

CLASSES JANUARY - APRIL 2025

Registration Opens:

Wednesday, January 8, 2025

10:00am



SPRING 2025

New year, new friends, and new opportunities at Oasis!



Sponsored by:



Dear Oasis Friends,

Since you are holding this catalog in your hands, you are in possession of Oasis' second-most powerful advertising tool. That's right, I said our second-most powerful tool which reaches close to 10,000 people in the Albuquerque metro area three times a year. This catalog can be found in libraries, community centers, and places of business all over town.

If the catalog is the second-best advertising tool, what is the primary way in which Oasis advertises? The truth is that you—the Oasis participant—are the most powerful tool. You have the most potential in influencing someone to attend a class, go on a hike, be part of a wellness experience, and become part of Oasis.

That's right, when you share the great experience you've had at Oasis with someone, you become an ambassador for Oasis. You make the personal touch that makes the difference. And, while this catalog is a fantastic tool that conveys the breadth and depth of our offerings, your story is what gives each class the human touch.

On January 7, we are hosting a special event entitled "New Year—New Friends" where Oasis participants are encouraged to register and bring a friend who has never experienced what we have to offer. There will be food, time to sample different classes, and door prizes to win. You can find more information on page 3 of this catalog.

Thank you so much for taking a look at the catalog. And thanks so much for sharing your story of Oasis with someone you know.



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.

The Oasis Center

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

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

Mail: PO Box 35518, Albuquerque, NM 87176

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

Email: oasisabq@oasisnet.org

National Website: www.oasisnet.org

Albuquerque Info: www.oasisabq.org

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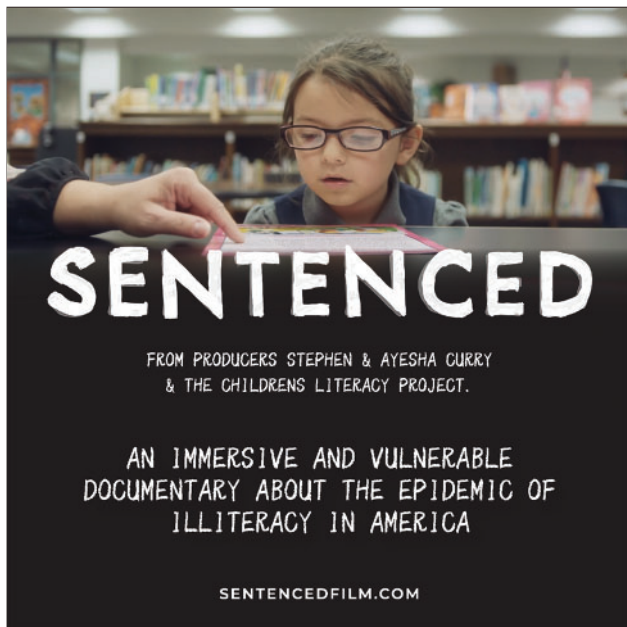


Photo courtesy of The Childrens Literacy Project

Oasis Intergenerational Tutoring Program
presents the documentary
SENTENCED

We know that children who don't learn to read are sentenced to a lifetime of struggle. *Sentenced* explores the devastating impact of illiteracy on children and families across the United States.

Friday, January 10, 2025: 10am-12pm
Oasis ABQ - 3301 Menaul Blvd NE, Ste #18
Discussion panel to follow

Suggested Donation: \$15 to benefit the
Oasis Intergenerational Tutoring Program

**You can make a difference. Join our team as a volunteer reading mentor
or donate to support the Oasis Intergenerational Tutoring Program.**

Contact us at 505-884-4529

or visit our website to join our team: <https://albuquerque.oasisnet.org/tutoring/>



2025

*New Year—New Friends
Special Event*

Join us at Oasis on Tuesday, January 7 for a special event from 9:00-12:30.

There's just one catch: You can't come alone - you must bring a friend who has never been part of Oasis!

Free Fun Sample Classes Food Prizes New Friends

We know that you love Oasis, and this morning will be full of fun and a great way to introduce someone new to the amazing opportunities Oasis provides every day.

Please RSVP to the Oasis office with your name & your friend's name by **Friday, December 27**

Oasis Class 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 40-41 and on our website.

Walks, Hikes, & Rides

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

Zoom Class

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

Inclement Weather Policy

When 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: Oasis Entertainers photo by Oasis

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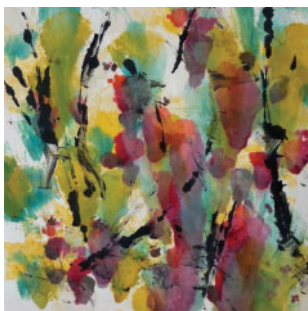
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9x9 ART GROUP



C. Bull



M. Murphy



C. Colbert

JOURNEY

The 9x9 Group started several years ago. Many of the artists were educators in Albuquerque Public Schools, the Academy, Sandia Prep, UNM and CNM, where they taught the next generations of artists. They are friends and colleagues and have shown their work in galleries together and separately. This represents their journey through the years with one another.

Artists include: Chris Bull, Cecily Colbert, Lauri Dickinson, Mary Dornacker, Peter Fitzpatrick, Joani Murphy, Santiago Perez, Larry Smith, & Jeannette Williams

Opening Reception Thursday, February 6 from 2:00-4:00 at Oasis

Art on Display: Thursday, February 6 - Monday, April 21, 9:00-4:00 Mon-Fri

LECTURES

ART

Pastels: Untraditional Still Life

101

Susan Roden

Mon & Tue

Jan 20 & Jan 21

9:00 - 12:00

Fee: \$60

2 sessions

 Oasis

Join a fun-filled two-session class to learn the properties and handling of soft pastels. Create two colorful pieces of pastels composed with the untraditional subject matter of dolls and toys. Draw a collaborative art piece while accompanied by music. *All materials provided; bring materials fee of \$20 payable to the instructor (cash or check) on the 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.

Introduction to Watercolor Painting

102

Barbara McGuire

Wednesdays

Jan 22 & Jan 29

1:00 - 4:00

Fee: \$60

2 sessions

 Oasis


Join a two-session class designed to introduce basic use of watercolor pigment, paper, and brushes. Learn about types of pigments, how to choose watercolor paper, and affordable brushes. Use the provided materials to create simple images and take away skills and materials needed to create your own works. Students also receive a list of resources. *All art materials are provided and are*

yours to keep; bring materials fee of \$60 payable to instructor (cash or check) on first day of class. Please bring an apron, scissors, and a clear ruler. Limited enrollment.

A lifelong Albuquerque resident, Barbara McGuire graduated from St. Pius High School and UNM. Always a fan of visual arts, she focused on learning watercolor painting 15 years ago with classes and workshops, as retirement from her medical career approached. She and her husband created an online photo and art business “ApexVisualArt.” Barbara is active with the New Mexico Watercolor Society and currently serves as their board chair.

Basics & Beyond: Mosaic Art Workshop **103**

Jill Gatwood

Fri & Mon **Jan 24 & Jan 27** **9:00 - 1:00**
Fee: \$60 **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. *All tiles, tools, and other supplies are provided; bring materials fee of \$25 payable to instructor (cash or check) at first class. Note: Second class is 9:00-11:00. 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.

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

Introduction to Dot Mandala Painting A **104**

Bridget Schweri

Friday **Feb 21** **10:00 - 12:30**
Fee: \$30  **Oasis**

Introduction to Dot Mandala Painting B **105**

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

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

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

Drawing & Observation Art Workshop **106**

Stephen Vosa

Fri & Mon **Feb 28 - Apr 4** **1:00 - 3:00**
Fee: \$150 **11 sessions**  **Oasis**

Back by popular demand. A course for anyone who wishes to gain knowledge and understanding through drawing. Students study form, value, light & shadow, perspective, gesture, and composition. Each class builds on the previous lesson with step-by-step instruction. The instructor demonstrates and draws during the class as part of these lessons. *No previous study is necessary, and no one is too*

advanced to practice these essentials of drawing. Bring \$10 materials fee payable to instructor (cash or check) at the first session. Limited enrollment.

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

Tour of Kei and Molly Textiles 107

Kei Tsuzuki

Tuesday Mar 4 10:00 - 11:00
Fee: \$18  **Kei & Molly Textiles**

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

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

Spring Garden Mini Wreath 108

Irma Reeder

Thursday Apr 10 10:00 - 12:00
Fee: \$20  **Oasis**


Join the fun as you create a little bit of springtime! Perfect for that small special place in your home or for giving as gifts. Use a 6" grapevine wreath, then decorate it with things we might find in the garden: bird eggs, dried flowers, leaves, moss, and even

a ladybug or two! *All materials provided; bring materials fee of \$12 payable to instructor (cash or check) at class. Limited enrollment.*

For many years Irma Reeder (also known as the Oasis Choir Director) enjoyed bringing her garden inside, creating naturally beautiful home and business decorations. Gardening has been her relaxing hobby for decades!

Mosaic Paving Stone Workshop 109

Jill Gatwood


Fri & Mon Apr 11 & Apr 14 9:00 - 2:00
Fee: \$60 **2 sessions**  **Oasis**

Interested in learning how to create an outdoor mosaic art piece for your garden or patio? Learn to make an outdoor mosaic using thinset mortar on a 7x7 concrete paving stone. Mosaic techniques for outdoor wall murals and garden sculptures are described. Gain the skills and confidence to go on to create more outdoor mosaic pieces on your own. *All materials provided; bring materials fee of \$20 payable to instructor at first class (cash or check). Note: Second class is 9:00-10:30. Limited enrollment.*

See bio in class #103.

Spring Floral Arranging Workshop 110

Ann Hammond

Thursday Apr 17 10:00 - 11:30
Fee: \$35  **Oasis**

Have you dreamed of designing a stunning floral arrangement for a dinner table or party? Learn the basics of flower arranging and elements of floral design as you observe a demonstration of centerpiece designs in box containers. Tips for flower selection, purchase, and techniques for the care of flowers are provided. Learn secrets for success as you create your own beautiful arrangement to take home. *Students should bring their own floral shears. All other materials*

(including fresh flowers & container) provided; bring materials fee of \$35 payable to instructor (cash or check) at class. Limited enrollment.

Ann Hammond, PhD, is a clinical psychologist and educator who completed her doctorates in special education at UNM and clinical psychology at Fielding Graduate University. Having a passion for flowers, she learned floral design from a flower shop owner and then worked at People's and Savon Flowers. Throughout her two careers, she never lost her desire for creativity in working with flowers.

CURRENT EVENTS

Stories, Sounds, & Images From the War In Ukraine

111

Joanna Colangelo

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

Since Russia invaded Ukraine in 2022, Joanna Colangelo has been in Poland, Latvia, and Estonia for some of the most pivotal moments of the war, including President Zelensky's arrival in Warsaw, and Alexei Navalny's death. She uses personal stories, video footage, and photography to show what life has been like in border countries, the humanitarian and military preparedness of those countries, and the atmosphere of life only miles away from the conflict.


Joanna Colangelo is the Principal of Razem Worldwide, a frontline philanthropy and strategic communications firm that specializes in researching, reporting, and conducting on-the-ground analyses of philanthropic needs, humanitarian efforts, and resource gaps in conflict zones and crisis areas. In addition to her experience in community impact work, Joanna is a writer whose columns and essays have appeared in *The*

Huffington Post and the monthly *Columbia Journal of American Studies*.

Current Events & Issues Discussion Group ZOOM

112

Ira Bolnick


Mondays Jan 20 - Apr 14 9:15 - 10:45
Fee: \$35 6 sessions  **Zoom**

Join us for bi-weekly Zoom discussions of current events and issues selected by the group. Recent topics have included gun issues in NM, the history and plight of indigenous people, climate change, the influence of mass media, the Ukraine-Russia conflict, and Chinese domestic strengths/weaknesses. This term's topics were 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 the stimulating and informative discussions among thoughtful, open-minded people. No class 2/17. *Limited enrollment.*

Asia in 2025: Challenges for a New Administration

113

William Itoh


Wednesday Feb 5 6:00 - 7:30
Fee: \$15  **Oasis**

The nations of East and Southeast Asia face a number of security challenges including China-Taiwan, the South China Sea, and the North Korean nuclear threat. China's expanded trade and role in regional infrastructure development has led to its greater influence in shaping the future of the region. The impact of climate change, aging populations, income inequality, and social change are also challenging. William Itoh looks at how a new US administration may face a range of security, economic, and trans-national issues confronting US friends in the region. *Presented in partnership with the World Affairs Council of Albuquerque.*

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

Making Every Drop Count: Conserving & Protecting the Rio Grande **114**

Lorna Wiggins & Jason Casuga


Thursday Feb 6 12:30 - 2:00
Fee: \$15  **Oasis**

Join Jason Casuga and Lorna Wiggins for a discussion of how the Middle Rio Grande Conservancy District (MRGCD) makes every drop count as it provides irrigation to about 60,000 acres along the Rio Grande River in central New Mexico. Learn how the MRGCD has the ability to store supplemental water when regulatory conditions allow. The presenters discuss how substantial reliance on naturally occurring river flows, combined with the natural variability of the climate and potential for increased variability due to hydrologic changes, makes the MRGCD vulnerable to water shortages under drought conditions.

Jason Casuga is the chief engineer and CEO for MRGCD. As a professional engineer, Jason has spent the last 12 years working within the Middle Rio Grande Valley. He has an undergraduate degree in Civil Engineering from NMSU. Lorna Wiggins is with the law firm Wiggins, Williams & Wiggins, PC. Wiggins started practicing law in New Mexico in 1983 after completing a judicial clerkship. She specializes in the areas of labor and employment law and is chair of the Oasis Board of Directors.

Buying or Selling A House **115**

Morgan Cannaday

Thursday Feb 6 10:00 - 11:30
Fee: \$15  **Oasis**

Join Morgan Cannaday for an informative session on the recent National Association of Realtors

settlement rule changes and their impact on the real estate market. Cannaday breaks down the key changes, clarifies how they affect homebuyers, sellers, and realtors, and explores the broader implications for real estate practices. Empower yourself with knowledge to navigate this evolving landscape confidently to make informed decisions in your next real estate transaction.

Morgan Cannaday is president and spokesperson for the Greater Albuquerque Association of Realtors. She has spent hours educating both realtors and the public on the nationwide rule changes that were implemented in August 2024. Cannaday is well versed on the new rules, what it means for both realtors and consumers, and what the impact has been on the real estate market.

Supreme Court: Justice Alito **116** **Oasis**

Supreme Court: Justice Alito ZOOM **117**

Andrew Schultz

Thursday Apr 3 12:30 - 2:00
Fee: \$15  **Zoom**

Justice Samuel Alito has served on the Supreme Court for nearly two decades. He has called himself a “practical originalist,” and throughout his tenure, he has been a strong and outspoken member of the Court’s conservative bloc. Andrew Schultz examines Justice Alito’s career, his unique role in many of the Court’s high-profile modern decisions, and involvement in several incidents relating to potential ethical issues.

Andrew Schultz is an attorney, retired after practicing law with 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.

Saranam West Tour

118

Tracy Weaver

Monday Mar 31 10:00 - 11:30

Fee: \$15  **Saranam West**

For families experiencing homelessness, success starts at Saranam. After 20 years in Albuquerque, Saranam is about to open its new facility. Tour the westside campus, which will double their capacity. The site includes residences, classrooms, offices, donation space, playgrounds, and a family center. Access to essential services and transportation to higher education facilities make it an ideal place for families to live. *Limited enrollment.*

Saranam is an innovative, two-generational program that addresses the underlying causes of homelessness—lack of support systems, poverty, and isolation. Their proven, two-year program provides everything needed to break the cycle of homelessness and poverty. With basic living needs provided, families can focus their efforts on education, vocational development, and life skills for independent living. At Saranam, families find hope for a brighter future for generations to come.

2025 NM Legislative Session Recap 119

Lance Chilton

Wednesday Apr 16 10:00 - 11:30

Fee: \$15  **Oasis**

Lance Chilton discusses the triumphs and debacles of the 2025 60-day New Mexico legislative session. Did our citizen legislature pass meaningful legislation on public safety, child welfare, or energy? What bills did Governor Michelle Lujan Grisham sign, veto, or pocket-veto? These and a host of other issues are covered as part of this class.

Lance Chilton, MD, has been a child advocate for years, and takes an annual month or two to work for the Legislative Finance Committee, analyzing bills mostly having to do with children, health, or both. Chilton will be joined by a member of the legislature.

FILM & TV

KOAT 7 Tour

120

Monday Jan 13 10:30 - 12:00

Fee: \$18  **KOAT-TV**

Back by popular demand. Here is your chance to go behind the scenes at KOAT Channel 7. Get an up-close experience of the control room and 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.

Alfred Hitchcock:

Master of Suspense ZOOM

121

Dan Sherman

Wednesday Feb 26 12:30 - 2:30

Fee: \$15  **Zoom**

In a career spanning more than 50 years, Alfred Hitchcock kept us in suspense through films that included clever plotting, superb wit, and brilliant camerawork. This talk covers the master's career starting at the silent film era; masterpieces of British films in the 1930s; and a Hollywood career that included an attempted assassination in Albert Hall, a chase across Mount Rushmore, a mysterious murder of crows, and visits to the Bates Motel. Excerpts from Hitchcock's films are shown.

Dan Sherman, PhD, is an economist whose interests include film, 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 a variety of lifelong learning groups, university groups, and social groups.

FRIDAY AT THE MOVIES

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. Scott Sharp will lead a discussion after each film.

Written on the Landscape:

Mysteries Beyond Chaco Canyon 122

Friday Jan 17 12:30 - 2:00

Fee: \$12  **Oasis**

This film conveys the amazing achievements of the Chaco civilization as it reveals the astounding reach of the Chacoans across a region of the American southwest nearly twice the size of Ireland. Without modern tools, wheel, or beast of burden, these ancient people built ceremonial Great Houses and connected them to places of spiritual power with massive roads. Chaco is in northern New Mexico.

John Lewis: Get in the Way 123

Friday Feb 14 12:30 - 2:00

Fee: \$12  **Oasis**

Through never-before-seen interviews shot over 20 years, John Lewis tells the gripping tale of his role in the vanguard of the Civil Rights Movement. He was the youngest speaker at the historic 1963 March on Washington, and he led the Bloody Sunday march in Selma where peaceful protesters were attacked with clubs, whips, and tear gas. This march led to President Johnson signing the Voting Rights Act into law, prohibiting racial discrimination at the polls.

Uranium Derby

124

Friday Mar 28 12:30 - 2:30

Fee: \$12  **Oasis**

Director Brittany Prater's investigation into her Iowa hometown's secret involvement in the Manhattan Project triggers a chain reaction of encounters through which it becomes clear that the topic of nuclear waste was more successfully buried than the waste itself. This film depicts how toxic nuclear waste was allowed to spread to numerous sites around a small Midwest town, and, subsequently, the country.

Entangled

125

Friday Apr 11 12:30 - 2:30

Fee: \$12  **Oasis**

There are now estimated to be about 350 North Atlantic right whales, making them among the planet's most endangered species. This film chronicles the efforts to protect these whales from extinction, the impacts of those efforts on the lobster industry, and how the National Marine Fisheries Service has struggled to balance the vying interests.

FOOD & NUTRITION

Eldora Chocolate: Field Trip A

126

Steve Prickett

Thursday Jan 30 10:30 - 11:30

Fee: \$22  **Eldora Chocolate**

Eldora Chocolate: Field Trip B

127

Tuesday Apr 1 10:30 - 11:30

Fee: \$22  **Eldora Chocolate**


This small batch, craft chocolate maker exposes you to everything from the full cocoa bean to the chocolate bar-making process and presents new ways of thinking about chocolate. Understand the terroir of where a bean is grown and how it affects taste and quality. Tour the Eldora facility, sample

some amazing chocolate, and come away educated on the various flavor profiles of bean origins. There will be time to do some shopping! *Limited enrollment.*

Steve Prickett, owner and founder, followed his hobby, passion, and lifelong love of dark chocolate to start Eldora after a successful career as a private wealth advisor at Merrill Lynch. Part of this journey was to understand chocolate flavors around the world. He proceeded to make chocolate from 30 countries and 60 origins. He brings this knowledge and enthusiasm to Eldora.

Cooking Demo: Downsized Meals— Cooking for You or Two 128

Renee Euler


Monday **Feb 24** **10:00 - 12:00**
Fee: \$35  **Oasis**

After many years of cooking for our families, it can be a challenge to cook for just one or two people. Learn why it is important to continue making meals at home, along with some strategies for scaling recipes. Renee Euler demonstrates three easy and delicious recipes while providing tips, ideas, and strategies for planning, shopping, and cooking for you—or two! Recipes and tastings are provided. *Limited enrollment.*

Renee Euler, MS, is a registered dietitian nutritionist (RDN) in private practice, specializing in gastrointestinal disorders. She is also a faculty member at CNM. She received both her bachelor's and master's degrees from UNM.

Tea Traditions: Exploring Flavors, Holistic Benefits, & Culture 129

Fallon Bader

Thursday **Mar 13** **10:00 - 11:30**
Fee: \$20  **Oasis**

Join us for an enlightening lecture on the world of tea. Explore various types, from green and black to herbal infusions. Discover their unique flavors,

nutritional benefits, and significance across cultures. From relaxation to healing properties, tea has much to offer. Perfect for tea lovers or the tea curious. Also sample some delicious teas to enhance the learning experience. *Limited enrollment.*

Fallon Bader, MS, is a registered dietitian nutritionist (RDN), who 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 meals.

Roadrunner Food Bank Tour 130


Thursday **Mar 20** **10:30 - 12:00**

Fee: \$18  **Roadrunner Food Bank**

Roadrunner Food Bank has been serving New Mexico's hungry since 1980. They help 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.*

Food Allergies, Intolerances, & Sensitivities: Why So Many Now? 131

Renee Euler

Monday **Mar 24** **10:00 - 11:30**
Fee: \$15  **Oasis**

Adverse reactions to food are common. Diagnosis and treatment of these conditions can be confusing with at-home testing kits and restrictive elimination diets being the norm. In this lecture, Renee Euler discusses the differences between food allergies, intolerances, and sensitivities as well as why a proper diagnosis is important. She details the latest guidelines to prevent food allergies, obtain an accurate diagnosis, and successfully manage food reactions.

See bio in class #128.

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.

Aging Mastery Program® 132

Wednesdays Jan 22 - Mar 26 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. Please be sure to attend if you register for this class—our funding to offer this class depends on your attendance! Limited enrollment.*

Exploring Neurodiversity (133-134)

Words like Dyslexia, Attention Deficit Hyperactivity Disorder, and Autism Spectrum Disorder are common these days. Many children and adults are given these diagnoses. Explore the definitions and meanings of these terms from the perspective of neurodiversity. Neurodiversity is the idea that the human brain naturally varies in how it functions and that these differences are normal and should be embraced. Both classes are presented by Kayla Torres and Ally Granados.

Neurodiversity: Attachment & Communication 133

Friday Feb 21 2:00 - 3:30

Fee: \$15  Oasis

Attachment to, and communication with, others can often be all or nothing when it comes to neurodivergent people. In this class focused on essential relationship dynamics, learn how to foster healthy relationships, incorporate different styles of communication, and move forward while avoiding pitfalls.

Kayla Torres, LCSW, and Ally Granados, LCSW, offer these two neurodiversity trainings. Torres and Granados are both local independent clinical therapists at The Treehouse, a local mental health agency specializing in working with the neurodiverse population.

Neurodiversity: Sensory Overload & Regulation 134

Friday Mar 7 2:00 - 3:30

Fee: \$15  Oasis

Some neurodivergent people find that environments with too much stimuli—sound, pace, visuals, etc.—are very difficult to manage. What are some strategies for dealing with these kinds of external stimuli? Similarly, some neurodivergent people have a hard time regulating their emotions. Understanding the challenges of regulation can provide helpful strategies for effective regulation.

See bio in class #133.

A Matter of Balance 137

Wednesdays Jan 29 - Mar 19 1:00 - 3:00


Fee: FREE 8 sessions  Lomas Tramway Library

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 helps you manage concerns about falls, change your environment to reduce risk of falls, and increase

your activity, all with the support of your peers. The class utilizes lively group discussion, problem-solving strategies, videos, and 25 minutes per session (in sessions 3 through 8) of very gentle physical activity. This is an interactive, discussion-focused class. *If you attend at least 6 of the 8 sessions, you will receive a \$10 Oasis credit. Please be sure to attend if you register for this class—our funding to offer this class depends on your attendance. Limited enrollment.*

The Silent Condition—Prediabetes 138

Kathie Robinson

Tuesday Feb 4 12:30 - 2:00
Fee: FREE  **Oasis**

Nearly half of adults over 65 have prediabetes, but most don't know it! Don't let this silent condition catch you off guard! Discover what pre-diabetes means for your health, simple ways to spot the warning signs, when to get tested (and why it matters), practical strategies to prevent or reverse pre-diabetes, and what metabolic syndrome is and its connection to type 2 diabetes. Learn how small changes today can lead to better health.

Kathie Robinson, MS, RD, LD, is a registered dietitian and certified diabetes educator at Optum New Mexico. She became a dietitian because of her love of cooking and helping people use food to stay healthy. She believes that education is the foundation of all patient care and that nutrition and physical activity are crucial not only for preventing health issues but also for addressing them.

Hearing Enhancement Technology Update ZOOM 139

Brad Ingrao

Thursday Feb 6 2:30 - 4:00
Fee: \$15  **Zoom**

Hearing loss is one of the most common chronic health concerns for older adults. Typing "hearing aids" into Google starts a deluge of ads and promises that can boggle the mind. Brad Ingrao reviews

the basics of hearing loss and then reviews current technology options including over the counter and prescription hearing aids, as well as implantable hearing systems. There will be significant time reserved for Q&A.

Doctor of Audiology Brad Ingrao has practiced audiology since 1992. His clinical practice includes infants through older adults with a special focus on complex hearing and balance problems. He has been a member and advisor for various hearing loss consumer support groups and has worked for the Indian Health Board, the Veterans Administration, and the US Air Force. He has also held faculty positions at three universities.

Anatomy for Exercise 140

Leslie Herman

Wednesdays Feb 19 - Mar 12 10:00 - 11:30
Fee: \$40 4 sessions  **Oasis**

This is a four-session course that presents the information a physical therapist wants you to know to exercise most effectively with minimal injury risk. Each session is approximately 60 minutes of lecture, followed by 15 to 30 minutes of exercise using the principles presented. Sessions include: 1) exercise principles and needs specific to cardiovascular, neuromuscular, and musculoskeletal systems; 2) spine, posture, core, and pelvic floor; 3) upper extremities; and 4) lower extremities. *Attendees should wear exercise apparel and bring an exercise mat. Limited enrollment.*

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.

Brain Builders

Sarita Warrick

Tuesday

Feb 25

2:30 - 4:00

141

Fee: FREE

 Oasis

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.

Safer Life for Independence

Nicole Miller

Thursday

Feb 27

12:30 - 2:00

142

Fee: \$15

 Oasis

Safer Life is designed to empower individuals with the knowledge and tools needed to prevent falls and promote independence in the home. Covering topics like home safety, fall prevention, fall recovery strategies, and available community resources, this lecture helps participants age in place confidently. Attendees gain practical insights to enhance safety, reduce risks, and improve quality of life, while utilizing accessible resources to support their journey toward a safer, independent lifestyle.

Nicole Miller is an occupational therapist at Encompass Health with over 13 years of diverse experience spanning neurological and orthopedic rehabilitation. Her expertise also includes home health care, schools, private practice, and community-based therapy services providing specialized skills in fall prevention, neuro re-education, and

geriatric care. She finds fulfillment in helping individuals regain control of their lives through customized therapy plans and compassionate care.

Healthy Aging & When to Be Worried

Alexander DeRadke

Tuesday

Mar 4

2:30 - 4:00

Fee: \$15

 Oasis

It can be difficult to know what is normal as you get older and what is something to be concerned about. Alexander DeRadke discusses different body systems and what to expect from each one. DeRadke shares the tools to know when you should be worried and tell your doctor and when you should be reassured that this is likely normal. Come with questions.

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.

Positive Thought Bubbles: Overcoming Negative Thoughts

Kelly Jackson Brooks

Thursday

Mar 6

12:30 - 2:00

Fee: \$15

 Oasis

Learn how to shift your mindset by identifying and challenging negative thought patterns. Through mindfulness exercises, reframing techniques, and positive visualization, this class encourages self-awareness and the development of healthier mental habits, empowering individuals to foster resilience and maintain an optimistic outlook in everyday life. *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 interests in spiritual, emotional, social, and psychological well-being, which led to the genesis of Chrysalis.

Blood Clots: What You Don't Know Can Kill You 145

Bruce Mann


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

The term “blood clots” may conjure images of heart attacks and strokes—diseases that are well-known. But there is an important blood clot disorder you don’t hear about, despite the fact it hits 900,000 Americans a year and kills 100,000. In this presentation, you learn about this little-discussed but frequent blood clot problem called “VTE,” your risk for getting it, its symptoms, and measures you can take to prevent it.

Bruce A. Mann, MD, FACP, is a board-certified internist and former faculty member at the UNM Medical School. He previously served as a medical director, as well as as a medical researcher at the UNM School of Medicine in the fields of internal medicine, epidemiology, and critical care/geriatric nutrition.

Is It Time to Go or Can I Stay? 146

Athena Valerio-Hirschfeld

Tuesday Mar 25 2:30 - 4:00
Fee: \$15  **Oasis**

You can maintain independence in your current home, as well as in other living arrangements (downsizing, apartment, independent living, etc). We detail home modifications that can be performed now—ranging from those that are simple and low-cost to those requiring more investment—that facilitate aging in place. We also discuss “trigger” points to help make the decision easier if your current home is no longer meeting your needs.

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.

Peripheral Neuropathy in the Lower Extremities 147

Janet Simon


Monday Mar 31 12:30 - 2:00
Fee: \$15  **Oasis**

Neuropathies (nerve disorders) are on the rise and most often occur in the feet. Learn the many factors behind neuropathy, the forms they can take, and ways to improve quality of life while living with them.

Doctor of Podiatric Medicine, Janet Simon, 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.

Pain Isn't Always What It Seems: Understanding Referred Pain 148

Li Xu

Tuesday Apr 1 10:00 - 11:30
Fee: \$15  **Oasis**

Sometimes, when you experience pain in areas like your shoulder or knee, the problem may not actually be in the joints themselves. This is known as referred pain. Explore how pain in one part of the body can be a signal of an issue elsewhere. By learning to recognize referred pain, you can better understand some common underlying health concerns, and know when to seek professional advice. This knowledge can empower you to take more control of your health and well-being.

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.

Playing in the Sand: Life Reflections 149

Kelly Jackson Brooks

Friday Apr 11 2:30 - 4:00

Fee: \$15  Oasis

Explore the use of sand tray therapy to engage with archetypal symbols as we age. This experiential class invites participants to reflect on life transitions, aging, and personal growth through the lens of timeless archetypes, offering a creative and profound way to deepen self-understanding and find enhanced meaning. *Limited enrollment.*

See bio in class #144.

HISTORY

Defining Human Rights in the 18th Century 150

Charles Steen

Friday Jan 24 10:00 - 11:30

Fee: \$15  Oasis

The definition of human rights has its roots in Enlightenment thought and became a significant issue during the French Revolution. Initially focused on safeguarding the rights of the European elite, the movement evolved to include the demands of commoners—first men, and later women—seeking a place in political society. These demands continue to inspire debate into our own century.

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 has authored several books.

The Elegance of Fusion: The H-bomb's Origin Story ZOOM 151

Alan Carr

Wednesday Jan 29 10:00 - 11:30

Fee: \$15  Zoom

The hydrogen bomb is one of the most innovative, terrifying, and politically consequential inventions in history. Most accounts of the H-bomb's story revolve around the first full-scale test, conducted in fall, 1952. But the H-bomb's biography can be traced back to 1920, when the concept of nuclear fusion was first imagined as a process for powering the stars. Learn about the key discoveries and the brilliant scientists who made them during the formative years of thermonuclear research.

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

Women Warriors: The Hidden Spies of WWII 152

Donna Pedace

Wednesday Feb 19 10:00 - 11:30

Fee: \$15  Oasis

During WWII, England's Special Operations Executive recruited 52 brave women to go behind German lines in France to work with the French Resistance on intelligence gathering, sabotage, and harassment of the German Army. They were a widely diverse group of women who all had the goal of freeing France from German occupation. One of those women, Nancy Wake, was brave, tough, flirtatious, and very effective. Pedace will discuss the group, focusing on Nancy Wake.

Donna Pedace is the author of *Women Warriors - The Hidden Spies of WWII*. She is the past executive director of the Eugene O'Neill Theater and Museum in Connecticut and the Spanish Colonial Arts Society Museum in Santa Fe. She was also the national director of Oasis, working with founder Marylen Mann to open and operate new Oasis centers from the late 1980s to the mid-1990s. Our Albuquerque center was the last center she opened before leaving Oasis and moving to the East Coast.

Martin Luther & the Reformation 153

Lizabeth Johnson

Friday Mar 14 10:00 - 11:30
Fee: \$15  **Oasis**

In 1517, Martin Luther posted his 95 Theses on a church door in Wittenberg, Germany. As a monk and scholar, Luther had studied and taught Catholic doctrine but found fault with beliefs and practices that strayed from the teachings of early theologians such as St. Augustine of Hippo. Luther's action triggered a revolution against the Catholic Church. Lizabeth Johnson examines his criticisms and the outcome of that revolution.

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.

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

Who Are the Basques?

154

Maya Sutton

Thursday Mar 20 12:30 - 2:00
Fee: \$15  **Oasis**

Did you know that Basque shepherds once dominated northern New Mexico? Basque Country lies along the Pyrenees between France and Spain. The people are ancient Europeans but not Cro-Magnons. The Euskera language is the oldest in Europe being neither Indo-European nor Romance. DNA shows that 7,000 years ago, Near Eastern farmers swept across Europe. They mixed with Basque hunter-gatherers from the last Ice Age, then became isolated by geography and language.

Maya Sutton graduated from Georgetown University's School of Foreign Service and received her PhD from UNM. She taught courses in Celtic history and mythology for many years. She has conducted years of research into European DNA and the six Celtic Homelands: Ireland, Scotland, Wales, Cornwall, Brittany, and the Isle of Man. She holds dual citizenship with the US and Republic of Ireland.

An Introduction to Chinese Characters

155

Kathleen Connell

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

Join us for an engaging lecture on the origins of Chinese characters. Kathleen Connell delves into the history of the language's pictographic elements and provides insight into decoding Chinese characters. No prior experience with the Chinese language is necessary to attend. This lecture is designed for individuals captivated by the Chinese character system and eager to understand its development. By the end of the session, you might even acquire the ability to read some Chinese characters!

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

The Many Faces of Magna Carta 156

Timothy Graham

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

Magna Carta, issued by King John and his barons on June 15, 1215, is among the most important constitutional documents in history. Defining the liberties of individuals just as parliamentary democracy was emerging in England, it subsequently inspired defenders of freedom throughout the Western world. Magna Carta also played a key role in the English Civil War and the American Revolution. Timothy Graham provides a detailed orientation to the original document and considers its influence throughout history.

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*.

Celtic Immigrants in America 157

Maya Sutton

Monday Apr 7 12:30 - 2:00
Fee: \$15 Oasis

What did immigrants from the six Celtic Homelands in Europe contribute to America? Half of the signers of the Declaration of Independence, over half of US Presidents, eight of 12 astronauts who walked on the moon, and more. Meanwhile, millions of others labored in coal mines and steel

mills, with others building railroads and the Erie Canal. Many came to escape famine and to seek freedom of religion. Were your people among them?

See bio in class #154.

Iceland: Folklore & Environmentalism 158

Tyler Volpe

Monday Apr 21 2:30 - 4:00
Fee: \$15 Oasis

The largely insular country of Iceland promotes environmentally conscious practices. However, as a country in the process of modernization, much of its industry promotes the exploitation or commodification of the natural environment for profit; nowhere is this more prevalent than in the tourism industry. Tyler Volpe explores how the discourse around environmentalism engages with tradition and folklore through a contested process of globalization and modernization.

Tyler Volpe is a second year PhD student at the University of New Mexico in the sociocultural and linguistic anthropology program. His focus is on environmentalism and the cultural patterns of organization that consolidate around climate change.

LITERATURE

Austin Book Group 159

Mary Bibeau

Tuesdays Jan 14 - Apr 8 1:30 - 3:00
Fee: \$12 4 sessions Oasis

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: Jan 14 - *State of Wonder* by Ann Patchett; Feb 11 - *The First Ladies* by Marie Benedict & Victoria Christopher Murray; Mar 11 - *The Library Book* by Susan Orlean; and Apr 8 - *The Jane Austen Society* by Natalie Jenner. Limited enrollment.

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

Talk About Your Book **160**

Adam Fischler

Wednesdays 1/15, 2/12, 3/12, 4/9 12:30 - 2:00

Fee: \$12 4 sessions  **Oasis**

An Oasis participant said, "you haven't read a book until you've talked about it." Join a group of bibliophages (someone who reads constantly) who are committed to reading a book a month of their own choosing. Then, gather once a month to talk about the book you've read and listen to others describe the books they've read. Perhaps you will find a new book to read or inspire someone to read the book you described! *Limited enrollment.*

You probably know Adam Fischler as the office manager at Oasis. He loves to read, and in an era of smartphones and endless scrolling, he is committed to reading actual books. In the past year he has read memoir, nonfiction history, horror-western, sci-fi and literary fiction books. He reads almost anything, just as long as it's well written. He is looking forward to hearing about your favorite books.

Summit Book Group **161**

Merrie Courtright

Tuesdays Jan 21 - Apr 15 11:00 - 12:30

Fee: \$12 4 sessions  **Oasis**

The Summit Book Group meets on the third Tuesday of every month. Book selections are: Jan 21 - *The Heaven and Earth Grocery Store* by James McBride; Feb 18 - *The Giver of Stars* by Jojo Moyes; Mar 18 - *Ireland* by Frank Delaney; and Apr 15 - *Love of My Life* by Rosie Walsh. *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

162

Betty Whiton & Iris Fanning

Tuesdays Jan 21 - Apr 15 1:00 - 2:30

Fee: \$12 4 sessions  **Zoom**

The Holmes Book Group meets on Zoom on the third Tuesday of every month. Book selections are: Jan 21 - *The Color of Water: A Black Man's Tribute to His White Mother* by James McBride; Feb 18 - *Adventures of Huckleberry Finn* by Mark Twain; Mar 18 - *Hateship, Friendship, Courtship, Loveship, Marriage: Stories* by Alice Munro; and Apr 15 - *Into the Abyss* by Carol Shaben. *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.

MUSIC

Singing the Show Tunes

163

Irma Reeder & Scott Hooker

Tuesdays Jan 14 - Apr 15 10:15 - 11:45

Fee: \$70 14 sessions  **Oasis**

Do you enjoy singing? In this fun and informative class, we explore show tunes from stage and screen while including gentle physical movement, vocal exercise, singing technique and a lot of laughter! We learn new songs, renew old friendships, and meet new people. We plan four exciting performances at the end of the trimester (4/1, 4/8, 4/15, 4/18) 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 musical adventure!

The Music of Cuba with Frank Leto 164

Frank Leto


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

Explore the music of Cuba, with musician and educator Frank Leto. He shares his passion for music through lecture and live demonstrations. Participants learn about the artists, instruments, musical styles, history, and influences of Cuba's music. Listen to some rumba, salsa, mambo and more!

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

The Music of Brazil with Frank Leto 165

Frank Leto

Monday Feb 24 10:00 - 11:30
Fee: \$15  **Oasis**


Explore the music of Brazil, with musician and educator Frank Leto. He shares his passion for music through a combination of lecture and live musical demonstrations. Listen to some samba, bossa nova, choro and more while learning about the artists, instruments, musical styles, and the history of the music of Brazil.

See bio in class #164.

Bodhrán for Fun

166

Irma Reeder


Monday Mar 17 12:30 - 2:00
Fee: \$20  **Oasis**

Celebrate St. Patrick's Day by learning to play the bodhrán. This is about the most fun you can have and still be legal! Also known as the Irish frame drum, its steady, resounding sound is well known in Irish/Celtic music. Whether you're playing pizza boxes or a real drum, we cover the basics and get you drumming to some exciting tunes! This class is not intended to present historical technique. *If you have a bodhrán, please bring it with you. Supplies provided. Limited enrollment.*

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

PERFORMING ARTS

Virginia Creepers Performance 167

Friday Jan 31 2:00 - 3:30
Fee: \$17  **Oasis**

The Virginia Creepers love tunes and songs from Appalachia and beyond and have been playing old-time music in New Mexico for almost 30 years. Their repertoire includes weird, old, and crooked tunes from exotic places like West Virginia and Kentucky; lively dance tunes that they play for squares and contras; and songs about hard times, trains, and whiskey. Their music ranges in age from the Civil War era and earlier to newer pieces in the old-time style.

The band features Rick Olcott on guitar, Laurie Phillips on mandola, Jane Phillips on fiddle, Marc Robert on bass and banjo, and Michel Robert on fiddle. All of them sing now and then. Based in Albuquerque, they play

around NM and beyond for dances, parties, festivals, and as soothing background.

Mardi Gras with Flambeaux 168

Friday Feb 28 2:00 - 3:30

Fee: \$17  **Oasis**


Flambeaux specializes in spirited New Orleans jazz, inspired by American music from the 1910s, 20s and 30s. They bring the Big Easy's Mardi Gras celebration to Oasis. Just try to keep your toes from tapping!

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

A Celtic Journey of Wood & Strings 169

Irma Reeder & Scott Reeder

Friday Mar 14 2:00 - 3:30

Fee: \$17  **Oasis**

Wear your green (or your plaid) to celebrate St. Patrick's Day! Husband and wife duo, Scott and Irma Reeder, captivate you with the sounds of Celtic harp, mountain and hammered dulcimers, bowed psaltery, Irish whistles, and bodhrán (Irish frame drum) in this uplifting concert. They include haunting Scottish airs from the Celtic heart of the British Isles, foot-stomping Irish jigs and reels, along with American fiddle tunes to keep you in the festive mood.


The Reederes won the 2016 Southern Regional Ensemble Championship at the Ozark Folk Center. Irma was ranked the third best dulcimer player in the US at the 2021 National Mountain Dulcimer Championship. Their

albums have listeners around the world, and musicians throughout the US play Irma's published mountain dulcimer arrangements. Irma is the Oasis Show Tunes director, and both Irma and Scott have taught musical instrument classes at Oasis.

Live Theater 170

Robert Benjamin & Duchess Dale

Friday Mar 21 2:00 - 3:00

Fee: \$15  **Oasis**


Uplift Productions presents new enhanced staged-readings of original, light-hearted short plays about older characters. Each short play shows characters grappling with awkward, sometimes difficult, yet often 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.

The plays are performed by local professional actors and directed by Duchess Dale, an award-winning actor, director, and podcast host. Robert Benjamin is a late-blooming playwright, after a distinguished career in physics. He's had productions of a half-dozen full-length plays, about twenty shorts, and a short film.

A Bohemian Life: Music for Violin & Piano Performance 171

Barbara Barber & Jessie Lo

Friday Mar 28 10:00 - 11:30

Fee: \$17  **Robertson Violins**

Join violinist Barbara Barber and pianist Jessie Lo for a morning of delightful Czech music. The program will feature works for violin and piano by three Czech composers whose music reflects their heritage and love


for their native land. Bedřich Smetana is known as the “Father of Czech Music.” His younger contemporary, Antonín Dvořák, established Slavic music as a much-loved national idiom. Dvořák’s favorite student and son-in-law, Joseph Suk, brought Czech Modernism into the 20th Century. The lives of these composers will be explored as well as the historical context, musical style, and structure of their works. They perform in the acoustically superb recital hall of Robertson & Sons Violin Shop.

Back by popular demand. Barbara Barber is internationally known as a violinist, violist, pedagogue, and author. She has held faculty positions at several universities. She has performed worldwide and joined Robertson & Sons Violin Shop presenting concerts, masterclasses, and pedagogy seminars. Barbara plays professionally with Santa Fe Symphony and New Mexico Philharmonic. Jessie Wenchieh Lo is a performing artist, recording artist, music educator, and director. She is a pianist, organist, clarinetist, and singer, who has performed worldwide. She is the organist/pianist at First Presbyterian Church Albuquerque and is also the music director for National Dance Institute New Mexico in Santa Fe.

Oasis Entertainers 172

Irma Reeder & Scott Hooker

Friday Apr 18 2:00 - 3:00

Fee: \$15  **Oasis**

Each trimester, enthusiastic singers enroll in the “Singing the Show Tunes” chorus group class. At the end of 14 weeks of fun and challenging rehearsals, the group presents an hour-long program for the Oasis community. Led by Irma Reeder and accompanied on piano by Scott Hooker, this close-knit

community of musicians performs music from the stage and screen. All are invited to attend the latest trimester’s musical adventure.

See bio in class #163.

PERSONAL ENRICHMENT

Aging is a Frickin’ Privilege 173

Mary Lou Dobbs

Monday Jan 13 12:30 - 2:00

Fee: \$25  **Oasis**

Mary Lou Dobbs’ talk is a rallying cry to set your soul on fire in the face of society’s underwhelming expectations and negative stereotypes that threaten the value of your inner wisdom. Dobbs helps you learn how to release fears with a power phrase, and move away from resistance and toward a vibrant and exciting life. Additionally, she introduces Thought Field Therapy, a form of healing code, allowing you to eliminate most negative emotions. Dobb’s book, *Badass Old White Woman: How to Flip the Script on Aging*, is included in the price of the class.

Lifestyle Coach and key-note speaker, Mary Lou Dobbs transformed into a self-proclaimed badass when labeled “an old white woman.” She channeled this experience into her new book. Embark on an unapologetic journey of renewed purpose and adventure. Recharge; be empowered and motivated.

Using DNA Matches to Solve Family History Mysteries 174

Philip Spivey

Thursday Jan 23 10:00 - 11:30

Fee: \$15  **Oasis**


DNA testing through services such as Ancestry DNA® can often generate thousands of DNA

matches. These matches can be used to help adoptees identify biological family and family historians identify ancestors. Law enforcement can even use them to help identify criminals and victims. Philip Spivey shows you how to organize those matches and utilize them to answer these types of genealogical questions.

Philip Spivey is a genetic genealogist. He is president of the Albuquerque Genealogical Society, a member of the Association of Professional Genealogists and the National Genealogical Society. His credentials include a Certificate in Genealogical Research from Boston University, as well as several certificates from the Salt Lake Institute of Genealogy.

Conscious Living Through Conscious Dying Workshop 175

Danielle Slupesky

Mondays Jan 27 - Feb 10 1:30 - 3:00
Fee: \$36 3 sessions  **Oasis**

Back by popular demand. 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 our families and communities.

Practicing the Gentle Art of Wandering 176

David Ryan

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

The gentle art of wandering is allowing yourself to see (being present) and letting what you see guide you on where you go. When you adopt the mindset of wandering, you find yourself making amazing discoveries and having an adventure almost every time you step out the door. In previous Oasis presentations, David Ryan focused on what you can discover when you wander. In this talk, he focuses on techniques that you can use so you too can adopt the mindset of wandering. *Following this class there will be an opportunity to register for Awareness Wanderings with David Ryan. These optional walks will help you further develop your wandering skills.*

David Ryan is the author of *Wandering in the Clear Light of New Mexico*, *The Gentle Art of Wandering*, coauthor of the 3rd Edition of *60 Hikes within 60 Miles: Albuquerque*, and several other walking and hiking books. He has conducted several presentations and has led many hikes for Oasis.

Puzzles, Games, & Friends 177

Fridays 1/31, 2/21, 3/7, 4/18 10:00 - 12:00
Fee: \$5 4 sessions  **Oasis**


Join other Oasis participants as we break out the board games, card games, and puzzles. Learn a new game. Teach a game. Work a puzzle with a few folks. Test your wits and strategy. Bring some friends to play alongside, or plan on meeting some new friends. Enjoy a couple of hours of fun in a safe and friendly environment.

If you would like to help with the class, let us know. Feel free to bring a game to try. This class will develop over the term, so come have some fun!

Memoir Writing:

How to Tell Your Story 178

Norma Libman


Friday Feb 7 10:00 - 12:00
Fee: \$20 

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

Norma Libman has taught writing, literature, and humanities in Chicago and now leads workshops throughout New Mexico. She is a freelance journalist with degrees in education and literature from Northeastern Illinois University. Libman is also an author of two award-winning books, *Lonely River Village: A Novel of Secret Stories* and *The Story of the Story*.

Sharing Your Story 179

Cazandra Campos-MacDonald

Tuesday Feb 25 12:30 - 2:00
Fee: \$20 

In this hands-on, highly experiential class, participants learn both the why and how of sharing your stories. The “why” has to do with the power that your stories have in impacting lives and sparking change. Additionally, telling your story allows for embracing your own truth. The “how” of telling your story is the remembering, mining, and writing process that allows your story to have life. *Bring paper and pen for writing exercises. Limited enrollment.*

Cazandra Campos-MacDonald is an ordained deacon, author, speaker, columnist, advocate, hospice chaplain, and encourager. She lives her life passionately, speaking to others with chronic illnesses and rare diseases across the country.

How to Stop Taking Photos and Start Receiving Moments 180

D.G. Hollums

Thursday Mar 6 10:30 - 12:00
Fee: \$15 

Smartphone cameras have enabled a new world of photography for many of us. In this class D.G. Hollums discusses how photography can be more than just getting “the best shot.” Photography can also be about “receiving the moment.” Some might call this meditative photography. However you define it, this class helps reframe photo taking into a consideration of how each picture can bring transformation in both the photographer and anyone who views the photos.

D.G. Hollums describes himself as a neo-friar-esque extroverted contemplative who is also a husband, father, cultural architect, community curator, contemplative photographer, and contemplative woodcarver. Hollums describes his photography as “Prayer-tography” and “Visio Divina,” and uses photography as a spiritual practice and discipline.


Introduction to E-Trikes 181


Sara Friederich

Wednesday Mar 26 10:00 - 11:30
Fee: \$15 

What do you need to know about buying and riding an e-trike in Albuquerque? Have you seen me colorfully dressed, zooming around town on a red e-trike? Everywhere I go people ask me the same questions: Is it electric? How fast does it go, and how far on a charge? How much did it cost? Come and find out why an e-trike can be a wonderful transportation option for older adults who no longer drive!

Sara Friederich is an active Oasis member who has previously taught classes in backyard composting. She is a current e-trike rider, who rides her e-trike to Oasis classes on a regular basis.

Oasis Trivia Contest A **182**
Todd Griffin
Thursday **Mar 27** **12:30 - 2:00**
Fee: \$15  **Oasis**

Oasis Trivia Contest B **183**
Friday **Mar 28** **10:00 - 11:30**
Fee: \$15  **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. *Class 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, exercising, taking Oasis classes, volunteering at the front desk and serving on the Oasis Board. Possessed of a mind that is curious about nearly everything, he has collected a wealth of trivial and useless information.

PHILOSOPHY, RELIGION, & SPIRITUALITY

The Spiritual Journey of William Sloane Coffin, Part 1 **184**
Frank Yates
Friday **Jan 17** **10:00 - 11:30**
Fee: \$15  **Oasis**

William Sloane Coffin (1924-2006) was a Presbyterian pastor and advocate for civil rights and peace. Born into a wealthy family, he served in World War II with the CIA. He would become the chaplain at Yale University and the pastor at Riverside Church in New York City. His autobiography is entitled

Once to Every Man. Frank Yates examines Coffin’s life in this first of two lectures on Coffin.

Frank Yates is the Interim Pastor at Rio Rancho Presbyterian Church. He currently teaches at UNM Continuing Ed and St. Norbert College. He is a graduate of Abilene Christian University and UT Austin and has graduate degrees from Austin Presbyterian Theological Seminary.


The Writings of William Sloane Coffin, Part 2 **185**
Frank Yates

Friday **Mar 21** **10:00 - 11:30**
Fee: \$15  **Oasis**

William Sloane Coffin (1924-2006) was a Presbyterian pastor and advocate for civil rights and peace. He wrote many sermons and books. Frank Yates examines some of Coffin’s thoughts contained in such books as *Letters to a Young Doubter*, *A Passion for the Possible*, *Living the Truth in a World of Illusions*, and *The Collected Sermons of William Sloane Coffin*. Coffin emerges as a passionate advocate for peace and justice in his writings.

See bio in class #184.

Icons: Doorways to Heaven **186**
Christopher Zuger

Thursday **Feb 20** **10:30 - 12:00**
Fee: \$15  **Our Lady Of Perpetual Help Church**

The form of the icon goes back to the very beginnings of Christianity, growing out of existing art into the carefully detailed rules of today. Using the icons that adorn Our Lady of Perpetual Help Church — some well over 300 years old — and from the presenter’s private collection, learn how colors, poses, even the shapes of the mouth and nose, all tell us something about the saints, and their response to God’s grace.


Father Christopher Zuger is a graduate of Saint Bonaventure University and Washington Theolog-

ical 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.

Plato's Dialogue Republic **187**
George Leone
Thursday Apr 17 2:30 - 4:00
Fee: \$15  **Oasis**

Justice has always been an inadequately defined concept in human social and political life. From the ancient Greeks until today, this concept has been the basis of much dialogue and conflict among humans. Justice was one of the four cardinal virtues of the Greek philosophers Socrates, Plato, and Aristotle. Plato's masterpiece dialogue, *Republic*, has Socrates leading us on a profound path to an understanding of this concept. This presentation follows the path taken by Socrates.

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.

Monk for the Masses **188**
Scott Sharp
Friday Apr 18 10:00 - 11:30
Fee: \$15  **Oasis**

Explore the life of Thomas Merton, an American monk whose life transcended the monastery outside Louisville where he lived and prayed. Merton was a writer and voice for peace during nuclear proliferation and the Viet Nam war. He was also deeply concerned about the poor. His writings were very influential in the sixties, even as he sought out solitude and silence. Before his

death, he was interested in interreligious dialogue, especially with Zen Buddhists.

Scott Sharp has been reading books by Thomas Merton since 1993 when he picked up *Conjectures of a Guilty Bystander* by chance at his local library. Since then, Merton has been a consistent literary conversation partner for Sharp. When he isn't reading Merton, he spends his time as the Executive Director of Albuquerque Oasis.

SCIENCE, MATH, & NATURE

For Goodness Flake... the Science of Snow **189**
Deirdre Kann
Wednesday Jan 22 10:00 - 11:30
Fee: \$15  **Oasis**

A snowflake is one of nature's most beautiful and delicate creations. Deirdre Kann covers the formation of ice crystals and snowflakes in the atmosphere. Then she moves closer to the ground and examines the distribution of snowfall across New Mexico including the Albuquerque snow hole. Finally, while climate change discussions are generally focused on temperature changes, this talk focuses on changes in our local snow distribution in a warming climate.

Deirdre Kann is no stranger to snow, having grown up in northern Illinois. After earning a BS in mathematics and a PhD in atmospheric sciences, she worked for 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, she enjoys public speaking and watching the world's weather.

New Mexico Wildlife Exploration 190

Storm Usrey

Tuesday Jan 28 12:30 - 1:30

Fee: \$10  **Oasis**

Storm Usrey, from the New Mexico Department of Game and Fish, presents information on various wildlife species found in and around New Mexico. After his formal presentation and Q&A, you are invited to spend some hands-on time exploring a variety of animal biofacts including skulls, pelts, and track impressions to learn more about these interesting animals. *Limited enrollment.*

Storm Usrey is the conservation education manager with the New Mexico Department of Game and Fish (NMDGF). He has been employed with NMDGF for almost 19 years and has served in the following previous positions: conservation officer, field training officer, and resident game bird biologist.

Landscapes of the Sandia Mountains 191

Leslie McFadden

Wednesday Jan 29 12:30 - 2:00

Fee: \$15  **Oasis**

Among the important features of the Albuquerque area are the picturesque landscapes of the Sandia Mountains that dominate the eastern skyline. The Elena Gallegos Open Space, located at the foot of the Sandias, offers visitors a network of hikes and opportunities to view diverse landforms, such as: bajadas and their associated alluvial fans, pediments, steep spectacular cliffs, and “corestone” topography. Les McFadden focuses on the processes such as tectonic uplift, climate change, erosion, weathering and soil formation responsible for the origins and evolution and important relationships between vegetation communities and landforms.


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.

Wildlife Signs ZOOM 192

Daryl Ratajczak

Friday Feb 7 10:00 - 11:30

Fee: \$15  **Zoom**

Wildlife is all around us but we are often not aware of their presence. We might not see the animals themselves, leading us to forget that they inhabit the same spaces we do. By becoming more attuned to the signs they leave behind—such as tracks, droppings, or markings—we can develop an awareness of their presence. Learning to recognize and interpret these signs, we can enhance our appreciation for wildlife but also foster a greater sense of connection with the natural world.

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 also worked for the Tennessee Wildlife Resources Agency.

Tales From a Zookeeper 193

William Pentler

Wednesday Mar 19 10:00 - 11:30

Fee: \$15  **Oasis**

Bill Pentler shares stories and photographs from his 11 years as a zookeeper. He has worked with a range of zoo animals including large elephants, giraffe, antelope, and a variety of primates. He includes a story of his close encounter with one of the elephants, as well as many other entertaining and enlightening insights into the animals he worked with over the years.

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.

New Mexico's Rare Plants:

Find Them & Save Them

194

Clay Meredith

Thursday

Mar 27

10:00 - 11:30

Fee: \$15

 Oasis

New Mexico is home to 4,000 species of plants (more than in all but three states). Around 200 of these species are rare or at risk of extinction. They can be found from desert roadsides to isolated mountain peaks. Clay Meredith takes you on a tour of where these plants occur, what threats they face, and how organizations around the state are working together to keep these plants flourishing.

Clay Meredith is the species survival officer for plants at the New Mexico BioPark Society. For the past six years, he has worked to build a seed bank containing overlooked species in New Mexico which have not yet been included in any other seed bank. He has contributed to the conservation assessment of more than 600 plant species. He also delivers training for the International Union for Conservation of Nature.

Carlito Springs Open Space

Hydrogeology Walk

195

Corbin Carsrud

Wednesday

Apr 2

9:00 - 11:00

Fee: \$18



Carlito Springs Open Space

Back by popular demand. 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. 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. He is currently focused on identifying and raising awareness of water supply issues and spring flow changes within Bernalillo County.

Unlocking Nature's Secrets: Drones, Biomimicry, & Beyond

196

Mostafa Hassanalain

Friday

Apr 4

10:00 - 11:30

Fee: \$15

 Oasis

During years of evolution, nature has developed processes, objects, materials, and functions to increase efficiency. Today, there is a demand for drones with diverse capabilities for civilian and military applications to operate in various environments and perform a range of missions. The advantages that drones offer have led to extensive research focused on optimizing and enhancing their performance. Mostafa Hassanalain updates his previous drone presentation and focuses on how engineers can apply efficient, nature-inspired solutions to modern engineering problems.

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

Maxwell Museum Collections Tour 197

Karen Price & Kari Schleher

Thursday Apr 10 10:00 - 12:00

Fee: \$18  Maxwell Museum of Anthropology


Reflecting a broad mission that encompasses the entire history of humankind, the Maxwell Museum's collections are worldwide in scope, with extensive holdings from throughout North, South, and Central America. With its primary emphasis on the American Southwest, the Maxwell is world-renowned for its holdings from this region. Senior Collections Manager of Archaeology Karen Price, and Curator of Archaeology Kari Schleher, lead this tour of the Museum's vast archaeological collection. *You will be standing during the entire two-hour behind the scenes adventure. Limited enrollment.*

Karen Price received her MA in artefact studies from University College London and her BA in anthropology and Spanish from James Madison University, Harrisonburg, Virginia. She was curator of Archaeological Collections at Mount Vernon Ladies' Association, Mount Vernon, Virginia before she came to the Maxwell. Curator of Archaeology, Kari Schleher, has a PhD from UNM and specializes in archaeological ceramics from the US Southwest.

Llamas Up Close 198

Lynda Liptak

Friday Apr 18 9:00 - 10:30

Fee: \$35  Llamas del Sol

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

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

SOUTHWEST

Dr. Frank Hibben Historic Home Tour A 199

Doug Lutz

Tuesday Jan 28 9:30 - 11:30

Fee: \$20  Hibben House

Dr. Frank Hibben Historic Home Tour B 200

Tuesday Feb 25 9:30 - 11:30

Fee: \$20  Hibben House

Dr. Frank Hibben Historic Home Tour C 201

Tuesday Mar 25 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 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.

Symbols of Authority: The Spanish Vara & Pueblo Canes 202

Robert Tórrez


Thursday Feb 13 10:00 - 11:30
 Fee: \$15  Oasis

The vara was the staff of office for Spanish and Mexican-era officials in New Spain. The staff served as the badge of office carried by government officials. Robert Tórrez's presentation reviews how the vara was utilized in commerce and government. A form of vara continues to be utilized today by New Mexico's Pueblos as symbols of their authority and independence. They are the canes the Pueblo governors carry as their symbol of authority.

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

How the Roswell UFO Mythology Was Created 203

Jim Eckles

Wednesday Feb 19 12:30 - 2:00
 Fee: \$15  Oasis

Aliens or science experiments? Jim Eckles looks at the likelihood that space aliens crashed near Roswell in 1947. Or could testing, especially biometric work done by Colonel John Stapp, be the more plausible explanation for debris fields and eyewitness accounts? It was a time when high altitude balloons were used to lift all kinds of experiments to the edges of the atmosphere and they came down all over southern New Mexico.

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 exten-

sively about the missile range mission and area history. He wrote a book about the first atomic bomb test called *Trinity: The History of An Atomic Bomb Test Site*.

Jewish New Mexicans in World War II 204

Naomi Sandweiss Willie


Thursday Feb 20 2:30 - 4:00
 Fee: \$15  Oasis

It has been 80 years since the end of World War II. Naomi Sandweiss Willie's presentation shares the stories of Jewish men and women who lived and served in New Mexico and overseas. From Raton to Silver City, Jewish New Mexicans answered the call to military service. They were also subject to some of the war's horrors, including the Bataan Death March, imprisonment and even death. Learn about these individuals and how they participated as New Mexicans, Jews, and Americans.

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

The Art & History of Zuni Jewelry 205

Deborah Slaney

Monday Feb 24 12:30 - 2:00
 Fee: \$15  Oasis

Through the collections of the Wheelwright Museum, Deb Slaney presents a history of fine Zuni silver and lapidary work, jewelry making techniques, and collaborating with Native American jewelers. Slaney helps you to better view and interpret the Native American jewelry collection of the Wheelwright Museum.

Deborah Slaney is the retired curator of history emerita at the Albuquerque Museum, and currently serves as collections data manager at the

Wheelwright Museum of the American Indian in Santa Fe. Her publications on Zuni jewelry include *Blue Gem*, *White Metal* and *Leekya: Master Carver of Zuni Pueblo*.

Two Los Lunas Treasures: Huning House & Luna Mansion **206**

John Taylor

Monday Mar 17 10:00 - 11:30
Fee: \$15  **Oasis**

The Huning House and the Luna Mansion are two of the most prominent early buildings in Valencia County. The Huning House dates to the late 1700s and the Luna Mansion dates to 1880. John Taylor describes the people and the architecture that continues to provide insight into the early days of central New Mexico. Come hear about these two New Mexico treasures.

John Taylor retired in 2010 as the manager of the Integrated Technologies and Systems Strategic Management Group Support Department at Sandia National Laboratories. He has a master's degree in nuclear engineering from Stanford University and was a member of Sandia's technical and management staff for 35 years. He is the author or co-author of 50 technical reports and 25 books on a variety of topics including New Mexico history, soccer science, and naval history.

Belen Harvey House Tour **207**

Frances Zeller

Wednesday Mar 26 10:30 - 12:00
Fee: \$18  **Harvey House Museum in Belen**

Built in 1910 by the AT&SF Railroad, the Belen Harvey House is one of only a few standing Harvey Houses in New Mexico. Ninety percent of the structure is original. Learn about the Museum's history while touring the main museum, upstairs bedrooms, and watching a short video. After the tour, you might want to purchase a dessert, baked in the kitchen of the Fred Harvey Whistle Stop

Café to take home. *The Harvey House museum is not fully handicapped accessible. Limited enrollment.*

Museum Coordinator Frances Zeller, attended Maryland Institute of Art in Baltimore. She also lived in Philadelphia, Washington, DC, and Savannah, GA, where she worked as a professional tour guide and developed a passion for history and architecture.

TECHNOLOGY

Cybercrime Fighters: Phishing & Identity Theft **208**

Jean Starr

Monday Feb 3 10:00 - 11:30
Fee: \$18  **Oasis**

Back by popular demand. 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. She has developed and taught computer training courses for Department of Defense organizations as well as the Federal Law Enforcement Training Center.

COMMUNITY PARTNERS



TRAVEL

Oasis/Collette Trip to Hawaii:

Sales Presentation

209

Wednesday

Jan 22

3:00 - 4:00

Fee: FREE

 Oasis

Join Collette's representative as he reviews Collette's history, policies, and highlights included in the Hawaii trip scheduled for fall 2025. Trip itinerary includes Waikiki Beach, Pearl Harbor, the USS Arizona Memorial, Iolani Palace, Hawai'i Volcanoes National Park, Polynesian luau, Kona, and the Iao Valley. Relax on Hawaii's beautiful beaches, learn about Hawaiian history and culture, and soak up the natural surroundings during your three-island tropical adventure. Bring your travel questions and learn what to expect on tour and how to register. *Trip is scheduled for September 21-30, 2025 (10 days, 14 meals). Reserve your trip by March 14, 2025.*

Oasis has been working with Collette for over ten years, offering a variety of both domestic and international tours.

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.

Fitness Assessment

500

Thursday

Feb 20

9:00 - 10:15

Fee: \$10

 Oasis

Maintaining and improving physical fitness is critical for maintaining independence. Join us to learn your cardiorespiratory fitness, muscular strength, flexibility, balance, agility, and body composition. Then, meet one-on-one with a CNM exercise

science student to discuss your results, how to improve your fitness levels, and what classes/programs can help you achieve them. *Limited enrollment.*

Sarah Triemstra is an exercise science instructor at CNM and has taught in higher education for 4 years. Sarah is a National Strength and Conditioning Association certified strength and conditioning specialist who works primarily with persons with chronic illness or conditions, utilizing a whole-body and lifestyle change approach to fitness. She is joined by her exercise science students.

Tai Ji Quan: Moving for Better Balance®

210

Cindy Russell

Mon & Wed

Jan 20 - Mar 17

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. No class 2/17. Please be sure to attend if you register for this class—our funding to offer this class depends on your attendance. 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.

On the Move: Group Exercise for Improved Mobility in Older Adults® 211

Cindy Russell


Mon & Wed Jan 20 - Apr 14 2:30 - 3:30
Fee: FREE 24 sessions  **Oasis**

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 2/17. Limited enrollment.*


See bio in class #210.

Functional Conditioning A 212

Ilene Dunn

Tue & Thu Jan 21 - Jan 30 9:00 - 10:00
Fee: \$36 4 sessions  **Oasis**

Functional Conditioning B 213

Tue & Thu Feb 4 - Feb 13 9:00 - 10:00
Fee: \$36 4 sessions  **Oasis**


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 needed equipment is provided. Limited enrollment.*

Ilene Dunn is a certified personal trainer, specializing in senior fitness and the maintenance of

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

Tai Chi for Arthritis & Fall Prevention, Part 1 214

Ilene Dunn

Tue & Thu Jan 28 - Mar 20 11:00 - 12:00
Fee: FREE 16 sessions  **Oasis**

Tai Chi for Arthritis & Fall Prevention, Part 1 ZOOM 215

Tue & Thu Jan 28 - Mar 20 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 #212/#213.

Tai Chi for Arthritis & Fall Prevention, Part 2 216

Ilene Dunn

Tue & Thu Mar 25 - Apr 17 11:00 - 12:00
Fee: \$56 8 sessions  **Oasis**

Tai Chi for Arthritis & Fall Prevention, Part 2 ZOOM 217

Tue & Thu Mar 25 - Apr 17 11:00 - 12:00
Fee: \$56 8 sessions  **Zoom**


For those who have mastered the basic move-

ments 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 Arthritis and Fall Prevention Part 1 basic forms. Limited enrollment.*

See bio in class #212/#213.

Yoga for All Around Balance 218

Sue Eaton

Wednesdays Jan 29 - Feb 12 10:00 - 11:15
Fee: \$30 3 sessions  **Oasis**

This three-part series focuses on finding better balance physically, mentally, and emotionally through yoga. Practice 12 yoga poses to improve physical balance, which is important as we age. Explore how yoga can also help reduce stress and anxiety and improve mental and emotional balance. In addition, look at four breath practices to calm your body and mind. *No experience needed; bring a yoga mat and a blanket or towel. Limited enrollment.*

Sue Eaton is a certified yoga teacher. Eaton is an active member of Yoga Alliance and has taught over 650 yoga classes. Her intention in teaching yoga is to help students explore and expand their breath and body awareness through mindful movement.

Fundamentals of Qigong 219

Marcia Pincus

Tuesdays Feb 4 - Mar 4 1:00 - 2:00
Fee: \$45 5 sessions  **Oasis**


Enhance qi throughout the body using a simple movement called Circling Hands. Circling Hands consists of three types of circles that are performed in front of the body while standing in place. We also explore Taoist Longevity Breath-

ing—a technique used to breathe into various parts of the body to improve wellbeing. *Limited enrollment.*

Marcia Pincus has been practicing Chinese martial arts for nearly 40 years, including kung fu, tai chi, qigong, and bagua. For 15 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.

Tai Chi Chih: Joy Through Movement 220

Ellen Tatge


Thursdays Feb 6 - Mar 13 1:00 - 2:00
Fee: \$60 6 sessions  **Oasis**

This gentle practice supports improved balance, flexibility, and increased energy, as well as regulation of stress, blood pressure, and weight. Easy-to-learn movements relax the body, quiet the mind, and settle the emotions by circulating internal energy (chi). This 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.

Yoga for Healthy Joints 221

Gloria Drayer

Tuesday Feb 18 2:30 - 3:45
Fee: \$12  **Oasis**

Achy joints? Learn and practice poses that lubricate our joints through the release of synovial fluid. Work on poses that strengthen the muscles supporting our joints. These are key ingredients for the health of your joints. Gloria Drayer adapts the poses to fit your individual needs. *No yoga experience necessary; bring a mat if you wish to*

do the poses on the floor. Otherwise, they can all be done standing or in a chair. 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*.

Swing Dancing! 222

Susan Becker

Thu, Tue, Thu Mar 13 - Mar 20 2:30 - 4:00
Fee: \$30 3 sessions  Oasis

Let's Swing Dance! This is an intensive and fun three-session class. Learn the fundamentals of jitterbug and East Coast Swing (aka 6-count swing), gain the health benefits of moving to music, and practice cool moves with a dance partner for recreation! We start with the basics; by the end, you're just a step away from Dancing With the Stars! Sign up with a partner or find one in class. Partner rotation is encouraged, but keeping the same dance job (i.e., Lead or Follow) is recommended. *Limited enrollment.*

Susan Becker holds a PhD in physical education from UNM with an emphasis in adapted physical education for special needs students and dance; teaching ballroom and country western dance and yoga at UNM for the past 40+ years. She has presented dance programs through APS at Corrales Elementary in the past and currently teaches privately with small groups.

Foam Rolling for Health 223

Athena Valerio-Hirschfeld

Tue & Thu Mar 18 & Mar 20 1:00 - 2:00
Fee: \$20 2 sessions  Oasis


The stress and strain of daily life can take a toll. Previous injury, pain, and posture issues can have adverse bodily effects. These can cause imbalanc-

es, both small and large, leading to further pain, discomfort, or aches. Using foam rollers, elongate and release muscle tissues to correct these imbalances. Join this fun and informative class, and leave feeling relaxed and restored. *Please bring your own foam roller and yoga mat or blanket. Limited enrollment.*

See bio in class #146.

The Psoas Complex: Finding Freedom in Movement 224

Julieann Neely


Thursdays Mar 27 - Apr 17 1:00 - 2:15
Fee: \$36 4 sessions  Oasis

Learn about the importance of knowing the body's psoas complex muscles (i.e., those connecting the hips and spine). We explore the location, function, and release techniques for acute and chronic psoas complex pain and dysfunctions. Suppling the psoas complex may help put a new spring in your step and give you the freedom to move through life with more ease. *Limited enrollment.*

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

Yoga for Hands & Wrists 225

Gloria Drayer

Tuesday Apr 15 2:30 - 3:45
Fee: \$12  Oasis

Motion is lotion. 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. Work on movements to help strengthen and stretch the wrists and hands, including work focused on every joint in the hand. *No previous experience necessary;*

class is done seated in a chair; no mat/blanket needed. Limited enrollment.

See bio in class #221.

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.

Tingley Bosque Ponds Exploration 226

William Pentler


Monday Jan 27 9:00 - 12:00
Fee: \$18  **Tingley Beach**

Join Bill Pentler on a leisurely, outdoor exploration around the Tingley Bosque Ponds area. It's a good time to spot porcupines in the leafless trees and search the ponds for wintering ducks, cormorants, heron, and more. *This is a two-to-three-hour hike that covers almost three miles over generally level ground but with some tripping hazards. Dress for the weather, bring water and binoculars. No restrooms. Limited enrollment.*


See bio in class #193.

Walking Albuquerque - Mondays 227

Don Potter

Mondays Mar 17 - Apr 21 8:30 - 10:00
Fee: \$20 6 sessions  **Walks**

Walking Albuquerque - Wednesdays 228

Wednesdays Mar 19 - Apr 23 8:30 - 10:00
Fee: \$20 6 sessions  **Walks**

Whether along historic irrigation ditches, through interesting neighborhoods or on foothill trails, enjoy these six moderately paced walks guided by a variety of walk leaders. Each walk is approximately 90 minutes. These walks are geared for intermedi-

ate 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 also been a participant and a walk leader during the past few years. He is joined by a group of enthusiastic walk leaders who lead the group on some of their favorite walks around town.

Bosque Open Space Hike 229

Richard & Colleen Shackley

Tuesday Mar 18 8:30 - 10:30
Fee: \$15  **Open Space Visitor Center**

Join Open Space Nature Guides and Trail Stewards Richard and Colleen Shackley on an adventure into one of the gems of Albuquerque's Open Spaces – the Rio Grande Bosque. Along the way learn about the history and the area, the flora and fauna, the importance of water, and all of the wonderful things Albuquerque's Open Spaces have to offer. This is a moderate hike of approximately 2 miles on uneven trails. *Bring water, dress for weather, and wear close-toed shoes. No pets. Limited enrollment.*

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

To the Valley of Gold by Bike 230

Lance Chilton

Tuesday Apr 8 9:15 - 11:30
Fee: \$20  **Bernco Railrunner Station**

Looking for company or a safe route for a bicycle ride? Join Lance Chilton on a ride from the Ber-

nalillo County Rail Runner Station to Valle de Oro (VdO) Wildlife Refuge on a bikes-only trail. There, we are greeted by a VdO volunteer who shares with us a bit about the refuge and the plant and animal life there. There is time to have water and a snack and use the restrooms before returning as a group to the starting point. The ride is approximately 11 miles round trip on mostly level, paved terrain. *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 at midpoint only. Limited enrollment.*

Lance Chilton 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 can find Chilton on one of his daily bike rides around the city, particularly along the Bosque.

many strange and intriguing areas that are off the beaten path—hidden gems that most people have never seen or visited. In this class we tour five of those areas 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.


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 - Hidden Landscape Gems of New Mexico 231

Lance Ozier

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

In addition to its well-known landscapes such as White Sands, Shiprock, Ghost Ranch, El Malpais, Chaco Canyon, and others, New Mexico has

NIRR - Navigating the Journey: End of Life Choices 232

Brooke Nutting


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

This class is designed to empower you with the knowledge and tools needed to make informed end-of-life decisions for yourself and your loved ones. Attendees learn about different pathways to end-of-life care, including hospice, home care, medical aid in dying, and hospital settings, as well as the importance of communicating their wishes effectively with family and healthcare providers. Leave with a clearer understanding of choices, actionable steps for planning, and resources for ongoing support, ensuring you can navigate this journey with confidence and compassion.

Brooke Nutting transitioned from accounting and entrepreneurship to end-of-life services with depth of adaptability and personal growth. She opened her business, Death Doula Professionals, and is committed to being an ambassador for the end-of-life movement underscoring the importance of approaching life—and death—with intention and compassion.

NIRR - Women in Celtic Society 233*Maya Sutton***Monday Mar 10 3:00 - 4:30****Fee: \$6**  **Neighborhood in Rio Rancho**

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?


*See bio in class #154.***LVL - A Physical Therapist's Take On Balance 234***Leslie Herman***Thursday Jan 16 3:00 - 4:30****Fee: \$6**  **La Vida Llena**

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 discussed to better understand and bolster the body's responses. Suggestions for home activities to improve balance are provided.


*See bio in class #140.***LVL - History of Italian Cuisine-From Imperial Rome to Current Days 235***Lucio Lanucara***Thursday Feb 20 3:00 - 4:30****Fee: \$6**  **La Vida Llena**

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 taste.

Lucio Lanucara moved to New Mexico from Italy in 2013 and has been teaching for over 10 years. He teaches ethics, international management, entrepreneurship and international relations at UNM and CNM. However, his passion 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.

LVL - Finding Hope Through Chronic Illness 236*Cazandra Campos-MacDonald***Thursday Mar 20 3:00 - 4:30****Fee: \$6**  **La Vida Llena**

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 Rev. 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 #179.***LVL - Generation to Generation: What's the Difference? 237***Scott Sharp***Thursday Apr 17 3:00 - 4:30****Fee: \$6**  **La Vida Llena**

Need some tips on navigating the different 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? Why are conversations about generations helpful?

See bio in class #188.

Off-Site Class Locations

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

Bernalillo County

Rail Runner Station

Located at 113 Rio Bravo SE, Albuquerque. Near 2nd and Rio Bravo.

Carlito Springs Open Space

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. Park in the uppermost parking lot (it is a bit of a drive). Continue driving up the hill until you pass behind the education building to an open lot at the top where you can't drive any further.

Eldora Chocolates

Located at 8114 Edith Blvd NE, Albuquerque. Two blocks south of Paseo del Norte, on the east side of the street.

Harvey House Museum in Belen

Located at 104 North First Street, Belen. Belen is located about 36 miles south of Albuquerque. Take exit 195 from I-25 South. Turn left onto West Rein-ken Ave, turn right onto North Second St, turn left toward North First St, then turn right onto North First St and Belen Harvey House Museum is on the left.

Hibben Historic House

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

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.

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.

Llamas del Sol

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

Lomas Tramway Library

Located at 908 Eastridge Dr NE, Albuquerque.

Maxwell Museum of Anthropology

Located at 500 University Blvd NE, Albuquerque. Located on the west side of the UNM Campus, just north of Martin Luther King Jr. Blvd and just east of University Blvd. Meet at the Maxwell Museum front desk. Limited parking (10 Maxwell reserved spaces) is available just west of the museum, parallel to University Blvd. Parking permits are available at the Museum front desk or the Museum store. Paid parking areas are west of the Museum adjacent to permitted spaces and north of Las Lomas Rd.

Neighborhood in Rio Rancho

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

Open Space Visitor Center

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

Our Lady of Perpetual Help Church

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

Roadrunner Food Bank

Located at 5840 Office Blvd NE, Albuquerque.

Robertson Violins

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

Saranam West

Located at 4651 Montañó Rd NW, Albuquerque. Entrance is off of Taylor Ranch Rd. Meet in the classroom of Mesa View United Methodist Church, on the west side of the parking lot to begin the tour.

Tingley Beach

Located at 1800 Tingley Dr SW, Albuquerque. From Central Ave and Tingley Dr (traffic signal just east of the Rio Grande), go south and turn right into the first Tingley Beach entrance. Turn right again, go past the northernmost pond, and park in the large gravel parking lot.

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505-884-4529 for assistance.

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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 in 2025



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 14, 2025.**



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Oasis Classes

Now close to your Neighborhood

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

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

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

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

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(505)-994-2296



LA VIDA LLENA
LIFE PLAN COMMUNITY

(505)-293-4001



Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day Office Closed	2	3
<div> <div>ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 40-41. <u>Registration opens at 10:00am on Wednesday, January 8, 2025 at 10:00am</u> and continues throughout the term.</div> </div>				
6	7 New Year-New Friends (pre-registration required, RSVP by 12/27, see pg. 3)	8 Registration Opens 10:00	9	10 SENTENCED Film 10:00 - 12:00
13	14 163 Singing the Show Tunes 10:15-11:45 159 Austin Book Group 1:30-3:00 231 NIRR-Hidden Landscapes*	15 111 War in Ukraine 10:00-11:30 160 Talk About Your Book 12:30-2:00	16 234 LVL-PT's Take On Balance* 3:00-4:30	17 184 William Sloane Coffin, Part 1 10:00-11:30 122 Chaco Film 12:30-2:00
20	21 101 Still Life Pastels 9:00-12:00 112 Current Affairs 9:15-10:45 163 Singing the Show Tunes 1:00-2:00 210 Tai Ji Quan for Balance 2:30-3:30 211 On the Move	22 189 Snow Science 10:00-11:30 132 Aging Mastery Program® 10:00-12:00 210 Tai Ji Quan for Balance 1:00-2:00 102 Watercolor Painting 1:00-4:00 211 On the Move 2:30-3:30 209 Oasis/Collette Hawaii 3:00-4:00	23 212 Functional Conditioning A 9:00-10:30 174 DNA Matches & Family Mysteries 10:00-11:30	24 103 Beyond Basics Mosaics 9:00-1:00 150 18th Century Human Rights 10:00-11:30
27	28 103 Beyond Basics Mosaics 9:00-11:00 226 Tingley Bosque Ponds* 9:00-12:00 210 Tai Ji Quan for Balance 1:00-2:00 175 Conscious Living Dying Workshop 1:30-3:00 211 On the Move 2:30-3:30	29 218 Yoga for Balance 10:00-11:15 151 H-bomb ZM 10:00-11:30 132 Aging Mastery Program® 10:00-12:00 191 Landscapes of the Sandias 12:30-2:00 210 Tai Ji Quan for Balance 1:00-2:00 137 Matter of Balance* 1:00-3:00 102 Watercolor Painting 1:00-4:00 211 On the Move 2:30-3:30	30 212 Functional Conditioning A 9:00-10:00 176 Gentle Art of Wandering 10:00-11:30 126 Eldora Chocolate A* 10:30-11:30 214 Tai Chi Arthritis 1 11:00-12:00 215 Tai Chi Arthritis 1 ZM 11:00-12:00	31 177 Puzzles, Games, & Friends 10:00-12:00 167 Virginia Creepers 2:00-3:30

Monday		Tuesday		Wednesday		Thursday		Friday		
ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 40-41. Registration opens at 10:00am on Wednesday, January 8, 2025 at 10:00am and continues throughout the term.										
3	112 Current Affairs 9:15-10:45 208 Discussion Group ZM 10:00-11:30 210 Phishing & ID Theft 1:00-2:00 175 Tai Ji Quan for Balance 1:00-2:00 175 Conscious Living 1:30-3:00 Dying Workshop 2:30-3:30 211 On the Move	4	213 Functional Conditioning B 9:00-10:00 163 Singing the Show Tunes 10:15-11:45 214 Tai Chi Arthritis 1 11:00-12:00 215 Tai Chi Arthritis 1 ZM 11:00-12:00 138 Prediabetes 12:30-2:00 219 Qigong 1:00-2:00	5	218 Yoga for Balance 10:00-11:15 132 Aging Mastery Program® 10:00-12:00 210 Tai Ji Quan for Balance 1:00-2:00 137 Matter of Balance* 1:00-3:00 211 On the Move 2:30-3:30 113 Asia in 2025 6:00-7:30	6	213 Functional Conditioning B 9:00-10:00 115 Buying or Selling A House 10:00-11:30 214 Tai Chi Arthritis 1 11:00-12:00 215 Tai Chi Arthritis 1 ZM 11:00-12:00 114 Every Drop Counts 12:30-2:00 220 Tai Chi Chih 1:00-2:00 Art Gallery Opening Reception 2:00-4:00 139 Hearing Technology ZM 2:30-4:00	7	192 Wildlife Signs ZM 10:00-11:30 178 Memoir Writing 10:00-12:00	
10	164 Music of Cuba 10:00-11:30 210 Tai Ji Quan for Balance 1:00-2:00 175 Conscious Living 1:30-3:00 Dying Workshop 2:30-3:30 211 On the Move 3:00-4:30 232 NIRP-End of Life Choices*	11	213 Functional Conditioning B 9:00-10:00 163 Singing the Show Tunes 10:15-11:45 214 Tai Chi Arthritis 1 11:00-12:00 215 Tai Chi Arthritis 1 ZM 11:00-12:00 219 Qigong 1:00-2:00 159 Austin Book Group 1:30-3:00	12	218 Yoga for Balance 10:00-11:15 132 Aging Mastery Program® 10:00-12:00 160 Talk About Your Book 12:30-2:00 210 Tai Ji Quan for Balance 1:00-2:00 137 Matter of Balance* 1:00-3:00 211 On the Move 2:30-3:30	13	213 Functional Conditioning B 9:00-10:00 202 Vara & Pueblo Canes 10:00-11:30 214 Tai Chi Arthritis 1 11:00-12:00 215 Tai Chi Arthritis 1 ZM 11:00-12:00 220 Tai Chi Chih 1:00-2:00	14	123 John Lewis Film 12:30-2:00	
17	Presidents' Day Office Closed	18	163 Singing the Show Tunes 10:15-11:45 214 Tai Chi Arthritis 1 11:00-12:00 215 Tai Chi Arthritis 1 ZM 11:00-12:00 161 Summit Book Group 11:00-12:30 219 Qigong 1:00-2:00 162 Holmes Book Group ZM 1:00-2:30 221 Yoga Healthy Joints 2:30-3:45	19	140 Anatomy for Exercise 10:00-11:30 152 Women Warriors/Hidden Spies 10:00-11:30 132 Aging Mastery Program® 10:00-12:00 203 Roswell UFO Mythology 12:30-2:00 210 Tai Ji Quan for Balance 1:00-2:00 137 Matter of Balance* 1:00-3:00 211 On the Move 2:30-3:30	20	500 Fitness Assessment 9:00-10:15 186 Icons: Doorways to Heaven* 10:30-12:00 214 Tai Chi Arthritis 1 11:00-12:00 215 Tai Chi Arthritis 1 ZM 11:00-12:00 220 Tai Chi Chih 1:00-2:00 204 NM Jews in WWII 2:30-4:00 235 LVL-History of Italian Cuisine* 3:00-4:30	21	177 Puzzles, Games, & Friends 10:00-12:00 104 Mandala Painting A 10:00-12:30 133 Neurodiversity: Attachment & Communication 2:00-3:30	
24	165 Music of Brazil 10:00-11:30 128 Cooking Demo: Downsize Meals 10:00-12:00 205 The Art & History of Zuni Jewelry 12:30-2:00 210 Tai Ji Quan for Balance 1:00-2:00 211 On the Move 2:30-3:30	25	200 Hibben House Tour B* 9:30-11:30 163 Singing the Show Tunes 10:15-11:45 214 Tai Chi Arthritis 1 11:00-12:00 215 Tai Chi Arthritis 1 ZM 11:00-12:00 179 Sharing Your Story 12:30-2:00 219 Qigong 1:00-2:00 141 Brain Builders 2:30-4:00	26	140 Anatomy for Exercise 10:00-11:30 132 Aging Mastery Program® 10:00-12:00 121 Hitchcock Films ZM 12:30-2:30 210 Tai Ji Quan for Balance 1:00-2:00 137 Matter of Balance* 1:00-3:00 211 On the Move 2:30-3:30	27	214 Tai Chi Arthritis 1 11:00-12:00 215 Tai Chi Arthritis 1 ZM 11:00-12:00 142 Safer Life 12:30-2:00 220 Tai Chi Chih 1:00-2:00	28	166 Drawing & Observation 1:00-3:00 168 Flambeaux Performance 2:00-3:30	

Monday		Tuesday		Wednesday		Thursday		Friday	
3	4	5	6	7	8	9	10	11	12
112 Current Affairs Discussion Group ZM 210 Tai Ji Quan for Balance 106 Drawing & Observation 211 On the Move	9:15-10:45 1:00-2:00 1:00-3:00 2:30-3:30	107 Kei & Molly Textiles* 163 Singing the Show Tunes 214 Tai Chi Arthritis 1 215 Tai Chi Arthritis 1 ZM 219 Qigong 143 Healthy Aging	10:00-11:00 10:15-11:45 11:00-12:00 11:00-12:00 1:00-2:00 2:30-4:00	140 Anatomy for Exercise 132 Aging Mastery Program® 210 Tai Ji Quan for Balance 137 Matter of Balance* 211 On the Move	10:00-11:30 10:00-12:00 1:00-2:00 1:00-3:00 2:30-3:30	180 From Photos to Moments 214 Tai Chi Arthritis 1 215 Tai Chi Arthritis 1 ZM 144 Overcoming Negative Thoughts 220 Tai Chi Chih	10:30-12:00 11:00-12:00 11:00-12:00 12:30-2:00 1:00-2:00	177 Puzzles, Games, & Friends 106 Drawing & Observation 134 Neurodiversity: Sensory and Regulation 2:00-3:30	153 Martin Luther 106 Drawing & Observation 169 Celtic Journey Concert 2:00-3:30
10	11	12	13	14	15	16	17	18	19
145 Blood Clots 105 Mandala Painting B 210 Tai Ji Quan for Balance 106 Drawing & Observation 211 On the Move 233 NRRR-Celtic Women*	10:00-11:30 10:00-12:30 1:00-2:00 1:00-3:00 2:30-3:30 3:00-4:30	163 Singing the Show Tunes 214 Tai Chi Arthritis 1 215 Tai Chi Arthritis 1 ZM 159 Austin Book Group	10:15-11:45 11:00-12:00 11:00-12:00 1:30-3:00	140 Anatomy for Exercise 132 Aging Mastery Program® 160 Talk About Your Book 210 Tai Ji Quan for Balance 137 Matter of Balance* 211 On the Move	10:00-11:30 10:00-12:00 12:30-2:00 1:00-2:00 1:00-3:00 2:30-3:30	129 Tea Traditions 214 Tai Chi Arthritis 1 215 Tai Chi Arthritis 1 ZM 220 Tai Chi Chih 222 Swing Dance	10:00-11:30 11:00-12:00 11:00-12:00 1:00-2:00 2:30-4:00	153 Martin Luther 106 Drawing & Observation 169 Celtic Journey Concert 2:00-3:30	153 Martin Luther 106 Drawing & Observation 169 Celtic Journey Concert 2:00-3:30
17	18	19	20	21	22	23	24	25	26
227 Walking ABQ-Mon* 112 Current Affairs Discussion Group ZM 206 Two Los Lunas Treasures 166 Bodhan for Fun! 210 Tai Ji Quan for Balance 106 Drawing & Observation 211 On the Move	8:30-10:00 9:15-10:45 10:00-11:30 12:30-2:00 1:00-2:00 1:00-3:00 2:30-3:30	229 Bosque Open Space Hike* 163 Singing the Show Tunes 214 Tai Chi Arthritis 1 215 Tai Chi Arthritis 1 ZM 161 Summit Book Group 223 Foam Rolling 162 Holmes Book Group ZM 222 Swing Dance	8:30-10:30 10:15-11:45 11:00-12:00 11:00-12:00 11:00-12:00 1:00-2:00 1:00-2:30 2:30-4:00	228 Walking ABQ-Wed* 193 Tales From a Zookeeper 132 Aging Mastery Program® 137 Matter of Balance* 211 On the Move	8:30-10:00 10:00-11:30 10:00-12:00 1:00-3:00 2:30-3:30	130 Food Bank Tour* 214 Tai Chi Arthritis 1 215 Tai Chi Arthritis 1 ZM 154 Who Are the Basques? 223 Foam Rolling 222 Swing Dance 236 LVL-Hope Through Chronic Illness*	10:30-12:00 11:00-12:00 11:00-12:00 12:30-2:00 1:00-2:00 2:30-4:00 3:00-4:30	185 William Sloane Coffin, Part 2 106 Drawing & Observation 170 Live Theater 2:00-3:00	185 William Sloane Coffin, Part 2 106 Drawing & Observation 170 Live Theater 2:00-3:00
24	25	26	27	28	29	30	31	1	2
227 Walking ABQ-Mon* 131 Food Allergies 106 Drawing & Observation 211 On the Move	8:30-10:00 10:00-11:30 1:00-3:00 2:30-3:30	201 Hibben House Tour C* 163 Singing the Show Tunes 216 Tai Chi Arthritis 2 217 Tai Chi Arthritis 2 ZM 146 Can I Stay?	9:30-11:30 10:15-11:45 11:00-12:00 11:00-12:00 2:30-4:00	228 Walking ABQ-Wed* 181 E-Trikes 132 Aging Mastery Program® 207 Harvey House Tour* 211 On the Move	8:30-10:00 10:00-11:30 10:00-12:00 10:30-12:00 2:30-3:30	194 NM Rare Plants 216 Tai Chi Arthritis 2 217 Tai Chi Arthritis 2 ZM 182 Trivia A 224 Psos: Freedom in Movement	10:00-11:30 11:00-12:00 11:00-12:00 12:30-2:00 1:00-2:15	171 Violin & Piano Performance* 183 Trivia B 124 Uranium Derby Film 106 Drawing & Observation 2:00-3:00	155 Chinese Characters 10:00-11:30
31	1	2	3	4	5	6	7	8	9
227 Walking ABQ-Mon* 112 Current Affairs Discussion Group ZM 118 Saranam West Tour* 147 Peripheral Neuropathy 106 Drawing & Observation 211 On the Move	8:30-10:00 9:15-10:45 10:00-11:30 12:30-2:00 1:00-3:00								

ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 40-41.
 Registration opens at 10:00am on Wednesday, January 8, 2025 at 10:00am and continues throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4			
148 Understanding Referred Pain 163 Singing the Show Tunes 127 Eldora Chocolate B* 216 Tai Chi Arthritis 2 217 Tai Chi Arthritis 2 ZM		228 Walking ABQ-Wed* 195 Carito Springs Hydrology Walk* 156 Magna Carta 211 On the Move		216 Tai Chi Arthritis 2 217 Tai Chi Arthritis 2 ZM 116 Justice Allto 117 Justice Allto ZM 224 Psoas: Freedom in Movement		196 Drones Update 106 Drawing & Observation			
7		8		9		10		11	
227 Walking ABQ-Mon* 157 Celtic Immigrants 211 On the Move		163 Singing the Show Tunes 230 Valle de Oro by Bike* 216 Tai Chi Arthritis 2 217 Tai Chi Arthritis 2 ZM 159 Austin Book Group		228 Walking ABQ-Wed* 160 Talk About Your Book 211 On the Move		108 Garden Mini Wreath 197 Maxwell Museum Tour* 216 Tai Chi Arthritis 2 217 Tai Chi Arthritis 2 ZM 224 Psoas: Freedom in Movement		109 Paving Stone Mosaic 125 Entangled Film 149 Life Reflections	
14		15		16		17		18	
227 Walking ABQ-Mon* 109 Paving Stone Mosaic 112 Current Affairs Discussion Group ZM 211 On the Move		163 Singing the Show Tunes 216 Tai Chi Arthritis 2 217 Tai Chi Arthritis 2 ZM 161 Summit Book Group 162 Holmes Book Group ZM 225 Yoga Hands & Wrists		228 Walking ABQ-Wed* 119 NM Legislative Recap		110 Spring Floral Workshop 216 Tai Chi Arthritis 2 217 Tai Chi Arthritis 2 ZM 224 Psoas: Freedom in Movement 187 Plato's Dialogue 237 LVL-Generation to Generation*		198 Llamas Up Close* 188 Monk for the Masses 177 Puzzles, Games, & Friends 172 Oasis Entertainers	
21		22		23		26		27	
227 Walking ABQ-Mon* 158 Iceland				228 Walking ABQ-Wed*					
30		31							

ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 40-41.
 Registration opens at 10:00am on Wednesday, January 8, 2025 at 10:00am and continues throughout the term.

Oasis Policies

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

How do I become an Oasis member?

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

How do I register for classes?

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

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

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

What types of payment do you accept?

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

What if the class I want is full?

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

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

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

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

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

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

Courtesy Confirmation Calls & Zoom Links

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

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

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

Information about Oasis credits

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.

**Spring 2025 classes begin
Monday, January 13, 2025.**

Registration Info:

Registration opens at 10:00am on Wednesday, January 8, 2025.

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, January 8, 2025. 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 January 8, 2025.

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 (January 8, 2025). The first form received is the first one entered and so on.

Important Registration Information

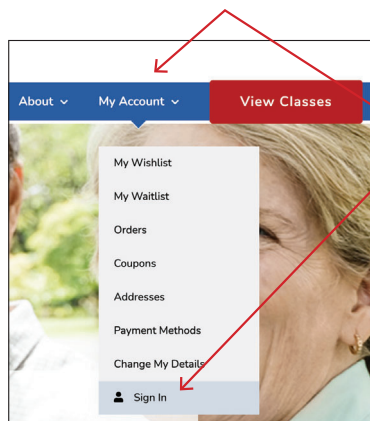
Complete your forms and payments carefully. Include payment for all of your classes and trips.

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

Payment methods

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

HOW TO REGISTER FOR CLASSES

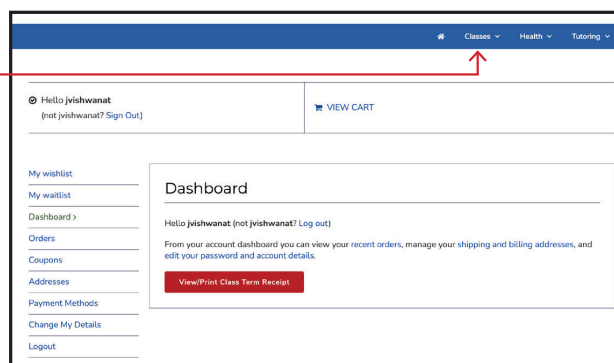


1. Go to www.oasisabq.org

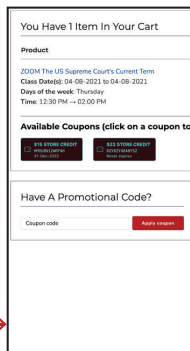
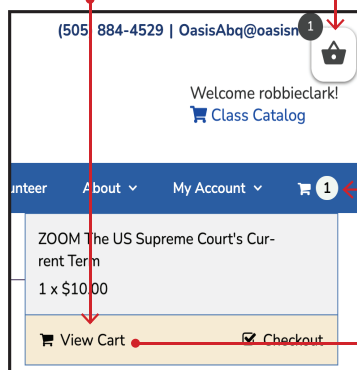
2. Click **My Account > Sign In** (If you don't have a MyOASIS account yet, click **"Create Your Profile"** to sign up).

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

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



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



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

Subtotal	\$10.00
Term x 1	\$10.00
Subtotal	\$10.00
Total	\$10.00

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**

Class Date(s): 7/12/21 - 7/12/21
 Day(s) of the week: Monday
 Time: 10:00 AM → 12:00 PM
 Location: Zoom
 Class Instructions:
 Topic: Aging in Place Time: Jul 12, 2021 10:00 AM Central Time (US and Canada) Join Zoom Meeting
<https://us02web.zoom.us/j/84510158569?pwd=NGovOFArRTdQNTJQaFV2Z2d3TjdEdz09>
 Meeting ID: 845 1015 8569 Passcode: 227544

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



Cut along the line to remove and return this form.

Oasis Spring 2025 Class Registration Oasis ID# (from catalog address label)

Date / /

Name Address Phone Email

City Zip

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

SIGNATURE REQUIRED

✓ Check (on this side) the classes you would like to take				Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W	
	101	Still Life Pastels	\$60			
	102	Watercolor Painting	\$60			
	103	Basics & Beyond Mosaics	\$60			
	104	Mandala Painting A	\$30			
	105	Mandala Painting B	\$30			
	106	Drawing & Observation	\$150			
	107	Kei & Molly Textiles*	\$18			
	108	Garden Mini Wreath	\$20			
	109	Paving Stone Mosaic	\$60			
	110	Spring Floral Workshop	\$35			
	111	War In Ukraine	\$15			
	112	Current Affairs Group ZM	\$35			
	113	Asia in 2025	\$15			
	114	Every Drop Counts	\$15			
	115	Buying or Selling A House	\$15			
	116	Supreme Court	\$15			
	117	Supreme Court ZM	\$15			
	118	Saranam West Tour*	\$15			
	119	NM Legislative Recap	\$15			
	120	KOAT Tour*	\$18			
	121	Hitchcock Films ZM	\$15			
	122	Chaco Film	\$12			
	123	John Lewis Film	\$12			
	124	Uranium Derby Film	\$12			
	125	Entangled Film	\$12			
✓ Check (on this side) the classes you would like to take				Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W	
	126	Eldora Chocolate A*	\$22			
	127	Eldora Chocolate B*	\$22			
	128	Cooking Demo: Downsized Meals	\$35			
	129	Tea Traditions	\$20			
	130	Food Bank Tour*	\$18			
	131	Food Allergies	\$15			
	132	Aging Mastery Program®	FREE			
	133	Neurodiverse: Attachment/Comm	\$15			
	134	Neurodiverse: Sensory/Regulation	\$15			
	137	Matter of Balance*	FREE			
	138	Prediabetes	FREE			
	139	Hearing Technology ZM	\$15			
	140	Anatomy for Exercise	\$40			
	141	Brain Builders	FREE			
	142	Safer Life	\$15			
	143	Healthy Aging	\$15			
	144	Overcome Negative Thoughts	\$15			
	145	Blood Clots	\$15			
	146	Can I Stay?	\$15			
	147	Peripheral Neuropathy	\$15			
	148	Understanding Referred Pain	\$15			
	149	Life Reflections	\$15			
	150	18th Century Human Rights	\$15			
	151	H-bomb ZM	\$15			
	152	Women Warriors/Hidden Spies	\$15			
✓ Check (on this side) the classes you would like to take				Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W	
	153	Martin Luther	\$15			
	154	Who Are the Basques?	\$15			
	155	Chinese Characters	\$15			
	156	Magna Carta	\$15			
	157	Celtic Immigrants	\$15			
	158	Iceland	\$15			
	159	Austin Book Group	\$12			
	160	Talk About Your Book	\$12			
	161	Summit Book Group	\$12			
	162	Holmes Book Group ZM	\$12			
	163	Singing the Show Tunes	\$70			
	164	Music of Cuba	\$15			
	165	Music of Brazil	\$15			
	166	Bodhran for Fun!	\$20			
	167	Virginia Creepers	\$17			
	168	Flambeaux Performance	\$17			
	169	Celtic Journey Concert	\$17			
	170	Live Theater	\$15			
	171	Violin & Piano Performance*	\$17			
	172	Oasis Entertainers	\$15			
	173	Aging is a Frickin' Privilege	\$25			
	174	DNA & Family Mysteries	\$15			
	175	Conscious Living Dying Workshop	\$36			
	176	Gentle Art of Wandering	\$15			
	177	Puzzles, Games, & Friends	\$5			

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.



Cut along the line to remove and return this form.

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, January 8, 2025,
10:00am & continues throughout the term.
See pages 51-52 for
registration information.

Classes begin Monday, January 13, 2025www.facebook.com/OasisAlbuquerquewww.instagram.com/OasisAlbuquerque**Oasis Albuquerque****Board of Directors**

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Wiggins, Williams & Wiggins

Bret Heinrich, VP

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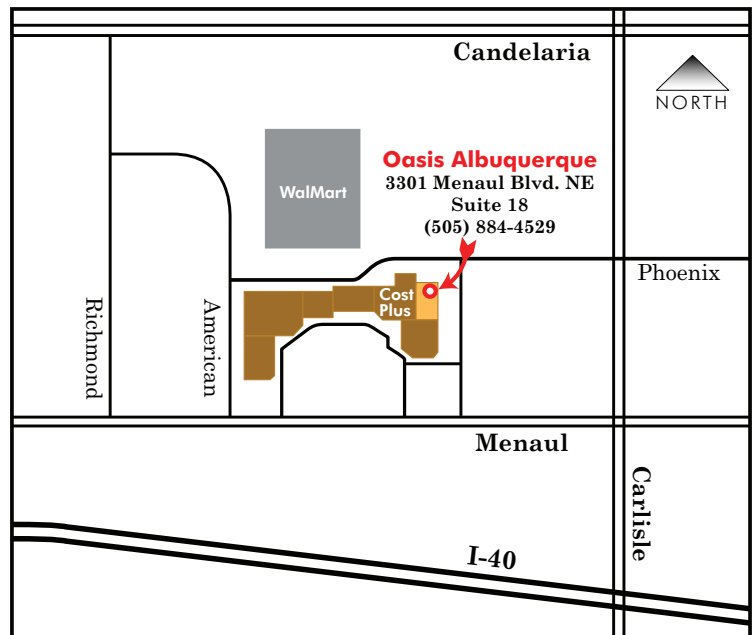
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Cynthia LaCoe-Maniaci,

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