Gathering Family Stories 10:00-11:30 166 Singing the Show Tunes 10:15-11:45 225 Tai Chi Arthritis 1 11:00-12:00 226 Tai Chi Arthritis 1 ZM 11:00-12:00 222 Qigong 1:00-2:00 136 Understanding Balance 2:30-4:00	25	239 Walking ABQ-Wednesdays* 8:30-10:00 220 Acoma Day Trip* 8:30-3:30 137 PT's Take on Balance 10:00-11:30 134 Aging Mastery Program© 10:00-12:00 186 Death Beliefs 12:30-2:00 224 On the Move 2:30-3:30	26	229 Yoga: Hands & Wrists 9:00-10:15 117 Fact, Fiction, & Fall Elections 10:00-11:30 225 Tai Chi Arthritis 1 11:00-12:00 226 Tai Chi Arthritis 1 ZM 11:00-12:00 153 Celtic Women 12:30-2:00 138 Help Me Understand 911 2:30-4:00	27	223 Yoga for Balance 10:00-11:15 194 Bosque Walk: Invasive Species* 10:00-12:00
30	238 Walking ABQ-Mondays* 8:30-10:00 116 Current Affairs Group ZM 9:15-10:45 152 Pike & Shot 10:00-11:30 193 Us vs Them 12:30-2:30 230 Tai Ji Quan for Balance 1:00-2:00 127 Cooking Demo: Lower BP 1:30-3:30 224 On the Move 2:30-3:30								

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 240 Foothills Hike* 176 Gathering Family Stories 166 Singing the Show Tunes 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM 139 Alcohol & the Brain 222 Qigong	<b>2</b> 239 Walking ABQ-Wednesdays* 231 Get Up, Get Down 104 Silk Road Art Unveiled 134 Aging Mastery Program® 230 Tai Ji Quan for Balance 224 On the Move	<b>3</b> 195 Carillo Springs Hydrology Walk* 128 Charcuterie Demo 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM	<b>4</b> 196 Wastewater Treatment Tour* 231 Get Up, Get Down 218 Phishing & ID Theft 212 Slow Travel NM 255 Foot Care Clinic 2	9:30-11:30 10:00-11:00 10:00-11:30 11:00-12:00 11:00-12:00
<b>7</b> 238 Walking ABQ-Mondays* 154 Word vs Image 230 Tai Ji Quan for Balance 224 On the Move	<b>8</b> 166 Singing the Show Tunes 213 Gutierrez-Hubbell House Tour* 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM 222 Qigong 162 Austin Book Group	<b>9</b> 239 Walking ABQ-Wednesdays* 231 Get Up, Get Down 140 Concierge Medicine 134 Aging Mastery Program® 230 Tai Ji Quan for Balance 141 Caregiver Tools ZM 224 On the Move	<b>10</b> 187 Spinoza's Philosophy 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM 167 Folk & Classical Music	<b>11</b> 105 Mosaics: Basics & Beyond 155 Iceland's Vikings 171 Jazz to Go
<b>14</b> 238 Walking ABQ-Mondays* 105 Mosaics: Basics & Beyond 116 Current Affairs Group ZM 230 Tai Ji Quan for Balance 224 On the Move 142 Improving Bowel Habits 247 NIRR Science in Science Fiction*	<b>15</b> 241 San Antonio Hike* 166 Singing the Show Tunes 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM 163 Summit Book Group 164 Holmes Book Group ZM	<b>16</b> 239 Walking ABQ-Wednesdays* 134 Aging Mastery Program® 125 Great Films 1939 ZM 230 Tai Ji Quan for Balance 141 Caregiver Tools ZM 224 On the Move 165 West Mesa Book Group*	<b>17</b> 232 Tai Chi Chih 143 Osteoporosis 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM 233 NM Folk Dance 251 LVL Weird Weather Words*	<b>18</b> 129 Foot Bank Tour* 256 Foot Care Clinic 3 Tutor Training (pre-registration required)
<b>21</b> 238 Walking ABQ-Mondays* 130 Jaramillo Tour & Tasting* 169 Theater Appreciation 230 Tai Ji Quan for Balance 224 On the Move	<b>22</b> 106 Kei & Molly Tour* 144 Matter of Balance 166 Singing the Show Tunes 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM 197 NM Raptors	<b>23</b> 239 Walking ABQ-Wednesdays* 156 Roger Williams 134 Aging Mastery Program® 230 Tai Ji Quan for Balance 141 Caregiver Tools ZM 178 Conscious Living/Dyeing Workshop 224 On the Move	<b>24</b> 232 Tai Chi Chih 198 New Horizons 144 Matter of Balance 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM 233 NM Folk Dance	<b>25</b> 107 Upcycled Crafts 214 White Sands: Ghost Towns 179 Bike Mechanics & Maintenance 172 Live Theater
<b>28</b> 116 Current Affairs Group ZM 211 Witchcraft in NM 230 Tai Ji Quan for Balance 224 On the Move	<b>29</b> 131 Sprouts Market Tour A* 144 Matter of Balance 166 Singing the Show Tunes 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM 118 Upcoming Supreme Court 119 Upcoming Supreme Court ZM	<b>30</b> 199 Record-Setting Weather 134 Aging Mastery Program® 230 Tai Ji Quan for Balance 141 Caregiver Tools ZM 178 Conscious Living/Dyeing Workshop 224 On the Move	<b>31</b> 232 Tai Chi Chih 120 Generation to Generation 144 Matter of Balance 225 Tai Chi Arthritis 1 226 Tai Chi Arthritis 1 ZM 200 Water & Oxygen Define Earth 233 NM Folk Dance	9:30-11:30 10:00-11:30 10:00-12:00 11:00-12:00 11:00-12:00 1:00-2:00 2:30-3:30

ZM=Livestream via Zoom  
 \*Off-Site Class. Please see the Off-site location directions on pages 48-49.

Registration opens  
 Wednesday, September 4  
 at 10:00am and continues  
 throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>ZM=Livestream via Zoom</p> <p>*Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, September 4 at 10:00am and continues throughout the term.</p>								<p><b>1</b></p> <p>242 Bluke Tour: Fall Colors* 9:00-11:30</p> <p>257 Foot Care Clinic 4 9:00-12:00</p> <p>121 Cyber Hygiene ZM 10:00-11:30</p> <p>108 ABQ Museum Tour* 10:30-11:30</p> <p>215 Juan de Oñate 12:30-2:00</p> <p>109 Lino-cut Card Workshop 12:30-3:30</p>	
<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>	
<p>145 Wellness Wheel 10:00-11:30</p> <p>157 London &amp; Paris 10:00-11:30</p> <p>109 Lino-cut Card Workshop 12:30-3:30</p> <p>230 Tai Ji Quan for Balance 1:00-2:00</p> <p>224 On the Move 2:30-3:30</p>	<p>144 Matter of Balance 10:00-12:00</p> <p>166 Singing the Show Tunes 10:15-11:45</p> <p>225 Tai Chi Arthritis 1 11:00-12:00</p> <p>226 Tai Chi Arthritis 1 ZM 11:00-12:00</p> <p>146 Brain Builders 12:30-2:00</p>	<p>113 Medicare 10:00-11:30</p> <p>134 Aging Mastery Program® 10:00-12:00</p> <p>230 Tai Ji Quan for Balance 1:00-2:00</p> <p>141 Caregiver Tools ZM 1:00-2:30</p> <p>178 Conscious Living/Dying Workshop 1:00-2:30</p> <p>224 On the Move 2:30-3:30</p> <p>188 Socrates' Philosophy 2:30-4:00</p>	<p>232 Tai Chi Chih 9:00-10:00</p> <p>147 Meditation 10:00-11:30</p> <p>144 Matter of Balance 10:00-12:00</p> <p>225 Tai Chi Arthritis 1 11:00-12:00</p> <p>226 Tai Chi Arthritis 1 ZM 11:00-12:00</p> <p>216 NM Hidden Landscapes 12:30-2:00</p> <p>233 NM Folk Dance 1:00-2:00</p>	<p>189 Jurgen Moltmann 10:00-11:30</p> <p>110 Mixed Media Collage 10:00-12:00</p> <p>173 Trio Tornado 2:00-3:30</p>					
<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>	
<p>116 Current Affairs Group ZM 9:15-10:45</p> <p>157 London &amp; Paris 10:00-11:30</p> <p>110 Mixed Media Collage 10:00-12:00</p> <p>230 Tai Ji Quan for Balance 1:00-2:00</p> <p>224 On the Move 2:30-3:30</p> <p>248 NIRR Plant-Based Eating* 3:00-4:30</p>	<p>144 Matter of Balance 10:00-12:00</p> <p>158 Nuclear Museum Tour* 10:00-12:00</p> <p>166 Singing the Show Tunes 10:15-11:45</p> <p>225 Tai Chi Arthritis 1 11:00-12:00</p> <p>226 Tai Chi Arthritis 1 ZM 11:00-12:00</p> <p>234 Functional Conditioning A 1:00-2:00</p> <p>162 Austin Book Group 1:30-3:00</p>	<p>159 Poland &amp; the Holocaust 10:00-11:30</p> <p>236 Yoga for Feet 10:00-11:30</p> <p>134 Aging Mastery Program® 10:00-12:00</p> <p>122 ARCA Greenhouse Tour* 10:30-12:00</p> <p>160 Leonardo da Vinci 12:30-2:00</p> <p>230 Tai Ji Quan for Balance 1:00-2:00</p> <p>141 Caregiver Tools ZM 1:00-2:30</p> <p>224 On the Move 2:30-3:30</p>	<p>114 Recycling Tour A* 9:00-10:00</p> <p>232 Tai Chi Chih 9:00-10:00</p> <p>147 Meditation 10:00-11:30</p> <p>144 Matter of Balance 10:00-12:00</p> <p>225 Tai Chi Arthritis 1 11:00-12:00</p> <p>226 Tai Chi Arthritis 1 ZM 11:00-12:00</p> <p>115 Recycling Tour B* 1:00-2:00</p> <p>234 Functional Conditioning A 1:00-2:00</p>	<p>126 Divide in Concord: Film 10:00-11:30</p> <p>243 Sandhill Crane Accessible Walk* 10:00-12:00</p> <p>111 Mosaics: Coaster Gifts 12:00-4:00</p> <p>174 ABQ Accordion Club 2:00-3:30</p>					
<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>	
<p>201 Penguins Plus Tour A* 9:30-12:00</p> <p>203 Copper: Dawn to Today 10:00-11:30</p> <p>111 Mosaics: Coaster Gifts 12:00-2:00</p> <p>230 Tai Ji Quan for Balance 1:00-2:00</p> <p>224 On the Move 2:30-3:30</p>	<p>166 Singing the Show Tunes 10:15-11:45</p> <p>227 Tai Chi Arthritis 2 11:00-12:00</p> <p>228 Tai Chi Arthritis 2 ZM 11:00-12:00</p> <p>163 Summit Book Group 11:00-12:30</p> <p>234 Functional Conditioning A 1:00-2:00</p> <p>164 Holmes Book Group ZM 1:00-2:30</p>	<p>202 Penguins Plus Tour B* 9:30-12:00</p> <p>237 Yoga for Chronic Illness 10:00-11:15</p> <p>134 Aging Mastery Program® 10:00-12:00</p> <p>204 Petroglyph Nat'l Monument 12:30-2:00</p> <p>230 Tai Ji Quan for Balance 1:00-2:00</p> <p>224 On the Move 2:30-3:30</p> <p>165 West Mesa Book Group* 2:30-4:00</p>	<p>232 Tai Chi Chih 9:00-10:00</p> <p>244 Sandhill Crane Hike A* 9:30-11:30</p> <p>227 Tai Chi Arthritis 2 11:00-12:00</p> <p>228 Tai Chi Arthritis 2 ZM 11:00-12:00</p> <p>180 Trivia A 12:30-2:00</p> <p>234 Functional Conditioning A 1:00-2:00</p> <p>252 LVL The Texan Pirates* 3:00-4:30</p>	<p>181 Trivia B 10:00-11:30</p> <p>217 Southwest Detours 12:30-2:00</p>					
<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>	
<p>116 Current Affairs Group ZM 9:15-10:45</p> <p>190 Theology of Hope 10:00-11:30</p> <p>224 On the Move 2:30-3:30</p> <p>182 Chronic Illness: Finding Hope 2:30-4:00</p>	<p>205 Canine Communication 10:00-11:30</p> <p>166 Singing the Show Tunes* TBD</p> <p>227 Tai Chi Arthritis 2 11:00-12:00</p> <p>228 Tai Chi Arthritis 2 ZM 11:00-12:00</p>	<p>258 Foot Care Clinic 5 9:00-12:00</p> <p>161 WWII German Weapons 10:00-11:30</p> <p>206 Unity of Algebra &amp; Geometry 12:30-2:00</p>	<p>Office Closed</p>	<p>Office Closed</p>					



Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b>	224 On the Move 2:30-3:30	<b>3</b>	103 Pastels B: Treats 9:00-12:00 245 Sandhill Crane Hike B* 9:30-11:30 166 Singing the Show Tunes* TBD 227 Tai Chi Arthritis 2 11:00-12:00 228 Tai Chi Arthritis 2 ZM 11:00-12:00 148 Arthritis Pain Management 12:30-2:00 235 Functional Conditioning B 1:00-2:00	<b>4</b>	103 Pastels B: Treats 9:00-12:00 224 On the Move 2:30-3:30	<b>5</b>	112 Holiday Quilling 9:00-1:00 207 Iceland Geology ZM 10:00-11:30 227 Tai Chi Arthritis 2 11:00-12:00 228 Tai Chi Arthritis 2 ZM 11:00-12:00 235 Functional Conditioning B 1:00-2:00 168 Holiday Sing Along 2:00-3:00	<b>6</b>	208 Wolves ZM 10:00-11:30
<b>9</b>	183 Resolutions vs Intentions 9:00-11:30 224 On the Move 2:30-3:30 249 NIPRR NM's Special Places* 3:00-4:30	<b>10</b>	132 Sprouts Market Tour B* 9:30-11:00 123 Global Economic Trends 10:00-11:30 166 Singing the Show Tunes* TBD 227 Tai Chi Arthritis 2 11:00-12:00 228 Tai Chi Arthritis 2 ZM 11:00-12:00 148 Arthritis Pain Management 12:30-2:00 235 Functional Conditioning B 1:00-2:00 162 Austin Book Group 1:30-3:00	<b>11</b>	259 Foot Care Clinic 6 9:00-12:00 209 Microplastics & Health 10:00-11:30 224 On the Move 2:30-3:30	<b>12</b>	227 Tai Chi Arthritis 2 11:00-12:00 228 Tai Chi Arthritis 2 ZM 11:00-12:00 235 Functional Conditioning B 1:00-2:00	<b>13</b>	175 Oasis Entertainers 2:00-3:00
<b>16</b>	224 On the Move 2:30-3:30	<b>17</b>	227 Tai Chi Arthritis 2 11:00-12:00 228 Tai Chi Arthritis 2 ZM 11:00-12:00 148 Arthritis Pain Management 12:30-2:00 235 Functional Conditioning B 1:00-2:00 162 Austin Book Group 1:30-3:00	<b>18</b>	165 West Mesa Book Group* 2:30-4:00	<b>19</b>	253 LVL Jamaican Music* 3:00-4:30	<b>20</b>	
<b>23</b>		<b>24</b>	Office Closed	<b>25</b>	Office Closed	<b>26</b>		<b>27</b>	
<b>30</b>		<b>31</b>		ZM=Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 48-49. Registration opens Wednesday, September 4 at 10:00 am and continues throughout the term.					

# Oasis Policies

(505) 884-4529 | Hours: Monday-Thursday 9:00am to 4:30pm, Friday 9:00am - 4:00pm

American Square Shopping Center | 3301 Menaul Blvd. NE, Suite 18 Albuquerque, NM 87107

Mailing Address: PO Box 35518, Albuquerque, NM 87176

## How do I become an Oasis member?

You may join Oasis at any time by completing the New Participant Form found on the inside back cover of this catalog or go online to [www.oasisabq.org](http://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.

**Fall 2024 classes begin  
Monday, September 9, 2024.**

## Registration Info:

Registration opens at 10:00am on Wednesday, September 4, 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, September 4, 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 September 4, 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 (September 4, 2024). The first form received is the first one entered and so on.

### Important Registration Information

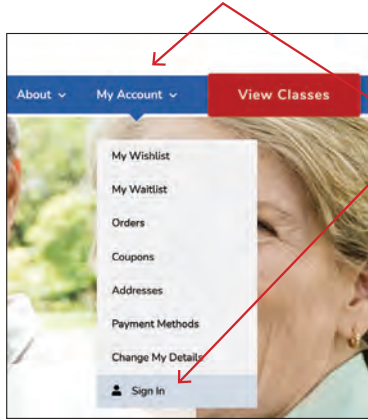
Complete your forms and payments carefully. Include payment for all of your classes and trips.

- **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

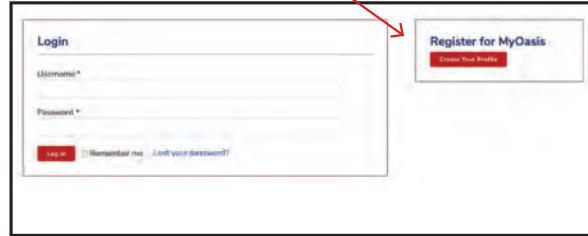
- **Credit Cards:** We strongly encourage payment by credit card. If you pay by credit card, we charge only for the classes in which you are enrolled.
- **Cash or check payments:** If you are paying by cash or check and a class is full when you register, we will apply the additional amount to your account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

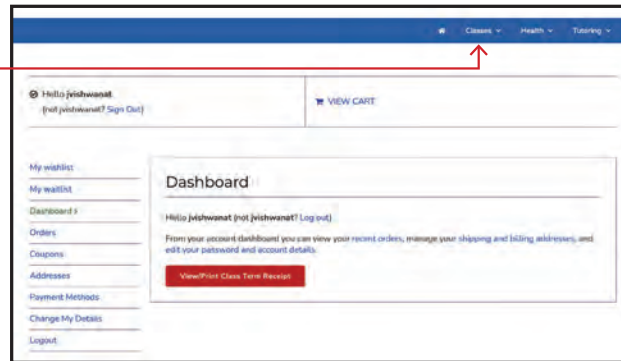


1. Go to [www.oasisabq.org](http://www.oasisabq.org)

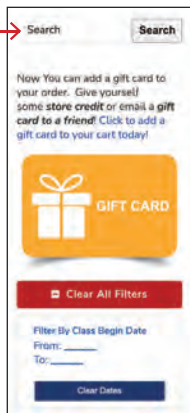
2. Click **My Account > Sign In** (If you don't have a MyOASIS account yet, click **"Create Your Profile"** to sign up.



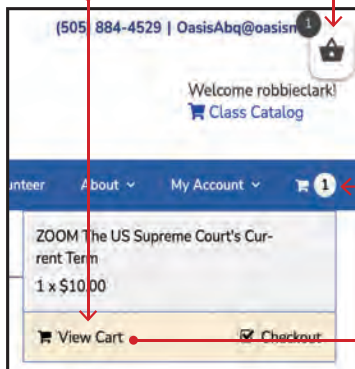
3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**



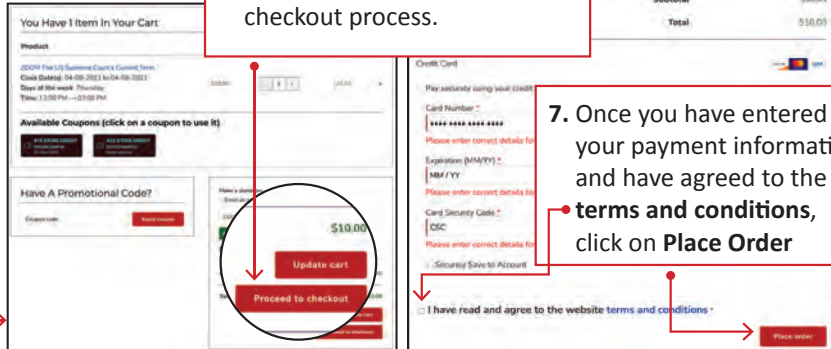
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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

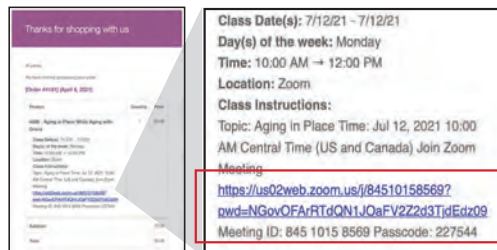


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



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

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



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



Cut along the line to remove and return this form.

# Oasis Fall 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 non-refundable 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.

**SIGNATURE REQUIRED** \_\_\_\_\_

✓	C#	*Indicates Off-Site Class	Fee \$	Office Use Only		
				In	W	
✓	101	Spinner Ring*	\$100			
	102	Pastels A: Treats	\$60			
	103	Pastels B: Treats	\$60			
	104	Silk Road Art Unveiled	\$12			
	105	Mosaics: Basics & Beyond	\$55			
	106	Kei & Molly Tour*	\$18			
	107	Upcycled Crafts	\$15			
	108	ABQ Museum Tour*	\$20			
	109	Lino-cut Card Workshop	\$65			
	110	Mixed Media Collage	\$55			
	111	Mosaics: Coaster Gifts	\$55			
	112	Holiday Quilling	\$40			
	113	Medicare	\$12			
	114	Recycling Tour A*	\$18			
	115	Recycling Tour B*	\$18			
	116	Current Affairs Group ZM	\$35			
	117	Fact, Fiction, & Fall Elections	\$12			
	118	Upcoming Supreme Court	\$12			
	119	Upcoming Supreme Court ZM	\$12			
	120	Generation to Generation	\$12			
	121	Cyber Hygiene ZM	\$12			
	122	ARCA Greenhouse Tour*	\$18			
	123	Global Economic Trends	\$12			
	124	KOAT Tour*	\$15			
	125	Great Films 1939 ZM	\$12			
	126	Divide in Concord: Film	\$12			
	127	Cooking Demo: Lower BP	\$35			
	128	Charcuterie Demo	\$35			
	129	Food Bank Tour*	\$18			

✓	C#	*Indicates Off-Site Class	Fee \$	Office Use Only		
				In	W	
✓	130	Jaramillo Tour & Tasting*	\$45			
	131	Sprouts Market Tour A*	\$18			
	132	Sprouts Market Tour B*	\$18			
	133	Weight Loss Medications	\$12			
	134	Aging Mastery Program®	FREE			
	136	Understanding Balance	FREE			
	137	PT's Take on Balance	FREE			
	138	Help Me Understand 911	FREE			
	139	Alcohol & the Brain	\$12			
	140	Concierge Medicine	\$12			
	141	Caregiver Tools ZM	FREE			
	142	Improving Bowel Habits	\$12			
	143	Osteoporosis	\$12			
	144	Matter of Balance	FREE			
	145	Wellness Wheel	\$12			
	146	Brain Builders	\$12			
	147	Meditation	\$24			
	148	Arthritis Pain Management	\$24			
	149	Origins of Wine	\$12			
	150	History of Italian Cuisine	\$12			
	152	Pike & Shot	\$12			
	153	Celtic Women	\$12			
	154	Word vs Image	\$12			
	155	Iceland's Vikings	\$12			
	156	Roger Williams	\$12			
	157	London & Paris	\$24			
	158	Nuclear Museum Tour*	\$22			
	159	Poland & the Holocaust	\$12			
	160	Leonardo da Vinci	\$12			

✓	C#	*Indicates Off-Site Class	Fee \$	Office Use Only		
				In	W	
✓	161	WWII German Weapons	\$12			
	162	Austin Book Group	\$12			
	163	Summit Book Group	\$12			
	164	Holmes Book Group ZM	\$12			
	165	West Mesa Book Group*	\$12			
	166	Singing the Show Tunes	\$70			
	167	Folk & Classical Music	\$12			
	168	Holiday Sing Along	\$12			
	169	Theater Appreciation	\$12			
	170	Sing Along: Banjos Etc.	\$15			
	171	Jazz to Go	\$15			
	172	Live Theater	\$15			
	173	Trio Tornado	\$15			
	174	ABQ Accordion Club	\$15			
	175	Oasis Entertainers	\$12			
	176	Gathering Family Stories	\$18			
	177	Holy Listening	\$12			
	178	Conscious Living/Dying Workshop	\$36			
	179	Bike Mechanics & Maintenance	\$20			
	180	Trivia A	\$12			
	181	Trivia B	\$12			
	182	Chronic Illness: Finding Hope	\$12			
	183	Resolutions vs Intentions	\$15			
	184	Elder Abuse & the Bible	\$12			
	185	Christian East	\$12			
	186	Death Beliefs	\$12			
	187	Spinoza's Philosophy	\$12			
	188	Socrates' Philosophy	\$12			



# 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](http://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, September 4, 2024,  
10:00am & continues throughout the term.  
See pages 59-60 for  
registration information.

*Classes begin Monday, September 9, 2024*

[www.facebook.com/OasisAlbuquerque](https://www.facebook.com/OasisAlbuquerque)

[www.instagram.com/OasisAlbuquerque](https://www.instagram.com/OasisAlbuquerque)

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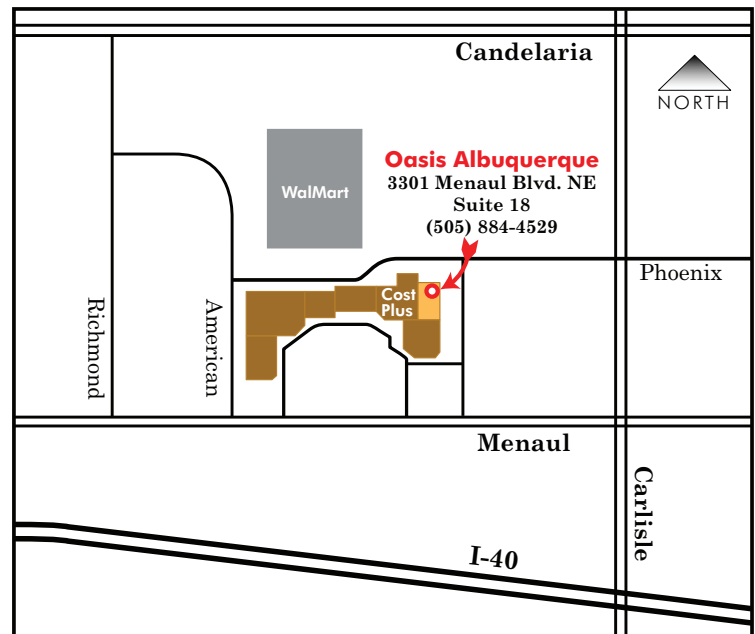
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