



259 Monroe Avenue  
Rochester, NY 14607

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Rochester, NY

Full class descriptions are on our website.  
Registration will begin on April 10th and will  
be via mail and online at  
[rochester.oasisnet.org](http://rochester.oasisnet.org)

**Spring/  
Summer 2023**



## Course Catalog

Join us for online classes this  
Spring/Summer!

Register online: [rochester.oasisnet.org](http://rochester.oasisnet.org)





## Dear Oasis Friends,

As we move our way through 2023, we are excited to present our Spring/Summer brochure. We are grateful for opportunities to learn, grow and connect both in-person, online and simulcasted as we continue to offer classes in all three formats. Our Oasis Rochester Community Chorus and Oasis Tappers are back to performing in the community. While putting smiles on many faces with their love of music and dance, they are also spreading the word that Oasis Rochester is a vital part of our community, supporting lifelong learning and health and wellness. Again, 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. Several of our classes are offered on Oasis Everywhere, which is a way of sharing classes with others across the country. **Those classes are listed in green** and we ask that you register for those classes on our Rochester website online or via mail only. Please register carefully. Stay current on any updates by 'opting in' on your MyOasis account profile to receive email correspondence. And of course, always feel free to reach out to the Oasis office by phone at (585) 730-8800 with any questions. Happy Spring!

A handwritten signature in black 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 at [rochester.oasiseverywhere.org](http://rochester.oasiseverywhere.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 @ [store.oasiseverywhere.org](http://store.oasiseverywhere.org)

### Oasis Rochester Update:

- Staff can be reached by contacting us at 585.730.8800 or at [inforchoasis@gmail.com](mailto:inforchoasis@gmail.com)
- Registration will begin on April 10th and will be via mail and online at: [rochester.oasisnet.org](http://rochester.oasisnet.org)

**Full class descriptions are on our website. Registration will begin on April 10th and will be via mail and online at:**

**[rochester.oasisnet.org](http://rochester.oasisnet.org)**

# SPRING/SUMMER 2023 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](https://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.



**\*Register at [rochester.oasis everywhere.org](https://rochester.oasis everywhere.org) for this Oasis Everywhere class.**

## ARTS & HUMANITIES

Full class descriptions are on our website. Registration will begin on April 10th and will be via mail and online at:  
[rochester.oasisnet.org](http://rochester.oasisnet.org)

### 112 Political Cartoons: Seriously Joking

Elaine Miller, PhD, SUNY Brockport  
Monday May 15 1:00 PM - 2:30 PM Oasis  
Fee: \$15

### 114 Otto Bruno's Movie Matinee: *Ninotchka* (1939)

Otto Bruno, host of Jazz 90.1 FM's  
"Sinatra and Company"  
Monday May 22 12:30 PM - 3:30 PM Oasis  
Fee: \$20

### 118 Otto Bruno's Monday Matinee: *Take Me Out to the Ballgame* (1948)

Otto Bruno, host of Jazz 90.1 FM's  
"Sinatra and Company"  
Monday June 12 12:30 PM - 3:30 PM Oasis  
Fee: \$20

### 122 Otto Bruno's Monday Matinee: *The In-Laws* (1979)

Otto Bruno, host of Jazz 90.1 FM's  
"Sinatra and Company"  
Monday July 31 12:30 PM - 3:30 PM Oasis  
Fee: \$20

### 209 The Getaway Guy

Mike O'Brian, The Getaway Guy  
Tuesday May 16 1:00 PM - 2:00 PM Oasis  
Fee: \$12

### 210 Paint the Four Seasons in Watercolor

Lisa Robinson, Artist  
Tuesday May 23 1:00 PM - 3:00 PM Central Creatives  
Fee: \$45

### 212 Kathy Johncox Presents "On Second Base"

Kathy Johncox, Author  
Tuesday Jun 13 1:00 PM - 2:00 PM Oasis  
Fee: \$10

### 309 Painting as a Woman in the Early 20th Century (In Person)

Grace Seiberling, Art Historian  
Wednesday May 10 - 10:00 AM - 11:30 AM Oasis  
May 31 Fee: \$55 4 sessions

### 310 Painting as a Woman in the Early 20th Century (Zoom Simulcast)

Grace Seiberling, Art Historian  
Wednesday May 10 - 10:00 AM - 11:30 AM Zoom  
May 31 Fee: \$55 4 sessions

### 311 Bogart, From Stardom to Legend

Otto Bruno, host of Jazz 90.1 FM's  
"Sinatra and Company"  
Wednesday May 10 - 12:00 PM - 3:00 PM Oasis  
May 31 Fee: \$70 4 sessions

### 312 Neurographic Art

Susan Carmen-Duffy, Artist  
Wednesday May 17 1:00 PM - 3:00 PM Central Creatives  
Fee: \$45

### 314 Visualizing American Childhood II (In Person)

Grace Seiberling, Art Historian  
Wednesday Jun 7 - 11:00 AM - 12:30 PM Oasis  
Jun 21 Fee: \$40 3 sessions

### 315 Visualizing American Childhood II (Zoom Simulcast)

Grace Seiberling  
Wednesday Jun 7 - 10:00 AM - 11:30 AM Zoom  
Jun 21 Fee: \$40 3 sessions

### 316 Connect Through Writing

Jennifer Case, Writer  
Wednesday Jul 5 - 1:00 PM - 3:00 PM Zoom  
Aug 9 Fee: \$75 5 sessions

No class 7/26

### 318 Phil Silvers, Nat Hiken and Sergeant Bilko (In Person)

Otto Bruno, host of Jazz 90.1 FM's  
"Sinatra and Company"  
Wednesday Jul 12 - 1:30 PM - 3:00 PM Oasis  
Jul 26 Fee: \$50 3 sessions

### 319 Phil Silvers, Nat Hiken and Sergeant Bilko (Zoom Simulcast)

Otto Bruno, host of Jazz 90.1 FM's  
"Sinatra and Company"  
Wednesday Jul 12 - 1:30 PM - 3:00 PM Zoom  
Jul 26 Fee: \$50 3 sessions

### 409 Book Discussion: Ann's Pick *Demon Copperhead*

Ann Cunningham, Oasis Director  
Thursday Jun 8 1:00 PM - 2:00 PM Oasis  
Fee: \$5

### 410 Alcohol Ink

Peter Elliott, Artist  
Thursday Jul 13 - 12:00 PM - 1:30 PM Oasis  
Aug 3 Fee: \$60 4 sessions



- 503 Little Surprise!**  
Friday May 12 1:00 PM - 3:00 PM Little Theatre  
Fee: \$6
- 504 Oasis Book Club (Zoom Only)**  
Jenny Lloyd, Writer, Professor  
Friday May 12 - 1:30 PM - 2:30 PM Zoom  
Aug 11 Fee: \$20 4 sessions
- 508 Little Surprise!**  
Friday Jun 16 1:00 PM - 3:00 PM Little Theatre  
Fee: \$6
- 510 Little Surprise!**  
Friday Jul 14 1:00 PM - 3:00 PM Little Theatre  
Fee: \$6
- 513 Little Surprise!**  
Friday Aug 11 1:00 PM - 3:00 PM Little Theatre  
Fee: \$6

## COMPUTERS

- 514 Technology Tutoring**  
Pat Martinez, IT Professional  
Scheduled at a mutually agreeable time Oasis  
Fee: \$45 2 sessions
- 515 Technology Tutoring**  
Pat Martinez, IT Professional  
Scheduled at a mutually agreeable time Oasis  
Fee: \$45 2 sessions
- 516 Technology Tutoring**  
Pat Martinez, IT Professional  
Scheduled at a mutually agreeable time Oasis  
Fee: \$45 2 sessions
- 517 Technology Tutoring**  
Pat Martinez, IT Professional  
Scheduled at a mutually agreeable time Oasis  
Fee: \$45 2 sessions
- 518 Technology Tutoring**  
Pat Martinez  
Scheduled at a mutually agreeable time Oasis  
Fee: \$45 2 sessions

## EXERCISE

- 101 Senior Pilates (Zoom Only)**  
Rosalind Walker, Victory Fitness  
Monday May 1 - 9:00 AM - 10:00 AM Zoom  
Jul 31 Fee: \$70 10 sessions  
No class 5/29, 6/19, 6/29, 7/3
- 102 T'ai Chi - Introduction**  
Tim Farnum  
Monday May 1 - 9:30 AM - 10:30 AM Oasis  
Aug 7 Fee: \$6 13 session  
No class 5/29
- 104 Bone Up Fitness (Zoom Only)**  
Rosalind Walker, Victory Fitness  
Monday May 1 - 10:30 AM - 11:30 AM Zoom  
Jul 31 Fee: \$65 10 sessions  
No class 5/29, 6/19, 6/26, 7/3
- 107 Nia: Body, Mind and Spirit**  
Rhonda Wright, Fitness Coach  
Monday May 1 - 12:15 PM - 1:15 PM Oasis  
Aug 7 Fee: \$65 13 sessions  
No class 7/3 and 1 day TBD

- 201 Aquafit-Arthritis/Fibromyalgia/Range of Motion**  
Valley Manor Staff  
Tuesday May 2 - 10:00 AM - 11:00 AM Valley Manor  
Thursday Aug 10 Fee: \$145 29 sessions

- 204 CardioMix (Zoom Only)**  
Rosalind Walker, Victory Fitness  
Tuesday May 2 - 12:00 PM - 1:00 PM Zoom  
Aug 1 Fee: \$70 11 sessions  
No class 6/20, 6/27, 7/4

- 207 Beginning Belly Dance**  
Julie Ferreira, Instructor  
Tuesday May 2 - 1:00 PM - 2:00 PM Oasis  
Jun 20 Fee: \$40 8 sessions

- 301 Tap Dance 2A**  
Erika Atkinson, Instructor, Center Stage  
Wednesday May 3 - 9:00 AM - 9:40 AM Oasis  
Aug 9 Fee: \$75 15 sessions



- 302 Tap Dance 2B**  
Erika Atkinson, Instructor, Center Stage  
Wednesday May 3 - 9:45 AM - 10:25 AM Oasis  
Aug 9 Fee: \$75 15 sessions

- 304 Tap Dance 3**  
Erika Atkinson, Instructor, Center Stage  
Wednesday May 3 - 10:30 AM - 11:15 AM Oasis  
Aug 9 Fee: \$75 15 sessions

- 305 Tap Dance 4**  
Erika Atkinson, Instructor, Center Stage  
Wednesday May 3 - 11:15 AM - 12:00 PM Oasis  
Aug 9 Fee: \$75 15 sessions

- 306 Jazz**  
Erika Atkinson, Instructor, Center Stage  
Wednesday May 3 - 12:00 PM - 12:45 PM Oasis  
Aug 9 Fee: \$75 15 sessions

- 307 Oasis Tappers Wednesday**  
Erika Atkinson, Instructor, Center Stage  
Wednesday May 3 - 12:45 PM - 1:45 PM Oasis  
Aug 9 Fee: \$75 15 sessions

- 401 Bone Up Fitness (Zoom Only)**  
Rosalind Walker, Victory Fitness  
Thursday May 4 - 1:00 PM - 2:00 PM Zoom  
Aug 3 Fee: \$70 11 sessions  
No class 6/22, 6/29, 7/6

- 501 Nia: Body, Mind and Spirit (Zoom Only)**  
Rhonda Wright, Fitness Coach  
Friday May 5 - 10:30 AM - 11:30 AM Zoom  
Aug 11 Fee: \$70 14 sessions  
No class 1 class TBD

## HEALTH

- 115 Sugar Blues**  
Pam Gardephe, Integrative Nutrition Health Coach  
Monday May 22 1:00 PM - 2:00 PM Oasis  
Fee: \$10
- 121 Live More, Weigh Less: A Non-Diet Approach to Weight Loss**  
Pam Gardephe, Integrative Nutrition Health Coach  
Monday Jul 10 1:00 PM - 2:00 PM Oasis  
Fee: \$10
- 402 Have Guts to Get a Healthy Gut (In Person)**  
Cynthia Evans, Tealicious Trendz  
Tea & Wellness Shop  
Thursday May 18 10:00 AM - 11:00 AM Oasis  
Fee: \$20
- 403 Have Guts to Get a Healthy Gut (Zoom Simulcast)**  
Cynthia Evans, Tealicious Trendz  
Tea & Wellness Shop  
Thursday May 18 10:00 AM - 11:00 AM Zoom  
Fee: \$20
- 404 Lifestyle Medicine: What's in it for You? (In Person)**  
Dr. Susan Friedman, Geriatrician  
Thursday May 11 11:00 AM - 12:00 PM Oasis  
Fee: \$10
- 405 Lifestyle Medicine: What's in it for You? (Zoom Simulcast)**  
Dr. Susan Friedman, Geriatrician  
Thursday May 11 11:00 AM - 12:00 PM Zoom  
Fee: \$10
- 506 Best Healing Superfood-Coconut! (In Person)**  
Cynthia Evans, Tealicious Trendz  
Tea & Wellness Shop  
Friday Jun 16 11:00 AM - 12:00 PM Oasis  
Fee: \$20
- 507 Best Healing Superfood-Coconut! (Zoom Simulcast)**  
Cynthia Evans, Tealicious Trendz  
Tea & Wellness Shop  
Friday Jun 16 11:00 AM - 12:00 PM Zoom  
Free
- 511 Liquid Gold-Honey! (In Person)**  
Cynthia Evans, Tealicious Trendz  
Tea & Wellness Shop  
Thursday Aug 10 10:00 AM - 11:00 AM Oasis  
Fee: \$20
- 512 Liquid Gold-Honey! (Zoom Simulcast)**  
Cynthia Evans, Tealicious Trendz  
Tea & Wellness Shop  
Thursday Aug 10 10:00 AM - 11:00 AM Oasis  
Fee: \$20

## HISTORY

- 103 Thirty Days of Presidents - January 6, 1853 - April 20, 1871**  
Steve Schockow, Retired History Teacher  
Monday May 1 9:30 AM - 10:30 AM Oasis  
Fee: \$10
- 105 Greek Myths and Weird Gods (In Person)**  
David Woodruff, Story Teller  
Monday May 1 - May 8 11:00 AM - 12:00 PM Oasis  
Fee: \$20 2 sessions
- 106 Greek Myths and Weird Gods (Zoom Simulcast)**  
David Woodruff, Story Teller  
Monday May 1 - May 8 11:00 AM - 12:00 PM Zoom  
Fee: \$20 2 sessions
- 109 Thirty Days of Presidents: May 6, 1884 - August 6, 1914**  
Steve Schockow, Retired History Teacher  
Monday May 15 9:30 AM - 10:30 AM Oasis  
Fee: \$10
- 110 New York Curiosities (In Person)**  
David Woodruff, Story Teller  
Monday May 15 - May 22 11:00 AM - 12:00 PM Oasis  
Fee: \$20 2 sessions
- 111 New York Curiosities (Zoom Simulcast)**  
David Woodruff, Story Teller  
Monday May 15 - May 22 11:00 AM - 12:00 PM Zoom  
Fee: \$20 2 sessions
- 113 Thirty Days of Presidents: August 9, 1963 - December 22, 1828**  
Steve Schockow, Retired History Teacher  
Monday May 22 9:30 AM - 10:30 AM Oasis  
Fee: \$10
- 116 Ragnar Lothbrok and a History of the Vikings (In Person)**  
David Woodruff, Story Teller  
Tuesday Jun 6 - Jun 13 11:00 AM - 12:00 PM Oasis  
Fee: \$20 2 sessions
- 117 Ragnar Lothbrok and a History of the Vikings (Zoom Simulcast)**  
David Woodruff, Story Teller  
Monday Jun 5 - Jun 12 11:00 AM - 12:00 PM Zoom  
Fee: \$20 2 sessions
- 119 The Wright Brothers (In Person)**  
David Woodruff, Story Teller  
Monday Jun 19 - Jun 26 11:00 AM - 12:00 PM Oasis  
Fee: \$20 2 sessions



### 120 The Wright Brothers (Zoom Simulcast)

David Woodruff, Story Teller      Zoom  
Monday Jun 19 - 11:00 AM - 12:00 PM      Fee: \$20 2 sessions  
Jun 26

### 313 American Slavery and Racism: Through the Lenses of Several Contemporary Authors

Bob Richane, Retired Teacher      Oasis  
Thursday May 25 - 10:00 AM - 11:30 AM      Fee: \$60 6 sessions  
Jun 29

### 407 1914 - The Year Everything Changed (In Person)

Laurence Britt, Author      Oasis  
Thursday Jun 8 - 11:00 AM - 12:00 PM      Fee: \$45 4 sessions  
Jun 29

### 408 1914 - The Year Everything Changed (Zoom Simulcast)

Laurence Britt      Zoom  
Thursday Jun 8 - 11:00 AM - 12:00 PM      Fee: \$45 4 sessions  
Jun 29

## LANGUAGES

### 206 French - Beginning Continued (Zoom Only)

Kevin Finnigan, Retired Teacher      Zoom  
Tuesday May 2 - 1:00 PM - 2:00 PM      Fee: \$70 14 sessions  
Aug 8  
No class 7/4

### 208 French - Advanced (Zoom Only)

Kevin Finnigan, Retired Teacher      Zoom  
Tuesday May 2 - 2:30 PM - 4:00 PM      Fee: \$90 14 sessions  
Aug 8  
No class 7/4

### 303 Spanish - Advanced Continued (Zoom Only)

Kristine Hannon, Retired Teacher      Zoom  
Wednesday May 3 - 10:00 AM - 11:00 AM      Fee: \$70 14 sessions  
Aug 9  
No class 6/28

### 320 Spanish - Intermediate Continued

Kristine Hannon, Retired Teacher      Oasis  
Wednesday May 3 - 11:15 AM - 12:15 PM      Fee: \$70 14 sessions  
Aug 9  
No class 6/28



## MUSIC

### 108 Oasis Community Chorus (Zoom Only)

Rhonda Wright, Musician      Zoom  
Monday May 1 - 2:30 PM - 3:30 PM      Fee: \$65 13 sessions  
Aug 7  
No class 7/3 plus 1 class TBD

### 202 How to Read Music

Rhonda Wright, Musician      Oasis  
Tuesday May 2 - 10:00 AM - 10:45 AM      Fee: \$65 13 sessions  
Aug 8  
No class 7/4 plus 1 class TBD

### 203 Oasis Community Chorus (In Person)

Rhonda Wright, Musician      Oasis  
Tuesday May 2 - 11:00 AM - 12:00 PM      Fee: \$65 13 sessions  
Aug 8  
No class 7/4 and 1 Class TBD

### 205 Music Theory I

Rhonda Wright, Musician      Oasis  
Tuesday May 2 - 12:15 PM - 1:15 PM      Fee: \$65 13 sessions  
Aug 8  
No class 7/4 and 1 Class TBD

## SCIENCE

### 308 Fractals

Muriel Shaw      Oasis  
Wednesday May 3 - 1:00 PM - 3:00 PM      Fee: \$60 5 sessions  
May 31

### 317 Visual Illusions

Muriel Shaw      Oasis  
Wednesday Jul 5 - 1:00 PM - 3:00 PM      Fee: \$60 5 sessions  
Aug 2

## TOURS

### 211 Tour of Artisan Works

Artisan Works Docent      Artisan Works  
Tuesday Jun 6 - 10:00 AM - 11:00 AM      Fee: \$15

### 406 Linwood Garden Tour

Lee Gratwick, President      Linwood Gardens  
Wednesday May 24 - 10:00 AM - 11:00 AM      Fee: \$25

### 502 The Art of Looking: Learning Tools For a Lifetime

MAG Docent      Memorial Art Gallery  
Friday May 5 - 1:00 PM - 3:00 PM      Fee: \$40 3 sessions  
May 19

### 505 The Art of Looking: Learning Tools For a Lifetime

MAG Docent      Memorial Art Gallery  
Friday Jun 2 - 1:00 PM - 3:00 PM      Fee: \$40 3 sessions  
Jun 16

### 509 The Art of Looking: Learning Tools For a Lifetime

MAG Docent      Memorial Art Gallery  
Friday Jul 7 - 1:00 PM - 3:00 PM      Fee: \$40 3 sessions  
Jul 21

**\*Register at [rochester.oasis everywhere.org](https://rochester.oasis everywhere.org) for this Oasis Everywhere class.**

**Register online: [rochester.oasisnet.org](https://rochester.oasisnet.org)**

**Oasis Course Catalog - Spring/Summer 2023**

# Registration Procedures

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

- **Mail-In - Registration Processed beginning April 10th, 2023**
- **Online - Registration Opens April 10th, 2023 @ 12:00am @ [rochester.oasisnet.org](http://rochester.oasisnet.org)**
- **Walk-In - Registration April 12-13, 2023, 9am-12 noon**

Please follow all procedures listed below:

- You must be a participant of Oasis to register. If you are not a participant you may join by coming to the Oasis Center, by phone or online at the Oasis website: [rochester.oasisnet.org](http://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 unused 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 Rochester 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 full vaccination for all in-person classes. I give permission for Oasis Rochester 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 Rochester's partners and by the media. I agree to be photographed or videotaped by the media for general publication.*

# New Participant Form



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

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

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

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

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

Email Address: \_\_\_\_\_ Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

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

In case of an emergency (required), contact:

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

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

**Gender:** ☐ Female ☐ Male ☐ Other

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

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

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

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

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

☐ Instructor ☐ Office Work ☐ Special Events ☐ Health and Wellness

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

**Please return this form to:**

Oasis Rochester | 259 Monroe Avenue | Rochester, NY 14607 | PH: 585-730-8800

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

Cut along the line to remove and return this form.

# Oasis Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ Phone \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Exp. Date. \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV: \_\_\_\_\_ (On back of card)  
(Visa/MasterCard/Discover)

Tax deductible donation to Oasis Rochester \$ \_\_\_\_\_

✓	#	Class Name	Fee	Office Use	
		<b>ARTS &amp; HUMANITIES</b>	W	E	Ck#
	112	Political Cartoons: Seriously Joking	\$15		
	114	Otto Bruno's Movie Matinee: <i>Ninotchka</i> (1939)	\$20		
	118	Otto Bruno's Monday Matinee: <i>Take Me Out to the Ballgame</i> (1948)	\$20		
	122	Otto Bruno's Monday Matinee: <i>The In-Laws</i> (1979)	\$20		
	209	The Getaway Guy	\$12		
	210	Paint the Four Seasons in Watercolor	\$45		
	212	Kathy Johncox Presents "On Second Base"	\$10		
	309	Painting as a Woman in the Early 20th Century (In Person)	\$55		
	310	Painting as a Woman in the Early 20th Century (Zoom Simulcast)	\$55		
	311	Bogart, From Stardom to Legend	\$70		
	312	Neurographic Art	\$45		
	314	Visualizing American Childhood II (In Person)	\$40		
	315	Visualizing American Childhood II (Zoom Simulcast)	\$40		
	316	Connect Through Writing	\$75		
	318	Phil Silvers, Nat Hiken and Sergeant Bilko (In Person)	\$50		
	319	Phil Silvers, Nat Hiken and Sergeant Bilko (Zoom Simulcast)	\$50		
	409	Book Discussion: Ann's Pick <i>Demon Copperhead</i>	\$5		
	410	Alcohol Ink	\$60		
	503	Little Surprise!	\$6		
	504	Oasis Book Club (Zoom Only)	\$20		
	508	Little Surprise!	\$6		
	510	Little Surprise!	\$6		
	513	Little Surprise!	\$6		

✓	#	Class Name	Fee	Office Use	
		<b>COMPUTERS</b>			
	514	Technology Tutoring	\$45		
	515	Technology Tutoring	\$45		
	516	Technology Tutoring	\$45		
	517	Technology Tutoring	\$45		
	518	Technology Tutoring	\$45		
		<b>EXERCISE</b>			
	101	Senior Pilates (Zoom Only)	\$70		
	102	T'ai Chi - Introduction	\$6		
	104	Bone Up Fitness (Zoom Only)	\$65		
	107	Nia: Body, Mind and Spirit	\$65		
	201	AquaFit-Arthritis/ Fibromyalgia/ Range of Motion	\$145		
	204	CardioMix (Zoom Only)	\$70		
	207	Beginning Belly Dance	\$40		
	301	Tap Dance 2A	\$75		
	302	Tap Dance 2B	\$75		
	304	Tap Dance 3	\$75		
	305	Tap Dance 4	\$75		
	306	Jazz	\$75		
	307	Oasis Tappers Wednesday	\$75		
	401	Bone Up Fitness (Zoom Only)	\$70		
	501	Nia: Body, Mind and Spirit (Zoom Only)	\$70		



# 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	
		<b>HEALTH</b>			
	115	Sugar Blue	\$10		
	121	Live More, Weigh Less: A Non-Diet Approach to Weight Loss	\$10		
	402	Have Guts to Get a Healthy Gut (In person)	\$20		
	403	Have Guts to Get a Healthy Gut (Zoom Simulcast)	\$20		
	404	Lifestyle Medicine: What's in it for You? (In Person)	\$10		
	405	Lifestyle Medicine: What's in it for You? (Zoom Simulcast)	\$10		
	506	Best Healing Superfood-Coconut! (In Person)	\$20		
	507	Best Healing Superfood-Coconut! (Zoom Simulcast)	Free		
	511	Liquid Gold-Honey! (In Person)	\$20		
	512	Liquid Gold-Honey! (Zoom Simulcast)	\$20		
		<b>HISTORY</b>			
	103	Thirty Days of Presidents - January 6, 1853 - April 20, 1871	\$10		
	105	Greek Myths and Weird Gods (In Person)	\$20		
	106	Greek Myths and Weird Gods (Zoom Simulcast)	\$20		
	109	Thirty Days of Presidents: May 6, 1884 - August 6, 1914	\$10		
	110	New York Curiosities (In Person)	\$20		
	111	New York Curiosities (Zoom Simulcast)	\$20		
	113	Thirty Days of Presidents: August 9, 1963 - December 22, 1828	\$10		
	116	Ragnar Lothbrok and a History of the Vikings (In Person)	\$20		
	117	Ragnar Lothbrok and a History of the Vikings (Zoom Simulcast)	\$20		
	119	The Wright Brothers (In Person)	\$20		
	120	The Wright Brothers (Zoom Simulcast)	\$20		
	313	American Slavery and Racism: Through the Lenses of Several Contemporary Authors	\$60		
	407	1914 - The Year Everything Changed (In Person)	\$45		
	408	1914 - The Year Everything Changed (Zoom Simulcast)	\$45		

✓	#	Class Name	Fee	Office Use	
		<b>LANGUAGES</b>		W	E Ck#
	206	French - Beginning Continued (Zoom Only)	\$70		
	208	French - Advanced (Zoom Only)	\$90		
	303	Spanish - Advanced Continued (Zoom Only)	\$70		
	320	Spanish - Intermediate Continued	\$70		
		<b>MUSIC</b>			
	108	Oasis Community Chorus (Zoom Only)	\$65		
	202	How to Read Music	\$65		
	203	Oasis Community Chorus (In Person)	\$65		
	205	Music Theory I	\$65		
		<b>SCIENCE</b>	\$55		
	308	Fractals	\$60		
	317	Visual Illusions	\$60		
		<b>TOURS</b>	\$70		
	211	Tour of Artisan Works	\$15		
	406	Linwood Garden Tour	\$25		
	502	The Art of Looking: Learning Tools For a Lifetime	\$40		
	505	The Art of Looking: Learning Tools For a Lifetime	\$40		
	509	The Art of Looking: Learning Tools For a Lifetime	\$40		

## 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>



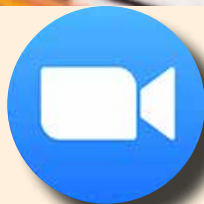
Full class descriptions are on our website. Registration will begin on April 10th and will be via mail and online at

[rochester.oasisnet.org](http://rochester.oasisnet.org)



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- 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.