

Spring 2020

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





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,

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

Paul Weiss, PhD
President, The Oasis Institute

About Us

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

Membership

As a nonprofit organization, St. Louis Oasis relies on donors, grants and program revenue for financial support. 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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Spring 2020



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

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 Onassis and Elizabeth Taylor.

Clayton Oasis 101

Monday, Feb 10, 10:00-11:00, Fee: \$21

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

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

More Than Just Stuff:

Understanding Signs & Symbols in Paintings

Betsy Solomon, MA, Art Historian

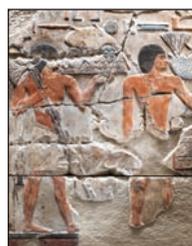
Animals, plants and objects of all kinds – these items are not simply incidental details in paintings. They reveal layers of meaning that help us to fully understand masterworks. We will explore the meaning that lies beneath symbols in a selection of well known, and a few lesser known, works of art.

Clayton Oasis 104

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

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.

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Clayton Oasis 107

Wednesday, Feb 19, 10:00-12:00, Fee: \$25

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

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

Margarita 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

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

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

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

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



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

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

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

Classic Hollywood Series

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 film-making 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

Join us!



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

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

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

Fee: \$148; Sessions: 14. *No class Jan 20 & Mar 30.*

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

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

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

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

Oasis Roundtable

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

Timbers of Eureka 704

Wednesday, Jan 8 & 22, Feb 12 & 26, Mar 11 & 25, Apr 8 & 22, 9:30-10:30, Free

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

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 multi-tasking 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

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

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

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

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 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-found? 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

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

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

Oasis and the Gateway Arch National Park

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

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'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

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

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

John Quincy Adams

Andrew Cooperman, Historian



John Quincy Adams was arguably America's most qualified president. He was the son of President John Adams, served in a variety of diplomatic posts, negotiated major treaties, was Secretary of State, and was a member of both the Massachusetts Legislature and the U.S. Senate. Despite this, Adams' presidency was an unmitigated failure as his political opponents fought him at every turn. Yet, Adams went on to have a brilliant career as a Congressman after his time in the White House.

Maryland Heights Community Center 206

Wednesday, Feb 12, 1:00-3:00, Fee: \$22

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.

Chesterfield City Hall 706

Monday, 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 707

Tuesday, Mar 31, Apr 7 & 14, 1:30-3:30
Fee: \$62; Sessions: 3

Ulysses S. Grant: Myths, Stories and Realities

Nick Sacco, Park Ranger, National Park Service

Ulysses S. Grant was simultaneously a man of common and uncommon experiences. He struggled to support his family through economic hardship and experienced feelings of anger, fear and sadness as his country descended into deadly civil war. Yet his persistence and tenacity elevated him to the highest rank in the U.S. Army during the Civil War and eventually the White House. But who was the real Grant? Was he a drunk, inept general? Was he a bad president with a corrupt administration? Discuss commonly held beliefs about Grant as we interpret a more complex individual not often covered in history textbooks.

Pavilion at Lemay 807

Wednesday, Jan 22, 10:00-12:00, Fee: \$15

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



Seminar Series: Law and Money

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 Schiffko, 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 defiantly 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, billionaire 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

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

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

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

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

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 J - Chesterfield 711

Tuesday, Feb 4, 1:30-3:30, Fee: \$20

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.

Pavilion at Lemay 808

Wednesday, Feb 12, 10:00-12:00, Fee: \$15

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.

Clayton Oasis 143

Monday, Feb 24, 10:00-12:00, Fee: \$22

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.

Clayton Oasis 144

Tuesday, Mar 31, 10:00-12:00, Fee: \$25

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

FREE & CONFIDENTIAL

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 West County Hospital
- Barnes-Jewish 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).

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

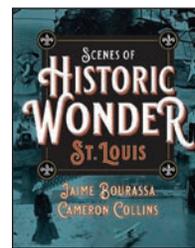
Tuesday, Feb 11 & 25, Mar 10 & 24, Apr 14 & 28, 10:00-12:00, Fee: \$100; Sessions: 6

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

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 crickets 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

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

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

Herb Gardening

Shelly Solomon

Herbs are a healthy way to add flavor to your food. Join us to learn how to grow herbs yourself and leave with three herb plants to keep – rosemary, basil and parsley.

Crown Center 608

Wednesday, Apr 22, 1:00-2:30, Fee: \$29

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

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



PROTECT YOURSELF
WITH TIPS FROM AT&T AND OASIS



Technology



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

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: 4

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

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

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 162

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: \$33; Sessions: 2

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

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,
10:00am-12:00pm**

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

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 Dalí. 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 walk-throughs 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

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

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

amazon smile

Do you shop on Amazon?

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> 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



Great Rivers Greenway

Oasis Biking & Hiking programs are provided in partnership with Great Rivers Greenway. To discover more greenways around the region, visit greatriversgreenway.org.

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

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 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

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

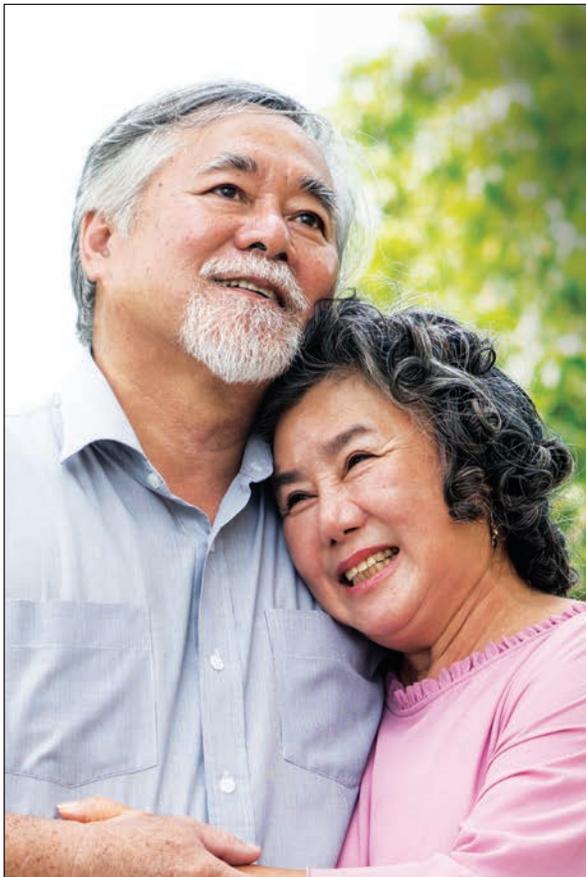
Forest Park Bike Ride

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 Ireichardt@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.*

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

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!

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

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

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

Gentle Chair Yoga

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

Cindy Fernandez, Certified Yoga/Fitness Instructor

Clayton Oasis 1107

Thursday, Jan 9-Feb 27, 1:30-2:30

Fee: \$60; Sessions: 8

Clayton Oasis 1108

Thursday, Mar 5-Apr 30, 1:30-2:30

Fee: \$67.50; Sessions: 9

Cathy Johnson, 200 RYT, Certified Fitness Instructor

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.*

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.

 <p>Thomas Dunn Learning Center 1548 Tuesday/Thursday, Jan 21-Mar 26, 1:00-2:00 Free; Sessions: 20</p>	 <p>Divoll Branch Library 1549 Tuesday/Thursday, Jan 7-Mar 12, 1:00-2:00 Free; Sessions: 20</p>
 <p>Stupp Center - Tower Grove Park 1547 Monday/Wednesday, Apr 6-Jun 10, 9:00-10:00 Free; Sessions: 20</p>	<p>Chesterfield City Hall 1740 Monday/Thursday, Jan 6-Feb 13, 9:15-10:15 Fee: \$82.50; Sessions: 11. <i>No class Jan 20.</i></p>
<p>Chesterfield City Hall 1741 Monday/Thursday, Feb 20-Mar 26, 9:15-10:15 Fee: \$82.50; Sessions: 11</p>	<p>Chesterfield City Hall 1742 Monday/Thursday, Mar 30-Apr 30, 9:15-10:15 Fee: \$75; Sessions: 10</p>
<p>Florissant Senior Dining Center 1541 Monday/Wednesday, Jan 13-Mar 9, 11:00-12:00 Fee: \$60; Sessions: 15. <i>No class Jan 20 & Feb 17.</i></p>	<p>Florissant Senior Dining Center 1542 Monday/Wednesday, Mar 11-Apr 29, 11:00-12:00 Fee: \$60; Sessions: 15</p>
<p>Olivette Community Center 1543 Monday/Wednesday, Jan 6-Feb 12, 2:45-3:45 Fee: \$82.50; Sessions: 11. <i>No class Jan 20.</i></p>	<p>Olivette Community Center 1544 Monday/Wednesday, Feb 19-Mar 25, 2:45-3:45 Fee: \$82.50; Sessions: 11</p>
<p>Olivette Community Center 1545 Monday/Wednesday, Mar 30-Apr 29, 2:45-3:45 Fee: \$75; Sessions: 10</p>	<p>New Northside Family Life Center 1559 Tuesday/Thursday, Feb 4-Apr 28, 11:00-12:00 Free; Sessions: 23. <i>No class Mar 31 & Apr 2.</i></p>
<p>New Northside Family Life Center 1561 Monday/Wednesday, Jan 6-Apr 29, 11:00-12:00 Free; Sessions: 32. <i>No class Jan 20 & Feb 17.</i></p>	<p>Kirkwood Community Center 1340 Wednesday/Friday, Jan 8-Feb 14, 10:00-11:00 Fee: \$90; Sessions: 12</p>
<p>Kirkwood Community Center 1341 Wednesday/Friday, Feb 19-Mar 27, 10:00-11:00 Fee: \$90; Sessions: 12</p>	<p>Kirkwood Community Center 1342 Wednesday/Friday, Apr 1-May 1, 10:00-11:00 Fee: \$75; Sessions: 10</p>



Tai Chi for Arthritis for Fall Prevention: In Depth

Led by a Certified Tai Chi for Arthritis for Fall Prevention Instructor

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

Chesterfield City Hall 1743

Monday/Thursday, Jan 6-Feb 13, 10:30-11:30
 Fee: \$82.50; Sessions: 11. *No class Jan 20.*

Chesterfield City Hall 1744

Monday/Thursday, Feb 20-Mar 26, 10:30-11:30
 Fee: \$82.50; Sessions: 11

Chesterfield City Hall 1745

Monday/Thursday, Mar 30-Apr 30, 10:30-11:30
 Fee: \$75; Sessions: 10

Qigong: Introductory Workshop

Christi Gleason, Certified Medical Qigong Practitioner

Qigong, pronounced Chee-gong, is a mind-body exercise based on the principles of Traditional Chinese Medicine, focusing on maintaining and restoring the body's internal balance. Attend this introductory class to learn more about the healing art of Qigong and how you can benefit.

Clayton Oasis 1123

Monday, Jan 6, 12:00-2:00, Fee: \$20

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.

<p>Move by BJC 1501 Monday/Wednesday, Jan 6-Feb 12, 9:00-10:00 Fee: \$90; Sessions: 12</p>	<p>Crown Center 1601 Tuesday/Thursday, Jan 7-Feb 13, 11:00-12:00 Fee: \$90; Sessions: 12</p>
<p>Move by BJC 1502 Monday/Wednesday, Feb 17-Mar 25, 9:00-10:00 Fee: \$90; Sessions: 12</p>	<p>Crown Center 1602 Tuesday/Thursday, Feb 18-Mar 26, 11:00-12:00 Fee: \$90; Sessions: 12</p>
<p>Move by BJC 1503 Monday/Wednesday, Mar 30-Apr 29, 9:00-10:00 Fee: \$75; Sessions: 10</p>	<p>Crown Center 1603 Tuesday/Thursday, Mar 31-Apr 30, 11:00-12:00 Fee: \$75; Sessions: 10</p>
<p> New Northside Family Life Center 1504 Tuesday/Thursday, Feb 18-Apr 9, 9:00-10:00 Free; Sessions: 16</p>	



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.

<p>Maryland Heights Community Center 1201 *Monday/Thursday, Jan 6-Feb 13, 10:00-11:00, Fee: \$104.50 Sessions: 11. <i>No class Jan 20.</i></p>	<p>Kirkwood Oasis 1315 Monday/Thursday, Jan 6-Feb 13, 1:00-2:00, Fee: \$104.50 Sessions: 11. <i>No class Jan 20.</i></p>	<p>The J - Chesterfield 1701 Monday/Wednesday, Jan 6-Feb 12, 1:30-2:30, Fee: \$104.50 Sessions: 11. <i>No class Jan 20.</i></p>
<p>Maryland Heights Community Center 1202 *Monday/Thursday, Feb 20-Mar 26, 10:00-11:00, Fee: \$104.50 Sessions: 11</p>	<p>Kirkwood Oasis 1316 Monday/Thursday, Feb 20-Mar 26, 1:00-2:00, Fee: \$104.50 Sessions: 11</p>	<p>The J - Chesterfield 1702 Monday/Wednesday, Feb 19-Mar 25, 1:30-2:30, Fee: \$104.50; Sessions: 11</p>
<p>Maryland Heights Community Center 1203 *Monday/Thursday, Mar 30-Apr 30, 10:00-11:00, Fee: \$95; Sessions: 10</p>	<p>Kirkwood Oasis 1317 Monday/Thursday, Mar 30-Apr 30, 1:00-2:00, Fee: \$95; Sessions: 10</p>	<p>The J - Chesterfield 1703 Monday/Wednesday, Mar 30-Apr 29, 1:30-2:30, Fee: \$95; Sessions: 10</p>

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

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

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

BJC Behavioral Health
BJC Corporate Health Services
BJC Home Care Services
BJC Medical Group

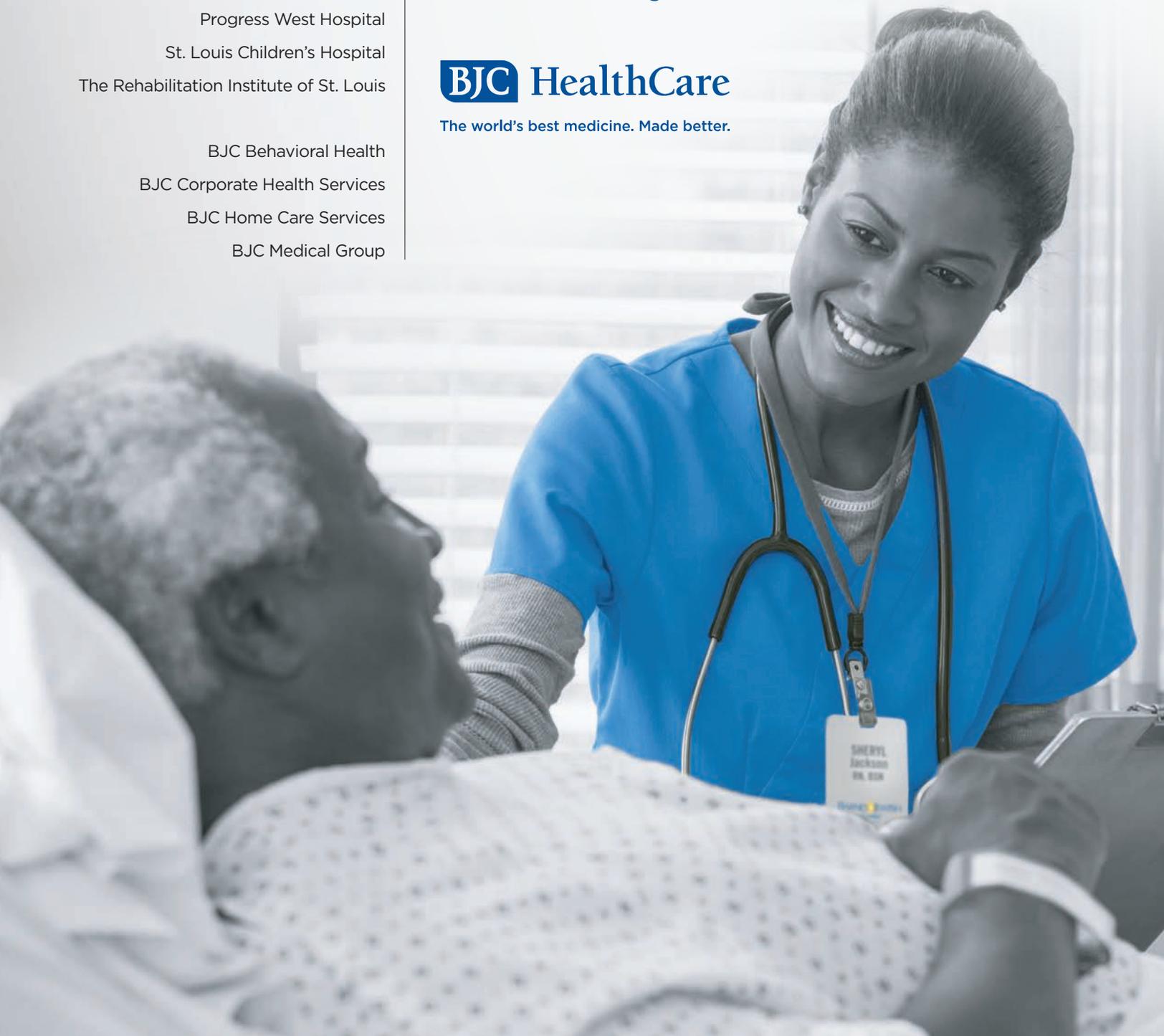
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Learn more at BJC.org.

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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

Thursdays, 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.

Matter of Balance

Instructed by Oasis Community Health Facilitators

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

<p>Manchester Parks and Recreation 4552 359 Old Meramec Station Rd, Manchester, MO 63021 Wednesday, Feb 5-Mar 25, 1:00-3:00 Free; Sessions: 8 To register, please call 314.862.4859, ext 24.</p>	<p>Society for Blind and Visually Impaired 4553 8770 Manchester Rd, St. Louis, MO 63144 Monday, Feb 10-Mar 30, 10:00-12:00 Free; Sessions: 8 To register, please call 314.862.4859, ext 24.</p>
<p>Oak Bend Branch Library 4555 842 S Holmes Ave, St. Louis, MO 63122 Tuesday, Apr 14-Jun 2, 2:00-4:00 Free; Sessions: 8 To register, please call 314.996.5433.</p>	<p>Olivette City Center 4551 1140 Dielman Rd, Olivette, MO 63132 Monday, Jan 27-Mar 23, 10:00-12:00 Free; Sessions: 8. <i>No class Feb 17.</i> To register, please call 314.862.4859, ext 24.</p>
<p>Kisker Road Branch Library 4554 1000 Kisker Rd, St. Charles, MO 63304 Thursday, Mar 5-Apr 23, 10:00-12:00 Free; Sessions: 8 To register, please call 636.928.9355.</p>	<p> Thomas Dunn Learning Center 4550 3113 Gasconade, St. Louis, MO 63118 Tuesday, Jan 21-Mar 10, 10:00-12:00, Free; Sessions: 8 To register, please call 314.862.4859, ext 24.</p>
<p>Thornhill Branch Library 4558 12863 Willowyck Dr, St. Louis, MO 63146 Monday, Mar 2-Apr 20, 10:00-12:00 Free; Sessions: 8 To register, please call 314.996.5433.</p>	<p> Epiphany Lutheran Church 4556 4045 Holly Hills Blvd, St. Louis, MO 63116 Thursday, Mar 12-Apr 30, 10:00-12:00 Free; Sessions: 8 To register, please call 314.862.4859, ext 24.</p>
<p> Epiphany United Church 4556 2911 McNair Ave, St. Louis, MO 63118 Tuesday, Feb 11-Mar 31, 10:00-12:00 Free; Sessions: 8 To register, please call 314.862.4859, ext 24.</p>	

Fighting Fatigue

Debbie Gentry, PT

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

Spencer Road Branch Library

427 Spencer Rd, St. Peters, MO 63376
 Monday, Feb 3, 10:00-12:00, Free
To register, please call 636.928.9355.

Dietary Supplements

Kim Hoff, Pharm D, BCPS, BCACP, CDE

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

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

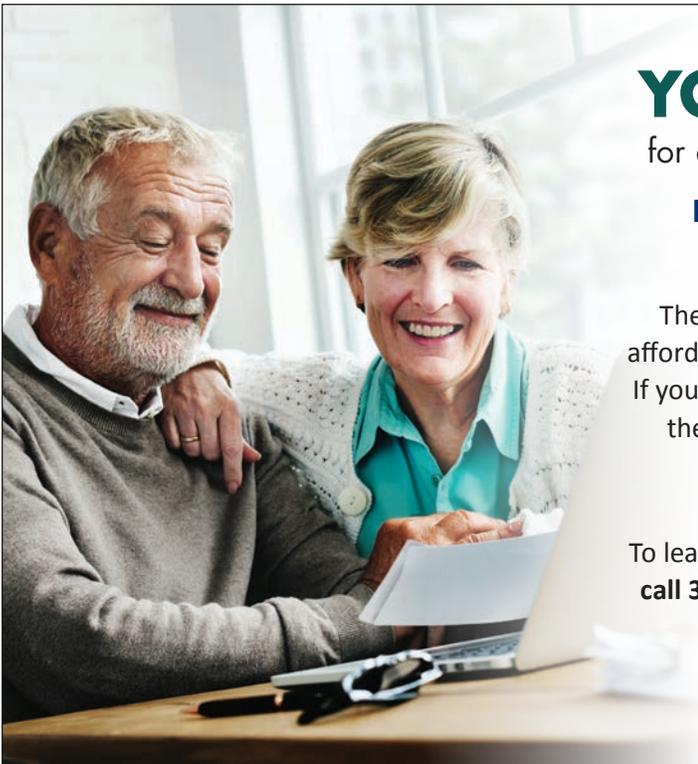
Advocacy You Can Make a Difference

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



ExerStart

Instructed by Oasis Community Health Facilitators

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

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

<p>Florissant Senior Dining Center 4589 621 Rue St Francois, Florissant, MO 63031 Monday/Wednesday, Jan 13-Apr 29, 9:30-10:15 Fee: \$28; Sessions: 28 No class Jan 20, Feb 12 & 17, Apr 8.</p>	<p>Manchester United Methodist Church 4584 129 Woods Mill Rd, Manchester, MO 63011 Tuesday/Thursday, Jan 7-Apr 30 Tues: 10:30-11:15, Thu: 12:45-1:30 Fee: \$34; Sessions: 34</p>
<p> Julia Davis Library 4571 4415 Natural Bridge Ave, St. Louis, MO 63115 Monday/Wednesday, Jan 6-Apr 29, 10:00-10:45 Free; Sessions: 31. No class Jan 20, Feb 12 & Mar 4.</p>	<p>Manchester United Methodist Church 4572 129 Woods Mill Rd, Manchester, MO 63011 Monday/Wednesday, Jan 6-Apr 29, 9:00-9:45 Fee: \$31; Sessions: 31. No class Jan 20, Feb 17 & Apr 13.</p>
<p>New Northside Family Life Center 4570 5939 Goodfellow Blvd, St. Louis, MO 63147 Tuesday/Thursday, Feb 4-Apr 30, 10:00-10:45 Free; Sessions: 26</p>	<p> Booth Manor 4573 3131 Iowa Ave, St. Louis, MO 63118 Tuesday/Thursday, Feb 4-Apr 9, 1:00-1:45 Free; Sessions: 20</p>
<p>Mount Beulah Terrace 4578 7550 Page Ave, St. Louis, MO 63137 Tuesday/Thursday, Jan 7-Apr 30, 1:00-1:45 Free; Sessions: 34</p>	<p>Bellefontaine United Methodist 4579 10600 Bellefontaine Rd, St. Louis, MO 63137 Monday/Wednesday, Jan 6-Apr 29, 10:00-10:45 Free; Sessions: 32. No class Jan 20 & Feb 17.</p>
<p> St. Paul AME Church 4580 1260 Hamilton Ave, St. Louis, MO 63112 Tuesday/Thursday, Feb 4-Apr 9, 10:00-10:45 Free; Sessions: 20</p>	

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 its 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.

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.

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.



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

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

Stress Elimination

Kim Hoff, Pharm D, BCPS, BCACP, CDE

How stressed are you? Driven, dragging, losing it, hitting the wall, or burned out? Discover your stress stage and stress-less solutions. Become stress free!

Divoll Branch Library 4501

4234 N Grand Blvd, St. Louis, MO 63107

Wednesday, Jan 15, 12:00-2:00, Free

To register, please call 314.862.4859, ext. 24.

Olivette City Center

1140 Dielman Rd, Olivette, MO 63132

Thursday, Mar 5, 10:00-12:00, Free

To register, please call 314.996.5433.

Eureka Hills Branch Library

156 Eureka Towne Center Dr, Eureka, MO 63025

Thursday, Apr 2, 1:00-3:00, Free

To register, please call 314.996.5433.

Kick the Achiness of Arthritis

Athletico Physical Therapy

Arthritis is one of the most common diagnoses with at least 200,000 new cases a year. Learn the best ways to manage arthritis with exercise. A physical therapist will direct you through minimal load exercises and activities to maximize your function and minimize your pain! This course will be directed towards the lower body.

Florissant Senior Dining Center

621 Rue St. Francois, Florissant, MO 63031

Thursday, Apr 30, 10:00-11:30, Free

To register, please call 314.747.9355.

The Heights

8001 Dale Ave, St. Louis, MO 63117

Tuesday, Feb 11, 10:00-11:30, Free

To register, please call 314.996.5433.

Valuable Tips to Easy, Nutritious and Enjoyable Food



St. Louis Oasis, Brentwood Community Center and City of St Louis Department of Health are partnering to share Nutrition 101 lesson plans with you! This series is funded in part by the Productive Living Board of St. Louis County.

To register for the classes below, please call 314.645.1476.

Eat the Rainbow: Colorful, Seasonal Fruits and Veggies

Jessica Moeller-Gaa MA, RD, LD

This lesson will focus on “MyPlate” with 1/2 plate of fruits and vegetables and tips for adding seasonality with fresh/frozen/canned. Learn to eat a variety by varying the color of your food.

Brentwood Community Center 900

Wednesday, Feb 26, 10:00-12:00, Free

Pantry Makeover

Jessica Moeller-Gaa MA, RD, LD

This lesson will focus on spices and herbs to build a heart healthy pantry with staples that can be made into quick dinners.

Brentwood Community Center 901

Wednesday, Mar 25, 10:00-12:00, Free

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

Chicken: A Healthy Protein Choice Across the Globe

Jessica Moeller-Gaa MA, RD, LD

This lesson will include a discussion of global food flavors and how to use ethnic flavor profiles to create new meals with common go-to lean proteins.

Brentwood Community Center 903

Wednesday, May 27, 10:00-12:00, Free

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 Kandzetic 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 30 years

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 Center of Clayton



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

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

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

New Member Form

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

Name	Birthdate
Phone	May we email you?
Address	
City, State, ZIP	
Gender <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other	Are you a U.S. military veteran? <input type="checkbox"/> Yes <input type="checkbox"/> No

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

Education <input type="checkbox"/> High School <input type="checkbox"/> Some College <input type="checkbox"/> College Degree <input type="checkbox"/> Graduate Degree
Race/Ethnicity <input type="checkbox"/> African American <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> Caucasian <input type="checkbox"/> Hispanic <input type="checkbox"/> Native American <input type="checkbox"/> Other
Volunteer Interests <input type="checkbox"/> Computer/Data Entry <input type="checkbox"/> Class Coordinator <input type="checkbox"/> Registration <input type="checkbox"/> Tutoring <input type="checkbox"/> Health <input type="checkbox"/> Volunteer Instructor <input type="checkbox"/> Other: _____
How did you hear about Oasis? <input type="checkbox"/> Oasis Staff/Catalog <input type="checkbox"/> Oasis Website <input type="checkbox"/> Oasis Flyer/Ad <input type="checkbox"/> Facebook <input type="checkbox"/> Newspaper <input type="checkbox"/> Radio/News <input type="checkbox"/> Health Fair <input type="checkbox"/> Friend <input type="checkbox"/> Other: _____

Registration Information

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.

Refund Policy

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

Cancellation

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

Inclement Weather

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

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

Pavilion 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 Altnheim

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 Paraquad

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 Willowycck Dr
St. Louis, MO 63146

Timbers of Eureka

1 Coffey Park Ln
Eureka, MO 63025

University City Senior Center

975 Pennsylvania Ave
St. Louis, MO 63130

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and Community Service

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Mary Larkins and Bessie Birchler
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Margaret Blanke Grigg Foundation

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Foundation, U.S. Bank, N.A., Trustee

May & Stanley Smith Charitable Trust

National Council on Aging,
Aging Mastery Program

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St. Louis County (PLB)

The Saigh Foundation

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National News

The Oasis Institute • Spring 2020

Oasis is a national leader on issues that impact older adults.



Are you safe online? Since 2000, Oasis Connections has helped older adults transform technology from a barrier into a tool for staying connected! Our high-quality instruction and resources provide step-by-step guidance for a wide range of technology applications, devices and services important for older adults, including online safety.



Check out our latest YouTube videos on securing your personal information as you navigate the internet at connections.oasisnet.org/techwise.



Are you a caregiver? Finding innovative ways to meet the needs of family caregivers is critical. Oasis is taking the lead on this national challenge! The Oasis Institute has been awarded the National Volunteer Caregiver Corps grant from the Administration for Community Living. As administrator, Oasis will select community partners from across the country to develop creative approaches that improve the lives of millions who are taking care of loved ones.



Find out more by contacting Sara Paige at spaige@oasisnet.org or 314.862.2933, ext. 245.

Tribute Gifts

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes that are listed below include donations made from **June 8, 2019 through October 15, 2019**.

In Honor of Falls Prevention Awareness Day

Sharon Kirsch

In Honor of Marylen Mann

Bettie Gershman

In Memory of Melvin Rabushka

Phyllis Smith

In Memory of Kathleen Laura Taff

Vince Tutich

Ralph & Nancy Kamp

Richard Kamp Family

Amanda Alonzo

Sandy & Gus Miu

Aaron Hinni

In Memory of Carol Ann Zartman

Don Zartman and Family

Cindy Leonard

The East Penn Book Club

Carol Zartman

Cynthia & Kevin Culbertson

Robert Paz

Laura Cassar

Peter S. Hesla

Ramsey and Alyssa Saab

Beverly Stone

Eugene Viscardi

Eunice Wiese

ECSE Discovery Center

Marvin and Judy Wafel

Katherine Nitz

Sonny Hall

Julia Beck

Beverly Fram

Deanna Thompson

In Honor of Jeffrey Zartman

Nicole Fantozzi

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

Visit oasisnet.org/donate or contact Emily at 314.862.2933, ext. 261 to make your gift today!



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Caregiving Skills & Cognitive Stimulation

————— Therapy Workshop

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!