



Make Learning  
an Adventure

## OASIS Classes at West Hills Village

5711 SW Multnomah Blvd.

### Check out these Fall/Winter 2011 Offerings

#### #100 To Sleep Perchance to Dream

Sleep patterns often change as we age. Are you getting a good night's sleep? Discover sleep tips, herbs, supplements, and Chinese methods to help you snooze soundly.

**Thursday, September 8th 3:30 - 4:30**

#### #326 Meet the First Ladies

We'll travel back in time and listen in on thoughts expressed by Martha Washington, Abigail Adams, Dolley Madison and Elizabeth Monroe for a whole other perspective on our country's beginnings.

**Wednesday, October 19th 1:30-2:30**

#### #426 Ol' Blue Eyes: The Life and Music of Frank Sinatra

Frank Sinatra led a long, active, and interesting life. We'll look at his life and 60-year singing career, with the primary focus on his recordings.

**Monday, November 7th 2:00-4:00**

#### #324 Native American Rock Art of the Columbia River Gorge

Dr. Jim Keyser joins us to discuss the rock art of the gorge tribes that includes some of the most fantastic images in North America. Come learn about the ancient religious and world views and culture of the early inhabitants of the Pacific Northwest.

**Thursday, December 15th 2:00-3:30**



Fee: \$10 each class (plus a \$7 processing fee per term)

To register call (503) 241-3059 or visit [oasisnet.org/portland](http://oasisnet.org/portland)

OASIS is a national education organization designed to enrich the lives of adults age 50 plus through programs in the arts, humanities, health, technology and volunteer service. We offer opportunities to learn, develop talents, connect with others, stay healthy and active, and make a positive impact in the community. *Discover more at OASIS!*