

Spring/Summer 2026



## Course Catalog

Join us for online classes this Spring/Summer!

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

Full class descriptions are on our website. Registration will begin on April 13th and will be via mail and online at [rochester.oasisnet.org](https://rochester.oasisnet.org)

## Dear Oasis Friends,

Welcome to our Spring/Summer catalog! As we embrace the longer days and fresh beginnings of the season, I'm delighted to invite you to explore the many engaging opportunities we have planned at Oasis Rochester. From lively book discussions and enriching history programs to invigorating walks and inspiring trips to area museums, there is truly something for everyone. We are also pleased to continue our valued partnership with Episcopal Senior Life Communities, sharing classes and expanding opportunities for lifelong learning together. I look forward to seeing you this season as we learn, explore, and connect!



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 [infochoasis@gmail.com](mailto:infochoasis@gmail.com)
- Registration will begin on April 13th 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 13th and will be via mail and online at [rochester.oasisnet.org](http://rochester.oasisnet.org)

## ARTS & HUMANITIES

### 106 Introduction To Stained Glass

Guy Neri Oasis  
Monday May 4 - May 18 1:00 PM - 3:00 PM  
Fee: \$60 3 sessions

In class, you will learn to cut, grind and assemble the pieces of glass using the two traditional methods of copper foil and lead came, both of which require using a soldering iron. Over the course of our time spent together you will make three simple projects: a nightlight, a votive candle holder and a sun catcher. This is a hands-on experience so please wear something you wouldn't mind getting dirty. Please bring some old newspapers for your work surface. All project materials are provided.

### 213 Crochet Two Versions of Granny Squares

Penny Foley and Diane Virzi Oasis  
Tuesday May 12- 1:30 PM - 3:00 PM Fee: \$30 3 sessions  
May 26

Crocheting is back and so is the granny square. It's all over the Internet and in numerous craft magazines and books. In this class we shall show you how to crochet two popular granny squares: the Sunburst with clusters and the Sunflower with the puff stitch. We will also explain an easy method to make the magic circle. Participants must know the basic abbreviations and be able to read a pattern. You should know how to single crochet (sc), double crochet (dc), and half double crochet (hdc). In class we shall teach you a few additional stitches. The class has two instructors to accommodate right-handed and left-handed students. Please bring one size I and one H crochet hook and several coordinating colors of #4 worsted weight yarn. Some of you may wish to choose 3-4 sunflower colors, but that is not necessary. However, do choose 3-4 colors that look nice together. You should also bring scissors and a stainless yarn needle with a blunt end and large eye.

### 216 Creating Ink and Watercolor Wash

Lisa Robinson, Central Creatives Central Creatives  
Tuesday Jun 2 1:00 PM - 3:30 PM Fee: \$50

In this class we will use inked lines to define forms and edges. The watercolor wash will add color and texture to the final paintings. Students can select their own subject matter to work from. Materials are included.

### 217 Mandala Making: Finding Center Through Pattern and Color

Susan Carmen-Duffy Central Creatives  
Tuesday Jun 9 1:00 PM - 3:00 PM Fee: \$40

Mixed Media Meditative Art Workshop. Mandala-making is a beautiful way to quiet the mind and return to center. In this workshop, participants will create a personal mandala using watercolor, colored pencil, and ink. Through gentle repetition, flowing shapes, and layered color, the process becomes just as meaningful as the finished piece. This class focuses on relaxation, self-expression, and the calming rhythm of mark-making.

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### 218 Louis Armstrong at 125

Otto Bruno, Oasis  
author *Barney Miller and the Files of the O' One-Two*  
Tuesday Jul 7- 1:00 PM - 3:00 AM Fee: \$85 3 sessions  
Jul 21

Born on July 6, 1901, Louis "Satchmo" Armstrong is one of the enduring icons of American Popular Culture. A poor Southern boy who started running with the wrong crowd and discovered music in a reform school environment, Armstrong became the innovative jazz pioneer of the 1920s. As a popular bandleader in the 1930s and 1940s, he was the first African American jazz musician given a sole movie credit. He eventually became a touchstone of American culture and Goodwill Ambassador to music fans all over the world. We'll celebrate 125 years of Louis Armstrong through music, TV, and movies.

### 221 Fundamentals of Drawing and Sketching

Lisa Robinson, Central Creatives Central Creatives  
Tuesday May 19 1:00 PM - 3:30 AM Fee: \$50

Lisa Robinson will cover fundamental techniques such as sketching, light and shadow, proportion and perspective. This beginner level class will help to build your observation skills and to become more interested in creating art with graphite. Materials are included.

### 222 CINERAMA Adventure and the Monroe Theater

Peter Elliott Oasis  
Tuesday Jul 28- 1:00 PM - 2:30 PM Fee: \$45 2 sessions  
Aug 4

Long before IMAX there was the immersive widescreen phenomenon known as CINERAMA. CINERAMA is a widescreen process that originally projected images simultaneously from three synchronized 35mm projectors onto a huge, deeply curved screen. The first theatrical release in this format titled "This is CINERAMA" premiered in 1952 at the Broadway Theater in New York City. Cinerama was presented to the public as a theatrical event, with reserved seating and printed programs, and audience members often dressed in their best attire for the evening. In 1961, the Monroe Theater was outfitted for CINERAMA and "This is CINERAMA" premiered on October 25 of that year. We will view the documentary "CINERAMA Adventure" on the history and technology behind the CINERAMA process as well as scenes from "The Best of CINERAMA" plus a brief history of the Monroe Theater and the CINERAMA films that played there.

### 306 Representing American History: Living History Museums (In Person)

Grace Seiberling, Art Historian Oasis  
Wednesday May 6- 11:00 AM - 12:30 PM Fee: \$40 2 sessions  
May 13

Museums that reconstruct the past with historic or reconstructed buildings and landscapes, with costumed interpreters, present a special case in the presentation of historical ideas and information. This two-session class will look at how museums such as the Genesee Country Village, Williamsburg, Old Sturbridge Village, Plymouth Plantation, Greenfield Village and others use material culture to present particular views of American history. Please register for this class if you plan to join the class in person.

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



## 505 Oasis Book Club (Zoom Only)

Jenny Lloyd Zoom  
Friday May 8 - 1:30 PM - 2:30 PM Fee: \$28 4 sessions  
Aug 14

We have many avid readers at Oasis Rochester who share books with each other. This peer-led group will meet four Fridays this trimester to critique and share ideas on a selected book and to recommend favorite books to one another. This group will stretch your literary horizons. Meeting dates are 5/8, 6/12, 7/10, 8/14. The book selection for 5/8 is *All Fours* by Miranda July. Class is held via Zoom. You must have a computer/tablet/phone with audio and video capability.

## 507 Little Surprise!

Little Theatre  
Friday May 22 12:00 PM - 2:00 PM Fee: \$7

Enjoy a private screening for Oasis members only of a currently running movie at the Little Theatre. In the past, we've had several Academy Award winners. We select the movie based on what is playing at the theatre - you take your chances and enjoy a wonderful afternoon with friends. The movie will be announced via Facebook and an email by Tuesday of the week the movie is scheduled. You must pay in advance. Concessions will be available. Doors open at 11:30 AM and the movie starts at 12:00 PM. The doors will be locked when the movie begins. You may register for up to 4 tickets. Registration deadline 5/22/26 at 9:30 AM.

## 508 Little Surprise!

Little Theatre  
Friday Jun 19 12:00 PM - 2:00 PM Fee: \$7

Enjoy a private screening for Oasis members only of a currently running movie at the Little Theatre. In the past, we've had several Academy Award winners. We select the movie based on what is playing at the theatre - you take your chances and enjoy a wonderful afternoon with friends. The movie will be announced via Facebook and an email by Tuesday of the week the movie is scheduled. You must pay in advance. Concessions will be available. Doors open at 11:30 AM and the movie starts at 12:00 PM. The doors will be locked when the movie begins. You may register for up to 4 tickets. Registration deadline 6/19/26 at 9:30 AM.

## 511 Little Surprise!

Little Theatre  
Friday Jul 17 12:00 PM - 2:00 PM Fee: \$7

Enjoy a private screening for Oasis members only of a currently running movie at the Little Theatre. In the past, we've had several Academy Award winners. We select the movie based on what is playing at the theatre - you take your chances and enjoy a wonderful afternoon with friends. The movie will be announced via Facebook and an email by Tuesday of the week the movie is scheduled. You must pay in advance. Concessions will be available. Doors open at 11:30 AM and the movie starts at 12:00 PM. The doors will be locked when the movie begins. You may register for up to 4 tickets. Registration deadline 7/17/26 at 9:30 AM.

## 513 Little Surprise!

Little Theatre  
Friday Aug 21 12:00 PM - 2:00 PM Fee: \$7

Enjoy a private screening for Oasis members only of a currently running movie at the Little Theatre. In the past, we've had several Academy Award winners. We select the movie based on what is playing at the theatre - you take your chances and enjoy a wonderful afternoon with friends. The movie will be announced via Facebook and an email by Tuesday of the week the movie is scheduled. You must pay in advance. Concessions will be available. Doors open at 11:30 AM and the movie starts at 12:00 PM. The doors will be locked when the movie begins. You may register for up to 4 tickets. Registration deadline 8/21/26 at 9:30 AM.

## COMPUTERS

### 102 Technology Tutoring

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

This is your opportunity to have two private lessons with Pat and learn whatever you need to advance your technology skills. Includes iPhone or Android phones, laptops or Alexa devices, but no Mac laptops please.

### 114 Technology Tutoring

Pat Martinez Oasis  
Monday Jun 15 - 10:00 AM - 11:00 AM Fee: \$45 2 sessions  
Jun 22

This is your opportunity to have two private lessons with Pat and learn whatever you need to advance your technology skills. Includes iPhone or Android phones, laptops or Alexa devices, but no Mac laptops please.

### 118 Technology Tutoring

Pat Martinez Oasis  
Monday Jul 6 - 10:00 AM - 11:00 AM Fee: \$45 2 sessions  
Jul 13

This is your opportunity to have two private lessons with Pat and learn whatever you need to advance your technology skills. Includes iPhone or Android phones, laptops or Alexa devices, but no Mac laptops please.

### 121 Technology Tutoring

Pat Martinez Oasis  
Monday Jul 27 - 10:00 AM - 11:00 AM Fee: \$45 2 sessions  
Aug 3

This is your opportunity to have two private lessons with Pat and learn whatever you need to advance your technology skills. Includes iPhone or Android phones, laptops or Alexa devices, but no Mac laptops please.

## EXERCISE

### 101 T'ai Chi - Introduction

Tim Farnum Oasis  
Monday May 4 - 9:30 AM - 10:30 AM Fee: \$84 12 sessions  
Aug 10  
No class 5/25, 7/20, 7/27

T'ai Chi, a 2,000-year-old form of exercise, is gentle and self-paced. The slow and continuous movements lengthen and strengthen the muscles while relaxing the mind. It is used as therapy for chronic pain, high blood pressure, depression, and limited mobility. Described as swimming through air, it is a perfect exercise for all ages and abilities. It can be practiced while seated, making T'ai Chi accessible to those with compromised physical conditions such as arthritis, etc. A recent study by the National Institutes of Health found that practicing T'ai Chi can help older adults keep dormant the virus that causes shingles. This course is for beginning students.

### 103 T'ai Chi - Intermediate Level

Tim Farnum Oasis  
Monday May 4 - 10:45 AM - 11:45 AM Fee: \$84 12 sessions  
Aug 10  
No class 5/25, 7/20, 7/27

This more advanced level of T'ai Chi is for those students who have previously taken T'ai Chi.

### 223 Walk/Bird Watch: Canawaugus Park - The Greenway Trail

Ann McMican, Hiker, Bird Enthusiast  
Tuesday May 5 8:00 AM - 10:00 AM Fee: \$7

Meet at the Scottsville, Canawaugus Park to Rte 251 for an even path walk/bird watch led by Ann McMican, Hiker, Birder, Amateur Naturalist. The walk is approximately two miles long, but you can turn around (with a buddy) and walk back sooner if you'd like. Please come prepared with comfortable walking shoes, sunglasses, a hat, water, sunscreen and binoculars.



## 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>

## 201 Tap Dance 4A

Erika Atkinson Oasis  
Tuesday May 5 - 9:00 AM - 9:40 AM Fee: \$105 15 sessions  
Aug 11

This class is a continuation of Tap 3, continuing to learn complex rhythms and combinations. It is recommended that you've completed Tap 3 or have at least 5 years of tap dance training to be in this level.

## 202 Tap Dance 2B

Erika Atkinson Oasis  
Tuesday May 5 - 9:45 AM - 10:25 AM Fee: \$105 15 sessions  
Aug 11

This is a continuation of Level 2B. You will be working on speed, accuracy and tap technique. You will visit steps such as time steps, turning steps and syncopated rhythms. A good basic knowledge of tap dancing is needed for this level. Erika will decide which Level 2 class you should join.

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

Valley Manor Staff Valley Manor  
Tuesday, May 5 - 10:00 AM - 11:00 AM Fee: \$203 29 sessions  
Thursday Aug 13

A low-impact shallow water class in a pleasing 88 degree pool. Promote joint flexibility, range of motion and agility while building cardiovascular endurance, bone density and muscular strength. This is a FUN shallow water exercise program to help you live better with decreased range of motion, balance, arthritis, muscle stiffness, fibromyalgia pain, recuperation from chemotherapy or lack of flexibility. Suitable for every fitness level, no swimming skill is required. Reduce pain and stiffness while increasing strength, flexibility, balance, endurance and range of motion. Class is held at Valley Manor.

## 204 Tap Dance 3A

Erika Atkinson Oasis  
Tuesday May 5 - 10:30 AM - 11:10 AM Fee: \$105 15 sessions  
Aug 11

This tap class is a continuation of Tap 2B, with a focus on rhythm and more advanced steps. Tappers will focus on sound articulation, clarity and speed.

## 206 Tap Dance 3B

Erika Atkinson Oasis  
Tuesday May 5 - 11:15 AM - 11:55 AM Fee: \$105 15 sessions  
Aug 11

This tap class is a continuation of 3A. Students will need to have taken 3A and have instructor's permission to move up to this advanced level. Class will focus on advanced rhythms, time steps and speed work, with a major focus on clarity and articulation.

## 207 Stretch and Strengthen

Betsy Feldman Oasis  
Tuesday May 5 - 12:00 PM - 12:45 PM Fee: \$91 13 sessions  
Jul 28

This class focuses on improving muscle strength, range of motion, balance and stamina with exercises suitable for all fitness levels. Class can be taken either seated or standing. Participants will need a resistance band and light hand or wrist weights.

## 208 Belly Dance Basics

Julie Ferreira Oasis  
Tuesday May 5 - 1:00 PM - 1:45 AM Fee: \$42 6 sessions  
Jun 9

Learn or polish basic belly dance moves with a focus on technique, traveling steps and exploring different styles of Middle Eastern dance. Suitable for all levels from beginner to experienced.

## 211 Belly Dance Choreographies

Julie Ferreira Oasis  
Tuesday May 5 - 1:45 PM - 2:00 PM Fee: \$42 6 sessions  
Jun 9

We'll use belly dance techniques and skills to develop choreography and focus on performance skills. (Performances are always optional.) Suggested for those with some experience.

## 224 Walk/Bird Watch:

### Sandra Frankel Park - Brickyard Trail

Ann McMican, Hiker, Bird Enthusiast  
Tuesday May 12 8:00 AM - 10:00 AM Fee: \$7

Meet at the Temple B'rith Kodesh Parking Lot for an even path walk/bird watch led by Ann McMican, Hiker, Birder, Amateur Naturalist. The walk is approximately two miles long, but you can turn around (with a buddy) and walk back sooner if you'd like. Please come prepared with comfortable walking shoes, sunglasses, a hat, water, sunscreen and binoculars.

## 225 Walk/Bird Watch:

### Mendon Ponds Park - Quaker Pond Trail

Ann McMican, Hiker, Bird Enthusiast  
Tuesday May 19 8:00 AM - 10:00 AM Fee: \$7

Meet at Mendon Ponds Park - Quaker Pond Trail for a walk/bird watch led by Ann McMican, Hiker, Birder, Amateur Naturalist. The walk is approximately 2.4 miles long with some gently rolling areas with muddy spots, but you can turn around (with a buddy) and walk back sooner if you'd like. Please come prepared with comfortable walking shoes, sunglasses, a hat, water, sunscreen and binoculars.

## 226 Walk/Bird Watch: Oatka Park

Ann McMican, Hiker, Bird Enthusiast  
Tuesday May 26 8:00 AM - 10:00 AM Fee: \$7

Meet at Oatka Park, Scottsville for a walk/bird watch led by Ann McMican, Hiker, Birder, Amateur Naturalist. The walk is approximately two miles long with some tree roots and slight rocks and some gentle slopes, but you can turn around (with a buddy) and walk back sooner if you'd like. Please come prepared with comfortable walking shoes, sunglasses, a hat, water, sunscreen and binoculars.

## 217 Belly Dance Basics

Julie Ferreira Oasis  
Tuesday Jul 7 - 1:00 PM - 1:45 AM Fee: \$42 6 sessions  
Aug 11

Learn or polish basic belly dance moves with a focus on technique, traveling steps and exploring different styles of Middle Eastern dance. Suitable for all levels from beginner to experienced.

## 220 Belly Dance Choreographies

Julie Ferreira Oasis  
Tuesday Jul 7 - 1:45 PM - 2:30 PM Fee: \$42 6 sessions  
Aug 11

We'll use belly dance techniques and skills to develop choreography and focus on performance skills. (Performances are always optional.) Suggested for those with some experience.

## 301 Jazz

Erika Atkinson Oasis  
Wednesday May 6 - 9:00 AM - 9:40 AM Fee: \$105 15 sessions  
Aug 12

This class is an open level, welcoming all dancers. Class will consist of a warm-up/stretching period, movements across the floor, focusing on basic jazz terminology, and choreography of the given season or time. Dancers will learn some classic choreography, such as Fosse, Robbins, and Blankenbuehler, but also original choreography for different chosen holidays, artists and themes. Jazz shoes, ballet shoes, sneakers, or non slip socks are required.

## 302 Tap Aerobics

Erika Atkinson Oasis  
Wednesday May 6 - 9:45 AM - 10:15 AM Fee: \$63 9 sessions  
Aug 12  
No class 5/13, 5/20, 6/17, 6/24, 7

Tap Aerobics is a fun, high-energy fitness class that combines basic tap dance steps with aerobic movements to boost cardiovascular health, coordination, and rhythm. Set to upbeat music, this class offers a great workout while allowing participants to enjoy the joy of dance. No prior tap experience is necessary—just a willingness to move and have fun!

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

### 304 Tap Dance 4B

Erika Atkinson Oasis  
Wednesday May 6 - 10:15 AM - 10:55 PM Fee: \$105 15 sessions  
Aug 12

This is class is mandatory for all Oasis Tappers. This class will consist primarily of choreography for current seasons, or featured artists. Dancers will receive focused instruction on difficult rhythms and patterns that will be set to music. All dancers must have completed Tap 4A or have at least 6 years of tap dancer experience. Dancers must also be committed to attending class regularly, as each week's lesson will build on previous lessons taught.

### 305 Oasis Tappers

Erika Atkinson Oasis  
Wednesday May 6 - 11:00 AM - 12:00 PM Fee: \$105 15 sessions  
Aug 12

This is the performing tap dance troupe which is open for participation with permission from Erika only.

### 309 Tap Dance 2A

Erika Atkinson Oasis  
Wednesday May 6 - 12:15 PM - 12:55 PM Fee: \$105 15 sessions  
Aug 12

This is the next step following Beginning Tap. Enroll in this course with permission from Erika if you have taken Tap Dance I and know some basic steps.

### 311 Tap Dance 1A

Erika Atkinson Oasis  
Wednesday May 6 - 1:00 PM - 1:45 PM Fee: \$105 15 sessions  
Aug 12

Tap dance? You? You bet! You do not need special shoes to try this class. Come, have a good time, and tap those tootsies! This is a class for beginners.

### 401 Walk: Brickyard Trail

Rosemary Johnson, Hiker Brickyard Trail  
Thursday May 7 9:30 AM - 11:00 AM Fee: \$7

Meet at 1341 Westfall Rd in Buckland Park near the tennis courts. This is an easy walk on a flat gravel path through woods and wetlands. Approximately 2.5 miles round trip. Please come prepared with comfortable walking shoes, sunglasses, a hat, water and sunscreen. Boots and trekking poles are useful. Rest rooms are available in Buckland Park near the parking lot. Walk will only be cancelled in the event of heavy rain or thunder. Rain Date 5/28.

### 402 Yoga 101

Betsy Feldman Oasis  
Thursday May 7 - 11:00 AM - 11:45 PM Fee: \$91 13 sessions  
Jul 30

This class is for participants who have no previous experience with YOGA and/or those who need to make physical adjustments to meet their needs. Postures and movements will be taught seated with optional standing opportunities. It is my priority that each session provides a comfortable supportive environment and feeling of acceptance for every participant. Please wear comfortable clothing, no equipment needed.

### 403 Yoga 102

Betsy Feldman  
Thursday May 7 - 12:00 PM - 12:45 PM Fee: \$91 13 sessions  
Jul 30

This class is for participants with some previous experience with YOGA. Each class will include yoga based postures and stretches to improve strength, flexibility, and balance. We will be seated, standing, and on the floor on mats. All participants are encouraged to modify any exercise to meet their individual needs. It is my priority that each session provides a comfortable supportive environment, and feeling of acceptance for every participant. Please wear comfortable clothing and bring a mat.

### 406 Walk: Erie Canal

Rosemary Johnson, Hiker Erie Canal  
Thursday May 14 9:30 AM - 11:00 AM Fee: \$7

Park at Henpeck Park 2901 Ridgeway Ave, 14626. We will walk eastward along the canal towpath. This is an easy, flat walk on a gravel path. Please come prepared with comfortable walking shoes, sunglasses, a hat, water and sunscreen. Boots and trekking poles are useful. Walk will only be cancelled in the event of heavy rain or thunder. Rain Date 5/28.

### 410 Walk: Highland Park

Rosemary Johnson, Hiker Durand Eastman North  
Thursday May 21 9:30 AM - 11:00 AM Fee: \$7

Meet at the Vietnam Veterans parking lot, 1440 South Ave. We will walk through the Vietnam Memorial and on through Highland Park. There are some gentle hills and the pathway is paved. Please come prepared with comfortable walking shoes, sunglasses, a hat, water and sunscreen. Boots and trekking poles are useful. Walk will only be cancelled in the event of heavy rain or thunder. Rain Date 5/28.

### 412 Walk: Durand Eastman North/ Lake Ontario Trail

Rosemary Johnson, Hiker Durand Eastman North  
Thursday Jun 4 9:30 AM - 11:00 AM Fee: \$7

Park on Sweet Fern Rd, just west of the intersection at Culver Rd. We will walk along paved pathways passing through woodlands and boardwalks. This is an easy walk with gentle elevations and scenic views. Please come prepared with comfortable walking shoes, sunglasses, a hat, water and sunscreen. Boots and trekking poles are useful. Walk will only be cancelled in the event of heavy rain or thunder. Rain Date 6/25.

### 413 Walk: Turning Point Park

Rosemary Johnson, Hiker Turning Point Park  
Thursday Jun 11 9:30 AM - 11:00 AM Fee: \$7

Located in the Charlotte neighborhood near Lake Ontario and the Genesee River. Follow Boxart Street until it dead ends in a parking area near the Genesee River. We will walk north along the west shore of the Genesee. This is a paved pathway with a scenic boardwalk over the river. There is one moderately steep incline but we take it slow. Please come prepared with comfortable walking shoes, sunglasses, a hat, water and sunscreen. Boots and trekking poles are useful. Walk will only be cancelled in the event of heavy rain or thunder. Rain Date 6/25.

### 415 Walk: Genesee Valley Greenway/ Canawaugus Park

Rosemary Johnson, Hiker Genesee Valley Greenway  
Thursday Jun 18 9:30 AM - 11:00 AM Fee: \$7

Located on Rt. 251, south of the intersection at 383 Scottsville Road, just across from Oatka Creek. parking lot will be on the east side of 251. Park in the designated greenway parking area. This is a gentle walk through woods and wetlands, habitat for an interesting variety of wildlife and plants. Please come prepared with comfortable walking shoes, sunglasses, a hat, water and sunscreen. Boots and trekking poles are useful. Walk will only be cancelled in the event of heavy rain or thunder. Rain date, 6/25.

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

Rhonda Wright Zoom  
Friday May 8 - 10:30 AM - 11:30 AM Fee: \$84 13 sessions  
Aug 14  
No class 6/19, 7/3, One Class TBD

Nia is a whole-body approach to fitness that encompasses the dance arts, the martial arts, and the healing arts. This class can be enjoyed while seated or standing. Through expressive movement and music, Nia invites you to achieve physical, mental, and spiritual fitness and well-being. Nia will lubricate your joints, release your tension, enhance your balance, and tone your muscles with pleasure, mindful awareness and joyful spirit. This class also can be experienced while seated. You will need a phone, laptop or tablet with audio and video capability.

### 506 DrumFit

Rebekah Shuman Oasis  
Friday May 8 - 2:00 PM - 3:00 PM Fee: \$28 4 sessions  
May 29

DrumFit is a fun and energizing class designed specifically for improving strength, coordination, memory, and overall well-being. Using lightweight drumsticks, stability balls, and upbeat music, participants perform easy-to-follow rhythmic movements that combine cardio, balance, and light resistance training. No musical experience is needed – just a willingness to move, have fun, and make some noise! Class can be done seated or standing.

## 510 DrumFit

Rebekah Shuman Oasis  
Friday Jul 10 - 2:00 PM - 3:00 PM Fee: \$28 3 sessions  
Jul 24

DrumFit is a fun and energizing class designed specifically for improving strength, coordination, memory, and overall well-being. Using lightweight drumsticks, stability balls, and upbeat music, participants perform easy-to-follow rhythmic movements that combine cardio, balance, and light resistance training. No musical experience is needed – just a willingness to move, have fun, and make some noise! Class can be done seated or standing.

## HISTORY

### 104 History Of Comics (In Person)

David Woodruff Oasis  
Monday May 4 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
May 11

Sequential Art as a Storytelling Form. Drawings that tell a story go back thousands of years. But it was only in recent history that they exploded into prominence. Now there are over 5,000 stores in the US that specialize in this peculiar art form. But the evolution of comics has not been an easy journey. It might be hard to believe we've burned more comic books in the US than hardcovers. From lazy cats who don't like Mondays to small boys who were never allowed to kick the football, they've become part of our lives in a unique way. Please register for this class if you are interested in participating via in person only.

### 105 History of Comics (Zoom Simulcast)

David Woodruff Zoom  
Monday May 4 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
May 11

Sequential Art as a Storytelling Form. Drawings that tell a story go back thousands of years. But it was only in recent history that they exploded into prominence. Now there are over 5,000 stores in the US that specialize in this peculiar art form. But the evolution of comics has not been an easy journey. It might be hard to believe we've burned more comic books in the US than hardcovers. From lazy cats who don't like Mondays to small boys who were never allowed to kick the football, they've become part of our lives in a unique way. Please register for this class if you are interested in participating via Zoom only. You must have access to a computer/tablet/phone with audio and video capability.

### 108 Tokyo Rose (In Person)

David Woodruff Oasis  
Monday May 18 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
Jun 1  
No class 5/25

Trapped in Another World. Imagine your family wants you to take a trip to visit sick relatives in Japan. Now imagine that it is 1941. And when the war breaks out, you're on the wrong side of the border. That's what happened to a woman who was born in Los Angeles, California. But she makes it to the end of the war, nearly starving to death, while sharing what little she had with American POWs to keep them alive. Then, she is brought back to the US and placed on trial for treason. Please register for this class if you are interested in participating via in person only.

### 109 Tokyo Rose (Zoom Simulcast)

David Woodruff Zoom  
Monday May 18 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
Jun 1  
No class 5/25

Trapped in Another World. Imagine your family wants you to take a trip to visit sick relatives in Japan. Now imagine that it is 1941. And when the war breaks out, you're on the wrong side of the border. That's what happened to a woman who was born in Los Angeles, California. But she makes it to the end of the war, nearly starving to death, while sharing what little she had with American POWs to keep them alive. Then, she is brought back to the US and placed on trial for treason. Please register for this class if you are interested in participating via Zoom only. You must have access to a computer/tablet/phone with audio and video capability.

## 110 Helen Pitts Douglass - What Business Has the World With The Color Of My Wife?

Michael Nighan Oasis  
Monday Jun 1 1:00 PM - 2:30 PM Fee: \$25

In 1884, following the death of his first wife, Frederick Douglass married Helen Pitts from Honeoye, NY. As the first prominent interracial marriage in America, the event sent shockwaves through the country. Following Frederick's death in 1895, Helen spent the rest of her life protecting and preserving his papers, his home in Washington (today's Frederick Douglass National Historic Site), and his legacy. For many years Michael Nighan has written and lectured about the local history of the Genesee region. He currently serves as a trustee of the Honeoye-Richmond Historical Society.

### 111 The Green Children of Woolpit (In Person)

David Woodruff Oasis  
Monday Jun 8 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
Jun 15

A Tale of Faerie Encounters. It's the 12th century; people were afraid of everything different. To them, the devil was a genuine threat. Enter two small children with green skin. They don't speak the language and can't tell you where they came from or how they got here. The concept of feral children goes back to the founders of Rome (who were raised by wolves). It's practically a trope in India... so much so that Kipling wrote about it. And it even happened recently in Moscow. Please register for this class if you are interested in participating via in person only.

### 112 The Green Children of Woolpit (Zoom Simulcast)

David Woodruff Zoom  
Monday Jun 8 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
Jun 15

A Tale of Faerie Encounters. It's the 12th century; people were afraid of everything different. To them, the devil was a genuine threat. Enter two small children with green skin. They don't speak the language and can't tell you where they came from or how they got here. The concept of feral children goes back to the founders of Rome (who were raised by wolves). It's practically a trope in India... so much so that Kipling wrote about it. And it even happened recently in Moscow. Please register for this class if you are interested in participating via in Zoom only. You must have access to a computer/tablet/phone with audio and video capability.

### 116 Gettysburg (In Person)

David Woodruff Oasis  
Monday Jun 22 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
Jun 29

Three Days in the Wrong Place at the Wrong Time. No one wanted to fight here. The town is not a strategic target for anyone. Still, the entire operation saw 57,000 people off the battle rolls and lasted for three days. And this during a time when one day usually determines the outcome of any engagement. The battle went from almost total Confederate victory to a massive defeat. It's probably had more written about it than any other three days in history. But it's a major turning point in American military history. Please register for this class if you are interested in participating via in person only.

### 117 Gettysburg (Zoom Simulcast)

David Woodruff Zoom  
Monday Jun 22 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
Jun 29

Three Days in the Wrong Place at the Wrong Time. No one wanted to fight here. The town is not a strategic target for anyone. Still, the entire operation saw 57,000 people off the battle rolls and lasted for three days. And this during a time when one day usually determines the outcome of any engagement. The battle went from almost total Confederate victory to a massive defeat. It's probably had more written about it than any other three days in history. But it's a major turning point in American military history. Please register for this class if you are interested in participating via Zoom only. You must have access to a computer/tablet/phone with audio and video capability.

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

## 120 Wake Island 1941 (In Person)

David Woodruff Oasis  
Monday Jul 6 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
Jul 13

Alamo of the Pacific. Encore: America's first victory of WWII was obtained only four days after Pearl Harbor on a tiny, under-manned atoll in the central Pacific. The Battle of Wake Island was fought between December 8 and December 23, 1941. It was fought on and around the atoll formed by Wake Island and its minor islets of Peale and Wilkes Islands by the air, land, and naval forces of the Japanese Empire against those of the United States, with Marines playing a prominent role on both sides. 300 untrained civilians also fought the Japanese landings. Please register for this class if you are interested in participating via in person only.

## 120 Wake Island 1941 (Zoom Simulcast)

David Woodruff Zoom  
Monday Jul 6 - 11:00 AM - 12:00 PM Fee: \$35 2 sessions  
Jul 13

Alamo of the Pacific. Encore: America's first victory of WWII was obtained only four days after Pearl Harbor on a tiny, under-manned atoll in the central Pacific. The Battle of Wake Island was fought between December 8 and December 23, 1941. It was fought on and around the atoll formed by Wake Island and its minor islets of Peale and Wilkes Islands by the air, land, and naval forces of the Japanese Empire against those of the United States, with Marines playing a prominent role on both sides. 300 untrained civilians also fought the Japanese landings. Please register for this class if you are interested in participating via Zoom only. You must have access to a computer/tablet/phone with audio and video capability.

## 318 American History Through Food: Mac and Cheese

Bonnie Fox, Oasis  
retired biology teacher, Pittsford Central Schools  
Wednesday Jun 17 10:30 AM - 12:00 PM Fee: \$25

Join us as we explore how mac and cheese began as a dish first served to aristocrats at the White House in 1802 to a dish whose industry today brings in 2.9 billion dollars a year and is served to Americans at least 22 times a year.

## 404 Presidents For All Americans (In Person)

Steve Schockow, Retired History Teacher Oasis  
Thursday May 7 1:00 PM - 2:00 PM Fee: \$20

As we move closer to our nation's 250th birthday, we will take a look at a number of the civil rights challenges our country's Presidents faced midway through the twentieth century. The administrations of Harry S. Truman, Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson and Richard M. Nixon will be highlighted with these questions in mind: How did these Presidents confront these issues? How did their actions impact the future? Were their actions positive or negative in addressing the issues and why?

## 405 Presidents For All Americans (Zoom Simulcast)

Steve Schockow, Retired History Teacher Zoom  
Thursday May 7 1:00 PM - 2:00 PM Fee: \$20

As we move closer to our nation's 250th birthday, we will take a look at a number of the civil rights challenges our country's Presidents faced midway through the twentieth century. The administrations of Harry S. Truman, Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson and Richard M. Nixon will be highlighted with these questions in mind: How did these Presidents confront these issues? How did their actions impact the future? Were their actions positive or negative in addressing the issues and why? Please register for this class if you plan to join via Zoom using your phone, laptop or tablet.

## 407 World War II in Perspective (In Person)

Laurence Britt Oasis  
Thursday May 14 - 11:00 AM - 12:00 PM Fee: \$60 4 sessions  
Jun 4

This four-session course offers a fresh perspective on his previous World War II classes, focusing on its strategic, political, and human dimensions rather than military detail. It examines the war's origins, the forces that shaped its outcome, the strategies of the Axis and Allies, and the viewpoints of Germany, Japan, Britain, the Soviet Union, and the United States. Session 1 explores why war became nearly inevitable despite widespread public opposition. Session 2 analyzes the Axis's early victories and the critical mistakes on both sides. Session 3 examines the pivotal year 1941, including Germany's invasion of the Soviet Union and Japan's attack on the United States, and how these events solidified the opposing coalitions. The final session surveys the war's closing phase, Allied dominance, leadership performance, and the postwar consequences.

## 408 World War II in Perspective (Zoom Simulcast)

Laurence Britt Zoom  
Thursday May 14 - 11:00 AM - 12:00 PM Fee: \$60 4 sessions  
Jun 4

This four-session course offers a fresh perspective on his previous World War II classes, focusing on its strategic, political, and human dimensions rather than military detail. It examines the war's origins, the forces that shaped its outcome, the strategies of the Axis and Allies, and the viewpoints of Germany, Japan, Britain, the Soviet Union, and the United States. Session 1 explores why war became nearly inevitable despite widespread public opposition. Session 2 analyzes the Axis's early victories and the critical mistakes on both sides. Session 3 examines the pivotal year 1941, including Germany's invasion of the Soviet Union and Japan's attack on the United States, and how these events solidified the opposing coalitions. The final session surveys the war's closing phase, Allied dominance, leadership performance, and the postwar consequences. Laurence Britt is a published writer and has had a lifelong interest in World War II history and possesses a large book collection on the subject. Select this class if you will be joining via Zoom.

## LANGUAGES

### 209 French - Intermediate (Zoom Only)

Kevin Finnigan Zoom  
Tuesday May 5 - 1:00 PM - 2:00 PM Fee: \$105 15 sessions  
Aug 11

This course is aimed at those who have completed at least the equivalent of high school French 1. Emphasis will be on the communication skills of listening and speaking with gradual introduction of longer reading passages with the aim of building vocabulary and fluency. Students not currently enrolled in the beginning course will need permission of the instructor to register. Please contact Oasis Rochester before registering and we will get you in touch with Kevin. Class is taught via Zoom. You must have a computer, or smart phone, or tablet with video and audio capability (computer or laptop preferred), and a printer/scanner for class materials. The text used is *Bien Dit!*, French 2, 2013 edition.

### 212 French - Advanced (Zoom Only)

Kevin Finnigan Zoom  
Tuesday May 5 - 2:30 PM - 4:00 PM Fee: \$115 15 sessions  
Aug 11

This course is equivalent to fourth year of high school French or fourth semester college. If you are not currently enrolled in the course, you will need permission of the instructor to join. The class is taught via Zoom. You must have a computer, or smart phone, or tablet with video and audio capability (computer or laptop preferred), and a printer/scanner for class materials. The text used is *Bien Dit!*, French 2, 2013 edition.

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

Kristine Hannon, Zoom  
retired Rochester City School District teacher  
Wednesday May 6 - 10:00 AM - 11:00 AM Fee: \$98 14 sessions  
Aug 12  
No class 7/1

If you have studied Spanish before and have a basic speaking knowledge of Spanish, you are welcome to join this lively class. The advanced intermediate level class provides an opportunity to practice speaking in a friendly environment. You must have taken Spanish with Kris previously. Text is on your confirmation letter. Class is presented via Zoom. You must have a computer/laptop, tablet or a phone and capability for sound and camera access. Book: *Complete Spanish All-in-One, Premium Third Edition* ISBN 978-1-264-28554-9

### 308 Spanish - Intermediate Continued

Kristine Hannon, Oasis  
retired Rochester City School District teacher  
Wednesday May 6 - 11:15 AM - 12:15 PM Fee: \$98 14 sessions  
Aug 12  
No class 7/1

This is a continuation for those who have taken Spanish II. You will be able to practice in a relaxed and friendly atmosphere. You must have previously taken class with Kris. The textbook is not included and will be listed on your confirmation letter.

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

Kevin Finnigan Zoom  
Wednesday May 6 - 1:00 PM - 2:30 PM Fee: \$115 15 sessions  
Aug 12

This is a continuing BEGINNING LEVEL course, but designed for those who have some prior instruction in French or for those who feel that their French is really very weak. Students should be able to know basic vocabulary, such as foods, transportation, school, etc., as well as grammatical concepts as regular verbs in the present tense. The course is taught via Zoom. Participants must have access to a computer, tablet with video and audio capability, or smart phone (computer is preferred) and printer/copier. The text used is *Bien Dit!* French 1, 2013 edition.

## MUSIC

### 107 Oasis Community Chorus (Zoom Only)

Rhonda Wright Zoom  
Monday May 4 - 2:30 PM - 3:30 PM Fee: \$91 14 sessions  
Aug 10  
No class 5/25, One Class TBD

We welcome all Oasis participants who enjoy singing, and those who think they might, to give us a try. There are no auditions and newcomers are always welcome. The chorus learns to sing in harmony to favorites and popular Broadway tunes to new contemporary arrangements. The Chorus usually performs one outreach concert for residents at a nearby nursing home or senior facility (participation optional). Concert participants must wear white tops with matching red chorus tie or scarf. This class is for those who prefer to join chorus via Zoom only. Music pick-up day/time will be found in your confirmation email. You must have a computer/tablet/phone with audio and video capability. Music truly does lift the spirit and feed the soul.

### 115 The Jazz Life: In Their Own Words

Monk Rowe, Fillius Jazz Archive Director Oasis  
Monday Jun 15 - 1:00 PM - 2:30 PM Fee: \$60 4 sessions  
Jul 6

Monk Rowe is the Director of the Fillius Jazz Archive at Hamilton College. Since 1995, he has personally conducted over 500 video interviews with jazz artists from across the country and abroad. He will share video excerpts from sessions with well known musicians, (Dave Brubeck, Marian McPartland, Jon Hendricks) as well as lesser known, but equally interesting sidemen from the bands of Count Basie, Duke Ellington, and Buddy Rich. Themes include life on the road, jazz and race, childhood inspiration, and improvisation. Monk will add to their jazz tales with live music examples and personal anecdotes from his career as a professional musician. Participants will see and hear the story of jazz from the artists who lived it.

### 205 Oasis Community Chorus (In Person)

Rhonda Wright Oasis  
Tuesday May 5 - 11:00 AM - 12:00 PM Fee: \$98 15 sessions  
Aug 11  
No class One Class TBD

We welcome all Oasis participants who enjoy singing, and those who think they might, to give us a try. There are no auditions and newcomers are always welcome. The chorus learns to sing in harmony to favorites and popular Broadway tunes to new contemporary arrangements. The Chorus usually performs one outreach concert for residents at a nearby nursing home or senior facility (participation optional). Concert participants must wear white tops with matching red chorus tie or scarf. Music truly does lift the spirit and feed the soul.

## PERSONAL DEVELOPMENT

### 210 Beginner's Guide to Artificial Intelligence

Jack Rosenberry Oasis  
Tuesday May 5 1:00 PM - 2:30 PM Fee: \$25

Artificial Intelligence (AI) is showing up everywhere – from smartphones and search engines to healthcare, banking, and customer service. But what exactly is AI? Is it something to be excited about, cautious about, or both? What do some of the AI applications you've heard about really do, and how do they work? This friendly, jargon-free one-hour class is designed specifically for older adults who want a clear, practical understanding of AI. We'll break down what AI really means, what it can and cannot do, and how it's already part of everyday life. No technical background required, and please note that the class will not provide instruction in using AI tools.

### 113 Medication Safety and Addiction: Impact on Older Adults

Jennifer Faringer and David Young, Oasis  
DePaul's National Council on Alcoholism and Drug  
Dependence-Rochester Area  
Monday Jun 8 1:00 PM - 2:00 PM Fee: \$20

Discussed will be trends, prevalence, signs and symptoms specific to older adults and how both body and mind may be impacted. We'll look at how use and misuse affect older adults differently, often placing them at higher risk for addiction and other related health issues. We will share with attendees multiple medication safety resources and other giveaways along with fact sheets, community resources and referral directories. Presenters Jennifer Faringer, M.S. ED, CPP-G, Director, and David Young, Finger Lakes Addiction Resource Center, are both from the National Council on Alcoholism and Drug Dependence-Rochester Area.

### 214 Current Events Review Class

Dick Butler Oasis  
Tuesday May 19 - 9:30 AM - 11:00 AM Fee: \$50 7 sessions  
Jun 30

This course involves participants in review and discussion of current national and international events. Participants read about, watch, and/or listen to reports of current events before class. You are encouraged to bring facts, insights, and interpretations into our discussions. Our aim is to assist in recognizing and understanding the variety of facets of an event, and their implications. Each participant will organize and lead a 30-minute session on a related topic of interest to them. Please come with an open mind and willing to engage in a respectful discussion.

### 314 Find Your Balance: Falls Prevention Made Easy (In Person)

Dr. Danielle Beatty, Physical Therapist Oasis  
Wednesday Jun 3 11:00 AM - 12:00 PM Fee: \$20

Did you know that an older adult falls every second of every day? Join us for this informational session which includes explanations of the body systems that maintain balance, aging and other risk factors that can cause instability, vertigo and common vestibular (inner ear) conditions, screens to identify whether you are at risk for falls, and how you can act now to prevent a future fall. Presented by Danielle Beatty, physical therapist, FYZICAL Therapy and Balance Centers in Greece.

### 315 Find Your Balance: Falls Prevention Made Easy (Zoom Simulcast)

Dr. Danielle Beatty, Physical Therapist Zoom  
Wednesday Jun 3 11:00 AM - 12:00 PM Fee: \$20

Did you know that an older adult falls every second of every day? Join us for this informational session which includes explanations of the body systems that maintain balance, aging and other risk factors that can cause instability, vertigo and common vestibular (inner ear) conditions, screens to identify whether you are at risk for falls, and how you can act now to prevent a future fall. Presented by Danielle Beatty, physical therapist, FYZICAL Therapy and Balance Centers in Greece. Register for this class if you would prefer to access the class via Zoom.

### 414 Nursing Home or Assisted Community Living – What You Should Know

Judy Prevratil and MaryDel Wypych, Oasis  
Elder Justice Committee  
Thursday Jun 11 12:30 PM - 1:30 PM Fee: \$15

Too often a difficult decision must be made quickly with little information or guidance when someone is about to be released from the hospital and needs rehabilitation or long-term care. Or someone currently in a nursing home is not receiving good care and wants to move. This class will address what to look for in making a decision beyond the lovely lobby and brochure. Common problems that can be solved, how to advocate for quality care and residents' rights will also be covered. Elder Justice Committee of Metro Justice is an organization regionally recognized for advocating for quality care for those living in nursing homes and assisted living communities.

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

**416 Safety First:  
Privacy, Online Safety and Recent Scams**

Pat Martinez Oasis  
Thursday Jun 18 10:00 AM - 11:30 AM Fee: \$25

The Internet provides us with powerful tools to shop, message with friends, send emails and video chat with family. However, it also creates some threats to our privacy. Learn about using passwords, good security habits, virus protection, firewalls and much more. Knowing how to protect yourself online can go a long way towards making the use of the Internet safer. Recent phone and other scams will also be discussed. This class has been updated with new information.

**502 Odysseus' Wine Journey**

Bruce Smoller, Sommelier Oasis  
Friday May 8 1:00 PM - 2:30 PM Fee: \$35

In Homer's *The Odyssey*, the hero travels the Mediterranean, encountering wines at many of his stopovers. In this class, we will explore wines that come from the region. The wines will be from both common and esoteric origins and should make for a fun voyage!

**509 Rieslings From Around The World**

Bruce Smoller, Sommelier Oasis  
Friday Jun 26 1:00 PM - 2:30 PM Fee: \$35

While most New Yorkers are familiar with Rieslings produced in our immediate surroundings, the wine is produced worldwide. Not all Rieslings are created equal or identical. In this class, we will explore the many facets of this wine.

**512 The Many Faces of Chardonnay**

Bruce Smoller, Sommelier Oasis  
Friday Jul 24 1:00 PM - 2:30 PM Fee: \$35

Chardonnay is ubiquitous, and one often hears phrases such as "anything but Chardonnay." That assumes a uniformity to these wines that is not accurate. In this class, we will explore a range of Chardonnays from various countries and with various production methods that will demonstrate the versatility of this grape.

**215 Linwood Garden Tour**

Lee Gratwick  
Tuesday May 19 10:00 AM - 11:00 AM Fee: \$30

Linwood Gardens, a private garden, is located in Linwood, New York, 35 miles southwest of Rochester in the farmlands of the Genesee Valley. The garden landscape was designed in the early 1900s, with an Arts and Crafts style summerhouse, walled gardens with pools and fountains, ornamental trees, and a view of the valley beyond. The gardens include a distinguished collection of Japanese and American tree peonies featured each spring at the Tree Peony Festival of Flowers. The tour is guided for one hour, but feel free to stay and wander the property after the class. You can register for another guest with your registration. You will drive on your own to the gardens; directions will be in your confirmation email. RSVP by 5/12 at noon.

**316 Lights, Legacy and Liberty:  
A Seneca Falls Celebration**

Wednesday Jun 3 11:00 AM - 4:00 PM Fee: \$20

Spend a delightful day in Seneca Falls, where history and Hollywood charm come together. Start your morning at the It's a Wonderful Life Museum, celebrating the beloved holiday classic *It's a Wonderful Life*. Discover fascinating exhibits, memorabilia, and the inspiring connections between the film and Seneca Falls, said to be the inspiration for Bedford Falls. Enjoy lunch on your own (we will make suggestions closer to the date). In the afternoon, visit the inspiring National Women's Hall of Fame, where the remarkable achievements of groundbreaking American women are honored and celebrated. Through engaging exhibits and stories of courage and innovation, you'll leave uplifted and empowered by the legacy of those who shaped our nation.

**324 Tour of Stone-Tolan Historic Site**

Cindy Boyer, Landmark Society Stone Tolan Historic Site  
Wednesday Jun 17 11:00 AM - 12:00 PM Fee: \$10

The Stone-Tolan House Historic Site is the oldest in the county. For over 200 years, it has been many things to many people. To Orring and Elizabeth Stone it was home and work; a farm and tavern. To neighbors, it was a place to gather for a drink in the tavern room, and plan the government for their new town of Brighton. To the traveler, it was shelter from the wilderness of early 19th century New York. The Stone-Tolan House represents the private and the public activities of a household and rural tavern on the frontier in Brighton, NY between 1790 and 1820. This will be a walking tour, so please be prepared with comfortable shoes! RSVP by 6/9 at noon.

**418 National Warplane Museum Tour**

Paul Gayton, NWM National Warplane Museum  
Thursday Jul 23 10:00 AM - 11:30 AM Fee: \$10

The National Warplane Museum is dedicated to the preservation and display of significant historical and military aircraft and artifacts for the benefit and education of the public. Located in Geneseo, New York, the Museum offers visitors an up-close, living history experience that connects the past with present-day audiences. Experience personal connections to history through exhibits showcasing uniforms, photographs, oral histories, and artifacts that tell the human stories behind the machines. Wear comfortable shoes for walking and dress for the weather as there are some outdoor exhibits. RSVP by 7/16 at noon.

**503 The Art of Looking:  
Learning Tools For a Lifetime**

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

This class has received rave reviews from our members. Using art at the Memorial Art Gallery, the docents will guide you through the Gallery, teaching art appreciation skills of observation and interpretation. You will learn new ways to look at, and engage deeply with, works of art. Your new skills will enable you to enjoy art differently in the future. One of the weeks will concentrate on a temporary exhibit. Pay at registration, not at the door. RSVP by 5/1/26 at noon. Docent is Cynthia Goldstein.

**504 The Art of Looking:  
Learning Tools For a Lifetime**

MAG Docent Memorial Art Gallery  
Friday Jul 10 - 1:00 PM - 3:00 PM Fee: \$40 3 sessions  
Jul 22

This class has received rave reviews from our members. Using art at the Memorial Art Gallery, the docents will guide you through the Gallery, teaching art appreciation skills of observation and interpretation. You will learn new ways to look at, and engage deeply with, works of art. Your new skills will enable you to enjoy art differently in the future. One of the weeks will concentrate on a temporary exhibit. Pay at registration, not at the door. RSVP by 7/2/26 at noon. Docent is Ellie Stauffer or Dave Michael.



**If you cannot afford to contribute, scholarships are available on request. No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State or County funding. This includes**

**but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status.**

# Registration Procedures

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

- **Mail-In-Registration Processed beginning April 13th, 2026**
- **Online-Registration Opens April 13th, 2026 @ 9am @ [rochester.oasisnet.org](http://rochester.oasisnet.org)**
- **Walk-In-Registration April 14th-16th, 2026, 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 participants 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 more than one person per household would like to view a class via Zoom, you must each register separately.
- Participants who want to attend classes with another participant should send their registrations to Oasis in one envelope. Don't forget to send the self-addresses stamped envelope or request an email receipt.
- **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.
- Make checks payable to Oasis. Please note: if you pay by check and a class you signed up for is cancelled, it may take 2-3 weeks to process a refund.

*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.*



# Neighborhood Program

ESLC's Neighborhood Program offers programs and activities that support active, healthy aging throughout the Rochester area. All programs are open to the public with a reservation.

Below are a sample of programs, for a full list, visit [EpiscopalSeniorLife.org/Community-Programs/Neighborhood-Program](https://www.episcopalSeniorLife.org/Community-Programs/Neighborhood-Program), or scan the QR code.



## Music & Memory Panel Series

*Tuesday, May 5 at 10:00 AM*

**Location:** Virtual-Zoom

**What to expect:** This webinar is focused on the powerful role music can play in supporting emotional well-being and quality of life for people living with dementia and their family caregivers. Speakers will explore music-based programs and personalized approaches that demonstrate how familiar music can awaken memories, reduce stress, and foster joy and social connection.

**Reserve:** Email Brian Potvin at [bpotvin@EpiscopalSeniorLife.org](mailto:bpotvin@EpiscopalSeniorLife.org) or 585.546.8439 ext 1970

## Brain Health & a New Era of Dementia Support:

**A GUIDE Overview - Wednesday, May 13 at 11:00 AM**

**Location:** Valley Manor, 1570 East Ave, Rochester, NY 14610

**What to expect:** Join us for an engaging and practical session focused on building daily habits that promote brain health and reduce dementia risk. You'll also learn about Medicare's new Guiding an Improved Dementia Experience (GUIDE) Program and how to enroll.

**Reserve:** Email Kaitlin Garrity at [kgarrity@EpiscopalSeniorLife.org](mailto:kgarrity@EpiscopalSeniorLife.org) or 585.770.1901 ext 1921

## Senior Health & Wellness Fair

*Friday, May 29 at 11:00 AM – 1:00 PM*

**Location:** Beatrice Place, 600 Denise Road, Rochester, NY 14616

**What to expect:** Over 20 local agencies will be offering free or low-cost services that will include health care screenings, wellness tips, blood pressure checks and more. Whether you are looking to refresh your health routine or explore new ways to feel your best, this engaging, community focused event is the perfect way to kick off the season!

**Reserve:** Email Erica Cerasoli at [ecerasoli@EpiscopalSeniorLife.org](mailto:ecerasoli@EpiscopalSeniorLife.org) or 585.295.1330

## Drums Alive

*Fridays at 10:00 AM*

**Location:** Pinehurst, 1000 Pine Trail, Honeoye Falls, NY 14472

**What to expect:** Feel the beat and boost your energy! Drums Alive is a fun cardio and rhythm class combining stability ball drumming with simple movement patterns. Great for all fitness levels—go at your own pace, and leave smiling.

**Reserve:** Email Emily VanHouter at [evanhouter@EpiscopalSeniorLife.org](mailto:evanhouter@EpiscopalSeniorLife.org) or 585.546.8439 ext 1716

## Balance Class

*Wednesdays at 2:00 PM*

**Location:** Ellen's Place, 65 Bower Rd, Rochester, NY 14622

**What to expect:** Build strength to decrease bone loss, improve posture and increase joint stability and range of motion. Join Julie for a workout that is safe, functional and fun!

**Reserve:** Email Julie Montgomery at [jmontgomery@EpiscopalSeniorLife.org](mailto:jmontgomery@EpiscopalSeniorLife.org) or 585.546.8439 ext 1945

## Caregiver Dementia Respite Program

*Thursdays at 9:00 AM–12:00 PM & 1:00–4:00 PM*

**Location:** St. Leo Community Center, 171 Lake Ave, Hilton, NY 14468

**What to expect:** A welcoming, active, supervised setting that offers engaging activities for your loved one with dementia while caregivers take a break to rest, run errands or attend appointments. Registration and pre-screening is required for all participants in this program.

**Reserve:** Email Brian Potvin at [bpotvin@EpiscopalSeniorLife.org](mailto:bpotvin@EpiscopalSeniorLife.org) or 585.546.8439 ext 1970

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## Book Club

*First and Third Tuesday of the Month at 3:30 PM*

**Location:** Pinehurst, 1000 Pine Trail, Honeoye Falls, NY 14472

**What to expect:** It's a great way to explore new genres, share perspectives, and connect with others through a shared love of reading.

**Reserve:** Email Emily VanHouter at [evanhouter@EpiscopalSeniorLife.org](mailto:evanhouter@EpiscopalSeniorLife.org) or 585.546.8439 ext 1716

## Community Resource Room

*Open 7 days a week, 8:00 AM–5:00 PM*

**Location:** River Edge Manor, 535 Mt Hope Ave, Rochester, NY 14620

**What to expect:** The room includes computers with webcams and speakers, iPads, high-speed internet, printing and copying, a large screen tv and a Meta VR headset for community use. Reservations for private use of the room available upon request.

**Reserve:** Email Anna Meyer at [ameyer@EpiscopalSeniorLife.org](mailto:ameyer@EpiscopalSeniorLife.org) or 585.546.8439 ext 4416

Life. Inspired every day.

# Oasis Registration Form

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

Name: \_\_\_\_\_ Birth Month & Year: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

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 \$ \_\_\_\_\_  
(Visa/MasterCard/Discover)

✓	#	Class Name	Fee	Office Use	
				E	Ck#
		<b>ARTS &amp; HUMANITIES</b>	W	E	Ck#
	106	Introduction To Stained Glass	\$60		
	208	Watercolor Wonder	\$35		
	213	Crochet Two Versions of Granny Squares	\$30		
	216	Creating Ink and Watercolor Wash	\$50		
	217	Mandala Making: Finding Center Through Pattern and Color	\$40		
	218	Louis Armstrong at 125	\$85		
	221	Fundamentals of Drawing and Sketching	\$50		
	222	CINERAMA Adventure and the Monroe Theater	\$45		
	306	Representing American History: Living History Museums (In Person)	\$40		
	307	Representing American History: Living History Museums (Zoom Simulcast)	\$40		
	312	Diamonds of the Cinema	\$85		
	313	Spring Flowers: An Acrylic Painting Workshop	\$50		
	317	Robert Redford as Director	\$85		
	319	Beautiful Birch Trees: An Acrylic Painting Workshop	\$50		
	320	Bette Davis, A Bumpy Ride	\$85		
	321	Just Write: Summer Smorgasbord (Zoom Only)	\$80		
	322	Italian American Ballplayers: Major League Profiles, 1920-1980	\$15		
	323	Book Discussion: Ann's Pick: The Lion Women of Tehran By Marjan Kamali	\$7		
	409	Prayer Flags: Painting & Stitching with Intention	\$40		
	411	Book Discussion: Penny's Pick Sold on a Monday	\$7		

✓	#	Class Name	Fee	Office Use	
				E	Ck#
	417	Neurographic Art: Letting the Lines Lead	\$40		
	505	Oasis Book Club (Zoom Only)	\$28		
	507	Little Surprise!	\$7		
	508	Little Surprise!	\$7		
	511	Little Surprise!	\$7		
	513	Little Surprise!	\$7		
		<b>COMPUTERS</b>	W	E	Ck#
	102	Technology Tutoring	\$45		
	114	Technology Tutoring	\$45		
	118	Technology Tutoring	\$45		
	121	Technology Tutoring	\$45		
		<b>EXERCISE</b>	W	E	Ck#
	101	T'ai Chi - Introduction	\$84		
	103	T'ai Chi - Intermediate Level	\$84		
	223	Walk/Bird Watch: Canawaugus Park - The Greenway Trail	\$7		
	201	Tap Dance 4A	\$105		
	202	Tap Dance 2B	\$105		
	203	Aquafit-Arthritis/Fibromyalgia/Range of Motion	\$203		
	204	Tap Dance 3A	\$105		
	206	Tap Dance 3B	\$105		
	207	Stretch and Strengthen	\$91		
	208	Belly Dance Basics	\$42		
	211	Belly Dance Choreographies	\$42		

✓	#	Class Name	Fee	Office Use	
	224	Walk/Bird Watch: Sandra Frankel Park - Brickyard Trail	\$7		
	225	Walk/Bird Watch: Mendon Ponds Park - Quaker Pond Trail	\$7		
	226	Walk/Bird Watch: Oatka Park	\$7		
	217	Belly Dance Basics	\$42		
	220	Belly Dance Choreographies	\$42		
	301	Jazz	\$105		
	302	Tap Aerobics	\$63		
	304	Tap Dance 4B	\$105		
	305	Oasis Tappers	\$105		
	309	Tap Dance 2A	\$105		
	311	Tap Dance 1A	\$105		
	401	Walk: Brickyard Trail	\$7		
	402	Yoga 101	\$91		
	403	Yoga 102	\$91		
	406	Walk: Erie Canal	\$7		
	410	Walk: Highland Park	\$7		
	412	Walk: Durand Eastman North/Lake Ontario Trail	\$7		
	413	Walk: Turning Point Park	\$7		
	415	Walk: Genesee Valley Greenway/Canawaugus Park	\$7		
	501	Nia: Body, Mind and Spirit (Zoom Only)	\$84		
	506	DrumFit	\$28		
	510	DrumFit	\$28		
		<b>HISTORY</b>	W	E	Ck#
	104	History Of Comics (In Person)	\$35		
	105	History of Comics (Zoom Simulcast)	\$35		
	108	Tokyo Rose (In Person)	\$35		
	109	Tokyo Rose (Zoom Simulcast)	\$35		
	110	Helen Pitts Douglass - What Business Has the World With The Color Of My Wife?	\$25		
	111	The Green Children of Woolpit (In Person)	\$35		
	112	The Green Children of Woolpit (Zoom Simulcast)	\$35		
	116	Gettysburg (In Person)	\$35		
	117	Gettysburg (Zoom Simulcast)	\$35		
	120	Wake Island 1941 (In Person)	\$35		
	120	Wake Island 1941 (Zoom Simulcast)	\$35		

✓	#	Class Name	Fee	Office Use	
	318	American History Through Food: Mac and Cheese	\$25		
	404	Presidents For All Americans (In Person)	\$20		
	405	Presidents For All Americans (Zoom Simulcast)	\$20		
	407	World War II in Perspective (In Person)	\$60		
	408	World War II in Perspective (Zoom Simulcast)	\$60		
		<b>LANGUAGES</b>	W	E	Ck#
	209	French - Intermediate (Zoom Only)	\$105		
	212	French - Advanced (Zoom Only)	\$115		
	303	Spanish - Beginning Continued (Zoom Only)	\$98		
	308	Spanish - Intermediate Continued	\$98		
	310	French - Beginning Continued (Zoom Only)	\$115		
		<b>MUSIC</b>	W	E	Ck#
	107	Oasis Community Chorus (Zoom Only)	\$91		
	115	The Jazz Life: In Their Own Words	\$60		
	205	Oasis Community Chorus (In Person)	\$98		
		<b>PERSONAL DEVELOPMENT</b>	W	E	Ck#
	210	Beginner's Guide to Artificial Intelligence	\$25		
	113	Medication Safety and Addiction: Impact on Older Adults	\$20		
	214	Current Events Review Class	\$50		
	314	Find Your Balance: Falls Prevention Made Easy (In Person)	\$20		
	315	Find Your Balance: Falls Prevention Made Easy (Zoom Simulcast)	\$20		
	414	Nursing Home or Assisted Community Living - What You Should Know	\$15		
	416	Safety First: Privacy, Online Safety and Recent Scams	\$25		
	502	Odysseus' Wine Journey	\$35		
	509	Rieslings From Around The World	\$35		
	512	The Many Faces of Chardonnay	\$35		
	215	Linwood Garden Tour	\$30		
	316	Lights, Legacy and Liberty: A Seneca Falls Celebration	\$20		
	324	Tour of Stone-Tolan Historic Site	\$10		
	418	National Warplane Museum Tour	\$10		
	503	The Art of Looking: Learning Tools For a Lifetime	\$40		
	504	The Art of Looking: Learning Tools For a Lifetime	\$40		



Full class descriptions are on our website. Registration will begin on April 13th and will be via mail and online at [rochester.oasisnet.org](http://rochester.oasisnet.org)



It just got easier to watch your favorite Oasis lecture!



**This Spring, we launched a pilot program to record our lectures in case you have to miss one. Here's what to expect...**

- If a class is going to be recorded, it will be notated by an icon in the catalog as well as in the class listing on our website.
- You must be signed up for the class **BEFORE** it begins in order to request the class recording.
- Recordings will be sent by request; email us after the class at [info@rochoasis@gmail.com](mailto:info@rochoasis@gmail.com).
- Requests will be honored within one week following the original class date.
- The recording will be available to stream for two weeks.
- A class recording is solely intended for the use of the person who signed up for the class and should not be shared.