

Discover Oasis

Discover Lifelong Adventure



Oasis is one of the nation's leading providers of programming older adults seek to continue learning, engage socially and improve health and wellness behaviors. For nearly 40 years, Oasis has used a three-fold approach that experts agree makes getting older stimulating and more productive:

- * **Lifelong Learning**
- * **Active Lifestyles**
- * **Volunteer Engagement**

A pioneer in healthy aging, Oasis is committed to enriching the lives of older adults by offering innovative programs to satisfy curiosity and expand interests. Oasis understands and meets the diverse needs of the aging population.



Older adults connect with Oasis for new opportunities to learn and to lead healthy lives.

6,700 participants · 5,000 classes · 2,100 volunteers · 156,000 volunteer hours



Oasis offers numerous options to increase health and wellness.

Learn Something New: Lifelong Learning Classes

- Hundreds of Locally Developed Classes
- Expert Instructors and Facilitators
- Arts and Humanities, Current Events, History, Literature, Music and Entertainment
- Tours and Trips
- Oasis Connections Technology Training or Classes

Improve Health: Exercise and Wellness Programs

- ExerStart
- Matter of Balance
- Tai Chi for Arthritis for Falls Prevention
- Chronic Disease Self-Management
- Diabetes Self-Management
- Peer-Led Discussion Groups
- Nutrition and Wellness Classes

Give Back to Community: Volunteer Engagement Opportunities

- Oasis Intergenerational Tutoring Program
- Class Instructors, Coordinators, Facilitators
- Peer Leaders
- Administrative Volunteers
- Marketing Ambassadors



Volunteerism is alive and well at Oasis! More than 2,000 volunteers serve as tutors, class coordinators, class instructors, administrative team members and ambassadors.

New information. Oasis encourages learning.

New opportunities. Oasis enriches lives.

New friends. Oasis engages community.

Through EDUCATION, ADVOCACY, and relevant PROGRAMS,
the Oasis impact reaches communities in St. Louis and beyond.

St. Louis Oasis offers programs in more than 50 partnership sites in over 20 cities throughout the St. Louis metropolitan area.




Alton, IL	Kirkwood, MO
Arnold, MO	Manchester, MO
Ballwin, MO	Maryland Heights, MO
Brentwood, MO	O'Fallon, MO
Chesterfield, MO	Olivette, MO
Clayton, MO	St. Ann, MO
Crestwood, MO	St. Charles, MO
Creve Coeur, MO	St. Louis, MO
Ellisville, MO	St. Peters, MO
Eureka, MO	East St. Louis, IL
Ferguson, MO	O'Fallon, IL
Florissant, MO	Shiloh, IL
High Ridge, MO	Webster Groves, MO



Want to learn more about St. Louis Oasis?

Check us out online at www.stloasis.org,
visit our office or call us at (314) 862-4859 ext. 24.

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