Registration opens December 9!

Spring 2020

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

BJC HealthCare
Dear Oasis Friends,

With this catalog, Oasis is celebrating the 2020 New Year, and the start of our fourth decade! Oasis was founded in 1982, so we have the ‘80s, the ‘90s, the ‘00s, and the ‘10s in our rearview mirror. Imagine the changes in hairstyles, cars, music and fashion over the course of these four decades. Another dramatic change is how we define “old age.”

Advances in healthcare, nutrition science, prescriptive exercise and reduction in smoking and other life-limiting behaviors have not only led to an increased lifespan, but have improved the quality and activity level of our later years. A 10-year-old born in 2010 has an anticipated average life span of 115 years. This means that the traditional perspective of “20 years of retirement after age 65,” has been replaced with a boggling 50 years of potential retirement. This is a trend that will continue as we see the population of the western world shift dramatically, with adults over 65 likely outnumbering adults under 35 by 2040.

With 2020 hindsight we take pride in the foresight of the Oasis mission to expand the impact, abilities, skills and relationships of older adults in the last quarter of life – which is now looking like the last third or longer! Improving the vitality of life in our later years is central to the Oasis mission, and we hope you’ll find ways to learn, be physically active and build new relationships within the pages of this catalog.

Warmly,

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. Membership is free!

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 50.

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 Policy

When classes are cancelled due to unsafe weather conditions, this information will be listed on KMOX, 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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2020

Let’s explore history with 20-20 hindsight and look to the future as we roar into a new decade! Get a handle on the future political landscape with programs like Terry Jones’ The 2020 National and Missouri Elections: A Preview (pg 10) or Impeachment Revisited with Ben Uchitelle (pg 8). Sample a food source of the future – crickets – at Mighty Cricket: Superfood of the Future (pg 22). Gain a greater understanding of the impact of technology and the media in the UMSL Presidential Engagement Fellows Series featuring Dr. Lara Zwarun (pg 10). You also can also bring your family history into focus with a Getting Started on Genealogy with Vivian Gibson (pg 22). Dig into historic Kiowa Culture with the founder of the American Indian Educational Resources of St. Louis (pg 20).

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**Arts & Entertainment**

**Millet and Modern Art: From Van Gogh to Dalí**  
*Deb Abbott, Oasis Travel Committee*

Join us for the Saint Louis Art Museum presentation of the works of Jean-François Millet (1814–1875). The exhibit examines his seminal importance for the modernist tradition through his publicly exhibited works, their critical reception and his marketing strategies. The exhibit also explores Millet and the international range of modern artists he influenced, including Vincent Van Gogh, Camille Pissarro, Georges Seurat, Giovanni Segantini, Winslow Homer and the surrealist artist Salvador Dalí. We will meet at the Taylor Hall entrance for our hour-long docent led tour.

**Saint Louis Art Museum 501**  
1 Fine Arts Dr, St. Louis, MO 63110  
Thursday, Apr 9, 10:30-11:30, Fee: $15

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**Famous Gems and Jewelry**  
*Joan Williams, MA*

Diamonds, rubies, emeralds and sapphires, oh my! Learn about the mysterious and fascinating stories of famous gems such as the Hope, Black Orlov, Kohi Nor, Dresden Green diamonds and more. Discuss the fabulous jewelry of the Queen of England, Duchess of Windsor, Jacqueline Kennedy Onasis and Elizabeth Taylor.

**Clayton Oasis 101**  
Monday, Feb 10, 10:00-11:00, Fee: $21

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**An Armchair Tour of Grand Center: St. Louis’ Cultural District**  
*Gary A. Ratkin, MD*

Take a vicarious tour with Dr. Ratkin exploring the revitalization of the Grand Center District. View the buildings, learn the history, and hear about the current plans for future redevelopment. Find out more about this St. Louis cultural destination.

**Clayton Oasis 102**  
Tuesday, Mar 3, 1:00-2:30, Fee: $15

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**Georgia O’Keeffe: Art, Age & Innovation**  
*Betsy Solomon, MA, Art Historian*

Known internationally for her boldly innovative art, Georgia O’Keeffe is one of the most significant and intriguing artists of the twentieth century. Her distinct flowers, dramatic cityscapes, glowing landscapes, and images of bones against the stark desert sky are iconic and original contributions to American Modernism. Living to be 98 years old, O’Keeffe continued to define new, creative directions into her later years.

**Clayton Oasis 103**  
Wednesday, Mar 18, 10:00-12:00, Fee: $25

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**More Than Just Stuff: Understanding Signs & Symbols in Paintings**  
*Betsy Solomon, MA, Art Historian*

Animals, plants and objects of all kinds – these items are not simply incidental details in paintings. They reveal layers of meaning that help us to fully understand masterworks. We will explore the meaning that lies beneath symbols in a selection of well known, and a few lesser known, works of art.

**Clayton Oasis 104**  
Wednesday, Apr 15, 10:00-12:00, Fee: $25

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**Egyptian Treasures at the Saint Louis Art Museum**  
*Lindsey Schifko, MA*

Discover a range of artworks from the museum’s recently redesigned ancient Egyptian gallery. This virtual collection tour will examine items such as the mummy of Amen-nest-awy-nakht, stone vessels predating the Giza Pyramids, and a series of bronze animal statues intended as gifts to the gods. Notable Egyptian object purchases, loans, and donations to the museum will be discussed.

**Clayton Oasis 105**  
Tuesday, Feb 4, 10:00-12:00, Fee: $21
The Fabulous Eggs of Peter Carl Faberge
Joan Williams, MA
Learn about one of the world’s great craftsmen, Peter Carl Faberge, whose creations range from jewelry, to exquisite objects, and the famous jeweled eggs commissioned by royalty and fashionable women.
Clayton Oasis 106
Monday, Mar 16, 10:00-11:00, Fee: $21

Two African-American Painters:
Henry Tanner and Romare Bearden
Betsy Solomon, MA, Art Historian
Two of the most distinguished African-American artists of their centuries, Henry Ossawa Tanner (1859-1937) and Romare Bearden (1912-1988) both enjoyed successful careers and achieved international acclaim. Frequently inspired by Biblical narrative and genre scenes, Tanner challenged the cliché and caricature-like depictions of Negro life typical of his time. He sought to represent black subjects with dignity, revealing the “warm, big heart that dwells within.” Romare Bearden’s life and art emerge from a rich collection of experiences and inspirations including the Harlem Renaissance, music, the great masters, social work, serving in the army, philosophy, painting, collage, mythology and the civil rights movement. Explore the lives, work and legacy of these two important painters.
Clayton Oasis 107
Wednesday, Feb 19, 10:00-12:00, Fee: $25

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.
Contemporary Art Museum 503
3750 Washington Blvd, St. Louis, MO 63108
Wednesday, Apr 1, 10:30-12:30, Fee: $26

Margaret Glass Painting
Sandi Illian
Get your glass ready for Cinco de Mayo! Paint your own margarita glass with easy step-by-step instructions and take it home with you. Sandi will paint with you, teach you how to blend colors and use specific brush strokes to achieve the desired effects.
Clayton Oasis 115
Monday, Apr 27, 10:00-11:30, Fee: $38

Painting Party: Wall Hanging
Explore your creativity and leave with a unique wall hanging pallet. All materials will be provided for you to paint your sign, customized to your home decor, your style, and what makes you happy!
Courage & Grace Studio 510
300 W State St, O’Fallon, IL 62269
Thursday, Apr 16, 10:00-12:00, Fee: $50

On Golden Pond Matinee
Mary Saputo, Oasis Travel Committee
Join us for a matinee of the beloved production, On Golden Pond, presented by the Kirkwood Theatre Guild at the beautiful Robert G. Reim Theatre in Kirkwood. The Kirkwood Theatre Guild has a long and impressive history of producing some of the most popular dramatic productions in the St. Louis area, featuring first class direction, actors, and scenery. We will meet beforehand at Brio’s Tuscan Grille on Lindbergh for an Italian lunch, included in this package!
Robert G. Reim Theatre 502
111 S Geyer Rd, Kirkwood, MO 63122
Sunday, Mar 22, 11:30-5:00, Fee: $46

Introduction to American Art Tour
Kathy Walsh-Piper, MA
Can you name 10 American artists? From the start, American artists have set their own course, reflecting the values and the rugged beauty of the “new” land.
Tour the galleries, noting major artists and influences: Colonial Art, Art of the New Nation, Civil War, Late 19th century and Modern art. Join us to learn more about the art of our nation!
Saint Louis Art Museum 505
1 Fine Arts Dr, St. Louis, MO 63110
Saturday, Mar 28, 10:30-12:30, Fee: $15
**Film Discussion**

*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**

*12 Millstone Campus Dr, St. Louis, MO 63146*

Wednesday, Jan 8, 15, 22, 29 & Feb 12, 1:00-3:00

Fee: $66; Sessions: 5

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**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 at 3648 Washington Blvd, St. Louis, 63108.

*Images courtesy of The Sheldon Concert Hall & Art Galleries*

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**Adam Maness Trio**

Celebrate the 100th anniversary of the birth of jazz legend Dave Brubeck with performances of his popular “Take Five” and “Blue Rondo a la Turk” and much more! Acclaimed pianist Adam Maness is joined by bassist Bob DeBoo and drummer Montez Coleman.

*The Sheldon 507*  |  Wednesday, Jan 29, 10:00-12:00, Fee: $18

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**Ian Walsh and Kevin Buckley “Keepin’ It Reel”**

The luck of the Irish will be on your side as you enjoy sparkling Celtic reels and more, performed by the popular duo of Ian Walsh and Kevin Buckley! Wear something green and join us as we celebrate St. Patrick’s Day with good music and good friends!

*The Sheldon 508*  
Wednesday, Mar 18, 10:00-12:00, Fee: $18

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**Miss Jubilee and the Humdingers**

Hot vocals and a swingin’ jazz band will keep your toes tapping as one of St. Louis’ favorite ensembles take the stage! Vocalist and avid swing dancer Valerie Kirchoff is “Miss Jubilee” and, with her band, revives great old songs that you know and love. A concert you won’t want to miss!

*The Sheldon 509*  
Wednesday, Apr 22, 10:00-12:00, Fee: $18

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**Canvas Painting**

*Sandi Illian*

Join us and create your own beautiful canvas painting using acrylic paint with 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 108**

Monday, Jan 20, 10:00-12:00, Fee: $38

**Clayton Oasis 109**

Monday, Feb 17, 10:00-12:00, Fee: $38

**Clayton Oasis 110**

Monday, Mar 23, 10:00-12:00, Fee: $38

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**Miss Jubilee and the Humdingers**

Hot vocals and a swingin’ jazz band will keep your toes tapping as one of St. Louis’ favorite ensembles take the stage! Vocalist and avid swing dancer Valerie Kirchoff is “Miss Jubilee” and, with her band, revives great old songs that you know and love. A concert you won’t want to miss!

*The Sheldon 509*  
Wednesday, Apr 22, 10:00-12:00, Fee: $18
Mary Saputo highlights classic Hollywood performers and films in this popular entertainment series.

**Marilyn Monroe: The Icon**
Hear about Marilyn’s life, from her tragic upbringing to her superstar status. See delightful movie clips and trivia from iconic films including Gentlemen Prefer Blondes, How to Marry a Millionaire and Some Like it Hot.

Clayton Oasis 111
Wednesday, Jan 29, 10:00-11:30, Fee: $21

**Beloved Character Actors of the Golden Era**
The studios from Hollywood’s Golden Age had large stables of contract and stock players from every walk of life and of every type of personality. These beloved character actors played sidekicks, best friends and even odd-ball relatives! This presentation will remind us of these colorful actors that appeared in so many of our favorite films throughout those glorious years!

Clayton Oasis 112
Wednesday, Mar 4, 10:00-11:30, Fee: $21

**Fred Astaire**
Learn about the life of dance star Fred Astaire from his early vaudeville years through the great dance routines with Ginger Rogers and Rita Hayworth. View clips of the classic movie Royal Wedding with loads of trivia.

Clayton Oasis 113
Wednesday, Apr 1, 10:00-11:30, Fee: $21

**Katharine Hepburn**
Discuss this mega movie star, from her unforgettable roles in such blockbusters as Bringing Up Baby and The Philadelphia Story to her real life and on-screen romance with the one and only Spencer Tracy. Top this off with clips from On Golden Pond, and you have one spectacular walk through old Hollywood.

Maryland Heights Community Center 201 | Wednesday, Apr 22, 10:00-11:30, Fee: $19

**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 hit films like 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!

The J - Chesterfield 701
Friday, Feb 21, 10:00-11:30, Fee: $20

**Doris Day: All-American Girl**
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 and Calamity Jane, to her comedic pairings with Rock Hudson in the 1960’s.

Pavilion at Lemay 801
Wednesday, Mar 18, 10:00-11:30, Fee: $15

**Ginger Rogers**
From legendary partner of the great Fred Astaire to holding her own in comedic and dramatic roles, this talented star and her memorable films are Hollywood gold! Enjoy clips from as early as the 1930s all the way to a guest appearance on Here’s Lucy!

Clayton Oasis 114
Wednesday, Apr 8, 10:00-11:30, Fee: $21
Cinematic History: The Films of Orson Welles  
Jim Tudor, Film Professor

No one in the history of Hollywood experienced such extreme degrees of career highs and lows as Orson Welles. From his landmark debut at age 25, *Citizen Kane*, to his final work, *The Other Side of the Wind*, the class will take a look at his directorial and acting career. Ever the maverick, fewer filmmaking personalities are as fascinating, amusing, and important as Welles.

Clayton Oasis 116  
Thursday, Feb 13, 10:00-12:00, Fee: $21

Cinematic History: Pre-Code Hollywood  
Jim Tudor, Film Professor

In a brief window of time in-between the advent of talking pictures and the self-regulating content-clamp-down of the mid-1930s, filmmakers were free to push every envelope they could in terms of depicting crime, sexuality, violence, and hazy morality. Come find out how and why the five-year span of 1929 to 1934, known as the pre-code era, shocked—shocked!—audiences with surprising moral ambiguities and brazen content...and how these same filmmakers and stars (including Cary Grant, Barbra Stanwyck, and Gary Cooper) made the necessary shift into a far more restrictive but arguably more innovative period.

Eden 401  
Tuesday, Feb 4, 10:00-12:00, Fee: $21

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.

Clayton Oasis 117  
Wednesday, Apr 22, 10:00-12:00, Fee: $21

Cinematic History: Steven Spielberg  
Jim Tudor, Film Professor

His name is synonymous with popular spectacle. Whether Steven Spielberg is directing flights of fancy (*E.T.*, *Jurassic Park*, *Indiana Jones*) or historical drama (*Schindler’s List*, *Lincoln*, *Saving Private Ryan*), his films tend to hit their marks—and fit together within his overall, ever-evolving artistic sensibilities. Come and learn all about the most successful director in film history, Steven Spielberg!

Maryland Heights Community Center 202  
Wednesday, Jan 22, 10:00-12:00, Fee: $21

Cinematic History: Alfred Hitchcock  
Jim Tudor, Film Professor

Alfred Hitchcock – we know him as “the master of suspense.” There was, however, far more to this slyly entertaining and macabre director’s work. In this class, we’ll look at the reoccurring themes and methods throughout Hitchcock’s great career.

The J - Chesterfield 702  
Thursday, Mar 19, 10:00-12:00, Fee: $21

Film Noir  
Art Silverblatt, PhD, Professor of Communications and Journalism, Webster University

Film noir, or black film, refers to an American film genre popularized between the early 1940s and late 1950s. These films depict a rapidly changing world characterized by moral ambiguity and confusion. This course examines the worldview, formula, and conventions that define the genre. It also provides ways to appreciate and discuss film. Films will include: *The Maltese Falcon*, *Double Indemnity*, *Out of the Past*, *The Set Up*, *Force of Evil*, *The Big Combo*, and *Chinatown*.

Eden 402  
Friday, Feb 14-Apr 3, 1:00-3:00  
Fee: $60; Sessions: 8
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 603
Thursday, Feb 20-Apr 2, 1:00-2:00
Fee: $74; Sessions: 7

Crown Center 604
Thursday, Apr 9-May 21, 1:00-2:00
Fee: $74; Sessions: 7

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 601
Friday, Jan 31-May 1, 9:30-11:30
Fee: $148; Sessions: 14

Intermediate/Advanced Concert Band
Gene Rauscher

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

Crown Center 602
Monday, Jan 13-Apr 27, 10:00-12:00

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, Jan 27-Apr 27, 1:30-2:30
Fee: $148; Sessions: 14

Oasis Annual Spring Concert

Join us as we celebrate the beautiful music that Oasis musicians bring into our lives. The concert will feature the Oasis Small Wind Ensemble, the Oasis Concert Band, and the Oasis Jazz Ensemble.

Clayton High School Auditorium 511
1 Mark Twain Cir, Clayton, MO 63105
Monday, May 18, 6:00-8:00, Free

St. Louis Sound: A History of Our Musical Heritage
Amanda Doyle & Steve Pick, Authors

From the French fiddlers of the fur trading days to the rock and hip hop icons of the present millennium, St. Louis has been a town rich in musical history. Any area that has been home to the likes of Chuck Berry, Miles Davis, Ike & Tina Turner, and more clearly deserves more attention. Learn about the secret and inspiring stories of St. Louis’ finest as revealed in the exciting new book St. Louis Sound: An Illustrated Timeline. This is the first time that all the tributaries of the great St. Louis river of song have been covered in one place; classical, jazz, blues, R&B, rock’n’roll, country, hip hop, and more.

Florissant Senior Dining Center 512
Thursday, Feb 20, 10:00-11:30, $10
Current Events

Prosecutor Wesley Bell: The Future of St. Louis

Wesley Bell made history in August 2018 by unseating Bob McCulloch who had served as St. Louis County Prosecuting Attorney since 1991. Bell is a St. Louis area attorney, former public defender, former municipal judge, former municipal prosecutor and former city council member for Ferguson, Missouri who currently holds the office of Prosecuting Attorney for St. Louis County, Missouri. Join us for an afternoon looking ahead at Bell’s vision for the future of St. Louis County.

Clayton Oasis 118
Tuesday, Jan 28, 1:00-3:00, Fee: $25

Think 2020

Roy Overmann, MA

In the age of social media and "fake" news claims it’s more important than ever to nurture media literacy. The best way to do that is to think critically. This class will endow you with the ability to use reason, logic, and critical thinking to be better informed about what’s going on in your world.

Eden 403
Wednesday, Feb 26 & Mar 4 & 11, 10:00-11:30
Fee: $50; Sessions: 3

Impeachment Revisited

Ben Uchitelle

The U.S. Constitution lays out the basic rules for impeaching a President, but they only have been tested twice in our history. Now we are confronting Impeachment once again. Review what the founding fathers envisioned for the impeachment process. Discuss the Andrew Johnson and Bill Clinton impeachments, the Nixon almost-impeachment, and the pending Trump impeachment proceedings in light of this Constitutional and historic framework.

Clayton Oasis 119
Tuesday, Jan 14, 1:00-3:00, Fee: $23

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

Steve Ehrlich, PhD, Senior Education Advisor, Human Resources, Washington University in St. Louis

If you enjoy philosophical and literary discussion, this class is for you! Using selections from the literature of fly fishing and psychology, we will discuss stories from the stream as lessons about reflection and solitude that enlighten our personal and professional lives and prepare us for new ways of thinking about the transition to our next chapter and second adulthood. Participants should read A River Runs Through It and Other Stories by Norman Maclean. Suggested reading: Living an Examined Life: Wisdom for the Second Half of the Journey by James Hollis. Additional readings provided in class.

Clayton Oasis 120
Tuesday, Apr 7, 14 & 21, 1:00-3:00
Fee: $50; Sessions: 3

The Truth About Chocolate: Become a More Educated Cocoa Consumer

Marcie Handler

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

Pavilion at Lemay 802
Tuesday, Feb 25, 1:00-3:00, Fee: $15

The Supreme Court - Too Supreme?

Ben Uchitelle

The Supreme Court has become the “decider” in every major aspect of our nation’s life. Is this a good thing? Is this a bad thing? How did it happen? Can it be changed? This course will take an in-depth look at the role of the Supreme Court and examine the power of the nine justices (unelected and lifetime appointed) who decide our nation’s most critical of issues.

Clayton Oasis 121
Wednesday, Feb 26, 10:00-11:30, Fee: $23

The J - Chesterfield 703
Monday, Mar 2, 10:00-11:30, Fee: $23
**Clayton Women’s Roundtable**  
*Joan Kelly Horn & Sydney Long*  
Good conversations are salve to the soul. Join us for this open discussion led by facilitators 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, Jan 13 & 27, Feb 10 & 24, Mar 9 & 23, Apr 13 & 27, 1:00-3:00, Fee: $42; Sessions: 8

**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, Jan 6 & 20, Feb 3 & 17, Mar 2 & 16, Apr 6 & 20, 1:30-3:30, Fee: $42; Sessions: 8

**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 203**  
Monday, Feb 3-Mar 23, 10:00-12:00  
Fee: $80; Sessions: 8

**American Political Thought - Part II**  
*Roy Overmann, MA*  
Discuss the ideas that have shaped the various periods of liberal and conservative thinking from the 20th century political environment up until today.

**Kirkwood Community Center 301**  
Monday, Feb 10-24, 1:00-3:00  
Fee: $50; Session: 3

**Philosophical Café**  
*David Hilditch, PhD*  
Join this 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 happiness? How can we make sense of death with dignity?

**Clayton Oasis 124**  
Thursday, Feb 6, Mar 5 & Apr 2, 10:00-12:00  
Fee: $63; Sessions: 3

**On Your Mark, Get Set, Vote!**  
**Getting Ready for Missouri’s Presidential Primary**  
*Sandy Diamond, M.Ed. Retired, Civic Educator & Director of Kids Voting Missouri*  
Prepare for the upcoming Missouri Presidential Primary, currently scheduled for Tuesday, March 10, 2020. Hear about the difference between an open and closed primary, review the candidates on all party ballots, analyze political ads and their impact on voters, chat about social media's impact on the election and discuss the effect of Missouri’s Presidential Primary on the “road to the White House.” A mock Missouri Presidential Primary will be held. Eligible participants will also be able to register to vote and/or fill out a change of address form that is required for those who recently moved.

**Clayton Oasis 125**  
Monday, Jan 27, 10:00-12:00, Fee: $15

**Maryland Heights Community Center 204**  
Wednesday, Jan 29, 1:00-3:00, Fee: $15

**Florissant Senior Dining Center 513**  
Thursday, Jan 30, 1:00-3:00, Fee: $15
The 2020 National and Missouri Elections: A Preview
Terry Jones, PhD, University of Missouri-St. Louis
Steven Rogers, PhD, Saint Louis University
Prepare for the 2020 elections – both local and national – in this lively discussion featuring local political experts. Discuss the candidates and the ballot measures that you will see on November 3, 2020.

Clayton Oasis 127
Tuesday, Jan 21, 1:00-3:00
Fee: $24

St. Louis Sports: Behind the Scenes
Doug Elgin, Mike Kern & Scott Warmann
Are you a St. Louis sports fan? Join Doug, Mike and Scott for a discussion on St. Louis sports. With over 80-years of combined area experience, hear what goes into making games, tournaments and championships happen. Find out more about their involvement with major sporting events such as the World Series, Stanley Cup, Super Bowl, Missouri Valley Conference Basketball Championships and Final Fours.

Clayton Oasis 128
Thursday, Feb 20, 10:00-11:30
Fee: $20

Presidential Engagement Fellows Series: Media, Technology and Society

Lara Zwarun, PhD, Department of Communication and Media, UMSL
Dr. Lara Zwarun's expertise focuses on persuasion in the media. This includes the effects and regulation of risky or sensitive media messages, such as alcohol advertising; whether media literacy skills protect vulnerable audiences from dangerous messages; how multitasking and distraction affect processing of media narratives; and whether hopeful environmental messages can spur hope and civic advocacy. Dr. Zwarun is a University of Missouri System Presidential Engagement Scholar, chosen to share her research contributions with Missouri residents around the state. Join us as we focus on different aspects of media and society.

Behind the Scenes
Media companies are often called “gatekeepers,” but who is in charge of what they can and can’t do? Explore policymaking, First Amendment issues, the ‘fake news’ controversy and more.

New Northside Family Life Center 514
Monday, Feb 10, 10:00-11:30, Free

The Good and the Bad
Consider ways in which different media messages, from commercials to movies to songs, can affect our emotions, both positive and negative, and how this power can be harnessed for good.

Clayton Oasis 126
Wednesday, Mar 11, 10:00-11:30, Fee: $15

Brave New World
In this discussion, we will consider generational divides in how people use media, and how this affects what we know about persuasion. What will be the effects on toddlers who are growing up with smart tablets? What is multitasking’s impact on our brains?

Eden 404 | Monday, Apr 6, 10:00-11:30, Fee: $15
History

Integration of Baseball and Its Impact on St. Louis
Ed Wheatley, Author and Baseball Historian

Everyone knows about Jackie Robinson breaking the MLB color barrier in April 1947, but do they know the strong St. Louis roots? Long before Jackie signed with the Dodgers, St. Louis had a strong presence in the Negro Leagues having one of the few stadiums built just for that team. People may know about Cool Papa Bell and have heard of the St. Louis Stars, but how many world championships did they win? Who are the other standout players from the team that are in Cooperstown’s Hall of Fame? More importantly, what was life like for these men playing in the Negro Leagues? And why were Hank Thompson and Willard Brown special? Hint: They played for the St. Louis Browns and were the third and fourth men to cross the color line and the first two African-American players to play on the field in a MLB game together. It is time people learn and remember this piece of baseball and social history.

Clayton Oasis 129
Monday, Apr 6, 10:00-12:00, Fee: $20

Questioning History: Discussion Sessions
Joe Regenbogen, M.Ed, Author

Regenbogen’s book Questioning History: 16 Essential Questions That Will Deepen Your Understanding of the Past is the core of this course. Prior to each session, students will read a chapter provided to them, which provides historical background and analysis of such questions as, "How should civilizations be morally evaluated?" or "What is the fairest way for a society to share its wealth?" and "When, if ever, should a nation go to war?" Using a Socratic approach, we will discuss these questions and more. By examining the historical background behind each question and by analyzing the way in which the question can be answered, participants will come away with a deeper understanding of the past and a new appreciation for history as a cognitively dynamic subject.

Clayton Oasis 130
Thursday, Feb 27-Apr 2, 10:00-12:00
Fee: $70; Sessions: 6

St. Louis Baseball: Little Leagues to Major Leagues
Ed Wheatley, Author and Baseball Historian

St. Louis is a baseball town through and through. Hear the story of kids playing in little leagues, high schools and colleges, and of those who made it to the major leagues from St. Louis. Learn about the story of St. Louis baseball – the impact on the community, those who played, and those who watched.

Pavilion at Lemay 803
Wednesday, Mar 25, 10:00-12:00, Fee: $15

Fairview Heights Parks & Recreation 515
9950 Bunkum Rd, Fairview Heights, IL 62208
Wednesday, Apr 22, 10:00-12:00, Fee: $15

Weird Tales of Love, Art, Baseball and Madness
Bev Schuetz, History Talks

Hear about a variety of amazing topics including the world’s strangest love story, the funniest and most fascinating man in baseball, and the greatest art hoax ever perpetrated (it even fooled Hitler). Other subjects include the sad, strange fate of wealthy recluse brothers who seemed to have it all. There is something for everyone in this medley of weird and unusual stories.

Clayton Oasis 131
Tuesday, Mar 24, 1:00-2:30, Fee: $22

Parks of St. Louis: A Historical Perspective
NiNi Harris, Author and Historian

The evolution of public parks both in Europe and the United States provides the backdrop for the development of St. Louis City’s remarkable park system. The system created both lush natural preserves and pocket parks in which playground programs enriched the lives of generations of St. Louis children. Hear about the history of the park movement in St. Louis, that resulted in nationally recognized parks. Refreshments provided courtesy of St. Louis Altenheim.

St. Louis Altenheim 516
Wednesday, Jan 29, 10:30-12:30, Fee: $22

St. Louis Altenheim 517
Thursday, Jan 30, 10:30-12:30, Fee: $22
The Mountain Men of Missouri and Beyond
Jim Duncan, MA

Between 1750 and 1835 a unique group of traders and fur trappers were instrumental in opening up the great West. Jim Duncan will present a slideshow with an overview of a number of these individuals and will discuss their contributions to American history.

Pavilion at Lemay 804
Wednesday, Mar 4, 10:00-12:00, Fee: $15

The Little Black Dress & Fashions from St. Louis
Johnny Rabbit, KMOX

Discuss St. Louis fashions dating to the late 19th-century. See inside the fashion manufacturing operations, and how clothes were made and marketed. Topics will include sweatshops, organizing Unions, and stories of those who made and modeled the frocks, footwear and fashions with St. Louis labels. Some companies will include Brown Shoe and the International Shoe Company, which 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.

Florissant Senior Dining Center 518
Thursday, Mar 5, 10:00-11:30, Fee: $12

St. Louis in the 20th Century
Johnny Rabbit, KMOX

Revisit some of the highlights of life in St. Louis during the 20th Century! Discuss the 1904 World’s Fair, the Muny, prohibition, gangsters, theaters, movie palaces, the Great Depression, riverboats, amusement parks, architecture, automobiles, celebrities, shopping, hotels, neighborhoods, musicians, the media, night clubs, fashion and more!

Maryland Heights Community Center 205
Wednesday, Apr 1, 10:00-11:30, Fee: $20

Where Did You Go to High School?
Johnny Rabbit, KMOX

With pictures and commentary, discuss various different St. Louis area high schools from the mid 19th century until the late 20th century. This will include locations and neighborhoods, famous grads, after-school hangouts, games and sports, and what students did before smartphones and tablets. Also discuss the story of PROM magazine which was the only high-school related magazine in America and was published from 1947 to 1973.

Clayton Oasis 132
Tuesday, Feb 4, 1:00-2:30, Fee: $22

The Famous and Infamous of St. Louis
Johnny Rabbit, KMOX

Learn the scoop on little-known secrets of the famous and infamous of St. Louis! Who in 1959 wrote the infamous book “Naked Lunch?” Who is the gangster buried in a Sterling silver coffin in South County? Name the burlesque star whose chest was insured by Lloyd’s of London. In what apartment building did Charles and Anne Morrow Lindbergh live? What school did actor Vincent Price’s mother co-founded? In what St. Louis cave would you find the remnants of a swimming pool and theater?

The J - Chesterfield 705
Monday, Apr 13, 10:00-11:30, Fee: $22

Civil Rights in St. Louis: 20 Significant Moments
Amanda E. Doyle, Author

Hear about 20 of the most important local milestones in the struggle for African American freedom and equality, from pre-statehood until the present day. Find out about our legacy of protest, the legal and educational efforts to change laws and practices, Underground Railroad sites, secret schools, and the men, women, and children who created change. Enhance your own knowledge of Missouri’s road to racial equity and justice. If you have your own stories of civil rights in St. Louis, please bring them to share! The class will be led by writer Amanda E. Doyle, the co-author of Standing Up for Civil Rights in St. Louis, published by the Missouri History Museum Press.

Clayton Oasis 133
Monday, Feb 3, 10:00-11:30, Fee: $20
Missouri’s Compromise to Statehood
Nick Sacco, Park Ranger, National Park Service
Discuss the debates surrounding Missouri’s application for statehood and “The Missouri Compromise.” As the Show-Me State begins to celebrate its bicentennial, this program will help participants better understand the context in which Missouri became a state. Participants will also discuss the nature of compromise, and the difficulty of meeting the needs of all participants in a contentious political debate.
Clayton Oasis 134
Wednesday, Mar 25, 10:00-12:00, Fee: $20

Train Stations in the St. Louis Area
Douglas Schneider
Many of the train stations in the St. Louis area still stand, sometimes as Amtrak, but most times are as something different. This talk will take place on a journey into our train stations past and present. And you will hear about places where you can ride trains, and places in St. Louis that re-create the aura of the grand era of railroading.
Pavilion at Lemay 806
Wednesday, Jan 29, 10:00-11:30, Fee: $15

From a Footnote to the Frontline:
Virginia Minor and the Women’s Suffrage Movement in St. Louis
In honor of the 100th anniversary of the passing of the 19th Amendment, Elizabeth Eikmann, a PhD candidate in American Studies at Saint Louis University and an American Conservation Experience intern for the National Park Service, presents new findings on St. Louisan, Virginia Minor and suffrage activism in St. Louis.
Old Courthouse, Downtown St. Louis 519
Thursday, Mar 26, 1:00-2:30, Fee: $5

Diaries, Letters, and Journals, Oh My!
March has been declared Women’s History Month. Join us on a trip through the west using personal accounts of nineteenth century women. These writings, never intended for publication by their authors, reveal the frustration, boredom, sadness, and joy experienced in the unsettled West. Primary sources allow us to see history as more than just a bunch of old names and dates, but as the people who came before us.
Arch 520
Thursday, Apr 23, 1:00-2:30, Fee: $5

The Stirring Story of the Germans in St. Louis
Bev Schuetz, History Talks
Trace the amazing history of German immigrants as they made their mark on St. Louis. Examine the story of these hard-working, intelligent people, the rise of the powerful breweries, the cruel “hate-the-Hun” movement during WWI, as well as their cultural and social contributions.
Kirkwood Oasis 302
Tuesday, Feb 4, 1:00-2:30, Fee: $22

Missouri and the Fur Trade
Jim Duncan, MA
Missouri was the long-established center of the Fur Trade, especially St. Louis after the Louisiana Purchase in 1803. The importance of Missouri and its central location made it one of the richest inland ports of entry in the world! This presentation covers decades of the Fur Trade and many of its most interesting trade participants in history.
Pavilion at Lemay 805
Wednesday, Feb 19, 10:00-12:00, Fee: $20

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

Spring 2020
King Herod
Andrew Cooperman, Historian

Reviled by both Jews and Christians, King Herod of Judea nevertheless became known to history as “the Great.” Learn how this enigmatic figure overcame seemingly impossible odds to rule a Jewish state possessing a level of political stability, economic prosperity, architectural accomplishment and international significance and would not have again until the birth of the modern State of Israel.

Maryland Heights Community Center 206
Wednesday, April 6, 1:00-3:00, Fee: $22

The Indomitable Theodore Roosevelt
Joan Musbach, MA

Discover the fascinating history of one of the most controversial figures of the 20th century. Theodore Roosevelt, our 26th president, turned himself from a sickly, asthmatic child into a robust and powerful leader. He fought corruption, championed progressive reform and led the cause of conservation. This three-part class will take a look at his life and family, his early political career, his experience in the Spanish American War and his presidency.

The J - Chesterfield 708
Tuesday, Jan 21, 1:30-3:00, Fee: $22

Harry Truman: Much More than an Ordinary Man
Bev Schuetz, History Talks

The story of Missouri’s most famous son includes his difficult early life, his bravery in war, and his rise in the powerful Pendergast political machine. Truman proved himself to be a man of great integrity in the US Senate and then as president. He was never afraid to make tough decisions like using the atomic bomb, firing General MacArthur and integrating the military. His staggering accomplishments include the creation of the Marshall Plan, NATO, the recognition of Israel, and his surprising reelection in 1948.

The J - Chesterfield 708
Tuesday, Jan 21, 1:30-3:00, Fee: $22

Nixon
Bev Schuetz, History Talks

Learn the "behind the headlines" story of Richard Nixon, one of the darkest, most controversial and complex figures in our history. He catapulted from Congress to the pinnacle of politics, the presidency. The story of this lonely, introverted man’s accomplishments and questionable actions in Vietnam and Watergate, ending in scandal and resignation, is a powerful, spell-binding American tragedy.

Chesterfield City Hall 709
Thursday, Feb 13, 1:00-2:30, Fee: $22
One of 12 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.

Surviving Retirement through Education

Are you concerned about how you will navigate your financial future after retirement? Retirees face unique financial challenges that others may not face, and can often be the target of scams and predatory lending practices. Learn to better protect your wealth by listening to the United States Bankruptcy Court for the Eastern District of Missouri discuss financial pitfalls to avoid and strategies for identifying financial predators.

Eagleton Courthouse 521  |  Friday, Feb 28, 10:00-12:00, Fee: $5

White Collar Crime

An attorney from the U.S. Department of Justice will give an overview of the types of white collar crimes prosecuted in the Eastern District of Missouri. White collar crime refers to those offenses that are designed to produce financial gain using some form of deception. The types of crimes may include public corruption, bank fraud, health care fraud, computer crimes, identity theft, tax evasion, investment fraud, and other economic crimes.

Eagleton Courthouse 522
Friday, Mar 27, 10:00-12:00, Fee: $5

Business Law

A federal judge and a local lawyer will give an overview of business law. Discuss business ethics, negligence, intellectual property and the general role of the court in these matters. Learn more about legal regulation to which businesses are subject, which might include tort liability, contract law, partnership and corporate law, employment and labor law, intellectual property law, environmental regulation and sustainability, and financial regulation.

Eagleton Courthouse 523
Friday, May 1, 10:00-12:00, Fee: $5

King Arthur

Andrew Cooperman, Historian

Discuss the historical figure of Arthur, as opposed to the king of myth and legend. The presentation will also include the society, government and military of Arthurian Britain, as well as the important historical events connected with its demise.

Clayton Oasis 135
Tuesday, Mar 10, 1:00-3:00, Fee: $22

Introduction to Egyptian Hieroglyphs

Lindsey Schifko, MA

Unlock the secrets of reading and writing like an Egyptian. The “alphabet,” signs and commonly used words and phrases will be explored. Practice inscribing your name in a cartouche, a symbol reserved for the royalty of Egypt.

Kirkwood Oasis 303
Tuesday, Mar 10, 1:00-3:00, Fee: $22
**Flapper Era: Gateway to Modernity**  
*Bev Schuetz, History Talks*

Join us for a delightful, informative look at ten years that forever changed America. Flappers in the roaring twenties discarded the corset and conservatism of the Victorians and deftly brought about changes in sexual mores, fashion, music, culture and religion. Society would never be the same again. Discover the reasons for change and meet flamboyant characters like F. Scott and Zelda Fitzgerald, Coco Chanel, Clara Bow and others, who epitomized the flapper era and helped make America modern.

**The J - Chesterfield 710**  
Tuesday, Apr 21, 1:30-3:00, Fee: $22

**Daniel Boone: Frontiersman & Icon**  
*Joan Musbach, MA*

Born in Pennsylvania, died in Missouri and explored nearly everything in between! Many stories have been told about Daniel Boone and it is difficult to sift fact from fiction of the iconic American Frontiersman. Explore his life and times, covering the territorial growth of America from before the French & Indian War to after the War of 1812.

**Clayton Oasis 136**  
Tuesday, Jan 14, 10:00-12:00, Fee: $22

**The Lost Generation**  
*Katie Hagerty-Young, MA*

A hundred years ago, a cohort of writers, poets, and musicians descended upon a freshly postwar Paris in search of all that they feared was lost: identity, tradition, and engagement with a society built on the ruins of trenches and mustard gas.

Please join us to examine this colorful cast of characters, from Gertrude Stein and T.S. Elliot to Picasso and Ernest Hemingway, who faced the struggles of their generation through expression, discussion, and various modes of escape.

**Clayton Oasis 137**  
Tuesday, Apr 28, 1:00-3:00, Fee: $25

**History Doesn’t Repeat – It Rhymes**  
*Rob Lee, PhD, Chair - Humanities Dept, Professor of History, STLCC - Meramec*

As Mark Twain is rumored to have said: “History doesn’t repeat itself, but often it rhymes.” It often seems that we are repeating the same moments and mistakes in history, but the reality is that events are similar, but never entirely the same. Explore what’s the same and what’s the rhyme and the impact on history.

**Clayton Oasis 138**  
Tuesday, Feb 18, 10:00-12:00, Fee: $22

**A Tale of God, Greed and Money: The Rockefeller Sagas**  
*Bev Schuetz, History Talks*

Unravel the unbelievably complex story of John D. Rockefeller, billionnaire founder of Standard Oil. This controversial tycoon was both a hated, greedy industrialist and a deeply religious philanthropist. Rockefeller's descendants would be plagued with tragedy — plane crashes, cannibalism and love affairs — proving money can’t buy family happiness.

**Maryland Heights Community Center 207**  
Wednesday, Jan 29, 1:00-2:30, Fee: $22

**"Maitresse-en-Titre": French Kings and Their Famous Paramours**  
*Katie Hagerty-Young, MA*

Diane de Poitiers. Gabrielle d'Estrees. Madame de Pompadour. With one notable exception, every French king from the Merovingian Dynasty through the Second Empire has enjoyed the company of one or more extramarital “favorites”. These women typically boasted high birth and status, authority in the eyes of the court, and considerable public attention. This course will explore the roles and lives of some of the most famous (and infamous) mistresses of French kings, from the relationships they shared with their respective kings, to the reputations they enjoyed among courtiers, to the tokens of royal affection they received. Join us for a round of salon gossip so lurid that it could only have been achieved by the French.

**Clayton Oasis 139**  
Tuesday, Jan 28, 10:00-12:00, Fee: $25
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. We’ll also check on the status of “Octamom” and discover the sad tale of the beautiful and talented Hilton twins who were conjoined at the hip. From Colombia, we’ll examine a baby switching case with two sets of identical twin brothers. They were mistakenly raised as fraternal twins and were not even biological brothers. We’ll address the debate between the effect of nature (our genetic wiring) and nurture (our environment) and the causes of multiple births in this unusual and fascinating presentation.

**Maryland Heights Community Center 208**  
Tuesday, Apr 7, 1:00-2:30, Fee: $22

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**Teaching Hard History: Slavery in America**  
*Joan Musbach, MA*

As James Baldwin asserted: “History is not the past. It is the present. We carry our history with us. We are our history.” Historians and teachers of history are making a concerted effort to help Americans grasp the historical significance of slavery. This class will focus on some of the new perspectives and often-ignored or under-told aspects of slavery in America. This is not “feel-good” history, but is essential for understanding America in both the past and present.

**Clayton Oasis 141**  
Wednesday, Feb 5 & 12, 10:00-12:00  
Fee: $42; Sessions: 2

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**Those Daring Dames of History**  
*Bev Schuetz, History Talks*

Discover the famous and infamous risk takers who made history by flouting the rules, beating the odds, and defying conventions. Their brave, often brazen actions, determined the course of history. These colorful characters include the woman who burned London to the ground for the rape of her daughters, the Irish pirate queen who negotiated with Elizabeth I, notorious spies, leaders in the fields of theoretical physics, the temperance movement, and the NAACP.

**Clayton Oasis 142**  
Tuesday, Mar 3, 10:00-11:30, Fee: $22

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**My Dear Molly:**  
*The Civil War Letters of Captain James Love*  
*Molly Kodner, Archivist*

When the Civil War broke out, James E. Love enlisted as a sergeant in the United States Reserve Corps. He left St. Louis with his fellow Union soldiers on June 15, 1861, and the next day he sent a letter home to his beloved fiancée, Eliza Mary “Molly” Wilson. A prolific writer, Love penned 160 letters to Molly throughout the course of his Civil War service. These letters, which can be found in the archival collections of the Missouri Historical Society, have been published in a book titled *My Dear Molly: The Civil War Letters of Captain James Love*. Hear excerpts from Love’s letters and become a part of the great love story of two ordinary Americans living through extraordinary times.

**Clayton Oasis 140**  
Tuesday, Feb 11, 1:00-3:00, Fee: $22

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**Two Women**  
*Tom St. John, MA*

In 2019, the U.S. still debates the prudence of placing a woman in the role of top political leader. During the 15th and 16th centuries, two world leaders were women. Isabella I of Spain and Elizabeth I of England were successful in leading their nations and established legacies of greatness. This course will examine their lives, policies and how they changed the world.

**Kirkwood Oasis 304**  
Monday/Wednesday, Mar 30-Apr 15, 1:00-3:00  
Fee: $82; Sessions: 6
History of American Art: 1820-1940
Bonnie Vega, MA

American art would chronicle the development of the young nation, the flowering of American history and the pioneering spirit that built the nation. From 1820 the Hudson River School began to produce landscape painting that was original and matched the huge scale of U.S. landscapes. The American Revolution produced a demand for patriotic art, especially history painting, while other artists recorded the frontier country. A parallel development taking shape in rural U.S. was the American craft movement, which began as a reaction to the industrial revolution. As the United States’ territory grew through the 19th century due to the annexation of land, both painting and photography propelled manifest destiny’s ideas of American exceptionalism and romantic notions of national identity. Large landscape paintings depicting the American West captured the sublimity of the natural landscape, and photography would not only show us the faces of Americans but the horrors of war during the Civil War, the poverty of New York slums and the Depression. American architecture would honor the growing commercial power of the country.

Changing the Equation: The Trump Administration, Israel, and the Palestinians
Katie Hagerty-Young, MA

American foreign policy toward Israel and the Palestinians, shaped by such presidents as Harry Truman, Jimmy Carter, Bill Clinton, and George W. Bush, has followed a fairly consistent trajectory. While tending to favor Israel, successive administrations have typically championed a two-state solution to the longstanding conflict and paid both lip service and cash money to the cause of supporting the Palestinians. Motivated by a variety of factors, the Trump Administration has enacted policies that deviate wildly from those of his predecessors in this regard. Join us for a review of these policy changes, the forces driving them, and a discussion of whether they are likely to achieve the administration’s goal of striking “the ultimate deal”: a comprehensive peace settlement between Israel and the Palestinians.

The Sa’udi Succession
Katie Hagerty-Young, MA

In 2016, Sa’udi Arabia’s king made headlines when he announced changes to the line of royal succession. This year, his son, now the kingdom’s true power center, announced plans to list a small portion of Aramco on the domestic stock exchange. The changes that have transpired in the kingdom in a few short years have left Sa’udi watchers dizzy. As forecasters, analysts, and economists consider the kingdom’s future since Prince Muhammad bin Salman has taken the reins, the moment is ripe for a retrospective of the leadership of the world’s most conservative monarchy. While modern Sa’udi leaders face terrorist threats, a hostile Iran, regional change, and a restless population, the crises of their predecessors centered upon issues of identity and their place in the international order. Join us to examine the challenges that befall those who rule Islam’s terrestrial core.

The Politics of Population II: Migration
Katie Hagerty-Young, MA

During the Middle Ages, people rarely traveled more than seven miles beyond their place of birth. In other periods of human history, massive pockets of humanity have uprooted themselves and their families in search of new circumstances or, more pressingly, to escape those which were no longer tenable. This second installment of the population series will examine patterns of human migration. Specifically, our investigation will focus on large-scale relocations resulting from factors relating directly to changes in weather and climate. Please join us as we work to understand the forces driving contemporary migrations and connect them to their historical counterparts.
Medicare Counseling

St. Louis Oasis offers free, confidential help with Medicare questions by unbiased, state-certified volunteer insurance counselors. Medicare counseling is especially helpful for individuals who are enrolling for the first time, or for those who need claims or plan change assistance.

We assist people year-round at four BJC hospital locations:

- Alton Memorial Hospital
- Barnes-Jewish Hospital
- Barnes-Jewish West County Hospital
- Christian Hospital

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).

History of American Literature: 1790-1940
Bonnie Vega, MA

Like other national literature, American literature was shaped by the history of the country that produced it. The early 19th century writers described life in America. The broadening democratic concepts of Andrew Jackson would be reflected in works by Herman Melville and Walt Whitman. The dime novel would paint an unrealistic picture of the West. The writing of the Transcendentalists would reflect the growing movement away of Calvinist religion, the growth of feminism and the abolitionist movement. After the Civil War a group of authors known as colourists would portray realistically the lives of Americans in various sections of the country. The greatest of these would be Mark Twain. During the Gilded Age novels attacked the growing power of business and the corruption of government. The 20th century would see the rise of playwrights, the Harlem Renaissance and critics of society.

Clayton Oasis 145
Monday, Mar 30, 10:00-12:00, Fee: $22

History of American Music: 1860-1940
Bonnie Vega, MA

Popular music is the soundtrack to much of our history. Revolutionary War soldiers went off to war to the tune of "Yankee Doodle." Abolitionist songs brought the anti-slavery message to hundreds if not thousands. As Americans faced each other in battle, the army in blue took heart from the strains of "The Battle Hymn of the Republic" while soldiers in grey rallied to "Dixie." Nineteenth-century men courted their sweethearts to the tunes of Stephen A. Foster, while enslaved people in the cotton fields found solace in spirituals. Union organizers led the working-class in choruses of "Union Maid," Doughboys went off to war humming "It's a Long Way to Tipperary," and Depression-era optimists as well as cynics could be heard to sing "Happy Days Are Here Again." In every era, music has reflected—and shaped—social and cultural change, political choices, and mass protest and support for government policies.

Clayton Oasis 146
Monday, Apr 20, 10:00-12:00, Fee: $22
Iconography in the Cemetery
Dan Fuller, Education and Volunteer Coordinator

Imagery used in the cemetery is never happen stance. All choices made by individual’s designing a monument for them self or a loved one have meaning. The vocabulary of the cemetery is a lost language to many. This program will explore Bellefontaine as an example of imagery, but the education will be useful at all cemeteries. Ponder the meaning of a ‘broken column’, an ‘oak leaf’ or a period (.) at the end of a surname. All have meaning, and all can be useful to better understand the person who has been laid to rest.

The J - Chesterfield 712
Tuesday, Feb 25, 1:30-3:30, Fee: $20

ISHI, the Last Yahi Indian
Carol Diaz-Granados, PhD

This program will begin with an introduction to ISHI, the film, and the man, as well as an overview of early populations. In 1492, there were over ten million American Indians in North America. By 1910, their numbers had been reduced to approximately 250,000! Attendees will then watch the 55-minute documentary about this remarkable American Indian. The session ends with follow-up information about a sensitive issue connected to ISHI, along with questions and answers.

Clayton Oasis 147
Tuesday, Jan 21, 10:00-12:00, Fee: $22

Oral Stories: Passion for Preserving History
Vida “Sister” Prince, Chairman of the Oral Histories Project, Holocaust Museum and Learning Center

Since 1979, Vida “Sister” Prince has been Chairman of the Oral Histories Project for the Holocaust Museum and Learning Center. Through this project, the stories of Holocaust Survivors, but also liberators of Nazi concentration camps and other non-Jewish witnesses living in Europe during World War II have been preserved. Following the lecture, take a guided tour of the Holocaust Museum.

Holocaust Museum 525
Wednesday, Mar 18, 1:00-3:15, Fee: $17

Kiowa Culture
Katherine Dickerson, American Indian Educational Resources of St. Louis Founder

Expand your knowledge of Native American Indian culture, particularly of the Kiowa people. Through her traditional beadwork, Katherine Dickerson (Kiowa Tribe of Oklahoma) shares stories and history. She creates bags, belts, beaded gourds and footwear in the same way they were made in the 1800s. She will display cultural items and her art work.

Pavilion at Lemay 810
Wednesday, Mar 11, 10:00-11:30, Fee: $15

Timbers of Eureka 713
Tuesday, Apr 21, 10:00-11:30, Fee: $15

AgeSmart 524
801 W State St, O’Fallon, IL 62269
Wednesday, Feb 19, 10:00-11:30, Fee: $15

Earliest Contact of Europeans in North America
Jim Duncan, MA

Learn how the earliest Europeans influenced generations of American Indians and changed the course of Empires. With a few exceptions, the earliest Europeans were not humanists! The North American Indians were constantly subjected to medieval stereotypes and not dealt with as human beings and equals. However, the American Indians contributed a tremendous amount of knowledge and assistance for the incoming Europeans.

Pavilion at Lemay 809
Wednesday, Jan 15, 10:00-12:00, Fee: $20

The Tattoo Rage and its Ancient Beginnings
Carol Diaz-Granados, PhD

Tattoos are not a new phenomenon – they have been around for at least 5,000 years! Hear about the earliest tattoos, the later evidence, and of course, the wildly creative contemporary scene. Along with the visuals, is a discussion on the reasons people feel compelled to "change" the appearance of their bodies.

Maryland Heights Community Center 209
Wednesday, Feb 26, 10:00-12:00, Fee: $20
Literature

Lost Treasures of St. Louis  
Cameron Collins, Author

A kaleidoscope of bygone places, events, and items once identified with the Gateway City, *Lost Treasures of Saint Louis* recaptures the essence of cherished times that still resonate with St. Louisans. The book celebrates dancing to Ike and Tina at the Club Imperial, Bowling for Dollars at the Arena, watching movies at Ronnie’s Drive-In and more. Rarely seen photos and artifacts revive eateries like Miss Hulling’s Cafeteria and the Crystal Palace, landmarks like the Goldenrod Showboat and Sportsman’s Park and locally manufactured products like Mavrakos Candy and Falstaff Beer. Gone but not forgotten, all of the subjects featured elicit nostalgia and also reveal how the past has shaped our city.

Image courtesy of Reedy Press, LLC.

The J - Chesterfield 714  
Tuesday, Feb 11, 1:30-3:00, Fee: $20

Great River City: How the Mississippi Shaped St. Louis  
Andrew Wanko, Author & Public Historian for Missouri History Museum

For St. Louis, the Mississippi has always been more than just a river. It’s been the focus of the local economy, a shaping force on millions of lives, and a mirror for the city’s triumphs, embarrassments, joys, and tragedies. Discuss this history and view images from St. Louis history curated by Wanko in the new book, *Great River City: How the Mississippi Shaped St. Louis*. Examine the many ways St. Louis has interacted with the mighty river. In addition to Lewis and Clark’s 1803 expeditionary stopover, the 1860s construction of the Eads Bridge and the Great Flood of 1993, you will also explore some unexpected connections between the Mississippi and St. Louis, diving into subjects as diverse as sanitation, urban planning, and racial and ethnic conflicts. Attendees will have an opportunity to meet the author and purchase a signed copy of the book.

Clayton Oasis 148  
Tuesday, Mar 17, 1:00-2:30, Fee: $22

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 149  
Tuesday, Feb 11 & 25, Mar 10 & 24, Apr 14 & 28, 10:00-12:00, Fee: $100; Sessions: 6

Eden 405  
Tuesday, Feb 11 & 25, Mar 10 & 24, Apr 14 & 28, 1:00-3:00, Fee: $100; Sessions: 6

Scenes of Historic Wonder: St. Louis  
Cameron Collins, Author

Join the author on a visual look back at some interesting and offbeat St. Louis scenes. The images captured in this collection depict one-of-a-kind moments we’ll never see again, mainly because they reflect a specific place and time in history. Join one of the authors for a look at these quirky and awe-inspiring scenes!

Image courtesy of Reedy Press, LLC.

Clayton Oasis 150  
Wednesday, Jan 22, 10:00-11:30, Fee: $20
Personal & Practical

Genealogy: Getting Started on Your Family Tree  
*Vivian Gibson, Author, Genealogist, and Storyteller*

Learn how to get started creating your family tree! From how to find useful information in family records and old photographs, to using online resources. Gain new skills that will support your research. Participants will leave class with the beginning of their own family tree.

**Clayton Oasis 151**  
Thursday, Jan 9, 16, 23, 30, Feb 6, 10:00-11:30  
Fee: $65; Sessions: 5

Creating Joy in Your Space with the KonMari Method of Tidying Up  
*Lisa Dickman, Certified KonMari Consultant*

Combine the practical method of KonMari, meaningful scientific data connecting stress and clutter, with amazing home and life transformations. This philosophy places great importance on being mindful, introspective and forward-looking. Learn the six points of KonMari Tidying, see a folding demonstration using the KonMari Technique and get solutions for downsizing.

**Clayton Oasis 152**  
Tuesday, Mar 31, 1:00-2:00, Fee: $22

**AgeSmart 526**  
801 W State St, O’Fallon, IL 62269  
Tuesday, Apr 14, 1:00-2:00, Fee: $22

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.

**Clayton Oasis 154**  
Monday, Mar 9, 10:00-12:00, Fee: $15

Native Plants are WILD-ly Wonderful!  
*Jean Ponzi, Green Resources Manager, EarthWays Center*

Learn about options to landscape your yard that will conserve water, recharge your site as a lively habitat, tackle invasive species, and ultimately reduce maintenance needs. This topic will grow on you!

**Crown Center 606**  
Tuesday, Apr 28, 1:00-2:00, Fee: $15

Mighty Cricket: The Superfood of the Future?  
*Sarah Schlafly, Mighty Cricket founder*

They’ve been pests, pets and even beloved cartoon characters, but some think cricket might be the next superfood. In addition to protein, they’re sources of iron, calcium and B12, plus they take a fraction of resources to grow compared with traditional “meat.” Meet the founder of Mighty Cricket, sample some cricket-based foods and learn why she sees them as a solution to malnutrition and hunger.

**Clayton Oasis 153**  
Wednesday, Apr 29, 10:00-11:30, Fee: $22

Make Your Own Succulent Plant Décor  
*Shelly Solomon*

Succulent plants are all the rage in home décor trends these days. Learn how to make your own succulent décor! We will provide the supplies and instructions and you will leave with your own creation. We will use live succulent plants for this class.

**Clayton Oasis 167**  
Tuesday, Feb 25, 1:00-2:30, Fee: $29

The J - Chesterfield 717  
Wednesday, Mar 11, 10:00-11:30, Fee: $29

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**Clayton Oasis 167**  
Tuesday, Feb 25, 1:00-2:30, Fee: $29

The J - Chesterfield 717  
Wednesday, Mar 11, 10:00-11:30, Fee: $29
Home, Smart Home
Jim Twickler

We hear a lot about Smart Home devices like Amazon Alexa and Google Home, but what are these gadgets and what can they do for us? We’ll explore their capabilities, including ways to communicate with family and friends, personal safety, entertainment, controlling lights, thermostats, and more. We’ll even practice with a smart device in class! Common concerns, such as the learning curve with voice-control devices, and privacy issues will also be discussed.

Clayton Oasis 155
Tuesday, Feb 18, 1:00-3:00, Fee: $21

The J - Chesterfield 715
Tuesday, Mar 10, 1:30-3:30, Fee: $21

Pavilion at Lemay 811
Wednesday, Apr 15, 10:00-12:00, Fee: $21

How to Find an Owl in Your Neighborhood
Mark H.X. Glenshaw, Award-Winning Naturalist

Do you ever see or hear an owl in your neighborhood and want to experience more of these beautiful birds? Award-winning naturalist Mark H.X. Glenshaw aka "The Owl Man" is here to help. Mark has studied Great Horned Owls in Forest Park since 2005. He leads scores of owl prowls in Forest Park each year, and helps people all over the St. Louis metro area find owls in their neighborhoods. Mark’s talk will show which owls you are most likely to see or hear, where and how to look for them, what to listen for, and the importance of research and collaboration.

Eden 406
Wednesday, Feb 19, 1:00-3:00, Fee: $20

Timbers of Eureka 716
Wednesday, Mar 11, 1:00-3:00, Fee: $15

The Siteman Cancer Center Series:
8 Ways To Reduce Your Cancer Risks

Oasis and The Siteman Cancer Center want to help you take control of your health! Through this series of programs, you will learn from experts in the field about the best ways to prevent various forms of cancer.

8 Ways to Prevent Colon Cancer
It’s the third most common cancer in the United States and it is preventable. Seventy-five percent of cases could be avoided by the choices you make. Join us to learn the top eight things you can do to take control of your health and avoid colon cancer.

Maryland Heights Community Center 210
Monday, Feb 24, 1:00-2:30, Free

8 Ways to Stay Healthy and Prevent Cancer
You have more control over your cancer risks than you might realize. And lowering your risk of cancer comes with a side effect of also lowering your risk of stroke, diabetes and more. Find out the top eight things you can do – they’re not as complicated as you think!

New Northside Family Life Center 527
Monday, Mar 2, 1:00-2:30, Free

8 Ways to Prevent Breast Cancer
Thanks to innovation and increased understanding, treatments for breast cancer keep getting better. We also are gaining greater knowledge about how to prevent it. Join us to learn eight simple steps that can help lower your risks.

Florissant Senior Dining Center 528
Thursday, Apr 2, 1:00-2:30, Free
$1 BILLION: The amount lost by older Americans 50+ to scams in 2018.*

*Source: FBI 2018 – Internet Crime Report

You read that right! $1 Billion dollars lost to internet based frauds and scams in 2018 alone. Oasis Connections has been helping people hijack hackers since 2014. Take these Oasis Cybercrime Fighters classes to learn to be safe every day online, on the phone and on the go!

Digital Safety Overview
Parks Smith

Use of the internet and connected devices increases each year. And so do the losses caused by online fraudsters. Learn strategies and resources to help you help yourself and your loved ones navigate the internet safely and confidently.

Clayton Oasis 156 | Thursday, Jan 9, 10:00-12:00, Fee: $15
Crestview Senior Living 812 | Thursday, Jan 30, 10:00-12:00, Fee: $15
AgeSmart 551 | Thursday, Mar 12, 10:00-12:00, Fee: $15

Lock Down Your Digital Life
Amy VanDeVelde

You’re careful to lock your house, your car and your garage. Are you setting the proper ‘lock’ or password for online accounts? If you are using the same old tried and true password for every account and are fed up with all the rules for making online passwords this class is for you. This three session class will help you choose which passwords to change first. Then learn how to create and store them. Lastly choose and use a system to store and retrieve your passwords.

Clayton Oasis 157 | Friday, Jan 17 & 24, 1:30-3:30, Fee: $30; Sessions: 2

Digital Safety: Take Action!
Parks Smith

Take a deeper look at how hackers steal your money and information. Learn about the features in internet browsers to help you control the information collected about you. Learn all about Wi-Fi, where and how to get it and important safety precautions you need to know.

Clayton Oasis 158 | Thursday, Jan 16 & 23, 10:00-12:00, Fee: $30; Sessions: 2
Google Photos
Don Francois & Mary Mueller
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. Join us for an introduction to these features and learn how to install and use the app on your mobile device as well as on your desktop or laptop.

Clayton Oasis 161
Friday, Mar 27 & Apr 3, 11:00-1:00
Fee: $33; Sessions: 2

Crestview Senior Living 817
Monday, Apr 20 & 27, 1:00-3:00, Fee: $16

Windows 10 Performance & Maintenance
Don Francois & Mary Mueller
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? 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.

Clayton Oasis 161
Friday, Feb 28, 1:00-3:00, Fee: $16

Crestview Senior Living 816
Monday, Apr 27, 1:00-3:00, Fee: $16

iPad/iPhone
Randy Mitchell & 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, Mar 9-30, 10:00-12:00, Fee: $64; Sessions: 3

Clayton Oasis 159
Friday, Feb 7-28, 11:00-1:00, Fee: $64; Sessions: 4

Android Phone & Tablet
Mary Mueller
Learn basic skills for using your Android-based phone including initial setup, gestures, organizing apps, finding and installing useful apps, using Maps and the Camera functions, as well as Gmail and Google calendar.

Crestview Senior Living 814
Monday, Jan 27-Feb 10, 10:00-12:00
Fee: $48; Sessions: 3

Clayton Oasis 160
Friday, Mar 6-20, 11:00-1:00
Fee: $48; Sessions: 3

Windows 10
Mary Mueller & Don Francois
Learn 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 815
Monday, Apr 6-20, 10:00-12:00, Fee: $48; 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
Safer Surfing Online: What’s the Best Browser for Me?
Mary Mueller & Don Francois

Browsers like Google, Internet Explorer and Firefox are your window to enjoying all the internet has to offer. Discuss privacy and security concerns of browsing the internet, and learn which tools in the most popular browsers are able to help you control the information collected about you online. Understand the security and privacy settings in your browser, how to clear browsing history and use private browsing mode.

Crestview Senior Living 818
Monday, Feb 24, 10:00-12:00, Fee: $18

Clayton Oasis 163
Thursday, Apr 9, 10:00-12:00, Fee: $18

Exploring Google
Don Francois & Mary Mueller

Explore some of the most helpful apps that Google offers. Learn about storing and backing up your files in Google Drive, finding your way around the world in a new way with Google Maps, and keeping your life scheduled in Google Calendar. These apps are all free and available for both desktop and mobile devices.

Crestview Senior Living 819
Monday, Mar 9-23, 1:00-3:00, Fee: $48; Sessions: 3

Clayton Oasis 164
Friday, Apr 17-May 1, 11:00-1:00, Fee: $48; Sessions: 3

Safety First: Privacy and Safety Online
Don Francois & Mary Mueller

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.

Crestview Senior Living 820
Monday, Feb 10 & 17, 1:00-3:00, Fee: $33; Sessions: 2

Smartphone Photography
Don Francois & Mary Mueller

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.

Crestview Senior Living 821
Monday, Mar 23, Apr 6 & 13, 1:00-3:00
Fee: $48; Sessions: 3

Clayton Oasis 165
Friday, Jan 17-31, 11:00-1:00
Fee: $48; Sessions: 3

Do You Speak Robotics?
Clayton Robohounds, FHSD RAVEN Robotics, St. Louis Student Robotics Association

Robotics has become a popular activity for people of all ages and the St. Louis area has become a leader in the youth robotic movement. Learn about the benefits of participation in robotics with overviews from two high school teams. The class includes information on upcoming free activities for all ages who enjoy teamwork and making things work.

Clayton Oasis 166
Friday, Jan 31, 1:30-3:30, Fee: $10

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 Jan 6 to Apr 27, 10:00 am-12:00 pm

stloasis.org
**Tours & Trips**

**Millet and Modern Art: From Van Gogh to Dali**  
*Deb Abbott, Oasis Travel Committee*

Join us for the Saint Louis Art Museum presentation of the works of Jean-François Millet (1814–1875). The exhibit examines his seminal importance for the modernist tradition through his publicly exhibited works, their critical reception and his marketing strategies. The exhibit also explores Millet and the international range of modern artists he influenced, including Vincent Van Gogh, Camille Pissarro, Georges Seurat, Giovanni Segantini, Winslow Homer and the surrealist artist Salvador Dali. Meet at the Taylor Hall entrance for our hour-long docent led tour.

**Saint Louis Art Museum 501**  
*1 Fine Arts Dr, St. Louis, MO 63110*  
Thursday, Apr 9, 10:30 - 11:30, Fee: $15

**Chase Park Plaza Tour**  
*Karla Toal, Oasis Travel Committee*

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 walkthroughs of the Star-light 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 529**  
Tuesday, Jan 7, 10:30-12:00, Fee: $30

**Tour 530**  
Wednesday, Jan 22, 10:30-12:00, Fee: $30

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**What's New At St. Louis Union Station**  
*Karla Toal, Oasis Travel Committee*

Experience the newest Downtown St. Louis attractions at Union Station -- the St. Louis Aquarium and the St. Louis Wheel. Tour just the St. Louis Aquarium, the centerpiece of the new entertainment complex, OR spend the day and take advantage of a package deal for both attractions.

**The St. Louis Aquarium**

Visitors enter the Aquarium via a 3-D virtual reality train ride that pays homage to the history of Union Station. The two-story 120,000-square-foot attraction has three areas – Global Rivers, Shark Canyon and The Deep. You will be amazed and entertained by river otters, paddlefish, sturgeon, catfish, sharks, eels, octopus and much, much more. The second floor includes a variety of interactive exhibits and touch tanks. Your ticket will enable you to experience all these areas at your own pace.

**Aquarium Only Tour 531**  |  Tuesday, May 19, 10:00-1:00, Fee $25

**Aquarium and Wheel Tour 532**  |  Tuesday, May 19, 10:00-2:00, Fee $40

**The St. Louis Wheel**

The 200-foot observation wheel provides a 20-mile view of St. Louis in a climate controlled enclosed gondola. Each gondola holds eight passengers for a 15-minute ride. You have never seen St. Louis from this angle before! After your aquarium tour, you can take time for lunch on your own at the St. Louis Union Station Soda Fountain or just spend some time experiencing this wonderful new complex. Pick up your ticket when you arrive for your aquarium tour and ride the wheel anytime that day.
NiNi Harris Tours

Join us for walking tours of St. Louis history and architecture led by author and historian, NiNi Harris. These experiences require that participants wear sensible shoes, and that they are responsible to watch for uneven sidewalks, curbs and traffic. During these tours, no photography is allowed. Photos may be taken following the tour where permitted. Tours last approximately 2-2.5 hours.

The Great Hotels of Downtown St. Louis

St. Louis boasts extraordinary architecture – including both great buildings constructed as hotels and historic warehouses and office buildings that have been converted into hotels. Hear about the craftsmanship of these monumental buildings, elaborate plasterwork, ornamental brickwork and stained glass windows, while sharing their history and lore.

NiNi 533  Wednesday, Apr 22, 10:30-12:30, Fee: $33
NiNi 534  Thursday, Apr 23, 10:30-12:30, Fee: $33

The Grove

The revitalization of the stretch of Manchester from Vandeventer to Tower Grove Boulevard, the Grove, has revealed a remarkable collection of late 19th and early 20th century commercial architecture. The LGBTQ+ community has energized the restoration of this unique urban streetscape. On this tour, see the distinctive cast iron storefronts, terracotta ornament, and moderne vitrolite that make this streetscape a St. Louis treasure.

NiNi 537 |  Wednesday, May 20, 10:30-12:30, Fee: $33
NiNi 538 |  Thursday, May 21, 10:30-12:30, Fee: $33

Cherokee Street’s Antique Row

Cherokee Street offers a glimpse into the daily life of a 19th century neighborhood filled with immigrants while also being tied to the history of Creole mountain men and St. Louis’s brewing history. Hear the tales of early Creole settlers and the challenges faced by immigrants during World War I, while highlighting the street’s commercial architecture.

NiNi 535  Wednesday, May 6, 10:30-12:30, Fee: $33
NiNi 536  Thursday, May 7, 10:30-12:30, Fee: $33

On Golden Pond Matinee

Mary Saputo, Oasis Travel Committee

Join us for a matinee of the beloved production, *On Golden Pond*, presented by the Kirkwood Theatre Guild at the beautiful Robert G. Reim Theatre in Kirkwood. The Kirkwood Theatre Guild has a long and impressive history of producing some of the most popular dramatic productions in the St. Louis area, featuring first class direction, actors, and scenery. We will meet beforehand at Brio’s Tuscan Grille on Lindbergh for an Italian lunch, included in this package!

Robert G. Reim Theatre 502
111 S Geyer Rd, Kirkwood, MO 63122
Sunday, Mar 22, 11:30-5:00, Fee: $46

Sports Legends of The Hill

Joe DeGregorio and Sal Martorelli

Meet at the Italia-American Bocce Club for this "sports only" tour of the Hill. Learn about notable professional baseball players like Yogi Berra and Joe Garagiola. Explore the origins of the Hill’s soccer history and how it helped St. Louis become the epicenter of the sport for many decades. Find out about a Hill-born woman who made aquatic sports history. We’ll end at the Italia-American Bocce Club and share the history of the ancient sport of bocce. Join us for lunch (on your own) at a great restaurant on the Hill.

Tour 539
2210 Marconi Ave, St. Louis, MO 63110
Wednesday, Apr 22, 9:30-12:00, Fee: $27
Pulitzer and Pastries Tour  
*Missouri History Museum Docent*

With the click of a button, photographers record the defining moments of our world and our time. The ugliness of war. The pain of poverty. The ecstasy of victory. Take a guided tour of this traveling exhibit, which features the most comprehensive collection of Pulitzer Prize-winning photographs ever assembled. For more than a century, the Pulitzer Prizes have honored excellence in journalism, literature, music, and drama. The awards were named for 19th-century newspaper editor and publisher Joseph Pulitzer, who made a major impact in St. Louis and established the prizes in his will. Following the tour, enjoy a treat from the Café and discuss what we viewed.

**Missouri History Museum 540**  
5700 Lindell Blvd, St. Louis, MO 63112  
Wednesday, Jan 8, 10:00-11:30, Fee: $15

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The Fabulous Fox Theater Tour & Lunch  
*Mary Saputo, Oasis Travel Committee*

Back by popular demand! Step back into the glory of Hollywood with our own “Hollywood Girl,” Mary Saputo. Opened in 1929, the St Louis Fox was one of five crowning jewels in the Fox motion picture empire. Learn about the Fox Theatre’s unique history, lavish design and elaborate restoration efforts that began in 1982. This tour also includes an opportunity to step on stage, explore the backstage dressing areas, and view the thousands of famous signatures gracing the backstage walls—from artists such as Liberace, Sammie Davis Jr., Liza Minnelli and so many more! Following the tour, there will be a special luncheon onsite. Tour, lunch, gratuities and parking included in fee.

**The Fox Theater 504**  
527 N Grand Blvd, St. Louis, MO 63103  
Friday, Apr 24, 10:15-1:30, Fee: $40

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Do you want to help support Oasis at the same time? It’s easy to do!  

Just visit [https://smile.amazon.com/ch/43-1830354](https://smile.amazon.com/ch/43-1830354) to get started. A portion of your purchase on eligible items will come back to Oasis - it’s that easy!

Questions? Contact Emily Garstang at (314) 862-2933 x261 or egarstang@oasisnet.org
Hiking & Biking

Welcome Back Event!
Join us as we kick-off the 2020 Hiking and Biking season. Light refreshments will be served followed by a one mile walk. This is a great way for new members to meet existing participants and to learn more about staying active outdoors with Oasis.

Crown Center 607
8350 Delcrest Dr, St. Louis, MO 63124
Tuesday, Mar 17, 9:30, Free

Heman Park
Shirley Walz
Meet at University City Centennial Commons Recreational Facility. Parking and restrooms available inside the facility. Walk is approximately 2.5 to 3 miles around Heman Park, University City’s largest park. Heman Park is bounded by Midland, Olive, Purdue, Pennsylvania and Vernon. Mostly flat, uneven sidewalks at times. Optional lunch afterwards on your own.

Hiking 541
7210 Olive Blvd, St. Louis, MO 63130
Tuesday, Mar 24, 9:30, Free

Town Square in Town and Country
Kathy Hanewinkel
Meet at the back of the parking lot in the new Town Square in Town and Country MO at 13360 Clayton Rd. We will walk the neighborhood and to Longview Park and back. It is paved and mostly flat.

Hiking 542
Tuesday, Mar 31, 9:30, Free

Suffragette Walk in Downtown St. Louis
Douglas Schneider
This will be a 2.5 mile walk downtown St. Louis where we will visit 19th and 20th century sites that played a role in obtaining voting rights for women. Start on the steps of the Old Courthouse on N. Broadway, between Market and Chestnut, facing Kiener Plaza.

Hiking 543
Tuesday, Apr 7, 9:30, Free

Sunset Greenway
Donna Graef
We will be walking the Sunset Greenway in Florissant. Park in my driveway or on the street. We will walk on a paved path but there will be some hills. Optional lunch will be at McAlister’s Deli at 2180 North US 67.

Hiking 545
2585 Dove Dr, Florissant, MO 63031
Tuesday, Apr 21, 9:30, Free

Meramec Greenway: Al Foster Trail
Charlotte Lehmann
We will walk on the Al Foster Trail in Wildwood. It will be a 3+ mile walk, only a little hill. Hikers can turn back at any time for a shorter walk. Directions: take 44 west to 109 (Eureka). Turn right on 109 and go 3 miles to Old State Rd. Turn right and immediately turn right again on Washington Ave, which becomes Grand Ave ½ mile to the parking lot.

Hiking 544
Tuesday, Apr 14, 9:30, Free

Meramec and Western Greenways
Katie Wodell
Walk the Meramec Greenway along the Meramec River, and an optional walk on the Western Greenway. The first part is about a 1.5 miles. For those who want more distance and a new view, we can walk up to 5 miles on the Western Greenway. Optional lunch (on your own) at Big Chief Roadhouse.

Hiking 546
Tuesday, Apr 28, 9:30, Free

Oasis Biking & Hiking programs are provided in partnership with Great Rivers Greenway. To discover more greenways around the region, visit greatriversgreenway.org.
Southside Parks and Greenways Ride
Janice Branham
Meet at Schlafly Bottleworks in Maplewood for a ride along the River Des Peres, Christy Greenways and two south St. Louis parks. Approximately 16 miles, mostly on bike paths with some short stretches on side streets. Optional lunch on your own at Schlafly’s afterwards.
Biking 547
Friday, Apr 17, 9:30, Free

City Streets Bike Ride
Joyce Sherokow
Get comfortable riding on city streets. We’ll be on the streets with a bike lane, sharrows, or low volume streets. We’ll visit neighborhoods that may be different each semester. Ride begins and ends at Hartford Coffee Company. Come early if you’d like to grab a coffee or a delicious scone (on your own) and join us for lunch afterwards (on your own). Approximately 16-18 miles.
Biking 548
Friday, Apr 24, 9:30, Free

Gravois Greenway: Grant’s Trail Bike Ride
Brenda Tripp
The Ulysses S. Grant Trail is a "rails to trails" bike trail, stretching through south and southwest St. Louis County. A former railroad right of way, this is a paved trail with a few small rolling hills, and the ride will be approximately 17 miles round trip. Meet at the Kirkwood trailhead, at the corner of S Holmes Ave and Leffingwell Ave.
Biking 549
Wednesday, Apr 29, 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 550
Friday, May 15, 9:30, Free

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.
Exercise

**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, Jan 8-Mar 4, 1:15-2:15  
Fee: $67.50; Sessions: 9  

**Clayton Oasis 1118**  
Wednesday, Mar 11-Apr 29, 1:15-2:15  
Fee: $60; Sessions: 8  

**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, Jan 8-Mar 4, 2:30-3:30  
Fee: $67.50; Sessions: 9  

**Clayton Oasis 1120**  
Wednesday, Mar 11-Apr 29, 2:30-3:30  
Fee: $60; Sessions: 8  

**Kirkwood Oasis 1305**  
Tuesday, Jan 7-Feb 25, 10:00-11:00  
Fee: $60; Sessions: 8  

**Kirkwood Oasis 1306**  
Tuesday, Mar 3-Apr 28, 10:00-11:00  
Fee: $60; Sessions: 8. **No class Apr 7.**

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**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, Feb 5-Mar 25, 1:00-2:00  
Fee: $60; Sessions: 8  

**Kirkwood Oasis 1310**  
Wednesday, Apr 1-May 20, 1:00-2:00  
Fee: $60; Sessions: 8  

**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.  

**Kirkwood Oasis 1313**  
Tuesday, Jan 7-Feb 25, 1:00-1:45  
Fee: $60; Sessions: 8  

**Kirkwood Oasis 1314**  
Tuesday, Mar 3-Apr 28, 1:00-1:45  
Fee: $60; Sessions: 8. **No class Apr 7.**

**New Northside Family Life Center 1506**  
Wednesday, Jan 8-Mar 4, 10:00-10:45  
Free; Sessions: 9  

**New Northside Family Life Center 1507**  
Wednesday, Mar 11-Apr 29, 10:00-10:45  
Free; Sessions: 8

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**Note:**  
Due to similarity in class structure and content, Strengthen & Stretch and Building Bones: Mixed Level have been merged. The class will remain the same, just updated with a new name!
**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 1101**

Tuesday/Thursday, Jan 7-Feb 13, 10:30-11:30
Fee: $90; Sessions: 12

**Clayton Oasis 1102**

Tuesday/Thursday, Feb 18-Mar 26, 10:30-11:30
Fee: $90; Sessions: 12

**Clayton Oasis 1103**

Tuesday/Thursday, Mar 31-Apr 30, 10:30-11:30
Fee: $75; Sessions: 10

*Cathy Johnson, 200 RYT, Certified Fitness Instructor*

**Clayton Oasis 1104**

Tuesday, Jan 7-Feb 25, 10:00-11:00
Fee: $60; Sessions: 8

**Clayton Oasis 1105**

Tuesday, Mar 3-Apr 28, 10:00-11:00
Fee: $60; Sessions: 8

**No class Apr 7.**

*Cindy Fernandez, Certified Yoga/Fitness Instructor*

**Crown Center 1604**

Wednesday, Jan 22-Mar 4, 10:00-11:00
Fee: $52.50; Sessions: 7

**Crown Center 1605**

Wednesday, Mar 11-Apr 29, 10:00-11:00
Fee: $60; Sessions: 8

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**Strengthen and Stretch**

Low-impact aerobics, strength training, flexibility and balance exercises - a total body workout! The ability to move freestanding without use of a chair is necessary for this class. Floorwork is optional. Please note: Building Bones: Mixed Level classes are now listed under Strengthen & Stretch.

*Penny Moskus, Certified Fitness Instructor/Trainer*

*Gail Velton, Certified Yoga/Fitness Instructor*

**Clayton Oasis 1101**

Tuesday/Thursday, Jan 7-Feb 13, 10:30-11:30
Fee: $90; Sessions: 12

**Clayton Oasis 1102**

Tuesday/Thursday, Feb 18-Mar 26, 10:30-11:30
Fee: $90; Sessions: 12

**Clayton Oasis 1103**

Tuesday/Thursday, Mar 31-Apr 30, 10:30-11:30
Fee: $75; Sessions: 10

*Christi Gleason, Certified Fitness Instructor*

**Clayton Oasis 1109**

Monday, Jan 6-Mar 2, 10:30-11:30
Fee: $52.50; Sessions: 7. No class Jan 20 & Feb 17.

**Clayton Oasis 1110**

Monday, Mar 9-Apr 27, 10:30-11:30
Fee: $60; Sessions: 8

*Idaria Goodwin, Certified Fitness Instructor*

**Clayton Oasis 1111**

Wednesday, Jan 8-Mar 4, 10:30-11:30
Fee: $67.50; Sessions: 9

**Clayton Oasis 1112**

Wednesday, Mar 11-Apr 29, 10:30-11:30
Fee: $60; Sessions: 8

*Idaria Goodwin, Certified Fitness Instructor*

**Clayton Oasis 1113**

Friday, Jan 10-Feb 28, 10:30-11:30
Fee: $60; Sessions: 8

**Clayton Oasis 1114**

Friday, Mar 6-Apr 24, 10:30-11:30
Fee: $60; Sessions: 8

**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, Jan 10-Feb 28, 9:00-10:00
Fee: $60; Sessions: 8

**Clayton Oasis 1116**

Friday, Mar 6-Apr 24, 9:00-10:00
Fee: $60; Sessions: 8

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**Functional Fitness**

*Idaria Goodwin, Certified Fitness Instructor*

Through a mix of body weight strength training and aerobics, exercise to stay strong so you can complete everyday activities and remain independent.

**Clayton Oasis 1113**

Friday, Jan 10-Feb 28, 10:30-11:30
Fee: $60; Sessions: 8

**Clayton Oasis 1114**

Friday, Mar 6-Apr 24, 10:30-11:30
Fee: $60; Sessions: 8

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**Kirkwood Oasis 1303**

Tuesday, Jan 7-Feb 25, 10:00-11:00
Fee: $60; Sessions: 8

**Kirkwood Oasis 1304**

Tuesday, Mar 3-Apr 28, 10:00-11:00
Fee: $60; Sessions: 8. No class Apr 7.

*Cathy Johnson, 200 RYT, Certified Fitness Instructor*

**Kirkwood Oasis 1307**

Thursday, Jan 9-Feb 27, 1:30-2:30
Fee: $60; Sessions: 8

**Kirkwood Oasis 1308**

Thursday, Mar 5-Apr 30, 1:30-2:30
Fee: $60; Sessions: 8

*Donna Jones, 500 RYT, Certified Fitness Instructor*

**New Northside Family Life Center 1508**

Friday, Jan 24-Mar 6, 11:00-12:00
Free; Sessions: 7

**New Northside Family Life Center 1509**

Friday, Mar 13-Apr 24, 11:00-12:00
Free; Sessions: 7

**Crown Center 1604**

Wednesday, Jan 22-Mar 4, 10:00-11:00
Fee: $52.50; Sessions: 7

**Crown Center 1605**

Wednesday, Mar 11-Apr 29, 10:00-11:00
Fee: $60; Sessions: 8
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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
<th>Sessions</th>
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<tbody>
<tr>
<td>Thomas Dunn Learning Center 1548</td>
<td>Tuesday/Thursday, Jan 21-Mar 26, 1:00-2:00</td>
<td>Free; Sessions: 20</td>
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<tr>
<td>Divoll Branch Library 1549</td>
<td>Tuesday/Thursday, Jan 7-Mar 12, 1:00-2:00</td>
<td>Free; Sessions: 20</td>
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<tr>
<td>Stupp Center - Tower Grove Park 1547</td>
<td>Monday/Wednesday, Apr 6-Jun 10, 9:00-10:00</td>
<td>Free; Sessions: 20</td>
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<tr>
<td>Chesterfield City Hall 1740</td>
<td>Monday/Thursday, Jan 6-Feb 13, 9:15-10:15</td>
<td>Fee: $82.50; Sessions: 11</td>
<td>No class Jan 20.</td>
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<tr>
<td>Chesterfield City Hall 1742</td>
<td>Monday/Thursday, Mar 30-Apr 30, 9:15-10:15</td>
<td>Fee: $75; Sessions: 10</td>
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<tr>
<td>Florissant Senior Dining Center 1541</td>
<td>Monday/Wednesday, Jan 13-Mar 9, 11:00-12:00</td>
<td>Fee: $60; Sessions: 15</td>
<td>No class Jan 20 &amp; Feb 17.</td>
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<tr>
<td>Florissant Senior Dining Center 1542</td>
<td>Monday/Wednesday, Mar 11-Apr 29, 11:00-12:00</td>
<td>Fee: $60; Sessions: 15</td>
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<tr>
<td>Olivette Community Center 1543</td>
<td>Monday/Wednesday, Jan 6-Feb 12, 2:45-3:45</td>
<td>Fee: $82.50; Sessions: 11</td>
<td>No class Jan 20.</td>
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<tr>
<td>Olivette Community Center 1544</td>
<td>Monday/Wednesday, Feb 19-Mar 25, 2:45-3:45</td>
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<tr>
<td>Olivette Community Center 1545</td>
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<td>Fee: $75; Sessions: 10</td>
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<td>New Northside Family Life Center 1559</td>
<td>Tuesday/Thursday, Feb 4-Apr 28, 11:00-12:00</td>
<td>Free; Sessions: 23</td>
<td>No class Mar 31 &amp; Apr 2.</td>
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<tr>
<td>New Northside Family Life Center 1561</td>
<td>Monday/Wednesday, Jan 6-Feb 29, 11:00-12:00</td>
<td>Free; Sessions: 32</td>
<td>No class Jan 20 &amp; Feb 17.</td>
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<tr>
<td>Kirkwood Community Center 1340</td>
<td>Wednesday/Friday, Jan 8-Feb 14, 10:00-11:00</td>
<td>Fee: $90; Sessions: 12</td>
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<tr>
<td>Kirkwood Community Center 1341</td>
<td>Wednesday/Friday, Feb 19-Mar 27, 10:00-11:00</td>
<td>Fee: $90; Sessions: 12</td>
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<tr>
<td>Kirkwood Community Center 1342</td>
<td>Wednesday/Friday, Apr 1-May 1, 10:00-11:00</td>
<td>Fee: $75; Sessions: 10</td>
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</tbody>
</table>
Tai Chi for Arthritis: Part 2  
Led by a 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 should have completed instruction in the entire Beginner (Part 1) program before enrolling in Part 2.

Kirkwood Community Center 1346  
Monday/Thursday, Jan 6-Feb 13, 11:15-12:15  
Fee: $82.50; Sessions: 11. No class Jan 20.

Kirkwood Community Center 1347  
Monday/Thursday, Feb 20-Mar 26, 11:15-12:15  
Fee: $82.50; Sessions: 11

Kirkwood Community Center 1348  
Monday/Thursday, Mar 30-Apr 30, 11:15-12:15  
Fee: $75; Sessions: 10

New Northside Family Life Center 1562  
Tuesday/Thursday, Feb 4-Apr 28, 12:10-1:00  
Free; Sessions: 23. No class Mar 31 & Apr 2.

Qigong

Christi Gleason, Certified Medical Qigong Practitioner

Qigong is a healing art with roots in Traditional Chinese Medicine, offering benefits similar to acupuncture. Students may experience improvements in function of all bodily systems, balance, strength, coordination, flexibility, mobility, and overall well-being. This practice, based on the season of the year, can be considered the physical multi-vitamin for the body. This program can be done seated or standing.

Clayton Oasis 1121  
Monday, Jan 13-Mar 9, 12:00-1:00  
Fee: $52.50; Sessions: 7. No class Jan 20 & Feb 17.

Clayton Oasis 1122  
Monday, Mar 16-Apr 27, 12:00-1:00  
Fee: $52.50; Sessions: 7

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.
**Better Balance**

*Instructed by Certified Fitness Instructors*

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.

<table>
<thead>
<tr>
<th>Move by BJC 1501</th>
<th>Crown Center 1601</th>
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<tr>
<td>Monday/Wednesday, Jan 6-Feb 12, 9:00-10:00</td>
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<td>Fee: $90; Sessions: 12</td>
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<tr>
<th>Move by BJC 1502</th>
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<td>Monday/Wednesday, Feb 17-Mar 25, 9:00-10:00</td>
<td>Tuesday/Thursday, Feb 18-Mar 26, 11:00-12:00</td>
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<tr>
<th>Move by BJC 1503</th>
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<td>Fee: $75; Sessions: 10</td>
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<tr>
<th>New Northside Family Life Center 1504</th>
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<tbody>
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<td>Fee: Free; Sessions: 16</td>
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**SAVE THE DATE**

**May 7, 2020**

St. Louis Oasis is joining other area nonprofits for **Give STL Day** in 2020! Give STL Day is a 24-hour, online giving initiative to grow local philanthropy.

**Mark your calendars and stay tuned for details!**

For more information on Give STL Day, contact Emily at 314.862.2933 ext. 261 or egarstang@oasisnet.org.
BrainSavers®

BECAUSE GRAY MATTERS™

Brain + Body Total Fitness Program

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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Schedule</th>
<th>Fee</th>
<th>Sessions</th>
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<tr>
<td>Maryland Heights Community Center 1201</td>
<td>*Monday/Thursday, Jan 6-Feb 13, 10:00-11:00, Fee: $104.50 Sessions: 11. No class Jan 20.</td>
<td>$104.50</td>
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<td>Kirkwood Oasis 1315</td>
<td>Monday/Thursday, Jan 6-Feb 13, 1:00-2:00, Fee: $104.50 Sessions: 11. No class Jan 20.</td>
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<td>The J - Chesterfield 1701</td>
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<td>Maryland Heights Community Center 1202</td>
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<td>Kirkwood Oasis 1316</td>
<td>Monday/Thursday, Feb 20-Mar 26, 1:00-2:00, Fee: $104.50 Sessions: 11</td>
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<td>The J - Chesterfield 1702</td>
<td>Monday/Wednesday, Feb 19-Mar 25, 1:30-2:30, Fee: $104.50; Sessions: 11</td>
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<td>Maryland Heights Community Center 1203</td>
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<td>Kirkwood Oasis 1317</td>
<td>Monday/Thursday, Mar 30-Apr 30, 1:00-2:00, Fee: $95; Sessions: 10</td>
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<td>The J - Chesterfield 1703</td>
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</tbody>
</table>

*Monday meet in the Infinity Room. Thursday meet in Activity Room 2.

Register online at stlouis.org or call 314.862.4859, ext. 24.
With national accolades, 15 hospitals and more than four thousand physicians, including Washington University specialists, BJC HealthCare gives you access to not only the world’s best medicine, but the medicine that is best for your world.

Learn more at BJC.org.

BJC HealthCare
The world’s best medicine, Made better.
Health

BJC HealthCare

The health programs listed on pages 38-44 are provided in part by BJC HealthCare hospitals.

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 Community Center
111 S Geyer Rd, Kirkwood, MO 63122
Wednesday, Jan 15, 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, Mar 13, 9:00-1:00, Fee: $15-20
To register, please call 636.928.9355.

Pump It Up to Beat Cardiovascular Disease
Pamela Gonzales, PT

Are you living with some form of cardiovascular disease? Learn how to incorporate exercise and activity into your management of cardiovascular disease with a physical therapist. Whether you are thinking about starting an exercise regimen or have an established routine that you are looking to spice up, this class is for you! No gym membership required!

Chesterfield City Hall
690 Chesterfield Parkway W, Chesterfield, MO 63017
Tuesday, Feb 18, 10:00-12:00, Free
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.

Florissant Valley Branch Library
195 New Florissant Rd, St. Louis, MO 63031
Thursday, Mar 5-Apr 16, 2:00-4:30, Free, Sessions: 7
To register, please call 314.747.9355.

Strike the Right Balance
Athletico Physical Therapy

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.

The J - Creve Coeur 4510
2 Millstone Campus Dr, St. Louis, MO 63146
Monday, Apr 6, 1:00-3:00, Free
To register, please call 314.862.4859, ext 24.

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!

Julia Davis Library 4506
4415 Natural Bridge Ave, St. Louis, MO 63115
Tuesday, Mar 10, 10:00-11:30, Free
To register, please call 314.862.4859, ext 24.
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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date/Time</th>
<th>Fee/Sessions</th>
<th>Registration Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manchester Parks and Recreation 4552</td>
<td>Wednesday, Feb 5-Mar 25, 1:00-3:00</td>
<td>Free; 8</td>
<td>To register, please call 314.862.4859, ext 24.</td>
</tr>
<tr>
<td>Oak Bend Branch Library 4555</td>
<td>Tuesday, Apr 14-Jun 2, 2:00-4:00</td>
<td>Free; 8</td>
<td>To register, please call 314.996.5433.</td>
</tr>
<tr>
<td>Kisker Road Branch Library 4554</td>
<td>Thursday, Mar 5-Apr 23, 10:00-12:00</td>
<td>Free; 8</td>
<td>To register, please call 636.928.9355.</td>
</tr>
<tr>
<td>Thornhill Branch Library 4558</td>
<td>Monday, Mar 2-Apr 20, 10:00-12:00</td>
<td>Free; 8</td>
<td>To register, please call 314.996.5433.</td>
</tr>
<tr>
<td>Epiphany United Church 4556</td>
<td>Tuesday, Feb 11-Mar 31, 10:00-12:00</td>
<td>Free; 8</td>
<td>To register, please call 314.862.4859, ext 24.</td>
</tr>
<tr>
<td>Society for Blind and Visually Impaired 4553</td>
<td>Monday, Feb 10-Mar 30, 10:00-12:00</td>
<td>Free; 8</td>
<td>To register, please call 314.862.4859, ext 24.</td>
</tr>
<tr>
<td>Olivette City Center 4551</td>
<td>Monday, Jan 27-Mar 23, 10:00-12:00</td>
<td>Free; 8</td>
<td>No class Feb 17.</td>
</tr>
<tr>
<td>Thomas Dunn Learning Center 4550</td>
<td>Tuesday, Jan 21-Mar 10, 10:00-12:00</td>
<td>Free; 8</td>
<td>To register, please call 314.862.4859, ext 24.</td>
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<tr>
<td>Epiphany Lutheran Church 4556</td>
<td>Thursday, Mar 12-Apr 30, 10:00-12:00</td>
<td>Free; 8</td>
<td>To register, please call 314.862.4859, ext 24.</td>
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</tbody>
</table>

**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 supplementalations.

**Florissant Senior Dining Center**

621 Rue St Francois, Florissant, MO 63031
Thursday, Mar 26, 10:00-12:00, Free
To register, please call 314.747.9355.
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.

Florissant Senior Dining Center 4513
621 Rue St. Francois, Florissant, MO 63031
Tuesday, Mar 3-May 5, 10:00-12:00, Free; Sessions: 10
To register, please call 314.862.4859, ext. 24.

Southwest Baptist Church 4514
6401 Scanlan, St. Louis, MO 63139
Tuesday, Mar 10-May 12, 1:00-3:00, Free; Sessions: 10
To register, please call 314.862.4859, ext. 24.

The Paraquad 4504
5200 Berthold Ave, St. Louis, MO 63110
Wednesday, Feb 12-Apr 15, 10:00-12:00
Free, Sessions: 10
To register, please call 314.862.4859, ext. 24.

Conversations that Count
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. Previously known as Peer Led Discussion Group.

Oak Bend Branch Library
842 S Holmes Ave, St. Louis, MO 63122
Wisdom of a Full Life:
What I’ve Learned... What Can I Pass On?
Monday, Jan 6, 10:00-11:00, Free
Catching some Zzz’s: Getting a Good Nights’ Sleep
Monday, Feb 3, 10:00-11:00, Free
Advocacy You Can Make a Difference
Monday, Mar 2, 10:00-11:00, Free
Friendship
Monday, Apr 6, 10:00-11:00, Free
To register, please call 314.996.5433.

YOU MAY BE ELIGIBLE
for a special health insurance enrollment period!

Have you lost your health insurance coverage and are not yet eligible for Medicare?

The Missouri Health Insurance Marketplace can be an affordable alternative to COBRA and a “bridge to Medicare.” If you qualify, you may be able to get health insurance from the Marketplace through a special enrollment period! Our state-licensed health insurance navigator is available to help you on the phone or in person.

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Days</th>
<th>Time</th>
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<th>Sessions</th>
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<td>Florissant Senior Dining Center 4589</td>
<td>621 Rue St Francois, Florissant, MO 63031</td>
<td>Monday/Wednesday, Jan 13-Apr 29, 9:30-10:15</td>
<td>$28; Sessions: 28</td>
<td>No class Jan 20, Feb 12 &amp; 17, Apr 8.</td>
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<tr>
<td>Manchester United Methodist Church 4584</td>
<td>129 Woods Mill Rd, Manchester, MO 63011</td>
<td>Tuesday/Thursday, Jan 7-Apr 30</td>
<td>$34; Sessions: 34</td>
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<tr>
<td>Julia Davis Library 4571</td>
<td>4415 Natural Bridge Ave, St. Louis, MO 63115</td>
<td>Monday/Wednesday, Jan 6-Apr 29, 10:00-10:45</td>
<td>Free; Sessions: 31.</td>
<td>No class Jan 20, Feb 12 &amp; Mar 4.</td>
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<tr>
<td>Manchester United Methodist Church 4571</td>
<td>129 Woods Mill Rd, Manchester, MO 63011</td>
<td>Monday/Wednesday, Jan 6-Apr 29, 9:00-9:45</td>
<td>$31; Sessions: 31.</td>
<td>No class Jan 20, Feb 17 &amp; Apr 13.</td>
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<tr>
<td>New Northside Family Life Center 4570</td>
<td>5939 Goodfellow Blvd, St. Louis, MO 63147</td>
<td>Tuesday/Thursday, Feb 4-Apr 30, 10:00-10:45</td>
<td>Free; Sessions: 26</td>
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<td>Booth Manor 4573</td>
<td>3131 Iowa Ave, St. Louis, MO 63118</td>
<td>Tuesday/Thursday, Feb 4-Apr 9, 1:00-1:45</td>
<td>Free; Sessions: 20</td>
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<tr>
<td>Mount Beulah Terrace 4578</td>
<td>7550 Page Ave, St. Louis, MO 63137</td>
<td>Tuesday/Thursday, Jan 7-Apr 30, 1:00-1:45</td>
<td>Free; Sessions: 34</td>
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<tr>
<td>St. Paul AME Church 4580</td>
<td>1260 Hamilton Ave, St. Louis, MO 63112</td>
<td>Tuesday/Thursday, Feb 4-Apr 9, 10:00-10:45</td>
<td>Free; Sessions: 20</td>
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<tr>
<td>Bellefontaine United Methodist Church 4579</td>
<td>10600 Bellefontaine Rd, St. Louis, MO 63137</td>
<td>Monday/Wednesday, Jan 6-Apr 29, 10:00-10:45</td>
<td>Free; Sessions: 32.</td>
<td>No class Jan 20 &amp; Feb 17.</td>
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The Hidden Truth About Pain
Kim Hoff, Pharm D, BCPS, BCACP, CDE

Pain does not discriminate. It affects the old, young and all ages in between. Discuss what pain really is, how it can be treated and the potential complications that may come with it. Leave with a changed perspective!

Grant’s View Branch Library
9700 Musick Ave, St. Louis, MO 63123
Monday, Apr 20, 10:00-12:00, Free
To register, please call 314.996.5433.

Free from Falls
Debbie Gentry, PT

Missouri’s rate of falls among adults age 65 and older is almost twice as much as any other state! Whether you’ve had a fall or just want to learn more about what you can do to prevent future falls, this class is for you.

University City Senior Center 4507
975 Pennsylvania Ave, St. Louis, MO 63130
Thursday, Mar 19, 9:30-11:00, Free
To register, please call 314.862.4859, ext 24.
Caregiving Skills & Cognitive Stimulation Therapy Workshop

Are you supporting or caring for someone with dementia? Would you like to see them improve mental abilities and memory? Would you like to improve your caregiving skills? You may be the perfect pair to join the FREE Oasis Caregiving Skills and Cognitive Stimulation Therapy Workshop. This is an opportunity for both of you to 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 interactive and 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 to help determine if it’s right for you!

Florissant Valley Branch Library 4516
195 New Florissant Rd, Florissant, MO 63031
Wednesday, Mar 4-Apr 15, 10:00-11:00
Free, Sessions: 7
To register, please call 314.862.2933, ext.246.

Christ Our Redeemer 4518
13820 Old Jamestown Rd, Florissant, MO 63033
Monday, Mar 2-Apr 13, 10:00-11:00, Free, Sessions: 7
To register, please call 314.862.2933, ext.246.

Lessie Bates Seasoned Circle Café 4517
1274 N 37th St, East St Louis, IL 62204
Tuesday, Feb 25-Apr 7, 2:00-3:00, Free, Sessions: 7
To register, please call 314.862.2933, ext.246.

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.

Grand Glaize Branch Library
1010 Meramec Station Rd, Manchester, MO 63021
Thursdays, Feb 6-Mar 19, 10:00-12:30
Free, Sessions: 7
To register, please call 314.996.5433.

Kathryn Linnemann Branch Library
2323 Elm St, St Charles, MO 63301
Wednesdays, Mar 4-Apr 15, 9:30-12:00
Free, Sessions: 7
To register, please call 636.928.9355.

Kirkwood Community Center (Room 202)
111 S Geyer Rd, Kirkwood, MO 63122
Wednesday, Mar 11-Apr 22, 1:00-3:30
Free, Sessions: 7
To register, please call 314.996.5433.

Chesterfield City Hall
690 Chesterfield Pkwy W, Chesterfield, MO 63017
Tuesday, Mar 3-Apr 21, 9:30-12:00
Free, Sessions: 7
To register, please call 314.996.5433.

Fairview Heights Parks & Recreation
9950 Bunkum Rd, Fairview Heights, IL 62208
Tuesdays, Feb 4-Mar 17, 9:30-12:00
Free, Sessions: 7
To register, please call 618.489.2040, ext. 1426.

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.

Daniel Boone Branch Library
300 Clarkson Rd, Ellisville, MO 63011
Thursday, Jan 16-Feb 6, 1:00-3:00, Free; Sessions: 4
To register, please call 314.996.5433.
Sauté, Simmer and Steam: Heart Healthy Dishes
Jessica Moeller-Gaa MA, RD, LD
This lesson will focus on healthy cooking techniques and common cooking equipment/needed supplies to get started cooking.
Brentwood Community Center 902
Wednesday, Apr 29, 10:00-12:00, Free
To register, please call 314.996.5433.
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. Nearly any adult can become a volunteer counselor. Many 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. Training for certification is provided at no cost. Interested and ready for a challenge? Currently, we are seeking volunteer counselors for our offices at Barnes-Jewish Hospital, Barnes-Jewish West County Hospital, Christian Hospital and Alton Memorial Hospital. Initial Medicare training classes will be starting back up in the Spring. Contact Kathleen at 314.653.5991 or by email at kstice@oasisnet.org.

Give 5 Program
Oasis Staff
We invite you to join us, have fun, make new friends and learn about volunteer opportunities that match your talents, passions and personality. Give 5 is a program that matches Clayton residents who are retired (or almost retired) to volunteer opportunities with area nonprofits. Each Give 5 class will meet from 8:30 am to 4:30 pm, once a week for five weeks, visiting nearly two dozen nonprofits over the course of the program. This free program will enable participants to match their skills to nonprofit organizations’ volunteer needs. At the completion of the program, you are asked to volunteer your time and talents for at least one year with one of the organizations you have visited. Please note that Give 5 participants must live in Clayton, Missouri.

Clayton Oasis 4516
50 Gay Avenue, Clayton, MO 63105
March/April 2020, 8:30-4:30, Free, Sessions: 5
To register, please call 314.862.4859, ext. 24.

Health Class Coordinators Wanted
Oasis needs professional, friendly volunteers to help with class activities. This is the perfect volunteer opportunity for someone who is a people-person. Duties include welcoming participants, taking attendance, passing out handouts, and providing a helping hand to staff and instructors as needed. Technology skills a plus, but not a must. As a Class Coordinator, you can earn credit towards future programs. Classes are offered at a variety of locations across the St. Louis Metropolitan Area. The further you are willing to travel, the more opportunities you will have. If you are interested, please contact: Emir Kandzetovic at 314.862.2933, ext. 246 or Marissa Sandbothe at 314.862.2933, ext. 237.

Oasis Friends
The Oasis Friends program brings together Oasis volunteers and adults with developmental disabilities. The group enjoys a variety of Oasis classes and community events to develop new skills and grow. Typically, there are two outings per month, and they last two to six hours. Volunteers must complete training and a criminal background check. Build lasting friendships while providing a valuable service to the community. Join Oasis Friends! For more information, please contact Sharon Hales at shales@oasisnet.org or 314.220.2827.
This program is sponsored by the Productive Living Board (PLB) of St Louis County.
Intergenerational Tutoring

Creating a Perfect Vision in 2020

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.
“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

Celebrating the 30th Anniversary of Oasis Intergenerational Tutoring!

Year after year, people volunteer with the Oasis Intergenerational Tutoring Program. The largest of its kind in the U.S., the program has reached more than 485,000 children since it was launched right here in St. Louis in 1989.

Did you know that in some of the schools where we tutor, up to 80% of third graders are not reading at grade level? Every day, Oasis tutors are making an impact in children’s lives, not only improving their literacy skills but also their self-esteem, class attendance, and interest in reading and language arts. Reading scores collected from tutored students in the 2018-2019 school year demonstrated that 98% showed improvement!

I learn so much from the students...

Marilee Fisher started tutoring in the Fox School District five years ago, and admits she’s hooked. Last year, she worked with children in two elementary schools, and like many Oasis tutors, Marilee believes she’s getting as much from the experience as the children.

“I learn so much from the students,” says Marilee. “Being an Oasis tutor gives you a chance to help those kids who get caught in the middle,” says Marilee. “They aren’t reading at grade level, but don’t meet the requirements to get special services provided by the school. They just need a little extra attention, and that makes all the difference.”

Although Marilee is a seasoned educator, she is quick to point out that no classroom experience is required to be a successful Oasis tutor. “You just need to love children,” she says.

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

**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, Jan 7-Feb 25: 10:30-11:30a 31110
- Thursday, Jan 9-Feb 27: 10:30-11:30a 31101
- Tuesday, Mar 3-Apr 21: 10:30-11:30a 31047
- Thursday, Mar 5-Apr 23: 10:30-11:30a 31067

**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, Jan 6-Feb 26: 8:30-9:25a 30791
- Tue/Thu, Jan 7-Feb 27: 8:30-9:25a 30771
- Mon/Wed, Mar 2-Apr 22: 8:30-9:25a 31206
- Tue/Thu, Mar 3-Apr 23: 8:30-9:25a 31159

**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, Jan 7-Feb 25: 11:00-12:00p 30792
- Tuesday, Mar 3-Apr 21: 11:00-12:00p 31183

**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, Jan 7-Feb 25: 7:15-8:15a 31093
- Tuesday, Jan 7-Feb 25: 9:15-10:15a 31111
- Thursday, Jan 9-Feb 27: 7:15-8:15a 31118
- Thursday, Jan 9-Feb 27: 9:15-10:15a 31127
- Saturday, Jan 11-Feb 29: 8:00-9:00a 31112
- Tuesday, Mar 3-Apr 21: 7:15-8:15a 31053
- Tuesday, Mar 3-Apr 21: 9:15-10:15a 31072
- Thursday, Mar 5-Apr 23: 7:15-8:15a 31044
- Thursday, Mar 5-Apr 23: 9:15-10:15a 31060
- Saturday, Mar 7-Apr 25: 8:00-9:00a 31068

**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, Jan 6-Feb 24: 10:30-11:30a 31130
- Wednesday, Jan 8-Feb 26: 10:30-11:30a 31113
- Friday, Jan 10-Feb 28: 10:30-11:30a 31081
- Monday, Mar 2-Apr 20: 10:30-11:30a 31070
- Wednesday, Mar 4-Apr 22: 10:30-11:30a 31076
- Friday, Mar 6-Apr 24: 10:30-11:30a 31031
To join St. Louis Oasis, please complete this form and return it to our office at 50 Gay Ave, Clayton, MO 63105.

**New Member Form**

Name

Phone

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:________________

**Office Information/Registration**

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.

**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 KMOX, Fox 2 News and KPLR News 11, as well as the St. Louis Oasis voicemail, website and Facebook page.

**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.

314.862.4859
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

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<th>Class #</th>
<th>Class Title(s)</th>
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There are no refunds unless Oasis cancels the class.

Check____  Cash____  Visa____  Mastercard____  Discover____  Total Class Fees

Credit Card #:__________________________  Donation to Oasis

Exp. Date ____/____  Signature__________________________  Total Amount

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**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

AgeSmart
801 W State St
O'Fallon, IL 62269

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

Bellefontaine United
Methodist Church
10600 Bellefontaine Rd
St. Louis, MO 63137

Booth Manor
3131 Iowa Ave
St. Louis, MO 63118

Chesterfield City Hall
690 Chesterfield Pkwy W
Chesterfield, 63017

Christ Our Redeemer
13820 Old Jamestown Rd
Florissant, MO 63033

Clayton High School
1 Mark Twain Cir
Clayton, MO 63105

Clayton Oasis
50 Gay Avenue
Clayton, MO 63105

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

Courage and Grace Studio
300 W State St
O'Fallon, IL 62269

Crestview Senior Living
8660 Grant Rd
Crestwood, MO 63123

Crown Center
8350 Delcrest Dr
St. Louis, MO 63124

Daniel Boone
Branch Library
300 Clarkson Rd
Ellisville, MO 63011

Divoll Branch Library
4234 N Grand Blvd
St. Louis, MO 63107

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

Epiphany Lutheran
4045 Holly Hills Blvd
St. Louis, MO 63116

Epiphany United
2911 McNair Ave
St. Louis, MO 63118

Eureka Hills
Branch Library
156 Eureka Towne Center
Eureka, MO 63025

Fairview Heights
Parks & Recreation
9950 Bunkum Rd
Fairview Heights, IL 62208

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

Florissant Valley
Branch Library
195 New Florissant Rd
Florissant, MO 63031

Grand Glaize
Branch Library
1010 Meramec Station
Manchester, MO 63021

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

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

Julia Davis Library
4415 Natural Bridge Ave
St. Louis, MO 63115

Kathryn Linnemann
Branch Library
2323 Elm St
St Charles, MO 63301

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

Kisker Road
Branch Library
1000 Kisker Rd
St Charles, MO 63304

Manchester Parks
& Recreation
359 Old Meramec Station
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 History Museum
5700 Lindell Blvd
St. Louis, 63112

Mount Beulah Terrace
7550 Page Ave
St. Louis, MO 63137

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

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

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

Olivette City Center
1140 Dielman Rd
Olivette, MO 63132

Olivette Community Center
9723 Grandview Dr
Olivette, 63132

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

Robert G. Reim Theatre
111 S Geyer Rd
Kirkwood, MO 63122

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

Society for Blind and
Visually Impaired
8770 Manchester Rd
St. Louis, MO 63144

Southwest Baptist Church
6401 Scanlan
St. Louis, MO 63139

Spencer Road
Branch Library
427 Spencer Rd
St Peters, MO 63376

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

St. Paul AME Church
1260 Hamilton Ave
St. Louis, MO 63112

Stupp Center -
Tower Grove Park
3616 Southeast Dr
St. Louis, MO 63110

The Brentwood
Community Center
2505 S Brentwood Blvd
Brentwood, MO 63144

The Fox Theatre
527 N Grand Blvd
St. Louis, MO 63103

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, MO 63146

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

The Parquadr
5200 Berthold Ave
St. Louis, MO 63110

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

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

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

Thornhill Branch Library
12863 Willowyck Dr
St. Louis, MO 63146

Timbers of Eureka
1 Coffey Park Ln
Eureka, MO 63025

University City Senior Center
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St. Louis, MO 63130
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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 June 8, 2019 through October 15, 2019.

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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.

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Are you supporting or caring for someone with dementia? Would you like to see improvement in their mental abilities and memory? Would you like to improve your caregiving skills?

You may be the perfect pair to join the FREE Oasis Caregiving Skills and Cognitive Stimulation Therapy Workshop.

See page 43 for details!