OASIS
1982-2012

Celebrating 30 Years

San Antonio OASIS Catalog
Sept - Dec 2012

— Inside —

30 ways

to discover life after fifty

WellMed® Your Healthcare Companion for Life™

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National OASIS News
Fall 2012 • www.oasisnet.org/30th

Celebrating 30 Years

30 ways to discover life after fifty

Since 1982 OASIS has helped hundreds of thousands of adults age fifty and up pursue vibrant, healthy, productive lives. We foster successful aging by helping people continue to learn, maintain their health and be a part of the community.

To celebrate the national 30th anniversary of OASIS, we're highlighting some of the many ways you can make life after fifty the best time of life.

1. Challenge your brain by using it in novel and complex ways. Take a class, try a new game, take up a musical instrument - there are endless possibilities.

2. Make new friends who share common interests in your community through OASIS.

3. Uncover your family story. Try a genealogy class for help getting started.

4. Learn how to manage your health. Take a Chronic Disease Self Management class to learn ways to life a healthier life with chronic conditions.

5. Find your chi. Reduce stress and improve your health through the ancient art of tai chi.

6. Help a child get a better start in school as an OASIS tutor. You could change a child's life forever.

7. Be active every day. Physical activity is the best thing you can do for your health.

8. Discover your inner artist. Try a drawing or painting class to uncover hidden talents and passions.

9. Volunteer. You have valuable skills and wisdom to share! Try OASIS, Volunteer Match or local schools and organizations to find ways you can help.

10. Practice yoga to increase your flexibility, strength and balance.

11. Update your technology skills and stay in step with today's digital world.

12. Keep a sense of humor. Laughter is good medicine for relieving stress and anxiety.

13. Do regular strength training. It lowers the risk of falling and staves off symptoms of many chronic conditions like arthritis, diabetes and osteoporosis.

14. Practice gratitude daily, and express gratitude to the people you are thankful for.

15. Join a discussion group to stimulate your thinking and find kindred spirits.

16. Eat more fruits and veggies to keep your brain sharp and protect your health.

17. Connect with family and friends. Try a class on email or social networking and stay in touch with loved ones both near and far.

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18. Tune in. Join a music group or class to make some noise and share the universal human language.

19. Do something new. When was the last time you tried something for the first time?

20. Spend time with people you love.

21-30. Explore more options throughout this catalog to discover life after fifty with OASIS!

30 ways

Welcome to OASIS

Our Mission:
To promote successful aging through lifelong learning, health programs and volunteer engagement.

Our Vision:
To see that adults age 50 and older across the country have opportunities to pursue vibrant, healthy, productive and meaningful lives.

You can join OASIS by registering at the OASIS Center, by phone or online. There is no membership fee. OASIS is open to all people 50 years of age and older regardless of income, gender, race, religion or background.

OASIS at Morningside
Corner of McNeel and St. Cloud
(210) 236-5954

OASIS at Warm Springs
Warm Springs Rehabilitation Hospital
5101 Medical Drive, 1st Floor
(210) 595-9200

Mailing Address:

San Antonio OASIS
P. O. Box 291010
San Antonio, Texas 78229

Website: www.oasisnet.org

Hours:
OASIS at Morningside
Monday – Friday 9:00 a.m. - 4:00 p.m.

OASIS at Warm Springs
Monday, Tuesday and Thursday
9:00 a.m. - 4:00 p.m.

OASIS centers will be closed on the dates below: Classes will not meet.

Sept 3	Labor Day
*Sept 6	Volunteer Training
Nov 19-23	Thanksgiving Break
Dec 20-Jan 1	Holiday break

*offsite classes will meet

Sponsors
OASIS is a non-profit educational organization nationally sponsored by Macy's Foundation. Local sponsors are the City of San Antonio, WellMed, Morningside Ministries and Warm Springs Foundation. San Antonio OASIS is affiliated with The OASIS Institute, the national OASIS headquarters in St. Louis.

Volunteer Opportunities
Volunteers are the key to the success of OASIS. Opportunities include tutors, office staff, special events, calling committee, curriculum committee, health fairs and more.

Registration
Please note registration procedures on page 15. Registration is required for all classes.

Class Evaluation
We welcome your feedback on all instructors and activities. Evaluation forms are available at the center.

Fees
There is no charge to join OASIS. There is a fee for some courses. Fees are due at the time of registration.

Refunds
All program fees listed are non-refundable unless OASIS cancels the program or if you have a medical reason or jury duty (documentation must accompany request). OASIS must be notified before the first class begins. If a refund is due, you may receive a letter of credit that can be used for a future program. If the fee is more than $10 you may request a refund instead of a credit. (Refunds can take up to one month and a W-9 is required.) Transferring of classes is not permitted. Class fees are not prorated. This policy does not include day trips or travel.

Disclaimer Notice
The opinions expressed by the class speakers are their own and do not necessarily reflect the views of OASIS or any of its sponsoring organizations.

Fitness

Deep Water Aqua Exercise

A moderate impact workout starting out in shallow water leading to aerobic activity in deep water that increases cardiovascular fitness with strength and flexibility. Classes are held in an indoor pool.

Location: St. Mary's University Pool
Alumni Athletic & Convocation Center
One Camino Santa Maria

Tuesdays & Thursdays		**9:00 - 9:45**
Sept 18 - Oct 25	**Fee $42**	**1**
Oct 30 - Dec 13	**Fee $42**	**2**

Aquaworks *NEW TIME*

This is a low-to-medium impact aquatic workout for anyone who desires to increase their cardio activities as well as increase their joint flexibility and improve their own well-being. Class is held in an indoor pool. Class participants are encouraged to work at their own pace and their own fitness level.

Location: St. Mary's University Pool
Alumni Athletic & Convocation Center
One Camino Santa Maria

Mondays & Wednesdays		**11:00 - 12:00**
Sept 17 - Oct 24	**Fee $42**	**3**
Oct 29 - Dec 12	**Fee $42**	**4**

Live Strong

A low to moderate workout that strengthens your heart, lungs, joints, and mind. This class incorporates strength, flexibility, and balance exercises to ensure that you "Live Strong" today and everyday.

Location: Windcrest United Methodist Hall
5461 Walzem Road

Tuesdays & Thursdays		**9:00 - 9:45**
Sept 18 - Oct 25	**Fee: $42**	**5**
Oct 30 - Dec 13	**Fee: $42**	**6**

Fitness Over 50

Use it or lose it. These exercises work on all parts of the body gently. Weight training, flexibility and balance are incorporated with some line dancing too. Come join us and see how much fun you'll have and not realize you're exercising.

Location: OASIS at Warm Springs

Mondays & Wednesdays		**8:45 - 9:45**
Sept 17 - Oct 24	**Fee: $42**	**7**
Oct 29 - Dec 12	**Fee: $42**	**8**

Zumba Gold

This fun and exciting class combines Latin rhythms with cardiovascular exercise to provide a fun, easy to follow work-out! Moderate to high intensity.

Location: OASIS at Warm Springs

Wednesdays		**12:00 - 1:00**
Sept 19 - Oct 24	**Fee: $30**	**9**
Oct 31 - Dec 12	**Fee: $30**	**10**

Zumba Toning

Zumba® Toning is an exciting, Latin inspired dance and tone program. It is an innovative muscle training program that blends body-sculpting techniques and Zumba moves into one calorie-burning, strength training class using weights and Latin rhythms. This class is open to everyone, no previous dance or Zumba® class experience necessary.

Location: OASIS at Warm Springs

Mondays		**10:30 - 11:30**
Sept 17 - Oct 22	**Fee: $30**	**11**
Oct 29 - Dec 10	**Fee: $30**	**12**

21. Move to the Music!
Burn the calories and have fun doing it.

Fitness

Yoga

It is often said that Yoga has a great healing power that is beneficial for the physical and mental well being of the individual. Yoga uses practices like breathing, relaxation, and posture exercises to reduce tension, restore flexibility, improve balance, and maintain overall health. This class uses floor exercises on mats and is not recommended for those who have difficulty getting onto and up from the floor or for those who have had joint surgery. Please bring your mat to class.

Location: OASIS at Warm Springs

Wednesdays		**1:15 - 2:15**
Sept 19 - Oct 17	**Fee: $30**	**13**
Nov 7 - Dec 12	**Fee: $30**	**14**

Yoga Stretch

Yoga Stretch focuses on flexibility and balance by incorporating a series of seated and standing yoga poses from three different types of yoga exercise. Each exercise offers light to moderately intense rhythmic and static range of movement choreography and progressive breathing exercise instruction. The benefits of Yoga Stretch include improved circulation and respiration and improved sleep. There is no floor choreography or mat work in Yoga Stretch.

Location: OASIS at Warm Springs

Wednesdays		**2:30 - 3:30**
Sept 19 - Oct 17	**Fee: $30**	**15**
Nov 7 - Dec 12	**Fee: $30**	**16**

Qigong

Qigong is an ancient Chinese form of exercise that integrates breath, postural alignment and mindfulness. Each class will have a different emphasis of learning new Qigong practices (e.g. Taiji Qigong, Primordial Qigong, 8 pieces of Brocade, etc) or understanding various Qigong aspects (e.g. Five Elements, Eight Trigrams, etc). Come learn Qigong for a more enriched and energetic life.

Location: OASIS at Warm Springs

Thursdays		**9:00 - 10:00**
Sept 20 - Oct 25	**Fee: $30**	**17**
Nov 1 - Dec 13	**Fee: $30**	**18**

Tai Chi

Tai Chi is known for its deep breathing and smooth flowing body movements that give your mind, body, and spirit a workout. Included is Chinese self massage - called Dao Yin (DOW-in). Dao Yin self massage can help release tension, reduce anxiety, make you feel more relaxed, and increase circulation of blood, qi (energy flow) and fluids. Research has shown that massage can cause your body to release natural painkillers and may also boost your immune system. No prior knowledge of Tai Chi is necessary.

Location: OASIS at Warm Springs

Mondays		**10:00 - 11:30**
Sept 17 - Oct 22	**Fee: $36**	**19**
Oct 29 - Dec 10	**Fee: $36**	**20**

Location: Wedgwood Apts., 6701 Blanco Road

Tuesdays		**1:30 - 3:00**
Sept 18 - Oct 23	**Fee: $36**	**21**
Oct 30 - Dec 11	**Fee: $36**	**22**

Chair Pilates

Pilates is a great way to increase overall physical conditioning, strength, endurance, flexibility, and well being. This Chair Pilates class will be comprised of exercises done in a chair with little to no equipment. Exercises will be modified to meet the differing needs of everyone. By tuning into the body and mind together, you work with your body rather than against it and learn to exercise in just the right way for you!

Location: OASIS at Warm Springs

Wednesdays		**10:30 - 11:30**
Sept 19 - Oct 24	**Fee: $36**	**23**
Oct 31 - Dec 12	**Fee: $36**	**24**

22. Heal your mind, body and spirit in an OASIS Fitness class.

Health

All About Shingles 25

WellMed

Shingles is the common name given to the viral disease known as herpes zoster. A skin rash or blisters that appear on only a limited area of the body characterize this ailment. Learn about shingles, the causes, typical symptoms and what to do for prevention and treatment.

Tuesday Sept 25 1:00 - 2:30
Location: OASIS at Morningside Fee: $3

Fibromyalgia/Autoimmune Diseases 26

WellMed

In autoimmune disorders, the immune system attacks a particular tissue or structure in the body. It typically causes damage and inflammation at that site, and these are traits not observed in fibromyalgia. However right now we don't have enough solid evidence as to the central mechanism of the illness to rule out many possibilities.

Monday Oct 8 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Gout 27

WellMed

Painful gouty arthritis is caused by uric acid crystal deposits in joint tissue. Gout is a chronic, progressive disease. The tendency to develop gout and elevated blood uric acid level (hyperuricemia) is often inherited.

Tuesday Oct 9 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Barrett's Esophagus/Acid Reflux 28

WellMed

Barrett's esophagus has no unique symptoms. Patients with Barrett's have the symptoms of GERD (heartburn, regurgitation, nausea, etc.). This class will discuss some of the trends and diagnosis of Barrett's.

Tuesday Oct 16 1:00 - 2:30
Location: OASIS at Morningside Fee: $3

The Balance Problem 29

WellMed

A balance disorder is a condition that makes you feel unsteady or dizzy, as if you are moving, spinning, or floating, even though you are standing still or lying down. Balance disorders can be caused by certain health conditions, medications, or a problem in the inner ear or the brain.

Thursday Nov 29 1:00 - 2:30
Location: OASIS at Morningside Fee: $3

These classes are sponsored by:

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Healthy Holiday Eating 30

San Antonio Food Bank

The holiday season is a time to celebrate with family and friends. Unfortunately, for many it also becomes a time for overeating and weight gain. According to the National Institutes of Health, holiday eating can result in an extra pound or two every year. Learn tips to enjoy holiday eating without the weight gain.

Tuesday Sept 18 1:00 - 2:30
Location: OASIS at Morningside Fee: $3

Supported by

Sam's CLUB

Managing Your Medication 31

Ronald Mosier, RPh

If you take vitamins, supplements or medications of any kind, including over the counter preparations, this course is for you. Registered pharmacist Ronald Mosier will provide the latest information on pharmaceuticals and homeopathic alternatives. A brief Q & A session will follow for your pharmaceutical concerns.

Tuesday Sept 18 10:00 - 11:30
Location: OASIS at Morningside Fee $3

Understanding Our Heart and Lungs 32

Ed Hamilton, B.S.C. Ed., CBET

The first class will be a simple review of the heart and its functions. We will discuss our "spiritual" and "emotional" hearts for perspective, but the main topic will be our "physical" heart. The second class will pick up on the blood flow through the lungs as well as the respiration process. Oxygenation of the blood and diffusion of O2 and CO2 across the lung sacs (alveoli) will be illustrated and described.

Thursdays Oct 11 - Oct 18 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Health

Your Body Does Not Lie 33

Rita Hildebrandt, MD

Explore another option for finding emotional triggers that release stress to increase performance and longevity. Come learn how to improve the quality of life while seeking to increase the quantity of life.

Wednesday Oct 17 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Healthy Backs and Movement 34

Martha Acosta, Ph.D., Dept. of Physical Therapy UTHSC

In day-to-day activities, we move, walk around, twist/turn and get from one point to another without giving much thought to what our backs are doing. That is, unless your back hurts, or gets hurt while doing those activities. Learning more about back safety and how to make our daily movements more energy-efficient, will increase our awareness of proper and safe body mechanics. Practicing safe movement skills will increase the odds that your healthy back will stay flexible and strong for a long time!

Wednesday Oct 17 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

All About Urology 35

Kenneth Stallman, MD, Urology San Antonio

Urology is a surgical specialty that deals with diseases of the male and female urinary tract and the male reproductive organs. Dr. Stallman will discuss the various diseases, diagnoses, treatment options and a brief discussion on robotics.

Friday Oct 19 12:30 - 1:30
Location: OASIS at Morningside Free

Don't Be a Snaggle-Toothed Senior 36

Sarah J. Dirks, DDS

There is increasing evidence linking oral health to general health. Learn how the aging mouth can be brought to a state of health and thus yield important benefits to you. Sarah Dirks, DDS, will help present the cutting edge solutions to some of the most basic problems we all face as our mouths age.

Tuesday Oct 23 1:00 - 2:30
Location: OASIS at Morningside Fee: $3

How to Cope with Loss of Independence 37

Lucy Ziegler, MA, LPC, LLC

As we age, we are all faced with loss. We lose friends, loved ones, jobs, our health, and a host of other things. However, many agree that the loss of independence is one of the hardest losses we are forced to face. It happens to everyone, some people earlier than others. Independence is one of the greatest achievements in life. This class will address the issues of losing independence.

Tuesday Oct 30 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

The Latest in Comprehensive Pain Management 38

Kenneth Hargreaves, Ph.D, Prof. of Pharmacology/UTHSC

Comprehensive pain management usually involves both pharmacotherapy as well as non-pharmacological approaches. In this presentation we will focus on understanding new analgesics as well as currently available medications. Considerable new research has shed light on understanding the mechanisms of chronic pain. This knowledge has led to several new classes of analgesic drugs as well as increased understanding of the best way to use many currently available medications. In addition, there is increased understanding of side-effects and how they might be reduced.

Thursday Nov 1 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Incontinence/Pelvic Disorder 39

Paul Morton, MD, Ph.D., P.A.

Urinary incontinence is involuntary loss of urine. If you have this problem, you are not alone. There are nearly 20 million adult Americans with urinary incontinence; two-thirds of these people are women. Many women with this condition are so embarrassed by it that they never tell their family or their doctor about it and never seek help. Urinary incontinence can almost always be improved or even cured. Find out about options in this class.

Friday Nov 2 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

23. Education a day keeps the Doctor away!

Health

Healing with Music - A Look at the Benefits of Music Therapy 40

Ray McGinty, ND

This class is a review of the history of European, Asian, and American music used for healing purposes. Ancient through modern genres will be presented and discussed with a focus on the new frequencies recently discovered.

Thursday Nov 8 1:00 - 2:30
Location: OASIS at Morningside Free

UT Medicine San Antonio and the MARC 41

Ray Hoese, Director of Marketing/Communications

UT Medicine San Antonio is the clinical practice of the faculty from the School of Medicine at the UT Health Science Center. Made up of more than 700 physicians, UT Medicine has several locations including their "clinical home" the Medical Arts and Research Center (MARC). The practice covers more than one hundred different types of medical specialties and the eight-story MARC building includes many of them as a "one stop shop" for healthcare. With over 30 different clinics, an H-E-B Pharmacy on the first floor, a Day Surgery Center on the second floor, and a full imaging center (CT Scan, MRI, etc.) on the third floor, the MARC represents the future of healthcare delivery.

Friday Nov 9 10:00 - 11:30
Location: OASIS at Morningside Free

Do You Know What Your Body Says About You? 42

Dr. Jacob Torres, founder of UC4Life premiere wellness center, specializes in non-pharmaceutical approaches to restoring health. UC4Life develops wellness programs for people who are suffering from hormone issues, stress, belly-fat issues, metabolic disorders (diabetes, blood pressure, cholesterol) and many more health issues by offering a natural approach. Dr. Torres offers free health workshops educating the public on some of the myths out there and showing people what they can do to take care of their health issues.

Tuesday Nov 13 1:00 - 2:30
Location: OASIS at Morningside Free

50 Questions to Free Your Mind 43

Ginny Brown

When we can ask that one question, at the right moment, it can give us clarity of direction, sense of purpose and a new perspective of how to handle the situation, memory or loved one. Sometimes all it takes is a little spark to ignite the right thoughts into action or to at least help us take into account what it is we are trying to answer in our lives. Come join us for a facilitated discussion on the 50 questions to "free your mind."

Wednesday Nov 28 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Brain Fitness - DAKIM Overview 44

Pat Krueger, Morningside Ministries

DAKIM is widely known in the senior living community where its Brain Fitness System enjoys the number 1 spot among brain fitness products. The training is split into six cognitive domains: Short Term Memory, Long Term Memory, Language, Calculation, Visuospatial-Orientation and Critical Thinking. Come join us for this fun and exciting overview of DAKIM.

Tuesday Dec 4 1:00 - 2:30
Location: OASIS at Morningside Free

Dealing with Caregiver Depression

Tracy Cawthorne, MD, UTHSC **45**

One of today's all too silent health crises is caregiver depression. A conservative estimate reports that 20% of family caregivers suffer from depression, twice the rate of the general population. This class will discuss ways to recognize, cope or avoid caregiver depression.

Thursday Dec 6 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Breast Cancer Awareness (Reenactment) 46

Renee Garvens has spent several years interviewing women about their experiences with breast cancer. Various interviews with patients, caretakers and family members include all stages of treatment with one woman actually being treated for 40 years! These stories are interwoven into an intimate portrait of Renee's experience caring for her mother during her battle and eventual death from the disease.

Wednesday Oct 3 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

Arts and Humanities

Jazz at the Movies 47

George Prado, Musician

Music is as integral to a film as lighting, sets or costumes. Some movies are well known for their musical scores, subtle though they may be. Jazz has provided a wonderful backdrop for many famous films. Composers such as Duke Ellington, Miles Davis and Lalo Schifrin will be explored in this program by our resident jazz expert, George Prado.

Monday Sept 17 10:30 - 12:00
Location: OASIS at Morningside Fee: $6

The Iliad of Homer 48

Judith Hurst, MS

This 12-week lecture/discussion class will introduce students to the first of the two great epics of Ancient Greece: *The Iliad* (the second would be *The Odyssey*). In each class we will view a 30-minute lecture by Professor Elizabeth Vandiver from the University of Maryland and participate in enlightening discussions--looking beyond surface storylines, gaining insight into the deeper question of what it means to be human: dealing with questions of life and death; the meaning of mortality and morality; age and the effect of time on humans; the conflict inherent within human interaction with family, friends and community. Reading *The Iliad* is not necessary as Dr. Vandiver provides sufficient plot summary in her lectures to introduce us to the complete alphabet of epic characters: Humans, Monsters and Gods -- from Achilles to Zeus.

Mondays Sept 17 - Dec 10 10:00 - 11:30
Location: OASIS at Morningside Fee: $36

Johnny Mathis: 19-Year-Old Wonder Boy 49

Robert Rodriguez

The ever youthful, clean-cut singer is known for his earnest ballad interpretations. For years listeners have been seduced by this baritone. In 1955, a Columbia Records producer discovered Mathis in a small San Francisco club. The song "Wonderful, Wonderful" cemented his success. Join Robert Rodriguez for a look at the roster of phenomenal hits recorded by Mathis.

Monday Sept 24 1:00 - 2:30
Location: OASIS at Morningside Fee: $6

Dick Clark and American Bandstand 50

Beverly Prado

What influence did television have on the changing pop culture of the 1950's? Examine this question with an exploration of an icon of that era, Dick Clark. His youth-oriented musical program, *American Bandstand*, exposed the new pop/rock 'n roll stars of the day in a show that featured hit songs, interviews and dancing. Find out what made this man and his tv show so special, not only during that time, but for decades to come.

Wednesday Sept 26 10:30 - 12:00
Location: OASIS at Morningside Fee: $6

Lesser Known World Religions 51

Gabriel A. Acevedo, Ph.D.

Dr. Acevedo's primary lines of research are in the areas of sociology of religion, religion and health, sociology of Islam, social theory, cultural sociology, and social movements. Recent publications have appeared in leading sociology and specialty area journals including *Social Forces, Sociological Theory, Social Science Quarterly, Sociological Spectrum, Narrative Inquiry* and *The Journal of Comparative Family Studies.* Please join us for Dr. Acevedo's presentation on lesser known world religions.

Wednesday Oct 10 1:00 - 2:30
Location: OASIS at Morningside Fee: $5

The New English Language - Vernacular 52

Michael Soto, Ph.D., Assoc. Prof. of English, Trinity University

How has English changed in our lifetimes? How has it changed over the last 1,000 years? We'll look at a few key examples from American cultural history to better understand the social forces at work when English evolves and explore a few useful tools for keeping track of our language in motion.

Tuesday Oct 16 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

Arts and Humanities

Fiction: Short Story Workshop 53

Judith Hurst, MS

This two-session workshop will address the critical role of the opening, the delineation of characters, the versatility of dialogue, the development or the energizing of plot, and the precision of adjectives/traits. We will work to accumulate a bank of descriptive words--particularly regarding our senses of smell, taste and touch. These workshops will include sessions of in-class writing, peer review, and discussion, concentrating on the CCCR of the story: conflict, complication, crisis and resolution.

Tuesdays Oct 16 - Oct 23 10:00 - 11:30
Location: OASIS at Morningside Fee: $12

The History of States Versus Federal 54

Steve Neiheisel, Dept. of Political Science, St. Mary's University

Since the birth of this nation, the issue of federal authority versus states' rights has been a heavily contested issue. The debate over the relationship between the federal and state governments and over the principles of interposition and nullification began well before the Civil War.

Monday Oct 22 1:00 - 2:30
Location: OASIS at Morningside Fee: $5

Theatre Review 55

Deborah Martin, San Antonio Express-News

San Antonio has many popular local theatre venues. Readers often wonder how a theatre reviewer observes/analyzes the different parts of a play: the actors, the staging, and the directing. Deborah will tell how she does this and then is able to write a concise piece in the Express-News for theatre-goers.

Friday Oct 26 10:00 - 11:30
Locations: OASIS at Morningside Fee: $3

Her Eyes Were Blue 56

Caralyn Snyder

Come experience Caralyn Snyder's one-woman play about Cynthia Ann Parker, a Caucasian woman who was captured by the Comanche Indians in 1836 from Ft. Parker in Texas and assimilated into their tribe. Her story is complex and moving; you won't want to miss it.

Tuesday Oct 30 10:00 - 11:30
Location: OASIS at Morningside Fee: $6

China - What Is Going On and How Will It Affect the US? 57

Dr. Thomas J. Bellows, Dept. of Political Science and Geography/UTSA

Finding common ground between the US and China is among the key strategic imperatives that will have an important influence on the future of America, China and the world. Additionally, how is China's economy affecting the US? Dr. Bellows will discuss through his many travels and experiences what he feels is the current climate of these two countries.

Wednesday Oct 31 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

Movies from the 1950's: The Old Merges with the New 58

Beverly Prado

After World War II and the Korean War, subtle changes in American films began to emerge. Go to the movies with Beverly Prado to discuss some of the pivotal actors who brought about change, like Marlon Brando, Elizabeth Taylor, Natalie Wood and James Dean. What are your favorites from that decade? Join us for a lively conversation, accompanied by film clips of famous movies from that era.

Wednesday Oct 31 10:30 - 12:00
Locaation: OASIS at Morningside Fee: $6

Free Verse? Haiku? Write a Poem? Can Do! 59

Catherine Lee

Together, we'll take the mystery out of poetry, writing down and sharing our feelings with each other through verse. First, we'll learn a few basic poetic forms, both rhymed and not. We'll explore the tools poets use to pinpoint the best words in the best order; dictionary, thesaurus and more. In each class we'll take time to write our own poetry and read it aloud together. Hearing your fellow students' work can inspire you to write your own best reflections. Bring any precious object that reminds you of a loved one. Following our final class the instructor will publish and distribute a laser-printed anthology of our classwork.

Wednesdays Oct 31 - Nov 14 1:00 - 2:30
Location: OASIS at Morningside Fee: $21

Arts and Humanities

History of Photography 60

Heesun Park, B.F.A., Dept. of Photography/UTSA

The class will introduce beginning photo processes throughout history such as Daguerreotype and Calotype but not limited to other processes such as Tintype, Cyantype and Vandyke. We will also discuss the history of photography from 1839 to the present. Famous American photographers may be emphasized.

Thursday Nov 1 1:00-2:30
Location: OASIS at Morningside Fee: $5

Reason and Faith: Philosophy in the Middle Ages 61

Judith Hurst, MS

This class represents an overview of lectures given by Professor Thomas Williams, Associate Professor of Philosophy and Religious Studies at the University of South Florida. We will touch on the contributions made to society before the 14th century by the great philosophers Augustine, Boethius, Anselm, Abelard, Bonaventure, Aquinas, Scotus and Ockham, and how these philosophers were influenced by Platonism or Aristotelian theories. We will discuss the intermarriage/intermingling of faith and reason and how this past dialogue informs our present way of viewing and coping with our world.

Tuesday Nov 6 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

The Emergence of Greek Civilization: The Black Athena Thesis and Its Critics 62

Rogers D. Spotswood

This discussion will address the Minoan, Mycenaean and Archaic Greek cultures, with special attention to Greek creativity within the context of Near Eastern and Egyptian cultural influences, and highlighting early developments in art, religion, myths, literature (poetry and the epic tradition) and philosophy. The importance of the Greek political system (the polis) and Greek society will also be discussed.

Thursday Nov 8 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

New Global Demographic Trends 63

Joachim Singelmann, Ph.D. of Demography/UTSA

This seminar will examine a number of demographic trends at the global level as well as national level. It will ask three questions at the global level: (1) Are there any implications from India surpassing China as the country with the world's largest population? (2) What do we know about the relationship between population growth and economic development? (3) Should we be concerned about low fertility in Europe and the United States? For the United States, the seminar will discuss the following three questions: (1) What is the present state of international migration? (2) Why does the United States compare unfavorably with other industrial nations in terms of life expectancy and infant mortality? (3) What can be done to reduce the level of teenage pregnancies?

Thursday Nov 15 1:00 - 2:30
Location: OASIS at Morningside Fee: $5

Syria 64

Kenneth Southwood, Ph.D.

With all of the recent developments in Syria there are many questions in the air as to the outcomes of this turmoil: how it affects those countries around them and what the US perspectives are. Dr. Southwood will explore Syria, its challenges and what the future holds.

Tuesday Nov 27 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

See the Sea 65

Rose-Mary Radick

This is a slide/lecture program focusing on the island of Saint Eustatius, Netherlands Antilles. This long forgotten, tiny island had tremendous impact on the American Colonies during the Revolutionary War. Visit the "Golden Rock" ruins of 17th and 18th century warehouses and forts, reconstructed 17th century forts and other historic locations, underwater shipwreck sites, cleaned and preserved artifacts, and enjoy beautiful island scenes.

Tuesday Nov 27 10:00 - 11:30
Location: OASIS at Morningside Fee: $6

24. Take a trip around the World! Visit other places through OASIS classes.

Arts and Humanities

Evolution and Creationism 66

Jilani Chaudry, Ph.D., Asst. Prof. of Molecular and Cellular Biology, UTSA

Originally propounded in the mid-19th century by Charles Darwin, an English naturalist, the Theory of Evolution offers a mechanistic explanation for the origin and diversification of life on Earth. The theory holds that new life forms derive from existing ones, and that this happens by a process Darwin called natural selection, in which the fittest organisms survive. The current understanding of evolution is based on observations from different disciplines of science, and this understanding is much deeper than it was at Darwin's time. Early on the theory was ardently opposed by the Church. The controversy took various forms, which fell under the umbrella term Creationism vs. Evolution. The aim of this course is a simple, common sense, nontechnical discussion of Evolution and Creationism.

Thursday Nov 29 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

Johnny Cash and June Carter: Beyond Jackson 67

Robert Rodriguez

Follow Johnny and June's rise to success. From Johnny's rise with the Tennessee Two (Luther Perkins and Marshall Grant) at Sun Records in the mid 1950's to June's start with the Carter family (her mother Maybelle's group) in the early 1940's, which became The Carter Sisters and Mother Maybelle in 1943. Music historian and vocalist Robert Rodriguez will look at the music, Johnny and June's time at the Grand Ole Opry, their lives, legacies and major contributions to country music.

Thursday Nov 29 1:00 - 2:30
Location: OASIS at Morningside Fee: $6

Move Me! Tips and Venues for Inspirational Writing 68

Ginny Brown

No matter how much you love writing, there will always be days when you need inspiration from one muse or another. Inspiration is not just desirable; it's an integral part of writing. To write with heart you must be moved! Come join the fun as we explore and discuss various venues and tips for writing inspirationally.

Tuesday Dec 4 10:00 - 11:30
Location: OASIS at Morningside Fee: $4

The Western Literary Canon in Context 69

Judith Hurst, MS

This class provides an overview of lectures given by Professor John Bowers professor of English at the University of Nevada. We will begin with *The Bible* as Literature and review its influence on the Literary Canon. We will then address the *Epic of Gilgamesh*; Homer's *The Odyssey*; the great thinkers: Herodotus, Socrates, Plato, Aristotle, Virgil and Ovid; the philosophers St. Augustine and Boethius; the courtly works: King Arthur, Sir Gawain, Dante, Boccaccio, Chaucer, and Sir Thomas More; writers of the 1500's and 1600's: Shakespeare, Cervantes, Milton, Voltaire; the women authors: Jane Austen, The Bronte sisters. We will finish this discussion with Goethe, Melville, Joyce, T. S. Eliot, Faulkner, Willa Cather and Tolkien. We will discuss questions such as: Did the political elite champion an author? Did historical events affect/effect the literary climate? Who had access to the works and how were these brought to a wider audience?

Wednesday Dec 5 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

25. Feed your curiosity Enrich your life by learning about other cultures and religions.

26. Share your life with others through writing.

Arts & Humanities at Warm Springs

The following classes will be held at OASIS at Warm Springs
5101 Medical Drive

Let's Explore Pastels! 70

Georgia Lee Stok

This is an introductory level class using bold, beautiful color! Techniques covered include quick and easy color mixing, how to get that "3D" look, color harmony, effects of different pastels and papers, and last but not least--the ease of erasing (surprise). Subject matter samples are provided with individual assistance as needed. Supply list will be provided.

Mondays Oct 1 - Nov 5 1:00 - 3:00
Fee: $42

Intermediate Oil Painting 71

Gaye Sekula

Demonstrations will be offered and information will be provided to help improve skills whether you paint landscapes, still lifes or portraits. Students may bring any unfinished work that they would like help in completing. A supply list will be provided. *No class on October 18.

Thursdays Oct 4 - Nov 15 1:00 - 3:00
Fee: $42

Puccini Masterpieces: Realism in Opera 72

Thomas E. Kelly

Giacomo Puccini was the master of realism (verismo) in Italian opera as he explored the lives of ordinary people with unmatched melody. We will examine some of his most important works, including *La Boheme, Tosca, Madame Butterfly, Turandot*, and others.

Tuesdays Oct 9 - Dec 4 1:00 - 3:00
Fee: $16

2012 Ancient Prophecies 73

Mike H Brown

Much controversy (good and bad) is being spread regarding the coming date of December 21, 2012. Can we find the answers in ancient prophecies and predictions? Are modern scientists and archeologists closer to discovering answers surrounding this much talked about date? What can we expect? With only days remaining, come find out at least three possible outcomes to the mystery date of the ancients.

Tuesday Oct 16 10:00 - 12:00
Fee: $7

Consumer Interest at Warm Springs

Defensive Driving 74

Bob Inman

This is information for older drivers. Many Texas regulated insurance companies provide discounts upon completion of this course.

Tuesday Oct 2 11:30 - 4:00
Fee: $16

Are We Alone? The Discovery of Other Planetary Systems 75

Daniel Boice, Ph.D.

As of May 31, 2012, astronomers have made confirmed detections of over 2,000 planets outside our Solar System! The detection of these "exoplanets" is ushering in a new era of understanding about the birth of stars and planets and how they affect one another. Most are giant planets thought to resemble Jupiter but the search now focuses on detecting Earth-like planets. Might life-forms exist on these other worldly bodies, perhaps very unlike our own, beloved Earth? Come join the discussion as we ponder the age old question: Are we alone in the Universe?

Friday Oct 5 11:30 - 1:00
Fee: $6

Our Moon: Celestial Orb that Rules the Night! 76

Daniel Boice, Ph.D.

This course is for anyone who has watched in wonder as a silvery full moon rose or gazed upon a thin crescent moon at sunset. Using a mixture of lunar lore and the latest scientific results, this non-technical lecture will give an overview of intriguing information about our natural satellite, from the dawn of time to the day Neil Armstrong set foot on its surface, to 2012 and beyond. Topics will include ancient moon mythology, lunar phases and the moon as a calendar, its effects on the Earth and tides, eclipses, the story of the Apollo space program, the moon's origin, and recent findings of lunar astronomers. All lunatics are invited to enjoy the discussion about our old familiar orb of the night!

Tuesday Nov 13 11:30 - 1:00
Fee: $6

Consumer Interest

Volunteering at OASIS 77

Brenda Schmachtenberger, OASIS Executive Director

Interested in becoming a volunteer for OASIS? This class will give you all the information needed to volunteer at OASIS and become a part of our OASIS community.

Tuesday Sept 18 10:00 - 11:30
Location: OASIS at Morningside Free

Vanishing Species: The Global Warming 78

Darby Riley, 350.org

Some leading scientists say, the concentration of carbon dioxide in the atmosphere, measured in parts per million, represents a safe level for life as we know it on Earth. The level today stands at 387 ppm, and time is running out to reduce emissions dramatically enough to stave off dramatic changes -- change that could include the extinction of hundreds of animals. Darby Riley from 350.org will share information about our vanishing species and global warming concerns.

Wednesday Sept 19 1:00 - 2:30
Location: OASIS at Morningside Fee: $3

The Rivard Report: Local, Independent and All About San Antonio 79

Robert Rivard

Vision and leadership have put San Antonio on the cusp of extraordinary change and growth. The Rivard Report hopes to connect the people leading this city, changing this city, and everyone living and working here who yearn for a better San Antonio. Robert (Bob) Rivard, former managing editor for the San Antonio Express-News, hosts this presentation with a positive force regarding San Antonio's future.

Thursday Sept 20 1:00 - 2:30
Location: OASIS at Morningside Fee: $4

Heirloom Seeds and Planting 80

Keith Amelung

Heirloom seeds are old-time favorites that produce plants with the same traits planting after planting, season after season, generation after generation. Some heirlooms date back 100 years or more. Come find out more about these plants, planting tips and planting schedules.

Tuesday Sept 25 10:00 - 11:30
Location: OASIS at Morningside Fee: $4

Know Your Rights Before Signing for Funeral Arrangements 81

Dean Taylor, BBB

At an average cost of $8,000, funerals are one of the more expensive purchases made by consumers. During this emotionally charged time, when decisions must be made quickly, and often under great emotional stress, it can be easy to spend more than might be necessary. The Better Business Bureau is advising consumers to take their time, ask a lot of questions and consider several providers before buying or paying for funeral services.

Wednesday Sept 26 10:00 - 11:30
Location: OASIS at Morningside Free

Volunteer Opportunities for Bexar Area Agency on Aging 82

Terry Banda, BAAA

Come and hear about all the volunteer opportunities with Bexar Area Agency on Aging including benefits counseling, Alamo Service Connection volunteers and many more.

Thursday Sept 27 1:00 - 2:30
Location: OASIS at Morningside Free

All about Medicare - Preparing for Open Enrollment 83

Terry Banda, BAAA

A representative from the Bexar Area Agency on Aging benefits counseling office will hold a discussion about what you need to know about Medicare for open enrollment.

Tuesday Oct 2 10:00 - 11:30
Location: OASIS at Morningside Free

RAICES: Immigration Services & Concerns 84

Jonathan Ryan, Director

South Texas is the largest point of entry for migrants coming to the United States from all over the world. An immigration lawyer (from the Refugee and Immigrant Center for Education and Legal Services) will present the current immigration settlement patterns, policies and trends in the US today, as well as look at the increasingly diverse population of San Antonio.

Tuesday Oct 9 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Registration Procedures

Registration is required for all OASIS classes. Registrations may be mailed or brought to the OASIS Center before Aug 30. Phone in and online registrations will be accepted on or after Sept 4. Priority will be given to walk-in and mail-in registrations.

All registrations will be placed in a box and randomly drawn and processed on Aug 30. All registrations, walk-in or mail-in, prior to Aug 30, must be in a sealed envelope and must include a self-addressed stamped envelope.

Please follow all procedures listed below:

- You must be a member of OASIS to register. If you are not a member you may join by coming to the OASIS Center, by phone or on-line at the OASIS web site: www.oasisnet.org

- Please complete the registration form, found on pages 16, 17 and 18, including name, phone number and OASIS membership 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 waiver on the front of the registration form.

- If there are two members in one household, please make a photocopy of the blank registration form. Do not list two members on one form.

- All registrations prior to Aug 30 must include a self-addressed, stamped envelope. A confirmation letter will be mailed to you verifying classes in which you are enrolled or were placed on a waiting list. Confirmation letters will be mailed only if a self-addressed stamped envelope is included.

For those members who would like to donate $5.00 to OASIS, please indicate it on the registration form and include $5.00 to the total registration fees.

- 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 your signature. Credit cards are not charged if you are placed on the waiting list.

- If paying by check, separate checks must be written for each class requiring a fee. Please write the class number on the check. If the class is full, the unused check will be returned to the member. Make checks payable to OASIS unless otherwise noted. If separate checks are not submitted, refundable fees will be returned as a letter of credit.

- Members who want to attend classes with another member should send their registrations to OASIS in one envelope. Don't forget to send the self-addressed stamped envelope.

- OASIS volunteers with the required number of hours will be allowed advance registration. Eligible volunteers will be notified by mail each semester.

- All participants of OASIS programs must be OASIS members.

- SEE REFUND POLICY ON PAGE 3.

- **Online and phone in registrations will only be accepted on or after Sept 4.**

BRING YOUR REGISTRATION WITH A SELF-ADDRESSED, STAMPED ENVELOPE TO:

OASIS at Morningside
McNeel & St. Cloud
or
MAIL REGISTRATION TO:
P.O. Box 291010
San Antonio, TX 78229

OASIS REGISTRATION FORM

*Name:*_____ *Phone:*_____
FIRST, LAST (PLEASE PRINT)

*E-mail Address:*_____ *OASIS Card#*_____

Waiver of Liability: I release and discharge OASIS, 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 including but 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.

*Signature*_____ *Date*_____

☐ *I would like to pay by credit card:* ☐ *Visa* ☐ *Mastercard* ☐ *Discover*

Card #: _____ *Exp. Date.* __ __/__ __ *Signature:* _____

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

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	1	Deep Water Aqua	$42			
	2	Deep Water Aqua	$42			
	3	Aquaworks	$42			
	4	Aquaworks	$42			
	5	Live Strong	$42			
	6	Live Strong	$42			
	7	Fitness Over 50	$42			
	8	Fitness Over 50	$42			
	9	Zumba Gold	$30			
	10	Zumba Gold	$30			
	11	Zumba Toning	$30			
	12	Zumba Toning	$30			
	13	Yoga	$30			
	14	Yoga	$30			
	15	Yoga Stretch	$30			
	16	Yoga Stretch	$30			
	17	Qigong	$30			
	18	Qigong	$30			
	19	Tai Chi	$36			
	20	Tai Chi	$36			
	21	Tai Chi	$36			
	22	Tai Chi	$36			
	23	Chair Pilates	$36			
	24	Chair Pilates	$36			
	25	All About Shingles	$3			
	26	Fibromyalgia/Autoimmune	$3			
	27	Gout	$3			
	28	Esophagus/Acid Reflex	$3			
	29	The Balance Problem	$3			
	30	Healthy Holiday Eating	$3			
	31	Managing Your Medication	$3			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	32	Our Heart and Lungs	$3			
	33	Your Body Does Not Lie	$3			
	34	Healthy Backs	$3			
	35	All About Urology	Free			
	36	Snaggle-Toothed Senior	$3			
	37	Loss of Independence	$3			
	38	Pain Management	$3			
	39	Incontinence/Pelvic Disorder	$3			
	40	Healing With Music	Free			
	41	UT Medicine and MARC	Free			
	42	Body Says About You	Free			
	43	50 Questions	$3			
	44	Brain Fitness	Free			
	45	Caregiver Depression	$3			
	46	Breast Cancer Awareness	$5			
	47	Jazz at the Movies	$6			
	48	The Illiad of Homer	$36			
	49	Johnny Mathis	$6			
	50	Dick Clark	$6			
	51	Lesser Known Religions	$5			
	52	New English Language	$5			
	53	Short Story Workshop	$12			
	54	State Versus Federal	$5			
	55	Theatre Review	$3			
	56	Her Eyes Were Blue	$6			
	57	China	$5			
	58	Movies From the 50's	$6			
	59	Free Verse? Haiku?	$21			
	60	History of Photography	$5			
	61	Reason and Faith	$5			
	62	Black Athena Thesis	$5			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	63	Global Demographics	$5			
	64	Syria	$5			
	65	See the Sea	$6			
	66	Evolution and Creation	$5			
	67	Johnny Cash & June Carter	$6			
	68	Inspirational Writing	$4			
	69	Western Literary Canon	$5			
	70	Let's Explore Pastels	$42			
	71	Intermediate Oil Painting	$42			
	72	Puccini Masterpieces	$16			
	73	2012 Ancient Prophecies	$7			
	74	Defensive Driving	$16			
	75	Are We Alone?	$6			
	76	Our Moon	$6			
	77	Volunteering at OASIS	Free			
	78	Vanishing Species	$3			
	79	The Rivard Report	$4			
	80	Heirloom Seeds and Planting	$4			
	81	Funeral Arrangements	Free			
	82	Bexar Area Agency on Aging	Free			
	83	All About Medicare	Free			
	84	RAICES	$3			
	85	MPO	$3			
	86	Genetically Modified Foods	$3			
	87	Community Gardening	$4			
	88	Electric Cars	$3			
	89	Ethical Wills Workshop	$3			
	90	SA Coalition for Veterans	Free			
	91	Invasive Plants	$4			
	92	OASIS Turns "30"	Free			
	93	311 Services	Free			
	94	City Councilman	Free			
	95	Long Term Care Polices	$3			
	96	Solar Energy	$3			
	97	Social Security Website	Free			
	98	Before You Hire an Attorney	$3			
	99	Charter Schools	$5			
	100	Water Fluoridation in SA	$5			
	101	VIA Streetcar Program	$5			
	102	Why Toll Roads	$5			
	103	Smartphones/Tablets	$7			
	104	Get Organized	$7			
	105	Learning, Playing & More	$7			
	106	iPhone/iPad Basics	$7			
	107	There's an App for That	$7			
	108	Learning, Playing & More	$7			
	109	Skype	$7			
	110	Who is Craig?	$5			
	111	Savvy Seniors	Free			
	112	Social Networking	$5			
	113	Downloading eBooks	Free			
	114	Technology Purchases	$7			
	115	Introduction to Computers	$59			
	116	Sentimental Journey	$12			
	117	Downloading & Ripping	$12			
	118	Downloading & Ripping	$12			

✓	#	Class Name	Fee	Office Use		
				W	E	Ck#
	119	Going Wireless	$12			
	120	Library Services Online	$3			
	121	Genealogy Online	$3			
	122	Digital Photography	$42			
	123	Intro Digital Storytelling	Free			
	124	Digital Storytelling Workshop	$59			
	125	Cold and Flu	Free			
	126	SWOOP	Free			
	127	Beating the Holiday Blues	Free			
	128	Medicare Open Enrollment	Free			
	129	Dia de los Muertos	Free			
	130	2012 Ancient Prophecies	Free			
	131	Herbs For the Body	Free			
	132	Spirit of Christmas	Free			
	133	History of Capirotada	Free			
	134	Tai Chi	$10			
	135	Katherine Hepburn	Free			
	136	Bing Crosby	Free			
	137	Holidays in Movies & Music	Free			
	138	Registration	Free			
	139	You Gave. Now Save	Free			
	140	Diabetic Nutrition	Free			
	141	SWOOP	Free			
	142	All About Medicare	Free			
	143	Voyage To India	Free			
	144	Forbidden Knowledge	Free			
	145	All About Medicare	Free			
	146	Credit Card Fraud	Free			
	147	Cons and Scams	Free			
	148	Home Energy Tips	Free			
	149	Food Bank Services	Free			
	150	All About Medicare	Free			
	151	Do Paperwork While Still Alive	Free			
	152	Painted Churches	$60			
	153	SA Finest Libraries Tour	$56			
	154	A Hill Country Holiday	$68			
	155	Savannah Preview Show	Free			
	156	Book Discussion Group	Free			
	157	Book Discussion Group	Free			
	158	Jazz Listening Group	Free			
	159	Silver Sounds of OASIS	$5			
	160	Mission Reach Tour	$5			
	161	Cell Phone Event	Free			
	162	OASIS Founder Series	$6			
	300	Spring in Savannah	Dep 350			

☐ **I am adding a $5.00 donation to help OASIS cover the cost of the catalog.**

☐ I am including a $5.00 check or cash.

☐ I authorize OASIS to charge an additional $5.00 to my credit card.

Bring registration form to OASIS at Morningside at St. Cloud and McNeel by August 30

or mail registration form to:

P.O. Box 291010

San Antonio, Texas 78229

with a self-addressed, stamped envelope.

For Office Use Only

Date:_____

☐ Walk In ☐ Mail In ☐ Phone In

Vol. Initials _____

Fee Total $_____

Entry _____

Consumer Interest

MPO - Bicycle Pedestrian Transportation 85

Lydia Kelly from the Metropolitan Planning Organization will cover bicycle and pedestrian safety issues in hopes of raising the level of cycling and walking for daily travel and improving cycling and pedestrian safety. How to share the road as a bicyclist and motorist with respect to each other are among some of the issues discussed.

Tuesday Oct 9 1:00 - 2:30
Location: OASIS at Morningside Fee: $3

Genetically Modified Foods and the Ripple Effect of Toxicity 86

Dawn Aubrey, Clinical Nutritionist, will focus on digestion in a perfect world…organic food, relaxed atmosphere while eating, alkaline water, exercise, little stress, a seasonal vacation and a good night's sleep. We all know that as a "perfect world." Now, with organically grown food being genetically modified and a hurried world, we need all the help we can get. Malabsorption and digestive issues affect the brain, sleep, joints and other parts of the body for the young and old. Come learn what you can do to protect yourself and your family.

Wednesday Oct 10 1:00 - 2:30
Location: OASIS at Morningside Fee: $3

Community Gardening 87

Bexar County Master Gardeners

There are many ways to start a community garden. Whether you're working with friends, neighbors, or a local organization, there are many things you'll want to consider before you ever dig the first hole. Come find out the facts and tips first!

Wednesday Oct 10 1:00 - 2:30
Location: OASIS at Morningside Fee: $4

Electric Cars/Plugging and Recharging 88

Laurence Doxsey, City of San Antonio

Please join us for discussion and dialogue about plug-in hybrid and electric transportation, costs and how it affects our ecology.

Wednesday Oct 17 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Ethical Wills Workshop 89

Judith Hurst, MS

This workshop will focus on the structure of the ethical will—a written legacy of your experiences, values, beliefs and wisdom which you will bequeath to your descendants.

Thursday Oct 18 1:00 - 2:30
Location: OASIS at Morningside Fee: $3

San Antonio Coalition for Veterans 90

Hector Villarreal

Finding resources within the community through a one-stop-shop for our veterans, their families, caregivers and survivors from every generation. This coalition will help the veteran community solve problems with ease.

Monday Oct 22 10:00 - 11:30
Location: OASIS at Morningside Free

What Invasive Plants Not to Plant 91

Bexar County Master Gardeners

Some invasive plants are worse than others. Many invasive plants continue to be admired by gardeners who may not be aware of their weedy nature. Others are recognized as weeds but property owners fail to do their part in preventing their spread. Some do not even become invasive until they are neglected for a long time. Invasive plants are not all equally invasive. Come learn more about what to plant and what not to plant.

Monday Nov 5 1:00 - 2:30
Location: OASIS at Morningside Fee: $4

OASIS Turns "30" 92

Brenda Schmachtenberger, OASIS Executive Director

OASIS began 30 years ago in four cities. Come hear the history of OASIS and how it got started. We will also be looking to see what is on the horizon for our organization. Come and view videos made by OASIS volunteers reflecting their experiences at OASIS.

Tuesday Nov 6 1:00 - 2:30
Location: OASIS at Morningside Free

Consumer Interest

Community Link Centers and 311 Services 93

Laura Davis, City of San Antonio

Community Link Centers offer the ability to reserve park facilities, pay a traffic ticket, request a birth or death certificate, obtain garage sale permits, purchase permits if you are having basic remodeling done (extensions, room additions, etc.), obtain copies of police reports and purchase VIA passes. The Link Centers work directly with Parks, Health and Human Services, Municipal Courts, and Development Services. A brief overview of the City's 311 Call Center will also be reviewed.

Thursday Nov 8 1:00 - 2:30
Location: OASIS at Morningside Free

My Life as a City Councilman 94

Councilman W. Reed Williams

A city councilman is a person who is elected to office within a certain area of a town or city and helps make decisions that impact said municipality. Generally, he is part of a council ranging from a few individuals to dozens of elected officials, depending on the location and size of the city or township. An important position with many challenges, Councilman W. Reed Williams will share his perspective and experiences from his life as a city councilman.

Tuesday Dec 11 10:00 - 11:30
Location: OASIS at Morningside Free

New Unique Long-Term Care Policies 95

Jake Yetterberg, CSA

This class will discuss and teach you how to beat the "pay-as-you-go" long-term care insurance trap guaranteeing contractually that the insurance company cannot raise your premium rates--ever. Learn how to get your money back if you never need the insurance, protect your heirs so they will also get the money back if you never use the insurance and how to take advantage of other little known long term care insurance protections.

Wednesday Nov 28 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

What's New in Solar Energy 96

John Moreno, CPS Energy

Solar power is one of the most well-known forms of clean energy. CPS Energy continues to study the benefits of sun power as a renewable energy option for their customers.

Thursday Nov 29 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

Accessing the Social Security Website 97

Oscar Garcia, Social Security Administration

This class will educate participants on usage of the Social Security website and discuss the on -going and new services available. The new online Social Security Statement is simple, easy-to-use and provides people with estimates they can use to plan for their retirement. The online statement also provides estimates for disability and survivors benefits, making the statement an important financial planning tool. This is one of many new features available.

Tuesday Dec 4 2:00 - 3:30
Location: OASIS at Morningside Free

What You Need to Know Before You Hire an Attorney 98

Valarie Miller, Elder Law Attorney/ Elder Law Mediator

The selection of the correct attorney is essential for a good outcome to any legal matter. Valarie Miller, an elder law attorney, will explain what to look for when selecting an attorney.

Tuesday Nov 13 10:00 - 11:30
Location: OASIS at Morningside Fee: $3

OASIS PROS and CONS SERIES

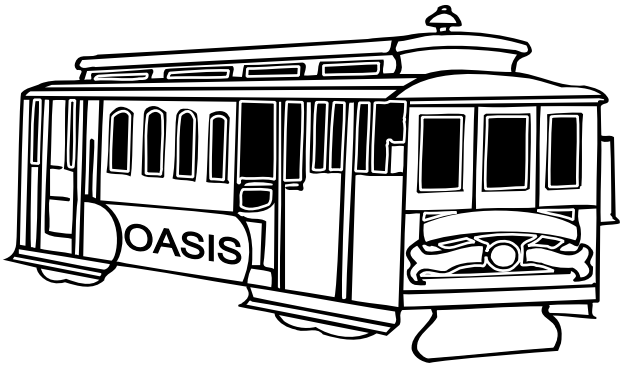
A lecture will be held on the following four topics by a representative in their field.
A facilitated debate will be held among class participants during the last 30 minutes of class.

The What and Why of Charter Schools 99

Wendy Huston, Ph.D.
Former principal of Academic Career Academy, Wendy Huston, will explain what a charter school is, the benefits, how they operate, whether or not we need them for our young adults and much more.
Wednesday Sept 19 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

Water Fluoridation in San Antonio 100

Henry Rodriguez, LULAC
Thanks to San Antonio activist Henry Rodriguez, the League of United Latin American Citizens took a strong swipe at the fluoridation of public drinking-water supplies in July 2011. But as quickly as his proffered resolution against the forced "mass medication" of the public while potentially harming minority populations and "sensitive subpopulations" received a unanimous vote of support at the national convention in Cincinnati, Ohio, the resolution was suspiciously removed from LULAC's website. Come find out more about this controversial issue.
Thursday Nov 8 10:00 - 11:30
Location: OASIS at Morningside Fee: $5



VIA Modern Streetcar Program 101

VIA Metropolitan Transit
Downtown San Antonio is once again becoming the true heart of our city. Downtown is San Antonio's largest single employment center with many other large employers just outside downtown. There are many new housing opportunities and revitalization projects occurring. A modern streetcar system will provide a clean, sustainable form of transit that promotes economic growth by improving downtown access and mobility for residents and tourists. The VIA Modern Streetcar project includes approximately 4.5 miles of rail and includes two separate routes providing coverage North, South, East and West. The Modern Streetcar project is among a number of initiatives that have inspired cross-agency commitments, cooperation and coordination. The Modern Streetcar project demonstrates an effort to leverage these commitments by forming a direct and permanent link between several community assets, contributing to the establishment of a vibrant, livable community within the center city.
Monday Dec 10 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

Why Toll Roads? 102

Terri Hall, San Antonio Toll Party
A toll road (also tollway, turnpike, toll highway, or express toll route) is a privately or publicly built road for which the driver is required to pay a fee or toll. Terri Hall, activist and founder of satollparty.com, will discuss her perspectives and insights.
Monday Oct 15 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

Technology

Get the most out of your devices. Invest the time to learn the essentials.

Android Smartphone/Tablet Series:

Fundamentals of Android Smartphones/Tablets 103

Michael Espinoza

Invest the time to learn the essentials of your Android smartphone and/or tablet. This class will cover all the basic information every smartphone/tablet user should know and understand. You'll learn how to make system changes, and how to set up Wi-Fi and Bluetooth.

Thursday Oct 18 1:00 - 3:00
Location: OASIS at Morningside Fee: $7

Get Organized and Be More Productive 104

Michael Espinoza

The term "app" is used to describe software applications that have been designed for various mobile devices including smartphones and tablet computers.You will be introduced to apps that every smartphone/tablet user should have. Come find out how apps can help keep you organized and more productive.

Thursday Nov 1 1:00 - 3:00
Location: OASIS at Morningside Fee: $7

Learning, Playing and More 105

Michael Espinoza

Do you know that you can read eBooks and listen to audio books and podcasts on your smartphone or tablet? Do you know how to use your smartphone's camera to take photos and record videos? Join us and find out how you can increase your knowledge while enjoying the entertaining and fun aspects of your device.

Thursday Nov 15 1:00 - 3:00
Location: OASIS at Morningside Fee: $7

Please contact the OASIS office to inquire about specific Smartphones and whether they will be covered in these classes.

Please note, some Apps may not work on all devices. Please bring your device for these hands-on classes.

iPhone/iPad Series:

iPhone/iPad Basics 106

Angelica Lambarri, Retail Sales Manager, AT&T

Are you one of over 6 million iPhone users in the United States? With intuitive, simple interfaces, it is easy to see why iPhones and iPads are so popular. In this class you will learn basic information about how to efficiently use iPhones and iPads. Join us and learn how to alter your device's general settings to improve functionality, set up Wi-Fi and Bluetooth and manage your contact list.

Tuesday Nov 6 1:00 - 3:00
Location: OASIS at Morningside Fee: $7

There's an App for That 107

Angelica Lambarri, Retail Sales Manager, AT&T

Apps are software applications designed to be used on various mobile devices including iPhones and iPads. Although apps were originally intended for productivity purposes, public demand has ushered in a rapid growth in app development to include applications for everything from banking and shopping to gaming and social networking. Come learn how to use the Apple App Store and discover how apps can help keep you entertained and organized.

Monday Nov 26 1:00 - 3:00
Location: OASIS at Morningside Fee: $7

Learning, Playing and More 108

Michael Espinoza

Do you know that you can read eBooks and listen to audio books and podcasts on your iPhone or iPad? Do you know how to use your smartphone's camera to take photos and record videos? Join us and find out how you can increase your knowledge while enjoying the entertaining and fun aspects of your device.

Tuesday Dec 4 10:00 - 12:00
Location: OASIS at Morningside Fee: $7

at&t

Technology

Skype 109

Michael Espinoza

Skype is the world's fastest-growing Internet communication platform. Once the Skype software has been downloaded, you have the opportunity to make free video and voice calls to other Skype users worldwide. Skype also has file sending and instant messaging features. Come discover how this free software can help you keep in touch with family and friends around the world.

Wednesday Sept 26 1:00 - 3:00
Location: OASIS at Morningside Fee: $7

Who is Craig and Why Does He Have a List? 110

LaKiesha Henderson

Over the past few years Craigslist.org has become one of the most widely used English-language websites. The website's primary function is to host local classified ads for over 450 cities worldwide. These classified ads are separated into numerous categories including housing, items for sale, job postings and services. The website also provides a forum for users to discuss everything from celebrity gossip and disaster relief to politics and spirituality. Join us for an overview of Craigslist and learn how to become a member of the site and start posting your own ads.

Tuesday Nov 27 1:00 - 2:30
Location: OASIS at Morningside Fee: $5

Savvy Seniors' Guide to Internet Resources and References 111

Sue Ellen Lewis

The Internet has a wealth of information to assist seniors in maintaining maximum physical and mental health, social engagement, intellectual stimulation, lifelong learning, and--Yes--even to have fun! This presentation will inform and inspire you to use online resources to enhance the quality of your life. Sue Ellen Lewis, Retired Public Relations Professional, is editor and chair of various community organizations and offers a wealth of information.

Tuesday Nov 13 10:00 - 11:30
Location: OASIS at Morningside Free

Social Networking 112

LaKiesha Henderson

Isn't Facebook just for kids in high school? Isn't tweeting something birds do? Social media is constantly changing, and many older adults are becoming savvier when it comes to social networking websites. With the world literally at your fingertips it is easy to get overwhelmed by all the available content. Join us for an overview of some popular social networking sites and learn how to navigate your way through the constantly evolving social media landscape.

Wednesday Dec 5 10:00 - 11:30
Location: OASIS at Morningside Fee: $5

Downloading eBooks from the Library 113

Ronee Anderson

Do you have an eReader that you treasure? Did you just get one and you want to read more and more on it? Did you know that you can download thousands of eBooks from the Library? Come discover how. Bring your eReader along.

Tuesday Nov 6 10:00 - 11:30
Location: OASIS at Warm Springs Free

How to Make Smart Technology Purchases 114

Michael Espinoza

Purchasing technology today is a very difficult process. Do we believe the sales people? Should we buy the extended warranty? What model do we buy? Should we buy online or in a store? What technology DO I really need to buy? Michael, The Mobile Coach, will help you understand the best way to make your next and future technology purchases. He will cover purchasing cell phones, computers, laptops, tablets, and other technology devices. Michael has been helping individuals and small businesses purchase technology for over 20 years.

Wednesday Sept 12 1:00 - 3:00
Location: OASIS at Morningside Fee: $7

27. Explore new ways to keep in touch with family and make new friends.
Learn more about Facebook, Skype and Twitter.

Computer Classes

OASIS Connections

OASIS Connections
is designed to help mature adults use computers and the Internet. Workbooks included for most classes.

All computer classes are held at
OASIS at Warm Springs
5101 Medical Drive
Warm Springs Rehabilitation Hospital (1st Floor)

These classes are hands-on computer classes.

Introduction to Computers 115

A course for beginners. Learn the terminology for the computer components and Windows environment. Provides hands-on interactive learning of Microsoft Word Processing, use of the mouse and keyboard to arrange and size windows, create a folder and move files.

Mondays **1:00 - 3:00**
Oct 1 - Nov 5 **Fee: $59**

A Sentimental Journey 116

Learning to insert photos and audio clips into your slideshows allows you to begin pushing the limits of the PowerPoint program. This class will discuss techniques for saving family photographs into a truly interesting, fun and creative presentation that will definitely take friends and family on a memorable and "sentimental journey."

Tuesday **10:00 - 11:30**
Sept 18 **Fee: $12**

Downloading, Ripping and Burning

Wanting to learn how to download pictures from your camera to your computer and then put them on a disc? Or how to get songs off your CD to your computer? Or legally copying your music to another CD? Or finding free images and music on the Internet? You will learn all these things in this class. You must be able to use a computer and know how to access the Internet.

Thursday **10:00 - 12:00** **117**
Oct 4 **Fee: $12**

Monday **10:00 - 12:00** **118**
Oct 15 **Fee: $12**

Going Wireless 119

Want Internet access on the go? Wi-Fi is the wireless Internet connection available at many coffee shops, libraries and airports. You can also set up a Wi-Fi system at home. In this course you will learn all about Wi-Fi, where and how to get it, and the important safety precautions you need to know. (If you have a laptop computer or cell phone with Wi-Fi Internet access, you can bring it to class. However, this is not required.)

Thursday **1:00 - 3:00**
Oct 11 **Fee: $12**

Library Services Online 120

This class will provide a hands-on opportunity to learn how to access the library services available online. Prior experience in using a mouse and keyboard is required.

Thursday **10:00 - 12:00**
Oct 18 **Fee: $3**

These classes are only applicable to Pcs and Microsoft applications.

Computer Classes

Genealogy Online 121

Staff from the Texana/Genealogy department of the Central Library will come and talk about how to conduct genealogical research online.

Thursday **10:00 - 12:00**
Oct 25 **Fee: $3**

Digital Photography and Photo Editing with Picasa 122

This course will cover what digital photography is and the difference with film cameras. It will also address basic digital camera features. Students will learn how to upload pictures from their camera onto the computer. The course will also address how to download the free Picasa Photo editing program onto their computers. The course will also teach students basic Picasa photo editing features. Students will learn to upload and email their photos to friends and family. This class is a basic course designed for the novice photographers. The course will also include a field trip to a local site. If you have a laptop computer students are encouraged to bring them to the class.

Mondays **10:00 - 12:00**
Oct 29 - Dec 3 **Fee: $42**

Look for new Technology classes on pages 22 and 23

Introduction to Digital Storytelling 123

Storytelling is the way we have communicated since our earliest ancestors gathered around a campfire. Digital storytelling blends current digital technology with this ancient art of storytelling for a wide variety of uses in the corporate world, K-12 education, universities, retirement communities, travel logs, memorials, etc. This overview will conclude with suggestions that you can do to begin your own digital story project. This is a lecture class.

Tuesday **1:00 - 3:00**
Oct 9 **Free**

Digital Storytelling Workshop 124

Join us to develop and produce your first digital story. The first half of the workshop will focus on writing your script and preparing the storyboard. After you register you will receive guidelines on steps you can do before the workshop begins. During the last half of the workshop, you will work on the computer to build your story. While you need to have basic computer skills to take the workshop, we will teach you how to work the Photo Story 3 program (Microsoft's free software) to create your story. The goal of the workshop is for you to have one completed story and ideas on how you can build more on your own.

Tuesdays & Thursdays **1:00 - 3:00**
Oct 16 - Nov 1 **Fee: $59**

28. Discover your inner shutterbug Learn to edit and take better digital photos.

29. Express yourself Find new ways to tell your story in a digital storytelling class.

Outreach / Copeland Activity Center

The following classes will be held at the Copeland Activity Center
5703 S. Flores St & Southcross at the Harlandale Building

Cold and Flu 125

Melissa Walker, MD

Preventing colds and flu from getting the best of you doesn't have to be complicated. Dr. Melissa Walker will share a variety of different tips to help you handle the cold and flu season and tell you what to look for to distinguish the difference.

Tuesday Oct 2 Free 10:30 - 12:00

SWOOP 126

Marly Flores

Learn about the Southwest Outreach for Older People and its partner CO-OPs in the San Antonio area. SWOOP has recently opened an office in the Elvira Cisneros Senior Community Center by WellMed and was created to help seniors with their transportation needs. This program has lots of potential to improve the quality of life for everyone - either by helping seniors with medical transportation or by providing another opportunity to serve your community as a volunteer. Come learn what we're about!

Tuesday Oct 9 Free 10:30 - 12:00

Beating the Holiday Blues 127

Lucy Ziegler, MA, LPC, LLC

For many Americans, the December holidays are a time of cherished celebration. However, for others – particularly seniors – this time of year can stand as a season of sadness, one that can result in serious emotional and physical challenges. Lucy Ziegler will share her expertise and tips for beating the holiday blues.

Tuesday Oct 16 Free 10:30 - 12:00

Medicare Open Enrollment 128

Rudy Gonzales and James Rubio from the Copeland Insurance Group will share their expertise and a discussion about what you need to know about Medicare open enrollment.

Tuesday Oct 23 Free 10:30 - 12:00

The Mexican Day of the Dead Día de los Muertos 129

Guillermo Chavez, Ph.D.

A festive and celebrative time, Dia de los Muertos is a holiday with a complex history and fusion of old traditions. This view of death started with Meso-American cultures such as the Olmecs more than 3,000 years ago. Meso-Americans believed that during this time of the year, the boundaries that separate the living and the dead weaken and that the deceased could visit the living.

Tuesday Oct 30 Free 10:30 - 12:00

2012 - Ancient Prophecies 130

Mike H. Brown

Much controversy (good and bad) is being spread regarding the coming date of December 21st, 2012. Can we find the answers in ancient prophecies and predictions? Are modern scientists and archaeologists any closer to discovering answers surrounding this much talked about date? What can we expect? With only days remaining, come find out at least three possible outcomes to the mysterious date of the ancients.

Tuesday Nov 6 Free 10:30 - 12:00

Herbs for the Body 131

Yvonne Baca, President, San Antonio Herb Society

Most topical pain relief products contain one or more herbs as active ingredients which work as an analgesic and counter-irritant disrupting pain signals. These produce the cooling and/or warming sensations and can affect local blood circulation. Yvonne Baca will share with you many herbal products such as shampoos, lotions, soaps, and teas as well as their uses.

Tuesday Nov 13 Free 10:30 - 12:00

Spirit of Christmas 132

Veronica J. Gard

All over the world, Christmas celebrations reflect local culture and traditions. The festivities can be startlingly different from country to country, focusing on different aspects of the nativity story. Veronica Gard will share with you some of these wonderful and festive stories! We will be collecting donations of used or gently worn coats or jackets at this class to help those in need.

Tuesday Nov 27 Free 10:30 - 12:00

Outreach / Copeland Activity Center

The following classes will be held at the Copeland Activity Center
5703 S. Flores St & Southcross at the Harlandale Building

The History of Capirotada 133

San Antonio Food Bank

The history of Capirotada (a Mexican bread pudding prepared with a cinnamon syrup, fruits, nuts and cheese) goes back to the Spanish Inquisition of the 1500s. When Ferdinand and Isabella forced the Jews living in Spain to either convert or leave the country, those that stayed—crypto-Jews as they became known—secretly held on to their Jewish heritage but adapted Catholic practices, including indulging in Lenten foods. Capirotada, with a bit of a tweaking here and there, became a prominent Lenten dish for the crypto-Jews. Come sample and hear about this delicious tradition!

Tuesday Dec 4 Free 10:30 - 12:00

Tai Chi 134

Deep breathing and smooth flowing body movements that give your body and spirit a workout.

Thursdays Oct 4 - Dec 13 10:00 - 11:00
Fee: $10

Thanks to
The Copeland Group
for providing
funding for these classes
The Copeland Group
(210) 927-1112

Outreach / Homewood

The following classes will be held at and are sponsored by
Homewood Residence 1207 Jackson Keller

Katherine Hepburn: Independent and Spirited Legend 135

Beverly Prado

Who hasn't seen one of Hepburn's films? From the moment she hit the silver screen in *Little Women* in 1933, she never failed to delight audiences in anything she touched. Who can forget *Adam's Rib* or *Bringing Up Baby, The African Queen* or *A Lion in Winter*? Let's not forget *On Golden Pond*. Her stage and television work portrayed a strong woman in a man's world. Come and see why Katherine Hepburn remains an icon.

Friday Oct 12 Free 10:00 - 11:30

Bing Crosby: King Crooner (Harry Lillis Crosby) 136

Robert Rodriguez

Get to know this sleepy-eyed, "buh-buh-buh-boo," pipe-in-mouth, hat-down-low king of the crooners. He was introspective with an always professional façade but never pretentious. Come find out more about his career and the impact on everyone who followed.

Friday Nov 9 Free 10:00 - 11:30

Celebrating the Holidays in Movies and Music 137

Beverly Prado

Take a journey back in time to discuss classic American films with holiday themes. Get in the holiday spirit with movie greats like Bing Crosby, James Stewart, Judy Garland, Rosemary Clooney and others as you watch clips from such films as *Holiday Inn*, *Meet Me in St. Louis, White Christmas*, and *It's a Wonderful Life.* Enjoy the hit songs associated with these movies as well. 'Tis the season!

Friday Dec 14 Free 10:00 - 11:30

Outreach / Elvira Cisneros Senior Center

The following classes will be held at the Elvira Cisneros Senior Community Center by WellMed, 517 SW Military

Registration 138

Come and register for classes. If you registered another way you do not need to come to this registration.

Thursday Sept 27 Free 10:00 - 11:30

You Gave. Now Save. 139

Bexar Area Agency on Aging

Millions of low-income seniors continue to miss out on benefits that can help them pay for their health care, prescriptions, food, utilities, and more. These aren't handouts—by working hard their whole lives, older adults have paid into the programs that can now provide them support needed to remain healthy and independent. You Gave, Now Save is a national, direct-to-consumer campaign that aims to help low-income older adults and their families find this assistance through two key resources: BenefitsCheckUp® and the Eldercare Locator. The Bexar Area Agency on Aging will explain how these programs work.

Thursday Oct 4 Free 10:00 - 11:30

Diabetic Nutrition 140

Jeremy Santoro, Registered Dietician

Everyone enjoys eating! A diabetic diet can be both fun and nutritious. This class will discuss the fundamentals of the diabetic diet and how to incorporate the general principles into your daily lives. Information and ideas on menu planning, eating out, grocery shopping and cooking will be covered.

Thursday Oct 11 Free 10:00 - 11:30

SWOOP 141

Marly Flores

Learn about the Southwest Outreach for Older People and its partner CO-OPs in the San Antonio area. SWOOP has recently opened an office in the Elvira Cisneros Senior Community Center by WellMed and was created to help seniors with their transportation needs. This program has lots of potential to improve the quality of life for everyone - either by helping seniors with medical transportation, or by providing another opportunity to serve your community as a volunteer. Come learn what we're about!

Thursday Oct 18 Free 10:00 - 11:30

Preparing for Open Enrollment All About Medicare 142

Terry Banda, BAAA

The representative from the Bexar Area Agency on Aging benefits counseling office will hold a discussion about what you need to know about Medicare open enrollment.

Thursday Nov 1 Free 10:00 - 11:30

Voyage to India 143

Sapna Prasad

Experience the sculpturesque poses and captivating music of the Samanvaya Arts Academy dancers and singers, each style reflecting the beautiful carvings and culture found in the temples of the diverse regions of India.

Thursday Nov 8 Free 10:00 - 11:30

Forbidden Knowledge 144

Mike H. Brown

There is a staggering amount of evidence that indicates that there were civilizations thousands of years ago, contrary to the few thousand years told to us by science. Not all of the artifacts that we find can be hoaxes or a mistake in carbon dating. This class will cover ancient technologies, lesser known civilizations including the Olmecs, the Moche, the Nazca civilizations, the Voynich manuscript and more!

Thursday Nov 15 Free 10:00 - 11:30

Outreach / District 10 Senior Center

The following classes will be held at the District 10 Senior Center 4355 Centergate

Preparing for Open Enrollment All About Medicare 145

Terry Banda, BAAA

The representative from the Bexar Area Agency on Aging benefits counseling office will hold a discussion about what you need to know about Medicare open enrollment.

Monday Sept 17 Free 1:00 - 2:00

Credit Card Fraud 146

Dean Taylor, BBB

Credit card fraud is a wide-ranging term for theft and fraud committed using a credit card or any other similar payment as a fraudulent source of funds in a transaction. The purpose may be to obtain goods without paying or to obtain unauthorized funds from an account. Credit card fraud is also an adjunct to identity theft. Come learn how to protect yourself by taking precautions against these dangerous scams.

Monday Oct 15 Free 1:00 - 2:00

Cons and Scams with SAPD 147

Come join officer Joey Vidal as he discusses the latest in cons and scams affecting seniors and brings awareness of these predators.

Monday Nov 26 Free 1:00 - 2:00

Home Energy Conservation Tips 148

John Moreno, CPS Energy

A representative from CPS Energy will give you tips for saving energy and money.

Monday Dec 10 Free 1:00 - 2:00

Outreach / Kenwood Senior Center

The following classes will be held at the Kenwood Senior Community Center, 305 Dora Street

Food Bank Services 149

San Antonio Food Bank

The San Antonio Food Bank's mission is to fight hunger in Southwest Texas through food distribution programs, education, and advocacy. Come learn more about the specific ways in which the Food Bank serves those in need.

Monday Oct 1 Free 10:30 - 11:30

Preparing for Open Enrollment All About Medicare 150

Terry Banda, BAAA

The representative from the Bexar Area Agency on Aging benefits counseling office will hold a discussion about what you need to know about Medicare open enrollment.

Monday Nov 5 Free 10:30 - 11:30

Do Your Paper Work While You're Alive; Save Time When You're Dead 151

Carol Bertsch, Attorney at Law, will discuss all legal issues and paperwork that you should have before you become terminally ill or you pass away so that your family knows exactly what to do.

Monday Dec 3 Free 10:30 - 11:30

Day Trips

Painted Churches 152

Spend the day in Schulenberg touring four churches in the area: St. Mary's Catholic Church in High Hill; St. Mary's Church of the Assumption in Praha; St. John the Baptist Church in Ammannsville; and Sts. Cyril and Methodius Catholic Church in Dubina. We will make a stop for a buffet lunch at Oakridge Smokehouse Restaurant in Schulenberg and have dessert between churches. A local tour guide will take us through the churches. The guide will point out unusual, interesting, and historical sites of the area as we travel through the countryside. Cost includes motorcoach transportation, lunch and gratuities.

Thursday Oct 11 8:00 - 6:00
Fee: $60

San Antonio's Finest Libraries Tour 153

Come and tour three of the finest public libraries in our city: Central Library, Parman Library at Stone Oak and Mission Library. We will learn about the historical significance, the new green architecture and the art displayed in these libraries. We will have lunch at The Bright Shawl and stop for ice cream on the way home. Cost includes motorcoach transportation, lunch, ice cream and gratuities.

Wednesday Nov 7 8:30 - 4:00
Fee: $56

A Hill Country Holiday 154

Spend an evening dining at Spinelli's Vistro in Boerne feasting on their Italian theme dinner buffet with dessert. After dinner we will make our way to Ingram to attend a comedy at the Point Theatre. We will see some Christmas lights along the way. At the theatre we will see a comedy called *Dashing Through the Snow*. It takes place in the tiny town of Tinsel, Texas, and a colorful parade of eccentric guests arriving at the Snowflake Inn will deck the halls with holiday hilarity. The innkeeper has more than she can handle coping with these nuttier-than-a-fruitcake lodgers. This comedy is sure to make you laugh 'til your sides ache. Cost includes motorcoach transportation, dinner, admission, and gratuities.

Friday Dec 7 4:00 - 11:00
Fee: $68

Day trips will depart from
OASIS at Morningside
on the corner of St. Cloud and McNeel.
Day trips are non-refundable.
A letter of credit
will be issued only if your
space can be filled by OASIS.

Travel

Spring in Savannah and Charleston 300

8 days - April 9-16, 2013

Tour Highlights: Spring colors of azaleas, dogwoods and camellias – City tours of historic Savannah and Charleston – Visit period mansions – Tour BOTH Magnolia Gardens with nature train and Middleton Plantation – St. Simon Isle of Eugenia Price Fame – Stay 2 nights at the famous Jekyll Island Club and tour millionaire homes – St. Augustine's " Oldest House tour." Cost of trip includes: Round trip airfare from San Antonio – Hotels – Hotel transfers – Airport transfers in Charleston and Jacksonville – Deluxe motorcoach transportation – Professional tour manager – Gratuities for the tour manager and coach driver – Luggage handling – Full travel insurance for each participant – 11 meals. Deposit of $350 is due at the time of your reservation. Cost of trip per person for double is $2,599. Single is $3,299.

This is a leisurely paced tour. Enjoy 3 nights in Charleston, 2 nights in Savannah and 2 nights at Jekyll Island Club. Final payment is due January 25, 2013. Payment accepted by check or credit card. Make check payable to AFC Vacations. Call OASIS for a flyer.

Preview Show: Spring in Savannah and Charleston 155

Monday Sept 17 1:00 - 2:30
Location: OASIS at Morningside Free

Special Interest Groups

Book Discussion Group

Loubelle Vandeventer
Call OASIS for the book list.
Fridays
Sept 21, Oct 19, Nov 16 **10:30 - 11:30**
Free **156**

Fridays
Sept 21, Oct 19, Nov 16 **11:45 - 12:45**
Free **157**
Location: OASIS at Morningside

Jazz Listening Group 158

Come and listen to the great pioneers, soloists, bandleaders and vocalists of yesteryear of America's original art form - JAZZ!
Mondays **10:30 - 12:30**
Oct 1, Nov 5, Dec 3 **Free**
Location: OASIS at Morningside

Silver Sounds of OASIS 159

Do you love to sing in harmony? Join this group of sopranos, altos, tenors and basses as we learn favorite show tunes and perform at retirement and nursing homes.
Thursdays **Sept 13 - Dec 6** **10:00 - 11:30**
Location: OASIS at Warm Springs **Fee: $5**

Special Events

Walking Tour: Mission Reach Ecosystem Restoration and Recreation Project 160

Matthew Driffel
The Mission Reach Ecosystem Restoration and Recreation Project is transforming an eight mile stretch of the San Antonio River into a quality riparian woodland ecosystem. This unique project restores riverine features and riparian woodlands, reintroduces native plants, enhances aquatic habitat, and reconnects cultural and historical features. Come join us for a fun and scenic walk along the river! Bring your camera and wear comfortable walking shoes. We will meet promptly at Roosevelt Park, 331 Roosevelt.
Thursday **Nov 1** **9:00 - 11:30**
Fee: $5

Cell Phone Event 161

Do you want to learn to use your cell phone? Want to feel less intimidated by your phone? Get patient answers to your questions? During this event, you will have a free, one-on-one coaching session with an AT&T cell phone coach. Your cell phone coach will help you learn to use your phone more effectively for any brand or model. Registration is required. After you register, OASIS will call you to set up an appointment.
Thursday **Oct 4** **9:30 - 3:00**
Location: OASIS at Morningside **Free**

OASIS Founder Series 162

Beverly Prado
Thirty memorable years! Help us celebrate OASIS' three decades of success in enriching the lives of older adults through lifelong learning opportunities. To commemorate our years of dynamic programming we want to hear your stories. We want to hear our collective memories of thirty years of some of the best times in our lives, the decades from 1940-1970. Please share in this dialogue as we offer the Founder Series, a three part interactive retrospective of where we have come from and what we have experienced. Our conversations will cover topics of the historical, cultural, social and political events that make us who we have become. Subjects will include the advent of radio and television, social movements and the history that changed our lives. Beverly Prado will guide these discussions through the past.
Wednesdays **Sept 26, Oct 31, Dec 5** **1:30 - 3:00**
Location: OASIS at Morningside **Fee: $6**

OASIS

OASIS is a national education organization dedicated to enriching the lives of adults age 50 and over through lifelong learning and service. Offering stimulating programs in the arts, humanities, health, technology and volunteer service, OASIS brings people together to learn, lead and contribute in their communities.

For more information about OASIS call (210) 236-5954

OASIS,
P. O. Box 291010
San Antonio, Texas 78229
www.oasisnet.org

discover life after 50

Non-Profit
U.S. Postage
PAID
Permit No. 1135
San Antonio, TX

OASIS Tutoring

Changing Lives

Share your love of reading with a child

The OASIS Intergenerational Tutoring Program promotes literacy with a proven approach to help at-risk children read at grade level. For 19 years, OASIS tutors in San Antonio have been helping children build reading skills, self-esteem and positive attitudes toward learning.

How do I become an OASIS Tutor?

- Complete the tutor training program provided by OASIS. Training and materials are provided. No teaching experience is needed. As an OASIS tutor you will be a friend and role model.
- Choose a participating school district (Northside, Alamo Heights, San Antonio or Edgewood)
- Commit to working with a child one-on-one in first, second, or third grade for one hour each week.

OASIS Information Session:

August 15th at OASIS at Morningside (10:00-11:00)

OASIS Tutor Training Dates:

August 22nd/August 23rd at OASIS at Morningside (9:30—3:30)

October 24th/October 25th at OASIS at Morningside (9:30—3:30)

For more information, call OASIS: 210-236-5954