

259 Monroe Avenue Rochester, NY 14607

Full class descriptions are on our website.
Registration will begin on December 11th and will be via mail and online at rochester.oasisnet.org

PRSRT STD. US Postage PAID Permit No. 298 Rochester, NY

Winter 2024



Course Catalog Join us for online classes this Winter!

Register online: rochester.oasisnet.org





Dear Oasis Friends,

Happy Holidays! We are so excited to present our Winter brochure! We are celebrating **35 years** of providing opportunities for lifelong learning, health and wellness and volunteerism in the Rochester area! We have some exciting new classes this winter/early spring, including a lecture on the Erie Canal and a tour of East Hill Creamery. We are also anxiously awaiting the total solar eclipse on Monday, April 8th and will prepare in advance with a talk on the eclipse and a viewing party that day. All that and more! **New this year: Refer a new-to-Oasis Rochester friend and receive a \$5 credit on your account when they register for a class.** Have them include your name on the registration form or the 'referred by' portion of our online registration form! 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. Stay warm and cozy with us this winter!

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 December 11th and will be via mail and online at: rochester.oasisnet. org

Full class descriptions are on our website. Registration will begin on December 11th and will be via mail and online at:

rochester.oasisnet.org

Oasis Course Catalog - Winter 2024

WINTER 2024 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.





Full class descriptions are on our website. Registration will begin on December 11th and will be via mail and online at:

rochester.oasisnet.org

ARTS & HUMANITIES

108	Writin	g For Fu	ın! (Zoom Only)					
	Lisa Klem			Zoom				
	Monday	Jan 15 -	11:30 PM - 1:30 PM	Fee: \$80	6 sessions			

111 Learn To Draw And Sketch More Accurately Lisa Robinson, Central Creatives Monday Jan 22 1:00 PM - 3:00 PM Fee: \$45

115 Moving Forward With Watercolor

Lisa Robinson, Central Creatives
Monday Feb 5 1:00 PM - 3:00 PM Fee: \$45

117 Paint Like VanGogh

Lisa Robinson, Central Creatives

Monday Feb 26 1:00 PM - 3:00 PM

Central Creatives
Fee: \$45

123 Writing For Fun! (Zoom Only)

Lisa Kleman Zoom Monday Mar 4 - 11:30 PM - 1:30 PM Fee: \$80 6 sessions

125 Rochester Movie Memories

Peter Elliott Oasis Monday Mar 11 1:00 PM - 2:30 PM Fee: \$45

126 Alcohol Ink

Peter Elliott Oasis
Monday Mar 18 - 12:30 PM - 2:00 PM Fee: \$60 4 sessions

131 How To Paint Clear Glass In Watercolor

Lisa Robinson, Central Creatives
Monday Apr 1 1:00 PM - 3:00 PM

Central Creatives
Fee: \$45

209 Basic Watercolor Techniques

Susan Carmen-Duffy, Create Art 4 Good Central Creatives Tuesday Jan 16 1:00 PM - 3:00 PM Fee: \$45

210 The Songwriting of Bob Dylan (Zoom Only)

Lisa Klema Zoom Tuesday Feb 6- 11:30 AM - 1:00 AM Fee: \$75 6 sessions

211 Art Journaling Workshop

Susan Carmen-Duffy, Create Art 4 Good Central Creatives Tuesday Feb 13 1:00 PM - 3:00 PM Fee: \$45

212 Introduction to Calligraphy - Foundational

Marian Henry
Tuesday Feb 13 - 1:00 PM - 2:30 PM Fee: \$75 7 sessions
Mar 26

216 Learn to Cookie Decorate!

Jennifer Riggio, Jenn's Cookie Creations Tuesday Mar 5 1:00 PM - 2:30 PM Fee: \$55

218 Explore Hand Lettering!

Susan Carmen-Duffy, Create Art 4 Good Tuesday Mar 12 1:00 PM - 3:00 PM Fee: \$45

219 Spring Florals in Watercolor

Lisa Robinson, Central Creatives
Tuesday Mar 19 1:00 PM - 3:00 PM Fee: \$45

308 Dean Martin, On Screen and On His Own

Otto Bruno, author

Barney Miller and the Files of the Ol' One-Two
Wednesday Jan 3 - 1:00 PM - 4:00 PM

Fee: \$70 4 sessions

310 Painting as a Woman: Twentieth-century Connections (In Person)

Grace Seiberling, Art Historian
Wednesday Jan 10 - 11:00 AM - 12:30 PM Fee: \$60 4 sessions
Jan 31

311 Painting as a Woman: Twentieth-century

Connections (Zoom Simulcast)

Grace Seiberling, Art Historian Zoom
Wednesday Jan 10 - 11:00 AM - 12:30 PM Fee: \$60 4 sessions
Jan 31

314 Howard Hawks, Cinema Craftsman

Otto Bruno, author

Barney Miller and the Files of the Ol' One-Two
Wednesday Jan 31 - 1:00 PM - 4:00 PM
Feb 28

Oasis
Fee: \$80 5 sessions

315 Seurat in Context (In Person)

Grace Seiberling, Art Historian Oasis
Wednesday Feb 14 - 11:00 AM - 12:30 PM Fee: \$45 3 sessions
Feb 28

316 Seurat in Context (Zoom Simulcast)

Grace Seiberling, Art Historian Zoom
Wednesday Feb 14 - 11:00 AM - 12:30 PM Fee: \$45 3 sessions

317 Photographing America II: Documenting America in the Nineteenth Century (In Person)

Grace Seiberling, Art Historian Oasis
Wednesday Mar 6 · 11:00 AM - 12:30 PM Fee: \$60 4 sessions
Mar 27

318 Photographing America II: Documenting America in the Nineteenth Century

(Zoom Simulcast)

Grace Seiberling, Art Historian Zoom
Wednesday Mar 6 11:00 AM - 12:30 PM Fee: \$60 4 sessions
Mar 27

321 Painting Pansies

Susan Carmen-Duffy, Create Art 4 Good Wednesday Apr 10 1:00 PM - 3:00 PM Fee: \$45

408 Tony Bennett: A Crooner For A Lifetime

James Kraus, Retired English Teacher Oasis
Thursday Feb 8 - 2:00 PM - 3:15 PM Fee: \$50 4 sessions
Feb 29

410 Author Discussion: Climbing Out: An Adventure in Rediscovering Life after Loss

Robin Flanigan and Bonnie Thies, Authors Oasis Thursday Feb 29 11:00 AM - 12:00 PM Fee: \$10

^{*}Register at rochester.oasiseverywhere.org for this Oasis Everywhere class.

510	Oasis Book Club (Zoom Only) Jenny Lloyd Friday Jan 12 - 1:30 PM - 2:30 PM	Zoom Fee: \$20 4 sessions	105	Stretch and Core Joelle Taylor, TNT Dance Fitness Instructor, TNT Dance Explosion
511	Apr 12 Little Surprise!	The state of		Monday Jan 8 - 11:30 AM - 12:00 PM Fee: \$60 12 sessions Apr 8
513	Friday Jan 19 12:00 PM - 2:00 PM Little Surprise!	Little Theatre Fee: \$6	201	No class 1/29, 3/4 Aquafit-Arthritis/Fibromyalgia/Range of Motion Valley Manor Staff Valley Manor
515	Friday Feb 16 12:00 PM - 2:00 PM Little Surprise!	Little Theatre Fee: \$6 Little Theatre		Tuesday, Jan 2 - 10:00 AM - 11:00 AM Fee: \$150 30 sessions Thursday Apr 11 No class 11/23
516	Friday Mar 15 12:00 PM - 2:00 PM Book Discussion: Ann's Pick "The People We Keep"	Fee: \$6	206	Nia: Body, Mind and Spirit Rhonda Wright Tuesday Jan 9 - 12:15 PM - 1:00 PM Apr 9 206 Oasis Fee: \$65 14 sessions
517	Ann Cunningham Friday Mar 22 1:00 PM · 2:00 PM Little Surprise!	Oasis Fee: \$5	207	No class 1 Class TBD Beginning Belly Dance
317	Friday Apr 19 12:00 PM - 2:00 PM	Little Theatre Fee: \$6	207	Julie Ferreira Oasis Tuesday Jan 9- 1:15 PM - 2:15 PM Fee: \$30 6 sessions Feb 13
1CO	MPUTERS		213	Beginning Belly Dance
	Technology Tutoring		213	Julie Ferreira Oasis
	Pat Martinez Monday Jan 8 - 10:00 AM - 11:00 AM Jan 15	Oasis Fee: \$45 2 sessions		Tuesday Feb 27 - 1:15 PM - 2:15 PM Fee: \$30 6 sessions Apr 2
112	Technology Tutoring		301	Tap Dance 3 Erika Atkinson Oasis
	Pat Martinez Monday Jan 29 - 10:00 AM - 11:00 AM Feb 5	Oasis Fee: \$45 2 sessions		Wednesday Jan 3 - 9:00 AM - 9:40 AM Fee: \$70 14 sessions Apr 10
116	Technology Tutoring			No class 4/3
	Pat Martinez Monday Feb 19 - 10:00 AM - 11:00 AM Feb 26	Oasis Fee: \$45 2 sessions	302	Ballet Erika Atkinson Oasis Wednesday Jan 3 - 9:45 AM - 10:25 AM Fee: \$70 14 sessions
124	Technology Tutoring	0.1		Apr 10 No class 4/3
	Pat Martinez Monday Mar 11 - 10:00 AM - 11:00 AM Mar 18	Oasis Fee: \$45 2 sessions	304	Jazz
128	Technology Tutoring	Out		Erika Atkinson Oasis Wednesday Jan 3 - 10:30 AM - 11:10 AM Fee: \$70 14 sessions
	Pat Martinez Monday Apr 1 - 10:00 AM - 11:00 AM Apr 8	Oasis Fee: \$45 2 sessions		Apr 10 No class 4/3
AEVI	DCICE		305	Tap Dance 4
101	RCISE T'ai Chi - Introduction			Erika Atkinson Oasis Wednesday Jan 3 - 11:15 AM - 11:55 AM Fee: \$70 14 sessions Apr 10
	Tim Farnum	Oasis		No class 4/3
103	Monday Jan 8 - 9:30 AM · 10:30 AM Apr 8 T'ai Chi - Intermediate Level	Fee: \$70 14 sessions	307	Oasis Tappers Wednesday Erika Atkinson Oasis
103	Tim Farnum	Oasis		Wednesday Jan 3 - 12:00 PM - 1:00 PM Fee: \$70 14 sessions Apr 10
	Monday Jan 8 - 10:45 AM - 11:45 AM Apr 8	Fee: \$70 14 sessions		No class 4/3
104	Body Chisel Joelle Taylor, Fitness Instructor, TNT Dance Explosion	TNT Dance	501	Tap Dance 2A Erika Atkinson Oasis Friday Jan 5 - 9:00 AM - 9:40 AM Fee: \$65 13 sessions Apr 12
	Monday Jan 8 - 10:45 AM - 11:20 AM Apr 8	Fee: \$60 12 sessions		No class 3/29, 4/5
	No class 1/29, 3/4		504	Tap Dance 2B Erika Atkinson Oasis Friday Jan 5 - 9:45 AM - 10:25 AM Fee: \$65 13 sessions Apr 12
				No class 3/29, 4/5

505	Tap Dance Special: Proud Ma	•	114 Pankhurst Sisters: The Suffragette Movement
	Erika Atkinson	Oasis	(Zoom Simulcast)
	Friday Jan 5 - 10:30 AM - 11:10 AM Feb 9	Fee: \$30 6 sessions	David Woodruff Zoom Monday Feb 5 - 11:00 AM - 12:00 PM Fee: \$20 2 sessions
506	Nia: Body, Mind and Spirit (2	•	Feb 12
	Rhonda Wright Friday Jan 5 - 10:30 AM - 11:30 AM Apr 12	Zoom Fee: \$70 15 sessions	119 Virginia Hall: The One-Legged Spy (In Person) David Woodruff Oasis
	No class One Class TBD		Monday Mar 4 - 11:00 AM - 12:00 PM Fee: \$20 2 sessions Mar 11
507	Oasis Tappers Friday Erika Atkinson	Oasis	120 Virginia Hall: The One-Legged Spy (Zoom Simulcast) David Woodruff Zoom
	Friday Jan 5 - 11:15 AM - 12:10 PM Apr 12	Fee: \$65 13 sessions	Monday Mar 4 - 11:00 AM - 12:00 PM Fee: \$20 2 sessions Mar 11
508	No class 3/29,4/5 Tap Dance 1		127 Charles Lindbergh - 1927's Hero, Then
300	Erika Atkinson Friday Jan 5 - 12:15 PM - 12:55 PM Apr 12	Oasis Fee: \$65 13 sessions	Nancy J Atherton Oasis Monday Mar 25 - 10:00 AM - 11:00 AM Fee: \$30 3 sessions Apr 8
	No class 3/29, 4/5		129 Amelia Earhart: Aviation Mystery (In Person) David Woodruff Oasis
512	Tap Dance Special: Queen Tri Erika Atkinson	ibute Oasis	Monday Apr 1 - 11:00 AM - 12:00 PM Fee: \$20 2 sessions Apr 8
	Friday Feb 16 - 10:30 AM - 11:10 AM Mar 22	Fee: \$30 6 sessions	130 Amelia Earhart: Aviation Mystery (Zoom Simulcast) David Woodruff Zoom
HE	ALTH		Monday Apr 1 - 11:00 AM - 12:00 PM Fee: \$20 2 sessions Apr 8
118	Managing Osteoarthritis: An Evidence-Based Approach	1 (Zoom Only)	204 Understanding America's Post Civil War Past and Its Impact on Current Affairs
	Nancy Alexander, Physical Therapist Monday Mar 4 10:00 AM - 11:30 AM	Zoom	Bob Richane, Retired Teacher Oasis Tuesday Jan 9 - 10:00 AM - 11:30 AM Fee: \$75 6 sessions
121	Lifestyle Medicine: What's in	it for You?	Feb 13
	(In Person)		221 LBJ and the Civil Rights Acts of 1964 (In Person)
	Dr. Susan Friedman, Geriatrician, URMC Monday Mar 4 1:00 PM - 2:00 PM	Oasis Fee: \$10	Mark Sample, Professor of History, MCC Oasis Tuesday Feb 20 1:30 PM - 2:30 PM Fee: \$15
122	Lifestyle Medicine: What's in (Zoom Simulcast)	it for You?	222 LBJ and the Civil Rights Act of 1964 (Zoom Simulcast Mark Sample, Professor of History, MCC Zoom
	Dr. Susan Friedman, Geriatrician, URMC Monday Mar 4 1:00 PM - 2:00 PM	Zoom Fee: \$10	Tuesday Feb 20 1:30 PM - 2:30 PM Fee: \$15
509	Meditation For Everyone	166. \$10	214 Erie Canal Basics (Zoom) Derrick Pratt, Zoom
	Diane Macchiavelli, L Ac Friday Jan 12 - 11:00 AM - 12:15 PM	Oasis Fee: \$45 4 sessions	Director of Education, Erie Canal Museum Tuesday Feb 27 1:30 PM - 2:30 PM Fee: \$15
	Feb 2		215 Erie Canal Basics (In Person Simulcast)
HIS	STORY		Derrick Pratt, Oasis Director of Education, Erie Canal Museum
	Disasters: Hindenburg, Titani	c, and Others	Tuesday Feb 27 1:30 PM - 2:30 PM Fee: \$15
	(In Person)		401 Presidential Elections - The Top 15 (In Person)
	David Woodruff Monday Jan 22 - 11:00 AM - 12:00 PM Jan 29	Oasis Fee: \$20 2 sessions	Steve Schockow, Retired History Teacher Oasis Thursday Jan 11 - 11:30 AM - 12:30 PM Fee: \$30 3 sessions Jan 25
110	Disasters: Hindenburg, Titani (Zoom Simulcast)	c, and Others	402 Presidential Elections - The Top 15 (Zoom Simulcast) Steve Schockow, Retired History Teacher Oasis
	David Woodruff	Zoom	Thursday Jan 11 - 11:30 AM - 12:30 PM Fee: \$30 3 sessions
	Monday Jan 22 - 11:00 AM - 12:00 PM Jan 29	Fee: \$20 2 sessions	Jan 25
113	Pankhurst Sisters: The Suffrag	ette Movement	406 Olmstead and Rochester Parks Robert Beabout, Oasis Cornell Cooperative Extension
	David Woodruff Monday Feb 5- 11:00 AM - 12:00 PM	Oasis Fee: \$20 2 sessions	Thursday Jan 25 1:00 PM - 2:00 PM Fee: \$10

Contact us: inforochoasis@gmail.com | Oasis Course Catalog - Winter 2024

LANGUAGES

107 Continuing American Sign Language (Zoom)
Cat Hardesty, Zoom
Nationally Certified Interpreter for the Deaf
Monday Jan 8 - 4:00 PM - 5:00 PM Fee: \$70 14 sessions
Apr 15

202 French - Beginning Continued (Zoom Only)

Kevin Finnigan, Retired Language Teacher Zoom

Tuesday Jan 2 · 1:00 PM · 2:00 PM Fee: \$75 15 sessions

Jan 2 - 1:00 PM - 2:00 PM Fee: \$/5 15 session:
Apr 9

203 French - Advanced (Zoom Only)

Kevin Finnigan, Retired Language Teacher Zoom

Tuesday Jan 2 - 2:30 PM - 4:00 PM Fee: \$90 15 sessions

Apr 9

208 Beginning American Sign Language (Zoom)
Cat Hardesty, Zoom
Nationally Certified Interpreter for the Deaf
Tuesday Jan 9 - 4:00 PM - 5:00 PM Fee: \$70 14 sessions
Apr 9

303 Spanish - Advanced Continued (Zoom Only)

Kristine Hannon, retired Spanish teacher Zoom

Wednesday Jan 3 - 10:00 AM - 11:00 AM Fee: \$75 15 sessions

Apr 10

Spanish - Intermediate Continued

Kristine Hannon, Retired Spanish Teacher Oasis

Wednesday Jan 3 - 11:15 AM - 12:15 PM Fee: \$75 15 sessions

309 Latin - Beginning Continued (Zoom Only)

Kevin Finnigan, Retired Language Teacher Zoom

Wednesday Jan 3- 1:00 PM - 2:00 PM Fee: \$75 15 sessions

Apr 10
403 German - Intermediate
Ingeborg Oberdoerster Oasis

Ingeborg Oberdoerster Oasis
Thursday Jan 11 - 9:30 AM - 10:30 AM Fee: \$65 13 sessions
Apr 4

404 German - Advanced
Ingeborg Oberdoerster Oasis
Thursday Jan 11 - 10:45 AM - 11:45 AM Fee: \$65 13 sessions

∠MUSIC

106 Oasis Community Chorus (Zoom Only)

Rhonda Wright Zoom Monday Jan 8 - 2:30 PM - 3:30 PM Fee: \$65 13 sessions Apr 1

205 Oasis Community Chorus (In Person)

Rhonda Wright
Tuesday
Jan 9 - 11:00 AM - 12:00 PM
Fee: \$65 14 sessions
Apr 9
No class 1 class TBD



→ PERSONAL DEVELOPMENT

312 Wines From Around The World: Portugal
Bruce Smoller, Sommelier Oasis

Wednesday Jan 10 2:00 PM - 3:30 PM Fee: \$30

313 How Communities Work

Matt Horn, Local Government Consultant
Wednesday Jan 17 - 1:00 PM - 2:30 PM Fee: \$70 8 sessions
Mar 6

319 Wines From Around The World: New Zealand

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

320 Wines From Around The World: Germany and Austria

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

405 Television Streaming Services - Beginning

Pat Martinez Oasis
Thursday Jan 18 9:30 AM - 11:00 AM Fee: \$20

407 Television Streaming Services - Intermediate

Pat Martinez Oasis
Thursday Feb 8 10:00 AM - 12:00 PM Fee: \$20

409 Creating a Bird Habitat in Your Backyard

Suzanne Feather, Master Gardener, Oasis Cornell Cooperative Extension Thursday Feb 15 10:00 AM - 11:00 AM Fee: \$10

514 Wines From Around The World: United States

Bruce Smoller, Sommelier Oasis
Friday Feb 16 2:00 PM - 3:30 PM Fee: \$30

132 Solar Eclipse 2024 Viewing Party

Ann Cunningham Oasis Monday Apr 8 2:30 PM - 4:00 PM Fee: \$5

502 Total Eclipse of the Sun 2024 (In Person)

Deb Ross, Rochester Eclipse Task Force Oasis
Friday Jan 5 9:30 AM - 10:30 AM Fee: \$15

503 Total Eclipse of the Sun 2024 (Zoom Simulcast)

Deb Ross, Rochester Eclipse Task Force Zoom
Friday Jan 5 9:30 AM - 10:30 AM Fee: \$15

TRIPS

217 Helmer Nature Center Maple Sugaring Demonstration

Naturalist, HNC Helmer Nature Center Tuesday Mar 12 10:00 AM - 11:30 AM Fee: \$15

220 Tour of East Hill Creamery

Gary Burley, East Hill Creamery
Tuesday Apr 2 10:30 AM · 12:00 PM Fee: \$15

The Art of Looking: Learning Tools For a Lifetime

MAG Docent Memorial Art Gallery
Dates TBD 1:00 PM - 3:00 PM Fee: \$40 3 sessions

*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 December 11th, 2023
- Online Registration Opens December 11th, 2023 @ 9:00am @ rochester.oasisnet.org
- Walk-In Registration December 13–14, 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.

New Participant Form

-10	Roche	ster
Lifelo	ng Adve	nture

Date:	Mo	onth/Year of Birth:		Referred By:	Lifelong Adventore
Name:					
	rst)			(Last)	
Address:				Apt#:	
City:			_ State:	Zip Code:	
Home Phone: (_)				
Email Address:_			Cell Phone: ())	
☐ Check here if or sell our email	addresses.	·	ceive occasional g	roup emails from Oa	asis. We do not share
		• •	()		
(Name)			(Phone)		
		is strictly confider I into our databas		ell any information.	This document
Gender:	☐ Female	□ Male □	Other		
Marital Status:	☐ Single	☐ Married ☐	Domestic Partners	ship 🗖 Widowe	d 🗖 Divorced
Race/Ethnicity:	☐ Hispanic (or Latino 🗖 .	American Indian o	□White/Caucasiar or Alaska Native □ Two or more rad	
Highest Level of	Education:		_	☐ Some College☐ Post Graduate	
-	ar about Oas entation			nent 🗖 Oasis Ca 🗖 Internet/Websit	•
If you would like	e to be an Oa	sis volunteer, plea	se check your into	erests:	
☐ Instructo	r 🗖 Office Wo	ork 🗖 Special Ever	nts 🗖 Health and	Wellness	
Past/Present Em	ployer:		Past/Present O	ccupation:	
Please return the Oasis Rochester		e Avenue Roche	ster, NY 14607 P	PH: 585-730-8800	
To register for cla	-	e the Class Registra	tion forms in this c	atalog, or visit us at	

Oasis Registration Form

Name:					
Address:	Phone:				
E-mail Address:	Would you like to receive emails from Oasis	? \square Yes \square No			
Signature:	Date:				
Emergency Contact: Name	Phone				
Credit Card #:(Visa/MasterCard/Discover) Tax deductible donation to Oasis Rochester \$		(On back of card)			

/ #	# Class Name		Offi	ce Use
	ARTS & HUMANITIES	W	E	Ck#
108	Writing For Fun! (Zoom Only)	\$80		
111	Learn To Draw And Sketch More Accurately	\$45		
115	Moving Forward With Watercolor	\$45		
117	Paint Like VanGogh	\$45		
123	Writing For Fun! (Zoom Only)	\$80		
125	Rochester Movie Memories	\$45		
126	Alcohol Ink	\$60		
131	How To Paint Clear Glass In Watercolor	\$45		
209	Basic Watercolor Techniques	\$45		
210	The Songwriting of Bob Dylan (Zoom Only)	\$75		
211	Art Journaling Workshop	\$45		
212	Introduction to Calligraphy - Foundational	\$75		
216	Learn to Cookie Decorate!	\$55		
218	Explore Hand Lettering!	\$45		
219	Spring Florals in Watercolor	\$45		
308	Dean Martin, On Screen and On His Own	\$70		
310	Painting as a Woman: Twentieth-century Connections (In Person)	\$60		
311	Painting as a Woman: Twentieth-century Connections (Zoom Simulcast)	\$60		
314	Howard Hawks, Cinema Craftsman	\$80		
315	Seurat in Context (In Person)	\$45		
316	Seurat in Context (Zoom Simulcast)	\$45		
317	Photographing America II: Documenting America in the Nineteenth Century (In Person)	\$60		
318	Photographing America II: Documenting America in the Nineteenth Century (Zoom Simulcast)	\$60		
321	Painting Pansies	\$45		
408	Tony Bennett: A Crooner For A Lifetime	\$50		
410	Author Discussion: Climbing Out: An Adventure in Rediscovering Life after Loss	\$10		
510	Oasis Book Club (Zoom Only)	\$20		

~	#	Class Name	Fee	Office Use
	511	Little Surprise!	\$6	
	513	Little Surprise!	\$6	
	515	Little Surprise!	\$6	
	516	Book Discussion: Ann's Pick "The People We Keep"	\$5	
	517	Little Surprise!	\$6	
		COMPUTERS		
	102	Technology Tutoring	\$45	
	112	Technology Tutoring	\$45	
	116	Technology Tutoring	\$45	
	124	Technology Tutoring	\$45	
	128	Technology Tutoring	\$45	
		EXERCISE		
	101	T'ai Chi - Introduction	\$70	
	103	T'ai Chi - Intermediate Level	\$70	
	104	Body Chisel	\$60	
	105	Stretch and Core	\$60	
	201	Aquafit-Arthritis/Fibromyalgia/Range of Motion	\$150	
	206	Nia: Body, Mind and Spirit	\$65	
	207	Beginning Belly Dance	\$30	
	213	Beginning Belly Dance	\$30	
	301	Tap Dance 3	\$70	
	302	Ballet	\$70	
	304	Jazz	\$70	
	305	Tap Dance 4	\$70	
	307	Oasis Tappers Wednesday	\$70	
	501	Tap Dance 2A	\$65	
	504	Tap Dance 2B	\$65	
	505	Tap Dance Special: Proud Mary	\$30	
	506	Nia: Body, Mind and Spirit (Zoom Only)	\$70	
	507	Oasis Tappers Friday	\$65	
	508	Tap Dance 1	\$65	
	512	Tap Dance Special: Queen Tribute	\$30	

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
	<u>HEALTH</u>		
118	Managing Osteoarthritis: An Evidence-Based Approach (Zoom Only)	\$15	
121	Lifestyle Medicine: What's in it for You? (In Person)	\$10	
122	Lifestyle Medicine: What's in it for You? (Zoom Simulcast)	\$10	
509	Meditation For Everyone	\$45	
	HISTORY		
109	Disasters: Hindenburg, Titanic, and Others (In Person)	\$20	
110	Disasters: Hindenburg, Titanic, and Others (Zoom Simulcast)	\$20	
113	Pankhurst Sisters: The Suffragette Movement (In Person)	\$20	
114	Pankhurst Sisters: The Suffragette Movement (Zoom Simulcast)	\$20	
119	Virginia Hall: The One-Legged Spy (In Person)	\$20	
120	Virginia Hall: The One-Legged Spy (Zoom Simulcast)	\$20	
127	Charles Lindbergh - 1927's Hero, Then	\$30	
129	Amelia Earhart: Aviation Mystery (In Person)	\$20	
130	Amelia Earhart: Aviation Mystery (Zoom Simulcast)	\$20	
204	Understanding America's Post Civil War Past and Its Impact on Current Affairs	\$75	
221	LBJ and the Civil Rights Acts of 1964 (In Person)	\$15	
222	LBJ and the Civil Rights Act of 1964 (Zoom Simulcast)	\$15	
214	Erie Canal Basics (Zoom)	\$15	
215	Erie Canal Basics (In Person Simulcast)	\$15	
401	Presidential Elections - The Top 15 (In Person)	\$30	
402	Presidential Elections - The Top 15 (Zoom Simulcast)	\$30	
406	Olmstead and Rochester Parks	\$10	

V	#	Class Name	Fee	Office Use	
		LANGUAGES	W	E	Ck#
	107	Continuing American Sign Language (Zoom)	\$70		
	202	French - Beginning Continued (Zoom Only)	\$75		
	203	French - Advanced (Zoom Only)	\$90		
	208	Beginning American Sign Language (Zoom)	\$70		
	303	Spanish - Advanced Continued (Zoom Only)	\$75		
	306	Spanish - Intermediate Continued	\$75		
	309	Latin - Beginning Continued (Zoom Only)	\$75		
	403	German - Intermediate	\$65		
	404	German - Advanced	\$65		
		MUSIC			
	106	Oasis Community Chorus (Zoom Only)	\$65		
	205	Oasis Community Chorus (In Person)	\$65		
		PERSONAL DEVELOPMENT			
	312	Wines From Around The World: Portugal	\$30		
	313	How Communities Work	\$70		
	319	Wines From Around The World: New Zealand	\$30		
	320	Wines From Around The World: Germany and Austria	\$30		
	405	Television Streaming Services - Beginning	\$20		
	407	Television Streaming Services - Intermediate	\$20		
	409	Creating a Bird Habitat in Your Backyard	\$10		
	514	Wines From Around The World: United States	\$30		
	132	Solar Eclipse 2024 Viewing Party	\$5		
	502	Total Eclipse of the Sun 2024 (In Person)	\$15		
	503	Total Eclipse of the Sun 2024 (Zoom Simulcast)	\$15		
		<u>TOURS</u>			
	217	Helmer Nature Center Maple Sugaring Demonstration	\$15		
	220	Tour of East Hill Creamery	\$15		
		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 December 11th 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 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.

Oasis Course Catalog - Winter 2024