

**CLASSES SEPTEMBER–DECEMBER, 2026**

Registration Opens:

Wednesday, September 2, 2026

10:00am



# FALL 2026

Education, Movement, & Community for Aging Well



Sponsored by:



## Dear Oasis Friends,

With a broad smile and a big wave for everyone she encounters as she runs around Placitas, "Our Lady of the Road" is a jogging messenger of joy. I first read about Our Lady, as she is known, in the Sandoval Signpost where her far-flung family wished her a happy major milestone birthday.

As far as I can tell, Our Lady runs every day. She runs in all kinds of weather, and to make things more fun she spices up her running attire for holidays with patriotic colors, bunny ears, or a Santa hat. She waves and smiles to cyclists, drivers, and walkers, no matter the weather or season!

I mention Our Lady because I think that she is a great example of aging well. She is clearly consistent in doing her part to stay physically fit. Additionally, she reminds me that aging well is also about attitude, which has to do with emotional and mental health, and can be bolstered through simple practices like waving, smiling, and expressing gratitude.

Inside the pages of this catalog are all kinds of opportunities to help you age well. In addition to all of the amazing classes we offer, there is also an invitation to get involved in our Intergenerational Tutoring program where you can mentor a child in reading.

Oasis is about helping older adults age well. Every class, experience, and invitation in this catalog represents a chance to embrace life!

Enjoy and Engage,



Scott Sharp  
Executive Director

## Our Mission

By offering challenging programs in the humanities, science, wellness, and volunteer service, Oasis creates opportunities for 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 Center in St. Louis, Missouri, which was founded in 1974. Nationally, Oasis is active in over 250 chapters 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



# HELP A CHILD LOVE READING!



## Become an Oasis Reading Mentor

Make a meaningful impact in an elementary school student's life with Oasis Intergenerational Tutoring! Each week, you will work one-on-one with a 1<sup>st</sup>-3<sup>rd</sup> grade student in reading, offering support, encouragement, and connection. Your time helps children build confidence, improve skills, and create a strong foundation for learning.

### READY TO MAKE A DIFFERENCE?

Sign up on our website at <https://albuquerque.oasisnet.org/tutoring/>  
or call Oasis at 505-884-4529 for more information.

## "A Journey Through the Lens"

*Photography by Mark Werner*

### OASIS ART GALLERY FALL 2026

September 1 through December 21, 2026

Mark Werner provides a curated collection of photographs that explore the intersection of the natural world, human experience, and abstract interpretation. This exhibition includes five distinct categories: The Grand Landscape, Organic Forms, The Human Element, Echoes & Architecture, and Abstract Dimensions. Each offers a unique perspective on the beauty found both in the grand and the minute. Werner's images have been on display at the New Mexico Art League, Corrales Old Church Art Show, the Annual New Mexico Photographic Art Show, and other galleries.

### OPENING RECEPTION

Tuesday, September 15 from 10:00am-12:00pm



“

”

# 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](http://LaVidaLlena.org/oasis)

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

## Inclement Weather Policy

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

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**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.

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

## LECTURES &amp; WORKSHOPS

## ART

**Spiral Sublime Workshop****101***Lea Anderson***Fri & Mon Sep 11 & Sep 14 12:00 - 3:00****Fee: \$60 2 sessions**  **Oasis**

Experiment with colorful, flowing artist inks in this relaxing and delightful class. Create organic, energetic, and personally expressive works by tapping into the quality of moving liquid color using the motif of the spiral—a universally powerful design element. *All levels welcome. Fountain pens, brushes, inks, and all other 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 has recently collaborated on projects with Meow Wolf and Electric Playhouse.

**Free Spirited: Pastel Abstracted Florals****102***Susan Roden***Mon & Tues Sep 21 & Sep 22 9:00 - 12:00****Fee: \$60 2 sessions**  **Oasis**

An emphasis on colorful shapes and bold lines makes this pastel class perfect for everyone! Find inspiration in fresh floral set-ups to create abstracted imagery from washed underpaintings and overlays of shapes and markings. This two-day session ranges from discussions of movement, harmony, and symmetry through demos, a group exercise, and individual renderings. *All materials provided; bring materials fee of \$25 payable to the*

*instructor (cash or check) at the first enrollment.*

Susan Roden is a juried member with Catharine Lorillard Wolfe Art Club, D Pastelist/past president of the Pastel New Mexico, and Secretary/board member of the New Mexico Committee for the Museum of Art. She has exhibited numerous paintings have been featured in *Décor*, *The Pastel Journal*, *San Diego Home Lifestyle*, and *Pastel Artist International*.

**Fused Glass Jewelry***Erika Harding***Monday Sep 28 10:00 - 11:30****Fee: \$80**  **The Groove Artspace**

Glass fusing involves the layering of separate pieces of compatible glass and heating them in a kiln until they melt and bond together into a single, solid piece. In this hands-on class you work with colored, iridized, and dichroic glass to make a set of earrings and a pendant that you can keep for yourself or give as a gift. *Limited enrollment.*

Erika Harding runs Erika Harding Mosaics, where she teaches mosaic and creates mosaic commissions. She is a consultant by day, and has a downtown community arts education center called The Groove Artspace where a wide variety of art classes are available.

**Bookmaking Workshop****104***Mary Beth Woicak***Friday Oct 2 9:00 - 12:00****Fee: \$40**  **Oasis**

Learn how to make your own handmade books while exploring basic bookmaking terms and a brief history of the craft. Participants make three types of books: a double pamphlet book, a stick book, and a one-page booklet. The focus is primarily on book structure, with a variety of fun papers to choose from. Fill them later with ideas,



sketches, and notes. *All materials provided; bring a \$20 materials fee payable to the instructor (cash or check). Limited enrollment.*

Mary Beth Woicak is an Albuquerque-based artist and photographer whose landscape-inspired work has been exhibited throughout New Mexico and across the country. She received her BFA in Communication Design from the State University of New York at Buffalo. Over the past 20 years, she has worked as an art consultant, gallery manager, and program director while maintaining an active studio practice inspired by nature and the Southwest landscape.

### Cut, Paste, Remember: Stories That Stay 105

Elizabeth Graham

**Mondays**      **Oct 5 - Oct 19**      **2:00 - 3:30**  
**Fee: \$45**      **3 sessions**       **Oasis**

We all carry stories within us – some even jump out, wanting to be told. Creating a soft-bound book honoring a loved one, depicting a significant event, or highlighting a journey or a place can give a story a creative home. Through step-by-step instruction and simple expressive techniques like mixed media, watercolor, journaling, photos, and images, these memories find a lasting place of honor. Leave with a finished memory book—no artistic experience required. *All supplies are provided; bring materials fee of \$30 payable to instructor (cash or check) at first class. Limited enrollment.*

Elizabeth Graham, MDiv, has worked with people in all stages of life to find expression and meaning in life events. As a chaplain in retirement communities, hospice care, and parishes, she has developed programs for giving expression to life's significant thresholds. With her low-key, sometimes playful approach, the stories shared are held with respect, while recognizing the power of the creative process in finding meaning and healing.

### Autumn Encaustic Art Workshop 107

Mikaela Guggino

**Wednesday**      **Oct 21**      **9:00 - 11:00**  
**Fee: \$30**       **Oasis**

Create an autumn 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. Whether you are looking to try something new or want to perfect your encaustic practice, this class is for students of all levels. *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.

### Tour of Kei & Molly Textiles 108

Kei Tsuzuki

**Tuesday**      **Oct 27**      **10:00 - 11:00**  
**Fee: \$18**       **Kei & Molly Textiles**

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.

## Watercolor Painting

109

Jim Walther

**Fri & Mon**      **Nov 20 & Nov 23**      **1:00 - 3:00**  
**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 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.

## Chevron Bracelet

110

Mary Neel

**Tuesday**      **Nov 24**      **12:30 - 3:00**  
**Fee: \$20**       **Oasis**

Make a graceful chevron bracelet that uses two rows of beads that appear as a single row in a chevron pattern, on a faux leather cord with a metal button for a clasp. Choose from an assortment of bead kits to make your own creation that's perfect for the holidays or all year round. Mary Neel also shares tips on supplies and

resources if you'd like to create more. *All materials provided; bring materials fee of \$35 (cash or check) to first class. Limited enrollment.*

Mary Neel is a self-taught artist who spent much time looking to nature for inspiration. During her career in the nursery and industry, she learned to appreciate how nature shows us beauty in its use of light, color, structure, and texture. Neel is currently a member of the Bead Society of New Mexico where she has learned a variety of beadwork and techniques.

## Introduction to Mosaic Art

111

Jill Gatwood

**Mon & Tues**      **Nov 30 & Dec 1**      **12:00 - 4:00**  
**Fee: \$60**      **2 sessions**       **Oasis**

Create your own beautiful mosaic art piece, from start to finish, in two days. Explore techniques and materials used for creating outdoor pieces, wall murals, backsplashes, and mosaic sculptures. Students are introduced to the techniques and materials used for creating outdoor pieces, wall murals, backsplashes, and mosaic sculptures. No artistic ability or experience is required! *This class is only open to those who have not taken previous mosaic art classes. All tiles, tools, and other supplies are provided; bring materials fee of \$25 payable to instructor (cash or check) at first class. Note: Second class is 12:00-2:00. Limited enrollment.*

When Jill Gatwood is not exploring the mountains and canyons of New Mexico, she creates mosaic mailboxes, telephones, toast racks, and mosaic sculptures. She loves sharing her passion for mosaics and has taught classes at various venues for nine years.



**Mosaic Coaster Gifts Workshop 112**

Jill Gatwood

**Wed & Thurs**    **Dec 9 & Dec 10**    **12:00 - 4:00**  
**Fee: \$60**    **2 sessions**     **Oasis**

Create four to six mosaic tile coasters (or more, if time allows) as gifts for friends, family, or yourself. This is an easy mosaic art project that is fun for experienced mosaic artists or complete newbies. Coasters can be as complex or simple as you like. *All materials including mosaic tiles, cutters, adhesive, porcelain tile bases, and cork bottoms are provided; bring materials fee of \$20 payable to the instructor (cash or check) at first class. Note: Second class is 12:00-2:00. Limited enrollment.*

See bio in class #111

**Holiday Cards: Lino-Cut Printmaking 113**

Carol Sanchez

**Fri & Mon**    **Dec 11 & Dec 14**    **12:30 - 3:30**  
**Fee: \$65**    **2 sessions**     **Oasis**

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

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

**CURRENT EVENTS****Environmental Justice & Data Centers 114**

Cliff Villa

**Wednesday**    **Sep 9**    **2:45 - 4:15**  
**Fee: \$15**     **Oasis**

The revolution in Artificial Intelligence (AI) is driving the development of data centers across the country. Project Jupiter is one of the largest data centers proposed in New Mexico, with the potential to provide jobs and economic development in southern New Mexico, but it also raises concerns about air pollution and the consumption of scarce water resources. How can communities evaluate potential benefits and concerns in an attempt to strike a proper balance in the AI revolution?

Clifford Villa is a Professor of Law at the UNM School of Law, Director of the UNM Natural Resources and Environmental Law Program, and Supervising Attorney for the UNM Natural Resources and Environmental Law Clinic. Appointed during the Biden administration to a leadership role with the US EPA Office of Land and Emergency Management, Villa also worked more than 20 years as an EPA attorney in Washington, D.C., Denver, and Seattle.

**Current Events Discussion Group ZOOM 115****Mondays**    **Sep 21 - Nov 30**    **9:15 - 10:45**  
**Fee: \$35**    **6 sessions**     **Zoom**

Join us for bi-weekly Zoom discussions of current events and issues selected by the group. Some topics from past sessions include barriers to adequate healthcare, AI data centers, the geopolitics of Venezuela, and the cost of misinformation, among others. Each session is preceded by written materials on the chosen topic, selected by rotating volunteers from the group. Join a stimulating and informative discussion among thoughtful, open-minded people. *Limited enrollment.*



### The Best & Worst US Supreme Court Decisions of All Time 116

Andrew Schultz

Thursday Sep 24 12:30 - 2:00  
 Fee: \$15  Oasis

### The Best & Worst US Supreme Court Decisions of All Time ZOOM 117

Andrew Schultz

Thursday Sep 24 12:30 - 2:00  
 Fee: \$15  Zoom

The Supreme Court is generally thought of as the citadel of the rule of law and an essential beacon of liberty and rights. It decides cases with widespread social and political impact, but the Court is not infallible, and it has also been known to make dramatically poor rulings. This lecture provides an overview of some of the Court's most impactful, most egregious, and most curious opinions of all time.

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.

### Immigration: Build the Wall or Open Borders? 118

Joel Cruz-Esparza

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

The subject of immigration to the United States is rich, intense, controversial, and deeply complex. We examine the hard facts of US immigration, exploring its history, policies, and impact on both the present and the future. Because this topic often brings out polarized viewpoints, the session considers the extreme positions that define the current debate. It does not offer straightforward

answers; rather, it raises important questions about one of the most consequential issues facing the country today.

Joel Cruz-Esparza spent his formative years between Mexico City and Los Angeles, attending UC San Diego, UCLA, and the University of Madrid, Spain. He earned his Juris Doctor from the UCLA School of Law and later set up a law firm in Mexico, where he built a 43-year legal career, serving with Legal Aid, the New Mexico Attorney General's Office, and the Pueblo of Los Alamos as a Family Attorney.

### The Politics of UFOs ...

Barry Roth

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

The United States Air Force has spent years investigating the UFO phenomenon through initiatives like Project Sign, Project Grudge, and Project Blue Book. Learn how the CIA sponsored the Robertson Panel study, which altered how America would define UFO sightings, and how the Condon Committee's findings ended our government's investigation into UFOs. We examine the credible events that leave this phenomenon unexplained, and illustrate the intersection between unexplained sightings and government campaigns.

Barry Roth joined the Mutual UFO Network (MUFON) in 1999. He was a board member of the Colorado chapter of MUFON from 2000 to 2005 and acted as Treasurer and Education Director. He was later appointed as Public Information Officer of MUFON International from 2006 to 2012. Roth is currently the Chief Archivist and Historian for The National UFO History Center in Rio Rancho, New Mexico.



**Will AI Make Us Immortal?****120***Chuck Webster***Thursday****Nov 19****12:30 - 2:00****Fee: \$15** **Oasis**

What happens when artificial intelligence can preserve our voices, recreate our younger selves, and converse using our recorded memories and stories? Explore the emerging world of AI avatars, digital humans, voice cloning, and interactive memory archives. Through demonstrations, discussion, and thought experiments, this course examines how technology may extend identity across time—and what these systems reveal about memory, aging, mortality, and what it means to be human.

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.

**The Middle East: Enduring Conflicts & Future Trajectories****121***Emile Nakhleh***Friday****Nov 20****10:00 - 11:30****Fee: \$15** **Oasis**

A complex mix of history, politics, and faith shapes current conflicts in the Middle East. Emile Nakhleh provides an analysis of the current realities and ongoing wars, including the religious and nationalist ideologies that shape them. Go beyond the headlines and social media tweets to learn about the Iran war, Israel's war on Lebanon, and what's happening in the West Bank and Gaza.

Emile Nakhleh, PhD, was a senior intelligence service officer and a founding director of the

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

**Cooperation, Competition, or Conflict: The United States & East Asia in 2027****122***William Itoh***Wednesday****Dec 2****6:00 - 7:30****Fee: \$15** **Oasis**

Expected to remain the fastest-growing region in the world, East and Southeast Asia face growing uncertainty as the effects of the war in Iran dampen optimism and raise concerns about regional stability. At the same time, many countries hope the United States and China move away from potential conflict toward what Washington describes as a "stable peace." This lecture looks at recent political and economic developments and considers the prospects for prosperity, cooperation, and stability in the region. *Presented in partnership with the World Affairs Council of Albuquerque.*

Ambassador William Itoh is President of the World Affairs Council of Albuquerque. He also serves as a professor of the practice in the Department of Public Policy at the University of North Carolina at Chapel Hill. He is a retired Foreign Service officer and served as executive secretary of the National Security Council at the White House and as Ambassador to Thailand. He holds BA and MA degrees from UNM, was a logistics officer in the US Air Force, and assistant professor of history at California State University Humboldt before entering the Foreign Service.



**Capitalism & the Making of the Modern World****123**

George Ovitt

Wednesday

Dec 9

2:30 - 4:00

Fee: \$15

Oasis

Sven Beckert's *Capitalism: A Global History* offers a sweeping account of capitalism's development and encourages readers to reconsider both its contested origins and its far-reaching effects on social, political, and cultural institutions. More to the point, however, are the questions central to this lecture: Was the rise of capitalism inevitable, and what economic and social arrangements might replace capitalism when, as is true of all things, it passes onto "the ash heap of history?"

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

**What in the World Will Happen in the 2027 Legislature?****124**

Lance Chilton

Wednesday

Dec 16

12:30 - 2:00

Fee: \$15

Oasis

The 2027 Legislature convenes alongside a new governor and lieutenant governor, a new Secretary of State, and a new Public Land Commissioner. While all state senators remain the same, the House of Representatives sees changes due to retirements and the results of the 2026 elections. In a 60-day session, legislators typically introduce more than a thousand bills covering topics ranging from the state cookie to crime reduction. What can we expect the session to discuss in 2027?

Lance Chilton, MD, has been a child advocate for years and takes time annually to work for the Legislative Finance Committee, analyzing bills mostly having to do with children, health, or both. Chilton is joined by a member of the Legislature.

**FILM & TV****KOAT TV Tour****125**

Tuesday

Sep 15

10:30 - 12:00

Fee: \$18

KOAT-TV

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

KOAT TV has served Albuquerque since 1953. Transmitting from atop Sandia Crest, KOAT has 27 repeaters that carry its broadcast to most of New Mexico, southwestern Colorado, and northeastern Arizona.



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



## Creature from the Black Lagoon at The Guild Cinema

127

Thursday Oct 29 12:30 - 2:15  
Fee: \$15  Guild Cinema

When a team of scientists travels deep into the Amazon in search of prehistoric fossils, they discover they're not alone. Hidden in the murky waters is a mysterious creature unlike anything they have ever seen. Filled with adventure, suspense, and some of the most memorable underwater scenes in classic horror, *Creature from the Black Lagoon* remains one of the great monster movies of the 1950s. Just in time for Halloween, enjoy popcorn and good company at the historic Guild Cinema, Albuquerque's oldest still-running movie theater, established in 1966.

## Great Hollywood Musicals of the 20s & 30s

128

Mark Tiarks

Thursday Nov 12 10:00 - 11:30  
Fee: \$15  Oasis

The dawn of the talkies brought an explosion of creativity to film musicals, as writers and directors were unfettered by rules or formulas. This course explores titles from 1929, including *Hallelujah*, the first musical with an all-Black cast, *Applause*, a slice-of-life story set backstage in a burlesque house, and *The Love Parade*, featuring the debonair but dueling duo of Maurice Chevalier and Jeanette MacDonald.

Mark Tiarks developed a love for musicals as a child watching stars like Robert Preston and Angela Lansbury at The Muny in St. Louis. He began as a stage director, then segued into management roles in opera and theater companies, including Chicago Opera Theater, Chicago's Court Theatre, and the Santa Fe Opera. He writes about theater, opera, and more for the Santa Fe New Mexican.

## FRIDAY AT THE MOVIES

Bullfrog Communities uses film and discussion as a simple way for concerned citizens to stay informed about pressing issues: water, economic justice, food, energy, climate, immigration, and environment. Following each film, Oasis Executive Director Scott Sharp leads a discussion.

## A Dangerous Idea

129

Friday Sep 11 12:30 - 2:30  
Fee: \$12  Oasis

The never-ending challenge with eugenics is making that abhorrent history relevant to a contemporary audience. *A Dangerous Idea* meets that challenge by showing how the same biological justifications of inequality that were used in the past to justify involuntary sterilization, slavery, and genocide are employed in the 21st century to justify anti-immigration policies, the gender pay gap, a racial health disparities. As modern science and modern medicine focus more on genes, *A Dangerous Idea* reminds viewers that this obsession is employed by many to promote a vision of society made up of biological "haves" and "have nots."

## Damnation

1

Friday Oct 23 12:30 - 2:30  
Fee: \$12  Oasis

This powerful film odyssey across America explores the sea change in our national attitude from pride in big dams as engineering wonders to the growing awareness that our own future is bound to the life and health of our rivers. Where obsolete dams come down, rivers bound back to life, giving salmon and other wild fish the right of return to primeval spawning grounds, after decades without



access. *Damnation's* majestic cinematography and unexpected discoveries move through rivers and landscapes altered by dams, but also through a metamorphosis in values, from conquest of the natural world to knowing ourselves as part of nature.

**What Our Fathers Did** 131  
 Friday Nov 20 12:30 - 2:30  
 Fee: \$12 Oasis

A bracingly rigorous examination of inherited guilt and pain, *What Our Fathers Did* explores the relationship between two men, each of whom are the children of high-ranking Nazi officials but possess starkly contrasting attitudes toward their fathers. The film was written and is hosted by eminent human rights lawyer Philippe Sands, who became fascinated by its central figures, Niklas Frank and Horst von Wächter, while researching the Nuremberg trials. The film comes to a climax when they travel to Lviv in Ukraine, where it becomes clear that Frank and von Wächter's Nazi fathers were responsible for the annihilation of Sands' own Jewish grandfather's entire family. *What Our Fathers Did* is a compelling examination of brutality, self-deception, guilt, and the nature of justice.

**Fierce Green Fire** 132  
 Friday Dec 18 12:30 - 2:30  
 Fee: \$12 Oasis

*A Fierce Green Fire: The Battle For a Living Planet* is the first big-picture exploration of the environmental movement, covering its grassroots and global activism over 50 years. The movement evolved from conservation efforts to address climate change concerns. From halting dams in the Grand Canyon and the fight against toxic waste at Love Canal, to

Greenpeace's campaigns to save the whales and Chico Mendes' work to protect the Amazon rainforest, the film tells vivid stories about people fighting and succeeding against enormous odds.

## FOOD & NUTRITION

**Flavor & Function Fest: Cooking Demo with Herbs & Spices** 133

Kennedy Cooper

Tuesday Sep 15 1:00 - 3:00  
 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 Jewish American cooking traditions. worked to share traditional food knowledge around the world, making culinary traditions accessible to people from all walks of life. Passionate about food justice and community resilience, Cooper is dedicated to supporting food security initiatives and teaches life skills to young cooks through Kids Cook.



## Eat for Strength: Cooking Demo for Healthy Bones & Muscles 134

Patricia Sanchez

Wednesday Oct 14 1:00 - 3:00  
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 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, along with meal planning and cooking techniques that support healthy aging. *Recipe and tasting included. Limited enrollment.*

Patricia Sanchez holds an MS in Nutrition from the University of New Mexico and BA in Education and Psychology from Adams State College. Sanchez is a part-time nutrition instructor at UNM and has been working with the Sprouting Kitchen for 4 years, teaching cooking classes.

## Nutrition & Healthy Aging 135

Patricia Sanchez

Wednesday Oct 21 2:30 - 4:00  
Fee: \$15  Oasis

Food and nutrition are key to maintaining physical health, cognitive function, energy, and independence as we age. Yet knowing what to eat—and how to make healthy choices sustainable—can be challenging. This practical class provides evidence-based strategies for building a nutritious, enjoyable eating pattern, including meal planning for one or two, affordable sources of protein and fiber, age-specific needs, and hydration strategies for the high-desert climate. Leave with actionable tools to support long term health.

See bio in class #134

## Introduction to Craft Chocolate 136

Ron Segel

Wednesday Oct 28 2:30 - 4:00  
Fee: \$18  Oasis

Craft chocolate is to mass-marketed chocolate what fine wine is to table wine. In this engaging introduction to the world of craft chocolate, you'll learn how cacao is grown, sourced, and transformed into distinctive chocolate with complex and unique flavors. Through guided tastings of locally-made award-winning craft chocolate, discover what separates fine-flavor craft chocolate from ordinary chocolate candy bars. *Limited enrollment.*

Ron Segel, a lifelong resident of Albuquerque, recently retired from a 45+ year career as a trial lawyer and delved into a lifelong interest: the world of chocolate, particularly craft chocolate. He holds a certification in chocolate tasting from the International Institute of Chocolate and Cacao Tasting.

## History of Italian Cuisine ZOOM 137

Lucio Lanucara

Thursday Nov 12 3:00 - 4:30  
Fee: \$15  Zoom

One word often associated with Italy is food! Learn about the development of Italian cuisine from the time of the Roman Empire to contemporary Italy. This class discusses historical events, the use of ingredients, notable historical figures, and current trends, all related to Italian cooking and food.

Lucio Lanucara moved to New Mexico from Italy in 2013. For over ten years, he has taught ethics, international management, entrepreneurship, and international relations at UNM and CNM. His greatest passion, though, is Italian cuisine. This is reflected in his background as a chef historian, who has studied and cooked recipes from Imperial Rome to contemporary Italian cuisine.



## Plenty of Protein: Nourishing Plant-Based Meals Cooking Demo 138

Sharon Jonas

Thursday Dec 17 1:00 - 3:00  
 Fee: \$35  Oasis

Back by popular demand. People often ask vegetarians and vegans, "What do you eat for protein?" The truth is, finding plant-based protein is easy, satisfying, and delicious! Excellent sources include a wide variety of beans, lentils, peas, and peanuts; soybeans in versatile but often misunderstood forms such as tofu, tempeh, and edamame; nuts and seeds; whole grains; and even nutritional yeast. Explore nutritious, protein-focused, and easy-to-prepare meals and treats. *Recipes and tastings are provided. Limited enrollment.*

Chef and certified yoga instructor Sharon Jonas has shared her passion for healthy living through food and fitness for almost 40 years. A lifelong devotee of plant-based cuisine, Jonas owned one of Albuquerque's first vegetarian restaurants. As a professional chef, she has created satisfying menus for restaurants, resorts, and special events. Through one-on-one coaching and creative hands-on cooking classes, Jonas shares her knowledge with a practical and personalized approach.

## HEALTH LECTURES

### Positive Thought Bubbles: Creative Strategies for Overthinking 139

Susan Brumbaugh

Thursday Sep 17 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 an online mindfulness meditation session and enjoys helping clients work with anxiety, depression, relationship challenges, and emotional regulation.

### A Matter of Balance 140

Tuesdays Sep 29 - Nov 17 1:00 - 3:00  
 FREE 8 sessions  Oasis

Do you avoid activities because you're afraid of falling? You're not alone. This eight-session, evidence-based program helps you manage concerns about falls, change your environment to reduce fall risk, and increase your activity with the support of your peers. Sessions use lively group discussion, problem-solving strategies, and videos, with very gentle physical activity (about 25 minutes) beginning in Session 3. Please note that this is an interactive, discussion-focused program and not an exercise class. You must attend Session 1 or 2 to remain in the program, with no exceptions. *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 attendance! Limited enrollment.*

### Improving Lymphatic Health 141

Janelle Jackson

Thursday Oct 1 10:00 - 11:30  
 Fee: \$15  Oasis

From filtering waste and balancing fluids to supporting immune responses, the lymphatic system plays a vital role in maintaining overall health. Learn how this system works and how to keep it functioning well. Experience gentle, guided lymph-drainage self-care practices and techniques



and simple exercises designed to encourage healthy lymphatic movement throughout the body. *Limited enrollment.*

Janelle Jackson is a licensed Doctor of Physical Therapy with 12 years of experience. A certified lymphatic therapist, she has specialized in lymphedema therapy for the past eight years. She is co-owner and lymphedema program director at Balanced Physical Therapy & Wellness's new Lymphedema & Neurological Rehabilitation Center, where she is dedicated to promoting lymphatic health and overall well-being.

### Take Care of Your Senses, Take Care of Your Brain 142

Katarzyna Wilamowska

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

Growing evidence suggests that hearing, vision, and smell may play an important role in brain health as we age. This presentation explores research linking sensory loss to cognitive decline and dementia risk, reviews leading theories about these connections, and discusses practical steps individuals can take to support both sensory and cognitive health.

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.

### Powerful Tools for Caregivers ZOOM 143

Wednesdays Oct 7 - Nov 11 1:00 - 2:30  
FREE 6 sessions  Zoom  
Caring for a family member or friend with a serious condition can be physically, emotionally, and financially draining. This six-week class

provides tools to reduce stress, deal with difficult emotions, and locate helpful resources, while living a more balanced life. Learn how to take care of yourself, while caring for a relative or friend, wherever they live—at home, in a facility, or across the country. *Limited enrollment.*

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

### Himalayan Tradition Meditation: A Practice for Difficult Times 144

Rennie Maguire

Wednesday Oct 21 10:00 - 11:30  
Fee: \$15  Oasis

Learn a systematic meditation practice from classical yoga's oldest meditation tradition. This step-by-step workshop helps you cultivate inner peace and develop a stronger sense of self, allowing the chaos of the world to have less effect on you. In the workshop, you learn each step and have ample opportunity to practice. *An Mp3 audio is provided to each participant. We practice in chairs. Dress comfortably.*

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

### Things You Should Know About Healthcare But Were Too Afraid to Ask 145

Alexander DeRadke

Tuesday Nov 3 2:30 - 4:00  
Fee: \$15  Oasis

This lecture explores essential healthcare topics to help you better understand how the healthcare system works, the differences between health insurance carriers, and how to navigate your care



with greater confidence. You will leave with a clearer understanding of what to expect when you visit your healthcare provider.

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.

### **How to Have Healthy Disagreements: A Communication Workshop for Couples 146**

*Susan Brumbaugh*

**Monday Nov 9 10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Very few of us want to disagree with our partners, but conflict is inevitable in every relationship. This communication workshop for couples teaches you how (and when) to bring up difficult topics, the importance of listening well, and what to do when emotions rise. Couples practice using the skills in the workshop, so partners should plan to attend together. *Limited enrollment.*

*See bio in class #139*

### **Blue Zones & the Science of Longevity 147**

*David Soul*

**Tuesday Nov 17 2:30 - 4:00**  
**Fee: \$15**  **Oasis**

Blue Zones are regions of the world known for having unusually high numbers of centenarians and long-lived populations. What factors contribute to their health and longevity? What habits, lifestyles, and community practices do these populations share? Explore the research behind the Blue Zones, examine the habits commonly associated with healthy aging, and consider practical ways to incorporate these principles into everyday life. We also discuss some of the debates and controversies surrounding Blue Zone research, including questions about

data collection and the interpretation of statistics.

David Soul, DOM, LAc, Dipl. OM, is a practitioner of traditional Chinese medicine with a professional background in both Chinese and Western medicine. His professional background includes work in acupuncture, pain management, and end-of-life care. He specializes in pain-related conditions, pulmonary health, and women's health. Dr. Soul experienced in multiple styles of acupuncture and the use of medicinal herbs. Drawing on his Chinese American heritage and international training, Soul integrates Eastern and Western approaches to health and wellness.

### **Anatomy of Exercise: Arm & Hand Function 148**

*Leslie Herman*

**Wednesday Nov 18 10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Maintain strength, flexibility, and function in your hands and arms as you age. A physical therapist discusses ways to preserve range of motion, prevent common injuries, and manage conditions like rotator cuff injuries, tennis elbow, and carpal tunnel syndrome. Practical strategies for maintaining everyday function are included. Participants receive a handout with recommended activities and exercises to support long-term hand and arm health.

Leslie Herman is a licensed physical therapist, retired from clinical practice. She has worked for ten years as a registered respiratory therapist. Her early PT career focused on major trauma followed by years of home health. She worked for the Pueblo of Isleta, creating and leading outpatient physical therapy clinic. She leads exercise classes and gives motivational anatomy for exercise.



## HISTORY & CULTURE

### American Progress: Westward Expansion & the American Dream 150

Maria Montoya

Tuesday Sep 29 2:30 - 4:00  
Fee: \$15  Oasis

The environmental, political, and cultural impact of the United States' westward expansion can be understood through focusing on the 1871 John Gast painting, *American Progress*. Participants have the opportunity to analyze the painting and discuss the experiences of Exodusters, Mormons, Mexican Americans, and Indigenous Peoples.

Maria Montoya is a Global Network Associate Professor of History at New York University and former Dean of Arts and Sciences at NYU Shanghai. She earned her BA, MA, and PhD degrees at Yale University. Her research explores how workers and families in the nineteenth and early twentieth centuries used natural resources to make their homes in the American West. Montoya is the author of numerous works on the American West, environmental labor, and Latina/o history.

### The Cumbres & Toltec Scenic Railroad 151

Jim Hickman

Monday Oct 5 10:00 - 11:30  
Fee: \$15  Oasis

This talk explores the history of the Cumbres & Toltec Scenic Railroad, which operates on 64 miles of former Denver & Rio Grande track, crossing a 10,000-foot mountain pass and traveling through some of the most spectacular scenery in the Southwest. It also highlights the work of the Friends of the Cumbres & Toltec Scenic Railroad, a volunteer organization dedicated to restoring and preserving the railroad's historic rolling stock, buildings, and equipment.

See other classes about steam locomotives: #214 & #218

Jim Hickman holds a BS in Physics and MS and PhD degrees in Theoretical Mechanics. Hickman worked for 12 years at Caterpillar Tractor Co. and then 25 years at Sandia National Labs. Following retirement, he has spent 17 years restoring historic train cars and structures for the Cumbres & Toltec Scenic Railroad, helping preserve Southwestern history.

### Beyond Camp and Cookies: The Girl Scouts' Mobile Archaeology Program 152

Naomi Sandweiss

Thursday Oct 8 12:30 - 2:00  
Fee: \$15  Oasis

In the 1940's, New Mexico archaeologist Bertha Dutton introduced senior Girl Scouts to extraordinary archeological and scientific experiences throughout the Southwest. During two-week camping tour, Dutton took the girls explore archaeological sites, visit museums, a lectures, and eventually participate in excavation site in the Galisteo Basin. Learn about Dutton contributions to American archaeology, and a little-known program.

Naomi Sandweiss is a New Mexican and author of *Jewish Albuquerque 1860-1960*, in addition to other works. She is co-president of the New Mexico Jewish Historical Society and holds a PhD in history from Arizona State University.

### John Quincy Adams & the New Nation 153

David Crowley

Wednesday Oct 14 10:00 - 11:30  
Fee: \$15  Oasis

John Quincy Adams was a cosmopolitan figure at the time of his presidency over 200 years ago. In his early years, he witnessed emerging moments of the new nation. At fourteen, he was secretary and interpreter for the beginning consulate in Russia. Superbly educated and well-read, his interests were wide-ranging. This lecture highlights Adams' later life, including antislavery



activity, his religious views, and his work in helping to create the Smithsonian Institution.

David Crowley taught political science at Illinois State and Augustana College before becoming a pastor. He is deeply interested in American history and has presented history-related lectures to many organizations.

### **Mongolia & the Silk Road**

**154**

*Maya Sutton*

**Thursday Oct 15 12:30 - 2:00**

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

The Silk Road was not just a singular pathway, but actually a network of perilous caravan routes from China through Kazakhstan to Turkey and Europe. Merchants traveling west carried silk, jade, porcelain, tea, spices, and gunpowder to Europe, while those traveling east returned to Asia with horses, gold and silver, jewels, and glassware. Genghis Khan and his offspring organized Mongol tribal horsemen to conquer that land. For a price, they provided amazing trade-route security, enabling Marco Polo to travel east from Venice in 1271.

Maya Sutton graduated from Georgetown University School of Foreign Service— an experience that lit the spark for her extensive travels abroad. She received her PhD from UNM and taught there for 30 years. She spent a summer teaching English at the university in Ulaan Baatar, and has avidly researched Mongolia and the Silk Road ever since.

### **Medieval History of the Iberian Peninsula**

**155**

*Matthew Barbour*

**Monday Oct 19 12:30 - 2:00**

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

The medieval history of the Iberian Peninsula spans a 1,000-year period in which many different peoples occupied the land with their own unique

cultures, religions, and kingdoms. With collaboration, and cohabitation among groups shaped the emergence of the states of Portugal and Spain. Explore Germanic settlement in the 5th century Islamic Golden Age, and into the Latin and eventual fall of Grenada in 1492.

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

### **Indigenous Women Artists Leaving Their Mark**

**156**

*Robin Dunitz*

**Thursday Oct 22 10:00 - 11:30**

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

Murals by Indigenous artists throughout the United States and Canada are an exciting and impressive body of work. Due to their abundance, this presentation focuses on a special selection: murals created by Indigenous women artists. The lecture includes biographical information about the artists and photographs of the murals themselves while exploring how these powerful public works celebrate cultural identity.

Robin Dunitz has a BA in history from the University of California, Berkeley, and is documenting murals in Los Angeles and visiting Mexico City's famous mural rooms. She later wrote a guidebook to LA County organized tours for the Mural Conservancy of Angeles, and co-authored two coffee table books: one on California murals and another on American murals across the United States.



**The Avignon Papacy****157***Lizabeth Johnson*

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

In 1309, the papal court moved from Rome to Avignon, near the border of the Kingdom of France. This move led to a seven-decade-long era known as the Avignon Papacy. During that period, popes were largely seen as pawns of the French monarchy. This lecture discusses the events behind the move to Avignon and impact the era had on the papacy's reputation.

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.

**Ruth Bader Ginsburg: Notorious RBG 158***Dianne Layden*

**Tuesday Oct 27 12:30 - 2:00**  
**Fee: \$15**  **Oasis**

Ruth Bader Ginsburg, who died in September 2020, is celebrated for her work as an attorney, federal judge, and Supreme Court justice, notably on behalf of gender equality. Through narrative, handouts, and slides, this lecture reviews Ginsburg's early life, family, friendship with Justice Antonin Scalia, love of opera, and visits to the Santa Fe Opera in 1995-2018, which she called the finest summer opera company in the world.

Dianne Layden is a semi-retired professor and writer whose field is American Studies. Layden's research focuses on New Mexico history and culture. She portrayed Supreme Court Justice Ruth Bader Ginsburg for the New Mexico Humanities Council from 2022 to 2025.

**A History of Patient Rights in the United States****159***Pilar Murray*

**Wednesday Nov 11 2:30 - 4:00**  
**Fee: \$15**  **Oasis**

From its origins to the present, the patient rights movement has transformed medical care and reshaped the relationship between physicians and patients. This lecture traces that history, from the quiet revolution in hospitals during the 1960s to today's emphasis on patient rights and shared decision-making.

Pilar Murray has practiced law for more than 30 years, focusing on child welfare, mental health, civil rights, criminal, and employment law. She is recognized for advancing the rights of vulnerable populations, including strengthening protections for disabled parents under the Americans with Disabilities Act and advocating for individuals engaged in peaceful protest. She currently represents children in residential treatment settings in Bernalillo County.

**Dante in Purgatory****160***Timothy Graham*

**Monday Nov 16 12:30 - 2:00**  
**Fee: \$15**  **Oasis**

Dante's *Purgatorio* has been called "the noblest representation of Purgatory ever conceived by the human mind." We explore the development of the concept of this third realm of the Afterlife before accompanying Dante on his four-day journey up the seven tiers of the Mount of Purgatory, ending in the Garden of Eden. Our journey is enlivened with images from a captivating, illuminated manuscript in the Vatican Library.

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

### Summit Book Group 162

Merrie Courtright

Tuesdays Sep 15 - Dec 15 10:00 - 11:30

Fee: \$12 4 sessions Oasis

The Summit Book Group meets on the third Tuesday of every month. Book selections are: September 15- *Hamnet* by Maggie O'Farrell; October 20- *The God of Small Things* by Arundhati Roy; November 17 - *Madame Bovary* by Gustave Flaubert, and December 15 - *Breath* by James Nestor. *Limited enrollment*.

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

**Are you receiving our weekly email update? If not, call the office to opt-in.**

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

### Talk About Your Book

163

Adam Fischler

Wednesdays Sep 16 - Dec 16 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 on the third Wednesday of the 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, former office manager at Oasis, loves to read. 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.

## MUSIC

### Singing the Show Tunes

164

Irma Reeder & Scott Hooker

Tuesdays Sep 8 - Dec 11 10:15 - 11:45

Fee: \$70 15 sessions Oasis

Do you enjoy singing? In this fun and informative class, we explore show tunes from stage and screen while including gentle physical vocal exercise, singing technique, and a lot of laughter! We learn new songs, refresh old friendships, and meet new people. We are encouraged to strut their stuff as soloists or in small groups. We plan four exciting performances for the semester to share what we've learned. 12/1, & 12/8 off-site; 12/11 at Oasis.



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!

### Introduction to Mountain Dulcimer 165

Irma Reeder

Thursday Oct 8 10:00 - 11:30  
Fee: \$25  Oasis

Originating in the Appalachian Mountains, the dulcimer was widely used in the American old-time music tradition by Scots-Irish immigrants and has since evolved to fit nearly every musical style. The dulcimer is one of the easiest instruments to learn to play! In this hands-on class, you learn songs in both traditional and contemporary styles. *No previous musical experience is needed. Instruments are available for use during class, though participants who own a dulcimer are encouraged to bring it. Limited enrollment.*

After a lifetime of playing other musical instruments and styles, Irma Reeder came to the mountain dulcimer in 2005 and was instantly enchanted. She enjoys teaching voice, guitar, harp, bodhran (Irish frame drum), and mountain dulcimer, and she directs the Oasis Show Tunes chorus.

### Jazz Personas: Duke Ellington 166

Robert Lah & Linda Davidson

Monday Oct 26 12:30 - 2:00  
Fee: \$15  Oasis

Edward Kennedy "Duke" Ellington wrote more songs than any other American composer, most of which were jazz and dance tunes, though some took a more somber tone. His influence on jazz, particularly on harmony and orchestration, was

tremendous, and his impact on both American and world culture is incalculable. The class features both musical performance and discussion about the significance of Ellington's pieces.

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.

### It's the Most Wonderful Time of the Year: Sing Along 167

Irma Reeder & Scott Hooker

Tuesday Dec 15 2:00 - 3:00  
Fee: \$15  Oasis

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

*See bio in class # 164*

## PERFORMING ARTS

### Zoom Theater 168

Theatre On the Go

Thursday Dec 10 12:30 - 2:00  
Fee: \$15  Zoom

In the midst of the pandemic, Zoom became a platform for almost everything from game nights to meetings to family reunions to choirs. Theater was no exception. Putting on plays via Zoom became a way for people to enjoy theater while offering all-new possibilities. Join Theatre On



the Go for Zoom theater performances featuring original plays with poignant comedic takes on issues that older adults face.

Zoom theater is directed by Duchess Dale, an award-winning actor and director. She is joined by Robert Benjamin, a retired research physicist and late-blooming playwright who has produced several full-length plays, short plays, one short film, and an operetta. He specializes in comedies about aging with grace, courage, and humor.

## FRIDAY PERFORMANCES

### J-Guys Blues 169

Friday Sep 25 2:00 - 3:30  
Fee: \$18  Oasis

Enjoy an afternoon of live music with J-Guys Blues as they trace the genre's evolution from Piedmont and Delta blues to Chicago blues and California swing. Featuring songs from artists like Robert Johnson, Muddy Waters, B.B. King, and Albert Collins, this performance combines music with stories about the people, places, and events that shaped the blues. Along the way, Gary "Junior" Stamper shares the key moments and influences that shaped one of America's most enduring musical traditions.

J-Guys Blues brings together three accomplished musicians with a passion for blues history. The group features guitarist Gary "Junior" Stamper, an educator and journalist who has taught and written about the blues throughout New Mexico; drummer Johnny Benoit, a respected musician known in Austin, Albuquerque,

and Santa Fe; and bassist Jay Drongé, who brings more than 50 years of performing experience.

### The FiXX Barbershop Quartet 170

Friday Oct 16 2:00 - 3:00  
Fee: \$15  Oasis

Formed by four local vocalists in 2023, The FiXX came together because each of them missed being in a quartet and wanted to sing. Essentially, they needed their "fix" of a cappella harmony again! The group represents Sing United International, previously known as Sweet Adelines International, a women's barbershop singing organization found around the world. They love sharing the four-part harmony that makes barbershop a form of a capella singing.

Members of The FiXX include: Ar (tenor), a well-known musical theater vocalist who recently played Ann *King & I*; Traci Church (lead), a retired RN who worked 20+ years in management, & orthopedics; Jud (baritone), a retired mathematician from Sandia Labs who coaches for COUNTS; and Andi Rostel (bass), a retired ICU RN still working part time at Presbyterian Home Health & Hospital.

### Live Theater 171

*Theatre On the Go*  
Friday Oct 30 2:00 - 3:30  
Fee: \$15  Oasis

Theatre On the Go presents live staged readings of short, engaging plays by New Mexican playwrights featuring local actors. Each performance is followed immediately



by a lively audience Q&A with the director and actors.

Theatre On the Go is a local theatre ensemble that has presented at Oasis for several years. Playwright Terri Klein is an Albuquerque actor, director, and stage manager whose play *A Year in Quirky Town* was produced at the Adobe Theater in 2025. Director Nancy Sellin spent 32 years in New York City as a professional actress, director, and playwright, and has directed numerous productions for Albuquerque Little Theatre and the Adobe Theater. Artistic Director Georgia Athearn brings more than 40 years of theatre experience as an actor, director, and producer, recently appearing as Lily in *Six Dance Lessons in Six Weeks* at the Adobe Theater.

### Tierra Adentro of New Mexico Flamenco Performers 172

Friday Nov 6 2:00 - 3:00  
Fee: \$15  Oasis

Experience the energy and excitement of flamenco music and dance with students from Tierra Adentro of New Mexico, an arts charter school focusing on New Mexico cultural arts. Dancers, guitar players, and vocalists perform an array of flamenco choreography created by national and international flamenco artists. They share the history and cultural ties of this musical experience and invite the audience to try clapping flamenco rhythms.

Tierra Andentro of New Mexico was founded in 2010 by a group of

professional artists and educators from the community with the intent to preserve and continue traditions of New Mexican culture. In addition to participating in typical high school academics, students dedicate themselves to more than 10 hours a week of study in one of the school's arts areas of Dance, Music, or Visual Arts.

### Oasis Entertainers 173

*Irma Reeder & Scott Hooker*

Friday Dec 11 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 group's latest trimester musical adventure. *Please note: pre-registration is required. No tickets will be sold at the door.*

*See bio in class #164*

**Reminder: Registration is open throughout the term-join anytime while space is available.**



## PERSONAL ENRICHMENT

### Quick Start Fly Fishing School 174

Robert & Lee Widgren

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

Fee: \$45 3 sessions  Oasis

Back by popular demand. Be ready for late spring and summer fishing. Discover the wonderful world of fly fishing in our QuickStart basic course. Bob and Lee Widgren are your guides, sharing the best fly-fishing tips, techniques, and tackle. The first two days of class covers choosing gear, basic casting, safety, knot tying, and what flies to use to get started. The third day of the class will be held off site at Netherwood Park, 2613 Morrow Road NE, from 10:00-11:30, and features a casting session. *Materials fee of \$20 cash payable to instructor. Limited enrollment.*

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

### So, You Want to Be a Death Doula? 175

Nikki Neuen & Brooke Nutting

Mondays Sep 14 & Sep 21 12:30 - 2:00

Fee: \$15 2 sessions  Oasis

Are you curious about end-of-life care or becoming a death doula? This introductory style course offers a clear, grounded overview of what death doulas actually do. Gain an understanding of non-medical end-of-life care and hospice collaboration, hear real experiences from working doulas, explore training programs, certification options, and discover if this work aligns with your personal path.

Nikki Neuen became a death doula following her mother's death in 2021. She co-founded Not a Dirty Word and serves as president of the New Mexico Deathcare Network, with a focus on supporting solo agers and the bereavement community. Brooke Nutting founded Professionals after a career in accounting and entrepreneurship and is a strong advocate for the end-of-life movement, understanding the importance of approaching life and death with intention and compassion.

### Circles of Care: Creating Communities During Times of Illness & Loss

Danielle Slupesky

Tuesday Sep 15 12:30 - 2:00

Fee: \$15  Oasis

Aging is inevitable. Isolation is not. This session explores how to show up for the people we love, and the neighbors we barely know, during times of illness, dying, and loss. Explore the limits of medical care, the power of community presence, and simple steps to build circles of support so no one faces the end of life alone. Leave knowing how to reach out when words feel impossible, how to offer help that actually helps, and how to be a steady presence through illness, dying, and loss.

Danielle Slupesky has spent her life caring for others, beginning as an EMT at age 18 and later as an ER nurse. A life-threatening illness and near-death experience taught her surrender and deep compassion for those facing illness or end-of-life. As a death doula, she guides individuals and families, helping them make informed choices, and embrace love, courage, and dignity.



## How to Be a Good Grief Friend 177

Debbie Garrison

**Tuesday Sep 22 12:30 - 2:00**  
**Fee: \$15**  **Oasis**

After a death, relatives, friends, and community members seek to comfort the bereaved. Often, people are unsure of what to say and how to approach conversations about dying, death, and grief. Discover useful communication strategies for speaking with grieving individuals, the benefits of being an active listener, and what can be helpful or not helpful to say. We discuss common misconceptions about grief, as well as how to prioritize self-care in difficult times.

Debbie Garrison has come full circle with The Grief Center, beginning her journey in 2003 as a participant with her children after the death of their father. The center's free peer-to-peer grief support groups had a huge impact on their lives, which led her to find ways to give back and help others. She has been highly involved as a member of the Board of Directors and later as Executive Director. Garrison retired from Albuquerque Public Schools with over 38 years of experience as an educator, principal, and district leader.

## Amazon Fulfillment Center Tour 178

**Wednesday Sep 23 1:30 - 2:45**  
**Fee: \$18**  **Amazon Fulfillment Center**

Ever wondered how products in an online shopping cart make their way from Amazon to a customer's doorstep? See how Amazon operates in this tour of their fulfillment center. Participants walk through the facility and learn about the people, technology, and processes involved in preparing and shipping customer orders. *Be prepared to walk approximately one mile, including several flights of stairs. Participants must wear flat, closed-toed shoes. Long hair must be pulled up and do not wear loose-fitting clothing. You may bring your wallet, keys, and a transparent water bottle on the tour. All bags and backpacks must be left at home or in a vehicle. Must bring a government-issued photo ID. Limited enrollment.*

## City Resources for Seniors 179

**Thursday Sep 24 10:00 - 11:30**  
**Fee: \$15**  **Oasis**

The City of Albuquerque Department of Senior Affairs offers a continuum of services designed to support residents as they age, focusing on helping seniors live with dignity, stay healthy, and engage with their community. Learn about the many services and programs offered for adults over 50, including social services, recreation, fitness, transportation, nutrition services, and volunteer programs. Explore a variety of programming options for all ages at three multigenerational centers. This lecture is presented by the CABQ Department of Senior Affairs staff.

## Puzzles, Games, & Friends 180

**Fridays 9/25, 10/30, 11/13, 12/18 10:00 - 12:00**  
**Fee: \$8 4 sessions**  **Oasis**

Join other Oasis participants in playing games, solving puzzles, and enjoying each other's company. 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.

## Exploring Family History Using Anthropology 181

*Marilyn London*  
**Fridays Oct 2, Oct 9, Oct 16 10:00 - 11:30**  
**Fee: \$25 3 sessions**  **Oasis**

What do you know about your family's history and culture? Anthropologists use a variety of techniques to learn about human history, culture, language, and contributions to community life. Those same techniques can be applied to individual families to develop a more detailed knowledge of the family and its members. Participants keep a notebook on topics covered and share family stories and culture with the other members of the class. *Limited enrollment.*



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

### Armchair Advocacy 182

*Charna Lefton*

**Monday** **Oct 5** **2:30 - 4:00**  
**Fee: \$15**  **Oasis**

Many of us were raised to be "seen and not heard," making self-advocacy feel intimidating. But what then is advocacy, and how can it make a difference in everyday life? Through guided participation, lecture, and hands-on exercises, this interactive session explores practical tools and resources to help you speak up with confidence—for yourself and others—in medical, financial, and social justice situations where your voice truly matters. Gain skills to communicate clearly, ask questions, navigate challenging conversations, and advocate effectively.

Charna Lefton has spent her career helping people find their voice. Her advocacy experience spans government, non-profits, and international service, including leadership roles with the US Fish & Wildlife Service, Peace Corps, and Indivisible 505. A trained mediator and facilitator, she brings practical insight from supporting individuals in healthcare, financial, and government systems, and from resolving conflicts in both professional and everyday settings.

### Planning for the Future 183

*Lori Millet*

**Monday** **Oct 19** **10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Benjamin Franklin believed nothing is certain but

death and taxes, and he was right! If you learn what legal documents are to protect you and your family in the event of disability or demise. Topics include power of attorney, wills, trusts, how someone can be named with a court-appointed guardian, the probate process, and how to pay for long-term

Lori Millet practices law in the area of estate planning, elder law, trusts, probate, and guardianship and conservatorship. She is an accredited attorney with the Veterans Administration and has an LLM in Elder Law. She is a member of the State Bar, Elder Law Society, and the National Academy of Elder Law Attorneys (NAELA). She is a certified general mediator and guardianship mediator.

## PHILOSOPHY, RELIGION, & SPIRITUALITY

### The Life & Times of St. Augustine 184

*Frank Yates*

**Monday** **Sep 28** **10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Augustine of Hippo was born in 354 C.E. and died in 430. The son of a pagan father and a devout Christian mother, Augustine was educated in Carthage, Milan, and Rome. After a dramatic conversion to Christianity, he returned to Hippo, where he became an influential bishop. His writings, especially his autobiography *Confessions*, became a model for later autobiographies. This lecture explores his life story and examines *The Confessions* between 397 and 400 C.E.

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



## The Season of the Great Ingathering 185

Paul Citrin

Monday Sep 28 2:00 - 3:30

Fee: \$15  Congregation Albert

Sukkot, sometimes referred to as Tabernacles, is the season of the most varied and abundant harvest in the Land of Israel. Over the centuries, it has been a celebration of the material rewards of hard work, a time for renewing community, studying sacred texts, caring for the poor, and reaffirming deeply held values. The class includes biblical and Talmudic texts, explores Ethical Wills as a form of personal harvest from ancient times to today, and offers hands-on engagement with key ceremonial objects used in the holiday. *Note: This talk is given at Congregation Albert, inside the congregation's Sukkah.*

Rabbi Paul Citrin received his BA in history from UCLA and an MA in Hebrew Letters from Hebrew Union College. He has served numerous congregations since he was ordained by the Hebrew Union College in 1973. Citrin has authored a children's novel and children's prayer books and edited an anthology of scholarly essays on the Hebrew language.

## Introduction to A Course in Miracles 186

Patricia Bernardez

Friday Oct 9 2:30 - 4:00

Fee: \$15  Oasis

*A Course in Miracles* by Helen Schucman is a series of spiritually based psychological exercises that can offer a new understanding of ourselves, others, and our relationships. Since its publication in the 1970s, it has been subject to both praise and controversy. This introductory class focuses on key principles from *A Course in Miracles* that may lead to more joy, peace, and healthy relationships.

Patricia Bernardez is a retired health care professional with degrees in nursing and a Master's in Counseling Education with Doctorate

acceptance from the University of Pittsburgh. Bernardez is a lifelong spiritual seeker and a student of *A Course in Miracles* for over 30 years. She is also certified as a spiritual holistic coach. Bernardez enjoys helping people achieve inner peace and well-being.

## A Visit with Martin Heidegger 187

George Leone

Thursday Nov 5 2:30 - 4:00

Fee: \$15  Oasis

German philosopher Martin Heidegger put forth a new direction in philosophy, but not one that is easily described. His major work, *Being and Time*, explores the meaning of "being" and existence. This presentation attempts to make Heidegger's language more accessible and explores how the major concepts he developed expanded over his lifetime.

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*.

## Synchronous Sin & Synesthesia at Sinai 188

Jack Schlachter

Monday Nov 23 10:00 - 11:30

Fee: \$15  Oasis

The Biblical text describing the revelation at Mount Sinai can be literally translated as "The entire people saw the thunder and the flames and the sound of the shofar..." People with synesthesia experience involuntary stimulation of one sensory pathway when another is triggered. We explore synesthesia, learn about a few famous synesthetes, and examine this verse from a range of sources within Jewish texts.



Jack Shlachter is a physicist who spent most of his career at Los Alamos National Laboratory. Additionally, he is an ordained rabbi who has led congregations in Center Moriches, NY, Los Alamos, and Santa Fe, and has provided itinerant rabbinic support to far-flung Jewish communities.

### **Must There Be Scapegoats? Considering the Theology of Rene Girard** 189

Scott Sharp

**Tuesday**      **Dec 8**      **10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Rene Girard's theological and philosophical work reframes the notion of the atonement and asks the fundamental question of whether or not there must be scapegoats in society as a means of corporate relief and release. This course examines several tenets of Girard's work, such as mimetic theory, scapegoating, and shared violence, as a lens for re-reading the crucifixion narrative of Jesus.

Scott Sharp serves as the Executive Director of Albuquerque Oasis. Sharp holds degrees in education and theology and developed an interest in the works of Rene Girard in the early 2000's.

### **Against The Academicians & The Teacher** 190

Frank Yates

**Thursday**      **Dec 17**      **10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Augustine of Hippo wrote *The Teacher* around 389 C.E. and directed it to his son, Adeodatus. The text explores how the Christian faith is transmitted from one person to another through words illuminated by the Spirit. The teaching process is concerned first and foremost with the Truth that sets us free. We also consider *Against the Academicians*, in which Augustine addresses the skeptical challenge to the Christian faith and considers how it should be answered.

See bio in class #184

## **SCIENCE, MATH, & NATURE**

### **All About Birds**

191

Laura Banks

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

This lecture provides an introduction to local habitats, describes birds that can be found in nearby neighborhoods, good places to go birding, and discusses birding ethics and conservation. Learn about birding apps, binoculars, and other resources for birding. Laura Banks includes photos, bird sounds, and helpful hints to share her love of birds and inspire participants to learn more.

Laura Banks, PhD, is the President of the Bird Alliance of Central New Mexico, a local non-profit organization and a chapter of the National Audubon Society. She has degrees in veterinary medicine and public health and is a proud bird nerd. Her favorite bird is the Sandhill Crane, and she will gladly explain why, if asked.

### **The Geology & History of South Africa** 192

John Geissman

**Monday**      **Sep 21**      **10:00 - 11:30**  
**Fee: \$15**  **Oasis**

South Africa has been in the news of late for several reasons. The Rainbow Nation has a rich and incredibly varied geology and a recent history that was steeply influenced by the discovery of gold, diamonds, chromium, and other minerals and materials in the 19th century. This course covers many aspects of South Africa's geology, including the Karoo Basin Permian-Triassic extinction event and the terroir of the southern West

John Geissman is a professor emeritus of geoscience at the University of Texas at UNM. He received a BS, MS, and PhD from the University of Michigan. He is a past president of the Geological Society of



(GSA) and editor for the GSA Bulletin. He has over 300 peer-reviewed science journal contributions.

### Discovering New Particles 193

*Sally Seidel*

**Thursday Oct 1 12:30 - 2:00**

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

One of the goals of contemporary physics is the discovery of new particles, the fundamental building blocks of nature. What can these discoveries reveal about the limits of current scientific knowledge? This lecture explores the quest for new particles and why their discovery is essential to advancing our understanding of how the universe works.

Sally Seidel received her PhD in experimental particle physics at the University of Michigan and has held the position of Professor of Physics at UNM since 1991. Her team conducts research at the Large Hadron Collider at CERN in pursuit of physics beyond the Standard Model and develops new particle detection technologies for application to future experiments.

### Influenza: 1918 to the Present 194

*Marilyn London*

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

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

Influenza is a common disease found worldwide and occurring at least annually. In 1918, our planet was affected by an influenza virus that killed at least 40 million people, when our knowledge about transmission, prevention, and treatment was limited. We discuss factors today in combatting influenza, including the source of the virus, public health policies, treatment, and recognition of the threat to humans.

*See bio in class #181*

### Creating a Habitat to Share with Wildlife 195

*Laurel Ladwig*

**Wednesday Sep 30 2:30 - 4:00**

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

Our changing climate poses daunting challenges for people, plants, and wildlife, but there are ways to create spaces that serve as refuges for all. Explore how you can support your wild neighbors by sharing resources and being responsive to their needs. Learn how to add habitat to your outdoor space and care for your yard in wildlife-friendly ways, and learn about the ABQ Backyard Refuge Program and how your own yard can become a certified backyard refuge.

Laurel Ladwig is a geographer who studies our relationship with all species of life on Earth. She runs the New Mexico Backyard Refuge Program for Ciudad Soil & Water Conservation District and the Friends of Valle de Oro National Wildlife Refuge. She is also on the advisory board for the Bernalillo County Open Space Master Naturalists, the associate director for the R.H. Mallory Center for Community Geography, and co-coordinates Albuquerque's participation in the worldwide City Nature Challenge.

### Women Innovators in STEM You've (Probably) Never Heard of 196

*Jan Williams*

**Thursday Oct 1 10:00 - 11:30**

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

Women have contributed to science and technology for centuries, but often remain unheralded and underrecognized for their achievements. Learn about women innovators who have remained largely unknown, whose inventions, research, and creativity have dramatically impacted our modern world. Even if you have heard of these amazing women, you might not realize the global significance of their contributions to society.



Jan Williams spent most of her engineering career at Sandia National Laboratories. A Fellow and 40-year member of the Society of Women Engineers, she is a fierce advocate for STEM. She holds a BS in Mechanical Engineering from the University of Missouri, Kansas City, and an MS in Civil Engineering with an emphasis in construction management from the University of New Mexico.

### Forever Chemicals in

### Forever Specimens 197

*Christopher Witt*

**Wednesday Oct 7 10:00- 11:30**

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

Forever chemicals, known as PFAS, are contaminating birds and wetlands across New Mexico, with some of the world's highest concentrations discovered at Holloman Lake. Biologist Christopher Witt explores how museum bird specimens collected over decades are helping scientists trace the spread of PFAS through ecosystems, wildlife, and food webs. Learn how natural history collections are becoming powerful tools for understanding environmental change and protecting both wildlife and human health.

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

### Life in the Dark: Exploring Microbes in Lava Caves 198

*Diana Northup*

**Thursday Oct 15 10:00 - 11:30**

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

The study of lava caves on Earth provides key information for identifying evidence of potential life on other planets and extraterrestrial bodies. Caves are dark, subterranean homes to a wealth

of unknown and intriguing microbial life. A class explores this microbial life in the Malpais National Monument (NM) and learn how microbes survive in dark caves with limited energy sources, and how this knowledge helps identify life on Mars.

Diana Northup, PhD, is a visiting assistant professor at UNM. Her work centers on understanding how life exists in the extreme. The subterranean biosphere of caves has fueled her passion for science for decades. She has explored caves throughout the world, Northup studies extremophiles, including microbes that live in caves and microbes that masquerade as mammals to help better detect life on extraterrestrial planets.

### Ballooning: It's More than Hot Air

*Troy Bradley*

**Friday Oct 16**

**Fee: \$22**  **ABQ Ball**

If you live in Albuquerque, you cannot help but know about hot air balloons. However, the science of lighter-than-air flight is much broader than what we see in our October skies. Join us for a presentation and flight instructor Troy Bradley for an evening of exploration of the Balloon Museum. Learn the history and science behind all kinds of balloons. Hear about his efforts to push boundaries in lighter-than-air aviation, and see historical footage from world record-setting events. *Live presentation. Enrollment.*

Troy Bradley grew up ballooning with his grandparents in Colorado. He moved to Albuquerque when he was 19 to work for the Balloon Cutter, the founder of the Balloon Fiesta. He is the most prolific record-setter in ballooning with 64 world records, including ball flights across both the Atlantic and Pacific Oceans. He has flown over 9,400 hours, which means more than a year of his life has been spent



## Antisemitism & Anti-Science: A Deadly Overlap 200

Jack Shlachter

Monday Oct 26 10:00 - 11:30  
Fee: \$15 Oasis

The anti-science movement involves the “rejection of mainstream scientific views and methods or their replacement with unproven or deliberately misleading theories, often for nefarious and political gains.” It has appeared in the guise of climate change denialism and anti-immunization, and it can be seen historically in opposition to advances in psychology and physics. This class examines five modern examples of the deadly convergence of antisemitism and anti-science.

See bio in class #188

## Our Body Bizarre: Some Curious Facts About Human Anatomy 201

Bruce Mann

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

Back by popular demand. Our anatomy is weirder than you think. This isn't about things you already know, like the heart or kidneys. This is the bizarre stuff. Did you know we still have fish gills hiding in our heads? Or that we have a nerve that alters immunity? Why do we choke when “food goes down the wrong way”? Can you touch your brain? Let's open a few drawers in the cabinet of anatomic curiosities and uncover the body bizarre.

Bruce Mann, MD, has degrees in biology and medicine, is a board-certified internist, and a former UNM medical faculty member. As an Oasis presenter, he's known for his blend of didactics and humor that transforms technical concepts into easy-to-grasp information for general audiences.

## Impossible Ancient Mega Sites 202

David Crossley

Friday Nov 6 10:00 - 11:30  
Fee: \$15 Oasis

Worldwide, there are hundreds of gigantic prehistoric constructions that cannot easily be explained. Many feature enormous stone structures built with hundred-ton blocks, carvings cut into cliff faces, and vast underground excavations in solid granite. Striking similarities appear in the myths, arts, style, and engineering of civilizations with no recorded contact. This lecture highlights some of the most mysterious examples.

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

## The Geology & History of Diamonds 203

Paul Parmentier

Monday Nov 9 12:30 - 2:00  
Fee: \$15 Oasis

The history of diamond mining traces the shift from early discoveries of diamonds in riverbeds to the later understanding that most come from volcanic kimberlite pipes. Research has focused on identifying which kimberlites contain diamonds while a longstanding geological puzzle remains: why do these volcanic formations occur in areas of very thick and deep granite? We also dive into modern diamond manufacturing, current industrial and technological uses, and the relatively few diamond deposits found within the United States.

Paul Parmentier is a retired geologist living in Los Lunas. After graduating from the University of



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.

### Native Plants: Who Needs Them? 204

Tom Stewart

Monday Nov 16 10:00 - 11:30

Fee: \$15 Oasis

We hear the term “native plants” more and more often, in personal conversation as well as from government agencies, wildlife organizations, and civic groups. But what are native plants, and how are they different from weeds? Going light on jargon and incorporating beautiful photos, this session aims to clear up misconceptions and open up a subject that goes well beyond aesthetics and landscaping and has impacts on our history, our culture, and our future.

Tom Stewart, a New Mexican since his teen years, studied life sciences at UNM and the University of Vermont and worked as an environmental scientist at Sandia National Laboratories. After retiring, he became the president of the Native Plant Society of New Mexico Albuquerque Chapter.

### Isle Royale: The Gleam in the Eye of Lake Superior 205

Jennifer Bohnhoff

Wednesday Nov 18 12:30 - 2:00

Fee: \$15 Oasis

The largest island in Lake Superior and the site of one of America’s least-visited National Parks, Isle Royale is an isolated car-free wilderness enjoyed by backpackers, hikers, boaters, paddlers, and divers. Jennifer Bohnhoff shares the story of the island’s geology, geography, plant and animal life, and human history, while including pictures,

charts, maps, and information to help you on your own trip to this beautiful north-

A native New Mexican with a BA from UNM and an MA from New Mexico State University, Jennifer Bohnhoff spent her career teaching throughout public schools in Albuquerque and Edgewood. She retired in 2021 and returned to award-winning historical fiction. Bohnhoff and her family portaged, hiked, and backpacked Isle Royale in 2000. That experience led to *Isle Royale: A Perspective*, a historical novel set during the Great Depression.

### Anatomy of a Thunderstorm ---

Deirdre Kann

Thursday Nov 19 10:00 - 11:30

Fee: \$15 Oasis

Thunderstorms are a common weather occurrence in New Mexico and around the world. These storms range in strength and severity, from “popcorn” single-cell thunderstorms to squall lines and supercells. This presentation covers the life cycle of thunderstorms from development to dissipation, their necessary ingredients, storm structure, and cloud features. Amped with energy, shocking behavior, and winds that will blow you away, thunderstorms are one of nature’s most beautiful yet potentially dangerous creations.

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



### Terry Tao: From Mathematical Prodigy to Prolific Collaborator 207

David Metzler

Wednesday Nov 25 10:00 - 11:30  
 Fee: \$15  Oasis

Australian Terry Tao started his mathematical career spectacularly with wins in international competitions while still a tween. After a PhD at age 21, he became a top researcher, famed for his brilliant insight and collaborative instinct. Recently, he has been a leader in the search for ways to use AI tools to discover and prove new mathematical theorems. How has the career of this fascinating mathematician impacted our knowledge of the discipline?

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

### Global Climate Changes & New Mexico's Landscapes 208

Les McFadden

Tuesday Dec 1 12:30 - 2:00  
 Fee: \$15  Oasis

Beginning about 50 million years ago, Earth's average temperature began a long-term decline, culminating 2.7 million years ago in increasingly dramatic swings in global climate. This interval, known as the Quaternary Period, is marked by recurring ice ages that alternated with warmer periods. Understanding how these climate changes affected Earth's landscapes is a major goal of Quaternary scientists. This class focuses on research results gathered in New Mexico.

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 received the Kirk Bryan Award for Excellence.

### Psychological Profiling 101 209

William Foote

Friday Dec 4 10:00 - 12:00  
 Fee: \$15  Oasis

From the origins of forensic psychology, legal and police professionals have turned to psychologists to help them solve crimes. Psychological profiling is the most famous, and most controversial, of these methods. What does the history of this field reveal? Although profiling methodology has become more sophisticated over the past 75 years, a closer look shows both the techniques that have assisted investigators and those that have occasionally led them astray.

William Foote received his PhD from UNM in 1978 and taught at UNM in the School of Law and the Departments of Psychology and Psychiatry. He spent more than 40 years in private practice as a forensic psychologist and served as a consultant to the New Mexico State Police, Albuquerque Police Department, and the CIA. Foote has authored numerous journal articles and book chapters and co-authored three books with Jane Goodman-Delahunty.

### Construction of North America 210

Dirk Van Hart

Wednesday Dec 9 10:00 - 11:30  
 Fee: \$15  Oasis

North America's geologic basement, or foundation, was pieced together like a puzzle over a period of about a billion years. The scars of that assembly, and the later jostling of those pieces by subsequent events, have resulted in the geology we see today. Geologic features, such as the Jemez lineament, are surface expressions of those deep structures. This big-picture, user-friendly talk



will help make the geology of North America and New Mexico more understandable.

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

### All About Coyotes ZOOM

211

*Daryl Ratajczak*

Friday

Dec 11

12:30 - 2:00

Fee: \$15

 Zoom

Coyotes are everywhere. Some people admire them, while others see them as a nuisance. Explore the lives of these adaptable and intelligent animals, from their behavior and habitats to the many myths and misconceptions that surround them. How have coyotes learned to thrive alongside humans, and why do they remain such a familiar part of our landscape?

Wildlife biologist Daryl Ratajczak works for the Bureau of Land Management. He holds a degree in wildlife management and managed a black bear rehab, research, and education facility near Great Smoky Mountains National Park. He also worked for the Tennessee Wildlife Resources Agency.

### Golden Eagles

212

*Brian Millsap*

Monday

Dec 14

2:30 - 4:00

Fee: \$15

 Oasis

For decades, biologist Brian Millsap has studied Golden Eagles across the American West, helping to advance our understanding of their behavior, nesting habits, population dynamics, and conservation needs. This presentation draws on that research to explore the life history of one of North America's most impressive birds of prey. Topics include nesting territories, breeding ecology, habitat use, survival, and the challenges

Golden Eagles face in a changing land

Brian Millsap has BS, MS, and PhD degrees in biology and is currently a senior research assistant in the Department of Fish, Wildlife, and Conservation Biology at New Mexico State University. He studies Cooper's Hawks, American Burrowing Owls, and Golden Eagles. He has published over 100 scientific papers and has led a long-term study of Cooper's Golden Eagles in Albuquerque since 2011.

## SOUTHWEST

### Tijeras Pueblo Tour

213

*Ann Ruhnka*

Wednesday

Sep 16

10:00- 11:30

Fee: \$18

 Tijeras Pueblo

Take a visit to Tijeras Pueblo, a 14th-century archaeological site that is listed on the National Register of Historic Places. The tour includes a gentle half-mile trail with stops at a pollinator garden, a waffle garden, and a Native plant interpretive garden, as well as tidbits of information gleaned from 15 years of helping maintain the grounds, trails, and surrounding areas of the pueblo. Following the walk, step into the indoor interpretive center to learn more about the archeology of the site. *Limited enrollment.*

Ann Ruhnka has spent the past 15 years volunteering at Tijeras Pueblo, first as a museum docent with Friends of Tijeras Pueblo and later as a Site Watch volunteer with the Forest Service. She has a lifelong interest in experiential archaeology and finding edible, medicinal, and of practical use plants in our environments.



## Steam Locomotives: The Machines that Made Albuquerque 214

Kathy Economy

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

When the Atchison, Topeka, and Santa Fe Railway built a major locomotive repair shop in Albuquerque, it marked our transition from a small village to a thriving city. Learn how the steam locomotives actually operate, why they are known for their delicate nature, and what can cause them to explode like in the Chillicothe, Ohio tragedy in 1948.

Kathy Economy has a master's degree in Hydrology. Her professional career has primarily been spent working in performance assessments of nuclear waste repositories and investigating hazardous waste sites. Economy has been fascinated by trains all her life, and appreciates the significance they play in transporting people and goods throughout the world.

## Hibben Historic Home Tour A 215

Doug Lutz

Thursday Sep 24 1:00 - 2:30  
Fee: \$20  Hibben House

## Hibben Historic Home Tour B 216

Doug Lutz

Thursday Nov 5 1:00 - 2:30  
Fee: \$20  Hibben House

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

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

## Maxwell Museum Collections Tour 217

Kari Schleher & Karen Price

Wednesday Sep 30 10:00 - 12:00  
Fee: \$18  Maxwell Museum of Anthropology

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

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

## Steam Locomotive 2926 Tour 218

John Taylor

Wednesday Oct 7 10:00 - 11:30  
Fee: \$18  Locomotive 2926

Tour the AT&SF 2926 steam engine, which was restored by the New Mexico Steam Locomotive



& Railroad Historical Society. The vintage steam locomotive is one of 30 built between 1943-44 for the war effort. Used in both freight and passenger service, the engine traveled over one million miles before its last run. The restored locomotive ran once again under its own steam power in 2021. *Limited enrollment.*

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. He is the author or coauthor of 50 technical reports and 25 books on a variety of topics, including New Mexico history, soccer, science, and naval history.

### **New Mexico History in 100 Objects 219**

*Richard Melzer*

**Monday Oct 12 10:00 - 11:30**  
**Fee: \$15**  **Oasis**

Newly published by the UNM Press, Richard Melzer's book, *A History of New Mexico in 100 Objects*, is truly unique, exploring objects discovered in museums across New Mexico and beyond. Included in the collection are photos and stories about valuable artifacts such as the original Storyteller, Ernie Pyle's typewriter, an American POW's makeshift garment, and a hippie van from Taos. Melzer has chosen a sample of these objects to share in a colorful examination of New Mexican history.

Richard Melzer was a Regents' professor of history at UNM's Valencia Campus, where he taught for more than 35 years before his recent retirement. He has authored or edited more than 30 books and more than 100 articles about New Mexico history. He is a former president of the Historical Society of New Mexico.

### **Wandering Route 66**

**220**

*Jill Schneider*

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

Explore Route 66 through stories, memories, and local lore! Author Jill Schneider shares her experience with an aging traveling salesman as he recalled the people and places he encountered along the Mother Road in the 1940s. Drawing on conversations and recollections, Schneider brings a version of Route 66 to life that was shaped by those who lived it. While it may not be fact-checked history, it is an adventurous look at the legends, personalities, and enduring spirit of one of America's most iconic roads.

A native New Mexican, Jill Schneider has been a wanderer and traveler all of her life, always wanting to know what it's like to live in places she has never seen. She was informally educated on the dirt roads of NM and more formally is a graduate of UNM. Poet, writer, silversmith, and weaver, she is the author of *Route 66 Across New Mexico: A Wanderer's Guide*.

### **Tour of Casa San Ysidro: The Gutiérrez/Minge House 221**

**Thursday Oct 22 9:30 - 11:30**  
**Fee: \$20**  **Casa San Ysidro**

Take a walk through New Mexico history at Casa San Ysidro, a historic house museum in Corrales. This house may be the only historic property in the state where the collection, as well as the timeless structures, are listed in the State Register of Cultural Properties. The collection includes architectural elements, furniture, religious art, household tools, hardware, jewelry, Hispanic and Puebloan pottery, a transportation collection.



historic photographs. The tour also includes a talk and visit to the adjacent Heritage Field, weather permitting. *Limited enrollment.*

### **A Mistake, a Murder, & a Marriage 222**

*John Taylor*

**Thursday Oct 29 10:00 - 11:30**

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

A Santa Fe Trader who leaves New Mexico for St. Louis is set upon by weather and thieves. He dies, and his assailants are tried and hanged. Another Santa Fe trader brings his possessions back to New Mexico. This new trader meets the man's widow, and the rest is history! This is a true tale from New Mexico's storied past.

*See bio in class #218*

### **Route 66 Connected: An Exploration of the Mother Road Through New Mexico 223**

*Donatella Davanzo*

**Thursday Nov 5 10:00 - 11:30**

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

Through photographs, stories, and visual exploration, this multimedia presentation offers a fresh look at the historic highway and the living heritage of Route 66. By examining original businesses still in operation and historic sites along the post-1937 alignment, Donatella Davanzo explores how their physical, symbolic, and cultural features preserve and reinterpret the stories of the Route 66 era while continuing to adapt to the social and economic realities of the present.

Italian American anthropologist and photo ethnographer Donatella Davanzo, PhD, documents traditional communities and historic sites in Italy and New Mexico through photography and visual research. Her recent project, "Route 66 Connected" (2022–2026), focuses on documenting original properties along Route 66 in New Mexico and preserving the cultural stories tied to the historic highway.

### **Art Tour of Nativo Lodge**

**224**

*Kevin Perez & Robin Dunitz*

**Monday Nov 9 1:00 - 2:30**

**Fee: \$18**  **Nativo Lodge**

Step inside one of Albuquerque's most distinctive art destinations. Nativo Lodge transforms the traditional hotel experience into an immersive gallery, with dozens of guest rooms decorated with murals by Native American artists. Led by the hotel's manager, visit a selection of these one-of-a-kind spaces and hear how each artist drew on cultural traditions, storytelling, landscape, and their own contemporary influences to create something truly unique. No two rooms are alike, which makes for an intimate journey through an extraordinary range of artistic styles. *Limited enrollment.*

Kevin Perez, General Manager of Nativo Lodge and local mural historian Robin Dunitz lead the tour. Perez previously worked at several Heritage Hotels & Resorts properties in Albuquerque, Las Cruces and is passionate about the hotel's unique art program. A lifelong Albuquerque resident, he brings an insider's perspective to Nativo's collection of artist-designed rooms. Dunitz has spent the past five years photographing Native American murals throughout New Mexico.

### **Genízaros & Indigenous Captivity in New Mexico**

*Robert Tórriz*

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

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

Spanish and Mexican government policy allowed and encouraged the capture and purchase of Indigenous peoples. This presentation discusses how these captives were acquired and treated, as slaves who were considered little more than chattel, compared to those who were raised as adopted children. Emphasis focuses on the



Apache, Navajo, Ute and other native captives that developed into an element of Hispanic New Mexico society known as Genízaros.

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

### **A Writer Who Loved New Mexico: Eugene Manlove Rhodes** **226**

*Jim Eckles*

**Friday** **Nov 13** **12:30 - 2:00**  
**Fee: \$15**  **Oasis**

Eugene Manlove Rhodes is New Mexico's acclaimed author of realistic Western stories and novels. Explore how his life shaped his stories and how one novel, *Paso Por Aqui*, is still praised today. In 1948, it was turned into the movie *Four Faces West*, one of the most expensive B Westerns ever made in Hollywood. The film starred Joel McCrea, and much of it was filmed here in New Mexico.

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

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

## **HEALTH MOVEMENT**

### **Tai Chi for Arthritis & Fall Prevention, Part 1** **227**

*Ilene Dunn*

**Tues & Thurs** **Sep 15 - Nov 5** **11:00 - 12:00**  
**FREE** **16 sessions**  **Oasis**

### **Tai Chi for Arthritis & Fall Prevention, Part 1 ZOOM** **228**

*Ilene Dunn*

**Tues & Thurs** **Sep 15 - Nov 5** **11:00 - 12:00**  
**FREE** **16 sessions**  **Zoom**

Are you interested in reducing joint pain and improving balance through gentle movement? Recommended by the Arthritis Foundation and the National Council on Aging, this evidence-based class has been shown to ease joint pain and improve balance. The program was developed by Dr. Paul Lam and experts from the Tai Chi for Health Institute. Movements are from Sun-style tai chi. Basic principles of tai chi are incorporated to leave you feeling calm, relaxed, and well. *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.*

Certified personal trainer Ilene Dunn specializes in senior fitness and maintenance of strength, balance, and an active lifestyle. She exercises and is a certified instructor in Arthritis and Falls Prevention, Tai Chi for Better Balance®, On the Move®, and more. She is also a Matter of Balance Trainer.



## Tai Chi for Arthritis & Fall Prevention, Part 2 **229**

Ilene Dunn

Tues & Thurs Nov 10 - Dec 15 11:00 - 12:00  
Fee: \$56 8 sessions  Oasis

## Tai Chi for Arthritis & Fall Prevention, Part 2 ZOOM **230**

Ilene Dunn

Tues & Thurs Nov 10 - Dec 15 11:00 - 12:00  
Fee: \$56 8 sessions  Zoom

For those who have mastered the basic movements in Tai Chi for Arthritis & Fall Prevention Part 1, this class is an opportunity to deepen your practice by learning additional movements from the Sun Style 73 Forms. Expand your understanding of tai chi principles, keep the qi flowing, and continue experiencing its health benefits. *Prerequisite: knowledge of the Tai Chi for Arthritis and Fall Prevention Part 1 basic forms. No class 11/24, 11/26, and 12/3. Limited enrollment.*

See bio in class #228

## East to West Coast: Swing Dance! **231**

Susan Becker

Tues & Thurs Sep 15 - Sep 22 2:30 - 4:00  
Fee: \$30 3 sessions  Oasis

Two types of dance to the same music, but they're decidedly different styles. East Coast Swing, thought of as a partner Ballroom dance, has a faster, syncopated step with the Leader and Follower moving in a circular pattern. It has turns, twirls, and combinations of steps for both partners. West Coast Swing features a linear, up-and-back pattern with East Coast step rhythms in different combinations, and it doesn't usually circle. It can be combined with East Coast, going from a linear to a turning dance! Sign up with a partner or meet one in class. *No experience required. Limited enrollment.*

Susan Becker holds a PhD in physical education from UNM with an emphasis in both adapted physical education for special needs students and dance. She has taught ballroom, country western dance, and yoga at UNM for over 40 years. She also teaches dance privately and at APS.

## Tai Ji Quan: Moving for Better Balance® **232**

Cindy Russell

Mons & Weds Sep 21 - Nov 11 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.*

Cindy Russell became a personal trainer after many years in business and finance. She 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.

## On the Move: Group Exercise for Improved Mobility in Older Adults® **233**

Cindy Russell

Mons & Weds Sep 21 - Dec 16 2:30 - 3:30  
FREE 24 sessions  Oasis

Are you concerned that your walking is becoming unsteady? Are you beginning to shuffle? On the Move: Group Exercise for Improved Mobility in



Older Adults® (OTM) is a group-based motor learning exercise program designed to improve walking in older adults. It specifically challenges the brain and nervous system to coordinate the timing and sequencing of movements with posture to improve the smoothness and efficiency of walking. *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 19 of the 24 sessions, you will receive a \$10 Oasis credit. No class on Nov 23 or 25. Limited enrollment.*

See bio in class #232

### Somatic Kinesis for the Soul 234

Julieann Neely

**Thursdays**      **Oct 1 - Oct 22**      **1:00 - 2:15**  
**Fee: \$36**      **4 sessions**       **Oasis**

Maneuvering life's changes and uncertainty strains the nervous system and body as a whole. Tension becomes more compressed, stress and anxiety are on a daily slow burn, and breathing feels harder. Somatic refers to physical embodiment, which recognizes that the body feels sensation before the mind thinks and processes. Kinesis is the movement in response to those sensations. Learn to use awareness of sensation for movement synergy by stimulating nervous system pathways, thus opening doors for freedom of expansion in the body, mind, and soul. *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.

### Walking for Wellness 235

Susan Pickering

**Thursdays**      **Oct 1 - Oct 15**      **9:30 - 11:00**  
**Fee: \$24**      **3 sessions**       **Hyder Park**

There are many mental and physical benefits to staying active. Join us for a fun, inspiring series of

three walks during which we practice our level of exertion, engage in warm cool-down stretches, develop safe walking practices, and learn about local topics. These walks are focused on walking as a habit. *Please wear comfortable walking shoes, bring water, and sun protection. The pace is moderately intensive, and covers about 1.5 miles in about 40 minutes. Restroom available nearby starting at 10:00. Limited enrollment.*

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

### Yoga for Strong & Healthy Bones 236

Gloria Drayer

**Wednesday**      **Oct 7**      **10:00 - 11:15**  
**Fee: \$12**       **Oasis**

Low-impact, weight-bearing exercises like yoga can strengthen bones. Yoga can also improve muscle strength, flexibility, and stability. Join us to develop a routine aimed at maintaining or rebuilding the health of your bones. *Wear loose, comfortable clothing. No experience necessary. Bring a mat or towel—seated modifications available. Limited enrollment.*

Gloria Drayer is known for the intuition and compassion she brings to her role as a certified 500-hour Kripalu yoga instructor. She has been teaching for nearly 30 years. Her classes are given in a non-competitive environment where people are encouraged to participate at their own pace that is healthful and enjoyable. She is the author of the book *Yoga and Grief: A Compassionate Journey Toward Healing*.



**Yoga for a Peaceful Mind****237**

Gloria Drayer

Wednesday

Oct 14

10:00 - 11:15

Fee: \$12

 Oasis

There are many benefits to being able to quiet stress responses, negative thinking, and anxieties. Learn tools and practices, including gentle movements, breathing techniques, and meditations that build your skills for quieting the mind in your daily activities. *No experience required. Bring a yoga mat or blanket; chair-based modifications available. Limited enrollment.*

See bio in class #236

**Rise & Thrive****238**

Mia Chavez

Fridays

Oct 9 &amp; Oct 16

12:30 - 1:30

Fee: \$20

2 sessions

 Oasis

Enjoy easy-to-follow movements choreographed to a variety of musical styles that keep you motivated and engaged. Whether you're looking to increase your activity level, improve mobility, or simply enjoy exercising in a positive group setting, Rise & Thrive offers a welcoming and supportive environment where everyone can move at their own pace and celebrate progress.

Mia Chavez is a fitness and wellness professional with over a decade of experience developing and leading exercise programs for diverse populations. She specializes in low-impact aerobics, strength and flexibility training, chair fitness, adaptive exercise, and wellness education. Passionate about promoting healthy lifestyles, Chavez empowers individuals to improve their mobility, strength, confidence, and overall quality of life through safe, engaging fitness programs.

**Qigong: Circling Hands to Energize the Body****239**

Marcia Pincus

Tuesdays

Oct 13 - Nov 10

1:00 - 2:00

Fee: \$45

5 sessions

 Oasis

Qigong circling hands energizes the three main parts (burners) of the human body. By moving your hands in vertical, horizontal, and coronal circles, the body is energized. This qigong requires standing, turning the waist, and shifting the weight forward and back, to allow the body to receive body fluids and qi. At the end of the movements, the body will feel more "alive" and fluid. *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.

**Tai Chi Chih: Joy Through Movement****240**

Ellen Tatge

Thursdays

Oct 15 - Nov 19

9:30 - 10:30

Fee: \$60

6 sessions

 Oasis

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

Ellen Tatge is known for her kind and gentle teaching of this life-enhancing practice. A former high school teacher and then a corporate trainer, she is a certified instructor who has practiced and taught Tai Chi Chih for over 35 years.



**Fitness Assessment 241**

Renee Adams

**Thursday Oct 29 1:30 - 2:30****Fee: \$10**  **Oasis**

Maintaining and improving physical fitness is critical for prolonging independence. Join us to learn about your cardiorespiratory fitness, muscular strength, flexibility, balance, agility, and body composition. Then, meet one-on-one with a CNM exercise science student to discuss your results, how to improve your fitness levels, and what classes/programs can help you achieve them. *Limited enrollment.*

Renee Adams is an exercise science instructor at CNM and has taught higher education classes for many years. She is joined by CNM exercise science students.

**Chair Yoga: Stretching, Strength, & Balance 242**

Sharon Jonas

**Thursdays Nov 5 - Nov 19 2:00 - 3:00****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. Jonas brings a personalized approach to her yoga classes that focuses on alignment, breath, and mindfulness, creating a fun and rewarding practice for all levels.

**Duct Tape & WD-40 for Balance 243**

Cindy Russell

**Mons & Weds Nov 30 - Dec 9 2:30 - 3:30****Fee: \$36 4 sessions**  **Oasis**

Have you ever heard the saying that you can fix anything with WD-40 or duct tape? The same idea applies to your balance! In this fun and practical class, practice simple "duct tape" (strengthening) exercises and "WD-40" (stretching) movements you can easily add to your daily routine. Learn how regular activity—or lack of it—affects your balance, stability, and overall mobility. *Limited enrollment.*

See bio in class #232

**DAY TRIPS****Day Trip: El Morro National Monument & the Camel Corps 244****Thursday Sep 10 8:00 - 6:00****Fee: \$85**  **El Morro**

Join us for a day at El Morro National Monument, a remarkable sandstone bluff known for its dramatic scenery and the hundreds of inscriptions left by travelers over the centuries. A by charter bus, park staff give an intro to the monument's trails. Participants take approximately 2½ hours to hike and explore the monument on their own. Following a sack lunches, enjoy a special presentation by the Camel Corps, featuring live camels and the US Army's 1857 camel expedition to the Southwest. *This is a high activity day involving hiking, walking, and standing at*



altitude. Wear comfortable walking shoes and layered clothing; bring water, sun protection, and anything you need to be comfortable, such as trekking poles, etc. Bring your own sack lunch. Please note that this event coincides with special programming at the monument, and visitors, including school groups, are expected throughout the day. Limited enrollment.

## WALKS, HIKES, & RIDES

### Walking Albuquerque - Mondays 245

Don Potter

**Mondays**      **Sep 14 - Oct 19**      **8:30 - 10:00**  
**Fee: \$20**      🍷 6 sessions

### Walking Albuquerque - Wednesdays 246

Don Potter

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

Whether along historic irrigation ditches, through interesting neighborhoods, or on foothill trails, enjoy these six moderately paced walks guided by a variety of walk leaders. Each walk is approximately 90 minutes. Some have frequent stops introducing historical places, while others span greater distances and have less discussion. These walks are geared for intermediate walkers because some of the terrain is uneven or uphill, and at a moderate pace. Sturdy hiking shoes and general fitness are required. No pets. Generally, there are no restrooms. You receive directions to each walk's starting point prior to the first walk. *Please note: If you miss the first two walks, you will be dropped from the class without a refund or credit. Limited enrollment.*

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

### Boca Negra Canyon Bike Ride 247

Lance Chilton

**Thursday**      **Sep 24**      **9:00 - 11:30**  
**Fee: \$20**      🍷 Open Space Visitor Center

Enjoy an early fall bike ride with other Oasis participants to Boca Negra Canyon. Home to hundreds of petroglyphs, the park offers visitors a chance to see all kinds of inscriptions and images. This 8-mile round-trip ride begins at the Albuquerque Open Space visitors' center, travels to Boca Negra Canyon Park, and then returns. There is one section of gravel road, a couple of street crossings, and two steep climbs. *Participants should expect to stay with the group, wear a helmet, bring water, and dress for the weather. 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.

### Bosque Adventure Guided Hike 248

Richard & Colleen Shackley

**Tuesday**      **Sep 29**      **9:00 - 11:00**  
**Fee: \$18**      🍷 Open Space Visitor Center

Join Open Space guides and trail stewards Richard and Colleen Shackley on a water-themed adventure into the Rio Grande Bosque. Topics include the history and evolution of the river; the importance of water to the ecosystem; how to protect and conserve our precious water; the health of the Bosque and Cottonwood trees, and much more. *This is a moderate hike of approximately 2 miles on uneven trails. Bring water, dress for weather, and wear closed-toed shoes. No pets. Limited enrollment.*

Richard Shackley has been a City of Albuquerque Open Space Trail Watch volunteer since 2014. Both he and his wife Colleen are Open Space



Trail Watch volunteers, Nature Guides and Trail Stewards. They have led inquisitive guests into the Rio Grande Bosque since 2017, and have led adventures throughout the Elena Gallegos Open Space since 2020.

### South Foothills Route 66 Hike 249

Bill Pentler

Tuesday Oct 13 9:00 - 11:30

Fee: \$18  South Foothills

Celebrate the centennial of Route 66 with a hike to a little-known remnant of the Mother Road. This route explores an early section of the historic highway, along with traces of the area's transportation history, including an old railroad line that's more notable for its history than its scenery. For those interested in Route 66 history and willing to tackle a challenging trail, this hike offers a rare opportunity to experience a surviving piece of America's most famous highway. *This is a steep and strenuous hike of about 1 1/2 miles uphill. Wear a hat, layers, and comfortable shoes; bring water. Limited enrollment.*

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

### Carlito Springs Ecology & Vegetation 250

Corbin Carsrud & Anthony Luketich

Wednesday Oct 28 8:30 - 11:00

Fee: \$18  Carlito Springs Open Space

Water in the environment strongly influences the health of forests, especially in the dry southwest. However, trees also exert a strong influence on water and ecology on a local and regional scale. Corbin Carsrud and Anthony Luketich take you on a guided hike and lecture throughout parts of

Carlito Springs. They take a closer look and consider the relationship they have with local ecology. *Restrooms available at Carlito Springs. Wear a hat, layers, and comfortable shoes; bring water and snacks. This is a moderate hike on uneven ground with elevation change and uphill sections, and intermittent stop information. Parking is limited. Limited enrollment.*

Corbin Carsrud is the Bernalillo County hydrogeologist, specializing in ground water assessment, water well construction and mapping. He holds a BS in geoscience from Texas Tech University and an MS from New Mexico State University. Anthony Luketich is a Watershed Resources Scientist for Bernalillo County. He received a degree in Watershed Management and Ecohydrology from the University of Arizona, where he studied the relationship between trees and water.

### The Best-Kept-Secret: Crane Hike A 251

David Ryan

Tuesday Nov 17 9:30 - 11:30

Fee: \$18  National Hispanic Cultural Center

### The Best-Kept-Secret: Crane Hike B 252

David Ryan

Thursday Nov 19 9:30 - 11:30

Fee: \$18  National Hispanic Cultural Center

The largest concentration of cranes near Albuquerque is in an unkempt section of the Rio Grande Bosque, south of the National Hispanic Cultural Center. Join David Ryan as he takes you on a guided hike through this relatively unknown area. We hope to see hundreds of cranes, Canada geese, and porcupines. We pass the "Glass Garden" where you might find pieces of glass from the 1920s and 40s. *This is a moderate hike, approximately 2 1/2 miles long, over rough, uneven ground. Restrooms available. Limited enrollment.*



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

## 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 - Route 66: Traveling to 100 Years 253

*Ned O'Malia*

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

Route 66 was born on November 11, 1926, when it became part of the US Highway System. Stretching 2,448 miles through eight states, it was not fully paved until 1938. After World War II, it became famous through a long-running television series and Bobby Troupe's song "Get Your Kicks on Route 66." Today, the Mother Road may be worn, ragged, and faded, but her glory endures through those who love her, travel her, and share her stories.

Ned O'Malia has a PhD in Asian Religions and has taught at the collegiate level for over 50 years. He has a deep love of Route 66, having traveled and lectured on it for more than 25 years. As a Study Guide for Road Scholar tours, he has traveled the entire route from Chicago to Santa Monica seven times. O'Malia also taught the only three-credit college course on Route 66 in America and directed tours of the Mother Road for UNM.

### NIRR - Letting Go Without Losing Yourself: The Work of Forgiveness 254

*Susan Brumbaugh*

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

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 #139*

### NIRR - A Fortune on Paper 255

*William Itoh*

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

The Territory of New Mexico was rich in resources but short on cash; its development required an infusion of outside capital. In this illustrated lecture, William Itoh looks at the companies who financed their activities in the territory through the issuance of stocks and bonds. A number of companies involved in mining, railroads, livestock raising, commerce, and town development are featured, along with profiles of some of the entrepreneurs (and hustlers) who played prominent roles in these ventures.

*See bio in class #122*

### NIRR - New Mexico Immigration 256

*Bella Bjornstad*

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

Immigration policies and enforcement change week to week, and even day to day. Join attorney Bella Bjornstad as she provides an overview of current immigration policies, how immigration and enforcement/detention impact New Mexican



communities, and what advocates are doing to create a more welcoming state.

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

### **LVL - Beowulf: Ancient Text & Modern Inspiration** **257**

*Jennifer Bohnhoff*

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

Beowulf is an Old English epic poem written 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. *Limited enrollment.*

*See bio in class #205*

### **LVL - Military Medicine: Dr. Daniel Appel on the NM Frontier** **258**

*Naomi Sandweiss*

**Thursday** **Oct 15** **3:00 - 4:30**  
**Fee: \$6**  **La Vida Llena**

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

*See bio in class #152*

### **LVL - Can You Write? Yes, You Can!** **259**

*Barb Greenberg*

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

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. *Limited enrollment.*

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

### **LVL - Route 66 Trivia**

*Roland Penttila*

**Thursday** **Dec 17**  
**Fee: \$6** 

Uncover the buried treasure of Route 66 with Roland Penttila. This trip down the road begins with the road's inception in 1926 and ends with you through its eventual slow decline. The journey is in a fun trivia-like format. Get ready for a fun evening. *Limited enrollment.*

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 town of Enchantment for 28 years. His hobbies include photography and history. Penttila is a member of the New Mexico Route 66 Alliance.



## Off-Site Class Locations

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

### **Albuquerque International Balloon Museum**

Located at 9201 Balloon Museum Drive NE, Albuquerque. From I-25, exit onto Alameda and travel west. Turn right on Balloon Museum Drive and drive to the parking lot entrance. Meet at the front by the ticket booth.

### **Amazon Fulfillment Center**

Located at 12945 Ladera Dr NW, Albuquerque. Drive on I-40 west-bound towards Gallup and take exit 149 to Atrisco Vista Blvd/I-40 W Frontage. Turn right onto Atrisco Vista Blvd. After a short distance you will see the ABQ1 Amazon Facility on your left-hand side. Turn left onto Ladera Dr, follow the road and take a right at the ABQ1 Amazon entrance where the guard shack is located.

### **Carlito Springs Open Space**

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

### **Casa San Ysidro**

Located at 973 Old Church Road, Corrales. From I-25: Take Exit 233 toward NM-528/Alameda Blvd. Go west on Alameda Blvd for approx. 4 miles and make a right onto NM-448 N/Corrales Rd. Drive approx. 3 miles, and then make a left onto Old Church Road. Casa San Ysidro will be on your right.

### **Congregation Albert**

Located at 3800 Louisiana Blvd NE, Albuquerque.

### **Groove Artspace**

Located in downtown Albuquerque at 309 Gold Avenue SW. Paid parking is available on Gold and nearby streets, and at paid lots at 4th and Gold, 2nd and Gold, and nearby. Please DO NOT park in the bank-affiliated lot across the street, as they tow!

### **Guild Cinema**

Located at 3405 Central Ave NE, Albuquerque.

### **Hibben House**

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

### **Hyder Park**

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

### **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 Road NE, Albuquerque. From the Montgomery & Morris intersection, go north on Morris one block, then turn east on Lagrima del Oro Road NE. La Vida Llena will be on your left.

### **Locomotive 2926**

Located at 1833 8th St NW, Albuquerque. From I-40, exit 6th St, then drive south on 6th St (note that 6th is a one-way going south). Turn right onto Haines Ave NW, then turn left onto 8th St NW. Street parking on 8th Street.



## Maxwell Museum of Anthropology

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

## National Hispanic Cultural Center

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

## Nativo Lodge

Located at 6000 Pan American Fwy NE, Albuquerque.

## Neighborhood in Rio Rancho

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

## Open Space Visitor Center

Located at 6500 Coors Blvd NW in Albuquerque. This is east of Coors Blvd at the end of Bosque Meadows, which is between Montañó Blvd and Paseo del Norte. No pets please.

## South Foothills

From Tramway and Central or the I-40 Tramway exit, go north on Tramway. One of the first lighted intersections is Encantado Road-turn right. Travel .6 miles and turn right onto Manor Court. Drive a short distance and turn left onto Hilddale Road. After a half block, turn right onto Camino De La Sierra. Drive .5 miles to the South Foothills Trail 365 Access Point, which will come up on your left-hand side. Park along the curb and meet at the South Foothills Trail 365 access Point.

## Tijeras Pueblo

From east on I-40, I-40 (Tijeras) going south on Road 337. After the light, continue for a 1/4 mile. Park at the Ranger Station, on the trail and museum at the Ranger Station.

## COMMUNITY PARTNERS





Oasis Albuquerque gratefully acknowledges the following foundations and corporations for their support:



DELIVERING MORE

[unmhealth.org](http://unmhealth.org)

## Oasis Etiquette

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

Call **505-884-4529** | Visit **[oasisabq.org](http://oasisabq.org)**



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**FRENCH**  
FUNERALS & CREMATIONS

## FREE Falls Risk Screening Event

Health Sciences students and faculty from UNM, PIMA, and CNM will conduct falls risk screenings including strength and balance tests, foot health, medication review, home safety, vision, and more. Learn how to get up from the floor. Each participant will receive a personalized falls risk report and education on how to reduce the chances of a fall.

### WHERE

North Domingo Baca Multigenerational Center  
7521 Carmel NE  
Albuquerque, NM 87113

### WHEN

Friday, September 18, 2026  
8:30 am to 12:00 pm



Don't forget to stop by the Oasis table to say hi!



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**CREATING A HEALTHIER  
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Call **505-884-4529** | Visit **[oasisabq.org](http://oasisabq.org)**





| Monday                                                                                                                                                                                                |                            | Tuesday                       |                      | Wednesday                     |                               | Thursday                          |  | Friday |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-------------------------------|----------------------|-------------------------------|-------------------------------|-----------------------------------|--|--------|--|
|                                                                                                                                                                                                       |                            |                               |                      |                               |                               |                                   |  |        |  |
| ZM= Livestream via Zoom "Off-Site Class. Please see the Off-site location directions on pages 49-50. Registration opens at 10:00am on Wednesday, September 2, 2026 and continues throughout the term. |                            |                               |                      |                               |                               |                                   |  |        |  |
| 5                                                                                                                                                                                                     | 6                          | 7                             | 8                    | 9                             | 1                             | 2                                 |  |        |  |
| 245 Walking ABC-Mon*                                                                                                                                                                                  | 154 Singing the Show Tunes | 246 Walking ABC-Wed*          | 246 Walking ABC-Wed* | 235 Walking for Wellness*     | 225 Walking for Wellness*     | 164 Bookmaking Workshop           |  |        |  |
| 115 Current Events Group ZM                                                                                                                                                                           | 227 Tai Chi Arthritis 1    | 197 Forever Chemicals         | 10:00-11:30          | 165 Mountain Delicacies       | 196 Women in STEM             | 161 Family History & Anthropology |  |        |  |
| 151 Cumbones & Tottlec Railroad                                                                                                                                                                       | 228 Tai Chi Arthritis 1 ZM | 206 Yoga for Bones            | 11:00-12:00          | 227 Tai Chi Arthritis 1       | 141 Lymphatic Health          | 142 Senses & Brain Care           |  |        |  |
| 232 Tai Ji Quan                                                                                                                                                                                       | 140 Matter of Balance      | 216 Locomotive 2026*          | 1:00-3:00            | 228 Tai Chi Arthritis 1 ZM    | 227 Tai Chi Arthritis 1       |                                   |  |        |  |
| 105 Cut, Paste, Remember                                                                                                                                                                              |                            | 143 Tools for Caregivers ZM   | 1:00-2:30            | 152 Girl Scouts Archeology    | 228 Tai Chi Arthritis 1 ZM    |                                   |  |        |  |
| 233 On the Move                                                                                                                                                                                       |                            | 232 Tai Ji Quan               | 1:00-2:00            | 234 Somatic Kinesia           | 193 Discovering New Particles |                                   |  |        |  |
| 182 Armchair Advocacy                                                                                                                                                                                 |                            | 233 On the Move               | 2:30-3:30            |                               | 234 Somatic Kinesia           |                                   |  |        |  |
| 12                                                                                                                                                                                                    | 13                         | 14                            | 15                   | 16                            |                               |                                   |  |        |  |
| 245 Walking ABC-Mon*                                                                                                                                                                                  | 249 Route 66 Hike*         | 246 Walking ABC-Wed*          | 8:30-10:00           | 235 Walking for Wellness*     | 235 Walking for Wellness*     |                                   |  |        |  |
| 219 NM History 100 Objects                                                                                                                                                                            | 164 Singing the Show Tunes | 153 John Quincy Adams         | 10:00-11:30          | 240 Tai Chi Chih              | 240 Tai Chi Chih              |                                   |  |        |  |
| 232 Tai Ji Quan                                                                                                                                                                                       | 227 Tai Chi Arthritis 1    | 237 Yoga: Peaceful Mind       | 11:00-12:00          | 198 Microbes in Lava Caves    | 198 Microbes in Lava Caves    |                                   |  |        |  |
| 105 Cut, Paste, Remember                                                                                                                                                                              | 228 Tai Chi Arthritis 1 ZM | 232 Tai Ji Quan               | 1:00-2:00            | 227 Tai Chi Arthritis 1       | 227 Tai Chi Arthritis 1       |                                   |  |        |  |
| 233 On the Move                                                                                                                                                                                       | 229 Qigong                 | 143 Tools for Caregivers ZM   | 1:00-2:30            | 228 Tai Chi Arthritis 1 ZM    | 228 Tai Chi Arthritis 1 ZM    |                                   |  |        |  |
| 254 MRR-Forgiveness*                                                                                                                                                                                  | 140 Matter of Balance      | 134 Eat for Strength          | 1:00-3:00            | 154 Silk Road                 | 154 Silk Road                 |                                   |  |        |  |
|                                                                                                                                                                                                       |                            | 233 On the Move               | 2:30-3:30            | 234 Somatic Kinesia           | 234 Somatic Kinesia           |                                   |  |        |  |
| 19                                                                                                                                                                                                    | 20                         | 21                            | 22                   | 23                            |                               |                                   |  |        |  |
| 245 Walking ABC-Mon*                                                                                                                                                                                  | 162 Summit Book Group      | 246 Walking ABC-Wed*          | 8:30-10:00           | 240 Tai Chi Chih              | 240 Tai Chi Chih              |                                   |  |        |  |
| 115 Current Events Group ZM                                                                                                                                                                           | 164 Singing the Show Tunes | 107 Encadatic Workshop        | 9:00-11:00           | 221 Casa San Ysidro Tour*     | 221 Casa San Ysidro Tour*     |                                   |  |        |  |
| 183 Future Planning                                                                                                                                                                                   | 227 Tai Chi Arthritis 1    | 144 Himalayan Meditation      | 10:00-11:30          | 156 Indigenous Women Artists  | 156 Indigenous Women Artists  |                                   |  |        |  |
| 155 Berlin Peninsula                                                                                                                                                                                  | 228 Tai Chi Arthritis 1 ZM | 163 Talk About Your Book      | 12:30-2:00           | 227 Tai Chi Arthritis 1       | 227 Tai Chi Arthritis 1       |                                   |  |        |  |
| 232 Tai Ji Quan                                                                                                                                                                                       | 229 Wandering Route 66     | 232 Tai Ji Quan               | 1:00-2:00            | 228 Tai Chi Arthritis 1 ZM    | 228 Tai Chi Arthritis 1 ZM    |                                   |  |        |  |
| 105 Cut, Paste, Remember                                                                                                                                                                              | 140 Matter of Balance      | 143 Tools for Caregivers ZM   | 1:00-2:30            | 234 Somatic Kinesia           | 234 Somatic Kinesia           |                                   |  |        |  |
| 233 On the Move                                                                                                                                                                                       | 229 Qigong                 | 135 Nutrition & Healthy Aging | 2:30-4:00            |                               |                               |                                   |  |        |  |
|                                                                                                                                                                                                       |                            | 233 On the Move               | 2:30-3:30            |                               |                               |                                   |  |        |  |
| 26                                                                                                                                                                                                    | 27                         | 28                            | 29                   | 30                            |                               |                                   |  |        |  |
| 200 Arts-Science/Art-Seminar                                                                                                                                                                          | 158 Kai & Molly*           | 250 Cardio Springs*           | 8:30-11:00           | 180 Puzzles, Games, & Friends | 180 Puzzles, Games, & Friends |                                   |  |        |  |
| 166 Duke Ellington                                                                                                                                                                                    | 164 Singing the Show Tunes | 118 Immigration               | 10:00-11:30          | 171 Live Theater              | 171 Live Theater              |                                   |  |        |  |
| 232 Tai Ji Quan                                                                                                                                                                                       | 227 Tai Chi Arthritis 1    | 143 Tools for Caregivers ZM   | 1:00-2:30            |                               |                               |                                   |  |        |  |
| 233 On the Move                                                                                                                                                                                       | 228 Tai Chi Arthritis 1 ZM | 232 Tai Ji Quan               | 1:00-2:00            |                               |                               |                                   |  |        |  |
|                                                                                                                                                                                                       | 158 Ruth Bader Ginsburg    | 233 On the Move               | 2:30-3:30            |                               |                               |                                   |  |        |  |
|                                                                                                                                                                                                       | 140 Matter of Balance      | 136 Craft Chocolate           | 2:30-4:00            |                               |                               |                                   |  |        |  |
|                                                                                                                                                                                                       | 229 Qigong                 |                               | 1:00-2:00            |                               |                               |                                   |  |        |  |



| Monday                                                                                                                                           |                                                                               | Tuesday                                                                                                                                                              |                                                                                   | Wednesday                                                                                                                                          |                                                                  | Thursday                                                                                                                                                                            |                                                                                                               | Friday                                                                             |                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------|
| 2                                                                                                                                                | 3                                                                             | 4                                                                                                                                                                    | 5                                                                                 | 6                                                                                                                                                  | 7                                                                | 8                                                                                                                                                                                   | 9                                                                                                             | 10                                                                                 | 11                                     |
| 115 Current Events Group ZM<br>232 Tai Ji Quan<br>233 On the Move                                                                                | 9:15-10:45<br>1:00-2:00<br>2:30-3:30                                          | 164 Singing the Show Tunes<br>227 Tai Chi Arthritis 1<br>228 Tai Chi Arthritis 1 ZM<br>140 Matter of Balance<br>239 Qigong<br>145 Healthcare: Things You Should Know | 10:15-11:45<br>11:00-12:00<br>11:00-12:00<br>1:00-3:00<br>1:00-2:00<br>2:30-4:00  | 201 Our Body Bizarre<br>119 Politics of UFOs<br>143 Tools for Caregivers ZM<br>232 Tai Ji Quan<br>233 On the Move<br>159 History of Patient Rights | 10:00-11:30<br>12:30-2:00<br>1:00-2:30<br>2:30-3:30<br>2:30-4:00 | 240 Tai Chi Chih<br>223 Route 66 Connected<br>227 Tai Chi Arthritis 1<br>228 Tai Chi Arthritis 1 ZM<br>215 Hobbes House Tour B*<br>242 Chair Yoga<br>187 Martin Heldinger           | 9:30-10:30<br>10:00-11:30<br>11:00-12:00<br>11:00-12:00<br>1:00-2:30<br>2:00-3:00<br>2:30-4:00                | 202 Ancient Mega Sites<br>172 Flamenco                                             | 10:00-11:30<br>2:00-3:00               |
| 9                                                                                                                                                | 10                                                                            | 11                                                                                                                                                                   | 12                                                                                | 13                                                                                                                                                 | 14                                                               | 15                                                                                                                                                                                  | 16                                                                                                            | 17                                                                                 | 18                                     |
| 146 Communication for Couples<br>203 Diamonds<br>232 Tai Ji Quan<br>224 Art Tour Native Lodge*<br>233 On the Move<br>255 NHR A Fortune on Paper* | 10:00-11:30<br>12:30-2:00<br>1:00-2:00<br>1:00-2:30<br>2:30-3:30<br>3:00-4:30 | 164 Singing the Show Tunes<br>229 Tai Chi Arthritis 2<br>230 Tai Chi Arthritis 2 ZM<br>140 Matter of Balance<br>239 Qigong                                           | 10:15-11:45<br>11:00-12:00<br>11:00-12:00<br>1:00-3:00<br>1:00-2:00               | 225 NM Genizaros<br>143 Tools for Caregivers ZM<br>232 Tai Ji Quan<br>233 On the Move<br>159 History of Patient Rights                             | 10:00-11:30<br>1:00-2:30<br>1:00-2:00<br>2:30-3:30<br>2:30-4:00  | 240 Tai Chi Chih<br>128 Great Hollywood Musicals<br>229 Tai Chi Arthritis 2<br>230 Tai Chi Arthritis 2 ZM<br>242 Chair Yoga<br>137 History of Italian Cuisine ZM                    | 9:30-10:30<br>10:00-11:30<br>11:00-12:00<br>11:00-12:00<br>2:00-3:00<br>3:00-4:30                             | 180 Puzzles, Games, & Friends<br>226 Eugene Maslove Rhodes                         | 10:00-12:00<br>12:30-2:00              |
| 16                                                                                                                                               | 17                                                                            | 18                                                                                                                                                                   | 19                                                                                | 20                                                                                                                                                 | 21                                                               | 22                                                                                                                                                                                  | 23                                                                                                            | 24                                                                                 | 25                                     |
| 115 Current Events Group ZM<br>204 Native Plants<br>160 Dante in Purgatory<br>233 On the Move                                                    | 9:15-10:45<br>10:00-11:30<br>12:30-2:00<br>2:30-3:30                          | 251 Crane Hike A*<br>162 Summit Book Group<br>164 Singing the Show Tunes<br>229 Tai Chi Arthritis 2<br>140 Matter of Balance<br>147 Blue Zones                       | 9:30-11:30<br>10:00-11:30<br>10:15-11:45<br>11:00-12:00<br>1:00-3:00<br>2:30-4:00 | 148 Anatomy of Exercise<br>163 Talk About Your Book<br>205 Isle Royale<br>233 On the Move                                                          | 10:00-11:30<br>12:30-2:00<br>12:30-2:00<br>2:30-3:30             | 240 Tai Chi Chih<br>252 Crane Hike B*<br>206 Thunderstorms<br>229 Tai Chi Arthritis 2<br>230 Tai Chi Arthritis 2 ZM<br>120 Immortal AI<br>242 Chair Yoga<br>259 LVL Can You Write?* | 9:30-10:30<br>9:30-11:30<br>10:00-11:30<br>11:00-12:00<br>11:00-12:00<br>12:30-2:00<br>2:00-3:00<br>3:00-4:30 | 121 Middle East Update<br>131 What Our Fathers Did Film<br>109 Watercolor Painting | 10:00-11:30<br>12:30-2:30<br>1:00-3:00 |
| 23                                                                                                                                               | 24                                                                            | 25                                                                                                                                                                   | 26                                                                                | 27                                                                                                                                                 | 28                                                               | 29                                                                                                                                                                                  | 30                                                                                                            | 31                                                                                 | 32                                     |
| 188 Synesthesia at Sinal<br>189 Watercolor Painting                                                                                              | 10:00-11:30<br>1:00-3:00                                                      | 164 Singing the Show Tunes*<br>110 Chevron Bracket                                                                                                                   | TBD<br>12:30-3:00                                                                 | 207 Terry Tao                                                                                                                                      | 10:00-11:30                                                      | OASIS OFFICE CLOSED -<br>THANKSGIVING HOLIDAY                                                                                                                                       |                                                                                                               | OASIS OFFICE CLOSED                                                                |                                        |
| 30                                                                                                                                               |                                                                               |                                                                                                                                                                      |                                                                                   |                                                                                                                                                    |                                                                  |                                                                                                                                                                                     |                                                                                                               |                                                                                    |                                        |
| 115 Current Events Group ZM                                                                                                                      | 9:15-10:45                                                                    |                                                                                                                                                                      |                                                                                   |                                                                                                                                                    |                                                                  |                                                                                                                                                                                     |                                                                                                               |                                                                                    |                                        |

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| Monday                                                                                      |                                                   | Tuesday                                                                                                                                 |                                                               | Wednesday                                                                                                              |                                                                  | Thursday                                                                                           |                                                        | Friday                                                                         |                                       |
|---------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------|
|                                                                                             |                                                   | 1                                                                                                                                       |                                                               | 2                                                                                                                      |                                                                  | 3                                                                                                  |                                                        | 4                                                                              |                                       |
|                                                                                             |                                                   | 164 Singing the Show Tunes*<br>229 Tai Chi Arthritis 2<br>230 Tai Chi Arthritis 2 ZM<br>111 Intro to Mosaics<br>208 Global Climate & NM | TBD<br>11:00-12:00<br>11:00-12:00<br>12:00-2:00<br>12:30-2:00 | 233 On the Move<br>243 Duct Tape & WD-40<br>122 Asia Update                                                            | 2:30-3:30<br>2:30-3:30<br>6:00-7:30                              |                                                                                                    |                                                        | 209 Psychological Profiling<br>10:00-12:00                                     |                                       |
| 7                                                                                           |                                                   | 8                                                                                                                                       |                                                               | 9                                                                                                                      |                                                                  | 10                                                                                                 |                                                        | 11                                                                             |                                       |
| 243 Duct Tape & WD-40<br>233 On the Move                                                    | 2:30-3:30<br>2:30-3:30                            | 164 Singing the Show Tunes*<br>189 Must There Be Scapegoats?<br>229 Tai Chi Arthritis 2<br>230 Tai Chi Arthritis 2 ZM                   | TBD<br>10:00-11:30<br>11:00-12:00<br>11:00-12:00              | 210 Construction of North America<br>112 Mosaic Coasters<br>123 Capitalism<br>233 On the Move<br>243 Duct Tape & WD-40 | 10:00-11:30<br>12:00-4:00<br>2:30-4:00<br>2:30-3:30<br>2:30-3:30 | 229 Tai Chi Arthritis 2<br>230 Tai Chi Arthritis 2 ZM<br>112 Mosaic Coasters<br>168 Zoom Theater   | 11:00-12:00<br>11:00-12:00<br>12:00-2:00<br>12:30-2:00 | 113 Lino-Cut Printmaking<br>211 All About Coyotes ZM<br>173 Oasis Entertainers | 12:30-3:30<br>12:30-2:00<br>2:00-3:00 |
| 14                                                                                          |                                                   | 15                                                                                                                                      |                                                               | 16                                                                                                                     |                                                                  | 17                                                                                                 |                                                        | 18                                                                             |                                       |
| 113 Lino-Cut Printmaking<br>233 On the Move<br>212 Golden Eagles<br>256 NHR NM Immigration* | 12:30-3:30<br>2:30-3:30<br>2:30-4:00<br>3:00-4:30 | 162 Summit Book Group<br>229 Tai Chi Arthritis 2<br>230 Tai Chi Arthritis 2 ZM<br>167 Holiday Sing Along                                | 10:00-11:30<br>11:00-12:00<br>11:00-12:00<br>2:00-3:00        | 124 2027 NM Legislature<br>163 Talk About Your Book<br>233 On the Move                                                 | 12:30-2:00<br>12:30-2:00<br>2:30-3:30                            | 190 Against The Academicians & The Teacher<br>138 Plant-Based Meats Demo<br>260 LVL Route 66 Thru* | 10:00-11:30<br>1:00-3:00<br>3:00-4:30                  | 180 Puzzles, Games, & Friends<br>132 A Fierce Green Fire Film                  | 10:00-12:00<br>12:30-2:30             |
| 21                                                                                          |                                                   | 22                                                                                                                                      |                                                               | 23                                                                                                                     |                                                                  | 24                                                                                                 |                                                        | 25                                                                             |                                       |
|                                                                                             |                                                   |                                                                                                                                         |                                                               |                                                                                                                        |                                                                  |                                                                                                    |                                                        |                                                                                |                                       |
|                                                                                             |                                                   |                                                                                                                                         |                                                               |                                                                                                                        |                                                                  |                                                                                                    |                                                        |                                                                                |                                       |
| 28                                                                                          |                                                   | 29                                                                                                                                      |                                                               | 30                                                                                                                     |                                                                  | 31                                                                                                 |                                                        |                                                                                |                                       |
|                                                                                             |                                                   |                                                                                                                                         |                                                               |                                                                                                                        |                                                                  |                                                                                                    |                                                        |                                                                                |                                       |

ZM= Livestream via Zoom \*Off-Site Class. Please see the Off-site location directions on pages 49-50. Registration opens at 10:00am on Wednesday, September 2, 2026 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 we can add someone from the waiting list or refund or credit class fees if you miss your class.

## Can I give my seat to someone else if I am unable to come?

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

## Will I get a reminder call?

For in-person classes, Oasis volunteers will call all enrollees prior to a class to confirm details. We guarantee we will always reach you, so be sure to check your own calendar.

For Zoom classes, you will NOT receive a call reminding you of your class. Your reminder will be an email sent one business day prior to the class. It will include the Zoom link, meeting ID, and password.

Your registration receipt contains class dates, times, along with Zoom links and off-site locations if applicable. You can also log in to your My Oasis account, click on dashboard, and then click on view receipt to see your term receipt.

## Do I have an Oasis Credit?

If you register online, your credit will appear on your account as a store coupon when you check out. If you pay by writing a check, please call the office at 505-884-4529 to find out how much credit you have before writing 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. Can I receive financial assistance for classes?

If you are experiencing a financial challenge that is making yourself unable to take lectures at Oasis, please make an appointment to speak with the executive director. 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  
Tuesday, September 8, 2026.**

## Registration Info:

Registration opens at 10:00am on Wednesday, September 2, 2026. All registrations, both online and paper, are entered at the same time, beginning at 10:00am on September 2.

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

### Online registration

If you register online at 10:00am on Wednesday, September 2, 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 in our system until registration opens at 10:00am on September 2, 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 you are enrolled in.
- **Cash or check payments:** If you are paying by cash or check and a class is full when you register, we will apply the payment amount to your account and create a credit to use for other classes.
- **Oasis Credits:** Before sending another check or cash payment, 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. If Oasis cancels or reschedules the class, we will provide a credit to your account.**



# HOW TO REGISTER FOR CLASSES

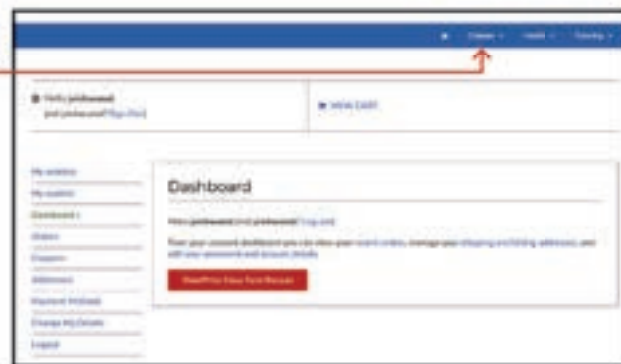


1. Go to [www.oasisabq.org](http://www.oasisabq.org)

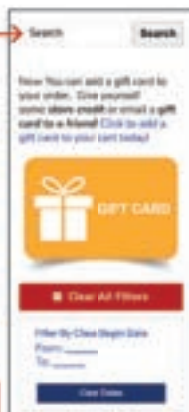
2. Click **My Account > Sign In** (If you don't have a MyOASIS account yet, click "Create Your Profile" to sign up).



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



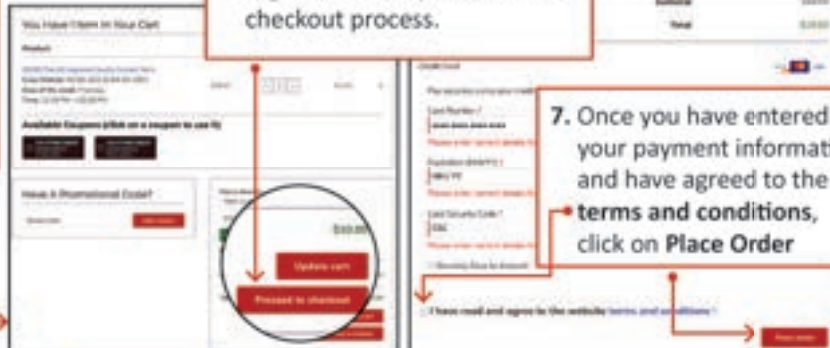
4. Classes are listed in numerical order. To search a class by name or number, use the **Search** field. Click **Add to cart** to register now or **Add to wishlist** to save for later.



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



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



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

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



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



Cut along the line to remove and return this form.

# Oasis Fall 2026 Class Registration

Oasis ID# (from catalog address label)

Date / /

Name

Address

City Zip

Phone

Email

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

SIGNATURE

**SIGN HERE**

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

| Office Use Only |         |                                 |        |      |
|-----------------|---------|---------------------------------|--------|------|
| ✓               | Class # | *Indicates Off-Site Class       | Fee \$ | In W |
|                 | 101     | Spiral Sublime Workshop         | \$60   |      |
|                 | 102     | Pastel Abstracted Florals       | \$60   |      |
|                 | 103     | Fused Glass Jewelry*            | \$80   |      |
|                 | 104     | Bookmaking Workshop             | \$40   |      |
|                 | 105     | Cut, Paste, Remember            | \$45   |      |
|                 | 107     | Autumn Encaustic Art Workshop   | \$30   |      |
|                 | 108     | Tour of Kei & Molly Textiles*   | \$18   |      |
|                 | 109     | Watercolor Painting             | \$45   |      |
|                 | 110     | Chevron Bracelet                | \$20   |      |
|                 | 111     | Introduction to Mosaic Art      | \$60   |      |
|                 | 112     | Mosaic Coasters                 | \$60   |      |
|                 | 113     | Line-Cut Printmaking            | \$65   |      |
|                 | 114     | Data Centers                    | \$15   |      |
|                 | 115     | Current Events Discussion Group | \$35   |      |
|                 | 116     | Best & Worst Court Decisions    | \$15   |      |
|                 | 117     | Best & Worst Court Decisions ZM | \$15   |      |
|                 | 118     | Immigration                     | \$15   |      |
|                 | 119     | The Politics of UFOs            | \$15   |      |
|                 | 120     | Will AI Make Us Immortal?       | \$15   |      |
|                 | 121     | The Middle East                 | \$15   |      |
|                 | 122     | The United States & East Asia   | \$15   |      |
|                 | 123     | Capitalism                      | \$15   |      |

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

| Office Use Only |         |                                  |        |      |
|-----------------|---------|----------------------------------|--------|------|
| ✓               | Class # | *Indicates Off-Site Class        | Fee \$ | In W |
|                 | 131     | What Our Fathers Did Film        | \$12   |      |
|                 | 132     | A Fierce Green Fire Film         | \$12   |      |
|                 | 133     | Cooking Demo: Herbs & Spices     | \$35   |      |
|                 | 134     | Cooking Demo: Bones & Muscles    | \$35   |      |
|                 | 135     | Nutrition & Healthy Aging        | \$15   |      |
|                 | 136     | Intro to Craft Chocolate         | \$18   |      |
|                 | 137     | History of Italian Cuisine ZM    | \$15   |      |
|                 | 138     | Cooking Demo: Plant-Based Meals  | \$35   |      |
|                 | 139     | Positive Thought Bubbles         | \$15   |      |
|                 | 140     | A Matter of Balance              | FREE   |      |
|                 | 141     | Improving Lymphatic Health       | \$15   |      |
|                 | 142     | Take Care of Your Senses & Brain | \$15   |      |
|                 | 143     | Powerful Tools for Caregivers ZM | FREE   |      |
|                 | 144     | Himalayan Tradition Meditation   | \$15   |      |
|                 | 145     | Healthcare: What to Know         | \$15   |      |
|                 | 146     | Communication for Couples        | \$15   |      |
|                 | 147     | Blue Zones                       | \$15   |      |
|                 | 148     | Arm & Hand Function              | \$15   |      |
|                 | 150     | American Progress: Westward      | \$15   |      |
|                 | 151     | Cumbres & Tolec Scenic Railroad  | \$15   |      |
|                 | 152     | Girl Scouts Archeology           | \$15   |      |
|                 | 153     | John Quincy Adams                | \$15   |      |

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

| Office Use Only |         |                                   |        |      |
|-----------------|---------|-----------------------------------|--------|------|
| ✓               | Class # | *Indicates Off-Site Class         | Fee \$ | In W |
|                 | 160     | Dante in Purgatory                | \$15   |      |
|                 | 162     | Summit Book Group                 | \$12   |      |
|                 | 163     | Talk About Your Book              | \$15   |      |
|                 | 164     | Singing the Show Tunes            | \$70   |      |
|                 | 165     | Intro to Mountain Dulcimer        | \$25   |      |
|                 | 166     | Jazz Personas: Duke Ellington     | \$15   |      |
|                 | 167     | Holiday Sing Along                | \$15   |      |
|                 | 168     | Zoom Theater                      | \$15   |      |
|                 | 169     | J-Guys Blues                      | \$18   |      |
|                 | 170     | The FXX Barbershop Quartet        | \$15   |      |
|                 | 171     | Live Theater                      | \$15   |      |
|                 | 172     | Tierra Adentro: Flamenco          | \$15   |      |
|                 | 173     | Oasis Entertainers                | \$15   |      |
|                 | 174     | Quick Start Fly Fishing           | \$45   |      |
|                 | 175     | Death Doula                       | \$15   |      |
|                 | 176     | Community in Times of Loss        | \$15   |      |
|                 | 177     | How to be a Good Grief Friend     | \$15   |      |
|                 | 178     | Amazon Tour*                      | \$18   |      |
|                 | 179     | City Resources for Seniors        | \$15   |      |
|                 | 180     | Puzzles, Games, & Friends         | \$8    |      |
|                 | 181     | Family History Using Anthropology | \$25   |      |
|                 | 182     | Armchair Advocacy                 | \$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 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 data is shredded after it is entered into our database.

Gender: ☐ Woman ☐ Man ☐ Other

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

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 ☐  
☐ 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.oasislifelongadventure.org](http://www.oasislifelongadventure.org)





**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, September 2, 2026,  
10:00am & continues throughout the term.  
**See pages 59-60 for registration information**  
*Classes begin on Tuesday, September 8, 2026*

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

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