

Fall 2026

Rochester **Oasis** Lifelong Adventure



Course Catalog

Join us for online classes this Fall!

Register online: rochester.oasisnet.org

Full class descriptions are on our website. Registration will begin on August 17th and will be via mail and online at rochester.oasisnet.org

Dear Oasis Friends,

Oasis Rochester is pleased to announce a new partnership with Episcopal SeniorLife Communities (ESLC), which is expected to become our sponsoring organization following the anticipated transfer of our 501(c)(3) in late summer. This partnership strengthens our local support while preserving the Oasis brand, staff, programming, and our relationship with the Oasis National Institute. As part of this transition, Oasis Rochester will relocate to a newly renovated space at **1530 East Avenue** on the Valley Manor campus. The new location will feature classrooms, a fitness studio, a teaching kitchen, and more, with classes expected to begin there in **December 2026**. We look forward to sharing more updates as this exciting transition continues. Also enclosed is information about our **2027 travel opportunities**. Join us as we explore **Canadian Cities** or **England, Scotland & Wales!**



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
- 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 infochoasis@gmail.com
- Registration will begin on August 17th and will be via mail and online at: rochester.oasisnet.org

Full class descriptions are on our website. Registration will begin on August 17th and will be via mail and online at
rochester.oasisnet.org

Contact us: infochoasis@gmail.com

Oasis Course Catalog–Fall 2026

ARTS & HUMANITIES

110 Introduction To Stained Glass

Guy Neri Oasis
Monday Sep 21– Oct 19 1:00–3:00 PM Fee: \$120 4 sessions
No class 10/12

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.

124 See the World in a Flower: Painting with the Spirit of Georgia O'Keeffe

Susan Carmen-Duffy Central Creatives
Monday Nov 16 1:00–3:00 PM Fee: \$40

Flowers are more than petals and stems. They are landscapes of color, shape, and mystery waiting to be discovered. Inspired by the work of artist Georgia O'Keeffe, this workshop invites participants to slow down and look deeply at the natural world. Through guided watercolor exercises and creative exploration, we will study flowers up close, noticing their curves, patterns, colors, and hidden details. Using watercolor and colored pencil participants will create expressive floral paintings that move beyond simple representation and capture the feeling and essence of their subject. Along the way, we'll explore color mixing, layering techniques, composition, and ways to bring personal meaning into our artwork. We will celebrate Georgia in the month of her birth!

206 Painting the Four Seasons in Watercolor

Lisa Robinson Central Creatives
Tuesday Sep 15 1:00–3:00 PM Fee: \$40

This one-day workshop teaches us how to interpret the seasons using watercolors to create four small paintings. Each season presents an opportunity to experiment with color. Subjects include snow-covered fields, spring at Highland Park, summer clouds with trees and a fall scene with changing leaves. Materials are included.

212 Unfold: An Accordion Book in Watercolor and Collage

Susan Carmen-Duffy Central Creatives
Tuesday Sep 29 1:00–3:00 PM Fee: \$40

Create a beautiful accordion-fold book using watercolor, collage, and ink! An accordion book is one of the most satisfying things you can make with your hands. One long strip of paper, folded into a small landscape of color and image, that opens up to reveal something unexpected. In this workshop we will paint watercolor washes, layer collage papers and inked images, and fold our finished pages into a completed accordion book you can stand on a shelf, tuck into a pocket, or give to someone you love.

213 Creating Art with Walnut Ink

Lisa Robinson Central Creatives
Tuesday Oct 6 1:00–3:00 PM Fee: \$40

Looking for a class that introduces you to a unique and interesting medium? Lisa Robinson will show you the beauty of walnut ink to sketch or paint with. Enjoy drawing sepia lines and textures with crow quill pens. Blend beautiful washes to create your own special art piece. Materials are included.

214 Major League Baseball in the 1950s

James Kraus, retired English teacher Oasis
Tuesday Oct 6– Nov 3 1:00 PM - 2:30 PM Fee: \$75 5 sessions

This course will examine the great baseball decade of the 1950s: post WWII faded and emerging stars, the influence of black and Latino players, two pieces of the Yankee dynasty, and the stirrings of change. A season by season chronology will be peppered with anecdotes, facts, and trivia from participants and the manager.

215 Fall into Writing (Zoom Only)

Jennifer Case Zoom
Tuesday Oct 6–27 7:00–8:30 PM Fee: \$80 4 sessions

Have a story—or many stories—to tell, but don't know how to put the words down on paper? In these sessions we'll explore both memoir and fiction through a variety of activities. Participants will read and discuss short pieces of literature, respond to writing prompts, and have the opportunity to share their efforts in a safe and friendly workshop setting. All levels of experience are welcome. This class is given via Zoom only.

216 Creating Heirloom Recipe Cards for Gifts

Lisa Robinson Central Creatives
Tuesday Nov 3 1:00–3:00 PM Fee: \$45

Painting heirloom recipe cards is a lovely way to preserve family culinary traditions. Hand paint elements or ingredients from the recipe to make decorative borders. Practice painting fruits and veggies, utensils, and baked goods. These fun skills will allow you to begin your own recipe journal or a special art piece to frame for our home kitchen. Materials are included.

305 Manet-Morisot/Degas-Cassatt (In Person)

Grace Seiberling, Art Historian Oasis
Wednesday Sep 9–30 11:00 AM–12:30 PM Fee: \$70 4 sessions

Impressionist artistic relationships of male and female artists have been often viewed in a master-pupil light, with the female artist as the secondary figure. This 4-session class will look at the artistic interchanges among these painters and print-makers in the larger context of conditions for women artists and the Impressionist movement. Please register for this class if you plan to join the class in person.

306 Manet-Morisot/Degas-Cassatt (Zoom Simulcast)

Grace Seiberling, Art Historian Zoom
Please register for this class if you plan to join the class via Zoom.
Wednesday Sep 9–30 11:00 AM–12:30 PM Fee: \$70 4 sessions

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

311 Fred Astaire: White Tie, Top Hat, and Tails

Otto Bruno
Oasis
Wednesday Sep 9-30 1:00-4:00 PM Fee: \$85 4 sessions
How does a boy from Omaha, Nebraska, end up as the symbol of elegance on the dance floor and one of the most beloved icons of American cinema? From vaudeville to the Broadway stage, from film sets to award-winning television, Fred Astaire conquered show business to become a symbol of sophisticated entertainment around the world. Join us as we bask in the rhythmic perfection of Fred Astaire on both the small and large screens.

313 Bing Crosby: Learn to Croon

Otto Bruno, author
Oasis
Wednesday Oct 7-28 1:00-4:00 PM Fee: \$85 4 sessions
Before Sinatra, Elvis, and the Beatles there was Bing, the first crooner. His ascent to superstardom was unprecedented. He not only succeeded on stage and film but he enjoyed incredible success on radio and was one of the most popular entertainers around the globe during WWII. His keen intelligence and discipline also led him to successes in business and the world of sports. Join the fun with us in this initial exploration of the renaissance man of show business that was Bing Crosby.

314 Victorian Photographs (In Person)

Grace Seiberling, Art Historian
Oasis
Wednesday Oct 14-Nov 4 11:00 AM-12:30 PM Fee: \$70 4 sessions
The beginnings of photography in Britain in the 19th century were affected by a unique set of circumstances that restricted commercial activity and fostered the growth of work by privileged amateurs. This 4-session class will look at the technical and aesthetic aspects of mid-century photography, with special attention to the work of Julia Margaret Cameron, and will follow the expansion of the medium as it recorded the rapidly changing culture of Victorian England. Please register for this class if you plan to join the class in person.

315 Victorian Photographs (Zoom Simulcast)

Grace Seiberling, Art Historian
Zoom
Please register for this class if you plan to join the class via Zoom.
Wednesday Oct 14-Nov 4 11:00 AM-12:30 PM Fee: \$70 4 sessions

316 Bette Davis Encore

Otto Bruno, author
Oasis
Wednesday Nov 4-11 1:00-4:00 PM Fee: \$45 2 sessions
How can you tell the story of a star like Bette Davis in just four movies? Simple, you can't. That's why we're going to explore just a little more from the filmography of this giant of American film in a two week addendum to our summer survey into "la Davis." Don't miss out on the continuing fun!

406 Seascape with Gold Foil - Acrylic on Canvas

Lesley Shakespeare-Brogan
Oasis
Thursday Sep 10 1:00-3:30 PM Fee: \$50
Learn how to paint simple seascapes and embellish with gold foil. We will paint two (8"x8") canvases and add texture with "pops" of gold foil. No experience necessary and all materials are provided. Please RSVP by 9/3.

413 Pumpkin Elegance - Acrylic on Canvas

Lesley Shakespeare-Brogan
Oasis
Thursday Oct 15 1:00-3:30 PM Fee: \$50
These pumpkins are a wonderful decoration you can display year after year. Elegant and seasonal. Always a hit! This is an acrylic on canvas project - all materials are supplied, and no experience is necessary. RSVP by 10/8.

414 Lovable Monsters - Bela, Boris and Vinny

Roberta R Ryan
Oasis
Thursday Oct 15 1:00-2:00 PM Fee: \$20
In this class we'll look at the private lives of three gentlemen who loved to scare us - and we loved every minute of it. There'll be clips from their movies and interviews and we'll see how their lives intertwined both on and off the screen. It'll be a "frightfully" good time.

415 Monet's Reflections

Susan Carmen-Duffy
Central Creatives
Thursday Oct 22 1:00-3:00 PM Fee: \$45
Claude Monet found endless inspiration in water, light, and gardens. In this workshop we'll create an acrylic painting inspired by reflections, movement, and color. Rather than focusing on perfect details, we'll explore loose brushwork and the impressionist approach to painting what we see and what we feel. This is a wonderful workshop for beginners and experienced painters alike.

416 Book Discussion: Ann's Pick: *The Picture of Dorian Gray* by Oscar Wilde

Ann Cunningham
Oasis
Thursday Oct 22 1:00-2:00 PM Fee: \$7
Join Ann Cunningham as we discuss 'The Picture of Dorian Gray' by Oscar Wilde. One I've always wanted to read but just never got around to it! Oscar Wilde's only novel is a haunting classic that blends Gothic horror with dark psychological drama. As the handsome Dorian Gray descends into corruption, he remains forever young while his hidden portrait bears the terrifying marks of his soul. Chilling, thought-provoking, and unforgettable, *The Picture of Dorian Gray* remains one of literature's greatest tales of beauty, vanity, and moral decay. Come having read the book and ready for a great discussion.

417 Hollywood's Heroes - The Stars Go to War

Roberta R Ryan
Oasis
Thursday Nov 12 11:00 AM-12:00 PM Fee: \$20
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.

508 Oasis Book Club (Zoom Only)

Jenny Lloyd
Zoom
Friday Sep 11-Dec 11 1:30-2:30 PM Fee: \$28 4 sessions
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 9/11, 10/9, 11/13, 12/11. The book selection for 9/11 is 'The Barn: The Secret History of a Murder in Mississippi' by Wright Thompson. Class is held via Zoom. You must have a computer/tablet/phone with audio and video capability.

509 Little Surprise!

Little Theatre
Friday Sep 18 12:00-2:00 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 9/18/26 at 9:30 AM.

512 Little Surprise!

Little Theatre
Friday Oct 16 12:00-2:00 PM Fee: \$7
Registration deadline 10/16/26 at 9:30 AM.

514 Little Surprise!

Little Theatre
Friday Nov 20 12:00-2:00 PM Fee: \$7
Registration deadline 11/20/26 at 9:30 AM.

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

Contact us: info@rochoasis@gmail.com

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COMPUTERS

102 Technology Tutoring

Pat Martinez Oasis
Monday Sep 14-21 10:00-11:00 AM Fee: \$45 2 sessions
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.

106 Technology Tutoring

Pat Martinez Oasis
Monday Sep 14-21 11:15 AM-12:15 PM Fee: \$45 2 sessions

111 Technology Tutoring

Pat Martinez Oasis
Monday Sep 28-Oct 5 10:00 AM-11:00 AM Fee: \$45 2 sessions

114 Technology Tutoring

Pat Martinez Oasis
Monday Sep 28-Oct 5 11:15 AM-12:15 PM Fee: \$45 2 sessions

408 Get Going with Google!

Jack Rosenberry Oasis
Thursday Sep 17-Oct 8 1:00-3:00 PM Fee: \$75 4 sessions

Get hands-on with Google! In this four-week, in-person class, you'll explore the full suite of Google Tools through guided demos and hands-on practice. Learn to manage Gmail, organize files in Google Drive, create and format documents and spreadsheets, and even experiment with Gemini, Google's new AI tool. Bring your own laptop (no iPads or phones) and Gmail account to follow along as the instructor walks you step-by-step through each skill. Perfect for anyone looking to boost digital productivity and confidence using Google's most powerful features. Please bring your own laptop fully charged and have a Gmail account already set up.



EXERCISE

101 T'ai Chi - Introduction

Tim Farnum Oasis
Monday Sep 14-Nov 9 9:30-10:30 AM Fee: \$63 9 sessions

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 Sep 14-Nov 9 10:45-11:45 AM Fee: \$63 9 sessions

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

201 Aquafit-Arthritis/Fibromyalgia/Range of Motion

Valley Manor Staff Valley Manor
Tue, Thu Sep 8-Dec 10 10:00-11:00 AM Fee: \$189 27 sessions

No class 11/26

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.

203 Stretch and Strengthen

Betsy Feldman Oasis
Tuesday Sep 8-Nov 10 12:00-12:45 PM Fee: \$70 10 sessions

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.

209 DrumFit

Rebekah Shuman Oasis
Tuesday Sep 15-Nov 10 2:00-3:00 PM Fee: \$58 8 sessions

No class 9/29

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.

210 Belly Dance Basics

Julie Ferreira Oasis
Tuesday Sep 22-Nov 10 1:00-1:45 PM Fee: \$56 8 sessions

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 Sep 22-Nov 10 1:45-2:30 PM Fee: \$56 8 sessions

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.

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>



301 Tap Dance 4A

Erika Atkinson

Oasis

Wednesday Sep 9 9:00-9:40 AM Fee: \$70 10 sessions

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.

302 Jazz

Erika Atkinson

Oasis

Wednesday Sep 9 9:45-10:25 AM Fee: \$70 10 sessions

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.

304 Tap Aerobics

Erika Atkinson

Oasis

Wednesday Sep 9 10:30AM-11:10 AM Fee: \$70 10 sessions

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. Basic experience of Tap is highly recommended. Come with a willingness to move and have fun!

308 Oasis Tappers

Erika Atkinson

Oasis

Wednesday Sep 9- Dec 9 11:30 AM-12:25 PM Fee: \$91 13 sessions

No class 11/25

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

309 Tap Dance 1B

Erika Atkinson

Oasis

Wednesday Sep 9 12:30-1:10 PM Fee: \$70 10 sessions

Tap dance? You? You bet! Come, have a good time, and tap those tootsies! This is a class for those who have taken Tap 1 or have taken a recent tap class.

312 Tap Dance 1A

Erika Atkinson

Oasis

Wednesday Sep 9 1:15-1:55 PM Fee: \$70 10 sessions

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: Beatty Point Park

Rosemary Johnson, Hiker

Beatty Point Park

Thursday Sep 10 9:30-11:00 AM Fee: \$7

Meet on Long Pond Road north of the Parkway. Parking is on the east side of Long Pond Road. The walk is approximately an easy 2.3 mile loop trail on gravel and grass, 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 and sunscreen. Walk will only be cancelled in the event of heavy rain or thunder.

403 Yoga Beginning

Betsy Feldman

Oasis

Thursday Sep 10- Nov 12 11:00 AM-11:45 PM Fee: \$70 10 sessions

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.



404 Yoga Intermediate

Betsy Feldman

Oasis

Thursday Sep 10- Nov 12 12:00-12:45 PM

Fee: \$70 10 sessions

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.

407 Walk: Genesee Valley Greenway

Rosemary Johnson, Hiker

Genesee Valley Greenway

Thursday Sep 17 9:30-11:00 AM Fee: \$7

Meet at 30 Brook Road, Rochester, 14623 (off Scottsville Rd). 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. We will continue our exploration of the greenway, this time walking south from the parking area on Brook Rd. This is a flat, easy walk through woods and wetlands along a gravel pathway. 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.

409 Walk: Meridian Center Park

Rosemary Johnson, Hiker

Meridian Center Park

Thursday Sep 24 9:30-11:00 AM Fee: \$7

2025 Winton Rd. South, Rochester, 14618 off of Meridian Center Blvd. This is an easy 2.5 mile loop trail through wooded areas and meadows. The trail is flat and connects to a section of the Erie Canal path. Can be muddy. Walk will only be cancelled in the event of heavy rain or thunder.

410 Walk: Beechwood State Park

Rosemary Johnson, Hiker

Beechwood State Park

Thursday Oct 8 9:30-11:00 AM Fee: \$7

Located in Sodus along the Lake Ontario shore. Once home to a summer camp, this park features mature woodland with a diverse ecosystem featuring a variety of ferns and other woodland plants. Once home to a Girl Scout summer camp, remnants of the camp can still be found. We will explore the trails and the shore line for approximately a 3 mile walk. Bring a snack and we will pause halfway to enjoy the lakeside view. Allow two hours for this walk. This is an easy walk through the woods on dirt trails that can be uneven. Directions: Park at Beechwood State Park West Entrance. 7423 Lake Rd., Sodus is a private residence. The park entrance is just east of this house on the north side of Lake Rd. This entrance is directly across from Maxwell Rd. Walk will only be cancelled in the event of heavy rain or thunder.



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Contact us: inforochaoasis@gmail.com

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411 Walk: Mendon Ponds Loop Trail

Rosemary Johnson, Hiker Mendon Ponds Park
Thursday Oct 15 9:30-11:00 AM Fee: \$7

Use the Pond Road entrance to the park. You will pass the equi center and the devil's bathtub entrance. Parking for Quaker Pond is on Pond Road between Douglas Rd and Pittsford Mendon Rd. You will see the Lookout Shelter located adjacent to the trail head parking lot. This is our longest walk/hike of the season. Approximately 3 miles long this trail features shaded woodland, scenic views, wooded footbridges. The trail is mostly flat over natural surfaces that can be muddy especially after rain. Waterproof footwear is recommended. Walk will only be cancelled in the event of heavy rain or thunder.

501 Tap Dance 2A

Erika Atkinson Oasis
Friday Sep 11- Nov 13 9:00-9:40 AM Fee: \$70 10 sessions

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.

502 Tap Dance 2B

Erika Atkinson Oasis
Friday Sep 11- Nov 13 9:45-10:25 AM Fee: \$70 10 sessions

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.

503 Tap Dance 3

Erika Atkinson Oasis
Friday Sep 11- Nov 13 10:30-11:10 AM Fee: \$70 10 sessions

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

504 Nia: Body, Mind and Spirit (Zoom Only)

Rhonda Wright Zoom
Friday Sep 11- Dec 11 10:30-11:30 AM Fee: \$91 13 sessions

No class 11/27 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.

505 Tap Aerobics

Erika Atkinson Oasis
Friday Sep 11- Nov 13 11:15-11:55 AM Fee: \$70 10 sessions

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. Basic experience in Tap is highly recommended. Come with a willingness to move and have fun!

506 Tap Dance 4B

Erika Atkinson Oasis
Friday Sep 11- Dec 11 12:15 AM-12:55 PM Fee: \$91 13 sessions

No class 11/27

This 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.

507 Oasis Tappers

Erika Atkinson Oasis
Friday Sep 11- Dec 11 1:00-2:00 PM Fee: \$91 13 sessions

No class 11/27

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

510 DrumFit

Rebekah Shuman Oasis
Friday Sep 18- Nov 13 2:00-3:00 PM Fee: \$58 8 sessions

No class 9/25

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.

HEALTH

207 Treating Type 2 Diabetes with Lifestyle Medicine: What is the Evidence? (In Person)

Dr. Susan Friedman, Geriatrician, URM C Oasis
Tuesday Sep 15 2:00-3:00 PM Fee: \$10

Type 2 diabetes is becoming more and more common, with 1 in 2 adults in this country having either pre-diabetes or diabetes. Studies show that about 90% of type 2 diabetes is preventable, by addressing straightforward lifestyle pillars. There is also evidence that diabetes can be put into remission. Dr. Susan Friedman, a geriatrician and lifestyle medicine physician, will discuss the evidence supporting lifestyle changes to address this common and serious chronic health condition. Register for this class if you plan to participate in person.

208 Treating Type 2 Diabetes with Lifestyle Medicine: What is the Evidence? (Zoom Simulcast)

Dr. Susan Friedman, Geriatrician, URM C Zoom
Please register for this class if you plan to join the class via Zoom.
Tuesday Sep 15 2:00-3:00 PM Fee: \$10

104 History of Fake News (In Person)

David Woodruff Oasis
 Monday Sep 14-21 11:00 AM-12:00 PM Fee: \$35 2 sessions
 A Short History of Lying to the Public. You'd be surprised how far back in history humans have lied to each other and called it news, even in your average democracy. From a very young age, we're told not to lie, but the minute we get into business, we forget everything our parents taught us, even though we understand that the lies have consequences. Lies have toppled empires, religions, and entire patterns of thinking. We explore the long history of misinformation and enjoy the fact that, as deep as it got... we all survived. Please register for this class if you are interested in participating via in person only.

105 History of Fake News (Zoom Simulcast)

David Woodruff Oasis
 Please register for this class if you are interested in participating via Zoom only.

Monday Sep 14-21 11:00 AM-12:00 PM Fee: \$35 2 sessions

108 Honoring Susan B. Anthony

Michael Nighan Oasis
 Monday Sep 14 1:00-2:30 PM Fee: \$25
 Although Susan B. Anthony, as one of America's most famous women, has been honored by appearing on postage stamps and coinage, the story of how she got there - and the times that attempts to commemorate her in that manner failed - hasn't been told. In "Stamping on Rochester and Susan B," and "What's (Not) in Your Wallet," Michael J. Nighan tells the story of the successes and failures in honoring Miss Anthony. 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.

112 The War of the Roses (In Person)

David Woodruff Oasis
 Monday Sep 28- Oct 5 11:00 AM-12:00 PM Fee: \$35 2 sessions
 Swan versus the Boar. The crown of the King of England moved around over eight different heads in the fifteenth century. But it wasn't just two sides fighting over the royal seat. These were cousins. Blood relatives. And none of them had any problem shedding that blood to get what they wanted. A place at the front of the line. The top of the hill. But the view from up there was nothing more than a horde of people rushing up the slopes to pull you down. Or drown you in a vat of wine. Shakespeare loved this stuff. Please register for this class if you are interested in participating via in person only.

113 The War of the Roses (Zoom Simulcast)

David Woodruff Zoom
 Please register for this class if you are interested in participating via Zoom only.
 Monday Sep 28- Oct 5 11:00 AM-12:00 PM Fee: \$35 2 sessions

115 George III (In Person)

David Woodruff Oasis
 Monday Oct 12-26 11:00 AM-12:00 PM Fee: \$35 2 sessions
 No class 10/19
 The Misunderstood King. In 1763, America loved this guy. We put up a statue of him in New York City. He was the twelfth English king to lay claim to this part of North America. And by 1776, we hated his guts... and told him so in our Declaration of Independence. Now, 250 years after that eventful day, it might be worth a minute to see who this person was. The man who went from beloved to hated in so brief a time span. Before he died, he was tortured by his own people. A man who never once claimed to be the King of America. Please register for this class if you are interested in participating via in person only.



116 George III (Zoom Simulcast)

David Woodruff Zoom
 Please register for this class if you are interested in participating via Zoom only.
 Monday Oct 12-26 11:00 AM-12:00 PM Fee: \$35 2 sessions
 No class 10/19

121 The Evolution of Tanks (In Person)

David Woodruff Oasis
 Monday Nov 2-9 11:00 AM-12:00 PM Fee: \$35 2 sessions
 The Modern Knight of the Battlefield. Anyone who has used a website can tell you all about technology gone horribly wrong. But there is a science fiction-like element to the invention of the tank. And a whole new level of wrong that deserves its own category. We'll blow apart some myths about the invention of the armored vehicle. And look at some truly ridiculous ideas. Some of which made it off the drawing board. We examine how a truly wild bunch walked the tightrope between speed, protection, and firepower. And what failed. Please register for this class if you are interested in participating via in person only.

122 The Evolution of Tanks (Zoom Simulcast)

David Woodruff Zoom
 Please register for this class if you are interested in participating via Zoom only.
 Monday Nov 2-9 11:00 AM-12:00 PM Fee: \$35 2 sessions

317 U.S. Presidents: More One-Term Wonders (In Person)

Steve Schockow, Retired History Teacher Oasis
 Thursday Nov 5 1:00-2:00 PM Fee: \$20
 Much too often, we forget about our U.S. Presidents who have served only one term in office. This class will analyze four of those Presidencies - John Adams, Martin Van Buren, Benjamin Harrison and George H.W. Bush. This session will help us think about the contributions they made to our nation and will beg the question: Would the nation have prospered if they won their bids for re-election?

318 U.S. Presidents: More One-Term Wonders (Zoom Simulcast)

Steve Schockow, Retired History Teacher Oasis
 Please register for this class if you plan to join via Zoom using your phone, laptop or tablet.
 Thursday Nov 5 1:00-2:00 PM Fee: \$20

412 Free and Fair Elections - Democracy's Challenge

Laurence Britt Oasis
 Thursday Oct 15- Nov 5 11:00 AM-12:00 PM Fee: \$60 4 sessions
 This four-session course examines the history, evolution, and challenges of the American election system in the context of the 2026 midterm election. The first two sessions cover the constitutional foundations and historical development of U.S. elections. The third session focuses on key issues and potential threats to a free and fair 2026 election. The final session discusses the election results and the issues that emerged.

***Register at rochester.oasis everywhere.org for this Oasis Everywhere class.**

LANGUAGES

204 French - Intermediate (Zoom Only)

Kevin Finnigan Zoom
Tuesday Sep 8- 1:00-2:00 PM Fee: \$98 14 sessions
Dec 8

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 who have not completed 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, and a printer/copier/scanner for class materials. The texts used are: *Bien Dit! French 2* (2013 edition), its two accompanying workbooks, and *Workbook in French Two Years*, by Eli Blume and Gail Stein. (Third edition).

205 French - Advanced (Zoom Only)

Kevin Finnigan Zoom
Tuesday Sep 8- 2:30-4:00 PM Fee: \$105 14 sessions
Dec 8

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. Please contact Oasis Rochester before registering and we will get you in touch with Kevin. The course is offered via Zoom. You must have a device with video and audio capability and a printer/copier/scanner for class materials. The texts used are: *Trésors du Temps* and its accompanying workbook, *Cours Supérieur*, by Eli Blume, *Workbook in French Three Years* (Second Edition) by Eli Blume and Gail Stein (Amsco Publishing).

303 Spanish - Advanced Continued (Zoom Only)

Kristine Hannon, Zoom
retired Rochester City School District teacher
Wednesday Sep 9- 10:00-11:00 AM Fee: \$91 13 sessions
Dec 9

No class 11/25

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. Class is presented via Zoom. Book: *Complete Spanish All-in-One, Premium Third Edition* ISBN 978-1-264-28554-9

307 Spanish - Intermediate Continued

Kristine Hannon, Oasis
retired Rochester City School District teacher
Wednesday Sep 9- 11:15 AM-12:15 PM Fee: \$91 13 sessions
Dec 9

No class 11/25

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. Class will be held in person until 11/11 and will switch to online on 11/18.

310 French - Beginning Continued (Zoom Only)

Kevin Finnigan Zoom
Wednesday Sep 9- 1:00-2:30 PM Fee: \$98 13 sessions
Dec 9

No class 11/25

This is a 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, numbers, etc., as well as grammatical concepts as regular and some irregular verbs (aller, avoir, être, faire) in the present tense. The course is taught via Zoom. Participants must have access to a device with video and audio capability and printer/copier/ scanner. The text used is *Bien Dit! French 1*, and its two accompanying workbooks, 2013 edition.

402 German - Intermediate

Ingeborg Oberdoerster Oasis
Thursday Sep 10- 9:30-10:30 AM Fee: \$70 10 sessions
Nov 12

This class is a continuation of Inge's beginner class. More advanced grammar, discussions about German politics and customs will be included. Feel good about communicating while traveling in a German speaking country. Participants not currently enrolled in the course will need permission of the instructor to register. Please contact Oasis Rochester before registering and we will get you in touch with Inge. Text: *1,000 Jahre deutsche Literatur, 2nd Edition* by Gudrun Clay. ISBN-13: 978-1585102877

MUSIC

109 Oasis Community Chorus (Zoom Only)

Rhonda Wright Zoom
Monday Sep 14- 2:30-3:30 PM Fee: \$91 13 sessions
Dec 14

No class 11/30

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.

117 Speaking of Jazz: Tales from the Masters

Monk Rowe, Fillius Jazz Archive Director Oasis
Monday Oct 12- 1:00-2:30 PM Fee: \$60 4 sessions
Nov 2

Monk Rowe, the Director of the Fillius Jazz Archive at Hamilton College, follows up his first successful Oasis course with a new program of jazz oral history excerpts. Recorded and live music examples will complement these jazz tales. Participants will see and hear the history of this unique American art form, straight from the artists who lived it.

202 Oasis Community Chorus (In Person)

Rhonda Wright Oasis
Tuesday Sep 8- 11:00 AM-12:00 PM Fee: \$70 10 sessions
Nov 10

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

107 Wines of the Middle East

Bruce Smoller, Sommelier Oasis
Monday Sep 14 1:00-2:30 PM Fee: \$35

In this class, we will explore wines from Lebanon and Israel, along with several other regions. While not well known, the quality of the wines from this region is greatly improving as the worldwide availability increases. Approximately 5 wines from the region will be presented, along with a discussion of their production methods and qualities. These wines are now readily available and worth paying attention to, especially given the value! RSVP by 9/8 at noon.

120 Lesser Known Wines of France

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

In this class, we will explore some wines from France that are outside of the major, well-known regions. Areas such as the Jura, Languedoc-Roussillon, and SW France are not household names, but these regions produce high quality wines. Participants will be exposed to 5 wines from these lesser known regions of perhaps the most famous wine-producing country. RSVP by 10/12 at noon.

123 How to Find a Good Bottle of Wine for Under \$20

Bruce Smoller, Sommelier Oasis
Monday Nov 9 1:00-2:30 PM Fee: \$35

Good wine does not have to cost a fortune. In this class, I will present a strategy that will enable participants to choose wines that provide good value, as well as high quality. In effect, this class addresses a tiny view of the micro-economics of producing, marketing and selling wines. A series of 5 such wines will be presented as examples. RSVP by 11/2 at noon.

319 New York Citizen Preparedness Training Program

Benjamin T. Massarani, CPT, LOG, NYARNG Oasis
Wednesday Nov 11 10:30-10:30 AM Fee: \$15

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The 1.5 hour long training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies. This program is the only one of its kind nationally and New York State is the only state providing an educational program, taught by the National Guard, on Disaster Preparedness.

405 Beginner's Guide to Artificial Intelligence

Jack Rosenberry Oasis
Thursday Sep 10 1:00-2:30 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.

TOURS

118 Canadian Cities/England, Scotland and Wales Informational Session (Online Webinar)

Matt Kennel, AFC Vacations Zoom
Monday Oct 19 10:00-11:00 AM Free

Learn all about these upcoming trips. Great Canadian Cities is scheduled to begin on June 16, 2027 and Highlights of England, Scotland and Wales on November 3, 2027. In this online meeting with host AFC Vacations and interested participants from Oasis Rochester, as well as Syracuse and Washington Metro centers, you will be able to get all your questions answered about this amazing vacations. This webinar will be recorded, so please let us know if you are interested but cannot make this date.

119 Canadian Cities/England, Scotland and Wales Informational Session (In Person Webinar Simulcast)

Matt Kennel, AFC Vacations Oasis
Register for this class if you would prefer to view the webinar at Oasis Rochester.
Monday Oct 19 10:00-11:00 AM Free

320 Seneca Park Zoo Tour

Seneca Park Zoo
Wednesday Sept 9 11:00 AM-12:30 PM Fee: \$25
Seneca Park Zoo is home to over 90 species including mammals, reptiles, birds, amphibians, fish, and arachnids. Zoo exhibits include Rocky Coasts, dedicated to animals of the polar and temperate coastal regions of the world, including African penguins, California sea lions, polar bears, snowy owls, Canada lynx, and sandhill cranes and A Step into Africa, which was designed to replicate a portion of the Ngorongoro Crater in Tanzania. This 90-minute walking tour, led by a zoo docent, will take you through the exhibits. Feel free to stay after the tour to continue to explore, have lunch and relax amongst the animals! RSVP by 9/2 at noon.

513 The Art of Looking: Learning Tools For a Lifetime

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

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. Pay at registration, not at the door. RSVP by 9/25 at noon.

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

Contact us: infochoasis@gmail.com

Oasis Course Catalog–Fall 2026



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.



Book Club

First & Third Tuesday of every Month at 3:30 PM

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

What to expect: A great way to explore new genres, share perspectives, and connect with others over a love of reading.

Reserve: Email Emily VanHouter at evanhouter@EpiscopalSeniorLife.org or 585.546.8439 ext 1716

Feldenkrais Movement Method Class

Tuesday, October 13 at 1:00 PM

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

What to expect: A class designed to help participants learn new, more efficient ways of moving through gentle, mindful movement and heightened self-awareness.

Reserve: Email Emily VanHouter at evanhouter@EpiscopalSeniorLife.org or 585.546.8439 ext 1716

Caregiver Dementia Respite Program

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

Location: St. Leo Community Center, 155 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 or 585.546.8439 ext 1970

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$13,261,685 with 75 percent funded by ACL/HHS and \$3,285,728 amount with 25 percent funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Brain Health & a New Era of Dementia Support: A GUIDE Overview

Monday September 14 at 6 PM

Location: St. Michael's Church, 23 Main St, Geneseo, NY 14454

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 Brian Potvin at bpotvin@EpiscopalSeniorLife.org or 585.546.8439 ext 1970

Lunch & Learn - "How to Choose a Medicare Plan" Including 2027 premiums, deductibles and co-insurance costs.

Wednesday, October 28 at 12:00 PM

Location: Irondequoit Public Library, 1290 Titus Ave, Irondequoit, NY 14617

Cost: \$8.00 for lunch

What to expect: You can enjoy a tasty, nutritious box lunch while local experts from Lifespan share important Medicare information. The session features an engaging 60-minute talk with time for Q&A.

Reserve: Email Julie Montgomery at jmontgomery@EpiscopalSeniorLife.org or 585.546.8439 ext 1945

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 or 585.546.8439 ext 1945

Community Resource Room

Open 7 days a week, 8:00 AM–4:00 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 or 585.546.8439 ext 4416

Life. Inspired every day.

GREAT CANADIAN CITIES

9 Days • **June 16, 2027**
11 Meals • Easy ☐☒☐ Active

HIGHLIGHTS & INCLUSIONS

- Round Trip Airfare - ROC
- Round Trip Home Pick-up*
- 11 Meals: 8-Breakfasts, 3-Dinners
- Montreal: Notre Dame + Free Time
- VIA Rail Train: Montreal to Quebec
- Quebec City: City Tour, Copper Museum, & Montmorency Falls
- Ottawa: Parliament Bldg / Rideau Canal
- St. Lawrence 1000 Islands Cruise
- Toronto City Tour
- Niagara-on-the-Lake, a charming town
- Niagara Falls: City Tour + Falls Boat Ride
- Skylon Tower Dinner
- Professional Tour Manager
- Hotel Transfers & Baggage at Hotels



FEATURED HOTELS

Montreal (2) - **Marriott or Delta Hotels**
Quebec (2) - **Delta by Marriott or Hilton**
Ottawa (1) - **Courtyard or Sheraton**
Toronto (1) - **Marriott Eaton Ctr. or Courtyard**
Niagara Falls (2) - **Marriott on the Falls or Sheraton on the Falls**

Alternate hotels may be used

RATES WITH AIR

Booking Savings Rate \$4,674
Regular Rate \$4,774

Rates pp double incl RT Air ROC & Home Pick-up*
\$250 Air Taxes / Fees / Hotel Transfers included

Singles +\$1,325 / Triple (in 2 beds) -\$50

Day 1 Fly to Montreal

Bonjour, Canada! Upon arrival in Montreal meet your Tour Manager and transfer to your hotel. Although Montreal is one the world's five largest French-speaking cities, most residents are bilingual in Canada's most cosmopolitan city.

Day 2 Montreal (BD)

This morning enjoy a Montreal City Tour highlighting the Notre Dame Cathedral, St. Joseph's Oratory, Jacques Cartier Square, McGill University, and a panoramic view of the city from atop Mount Royal. The remainder of the afternoon is at leisure to explore the quaint shops, boutiques, and restaurants of this amazing city. This evening enjoy a Welcome Dinner with your fellow travelers at a local restaurant in Old Town Montreal.

Day 3 Rail to Quebec City (BD)

This morning board VIA Rail Canada for the scenic and relaxing train ride to the "Paris of North America," Quebec City. Carved into the bluffs overlooking the St. Lawrence River, Quebec City is the provincial capital and probably the best preserved city in North America. Dinner is included this evening at a popular local restaurant.

Day 4 Quebec City (B)

Today enjoy a Quebec City Tour introducing you to Old & New Quebec, North America's only walled city. The tour features the Plains of Abraham, the famous Le Chateau Frontenac, and The Citadel. This afternoon visit the Albert Gilles Copper Museum to discover his creations from copper ore to works of art. Discover the mysterious atmosphere of a copper mine, and see copper bearing rocks. Later visit the historic Montmorency Falls, the highest falls in Eastern Canada--98 feet higher than Niagara Falls & one of the most popular attractions in the region.

Day 5 Ottawa (B)

Today travel along the banks of the St. Lawrence River, a route used by early French explorers and fur traders to Canada's stately capital city, Ottawa. This afternoon enjoy an Ottawa City Tour. See the Parliament Buildings located high above the Ottawa River on historic Parliament Hill, the Supreme Court, the Prime Minister's residence, the War Memorial, the Peace Tower, ByWard Market, and Rideau Canal, which is filled with boats in the summer and ice skaters in the winter.

Day 6 1000 Islands / To Toronto (B)

After breakfast enjoy the scenery as you travel to the 1000 Islands area which is made up of 1864 islands straddling the US-Canadian border. Board your 1000 Islands Cruise to travel amongst some of the large, small, and tiny islands. Later travel to Toronto, Canada's largest city. Check into your hotel and enjoy the evening at leisure.

Day 7 Toronto / To Niagara (B)

This morning enjoy a Toronto City Tour featuring the modern downtown area, Yorkville, and the Provincial Parliament. Toronto is a dynamic metropolis with a core of soaring skyscrapers, all dwarfed by the iconic, free-standing CN Tower. Later visit Niagara-on-the-Lake, a charming Canadian town. Then travel to Niagara Falls and check into your hotel for two nights on the Canadian side of the Falls.

Day 8 Niagara Falls (BD)

Today enjoy a Niagara Falls City Tour featuring the Floral Clock (the largest in the world) and the Horticultural Center. Later experience the legendary Niagara Falls Boat Tour for a breathtaking up close encounter with the awe-inspiring thundering falls. Tonight enjoy a Farewell Dinner at the world-famous Skylon Tower which combines an exhilarating 52 second ride with the awe of seeing Niagara from 775 feet high.

Day 9 Buffalo / Fly Home (B)

Transfer to Buffalo and fly home with wonderful memories of your Great Canadian Cities tour.

ENGLAND, SCOTLAND, & WALES

9 Days • **November 3, 2027**
10 Meals • Easy ☐☐☐☒ Active

HIGHLIGHTS & INCLUSIONS

- Round Trip Airfare - ROC
- Round Trip Home Pick-up*
- 10 Meals: 7-Breakfasts, 3-Dinners
- Edinburgh City Tour & Edinburgh Castle
- York & York Minster
- Cardiff, Wales
- Stonehenge
- Bristol & Bath with Roman Baths Mus.
- Stratford-upon-Avon
- The Scotch Whiskey Experience
- 2 Nights London with City Tour
- Buckingham Palace Changing of the Guard*
- Professional Tour Manager
- Hotel Transfers & Baggage at Hotels



FEATURED HOTELS

Edinburgh (2) - **Mercure Haymarket, Courtyard, or Mount Royal Hotel**
York (1) - **Hilton, Doubletree, or Radisson**
Bristol (2) - **Leonardo, Doubletree, or Clayton**
London (2) - **Holiday Inn Kensington High Street or Mercure**

Alternate hotels may be used

RATES WITH AIR

Booking Savings Rate \$4,699
Regular Rate \$4,799

Rates pp double incl RT Air ROC & Home Pick-up*
\$650 Air Taxes / Fees / Hotel Transfers included

Singles +\$1,200 / Triple (in 2 beds) -\$50

Days 1 & 2 Fly to Scotland (D)

Home Pick-up and overnight flight to Scotland. Arrive in Edinburgh and meet your Tour Manager. Enjoy the remainder of the day at leisure. Tonight enjoy a Welcome Dinner with your fellow travelers.

Day 3 Edinburgh / Free Time (B)

Today enjoy an Edinburgh City Tour. See the Palace of Holyrood House, Princess Street, and the Royal Mile. Visit iconic Edinburgh Castle, home of the Scottish Crown Jewels. Edinburgh's Castle Rock has been a stronghold for over 3,000 years. Then enjoy 'The Scotch Whiskey Experience', located on Edinburgh's Royal Mile. This interactive and fun filled tour ends with a sampling of the national drink. The remainder of the day is at leisure.

Day 4 York (BD)

Head south to York, founded in AD 71 and rich in Roman, Saxon, and Viking history. On your York Tour, enjoy a stroll through the medieval city and the famous Shambles, a quaint, narrow street that appears almost as it did during the Middle Ages. Visit the magnificent 13th c. York Minster, one of the finest medieval cathedrals in all of Europe. Later check into your hotel and enjoy an included dinner this evening.

Day 5 Stratford-upon-Avon (B)

Journey south through Yorkshire and arrive in Stratford-Upon-Avon. Visit Anne Hathaway's Cottage and Shakespeare's Birthplace, possibly the most famous and most visited literary landmark in Britain. Later arrive in historic port city of Bristol for a 2-night stay. Bristol sits at the mouth of the Avon River and the city center docks have been regenerated as a center of heritage and culture.

Day 6 Cardiff, Wales (B)

Today travel to Cardiff, capital city of Wales, separated from England by the Cambrian Mountains. Enjoy a Cardiff City Tour to see the National Museum and Gallery, Millennium Stadium, & Cardiff Bay. Visit Cardiff Castle, whose construction is the combination of Roman fort, classic Norman fortress "Motte and Bailey" and Gothic-Victorian restoration.

Day 7 Bath / Stonehenge (B)

Travel to nearby Bath to visit the Roman Baths Museum to see the elaborate spas fed by the only naturally occurring hot springs in the United Kingdom. Continue to Stonehenge, the best known and most studied megalithic structure in the world. Later arrive in one of the world's finest cities, London, capital of the United Kingdom.

Day 8 London (BD)

After breakfast enjoy a London City Tour to see famous landmarks such as Kensington Palace, the Tower of London, Nelson's Column in Trafalgar Square, the Houses of Parliament, and Big Ben beside the River Thames. Also see Westminster Abbey and the Changing of the Guard at Buckingham Palace (if held*). The afternoon is at leisure to explore London on your own. Maybe shop at famous Harrods, visit a museum or a local pub. Tonight enjoy a Farewell Dinner with your fellow travelers.

Day 9 Fly Home (B)

Transfer to the airport and fly home with wonderful memories.

*Note: The Changing of the Guard ceremony at Buckingham Palace is not held every day. If it is not London available, a stop will be made at the Palace.

To book this trip, contact Ann Cunningham at the Oasis Rochester Travel Office at (585) 730-8802

Registration Procedures

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

- **Mail-In-Registration Processed beginning August 17th, 2026**
- **Online-Registration Opens August 17th, 2026 @ 9am @ rochester.oasisnet.org**
- **Walk-In-Registration August 18th-20th, 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. **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-addressed 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.

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 _____

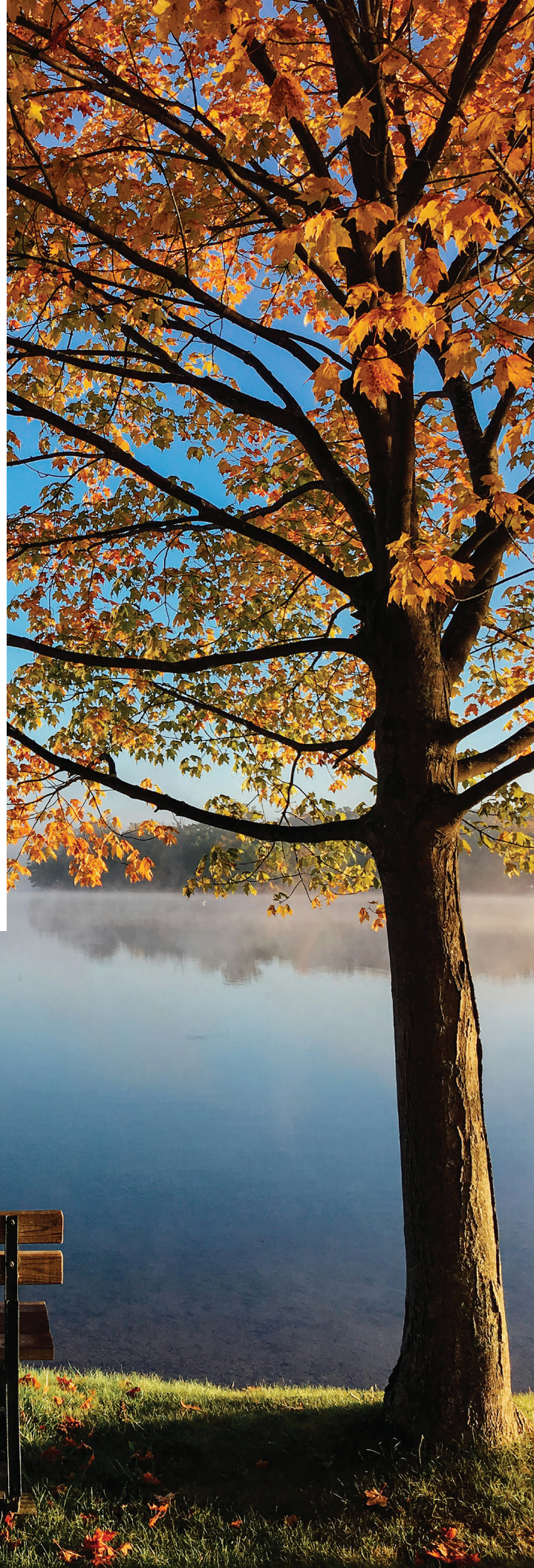
Credit Card #: _____ Exp. Date. ____/____/____ CVV: _____ (On back of card)

Tax deductible donation to Oasis Rochester \$ _____
(Visa/MasterCard/Discover)

✓	#	Class Name	Fee	Office Use	
		ARTS & HUMANITIES	W	E	Ck#
	110	Introduction To Stained Glass	\$120		
	124	See the World in a Flower: Painting with the Spirit of Georgia O'Keeffe	\$40		
	206	Painting the Four Seasons in Watercolor	\$40		
	212	Unfold: An Accordion Book in Watercolor and Collage	\$40		
	213	Creating Art with Walnut Ink	\$40		
	214	Major League Baseball in the 1950s	\$75		
	215	Fall into Writing (Zoom Only)	\$80		
	216	Creating Heirloom Recipe Cards for Gifts	\$45		
	305	Manet-Morisot/Degas-Cassatt (In Person)	\$70		
	306	Manet-Morisot/Degas-Cassatt (Zoom Simulcast)	\$70		
	311	Fred Astaire: White Tie, Top Hat, and Tails	\$85		
	313	Bing Crosby: Learn to Croon	\$85		
	314	Victorian Photographs (In Person)	\$70		
	315	Victorian Photographs (Zoom Simulcast)	\$70		
	316	Bette Davis Encoure	\$45		
	406	Seascape with Gold Foil - Acrylic on Canvas	\$50		
	413	Pumpkin Elegance - Acrylic on Canvas	\$50		
	414	Lovable Monsters - Bela, Boris and Vinny	\$20		
	415	Monet's Reflections	\$45		
	416	Book Discussion: Ann's Pick: <i>The Picture of Dorian Gray</i> by Oscar Wilde	\$7		
	417	Hollywood's Heroes - The Stars Go to War	\$20		
	508	Oasis Book Club (Zoom Only)	\$28		
	509	Little Surprise!	\$7		
	512	Little Surprise!	\$7		
	514	Little Surprise!	\$7		
		COMPUTERS	W	E	Ck#
	102	Technology Tutoring	\$45		
	106	Technology Tutoring	\$45		
	111	Technology Tutoring	\$45		
	114	Technology Tutoring	\$45		
	408	Get Going with Google!	\$75		
		EXERCISE	W	E	Ck#
	101	T'ai Chi - Introduction	\$63		
	103	T'ai Chi - Intermediate Level	\$63		
	201	Aquafit-Arthritis/Fibromyalgia/Range of Motion	\$189		
	203	Stretch and Strengthen	\$70		
	209	DrumFit	\$58		
	210	Belly Dance Basics	\$56		
	211	Belly Dance Choreographies	\$56		

✓	#	Class Name	Fee	Office Use	
	301	Tap Dance 4A	\$70		
	302	Jazz	\$70		
	304	Tap Aerobics	\$70		
	308	Oasis Tappers	\$91		
	309	Tap Dance 1B	\$70		
	312	Tap Dance 1A	\$70		
	401	Walk: Beatty Point Park	\$7		
	403	Yoga Beginning	\$70		
	404	Yoga Intermediate	\$70		
	407	Walk: Genesee Valley Greenway	\$7		
	409	Walk: Meridian Center Park	\$7		
	410	Walk: Beechwood State Park	\$7		
	411	Walk: Mendon Ponds Loop Trail	\$7		
	501	Tap Dance 2A	\$70		
	502	Tap Dance 2B	\$70		
	503	Tap Dance 3	\$70		
	504	Nia: Body, Mind and Spirit (Zoom Only)	\$91		
	505	Tap Aerobics	\$70		
	506	Tap Dance 4B	\$91		
	507	Oasis Tappers	\$91		
	510	DrumFit	\$58		
		HEALTH	W	E	Ck#
	207	Treating Type 2 Diabetes with Lifestyle Medicine: What is the Evidence? (In Person)	\$10		
	208	Treating Type 2 Diabetes with Lifestyle Medicine: What is the Evidence? (Zoom Simulcast)	\$10		
		HISTORY	W	E	Ck#
	104	History of Fake News (In Person)	\$35		
	105	History of Fake News (Zoom Simulcast)	\$35		
	108	Honoring Susan B. Anthony	\$25		
	112	The War of the Roses (In Person)	\$35		
	113	The War of the Roses (Zoom Simulcast)	\$35		
	115	George III (In Person)	\$35		
	116	George III (Zoom Simulcast)	\$35		
	121	The Evolution of Tanks (In Person)	\$35		
	122	The Evolution of Tanks (Zoom Simulcast)	\$35		
	317	U.S. Presidents: More One-Term Wonders (In Person)	\$20		
	318	U.S. Presidents: More One-Term Wonders (Zoom Simulcast)	\$20		
	412	Free and Fair Elections - Democracy's Challenge	\$60		

✓	#	Class Name	Fee	Office Use	
		LANGUAGES	W	E	Ck#
	204	French - Intermediate (Zoom Only)	\$98		
	205	French - Advanced (Zoom Only)	\$105		
	303	Spanish - Advanced Continued (Zoom Only)	\$91		
	307	Spanish - Intermediate Continued	\$91		
	310	310 French - Beginning Continued (Zoom Only)	\$98		
	402	German - Intermediate	\$70		
		MUSIC	W	E	Ck#
	109	Oasis Community Chorus (Zoom Only)	\$91		
	117	Speaking of Jazz: Tales from the Masters	\$60		
	202	Oasis Community Chorus (In Person)	\$70		
		PERSONAL DEVELOPMENT	W	E	Ck#
	107	Wines of the Middle East	\$35		
	120	Lesser Known Wines of France	\$35		
	123	How to Find a Good Bottle of Wine for Under \$20	\$35		
	319	New York Citizen Preparedness Training Program	\$15		
	405	Beginner's Guide to Artificial Intelligence	\$25		
		TOURS	W	E	Ck#
	118	Canadian Cities/England, Scotland and Wales Informational Session (Online Webinar)	FREE		
	119	Canadian Cities/England, Scotland and Wales Informational Session (In Person Webinar Simulcast)	FREE		
	320	Seneca Park Zoo Tour	\$25		
	513	The Art of Looking: Learning Tools For a Lifetime	\$40		



Full class descriptions are on our website. Registration will begin on August 17th and will be via mail and online at 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.
- 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.