

**CLASSES MAY–AUGUST, 2026**

Registration Opens:

Wednesday, May 6, 2026

10:00am



# SUMMER 2026

Education, Exploration, Healthy Aging

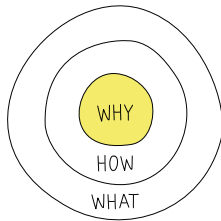


Sponsored by:



**Dear Oasis Friends,**

Simon Sinek’s leadership book, *Start with Why*, describes a “golden circle” that places three business questions in concentric circles:



Sinek’s argument is that all businesses and organizations can tell you what they do and how they do it. Far fewer are able to answer the why question in a compelling way. For Sinek, “why” is the most important question of all, and differentiates all companies and organizations from one another depending on how well they answer it.

Oasis is clear about our “why.” Our passion, and the reason that we do what we do, is all about healthy aging. This means that we are more than just an older adult education organization (the what), offering classes and experiences (the how). Rather, Oasis is an ecosystem whose “why” is helping ensure that life span and health span match.

As you peruse the catalog and consider what classes you might take, please know that we do this work because we want you to age well in all aspects: intellectually, physically, emotionally, and socially.

Sign up for a lecture. Take an art class. Learn Tai-chi. Volunteer as a tutor. All of these experiences, and every other one in this catalog, can contribute to healthy aging.

Here’s to You!



Scott Sharp

**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 501(c)(3) 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**



Brooke



Cynthia



Lisa



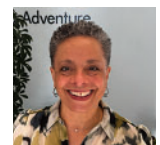
Scott



Susan



Sylvia



Vicki

## READING CHANGES LIVES

Join our community of volunteer reading mentors and make a difference in the life of a young scholar—one day, one hour at a time!



Interested? Visit our website at <https://albuquerque.oasisnet.org/tutoring/> or call 505-884-4529 for more information on how to join our Fall training.



## "Light and Shadows"

### Marking Space with the Luna Project

Light brings us all the brilliant, singing colors of the day as well as the subtle shadows and humming shades of night in the quiet times before dawn or after sunset. The Luna Project's eleven members celebrate this light-filled space with their own marks on paper, canvas, and clay. The artists explore the extraordinary light reflected on the infinite horizons in New Mexico's skies and land.

### Oasis Art Gallery Summer 2026

May 13th through August 28, 2026

Opening Reception: Wednesday May 13 from 11:30am - 1:30pm

Top: Nance Elsinger, *Desert Quiet*, Acrylic

Bottom: Alice Webb, *Elegy for Ukraine*, Oil with Metal Leaf on Canvas

Learn more about The Luna Project at [www.TheLunaProject.org](http://www.TheLunaProject.org)

“ ”

# I am still learning, Michelangelo said.

## It's true for us, too.

While our communities are rich with comfort, friendship, and support, we prioritize life-long learning, offering programs like Oasis that can challenge and enlighten. It's as if we've gone back to school. In truth, we never left.



### REGISTER FOR CLASSES

For La Vida Llena, visit [LaVidaLlena.org/oasis](https://LaVidaLlena.org/oasis)

For The Neighborhood in Rio Rancho, visit [NeighborhoodRioRancho.org/oasis](https://NeighborhoodRioRancho.org/oasis)

**THE  
NEIGHBORHOOD**  
LIFE PLAN COMMUNITY  
(505) 289-1218

 **LA VIDA LLENA**  
LIFE PLAN COMMUNITY  
(505) 273-3550



La Vida Llena and The Neighborhood in Rio Rancho are non-profit, resident-centered Pacific Retirement Services communities.



## 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 48-49 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).

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

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



### Service Animal Policy

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

## LECTURES

## ART

**Floral Encaustic Art Workshop****101**

Mikaela Guggino

**Monday****May 18****1:00 - 3:00****Fee: \$30**

Oasis



Create a mini flower or leaf painting using molten crayons! Learn about the history of encaustic art, then try a modern version that invites students to use the Encaustic Stylus Pro and crayons to paint a mini work of art. Use the images provided as inspiration, or bring your own. This class is for students of all levels. Whether you are looking to try something new or want to perfect your encaustic practice, join us! *All materials provided; bring materials fee of \$10 payable to instructor (cash or check). Limited enrollment.*

Mikaela Guggino is an Albuquerque artist who specializes in encaustic and manuscript painting. She received her BA in Studio Art and MA in Art History from the University of Denver. Guggino has taught many encaustic workshops around New Mexico. Her art explores themes of history and compassion, as she seeks to understand current events and create empowerment through artmaking.

**Decoupage Necklace****102**

Corinne Sisneros

**Friday****May 22****12:00 - 2:00****Fee: \$30**

Oasis

Create a custom decoupage necklace with a custom charm. This step-by-step class also includes instruction and supplies to make a coordinating card that's perfect for gifting your finished piece. Use sample necklaces and cards or create your own design. Participants work with art images, jeweler's glass, a pendant tray, necklace chain, adhesive, designer papers, embellishments, a charm, and templates to complete a beautiful final project. *All materials provided; bring materials fee of \$5 payable to instructor (cash or check). Limited enrollment.*

Corinne Sisneros is an arts educator and former Art in the Schools volunteer in Albuquerque. She completed training workshops developed in collaboration with the University of New Mexico Art Education faculty and Albuquerque Public Schools Fine Arts staff. Sisneros developed and taught art curricula that combined guided discussion with hands-on projects. Her classes explored a range of media and cultural traditions, including drawing, modern painting, clay work, Escher-inspired tessellations, Hispanic tin work, Mayan clay figures, African masks, and architectural studies.

**Greyshoes Studio Tour****103**

Upton Ethelbah Jr.

**Wednesday****May 27****10:00 - 12:00****Fee: \$20**

Oasis 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.

### **Texture Mashup Collage** **104**

*Lea Anderson*

**Fri & Mon**      **May 29 & Jun 1**      **11:00 - 2:00**  
**Fee: \$60**      **2 sessions**       **Oasis**

In this playful and experimental workshop, use mark-making, layering, and intuitive creativity to make several small mixed-media collages on panels using translucent paper, water-soluble graphite, pigmented ink, and much more! For inspiration, we reference visual sources from natural forms like microbes, botanical and scientific illustrations, ocean life, fungi, geology, and more. *All materials provided; bring materials fee of \$15 payable to instructor (cash or check). Limited enrollment.*

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

### **Vinyl Dot Mandala** **105**

*Bridget Schweri*

**Wednesday**      **Jun 3**      **1:00 - 3:30**  
**Fee: \$30**       **Oasis**

If you enjoy dot mandala painting, here's a new twist: paint on vinyl records! Explore tips and techniques for using this specific base material, including prep, design, execution, and display. Choose a 33 or a 45, and express your creativity. No previous experience required. *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 has been 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.

### **Watercolor Painting** **106**

*Jim Walther*

**Fri & Mon**      **Jun 12 & Jun 15**      **10:00 - 12:00**  
**Fee: \$45**      **2 sessions**       **Oasis**


Whether you're new to watercolor or picking it up again, this workshop focuses on building confidence and comfort with the medium. Practice mixing colors, creating washes, selecting subjects, and finishing complete paintings. Bring a sketch or photograph to work from, or choose from provided subjects like seascapes, landscapes, or barns. *All materials provided are yours to keep; bring a materials fee of \$35 (cash or check) to first class. Limited enrollment.*

Jim Walther has been painting the environment for 50 years, drawing inspiration from the light and landscape of New Mexico for more than 25 of them. A trained plein-air and studio landscape artist, he works in watercolor and oil. Walther studied under noted painter John Hudkins at The Sunrise Art Museum and earned a BFA in visual

arts from West Virginia University, focusing on representational landscape painting. He served as executive director of the National Museum of Nuclear Science & History in Albuquerque from 1996 until his retirement in 2023.

### **Popping! A Playful Pastel Color Palette Workshop** **107**

*Susan Roden*

**Wed & Thurs**      **Jun 17 & Jun 18**      **9:00 - 12:00**  
**Fee: \$60**      **2 sessions**       **Oasis**

Experience the freedom and spontaneity of expressive color. Purple trees and yellow skies bring a sense of joy to the landscape while encouraging imaginative exploration. This two-day workshop begins with guided exercises on handling and using pastels, then moves into collaborative group landscapes emphasizing bold, contrasting color. The remainder of the workshop is devoted to individual pastel work using a playful, Fauvist-inspired palette. *All materials provided; bring materials fee of \$20 payable to the instructor (cash or check) at first class. Limited enrollment.*

Susan Roden is a juried member with the Catharine Lorillard Wolfe Art Club, 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 *Décor & Style*, *The Pastel Journal*, *San Diego Home & Garden Lifestyle*, and *Pastel Artist International Magazine*.

### **Albuquerque Museum Tour: The Other Route 66** **108**

*Alicia Romero*

**Thursday**      **Jun 25**      **10:00 - 11:00**  
**Fee: \$20**       **Albuquerque Museum**

Join Alicia Romero, head curator of history at Albuquerque Museum, for a tour of *The Other Route 66: 100 Years of People, Identity, and Place in Albuquerque*. The exhibition features historic

objects, photographs, ephemera, neon signs, music, and more from the 352-mile stretch of highway spanning the state. It focuses on the untold stories of the everyday New Mexicans who built, traveled, and lived on or near the route, with special attention given to Albuquerque. *Limited enrollment.*

Alicia Romero is the head curator and curator of history at the Albuquerque Museum. She focuses on sociocultural history of the Southwest, popular culture, and memory studies. Before joining the Albuquerque Museum in 2023, she was head curator at the New Mexico History Museum in Santa Fe. Romero was born and raised in Albuquerque, attended UNM for her BA and MA degrees, and earned her PhD in history from the University of California, Santa Cruz.

### **Albuquerque Museum Tour: The Woods Before Sunrise** **109**

*William Gassaway*

**Wednesday**      **Jul 8**      **10:00 - 11:00**  
**Fee: \$20**       **Albuquerque Museum**

Join Albuquerque Museum assistant curator for art, William Gassaway, for a guided tour of *The Woods Before Sunrise: Environment and Place in New Mexico's Black Contemporary*. The exhibit features nine New Mexico-based contemporary artists who collectively ask: What makes a "landscape"—and who gets to decide? Offering an expansive exploration into the meanings of place and belonging, this exhibition offers bold new perspectives on the universal themes of sustainability, cultural history, and our personal connections to nature. *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.

### Glass & Ceramic Mandala 110

*Bridget Schweri*

**Thursday Jul 9 1:00 - 3:30**

**Fee: \$30**  **Oasis**

Take your dot mandala painting to the next level by working on one of the most challenging surfaces. Practice on coffee cups, wine bottles, or vases as we learn the specific tips and techniques required for adding lasting decoration to these useful household items. *All materials provided; bring materials fee of \$5 payable to instructor (cash or check). Limited enrollment.*

*See bio in class #105*

### Four Seasons Wreath Making 111

*Irma Reeder*

**Thursday Jul 16 9:30 - 11:30**

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

Come and join us for a morning of glue gun fun as we create beautiful wreaths of different shapes and sizes. Create your masterpieces for a specific seasonal application or a special holiday. Make something you can enjoy in your home or use as a gift. *All materials provided; bring materials fee of \$15 payable to instructor (cash or check). Limited enrollment.*

Irma Reeder, who also directs the Oasis Showtunes choir, has been a crafter and gardener for decades. She especially enjoys bringing her garden inside by creating natural, beautiful home and business decorations to enjoy.

### Paper Cord Twining for Basketry 112

*Cael Chappell*

**Tuesday Jul 21 12:00 - 4:00**

**Fee: \$90**  **Fiber Arts on 4th**



Come learn how to make your first mini basket! Learn and practice a basketry technique called twining as you craft a small basket with Japanese Paper Cord, an affordable and vibrant fiber. Finished baskets will measure approximately 2 inches across by 2 to 5 inches tall and will vary in color and pattern. *All supplies and tools are provided. Activity requires manual dexterity. Limited enrollment.*

Cael Chappell has been working with weavers in Africa since 1991. In 2002, he founded Baskets of Africa, his company that became the largest importer of African baskets in the world. Traveling across Africa to meet weavers, Cael discovered that basketry is as diverse as it is universal. Emanating from his deep understanding of traditional African basketry, he quickly developed his own unique style of whimsical weaving from waxed linen thread.

**Tour of Kei & Molly Textiles****113***Kei Tsuzuki***Tuesday Aug 18 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 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 recent immigrants looking to build a better life for themselves. Today, the staff is comprised of women who have settled in Albuquerque from around the world, including Cuba, Colombia, Afghanistan, and Mexico.

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

**Peace of Mind Seminar:  
Planning Ahead****115***Kali Antram & Sean Unale**French Funerals and Cremations***Friday May 29 10:00 - 11:30****Free**  **Oasis**

Did you know that when a loved one dies, there are anywhere from 75 to 125 different tasks and decisions to complete? Our Final Wishes Organizer can help complete almost everything ahead of time, leaving less to worry about. Our Peace of Mind Seminar answers questions about pre-arrangements, financial security, cremation vs. burial costs, and more.

At French Funerals and Cremations, we believe every life is worthy of honor and respect and we strive to ensure our community has a plan in place for their loved ones at the time of need. Kali Antram and Sean Unale are Advance Planning Consultants who enjoy the opportunity to educate about pre-arrangements and planning ahead.

**CONSUMER****A Gentle Return: How Choosing a  
Natural Burial Benefits Our Environment  
& Community****114***Bryan Beard & Claire McFadyen***Thursday May 21 10:00 - 11:30****Fee: \$15**  **Oasis**

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, and 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 the rights that you have to care for your loved ones after death.

**The Ins & Outs of Social Security****116***Brad Yablonsky***Tuesday Aug 11 10:00 - 11:30****Fee: \$15**  **Oasis**

Back by popular demand. You've probably paid Social Security tax for decades. Nonetheless, most of us don't really understand how the system works. There are hundreds of different ways to claim, and people are leaving money on the table


due to a lack of education. In this lecture, Brad Yablonsky bridges the information gap and allows for informed, educated decision-making.

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. He also serves on the boards of the Senior Citizens Law Office and the Albuquerque Community Foundation.

## CURRENT EVENTS

### Substance Use Disorder: A Holistic Perspective 117

Janice Bennett

**Thursday**                      **May 14**                      **2:30 - 4:00**  
**Fee: \$15** 

Substance Use Disorder (SUD) is a significant public health issue that impacts society broadly. This course offers an overview of SUD, examining risk factors, disease progression, and its effects on not just individuals, but larger communities. We discuss approaches to recovery and explore treatment options including motivational interviewing, counseling, medication management, and harm reduction strategies. Join us as we explore how to foster meaningful change for those affected by SUD.

Janice Bennett holds a PhD from Temple University, where she focused on substance use disorders. As a researcher and professor, she collaborated with the National Institutes of Health on education initiatives related to SUD. She helped develop programs serving women, inner-city youth, and underserved communities. Bennett advocates for understanding substance use disorder as a

chronic, treatable condition and promotes practical strategies that support effective treatment and long-term recovery.

### “Heart Balm” Lawsuits 118

Lorna Wiggins

**Wednesday**                      **Jun 3**                      **2:30 - 4:00**  
**Fee: \$15** 

On January 26, 2026, the New Mexico Supreme Court finally abolished the tort of “alienation of affections.” Rooted in the 1300’s and the Black Death, this legal doctrine allowed a person to sue someone who they believed interfered with their marriage. This lecture explores the history of the tort and other laws designed to remedy broken hearts, as well as the later “heart balm racket”.

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


### The US Supreme Court’s Recent Term 119

Andrew Schultz

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

### The US Supreme Court’s Recent Term ZOOM 120

Andrew Schultz


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

In its most recent term, the Supreme Court addressed a remarkably broad range of issues, from tariffs and voting rights to presidential power over independent federal agencies, the death penalty, transgender athletes, and birthright citizenship. This lecture provides an overview of many of the Court’s most impactful rulings and helps explain the functioning of what is often seen as the least understood branch of government.

Andrew Schultz is a retired attorney who practiced law with the Rodey Law Firm for nearly 40 years. He is the only graduate of the UNM School of Law to clerk at the US Supreme Court, where he served Justice Byron R. White. For more than three decades, Schultz taught as an adjunct professor at the UNM School of Law.

**Oh, the Stories I've Heard!** **121**

*Kathleen McCleery*

**Friday Jul 17 10:00 - 11:30**  
**Fee: \$15** 




Veteran journalist Kathleen McCleery offers tales from the field after 40+ years as a broadcast producer and reporter. Learn what she gleaned when producing interviews with US presidents from Jimmy Carter to Barack Obama. Hear about the high-stress yet rewarding environment of a fast-paced newsroom. Find out about the assignments that were the most challenging, the ones that worked, the ones that did not, and the ones that were the most fun.

Kathleen McCleery is an award-winning broadcast journalist who's worked for PBS and NBC over a four-decade career. Before moving to New Mexico, she was deputy executive producer for *PBS NewsHour*. From 2014 to 2022, she reported and produced stories for the program on a wide variety of subjects. McCleery taught journalism at her alma

mater, Princeton University, from 2016 to 2018, with a focus on media coverage of elections.

**Being First: A Woman in the Law** **122**

*Roberta Cooper Ramo*

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

Attorney Roberta Cooper Ramo discusses the hurdles and opportunities she encountered, from being one of six women in her law school class to the present. As the first woman president of the American Bar Association, the first woman president of the American Law Institute, and the only person to hold both positions, she reflects on what it means to be "first" in the law. She also explores how being from New Mexico has shaped her life and considers recent events that threaten the rights of women.

Roberta Cooper Ramo grew up in Albuquerque and later returned with her family after 12 years away. She worked for the ACLU during the summer Martin Luther King Jr. marched in Chicago. Her career has included teaching at an HBCU, representing golfer Nancy Lopez, campaigning for the New Mexico Equal Rights Amendment, and being appointed to investigate and then reform the United States Olympic Committee. She currently chairs the board of Think New Mexico and is a partner at Modrall Sperling Law firm.

**The Rise of Christian Nationalism: Politics & Faith** **123**

*George Ovitt*

**Wednesday Aug 5 12:30 - 2:00**  
**Fee: \$15** 

A Wheaton College study estimates that nearly one-quarter of all Americans profess themselves to have been "born again" and belong to evangelical churches. Seventy-two percent of Evangelicals give Donald Trump high marks for his performance during the first year of his second term. This lecture addresses two questions: What are the origins

of contemporary evangelical Protestantism, and why do the majority of the members of this faith support the Republican Party and its standard-bearer?

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

**Saranam West Campus Tour** **124**  
**Monday** **Aug 10** **12:30 - 2:00**  
**Fee: \$15**  **Saranam West Campus**

With 20 years of demonstrable success, Saranam is where families experiencing homelessness begin anew. Here is your chance to tour the new westside Saranam campus. The site includes residences, classrooms, offices, donation space, playgrounds, and a family center. Access to essential services and transportation to higher education facilities make it an ideal place for families to live. *Limited enrollment.*

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

**Autism+: Increasing Accessibility for All in Our Community** **125**

*Carolyn Biswell & Mariah Montoya*  
**Tuesday** **Aug 18** **10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Have you heard the term Autism Spectrum Disorder (ASD), or perhaps you know someone with this diagnosis? Join us for a presentation that includes: the characteristics of autism, disability perspectives, and practical strategies people can use to promote accessibility. Come with questions!

Presenters Carolyn Biswell and Mariah Montoya are from the UNM Center for Development and Disability Autism+ Training Program, a program sponsored by the New Mexico Health Care Authority. Their mission is to positively influence communities by providing information on accessibility, inclusion, and acceptance.

**FILM & TV**

**KOAT TV Tour** **126**  
**Tuesday** **May 12** **10:30 - 12:00**  
**Fee: \$18**  **KOAT-TV**

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

**To Catch a Thief at The Guild Cinema** **127**  
**Thursday** **Jul 30** **1:00 - 3:00**  
**Fee: \$15**  **Guild Cinema**

When a string of jewel thefts hits the French Riviera, suspicion falls on a former master thief who has been enjoying a quiet retirement. Set on sunlit beaches and grand hotels, the mystery follows his efforts to uncover the real culprit while staying one step ahead of the police. Starring Cary Grant and Grace Kelly and filmed in vibrant Technicolor, *To Catch a Thief* is a breezy summer mystery and a great excuse to enjoy popcorn and good company at the historic Guild Cinema, Albuquerque’s oldest still-running movie theater, established in 1966.



## FOOD & NUTRITION

### Eat for Strength: A Cooking Demo for Healthy Bones & Muscles 132

Fallon Bader

Wednesday May 13 1:30 - 3:30

Fee: \$35  Oasis

Back by popular demand. As we age, maintaining bone density and muscle mass is essential for preserving mobility, independence, and quality of life. This interactive cooking demonstration explores the vital roles of calcium, vitamin D, and protein in supporting skeletal and muscular health. Learn to prepare simple, nutrient-rich recipes tailored to the nutritional needs of older adults, along with practical tips for meal planning, ingredient selection, and cooking techniques that enhance nutrient absorption and support healthy aging. *Recipes and tastings are provided. Limited enrollment.*

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

### Mindful Eating 133

Pamela Cook

Friday May 15 1:00 - 2:30

Fee: \$15  Oasis

Mindfulness is the capacity to bring full attention and awareness to one's experience, in the moment and free from judgment. Mindful eating brings an attentiveness to food choices and the nourishing experience of eating. Benefits of this practice include reconnecting to your innate wisdom about hunger and satiety, freeing yourself from reactive patterns around food and eating, and nourishing not only the body but the heart. Learn and try these practices. *Limited enrollment.*

Pamela Cook is a registered and licensed dietitian, yoga teacher, integrative and functional nutrition certified practitioner, and wellness educator. She believes that mindful practices and principles can bring balance into our lives and nourish both mind and body. She frequently weaves mind, body, and movement recommendations into her counseling as a clinical nutritionist for a specialty primary care clinic for UNM Medical Group in Albuquerque. She is a graduate of the Culinary Institute of America.

### Roadrunner Food Bank Tour 134

Tuesday Jun 2 10:00 - 11:30

Fee: \$18  Roadrunner Food Bank

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

### Flavor & Function Fest: Cooking Demo with Herbs & Spices 135

Kennedy Cooper

Monday Aug 10 10:00 - 12:00

Fee: \$35  Oasis

Back by popular demand. Join us for a cooking demonstration to explore how herbs and spices can transform everyday meals into vibrant, nourishing dishes. Learn simple techniques for layering flavors, boosting natural aromas, and highlighting seasonal ingredients—all while unlocking the powerful health benefits hidden in your spice rack. From antioxidant-rich turmeric to digestion-friendly herbs, discover how to use these ingredients with confidence in your own kitchen. *Recipes and tastings are provided. Limited enrollment.*

Kennedy Cooper is a fourth-generation chef, entrepreneur, and community educator with deep roots in Southern American, Appalachian, and



## Authentic New Mexico Biscochitos Workshop A 140

Celina Grife

Thursday Aug 6 10:00 - 11:30  
 Fee: \$25 📍 Celina's Biscochitos



## Authentic New Mexico Biscochitos Workshop B 141

Celina Grife

Thursday Aug 13 10:00 - 11:30  
 Fee: \$25 📍 Celina's Biscochitos

Learn the history and origins of the state cookie, the biscochito, a crispy butter cookie flavored with anise and cinnamon. Participate in making traditional or contemporary biscochitos, and take home cookies that you make during the workshop. *Limited enrollment.*

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

## HEALTH LECTURES

### Regrounding After Hospitalization: Beyond the Physical 142

Grace Martinez

Thursday May 14 10:00 - 11:30  
 Fee: \$15 🌿 Oasis

After hospitalization or health changes, some people notice shifts in how they feel—emotionally, mentally, or in how they relate to themselves. This session offers a gentle space to reflect on those experiences and explore how illness or medical care can leave an emotional imprint. Together, we focus on awareness, shared understanding, and simple ways to reconnect with steadiness and confidence, so we feel less alone and more at ease with our own unique healing process. *Limited enrollment.*

Grace Martinez, RN, is a nurse, speaker, and end-of-life care volunteer who focuses on the emotional and psychological impact of illness and hospitalization. Drawing on years of bedside nursing, she helps individuals understand and process the stress, fear, and disorientation that can follow medical care. Her compassionate, non-clinical approach supports people in reconnecting with a sense of grounding, identity, and confidence during recovery.

### A Matter of Balance 143

Tues & Thurs May 19 - Jun 11 1:00 - 3:00  
 FREE 8 sessions 🌿 Oasis

Does a fear of falling prevent you from doing the things 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 of very gentle physical activity in each session (sessions 3 through 8). This is an interactive, discussion-focused class. *Please note, you must attend session 1 or 2 of the program*

*to remain in the class—there are no exceptions for any reason, as this is a program requirement. 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—our funding to offer this class depends on your participation! Limited enrollment.*

**Positive Thought Bubbles:  
Overcoming Negative Thoughts 144**

*Susan Brumbaugh*

**Wednesday May 20 10:00 - 11:30**

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

Back by popular demand—with new content. Learn how to handle persistent difficult thoughts by exploring them in creative ways. This class offers practical strategies and experiential exercises to enhance self-awareness and foster resilience so that we can spend less time living in our heads and more time living our lives. *Limited enrollment.*

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

**Aging with Care: A Community-Led Response to a Growing Care Crisis ZOOM 145**

*Leah Steimel*

**Wednesday May 20 12:30 - 1:30**

**Fee: \$6**  **Zoom**

Baby Boomers want better options for aging at home, yet gaps in today’s care systems leave families to coordinate complex services and provide hands-on care with little support. Publicly funded home care often relies on for-profit, one-size-fits-all models that overlook cultural values and individual preferences. Learn about Encuentro’s community-led program, which trains home health aides to provide

services directly to consumers—offering a more responsive approach grounded in trust, dignity, and equity.

Leah Steimel is Director of Home Health & Career Development at Encuentro. Guided by its mission to partner with Latinx immigrant families to expand access to education and career pathways that promote economic opportunity and social justice, the organization is entering its 10th year of providing high-quality, comprehensive home health aide training. With more than 350 graduates, the program connects participants to jobs and continuing education for long-term career growth, while supporting aging in place with care and dignity.

**UNM Center of Excellence for Orthopaedic Surgery & Rehabilitation Tour & Lecture 146**

*Trevor Crean*

**Thursday Jun 4 11:30 - 1:00**

**FREE**  **UNM Ortho in Rio Rancho**

Advancements in technology mean that surgeons performing knee and hip replacement surgery now have some very precise “helping hands” in the operating room. In this presentation, Trevor Crean, DO, discusses the Mako robot—the latest in orthopaedic technology— along with the signs and symptoms of osteoarthritis and the available non-surgical and surgical treatment options. Following the presentation, tour the UNM Center of Excellence for Orthopaedic Surgery & Rehabilitation building, seeing multiple labs, including the fully functional tissue engineering lab, cadaver lab, and 3D printing room. The tour also includes the state-of-the-art rehab area. *30 to 45 minutes of standing and walking required. Limited enrollment.*

Trevor Crean, DO, is an orthopaedic surgeon specializing in trauma and adult reconstructive surgery at UNM Sandoval Regional Medical Center—a campus of UNM Hospital—and an assistant professor at the UNM School of Medicine. After earning his degree from Michigan State

University College of Osteopathic Medicine, Crean completed his orthopaedic surgery residency at Michigan State and a trauma fellowship at UNM. He later served as chief of orthopaedic trauma at a Level-II trauma center in Michigan before returning to UNM. His work focuses on advanced complex fracture care, joint reconstruction, and resident education.

*Thank you to UNM SRMC & UNM Health Sciences Center for supporting this opportunity.*

**Boundaries: Why They're So Hard & How to Do Them Well** **147**

*Susan Brumbaugh*


**Monday Jun 22 10:00 - 11:30**  
**Fee: \$15** 

Setting boundaries sounds simple. In real life, it's anything but. Why do we say yes when we mean no? Why do some relationships feel draining, resentful, or confusing? Explore what boundaries actually are, what they aren't, why they're essential for healthy relationships at every stage of life, and how to communicate them clearly without guilt or aggression. Bring your real-life scenarios and spend time troubleshooting together.

*See bio in class #144*

**Understanding DNR** **148**

*Athena Valerio-Hirschfeld & Katarzyna Wilamowska*

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

This class offers a practical look at Do Not Resuscitate (DNR) orders through the lens of a first responder and a primary care doctor. Learn when DNRs are used in real emergencies, how they differ from advance directives and living wills, and why those differences matter in the moment. Understand how these documents work together, where first responders look for them, and why proper placement and sharing are critical. Plan


ahead to reduce confusion and ensure your wishes are clearly recognized and followed.

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

Katarzyna Wilamowska, MD, PhD, is a geriatrician with experience caring for homebound older adults. She is affiliated with the University of New Mexico Center for Memory and Aging, where she contributes to dementia-related research and education. She is especially interested in cognitive health, aging, and supporting quality of life for older adults and their families.

**Hearing Health is Brain Health** **149**

*Carol Clifford*

**Thursday Jul 23 12:30 - 2:00**  
**Fee: \$15** 

Even mild hearing loss can have serious consequences for people's brains and daily lives. When hearing declines, listening requires more effort. Making sense of what is heard becomes harder, increasing stress and overall mental load. Over time, this can lead to fatigue and a tendency to withdraw from conversations when listening feels challenging. This lecture provides practical information on finding the right support for your hearing to help keep your brain functioning at its best. *Take-home materials are provided.*

Albuquerque audiologist Carol Clifford, AuD, received her bachelor's degree in communicative disorders from Colorado State University, her master's degree in audiology & hearing impairment from Northwestern University, and her doctorate from A.T. Still University. She founded Albuquerque Hearing & Balance in 1998.

**Letting Go Without Losing Yourself: The Work of Forgiveness 150**

*Susan Brumbaugh*


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

Forgiveness can feel freeing—or impossible. Explore what forgiveness actually involves, what it does not require, and how it differs from reconciliation. We discuss common myths, emotional barriers, and the role of accountability and safety. Expect thoughtful conversation, practical distinctions, and space to consider your own experiences with compassion and clarity.

*See bio in class #144*

**Aging, Hearing, & Communication 151**

*Jessica Richardson*

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

Communication is a process of people sending and receiving information. Many believe that the significance of communication is equal to breathing. In this presentation, Dr. Jessica Richardson focuses on communication disorders that are common in older adults and how these disorders may impact quality of life. She discusses prevention of disorders that lead to communication problems, steps to take if such disorders arise, and tips for effective communication.

Jessica Richardson, PhD, CCC-SLP, is a professor and director of the Neuroscience of Rehabilitation Laboratory at UNM. She is also the co-director of the Clinical Core at the Center for Brain Recovery and Repair, and of the Outreach, Recruitment, and Engagement Core at the New Mexico Alzheimer’s Disease Research Center. Her research interests include recovery from acquired brain injury, management of progressive brain disease, brain plasticity, and the development of treatment approaches that improve life participation. Richardson is a TEDx speaker.

**Strengthening Respiratory Muscles to Prevent Falls & Age Well 152**

*Janet Popp*

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

Strong legs can help prevent a fall, while respiratory muscle strength can also bolster one’s ability to decrease fall risk. Learn how the respiratory muscles contribute to balance and steadiness of walking, as well as additional health benefits such as blood pressure management and reducing lower leg swelling. Discover what you can do to strengthen your respiratory and core muscles and learn specific breathing exercises.

Janet Popp, PT, MS, is a physical therapist, gerontologist, and service provider in the NM Developmental Disability Waiver Program. She chairs the New Mexico Adult Falls Prevention Coalition and is a member of a UNM research team studying a falls prevention program at the Pueblo of Zuni.

**Transitions of Care: What to Know When Leaving the Hospital & What Might Get Missed 153**

*Alexander DeRadke*

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

Join Alex DeRadke, DO, as he discusses the process of transitioning from the hospital to the home setting for patients and how the medical system is organized to account for that change. He covers the healthcare provider’s role in helping with these transitions, as well as what patients can do to set themselves up for success.

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 on dementia care and falls reduction.

**Brain Health Across the Lifespan: Lowering Dementia Risk** **154**

*Katarzyna Wilamowska*

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

Dementia risk can be influenced by lifestyle and health factors. Explore the 14 modifiable risk factors outlined by contemporary research and learn practical, evidence-based strategies for prevention, intervention, and care. Leave with everyday steps you can take to support memory, thinking skills, and overall brain health.

*See bio in class #148*

**Preventing Loss of Muscle for Healthy Aging** **155**

*Lauren Baier*

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

As we age, there is some loss of muscle mass that occurs. While this can be normal to an extent, losing so much muscle mass that we begin to have balance problems or have trouble getting out of a chair or off the floor can be dangerous and is not considered normal aging. Learn how to maintain and improve muscle mass as you age with a combination of exercise and nutrition.

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

*See also #199 Drugs: Where They Come from & How They are Approved*

**HISTORY & CULTURE**

**Native American Flutes** **156**

*Marlon Magdalena*

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

Flutes found in the Americas, and more specifically in North America, have been in use for thousands of years. The “Native American flute” has helped grow the instrument’s popularity. This presentation discusses the history of these instruments and several different playing techniques used across multiple types of Native American flutes. It also features demonstrations of how these instruments are both created and played.

Marlon Magdalena is a Native American artist, educator, and performer from the Pueblo of Jemez in New Mexico. He performs with Native American-style flutes of his own making and some made by others. Magdalena is also the Instructional Coordinator at the Jemez Historic Site, where he educates the public about the Jemez People.

**Hobbes vs. Locke: Conflicting Views on 17th Century Politics** **157**

*Lizabeth Johnson*

**Friday** **Jun 5** **10:00 - 11:30**  
**Fee: \$15**  **Oasis**


In the mid-1600s, English political philosopher Thomas Hobbes wrote a work that argued in favor of an all-powerful monarchy. A few decades later, another English political philosopher, John Locke, wrote a work that offered a more democratic vision of how society should be governed, including restraints on monarchical power. This class focuses on the political ideas of both men as well as the historical events that shaped their beliefs.

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.

**US Nuclear Weapon Testing: A Brief History** **158**

Joel Karasik

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

This presentation examines key U.S. nuclear weapon tests in chronological order, focusing on those that represent major technological advances in weapon design. We also explore where these tests took place, testbed configurations, and briefly highlight the first nuclear weapon tests conducted by other nations.

Joel Karasik has over 30 years of applied radiation safety work with an emphasis on nuclear weapon effects. Between 1985 and 1992, Karasik participated in over 65 nuclear weapon tests at the Nevada Test Site. He is currently the senior health physics technical instructor at the Defense Nuclear Weapons School at Kirtland Air Force Base.

**Military Medicine: Dr. Daniel Appel on the NM Frontier** **159**

Naomi Sandweiss Willie


**Wednesday Jun 17 10:00 - 11:30**  
**Fee: \$15** 

Dr. Daniel Appel, a Jewish military doctor trained in PA, practiced medicine on the NM Frontier. From Ft Stanton, Appel witnessed and provided medical care during the Lincoln County War. Later, Appel oversaw Ft Bayard’s tuberculosis hospital, the first of its kind for the US military. Learn more about this fascinating individual and milieu.

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

**The Story of King David** **160**

Richard Field


**Thursday Jun 18 2:30 - 4:00**  
**Fee: \$15** 

How did a humble shepherd boy become king of ancient Israel? Why did this boy, supposedly chosen by God, have so many stumbles along the way? We explore the story of King David, a flawed but memorable monarch, whose troubled reign sowed the seed for the future dissolution of the kingdom.

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

**A History of the Tour de France** **161**

Scott Sharp

**Wednesday Jul 8 10:00 - 11:30**  
**Fee: \$15** 




Each July, about 200 professional cyclists join a three-week bike race around France. This grueling test of physical endurance and strategy pits racers against incredible mountain climbs, harrowing downhills, and elbow to elbow sprints. Hear the story of how Le Tour began as an attempt to sell

newspapers and is now one of the largest sporting events in the world.

Scott Sharp has followed the Tour de France since American Greg Lemond won in 1986. Over the years, Sharp has followed the Tour's ascents and descents with fascination. A cyclist himself, Sharp often pretends that he is racing in Le Tour while pedaling around Albuquerque.

**Insight Into the Civil Rights Struggle: 1973 to Present** **162**

*Jim Lewis*

**Thursday Jul 9 10:00 - 11:30**  
**Fee: \$15** 

Civil rights and social justice developments from 1973 to the present reveal how the struggles of earlier decades continue to shape contemporary life. Topics include the Americans with Disabilities Act of 1991 and its enforcement, mass incarceration and efforts to reduce prison populations, immigration and deportation policy, and issues of sexual identity. Drawing on historical context and lived experience in civil rights work, Jim Lewis connects these developments to the present and the future now taking shape.

Jim Lewis has degrees from Yale, the University of Chicago Law School, and Duke. 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. He is now retired, living in Albuquerque, and active in the community.

**A Woven World: From African Baskets to Looms** **163**

*Cael Chappell*

**Tuesday Jul 14 12:30 - 2:00**  
**Fee: \$15** 

Basket weaving, a universal art form found around the globe, is a foundation of civilization dating back at least 25,000 years. Working raw fiber into

a shape and form that is both useful and beautiful is a paramount human experience. Learn some history of weaving, explore the world of African basketry, and hear about Cael Chappell's journey as a basketry artist, importer, loom weaver, and now owner of Albuquerque's only fiber arts center.

*See bio in class #112*

**The Celtic Diaspora: From Poverty to Prosperity** **164**

*Maya Sutton*

**Monday Jul 27 12:30 - 2:00**  
**Fee: \$15** 

People from Ireland, Scotland, and Wales experienced forced and voluntary emigration to parts of the British Empire. Since 1800, millions of Celts left their homelands. Many were forced out by political and religious oppression. Others fled poverty, famine, and crimes under British rule. How did these Celts survive and prosper?

Maya Sutton, PhD, is a dual citizen of the Republic of Ireland and the United States who has taught courses in Celtic mythology and history at UNM for ten years. Her Celtic courses emphasize her personal experience with each area, including access to authors, archives, and adventures. Sutton is a living part of the Celtic Diaspora.

**Beowulf: Ancient Text & Modern Inspiration** **165**

*Jennifer Bohnhoff*

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

*Beowulf* is an Old English epic poem written down sometime before 1000 AD and nearly lost to history. The story has inspired generations of modern writers. Learn about the history and content of the original manuscript, the language in which it was written, and how later authors and filmmakers have adapted it—including two writers who link the tale to Neanderthals. This illustrated

lecture features plenty of images and some surprising connections.

A native New Mexican with a BA from the University of New Mexico and an MA from New Mexico State University, Jennifer Bohnhoff spent her career teaching history throughout public schools in Albuquerque and Edgewood. She retired in 2021 and now writes award-winning historical fiction. Bohnhoff read *Beowulf* in its original language when she was a student at Oxford University's Centre for Renaissance and Medieval Studies.

### **In & Out of Hell with Dante** **166**

*Timothy Graham*

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

Dante Alighieri (1265-1321) was the greatest poet of the Middle Ages; *The Divine Comedy* was his masterpiece. Timothy Graham describes Dante's stormy political career, his love for the mysterious Beatrice, and his revolutionary new poetic technique. He analyzes the first canticle, which describes Dante's journey through the nine circles of Hell, guided by the Roman poet Virgil. The lecture is illustrated with slides of Gustave Doré's magnificent engravings.

Timothy Graham is a distinguished professor of history and a regents' professor in the College of Arts and Sciences at UNM. He served as director of the Institute for Medieval Studies 2002-2020, organizing the acclaimed annual Medieval Spring Lecture Series. He holds BA, MA, and PhD degrees from Cambridge and an MPhil from the Warburg Institute, University of London. He is the coauthor of *Introduction to Manuscript Studies*.

## LITERATURE

### **Austin Book Group** **167**

*Mary Bibeau*

**Tuesdays** **May 12 - Aug 11** **1:30 - 3:00**  
**Fee: \$12** **4 sessions**  **Oasis**

The Austin Book Group meets on the second Tuesday of each month and newcomers are always welcome. Book selections are: May 12- *The Wedding People* by Alison Espach; June 9- *Conquests and Cultures* by Thomas Sowell; July 14- *Mildred in Disguise* by Toni Kief; and August 11- *The Colfax County War* by Corey Recko. *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** **168**

*Merrie Courtright*

**Tuesdays** **May 19 - Aug 18** **10:00 - 11:30**  
**Fee: \$12** **4 sessions**  **Oasis**

The Summit Book Group meets on the third Tuesday of every month. Book selections are: May 19- *Anxious People* by Fredrik Backman; June 16- *Seven and a Half Lessons About the Brain* by Lisa Feldman Barrett; July 21- *Go As a River* by Shelley Read, and Aug 18- *Small Things Like These* by Claire Keegan. *Limited enrollment.*

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

### **Can You Write? Yes, You Can!** **169**

*Barb Greenberg*

**Wednesday** **May 20** **10:00 - 11:30**  
**Fee: \$15**  **Oasis**


Whether you write for yourself, for family and friends, or for a wider audience, storytelling can be both satisfying and practical. Barb Greenberg shares her writing journey while focusing on the

core elements of the writing process. Topics include getting started, developing characters, dialogue, plot, strategies for working through creative blocks, and revising with intention. The lecture also covers how to trust your intuition and seek effective feedback.

Award-winning author Barb Greenberg began writing in her 50s. Drawing on personal experience, her books remind readers of their courage, resilience, and the power of their voices. Greenberg earned a degree in English education, not out of devotion to grammar rules, but from a lifelong love of storytelling. Her work has been described as encouraging, comforting, and thought-provoking.

### How to Read a Poem 170

*Lance Ozier*


**Wednesday**      **May 27**      **10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Have you ever read a poem and wondered what the heck is going on? Or, as the poet T. S. Eliot once wrote, have you “had the experience but missed the meaning?” In this lecture, learn simple techniques, such as reading a poem out loud, looking up unfamiliar words, considering the title, and untangling complicated sentences, to help you better understand the poems you read.

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.

### Talk About Your Book 171

*Adam Fischler*

**Wednesdays**      **May 27 - Aug 19**      **12:30 - 2:00**  
**Fee: \$15**      **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 once a month to talk about the book you’ve read and listen to others describe the books they’ve read. Perhaps you might 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 memoir, nonfiction history, horror-western, sci-fi and literary fiction books. He reads almost anything, just as long as it is well written.

### Special Collections Library Tour 172


**Wednesday**      **Jul 1**      **10:30 - 12:00**  
**Fee: \$18**  **Special Collections Library**

The history of the Special Collections Library closely mirrors the history of Albuquerque itself. Built in 1925 as the city’s first public library, the building expanded over the decades alongside the city before serving as the Main Library until 1975, when the downtown “New Main” location was opened. This tour highlights distinctive architectural features, including Gustave Baumann’s signature over the door and a relief of Robert Louis Stevenson in the Center for the Book, along with selections from the library’s rich archival collections. *Limited enrollment.*

## MUSIC

### Singing the Show Tunes 173

*Irma Reeder & Scott Hooker*

**Tuesdays**      **May 19 - Aug 14**      **10:15 - 11:45**  
**Fee: \$70**      **14 sessions**  **Oasis**

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

performances at the end of the semester (7/28, 8/4, 8/11 offsite, and 8/14 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!

**Celebrating Rachmaninoff ZOOM 174**

*Dan Sherman*


**Thursday Jun 11 12:30 - 2:00**  
**Fee: \$15** 

Born into the Russian aristocracy, Sergei Rachmaninoff quickly showed gifts as a composer and as a pianist. He went on to a spectacular international career, often performing his own works, including piano concertos that are still popular today. This class reviews Rachmaninoff's life and career, demonstrating the range and richness of his work through recordings and his dazzling compositional style.

Dan Sherman is a retired economist with a PhD from Cornell who has spoken to many groups about theatre, film, classical music, and opera. He combines history, biography, and extensive performance excerpts in multimedia presentations. He has given numerous Oasis presentations nationally.

**The Art of Listening to Music 175**

*Daniel Cummings*

**Tuesday Jun 16 2:30 - 4:00**  
**Fee: \$15** 

Travel across the ages, sampling music of multiple styles and countries, while exploring the inner

workings of compositions. Dan Cummings is a composer and pianist who has written film scores, concertos, songs, and song cycles, and over one hundred arrangements of hymns and folk songs. Cummings' depth and breadth of knowledge empower the exploration of music's ability to cross cultural boundaries and help one gain a deeper understanding of our own humanity as experienced through the musical arts.

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

**How the Brazilians Revolutionized Jazz 176**

*Robert Lah & Linda Davidson*

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

In 1964, Brazilians dropped a musical bombshell on the American jazz world. "Bossa Nova" ("new beat") was introduced by a soft-spoken, charming amateur singer named Astrud Gilberto, accompanied by a brilliant American saxophonist and a retinue of Brazil's most accomplished musicians. It was a gigantic commercial success that pumped new life into an increasingly cerebral, but declining jazz scene. This program looks at the remarkable fusion of two musical cultures through discussion and performance by jazz pianist Robert Lah and jazz flutist Linda Davidson.

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, big bands, dance bands,

and symphonies. He is an experienced arranger and composer and performs locally with a variety of jazz groups. Linda Davidson is a well-known Albuquerque jazz flutist who leads Jazz To Go.

**Summer Sing Along 177**

*Irma Reeder & Scott Hooker*

**Thursday Jun 25 2:00 - 3:00**

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


Get ready for Independence Day by singing patriotic favorites, Americana, folk, and 60's and 70's pop. These songs take us back to summer picnics, parties, and parades, in celebration of the 4th of July. Reeder and Hooker lead this hour-long mini festival of fun and laughter

*See bio in class #173*

**Learn to Play the Irish Tin Whistle 178**

*Scott Reeder*

**Mondays Jul 13 & 20 2:00 - 4:00**

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

Use of the simple but beautiful six-hole penny whistle, also called an Irish whistle or tin whistle, began in the early nineteenth century. Learn how to play scales and tunes through demonstration, listening, and reading music or whistle fingering, along with basic techniques and embellishments that give the instrument its distinctive "Irish" sound. *No musical experience required. Printed materials provided. Buy an \$18 whistle on-site at the first class (cash or card), or bring your own whistle (required key of D).*

Multi-instrumentalist and vocalist Scott Reeder teaches hammered dulcimer, bowed psaltery, guitar, electric bass, Baroque recorder, Irish tin whistle, instrument amplification, and sound system design and operation. He and his wife's albums have listeners in 108 countries on six continents.

**Americana Sing Along with Banjos Etc. 179**

**Friday Aug 7 2:00 - 3:00**

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

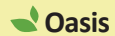
Do you love to sing? Join Banjos Etc. for a fun Friday concert and sing-along. As the band plays, join in the singing of your old-time Americana favorites such as "Ain't She Sweet," "You Are My Sunshine," "Home on the Range," and so many more. The nostalgic music and songs make for a cheery Friday afternoon.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

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

**FRIDAY PERFORMANCES**

**Jazz Traveler 180**


**Friday Jun 5 2:00 - 3:30**

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


Jazz Traveler takes listeners well beyond the usual jazz standards, offering a groove-driven sound that's made for toe tapping. Blending contemporary jazz, Brazilian favorites, a few classic standards, and even familiar TV and movie themes, the group draws on wide musical influences and life experience. Featuring music by Pat Metheny, George Benson, Herbie Hancock, Chick Corea, and more, Jazz Traveler delivers an energetic performance that welcomes jazz lovers and curious newcomers alike.

Jazz Traveler features four seasoned musicians with deep roots in jazz performance and education. Guitarist Chris Livingston is a UNM music graduate and respected multi-instrumentalist based in Placitas. Bassist Jack

Hanan studied at Cleveland State University and Berklee and toured with the Glenn Miller Orchestra. Drummer Wayne Johnson has worked with John Lewis and The Art of Jazz. Keyboardist George Kapalka, a Manhattan School of Music graduate, has performed with Ron Carter, Billy Hart, and others.


**Live Theater** **181**  
**Friday** **Jun 12** **2:00 - 3:30**  
**Fee: \$15**  **Oasis**

Theatre On the Go presents live performances of short, engaging plays by New Mexican playwrights featuring local actors. This summer's plays focus on the 250th anniversary of our nation. Each performance is immediately followed by a lively audience Q&A conversation with the director, cast, and playwright.

**A Band Named Sue** **182**  
*Adrien Lawyer*  
**Friday** **Jun 19** **2:00 - 3:30**  
**Fee: \$17**  **Oasis**


A Band Named Sue likes to call themselves Albuquerque's premier queer and trans country band. If others want to challenge that, they'd love to have a joint concert! Their lovely harmonies and inspirational instrumentals take you from tear-jerking ballads to romping dance tunes in an instant. Come prepared to sing and dance!

A Band Named Sue is a five-piece ensemble comprised of Adrien Lawyer, Beck Rivera, Carmela Starace, Dair Obenshain, and Persephone Wilson. Together, the group performs on violin, mandolin, bass, and guitar. Having played live on KUNM and at Festivals across Albuquerque, they're a true New Mexico band.

**The Adobe Brothers** **183**  
*Jimmy Abraham*  
**Friday** **Jul 10** **2:00 - 3:30**  
**Fee: \$17**  **Oasis**

The Adobe Brothers (Toby, Jacobi, Show-me, and Pierogi) perform a selection from their vast repertoire of bluegrass, old-time, Latin American, klezmer, folk, and original songs and tunes. For a high-energy, enjoyable Friday afternoon of the finest in acoustic music, come and judge for yourself—are they really identical quadruplets, or only fraternal?

The Adobe Brothers are: Show-me Adobe on banjo and vocals (who sometimes uses the pseudonym Dave Para); Pierogi Abode on bass (who plays his solid rhythm and dazzling solo flights in various other local bands under his nom de plunk, Terry Bluhm); Toby Adobe on violin and vocals (composer of many fine fiddle tunes who claims to be employed by UNM as Bruce Thomson); and on guitar, vocals and harmonica, Jacobi Adobe (whose portrait can be found in the post office, aka Jimmy Abraham).

**Oasis Entertainers** **184**  
*Irma Reeder & Scott Hooker*  
**Friday** **Aug 14** **2:00 - 3:00**  
**Fee: \$15**  **Oasis**

Each trimester, enthusiastic singers enroll in the "Singing in the Show Tunes" chorus group class. At the end of a fun and engaging time of rehearsal, this group presents an hour-long program for the Oasis community. Led by Irma Reeder and accompanied on piano by Scott Hooker, this close-knit community of musicians performs music from the stage and screen. All are invited to attend the latest trimester's musical adventure. Please note: no tickets will be sold at the door.

*See bio in class #173*

## PERSONAL ENRICHMENT

### Neuroplasticity for Vision & Balance: Decrease Falls & Improve Stability **185**

Athena Valerio-Hirschfeld

Wednesday May 13 10:00 - 11:30

Fee: \$15  Oasis

Back by popular demand. The visual and vestibular systems have their roots in the brain. Though they are thought to decline with age, focused attention can improve these systems. 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 #148

### Puzzles, Games, & Friends **186**

Fri May 15, Jun 19, Jul 17, & Aug 21 10:00 - 12:00

Fee: \$8 4 sessions  Oasis

Join other Oasis participants in playing games, building puzzles, and enjoying a fun time together. Oasis supplies some games, but feel free to bring a game to share. Participants are welcome to play the same game over and over or learn new games during the course of the trimester. A good time is guaranteed to be had by all!

### Tour of Winrock Town Center Park **187**

Bonita Plymale

Wednesday May 20 9:00 - 10:30

Fee: \$18  Winrock Town Center Park

Winrock Town Center Park is a hidden gem in Albuquerque's Uptown area, providing an urban wildlife refuge in the middle of a thriving shopping mall. Explore the walking paths that intertwine this 2.5-acre private park, which features a one-acre pond, an entertainment stage, a grassy lawn, and a children's play area. Learn the history of this carefully planned multi-use space, as well as the potential for future growth. *Limited enrollment.*

Bonita Plymale has worked as a volunteer landscape gardener at the new Winrock Town Center Park for over a year and is knowledgeable about what Winrock Park has to offer visitors. Living in Albuquerque since 1973, she still enjoys finding new adventures around the city and sharing them with others. A retired APS high school teacher, Plymale is also a walk leader in Oasis' Walking Albuquerque series.

### Brick Wall Strategies for Family History Research **188**

Philip Spivey

Thursday Jun 4 12:30 - 2:00

Fee: \$15  Oasis

Anyone researching a family tree eventually encounters a brick wall. As records grow scarcer the farther back you go, vital records and censuses may no longer provide answers. This lecture explores strategies for breaking through those barriers, including the use of DNA and indirect evidence to identify ancestors. It also introduces lesser-known record types that may open new paths for research.

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

### Oasis Trivia Contest A **189**

Todd Griffin

Monday Jun 1 10:00 - 11:30

Fee: \$12  Oasis

### Oasis Trivia Contest B **190**


Todd Griffin

Thursday Jun 4 10:00 - 11:30

Fee: \$12  Oasis


Back by popular demand, with all-new questions and a twist: teams! Four-person teams will vie for fabulous prizes. Individuals will be assigned to teams randomly, though groups of two, three, or four can be assigned to the same team on request. Test your knowledge in categories ranging from science and history to popular culture and entertainment. Arrive ready for fun and learning; leave armed with a plethora of little-known and utterly useless facts, suitable for amazing and annoying friends and family. *Limited enrollment. Classes A & B are exactly the same.*

Todd Griffin retired to New Mexico following a lengthy career in the aerospace business in California. He enjoys traveling, volunteering, exercising, and learning. In addition to taking many Oasis classes, he serves on the Oasis Board of Directors. Curious about nearly everything, he has collected a wealth of trivial and useless information.

**Take Me Out to the Ballgame** **191**  
**Monday** **Jun 15** **11:30 - 1:00**  
**Fee: \$18**  **Isotopes Park**

Summer means the American pastime: baseball! Here is your chance to go behind the scenes at Rio Grande Credit Union Stadium: home of your Albuquerque Isotopes. Experience a behind-the-scenes look at the dugout, batting cages, press booths, and more. *Limited enrollment.*

**International Backpacking:  
 A Journey Through Wales** **192**

*Terry Owen*  
**Friday** **Jun 19** **10:00 - 11:30**  
**Fee: \$15**  **Oasis**


Have you ever considered expanding your hiking or backpacking experiences to an international setting? Walking with a pack offers an unmatched way to understand a place and its people. This lecture follows Terry Owen's recent through-hiking journey across Wales and covers planning, logistics,

travel, and safety. Owen also shares vivid stories, photographs, and video from a landscape shaped by rugged coastlines, dragons, and castles.

Albuquerque Historical Society Board Member Terry Owen is a retired US Navy officer who served on submarines, submersibles, and surface combatant ships. Following his 20-year navy career, he worked at Sandia National Laboratories for 18 years. In his spare time, he volunteers as a mountain guide for Kirtland Air Force Base Outdoor Recreation and the Rio Grande Chapter of the Sierra Club.

*See also #208 Geocaching Around New Mexico*

**Experience the Adventure of a Lifetime  
 on a Long-Distance Walk** **193**

*David Ryan*  
**Thursday** **Jun 25** **10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Whether it is on the Camino de Santiago, Appalachian Trail, or another path, the lifestyle and experience of a long-distance walk can be the adventure of a lifetime. Since you may not always have the time for one, the decisions you make beforehand are crucial for your success. Learn what makes a long-distance walk special, how it differs from other types of walks, how to choose the experience that best suits your needs, what to carry, what to expect, and how to make it a success.

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

## Make a Difference as a Reading Mentor 194

Vicki DeVigne

Wednesday

Jul 15

12:30 - 1:30

FREE

 Oasis



*Photo courtesy of Horizons ABQ,  
an Oasis Intergenerational Tutoring Partner*

Oasis Intergenerational Tutoring pairs volunteers with children in grades K–3 to work one-on-one each week as their tutors, mentors, and friends. With your guidance and encouragement, children gain confidence, improve reading skills, and develop a more positive connection to school and learning. Join us to learn more about this exciting volunteer opportunity!

Vicki DeVigne is the program director of Oasis's Intergenerational Tutoring Program. Since joining Oasis in 2015, she has trained more than 1,000 volunteers and built partnerships with 65 elementary schools across Albuquerque, Belen, and Bernalillo. She oversees volunteer recruitment, training, and coordination, serves as the primary liaison with schools, and secures grant funding for tutoring resources. Under her leadership, the program has reached more than 2,600 elementary students.

## PHILOSOPHY, RELIGION, & SPIRITUALITY

### The Life & Theology of Bishop Desmond Tutu

195

Frank Yates

Monday

Jul 13

10:00 - 11:30

Fee: \$15

 Oasis

Bishop Desmond Tutu (1931–2021) was a spiritual leader in the Anglican Church of South Africa during the turbulent years of apartheid and the return of Nelson Mandela from prison. During Mandela's presidency, Tutu remained a central figure in the nation's Truth and Reconciliation process. Bearing witness to the love and justice of Jesus Christ, he played a key role in South Africa's transformation.

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

### The Gospels Side-by-Side

196

Scott Sharp

Monday

Aug 3

10:00 - 11:30

Fee: \$15

 Oasis

The Gospels of the Bible's New Testament—Matthew, Mark, Luke, and John—describe the ministry of Jesus. Each of these Gospels tells the story from a different perspective with various points of emphasis. Where do the Gospels overlap and align? Where do they differ? How do the dates of authorship reflect different parts of Jesus' ministry? Explore these questions and more.

Before becoming the Executive Director of Oasis, Scott Sharp was a United Methodist minister serving in campus ministry, church, and denominational foundation settings. He holds degrees in education and theology from Oklahoma State University, Phillips Theological Seminary, and St. Paul's School of Theology.

**Socrates's Final Days** 197

*George Leone*

**Thursday** **Aug 13** **2:30 - 4:00**

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

Known as the philosopher's philosopher, Socrates serves as an exemplar of wisdom and virtue. During his final days, his attitude toward his accusers and the court stands out as a personal testimonial to character and virtue. In the face of injustice, Socrates retained his dignity and integrity as both a philosopher and a human. He provides strong reminders of what it means to be a true human, even in our times of crumbling democracy.

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*.

and experienced reptile educators. Both have professional training in herpetology and specialized training in venomous reptile handling through the Amphibian Foundation. Linzy Hargrove has professional experience as a veterinary technician, while Darius Hargrove brings more than a decade of hands-on reptile care. Together, they provide educational programs with a focus on safe interaction, conservation awareness, and reducing fear and misinformation about reptiles.

**Drugs: Where They Come from & How They are Approved** 199

*Elliott Ross*

**Thursday** **May 28** **10:00 - 11:30**

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

What is a drug, and how are drugs created or discovered? This lecture examines how potential drugs are evaluated, tested, and optimized, how they are approved for specific uses, and how they are prescribed and marketed. Learn about who makes these decisions and how those choices shape the drugs that ultimately reach patients.

Elliott Ross, PhD, is Professor Emeritus of Pharmacology at the University of Texas Southwestern Medical Center. He held the Greer Garson and E.E. Fogelson Distinguished Chair in Medical Research and served as Associate Dean for Basic Research and Research Integrity Officer. Ross has served on NIH study sections, scientific advisory boards, and editorial boards. His research focuses on how cells respond to drugs, hormones, and neurotransmitters.

**SCIENCE, MATH, & NATURE**

**The World of Scales & Shells** 198

*Darius & Linzy Hargrove*

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

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

Discover the world of reptiles: learn about their shared characteristics, classification, and major subgroups, and see a live boa up close. We examine what distinguishes each reptile order and highlight the ecological roles reptiles play in ecosystems around the world. From lizards and snakes to turtles and crocodylians, reptile diversity is placed within a broader biological context, showing why reptiles matter to environmental balance and biodiversity.

Darius and Linzy Hargrove are the founders of Albuquerque's first interactive reptile zoo

**Wildflower Identification Walk: Cienega Trail** 200

*Karen Griffin*

**Wednesday** **Jun 3** **10:00 - 11:30**

**Fee: \$15**  **Cienega Trail**

Join Karen Griffin and other wildflower identification volunteers for a walk to identify local wildflowers that are hopefully blooming in the Sandia Mountains. Take a leisurely stroll of

approximately two miles, frequently stopping to look at a wide variety of flowers. *The walk starts at 7500 feet with an elevation gain of about 200 feet. There is a \$5 parking fee. Restrooms available. Bring water and sun protection. Limited enrollment.*

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

**Parkitecture: Iconic Designs of America’s Best Idea**

**201**

*Alex Arnold*

**Wednesday Jun 17 2:30 - 4:00**  
**Fee: \$15** 


Join Ranger Alex Arnold on a journey to explore the early architecture that makes our National Parks iconic. Examining past examples of design and the theories that surround them, we explore the legacy they have left behind in today’s park design. See photos from some of the earliest National Parks and learn how their designs continue to shape visitors’ experiences, inspiring generations to appreciate their beauty.

Alex Arnold began volunteering with the National Park Service at 13 and spent years as a seasonal Interpretive Park Ranger at the Chesapeake and Ohio Canal National Historical Park. He has BAs in history and parks and recreation management from California University of Pennsylvania. He has served as a ranger in parks throughout Pennsylvania, Kansas, Maryland, New Jersey, and New Mexico, including at the Salinas Pueblo Missions. Arnold is currently a ranger at Valles Caldera National Preserve.

**Lessons in Biology from Sandhill Cranes**

**202**

*Christopher Witt*

**Monday Jun 29 12:30 - 2:00**  
**Fee: \$15** 



Sandhill Cranes are among New Mexico’s most iconic migratory birds. Explore what recent research reveals about their behavior, migration patterns, and habitat needs, and what those findings mean in the context of their seasonal presence along the Rio Grande. Highlights include wintering flocks in central New Mexico, spring migration routes, and the cranes’ distinctive calls and courtship dances that play a key role in pairing and long-distance travel.

Christopher Witt is a professor in the Department of Biology and curator of birds at the Museum of Southwestern Biology at the University of New Mexico. His lab studies the evolution, ecology, and conservation of birds. He currently serves on the New Mexico Game Commission.

**Disease & Public Policy**

**203**

*Marilyn London*

**Tuesday Aug 18 12:30 - 2:00**  
**Fee: \$15** 


How do public policy decisions impact the treatment and spread of disease? The effects of diseases on human populations from prehistoric times through the present are examined alongside

public perceptions of disease and major scientific breakthroughs in treatment and prevention. The ways that politics and public health policies enhance or impede progress in disease treatment are also explored, with particular attention to viral and bacterial diseases and their impact on society.

Marilyn London is an Assistant Research Professor at the University of Maryland. She earned her MA from the University of New Mexico. Her career has included teaching at UMD and George Washington University, as well as working as a hospital epidemiologist. 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.

**Does “Ruff” Weather Bug You? 204**

*Deirdre Kann*

**Wednesday Jul 29 10:00 - 11:30**  
**Fee: \$15**  **Oasis**


Might bugs in your garden know more about the weather forecast than your local meteorologist? Do cows and squirrels know when storms are coming? Can woolly caterpillars provide an accurate winter outlook? This lecture explores how animals can anticipate changes in the weather due to biological sensitivities that differ from those of humans, and whether animal behavior should replace NWS weather forecasts.

Deirdre Kann has a BS in mathematics and a PhD in atmospheric sciences from Purdue University. She worked for various agencies within the National Oceanic and Atmospheric Administration (NOAA) for 30 years, including 23 years as the Science & Operations Officer at the Albuquerque National Weather Service. Now retired, she enjoys public speaking and keeping her eyes on the sky.

**SOUTHWEST**

**New Mexico in 1776 205**

*Matthew Barbour*


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

As the United States approaches its 250th anniversary, this lecture invites reflection not only on the nation’s founding but on New Mexico’s distinct and much longer history. In 1776, the Province of New Mexico followed a very different path from the English colonies that would form the Republic. As a remote outpost of New Spain, New Mexico faced ongoing Indigenous resistance, economic decline, and limited access to trade. Explore life in New Mexico in 1776 to understand how these conditions continue to shape the state today.

Matthew Barbour holds both a BA and MA in anthropology from the University of New Mexico and has worked for the New Mexico Department of Cultural Affairs since 2002. Currently, Barbour is the deputy director of New Mexico Historic Sites. He has published over 200 non-fiction articles and monographs, and has twice been awarded the City of Santa Fe Heritage Preservation Award for Excellence in Archaeology.

**Aprons Away: Women’s Work on Route 66 ZOOM 206**

*Cheryl Eichar Jett*

**Monday Jun 8 10:00 - 11:30**  
**Fee: \$15**  **Zoom**

We’ve all heard of Route 66, but did you ever stop to think of all the women who worked along the 2,448-mile length of the most famous highway in the world? They pumped gas, ran for office, painted murals, joined the military, reported news, and designed buildings, theme parks, rockets, and toys. Just in time for this year’s 100th anniversary of

the iconic Mother Road, author Cheryl Eichar Jett examines the myriad roles women played along Route 66.


Cheryl Eichar Jett is an American author, playwright, and journalist with seven previous books, including *Route 66 in Illinois*, and hundreds of published articles. Known for her Route 66 and travel writing for Arcadia Publishing, *Quarto*, and *ROUTE Magazine*, she earned a graduate degree in history from Southern Illinois University. Her presentation for the Route 66 Centennial year is based on her new book *Aprons Away: Women's Work on Route 66*.

**Albuquerque's Roman Catholic Heritage** **207**  
*John Taylor*  
**Thursday Jun 18 10:00 - 11:30**  
**Fee: \$15** 



The Roman Catholic Church has a long and storied history in the greater Albuquerque area, starting in 1540 with the arrival of the Coronado expedition and growing into more than 100 parishes, missions, and other institutions across the city. Explore the development of parishes from as far north as Bernalillo to Isleta in the south. Of particular interest are those parishes that started out as missions and evolved into full-fledged mother churches.

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 New Mexico history, soccer science, and naval history.

**Geocaching Around Albuquerque** **208**  
*Paul Parmentier*  
**Wednesday Jun 24 10:00 - 11:30**  
**Fee: \$15** 

Treasure hunting in your neighborhood! Geocaching is an outdoor hobby that uses your smartphone to lead you to hidden "caches" tucked away in local parks, along bosque trails, under bridges, and near familiar buildings across the city. Learn how the geocaching app works, how your phone guides you to each location, and what you might find inside a cache. We'll also cover the different types of caches you can search for. There are more than 200 geocaches hidden throughout Albuquerque, waiting to be discovered. *Before the class, it is recommended to sign up for a free account at [geocaching.com](http://geocaching.com) and download the app on your smartphone.*

Paul Parmentier is a retired geologist living in Los Lunas. After graduating from the University of Brussels in Belgium and Kyushu University in Japan, he spent thirty years practicing environmental geology in California and an additional five years conducting geothermal exploration in the United States, Alaska, and Japan.

**Life Before Coronado: Ancient Gisewa 209***Marlon Magdalena***Wednesday Jul 1 10:00 - 11:30****Fee: \$15**  **Oasis**

The people of the American Southwest have a rich cultural heritage that dates back thousands of years. This presentation focuses on the ancient people from the Pueblo of Gisewa, and muses on how life would have been in the distant past before the arrival of the Spanish. The usage and meaning of artifacts and replicas are examined from the perspective of a direct descendant of the Jemez people who once lived at Gisewa.

*See bio in class #156***Kuaua Pueblo: Life in the Middle Rio Grande Valley****211***Joseph Tackes***Tuesday Jul 28 10:00 - 11:30****Fee: \$15**  **Oasis**

Kuaua, a once populous pueblo located near the town of Bernalillo, New Mexico, has provided incredible insight into the developments in the Middle Rio Grande Valley, both before and after European contact. Learn about the archaeology of the village and how it has shaped our understanding of this New Mexico region.

Joseph Tackes has been an interpretive ranger with New Mexico Historic Sites for three years. He started at Los Luceros in 2022 and now works at Coronado Historic Site at Kuaua Pueblo in Bernalillo. An avid history lover, Tackes enjoys sharing this passion with visitors via guided tours. Prior to coming to New Mexico, he spent six years abroad as an ESL instructor in Spain, Costa Rica, Honduras, and Peru.

**Route 66 Trivia****212***Roland Penttila***Wednesday Aug 19 10:00 - 11:30****Fee: \$15**  **Oasis**

Uncover the buried treasure of Route 66 history with Roland Penttila. This trip down memory lane begins with the road's inception in 1926 and takes you through the its eventual slow decline in the 1980s in a fun trivia-like format. Get ready to cruise!


Roland Penttila is a retired civil engineer who moved to New Mexico in 1998 to work on the NM44 highway project. While in New Mexico, he met his wife Peggy and has lived in the Land of Enchantment for 28 years. His hobbies are photography and history. Roland is a member of the New Mexico Route 66 Alliance and lives in Albuquerque. Penttila is also a member of the New Mexico Route 66 Alliance

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

## TECHNOLOGY

### Using Chatbots Wisely **213**

*Kenneth Ingham*

**Monday Jun 15 2:30 - 4:00**  
**Fee: \$15**  **Oasis**

Curious about chatbots like Chat GPT but not sure how they really work? Explore what they are, what they can do, and how they can be useful. Learn how they can help with everyday tasks like writing and summarizing, as well as their limits and mistakes they can make. Gain insight into privacy and security issues, discover simple ways to double-check results, and ask questions!

Kenneth Ingham has a PhD in computer science, with research focused on cybersecurity. He works with organizations on cybersecurity governance, risk, and compliance (GRC). He served on the City of Albuquerque's AI Policy working group, and his work addresses AI risk assessment and management.

### Exploring the Creative AI Universe **214**

*Chuck Webster*

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

Look beyond chatbots to explore the wider world of generative AI, including tools that create images, music, voices, video, and computer code. Through demonstrations, discussion, and light philosophical reflection, we'll compare how different systems generate content, what they do well, where they fall short, and how these technologies are reshaping creativity and work. No technical background is required, but do bring curiosity and a willingness to be occasionally puzzled.

Charles Webster, MD, MSIE, MSIS, has spent decades exploring the crossroads of people, machines, and ideas. Trained in engineering, business, artificial intelligence, cognitive science,


and medicine, he brings technical insight and human perspective to today's AI revolution.

Lifelong explainer and enthusiast, Webster makes complex ideas approachable and fun for learners ready to laugh, question, and imagine where AI might take us next.

## MOVEMENT & EXERCISE


### Tai Chi for Arthritis & Fall Prevention A **215**

*Ilene Dunn*

**Tues & Thurs May 7 - Jun 30 2:30 - 3:30**  
**FREE 16 sessions**  **Oasis**

### Tai Chi for Arthritis & Fall Prevention A **ZOOM 216**

*Ilene Dunn*

**Tues & Thurs May 7 - Jun 30 2:30 - 3:30**  
**FREE 16 sessions**  **Zoom**

### Tai Chi for Arthritis & Fall Prevention B **217**

*Ilene Dunn*

**Tues & Thurs Jul 7 - Aug 27 2:30 - 3:30**  
**FREE 16 sessions**  **Oasis**

### Tai Chi for Arthritis & Fall Prevention B **ZOOM 218**


*Ilene Dunn*

**Tues & Thurs Jul 7 - Aug 27 2:30 - 3:30**  
**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. *Please be sure to attend if you register for this class—our ability*

to offer this program for FREE depends on your participation! If you attend at least 12 of the 16 sessions, you will receive a \$10 Oasis credit. Limited enrollment. Classes A & B are exactly the same.

Ilene Dunn is a certified personal trainer, specializing in senior fitness and the maintenance of strength, balance, and an active lifestyle. She loves to exercise and is a certified instructor in various programs, including Tai Chi for Arthritis and Falls Prevention, Tai Ji Quan: Moving for Better Balance®, On the Move®, and Fit & Strong!®. She is a Matter of Balance Master Trainer.

**Tai Ji Quan:  
Moving for Better Balance® A** **219**  
*Cindy Russell*  
**Mon & Wed May 11 - Jun 29;  
& Fri 5/29, 6/26** **1:00 - 2:00**  
**FREE** **16 sessions**  **Oasis**


**Tai Ji Quan:  
Moving for Better Balance® B** **220**  
*Cindy Russell*  
**Mon & Wed Jul 6 - Aug 26** **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 are performed 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. *Please be sure to attend if you register for this class—our ability to offer this program for FREE depends on your attendance! If you attend at least 12 of the 16 sessions, you will receive a \$10 Oasis credit. Limited enrollment. Classes A & B are exactly the same.*

Cindy Russell became a personal trainer after many years in business and finance. She has a BA in Human and Community Services and is an ACSM-


certified personal trainer, ACE-certified group instructor, health coach, and 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.

**Balancing Life Through  
Balancing the Spine** **221**  
*Julieann Neely*

**Thursdays May 21 - Jun 11** **1:00 - 2:15**  
**Fee: \$36** **4 sessions**  **Oasis**  
The body, mind, and soul function together in synergistic connection for optimal well-being. Learn how moving efficiently in the seven planes of spinal movement can free up locked movement, negative mind patterns, and sluggish organ energies. Engage in pleasurable movement rhythm and be well in a joyful grace and freedom. *Movements done seated, standing, and/or lying down with seated-only options available. Bring a mat/blanket. Limited enrollment.*

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

**Foam Rolling for Health** **222**  
*Athena Valerio-Hirschfeld*

**Wednesdays May 27 & Jun 3** **11:00 - 12:00**  
**Fee: \$20** **2 sessions**  **Oasis**  
The stress and strain of daily life can take a toll. Previous injury, pain, and posture issues can have adverse bodily effects. These can cause imbalances, both small and large, leading to further pain, discomfort, or aches. Using foam rollers, elongate and release muscle tissues to correct these imbalances. Join this fun and informative class, and leave feeling relaxed and restored. *Please bring your own foam roller and yoga mat or blanket. Limited enrollment.*

*See bio in class #148*

**Fit & Strong!® 223**

Ilene Dunn

**Mon & Wed Jun 10 - Aug 31 2:30 - 4:00**

**Fee: \$48 24 sessions Oasis**

Join Ilene Dunn for this new, evidence-based program designed to help you manage arthritis by building strength, improving balance, and staying active. Each class consists of 60 minutes of gentle flexibility, low-impact cardio, and lower body strengthening, followed by 30 minutes of practical health education and guided discussion. Topics include arthritis pain, bone health, stress management, falls prevention, overcoming common barriers to exercise, and more. You'll leave with a personalized plan to stay active and progress, long after the program ends. *Limited enrollment.*

See bio in class #218

**Using Qigong to Energize Your Lower Body 224**

Marcia Pincus

**Tuesdays Jun 16 - Jul 14 1:00 - 2:00**

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

Bring your lower body to life! Fundamental qigong exercises increase awareness and qi (the life force) in the feet, knees, and legs. Practice foot exercises that support better stepping, improve balance, and boost circulation back to the heart. We also discuss and practice knee exercises that lubricate the joints and encourage proper alignment for lasting joint health. *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.

**Chair Yoga: Stretching, Strength, & Balance 225**

Sharon Jonas

**Thursdays Jul 9 - Jul 23 11:00 - 12:00**

**Fee: \$30 3 sessions Oasis**

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, or using a chair. You don't need to be "flexible" to do yoga. Classes are for all levels, with modifications as needed. Yoga is a great complement to other activities and helps improve postural strength and awareness, reduces fall risk, and improves breathing and circulation. *No yoga experience is necessary. Wear stable shoes or go barefoot; bring your yoga mat and, if you have them, yoga blocks and straps/bands. Limited enrollment.*

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

**Yoga for Better Sleep 226**

Gloria Drayer

**Wednesday Jul 29 10:00 - 11:15**

**Fee: \$12 Oasis**

Do you have difficulty falling and staying asleep at night or feeling rested in the morning? Yoga can help. Gentle yoga before bed can ease your mind and reduce tension. Learn some simple yoga and breathing techniques to help you sleep better. *No yoga experience is necessary. We will be lying down to practice several of these techniques, but seated variations are available. Please bring a yoga mat. Limited enrollment.*

Gloria Drayer is known for the intuition, empathy, and compassion she brings to her role as a certified 500-hour Kripalu yoga instructor. She has been teaching 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*.

**Yoga for Healthy Joints** **227**

Gloria Drayer

**Wednesday** **Aug 5** **10:00 - 11:15**

**Fee: \$12** 🌿 Oasis



Back by popular demand. Achy joints? Learn and practice poses that lubricate joints by stimulating synovial fluid release and strengthening the muscles supporting them—both key ingredients for maintaining joint health. Gloria Drayer adapts the poses to fit your individual needs. *No yoga experience is necessary. Bring a mat if you wish to do the poses on the floor; otherwise, they can be done standing or in a chair. Limited enrollment.*

See bio in class #226

**Yoga for a Happy Back** **228**

Gloria Drayer

**Wednesday** **Aug 12** **10:00 - 11:15**

**Fee: \$12** 🌿 Oasis

This yoga session is for anyone who has, or has had, back pain. This is a gentle yoga practice using posture to strengthen and support your back,

which is done standing, with chairs, and some on the floor. The postures can also be modified and done at home on a bed. A handout is provided to help maintain a healthy practice at home to reduce and prevent back pain. *No yoga experience is necessary. This is not suitable for those with severe, acute back pain. Limited enrollment.*

See bio in class #226

**WALKS, HIKES, & RIDES**

**Golden Open Space Hike** **229**

David Ryan

**Tuesday** **May 19** **8:30 - 10:30**

**Fee: \$18** 👟 Golden Open Space

Sitting at the north end of the east side of the Sandias is a section of City of Albuquerque Open Space land. Recently developed trails now make it possible to explore this striking landscape. The hike begins in pinyon-juniper grassland and, after about a half mile, reaches the rim of a broad, multi-colored canyon resembling a smaller version of the Grand Canyon. The route follows the rim, descends into the canyon to view its vivid, twisted formations, and returns by a different trail. *Note: This is a moderate 3.5-mile hike with limited shade. Make sure you have sturdy hiking footwear, a hat, sunscreen, and water. Feel free to bring a light snack. A walking stick is highly recommended. No restrooms available. Limited enrollment.*

See bio in class #193

**David Canyon Hike** **230**

David Ryan

**Thursday** **May 21** **8:30 - 10:30**

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

With wonderful views of the Manzano Mountains and the ponderosa parkland at the bottom of David Canyon, this hike is reminiscent of the Flagstaff area and not to be missed. In addition to the

spectacular scenery, this area has plenty of birds to enjoy. *Our hike is approximately 3.3 miles with a total elevation descent and gain of around 400 feet. This is a moderate trail. Make sure you have sturdy hiking footwear, a hat, sunscreen, and water. No restrooms available. Limited enrollment.*

See bio in class #193

### **Sandia Mountain Front Landscapes: A Guided Walk** **231**

Les McFadden

**Tuesday** **May 26** **9:00 - 11:00**  
**Fee: \$18**  **Elena Gallegos Open Space**

The landscapes of the east-facing Sandia Mountain front include landforms such as alluvial fans, stream terraces, pediments, corestone-dominated hillslopes, ephemeral streams, and different soil types. Their genesis and evolution reflect the geologic evolution of the Rio Grande Rift, one of the world's deepest continental rifts, as well as global climate changes. *This is a moderately strenuous guided hike on selected trails in the Elena Gallegos Open Space. There is limited shade. Wear sturdy boots, a broad-brimmed hat, sunscreen, and bring water. There is a \$1 parking fee. Limited enrollment.*

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

### **Balloon Museum by Bike** **232**

Lance Chilton

**Friday** **Jun 5** **8:30 - 11:30**  
**Fee: \$20**  **Canteen Brewhouse**

Join Lance Chilton, Oasis' bike ride leader in residence, for a leisurely Friday morning ride. The route is almost completely flat, paved, and away from vehicular traffic. This ride offers a chance to visit the Balloon Museum at the turn-around point. *All riders are expected to stay with the group. Please wear ride appropriate clothing and a bike helmet. Bring your own water to drink on the ride. Limited enrollment.*

Lance Chilton is a lifelong cyclist, who developed many of the biking maps and routes you find for Albuquerque, including those on the city's website. Now retired from a career in pediatrics, you can find Chilton on one of his daily bike rides around the city, particularly along the Bosque.

### **Sandia Mountain Ecology & Hike** **233**

Fiana Shapiro

**Wednesday** **Jun 10** **9:00 - 12:00**  
**Fee: \$18**  **SMNHC**

Take a two-mile nature hike, including a 300-foot elevation gain, at the Sandia Mountain Natural History Center (SMNHC), with naturalists. Explore the ecology of the Sandias and how all the different parts work together. Staff discuss the scientific research happening at the Center and how that science helps us better understand the complex nature of the Sandia Mountain ecosystem. *Optional: bring a sack lunch to enjoy at the center following the hike. Not handicap accessible; strenuous hike at a high elevation on a rocky trail. Limited enrollment.*

Fiana Shapiro is an environmental educator and instructional coordinator with the SMNHC, employed by the New Mexico Museum of Natural History & Science. She has a degree in environmental studies from Northeastern Illinois

University. Shapiro has worked as a wildlife field technician, environmental educator, and national park ranger all over the US.

## 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 and LVL residents can pre-register online at either [LaVidaLlena.org/oasis](http://LaVidaLlena.org/oasis) or [NeighborhoodRioRancho.org/oasis](http://NeighborhoodRioRancho.org/oasis)

### NIRR - Unlock Your Family History with AI 234

*Philip Spivey*

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

Artificial intelligence is transforming the way genealogists approach family history research. In this session, discover how AI tools can save time, enhance analysis, and open new doors for solving complex research challenges. From transcribing old records to organizing DNA evidence, AI offers practical assistance at every step. Learn strategies, real-world examples, and best practices to integrate AI into your own genealogy work and unlock hidden stories in your family tree.

*See bio in class #188*

### NIRR - Virtual New Zealand Wildlife Tour 235

*Lane Kirkpatrick*

**Monday** **Jun 8** **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 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 to New Zealand, 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 program *New Mexico's Environment*.

### NIRR - From Mythology to History 236

*Maya Sutton*

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

Mythology consists of sacred legends that explain the origins of life and the world. It offers guidance through stories of deities and heroic people. These narratives are embedded in respected rituals and traditions. Over thousands of years, Western cultures have shifted from mythology to history, using factual sources, archaeology, and written records to reconstruct the past. History shows that change and progress have consequences. What has been lost and what has been gained?

*See bio in class #164*

### NIRR - The Crash of TWA Flight 260, 70 Years Later 237

*Terry Owen*

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

On February 19, 1955, at 7:03 a.m., TWA flight 260 received permission to take off from the Albuquerque airport and vector toward Santa Fe for its next stop. At 7:13, TWA Flight 260 crashed into the Sandias, killing all 13 passengers and three crew members. Hear the story of what happened and

why, through archival and recent photos, as well as drone video of the site as it is today.

*See bio in class #192*

### **LVL - Train Ride Across New Mexico in 1943** **238**

*John Taylor*


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

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. *Limited enrollment.*

*See bio in class #207*

### **LVL - An Ironman Journey** **239**

*Scott Sharp*

**Thursday**                      **Jun 18**                      **3:00 - 4:30**  
**Fee: \$6**     **La Vida Llena**

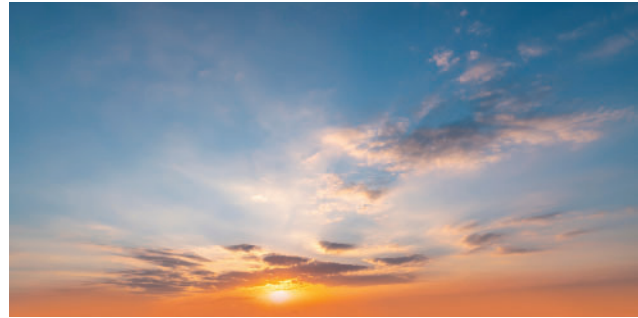
Considered to be one of the toughest single-day athletic challenges, an Ironman distance triathlon consists of a 2.4-mile swim, a 112-mile bike leg, and a 26.2-mile run. All of this must be completed in under 17 hours. Hear the story of one person's journey of preparing for an Ironman, competing in the race, and the takeaways from the experience. Arrive curious and leave inspired. *Limited enrollment.*

Scott Sharp is the executive director of Albuquerque Oasis. A life-long cyclist, Sharp was inspired to compete in the Ironman following a series of injuries and illnesses in his early 40's. In addition to his administrative roles at Oasis, he loves to teach and does so several times a term.

### **LVL - The Sky's the Limit** **240**

*Deirdre Kann*

**Thursday**                      **Jul 16**                      **3:00 - 4:30**  
**Fee: \$6**     **La Vida Llena**



Since the last Oasis lecture on clouds, maybe you're spending more time sky gazing. If so, you've likely found out that there is more to see than clouds. Ice crystals, water droplets, plasma, and charged particles are responsible for several other unique and colorful phenomena explored in this talk, including rare clouds, atmospheric optics, and electrical features. When you keep looking up, there's no end to what you may see. *Limited enrollment.*

*See bio in class #204*

### **LVL - Inside the Civil Rights Movement, 1965-1973** **241**

*Jim Lewis*

**Thursday**                      **Aug 20**                      **3:00 - 4:30**  
**Fee: \$6**     **La Vida Llena**

The civil rights movement in Mississippi during the late 1960s and early 1970s centered on securing voting rights through the Voting Rights Act of 1965, advancing school desegregation, expanding economic opportunity, pursuing justice in its many forms, and resisting ongoing white violence. Jim Lewis, former civil rights lawyer and activist in Mississippi from 1965 to 1973, reflects on these struggles and shares the "real-world" education he gained during this transformative decade. *Limited enrollment.*

*See bio in class #162*

## Off-Site Class Locations

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

### **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.

### **Celina's Biscochitos**

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

### **Canteen Brewhouse**

Located just west of the intersection of Aztec RD NE and Stanford DR NE, Canteen Brewhouse is located at 2381 Aztec RD NE. The bike ride will start here.

### **Cienega Trail**

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

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

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

### **Elena Gallegos Open Space**

To access the park from I-40, exit onto Tramway north. After the Academy Road traffic light, turn right onto Simms Park Road. Travel east to the Information Center and turn right. Follow the road up and then curve to the left. Look for a payment kiosk on the right-hand side of the road. Park in the large dirt parking lot a short distance beyond the kiosk. Do not leave valuables in your vehicle. Parking Fee is \$1.

### **Enchanted Farms Mushrooms**

Located at 609 Broadway Blvd NE Albuquerque, in the WESST Enterprise Center.

### **Fiber Arts on 4th**

Located at 6463 4th Street NW in Albuquerque's North Valley on the west side of 4th Street, approximately 1/2 mile north of Montañó Road.

### **Golden Open Space**

From I-40 East, take exit 175 toward Cedar Crest. Go 6.9 miles north on NM14. Turn left on La Madera Road. Follow La Madera Road as it twists and turns all the way to Golden Open Space. At 5.0 miles there is a three-way stop sign, La Madera turns to the right and continues as a paved road. The pavement ends in around 2.2 miles. Continue 2.1 more miles on the unpaved road to the Golden Open Space parking area on the right.

### **Greeshoes 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.

### **Isotopes Park**

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

### **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.

### **Neighborhood in Rio Rancho**

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

### **Roadrunner Food Bank**

Located at 5840 Office Blvd NE.

### **Sandia Mountain Natural History Center (SMNHC)**

Located at 60 Columbine Lane, Cedar Crest. Take I-40 East to Exit 175 (Cedar Crest). Follow highway 14 north into Cedar Crest. Approximately 3 miles from I-40, turn left onto Columbine Lane.

Columbine lane is right after the tattoo shop on the left. If you pass Talking Talons thrift shop, you've gone a bit too far. Follow Columbine approximately 1/2 mile to the Center. Columbine Lane ends at the Center. 505-281-5259

### **Saranam West Campus**

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

### **Special Collections Library**

Located at 423 Central Ave NE. Metered parking available on Edith NE. Carpooling recommended. Double-check before leaving your vehicle to verify the block/space is not permit only.

### **UNM Ortho in Rio Rancho**

Located at 3200 Broadmoor Blvd NE, Rio Rancho—adjacent to UNM's Sandoval Regional

Medical Center. Arrive at the building and enter via the Main Entrance on the east side of the building.

### **Winrock Town Center Park**

Located at 2100 Louisiana Blvd NE, Albuquerque. Winrock Town Center Park is directly west of Regal Winrock movie theater. Turn west off Pennsylvania Ave, NE, at the stoplight located several blocks south of Indian School Road NE, and make a jog left around the back of the movie theater. Meet at the far west end of the parking area in front of the theater.

## **COMMUNITY PARTNERS**



**Thank you, Oasis Volunteer Reading Mentors, for another fabulous year! Each time you meet with a student, you help develop language and build vocabulary; you promote oral communication, motivation, success, and the enjoyment of reading; and your support increases confidence and self-esteem in the young scholars you mentor. We appreciate the enthusiasm, humor, patience, flexibility, and compassion that you bring to your mentoring sessions along with your time and dedication. You are making a difference, one hour at a time, one student at a time. Thank YOU!**

**During this 2025 & 2026 school year, our team of 370 volunteer reading mentors supported approximately 500 kindergarten through 5th grade students in 60 elementary schools. You contributed over 16,000 volunteer hours.**

**Thank you also to our grant funders and individual donors who so generously support our program and our mission to help young scholars develop a love of literacy and learning.**

**With joy and gratitude,**

**Vicki DeVigne,  
ABQ Oasis Intergenerational Tutoring Program Director**

Kathleen Adam  
Carmen Alderete  
Leslie Alperin  
Marion Ammerman  
Jill Andersen  
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- 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.
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									1
<p>ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 44-45. Registration opens at 10:00am on Wednesday, May 6, 2026 at 10:00am and continues throughout the term.</p>									
4	5	6	7	8					
		REGISTRATION OPENS 10:00		215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30					
11	12	13	14	15					
219 Tai Ji Quan A 1:00-2:00 234 NIRR-AI Family History* 3:00-4:30	126 KOAT TV Tour* 10:30-12:00 167 Austin Book Group 1:30-3:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	185 Neuroplasticity 10:00-11:30 ART GALLERY OPENING 11:30-1:30 219 Tai Ji Quan A 1:00-2:00 132 Cooking Demo: Bones & Muscles 1:30-3:30	142 Regrounding After Hospitalization 10:00-11:30 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30 117 Substance Abuse 2:30-4:00	186 Puzzles, Games, & Friends 10:00-12:00 133 Mindful Eating 1:00-2:30					
18	19	20	21	22					
198 Scales & Shells 10:00-11:30 101 Encaustic Art 1:00-3:00 219 Tai Ji Quan A 1:00-2:00	229 Golden Hike* 8:30-10:30 168 Summit Book Group 10:00-11:30 173 Singing the Show Tunes 10:15-11:45 143 Matter of Balance 1:00-3:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	187 Winrock Park Tour* 9:00-10:30 144 Overcoming Negative Thoughts 10:00-11:30 169 Can You Write? Yes, You Can! 10:00-11:30 145 Aging with Care ZM 12:30-1:30 219 Tai Ji Quan A 1:00-2:00	230 David Canyon Hike* 8:30-10:30 114 Natural Burial 10:00-11:30 143 Matter of Balance 1:00-3:00 221 Balancing the Spine 1:00-2:15 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30 238 LVL-Train Ride Across NM* 3:00-4:30	102 Decoupage Necklace 12:00-2:00 128 Far Out Film 12:30-2:00					
25	26	27	28	29					
Oasis Office Closed – Memorial Day	231 Sandia Mountain Walk* 9:00-11:00 173 Singing the Show Tunes 10:15-11:45 143 Matter of Balance 1:00-3:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	103 Greysheoes Studio Tour* 10:00-12:00 170 How to Read a Poem 10:00-11:30 222 Foam Rolling 11:00-12:00 171 Talk About Your Book 12:30-2:00 219 Tai Ji Quan A 1:00-2:00	199 Drugs 10:00-11:30 143 Matter of Balance 1:00-3:00 221 Balancing the Spine 1:00-2:15 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	115 Peace of Mind Seminar 10:00-11:30 104 Texture Mashup Collage 11:00-2:00 219 Tai Ji Quan A 1:00-2:00					

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	189 Trivia A 10:00-11:30 104 Texture Mashup Collage 11:00-2:00 219 Tai Ji Quan A 1:00-2:00	134 Roadrunner Food Bank* 10:00-11:30 173 Singing the Show Tunes 10:15-11:45 205 New Mexico in 1776 12:30-2:00 143 Matter of Balance 1:00-3:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	200 Wildflower Walk* 10:00-11:30 222 Foam Rolling 11:00-12:00 105 Vinyl Dot Mandala 1:00-3:30 219 Tai Ji Quan A 1:00-2:00 118 Heart Balm Lawsuits 2:30-4:00	190 Trivia B 10:00-11:30 146 UNM Orthopaedic Tour* 11:30-1:00 188 Family History Research 12:30-2:00 143 Matter of Balance 1:00-3:00 221 Balancing the Spine 1:00-2:15 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30 156 Native American Flutes 2:30-4:00	<b>5</b>	232 Balloon Museum by Bike* 8:30-11:30 157 Hobbes vs. Locke 10:00-11:30 180 Jazz Traveler 2:00-3:30			
<b>8</b>	158 History of Nuclear Testing 10:00-11:30 206 Route 66 Women ZM 10:00-11:30 219 Tai Ji Quan A 1:00-2:00 235 NIRR-New Zealand Wildlife* 3:00-4:30	173 Singing the Show Tunes 10:15-11:45 143 Matter of Balance 1:00-3:00 167 Austin Book Group 1:30-3:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	<b>10</b>	233 Sandia Mountain Hike* 9:00-12:00 219 Tai Ji Quan A 1:00-2:00 223 Fit & Strong 2:30-4:00	<b>11</b>	174 Rachmanninoff ZM 12:30-2:00 143 Matter of Balance 1:00-3:00 221 Balancing the Spine 1:00-2:15 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	<b>12</b>	106 Watercolor 10:00-12:00 181 Live Theater 2:00-3:30	
<b>15</b>	106 Watercolor 10:00-12:00 191 Isotopes Tour* 11:30-1:00 219 Tai Ji Quan A 1:00-2:00 223 Fit & Strong 2:30-4:00 213 Using Chatbots Wisely 2:30-4:00	168 Summit Book Group 10:00-11:30 173 Singing the Show Tunes 10:15-11:45 224 Qigong 1:00-2:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30 175 Listening to Music 2:30-4:00	<b>17</b>	107 Pastel Color Palette Workshop 9:00-12:00 159 Dr. Appel NM Frontier 10:00-11:30 219 Tai Ji Quan A 1:00-2:00 223 Fit & Strong 2:30-4:00 201 Parkitecture 2:30-4:00	<b>18</b>	107 Pastel Color Palette Workshop 9:00-12:00 207 Roman Catholic ABQ 10:00-11:30 160 King David 2:30-4:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30 239 LVL-Ironman Journey* 3:00-4:30	<b>19</b>	192 Backpacking Through Wales 10:00-11:30 186 Puzzles, Games, & Friends 10:00-12:00 182 A Band Named Sue 2:00-3:30	
<b>22</b>	147 Better Boundaries 10:00-11:30 219 Tai Ji Quan A 1:00-2:00 223 Fit & Strong 2:30-4:00	173 Singing the Show Tunes 10:15-11:45 176 Brazilian Jazz 12:30-2:00 224 Qigong 1:00-2:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	<b>24</b>	208 Geocaching in ABQ 10:00-11:30 171 Talk About Your Book 12:30-2:00 219 Tai Ji Quan A 1:00-2:00 223 Fit & Strong 2:30-4:00	<b>25</b>	193 Long Distance Walk 10:00-11:30 108 ABQ Museum: Route 66* 10:00-11:00 177 Summer Sing Along 2:00-3:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	<b>26</b>	129 Semper Fi Film 12:30-2:00 219 Tai Ji Quan A 1:00-2:00	
<b>29</b>	202 Sandhill Cranes 12:30-2:00 219 Tai Ji Quan A 1:00-2:00 223 Fit & Strong 2:30-4:00	173 Singing the Show Tunes 10:15-11:45 224 Qigong 1:00-2:00 215 Tai Chi Arthritis A 2:30-3:30 216 Tai Chi Arthritis A ZM 2:30-3:30	<b>30</b>						

ZM= Livestream via Zoom \*Off-Site Class. Please see the Off-site location directions on pages 44-45. Registration opens at 10:00am on Wednesday, May 6, 2026 at 10:00am and continues throughout the term.

Monday		Tuesday		Wednesday		Thursday		Friday	
				<b>1</b>		<b>2</b>		<b>3</b>	
	ZM= Livestream via Zoom *Off-Site Class. Please see the Off-site location directions on pages 44-45. Registration opens at 10:00am on Wednesday, May 6, 2026 at 10:00am and continues throughout the term.			209 Life Before Coronado 172 Library Tour* 223 Fit & Strong	10:00-11:30 10:30-12:00 2:30-4:00			Oasis Office Closed- Independence Day Observed	
<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>		<b>10</b>	
220 Tai Ji Quan B 223 Fit & Strong	1:00-2:0 2:30-4:00	173 Singing the Show Tunes 224 Qigong 148 Do Not Resuscitate 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:15-11:45 1:00-2:00 2:30-4:00 2:30-3:30 2:30-3:30	109 ABQ Museum: The Woods* 161 Tour de France 220 Tai Ji Quan B 223 Fit & Strong	10:00-11:00 10:00-11:30 1:00-2:00 2:30-4:00	162 Civil Rights: 1973 to Present 225 Chair Yoga 110 Glass & Ceramic Mandala 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:00-11:30 11:00-12:00 1:00-3:30 2:30-3:30	183 The Adobe Brothers	2:00-3:30
<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>		<b>17</b>	
195 Desmond Tutu 220 Tai Ji Quan B 178 Irish Tin Whistle 223 Fit & Strong 236 NIPRR-Mythology To History*	10:00-11:30 1:00-2:00 2:00-4:00 2:30-4:00 3:00-4:30	173 Singing the Show Tunes 163 Woven World 224 Qigong 167 Austin Book Group 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:15-11:45 12:30-2:00 1:00-2:00 1:30-3:00 2:30-3:30 2:30-3:30	194 Reading Mentorship 220 Tai Ji Quan B 223 Fit & Strong	12:30-1:30 1:00-2:00 2:30-4:00	111 Wreath Making 225 Chair Yoga 119 Supreme Court's Recent Term 120 Supreme Court's Recent Term ZM 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM 240 LVL-Sky's the Limit*	9:30-11:30 11:00-12:00 12:30-2:00 12:30-2:00 2:30-3:30 2:30-3:30 3:00-4:30	121 Oh, the Stories I've Heard! 186 Puzzles, Games, & Friends	10:00-11:30 10:00-12:00
<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>	
150 Forgiveness 220 Tai Ji Quan B 178 Irish Tin Whistle 223 Fit & Strong	10:00-11:30 1:00-2:00 2:00-4:00 2:30-4:00	168 Summit Book Group 173 Singing the Show Tunes 112 Paper Cord Baskets* 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:00-11:30 10:15-11:45 12:00-4:00 2:30-3:30 2:30-3:30	122 A Woman in the Law 171 Talk About Your Book 220 Tai Ji Quan B 223 Fit & Strong	10:00-11:30 12:30-2:00 1:00-2:00 2:30-4:00	225 Chair Yoga 149 Hearing Health is Brain Health 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	11:00-12:00 12:30-2:00 2:30-3:30 2:30-3:30	130 RUNNER Film	12:30-2:00
<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>			
151 Aging, Hearing, & Communication 164 Celtic Diaspora 220 Tai Ji Quan B 223 Fit & Strong	10:00-11:30 12:30-2:00 1:00-2:00 2:30-4:00	211 Kuaia Pueblo 173 Singing the Show Tunes* 137 Cooking Demo: Plant-Based Proteins 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:00-11:30 TBD 1:00-3:00 2:30-3:30 2:30-3:30	204 Ruff Weather 226 Yoga for Better Sleep 220 Tai Ji Quan B 223 Fit & Strong	10:00-11:30 10:00-11:15 1:00-2:00 2:30-4:00	152 Strengthening Respiratory Muscles 127 To Catch a Thief* 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:00-11:30 1:00-3:00 2:30-3:30 2:30-3:30		

Monday		Tuesday		Wednesday		Thursday		Friday		
<b>3</b>	196 The Gospels Side by Side 220 Tai Ji Quan B 138 Mushroom Tour A* 223 Fit & Strong	10:00-11:30 1:00-2:00 2:00-3:30 2:30-4:00	173 Singing the Show Tunes* 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM 153 Transitions of Care	TBD 2:30-3:30 2:30-3:30 2:30-4:00	5 227 Yoga for Joints 123 Christian Nationalism 220 Tai Ji Quan B 223 Fit & Strong	10:00-11:15 12:30-2:00 1:00-2:00 2:30-4:00	6 140 Biscochitos Workshop A* 165 Beowulf 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:00-11:30 10:00-11:30 2:30-3:30 2:30-3:30	7 154 Lower Dementia Risk 179 Banjo Sing Along	10:00-11:30 2:00-3:00
<b>10</b>	135 Cooking Demo: Herbs & Spices 124 Saranam West Campus Tour* 220 Tai Ji Quan B 139 Mushroom Tour B* 223 Fit & Strong 237 NIRR-TWA Flight 260*	10:00-12:00 12:30-2:00 1:00-2:00 2:00-3:30 2:30-4:00 3:00-4:30	116 Social Security 173 Singing the Show Tunes* 167 Austin Book Group 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:00-11:30 TBD 1:30-3:00 2:30-3:30 2:30-3:30	12 228 Yoga for a Happy Back 166 In & Out of Hell with Dante 220 Tai Ji Quan B 223 Fit & Strong 155 Preventing Loss of Muscle	10:00-11:15 12:30-2:00 1:00-2:00 2:30-4:00 2:30-4:00	13 141 Biscochitos Workshop B* 197 Socrates 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:00-11:30 2:30-4:00 2:30-3:30 2:30-3:30	14 184 Oasis Entertainers	2:00-3:00
<b>17</b>	214 AI Universe 220 Tai Ji Quan B 223 Fit & Strong	10:00-11:30 1:00-2:00 2:30-4:00	18 125 Autism+ 113 Kei & Molly* 168 Summit Book Group 203 Disease & Public Policy 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	10:00-11:30 10:00-11:00 10:00-11:30 12:30-2:00 2:30-3:30 2:30-3:30	19 212 Route 66 Trivia 171 Talk About Your Book 220 Tai Ji Quan B 223 Fit & Strong	10:00-11:30 12:30-2:00 1:00-2:00 2:30-4:00	20 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM 241 LVL-Civil Rights*	2:30-3:30 2:30-3:30 3:00-4:30	21 186 Puzzles, Games, & Friends 131 Elder Voices Film	10:00-12:00 12:30-2:00
<b>24</b>	220 Tai Ji Quan B 223 Fit & Strong	1:00-2:00 2:30-4:00	25 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	2:30-3:30 2:30-3:30	26 220 Tai Ji Quan B 223 Fit & Strong	1:00-2:00 2:30-4:00	27 217 Tai Chi Arthritis B 218 Tai Chi Arthritis B ZM	2:30-3:30 2:30-3:30	28	
<b>31</b>	223 Fit & Strong	2:30-4:00								

ZM= Livestream via Zoom \*Off-Site Class. Please see the Off-site location directions on pages 44-45. Registration opens at 10:00am on Wednesday, May 6, 2026 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  
Thursday, May 7, 2026.**

## Registration Info:

Registration opens at 10:00am on Wednesday, May 6, 2026. All registrations, both online and paper, are entered at the same time, beginning at 10:00am on May 6.

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

### Online registration

If you register online at 10:00am on Wednesday, May 6, 2026 you have a very good chance of getting into the classes that you want.

### Paper registration

If you are not comfortable registering online, your best bet is to drop off your paper registration form the day the catalogs arrive. Even though you drop them off early, they are not entered into our system until registration opens at 10:00am on May 6, 2026 .

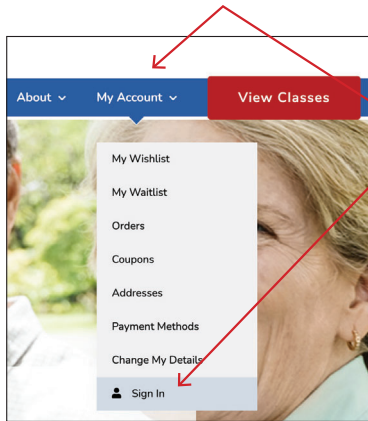
## Important Registration Information

### 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.

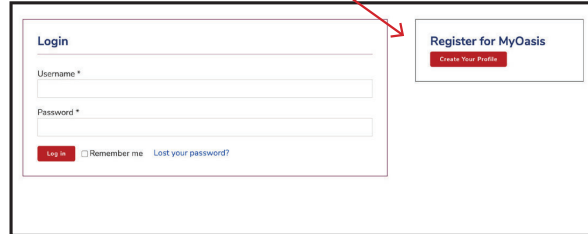
**Please note: Program fees are non-refundable unless Oasis cancels or reschedules the class**

# HOW TO REGISTER FOR CLASSES

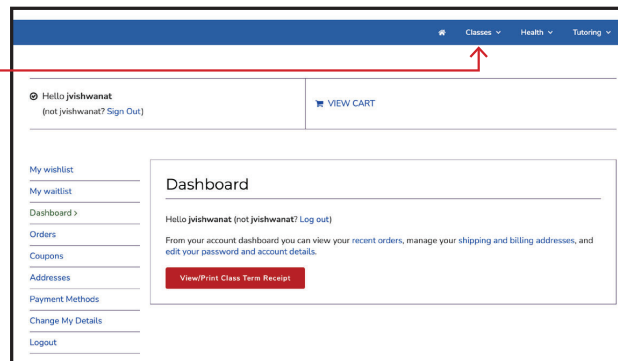


1. Go to [www.oasisabq.org](http://www.oasisabq.org)

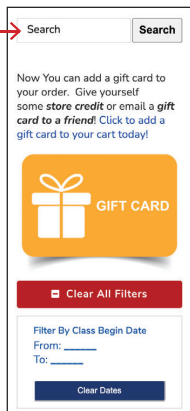
2. Click **My Account > Sign In** (If you don't have a MyOASIS account yet, click **"Create Your Profile"** to sign up).



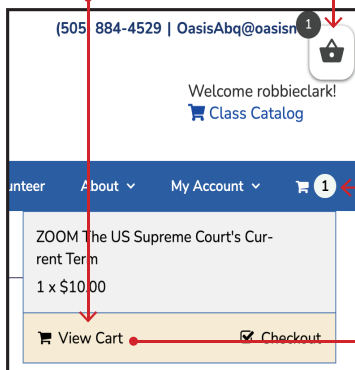
3. **Dashboard:** Once logged in, you will see your dashboard. To view classes, go to menu at top and click **Classes**



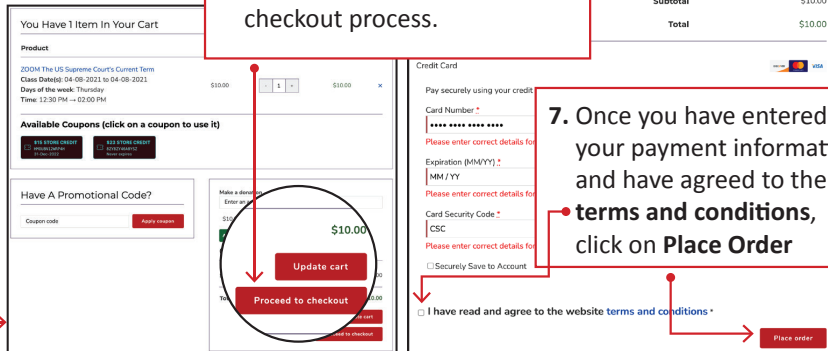
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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

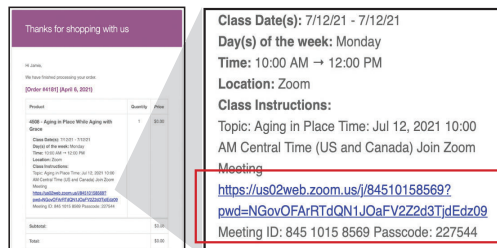


6. Review your order and click **Proceed to Checkout**. Please note, you will not be fully registered until you finish the checkout process.



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 Summer 2026 Class Registration Oasis ID# (from catalog address label)

Date / /

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

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

SIGNATURE \_\_\_\_\_

**SIGN HERE**

✓	Cl#	*Indicates Off-Site Class	Fee \$	Office Use Only	
				In	W
✓	101	Floral Encaustic Art Workshop	\$30		
	102	Decoupage Necklace	\$30		
	103	Greystones Studio Tour*	\$20		
	104	Texture Mashup Collage	\$60		
	105	Vinyl Dot Mandala	\$30		
	106	Watercolor Painting	\$45		
	107	Pastel Color Palette Workshop	\$60		
	108	ABQ Museum: Other Route 66*	\$20		
	109	ABQ Museum: The Woods*	\$20		
	110	Glass & Ceramic Mandala	\$30		
	111	Four Seasons Wreath Making	\$20		
	112	Paper Cord Twining For Basketry	\$90		
	113	Kei & Molly Textiles*	\$18		
	114	Natural Burial Benefits	\$15		
	115	Peace of Mind: Planning Ahead	FREE		
	116	Ins & Outs of Social Security	\$15		
	117	Substance Use Disorder	\$15		
	118	Heart Balm Lawsuits	\$15		
	119	Supreme Court's Recent Term	\$15		
	120	Supreme Court's Recent Term ZM	\$15		
	121	Oh, The Stories I've Heard!	\$15		
	122	A Woman in the Law	\$15		
	123	The Rise of Christian Nationalism	\$15		
	124	Saranam West Campus Tour*	\$15		
	125	Increasing Accessibility	\$15		
	126	KOAT TV Tour*	\$18		
	127	To Catch a Thief*	\$15		
	128	Far Out	\$12		

✓	Cl#	*Indicates Off-Site Class	Fee \$	Office Use Only	
				In	W
✓	129	Semper Fi: Always Faithful	\$12		
	130	RUNNER	\$12		
	131	Elder Voices	\$12		
	132	Cooking Demo: Bones & Muscles	\$35		
	133	Mindful Eating	\$15		
	134	Roadrunner Food Bank Tour*	\$18		
	135	Cooking Demo: Herbs & Spices	\$35		
	137	Cooking Demo: Plant-Based Meals	\$35		
	138	Enchanted Farms Mushrooms A*	\$25		
	139	Enchanted Farms Mushrooms B*	\$25		
	140	Biscochitos Workshop A*	\$25		
	141	Biscochitos Workshop B*	\$25		
	142	Regrounding After Hospitalization	\$15		
	143	A Matter of Balance	FREE		
	144	Positive Thought Bubbles	\$15		
	145	Aging with Care ZM	\$6		
	146	UNM Orthopedic*	FREE		
	147	Boundaries	\$15		
	148	Understanding DNR	\$15		
	149	Hearing Health is Brain Health	\$15		
	150	The Work of Forgiveness	\$15		
	151	Aging, Hearing, & Communication	\$15		
	152	Strengthening Respiratory Muscles	\$15		
	153	Transitions of Care	\$15		
	154	Lowering Dementia Risk	\$15		
	155	Preventing Loss of Muscle	\$15		
	156	Native American Flutes	\$15		
	157	Hobbes vs. Locke	\$15		

✓	Cl#	*Indicates Off-Site Class	Fee \$	Office Use Only	
				In	W
✓	158	US Nuclear Weapon Testing	\$15		
	159	Dr. Daniel Appel: NM Frontier	\$15		
	160	The Story of King David	\$15		
	161	Tour de France	\$15		
	162	Civil Rights: 1973 to Present	\$15		
	163	A Woven World	\$15		
	164	The Celtic Diaspora	\$15		
	165	Beowulf	\$15		
	166	In & Out of Hell with Dante	\$15		
	167	Austin Book Group	\$12		
	168	Summit Book Group	\$12		
	169	Can You Write? Yes, You Can!	\$15		
	170	How to Read a Poem	\$15		
	171	Talk About Your Book	\$15		
	172	Special Collections Library Tour*	\$18		
	173	Singing the Show Tunes	\$70		
	174	Celebrating Rachmaninoff ZM	\$15		
	175	The Art of Listening to Music	\$15		
	176	Brazilian Jazz	\$15		
	177	Summer Sing Along	\$15		
	178	Irish Tin Whistle	\$40		
	179	Sing Along With Banjos Etc.	\$15		
	180	Jazz Traveler	\$17		
	181	Live Theater	\$15		
	182	A Band Named Sue	\$17		
	183	The Adobe Brothers	\$17		
	184	Oasis Entertainers	\$15		
	185	Neuroplasticity	\$15		



# New Participant Form



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

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

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

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

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

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

Check here if you would like to “Opt In” to receive occasional group emails from Oasis. We do not sell or share email addresses.

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

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

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

**Gender:**  Woman  Man  Other

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

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

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

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

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

Tutor  Office Work  Field Trips  Health and Wellness  Catalog Delivery

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

**Please return this form to:**

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

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



Cut along the line to remove and return this form.

**Oasis Institute/Albuquerque Oasis**

**American Square Shopping Center**

3301 Menaul Blvd. NE, Suite 18

Albuquerque, NM 87107-1855

Mailing Address:  
PO Box 35518, Albuquerque, NM 87176

**505-884-4529**

**www.oasisabq.org**

Registration opens on  
Wednesday, May 6, 2026,  
10:00am & continues throughout the term.  
**See pages 59-60 for registration information**  
Classes begin on Thursday, May 7, 2026

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

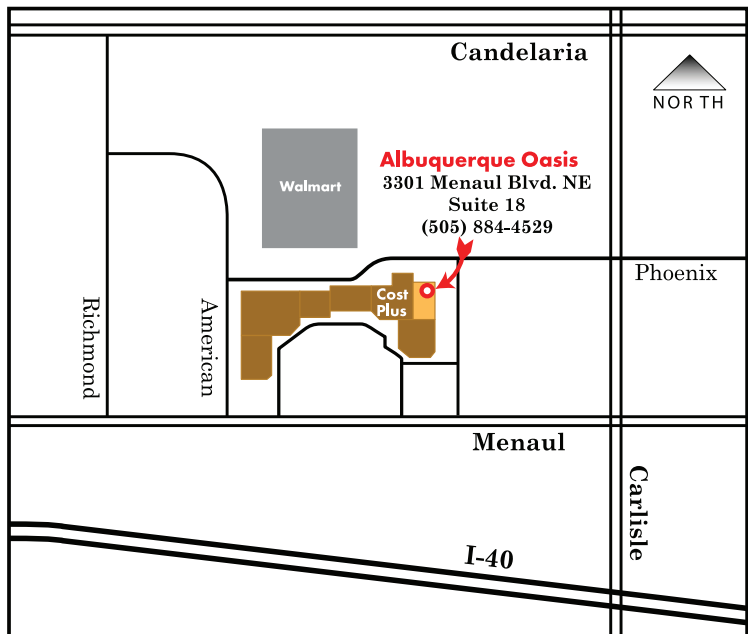
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