

**CLASSES SEPTEMBER–DECEMBER, 2025**

Registration Opens:

Wednesday, September 3, 2025

10:00am



# FALL 2025

Adult education at its finest!



Sponsored by:





## Dear Oasis Friends,

Oasis recently screened a film about Betty Reid Soskin (Google her) that I can only describe as inspiring. As a matter of fact, “inspiring” was the word that the audience used most as we began our post-film conversation. Truth be told, I know that I was not the only one with tears in my eyes as we watched the movie.

There are many reasons why someone might call Betty’s story inspiring. For me, it was because her life left me feeling motivated to do something, to make a difference, to take some sort of action. In my case, inspiration was an invitation!

Inspiration is something that we work hard to curate here at Oasis. Our classes provide an invitation for further education, engagement, and entertainment in the moment. They are also intended to provide an invitation into further exploration, practice, and possibilities. We hope that every lecture sparks deeper interest in the subject, every art class turns into a feeling of accomplishment, and every health and wellness session helps encourage the discipline of aging-well. I hope you find this catalog to be an invitation to inspiration.

Inspiration is also something you can generate for another. Our intergenerational tutoring program gives mentors the opportunity to inspire elementary school students to read by gaining skills and confidence. Just imagine what that inspiration might mean to a child!

Stay Inspired,



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



Becky



Brooke



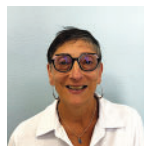
Cynthia



Lisa



Scott



Sylvia



Vicki





## THINK ABOUT A FAVORITE BOOK FOR A MOMENT



What captivated you about the book—the genre, the opening storyline, or perhaps the artwork?

Imagine helping an elementary school student discover the joy of reading a good book! We are looking for volunteer mentors to join our team and invite young readers into a captivating story...

Visit our website for more information, then sign up to join our team:  
<https://albuquerque.oasisnet.org/tutoring/> or contact Vicki DeVigne at 505-884-4529.

## *Painting Light & Landscape* *A 50-year retrospective of the Artwork of Jim Walther*

### **Oasis Art Gallery Fall 2025**

September 8 through December 19, 2025

#### **Opening Reception:**

**Monday, September 8 from 11:30am-1:00pm**

Jim Walter has been painting landscapes since he was small. He attended art school and continued to pursue landscape painting, which eventually led him to New Mexico. He is excited to share his 50-year plus journey exploring the light and beauty of the landscape here in the Southwest.





## 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 47-48 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).

## Inclement Weather Policy

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

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### Service Animal Policy

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



## LECTURES

## ART

**Greyshoes Studio Tour****101***Greyshoes Ethelbah***Thursday****Sep 11****10:00 - 12:00****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 artwork 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.

**Albuquerque Museum Tour:****Abstracting Nature****102***William Gassaway***Tuesday****Sep 16****10:00 - 11:00****Fee: \$20** **Albuquerque Museum**

Join Albuquerque Museum Assistant Curator for Art, William Gassaway, for a guided tour of *Abstracting Nature*. This exhibit foregrounds the works of ten local artists, past and contemporary, whose individual bodies of work share a kindred and enduring relationship with the New Mexico

landscape. Each of these artists has nurtured a unique and long-standing relationship with a specific material and has deeply explored how that material informs their interactions with the natural world. *Limited enrollment.*

William Gassaway is assistant curator for art at the Albuquerque Museum. Having obtained his PhD in art history from Columbia University, he previously served as associate educator in academic and professional programs at the Met. There, he designed and hosted the museum's longstanding fellowship and international staff exchange programs for emerging and established curators, conservators, and educators.

**Day + Night - Pastel Skies Workshop A 103***Susan Roden***Mon & Tues****Sep 22 & Sep 23****9:30 - 12:30****Fee: \$60****2 sessions** **Oasis****Day + Night - Pastel Skies Workshop B 104***Susan Roden***Mon & Tues****Nov 24 & Nov 25****9:30 - 12:30****Fee: \$60****2 sessions** **Oasis**

Explore the uniqueness in color and drama between sunsets and day skies in pastel. This two-day class is broken down into demos, group exercises, and individualized rendering. A comprehensive study of the skies increases one's observation, notes the power of contrasting colors, and increases technical ability with soft pastels. This enables all with little or no artistic experience to create two powerful skies. *All materials provided;*




*bring materials fee of \$20 payable to the instructor (cash or check) on first day of class. Limited enrollment.*

Susan Roden is a juried member with the Catharine Lorillard Wolfe Art Club, Distinguished Pastelist/past president of the Pastel Society of New Mexico, and Secretary/board member with New Mexico Committee for the Women's Museum of Art. She has exhibited nationally. Her paintings have been featured in *Decor & Style*, *The Pastel Journal*, and other publications.

### **Introduction to Watercolor Painting 105**

*Barbara McGuire*

**Wednesdays Oct 15 & Oct 22 1:00 - 4:00**  
**Fee: \$60 2 sessions**  **Oasis**

Join a two-session class designed to introduce basic use of watercolor pigment, paper, and brushes. Learn about types of pigments, how to choose watercolor paper, and affordable brushes. Use the provided materials to create simple images and take away skills and materials needed to create your own works. Students also receive a list of resources. *All art materials are provided and are yours to keep. Bring materials fee of \$60 payable to instructor (cash or check) on first day of class. Bring an apron, scissors, and a clear ruler. Limited enrollment.*

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

### **Albuquerque Museum Tour: Modern Art & Politics in Germany 1910-1945 106**

*Andrew Connors*


**Thursday Oct 16 10:00 - 11:00**  
**Fee: \$20**  **Albuquerque Museum**

Join Albuquerque Museum Director, Andrew Connors, for a guided tour of *Modern Art and Politics in Germany 1910-1945: Masterworks from the Neue Nationalgalerie, Berlin*. The exhibit traces the German experience in modern art from the early twentieth century avant-gardes resisting the conservative imperial government, through the great artistic diversity of the democratic Weimar Republic, to the reactions from the artistic community against the National Socialist (Nazi) dictatorship. *Limited enrollment.*

Andrew Connors, director of the Albuquerque Museum, studied at Yale University and George Washington University. He has collaborated with the National Gallery of Art, the University of Notre Dame, UCLA, the Getty Center, and the Royal Government of Bhutan.

### **Drawing & Observation Art Workshop 107**

*Stephen Vosa*

**Fridays & Mondays Oct 17 - Nov 21 1:00 - 3:00**  
**Fee: \$150 11 sessions**  **Oasis**

Back by popular demand. A course for anyone who wishes to gain knowledge and understanding through drawing. Students study form, value, light & shadow, perspective, gesture, and composition. Each class builds on the previous lesson with step-by-step instruction. Examples of each lesson in other works of art are shown. No previous study is necessary, and no one is too advanced to practice these essentials of drawing. *All materials included; bring \$10 materials fee payable to instructor (cash or check) on first day of class. Limited enrollment.*

Steve Vosa has been drawing for most of his life. He is a graduate of Vesper George School of Art



in fine art and commercial art, and has worked professionally as a graphic artist/illustrator for more than 30 years. He has taught drawing and observation classes numerous times over the years.

### Tour of Kei & Molly Textiles 108

Kei Tsuzuki

**Tuesday Oct 21 10:00 - 11:00**

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

Back by popular demand. Kei & Molly Textiles is a textile design company committed to creating hand-printed artisan-quality fabric goods while doing good. Founded in 2010, the printing studio follows a goal of creating good jobs for immigrant and refugee women in our community. Take a tour of the company to learn what they do, see the printing process, ask questions, and shop for unique holiday gifts. *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 immigrants looking to build a better life. Today, the staff is comprised of women who have settled in Albuquerque from around the world, including Cuba, Colombia, Afghanistan, and Mexico.

### Holiday Wreath Making 109

Irma Reeder

**Thursday Nov 6 9:30 - 11:30**

**Fee: \$20**  **Oasis**

Join us for a fun time of celebrating the season by creating beautiful wreaths to keep or give as gifts. You can choose between Autumn or Christmas, as supplies are provided for both. These lovely 12" wreaths can be hung inside or on your front door to give your home a festive feel. *All materials provided; bring materials fee of \$14 payable to instructor (cash or check). Limited enrollment.*

*See bio in class #178*

### Glass Art Workshop 110

John Owen

**Monday Nov 10 9:30 - 1:00**

**Fee: \$100**  **Aurora Borealis Glassworks**



Enjoy an immersive introduction to the world of glass art! Beginners can delve into the fundamentals of working with hot glass, from shaping and molding to blowing and cooling. Instructors work one-on-one with each participant to make a glass chile, balloon, or flower in any color they choose. *All work must be picked up the next day. Cotton shirts and closed-toe shoes are required. Participants should bring lots of drinking water. Limited enrollment.*

John Owen is the owner of Aurora Borealis Glassworks. A gifted teacher and enthusiast of all things glass, Owen has introduced hundreds of people to the wonder and artistry of glassblowing. Beyond his popular glassblowing classes, he is an accomplished jeweler.

### Holiday Ornament: Mistletoe Sprig 111

Elizabeth Potter

**Thursday Dec 4 9:00 - 1:00**

**Fee: \$40**  **Oasis**

Learn a little about paper quilling by making a holiday mistletoe ornament. You can use it as decor, for wrapping gifts, or hang it up to encourage the "kissing tradition." *No prior experience needed. All materials provided; bring materials fee of \$20*



*payable to the instructor (cash or check). Limited enrollment.*

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

### **Holiday Ornament: Poinsettia A 112**

*Elizabeth Potter*

**Thursday Dec 11 9:00 - 1:00**  
**Fee: \$40**  **Oasis**

### **Holiday Ornament: Poinsettia B 113**

*Elizabeth Potter*


**Friday Dec 12 9:00 - 1:00**  
**Fee: \$40**  **Oasis**

Create a beautiful paper quilled ornament of a poinsettia. Learn the basics of quilling as you craft this festive decoration that’s perfect for a tree or hanging in your home. *No prior experience needed. Materials provided; bring materials fee of \$20 payable to the instructor (cash or check). Limited enrollment.*

*See bio in class #111.*

### **Holiday Cards: Lino-Cut Printmaking 114**

*Carol Sanchez*

**Fri & Mon Dec 5 & Dec 8 12:30 - 3:30**  
**Fee: \$65 2 sessions**  **Oasis**

Create and print your own holiday greeting cards. Participants design and carve an image from linoleum blocks and print on card stock to create their cards. It is encouraged to come prepared with simple design ideas. All levels are welcome. *All materials provided; bring materials fee of \$15 payable to the instructor (cash or check) on first day of class. Limited enrollment.*

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

### **Introduction to Dot Mandala Painting 115**

*Bridget Schweri*

**Thursday Sep 18 10:00 - 12:30**  
**Fee: \$30**  **Oasis**

Everyone can learn this relaxing, meditative painting technique. We discuss the history of the art form, spend some time practicing the basic techniques, then create a unique piece to take home. *All materials provided; bring materials fee of \$5 payable to instructor (cash or check). Limited enrollment.*

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

### **Intermediate Dot Mandala Painting 116**

*Bridget Schweri*

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

If you enjoyed the introductory class, then come on back. We’ll cover additional painting techniques, like making swooshes with brushes, and making color and design choices. *All materials provided; Bring \$5 materials fee payable to the instructor (cash or check) at the first class. Limited enrollment.*

*See bio in class #115.*



## Mosaic Coaster Gifts Workshop 117

Jill Gatwood

Wednesday Dec 17 10:00 - 2:00

Thursday Dec 18 10:00 - 12:00

Fee: \$60 2 sessions  Oasis

Create four to six mosaic tile coasters (or more, if time allows) as gifts for friends, family, or yourself. This is an easy mosaic art project that will be fun for experienced mosaic artists or complete newbies. Coasters can be as complex or simple as you like. *All materials, including mosaic tiles, cutters, adhesive, porcelain tile bases, and cork bottoms will be provided; bring materials fee of \$20 payable to the instructor (cash or check) on first day of class. Limited enrollment.*

When Jill Gatwood is 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 nine years.

## CONSUMER

### A Gentle Return: How Choosing a Natural Burial Benefits Our Environment & Community 118

Bryan Beard & Claire McFadyen

Monday Sep 8 12:30 - 2:00

Fee: \$15  Oasis

Back by popular demand. Burial has been part of human cultural traditions for thousands of years. However, contemporary discussions of death have typically been reserved for behind the closed doors of funeral homes. Only recently has there been a renewed desire for the community to become active participants in the death process. This class discusses what natural burial is, how it benefits the environment, and how to care for your loved ones after death.

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

### Benefits of Funeral Pre-Planning 119

Barbara Shelton

Wednesday Sep 17 10:00 - 11:30

Free  Oasis

Join this presentation to learn about the processes and benefits of funeral pre-planning. Much more goes into funeral planning than people realize. Planning ahead can help you make informed decisions about your final wishes, which helps alleviate the emotional and logistical burdens after death occurs. The financial aspects of funeral planning, including pre-paying for services and understanding different funding options, are also addressed.

Barbara Shelton has been an Advance Planning Consultant with FRENCH Funerals-Cremations for 11 years. The choice to change careers after 25 years in travel and hospitality was made after the death of her father at age 60. His thoughtfulness in pre-planning was a true gift. It is now her mission to help educate families on the benefits of pre-planning.

### Savvy Social Security 120

Brad Yablonsky

Wednesday Sep 24 10:00 - 11:30

Fee: \$15  Oasis

We have paid into Social Security every time we received a paycheck, yet most of us don't truly understand how the system works. There are hundreds of ways to claim these funds, but people are leaving money on the table. Brad Yablonsky's presentation bridges the information gap, allowing




for informed decision-making. Topics include: COLA's effect on your benefits, the ramifications of a spouse's death on benefits, what strategies are allowed to maximize benefits, and changes to Social Security based on Congress's new budget bill.

Brad Yablonsky is a financial advisor with RBC Wealth Management. His focus is Social Security and Medicare benefits and integrating those programs with the other moving parts and puzzle pieces of retirement planning. Yablonsky graduated from Rutgers University and holds Series 7, Series 66, and Insurance licenses.

### **Safety at Home** **122**

*William Burkhart*

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

As we age, staying safe in our daily activities becomes more important than it was when we were younger. Our bones become brittle, our skin thins, our sense of balance changes, and our strength lessens. All these things make seniors more susceptible to serious injury. Learn how to stay safe at home, including what to do if you fall, safe use of common household climbing devices like stools and ladders, common causes of household fires, when to call the fire department, and evacuation plans.

William Burkhart graduated from the University of Florida with a BS in construction management. A Florida Certified General Contractor with over 30 years of experience, Burkhart served as an adjunct professor at Florida State College at Jacksonville. He is an OSHA-approved safety instructor in both Construction and General Industry Standards and holds Certified Safety and Health Official Certifications.

## **CURRENT EVENTS**

### **Current Events**

#### **Discussion Group ZOOM** **123**


*Ira Bolnick*

**Mondays**      **Sep 22 - Dec 1**      **9:15 - 10:45**  
**Fee: \$35**      **6 sessions**  **Zoom**

Join us for bi-weekly Zoom discussions of current events and issues selected by the group. Possible fall topics include Canada's relationship with the US, Africa as a rising locus of international influence, and prospects for dealing with global warming. Each session is led by a group member who compiles and emails relevant readings (typically 25-30 pages) in advance and then leads the discussion. Enjoy stimulating, informative conversations with thoughtful, open-minded people. *Limited enrollment.*

#### **Transgender Experiences & Panel Discussion** **124**

*Adrien Lawyer*

**Friday**      **Oct 17**      **12:30 - 2:00**  
**Fee: \$15**  **Oasis**

Join us for a workshop and panel that provides more context and information about transgender individuals and the issues they face. Adrien Lawyer, the director of education at the Transgender Resource Center of New Mexico, discusses Transgender Cultural Fluency and facilitates a panel of trans and non-binary folks, as well as parents and partners of trans folks. The panel shares stories and conducts a Q&A session.

Adrien Lawyer is co-director of the Transgender Resource Center of New Mexico. He has presented programs on transgender issues more than 950 times throughout New Mexico and has been instrumental in advocacy at both the individual and policy levels. He is transgender, a father, and an advocate for equality and accessible resources for all.



**Guided Tour of ABQ Sunport A 125**

Doug Lutz

**Wednesday Nov 5 10:00 - 12:00****Fee: \$20**  **Albuquerque Sunport****Guided Tour of ABQ Sunport B 126**

Doug Lutz

**Tuesday Nov 11 10:00 - 12:00****Fee: \$20**  **Albuquerque Sunport**

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

Doug Lutz works for the City of Albuquerque Aviation Department, where he acts as a tour guide for schools, retiree organizations, and special needs groups. As a member of the Sunport's marketing department, he oversees the volunteer programs and community outreach activities.

**ARCA Organics Farm Tour 127****Wednesday Nov 12 10:30 - 12:00****Fee: \$18**  **ARCA Organics Farm**

Visit ARCA's farm, providing meaningful workplace opportunities for adults with intellectual,

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

**What's up with UFOs? 128**

Edward Tilson &amp; Rose Eckhoff

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

Curious about UFOs? Join us for this lecture on what's out there beyond our planet! UFO exploration groups in Albuquerque, historic New Mexico crashes, parameters of non-human intelligence, and the speakers' own experiences encountering extraterrestrial life are discussed in this "far-out" lecture.

Edward Tilson is a retired psychologist and has studied UFO phenomena for the past 60 years. Tilson has had three UFO sightings and talked with people who have had close encounters and NHI (non-human intelligence) contact. Rose Eckhoff has had close encounters with UFOs since the age of 12, and was a UFO investigator in Alaska for ten years. Tilson and Eckhoff are on the steering committee for UFO Explorations in Albuquerque.

**The Circular Economy: Beyond Recycling 129**

Dale Dekker

**Wednesday Nov 19 10:00 - 11:30****Fee: \$15**  **Oasis**

Our current economic system is based on a "take-make-waste" model, which overwhelms landfills while polluting our environment and oceans. This system is no longer sustainable, but what is the alternative? Dale Dekker describes a "circular



economy” as one that is all about reuse: recycling, upcycling, and resource efficiency. Find out how Dekker believes New Mexico can be a global leader in the “circular economy” as we move into a new way of thinking about how to utilize resources more sustainably and efficiently.

Dale Dekker is a founding principal at Dekker, Ltd, a design, architecture, and engineering firm with offices in Albuquerque, Phoenix, and El Paso. Dekker is dedicated to helping build dynamic and sustainable communities. He has extensive experience in architecture and planning projects that are socially, economically, and environmentally sustainable.

### **Middle East Update: Current Realities & Root Ideologies** **130**

*Emile Nakhleh*

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

Emile Nakhleh provides an in-depth analysis of current political realities in the Middle East that goes beyond the headlines to address the underlying religious and secular ideologies that have underpinned the creation of the modern nation-state system in the region. Nakhleh is an expert in the field and provides political, social, economic, and global insights in an engaging and thoughtful way. *This session is presented in cooperation with the World Affairs Council of Albuquerque.*

Emile Nakhleh was a senior intelligence service officer and a founding director of the Political Islam Strategic Analysis Program at the Central Intelligence Agency. He is a member of the Council on Foreign Relations and a founding director of the Global and National Security Policy Institute at the University of New Mexico. He has written extensively on Middle East politics, political Islam, radical Sunni ideologies, and terrorism. He is also the former president of the World Affairs Council of Albuquerque.

### **Cooperation, Competition, or Conflict? The United States & East Asia in 2025** **131**

*William Itoh*


**Monday** **Dec 1** **6:00 - 7:30**  
**Fee: \$15**  **Oasis**

Tariffs imposed by the new administration in Washington have dominated the news in the nations of East and Southeast Asia in the past year. After decades of stressing the importance of Asia to the US, our policies are increasingly seen as isolationist and protectionist in the region. Will Itoh focuses on current security issues, political changes, and economic trends in Asia, as well as the United States’ response to these developments. *This session is presented in cooperation with the World Affairs Council of Albuquerque; Will Itoh is the current president.*

A retired Foreign Service officer, William Itoh served as executive secretary of the National Security Council at the White House and as ambassador to Thailand. He holds BA and MA degrees from UNM, was a logistics officer in the US Air Force, and an assistant professor of history at California State University, Humboldt, before entering the Foreign Service.

### **Stories, Sounds, & Images from the War in Ukraine** **132**

*Joanna Colangelo*

**Wednesday** **Dec 3** **10:00 - 11:30**  
**Fee: \$15**  **Oasis**


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



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

### How Are Techbros Preparing for Doomsday? 133

George Ovitt

**Wednesday** **Dec 10** **2:30 - 4:00**  
**Fee: \$15**  **Oasis**

Much destruction has been taking place in our country of late. Much of it has been propelled by a tiny group of “techbros” whose sci-fi commitment to an AI future, Mars colonies, and a robot workforce entails the destruction of ordinary Americans’ jobs, communities, and health. Musk, Brin, Thiel, Bezos, Zuckerberg, Ellison, and others largely run the online world. What are they up to? Can they be stopped? This talk examines the phenomenon, personality type, plans, and future of techbros.

George Ovitt has given Oasis talks for 15 years. He teaches history at Albuquerque Academy.

## FILM & TV

**KOAT TV Tour** **134**  
**Thursday** **Sep 11** **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 to ask questions about the inner workings of a television station. *Limited enrollment.*

KOAT Channel 7 has served the Albuquerque community and the larger New Mexico area for 70 years as the ABC affiliate.

### Celebrating John Williams ZOOM 135

Dan Sherman

**Tuesday** **Sep 23** **12:30 - 2:00**  
**Fee: \$15**  **Zoom**

Born in 1932, John Williams has written some of America’s best-known film scores including *Jaws*, *Star Wars*, *E.T.*, *Saving Private Ryan*, and *Schindler’s List*. This talk places Williams in the history of film music, reviews his extensive career (including his time in the Air Force), and shows many clips from movies he has scored. Join us to celebrate the contributions of this great composer and learn about his exceptional film music.

Dan Sherman, PhD, is an economist whose interests include opera and American musical theater. Since 2010, Sherman has given many talks and classes on film, film music, classical composers, and great musical theater 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.

### Thelma Screening at Guild Cinema 136

**Friday** **Nov 7** **1:00 - 3:00**  
**Fee: \$15**  **Guild Cinema**

Grab some popcorn and join us for a special screening of *Thelma* (2024) at the historic Guild Cinema, Albuquerque’s oldest still-running movie theater, established in 1966. *Thelma* follows a 93-year-old woman on a search for justice that offers a thoughtful and comedic look at aging and autonomy. With a standout performance from June



Squibb, *Thelma* is a celebration of resilience and laughter in later life.

### FRIDAYS 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.



**Stewart Udall:  
The Politics of Beauty** **137**  
Friday Sep 26 12:30 - 2:15  
Fee: \$12 Oasis

Stewart Lee Udall was arguably the most prominent and effective Secretary of the Interior in American history. *Stewart Udall: The Politics of Beauty* is a feature documentary that examines the trajectory of Udall's life from his childhood, through his Mormon mission, his World War II service, his student years at the University of Arizona, his time in Congress, and most significantly, his years as Secretary of the Interior and beyond.

**A Home Called Nebraska** **138**  
Friday Oct 24 12:30 - 2:00  
Fee: \$12 Oasis

In *A Home Called Nebraska*, people in the traditionally conservative state wholeheartedly welcome refugees and show that these newcomers enrich their communities, their economies, and their lives.

**Beatrix Farrand's  
American Landscapes** **139**  
Friday Nov 21 12:30 - 2:00  
Fee: \$12 Oasis

*Beatrix Farrand's American Landscapes* follows award-winning public garden designer Lynden B. Miller as she embarks on an exploration of the remarkable life and career of America's first female landscape architect, Beatrix Farrand. Farrand was responsible for some of the most celebrated gardens in the U.S. and helped create a distinctive American voice in landscape architecture.

**The Vow from Hiroshima** **140**  
Friday Dec 12 12:30 - 2:15  
Fee: \$12 Oasis

*The Vow from Hiroshima* is a film that portrays an intimate portrait of Setsuko Thurlow, a passionate 85-year-old survivor of the atomic bomb in Hiroshima. Her moving story is told through the lens of her growing friendship with a second-generation survivor, Mitchie Takeuchi.

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



## FOOD & NUTRITION

### Eldora Chocolate: Field Trip A 141

Steve Prickett

**Tuesday**      **Sep 9**      **10:30 - 11:30**  
**Fee: \$25**       **Eldora Chocolate**

### Eldora Chocolate: Field Trip B 142

Steve Prickett

**Thursday**      **Sep 18**      **10:30 - 11:30**  
**Fee: \$25**       **Eldora Chocolate**

This small batch, craft chocolate maker exposes you to everything from the full cocoa bean to the chocolate bar-making process and presents new ways of thinking about chocolate. Understand the terroir of where a bean is grown and how it affects taste and quality. Tour the Eldora Chocolate facility, sample some amazing chocolate, and come away educated on the various flavor profiles of bean origins. There will be time to do some shopping to satisfy everyone's sweet tooth! *Limited enrollment.*

Steve Prickett, owner and founder, followed his hobby, passion, and lifelong love of dark chocolate to start Eldora. Part of his journey was to understand chocolate flavors around the world. He proceeded to make chocolate from 30 countries and 60 origins, and brings this knowledge and enthusiasm to Eldora.

### Gourmet Graze: Charcuterie Demo 143

Fallon Bader

**Monday**      **Sep 15**      **1:00 - 3:00**  
**Fee: \$35**       **Oasis**

Back by popular demand. Join Chef Fallon Bader as she demonstrates how 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 encourages 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.

### Benefits of a Plant-Based Diet:

### Sprouts Market Field Trip 144

Sharon Jonas

**Tuesday**      **Sep 23**      **9:30 - 11:00**  
**Fee: \$18**       **Sprouts Farmers Market**

Enjoy the vast variety and significant health benefits of eating more plant-based foods. From ancient grains like farro and quinoa to new products like BBQ jackfruit, the possibilities are endless, but can be a bit overwhelming! Join chef and lifelong vegetarian Sharon Jonas for a practical introduction to plant-based foods. Become inspired by this informative tour of Sprouts Market, discussing ingredients, nutrition, shopping, cooking tips, and simple ways to create delicious, balanced meals. *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 advocate of plant-based cuisine, Sharon owned one of Albuquerque's first vegetarian restaurants. As a professional chef, she created satisfying menus for restaurants, resorts, and special events.

### Bone-A-Fide Eats: A Cooking Demonstration for Healthy Bones 145

Renee Euler

**Monday**      **Sep 29**      **10:00 - 12:00**  
**Fee: \$35**       **Oasis**

In the United States, more than 10 million people have osteoporosis, and another 43 million have low bone mass. Proper nutrition is an integral part of maintaining healthy bones. In this session, Renee Euler demonstrates three easy and delicious recipes while discussing the primary food sources critical



for bone health and highlighting dietary patterns that support strong bones. Leave with realistic strategies for eating for bone health! *Recipes and tastings are provided. Limited enrollment.*

Renee Euler is a registered dietitian nutritionist in private practice specializing in gastrointestinal disorders. She is the chair of the local chapter of the National Celiac Association, a support group for those with gluten-related disorders like celiac disease and non-celiac wheat sensitivity.

**Meals on Wheels: Field Trip A** **147**  
**Tuesday** **Oct 28** **10:00 - 12:30**  
**Fee: \$20**  **Meals On Wheels**

**Meals on Wheels: Field Trip B** **148**  
**Tuesday** **Nov 4** **10:00 - 12:30**  
**Fee: \$20**  **Meals On Wheels**

Back by popular demand. Meals on Wheels (MOW) is a trusted leader in the fight to combat hunger and isolation in New Mexico. MOW is the only meal delivery organization in the state that serves anyone of any age, for any reason, and that can provide eight medically tailored diets. For the past 53 years, MOW has provided hunger and financial relief, meaningful social interaction, wellness checks, and quality-of-life supportive services to thousands of neighbors in need. A box lunch will be provided by MOW during the tour. *Limited enrollment.*

**Holiday Hosting Made Simple:**  
**A Cooking Demonstration** **149**  
*Fallon Bader*

**Thursday** **Nov 13** **10:00 - 12:00**  
**Fee: \$35**  **Oasis**

Join us for a fun and festive cooking demonstration focused on recipes perfect for holiday gatherings. Learn how to create delicious dishes that are simple to prepare, light on effort, big on flavor, and leave you feeling good—so you can spend more time with guests and less time in the kitchen. Whether

you're hosting a dinner or bringing a dish to share, you'll leave with practical tips and inspiring ideas for the season! *Recipes and tastings are provided. Limited enrollment.*

*See bio in class # 143*

## 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.**

**Why Mindfulness?** **150**  
*Susan Brumbaugh*

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

Over the last 15 years, the concept of “mindfulness” has gained popularity, yet it remains somewhat misunderstood. Mindfulness is often equated with meditation; however, you can be mindful without meditating, and there are different types of meditation. We discuss what mindfulness is and how it can be an essential part of any health and wellness journey.

Susan Brumbaugh is a licensed mental health counselor in New Mexico. She leads several live online mindfulness meditation sessions and enjoys helping clients work with anxiety, depression, relationship problems, and emotional regulation.

**Aging Mastery Program®** **151**  
**Wednesdays** **Sep 17 - Nov 19** **10:00 - 12:00**  
**Free** **10 sessions**  **Oasis**

The Aging Mastery Program® is a 10-session program designed to empower you to make and maintain small but impactful changes in your life. The program incorporates evidence-informed materials, expert speakers, group discussion, and peer support to give you the skills and tools you need to achieve measurable improvements in managing health, enhancing well-being, remaining



economically secure, and increasing societal participation. At each session, a different expert speaker discusses important topics related to aging. Topics include exercise, healthy eating, medication management, sleep, finances, living wills, healthy relationships, and community engagement. This evidence-based program was developed by the National Council on Aging. *If you attend at least 8 of the 10 sessions, you will receive a \$10 Oasis credit. Please be sure to attend if you register for this class—our funding to offer this class depends on your attendance. Limited enrollment.*

### Keep Your Smile for Life: Dental Wisdom for the Golden Years 152

David Schlottman

**Thursday Sep 18 10:00 - 11:30**  
**Fee: \$15**  **Oasis**

As we grow older, our oral health needs change, but many of us aren't aware of just how much our teeth and gums impact our overall health. Designed specifically for older adults, David Schlottman uses his 33 years in dentistry to provide essential information related to oral health in later life.

After becoming disenchanted with the private practice model, David Schlottman, DDS, pursued dental practice in the public health field. After a rewarding six-year stint of practice on the Navajo Reservation in New Mexico, he began working for First Choice Community Healthcare, where he practices today.

### BE BRAVE: A Fall Recovery Class 153

Athena Valerio-Hirschfeld

**Tuesday Sep 23 2:30 - 4:00**  
**Free**  **Oasis**

Everyone falls, but can—or should—everyone get up? Join Athena Valerio-Hirschfeld to learn what the acronym BE BRAVE stands for, while reviewing best practices if you or a loved one experiences a fall. Everything from initial assessment to action and follow-up is discussed.

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.


### A Matter of Balance 154

**Tuesdays Sep 30 - Nov 18 1:00 - 3:00**  
**Free 8 sessions**  **Oasis**

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

### Discovering the Wisdom of Oriental Medicine 155

Li Xu

**Tuesday Oct 7 2:30 - 4:00**  
**Fee: \$15**  **Oasis**

With over 30 years of experience in Oriental medicine, acupuncture, and herbs, Li Xu shares practical tools and wisdom to help you care for your health naturally. Learn the basics of Chinese medicine, how it compares to Western approaches, and simple self-check methods like tongue, ear, and nail diagnosis. Practice acupressure techniques for common issues like pain and indigestion in this hands-on, interactive session.

Li Xu is a doctor of oriental medicine with a PhD in acupuncture from China and is a nationally



Certified Functional Medicine Practitioner. She has practiced holistic and integrative medicine in the United States for over 20 years, with specialties in pain management, women's health, herbal medicine, nutrition, and functional medicine. Xu also served as a full professor at Southwest Acupuncture College for 11 years.

**Powerful Tools for Caregivers ZOOM 156**  
**Thursdays Oct 16 - Nov 20 1:00 - 2:30**  
**Free 6 sessions Zoom**

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

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

**Foot Health & Peripheral Artery Disease: Understanding the Connection 157**

*Janet Simon*

**Wednesday Dec 3 12:30 - 2:00**  
**Fee: \$15 Oasis**

Explore the critical relationship between foot health and peripheral artery disease (PAD), a condition that affects circulation and can lead to serious complications if left unmanaged. Learn how PAD differs from peripheral neuropathy, its impact on foot health, and its connections to systemic conditions like diabetes and cardiovascular disease. Gain insights into recognizing symptoms, preventive care strategies, and the importance of early intervention.

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

**Sleep & Aging: What to Expect as You Age 158**

*Alexander DeRadke*

**Tuesday Dec 9 2:30 - 4:00**  
**Fee: \$15 Oasis**



Has sleep become more elusive for you or a loved one with age? Join Alexander DeRadke for a discussion on the difference between normal sleep patterns that change as you age and those that are abnormal. He also details the options available to help you get better sleep and the risks of using medications for sleep.

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



## HISTORY

### Inside Insight:

#### The Civil Rights Movement 159

*Jim Lewis*

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

Jim Lewis discusses the Civil Rights Movement in the South, 1954-1963, precluding his personal experiences amid the region's transformation. He explores the nature of the struggle, its purpose, the challenges presented, and the profound changes that emerged from this pivotal period in history. The class includes discussions of Brown v. Board of Education, the Birmingham protests, and the formation of the Southern Christian Leadership Conference, among other key historical events.

Jim Lewis has degrees from Yale, the University of Chicago Law School, and Duke. Lewis was a civil rights worker and lawyer in Mississippi from 1965 to 1973, and this course is based on his real-world education. He has taught at law schools and worked for the United States Department of Justice, including six years as United States Attorney for Central Illinois.

#### Introduction to the History of Nuclear Testing ZOOM 160

*Alan Carr*

**Monday**                      **Sep 22**                      **12:30 - 2:00**  
**Fee: \$15**                       **Zoom**

Between 1945 and 1992, the United States performed well over 1,000 full-scale nuclear tests. Hear the incredible story of weapons testing, from the remarkable Trinity test of July 16, 1945, to the nation's most recent test, Julin-Divider. Alan Carr discusses why, where, and how the US performed tests. He also features footage of key moments in nuclear history.

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.

#### Tour of All Saints of North America Orthodox Christian Church 161

*Nikolay Miletkov*

**Wednesday**                      **Sep 24**                      **10:00 - 11:30**  
**Fee: \$15**                       **All Saints of North America Church**

Nestled in the far north valley of Albuquerque along 4th street is All Saints of North America Orthodox Christian Church. The church is recognizable from the street by its beautiful blue domes. With its groundbreaking in June of 2019, the church is nearing its completion. Enjoy a tour of the ornate interior of the church and hear the story of how this facility came to be, as told by Father Nikolay Miletkov, the priest of the congregation.

Father Nikolay Miletkov was born and raised in Bulgaria. He holds an MDiv from St. Vladimir's Orthodox Theological Seminary in New York and was ordained to the Holy Priesthood in 2006. In 2010, Miletkov was assigned as the Rector of All Saints of North America Orthodox Christian Church.

#### Ghost Tour of Old Town Albuquerque 162

**Monday**                      **Sep 29**                      **2:00 - 3:30**  
**Fee: \$35**                       **Ghost Tour of Old Town**

Join Oasis friends for a spooky ghost tour of Old Town: New Mexico's oldest and most famous ghost walk. Stroll through Albuquerque's historic plaza learning about more than three decades of history through eerie legends, local lore, and tales of the departed—just in time to start preparing for Halloween! Guides share a mix of ghost stories and folklore, making this the perfect tour for those curious about the historical figures who helped shape Old Town. *Limited enrollment.*



**The Erie Canal: Waterway of Change 163***David Crowley***Wednesday Oct 8 10:00 - 11:30****Fee: \$15**  **Oasis**

Now 200 years old, the Erie Canal altered this country in terms of public works, economic growth, religious diversity, and social reform. We examine its genesis and construction as it launched the movement of the United States into a new world of economic power and productivity. The canal opened the country into the Midwest and, in doing so, cemented ties that helped solidify the new republic while making New York the Empire State.

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

**Medieval Wales 164***Lizabeth Johnson***Friday Oct 10 10:00 - 11:30****Fee: \$15**  **Oasis**

In the modern era, we think of Wales as one part of the United Kingdom, but it was originally an independent territory in Britain and wasn't known as Wales. In fact, the territory of Wales and the identity of the Welsh people were a product of military and political conflict during the Middle Ages. In this class, Lizabeth Johnson examines how Wales and the Welsh came to be.

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.

**Secret Technologies That Won WWII 165***David Crossley***Friday Oct 3 10:00 - 11:30****Fee: \$15**  **Oasis**

Victory in World War II was enabled by many incredible but largely unknown inventions and technologies. The importance of the atomic bomb and the code talkers is well-known from books and movies, but many more backroom projects had equal importance in defeating the Axis. This presentation highlights some of these overlooked breakthroughs.

David Crossley has degrees in both electrical and mechanical engineering; he retired from a 40-year career in the aerospace arena. He taught electromagnetics at New Mexico State University, performed electronic warfare operations in five war zones with the Air Force out of Kirtland Air Force Base.

**Sandro Botticelli, Master Artist of the Italian Renaissance 166***Timothy Graham***Wednesday Nov 5 12:30 - 2:00****Fee: \$15**  **Oasis**

Sandro Botticelli (1445–1510) is among the most beloved artists of all time, celebrated for his inventiveness, resplendent colors, and consummate design. His paintings span religious subjects like the *Adoration of the Magi*, illustrations of Dante's masterpiece, *The Divine Comedy*, and, especially, his mythological scenes—*The Birth of Venus* and *Primavera*—which reveal his links to the Neoplatonic mystical philosophy that flourished



in his native Florence. This lecture explores each aspect of Botticelli's magnificent output.

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 from 2002 to 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.

### **A Short History of Las Cruces: Volcanoes to Moon Rockets** **167**

*Jim Eckles*


**Friday** **Nov 7** **12:30 - 2:00**  
**Fee: \$15**  **Oasis**

Las Cruces is the second-largest city in New Mexico. It straddles the Rio Grande and is surrounded by volcanoes and mountains. There were farmers here over a thousand years ago and agriculture is still prominent, but education and high-tech military testing have grown rapidly. The Spanish Royal Road goes through the town, which was followed by Confederate troops during the Civil War. Pat Garrett and Billy the Kid are woven into the city's history. It's also where Professor Fabian Garcia gave the world the edible chiles we find today in our enchiladas.

Jim Eckles worked for White Sands Missile Range for 30 years and has been a volunteer there since he retired in 2007. When he retired, Eckles became informally known as the "WSMR historian." While at the range, he wrote and spoke extensively about the mission of the missile range and area history. He wrote a book about the first atomic bomb test, *Trinity: The History of an Atomic Bomb Test Site*.

### **The Orphan Train Movement & the Children Who Were Riders** **168**


*Don Potter*

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

The Orphan Train Movement sent over 250,000 children to new homes in every one of the 48 contiguous states between 1854 and 1929. Who started this movement? How were children and adult couples or families chosen? Who were some famous orphans, and what became of the orphan train riders? This talk provides resources for further reading and research on the topic.

Don Potter is a retired teacher from Wisconsin who moved to Albuquerque in 2017. When he retired in 2010, he began researching his family history and discovered that his grandfather, who he knew was an orphan in New York City, had ridden an orphan train to Wisconsin when he was three years old. This discovery led to his learning more about the orphan train movement.

### **Wheels Museum Tour** **169**

**Wednesday** **Dec 3** **10:00 - 11:30**  
**Fee: \$15**  **Wheels Museum**

Take a trip to Wheels Museum! See trains, model trains, cars, trucks, airplanes, bikes, and much more. Take a fun train ride, and enjoy an interactive education presentation about the museum and its patrons. Wheels Museum is located in the iconic downtown railyards where workers have labored 14-hour days for decades to repair 40 steam locomotives. *Limited enrollment.*

Wheels Museum is a non-profit organization dedicated to collecting, preserving, and creating educational exhibits about the history of transportation in Albuquerque and New Mexico with emphasis on the impact on the development of the area. Their collections embrace the history of the railroads, the impact of the rail yards on Albuquerque, as well as automobiles, horse and wagon, and other modes of transportation.



**France After the Revolution, 1800-1871 170***Charles Steen***Monday Dec 8 10:30 - 12:00****Fee: \$15**  **Oasis**

The success of the Revolution faltered following the collapse of Napoleon and the occupation of France, and Allied forces imposed a restored monarchy that offered little political freedom. Efforts to restore the cultural features of the Old Regime were unsuccessful though, resulting in a splendid period in French cultural life. Artists, writers, composers, and intellectuals reinforced the initial success of the Revolution; this class follows some of the most popular of the time.

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

**The History of Popular Christmas Carols, with a Dash of Group Singing 171***Maxine Thévenot***Monday Dec 22 12:30 - 2:00****Fee: \$15**  **Oasis**

Christmas carols are a much-loved part of the holiday season, and while many have a long history, others are surprisingly recent. From medieval dancing songs to the 19th-century revival, the words and music of carols have evolved over time as each generation of carol singers continues to add to a mixed tradition of folk music and sacred song. Participants in this class have the opportunity to learn about the history of popular Christmas carols, and the option of engaging directly with the carols through speaking texts and/or singing a verse or two of each carol.

A native of Saskatchewan, Canada, Maxine Thévenot received her Master of Music and Doctor

of Musical Arts degrees from the Manhattan School of Music. Thévenot is an associate of the Royal Canadian College of Organists and the Royal Conservatory of Music, Toronto, and was made an Honorary Fellow of the National College of Music, London, UK in 2006.

**LITERATURE****Austin Book Group 172***Mary Bibeau***Tuesdays Sep 9 - Dec 9 1:30 - 3:00****Fee: \$12 4 sessions**  **Oasis**

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: Sep 9 – *Mark Twain* by Ron Chernow; Oct 14 – *The Secret Life of Sunflowers* by Marta Molnar; Nov 11 – *Empire of the Summer Moon* by S.C. Gwynne; and Dec 9 – *Lula Dean's Little Library of Banned Books* by Kristen Miller. *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 174***Merrie Courtright***Tuesdays Sep 16 - Dec 16 10:00 - 11:30****Fee: \$12 4 sessions**  **Oasis**

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




Sep 16 – *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie; Oct 21 – *Isaac's Storm* by Erik Larson; Nov 18 – *The Bomber Mafia* by Malcom Gladwell; and Dec 16 – *The Shipping News* by Annie Proulx. *Limited enrollment.*

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

## Talk About Your Book 175

Adam Fischler


**Wednesdays**      **Sep 17 - Dec 17**      **12:30 - 2:00**  
**Fee: \$12**      **4 sessions**       **Oasis**

An Oasis participant said, “you haven’t read a book until you’ve talked about it.” Join a group of bibliophages (people who read constantly) who are committed to reading a book a month of their own choosing. Then, gather on the third Wednesday of 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.*

Adam Fischler is 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 memoirs, nonfiction history, horror-western, sci-fi, and literary fiction books. He reads almost anything, just as long as it is well written.

## New Mexico Poets 176

Lisa Chavez


**Friday**      **Oct 3**      **12:30 - 2:00**  
**Fee: \$15**       **Oasis**

This talk and reading by New Mexico poet Lisa Chavez features her own poetry, and poetry by other local poets in celebration of Hispanic Heritage Month. The reading also features a discussion on Hispanic poetry and a writing exercise.

Lisa Chavez is a poet and writer who has published nonfiction and two books of poetry. She teaches in the creative writing program at the University of New Mexico.

## Fixed Forms in Poetry 177

Lance Ozier

**Thursdays**      **Oct 16 & Oct 23**      **10:00 - 11:30**  
**Fee: \$15**      **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 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: 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 an MA in English from the University of North Carolina at Chapel Hill.

## MUSIC

## Singing the Show Tunes 178

Irma Reeder & Scott Hooker

**Tuesdays**      **Sep 16 - Dec 16**      **10:15 - 11:45**  
**Fee: \$70**      **14 sessions**       **Oasis**

Do you enjoy singing? In this fun and informative class, we explore show tunes from stage and screen while including gentle physical movement, vocal exercise, singing technique and a lot of laughter! We learn new songs, renew old friendships, and meet new people. We plan four exciting performances at the end of the semester (12/2, 12/9, 12/16 offsite and 12/19 at Oasis) 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!

### **Appreciating the Blues 179**

*Frank Leto*

**Monday Sep 8 10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Frank Leto shares his passion and insight for the American art form: the blues. Through live demonstration and a listening session, participants learn about the varied artists, instruments, musical styles, history, and influences of the blues genre. Featured artists include B.B. King, Muddy Waters, Howlin' Wolf, and more!

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

### **The Music of Motown 180**

*Frank Leto*


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

Frank Leto, a native Detroit, shares his love for the music of Motown. Through live demonstration and a listening session, participants learn about the varied artists, history, and influences of the Motown sound. Highlighted artists include The Temptations, Diana Ross and the Supremes, Stevie Wonder, Gladys Knight and more!

*See bio in class # 179*

### **Learn to Play the Hammered Dulcimer 181**

*Scott Reeder*


**Mondays Sep 29 & Oct 6 2:00 - 4:00**  
**Fee: \$40** **2 sessions**  **Oasis**

As the direct ancestor of the piano, dulcimer strings produce enchanting bell-like tones when struck with small hand-held hammers. Originally brought to colonial America, the 1960s folk revival reintroduced the dulcimer worldwide. In class, you learn how to play melodies, harmonies, and chords. Handouts and instruments are provided, and rental dulcimers are available to take home. Beginners with no music experience, seasoned musicians, and all levels in between are welcome. *Limited enrollment.*

Scott Reeder is a vocalist and multi-instrumentalist who teaches numerous instruments. He co-founded the non-profit New Mexico Dulcimer Association, which focuses on hammered and mountain dulcimers and other folk instruments. He and his wife's albums have listeners in 108 countries on six continents.

### **Learn to Play the Bowed Psaltery 182**

*Scott Reeder*

**Mondays Oct 27 & Nov 3 2:00 - 4:00**  
**Fee: \$40** **2 sessions**  **Oasis**

Discover how easy and fun it is to start playing the bowed psaltery! Based on earlier boxed zithers but often misreported as medieval or Celtic in origin, the chromatic bowed psaltery was invented in Germany after WWII and has found its way into many folk music communities worldwide. Handouts and instruments are provided, and rental bowed psalteries will be available to take home. Beginners with no music experience, seasoned musicians, and all levels in between are welcome. *Limited enrollment.*

*See bio in class #181*



## The Music of Thelonious Monk & His Influence on Jazz 183

Robert Lah

Thursday Oct 23 12:30 - 2:00  
Fee: \$15 Oasis



Jazz pianist Thelonious Monk, once called the “high priest of bebop,” influenced jazz musicians for generations beyond his time through his harmonic and improvisatory innovations. As acclaimed as he was in his lifetime, he still had to struggle with misunderstanding, ridicule, racism, and financial stress. The presentation is a combination of narrative, recordings, and live musical examples performed on the piano by Robert Lah and assisted by Linda Davidson on flute.

Robert Lah is a lifelong jazz pianist and educator. He taught music at levels K-college, including high school and university jazz ensembles. He has worked with jazz combos and big bands, dance bands and symphonies. He is an experienced arranger and composer and performs locally with a variety of jazz groups.

## It's the Most Wonderful Time of the Year: Sing Along 184

Irma Reeder & Scott Hooker

Thursday Dec 4 2:30 - 3:30  
Fee: \$12 Oasis

Come deck the halls and get in the festive spirit as you sing holiday songs with Irma Reeder and Scott Hooker from the Oasis Entertainers. Fast, slow, new, or old—there's bound to be a few of your favorites.

Join the ghosts of Christmases past, present, and future as we party in the season. Festive holiday attire is encouraged! Lyrics provided.

See bios in class #178

## PERFORMING ARTS

### Theatre Playshop 185

Dutchess Dale

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

Being that we are merely the “players on life’s stage,” let’s come together to learn some basic theatre games as a way to navigate life, no matter what age we find ourselves. Dress comfortably and be ready to play—pun intended—during this class. This engaging, entertaining, and participatory workshop includes explorations in improvisation, reading from plays, learning a theatrical vocabulary, and more!

Duchess Dale’s credits as an actor include her award-winning roles as Annie Sullivan in *The Miracle Worker* and Truvy in *Steel Magnolias*. She directs the Oasis live theatre shows and inspires people through her Re-Wire Podcast.

## FRIDAY PERFORMANCES

### Watermelon Mountain Jug Band 186

Friday Sep 19 2:00 - 3:00  
Fee: \$17 Oasis

The Watermelon Mountain Jug Band, recognized as “one of New Mexico’s treasured natural resources,” is now in its 50th year of entertaining audiences. Using the original instrumentation of 1920s jug bands of the South, band members delight audiences with country, bluegrass, jug band, ragtime, popular, Spanish, original music, and even some rock

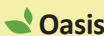


'n roll. Identified as one of Albuquerque's 100 most legendary locals, Watermelon Mountain Jug Band is a musical delight to the ears and eyes!

The unique instrumentation and musical skills of Patrick Houlihan (vocals, guitar, jug, harmonica, kazoo, jaw harp), Gary Oleson (washtub bass), Ben Perea (guitar and banjo), and Barbara Piper (washboard, vocals, high hat, percussion) are not to be missed.

## **Die Polka Schlingel 187**

**Friday Oct 10 2:00 - 3:30**

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

Accordion, trumpets, flugelhorn, baritone, trombones, clarinets, sax, a tuba, and drums make up Die Polka Schlingel, an authentic New Mexican/Bavarian polka band. Be prepared to enjoy polkas, waltzes, schottisches, landlers, big band tunes, and even Mexican polkas.

Band members include Dan Wright - der Kappelmeister (band leader) and accordion; Sergio Manriquez - tuba; Chris Smith - trombone baritone; Patty Holden Zollar- alto sax and clarinet; Kristi Raven - alto sax and clarinet; Frank Cabasier - tenor sax, clarinet, and emcee; Bill Strohl, Bill Biffle, Orion Brady - trumpet and flugelhorn; and Ron Sanders - drums, woodblock, and cowbell.

## **Live Theatre! 188**

*Theatre On The Go*

**Friday Oct 31 2:30 - 4:00**

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

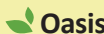
Theatre On The Go is again presenting a live performance of two new, short plays by local playwrights. To close out the year, we are offering a slightly provocative spin on what it's like being an older adult, especially in the age of artificial intelligence. A lively

audience conversation with the director, cast and playwrights follow each performance. Halloween costumes optional!

Theatre On The Go brings theater to Albuquerque. The troupe includes Duchess Dale (see bio in class #185), Robert Benjamin, a retired research physicist, a late-blooming playwright who specializes in comedies about aging with grace, courage, and humor, as well as Terri Klein, a local playwright, actor, director, and stage manager.

## **Ladyfingers and a Thing'r, Too 189**

**Friday Dec 5 2:00 - 3:00**

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

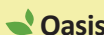
Ladyfingers and a Thing'r, Too play a lively mix of songs from the 1930s to the 1990s, including swing, country swing, old-time American tunes, and the occasional pop hit. Their sets are filled with rhythm, harmonies, and lots of laughs! They've performed at the Albuquerque Folk Festival, the Wildlife West Festival in Edgewood, NM, and the Big Muddy Festival in Boonville, MO.

The Ladyfingers and a Thing'r, Too all hail from the Albuquerque area, featuring three of the original Ladyfingers—Pat Aruffo (fiddle), Erika Gerety (double bass), Gretchen Newman (guitar); plus the added bonus of Gretchen's husband, Steve Yesner (harmonica, flute, and ukulele) fondly joining in as the Thing'r, Too.

## **Oasis Entertainers 190**

*Irma Reeder & Scott Hooker*

**Friday Dec 19 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 by Scott Hooker on piano, this, this close-knit community of musicians performs music from the stage and screen. All are invited to attend the latest trimester's musical adventure.

*See bios in class #178*

## PERSONAL ENRICHMENT

### QuickStart Fly Fishing Course 191

Bob Widgren

Wed, Thurs, & Fri Sep 10, 11, & 12 9:00 - 11:30

Fee: \$45 3 sessions  Oasis

Discover the wonderful world of fly fishing in our QuickStart basic course. Bob and Lee Widgren are your guides, sharing the best fly fishing tips, techniques, and tackle. The first two days of the class cover choosing gear, basic casting, safety, knot tying, and what flies to use to get started. The third day of the class will be held offsite at Netherwood Park, 2613 Morrow Road NE, from 10:00-11:30, and features a casting session. *Materials fee of \$15 cash payable to instructor. Limited enrollment.*

Bob and Lee Widgren have been in the fly fishing industry since 1980, owning a local fly shop for 28 years. Bob is an International Fly Fishing Federation-certified fly casting instructor and has taught hundreds of classes and clinics in NM and CO. Presently, he teaches fly fishing and casting instruction for New Mexico Trout, a conservation organization, and Project Healing Waters, a veterans group.

**Reminder: you can register anytime throughout the term, based on availability.**

### Caregiver Wisdom 192

Robert Benjamin

Friday Sep 12 12:30 - 2:00

Fee: \$15  Oasis

Based on sixteen years of caring for family, Robert Benjamin leads an intimate discussion about vital but rarely discussed aspects of caregiving for your loved one. The discussion includes "how-to" perspectives on topics like supporting patients' autonomy, recruiting a care team to serve both patients and caregivers, and negotiation strategies for medical discussions. This class is useful for caregivers of patients having cancer, dementia, or neurodegenerative illness.

*See also class #156, Powerful Tools for Caregivers ZOOM.*

Robert Benjamin has been a care partner for his wife (with cancer) for fourteen years, after caring for his dying father. His other avocations are writing and producing plays, including Oasis performances. His midlife career was in experimental physics and science education.

### Family Stories 193

Marc Davidson

Tuesday Sep 23 2:30 - 4:00

Tuesday Sep 30 10:00 - 11:30

Thursday Oct 30 10:00 - 11:30

Fee: \$15 3 sessions  Oasis

Family stories help shape our understanding of ourselves and our perspective on the world. In this three-part class, our discussions focus on preserving family stories, memories, and events of importance, as well as using primary sources such as artifacts, personal recollections, storytelling, photos, and family correspondences. *Limited enrollment.*

Marc Davidson received his PhD in Educational Thought and Sociocultural Studies from the



University of New Mexico and has served as a professional counselor and health educator. Upon retirement, he dove into ancestor research and genealogy studies through the Albuquerque Public Library system. Davidson focuses on research that delves into family histories, stories, and first-hand accounts.


**Puzzles, Games, & Friends** **194**  
**Fridays** Sep 26, Oct 24, Nov 21, Dec 19 **10:00 - 12:00**  
**Fee: \$8** **4 sessions**  **Oasis**



Join other Oasis participants in breaking out the board games, card games, and puzzles. Learn a new game. Teach a game. Work on 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** **195**

*Athena Valerio-Hirschfeld*


**Thursday** **Oct 2** **9:30 - 11:00**  
**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.*

*See bio in class #153*

**Aging Along with Your Aging Pets** **196**

*Duchess Dale*

**Monday** **Oct 6** **10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Our animal companions age alongside us, offering steadfast love, quiet wisdom, and infinite joy. In this heart-centered workshop, we explore how to care for aging pets with grace, compassion, and practical know-how. Learn to recognize signs of change, adapt daily care, and honor the bond that deepens as both companions journey through life's later chapters—together.

Duchess Dale is a certified Animal Chaplain and has studied Humane Religious Studies. Working with animals is near and dear to her heart. She has also taught theatre classes for Oasis over the last two years.


**Oasis Trivia Contest A** **197**

*Todd Griffin*

**Thursday** **Oct 16** **12:30 - 2:00**  
**Fee: \$15**  **Oasis**

**Oasis Trivia Contest B** **198**

*Todd Griffin*

**Friday** **Oct 17** **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 amusing and annoying friends and family. *Class A & B are exactly the same. Limited enrollment.*

Todd Griffin retired to New Mexico following a lengthy career in the aerospace business in California. He enjoys traveling, volunteering, and



taking Oasis classes, in addition to serving on the Oasis Albuquerque Board of Directors. Possessed of a mind that is curious about everything, he has collected a wealth of trivial information.

## Dreaming for Wisdom & Healing 199

Teresa Fulton

**Mon & Fri**      **Oct 20 & Oct 24**      **10:00 - 11:30**  
**Fee: \$25**      **2 sessions**       **Oasis**

Back by popular demand! The shamanic journey is a practice found in societies throughout history. Using the drumbeat, we enter dreamtime to access guidance and healing. Through these guided sessions, learn how to journey, record, and decode your experiences. Within the structure of the Celtic Shamanic journey, a new story emerges from an old one. The journey can transport us to newfound wisdom and action. *Bring a notebook or journal to class. You must attend session 1 to attend session 2 of this workshop. Limited enrollment.*

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

## Advanced Time Travel Dreaming 200

Teresa Fulton

**Friday**      **Nov 7**      **10:00 - 11:30**  
**Fee: \$15**       **Oasis**


Building upon shamanic lucid dreaming skills from the Dreaming for Wisdom and Healing workshop, participants experiment with the concept of time. Following the Celtic Shamanic journey process and guided by a drumbeat, we take three journeys. First, we dream a past life for increased self-awareness and empowerment. Next, we undergo a soul regression to review any soul agreements and the purpose of our present lives for a more creative life. Lastly, we plunge into the river of time and go

forward to gain insight into a present-day question. *Bring a notebook or journal to class. Prerequisite is Dreaming for Wisdom and Healing. Limited enrollment.*

*See bio in class #199*


## Befriending Grief: Navigating Loss During the Holidays 201

Danielle Slupesky

**Tuesday**      **Nov 4**      **9:00 - 10:30**  
**Fee: \$15**       **Oasis**

## Befriending Grief: Navigating Loss During the Holidays ZOOM 202

Danielle Slupesky


**Tuesday**      **Nov 11**      **9:00 - 10:30**  
**Fee: \$15**       **Zoom**

This class offers a compassionate, narrative-informed approach to grief, especially during the holiday season when emotions can feel more intense. Through guided reflection, gentle rituals, and meaningful conversation, participants explore how grief shows up, how to welcome it as a natural part of life, and how to speak about it with care. Open to griever, clinicians, caregivers, and anyone seeking space to honor and engage with grief. *Limited enrollment.*

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. Slupesky strives to empower families and communities to embrace the process of dying in a meaningful and holistic way.

## Personal Storytelling 203

Judith Fein & Paul Ross

**Friday**      **Sept 19**      **11:00 - 12:30**  
**Fee: \$15**       **Oasis**

Whether you lead an adventurous life or consider



yourself to be mundane, you have many unique and intriguing stories to tell. Learn how to engage others with your stories in various settings, such as addressing a large audience, writing a book, posting on social media, or talking to family. Also, learn how to find a subject; topics might include your travels, ancestry, recipes, unusual hobbies, or what you are most proud of. Re-discover your own life and experience the joy of sharing it with others.

Judith Fein and Paul Ross are award-winning authors, travel journalists and photographers who have contributed to 130 publications. Fein will sell and sign four of her memoir-related books on a variety of subjects, and Ross will reveal how he created an alter ego, a cowboy poet who tells his own tales.

## PHILOSOPHY, RELIGION, & SPIRITUALITY

### Going to Baht for the Jewish Community in Bangkok ZOOM 204

*Jack Shlachter*

**Wednesday Sep 17 12:30 - 2:00**  
**Fee: \$15**  Zoom


The progressive (non-Orthodox) Jewish community in Bangkok is mainly comprised of expats with some additional congregants. During the year, the worship services are lay-led, but a Rabbi is brought in to lead high holiday services each fall. In 2024, Jack Shlachter served as prayer leader for the congregation. He shares his experiences both with the community and as a tourist in Bangkok through a colorful and informative slide show.

Jack Shlachter is a physicist and an ordained rabbi who worked at Los Alamos National Laboratory and other organizations for over thirty years. He is currently the rabbi of Hakom in Santa Fe, NM, and the Los Alamos Jewish Center. He has also

provided itinerant rabbinic support to far-flung Jewish communities in Vienna, Beijing, Warsaw, and Bangkok.

### Continuum from Woman to Goddess & from Cave to Church 205

*Maya Sutton*

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

In this presentation, Maya Sutton draws parallels across millennia to show how spiritual practices have shifted from their ancient origins to our Western versions today. Some patterns gained power for the people, such as Celtic heroines becoming deities. Others lost personal power, such as vibrant ceremonies of Paleolithic tribes welcoming newborns in caves, to today's godparents watching a minister drip water on the forehead of a newborn.

Maya Sutton's 30 years of research around much of Europe traces patterns from the Stone Age, through the time of the Celts, into the Grail legends of the Middle Ages, and to the present time. Her courses emphasize her personal experience with each area, including access to authors, archives, and adventures. Sutton earned her PhD at UNM and has taught there since the 1980s.

### The Biblical Soil of Social Justice 206

*Paul Citrin*

**Monday Oct 20 10:00 - 11:30**  
**Fee: \$15**  Oasis

Social justice has its roots in numerous texts in Hebrew Scriptures from which both Judaism and Christianity draw their commitment. We examine and discuss some of those key passages in the hope of renewing the status and position of social justice and action in our days.

Rabbi Paul Citrin received his BA in history from UCLA and an MA in Hebrew Letters from Hebrew Union College. He has served numerous



congregations since he was ordained by the Hebrew Union College in 1973. Citrin has authored a children's novel and children's prayer books and edited an anthology of scholarly essays on the Hebrew language.

## Plato's Philosophy

207

George Leone

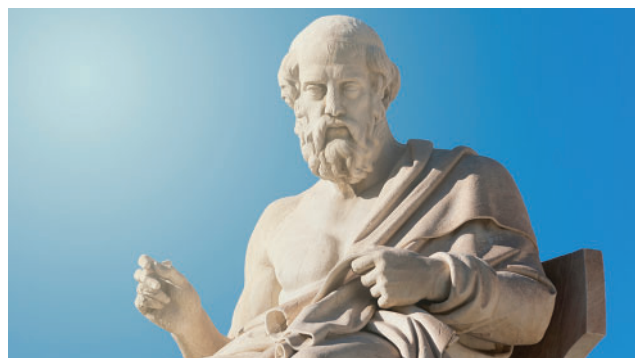
Thursday

Nov 13

2:30 - 4:00

Fee: \$15

 Oasis



Plato represents the initiation of philosophy into the Western world. George Leone's presentation is geared toward understanding the ways in which Plato shaped our philosophical mind, as well as his influence on our political mind. Leone also highlights Plato's great influence on the formation of our Christian dogma, which is, more or less, current in the world.

George Leone has graduate degrees in philosophy and counseling. He is a retired professor who has developed a focused interest in Kierkegaard's existential philosophy and ancient Greek philosophy. He has written a book on Kierkegaard's existential philosophy, and has another book in pre-publication, *The Emergence of Wisdom in Ancient Greek Philosophy*.

## The Saint of El Salvador

208

Scott Sharp

Friday

Dec 5

10:00 - 11:30

Fee: \$15

 Oasis

This lecture examines Archbishop Oscar Romero, who at the time of his death in 1980, was an outspoken critic of the military junta in El Salvador. His concern for the poor and those who were "disappeared" made him a very popular religious personality in El Salvador and beyond. He was murdered while saying Mass in 1980. In 2018, he was made a Saint of the Roman Catholic Church.

Scott Sharp is the executive director of Albuquerque Oasis. Sharp holds degrees in education and theology. He has had an interest in the story and legacy of Oscar Romero since the 1990s when he was introduced to liberation theologians like Gustavo Gutierrez and Oscar Romero, whose ministries were among the poor in South America.

## How to Teach the Christian Faith

209

Frank Yates

Friday

Dec 12

10:00 - 11:30

Fee: \$15

 Oasis

This lecture focuses on St. Augustine's book *The Teacher*, a fourth-century reflection about passing on the Christian faith to others. Augustine addresses how the faith should be taught. Frank Yates compares and contrasts Augustine with the parabolic teaching method of Jesus and the indirect communication of Soren Kierkegaard.

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.



## SCIENCE

### Understanding the Aging Skeleton 210

Marilyn London

**Thursday Sep 18 12:30 - 2:00**  
**Fee: \$15**  **Oasis**

The human skeleton goes through amazing, dynamic changes as it develops from fetus to adult. After the growth is complete, however, there are further changes. Everyday wear and tear, nutritional deficiencies, and aging can all have profound effects on our bones, which in turn can significantly impact our quality of life. The growth and development of the skeleton, as well as age-related changes, are demonstrated and discussed in this lecture.

Marilyn London is an assistant research professor at the University of Maryland. She earned her MA at the University of New Mexico. Her career has included teaching at UMD and George Washington University. She has served as a forensic anthropologist with a federal disaster response team and assisted the Department of Defense in the recovery of the remains of US military Missing in Action (MIA) from World War II.

### Carlito Springs Ecology & Vegetation 211

Corbin Carsrud & Anthony Luketich

**Tuesday Sep 30 8:30 - 11:00**  
**Fee: \$18**  **Carlito Springs Open Space**


Back by popular demand. 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 guided hike and lecture throughout parts of Carlito Springs. They take a closer look at the trees and consider the relationship they have with the local ecology. *Restrooms available at the trailhead. Wear a hat, layers, and comfortable shoes. Bring water and snacks. This is a moderate-paced hike on uneven*

*ground with elevation changes and intermittent stops for sharing information. 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. 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.

### New Zealand Wildlife Virtual Tour 212

Lane Kirkpatrick

**Wednesday Oct 22 10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Lane Kirkpatrick provides a virtual wildlife travelog and introduction to the origin and odd nature of New Zealand's unique and iconic wildlife, along with its natural beauty. Highlights include selected wildlife and nature reserves and parks, and conservation. This presentation includes photos and stories of Kirkpatrick's recent travel, where he saw and studied wildlife in their native habitat on the New Zealand South Island.

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*. He produced and hosted PBS Channel 5's program, *New Mexico's Environment*.



## Beekeeping Around Albuquerque 213

Annette Colbert

Wednesday Nov 5 10:30 - 12:00

Fee: \$15 Oasis



Explore the benefits and difficulties of beekeeping in Albuquerque in this informative lecture. Certified beekeeper Annette Colbert covers the roles of honeybees and native bees, the impact of human activity on both, and how to support pollinator health through thoughtful planting. Also, learn what it takes both in time and cost to become a responsible beekeeper. This lecture offers valuable guidance on how to help bees thrive!

After retiring from the Albuquerque Public Library, Annette Colbert became a New Mexico-certified beekeeper. With over 14 years of experience, she now mentors newcomers to the craft. Colbert also volunteers with Hives for Heroes, a non-profit that supports community healing for first responders and veterans through the care and keeping of bees.

## Crucial Events in Earth's History 214

Maya Elrick

Thursday Nov 6 12:30 - 2:00

Fee: \$15 Oasis

What crucial events and processes in Earth's 4.6 billion year history are responsible for the unique blue planet that we call home? The class explores some of the main geologic and biologic events and processes that help explain our Earth's unique characteristics in comparison to other planets in the solar system. Topics include formation of the

Earth and moon, plate tectonics, biologic evolution and extinction, and more.

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

## Local Climates of New Mexico 215

Deirdre Kann

Monday Nov 10 10:00 - 11:30

Fee: \$15 Oasis

New Mexico is considered to be a desert climate, but both the climate and weather often vary drastically over small distances. Variations in topography and surface types result in local climates that can be significantly different from an area's climate classification. The Albuquerque Box, canyon winds, and some aspects of the summer monsoon are examples of the unique regimes covered in this talk.

Deirdre Kann has a BS in mathematics and a PhD in atmospheric sciences from Purdue University. She worked for various agencies within the National Oceanic and Atmospheric Administration (NOAA) for 30 years, including 23 years as the Science & Operations Officer at the Albuquerque National Weather Service.

## A Geologic Tour of the Pacific Ring of Fire ZOOM 216

Kirt Kempter

Monday Nov 17 11:30 - 1:00

Fee: \$15 Zoom

Infamous for its constant seismic and volcanic activity, the Ring of Fire is a horseshoe-shaped region that borders the vast Pacific Ocean and includes over 75% of our planet's active and



dormant volcanoes. Join Kirt Kempter on a geologic overview of the Ring of Fire, exploring how these relentless tectonic movements drive the current earthquake and volcanic activity, and include some of the fastest moving plates on our planet.

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

### The Remarkable Yet Controversial Hartley Mammal Site 217

Leslie McFadden

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

Near the Abiquiu Reservoir, amateur archaeological enthusiast Gary Hartley discovered an exposed bone that was later identified as part of a mammoth skeleton. A fragment of a Clovis point was also found in close proximity, suggesting the site may represent a rare 13,000-year-old Paleoindian hunting kill. Notably, the location—on a steep hillside—is highly unusual for such a find. Les McFadden speaks on subsequent excavations, geomorphological analyses, and radiocarbon dating that has led to differing and often controversial interpretations of the site's significance.

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

### Geologic Wonders of the Upper Rio Jemez Valley 218

Dirk Van Hart

Tuesday Dec 2 10:00 - 11:30  
Fee: \$15 Oasis

Dirk Van Hart leads a virtual geologic tour through the stunning Upper Rio Jemez Valley and San Diego Canyon—New Mexico's gateway to the Jemez Mountains. This small area showcases a rich array of geologic features, from 1.7 billion to just a few thousand years old. Van Hart highlights and explains these often-overlooked formations, weaving them into a clear, engaging geologic story.

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 27 talks at Oasis.

## SOUTHWEST

### "The First White Man Was A Black Man": Esteban/de Niza Incursion Into Terra Nueva 219

Jon Ghahate

Friday Sep 12 10:00 - 11:30  
Fee: \$15 Oasis

Students who have endured the US education system are indoctrinated with information on the founding of this country, and this certainly includes New Mexico students. However they are also taught that 235 years ago, a failed incursion into what would become New Mexico was led by a Muslim slave and Franciscan priest, only a year before the more infamous Coronado incursion.

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*.

### Archaeology of the Southwest: A Brief Overview ZOOM 220

Allen Dart

Friday Sep 12 2:30 - 4:00  
 Fee: \$15  Zoom

We rely on archaeology to identify and interpret the peoples and cultures that developed in the US southwest in "pre-contact" times before non-Indigenous people arrived and wrote about them in 1539 and later. Archaeologists have divided pre-contact time into sequential stages, known as the Paleoindian, Archaic, Early Agricultural, Early Ceramic, and Formative periods. The most well-known southwestern archaeological cultures did not arise until the Formative period, and are examined alongside others in this lecture.

Archaeologist Allen Dart has worked in New Mexico and Arizona since 1975. A UNM graduate, he worked for the Museum of New Mexico and the Bureau of Indian Affairs before receiving his master's degree in Arizona. Dart is the executive director of Tucson's Old Pueblo Archaeology Center, a nonprofit he founded in 1993. He has received awards and honors from the National Park Service and other organizations for his efforts to share archaeology with the public.

### Wildfires in New Mexico 221

Jennifer Bohnhoff

Tuesday Sep 16 2:30 - 4:00  
 Fee: \$15  Oasis

New Mexico has always had wildfires, but they have become more intense and destructive in recent years. Jennifer Bohnhoff explores the causes of wildfires, their history from prehistory to recent catastrophic fires, and how forest management policies have changed in the last 150 years. Bohnhoff is the author of *Summer of the Bombers*,

a novel based on the Cerro Grande fire that ravaged Los Alamos in 2000.

Jennifer Bohnhoff taught English and history at the middle school and high school levels in public schools in Albuquerque and Edgewood. She retired in 2021 and now writes award-winning historical and contemporary fiction for middle school through adult readers. Bohnhoff is a native New Mexican and has a BA from UNM and an MA from NMSU.

### Chacoan Influence: Connecting Past & Present 222

Jon Ghahate


Friday Oct 17 2:30 - 4:00  
 Fee: \$15  Oasis

Few places connect the past with the present. In understanding why, we as humans study the past—perhaps it's because we seek to know who we are. New Mexico's Pueblo communities are fortunate in that science provides evidence in responding to that question. The iconic Chacoan culture and perceived relationship with contemporary Pueblo cultures provide evidence to consider.

See bio in class #219

### Exploring New Mexico's Special Places 223

David Ryan

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

Back by popular demand. New Mexico has places that you can find nowhere else in the country (and, perhaps, the world), including three UNESCO-designated World Heritage Sites. These are compelling or important enough to warrant a trip across the country, or even across the ocean, to check out. In this class, David Ryan takes us to some GOLD STAR locations that make New Mexico special. He plans to include more spots than the last presentation!



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

### Issues Confronting Middle Rio Grande Water Supply - An Inconvenient Truth 224

Norm Gaume

**Monday**                      **Oct 20**                      **12:30 - 2:00**  
**Fee: \$15**                       **Oasis**



Although Rio Grande flows are far below historical levels, our water uses are not. In the Middle Rio Grande, routine overuse depletes water legally owed to users below Elephant Butte, placing the state and local users in legal jeopardy. This talk explains the roots of the crisis, the consequences of continued overuse, and what state and local governments must do now to avoid violating the Rio Grande Compact and protect the middle valley's water future.

Norm Gaume is a retired New Mexico professional water engineer whose career spans nearly five decades. He currently serves as President of New Mexico Water Advocates, a non-profit focused on water supply security and governance. He holds an academic appointment as faculty Research Scholar at the University of New Mexico and has served as a Fulbright subject matter expert on a Middle Rio Grande case study.

### Train Ride Across New Mexico, 1943 225

John Taylor

**Thursday**                      **Oct 23**                      **10:00 - 11:30**  
**Fee: \$15**                       **Oasis**

Railroads were the key that unlocked the Land of Enchantment to the rest of the country in the late 19th century. This presentation describes the history of railroads in New Mexico while taking the audience on a train trip across the state in 1943. John Taylor also discusses the restoration process of a 1940s-era New Mexico railroad icon, the Santa Fe steam locomotive 2926, that is being restored to operational status by a group of volunteers here in the Duke City.

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 27 books on a variety of topics, including New Mexico history, soccer science, and naval history.

### Zozobra: Past, Present, & Future 226

Raymond Sandoval

**Monday**                      **Oct 27**                      **10:00 - 11:30**  
**Fee: \$15**                       **Oasis**

Discover the fascinating history and vibrant future of Zozobra in this engaging class! Uncover the origins of this iconic figure, explore the true "why?" behind its creation, and learn about its deep significance for Kiwanis and the community. Experience how Zozobra symbolizes release, renewal and hope, while inspiring thousands each year. Join us in delving into the cultural roots, meaningful motivations, impactful traditions, and exciting future of Zozobra as a cherished community treasure.



Raymond Sandoval is a fifth-generation New Mexican, as evidenced by his lifelong service to the Kiwanis Club of Santa Fe and the iconic Burning of Will Shuster's Zozobra, America's original burning man. In 2013, the Kiwanis Club of Santa Fe appointed him as the event chair of this unique tradition, and he has been unanimously re-appointed to the position every year.

## The Buffalo Soldiers 227

William Itoh

Monday Nov 6 10:00 - 11:30

Fee: \$15 Oasis

Following the Civil War, new regiments composed exclusively of African American soldiers were organized to serve on the Western frontier. Known as the "Buffalo Soldiers," they served with distinction in the Southwest and then in the war with Spain. This illustrated lecture traces the origins of the Buffalo Soldiers, their service on the frontier, including in the New Mexico Territory, and their many accomplishments in the face of danger, hardship, and discrimination.

See bio in class #131

## Palace to Roundhouse: New Mexico Capitols & Other Buildings 228

Robert Tórréz

Wednesday Nov 12 10:00 - 11:30

Fee: \$15 Oasis

Robert Tórréz reviews the history of New Mexico's capitol buildings from the short-lived San Gabriel del Yunque to the Palace of the Governors to the Roundhouse, as well as other 19th-century buildings like the old penitentiary and the federal courthouse that was supposed to be New Mexico's first "new" capitol.

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

chapters to nearly two dozen anthologies and textbooks.

## The Stories Behind the Pictures 229

Dennis Chamberlain

Wednesday Nov 19 12:30 - 2:00

Fee: \$15 Oasis

This is a photography presentation highlighting Dennis Chamberlain's recently published book, *Eighteen Years in the Village*. A Master Photographer, Chamberlain brings to life his love of Corrales through photographs while sharing stories, emotions, and vibrancy of the village community. His photographs find beauty in people, animals, buildings, hot air balloons, waterways, trees, and mountains around the community.

Dennis Chamberlain was recently the president of Corrales Arts Center, in addition to being a past president of the Corrales Bosque Gallery, and an active member of the Professional Photographers of America (PPA). Through PPA he has earned the degrees of Certified Professional Photographer, Master Photographer, Master Artist, Photographic Craftsman, and Educational Associate (EA).

## TRIPS & TRAVEL

### Day Trip to Valles Caldera National Preserve 230

Thursday Sep 25 8:00 - 5:00

Fee: \$80 Day Trip

Join us for a full-day bus trip to Valles Caldera National Preserve, an 88,900-acre landscape in the Jemez Mountains formed by a massive volcanic eruption about 1.2 million years ago. The caldera is dormant but still shows signs of underground activity with hot springs and bubbling sulfur vents, all surrounded by wide grassy meadows. A National Park Service ranger will give a talk about the area's geology, ecology, and history, and lead us on a guided hike through the caldera's meadows and



woodlands. Along the way, learn about native plants, wildlife, and the land’s volcanic past. There is a break midday to enjoy sack lunches.

*This is a high activity level tour. You will be hiking, walking, and standing at an 8,500-foot altitude. Wear comfortable walking shoes and layered clothing; bring water, sun protection, and anything you need to be comfortable such as trekking poles, etc. Bring your own sack lunch. Meet at Oasis. Limited enrollment.*

**Oasis/Collette Trip to Norway: Sales Presentation 231**

*Taun Ads*

**Tuesday Sep 30 12:30 - 2:00**  
**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 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 travel questions!

Trip is scheduled for May 1-9, 2026 (9 days, 12 meals). 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 Ads is Collette’s business development manager for our region.

**Oasis/Collette Trip to Celebrate America’s 250<sup>th</sup> Anniversary: Sales Presentation 232**

*Taun Ads*

**Tuesday Nov 4 12:30 - 2:00**  
**Free**  **Oasis**

This Collette trip takes place October 2026. The itinerary includes historic stops as you travel through Boston, New York, Philadelphia, and


Washington in celebration of America’s early beginnings. Highlights include the Old North Bridge, West Point, Independence Hall, Valley Forge, the US Capital, Arlington National Cemetery, and George Washington’s home—Mount Vernon. While in NYC you may choose an evening that includes the Broadway show *Hamilton*! Join Collette’s representative as she explains trip highlights, Collette policies, and answers questions so that you are ready to sign up for an American adventure!

Trip is scheduled for October 12-20, 2026 (9 days, 12 meals). Reserve your trip by April 5, 2026.

*See bio in class #231*

**Travel Adventures in Bhutan 233**

*Maya Elrick*

**Wednesday Oct 1 12:30 - 2:00**  
**Fee: \$15**  **Oasis**



Bhutan is a mountainous, tiny country with less than 800,000 people sandwiched between the giants of China (Tibet) and India. Maya Elrick shares highlights of her recent travels and experiences in Bhutan, including its landscapes, vegetation, people, culture, religions, foods, and architecture. Come see the beauty of Bhutan through Elrick’s eyes!

*See bio in class # 214*



## 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.**

### It Takes Two to Two-Step 234

Susan Becker

**Tues & Thurs**      **Sep 16, 18, & 23**      **2:30 - 4:00**  
**Fee: \$30**      **3 sessions**       **Oasis**

The two-step is country western dance's slow partner dance, to all tempos of music. Leader and follower dancers repeat a non-alternating pattern of "slow" and "quick" steps, moving as a duet in Line of Dance, or counter-clockwise around the hall. Learn Albuquerque's most danced style, characterized by turns and twirls for both partners. 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 through APS, and she currently teaches privately.

### Walking for Wellness 235

Susan Pickering

**Thursdays**      **Sep 18 - Oct 2**      **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, develop safe and enjoyable walking practices, and learn

about key wellness topics. 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 1.5 miles in about 40 minutes. Restrooms available nearby starting at 10:00. Limited enrollment.*

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

### On the Move: Group Exercise for Improved Mobility in Older Adults® 236

Cindy Russell

**Mon & Wed**      **Sep 22 - Dec 17**      **2:30 - 3:30**  
**Free**      **24 sessions**       **Oasis**

Are you concerned that your walking is becoming unsteady? Are you beginning to shuffle? On the Move: Group Exercise for Improved Mobility in Older Adults® (OTM) is a group-based motor learning exercise program designed to improve walking in older adults. It specifically challenges the brain and nervous system to coordinate the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking. ***Please be sure to attend if you register for this class—our funding to offer this class depends on your attendance. If you attend at least 19 of the 24 sessions, you will receive a \$10 Oasis credit. No class 11/24 or 11/26. Limited enrollment.***

Cindy Russell 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.



## Gentle Fitness for Living

237

Lissa Hammit

Mon & Wed

Sep 22 - Oct 15

9:30 - 10:30

Fee: \$64

8 sessions

 Oasis

Enhance your physical agility and quality of life. Empower yourself to use your changing body effectively in a changing world, thus increasing your vitality and independence. By combining the principles of safe body mechanics and ergonomics, these sessions include activities such as walking, reaching, bending, lifting, and carrying. *Limited enrollment.*

Lissa Hammit has taught fun and engaging classes for over 35 years. She brings experience from a BS in sports medicine and as an Aston Kinetics practitioner. She has thousands of hours teaching seniors the benefits of gentle fitness for living in a variety of settings.

## Tai Chi for Arthritis & Fall Prevention, Part 1

238

Ilene Dunn

Tues & Thurs

Sep 23 - Nov 13

11:00 - 12:00

Free

16 sessions

 Oasis

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

239

Ilene Dunn

Tues & Thurs

Sep 23 - Nov 13

11:00 - 12:00

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 Chi for Arthritis & Fall Prevention, Part 2

240

Ilene Dunn

Tues & Thurs

Nov 18 - Dec 18

11:00 - 12:00

Fee: \$56

8 sessions

 Oasis

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

241

Ilene Dunn

Tues & Thurs

Nov 18 - Dec 18

11:00 - 12:00

Fee: \$56

8 sessions

 Zoom

For those who have mastered the basic movements in Tai Chi Health Part 1, this class is an opportunity to further enhance your practice by learning additional movements from the Sun Style 73 Forms. As you learn the movements, you go deeper into the tai chi principles, expand your practice, keep the qi flowing, and continue the health benefits. *Prerequisite: knowledge of the Tai Chi for Arthritis and Fall Prevention Part 1 basic forms. No class 11/25 and 11/27. Limited enrollment.*

*See bio in class #239*

## Tai Ji Quan: Moving for Better Balance® A

242

Cindy Russell

Mon & Wed

Sep 29 - Nov 19

1:00 - 2:00

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.*

See bio in class #236

### TJQMBB Plus More—The Yang 24 243

Ilene Dunn

**Fridays**      **Oct 3 - Nov 21**      **9:30 - 10:30**  
**Fee: \$56**      **8 sessions**       **Oasis**

This class is intended for those who have completed the Tai Ji Quan: Moving for Better Balance (TJQMBB) but all are welcome. Join us to continue practicing the fundamental Yang style Tai Chi movement from the TJQMBB program and add linking movements with a goal of learning the Yang 24—the most practiced tai chi form. In addition, we continue to use the forms to play with balance. *Limited enrollment.*

See bio in class #239

### Tai Chi Chih: Joy Through Movement 244

Ellen Tatge

**Thursdays**      **Sep 18 - Oct 23**      **9:00 - 10:00**  
**Fee: \$60**      **6 sessions**       **Oasis**

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

joyful, uncomplicated way—one of the secrets of a good life. *Limited enrollment.*

Ellen Tatge is known for her kind and gentle teaching of this life-enhancing practice. She is a certified instructor and has been practicing and teaching Tai Chi Chih for more than 25 years.

### Yoga for Balance & Stability 245

Pamela Cook

**Fridays**      **Sep 26 - Oct 17**      **11:00 - 12:00**  
**Fee: \$40**      **4 sessions**       **Oasis**



Practicing better balance in yoga is important for anyone at any age, but it is essential for those over 60 when so many changes happen in our bodies. Join us as we work on building strength, stability, and balance during National Falls Prevention Awareness Month. Falls prevention must include all the elements of balancing: strength, flexibility, and coordination. When we develop these skills, we also improve our agility in daily life. *No experience required. Bring a yoga mat; also bring yoga blocks and straps if you have them. Limited enrollment.*


Pamela Cook is a registered and licensed dietitian, 200-hour registered yoga teacher, integrative and functional nutrition certified practitioner, and wellness educator. She obtained additional training in chair yoga and SilverSneakers® Stability and Balance.



## Yoga for Posture 246

*Gloria Drayer*

**Tuesday** **Sep 30** **9:00 - 10:15**

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


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

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

## Qigong: The Marriage of Heaven & Earth 247

*Marcia Pincus*

**Tuesdays** **Oct 21 - Nov 18** **1:00 - 2:00**

**Fee: \$45** **5 sessions**  **Oasis**

This 3,000-year-old Qigong practice focuses on the energy of the Wood element to help cleanse the liver and other organs in the body. 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 continues to work on the structure of the movements and the energy of the Wood element. *Limited enrollment.*


Marcia Pincus has been practicing Chinese martial arts for nearly 40 years, including kung fu, tai chi,

qigong, and bagua. For 20 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.

## Anatomy for Exercise 248

*Leslie Herman*

**Wednesdays** **Oct 22 - Nov 12** **10:00 - 11:30**

**Fee: \$40** **4 sessions**  **Oasis**


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

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

## The Psoas Complex: Finding Freedom in Movement 249

*Julieann Neely*

**Thursdays** **Oct 23 - Nov 13** **1:00 - 2:15**

**Fee: \$36** **4 sessions**  **Oasis**

Back by popular demand. Learn about the importance of knowing the body's psoas complex muscles (i.e., those connecting the hips and spine). We explore the location, function, and release techniques for acute and chronic psoas complex



pain and dysfunctions. Supplying the psoas complex may help put a new spring in your step and give you the freedom to move through life with more ease. *Some movements are done on the floor and modifications are not available; bring a yoga mat. Limited enrollment.*

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

**Yoga for Healthy Joints** **250**

*Gloria Drayer*

**Thursday** **Nov 20** **1:00 - 2:15**  
**Fee: \$12** 

Back by popular demand. 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 maintaining joint health. 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 #246*

**Chair Yoga: Stretching, Strength, & Balance** **251**

*Sharon Jonas*

**Thursdays** **Dec 4 - Dec 18** **2:30 - 3:30**  
**Fee: \$30** **3 sessions** 

Enjoy the many benefits of yoga for the 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, reduces fall risk,

and improves breathing and circulation. *Wear stable shoes or go barefoot. Limited enrollment.*

*See bio in class #144*

**Flexibility: How to Achieve & Use It in Everyday Living** **252**

*Buck Karnes*

**Monday** **Dec 15** **12:30 - 2:00**  
**Fee: \$15** 


Flexibility requires postural stability and joint mobility. It allows us to perform activities of daily living. Sedentary lifestyle, unhealthy aging, and unassisted recovery from illness or injury can interfere with maintaining functional flexibility. Use it or lose it. But how? By examining the flexibility, stability, and movement needs of 30 very common daily activities, participants gain both a greater awareness of our need for flexibility and ways to achieve it. *Wear comfortable clothing and secure shoes. Limited enrollment.*

Howard "Buck" Karnes, was both an occupational therapist and educator. He's worked in clinics, hospitals, rehabilitation centers, professional conferences, and university classrooms. He most enjoyed helping patients return to their homes and communities after illness and injury, as well as teaching family members and caregivers how to continue promoting the patient's recovery.

**WALKS & HIKES**

**Walking Albuquerque - Mondays** **253**

*Don Potter*

**Mondays** **Sep 15 - Oct 20** **8:30 - 10:00**  
**Fee: \$20**  **6 sessions**

**Walking Albuquerque - Wednesdays** **254**

*Don Potter*

**Wednesdays** **Sep 17 - Oct 22** **8:30 - 10:00**  
**Fee: \$20**  **6 sessions**



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

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

## Elena Gallegos Open Space Hike 255

Richard & Colleen Shackley

**Tuesday Sep 9 8:30 - 11:00**  
**Fee: \$18**  **Elena Gallegos Open Space**

Join Open Space nature guides and trail stewards Richard and Colleen Shackley and other guides on an adventure into one of the gems of Albuquerque: The Elena Gallegos Open Space. Along the way, learn about the Open Space's history, geology, flora and fauna, and the importance of water. *This is a moderately strenuous hike of approximately 1.5 miles on uneven trails. Park entrance fee of \$1. Meet at Cottonwood Springs Parking Lot. Limited enrollment.*

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

## Gutierrez Canyon Open Space Hike 256

Bill Pentler

**Wednesday Sep 10 9:00 - 12:00**  
**Fee: \$18**  **Gutierrez Canyon Open Space**

Enjoy a guided hike through Gutierrez Canyon Open Space! A beautiful piñon-juniper forest with some ponderosa pine, you'll likely spot horned lizards and lots of birds. This fun hike is fairly strenuous, with many ups and downs, and a trail built through veins of rock that can pose tripping hazards. *The hike is 3-3.5 miles at a high elevation. Bring a hat, layers, comfortable hiking shoes, a snack and water. Limited enrollment.*

Bill Pentler is retired from the Open Space Division of Albuquerque Parks and Recreation. His resume also includes being a 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.

## Wandering in the Juan Tomas Open Space 257

David Ryan

**Tuesday Oct 14 9:00 - 11:30**  
**Fee: \$18**  **Juan Tomas Open Space**

Practice the art of gentle wandering with Dave Ryan on some new trails through the mixed woodlands of the Juan Tomas Open Space. The walk focuses on being present and allowing yourself to see all that is around. Taking this approach opens you to making amazing discoveries and having an adventure almost every time you step out the door. What will you see, what will you take note of, what amazing experiences will you have? This is not a hike—it's an adventure. *This walk is approximately 2 1/2 miles long, over rough, uneven terrain. Moderate walk. No restrooms available. Limited enrollment.*

See bio in class #223



**The Best-Kept-Secret: Crane Hike 258**

David Ryan

Thursday Nov 6 9:30 - 11:30

Fee: \$18 🦶 National Hispanic Cultural Center



The largest concentration of cranes near Albuquerque is in an unkempt section of the Bosque south of the National Hispanic Cultural Center. Join David Ryan as he takes us through this relatively unknown area. We hope to see hundreds of cranes, Canada geese, and hopefully porcupines. We pass the “Glass Garden” where you might find pieces of glass from the 1920s, 30s, and 40s. *This hike is approximately 2 1/2 miles long, over rough, uneven terrain. Moderate hike. No restrooms available. Limited enrollment.*

*See bio in class #223*

## SPONSORED CLASSES

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

Oasis members must pre-register and pay the \$6 class fee. There is NO charge for Neighborhood in Rio Rancho or La Vida Llena residents, and you do not need to pre-register through Oasis (even if you are an Oasis member). NIRR residents must pre-register at the hospitality desk.

**NIRR Virtual Australian Wildlife Tour 260**

Lane Kirkpatrick

Monday Oct 13 3:00 - 4:30

Fee: \$6 📍 Neighborhood in Rio Rancho

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. Kirkpatrick incorporates photos and stories from his recent travel to Australia, where he saw and studied wildlife in their native habitat in Tasmania and southern Australia.

*See bio in class # 212*

**NIRR New Mexico Navy 261**

John Taylor

Monday Nov 10 3:00 - 4:30

Fee: \$6 📍 Neighborhood in Rio Rancho

John Taylor was a submarine officer in the Navy, and when he retired he looked for a location that had no coastline and no water deep enough to submerge in. Little did he know that his choice of New Mexico had more than 90 Navy vessels named for various aspects of the state. The Land of Enchantment has ships ranging from tugboats to battleships named after cities, counties, Native American tribes, and individuals. Taylor’s presentation looks at this wonderful collection.

*See bio in class #225*

**NIRR Record-Setting Weather & Climate 262**

Deirdre Kann

Monday Dec 8 3:00 - 4:30

Fee: \$6 📍 Neighborhood in Rio Rancho

In a world where breaking records is regularly newsworthy, weather extremes are among those most keenly followed. We will start with records across New Mexico but expand our coverage to include world records. In addition to the actual extreme values, we discuss the difficulties of



measuring weather as well as the organizations and procedures developed to “set the record straight.”

*See bio in class #215*

### **LVL Fighting Inflammation with Food 263**

*Renee Euler*

**Thursday Sep 18 3:00 - 4:30**

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

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

*See bio in class #145*

### **LVL Monk for the Masses 264**

*Scott Sharp*

**Thursday Oct 16 3:00 - 4:30**

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

Explore the life of Thomas Merton who was an American monk whose life transcended the monastery outside of Louisville where he lived and prayed. Merton was a writer and voice for peace during the Vietnam War and nuclear proliferation. He was also deeply concerned about the poor. His writings were influential in the sixties, even as he sought out solitude and silence. Before his death, he was interested in inter-religious dialogue, especially with Zen Buddhists.

Scott Sharp has been reading books by Thomas Merton since 1993 when he picked up *Conjectures of a Guilty Bystander* by chance at his local library. Since then, Merton has been a consistent literary conversation partner for Sharp, and was the theologian who most shaped his master's thesis.

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

When Sharp isn't reading Merton, he spends his time as the executive director of Albuquerque Oasis.

### **LVL Tales from a Zookeeper 265**

*Bill Pentler*

**Thursday Nov 20 3:00 - 4:30**

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

Bill Pentler shares stories and photographs from his eleven years as a zookeeper. He has worked with a variety of zoo animals, including large elephants, giraffes, antelopes, and a variety of primates. Stories include 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 #256*

### **LVL Notre-Dame Cathedral: Changes Through the Centuries 266**

*Charles Steen*

**Thursday Dec 18 3:00 - 4:30**

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



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

*See bio in class #170*



## Off-Site Class Locations

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

### **Albuquerque International Sunport**

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

### **Albuquerque Museum**

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

### **All Saints of North America Orthodox Christian Church**

Located at 10440 4th St. NW, Albuquerque.

### **ARCA Organics Farm**

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

### **Aurora Borealis Glassworks**

Located at 5001 Central Ave NE, Albuquerque.

### **Carlito Springs Open Space**

Located at 82 Carlito Springs Rd, Tijeras. Going east on I-40, take exit 175 towards Tijeras. Turn right on NM 333 and go about half mile to Carlito Springs Rd. Turn right and go under I-40. Turn right and go to the Open Space sign. Turn left on gravel road. Park in the uppermost parking lot (it is a bit of a drive). Continue driving up the hill until you pass behind the education building to an open lot at the top where you can't drive any further.

### **Eldora Chocolate**

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

### **Elena Gallegos Open Space**

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 \$1 entrance fee at one of the pay stations. Drive to the right and park in any lot close to the Pino Trail. Do not leave valuables in your vehicle.

### **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.

### **Guild Cinema**

Located at 3405 Central Ave NE Albuquerque.

### **Gutierrez Canyon Open Space**

From I 40 East take the Zuzax Exit. Turn left to the service road and another left to head back west. In 0.5 miles take a right hand turn onto Gutierrez Canyon Road. Please note that the street sign is partially blocked by foliage until you're almost right on it. Drive 1.8 miles. You will pass Hobart Road (Do not park on Hobart Road). A pull-off will come up on the right where 5 cars can park, and the rest will have to park on the gravel on the other side of the road where the trail head is marked by a small Open Space sign. That area can hold 5 or 6 more cars. Carpooling is advised.



## Hyder Park

Located at 700 Pershing Ave SE, Albuquerque. Meet at the southeast corner of the park at the intersection of Wellesley & Linda Vista. Bathrooms are at the Ernie Pyle Library; they open at 10:00am.

## 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.

## 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.

## National Hispanic Cultural Center

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

## Neighborhood in Rio Rancho

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

## Netherwood Park

Located at 2613 Morrow Road NE, Albuquerque.

## Old Town Ghost Tour

Located at 303 Romero Street NW, Albuquerque, across the street west of the San Felipe de Neri Church, north of the Noisy Water Winery, in the back of Plaza Don Luis.

## Sprouts Market

Located at 5112 Lomas Blvd NE, just west of San Mateo in Albuquerque.

## Wheels Museum

Located at 1100 2nd St SW. Look for a long grey concrete building about 11 blocks from Central.

## Meals on Wheels

5901 Harper, NE Albuquerque, NM. Take I-25 north. Exit on San Mateo, go through the San Mateo intersection on the frontage road. Turn east (right) on Harper. Travel to address. Meals on Wheels is at the back of the building. Park behind the building.

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## Oasis Etiquette

- Silence your cell phones.
- Keep all cell phones in pockets or purses so they don't glow in the dark.
- Please do not wear perfume/ cologne.
- Be a good neighbor and please do not park in spots that are designated for other businesses.
- Water is welcomed in the classrooms, but please, no other beverages or food.
- Dress in layers—sometimes our classrooms may feel cool.
- Please reserve the front row of parking for folks with limited mobility.

**THANK YOU**

**Thank you  
to our dedicated  
volunteers.  
We appreciate  
everything you do  
for Oasis.**



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

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Register for upcoming classes at:

[NeighborhoodRioRancho.com/oasis](http://NeighborhoodRioRancho.com/oasis) or  
[LaVidaLlena.com/oasis](http://LaVidaLlena.com/oasis)

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| Monday  |   | Tuesday  |  | Wednesday   |  | Thursday  |   | Friday  |   |
|---|---|--|--|---|--|---|---|---|---|
| 1   |   | 2  |  | 3   |  | 4   |   | 5   |   |
|   |   |  |  | REGISTRATION OPENS  | 10:00  |   |   |   |   |
| 8   |   | 9  |  | 10  |  | 11  |   | 12  |   |
| 179 Appreciate Blues<br>118 A Gentle Return<br>Art Gallery<br>Opening Reception   | 10:00-11:30<br>12:30-2:00<br>11:30-1:00   | 255 Elena Gallegos Hike*<br>141 Eldora Chocolate Tour A*<br>172 Austin Book Group  | 8:30-11:00<br>10:30-11:30<br>1:30-3:00   | 191 Fly Fishing<br>256 Gutierrez Canyon Hike*<br>150 Why Mindfulness?   | 9:00-11:30<br>9:00-12:00<br>10:00-11:30  | 191 Fly Fishing<br>101 Greyshoes*<br>134 KOAT Tour*   | 9:00-11:30<br>10:00-12:00<br>10:30-12:00  | 191 Fly Fishing*<br>219 Esteban/de Niza Incursion<br>192 Caregiver Wisdom<br>220 Archaeology of the SW ZM | 10:00-11:30<br>10:00-11:30<br>12:30-2:00<br>2:30-4:00 |
| 15  |   | 16   |  | 17  |  | 18  |   | 19  |   |
| 253 Walking ABQ - Mon*<br>159 Civil Rights Mvmt<br>180 Motown Music<br>143 Charcuterie Demo   | 8:30-10:00<br>10:00-11:30<br>12:30-2:00<br>1:00-3:00  | 102 ABQ Mus: Nature*<br>174 Summit Book Group<br>178 Singing the Show Tunes<br>234 Takes Two to Two-Step<br>221 Wildfires in NM  | 10:00-11:00<br>10:00-11:30<br>10:15-11:45<br>2:30-4:00<br>2:30-4:00  | 254 Walking ABQ - Wed*<br>151 Aging Mastery Program®<br>119 Funeral Pre-Planning<br>175 Talk About Your Book<br>204 Jewish Community ZM<br>In Bangkok ZM  | 8:30-10:00<br>10:00-12:00<br>10:00-11:30<br>12:30-2:00<br>12:30-2:00               | 244 Tai Chi Chih<br>235 Walking for Wellness*<br>115 Intro Dot Mandala<br>152 Smile for Life<br>142 Eldora Chocolate Tour B*<br>210 The Aging Skeleton<br>234 Takes Two to Two-Step<br>263 LVL-Fighting Inflammation* | 9:00-10:00<br>9:30-11:00<br>10:00-12:30<br>10:00-11:30<br>10:30-11:30<br>12:30-2:00<br>2:30-4:00<br>3:00-4:30 | 203 Personal Storytelling<br>186 Watermelon Mountain<br>Jug Band  | 11:00-4:20<br>2:00-3:00                               |
| 22  |   | 23   |  | 24  |  | 25  |   | 26  |   |
| 253 Walking ABQ - Mon*<br>123 Current Events Group ZM<br>103 Pastel Skies Workshop<br>237 Gentle Fitness<br>160 Nuclear Testing History ZM<br>236 On the Move             | 8:30-10:00<br>9:15-10:45<br>9:30-12:30<br>9:30-10:30<br>12:30-2:00<br>2:30-3:30             | 103 Pastel Skies Workshop<br>144 Sprouts Market Tour*<br>178 Singing the Show Tunes<br>238 Tai Chi Arthritis, 1 ZM<br>239 Tai Chi Arthritis, 1 ZM<br>135 John Williams ZM<br>234 Takes Two to Two-Step<br>193 BE BRAVE Fall Recovery<br>153 Gathering Family Stories | 9:30-12:30<br>9:30-11:00<br>10:15-11:45<br>11:00-12:00<br>11:00-12:00<br>12:30-2:00<br>2:30-4:00<br>2:30-4:00<br>2:30-4:00 | 254 Walking ABQ - Wed*<br>237 Gentle Fitness<br>120 Savvy SS<br>161 Orthodox Church Tour*<br>151 Aging Mastery Program®<br>236 On the Move  | 8:30-10:00<br>9:30-10:30<br>10:00-11:30<br>10:00-11:30<br>10:00-12:00<br>2:30-3:30 | 230 Valles Caldera Day Trip*<br>244 Tai Chi Chih<br>235 Walking for Wellness*<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZM  | 8:00-5:00<br>9:00-10:00<br>9:30-11:00<br>11:00-12:00<br>11:00-12:00   | 194 Puzzles, Games, Friends<br>245 Yoga for Balance<br>137 Stewart Udall                                  | 10:00-12:00<br>11:00-12:00<br>12:30-2:15              |
| 29  |   | 30   |  |   |  |   |   |   |   |
| 253 Walking ABQ - Mon*<br>237 Gentle Fitness<br>145 Healthy Bones Cooking<br>242 Tai Ji Quan For Balance A<br>181 Hammered Dulcimer<br>162 Ghost Tour*<br>236 On the Move | 8:30-10:00<br>9:30-10:30<br>10:00-12:00<br>1:00-2:00<br>2:00-4:00<br>2:00-3:30<br>2:30-3:30 | 211 Carlito Springs*<br>246 Yoga: Posture<br>193 Gathering Family Stories<br>178 Singing the Show Tunes<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZM<br>231 Oasis/Collette Norway<br>154 Matter of Balance   | 8:30-11:00<br>9:00-10:15<br>10:00-11:30<br>10:15-11:45<br>11:00-12:00<br>11:00-12:00<br>12:30-2:00<br>1:00-3:00            | <div> ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 47-48. Registration opens at 10:00am on Wednesday, September 3, 2025 at 10:00am and continues throughout the term. </div> |  |   |   |   |   |



| Monday  |  | Tuesday   |  | Wednesday   |  | Thursday   |  | Friday   |  |
|---|--|---|--|---|--|--|--|--|--|
| <div>ZM= Livestream via Zoom    *Off-Site Class.</div> <div>Please see the Off-site location directions on pages 47-48. Registration opens at 10:00am on Wednesday, September 3, 2025 at 10:00am and continues throughout the term.</div> |  |   |  | 1   |  | 2  |  | 3  |  |
|   |  |   |  | 254 Walking ABQ - Wed*<br>237 Gentle Fitness<br>151 Aging Mastery Program®<br>233 Bhutan Adventures<br>242 Tai Ji Quan For Balance A<br>236 On the Move   |  | 244 Tai Chi Chih<br>195 Neuroplasticity<br>235 Walking for Wellness*<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZM<br>205 From Woman to Goddess   |  | 243 Yang 24<br>165 Secret Technologies WWII<br>245 Yoga for Balance<br>176 New Mexico Poetry   |  |
| 6   |  | 7   |  | 8   |  | 9  |  | 10   |  |
| 253 Walking ABQ - Mon*<br>123 Current Events Group ZM<br>237 Gentle Fitness<br>196 Your Aging Pet<br>242 Tai Ji Quan For Balance A<br>181 Hammered Dulcimer<br>236 On the Move  |  | 178 Singing the Show Tunes 10:15-11:45<br>238 Tai Chi Arthritis, 1 11:00-12:00<br>239 Tai Chi Arthritis, 1 ZM 11:00-12:00<br>154 Matter of Balance 1:00-3:00<br>155 Discovering Oriental Medicine 2:30-4:00   |  | 254 Walking ABQ - Wed*<br>237 Gentle Fitness<br>151 Aging Mastery Program®<br>163 The Erie Canal<br>242 Tai Ji Quan For Balance A<br>236 On the Move  |  | 244 Tai Chi Chih<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZM  |  | 243 Yang 24<br>164 Medieval Wales<br>245 Yoga for Balance<br>187 Die Polka Schlingel   |  |
| 13  |  | 14  |  | 15  |  | 16   |  | 17   |  |
| 253 Walking ABQ - Mon*<br>237 Gentle Fitness<br>242 Tai Ji Quan For Balance A<br>236 On the Move<br>260 NRR-Australian Wildlife*  |  | 257 Wandering At Juan Tomas* 9:00-11:30<br>178 Singing the Show Tunes 10:15-11:45<br>238 Tai Chi Arthritis, 1 11:00-12:00<br>239 Tai Chi Arthritis, 1 ZM 11:00-12:00<br>154 Matter of Balance 1:00-3:00<br>172 Austin Book Group 1:30-3:00                        |  | 254 Walking ABQ - Wed*<br>237 Gentle Fitness<br>223 NH's Special Places<br>151 Aging Mastery Program®<br>175 Talk About Your Book<br>105 Intro to Watercolors<br>242 Tai Ji Quan For Balance A<br>236 On the Move |  | 244 Tai Chi Chih<br>106 ABQ Museum: Modern Art*<br>177 Fixed Forms in Poetry<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZM<br>197 Trivia A<br>156 Tools for Caregivers ZM<br>264 LVL-Monk for the Masses*                     |  | 243 Yang 24<br>198 Trivia B<br>245 Yoga for Balance<br>124 Transgender Experiences<br>107 Drawing & Observation<br>222 Chacoan Influence |  |
| 20  |  | 21  |  | 22  |  | 23   |  | 24   |  |
| 253 Walking ABQ - Mon*<br>123 Current Events Group ZM<br>199 Dreams Workshop<br>206 Biblical Social Justice<br>242 Rio Grande Water<br>244 Tai Ji Quan For Balance A<br>107 Drawing & Observation<br>236 On the Move                      |  | 174 Summit Book Group 10:00-11:30<br>108 Kei & Molly Textiles 10:00-11:00<br>178 Singing the Show Tunes 10:15-11:45<br>238 Tai Chi Arthritis, 1 11:00-12:00<br>239 Tai Chi Arthritis, 1 ZM 11:00-12:00<br>247 Qigong 1:00-2:00<br>154 Matter of Balance 1:00-3:00 |  | 254 Walking ABQ - Wed*<br>151 Aging Mastery Program®<br>248 Anatomy for Exercise<br>212 New Zealand Wildlife<br>105 Intro to Watercolors<br>242 Tai Ji Quan For Balance A<br>236 On the Move                      |  | 244 Tai Chi Chih<br>225 1943 Train Ride<br>177 Fixed Forms in Poetry<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZM<br>183 Thelonious Monk<br>249 Psoas Freedom in Movement 1:00-2:15<br>156 Tools for Caregivers ZM 1:00-2:30 |  | 243 Yang 24<br>199 Dreams Workshop<br>194 Puzzles, Games, & Friends<br>138 Home Called Nebraska<br>107 Drawing & Observation             |  |
| 27  |  | 28  |  | 29  |  | 30   |  | 31   |  |
| 226 Zozobra<br>242 Tai Ji Quan For Balance A<br>107 Drawing & Observation<br>182 Bowed Psaltery<br>236 On the Move  |  | 147 Meals on Wheels Tour A* 10:00-12:30<br>178 Singing the Show Tunes 10:15-11:45<br>238 Tai Chi Arthritis, 1 11:00-12:00<br>239 Tai Chi Arthritis, 1 ZM 11:00-12:00<br>247 Qigong 1:00-2:00<br>154 Matter of Balance 1:00-3:00                                   |  | 248 Anatomy for Exercise<br>151 Aging Mastery Program®<br>242 Tai Ji Quan For Balance A<br>236 On the Move  |  | 193 Gathering Family Stories 10:00-11:30<br>238 Tai Chi Arthritis, 1 11:00-12:00<br>239 Tai Chi Arthritis, 1 ZM 11:00-12:00<br>249 Psoas Freedom in Movement 1:00-2:15<br>156 Tools for Caregivers ZM 1:00-2:30                            |  | 243 Yang 24<br>107 Drawing & Observation<br>188 Live Theatre   |  |



| Monday   |  | Tuesday  |  | Wednesday   |    | Thursday |    | Friday |    |
|--|--|--|--|---|----|----------|----|--------|----|
| 3  | 4  | 5  | 6  | 7   | 8  | 9        | 10 | 11     | 12 |
| 123 Current Events Group ZIM<br>242 Tai Ji Quan For Balance A<br>107 Drawing & Observation<br>182 Bowed Peatery<br>236 On the Move   | 201 Befriending Grief-Holidays<br>148 Meals on Wheels Tour B*<br>178 Singing the Show Tunes<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZIM<br>232 Oasis/Collette America<br>247 Qigong<br>154 Matter of Balance | 248 Anatomy for Exercise<br>125 Sunport Tour A*<br>151 Aging Mastery Program®<br>213 Beekkeeping<br>166 Sandro Botticelli<br>242 Tai Ji Quan For Balance A<br>236 On the Move        | 258 Crane Hike*<br>109 Holiday Wreath Making<br>227 The Buffalo Soldiers<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZIM<br>214 Earth History<br>249 Psoas Freedom in Movement<br>156 Tools for Caregivers ZIM | 243 Yang 24<br>200 Advanced Dreaming<br>167 Las Cruces History<br>107 Drawing & Observation<br>136 Thelma*                  |    |          |    |        |    |
| 10   | 11   | 12   | 13   | 14  | 15 | 16       | 17 | 18     | 19 |
| 110 Glass Art Workshop<br>215 Local Climates of NM<br>242 Tai Ji Quan For Balance A<br>107 Drawing & Observation<br>236 On the Move<br>261 NIRR-NM Navy*   | 202 Befriending Grief-Holidays ZIM<br>126 Sunport Tour B*<br>178 Singing the Show Tunes<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZIM<br>247 Qigong<br>154 Matter of Balance<br>172 Austin Book Group          | 248 Anatomy for Exercise<br>228 Palace to Roundhouse<br>151 Aging Mastery Program®<br>127 ARCA Greenhouse*<br>122 Safety at Home<br>242 Tai Ji Quan For Balance A<br>236 On the Move | 168 Orphan Train<br>149 Simple Holiday Hosting<br>238 Tai Chi Arthritis, 1<br>239 Tai Chi Arthritis, 1 ZIM<br>249 Psoas Freedom in Movement<br>156 Tools for Caregivers ZIM<br>207 Plato's Philosophy                      | 243 Yang 24<br>185 Theater Playshop<br>107 Drawing & Observation  |    |          |    |        |    |
| 17   | 18   | 19   | 20   | 21  | 22 | 23       | 24 | 25     | 26 |
| 123 Current Events Group ZIM<br>128 What's Up With UFOs<br>146 Healthy Bones Cooking<br>216 Pacific Ring of Fire ZIM<br>242 Tai Ji Quan For Balance A<br>107 Drawing & Observation<br>236 On the Move                | 174 Summit Book Group<br>178 Singing the Show Tunes<br>240 Tai Chi Arthritis, 2<br>241 Tai Chi Arthritis, 2 ZIM<br>247 Qigong<br>154 Matter of Balance   | 129 Circular Economy<br>151 Aging Mastery Program®<br>229 Corrales Through Pictures<br>175 Talk About Your Book<br>242 Tai Ji Quan For Balance A<br>236 On the Move                  | 240 Tai Chi Arthritis, 2<br>241 Tai Chi Arthritis, 2 ZIM<br>217 Hartley Mammal Site<br>250 Yoga: Healthy Joints<br>156 Tools for Caregivers ZIM<br>265 LVL-Tales From A Zookeeper*   | 243 Yang 24<br>130 Middle East Update<br>194 Puzzles, Games, & Friends<br>139 Beatrice Farrand<br>107 Drawing & Observation |    |          |    |        |    |
| 24   | 25   | 26   | 27   | 28  | 29 | 30       | 1  | 2      | 3  |
| 104 Pastel Skies Workshop  | 104 Pastel Skies Workshop<br>178 Singing the Show Tunes  |  | Office Closed Thanksgiving Holiday   | Office Closed   |    |          |    |        |    |
| ZIM= Livestream via Zoom *Off-Site Class.<br>Please see the Off-site location directions on pages 47-48. Registration opens at 10:00am on Wednesday, September 3, 2025 at 10:00am and continues throughout the term. |  |  |  |   |    |          |    |        |    |







# Oasis Policies

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

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

Mailing Address: PO Box 35518, Albuquerque, NM 87176

## How do I become an Oasis member?

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

**Classes begin  
Monday, September 8, 2025.**

## Registration Info:

Registration opens at 10:00 am on Wednesday, September 3, 2025. All registrations, both online and paper, are entered at the same time, beginning at 10:00am on September 3.

**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, September 3, 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 September 3, 2025.

## Important Registration Information

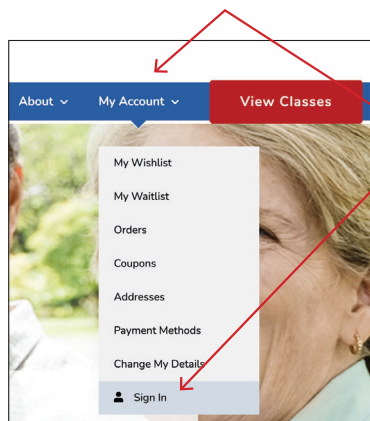
### Payment methods

- **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.

**Please note: Program fees are non-refundable unless Oasis cancels or reschedules the class**

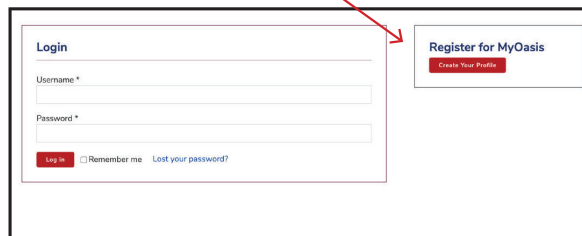


# HOW TO REGISTER FOR CLASSES



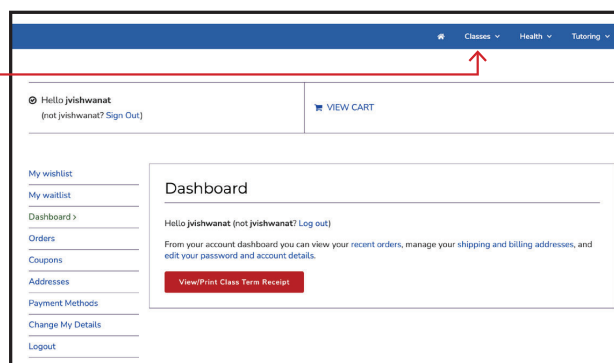
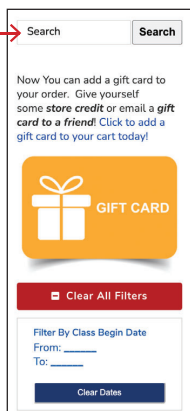
1. Go to [www.oasisabq.org](http://www.oasisabq.org)

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

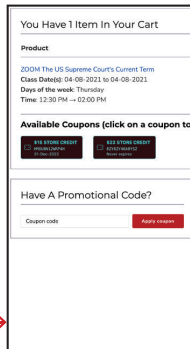
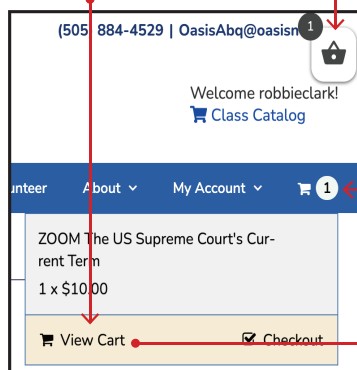


3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**

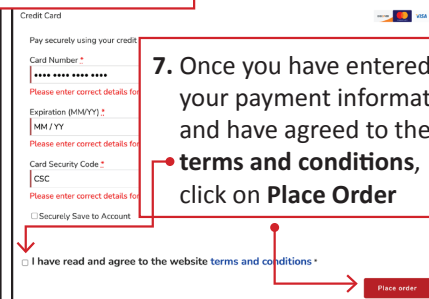
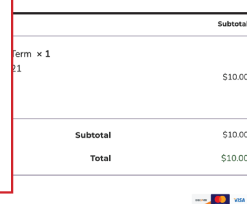
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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

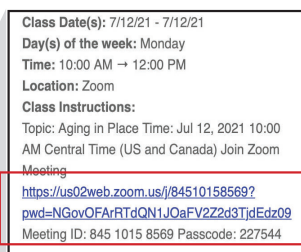
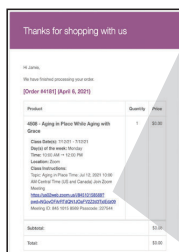


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



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

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



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





Cut along the line to remove and return this form.

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

Date      /      /     

Name      Address     

City      Zip     

Phone     

Email     

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

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 | Greystones Studio Tour*         | \$20   |                 |   |  |
|   | 102 | ABQ Museum: Abstracting Nature* | \$20   |                 |   |  |
|   | 103 | Pastel Skies Workshop A         | \$60   |                 |   |  |
|   | 104 | Pastel Skies Workshop B         | \$60   |                 |   |  |
|   | 105 | Watercolor Painting             | \$60   |                 |   |  |
|   | 106 | ABQ Museum: Modern Art*         | \$20   |                 |   |  |
|   | 107 | Drawing & Observation           | \$150  |                 |   |  |
|   | 108 | Kei & Molly*                    | \$18   |                 |   |  |
|   | 109 | Holiday Wreath Making           | \$20   |                 |   |  |
|   | 110 | Glass Art*                      | \$100  |                 |   |  |
|   | 111 | Ornament: Mistletoe             | \$40   |                 |   |  |
|   | 112 | Ornament: Poinsettia A          | \$40   |                 |   |  |
|   | 113 | Ornament: Poinsettia B          | \$40   |                 |   |  |
|   | 114 | Holiday Cards: Lino-cut         | \$65   |                 |   |  |
|   | 115 | Intro to Dot Mandala            | \$30   |                 |   |  |
|   | 116 | Intermediate Dot Mandala        | \$30   |                 |   |  |
|   | 117 | Mosaic Coasters                 | \$60   |                 |   |  |
|   | 118 | Natural Burial Benefits         | \$15   |                 |   |  |
|   | 119 | Funeral Pre-Planning            | FREE   |                 |   |  |
|   | 120 | Savvy Social Security           | \$15   |                 |   |  |
|   | 122 | Safety at Home                  | \$15   |                 |   |  |
|   | 123 | Current Events Discussion ZM    | \$35   |                 |   |  |
|   | 124 | Transgender Experiences         | \$15   |                 |   |  |
|   | 125 | Support A*                      | \$20   |                 |   |  |
|   | 126 | Support B*                      | \$20   |                 |   |  |
|   | 127 | ARCA Tour*                      | \$18   |                 |   |  |
|   | 128 | What's up with UFOs?            | \$15   |                 |   |  |
|   | 129 | The Circular Economy            | \$15   |                 |   |  |

| ✓ Check (on this side) the classes you would like to take |     |                                  |        | Office Use Only |   |  |
|---|-----|----------------------------------|--------|-----------------|---|--|
| ✓   | Cl# | *Indicates Off-Site Class        | Fee \$ | In              | W |  |
|   | 130 | Middle East Update               | \$15   |                 |   |  |
|   | 131 | The US & East Asia               | \$15   |                 |   |  |
|   | 132 | Stories from the War in Ukraine  | \$15   |                 |   |  |
|   | 133 | Techtros                         | \$15   |                 |   |  |
|   | 134 | KOAT TV Tour*                    | \$18   |                 |   |  |
|   | 135 | John Williams ZM                 | \$15   |                 |   |  |
|   | 136 | Thelma*                          | \$15   |                 |   |  |
|   | 137 | Stewart Udall                    | \$12   |                 |   |  |
|   | 138 | A Home Called Nebraska           | \$12   |                 |   |  |
|   | 139 | Beatrix Farrand                  | \$12   |                 |   |  |
|   | 140 | The Vow from Hiroshima           | \$12   |                 |   |  |
|   | 141 | Eldora Chocolate A*              | \$25   |                 |   |  |
|   | 142 | Eldora Chocolate B*              | \$25   |                 |   |  |
|   | 143 | Gourmet Graze: Charcuterie Demo  | \$35   |                 |   |  |
|   | 144 | Sprouts Market Field Trip*       | \$18   |                 |   |  |
|   | 145 | Bone-A-Fide Eats                 | \$35   |                 |   |  |
|   | 147 | Meals on Wheels A*               | \$20   |                 |   |  |
|   | 148 | Meals on Wheels B*               | \$20   |                 |   |  |
|   | 149 | Holiday Hosting Made Simple      | \$35   |                 |   |  |
|   | 150 | Why Mindfulness?                 | \$15   |                 |   |  |
|   | 151 | Aging Mastery Program®           | FREE   |                 |   |  |
|   | 152 | Dental Wisdom                    | \$15   |                 |   |  |
|   | 153 | BE BRAVE: A Fall Recovery Class  | FREE   |                 |   |  |
|   | 154 | A Matter of Balance              | FREE   |                 |   |  |
|   | 155 | Oriental Medicine                | \$15   |                 |   |  |
|   | 156 | Powerful Tools for Caregivers ZM | FREE   |                 |   |  |
|   | 157 | Foot Health & PAD                | \$15   |                 |   |  |
|   | 158 | Sleep & Aging                    | \$15   |                 |   |  |

| ✓ Check (on this side) the classes you would like to take |     |                                   |        | Office Use Only |   |  |
|---|-----|-----------------------------------|--------|-----------------|---|--|
| ✓   | Cl# | *Indicates Off-Site Class         | Fee \$ | In              | W |  |
|   | 159 | The Civil Rights Movement         | \$15   |                 |   |  |
|   | 160 | History of Nuclear Testing ZM     | \$15   |                 |   |  |
|   | 161 | All Saints of North America Tour* | \$15   |                 |   |  |
|   | 162 | Ghost Tour*                       | \$35   |                 |   |  |
|   | 163 | The Erie Canal                    | \$15   |                 |   |  |
|   | 164 | Medieval Wales                    | \$15   |                 |   |  |
|   | 165 | Technologies That Won WWII        | \$15   |                 |   |  |
|   | 166 | Sandro Botticelli                 | \$15   |                 |   |  |
|   | 167 | History of Las Cruces             | \$15   |                 |   |  |
|   | 168 | The Orphan Train Movement         | \$15   |                 |   |  |
|   | 169 | Wheels Museum*                    | \$15   |                 |   |  |
|   | 170 | France after the Revolution       | \$15   |                 |   |  |
|   | 171 | History of Christmas Carols       | \$15   |                 |   |  |
|   | 172 | Austin Book Group                 | \$12   |                 |   |  |
|   | 174 | Summit Book Group                 | \$12   |                 |   |  |
|   | 175 | Talk About Your Book              | \$12   |                 |   |  |
|   | 176 | New Mexico Poets                  | \$15   |                 |   |  |
|   | 177 | Fixed Forms in Poetry             | \$15   |                 |   |  |
|   | 178 | Singing the Show Tunes            | \$70   |                 |   |  |
|   | 179 | Appreciating the Blues            | \$15   |                 |   |  |
|   | 180 | Music of Motown                   | \$15   |                 |   |  |
|   | 181 | Hammered Dulcimer                 | \$40   |                 |   |  |
|   | 182 | Bowed Psaltery                    | \$40   |                 |   |  |
|   | 183 | Thelonious Monk                   | \$15   |                 |   |  |
|   | 184 | Holiday Sing Along                | \$12   |                 |   |  |
|   | 185 | Theatre Playshop                  | \$15   |                 |   |  |
|   | 186 | Watermelon Mountain Jug Band      | \$17   |                 |   |  |
|   | 187 | Die Polka Schlingel               | \$17   |                 |   |  |



✓ Check (on this side) the classes you would like to take

| ✓ | Cl# | * Indicates Off-Site Class      | Office Use Only |    |   |
|---|-----|---------------------------------|-----------------|----|---|
|   |     |                                 | Fee \$          | In | W |
|   | 188 | Theatre On The Go               | \$15            |    |   |
|   | 189 | Ladyfingers and a Thing'r, Too  | \$17            |    |   |
|   | 190 | Oasis Entertainers              | \$15            |    |   |
|   | 191 | Fly Fishing                     | \$45            |    |   |
|   | 192 | Caregiver Wisdom                | \$15            |    |   |
|   | 193 | Family Stories                  | \$15            |    |   |
|   | 194 | Puzzles, Games, & Friends       | \$8             |    |   |
|   | 195 | Neuroplasticity                 | \$15            |    |   |
|   | 196 | Aging with Your Aging Pets      | \$15            |    |   |
|   | 197 | Oasis Trivia Contest A          | \$15            |    |   |
|   | 198 | Oasis Trivia Contest B          | \$15            |    |   |
|   | 199 | Dreaming for Wisdom & Healing   | \$25            |    |   |
|   | 200 | Advanced Time Travel Dreaming   | \$15            |    |   |
|   | 201 | Loss During the Holidays        | \$15            |    |   |
|   | 202 | Loss During the Holidays ZM     | \$15            |    |   |
|   | 203 | Personal Storytelling           | \$15            |    |   |
|   | 204 | Jewish Community In Bangkok     | \$15            |    |   |
|   | 205 | From Woman to Goddess           | \$15            |    |   |
|   | 206 | Biblical Soil of Social Justice | \$15            |    |   |
|   | 207 | Plato's Philosophy              | \$15            |    |   |
|   | 208 | Saint of El Salvador            | \$15            |    |   |
|   | 209 | Christian Faith                 | \$15            |    |   |
|   | 210 | The Aging Skeleton              | \$15            |    |   |
|   | 211 | Carlito Springs Ecology*        | \$18            |    |   |
|   | 212 | New Zealand Wildlife            | \$15            |    |   |

☐ Check to "Opt In" to receive occasional group emails from Oasis

**SIGN HERE**

Credit Card # \_\_\_\_\_  
Your credit card must match your name and address on file.

REQUIRED Signature \_\_\_\_\_

✓ Check (on this side) the classes you would like to take

| ✓ | Cl# | * Indicates Off-Site Class     | Office Use Only |    |   |
|---|-----|--------------------------------|-----------------|----|---|
|   |     |                                | Fee \$          | In | W |
|   | 213 | Beekeeping                     | \$15            |    |   |
|   | 214 | Earth's History                | \$15            |    |   |
|   | 215 | Local Climates of NM           | \$15            |    |   |
|   | 216 | Pacific Ring of Fire           | \$15            |    |   |
|   | 217 | Hartley Mammoth Site           | \$15            |    |   |
|   | 218 | Upper Rio Jemez Valley         | \$15            |    |   |
|   | 219 | Esteban/de Niza Incursion      | \$15            |    |   |
|   | 220 | Archaeology of the SW ZM       | \$15            |    |   |
|   | 221 | Wildfires in NM                | \$15            |    |   |
|   | 222 | Chacoan Influence              | \$15            |    |   |
|   | 223 | NM's Special Places            | \$15            |    |   |
|   | 224 | Middle Rio Grande Water        | \$15            |    |   |
|   | 225 | Train Ride Across NM           | \$15            |    |   |
|   | 226 | Zozobra                        | \$15            |    |   |
|   | 227 | The Buffalo Soldiers           | \$15            |    |   |
|   | 228 | Palace to Roundhouse           | \$15            |    |   |
|   | 229 | Stories Behind the Pictures    | \$15            |    |   |
|   | 230 | Valles Caldera Day Trip*       | \$80            |    |   |
|   | 231 | Oasis/Collette Norway          | FREE            |    |   |
|   | 232 | Oasis/Collette America's 250th | FREE            |    |   |
|   | 233 | Adventures in Bhutan           | \$15            |    |   |
|   | 234 | Two-Step                       | \$30            |    |   |
|   | 235 | Walking for Wellness*          | \$24            |    |   |
|   | 236 | On the Move                    | FREE            |    |   |
|   | 237 | Gentle Fitness                 | \$64            |    |   |
|   | 238 | Tai Chi Arthritis 1            | FREE            |    |   |
|   | 239 | Tai Chi Arthritis 1 ZM         | FREE            |    |   |
|   | 240 | Tai Chi Arthritis 2            | \$56            |    |   |

✓ Check (on this side) the classes you would like to take

| ✓ | Cl# | * Indicates Off-Site Class | Office Use Only                         |    |   |
|---|-----|----------------------------|---|----|---|
|   |     |                            | Fee \$                                  | In | W |
|   | 241 | Tai Chi Arthritis 2 ZM     | \$56                                    |    |   |
|   | 242 | Tai Ji Quan A              | FREE                                    |    |   |
|   | 243 | TJOMBB — The Yang 24       | \$56                                    |    |   |
|   | 244 | Tai Chi Chih               | \$60                                    |    |   |
|   | 245 | Yoga for Balance           | \$40                                    |    |   |
|   | 246 | Yoga for Posture           | \$12                                    |    |   |
|   | 247 | Qigong                     | \$45                                    |    |   |
|   | 248 | Anatomy for Exercise       | \$40                                    |    |   |
|   | 249 | The Psoas Complex          | \$36                                    |    |   |
|   | 250 | Yoga for Joints            | \$12                                    |    |   |
|   | 251 | Chair Yoga                 | \$30                                    |    |   |
|   | 252 | Flexibility                | \$15                                    |    |   |
|   | 253 | Walking ABQ Mon*           | \$20                                    |    |   |
|   | 254 | Walking ABQ Wed*           | \$20                                    |    |   |
|   | 255 | Elena Gallegos*            | \$18                                    |    |   |
|   | 256 | Gutierrez Canyon*          | \$18                                    |    |   |
|   | 257 | Juan Tomas*                | \$18                                    |    |   |
|   | 258 | Crane Hike*                | \$18                                    |    |   |
|   | 260 | NIRR-Australian Wildlife*  | \$6                                     |    |   |
|   | 261 | NIRR-NM Navy*              | \$6                                     |    |   |
|   | 262 | NIRR-Weather*              | \$6                                     |    |   |
|   | 263 | LVL-Inflammation*          | \$6                                     |    |   |
|   | 264 | LVL-Monk for the Masses*   | \$6                                     |    |   |
|   | 265 | LVL-Zookeeper Tales*       | \$6                                     |    |   |
|   | 266 | LVL-Notre Dame*            | \$6                                     |    |   |
|   |     |                            | SUBTOTAL \$                             |    |   |
|   |     |                            | TAX DEDUCTIBLE CONTRIBUTION TO OASIS \$ |    |   |
|   |     |                            | <b>TOTAL DUE \$</b>                     |    |   |

Exp. Date \_\_\_\_\_ / \_\_\_\_\_ CVV/CSC/CVC \_\_\_\_\_  
(please circle) VISA MC DISC

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Oasis Albuquerque  
PO Box 35518, Albuquerque NM 87176

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| For office use only.<br>Please do not write in shaded areas. | CASH/CHECK          |                | CREDIT CARD    |   | OASIS CREDIT        |                        |
|  | Cash Rec'd \$ _____ | Check \$ _____ | Check # _____  | Amount Charged to Credit Card by Oasis (after registration is complete) | Account Credit Used | Account Credit Created |
| ORDER # _____  | Date _____          |                | Rec'd By _____ |   | \$ _____            |                        |

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# New Participant Form



Date: \_\_\_\_\_ Month/Year of Birth: \_\_\_\_\_

Name: \_\_\_\_\_  
(First) (Last)

Address: \_\_\_\_\_ Apt#: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

Email Address: \_\_\_\_\_

☐ Check here if you would like to "Opt In" to receive occasional group emails from Oasis. We do not 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).**



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3301 Menaul Blvd. NE, Suite 18

Albuquerque, NM 87107-1855

Mailing Address:

PO Box 35518, Albuquerque, NM 87176

**505-884-4529****www.oasisabq.org**

Registration opens on  
Wednesday, September 3, 2025,  
10:00am & continues throughout the term.

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

*Classes begin on Monday, September 8, 2025*

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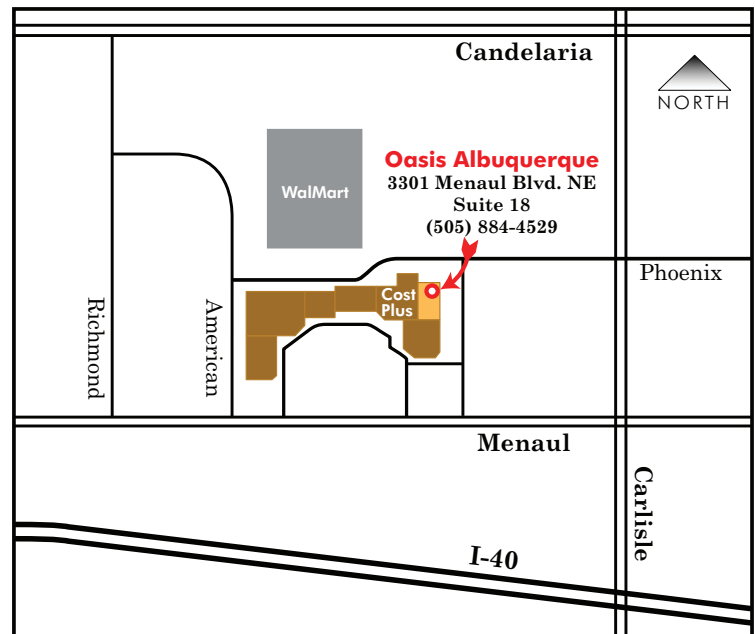
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