



259 Monroe Avenue
Rochester, NY 14607

Nonprofit Org.
U.S. POSTAGE
PAID
Permit No. 298
Rochester, NY

Full class descriptions are on our website.
Registration will begin on August 16 and will
be via mail and online at
rochester.oasisnet.org

Fall 2021



Course Catalog

Join us for online classes this fall!

Register online: **rochester.oasisnet.org**



Dear Oasis Friends,

We are happy to share that with the high vaccination rate in our community, we are planning on re-opening for in-person classes this fall. In the abundance of care and concern for our participants, instructors and staff, we require proof of vaccination for all in person classes. You will note that many of our classes will be held in our Monroe Avenue space as well as in community spaces. Some classes will continue to be held via Zoom (and are noted 'Zoom Only') and some will be simulcasted in person AND via Zoom for those who may want to participate but not in person. Please note that for those classes only, there are two different class numbers and class titles are noted with 'In Person' and 'Zoom Simulcast.' Please register for either dependent on how you plan to participate and do not take an in person seat if you do not plan to come to our Monroe Avenue space. Please register carefully. Please check upcoming emails for further information on our safety policies and procedures we are putting in place to keep our instructors, staff and participants safe. We will also communicate whether we will be able to offer tickets for the RPO and The Little and Aquafit classes at Valley Manor. We will be available via phone at 730-8800 beginning August 2nd for any questions.

A handwritten signature in dark ink, appearing to read "Ann Cunningham".

Ann Cunningham
Oasis Rochester Executive Director

Take a class on Oasis Everywhere:

- **Our Oasis Everywhere classes, noted in green, are also being listed on Oasis Everywhere; please register on the Rochester Oasis Page at rochester.oasisnet.org.**
- Oasis Everywhere offers live online content provided by Oasis instructors from all nine centers across the country. For a full list of Oasis Everywhere (OE) classes, visit online @ rochester.oasisnet.org

Oasis Rochester Update:

- Staff continues to work from home through August 2. The best way to contact us is through email: inforochoasis@gmail.com
- Registration will begin on August 16 and will be via mail and online at: rochester.oasisnet.org

Full class descriptions are on our website. Registration will begin on August 16 and will be via mail and online at:

rochester.oasisnet.org

FALL 2021 COURSE CATALOG



For classes held on Zoom:

- How to join: you will need to download the Zoom app to your device prior to class. **Please visit: zoom.us/download**
- Zoom meeting information will be included in registration receipts. **Please be sure to save your receipt or conveniently file Zoom meeting ID and passcode for easy use.**
- To ensure admittance into the class, please be sure to change your device name to reflect who is enrolled in the class.
- Arriving early to class will help prevent any disruptions.
- To minimize distractions, please keep yourself muted (if on Zoom) at all times unless otherwise instructed.
- Due to storage space constraints and copyright issues, we will not be recording classes.

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 (our eBlast system).
- Sign into **MyOasis** and click on the **Opt In** button or call us at **585-730-8800** and we'll help you opt in to receive eBlasts and stay up-to-date on the latest class & center updates.



***Registration at Oasis Rochester for this Oasis Everywhere class.**



Full class descriptions are on our website. Registration will begin on August 16 and will be via mail and online at:
rochester.oasisnet.org

ARTS & HUMANITIES

108 Oasis Book Club (Zoom Only)

Jenny Lloyd
 Monday Sep 13 - Dec 6 12:30 PM - 01:30 PM Zoom
 Fee: \$20 4 sessions

111 Book Discussion: 'My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies'

Carole J Camp
 Mon. Sep 20 11:00 AM - 12:00 PM Oasis
 Fee: \$10

112 Shifting Gears: A Bicycle and an Open Road

Elaine Miller, PhD, SUNY Brockport, retired; owner, ek miller Productions
 Mon. Sep 20 1:00 PM - 2:00 PM Oasis
 Fee: \$10

202 Writing Family History* (Zoom Only)

Lisa Kleman
 Tue. Sep 7 - Nov 16 9:30 AM - 11:30 AM Zoom
 Fee: \$75 6 sessions

213 This Is Your Year To Write! * (Zoom Only)

Lisa Kleman
 Tue. Sep 14 - Nov 23 9:30 AM - 11:30 AM Zoom
 Fee: \$75 6 sessions

214 Literature Complements History

Gladys Winkworth, RIT Professor
 Tue. Sep 21 - Oct 5 11:00 AM - 12:00 PM Oasis
 Fee: \$25 3 sessions

219 Political Cartoons: Artful Commentary

Elaine Miller, PhD, SUNY Brockport, retired; owner, ek miller Productions
 Tue. Oct 5 1:00 PM - 2:00 PM Oasis
 Fee: \$10

311 Whimsical Watercolor Landscapes* (Zoom Only)

Susan Carmen-Duffy
 Wed. Sep 8 - Sep 29 1:00 PM - 2:00 PM Zoom
 Fee: \$60 4 sessions

312 Alcohol Ink

Peter Elliott
 Wed. Sep 8 - Sep 29 1:30 PM - 3:30 PM Oasis
 Fee: \$60 4 sessions

313 Cole Porter, Let's Do It (In Person)

Otto Bruno, host of Jazz 90.1 FM's "Sinatra and Company"
 Wed. Sep 8 - Sep 15 1:30 PM - 03:00 PM Oasis
 Fee: \$25 2 sessions

314 Cole Porter, Let's Do It* (Zoom Simulcast)

Otto Bruno, host of Jazz 90.1 FM's "Sinatra and Company"
 Wed. Sep 8 - Sep 15 1:30 PM - 03:00 PM Zoom
 Fee: \$25 2 sessions

315 Artemisia Gentileschi and Women Artists in the Renaissance and Baroque (In Person)

Grace Seiberling, Art Historian
 Wed. Sep 15 - Sep 29 11:00 AM - 12:30 PM Oasis
 Fee: \$40 3 sessions

316 Artemisia Gentileschi and Women Artists in the Renaissance and Baroque* (Zoom Simulcast)

Grace Seiberling, Art Historian
 Wed. Sep 15 - Sep 29 11:00 AM - 12:30 PM Zoom
 Fee: \$40 3 sessions

319 Spencer Tracy, Actor (In Person)

Otto Bruno, host of Jazz 90.1 FM's "Sinatra and Company"
 Wed. Sep 29 - Oct 20 1:30 PM - 03:00 PM Oasis
 Fee: \$50 4 sessions

319 Spencer Tracy, Actor* (Zoom Simulcast)

Otto Bruno, host of Jazz 90.1 FM's "Sinatra and Company"
 Wed. Sep 29 - Oct 20 1:30 PM - 03:00 PM Zoom
 Fee: \$50 4 sessions

321 Meditation and Meditative Drawing

Susan Carmen-Duffy
 Wed. Oct 6 3:00 PM - 4:30 PM Hungerford Building
 Fee: \$40

322 Toulouse-Lautrec, Vuillard, Bonnard, and Entertainment in 1890s Paris (In Person)

Grace Seiberling, Art Historian
 Wed. Oct 13 - Oct 27 11:00 AM - 12:30 PM Oasis
 Fee: \$40 2 sessions

323 Toulouse-Lautrec, Vuillard, Bonnard, and Entertainment in 1890s Paris* (Zoom Simulcast)

Grace Seiberling, Art Historian
 Wed. Oct 13 - Oct 27 11:00 AM - 12:30 PM Zoom
 Fee: \$40 3 sessions

324 All in the Family at 50 (In Person)

Otto Bruno, host of Jazz 90.1 FM's "Sinatra and Company"
 Wed. Oct 27 - Nov 3 1:30 PM - 03:00 PM Oasis
 Fee: \$25 2 sessions

325 All in the Family at 50* (Zoom Simulcast)

Otto Bruno, host of Jazz 90.1 FM's "Sinatra and Company"
 Wed. Oct 27 - Nov 3 1:30 PM - 03:00 PM Zoom
 Fee: \$25 2 sessions

326 Evolution of Museums (In Person)

Grace Seiberling, Art Historian
 Wed. Nov 3 - Dec 8 11:00 AM - 12:30 PM Oasis
 No class 11/24
 Fee: \$60 5 sessions

327 Evolution of Museums* (Zoom Simulcast)

Grace Seiberling, Art Historian
 Wed. Nov 3 - Dec 8 11:00 AM - 12:30 PM Zoom
 No class 11/24
 Fee: \$60 5 sessions

328 Columbo at 50 (In Person)

Otto Bruno, host of Jazz 90.1 FM's "Sinatra and Company"
 Wed. Nov 10 - Nov 17 1:30 PM - 03:00 PM Oasis
 Fee: \$50 2 sessions

- 329 Columbo at 50* (Zoom Simulcast)**
Otto Bruno, host of Jazz 90.1 FM's
"Sinatra and Company"
Wed. Nov 10 - Nov 17 1:30 PM - 03:00 PM Zoom
Fee: \$25 2 sessions
- 331 Zentangle* (Zoom Only)**
Susan Carmen-Duffy
Wed. Nov 10 3:00 PM - 4:30 PM Zoom
Fee: \$60
- 406 Seven Female Mystics (Zoom Only)**
Darla Bair, Interfaith Teacher
Thur. Sep 23 12:00 PM - 1:30 PM Zoom
Fee: \$15
- 407 Share Your Written Work* (Zoom Only)**
Lisa Kleman
Thur. Sep 23 - Dec 2 9:30 AM - 11:30 AM Zoom
Fee: \$75 6 sessions
- 414 Fall Into Writing* (Zoom Only)**
Jennifer Case
Mon. Oct 4 - Oct 25 7:00 PM - 8:30 PM Zoom
Fee: \$50 4 sessions
- 512 Holiday Greeting Cards**
Susan Carmen-Duffy
Fri. Oct 1 1:00 PM - 3:00 PM Hungerford Building
Fee: \$50

COMPUTER

- 103 Technology Tutoring**
Pat Martinez
Mon. Sep 13 - Sep 20 10:00 AM - 11:00 AM Oasis
Fee: \$45 2 sessions
- 113 Technology Tutoring**
Pat Martinez
Mon. Sep 27 - Oct 4 10:00 AM - 11:00 AM Oasis
Fee: \$45 2 sessions
- 118 Technology Tutoring**
Pat Martinez
Mon. Oct 11 - Oct 18 10:00 AM - 11:00 AM Oasis
Fee: \$45 2 sessions
- 123 Technology Tutoring**
Pat Martinez
Mon. Oct 25 - Nov 1 10:00 AM - 11:00 AM Oasis
Fee: \$45 2 sessions
- 124 Technology Tutoring**
Pat Martinez
Mon. Nov 8 - Nov 15 10:00 AM - 11:00 AM Oasis
Fee: \$45 2 sessions
- 126 Technology Tutoring**
Pat Martinez
Mon. Nov 29 - Dec 6 10:00 AM - 11:00 AM Oasis
Fee: \$45 2 sessions

EXERCISE

- 101 Senior Pilates* (Zoom Only)**
Rosalind Walker
Mon. Sep 13 - Dec 6 9:00 AM - 10:00 AM Zoom
Fee: \$65 13 sessions
- 102 T'ai Chi - Introduction**
Diane Macchiavelli, Lac
Mon. Sep 13 - Nov 15 9:30 AM - 10:30 AM Oasis
Fee: \$50 10 sessions
- 104 Bone Up Fitness* (Zoom Only)**
Rosalind Walker
Mon. Sep 13 - Dec 6 10:30 AM - 11:30 AM Zoom
Fee: \$65 13 sessions
- 105 T'ai Chi - Intermediate Level**
Diane Macchiavelli, Lac
Mon. Sep 13 - Nov 15 10:45 AM - 11:45 AM Oasis
Fee: \$50 10 sessions
- 109 Nia: Body, Mind and Spirit**
Rhonda Wright
Mon. Sep 13 - Dec 13 1:00 PM - 2:00 PM Oasis
Fee: \$65 14 sessions
- 110 Beginning Belly Dance**
Julie Ferreira
Mon. Sep 13 - Nov 15 2:00 PM - 3:00 PM Oasis
No class 7/5
Fee: \$50 10 session

- 201 Buff Bones® Level 2 Intermediate Mat Class (Zoom Only)**
Nancy Alexander, Physical Therapist,
Certified Senior Fitness Specialist
Tue. Sep 7 - Dec 7 9:00 AM - 10:00 AM Zoom
Fee: \$139 14 sessions
- 203 Nia: Body, Mind and Spirit**
Rhonda Wright
Tue. Sep 7 - Dec 7 9:30 AM - 10:30 AM Oasis
Fee: \$70 14 sessions
- 204 Buff Bones® Level 1 Introductory Mat Class (Zoom Only)**
Nancy Alexander, Physical Therapist,
Certified Senior Fitness Specialist
Tue. Sep 7 - Dec 7 11:00 AM - 12:00 PM Zoom
Fee: \$139 14 sessions
- 207 Intermediate Line Dancing* (Zoom Only)**
Rosalind Walker
Tue. Sep 7 - Dec 7 12:00 PM - 01:00 PM Zoom
Fee: \$70 14 sessions
- 210 CardioMix* (Zoom Only)**
Rosalind Walker
Tue. Sep 7 - Dec 7 1:30 PM - 02:30 PM Zoom
Fee: \$70 14 sessions
- 301 Jazz 2**
Erika Atkinson
Wed. Sep 8 - Dec 8 9:00 AM - 09:45 PM Oasis
No class 9/29, 11/24
Fee: \$60 12 sessions
- 302 Ballet**
Erika Atkinson
Wed. Sep 8 - Dec 8 9:45 AM - 10:25 AM Oasis
No class 9/29, 11/24
Fee: \$70 12 sessions
- 304 Buff Bones® Chair Class (Zoom Only)**
Nancy Alexander, Physical Therapist,
Certified Senior Fitness Specialist
Wed. Sep 8 - Dec 8 10:00 AM - 11:00 PM Zoom
Fee: \$139 14 sessions
- 305 Tap Dance 4**
Erika Atkinson
Wed. Sep 8 - Dec 8 10:30 AM - 11:10 AM Oasis
No class 9/29, 11/24
Fee: \$60 12 sessions
- 308 Oasis Tappers Wed.**
Erika Atkinson
Wed. Sep 8 - Dec 8 11:15 AM - 12:10 PM Oasis
No class 9/29, 11/24
Fee: \$60 12 sessions
- 309 Tap Dance 1**
Erika Atkinson
Wed. Sep 8 - Dec 8 12:15 PM - 12:55 PM Oasis
No class 9/29, 11/24
Fee: \$60 12 sessions
- 310 Jazz Dancing 1**
Erika Atkinson
Wed. Sep 8 - Dec 8 1:00 PM - 1:40 PM Oasis
No class 9/29, 11/24
Fee: \$60 12 sessions
- 318 Qigong for Health and Healing (Zoom Only)**
Usha Shah
Wed. Sep 15 - Oct 27 11:00 AM - 12:15 PM Zoom
No class 9/22
Fee: \$65 6 sessions
- 330 Qigong for Health and Healing (Zoom Only)**
Usha Shah
Wed. Nov 3 - Dec 8 11:00 AM - 12:15 PM Zoom
Fee: \$65 6 sessions
- 401 Senior Pilates* (Zoom Only)**
Rosalind Walker
Thur. Sep 9 - Dec 9 9:00 AM - 10:00 AM Zoom
No class 11/25
Fee: \$65 13 sessions
- 402 Bone Up Fitness* (Zoom Only)**
Rosalind Walker
Thur. Sep 9 - Dec 9 10:30 AM - 11:30 AM Zoom
No class 11/25
Fee: \$65 13 sessions

501 Tap Dance 2A

Erika Atkinson
Fri. Sep 10 - Dec 10 9:00 AM - 9:45 AM

Oasis
No class 11/26
Fee: \$65 13 sessions

502 Tap Dance 2B

Erika Atkinson
Fri. Sep 10 - Dec 10 9:45 AM - 10:25 AM

Oasis
No class 11/26
Fee: \$65 13 sessions

504 Tap Dance 3A

Erika Atkinson
Fri. Sep 10 - Dec 10 10:30 AM - 11:15 AM

Oasis
No class 11/26
Fee: \$60 13 sessions

505 Nia: Body, Mind and Spirit (Zoom Only)

Rhonda Wright
Fri. Sep 10 - Dec 10 10:30 AM - 11:30 AM

Zoom
No class 11/26
Fee: \$65 13 sessions

506 Tap Dance 3B

Erika Atkinson
Fri. Sep 10 - Dec 10 11:15 AM - 11:55 AM

Oasis
No class 11/26
Fee: \$65 13 sessions

507 Iconic Tap Dances: Learn The Shim Sham Shimmy

Erika Atkinson
Fri. Sep 10 - Sep 24 12:00 PM - 12:40 PM

Oasis
Fee: \$25 3 sessions

508 Oasis Tappers Fri.s

Erika Atkinson
Fri. Sep 10 - Dec 10 12:45 PM - 1:40 PM

Oasis
No class 11/26
Fee: \$50 13 sessions

511 Iconic Tap Dances: Learn Buster Brown's "Laura"

Erika Atkinson
Fri. Oct 1 - Nov 5 12:00 PM - 12:40 PM

Oasis
Fee: \$45 6 sessions

516 Iconic Tap Dances: Learn The "BS" Chorus

Erika Atkinson
Fri. Nov 12 - Nov 19 12:00 PM - 12:40 PM

Oasis
Fee: \$15 2 sessions

518 Iconic Tap Dances: Learn The Portland Fancy

Erika Atkinson
Fri. Dec 3 - Dec 10 12:00 PM - 12:40 PM

Oasis
Fee: \$15 2 sessions

HEALTH & FITNESS

116 Why Don't Diets Work?

Pam Gardephe, Integrative
Nutrition Health Coach
Mon. Sep 27 1:00 PM - 2:00 PM

Oasis
Fee: \$10

117 Labyrinths: Walking Meditation

Darla Bair, Interfaith Teacher
Monday Oct 4 - Oct 11 9:00 AM - 10:00 AM

Oasis
Fee: \$20 2 sessions

122 Sugar Blues

Pam Gardephe, Integrative
Nutrition Health Coach
Mon. Oct 18 1:00 PM - 2:00 PM

Oasis
Fee: \$10

212 Power of Meditation and Mindfulness in Unprecedented Times

Usha Shah
Tue. Sep 14 - Oct 26 11:00 AM - 12:15 PM

Oasis
No class 9/21
Fee: \$65 6 sessions

218 Power of Meditation and Mindfulness in Unprecedented Times

Usha Shah
Tue. Nov 2 - Dec 7 11:00 AM - 12:15 PM

Oasis
Fee: \$65 6 sessions

HISTORY

106 Outbreak of World War I (In Person)

David Woodruff
Monday Sep 13 - Sep 20 11:00 AM - 12:00 PM

Oasis
Fee: \$20 2 sessions

107 Outbreak of World War I* (Zoom Simulcast)

David Woodruff
Mon. Sep 13 - Sep 20 11:00 AM - 12:00 PM

Zoom
Fee: \$20 2 sessions

114 French Revolution (In Person)

David Woodruff
Mon. Sep 27 - Oct 4 11:00 AM - 12:00 PM

Oasis
Fee: \$20 2 sessions

115 French Revolution* (Zoom Simulcast)

David Woodruff
Mon. Sep 27 - Oct 4 11:00 AM - 12:00 PM

Zoom
Fee: \$20 2 sessions

119 You Live to be 100 years Old: Born 1869-1969

Thomas Boyce, Printer Interpreter,
Genesee Country Village
Mon. Oct 11 1:00 PM - 3:00 PM

Oasis
Fee: \$15

120 Quest For King Arthur (In Person)

David Woodruff
Mon. Oct 18 - Oct 25 11:00 AM - 12:00 PM

Oasis
Fee: \$20 2 sessions

121 Quest For King Arthur* (Zoom Simulcast)

David Woodruff
Mon. Oct 18 - Oct 25 11:00 AM - 12:00 PM

Zoom
Fee: \$20 2 sessions

125 Memories of the Monroe Theater

Peter Elliott
Mon. Nov 8 1:30 PM - 3:30 PM

Oasis
Fee: \$15

403 The Black Lamb and the Grey Falcon (In Person)

David Woodruff
Thur. Sep 9 - Sep 16 11:00 AM - 12:00 PM

Oasis
Fee: \$20 2 sessions

404 The Black Lamb and the Grey Falcon* (Zoom Simulcast)

David Woodruff
Thur. Sep 9 - Sep 16 11:00 AM - 12:00 PM

Zoom
Fee: \$20 2 sessions

415 Foreign Policy in the U.S. - Who Makes It?

Mel Braverman
Thur. Nov 11 - Dec 9 10:30 AM - 12:00 PM

Oasis
No class 11/25
Fee: \$50 4 sessions

503 Burma / Myanmar— The Nation With Two Names

Hkadin Lee, Refugee Support Coordinator at Lake Ave.
Baptist Church
Fri. Sep 10 10:00 AM - 12:00 PM

Oasis
Fee: \$15

510 60th Anniversary of the Bay of Pigs Invasion

Mark Sample, History Professor, MCC
Fri. Sep 24 10:00 AM - 11:00 AM

Oasis
Fee: \$10

513 Cold War in Retrospect

Laurence Britt, author and commentator on political
and economic affairs
Fri. Oct 8 - Oct 29 11:00 AM - 12:00 PM

Oasis
Fee: \$35 4 sessions

517 You Live to be 100 years Old: Born 1869-1969

Thomas Boyce, Printer Interpreter,
Genesee Country Village
Fri. Nov 12 10:00 AM - 12:00 PM

Oasis
Fee: \$1

LANGUAGES

208 French - Elementary (Zoom Only)

Kevin Finnigan
Tue. Sep 7 - Dec 14 1:00 PM - 2:00 PM
Zoom
No class 11/24
Fee: \$75 15 sessions

211 French - Intermediate (Zoom Only)

Kevin Finnigan
Tue. Sep 7 - Dec 7 2:30 PM - 03:30 PM
Zoom
Fee: \$75 14 sessions

303 Spanish - Advanced Continued (Zoom Only)

Kristine Hannon, retired Rochester City School District teacher
Wed. Sep 8 - Dec 8 10:00 AM - 11:00 AM
Zoom
No class 11/24
Fee: \$75 13 sessions

307 Spanish - Intermediate Continued

Kristine Hannon, retired Rochester City School District teacher
Wed. Sep 8 - Dec 8 11:15 AM - 12:15 PM
Oasis
No class 11/24
Fee: \$65 13 sessions

411 German - Advanced

Ingeborg Oberdoerster
Thur. Oct 21 - Dec 9 10:45 AM - 11:30 AM
Oasis
No class 11/25
Fee: \$40 7 sessions

412 German - Intermediate

Ingeborg Oberdoerster
Thur. Oct 21 - Dec 9 9:30 AM - 10:30 AM
Oasis
No class 11/25
Fee: \$40 7 sessions

MUSIC

SC205 Oasis Community Chorus

Rhonda Wright
Tue. Sep 7 - Dec 7 11:00 AM - 12:00 PM
Oasis
Fee: \$70 14 sessions

206 Piano Lessons I (Zoom Only)

Darla Bair, Director, Amadeus Choral
Tue. Sep 7 - Dec 7 12:00 PM - 01:00 PM
Zoom
Fee: \$70 14 sessions

209 Music Theory and Terminology IV (Zoom Only)

Darla Bair, professional musician
Tue. Sep 7 - Oct 26 1:15 PM - 02:15 PM
Zoom
Fee: \$40 8 sessions

306 Music Theory and Terminology I (Zoom Only)

Darla Bair, professional musician
Wed. Sep 8 - Nov 10 10:30 AM - 11:30 AM
Zoom
Fee: \$50 10 sessions

413 Sinatra in the 50s

James Kraus, retired English teacher, Rochester City School District
Thur. Oct 28 - Nov 18 1:00 PM - 2:30 PM
Oasis
Fee: \$45 4 sessions

PERSONAL DEVELOPMENT & ENRICHMENT

215 Sauvignon Blanc and The Goat Cheeses They Love!

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier
Tue. Oct 5 2:00 PM - 3:30 PM
Oasis
Fee: \$50

217 Tiny Bubbles: An International Taste

Ann Duckett, owner, The Little Bleu Catering & Events and Holly Howell, Wine Columnist and Certified Sommelier
Tue. Oct 26 2:00 PM - 3:30 PM
Oasis
Fee: \$50

SCIENCE

216 Fractals

Muriel Shaw
Tue. Oct 19 - Nov 16 10:00 AM - 12:00 PM
Oasis
Fee: \$60 5 sessions

405 Golden Ratio and Fibonacci Numbers

Muriel Shaw
Thur. Sep 16 - Oct 14 10:00 AM - 12:00 PM
Oasis
Fee: \$60 5 sessions

TOURS

317 Park Ave Food Tours - Eats and Treats

Cheri Davenport, Flower City Food Tour Park Avenue
Wed. Sep 15 11:00 AM - 2:00 PM
Fee: \$70

408 Finger Lakes Culinary Tour: Canandaigua/Naples

Sandy Baker
Thur. Sep 30 8:30 AM - 4:30 PM
Fee: \$35

409 Finger Lakes Culinary Tour: Canandaigua/Naples

Sandy Baker
Thur. Oct 7 8:30 AM - 4:30 PM
Fee: \$35

410 Park Ave Food Tours - Eats and Treats

Cheri Davenport, Flower City Food Tours Park Avenue
Thur. Oct 14 11:00 AM - 2:00 PM
Fee: \$70

509 The Art of Looking: Learning Tools For a Lifetime

MAG Staff, Memorial Art Gallery
Fri. Sep 10 - Sep 24 1:00 PM - 3:00 PM
Fee: \$30 3 sessions

514 The Art of Looking: Learning Tools For a Lifetime

MAG Staff, Memorial Art Gallery
Fri. Oct 8 - Oct 22 1:00 PM - 3:00 PM
Fee: \$30 3 sessions

515 The Art of Looking: Learning Tools For a Lifetime

MAG Staff, Memorial Art Gallery
Fri. Nov 5 - Nov 19 1:00 PM - 3:00 PM
Fee: \$30 3 sessions

519 The Art of Looking: Learning Tools For a Lifetime

MAG Staff, Memorial Art Gallery
Fri. Dec 3 - Dec 17 1:00 PM - 3:00 PM
Fee: \$30 3 sessions



Registration Procedures

Registration is required for all Oasis classes. Ways to register:

- **Mail-In - Registration Processed August 16, 2021**
- **Online - Registration Opens August 16, 2021 @ 12:00am**
- **Walk-In - Registration August 17-18, 9am-12 noon**

Please follow all procedures listed below:

- You must be a member of Oasis to register. If you are not a member you may join by coming to the Oasis Center, by phone or online at the Oasis website: rochester.oasisnet.org.
Membership is free.
- Please complete the registration form, including name and phone number. Please print clearly. Place a check mark in the left hand column in front of each class for which you want to register.
- All participants must sign the registration form, which serves as signature of the Waiver of Liability below.
- If there are two members in one household, please make a photocopy of the full blank registration form or pick up a form at Oasis. Do not list two members on one form.
- **If you would like a confirmation letter mailed, please enclose a self-addressed stamped envelope.**
- **If you would like your confirmation letter emailed, please provide your email address on the registration form.**
- Credit cards may be used to pay for classes and trips. Oasis accepts Visa, MasterCard, and Discover.
- Mark the credit card box on the registration form and include the type of card, the credit card number, expiration date and the **CVV number**. Credit cards are not charged if you are placed on a waiting list.
- If paying by check, separate checks must be written for each class requiring a fee. Please write the class number on the check. If the class is full, the unusual check will be returned to the member. Make checks payable to Oasis unless otherwise noted. If separate checks are not submitted, refundable fees will be credited to your Oasis account.
- Members who want to attend classes with another member should send their registrations to Oasis in one envelope. Don't forget to send the self-addresses stamped envelope or request an email receipt.

Waiver of Liability: I release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis. These include but are not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that 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. Oasis will follow CDC guidelines as it relates to COVID 19 but requires proof of vaccination for all in-person classes. I give permission for The Oasis Institute to photograph or videotape me and use my name and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

Oasis Registration Form

Name _____

(First, Last) (PLEASE PRINT)

Phone: _____

E-mail Address: _____ Would you like to receive emails from Oasis? ☐ Yes ☐ No

Signature: _____ Date: _____

I would like to pay by credit card: ☐ Visa ☐ Mastercard ☐ Discover

Card #: _____ Exp. Date: ____/____/____ CVV: _____ (On back of card)

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
		ARTS & HUMANITIES				
	108	Oasis Book Club (Zoom Only)	\$20			
	111	Book Discussion: 'My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies'	\$10			
	112	Shifting Gears: A Bicycle and an Open Road	\$10			
	202	Writing Family History (Zoom Only)	\$75			
	213	This Is Your Year To Write! (Zoom Only)	\$75			
	214	Literature Complements History	\$25			
	219	Political Cartoons: Artful Commentary	\$10			
	311	Whimsical Watercolor Landscapes (Zoom Only)	\$60			
	312	Alcohol Ink	\$60			
	313	Cole Porter, Let's Do It (In Person)	\$25			
	314	Cole Porter, Let's Do It (Zoom Simulcast)	\$25			
	315	Artemisia Gentileschi and Women Artists in the Renaissance and Baroque (In Person)	\$40			
	316	Artemisia Gentileschi and Women Artists in the Renaissance and Baroque (Zoom Simulcast)	\$40			
	319	Spencer Tracy, Actor (In Person)	\$50			
	319	Spencer Tracy, Actor (Zoom Simulcast)	\$50			
	321	Meditation and Meditative Drawing	\$40			
	322	Toulouse-Lautrec, Vuillard, Bonnard, and Entertainment in 1890s Paris (In Person)	\$40			
	323	Toulouse-Lautrec, Vuillard, Bonnard, and Entertainment in 1890s Paris (Zoom Simulcast)	\$40			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	324	All in the Family at 50 (In Person)	\$25			
	325	All in the Family at 50 (Zoom Simulcast)	\$25			
	326	Evolution of Museums (In Person)	\$60			
	327	Evolution of Museums (Zoom Simulcast)	\$60			
	328	Columbo at 50 (In Person)	\$50			
	329	Columbo at 50 (Zoom Simulcast)	\$25			
	331	Zentangle (Zoom Only)	\$60			
	406	Seven Female Mystics (Zoom Only)	\$15			
	407	Share Your Written Work (Zoom Only)	\$75			
	414	Fall Into Writing (Zoom Only)	\$50			
	512	Holiday Greeting Cards	\$50			
		COMPUTER				
	103	Technology Tutoring	\$45			
	113	Technology Tutoring	\$45			
	118	Technology Tutoring	\$45			
	123	Technology Tutoring	\$45			
	124	Technology Tutoring	\$45			
	126	Technology Tutoring	\$45			

Oasis Registration Form

Please place a check mark in the left hand column of each class you want to attend.

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
		<u>EXERCISE</u>				
	101	Senior Pilates (Zoom Only)	\$65			
	102	T'ai Chi - Introduction	\$50			
	104	Bone Up Fitness (Zoom Only)	\$65			
	105	T'ai Chi - Intermediate Level	\$50			
	109	Nia: Body, Mind and Spirit	\$65			
	110	Beginning Belly Dance	\$50			
	201	Buff Bones® Level 2 Intermediate Mat Class (Zoom Only)	\$139			
	203	Nia: Body, Mind and Spirit	\$70			
	204	Buff Bones® Level 1 Introductory Mat Class (Zoom Only)	\$139			
	207	Intermediate Line Dancing (Zoom Only)	\$70			
	210	CardioMix (Zoom Only)	\$70			
	301	Jazz 2	\$60			
	302	Ballet	\$70			
	304	Buff Bones® Chair Class (Zoom Only)	\$139			
	305	Tap Dance 4	\$60			
	308	Oasis Tappers Wednesday	\$60			
	309	Tap Dance 1	\$60			
	310	Jazz Dancing 1	\$60			
	318	Qigong for Health and Healing (Zoom Only)	\$65			
	330	Qigong for Health and Healing (Zoom Only)	\$65			
	401	Senior Pilates (Zoom Only)	\$65			
	402	Bone Up Fitness (Zoom Only)	\$65			
	501	Tap Dance 2A	\$65			
	502	Tap Dance 2B	\$65			
	504	Tap Dance 3A	\$60			
	505	Nia: Body, Mind and Spirit (Zoom Only)	\$65			
	506	Tap Dance 3B	\$65			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	507	Iconic Tap Dances: Learn The Shim Sham Shimmy	\$25			
	508	Oasis Tappers Fridays	\$50			
	511	Iconic Tap Dances: Learn Buster Brown's "Laura"	\$45			
	516	Iconic Tap Dances: Learn The "BS" Chorus	\$15			
	518	Iconic Tap Dances: Learn The Portland Fancy	\$15			
		<u>HEALTH & FITNESS</u>				
	116	Why Don't Diets Work?	\$10			
	117	Labyrinths: Walking Meditation	\$20			
	122	Sugar Blues	\$10			
	212	Power of Meditation and Mindfulness in Unprecedented Times	\$65			
	218	Power of Meditation and Mindfulness in Unprecedented Times	\$65			
		<u>HISTORY</u>				
	106	Outbreak of World War I (In Person)	\$20			
	107	Outbreak of World War I (Zoom Simulcast)	\$20			
	114	French Revolution (In Person)	\$20			
	115	French Revolution (Zoom Simulcast)	\$20			
	119	You Live to be 100 years Old: Born 1869-1969	\$15			
	120	Quest For King Arthur (In Person)	\$20			
	121	Quest For King Arthur (Zoom Simulcast)	\$20			
	125	Memories of the Monroe Theater	\$15			
	403	The Black Lamb and the Grey Falcon (In Person)	\$20			
	404	The Black Lamb and the Grey Falcon (Zoom Simulcast)	\$20			
	415	Foreign Policy in the U.S. - Who Makes It?	\$50			
	503	Burma / Myanmar—The Nation With Two Names	\$15			

Oasis Registration Form

Please place a check mark in the left hand column of each class you want to attend.

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	510	60th Anniversary of the Bay of Pigs Invasion	\$10			
	513	Cold War in Retrospect	\$35			
	517	You Live to be 100 years Old: Born 1869-1969	\$15			
		<u>LANGUAGES</u>				
	208	French - Elementary (Zoom Only)	\$75			
	211	French - Intermediate (Zoom Only)	\$75			
	303	Spanish - Advanced Continued (Zoom Only)	\$75			
	307	Spanish - Intermediate Continued	\$65			
	411	German - Advanced	\$40			
	412	German - Intermediate	\$40			
		<u>MUSIC</u>				
	SC205	Oasis Community Chorus	\$70			
	206	Piano Lessons I (Zoom Only)	\$70			
	209	Music Theory and Terminology IV (Zoom Only)	\$40			
	306	Music Theory and Terminology I (Zoom Only)	\$50			
	413	Sinatra in the 50s	\$45			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
		<u>PERSONAL DEVELOPMENT & ENRICHMENT</u>				
	215	Sauvignon Blanc and The Goat Cheeses They Love!	\$50			
	217	Tiny Bubbles: An International Taste	\$50			
		<u>SCIENCE</u>				
	216	Fractals	\$60			
	405	Golden Ratio and Fibonacci Numbers	\$60			
		<u>TOURS</u>				
	317	Park Ave Food Tours - Eats and Treats	\$70			
	408	Finger Lakes Culinary Tour: Canandaigua/Naples	\$35			
	409	Finger Lakes Culinary Tour: Canandaigua/Naples	\$35			
	410	Park Ave Food Tours - Eats and Treats	\$70			
	509	The Art of Looking: Learning Tools For a Lifetime	\$30			
	514	The Art of Looking: Learning Tools For a Lifetime	\$30			
	515	The Art of Looking: Learning Tools For a Lifetime	\$30			
	519	The Art of Looking: Learning Tools For a Lifetime	\$30			



For classes held on Zoom:

How to join- you will need to download the Zoom app to your device prior to class. Please visit: <https://zoom.us/download>



Full class descriptions are on our website. Registration will begin on August 16 and will be via mail and online at

rochester.oasisnet.org



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- How to join: you will need to download the Zoom app to your device prior to class. **Please visit: zoom.us/download**
- Zoom meeting information will be included in registration receipts. **Please be sure to save your receipt or conveniently file Zoom meeting ID and passcode for easy use.**
- To ensure admittance into the class, please be sure to change your device name to reflect who is enrolled in the class.
- Arriving to class on time will prevent any disruptions
- To minimize distractions, please keep yourself muted (if on zoom) at all times unless otherwise instructed.
- Due to storage space constraints and copyright issues, we will not be recording classes.

