



Fall 2019 *Special Edition* Course Catalog



Opportunities  
for Older  
Adults to  
Learn, Grow  
and Connect

**New classes featured this fall:**

- Oasis Classic Hoosier Holiday Tour
- Lunch and Learn with U. S. Circuit Judge and Author Robert L. Wilkins
- Conversational Spanish
- Justice in the St. John's Bible
- Age Friendly Healthcare and The M's



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

# Welcome

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.

We invite you to become a member! It's easy to join. Membership is free. Simply go online at [oasisindy.org](http://oasisindy.org) or see page 14 for a participation form.

**Mission** Oasis is a national education organization dedicated to enriching the lives of mature adults. Offering challenging programs in the arts, humanities, wellness, technology and volunteer service, Oasis creates opportunities for people to continue their personal growth and provide meaningful service to the community.

**Contact Oasis** All calls should be directed to **Washington Park Center 317-396-3751**. For additional classes and opportunities visit [oasisindy.org](http://oasisindy.org)

## Oasis locations

### **Broad Ripple – Flanner Buchanan**

1305 E. Broad Ripple Ave.  
Indianapolis 46220

### **Indianapolis Healthplex**

3660 Guion Rd.  
Indianapolis 46222

### **Indianapolis Motor Speedway**

4750 W. 16th Street  
Indianapolis 46222

### **Jordan YMCA**

8400 Westfield Blvd.  
Indianapolis 46240

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

10101 Hamilton Hills Ste. 10  
Fishers 46038

### **Traditions at Brookside**

6311 W. CR 900 N.  
McCordsville 46055

### **Traditions at Solana**

7721 Battery Pointe Way  
Indianapolis 46240

### **Trinity Haven**

Indianapolis

### **University of Indianapolis**

1400 E. Hanna Ave.  
Indianapolis 46227

### **Washington Park Center**

10800 E. Washington St.  
Indianapolis 46229

## CREATE

Unleash your inner artist and create your own masterpiece.

### 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



## SHORT COURSES

Enjoy sessions on various topics led by experts in their fields.



### 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

## ■ Short Courses

### **Buzzworthy News! Threats Facing Pollinators**

**NEW**

*Stephanie Schuck*

Pollinators are one of our most important animals on earth. They play a key role in the reproduction of over 85% of the world's flowering plants, and provide 1 out of every 3 bites of our food. This presentation will focus on the most well-known, and most efficient of all the pollinators: BEES! Stephanie will focus on the buzzy, fuzzy species native to Indiana and North America, and will discuss the threats facing pollinators and how you and others can help our pollinators in your backyard and beyond.

**669** Indianapolis Healthplex  
Thursday Dec 12 1:00–2:00  
Free



### **Conversational Spanish**

*Ashley Altman*

**NEW**

Hola, amigos! Would you like to learn to speak some Spanish? This is a beginner class that requires no previous knowledge of Spanish. You will learn pronunciation, useful phrases, and basic, everyday vocabulary all from a native Spanish-speaking instructor!

**266** Broad Ripple-Flanner Buchanan  
Monday Nov 4–Nov 25 9:30–10:30  
Fee: \$52 4 sessions

### **Jim Shella Presents: The Current Political Landscape**

**NEW**

*Jim Shella*



Join Jim Shella, retired political reporter and Hall of Fame broadcaster for an analysis of the current political landscape.

Discuss the 2019 municipal election and a look forward to 2020 elections.

**218** Jordan YMCA  
Thursday Nov 21 1:00–2:00  
Fee: \$15

## ■ Short Courses

### Justice in the St. John's Bible

NEW

Mark Reasoner

In this course, we will examine how the theologians and artists responsible for the Saint John's Bible sought to highlight the theme of justice. We will explore the surprises of God's justice as seen in the Saint John's Bible.

*Mark Reasoner is Professor of Theology at Marian University, where he has taught since 2010. Mark specializes in the letters of Paul within the New Testament.*

**670** Indianapolis Healthplex  
Thursday Nov 7 1:00–2:30  
Fee: \$15



Woman Taken in Adultery, Aidan Hart with contributions from Donald Jackson and Sally Mae Joseph,

Copyright 2002, The Saint John's Bible, Saint John's University, Collegeville, Minnesota USA. Used by permission. All rights reserved.

### Marginalized Peoples in The Saint John's Bible

Mark Reasoner

NEW

In this presentation, we will look at how the theologians and artists of The Saint John's Bible sought to include marginalized peoples in their illuminated Bible. We will see how women and people from those groups that Europeans have traditionally called "minorities" figure in the illuminations of this Bible.

**671** Indianapolis Healthplex  
Thursday Oct 24 1:00–2:30  
Fee: \$15

### Melba Phillips: A Leader in Science and Conscience

Jill Weiss

NEW

Indiana native, Melba Phillips, published ground breaking physics theories with J. Robert Oppenheimer and others, during a heroic age of physics. In the wake of the atomic bomb, she advocated for the peaceful application of science. As fear spread during the McCarthy Era, she was persecuted for her support of free inquiry and opposition to loyalty pledges. She was dragged before a Senate subcommittee and fired from her university jobs. Undeterred, she went on to become a leader in physics education. Learn about the atomic age, the Cold War, and the history of women in physics.

**273** Broad Ripple-Flanner Buchanan  
Tuesday Dec 3 10:00–11:00  
Fee: \$15



## 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

## 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

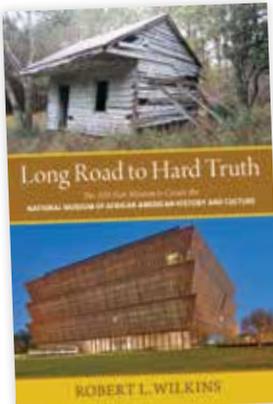
# CONVERSATION WITH AN AUTHOR

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

NEW

Join Oasis and Rafael Sanchez for an interview with Judge Wilkins

*Long Road to Hard Truth: The 100 Year Mission to Create the National Museum of African American History and Culture* provides historical perspective, but also a memoir of Wilkins own involvement. Hear



the evolution of the National Museum and learn how his curiosity and obsession led him to quit his job and pursue his mission to help to make the museum become a reality.



### ROBERT L. WILKINS

*U.S. Circuit Judge*

*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.*

**672** Indianapolis Healthplex  
Friday Nov 8 11:00–12:30  
Fee: \$43

Emmy Award-winning consumer investigative reporter and news anchor Rafael Sanchez will join Robert Wilkins for this Oasis exclusive!



**>>Note: Class fee includes** signed copy of *Long Road to Hard Truth: The 100 Year Mission to Create the National Museum of African American History and Culture*.

**Lunch courtesy of Indianapolis Healthplex**



## TECHNOLOGY

Experts share how-to information for computer, online options and safety topics for all devices.

### Exploring Google

NEW

*Barbara Bluiett*

Google is a leading search engine which helps you locate information on the Internet. In this short course, we will take a look at some of the things that you can do with Google: using various Google search methods, generating news, maps, calendars and so much more.

**133** Broad Ripple-Flanner Buchanan  
Tuesday Dec 17 1:00–2:00  
Fee: \$18

### How to Avoid Getting Scammed Online

NEW

*Patric Welch*

People get scammed online every day. Sometimes it only hurts your ego, but sometimes it can cost you thousands of dollars. In this presentation learn how to spot an online scam, what to do when someone tries to scam you as well as what to do if you believe you are already the victim of a scam. This class is a **MUST!** Keep your identity safe.

**535** Indianapolis Healthplex  
Tuesday Nov 12 9:30–10:30  
Fee: \$18

### Windows 10– Let's Learn the Basics

*Barbara Bluiett*

NEW

If you have a new computer, you are probably using Windows 10 or perhaps you have downloaded Windows 10. Bring your own laptop 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.

**134** Broad Ripple-Flanner Buchanan  
Tuesday Dec 17 10:00–12:00  
Fee: \$35

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

NEW

*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.

**536** Indianapolis Healthplex  
Thursday Oct 31 1:00–2:30  
Fee: \$22

## THE DOCTOR IS IN

Learn about health and wellness topics from local experts.

### Age Friendly Healthcare and The M's

NEW

Dr. Patrick Healey

Join Dr. Healey and learn more about the 4 M's – Mentation, Mobility, Medications and What Matters – the framework of what is important as we age.



*Dr. Patrick Healey has lived most of his life in the Indianapolis area. He graduated from Indiana University Medical School in 1983. He completed a*

*three- year Residency in Internal Medicine at St. Vincent Hospital in Indianapolis and a one year Fellowship in Geriatric Medicine at the University of Nottingham, UK. He has been on the staff of the St. Vincent Hospital Center for Healthy Aging with a full time teaching practice in Geriatric Medicine since 1987. He has always had a particular interest in the care of the frail elderly, nursing home residents and the special care needs of patients with dementia and their caregivers.*

**267** Broad Ripple-Flanner Buchanan  
Thursday Dec 5 1:00–2:00  
Free

## LUNCH AND LEARN

Fun and Informative sessions led by experts with lunch included.

### Lunch and Learn: Skincare for Women

Spa 170 West

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



## ■ Lunch and Learn

### 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



### Connect with Oasis

LEARN more about Oasis at  
[OasisIndy.org](http://OasisIndy.org)

FOLLOW Oasis at [facebook.com/OasisIndy](https://www.facebook.com/OasisIndy)

## GO EXPLORE

Excursions to places of interest in the Indianapolis area.



### 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.

## ■ Go Explore

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

## Trinity Haven Tour **NEW**

*Jenni White, Founding Exec.  
Director*

Join us for a tour of Trinity Haven prior to its opening! Enjoy lunch and learn more about one of Indianapolis' most-vulnerable populations. Trinity Haven is Indiana's first residential facility to focus on the needs of LGBTQ youth who are at risk for homelessness. Residents can stay for up to two years as they pursue their education and develop independent living skills. Most important, they will find a safe harbor and a professionally staffed home that is warm, welcoming, and affirming. Includes tour, conversation and box lunch. Limited space!

Trinity Haven address will be provided at time of registration on confirmation letter.

**1244** Trinity Haven  
Friday Dec 6 11:30–1:00  
Fee: \$28

## Mayoral Archives Tour at Ulndy

**NEW**

*Mark Vopelak*

Ulndy's Institute for Civic Leadership & Mayoral Archives uniquely blends past, present and future. Founded in 2011, the Institute houses the archives of innovative mayors Richard Lugar, William Hudnut III, Stephen Goldsmith, Bart Peterson and Greg Ballard and also is a hub for conversations about vital issues in civic life. See the materials in Ulndy's Mayoral Archives including documents, correspondence, news clippings, video, audio, photographs and artifacts. The collection contains more than 600 archival cartons that shed light on everything from routine city operations to major historical developments—the formation of Unigov, the school desegregation lawsuit, hosting of the Pan American Games, development of White River State Park, arrival of the Colts, and building sports venues. Enjoy lunch on campus after the presentation and archive tour. Remember, you can always take a Red Line bus for your transportation convenience.

**1245** University of Indianapolis  
Monday Nov 4 10:00–11:30  
Fee: \$32

## EDUCATIONAL TRAVEL

Oasis designs and offers a worry-free adult travel experience with just the right blend of educational and leisure activities. Make new friends and enjoy experiences you will never forget.



# Oasis Classic *Hoosier Holiday*

## Oasis Classic Hoosier Holiday

You are invited!

Begin the day with a peek inside Indiana Governor's residence trimmed and decked out for Christmas. See the beautiful decorations and

enjoy a toast as we celebrate the holiday season. Our lunch reservations

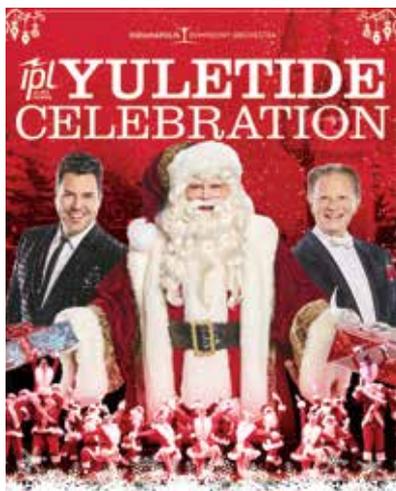
await at one of Indy's iconic restaurants, The Iron Skillet. The name was inspired

by the original utensils in which fried chicken and steaks were prepared – and in fact, some entrees still are prepared in this manner. Since 1953



they have been serving dinners in the unique “family style” manner. Sit, relax and pass the fried chicken and mashed potatoes, please.

Afterwards we will drive to the heart of downtown – Monument Circle.



Our to the door service takes us to the theatre where we will get ready to ring in the holidays with the Indianapolis Symphony Orchestra, Yuletide Celebration! Frankie Moreno is our Yuletide host and will light up the Hilbert Circle Theatre with his unmistakable style and music versatility. Enjoy the whimsical Holly Jolly Dollies and the traditions of Twas the Night Before Christmas and the famous tap-dancing Santas. Along with aerialists and a cast of singers and dancers. As always, musical and visual surprises will abound. Join us for a day filled with holiday joy! Happy Holidays and Season's Greetings from Oasis!

 **Trip #913**  
**Friday Dec 13**

**Depart WP 8:30 GL 9:15**

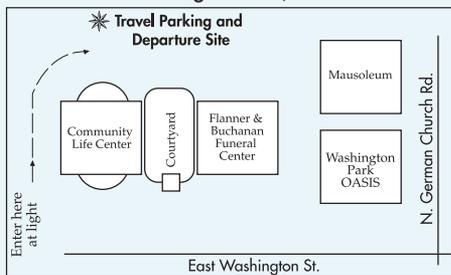
**Return following the 2 p.m.**  
**ISO Yuletide Celebration**

**Fee: \$167**

## Oasis Travel Departure Sites

### Washington Park

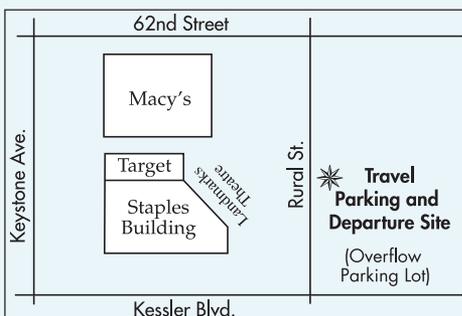
10800 E. Washington St., 46229



### Glendale

6101 N. Keystone Ave., 46220

\*East of Rural Street in the overflow parking lot



## Tours are identified by level of difficulty:

 **Easy** – Tours with “light” to “moderately light” touring – leisurely to moderately paced itinerary.

  **Moderate** – A more active tour – extended motorcoach tours and air packages with possible ship and train transportation – must be able to manage one piece of carry-on luggage – must be comfortable walking a reasonable distance with more “off and on” the bus or other modes of transportation – moderate paced itinerary.

# Oasis New Participant Form



To join Oasis, complete this form and send it to **Washington Park Center  
10800 E. Washington St., Indianapolis, IN 46229**

Membership is free. You can also join Oasis online at **[oasisindy.org](http://oasisindy.org)**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

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

Email \_\_\_\_\_

Birthdate \_\_\_\_\_

**SUPPORTING** lifelong **LEARNING** for Seniors.



**TRADITIONS  
MANAGEMENT**

**INDEPENDENT LIVING . ASSISTED LIVING . MEMORY CARE**

Call Kara at **317.335.9900**  
[www.TraditionsAtBrookside.com](http://www.TraditionsAtBrookside.com)  
(Geist Area)  
**RESERVE YOUR NEW GARDEN HOME**

Call Libby at **317.876.2916**  
[www.TraditionsAtNorthWillow.com](http://www.TraditionsAtNorthWillow.com)  
(Northwest Indianapolis)  
**THE VILLAS COMING SOON!**

Call Emily at **317.271.0100**  
[www.TraditionsAtReaganPark.com](http://www.TraditionsAtReaganPark.com)  
(Avon)  
**RESERVE YOUR NEW GARDEN HOME**

Call Mauree at **317.860.0000**  
[www.TraditionsAtSolana.com](http://www.TraditionsAtSolana.com)  
(Northeast Indianapolis)

**EVERY FAMILY HAS THEIR TRADITIONS. TRADITIONS CAN BE PART OF YOURS.**



**Oasis** Indianapolis Lifelong Adventure

**A PROUD SPONSOR OF INDIANAPOLIS OASIS**



# Register



Complete this form and mail it, with your payment, to:  
**Washington Park Center**  
**10800 E. Washington St., Indianapolis, IN 46229**  
**OR Register online at [oasisindy.org](http://oasisindy.org)**

Confirmation letter will be mailed when you include a self-addressed, stamped envelope or sent via email with a current email address.

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

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

Address \_\_\_\_\_

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

Email \_\_\_\_\_



**Please Remember Oasis in your Holiday Gift Giving.**

Class/Trip #	Class/Trip Title	Fee
<b>There is a one-time registration fee of \$15 (non-transferable, non-refundable) per trimester, per person.</b>		<b>Registration Fee</b> <small>per person per 2019 fall trimester</small> <b>\$ 15</b>
<input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover		
Exp. Date _____/_____/_____		<b>Donation to Oasis</b>  <b>TOTAL</b>
Credit Card # _____		
Signature _____		

**Refunds** All class and trip fees are **non-refundable** unless Oasis fills the vacancy from a wait list. In the event of a refund, a \$5 processing fee will be charged. Oasis **cannot transfer** class fees to other classes, members or Oasis locations.

### Waiver of Liability

I release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis, including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that the Oasis mailing list may be used by Oasis sponsors for educational mailings. I understand that participants in Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff. I give permission for The Oasis Institute to photograph or videotape me and to use my name, and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

**By (Signature):** \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Date: \_\_\_\_\_



10800 East Washington Street  
Indianapolis, Indiana 46229

## 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!

**FREE!**

**Pre-registration required.**

**Call at 317-396-3751**