

Fall 2019

Art, Current Events, Exercise, Technology, Tours, Volunteering and more!





Dear Oasis Friends,

This year marks the 30th anniversary for Oasis Intergenerational Tutoring, so it is a particularly appropriate time to embrace the Fall St. Louis Oasis program theme, "Made in St. Louis."

Launched in 1989, this deeply impactful program provides Oasis Tutors with an opportunity to meaningfully engage with children, providing enthusiastic and personalized support to improve literacy skills and creating a special intergenerational connection that often lasts for years.

But this is more than a St. Louis story; this is a made in St. Louis story. Oasis Tutoring was made in St. Louis, and we now offer tutoring in over 200 elementary schools across 25 school districts in the St. Louis Metro area. Oasis Tutoring impacts the lives of tutors and children in 14 states, at over 630 elementary schools, with nearly 4,000 tutors engaged in the program, tutoring 21,000 children nationwide. Since the program's inception, we estimate that more than 485,000 children have been impacted.

The opportunities for lifelong learning, active lifestyles and volunteering represented in this catalog are replicated in similar ways throughout a national network of thriving and unique Oasis Centers. And all of this was made in St. Louis, by a St. Louis social entrepreneur, Marylen Mann, a partnership with a St. Louis-based corporation, May Company, and a pioneering healthcare system that still partners with Oasis today, Jewish and Barnes Hospitals, and now BJC Healthcare. St. Louis is the home of many great institutions, and Oasis is proud to call ourselves "Made in St. Louis" as well.



Warmly,

A handwritten signature in black ink that reads "Paul Weiss".

Paul Weiss, PhD
President, The Oasis Institute

About Us

St. Louis Oasis is part of a national nonprofit educational organization designed to enhance the quality of life of older adults in more than 250 communities across the United States. We promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Our programs create opportunities that encourage personal growth and service to the community. We are a Guidestar Platinum Charity, a member of the S&I 100 Index of top-performing nonprofits and a Better Business Bureau of Eastern Missouri accredited charity.

Membership

As a nonprofit organization, St. Louis 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 \$8 upon their first registration of the trimester. This fee helps to sustain the organization, making it possible to continue to offer programs in the community.

Office Information

Office volunteers are available to answer questions or assist you with registration. The Oasis office at the Center of Clayton is open Monday through Friday, 9:30am-3:30pm. Have questions? Would you like to become a member or register for a class? Give us a call at 314.862.4859 ext. 24 or visit stloasis.org. To mail in your program registration form, **see page 54**.

Inclement Weather Policy

When classes are cancelled due to unsafe weather conditions, this information will be listed on Fox 2 News and KPLR News 11, as well as the St. Louis Oasis voicemail, website and Facebook page.

Refund Policy

Class fees are non-refundable unless you have a medical emergency, a call to jury duty or if Oasis cancels the program. Eligible requests must be made within 24 hours prior to the start of program, unless otherwise noted.

Publication Notes

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Fall 2019

Made in St. Louis

What makes a place special? Is it the innovators and artists who live there? Is it the entrepreneurs and explorers who built it? Join us this fall as we explore the people who made St. Louis and the things made in St. Louis. Historian and author NiNi Harris has created a special series of tours that will take you to places like historic “Tobacco Row” and more, **page 29**. Don’t miss special art lectures focused on the pieces at the Saint Louis Art Museum on **pages 2-4**. Architecture enthusiasts will enjoy programs on St. Louis architects, including one featuring the work of Gyo Obata, **page 5**.

Arts & Entertainment	2
Coffee Concerts at The Sheldon	4
Classic Hollywood Series	6
Music Programs	7

Current Events	8
University for a Day	10

History	12
Seminar Series	15
Honor, Reflect and Refresh: Heroes	16
Oasis and the Gateway Arch National Park	17
Prohibition History Series	20

Literature	22
-------------------------	----

Technology	24
Ask a Techie @ Maryland Heights	25
Digital Safety Events	26
Ask a Techie @ Crestview Senior Living	27

Tours & Travel	28
NiNi Harris Tours	29

Hiking & Biking	30
----------------------------------	----

Exercise	32
Tai Chi for Arthritis for Fall Prevention	34

Health	36
BrainSavers	36
Healthy Habits for Adults	41
Medicare Part D Boot Camp	42
Matter of Balance	43
Fall Prevention Awareness Day	46
ExerStart	47

Volunteer Opportunities	49
--------------------------------------	----

Tutoring Program	50
-------------------------------	----

Center of Clayton Programs	52
---	----

New Member Form	53
------------------------------	----

Mail-In Registration Form	54
--	----

Community Locations	55
----------------------------------	----

Acknowledgments	56
Sponsors	56
Board Members	56
National News	57
Tributes	57

Arts & Entertainment

Disasters in Art

Chris Naffziger, MA

Throughout history, artists have commemorated famous disasters and calamities that have befallen civilization. Take a look at depictions of natural disasters, wars and other events depicted in art from ancient times to the modern day in different cultures around the world.

Pavilion at Lemay 801

Wednesday, Oct 30, 10:00-12:00, Fee: \$15

Sculptures in the Saint Louis Art Museum's Collection

Joan Williams, MA

We will discuss *Zenobia in Chains* by artist Harriet Hosmer, *Nydia - The blind flower girl of Pompeii* by artist Randolph Rogers and African Helmet Mask of a water buffalo. Learn about the artists and each sculpture while expressing emotions through the use of marble and wood.

Clayton Oasis 101

Monday, Sep 23, 10:00-11:00, Fee: \$20

Flowers in Art

Joan Williams, MA

Through lecture, learn about the floral designs from the Art in Bloom show and their interpretations of works of art in the Saint Louis Art Museum, including Georgia O'Keeffe's and Vincent Van Gogh's floral art.

Clayton Oasis 102

Monday, Oct 21, 10:00-11:00, Fee: \$20

Breakfast at the Contemporary

Jose Garza, Museum Educator



Join us for a private, guided tour of the newest exhibitions! Start with a light breakfast from the museum café, then enjoy a private tour led by Jose Garza. Featured artists include Stephanie Syjuco: *Rogue States*, Bethany Collins: *Chorus* and Jonathas de Andrade: *Voyeristico*.

Contemporary Art Museum 501

Wednesday, Oct 23, 10:30-12:00, Fee: \$25

The Glass Art of Dale Chihuly

Joan Williams, MA

Learn about this living artist and his exquisite, colorful glass creations, which are installed throughout the world, including our very own Missouri Botanical Gardens and the Saint Louis Art Museum.

Clayton Oasis 103

Monday, Dec 9, 10:00-11:00, Fee: \$20

Make Your Own Succulent Plant Décor

Shelly Solomon



Succulent plants are all the rage in home décor trends these days. Join us to learn how to make your own succulent décor! We will provide the supplies and instructions and you will leave with your own creation. Artificial plants will be used in the December program; live plants will be used in the October program.

Clayton Oasis 104

Tuesday, Oct 22, 1:00-2:30, Fee: \$27

Clayton Oasis 105

Tuesday, Dec 3, 10:00-11:30, Fee: \$27

Portraits in Art: Sargent vs. Klimt

Joan Williams, MA

Discuss the American Impressionist and very popular painter of his time, John Singer Sargent, and compare him to the exquisite controversial portraits of Gustav Klimt.

Clayton Oasis 106

Monday, Nov 18, 10:00-11:00, Fee: \$20

American Indian Art, Symbol and Meaning

Carol Diaz-Granados, PhD

Dr. Carol Diaz-Granados will present a slideshow of American Indian art and artifacts from three major cultural regions of North America. She will also explain the symbolism encoded in each of these pieces.

Clayton Oasis 107

Tuesday, Oct 8, 10:00-12:00, Fee: \$20

Images of America

Betsy Solomon, MA



From the 18th century to the present day, artists have shown us many different images of America – portraiture, Civil War camps, rural life, urban life, tributes to the working class and haunting visions of the everyday. This four-part series will feature the work of American artists including: Benjamin West, John Singleton Copley, Charles Willson Peale, Gilbert Stuart, George Caleb Bingham, Winslow Homer, Thomas Hart Benton, Edmonia Lewis, Augusta Savage, Andrew Wyeth and Jacob Lawrence.

Copley, Peale, Stuart and Bingham

Clayton Oasis 108

Wednesday, Sep 18, 10:00-12:00, Fee: \$21

Winslow Homer and Thomas Hart Benton

Clayton Oasis 109

Wednesday, Oct 16, 10:00-12:00, Fee: \$21

Augusta Savage and Edmonia Lewis

Clayton Oasis 110

Wednesday, Nov 6, 10:00-12:00, Fee: \$21

Andrew Wyeth and Jacob Lawrence

Clayton Oasis 111

Wednesday, Dec 4, 10:00-12:00, Fee: \$21

Highlights of the Saint Louis Art Museum Collection: A Closer View

Dee Kilgo, PhD, Art Historian



Don't miss this unique opportunity to learn more about 10 remarkable artworks from the Saint Louis Art Museum's collection of 19th- and 20th-century paintings. In a slide-illustrated lecture, art historian Dee Kilgo tells the fascinating stories behind the creation and importance of these paintings. Featured works range from Thomas Cole's traditional Catskills Scenery of 1833 to Helen Frankenthaler's "stain and pour" abstract painting Draft, created in 1969. The paintings discussed are all currently on view at the museum. After this entertaining and informative program, you'll be eager to see these collection "gems" in person.

Clayton Oasis 112

Tuesday, Oct 15, 10:00-12:00, Fee: \$20



St. Louis Levee, 1853. Easterly Collection, Missouri History Museum.

Early St Louis on Silver: A Unique Chapter in American Photography

Dee Kilgo, PhD, Art Historian

The first camera-made pictures were introduced in Paris in 1839. Called "daguerreotypes" after their inventor, L.J. Daguerre, these one-of-a-kind pictures were created on polished silvered plates. Millions of daguerreotypes were produced in America in the 1840s and 50s. Highlighting the practice of Thomas Martin Easterly, Dr. Kilgo's program tells the fascinating story of how photography developed on the western frontier, both as a new art form and as an intensely competitive enterprise. Easterly opened his "daguerrean" gallery in St. Louis in 1847. His portraits and outdoor views create a unique pictorial record of his city's transformation from a young frontier community to a thriving commercial metropolis. You'll see that transformation vividly conveyed in striking images of new industries and mansions, and scenes documenting the wanton destruction of historical landmarks. Part of the Missouri History Museum's extensive Easterly collection, this series of St. Louis views represents American photography's first sustained effort to use the camera as a documentary tool.

Clayton Oasis 113

Monday, Sep 30, 10:00-12:00, Fee: \$20

"The Top 10 Paintings of All Time" and a Few More Betsy Solomon

In 1985, a panel of experts for the Illustrated London News compiled a list of what they judged to be the "best paintings of all time." This lecture will present their choices and explore what makes each one truly great.

The J - Chesterfield 701

Friday, Dec 13, 1:00-3:00, Fee: \$20

Looking at Contemporary Art at the Saint Louis Art Museum

Kathy Walsh-Piper, MA



Join this on-site class that combines facilitated group discussion, self-exploration, writing and interpretation by an art educator to “unpack” works of contemporary art and better understand their expression. Participants will consider works that may seem challenging and examine their meaning. This program will be in the contemporary galleries of the Saint Louis Art Museum.

Saint Louis Art Museum 502

Saturday, Oct 26, 10:30-12:00, Fee: \$20

Canvas Painting

Sandi Illian



Join us and create your own beautiful canvas painting using acrylic paint with very easy, step-by-step instructions. No prior experience is necessary. Learn different brush

strokes, how to blend paints and how to create highlights and shadows. You will leave with your own personal masterpiece! A different image will be created at each session. All materials included.

Clayton Oasis 114

Monday, Oct 7, 10:00-12:00, Fee: \$37

Clayton Oasis 115

Monday, Dec 2, 10:00-12:00, Fee: \$37

Coffee Concerts at The Sheldon



Enjoy complimentary coffee and pastries at 9:00 am in the beautiful Louis Spiering Room, just before these one-hour concerts starting at 10:00 am in the historic Sheldon Concert Hall. The concert venue is located downtown at **3648 Washington Blvd, St. Louis, 63108.**

Images courtesy of The Sheldon Concert Hall & Art Galleries

Kim Fuller & Carolbeth True “Songs We Can’t Forget”



Jazz vocalist Kim Fuller and pianist Carolbeth True perform great songs from the 1950s, ‘60s and ‘70s, including well-known songs made famous by Billie Holiday, Nancy Wilson and Stevie Wonder, and some lesser-known gems that didn’t top the charts but should have!

The Sheldon 503

Wednesday, Oct 16, 9:00-11:00, Fee: \$18

Tommy Halloran’s Guerilla Swing “Musical Gumbo”



St. Louis favorite Tommy Halloran and his band perform sizzling hot classic and original jazz, with elements of bossa nova, blues, folk and swing. “His blues, his bounce and his ballads rival great musicians from any era.” – JazzReview

The Sheldon 504

Wednesday, Nov 13, 9:00-11:00, Fee: \$18

Charles Glenn “Tis the Season”



Vocalist Charles Glenn, well-known for singing the National Anthem at St. Louis Blues games as well as concerts throughout the region, is accompanied by pianist Pete Ruthenburg to ring in the holidays with beloved songs of the season.

The Sheldon 505

Wednesday, Dec 11, 9:00-11:00, Fee: \$18

Cinematic History: Westerns

Jim Tudor, Film Professor

Westerns have been a staple of cinema from the earliest days. Join us for this program, which encapsulates the history of the Western film genre in a sweeping overview. Main focuses are on directors John Ford, Howard Hawks, Anthony Mann, Sergio Leone and Sam Peckinpah.

Eden 401

Thursday, Sep 19, 10:00-11:30, Fee: \$20

Life of a Theater Critic

Judith Newmark, St. Louis Post-Dispatch theater critic

From her earliest memories of sitting on her parents' laps at the Muny to her many years as the theater critic for the St. Louis Post-Dispatch, the theater has always reigned supreme for Judith Newmark. Oasis Founder Marylen Mann will interview Newmark and invite us behind the curtain into the world of a theater critic.

Clayton Oasis 116

Tuesday, Oct 22, 10:00-11:30, Fee: \$15

Cinematic History: George Lucas

Jim Tudor, Film Professor

When you hear "George Lucas" you might think *Star Wars*, but there's so much more to this prolific artist. Join us as we chart the *Star Wars* creator's influences, early years, and subsequent work, including the nostalgic *American Graffiti*, co-creating *Indiana Jones*, and the eventual sale of his company to Disney.

Eden 402

Thursday, Nov 14, 10:00-11:30, Fee: \$20

Film Discussion: St. Louis Stories

Bob Cohn, Film Critic & Editor-in-Chief Emeritus at The Jewish Light



View and discuss films that tell various Jewish stories with veteran film critic Bob Cohn. Experience a variety of recent and vintage films ranging from light-hearted comedies to serious dramas and documentaries. Join us, and add to the conversation!

Holocaust Museum 506

Wednesday, Sep 11-Oct 16, 1:00-3:00
Fee: \$66; Sessions: 5. *No class Oct 9.*

Gyo Obata

John Guenther, FAIA, LEED AP



Gyo Obata was born in San Francisco, California in 1923. He studied architecture at the University of California, Berkeley and then came to St. Louis to study at Washington University, where he received his Bachelor of Science in Architecture. He received his Master of Architecture & Urban Design from Cranbrook Academy of Art, where he studied under Eliel Saarinen – the great Finnish architect, teacher and mentor, and father of Eero Saarinen, the designer of the Gateway Arch. Learn about Gyo Obata's development as an architect, his co-founding of Hellmuth, Obata & Kassabaum (HOK) 64 years ago, and highlight his designs both here in St. Louis and across the world.

Clayton Oasis 117

Wednesday, Oct 30, 10:00-11:30, Fee: \$20

St. Louis Gold: Award-Winning St. Louis Architects

John Guenther, FAIA, LEED AP

The AIA Gold Medal is awarded by the American Institute of Architects conferred "by the national AIA Board of Directors in recognition of a significant body of work of lasting influence on the theory and practice of architecture." It is the Institute's highest award. Of the 75 Gold Medalists who have been honored since 1907, 20 of the recipients (26%) have designed buildings or projects in St. Louis and the nearby region, leaving a legacy of important architectural works and enriching our lives and culture. The works of various important and noted architects over time will be presented, representing a fascinating cross section of architectural history and design.

Clayton Oasis 118

Wednesday, Dec 11, 10:00-11:30, Fee: \$20

Black Panther:

Embracing Race & Gender in Filmmaking

Rosalind (Roz) Norman, DMgt, Adjunct Professor, Walker School of Business & Technology

Join us for an discussion on race and gender in filmmaking, focusing on the recent hit film *Black Panther*. This will be a workshop-style program with lots of lively interaction plus some film clips and more!

New Northside Family Life Center 526

Monday, Oct 21, 1:00-3:00, Free

Classic Hollywood Series

Mary Saputo highlights classic Hollywood performers and films in this popular entertainment series.

Betty Grable: "Million Dollar Lady"

America's favorite pin-up girl comes to life in this rich, historical presentation on the beautiful and talented Betty Grable. View film clips of all her most notable Hollywood pictures with the likes of Tyrone Power, John Payne and so much more!

Clayton Oasis 119

Friday, Sep 20, 11:00-12:30, Fee: \$20

Judy Garland



Explore the legendary Judy Garland's life spanning her early career with Mickey Rooney up to television's *The Judy Garland Show*. See memorable song and dance scenes from *Meet Me in St. Louis*, *Easter Parade* and much more.

Maryland Heights Community Center 201

Friday, Oct 11, 10:00-12:00, Fee: \$17

Doris Day: "All-American Girl Next Door"

Immerse yourself in the film career of that quintessential "all-American" girl, Doris Day! Film clips and trivia will encompass her Hollywood breakthrough in the 1950's with such favorites as *By the Light of the Silvery Moon*, *Calamity Jane* and much more!

Florissant Senior Dining Center 507

Thursday, Oct 17, 1:00-3:00, Fee: \$10

Henry Fonda



Voted #6 on the American Film Institute's list of Greatest Actors, this screen legend has more than 100 film credits to his name. Relive six decades of his greatest movie scenes, including his Oscar-winning work from *On Golden Pond*.

Crown Center 601

Wednesday, Nov 13, 3:00-4:00, Fee: \$17

Hollywood Welcomes Rodgers & Hammerstein



Even as Hollywood beckoned Broadway's dynamic duo to bring their works to the big screen, Richard Rodgers and Oscar Hammerstein were not big fans of tinsel town. Learn about their incredible career

that eventually brought us such hit films as *State Fair*, *Oklahoma*, *Carousel*, *The King and I* and *The Flower Drum Song*. You'll be fascinated by the story and be prepared to smile uncontrollably!

Clayton Oasis 120

Friday, Nov 22, 11:00-12:30, Fee: \$17

The Making of *It's a Mad Mad Mad Mad World*

With its star studded cast of past and then-current comedy greats, you won't want to miss this hilarious romp through an epic comedy production about a group of strangers in search of a buried treasure. With fascinating behind-the-scenes trivia, and of course, madcap film clips. Be warned: "FUNNY" is just around the bend! Join us for an afternoon digging into this 1963 comedy classic.

The J - Chesterfield 702

Friday, Dec 6, 1:00-2:30, Fee: \$17

Hollywood Classic Christmas



There's nothing like Hollywood classics during the holidays! Enjoy treasured holiday film clips from endearing movies like *The Bishop's Wife*, *Holiday Inn*, *White Christmas*, *It's a Wonderful Life* and much more!

Learn fun pieces of trivia surrounding these blockbusters while reminiscing.

Image courtesy of Library of Congress - Music Division.

Pavilion at Lemay 802

Wednesday, Dec 11, 10:00-11:30, Fee: \$15

Join us!



Circle@Crown Cafe is a community gathering place, serving delicious and affordable kosher food and Kaldi's coffee. Visit before or after your Oasis program!

8350 Delcrest Dr, St. Louis, 63124
Monday - Friday, 8:00 am - 2:00 pm



Making Music "Con Brio"

Mary Lou Richardson



Become part of this unique music ensemble. Learn to play the xylophone or other barred instruments. Increase your musical knowledge, and enjoy this music group's camaraderie. Instruments are provided. Previous musical training is optional, but enthusiasm is essential!

Crown Center 602

Thursday, Sep 19-Oct 24, 1:00-2:00

Fee: \$65; Sessions: 6

Crown Center 603

Thursday, Oct 31-Dec 12, 1:00-2:00

Fee: \$65; Sessions: 6. *No class Nov 28.*

Jazz Ensemble

Chuck Schuder & Doris Gordon Liberman



Two professional classical and jazz musicians lead this ensemble. Explore improvisation while playing both traditional and new music. New members wanted. Public performance opportunities are available!

Crown Center 604

Friday, Sep 6-Dec 13, 9:30-11:30

Fee: \$140; Sessions: 14. *No class Nov 29.*

Small Wind Ensemble

Carole Lemire

Woodwind players, here is an opportunity to improve your ensemble skills in an intimate group with a dedicated and highly trained leader. Public performance opportunities are available!

Crown Center 605

Monday, Sep 9-Dec 9, 1:30-2:30

Fee: \$130; Sessions: 13. *No class Sep 30.*

Annual Holiday Concert



Join us as we celebrate the music these people bring into our lives. Featuring the wonderful Oasis Concert Band, Small Wind Ensemble and Jazz Ensemble.

Wydown Middle School 508

Monday, Dec 16, 6:00-8:00pm, Free

Intermediate/Advanced Concert Band

Michael Hoyer

Improve your musical skills while making beautiful music with intermediate to advanced musicians. Public performance opportunities are available!

Crown Center 606

Monday, Sep 9-Dec 9, 10:00-12:00

Fee: \$130; Sessions: 13. *No class Sep 30.*

Note:

Many of our programs are located off-site. Remember to check the class location as you register for your fall programs, and refer to **page 55** for each address!

Current Events

Hoarding

Debbie Kricensky, Resource Coordinator



A person with a hoarding disorder experiences distress at the thought of disposing of items, often resulting in excessive accumulation that can create cramped, possibly dangerous, living conditions. Learn about the psychology of hoarding, signs of hoarding and how to address it.

Kirkwood Oasis 301

Monday, Oct 7, 10:00-11:30, Fee: \$10

Timbers of Eureka 703

Tuesday, Nov 12, 1:00-2:30, Fee: \$10

American Political Thought

Roy Overmann, MA

The class will discuss people and ideas from the colonial and constitutional era up to the present day and recommend readings online. These ideas have shaped the various periods of liberal and conservative thinking that are prevalent today. The course will be led by Roy Overmann, Adjunct Professor, History, Politics, and International Relations, Webster University.

Kirkwood Oasis 302

Monday, Nov 4, 11 & 18, 1:00-3:00

Fee: \$50; Sessions 3

Philosophical Café

David Hilditch, PhD



Philosophical Café is an open discussion, where participants share their thoughts about perennial and contemporary philosophical questions of meaning, value and reality, in a respectful and relaxed atmosphere. Past issues that have been discussed include: What is the value of knowing and not knowing? What is power? What is happiness? Who can we make sense of death with dignity?

Clayton Oasis 121

Thursday, Oct 3, Nov 7, Dec 5, 10:00-12:00

Fee \$60, Sessions: 3

Mindfulness: It's Not Just for Gurus Anymore

Coke Hennessy, Certified Mindfulness Instructor

Curious about Mindfulness? Join us in an exploration of the essence of mindfulness and the scientific research explaining the impact mindfulness can have on our lives and the lives of those around us. We'll also experience several practices to get a flavor of mindfulness.

Clayton Oasis 143

Wednesday, Oct 2, 10:00-12:00, Fee: \$20

Clayton Women's Roundtable

Joan Kelly Horn, Facilitator



Good conversations are a salve to the soul. Join us for this open discussion group led by a facilitator and full of lively debate and conversation. The group meets on the second and fourth Mondays of each month. Join us, and share your views.

Clayton Oasis 122

Monday, Sep 23, Oct 14 & 28, Nov 11 & 25, Dec 9 & 16

1:00-3:00, Fee: \$35; Sessions: 7

Clayton Men's Roundtable

Clifford Mahin & Tom Flanagan

World issues, politics – let's talk! Discussion group meets on the first and third Mondays of each month.

Clayton Oasis 123

Monday, Sep 16 & 30, Oct 7 & 21, Nov 4 & 18,

Dec 2 & 16, 1:30-3:30, Fee: \$40; Sessions: 8

The Truth About Recycling

Bob Henkel, Program Manager, St. Louis Earth Day



There have been a lot of changes in single-stream recycling, but one thing that has stayed constant since its inception in 2004 is the type of materials accepted. We will step back in time and look forward at the current trends in the recycling industry. Learn what goes in your recycling cart, what stays out and where to take the rest of your materials for reuse.

Kirkwood Oasis 303

Thursday, Nov 7, 10:00-12:00, Fee: \$10

The Truth about Chocolate: Become a More Educated Cocoa Consumer

Marcie Handler



Learn about some of the fallacies and truths of chocolate. Find out what the latest marketing techniques use to draw you in. Experience a comparison test and have a chance to test your palate. Chocolate samples included!

Timbers of Eureka 704

Wednesday, Sep 18, 1:00-2:30, Fee: \$15

Florissant Senior Dining Center 510

Thursday, Oct 3, 1:00-2:30, Fee: \$10

Shiloh Senior Center 511

Friday, Oct 18, 1:00-2:30, Fee: \$15

The Middle East's Other Precious Resource

Katie Hagerty Young



Though the Middle East contains roughly half of the world's proven oil reserves and 5% of its people, it boasts a meager one percent of its renewable water supply. An elaborate system of canals, pipelines, wells, underground aquifers and other creations struggles to provide clean, sufficient water to the region. Lack of access to water threatens the population's survival. Join us for a look at the Middle East's other precious resource, on which its people depend even more than oil.

The J - Chesterfield 705

Tuesday, Oct 1, 10:00-12:00, Fee: \$20

Oasis Roundtables


Join us for an interactive discussion group. Sometimes we're silly, sometimes we're serious but it's always an adventure! Each session features guest speakers, Oasis staff and others. Make some new friends, sharpen your wit and learn something new.

Village of Shiloh - Klucker Hall 509

Monday, Sep 16, Oct 7, & 21, Nov 4 & 18, Dec 2
10:00-11:00, Free; Sessions: 6

Timbers of Eureka 706

Wednesday, Sep 11 & 25, Oct 9 & 23, Nov 13, Dec 11
9:30-10:30, Free; Sessions: 6



The Center of Clayton, home to Clayton Oasis, is undergoing some exciting renovations. The project is being completed in phases, slated to end in spring of 2020. In the meantime, Subway is closed and you will see lots of construction happening, but we are making every effort to limit the impact to our members.

Learn and Play Mah Jongg

Robi Damyan

Whether you're new to Mah Jongg or already have experience playing, this program is for you! Oasis will provide game tiles, but bring your own if you have some! If you don't already have an official Mah Jongg card, order one from the National Mah Jongg League prior to class start.

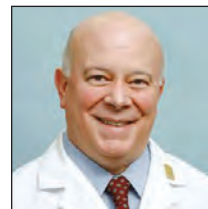
Maryland Heights Community Center 202

Thursday, Oct 10-Nov 14, 10:00-12:00

Fee: \$67; Sessions: 6

Frankenstein's Monster and Medical Ethics

Ira Kodner



Like Mary Shelley's novel *Frankenstein*, recent advances in scientific experimentation force us to ponder several questions: What is "acceptable" science and who decides? How can society balance the benefits of new medical discoveries against the ethical and spiritual questions they may pose? To what degree do we preserve and prolong life, and who has the final say? Understand how far we have come from the time of Dr. Frankenstein's monster, how far we may go, and the ways in which developments in medical ethics can help us understand the ensuing debates.

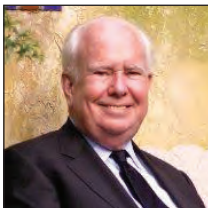
The J - Chesterfield 707

Tuesday, Oct 22, 10:00-12:00, Fee: \$20

University for a Day

In honor of Wayne Goode, recipient of the 2019 Thomas Jefferson Society Award

Lifelong learning is an essential component of an active and engaged citizenry and it provides an opportunity to refine critical thinking skills. Join the Missouri History Museum and Oasis for a day of lecture and discussion topics centered around conservation, the environment, and more. **Visit mohistory.org for further scheduling details.**



9:05 am

Climate Change and the Future of Life

Featuring: Peter Raven, President Emeritus of the Missouri Botanical Garden



9:30 am

Trail Connections & Urban Greenspaces Panel Discussion

Featuring: Emma Klues, VP of Communications & Outreach, Great River Greenways; Ralph Pfremmer, Executive Director, Magnificent Missouri; and others.



10:45 am

Environmental Impact & Public Health Panel Discussion

Featuring: Maisah Khan, Water Policy Director for the Missouri Coalition for the Environment; Peter W. Goode, III, Lecturer in Law and Environmental Engineer at Washington University; Gibron Jones, Founder of HOSCO; and others.



11:45 am

Everyday Environmentalism

Featuring: Jean Ponzi, Green Resources Manager for the EarthWays Center of Missouri Botanical Garden

Missouri History Museum 512

5700 Lindell Blvd, St. Louis, MO 63112

Friday, Oct 25, 9:00am-1:00pm, Continental breakfast at 8:30am

Fee: \$20 (\$15 MHS & Oasis Members)

Register by calling 314.361.9017 or online at mohistory.org



**MISSOURI
HISTORY
MUSEUM**

MISSOURI HISTORICAL SOCIETY

Stories from the Stream: Fly Fishing, a Meaningful Life and Your Next Chapter

Steve Ehrlich

"... it is not fly fishing if you're not looking for answers to questions," wrote Norman Maclean in his celebrated novella *A River Runs Through It*. But we must ask the important, sometimes difficult questions, to produce the most insightful guidance for living a meaningful life, making hard choices, and navigating change, especially after midlife as we transition to a next chapter. This class poses those difficult question, especially during the second-half of adulthood, and how the experience and literature of fly fishing inform the challenging journey, personally and professionally. Using selections from the literature of fly fishing, psychology, philosophy, sociology, and contemporary culture, we will explore analogies and lessons from the stream as they apply to the dilemmas and transitions of midlife to older adulthood.

Eden 403

Tuesday, Oct 15, 22, 29, 10:00-12:00

Fee: \$50; Sessions: 3



The U.S. Electoral System: Does It Need Fixing?

Terry Jones, PhD & David C. Kimball, PhD

Partisan gerrymandering, dark money, voter suppression. What are they? Do any threaten the integrity of U.S. democracy? Does the country's electoral system need reform? Join Dr. Jones, Dr. Kimball and others as we discuss these questions.

Clayton Oasis 124

Tuesday, Nov 12, 1:00-3:00, Fee: \$20

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Questions? Contact Lyndsey Reichardt at (314) 862-2933x240 or lreichardt@oasisnet.org



History

St. Louis Goes to War in WWI & WWII

Johnny Rabbitt, KMOX

Explore how the people and businesses of St. Louis supported the American war effort in both World Wars. Learn about the support of our munitions and armaments industries, airplane and glider firms and how our automobile and truck makers switched to making military vehicles. Discuss the major role the railroads and Union Station, Jefferson Barracks, Scott Field & Ft. Leonard Wood played during these years. We'll also cover rationing, shortages, metal drives, Victory Gardens, the USO, the Red Cross, Civil Defense, brown-outs and black-outs, Liberty Bond Drives, War Bond and Stamp Drives. Review how newsreels, radio and newspapers brought the horrors of war to our homes.

Maryland Heights Community Center 203

Tuesday, Oct 8, 10:00-11:30, Fee: \$20

The Little Black Dress & Fashions from St. Louis

Johnny Rabbitt, KMOX



St. Louis is known for our passion for fashion! Join us as Johnny Rabbitt presents a century of St. Louis fashions dating to the late 19th century. He will tell the story, with pictures, of our town's once truly great fashion

industry in clothes and shoes. We'll see inside the fashion manufacturing operations, and how the clothes were made and marketed. Topics will include sweat-shops, organizing Unions, and stories of those who made and modeled the frocks, footwear and fashions with a St. Louis label. Some companies will include Brown Shoe, and the International Shoe Company that once was the world's largest shoe-maker. We'll cover places like Curlee Clothes for men and boys, Mix Mode, Laura Lee, Dorsa, Mary Muffet, Paul Sach's and other design houses. We'll also "visit" ladies stores such as Kline's, Garland's, Sonnenfeld's, Cunningham's, Libson's, Worth's, Salle Anne shops, as well as the ladies departments at Nugent's Scruggs, Stix & Famous.

The J - Chesterfield 708

Thursday, Sep 26, 1:00-2:30, Fee: \$17

The Sixties in St. Louis: 1760s, 1860s & 1960s

Johnny Rabbitt, KMOX



Take a whirlwind time trip with images and stories of 200 years of life in St. Louis during the decade of the "Sixties" in each of three centuries from the start of the Village of

St. Louis, to the Civil War and reconstruction and finally the so-called "Swingin' Sixties" of the 20th Century. Wars will play a major role in all three of our decades, but so will good times and growth. You'll meet the players in our city's life from Chouteau and Laclede, to Grant and Sherman, Busch and Cervantes and dozens of others who shaped us.

Florissant Senior Dining Center 513

Tuesday, Nov 5, 1:00-2:30, Fee: \$10

How Sweet St. Louis Was – And Is! Candy, Ice Cream and Soda Fountains

Johnny Rabbitt

Join us for a show and tell of our town's love affair with sweets through the decades. Hear about actor Vincent Price's dad's National Candy Company, sweet innovations from the 1904 World's Fair like the ice cream cone and the story of the creation of gooey butter cake. Candy companies, soda fountains, delightful desserts – it's a sweet walk down memory lane!

Clayton Oasis 125

Tuesday, Sep 10, 10:00-11:30, Fee: \$20

Route 66 in St. Louis

Johnny Rabbitt



Cruise down memory lane! From its founding to its continued importance today, St. Louis and Missouri have always been important stops on America's most iconic road,

Route 66. Learn about the origins of the road and the memorable moments and spots in the St. Louis stretch. Rabbitt has been a fixture of St. Louis media for decades and co-created the Media Archive of the Missouri Historical Society where he remains an advisor and created The Legacy Room at the Chase Park Plaza, which is the largest memorabilia room of any hotel in the U.S.

Pavilion at Lemay 803

Wednesday, Oct 2, 10:00-11:30, Fee: \$20

The 1944 World Series

Ed Wheatley, Author of St. Louis Browns, A Beloved Team

This year marks the 75th anniversary of the 1944 World Series which is often called the pinnacle of baseball in St. Louis. It marked the only time that every game of the World Series was played in St. Louis. All eyes were focused on St. Louis as the American League underdog St. Louis Browns, faced off against the experienced National League St. Louis Cardinals at Sportsman's Park. Learn how the two teams got to the series, what a hard-fought series it was, and what these two teams' future destinies were. Hear the behind-the-scenes stories of the series and the players who played the games.

The J - Chesterfield 709

Monday, Oct 7, 10:00-11:30, Fee: \$15

Shiloh Senior Center 514

Thursday, Nov 7, 1:00-2:30, Fee: \$15

St. Louis Browns: Baseball History

Ed Wheatley, Author and Baseball Historian



St. Louisans know that their city is the best baseball town in America, but the city's major league history includes more than the Cardinals! Meet Ed Wheatley, the author of *St. Louis Browns, A Beloved Team*, on whose book the new documentary *The St.*

Louis Browns: The Team That Baseball Forgot, voiced by Jon Hamm, is based. Learn some fascinating facts about this team – a forerunner of the current Baltimore Orioles.

Florissant Senior Dining Center 515

Tuesday, Sep 10, 1:00-3:00, Fee: \$10

St. Louis and the Great Fire of 1849

Barnes Bradshaw, Historian and Actor

What started out as a beautiful May day in 1849 would, by dawn the next day, see the City of St. Louis become a smoldering ruin. Relive this harrowing night and learn about the causes and effects of this devastating tragedy on the place we call home. Also learn about the history and bravery of the many volunteer Firemen who fought the blaze through the night and of the tragic yet heroic deed that finally saved the city from utter destruction.

Timbers of Eureka 710

Tuesday, Oct 22, 1:00-2:00, Fee: \$10

St. Louis, First in Booze and Shoes

Edward Vega



The history of two St. Louis' industries that the city became known for at their peak. Over one hundred breweries have existed in St. Louis during the past two centuries.

Many were small operations that lasted but a few years. Others grew to be national and international giants in the industry. The wave of Significant waves of German immigrants that came to St. Louis resulted in breweries, taverns, beer gardens and eventually a big share of beer sales in the United States.

Clayton Oasis 126

Tuesday, Nov 5, 10:00-12:00, Fee: \$20

Made in the Gateway City:

The 1980's St. Louis Savings and Loan Crisis

Edward Vega

From the early 80's to the mid 90's most of the almost 30 savings and loan associations in the St. Louis metro area that went out of existence did so because they were in financial trouble. An overview of the causes. A trip down memory lane on activities and events before and after their demise including criminal charges. Plus, the minting of millionaires for the few that benefited from the results of the crisis.

Clayton Oasis 127

Thursday, Oct 24, 10:00-12:00, Fee: \$20

The World's Fair that St. Louis Made

Andrew Cooperman, Historian



The 1904 World's Fair, more formally the Louisiana Purchase Exposition, is considered one of the great highlights in St. Louis history. The city and region hosted a world's fair that brought together the best and brightest from around the planet, who in turn exhibited the vest best that their countries had to offer. From technology to architecture to manufacturing, to art, to food, the St. Louis World's Fair allowed fair goers to see the world gathered in Forest Park and marvel at how far civilization had advanced.

Timbers of Eureka 711

Tuesday, Oct 8, 1:00-3:00, Fee: \$15

The French in Illinois & Missouri

Andrew Cooperman

Contrary to the popular imagination, colonial American history is not confined to the eastern seaboard. The mid-Mississippi River valley also has a very rich colonial history. The French established several settlements on both sides of the Mississippi during the early to mid 18th century. The Illinois French – as they came to be called – developed a society, culture, and economy that were well suited to their mid-American home, and very different from those that the Anglo-Americans developed on the east coast.

Florissant Senior Dining Center 516

Tuesday, Sep 10, 1:00-2:30, Fee: \$10

Irish Genealogical Research Exploration

Kay Weber & Carol Hemmersmeier, *St. Louis Genealogical Society*



How does researching your Irish ancestors differ from other genealogical searches? Explore records and sources you will need to learn more about your Irish ancestors!

Pavilion at Lemay 804

Wednesday, Sep 4, 10:00-12:00, Fee: \$20

Online Books and Newspapers for Genealogy

Ilene Murray, *St. Louis Genealogical Society*

There are many websites, some free, some subscription, that now offer access to digital versions of family histories, county histories, magazines, journals, and newspapers. Learn how to find many of these sites and explore the treasures they hold for doing family history research.

Clayton Oasis 128

Wednesday, Nov 13, 10:00-12:00, Fee: \$20

What Did They Die From?

Interpreting our Ancestors' Death Records

Ilene Murray, *St. Louis Genealogical Society*

This class focuses on what death records are available for doing genealogical research and what those obscure causes of death really mean. We'll look at some of the "cures" for those maladies as well.

Clayton Oasis 129

Wednesday, Nov 20, 10:00-12:00, Fee: \$20

Joseph Pulitzer:

The Father of Modern Newspaper Publishing

Bev Schuetz, *History Talks*



This program covers the fascinating story of the 19th century's brilliant publishing magnate, Joseph Pulitzer. We will discuss his immigrant beginnings, his move to St. Louis and his newspaper empire. Also included in Pulitzer's colorful history is the famous "yellow journalism" rivalry with William Randolph Hearst, his struggle with ill health and eventual blindness and his ultimate achievements – the creation of the Columbia School of Journalism and the prestigious Pulitzer Prizes in journalism, literature and music.

Clayton Oasis 130

Tuesday, Oct 29, 1:00-2:30, Fee: \$20

Becoming an American: Naturalization

Ilene Murray, *St. Louis Genealogical Society*

Did your ancestors become American citizens? If they did, they followed a process that has kept changing over time. We'll look at some of the naturalization laws in effect since the early days of this country's history, see some sample records and discover what is and is not on the various forms needed to complete the naturalization process. Then we'll explore where you might find records to help in your research.

Maryland Heights Community Center 204

Tuesday, Oct 1, 1:00-3:00, Fee: \$20

Leaving Home: Emigration/Immigration

Ilene Murray, *St. Louis Genealogical Society*



Chances are your ancestors arrived in the United States from somewhere else, as we are largely a country of immigrants. Our relatives endured the hardships of leaving their homeland and, unless they arrived quite recently, often a long ocean voyage. Learn basic principles of immigration research, how and why your ancestors left their homes and how to track them, if possible. We'll look at immigration records and where to find them as well as what you will and will not find on them.

Maryland Heights Community Center 205

Tuesday, Oct 8, 1:00-3:00, Fee: \$20



Seminar Series:

Historical Figures from the Eighth Circuit U.S. Court of Appeals

One of twelve regional courts of appeals in the federal system, the Eighth Circuit is headquartered in St. Louis. It hears appeals from courts in a seven-state region located in the heartland of the country – covering Missouri, Arkansas, Iowa, Minnesota, Nebraska, South Dakota, and North Dakota. The Eighth Circuit has been a source of significant cases and jurists over the years, including the select few that provide the subject matter for this series. Each session will include a scholarly presentation, permanent and temporary exhibits on the related subject matter, and visits to the Eighth Circuit courtrooms. All sessions will be held at the Thomas F. Eagleton U.S. Courthouse in the Jury Assembly Room located downtown at **111 South 10th Street, St. Louis, 63102**.

Integration at Little Rock Central High School

Ben Clark, Attorney at Law

The integration crisis in Little Rock Arkansas in the 1950's was an important test of the U.S. Supreme Court's *Brown v. Board of Education* decision, which mandated public schools be desegregated "with all deliberate speed." Learn about some of the players and decisions coming out of the lower courts, including the Eighth Circuit U.S. Court of Appeals, and their lasting effects. Presentation will be accompanied by a display on the Little Rock integration crisis, created by the Eighth Circuit Historical Society.

Eagleton Courthouse 517

Friday, Sep 27, 10:00-12:00, Fee: \$5

U.S. Supreme Court Justice Harry Blackmun

Thomas Wack, Attorney at Law

Justice Blackmun, Associate Justice of the U.S. Supreme Court from 1970-1994, was previously a Judge of the Eighth Circuit U.S. Court of Appeals. Learn about the important milestones of this important jurist, including his early career as a lawyer, his friendship with Chief Justice Burger and his time on the bench. Blackmun may be most well-known for writing the Court's opinion in *Roe v. Wade*, but there is so much more to him. Presentation will end with a visit to the Blackmun Rotunda on the 27th floor.

Eagleton Courthouse 518

Friday, Oct 18, 10:00-12:00, Fee: \$5

Judges of the Eighth Circuit

U.S. Court of Appeals for the Eighth Circuit Staff

This session will take a closer look at four former Judges of the Eighth Circuit U.S. Court of Appeals. Judge Theodore McMillian, St. Louis Public School graduate and first African American judge on the Court; Judge Diana E. Murphy, first woman appointed to the Court; Judge William H. Webster, who served as director of the FBI and the CIA after leaving the bench; and U.S. Supreme Court Justice Charles Evans Whittaker, for whom the federal courthouse in Kansas City is named. Each has an interesting and inspirational story to be told. Speakers will include former staff of some of the featured judges. Presentation will feature displays as well as visits to the William H. Webster ceremonial courtroom and the Theodore McMillian exhibit, "A Man of Firsts."

Eagleton Courthouse 519

Friday, Dec 13, 10:00-12:00, Fee: \$5

Note:

Don't forget Oasis class etiquette! 1. Please try to arrive on time. 2. Please turn off your cellphone or set it to silent mode. 3. Please refrain from conversing with your neighbor.

Vietnam 1 - Bugged Down in Soggy Boots: America's War in Vietnam

Katie Hagerty-Young, MA



In 1965, 20 years after the first American was killed in Vietnam, President Lyndon Johnson had made clear his intention to pursue the war he had inherited. Explore key events in the war through 1973, when the last American combat troops departed the defoliated jungle. Discuss the role of American decision makers, in directing the course of the war. Determine whether the rabble-rousers at home who opposed the war had any valid complaints.

Pavilion at Lemay 805

Tuesday, Nov 12, 10:00-12:00, Fee: \$20

The Enemy Among Us: German and Italian POWs in Missouri During WWII

David Fiedler, MA

During World War II over 15,000 German and Italian prisoners of war (POWs) came to Missouri and lived in 30 camps scattered across the state. Discuss the responses of Missourians, both regular citizens and "officials," when they encountered the enemy and how they treated the foe held in a weak and helpless position.

Pavilion at Lemay 806

Wednesday, Sep 25, 10:00-12:00, Fee: \$15

Vietnam 2 - Toes into Quagmire: How America Came to Care about Vietnam

Katie Hagerty-Young, MA

Explore the backstory of Western and Eastern involvement in Vietnam leading up to the Tonkin Gulf Incident. Discuss American interest in Vietnam in the context of Cold War politics, and understand the internal dynamics of this tropical, primitive state just larger than New Mexico. Whether you lived through this time period or arrived later, join us to hear a wide range of perspectives.

Pavilion at Lemay 807

Tuesday, Nov 19, 10:00-12:00, Fee: \$20

December 6, 1941, 11:58pm HST (8 Hours Until...)

Tom St. John, MA



Take a look at some of the told, untold and forgotten events and people behind the Japanese attack on Pearl Harbor (with an eye on the Japanese viewpoint), and why the

USA was surprised by it. The time frame is from Admiral Perry's warships arriving in Japanese waters ready to fight in 1854 to Admiral Nagumo's warships arriving in American waters in 1941. The time span was 87 years.

Kirkwood Oasis 304

Monday/Thursday, Sep 9-26, 1:00-3:00

Fee: \$80; Sessions: 6

★ HONOR, REFLECT AND REFRESH: HEROES ★

Join us as we salute the men and women among us who are our everyday heroes. Enjoy a performance by the The Scott Air Force Band, distinguished speakers and more to honor all local military veterans who have served or are serving, reflect on their sacrifices and contributions and enjoy refreshments. Whether you would like to share photos or stories, wear your uniform or simply mingle and chat, we welcome you!

Clayton Oasis 131

Friday, Nov 8, 10:30-1:00, Free



St. Louis Before the Civil War: The Photography of Thomas Easterly

Nick Sacco, Park Ranger, National Park Service



Thomas Easterly (1809-1882) was the city's premier photographer before the American Civil War. He established the first art gallery in Missouri and became famous throughout the Midwest for his portraits of St. Louis during the 1850s. Easterly's photos provide a unique visual perspective of St. Louis during the early days of modern photography. Using photos from the Thomas Easterly Daguerreotype Collection at the Missouri Historical Society, Park Ranger Nick Sacco (Ulysses S. Grant National Historic Site) will discuss numerous people, events, and political developments that shaped St. Louis before the Civil War.

Pavilion at Lemay 808

Wednesday, Oct 9, 10:00-11:30, Fee: \$17

Reconstructing America: The Sad-But-True Story of America After the Civil War

Joan Musbach, MA



Winning a war is easier than securing the peace! The Civil War solved two problems – secession and slavery. In the process it created a host of new problems that Americans were ill-prepared to resolve. Competent leadership was lacking and the necessary changes required long, persistent dedication. The recounting of Reconstruction has varied dramatically over the decades, and is rarely and poorly told. Americans would be better equipped to face the challenges of today, both at home and abroad, if we confronted this failure of idealism in American History.

Clayton Oasis 132

Tuesday, Sep 17 & 24, Oct 1 & 8, 1:00-3:00

Fee: \$80; Sessions: 4

Oasis and the Gateway Arch National Park

These programs are presented in partnership with Gateway Arch National Park and the National Park Service.



St. Louis and the River: Riverboat Cruise & Lunch

Enjoy a Gateway Arch Riverboat cruise on the mighty Mississippi and a boxed lunch inside the cabin or out on the deck. Before boarding you will meet with National Park Service staff to learn about St. Louis from an early river town to its golden steamboat years. Price includes riverboat ticket and boxed lunch. Meet on the dock, located on the river near the base of the Gateway Arch.

Gateway Arch Riverboats 520

Tuesday, Oct 15, 11:00-1:00, Fee: \$39

Virginia Minor: Her Story

After losing her 1872 case in the St. Louis courts, the courageous St. Louis suffragist Virginia Minor took the *Minor vs. Happersett* case to the U.S. Supreme Court, stating that the 14th Amendment gave women the right to vote. Recently NPS staff have been digging deep to learn more about this woman, her family and her time. Join us to hear their findings.

Old Courthouse 521

Tuesday, Nov 12, 1:00-2:30, Fee: \$5

Holiday Concert at the Old Courthouse

The National Park Service invites you to enjoy a holiday concert at the Old Courthouse in downtown St. Louis and experience the dome's finely designed acoustics. Following the concert you may join a NPS Ranger for a tour of the building.

Old Courthouse 522

Wednesday, Dec 4, 12:00-1:30, Fee: \$5

St. Louis Heroes: Firefighters

Dan Fuller, Bellefontaine Cemetery

Heroes can come from many different public service roles; Firefighters, Police and Military just to name some of the most obvious. In this first of a three-part exploration, we go into detail concerning St. Louis's rich firefighter heritage. Starting with early volunteer forces and carrying up to the modern era, we will look at the area's rich history. St. Louis has a right to be proud of its firefighter history and those who helped form it should be remembered.

Pavilion at Lemay 809

Wednesday, Sep 11, 10:00-12:00, Fee: \$20

Three Women:

The Treacherous, The Bold and The Brilliant

Bev Schuetz, History Talks



Meet three diverse women of history: Peggy Shippen, the beautiful wife of Benedict Arnold who orchestrated the betrayal of America and feigned madness in the process, Nellie Bly, the daring and talented reporter who gave voice to the voiceless by exposing

the horrors in an insane asylum among other scandals; and Marie Curie, renowned physicist and chemist, who was the first woman to win a Nobel prize and the only woman to win it in two fields. She pioneered research in radioactivity in the unwelcoming male-dominated scientific world. Enjoy the unforgettable stories of these three dramatically different but truly fascinating women.

Maryland Heights Community Center 206

Tuesday, Nov 12, 10:00-11:30, Fee: \$17

Defenders of the Damned: Famous Defense Lawyers

Bev Schuetz, History Talks

Prepare to be fascinated by three of the greatest, most colorful defense attorneys from the 1920s. Learn about Clarence Darrow, the defender of the little man, who was famous for the Scopes Monkey trial, the Leopold Loeb case and other brilliant defenses; William J. Fallon who defended over 125 homicide cases and never lost; and Earl Rodgers, the inspiration for TV's Perry Mason.

The J - Chesterfield 712

Wednesday, Oct 2, 10:00-11:30, Fee: \$17

The Wright Brothers: A Biographical Look

Doug Schneider



The Wright Brothers lived in a remarkable family in a city that was a hotbed of innovation during a time that was ripe for aviation experimentation. Join us for an insightful

look at two of the most famous brothers in history. Doug Schneider will show how the Wright Brothers succeeded in creating the airplane, and how they tried to promote and protect their invention after Kitty Hawk.

Timbers of Eureka 713

Tuesday, Oct 15, 1:00-3:00, Fee: \$15

A Legacy of Excellence: The Washington University and Homer G. Phillips Story

Ira Kodner, MD

This is a history of the need for and creation of a hospital for the care of poor African American people in St. Louis. It involves city politics, St. Louis University and Washington University Medical Schools and the interaction with Homer G. Phillips Hospital. It emphasizes the importance of the hospital for the city and the national education of African American doctors and nurses.

New Northside Family Life Center 523

Tuesday, Sep 17, 10:00-12:00, Free

The Louisiana Purchase

Joan Musbach, MA



Known as "the greatest real estate deal in history," the purchase of about 828,000,000 square miles of territory from France almost doubled the size of the young republic.

If the seller is Napoleon and the buyer is Thomas Jefferson and it takes months for the real estate agents to communicate between the two, it should be obvious that this was not an easy deal to make. Complicated by the actions of a Haitian general, a virus and an ice storm, the "Eureka" moment reportedly occurred with Napoleon in a bathtub! After all the labors of the agents, why did Jefferson waver at finalizing the deal. Was three-cents an acre too high?

The J - Chesterfield 714

Tuesday, Nov 5, 1:00-3:00, Fee: \$20

The Majesty of the Osage

Jim Duncan, MA

Before European colonization, Missouri was home to the most powerful Native American nation west of the Mississippi – the Osage. Today, the Osage remain a prominent and vital nation. Through slides and lecture, Jim Duncan illustrates the fascinating history of the Osage in Missouri, their arts, and how the Osage are keeping their heritage alive on their reservation in Oklahoma.

Pavilion at Lemay 810

Wednesday, Nov 20, 10:00-12:00, Fee: \$20

The Lewis & Clark Exploration

Joan Musbach, MA



Known as the "Great American Odyssey," this exploration evokes endless fascination. In the first session we will look at the politics and intense preparation for this adventure, including secret communiques to Congress and foreign diplomats. This session then

details the first half of the trip to the source of the Missouri River and on to the Pacific. Faulty maps, grizzlies and chance encounters add danger and intrigue to the improbable story. The second session will begin with the winter at Fort Clatsop and then chronicle the trip back to St. Louis. Varied encounters with Native Americans and risky decisions made by the leaders of the Corps of Discovery make the return trip as interesting as the initial exploration. Equally interesting are the stories of the participants after the expedition.

The J - Chesterfield 715

Tuesday, Nov 12 & 19, 1:00-3:00, Fee: \$39; Sessions: 2

Bellefontaine's People of Intrigue

Dan Fuller, Education and Volunteer Coordinator

At Bellefontaine Cemetery, spies as well as other people of intrigue can be found. These individuals are young and old, male and female. Their stories are unique and fascinating. The span of time, for these stories includes, pre-Civil War to burials in recent memory. From duels on St. Louis's "Bloody Island" to local and international man hunts we will share their tales and light on the details which make these individuals so intriguing.

Florissant Senior Dining Center 524

Tuesday, Nov 19, 1:00-3:00, Fee: \$10



The Unbelievable Stories of Famous Multiples

Bev Schuetz, History Talks

Learn about the world renowned Dionne quintuplets who were taken from their parents as babies and made wards of the Canadian government. Raised in isolation and exhibited to 100,000 spectators each month, they were abruptly returned to their relatively unknown family when they were nine. This created new problems for the five little girls. Also discover the beautiful and talented Hilton twins who were conjoined at the hip. In spite of prejudice they became celebrated musical stars of vaudeville. The story of their lovers and their tragic ending is an unforgettable tale. From Colombia, we'll examine a baby switching case involving two children who were part of two different sets of identical twins. At 25, the accidental brothers learned of the mix-up and the lives they should have had. The debate between nature and nurture and the causes of multiple births will be reviewed in this unusual presentation.

Clayton Oasis 133

Wednesday, Sep 25, 10:00-11:30, Fee: \$20

Celebrating the Power of Dreams

Linda Nance, President, Annie Malone Historical Society



This program recalls the struggles and triumphs of Annie M. Turbo Pope Malone, pioneering millionaire of the African American hair care industry – once headquartered in St. Louis. Her concepts of beauty, her determination and the international empire she built made their mark on the world.

New Northside Family Life Center 525

Tuesday, Oct 15, 1:00-2:30, Free

Prohibition History

Bonnie Vega, MA

This year marks the 100th anniversary of the passage of the 18th Amendment to the U.S. Constitution, banning the manufacture, sale and transportation of liquor. Join us for a three-part series exploring Prohibition.

'Suasion: The Temperance Movement of 1820-60

With the Evangelical Protestant revival of the 1820s and 1830s (the Second Great Awakening), a social movement began aiming for a perfect society. This included the elimination of social sins like slavery (abolition) and alcoholism (temperance). The movement focused on persuading individuals to either moderate their alcohol consumption or abstain. The movement began with Evangelical preachers and led to the creation of organizations that would spread the message.

Clayton Oasis 134

Thursday, Sep 12, 10:00-12:00, Fee: \$20

Impact of Prohibition on American Society

The failed experiment in social reform led to organized crime, corruption at all levels of government, disrespect for the law, economic decline, unemployment, fear and hatred of immigrants, rise of the KKK, use of drugs, passage of the income tax amendment to replace revenue lost from the sale of liquor and disregard for religion. Americans were not richer, healthier, safer or more moral - the claims of the temperance activists. The unintended consequences of Prohibition have left a continuing legacy.

Clayton Oasis 136

Monday, Nov 11, 10:00-12:00, Fee: \$20



Prohibition: Anti-Saloon League

With the passage of the 13th Amendment abolishing slavery, members of the Temperance movement recognized that laws could be used to stop the abuse of alcohol just as an amendment ended slavery. Women led the movement, forming societies throughout the United States and Great Britain that focused on education and legislation. The Anti-Saloon League was created in 1893, which became a national organization to pass an amendment prohibiting alcohol. The group was the first pressure group formed in the U.S. organized around one issue. In addition to being in favor of prohibition, the League was also an anti-immigrant pressure group. They were successful in achieving the ratification of the 18th Amendment in 1919.

Clayton Oasis 135

Monday, Oct 28, 10:00-12:00, Fee: \$20

Take a prohibition era tour of The Hill! See page 28.

American Indian Oral Traditions: Capturing Stories of Long Ago

Jim Duncan, MA

An often overlooked facet of American Indian culture is the rich inventory of Sioux oral traditions. Jim Duncan, historian and author, discusses American Indian oral traditions: their purpose, their connections to everyday life, and he relates several of the more "colorful" tales.

Pavilion at Lemay 811

Wednesday, Oct 16, 10:00-12:00, Fee: \$20

1968

Katie Hagerty-Young, MA

MLK, Bobby Kennedy, the Tet Offensive, a tumultuous election, the Chicago Riots, Apollo 8 and more. Explore the political and social highlights and lowlights of one of the most turbulent, significant years in recent memory. Whether you lived it or have always wondered, join us to uncover the power and mystique of this critical year.

Timbers of Eureka 723

Tuesday, Oct 29, 1:00-3:00, Fee: \$15

Charles E. King: Architect of Belleville IL

Margaret Meyer, Mid-Century Modern Museum



Learn about a prolific architect whose work shaped Belleville and is still present today. In 1947 he opened an office, "Charles E. King, Architect," at 19A North Illinois

Street and soon took his first commission for a private residence. He favored a design style that today is known as Midcentury Modern. He continued to practice in Belleville until 1961, when his firm was purchased by Hellmuth, Obata and Kassabaum (HOK) in St. Louis. During his 14 years in Belleville, King designed and completed 34 public and commercial projects and an estimated 100 custom designed residences and home additions, including Belleville City Hall! All but three of King's works in Belleville still stand today.

Image courtesy of the Belleville Historical Society, www.bellevillehistoricalsociety.org.

Shiloh Senior Center 527

Thursday, Oct 3, 1:00-2:30, Fee: \$10

Introduction to Egyptian Hieroglyphics

Lindsey Schiffko, MA



Unlock the secrets of reading and writing like an Egyptian in this hieroglyphic course for beginners. The "alphabet," types of signs, and commonly used words and phrases will be explored. Attendees will also practice inscribing their names within a cartouche, a sym-

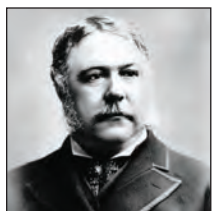
bol reserved for the royalty and gods of Egypt.

Maryland Heights Community Center 207

Thursday, Dec 5, 10:00-12:00, Fee: \$20

Chester Arthur: The 21st U.S. President

Andrew Cooperman, MA



Though a loyal political party operative and promoter of the patronage system during his earlier political career, as the 21st U.S. president, Chester A. Arthur demonstrated that he was above party politics by instituting political reform. Learn about his life and political career in this fascinating program.

Shiloh Senior Center 528

Thursday Nov 14, 1:00-3:00, Fee: \$10

Elijah Lovejoy: Abolitionist Journalist

Barnes Bradshaw, Historian and Actor



The Reverend Elijah P. Lovejoy was not from Missouri, or even the Midwest. His family never owned slaves. But he saw the "outright evil" of the slavery system here in St. Louis and grew to be appalled by its very existence. After the murder of a freeman of color in 1836 he could no longer hide his rage and spoke of it in his newspaper, *The Observer*. The result of these writings, and his uncompromising anti-slavery tone, was that both he and his printing press would meet with utter destruction.

Shiloh Senior Center 529

Tuesday, Oct 8, 1:00-2:00, Fee: \$10

Murderers on Trial: Famous St. Louis Crimes

Bev Schuetz, History Talks



Starting with the gangs of St. Louis through mob bombings and into current history, St. Louis has had a memorable array of fascinating and compelling murders. Learn the full

story behind the most shocking and fascinating events: including the killer driller, dentist Glennon Engleman; the sad girl who was dying to get married—and did, Julie Bull-och; and the heart-breaking murder of teenager Tina Isa by her parents in a family honor killing, accidentally recorded by the FBI.

The J - Chesterfield 716

Thursday, Oct 24, 10:00-11:30, Fee: \$17

Body Art and Body Modification Across Cultures

Carol Diaz-Granados, PhD



Learn more about a variety of body art from around the world, from earliest of times to the present. Instructor Carol Diaz-Granados will also lead a class discussion on the reasons people in various cultures, including our own, decorate or modify their bodies. Join us for this fascinating look in to cultural customs instructed by a local anthropology expert.

The J - Chesterfield 717

Thursday, Sep, 19, 10:00-12:00, Fee: \$20

Literature

The Steamer Admiral and Streckfus Steamers, A Personal View

Annie Blum, Author, The Steamer Admiral

Meet the author of a memoir of the 18 summers she worked on the Admiral. Learn about the history of the boat and of the historic river family company that ran her. Hear about her experiences and about her research into the Streckfus papers that are housed at the Mercantile Library at the University of Missouri-St Louis.

Maryland Heights Community Center 208

Tuesday, Dec 3, 10:00-11:00, Fee: \$15

Creative Writing

Kim Lozano, Author & Writing Instructor

Develop your creative writing skills in a class that is open to writers of fiction, memoir, personal essays and poetry. Class members will have the opportunity to share their writing with the group and receive feedback. Instructor Kim Lozano teaches at the St. Louis Writers Workshop, and has served as senior contributing editor at *River Styx*. She has been nominated for a Rona Jaffe Foundation Writers' Award and is a winner of the Kentucky Woman Writers Conference Betty Gabehart Prize for fiction. Her poetry, essays and short fiction have appeared in a variety of publications.

Clayton Oasis 137

Tuesday, Sep 17, Oct 1, 15, 29, Nov 12 & 26, 10:00-12:00
Fee: \$98; Sessions: 6

Eden 404

Tuesday, Sep 17, Oct 1, 15, 29, Nov 12 & 26, 1:00-3:00
Fee: \$98; Sessions: 6



Meet the Author – Downtown St. Louis

Author/Historian NiNi Harris will explore the physical evolution of Downtown, from its beginnings as a French village, through becoming a Victorian era boom town, to the construction of great skyscrapers, to the reconstruction of the grounds of the Gateway Arch National Park. Harris will also show how this phenomenal architectural setting was the stage for great movements in American history. This program celebrates the release of the Second Edition of *Downtown St. Louis* and is offered in the Library of the St. Louis Altnheim, atop Chouteau's Bluff. Refreshments are courtesy of the St. Louis Altnheim.

St. Louis Altnheim 530

Wednesday, Nov 6, 10:30-12:00, Fee: \$20

Passing it On – Folklore of St. Louis

John Oldani, Author

How do urban folktales of the "choking Doberman" relate to St. Louis? What are the rites of passage for young St. Louisans involving cemeteries? Did you ever "finarck?" And what happened when you didn't "trick" without a "treat?" These and other examples of St. Louis folklore are dynamic reflections of a culture - growing, changing, and redefined. Urban tales from St. Louis neighborhoods, instructive in their telling, reflect our growth. Learn about superstitions, vocabulary and "boomer" lore from the St. Louis region. All of it is "passed on" as it shapes St. Louis culture.

Maryland Heights Community Center 209

Thursday, Dec 12, 10:00-11:00, Fee: \$10

Meet the Author –

Cancer: Balancing Reality and Hope

Alan Spector, Author

It is likely, over the course of our lifetime, that each of us, whether as a patient or loved one, will be touched by cancer. Alan Spector and his book, *Cancer: Balancing Reality and Hope*, bring a unique perspective to helping navigate this difficult time, when there is so much to learn, there are so many decisions to be made and there are so many new and often persistent emotions to deal with. Alan Spector will be available to autograph books, which are for sale following the program.

Crown Center 607

Thursday, Oct 24, 3:00-4:00 pm
Free - limited spaces available!



Unlocking Your Muse

Denise Pattiz Bogard, Award-Winning Author

Do you have a jumble of creative ideas swirling in your head but the moment you sit down to write you are blocked? Join Denise Bogard as she offers tips and writing exercises to unlock your muse. Denise has been writing and teaching writing for over two decades and is the author of two published novels, *The Middle Step* and *After Elise*. From her first-hand experiences, she has compiled a treasure chest of ways to inspire creative writing. She promises you will leave the class jazzed and ready to write! By the way, come prepared to put your best ideas—and a few new ones – on paper.

Clayton Oasis 138

Wednesday, Nov 13 & 20, 10:00-12:00

Fee: \$40; Sessions: 2

Meet the Author – *Nuts About Squirrels*

Don Corrigan, Author and Professor of Journalism at Webster University

Squirrels have been stars in the mass media and popular culture for decades, from Victorian writer Beatrix Potter's *Squirrel Nutkin* to Rocky the flying squirrel of *The Adventures of Rocky and Bullwinkle*. Join us and learn about Native American and Viking legends and lore related to our bushy-tailed friends. Don Corrigan is an award-winning writer and editor-in-chief of three newspapers in St. Louis: *Webster-Kirkwood Times*, *South County Times* and *West End Word*. Corrigan has taught journalism and mass communications as a professor at Webster University in St. Louis. You will have an opportunity to purchase a signed copy of *Nuts About Squirrels* at this program.

Timbers of Eureka 718

Tuesday, Nov 19, 1:00-2:30, Fee: \$15

Eden 405

Wednesday, Dec 4, 10:00-11:00, Fee: \$15

Jump Starting the Novel

Denise Pattiz Bogard, Award-winning Author

Have you ever confided in someone that you have an idea for a novel but you don't know how to begin? Or perhaps you've begun a book but are blocked by where to go from here. If so, then this session is for you! Denise Bogard has been writing and teaching writing for over two decades and is the author of two published novels, *The Middle Step* and *After Elise*. During that time, Denise has compiled a filing cabinet of ideas and writing exercises to jump start your book. She will share with you some of her own experiences and will engage you in writing exercises. She promises you will leave inspired to write that book that's been waiting all this time to emerge.

Clayton Oasis 139

Tuesday, Dec 10 & 17, 10:00-12:00

Fee: \$40; Sessions: 2

Contemporary Short Stories

Angela Mitchell, Director of St. Louis Writers Workshop

Discuss contemporary short stories in this program led by a local author and writing instructor. Explore the thematic and structural characteristics that define the contemporary short story, and how contemporary writers have transformed these characteristics over time.

Clayton Oasis 140

Thursday, Sep 26-Oct 24, 10:00-12:00

Fee: \$90; Sessions: 5

Clayton Oasis 141

Thursday, Oct 31-Dec 5, 10:00-12:00

Fee: \$90; Sessions: 5. *No class Nov 28.*

My Happy Life as an Editorial Writer

Repps Hudson, Journalist

Life is never boring when you're working the editorial desk of a major newspaper. Hear some amazing stories from Repps Hudson, a newspaperman almost 40 years, who worked as a reporter, editorial writer, political editor and business reporter and columnist. Since he retired from the St. Louis Post-Dispatch in 2007, he has been a freelance writer and adjunct professor of journalism and international affairs. He has a BA in history from the University of Missouri at Kansas City and an MA in international affairs from Johns Hopkins.

Clayton Oasis 142

Tuesday, Nov 19, 10:00-11:30, Fee: \$15

Technology



Keep your technology skills up-to-date with classes that are designed for and taught by people just like you!

Safety First: Privacy and Safety Online



The Internet is a daily part of our family, social, and business lives. The Internet is also where scammers and identity thieves lurk. Protect yourself by learning to recognize phishing and fraud attempts in this class designed for Internet users of all ages. You'll learn how to create and use effective passwords, develop and practice good security habits, and reduce your exposure to threats. The class also covers virus protection, firewalls, top scams, credit monitoring, job search scams, and much more.

The J - Chesterfield 719

Friday, Oct 11 & 18, 10:00-12:00, Fee: \$30; Sessions: 2

Crestview Senior Living 812

Monday, Oct 28 & Nov 4, 10:00-12:00

Fee: \$30; Sessions: 2

Maryland Heights Community Center 210

Thursday, Oct 17 & 24, 1:00-3:00

Fee: \$30; Sessions: 2

iPad/iPhone

Don Francois



iOS 12 is here with new features and improved performance. This course will introduce you to all the basic apps including changes to the Control Center, Bedtime, Books, News, Maps, TV, Do Not Disturb and more. Bring your iPad and/or iPhone fully charged, along with your Apple ID and password.

Crestview Senior Living 813

Monday, Sep 9 & 16, 1:00-3:00

Fee: \$30; Sessions: 2

Apple iPad Training for Older Adults with Low Vision

Stacy Smallfield, DrOT, Washington University



This 10-week class is designed for new Apple iPad users who have visual impairment such as macular degeneration or diabetic retinopathy. Learn how the iPad can assist with daily tasks including social and leisure activities. Participants should bring their own iPad to each class session and have access to the internet at home.

New Northside Family Life Center 531

Wednesday, Sept 18-Nov 20, 1:00-2:30

Free; Sessions: 10

Google Photos



Google Photos offers free, unlimited backup of your mobile phone's pictures! It's automatic and comes with a host of features too. Google Photos' Assistant will even create collages, animations, and albums you will enjoy. And that's only the beginning. This class is a great introduction to these features and will teach you how to install and use the app on your mobile device as well as on your desktop or laptop.

Maryland Heights Community Center 211

Tuesday, Sep 17 & 24, 1:00-3:00

Fee: \$30; Sessions: 2

Crestview Senior Living 814

Monday, Sep 9 & 16, 10:00-12:00

Fee: \$30; Sessions: 2

Android Phone & Tablet

Mary Mueller



This course will teach you basic skills for using your Android-based phone including initial setup, gestures, organizing apps and Home screens, finding and installing useful apps, and using Maps and the Camera functions. It also covers Gmail and Google calendar.

Crestview Senior Living 815

Monday, Sep 23, 30 & Oct 7, 10:00-12:00

Fee: \$45; Sessions: 3

Windows 10

Mary Mueller



This course covers the basics of setting up Windows 10 securely and getting the most out of the most common features. This Windows 10 program assumes the student has some experience of a previous version of Windows.

Crestview Senior Living 816

Monday, Nov 18, 25 & Dec 2, 10:00-12:00

Fee: \$45; Sessions: 3

Online Books and Newspapers for Genealogy

Ilene Murray, *St. Louis Genealogical Society*



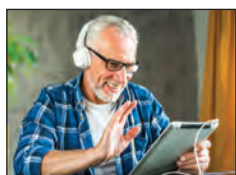
There are many websites, some free, some subscription, that now offer access to digital versions of family histories, county histories, magazines, journals, and newspapers. Learn how to find many of these sites and explore the treasures they hold for doing family history research.

Clayton Oasis 128

Wednesday, Nov 20, 10:00-12:00, Fee: \$20

Hearing Technology

Steve Smith



Approximately 38 million U.S. adults have hearing loss, of which 28.8 million could benefit from hearing aids. Recent technological advances have created a new frontier with options to help those in need of hearing assistance. Come and learn how hearing loss affects quality of life and how communication strategies and hearing aid technology help. In addition, learn "sound" advice when it comes to purchasing hearing aid technology.

The J - Chesterfield 720

Monday, Oct 28, 10:00-12:00, Fee: \$15

Ask a Techie



Maryland Heights



Oasis and Maryland Heights Community Center provide FREE technology help!

Receive assistance with your smart phone, computer or tablet in a supportive, welcoming environment. Help is provided on a first come, first served basis.

Drop in to ask questions or update your skills!

**Every Monday from Sep 9 to Dec 16,
from 9:00am-11:00am**

Smartphone Photography



Chances are you use your smartphone for pictures and videos. Smartphone cameras are not only convenient, they have features not found anywhere else. If you want

to know more about slo-mo, panoramic, time-lapse, even augmented reality, this class is for you. Bump your smartphone skills up a notch and learn how to use the full complement of camera features for fun and creative photography and videography. Bring your smartphone to class charged and ready to go.

The J - Chesterfield 721

Friday, Nov 1, 8 & 15, 10:00-12:00

Fee: \$45; Sessions: 3

Crestview Senior Living 817

Monday, Nov 18, 25 & Dec 2, 1:00-3:00

Fee: \$45; Sessions: 3

Note:

Don't forget Oasis class etiquette! 1. Please try to arrive on time. 2. Please turn off your cellphone or set it to silent mode. 3. Please refrain from conversing with your neighbor.

Digital Safety

EVENT

Use of the internet and connected devices increases each year. Most internet apps create benefits for people who want to stay engaged with their loved ones and vital information. Older adults are no different and they often assist other people in their lives who are navigating tech challenges. AT&T and Oasis will teach you strategies and resources that can help you help yourself and your loved ones navigate the internet safely and confidently.

WHEN

Friday, October 4, 2019
10:00am - 12:00pm

WHERE

Brentwood AT&T Store
1811 S Brentwood Blvd
Brentwood, MO 63144

DETAILS

This event is **FREE!** Register for class **#532** by visiting us online at **www.stloasis.org** or by calling **314.862.4859, ext. 24**.



Windows 10 Performance & Maintenance

Don Francois & Randy Mitchell



Does your computer seem slower than when it was new? Does it take longer to start up? Do you have questions about backing up your system and how Windows 10 installs updates? If the answer to any of these questions is yes, then this class can help answer your questions and set you on the path to understanding how to clean up unnecessary files, optimize your hard drive and maintain your computer for peak performance. This class is specifically for Windows 10.

Crestview Senior Living 818

Monday, Oct 14 & 21, 10:00-12:00

Fee: \$30; Sessions: 2

iPhone iOS 12

Parks Smith



Want to know more about the new features in iOS 12? This class will help you master all of the functions you need to get started including how to set up email accounts and connect to the Internet, download apps and organize them using Home screens and folders, how to take pictures and share via social media, how to use maps and Siri. And, of course, how to make and answer calls. This course covers features in iOS 12 including Emergency SOS calls, the new Control Center, Do Not Disturb while Driving, apps that are connected to iMessage and more.

The J - Chesterfield 722

Monday/Wednesday/Friday, Oct 21, 23 & 25, 1:00-3:00

Fee: \$45; Sessions: 3

Ask a Techie



Crestview Senior Living

Oasis and Crestview Senior Living provide FREE technology help!

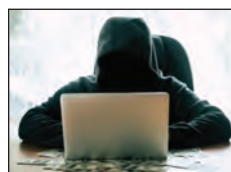
Receive assistance with your smart phone, computer or tablet in a supportive, welcoming environment. Help is provided on a first come, first served basis.

Drop in to ask questions or update your skills!

Every Wednesday from 10:00am-12:00pm

Cybercrime: The Latest News

Amy VanDeVelde, National Program Manager, Oasis Technology & Parks Smith, Oasis Technology Volunteer



Cybercrime offenses are growing around the globe at a staggering pace. Protecting your personal information and identity can feel like a full-time job, but help is on the way. Join this interactive discussion about protecting your privacy and preventing the theft of your personal information. This class will include the viewing of short instructional videos and a lively discussion about the strategies cybercriminals use to do their dirty work.

Florissant Senior Dining Center 533

Thursday, Sep 26, 1:00-2:30, Fee: \$7

Shiloh Senior Center 534

Friday Sep 27, 1:00-2:30, Fee: \$7

Note:

Many of our programs are located off-site. Remember to check the class location as you register for your fall programs, and refer to **page 55** for each address!

Tours & Trips

Alberici Corporate Headquarters Tour: From Ugly Duckling to Beautiful Swan

Karla Toal, Oasis Travel Committee



Ever wonder about the large wind turbine next to the Alberici Headquarters building on I-70 as you drive past? Why is it there, and what does it do? Join us as we find

out how and why they transformed a circa-1950's brick office building and large metal fabrication shed into a "green" Class A office space and campus... earning the highest level of certification awarded by the U.S. Green Building Council along the way!

Image courtesy of Alberici Corporation, alberici.com.

Tour 535

8800 Page Ave, Overland, MO 63114

Tuesday, Sep 17, 10:00-11:30, Fee: \$20

An Afternoon at the Symphony

Mary Saputo, Oasis Travel Committee

Mary's Hollywood "tradition" continues with this special St. Louis Symphony event! Join us for a Sunday afternoon matinee of *The Music of John Williams* at Powell Hall. Relive iconic moments from your favorite blockbuster films as the SLSO takes you on the adventure of a lifetime with the beloved music of this Academy Award-Winning Composer. Hear legendary scores from films including E.T., Superman, Jaws, Indiana Jones and more! Handicap accessible - Orchestra Level Seating.

Image below courtesy of The St. Louis Symphony, www.slsso.org.

Tour 536

Sunday, Sep 15, 2:30-4:30, Fee: \$44



Repurposed Gas Stations of St. Louis

Doug Schneider, Tour Guide



Join Doug Schneider as he highlights gas stations that used to sell gasoline, but no longer. Now people can buy goldfish, have their kids examined by a pediatrician, sell

gold, eat tapas, buy craft beer, order pizza or celebrate a birthday in these repurposed buildings. People even live in an old gas station in St. Louis! This bus tour will show you different styles of gas stations and even show you an automobile laundry. Each participant will get to visit a coffee house in a repurposed gas station and will be treated to a take-home cookie. Tour begins at the IKEA store parking lot (1 IKEA Way, St. Louis, MO 63110) and requires minimal walking.

Tour 537

Wednesday, Sep 11, 10:00-12:00, Fee: \$35

Prohibition Era Tour on The Hill

Deb Abbott, Oasis Travel Committee and special guests



Let's celebrate the 100th anniversary of the 18th Amendment with a tour! The amendment, which was ratified January 16, 1919, prohibited "the manufacture, sale or trans-

portation of intoxicating liquors." That certainly didn't stop some very ambitious St. Louisans! In our city, as in many others, alcohol consumption did not cease with the 18th Amendment, it just went underground with bootleg wine, beer and especially corn mash whiskey ingeniously made in basements and garages. Join us as two "mysterious" but very knowledgeable presenters focus on these activities in downtown St. Louis, right across the Mississippi river and even the Hill. The discussion will take place on the Hill, as it may be the last place some artifacts from this era still exist. After the tour join us for lunch on your own at an Italian restaurant that once was the site of a major bootlegging operation (and find out the meaning of this popular term!) Tour will begin at 2301 Macklind, near Anthonino's restaurant. Please pay special attention to the parking restriction signs on the street.

Tour 538

Wednesday, Oct 2, 10:00-1:00, Fee: \$25

Learn more about Prohibition in Bonnie Vega's three-part series on page 20!

Made in St. Louis

NiNi Harris, Author & Historian



Entrepreneurs and small businesses are an integral and often overlooked facet of the St. Louis economy. In this series featuring local businesses, participants will learn about creating flower arrangements, the making of Ty-D-Bo and moth repellents, crafting and restoring art glass windows, and the brewing of beer. At the same time they will learn about historic St. Louis businesses like the once booming local tobacco industry. This series differs from NiNi's neighborhood tours in that they are site-specific and will run 45 minutes to one hour in duration. Each tour will require walking and standing.

NiNi 539

Wednesday, Oct 2, 9, 16 & 23, 10:30-11:30

Fee: \$80; Sessions: 4

NiNi 540

Thursday, Oct 3, 10, 17 & 31, 10:30-11:30

Fee: \$80; Sessions: 4

Chase Park Plaza Tour

Karla Toal



Since opening in 1922, The Chase Park Plaza Hotel has been recognized as a symbol of elegance, glamour and noted architecture in St. Louis. This tour is a step back in time to explore its rich history! Jeanne Venn, a concierge for The Chase for nearly 40 years, will lead the tour, complete with stories from legendary entertainers and headlining events, to walk-throughs of the Starlight Room, Khorassan Ballroom and more. Learn about the structure, from its early beginnings to its evolution as a registered landmark in St. Louis, and discover who coined the phrase "The Chase is the Place." Fee includes a complimentary drink at the Chase Club.

Image courtesy of the City of St. Louis, www.stlouis-mo.gov.

Tour 541

Friday, Sep 27, 10:30-12:00, Fee: \$22

Tour 542

Thursday, Oct 31, 10:30-12:00, Fee: \$22

NiNi Harris Tours



Join us for walking tours that are St. Louis history and architecture classes offered on the street looking at the actual buildings and significant sites, rather than sitting in a classroom looking at pictures. This experience requires that participants wear sensible shoes, and that they are responsible to watch for uneven sidewalks, curbs and traffic. During a tour, no photography is allowed. Photos may be taken following the tour where permitted. Tours last approximately 2-2.5 hours.

Shaw Neighborhood Walking Tour

Historian NiNi Harris will feature this dignified turn-of-the-century neighborhood that was originally intended to be the entrance to Henry Shaw's Missouri Botanical Garden. Explore Flora Boulevard with its extraordinary lines of houses that signify the Arts & Crafts Movement. Hear about the neighborhood's 120 years of history and exceptional architecture.

Tour 543

Wednesday, Sep 11, 10:30, Fee: \$30

Tour 544

Thursday, Sep 12, 10:30, Fee: \$30

The Art Deco Heritage of Downtown St. Louis

Historian and author of *Downtown St. Louis*, NiNi Harris will feature Downtown's remarkable collection of buildings from the Art Deco Movement on this tour. The bold architecture was inspired by such ancient civilizations of Mesopotamia, Egypt and the Aztecs. Marvel in the beauty and history of the gorgeously renovated Soldiers Memorial.

Tour 545

Wednesday, Sep 18, 10:30, Fee: \$30

Tour 546

Thursday, Sep 19, 10:30, Fee: \$30

Hiking & Biking

Kircher Park to Lions Park

Katie Wodell

Meet near the restrooms and walk a portion of the Meramec Greenway to Lions Park, approximately 4.5 miles roundtrip. Trail is mostly flat, paved.

Hiking 547

25 Williams Rd, Eureka, MO 63025

Tuesday, Sep 3, 9:30, Free

Meramec Greenway, Valley Park

Vicky Egan

Meet at Arnold Grove Trailhead to walk to Simpson County Park and back. Mostly level, approximately 3 miles. Enter parking lot from Meramec Station Road going west and turn left onto service road. Trailhead is at the top of the hill. Optional lunch (on your own) after hike.

Hiking 548

Tuesday, Sep 10, 9:30, Free

Maplewood

Doug Schnieder

Among the sights on this walk: a mule palace, the oldest bowling lanes west of the Mississippi, licking tables, salt from the Dead Sea, tie-dye grilled cheese sandwiches, a tugboat and lots of Route 66 nostalgia. Park at the free municipal parking lot on Marietta Ave and meet in front of Traveling Tea, 2707 Sutton Blvd.

Hiking 549

Tuesday, Sep 17, 9:30, Free

Rockwoods Reservation

Kathy Hanewinkle

We will walk the "Trail Among the Trees," a 1.8 mile easy loop trail that features beautiful wild flowers. Located in Glencoe, MO, the trail is west of Hwy 109. Meet in the parking lot near the trailhead and restrooms, just before you reach the office and Forestry Education Center. Please note: this trail does include a hill.

Hiking 550

Tuesday, Sep 24, 9:30, Free



Great Rivers Greenway

Oasis Biking & Hiking programs are provided in partnership with Great Rivers Greenway.

To discover more greenways around the region, visit greatriversgreenway.org.

Kirkwood and NEW Performing Arts Center

Shirley Walz

Meet at Kirkwood Community Center. Walk through the residential area to the NEW Performing Art Center area. Approximately 2 ½ to 3 miles; some uneven sidewalks. Optional lunch in Kirkwood afterwards (on your own.)

Hiking 551

111 S Geyer, Kirkwood, MO 63122

Tuesday, Oct 1, 9:30, Free

Jefferson Barracks/Mississippi River Greenway

Pat Killian

The first part of the walk will be in Jefferson Barracks Park and then we will do a section of the Mississippi River Greenway. Paved trails, mostly level, up to 3 miles. Enter the park through the S. Broadway entrance and meet at the parking lot for the Old Ordnance Room

Hiking 552

450 Bagby Rd, St. Louis, MO 63125

Tuesday, Oct 8, 9:30, Free

Missouri River Greenway: Riverwood Trail

Charlotte Lehmann

Take Hwy 270 north to St. Charles Rock Road and turn left (west). Continue 2.5 miles, just past 141. The road ends at the Trailhead and parking is on the left. We will walk along the river, across from Historic St. Charles, and then circle back along the Earth City levee. Approximately 3.2 miles roundtrip; no hills.

Hiking 553

Tuesday, Oct 15, 9:30, Free

Route 66 State Park/Meramec Greenway

Sandy & Jim Harrington

We will walk 2.5 miles along the Meramec Greenway and inside Route 66 State Park. Meet at Kircher Park. Drive 12 miles on Hwy. 44 from Hwy 270 to Exit 264, Rt. 109. Turn left going under the highway and back onto Hwy. 44 East. Take the first exit, Williams Rd. Veer right into the park at the sign and meet at the playground parking lot.

Hiking 554

25 Williams Rd, Eureka, MO 63025

Tuesday, Oct 22, 9:30, Free

Cliff Cave Park

Linda Paunicka

We will be walking part of the extension to the Mississippi Greenway that takes us past the cave and up to the bluff lookout. The beginning of the walk is uphill, but gradual. Park is located on Cliff Cave Road east of Telegraph Rd, south of I-255. Optional lunch afterwards at Telegraph Café (on your own).

Hiking 555

Tuesday, Oct 29, 9:30, Free

Green Center, University City

Helen Fisher

Tour this very interesting environmental education center and walk the neighborhood around it. Some gentle hills. Parking available in Kaufman Park or on the street.

Hiking 556

8025 Blackberry Ave, St. Louis, MO 63130

Tuesday, Nov 5, 9:30, Free

End of Season Celebration

Oasis Staff

Join us at Crown Center for a recap of 2019 and to discuss what's new for Spring 2020. Big news: Oasis Hiking will celebrate its 25th anniversary next year, and we want your input on how to honor this milestone! We will also include a 1+ mile walk, weather permitting. Light refreshments will be served.

Hiking 557

8350 Delcrest Dr, St. Louis, MO 63124

Tuesday, Nov 12, 9:30, Free

Riverfront Trail Bike Ride

Brenda Tripp

The Mississippi River Greenway between Chouteau and the Old Chain of Rocks Bridge is like no other, stretching from downtown St. Louis, along the industrial riverfront to the historic Route 66 bridge. The greenway is mostly flat and entirely sunny. Meet downtown and enjoy this easy ride, biking up on the bridge and the view of the mighty Mississippi. Approx. 20 miles roundtrip; driving and parking directions included with confirmation.

Biking 558

Friday, Sep 6, 9:30, Free

Forest Park Bike Ride

Parks Smith

Ride through scenic Forest Park, the crown jewel of St. Louis. Meet in the parking lot across from the Forest Park Visitor Center. Optional lunch (on your own) at the Boat House after the ride.

Biking 559

Monday, Sep 30, 9:30, Free

Katy Trail to New Town

Janice Branham

Meet at the Katy Trail Page Bridge parking lot, just off the S. River Road in St. Charles. We will bike 22 miles roundtrip using a combination of roads and trails with a short break in New Town. Optional stop on the way back for lunch (on your own) at the Bike Stop Cafe.

Biking 560

Friday, Oct 4, 9:30, Free

Basic Bicycle Maintenance

Big Shark Bicycle staff

Learn the simple things you might need to know if you are a beginner bike-rider. Class includes learning about bicycle parts and what they do, tools and accessories, how to change a flat tire, how to check the "health" of your bicycle's various systems, and how to lube and maintain your bike. Class is slightly greasy (please wear appropriate clothing). Participants are encouraged to bring their own bike.

Big Shark 561

1155 South Big Bend Blvd, St. Louis, MO 63117

Wednesday, Nov 13, 10:00-11:00, Fee: \$5

Exercise

Gentle Chair Yoga

These gentle yoga postures are designed to relieve pain and improve balance. Class is perfect for beginners and those who prefer to not sit on the floor.

Cindy Fernandez, Certified Yoga/Fitness Instructor

Clayton Oasis 1107

Thursday, Sep 5-Oct 17, 1:30-2:30

Fee: \$49; Sessions: 7

Clayton Oasis 1108

Thursday, Oct 24-Dec 12, 1:30-2:30

Fee: \$49; Sessions: 7. *No class Nov 28.*

Cathy Johnson, Certified Yoga/Fitness Instructor

Kirkwood Oasis 1303

Tuesday, Sep 3-Oct 15, 10:00-11:00

Fee: \$49; Sessions: 7

Kirkwood Oasis 1304

Tuesday, Oct 22-Dec 10, 10:00-11:00

Fee: \$49; Sessions: 7. *No class Nov 5.*

Donna Jones, Certified Yoga/Fitness Instructor

New Northside Family Life Center 1508

Friday, Sep 6-Oct 18, 11:00-12:00

Free; Sessions: 7

New Northside Family Life Center 1509

Friday, Oct 25-Dec 13, 11:00-12:00

Free; Sessions: 7. *No class Nov 29.*

Building Bones: Level II

Karin Hartfelder, Certified Personal Trainer

Strengthen your muscles and bones in this advanced program that is designed for those who can take on a variety of aerobic and strength training challenges.

Clayton Oasis 1104

Monday/Wednesday, Sep 4-Oct 2, 1:00-2:00

Fee: \$63; Sessions: 9

Clayton Oasis 1105

Monday/Wednesday, Oct 7-Nov 6, 1:00-2:00

Fee: \$70; Sessions: 10

Clayton Oasis 1106

Monday/Wednesday, Nov 11-Dec 11, 1:00-2:00

Fee: \$70; Sessions: 10

Strengthen and Stretch

This class includes low-impact aerobics, strength training, and flexibility and balance exercises to provide a total body workout! The ability to move freestanding without use of a chair is necessary for this class.

Christi Gleason, Certified Fitness Instructor

Clayton Oasis 1109

Monday, Sep 9-Oct 21, 10:30-11:30

Fee: \$49; Sessions: 7

Clayton Oasis 1110

Monday, Oct 28-Dec 9, 10:30-11:30

Fee: \$49; Sessions: 7

Idaria Goodwin, Certified Fitness Instructor

Clayton Oasis 1111

Wednesday, Sep 4-Oct 23, 10:30-11:30

Fee: \$56; Sessions: 8

Clayton Oasis 1112

Wednesday, Oct 30-Dec 11, 10:30-11:30

Fee: \$49; Sessions: 7

Gina Delarue, Certified Fitness Instructor

Clayton Oasis 1113

Friday, Sep 6-Oct 18, 10:30-11:30

Fee: \$49; Sessions: 7

Clayton Oasis 1114

Friday, Oct 25-Dec 13, 10:30-11:30

Fee: \$49; Sessions: 7. *No class Nov 29.*

Building Bones: Mixed Level

Penny Moskus, Certified Fitness Instructor/Trainer

Gail Velton, Certified Yoga/Fitness Instructor

Strengthen your muscles and increase your bone density with this mix of aerobics and strength training. This program is great for older adults at a variety of fitness levels and for those with osteoporosis.

Clayton Oasis 1101

Tuesday/Thursday, Sep 3-Oct 3, 10:30-11:30

Fee: \$70; Sessions: 10

Clayton Oasis 1102

Tuesday/Thursday, Oct 8-Nov 7, 10:30-11:30

Fee: \$70; Sessions: 10

Clayton Oasis 1103

Tuesday/Thursday, Nov 12-Dec 12, 10:30-11:30

Fee: \$63; Sessions: 9. *No class Nov 28.*

Line Dancing

Karen Merlin, Certified Fitness Instructor

Even if you think you have two left feet, you can learn basic line dancing steps. Be prepared for lots of fun, exercise and the opportunity to make friends. Learn new and classic line dances at an easy going pace. Non-rubber sole shoes are recommended, no prior experience is necessary and no partner is required!

Kirkwood Oasis 1309

Wednesday, Sep 4-Oct 23, 1:00-2:00

Fee: \$56; Sessions: 8

Kirkwood Oasis 1310

Wednesday, Oct 30-Dec 11, 1:00-2:00

Fee: \$49; Sessions: 7

Better Balance

Improve your balance and reduce your falls risk through a multi-dimensional fitness approach that focuses on muscle strength, flexibility, range of motion and confidence.

Becky Klimaski, Certified Fitness Instructor

Move by BJC 1501

Monday/Wednesday, Sep 4-Oct 2, 9:00-10:00

Fee: \$63; Sessions: 9

Move by BJC 1502

Monday/Wednesday, Oct 7-Nov 6, 9:00-10:00

Fee: \$70; Sessions: 10

Move by BJC 1503

Monday/Wednesday, Nov 11-Dec 11, 9:00-10:00

Fee: \$70; Sessions: 10

Chris Rubenacker, Certified Fitness Instructor

Crown Center 1601

Tuesday/Thursday, Sep 3-Oct 3, 10:30-11:30

Fee: \$70; Sessions: 10

Crown Center 1602

Tuesday/Thursday, Oct 8-Nov 7, 10:30-11:30

Fee: \$70; Sessions: 10

Crown Center 1603

Tuesday/Thursday, Nov 12-Dec 12, 10:30-11:30

Fee: \$63; Sessions: 9. *No class Nov 28.*

Nancy Weigand, Physical Therapist

New Northside Family Life Center 1504

Tuesday/Thursday, Oct 1-Nov 21, 9:00-10:00

Free; Sessions: 16

Balance Barre

Vitality Ballet Staff

Improve your balance and independence through dance! Balance Barre consists of combinations of modified barre exercises and stretches performed to music and fused with personal expression. Each combination works key muscle groups focusing on posture, flexibility, coordination and strength. No dance experience is necessary.

New Northside Family Life Center 1506

Wednesday, Sep 4-Oct 23, 10:00-10:45

Free; Sessions: 8

New Northside Family Life Center 1507

Wednesday, Oct 30-Dec 11, 10:00-10:45

Free; Sessions: 7

Kirkwood Oasis 1313

Tuesday, Sep 3-Oct 15, 1:00-1:45

Fee: \$49; Sessions: 7

Kirkwood Oasis 1314

Tuesday, Oct 22-Dec 10, 1:00-1:45

Fee: \$49; Sessions: 7. *No class Nov 5.*

Functional Fitness

Idaria Goodwin, Certified Fitness Instructor

Train your muscles to improve performance of everyday tasks through a mix of body weight strength training and aerobic exercises.

Village of Shiloh - Klucker Hall 1512

Tuesday/Thursday, Oct 8-Nov 7, 1:00-2:00

Fee: \$70; Sessions: 10

Village of Shiloh - Klucker Hall 1513

Tuesday/Thursday, Nov 12-Dec 12, 1:00-2:00

Fee: \$63; Sessions: 9. *No class Nov 28.*

Relax and Renew Yoga

Cindy Fernandez, Certified Yoga/Fitness Instructor

These classic Yoga poses will leave you strong, flexible and relaxed. Breathe deep, unwind and focus on increasing your strength, balance and flexibility while feeling the stress melt away.

Clayton Oasis 1115

Friday, Sep 6-Oct 18, 9:00-10:00, Fee: \$49; Sessions: 7

Clayton Oasis 1116

Friday, Oct 25-Dec 13, 9:00-10:00, Fee: \$49; Sessions: 7
No class Nov 29.

Tai Chi for Arthritis for Fall Prevention: Beginner

Certified Tai Chi for Arthritis for Fall Prevention Instructors

Tai Chi, an ancient Chinese tradition, is practiced as a graceful form of exercise. Learn Sun Style Tai Chi utilizing 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. In this class, you will learn the Basic 6 and Advanced 6 forms from a certified instructor.

Chesterfield City Hall 1740 Monday/Thursday, Sep 5-Oct 17, 9:15-10:15 Fee: \$84; Sessions: 12. <i>No class Sep 30.</i>	Florissant Senior Dining Center 1541 Monday/Wednesday, Sep 4-Oct 23, 1:00-2:00 Fee: \$60; Sessions: 15
Chesterfield City Hall 1741 Monday/Thursday, Oct 21-Dec 12, 9:15-10:15 Fee: \$84; Sessions: 12. <i>No class Nov 7, 11, 28 & Dec 9.</i>	Florissant Senior Dining Center 1542 Monday/Wednesday, Oct 28-Dec 11, 1:00-2:00 Fee: \$56; Sessions: 14
Olivette Community Center 1543 Monday/Wednesday, Sep 4-Oct 2, 2:45-3:45 Fee: \$63; Sessions: 9	Crown Center 1610 Wednesday/Friday, Sep 4-Oct 4, 9:30-10:30 Fee: \$70; Sessions: 10
Olivette Community Center 1544 Monday/Wednesday, Oct 7-Nov 6, 2:45-3:45 Fee: \$70; Sessions: 10	Crown Center 1611 Wednesday/Friday, Oct 11-Nov 8, 9:30-10:30 Fee: \$63; Sessions: 9
Olivette Community Center 1545 Monday/Wednesday, Nov 11-Dec 11, 2:45-3:45 Fee: \$70; Sessions: 10	Crown Center 1612 Wednesday/Friday, Nov 13-Dec 13, 9:30-10:30 Fee: \$63; Sessions: 9. <i>No class Nov 29.</i>
New Northside Family Life Center 1561 Monday/Wednesday, Sep 9-Nov 20, 11:00-12:00 Free; Sessions: 22	Kirkwood Oasis 1340 Wednesday/Friday, Sep 4-Oct 4, 10:00-11:00 Fee: \$70; Sessions: 10
New Northside Family Life Center 1559 Tuesday/Thursday, Oct 1-Dec 12, 11:00-12:00 Free; Sessions: 21. <i>No class Nov 28.</i>	Kirkwood Oasis 1341 Wednesday/Friday, Oct 9-Nov 8, 10:00-11:00 Fee: \$70; Sessions: 10
 Carpenter Branch Library 1546 Tuesday/Thursday, Sep 3-Nov 7, 11:00-12:00 Free; Sessions: 20	Kirkwood Oasis 1342 Wednesday/Friday, Nov 13-Dec 13, 10:00-11:00 Fee: \$63; Sessions: 9. <i>No class Nov 29.</i>

Tai Chi for Arthritis for Fall Prevention: In Depth

Certified Tai Chi for Arthritis for Fall Prevention Instructor

Expand upon your knowledge of Tai Chi for Arthritis for Fall Prevention. Enhance the physical and mental benefits of Tai Chi by delving into the 6 Tai Chi Principles and breathing techniques while continuing to improve your form performance and learning to integrate Tai Chi into daily activity. Participation in Tai Chi for Arthritis for Fall Prevention: Beginner required.

Chesterfield City Hall 1743

Monday/Thursday, Sep 5-Oct 17, 10:30-11:30

Fee: \$84; Sessions: 12. *No class Sep 30.*

Chesterfield City Hall 1744

Monday/Thursday, Oct 21-Dec 12, 10:30-11:30

Fee: \$84; Sessions: 12. *No class Nov 7, 11, 28 & Dec 9.*

Kirkwood Oasis 1343

Monday/Thursday, Sep 16-Oct 24, 10:00-11:00

Fee: \$84; Sessions: 12

Kirkwood Oasis 1344

Monday/Thursday, Oct 28-Dec 12, 10:00-11:00

Fee: \$91; Sessions: 13. *No class Nov 28.*

Tai Chi for Arthritis: Part 2

Certified Tai Chi for Arthritis for Fall Prevention Instructor

Tai Chi for Arthritis: Part 2 is ideal for those participants looking to further expand and challenge their Tai Chi skills. Learn new forms while continuing to improve your health and reduce fall risk. Previous enrollment in Tai Chi for Arthritis mandatory. All participants must be able to safely execute "Brushed Knee" to advance to TCA: Part 2.

Kirkwood Oasis 1346

Monday/Thursday, Sep 16-Oct 24, 11:15-12:15

Fee: \$84; Sessions: 12

Kirkwood Oasis 1347

Monday/Thursday, Oct 28-Dec 12, 11:15-12:15

Fee: \$91; Sessions: 13. *No class Nov 28.*

New Northside Family Life Center 1562

Tuesday/Thursday, Oct 1-Dec 12, 12:10-1:00

Free; Sessions: 21. *No class Nov 28.*

Beginning Pilates

Heather Needleman, Certified Pilates Instructor

Total body workout meant to strengthen and tone your core muscles, increase your flexibility, build your overall strength and stamina, and improve your posture, breathing and balance. **Please note:** Participants should be able to do floor exercises and supply their own mat.

Clayton Oasis 1117

Wednesday, Sep 4-Oct 23, 1:15-2:15

Fee: \$56; Sessions: 8

Clayton Oasis 1118

Wednesday, Oct 30-Dec 11, 1:15-2:15

Fee: \$49; Sessions: 7

Kirkwood Oasis 1307

Tuesday, Sep 3-Oct 15, 10:00-11:00

Fee: \$49; Sessions: 7.

Kirkwood Oasis 1308

Tuesday, Oct 22-Dec 10, 10:00-11:00

Fee: \$49; Sessions: 7. *No class Nov 5.*

Intermediate Pilates

Heather Needleman, Certified Pilates Instructor

Total body workout meant to strengthen and tone your core muscles, increase your flexibility, build your overall strength and stamina, and improve your posture, breathing and balance. **Please note:** Participants must have a minimum of 6-9 months Pilates experience, prior instructor approval, and supply their own mat.

Clayton Oasis 1119

Wednesday, Sep 4-Oct 23, 2:30-3:30

Fee: \$56; Sessions: 8

Clayton Oasis 1120

Wednesday, Oct 30-Dec 11, 2:30-3:30

Fee: \$49; Sessions: 7

Kirkwood Oasis 1305

Tuesday, Sep 3-Oct 15, 10:00-11:00

Fee: \$49; Sessions: 7

Kirkwood Oasis 1306

Tuesday, Oct 22-Dec 10, 10:00-11:00

Fee: \$49; Sessions: 7. *No class Nov 5.*



Medicare Supplement Plans
insured by **UnitedHealthcare Insurance Company**

AARP Medicare Supplement Insurance Plans, insured by United Healthcare Insurance Company is sponsoring, in part, fall prevention and balance training, as well as frauds and scams classes in St. Louis through the Oasis Institute.



BrainSavers®

BECAUSE GRAY MATTERS™

Brain + Body Total Fitness Program

Your memories and your memory are essential to who you are and who you will become.

Did you know that an estimated 5.8 million Americans are living with Alzheimer's disease, and every 65 seconds someone in the U.S develops this condition? Nearly half of all caregivers who provide help to older adults do so for someone with Alzheimer's disease or other dementias.

If you are concerned about the impact that Alzheimer's disease or other age-related memory impairment could have on the quality of life for you or a loved one, you'll want to know more about the BrainSavers® Brain + Body Total Fitness Program.



Learn from BrainSavers® founder and board-certified neurologist Paul Bendheim, MD, about this evidence-informed, total lifestyle program with help from Oasis.

It's more than just an exercise class...

The program is designed to help participants transition to a brain-healthy lifestyle that encompasses six principles of brain health: **cognitive fitness, physical fitness, nutrition, quality sleep, stress management and social engagement.**

Find out more...

Join us for a BrainSavers® presentation, lunch + workshop and class with St. Louis Oasis. There are three great ways to get started — check them out on the next page!
It's as easy as 1-2-3!



Discover! BrainSavers® Presentation: A Fitness Program To Remember™

Join Paul Bendheim, MD, a board-certified neurologist and founder of BrainSavers®, to learn how aging adults can maintain healthy brains and bodies while reducing the impact of age-associated memory loss and the risk of Alzheimer's disease. This two-hour lecture will include the latest research about the brain, normal memory issues and Alzheimer's disease. The unique, engaging and multi-faceted Brain+Body Total Fitness Program incorporates six lifestyle components and is supported by the latest research.

Maryland Heights Community Center 4200 | Tuesday, Sep 10, 10:00-12:00, **Free**



Try it out! BrainSavers® Lunch and Workshop

Join us for lunch and participate in a sample session of BrainSavers® Brain+Body Total Fitness. During this workshop, led by Dr. Paul Bendheim and a trained instructor, learn about this proven approach to strengthening your brain and body.

Maryland Heights Community Center 4201 | Tuesday, Sep 10, 12:30-2:30, Fee: \$50, lunch included



Commit and sign up! BrainSavers® Class

Reduce the impact of age-related memory impairment and the risk of developing Alzheimer's disease and many other memory disorders by adopting a realistic program of regular mental and physical exercises and a brain-healthy diet. BrainSavers® offers a comprehensive solution for total brain health to become the best versions of yourself both physically and mentally, incorporating physical exercise, nutrition, cognitive exercise, sleep, socialization and stress management.

Maryland Heights Community Center 1203 Tuesday/Thursday, Sep 17-Oct 10 10:00-11:00, Fee: \$96; Sessions: 8	Kirkwood Oasis 1315 Monday/Thursday, Sep 16-Oct 10 1:00-2:00, Fee: \$96; Sessions: 8	The J - Chesterfield 1701 Monday/Wednesday, Sep 16-Oct 16 1:30-2:30, Fee: \$96; Sessions: 8 <i>No class Sep 30 & Oct 9.</i>
Maryland Heights Community Center 1204 Tuesday/Thursday, Oct 15-Nov 7 10:00-11:00, Fee: \$96; Sessions: 8	Kirkwood Oasis 1316 Monday/Thursday, Oct 14-Nov 7 1:00-2:00, Fee: \$96; Sessions: 8	The J - Chesterfield 1702 Monday/Wednesday, Oct 21-Nov 13 1:30-2:30, Fee: \$96; Sessions: 8
Maryland Heights Community Center 1205 Tuesday/Thursday, Nov 12-Dec 12 10:00-11:00, Fee: \$108; Sessions: 9. <i>No class Nov 28.</i>	Kirkwood Oasis 1317 Monday/Thursday, Nov 11-Dec 12 1:00-2:00, Fee: \$108; Sessions: 9 <i>No class Nov 28.</i>	The J - Chesterfield 1703 Monday/Wednesday, Nov 18-Dec 11 1:30-2:30, Fee: \$96; Sessions: 8

Register online at stloasis.org or call 314.862.4859, ext. 24.

Alton Memorial Hospital
Barnes-Jewish Hospital
Barnes-Jewish West County Hospital
Barnes-Jewish St. Peters Hospital
Boone Hospital Center
Christian Hospital
Memorial Hospital Belleville
Memorial Hospital East
Missouri Baptist Medical Center
Missouri Baptist Sullivan Hospital
Parkland Health Center
Parkland Health Center Bonne Terre
Progress West Hospital
St. Louis Children's Hospital
The Rehabilitation Institute of St. Louis

BJC Behavioral Health
BJC Corporate Health Services
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Health

BJC HealthCare

The health programs listed on **pages 38-47** are provided in part by BJC HealthCare hospitals.

The More You Know, the Less You Go!

Sarah Heady, OT

Urinary incontinence can have a large impact on quality of life. Learn more about this impact along with the causes, treatments and prevention of urinary incontinence using medication and non-medication models. This program is presented by a licensed Occupational Therapist who is certified in urinary incontinence.

Christ Our Redeemer AME Church 4504

13820 Old Jamestown Rd, Florissant, MO 63033

Friday, Oct 4, 10:00-12:00, Free

To register, please call 314.862.4859, ext. 24.

AARP Smart Driver Course

Charlene Wall, AARP Certified Instructor

Lenore Wilkinson, AARP Certified Instructor



Tune-up your driving skills, update your knowledge on the rules of the road, and learn about normal age-related physical changes, as well as ways to adjust for these

changes. Reduce traffic violations, crashes and chance of injury. Some insurance companies offer a discount to participants! The fee for this class is \$15 for AARP Members, and \$20 for non-AARP members. This fee is payable to AARP the day of training.

Kirkwood Oasis

111 S Geyer Rd, Kirkwood, MO 63122

Thursday, Oct 24, 9:00-1:00, Fee: \$15-20

To register, please call 314.996.5433.

St. Peters Hospital Medical Office Bldg 1 (Room 108A)

6 Jungermann Cir, St. Peters, MO 63376

Friday, Nov 8, 9:00-1:00, Fee: \$15-20

To register, please call 636.928.9355.



Dietary Supplements

Kim Hoff, Pharm D, BCPS, BCACP, CDE

Learn about vitamins A-Z. Specifically, indications, administration, interactions, and benefits and risks. Go home knowing what is recommended and not recommended. Take the mystery out of supplementations.

Chesterfield City Hall

690 Chesterfield Pkwy W, Chesterfield, 63017

Thursday, Nov 14, 1:00-2:30, Free

To register, please call 314.996.5433.

ROM Dance

Katherine Meirink, PT

The ROM Dance Sequence is a flowing progression of dance-like movements incorporating all major joint motions of the body. The ROM Dance can be performed in sitting and/or standing (with support) positions. This seven minute sequence is based on the principles of T'ai-Chi Ch'aun performed in a slow, relaxed manner. Learn more about The ROM Dance and how it can help keep you moving!

Spencer Road Branch Library

427 Spencer Road, St. Peters, MO 63376

Monday, Sep 23, 2:30-4:00, Free

To register, please call 636.928.9355.



The City of St. Louis Senior Fund is sponsoring, in part, various St. Louis Oasis health and wellness classes throughout the area. These classes are designated throughout the catalog with the Senior Fund icon.

Living a Healthy Life with Chronic Conditions

Oasis Community Health Facilitators



Set healthy goals, make action plans, manage pain, embrace nutrition and exercise, understand medication and increase your confidence in managing your health.

Developed by Stanford University's Patient Education Research Center, this self-management course is for those with any chronic condition. Light refreshments included.

THE HEIGHTS

8001 Dale Ave, St. Louis, MO 63117

Tuesday, Sep 10-Oct 22, 9:00-11:30, Free; Sessions: 7

To register, please call 314.996.5433.

Library Express at Winghaven

7435 Village Center Dr, O'Fallon, MO 63368

Wednesday, Sep 11-Oct 16, 1:00-3:30, Free; Sessions: 6

To register, please call 636.928.9355.

Florissant Senior Dining Center

621 Rue St Francois, Florissant, MO 63031

Tuesday, Sep 17-Oct 29, 10:00-12:30, Free; Sessions: 7

To register, please call 314.747.9355.

Manchester Parks & Recreation

359 Old Meramec Station Rd, Manchester, MO 63021

Wednesday, Sep 18-Oct 30, 1:00-3:30, Free; Sessions: 7

To register, please call 314.996.5433.

Jamestown Bluffs Branch Library

4153 N Hwy 67, Florissant, MO 63034

Friday, Oct 4-Nov 15, 9:30-12:00, Free; Sessions: 7

To register, please call 314.747.9355.

Samuel Sachs Branch Library

16400 Burkhardt Pl, Chesterfield, MO 63017

Friday, Oct 4-Nov 15, 10:00-12:30, Free; Sessions: 7

To register, please call 314.996.5433.

Maryland Heights Community Center 4522

2300 McKelvey Rd, Maryland Heights, MO 63043

Tuesday, Oct 15-Nov 26, 1:00-3:30, Free; Sessions: 7

To register, please call 314.862.4859, ext. 24.

Fighting Fatigue

Debbie Gentry, PT

Low energy can impact your life physically, emotionally and socially. Learn about the causes of fatigue, its impact on function and how to fight it. Also, determine your level of fatigue with our self-screening.

Maryland Heights Community Center 4202

2300 McKelvey Rd, Maryland Heights, MO 63043

Thursday, Nov 7, 1:00-3:00, Free

To register, please call 314.862.4859, ext. 24.

Aging Mastery Program

Oasis Staff



This program is a fun and engaging educational and behavioral change incentive program for cultivating good health and longevity as well as developing sustainable behaviors that will lead to stronger financial security and overall well being. This program is brought to you in part by St. Louis Senior Fund.

Ferguson Community Center 4514

1050 Smith Ave, Ferguson, MO 63135

Friday, Sep 20-Nov 22, 9:15-11:15, Free; Sessions: 10

To register, please call 314.862.4859, ext. 24.

Chesterfield City Hall 4513

690 Chesterfield Parkway W, Chesterfield, MO 63017

Tuesday, Sep 10-Nov 12, 10:00-12:00, Free; Sessions: 10

To register, please call 314.862.4859, ext. 24.

Greater New Hope Baptist Church 4515

2240 Missouri Ave, East St. Louis, IL 62205

Monday, Sep 9-Nov 11, 10:00-12:00, Free; Sessions: 10

To register, please call 314.862.4859, ext. 24.



Carpenter Branch Library 4511

3309 South Grand Blvd, St. Louis, MO 63118

Friday, Sep 6-Nov 8, 10:00-12:00, Free; Sessions: 10

To register, please call 314.862.4859, ext. 24.

Note:

Do you attend classes at Clayton Oasis? Be sure to swing by the Oasis office to pick up your **membership key tag**. These new key tags will help the Center of Clayton staff to identify Oasis members as they enter the building for their programs!

Healthy Habits for Adults

Healthy Habits for Adults is a series of one-hour, health classes offered by Oasis and community partners. Each class includes a healthy snack, recipe ideas, a nutrition lesson and low-impact exercise. Participants will leave with a FREE Healthy Living Guide. Classes are based on concepts from the MyPlate for Older Adults, developed by Tufts University. Programs are located at Brentwood Community Center, 2505 S Brentwood Blvd, St. Louis, MO 63144.

To register for the classes below, please call 314.645.1476.

Shake the Salt Habit: Limiting Salt in Your Diet

Learn how foods high in salt sneak into our diet and ways to reduce the salt without sacrificing flavor!

Brentwood Community Center

Wednesday, Sep 25, 10:00-11:30, Free

How Sweet It Is: Limiting Sugar in Your Diet

Learn how foods high in sugar sneak into our diet and ways to reduce the sugar.

Brentwood Community Center

Wednesday, Oct 30, 10:00-11:30, Free

The Skinny on Fat: Reducing Fat in Your Diet



Learn how foods high in fat sneak into our diets, as well as some effective ways to reduce fat in our diets without sacrificing flavor!

Brentwood Community Center

Wednesday, Nov 13, 10:00-11:30, Free



This series is funded in part by the Productive Living Board of St. Louis County.



Impact Oasis

— for years to come —

Did you know that a gift to Oasis from your Individual Retirement Account (IRA) directly to Oasis can help secure its future for years to come?

If you are 70½ years of age, you can make IRA charitable rollovers of up to \$100,000 with no tax liability. This provision was signed into permanent law.

Consider making an IRA gift to Oasis today, and impact the lives of many older adults tomorrow.

For more information, please contact Lyndsey at 314.862.2933, ext. 240 or lreichardt@oasisnet.org.

Medicare Part D Boot Camp

Have you compared your Part D coverage for 2020?

Medicare Open Enrollment runs from October 15 through December 7, 2019

This is the time when you may change your Medicare health or prescription drug coverage for the following year. Before making decisions, join us to learn what changes are anticipated for Medicare in 2020. Our expert presenter will provide information on Part D (Prescription Drug Coverage) and a synopsis of the CLAIM (Missouri) senior health insurance counseling program on how to access their services. Programs are presented by Wilma Schmitz, MA, CLAIM Regional Liaison.

These programs are offered in partnership with Alton Memorial Hospital, Barnes-Jewish Hospital, Barnes-Jewish St. Peters Hospital, Barnes-Jewish West County Hospital, Christian Hospital, Missouri Baptist Medical Center and Progress West Hospital.



Join St. Louis Oasis for one of these informational programs!

Register by calling the phone numbers listed below each location. Space is limited and registration is required.

Missouri Baptist Medical Center

3015 North Ballas Rd, St. Louis, MO 63131

Thursday, Oct 24, 10:00-12:00, Free

To register, please call **314.996.5433**.

Northwest HealthCare

1225 Graham Rd, Florissant, MO 63031

Wednesday, Oct 30, 1:00-3:00, Free

To register, please call **314.747.9355**.

Need one-on-one assistance?

St. Louis Oasis offers free, confidential help with Medicare questions by unbiased, state-certified volunteer Medicare counselors. They can assist with Medicare plan enrollment, prescription drug coverage or understanding benefits. Oasis counselors do not sell insurance and are not connected with any insurance companies or brokers. Call to speak with one of our highly trained and unbiased counselors:

To get help over the phone, call **800.390.3330 (Missouri)** or **618.463.7182 (Illinois)**.


To schedule an appointment, call **314.362.7587 (Missouri)** or **800.392.0936 (Illinois)**.



Matter of Balance

Instructed by Oasis Community Health Facilitators

Almost half of older adults worry about falling. Learn the factors that can lead to a fall and practical tips for staying on your feet. Stretches and light movements for improved flexibility and range of motion are introduced in the third class. This is a discussion-based program, and participants receive a workbook to keep.

Kirkwood Public Library 4550 140 E Jefferson Ave, Kirkwood, MO 63122 Tuesday, Sep 3-Oct 29, 1:30-3:30 Free; Sessions: 8. <i>No class Oct 8.</i> To register, please call 314.862.4859, ext. 24.	Shiloh Senior Center 4559 7 Park Drive, Shiloh, IL 62269 Tuesday/Thursday, Sep 3-Sep 26, 1:00-3:00 Free; Sessions: 8 To register, please call 314.862.4859, ext. 24.
Cliff Cave Branch Library 5430 Telegraph Rd, St. Louis, MO 63129 Friday, Sep 6-Oct 25, 2:00-4:00 Free; Sessions: 8 To register, please call 314.996.5433.	 LifeWise STL 4553 1025 Park Ave, St. Louis, MO 63104 Tuesday, Sep 17-Nov 5, 10:00-12:00 Free; Sessions: 8 To register, please call 314.862.4859, ext. 24
Jefferson County Library - Northwest Branch 4554 5680 Missouri PP, High Ridge, MO 63049 Tuesday, Oct 1-Nov 26, 10:00-12:00 Free; Sessions: 8. <i>No class Oct 22.</i> To register, please call 314.862.4859, ext. 24.	Rock Road Branch Library 10267 St. Charles Rock Rd, St. Ann, MO 63074 Wednesday, Oct 2-Nov 20, 10:00-12:00 Free; Sessions: 8 To register, please call 314.747.9355.
Daniel Boone Branch Library 300 Clarkson Rd, Ellisville, MO 63011 Friday, Oct 4-Nov 22, 2:00-4:00 Free; Sessions: 8 To register, please call 314.996.5433.	

Medication Matters

Kim Hoff, Pharm D, BCPS, BCACP, CDE

Explore the available information that consumers can use to determine whether or not prescription drugs, over-the-counter products or supplements might interact with each other. Learn about the different types of complementary and alternative therapies. Understand herbal remedies and supplements, and gain an awareness of potential interactions with other medications. Part of this course will explore the fact and fiction of “magic cures,” regulatory processes, manufacturer’s claims and credible resources.

Kisker Road Branch Library

1000 Kisker Rd, St. Charles, MO 63304
Thursday, Oct 10 & 17, 1:00-3:00, Free, Sessions: 2
To register, please call 636.928.9355.

Strike the Right Balance

Serena Beffa, PT



Did you know that the #3 reason people decide to see their doctor is for dizziness and imbalance. Join a vestibular physical therapist to learn about your body's balance systems while discussing strategies to decrease your fall risk and improve your balance. This fun and interactive presentation will help you build confidence in your balance to maintain an active and healthy lifestyle.

Jefferson County Library - Northwest Branch 4500

5680 Missouri PP, High Ridge, MO 63049
Tuesday, Sep 10, 10:30-12:00, Free
To register, please call 314.862.4859, ext. 24.



Healthy Bones for Life

Naga Yalla, MD and Katherine Meirink, PT

We all know the old line, “The toe bone’s connected to the foot bone,” but what connections exist between our bones and osteoporosis, nutrition, medication, exercise and posture? Learn more in this four-part series hosted by Oasis and American Bone Health.

Grant’s View Branch Library

9700 Musick Ave, St. Louis, MO 63123

Thursday, Oct 3-Oct 24, 10:00-11:30, Free; Sessions: 4

To register, please call 314.996.5433.

Better Choices, Better Health—Diabetes

Oasis Community Health Facilitators



Living with diabetes can present many challenges and questions: How and when should I eat? How can I live my life to avoid complications? How do I gain support from

family and friends? The Better Choices, Better Health—Diabetes® workshop, developed and tested at Stanford University, can help you manage these concerns. Includes light refreshments.

St. Peters Hospital Medical Office Bldg 1 (Room 108A)

6 Jungermann Cir, St. Peters, MO 63376

Thursday, Sep 5-Oct 10, 5:30-8:00pm, Free, Sessions: 6

To register, please call 636.928.9355.

Fit for Function

Debbie Gentry, PT

Join us to learn about new research proving that basic strength training can reverse muscle loss. This presentation and fitness screening will help you learn what it means to be functionally fit, and discover whether your level of fitness falls within the national norms.

The J – Creve Coeur 4501

2 Millstone Campus Dr, St. Louis, MO 63146

Thursday, Sep 12, 1:00-3:00, Free

To register, please call 314.862.4859, ext. 24.

City of Glendale Auditorium 4505

424 N Sappington Rd, St. Louis, MO 63122

Tuesday, Oct 15, 10:00-12:00, Free

To register, please call 314.862.4859, ext. 24.

Caregiving Skills and Cognitive Stimulation Therapy Workshop



Are you supporting or caring for someone with dementia? Would you like to see the person improve mental abilities and memory? You may be the perfect pair to join the

Oasis Caregiving Skills and Cognitive Stimulation Therapy Workshop. Learn new skills to improve memory and develop practical caregiving strategies to support someone with dementia. While you learn important skills about caregiving, your loved one with mild to moderate dementia will receive Cognitive Stimulation Therapy, an effective program designed to improve cognition. Spaces are limited and priority will be given to pairs registering together- one caregiver and one person with dementia. If you’re not sure if you and your loved one qualify, feel free to register and we will contact you and help determine if this workshop is right for you!

Ferguson Community Center 4516

1050 Smith Ave, Ferguson, MO 63135

For scheduling information and registration, please call 314.862.4859, ext. 24.

Note:

Don’t forget Oasis class etiquette! 1. Please try to arrive on time. 2. Please turn off your cellphone or set it to silent mode. 3. Please refrain from conversing with your neighbor.



All About Artificial Sweeteners

Leslie H. Bertsch, MS, MPH, RD, LD

New research is constantly released on how the food we eat impacts diabetes risk and management. Learn the latest on the role of artificial sweeteners and sugar on your health from a Registered Dietitian.

Missouri Baptist Medical Center, CLI Room 421

3015 N Ballas Rd, St. Louis, MO 63131

Thursday, Oct 17, 10:00-12:00, Free

To register, please call 314.996.5433.

Peer Discussion Groups

Oasis Community Health Facilitator

Connect with friends and neighbors while learning from experiences and viewpoints of others. Oasis-trained volunteers conduct a monthly peer-led discussion group to connect adults with resources, information, and others that helps increase social engagement. Topics are interactive and open to all. Light snacks are provided.

Oak Bend Branch Library

842 S Holmes Ave, St. Louis, MO 63122

Assertiveness

Wednesday, Sep 11, 10:00-11:00, Free

Denial: Recognizing and Dealing with Issues

Wednesday, Oct 9, 10:00-11:00, Free

Preserving My Family History

Wednesday, Nov 13, 10:00-11:00, Free

Holiday Stress

Wednesday, Dec 11, 10:00-11:00, Free

To register, please call 314.996.5433.

DON'T MISS OUT on the latest news from Oasis!

If you want to receive the latest information about Oasis classes, volunteer opportunities and events that matter to you, **it's important that you give us permission to communicate with you through bulk email.**

All you have to do is "opt in," a simple process that lets us know you want to receive bulk email from Oasis.

This is time sensitive. If you don't opt in, you will no longer receive communications from Oasis through our bulk email system. There are three easy ways to opt in:

1

Call us at 314.862.4859, ext. 24 and let someone help you opt in.

2

Stop by the Oasis front desk and tell a staff member you'd like to be opted in.

3

Sign into MyOasis and click on the Opt In button.



Thanks for letting us stay in touch with you!



TOPPLE THE MYTHS CONQUER YOUR RISKS

Join St. Louis Oasis for

Falls Prevention Awareness Day

When

Friday, September 20, 11:00am-2:00pm

Where

New Northside Family Life Center
5939 Goodfellow Blvd, St. Louis, MO 63147

Details

This FREE event includes exercise demonstrations, a falls prevention presentation, information about home assessment and home modifications, numerous vendor tables, a light lunch and more!

Register

Visit stloasis.org or call **314.862.4859, ext. 24**
to register for **class #4502**

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.




ExerStart

Instructed by Oasis Community Health Facilitators

Encouraging adults 50+ to be active so they can do the things they want and need to do, ExerStart is a low-intensity exercise class for those looking to add more activity to their lives using resistance bands while standing or seated.

To register for the classes below, please call 314.862.4859, ext. 24.

<p>Florissant Senior Dining Center 4589 621 Rue St Francois, Florissant, MO 63031 Monday/Wednesday, Sep 9-Dec 9, 9:30-10:15 Fee: \$24; Sessions: 24. No class Oct 9, Nov 13 & 27.</p>	<p>Christ Our Redeemer AME Church 4574 13820 Old Jamestown Rd, Florissant, MO 63033 Monday/Wednesday, Sep 9-Dec 11, 10:00-10:45 Free; Sessions: 28</p>
<p>Lewis and Clark Branch Library 4573 9909 Lewis and Clark Blvd, St. Louis, MO 63136 Monday/Wednesday, Sep 9-Nov 20, 11:30-12:15 Free; Sessions: 20. No class Oct 7 & 9.</p>	<p> New Northside Family Life Center 4570 5939 Goodfellow Blvd, St. Louis, MO 63147 Tuesday/Thursday, Sep 3-Dec 12, 10:00-10:45 Free; Sessions: 29. No class Nov 28.</p>
<p>Manchester United Methodist Church 4572 129 Woods Mill Rd, Manchester, MO 63011 Monday/Wednesday, Sep 4-Dec 11, 9:00-9:45 Fee: \$28; Sessions: 28. No class Nov 27.</p>	<p>Manchester United Methodist Church 4584 129 Woods Mill Rd, Manchester, MO 63011 Tuesday/Thursday, Sep 3-Dec 12 Tues: 10:30-11:15, Thu: 12:30-1:15 Fee: \$28; Sessions: 28. No class Oct 1 & Nov 28.</p>

Standing Tall—Tips for Improving Your Posture

Katherine Meirink, PT



Did you know poor posture can be a cause of pain, can lead to organ problems and can make you look older? Learn from a physical therapist how to check your own posture along with techniques to instantly improve your posture. You will also learn important posture exercises and about devices you can use to make you stand tall.

Florissant Valley Branch Library

195 New Florissant Rd, Florissant, MO 63031

Tuesday, Nov 12, 10:00-11:30, Free

To register, please call 314.747.9355.

Aging in Place While Aging with Grace

Jessica Rector, MSOT/L



Aging in place is the ability to live in one's own home and community safely, independently and comfortably - regardless of age, income, or ability. Learn about modifications you can make to your home to promote healthier, safer and easier living.

Manchester Park and Recreation 4503

359 Old Meramec Station Rd, St. Louis, MO 63011

Tuesday, Oct 1, 1:00-3:00, Free

To register, please call 314.862.4859, ext. 24.

Note:

Many of our programs are located off-site. Remember to check the class location as you register for your fall programs, and refer to **page 55** for each address!

Find Missouri health insurance

you can afford!

Look no further! Open Enrollment for the **Missouri Health Insurance Marketplace** (also known as Obamacare or the ACA) for 2020 health coverage begins **Nov 1 and runs through Dec 15, 2019.**

You can sign up for the Marketplace if you:

- > Are an individual or family buying insurance on your own
- > Do not have access to affordable coverage through your job
- > Are self-employed

The Missouri Health Insurance Marketplace can also be an affordable alternative to COBRA and a bridge to Medicare. If you qualify, you may be able to get health insurance through the Missouri Marketplace through a special enrollment period!

We are federally certified and state-licensed. Let us help you on the phone or in-person.



To learn more and get **free and confidential** help signing up, call **314.653.4345**. You may also email us at **insurance@oasisnet.org**

Volunteer Opportunities

Medicare Counselors for MO (CLAIM) and IL (SHIP)

Do you like to learn new skills that may benefit you and your family? Our state-certified volunteer Medicare counselors help people understand their Medicare benefits and provide one-on-one assistance in-person or by phone at one of Oasis' four BJC Hospital office sites. Volunteer counselors are the heart of the CLAIM and SHIP programs. These programs are founded on the principle of neighbors helping neighbors. Many of our volunteer counselors are former clients or retirees seeking a way to serve their community and keep abreast of the changes in Medicare. Oasis volunteer Medicare counselors may also participate in outreach events and program presentations. Missouri (CLAIM) initial training has been completed for the year and will begin again in Spring 2020. Illinois (SHIP) initial training is scheduled for August 21, 22, 27 and 28 for Medicare counselors who will volunteer at Alton Memorial Hospital. Training for certification is provided at no cost. Interested and ready for a challenge? **Contact Kathleen at 314.653.5991 or by email at kstice@oasisnet.org.**

Share Your Knowledge as an Oasis Instructor

Are you an expert or semi-expert on something that you would like to share with others? Do you enjoy meeting with active adults engaged in learning new things? If so, consider becoming an Oasis instructor! Programs are held throughout the region, but we especially are interested in programs in Illinois, Eureka and North County. **Email awoodworth@oasisnet.org to learn more.**

Calling All Oasis Marketing Ambassadors!

If you are friendly, have a flair for meeting new people, and like to share great news, then consider becoming an Oasis Marketing Ambassador. Work closely with our team to promote Oasis programs in your neck of the woods. Become a champion, advocate, supporter! Become an Oasis Marketing Ambassador. **For more information, contact Tina Duckett at 314.862.4859 ext. 24 or tduckett@oasisnet.org.**



Become a part of
Oasis History
with a **Legacy Gift**

Your gift will support programs that challenge the intellect, promote health and enhance lives.

Oasis accepts a variety of gift options that may provide tax deductions and income benefits, including:

- Bequests
- Charitable Annuities
- Charitable Trusts
- IRA Assets
- Life Insurance Beneficiaries
- Named Funds
- Real Estate

Interested in learning more about legacy gifts?
Contact Lyndsey at **314.862.2933 ext. 240**
or **lreichardt@oasisnet.org**.

Intergenerational Tutoring

Help a child learn to love reading in the 2019-2020 school year!



Oasis Intergenerational Tutoring is a volunteer program that pairs older adults with children in kindergarten through 3rd grade to work one-on-one each week as their tutors, mentors and friends.

After tutors attend training sessions, they choose from a participating school district in the Greater St. Louis area, and work with the same child each week throughout the school year.

Oasis tutors use a six-step approach to literacy designed by educators that emphasizes improved reading, speaking and writing.

The relationships forged between tutors and students make a profound difference not only for the children, but also for the tutors, many of whom report finding a renewed sense of purpose. Oasis tutors foster a caring, supportive environment where reading and language activities, keyed specifically to each child's interests, spark curiosity and create opportunities to set attainable educational goals.

Frequently Asked Questions

What is the time commitment?

Tutors are asked to meet with the same child, for up to one hour, at least once a week for the entire school year.

Do I need teaching experience?

No. Your enthusiasm, patience and compassion are far more important. As a tutor your roles include mentor, friend and role model.

What age are the students?

The program is designed for children in kindergarten through third grade, a critical period for developing reading and language skills.



What training will I receive?

Tutors complete 10-12 hours of training based on a proven six-part plan of activities that includes talking, reading and writing. You'll learn ways to draw out the child's experiences and create simple stories that form the basis for reading activities. You may also attend monthly tutor meetings for continued training and opportunities to share your successes and challenges with other tutors.

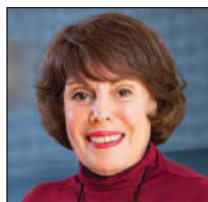


30 Years of Tutoring is Something to Celebrate!

Oasis Intergenerational Tutoring was launched in 1989 in St. Louis. Since then, thousands of older adults have served as tutors, impacting more than 485,000 children nationwide.

Today, more than 4,000 Oasis tutors volunteer in 14 states in over 20 U.S. cities. Join us during the 2019-2020 school year as we celebrate 30 years of impact!

"We rarely find a program that has such a profound impact on two generations like Oasis Intergenerational Tutoring. The program is successful because the schools welcome us, our tutors feel supported, empowered and needed, and most importantly, the children benefit



from one-on-one relationships with adults who care."

– **Marylen Mann**
Oasis Founder



Giving just a little bit of your time each week...

- Helps a child feel important
- Builds self-esteem
- Encourages reading and learning

One tutor, one child, one hour,
once a week...

Two lives changed forever.

For more information, call the Oasis Tutoring voicemail at **314.995.9506** or visit us online at **oasisnet.org/tutoring**.

The Center of Clayton



The City of Clayton, St. Louis Oasis and BJC HealthCare present a variety of ways to help you become healthier and more active. All programs on this page are managed by The Center of Clayton. Oasis members receive the "resident" rate for programs.

To register for classes on this page, please call 314.290.8500.

Slimnastics

This low-intensity, low-impact class combines cardiovascular conditioning with strength and flexibility exercises. Great for beginners and seniors!

Location: The Center of Clayton, **Fee:** \$36

Mon/Wed, Aug 19-Oct 9	8:30-9:25a	26981
Tue/Thu, Aug 20-Oct 10	8:30-9:25a	27006
Mon/Wed, Oct 14-Dec 4	8:30-9:25a	27021
Tue/Thu, Oct 15-Dec 5	8:30-9:25a	27017



Water Aerobics

Each class includes a warm-up and a fast-paced shallow-water aerobic workout designed to increase cardiovascular performance and build endurance, as well as a warm-down session for stretching. It's twice the workout on land in half the time! All classes are in the morning.

Location: The Center of Clayton, **Fee:** \$40

Tuesday, Oct 15-Dec 3	7:15-8:15a	28077
Tuesday, Oct 15-Dec 3	9:15-10:15a	27562
Thursday, Oct 17-Dec 5	7:15-8:15a	27561
Thursday, Oct 17-Dec 5	9:15-10:15a	27557
Saturday, Oct 19-Dec 7	8:00-9:00a	27564

Water Works!

Give special attention to muscles and joints affected by Arthritis, Multiple Sclerosis, Osteoporosis and Fibromyalgia in this no/low-impact movement class. The instructor is certified through the Arthritis Foundation and the Multiple Sclerosis Society. Please check with your physician regarding any form of exercise.

Location: The Center of Clayton, **Fee:** \$40

Tuesday, Oct 15-Dec 3	10:30-11:30a	27558
Thursday, Oct 17-Dec 5	10:30-11:30a	27553

Essentrics

Essentrics is a full body workout that changes and aligns your body through strengthening and stretching. It develops lean, strong and flexible muscles that change the overall shape of your body and posture. It draws from Tai-Chi, from theories associated with ballet, and the pain-relieving principles of Pilates and physiotherapy.

Location: The Center of Clayton, **Fee:** \$72

Tuesday, Aug 20-Oct 8	11:00-12:00p	26962
Tuesday, Oct 15-Dec 3	11:00-12:00p	27073

Senior Water Exercise

Improve your overall balance, muscle strength, cardiovascular efficiency and endurance in this moderately-paced, warm-water aerobic exercise workout. Participants with advanced fitness goals may use this class as a preparation course for the Water Aerobics or Shallow/Deep Water Exercise Combo class.

Location: The Center of Clayton, **Fee:** \$40

Monday, Oct 14-Dec 2	10:30-11:30a	27565
Wednesday, Oct 16-Dec 4	10:30-11:30a	27563
Friday, Oct 18-Dec 6	10:30-11:30a	27556

New Member Form

To join St. Louis Oasis, please complete this form and return it to our office at **50 Gay Ave, Clayton, MO 63105**.

Name _____

Birthdate _____

Phone _____

May we email you? _____

Address _____

City, State, ZIP _____

Gender ☐ Female ☐ Male ☐ Other

Are you a U.S. military veteran? ☐ Yes ☐ No

The information below will be held strictly confidential. It is used in applications for grant funding.

Education ☐ High School ☐ Some College ☐ College Degree ☐ Graduate Degree

Race/Ethnicity ☐ African American ☐ Asian/Pacific Islander ☐ Caucasian
☐ Hispanic ☐ Native American ☐ Other

Volunteer Interests ☐ Computer/Data Entry ☐ Class Coordinator ☐ Registration
☐ Tutoring ☐ Health ☐ Volunteer Instructor ☐ Other: _____

How did you hear about Oasis? ☐ Oasis Staff/Catalog ☐ Oasis Website ☐ Oasis Flyer/Ad ☐ Facebook
☐ Newspaper ☐ Radio/News ☐ Health Fair ☐ Friend
☐ Other: _____

Registration Information

Registration

You can register for classes by mail, by calling us at 314.862.4859 ext. 24 or online at stloasis.org.

Fees

There is an \$8 non-refundable, one-time per person, per trimester administrative processing fee and a fee for some courses. Fees are due at the time of registration. Processing fees are waived for U.S. military veterans with a valid military identification card.

Questions

If you have questions regarding registration or need additional class information, please contact our main office at the Center of Clayton at 314.862.4859 ext. 24.

Locations

See a list of Oasis class locations on **page 55**.

Refund Policy

Fees are non-refundable unless Oasis cancels the program, there is a medical reason or a call to jury duty. Eligible requests must be made within 24 hours prior to the start of program, unless otherwise noted.

Cancellation

Classes may be canceled due to inclement weather or if the minimum number of class participants is not met. Please register early for classes to prevent cancellations. In the event of a cancellation, you will be notified approximately one week prior to the scheduled class.

Inclement Weather

When classes are cancelled due to unsafe weather conditions, this information will be listed on Fox 2 News and KPLR News 11, as well as the St. Louis Oasis voicemail, website and Facebook page.

Mail-In Registration Form

To register for classes, complete this form and mail or deliver it with your payment to: **Oasis Programming**
50 Gay Ave, Clayton, MO 63105

Name _____

Phone _____

Email _____

Address _____

City, State, ZIP _____

May we email you your registration receipt? Yes No

Class #	Class Title(s)	Qty	Fee
There are no refunds unless Oasis cancels the class.		Total Class Fees	
Check ____ Cash ____ Visa ____ Mastercard ____ Discover ____		Processing Fees	\$8 Per Person Per Trimester *
Credit Card # _____		Donation to Oasis	
Exp. Date ____/____ Signature _____		Total Amount	

*Processing fees are waived for U.S. Military Veterans. Call to learn more: 314.862.4859, ext. 24.

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: _____

Community Locations

**Barnes-Jewish
St. Peters Hospital**
6 Jungermann Cir
St. Peters, 63376

Brentwood AT&T Store
1811 S Brentwood Blvd
Brentwood, MO 63144

**Carpenter Branch -
St. Louis Public Library**
3309 S Grand Blvd
St. Louis, MO 63118

Chesterfield City Hall
690 Chesterfield Pkwy W
Chesterfield, 63017

Christ Our Redeemer
13820 Old Jamestown Rd
Florissant, MO 63033

City of Glendale Auditorium
424 N Sappington Rd
Kirkwood, MO 63122

**Clayton Oasis -
Center of Clayton**
50 Gay Ave
Clayton, MO 63105

**Cliff Cave Branch -
St. Louis County Library**
5430 Telegraph Rd
St. Louis, MO 63129

Contemporary Art Museum
3750 Washington Blvd
St. Louis, MO 63108

Crestview Senior Living
8660 Grant Rd
Crestwood, MO 63123

**Crown Center for
Senior Living**
8350 Delcrest Dr
St. Louis, MO 63124

**Daniel Boone Branch -
St. Louis County Library**
300 Clarkson Rd
Ellisville, MO 63011

Eden Theological Seminary
475 E Lockwood Ave
St. Louis, MO 63119

Ferguson Community Center
1050 Smith Ave
Ferguson, MO 63135

Florissant Senior Dining Center
621 Rue St Francois
Florissant, MO 63031

**Florissant Valley Branch -
St. Louis County Library**
195 New Florissant Rd
Florissant, MO 63031

**Grant's View Branch -
St. Louis County Library**
9700 Musick Ave
St. Louis, MO 63123

Greater New Hope Baptist
2240 Missouri Ave
East St Louis, IL 62205

Holocaust Museum
12 Millstone Campus Dr
St. Louis, MO 63146

**Jamestown Bluffs Branch -
St. Louis County Library**
4153 N Hwy 67
Florissant, MO 63034

**Jefferson County Library -
Northwest Branch**
5680 Missouri PP
High Ridge, MO 63049

**Kirkwood Oasis -
Kirkwood Community Center**
111 S Geyer Rd
Kirkwood, MO 63122

Kirkwood Public Library
140 E Jefferson Ave
Kirkwood, MO 63122

**Kisker Road Branch -
St. Charles City-County Library**
1000 Kisker Rd
St Charles, MO 63304

**Lewis & Clark Branch -
St. Louis County Library**
9909 Lewis and Clark Blvd
St. Louis, MO 63136

**Library Express at Winghaven -
St. Charles City-County Library**
7435 Village Center Dr
O'Fallon, MO 63368

LifeWise STL
1321 S 11th St
St. Louis, MO 63104

**Manchester Parks
& Recreation**
359 Old Meramec Station Rd
Manchester, MO 63021

**Manchester United
Methodist Church**
129 Woods Mill Rd
Ballwin, 63011

**Maryland Heights
Community Center**
2300 McKelvey Rd
Maryland Heights, MO 63043

**Missouri Baptist
Medical Center**
3015 N Ballas Rd
St. Louis, MO 63131

Missouri History Museum
5700 Lindell Blvd
St. Louis, 63112

Move by BJC
4220 Duncan, #103
St. Louis, 63110

**New Northside
Family Life Center**
5939 Goodfellow Blvd
St. Louis, MO 63147

Northwest Healthcare
1225 Graham Rd
Florissant, MO 63031

**Oak Bend Branch -
St. Louis County Library**
842 S Holmes Ave
St. Louis, MO 63122

Olivette Community Center
9723 Grandview Dr
Olivette, 63132

Pavilion at Lemay
305 Gregg Rd
St. Louis, MO 63125

**Rock Road Branch -
St. Louis County Library**
10267 St Charles Rock Rd
St Ann, MO 63074

Saint Louis Art Museum
1 Fine Arts Dr
St. Louis, MO 63110

**Samuel C. Sachs Branch -
St. Louis County Library**
16400 Burkhardt Pl
Chesterfield, MO 63017

Shiloh Senior Center
7 Park Drive
Shiloh, IL 62269

**Spencer Road Branch -
St. Charles City-County Library**
427 Spencer Rd
St Peters, MO 63376

St. Louis Altenheim
5408 S Broadway
St. Louis, MO 63111

Brentwood Community Center
2505 S Brentwood Blvd
Brentwood, MO 63144

THE HEIGHTS
8001 Dale Ave
St. Louis, MO 63117

The J - Chesterfield
16801 Baxter Rd
Chesterfield, MO 63005

The J - Creve Coeur
2 Millstone Campus Dr
St. Louis, 63146

The Old Courthouse
11 North 4th St
St. Louis, MO 63101

The Sheldon Concert Hall
3648 Washington Blvd
St. Louis, 63108

Thomas Dunn Learning Center
3113 Gasconade St
St. Louis, MO 63118

**Thomas F. Eagleton
Courthouse**
111 S 10th Street
St. Louis, MO 63102

Timbers of Eureka
1 Coffey Park Ln
Eureka, MO 63025

Village of Shiloh - Klucker Hall
14 Park Dr
Shiloh, IL 62269

Wydown Middle School
6500 Wydown Boulevard
Clayton, MO 63105

Sponsors

AARP® Medicare Supplement Plans,
insured by United Healthcare Insurance

Administration for Community Living

AgeSmart

Aging Ahead

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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 oasisnet.org/annualreport.
Click on your city to read great stories about what's happening locally!

Tribute Gifts

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes that are listed below include donations made from **March 16, 2019 through June 7, 2019**.

In Gratitude of the St. Louis Staff

Coke Hennessy

In Honor of Sharon Hales

Ms. Cecelia Nagle

In Honor of Joann Farley

Maria Speiser

In Memory of Bo Prstojevic

Mrs. Georgia Prstojevic

Tribute gifts are a great way to honor life events or remember someone special. Your tribute gift will help Oasis support its mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Tribute recipients or their families will receive an acknowledgment card, without reference to amount, to notify them of your gift.

Visit oasisnet.org/donate or contact Lyndsey at 314.862.2933 ext. 240 to make your gift today!

Note:

Do you attend classes at Clayton Oasis? Be sure to swing by the Oasis office to pick up your **membership key tag**. These new key tags will help the Center of Clayton staff to identify Oasis members as they enter the building for their programs!



50 Gay Avenue, Clayton, MO 63105

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BrainSavers®



Brain + Body Total Fitness Program

Join Paul Bendheim, MD, a board-certified neurologist and founder of BrainSavers®, to learn how aging adults can maintain healthy brains and bodies while reducing the impact of age-associated memory loss and the risk of Alzheimer's disease. This unique, engaging and multi-faceted Brain + Body Total Fitness Program incorporates six lifestyle components and is supported by the latest research.

**There are three great ways to get started with this program —
check them out on pages 36-37!**