Winter 2027

Rochester Oasis
Episcopal SeniorLife Communities

We've moved!
1530 East Avenue



Course Catalog

Join us for classes this Winter!

Register online: rochester.oasisnet.org

Registration will begin on December 14th and will be via mail and online at
rochester.oasisnet.org

Dear Oasis Friends,

Welcome to our new home at 1530 East Avenue! I'm so excited to share this next chapter of Oasis Rochester with you. On the cover, Lisa Marcello, President and CEO of Episcopal SeniorLife Communities, and I are standing in front of our new reception desk displaying our new shared logo. Our partnership with Episcopal SeniorLife Communities brings new opportunities to learn, connect, stay active, and enjoy time together. With support from the ESLC Foundation, our newly renovated, accessible space features an exercise and dance studio, teaching kitchen, classrooms, meeting rooms, a resource/library area, outdoor seating, and on-site parking. While our surroundings are new, the heart of Oasis remains the same: our wonderful classes, dedicated staff, welcoming community, and the friendships we build along the way. We're excited to welcome you to a space that offers even more ways to learn, explore, and have fun together. I look forward to seeing you at our new home and to all the wonderful things ahead!

Ann Cunningham
Oasis Rochester Executive Director

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.

Rochester Oasis
Episcopal SeniorLife Communities

A message from Lisa Marcello, President and CEO of Episcopal SeniorLife Communities:

The partnership between Episcopal SeniorLife Communities and Oasis Rochester is a natural fit and an exciting opportunity! Oasis Rochester has built something remarkable over the past four decades — a community where older adults come to grow, connect and thrive. We are honored to carry that mission forward and to invest in the programs that make such a difference in people's lives.

Oasis Rochester Contact Information:
1530 East Avenue, Rochester, NY 14610
585.770.1923
oasis@episcopalseniorlife.org



Rochester Oasis
Episcopal SeniorLife Communities

Full class descriptions are on our website. Registration will begin on December 14th and will be via mail and online at
rochester.oasisnet.org

ART AND HUMANITIES

105 Introduction To Stained Glass

Guy Neri — Oasis
Monday — Jan 11 - Jan 25 — 1:00 PM - 3:00 PM
Fee: $120 — 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 cane, both of which require using a soldering iron. Over the course of our time spent together you will make two simple projects: a sun catcher and an angel. 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 and stay after class to help put materials away. All project materials are provided.

213 Book Discussion: *An Immense World* by Ed Yong

Barry Fry, Retired Teacher — Oasis
Tuesday — Jan 19 - Feb 2 — 10:00 AM - 11:00 AM
Fee: $40 — 3 sessions

Explore the fascinating sensory worlds of animals through 'An Immense World' by Ed Yong. Discover how animals experience their surroundings in ways we can barely imagine, from dogs' extraordinary sense of smell to senses humans don't possess. Participants are strongly encouraged to read the book before class begins.

214 Welcome to Oasis' New Creative Space!

Lisa Robinson and Susan Carmen Duffy — Oasis
Tuesday — Jan 19 — 1:00 PM - 3:00 PM
Fee: $40

Need a fun pick me up to stop the January blues? Come explore Oasis' new beautiful creative space. We'll fill the room with art stations that encourage you to move around and play! Painting and collage, monoprinting, card making and shadow drawing. It's a fun afternoon to connect with friends, use your imagination and make some pieces to take home. Materials are included.

215 Starting your Art Journaling

Lisa Robinson, Central Creative — Oasis
Tuesday — Feb 2 — 1:00 PM - 3:00 PM
Fee: $40

Bring in a mixed media notebook and focus on playful self expression. Your journal can be a place to practice, to play with new art supplies and art styles. Journaling is a way to reduce stress and to learn more about who you really are. Lisa will send weekly prompts and we will gather again in 3 months to see the creations (date to be determined)! Materials are included.

217 Hiking the Finger Lakes Trail in New York: An Adventure

Barry Fry, Retired Teacher — Oasis
Tuesday — Feb 9 — 10:00 AM - 11:30 AM
Fee: $20

We will explore the 580 miles of the FLT from Western NY to the Catskills through pictures, maps and stories about hiking the trail. The instructor has hiked hundreds of miles of the trail including all of the Bristol Branch. We will discuss how to access the trail and use it safely while having fun doing so.

218 Painting White Objects in Watercolor

Lisa Robinson and Susan Carmen Duffy — Oasis
Tuesday — Feb 16 — 1:00 PM - 3:00 PM
Fee: $40

People often seemed stumped by how to paint white flowers, vases, and other objects in watercolor. This workshop will help you plan your highlights ahead of time and carefully paint the background or shadows around the white areas. For the most vibrant, luminous results learn the proper techniques for adding shadow and depth to the white subjects. Materials are included.

221 Painting Scenes From Your Vacation Photos

Lisa Robinson, Central Creative — Oasis
Tuesday — Mar 16 — 1:00 PM - 3:30 PM
Fee: $40

Painting a watercolor of your favorite scene can be a lovely way to create an artful memory. Together we will paint a 5 x 7 of a photo that you treasure. Each person will finish a painting and get a matted piece at the end of the day. Bring a hard copy photo to work from. Having trouble drawing it? Lisa will give you a basic sketch if you send her your photo a week ahead of the class. Materials are included.

222 Watercolor Painting … The Pear, The Apple, The Orange

Lisa Robinson, Central Creative — Oasis
Tuesday — Apr 6 — 1:00 PM - 3:30 PM
Fee: $40

Three Paintings of three still life subjects. Learn how to apply washes to build up color. Design backgrounds and add shadows for depth. This lesson is a stepping stone to creating other still life artwork. Materials are included.

223 Learn to Play Cribbage

Jack Marchand, American Cribbage Congress — Oasis
Tuesday — March 16 - 23 — 1:00 PM - 3:00 PM
Fee: $30

Discover the fun of cribbage! Learn the basics of this classic card game, including how to score points, use the cribbage board, and develop simple strategies. No experience necessary–just bring your curiosity and enjoy learning a new game while making connections with others. Jack is the club director of the Rochester Area American Cribbage Congress.

308 Artists, Museums, and Institutional Critique (In Person)

Grace Seiberling, Art Historian — Oasis
Wednesday — Jan 13 - Feb 3 — 11:00 AM - 12:30 PM
Fee: $70 — 4 sessions

This class will look at ways in which artists in the later 20th and 21st centuries have actively interrogated the role of museums, including historical societies and museums of natural history as well as art museums, in art works, in installations and in interventions in the collections. Artists such as Fred Wilson, Hans Haacke, Andrea Fraser, Annette Meissonier have critiqued assumptions built into collections and modes of display and highlighted aspects of museums' collusion in colonial exploitation and racial and social discrimination. In addition to looking at artists' works, this 4-session class will review ways in which museums, such as the Victoria and Albert in its Storehouse, are reinstalling collections to acknowledge their complex legacies. Please register for this class if you plan to join the class in person.

309 Artists, Museums, and Institutional Critique (Zoom Simulcast)

Grace Seiberling, Art Historian — Zoom
Wednesday Jan 13 - Feb 3 — 11:00 AM - 12:30 PM
Fee: $70 — 4 sessions

311 Louis Armstrong, Pops

Otto Bruno, author — Oasis
Wednesday Jan 13 - Jan 20 — 1:00 PM - 4:00 PM
Fee: $45 — 2 sessions

Louis "Satchmo" Armstrong is one of the most enduring icons of American Popular Culture. He was a poor Southern boy who started running with the wrong crowd and discovered music in reform school. From that humble start, Armstrong became the innovative jazz pioneer of the 1920s, a popular bandleader in the 1930s and 1940s, a Goodwill Ambassador to the world in the postwar period and a beloved entertainer and friend to Americans in every segment of the culture. Join us for a swingin' good time.

312 Beginning Colored Pencil

Lesley Shakespeare-Brogan — Oasis
Wednesday Jan 13 - Jan 20 — 1:00 PM - 3:30 PM
Fee: $50 — 2 sessions

Colored pencil can be very relaxing and many say it is the most meditative medium to work in. In recent years it has made a big come back with artists so here's your chance to find out why. No drawing skills required here. We will review the importance of the art materials (all supplied) and use a pattern to lay down our initial drawing. We will practice strokes, blending, layering, hi-lighting, shading while completing an adorable painting in colored pencil.

313 *Mary Tyler Moore Show*, It's Got Spunk!

Otto Bruno, author — Oasis
Wednesday Jan 20 - Jan 27 — 1:00 PM - 4:00 PM
Fee: $45 — 2 sessions

She was a TV star for six decades but will forever be remembered as Mary Richards, the independent young woman who went to Minneapolis to make it on her own. In our two class periods, we'll delve into the people and stories that made this 1970s show an absolute classic. Best of all, we'll sample the superb heartfelt comedy that made so many want to stay home on Saturday nights from 1970-1977.

315 Classics By the Numbers

Otto Bruno, author — Oasis
Wednesday Feb 3 - Feb 24 — 1:00 PM - 4:00 PM
Fee: $85 — 4 sessions

There are dozens of Hollywood film classics that reference numbers in their title so I thought, "How about that for a class theme?" It's a wonderful opportunity to spotlight an eclectic choice of great films, legendary actors, respected directors, and brilliant screenwriters. Join us for four weeks of films that will include the talents of Jimmy Cagney, Billy Wilder, Henry Fonda, Sidney Lumet, Dolly Parton, Sterling Hayden, among others. That covers three of the movies we'll see. Can you guess them?

317 Victorian Photographs II (In Person)

Grace Seiberling, Art Historian — Oasis
Wednesday Feb 17 - Mar 10 — 11:00 AM - 12:30 PM
Fee: $70 — 4 sessions

In the later 19th century, commercial photographers found multiple avenues for selling photographs beyond the ever-popular portrait. Landscapes, travel photographs, and pictorial fictions were made for an expanding market. Photographers such as John Thomson and Thomas Annan documented the urban poor, while PH. Emerson made artistic photographs in the Norfolk Broads and contributed to debates about the nature of photography. Parallel to commercial photography a group of Pictorialists claimed photography as art. You do not have to have taken Grace's previous class to enjoy this one. Please register for this class if you plan to join the class in person.

318 Victorian Photographs II (Zoom Simulcast)

Grace Seiberling, Art Historian — Zoom
Wednesday Feb 17 - Mar 10 — 11:00 AM - 12:30 PM
Fee: $70 — 4 sessions

320 Edward G. Robinson, See?

Otto Bruno, author — Oasis
Wednesday Mar 3 - Mar 24 — 1:00 PM - 4:00 PM
Fee: $85 — 4 sessions

Hollywood's quintessential movie gangster was one of the first great film stars of the Sound Age. An accomplished stage actor, he burst onto the screen in *Little Caesar* in 1931 and never looked back. He was in countless film classics, praised by the critics, loved by film fans, and yet, he was never nominated for a single Academy Award! His story also includes a run-in with the Blacklist and one of the great modern art collections. Join us as we view at least 5 performances from this master thespian.

323 Creating as a Woman: Revisiting the Body (In Person)

Grace Seiberling, Art Historian — Oasis
Wednesday Mar 24 - Apr 14 — 11:00 AM - 12:30 PM
Fee: $70 — 4 sessions

Women's bodies have been a standard subject for art. Female artists in the later 20th and 21st century have reclaimed their own bodies in paintings or performance, have critiqued art and media traditions, or have represented women's bodies in non-traditional forms. This four-session class will look at artists such as Jenny Saville, Tracy Emin, Cindy Sherman, Kiki Smith, Mary Kelly, Carolee Schneeman. Please register for this class if you plan to join the class in person.

324 Creating as a Woman: Revisiting the Body (Zoom Simulcast)

Grace Seiberling, Art Historian — Zoom
Wednesday Mar 24 - Apr 14 — 11:00 AM - 12:30 PM
Fee: $70 — 4 sessions

406 Book Discussion: Penny's Pick *Theo of Golden* by Allen Levi

Penny Foley — Oasis
Thursday Jan 14 — 1:00 PM - 2:00 PM
Fee: $7

A stranger known only as Theo arrives in the small southern city of Golden. No one knows where he has come from or why he is there. He stops at the local coffeehouse and notices the 92 pencil portraits done by a local artist. Every day Theo goes to the coffeehouse and stares at the pictures on the wall until he decides to buy one and give it to the "rightful owner" in exchange for a story about the person's life. The novel, which was originally a self-published book, grew in popularity through reader recommendations. Eventually it sold millions of copies and became a *New York Times* best seller before being picked up by Atria Books. Join Penny for a discussion of *Theo of Golden*, the *New York Times* bestseller that has become very popular with book clubs.

408 Fluid Acrylics Introduction

Lesley Shakespeare-Brogan — Oasis
Thursday Feb 18 — 1:00 PM - 3:00 PM
Fee: $50

Learn why Creatives are so intrigued and excited about this unconventional artform. Fluid acrylics is one of the easiest ways to create exciting art. In this class you will learn the many ways you can achieve beautiful paintings with simple techniques. You will complete 3 mini canvases. You will be pleasantly surprised. No "artistic" ability or experience is required just choosing a few of your favorite colors will be enough. All materials are included.

407 Rochester International Film Festival: Best of the Fest #1

Dan Reardon, Retired Teacher — Oasis
Thursday Jan 21 — 1:00 PM - 3:00 PM
Fee: $25

Every year, every show, RIFF gives their audience members the opportunity to vote for their favorite films. These ballots determine the winners of the Best of the Fest award, and they've compiled the winners from many years of festivals into a traveling program of audience picks. Dan is a retired teacher and movie buff and will bring a favorite for viewing with time for discussion after.

409 Rochester International Film Festival: Best of the Fest #2

Dan Reardon, Retired Teacher — Oasis
Thursday Feb 25 — 1:00 PM - 3:00 PM
Fee: $25

411 Dusty Roses – Acrylics

Lesley Shakespeare-Brogan — Oasis
Thursday Mar 11 — 1:00 PM - 3:30 PM
Fee: $50

Your March "pick me up" is here. Join us to paint these dusty roses in acrylics on a 12"x12" canvas. Dusty blue background with soft pinks, yellows and greens. Much of the painting is complete with one brush which Lesley will show how to use in various ways. No experience necessary. All materials supplied.

507 Oasis Book Club (Zoom Only)

Jenny Lloyd — Zoom
Friday Jan 8 - Apr 9 — 1:30 PM - 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 1/8, 2/12, 3/12. The book selection for 1/8 is *The Odyssey*, any edition, by Homer. Class is held via Zoom. You must have a computer/tablet/phone with audio and video capability.

508 Little Surprise!

Little Theatre
Friday Jan 15 — 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 1/15/27 at 9:30am.

512 Little Surprise!

Little Theatre
Friday Feb 12 — 12:00 PM - 2:00 PM
Fee: $7

515 Little Surprise!

Little Theatre
Friday Mar 12 — 12:00 PM - 2:00 PM
Fee: $7

518 Little Surprise!

Little Theatre
Friday Apr 16 — 12:00 PM - 2:00 PM
Fee: $7

509 Intentions Over Resolutions: A Vision Board Collage Session

Susan Carmen-Duffy — Oasis
Friday Jan 15 — 1:00 PM - 3:00 PM
Fee: $45

Ready to design your year with purpose? Skip the pressure of traditional resolutions and join us for a creative, collage-based vision board workshop. Instead of focusing on restrictive goals, we will dive into a hands-on art session centered on your deepest intentions. You will curate, cut, and assemble a personalized visual map that reflects how you want to live, feel, and thrive in the coming year. All materials are provided–just bring your vision and your authentic self.

511 Creative Card Making: Unusual Cards with Folded Paper and Ephemera

Susan Carmen-Duffy — Oasis
Friday Feb 5 — 1:00 PM - 3:00 PM
Fee: $45

Say it with something unexpected. In this playful workshop, you'll learn clever paper folds and then dress them with a plethora of treasures from made and found papers galore. We will create using some exciting techniques for turning simple paper into cards that are truly unique, with pockets, flaps, and surprises inside. All supplies are included, and you're welcome to bring a few meaningful papers of your own. You'll leave with a set of one-of-a-kind cards ready to send love, thoughtfulness, and delight.

513 The Art of Looking: Tools For a Lifetime

MAG Docent Dave Michael — Memorial Art Gallery
Friday Feb 12 - Feb 26 — 1:00 PM - 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. RSVP by 2/5/27 at noon.

517 The Art of Looking: Learning Tools For a Lifetime

MAG Docent Ellen Camfield — Memorial Art Gallery
Friday Apr 2 - Apr 16 — 1:00 PM - 3:00 PM
Fee: $40 — 3 sessions

RSVP by 3/26/27 at noon.

EXERCISE

101 T'ai Chi - Introduction

Tim Farnum — Oasis
Monday Jan 4 - Apr 5 — 9:30 AM - 10:30 AM
Fee: $98 — 14 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. 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.

102 T'ai Chi - Intermediate Level

Tim Farnum — Oasis
Monday Jan 4 - Apr 5 — 10:45 AM - 11:45 AM
Fee: $98 — 14 sessions

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

201 Tap Dance 1A

Erika Atkinson — Oasis
Tuesday Jan 5 - Apr 13 — 9:00 AM - 9:40 AM
no class 2/9
Fee: $98 — 14 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.

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

202 Tap Dance 1B

Erika Atkinson — Oasis
Tuesday Jan 5 - Apr 13 — 9:45 AM - 10:25 AM
No class 2/9
Fee: $98 — 14 sessions

Tap dance? Absolutely! 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.

204 Aquafit-Arthritis/Fibromyalgia/ Range of Motion

Valley Manor Staff — Valley Manor
Tuesday, Thursday Jan 5 - Apr 8 — 10:00 AM - 11:00 AM
Fee: $150 — 28 sessions

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. Class is held at Valley Manor.

205 Tap Dance 2A

Erika Atkinson — Oasis
Tuesday Jan 5 - Apr 13 — 10:30 AM - 11:10 AM
no class 2/9
Fee: $98 — 14 sessions

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

207 Stretch and Strengthen

Betsy Feldman — Oasis
Tuesday Jan 5 - Apr 13 12:00 PM - 1:45 PM
Fee: $105 15 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.

208 Belly Dance Basics

Julie Ferreira — Oasis
Tuesday Jan 5 - Feb 16 — 1:00 PM - 1:45 PM
Fee: $49 — 7 sessions

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

219 Belly Dance Basics

Julie Ferreira — Oasis
Tuesday Mar 2 - Apr 13 — 1:00 PM - 1:45 PM
Fee: $49 — 7 sessions

210 Belly Dance Choreographies

Julie Ferreira Oasis
Tuesday Jan 5 - Feb 16 — 1:45 PM - 2:30 PM
Fee: $49 — 7 sessions

We'll use belly dance techniques and skills to develop choreography and focus on performance skills. (Performances are always optional.) Enroll in this class with permission from Julie and if you have taken at a minimum of one session of her Belly Dance Basics class.

220 Belly Dance Choreographies

Julie Ferreira — Oasis
Tuesday Mar 2 - Apr 13 — 1:45 PM - 2:30 PM
Fee: $49 — 7 sessions

211 DrumFit

Rebekah Shuman — Oasis
Tuesday Jan 5 - Apr 13 — 3:00 PM - 4:00 PM
Fee: $105 — 15 sessions

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.

301 Tap Dance 4A

Erika Atkinson — Oasis
Wednesday Jan 6 - Apr 14 — 9:00 AM - 9:40 AM
No class 2/10
Fee: $98 — 14 sessions

This class is a continuation of Tap 3, focusing on 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 Jan 6 - Apr 14 — 9:45 AM - 10:25 AM
no class 2/10
Fee: $98 — 14 sessions

This is an open level class, 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 Jan 6 - Apr 14 — 10:30 AM - 11:10 AM
No class 2/10
Fee: $98 — 14 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 is Tap is highly recommended. Come with a willingness to move and have fun!

306 Oasis Tappers

Erika Atkinson — Oasis
Wednesday Jan 6 - Apr 14 — 11:30 AM - 12:30 PM
No class 2/10
Fee: $98 — 14 sessions

This is the performing tap dance troupe which is open for participation with permission from Erika only. This class is on Wednesdays and Fridays.

402 Power Hour with Katie Bauer

Katie Bauer — Oasis
Thursday Jan 7 - Apr 15 — 9:30 AM - 10:30 AM
Fee: $105 — 15 sessions

Build strength, improve balance, support heart and bone health, and have a blast! This fun seated fitness class uses dumbbells, resistance bands, sliders and bodyweight exercises to help ALL bodies and fitness levels stay strong, healthy, and connected. Come move, laugh, and make new friends!

404 Stretch and Strengthen

Betsy Feldman — Oasis
Thursday Jan 7 - Apr 15 — 11:00 AM - 11:45 AM
Fee: $105 — 15 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.

405 Yoga Intermediate

Betsy Feldman — Oasis
Thursday Jan 7 - Apr 15 — 12:00 PM - 12:45 PM
Fee: $105 — 13 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 all participants. Please wear comfortable clothing and bring a mat.

501 Tap Dance 2B

Erika Atkinson — Oasis
Friday Jan 8 - Apr 16 — 9:00 AM - 9:45 AM
No class 2/12
Fee: $98 — 14 sessions

This is a continuation of Level 2A. 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.

502 Tap Dance 3

Erika Atkinson — Oasis
Friday Jan 8 - Apr 16 — 9:45 AM - 10:25 AM
No class 2/12
Fee: $98 — 14 sessions

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

503 Tap Aerobics

Erika Atkinson — Oasis
Friday Jan 8 - Apr 16 — 10:30 AM - 11:10 AM
No class 2/12
Fee: $98 — 14 sessions

504 Nia: Mind-Body-Spirit Fitness (Zoom Only)

Rhonda Wright — Zoom
Friday Jan 8 - Apr 16 — 10:30 AM - 11:30 AM
Fee: $120 — 15 sessions

Nia means "with purpose" in Swahili and is a whole-body approach to fitness. This class can be enjoyed while seated or standing. The Nia Technique encourages participants to find their body's way through a combination of dance arts, martial arts, and healing arts. Through expressive movement and music, Nia invites you to achieve mental, physical, 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. You will need a phone, laptop or tablet with audio and video capability.

505 Tap Dance 4B

Erika Atkinson — Oasis
Friday Jan 8 - Apr 16 — 11:30 AM - 12:15 PM
No class 2/12
Fee: $98 — 14 sessions

This class is mandatory for all Oasis Tappers and 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 dance experience. Dancers must also be committed to attending class regularly, as each week's lesson will build on previous lessons taught.

506 Oasis Tappers

Erika Atkinson — Oasis
Friday Jan 8 - Apr 16 — 12:00 PM - 1:00 PM
No class 2/12
Fee: $98 — 14 sessions

HEALTH AND WELLNESS

310 Empower Your 2027 Journey

Katie Bauer — Oasis
Wednesday Jan 13 — 12:30 PM - 1:45 PM
Fee: $25

Explore your whole self, discover what matters most to you, and envision a year filled with health, happiness, purpose, and possibility. Katie is a health, wellness and exercise coach.

314 Chop, Chat and Discover: Protein

Katie Bauer — Oasis
Wednesday Jan 27 — 12:00 PM - 1:15 PM
Fee: $30

Have fun in the kitchen as we prepare easy, tasty recipes, share good company, and discover simple, healthy ways to use food to nourish our bodies and support our health! In this presentation, learn more about tasty protein treats to energize your day. No oven or kitchen experience required. Katie is a health, wellness and exercise coach.

316 Empower Your Energy

Katie Bauer — Oasis
Wednesday Feb 10 — 12:00 PM - 1:45 PM
Fee: $25

Discover simple ways to fuel your body, boost your energy, and feel your best throughout the day.

319 Chop, Chat and Discover: Fiber

Katie Bauer — Oasis
Wednesday Feb 17 — 12:00 PM - 1:15 PM
Fee: $30

Have fun in the kitchen as we prepare easy, tasty recipes, share good company, and discover simple, healthy ways to use food to nourish our bodies and support our health! Fiber up with a colorful, nutritious veggie hummus wrap. No oven or kitchen experience required. Katie is a health, wellness and exercise coach.

321 Empower Your Strength

Katie Bauer — Oasis
Wednesday Mar 10 — 12:30 PM - 1:45 PM
Fee: $25

Build a stronger body to support your independence, mobility, and confidence at every age.

322 Chop, Chat and Discover: Carbs

Katie Bauer — Oasis
Wednesday Mar 17 — 12:00 PM - 1:15 PM
Fee: $30

Have fun in the kitchen as we prepare easy, tasty recipes, share good company, and discover simple, healthy ways to use food to nourish our bodies and support our health! Carbs are our friends…easily filling a healthy salad or main dish. No oven or kitchen experience required. Katie is a health, wellness and exercise coach.

325 Chop, Chat and Discover: Fat

Katie Bauer — Oasis
Wednesday Apr 7 — 12:00 PM - 1:15 PM
Fee: $30

Have fun in the kitchen as we prepare easy, tasty recipes, share good company, and discover simple, healthy ways to use food to nourish our bodies and support our health! Fat is back…..with a secret ingredient (avocado). No oven or kitchen experience required. Katie is a health, wellness and exercise coach.

326 Empower Your Peace

Katie Bauer — Oasis
Wednesday Apr 14 — 12:30 PM - 1:45 PM
Fee: $25

Explore mindfulness, stress management, and ways to create calmness and balance in everyday life.

601 Sound and Stillness

Katie Bauer — Oasis
Saturday Apr 3 — 10:30 AM - 11:30 AM
Fee: $20

Experience a sense of calmness with beautiful unique sounds, vibrations, along with your breath. This class is designed to soothe your nervous system, quiet the mind and bring you into a deeper sense of peace and presence as you relax, restore, and reconnect. Come breathe, listen, and simply be. Katie is a health, wellness and exercise coach.

602 Sound and Stillness

Katie Bauer — Oasis
Saturday Apr 10 — 10:30 AM - 11:30 AM
Fee: $20

603 Sound and Stillness

Katie Bauer — Oasis
Saturday Apr 17 — 10:30 AM - 11:30 AM
Fee: $20

HISTORY

103 Ordinary Resistance (In Person)

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

Resistance without Support: In the 1940s, the US set up an organization to help refugees in Europe. None of the major powers wanted to help (and we wanted to give them money). Minor powers didn't want to help either. But where governments were afraid to act, the common people stepped up. This is an inspiring story of ultimate bravery by people with limited or no resources, acting on their own with no support from their governments. People who stood up even when their governments actively told them not to. A time when ordinary people outshone those who were supposed to be leading them. Please register for this class if you are interested in participating via in person only.

104 Ordinary Resistance (Zoom Simulcast)

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

108 Dodge City (In Person)

David Woodruff — Oasis
Monday Jan 18 - Jan 25 — 11:00 AM - 12:00 PM
Fee: $35 — 2 sessions

The Wickedest Town in the West: In tales of the Old West, one of the most extensively mentioned towns is Dodge City. Widely recognized as a wicked little town. But it represents the late 19th-century struggle between making money and respectability. It touches the heart of the American struggle with the Second Amendment. The American propensity for gun violence, and the odd coincidence that famous people run into one another. There was no place in America in the 1870s like Dodge City. These are just some of the town's stories. Please register for this class if you are interested in participating via in person only.

109 Dodge City (Zoom Simulcast)

David Woodruff — Zoom
Monday Jan 18 - Jan 25 — 11:00 AM - 12:00 PM
Fee: $35 — 2 sessions

112 The Templars (In Person)

David Woodruff — Oasis
Monday Feb 1 - Feb 8 — 11:00 AM - 12:00 PM
Fee: $35 — 2 sessions

Bringing Together Prayer and the Sword: The militant brotherhood. One tenet of their religious order was that they were forbidden from retreating in battle unless outnumbered three to one, and even then, only by order of their commander, or if the Templar flag went down. Templars were semilegendary figures, featured in popular stories, artworks, ballads, and histories. The first time killing was allowed in the name of the Church. The Templars became famous for their lost treasure. It's been a mystery for over 700 years. Please register for this class if you are interested in participating via in person only.

113 Templars (Zoom Simulcast)

David Woodruff — Zoom
Monday Feb 1 - Feb 8 — 11:00 AM - 12:00 PM
Fee: $35 — 2 sessions

115 U.S. Presidents: Extended One-Term Wonders (In Person)

Steve Schockow, Retired History Teacher — Oasis
Monday Feb 1 — 1:00 PM - 2:00 PM
Fee: $20

When a Vice President unexpectedly takes office, they experience much confusion and self-doubt. However, in some cases, they grow to become comfortable in their newly exalted position and seek their own term of office. We will look at three Presidents who were elected in their own right after completing the term of their predecessor – Theodore Roosevelt, Calvin Coolidge and Harry S. Truman. What challenges did they face and how did they meet them?

116 U.S. Presidents: Extended One-Term Wonders (Zoom Simulcast)

Steve Schockow, Retired History Teacher — Zoom
Monday Feb 1 1:00 PM - 2:00 PM
Fee: $20

117 Marco Polo (In Person)

David Woodruff — Oasis
Monday Feb 22 - Mar 1 — 11:00 AM - 12:00 PM
Fee: $35 — 2 sessions

Adventure in the Far East: Forgotten for centuries. In recent years, there have been questions about whether Polo ever traveled beyond the Middle East, and that his stories told to others while in jail were a fabrication. If his story is right, he may have been the greatest traveler of his age. He never thought of himself as an explorer–"wayfarer" was the term he used to describe himself. By accident rather than by design. He wasn't the first Westerner to visit China. Still, he was the man who inspired Columbus to make his own journey to a land that Marco Polo never even dreamed of. Please register for this class if you are interested in participating via in person only.

118 Marco Polo (Zoom Simulcast)

David Woodruff — Zoom
Monday Feb 22 - Mar 1 — 11:00 AM - 12:00 PM
Fee: $35 — 2 sessions

121 Charles Ponzi (In Person)

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

Swindler Extraordinaire: Charles Ponzi was the embodiment of the concept of thinking big and believing in yourself. Probably no one ever born believed in his ability more than he did. The 1920s were the get-rich era of the American dream. When these two forces met, it resulted in an explosion that cost millions. Through it all, when doubters assailed Charles Ponzi, claiming his visions weren't possible, he would reply, "Well, I'm doing it! I'm the man!" And for a while, he was. Sadly, he would not be the last.

122 Charles Ponzi (Zoom Simulcast)

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

203 Slavery, Racism and the Roots of Today's Divide

Bob Richane — Oasis
Tuesday Jan 5 - Feb 9 — 10:00 AM - 11:30 AM
Fee: $60 — 6 sessions

This will be a discussion of the broad range of today's issues relating directly to race. Segregation, the criminal, justice system, ICE activities, overt political racism, housing, discrimination directed at Latinas, school inequality, racism as a political weapon, etc. and how these have not only negatively impacted people of color but the entire country well. Following, a deep look at the centuries long American acceptance, absolute belief in, adherence to and application of white supremacy that started with the slave trade, its invented rationales, 250 years of slavery and 100 years of Jim Crow, race laws, Southern de jure segregation and the North's de facto version.

412 1914: The World on the Brink - An Updated Look

Laurence Britt — Oasis
Thursday Mar 18 - Apr 8 — 11:00 AM - 12:00 PM
Fee: $60 — 4 sessions

The year 1914 marked not only the beginning of World War I, but also the end of an era and the start of a dangerous new age in which long-held beliefs and illusions were shattered. This updated look at the topic explores the world on the eve of war through four one-hour sessions: the political, cultural, and economic landscape at the start of 1914; how Europe stumbled into a conflict whose devastating consequences few could have imagined; the opening campaigns that introduced the horrors of modern warfare; and the war's lasting impact on the events that shaped the rest of the 20th century and continue to influence our world today.

LANGUAGES

209 French - Intermediate (Zoom Only)

Kevin Finnigan — Zoom
Tuesday Jan 5 - Apr 13 — 1:00 PM - 2:00 PM
Fee: $98 — 14 sessions

This course is aimed at those who have completed at least the equivalent of high school French 1. Emphasis will be on 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 from the instructor to register. Please contact Oasis Rochester before registering. Class is taught via Zoom. You must have 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).

212 French - Advanced (Zoom Only)

Kevin Finnigan — Zoom
Tuesday Jan 5 - Apr 13 — 2:30 PM - 4:00 PM
Fee: $105 — 14 sessions

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 from 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 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, retired teacher — Zoom
Wednesday Jan 6 - Apr 14 — 10:00 AM - 11:00 AM
Fee: $98 — 14 sessions

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, or have permission from her. Please call Oasis and we will have her contact you. 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

305 Spanish - Intermediate Continued

Kristine Hannon, retired teacher — Oasis
Wednesday Jan 6 - Apr 14 — 11:15 AM - 12:15 PM
No class 11/25
Fee: $98 — 14 sessions

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 or have permission from her. Please contact Oasis and we will have her give you a call. The textbook is not included and will be listed on your confirmation.

307 French - Beginning Continued (Zoom Only)

Kevin Finnigan — Zoom
Wednesday Jan 6 - Apr 14 — 1:00 PM - 2:30 PM
Fee: $98 — 14 sessions

This is a continuation of a beginning level course, 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, transportion, 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 printer/copier/ scanner. The text used is *Bien Dit! French 1*, and its two accompanying workbooks, 2013 edition.

401 German - Intermediate

Ingeborg Oberdoerster — Oasis
Thursday Jan 7 - Apr 15 — 9:30 AM - 10:30 AM
Fee: $105 — 15 sessions

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 from instructor to register. Please contact Oasis Rochester before registering. Text: *1,000 Jahre deutsche Literatur*, 2nd Edition by Gudrun Clay. ISBN-13: 978-1585102877

403 German - Advanced

Ingeborg Oberdoerster — Oasis
Thursday Jan 7 - Apr 15 — 10:45 AM - 11:45 AM
Fee: $105 — 15 sessions

This class is for students who can speak and write German at a higher level. Perhaps you studied German in college or grew up in a German speaking household and you'd like to refresh your German. In this advanced German class we will read, translate and discuss stories and talk about recent world events. Join us if you'd like to challenge yourself and improve your German language skills. You will need permission from the instructor to register. Please contact Oasis Rochester before registering. We are also going to start reading the German book by Karla Höcker: *Clara Schumann*-the great pianist of her time, wife of Robert Schumann, and friend of Johannes Brahms.

MUSIC

106 Oasis Community Chorus (Zoom Only)

Rhonda Wright — Zoom
Monday Jan 11 - Apr 12 — 2:30 PM - 3:30 PM
Fee: $112 — 14 sessions

We welcome all Oasis participants who enjoy singing, and those who think they might, to give us a try. There are no auditions and music-reading is helpful but not required. 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 older adult community (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. Music truly lifts the spirit and feeds the soul.

206 Oasis Community Chorus (In Person)

Rhonda Wright — Oasis
Tuesday Jan 5 - Apr 6 — 11:00 AM - 12:00 PM
Fee: $112 — 14 sessions

We welcome all Oasis participants who enjoy singing, and those who think they might, to give us a try. There are no auditions and music-reading is helpful but not required. 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 older adult community (participation optional). Concert participants must wear white tops with matching red chorus tie or scarf. Music truly lifts the spirit and feeds the soul.

PERSONAL DEVELOPMENT

123 Safety First: Privacy, Online Safety and Recent Scams

Pat Martinez — Oasis
Monday Mar 15 — 9:30 AM - 12:00 PM
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.

216 Self Discovery Utilizing Plant Essences

Nancy B Miller — Oasis
Tuesday Feb 2 - Mar 9 — 2:30 PM - 3:45 PM
Fee: $60 — 6 sessions

Learn about the amazing world of plant essences, the vibrational aspects of plants, and how to work with them to support your overall mental and physical wellbeing. Practice working with plant essences in class so that over the course of six weeks you build confidence in your ability to apply what you have learned to your daily life. Group and individual activities will provide an enriching learning experience. You do not need to have any knowledge about plants to enjoy and benefit from this class. Nancy Miller is a gardener and retired practitioner of the healing arts.

510 California: Beyond Napa and Sonoma

Bruce Smoller, Sommelier — Oasis
Friday Jan 29 — 1:00 PM - 2:00 PM
Fee: $40

While wines from Napa Valley and Sonoma are widely known and appropriately highly regarded, California produces wines in many other regions that are less well-known and produce high-quality wines, often at a fraction of this price. In this class, we will explore wines from the less familiar California wine-producing regions. RSVP by 1/22 at noon.

510 Wines of Austria and Hungary

Bruce Smoller, Sommelier — Oasis
Friday Feb 26 — 1:00 PM - 2:00 PM
Fee: $40

While not well-known to the American consumer, wines from Austria (especially) and Hungary are invariably crisp, fruity and delightful and of the highest quality (in part, due to a high wine scandal from 40 years ago). In this class, we will explore wines from these adjacent countries. RSVP by 2/19 at noon.

516 Wines of Argentina

Bruce Smoller, Sommelier — Oasis
Friday Mar 26 — 1:00 PM - 2:00 PM
Fee: $40

Argentina produces the 5th highest volume of wine in the world. Malbec is well-known to most wine lovers, but there is so much more to the Argentinian wine scene. In this class, we will taste a wide range of wines produced from various regions in Argentina that go beyond the common Malbec from Mendoza. RSVP by 2/19 at noon.

Refund policy: Fees are due at the time of registration, are nontransferable and non-refundable unless Oasis cancels a class. If you have jury duty or a medical reason that prevents you from attending class, you may be eligible for an Oasis credit. Cancellation requests must be made 48 hours prior to the start of class. Class fees are not prorated.

TECHNOLOGY

107 Technology Tutoring

Pat Martinez — Oasis
Monday Jan 18 - Jan 25 — 10:00 AM - 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.

110 Technology Tutoring

Pat Martinez — Oasis
Monday Jan 18 - Jan 25 — 11:15 AM - 12:15 PM
Fee: $45 — 2 sessions

111 Technology Tutoring

Pat Martinez — Oasis
Monday Feb 1 - Feb 8 — 10:00 AM - 11:00 AM
Fee: $45 — 2 sessions

114 Technology Tutoring

Pat Martinez — Oasis
Monday Feb 1 - Feb 8 — 11:15 AM - 12:15 PM
Fee: $45 — 2 sessions

119 Technology Tutoring

Pat Martinez — Oasis
Monday Mar 1 — 10:00 AM - 11:00 AM
Fee: $45

120 Technology Tutoring

Pat Martinez — Oasis
Monday Mar 1 - Mar 8 — 11:15 AM - 12:15 PM
Fee: $45 — 2 sessions

124 Technology Tutoring

Pat Martinez — Oasis
Monday Mar 22 - Mar 29 — 10:00 AM - 11:00 AM
Fee: $45 — 2 sessions

125 Technology Tutoring

Pat Martinez — Oasis
Monday Mar 22 - Mar 29 — 11:15 AM - 12:15 PM
Fee: $45 — 2 sessions

126 Technology Tutoring

Pat Martinez — Oasis
Monday Apr 5 - Apr 12 — 10:00 AM - 11:00 AM
Fee: $45 — 2 sessions

127 Technology Tutoring

Pat Martinez — Oasis
Monday Apr 5 - Apr 12 — 11:15 AM - 12:15 PM
Fee: $45 — 2 sessions

410 Get Going with Google!

Jack Rosenberry — Oasis
Thursday Mar 4 - Mar 25 — 1:00 PM - 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.

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

Episcopal SeniorLife Communities

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**, or scan the QR code.

Balance Class

Every Wednesday at 11:00 AM

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

Fit and Functional Class

Every Tuesday and Thursday at 11:00 AM

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

What to expect: Maintain and improve strength, balance, mobility, flexibility, endurance, and overall physical function. The class focuses on practical movements that support independence and make everyday activities easier and safer.

Reserve: Email Julie Montgomery at 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 GUIDEServices@EpiscopalSeniorLife.org or 585.546.8439 x1970

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.

Community Resource Room

Open weekdays 8:00 AM-5:00 PM or weekends by appt.

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

Feldenkrais Movement Method Class

Tuesday, February 2 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

Have Your Cake and Eat It Too

Monday, January 4 at 1:00 PM

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

What to expect: Get creative with cake! Participants will receive a square cake slice topped with white fondant and use colorful, food-safe “watercolor” dyes and brushes to paint their own unique edible masterpiece. This fun, hands-on activity encourages creativity and lets everyone design a custom cake slice to enjoy at the end!

Reserve: Erin Koehler at ekoehler@EpiscopalSeniorLife.org or 585.546.8439 ext 3703

Life. Inspired every day.

GREAT CANADIAN CITIES

9 Days • **June 16, 2027**
11 Meals • Easy ☐☐3☐ 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 ☐☐☐4 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 Edinbugh / 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 C ardiff, 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 December 14th, 2026**
- **Online–Registration Opens December 14th, 2026 @ 9am @ rochester.oasisnet.org**
- **Walk-In–Registration December 16th–18th, 2026, 9am–12 noon**

Please follow all procedures listed below:

- 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, or we can provide you with a credit on your Oasis account.

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#
	105	Introduction To Stained Glass	$120		
	213	Book Discussion: An Immense World by Ed Yong	$40		
	214	Welcome to Oasis' New Creative Space!	$40		
	215	Starting your Art Journaling	$40		
	217	Hiking the Finger Lakes Trail in New York: An Adventure	$20		
	218	Painting White Objects in Watercolor	$40		
	221	Painting Scenes From Your Vacation Photos	$40		
	222	Watercolor Painting...The Pear, The Apple, The Orange	$40		
	223	Learn to Play Cribbage	$30		
	308	Artists, Museums, and Institutional Critique (In Person)	$70		
	309	Artists, Museums, and Institutional Critique (Zoom Simulcast)	$70		
	311	Louis Armstrong, Pops	$45		
	312	Beginning Colored Pencil	$50		
	313	Mary Tyler Moore Show, It's Got Spunk!	$45		
	315	Classics By the Numbers	$85		
	317	Victorian Photographs II (In Person)	$70		
	318	Victorian Photographs II (Zoom Simulcast)	$70		
	320	Edward G. Robinson, See?	$85		
	323	Creating as a Woman: Revisiting the Body (In Person)	$70		
	324	Creating as a Woman: Revisiting the Body (Zoom Simulcast)	$70		
	406	Book Discussion: Penny's Pick *Theo of Golden* by Allen Levi	$7		
	408	Fluid Acrylics Introduction	$50		
	407	Rochester International Film Festival: Best of the Fest #1	$25		
	409	Rochester International Film Festival: Best of the Fest #2	$25		
	411	Dusty Roses – Acrylics	$50		
	507	Oasis Book Club (Zoom Only)	$28		
	508	Little Surprise!	$7		
	512	Little Surprise!	$7		
	515	Little Surprise!	$7		
	518	Little Surprise!	$7		
	509	Intentions Over Resolutions: A Vision Board Collage Session	$45		
	511	Creative Card Making: Unusual Cards with Folded Paper and Ephemera	$45		
	513	The Art of Looking: Tools For a Lifetime	$40		
	517	The Art of Looking: Learning Tools For a Lifetime	$40		

✔	#	Class Name	Fee	Office Use	
		EXERCISE	W	E	Ck#
	101	T'ai Chi - Introduction	$98		
	102	T'ai Chi - Intermediate Level	$98		
	201	Tap Dance 1A	$98		
	202	Tap Dance 1B	$98		
	204	Aquafit-Arthritis/Fibromyalgia/ Range of Motion	$150		
	205	Tap Dance 2A	$98		
	207	Stretch and Strengthen	$105		
	208	Belly Dance Basics	$49		
	219	Belly Dance Basics	$49		
	210	Belly Dance Choreographies	$49		
	220	Belly Dance Choreographies	$49		
	211	DrumFit	$105		
	301	Tap Dance 4A	$98		
	302	Jazz	$98		
	304	Tap Aerobics	$98		
	306	Oasis Tappers	$98		
	402	Power Hour with Katie Bauer	$105		
	404	Stretch and Strengthen	$105		
	405	Yoga Intermediate	$105		
	501	Tap Dance 2B	$98		
	502	Tap Dance 3	$98		
	503	Tap Aerobics	$98		
	504	Nia: Mind-Body-Spirit Fitness (Zoom Only)	$120		
	505	Tap Dance 4B	$98		
	506	Oasis Tappers	$98		
		HEALTH AND WELLNESS	W	E	Ck#
	310	Empower Your 2027 Journey	$25		
	314	Chop, Chat and Discover: Protein	$30		
	316	Empower Your Energy	$25		
	319	Chop, Chat and Discover: Fiber	$30		
	321	Empower Your Strength	$25		
	322	Chop, Chat and Discover: Carbs	$30		
	325	Chop, Chat and Discover: Fat	$30		
	326	Empower Your Peace	$25		
	601	Sound and Stillness	$20		
	602	Sound and Stillness	$20		
	603	Sound and Stillness	$20		

✔	#	Class Name	Fee	Office Use	
		HISTORY	W	E	Ck#
	103	Ordinary Resistance (In Person)	$35		
	104	Ordinary Resistance (Zoom Simulcast)	$35		
	108	Dodge City (In Person)	$35		
	109	Dodge City (Zoom Simulcast)	$35		
	112	The Templars (In Person)	$35		
	113	Templars (Zoom Simulcast)	$35		
	115	U.S. Presidents: Extended One-Term Wonders (In Person)	$20		
	116	U.S. Presidents: Extended One-Term Wonders (Zoom Simulcast)	$20		
	117	Marco Polo (In Person)	$35		
	118	Marco Polo (Zoom Simulcast)	$35		
	121	Charles Ponzi (In Person)	$35		
	122	Charles Ponzi (Zoom Simulcast)	$35		
	203	Slavery, Racism and the Roots of Today's Divide	$60		
	412	1914: The World on the Brink - An Updated Look	$60		
		LANGUAGES	W	E	Ck#
	209	French - Intermediate (Zoom Only)	$98		
	212	French - Advanced (Zoom Only)	$105		
	303	Spanish - Advanced Continued (Zoom Only)	$98		
	305	Spanish - Intermediate Continued	$98		
	307	French - Beginning Continued (Zoom Only)	$98		
	401	German - Intermediate	$105		
	403	German - Advanced	$105		
		MUSIC	W	E	Ck#
	106	Oasis Community Chorus (Zoom Only)	$112		
	206	Oasis Community Chorus (In Person)	$112		
		PERSONAL DEVELOPMENT	W	E	Ck#
	123	Safety First: Privacy, Online Safety and Recent Scams	$25		
	216	Self Discovery Utilizing Plant Essences	$60		
	510	California: Beyond Napa and Sonoma	$40		
	510	Wines of Austria and Hungary	$40		
	516	Wines of Argentina	$40		
		TECHNOLOGY	W	E	Ck#
	107	Technology Tutoring	$45		
	110	Technology Tutoring	$45		
	111	Technology Tutoring	$45		
	114	Technology Tutoring	$45		
	119	Technology Tutoring	$45		
	120	Technology Tutoring	$45		
	124	Technology Tutoring	$45		
	125	Technology Tutoring	$45		
	126	Technology Tutoring	$45		
	127	Technology Tutoring	$45		
	410	Get Going with Google!	$75		



Rochester Oasis
Episcopal SeniorLife Communities

1530 East Avenue
Rochester, NY 14610

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Registration will begin on Decmeber 14th and will be via mail and online at
rochester.oasisnet.org



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 585.770.1923.
- Registration will begin on December 14th and will be via mail and online at: rochester.oasisnet.org

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