



# Fall 2019

Opportunities for Older Adults  
to Learn, Grow and Connect

Living & Exploring, Technology, Arts & Entertainment, Exercise & Wellness



Registration begins NOW with receipt of this catalog.

*Sponsored by*



Register Today! ■ CALL 317-396-3751 ■ VISIT [OasisIndy.org](http://OasisIndy.org)

# 4 new Oasis locations starting this Fall!



This fall, Indianapolis Oasis is excited to announce we are expanding our community partners and class locations. As we continue to grow and explore ways to provide greater impact in our community, we hope you'll take advantage of the new fall class offerings. Register Today!



## North/Central

**Arthur Jordan YMCA**  
8400 Westfield Blvd  
Indianapolis, IN 46240



## East

**Benjamin Harrison YMCA**  
5736 Lee Rd  
Indianapolis, IN 46216



## West

**Indianapolis Healthplex**  
3660 Guion Rd  
Indianapolis, IN 46222



## South

**Arthur R. Baxter YMCA**  
7900 Shelby St  
Indianapolis, IN 46227

See pages 20 and 25 for a list of classes at each of our new locations.

It's your time to learn, grow and connect at Oasis!

# Welcome to Oasis

## About us

Welcome to Oasis, where older adults satisfy their curiosity about the world around them in a unique learning community of over 26,000 members. Oasis has been serving the greater Indianapolis community for over 25 years. Enjoy stimulating conversation, challenging learning and interaction with your peers, Oasis will keep your mind fresh and help you make new acquaintances.

## Membership

As a non-profit organization, Indianapolis Oasis relies on donors, grants and program revenue for financial support. While membership is free, participants pay a one-time per person, per trimester fee of \$15 upon their first registration of each trimester. This fee, non-refundable, helps sustain the organization, making it possible to continue to offer programs throughout our community.

## Registration

You must be a member of Oasis to register for any classes, trips or special events unless otherwise stated. You may register in person when applicable, mail-in using the registration form included in the catalog or online. Note: You must have an email address to create your own MyOasis account in order to do online registration. Visit [www.OasisIndy.org](http://www.OasisIndy.org)

## Refunds

Classes: All class fees are non-refundable unless Oasis fills the vacancy from a wait list. In event of a refund, a \$5 processing fee will be charged. Oasis cannot transfer class fees to other classes, members or Oasis locations. If Oasis cancels a one-session class or all sessions of a series class, the class fee will be refunded upon request. Refunds over \$15 will be refunded back to your credit card or check refund. Amounts of \$15 and less will be in the form of a credit on your Oasis account.

## Severe Weather

Any Oasis cancellations due to severe weather will be announced on WICR 88.7 FM, or WISH TV before 9 am in the morning. **You may also call Oasis at 317-396-3751 and listen to the voicemail message for details. Please Note:** In the event that one session of a multi-session class (such as a six-week exercise class) is cancelled due to severe weather, Oasis will make every attempt to reschedule that missed session. However, when this is not possible due to program schedules and space or instructor availability, there will not be a refund. **Fees charged for multi-session classes are not pro-rated per individual session.**

## Waiver of Liability

When registering for any Oasis activity, all members must sign a waiver of liability holding Oasis and Oasis sponsors faultless in the event of personal injury or accident.

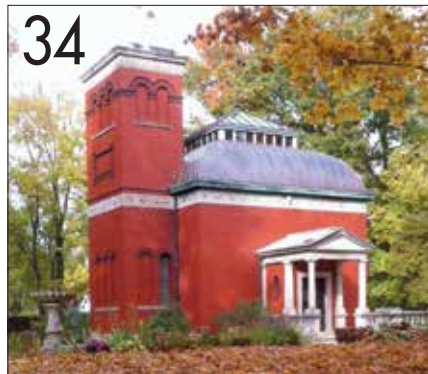
## Wait List

If a class you want is filled, please put your name on the wait list. If you are placed on a wait list, please do not attend unless you are contacted by Oasis. When moved from a wait list, participant will need to fill out a registration form and pay any applicable fees.

## Guests/Pets/Service Animals

Anyone who wishes to attend or observe an Oasis class must be an Oasis member and pay the \$15 registration fee along with any applicable class fees. Children cannot be accommodated unless they are registered for intergenerational offerings. Pets are not allowed at any Oasis class/event/trip. Service animals are always welcome.

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Call us **317-396-3751**  
 Visit us **OasisIndy.org**

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**Barbara King**  
 Intergenerational  
 Tutoring Coordinator

**Curtis McManus**  
 Aging Mastery  
 Program Coordinator

# Oasis Locations

## North/Central Campus

**Broad Ripple-Flanner Buchanan**  
1305 E Broad Ripple Ave  
Indianapolis, IN 46220

**Indy Parks-Broad Ripple Family Center**  
1550 Broad Ripple Ave  
Indianapolis, IN 46220

**Arthur Jordan YMCA**  
8400 Westfield Blvd  
Indianapolis, IN 46240

## West Campus

**Indianapolis Healthplex**  
3660 Guion Rd  
Indianapolis, IN 46222

## East Campus

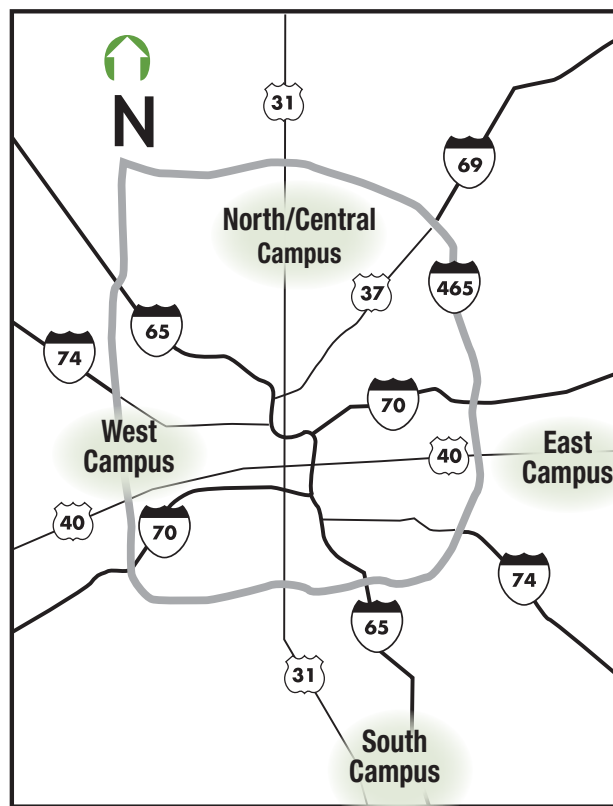
**Washington Park Center**  
10800 E Washington St  
Indianapolis, IN 46229

**Benjamin Harrison YMCA**  
5736 Lee Rd  
Indianapolis, IN 46216

## South Campus

**First Baptist Church Greenwood**  
99 West Main St  
Greenwood, IN 46142

**Arthur R. Baxter YMCA**  
7900 Shelby St  
Indianapolis, IN 46227



# Oasis Sponsors and Community Partners



# Living & Exploring

## A Taste of Home – Autumn Cooking Class

*Chef Rick*

Join Chef Rick in his new shop kitchen and discover easy fall recipes featuring creamy roasted red pepper and cauliflower soup, fall salad with butternut squash and French onion chicken casserole. Create, dine and discover how to chase away the autumn chill.

### 1301 Rick's Kitchen

Monday Sep 30 2:00–5:00

Fee: \$25



## AJ Foyt Wine Vault and Innovations at the Track – A Different Look at IndyCar

*Anna Wallace*



**Exclusive to Oasis members!** There is so much more to the Indianapolis Motor Speedway than 33 cars in May, and we invite you to hear some

of the fascinating stories. View the IMS collection from a different angle, as our guide shows you how trial and error, innovations, and accidents have changed auto racing. You will look at how the evolution of tire and wing designs increased speeds from 70 to 230 MPH, how track surface changes impacted the safety of drivers and



spectators alike, and how an unassuming wall is saving lives. Learn more about the aerodynamics, safety, tires, helmets and fire suits. We will end our day with wine and refreshments at where else, the AJ Foyt Wine Vault!

**>>NOTE:** Depending on daily IMS operations our afternoon may include 'behind the scenes' and you will experience buildings and parts of the campus not available to the public.

### 1303 Indianapolis Motor Speedway

Friday Nov 1 2:00–4:00

Fee: \$52

## Calling All 'Downton Abbey' Fans to the Big Screen

*Kirsten Fredericks*



Join Oasis for a "royal" experience. Downton Abbey is a British historical period set in the early 20th century. This popular TV and book series is

now being featured on the BIG screen. Meet at Landmarks Theatre, Keystone at the Crossing, and enjoy the continuing saga of the Crawley family and the servants who work for them in the English countryside. Afterwards, we will gather for tea, pastries and conversation about the film, books and all things Downton Abbey. **Class fee includes:** admission into the movie, tea and assorted pastry at HoiTea ToiTea at Keystone at the Crossing.

**>>NOTE:** As of this print, movie times have not been published. Please call 317-396-3751 for up-to-date information regarding the start time.

### 1305 Landmarks Theatre

Thursday Sep 26

Fee: \$24



## Capturing Daily Life with Cell Phone Photography in 10,000 Steps

Bruce Buchanan



Experience “10,000 Steps” with photographer Bruce Buchanan. This exhibit of framed 16 x 20 prints capture “moments of everyday beauty” discovered during daily life. Join Bruce for commentary

and learn more about his photography and 10,000 Steps! Bruce will help you take pictures with your cell phone to capture the beauty you see in daily life. **Bring your charged cell phone.**



**More about Bruce Buchanan...**  
*After graduating from Indiana University in 1978 with a degree in political science, Buchanan went on to work as a photographer and picture editor for three daily newspapers. In 1982, he earned a master's degree in journalism/visual*

*communication. He owned a photography and marketing communications business through the 1980s and early 1990s, servicing clients and publications of all sizes. He sold that business in 1995 to dedicate his full attention to Buchanan Group.*

### 221 Jordan YMCA

Thursday Nov 7 1:00–2:00

Fee: \$15

## Central Canal – Indy’s Vital Water Supply

Ed Malone

Ed Malone, Director of Water Production, will discuss the history and importance of Citizens Energy Group’s Central Canal as a vital water supply resource for Central Indiana. Q&A will follow.

### 250 Broad Ripple-Flanner Buchanan

Tuesday Oct 1 10:00–11:00

Free

## Cozy Mysteries: Mystery on the Job

Irma Baker

No job is safe from mystery as everyone from the butcher, the baker, the candlestick maker to the banker, the librarian, the teacher, the real estate agent, the home renovator, and many other fictional crime solvers prove that mystery can add excitement to even the most routine job. Light refreshments from mystery authors and mystery cookbooks will be served.

### 223 Jordan YMCA

Thursday Oct 17 1:00–2:30

Fee: \$15

### 451 Washington Park Center

Monday Oct 14 1:00–2:30

Fee: \$15

### 411 Benjamin Harrison YMCA

Thursday Oct 17 9:30–11:00

Fee: \$15

### 651 Indianapolis Healthplex

Tuesday Oct 15 1:00–2:30

Fee: \$15

### 804 Baxter YMCA

Wednesday Oct 16 1:00–2:30

Fee: \$15



Like us on  
**Facebook**

Facebook.com/OasisIndy

## Armchair Travel Series

Let Oasis take you to faraway places without leaving home. Relax and enjoy a sensory experience. Learn about different destinations and important past events in a meaningful manner.



### African Safari – The Lion King’s Backyard!

*Diane Eaton*



Experience the thrill of seeing magnificent wildlife up close in their native habit. Journey through Botswana, Zambia and Zimbabwe

looking for the big 5-Lion, elephant, buffalo, leopard and rhinoceros. Have you ever wondered what a Safari camp looks like? Or what the activities are during a safari? Join us and experience this incredible journey throughout southeast Africa delta and plains. Enjoy a Sundowner experience in Slides –watching the sun dip below the horizon with a cocktail in hand. A Ginger Ale drink will be served. Afterwards, feel free to enjoy a tour of the beautiful Balmoral House Event Center.

#### **1302 The Cottage at The Balmoral House**

Wednesday Nov 20 1:00–2:00  
Fee: \$27



### Antarctica: A Journey to the Frozen End of the World

*Diane Eaton*



Antarctica is the driest, coldest and windiest continent. It is a land of adventure and teeming with wild life. The majestic beauty of the glaciers and icebergs are dotted with seals and penguins swimming and

birds. It is a landscape unique to only this continent. Have you ever wondered what the land looks like? Or what life is like on the scientific stations? Did you know that Antarctica is one of the fastest growing tourist destinations in the world? Come learn more about this great white continent. A tasty hot chocolate will be served as you view the pictures of sunsets in Antarctica. Afterwards, feel free to enjoy a tour of the beautiful Balmoral House Event Center.

#### **1304 The Cottage at The Balmoral House**

Wednesday Dec 11 1:00–2:00  
Fee: \$27



## Armchair Travel Series



Photo/istock.com

### Mount Rainier and the Olympic Peninsula

*David L. Medved*

Superlatives like awesome and magnificent seem inadequate when describing Mount Rainier and the Olympic Peninsula. While Mt. Rainier is considered by many to be the most prominent mountain in the contiguous United States, the Olympic Peninsula offers not only majestic snow-capped mountains, but a huge expanse of temperate rainforests, dramatic sea stacks along a rugged coast, and an astounding array of wildlife.

Join us for a tour of two of Washington State's most spectacular National Parks. Relax and enjoy as your presenter takes you with him on his recent breathtaking journey through these two amazing National Parks (plus several exciting places in between). Extensive commentary included.

#### **219 Jordan YMCA**

Tuesday Nov 12 1:00–2:00

Fee: \$15

#### **446 Washington Park Center**

Thursday Nov 14 2:00–3:00

Fee: \$15

#### **410 Benjamin Harrison YMCA**

Monday Nov 18 10:00–11:00

Fee: \$15

#### **645 Indianapolis Healthplex**

Tuesday Nov 19 1:00–2:00

Fee: \$15

#### **801 Baxter YMCA**

Wednesday Nov 6 1:00–2:00

Fee: \$15



### Singapore – Jewel of Asia

*Diane Eaton*

From its magnificent architecture to its gardens and high end shopping areas, Singapore is one of the most beautiful cities in the world. Marina Bay Sands is one of the most photographed buildings. Come take a photography stroll through this jewel of Asia.

Enjoy a sample of the Singapore Sling drink that originated at The Raffle's Hotel! Afterwards, feel free to enjoy a tour of the beautiful Balmoral House Event Center

#### **1311 The Cottage at The Balmoral House**

Wednesday Oct 23 1:00–2:00

Fee: \$27

## Lunch and Learn

The Lunch and Learn program is a casual and relaxed luncheon that we hold at your Oasis location. Our pre-planning specialists bring together about 25 people at a time who are interested in learning more about pre-arranging or pre-funding their funeral. The groups are small, the setting is relaxed, and the presentations are easy to follow and understand. Questions are encouraged throughout the program.

During our short presentation (30 minutes or so), visitors get a great lunch and have a chance to ask any questions that come to mind. The group setting often sparks new questions and leads to new topics of conversation — ideal for getting the most out of a short time to meet.

Afterwards, those in attendance can go home and consider whether pre-planning is right for them, or if they have more questions to ask our pre-planning specialists.



You and a guest are invited to RSVP for our upcoming Lunch and Learn.

Open to the community – no registration fee required for this class.

Lunch provided by Flanner Buchanan.

See page 10 for registration information.

## Did you know we have a special savings offer just for our Oasis Members?



**Bruce W. Buchanan**  
*Fourth-Generation  
Owner*

Flanner Buchanan is proud to sponsor Oasis, an incredible organization that continues to elevate and enrich the quality of life of men and women in our community. Thank you for bringing generations together through education, activity, and friendship.

As a thank you to Oasis members for all that you do, we are offering a special discount on services at Flanner Buchanan. Call us today at (317) 387-7000 to learn more.

We invite you to Experience New Traditions with us.

*Experience New Traditions*



[FlannerBuchanan.com](http://FlannerBuchanan.com)

## Easy Self Defense for Seniors

Maria Wasnidge

No matter what your age, we all need to be able to defend ourselves. As we get older, we just do not move as well as we did when were young. We can still defend ourselves with a few simple moves. No kicking or punching. No jumping around. We will work on simple moves that can be done if you are standing or sitting. This class will offer you ideas you can use if you are approached in a parking lot, in your car, or at your door.

### 453 Washington Park Center

Monday Oct 7–Oct 28 1:00–2:00  
Fee: \$20 4 sessions

## Gingerbread Houses for the Holiday

Indy Parks Broad Ripple



Have fun and create memories as you join the wonderful staff at the Indy Parks Broad Ripple Family Center to make your very own delicious gingerbread house to enjoy for the holiday season. Your house will be decorated with all kinds of 'sweets' that will be provided for you. All houses will be made with graham crackers for easier handling and decorating. Too sweet to eat – no problem – you can enjoy it as a classic holiday decoration. All supplies will be provided.

### 255 Indy Parks-Broad Ripple Family

Friday Dec 6 10:00–11:15  
Fee: \$10

## Honoring the Sacred Journey

Elaine Vocci

Join us for a viewing of “Voices of Grief: Honoring the Sacred Journey.” This documentary film shares a fresh perspective on the many ways we navigate successfully through grief or companion others along their journey. Wisdom from contemporary authors, grief experts and spiritual teachers is woven through personal stories of loss to explore the roles of community, compassion and connection in this sacred journey. Elaine Voci, Ph.D., life skills coach and certified life cycle celebrant, will facilitate the afternoon's presentation. **This class is sponsored by Westminster Village North.**

### 1235 Westminster Village North

Tuesday Nov 19 3:00–4:30  
Free

## Indy Rapid Transit Is Here – Red Line

Brandon Evans



Join Oasis and IndyGo to learn and experience Indy's Red Line. Our city's new Red Line will provide frequent transit service between Broad Ripple and the University of Indianapolis – better connecting you to your city. Meet at the Broad Ripple Avenue Red Line station, 6291 N. College Ave. Our IndyGo guide will provide an informational session. Board, ride and experience the 60' fully electric buses with doors opening on either side. You now have your “ticket to ride.” Afterwards, enjoy lunch at Bazbeaux Pizza located at 811 East Westfield Blvd.

**Class fee includes:** informational session, Red Line ride experience and lunch.

### 1308 Red Line

Friday Oct 18 10:30  
Fee: \$26



88.7  
WICR-fm  
University of Indianapolis

Your Source for  
Oasis information

## Lunch and Learn: Blowing in the Wind – The Economic Impact of Wind in Indiana

Connie M. Neiningger



Join us and the Director of Economic Development of Indiana State Department of Agriculture to learn about farming wind, the wind farms North of Lafayette and renewable energy. Indiana has energy growth opportunities and it

might just be blowing in the wind! **Lunch is provided by Traditions North Willow. This class is sponsored by Traditions Management.**

Connie Neiningger started with Indiana State Department of Agriculture (ISDA) in June of 2013 and serves as the Director of Economic Development. Neiningger came to ISDA from northern Indiana, where most recently she served as the president of the Cass Logansport Economic Development Organization.



### 1237 Traditions at North Willow

Tuesday Oct 1 12:30–2:00  
Free

## Lunch and Learn: Cremation – Learn Why It’s Popular and Options Available.

Maureen Lindley

Come and learn more about why cremation is increasing in popularity and the many options that you have. **Lunch is provided by Flanner Buchanan.**

**>>NOTE:** Open to the community – no registration fee required for this class.

### 257 Broad Ripple-Flanner Buchanan

Thursday Oct 10 1:00–2:00  
Free

## Lunch and Learn: In 48 Hours – 150 Questions to Answer

Maureen Lindley

Did you know that within the first 48 hours of a death, there are over 150 decisions that have to be made? Join us for this pre-planning workshop as we start to address many of these questions. You will leave this workshop with a solid plan for your funeral needs.

**Lunch is provided by Flanner Buchanan.**

**>>NOTE:** Open to the community – no registration fee required for this class.

### 658 Indianapolis Healthplex

Thursday Oct 17 1:00–2:00  
Free

## Lunch and Learn: Skincare for Women

Abby Marmion

As we age, we face a new set of skin concerns. Join us for a lunch, **courtesy of Traditions Brookside**, and learn skincare tips from the experts at Spa 170 West. Estheticians will present basic skincare regimen and makeup application tips for women over 50. Learn how to keep it simple, stay on a budget, the types of products available for mature skin and the absolute DO’s and DON’Ts. Q&A will follow the presentation. **This class is sponsored by Traditions Management.**

Spa 170 West is directed and supervised by board-certified plastic surgeons Stephen W. Perkins, MD and Bruce W. Van Natta, MD of Meridian Plastic Surgeons. They are international leaders in the field of plastic surgery.



### 1238 Traditions at Brookside

Wednesday Oct 30 12:30–2:00  
Free

### 1239 Traditions at Reagan Park

Wednesday Sep 25 12:30–2:00  
Free



## Medicare Open Enrollment – Do You Need Answers?

Join Oasis for any of the following opportunities to ensure you are Medicare ready for 2020.

### Ask the Expert

*Susan Spilly*

2020 is upon us! There have been several changes in Medicare in recent months and there will be more in the coming year. Don't be caught short not knowing. Come to this informal discussion about the changes and what you can expect in the upcoming year. Bring your questions.

#### **248 Broad Ripple-Flanner Buchanan**

Thursday Nov 7 1:00–2:00

Free

#### **648 Indianapolis Healthplex**

Tuesday Dec 10 1:00–2:00

Free

### Drug Plan Finder

*Susan Spilly*

Hey Medicare Beneficiaries! Don't be caught off-guard at the drugstore or doctor's office in January! The time for reviewing and potentially choosing your 2020 Medicare drug and/or Advantage Health Plan is around the corner. SHIP, the State Health Insurance Assistance Program, a federally funded counseling service for Medicare beneficiaries housed in the Indiana Department of Insurance, is partnering with Oasis to bring certified counselors to you. Sign up for a

one-hour appointment to make sure you are in the best Part D or C plan for you. SHIP provides free, impartial information on Medicare choices. It's the only source of unbiased information about Medicare.

**>>NOTE:** Please bring your Medicare card, a list of medications with dose and frequency information and all of your insurance cards. All counseling is confidential. Appointment times will be assigned upon registering for the session. One person per one-hour session.

#### **452 Washington Park Computer Lab**

Tuesday Oct 15 9:00–3:30

Free

### Medicare 101

*Andrew Flittner*

Think you know enough about Medicare? Come learn the history of Medicare including the ABC's (and D) of Medicare, supplemental coverage and part C, what Medicare looks like for active employees as well as retirees, and the Medicare enrollment process. You may be surprised of what you might discover in this class.



*Andrew Flittner is an attorney by education who works as an independent health insurance consultant.*

#### **260 Broad Ripple-Flanner Buchanan**

Tuesday Oct 1 1:00–2:00

Free

**Give the gift that will keep giving all throughout the year.**

**A gift certificate to Oasis** opens the door of opportunity to new friends, new adventures and so much more!  
For more information call **317-396-3751**.



## Right to Vote – Centennial of Women’s Suffrage

Leah K. Nahmias



On August 26, 1920, Hoosier women won the right to vote. At first glance, the mean-

ing behind that statement is simple. But the real story goes much deeper. Join Oasis and learn more about this pivotal time in Hoosier history and the centennial of women’s suffrage.

The role of Hoosiers in the suffrage movement is a story that isn’t fully known or told. This is Indiana’s opportunity to delve into that history, capture it for future generations and explore opportunities to honor the Hoosiers who played a role in the suffrage movement.

### 228 Jordan YMCA

Thursday Oct 3 1:00–2:00

Fee: \$15

## Special Holiday Event

### The Story of an American Institution: *The Saturday Evening Post*



An introduction to the Post’s 198-year history, with a focus on our second century and where the Post is heading today. We’ll look at some of the magazine’s famous authors, its classic stories, and the gifted artists who

illustrated our covers and stories—artists like John Falter, Steve Dohanos, J.C. Leyendecker and, of course, Norman Rockwell. And, keeping with the season, we’ll include a presentation of the Post’s iconic art of Christmas. Enjoy a festive holiday reception following the presentation.

### 665 Indianapolis Healthplex

Tuesday Dec 10 1:00–2:30

Fee: \$20

## Secret Indianapolis: A Guide to the Weird, Wonderful, and Obscure



Join Oasis for this unique two-session class on Indy’s best-kept secrets.

**Session one:** Ashley Petry, the local author of “Secret Indianapolis: A

Guide to the Weird, Wonderful, and Obscure” and “100 Things to Do in Indianapolis Before You Die,” will discuss the city’s best hidden gems, from under-the-radar restaurants and off-beat museums to creepy urban legends and overlooked historical sites.

**Session two:** Join Petry for a day out and about at some of her favorite secret spots. She will be your guide and will share her recommendations for “what to do” in Indy. We will meet at the Koorsen Fire Museum, an incredible museum of fire-fighting equipment hidden in an industrial park. It houses about



thirty fire engines, nearly a thousand antique fire extinguishers, and much more. Our next stop is lunch at John’s Famous Stew. Open since 1911, it is one of only six Indy restaurants in business for more than a century. It is known for its traditional Macedonian stew, as well as comfort foods such as tenderloins, meatloaf, and turkey manhattans. Our final stop is hidden in yet another industrial area. The Tube Factory Artspace is a quirky art gallery housed in a former Garfield Park factory. Come see the wacky exhibits and hear about how the Big Car Collaborative, which runs the gallery, is transforming Indy’s under-served neighborhoods.

**Class fee includes:** presentation, book “100 Things to Do in Indianapolis Before You Die,” guided tour with Petry, admissions and lunch. Transportation is on your own. Car pooling and directions etc. available at first session.

### 244 Broad Ripple-Flanner Buchanan

Wednesday Oct 23 10:00–11:00

#### Koorsen Fire Museum

Friday Oct 25 10:30–2:00

Fee: \$47 2 sessions

## So, What's Your Story? – Memoir Writing Class

Steve Tearman

'Your Story' is a collection of clear memories, fuzzy memories, and maybe slightly made up ones with a twist or two to make them more entertaining or revealing. In this class, you will learn how to gather your thoughts and memories to piece together a story that tells of your adventures or misadventures. Discover hidden treasures that give your story character and a vitality you hadn't thought possible. Everyone's story is different and paints a unique picture of who you are, were or wish to be.

### 414 Benjamin Harrison YMCA

Monday Oct 7–Oct 28 9:30–11:00  
Fee: \$28 4 sessions

### 461 Washington Park Center

Tuesday Nov 19–Dec 10 1:00–2:30  
Fee: \$28 4 sessions

## Tax Tips for Seniors

Maria Wasnidge



It doesn't matter if you are retired or still working. You may own your home or you may be renting. Maybe you are taking care of a grandchild or just want to help your children. Everyone has tax questions. This class will go over some tax saving tips and talk about some of the pitfalls you want to avoid. We will also have time to answer some of your tax questions.

### 262 Broad Ripple-Flanner Buchanan

Thursday Nov 21 1:00–2:00  
Free

### 462 Washington Park Center

Thursday Nov 14 1:00–2:00  
Free



CALL  
LAURA TO  
SCHEDULE  
A TOUR  
317.826.6064

**Don't worry about the future.**  
*We're ready for whatever lies ahead.*

Imagine all the comforts of maintenance free living, located in a vibrant community offering convenient services, top-notch medical care, and a variety of social activities. At Westminster Village North you'll find a wide range of independent living options to support your lifestyle needs today, plus the security of knowing your medical needs will be taken care of in the future.

A Continuing Care Retirement Community  
11050 Presbyterian Dr. | Indianapolis, IN 46236  
317.823.6841 | WestminsterVillage.com



Westminster  
Village North

## The Right Move at The Right Time

Kristin Cherry

With today's senior communities, a move to the right community might be the start to you or your family members' new life. Navigating the options of senior living can be an overwhelming process but often this provides an opportunity for us to explore new interests, focus on hobbies and make new friends. Join us and start the conversation. The best time to begin talking about and searching for senior housing is before you need it. Avoid making this important decision in the midst of a crisis. Learn how to begin the conversation and the do's and don't's covering housing options, other resources and the financial impact. Did you know there are

assisted living locators at no cost to you that will help you understand all the facets and help to find the Right Move for you? Join Andy Wade, COO, and Kristin Cherry, VP Sales and Marketing, Traditions Management, and Dave Holder to learn more. ***This class is sponsored by Traditions Management***

### **263 Broad Ripple-Flanner Buchanan**

Thursday Dec 12 1:00–2:00

Free

### **463 Washington Park Center**

Monday Dec 9 1:00–2:00

Free

### **663 Indianapolis Healthplex**

Tuesday Dec 3 1:00–2:00

Free

## Aging Mastery Program

The Aging Mastery Program (AMP) was created to develop new expectations, norms and pathways for people aged 50 to 100, to make the most of their gift of longevity. Aging has changed remarkably since the last generation entered into retirement. AMP encourages aging mastery — developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. The 10 core classes combine a peer-supported classroom-like structure with social rewards.

### **1231 Faye Biccard Glick Center**

Thursday Aug 29–Oct 31 11:00–12:00

Free 10 sessions

### **1232 Woodland Trace Carmel**

Tuesday Sep 10–Nov 12 1:00–2:00

Free 10 sessions

### **1233 Crestwood Village South**

Wednesday Sep 25–Dec 4 1:00–2:00

No class 11/27

Free 10 sessions

### **631 Indianapolis Healthplex**

Monday Sep 30–Dec 9 11:00–12:00

No class 11/25

Free 10 sessions



AMP encourages developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

**>>NOTE:** Open to the community – no registration fee required for this class. Pre-registration is required. Space is limited.

For more information and to register, contact AMP Coordinator Curtis McManus at 317-396-3751 or email [cmacrph@gmail.com](mailto:cmacrph@gmail.com)



National Council on Aging





## The Lady Major and the War Governor: The Politics of a Civil War Sex Scandal

James Fuller, PhD

Join Professor Fuller as he shares the history of old political scandals, centered around accusations of financial impropriety, sexual misconduct and more. And you thought it only happened in this decade.



*Dr. Fuller's primary research interest is 19th century America, especially the Civil War, Southern history, Indiana history, and Evangelical Protestant Christianity. Professor of History, University of Indianapolis*

### 229 Jordan YMCA

Thursday Oct 24 1:00–2:00

Fee: \$15

## Veterans! What You Should Know

Laura Roman

Learn more about veterans benefits and how to apply. Enjoy a reception in honor of our local veterans and their great service to our country. **This class is sponsored by Westminster Village North.**

**>>NOTE:** Open to the community – no registration fee required for this class. Must pre-register to attend.

### 1243 Westminster Village North

Thursday Nov 7 3:00–4:30

Free



## Walking Tour: Old Northside and Lunch at The Indianapolis Propylaeum

Take a walking tour through the beautiful historic Old Northside, one of the most distinguished neighborhoods in the city during the Victorian era. You will learn about the history and revitalization of this neighborhood, view many different historic residential buildings and sites in the area, discuss the different and unique architectural elements/styles of these structures, and learn where some of Indianapolis's most prominent leaders lived or influenced. Afterwards, tour and enjoy lunch at the largest residence remaining on Delaware Street in the Old Northside neighborhood. This historic mansion that was built in 1890 and the grounds include the mansion, carriage house, lawn, and parking. Class fee includes docent led tour and lunch. Walking tour is scheduled for 45 minutes with lunch following.

### 1310 Indiana Landmarks Center

Friday Oct 11 10:00

Fee: \$39

## SAVE THE DATE



**ROBERT L. WILKINS**

*U.S. Circuit Judge*

## Lunch and Learn with U.S. Circuit Judge and author, Robert L. Wilkins

Join Oasis on Friday, Nov 8 at 11:00 • Indianapolis Healthplex

Look for full details in the Fall 2019 Special Edition Course Catalog.

*Judge Robert L. Wilkins was appointed to the United States Court of Appeals for the District of Columbia Circuit on January 15, 2014. A native of Muncie Indiana, he obtained a B.S. in Chemical Engineering from Rose-Hulman Institute of Technology in 1986 and a J.D. from Harvard Law School in 1989.*

## Wild West/Mild West: Comparing Frontier Mythology, Gun Culture and Gun Laws ...

Pierre M. Atlas, Ph.D.

America's unique gun culture is embedded in the history, imagery and especially the mythology of the American frontier. Canada had its own frontier experience and has its own history of gun ownership, but it does not have a parallel gun culture. Dr. Atlas will discuss the relationship between history, frontier mythology, gun culture and modern gun laws in the United States and Canada.



Pierre Atlas is a Professor of Political Science and Director of The Richard G. Lugar Franciscan Center for Global Studies at Marian University, and he writes a monthly opinion column for the Indianapolis Business Journal.

### 230 Jordan YMCA

Thursday Oct 31 1:00–2:30

Fee: \$18



## Where the World Comes to Eat – Indy's International Marketplace

Mary Clark

We will travel the world without leaving the United States in Indy's International Marketplace! The *New York Times* says the area is "Where the World Comes to Eat."

Our guided tour begins with Saraga's International Market. A market where Andrew Nelson from National Geographic's was amazed and said he's traveled the world over and has never seen so many oils and spices in one place. Next, we will visit an Ethiopian and Peruvian restaurant in a plaza that makes up at least 8 different countries. From there we have lunch at Rayan restaurant, be prepared for a Yemen feast! After lunch we will continue to Carniceria Guanajato, a Latin grocery store that has a meat department with a minimum of 15 butchers on staff at all times (on Fridays and Saturdays you can count as many as 20+). As time allows, we will tour some of the shops surrounding the grocery store. Here's a closing thought when thinking of Indy's International Marketplace, 'We're Shrinking the Globe and Creating a Village.' Join us for this Oasis exclusive international experience.

**Class fee includes:** guided tour, transportation and lunch.

### 1312 International Marketplace

Tuesday Oct 8 10:00–3:00

Fee: \$67

In Support of OASIS

**Senior Life**™

**Indianapolis Edition**

Senior Life reaches the total Indianapolis market, including the counties of Marion, Boone, Hamilton, Madison, Hendricks, Morgan, Johnson, Shelby and Hancock. Over 32,000 copies each and every month!



Senior Life is a proud sponsor of OASIS and what it provides our communities!

**TOM KETCHUM**  
317-409-3696  
slindy@the-papers.com  
www.seniorlifepapers.com

Contact Tom to discuss the marketing opportunities we can offer to enhance your business!

*Living Life After 50*

# Computer Technology

## Digital Couponing – Online Grocery Shopping

Barbara Bluiett

Companies across the country are making the move toward digital couponing, rather than relying on print. This is part of the online shopping world that can be easily overlooked. Learn how to best use digital couponing and shopping for your groceries online with services such as Shipt Grocery Delivery. Convenience and savings at your fingertips!

### 224 Jordan YMCA

Tuesday Nov 19 1:00–2:00

Fee: \$18

### 805 Baxter YMCA

Monday Oct 28 1:00–2:00

Fee: \$18

## How to Cut the Cable Cord & Stop Paying Hundreds of Dollars for TV

Patric Welch

This is a lecture/demo class. The cost of cable and satellite television is getting higher and higher and, for some people, enough is enough. But what are your alternatives and will they end up costing you the same as your cable or satellite company? In this presentation, the instructor will walk through your options for replacing cable or satellite, discuss the cost of each option, and explain what you'll be gaining and what you'll be giving up with each option.

### 806 Baxter YMCA

Monday Nov 11 1:00–2:00

Fee: \$18



Like us on  
Facebook

Facebook.com/OasisIndy



At AT&T we believe in strong communities. Our programs build educational and professional opportunities, contribute to disaster relief and promote the responsible use of technology.

Because empowering your community is what drives us, we proudly support the efforts of Indianapolis OASIS to provide lifelong learning opportunities.

Together, we keep communities empowered.

We salute Indianapolis OASIS for its many years of service to the community.



## How to be Smarter than your Smartphone

Patric Welch

Want to learn how to be smarter than your smartphone? Or maybe you just want to learn more about what a smartphone can do. The presenter will explain what makes a smartphone “smart” and how you can use free and low-cost apps to simplify your life.

### 225 Jordan YMCA

Tuesday Oct 8 1:00–2:00

Fee: \$18

### 413 Benjamin Harrison YMCA

Thursday Nov 7 10:00–11:00

Fee: \$18

## Windows 10—Let’s Learn the Basics

Barbara Bluiett

If you have a new computer, you are probably using Windows 10 or perhaps you have downloaded Windows 10. Computers at Washington Park computer lab are using Windows 10 or you

may bring your own lap top computer to this class. **>>NOTE:** Your computer must be using Windows 10, be totally charged and you must be familiar with computer basics including how to turn it on and use the keyboard.

### 314 Washington Park Computer Lab

Tuesday Oct 22 10:00–12:00

Fee: \$35

## Your iPhone by Apple: It’s a Powerful Device – Let’s Explore

Barbara Bluiett

Bring your fully charged iPhone by Apple to class and we will explore apps, and get familiar with all the features on the most recent IOS (operating system). If you are not sure if your phone is an iPhone by Apple – turn your phone off and when you turn it back on you will see an Apple!

**>>NOTE:** This class is NOT for android phones.

### 807 Baxter YMCA

Wednesday Nov 13 1:00–2:30

Fee: \$22

Pick-up your free Indy Boomer issue at Oasis.

# LifeStyle Indy

Your Life • Your Style

## TV



### LifeStyle Indy TV

with Paul Poteet and Julie Patterson every Tuesday at 7:30PM on WFYI. Interesting stories, useful tips and groundbreaking local experiences - we've got it all!

Visit: [LifeStyleIndy.com](http://LifeStyleIndy.com)

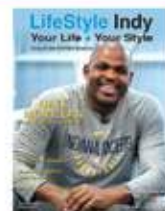
## Radio



### LifeStyle Indy Radio

with Julie Patterson every Saturday at 4:30PM on Freedom 95.9FM / 950AM. Exciting guests, engaging and inspiring stories!

## Magazine



### LifeStyle Indy Magazine

Grab your free copy at one of the Kroger stores or your digital copy online. Housing, cooking, wellness, fitness and other topics in each magazine!

Connect: [@istyleindy](https://www.instagram.com/istyleindy)

In collaboration with Indy Boomer, look for Oasis information in upcoming issues.

# Senior Technology Event

Oasis and AT&T are pleased to offer an informative, fun and interactive FREE technology event. Morning session will be a lecture and refreshments. Afternoon will feature working one-on-one with technology expert in hands-on sessions. Join us for one or both!

**FREE Event**  
You must pre-register for morning and one-on-one sessions separately.



## Navigating Through Today's Popular Smartphone

*Jim Tackett*

Join technology experts from AT&T in this educational and interactive event based on giving you the tools and knowledge you need to navigate through some of today's popular smartphone apps. Have you ever wanted additional information on how to download, how to setup and how to keep your data safe when using smartphone apps for things like online shopping, transportation and digital coupons. During the event we'll bring all this together and show you how to get the most out of these apps. **>>NOTE:** Information is not limited to AT&T products and service.

**112 Broad Ripple-Flanner Buchanan**  
Tuesday Nov 19 10:00–11:30

**312 Washington Park Center**  
Wednesday Nov 20 10:00–11:30

**512 Indianapolis Healthplex**  
Thursday Nov 21 10:00–11:30

## Tech One-on-One

Bring your charged device and/or questions and work one-on-one with an AT&T expert at your Oasis location.

**>>NOTE:** This is NOT limited to AT&T products. Session will last 30 minutes. One person per session. MUST pre-register for a 30-minute one-on-one session.

**113 Broad Ripple-Flanner Buchanan**  
Tuesday Nov 19 1:00–3:00

**313 Washington Park Center**  
Wednesday Nov 20 1:00–3:00

**513 Indianapolis Healthplex**  
Thursday Nov 21 1:00–3:00

*This event brought to you by*



# NEW partnership • locations • classes

Oasis is excited to announce classes at three YMCA locations. We are collaborating this fall with new community partners and expanding our programs. Discover a focus on arts and humanities and MORE. We are energized as we think about all the ways we will learn, grow and connect. Register for classes today!



## South

**Arthur R. Baxter YMCA**  
7900 Shelby St  
Indianapolis, IN 46227

- Armchair Tour: Mount Rainier and the Olympic Peninsula . . . . . **pg. 7**
- Beginning Line Dance. . . . . **pg. 27**
- Cozy Mysteries: Mystery on the Job . . . . . **pg. 5**
- Digital Couponing – Online Grocery Shopping . . . . . **pg. 17**
- How to Cut the Cable Cord & Stop Paying Hundreds of Dollars for TV . . . . . **pg. 17**
- Your iPhone by Apple: It’s a Powerful Device – Let’s Explore . . . . . **pg. 18**



## East

**Benjamin Harrison Center**  
5736 Lee Rd  
Indianapolis, IN 46216

- Armchair Tour: Mount Rainier and the Olympic Peninsula . . . . . **pg. 7**
- Cozy Mysteries: Mystery on the Job . . . . . **pg. 5**
- How to be Smarter than your Smartphone. . . . . **pg. 18**
- So, What’s Your Story? – Memoir Writing Class . . . . . **pg. 13**



## North/Central

**Arthur Jordan YMCA**  
8400 Westfield Blvd  
Indianapolis, IN 46240

- Armchair Tour: Mount Rainier and the Olympic Peninsula . . . . . **pg. 7**
- Beginner Knitting: Keyhole Scarf. . . . . **pg. 21**
- Capturing Daily Life with Cell Phone Photography in 10,000 Steps . . . . . **pg. 5**
- Cozy Mysteries: Mystery on the Job . . . . . **pg. 5**
- Digital Couponing – Online Grocery Shopping . . . . . **pg. 17**
- How to be Smarter than your Smartphone . . . . . **pg. 18**
- Keep Your Immune System on Track – The Tasty Way . . . . . **pg. 32**
- Right to Vote - Centennial of Women’s Suffrage . . . . . **pg. 12**
- The Lady Major and the War Governor: The Politics of a Civil War Sex Scandal . . **pg. 15**
- Wild West/Mild West: Comparing Frontier Mythology, Gun Culture and Gun Laws . . **pg. 16**



Bring a Friend, have a discussion, be a partner, a motivator and a carpooler. Register Today!

# Arts & Entertainment

## Art

### Artistic Junk Journal Workshop

*Jill Render*

Have you ever been at an art fair and seen those wonderful handmade artist journals bursting with creativity and colorful expressiveness and felt that you would love to make your own but don't know how to begin? Are you an artist or scrap booker who has been making these wonderful books for a while and would love to show and share what you've learned with other creative souls? Please join in on our fun play day of making Art Junk Journals! Instructor will provide a bountiful array of supply ideas, materials to share, tips and tricks for various binding styles, and where to find the best artistic junk. Bring any supplies you would like to use or share. Bring scissors, glue sticks, ribbon, yarns, lace, paper ephemera such as old greeting cards, notepads, envelopes, wallpaper samples, doilies, playing cards, etc. **Class fee includes:** book covers, bindings, colorful paper stuff and pages to get you started.

#### 301 Washington Park Center

Friday Nov 15 1:00–3:00

Fee: \$35

### Beginner Knitting: Keyhole Scarf

*Kathy Drewes*

A simple scarf for beginners that takes less than half a skein and is great practice for the basics! Come join us for a fun and informative class on knitting. This is just in time for the cooler weather and gifts for the holidays.

**>>NOTE:** A \$12 supply fee is due to the instructor on the first day of class.

#### 220 Jordan YMCA

Tuesday Oct 15–Oct 29 1:00–3:00

Fee: \$30 3 sessions

### Secrets of Drawing

*Jill Render*

This drawing class will focus on skill building to help each person draw more realistically from still life to faces. There is also an important side of art tied to self-expression which will help each artist show their unique style. Topics covered include: Knowing vs. Seeing, Positive Inner Voice, Training the hand with daily exercises.

**>>NOTE:** Supply list will be handed out on the first day of class. Simply bring a #2 pencil if you are a beginner. If you are an experienced artist, please bring your tool kit and share your knowledge with your fellow artists!

#### 101 Broad Ripple-Flanner Buchanan

Wednesday Oct 9–30 10:00–12:00

Fee: \$64 4 sessions



### Watercolor

*Jo Belmont*

During this class we will build on techniques and explore painting a variety of subject matter as well as color mixing and developing color charts. Class will also include discussion of composition as well as the elements and principles of design. We will work toward developing a finished painting by the end of the course.

**>>NOTE:** Supply list will be included on your confirmation letter upon registration for this class.

#### 302 Washington Park Center

Tuesday Oct 22–Dec 3 1:00–3:00

No class 11/5

Fee: \$96 6 sessions

## MUSIC

### Oasis Orchestra

*Shannon Crow*

Share the joy of playing your musical instrument with other Oasis members. The orchestra is designed to accommodate musicians of varying skills. Each session includes instruction, individual and group coaching, ranging from music theory to professional performance.

**New musicians welcome!**

#### **308 Washington Park Center**

Monday Sep 30–Nov 4 10:30–12:00

No class 10/14

Fee: \$45 5 sessions

#### **309 Washington Park Center**

Monday Nov 11–Dec 9 10:30–12:00

Fee: \$45 5 sessions

### Oasis Orchestra Presents – Holiday Concert and Food Drive

*Shannon Crow*

'Tis the season'! Enjoy a holiday concert showcasing our own Oasis Orchestra. And, in the spirit of giving, bring a canned food item to donate to a local food bank.

**>>NOTE:** Open to the community – no registration fee required for the class.

#### **310 Washington Park Center**

Monday Dec 9 11:00–12:00

### 'Whatta Laugh'

*David McDaniel*

Songs to tickle your funny bone presented by David and Sara McDaniel of the Indiana State Museum.

#### **464 Washington Park Center**

Tuesday Oct 8 1:00–2:00

Fee: \$10

#### **664 Indianapolis Healthplex**

Monday Oct 14 1:00–2:00

Fee: \$10

## Ticketed Events

### Epilogue Players Present

#### Over the River and Through the Woods by Joe DiPietro

A comedy directed by Brent Wooldridge. Nick joins his beloved, but annoying, grandparents for their traditional Sunday dinner to tell them the job he's been waiting for would take him across the country. Thus begins a series of schemes by the four grandparents to keep Nick around.

*Last Date of Sales: Oct 28, 2019*

#### **1 Hedback Corner**

Friday Nov 22 7:30

Fee: \$13

#### **2 Hedback Corner**

Sunday Nov 24 2:00

Fee: \$13

**Give the gift that will keep giving  
all throughout the year.**

**A gift certificate to Oasis** opens the door of opportunity to new friends, new adventures and so much more!

For more information call **317-396-3751**.





# Heartland Film Festival



## Be inspired through the transformative power of film.



Heartland Film brings the world to Indianapolis each October. During the 10-day Heartland International Film Festival participants enjoy screenings of independent films from around the globe and the unique opportunity to interact with more than 100 filmmakers whose art engages, educates and inspires.

Oasis and Heartland Film is pleased to present two informative and fun opportunities to experience Heartland International Film Festival. By joining us for these Oasis exclusive events, you will have the ability to secure advance passes for the Festival to avoid crowds at the box office and an exclusive discount code that enables you to secure discounted tickets during the entire film festival.

### How To Film Fest – Heartland Film Festival

#### *Heartland Film Festival*

Join Oasis and Heartland Film for an exclusive event. This “How To” will include a lunch reception at Heartland Film’s Frank Basile Theatre in Historic Fountain Square. Learn “how to manage and experience an international film festival” and short-cuts will be shared as to how to decide which films to see and what events are a must to attend. You will sample a featured length film that will premiere during the film festival in October. Now you will know what to expect and “How To Film Fest.”

#### **1307 Heartland Film Frank Basile Theatre**

Wednesday Oct 2 11:00–2:00

Fee: \$37

### Filmmakers’ Brunch & Award Presentations

#### *Craig Prater*

Join Oasis and Heartland Film for an award winning experience! Our reserved table awaits with our host joining us at the table. Enjoy lunch with the filmmakers, VIPs from the films, sponsors and the media. Be a part of the award ceremony where filmmakers will be presented with prestigious awards and prize money.

#### **1306 Newfields Tobias Theatre**

Saturday Oct 19 12:00

Fee: \$48

Wrap up the festival  
coming full circle  
by enjoying  
**both events**  
and SAVE!

#### **1300 Fee: \$80**

This registers you for **both:**  
How To Film Fest **and**  
Filmmakers’ Brunch & Award  
Presentations.



## From our friends at Westminster Village North

### The Arts at Oasis – Storytelling Arts

Join Oasis for two special events featuring Storytellers Kim McCann and Jennifer Munro. In partnership with Storytelling Arts receive discounted tickets EXCLUSIVE to Oasis members. Enjoy meet and greet the storyteller receptions sponsored in part by Westminster Village North.



#### Gin Girl

*Told by Kim McCann*



Kim believes that 'we are all base spirits, infused over time by people, experiences, and the places that intoxicate us the most.' Her story is from her childhood days spent in Michigan's Upper Peninsula

mostly with her Great Aunt Juddie in her flamboyantly decorated double-wide trailer. These are the stories, characters, and influence that deserved to be served, preserved, and shared. Kim is a full-time historical interpreter and program developer at Conner Prairie. Among her honors, she won the first-ever and second Indy Story Slam in September and October 2018. As winner she opened for Vicky Juditz on the stage at the Eugene and Marilyn Glick Indiana History Center and she opened for Ghost Stories at Crown Hill Cemetery. Join us for a reception following the performance. Cash bar will be available.

*Last Date of Sales: Oct 13, 2019*

#### **35 Indiana History Center**

Sunday Nov 3 4:00

Fee: \$10

*Sponsored by Frank and Katrina Basile and Westminster Village North in Partnership with Oasis.*

#### 'Aunt Lily: and other delightfully pervers'

*Told by Jennifer Munro.*

Munro's stories were born five decades ago in a small English village where children were seen and not heard, fathers were wacky, neighbors were snoopy, and maiden aunts were beautifully crafted artifices. Her original stories dolloped with characters reminiscent of those from her childhood, telling of domestic shenanigans and outings gone revealingly awry are written with meticulous timing. Rich in details about the frailty and strength of the human spirit, her stories resonate with the truth of what it means to be human. As a child growing up in a large working-class family in the industrial Midlands in England, Munro fell in love with the spoken word. Every Sunday, a cast of rogues, ne'er-do-wells, raconteurs, and heroes gathered around the family's old wooden table to tell stories, share secrets, and gossip. Their tales are the inspiration for Munro's extensive repertoire of stories. A reception with cash bar is included.

*Last Date of Sales: Nov 18, 2019*

#### **34 Indiana History Center**

Saturday Dec 14 7:00

Fee: \$10

*Intermission Reception Sponsored by Westminster Village North in Partnership with Oasis.*

# NEW partnership • location • classes

Oasis is excited to announce classes at this new location – Indianapolis Healthplex.

We are collaborating this fall with new community partners and expanding our programs. Discover a focus on arts and humanities and MORE. We are energized as we think about all the ways we will learn, grow and connect. Register for classes today!



## West

### Indianapolis Healthplex

3660 Guion Rd  
Indianapolis, IN 46222



Armchair Travel: Mount Rainier and the Olympic Peninsula . . . . . **pg. 7**

Cozy Mysteries: Mystery on the Job . . . . . **pg. 5**

Lunch and Learn: In 48 Hours – 150 Questions to Answer . . . . . **pg. 10**

The Right Move at The Right Time. . . . . **pg. 14**

‘Whatta Laugh’. . . . . **pg. 22**

Beginning Line Dance. . . . . **pg. 27**

Gentle Chair Yoga . . . . . **pg. 28**

Strength, Balance and Flexibility . . . . . **pg. 29**

Tai Chi for Balance and Fall Prevention . . . . . **pg. 30**

Yoga . . . . . **pg. 30**

Hearing And Health: How Are They Connected? . . . . . **pg. 31**

Keep Your Immune System on Track – The Tasty Way . . . . . **pg. 32**

Oh My Aching Joints! Arthritis and You . . . . . **pg. 32**

Medicare: Ask the Expert . . . . . **pg. 11**

Ageing Mastery Program . . . . . **pg. 14**

The Doctor Is In: That Naggig Cough . . . . . **pg. 33**

Senior Technology: Navigating Through Today’s Popular Smartphone . . . . . **pg. 19**

Senior Technology: Tech One-on-One. . . **pg. 19**



Bring a Friend, have a discussion, be a partner, a motivator and a carpooler. Register Today!

# Oasis Volunteer Opportunities

## Opportunities for you to Get Involved in Your Community

No matter what your skills or interests, Oasis has a volunteer opportunity for you. Engage others by volunteering for Oasis and you will enrich yourself!

### Locations

North Central	West
East	South



### Volunteers needed for

Community Outreach  
Computer Data Entry  
Desk/administrative  
Program Development

### Volunteer Orientation

Join Oasis to learn more about volunteer opportunities. **Please contact Angela Pellman at 317-396-3751 to schedule an orientation.**

## Matter of Balance

This award-winning program reduces the fear of falling and increases activity level.

The program utilizes volunteer coaches to teach the eight two-hour sessions. Learn more about this program and how to become a volunteer coach and or volunteer for behind-the-scenes support.



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Call Kirsten Fredericks at 317-396-3751 or email [kfredericks@oasisnet.org](mailto:kfredericks@oasisnet.org)**

## Aging Mastery Program (AMP)

The program utilizes volunteer facilitators for meeting discussion as well as administrative support in managing data and data entry. Learn more about this program and how to become an AMP volunteer.

**Call Curtis McManus at 317-396-3751 or email [cmacrph@gmail.com](mailto:cmacrph@gmail.com)**



**Aging  
Mastery  
Program®**

*National Council on Aging*

# Exercise & Wellness

## DANCE

### Beginning Line Dance

*Bonnie Lawrence*

In this class, you will have fun and get exercise while learning how to move with ease and charm.

#### **802 Baxter YMCA**

Tuesday Sep 24–Oct 29 1:00–2:00  
Fee: \$48 6 sessions

#### **803 Baxter YMCA**

No class 11/26  
Tuesday Nov 12–Dec 17 1:00–2:00  
Fee: \$40 5 sessions

#### **524 Indianapolis Healthplex**

Thursday Sep 26–Oct 31 11:00–12:00  
Fee: \$48 6 sessions

#### **525 Indianapolis Healthplex**

Thursday Nov 14–Dec 19 11:00–12:00  
No class 11/28  
Fee: \$40 5 sessions

### Presenting Tap 'Time Steppers'

*Carol Snider, Libby Gibson*

Focus will be on performance and grace as we polish routines to a shine. Must have basic knowledge of dance.

#### **426 Washington Park Center**

Wednesday Sep 25–Nov 6 4:30–6:00  
Fee: \$49 7 sessions

#### **427 Washington Park Center**

Wednesday Nov 13–Dec 18 4:30–6:00  
Fee: \$42 6 sessions

### Wanna Dance?

*Maria Wasnidge*

Enjoy a variety of genres of music throughout the decades to keep you moving! Fun, low-impact exercise with simple dance moves.

#### **326 Washington Park Center**

Tuesday Oct 1–Oct 29 11:15–12:00  
Fee: \$35 5 sessions

## EXERCISE

### Band Strength and Tone

*NIFS Instructor*

Use the resistance bands you've seen in physical therapy to strengthen and tone your muscles. A total body workout with both standing and seated options. Please bring a mat and if you have a resistance band at home please bring it along too!

#### **328 Washington Park Center**

Thursday Sep 26–Oct 31 11:15–12:00  
Fee: \$42 6 sessions

#### **329 Washington Park Center**

Thursday Nov 7–Dec 19 11:15–12:00  
No class 11/28  
Fee: \$42 6 sessions

### Beginning Exercise For All Levels

*NIFS Instructor*

All-around body workout for the beginner or those wanting to have a lower intensity workout. Chairs available.

#### **131 Broad Ripple-Flanner Buchanan**

Monday Sep 23–Nov 4 11:00–11:45  
Fee: \$49 7 sessions

#### **132 Broad Ripple-Flanner Buchanan**

Monday Nov 11–Dec 16 11:00–11:45  
Fee: \$42 6 sessions

## Building Bones – Osteoporosis, Exercise and Education

*NIFS Instructor*

Weight-bearing exercises working the total body using bands and weights. Chair assisted.

### **734 First Baptist Church Greenwood**

Tuesday Sep 24–Oct 29 10:30–11:30

Fee: \$42 6 sessions

### **735 First Baptist Church Greenwood**

Tuesday Nov 12–Dec 17 10:30–11:30

Fee: \$42 6 sessions

## Cardio Motown

*NIFS Instructor*

Low impact aerobics class that will use the fun and inspiring Motown beats.

### **147 Indy Parks-Broad Ripple Family Center**

Wednesday Sep 25–Nov 6 12:00–12:45

Fee: \$49 7 sessions

### **148 Indy Parks-Broad Ripple Family Center**

Wednesday Nov 13–Dec 18 12:00–12:45

Fee: \$42 6 sessions

## Chair Pilates

*Theresa Lynn-Combs*

A great workout to promote balance and good posture. This class is either seated in a chair or standing.

### **150 Broad Ripple-Flanner Buchanan**

Thursday Sep 26–Oct 24 11:00–12:00

Fee: \$35 5 sessions

### **151 Broad Ripple-Flanner Buchanan**

Thursday Nov 7–Dec 19 11:00–12:00

No class 11/28

Fee: \$42 6 sessions

## Chair Pilates

*NIFS Instructor*

### **350 Washington Park Center**

Monday Sep 23–Nov 4 9:15–10:00

Fee: \$49 7 sessions

### **351 Washington Park Center**

Monday Nov 11–Dec 16 9:15–10:00

Fee: \$42 6 sessions

### **750 First Baptist Church Greenwood**

Thursday Sep 26–Oct 31 10:45–11:45

Fee: \$42 6 sessions

### **751 First Baptist Church Greenwood**

Thursday Nov 7–Dec 19 10:45–11:45

No class 11/28

Fee: \$42 6 sessions

## Complete Body Workout

*Carole Pefley*

Solid workout that focuses on cardio, core, weights and flexibility. Exercise at your own pace or at an intermediate level. Bring weights to class.

### **753 First Baptist Church Greenwood**

Thursday Sep 26–Oct 31 1:00–2:00

Fee: \$42 6 sessions

### **754 First Baptist Church Greenwood**

Thursday Nov 7–Dec 19 1:00–2:00

No class 11/28

Fee: \$42 6 sessions

## Gentle Chair Yoga

*NIFS Instructor*

This class allows individuals to experience the healing benefits of yoga while sitting in a chair.

### **359 Washington Park Center**

Thursday Sep 26–Oct 31 12:15–1:00

Fee: \$42 6 sessions

### **360 Washington Park Center**

Thursday Nov 7–Dec 19 12:15–1:00

No class 11/28

Fee: \$42 6 sessions

### **559 Indianapolis Healthplex**

Wednesday Sep 25–Nov 6 10:45–11:30

Fee: \$49 7 sessions

### **560 Indianapolis Healthplex**

Wednesday Nov 13–Dec 18 10:45–11:30

Fee: \$42 6 sessions

## Let's Move 20/20/20

NIFS Instructor

This beginning exercise features twenty minutes each: cardio, strength training, balance/flexibility. Chair options available.

### 362 Washington Park Center

Tuesday Sep 24–Oct 29 10:00–11:00

Fee: \$42 6 sessions

### 363 Washington Park Center

Tuesday Nov 12–Dec 17 10:00–11:00

Fee: \$42 6 sessions

## Muscle Toning

Theresa Lynn-Combs, NIFS Instructor

Improve your balance, posture, flexibility and strength. Optional: Bring hand weights.

### 168 Indy Parks-Broad Ripple Family Center

Wednesday Sep 25–Oct 23 11:00–11:45

Fee: \$35 5 sessions

### 169 Indy Parks-Broad Ripple Family Center

Wednesday Nov 13–Dec 18 11:00–11:45

Fee: \$42 6 sessions

## Posture, Balance and Strength

NIFS Instructor

This workout is a series of body weight and resistance band exercises to strengthen your core, increase flexibility and promote good balance and posture. Emphasis on spinal and pelvic alignment, breathing to relieve stress and oxygen flow to muscles. This workout includes standing, seated and floor exercises. Please bring a mat. Chair options available.

### 371 Washington Park Center

Thursday Sep 26–Nov 7 10:00–11:00

Fee: \$49 7 sessions

### 372 Washington Park Center

Thursday Nov 14–Dec 19 10:00–11:00

No class 11/28

Fee: \$35 5 sessions

## Strength, Balance and Flexibility

Theresa Lynn-Combs

Exercises to increase balance, agility, flexibility, coordination and improve posture and body awareness. Resistance bands and body weights (bring light weights 3–8 lbs). This class will not move to the floor.

### 171 Broad Ripple-Flanner Buchanan

Monday Sep 23–Oct 21 1:30–2:30

Fee: \$35 5 sessions

### 172 Broad Ripple-Flanner Buchanan

Monday Nov 11–Dec 16 1:30–2:30

Fee: \$42 6 sessions

## Strength, Balance and Flexibility

NIFS Instructor

### 581 Indianapolis Healthplex

Wednesday Sep 25–Nov 6 9:30–10:30

Fee: \$49 7 sessions

### 582 Indianapolis Healthplex

Wednesday Nov 13–Dec 18 9:30–10:30

Fee: \$42 6 sessions



### Hearing And Health: How Are They Connected?

Valerie Dempsey will explain how our hearing functions, affects our lives and health, and the latest technological options to address hearing loss.

See page 31.



99 West Main Street, Greenwood, Indiana 46142  
317.881.3064 [www.firstbaptistgreenwood.org](http://www.firstbaptistgreenwood.org)

Proud to Support Lifelong Learning.  
Your Greenwood Oasis Program Location

## Yoga

*Kim Allen, NIFS Instructor*

Stretching exercises, relaxation, and conscious breathing techniques to build strength, energy and vitality. Bring a mat or blanket.

### 193 Broad Ripple-Flanner Buchanan

Monday Sep 23–Nov 4 12:00–1:15

No class 10/21

Fee: \$48 6 sessions

### 194 Broad Ripple-Flanner Buchanan

Monday Nov 11–Dec 16 12:00–1:15

Fee: \$48 6 sessions

### 593 Indianapolis Healthplex

Tuesday Sep 24–Oct 29 11:00–12:15

No class 10/22

Fee: \$40 5 sessions

### 594 Indianapolis Healthplex

Tuesday Nov 12–Dec 17 11:00–12:15

Fee: \$48 6 sessions

## Tai Chi for Balance and Fall Prevention

*Carolyn Meeker, Board-Certified Tai Chi Instructor*

Tai Chi, an ancient Chinese tradition, is practiced as a graceful form of exercise. Learn a routine developed by Dr. Paul Lam, Tai Chi for Health Institute, which utilizes a series of slow, focused movements and deep breathing to relieve pain, reduce stress and decrease fall risk while improving balance, muscular strength, coordination, confidence and mood. This class is taught by a Tai Chi Instructor, who is board certified by the Tai Chi for Health Institute.

### 187 Indy Parks-Broad Ripple Family Center

Wednesday Sep 25–Nov 6 9:30–10:30

No class 10/23

Fee: \$48 6 sessions

### 188 Indy Parks-Broad Ripple Family Center

Wednesday Nov 13–Dec 18 9:30–10:30

Fee: \$48 6 sessions

### 387 Washington Park Center

Monday Sep 23–Nov 4 1:00–2:00

No class 10/21

Fee: \$48 6 sessions

### 388 Washington Park Center

Monday Nov 11–Dec 9 1:00–2:00

Fee: \$40 5 sessions

### 587 Indianapolis Healthplex

Wednesday Sep 25–Oct 30 1:00–2:00

No class 10/23

Fee: \$40 5 sessions

### 588 Indianapolis Healthplex

Wednesday Nov 6–Dec 11 1:00–2:00

No class 11/27

Fee: \$40 5 sessions

## WELLNESS

### Aging Well, Staying Younger, Smarter and Fit

*Rodney Rhoades*

New studies are proving how powerful the mind-body-spirit connection is in our wellbeing as we get older. One of the secrets, as you get older, is to maintain a balance between all three. Come and discuss the science behind these new ideas from an emotional, mental, and spiritual perspective.



*Dr. Rodney Rhoades is retired and is Professor Emeritus, Indiana University School of Medicine. He was, until his retirement, department chair of Cellular and Integrative Physiology. He has spent over thirty-five years in medical research and medical education. He has published numerous research papers and physiological reviews. Most recently he authored "Aging Well: Staying Younger, Smarter and Fit" (2018). Book available with proceeds to Oasis.*

### 238 Broad Ripple-Flanner Buchanan

Thursday Nov 14 1:00–2:00

Free

### 438 Washington Park Center

Thursday Dec 5 1:00–2:00

Free



## Matter of Balance

Kirsten Fredericks

Are you concerned about falls? Interested in improving your balance, flexibility and strength? Then this class is for you. Attend this award-winning program designed to manage falls and increase activity levels. Learn to view falls as controllable, set goals for increasing activity and make changes to reduce fall risks at home. Practice simple exercises in class and continue on your own to increase strength and balance. ***This class is supported by CICOA Aging & In-Home Solutions.***

### 1241 Nourish Wellness

Tuesday Oct 22–Dec 17 12:30–2:30

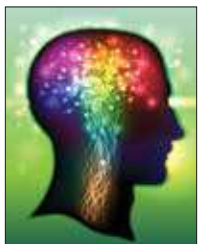
Free 8 sessions



MANAGING CONCERNS ABOUT FALLS

## Brain Health: Improve Mood and Cognitive Thinking

Lori Petrie, RD



Learn how to improve mood and cognitive thinking; prevent or delay dementia and reduce the risk of Alzheimer's disease with the MIND (Mediterranean Intervention for Neurodegenerative Delay) Diet. This class will review what to eat and

what to avoid for optimal brain health.

### 231 Broad Ripple-Flanner Buchanan

Thursday Oct 24 1:00–2:00

Free

## Brain Healthy Cooking

Chef Tom

Hear Chef Tom and Ashley Bryan discuss how the food you eat can affect cognitive decline. Enjoy tasty samples of healthy brain boosting foods. ***This class is sponsored by Westminster Village North.***

### 1234 Westminster Village North

Wednesday Oct 23 2:00–3:00

Free

## Hearing And Health: How Are They Connected?

Valerie L. Dempsey, BC-HIS

Do you know how you hear? Do you know how often you should have a hearing examination? Did you know that there are links between your hearing and dementia, diabetes, kidney disease, cardiovascular disease, depression and so much more? If you don't know the answers to these questions, sign up for this class taught by second-generation hearing instrument specialist, Valerie Dempsey. She will explain how our hearing functions, affects our lives and health, and the latest technological options to address hearing loss.

**>>NOTE:** Hearing screenings will also be provided.

### 233 Broad Ripple-Flanner Buchanan

Thursday Oct 3 1:00–2:30

Free

### 433 Washington Park Center

Thursday Oct 10 1:00–2:30

Free

### 633 Indianapolis Healthplex

Tuesday Oct 29 1:00–2:30

Free

### 833 First Baptist Church Greenwood

Tuesday Nov 12 1:00–2:30

Free

## Keep Your Immune System on Track – The Tasty Way

Deb McClure-Smith

Did you know that the food you eat can have a positive effect on your immune system and help defend you from all those germs out there? In this class Deb will prepare and serve three recipes that are full of ingredients to keep your immune system on track. Be prepared for the coming of colder weather and the onset of flu and cold season. As always, there will be lots of great tips and time for questions.

### 226 Jordan YMCA

Thursday Oct 10 1:00–2:30

Fee: \$18

### 432 Washington Park Center

Tuesday Oct 15 1:00–2:30

Fee: \$18

### 632 Indianapolis Healthplex

Wednesday Oct 23 1:00–2:30

Fee: \$18

## Lunch and Learn: Vaccines

Dr. Leslie Hodge

### Whooping Cough, Measles and Mumps: So You Thought These Were Eradicated?

Join us for a frank discussion about whether or not vaccines are causing a range of long-term medical conditions. We will explore both sides of the argument. **Lunch is provided by Traditions at Solana. This class is sponsored by Traditions Management.**

*Leslie Hodge, PharmD, RPh received her Doctor of Pharmacy Degree (PharmD) from Purdue University. She is also certified by the American Pharmacists Association (APhA) in Pharmacy-Based Immunization Delivery and in Delivering Medication Therapy Management Services.*

### 1240 Traditions at Solana

Thursday Oct 17 12:30–2:00

Free



## No Place Like Home

Dorothy Suther

*“Click your heels together three times and say ‘there’s no place like home’ and you’ll be there.”*

Staying at home doesn’t prevent seniors from accessing the resources they need, including: skilled nurse care, medication delivery, dog walking, home maintenance and upkeep, cleaning, meal preparation, driving services and more! Join a panel discussion and learn more about these resources in our community. Our panel includes experts from CICOA, Meals on Wheels and Still Waters Adult Day Center.

**>>NOTE:** Open to the community – no registration fee required for this class. Pre-registration is required.

### 236 Broad Ripple-Flanner Buchanan

Thursday Oct 17 1:00–2:00

Free

### 436 Washington Park Center

Thursday Oct 10 1:30–2:30

Free

## Oh My Aching Joints! Arthritis and You

Lori Petrie, RD

Learn more about the anti-inflammatory foods that can help reduce inflammation and pain. Although there is no diet cure for arthritis, certain foods have been shown to fight inflammation, strengthen bones and boost the immune system. In this class the presenter will cover the following: effects of body weight on joint pain and inflammation; foods that inflame joints and increase pain; anti-inflammatory foods, herbs and supplements.

### 637 Indianapolis Healthplex

Tuesday Nov 12 1:00–2:00

Free

## The Doctor is In

### How Do I Get My Protein in a Plant-based Diet?"

*Ann C. Collins, M.D.*

Dr. Collins will review the health benefits and coach attendees about how to get adequate protein, iron and other trace nutrients in a plant-strong diet. It's easy! Attendees will leave confident to become plant-strong at home!

#### **1242 Nourish Wellness**

Tuesday Oct 29 12:30–2:00

Free



*Dr. Ann Collins is the founder of Nourish Wellness, a dynamic integrative healthcare center which combines family medicine, a yoga studio, organic garden, and teaching kitchen to support community well-being. Board certified in both Family Medicine*

*and Integrative Holistic Medicine and a teacher of yoga, meditation and plant based whole food nutrition, Dr. Collins serves patients of all ages in their journey to vibrant health.*

### Health Maintenance – Time for Your Routine Check

*Suresh Seshan, M.D.*

Home, car and health maintenance? As we get older we may find our immune system begins to deteriorate. Join Dr. Seshan and discuss the importance and timing of immunizations and screening tests. Learn the latest medical updates and achieve your own health maintenance goals. It's time for your check-up.

#### **439 Washington Park Center**

Tuesday Nov 12 2:00–3:00

Free



*Dr. Seshan received his MD degree at Wayne State University School of Medicine and completed his residency in internal medicine at William Beaumont Health System in Royal Oak, Michigan. In addition, Dr. Seshan is board certified in*

*internal medicine from the American Board of Internal Medicine. His professional interests are in preventative medicine.*

### That Nagging Cough

*Michael F. Busk, M.D.*

Cough is the #1 diagnosis by lung specialists. Understanding the variety of reasons why people cough is crucial to treating the disease properly. Dr. Busk will discuss the important National Institutes of Health research that is being done on cough and the many reasons why people have a chronic cough. Following the presentation enjoy lunch courtesy of Indianapolis Healthplex.

#### **634 Indianapolis Healthplex**

Friday Oct 4 10:00–11:00

Free



*Dr. Michael Busk is system executive and medical director of the St. Vincent Health, Wellness and Preventive Care Institute. Dr. Busk cares for individual and corporate clients by assessing their current health risks and providing disease prevention,*

*education, detection, treatment and disease management. He directs the St. Vincent Executive Health Center and the St. Vincent Worksite Health and Wellness Centers. He also serves as principal investigator and director of the St. Vincent American Lung Association–Airway Clinical Research Center.*

# Day Tour

## The Jewel of Sugar Creek and Montgomery County

Please join Oasis for this extraordinary day tour! We'll enjoy exclusive opportunities to explore and learn more of our Hoosier history and be invited guests into private homes with our accompanied guests, Tommy Kleckner and Ronald Morris.

Join Oasis as we drive west to Montgomery County. Board our deluxe motor coach and enjoy a short drive to Crawfordsville where the highlight of our day will include the exploration of history through behind the scenes tours of private properties.

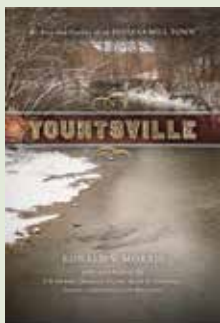


This uniquely exclusive outing will begin with a visit to the General Lew Wallace Study & Museum and the Lane Place Antebellum Mansion. You may be familiar with the iconic 1959 Academy Award®-winning motion picture starring Charlton Heston, "Ben-Hur." Hoosier Lew Wallace penned this epic religious novel

"Ben-Hur: A Tale of the Christ" (1880), which gained him his highest accolades and cemented his reputation in literary history on this very site. Declared a National Historic Landmark in 1976, we will experience the faithfully preserved General Wallace's personal memorabilia in the Study that he designed and built in 1895. Steps away from the museum we will immerse ourselves in

**Tommy Kleckner** Indiana Landmarks' Western Regional Office Director and historic preservation specialist and **Ronald V. Morris, Ph.D.**

Professor, Department of History, Ball State University and author of "Yountsville – The Rise and Decline of an Indiana Mill Town," will be our special guests and join us through the day providing commentary as we explore.



### >>NOTE:

Yountsville Inn and Mill requires moderate walking to access the Inn and Mill. Private properties may not be handicapped accessible.



**Trip #917**  
**Thursday Oct 17**  
**Fee: \$167**  
**Depart**  
**WP 7:30**  
**GL 8:00**  
**Speedway FB**  
**8:30**  
**Return Indy 6:30**

the history of the Greek-Revival home known as Lane Place built in 1845 by Senator Henry Smith Lane and his wife, Joanna Elston. The home and contents were deeded to Montgomery County Historical Society and after some renovation the home became a museum that preserves and displays furnishings and objects that belonged to the Lanes and the Elston family. Next we will tour and dine at the Crawfordsville Masonic Temple where we will enjoy a catered lunch by Juniper Spoon.

After lunch we will explore The Jewel of Sugar Creek! The Yountsville Mill and Inn. The 1851 Federal style architecture was the boarding house for the women that operated the spinning and loom equipment in the mills. The 1864 Mill is the remaining one of four mills below the Inn. This Greek Revival style building was built to produce wool for the Civil War Union uniforms. Our hosts and owners, Barbara and Alan White, will provide us this exclusive private tour of their property, which is listed on the National Register of Historic Places. See antiques of the period, antique paintings (mostly portraits) and includes White's portraits from years of professional portraiture. The Inn interior is much like a livable antique gallery that also features a collection of spinning wheels, quilts, and coverlets.

The Mill holds a collection of a country store display from the 19th Century.

Let's make one more stop in this historically rich Montgomery County. Tour T.C. Steele's Boyhood Home, also known as the T.C. Steele House. It was the boyhood home of noted Indiana impressionist artist T.C. Steele. This privately owned historic home was built about 1852, and is a 1 1/2-story, three bay, Greek Revival style frame dwelling with a front-gable roof. The house was renovated and enlarged between 1895 and 1902, with recent restoration completed in 2014. The home now operates as a privately owned retreat for artists and



historic preservationists and is listed on the National Register of Historic Places. Before heading home our host will treat Oasis to a lovely reception.

Make a difference in a child's life...

**become an Oasis tutor!**



Discover how volunteering as a tutor for one hour per week can help to build a student's self-esteem and foster a love for reading.

**One tutor, one child, two lives forever changed...**

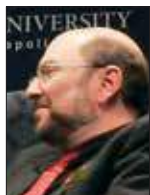
Sign up online at [oasisnet.org/tutoring](http://oasisnet.org/tutoring)  
or by calling Oasis at 317-396-3751.



Day Tour

# Meet the Presenters

Read their bios and get to know some of your Oasis presenters being featured in this issue.



*Pierre Atlas is a Professor of Political Science and Director of The Richard G. Lugar Franciscan Center for Global Studies at Marian University, and he writes a monthly opinion column for the Indianapolis Business Journal.*



*Dr. Michael Busk is system executive and medical director of the St. Vincent Health, Wellness and Preventive Care Institute. Dr. Busk cares for individual and corporate clients by assessing their current health risks and providing disease prevention, education, detection, treatment and disease*

*management. He directs the St. Vincent Executive Health Center and the St. Vincent Worksite Health and Wellness Centers. He also serves as principal investigator and director of the St. Vincent American Lung Association–Airway Clinical Research Center.*



*Dr. Ann Collins is the founder of Nourish Wellness, a dynamic integrative healthcare center which combines family medicine, a yoga studio, organic garden, and teaching kitchen to support community well-being. Board certified in both Family Medicine and Integrative Holistic Medicine and a teacher*

*of yoga, meditation and plant based whole food nutrition, Dr. Collins serves patients of all ages in their journey to vibrant health.*



*Dr. Fuller's primary research interest is 19th century America, especially the Civil War, Southern history, Indiana history, and Evangelical Protestant Christianity. Professor of History, University of Indianapolis*



*Leslie Hodge, PharmD, RPh received her Doctor of Pharmacy Degree (PharmD) from Purdue University. She is also certified by the American Pharmacists Association (APhA) in Pharmacy-Based Immunization Delivery and in Delivering Medication Therapy Management Services.*



*Lori Petrie, RD is a graduate of The Ohio State University and the Baylor University Dietetic Internship. She has been a registered dietitian since 1991 and for the past seventeen years has been the outpatient dietitian at St. Vincent Hospital.*

*Lori provides nutritional counseling for a variety of issues including weight management, sports nutrition, pregnancy, eating disorders, heart health, diabetes, digestive disorders, celiac disease, food allergies and vegetarian diets. Lori serves as the nutritional advisor to the Gluten-Free Indy Group and often speaks to schools, corporations and community groups about the benefits of good nutrition.*



*Dr. Rodney Rhoades is retired and is Professor Emeritus, Indiana University School of Medicine. He was, until his retirement, department chair of Cellular and Integrative Physiology. He has spent over thirty-five years in medical research and medical education. He has published*

*numerous research papers and physiological reviews. Most recently he authored "Aging Well: Staying Younger, Smarter and Fit" (2018). Book available with proceeds to Oasis.*



*Dr. Seshan received his MD degree at Wayne State University School of Medicine and completed his residency in internal medicine at William Beaumont Health System in Royal Oak, Michigan. In addition, Dr. Seshan is board certified in internal medicine from the American Board of*

*Internal Medicine. His professional interests are in preventative medicine.*



*Elaine Voci is the author of eight inspirational books, a life coach, and hosts quarterly Death Cafes in her community. She is a member of the International Women's Writing Guild and has been named in 2018 and 2019 one of the Top Best Life Coaches in Indianapolis by Expertise.com.*

# Oasis Off-site Locations

**Arthur R. Baxter YMCA**  
10800 E. Washington Street  
Indianapolis 46229

**Crestwood Village South**  
8809 S. Madison Avenue  
Indianapolis 46227

**Faye Biccard Glick Center**  
2990 W. 71st Street  
Indianapolis 46268

**Benjamin Harrison YMCA**  
5736 Lee Road  
Indianapolis 46216

**Heartland Film**  
1043 Virginia Ave #2,  
Indianapolis 46203

**Indiana Landmarks Center**  
1201 Central Ave.  
Indianapolis 46202

**Indianapolis Motor  
Speedway**  
4750 W. 16th Street  
Indianapolis 46222

**International  
Marketplace**  
3919 Lafayette Road  
Ste. 393  
Indianapolis 46254

**John's Famous Stew**  
1146 Kentucky Avenue  
Indianapolis 46221

**Arthur Jordan YMCA**  
8400 Westfield Blvd.  
Indianapolis 46240

**Koorsen Fire Museum**  
2829 N. Webster Avenue  
Indianapolis 46219

**Landmarks Theatre**  
Keystone Crossing  
Indianapolis 46240

**Morris Butler House**  
1204 N. Park Avenue  
Indianapolis 46202

**Newfields Tobias  
Theatre**  
4000 N. Michigan Road  
Indianapolis 46208

**Nourish Wellness**  
826 W. 64th Street  
Indianapolis 46260

**Red Line Station**  
6291 N. College Avenue  
Indianapolis 46240

**Rick's Kitchen**  
11850 Allisonville Road  
Fishers 46038

**The Cottage at the  
Balmoral House**  
10101 Hamilton Hills  
Ste. 10  
Fishers 46038

**The Tube Factory  
Artspace**  
1125 Cruft Street  
Indianapolis 46203

**Traditions at Brookside**  
6311 W. CR 900 N.  
McCordsville 46055

**Traditions at  
North Willow**  
1703 W. 86th Street  
Indianapolis 46260

**Traditions at Reagan Park**  
1176 Kingwood Drive  
Avon 46123

**Traditions at Solana**  
7721 Battery Pointe Way  
Indianapolis 46240

**Westminster Village North**  
11050 Presbyterian Drive  
Indianapolis 46236

**Woodland Terrace Carmel**  
689 ProMed Lane  
Carmel 46032



## Oasis Membership Application

Date \_\_\_\_\_

Name: Mr. Mrs. Ms. \_\_\_\_\_  
FIRST MIDDLE LAST

Home Address \_\_\_\_\_  
STREET

\_\_\_\_\_ CITY STATE ZIP

Telephone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Birthdate \_\_\_\_\_  Male  Female

Health Insurance Company \_\_\_\_\_

Primary Care Physician \_\_\_\_\_

Hospital of choice \_\_\_\_\_

Person to contact in case of an emergency \_\_\_\_\_

\_\_\_\_\_ ADDRESS TELEPHONE

### Marital Status

- Single
- Live-in
- Married
- Widowed
- Divorced
- If married, is your spouse a member?
- Yes  No

### Race

- American Indian or Alaska Native
- Black or African-American
- Native Hawaiian or other Pacific Islander
- Asian
- Hispanic or Latino
- White

### Education

- Some High School
- High School Graduate or GED
- Some College
- College Graduate
- Some Post Graduate Study
- Graduate Degree

### Household Income Level (optional)

- \$0 – 24,999
- \$25,000 – 49,999
- \$50,000 – 99,999
- \$100,000 +

Return completed Oasis membership form to:  
Washington Park Center; 10800 East Washington Street; Indianapolis, IN 46229

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# Mail-in Registration Form – Waiver and Receipt

**Complete this form and mail to:**

Washington Park Center  
10800 E. Washington St.  
Indianapolis, IN 46229

**Mark envelope:**

**Attention: Oasis Mail-in**

Oasis takes your privacy seriously. We do not share or disclose your data (name, email, phone number or other sensitive information) with any third parties.



Please read guidelines on back of form before filling out - **Please Print.**

If you have any questions about registration or filling out the form, visit us on the Internet at [www.OasisIndy.org](http://www.OasisIndy.org) or call us at **317-396-3751**.

I certify that I have read the waiver and release of liability consent form, understand its content, and that I voluntarily sign below indicating my understanding and willingness to participate in this program AT MY OWN RISK.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Check here to opt in and continue to receive Oasis updates by email.

Class/ Trip #	Class/Trip Title	Location	# of Performing Art Tickets	Fee

**There are NO refunds for events and performances. Class fees are nonrefundable unless Oasis cancels the class. See page 1 for details.**

Check



Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_



**Don't Forget...**

- ✓ If using a credit card, include number and expiration date.
- ✓ Send a self-addressed, stamped envelope or current email address.

**Make checks payable to Oasis**

Fees	
Registration Fee	<b>\$15.00</b>
Tax Deductible Donation	
Subtotal	
Less Voucher if applicable	( - )
<b>Total Amount</b>	

## Classes Offered at Oasis/Events/Performances/Trips

(Please complete registration form and remember to include your payment, updated email address and/or self-addressed envelope before mailing.)

### Mail-in Registration Guidelines

1. You must be an Oasis member to register.
2. **Please make a copy of this two-sided form to register for second member or to add classes at a later date.**
3. Mail-in registrations will be processed by date received, prior to the first week of classes and continue to be processed throughout the trimester.
4. Oasis accepts the following forms of payment: Check, VISA, MasterCard and Discover.
5. Attach any vouchers to this form and subtract amount in appropriate area on the front of the form.
6. Sign Oasis Waiver where signature is indicated on front top of this registration form. **Waiver must be signed for registration to be accepted.**
7. This form is an **application for enrollment** and does not guarantee enrollment. If you are placed on the wait list your class fee will be refunded.
8. Registration fee **will not be refunded** for classes cancelled by participants.
9. Confirmation letter will be mailed when you include a self-addressed, stamped envelope or sent via email with a current email address.
10. Mail registration form to **Washington Park Oasis 10800 East Washington Street, Indianapolis IN 46229 - ATTENTION Oasis Mail-in.**
11. Please consider including a tax-deductible Round Up donation to your total fee to help defray instructor fees and program costs. Note your gift in the appropriate area on the front of the form.

### Accident Waiver and Release of Liability

In consideration of allowing my participation in this program, I hereby take this action for myself, my executors, administrators, heirs, next of kin, successors, and assignees and I waive, release, discharge, indemnify and hold harmless Oasis, their directors, officers, employees, volunteers, representatives, and agents, and all other sponsors, supporters, and persons acting for and on behalf of such entities from any and all liability or claim of any nature including, but not limited to, claims of property theft or damage, personal injury, death, or disability from or as a result of my participation in this program.

I certify that I have not been advised by any qualified medical person that I am not physically fit for participation in this program. I further agree that I am participating in this program AT MY OWN RISK.

### Consent To Photograph, Record and/or Illustrate

I consent to photographing, recording and/or illustration of my person for the use of Oasis to print or publish in its own publications or release to the news media.

### Member Conduct and Refund Policy

I understand that the Oasis mailing list may be used by Oasis for educational mailings. I also 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.

I understand that all class fees are nonrefundable unless the vacancy is filled from a wait list. There are no refunds for tickets purchased for events and performances or for the trimester registration fee. Oasis cannot transfer class fees to other classes, members or Oasis centers. See catalog for details.

# Tribute Gifts

We are grateful to those who have marked a significant life occasion by making a tribute donation. Tributes listed include donations made from April 9, 2019 through August 8, 2019.

## In Honor of Mary Dorney

Shirley L. Cohen  
Mrs. Rosemary Cooley  
Ms. Sylvia A. Fromme  
Mrs. Donna J. Gallagher  
Mrs. Edith F. Greiwe  
Eugene L. Hager  
Mrs. Elizabeth R. Haskett  
Mr. & Mrs. Timothy D. Hutson

Mrs. Sandi H. Kaser  
Mr. Josef H. Laposa  
Christina Marie McKee  
Mrs. Joanna E. Parks  
Rick & Angela Pellman  
Judith A. Raybern  
Cheri Schupp  
Virginia L. Steele

Rosetta Stover  
Mrs. Bernice B. White  
Diane Conrad  
David & Kathleen Medved  
Sue A. Thompson  
Mrs. Sandra P. Hobbs  
Glenda Faye Hunsucker

## In Honor of Peggy Jones

Phyllis L. Bucki

## In Memory of Peter Johnson

Lois Sander

## In Memory of Barbara O'Rourke

Sandi Kaser  
Sharon K. Schuller

## In Memory of Elsie Vogel

Marty Schmidgall  
Norma Rasmussen  
Nancy Markland  
Jackie Pierson  
Virginia L. Steele

Dolly Vandrey  
Barbara J. Phillips  
Mr. & Mrs. William L. Dorton

## National News

The Oasis Institute • Fall 2019



If you participate in lifelong learning classes, health and wellness programs or engage in volunteer opportunities with Oasis, you're in good company! Nationwide, Oasis is a resource for thousands of older adults who are looking for ways to keep learning, stay active and healthy and give back. Oasis reaches a broad audience of **more than 250 communities** through **nine education centers** and a national network of **over 700 partners in 23 states**.



### Check out our national impact in 2018:



**32,000**  
adults



**140,000**  
class enrollments



**6,100**  
volunteers



**332,100**  
volunteer hours

Learn more about Oasis national and local impact in our 2018 Annual Report online at [annualreport.oasisnet.org](http://annualreport.oasisnet.org).  
Click on your city to read great stories about what's happening locally!



10800 East Washington Street  
Indianapolis, Indiana 46229

Visit us at: [www.OasisIndy.org](http://www.OasisIndy.org)



[Facebook.com/OasisIndy](https://Facebook.com/OasisIndy)

[Twitter.com/OasisIndy](https://Twitter.com/OasisIndy)

## Internet Safety Event

Oasis and AT&T are pleased to offer an informative, fun and interactive FREE technology event. Morning session will be a lecture and refreshments. Afternoon will feature working one-on-one with technology expert in hands-on sessions. Join us for one or both!



### **Navigating Through Today's Popular Smartphone**

Join technology experts from AT&T in this educational and interactive event based on giving you the tools and knowledge you need to navigate through some of today's popular smartphone apps.

**FREE** and open to the public.  
Pre-registration required.  
Please call Washington Park Oasis  
at **317-396-3751**

### **Tech One-on-One**

Bring your charged device and/or questions and work one-on-one with an AT&T expert at your Oasis location.

Various dates and locations available.  
See page 19 for complete information.

*This event brought to you by*

