



259 Monroe Avenue  
Rochester, NY 14607

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Rochester, NY

Full class descriptions are on our website.  
Registration will begin on August 14th and  
will be via mail and online at  
[rochester.oasisnet.org](http://rochester.oasisnet.org)

**Fall 2023**



## Course Catalog

Join us for online classes this Fall!

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



## Dear Oasis Friends,

As we make our way through 2023, we are excited to present our Fall 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. We are also celebrating **35 years** of providing opportunities for lifelong learning, health and wellness and volunteerism in the Rochester area! Again, many of our classes will be held in our Monroe Avenue space, in community spaces and on Zoom as well. We have some exciting wine classes with sommelier Bruce Smoller, history classes with our new instructor Steve Schockow, a retired history teacher, and stories told by our favorite, David Woodruff. Susan Carmen Duffy and Lisa Robinson are back with some beautiful art classes and local D&C writer Gary Craig will discuss his acclaimed book *Seven Million*. All that and more!! Please remember that 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, so register carefully. Stay current on any updates by 'opting in' on your Oasis 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 Fall!

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

Ann Cunningham  
Oasis Rochester Executive Director

### DID YOU KNOW?

A planned giving gift to Oasis Rochester is a special way to express your gratitude for years of impact in our community.

**Call us at (585) 730-8800 and ask how.**

### 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 August 14th 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 August 14th and will be via mail and online at:**

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



## ARTS & HUMANITIES

Full class descriptions are on our website. Registration will begin on August 14th and will be via mail and online at:  
[rochester.oasisnet.org](http://rochester.oasisnet.org)

### 119 What About the Peace Corp?

Elaine Miller, PhD, SUNY Brockport  
Monday Oct 23 1:00-2:00 PM Oasis  
Fee: \$10

### 125 Create Your Own House Portrait

Lisa Robinson, Central Creatives  
Monday Nov 13 1:00-3:00 PM Central Creatives  
Fee: \$45

### 126 Book Discussion: Ann's Pick *Hello Beautiful*

Ann Cunningham  
Monday Nov 20 1:00-2:00 PM Oasis  
Fee: \$5

### 128 Design Your Own Greeting Cards

Lisa Robinson, Central Creatives  
Monday Dec 4 1:00-3:00 PM Central Creatives  
Fee: \$45

### 129 Writing For Fun

Lisa Kleman  
Monday Sept 11- 12:00-2:30 PM Zoom  
Oct 23 Fee: \$80 6 sessions  
No class 10/9

### 130 Writing For Fun

Lisa Kleman  
Monday Oct 30 - 12:00-2:30 PM Zoom  
Dec 11 Fee: \$80 6 sessions  
No class 11/6

### 210 Watercolor Still Life

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

### 211 The Twilight Zone Revisited

Otto Bruno, author of Barney Miller  
and the Files of Ol' One-Two  
Tuesday Oct 3-31 1:30-3:00 PM Oasis  
Fee: \$70 5 sessions

### 218 Coming of Age in the 1960s/1970s

Lisa Kleman  
Tuesday Sept 12- 11:30 AM-1:30 PM Zoom  
Oct 17 Fee: \$75 6 sessions

### 212 Create the Autumn Landscape

Susan Carmen-Duffy, Owner,  
Create Art 4 Good  
Tuesday Oct 10 1:00-3:00 PM Central Creatives  
Fee: \$45

### 214 Mandala-Meditative Art

Susan Carmen-Duffy, Owner,  
Create Art 4 Good  
Tuesday Nov 14 1:00-3:00 PM Central Creatives  
Fee: \$45

### 215 Sinatra: The December of His Years

James Kraus, retired English teacher  
Tuesday Nov 21- 2:00-3:30 PM Oasis  
Dec 5 Fee: \$45 3 sessions

### 304 Picasso in Context (In Person)

Grace Seiberling, Art Historian  
Wednesday Sep 6-27 10:00-11:30 AM Oasis  
Fee: \$60 4 sessions

### 305 Picasso in Context (Zoom Simulcast)

Grace Seiberling, Art Historian  
Wednesday Sep 6-27 10:00-11:30 AM Oasis  
Fee: \$60 4 sessions

### 311 Anne Bancroft: Mother Courage

Otto Bruno, author of Barney Miller  
and the Files of Ol' One-Two  
Wednesday Sep 13- 12:00-3:00 PM Oasis  
Oct 4 Fee: \$65 4 sessions

### 312 Creative Monoprinting

Susan Carmen-Duffy, Owner,  
Create Art 4 Good  
Wednesday Sep 20 1:00-3:00 PM Central Creatives  
Fee: \$50

### 314 Author Discussion: Gary Craig

Gary Craig  
Wednesday Oct 4 10:00-11:00 AM Oasis  
Fee: \$10

### 315 Watercolor Still Life

Lisa Robinson, Central Creatives  
Wednesday Oct 4 10:30 AM-12:30 PM Central Creatives  
Fee: \$45

### 316 Painting as a Woman: Twentieth-Century Connections (In Person)

Grace Seiberling, Art Historian  
Wednesday Oct 11-25 11:00 AM-12:30 PM Oasis  
Fee: \$45 3 sessions

### 317 Painting as a Woman: Twentieth-Century Connections (Zoom Simulcast)

Grace Seiberling, Art Historian  
Wednesday Oct 11-25 11:00 AM-12:30 PM Oasis  
Fee: \$45 3 sessions

### 318 Carol Burnett at 90 (In Person)

Otto Bruno, author of Barney Miller  
and the Files of Ol' One-Two  
Wednesday Oct 11-25 1:30-3:00 PM Oasis  
Fee: \$50 3 sessions

### 319 Carol Burnett at 90 (Zoom Simulcast)

Otto Bruno, author 'Barney Miller and  
the Files of the Ol' One-Two'  
Wednesday Oct 11-25 1:30-3:00 PM Oasis  
Fee: \$50 3 sessions

### 320 John Ford, The Pappy of Them All

Otto Bruno, author of Barney Miller  
and the Files of Ol' One-Two  
Wednesday Nov 1-29 12:00-3:00 PM Oasis  
No class 11/22 Fee: \$70 4 sessions

**\*Register at [rochester.oasisnet.org](http://rochester.oasisnet.org)  
for this Oasis Everywhere class.**

### 321 Photographing America (In Person)

Grace Seiberling, Art Historian  
Wednesday Nov 8-29 10:00-11:30 AM  
Oasis  
Fee: \$45 3 sessions  
No class 11/22

### 322 Photographing America (Zoom Simulcast)

Grace Seiberling, Art Historian  
Wednesday Nov 8-29 10:00-11:30 AM  
Oasis  
Fee: \$45 3 sessions  
No class 11/22

### 324 Otto's Holiday at the Movies: Larceny, Inc

Otto Bruno, author of Barney Miller  
and the Files of Ol' One-Two  
Wednesday Dec 6 12:00-3:00 PM  
Oasis  
Fee: \$20

### 325 Celebrate with Handmade Ornaments

Susan Carmen-Duffy, Owner,  
Create Art 4 Good  
Wednesday Dec 6 1:00-3:00 PM  
Central Creatives  
Fee: \$45

### 405 100 Things To Do In Rochester Before You Die

Robin Flanigan, Author  
Thursday Sep 14 1:00-2:00 PM  
Oasis  
Fee: \$10

### 410 Explorations in Watercolor I

Lisa Robinson, Central Creatives  
Thursday Sep 21 1:00-3:00 PM  
Central Creatives  
Fee: \$45

### 413 Fall and Winter Getaways

Mike O'Brian, The Getaway Guy  
Thursday Oct 12 1:00-2:00 PM  
Oasis  
Fee: \$12

### 422 Christmas With The Crooners

Roberta R Ryan  
Thursday Dec 7 12:00-1:30 PM  
Oasis  
Fee: \$10

### 506 Oasis Book Club (Zoom Only)

Jenny Lloyd  
Friday Sep 8- Dec 8 1:30-2:30 PM  
Zoom  
Fee: \$20 4 sessions

### 509 Little Surprise! \*Note Start Time Change\*

Friday Sep 15 12:00-2:00 PM  
Little Theatre  
Fee: \$6

### 510 Golden Ratio and Fibonacci Numbers

Muriel Shaw  
Friday Sep 22- Oct 20 10:00 AM-12:00 PM  
Oasis  
Fee: \$60 5 sessions

### 511 Explorations in Watercolor I

Lisa Robinson, Central Creatives  
Friday Sep 22 10:30 AM-12:30 PM  
Central Creatives  
Fee: \$45

### 512 CINERAMA Adventure and the Monroe Theater

Peter Elliott  
Friday Sep 29- Oct 6 1:00-2:30 PM  
Oasis  
Fee: \$45 2 sessions

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

Kathy Johncox, Author  
Friday Oct 20 10:00-11:00 AM  
Oasis  
Fee: \$10

### 517 Little Surprise! \*Note Start Time Change\*

Friday Oct 20 12:00-2:00 PM  
Little Theatre  
Fee: \$6

### 518 Fractals

Muriel Shaw  
Friday Oct 27- Dec 1 10:00 AM-12:00 PM  
Oasis  
Fee: \$60 5 sessions  
No class 11/24

### 521 Little Surprise! \*Note Start Time Change\*

Friday Nov 17 12:00-2:00 PM  
Little Theatre  
Fee: \$6

### 523 Little Surprise! \*Note Start Time Change\*

Friday Dec 15 12:00-2:00 PM  
Little Theatre  
Fee: \$6

## COMPUTERS

### 102 Technology Tutoring

Pat Martinez, IT Professional  
Monday Sep 11-18 10:00-11:00 AM  
Oasis  
Fee: \$45 2 sessions

### 112 Technology Tutoring

Pat Martinez, IT Professional  
Monday Oct 2-9 10:00-11:00 AM  
Oasis  
Fee: \$45 2 sessions

### 118 Technology Tutoring

Pat Martinez, IT Professional  
Monday Oct 23-30 10:00-11:00 AM  
Oasis  
Fee: \$45 2 sessions

### 122 Technology Tutoring

Pat Martinez, IT Professional  
Monday Nov 6-13 10:00-11:00 AM  
Oasis  
Fee: \$45 2 sessions

### 127 Technology Tutoring

Pat Martinez  
Monday Dec 4-11 10:00-11:00 AM  
Oasis  
Fee: \$45 2 sessions

## EXERCISE

### 101 T'ai Chi - Introduction

Tim Farnum  
Monday Sep 11- Dec 11 9:30-10:30 AM  
Oasis  
Fee: \$70 14 sessions

### 103 T'ai Chi - Intermediate Level

Diane Macchiavelli, Lac  
Monday Sep 11- Nov 13 10:45-11:45 AM  
Oasis  
Fee: \$50 10 sessions

### 106 Nia: Body, Mind and Spirit

Rhonda Wright, Fitness Coach  
Monday Sep 11- Dec 11 12:15-1:15 PM  
Oasis  
Fee: \$65 13 sessions  
No class 11/27

### 108 Senior Pilates (Zoom Only)

Rosalind Walker  
Monday Sep 18- Dec 11 9:00-10:00 AM  
Zoom  
Fee: \$78 12 sessions  
No class 11/20





### 109 Bone Up Fitness (Zoom Only)

Rosalind Walker  
Monday Sep 18– Dec 11 10:30–11:30 AM  
Zoom  
Fee: \$78 12 sessions  
No class 11/20

### 202 Aquafit-Arthritis/Fibromyalgia/ Range of Motion

Valley Manor Staff  
Wed, Fri Sep 6– Dec 15 10:00–11:00 AM  
Valley Manor  
Fee: \$145 29 sessions  
No class 11/24

### 203 Beginning Belly Dance

Julie Ferreira  
Tuesday Sep 5– Oct 17 1:00–2:00 PM  
Oasis  
Fee: \$30 6 sessions  
No class 9/26

### 208 Buff Bones® Level 2 Intermediate Mat Class (Zoom Only)

Nancy Alexander, Physical Therapist,  
Certified Senior Fitness Specialist  
Tuesday Sep 19– Dec 19 9:00–10:00 AM  
Zoom  
Fee: \$139 14 sessions

### 209 Buff Bones® Level 1 Introductory (Zoom Only)

Nancy Alexander, Physical Therapist,  
Certified Senior Fitness Specialist  
Tuesday Sep 19– Dec 19 11:00 AM–12:00 PM  
Zoom  
Fee: \$139 14 sessions

### 213 Beginning Belly Dance

Julie Ferreira  
Tuesday Oct 24– Nov 28 1:00–2:00 PM  
Oasis  
Fee: \$30 6 sessions

### 301 Tap Dance 3

Erika Atkinson  
Wednesday Sep 6– Dec 13 9:00–9:40 AM  
Oasis  
Fee: \$70 14 sessions  
No class 11/22

### 302 Ballet

Erika Atkinson  
Wednesday Sep 6– Dec 13 9:45–10:25 AM  
Oasis  
Fee: \$70 14 sessions  
No class 11/22

### 306 Jazz

Erika Atkinson  
Wednesday Sep 6– Dec 13 10:30–11:10 AM  
Oasis  
Fee: \$70 14 sessions  
No class 11/22

### 307 Tap Dance 4

Erika Atkinson  
Wednesday Sep 6– Dec 13 11:15–11:55 AM  
Oasis  
Fee: \$70 14 sessions  
No class 11/22

### 309 Oasis Tappers Wednesday

Erika Atkinson  
Wednesday Sep 6– Dec 13 12:00–1:00 PM  
Oasis  
Fee: \$70 14 sessions  
No class 11/22

### 406 BackStrong Mat Class (Zoom Only)

Nancy Alexander, Physical Therapist,  
Certified Senior Fitness Specialist  
Thursday Sep 21– Dec 21 9:00–10:00 AM  
Zoom  
Fee: \$129 13 sessions  
No class 11/23

### 407 Bone Up Fitness (Zoom Only)

Rosalind Walker  
Thursday Sep 21– Dec 14 2:00–3:00 PM  
Zoom  
Fee: \$78 12 sessions  
No class 11/23

### 411 CardioMix (Zoom Only)

Rosalind Walker  
Thursday Sep 21– Dec 14 9:00–10:00 AM  
Zoom  
Fee: \$78 12 sessions  
No class 11/23

### 501 Tap Dance 2A

Erika Atkinson  
Friday Sep 8– Dec 15 9:00–9:40 AM  
Oasis  
Fee: \$70 14 sessions  
No class 11/24

### 502 Tap Dance 2B

Erika Atkinson  
Friday Sep 8– Dec 15 9:45–10:25 AM  
Oasis  
Fee: \$70 14 sessions  
No class 11/24

### 503 Oasis Tappers Friday

Erika Atkinson  
Friday Sep 8– Dec 15 11:15 AM–12:10 PM  
Oasis  
Fee: \$70 14 sessions  
No class 11/24

### 504 Tap Dance 1

Erika Atkinson  
Friday Sep 8– Dec 15 12:15–12:55 PM  
Oasis  
Fee: \$70 14 sessions  
No class 11/24

### 507 Iconic Tap Dances: Learn The Shim Sham Shimmy

Erika Atkinson  
Friday Sep 15–29 10:30–11:10 AM  
Oasis  
Fee: \$15 3 sessions  
No class 11/24

### 508 Nia: Body, Mind and Spirit (Zoom Only)

Rhonda Wright  
Friday Sep 15– Dec 8 10:30–11:30 AM  
Zoom  
Fee: \$60 12 sessions  
No class 11/24

### 513 Iconic Tap Dances: Learn Fools Fall In Love

Erika Atkinson  
Friday Oct 6–27 10:30–11:10 AM  
Oasis  
Fee: \$20 4 sessions

### 519 Iconic Tap Dances: Learn The “BS” Chorus

Erika Atkinson  
Friday Nov 3– Dec 1 10:30–11:10 AM  
Oasis  
Fee: \$20 4 sessions  
No class 11/24

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## HEALTH

### 123 Sugar Blues

Pam Gardephe, Integrative  
Nutrition Health Coach  
Monday Nov 6 11:00 AM-12:00 PM Oasis  
Fee: \$10

### 121 Live More, Weigh Less: A Non-Diet Approach to Weight Loss

Pam Gardephe, Integrative  
Nutrition Health Coach  
Monday Nov 13 11:00 AM-12:00 PM Oasis  
Fee: \$10

### 414 Lifestyle Medicine: What's in it for You? (In Person)

Dr. Susan Friedman, Geriatrician  
Thursday Oct 19 11:00 AM-12:00 PM Oasis  
Fee: \$10

### 415 Lifestyle Medicine: What's in it for You? (Zoom Simulcast)

Dr. Susan Friedman, Geriatrician  
Thursday Oct 19 11:00 AM-12:00 PM Zoom  
Fee: \$10

### 524 Medicare Counseling

Norm Thayer, HIICAP (Health Insurance  
Information, Counseling and  
Assistance) Program of Lifespan  
To Be Scheduled Oasis  
Fee: Free

## HISTORY

### 104 Stalin vs. Trotsky (In Person)

David Woodruff, Story Teller  
Monday Sep 11-18 11:00 AM-12:00 PM Oasis  
Fee: \$20 2 sessions

### 104 Stalin vs. Trotsky (Zoom Simulcast)

David Woodruff, Story Teller  
Monday Sep 11-18 11:00 AM-12:00 PM Zoom  
Fee: \$20 2 sessions

### 113 Lincoln Assassination (In Person)

David Woodruff, Story Teller  
Monday Oct 2-9 11:00 AM-12:00 PM Oasis  
Fee: \$20 2 sessions

### 114 Lincoln Assassination (Zoom Simulcast)

David Woodruff, Story Teller  
Monday Oct 2-9 11:00 AM-12:00 PM Zoom  
Fee: \$20 2 sessions

### 116 Lost Cities (In Person)

David Woodruff, Story Teller  
Monday Oct 16-23 11:00 AM-12:00 PM Oasis  
Fee: \$20 2 sessions

### 117 Lost Cities (Zoom Simulcast)

David Woodruff, Story Teller  
Monday Oct 16-23 11:00 AM-12:00 PM Zoom  
Fee: \$20 2 sessions

### 120 1066: The Invasion of England (In Person)

David Woodruff, Story Teller  
Monday Nov 6-13 11:00 AM-12:00 PM Oasis  
Fee: \$20 2 sessions

### 121 1066: The Invasion of England (Zoom Simulcast)

David Woodruff, Story Teller  
Monday Nov 6-13 11:00 AM-12:00 PM Zoom  
Fee: \$20 2 sessions

### 219 Presidential Blunders

Mel Braverman  
Tuesday Nov 14-21 9:00-10:00 AM Oasis  
Fee: \$20 2 sessions

### 216 Absolute War (In Person)

Laurence Britt  
Tuesday Nov 21- Dec 12 2:00-3:00 PM Oasis  
Fee: \$45 4 sessions

### 217 Absolute War (Zoom Simulcast)

Laurence Britt  
Tuesday Nov 21- Dec 12 2:00-3:00 PM Zoom  
Fee: \$45 4 sessions

### 423 Christian Nationalism

Mel Braverman  
Tuesday Sep 14 10:00-11:00 AM Oasis  
Fee: \$10

### 408 Genocide – A Stain on Human History (In Person)

Laurence Britt  
Thursday Sep 21- Oct 12 11:00 AM-12:00 PM Oasis  
Fee: \$45 4 sessions

### 409 Genocide – A Stain on Human History (Zoom Simulcast)

Laurence Britt  
Thursday Sep 21- Oct 12 11:00 AM-12:00 PM Zoom  
Fee: \$45 4 sessions

### 417 60th Anniversary of the Assassination of JFK (In Person)

Mark Sample, Professor of History, MCC  
Thursday Oct 26 2:00-3:00 PM Oasis  
Fee: \$15

### 418 60th Anniversary of the Assassination of JFK (Zoom Simulcast)

Mark Sample, Professor of History, MCC  
Thursday Oct 26 2:00-3:00 PM Zoom  
Fee: \$15

### 419 Presidential Elections - The Top 15

Steve Schockow, Retired History Teacher  
Thursday Nov 2-16 10:30-11:30 AM Oasis  
Fee: \$30 3 sessions

### 420 Thirty Days of Presidents (In Person)

Steve Schockow, Retired History Teacher  
Thursday Nov 2-16 12:00-1:00 PM Oasis  
Fee: \$30 3 sessions

### 421 Thirty Days of Presidents (Zoom Simulcast)

Steve Schockow, Retired History Teacher  
Thursday Nov 2-16 12:00-1:00 PM Zoom  
Fee: \$30 3 sessions

## LANGUAGES

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

Kevin Finnigan, Retired Teacher  
Tuesday Sep 5- Dec 12 1:00-2:00 PM Zoom  
Fee: \$75 15 sessions



## 204 French - Advanced (Zoom Only)

Kevin Finnigan, Retired Teacher      Zoom  
Tuesday Sep 5- 2:30-4:00 PM      Fee: \$90 15 sessions  
Dec 12

## 303 Spanish - Advanced Continued (Zoom Only)

Kristine Hannon, Retired Teacher      Zoom  
Wednesday Sep 6- 10:00-11:00 AM      Fee: \$70 14 sessions  
Dec 13  
No class 11/22

## 308 Spanish - Intermediate Continued

Kristine Hannon, Retired Teacher      Oasis  
Wednesday Sep 6- 11:15 AM-12:15 PM      Fee: \$70 14 sessions  
Dec 13  
No class 11/22

## 310 Latin - Beginning (Zoom Only)

Kevin Finnigan      Zoom  
Wednesday Sep 6- 1:00-2:00 PM      Fee: \$90 14 sessions  
Dec 13  
No class 11/22

## 402 Beginning American Sign Language

Cat Hardesty, Nationally Certified  
Interpreter for the Deaf      Oasis  
Thursday Sep 7- 1:30-2:30 PM      Fee: \$70 14 sessions  
Dec 14  
No class 11/23

## 401 German - Intermediate

Ingeborg Oberdoerster      Oasis  
Thursday Sep 14- 9:30-10:30 AM      Fee: \$65 13 sessions  
Dec 14  
No class 11/23

## 404 German - Advanced

Ingeborg Oberdoerster      Oasis  
Thursday Sep 14- 10:45-11:45 AM      Fee: \$65 13 sessions  
Dec 14  
No class 11/23

## MUSIC

## 107 Oasis Community Chorus (Zoom Only)

Rhonda Wright, Musician      Zoom  
Monday Sep 11- 2:30-3:30 PM      Fee: \$65 13 sessions  
Dec 11  
No class 11/27

## 205 How to Read Music

Rhonda Wright, Musician      Oasis  
Tuesday Sep 12- 10:00-10:45 AM      Fee: \$70 14 sessions  
Dec 12

## 206 Oasis Community Chorus (In Person)

Rhonda Wright, Musician      Oasis  
Tuesday Sep 12- 11:00 AM-12:00 PM      Fee: \$70 14 sessions  
Dec 12

## 207 Music Theory I

Rhonda Wright, Musician      Oasis  
Tuesday Sep 12- 12:15 PM-1:00 PM      Fee: \$70 14 sessions  
Dec 12

## PERSONAL DEVELOPMENT

## 110 Television Streaming Services - Beginning

Pat Martinez      Oasis  
Monday Sep 25 10:00 AM-12:00 PM      Fee: \$20

## 115 Television Streaming Services - Intermediate

Pat Martinez      Oasis  
Monday Oct 16 10:00 AM-12:00 PM      Fee: \$20

## 313 Wines From Around The World: France

Bruce Smoller, Sommelier      Oasis  
Wednesday Sep 20 2:00-3:30 PM      Fee: \$30

## 323 Wines From Around The World: Spain

Bruce Smoller, Sommelier      Oasis  
Wednesday Nov 8 2:00-3:30 PM      Fee: \$30

## 412 New York Citizen Preparedness Training Program

Master Sergeant Adam Winters,  
NYS Citizen Preparedness Corps      Oasis  
Thursday Oct 5 1:00-2:30 PM      Fee: \$10

## 416 Safety First: Privacy and Security Online

Pat Martinez      Oasis  
Thursday Oct 26 10:00-11:00 AM      Fee: \$20

## 515 Wines From Around The World: Italy

Bruce Smoller, Sommelier      Oasis  
Friday Oct 13 2:00-3:30 PM      Fee: \$30

## 522 Wines From Around The World: Chile

Bruce Smoller, Sommelier      Oasis  
Friday Dec 8 2:00-3:30 PM      Fee: \$30

## TRIPS

## 111 Strong Museum Monday

Monday Sep 25 10:00 AM-5:00 PM      The Strong  
Fee: \$20

## 403 Rochester Public Market Tour

Thursday Sep 14 10:00-11:00 AM      Public Market  
Fee: \$10

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

MAG Docent      Memorial Art Gallery  
Friday Sep 8-22 1:00-3:00 PM      Fee: \$40 3 sessions

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

MAG Docent      Memorial Art Gallery  
Friday Oct 6-20 1:00-3:00 PM      Fee: \$40 3 sessions

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

MAG Docent      Memorial Art Gallery  
Friday Nov 3-17 1:00-3:00 PM      Fee: \$40 3 sessions

**\*Register at [rochester.oasiseverywhere.org](https://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 August 14th, 2023**
- **Online - Registration Opens August 14th, 2023 @ 9am @ [rochester.oasisnet.org](http://rochester.oasisnet.org)**
- **Walk-In - Registration August 16th–17th, 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

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

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#
	119	What About the Peace Corp?	\$10		
	125	Create Your Own House Portrait	\$45		
	126	Book Discussion: Ann's Pick <i>Hello Beautiful</i>	\$5		
	128	Design Your Own Greeting Cards	\$45		
	129	Writing For Fun	\$80		
	130	Writing For Fun	\$80		
	210	Watercolor Still Life	\$45		
	211	The Twilight Zone Revisited	\$70		
	218	Coming of Age in the 1960s/1970s	\$75		
	212	Create the Autumn Landscape	\$45		
	214	Mandala-Meditative Art	\$45		
	215	Sinatra: The December of His Years	\$45		
	304	Picasso in Context (In Person)	\$60		
	305	Picasso in Context (Zoom Simulcast)	\$60		
	311	Anne Bancroft: Mother Courage	\$65		
	312	Creative Monoprinting	\$50		
	314	Author Discussion: Gary Craig	\$10		
	315	Watercolor Still Life	\$45		
	316	Painting as a Woman: Twentieth-Century Connections (In Person)	\$45		
	317	Painting as a Woman: Twentieth-Century Connections (Zoom Simulcast)	\$45		
	318	Carol Burnett at 90 (In Person)	\$50		
	319	Carol Burnett at 90 (Zoom Simulcast)	\$50		
	320	John Ford, The Pappy of Them All	\$70		
	321	Photographing America (In Person)	\$45		
	322	Photographing America (Zoom Simulcast)	\$45		
	324	Otto's Holiday at the Movies: Larceny, Inc	\$20		
	325	Celebrate with Handmade Ornaments	\$45		
	405	100 Things To Do In Rochester Before You Die	\$10		

✓	#	Class Name	Fee	Office Use	
	410	Explorations in Watercolor I	\$45		
	413	Fall and Winter Getaways	\$12		
	422	Christmas With The Crooners	\$10		
	506	Oasis Book Club (Zoom Only)	\$20		
	509	Little Surprise!	\$6		
	510	Golden Ratio and Fibonacci Numbers	\$60		
	511	Explorations in Watercolor I	\$45		
	512	CINERAMA Adventure and the Monroe Theater	\$45		
	516	Kathy Johncox Presents "On Second Base"	\$10		
	517	Little Surprise!	\$6		
	518	Fractals	\$60		
	521	Little Surprise!	\$6		
	523	Little Surprise!	\$6		
		<b>COMPUTERS</b>			
	102	Technology Tutoring	\$45		
	112	Technology Tutoring	\$45		
	118	Technology Tutoring	\$45		
	122	Technology Tutoring	\$45		
	127	Technology Tutoring	\$45		
		<b>EXERCISE</b>			
	101	T'ai Chi - Introduction	\$70		
	103	T'ai Chi - Intermediate Level	\$50		
	106	Nia: Body, Mind and Spirit	\$65		
	108	Senior Pilates (Zoom Only)	\$78		
	109	Bone Up Fitness (Zoom Only)	\$78		
	202	AquaFit-Arthritis/Fibromyalgia/Range of Motion	\$145		
	203	Beginning Belly Dance	\$30		
	208	Buff Bones® Level 2 Intermediate Mat Class (Zoom Only)	\$139		
	209	Buff Bones® Level 1 Introductory Mat Class (Zoom Only)	\$139		

✓	#	Class Name	Fee	Office Use	✓	#	Class Name	Fee	Office Use
	213	Beginning Belly Dance	\$30			409	Genocide – A Stain on Human History (Zoom Simulcast)	\$45	
	301	Tap Dance 3	\$70			417	60th Anniversary of the Assassination of JFK (In Person)	\$15	
	302	Ballet	\$70			418	60th Anniversary of the Assassination of JFK (Zoom Simulcast)	\$15	
	306	Jazz	\$70			419	Presidential Elections - The Top 15	\$30	
	307	Tap Dance 4	\$70			420	Thirty Days of Presidents (In Person)	\$30	
	309	Oasis Tappers Wednesday	\$70			421	Thirty Days of Presidents (Zoom Simulcast)	\$30	
	406	BackStrong Mat Class (Zoom Only)	\$129				<b>LANGUAGES</b>	W	E Ck#
	407	Bone Up Fitness (Zoom Only)	\$78			201	French - Beginning Continued (Zoom Only)	\$75	
	411	CardioMix (Zoom Only)	\$78			204	French - Advanced (Zoom Only)	\$90	
	501	Tap Dance 2A	\$70			303	Spanish - Advanced Continued (Zoom Only)	\$70	
	502	Tap Dance 2B	\$70			308	Spanish - Intermediate Continued	\$70	
	503	Oasis Tappers Friday	\$70			310	Latin - Beginning (Zoom Only)	\$90	
	504	Tap Dance 1	\$70			402	Beginning American Sign Language	\$70	
	507	Iconic Tap Dances: Learn The Shim Sham Shimmy	\$15			401	German - Intermediate	\$65	
	508	Nia: Body, Mind and Spirit (Zoom Only)	\$60			404	German - Advanced	\$65	
	513	Iconic Tap Dances: Learn Fools Fall In Love	\$20				<b>MUSIC</b>		
	519	Iconic Tap Dances: Learn The “BS” Chorus	\$20			107	Oasis Community Chorus (Zoom Only)	\$65	
		<b>HEALTH</b>				205	How to Read Music	\$70	
	123	Sugar Blue	\$10			206	Oasis Community Chorus (In Person)	\$70	
	124	Live More, Weigh Less: A Non-Diet Approach to Weight Loss	\$10			207	Music Theory I	\$70	
	414	Lifestyle Medicine: What’s in it for You? (In Person)	\$10				<b>PERSONAL DEVELOPMENT</b>		
	415	Lifestyle Medicine: What’s in it for You? (Zoom Simulcast)	\$10			110	Television Streaming Services - Beginning	\$20	
	524	Medicare Counseling	FREE			115	Television Streaming Services - Intermediate	\$20	
		<b>HISTORY</b>				313	Wines From Around The World: France	\$30	
	104	Stalin vs. Trotsky (In Person)	\$20			323	Wines From Around The World: Spain	\$30	
	105	Stalin vs. Trotsky (Zoom Simulcast)	\$20			412	New York Citizen Preparedness Training Program	\$10	
	113	Lincoln Assassination (In Person)	\$20			416	Safety First: Privacy and Security Online	\$20	
	114	Lincoln Assassination (Zoom Simulcast)	\$20			515	Wines From Around The World: Italy	\$30	
	116	Lost Cities (In Person)	\$20			522	Wines From Around The World: Chile	\$30	
	117	Lost Cities (Zoom Simulcast)	\$20				<b>TRIPS</b>		
	120	1066: The Invasion of England (In Person)	\$20			111	Strong Museum Monday	\$20	
	121	1066: The Invasion of England (Zoom Simulcast)	\$20			403	Rochester Public Market Tour	\$10	
	219	Presidential Blunders	\$20			505	The Art of Looking: Learning Tools For a Lifetime	\$40	
	216	Absolute War (In Person)	\$45			514	The Art of Looking: Learning Tools For a Lifetime	\$40	
	217	Absolute War (Zoom Simulcast)	\$45			520	The Art of Looking: Learning Tools For a Lifetime	\$40	
	423	Christian Nationalism	\$10						
	408	Genocide – A Stain on Human History (In Person)	\$45						

Full class descriptions are on our website. Registration will begin on August 14th and will be via mail and online at [rochester.oasisnet.org](https://rochester.oasisnet.org)



## LOOKING FOR SOMETHING NEW?

We are always looking for new instructors and volunteers to expand our programming.

Have an interest or passion about a topic?  
**Lead a class!**

Want to meet new people and give back to your community?  
**Volunteer!**

Please contact Ann Cunningham at  
**(585) 730-8800** or  
[oasisrochesterdirector@gmail.com](mailto:oasisrochesterdirector@gmail.com)  
for more information.

## 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 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.