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

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

• 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

Oasis Rochester Update:

• Staff can be reached by contacting us at 585.730.8800 or at inforochoasis@gmail.com

• Registration will begin on April 10th and will be via mail and online at: 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
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.**

*Register at rochester.oasiseverywhere.org for this Oasis Everywhere class.*
ARTS & HUMANITIES

112 Political Cartoons: Seriously Joking
Elaine Miller, PhD, SUNY Brockport Oasis
Monday May 15 1:00 PM - 2:30 PM Fee: $15

114 Otto Bruno's Movie Matinee: Ninotchka (1939)
Otto Bruno, host of Jazz 90.1 FM's "Sinatra and Company" Oasis
Monday May 22 12:30 PM - 3:30 PM 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" Oasis
Monday June 12 12:30 PM - 3:30 PM Fee: $20

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

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

210 Paint the Four Seasons in Watercolor
Lisa Robinson, Artist Central Creatives
Tuesday May 23 1:00 PM - 3:00 PM Fee: $45

212 Kathy Johncox Presents “On Second Base”
Kathy Johncox, Author Oasis
Tuesday Jun 13 1:00 PM - 2:00 PM Fee: $10

309 Painting as a Woman in the Early 20th Century (In Person)
Grace Seiberling, Art Historian Oasis
Wednesday May 10 10:00 AM - 11:30 AM Fee: $55 4 sessions

310 Painting as a Woman in the Early 20th Century (Zoom Simulcast)
Grace Seiberling, Art Historian Zoom
Wednesday May 10 10:00 AM - 11:30 AM Fee: $55 4 sessions

311 Bogart, From Stardom to Legend
Otto Bruno, host of Jazz 90.1 FM's "Sinatra and Company" Oasis
Wednesday May 10 12:00 PM - 3:00 PM Fee: $70 4 sessions

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

314 Visualizing American Childhood II (In Person)
Grace Seiberling, Art Historian Oasis
Wednesday Jun 7 - Jun 21 11:00 AM - 12:30 PM Fee: $40 3 sessions

315 Visualizing American Childhood II (Zoom Simulcast)
Grace Seiberling Zoom
Wednesday Jun 7 - Jun 21 10:00 AM - 11:30 AM Fee: $40 3 sessions

316 Connect Through Writing
Jennifer Case, Writer Zoom
Wednesday Jul 5 - Aug 9 1:00 PM - 3:00 PM 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" Oasis
Wednesday Jul 12 - Jul 26 1:30 PM - 3:00 PM 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" Zoom
Wednesday Jul 12 - Jul 26 1:30 PM - 3:00 PM Fee: $50 3 sessions

409 Book Discussion: Ann’s Pick Demon Copperhead
Ann Cunningham, Oasis Director Oasis
Thursday Jun 8 1:00 PM - 2:00 PM Fee: $5

410 Alcohol Ink
Peter Elliott, Artist Oasis
Thursday Jul 13 - Aug 3 12:00 PM - 1:30 PM 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  
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  
Fee: $70 10 sessions  
No class 5/29, 6/19, 6/26, 6/29, 7/3

102 T’ai Chi - Introduction  
Tim Farnum  
**Monday May 1** 9:30 AM - 10:30 AM  
Oasis  
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  
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  
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  
Fee: $145 29 sessions

204 CardioMix (Zoom Only)  
Rosalind Walker, Victory Fitness  
**Tuesday May 2** 12:00 PM - 1:00 PM  
Zoom  
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  
Fee: $40 8 sessions

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

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

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

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

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

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

401 Bone Up Fitness (Zoom Only)  
Rosalind Walker, Victory Fitness  
**Thursday May 4** 1:00 PM - 2:00 PM  
Zoom  
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  
Fee: $70 14 sessions  
No class 1 class TBD

Register online: rochester.oasisnet.org | Oasis Course Catalog - Spring/Summer 2023
**HEALTH**

115 **Sugar Blues**  
Pam Gardephe, Integrative Nutrition Health Coach  
Oasis  
Monday May 22 1:00 PM - 2:00 PM  Fee: $10

121 **Live More, Weigh Less: A Non-Diet Approach to Weight Loss**  
Pam Gardephe, Integrative Nutrition Health Coach  
Oasis  
Monday Jul 10 1:00 PM - 2:00 PM   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  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  Fee: $20

404 **Lifestyle Medicine: What’s in it for You? (In Person)**  
Dr. Susan Friedman, Geriatrician  
Oasis  
Thursday May 11 11:00 AM - 12:00 PM  Fee: $10

405 **Lifestyle Medicine: What’s in it for You? (Zoom Simulcast)**  
Dr. Susan Friedman, Geriatrician  
Zoom  
Thursday May 11 11:00 AM - 12:00 PM  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  Fee: $20

507 **Best Healing Superfood-Coconut! (Zoom Simulcast)**  
Cynthia Evans, Tealicious Trendz  
Tea & Wellness Shop  
Zoom  
Friday Jun 16 11:00 AM - 12:00 PM  Fee: Free

511 **Liquid Gold-Honey! (In Person)**  
Cynthia Evans, Tealicious Trendz  
Tea & Wellness Shop  
Thursday Aug 10 10:00 AM - 11:00 AM  Fee: $20

512 **Liquid Gold-Honey! (Zoom Simulcast)**  
Cynthia Evans, Tealicious Trendz  
Tea & Wellness Shop  
Zoom  
Thursday Aug 10 10:00 AM - 11:00 AM  Fee: $20

**HISTORY**

103 **Thirty Days of Presidents - January 6, 1853 - April 20, 1871**  
Steve Schockow, Retired History Teacher  
Oasis  
Monday May 1 9:30 AM - 10:30 AM  Fee: $10

105 **Greek Myths and Weird Gods (In Person)**  
David Woodruff, Story Teller  
Oasis  
Monday May 1 11:00 AM - 12:00 PM  Fee: $20  2 sessions

106 **Greek Myths and Weird Gods (Zoom Simulcast)**  
David Woodruff, Story Teller  
Zoom  
Monday May 1 11:00 AM - 12:00 PM  Fee: $20  2 sessions

109 **Thirty Days of Presidents: May 6, 1884 - August 6, 1914**  
Steve Schockow, Retired History Teacher  
Oasis  
Monday May 15 9:30 AM - 10:30 AM  Fee: $10

110 **New York Curiosities (In Person)**  
David Woodruff, Story Teller  
Oasis  
Monday May 15 11:00 AM - 12:00 PM  Fee: $20  2 sessions

111 **New York Curiosities (Zoom Simulcast)**  
David Woodruff, Story Teller  
Zoom  
Monday May 15 11:00 AM - 12:00 PM  Fee: $20  2 sessions

113 **Thirty Days of Presidents: August 9, 1963 - December 22, 1828**  
Steve Schockow, Retired History Teacher  
Oasis  
Monday May 22 9:30 AM - 10:30 AM  Fee: $10

116 **Ragnar Lothbrok and a History of the Vikings (In Person)**  
David Woodruff, Story Teller  
Oasis  
Tuesday Jun 6 11:00 AM - 12:00 PM  Fee: $20  2 sessions

117 **Ragnar Lothbrok and a History of the Vikings (Zoom Simulcast)**  
David Woodruff, Story Teller  
Zoom  
Monday Jun 5 11:00 AM - 12:00 PM  Fee: $20  2 sessions

119 **The Wright Brothers (In Person)**  
David Woodruff, Story Teller  
Oasis  
Monday Jun 19 11:00 AM - 12:00 PM  Fee: $20  2 sessions

120  **The Wright Brothers (Zoom Simulcast)**  
David Woodruff, Story Teller  
Monday Jun 19 -  Jun 26  
11:00 AM - 12:00 PM  
Fee: $20  
2 sessions

313  **American Slavery and Racism: Through the Lenses of Several Contemporary Authors**  
Bob Richane, Retired Teacher  
Thursday May 25 -  Jun 29  
10:00 AM - 11:30 AM  
Fee: $60  
6 sessions

407  **1914 - The Year Everything Changed (In Person)**  
Laurence Britt, Author  
Thursday Jun 8 -  Jun 29  
11:00 AM - 12:00 PM  
Fee: $45  
4 sessions

408  **1914 - The Year Everything Changed (Zoom Simulcast)**  
Laurence Britt  
Thursday Jun 8 -  Jun 29  
11:00 AM - 12:00 PM  
Fee: $45  
4 sessions

206  **French - Beginning Continued (Zoom Only)**  
Kevin Finnigan, Retired Teacher  
Tuesday May 2 -  Aug 8  
1:00 PM - 2:00 PM  
Fee: $70  
14 sessions  
No class 7/4

208  **French - Advanced (Zoom Only)**  
Kevin Finnigan, Retired Teacher  
Tuesday May 2 -  Aug 8  
2:30 PM - 4:00 PM  
Fee: $90  
14 sessions  
No class 7/4

303  **Spanish - Advanced Continued (Zoom Only)**  
Kristine Hannon, Retired Teacher  
Wednesday May 3 -  Aug 9  
10:00 AM - 11:00 AM  
Fee: $70  
14 sessions  
No class 6/28

320  **Spanish - Intermediate Continued**  
Kristine Hannon, Retired Teacher  
Wednesday May 3 -  Aug 9  
11:15 AM - 12:15 PM  
Fee: $70  
14 sessions  
No class 6/28

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*Register at rochester.oasiseverywhere.org for this Oasis Everywhere class.*
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**
- **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. 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.

Contact us: inforochoasis@gmail.com
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
**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)

Tax deductible donation to Oasis Rochester  $ ___________

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Oasis Registration Form

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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.