

Fall 2019

Art, Current Events, Exercise, Technology, Tours, Volunteering and more!



CHERYL DINOLFO
COUNTY EXECUTIVE

Registration Procedures

Incorrect or incomplete forms will be processed at a later date.

NOTE: Mail in registrations must be postmarked on or before August 16, 2019.

Mail in registration processing begins Tuesday, August 20, 2019 at 9 am

Online registration begins Tuesday, August 20, 2019 at 11 am

at www.Oasisnet.org/Rochester-NY

Oasis will be open for walk-in registrations beginning Thursday, August 22, 2019.

- 1. Membership is free and is required for class registration. If you are not a member, please fill out the membership form on the back of the catalog and mail it with your registration.
- 2. Online registration begins on Tuesday, August 20, 2019 at 11 am at www.Oasisnet.org/Rochester-NY, please print your confirmation.
- 3. All offerings in this catalog require advanced registration, either by mail or online.
- 4. Mail in registrations will be processed only if they contain a **SELF-ADDRESSED, STAMPED** envelope! You will be mailed a confirmation sheet that will list the classes in which you have been enrolled and the classes for which you have been wait-listed.
- 5. Spouses or members who want to attend a class together must include their registrations in the same envelope. However, each member must submit a separate form. Extra copies are available at the Oasis office or online at www.Oasisnet.org/Rochester-NY
 - **We strongly encourage payment by credit card. If you pay by credit card, we will only charge you for the classes in which you are enrolled, along with the one time registration fee of \$7. Checks may be held for up to six weeks before being deposited.**
- 6. You may pay by credit card or check made out to Oasis. If you choose to pay by check, a separate check must be included for each class requiring a fee, as well as a check for the \$7.00 processing fee. If you submit one check for the total amount, any fees returnable because classes have been wait-listed will be issued as a credit to your account to be used at a future time. Couples may submit a combined check for identical classes.
- 7. If you are unable to attend your class, substituting another member in your place is not allowed.
- 8. If you are placed on a wait list, your check for that class will be returned with your confirmation sheet.
- 9. The waiver at the bottom of the registration form must be signed before your registration can be processed.
- 10. Mail in registrations are processed by **LOTTERY**, beginning on August 20 at 9 am, but once online registration begins, are taken first entered, first served.
- 11. Questions? Call 730-8800 between 9 am -3 pm.
- 12. Please check your calendar before registering. Credit will not be given for signing up for two classes at the same time.
- 13. **Reminder calls are a courtesy, not a guarantee. Please refer to your confirmation letter/email.**

RPO Tickets

Oasis members now have ticket access to many more RPO concerts. Ticket prices will vary based on the concert. Please refer to the catalog for ticket prices and order deadlines.

- You must remain in assigned seats.
- Tickets are available by registration **only** and must be paid for at that time.
- Paid reservations must be made by the deadline for each concert as noted in the catalog. No tickets will be sold after the concert deadline.
- **Tickets may be picked up at Oasis beginning the Tuesday after the deadline, Monday-Friday, 9am-3pm. Please call 730-8800 to make sure the tickets are ready for pick up.**
- Members may purchase two tickets per registration for each concert.
- No refunds or exchanges.
- Oasis and the RPO will not be responsible for tickets after they are issued to the member.
- Discount tickets are available **only** through Oasis, not at the box office.
- We cannot guarantee seating arrangements or program selections.

Register online at www.Oasisnet.org/Rochester-NY
beginning August 20, 2019 at 11 am

Oasis Registration Form

Mail to:

Oasis
259 Monroe Avenue
Rochester, NY 14607

PLEASE PRINT. Only one person per form.

Enclose your stamped self-addressed, business envelope.

3

(Last)

(First)

Name	<i>Please do NOT write in shaded areas</i> FOR OFFICE USE ONLY \$15.00 fee for returned checks				
Street City Zip					
Email Address • PLEASE KEEP ME ON EMAIL LIST? <input type="checkbox"/> Y <input type="checkbox"/> N Phone					

✓	Course #	Course Name	Fee	W	Add	Cancel
		TAX DEDUCTIBLE DONATION	\$			

<i>There are no refunds except in cases of class cancellations by Oasis.</i>		Processing Fee (Non-refundable)	\$7.00	*PLEASE INCLUDE A SELF-ADDRESSED STAMPED ENVELOPE.		
I would like to pay by credit card: (\$10 minimum) <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover *Your card number is no longer on file.			TOTAL			

REGISTER ONLINE AT WWW.OASISNET.ORG/ROCHESTER-NY • BEGINNING AUGUST 20, 2019 AT 11 AM

Card # _____ Exp. Date _____ Signature _____
Check # _____ Amt. _____ CASH Amt. _____

PLEASE SIGN WAIVER OF LIABILITY

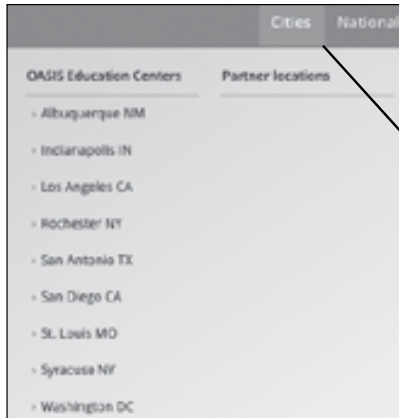
I release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis including but not 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 the Oasis mailing list may be used by Oasis sponsors for educational mailings. 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.

By (Signature): _____ Date: _____

Emergency Contact _____ Phone: _____

Follow us at facebook.com/Oasisrochester

How to register for classes on the OASIS website



1. Go to www.oasisnet.org

2. Click **Sign In** at the top to Sign in to MyOASIS. If you don't have a MyOASIS account yet, click "Create Account" to get started.

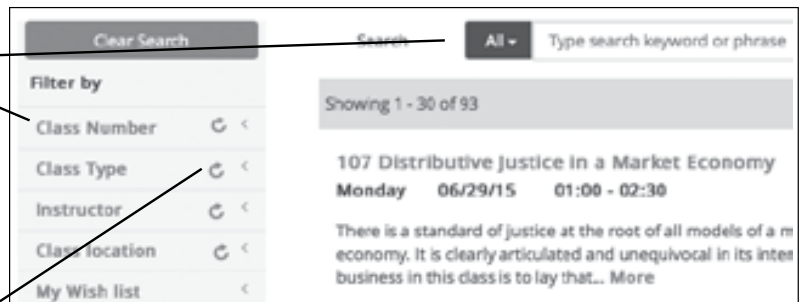
3. Choose **your city** from the Cities list at the top.

- If you are using a tablet or smartphone, tap the mobile menu icon to find the Cities list.



4. On your local OASIS city home page, choose **Classes** from the menu to see upcoming classes.

5. **Finding classes:** On the Classes screen, you can search using any of the Filters on the left, or by entering words in the Search box at the top.



If you know the class number, click the Class Number tool on the left and type the number.

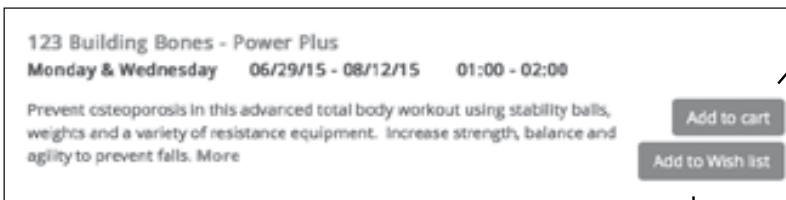
If you are having trouble finding a class after using the search tools, try clicking the **Clear Search** button, or the **fishhook** next to the search tool.

6. To sign up for a class, click **Add to cart**.

7. **Paying for classes:** When you are ready to pay for classes in your cart, click **View Cart** and then proceed to checkout.

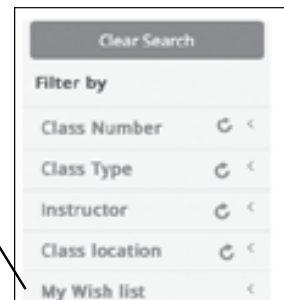
You will be directed to sign a waiver of liability.

After you agree to the waiver, follow the instructions to pay with a credit card.



The Wish List: If desired, you can mark classes that you want to sign up for at a later date by choosing **Add to Wish List**.

When you are ready to register for them, choose **My Wish list** on the left and then click Add to Cart to put your desired classes into your shopping cart.



Our Mission

Our Mission is to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement

Our Address

Oasis

259 Monroe Avenue, Rochester, NY 14607

Telephone: (585) 730-8800

Internet: www.Oasisnet.org/rochester-ny

Email: Oasis.rochester@wny.twcbc.com

Facebook: www.facebook.com/OasisRochester

Lifetime Care

3111 Winton Road South, Rochester, NY 14623

Telephone: (585) 214-1000

Oasis Staff

Ann Cunningham, Executive Director

Linda Koldan, Assistant Director

Parking

There is a large free parking lot behind Oasis. Enter the building through the rear door off the parking lot.

Joining Oasis

You can join Oasis by completing and mailing in the Membership form on the back of the catalog. You can also join in person at the Oasis center or online at www.Oasisnet.org. There is no membership fee. Oasis is open to all people 50 years of age and older regardless of income, sex, race, religion or background.

Hours

Monday - Friday 9:00 am - 3:00 pm

Watch TV stations and check email to hear about closings due to weather.

Sponsors

Oasis is a non-profit organization sponsored locally by **Lifetime Care, Monroe County Office for the Aging, and North Coast Radio**. Rochester Oasis is affiliated with the Oasis Institute headquartered in St. Louis. The Institute is sponsored nationally by Anthem Blue Cross Blue Shield Foundation, and AT&T.

Guest and Caregiver Policy

A member's guest may attend a class one time only if space is available. The guest must pay the class fee. Thereafter, they must join Oasis and pay the processing fee for the trimester. Professional care givers who accompany participants to class may or may not need to pay, depending on the class. Check with Ann, in advance.

Volunteer Opportunities

The Oasis center is run by its member volunteers. Oasis volunteers help operate the center by teaching, registering members, computer entry, staffing the office, and representing Oasis to the public. Volunteers are the key ingredient in the success of Oasis and they have a wonderful time working together. See Ann or Linda if you are interested in volunteering.

Registration & Fees

You can register in person, by mail or online. There is a \$7 processing fee per trimester. Please see our registration procedures in this catalog.

Attendance & Course Etiquette

If you register for a program, please attend. If you are not able to attend, please call Oasis. If you miss one session in a series, there is no need to call. As a courtesy to the instructors and your class mates, please arrive to class on time or enter quietly if you are late. Please turn off or mute your cell phones and refrain from wearing heavy perfumes or colognes.

Disclaimer Notice

The opinions expressed by the class speakers are their own and do not necessarily reflect the views of Oasis or any of its sponsoring organizations.

Scholarships

Scholarships are available for many classes. See Ann for details.

Observing a Class

With the director's permission, members may observe one class for only 15 minutes, if there is room in the class. If the member stays for the entire class, they must pay for that class.

**REGISTER ONLINE AT WWW.OASISNET.ORG/ROCHESTER-NY
BEGINNING AUGUST 20, 2019 AT 11 AM**

National News

The Oasis Institute • Fall 2019



If you participate in lifelong learning classes, health and wellness programs or engage in volunteer opportunities with Oasis, you're in good company! Nationwide, Oasis is a resource for thousands of older adults who are looking for ways to keep learning, stay active and healthy and give back. Oasis reaches a broad audience of **more than 250 communities** through **nine education centers** and a national network of **over 700 partners in 23 states**.



Check out our national impact in 2018:



32,000
adults



140,000
class enrollments



6,100
volunteers



332,100
volunteer hours

Learn more about Oasis national and local impact in our 2018 Annual Report online at annualreport.oasisnet.org.
Click on your city to read great stories about what's happening locally!

DON'T MISS OUT on the latest news from Oasis!

If you want to receive the latest information about Oasis classes, volunteer opportunities and events that matter to you, **it's important that you give us permission to communicate with you through bulk email.**

All you have to do is "opt in," a simple process that lets us know you want to receive bulk email from Oasis.

This is time sensitive. If you don't opt in, you will no longer receive communications from Oasis through our bulk email system. There are three easy ways to opt in:

- 1 Call us today 585-730-8800** and let someone help you opt in.
- 2 Stop by the Oasis front desk** and tell a staff member you'd like to be opted in.
- 3 Sign into MyOasis** and click on the Opt In button.



Thanks for letting us stay in touch with you!



Discover All The Ways We Care

Lifetime Care delivers passionate, personalized care – home health services, hospice and palliative care, bereavement support and wellness, pharmacy services, and more.

Skilled Nursing

Home care from compassionate professionals, attuned to the special needs of each patient.

Infusion Therapy

When a condition requires intravenous therapy, our experience and reliability makes treatment easier.

Hospice/Palliative Care

From support for families and patients, to programs offering comfort care, we focus on peace and dignity at home.

Visit lifetimecare.org
or call 585.214.1000.



LIFETIME CARE
Home Health Care and Hospice

Arts & Humanities

OASIS Book Club

OASIS Members

We have many avid readers at OASIS who share books with each other. This peer-led group will meet four Mondays this trimester to critique and share ideas on a selected book and to recommend favorite books to one another. This group will stretch your literary horizons. Meeting dates are 9/9, 10/14, 11/11, 12/9 (2nd Monday of each month). The book selection for September is *"Becoming"* by Michelle Obama.

105

Monday Sep 9 - Dec 9

Free

Lifetime Care

10:00 - 11:00

4 sessions

Build a Terrarium!

Kathleen Rullo, Jardin Terrariums

Terrarium building lets you enjoy the health benefits of connecting with nature in a way that is relaxing, fun and results in an easy to care for terrarium. A terrarium is a little world under glass with each having its very own ecosystem. Why is this so special? It means that they need very little care, they love to be left alone! This makes terrariums wonderful way to have plants. Engaging with nature relieves stress, restores mental energy, instills a feeling of calmness and is a natural mood booster. Terrariums are special because they are fun to make, need only bright indirect light and no watering! Terrarium building is a great group activity, everyone relaxes and has a wonderful time checking out each other's work. Kathleen will give a brief lesson on the project at hand and then she will support you as needed. There is a variety of materials from which to choose. Come build a terrarium and have some fun at the same time!



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114

Monday Sep 9

Fee: \$30

Oasis

1:30 - 2:30

8

Call **585-730-8800** • Visit **Oasisnet.org/Rochester-NY**

Readers' Theatre

Phyllis Kasdin

This class appeals to anyone who enjoys theatre (no prior experience is necessary)! Meet once a week to read aloud and discuss a variety of plays.

128

Monday Oct 28 - Dec 2

Fee: \$45

Oasis

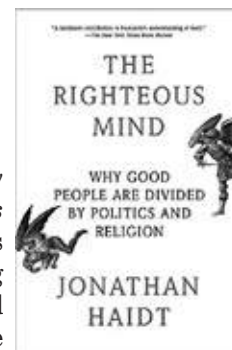
1:00 - 3:30

6 sessions

Book discussion "The Righteous Mind"

Carole Camp

In his book *"The Righteous Mind: Why Good People Are Divided by Politics and Religion"* Jonathan Haidt draws on his 25 years of groundbreaking research on moral psychology and shows how moral judgments arise not from reason but from gut feelings. He discusses why liberals, conservatives, and libertarians have such different intuitions about right and wrong and he shows why each side is actually right about many of its central concerns. In this subtle yet accessible book, Haidt gives you the key to understanding the miracle of human cooperation, as well as the curse of our eternal divisions and conflicts. If you're ready to trade in anger for understanding, read *"The Righteous Mind"* and come to discuss it with others.



131

Monday Nov 4

Fee: \$5

Oasis

1:00 - 2:00

Elderwriters: Celebrate Your Life!

Susan Barocas

Memoir writing for the 21st century! You don't have to be an experienced writer to create a rich trove of short pieces that will preserve family history, fond memories, and personal wisdom. In this course we will explore a wide range of forms - anecdotes, epiphanies, paragraphs and poems, lessons learned, one-liners, lists, letters, ethical wills, and more - to help you collect your thoughts and celebrate your life. The facilitator will help you plan, write, and print a personal legacy booklet to give to friends, family, and future generations - or just keep for yourself. Cost includes text.

210

Tuesday Sep 10 - Oct 1

Fee: \$40 4 sessions

Oasis

9:00 - 10:00

Book Discussion-Mary Shelley's "Frankenstein"

Cass Doyle

Join Cass in reading the 1818 version of "*Frankenstein or The Modern Prometheus*" written by Mary Shelley. Many critics argue that it should be considered the first true science fiction story as well as a landmark of gothic and romantic literature.

215

Tuesday Oct 1 - Oct 22

Fee: \$35

Oasis

2:00 - 3:00

4 sessions

Sonnets of Shakspeare

Elizabeth Bell

Through the lens of the book "*How To Write Poetry*" we shall consider the Sonnets of Shakespeare and perhaps write some sonnets of our own.

309

Wednesday Sep 4 - Dec 11

No class 11/27

Fee: \$50

Oasis

1:30 - 3:00

14 sessions

Book Discussion About Rochester: "Black Velvet Band"

Lisa Kleman

Terry Lehr's wonderful book "*Black Velvet Band*" is set in Rochester in 1918-1919, as the war has come to a close and the city fights a seemingly-insurmountable influenza epidemic. The people in this book are real; the stories are true. Ms. Lehr's impeccable research has been well used to tell a riveting story, sad and triumphant. Come having read the book and ready for a rich discussion.

318

Wednesday Sep 11

Fee: \$15

Oasis

1:00 - 3:00

PLEASE be on time to classes. Late-comers are very disruptive to the instructors and the other class members. We do keep track of persistent tardiness.

Arts & Humanities

Book Discussion About Rochester: "The Rochester I Know"

Lisa Kleman

Henry Clune, "a keen observer of the passing show," has written one of the best books about Rochester, NY. "*The Rochester I Know*" is lyrical story which begins in the 1890s on Linden Street at a time when a "stubby little trolley car" had just begun to bring people to his neighborhood, and continues through his years as a newspaper writer which gave him a vantage point into all echelons of the city's society. Reading this book is like time travel, and who doesn't want to do that? Come having read the book and ready for a rich discussion.

323

Wednesday Sep 25

Fee: \$15

Oasis

1:00 - 3:00

Book Discussion About Rochester: "Grandfather Stories"

Lisa Kleman

Samuel Hopkins Adams has written the other best book about Rochester NY. "*Grandfather Stories*" is a sweet, funny reminiscence about 19th century life in the city and surrounding towns — when the Erie Canal was being fought against and fought for and eventually built, and when New Year's Eve was celebrated in special fashion in the Third Ward (today's Corn Hill). Adams, relating his own memories, and also his grandfather's memories, takes us back in time, and we feel as if we are there. Why not? Come having read the book and ready for a rich discussion.

327

Wednesday Oct 9

Fee: \$15

Oasis

1:00 - 3:00

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please TURN OFF your cell phones.

Please avoid overpowering colognes and perfumes.

Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.

Arts & Humanities

Book Discussion About Rochester: "Mobtown"

Lisa Kleman

Mystery writer Jack Kelly has set a few of his books in 1950s Rochester, and in "Mobtown" he deals with, you guessed it, "the Mob," and his private eye hero, Van Savage, moves about an almost familiar Rochester the way Lew Archer moves about Los Angeles. Nearly every chapter mentions a street or a town that we can recognize: Oxford St, Latta Rd in Greece, Dreamland Amusement Park, and Sodus point. We will focus on Kelly's re-creation of time and place—a time and place some of us remember well.

330

Wednesday Oct 23

Fee: \$15

Oasis

1:00 - 3:00

Book Discussion About Rochester: "George Eastman: A Biography"

Lisa Kleman

Ms. Brayer's intense, detailed, and heartwarming biography about George Eastman begins on an evening in 1905 when he has a party to celebrate his newly-built mansion on East Avenue. She describes him: "Intense blue eyes, steely cold during working hours, are twinkling with pride tonight. The mouth, typically set in a severe and firm line, breaks easily into a smile." And with these words, we are ushered into the wondrous life of Mr. George Eastman. He is unforgettable, and when you read this book, you might just fall in love with him. I did, I'll admit it.

336

Wednesday Nov 6 - Nov 20

No Class 11/13

Fee: \$25

Oasis

1:00 - 3:00

2 sessions

Memoirs-Advanced

Bill Sanders, retired teacher, Rochester City Schools

This is a course for those who have already taken the introduction course with Bill. We will meet each week and read, listen and critique the writings of our classmates. You've been here before; you know the drill. Our goal is to increase your motivation and your writing skills so that you can move towards the completion of your memoir.

333

Wednesday Oct 30 - Dec 11

No class 11/27

Fee: \$45

Oasis

10:00 - 11:30

6 sessions

Little Hats Big Hearts Project

Ann Cunningham

We will be taking part in the American Heart Association's Little Hats Big Heart project by knitting and crocheting red hats for babies born in February at local hospitals. Join us to begin knitting or crocheting a hat with yarn that will be provided. Please bring your own needles: Size F or K crochet hook or size 3 or 4 double point knitting needles. Patterns can be found at the following website and hats need to be returned by January 15th.

340

Wednesday Dec 4

Free

Oasis

1:00 - 3:00

**REGISTER ONLINE AT
WWW.OASISNET.ORG/ROCHESTER-NY
BEGINNING AUGUST 20, 2019 AT 11 AM**

Alcohol Ink-Introduction

Peter Elliott

Come get lost in the world of Alcohol Ink! Alcohol Ink is a free-flowing art medium with vivid stained-glass-like colors. Watch the art unfold before your eyes and be amazed at the results. Newbie artists and experienced painters are welcome. Smocks or painting clothes recommended. Materials fee, payable to the instructor, is \$30 and is in addition to the class fee. Students will receive these items which they keep: 6 Tim Holtz Adirondack Ranger Inks; Yupo paper for each lesson and Blending Solution. Gloves will be provided for each class. In addition students will be able to use Copic Markers, Silver and Gold Mixatives among other tools in class. See Peter's website for more information. peterelliottart.com NOTE: The instructor will contact you via e-mail prior to the beginning of the course. E-mail address and Internet connection are required.

404

Thursday Sep 5 - Sep 26

Fee: \$50

Oasis

12:30 - 2:30

4 sessions

Holy Qur'an and Gnosticism

Rev. Elizabeth Bell and Dr. Rauf Bawany

Many of today's Christians call their Bibles, "Holy" and Gnostic Scriptures "unholy." However, in the beginning they were One, and held as 'Holy' by one and all, who called themselves "Christian." Then came Muhammad (570 CE - 632 CE), Islam, and the Holy Qur'an. As Christians included Jewish Holy Scriptures (Torah) into their Bibles, Muslims wove the people and stories of both Judaism and Christianity into their Holy Qur'an. One could say Christianity is an offspring of Judaism as Islam is an offspring of both Christianity and Judaism. Dr. Rauf Bawany, a retired Pediatrician, Islamic Center Assistant Imam and Muslim Chaplin at RIT, and Rev. Elizabeth Bell, a retired UCC Pastor, will be co-leading the class.

405

Thursday Sep 5 - Oct 10

Fee: \$45

Oasis

12:30 - 2:00

6 sessions

Arts & Humanities

What WAS in Style

Donald S. Hall, retired Director, Strasenburgh Planetarium

These three classes follow a similar format: paintings, architecture, interiors, jewelry, glass and more, showing major artists who worked in these media and concluding with a summary of characteristics that make each style unique. Art Nouveau (1895-1910) had its major impact in Europe and is most easily recognized by the curving lines of the "new art" of France and Belgium. However, the desire for something new was also reflected in Scotland, Spain, Italy, Germany and Austria where it had very different appearances. Like Art Nouveau, the objects of the Arts and Crafts Movement (1910-1925) were part of a rebellion, in this case, against the onset of the machine age. Here the look was simple, direct, with emphasis on the hand-made, rather than machine made. The movement started in England, but when it reached America, we found it necessary to use machines to create the hand-made look, in order to make objects affordable. No longer was the Arts and Crafts Movement only for the wealthy. Art Deco (1925-1940) is a name given only recently (1966), despite the fact that this style dates back to the early 1920's. Here was a new look that, unlike Art Nouveau and the Arts and Crafts Movement, had few if any political overtones. It was just for fun and was a wonderful reflection of the Jazz Age. While its name is similar to the earlier Art Nouveau, its appearance is not.

415

Thursday Sep 12 - Sep 26

Fee: \$25

Oasis

2:30 - 3:30

3 sessions



Arts & Humanities

Alcohol Ink-Intermediate

Peter Elliott

This is an Intermediate class that will focus on new color palletes, abstract and representational art, including birch trees and mountains and seascapes. Students will work with transparent Yupo paper, metal discs, Claybord and other substrates of their choice (metal, glass, plexiglass, etc.) The materials fee payable to the instructor is \$15 and includes transparent Yupo paper, metal disc, Claybord and gloves. Students are responsible for bringing their own inks, paper and other materials. Smocks or painting clothes recommended. See Peter's website for more information. <http://peterelliottart.com> Students must have completed Introduction to Alcohol Ink; e-mail address and Internet connection required.

423

Thursday Oct 10 - Oct 31

Fee: \$50

Oasis

12:30 - 2:30

4 sessions

Skyscraper

Donald S. Hall, retired Director, Strasenburgh Planetarium

This fascinating new program traces the history and recent building boom of very tall structures. While two major inventions of the 19th century enabled the building of the first skyscraper, 80% of the world's 100 tallest buildings have been built since the year 2000. This class explains why the skyscraper originated in Chicago and describes the tallest buildings in the US and world today.

424

Thursday Oct 10

Fee: \$15

Oasis

2:30 - 3:30

Alfred Hitchcock (Part II): The War Years

David M Ferrell, PhD, Professor and Chairperson Emeritus, Nazareth College

In these five sessions we will view and discuss films released between 1940 and 1945, three of which are set against a background of World War II. *Foreign Correspondent* (1940) starring Joel McCrea, Lorraine Day and Herbert Marshall explores the dilemma of newspaper man sent overseas to cover the advent of WWII who inadvertently becomes involved with a group of spies hiding behind a very respectable cover. *Suspicion* (1941) starring Cary Grant and Joan Fontaine, casts doubt surrounding the motives of the man with whom Joan's character has fallen in love. *Saboteur* (1942) starring Robert Cummings, Priscilla Lane, Otto Kruger and Norman Lloyd brings the potential danger of foreign war on to U.S. shores. *Shadow of a Doubt* (1943) starring Teresa Wright, Joseph Cotton, Henry Travers, Patricia Collinge, and Macdonald Carey is a contrast of good versus evil, focusing attention upon small town America where one would assume that no evil could exist—except in a Hitchcock film—where it arrives by invitation. *Lifeboat* (1944) starring Tallulah Bankhead, William Bendix, Walter Slezak, John Hodiak, Hume Cronyn and Canada Lee is a study in minimalism with characters confined to a very limited space as they attempt to survive after a German attack at sea. Each of these early films reveals Hitchcock's mastery of suspense and his superb ability to create compelling stories. Come and enjoy these films again or for the first time.

425

Thursday Oct 17 - Nov 14

Fee: \$40

Oasis

9:30 - 12:30

5 sessions

Ebony & Ivory Chanteuses

James Kraus, retired English teacher, Rochester City School District

Oasis students enjoyed the songs and styles of Ella, Sarah, Peggy, Rosemary and contemporary "Cat" Russell the past two years. Their suggestions bring Carmen McRae, Nina Simone, the teacher's choice Anita O'Day and others to the microphone and screen this fall. Get ready to swing! Jim Kraus is a retired English teacher who loves the singers of the "Great American Songbook."

426

Thursday Oct 17 - Nov 14

Fee: \$45

Oasis

12:45 - 2:15

5 sessions

CLASSROOM ETIQUETTE

Please arrive on time for your class.

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Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.



Make a Holiday Wreath!

Kathleen Rullo, Jardin Terrariums

Join Kathleen Rullo from Jardin Terrariums and make a lovely wreath for the holidays. All materials are provided.

437

Thursday Nov 21

Fee: \$25

Oasis

1:00 - 2:00

Mythology and Astronomy: An Introduction to "Hamlet's Mill"

Jennifer L. Anstey, PhD

Over 4 weeks this seminar will explore the worldwide "hero's journey" cycle of myths and how they relate to the astronomy of the night sky. Examples from many cultures, including central and south America, will be given, building on the book "Hamlet's Mill" by Santillana and Dechend (1969). No prior expertise is needed to widen your mental horizons.

506

Friday Sep 6 - Sep 27

Fee: \$35

Oasis

1:00 - 2:30

4 sessions



Potluck Movie at the Little Theatre

Little Theatre

LITTLE

Enjoy a private screening, for OASIS members only, of a currently running movie at the Little Theatre. In the past, we've had several Academy Award winners. Our Oasis volunteers will select a current movie - you take your chances and enjoy a wonderful afternoon with friends. You must pay in advance. **NO PARKING IN THE LITTLE THEATRE LOT.** Limited concessions will be available. Doors open at 12:30 pm and the movie starts at 1:00 pm. The doors will be locked when the movie begins. You may register and pay for a guest on your registration form.

509

Friday Sep 13

Fee: \$4

Little Theatre

1:00 - 3:00

Book Discussion-Ann's Pick

Ann Cunningham

Join Ann Cunningham as we discuss "Furious Hours: Murder, Fraud, And The Last Trial Of Harper Lee" By Casey Cep. From Amazon: 'Reverend Willie Maxwell was a rural preacher accused of murdering five of his family members for insurance money in the 1970s. With the help of a savvy lawyer, he escaped justice for years until a relative shot him dead at the funeral of his last victim. Despite hundreds of witnesses, Maxwell's murderer was acquitted—thanks to the same attorney who had previously defended the Reverend. Sitting in the audience during the vigilante's trial was Harper Lee, who had traveled from New York City to her native Alabama with the idea of writing her own In Cold Blood, the true-crime classic she had helped her friend Truman Capote research seventeen years earlier. Lee spent a year in town reporting, and many more years working on her own version of the case. Now Casey Cep brings this story to life, from the shocking murders to the courtroom drama to the racial politics of the Deep South. At the same time, she offers a deeply moving portrait of one of the country's most beloved writers and her struggle with fame, success, and the mystery of artistic creativity.' Please come to class having read the book and ready for discussion.

513

Friday Sep 27

Free

Oasis

11:00 - 12:00

Arts & Humanities

Theatrical Samplings

Michael Arve and Robert O'Neill

Join Robert O'Neill and Michael H. Arve as they offer readings from the plays of Rochester's own Philip Barry (*Hotel Universe*), Buffalo playwright A.R. Gurney (*The Cocktail Hour*), and Thornton Wilder (*The Matchmaker*) - featuring guest artist Diane Chevron as Dolly Levi.

Discussion will follow each reading.

514

Friday Oct 4 - Oct 18

Fee: \$25

Oasis

10:00 - 11:30

3 sessions

Potluck Movie at the Little Theatre

Little Theatre

Enjoy a private screening, for OASIS members only, of a currently running movie at the Little Theatre. In the past, we've had several Academy Award winners. Our Oasis volunteers will select a current movie - you take your chances and enjoy a wonderful afternoon with friends. You must pay in advance. **NO PARKING IN THE LITTLE THEATRE LOT.** Limited concessions will be available. Doors open at 12:30 pm and the movie starts at 1:00 pm. The doors will be locked when the movie begins. You may register and pay for a guest on your registration form.

517

Friday Oct 18

Fee: \$4

Little Theatre

1:00 - 3:00

Crochet a Tote Bag (Intermediate)

Penny Foley & Diane Virzi

Students in this class will have a choice of two totes. One is more open weave and one is more tightly woven. Participants will use the class time to work on the project, but the class requires you to work on the tote at home as well. Although you will receive both patterns, you will probably only work on one tote (of your choice) in class. This is an intermediate class, so students should know basic crochet stitches (single crochet, double crochet, and half double crochet) and have pattern reading skills. You will be contacted later with a list of the supplies you will need.

518

Friday Oct 25 - Nov 8

Fee: \$20

Oasis

10:30 - 12:00

3 sessions

Potluck Movie at the Little Theatre

Little Theatre

:LITTLE

Enjoy a private screening, for OASIS members only, of a currently running movie at the Little Theatre. In the past, we've had several Academy Award winners. Our Oasis volunteers will select a current movie - you take your chances and enjoy a wonderful afternoon with friends. You must pay in advance. **NO PARKING IN THE LITTLE THEATRE LOT.** Limited concessions will be available. Doors open at 12:30 pm and the movie starts at 1:00 pm. The doors will be locked when the movie begins. You may register and pay for a guest on your registration form.

522

Friday Nov 15

Fee: \$4

Little Theatre

1:00 - 3:00

Potluck Movie at the Little Theatre

Little Theatre

:LITTLE

Enjoy a private screening, for OASIS members only, of a currently running movie at the Little Theatre. In the past, we've had several Academy Award winners. Our Oasis volunteers will select a current movie - you take your chances and enjoy a wonderful afternoon with friends. You must pay in advance. **NO PARKING IN THE LITTLE THEATRE LOT.** Limited concessions will be available. Doors open at 12:30 pm and the movie starts at 1:00 pm. The doors will be locked when the movie begins. You may register and pay for a guest on your registration form.

523

Friday Dec 20

Fee: \$4

Little Theatre

1:00 - 3:00



Technology Tutor

Patricia Martinez

This is your opportunity to have two private lessons with Pat and learn whatever you need to advance your technology skills. Includes iPhone or Android phones, laptops or Alexa devices, but no Mac laptops please.

107 **Oasis**
Monday Sep 9 - Sep 16 **10:00 - 11:00**
Fee: \$45 **2 sessions**

Technology Tutor

Patricia Martinez

This is your opportunity to have two private lessons with Pat and learn whatever you need to advance your technology skills. Includes iPhone or Android phones, laptops or Alexa devices, but no Mac laptops please.

119 **Oasis**
Monday Sep 30 - Oct 7 **10:00 - 11:00**
Fee: \$45 **2 sessions**

Technology Tutor

Patricia Martinez

This is your opportunity to have two private lessons with Pat and learn whatever you need to advance your technology skills. Includes iPhone or Android phones, laptops or Alexa devices, but no Mac laptops please.

126 **Oasis**
Monday Oct 21 - Oct 28 **10:00 - 11:00**
Fee: \$45 **2 sessions**

Technology Tutor

Patricia Martinez

This is your opportunity to have two private lessons with Pat and learn whatever you need to advance your technology skills. Includes iPhone or Android phones, laptops or Alexa devices, but no Mac laptops please.

133 **Oasis**
Monday Nov 11 - Nov 18 **10:00 - 11:00**
Fee: \$45 **2 sessions**

Computer

Technology Tutor

Patricia Martinez

This is your opportunity to have two private lessons with Pat and learn whatever you need to advance your technology skills. Includes iPhone or Android phones, laptops or Alexa devices, but no Mac laptops please.

137 **Oasis**
Monday Dec 2 - Dec 9 **10:00 - 11:00**
Fee: \$45 **2 sessions**

Amazon Echo/Alexa-What is it?

Pat Martinez

The Amazon Echo/Alexa is a relatively new electronic device capable of voice interaction, music playback, making to-do lists, setting alarms, streaming podcasts, playing audiobooks, and providing weather, traffic and other real time information. It can also control several smart devices itself as a sort of “brain” for controlling lights and other electronics in your home. It can answer questions, tell jokes, create lotto numbers, give advice and even notify your family (up to 5 people) if you are physically unable to get to a phone. Now Alexa has been introduced, with all new possibilities. This two hour session will demonstrate the amazing potential for this “artificial companion” in your home.

212 **Oasis**
Tuesday Sep 17 **9:00 - 10:30**
Fee: \$20

Computer Tutor

Howard J Camp

This is your opportunity to have two private lessons with Howard and learn whatever you need to advance your computer skills. This class is for students with little to no computer experience. Not for Macs, Windows 8, or Vista.

302 **Oasis**
Wednesday Sep 4 - Sep 11 **10:00 - 11:00**
Fee: \$45 **2 sessions**

Computer

Computer Tutor

Howard J Camp

This is your opportunity to have two private lessons with Howard and learn whatever you need to advance your computer skills. This class is for students with little to no computer experience. Not for Macs, Windows 8, or Vista.

325 **Oasis**
Wednesday Oct 2 - Oct 9 **10:00 - 11:00**
Fee: \$45 **2 sessions**

Computer Tutor

Howard J Camp

This is your opportunity to have two private lessons with Howard and learn whatever you need to advance your computer skills. This class is for students with little to no computer experience. Not for Macs, Windows 8, or Vista.

335 **Oasis**
Wednesday Nov 6 - Nov 13 **10:00 - 11:00**
Fee: \$45 **2 sessions**

Computer Tutor

Howard J Camp

This is your opportunity to have two private lessons with Howard and learn whatever you need to advance your computer skills. This class is for students with little to no computer experience. Not for Macs, Windows 8, or Vista.

344 **Oasis**
Wednesday Dec 4 - Dec 11 **10:00 - 11:00**
Fee: \$45 **2 sessions**



Exercise

T'ai Chi - Introduction

Diane Macchiavelli, LAc

T'ai Chi, a 2,000-year-old form of exercise, is gentle and self-paced. The slow and continuous movements lengthen and strengthen the muscles while relaxing the mind. It is used as therapy for chronic pain, high blood pressure, depression, and limited mobility. Described as swimming through air, it is a perfect exercise for all ages and abilities. It can be practiced while seated, making T'ai Chi accessible to those with compromised physical conditions such as MS, arthritis, etc. A recent study by the National Institutes of Health found that practicing T'ai Chi can help older adults keep dormant the virus that causes shingles. This course is for beginning students.

103 **Oasis**
Monday Sep 9 - Dec 9 **9:30 - 10:30**
Fee: \$65 **14 sessions**

Senior Spunk

Rosalind Walker

This is a fun, low-impact, total body workout for seniors. The class format consists of a 30 minute mix of low-impact, standing, aerobic dance and boxing exercise followed by 15 minutes of light strength training, and 10 minutes of flexibility exercises in a chair. Participants must wear sneakers with good arch support and light-weight fitness clothing such as a tee shirt and sweatpants. Bring a light (2-5 lbs.) pair of dumbbells and a bottle of water.

104 **Lifetime Care**
Monday Sep 9 - Dec 9 **9:50 - 10:45**
Fee: \$70 **14 sessions**

PLEASE be on time to classes. Late-comers are very disruptive to the instructors and the other class members. We do keep track of persistent tardiness.

Exercise



T'ai Chi - Intermediate Level

Diane Macchiavelli, LAc

A recent study by the National Institutes of Health found that practicing T'ai Chi can help keep the virus that causes shingles dormant in older adults. This more advanced level of T'ai Chi is for those students who have taken previously taken T'ai Chi with Diane and have advance permission from her to register.

109 **Oasis**
Monday Sep 9 - Dec 9 **10:45 - 11:45**
Fee: \$65 **14 sessions**

Nia: Body, Mind, and Spirit

Rhonda Wright

Nia is a whole-body approach to fitness that encompasses the dance arts, the martial arts, and the healing arts. Through expressive movement with music, Nia invites you to achieve physical, mental, and spiritual fitness and well-being. The class will lubricate your joints, release your tension, enhance your balance, and tone your muscles with pleasure, mindful awareness, and joyful spirit. Nia is adaptable to every level of fitness, every age and body type, even those with special limitations. New students are welcome. Basic Nia, offered on Friday, is recommended for beginners, but not required.

111 **Lifetime Care**
Monday Sep 9 - Dec 9 **12:15 - 1:00**
No Class: One TBD
Fee: \$60 **13 sessions**

Nia: Body, Mind, and Spirit

Rhonda Wright

Nia is a whole-body approach to fitness that encompasses the dance arts, the martial arts, and the healing arts. Through expressive movement with music, Nia invites you to achieve physical, mental, and spiritual fitness and well-being. The class will lubricate your joints, release your tension, enhance your balance, and tone your muscles with pleasure, mindful awareness, and joyful spirit. Nia is adaptable to every level of fitness, every age and type of body, even those with special limitations. Basic Nia, offered on Friday, is recommended for beginners, but not required.

202 **Oasis**
Tuesday Sep 10 - Dec 10 **9:30 - 10:45**
No class: One TBD
Fee: \$60 **14 sessions**

Aquafit Level One: Arthritis / Aquability / Range of Motion

Susan Smith

A low- impact shallow water class. Promotes joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength. This is a FUN shallow water exercise program to help you live better with decreased range of motion, balance, arthritis, muscle stiffness or lack of flexibility. Suitable for every fitness level, no swimming skill is required. Reduce pain and stiffness while increasing strength, flexibility, balance, endurance and range of motion. Class is held at Valley Manor.

203 **Valley Manor**
Tues & Thurs Sep 3 - Dec 12 **9:45 - 10:45**
No class 11/28
Fee: \$80 **29 sessions**

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please TURN OFF your cell phones.

Please avoid overpowering colognes and perfumes.

Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.

Exercise

Aquafit Level Two: Water Fitness

Susan Smith

A great class to increase joint range of motion while increasing cardiovascular health and muscular strength. LOTS of fun and will improve agility, flexibility and cardiovascular endurance. No swimming skill is required to participate. A component of aerobic activity is introduced in this class and increases during the duration of the session weeks. Class is held at Valley Manor.

204 **Valley Manor**
Tues & Thurs Sep 3 - Dec 12 **10:45 - 11:45**
No class 11/28
Fee: \$80 **29 sessions**

Intermediate Line Dancing

Rosalind Walker

For those comfortable with line dancing who would like to try longer dance sequences and more challenging choreography, this class is for you! This intermediate line dance class covers many genres of group social line dances from around the world: country western, social/party dances, soul line dances, and more. You will learn at least one new dance every week to add to our repertoire for a fun, cardio workout. Wear soft-soled shoes, bring a bottle of water, and let's dance!

211 **Oasis**
Tuesday Sep 10 - Dec 10 **1:30 - 2:30**
Fee: \$70 **14 sessions**

PLEASE be on time to classes. Late-comers are very disruptive to the instructors and the other class members. We do keep track of persistent tardiness.

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please TURN OFF your cell phones.

Please avoid overpowering colognes and perfumes.

Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.



Qigong for Health and Healing

Usha Shah

Qigong is an energy healing practice from traditional Chinese medicine developed more than 5000 years ago. The term Qi means energy that flows through the entire person - body, mind, and spirit. Its gentle movements stretch and strengthen muscles, improve balance and flexibility, and reduce inflammation in joints. This movement helps to improve the circulation of blood and oxygen throughout the body and helps to release toxins and deep seated emotions. The session will include slow, controlled, gentle movements that are easy to learn with emphasis on awareness and Deep Breathing

213 **Lifetime Care**
Tuesday Sep 17 - Oct 22 **10:00 - 11:15**
Fee: \$50 **6 sessions**

Qigong for Health and Healing

Usha Shah

Qigong is an energy healing practice from traditional Chinese medicine developed more than 5000 years ago. The term Qi means energy that flows through the entire person - body, mind, and spirit. Its gentle movements stretch and strengthen muscles, improve balance and flexibility, and reduce inflammation in joints. This movement helps to improve the circulation of blood and oxygen throughout the body and helps to release toxins and deep seated emotions. The session will include slow, controlled, gentle movements that are easy to learn with emphasis on awareness and Deep Breathing

218 **Lifetime Care**
Tuesday Nov 5 - Dec 10 **10:00 - 11:15**
Fee: \$50 **6 sessions**

Jazz Dancing - Level II

Erika Atkinson

This class is a continuation of introduction to Jazz Dancing. The class will consist of a warm-up period, a series of movements across the floor and small dance combinations. Students will be introduced to different styles ranging from Broadway to modern jazz, and we will visit choreography from great jazz dancers such as Bob Fosse and Jerome Robbins. Previous jazz dance experience or participation in Erika's Jazz Dancing classes is required.

301 **TNT Dance**
Wednesday Sep 4 - Dec 11 **9:30 - 10:15**
No class 11/27
Fee: \$60 **14 sessions**

OASIS Tappers

Erika Atkinson

This is the performing tap dance troupe which has grown out of the OASIS tap dance classes and is located at TNT on Wednesdays and Oasis on Fridays. The group performs all over the area to rave reviews. They have even performed at Geva. You must have taken at least one intermediate level tap class to learn the routines, be currently enrolled in intermediate tap class, and have the director's permission to join. This is a very special group. Class meets on Wednesdays at TNT from 10:15a-11:15a and at Oasis on Fridays from 12:45p-1:45p.

304 **TNT Dance**
Wed & Fri Sep 4 - Dec 13 **10:15 - 11:15**
No class 11/27, 11/29
Fee: \$65 **28 sessions**

Tap Dance I

Erika Atkinson

Tap dance? You? You bet! You do not need special shoes to try this class. Come, have a good time, and tap those tootsies! This is a class for beginners.

307 **TNT Dance**
Wednesday Sep 4 - Dec 11 **12:00 - 12:45**
No class 11/27
Fee: \$60 **14 sessions**

Exercise

Jazz Dancing - Beginner Level I

Erika Atkinson

This class is an introduction to Jazz Dancing. The class will consist of a warm-up period, a series of movements across the floor and small dance combinations. Students will be introduced to different styles ranging from Broadway to modern jazz, and we will visit choreography from great jazz dancers such as Bob Fosse and Jerome Robbins. This is a beginner class, no experience necessary.

308 **TNT Dance**
Wednesday Sep 4 - Dec 11 **12:45 - 1:30**
No class 11/27
Fee: \$55 **14 sessions**

Ballet I

Erika Atkinson

This course offers training in the basic skills of ballet technique with emphasis on proper placement and alignment. Class will include stretching, barre work, ballet terminology, and basic ballet progression. No experience needed. Ballet shoes or slip proof socks are required.

310 **TNT Dance**
Wednesday Sep 4 - Dec 11 **1:30 - 2:15**
No class 11/27
Fee: \$60 **14 sessions**

CardioMix

Rosalind Walker

Do you like variety in your workouts? If so, this class is for you! Consisting of a mix of boxing aerobics, dance, standing Pilates, barre exercises, and low impact aerobics, you'll get a great full-body workout that improves your cardiovascular endurance, tones your muscles, and increases your flexibility. This workout is done standing the entire hour. No special equipment needed. Just bring a bottle of water and wear breathable workout clothing and comfortable sneakers.

316 **Oasis**
Wednesday Sep 11 - Dec 11 **12:00 - 1:00**
No class 11/27
Fee: \$70 **13 sessions**

Exercise

Beginning Line Dancing

Rosalind Walker

Do you love music, like to dance, but don't have a partner? Learn to line dance! Each dance is a pattern of steps that repeats throughout the song. We'll learn a new dance each week to country, pop, rock, oldies, R&B and current hits. If you are new to line dancing or want to learn and move at a more moderate pace, this beginner class is for you. You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great. Wear smooth-soled shoes, bring a bottle of water, and let's dance!

319

Wednesday Sep 11 - Dec 11

No class 11/27

Fee: \$70

Oasis

1:15 - 2:15

13 sessions

Yoga-Continued

Jennifer Hudak

Jen will teach more advanced range-of-motion postures that will lubricate your joints and increase your flexibility, along with relaxation and breathing techniques that will help to quiet your mind. This class will continue to introduce you to a program where you can integrate mindful stretches, balance, breathing and relaxation into a healthful home practice. Previous Yoga experience in Jen's class last trimester or another outside class is required. You may register for only one yoga course.

401

Thursday Sep 5 - Dec 12

No class 11/28

Fee: \$65

Oasis

9:00 - 10:00

14 sessions

Yoga-Gentle

Jennifer Hudak

Would you like to learn some yoga that doesn't require you to feel like a pretzel, or even have you lie on the floor? Gentle Yoga introduces you to a program where you can integrate mindful stretches, balance, breathing and relaxation into a healthful home practice. A chair allows you to do various yoga poses by acting as an "elevated" floor. There will be no floor work unless you choose to do it. You will experience gentle range-of-motion postures that will lubricate your joints and increase your flexibility, along with relaxation and breathing techniques that will help to quiet your mind. You may register for only one yoga course.

403

Thursday Sep 5 - Dec 12

No class 11/28

Fee: \$65

Oasis

10:15 - 11:15

14 sessions

ZUMBA Gold

Rosalind Walker

ZUMBA Gold is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original ZUMBA and bring them to the active older adult, the beginner participant, and the other special populations that may need modifications for success. This fun, Latin-inspired dance program includes Merengue, Salsa, Cha Cha, Cumbia, Calypso, and Rock and Roll. These programs are guaranteed to provide a safe and effective total body workout! It's fun, different, easy, and effective.

411

Thursday Sep 12 - Dec 12

No class 11/28

Fee: \$70

Oasis

11:30 - 12:30

13 sessions

**REGISTER ONLINE AT
WWW.OASISNET.ORG/ROCHESTER-NY
BEGINNING AUGUST 20, 2019 AT 11 AM**

Bone Up Fitness

Rosalind Walker

This class is an energetic but doable, low-impact cardio and weight-training fitness workout designed not only to be safe for participants with bone density concerns, but infused with a variety of exercises to help increase bone density. Most of the weight-bearing, cardiovascular workout will be done standing. Dumbbells and fitness bands will be utilized for the strength exercises. Bring a light (2-5 lbs.) pair of dumbbells and a bottle of water. Fitness bands will be provided.

413

Thursday Sep 12 - Dec 12

No class 11/28

Fee: \$70

Oasis

12:45 - 1:45

13 sessions

Freeing Your Lower Body-Releasing Tension Around the Hips

Carol Kerner, CHSE

In our society, most people spend their lives doing the same motions over and over at their jobs. For many of us, these motions are very small, as we're sitting most of the day on the job. As a result, we end up forgetting how to move our core body muscles, especially those that move the hips (sensory motor amnesia!). So our lower backs become stiff and our walking becomes labored and our hip joints are stressed. These strains on the lower body accumulate over time and can eventually result in chronic pain and tension in this area. Unfortunately, we are not taught how to become aware of these issues during our early years and how to release this tension so that we move more freely. These classes will show you how to do some simple, gentle movements to help release tension in the muscles around the hips, abdomen, and lower back. At the end of class, you'll receive a handout that describes the movements we did in class so that you can do them at home and release the tension in this area whenever you like. During these classes, we'll be working on the floor, so please bring a mat or blanket. Be sure to wear comfortable clothes that don't restrict your movement.

427

Thursday Oct 17 - Oct 24

Fee: \$25

Oasis

2:00 - 3:30

2 sessions

Exercise

Fundamental Movements of Good Walking

Carol Kerner, CHSE

Efficient and effortless walking involves several important basic movement patterns. Over the years, because of injuries, lack of body awareness, and/or habitual sitting and posture that is not well aligned, we can begin to walk with less useful movement patterns that eventually end up promoting pain and stiffness, not to mention inability to walk for longer distances with ease and enjoyment. In these classes, we'll relearn the basic movement patterns of walking, and work on becoming aware of how we walk and how we can make it easier and more pleasurable. We'll be working part of the time on the floor, so please bring a mat or blanket with you and be sure to wear comfortable clothes that don't restrict your movement. In the second class, you'll want to bring a pillow as well. At the end of class you will receive a handout describing the movements we did in class, so that you can practice them at home and use them to enhance your awareness of how you walk.

435

Thursday Nov 14 - Nov 21

Fee: \$25

Oasis

2:00 - 3:30

2 sessions

Tap Dance II - A

Erika Atkinson

This is the next step following Beginning Tap. Enroll in this course if you have taken Tap Dance I and know some basic steps. Erika will help you select the proper level for you.

501

Friday Sep 6 - Dec 13

No class 11/29

Fee: \$60

Oasis

9:00 - 9:45

14 sessions

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please **TURN OFF** your cell phones.

Please avoid overpowering colognes and perfumes.

Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.

Exercise

Nia - Basic

Rhonda Wright

Nia is a whole-body approach to fitness that encompasses the dance arts, the martial arts, and the healing arts. Through expressive movement and music, Nia invites you to achieve physical, mental, and spiritual fitness and well-being. This class is designed especially with the beginner in mind, so you will explore the Nia technique at a slow, comfortable pace. Nia is adaptable to every level of fitness, every age, and type of body, even those with special limitations. Nia will lubricate your joints, release your tension, enhance your balance, and tone your muscles with pleasure, mindful awareness, and joyful spirit. Come discover how fitness can feel good, be safe, and deliver results, all without jogging up and down!

502 **Lifetime Care**
Friday Sep 6 - Dec 13 **9:15 - 10:25**
No class 11/29, One TBD
Fee: \$60 **13 sessions**

Tap Dance II - B

Erika Atkinson

This is a continuation of Levels 1 and 2. You will be working on speed, accuracy and tap technique. You will visit steps such as time steps, turning steps and syncopated rhythms. A good basic knowledge of tap dancing is needed for this level. Erika will decide which Level II class you should join.

503 **Oasis**
Friday Sep 6 - Dec 13 **9:45 - 10:30**
No class 11/29
Fee: \$60 **14 sessions**

Tap Dance III-A

Erika Atkinson

This tap class is a continuation of 2B, with a focus on rhythm and more advanced steps. Tappers will focus on sound articulation, clarity and speed.

504 **Oasis**
Friday Sep 6 - Dec 13 **10:30 - 11:15**
No class 11/29
Fee: \$60 **14 sessions**

Nia: Body, Mind and Spirit

Rhonda Wright

This is a whole-body approach to fitness that encompasses the dance arts, the martial arts, and the healing arts. Through expressive movement and music, Nia invites you to achieve physical, mental, and spiritual fitness and well-being. Nia is adaptable to every level of fitness, every age and type of body, even those with special limitations. Nia will lubricate your joints, release your tension, enhance your balance, and tone your muscles with pleasure, mindful awareness, and joyful spirit. Come discover how fitness can feel good, be safe, and deliver results, all without jogging up and down! If you are new to Nia, we recommend (but do not require) Basic Nia also on Friday.

505 **Lifetime Care**
Friday Sep 6 - Nov 22 **10:40 - 11:50**
No class 11/29, One TBD
Fee: \$60 **12 sessions**

Tap Dance III-B

Erika Atkinson

This tap class is a continuation of 3A. Students will need to have taken 3A and have instructor's permission to move up to this advanced level. Class will focus on advanced rhythms, time steps and speed work, with a major focus on clarity and articulation.

524 **Oasis**
Friday Sep 6 - Dec 11 **11:15 - 12:00**
No class 11/29
Fee: \$60 **14 sessions**

Tap Dance IV

Erika Atkinson

Learn the fundamentals, the basic steps, and put them together into a routine. What a fun way to exercise! You must have some tap experience for this class.

525 **Oasis**
Friday Sep 6 - Dec 11 **12:00 - 12:45**
No class 11/29
Fee: \$60 **14 sessions**

Sugar Blues

Pam Gardephe, Integrative Nutrition Health Coach

This class will inspire you to permanently change your relationship with sugar and turn your life around through the power of healthy eating. Have you experienced the feeling that eating just a little sugar creates the desire for more? Like most Americans today, you are probably addicted to sugar. This is an opportunity to finally control what you eat and drink, not through will power or discipline but by understanding what causes those uncontrollable cravings -- and knowing that you can reduce them naturally over time.

112
Monday Sep 9
Fee: \$10

Oasis
1:00 - 2:30

Meditation 101

Diane Macchiavelli, L Ac

So many people say to me, "I can't meditate. My mind is too active!" I chuckle and say, "This is WHY we meditate. We meditate to learn how to cope with all of the whirling thoughts and feelings that are associated with our very busy, active and stressful daily lives." This is a "how to" meditate class. We will focus on the 2 foundations of Buddhist meditation practices: Calm Abiding and Special Insight Meditation including Metta Meditation (Loving Kindness). The 2 foundational methods of mindfulness meditation will lead you closer to inner peace and will help you cultivate freedom from the constant inner jabbering of the mind.

Diane Macchiavelli, L.Ac. is a 40+ year active meditation practitioner, still learning how to find that elusive "peace within".

113
Monday Sep 9 - Oct 7
Fee: \$45

Oasis
1:30 - 3:00
5 sessions

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please **TURN OFF** your cell phones.

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Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.

Health

Are You Ready to Break up with Sugar?

Pam Gardephe, Integrative Nutrition Health Coach

Are you addicted to sugar? This program will expand on our learning from the Sugar Blues Workshop. We will dig deeper into the effects sugar has on the body, how to recognize it in our foods and consider the toxic effect it has on our bodies.

We will also build awareness around and learn how to break addictive eating patterns. Each class will have a focus and a little homework to apply what you are learning between sessions. You may choose to reduce or eliminate sugar from your diet for good during the course.

116
Monday Sep 16 - Oct 7
Fee: \$45

Oasis
1:00 - 2:30
4 sessions



Open Meditation

Diane Macchiavelli, L Ac

This course is for anyone keen on developing or furthering a personal sitting meditation practice. There can be many pitfalls and obstacles that arise as you wend your way on a path towards more inner peace and less stress. Meditation and mindfulness aids in your pursuit of inner quiet through contemplation. But what about those pitfalls and obstacles that inevitably arise? Unstructured, at-home solo meditation practices can sometimes leave a person feeling lost and bewildered, not knowing what went wrong with their goal of achieving inner peace. Our time will be spent by first preparing the ground for your meditation. There will be plenty of time before and after the meditation portion for discussion. There will also be a short period for guidance with some direction. Open to all levels and all forms of meditation practice. Pre-requisite: any introduction to any style of meditation or mindfulness from any instructor in any lineage and any tradition. Beginners welcomed.

124
Monday Oct 14 - Nov 18
Fee: \$50

Oasis
1:30 - 3:00
6 sessions

Health

Medicare Counseling

Norm Thayer, HIICAP (Health Insurance Information Counseling and Assistance) Program of Lifespan

This is your opportunity to have a free, private 3/4 hour counseling session with trained HIICAP volunteers from Lifespan who will help you with your questions on health insurance. Included will be Medicare Parts A and B, Medicare Part D Drug Coverage, Medigap Insurance options, Medicare billing questions, EPIC (New York's prescription drug program for seniors), and Long Term Care insurance. **You will be called to schedule a date and time for your private appointment. (Co-sponsored by Lifespan)

201

Tuesday Sep 3

Free

Oasis

9:00 - 10:00

Practicing Meditation and Mindfulness in Daily Life

Usha Shah

Mindfulness is a state of active, open attention on the present. When one is mindful, one is observing one's thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to the experience. Scientific studies have shown that mindfulness practices improve physical, mental and emotional health. The class will include a short meditation and a dialogue on how mindfulness practices can be used to overcome life's challenges such as loneliness, alienation, aging, relationships, trauma, illness, physical pain and death. We will examine how these difficulties can become pathways to greater psychological freedom.

214

Tuesday Sep 17 - Oct 22

Fee: \$50

Lifetime Care

11:45 - 1:00

6 sessions



21-Day Sugar Detox®

Pam Gardephe, Integrative Nutrition Health Coach

Our culture has been overrun by the abundance of refined and processed foods, which has caused the quantity of sugar consumed on a daily basis to skyrocket to dangerously high levels. The 21-Day Sugar Detox® (21DSD) is a three week real food based program that helps you bust sugar cravings naturally. There are no supplements, pills or shakes required. It's not about deprivation or dieting. You will eat plenty of real healthy whole foods that nourish your body. This is led by a 21DSD certified coach that will guide you step by step, from preparation to the 3 week detox to reintroducing foods following the detox. You will be required to purchase "The 21-Day Sugar Detox Daily Guide" (details in your confirmation letter).

217

Tuesday Oct 29 - Nov 26

Fee: \$45

Oasis

1:00 - 2:30

5 sessions

Practicing Meditation and Mindfulness in Daily Life

Usha Shah

Mindfulness is a state of active, open attention on the present. When one is mindful, one is observing one's thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to the experience. Scientific studies have shown that mindfulness practices improve physical, mental and emotional health. The class will include a short meditation and a dialogue on how mindfulness practices can be used to overcome life's challenges such as loneliness, alienation, aging, relationships, trauma, illness, physical pain and death. We will examine how these difficulties can become pathways to greater psychological freedom.

219

Tuesday Nov 5 - Dec 10

Fee: \$50

Lifetime Care

11:45 - 1:00

6 sessions

PLEASE be on time to classes. Late-comers are very disruptive to the instructors and the other class members. We do keep track of persistent tardiness.



Healing and Transformative Power of Meditation

Usha Shah

Meditation is not just about being quiet nor is it about the absence of challenges. It is about being the witness or observer of one's life experiences. Through increasing awareness, we learn to transcend the ego that thrives on drama, pain and suffering. Meditation develops concentration and promotes deep relaxation, with the brain emitting alpha and theta waves. These waves have the power to calm the mind, relax the body and balance and harmonize the discordant energies within us. When we allow meditation to become a part of our lives, we are, in reality, reconnecting to the sacred silence that resides in us and allows the inner peace to permeate in our outer life. The sessions will include the use of the crystal singing bowls and how these sounds can expedite one's healing and transformation.

416

Thursday Sep 19 - Oct 24

Fee: \$50

Lifetime Care

10:00 - 11:15

6 sessions

Healing and Transformative Power of Meditation

Usha Shah

Meditation is not just about being quiet nor is it about the absence of challenges. It is about being the witness or observer of one's life experiences. Through increasing awareness, we learn to transcend the ego that thrives on drama, pain and suffering. Meditation develops concentration and promotes deep relaxation, with the brain emitting alpha and theta waves. These waves have the power to calm the mind, relax the body and balance and harmonize the discordant energies within us. When we allow meditation to become a part of our lives, we are, in reality, reconnecting to the sacred silence that resides in us and allows the inner peace to permeate in our outer life. The sessions will include the use of the crystal singing bowls and how these sounds can expedite one's healing and transformation.

433

Thursday Oct 31 - Dec 12

No class 11/28

Fee: \$50

Lifetime Care

10:00 - 11:15

6 sessions

Sleep and Dreams

Bonnie Fox

Just what is sleep and why do you need it? How many hours a night should you get? How does sleep contribute to your physical as well as your mental health? And why do we dream? Join us for answers to these questions and other interesting facts.

320

Wednesday Sep 18 - Oct 2

Fee: \$35

Oasis

1:00 - 2:30

3 sessions

Life Matters

Elaine Cervantes

This class has been described as mind opening, thought provoking and possibility probing. Lively discussion of topics chosen by the group address a multitude of areas, including but not limited to, life perspectives and attitudes, health and wellbeing, personal and creative expression, socio-cultural norms and spiritual values. The unique challenges and blessings of aging are often brought into the conversation with emphasis on shared experience and tips on how to achieve positive outcomes. If you like to think outside the box, have an open mind and heart, and respect the thoughts, beliefs and ideas of others, please join us! This class is facilitator led.

406

Thursday Sep 5 - Dec 12

No class 11/28

Fee: \$40

Lifetime Care

1:00 - 3:00

14 sessions

Health

Blue Zones: Can We in Rochester Live Longer and Better?

Susan Friedman, MD, MPH, Associate Professor of Medicine, University of Rochester

Adventurer and author Dan Buettner is an explorer, at one time circling the globe on his bicycle to earn three Guinness Book of World Records. But for Dan, trekking across continents is about mysteries, not miles. And it was a mystery in Japan that became the seed from which Dan's best-selling Blue Zones books would grow: What are the secrets of the world's longest-living people. In 2004, Dan partnered with National Geographic and a world-class team of longevity researchers, who eventually identified five pockets of the planet where people live longer – and better. In these “Blue Zones” they found people reaching age 100 at rates 10 times higher than in the United States. Dan and teams of scientists launched extensive research into each of the Blue Zones to identify the characteristics of their lives that explain longevity. Ultimately, they found that all Blue Zones share nine specific traits. The Blue Zones LLC is now dedicated to creating Blue Zones across the United States. Could Rochester become a Blue Zone? Join Dr. Friedman, a Geriatrician, researcher and friend of Oasis, as she talks about the traits of longevity and what it might take to foster a Blue Zone in our own community. A healthy plant based snack will be included.

507

Friday Sep 13

Fee: \$15

Oasis

10:30 - 12:30



History

Russian Revolution

David Woodruff

The Russian Revolution of 1917 is one of the most confusing events of the 20th century. Barely covered in the western press and modified for political purposes by the Soviet government. This is a linear study of the events and myths that grew up around one of the most important revolutions of the 20th century. It includes a number of items normally ignored by historians or literary scholars.

110

Monday Sep 9 - Sep 16

Fee: \$20

Oasis

11:00 - 12:00

2 sessions

Art of Deception – World War II Style

Laurence Britt

This 3 session course will deal with the methods used by the major powers in World War II to deceive their enemies and the success or failure of those efforts. As a component part of that effort was the success or failure to break through the deceptions of the enemy. The course will be split into the early, middle and later years of the war and will cover each combatant – Germany, Britain, the Soviet Union, the United States and Japan. The course will cover each of their major deception efforts as well as their success in penetrating the enemy's deceptions. And finally an assessment will be made of the impact of deception activity on the outcome of the war.

121

Monday Oct 7 - Oct 21

Fee: \$25

Oasis

9:30 - 10:30

3 sessions

Twilight Zone Revisited

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"

Rod Serling's landmark television anthology program is one of the most influential in this history of the medium. In five seasons of horror, science fiction, and moral philosophy, Serling's production was a showcase for new and established talent both behind and in front of the camera. Join us as we dissect individual classic episodes as well as explore the legacy of Serling's midas touch.

122

Monday Oct 7 - Nov 4

Fee: \$50

Oasis

1:00 - 3:00

5 sessions

Murder of William Desmond Taylor

David Woodruff

Work on the classic unsolved 1922 murder of a well known Hollywood director. Meet the suspects, hear from the "persons of interest" involved in the case. Look at the physical evidence. This case has all the components of a great story: sex, falls identities, underage women, amnesia, drug use, gangsters, multiple deathbed confessions and strangely missing evidence. Come to your own conclusions and solve one of the great murder mysteries of the early part of the 20th century.

127

Monday Oct 21 - Oct 28

Fee: \$20

Oasis

11:00 - 12:00

2 sessions

Forgotten Characters

David Woodruff

American history is full of characters who not only fail to inhabit biography sections but are largely forgotten. From the man who inspired Abraham Lincoln to greatness to master spies to the only documented mutiny in the US Navy, the course is filled with little known and less remembered characters from history. Many of them are from New York and our own local area. These folks are not only intriguing but they are made of the very stuff which makes a memorable tale. This is the perfect course for writers to find inspirational characters.

134

Monday Nov 18 - Nov 25

Fee: \$20

Oasis

11:00 - 12:00

2 sessions

America and Russia - A Fraught Relationship

Laurence Britt

This three part course will deal with the turbulent history of the relationship between the United States and Russia. This relationship has been one of continual tension for more than 100 years, briefly interrupted during World War II when the two nations were critical allies to each other. The first session of the course will cover the period from Czarist Russia, through the Bolshevik revolution and the coming of World War II. Session two will deal with the war time alliance, the quick descent into antagonism and the long Cold War struggle. The third session will cover the period since the breakup of the Soviet Union and culminating with the current standoff between the United States, Putin's Russia and the conflicting policies in American political leadership.

136

Monday Nov 25 - Dec 9

Fee: \$25

Oasis

1:00 - 2:00

3 sessions

When Tigers Fight

David Woodruff

This is a story of what many historians believe is the actual beginning of World War II, the Second Sino-Japanese War. It remains however one of the lesser known encounters in the west. The war was the result of a decades long Japanese imperialist policy to expand its influence politically and militarily in order to secure access to raw material reserves, food and labor. The period after World War I brought about increasing stress on the Japanese society. Especially after, they saw themselves snubbed by the Treaty of Versailles.

138

Monday Dec 2 - Dec 9

Fee: \$20

Oasis

11:00 - 12:00

2 sessions

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please TURN OFF your cell phones.

Please avoid overpowering colognes and perfumes.

Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.

History

History of India

Birgit H. Ray, PhD

This course will cover the Mughal Empire, the beginnings of Hindu and Muslim Nationalism and the policies of the British East India Company as well as the years of the British Raj and the eventual independence of India, Pakistan and Bangladesh. Brigit grew up in Northern Germany and studied history at Berlin University.

207 **Oasis**
Tuesday Sep 3 - Oct 15 **1:00 - 2:30**
Fee: \$50 **7 sessions**

Wake Island 1941

David Woodruff

America's first victory of WWII was obtained only four days after Pearl Harbor on a tiny undermanned atoll in the central Pacific. The Battle of Wake Island was fought between December 8 and December 23, 1941. It was fought on and around the atoll formed by Wake Island and its minor islets of Peale and Wilkes Islands by the air, land, and naval forces of the Japanese Empire against those of the United States, with Marines playing a prominent role on both sides. Three hundred untrained civilians also fought the Japanese landings.

220 **Oasis**
Tuesday Nov 5 - Nov 12 **1:00 - 2:00**
Fee: \$20 **2 sessions**

At the Movies with Otto

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"

Join us as we kickoff a new monthly feature of classic film fun with Otto Bruno. Each month we'll view a different vintage movie, learn some fun film facts and enjoy a lively discussion of the film's historical significance and the contributions of the artists who made it. Join him for one or all four! *We're No Angels* (1955). What says Christmas more than a houseful of criminals spreading mirth and mayhem? This under-appreciated comedy boasts a sterling cast of players including Humphrey Bogart, Peter Ustinov, Basil Rathbone, Joan Bennett, and Aldo Ray. Holiday fun for convicts and civilians alike!

221 **Oasis**
Tuesday Dec 10 **12:00 - 3:00**
Fee: \$60

28

Call **585-730-8800** • Visit **Oasisnet.org/Rochester-NY**



Bill of Rights - Our Source of Freedom

James M. Hartman, retired attorney, OASIS Advisory Council member

This course will cover the origins and current meaning of freedom of speech, press, and religion set forth in the first amendment as well as the rights and protections afforded by the second, fourth, fifth, sixth, seventh, and eighth amendments. Emphasis will be placed on those matters currently the subject of public attention and debate including the right to bear arms, separation of church and state, and the right to privacy. Recent relevant U.S. Supreme Court decisions will be discussed, keeping in mind that the Court has been closely divided on these matters. The class will observe the broadened application of the Bill of Rights brought about by the enactment of the fourteenth amendment.

306 **Oasis**
Wednesday Sep 4 - Oct 23 **11:30 - 1:00**
Fee: \$45 **8 sessions**

Moments in the Civil Rights Movement: Montgomery Bus Boycott

Mark Sample, Professor of History, MCC

In 1955 Rosa Parks refused to give up her seat on an segregated bus. Thus began the first major event of the American Civil Rights Movement. Professor of History, Mark Sample, will look at the people & events of this history-making moment.

312 **Oasis**
Wednesday Sep 4 **2:00 - 3:00**
Fee: \$10

At the Movies with Otto

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"

Join us as we kickoff a new monthly feature of classic film fun with Otto Bruno. Each month we'll view a different vintage movie, learn some fun film facts and enjoy a lively discussion of the film's historical significance and the contributions of the artists who made it. Join him for one or all four! *First up is Bad Day at Black Rock* (1955). Our first selection stars screen legend Spencer Tracy and is directed by John Sturges. A mysterious man comes to an out of the way western town looking for a friend but finds trouble instead. An all star cast includes Ernest Borgnine, Robert Ryan, Anne Francis and Lee Marvin.

317

Wednesday Sep 11

Fee: \$10

Oasis

12:00 - 3:00

At the Movies with Otto

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"

Join us as we kickoff a new monthly feature of classic film fun with Otto Bruno. Each month we'll view a different vintage movie, learn some fun film facts and enjoy a lively discussion of the film's historical significance and the contributions of the artists who made it. Join him for one or all four! *Young Frankenstein* (1974). That's right, an abnormally hilarious horror film from the talents of Mel Brooks and Gene Wilder. Mary Shelley's classic is reinterpreted by Wilder and friends including Marty Feldman, Kenneth Mars, and the brilliantly funny Madeline Kahn. You'll be screaming with laughter!

326

Wednesday Oct 9

Fee: \$10

Oasis

12:00 - 3:00



Rochester Park Band: Entertaining Rochester in the Early 20th Century

Lisa Kleman

In 1904, Theodore Dossenbach, my great-grandfather and the child of poor German immigrants, founded the Rochester Park Band. It was a grand moment for our fair city of Rochester, NY, because the Rochester Park Band was the first municipally-funded band in the state, and one of the first in the country. The early 20th-century was a time before most people experienced recorded sound, and so all music was live, and all events had music. Music brought the people together! The Rochester Park Band played for decades, events large and small, in Rochester and surrounding towns and cities. Through good times and bad, peace times and times of war — the Park Band was there.

329

Wednesday Oct 16

Fee: \$15

Oasis

1:00 - 2:30

Mexican Revolution and Beyond

Jenny Lloyd, retired British History professor

Join Jenny as she takes you through Mexican history from the 1870s to the present, including the defining Mexican Revolution in the 1910s. This carries on from her Cinco de Mayo class in the summer, but those who missed that are welcome to join us. Participation in the previous class isn't necessary to follow this one.

331

Wednesday Oct 23 - Oct 30

Fee: \$20

Oasis

1:00 - 2:00

2 sessions

Moments in the Civil Rights Movement: The Little Rock Crisis of 1957

Mark Sample, Professor of History, MCC

In 1957 the high school in Little Rock, Arkansas became the first high school to end segregation of students based on race. Professor of History, Mark Sample will look at the people and events of that story.

332

Wednesday Oct 23

Fee: \$10

Oasis

2:30 - 3:30

History

German Immigration in Rochester Seen Through the Dossenbach Family

Lisa Kleman

In 1851, my great-great-grandfather Matthias Dossenbach emigrated to the United States (via Canada) from Baden. Like many German immigrants, he left because of a series of failed revolutions near his home. In 1872, he and his family settled in Rochester, NY, a city already rich with the influences of German-American citizens. The experiences of the Dossenbachs in Rochester are like a travelogue of German immigrant life in Rochester: their homes, neighborhoods, careers, as well as their efforts at preserving their heritage while also becoming an American. Let's follow the Dossenbachs as they move through the city, through the decades before and after the turn of the 20th century, and let's stop awhile and see what they saw, and learn about the hardworking German immigrants and all that they gave to our fair city.

337

Wednesday Nov 13

Fee: \$15

Oasis

1:00 - 2:30

At the Movies with Otto

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"

Join us as we kickoff a new monthly feature of classic film fun with Otto Bruno. Each month we'll view a different vintage movie, learn some fun film facts and enjoy a lively discussion of the film's historical significance and the contributions of the artists who made it. Join him for one or all four! *Hail the Conquering Hero* (1944), classic comedy and satire from one of Hollywood's true auteurs, Preston Sturges. Eddie Bracken is a returning veteran struggling to live up to an impossibly heroic image. Sturges' hilarious cast of players includes William Demarest, Franklin Pangborn, and Elizabeth Petterson.

338

Wednesday Nov 20

Fee: \$10

Oasis

12:00 - 3:00

PLEASE be on time to classes. Late-comers are very disruptive to the instructors and the other class members. We do keep track of persistent tardiness.

Before the Eastman School: Rochester Music in the 19th and Early 20th Centuries

Lisa Kleman

It can be said that Rochester was born to the tune of a brass band because as early as the year of 1817, when little Rochesterville was incorporated, the citizens formed the first band here. And soon there were parades, and music stores, and churches and village halls where the music could be played. Over the decades, from Flour City to Flower City, there was always music, from popular street musicians, to living room musicales, to grand ballrooms in the Powers Building, to the ornate performing halls, such as Corinthian Hall and Cook's Opera House and Lyceum Theatre. There was music in the parks, in the high schools, in the masonic temples. And there were parades! The history of how music developed in Rochester, leading up to George Eastman building his grand music school, well, it's fun and fascinating. How fortunate we are to live in such an intensely musical city!

342

Wednesday Dec 4

Fee: \$15

Oasis

1:00 - 2:30

George Eastman Remembered

Lisa Kleman

In the 1940s, and then again in the 1970s, Kodak employees and hopeful biographers interviewed friends, family, and coworkers of George Eastman (who had died in 1932). These interviews are preserved in the University of Rochester's library (Dept of RBSCP) and are filled with personal stories and reminiscences from those who knew him well. Today, let's gather and hear their stories — let's remember George Eastman together!

343

Wednesday Dec 11

Fee: \$15

Oasis

1:00 - 2:30

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please TURN OFF your cell phones.

Please avoid overpowering colognes and perfumes.

Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.

Musical Dossenbachs of Early 20th Century Rochester

Lisa Kleman

While George Eastman, the Kodak King of Rochester, is inventing a camera that everyone can use with a name that everyone will remember, in another part of the city, a family of musicians, children of poor German immigrants, plays their way through all echelons of society in Rochester, eventually entertaining the Kodak King, himself, in his East Avenue mansion. Let's travel back in time and dance the waltz in the Powers Building's Mirror Room, stroll through Highland Park to the strains of the wildly popular Rochester Park Band, and join "Rochester's best people" as they sit in George Eastman's living room and listen to the Musical Dossenbachs.

420

Thursday Oct 3

Fee: \$15

Oasis

9:00 - 10:30

Rochester's Patent Medicine Men

Donald S. Hall, retired Director, Strasenburgh Planetarium

In the late 19th century, Rochester was the third largest producer of patent medicine--forerunners of today's over-the-counter remedies. Learn about the products, where they were made, the people who produced them and the places that they lived. Did the medicine's work? Well, they did a great job of improving the lives of the men who produced them.

421

Thursday Oct 3

Fee: \$15

Oasis

2:30 - 3:30



History

Recreating the Dossenbach Family: A Genealogy How-To

Lisa Kleman

Stories of the past should be, well, interesting, perhaps even riveting, compelling. We want to be entertained; perhaps we want to learn some lessons, so as to live our lives better, to feel appreciative of what came before us. Strangely, we often learn about the lives of our ancestors so that we can better understand ourselves. Nostalgically, we yearn to know more about the city in which we reside, what used to be there, what is no more. The best storytelling is built upon the foundation of facts, historical records, documents, photographs, letters — all the little pieces of the past which have been preserved. Today, I will pull back the curtain on my own story of my relatives, showing you how research and historical facts are transformed into a story! Magic! Right?

422

Thursday Oct 10

Fee: \$15

Oasis

9:00 - 10:30

Slavery, Conquest, Secession, Civil War, Reconstruction and Jim Crow Rule

Robert Richane

A review of our Nineteenth Century past that will begin in the 1840's. The Mexican-American War, what lead up to that conflict, its direct relation to the heated issue of slavery, and the acquisition by conquest of extensive new territories in what became the American Southwest. Following will be a review of how these new possessions increased North-South friction and ultimately led to secession and the Civil War. We will continue with a discussion of how and why the Civil War came about, the war itself, and especially its political dimensions in the North. Next a discussion on Reconstruction, the creation of the three Civil War Amendments and their eventual reversal. We will conclude with the progression of the South to the resumption of white control by 1877, the creation and enforcement of the Jim Crow era that was based on the enforcement of white superiority and the re-subjugation of four million ex slaves.

429

Thursday Oct 24 - Nov 21

Fee: \$45

Oasis

10:00 - 11:30

5 sessions

History

East Avenue Mansions

Donald Hall, retired Director, Strasenburgh Planetarium

Rochester's East Avenue, between Alexander and Colby Streets, remains one of the best preserved gateway streets entering any city in the United States. Still, about half of the millionaires' homes that lined the avenue have disappeared. Through the use of historic and contemporary photos, Don contrasts vanished East Avenue with the present, covering the adaptive re-use of many fine homes and providing information on seven local architects who designed over half of these fabulous houses. His research continues into the seven mansions which had pipe organs.

431 **Oasis**
Thursday Oct 24 - Nov 14 **2:30 - 3:30**
Fee: \$45 **4 sessions**

Political Cartoons: No Laughing Matter?

Elaine Miller, PhD, SUNY Brockport, retired; owner, ek miller Productions

We're well into the 2020 presidential campaign now. Are there still more than twenty candidates for the Democratic nomination? So much for cartoonists to work with! As one cartoonist has observed, "Politics is the art of managing the way we organize ourselves in society, how we marshal and distribute resources and responsibilities, and political cartoons are everyday in-the-moment commentaries on how well we're doing." The work of cartoonists has been described as "seriously joking" -- let's see how they're doing that with the current political scene. We'll talk, also, about some key developments in the world of political cartooning, for example, the recent decision of the New York Times to discontinue the publication of political cartoons, thought by some critics to be due to a wish to avoid controversy.

130 **Oasis**
Monday Nov 4 **10:00 - 11:30**
Fee: \$10



David Mamet Film Festival

Mel Braverman

David Mamet is a premier filmmaker in today's movie world. In this class we'll take a look at three of his best. First we'll see "Wag The Dog" (screenplay), a delicious satire of Washington. Next is "House of Games" (story, screenplay, director), a psychological thriller. Last up is "Glengarry Glen Ross" (screenplay, director), a blockbuster based on his Pulitzer winning play. In our last class we'll discuss Mamet and his movies. We'll hear what you think – the good and the bad. If you haven't seen these movies you're in for a treat. If you've seen them, you know you'll enjoy another viewing.

402 **Oasis**
Thursday Sep 5 - Sep 26 **10:00 - 12:00**
Fee: \$40 **4 sessions**

How'd We Get Here Anyhow? (Polarized Politics)

Mel Braverman

Few would argue that we live in a highly polarized political environment. Perhaps the most polarized ever. So, how'd we get here anyhow? In this class we'll try to answer that question. We'll take a look at the people/issues/events that brought us to where we are. We'll start with the Bork Supreme Court nomination and then move on to the highly charged language of Newt Gingrich. Along the way we'll visit the Religious Right, the Tea Party, Immigration and other hot buttons. Of course, you'll have your own thoughts and we'll make room for those. We may not be able to change the situation, but at least we'll know how we got here.

436 **Oasis**
Thursday Nov 21 - Dec 12 **10:30 - 12:00**
No class 11/28
Fee: \$25 **3 sessions**

**REGISTER ONLINE AT
WWW.OASISNET.ORG/
ROCHESTER-NY
BEGINNING AUGUST
20, 2019 AT 11 AM**

Beginning Latin B

Kevin Finnigan

Course B picks up where Course A left off. The second declension is introduced as well as uses of the genitive, dative, ablative and vocative cases. Culturally, we will begin our study of the Olympian gods, Roman and Greek comedy, and the institution of Roman slavery and its impact on ancient Roman society. The study of Latin derivatives in English will continue to be an integral part of the course. Students who began their study of Latin with the previous course or those who have had some Latin in their background are welcome in this course.

Textbook details will be sent with your confirmation letter.

205 **Oasis**
Tuesday Sep 3 - Dec 10 **11:00 - 12:00**
Fee: \$50 **15 sessions**

French 2C

Kevin Finnigan

The family, the world of work and clothing will be topics for this trimester. Regarding vocabulary we will be learning to express occupations, trades, and clothing. Grammatically we will study possessive adjectives, the verb *être* and the use of descriptive adjectives. Prerequisite: French 2B or equivalent.

208 **Oasis**
Tuesday Sep 3 - Dec 10 **1:00 - 2:00**
Fee: \$50 **15 sessions**

French 3C

Kevin Finnigan

Shopping, the house and its rooms and modern communication and electronics will be the focus of this trimester. Vocabulary centers around the names of shops and stores, and rooms and furniture of the home. Prerequisite French 3B or equivalent.

209 **Oasis**
Tuesday Sep 3 - Dec 10 **2:15 - 3:15**
Fee: \$50 **15 sessions**

PLEASE be on time to classes. Late-comers are very disruptive to the instructors and the other class members. We do keep track of persistent tardiness.

Language

Spanish - Level Three (Continued)

Kristine Hannon, retired Rochester City School District teacher

If you have studied Spanish before and have a basic speaking knowledge of Spanish, you are welcome to join this lively class. The advanced intermediate level class provides an opportunity to practice speaking in a friendly environment. Text is on your confirmation letter.

303 **Oasis**
Wednesday Sep 4 - Dec 11 **10:00 - 11:00**
No class 11/27
Fee: \$50 **14 sessions**

Spanish - Level Two (Continued)

Kristine Hannon, retired Rochester City School District teacher

This is a continuation for those who have taken Spanish II. Kris is a wonderful instructor. You will be able to practice in a relaxed and friendly atmosphere. You must have previously taken class with Kris. The textbook is not included and will be listed on your confirmation.

305 **Oasis**
Wednesday Sep 4 - Dec 11 **11:15 - 12:15**
No class 11/27
Fee: \$50 **14 sessions**

German I - Beginner Level

Ingeborg Oberdoerster

Students in this class continue the introduction to the German Language. You will learn how to structure a sentence and practice speaking German in a friendly non-competitive atmosphere. Includes basic grammar, German culture, history, religion and daily life. You can join even if you had only some exposure to the German language. Perfect for those who like to travel to a German speaking country.

408 **Oasis**
Thursday Sep 12 - Dec 12 **9:30 - 10:30**
No class 11/28
Fee: \$50 **13 sessions**

Arts & Humanities

German II - Intermediate Level

Ingeborg Oberdoerster

This class is a continuation involving advanced grammar, discussions about German politics and customs. Feel good about communicating while traveling in a German speaking country. You will also read some short stories in addition to the work book.

409 **Oasis**
Thursday Sep 12 - Dec 12 **10:45 - 11:45**
No class 11/28
Fee: \$50 **13 sessions**

German III - Advanced Level

Ingeborg Oberdoerster

This class is for students who can speak and write German at a higher level. Perhaps you studied German in college or grew up in a German speaking household and you'd like to refresh your German. In this advanced German class we will read, translate and discuss stories and talk about recent world events. Join us if you'd like to challenge yourself and improve your German language skills.

412 **Oasis**
Thursday Sep 12 - Dec 12 **12:00 - 1:00**
No class 11/28
Fee: \$50 **13 sessions**

Music

Music Theory I

Darla Bair, professional musician

"Fabulous class – a wonderful gift of music to all!" A popular course, Music Theory is the whys and hows of music making, the understanding behind the notes and sounds. Darla covers how to read music, count the beats, and form the scales upon which music is based. People who play instruments and sing in a chorus find this course raises their level of musicality! This class is sequential learning, with each week's topic based on previous understandings. (So don't miss!) Please purchase the required text before class begins; details sent with confirmation of your class.

102 **Oasis**
Monday Sep 9 - Dec 2 **9:15 - 10:15**
No class 10/14
Fee: \$60 **12 sessions**

Piano III Group Lessons

Darla Bair, Director, Amadeus Chorale

A continuation of Piano Two, but if you already play Piano, you might be ready for this class as well. The teacher can assess if this is the right class for you via a phone conversation. Participants play themes from classical literature to finish the textbook. Supplemental class material includes a little pop music.

108 **Oasis**
Monday Sep 9 - Dec 2 **10:15 - 11:15**
No class 10/14
Fee: \$60 **12 sessions**

Theory III

Darla Bair, professional musician

This class is only for survivors of Oasis Music Theory One and Two! It is a continuation of the sequential skills-based learning that marches us through our workbook. We continue to advance our aural skills, learning to identify various intervals, chords and scales by listening. Music Theory Three uses a lot of supplemental material and delves into student compositions. What are the elements of a good melody? How do we write chordal accompaniment? Darla makes what could be "skill-and-drill" into fun!

115 **Oasis**
Monday Sep 9 - Dec 2 **11:15 - 12:15**
No class 10/14
Fee: \$60 **12 sessions**

Oasis Community Chorus

Rhonda Wright

We welcome all Oasis members who enjoy singing, and those who think they might, to give us a try. There are no auditions and newcomers are always welcome. The chorus learns to sing in harmony to favorites and popular Broadway tunes to new contemporary songs. Usually twice per session (participation optional) the chorus performs for residents at a nearby nursing home, hospital, or senior facility. Music truly does lift the spirit and feed the soul.

206 **Oasis**
Tuesday Sep 10 - Dec 10 **11:15 - 12:30**
No Class: One TBD
Fee: \$40 **15 sessions**

Oasis Recorder Consort

Marian Henry

The consort is open to intermediate players of soprano, alto, tenor, or bass recorder. Moderate proficiency of the lower register, ability to play simple rhythms, and some experience with key signatures containing up to two sharps or flats is assumed. Yamaha recorders are strongly recommended to minimize intonation difficulties. Music will be provided by the instructor from a variety of sources including The Sweet Pipes Recorder Book (Gerald Burakoff and William Hettick). We will focus on expanding proficiency into the upper register and experiencing music from a wide range of styles and time periods.

311

Wednesday Sep 4 - Dec 11

No class 11/27

Fee: \$50

Oasis

1:30 - 3:00

14 sessions

Exploring American Opera

Dr. David Dean, Board Member of Opera Guild of Rochester

This fall, Oasis will offer a new opera class: Exploring American Opera. Although less than a century old, American opera is becoming recognized as an important new opera genre, particularly in the last two decades. With lectures and DVDs, we will study six American operas: Adamo's "Little Women" (1998), which is based on Louisa May Alcott's famous novel about a family of four sisters growing up in New England shortly after the Civil War; Heggie's "Moby-Dick" (2010), which is based on Herman Melville's classic tale of Ahab, the captain of the ill-fated whaling ship "Pequod" and the crew he commands; Corigliano's "The Ghosts of Versailles" (1991), which takes place in an afterlife existence of the court of King Louis XVI 200 years after the French Revolution; Adams's "Dr. Atomic" (2005), which tells the story of Dr. J. Robert Oppenheimer, the Manhattan Project and the creation of the atomic bomb; Glass's "Akhnaten" (1984) about the 18th dynasty Egyptian pharaoh who was the husband of Nefertiti and the father of a son who would become King Tut; Gershwin's "Porgy and Bess" (1935), which is based on the novel Porgy by DuBose Heywood.

315

Wednesday Sep 11 - Dec 11

No class 10/9, 11/27

Fee: \$65

Oasis

9:30 - 11:00

12 sessions

Music



RPO Concert: Scheherazade .2

RPO

Ward Stare, conductor

Leila Josefowicz, violin

MASON BATES *Mothership*

CINDY MCTEE *Einstein's Dream*

STEVE REICH *Three Movements for Orchestra*

JOHN ADAMS *Scheherazade .2*

You may register and pay for a guest on your registration form.

DEADLINE: 9/5

801

Thursday Sep 19

Fee: \$26

Eastman Theater

7:30

RPO Concert: Dvorak 8

RPO

David Danzmayr, conductor

Orli Shaham, piano

HAYDN Symphony No. 34

MOZART Piano Concerto No. 17, K. 453

DVORAK Symphony No. 8

You may register and pay for a guest on your registration form.

DEADLINE: 9/19

802

Thursday Oct 3

Fee: \$36

Eastman Theater

7:30

PLEASE be on time to classes. Late-comers are very disruptive to the instructors and the other class members. We do keep track of persistent tardiness.

Music

RPO Concert: Tchaikovsky 4

RPO

Christopher Seaman, conductor laureate

Simone Porter, violin

HINDEMITH *Symphonic Metamorphosis of Themes by Carl Maria von Weber*

BRUCH Violin Concerto No. 1

Tchaikovsky Symphony No. 4

You may register and pay for a guest on your registration form.

DEADLINE: 10/3

803

Eastman Theater

Thursday Oct 17

7:30

Fee: \$36

RPO Concert: The Firebird

RPO

Ward Stare, conductor

Andrei Ionita, cello

DEBUSSY *Printemps*

ELGAR Cello Concerto

BOULANGER *D'un soir triste*

BOULANGER *D'un matin de printemps*

STRAVINSKY *The Firebird Suite* (1945)

You may register and pay for a guest on your registration form.

DEADLINE: 10/17

804

Eastman Theater

Thursday Oct 31

7:30

Fee: \$36

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please TURN OFF your cell phones.

Please avoid overpowering colognes and perfumes.

Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.

RPO Concert: Bach to Bartok

RPO

Ward Stare, conductor

Tessa Lark, violin

BACH/WEBERN *Ricercar No. 2* from Musical Offering

SCHOENBERG *Five Pieces for Orchestra*

BERG Violin Concerto

BAROK Concerto for Orchestra

You may register and pay for a guest on your registration form.

DEADLINE: 10/24

805

Eastman Theater

Thursday Nov 7

7:30

Fee: \$36

RPO Concert: JoAnn Falletta + Symphonie Fantastique

RPO

JoAnn Falletta, Conductor

Rebecca Gilbert, flute

TAILLEFERRE *Ouverture pour orchestre*

CHRISTOPHER ROUSE Flute Concerto

BERLIOZ *Symphonie fantastique*

You may register and pay for a guest on your registration form.

DEADLINE: 11/7

806

Eastman Theater

Thursday Nov 21

7:30

Fee: \$48



RPO Pops Concert: Prohibition

RPO

Jeff Tyzik, conductor

The Music of Moulin Rouge, Boardwalk Empire and more! Imagine time-traveling one night through the dark cabarets and speakeasies of New York, Paris, Berlin, London, and Atlantic City, reliving the 1920s in all its decadence, prohibition, gangsters, and intrigue. Prohibition takes you on a journey through the era, from Rudy Vallee to Josephine Baker, and Kurt Weill to King Oliver, featuring the top hits of the decade accompanied by vintage imagery and video from the period. Prohibition, while suitable for all ages, contains imagery and mature themes.

You may register and pay for a guest on your registration form.

DEADLINE: 9/12

807

Eastman Theater

Friday Sep 27

8:00

Fee: \$26

RPO Pops Concert: Troupe Vertigo

RPO

Jeff Tyzik, conductor

Troupe Vertigo

Fusing together elements of cirque acrobatics and classical dance, Troupe Vertigo brings audiences on a spellbinding journey through the world of artistic movement—all choreographed to thrilling live music. Brace yourself for a surprising and delightful night of entertainment with world-class aerial artists, contortionists, and dancers as your RPO performs orchestral favorites.

You may register and pay for a guest on your registration form.

DEADLINE: 9/12

808

Eastman Theater

Friday Oct 25

8:00

Fee: \$26

Music

RPO Pops Concert: America the Beautiful Patriotic Pops

RPO

Jeff Tyzik, conductor

Troupe Vertigo

Fusing together elements of cirque acrobatics and classical dance, Troupe Vertigo brings audiences on a spellbinding journey through the world of artistic movement—all choreographed to thrilling live music. Brace yourself for a surprising and delightful night of entertainment with world-class aerial artists, contortionists, and dancers as your RPO performs orchestral favorites.

You may register and pay for a guest on your registration form.

DEADLINE: 10/31

809

Eastman Theater

Friday Nov 15

8:00

Fee: \$48

RPO Pops Concert: Gala Holiday Pops

RPO

Jeff Tyzik, conductor

The Festival High School Chorale,

Amy Story and Harold McAuliffe, co-directors

You may register and pay for a guest on your registration form.

DEADLINE: 12/5

810

Eastman Theater

Friday Dec 20

8:00

Fee: \$48

**REGISTER ONLINE AT
WWW.OASISNET.ORG/ROCHESTER-NY
BEGINNING AUGUST 20, 2019 AT 11 AM**

Music

RPO OrKIDstra Concert: Chills and Thrills

RPO

You may register and pay for a guest on your registration form.

DEADLINE: 10/10

811

Sunday Oct 27

Fee: \$12

Hochstein

2:00



Personal Development

Tools of Peacebuilding: An Introduction

Mary Ann Obark, D.Min.

Our world seems to be becoming more divided and violent. How can we be part of the solution rather than part of the problem? These sessions are an opportunity to learn about and discuss the various strategies for transforming conflict in families and communities. We will be exploring concepts like creating zones of agreement and defining what comprises a just peace. We will also examine the role, if any, that reconciliation has in forming a lasting peace.

101

Monday Sep 9 - Sep 23

Fee: \$25

Oasis

9:00 - 10:30

3 sessions

Conversations in American Politics

James S. Fleming, PhD, Professor Emeritus of Political Science, RIT

Dr. Fleming, author of the congressional biography of Barber Conable, will lead a weekly discussion of current issues in American politics. He will provide some perspective on the week's political activities and give all class participants a chance to provide their own perspective. Class members will also choose a topic to share with the class. Emphasis will be placed on class interaction and participation. Please register by 9/3.

106

Monday Sep 9 - Oct 28

Fee: \$50

Oasis

10:00 - 11:30

8 sessions

From the Great State of California: Pairing Wines & Cheese

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier

One of the largest and most diverse wine making regions in the world, California has a long history – and highly respected reputation for – producing exceptional, award-winning wines. In this class we will explore the Golden State's unique past, discuss the different geographical areas and terroir, and enjoy fantastic wines with delicious cheeses from the West Coast! Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 9/9/19.

117

Monday Sep 16

Fee: \$45

Oasis

2:00 - 3:30

Shop Before You Drop

Dan Hollands, Vice President, Funeral Consumers Alliance

The non-profit Funeral Consumers Alliance has been educating people since 1957 about the advantages of pre-planning their own funerals. Consumers are able to take a great burden off of their loved ones if they shop around for services when they are not under pressure. The Alliance guides people on how to make their own plans, and provides price guides for five different plans which can be used for comparison shopping. You'll learn about pre-planning your funeral, the legal issues involved, and how to avoid making expensive mistakes.

118

Monday Sep 23

Fee: \$10

Oasis

2:00 - 3:00

What's in a Name: Organic, Natural, Biodynamic Wines

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier

What's in a name – or in that wine labeled “organic, natural, or biodynamic” – anyway? Are these just buzz words, now part of today's wine industry? We'll discuss these terms along with varying growing and production methods, and explore what it all means – are they better for you, the grower, the environment, the wine? Are we really “drinking responsibly” if we select something from this growing category of wines labeled as such? Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 9/23/19.

120 **Oasis**
Monday Sep 30 **2:00 - 3:30**
Fee: \$45

Chocolate, Wine and Cheese: What Brings Them Together?

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier

Experience the holy trinity of decadence! Join us as we discuss what brings these three naturally together, while sampling a delicious collaboration of five wildly different cheeses, chocolates and wines! You'll leave with solid recommendations for pairing the three. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Registration deadline is 10/13/19

123 **Valley Manor**
Monday Oct 7 **2:00 - 3:30**
Fee: \$45



Rieslings from Around the World

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier

One of the world's most loved wines, to be sure, but do you know why it's so popular? Riesling is such a versatile grape, producing an array of wines from bone dry to lusciously sweet to even sparkling. Loved, yes, but also misunderstood, so we'll debunk the misconception that all Rieslings are sweet as we taste our way through an array of Rieslings from around the globe – each of which vary in sweetness levels. Cheeses will complement the wines selected. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 10/7/19.

125 **Oasis**
Monday Oct 14 **2:00 - 3:30**
Fee: \$45

Wine, Cheese and Charcuterie Pairing

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier

Let's be honest, pairing wine and cheese is easier than ever, but what about wine and charcuterie? Throw in a great cheese, and those pesky doubts and questions return. In this class, you'll learn tips and tricks to pairing different types of charcuterie and cheese with specific wines related to regions around the world. We'll discuss elements of wine, from acidity to tannins, and why some pairings work and others don't. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 10/21/19.

129 **Oasis**
Monday Oct 28 **2:00 - 3:30**
Fee: \$45

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please TURN OFF your cell phones.

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Speak loudly when asking questions so that all might hear.

Wear your name tag.

Personal Development

Holly and Ann's Inaugural Craft Beer and Cheese Pairing!

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier

Don't be surprised folks, but this class has been brewing for some time! The craft beer industry has exploded, along with the artisanal cheese revival and we are the benefactors. In this class we will taste our way through five of the most outstanding beer and cheese pairings; you'll learn the nuances of I. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. PAs, wheat beers, darks and ales; and you'll be in the know about offering another beverage option at your next gathering. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 10/28/19.

132

Monday Nov 4

Fee: \$45

Oasis

2:00 - 3:30

Home for the Holidays: Enjoying New York Wine & Cheese

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier

Premium wine and cheese producers populate the Empire State from the Finger Lakes to Long Island. Exploring what is happening in different regions makes for a welcomed change to "stay close to home for the holidays"! Join us for a taste of some of the best wines and cheeses grown in New York. Discover, enjoy, and drink local this holiday season. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 11/11/19.

135

Monday Nov 18

Fee: \$45

Oasis

2:00 - 3:30

PLEASE be on time to classes. Late-comers are very disruptive to the instructors and the other class members. We do keep track of persistent tardiness.



Gift of Wine and Cheese

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier

Nothing can be easier or more appreciated, than thoughtfully gifting wine and cheese. Come sample sumptuous pairings – a little wine, cheese, cracker, fruit and more – and learn how to select and pair great gift ideas for the holidays. For example, what should you pair with a sparkling wine? What is a must-have with a Spanish red wine? And, what accompaniments will you want with a deliciously sweet Port? Packaging ideas will be on hand to inspire you. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 11/25/19.

139

Monday Dec 2

Fee: \$45

Oasis

2:00 - 3:30

Holiday Pairings

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier

You'll stress less and enjoy entertaining more with the ideas Holly and Ann bring to the table just in time for the holiday season. In addition to sampling elegant cheese and wine pairings perfect for your guests (or as a hostess thank you!), we'll be sharing cheese board basics and a few simple yet elegant recipes for you to sample and enjoy. Pairing guide and recipes will be provided. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, proprietor, Little Bleu Catering & Events. Registration deadline is 12/2/19

140

Monday Dec 9

Fee: \$45

Valley Manor

2:00 - 3:30

Is Writing and Publishing A Book On Your Bucket List?

Mary Dougherty

Join us for a bootstrap publishing workshop for those who wish to write and publish a book in 2019! Mary will cover basic writing principles like finding your voice, getting in the flow, and morning pages. Also discussed will be publishing principles, logistics, book covers that pop, and formatting of your book for print. There will be information on e-books, POD books, how many printed books you truly need, how to get your book into your reader's hands, and 50 ways to promote your book. After this class, you will have the tools and motivation to move forward! For the past twelve years, Dougherty has been a frontrunner in the fast-paced industry getting author's words from print to book format, but more importantly, how to launch that product successfully into a highly competitive marketplace.

216 **Oasis**
Tuesday Oct 8 - Oct 15 **10:00 - 12:30**
Fee: \$25 **2 sessions**

Conversations About Women: "Me Too"

Sue Jaschik

Come for an engaging presentation AND conversation about current topics. Each session will be thought-provoking and self-contained on the single theme, with this session on the "Me Too" movement. You may sign up for one or more sessions.

321 **Oasis**
Wednesday Sep 25 **10:00 - 11:00**
Fee: \$5

Women and Financial Investing

Glen Cone, The Legend Group

This course covers the unique financial challenges facing women today with investment basics to help take control of their financial future.

328 **Oasis**
Wednesday Oct 16 **1:00 - 2:30**
Fee: \$10

Conversations About Women: "Women and the Elections"

Sue Jaschik

Come for an engaging presentation AND conversation about current topics. Each session will be thought-provoking and self-contained on the single theme, with this session on "Women and The Election." You may sign up for one or more sessions.

334 **Oasis**
Wednesday Oct 30 **12:00 - 1:00**
Fee: \$5

Conversations About Women: "Evolving Roles"

Sue Jaschik

Come for an engaging presentation AND conversation about current topics. Each session will be thought-provoking and self-contained on the single theme, with this session on "Evolving Roles." You may sign up for one or more sessions.

339 **Oasis**
Wednesday Nov 20 **12:00 - 1:00**
Fee: \$5

Month in Review

Peter Nilsson

Join Peter for a lively and exciting discussion of the events of the previous month. Class will be at St. John's Meadows Chestnut Court, 1 Johnsarbor Drive W. Class will meet September 12, October 10, November 14 and December 12 for a total of four class sessions.

414 **St. John's Meadows**
Thursday Sep 12 - Dec 12 **1:30 - 2:30**
Free **4 sessions**

CLASSROOM ETIQUETTE

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Speak loudly when asking questions so that all might hear.

Wear your name tag.

Personal Development

What's Real? Matter or Spirit? A Prayerful Perspective

Nate Frederick, CS

Christian Science is based on the understanding that Spirit is real and matter is unreal. This spiritual view of reality that leads to healing will be explored in a one hour talk on Christian Science – what it is and what it isn't – to be given by a member of the Christian Science Speaker's Bureau. A Q & A session will follow. The class fee will include a copy of the textbook "Science & Health with Key to the Scriptures" by Mary Baker Eddy for all attendees.

434

Thursday Nov 14

Fee: \$10

Oasis

1:00 - 2:30

Loose-Leaf Tea Education & Tasting

Cynthia Evans

Tea Tzar Cynthia Evans is an expert tea blender. Cynthia will talk about the vast variety of different types of teas, their origin and discuss their health benefits and how to make the perfect cup of tea. Tasting & light pastry included in this class. Feel free to bring your favorite tea cup and share your memories. Teas can be purchased after the tasting.

438

Thursday Dec 5

Fee: \$20

Oasis

1:30 - 3:00

Loose-Leaf Tea Education & Tasting-Iced!

Cynthia Evans

Tea Tzar Cynthia Evans is an expert tea blender. Cynthia will talk about the vast variety of different types of teas that are great iced, their origin and discuss their health benefits and how to make the perfect glass of iced tea. Tasting and a light pastry included in this class. Feel free to bring your favorite iced tea glass and share your memories. Teas can be purchased after the tasting.

508

Friday Sep 13

Fee: \$20

Oasis

11:00 - 12:30

Digital Safety Seminar with AT&T

Kevin Hanna, AT&T

Use of the internet and connected devices increases each year. Most internet apps create benefits for people who want to stay engaged with their loved ones and vital information. Older adults are no different and they often assist other people in their lives who are navigating tech challenges. AT&T and Oasis will teach you strategies and resources that can help you help yourself and your loved ones navigate the internet safely and confidently. Oasis is proud of our partnership with AT&T while jointly teaching people about online safety since 2004.

512

Friday Sep 27

Free

Oasis

10:00 - 12:00

Have Guts To Make Your Gut Healthy

Cynthia Evans

Leaky gut is a leading cause of disease and emotional issues. Cynthia Evans explains that a healthy gut environment is the core to excellent health and wellness. Learn about the importance of cleaning up your gut and how to improve gut health with simple inexpensive homeopathic recipes and feel the difference. Increased energy, improved hearing, improved sense of smell, improved eyesight and mental clarity while reducing elevated blood pressure and lowering cholesterol naturally.

516

Friday Oct 4

Fee: \$10

Oasis

2:00 - 3:30

What is Kombucha?

Cynthia Evans

You hear all the hype about this very beneficial drink and see numerous offerings of it everywhere. This class will discuss what it is (and is not) and how and why it is so beneficial to your health. We will also discuss how you can make your own Kombucha with a demonstration.

520

Friday Nov 1

Fee: \$20

Oasis

2:30 - 3:30

Personal Development

Fractals

Muriel Shaw

How are trees, the Maine coastline, the stock market, ferns, and Hokusai's print The Great Wave Off Kanagawa related? Join Muriel and discover one of the newest math topics, Fractals. No math background is required for you to learn the geometry of self-similarity through 'hands-on' lessons and exploration of the beautiful Mandelbrot Set.

407

Thursday Sep 12 - Oct 10

Fee: \$45

Oasis

9:00 - 11:00

5 sessions

CLASSROOM ETIQUETTE

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Wear your name tag.

Park Ave Food Tours - Eats & Treats

Cheri Davenport, Flower City Food Tours

This is a unique guided walking food tours of Park Avenue's most interesting and inviting restaurants and eateries. You will sample delicious eats and treats as this tour will offer food tastings from delicious stops coupled with insightful presentations of this popular neighborhood's cultural, historical and architectural highlights provided by knowledgeable and entertaining local guides. The food samplings on this tour are sure to stimulate and satisfy your appetite for a lunch that is full of variety. Each tasting is served from locally owned and operated specialty food stores and ethnic or locavore-style eateries. Stops include Jines, Baker Street Bakery, F. Olivers Olive Oil, Blu Wolf Bistro, Stever's Candy, Half Pint Pub, Magnolia's Deli and Cafe and Marty's Meats. Be prepared to walk for a total of a 1.5 miles rain or shine. Meeting place is located in your confirmation letter. Please register by 9/16/19.

322

Wednesday Sep 25

Fee: \$65

Park Avenue

11:00 - 2:00



Tours

Genesee Country Museum Tour: 19th-Century Fashion Experience

GCM Docent

Learn about the fascinating fashion trends of 19th-century America in this exclusive three-part tour. One of the museum's fashion experts will explain how clothing changed decade by decade through the 1800s, while allowing you to examine a collection of example garments. You will also have a behind-the-scenes visit with one of the museum's tailors or seamstresses to learn how 19th-century patterns are re-created in 21st-century settings in order to costume historic interpreters and reenactors. Finally, a visit to the Susan Greene Costume Collection with one of our expert docents will allow you to view authentic examples of 19th-century American clothing. After this experience, you will have an excellent grasp of the major fashion trends of the 1800s, which will enhance your understanding and enjoyment of historic villages, period films, and more! This tour is approximately 2 hours long. This experience also includes general admission to the museum; a self-guiding experience for the duration of your visit. Feel free to explore the village after the tour. There is a fair amount of walking throughout the village, so be prepared with comfortable shoes.

324

Wednesday Oct 2

Fee: \$35

Genesee Country Museum

10:00 - 2:00

PLEASE be on time to classes. Late-comers are very disruptive to the instructors and the other class members. We do keep track of persistent tardiness.

Follow us at [facebook.com/Oasisrochester](https://www.facebook.com/Oasisrochester)

43

Tours

Pittsford Village/Schoen Place Food Tour

Cheri Davenport, Flower City Food Tours

This is a unique walking food tours of Pittsford's most interesting and inviting attractions in the Village and throughout Schoen Place. Food tastings are offered from delicious stops coupled with insightful presentations of Pittsford's cultural, historical and architectural highlights provided by knowledgeable and entertaining local guides. The food samplings on this tour are sure to stimulate and satisfy your appetite for a lunch that is full of variety. Each tasting is served from locally owned and operated specialty food stores and ethnic or locavore-style eateries. Stops include Simply Crepes, Label 7, Dolce Cupcakery, Lock 32, Erie Grill, Pittsford Farms Dairy and Bakery, Jembetat Cafe and The Village Coal Tower Restaurant. Be prepared to walk for a total of a mile rain or shine. Meeting place is located in your confirmation letter. Registration deadline is 9/3/19.

410

Erie Canal Park

Thursday Sep 12

11:00 - 2:00

Fee: \$65

Hinchey House Tour

Take a trip back in time and tour the Hinchey Homestead, the only structure in Gates listed on the National Register of Historic Places. The home was built in the 1870s in the Italiante style by Franklin Hinchey, son of William S. Hinchey, a pioneer for whom Hinchey Road is named. The farm was self-contained, providing nearly everything a family needed. Apples were harvested with horse-drawn wagons and ice was cut from nearby ponds in the winter, stored in sheds, and sometimes lasted well into August. Your tour will include refreshments.

417

Hinchey House

Thursday Sep 19

1:00 - 3:00

Fee: \$10

**REGISTER ONLINE AT
WWW.OASISNET.ORG/ROCHESTER-NY
BEGINNING AUGUST 20, 2019 AT 11 AM**



Finger Lakes Culinary Tour: Canandaigua/Naples

Sandy Baker

This excursion features one-of-a-kind authentic food experiences in the Canandaigua Lake/Naples region. It's much more than a food tour; you'll discover the gastronomic heritage unique to this area in a small group, self-drive, insiders' guided tour. Visit the bakery where famous Naples grape pies are lovingly prepared by local baker Jeni Makepence, Check out the fresh produce, baked goods, gourmet foods made/sourced locally at a bustling roadside stand, where colorful flowers and seasonal plants are grown in their own greenhouses. You'll walk amongst vineyards featuring several unique grape varieties, and pick your own grapes, on a 100-year old family-owned farm. Tour a state-of-the-art maple sugar house nestled atop the Garlinghouse Hills, and see the 4,000-tree farm from which syrup and a variety of other maple products are produced. Go behind the scenes and see a family-owned and operated gourmet bottling plant in operation, then taste 40+ local chef-created condiments, sauces and other unique culinary treats. Walk out to the apiary and see working bee hives on our tour led by beekeeper Ali Daduli. Sample seasonal honey and learn the basic biology of honey bees, where the queen resides, how honey is made, and what makes bees so special and interesting. Tour guide Sandy Baker also leads the Gourmet Specialty Markets Tour, the Exotic Tour of Ethnic Markets, and Finger Lakes Culinary Tour: Seneca Lake/Keuka Lake Region.

418

Oasis

Thursday Sep 26

8:30 - 4:30

Fee: \$35

Finger Lakes Culinary Tour: Canandaigua/Naples

Sandy Baker

This excursion features one-of-a-kind authentic food experiences in the Canandaigua Lake/Naples region. It's much more than a food tour; you'll discover the gastronomic heritage unique to this area in a small group, self-drive, insiders' guided tour. Visit the bakery where famous Naples grape pies are lovingly prepared by local baker Jeni Makepeace. Check out the fresh produce, baked goods, gourmet foods made/sourced locally at a bustling roadside stand, where colorful flowers and seasonal plants are grown in their own greenhouses. You'll walk amongst vineyards featuring several unique grape varieties, and pick your own grapes, on a 100-year old family-owned farm. Tour a state-of-the-art maple sugar house nestled atop the Garlinghouse Hills, and see the 4,000-tree farm from which syrup and a variety of other maple products are produced. Go behind the scenes and see a family-owned and operated gourmet bottling plant in operation, then taste 40+ local chef-created condiments, sauces and other unique culinary treats. Walk out to the apiary and see working bee hives on our tour led by beekeeper Ali Daduli. Sample seasonal honey and learn the basic biology of honey bees, where the queen resides, how honey is made, and what makes bees so special and interesting. Tour guide Sandy Baker also leads the Gourmet Specialty Markets Tour, the Exotic Tour of Ethnic Markets, and Finger Lakes Culinary Tour: Seneca Lake/Keuka Lake Region.

419

Thursday Oct 3

Fee: \$35

Oasis

8:30 - 4:30

Exotic Tour of Ethnic Markets

Sandy Baker

Discover your local source of exotic foreign foods as you tour eight of Rochester's unusual ethnic markets. The quaint shops on your worldly travels will include such markets as German, Indian, Jamaican, Ukrainian, Mid-Eastern, Polish, Asian and Italian. We'll meet at Oasis, where you'll get your map. Your tour guide, Sandy Baker, will ride with students as we carpool from nation to nation. Bring your appetite; we'll be sampling along the way. Your tour guide Sandy Baker also presents the Gourmet Specialty Markets Tour, and Finger Lakes Culinary Tours.

428

Thursday Oct 24

Fee: \$35

Oasis

9:00 - 3:00

Tours

Hinchey House Tour

Take a trip back in time and tour the Hinchey Homestead, the only structure in Gates listed on the National Register of Historic Places. The home was built in the 1870s in the Italiante style by Franklin Hinchey, son of William S. Hinchey, a pioneer for whom Hinchey Road is named. The farm was self-contained, providing nearly everything a family needed. Apples were harvested with horse-drawn wagons and ice was cut from nearby ponds in the winter, stored in sheds, and sometimes lasted well into August. Your tour will include refreshments.

430

Thursday Oct 24

Fee: \$10

Hinchey House

1:00 - 3:00

Gourmet Specialty Markets Tour

Sandy Baker

Treat your taste buds to this gourmet tasting adventure featuring seven of Rochester area's finest food specialty markets. This behind-the-scenes guided tour was designed exclusively for food-lovers. Bring your appetite; you'll be sampling delicious treats such as organic fair trade coffee made from freshly roasted beans; chef-inspired prepared foods; spices from around the world; smooth and creamy cheesecake; exotic organic treats; ancient grain baked goods; French-American hand-made chocolates and gourmet ice creams. You'll taste and chat with other food-loving guests as you discover specialty and hard-to-find ingredients. Your experienced tour guide, Sandy Baker, also leads the Exotic Tour of Ethnic Markets, and the Finger Lakes Culinary Tours.

432

Thursday Oct 31

Fee: \$35

Oasis

9:00 - 3:30

CLASSROOM ETIQUETTE

Please arrive on time for your class.

Please **TURN OFF** your cell phones.

Please avoid overpowering colognes and perfumes.

Please refrain from conversing with your neighbor during class.

Speak loudly when asking questions so that all might hear.

Wear your name tag.

Tours

The Art of Looking: Learning Tools For a Lifetime

Memorial Art Gallery Docents



This class has received rave reviews from our members. Using art at the Memorial Art Gallery, the docents will guide you through the Gallery, teaching art appreciation skills of observation and interpretation. You will learn new ways to look at, and engage deeply with, works of art. Your new skills will enable you to enjoy art differently in the future. Pay at registration, not at the door.

510 **Memorial Art Gallery**
Friday Sep 13 - Sep 27 **1:00 - 3:00**
Fee: \$25 **3 sessions**

Docent Gallery: Finger Lakes

Memorial Art Gallery Staff



Every two years, Rochester's oldest and longest-running juried exhibition showcases the talents of emerging and established artists from a 27-county region. Past award winners, many of whom have gone on to establish national reputations, have included Wendell Castle, Albert Paley, Honorei Sharrer, Hans Christensen, Bill Stewart, and Kathy Calderwood.

511 **Memorial Art Gallery**
Friday Sep 13 **2:00 - 3:00**
Fee: \$15

The Art of Looking: Learning Tools For a Lifetime

Memorial Art Gallery Docents



This class has received rave reviews from our members. Using art at the Memorial Art Gallery, the docents will guide you through the Gallery, teaching art appreciation skills of observation and interpretation. You will learn new ways to look at, and engage deeply with, works of art. Your new skills will enable you to enjoy art differently in the future. Pay at registration, not at the door.

515 **Memorial Art Gallery**
Friday Oct 4 - Oct 18 **1:00 - 3:00**
Fee: \$25 **3 sessions**



Docent Gallery: Alphonse Mucha

Memorial Art Gallery Staff



The expressive and seductive work of Alphonse Mucha, characterized by his portrayals of elegant women and elaborate use of color and ornament, played a prominent role in shaping the aesthetics of the decorative style known as French Art Nouveau. This exhibition presents over 70 works that range from rare original lithographs, drawings, and books to portfolios and ephemera. Due in part to the highly advanced reproduction techniques of his time, Mucha's work reached an extremely broad public and attained enormous popularity. His compositions were so alluring that they became known as the "Style Mucha," and embodied much of the artistic decorative endeavors around the turn of the 20th century.

519 **Memorial Art Gallery**
Friday Nov 1 **2:00 - 3:00**
Fee: \$15

The Art of Looking: Learning Tools For a Lifetime

Memorial Art Gallery Docents



This class has received rave reviews from our members. Using art at the Memorial Art Gallery, the docents will guide you through the Gallery, teaching art appreciation skills of observation and interpretation. You will learn new ways to look at, and engage deeply with, works of art. Your new skills will enable you to enjoy art differently in the future. Pay at registration, not at the door.

521 **Memorial Art Gallery**
Friday Nov 8 - Nov 22 **1:00 - 3:00**
Fee: \$25 **3 sessions**

You are important to Oasis!

Help us stay in contact with you.

One of the most effective ways to reach you with important news about your favorite Oasis classes, events and volunteer opportunities is through email.

In keeping with industry best practices to protect your privacy, we must have your permission to continue communicating with you in this way.

Letting us know that you still want to hear from us via email is easy!

- Watch for an easy **opt-in link** coming soon in your email or simply call us at **585-730-8800** and let our staff update your information.



Are you in?

Do You Crochet?



Lifetime Care Hospice is seeking volunteers who crochet to help create tear cloths - linen squares with crocheted edges. A few days up to a few minutes before death, a single tear sometimes forms in a patient's eye. Since the patient may not be able to speak, we believe this final tear is a way of saying good-bye. This special tear can be dabbed onto a square of linen by a family member and kept as a remembrance after the patient has died.

Supplies are provided.

Call 585.214.1444 for
more information.



Looking for a Great Gift Idea? Consider an Oasis Gift Certificate!

A unique gift for a friend or family member or add one to your own wish list. Certificates can be used toward program fees and never expire!

For more information,
contact Linda Koldan at (585) 730-8800



Become an Oasis Volunteer!

Give us a call to find out about these volunteer opportunities.

Center Volunteer Opportunities

*Reception *Data Entry *Registration *Instructor/Speaker *IT Assistance

National Program Opportunity

Intergenerational Tutoring

(585) 730-8800 • oasis.rochester@wny.twcbc.com

Monroe County Office for the Aging

The Monroe County Office for the Aging (MCOFA) has served as the designated Area Agency on Aging for Monroe County since 1973. It has the responsibility to plan, coordinate, collaborate, fund, report and advocate for community based programs and services that meet the needs of Monroe County residents age 60 and over, and their informal family caregivers of any age.

Services are provided through MCOFA funded sub-contractor agencies. MCOFA then monitors these services annually to ensure service quality, program effectiveness and positive outcomes are delivered to those older adults. MCOFA programs are primarily targeted to individuals with the greatest social and/or economic need, with particular emphasis on serving the low income minority population that typically reside in their own homes in underserved areas within Monroe County. Since 2005, MCOFA has also administered New York

Connects, the officially designated Aging, Disability and Resource Center for Monroe County. NY Connects provides information, assistance, analysis and planning to meet the current and future long term care needs for people of all ages residing in Monroe County.

The 2010 census indicates that Monroe County's population of adults age 60 and over has increased from 123,011 to 145,084 within the past ten years. This increase heightens the importance for MCOFA to continue to provide a wide array of high quality community services in the most cost efficient manner as possible.

MCOFA funded programs assist people to remain independent and safe in their own homes, and keep our community rich in spirit in helping people to excel at aging well.

DID YOU KNOW?

Planned Giving: A Special Way to Express Your Gratitude

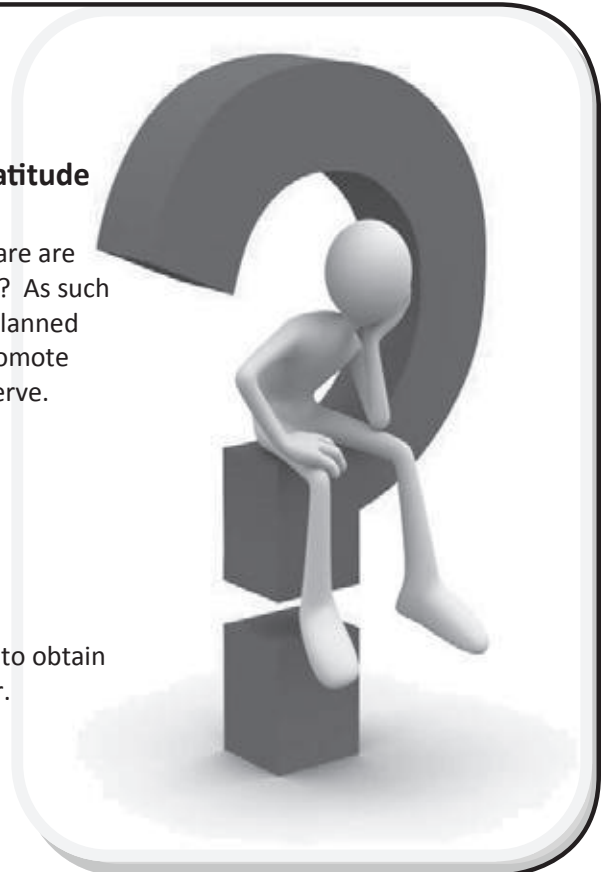
Did you know that OASIS Rochester and its sponsor Lifetime Care are both recognized by the IRS as 501(c)3 charitable organizations? As such organizations, we welcome expressions of gratitude through planned giving. Planned gifts make a major impact in allowing us to promote healthy aging and to improve the quality of life for those we serve.

Consider a gift the following:

- Life insurance
- IRAs
- Bequests as part of a will or trust

Planned giving may offer you tax benefits. We encourage you to obtain professional advice by consulting with your tax or legal advisor.

THANK YOU!



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2	201 - Medicare Counseling (1) 9:00 - 10:00 3 203 - *AquaFit Level One (VM) 9:45 - 10:45 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 208 - French 2 C (3) 1:00 - 2:00 207 - India (4) 1:00 - 2:30 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 4 303 - Spanish III (3) 10:00 - 11:00 302 - Computer Tutor (1) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 306 - Bill of Rights (3) 11:30 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 308 - *Jazz Dancing (TNT) 12:45 - 1:30 310 - *Ballet I (TNT) 1:30 - 2:15 311 - Recorder (3) 1:30 - 3:00 309 - sonnets (2) 1:30 - 3:00 312 - Rosa Parks (4) 2:00 - 3:00	401 - Yoga-Advanced (6) 9:00 - 10:00 5 203 - *AquaFit Level One (VM) 9:45 - 10:45 402 - David Mamet (4) 10:00 - 12:00 403 - Yoga-Gentle (4) 10:15 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 404 - Alcohol Ink (4) 12:30 - 2:30 405 - Qur'an/Gnosticism (4) 12:30 - 2:00 406 - *Life Matters (LC) 1:00 - 3:00	501 - Tap II A (6) 9:00 - 9:45 6 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 506 - Mythology (3) 1:00 - 2:30
101 - Peacebuilding (3) 9:00 - 10:30 9 102 - Music Theory I (3) 9:15 - 10:15 103 - *Tai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 106 - American Politics (2) 10:00 - 11:30 105 - *Book Club (LC) 10:00 - 11:00 107 - Computer Tutor (1) 10:00 - 11:00 108 - Piano Lessons III (3) 10:15 - 11:15 109 - *Tai Chi II (6) 10:45 - 11:45 110 - Russian (4) 11:00 - 12:00 111 - *Nia (LC) 12:15 - 1:00 112 - Sugar Blues (4) 1:00 - 2:30 114 - Terrarium (3) 1:30 - 2:30 113 - Metta Meditation (6) 1:30 - 3:00 115 - Theory III (3) 11:15 - 12:15	210 - Elderwriters 9:00 - 10:00 10 202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 208 - French 2 C (3) 1:00 - 2:00 207 - India (4) 1:00 - 2:30 211 - Line Dance (6) 1:30 - 2:30 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 11 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 302 - Computer Tutor (1) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 306 - Bill of Rights (3) 11:30 - 1:00 317 - Movies (4) 12:00 - 3:00 307 - *Tap I (TNT) 12:00 - 12:45 316 - CardioMix (6) 12:00 - 1:00 308 - *Jazz Dancing (TNT) 12:45 - 1:30 318 - Book Discussion (3) 1:00 - 3:00 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 311 - Recorder (3) 1:30 - 3:00 309 - sonnets (2) 1:30 - 3:00	407 - Fractals (3) 9:00 - 11:00 12 401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 402 - David Mamet (4) 10:00 - 12:00 403 - Yoga-Gentle (4) 10:15 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 409 - German II (2) 10:45 - 11:45 410 - Pittsford Village/Schoen Place Food Tour 11:00 - 2:00 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 404 - Alcohol Ink (4) 12:30 - 2:30 405 - Qur'an/Gnosticism (4) 12:30 - 2:00 413 - Bone Up (6) 12:45 - 1:45 406 - *Life Matters (LC) 1:00 - 3:00 414 - *Month in Review (SJM) 1:30 - 2:30 415 - Style (4) 2:30 - 3:30	501 - Tap II A (6) 9:00 - 9:45 13 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 505 - *Nia (LC) 10:40 - 11:50 508 - Teq-Iced (3) 11:00 - 12:30 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 510 - *Art of Looking (MAG) 1:00 - 3:00 506 - Mythology (3) 1:00 - 2:30 509 - *Little Theatre 1:00 - 3:00 511 - *Docent Gallery (MAG) 2:00 - 3:00
101 - Peacebuilding (3) 9:00 - 10:30 16 102 - Music Theory I (3) 9:15 - 10:15 103 - *Tai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 106 - American Politics (2) 10:00 - 11:30 107 - Computer Tutor (1) 10:00 - 11:00 108 - Piano Lessons III (3) 10:15 - 11:15 109 - *Tai Chi II (6) 10:45 - 11:45 110 - Russian (4) 11:00 - 12:00 111 - *Nia (LC) 12:15 - 1:00 116 - Sugar (2) 1:00 - 2:30 113 - Metta Meditation (6) 1:30 - 3:00 117 - California (3) 2:00 - 3:30 115 - Theory III (3) 11:15 - 12:15	212 - Amazon Echo (3) 9:00 - 10:30 17 210 - Elderwriters 9:00 - 10:00 202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 213 - *Qigong (LC) 10:00 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 214 - *Mindfulness (LC) 11:45 - 1:00 207 - India (4) 1:00 - 2:30 208 - French 2 C (3) 1:00 - 2:00 211 - Line Dance (6) 1:30 - 2:30 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 18 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 306 - Bill of Rights (3) 11:30 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 316 - CardioMix (6) 12:00 - 1:00 308 - *Jazz Dancing (TNT) 12:45 - 1:30 320 - Sleep (4) 1:00 - 2:30 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 311 - Recorder (3) 1:30 - 3:00 309 - sonnets (2) 1:30 - 3:00	407 - Fractals (3) 9:00 - 11:00 19 401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 416 - *Meditation (LC) 10:00 - 11:15 402 - David Mamet (4) 10:00 - 12:00 403 - Yoga-Gentle (4) 10:15 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 409 - German II (2) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 404 - Alcohol Ink (4) 12:30 - 2:30 405 - Qur'an/Gnosticism (4) 12:30 - 2:00 413 - Bone Up (6) 12:45 - 1:45 406 - *Life Matters (LC) 1:00 - 3:00 417 - *Hinchey House 1:00 - 3:00 415 - Style (4) 2:30 - 3:30 801 - *RPO 7:30	501 - Tap II A (6) 9:00 - 9:45 20 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 510 - *Art of Looking (MAG) 1:00 - 3:00 506 - Mythology (3) 1:00 - 2:30
101 - Peacebuilding (3) 9:00 - 10:30 23 102 - Music Theory I (3) 9:15 - 10:15 103 - *Tai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 106 - American Politics (2) 10:00 - 11:30 108 - Piano Lessons III (3) 10:15 - 11:15 109 - *Tai Chi II (6) 10:45 - 11:45 111 - *Nia (LC) 12:15 - 1:00 116 - Sugar (2) 1:00 - 2:30 113 - Metta Meditation (6) 1:30 - 3:00 118 - Shop Drop (4) 2:00 - 3:00 115 - Theory III (3) 11:15 - 12:15	210 - Elderwriters 9:00 - 10:00 24 202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 213 - *Qigong (LC) 10:00 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 214 - *Mindfulness (LC) 11:45 - 1:00 207 - India (4) 1:00 - 2:30 208 - French 2 C (3) 1:00 - 2:00 211 - Line Dance (6) 1:30 - 2:30 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 25 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 321 - Conversations (2) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 322 - Park Avenue Food Tour 11:00 - 2:00 305 - Spanish II (3) 11:15 - 12:15 306 - Bill of Rights (3) 11:30 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 316 - CardioMix (6) 12:00 - 1:00 308 - *Jazz Dancing (TNT) 12:45 - 1:30 320 - Sleep (4) 1:00 - 2:30 323 - Book Discussion (3) 1:00 - 3:00 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 311 - Recorder (3) 1:30 - 3:00 309 - sonnets (2) 1:30 - 3:00	418 - *Finger Lakes Tour 8:30 - 4:30 26 407 - Fractals (3) 9:00 - 11:00 401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 416 - *Meditation (LC) 10:00 - 11:15 402 - David Mamet (4) 10:00 - 12:00 403 - Yoga-Gentle (4) 10:15 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 409 - German II (2) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 404 - Alcohol Ink (4) 12:30 - 2:30 405 - Qur'an/Gnosticism (4) 12:30 - 2:00 413 - Bone Up (6) 12:45 - 1:45 406 - *Life Matters (LC) 1:00 - 3:00 415 - Style (4) 2:30 - 3:30	501 - Tap II A (6) 9:00 - 9:45 27 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 512 - Digital Safety (4) 10:00 - 12:00 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 505 - *Nia (LC) 10:40 - 11:50 513 - Book Discussion (3) 11:00 - 12:00 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 510 - *Art of Looking (MAG) 1:00 - 3:00 506 - Mythology (3) 1:00 - 2:30 807 - *RPO 8:00
102 - Music Theory I (3) 9:15 - 10:15 30 103 - *Tai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 106 - American Politics (2) 10:00 - 11:30 119 - Computer Tutor (1) 10:00 - 11:00 108 - Piano Lessons III (3) 10:15 - 11:15 109 - *Tai Chi II (6) 10:45 - 11:45 111 - *Nia (LC) 12:15 - 1:00 116 - Sugar (2) 1:00 - 2:30 113 - Metta Meditation (6) 1:30 - 3:00 120 - Organic (3) 2:00 - 3:30 115 - Theory III (3) 11:15 - 12:15				

Oasis Calendar for October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	210 - Elderwriters 9:00 - 10:00 202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 213 - *Qigong (LC) 10:00 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 214 - * Mindfulness (LC) 11:45 - 1:00 208 - French 2 C (3) 1:00 - 2:00 207 - India (4) 1:00 - 2:30 211 - Line Dance (6) 1:30 - 2:30 215 - Book Discussion (2) 2:00 - 3:00 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 324 - *Genesee Country Museum 10:00 - 2:00 325 - Computer Tutor (1) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 306 - Bill of Rights (3) 11:30 - 1:00 316 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 308 - *Jazz Dancing (TNT) 12:45 - 1:30 320 - Sleep (4) 1:00 - 2:30 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 311 - Recorder (3) 1:30 - 3:00 309 - sonnets (2) 1:30 - 3:00	419 - *Finger Lakes Tour 8:30 - 4:30 420 - Musical Dossenbachs (4) 9:00 - 10:30 407 - Fractals (3) 9:00 - 11:00 401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 416 - *Meditation (LC) 10:00 - 11:15 403 - Yoga-Gentle (4) 10:15 - 11:15 409 - German II (2) 10:45 - 11:45 204 - *AquaFit Level Two (VM) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 405 - Qur'an/Gnosticism (4) 12:30 - 2:00 413 - Bone Up (6) 12:45 - 1:45 406 - *Life Matters (LC) 1:00 - 3:00 421 - Patent Medicine (4) 2:30 - 3:30 802 - *RPO 7:30	501 - Tap II A (6) 9:00 - 9:45 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 514 - American Theatre (4) 10:00 - 11:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 515 - *Art of Looking (MAG) 1:00 - 3:00 516 - Gut Health (4) 2:00 - 3:30
102 - Music Theory I (3) 9:15 - 10:15 103 - *Tai Chi I (6) 9:30 - 10:30 121 - Deception (4) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 106 - American Politics (2) 10:00 - 11:30 119 - Computer Tutor (1) 10:00 - 11:00 108 - Piano Lessons III (3) 10:15 - 11:15 109 - *Tai Chi II (6) 10:45 - 11:45 111 - *Nia (LC) 12:15 - 1:00 122 - Twilight Zone (4) 1:00 - 3:00 116 - Sugar (2) 1:00 - 2:30 113 - Metta Meditation (6) 1:30 - 3:00 123 - *Chocolate (VM) 2:00 - 3:30 115 - Theory III (3) 11:15 - 12:15	202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 213 - *Qigong (LC) 10:00 - 11:15 216 - Write & Publish Book (3) 10:00 - 12:30 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 214 - * Mindfulness (LC) 11:45 - 1:00 208 - French 2 C (3) 1:00 - 2:00 207 - India (4) 1:00 - 2:30 211 - Line Dance (6) 1:30 - 2:30 215 - Book Discussion (2) 2:00 - 3:00 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 315 - American Opera (4) 9:30 - 11:00 325 - Computer Tutor (1) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 306 - Bill of Rights (3) 11:30 - 1:00 316 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 326 - Movies (4) 12:00 - 3:00 308 - *Jazz Dancing (TNT) 12:45 - 1:30 327 - Book Discussion (3) 1:00 - 3:00 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 309 - sonnets (2) 1:30 - 3:00 311 - Recorder (3) 1:30 - 3:00	401 - Yoga-Advanced (6) 9:00 - 10:00 422 - Recreating Dossenbachs (4) 9:00 - 10:30 407 - Fractals (3) 9:00 - 11:00 408 - German I (2) 9:30 - 10:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 416 - *Meditation (LC) 10:00 - 11:15 403 - Yoga-Gentle (4) 10:15 - 11:15 409 - German II (2) 10:45 - 11:45 204 - *AquaFit Level Two (VM) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 423 - Alcohol Ink (3) 12:30 - 2:30 405 - Qur'an/Gnosticism (4) 12:30 - 2:00 413 - Bone Up (6) 12:45 - 1:45 406 - *Life Matters (LC) 1:00 - 3:00 414 - *Month in Review (SJM) 1:30 - 2:30 424 - Skyscraper (4) 2:30 - 3:30	501 - Tap II A (6) 9:00 - 9:45 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 514 - American Theatre (4) 10:00 - 11:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 515 - *Art of Looking (MAG) 1:00 - 3:00
103 - *Tai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 106 - American Politics (2) 10:00 - 11:30 105 - *Book Club (LC) 10:00 - 11:00 109 - *Tai Chi II (6) 10:45 - 11:45 111 - *Nia (LC) 12:15 - 1:00 122 - Twilight Zone (4) 1:00 - 3:00 124 - Open Meditation (6) 1:30 - 3:00 125 - Rieslings (3) 2:00 - 3:30	202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 216 - Write & Publish Book (3) 10:00 - 12:30 213 - *Qigong (LC) 10:00 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 214 - * Mindfulness (LC) 11:45 - 1:00 208 - French 2 C (3) 1:00 - 2:00 207 - India (4) 1:00 - 2:30 211 - Line Dance (6) 1:30 - 2:30 215 - Book Discussion (2) 2:00 - 3:00 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 306 - Bill of Rights (3) 11:30 - 1:00 316 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 308 - *Jazz Dancing (TNT) 12:45 - 1:30 329 - Rochester Band (4) 1:00 - 2:30 328 - Women Financial (3) 1:00 - 2:30 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 309 - sonnets (2) 1:30 - 3:00 311 - Recorder (3) 1:30 - 3:00	401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 425 - Hitchcock (4) 9:30 - 12:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 416 - *Meditation (LC) 10:00 - 11:15 403 - Yoga-Gentle (4) 10:15 - 11:15 409 - German II (2) 10:45 - 11:45 204 - *AquaFit Level Two (VM) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 423 - Alcohol Ink (3) 12:30 - 2:30 413 - Bone Up (6) 12:45 - 1:45 426 - Ebony & Ivory (4) 12:45 - 2:15 406 - *Life Matters (LC) 1:00 - 3:00 427 - Lower Body (6) 2:00 - 3:30 803 - *RPO 7:30	501 - Tap II A (6) 9:00 - 9:45 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 514 - American Theatre (4) 10:00 - 11:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 517 - *Little Theatre 1:00 - 3:00 515 - *Art of Looking (MAG) 1:00 - 3:00
102 - Music Theory I (3) 9:15 - 10:15 103 - *Tai Chi I (6) 9:30 - 10:30 121 - Deception (4) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 106 - American Politics (2) 10:00 - 11:30 126 - Computer Tutor (1) 10:00 - 11:00 108 - Piano Lessons III (3) 10:15 - 11:15 109 - *Tai Chi II (6) 10:45 - 11:45 127 - Murder (4) 11:00 - 12:00 111 - *Nia (LC) 12:15 - 1:00 122 - Twilight Zone (4) 1:00 - 3:00 124 - Open Meditation (6) 1:30 - 3:00 115 - Theory III (3) 11:15 - 12:15	202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 213 - *Qigong (LC) 10:00 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 214 - * Mindfulness (LC) 11:45 - 1:00 208 - French 2 C (3) 1:00 - 2:00 211 - Line Dance (6) 1:30 - 2:30 215 - Book Discussion (2) 2:00 - 3:00 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 306 - Bill of Rights (3) 11:30 - 1:00 316 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 308 - *Jazz Dancing (TNT) 12:45 - 1:30 331 - Cinco (4) 1:00 - 2:00 330 - Book Discussion (3) 1:00 - 3:00 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 309 - sonnets (2) 1:30 - 3:00 311 - Recorder (3) 1:30 - 3:00 332 - Little Rock (4) 2:30 - 3:30	428 - *Exotic Markets Tour 9:00 - 3:00 401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 425 - Hitchcock (4) 9:30 - 12:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 416 - *Meditation (LC) 10:00 - 11:15 429 - History Book (3) 10:00 - 11:30 403 - Yoga-Gentle (4) 10:15 - 11:15 409 - German II (2) 10:45 - 11:45 204 - *AquaFit Level Two (VM) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 423 - Alcohol Ink (3) 12:30 - 2:30 413 - Bone Up (6) 12:45 - 1:45 426 - Ebony & Ivory (4) 12:45 - 2:15 430 - *Hinchey House 1:00 - 3:00 406 - *Life Matters (LC) 1:00 - 3:00 427 - Lower Body (6) 2:00 - 3:30 431 - Mansions (4) 2:30 - 3:30	501 - Tap II A (6) 9:00 - 9:45 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 518 - Crochet (3) 10:30 - 12:00 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 808 - *RPO 8:00
102 - Music Theory I (3) 9:15 - 10:15 103 - *Tai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 106 - American Politics (2) 10:00 - 11:30 126 - Computer Tutor (1) 10:00 - 11:00 108 - Piano Lessons III (3) 10:15 - 11:15 109 - *Tai Chi II (6) 10:45 - 11:45 127 - Murder (4) 11:00 - 12:00 111 - *Nia (LC) 12:15 - 1:00 128 - Readers Theatre (2) 1:00 - 3:30 122 - Twilight Zone (4) 1:00 - 3:00 124 - Open Meditation (6) 1:30 - 3:00 129 - Charcuterie (3) 2:00 - 3:30 115 - Theory III (3) 11:15 - 12:15	202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 208 - French 2 C (3) 1:00 - 2:00 217 - Sugar (2) 1:00 - 2:30 211 - Line Dance (6) 1:30 - 2:30 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 307 - *Tap I (TNT) 12:00 - 12:45 334 - Conversations (2) 12:00 - 1:00 316 - CardioMix (6) 12:00 - 1:00 308 - *Jazz Dancing (TNT) 12:45 - 1:30 331 - Cinco (4) 1:00 - 2:00 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 311 - Recorder (3) 1:30 - 3:00 309 - sonnets (2) 1:30 - 3:00	432 - *Gourmet Markets Tour 9:00 - 3:30 401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 425 - Hitchcock (4) 9:30 - 12:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 429 - History Book (3) 10:00 - 11:30 433 - *Meditation (LC) 10:00 - 11:15 403 - Yoga-Gentle (4) 10:15 - 11:15 409 - German II (2) 10:45 - 11:45 204 - *AquaFit Level Two (VM) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 423 - Alcohol Ink (3) 12:30 - 2:30 413 - Bone Up (6) 12:45 - 1:45 426 - Ebony & Ivory (4) 12:45 - 2:15 406 - *Life Matters (LC) 1:00 - 3:00 431 - Mansions (4) 2:30 - 3:30 804 - *RPO 7:30	501 - Tap II A (6) 9:00 - 9:45 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 518 - Crochet (3) 10:30 - 12:00 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45

Oasis Calendar for November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				501 - Tap II A (6) 9:00 - 9:45 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 518 - Crochet (3) 10:30 - 12:00 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 519 - *Docent Gallery (MAG) 2:00 - 3:00 520 - Kombucha (3) 2:30 - 3:30
102 - Music Theory I (3) 9:15 - 10:15 103 - T'ai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 130 - Political Cartoons (4) 10:00 - 11:30 108 - Piano Lessons III (3) 10:15 - 11:15 109 - T'ai Chi II (6) 10:45 - 11:45 111 - *Nia (LC) 12:15 - 1:00 128 - Readers Theatre (2) 1:00 - 3:30 131 - Book Discussion (3) 1:00 - 2:00 122 - Twilight Zone (4) 1:00 - 3:00 124 - Open Meditation (6) 1:30 - 3:00 132 - Craft Beer (3) 2:00 - 3:30 115 - Theory III (3) 11:15 - 12:15	202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 218 - *Qigong (LC) 10:00 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:45 - 1:00 217 - Sugar (2) 1:00 - 2:30 220 - Wake Island (4) 1:00 - 2:00 208 - French 2 C (3) 1:00 - 2:00 211 - Line Dance (6) 1:30 - 2:30 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 333 - Memoirs (2) 10:00 - 11:30 335 - Computer Tutor (1) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 307 - *Tap I (TNT) 12:00 - 12:45 316 - CardioMix (6) 12:00 - 1:00 308 - *Jazz Dancing (TNT) 12:45 - 1:30 336 - Book Discussion (3) 1:00 - 3:00 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 311 - Recorder (3) 1:30 - 3:00 309 - sonnets (2) 1:30 - 3:00	401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 425 - Hitchcock (4) 9:30 - 12:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 335 - Computer Tutor (1) 10:00 - 11:15 429 - History Book (3) 10:00 - 11:30 403 - Yoga-Gentle (4) 10:15 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 409 - German II (2) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 413 - Bone Up (6) 12:45 - 1:45 426 - Ebony & Ivory (4) 12:45 - 2:15 406 - *Life Matters (LC) 1:00 - 3:00 431 - Mansions (4) 2:30 - 3:30 805 - *RPO 7:30	501 - Tap II A (6) 9:00 - 9:45 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 518 - Crochet (3) 10:30 - 12:00 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 521 - *Art of Looking (MAG) 1:00 - 3:00
102 - Music Theory I (3) 9:15 - 10:15 103 - T'ai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 105 - *Book Club (LC) 10:00 - 11:00 133 - Computer Tutor (1) 10:00 - 11:00 108 - Piano Lessons III (3) 10:15 - 11:15 109 - T'ai Chi II (6) 10:45 - 11:45 111 - *Nia (LC) 12:15 - 1:00 128 - Readers Theatre (2) 1:00 - 3:30 124 - Open Meditation (6) 1:30 - 3:00 115 - Theory III (3) 11:15 - 12:15	202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 218 - *Qigong (LC) 10:00 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:45 - 1:00 217 - Sugar (2) 1:00 - 2:30 220 - Wake Island (4) 1:00 - 2:00 208 - French 2 C (3) 1:00 - 2:00 211 - Line Dance (6) 1:30 - 2:30 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 333 - Memoirs (2) 10:00 - 11:30 335 - Computer Tutor (1) 10:00 - 11:00 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 307 - *Tap I (TNT) 12:00 - 12:45 316 - CardioMix (6) 12:00 - 1:00 308 - *Jazz Dancing (TNT) 12:45 - 1:30 337 - German Immigration (4) 1:00 - 2:30 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 309 - sonnets (2) 1:30 - 3:00 311 - Recorder (3) 1:30 - 3:00	401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 425 - Hitchcock (4) 9:30 - 12:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 433 - *Meditation (LC) 10:00 - 11:15 429 - History Book (3) 10:00 - 11:30 403 - Yoga-Gentle (4) 10:15 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 409 - German II (2) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 413 - Bone Up (6) 12:45 - 1:45 426 - Ebony & Ivory (4) 12:45 - 2:15 434 - Christian Science (3) 1:00 - 2:30 406 - *Life Matters (LC) 1:00 - 3:00 414 - *Month in Review (SJM) 1:30 - 2:30 435 - Walking (6) 2:00 - 3:30 431 - Mansions (4) 2:30 - 3:30	501 - Tap II A (6) 9:00 - 9:45 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 521 - *Art of Looking (MAG) 1:00 - 3:00 809 - *RPO 8:00
102 - Music Theory I (3) 9:15 - 10:15 103 - T'ai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 133 - Computer Tutor (1) 10:00 - 11:00 108 - Piano Lessons III (3) 10:15 - 11:15 109 - T'ai Chi II (6) 10:45 - 11:45 134 - Forgotten Characters (4) 11:00 - 12:00 111 - *Nia (LC) 12:15 - 1:00 128 - Readers Theatre (2) 1:00 - 3:30 124 - Open Meditation (6) 1:30 - 3:00 135 - Holidays (3) 2:00 - 3:30 115 - Theory III (3) 11:15 - 12:15	202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 218 - *Qigong (LC) 10:00 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:45 - 1:00 217 - Sugar (2) 1:00 - 2:30 208 - French 2 C (3) 1:00 - 2:00 211 - Line Dance (6) 1:30 - 2:30 209 - French 3 (3) 2:15 - 3:15	301 - *Jazz Dancing (TNT) 9:30 - 10:15 315 - American Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 333 - Memoirs (2) 10:00 - 11:30 304 - *Tappers 10:15 - 11:15 305 - Spanish II (3) 11:15 - 12:15 307 - *Tap I (TNT) 12:00 - 12:45 316 - CardioMix (6) 12:00 - 1:00 338 - Movies (4) 12:00 - 3:00 339 - Conversations (2) 12:00 - 1:00 308 - *Jazz Dancing (TNT) 12:45 - 1:30 336 - Book Discussion (3) 1:00 - 3:00 319 - Line Dance (6) 1:15 - 2:15 310 - *Ballet I (TNT) 1:30 - 2:15 311 - Recorder (3) 1:30 - 3:00 309 - sonnets (2) 1:30 - 3:00	401 - Yoga-Advanced (6) 9:00 - 10:00 408 - German I (2) 9:30 - 10:30 203 - *AquaFit Level One (VM) 9:45 - 10:45 429 - History Book (3) 10:00 - 11:30 433 - *Meditation (LC) 10:00 - 11:15 403 - Yoga-Gentle (4) 10:15 - 11:15 436 - How'd We Get (4) 10:30 - 12:00 204 - *AquaFit Level Two (VM) 10:45 - 11:45 409 - German II (2) 10:45 - 11:45 411 - ZUMBA Gold (6) 11:30 - 12:30 412 - German III (2) 12:00 - 1:00 413 - Bone Up (6) 12:45 - 1:45 437 - Wreath (3) 1:00 - 2:00 406 - *Life Matters (LC) 1:00 - 3:00 435 - Walking (6) 2:00 - 3:30 806 - *RPO 7:30	501 - Tap II A (6) 9:00 - 9:45 502 - *Nia - Basic (LC) 9:15 - 10:25 503 - Tap II - B (6) 9:45 - 10:30 304 - *Tappers 10:15 - 11:15 504 - Tap Dance III-A (6) 10:30 - 11:15 505 - *Nia (LC) 10:40 - 11:50 524 - Tap Dance III (6) 11:15 - 12:00 525 - Tap IV (6) 12:00 - 12:45 521 - *Art of Looking (MAG) 1:00 - 3:00
102 - Music Theory I (3) 9:15 - 10:15 103 - T'ai Chi I (6) 9:30 - 10:30 104 - *Senior Spunk (LC) 9:50 - 10:45 108 - Piano Lessons III (3) 10:15 - 11:15 109 - T'ai Chi II (6) 10:45 - 11:45 134 - Forgotten Characters (4) 11:00 - 12:00 111 - *Nia (LC) 12:15 - 1:00 128 - Readers Theatre (2) 1:00 - 3:30 136 - America and Russia (4) 1:00 - 2:00 115 - Theory III (3) 11:15 - 12:15	202 - Nia (4) 9:30 - 10:45 203 - *AquaFit Level One (VM) 9:45 - 10:45 218 - *Qigong (LC) 10:00 - 11:15 204 - *AquaFit Level Two (VM) 10:45 - 11:45 205 - Beginning Latin (3) 11:00 - 12:00 206 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:45 - 1:00 217 - Sugar (2) 1:00 - 2:30 208 - French 2 C (3) 1:00 - 2:00 211 - Line Dance (6) 1:30 - 2:30 209 - French 3 (3) 2:15 - 3:15	27	28	29

Oasis Calendar for December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>102 - Music Theory I (3) 9:15 - 10:15 2</p> <p>103 - T'ai Chi I (6) 9:30 - 10:30</p> <p>104 - *Senior Spunk (LC) 9:50 - 10:45</p> <p>137 - Computer Tutor (1) 10:00 - 11:00</p> <p>108 - Piano Lessons III (3) 10:15 - 11:15</p> <p>109 - T'ai Chi II (6) 10:45 - 11:45</p> <p>138 - When Tigers (4) 11:00 - 12:00</p> <p>111 - *Nia (LC) 12:15 - 1:00</p> <p>128 - Readers' Theatre (2) 1:00 - 3:30</p> <p>136 - America and Russia (4) 1:00 - 2:00</p> <p>139 - Gift of Wine (3) 2:00 - 3:30</p> <p>115 - Theory III (3) 11:15 - 12:15</p>	<p>202 - Nia (4) 9:30 - 10:45 3</p> <p>203 - *AquaFit Level One (VM) 9:45 - 10:45</p> <p>218 - *Qigong (LC) 10:00 - 11:15</p> <p>204 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>205 - Beginning Latin (3) 11:00 - 12:00</p> <p>206 - Chorus (4) 11:15 - 12:30</p> <p>219 - *Mindfulness (LC) 11:45 - 1:00</p> <p>208 - French 2 C (3) 1:00 - 2:00</p> <p>211 - Line Dance (6) 1:30 - 2:30</p> <p>209 - French 3 (3) 2:15 - 3:15</p>	<p>340 - Little Hats Big Hearts 1:00 - 3:00 4</p> <p>301 - *Jazz Dancing (TNT) 9:30 - 10:15</p> <p>315 - American Opera (4) 9:30 - 11:00</p> <p>303 - Spanish III (3) 10:00 - 11:00</p> <p>344 - Computer Tutor (1) 10:00 - 11:00</p> <p>333 - Memoirs (2) 10:00 - 11:30</p> <p>304 - *Tappers 10:15 - 11:15</p> <p>305 - Spanish II (3) 11:15 - 12:15</p> <p>307 - *Tap I (TNT) 12:00 - 12:45</p> <p>316 - CardioMix (6) 12:00 - 1:00</p> <p>308 - *Jazz Dancing (TNT) 12:45 - 1:30</p> <p>342 - Before Eastman (4) 1:00 - 2:30</p> <p>319 - Line Dance (6) 1:15 - 2:15</p> <p>310 - *Ballet I (TNT) 1:30 - 2:15</p> <p>309 - sonnets (2) 1:30 - 3:00</p> <p>311 - Recorder (3) 1:30 - 3:00</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 5</p> <p>408 - German I (2) 9:30 - 10:30</p> <p>203 - *AquaFit Level One (VM) 9:45 - 10:45</p> <p>433 - *Meditation (LC) 10:00 - 11:15</p> <p>403 - Yoga-Gentle (4) 10:15 - 11:15</p> <p>436 - How'd We Get (4) 10:30 - 12:00</p> <p>204 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>409 - German II (2) 10:45 - 11:45</p> <p>411 - ZUMBA Gold (6) 11:30 - 12:30</p> <p>412 - German III (2) 12:00 - 1:00</p> <p>413 - Bone Up (6) 12:45 - 1:45</p> <p>406 - *Life Matters (LC) 1:00 - 3:00</p> <p>438 - Tea Education 1:30 - 3:00</p>	<p>501 - Tap II A (6) 9:00 - 9:45 6</p> <p>502 - *Nia - Basic (LC) 9:15 - 10:25</p> <p>503 - Tap II - B (6) 9:45 - 10:30</p> <p>304 - *Tappers 10:15 - 11:15</p> <p>504 - Tap Dance III-A (6) 10:30 - 11:15</p> <p>524 - Tap Dance III (6) 11:15 - 12:00</p> <p>525 - Tap IV (6) 12:00 - 12:45</p>
<p>103 - T'ai Chi I (6) 9:30 - 10:30 9</p> <p>104 - *Senior Spunk (LC) 9:50 - 10:45</p> <p>105 - *Book Club (LC) 10:00 - 11:00</p> <p>137 - Computer Tutor (1) 10:00 - 11:00</p> <p>109 - T'ai Chi II (6) 10:45 - 11:45</p> <p>138 - When Tigers (4) 11:00 - 12:00</p> <p>111 - *Nia (LC) 12:15 - 1:00</p> <p>136 - America and Russia (4) 1:00 - 2:00</p> <p>140 - *Holiday (VM) 2:00 - 3:30</p>	<p>202 - Nia (4) 9:30 - 10:45 10</p> <p>203 - *AquaFit Level One (VM) 9:45 - 10:45</p> <p>218 - *Qigong (LC) 10:00 - 11:15</p> <p>204 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>205 - Beginning Latin (3) 11:00 - 12:00</p> <p>206 - Chorus (4) 11:15 - 12:30</p> <p>219 - *Mindfulness (LC) 11:45 - 1:00</p> <p>221 - Movies (4) 12:00 - 3:00</p> <p>208 - French 2 C (3) 1:00 - 2:00</p> <p>211 - Line Dance (6) 1:30 - 2:30</p> <p>209 - French 3 (3) 2:15 - 3:15</p>	<p>343 - George Eastman (4) 1:00 - 2:30 11</p> <p>301 - *Jazz Dancing (TNT) 9:30 - 10:15</p> <p>315 - American Opera (4) 9:30 - 11:00</p> <p>303 - Spanish III (3) 10:00 - 11:00</p> <p>333 - Memoirs (2) 10:00 - 11:30</p> <p>344 - Computer Tutor (1) 10:00 - 11:00</p> <p>304 - *Tappers 10:15 - 11:15</p> <p>305 - Spanish II (3) 11:15 - 12:15</p> <p>307 - *Tap I (TNT) 12:00 - 12:45</p> <p>316 - CardioMix (6) 12:00 - 1:00</p> <p>308 - *Jazz Dancing (TNT) 12:45 - 1:30</p> <p>319 - Line Dance (6) 1:15 - 2:15</p> <p>310 - *Ballet I (TNT) 1:30 - 2:15</p> <p>311 - Recorder (3) 1:30 - 3:00</p> <p>309 - sonnets (2) 1:30 - 3:00</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 12</p> <p>408 - German I (2) 9:30 - 10:30</p> <p>203 - *AquaFit Level One (VM) 9:45 - 10:45</p> <p>433 - *Meditation (LC) 10:00 - 11:15</p> <p>403 - Yoga-Gentle (4) 10:15 - 11:15</p> <p>436 - How'd We Get (4) 10:30 - 12:00</p> <p>204 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>409 - German II (2) 10:45 - 11:45</p> <p>411 - ZUMBA Gold (6) 11:30 - 12:30</p> <p>412 - German III (2) 12:00 - 1:00</p> <p>413 - Bone Up (6) 12:45 - 1:45</p> <p>406 - *Life Matters (LC) 1:00 - 3:00</p> <p>414 - *Month in Review (SJM) 1:30 - 2:30</p>	<p>501 - Tap II A (6) 9:00 - 9:45 13</p> <p>502 - *Nia - Basic (LC) 9:15 - 10:25</p> <p>503 - Tap II - B (6) 9:45 - 10:30</p> <p>304 - *Tappers 10:15 - 11:15</p> <p>504 - Tap Dance III-A (6) 10:30 - 11:15</p> <p>524 - Tap Dance III (6) 11:15 - 12:00</p> <p>525 - Tap IV (6) 12:00 - 12:45</p>
16	17	18	19	<p>523 - *Little Theatre 1:00 - 3:00 20</p> <p>810 - *RPO 8:00</p>





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