

**CLASSES MAY - AUGUST 2025**

Registration Opens:

Wednesday, May 7, 2025

10:00am



# SUMMER 2025

Adult education at its finest!



Sponsored by:



## Dear Oasis Friends,

Poet Mary Oliver's poem, *The Summer Day*, describes an intimate observation of a grasshopper. She notes how its jaw moves side to side instead of up and down, and how it gazes upon her with "enormous and complicated eyes." Near the end of the poem Oliver asks rhetorically, "Tell me, what else should I have done?" And then the poem moves from observation to invitation as she puts the reader on the spot with these powerful and poignant words:

"Tell me, what is it you plan to do  
with your one wild and precious life?"

The catalog you hold in your hand is an invitation to never waste a day this summer. Consider this, if a grasshopper can be a teacher, as long as there is a student to observe, then professors are all around us. At Oasis we bring teachers, facilitators, lecturers, instructors, and encouragers together so that their expertise, and willingness to bring forth awareness, can inspire us to stay on the journey of this life—learning, growing, and engaging all the way.

Our catalog is full of educational gems, hikes with vistas, exercises for healthier life, food, films, art, walks with friends, hidden treasures in our proverbial backyard, and everything in between. As you flip through these pages, pay attention for the invitation to explore that is certain to come your way.

We can't wait to see you at Oasis this summer!

Fondly,



Scott Sharp  
Executive Director

## Our Mission

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

## Oasis Affiliation

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

## Join Oasis

Oasis is open to all adults regardless of gender, race, creed, ethnicity, age, national origin, or religion. To join, complete the New Participant Form available at the Oasis office or on the inside back cover of this catalog. You can also join Oasis online at [www.oasisabq.org](http://www.oasisabq.org).

## The Oasis Center

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

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

Mail: PO Box 35518, Albuquerque, NM 87176

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

Email: [oasisabq@oasisnet.org](mailto:oasisabq@oasisnet.org)

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

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

## Oasis Staff



Absent: Brooke Pope, program manager



*Come Show Support for the Youth in our Community!*

**Oasis Art Gallery Summer 2025 - APS Middle School Art  
Thursday, May 8 – Thursday, August 21**

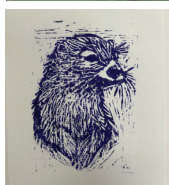
*Students from Jackson MS, Jefferson MS, Madison MS & Taylor MS are featured*



Bottom left: H. Sells/Jefferson MS  
Bottom right: A. Proveaux/Taylor MS

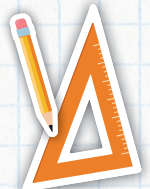
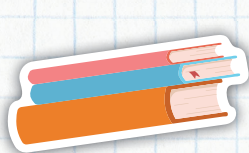


Top Left: T. Ringgold/  
Madison MS  
Top Right: A. Chavez/  
Jackson MS



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

**Opening Reception at Oasis - Thursday, May 8 from 4:00-5:30**



## BECOME AN OASIS TUTOR!

Share your love of reading by volunteering to become an Oasis Reading Mentor! Training and materials are provided, and no experience is necessary.

- Helps a child feel important
- Builds self-esteem
- Encourages reading and learning

### JOIN OUR TEAM!

Training sessions are held in September, October and January. *Pre-registration is required.* For more information, contact Vicki at Albuquerque Oasis or visit our website.

**(505) 884-4529 | [ALBUQUERQUE.OASISNET.ORG/TUTORING](http://ALBUQUERQUE.OASISNET.ORG/TUTORING)**



## 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 44-45 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](http://www.oasisabq.org).

### **A & B Classes**

These classes have the same description.

### **Part 1 & Part 2 Classes**

These classes build on knowledge learned from the first class to better understand the second class.



### **Service Animal Policy**

Only service animals are permitted in the building. Thank you for your cooperation.

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**See pages 58-59 for important policy & registration information.**



## LECTURES

## ART

**Greyshoes Studio Tour****101***Greyshoes Ethelbah***Thursday****May 15****10:00 - 11:30****Fee: \$20****Greyshoes Studio**

Back by popular demand. Upton Ethelbah Jr., known as Greyshoes, is an award-winning stone and bronze sculptor whose work has received worldwide acclaim. Take a private tour of Greyshoes' sculpture studio, located in the North Valley. His contemporary style is inspired by the traditional and ceremonial aesthetic of his Santa Clara Pueblo and White Mountain Apache heritage. Greyshoes discusses his art and process. Learn about the various types of stone he sculpts and their characteristics. View many works-in-progress. *Limited enrollment.*

Greyshoes, Upton Ethelbah Jr., began working as a sculptor after retiring. Ethelbah's *Pueblo Corn Dancer*, was judged Best Contemporary Native American art work at the Colorado Springs Indian and Spanish Art Market. He was awarded First Place in Stone Sculpture at the Santa Fe Indian Market. He installed a 25' steel sculpture at Menaul and 12th St. He was named a Living Treasure by the NM Museum of Indian Art and Culture. His website is Greyshoes.com.

**Bezel-Set Ring Workshop****102***Margie Weinstein***Wednesday****May 28****10:00 - 2:00****Fee: \$100****Meltdown Studio**

Join this hands-on introduction to metalsmithing at Meltdown Studio. In this four-hour workshop, make a sterling silver and bezel-set genuine stone ring. Choose from a variety of beautiful semi-precious stones and mineral cabochons. Make your own style, in your own size, so it's perfect for YOU!



*Photo courtesy of Lauren Tobey, Meltdown Studio*

Techniques learned include: texturing, stamping, bezel-making, soldering, oxidation, polishing, and stone-setting. No previous experience is required. *All materials and tools are provided. Participants may bring a snack. Limited enrollment.*

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

**Basics & Beyond Mosaic Workshop****103***Jill Gatwood***Friday****May 30****11:30 - 3:30****Monday****Jun 2****11:30 - 1:30****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 mosaic sculptures. No artistic ability or experience is required, but experienced mosaic artists will enjoy this class, too. *All tiles, tools, and other supplies are provided; bring materials fee of \$25 payable to instructor (cash or check) at first class. Limited enrollment.*

Jill Gatwood is an avid hiker and naturalist. When not exploring the mountains and canyons of New

Mexico, she creates custom mosaic mailboxes, telephones, toasters, and large mosaic sculptures. She loves sharing her passion for mosaics and has taught classes at Oasis for eight years.

**Mosaic Paving Stone Workshop**
104

*Jill Gatwood*


<b>Friday</b>	<b>Aug 1</b>	<b>11:30 - 3:30</b>
<b>Monday</b>	<b>Aug 4</b>	<b>11:30 - 1:00</b>
<b>Fee: \$60</b>	<b>2 sessions</b>	 <b>Oasis</b>

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

See bio in class #103.

**Sticks, Stones, & Seeds Art**
105

*Lea Anderson*

<b>Fri &amp; Mon</b>	<b>Jun 6 &amp; Jun 9</b>	<b>12:30 - 3:30</b>
<b>Fee: \$60</b>	<b>2 sessions</b>	 <b>Oasis</b>


Design your own unique collection of unnaturally-natural objects. Using inks, paints, and many other mixed media, embellish a range of beautifully-shaped natural objects such as dried seed pods, stones, twigs, and much more to create a wonderland of color, texture, and endlessly playful variation. All experience levels welcome. *All materials provided; bring materials fee of \$15 payable to the instructor (cash or check) at first class. Limited enrollment.*

Lea Anderson, a mixed media and installation artist, has lived and worked in New Mexico for two decades. Anderson has exhibited throughout New Mexico, the US, and internationally. She is a faculty member at CNM and has led dozens of workshops

using a wide variety of mixed media techniques. She has recently collaborated on projects with Meow Wolf and Electric Playhouse.

**Paper Marbling: Suminigashi-  
The Art of Floating Ink**
106

*Nicole White*

<b>Wednesday</b>	<b>Jun 11</b>	<b>12:30 - 2:30</b>
<b>Fee: \$60</b>		 <b>Oasis</b>



Join Nicole White for a meditative and creative journey into the ancient Japanese art of Suminigashi, or “floating ink.” This paper marbling technique allows you to create intricate, unique designs by swirling ink on water. Use special Suminigashi inks, brushes, and water to create five to ten unique marbled pieces for use as stationery, gift wrap, bookmarks, or frame-worthy art. Take home a kit that includes everything you need to keep creating. No prior experience is necessary. *All materials are provided; bring a materials fee of \$30 payable to the instructor (cash only) at class. Limited enrollment.*

Nicole White is an artist, instructor, and clinical hypnotherapist. She is the best-selling author of *Finding Your Angel: Your Roadmap to Transformational Creativity*. She believes that creativity is a lifestyle. White is a member of LIBROS—NM Book Art Guild, Santa Fe Book Arts Group, and New Mexico Watercolor Society.



**Tea Towel Printing****107**

Carol Sanchez

**Fri & Mon****Jun 13 - Jun 16****12:30 - 3:30****Fee: \$65****2 sessions** **Oasis**

Create and print your own design on tea towels. Participants design an image on a linoleum block and print onto fabric. All skill levels welcome. *Participants should come prepared with simple design ideas to try. Tea towels and paper are available, but you can also bring other fabrics to print. All materials are provided. Bring \$15 materials fee payable to the instructor (cash or check) at first class. Limited enrollment.*

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

**Beaded Bracelet with Charm****108**

Mary Neel

**Thursday****Jun 19****10:00 - 11:30****Fee: \$20** **Oasis**

Do you wish you had a special piece of jewelry to accent an outfit or give to a friend? Make a simple single strand, stretch beaded bracelet with an added charm. This class provides you with endless ideas of patterns and designs while you learn what supplies you need to create more bracelets on your own. You can choose from an assortment of bead kits and a charm to complete the project. *All materials are provided; bring materials fee of \$10 payable to instructor (cash or check) at class. Limited enrollment.*

Mary Neel is a self-taught artist who has spent much time looking to nature for inspiration. During her career in the nursery and landscape industry she learned to appreciate how nature shows us

beauty in its use of light, color, contrast, structure, and texture. Neel is currently a member of the Bead Society of New Mexico where she has learned a variety of beading styles and techniques. She also serves on the board.

**Beaded Goddess Bracelet****109**

Mary Neel

**Monday****Jul 14****10:00 - 11:30****Fee: \$20** **Oasis**

Learn how to make a simple stretch goddess bracelet, which is a graceful bracelet that uses two rows of beads that appear as a single row in a chevron pattern. Choose from an assortment of bead kits to make your own creation. Mary Neel also shares tips on supplies and resources if you'd like to create more at home. *All materials are provided; bring materials fee of \$10 payable to instructor (cash or check) at class. Limited enrollment.*

*See bio in class #108.*

**Exploration in Aerosols****110**

René Palomares

**Wednesdays****Jul 2 - Jul 23****10:00 - 11:30****Fee: \$80****4 sessions** **Oasis**


An Oasis member suggested that it would be fun to have an art class less focused on fine motor skills. We found one! Graffiti art uses water-based aerosol spray paint to create dramatic works of art. Learn techniques while exploring the possibilities of creating spray paint art that shows expression, fluidity, and boldness. Create one 11"x17" canvas in each of the four sessions. *All materials provided. This class will be held outside in a shaded spot to ensure ventilation. Limited enrollment.*

René Palomares is an art educator, father, and husband whose teaching experience ranges from young children to adults, from private school to public school, and community organizations. Palomares has a BFA from New Mexico State

University and a master's in art education from UNM. Palomares has several murals in Albuquerque and New Mexico. He continues to actively work on his creative practice and has shown his artwork throughout the US.

## Tour of Kei & Molly Textiles 111

Kei Tsuzuki


**Tuesday Jul 8 10:00 - 11:00**  
**Fee: \$18**  **Kei & Molly Textiles**

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

Kei Tsuzuki, co-founder of Kei & Molly Textiles, helped start the social enterprise 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.


## Pastel Portraits, A 112

Susan Roden

**Mon & Tues Jul 21 - Jul 22 9:00 - 12:00**  
**Fee: \$60** **2 sessions**  **Oasis**

## Pastel Portraits, B 113

Susan Roden

**Mon & Tues Aug 11 - Aug 12 9:00 - 12:00**  
**Fee: \$60** **2 sessions**  **Oasis**

Learn the properties and handling of soft pastels in this fun-filled, two-session class focused on pastel portraiture. Expand your creativity through demos, one-on-one instruction, and creative group exercises. Assistance in forming one's imagery

through the use of color, shapes, and linework is provided as you develop two portraits in this relaxed environment. *All materials provided; bring materials fee of \$20 payable to the instructor (cash or check) at first 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.

## FUSE Makerspace Tour 114


**Wednesday Aug 6 10:00 - 11:00**  
**Fee: \$20**  **FUSE Makerspace**

Staff at the FUSE Makerspace show their 13,400-square-foot center with tools that allow members to design, prototype, and create micro manufactured products. The Makerspace provides members with both digital and analog industrial fabrication tools for woodworking, metal fabrication, welding, rapid prototyping, 3-D printing, screen printing, vinyl printing, and cutting. See the artists and craftspeople at work on their various projects and take home a souvenir button that you helped create at the center. *Limited enrollment.*

## CONSUMER

## Spirits 101 115

Greg McAllister

**Monday May 19 10:00 - 11:30**  
**Fee: \$18**  **Algodones Distillery**

A visit to Algodones Distillery is an opportunity to learn how spirits progress from grain to glass. Using traditional pot stills, artesian well water, and a bosque location for aging, the proprietors source and distill local ingredients including juniper, piñon, and more. See the distilling apparatus, stroll the beautiful rural property, and taste the final




products. *Products for sale afterwards. Limited enrollment.*

Greg McAllister is a dentist, attorney, and entrepreneur who founded Algodones Distillery in 2013 with his partner P. David Pacheco, after attending distilling courses through the American Distilling Institute.

## How We Brought Local Radio to Placitas

Joan Fenicle

**Monday Jun 2 10:00 - 11:30**  
**Fee: \$15** 

**116**




In 2013 the FCC opened a window for applications for new FM radio stations. A group of residents in Placitas met and decided to apply for a license. The result is KUPR: a low power, FM radio station transmitting a multi-cultural format from Placitas. In a world of corporate media ownership, KUPR operates on a different wavelength with an all-volunteer staff who know the music, and many of the artists, featured on the station. KUPR is an example of how communities can make a difference.

Joan Fenicle is the manager and one of the founders of KUPR. KUPR serves communities near Placitas at 99.9 FM, and worldwide at [www.kupr.org](http://www.kupr.org). KUPR has been on the air since May 4, 2015.

## Cannabis 101

Kelly Butterman

**Wednesday Jun 4 12:30 - 2:00**  
**Fee: \$15** 


**117**

Back by popular demand. Curious about cannabis? Cannabis 101 offers an in-depth overview of the many different properties of the plant and the system in our body that cannabis interacts with, the endocannabinoid system. Learn about the different ways to consume cannabis (edibles, inhalants, etc.) and how each differs in their onset times and how long the effects last. Kelly Butterman discusses the many benefits that cannabis can have on the body.

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

## Talin: A World Market Tour

Ned O'Malia

**Wednesday Jun 4 2:00 - 3:00**  
**Fee: \$20**  **Talin World Market**

**118**

Offering foods from around the world, Talin Market is like a trip to a foreign country. From Japan to the Middle East; from Latin America to India: explore spices, noodles, beverages, sauces, vegetables, exotic sweets, and even live fish. Ned O'Malia hosts a lively guided tour through the market, delighting all your senses and making your next shopping trip easier to manage. *Limited enrollment.*

Ned O'Malia has offered many Oasis presentations about exotic countries and their foods. When he travels, he participates in cooking classes to learn more about the people and culture. His inquisitiveness has led him to sample new foods around the world. He holds a PhD in Asian religion and has taught for the UNM Honors College.

## CURRENT EVENTS

### Overview of President Trump's Executive Orders, A

119

Lorna Wiggins

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

### Overview of President Trump's Executive Orders, B ZOOM

119.5

Lorna Wiggins

Monday May 19 2:30 - 4:00  
 Fee: \$15 Zoom

President Donald Trump's term began with a flurry of executive orders aimed at reshaping American policy throughout the federal government. These executive orders touch every area of American life and could have an impact for years. Some executive orders reversed policies from the Biden administration, and others set new policy goals, reversing years of policy that had carried through the administrations from both parties. Although this session cannot cover everything, Lorna Wiggins addresses the basics of what has happened and some of the highlights. *A and B are the same class, but on different days. A is in person on Thursday, and B is on Zoom on Monday.*

Lorna M. Wiggins is president of Wiggins, Williams and Wiggins, P.C. Wiggins started practicing law in New Mexico in 1983 after completing a judicial clerkship. She specializes in the areas of labor and employment law. She is the chair of the Oasis Board of Directors.

### What Sort of Country Are We?

120

George Ovitt

Thursday May 22 2:30 - 4:00  
 Fee: \$15 Oasis

With the re-election of Donald Trump, Americans now find themselves in an unusual position--what kind of country have we become? Are we still living

in some sort of democracy, or is the dominance of the billionaire class indicative of an oligarchy? Or, worse, are we living now under fascism? This lecture asks the question and attempts some coherent answers based on current events, history, and wishful thinking.

George Ovitt currently teaches history at Albuquerque Academy. He has provided lectures at Oasis for 14 years.

### Take Me Out to the Ballgame, A

121

Monday Jun 2 1:00 - 2:30  
 Fee: \$18 Isotopes Park

### Take Me Out to the Ballgame, B

122

Monday Jul 7 11:00 - 12:30  
 Fee: \$18 Isotopes Park

### Take Me Out to the Ballgame, C

123

Monday Aug 4 11:00 - 12:30  
 Fee: \$18 Isotopes Park



Back by popular demand. It's the bottom of the ninth. Bases loaded. You're at the plate waiting for the pitch. How many times did you imagine yourself in that situation as a kid? Even if you no longer play ball, you can still tour Rio Grande Credit Union Field at Isotopes Park. Participants experience a behind the scenes look at the facility. Depending on circumstances, tours often include the press box, dugouts, locker rooms, and the field. No baseball game is included. *Limited enrollment.*



**KUNM Tour 124****Monday Jun 9 11:00 - 1:00****Fee: \$18**  **KUNM-Radio**

When you think of how a radio station works, does your mind instantly go to WKRP in Cincinnati? Well, now is the chance to update your imagery. Take a tour of KUNM, the public radio station which broadcasts from the University of New Mexico. In addition to being a National Public Radio affiliate, KUNM produces its own original content, and broadcasts at FM 89.9 MHz from high atop Sandia Crest. *Limited enrollment.*


KUNM began life April 30, 1960, as KNMD, an AM radio station on the UNM campus, broadcasting through power lines into campus buildings. Over the decades, there have been many improvements, especially moving to FM and relocating the broadcast tower to Sandia Crest. KUNM has had many formats over the years, including free-form rock, talk, and classical. KUNM became an NPR member station in 1978.

**Solving New Mexico's Health Care Worker Shortage 125***Fred Nathan***Wednesday Jul 23 12:30 - 2:00****Fee: \$15**  **Oasis**

Think New Mexico is an independent, statewide, results-oriented think tank whose mission is to improve the lives of all New Mexicans, especially those who lack a strong voice in the political process. In 2024, Think New Mexico published a report recommending a set of public policy reforms to solve the state's serious shortage of health care workers. This course describes those proposals and the progress made toward implementing them.

Fred Nathan, Jr. founded Think New Mexico and is its executive director. Nathan served as Special Counsel to New Mexico Attorney General Tom Udall from 1991-1998. In that capacity, he was the architect of several successful legislative initiatives

and was in charge of New Mexico's lawsuit against the tobacco industry. He serves on the boards of Santa Fe Preparatory School and the Thornburg Foundation.

**New Mexico Immigration 126***Bella Bjornstad***Tuesday Jul 29 12:30 - 2:00****Fee: \$15**  **Oasis**

Immigration policies and enforcement have changed recently. Join attorney Bella Bjornstad as she provides an overview of current immigration policies, how immigration and enforcement/detention impact New Mexican communities, and what advocates are doing to create a more welcoming state.


Bella Bjornstad is a staff attorney at the New Mexico Immigrant Law Center on the asylum and detention team where she works with immigrants held in ICE custody in New Mexico. Bjornstad is an Immigrant Justice Corps fellow and a recent graduate of the University of New Mexico School of Law.

**Supreme Court Recent Rulings 127***Andrew Schultz***Tuesday Aug 12 12:30 - 2:00****Fee: \$15**  **Oasis****Supreme Court Recent Rulings ZOOM 128***Andrew Schultz***Tuesday Aug 12 12:30 - 2:00****Fee: \$15**  **Zoom**

In its most recent Term, the Supreme Court issued opinions with enormous implications for a remarkable number of matters. These include gun regulation, the death penalty, e-cigarettes, transgender health care, and religious liberty. The Court made these rulings in the shadow of the new Administration's policies. In this program, Andrew Schultz reviews several of the Court's most significant decisions and discusses the evolving role of the Supreme Court in American society.

Andrew Schultz is an attorney, retired after practicing law with the Rodey Law Firm for nearly 40 years. He is the only graduate of the UNM Law School to serve as a law clerk at the US Supreme Court, serving as a clerk to Byron R. White. Schultz has been an adjunct professor at UNM's School of Law for more than three decades.


## FILM & TV

**KOAT Channel 7 Tour** **129**  
**Monday** **May 12** **10:30 - 12:00**  
**Fee: \$18**  **KOAT-TV**

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

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

**Judy Garland:**  
**Behind the Rainbow ZOOM** **130**  
*Dan Sherman*


**Wednesday** **May 28** **12:30 - 2:30**  
**Fee: \$15**  **Zoom**

Judy Garland was an icon of the screen. She is best known for the *Wizard of Oz*, which was filmed when she was only 16. Despite many successes at MGM studios, her career there ended when she was dismissed 12 years later. Loved by her fans, Judy Garland immediately went on to a hugely successful career outside of the movies as a concert

performer. This course fills in the background of Garland's life and career with little-known facts and shows many clips that present the emotional depth she projected until her death at age 47 in 1969.

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

**Made in NM Film Clips** **131**


*Jeff Berg*  
**Monday** **Jun 9** **12:30 - 2:00**  
**Fee: \$15**  **Oasis**

Ever wonder about little known movies that were shot (at least in part) in NM? Here is your chance to find out about some of these films via film clips. Silents, comedies, westerns—a little of each is included in this fun presentation!

Jeff Berg is a freelance writer and an active film historian. His book, *New Mexico Filmmaking*, is the only book about the history of New Mexico-made movies. He also has authored a book about the history of NM movie theaters. He is the author of *100 Things To Do In Santa Fe Before You Die*. He lives in Santa Fe, where he hides from people who want his autograph!


### 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.

**Beethoven's Nine Film** **132**  
**Friday** **May 23** **12:30 - 2:15**  
**Fee: \$12**  **Oasis**



*Beethoven's Nine* is a documentary film about music, war, and hope. This film follows nine unique individuals, including Ukrainian musicians, a deaf composer, a Polish rock star, a best-selling author, a legendary cartoonist, and the filmmaker himself, as they try to better understand the legacy of Beethoven's Ninth, and how to find hope even in the darkest times.

**No Time to Waste Film** **133**  
**Monday** **Jun 2** **12:30 - 2:00**  
**Fee: \$12**  **Oasis**

*No Time to Waste: The Urgent Mission of Betty Reid Soskin*, celebrates 99-year-old park ranger Betty Reid Soskin's inspiring life. At the Rosie the Riveter/WWII Home Front National Historical Park, Soskin illuminates the invisible histories of African Americans and other people of color. Her efforts have changed the way the National Park Service conveys this history to audiences across the US, challenging us all to move together toward a more perfect union.

**Play Again Film** **134**  
**Friday** **Jul 25** **12:30 - 2:15**  
**Fee: \$12**  **Oasis**

This emotionally moving and humorous documentary follows six teens who, like the "average American child," spend five to fifteen hours a day behind screens. *Play Again* unplugs this group and takes them on their first wilderness adventure. Through the voices of children and leading experts, the film investigates the consequences of a childhood removed from nature and encourages action for a sustainable future.

**Orchestrating Change Film** **135**  
**Friday** **Aug 15** **10:00 - 11:45**  
**Fee: \$12**  **Oasis**

*Orchestrating Change* tells the inspiring story of the Me2/Orchestra, the only orchestra in the world created by, and for, people living with mental illness and those who support them. The orchestra's mission is to erase the stigmatization of people living with mental illness through the creation of beautiful music, community, compassion and understanding...one concert at a time. Most important, the orchestra is changing the lives of the musicians and audiences in ways they never imagined.

## FOOD & NUTRITION

**Authentic New Mexico Biscochitos Workshop** **137**

*Celina Grife*

**Thursday** **Jun 12** **10:00 - 11:30**  
**Fee: \$25**  **Celina's Biscochitos**

Learn the history and origins of the state cookie, the biscochito, a crispy butter cookie flavored with anise and cinnamon. Participate in making traditional or contemporary biscochitos. Take



home some cookies that you make during the workshop. *Limited enrollment.*

Celina Grife originally started making biscochitos for friends and clients when still working in real estate. Baking eventually became a full time business. She started working in South Valley commercial kitchens, going to different local markets and events until she was able to open her own kitchen. The biscochito recipe is a family recipe handed down from Grife's grandmother.

### **Great Grains: Cooking Demo** **138**

Sharon Jonas

**Tuesday** **May 27** **2:00 - 4:00**  
**Fee: \$35**  **Oasis**



Not all carbs are created equal. Grains are an essential and delicious part of a healthy diet. From amaranth to teff, grains vary in preparation techniques and offer endless possibilities with different textures and flavors. Learn which are especially nutritious, easiest to prepare, and how to create simple meals and healthy treats with nourishing whole grains. *Recipes and tastings are provided. Limited enrollment.*

Chef and certified yoga instructor Sharon Jonas has shared her passion for healthy living through food and fitness for almost 40 years. A lifelong devotee of plant-based cuisine, Jonas owned one of Albuquerque's first vegetarian restaurants. As a professional chef, she created satisfying menus for

restaurants, resorts and special events. Through one-on-one counseling and creative hands-on cooking classes, she offers knowledge and helpful hints with a practical and personalized approach.

### **Downsized Meals—Cooking For You or Two: Cooking Demo** **139**


Renee Euler

**Tuesday** **Jun 24** **10:00 - 12:00**  
**Fee: \$35**  **Oasis**

Back by popular demand. After many years of cooking for a family, 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.

### **Tour & Tasting at Casa Rondeña** **140**

**Wednesday** **Jul 9** **2:00 - 3:30**  
**Fee: \$45**  **Casa Rondeña**

Back by popular demand. Nestled in the heart of picturesque landscapes, Casa Rondeña is a sanctuary for wine enthusiasts and nature lovers alike. Embrace the property's charm as you explore the vineyards and buildings and discover the intricate artistry behind their wines and architecture. Learn about the winery's history and get a behind-the-scenes look at the wine process. The tour also features an ongoing curated tasting experience, where each wine offers a journey into the rich flavors that define Casa Rondeña.

**Gourmet Graze: Charcuterie Demo 141**

Fallon Bader

**Thursday Jul 17 2:00 - 4:00****Fee: \$35**  **Oasis**

Back by popular demand. Join Chef Fallon Bader and learn to create stunning charcuterie boards! Discover the art of selecting meats, cheeses, and accompaniments, and master the techniques for arranging them beautifully. Perfect for special occasions, this class inspires your culinary creativity and gives you the knowledge to elevate your presentation skills. *Tips and tastings are provided. Limited enrollment.*

Fallon Bader, registered dietitian nutritionist (RDN), completed her bachelor's in nutrition at Penn State University, dietetic internship at Cornell University, and master's in health education at UNM. Chef Bader has taught hundreds of people how to confidently prepare delicious seasonal meals!

**Fighting Inflammation with Food 142**

Renee Euler

**Tuesday Aug 12 10:00 - 11:30****Fee: \$15**  **Oasis**

Inflammation is an important part of your body's normal functions. However, excessive inflammation can swing the pendulum toward chronic disease. Learn about lifestyle behaviors as well as foods, food components, and dietary patterns associated with decreased inflammation.

*See bio in class #139.*

**Also see classes 181 and 182 in  
Personal Enrichment.**

**HEALTH**

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

**A Matter of Balance 143**

Gil Clarke &amp; Alice Foster

**Tue & Thu May 20 - Jun 12 10:00 - 12:00****Fee: FREE 8 sessions**  **Oasis**

Does a fear of falling prevent you from doing the activities that you love? If so, you are not alone. This eight-session, evidence-based program helps you manage concerns about falls, change your environment to reduce risk of falls, and increase your activity, all with support of your peers. This 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.*

**Different Treatments for Different Dementias 144**

Janice Knoefel

**Tuesday Jun 3 12:30 - 2:00****Fee: \$15**  **Oasis**

Research over the past 40 years has shown us that there are many different causes and expressions of cognitive decline and dementia. Explore the causes of age-related cognitive decline, ways to distinguish them, and how treatment approaches differ.

Janice Knoefel, MD, MPH, is a neurologist and geriatrician with many decades of experience. She has been on the faculties of the University of Cincinnati and Boston University, as well as UNM,

where she participates in clinical care, teaching, and research. She is especially interested in preventing the neurological diseases of aging.

### **Pleasure, Sex, & Love in the Third Act 145**

*Molly Adler*

**Friday Jun 13 1:30 - 3:00**

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

Back by popular demand. Learn how to navigate sex and intimacy in the 21st century. Join Sex Therapist Molly Adler for a fun, positive, and welcoming discussion about sex and love in the third act. Learn about safer sex, play for people of all abilities, and how to navigate boundaries and consent. Adler provides ideas on connecting in deeper ways, addressing common sexual difficulties, and providing fun ways to make talking about all of it easier!

Molly Adler is a licensed clinical social worker, sex therapist, and educator with over 20 years of experience. She is a certified sex therapist with the American Association of Sexuality Educators, Counselors and Therapists. Her practice, Sex Therapy New Mexico, is based in Albuquerque on Tiwa land. Her approach is compassionate, grounded, pleasure-centered, light-hearted, and social justice oriented. Adler co-founded and co-directed Self Serve Toys, a sex-positive, health and education-focused adult shop and resource center.

### **Osteopenia & Osteoporosis: Exercise Do's & Don'ts 146**

*Lauren Baier*

**Monday Jun 23 12:30 - 2:00**

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

Back by popular demand. Have you been diagnosed with osteopenia or osteoporosis? Are you concerned about a break or a fracture? Do you try to exercise, but stop because it hurts? Exercising safely can help slow or even reverse loss of bone density, as well as ease pain if you do it

“right.” Get the information you need to exercise in ways that benefit your bones—rather than putting them at risk—so you can exercise safely, confidently, and productively.

Lauren Baier earned a Doctor of Physical Therapy from Washington University in St. Louis. She has a strong interest in balance training and falls prevention in older adults and is a geriatric clinical specialist. She has worked in Guatemala, Missouri, Los Lunas, and, now, Albuquerque at Langford PT. She also serves as a co-state advocate for American Physical Therapy Association Geriatrics.

### **How PT Enhances Joint Replacement Success 147**

*Deborah Doerfler*

**Wednesday Jun 25 1:00 - 2:30**

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

Learn about the vital role physical therapy plays in ensuring a successful joint replacement journey. From strengthening exercises before surgery to guided rehabilitation after the procedure, gain practical tips and insights on how physical therapy helps improve mobility, speeds recovery, and reduces pain. Whether you are considering joint replacement, or already in recovery, learn how therapy can make a real difference in getting you back to the activities you love with greater ease and comfort.

Deborah Doerfler is a physical therapist and associate professor in the Division of Physical Therapy at the University of New Mexico. She earned her PhD in orthopaedics and sports science and is a board-certified clinical specialist in orthopaedic physical therapy. She has over 30 years of experience as a practicing physical therapist in the areas of orthopaedics, sports medicine, and geriatrics. Her research focuses on total knee replacement and fall risk in older adults and senior athletes.



## Developing Athleticism Over 55 148

Lindsay Fons

Wednesday Jul 9 10:00 - 11:30

Fee: \$15 Oasis



Are you active and want to enjoy your sport or activity for years to come? Do you want to achieve new personal bests? Whether you play pickleball, hike, bike, golf, or enjoy some other recreation, you can make improvements at any age. Learn how to use the science of exercise to incorporate strength, endurance, power, agility, and recovery into your training to develop your athleticism and prevent injury.

Lindsay Fons, doctor of physical therapy, is credentialed as a Certified Exercise Expert for Aging Adults through the American Physical Therapy Association. Prior to her work with older adults, Fons was a sports medicine PT and athletic trainer for athletes in a wide variety of sports and at all levels of competition.

## Positive Thought Bubbles: Overcoming Negative Thoughts 149

Kelly Jackson Brooks

Friday Jul 11 12:30 - 2:00

Fee: \$15 Oasis

Back by popular demand. 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, especially for older adults. *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.

## Understanding & Navigating Depression in Adulthood 150

Kelly Jackson Brooks

Tuesday Jul 22 2:30 - 4:00

Fee: \$15 Oasis

Depression affects millions of adults each year, yet it is often misunderstood or overlooked. This class offers a compassionate and insightful exploration into the nature of depression as well as its causes, symptoms, and effects on individuals and their relationships.

*See bio in class #149.*

## Superconscious Meditation: A Practice for Difficult Times 151

Rennie Maguire

Wednesday Aug 6 10:00 - 11:30

Fee: \$15 Oasis

Back by popular demand. Learn a meditation practice that enhances mental vision and helps develop stability in turbulent times in this step-by-step workshop. Following a series of steps, learn to regulate your breathing, focus your attention, quiet your nervous system, ease your body tension, and gradually develop inner peace. This class is for anyone who wants to realize the many benefits of meditation and develop a systematic practice from classical yoga's oldest tradition. *Class is done seated in chairs; wear comfortable clothes; bring a small pillow for back support (optional). Limited enrollment.*

Rennie Maguire has been trained and certified to teach superconscious meditation by the Institute of the Himalayan Tradition in St. Paul, MN. Since 2006, she has taught hundreds of meditation workshops in Oregon, New York, and New Mexico in an array of settings.

### What is Medically Necessary?

#### A Geriatrician's Perspective

152

Alex DeRadke

Wednesday

Aug 13

2:30 - 4:00

Fee: \$15

 Oasis

Has your provider recommended a test or medication that you questioned? Have you asked for a screening and been told no? Join a geriatrician for a discussion on common recommendations for older adults—what is necessary and what the research states. Alex DeRadke also reviews medications that older adults typically use and what the evidence says about their use.

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.

## HISTORY

### Flying Nuns & Monks: Really?

153

Kirk Gullede

Thursday

May 15

10:00 - 11:30

Fee: \$15

 Oasis

Although *The Flying Nun* was a fanciful TV show in the 1960s, most people would be surprised to learn that throughout history there really were a number of deeply religious monks and nuns whose experiences in levitation and bilocation have been well documented. Kirk Gullede examines some of those remarkable stories, including one with a strong direct connection to New Mexico during its early days of development.

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

### Notre Dame Cathedral: Changes Through the Centuries

154

Charles Steen

Friday

May 16

10:00 - 11:30


Fee: \$15

 Oasis



Notre Dame Cathedral has had a huge presence in Parisian culture from the time of its completion in the 13th century. Each of the following centuries added to the structure with works of art and design. The fire in 2019 was only one episode requiring reconstruction but it made all previous creations more visible.

Charlie Steen's classes place historical events in context with art, architecture, religion, and other cultural aspects of a period. He has authored several books, including *A Cultural History of Early Modern Europe*. A graduate of UNM, he also holds a PhD from UCLA. Steen has recently retired from teaching at UNM.

**The Great Medieval Cathedrals 155***Timothy Graham***Thursday Jun 5 12:30 - 2:00****Fee: \$15**  **Oasis**

The great cathedrals of the European Middle Ages are some of the most inspiring buildings ever constructed by human hands. Timothy Graham describes the evolution of the different elements that make up the medieval cathedral, including the basic design of the building, the use of sculpture to adorn its facade, and the deployment of stained-glass windows. Graham also analyzes the specific techniques used by the medieval craftsmen who built the cathedrals.

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*.

**Gladiators: Looking Beyond the Silver Screen 156***Richard Field***Friday Jun 6 2:30 - 4:00****Fee: \$15**  **Oasis**

Have you ever wondered how much portrayed in the recent flood of gladiator movies is really true and how much is fiction? Join us and find out about gladiator training schools, weapons, and training techniques. Look beyond the movie screen and find out what gladiator life was truly like! Rich Field even samples a few of the top movies for reality versus hype.

Since middle school, Richard Field has been an avid student of history in general and military history in particular. He earned his BS and MS from East Stroudsburg University in Pennsylvania. He earned

an MA from St. John's College in Santa Fe and a PhD from UNM. Field has taught at Albuquerque Academy since 1992. He is also a contributor to *Ancient History* magazine.

**The Twisted History of the Quest for the Age of Planet Earth 157***Dirk Van Hart***Thursday Jun 12 10:00 - 11:30****Fee: \$15**  **Oasis**

To answer the question, "How old is planet Earth," we start in the Bible with the book of Genesis, travel onward to the pyramids of Egypt, make a leap to the 17th century when the rocks begin to speak, pass through the 19th century when much seemed settled, and finally arrive at the 20th century when we discover our very old Earth. Finally, we view a photo gallery of the geologic rock record that shouts, billions of years.

Dirk Van Hart spent 25 years as a petroleum geologist in Oklahoma, Texas, Central and South America, and Italy, plus 12 years as a geologist in New Mexico. Since semi-retirement in 2003 he has published three books and given 22 talks at Oasis, all about geology and history.

**J. Robert Oppenheimer ZOOM 158***Alan Carr***Thursday Jun 19 12:30 - 2:00****Fee: \$15**  **Zoom**

Alan Carr discusses various aspects of J. Robert Oppenheimer's life and career. Carr's points are interpreted using rarely seen documents and objects from the historical collections of Los Alamos National Laboratory.

Alan Carr serves as a program manager and the senior historian for Los Alamos National Laboratory. During his tenure as a laboratory historian, Carr produced several publications and lectures pertaining to the Manhattan Project, nuclear testing history, and the historical evolution



of LANL. Carr completed his graduate studies at Texas Tech University.

### Brittany: The Celtic Stronghold in France

159

Maya Sutton

Thursday Jun 26 12:30 - 2:00

Fee: \$15  Oasis

Brittany in northwest France is not French, it is Celtic. Stretching from the exquisite Mont St. Michel near Normandy, to the Atlantic coast called Armorica, Brittany retains its Celtic culture and Breton language. Neolithic people crowded this land with huge stone arrangements, Knights Templar built round churches, and the Nazis established naval bases to defend their Atlantic Wall. Even today, the huge Inter-Celtic Festival with bagpipe bands is held in Lorient, Brittany.

Maya Sutton graduated from Georgetown University and received her PhD from UNM. She taught courses in Celtic history and mythology for many years. She spent months in Brittany studying the similarities of Neolithic stone carvings between Ireland and Brittany from 5,000 years ago. Sutton's presentations are grounded in personal experiences during her travels in Europe.

### Alexander the Great's Empire

160

Lizabeth Johnson

Friday Jul 18 12:30 - 2:00

Fee: \$15  Oasis

At the age of 20, Alexander the Great inherited the Kingdom of Macedon from his father, Philip II. Over the following thirteen years, he went on to conquer Greece and much of the Near and Middle East, comprising the modern lands of Turkey, Syria, Egypt, Iraq, Iran, and more. How did he do it, and what happened to the empire after his death at just 33 years of age? Lizabeth Johnson answers these questions and more.

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.

## LITERATURE

### Dancing in Chains: Fixed Forms in Poetry

161

Lance Ozier

Wed & Thu May 14 - May 15 10:00 - 11:30

Fee: \$30 2 sessions  Oasis

Why are there no sad limericks? (You've never seen one, right?) What's the difference between an Italian sonnet and an English sonnet? Hint: not the nationality of the author or the language they're written in. And why do the English and Italian sonnets typically tell different kinds of stories? Learn the answers to these questions and more when you study five kinds of fixed forms in poetry: limericks, triolets, villanelles, sestinas, and sonnets. *Limited enrollment.*


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.

### Writing YOUR Story, In Poetry

162

Damien Flores

Wednesday May 28 12:30 - 2:00

Fee: \$15  Oasis

Join ABQ Poet Laureate, Damien Flores, as he performs his best-known Spoken Word Poems. In addition to his readings, he conducts a poetry writing lesson covering various methods for expressing experiences and memories. *Bring a notebook and pen.*

In addition to being Albuquerque Poet Laureate, Damien Flores also received the 2024 Chatter

Fellowship and NM Writer’s Grant for his poetry. He was named Poet of the Year in 2007 & 2008 by the New Mexico Hispano Entertainer’s Association. He is a graduate of UNM and received a Lena Todd Award from the UNM English Department. His first full collection of poetry is titled *Junkyard Dogs*. Damien teaches at St. Pius X and hosts a radio show on 89.9 KUNM-FM.

**Austin Book Group 163**

Mary Bibeau

**Tuesdays**      **May 13 - Aug 12**      **1:30 - 3:00**  
**Fee: \$12**      **4 sessions**      



The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: May 13 - *The Frozen River* by Ariel Lawhon; Jun 10 - *The Demon of Unrest* by Erik Larson; Jul 8 - *The Art Thief* by Michael Finkel; and Aug 12 - *Blood and Thunder* by Hampton Sides. *Limited enrollment.*

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

**Summit Book Group 164**

Merrie Courtright

**Tuesdays**      **May 20 - Aug 19**      **10:00 - 11:30**  
**Fee: \$12**      **4 sessions**      

The Summit Book Group meets on the third Tuesday of every month. Book selections are:

May 20 - *The Keeper of Hidden Books* by Madeline Martin; Jun 17 - *Winners Take All* by Anand Giridharadas; Jul 15 - *The Women* by Kristin Hannah; and Aug 19 - *The Secret Life of Sunflowers* by Marta Molnar. *Limited enrollment. (May 20 class will be offsite.)*

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

**Holmes Book Group ZOOM 165**

Betty Whiton & Iris Fanning

**Tuesdays**      **May 20 - Aug 19**      **1:00 - 2:30**  
**Fee: \$12**      **4 sessions**      

The Holmes Book Group meets on Zoom on the third Tuesday of every month. Book selections are: May 20 - *The Woman They Could Not Silence* by Kate Moore; Jun 17 - *All That Rises* by Alma Garcia; Jul 15 - *James* by Percival Everett; and Aug 19 - *The Tennis Partner* by Abraham Verghese. *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.

**Talk About Your Book 166**

Adam Fischler

**Wednesdays**      **5/21, 6/18, 7/16, 8/20**      **12:30 - 2:00**  
**Fee: \$12**      **4 sessions**      

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 on the third Wednesday each 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 former 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.

## MUSIC

### Singing the Show Tunes

167

Irma Reeder & Scott Hooker

**Tuesdays**      **May 13 - Aug 12**      **10:15 - 11:45**  
**Fee: \$70**      **14 sessions**       **Oasis**

Do you enjoy singing? In this fun and informative class, we explore show tunes from stage and screen while including gentle physical movement, vocal exercise, singing technique and a lot of laughter! We learn new songs, renew old friendships, and meet new people. We plan four exciting performances at the end of the semester (7/29, 8/5, 8/12, & 8/15) to share what we've learned. Members are encouraged to strut their stuff and sing their favorites with solos, duets, and ensembles! Participants are not required to read music or have previous musical experience. *Limited enrollment.*

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

### Exploring World Music with Frank Leto: Music of Africa

168

Frank Leto

**Wednesday**      **May 28**      **10:00 - 11:30**  
**Fee: \$15**       **Oasis**

Explore the music of Africa. Frank Leto reviews artists such as Miriam Makeba, Hugh Masekela, Olatunji, King Sunny Adé, Fela Kuti, Salif Keita, and Lady Smith Black Mambazo. Learn about instruments including the kora (African harp), mbira (thumb pianos), balafon (African xylophone) and assorted drums (bata, talking drum, and the djembe). Enjoy the musical styles including folkloric, Soweto, high life, Afrobeat, soukous, and Congolese rumba.

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. Leto's love for rhythms has taken him to Brazil, Puerto Rico, and Cuba.

### Carnaval Traditions of Brazil, Cuba, Trinidad, & New Orleans

169

Frank Leto

**Wednesday**      **Jun 4**      **10:00 - 11:30**  
**Fee: \$15**       **Oasis**

Learn about the history of Carnaval & Mardi Gras, including the music & dance performed during these celebrations around the world. Frank Leto introduces the instruments utilized as well as the costuming of the different locations. Come experience the music and the energy of Carnaval!

*See bio in class #168.*



## The Art of Listening to Music

Daniel Cummings

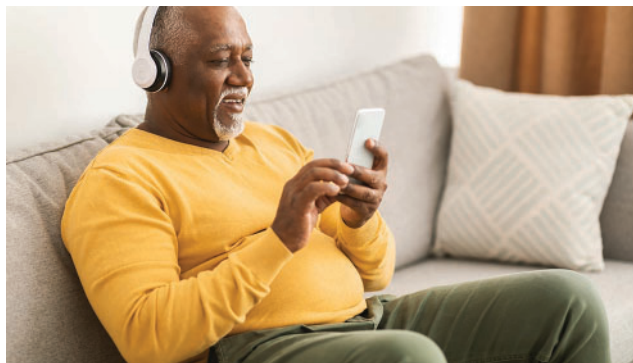
Monday

Jun 16

12:30 - 2:00

Fee: \$15

 Oasis



Travel across the ages sampling music of multiple styles and countries, while exploring its inner workings. Dan Cummings is a composer and pianist who has written film scores, concertos, songs and song cycles, and over one hundred arrangements of hymns and folk songs. Cummings' depth and breadth of knowledge empowers the exploration of music's ability to cross cultural boundaries and helps one gain a deeper understanding of our own humanity as experienced through the musical arts.

Daniel Cummings is a composer and pianist based in Albuquerque. His music has been performed across the US and Canada, and his most recent premieres have been his setting of Tennyson's *Now Sleeps the Crimson Petal* and *The Nativity*. He is currently writing music for a Los Angeles-based film company. Cummings also serves as the choir director and piano instructor at Manzano High and as organist and pianist at Central United Methodist Church.

## Summer Sing Along

Irma Reeder & Scott Hooker

Thursday

Jul 3

2:00 - 3:00

Fee: \$15

 Oasis

Get ready for Independence Day! Come and sing some memorable songs with us, from folk and

60s/70s pop, to Americana and patriotic favorites, in celebration of summer fun and the 4th of July. Reeder and Hooker lead us through an hour of fun and laughter as we connect to the songs that we shared at summer picnics, parties, and parades.

*See bio in class #167.*

## Music for Life

Bonnie Schmader

Monday

Jul 14

10:00 - 11:30

Fee: \$15

 Oasis

Music benefits us in so many ways! In this interactive class, learn how playing an instrument, singing, listening to your own personal playlist and moving to music can improve and protect your memory, uplift your mood and help boost your health and well-being. No prior musical experience is needed - just a desire to learn how music can help mind, body and spirit!

Bonnie Schmader is a flutist, harpist, performing artist, teacher and therapeutic musician living and working in Albuquerque and southwestern Colorado. In addition to playing jazz, classical, and world music, she composes and records music based on nature's soundscapes. In 2017, she was the artist-in-residence at Canyons of the Ancients National Monument and was chosen to participate in Musicians Without Borders in the Netherlands.

## Pimentel Guitars Tour

Monday

Aug 11

10:30 - 12:00

Fee: \$18

 Pimentel

Pimentel guitars are known and played the world over because of their amazing sound and craftsmanship. Now you have the chance to tour Pimentel & Sons Guitar Makers workshop. Every Pimentel guitar is hand-crafted to meet the design and sound expectations of each customer. The techniques and skills employed today at Pimentel Guitars have been handed down over the

generations. In short, because of their expertise, perfectionism, and love of the art, the Pimentel brothers can't imagine doing anything but crafting guitars. *Limited enrollment.*

At the age of 14, Lorenzo Pimentel began apprenticing at his brothers' guitar shop in Mexico. Soon he was building guitars of his own. He came to the United States at 23 and began crafting guitars in a violin store. In 1951 he moved to Carlsbad and opened his own shop. Soon he mastered creating exquisite classical guitars. Four of his sons embraced this legacy, and today, the family name is associated with the best classical guitars in the world.

## PERFORMING ARTS

### Theater Appreciation: Conversations with Theater Artists 174

*Robert Benjamin, Duchess Dale & Shepard Sobel*

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

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

If you love theater this is your chance to peek behind the theater curtains to better understand what happens on stage. Join three long-time theater professionals in a conversation about script development, theater performance, directing, acting, and the process of moving from script to stage. Duchess Dale, director and actor; Shepard Sobel, off-Broadway producer; and playwright Robert Benjamin, provide insights into how plays "work" in this interactive conversation.

Duchess Dale's credits as an actor include her award-winning role as Annie Sullivan in *The Miracle Worker* and Truvy in *Steel Magnolias*. She directs the Oasis live theatre shows. Shepard Sobel was founder and artistic director of The Pearl Theatre Company in New York City. Sobel has taught in Santa Fe and Albuquerque and has


directed at many other venues. Robert Benjamin is a late-blooming playwright, who writes upbeat comedies about aging with grace, courage, and humor.

## FRIDAY PERFORMANCES

### Standard Deviation Presents "The Great American Songbook" & More 175

*Scott Hooker & Janna Nelson*

**Friday May 30 2:00 - 3:30**

**Fee: \$17**  **Oasis**


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

Scott Hooker and Janna Nelson's musical careers have often overlapped. From the late 1970's in Atlanta, to Albuquerque since 2014, the two have performed as Standard Deviation. This band name reflects their unique take on classics and standards. Jack Hanan sits in on upright bass

### Taiko Japanese Drumming Performance 176

*Anita Gallegos*

**Friday Jun 20 2:00 - 3:00**

**Fee: \$17**  **Oasis**


Taiko is the Japanese word for drum and has taken on the name of the artform. This high energy blend of synchronized drumming

with martial arts type movement and strength dates back over 2,000 years. Anita Gallegos presents a combination lecture and performance, accompanied by her group, BK Taiko. Learn about taiko history, drum styles and types, clothing, instruments, and how drums are made. You may even get to participate in some drumming!

Anita Gallegos has studied taiko for over 25 years, has her own taiko dojo (training hall), directs a taiko performing group, and even makes her own drums. She teaches beginning taiko drumming classes to anyone who wants to learn. In addition to her regular taiko training, she has had the great fortune to be part of workshops and private training with taiko masters in both the US and Japan.

## **The Fabulous Martini-Tones 177**

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

**Fee: \$17**  **Oasis**

The Fabulous Martini-Tones—one of Albuquerque's most unique bands—have been playing their brand of instrumental surf music around the Albuquerque and Santa Fe area for several years. Their sound is built on classic SoCal surf rock 'n roll and infuses exotic elements of psychedelic jazz, spy movie themes and western noir.

The Fabulous Martini-Tones features Dave Williams on keyboards and saxophone; Scott Peterson on guitar; Scott Moore on bass; and Mike Garcia on drums.

## **Live Theatre 178**

**Friday Aug 1 2:00 - 3:30**

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

Theatre On The Go presents live performances of short, engaging plays (by

New Mexican playwrights) about how it feels to grow older. Come journey with our characters as they strive to hold fast to their personal passions, sense of purpose, and quality of life, despite the slings and arrows of aging. A lively audience conversation with director, cast, and playwright follows each performance.

Theatre On The Go brings theater to Albuquerque. The troupe includes Duchess Dale, an award-winning actor and director, who currently hosts "Re-Wire!" a podcast for seniors, as director. Robert Benjamin, a retired research physicist, serves as late-blooming playwright, specializing in comedies about aging with grace, courage, and humor. Terri Klein, a local playwright, actor, director, and stage manager rounds out the team's leadership.




Theatre On The Go is sponsored by Carolyn Wickwire in memory of Dennis West.

## **Oasis Entertainers 179**

*Irma Reeder & Scott Hooker*

**Friday Aug 15 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 a fun and engaging time of rehearsal, this group presents an hour-long program for the Oasis community. Led by Irma Reeder and accompanied on piano by Scott Hooker, this close-knit community

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

*See bio in class #167.*

## PERSONAL ENRICHMENT

### Puzzles, Games, & Friends 180

**Fridays**      **May 23 - Aug 15**      **10:00 - 12:00**

**Fee: \$12**      **5/23, 6/20, 7/18, 8/15**       **Oasis**

Join other Oasis participants in breaking out the board games, card games, and puzzles. Learn a new game. Teach a game. Work a puzzle with some 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. Feel free to bring a game to share.

### Neuroplasticity for Vision & Balance: Decrease Falls & Improve Stability 181

*Athena Valerio-Hirschfeld*

**Monday**      **Jun 30**      **2:00 - 3:30**

**Fee: \$15**       **Oasis**



The visual and vestibular systems have their roots in the brain. They are thought to decline with age; however, these systems can be improved with focused attention. Learn how to increase

the plasticity of these systems while practicing drills and exercises to improve your sense of space, balance, and movement through your surroundings. *Limited enrollment.*

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

### End-of-Life Care: Respecting Autonomy & Honoring Wishes 182

*Danielle Slupesky*

**Thursday**      **Jul 17**      **10:00 - 11:30**

**Fee: \$15**       **Oasis**

This presentation emphasizes respecting patient autonomy and honoring individual wishes in end-of-life care. Attendees learn how to empower patients to make informed decisions while balancing ethical concerns and family dynamics. Explore end-of-life options available to New Mexico residents, including curative treatment, palliative care, hospice care, Voluntary Stopping Eating & Drinking (VSED), and Medical Aid In Dying (MAID).

Danielle Slupesky is a certified end-of-life guide, death doula, and peer grief companion, dedicated to providing education, support, and compassionate guidance to individuals approaching the end of life, as well as to their families and caregivers. With a focus on normalizing conversations around death and dying, Slupesky strives to empower families and communities to embrace the process of dying in a meaningful and holistic way, bringing death back into the heart of the home.



## Dreaming for Wisdom & Healing 183

Teresa Fulton

**Mon & Thurs Jul 28 - Jul 31 10:00 - 11:30**

**Fee: \$25 2 sessions**  **Oasis**

Back by popular demand. The shamanic journey is a practice found in societies throughout history. Enter dreamtime and find a new story emerging from an old one within the structure of the Celtic Shamanic journey. Guided by a drumbeat, this journey can transport one to newfound wisdom, action, and healing. Learn first how to journey, then how to record and decode your experiences through these guided sessions. *Bring a notebook or journal to class. Limited enrollment.*

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

## Oasis Trivia Contest, A 184

Todd Griffin

**Wednesday Jul 30 12:30 - 2:00**

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

## Oasis Trivia Contest, B 185

Todd Griffin

**Thursday Jul 31 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 in 2011 following a lengthy career in the aerospace industry in California. He enjoys volunteering, and supports Oasis as a front-desk volunteer, an instructor, and a board member. Possessed of a mind that is curious about nearly everything, he has accumulated a wealth of trivial and useless information.

## PHILOSOPHY, RELIGION, & SPIRITUALITY

## Studying Mysticism 186

Dan Wolne

**Wednesday Jun 18 12:30 - 2:00**

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

This presentation offers a window into the academic study of mysticism. Starting with definitions, we move on to mystical techniques, then foray into mystical metaphysics and morality. Finally, we look at themes in the current study of mysticism.

Dan Wolne is principal lecturer and director of the religious studies program at UNM where he teaches about world religions. He received his PhD from UNM's philosophy department.

## The Peaks & Valleys of Scripture 187

Frank Yates

**Friday Jul 11 10:00 - 11:30**

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

This lecture explores the highs in scripture as well as the lows; those aspects of scripture that give us pause and those aspects that give us delight. Using Rachel Held Evans' book, *Inspired: Slaying Giants, Walking on Water and Loving the Bible Again*, Frank Yates offers new ways to interpret scripture so that the highs are emphasized and the lows are relegated to the back burner. This class is for anyone who has been delighted, or disgusted, with what they find in scripture.

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.

## **Intro to Zen Buddhism: The Study of The Self**

**188**

*Jiun Hosen, Osho*

**Monday**                      **Aug 4**                      **10:00 - 11:30**  
**Fee: \$15**     **Oasis**

Are you curious about Buddhism? Here is your chance to learn about Zen practice from a fellow New Mexican. Jiun Hosen, Osho, who has been the Abbess of the Bodhi Manda Zen Center in Jemez Springs for over 40 years, teaches about Zen Buddhism's focus on meditation and direct personal understanding of the nature of reality and shares stories from her own path. The class also features a time for group meditation.

Jiun Hosen, Osho, began her formal training with Zen Master Joshu Sasaki Roshi in 1979 and has been in residence at the Bodhi Manda Zen Center since 1980. With her warm compassionate nature, child-like joy, and impish sense of humor, Hosen has made lasting and vibrant relationships with the local communities of Jemez Springs and Jemez Pueblo. In 2020, Hosen celebrated her 40th year at the Bodhi Manda as its Abbess, guardian, and spiritual teacher.

## **The Exercises of St. Ignatius of Loyola**    **189**

*Scott Sharp*

**Tuesday**                      **Aug 5**                      **10:00 - 11:30**  
**Fee: \$15**     **Oasis**

Don't worry, there will be no jumping jacks, crunches, or sit ups as you study the Exercises of St. Ignatius. Instead, this class examines the classic course on spiritual formation developed by Saint Ignatius of Loyola in the 1500s. Concepts like

discernment, consolation, and spiritual freedom will be discussed, along with the life story of Ignatius.

Scott Sharp is the Executive Director of Albuquerque Oasis. In an earlier career, Sharp was a spiritual director with training from the HeartPaths Centre in Oklahoma City. A core part of that curriculum was The Exercises of Ignatius.

## **The Concept of Self In Kierkegaard & Socrates**

**190**

*George Leone*

**Thursday**                      **Aug 7**                      **12:30 - 2:00**  
**Fee: \$15**     **Oasis**

Kierkegaard's first book was *The Concept of Irony: With Continual Reference to Socrates*. Kierkegaard was the first philosopher to directly address the self and what it means to be a self. George Leone discusses how Kierkegaard developed his ideas of the self while doing research on his first book. Leone demonstrates how the notion of self was incipient in the early Socratic dialogues of Plato.

George Leone has graduate degrees in both philosophy and counseling. He is a retired professor who spent most of his university life teaching in graduate counseling programs, and taught occasional undergraduate philosophy courses. He has written a book on the Danish existential philosopher Kierkegaard, and has another book in pre-publication, *The Emergence of Wisdom in Ancient Greek Philosophy*.

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

## SCIENCE

### ABQ City Greenhouse Tour, A 191

Dan Humbles

Wednesday May 14 10:00 - 11:00  
 Fee: \$15  ABQ City Greenhouses

### ABQ City Greenhouse Tour, B 192

Dan Humbles

Friday May 16 10:00 - 11:00  
 Fee: \$15  ABQ City Greenhouses



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

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

### Carlito Springs Open Space Hydrogeology Walk 193

Corbin Carsrud

Tuesday May 27 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 walk 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 walk in the east mountains. Note: *This is a moderate paced walk on uneven, loose gravel with variable elevation changes and intermittent stops for sharing information. Restrooms available at the trailhead. Wear a hat, layers, and comfortable shoes. Bring water and snacks. Parking is limited. Limited enrollment.*

Corbin Carsrud is the Bernalillo County hydrogeologist, specializing in groundwater assessment, water well construction and mapping. He holds a BS in geosciences from Texas Tech University and an 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.

### Sandia Mountain Front Landscapes: A Guided Walk 194

Les McFadden

Thursday May 29 9:30 - 12:00  
 Fee: \$18  Elena Gallegos Open Space

The landscapes of the west-facing Sandia Mountain front include landforms such as alluvial fans, stream terraces, pediments, core stone-dominated hillslopes, ephemeral streams and different soil types. Their genesis and evolution reflect the geologic evolution of the Rio Grande Rift, one of the world's deepest continental rifts, and secondly,

global climate changes. Les McFadden leads the group on a moderately strenuous guided walk and discusses the landscape features on selected trails in the Elena Gallegos Open Space. Note: *This is a 2.5-mile, moderate paced walk on uneven, loose gravel with variable elevation changes and intermittent stops for sharing information. There is limited shade. Wear sturdy boots, a broadbrimmed hat, sunscreen, and bring water. There is a \$1 parking fee. Limited enrollment.*

Les McFadden is a professor emeritus in the UNM Earth & Planetary Sciences (E&PS) Department. He received an MS and 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.


### Wildflower Identification Walk- Cienega Trail, A 195

Karen Griffin

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

### Wildflower Identification Walk- Cienega Trail, B 196

Karen Griffin

Wednesday Jun 18 10:00 - 11:30  
Fee: \$15  Cienega Trail

Join Karen Griffin and other wildflower identification volunteers for a walk to identify local wildflowers that may be in bloom in the Sandia Mountains. Take a leisurely stroll of approximately two miles, frequently stopping to identify local wildflowers that are hopefully blooming. *The walk starts at 7500 feet with an elevation gain of about 200 feet. There is a \$5 parking fee. Restrooms available. Bring water and sun protection. Limited enrollment.*

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

### Australian Wildlife Virtual Tour 197

Lane Kirkpatrick

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



Lane Kirkpatrick provides a virtual wildlife travelog and introduction to the origin and odd nature of Australia's unique and iconic wildlife. Highlights include selected wildlife and nature reserves and parks, conservation and aboriginal wildlife connections. This presentation includes photos and stories of Kirkpatrick's recent travel to Australia where he saw and studied wildlife in their native habitat in Tasmania and southern Australia.

Lane Kirkpatrick is a retired business executive whose firm focused on industrial automation and environmental consulting. With a lifelong interest in wildlife, nature and conservation, he has prepared extensive zoo-wide tour materials and has led hundreds of zoo tours. He is a contributing editor to *New Mexico Wild* and produced and



hosted PBS Channel 5's program, "New Mexico's Environment."

### **Unique Geology in New Mexico** 198

*Paul Parmentier*

**Wednesday Jun 11 12:30 - 2:00**

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


Paul Parmentier presents a travelog-style description of a variety of sites in New Mexico having particular geologic interest. Each site is presented with general geologic background, accessibility information, landscape-attractiveness, and notes of historical significance. These descriptions help you make your own bucket list of NM geology sites for future exploration.

Paul Parmentier is a retired geologist/hydrogeologist who moved from California to New Mexico in 2000. He studied geology in Belgium and Japan and worked in geothermal and environmental geology for over 40 years. Upon retiring in Los Lunas, he started writing monthly short columns on geologic aspects of Valencia County for the local newspaper and is enthusiastic about sharing New Mexico geology with others.

### **Chasing Mother Nature** 199

*Todd Shoemake*

**Monday Jun 16 10:00 - 11:30**

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

Storm chasing might seem like just another way for adrenaline junkies to seek their next thrill. Todd Shoemake dives deeper and discusses why hoards of scientists, researchers, and photographers drive thousands of miles in search of storms. View awe-inspiring photos and video clips of severe storms, lightning, and tornadoes, while discussing some of the science, meteorology, and dangers associated with storm chasing.

Todd Shoemake is a lead meteorologist at the Albuquerque National Weather Service Office responsible for issuing official weather forecasts and weather watches, warnings, and advisories.

He earned a bachelor's in meteorology from Texas A&M, and has worked at the National Weather Service since 2005. When not working, he loves to chase thunderstorms which he documents using his photography and videography skills.

### **James Webb Space Telescope Update** 200

*Len Duda*

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

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

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

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

### **1960s: Decade of Serendipity (in Astronomy)** 201

*John Matthews*

**Wednesday Jun 25 10:00 - 11:30**

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

Every decade has its discoveries. For astronomy the 1960s were special. For example, the first Nobel prize in astronomy was awarded for a discovery made in 1967. This talk is a mixture of the history, people, science, and revolutionary breakthroughs in astronomy during this prolific decade.

John Matthews is a professor in the department of physics and astronomy at UNM. His research has

been in particle physics and most recently in high energy gamma-ray astrophysics. His first love in teaching is introductory astronomy, where there is something in the news every day.

## Carlito Springs Ecology & Vegetation Walk

202

Corbin Carsrud & Anthony Luketich

Friday Jun 27 8:30 - 10:30

Fee: \$18  Carlito Springs Open Space

Water in the environment strongly influences the health of forests, especially in the dry southwest. However, trees also exert a strong influence on water and ecology on a local and regional scale. Corbin Carsrud and Anthony Luketich take you on a walk throughout parts of Carlito Springs. They take a closer look at the trees and consider the relationship they have with the local ecology. Note: *This walk serves as a sequel to class #194, but can be taken independently. This is a moderate paced walk on uneven, loose gravel with variable elevation changes and intermittent stops for sharing information. Restrooms available at the trailhead. Wear a hat, layers, and comfortable shoes. Bring water and snacks. Parking is limited. Limited enrollment.*

See bio for Corbin Carsrud in class #194. Anthony Luketich is a Natural Resources Scientist for Bernalillo County. He received a degree in Watershed Management and Ecohydrology from the University of Arizona where he studied the relationship between trees and water.

## Sandia Mountain Ecology & Hike

203

Fiana Shapiro

Monday Jun 30 9:00 - 12:00

Fee: \$18  Sandia Mt Natural History Ctr

This program, held at the Sandia Mountain Natural History Center (SMNHC), includes a two-mile nature hike (300-foot gain) with naturalists. Explore the ecology of the Sandias and how all the different parts work together. Staff discuss the scientific

research happening at the Center and how that science helps us better understand the complex nature of the Sandia Mountain ecosystem. *Bring a sack lunch. Not handicap accessible; strenuous hike at a high elevation on rocky trail. Limited enrollment.*

Fiana Shapiro is an environmental educator and instructional coordinator with the SMNHC, employed by the New Mexico Museum of Natural History & Science. She has a degree in environmental studies from Northeastern Illinois University. Shapiro has worked as a wildlife field technician, environmental educator, and national park ranger all over the US.

## All About Owls

204


Gail Garber

Wednesday Jul 16 10:00 - 11:30

Fee: \$15  Oasis

Back by popular demand. Whooo is that calling in the night? What owls might you expect to see during different seasons in New Mexico? Learn how different owls have adapted to unique habitats; from the Snowy Owl, weighing in at four pounds to the diminutive Elf Owl that weighs less than two ounces. Laugh as Gail Garber relays owl adventures from the riparian woodland along the Rio Grande to the Sax Zim Bog near Duluth, Minnesota. Garber brings a number of owls with her. *Limited enrollment.*

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

**Feline Behavior & Cat Communication 205***Adrianne Lommasson***Thursday Jul 17 12:30 - 2:00****Fee: \$15**  **Oasis**

Are you a cat person? Do you speak cat? Join Adrianne Lommasson from Animal Humane New Mexico to learn how cats communicate through their body language. She also dispels popular misconceptions about cats and offers suggestions for common cat behavioral issues.

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

**More Stories in the Sky:  
Recipes for Clouds****206***Deirdre Kann***Thursday Jul 24 10:00 - 11:30****Fee: \$15**  **Oasis**

Are you in need of a guide to cloud spotting? Do you often wonder why the clouds in the sky look different from hour to hour, day to day and month to month? This presentation is all about clouds –

how and why they develop and the ingredients responsible for their distinguishing characteristics.

Deirdre Kann is regularly accused of having her head in the clouds! After earning a BS in mathematics and a PhD in atmospheric sciences, she worked for various offices of the National Weather Service for 30 years. Now retired, she has plenty of time for cloud spotting and photography.

**Soviet Interest in the Afghanistan  
Region Geology****207***John Geissman***Wednesday Aug 13 10:00 - 11:30****Fee: \$15**  **Oasis**

The geology of Afghanistan and its surrounding regions is exceptionally complex, with the formation of the continental crust in this area leading to a wealth of base and precious mineral deposits. Soviet geologists were aware of this as early as the 1980s. So, what sparked the CIA and the United States Geological Survey's interest and involvement in the years that followed?

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

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## SOUTHWEST

**New Mexico Veterans Memorial Tour 208****Tuesday May 20 10:00 - 11:00****Fee: \$15**  **NM Veterans Memorial Park**

In honor of the upcoming Memorial Day holiday, visit the New Mexico Veterans Memorial in Albuquerque for a guided tour of the museum and beautifully designed park. The museum displays memorabilia, articles, and artifacts that tell the stories of New Mexico veterans. The park includes 25 landscaped acres of monuments, memorials, sculptures and gardens that create a setting for remembrance and reflection. *Limited enrollment.*

**The Two Albuquerquees ZOOM 209***Kyle Paoletta***Wednesday Jun 18 10:00 - 11:30****Fee: \$15**  **Zoom**

While most New Mexicans know Albuquerque was first founded in 1706, that official date obscures a more muddled history. Today's metropolis was actually formed by the merger of two, distinct cities. In this lecture, author Kyle Paoletta tells the story of why New Albuquerque was founded one mile east of Old Town Plaza in 1880, and why it took more than 70 years for Old and New Albuquerque to become one.

Kyle Paoletta is the author of *American Oasis: Finding the Future in the Cities of the Southwest*. His reporting and criticism have previously

appeared in *Harper's Magazine*, *The Nation*, and *The New York Times*.

**Belen Harvey House Tour 210***Frances Zeller***Wednesday Jun 25 10:30 - 12:00****Fee: \$18**  **Harvey House Museum in Belen**

Back by popular demand. Built in 1910 by the AT&SF Railroad, the Belen Harvey House is one of only a few Harvey Houses left standing in New Mexico. Ninety percent of the structure is original. Learn about the Harvey House history while touring the main museum, upstairs bedrooms, and viewing 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.

**Hell's Half Acre: Archaeology of Albuquerque's Red Light District 211***Matt Schmader***Monday Jul 14 12:30 - 2:00****Fee: \$15**  **Oasis**


Like many cities that grew rapidly with the arrival of the railroad in the 1880s, Albuquerque experienced much social upheaval. A red-light district called Hell's Half-Acre was well established in New Town by the turn of the century. The mayoral election of 1914 forced these activities underground. The history of this one block mirrors the changes in our city over the past 140 years. In fact, excavations for the Hyatt hotel uncovered materials and related documents from that age shedding light on the cultures that thrived in this area.



Matt Schmader has more than 45 years of field experience in southwestern archaeology. He has worked on sites from virtually every cultural time period, ranging from Paleo-Indian to Archaic campsites, from Spanish contact/colonial sites to the historic red-light district in downtown Albuquerque. He is an adjunct professor in UNM's Anthropology Department. He earned his MA and PhD from UNM, was past superintendent of Albuquerque's Open Space Division, and was the only City archaeologist between 2007 through 2016.

### Where Blood Was Spilled: The US-Mexican War of 1846 212

Rob Martinez

Wednesday Jul 23 10:00 - 11:30  
Fee: \$15  Oasis

The US-Mexican war of 1846 witnessed forces from the US and Mexico fighting through Texas and the northern territory of Mexico—present day state of New Mexico. Disputed boundaries, treaties, and ultimately access to California were all at stake. State Historian Rob Martinez discusses how this crucial event made lasting political, social, cultural, and economic effects on Mexico, New Mexico, and the United States.

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

### Autonomy: A Human Right, A Community Endeavor, A 1680 Pueblo Revolt 213

Jon Ghahate

Friday Aug 8 10:00 - 11:30  
Fee: \$15  Oasis

"You don't know, what you don't know" goes the saying. This is best exemplified by some


of our fellow citizens who fail to acknowledge the portrayal of US history as inaccurate and Eurocentric, because of how US history is taught. Pueblo educator Jon Ghahate presents the legacy of NM's Pueblo history that's not included in school textbooks. As the US prepares to commemorate 250 years as a country, few know of an event that occurred here, 96 years before the Declaration of Independence was signed and the fight for freedom and autonomy began in the Land of Enchantment. Ghahate describes contributing factors of the 1680 Pueblo Revolt and its lasting ramifications which define NM.

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

## TECHNOLOGY

### Cybercrime Fighters: Phishing & Identity Theft 214

Jean Starr


Wednesday May 21 10:00 - 11:30  
Fee: \$20  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. Starr has developed and taught computer training courses for Department of Defense organizations as well as the Federal Law Enforcement Training Center.

### What Can Virtual Reality Offer You? 215

*Chuck Webster*

**Monday Jul 21 12:30 - 2:00**  
**Fee: \$15**  **Oasis**

Virtual reality (VR) is the illusion you are someplace other than where you actually are. Travel the world, play golf at St. Andrews, or visit Mars. Do things otherwise too expensive, time-consuming, or dangerous (at our age), such as skiing, racing cars, and learning to fly. Keep fit in VR! Hang out with friends and family from far away. Exercise your brain, body, and social skills to help age successfully. Come learn about the possibilities.

Charles (Chuck) Webster, MD, MSIE, MSIS runs three virtual reality-related clubs in Albuquerque: A VR club at Mirehaven retirement community on ABQ's Westside, plus the ABQ-based Spatial Computing, and NM-based VR New Mexico meetup groups. Since 2018 Webster has spent thousands of hours in VR, traveling the world and universe, playing games and sports, while hanging out with good friends in the Metaverse.

## TRAVEL

### Oasis/Go Next Australia & Bali Trip: Sales Presentation 244

*Josh Ogden*

**Thursday Jun 12 3:00 - 4:00**  
**Fee: FREE**  **Oasis**

Join Go Next and Oceania for two weeks cruising to some of the most beautiful places on the

planet. From Sydney, up Australia's east coast to Cooktown, and west towards Bali, you'll be treated to spectacular vistas and summer weather. GoNext and Oceania have partnered together for over 15 years to bring you an experience that includes gourmet dining and onboard entertainment. Join the Go Next representative to learn what to expect on tour, how to register, and get your travel questions answered.

Trip is scheduled for February 8-22, 2026. Reserve your trip today!

Oasis has recently partnered with Go Next to offer a variety of tours including cruise options. Josh Ogden is the director of business development.

### Oasis/Collette Trip to Norway: Sales Presentation 216

*Taun Adams*

**Wednesday Aug 6 3:00 - 4:00**  
**Fee: FREE**  **Oasis**

A Collette trip to Norway takes place in May 2026. The itinerary includes a visit to historic Bergen; a train ride, a tram lift, a fjord cruise; and a stop at the Borgund Stave Church. The tour ends in Oslo, where you will spend two days exploring the city. Join Collette's representative as she explains trip highlights, Collette policies, and answers questions so that you are ready to sign up. Bring your own travel questions!

Trip is scheduled for May 1-9, 2026. Reserve your trip by November 2, 2025.

Oasis has been working with Collette for over ten years offering a variety of tours, both domestic and international. Taun Adams is Collette's business development manager for our region.

## Walking the Camino Across Spain 217

Jill Gatwood

Monday

Jun 30

2:30 - 4:00

Fee: \$15

 Oasis



The Camino de Santiago is an ancient pilgrimage route across Spain that still exists today. Jill Gatwood has walked hundreds of miles on the Camino; over mountains, across streams, passing through medieval villages, and over ancient Roman bridges. Learn what it takes to walk the Camino, while enjoying images of the beautiful sights and experiences along the way.

Jill Gatwood is a retired epidemiologist, who now creates and teaches mosaic art, makes soap, gardens and takes care of too many animals. Gatwood is often walking. Besides hiking in wilderness areas in New Mexico and exploring the Albuquerque ditches, she has completed a number of long-distance walks, including the Camino de Santiago in Spain (four different routes) and the West Highland Way in Scotland.

## Egypt's Ancient History & Modern Treasures 218

Kathleen McCleery

Friday

Jul 18

10:00 - 11:30

Fee: \$15

 Oasis

Join journalist Kathleen McCleery as she recounts her adventures going 700 miles up the Nile and 5000 years back in time. She takes us to the majestic pyramids, the intriguing tombs, and the colorful souks. Come along as she and her husband

float up the world's longest river, trek through desert sand on a camel, soar in a balloon over ancient ruins, and learn about Egypt's history.

Kathleen McCleery is an award-winning broadcast journalist. She has reported and produced occasional stories for PBS NewsHour. Before moving to New Mexico, she was the program's deputy executive producer. She has traveled widely, including visits to Spain, Italy, France, England, Germany, Portugal, Greece, Peru, Ecuador, Vietnam, Cambodia, South Africa, Zimbabwe, Cuba, Honduras, Cayman Islands, Turks and Caicos, Bahamas, Mexico, Israel and Egypt ... plus 45 US states. She's always planning the next adventure.

## MOVEMENT & EXERCISE

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

### Tai Chi for Arthritis & Fall Prevention, A 219

Ilene Dunn

Thu & Tue & 1 Fri May 8 - Jun 27 11:00 - 12:00

5/8, 13, 15, 20, 22, 27, 29,

6/3, 5, 10, 12, 17, 19, 24, 26, 27(Fri)

Fee: FREE

16 sessions

 Oasis

### Tai Chi for Arthritis & Fall Prevention, A ZOOM 220

Ilene Dunn

Thu & Tue & 1 Fri May 8 - Jun 27 11:00 - 12:00

5/8, 13, 15, 20, 22, 27, 29,

6/3, 5, 10, 12, 17, 19, 24, 26, 27(Fri)

Fee: FREE

16 sessions

 Zoom

Please see next page for class description and bio after class 222.

## Tai Chi for Arthritis & Fall Prevention, B 221

Ilene Dunn

Tue & Thu Jul 1 - Aug 21 11:00 - 12:00  
Fee: FREE 16 sessions Oasis

## Tai Chi for Arthritis & Fall Prevention, B ZOOM 222

Ilene Dunn

Tue & Thu Jul 1 - Aug 21 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. Please be sure to attend if you register for this class—our funding to offer this class depends on your attendance! 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 Ji Quan: Moving for Better Balance®, A 223

Cindy Russell

Mon, Wed, & 2 Fri May 12 - Jun 30 1:00 - 2:00  
(No class 5/26 and only two Fridays, 5/30 & 6/27)  
Fee: FREE 16 sessions Oasis

## Tai Ji Quan: Moving for Better Balance®, B 224

Cindy Russell

Mon & Wed Jul 7 - Aug 27 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. 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.

## Walking for Wellness 225

Susan Pickering

Wednesdays May 14 - May 28 9:30 - 11:00  
Fee: \$24 3 sessions Hyder Park





There are many mental and physical benefits from staying active. Join us for a fun, inspiring series of three walks during which we practice assessing our level of exertion, engage in warm-up and cool down stretching activities, and develop safe and enjoyable walking practices. These walks are focused on encouraging walking as a habit. *Please wear comfortable walking shoes, bring water, and wear sun protection. The pace is moderately intensive and the walk covers about two miles in about 40 minutes. Restroom available nearby. Limited enrollment.*

Susan Pickering is certified by the National Academy of Sports Medicine as a personal trainer and corrective exercise specialist. She retired from Sandia National Laboratories where she worked in nuclear waste, nuclear weapons, and nuclear energy.

## Functional Conditioning 226

*Ilene Dunn*

**Tue & Thu**      **May 20 - May 29**      **9:15 - 10:30**  
**Fee: \$36**      **4 sessions**       **Oasis**

Back by popular demand. Strength, flexibility, balance, and endurance are the four types of exercise identified as critical for aging well by the National Council on Aging's Go4Life®. Learn how to strengthen muscles, keep joints active and lubricated, improve balance, and increase flexibility and endurance. Begin with a standing full-body aerobic warmup (seated options); 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 and resistance bands while learning how to develop your home exercise program! *All needed equipment is provided. Limited enrollment.*

*See bio in class #219.*

## Chair Yoga: Flexibility, Strength, & Balance 227

*Sharon Jonas*

**Wednesdays**      **May 21 - Jun 04**      **2:30 - 3:30**  
**Fee: \$30**      **3 sessions**       **Oasis**

Enjoy the many benefits of yoga for body, mind, and overall well-being. Explore mindful movement, gentle stretching, and traditional yoga poses, from seated and standing positions, using a chair. You don't need to be "flexible" to do yoga. Classes are for all levels, with modifications as needed. A great complement to other activities, yoga helps improve postural strength and awareness, reduce fall risk, and improve breathing and circulation. *Limited enrollment.*

Certified Yoga and SilverSneakers® Instructor, Sharon Jonas (E-RYT) has shared her passion for healthy living through food and fitness for almost 40 years. She studied yoga with numerous teachers, while working as chef at Pura Vida Yoga Center-Costa Rica. Sharon brings a personalized approach to her yoga classes that focus on alignment, breath, and mindfulness in a fun and rewarding practice for all levels.

## Yoga For A Better Back 228

*Gloria Drayer*

**Mondays**      **Jun 9 & Jun 16**      **2:30 - 3:45**  
**Fee: \$20**      **2 sessions**       **Oasis**

These two yoga sessions are for anyone who has, or has had, back pain. This is a gentle yoga practice using posture to strengthen and support your back. The first session is done standing and with chairs; the second is on the floor. The posture can also be modified and done at home on a bed. A handout is provided to help maintain a healthy practice at home to reduce and prevent back pain. *This is not suitable for those with severe, acute back pain. 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*.

## **Qigong: The Marriage of Earth & Heaven** **229**

*Marcia Pincus*

**Tuesdays** **Jun 17 - Jul 1** **1:00 - 2:00**  
**Fee: \$27** **3 sessions**  **Oasis**

This 3,000-year-old Qigong practice brings the energy of the earth and heaven into the body to energize and heal it of physical and emotional tensions. The first movement requires standing in place, bringing the arms above the head towards heaven and then through the body to the earth (macrocosmic orbit). The second half of the movement brings the arms to the waist and then down the legs (microcosmic orbit). This class focuses on the structure of the movements. *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.

## **Yoga for Healthy Joints** **230**

*Gloria Drayer*

**Monday** **Jun 23** **2:30 - 3:45**  
**Fee: \$12**  **Oasis**

Achy joints? Learn and practice poses that lubricate the joints through the release of synovial fluid. Work on poses that strengthen the muscles supporting these joints. These are key ingredients for the health of the 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.*

*See bio in class #228.*

## **SALSA 505** **231**

*Susan Becker*


**Tue, Thu, & Tue** **Jul 8 - Jul 15** **2:30 - 4:00**  
**Fee: \$30** **3 sessions**  **Oasis**

This exciting partner dance features Mambo styling, energetic Latin music, and fun step combinations for both leader and follower. Salsa has its roots in Mambo and Cha Cha and can be danced to any tempo. Of course, Latin rhythms lend a special excitement and spirit. They will also get you ready to put your moves into action on the dance floor. Sign up with a partner or meet one in class. Lead/follow rotation is encouraged. *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. She has taught ballroom, country western dance, and yoga at UNM for the past 40+ years. She has presented dance programs at Corrales Elementary in the past through APS and she currently teaches privately with small groups.

## **Get Up, Get Down: Functional Moves for Falls Risk Reduction** **232**

*Athena Valerio-Hirschfeld*

**Wednesdays** **Jul 16 - Jul 30** **10:00 - 11:00**  
**Fee: \$30** **3 sessions**  **Oasis**


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

onto the floor and then safely get back up. *Limited enrollment.*

See bio in class #181.

## The Wandering Breath of Life 233

Julieann Neely

**Thursdays**      **Jul 24 - Aug 14**      **1:00 - 2:15**  
**Fee: \$36**      **4 sessions**       **Oasis**

Breath; it's the first and last thing we do in life. Like our DNA, our breath belongs specifically to each of us as individuals. Pushing breath through our body in ways that don't agree with our natural rhythms can create dis-ease in how we think, feel, and move. Experience oxygen in and carbon dioxide out, to feed and clean the body, mind, and soul. Explore fun and expressive ways to find grace and freedom in daily life. *Limited enrollment.*

Julieann Neely is a somatic movement coach. She has used the 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.

## HIKES

**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. No pets.**

## Juan Tomas Open Space Hike 234

Bill Pentler

**Tuesday**      **May 13**      **9:00 - 11:30**  
**Fee: \$18**       **Juan Tomas Open Space**

The Juan Tomas Open Space is named for the nearby village of Juan Tomas that was settled around 1860. Join Bill Pentler for a moderate, 3.5-mile hike in this beautiful area characterized by gently rolling piñon-juniper forests, scattered stands of ponderosa pine trees, scrub oak thickets,

and meadows with peaks of the Sandias. Mule deer and wild turkeys frequent this site, along with occasional elk. *Bring water, sun protection, and a snack; wear layers. No restrooms. Limited enrollment.*

Bill Pentler is retired from the Open Space Division of Albuquerque Parks and Recreation. His resume also includes being a lead zookeeper and educational coordinator at Lion Country Safari in Florida, the law enforcement interpretive state park ranger at Fenton Lake in the Jemez Mountains, and a supervisor at Albuquerque's animal shelters. He holds degrees in zoology and psychology and has led hikes for Oasis for years.

## David Canyon Hike 235

David Ryan

**Wednesday**      **May 21**      **9:00 - 11:30**  
**Fee: \$18**       **David Canyon-Mars Court Trail**

Back by popular demand. With wonderful views of the Manzano Mountains and the ponderosa parkland at the bottom of David Canyon, this hike is reminiscent of the Flagstaff area and not to be missed. In addition to the spectacular scenery, this area has plenty of birds to enjoy. *Our hike is approximately 3.3 miles with a total elevation descent and gain of around 400 feet. This is a moderate trail. No restrooms available. Limited enrollment.*

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. His website is [www.gentleartofwandering.com](http://www.gentleartofwandering.com).

**See science and exercise categories for more walks & hikes.**

## SPONSORED CLASSES

## NEIGHBORHOOD IN RIO RANCHO & 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-The Music of Brazil 236

*Frank Leto*

**Monday May 12 3:00 - 4:30**  
**Fee: \$6**  **Neighborhood in Rio Rancho**

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 #168.*

### NIRr-Tales From a Zookeeper 237

*William Pentler*

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

Bill Pentler shares stories and photographs from his 11 years as a zookeeper. He has worked with a variety 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.

*See bio in class #234.*

### NIRr-Jewish New Mexicans in WWII 238

*Naomi Sandweiss Willie*

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

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.

### NIRr-Food Allergies, Intolerances, & Sensitivities 239

*Renee Euler*

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

Adverse reactions to food are common. Diagnosis and treatment of these conditions can be confusing these days with at-home testing kits and restrictive elimination diets being the norm. 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 #139.*



**LVL-Celtic Immigrants In America 240***Maya Sutton***Thursday May 15 3:00 - 4:30****Fee: \$6**  **La Vida Llena**

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, steel mills, building railroads and the Erie Canal. Many came to escape famine and to seek freedom of religion. Were your people among these immigrants?

*See bio in class #159.***LVL-Women Warriors: The Hidden Spies of WWII-Nancy Wake 241***Donna Pedace***Thursday Jun 19 3:00 - 4:30****Fee: \$6**  **La Vida Llena**

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. Donna 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.

**LVL-Two Los Lunas Treasures: Huning House & Luna Mansion 242***John Taylor***Thursday Jul 17 3:00 - 4:30****Fee: \$6**  **La Vida Llena**

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 continue 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.

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

## Off-Site Class Locations

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

### **ABQ City Greenhouses**

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

### **Algodones Distillery**

Located at 15 Calle Alfredo, Algodones. From I-25, take exit 248 for NM 315 toward Algodones. Turn left on El Camino Real. Watch for Algodones Elementary School on the west side of the road, and turn right after it. Turn right on Bosque Rd. Turn left on Calle Alfredo.

### **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.

### **Casa Rondeña**

Located at 733 Chavez Rd, Los Ranchos De Albuquerque. Take I-25 north to the Osuna Rd. exit and follow Osuna west. Osuna turns into Chavez Rd. just west of 4th St. Cross Guadalupe Trail Rd., and watch for sign to the winery on the north side of street.

### **Celina's Biscochitos**

Located at 404 Osuna Rd NW, Ste A, Los Ranchos. Go west on Osuna to Fourth Street. Travel through traffic light into parking lot. Celina's is on the south side of the center.

### **Cienega Trail**

Located in Cedar Crest. From Albuquerque, drive east on I-40 to Exit 175 to Cedar Crest. Follow NM 14/The Turquoise Trail for approximately 6.5 miles, to NM 536/Sandia Crest Scenic Byway. Turn left on NM 536 and follow it for about two miles. Turn left at the Cienega/Sulphur Picnic Area sign. Stay to your left and follow the road for about .6 miles to the "T". Turn right and continue all the way to the very end at the last parking lot. The trailhead is marked and has a pay station. Day fee is \$5.

### **David Canyon-Mars Court Trail**

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

### **Elena Gallegos Open Space-Pino Trail**

Located on Simms Park Rd, Albuquerque. To access the park from I-40, exit onto Tramway north. After the Academy Road traffic light turn right onto Simms Park Road and travel east to the Information Center. Pay the \$1 entrance fee. Drive to the right and park in any lot close to the Pino Trail. Do not leave valuables in your vehicle.

### **FUSE Makerspace**

Located at 101 Broadway Blvd NE, Suite 3100, Albuquerque. FUSE Makerspace is located at the corner of Broadway & Central Ave., just behind/west of the Lobo Rainforest Building. Plenty of parking available close to FUSE.

## Greyshoes Studio

Located at 3109 Carlota Rd NW, Albuquerque. I40 West, take Exit 157A Rio Grande Blvd, go north on Rio Grande, turn left on Los Anayas Road, then turn left on Los Luceros Road. Take an immediate right on Carlota and go to 3109 Carlota Rd NW.

## 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.

## Hyder Park

Located at 700 Pershing Ave SE, Albuquerque.

## Isotopes Park

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

## Juan Tomas Open Space

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

## Kei & Molly Textiles

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

## KOAT-TV

Located at 3801 Carlisle Blvd NE, Albuquerque.

## KUNM-Radio

Located in Onate Hall on UNM Campus. Located on the southwest corner of Campus Blvd. and Girard Blvd. Building 156, Room: 3rd Floor. Paid parking.

## 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.

## Meltdown Studio

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

## Neighborhood in Rio Rancho

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

## NM Veterans Memorial Park

Located at 1100 Louisiana Blvd SE, Albuquerque 87108 (Near Kirtland Air Force Base). Meet at the Visitor Center.

## Pimentel Guitars

Located at 3316 Lafayette Dr NE, Albuquerque.

## Sandia Mountain

### Natural History Center

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

## Talin World Market

Located at 88 Louisiana Blvd SE, Albuquerque. Southeast corner of Central & Louisiana.

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Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<div>           ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 44-45. <u>Registration opens at 10:00am on Wednesday, May 7, 2025 at 10:00am and continues throughout the term.</u> </div>				
5	6	7	8	9
129 KOAT Tour* 223 Tai Ji Quan for Balance, A 236 NIRR-Music of Brazil*	234 Juan Tomas Hike* 167 Singing the Show Tunes 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 163 Austin Book Group	Registration Opens 10:00	219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM Art Gallery Opening Reception 4:00-5:30	
12	13	14	15	16
129 KOAT Tour* 223 Tai Ji Quan for Balance, A 236 NIRR-Music of Brazil*	234 Juan Tomas Hike* 167 Singing the Show Tunes 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 163 Austin Book Group	225 Walking for Wellness* 161 Fixed Forms in Poetry 191 Greenhouse Tour A* 223 Tai Ji Quan for Balance, A	101 Greystones Studio Tour* 153 Flying Nuns & Monks 161 Fixed Forms in Poetry 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 119 Trump's Executive Orders 240 LVL-Celtic Immigrants*	192 Greenhouse Tour B* 154 Notre Dame Cathedral 10:00-11:30 10:00-11:30 10:00-11:30 11:00-12:00 11:00-12:00 2:30-4:00 3:00-4:30
19	20	21	22	23
115 Distillery Tour* 223 Tai Ji Quan for Balance, A 119.5 Trump's Executive Orders, B ZM	226 Functional Conditioning 208 NM Veterans Memorial Tour* 164 Summit Book Group 143 A Matter of Balance 167 Singing the Show Tunes 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 165 Holmes Book Group ZM	235 David Canyon Hike* 225 Walking for Wellness* 214 Phishing & ID Theft 166 Talk About Your Book 223 Tai Ji Quan for Balance, A 227 Chair Yoga	226 Functional Conditioning 143 A Matter of Balance 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 120 What Sort of Country?	180 Puzzles, Games, & Friends 132 Beethoven's Nine Flin 10:00-12:00 10:00-12:00 11:00-12:00 11:00-12:00 2:30-4:00
26	27	28	29	30
Oasis Office Closed Memorial Day Holiday	193 Carlitto Spr. Hydro Walk* 226 Functional Conditioning 143 A Matter of Balance 167 Singing the Show Tunes 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 138 Great Grains: Cooking Demo	225 Walking for Wellness* 168 Music of Africa 102 Bezel-Set Ring Workshop* 162 Your Story in Poetry 130 Judy Garland ZM 223 Tai Ji Quan for Balance, A 227 Chair Yoga	226 Functional Conditioning 194 Sandias Landscapes Walk* 143 A Matter of Balance 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM	103 Basics & Beyond Mosaics 223 Tai Ji Quan for Balance, A 175 Standard Deviation 11:30-3:30 1:00-2:00 2:00-3:30



Monday		Tuesday		Wednesday		Thursday		Friday	
2	3	4	5	6	7	8	9	10	11
116 Placitas Radio 103 Basics & Beyond Mosaics 133 No Time to Waste Film 121 Isotopes Tour, A* 223 Tai Ji Quan for Balance, A	10:00-11:30 11:30-1:30 12:30-2:00 1:00-2:30 1:00-2:00	143 A Matter of Balance 167 Singing the Show Tunes 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 144 Dementia	10:00-12:00 10:15-11:45 11:00-12:00 11:00-12:00 12:30-2:00	169 Carnaval Traditions 117 Cannabis 101 223 Tai Ji Quan for Balance, A 118 Taiin Market Tour* 227 Chair Yoga	10:00-11:30 12:30-2:00 1:00-2:00 2:00-3:00 2:30-3:30	143 A Matter of Balance 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 155 Medieval Cathedrals	10:00-12:00 11:00-12:00 11:00-12:00 12:30-2:00	105 Sticks, Stones, & Seeds Art 156 Gladiators	12:30-3:30 2:30-4:00
9	10	11	12	13	14	15	16	17	18
124 KUNM Tour* 131 Made in NM Film 105 Sticks, Stones, & Seeds Art 223 Tai Ji Quan for Balance, A 228 Yoga for Back 237 NRRR-Zookeeper Tales*	11:00-1:00 12:30-2:00 12:30-3:30 1:00-2:00 2:30-3:45 3:00-4:30	143 A Matter of Balance 167 Singing the Show Tunes 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 163 Austin Book Group	10:00-12:00 10:15-11:45 11:00-12:00 11:00-12:00 1:30-3:00	195 Wildflower Walk A* 197 Australian Wildlife 198 Unique NM Geology 106 Paper Marbling 223 Tai Ji Quan for Balance, A	10:00-11:30 10:00-11:30 12:30-2:00 12:30-2:30 1:00-2:00	137 Biscochitos* 157 History of the Age of Earth 143 A Matter of Balance 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 244 OasisGoNext Australia	10:00-11:30 10:00-11:30 10:00-12:00 11:00-12:00 11:00-12:00 3:00-4:00	107 Tea Towel Printing 145 Pleasure, Sex, & Love	12:30-3:30 1:30-3:00
16	17	18	19	20	21	22	23	24	25
199 Chasing Mother Nature 170 Art of Listening to Music 107 Tea Towel Printing 223 Tai Ji Quan for Balance, A 228 Yoga for Back	10:00-11:30 12:30-2:00 12:30-3:30 1:00-2:00 2:30-3:45	164 Summit Book Group 167 Singing the Show Tunes 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 229 Qigong 165 Holmes Book Group ZM	10:00-11:30 10:15-11:45 11:00-12:00 11:00-12:00 1:00-2:00 1:00-2:30	196 Wildflower Walk B* 209 Two Albuquerque ZM 166 Talk About Your Book 186 Mysticism 223 Tai Ji Quan for Balance, A	10:00-11:30 10:00-11:30 12:30-2:00 12:30-2:00 1:00-2:00	108 Bead Bracelet 200 Webb Space Telescope 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 158 Oppenheimer ZM 241 LVL-Women Warriors*	10:00-11:30 10:00-11:30 11:00-12:00 11:00-12:00 12:30-2:00 3:00-4:30	180 Puzzles, Games, & Friends 176 Taiiko Japanese Drumming	10:00-12:00 2:00-3:00
23	24	25	26	27	28	29	30	31	1
146 Osteoporosis & Exercise 223 Tai Ji Quan for Balance, A 230 Yoga: Healthy Joints	12:30-2:00 1:00-2:00 2:30-3:45	139 Downsize Meals: Cooking Demo 167 Singing the Show Tunes 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 229 Qigong	10:00-12:00 10:15-11:45 11:00-12:00 11:00-12:00 1:00-2:00	201 1960s Astronomy Discov. 210 Harvey House Tour* 223 Tai Ji Quan for Balance, A 147 PT & Joint Replacement	10:00-11:30 10:30-12:00 1:00-2:00 1:00-2:30	219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 159 Brittany A Celtic Stronghold	11:00-12:00 11:00-12:00 12:30-2:00	202 Carlito Springs Ecology Walk* 219 Tai Chi Arthritis, A 220 Tai Chi Arthritis, A ZM 223 Tai Ji Quan for Balance, A	8:30-10:30 11:00-12:00 11:00-12:00 1:00-2:00
30	31	1	2	3	4	5	6	7	8
203 Sandia MT Hike* 223 Tai Ji Quan for Balance, A 181 Neuroplasticity 217 Camino de Santiago	9:00-12:00 1:00-2:00 2:00-3:30 2:30-4:00								

ZM= Livestream via Zoom  
\*Off-Site Class. Please see the Off-site location directions on pages 44-45. Registration opens at 10:00am on Wednesday, May 7, 2025 at 10:00am and continues throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
7	122 Isotopes Tour B*	167 Singing the Show Tunes	10:15-11:45	110 Exploration in Aerosols	10:00-11:30	221 Tai Chi Arthritis, B	11:00-12:00	Oasis Office Closed	4th of July Holiday
	224 Tai Ji Quan for Balance, B	221 Tai Chi Arthritis, B	11:00-12:00	148 Developing Athleticism	10:00-11:30	222 Tai Chi Arthritis, B ZM	11:00-12:00		
		222 Tai Chi Arthritis, B ZM	11:00-12:00	224 Tai Ji Quan for Balance, B	1:00-2:00	171 Summer Sing Along	2:00-3:00		
		229 Qigong	1:00-2:00	140 Casa Rondaña Tour & Tasting*	2:00-3:30				
8		9		10		11		12	
14	109 Goddess Bracelet	111 Kei and Molly*	10:00-11:00	110 Exploration in Aerosols	10:00-11:30	221 Tai Chi Arthritis, B	11:00-12:00	187 Peaks & Valleys of Scripture	10:00-11:30
	172 Music for Life	167 Singing the Show Tunes	10:15-11:45	148 Developing Athleticism	10:00-11:30	222 Tai Chi Arthritis, B ZM	11:00-12:00	149 Overcoming Negative Thoughts	12:30-2:00
	211 Red Light District	221 Tai Chi Arthritis, B	11:00-12:00	224 Tai Ji Quan for Balance, B	1:00-2:00	231 SALSA 505	2:30-4:00	177 Fabulous Martini-Tones	2:00-3:30
	224 Tai Ji Quan for Balance, B	222 Tai Chi Arthritis, B ZM	11:00-12:00						
15		16		17		18		19	
21	238 NIRR-NM Jews in WWII*	164 Summit Book Group	10:00-11:30	232 Get Up, Get Down	10:00-11:00	182 End-of-Life Care	10:00-11:30	218 Exploring Egypt	10:00-11:30
		167 Singing the Show Tunes	10:15-11:45	110 Exploration in Aerosols	10:00-11:30	221 Tai Chi Arthritis, B	11:00-12:00	180 Puzzles, Games, & Friends	10:00-12:00
		221 Tai Chi Arthritis, B	11:00-12:00	204 All About Owls	10:00-11:30	222 Tai Chi Arthritis, B ZM	11:00-12:00	160 Alexander the Great	12:30-2:00
		222 Tai Chi Arthritis, B ZM	11:00-12:00	166 Talk About Your Book	12:30-2:00	205 Cat Behavior	12:30-2:00		
22		23		24		25		26	
28	112 Pastel Portraits, A	232 Get Up, Get Down	9:00-12:00	232 Get Up, Get Down	10:00-11:00	206 Clouds	10:00-11:30	134 Play Again Film	12:30-2:15
	215 Virtual Reality for You	167 Singing the Show Tunes	10:15-11:45	110 Exploration in Aerosols	10:00-11:30	221 Tai Chi Arthritis, B	11:00-12:00		
	224 Tai Ji Quan for Balance, B	221 Tai Chi Arthritis, B	11:00-12:00	212 Where the Blood Was Spilled	10:00-11:30	222 Tai Chi Arthritis, B ZM	11:00-12:00		
		222 Tai Chi Arthritis, B ZM	11:00-12:00	125 NM's Health Care	12:30-2:00	233 Breath of Life	1:00-2:15		
29		30		31		ZM= Livestream via Zoom		*Off-Site Class. Please see the Off-site location directions on pages 44-45. Registration opens at 10:00am on Wednesday, May 7, 2025 at 10:00am and continues throughout the term.	
28	174 Theater Appreciation	167 Singing the Show Tunes*	TBD	232 Get Up, Get Down	10:00-11:00	183 Dreams Workshop	10:00-11:30		
	183 Dreams Workshop	221 Tai Chi Arthritis, B	11:00-12:00	184 Trivia, A	12:30-2:00	185 Trivia, B	10:00-11:30		
	224 Tai Ji Quan for Balance, B	222 Tai Chi Arthritis, B ZM	11:00-12:00	224 Tai Ji Quan for Balance, B	1:00-2:00	221 Tai Chi Arthritis, B	11:00-12:00		
		126 NM Immigration	12:30-2:00			222 Tai Chi Arthritis, B ZM	11:00-12:00		

Monday		Tuesday		Wednesday		Thursday	Friday
							1
							104 Mosaic Pavers 11:30-3:30 178 Live Theatre 2:00-3:30
ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 44-45. Registration opens at 10:00am on Wednesday, May 7, 2025 at 10:00am and continues throughout the term.							
4	188 Intro to Zen Buddhism 10:00-11:30 123 Isotopes Tour, C* 11:00-12:30 104 Mosaic Pavers 11:30-1:00 224 Tai Ji Quan for Balance, B 1:00-2:00	5	189 Exercises of Ignatius 10:00-11:30 167 Singing the Show Tunes* 11:00-12:30 221 Tai Chi Arthritis, B 11:00-12:00 222 Tai Chi Arthritis, B ZM 11:00-12:00	6	114 FUSE Tour* 10:00-11:00 151 Meditation 10:00-11:30 224 Tai Ji Quan for Balance, B 1:00-2:00 216 Oasis/Collette Norway 3:00-4:00	7	221 Tai Chi Arthritis, B 11:00-12:00 222 Tai Chi Arthritis, B ZM 11:00-12:00 190 Concept of Self 12:30-2:00 233 Breath of Life 1:00-2:15
11	113 Pastel Portraits, B 9:00-12:00 173 Pimentel Guitars Tour* 10:30-12:00 224 Tai Ji Quan for Balance, B 1:00-2:00 239 NIRR-Food Allergies* 3:00-4:30	12	113 Pastel Portraits, B 9:00-12:00 142 Fighting Inflammation 10:00-11:30 167 Singing the Show Tunes* 11:00-12:00 221 Tai Chi Arthritis, B 11:00-12:00 222 Tai Chi Arthritis, B ZM 11:00-12:00 127 Supreme Court Rulings 12:30-2:00 128 Supreme Court Rulings ZM 12:30-2:00 163 Austin Book Group 1:30-3:00	13	207 Afghanistan Minerals 10:00-11:30 224 Tai Ji Quan for Balance, B 1:00-2:00 152 What is Medically Necessary? 2:30-4:00	14	221 Tai Chi Arthritis, B 11:00-12:00 222 Tai Chi Arthritis, B ZM 11:00-12:00 233 Breath of Life 1:00-2:15
18	224 Tai Ji Quan for Balance, B 1:00-2:00	19	164 Summit Book Group 10:00-11:30 221 Tai Chi Arthritis, B 11:00-12:00 222 Tai Chi Arthritis, B ZM 11:00-12:00 165 Holmes Book Group ZM 1:00-2:30	20	166 Talk About Your Book 12:30-2:00 224 Tai Ji Quan for Balance, B 1:00-2:00	21	221 Tai Chi Arthritis, B 11:00-12:00 222 Tai Chi Arthritis, B ZM 11:00-12:00
25	224 Tai Ji Quan for Balance, B 1:00-2:00	26		27	224 Tai Ji Quan for Balance, B 1:00-2:00		

# Oasis Policies

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

## How do I become an Oasis member?

You may join Oasis at any time by completing the New Participant Form found on the inside back cover of this catalog or go online to [www.oasisabq.org](http://www.oasisabq.org) and click on the My Account link in the upper right corner of the webpage. Becoming a member is free.

## How do I register for classes?

You may register online, in person, by phone or by mail. Payment is required at the time of registration and holds your place in a class. You may add classes anytime throughout the term, based on availability.

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

The regular business hours for Oasis are:  
9:00am - 4:30pm Monday through Thursday  
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. 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 have paid by cash or check, and you did not get in, we will add you to the wait list, and 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 (e.g. 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. We do not refund or credit class fees if you miss your class.

## 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.

## Will I get a reminder call?

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.

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.

## Do I have an Oasis Credit?

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. You can also check to see if you have a credit by signing into your Oasis online account and going to my account > coupons.

## 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.



## Oasis Policies, Cont.

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.

You may add classes anytime throughout the term, based on availability.

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.

**Only service animals are permitted in the building.**

**Summer 2025 classes begin  
Thursday, May 8, 2025.**

## Registration Info:

Registration opens at 10:00 am on Wednesday, May 7, 2025.

All registrations, both online and paper, are entered at the same time, beginning at 10:00am on May 7.

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

### Online registration

If you register online at 10:00am on Wednesday, May 7, 2025 you have a very good chance of getting into the classes that you want.

### Paper registration

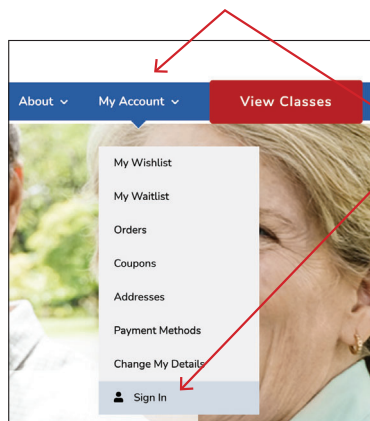
If you are not comfortable registering online, your best bet is to drop off your paper registration form the day the catalogs arrive. Even though you drop them off early, they are not entered into our system until registration opens at 10:00am on May 7, 2025. They are entered in the order they were received.

## Important Registration Information

### 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.
- **Oasis Credits:** Before sending another check or cash, check your Oasis credit balance by calling the Oasis office at 505-884-4529 or by checking your most recent Oasis receipt.

# HOW TO REGISTER FOR CLASSES



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

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

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

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

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

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

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

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

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



Cut along the line to remove and return this form.

# Oasis Summer 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 \_\_\_\_\_

SIGN HERE

✓ Check (on this side) the classes you would like to take					Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W		
	101	Greyshoes Studio Tour*	\$20				
	102	Bezel-Set Ring Workshop*	\$100				
	103	Basics & Beyond Mosaics	\$60				
	104	Mosaic Pavers	\$60				
	105	Sticks, Stones, & Seeds Art	\$60				
	106	Paper Marbling	\$60				
	107	Tea Towel Printing	\$65				
	108	Bead Bracelet	\$20				
	109	Goddess Bracelet	\$20				
	110	Exploration in Aerosols	\$80				
	111	Kei and Molly*	\$18				
	112	Pastel Portraits, A	\$60				
	113	Pastel Portraits, B	\$60				
	114	FUSE Tour*	\$20				
	115	Distillery Tour*	\$18				
	116	Placitas Radio	\$15				
	117	Cannabis 101	\$15				
	118	Talin Market Tour*	\$20				
	119	Trump's Executive Orders, A	\$15				
	119.5	Trump's Executive Orders, B ZM	\$15				
	120	What Sort of Country?	\$15				
	121	Isotopes Tour, A*	\$18				
	122	Isotopes Tour, B*	\$18				
	123	Isotopes Tour, C*	\$18				
	124	KUNM Tour*	\$18				

✓ Check (on this side) the classes you would like to take					Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W		
	125	NM's Health Care	\$15				
	126	NM Immigration	\$15				
	127	Supreme Court Rulings	\$15				
	128	Supreme Court Rulings ZM	\$15				
	129	KOAT Tour*	\$18				
	130	Judy Garland ZM	\$15				
	131	Made in NM Film	\$15				
	132	Beethoven's Nine	\$12				
	133	No Time to Waste	\$12				
	134	Play Again	\$12				
	135	Orchestrating Change	\$12				
	137	Biscochitos*	\$25				
	138	Great Grains: Cooking Demo	\$35				
	139	Downsized Meals: Cooking Demo	\$35				
	140	Casa Rondera Tour & Tasting*	\$45				
	141	Gourmet Graze: Charcuterie Demo	\$35				
	142	Fighting Inflammation	\$15				
	143	A Matter of Balance	FREE				
	144	Dementia	\$15				
	145	Pleasure, Sex, & Love	\$15				
	146	Osteoporosis & Exercise	\$15				
	147	PT & Joint Replacement	\$15				
	148	Developing Athleticism	\$15				
	149	Overcoming Negative Thoughts	\$15				
	150	Depression in Adulthood	\$15				

✓ Check (on this side) the classes you would like to take					Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W		
	151	Meditation	\$15				
	152	What is Medically Necessary?	\$15				
	153	Flying Nuns & Monks	\$15				
	154	Notre Dame Cathedral	\$15				
	155	Medieval Cathedrals	\$15				
	156	Gladiators	\$15				
	157	History of the Age of Earth	\$15				
	158	Opentheimer ZM	\$15				
	159	Brittany A Celtic Stronghold	\$15				
	160	Alexander the Great	\$15				
	161	Fixed Forms in Poetry	\$30				
	162	Your Story In Poetry	\$15				
	163	Austin Book Group	\$12				
	164	Summit Book Group	\$12				
	165	Holmes Book Group ZM	\$12				
	166	Talk About Your Book	\$12				
	167	Singing the Show Tunes	\$70				
	168	Music of Africa	\$15				
	169	Carnaval Traditions	\$15				
	170	Art of Listening to Music	\$15				
	171	Summer Sing Along	\$15				
	172	Music for Life	\$15				
	173	Pimentel Guitars Tour*	\$18				
	174	Theater Appreciation	\$15				
	175	Standard Deviation	\$17				

✓ Check (on this side) the classes you would like to take			Office Use Only		
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W
	225	Walking for Wellness*	\$24		
	226	Functional Conditioning	\$36		
	227	Chair Yoga	\$30		
	228	Yoga for Back	\$20		
	229	Qigong	\$27		
	230	Yoga: Healthy Joints	\$12		
	231	SALSA 505	\$30		
	232	Get Up, Get Down	\$30		
	233	Breath of Life	\$36		
	234	Juan Tomas Hike*	\$18		
	235	David Canyon Hike*	\$18		
	236	NIRR-Music of Brazil*	\$6		
	237	NIRR-Zookeeper Tales*	\$6		
	238	NIRR-NM Jews in WWII*	\$6		
	239	NIRR-Food Allergies*	\$6		
	240	LVL-Celtic Immigrants*	\$6		
	241	LVL-Women Warriors*	\$6		
	242	LVL-Los Lunas Treasures*	\$6		



# 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 sell or share email addresses.

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

\_\_\_\_\_  
(Name) (\_\_\_\_\_) (Phone)

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

**Gender:** ☐ Woman ☐ Man ☐ Other

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

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

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

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

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

☐ Tutor ☐ Office Work ☐ Field Trips ☐ Health and Wellness ☐ Catalog Delivery

Past/Present Employer: \_\_\_\_\_ Past/Present Occupation: \_\_\_\_\_

**Please return this form to:**

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

**To register for classes, please see the Class Registration forms in this catalog, or visit us at [www.oasisabq.org](http://www.oasisabq.org).**



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, May 7, 2025,  
10:00am & continues throughout the term.

**See pages 58-60** for  
registration information.

*Classes begin on Thursday, May 8, 2025*

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

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

**Oasis Albuquerque****Board of Directors**

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*Salvation Army, Midland Division*

Anne Sapon, Secretary

*Anne Sapon Consulting, LLC*

Dawn Anderson, Treasurer

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Wei-Ann Bay, MD

Todd Griffin

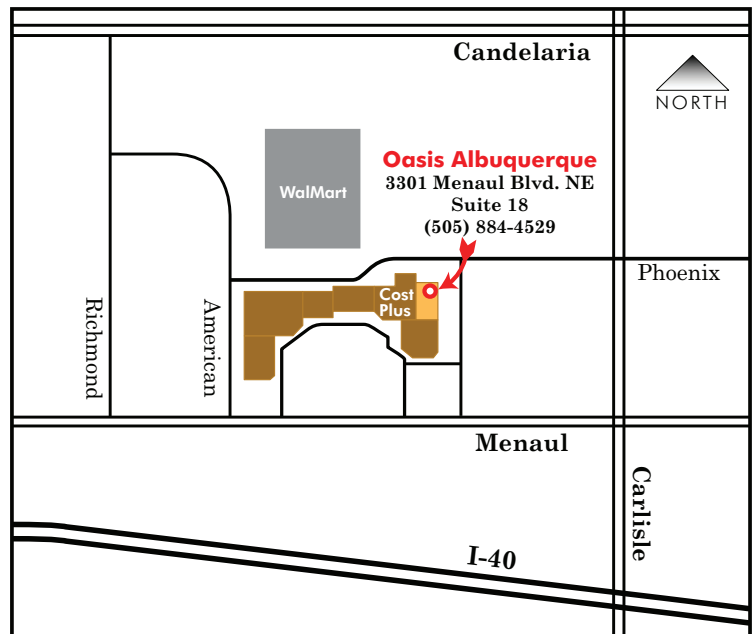
William Itoh

*McLarty Associates***Staff**Scott Sharp, *Executive Director*Lisa Lerner, *Office Manager*Vicki DeVigne, *Tutoring Program Director*Brooke Pope, *Program Manager*Becky Kenny, *Program Coordinator*

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