

Spring 2020

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



Registration Procedures

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

NOTE: Mail in registrations must be postmarked on or before December 13, 2019.

Mail in registration processing begins Tuesday, December 17, 2019 at 9 am

Online registration begins Tuesday, December 17, 2019 at 11 am at www.Oasisnet.org/Rochester-NY

Oasis will be open for walk-in registrations beginning Thursday, December 19, 2019.

Oasis will be closed December 24-26, December 31-January 1.

- ☐ 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, December 17, 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. 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. 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 December 17 at 9 am, but once on line 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.

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.

(Last)

(First)

3

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

[illegible]

There are no refunds except in cases of class cancellations by Oasis.

***PLEASE INCLUDE A SELF-
ADDRESSED STAMPED ENVELOPE.**

I would like to pay by credit card: (\$10 minimum) ☐ VISA ☐ MasterCard ☐ Discover

*Your card number is no longer on file.

TOTAL

REGISTER ONLINE AT WWW.OASISNET.ORG/ROCHESTER-NY • BEGINNING DECEMBER 17, 2019 AT 11 AM

Card # _____ Exp. Date _____ Signature _____

Check #	Amt.	CASH Amt.
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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.

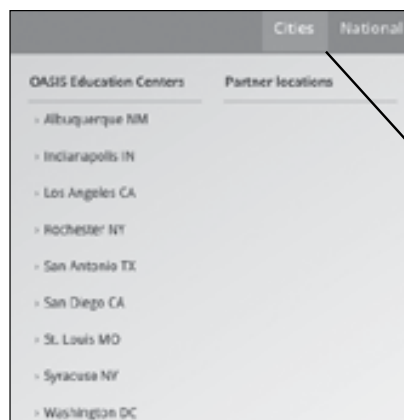
By (Signature): _____ Date: _____

Emergency Contact Phone:

Follow us at **facebook.com/Oasisrochester**

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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.

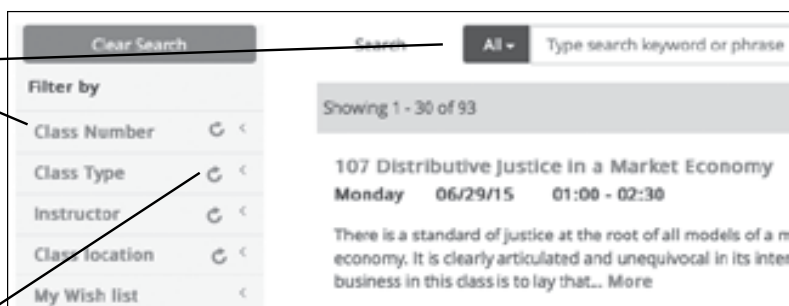


4. On your local OASIS city home page, choose **Classes** from the menu to see upcoming classes.

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.

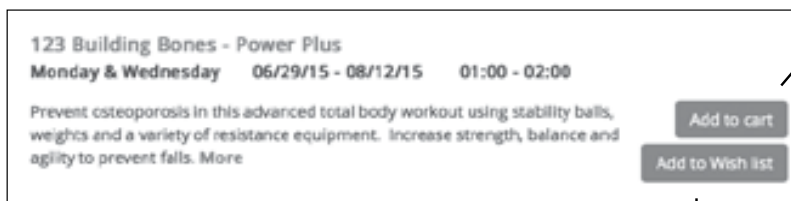


6. To sign up for a class, click **Add to cart**.

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

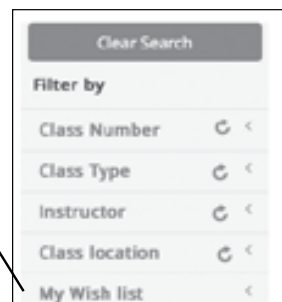
You will be directed to sign a waiver of liability.

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.



Welcome to Oasis

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. 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. We no longer require 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 DECEMBER 17, 2019 AT 11 AM**

Follow us at facebook.com/Oasisrochester

National News

The Oasis Institute • Spring 2020



Oasis is a national leader on issues that impact older adults.



Are you safe online? Since 2000, Oasis Connections has helped older adults transform technology from a barrier into a tool for staying connected! Our high-quality instruction and resources provide step-by-step guidance for a wide range of technology applications, devices and services important for older adults, including online safety.



Check out our latest YouTube videos on securing your personal information as you navigate the internet at connections.oasisnet.org/techwise.



Are you a caregiver? Finding innovative ways to meet the needs of family caregivers is critical. Oasis is taking the lead on this national challenge! The Oasis Institute has been awarded the National Volunteer Caregiver Corps grant from the Administration for Community Living. As administrator, Oasis will select community partners from across the country to develop



creative approaches that improve the lives of millions who are taking care of loved ones.

Find out more by contacting Sara Paige at spaige@oasisnet.org or 314.862.2933, ext. 245.

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

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.

112

Monday Jan 6 - Feb 10

Fee: \$50

Oasis

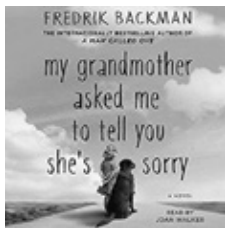
1:00 - 3:30

6 sessions

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 1/13, 2/10, 3/9, 4/13 (2nd Monday of each month). The book selection for January is "My Grandmother Asked Me to Tell You She's Sorry" by Fredrik Backman.



116

Monday Jan 13 - Apr 13

Free

Lifetime Care

10:00 - 11:00

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.

131

Monday Mar 9 - Apr 13

Fee: \$50

Oasis

1:30 - 3:00

6 sessions

Poetry

Elizabeth Bell

We'll be writing by the book called "How To Write Poetry" by Diane Mehta. Please come to our first class having read Chapter 1 and completed at least 1 of the 3 exercises offered at the end of that chapter.

208

Tuesday Jan 7 - Apr 7

Fee: \$50

Oasis

2:00 - 3:30

14 sessions

Burt! The Later Years

James Kraus, retired English teacher, Rochester City School District

Burt Lancaster made many significant films between the 1940s and the 1980s. Oasis classes have examined film noir, Technicolor swashbucklers and serious dramas. As Lancaster aged, he still played in colorful adventure films such as "The Professionals" and "Valdez is Coming." Class members will also be able to help choose from a variety of character driven movies including a suburban identity crisis, a Vietnam drama, Lancaster's last Academy Award nomination, a South African war drama and a few others.

215

Tuesday Feb 4 - Feb 25

Fee: \$45

Oasis

1:00 - 3:30

4 sessions

At the Movies with Otto: "Road to Singapore"

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

"At the Movies with Otto" series kicks off 2020 with a hilarious romp through the tropics with Bing Crosby, Bob Hope and Dorothy Lamour in the first of their seven "Road" pictures together, "Road to Singapore" (1940). The scion of a wealthy ship building family and his vagabond best friend flee romantic entanglements and sail right into another one. The boys are joined by Jerry Colonna, Charles Coburn, and Anthony Quinn and serenade us with wonderful songs from Jimmy Van Heusen, Victor Schertzinger, and Jimmy Monaco.

308

Wednesday Jan 8

Fee: \$20

Oasis

12:30 - 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.

Otto's Monthly Musicale: Julius La Rosa

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"
Join us in the inaugural session of Otto Bruno's Monthly Musicale as we celebrate the music of Julius La Rosa. One of the most underrated interpreters of his time, La Rosa worked with the best musicians, arrangers, and songwriters of the Great American Songbook winning numerous awards and plaudits from critics, musicians, and fans. He was also a popular radio host on the legendary WNEW Radio in New York City. The class will include great music, video clips, and lively discussion.

314

Wednesday Jan 15

Fee: \$20

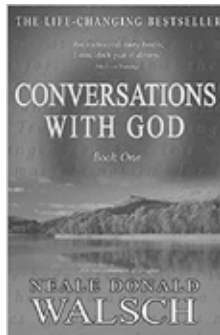
Oasis

1:00 - 3:00

Read of the Month - "Conversations With God"

Elizabeth Bell

From Amazon: "Neal Donald Walsch was experiencing a low period in his life when he decided to write a letter to God, venting his frustrations. What he did not expect was a response. As he finished his letter, he was moved to continue writing - and out came extraordinary answers to his questions. This work presents the answers that Walsch received, helping him to change himself, his life and the way he viewed other beings." Several people have mentioned that they are reading "Conversations With God: An Uncommon Dialogue" and find it completely captivating. On that recommendation I'll read it. If you too feel a tug, have a good read and come join the discussion.



315

Wednesday Jan 15

Fee: \$10

Oasis

2:00 - 3:00



Otto's TV Room: "The Night Gallery"

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"
Otto Bruno's TV Room kicks off the new year with a viewing and discussion of "The Night Gallery." This class will focus on Rod Serling's second most famous anthology series. Some critics love it, some despise it, but there are definitely Serlingesque moments to savor in this 1970s Science Fiction/Fantasy program. At the time, no one knew it would be the last major work of Serling's career before his untimely death. Join us for some classic '70s television and lively discussion.

317

Wednesday Jan 22

Fee: \$20

Oasis

12:00 - 3:00

At the Movies with Otto: "All About Eve"

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"
"At the Movies with Otto" celebrates award season with Joseph Mankiewicz's classic tale of show biz treachery, "All About Eve" (1950). An ambitious young actress will stop at nothing to achieve the stardom she craves. A stellar cast including Bette Davis, Anne Baxter, George Sanders, Celeste Holm and a very young Marilyn Monroe prove that there really is no business like show business! This film was nominated for fourteen Oscars and took home six of the coveted gold statues.

318

Wednesday Feb 5

Fee: \$20

Oasis

12:30 - 3:00

Otto's Monthly Musicale: Harold Arlen

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"
Otto Bruno's Monthly Musicale in February throws the spotlight on the music of Harold Arlen. He began his career as a singer and pianist in some of the early influential jazz bands. A native Buffalonian, Arlen went on to success as one of the most identifiable and revered songwriters of the American stage and screen. His writing partners included Johnny Mercer, Ira Gershwin, Ted Koehler, and Yip Harburg. Join the fun as we enjoy a trunkful of American standards such as "Over the Rainbow," "Come Rain or Come Shine," "Paper Moon" and more!!

319

Wednesday Feb 12

Fee: \$20

Oasis

1:00 - 3:00

Arts & Humanities

Read of the Month - "Lost Teachings of Jesus Volume 1"

Elizabeth Bell

From Amazon: "In this breakthrough in modern religious writing the Prophets unfold the lost teachings Jesus gave to his disciples two millennia ago—and the very personal instruction he is revealing today." This month we will read *"Lost Teachings of Jesus: Missing Texts - Karma and Reincarnation"* by Elizabeth Claire Prophet. Join us to discuss the first in this series of books.

320

Wednesday Feb 12

Fee: \$10

Oasis

2:00 - 3:00

Otto's TV Room: "You Bet Your Life"

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

It's the one, the only, Groucho! Otto Bruno's TV Room spends February's session on one of the pioneering game shows of early television. *"You Bet Your Life"* started as a radio program that not only made a successful transition to TV but also served to introduce Groucho Marx to an entirely new generation of fans. We'll discuss how Groucho came to be a game show host and watch some of his hilarious encounters with the first generation of TV game show contestants!

321

Wednesday Feb 19

Fee: \$20

Oasis

1:00 - 3:00

At the Movies with Otto: "Angels With Dirty Faces"

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

"At the Movies with Otto" presents a classic Warner Brothers gangster film, *"Angels With Dirty Faces"* (1938) starring James Cagney in this compelling story of Rocky Sullivan, an ex-con from the neighborhood who returns to his roots. An iconic 1930s classic of social consciousness, the film's swiftly paced screenplay offers both humor and heartbreak brought to life by the talents of Pat O'Brien, Ann Sheridan, Humphrey Bogart, and George Bancroft. It also introduces The Dead End Kids to the silver screen.

322

Wednesday Mar 4

Fee: \$20

Oasis

12:30 - 3:00

Otto's Monthly Musicale: Doris Day

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

March's meeting of Otto Bruno's Monthly Musicale will spotlight everyone's favorite "Girl Next Door," Doris Day. She may have been a major film star in the 1950s and 1960s but first and foremost, Doris Day was a highly regarded vocalist. Join us as we delve into the Day songbook from her early recordings with Les Brown to her chart topping hits of the 1950s and songs inspired by her film career. We'll also view production numbers and duets from Doris Day films and TV specials.

323

Wednesday Mar 11

Fee: \$20

Oasis

1:00 - 3:00

Read of the Month - "Lost Teachings on Your Higher Self"

Elizabeth Bell

From Amazon: In *"Lost Teachings on Your Higher Self"* author Elizabeth Claire Prophet "shows how early churchmen--aided and abetted by the Roman emperors Constantine and Justinian--distorted Jesus' true teachings." Participation in the previous month's discussion is not necessary.

324

Wednesday Mar 11

Fee: \$10

Oasis

2:00 - 3:00

Otto's TV Room: "The Flip Wilson Show"

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

What you see is what you get! Join Otto Bruno in the TV Room as he introduces you to one of the first shows that turned him into a TV addict. *"The Flip Wilson Show"* debuted in 1970 and enjoyed unprecedented success. It was both groundbreaking and funny! It lasted a mere four years before Wilson stepped away from the spotlight. This class will explore the comedian's roots, struggles, and unique talents that made him a genuine TV star at a transitional time in American pop culture.

325

Wednesday Mar 18

Fee: \$20

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.

At the Movies with Otto: "That Night In Rio"

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"
"At the Movies with Otto" ushers in the spring with a toe-tapping technicolor musical from 20th Century Fox, "That Night In Rio" (1941). The film marks the final on screen pairing of Alice Faye and Don Ameche in a tale of love, money, and double identity. Harry Warren and Mack Gordon deliver catchy tunes and the cast sparkles with the talents of legendary Hollywood personalities like S. Z. Sakall, J. Carrol Naish, Leonid Kinskey, and the incomparable Carmen Miranda.

326

Wednesday Apr 1

Fee: \$20

Oasis

12:30 - 3:00

Otto's Monthly Musicale: Irving Berlin

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"
April's meeting of Otto Bruno's Monthly Musicale we'll focus on one of the greatest of all American songwriters, Irving Berlin. Come and enjoy the music of the man whose songs filled the American musical charts for more than half a century. We'll hear both vocal and instrumental renditions of Berlin classics from the biggest musical stars in show biz history including Frank Sinatra, Ella Fitzgerald, Fred Astaire, Sarah Vaughan and many more! The class will include video treats and musical selections.

327

Wednesday Apr 8

Fee: \$20

Oasis

1:00 - 3:00

Read of the Month - "Poseidon's Steed: The Story of Seahorses, From Myth to Reality"

Elizabeth Bell

From Amazon: "Poseidon's Steed trails the seahorse through secluded waters across the globe in a kaleidoscopic history that mirrors man's centuries-old fascination with the animal, sweeping from the reefs of Indonesia, through the back streets of Hong Kong, and back in time to ancient Greece and Rome." Lizzie has raised seahorses for years and welcomes others who want to explore the book with her.

328

Wednesday Apr 8

Fee: \$10

Oasis

2:00 - 3:00

Arts & Humanities

Otto's TV Room: "The Andy Griffith Show"

Otto Bruno, host of Jazz 90.1 FM's "Sinatra & Company"
We kick off spring in Otto Bruno's TV Room with "The Andy Griffith Show." This gentle rural comedy seemed to reflect an innocence that may or may not have ever truly existed. The town of Mayberry was an idyllic oasis of small town America where neighbors cared for, and about, one another. It also happened to be home to some of the most outrageously funny and memorable characters in the history of situation comedy. Join us as we celebrate 60 years of The Andy Griffith Show.

329

Wednesday Apr 15

Fee: \$20

Oasis

1:00 - 3:00

Book Discussion-Ann's Pick

Ann Cunningham

Join Ann Cunningham as we discuss "Just Mercy: A Story of Justice and Redemption" by Bryan Stevenson. "Unfairness in the justice system is a major theme of our age. This book brings new life to the story by placing it in two affecting contexts: [Bryan] Stevenson's life work and the deep strain of racial injustice in American life. You don't have to read too long to start cheering for this man. Against tremendous odds, Stevenson has worked to free scores of people from wrongful or excessive punishment, arguing five times before the Supreme Court. The book extols not his nobility but that of the cause, and reads like a call to action for all that remains to be done. The message of the book, hammered home by dramatic examples of one man's refusal to sit quietly and countenance horror, is that evil can be overcome, a difference can be made. "Just Mercy" will make you upset and it will make you hopeful. Stevenson has been angry about [the criminal justice system] for years, and we are all the better for it."—Ted Conover, The New York Times Book Review. Come having read the book and ready for a lively and respectful discussion.



409

Thursday Jan 16

Fee: \$5

Oasis

1:00 - 2:00

Arts & Humanities

Build a Succulent 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. Kathleen will give a brief lesson on the project at hand and then she will support you as needed. This class focuses on using succulents. Come build a terrarium and have some fun at the same time!

412

Thursday Jan 23

Fee: \$30

Oasis

10:00 - 11:00

Alfred Hitchcock (Part III): Post War Films

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

In five sessions we will view and discuss the following Hitchcock films released between 1945 and 1950: “*Spellbound*” (1945 with Ingrid Bergman and Gregory Peck) tells a tale about a psychiatrist using psychoanalysis (new for 1947) to treat a colleague suffering from amnesia and repression of past memory. In the aftermath of WWII, “*Notorious*” (1946 starring Ingrid Bergman, Cary Grant, Claude Rains and Louis Calhern) tells of a group of Nazis who have relocated to Brazil in their pursuit of world domination. When “a woman with a past” is enlisted to spy on their activities, she places herself in grave danger. After being accused of poisoning her older, blind husband, Mrs. Paradine hires married lawyer, Anthony Keane, to represent her. When he begins to fall in love with her, the accused encourages it in “*The Paradine Case*” (1947 starring Gregory Peck, Ann Todd, and Charles Laughton. Hitchcock used a new technique in filming “*Rope*” (1948 starring James Stewart, Constance Collier, Farley Granger and John Dall) which was edited to appear to be continuous action without any breaks—making stage time and real time identical. “*Stage Fright*” (1950 starring Jane Wyman, Richard Todd and Marlene Dietrich) incorporates elements of theatre as one of Hitchcock’s favorite motifs where reality and role-playing can become dangerously confused. Each of these post-war film classics 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.

417

Thursday Feb 6 - Mar 5

Fee: \$45

Oasis

10:00 - 1:00

5 sessions

Mythology and the Odyssey

Jennifer L. Anstey, PhD

We will explore fact and fiction, what myth consists of, with a focus on the hero journey. Other topics include looks at the gods and goddesses, fact or fiction of the voyages, and comparisons with other mythologies that use some of the same incidents. Participants do not need to have a copy or have read the Odyssey, but it may be helpful.

418

Thursday Feb 6 - Feb 27

Fee: \$40

Oasis

1:30 - 2:30

4 sessions

Build a Spring 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. Kathleen will give a brief lesson on the project at hand and then she will support you as needed. There are a variety of materials to use and this class will focus on a spring theme. Come build a terrarium and have some fun at the same time!

427

Thursday Apr 9

Fee: \$30

Oasis

10:00 - 11:00



Movie Class

Cass Doyle and Bev Zajkowski

Join Bev and Cass as we discuss the nominations for the 2020 Academy Awards. Since the Awards are early this year, we'll also talk about some other winter releases. As usual, we will vote each week on a movie to discuss the following week and rate that movie on a scale from 1-10. For our first class, come prepared to talk about your favorite comedy.

510 **Oasis**
Friday Jan 10 - Feb 28
Fee: \$45

2:00 - 3:00
8 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. Please, 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.

511 **Little Theatre**
Friday Jan 17 **1:00 - 3:00**
Fee: \$4.50

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. Please, 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 **Little Theatre**
Friday Feb 21 **1:00 - 3:00**
Fee: \$4.50

Arts & Humanities

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. Please, 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 **Little Theatre**
Friday Mar 20 **1:00 - 3:00**
Fee: \$4.50

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. Please, 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.

529 **Little Theatre**
Friday Apr 17 **1:00 - 3:00**
Fee: \$4.50



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.

104

Monday Jan 6 - Jan 13

Fee: \$45

Oasis

9:30 - 10:30

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.

124

Monday Feb 17 - Feb 24

Fee: \$45

Oasis

9:30 - 10:30

2 sessions

Television Streaming Services

Pat Martinez

Netflix. Hulu. Fire TV. YouTube. SmartTV. Roku. Does the thought of streaming TV or movies from the web make you dizzy? Do you want to get rid of cable or satellite, but can't navigate all the services out there? This class will help you better understand the terminology associated with streaming services, the various streaming services, and will explore various devices used by people who have already "cut the cord."

109

Monday Jan 6

Fee: \$20

Oasis

11:00 - 1:00

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.

119

Monday Jan 27 - Feb 3

Fee: \$45

Oasis

9:30 - 10:30

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.

130

Monday Mar 9 - Mar 16

Fee: \$45

Oasis

9:30 - 10:30

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.

134

Monday Mar 30 - Apr 6

Fee: \$45

Oasis

9:30 - 10:30

2 sessions

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.

105

Monday Jan 6 - Apr 6

Fee: \$70

Oasis

9:30 - 10:30

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.

106

Monday Jan 6 - Apr 13

No class 1/20, 4/6

Fee: \$70

Lifetime Care

9:45 - 10:45

13 sessions

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.

108

Monday Jan 6 - Apr 6

Fee: \$70

Oasis

10:45 - 11:45

14 sessions

Exercise

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

Monday Jan 6 - Apr 13

No classes 1/20-2/24

Fee: \$45

Lifetime Care

12:15 - 1:00

9 sessions

Senior Pilates

Rosalind Walker

This will be a beginner-level Pilates workout and will include other flexibility, range-of-motion, toning, and balance exercises. Improve your strength, flexibility, balance, mind and body awareness, postural alignment, and muscle tone. This class will help you relieve tension and boost energy. Participants must be comfortable getting down to and up from the floor. Mats are needed. This class is recommended for students who want a more challenging workout. (Pilates is NOT recommended for those with osteoporosis)

114

Monday Jan 6 - Apr 13

No class 1/20, 4/6

Fee: \$70

Lifetime Care

1:45 - 2:45

13 sessions



Exercise

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.

201

Tuesday Jan 7 - Apr 14

No classes 1/21-2/25

Fee: \$45

Oasis

9:30 - 10:45

9 sessions

Aquafit Level One: Arthritis/ Fibromyalgia/Range of Motion Aqua Class

Susan Smith

A low- impact shallow water class in a pleasing 88 degree pool. Promote joint flexibility, range of motion and agility while building cardiovascular endurance, bone density 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, fibromyalgia pain, recuperation from chemotherapy 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.

202

Tues & Thurs Jan 7 - Apr 16

Fee: \$85

Valley Manor

9:45 - 10:45

30 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.

Aquafit Level Two: Water Fitness

Susan Smith

A great class to increase joint range of motion while increasing cardiovascular health, bone density 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. The pool is maintained at a pleasant 88 degrees. Class is held at Valley Manor.

203

Tues & Thurs Jan 7 - Apr 16

Fee: \$85

Valley Manor

10:45 - 11:45

30 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!

207

Tuesday Jan 7 - Apr 14

No class 4/7

Fee: \$70

Oasis

1:30 - 2:30

14 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 reduces inflammation in joints. This movement helps to improve the circulation of blood and oxygen throughout the body and helps to release toxins and emotions. The session will include slow, controlled, gentle movements that are easy to learn with emphasis on awareness and deep breathing. There will be about twenty minutes of silence at the end of every session.

211

Tuesday Jan 21 - Feb 25

Fee: \$55

Lifetime Care

10:00 - 11:15

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 reduces inflammation in joints. This movement helps to improve the circulation of blood and oxygen throughout the body and helps to release toxins and emotions. The session will include slow, controlled, gentle movements that are easy to learn with emphasis on awareness and deep breathing. There will be about twenty minutes of silence at the end of every session.

218

Tuesday Mar 3 - Apr 7

Fee: \$55

Lifetime Care

10:00 - 11:15

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. Classes are held at TNT Studio, 563 Titus Avenue in Irondequoit.

301

Wednesday Jan 8 - Apr 15

Fee: \$60

TNT Dance

9:30 - 10:15

15 sessions

Exercise

Ballet II

Erika Atkinson

This course offers continued 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. Previous participation in Ballet 1 and with the permission of the instructor. Ballet shoes or slip proof socks are required. Classes are held at TNT Studio, 563 Titus Avenue in Irondequoit.

304

Wednesday Jan 8 - Apr 15

Fee: \$60

TNT Dance

11:15 - 12:00

15 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.

306

Wednesday Jan 8 - Apr 15

No class 4/8

Fee: \$70

Oasis

12:00 - 1:00

14 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. Classes are held at TNT Studio, 563 Titus Avenue in Irondequoit.

307

Wednesday Jan 8 - Apr 15

Fee: \$60

TNT Dance

12:00 - 12:45

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.



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. Classes are held at TNT Studio, 563 Titus Avenue in Irondequoit.

309

Wednesday Jan 8 - Apr 15

Fee: \$60

TNT Dance

12:45 - 1:30

15 sessions

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!

311

Wednesday Jan 8 - Apr 15

No class 4/8

Fee: \$70

Oasis

1:15 - 2:15

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. Classes are held at TNT Studio, 563 Titus Avenue in Irondequoit.

312

Wednesday Jan 8 - Apr 15

Fee: \$60

TNT Dance

1:30 - 2:15

15 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 Jan 9 - Apr 16

Fee: \$70

Oasis

9:00 - 10:00

15 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.

402

Thursday Jan 9 - Apr 16

Fee: \$70

Oasis

10:15 - 11:15

15 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.

404

Thursday Jan 9 - Apr 16

No class 4/9

Fee: \$70

Oasis

11:30 - 12:30

14 sessions

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.

405

Thursday Jan 9 - Apr 16

No class 4/9

Fee: \$70

Oasis

12:45 - 1:45

14 sessions



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!

501

Friday Jan 3 - Apr 17

No classes 1/17-2/28

Fee: \$45

Lifetime Care

9:15 - 10:25

9 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.

502

Friday Jan 3 - Apr 17

No classes 1/17-2/28

Fee: \$45

Lifetime Care

10:40 - 11:50

9 sessions

**REGISTER ONLINE AT
WWW.OASISNET.ORG/ROCHESTER-NY
BEGINNING DECEMBER 17, 2019
AT 11:00 AM**

Exercise

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.

503

Friday Jan 10 - Apr 17

Fee: \$60

Oasis

9:00 - 9:45

15 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.

504

Friday Jan 10 - Apr 17

Fee: \$60

Oasis

9:45 - 10:30

15 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.

506

Friday Jan 10 - Apr 17

Fee: \$60

Oasis

10:30 - 11:15

15 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.

506

Wed & Fri Jan 8 - Apr 17

Fee: \$65

TNT Dance

10:15 - 11:15

30 sessions

Tap Dance III-B

Erika Atkinson

This tap class is a continuation of 3A. Students will need to have taken 3A and have instructors 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.

507

Friday Jan 10 - Apr 17

Fee: \$60

Oasis

11:15 - 12:00

15 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.

508

Friday Jan 10 - Apr 17

Fee: \$60

Oasis

12:00 - 12:45

15 sessions

**REGISTER ONLINE AT
WWW.OASISNET.ORG/ROCHESTER-NY
BEGINNING DECEMBER 17, 2019 AT 11 AM**

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)

101

Monday Jan 6

Free

Oasis

9:00 - 10:00

Meditation 101

Diane Macchiavelli, LAc

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

113

Monday Jan 6 - Feb 3

Fee: \$45

Oasis

1:30 - 3:00

5 sessions



Health

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.

117

Monday Jan 13

Fee: \$15

Oasis

1:00 - 2:30

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).



127

Monday Mar 2 - Mar 30

Fee: \$50

Oasis

1:00 - 2:30

5 sessions

Health

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.

128

Monday Mar 2 - Apr 6

Fee: \$50

Oasis

1:30 - 3:00

6 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.

212

Tuesday Jan 21 - Feb 25

Fee: \$55

Lifetime Care

11:30 - 12:45

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.



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.

214

Tuesday Feb 4 - Feb 25

Fee: \$50

Oasis

11:00 - 12:30

4 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 Mar 3 - Apr 7

Fee: \$55

Lifetime Care

11:30 - 12:45

6 sessions

Understanding Stress

Bonnie Fox

Humans have been feeling and responding to stress since our earliest days. In our modern world the pressures have increased leaving many feeling tired, anxious, and depressed. Join us as we define what stress is and how our body reacts to it. We will look at the factors of our modern society that contribute to this increase in stress and then focus on practical ways to reduce our 'fight or flight' responses.

221

Tuesday Mar 31 - Apr 7

Fee: \$35

Oasis

1:00 - 2:30

2 sessions

What's Really in Your Food?

Pam Gardephe, Integrative Nutrition Health Coach

Do Nutrition Facts labels tell the whole story about what's in the food you're buying? What about the health claims made on the front of the package such as all natural, organic, GMO, heart healthy? What does it all mean? During this class we'll look at the packaging, labels and ingredient lists to learn how to make good choices in the grocery store.

403

Thursday Jan 9

Fee: \$10

Oasis

11:00 - 12:00



Health

Keeping Our Brain Healthy

Ronald Mitchell

In this class we will cover things which are healthy for our brains and things to avoid which are detrimental for our brains. You probably heard that eating food rich in Vitamin D and leafy greens can help lower the risk of Alzheimer's disease. Did you know that high blood pressure, especially in middle age is associated with the higher risk of dementia later in life? Were you aware that one's memory and attention improved when one chose to walk in a park rather than in an urban environment? We will discuss these things plus much more.

406

Thursday Jan 9

Fee: \$15

Oasis

1:00 - 2:30

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.

411

Thursday Jan 23 - Feb 27

Fee: \$55

Lifetime Care

10:00 - 11:15

6 sessions

CLASSROOM ETIQUETTE

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Speak loudly when asking questions so that all might hear.

Wear your name tag.

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 Oasis Advisory Council member, 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.

415

Thursday Jan 30

Fee: \$20

Oasis

10:00 - 12:00

Life Balance

Ronald Mitchell

Keeping a balanced life can be an ongoing occupation. We will go over ways that even small changes in our life can be beneficial. We will talk about relationships, lifestyle and more.

416

Thursday Jan 30

Fee: \$15

Oasis

1:00 - 2:30

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.

421

Thursday Mar 5 - Apr 9

Fee: \$55

Lifetime Care

10:00 - 11:15

6 sessions

Preventing Cognitive Decline through Lifestyle

Susan Friedman, M.D. UPMC

Have you ever had trouble finding your keys? Met someone you haven't seen in a while and had trouble thinking of their name? What are normal changes in cognition with aging, and when do you worry about dementia? And what can you do to prevent dementia from occurring? There is exciting research being done about the impact of lifestyle on cognition, and you have more control than you may realize in keeping your brain healthy. Join Dr. Friedman, a Geriatrician, researcher and Oasis Advisory Council member, as she talks about normal changes with aging, defining mild cognitive impairment and dementia, causes for cognitive decline, and how lifestyle can change the trajectory.

423

Thursday Mar 12

Fee: \$20

Oasis

10:00 - 12:00

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.

Aging Brain Science and Cognitive Benefits of a Healthy Lifestyle

Tessa Rivers, Study Coordinator, U of R

The science behind the aging brain will be discussed from a neuroscience prospective, including health risk factors and ways to improve cognition with healthy lifestyle habits. Instructors include Tessa Rivers University of Rochester Study Coordinator- CogT Lab, who has previously shared information on healthy aging and exercise; Dr. Timothy Baran, a Research Assistant Professor in the Departments of Imaging Sciences and Biomedical Engineering, with research interests in medical image processing, neurobiology of aging, and optical spectroscopy; and Arun Venkataraman, who is in the 5th year of his MD/PhD program, will focus on the physics of neuroimaging and its application to neurodegenerative conditions. His research interests include dementia, traumatic brain injury, and multiple sclerosis.

513

Friday Feb 7

Fee: \$15

Oasis

9:30 - 11:30

Moments in the Civil Rights Movement: The Civil Rights Act of 1964

Mark Sample, Professor of History, MCC

The Civil Rights Movement reached a high point when President Johnson signed the Civil Rights of 1964. It had been a decade since the Brown v. Board Supreme Court decision said that segregation must end. The road between those two events was long and filled with amazing stories. Professor of History Mark Sample will look at the people and events surrounding this important moment in history.

103

Monday Jan 6

Fee: \$10

Oasis

9:30 - 10:30



Health



History

Dyatlov Pass Incident

David Woodruff

The Dyatlov Pass Incident refers to the deaths of nine hikers in the northern Ural Mountains, in the former Soviet Union, the night of 1 -2 February 1959, in mysterious circumstances. The experienced trekking group, who were all from the Ural Polytechnical Institute, had established a camp on the slopes of mountain, in an area now named in honor of the group's leader, Igor Dyatlov. During the night, something caused them to tear their way out of their tent and flee the area, all while completely inadequately dressed for the heavy snowfall and sub-zero temperatures.

121

Monday Feb 3 - Feb 10

Fee: \$20

Oasis

11:00 - 12:00

2 sessions

**REGISTER ONLINE AT
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BEGINNING DECEMBER 17, 2019
AT 11:00 AM**

History

China and Trade

Hugh Mitchell

China and trade are very much in the news today in what's being called 'A Trade War'. But how much do you know about the long history of trade between China and foreign countries including prior trade wars? For centuries China maintained a successful trade in such 'luxury' items as silk, porcelain, tea and spices, but in 1860 they lost control over their trade when the British forced the country to trade opium. This led to revolutionary consequences the results of which we are seeing today in China's long painful road to economic recovery and dominance. Most recently Xi Jinping has launched a far-sighted trade scheme called The Belt and Road Initiative which seeks to create rich new markets by developing the infrastructure of trading states and, in the process, tie foreign economic interests to China. Already China is the world's top exporter. Will this trade plan succeed in helping China to rule the 21st century?

123

Monday Feb 17

Fee: \$15

Oasis

9:30 - 11:00

Spartacus

David Woodruff

The Thracian gladiator who, along with Crixus, Gannicus, Castus, and Oenomaus, was one of the escaped slave leaders in the Third Servile War, a major slave uprising against the Roman Republic. Karl Marx listed Spartacus as one of his heroes and described him as "the most splendid fellow in the whole of ancient history." Spartacus led rebellions long after his death including a revolution in Germany in 1919, in addition to playing a major role in the downfall of McCarthyism.

126

Monday Mar 2 - Mar 9

Fee: \$20

Oasis

11:00 - 12:00

2 sessions

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BEGINNING DECEMBER 17, 2019

AT 11:00 AM

Forgotten Stories of WWII

David Woodruff

The period from 1937 until 1945 is filled with the surprising tales of the little known. People and happenings were dwarfed by the larger events of those years. This class is filled with their stories. From the Finnish soldier who took out 500 Russian invaders in the Winter War to the mysterious end of President John F. Kennedy's older brother Joe. Not to mention the man from Brooklyn, NY so hated that the English hanged him in 1945. These are tales of gallantry, tragedy and treachery that are worth hearing.

135

Monday Apr 6 - Apr 13

Fee: \$20

Oasis

11:00 - 12:00

2 sessions

Knights of the Golden Circle

Donald Sweet, PhD

Hidden gold and weapons, terrorism, assassination of President Lincoln, Jesse James, racism, and imperialism were all identified with a secret organization largely based in the southern United States called the Knights of the Golden Circle. Having failed to dominate government policies on slavery, this group, led largely by southern aristocratic planters, played a significant role in fomenting the Civil War of 1861-1865. Why are most of us unaware of their existence? Why hasn't this movement made its way into classroom history textbooks? Does their legacy still influence our society? Join Don in discussing this terrorist movement that planned to strengthen and expand slavery into Mexico, Cuba and beyond - even at the price of warfare.

210

Tuesday Jan 14 - Jan 21

Fee: \$30

Oasis

1:00 - 2:30

2 sessions

Expatriation: A Corporate Wife in Italy and Mexico

Jenny Lloyd, retired British History professor

Join Jenny Lloyd as she reads excerpts from her recently-published second memoir and answers questions about the seven years she lived in Italy and Mexico in the 1970s.

213

Tuesday Jan 21

Fee: \$15

Oasis

1:30 - 2:30

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Carrie Chapman Catt

Jenny Lloyd, retired British History professor

Carrie Chapman Catt was the force behind women's suffrage in both New York State and the 19th Amendment (2020). She later became a leader in the international women's movement. Learn about her political tactics, her fundraising, and her interesting life.

220

Tuesday Mar 10

Fee: \$15

Oasis

1:30 - 2:30

Writing Your Family History This Year!

Lisa Kleman

So many of us have the intention of writing our family history and oft-told stories. We get a little bit done, here and there, but then we all too often put it off. Well, we all know that tomorrow is not promised, and so let's make this year OUR YEAR to write it down. Join our group and meet monthly to "check in" and share what we've accomplished, read our stories, and get inspiration from others who are doing it too. Make this YOUR YEAR TO WRITE YOUR FAMILY HISTORY! Note that while you will have to register each Oasis trimester, this monthly meeting will continue throughout the year, on the second Wednesday of the month.

310

Wednesday Jan 8 - Apr 8

Fee: \$60

Oasis

1:00 - 3:00

4 sessions

Rasputin: Holy Devil

David Woodruff

Before the rise of Hitler, the name Rasputin was synonymous with evil. Rasputin acted as a healer for Alexei, the Tsar and his wife Alexandra's only son, who suffered from hemophilia. Historians often suggest that Rasputin's terrible reputation helped discredit the tsarist government, and thus helped precipitate the overthrow of the Romanov dynasty, which happened a few weeks after he was assassinated. Perhaps more than any other man in modern history, Rasputin has been obscured by legend, innuendo, and propaganda.

408

Thursday Jan 16 - Jan 23

Fee: \$20

Oasis

11:00 - 12:00

2 sessions

History

'Spanish Transition': From Dictatorship to Democracy in Historical and Contempo

Francisca Vicente-Tamarin and David Tamarin

Spain's transition from the nearly four-decades-long dictatorship of General Francisco Franco to a functioning (if imperfect) parliamentary democracy has been extensively studied and has served as a model of democratic state building that was achieved without resort to violence and the spilling of blood. Several countries (e.g. Argentina, Chile, South Africa, etc.) have taken the 'Spanish model' as a basic blueprint for their own political transformations. However, after forty-plus years since Franco's demise, the legacy of his iron-fisted regime has left many unresolved problems to be addressed and many wounds yet to be healed. The 'Two Spains' (as described by the revered Spanish poet Antonio Machado)-one, a backward-looking, authoritarian, traditionalist-conservative Spain, and the other, a forward-looking, democratic, popular-progressive Spain-continue to vigorously contest the social, political and cultural spheres of Spanish life and reality. This mini-course will examine the causes and consequences, as well as the contentious "unfinished business," of Spain's historic transition. Francisca 'Paquita' Vicente-Tamarin came of age during the last decades of the Franco dictatorship and participated as a university student and trade unionist activist in the struggle to achieve an open, democratic Spain. David Tamarin is an emeritus history professor (SUNY-Geneseo) who specializes in Latin America and Spain. He has taught courses on Modern Spain and the Spanish Civil War.

420

Thursday Feb 13 - Feb 20

Fee: \$30

Oasis

1:30 - 3:00

2 sessions

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History

General Armstrong Custer: The Man, the Myth, The Hero....or Legend

Thomas Boyce, Historical Interpreter, Genesee Country Village and Museum

The first hour of this two hour class covers Custer in his youth, his graduation at the 'goat' bottom of his class in the West Point Class of '61, becoming a boy general at the age of 23 rising to the rank of Brevet Major General and his exploits in The Civil War. The second half will include his time in the Army as a Lt. Col. of the 7th Cavalry and his exploits as an Indian Fighter on the Plains, ending his demise at Little Big Horn in 1876. This is an interesting bio of a complicated man.

424

Thursday Apr 2

Fee: \$20

Oasis

9:00 - 11:00



Photo Credit: https://en.wikipedia.org/wiki/George_Armstrong_Custer

Sewards of Auburn and the U of R Seward Project

Thomas P. Slaughter, PhD, U of R Department of History

The Sewards of Auburn, New York were one of New York's first families during the nineteenth century. William Henry Seward was Secretary of State under President Lincoln, Governor of New York, and a U. S. Senator. His wife Frances ran a large, public household, served as the state's first lady, and ran her home with four children, two elderly relatives, an absent husband, and transient household staff as a stop on the Underground Railroad; she was an avid reader, advocate of homeopathic medicine, and devoted member of her community. What makes the Sewards special today, though, is that they saved their correspondence with extended family and friends, somewhere around 6,000 letters, as well as diaries, journals, household account books, and other family records, which students at the University of Rochester and community volunteers are transcribing and annotating for a publicly-accessible website [sewardproject.org] that programmers and librarians helped them to build. Professor Thomas P. Slaughter, who is the faculty director of this collaboration, will talk about the Sewards, their family, friends, and times, and why his students find the family's letters so captivating, so connecting between the present and the past. How is it that students who have never written or received a letter, who can barely read cursive handwriting when they start his class, see in the Sewards people much like themselves?

425

Thursday Apr 2

Fee: \$15

Oasis

2:30 - 4:00



Great Indian Chiefs of the Plains

Thomas Boyce, Historical Interpreter, Genesee Country Village and Museum

This course will explore the early lives of two of the prominent Great Plains Indian Chiefs who ever lived—Sitting Bull and Crazy Horse Lakota Sioux of Oglala Nation. From boyhood to great leaders of their people as adults, their fight to maintain their land and their way of life was heartbreaking and difficult. We will touch on several of the great battles that they foresaw or took part in, including Custer's last stand. Learn how both were either manslaughtered by Army guards and assassinated by their own people Indian Police. The heartbreaking story of two great men who cared much for their people and land but were driven off and exterminated by white man's western takeovers.

426

Thursday Apr 9

Fee: \$15

Oasis

9:30 - 11:00

Memories of the Monroe Theatre

Peter Elliott

Opened in 1927, the Monroe Theater was the most well known of the neighborhood theatres in Rochester. It was the last remaining neighborhood theatre when it showed its final regular movie in 1970. The Monroe was famous for its Saturday afternoon matinees for kids. In the late 1950s it was renovated to show Todd-AO and CinemaScope and then in the early-1960's it was retrofitted with an enormous curved screen and six track Stereophonic speakers lining the walls to show films shot in Cinerama. Perhaps its most famous resident was "The Sound of Music" where it ran for 85 record breaking weeks. Around 1970, hard times hit the theater and it started screening porn films until 1995. Show World set up its infamous shop inside the mostly gutted theater. And then after community effort to "Save the Monroe", the auditorium was demolished in September 2008, leaving just the facade and foyer and lobby areas. There are plans for that space to be turned into a stand-up Comedy Club. Students are encouraged to participate and bring their own photos and memories of Monroe.

428

Thursday Apr 9

Fee: \$15

Oasis

12:30 - 2:00

History

Wild West Shows of The 19th Century

Thomas Boyce, Historical Interpreter, Genesee Country Village and Museum

Wild West shows were traveling vaudeville performances in the United States and Europe that existed around 1870–1920. The shows began as theatrical stage productions and evolved into open-air shows that depicted romanticized stereotypes of cowboys, Plains Indians, army scouts, outlaws, and wild animals that existed in the American West. While some of the storylines and characters were based on true events, others were fictional or sensationalized. Native Americans in particular were portrayed in a sensationalistic and exploitative manner. The shows introduced many western performers and personalities, and romanticized the American frontier, to a wide audience with the most famous: the one and only Buffalo Bill's Wild West.

429

Thursday Apr 16

Fee: \$10

Oasis

10:00 - 11:00

Musical Dossenbach of Early 20th Century Rochester

Lisa Kleman

In this "two-for-one" class, I will first give my presentation on my ancestors, the Musical Dossenbachs, who were famous musicians and conductors in early 20th century Rochester, founding the Rochester Park Band, the Rochester Orchestra (a precursor to the Rochester Philharmonic Orchestra), and a music school on Prince Street, which George Eastman purchased and remade into the Eastman School of Music. Children of poor German immigrants, the Dossenbachs found themselves playing at Eastman's mansion on East Ave, for his twice-weekly musicales, from 1905-1919. Afterwards, I will pull back the curtain and reveal the research and show how to transform facts into a story! When we write our family history, we want it to be true, but also compelling and entertaining. We want the people and the places to come alive again! Join us to gain ideas and plans for how to write your family's stories.

430

Thursday Apr 16

Fee: \$20

Oasis

1:30 - 3:30

History

History Depicted in Film

Laurence Britt

This three session course will explore three films that have accurately portrayed events in recent history that have had a significant impact on life in America. The first is "Good Night and Good Luck" that explores the McCarthy era through the eyes of Edward R. Murrow. The second film is "All the President's Men" and covers Watergate and the downfall of Richard Nixon. The third film is "The Big Short" which is the story of the housing market crash and subsequent great recession that followed. Each of these films will be shown in the class and will include a brief introduction and historical perspective and allow for a post showing discussion.

515

Friday Feb 14 - Mar 6

Fee: \$25

Oasis

1:00 - 3:30

4 sessions

Moments in the Civil Rights Movement: Assassination of Martin Luther King Jr.

Mark Sample, Professor of History, MCC

In April of 1968 Martin Luther King Jr. was assassinated. This marked the end of an era in United States history known as the Civil Rights Movement. Professor of History Mark Sample will look at the people and events surrounding this tragic moment in our history.

516

Friday Feb 21

Fee: \$10

Oasis

10:30 - 11:30



Two Famous Lawmen of The West: Wild Bill Hickok and Wyatt Earp

Thomas Boyce, Historical Interpreter, Genesee Country Village and Museum

Explore the true lives and stories of Wild Bill Hickok and Wyatt Earp, perhaps the most famous gunslingers and lawmen of the Wild West including the towns they tamed such as Abilene, Wichita, and Dodge City. Not forgotten is the gunfight at the O.K. Corral and the vendetta ride years later. We will separate fact from fiction. For instance, did you know Wild Bill performed once at Cooks Opera house on South Ave in Rochester in a Wild West theatrical show? We will learn about the women in their lives including their lovers and wives from Calamity Jane to Josephine Earp. Tom will present an interesting character study with numerous photos of both men in different stages of their lives.

524

Friday Apr 3

Fee: \$20

Oasis

9:00 - 11:00

Wild Women of The West

Thomas Boyce, Historical Interpreter, Genesee Country Village and Museum

A look at the famous women of the west. They include Calamity Jane, Belle Starr, Big Nose Kate and Annie Oakley and the men in their lives. Included is a discussion on how they achieved their notoriety and how these women in their own way contributed to the western lore and legends of that time.

527

Friday Apr 10

Fee: \$10

Oasis

9:00 - 10:00

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Building of the Transcontinental Railroad

Thomas Boyce, *Historical Interpreter, Genesee Country Village and Museum*

In 1862, the Pacific Railroad Act chartered the Central Pacific and the Union Pacific Railroad Companies, tasking them with building a transcontinental railroad that would link the United States from east to west. Over the next seven years, the two companies would race toward each other from Sacramento, California on the one side to Omaha, Nebraska on the other, struggling against great risks before they met at Promontory, Utah, on May 10, 1869. Come to learn about a fascinating part of our American history.

528

Friday Apr 17

Fee: \$15

Oasis

10:00 - 11:30

Gnostic Scriptures

Elizabeth Bell

Join the conversation about Christianity that was buried for 1,308 years. Gnostic Scriptures are very different from those in our Bibles, once called un-Christian, sinful and heresy. They proclaim that since our bodies do not define us (any more than our clothes) we are all equal! And since the Holy Spirit lives within each and every one of us, we can experience God directly (no need to go through a priest). Previous participation in Gnostic Gospels classes is not necessary. The book we will be using is *"The Nag Hammadi Scriptures"* edited by Marvin Meyer. What we read will be new to each of us!

419

Thursday Feb 6 - Mar 12

Fee: \$35

Oasis

2:00 - 3:30

6 sessions

History

Course in Miracles

Elizabeth Bell

"A Course In Miracles" (published by Foundation for Inner Peace) is a book, a lifestyle, a circle of conversation/exploration, a passion, a life-changing experience. I started studying ACIM soon after my Mom and her dementia moved in. These gatherings became my support. However, as the saying goes — "All good things must come to an end" — both our ongoing circle and my Mom passed on. I miss them both; so "Hey! What do you say! Let's do it — together!" Please come to our ACIM circle, book-in-hand, having read the Preface.

505

Friday Jan 10 - Apr 17

Fee: \$50

Oasis

10:00 - 11:30

15 sessions

Paul's Letters to the Corinthians

Leona Irsch

The apostle Paul was from a city and did most of his ministry in urban areas, so his letters have a lot of meaning for us urban dwellers. He deals with themes that are still hot topics among us, like marriage, sexuality and divisions. Join us for a course which will introduce us to Paul and his thinking.

519

Friday Mar 13 - Apr 17

No class 4/10

Fee: \$40

Oasis

12:00 - 1:30

5 sessions

CLASSROOM ETIQUETTE

Please arrive on time for your class.

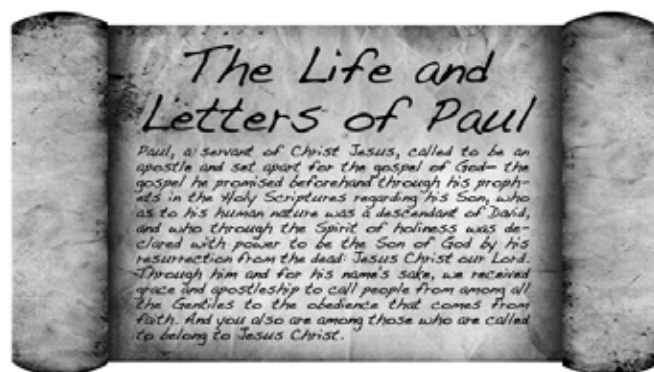
Please TURN OFF your cell phones.

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Wear your name tag.



Language

Latin - Beginning Continued

Kevin Finnigan

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.

204

Tuesday Jan 7 - Apr 14

Fee: \$55

Oasis

11:00 - 12:00

15 sessions

French - Beginning Continued

Kevin Finnigan

Conversation and vocabulary acquisition are the focal point of this class along with the grammatical constructions to support them. Students with previous French instruction are welcome in this course.

206

Tuesday Jan 7 - Apr 14

Fee: \$55

Oasis

1:00 - 2:00

15 sessions

French - Intermediate Continued

Kevin Finnigan

Conversation and vocabulary acquisition continue to be the focal point of the course. Perspective students should be able to express themselves in the past, present and future tenses. Students with previous French instruction are encouraged to join this course.

209

Tuesday Jan 7 - Apr 14

Fee: \$55

Oasis

2:15 - 3:15

15 sessions

Spanish - Advanced 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

Wednesday Jan 8 - Apr 8

No class

Fee: \$60

Oasis

10:00 - 11:00

14 sessions

Spanish - Intermediate 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

Wednesday Jan 8 - Apr 8

No class

Fee: \$55

Oasis

11:15 - 12:15

14 sessions

German I - Beginning Continued

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.

410

Thursday Jan 23 - Apr 2

Fee: \$55

Oasis

9:30 - 10:30

11 sessions

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German II - Intermediate Continued

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.

413

Thursday Jan 23 - Apr 2

Fee: \$55

Oasis

10:45 - 11:45

11 sessions

Language

German III - Advanced Continued

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.

414

Thursday Jan 23 - Apr 2

Fee: \$55

Oasis

12:00 - 1:00

11 sessions

Music Theory and Terminology II

Darla Bair, professional musician

If you already play an instrument a little bit or sing in a choir (like the OASIS Choir!), you may be curious about "how music works." Music Theory takes a look at how music is put together – rhythms, scales, key signatures, chords, and other terms and concepts that will boost your understanding. Let this course pique your interest in, and answer some questions about, the background of music. Participation in Music Theory I is required. Darla Bair taught Music Theory and Advanced Placement Music Theory in high school and currently teaches the Piano courses at OASIS.

102

Monday Jan 6 - Apr 13

No class 1/20, 2/17

Fee: \$60

Oasis

9:15 - 10:15

13 sessions

Music

Theory IV and Composition

Darla Bair, professional musician

Theory and Composition is a course to further the skills acquired in Music Theory III. People who are already very accomplished musicians may join the class even if they have not studied Music Theory at Oasis, but with prior approval from Darla. We will identify intervals, and melodic and harmonic patterns by listening to musical literature. Harmonize your own melodies with chords that make sense. Class culminates in a major group project!

110

Monday Jan 6 - Apr 13

No class 1/20, 2/17

Fee: \$60

Oasis

11:15 - 12:15

13 sessions

Piano Lessons: Group Level IV

Darla Bair, professional musician

This is a more advanced level course continuing from previous trimesters. If you've taken from Darla before, try this course. This is the opportunity for which you've been waiting. You must have access to a piano or keyboard for practice.

107

Monday Jan 6 - Apr 13

No class 1/20, 2/17

Fee: \$50

Oasis

10:15 - 11:15

13 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.

205

Tuesday Jan 7 - Apr 14

No classes 1/21-2/25

Fee: \$30

Oasis

11:15 - 12:30

9 sessions

Music

Exploring Italian Opera

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

Italian opera took different directions after Rossini, Donizetti and Bellini. This class will enjoy operas on DVDs composed by the shining stars Giuseppe Verdi and Giacomo Puccini beginning with Giovanna d'Arco, then Ernani from Verdi's period when he felt he was on a galley ship, then *un Ballo in Maschera*, and *Don Carlos*. We next soak up the melodies of Puccini in Gianni Schicchi, *La Rondine*, *La Fanciulla del West* to finish after a leap with *Tosca*.

302

Wednesday Jan 8 - Apr 15

Fee: \$70

Oasis

9:30 - 11:00

15 sessions

Behind the Scenes - The Making of an Original Broadway Cast Album

Peter Elliott

Go behind the scenes to learn how Broadway Cast albums are created. Peter Elliott, who ran the Broadway show division of RCA Victor from 1981-1991, will take you behind the magic and frenzy of making an Original Cast album with stories of some of your favorite shows including videos from his private collection of "*La Cage aux Folles*," "*Chess*," "*Sunday in the Park with George*" and so many more. See how an Original Cast album is made with thrilling video documentaries of Stephen Sondheim's "*Follies in Concert*" and "*Company*" and the Broadway revival of "*Guys and Dolls*" with Nathan Lane. Find out which legendary cast album producer once taught at the Harley School, learn how a \$600,000 investment in "*My Fair Lady*" by Columbia Records created a Broadway Cast album bonanza for the label and trace the history of the cast album from "*Oklahoma!*" through "*Hamilton*."

422

Thursday Mar 5 - Mar 19

Fee: \$40

Oasis

1:30 - 3:00

3 sessions

It's All About the Songs: Bygones/Old Songs

Bob Jordan

A song can tell a story, move you to tears, ignite a memory; it can make you think, inspire you, and provoke you. Singer-Guitarist Bob Jordan will present a series of four programs of music with live performance, recordings and discussions. We'll talk about what makes these songs tick — the poetry inside the lyrics; the rhythm, tempo, and the cadences which support the lyrics; and the role of the singer, the instruments and the music. Sign up for one or all four! Bygones/Old Songs — mostly from the 20's and 30's, from tin pan alley and the Southern hills, with a particular focus on the depression era, the hard times, the hoboos, and the internal migration of many from the dust bowl to the promised land of California.

520

Friday Mar 13

Fee: \$15

Oasis

1:00 - 2:30

It's All About the Songs: Country

Bob Jordan

A song can tell a story, move you to tears, ignite a memory; it can make you think, inspire you, and provoke you. Singer-Guitarist Bob Jordan will present a series of four programs of music with live performance, recordings and discussions. We'll talk about what makes these songs tick — the poetry inside the lyrics; the rhythm, tempo, and the cadences which support the lyrics; and the role of the singer, the instruments and the music. Sign up for one or all four! Country: The recent Ken Burns documentary has renewed an interest in the country music field. We will go deeper and present a wide variety of songs that tell stories of tragedy, heartbreak, alcohol, trains, trucks, the wide open spaces, and possibly a mule. Also, some humorous songs and songs that display what will call "Country Logic."

521

Friday Mar 20

Fee: \$15

Oasis

1:00 - 2:30

**REGISTER ONLINE AT
WWW.OASISNET.ORG/ROCHESTER-NY
BEGINNING DECEMBER 17, 2019 AT 11 AM**



It's All About the Songs: Folk Songs

Bob Jordan

A song can tell a story, move you to tears, ignite a memory; it can make you think, inspire you, and provoke you. Singer-Guitarist Bob Jordan will present a series of four programs of music with live performance, recordings and discussions. We'll talk about what makes these songs tick — the poetry inside the lyrics; the rhythm, tempo, and the cadences which support the lyrics; and the role of the singer, the instruments and the music. Sign up for one or all four! Folk Songs: Here we will present songs from "the tradition" — Appalachian variants of Old English Ballads, protest, Greenwich Village in the early 60s, singer-songwriters. We'll talk about the folk process, parody and satire, and recycling old tunes with new lyrics. Bob Jordan will include a couple of original songs in the mix.

523

Friday Mar 27

Fee: \$15

Oasis

1:00 - 2:30

It's All About the Songs: The Poetry of Rock

Bob Jordan

A song can tell a story, move you to tears, ignite a memory; it can make you think, inspire you, and provoke you. Singer-Guitarist Bob Jordan will present a series of four programs of music with live performance, recordings and discussions. We'll talk about what makes these songs tick — the poetry inside the lyrics; the rhythm, tempo, and the cadences which support the lyrics; and the role of the singer, the instruments and the music. Sign up for one or all four! The Poetry of Rock: Here we will present songs by Chuck Berry, Bob Dylan, the Beatles, Rolling Stones, and find where the word meets the beat.

526

Friday Apr 3

Fee: \$15

Oasis

1:00 - 2:30

Music



RPO Concert: Women's Suffrage: Past + Present

RPO

Ward Stare, conductor

Mark Mobley, playwright

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

DEADLINE: 1/16

901

Thursday Jan 30

Fee: \$26

Eastman Theater

7:30

RPO Concert: The Mother of Us All

RPO

Ward Stare, conductor

THOMSON *The Mother of Us All*

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

DEADLINE: 2/6

902

Thursday Feb 6

Fee: \$26

Eastman Theater

7:30

RPO Concert: Tchaikovsky + Athayde

RPO

Marcelo Lehninger, conductor

Juliana Athayde, violin The Caroline W. Gannett & Clayla Ward Chair

TCHAIKOVSKY Violin Concerto

RACHMANINOFF Symphony No. 2

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

DEADLINE: 2/13

903

Thursday Feb 27

Fee: \$26

Eastman Theater

7:30

Music

RPO Concert: Brahms 4

RPO

Ward Stare, conductor
Andreas Haefliger, piano
WEBER Passacaglia
SCHUMANN Piano Concerto
BRAHMS Symphony No. 4

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

DEADLINE: 3/5

904

Eastman Theater

Thursday Mar 19

7:30

Fee: \$26

RPO Concert: The Year 1905

RPO

Ward Stare, conductor
Isabel Leonard, mezzo soprano
USTVOLSKAYA Symphonic Poem No. 2
BERLIOZ *Les Nuits d'ete*
SHOSTAKOVICH Symphony No. 11, "The Year 1905"

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

DEADLINE: 4/16

905

Eastman Theater

Thursday Apr 30

7:30

Fee: \$36

RPO Pops Concert: Harry Potter and the Prisoner of Azkaban™

RPO

Relive the magic of your favorite wizard in Harry Potter and the Prisoner of Azkaban in Concert. Based on the third installment of J.K. Rowling's classic saga, fans of all ages can now experience the thrilling tale accompanied by live music from your Rochester Philharmonic Orchestra as Harry soars across the big screen.

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

DEADLINE: 12/19

906

Eastman Theater

Friday Jan 10

8:00

Fee: \$48

RPO Concert: Gabel Conducts Beethoven

RPO

Fabien Gabel, conductor
Juho Phjonon, piano
BEETHOVEN Egmont Overture
BEETHOVEN Piano Concert No. 1
POULENC Suite from *Les Animaux modeles*
PROKOFIEV Symphonic Suite from *War and Peace*

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

DEADLINE: 1/2

Fee: \$36

907

Eastman Theater

Friday Jan 17

7:30

RPO OrKIDstra Concert: Get Out and Vote

RPO

The strings are running against the woodwinds. The percussion hopes to defeat the brass. Who will the audience vote for? Inspired by the tireless work of Rochester's own Susan B., guest conductor Herb Smith explores the right to vote with the orchestra's sections making their case!

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

DEADLINE: 1/9

911

Hochstein

Sunday Jan 26

2:00

Fee: \$12



RPO OrKIDstra Concert: The Sounds of Nature

RPO

This exciting program explores music inspired by Mother Nature. From babbling brooks and bird calls to rainstorms, your RPO brings the sounds of nature inside Hochstein! You may register and pay for a guest on your registration form.

DEADLINE: 4/9

912

Sunday Apr 26

Fee: \$12

Hochstein

2:00



Music

Mighty Merlot: What's the Back Story?

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

After the famous movie, "Sideways", it took a bit of a hit next to the more popular Pinot Noir. But, Merlot makes some of the most worshipped wines in the world, when in the hand of the winemakers that adore it. In this class we'll reveal all there is to know about this mighty red and taste some stunning examples from around the world. All accompanied by the perfect cheese, of course! Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 12/27/19.

115

Monday Jan 6

Fee: \$45

Oasis

2:00 - 3:30



Personal Development

Mountain Cheeses and the Wines They Love

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

From the US ranges to European peaks, mountain cheeses are a unique and delicious distinction among cheeses. In this class we'll be discussing the category and what that means, as well as the traditions that go into making them. Plan on tasting your way through some of the most iconic varieties from home and abroad, paired with the wines they love! Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 1/13/20.

118

Monday Jan 20

Fee: \$45

Oasis

2:00 - 3:30

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.

120

Monday Jan 27 - Mar 23

No class 2/17

Fee: \$55

Oasis

10:00 - 11:30

8 sessions

Personal Development



Chocolate, Wine & Cheese: What Brings Them Together?

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

Experience the holy trinity of decadence! Back by popular demand, we invite you to 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. Deadline for sign up is 1/27/20.

122

Monday Feb 3

Fee: \$45

Oasis

2:00 - 3:30

Star Spangled Zinfandel

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

If there was ever a good time to focus on the big red wine, it would be in the heart of winter! Zinfandel often brings up an image of easy to drink pink wine, but that is only the White version. The real Zin is a deep red wine that will warm you to your toes. It has become California's signature grape, and has found the perfect home in some of the state's finest counties – Lodi, Amador, Sonoma and Napa. Let's have some fun and taste the differences in terroir between all of them. A taste of California's "happy cow" cheeses will accompany. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 2/10/20.

125

Monday Feb 17

Fee: \$45

Oasis

2:00 - 3:30

Pacific Northwest Wines: Washington VS Oregon

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

The wine industry in the PNW is hot right now and we'll be exploring it together! Even though they share a border, both Oregon and Washington State have their own specialties. Oregon has often been called "Pinot-ville" for its excellent production of Pinot Noir, and Washington State has become a signature hot spot for rich reds like Cabernet and Syrah. Join us as we taste our way through some of the most popular wines being produced, paired with cheeses from our western states! Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 2/24/20.

129

Monday Mar 2

Fee: \$45

Oasis

2:00 - 3:30

A Taste of Iberia!

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

The Iberian Peninsula houses the two countries of Portugal and Spain. Together, they produce an incredible variety of wines and cheeses not often explored or appreciated. We'll take a tour of the major regions of the peninsula, and introduce you to a whole new world of great values. You may even add a few new grapes to your wine repertoire. Hola!!! Cheeses will be paired with each variety, but the wines will be the stars! Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 3/2/20.

132

Monday Mar 9

Fee: \$45

Oasis

2:00 - 3:30





Political Cartoons: No Laughing Matter?

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

Political cartoonists describe their work as an expression of a “quiet passion” for pointing out how our world might be different. As cartoonist Ted Rall puts it, “Cartooning won’t change the world, but that’s no reason not to try.” Let’s continue our conversation about the messages cartoonists are crafting as they critique the current political scene, leading up to the 2020 presidential campaign. A selection of issues: immigration (a moat stocked with alligators along the Mexican border?), gun control (armed teachers?), climate control (nuke the eye of the hurricane?), the impeachment controversy, whistleblowing.

133

Monday Mar 16

Fee: \$15

Oasis

10:00 - 11:30

Downsize, Declutter and Find A New Space

Mary Dougherty

Decluttering our STUFF can be overwhelming and hard to get started. We are all downsizing in some way, moving from a house to apartment, moving family members to colleges or 55+ homes. Some of us look around our homes and just can’t stand the clutter anymore. Today’s busy young adults are different than we were. We loved to have gram’s old dishes and flatware. Our kids? NOT SO MUCH. This generation likes simple, less stuff and more experiences. What are they going to do with your old VCR, DVDs, pots, pans, your nick knacks or collection of precious moments, not so precious if they are collecting dust in every room? And what about the endless projects from the craft store you were going to finish? We are buried in stuff and need to set ourselves free. Learn how to do that plus more!

136

Monday Apr 13

Fee: \$25

Oasis

10:00 - 1:00

Personal Development

An Afternoon of Raclette!

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

Join us for one of the most popular traditions of the Swiss – a delicious combination of small-bites prepared with one of our favorite cheeses: Raclette, of course! We will guide you step-by-step so you can feel confident hosting your own Raclette Party. Sip while we prepare, and then enjoy as we nosh together. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, cheese educator and proprietor, Little Bleu Catering & Events. Deadline for sign up is 4/6/20.

137

Monday Apr 13

Fee: \$45

Oasis

2:00 - 3:30

Conversations About Women: “Women and the Elections”

Sue Jaschik

Come for an engaging presentation and conversation about current topics. Both sessions 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 both sessions.

313

Wednesday Jan 15

Fee: \$10

Oasis

9:00 - 10:00

Conversations About Women: “Evolving Roles”

Sue Jaschik

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

316

Wednesday Jan 22

Fee: \$10

Oasis

9:00 - 10:00

Personal Development

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 January 9, February 13, March 12 and April 9 for a total of four class sessions.

407

Thursday Jan 9 - Apr 9

Free

St. John's Meadows

1:30 - 2:30

4 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.

Tours

The Dutch Connection - George Eastman Museum

George Eastman Museum Staff

Each year during Mr. Eastman's residency between 1902 and 1932, except during a wartime coal shortage in 1918, flowering bulbs such as tulips, hyacinths, and daffodils provided a full spectrum of color and fragrance during the winter months. Now, each year the Eastman House recreates a particular year in the house's history by exactly duplicating Mr. Eastman's order for that year of thousands of bulbs from Holland. In addition to the many spring flowers will be beautiful orchids - a favorite of Mr. Eastman. You will be given a special guided tour through the Mansion and the gallery, and can tour the marvelous floral displays on your own. There is a cafe; and you may stay for lunch on your own after the tour.

216

George Eastman Museum

Tuesday Feb 25

10:00 - 12:00

Fee: \$14

Tour of Dayton's Corners One-Room Schoolhouse

Barbara Quinn

Dayton's Corners School is an historic 19th Century, one-room schoolhouse owned by the Town of Penfield. Perched on the corner of Creek Street and Plank Road, it is the only rural schoolhouse in the area that has not been converted to another use. Today the building serves as a Living History Museum for students studying local history, allowing them to "spend the day in 1857." Take a journey back in time and experience education as it was.

217

Tuesday Mar 3

Fee: \$15

Dayton's Corner

10:00 - 12:00

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.

509

Friday Jan 10 - Jan 24

Fee: \$25

Memorial Art Gallery

1:00 - 3:00

3 sessions



REGISTER ONLINE AT
WWW.OASISNET.ORG/ROCHESTER-NY
BEGINNING DECEMBER 17, 2019
AT 11:00 AM

Tours



Docent Gallery: Judith Schaechter

Memorial Art Gallery Staff

The Path to Paradise: Judith Schaechter's Stained-Glass Art is the first survey and major scholarly assessment of this groundbreaking artist's 37-year career. Organized by the Memorial Art Gallery of the University of Rochester and drawn from both private and institutional collections, The Path to Paradise will feature approximately 45 of Judith Schaechter's stained-glass panels along with a selection of related drawings and process materials.

512

Friday Jan 31

Fee: \$15

Memorial Art Gallery

2:00 - 3:00

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.

514

Friday Feb 7 - Feb 21

Fee: \$25

Memorial Art Gallery

1:00 - 3:00

3 sessions

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.

518

Friday Mar 6 - Mar 20

Fee: \$25

Memorial Art Gallery

1:00 - 3:00

3 sessions

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.

525

Friday Apr 3 - Apr 17

Fee: \$25

Memorial Art Gallery

1:00 - 3:00

3 sessions



Hospice Office Volunteers Needed!

Office volunteers help support our hospice program by offering administrative support to our agency.

Common office volunteer tasks include:

- data entry
- sending bereavement mailings
- labeling
- and other clerical tasks

We are in need of organized and efficient office workers
Monday-Friday between the hours of 9:00 a.m. and 5:00 p.m.

.....

This role might be a fit for you if you want to aid the
hospice mission but prefer not to have direct patient contact.

**Please call (585) 214-1444 or email rose.fletcher@lifetimecare.org
if you are interested in becoming a hospice office volunteer**

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?



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

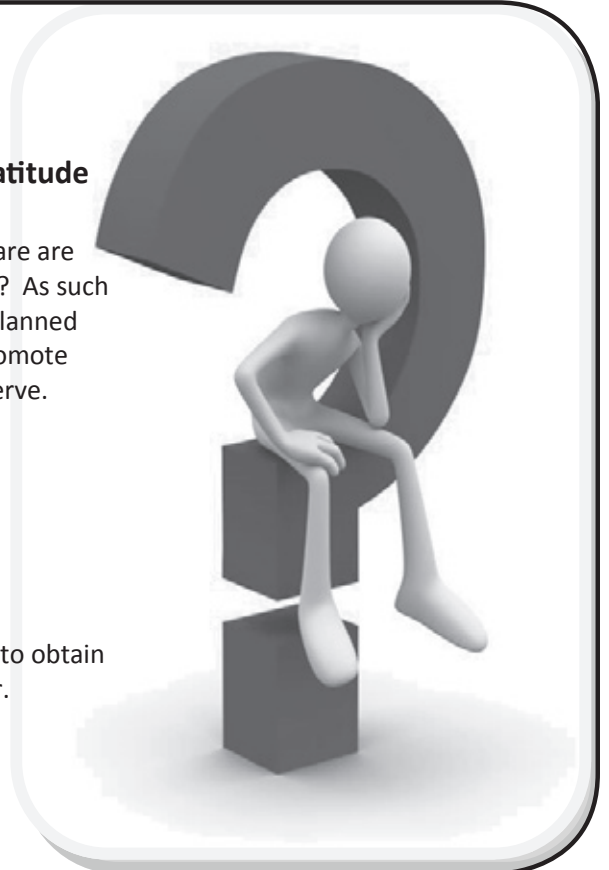
Did you know that OASIS Rochester and its sponsor Lifetime Care are both recognized by the IRS as 501(c)3 charitable organizations? As such organizations, we welcome expressions of gratitude through planned giving. Planned gifts make a major impact in allowing us to promote healthy aging and to improve 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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		of Jesus Volume 1" • 320	10	Tap Dance II - B • 504	20
		Read of the Month - "Lost Teachings		Tap Dance III-A • 506	20
		on Your Higher Self" • 324	10	Tap Dance III-B • 507.....	20
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Irving Berlin • 327.....	11	Us All • 902.....	35	For a Lifetime • 514.....	41
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				ZUMBA Gold • 404.....	19

Oasis Calendar for January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	501 - *Nia - Basic (LC) 9:15 - 10:25 502 - *Nia (LC) 10:40 - 11:50 3
101 - Medicare Counseling (1) 9:00 - 10:00 102 - Music Theory (3) 9:15 - 10:15 104 - Technology Tutor (1) 9:30 - 10:30 105 - T'ai Chi I (6) 9:30 - 10:30 103 - Civil Rights (4) 9:30 - 10:30 106 - *Senior Spunk (LC) 9:45 - 10:45 107 - Piano Lessons IV (3) 10:15 - 11:15 108 - T'ai Chi II (6) 10:45 - 11:45 109 - Streaming Services (4) 11:00 - 1:00 110 - Theory/Composition (3) 11:15 - 12:15 111 - *Nia (LC) 12:15 - 1:00 112 - Readers' Theatre (2) 1:00 - 3:30 113 - Metta Meditation (6) 1:30 - 3:00 114 - *Pilates (LC) 1:45 - 2:45 115 - Merlot (3) 2:00 - 3:30 6	201 - Nia (4) 9:30 - 10:45 202 - *AquaFit Level One (VM) 9:45 - 10:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 205 - Chorus (4) 11:15 - 12:30 206 - French 2 C (3) 1:00 - 2:00 207 - Line Dance (6) 1:30 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15 7	301 - *Jazz Dancing (TNT) 9:30 - 10:15 302 - Italian Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 306 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 308 - Movies (4) 12:30 - 3:00 309 - *Jazz Dancing (TNT) 12:45 - 1:30 310 - Family History (3) 1:00 - 3:00 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15 8	401 - Yoga-Advanced (6) 9:00 - 10:00 202 - *AquaFit Level One (VM) 9:45 - 10:45 402 - Yoga-Gentle (4) 10:15 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 403 - Food (4) 11:00 - 12:00 404 - ZUMBA Gold (6) 11:30 - 12:30 405 - Bone Up (6) 12:45 - 1:45 406 - Healthy Brain (3) 1:00 - 2:30 407 - *Month in Review (SJM) 1:30 - 2:30 9	503 - Tap II A (6) 9:00 - 9:45 501 - *Nia - Basic (LC) 9:15 - 10:25 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 502 - *Nia (LC) 10:40 - 11:50 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 509 - *Art of Looking (MAG) 1:00 - 3:00 510 - Movies (2) 2:00 - 3:00 906 - *RPO 8:00 10
102 - Music Theory (3) 9:15 - 10:15 104 - Technology Tutor (1) 9:30 - 10:30 105 - T'ai Chi I (6) 9:30 - 10:30 106 - *Senior Spunk (LC) 9:45 - 10:45 116 - *Book Club (LC) 10:00 - 11:00 107 - Piano Lessons IV (3) 10:15 - 11:15 108 - T'ai Chi II (6) 10:45 - 11:45 110 - Theory/Composition (3) 11:15 - 12:15 111 - *Nia (LC) 12:15 - 1:00 117 - Sugar Blues (4) 1:00 - 2:30 112 - Readers' Theatre (2) 1:00 - 3:30 113 - Metta Meditation (6) 1:30 - 3:00 114 - *Pilates (LC) 1:45 - 2:45 13	201 - Nia (4) 9:30 - 10:45 202 - *AquaFit Level One (VM) 9:45 - 10:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 205 - Chorus (4) 11:15 - 12:30 206 - French 2 C (3) 1:00 - 2:00 210 - Knights (4) 1:00 - 2:30 207 - Line Dance (6) 1:30 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15 14	313 - Conversations (2) 9:00 - 10:00 302 - Italian Opera (4) 9:30 - 11:00 301 - *Jazz Dancing (TNT) 9:30 - 10:15 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 306 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 309 - *Jazz Dancing (TNT) 12:45 - 1:30 314 - Musicale (4) 1:00 - 3:00 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15 315 - Read of Month (2) 2:00 - 3:00 15	401 - Yoga-Advanced (6) 9:00 - 10:00 202 - *AquaFit Level One (VM) 9:45 - 10:45 402 - Yoga-Gentle (4) 10:15 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 408 - Rasputin (4) 11:00 - 12:00 404 - ZUMBA Gold (6) 11:30 - 12:30 405 - Bone Up (6) 12:45 - 1:45 409 - Book Discussion (3) 1:00 - 2:00 16	503 - Tap II A (6) 9:00 - 9:45 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 511 - *Little Theatre 1:00 - 3:00 509 - *Art of Looking (MAG) 1:00 - 3:00 510 - Movies (2) 2:00 - 3:00 907 - *RPO 7:30 17
105 - T'ai Chi I (6) 9:30 - 10:30 108 - T'ai Chi II (6) 10:45 - 11:45 112 - Readers' Theatre (2) 1:00 - 3:30 113 - Metta Meditation (6) 1:30 - 3:00 118 - Mountain Cheeses (3) 2:00 - 3:30 20	202 - *AquaFit Level One (VM) 9:45 - 10:45 211 - *Qigong (LC) 10:00 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 212 - *Mindfulness (LC) 11:30 - 12:45 210 - Knights (4) 1:00 - 2:30 206 - French 2 C (3) 1:00 - 2:00 207 - Line Dance (6) 1:30 - 2:30 213 - Expatriation (4) 1:30 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15 21	316 - Conversations (2) 9:00 - 10:00 302 - Italian Opera (4) 9:30 - 11:00 301 - *Jazz Dancing (TNT) 9:30 - 10:15 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 307 - *Tap I (TNT) 12:00 - 12:45 306 - CardioMix (6) 12:00 - 1:00 317 - TV (4) 12:00 - 3:00 309 - *Jazz Dancing (TNT) 12:45 - 1:30 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15 22	401 - Yoga-Advanced (6) 9:00 - 10:00 410 - German I (2) 9:30 - 10:30 202 - *AquaFit Level One (VM) 9:45 - 10:45 412 - Terrarium (3) 10:00 - 11:00 411 - *Meditation (LC) 10:00 - 11:15 402 - Yoga-Gentle (4) 10:15 - 11:15 413 - German II (2) 10:45 - 11:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 408 - Rasputin (4) 11:00 - 12:00 404 - ZUMBA Gold (6) 11:30 - 12:30 414 - German III (2) 12:00 - 1:00 405 - Bone Up (6) 12:45 - 1:45 23	503 - Tap II A (6) 9:00 - 9:45 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 509 - *Art of Looking (MAG) 1:00 - 3:00 510 - Movies (2) 2:00 - 3:00 908 - *RPO 8:00 24
102 - Music Theory (3) 9:15 - 10:15 119 - Technology Tutor (1) 9:30 - 10:30 105 - T'ai Chi I (6) 9:30 - 10:30 106 - *Senior Spunk (LC) 9:45 - 10:45 120 - American Politics (2) 10:00 - 11:30 107 - Piano Lessons IV (3) 10:15 - 11:15 108 - T'ai Chi II (6) 10:45 - 11:45 110 - Theory/Composition (3) 11:15 - 12:15 112 - Readers' Theatre (2) 1:00 - 3:30 113 - Metta Meditation (6) 1:30 - 3:00 114 - *Pilates (LC) 1:45 - 2:45 27	202 - *AquaFit Level One (VM) 9:45 - 10:45 211 - *Qigong (LC) 10:00 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 212 - *Mindfulness (LC) 11:30 - 12:45 206 - French 2 C (3) 1:00 - 2:00 207 - Line Dance (6) 1:30 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15 28	301 - *Jazz Dancing (TNT) 9:30 - 10:15 302 - Italian Opera (4) 9:30 - 11:00 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 307 - *Tap I (TNT) 12:00 - 12:45 306 - CardioMix (6) 12:00 - 1:00 309 - *Jazz Dancing (TNT) 12:45 - 1:30 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15 29	401 - Yoga-Advanced (6) 9:00 - 10:00 410 - German I (2) 9:30 - 10:30 202 - *AquaFit Level One (VM) 9:45 - 10:45 415 - Blue Zone (4) 10:00 - 12:00 411 - *Meditation (LC) 10:00 - 11:15 402 - Yoga-Gentle (4) 10:15 - 11:15 413 - German II (2) 10:45 - 11:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 404 - ZUMBA Gold (6) 11:30 - 12:30 414 - German III (2) 12:00 - 1:00 405 - Bone Up (6) 12:45 - 1:45 416 - Life Balance (3) 1:00 - 2:30 901 - *RPO 7:30 30	503 - Tap II A (6) 9:00 - 9:45 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 510 - Movies (2) 2:00 - 3:00 512 - *Docent Gallery (MAG) 2:00 - 3:00 31

Oasis Calendar for February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>102 - Music Theory (3) 9:15 - 10:15 3</p> <p>105 - T'ai Chi I (6) 9:30 - 10:30</p> <p>119 - Technology Tutor (1) 9:30 - 10:30</p> <p>106 - *Senior Spunk (LC) 9:45 - 10:45</p> <p>120 - American Politics (2) 10:00 - 11:30</p> <p>107 - Piano Lessons IV (3) 10:15 - 11:15</p> <p>108 - T'ai Chi II (6) 10:45 - 11:45</p> <p>121 - Dyatlov Pass (4) 11:00 - 12:00</p> <p>110 - Theory/Composition (3) 11:15 - 12:15</p> <p>112 - Readers' Theatre (2) 1:00 - 3:30</p> <p>113 - Metta Meditation (6) 1:30 - 3:00</p> <p>114 - *Pilates (LC) 1:45 - 2:45</p> <p>122 - Chocolate, Wine (3) 2:00 - 3:30</p>	<p>202 - *AquaFit Level One (VM) 9:45 - 10:45 4</p> <p>211 - *Qigong (LC) 10:00 - 11:15</p> <p>203 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>204 - Beginning Latin (3) 11:00 - 12:00</p> <p>214 - Sugar (2) 11:00 - 12:30</p> <p>212 - *Mindfulness (LC) 11:30 - 12:45</p> <p>215 - Burt (4) 1:00 - 3:30</p> <p>206 - French 2 C (3) 1:00 - 2:00</p> <p>207 - Line Dance (6) 1:30 - 2:30</p> <p>208 - Poetry (2) 2:00 - 3:30</p> <p>209 - French 3 (3) 2:15 - 3:15</p>	<p>302 - Italian Opera (4) 9:30 - 11:00 5</p> <p>301 - *Jazz Dancing (TNT) 9:30 - 10:15</p> <p>303 - Spanish III (3) 10:00 - 11:00</p> <p>506 - *Tappers 10:15 - 11:15</p> <p>304 - *Ballet I (TNT) 11:15 - 12:00</p> <p>305 - Spanish II (3) 11:15 - 12:15</p> <p>306 - CardioMix (6) 12:00 - 1:00</p> <p>307 - *Tap I (TNT) 12:00 - 12:45</p> <p>318 - Movies (4) 12:30 - 3:00</p> <p>309 - *Jazz Dancing (TNT) 12:45 - 1:30</p> <p>311 - Line Dance (6) 1:15 - 2:15</p> <p>312 - *Ballet I (TNT) 1:30 - 2:15</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 6</p> <p>410 - German I (2) 9:30 - 10:30</p> <p>202 - *AquaFit Level One (VM) 9:45 - 10:45</p> <p>417 - Hitchcock Part III (4) 10:00 - 1:00</p> <p>411 - *Meditation (LC) 10:00 - 11:15</p> <p>402 - Yoga-Gentle (4) 10:15 - 11:15</p> <p>413 - German II (2) 10:45 - 11:45</p> <p>203 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>404 - ZUMBA Gold (6) 11:30 - 12:30</p> <p>414 - German III (2) 12:00 - 1:00</p> <p>405 - Bone Up (6) 12:45 - 1:45</p> <p>418 - Mythology (3) 1:30 - 2:30</p> <p>419 - Gnostic Gospels (2) 2:00 - 3:30</p> <p>902 - *RPO 7:30</p>	<p>503 - Tap II A (6) 9:00 - 9:45 7</p> <p>513 - Cognitive Aging (3) 9:30 - 11:30</p> <p>504 - Tap II - B (6) 9:45 - 10:30</p> <p>505 - Course Miracles (2) 10:00 - 11:30</p> <p>506 - *Tappers 10:15 - 11:15</p> <p>506 - Tap Dance III-A (6) 10:30 - 11:15</p> <p>507 - Tap Dance III (6) 11:15 - 12:00</p> <p>508 - Tap IV (6) 12:00 - 12:45</p> <p>514 - *Art of Looking (MAG) 1:00 - 3:00</p> <p>510 - Movies (2) 2:00 - 3:00</p>
<p>102 - Music Theory (3) 9:15 - 10:15 10</p> <p>105 - T'ai Chi I (6) 9:30 - 10:30</p> <p>106 - *Senior Spunk (LC) 9:45 - 10:45</p> <p>120 - American Politics (2) 10:00 - 11:30</p> <p>116 - *Book Club (LC) 10:00 - 11:00</p> <p>107 - Piano Lessons IV (3) 10:15 - 11:15</p> <p>108 - T'ai Chi II (6) 10:45 - 11:45</p> <p>121 - Dyatlov Pass (4) 11:00 - 12:00</p> <p>110 - Theory/Composition (3) 11:15 - 12:15</p> <p>112 - Readers' Theatre (2) 1:00 - 3:30</p> <p>114 - *Pilates (LC) 1:45 - 2:45</p>	<p>202 - *AquaFit Level One (VM) 9:45 - 10:45 11</p> <p>211 - *Qigong (LC) 10:00 - 11:15</p> <p>203 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>204 - Beginning Latin (3) 11:00 - 12:00</p> <p>214 - Sugar (2) 11:00 - 12:30</p> <p>212 - *Mindfulness (LC) 11:30 - 12:45</p> <p>215 - Burt (4) 1:00 - 3:30</p> <p>206 - French 2 C (3) 1:00 - 2:00</p> <p>207 - Line Dance (6) 1:30 - 2:30</p> <p>208 - Poetry (2) 2:00 - 3:30</p> <p>209 - French 3 (3) 2:15 - 3:15</p>	<p>302 - Italian Opera (4) 9:30 - 11:00 12</p> <p>301 - *Jazz Dancing (TNT) 9:30 - 10:15</p> <p>303 - Spanish III (3) 10:00 - 11:00</p> <p>506 - *Tappers 10:15 - 11:15</p> <p>304 - *Ballet I (TNT) 11:15 - 12:00</p> <p>305 - Spanish II (3) 11:15 - 12:15</p> <p>306 - CardioMix (6) 12:00 - 1:00</p> <p>307 - *Tap I (TNT) 12:00 - 12:45</p> <p>309 - *Jazz Dancing (TNT) 12:45 - 1:30</p> <p>319 - Musicales (4) 1:00 - 3:00</p> <p>310 - Family History (3) 1:00 - 3:00</p> <p>311 - Line Dance (6) 1:15 - 2:15</p> <p>312 - *Ballet I (TNT) 1:30 - 2:15</p> <p>320 - Read of Month (2) 2:00 - 3:00</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 13</p> <p>410 - German I (2) 9:30 - 10:30</p> <p>202 - *AquaFit Level One (VM) 9:45 - 10:45</p> <p>417 - Hitchcock Part III (4) 10:00 - 1:00</p> <p>411 - *Meditation (LC) 10:00 - 11:15</p> <p>402 - Yoga-Gentle (4) 10:15 - 11:15</p> <p>413 - German II (2) 10:45 - 11:45</p> <p>203 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>404 - ZUMBA Gold (6) 11:30 - 12:30</p> <p>414 - German III (2) 12:00 - 1:00</p> <p>405 - Bone Up (6) 12:45 - 1:45</p> <p>418 - Mythology (3) 1:30 - 2:30</p> <p>420 - Spanish Transition (4) 1:30 - 3:00</p> <p>407 - *Month in Review (SJM) 1:30 - 2:30</p> <p>419 - Gnostic Gospels (2) 2:00 - 3:30</p>	<p>503 - Tap II A (6) 9:00 - 9:45 14</p> <p>504 - Tap II - B (6) 9:45 - 10:30</p> <p>505 - Course Miracles (2) 10:00 - 11:30</p> <p>506 - *Tappers 10:15 - 11:15</p> <p>506 - Tap Dance III-A (6) 10:30 - 11:15</p> <p>507 - Tap Dance III (6) 11:15 - 12:00</p> <p>508 - Tap IV (6) 12:00 - 12:45</p> <p>514 - *Art of Looking (MAG) 1:00 - 3:00</p> <p>515 - History in Film (4) 1:00 - 3:30</p> <p>510 - Movies (2) 2:00 - 3:00</p> <p>909 - *RPO 8:00</p>
<p>202 - *AquaFit Level One (VM) 9:45 - 10:45 17</p> <p>211 - *Qigong (LC) 10:00 - 11:15</p> <p>203 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>204 - Beginning Latin (3) 11:00 - 12:00</p> <p>214 - Sugar (2) 11:00 - 12:30</p> <p>212 - *Mindfulness (LC) 11:30 - 12:45</p> <p>215 - Burt (4) 1:00 - 3:30</p> <p>206 - French 2 C (3) 1:00 - 2:00</p> <p>207 - Line Dance (6) 1:30 - 2:30</p> <p>208 - Poetry (2) 2:00 - 3:30</p> <p>209 - French 3 (3) 2:15 - 3:15</p>	<p>202 - *AquaFit Level One (VM) 9:45 - 10:45 18</p> <p>211 - *Qigong (LC) 10:00 - 11:15</p> <p>203 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>204 - Beginning Latin (3) 11:00 - 12:00</p> <p>214 - Sugar (2) 11:00 - 12:30</p> <p>212 - *Mindfulness (LC) 11:30 - 12:45</p> <p>215 - Burt (4) 1:00 - 3:30</p> <p>206 - French 2 C (3) 1:00 - 2:00</p> <p>207 - Line Dance (6) 1:30 - 2:30</p> <p>208 - Poetry (2) 2:00 - 3:30</p> <p>209 - French 3 (3) 2:15 - 3:15</p>	<p>302 - Italian Opera (4) 9:30 - 11:00 19</p> <p>301 - *Jazz Dancing (TNT) 9:30 - 10:15</p> <p>303 - Spanish III (3) 10:00 - 11:00</p> <p>506 - *Tappers 10:15 - 11:15</p> <p>305 - Spanish II (3) 11:15 - 12:15</p> <p>304 - *Ballet I (TNT) 11:15 - 12:00</p> <p>306 - CardioMix (6) 12:00 - 1:00</p> <p>307 - *Tap I (TNT) 12:00 - 12:45</p> <p>309 - *Jazz Dancing (TNT) 12:45 - 1:30</p> <p>321 - TV (4) 1:00 - 3:00</p> <p>311 - Line Dance (6) 1:15 - 2:15</p> <p>312 - *Ballet I (TNT) 1:30 - 2:15</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 20</p> <p>410 - German I (2) 9:30 - 10:30</p> <p>202 - *AquaFit Level One (VM) 9:45 - 10:45</p> <p>417 - Hitchcock Part III (4) 10:00 - 1:00</p> <p>411 - *Meditation (LC) 10:00 - 11:15</p> <p>402 - Yoga-Gentle (4) 10:15 - 11:15</p> <p>413 - German II (2) 10:45 - 11:45</p> <p>203 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>404 - ZUMBA Gold (6) 11:30 - 12:30</p> <p>414 - German III (2) 12:00 - 1:00</p> <p>405 - Bone Up (6) 12:45 - 1:45</p> <p>420 - Spanish Transition (4) 1:30 - 3:00</p> <p>418 - Mythology (3) 1:30 - 2:30</p> <p>419 - Gnostic Gospels (2) 2:00 - 3:30</p>	<p>503 - Tap II A (6) 9:00 - 9:45 21</p> <p>504 - Tap II - B (6) 9:45 - 10:30</p> <p>505 - Course Miracles (2) 10:00 - 11:30</p> <p>506 - *Tappers 10:15 - 11:15</p> <p>516 - MLK (4) 10:30 - 11:30</p> <p>506 - Tap Dance III-A (6) 10:30 - 11:15</p> <p>507 - Tap Dance III (6) 11:15 - 12:00</p> <p>508 - Tap IV (6) 12:00 - 12:45</p> <p>514 - *Art of Looking (MAG) 1:00 - 3:00</p> <p>517 - *Little Theatre 1:00 - 3:00</p> <p>510 - Movies (2) 2:00 - 3:00</p>
<p>102 - Music Theory (3) 9:15 - 10:15 24</p> <p>124 - Technology Tutor (1) 9:30 - 10:30</p> <p>105 - T'ai Chi I (6) 9:30 - 10:30</p> <p>106 - *Senior Spunk (LC) 9:45 - 10:45</p> <p>120 - American Politics (2) 10:00 - 11:30</p> <p>107 - Piano Lessons IV (3) 10:15 - 11:15</p> <p>108 - T'ai Chi II (6) 10:45 - 11:45</p> <p>110 - Theory/Composition (3) 11:15 - 12:15</p> <p>114 - *Pilates (LC) 1:45 - 2:45</p>	<p>202 - *AquaFit Level One (VM) 9:45 - 10:45 25</p> <p>216 - *The Dutch Connection 10:00 - 12:00</p> <p>211 - *Qigong (LC) 10:00 - 11:15</p> <p>203 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>204 - Beginning Latin (3) 11:00 - 12:00</p> <p>214 - Sugar (2) 11:00 - 12:30</p> <p>212 - *Mindfulness (LC) 11:30 - 12:45</p> <p>215 - Burt (4) 1:00 - 3:30</p> <p>206 - French 2 C (3) 1:00 - 2:00</p> <p>207 - Line Dance (6) 1:30 - 2:30</p> <p>208 - Poetry (2) 2:00 - 3:30</p> <p>209 - French 3 (3) 2:15 - 3:15</p>	<p>302 - Italian Opera (4) 9:30 - 11:00 26</p> <p>301 - *Jazz Dancing (TNT) 9:30 - 10:15</p> <p>303 - Spanish III (3) 10:00 - 11:00</p> <p>506 - *Tappers 10:15 - 11:15</p> <p>305 - Spanish II (3) 11:15 - 12:15</p> <p>304 - *Ballet I (TNT) 11:15 - 12:00</p> <p>306 - CardioMix (6) 12:00 - 1:00</p> <p>307 - *Tap I (TNT) 12:00 - 12:45</p> <p>309 - *Jazz Dancing (TNT) 12:45 - 1:30</p> <p>311 - Line Dance (6) 1:15 - 2:15</p> <p>312 - *Ballet I (TNT) 1:30 - 2:15</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 27</p> <p>410 - German I (2) 9:30 - 10:30</p> <p>202 - *AquaFit Level One (VM) 9:45 - 10:45</p> <p>417 - Hitchcock Part III (4) 10:00 - 1:00</p> <p>411 - *Meditation (LC) 10:00 - 11:15</p> <p>402 - Yoga-Gentle (4) 10:15 - 11:15</p> <p>413 - German II (2) 10:45 - 11:45</p> <p>203 - *AquaFit Level Two (VM) 10:45 - 11:45</p> <p>404 - ZUMBA Gold (6) 11:30 - 12:30</p> <p>414 - German III (2) 12:00 - 1:00</p> <p>405 - Bone Up (6) 12:45 - 1:45</p> <p>418 - Mythology (3) 1:30 - 2:30</p> <p>419 - Gnostic Gospels (2) 2:00 - 3:30</p> <p>903 - *RPO 7:30</p>	<p>503 - Tap II A (6) 9:00 - 9:45 28</p> <p>504 - Tap II - B (6) 9:45 - 10:30</p> <p>505 - Course Miracles (2) 10:00 - 11:30</p> <p>506 - *Tappers 10:15 - 11:15</p> <p>506 - Tap Dance III-A (6) 10:30 - 11:15</p> <p>507 - Tap Dance III (6) 11:15 - 12:00</p> <p>508 - Tap IV (6) 12:00 - 12:45</p> <p>515 - History in Film (4) 1:00 - 3:30</p> <p>510 - Movies (2) 2:00 - 3:00</p>

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Oasis Calendar for March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>102 - Music Theory (3) 9:15 - 10:15 105 - Tai Chi I (6) 9:30 - 10:30 106 - *Senior Spunk (LC) 9:45 - 10:45 120 - American Politics (2) 10:00 - 11:30 107 - Piano Lessons IV (3) 10:15 - 11:15 108 - Tai Chi II (6) 10:45 - 11:45 126 - Spartacus (4) 11:00 - 12:00 110 - Theory/Composition (3) 11:15 - 12:15 111 - *Nia (LC) 12:15 - 1:00 127 - Sugar (2) 1:00 - 2:30 128 - Open Meditation (6) 1:30 - 3:00 114 - *Pilates (LC) 1:45 - 2:45 129 - Pacific Wines (3) 2:00 - 3:30</p>	<p>201 - Nia (4) 9:30 - 10:45 202 - *AquaFit Level One (VM) 9:45 - 10:45 217 - *Dayton's Corners 10:00 - 12:00 218 - *Qigong (LC) 10:00 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 205 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:30 - 12:45 206 - French 2 C (3) 1:00 - 2:00 207 - Line Dance (6) 1:30 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15</p>	<p>302 - Italian Opera (4) 9:30 - 11:00 301 - *Jazz Dancing (TNT) 9:30 - 10:15 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 306 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 322 - Movies (4) 12:30 - 3:00 309 - *Jazz Dancing (TNT) 12:45 - 1:30 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 410 - German I (2) 9:30 - 10:30 202 - *AquaFit Level One (VM) 9:45 - 10:45 417 - Hitchcock Part III (4) 10:00 - 1:00 421 - *Meditation (LC) 10:00 - 11:15 402 - Yoga-Gentle (4) 10:15 - 11:15 413 - German II (2) 10:45 - 11:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 404 - ZUMBA Gold (6) 11:30 - 12:30 414 - German III (2) 12:00 - 1:00 405 - Bone Up (6) 12:45 - 1:45 422 - Cast Album (4) 1:30 - 3:00 419 - Gnostic Gospels (2) 2:00 - 3:30</p>	<p>503 - Tap II A (6) 9:00 - 9:45 501 - *Nia - Basic (LC) 9:15 - 10:25 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 502 - *Nia (LC) 10:40 - 11:50 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 518 - *Art of Looking (MAG) 1:00 - 3:00 515 - History in Film (4) 1:00 - 3:30</p>
<p>102 - Music Theory (3) 9:15 - 10:15 130 - Technology Tutor (1) 9:30 - 10:30 105 - Tai Chi I (6) 9:30 - 10:30 106 - *Senior Spunk (LC) 9:45 - 10:45 116 - *Book Club (LC) 10:00 - 11:00 120 - American Politics (2) 10:00 - 11:30 107 - Piano Lessons IV (3) 10:15 - 11:15 108 - Tai Chi II (6) 10:45 - 11:45 126 - Spartacus (4) 11:00 - 12:00 110 - Theory/Composition (3) 11:15 - 12:15 111 - *Nia (LC) 12:15 - 1:00 127 - Sugar (2) 1:00 - 2:30 131 - Qur'an/Gnosticism (4) 1:30 - 3:00 128 - Open Meditation (6) 1:30 - 3:00 114 - *Pilates (LC) 1:45 - 2:45 132 - Taste of Iberia (3) 2:00 - 3:30</p>	<p>201 - Nia (4) 9:30 - 10:45 202 - *AquaFit Level One (VM) 9:45 - 10:45 218 - *Qigong (LC) 10:00 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 205 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:30 - 12:45 206 - French 2 C (3) 1:00 - 2:00 207 - Line Dance (6) 1:30 - 2:30 220 - Catt (4) 1:30 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15</p>	<p>302 - Italian Opera (4) 9:30 - 11:00 301 - *Jazz Dancing (TNT) 9:30 - 10:15 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 306 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 309 - *Jazz Dancing (TNT) 12:45 - 1:30 323 - Musicale (4) 1:00 - 3:00 310 - Family History (3) 1:00 - 3:00 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15 324 - Read of Month (2) 2:00 - 3:00</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 410 - German I (2) 9:30 - 10:30 202 - *AquaFit Level One (VM) 9:45 - 10:45 423 - Preventing Decline (4) 10:00 - 12:00 421 - *Meditation (LC) 10:00 - 11:15 402 - Yoga-Gentle (4) 10:15 - 11:15 413 - German II (2) 10:45 - 11:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 404 - ZUMBA Gold (6) 11:30 - 12:30 414 - German III (2) 12:00 - 1:00 405 - Bone Up (6) 12:45 - 1:45 422 - Cast Album (4) 1:30 - 3:00 407 - *Month in Review (SJM) 1:30 - 2:30 419 - Gnostic Gospels (2) 2:00 - 3:30</p>	<p>503 - Tap II A (6) 9:00 - 9:45 501 - *Nia - Basic (LC) 9:15 - 10:25 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 502 - *Nia (LC) 10:40 - 11:50 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 519 - Corinthians (2) 12:00 - 1:30 518 - *Art of Looking (MAG) 1:00 - 3:00 520 - Songs (4) 1:00 - 2:30</p>
<p>102 - Music Theory (3) 9:15 - 10:15 130 - Technology Tutor (1) 9:30 - 10:30 105 - Tai Chi I (6) 9:30 - 10:30 106 - *Senior Spunk (LC) 9:45 - 10:45 133 - Political Cartoons (4) 10:00 - 11:30 120 - American Politics (2) 10:00 - 11:30 107 - Piano Lessons IV (3) 10:15 - 11:15 108 - Tai Chi II (6) 10:45 - 11:45 110 - Theory/Composition (3) 11:15 - 12:15 111 - *Nia (LC) 12:15 - 1:00 127 - Sugar (2) 1:00 - 2:30 131 - Qur'an/Gnosticism (4) 1:30 - 3:00 128 - Open Meditation (6) 1:30 - 3:00 114 - *Pilates (LC) 1:45 - 2:45</p>	<p>201 - Nia (4) 9:30 - 10:45 202 - *AquaFit Level One (VM) 9:45 - 10:45 218 - *Qigong (LC) 10:00 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 205 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:30 - 12:45 206 - French 2 C (3) 1:00 - 2:00 207 - Line Dance (6) 1:30 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15</p>	<p>302 - Italian Opera (4) 9:30 - 11:00 301 - *Jazz Dancing (TNT) 9:30 - 10:15 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 306 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 309 - *Jazz Dancing (TNT) 12:45 - 1:30 325 - TV (4) 1:00 - 3:00 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 410 - German I (2) 9:30 - 10:30 202 - *AquaFit Level One (VM) 9:45 - 10:45 421 - *Meditation (LC) 10:00 - 11:15 402 - Yoga-Gentle (4) 10:15 - 11:15 413 - German II (2) 10:45 - 11:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 404 - ZUMBA Gold (6) 11:30 - 12:30 414 - German III (2) 12:00 - 1:00 405 - Bone Up (6) 12:45 - 1:45 422 - Cast Album (4) 1:30 - 3:00 904 - *RPO 7:30</p>	<p>503 - Tap II A (6) 9:00 - 9:45 501 - *Nia - Basic (LC) 9:15 - 10:25 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 502 - *Nia (LC) 10:40 - 11:50 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 519 - Corinthians (2) 12:00 - 1:30 518 - *Art of Looking (MAG) 1:00 - 3:00 522 - *Little Theatre 1:00 - 3:00 521 - Songs (4) 1:00 - 2:30</p>
<p>102 - Music Theory (3) 9:15 - 10:15 105 - Tai Chi I (6) 9:30 - 10:30 106 - *Senior Spunk (LC) 9:45 - 10:45 120 - American Politics (2) 10:00 - 11:30 107 - Piano Lessons IV (3) 10:15 - 11:15 108 - Tai Chi II (6) 10:45 - 11:45 110 - Theory/Composition (3) 11:15 - 12:15 111 - *Nia (LC) 12:15 - 1:00 127 - Sugar (2) 1:00 - 2:30 131 - Qur'an/Gnosticism (4) 1:30 - 3:00 128 - Open Meditation (6) 1:30 - 3:00 114 - *Pilates (LC) 1:45 - 2:45</p>	<p>201 - Nia (4) 9:30 - 10:45 202 - *AquaFit Level One (VM) 9:45 - 10:45 218 - *Qigong (LC) 10:00 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 205 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:30 - 12:45 206 - French 2 C (3) 1:00 - 2:00 207 - Line Dance (6) 1:30 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15</p>	<p>302 - Italian Opera (4) 9:30 - 11:00 301 - *Jazz Dancing (TNT) 9:30 - 10:15 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 306 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 309 - *Jazz Dancing (TNT) 12:45 - 1:30 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15</p>	<p>401 - Yoga-Advanced (6) 9:00 - 10:00 410 - German I (2) 9:30 - 10:30 202 - *AquaFit Level One (VM) 9:45 - 10:45 421 - *Meditation (LC) 10:00 - 11:15 402 - Yoga-Gentle (4) 10:15 - 11:15 413 - German II (2) 10:45 - 11:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 404 - ZUMBA Gold (6) 11:30 - 12:30 414 - German III (2) 12:00 - 1:00 405 - Bone Up (6) 12:45 - 1:45</p>	<p>503 - Tap II A (6) 9:00 - 9:45 501 - *Nia - Basic (LC) 9:15 - 10:25 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 502 - *Nia (LC) 10:40 - 11:50 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 519 - Corinthians (2) 12:00 - 1:30 523 - Songs (4) 1:00 - 2:30</p>
<p>102 - Music Theory (3) 9:15 - 10:15 134 - Technology Tutor (1) 9:30 - 10:30 105 - Tai Chi I (6) 9:30 - 10:30 106 - *Senior Spunk (LC) 9:45 - 10:45 107 - Piano Lessons IV (3) 10:15 - 11:15 108 - Tai Chi II (6) 10:45 - 11:45 110 - Theory/Composition (3) 11:15 - 12:15 111 - *Nia (LC) 12:15 - 1:00 127 - Sugar (2) 1:00 - 2:30 131 - Qur'an/Gnosticism (4) 1:30 - 3:00 128 - Open Meditation (6) 1:30 - 3:00 114 - *Pilates (LC) 1:45 - 2:45</p>	<p>201 - Nia (4) 9:30 - 10:45 202 - *AquaFit Level One (VM) 9:45 - 10:45 218 - *Qigong (LC) 10:00 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 205 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:30 - 12:45 206 - French 2 C (3) 1:00 - 2:00 221 - Stress (4) 1:00 - 2:30 207 - Line Dance (6) 1:30 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15</p>			

Oasis Calendar for April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		302 - Italian Opera (4) 9:30 - 11:00 301 - *Jazz Dancing (TNT) 9:30 - 10:15 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 306 - CardioMix (6) 12:00 - 1:00 307 - *Tap I (TNT) 12:00 - 12:45 326 - Movies (4) 12:30 - 3:00 309 - *Jazz Dancing (TNT) 12:45 - 1:30 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15	401 - Yoga-Advanced (6) 9:00 - 10:00 424 - Custer (4) 9:00 - 11:00 410 - German I (2) 9:30 - 10:30 202 - *AquaFit Level One (VM) 9:45 - 10:45 421 - *Meditation (LC) 10:00 - 11:15 402 - Yoga-Gentle (4) 10:15 - 11:15 413 - German II (2) 10:45 - 11:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 404 - ZUMBA Gold (6) 11:30 - 12:30 414 - German III (2) 12:00 - 1:00 405 - Bone Up (6) 12:45 - 1:45 425 - Swards of Auburn (4) 2:30 - 4:00	524 - Famous Lawmen (4) 9:00 - 11:00 503 - Tap II A (6) 9:00 - 9:45 501 - *Nia - Basic (LC) 9:15 - 10:25 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 502 - *Nia (LC) 10:40 - 11:50 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 519 - Corinthians (2) 12:00 - 1:30 525 - *Art of Looking (MAG) 1:00 - 3:00 526 - Songs (4) 1:00 - 2:30
102 - Music Theory (3) 9:15 - 10:15 134 - Technology Tutor (1) 9:30 - 10:30 105 - Tai Chi I (6) 9:30 - 10:30 107 - Piano Lessons IV (3) 10:15 - 11:15 108 - Tai Chi II (6) 10:45 - 11:45 135 - Forgotten Stories (4) 11:00 - 12:00 110 - Theory/Composition (3) 11:15 - 12:15 111 - *Nia (LC) 12:15 - 1:00 131 - Qur'an/Gnosticism (4) 1:30 - 3:00 128 - Open Meditation (6) 1:30 - 3:00	201 - Nia (4) 9:30 - 10:45 202 - *AquaFit Level One (VM) 9:45 - 10:45 218 - *Qigong (LC) 10:00 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 205 - Chorus (4) 11:15 - 12:30 219 - *Mindfulness (LC) 11:30 - 12:45 206 - French 2 C (3) 1:00 - 2:00 221 - Stress (4) 1:00 - 2:30 208 - Poetry (2) 2:00 - 3:30 209 - French 3 (3) 2:15 - 3:15	302 - Italian Opera (4) 9:30 - 11:00 301 - *Jazz Dancing (TNT) 9:30 - 10:15 303 - Spanish III (3) 10:00 - 11:00 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 305 - Spanish II (3) 11:15 - 12:15 307 - *Tap I (TNT) 12:00 - 12:45 309 - *Jazz Dancing (TNT) 12:45 - 1:30 327 - Musicale (4) 1:00 - 3:00 310 - Family History (3) 1:00 - 3:00 312 - *Ballet I (TNT) 1:30 - 2:15 328 - Read of Month (2) 2:00 - 3:00	401 - Yoga-Advanced (6) 9:00 - 10:00 426 - Indian Chiefs (4) 9:30 - 11:00 202 - *AquaFit Level One (VM) 9:45 - 10:45 421 - *Meditation (LC) 10:00 - 11:15 427 - Terrarium (3) 10:00 - 11:00 402 - Yoga-Gentle (4) 10:15 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 428 - Memories (4) 12:30 - 2:00 407 - *Month in Review (SJM) 1:30 - 2:30	503 - Tap II A (6) 9:00 - 9:45 527 - Wild Women (4) 9:00 - 10:00 501 - *Nia - Basic (LC) 9:15 - 10:25 504 - Tap II - B (6) 9:45 - 10:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 502 - *Nia (LC) 10:40 - 11:50 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 525 - *Art of Looking (MAG) 1:00 - 3:00
102 - Music Theory (3) 9:15 - 10:15 106 - *Senior Spunk (LC) 9:45 - 10:45 116 - *Book Club (LC) 10:00 - 11:00 136 - Downsize (3) 10:00 - 1:00 107 - Piano Lessons IV (3) 10:15 - 11:15 135 - Forgotten Stories (4) 11:00 - 12:00 110 - Theory/Composition (3) 11:15 - 12:15 111 - *Nia (LC) 12:15 - 1:00 131 - Qur'an/Gnosticism (4) 1:30 - 3:00 114 - *Pilates (LC) 1:45 - 2:45 137 - Raclette (3) 2:00 - 3:30	201 - Nia (4) 9:30 - 10:45 202 - *AquaFit Level One (VM) 9:45 - 10:45 203 - *AquaFit Level Two (VM) 10:45 - 11:45 204 - Beginning Latin (3) 11:00 - 12:00 205 - Chorus (4) 11:15 - 12:30 206 - French 2 C (3) 1:00 - 2:00 207 - Line Dance (6) 1:30 - 2:30 209 - French 3 (3) 2:15 - 3:15	302 - Italian Opera (4) 9:30 - 11:00 301 - *Jazz Dancing (TNT) 9:30 - 10:15 506 - *Tappers 10:15 - 11:15 304 - *Ballet I (TNT) 11:15 - 12:00 307 - *Tap I (TNT) 12:00 - 12:45 306 - CardioMix (6) 12:00 - 1:00 309 - *Jazz Dancing (TNT) 12:45 - 1:30 329 - TV (4) 1:00 - 3:00 311 - Line Dance (6) 1:15 - 2:15 312 - *Ballet I (TNT) 1:30 - 2:15	401 - Yoga-Advanced (6) 9:00 - 10:00 202 - *AquaFit Level One (VM) 9:45 - 10:45 429 - Wild West (4) 10:00 - 11:00 402 - Yoga-Gentle (4) 10:15 - 11:15 203 - *AquaFit Level Two (VM) 10:45 - 11:45 404 - ZUMBA Gold (6) 11:30 - 12:30 405 - Bone Up (6) 12:45 - 1:45 430 - Musical Dossensbachs (4) 1:30 - 3:30	503 - Tap II A (6) 9:00 - 9:45 501 - *Nia - Basic (LC) 9:15 - 10:25 504 - Tap II - B (6) 9:45 - 10:30 528 - Railroad (4) 10:00 - 11:30 505 - Course Miracles (2) 10:00 - 11:30 506 - *Tappers 10:15 - 11:15 506 - Tap Dance III-A (6) 10:30 - 11:15 502 - *Nia (LC) 10:40 - 11:50 507 - Tap Dance III (6) 11:15 - 12:00 508 - Tap IV (6) 12:00 - 12:45 519 - Corinthians (2) 12:00 - 1:30 525 - *Art of Looking (MAG) 1:00 - 3:00 529 - *Little Theatre 1:00 - 3:00 910 - *RPO 8:00





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