

online active lifestyles
Stay Connected
 with Oasis lifelong learning
Zoom Classes!
 Fall 2020 healthy

Please pre-register online using MyOasis and the class number. Upon registering you will receive an email confirmation letter from Oasis, with the Zoom link. Please join 10 minutes prior to class. Click the link and your computer will open the Zoom App and the class. Remember to click any permission buttons your computer may ask for. If for any reason the link does not work, open the Zoom App and type in the Meeting ID number and Password (found in your email confirmation from Oasis with the link.)



If you need additional assistance registering for the class or with Zoom, email apellman@oasisnet.org or call 317-396-3751.

LIVING EXPLORING

“Bowl of Goodness” – A Recipe for Self-Care During the Pandemic Cooking Class

Elaine Voci

Gather by Zoom to learn how to prepare one of life’s tastiest comfort foods – creamy potato soup. It’s perfect for our Fall weather. The soup has only 5 ingredients so it’s easy on the budget, and it takes only 15 minutes to prepare. Prior to class, each attendee will receive a copy of the potato soup recipe so that they can shop and be ready to cook along with Elaine from the comfort of their own kitchen. In addition, each will receive a copy of the handout titled, “A Recipe for Self-Care During the Pandemic.” This fun, interactive cooking lesson will provide you with cooking and self-care tips. Let’s share a virtual toast to our mind-body-spirit as we sample our homemade ‘Bowls of Goodness’ together, virtually!

>>NOTE: Class size is limited to 8. Register early to reserve your spot!



Elaine Voci is a life coach and writer with a passion for food. She has published 3 cookbooks, including an informal collection of her family’s recipes that date back two generations! Let’s get cooking!

Class #5030 ONLINE

Thursday Oct 1 11:00–12:00
 Fee: \$12

Indiana State Museum– My Favorite Theme

Marcy Dodson

Meet virtually with the Adult Engagement and Program Manager at the Indiana State Museum and Historic Sites. Learn about a few of her favorite things at the museum! Presenter will share why they are interesting, their back story and why they might become your favorite.

Class #5005 ONLINE

Tuesday Sep 15 10:00–11:00
 Fee: \$7



James Whitcomb Riley Museum Home Tour

Chris Mize

Join Oasis as we virtually tour one of the James Whitcomb Riley homes known as the James Whitcomb Riley House. Explore and learn more about this historic building in the Lockerbie Square Historic District. Exclusive to Oasis, we will go further into some rooms and see objects not available to view in-person!

Named a National Historic Landmark in 1962. The structure is a two-story brick

house on a stone foundation and full basement that is considered an excellent example of architecture typical of the neighborhood’s homes built in the 1860s and 1870s. Other features of the house are a central tower with oval-glazed paired doors, and masonry crowns atop tall narrow windows and inverted U-shaped windows on the highest floor.

Class #5006 ONLINE

Tuesday Sep 8 1:00–2:00
 Fee: \$12

Jim Shella Presents My Next Guest: Justice Theodore R. Boehm

Jim Shella



The results of the November election will endure for a decade or more. That’s because the winning party will draw new

districts for Congress in Indiana and elsewhere. The same goes for the General Assembly. It’s a process that often leads to gerrymandering. What is gerrymandering? And is it a bad thing? Jim Shella will interview former Indiana Supreme Court Justice, ‘Ted’ Boehm, who has spent much of his career battling gerrymandering.

Theodore R. Boehm served as an Indiana Supreme Court Justice. Currently, he is a partner at Indianapolis law firm Hoover Hull Turner LLP.

Class #5007 ONLINE

Tuesday Oct 6 1:00–2:30
 Fee: \$10

More Classes

Call us: 317-396-3751 • Visit us: Oasisindy.org

Memoir Writing

Steve Tearman

What's your story? Everyone has a story worth sharing. Keep those stories alive for the ages by writing your memoirs. You will learn how to start, write and polish your story until it shines like the gem that it is. Bring your socially distanced world a little closer by sharing your story. Fun and interactive! Class handouts will be emailed prior to class.

Class #5008 ONLINE

Monday Sep 28–Oct 19

1:00–2:30

Fee: \$20 4 sessions

Mike Tyson Trial–Knockout!

Barbara Trathen

Barbara Trathen had never tried a rape case in her life UNTIL Iron Mike! (Mike Tyson) Come hear her personal account of the trial-of-a-lifetime and her comparison and contrast to another famous trial, The Juice (O.J. Simpson.) *One of the biggest legal fights in this modern era of celebrity trials, the Tyson affair was a knockout. Early in the morning on July 19, 1991, Tyson invited Desiree Washington, Miss Black Rhode Island, up to his room at the Canterbury Hotel. A day later, she checked into the emergency room at Methodist Hospital and reported that she had been raped.*

Indianapolis Monthly, 1/20/17

Evan West

Class #5010 ONLINE

Monday Sep 14 1:00–2:00

Fee: \$7

Move Over Judge Judy – Oasis Welcomes The Court of Appeals

Panel members are Judge May, Judge Robb, and Judge Altice

Experience and learn more about the judiciary's indispensable role in Indiana government. Most legal cases appealed from Indiana's trial courts go to the Court of Appeals, Indiana's second-highest court. We are pleased to host a three-judge panel from our Court and witness an oral argument in a real case during this exclusive session.

The Director of Communications will serve as the moderator. Judges and attorneys will respond to questions from attendees about the law, justice, and the judiciary in general – but they are unable to speak about the case they've just heard.

Class #5011 ONLINE

Tuesday Sep 22 11:00–12:00

Fee: \$7

Mystery in the British Isles

Irma Baker

We broke away from England more than 200 years ago, but we're still fascinated by all things British, including their mystery fiction with settings from earlier times to the present. In our fictional rambling through the UK, we'll stop at Sullivan's Pub in County Cork, Ireland, meet two sisters who inherit a hotel on the Isles of Sicily, peek into a magical garden in Scotland, catch up with a manicurist in Wales and spend time with crime solvers in England, too, as mystery comes along on every step of our journey.

Class #5012 ONLINE

Thursday Sep 10 1:00–2:30

Fee: \$7

Ripped From the Headlines! Hot Topics

Pierre M. Atlas, Ph.D.



"Hot Topics in American and International Politics." Help set the discussion agenda and join the conversation with Dr. Pierre

Atlas, Professor of Political Science at Marian University and opinion columnist for the Indianapolis Business Journal.

Oasis members will suggest two or three current political topics to explore and discuss with Dr. Atlas. Although the topics you choose may be controversial and not all Oasis members might agree with each other, the conversation will stay civil and respectful! Dr. Atlas' research and teaching expertise includes Middle East politics, international relations, domestic and foreign policy, and gun laws and gun culture.

Class #5013 ONLINE

Wednesday Sep 23 10:00–11:30

Fee: \$10

The Urgency of Civil Conversations

Katherine Tyler Scott

Divisive and hostile rhetoric makes constructive dialogue with those with whom we differ difficult, if not impossible. The ability to listen and learn from others when discussing controversial issues is challenging and important. This presentation will introduce a process and resources that can constructively deal with the deep divides in today's highly charged political climate; improve the quality of communication; enable the achievement of shared understanding; focus on the common good; and strengthen democracy.

Class #5000 ONLINE

Tuesday Sep 29 10:00–11:30

Fee: \$7

The Wit and Wisdom: Kurt Vonnegut Museum and Library Tour

Christopher Lafave

An Indianapolis native, Vonnegut took an unflinching look at the world, tempered with a satirical

eye and sardonic sense of humor. Take a virtual tour and experience Vonnegut through his literary, artistic, and cultural contributions. Enjoy Q&A and engaging conversation.

Class #5015 ONLINE

Wednesday Sep 16 1:00–2:00
Fee: \$10



WFYI: The Revolutionist

Kim Hood Jacobs

Meet filmmaker, Kim Hood Jacobs, and learn more about the compelling story of *Eugene V. Debs*, a Terre Haute native and Hoosier revolutionary. Discover an historical figure you need to know in this election year during this screening and conversation.

Participants are encouraged to view the film in advance. <https://www.wfyi.org/programs/debs>
The Revolutionist: Eugene V. Debs – WFYI Public Media

Class #5016 ONLINE

Thursday Sep 24 10:00–11:30
Fee: \$7



Indiana Women's Suffrage: The New Day Dawns

Lindsey Beckley and Jill Weiss

Since 1851, Hoosier women from all backgrounds clearly, loudly, and bravely demanded the vote. This presentation traces the path of the

Woman's Suffrage movement in Indiana through exhilarating wins and crushing defeats. Learn about the women who fought through "political chicanery," the stagnation of the movement, and direct opposition to secure their right to vote.

Class #5017 ONLINE

Tuesday Oct 13 1:00–2:00
Fee: \$7

ART

Harlem Renaissance Art Movement

Jill Render

Artist Jill Render returns with a presentation on the visual artists of the Harlem Renaissance. This social and cultural movement of the 1920s and 1930s encompassed literary, musical, theatrical, and visual arts by African Americans centered in New York City. She will introduce works of prominent female and male visual artists of the time including: Augusta Savage, Lois Mailou Jones, Joseph Lawrence, Jacob Lawrence, Aaron Douglas, James Van Der Zee, Richmond Barthe, and Charles Alston.

Class #5220 ONLINE

Wednesday Oct 14 1:00–2:00
Fee: \$7

COMPUTER TECHNOLOGY

TikTok—What is it all about?

Hailey Zuercher

TikTok is a video-sharing social networking service owned by ByteDance, a Beijing-based company founded in 2012 by Zhang Yiming. It is used to create short lip-sync, comedy, and talent videos. The app was launched in 2017 for iOS and Android in markets outside of China. Let's learn more about this controversial app.

Class #5001 ONLINE

Tuesday Sep 1 10:00–11:00
Fee: \$7

5th Generation Wireless Network – What I Need to Know

Barbara Bluiett

5G (Fifth Generation) is the next generation of wireless networks. It's being rolled in now; faster, lower data transfer delay, and more flexibility. Imagine some 50 billion connected devices. How will this affect you? The major carriers (think Verizon, AT&T, etc.) are racing to the finish line, but alas all 5G is not equal.

Class #5031 ONLINE

Tuesday Sep 15 1:00–2:30
Fee: \$7

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From our friends at Westminster Village North



Your Memory and Legacy

Dr. Stephen Rappaport and Katie Rappaport
Memory, disease and stress are all related to your legacy. Legacy is not your work output. It's how you feel, what you do and how you approach each day. Join father and daughter as they dive into positive aging – and further break down the dimensions of building legacy and preserving memory.

Class #5002 ONLINE

Friday Sep 18 10:00–11:00
Free

Healing the Human Spirit: Human Trafficking

Sara Feasel
Human trafficking is a billion dollar industry. This class raises awareness of how victims can get trapped. Learn what Hope Center is doing to help the survivors and what the community's role is in fighting back.

Class #5003 ONLINE

Wednesday Sep 23 1:00–2:00
Free

Order Your Groceries and Cook Something New

Diane Dove and Barbara Miller

We are all physically distancing, but if you are online or have a phone, you don't have to do this alone. Let's shop and cook!

Maybe you considered ordering groceries online in the past, but thought it was too complicated or unnecessary. As the Coronavirus pandemic continues, we are cautious about venturing out of our homes, especially during flu and cold season. Thankfully, there are more options than ever before when it comes to online grocery shopping. Learn the steps to order safely online and have your questions answered. Presenter will introduce you to her special guest! Now we know how to order our groceries BUT what to cook? Healthy eating is important, but it's difficult, especially when you live alone. Most of us are not dining out as much because of the Coronavirus. You may have exhausted your "tried and true" recipes and want to try something new. Join us to learn some new recipes from our friends with Senior Medicare Patrol. Each recipe will include a tip on how to avoid being a victim. Bon Appetite!

Diane Dove, with Better Business Bureau Serving Central Indiana and Barbara Miller from the Indiana Senior Medicare Patrol (SMP) will co present this informative, fun and interactive class.

Class #5032 ONLINE

Wednesday Oct 21 1:00–2:00
Free



Westminster
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These classes are brought to you by Oasis sponsor Westminster Village North