

Summer 2020

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





Dear Oasis Friends,

The educational theme for this term is “Fact & Fiction” and few topics more fitting than the concept of “healthy aging.” In Hong Kong current female average life expectancy is closing in on 90, while in central Africa it is shockingly 56. Geography matters. Popular culture invokes singular influencers of quality and duration of life: superfoods, stress reduction, exercise, etc. However, what seems to matter most is a broad constellation of behaviors, which often include “first world” resources to which wealthier communities have access.

In St. Louis there is a demonstrated longevity gap across geographies that span just a few miles. The 2014 “For the Sake of All” report included a life expectancy map showing an average lifespan of 67 just north of downtown St. Louis, and 82 in Chesterfield, only 20 miles away. Even more shocking was that life expectancy in Ferguson was 69, and just north of Florissant, a scant five miles away, it increases to 81.

I’ve been asked why growing the reach of Oasis into North St. Louis County and North St. Louis is so important. The answer is that the facts support the need to provide ALL communities with access to programs that inspire successful aging. When you see free exercise and education programs in this catalog, notice the geography of these programs, and consider the investment Oasis is making to offer resources to the communities that need them the most. Registering for a fee-based class at Oasis supports these efforts to expand our reach. But we need support that goes beyond a registration fee. Think about this longevity disparity, and please support Oasis and our efforts to make equal access to these programs and opportunities sustainable across all communities.



Warmly,

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

Paul Weiss, PhD

President, The Oasis Institute

About Us

St. Louis Oasis is a 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 48**.

Cancellation

Classes may be canceled due to inclement weather, if the minimum number of class participants is not met or a continuation of meeting restrictions. 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 or a call to jury duty. Eligible requests must be made within 24 hours prior to the start of program, unless otherwise noted. If Oasis cancels the program, you may choose to either receive a credit to be used on a future course or donate the fee to Oasis.

Publication Notes

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Summer 2020

Oasis Update: Summer 2020

When we began planning Summer 2020 programs, it was an entirely different world from the one we now inhabit. Since then, Oasis suspended in-person programming and began to move toward digital offerings. We are happy to announce that online registration for Oasis summer programs opens Wednesday, May 13th. We have pushed back the start of in-person classes to June. We are not printing the Summer catalog, and encourage you to register for programs online. In the event that quarantine restrictions remain in effect, we will work to offer many Oasis summer programs online via Zoom, a digital meeting platform. Members will have an opportunity to attend their classes from home using a phone, tablet or computer. If your class is converted to Zoom you will receive an email instructing you how to access your class. If you register for a class that will not be made available over Zoom you will be able to have your class fees credited to your account, donate your fees to Oasis, or obtain a refund. We invite you to embrace change and join the adventure!

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Arts & Entertainment

Pallet Painting

Sandi Illian



Paint a beautiful “Welcome” sign for your home on a wood pallet! It’s easier than it looks with step-by-step instructions and each person goes home with their own

beautiful creation. Explore your creative side painting on a unique surface. All materials included.

Clayton Oasis 101

Monday, Aug 3, 10:00-12:00, Fee: \$40

Wine Glass Painting

Sandi Illian

Paint your own wine glass and go home with your own unique stem. Sandi will paint with you, teach you to blend colors and use specific brush strokes to achieve the desired effects. All materials included. Cheers!

Clayton Oasis 102

Monday, Jul 13, 10:00-12:00, Fee: \$38

The House of Medici

Sarah Umlauf, Executive Director of Cultural Festivals and the Saint Louis Art Fair



The Medici family, also known as the House of Medici, first attained wealth and political power in Florence in the 13th century through its success in commerce and banking. Beginning in 1434 with the rise

to power of Cosimo de’ Medici, the family’s support of the arts and humanities made Florence into the cradle of the Renaissance, a cultural flowering rivaled only by that of ancient Greece. The Medicis produced four popes, and their genes have been mixed into many of Europe’s royal families. Learn about this famous family and their connection to artworks found at the Saint Louis Art Museum.

Clayton Oasis 104

Wednesday, Jul 22, 10:00-11:30, Fee: \$22

Camille Claudel: First Modern Sculptress

Betsy Solomon, MA, Art Historian

“Mademoiselle Camille Claudel daringly took on what may be the most difficult to convey for a sculptor: a dance movement. So that it does not remain frozen in stone, infinite art is required. Mademoiselle Claudel has this art.” (excerpted from a 19th century Salon review) Recognized for her mastery during her time and remembered for her legacy for generations, Camille Claudel achieved inspired innovation in her work. Her sculptures bridge us into 20th century modernity.

Clayton Oasis 107

Wednesday, Jun 3, 10:00-12:00, Fee: \$25

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 106

Monday, Jun 15, 10:00-12:00, Fee: \$38

The J - Chesterfield 701

Wednesday, Jun 24, 10:00-12:00, Fee: \$38

Naples vs. Venice: The International Style Represented by Luca Giordano and Giambattista Tiepolo During the 18th Century

Andrea N. Miller, MA, Curatorial Researcher

This course examines the Neapolitan and Venetian styles/schools of the late 17th - early 18th century and their close connection, based on two preparatory paintings by Luca Giordano and one oil painting by Giambattista Tiepolo at the Saint Louis Art Museum. It also examines the political, economic and social situation within local patterns, in addition to Neapolitan and Venetian religious attitudes.

Clayton Oasis 119

Friday, Aug 14, 11:00-1:00, Fee: \$22

Image to Word: Art and Creative Writing

Kathy Walsh-Piper, MA



Enrich your art museum experience with Oasis! Through games, observation, creative writing and interpretation, your perspective on artwork will emerge. No prior experience in art or writing required.

Saint Louis Art Museum 501

1 Fine Arts Dr, St. Louis, MO 63110

Tuesday, Jul 7, 10:30-12:30, Fee: \$15

Italian High Renaissance Masters

Chris Naffziger, MA

Get to know the masters of the Italian High Renaissance. Each session will feature two masters along with supplementary information about the cities in which they worked, their patrons and their times. Featured artists will include Leonardo da Vinci, Raphael, Michelangelo, Titan, Correggio and Frederico Barocci.

Mirowitz Center 502

8 Millstone Campus Dr, St. Louis, MO 63146

Tuesday, Jul 7, 14 & 21, 1:00-3:00

Fee: \$50; Sessions: 3

Breakfast at the Contemporary

Jose Garza, Museum Educator

Join us for a private, guided tour of the newest exhibitions at the Contemporary Art Museum-St. Louis! 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, Aug 5, 10:30-12:30, Fee: \$26

King Tut's Mask

Lindsey Schifko, MA

The gold funerary mask of the pharaoh Tutankhamun is an iconic work of ancient Egyptian art. Learn about this 3,300-year-old object in depth through an examination of its form and function, as well as the challenge of its removal from the king's mummy in 1925. The exhibition history of the mask will also be discussed.

Clayton Oasis 108

Wednesday, Jul 8, 10:00-11:30, Fee: \$22

Architecture in Context

John Guenther, FAIA, LEED AP

All architecture exists within a given context – physical, historical, and environmental. Buildings are not isolated objects. They relate to adjacent structures and landscapes, intentionally or inadvertently, and enter into a “dialogue” across time between the built environment which exists and the new which will transform it. John C. Guenther, FAIA, LEED AP, will present 16 buildings in St. Louis, from the 1830s to today, which grow out of their context and enhance our city.

Clayton Oasis 109

Monday, Jul 6, 10:00-12:00, Fee: \$22

Early Renaissance Masters:

Masaccio, Donatello, Botticelli

Betsy Solomon, MA, Art Historian

Beginning in the early 1400s in Florence, Italy, the European world experienced a great flowering of art and intellectual pursuits. Aided by new technical knowledge, artists achieved great heights in painting and sculpture. Three geniuses who helped to invent this new style included painter Masaccio and sculptor Donatello, who reintroduced naturalism to art, and the painter Botticelli, whose elegant linear figures reached a height of refinement.

Clayton Oasis 110

Wednesday, Aug 26, 10:00-12:00, Fee: \$25

Feminist Art History

Sarah Umlauf, Executive Director of Cultural Festivals and the Saint Louis Art Fair



The Feminist Art Movement of the 1970s sought to create a dialogue with the viewer through a female perspective. This discussion will look not only at the impact of this movement but will also reflect on the History of Art from a female perspective. The formal study of Art History, like so many subjects before, was dominated by the male voice since its founding. A feminist perspective on the history of Art will examine the disparity between female and male artists throughout time.

Clayton Oasis 111

Thursday, Jun 11, 10:00-11:30, Fee: \$22

Theatrical Giants: P.T. Barnum, "Buffalo Bill" Cody and Florenz Ziegfeld

Bev Schuetz, *History Talks*



Truly larger than life! You'll delight in the dazzling careers of three flamboyant, colorful showmen. From the circus to Wild West Shows and on to Broadway, these entertainment masters introduced such stars as:

Tom Thumb, Jenny Lind, Annie Oakley, Sitting Bull, Eddie Cantor and Fanny Brice. While their theatrical extravaganzas once thrilled audiences around the world, their personal histories amaze us today. Join us!

Mirowitz Center 504

8 Millstone Campus Dr, St. Louis, MO 63146

Friday, Jul 17, 1:00-2:30, Fee: \$20

The Lodge that Levis Built: Architect Preston J. Bradshaw's Vision for a Magnate

John Guenther, *FAIA, LEED AP*

Perched high atop the bluffs of the Mississippi River north of Alton, Illinois is a remarkable little structure. Referred to as "the Tea House" by locals and "the Lodge" by its architect, it is now a Novitiate for the Missionary Oblates of Mary Immaculate. "The Lodge" was originally owned by the Levis family, owners of the Illinois Glass Company. According to lore, it was a structure from England, purchased, moved and rebuilt on its current site as a playhouse; "The Lodge" was actually a new structure inspired by English architecture, built in 1934 and designed by noted St. Louis architect Preston J. Bradshaw.

Clayton Oasis 112

Tuesday, Aug 25, 10:00-12:00, Fee: \$22

STAGES St. Louis

Shows will be held at the **STAGES Robert G. Reim Theatre at 111 South Geyer Rd, Kirkwood, MO 63122.**

Logo courtesy of STAGES St. Louis.

A Chorus Line

The one singular sensation that exhilarated Broadway for over fifteen years returns to STAGES! Telling the triumphant and heartbreaking story of a group of young dancers auditioning for the chorus of a Broadway musical, *A Chorus Line* speaks eloquently to anyone who's ever put themselves on the line to land a job.

STAGES 505

Sunday, May 31, 2:00-4:00, Fee: \$39

La Cage Aux Folles

A unique musical creation that is both poignantly real and exhilaratingly entertaining. Outrageous and hilarious, *La Cage Aux Folles* is the story of two male partners whose 20 years of domestic tranquility is shattered when their son decides to marry... a woman! Explores love, loyalty and the multi-layered complexities of parenthood.

STAGES 506

Sunday, Jul 19, 2:00-4:00, Fee: \$39



Always... Patsy Cline

The touching and true story of country music legend Patsy Cline and her friendship with Texas housewife Louise Seger. Told through the heartfelt and hilarious memories of Louise, *Always...Patsy Cline* is an endearing tale that combines down home humor, unbridled heartache and 27 of Patsy's unforgettable hits such as "Crazy" and "Sweet Dreams."

STAGES 507

Sunday, Sep 6, 2:00-4:00, Fee: \$39

Classic Hollywood Series

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

Gene Kelly: Dancing and Singing

You'll be singin' in the rain after this presentation on the life of dancer and choreographer Gene Kelly. Complete with original movie posters, video clips of some of his most memorable films and full of backstories, this is one program you won't want to miss!

Clayton Oasis 113

Friday, Jun 5, 10:30-12:00, Fee: \$21

The Most Beautiful Duets

Enjoy some of the most beautiful duets from Hollywood classics like *Show Boat*, *Oklahoma*, *The Music Man*, *The Sound of Music* and more. Remember stars like Jeannette MacDonald and Nelson Eddy, Kathryn Grayson and Mario Lanza, Gordon MacRae and Shirley Jones.

The J - Chesterfield 702

Friday, Jun 19, 10:00-11:30, Fee: \$21

Mary Wickes: St. Louis' Funny Girl

Hear about the career of St. Louis' own beloved comedienne, Mary Wickes, from growing up near Washington University through her journey to Hollywood. Endearing film clips from some of her favorite films, including *White Christmas*, *The Trouble with Angels* and much more! Her comedic timing made her a true star never to be forgotten.

Pavilion at Lemay 801

Wednesday, Jun 24, 10:00-11:30, Fee: \$15

Esther Williams

Learn how a competitive swimmer started her career in the pool and ended up in Hollywood as the *Million Dollar Mermaid*. View all of the great film clips that are a testament to her strength and unique talents.

Clayton Oasis 114

Friday, Jul 17, 10:30-12:00, Fee: \$21

Judy Garland

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

Pavilion at Lemay 802

Wednesday, Jul 29, 10:00-11:30, Fee: \$15

Beloved Character Actors of the Golden Era: Part II

During Hollywood's golden age, great films most always had a great supporting cast, many with tried and true character actors that had familiar personalities that we grew to love. Join us for part two of this presentation featuring more of these well-known faces!

Clayton Oasis 115

Friday, Aug 7, 10:30-12:00, Fee: \$21

Cary Grant: The Leading Man

From his very early years in film with Mae West, throughout his madcap acrobatic and comedic roles with such notables as Irene Dunne, Katherine Hepburn and Rosalind Russell, this presentation will take you through Cary Grant's remarkable life as a true movie star and leading man. Fascinating!

The J - Chesterfield 703

Wednesday, Aug 12, 10:00-11:30, Fee: \$21

Debbie Reynolds

A legend in her own right, this presentation will walk you through Debbie Reynolds' outstanding career – from *Singin' in the Rain* to *The Unsinkable Molly Brown* – plus her marriage to Eddie Fisher and her Hollywood memorabilia collection.

Clayton Oasis 173

Friday, Aug 28, 10:30-12:00, Fee: \$21



Centuries of Art and Ovid's *Metamorphosis*

Betsy Solomon, MA, Art Historian

Written by Roman poet Ovid and completed in 8 AD, the *Metamorphosis* is a Latin narrative poem comprised of 11,995 lines in 15 books that tells the stories of 250 myths. For centuries, the myths preserved in Ovid's *Metamorphosis* have been an inspiration for artists. Enjoy select stories from *Metamorphosis* as they are brought to life by artists throughout the centuries.

Clayton Oasis 116

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

The Age of the Sun King – King Louis XIV of France

Andrea N. Miller, MA, Curatorial Researcher



The longest reigning monarch in European history (1643-1715), King Louis XIV of France used patronage of the arts to create a myth of kingship. Examine the art and architecture that defined the French royal court and provided a model

of how art and politics may combine in the invention of national identity. The course will cover a range of topics, including not only major works of painting and sculpture, but also decorative arts, gardens and other genres, including three major art works from the Saint Louis Art Museum.

Clayton Oasis 117

Friday, Jun 19, 11:00-1:00, Fee: \$22

Rescheduled for Labor Day Weekend (and surrounding dates)

A MASTERS STYLE ATHLETIC COMPETITION



Registration Deadlines: July 27 (Early) and August 14 (Final)
Visit stlouisseniorolympics.org for more information or call 314.442.3216

More
than 90
events!

Cinematic History: Steve 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!

Pavilion at Lemay 803

Friday, Jun 19, 10:00-12:00, Fee: \$15

Cinematic History: Comedy on Film

Jim Tudor, Film Professor



From Charlie Chaplin to Will Ferrell, moviegoers have been going to theaters looking for laughs for over one hundred years. Whether a pie in the face or a witty

verbal barb, comedy on film has proven to be a great cultural unifier. In this mad, mad, mad, mad class, we'll survey silver screen comedy through the ages, investigating such questions as, why is comedy such serious business? Buster Keaton, the Marx Brothers, Hope & Crosby, Mel Brooks, *Airplane!*... They're all here, ready to make 'em laugh!

Clayton Oasis 121

Thursday, Jul 23, 10:00-12:00, Fee: \$22

Cinematic History: James Bond Films

Jim Tudor, Film Professor

You know his name - you know his number. For over fifty years, Ian Fleming's special agent 007 has taken on nefarious evil-doers in the secret service of Her Majesty the Queen. Always flanked by beautiful women and well-equipped with amazing gadgets and cars, his global adventures have taken on a classification all their own. Whether played by Sean Connery, Roger Moore, or Daniel Craig, we know him as Bond... James Bond.

Maryland Heights Community Center 202

Tuesday, Aug 25, 10:00-12:00, Fee: \$22

Introduction to Improv

Brian Kappler



Rediscover your inner child as we use our imaginations to experience the fun of improvisational theatre. This class will cover the basics of improvisation through fun games in a safe and supportive environment. Don't miss out on the fun!

Clayton Oasis 120

Tuesday, Aug 4, 1:00-3:00, Fee: \$20

Cinematic History: George Lucas

Jim Tudor, Film Professor

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

Clayton Oasis 122

Wednesday, Aug 12, 10:00-12:00, Fee: \$22

Introduction to Acting

Brian Kappler



Through the use of discussion, acting exercises, improvisation and scene work we will cover the basics of acting and the process an actor goes through to create a role. Join us to explore your inner actor!

Clayton Oasis 123

Tuesday, Aug 11, 18 & 25, 1:00-3:00, Fee: \$50

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 187

Tuesday, Aug 4, 10:00-12:00, Fee: \$22

Current Events

Simulator Training

Capt. Clay Farmer, Director of Community Engagement



Police live on the front lines of society and are charged with making difficult decisions in a split second. To help community residents better understand the

challenges police officers face, Capt. Farmer is offering an opportunity to participate in a simulator session in which county police will set up mock situations that police face. The goal of this exercise is to gain a greater understanding of what it is like in a spur of the moment encounter and how police decide to use force.

St. Ann Police Department 508

10405 St. Charles Rock Rd, St Ann, MO 63074

Wednesday, Jul 15, 10:00-11:30, Free

Shamanism and Spirituality

"Coyote" Chris Sutton



"Coyote" Chris Sutton, who has been practicing shamanism for 26 years, will take us on a journey to learn how to create a more spiritually satisfying life

through teachings, stories, traditional drumming songs of the Si-Si Wiss Medicine Tradition, guided meditations and practical spiritual exercises. This session is open to anyone of any spiritual or religious tradition who is interested in learning more about themselves and their spiritual path, how to become more focused, and would like to reduce anxiety and stress.

AgeSmart 509

801 W State St, O'Fallon, IL 62269

Friday, Jun 12, 10:00-11:30, Fee: \$10

Great Minds in Brain Science

Jeff Zacks, PhD, Associate Chair, Department of Psychological and Brain Sciences; Professor of Psychological and Brain Sciences & Radiology



Meet one of the great minds who is studying the mind and learn about his research. Dr. Zacks studies perception, memory, movies and reading in the mind and the brain—including brains that are developing

or disordered. He has a longstanding interest in film and media, which led him to write *Flicker: Your Brain on Movies*. Jeff is committed to science outreach and education, and has written for *Salon*, *Aeon*, and *The New York Times*.

Clayton Oasis 125

Tuesday, Jun 2, 10:00-11:30, Fee: \$22

Getting Ready for Missouri's Primary Election in August

Sandy Diamond, M.Ed.

Prepare for Missouri's Primary Election, set for Tuesday, August 4, with Sandy Diamond, a nationally recognized civic educator. Review the differences between an open and closed primary. Engage in a non-partisan discussion about the candidates and the issues on each party's ballot. Sandy will also provide steps on how to access online information about their specific ballot.

Clayton Oasis 126

Tuesday, Jun 30, 1:00-3:00, Fee: \$15

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, Jun 4, Jul 9, & Aug 27, 10:00-12:00

Fee: \$63; Sessions: 3

Confronting Challenges in Medical Ethics

Ira Kodner, MD

Gain a greater understanding for the ethical questions that doctors face. Dr. Kodner will describe a real-life medical case and the ethical dilemmas weighed. What would you have decided?

Clayton Oasis 127

Wednesday, Aug 19, 10:00-12:00, Fee: \$22

Fact & Fiction: What's Really in a Hot Dog?

Andrew Clarke, PhD, University of Missouri-Columbia



Hot dogs are a staple of American summer cookouts and childhood lunches. There are plenty of jokes about their origin. But what is in a hot dog? Find out from an expert in meat processing technology, with

emphasis on restructured or low-fat meat products, supercritical fluid extraction and meat extrusion.

Clayton Oasis 128

Thursday, Aug 13, 10:00-11:30, Fee: \$15

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.

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Clayton Oasis 129

Monday, Jun 8 & 22, Jul 13 & 27, Aug 10 & 24
1:00-3:00, Fee: \$32; Sessions: 6

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 130

Monday, Jun 1 & 15, Jul 6 & 20, Aug 3 & 17
1:30-3:30, Fee: \$32; Sessions: 6

One Day Helps Every Day



By donating just once a month, you can support active and healthy lifestyles everyday. And, you can spread your gift throughout the year. Visit OasisNet.org/donate to start your monthly giving today!

\$20
PER MONTH

Supports the discussion-based Conversations that Count program in low-income housing facilities

\$50
PER MONTH

Supports older adults in a Falls Prevention workshop

\$100
PER MONTH

Provides free health and exercise classes for 100 participants in low-income communities

For help, contact Emily at 314.862.2933 ext261 or at egarstang@oasisnet.org

Fact & Fiction: Behind the Microphone Series

A friendly face on your TV or that familiar voice on the radio - media personalities inhabit a special place in our lives. Meet some of St. Louis' most fascinating media personalities - each with their own claim to fame and story to tell.

Al Wiman



Al Wiman is well known in St. Louis for his work as a reporter for KSDK-TV and KMOV-TV for many years. His career has spanned radio and television stations in Los Angeles and Tallahassee, Florida and includes such honors and awards as three Emmys and two Golden Globes. One of his more infamous experiences was as a reporter in 1969, when he and his television crew discovered the bloody clothes discarded by the Charles Manson killers. Get to know Al and hear some fascinating stories from his life behind the microphone.

Clayton Oasis 133 | Tuesday, Jun 9, 1:00-2:30, Fee: \$22

Johnny Rabbitt: 66 Years of the Rabbitt!



Johnny Rabbitt (Ron Elz) is a St. Louis legend not only for his broadcasting work, but for all of the foods named after him at some of the city's most famous restaurants. He is the longest-running broadcaster in St. Louis, first getting behind the microphone in the 1950s. Today, Johnny is still on the air as the host of the classic oldies show, Route 66 on KMOX. He also is known for penning two books on St. Louis Trivia and numerous introductions, forwards and columns. He also has been a professor at SLU and an advisor of the Media Archive of the Missouri Historical Society.

Clayton Oasis 134 | Monday, Jul 27, 10:00-11:30, Fee: \$22

Your Lady Edie Bee



Edie Anderson, a.k.a Your Lady Edie Bee, has been pre-eminent in the field of jazz and R&B in St. Louis for years as a popular host and promoter. She has held various positions with leading St. Louis Radio stations, hosting her own shows showcasing the best in jazz. After many years off air, she once again is host of her own straight-ahead jazz show, R.S.V.P (Rare Songs, Very Personal). She has also added "Author/Playwright" to her resume with the writing of her first stage play, *Jazz in My Soul/a Marvin Gaye Fantasy*, now in book form. She is CEO of JIMS Inc., founder of the National Jazz Heritage Foundation and she also serves as a board member of the National Black Radio Hall of Fame.

Clayton Oasis 135 | Wednesday, Aug 5, 10:00-11:30, Fee: \$22



GIVE BACK TO OASIS WHILE SHOPPING ON AMAZON!

Visit smile.amazon.com/ch/43-1830754 and Amazon will donate .5% of your eligible purchase to Oasis.

History

Archivist Tips on Heirloom Preservation

Andrew Cooperman, Historian

Family heirlooms are a tangible way for past and future generations to connect. Get tips from a museum archivist and historian to ensure that those treasures remain intact for years to come. Join us for a basic, low to no cost, review of how to better preserve family heirlooms, collectibles, antiques, etc., made from a variety of different materials such as glass, metal, wood, fabric, paper, photographs, etc.

The J - Chesterfield 705

Wednesday, Jun 10, 10:00-12:00, Fee: \$22

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. We'll end with information about a sensitive issue connected to ISHI, along with a Q&A.

Maryland Heights Community Center 211

Tuesday, Jul 28, 10:00-12:00, Fee: \$22

Anthropology of the 1904 St. Louis World's Fair

Carol Diaz-Granados, PhD

Few people think of "Anthropology" when they think of the 1904 St. Louis World's Fair. However, it was considered the most important facet of our fair. W. J. McGee brought hundreds of people from various cultures around the world. When asked about the fair decades later, the Anthropology exhibits were the first things most visitors remembered. Learn about the many fascinating human exhibits – why they were praised in 1904 and highly criticized 100 years later!

Pavilion at Lemay 804

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

The World's Fair that St. Louis Made

Andrew Cooperman, Historian



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

Pavilion at Lemay 805

Friday, Jun 26, 10:00-12:00p, Fee: \$15

Indians of Ancient and Historic Missouri

Jim Duncan, MA

Missouri is at the confluence of the two largest river systems, making it a crossroad in pre-Columbian times for the American Indian people – the First Nations. The archaeology of Missouri provides one of the most exciting overviews of an ancient past. Not surprising, Missouri is also a focus of major cultural developments, especially during the last 10,000 years.

Pavilion at Lemay 806

Wednesday, Aug 5, 10:00-12:00, Fee: \$15

History of Weddings: Why We Do What We Do When We Say I Do!

Bev Schuetz, History Talks



Learn the origin of marriage customs and how they are interpreted today in this amusing and fast-paced examination of wedding traditions. Why does the bride toss her bouquet? Where did the idea of a "best man" originate? Why is the bride carried over the threshold? How was the bride's garter used as a sign that the marriage was consummated? This interesting presentation will cover the whys and wherefores of weddings throughout the ages.

Chesterfield City Hall 706

Monday, Jun 8, 1:00-2:30, Fee: \$22

Charles Lindbergh: Hero or Hypocrite

Bev Schuetz, *History Talks*



Meet the complex, disturbing man who was one of America's most famous and strange heroes. Trace his amazing story including the daring, solo non-stop flight

across the Atlantic, the tragic murder of his baby son, his role in the space program and his part in developing an artificial heart. We'll examine his fascination with Nazi Germany and his vehement opposition to the U.S. involvement in WWII. This complete look at Lindbergh will also include his eccentricities, his strange sexual appetites and the fathering of several secret families.

Maryland Heights Community Center 205

Tuesday, Jun 16, 1:00-2:30, Fee: \$22

The Secrets of the Egyptians

Andrew Cooperman, *Historian*

The ancient Egyptians were not the only people to build pyramids or practice mummification. But they are most closely associated with these practices, both of which were intimately connected to their political and religious beliefs. This presentation will look at how the people of ancient Egypt built pyramids and mummified their dead, and why they spent such considerable time and resources to do so.

Maryland Heights Community Center 206

Tuesday, Jul 14, 1:00-3:00, Fee: \$22

From the Battlefield to the Presidency: Zachary Taylor & Ulysses S. Grant

Ashton Farrell, *Park Guide, Ulysses S. Grant National Historic Site*



Learn the fascinating similarities between Presidents Zachary Taylor and Ulysses S. Grant. Taylor was the first president to go literally from the battlefield to the White House. Not only did Grant follow the same path to the presidency, but he served under Taylor during the Mexican War. Join Ashton Farrell for a closer look at these two men.

Clayton Oasis 151

Thursday, Aug 6, 10:00-12:00, Fee: \$22

Famous Feuds and Rivalries

Bev Schuetz, *History Talks*

History is filled with amazing tales of smoldering hatreds and life-long animosities. Examine some of the wildest and most famous feuds and rivalries. Among them is the journalism war between the queens of Hollywood gossip, Louella Parsons and Hedda Hopper; the non-speaking rivalry of sisters and award-winning actresses, Joan Fontaine and Olivia de Havilland; the cutthroat battle between the great artists, Carravaggio and Baglione; the clash of egos of Orson Welles and William Randolph Hearst and more!

The J - Chesterfield 707

Wednesday, Aug 5, 10:00-11:30, Fee: \$22

Faith Healers or Fake Healers?

Bev Schuetz, *History Talks*



Examine the colorful careers of some of the most popular and controversial faith healers of the 20th century, including the charismatic Aimee Semple McPherson who rose to fame in the 1920s. Her story of cures, kidnappings and disputes continues to captivate us today. Other intriguing "healers" to be discussed are Marjoe Gortner, the child evangelist who performed marriage ceremonies at the age of five; Missouri's own Kathryn Kuhlman who successfully used television to advance her ministry; as well as Peter Popoff, Oral Roberts and the "psychic dentist" who filled teeth without drilling or even having patients open their mouths! You'll be amazed, amused and sometimes disturbed by this provocative lecture.

Chesterfield City Hall 708

Monday, Aug 10, 1:00-2:30, Fee: \$22

The Life and Times of Henry Shaw: A Costumed Program

Barnes M. Bradshaw, *Historian*

On May 4th of 1869 the Business Community of St. Louis threw a huge celebration to commemorate Henry Shaw's first step into our fair city which occurred on that date 50 years earlier! Celebrate his life by listening to the true story of how it all came about.

Florissant Senior Dining Center 512

Monday, Jun 15, 1:30-3:00, Fee: \$12

Rightfully Hers: American Women and the Right to Vote

Bonnie Vega, MA

The 19th Amendment was ratified on August 18, 1920 and gave women the right to vote. Explore this three-part series examining the roots of the suffrage movement, the fight for the vote, and how the 19th Amendment shaped our country.

"We Shall Not Be Denied"

The campaign for women's suffrage began in earnest in the decades before the Civil War. During the 1820s and 30s, most states had extended the franchise to all white men, regardless of how much money or property they had. The women's rights movement began in the 1840's when American women realized they needed to organize for their own emancipation which could be done once they had the right to vote.

Clayton Oasis 136 | Tuesday, Jun 16, 10:00-12:00, Fee: \$22

"Today We March. Tomorrow We Vote."

The 15th Amendment was ratified on February 3, 1870. For the 1st time the Constitution gave all "men" (white & black) the right to vote. These amendments raised familiar questions of suffrage and citizenship. Some woman-suffrage advocates believed that this was their chance to push lawmakers for truly universal suffrage. Explore the seven decades of campaigning for women's voting rights in this course.

Clayton Oasis 137 | Tuesday, Jul 21, 1:00-3:00, Fee: \$22

"Finish the Fight": Beyond 1920

Voting is a way for us to express our opinions and choices. Voting is "people power" which is a right given to all Americans through the 15th and 19th Amendments. Learn more about the challenges to finish the fight for equal voting rights for all Americans today.

Clayton Oasis 138 | Tuesday, Aug 18, 10:00-12:00, Fee: \$22

The St. Louis Mystery: Hoax or Literary Phenomenon?

Bev Schuetz, History Talks

Learn about the fascinating, bizarre story of the St. Louis housewife, Pearl Curran, who became a celebrated poet and novelist in the early 20th century. Although poorly educated, she began channeling the words of brilliant, talented Patience Worth via an Ouija board. The unanswered question is who really produced this remarkable literature? You'll also learn about Spiritualism, séances and the religious fervor prevalent at the time.

Clayton Oasis 139

Tuesday, Sep 1, 10:00-11:30, Fee: \$22

Medical Quackery, Fraud and Flimflam

Bev Schuetz, History Talks

Bizarre treatments and worthless patent medications abounded in the early 20th century. In this presentation, you'll learn about some of history's most amazing and amusing hucksters, including the doctor who transplanted goat testicles on thousands of men as a treatment for fading virility. Discover how nervous dispositions and cranky babies were calmed with popular preparations containing alcohol and opium-all part of this fascinating and unusual medical story.

Clayton Oasis 140

Tuesday, Jul 14, 10:00-11:30, Fee: \$22



Seminar Series: History and Law

Join us as local judges, scholars, and attorneys discuss important and interesting topics at the intersection of law and history. 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**.

Lincoln: Path from Youth to Maturity

The focus of this talk will be on the development of Lincoln's character and the qualities that made him a great leader during the years before he became prominent. The purpose will be to inform the audience about some matters not generally known regarding the man who saved the Union and abolished slavery. Join a local attorney for a fascinating discussion on the early career of one of America's most famous presidents.

Eagleton Courthouse 516 | Friday, Jun 19, 10:00-12:00, Fee: \$5

Milly Sawyers' Freedom Suit

Before Dred Scott, there was Milly Sawyers, who, along with hundreds of other enslaved persons, sued for their freedom. We have learned many of their stories through court records. Newly discovered documents have revealed Milly's story. After two unsuccessful suits in St. Louis, she won her freedom in a Greene County court in 1835. Her victory in court did not, however, bring her freedom from violence. She was viciously attacked by an angry mob that included prominent Springfield residents. Meet with a panel of judges and lawyers to discuss why it is important to preserve this history, and how we can learn from it.

Eagleton Courthouse 517 | Friday, Jul 24, 10:00-12:00, Fee: \$5

Women's Suffrage and the Courts: 19th Amendment at 100

Suffragists began their organized fight for women's equality in 1848 in Seneca Falls, New York. The 19th Amendment was ratified by the states and added to the Constitution in August 1920. For the 72 years in between, women leaders lobbied, marched, picketed, and protested for the right to the ballot. They also turned to the courts. Many women brought cases against the government for being denied the right to vote, some right here in St. Louis. Meet with legal experts to look at the lasting legacy of voting rights cases.

Eagleton Courthouse 518 | Friday Aug 14, 10:00-12:00, Fee: \$5

Women and the Fur Trade

Jim Duncan, MA

In many ways, the Fur Trade was supported by women in North America, both women settlers as well as American Indian women already living here. They played a very important part. With colorful slides, Jim explains the interesting and sometimes complicated relationship between the Fur Traders and their wives – whether European or American Indian.

Pavilion at Lemay 807

Wednesday, Jul 8, 10:00-12:00, Fee: \$15

American Indian Cultures of North America

Jim Duncan, MA

This course provides an excellent overview of the American Indian cultures of North America accompanied by colorful slides of the groups in each major region. Jim Duncan, part Osage and Cherokee, focuses mostly on the Southwest, Plains, and Southeastern cultures. A follow-up to this course is: Indians of Ancient and Historic Missouri (see class #806, page 11).

Pavilion at Lemay 808

Wednesday, Jun 3, 10:00-12:00, Fee: \$15

Oasis and the Gateway Arch National Park

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

Image courtesy of The National Park Service, [nps.gov/articles/jefferson-national-expansion-memorial.htm](https://www.nps.gov/articles/jefferson-national-expansion-memorial.htm).

A Journey through America's National Park System



David Kroese, of Loves Park, Illinois, gave up a 25-year career in chemical engineering and biotechnology to pursue a lifelong passion of visiting all 419 National Park Service units, becoming one of about fifty people known to do so. In this presentation, he shares the inspiration which drove him to make the journey, his adventures and what he is doing to inspire others to follow in his footsteps.

Arch 514 | Sunday, Jun 7, 1:00-2:30, Fee: \$5

St. Louis and the River

Enjoy a Gateway Arch Riverboat cruise on the mighty Mississippi. Meet at the Gateway Arch Riverboat Dock at the base of the Gateway Arch. Parking is available on the Levee, river levels permitting.

Arch 515 | Wednesday, Aug 19, 11:30-1:00, Fee: \$5

When you give, **we grow.**

Your donation allows Oasis to help children improve literacy skills through the Intergenerational Tutoring program. It also helps us teach older adults to prevent falls and stay safe online. With your help, we can make every Oasis experience exceptional.

To learn more about how you can help Oasis make aging joyful and impactful for ourselves and our communities, contact **Julianna at 314.862.2933, ext. 235 or jfellows@oasisnet.org**. You can also make a donation online at oasisnet.org/donate.



The American Gay Rights Movement: A Brief History

Katie Hagerty-Young, MA



The Stonewall Inn in Greenwich Village, now on the list of National Historic Landmarks, was the site of a standoff between patrons and police in 1969 that is largely credited with having launched the modern gay rights movement in America. This

course will provide an overview of key developments in the realm of LGBTQIA+ legal rights, social acceptance, philosophy, culture, and community, from roughly the beginning of the 20th century through the present day. Join us during June, the annual month dedicated to Gay Pride in commemoration of Stonewall.

Clayton Oasis 141

Tuesday, Jun 30, 10:00-12:00, Fee: \$22

Whatever Became Of...?

Johnny Rabbitt, KMOX

Learn about the final resting places of many notable St. Louis historical figures such as Meriwether Lewis, Henry Shaw, Florence Hulling, Harriet Woods, Marlin Perkins...and many others. We'll remember businesses and products of times gone by and take a look at how and where they ended up. Get ready for lots of photographs and personal anecdotes from Johnny.

Clayton Oasis 148

Thursday, Jul 30, 10:00-11:30, Fee: \$22

Postcards to the Past

Johnny Rabbitt, KMOX



Travel through time and space via more than 150 rare, colorful and unique picture postcards that offer the history of the way things were in St. Louis. These colorful glimpses into years past graphically depict how we St. Louisans lived. This collection will cover events, people and places from the 1890s to the 1970s with subjects such as: riverboats, theaters, shopping, office buildings, restaurants, parks, manufacturing, propaganda, bridges, schools, holidays, churches, hotels and more.

Clayton Oasis 147

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

The American Women's Movement: A Brief History

Katie Hagerty-Young, MA

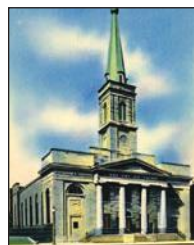
Suffrage. Equality. Reproductive rights. Paid leave. Me Too. Simply stated, the quest for the advancement of the rights of American women has been dynamic, multi-faceted, and, on many fronts, successful. This course will consider a broad sample of issues facing American women from Susan B. Anthony through Harvey Weinstein and our response thereto. Please join us for a discussion of the challenges, setbacks, and victories that have shaped the stories of generations of American women.

The J - Chesterfield 709

Tuesday, Jul 21, 10:00-12:00, Fee: \$22

Holy St. Louis

Johnny Rabbitt, KMOX



We'll review how the history of St. Louis related to religion from the 1673 exploration of the river that would be named Mississippi, by Marquette and Joliet, to today's religious-based institutions. Johnny will lead a discussion on ways to participate in future preservation and restoration of these historic landmark buildings. Our program will include historic photos, information on religious leaders throughout the years, and much more.

Florissant Senior Dining Center 519

Monday, Jun 8, 1:00-2:30, Fee: \$12

Cahokia, St. Louis and the American Revolution in the Trans-Appalachian West

Andrew Cooperman, Historian

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

Pavilion at Lemay 811

Wednesday, Jun 17, 10:00-12:00, Fee: \$15

The Amazing Pere Lachaise Cemetery in Paris

Carol Diaz-Granados, PhD



The most visited cemetery in the World, Pere Lachaise is a magical, mystical location in Paris, France. Not the first place one thinks of when visiting Paris, but a "must-see!" The setting, the cobblestone

pathways, the ornate and impressive tombs, not to mention that many of the most famous people in the world are buried here— Bizet, Chopin, Marcel Marceau, Jim Morrison, Edith Piaf, Oscar Wilde, and many others. Take an armchair tour and you will be surprised at its beauty, the extent of fanciful creations, and the multitude of "gifts" left by visitors to honor many of those buried here.

Clayton Oasis 142

Thursday, Jul 16, 10:00-12:00, Fee: \$22

Ask The Professor...

Rob Lee, PhD, Chair - Humanities Department
Professor of History, STLCC Meramec

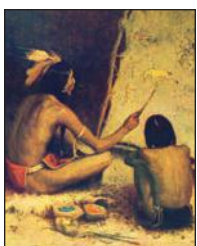
Have a question about U.S. History or American Politics? Bring those inquiries with you and Dr. Lee will provide an answer! This unique class will be driven by participant questions and the discussions surrounding the topics addressed.

Clayton Oasis 143

Wednesday, Jul 1, 10:00-12:00, Fee: \$22

American Indian Oral Traditions

Jim Duncan, MA



In ancient times around the world, story-telling was both an art and an important feature of life— it was not just a past-time. People depended on it to learn about their beginnings, proper behavior, and for learning their cultural heritage. North American

Indian stories have been the centerpiece for cultural restoration by anthropologists. Jesuit missionaries began collecting stories as early as the late 16th century. We'll conclude by telling a few of the lasting oral traditions handed down for generations.

Clayton Oasis 144

Wednesday, Jul 29, 10:00-12:00, Fee: \$22

What Happened to the American Indians?

Carol Diaz-Granados, PhD

When Columbus arrived on the North American continent, what he actually discovered was that the American Indians had been living here for at least 15,000 years! Unfortunately, Europeans brought diseases that decimated approximately 70% of the Indian populations and genocide eliminated another 20%. Manifest Destiny, the Indian Removal Act and other factors will be covered and illustrated through slides and discussion. Join us!

Clayton Oasis 145

Thursday, Aug 20, 10:00-12:00, Fee: \$22

Colonial St. Louis:

A Franco-Spanish Frontier Community

Andrew Cooperman, Historian



Learn about the French heritage of the Mid-Mississippi Valley, Spanish colonial rule west of the Mississippi River and the ending of Franco-Spanish St. Louis with

the Louisiana Purchase. The society, way of life, architecture and various occupations of the French settlers and the colonial policies of the Spanish authorities will be described and explained. Discover how these created a Colonial America very different from the Anglo-American East Coast. Look at St. Louis, the Mississippi River and the surrounding area from a different historical perspective.

Pavilion at Lemay 809

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

African Americans in Civil War Medicine

Marvin-Alonzo Greer, Education & Visitor Experience

Behind the front lines in Civil War camps across the country, African American men and women treated the wounded, cared for the sick and ministered to the dying as doctors and nurses as well as civilian and commissioned military officers - even caring for soldiers who did not see them as equals. Learn more about these selfless acts in dangerous places.

Clayton Oasis 146

Monday, Jun 8, 10:00-11:00, Fee: \$20

Downtown Before The Arch

Johnny Rabbitt, KMOX



Join Johnny and witness life in St. Louis covering a period of 125+ years before The Arch was built in 1965. This photo parade will display the homes of the rich and not so rich, life on the levee, activities of the river, how people dressed... and provide a detailed look into the people, places and things of the era.

Pavilion at Lemay 810

Wednesday, Aug 26, 10:00-11:30, Fee: \$15

Lost States of America

Douglas Schneider

The State of Franklin, the Conch Republic, the State of Rough and Ready, the Kingdom of Beaver Island, the State of Absaroka... Doug will take you on a tour of the myriad of places that dreamed of being admitted to the Union...but failed. His qualification: He was born on Long Island, which has an active secessionist society that sells postcards "Long Island, the 51st State." And what about the county that seceded from the state of Missouri in 1961? Join us and learn more.

Clayton Oasis 149

Tuesday, Jul 7, 1:00-2:30, Fee: \$22

The First Thing About Iran

Katie Hagerty-Young, MA



Our new decade has opened with a heightened and concerning level of tension between the United States and Iran. As is common with outbreaks of conflict in the

Middle East, it is difficult to find straightforward, credible, relevant information on the sources of hostility that have led to the current state of affairs. This course will serve as a primer to the last century or so of Iranian history and its position in the international system that will provide an informed lens through which to view any subsequent developments. Please join us to learn how Persia became Iran, an entrenched hereditary monarchy became a revolutionary Shi'ite theocracy, and Iran became a global pariah state.

Clayton Oasis 150

Monday, Aug 17, 10:00-12:00, Fee: \$22

The Sinking of the Essex:

The True Story Behind Moby Dick

Barnes M. Bradshaw, Historian

"Call me Ishmael" - these are perhaps the most famous and recognizable words in the history of American Literature. However, they had nothing to do with the Pequod; the ship that went down due to the actions of the White Whale, Moby Dick. The true story can be found in the story of the Essex - an American whaler from Nantucket, Massachusetts, launched in 1799. After many successful voyages she departed Nantucket on the 12th of August 1819; never to return. Join Barnes and find out what happened!

Clayton Oasis 153

Tuesday, Jul 28, 10:00-11:30, Fee: \$22

Women of the Founding Era

Joan Musbach, MA



Explore the life and roles of women in the last half of the 18th century. We will analyze life patterns and roles played by women during the American Revolution and the founding of the new government.

We will look specifically at such women as Deborah Franklin, Eliza Pinckney, Martha Washington and Abigail Adams. Learn about the "Founding Mothers" beside the men we call "Founding Fathers."

The J - Chesterfield 711

Thursday, Aug 6 & 13, 1:00-3:00

Fee: \$44; Sessions: 2

The Mormons in Missouri— and Beyond

Joan Musbach, MA

Executive Order Number 44 is perhaps the most embarrassing governmental action in Missouri history. The Governor ordered that the Church of Jesus Christ of Latter Day Saints - The Mormons - either leave the state or be "exterminated!" They moved to Nauvoo, Ill, where their leader and founder, Joseph Smith, was assassinated and they were driven out of Illinois. Hear the story of the Mormons in Missouri, in Illinois and their trek to the Great Salt Lake Basin. It is a story of perseverance, planning and eventual accommodation.

Clayton Oasis 154

Tuesday, Jun 2, 10:00-12:00, Fee: \$22

St. Louis Icons

Johnny Rabbitt, KMOX

It's all about the famous people, places, products and events in the history of the area. Join Johnny for a look at Chouteau and Laclede (the people), President U.S. Grant, Adam Lemp, the Veiled Prophet, Adolphus Busch, Joseph Pulitzer, The 1904 World's Fair, Brown Shoe, The Pageant & Masque, Henry Kiel, The Muny, TUMS, The Fox, Vincent Price, Tina Turner, Jack Buck and many, many more.

The J - Chesterfield 710

Wednesday, Jul 15, 10:00-11:30, Fee: \$22

The St. Louis that Ulysses S. Grant Knew

NiNi Harris, Author & Historian



From the time Ulysses S. Grant reported for duty at Jefferson Barracks in September of 1843, until the end of life, this extraordinary man was connected to St. Louis. First through the military, then

through family, and then through politics, Grant was in regular contact with the ever-changing Gateway to the West. In this program, NiNi Harris, author of *A Most Unsettled State*, first person accounts of St. Louis during the Civil War, will look at the St. Louis that Ulysses S. Grant knew. The St. Louis Altnheim, atop Chouteau's Bluff, will host and provide refreshments. The program has a maximum of 15 participants to allow plentiful space between the seats.

The St. Louis Altnheim 510

Wednesday, Jul 15, 10:30-12:30, Fee: \$22

The St. Louis Altnheim 511

Thursday, Jul 16, 10:30-12:30, Fee: \$22

State of American Politics: Is it as Bad as it Seems?

John Messmer, PhD, Professor of Political Science

Confidence in government is at an all-time low. Is this collapse in public opinion justified? If so, what happened and what can be done to turn things around? Answers may lie in carefully examining our changing political institutions. Let's discuss and brainstorm some possible solutions.

Clayton Oasis 152

Friday, Jul 31, 10:30-12:00, Fee: \$22

James Madison and the Founding of the American Government

Joan Musbach, MA



James Madison was a professional politician. Politics was his only vocation and as the consummate politician of the founding era he labored under the Articles of Confederation, brought about the Constitutional Convention, was the major player in the writing and ratification of the Constitution and laid the foundation for the new government under that constitution. A strong supporter of a strong national government and advisor to President Washington, he transitioned to a Jeffersonian Republican as Hamilton's ideas gained ascendance in the Washington presidency. Madison is more one-dimensional than other founders, but no less important as a "founding father." The class will provide an understanding of the politics and peril of America's early years.

Maryland Heights Community Center 209

Tuesday, Aug 4, 11 & 18, 10:00-12:00

Fee: \$63; Sessions: 3

The Smile of Reason: The Era of Enlightenment

Lucy Morros



Belief in natural law, justice and toleration is expressed during the Enlightenment, and this victory of reason is seen in portraits on the faces of the men and women of France. Voltaire glows with the smile of reason. Diderot, D'Alembert and Rousseau are pictured seeing the world with an exhilarating demonstration with the power of ideas. Even women like Madame de Stael and Madame Geoffrin looked pleased with the advance in civilization achieved by respect for feminine qualities. The smile of reason was borne of a range of ideas with powerful effects - the sovereignty of reason, the evidence of the senses as the primary sources of knowledge, and advanced ideals such as liberty, progress, toleration, fraternity, constitutional government, and the separation of church and state. How does this relate to our society now?

Clayton Oasis 157

Monday, Jun 29, 1:00-2:30, Fee: \$22

The Long Story of Anti-Catholicism in America

Joan Musbach, MA



What does the Protestant Reformation have to do with colonization of British North America? And with the election of 1960? When the Founders wrote in the Constitution that there could be "no religious test" for holding office, did they represent the sentiments of the American people? What conditions cause religious bigotry to increase or decrease? These questions will be explored in telling the story of anti-Catholic prejudice in American history.

Clayton Oasis 158

Tuesday, Jun 30, 1:00-3:00, Fee: \$22

"The Troubles Up North"— Catalyst for the Constitutional Convention

Joan Musbach, MA

Taxpayer revolts are nothing new. In 1786-1787 Massachusetts farmers revolted against what they regarded as unfair taxes and were forcibly put down by state militia. The sentiments that propelled Shays's Rebellion spread throughout New England and spread fear among the governing classes. Realization that the existing government was not strong enough to maintain order led to the convening of the Constitutional Convention. Referring periodically to "the troubles up north," delegates to the convention agreed to a United States, rather than a Confederation of States laying the foundation for the government we know today. Explore this catalytic event, the issues that fomented it and its unintended consequences.

The J - Chesterfield 712

Tuesday, Jul 28, 10:00-12:00, Fee: \$21



Benjamin Franklin: A Magnificent Life - Foremost Founder

Joan Musbach, MA

Benjamin Franklin's importance in the creation of America cannot be overestimated. He was the pre-eminent colonist and the foremost founder. He was a printer, author, publisher, inventor, scientist, public servant, statesman, diplomat and humanitarian. He was the only American known throughout the colonies and in Europe before the Revolution. He helped write and signed both the Declaration of Independence and The Constitution. Likable and versatile, it is a pleasure to spend time in his company, even in the 21st Century.

Clayton Oasis 155

Thursday, Jun 18 & 25, 10:00-12:00

Fee: \$44; Sessions: 2

The Third American Revolution: 1963-1974

Geoffrey Morrison, PhD

The U.S. has experienced three revolutionary eras. The first, in the 1760s and 1770s, was the American Revolution in which America separated from England, created the Declaration of Independence and the Constitution, and inaugurated a democratic-republic in 1788. The second revolutionary era, in the 1860s and 1870s, was during the Civil War which saw emancipation, the Homestead Act and the Industrial Revolution. The third proposed revolution started after John Kennedy's assassination on November 22, 1963 and ended after Richard Nixon's departure from the presidency on August 9, 1974. Vast political, economic and social changes occurred, the effects of which are still being played out in our society. Explore selected aspects of this third revolution, and discuss your own experiences.

Clayton Oasis 156

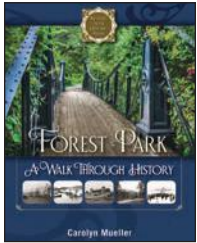
Wednesday, Jun 17 & 24, 10:00-12:00

Fee: \$42; Sessions: 2

Literature

Walk with the Author: *Forest Park: A Walk Through History*

Carolyn Mueller, Author & Zookeeper



Take a guided walk through Forest Park with the author of a new book, *Forest Park: A Walk Through History*. Mueller will tell you about her favorite Forest Park spots and memories from her unique perspective as you visit some spots highlighted in the

book. Meet at the Forest Park Visitor Center. Books available for signing and purchase.

Forest Park Visitor Center 520

5595 Grand Dr, St. Louis, MO 63112

Monday, Jun 8, 10:00-11:00, Fee: \$15

Poetry for Fun

Joe Tannian

What was the first poem you ever learned? For retired copy editor Joe Tannian it was “Casey at the Bat”, and he still enjoys it 70 years later. Join us for a participatory session of poetry for fun. We will review some of the poems of Robert Service, Ogden Nash, W.S. Gilbert and various anonymous writers of limericks and light verse. Participants are invited and encouraged to recite a favorite.

Clayton Oasis 159

Monday, Jun 29, 10:00-12:00, Fee: \$15

The Write Stuff

Johnny Rabbitt, KMOX

We'll look into the lives, times, and works of local writers, novelists, authors, playwrights, poets, columnists, historians, editors and publishers. Subjects will include: William Marion Reedy, Joseph Pulitzer, Elijah Lovejoy, Bob Goddard, Jerry Berger, William Inge, Tennessee Williams, Maya Angelou, Mark Twain, T.S. Eliot, Kate Chopin... just to name a few! Delve into local publications, talk about how to conduct research, learn some writing tips, and how to have your work published.

Clayton Oasis 160

Thursday, Jul 2, 10:00-11:30, Fee: \$22

Your Writer's Week

Denise Bogard, Author

Do you have a story that's begging to be told? Maybe it's just an idea or perhaps you're on your second draft. Whatever the status, join published author Denise Bogard as she leads you through the process of writing and revising your memoir, short story or novel. We will meet three times in one week to keep the momentum going! Come prepared to write, learn and share.

Clayton Oasis 161

Monday/Wednesday/Friday, Jun 22, 24, 26

10:00-12:00, Fee: \$45; Sessions: 3

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!

Clayton Oasis 162

Monday, Aug 31, 10:00-11:30, Fee: \$20

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 Hullin'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 713

Tuesday, Aug 18, 10:00-11:30, Fee: \$20

Meet the Author: *The Last Children of Mill Creek*

Vivian Gibson, MA, Author

Marylen Mann, Oasis Founder



Vivian Gibson grew up in Mill Creek, a neighborhood of St. Louis razed in 1959 to build a highway. Her family, friends, church community, and neighbors were all displaced by urban renewal. Meet Vivian and learn how her moving memoir came to be published. Hear her read an excerpt of her book, which recreates the every day lived experiences of her family, including her college-educated mother, who moved to St. Louis as part of the Great Migration, her friends, shop owners, teachers, and others who made Mill Creek into a warm, tight-knit, African-American community. Reflect upon what it means that Mill Creek was destroyed by racism and "urban renewal." Marylen will interview Vivian, and there will be opportunities for group discussion and signing and purchase of copies of *The Last Children of Mill Creek*.

Clayton Oasis 163

Friday, Sep 4, 10:30-12:00, Fee: \$15

Creative Writing

Kim Lozano, Author & Writing Instructor



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

Clayton Oasis 164

Tuesday, Jun 9, 16 & 23, Jul 7, 14 & 21

10:00-12:00, Fee: \$100; Sessions: 6

Check the Oasis website for details regarding online versions of this program offering.

Contribute to Oasis

and invest in a brighter tomorrow...



With the recently changed tax laws, contributing a stock gift directly to Oasis might make sense for you.

Your stock gift will help older adults have meaningful and productive lives.

For more information on stock contributions, contact Julianna at **314.862.2933, ext. 235** or **jfellows@oasisnet.org**

Personal & Practical

Mindfulness: Fact or Fiction

Coke Hennessey



In this two-hour introductory class, we'll spend time sorting the fact from the fiction - learning what mindfulness is and isn't. There will be an examination of

leading scientific research about the positive impact mindfulness can have on our health, relationships, sense of happiness and well-being. Join us to learn more and experience several mindfulness practices.

Clayton Oasis 165

Monday, Jul 20, 10:00-12:00, Fee: \$22

Healthcare for Missouri

Ginna Rivera, External Affairs Manager,
BJC HealthCare

Medicaid expansion is the program that would open health care insurance for people who earn less than \$18,000 a year - too much money to qualify for Medicaid but too little money to buy coverage on the insurance exchange. There is a ballot measure that, if passed in November 2020, would ensure that no one will have to choose between paying for life-saving care and putting food on the table or making a mortgage payment to keep their home. Discuss the economic and social impacts of Medicaid expansion to Missouri.

Brentwood Community Center 4508

2505 S Brentwood Blvd, Brentwood, MO 63144

Wednesday, Jul 8, 10:00-12:00, Free

Grant's View Branch Library 4514

9700 Musick Ave, St. Louis, MO 63123

Monday, Aug 24, 10:00-12:00, Free



Understanding 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.

Maryland Heights Community Center 210

Tuesday, Jul 21, 10:00-12:00, Fee: \$15

Florissant Senior Dining Center 521

Monday, Aug 10, 1:00-3:00, Fee: \$15

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 166

Tuesday, Jul 28, 1:00-3:00, Fee: \$22

A Surgeon Escapes to the Greenhouse

Ira Kodner, MD



Learn the history and basics of orchid growing in this interesting and information course. Share in the impact this hobby has had in the life of a Washington University surgeon. Join us!

Clayton Oasis 167

Wednesday, Jun 10, 10:00-12:00, Fee: \$22

Hearing Technology

Steven Smith, AuD, Clinical Audiologist



Approximately 38 million U.S. adults have hearing loss, of which 28.8 million could benefit from hearing aids. Recent technological advances have created a new frontier with options to help those

in need of hearing assistance. Learn how hearing loss affects quality of life and how communication strategies and hearing aid technology help. In addition, learn “sound” advice when it comes to purchasing hearing aid technology.

Pavilion at Lemay 813

Wednesday, Aug 19, 10:00-12:00, Fee: \$15

Clayton Oasis 168

Wednesday, Sep 2, 10:00-12:00, Fee: \$15

Grow Your Own Herbs

Shelly Solomon

More and more people are enjoying growing their own herbs. Learn the herbs that are easiest to grow, the best containers to use, and helpful tips for daily care and cultivation. Shelly will even provide some delicious recipes for your fresh herbs.

Clayton Oasis 170

Thursday, Jun 4, 10:00-12:00, Fee: \$29

Container Gardens

Shelly Solomon

Planting in containers is an easy way to have a garden without having to dig up a large patch of ground. The location of your containers can also keep your plants safe from critters using them for a snack. Learn what to look for in containers, the best plants to combine, and their care and maintenance.

Clayton Oasis 169

Monday, Jun 22, 10:00-12:00, Fee: \$29



Swimming, hiking, paddleboarding— summer fun isn't just for kids. Get outside and get active this summer!

Join us for Oasis Adventures!

- The Endangered Wolf Center Field Trip
- Stand Up Paddleboarding 101



Check out **page 30** for details!

\$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

Martha Bogart, Jim Salih, Linda Schumacher, 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.

Mirowitz Center 545 | Friday, Jul 24, 1:00-3:00, Free

Brentwood 546 | Wednesday, Aug 5, 10:00-12:00, Free

Clayton Oasis 185 | Monday, Aug 10, 10:00-12:00, Free



Lock Down Your Digital Life

Amy VanDeVelde, Linda Schumacher, Jim Salih

You're careful to lock your home and your car. Are you setting the proper "locks" or passwords for online accounts? If you are using the same passwords for each account and find yourself frustrated with all the rules for creating online passwords — this class is for you. This two session class will help you choose the passwords to change first, teach you how to create them, provide information on choosing and utilizing a storage system, and how to retrieve your passwords safely.

Clayton Oasis 186 | Friday, Jul 3 & 10, 10:30-12:30, Fee: \$36; 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!

Android Phone & Tablet

Oasis Connections Instructors



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.

Clayton Oasis 180

Friday, Aug 7, 14 & 21, 1:00-3:00

Fee: \$54; Sessions: 3

Camera, Photos & Maps on your iPhone

Oasis Connections Instructors

Your iPhone has a variety of useful tools that make getting around and remembering things easier. This class is designed to help you use iOS 13 apps like Camera, Photos, Notes, Maps and Personal Hotspots when you are on the go—around home or while traveling.

Clayton Oasis 184

Friday, Jul 24, 10:30-12:30, Fee: \$18

Smartphone Communication with Your iPhone

Oasis Connections Instructors



Learn how to place, receive and manage phone calls on an iPhone with iOS 13. You will also learn how to stay in touch with loved ones by using email, FaceTime, iMessages and the Calendar. The Health app and Reminders will also be covered.

Clayton Oasis 182

Friday, Jun 26, 10:30-12:30, Fee: \$18



Introduction to Email

Oasis Connections Instructors

Want to know more about email? This course will teach you how to create an account, send and receive messages, attach pictures, avoid spam, create and organize folders, and lots more. The course is based on Gmail, which is encrypted to protect sensitive information. The concepts are the same no matter which provider you decide to use.

Clayton Oasis 177

Friday, Jun 12, 19 & 26, 1:00-3:00

Fee: \$54; Sessions: 3

iPad & iPad OS Features

Oasis Connections Instructors



iPads have a new operating system called iPadOS! New features (not available on some older iPads) include a new Home screen with the Today View, and multi-tasking improvements like Split View and Picture in Picture. This is a comprehensive introduction to the iPad including all the standard apps you use the most.

Clayton Oasis 181

Friday, Jul 31, 1:00-3:00, Fee: \$18

Getting Started with Your iPhone

Oasis Connections Instructors

If you are new to using an iPhone this class will help you learn your way around screens, menus and notifications. You will also learn how to gesture and how to use Siri and Accessibility features available in iOS 13.

Clayton Oasis 174

Friday, Jun 5 & 12, 1:00-3:00, Fee: \$36; Sessions: 2

Safety First: Privacy and Safety Online

Oasis Connections Instructors



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.

Clayton Oasis 178

Friday, Jul 24 & 31, 1:00-3:00

Fee: \$36; Sessions: 2

Smartphone Photography

Oasis Connections Instructors

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, timelapse, 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.

Clayton Oasis 179

Friday, Aug 7, 14 & 21, 1:00-3:00

Fee: \$54; Sessions: 3



Safer Surfing Online:

What's the Best Browser for Me?

Oasis Connections Instructors



Browsers like Google, Internet Explorer and Firefox are your window to enjoying all the internet has to offer. Discuss privacy and security concerns of brows-

ing 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.

Clayton Oasis 175

Friday, Jun 12, 11:00-1:00, Fee: \$18

Google Photos

Oasis Connections Instructors



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' Assis-

tant 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 176

Friday, Jul 10 & 17, 1:00-3:00

Fee: \$36; Sessions: 2

Information and Entertainment on Your iPhone

Oasis Connections Instructors



An iPhone is much more than a phone - it's a mini computer and entertainment center you carry with you! This class helps you understand how to use the inter-

net, Apple News and podcasts to keep up to date with current and relevant information. You will also learn how to use books, iTunes, Music and how to manage files on your iPhone.

Clayton Oasis 183

Monday, Aug 3, 10:00-12:00, Fee: \$18

Tours & Trips

Listen Live at KDHX Tour

KDHX Staff



See a live musical performance and take a behind-the-scenes tour of one of the nation's last independent non-profit community radio stations. Start with a guided tour of KDHX and learn what goes into keeping a radio station on the air 24-7. Then you will be the live studio audience for an on-air performance by a touring band.

KDHX Tour 523

3524 Washington Ave, St. Louis, MO 63103
Friday, Jul 17, 11:00-1:00, Fee: \$10

Griot Museum of Black History

Alice McHugh, Oasis Travel Committee



The Griot Museum of Black History is only the second of its kind in the country. It opened as the Black World History Wax Museum in February 1997. Their new name more accurately reflects what they do—collect, preserve, and share the stories, culture and history of Black people. The Griot uses life-size wax figures, other art, artifacts, and memorabilia to interpret the stories of African Americans with a regional connection who have contributed to our country's development. Visitors can solve puzzles, view documentary videos, and “board” a scale model section of a ship that replicates those used to transport Africans to America during the Transatlantic Slave Trade.

Image and logo courtesy of thegriotmuseum.com, The Griot Museum of Black History.

The Griot Museum of Black History 526

2505 St Louis Ave, St. Louis, MO 63106
Thursday, Jul 23, 10:30-11:30, Fee: \$15



Cars: Accelerating the Modern World

Deb Abbott, Oasis Travel Committee

Explore the role the car has played in shaping the world we live in today. From broadening our horizons to fashion, cars play an integral part of our daily lives. Over its short 130-year history, the car has become one of the most loved, contested and influential innovations in the world. It has revolutionized manufacturing and transformed how we move, forever changing our cities, environment and economies. Meet at the Taylor Hall entrance for our one hour docent led tour that will start promptly at 10:30am.

Saint Louis Art Museum 525

1 Fine Arts Drive, St. Louis, MO 63110
Wednesday, Aug 12, 10:30-11:30, Fee \$15

Campbell House Museum

Alice McHugh, Oasis Travel Committee



Built in 1851, Campbell House was the home of renowned fur trader and entrepreneur Robert Campbell and his family from 1854 until 1938. The museum contains hundreds of original Campbell possessions including furniture, paintings, clothing, letters, carriages and a unique set of interior photographs taken in the mid-1880's. This is a walking tour of the 1875 neighborhood of Lucas Place.

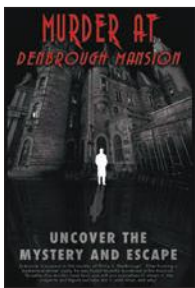
Image courtesy of campbellhousemuseum.org, © Campbell House Foundation.

Campbell House Museum Tour 532

1508 Locust St, St. Louis, MO 63103
Thursday, Aug 13, 10:30-11:30, Fee: \$16

Escape Room Team Building Experience

Alice McHugh, Oasis Travel Committee



Are you a resourceful and cooperative individual? Use these skills by spending an hour of problem-solving, communication and observation. It is up to the investigative team to crack the case, "Murder at Denbrough Mansion." As you are engaged and entertained through this unique activity, you are building elements of good teamwork and personal skills.

Image courtesy of Escape from STL, escapefromstl.com/murder-mystery.

Escape From St. Louis - Maplewood 522

7403 Manchester Rd, Maplewood, MO 63143

Friday, Jul 24, 9:30-11:00, Fee: \$30



Frank Lloyd Wright in Ebsworth Park: The Kraus House

Karla Toal, Oasis Travel Committee

Take a guided tour of famous architect Frank Lloyd Wright's first home in St. Louis. One of only five Wright designs in Missouri, the home is notable for retaining all original Wright-designed furnishings and fabrics. The house is not wheelchair accessible. Walkers are accessible, but there is one small step to enter the house.

Image courtesy of The Frank Lloyd Wright House in Ebsworth Park.

Frank Lloyd Wright - Kraus House

120 N Ballas Rd, St. Louis, MO 63122

Tour 530

Thursday, Jun 11, 10:00-11:30, Fee: \$15

Tour 531

Thursday, Jun 11, 1:00-2:30, Fee: \$15

Rescheduled for Labor Day Weekend (and surrounding dates)

A MASTERS STYLE ATHLETIC COMPETITION



Registration Deadlines: July 27 (Early) and August 14 (Final)
Visit stlouisseniorolympics.org for more information or call 314.442.3216

More
than 90
events!

OASIS ADVENTURES

The Endangered Wolf Center Field Trip

Oasis Adventure Group



Visit the Mexican gray wolves, red wolves, maned wolves, swift foxes and African painted dogs at The Endangered Wolf Center and learn why each are endangered in the wild, and how you can help ensure their survival from anywhere in the world you call home. This tour will be an hour long and include a 15 minute educational classroom session as well as 45 minutes down at the animal habitats. This walking tour includes approximately a mile of walking and guests are accompanied by an informative tour guide during your entire experience.

Endangered Wolf Center Adventure 534

6750 Tyson Valley Road, Eureka, MO 63025

Wednesday, Jun 3, 9:45-10:45, Fee: \$12

Stand Up Paddleboarding 101

Alpine Shop Staff



Stand-up paddleboards (SUP for short) are a versatile and fun way to experience the water. Learn the basic skills to begin paddling on a SUP safely and comfortably on still water, how to get on and off your board, and basic strokes to maneuver your board. Boards, paddles and PFDs will be provided. You will get wet so you must know how to swim and dress in clothing and footwear that can get wet. Bring sunscreen, a broad-billed hat, water bottle, a change of clothing, towel and for those who wear glasses, a retainer strap. You will be asked to sign a waiver at the beginning of class. Meet at the Taco Bell Shelter.

Creve Coeur Park Adventure 536

13450 Marine Ave, St. Louis, MO 63146

Wednesday, Jun 10, 10:00-11:30, Fee: \$18



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

Hiking & Biking

Maryland Terrace Walk

Judy Novak

Meet at the new St. Louis Mid-County Library. The walk will be about 1-3 miles on paved sidewalks from the library. See beautiful homes in the University City area of Maryland Terrace and join us for an optional lunch.

Hiking 537

7821 Maryland, Clayton, MO 63105

Tuesday, Jun 2, 9:30, Free

Walk the Cobblestone Streets in Fenton

Doug Schneider

Meet at Bud Weil Memorial Park. This is a 2-mile walk (uphill for .3 mile on cobblestones). We will say hello to the lions, go past ruins and see a helicopter landing pad in a forest reserve. Bring your walking stick if you use one. Avid walkers can add two extra miles to the walk and go to the Meramec River.

Hiking 539

990 Gregory Lane, Fenton, MO 63026

Thursday, Jun 9, 9:30, Free

Millar Park, University City

Helen Fisher

Walk Millar Park, which has a half mile track around, then on to Mooney Park (a smaller neighborhood park) and the surrounding neighborhoods. Some hills.

Hiking 538

1351 N. Hanley Rd, St. Louis, 63130

Tuesday, Jun 16, 9:30 Free

Meramec Greenway: Al Foster Trail Walk

Charlotte Lehmann

We will walk on the Al Foster Trail in Wildwood. Wildflowers will be in bloom, maybe spectacular bluebells. It will be a 3+ mile walk - only a little hill. Hikers can turn back at any time for a shorter walk.

Hiking 547

225 Grand Ave, Wildwood, MO 63038

Tuesday, Jun 23, 9:30, Free

Sunset Greenway

Donna Graef

Meet at Donna's house. There will be some hills and the path does not have shade. We will walk up the path to Sunset Park, walk around the park, and down the path to Shackleford and return through my subdivision. Use sunscreen and bring your water.

Hiking 548

2585 Dove Dr, Florissant, MO 63031

Tuesday, Jun 30, 9:30, Free

Creve Coeur Lakehouse to Heritage Museum via the Creve Coeur Park Connector and Centennial Greenway

Brenda Tripp

Meet at the Lakehouse restaurant parking lot and ride to the Heritage Museum, which will take us along the Creve Coeur Park connector and Centennial Greenway. Optional lunch after. Approx. 13 miles round trip.

Biking 542

2160 Creve Coeur Mill Rd, MO 63146

Wednesday, Jun 17, 9:00, Free

City Streets Bike Ride

Joyce Sherokow

Get comfortable riding city streets in the bike lane, sharrows or on low volume roads. Visit neighborhoods that may be different each semester. Ride begins and ends at Hartford Coffee Company. Join us for an optional lunch afterwards. Approximately 16-18 miles.

Biking 543

3974 Hartford St, St. Louis, MO 63116

Wednesday, Jul 15, 9:00, Free

Shrewsbury to Jefferson Barracks Park on the River des Peres and Mississippi Greenways

Parks Smith

Bike the River Des Peres Greenway to Jefferson Barracks. Stop for coffee on the way and return to the Shrewsbury Metro Station. We will meet in the back parking lot of the Shrewsbury Metro Station. This will be about a 20-mile ride on mostly paved surfaces. Optional lunch at a local Greek restaurant afterwards.

Biking 544

Wednesday, Aug 5, 8:30, Free

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 1118

Wednesday, Jul 8-Aug 26, 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. Pre-registration required before the session begins in order to attend. **Please note:** Participants must have a minimum of 9-12 consecutive months previous Pilates experience, prior instructor approval, and supply their own mat.

Clayton Oasis 1120

Wednesday, Jul 8-Aug 26, 2:30-3:30

Fee: \$60; Sessions: 8

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 1122

Monday, Jul 6-Aug 31, 12:00-1:00

Fee: \$52.50; Sessions: 7. No class Aug 10 & 24.

Osteoporosis Class

Christi Gleason, Certified Fitness Instructor



Infuse practices from Eastern tradition, such as medical qigong and yoga, with Western science to slow down and help reduce bone loss. The techniques have

been proven to rejuvenate bone marrow, generating bones that are stronger and more flexible. If you have been diagnosed with osteoporosis or osteopenia, this class may be just what you are looking for.

Clayton Oasis 1105

Monday/Wednesday, Jun 17-Jul 15, 1:00-2:00

Fee: \$67.50; Sessions: 9

Clayton Oasis 1106

Monday/Wednesday, Jul 20-Aug 31, 1:00-2:00

Fee: \$75; Sessions: 10. No class Aug 10, 12 & 24.

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.

Move by BJC 1502

Monday/Wednesday, Jun 15-Jul 22, 9:00-10:00

Fee: \$90; Sessions: 12

Move by BJC 1503

Monday/Wednesday, Jul 27-Aug 26, 9:00-10:00

Fee: \$75; Sessions: 10

New Northside Family Life Center 1504

Tuesday/Thursday, Jun 23-Aug 13, 9:00-10:00

Free; Sessions: 16

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 1116

Friday, Jul 10-Aug 28, 9:00-10:00

Fee: \$60; Sessions: 8

Strengthen and Stretch

Instructed by Certified Fitness and Yoga 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.

Clayton Oasis 1102 Tuesday/Thursday, Jun 18-Jul 23, 10:30-11:30 Fee: \$82.50; Sessions: 11	Clayton Oasis 1103 Tuesday/Thursday, Jul 28-Aug 27, 10:30-11:30 Fee: \$75; Sessions: 10
Clayton Oasis 1110 Monday, Jul 6-Aug 31, 10:30-11:30 Fee: \$60; Sessions: 8. <i>No class Aug 24.</i>	Clayton Oasis 1112 Wednesday, Jul 8-Aug 26, 10:30-11:30 Fee: \$60; Sessions: 8
Clayton Oasis 1114 Friday, Jul 10-Aug 28, 10:30-11:30 Fee: \$60; Sessions: 8	

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).



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.

Thomas Dunn Learning Center 1546

Tuesday/Thursday, Jun 2-Aug 6, 11:00-12:00
Free; Sessions: 20

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.

Penny Moskus, Certified Fitness Instructor

Clayton Oasis 1108

Thursday, Jul 9-Aug 27, 1:30-2:30
Fee: \$60; Sessions: 8

Donna Jones, 500 RYT

New Northside Family Life Center 1509

Friday, Jul 10-Aug 28, 11:00-12:00
Free; 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.

New Northside Family Life Center 1507

Wednesday, Jul 1-Aug 26, 10:00-10:45
Free; Sessions: 9

Tai Chi for Arthritis for Fall Prevention: Advanced

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 1744

Monday/Thursday, Jun 1-Jul 16, 10:30-11:30
Fee: \$90; Sessions: 12. No class Jun 29 & Jul 2.

Chesterfield City Hall 1745

Monday/Thursday, Jul 20-Aug 27, 10:30-11:30
Fee: \$90; Sessions: 12

New Northside Family Life Center 1562

Tuesday/Thursday, Jun 2-Aug 6, 12:10-1:00
Free; Sessions: 20

AARP | 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.

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.

Thomas Dunn Learning Center 1548 Tuesday/Thursday, Jun 2-Aug 6, 10:00-11:00 Free; Sessions: 20	Divoll Library 1549 Monday/Wednesday, Jun 1-Aug 5, 12:00-1:00 Free; Sessions: 20
Chesterfield City Hall 1741 Monday/Thursday, Jun 1-Jul 16, 9:15-10:15 Fee: \$90; Sessions: 12. <i>No class Jun 29 & Jul 2.</i>	Chesterfield City Hall 1742 Monday/Thursday, Jul 20-Aug 27, 9:15-10:15 Fee: \$90; Sessions: 12
Florissant Senior Dining Center 1541 Monday/Wednesday, Jun 1-Jul 1, 11:00-12:00 Fee: \$40; Sessions: 10	Florissant Senior Dining Center 1542 Monday/Wednesday, Jul 6-Aug 26, 11:00-12:00 Fee: \$64; Sessions: 16
Olivette Community Center 1545 Monday/Wednesday, Jul 27-Aug 26, 2:45-3:45 Fee: \$75; Sessions: 10	Olivette Community Center 1544 Monday/Wednesday, Jun 15-Jul 22, 2:45-3:45 Fee: \$90; Sessions: 12
New Northside Family Life Center 1561 Monday/Wednesday, Jun 1-Aug 26, 11:00-12:00 Free; Sessions: 26	New Northside Family Life Center 1559 Tuesday/Thursday, Jun 2-Aug 6, 11:00-12:00 Free; Sessions: 20

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

BJC Behavioral Health
BJC Corporate Health Services
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Health

BJC HealthCare

The health programs listed on **pages 37-41** are provided in part by BJC HealthCare hospitals.

Welcome to Medicare

Wilma Schmitz, CLAIM Regional Liaison/Trainer



“Welcome to Medicare” focuses on topics important to people who will soon be eligible to enroll in Medicare for the first time. Presented will be an overview of

Medicare Parts A & B, the Prescription Drug Plan (part D), Advantage Plans and Supplemental Plans (Medi-gap). Additional topics include free Medicare Preventive and Wellness Services and financial assistance programs. Handouts will be available and questions are encouraged. This program is not connected with any private insurance organization.

Clayton Oasis 800

50 Gay Ave, Clayton, MO 63105

Monday, Aug 24, 10:00-11:30, Free

Fighting Fatigue

Debbie Gentry, PT



Low energy can greatly impact lives physically, emotionally and socially. Learn about the causes of fatigue, its impact on function and how to fight it.

Afton Aging Ahead

8520 Mackenzie Rd, Afton, MO 63123

Friday, Jul 24, 1:00-3:00, Free

To register, please call 314.996.5433.

Florissant Senior Dining Center

621 Rue St. Francois, Florissant, MO 63031

Monday, Aug 17, 1:00-3:00, Free

To register, please call 314.747.9355.



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.

Grant's View Branch Library

9700 Musick Ave, St. Louis, MO 63123

Monday, Jul 6-Aug 17, 10:00-12:30

Free, Sessions: 7

To register, please call 314.996.5433.

Thomas Dunn Learning Center 4532

3113 Gasconade St, St. Louis, MO 63118

Tuesday, Aug 11-Sep 22, 10:00-12:30

Free, Sessions: 7

To register, please call 314.862.4859, ext. 24.

Standing Tall—Tips for Improving Your Posture

Katherine Meirink, PT



Did you know poor posture can be a cause of pain, can lead to organ problems and can make you look older? Learn from a physical therapist how to check your own

posture along with techniques to instantly improve your posture. You will also learn important posture exercises and about devices you can use to make you stand tall.

Maryland Heights Community Center 4200

2300 McKelvey Rd, Maryland Heights, MO 63043

Tuesday, Jun 16, 10:00-11:30, Free

To register, please call 314.862.4859, ext. 24.



Kick the Aches 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 focus more on the lower body.

Chesterfield City Hall

690 Chesterfield Parkway W, Chesterfield, MO 63017

Tuesday, Jun 23, 10:00-11:30, Free

To register, please call 314.996.5433.

The More You Know, the Less You Go!

Sarah Heady, OT

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

Oak Bend Branch Library

842 S Holmes Ave, St. Louis, MO 63122

Wednesday, Aug 12, 10:00-12:00, Free

To register, please call 314.996.5433.



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.

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.

Daniel Boone Branch Library

300 Clarkson Rd, Ellisville, MO 63011

Thursday, Jul 2-Aug 13, 10:00-12:30, Free, Sessions: 7

To register, please call 314.996.5433.

Florissant Senior Dining Center

621 Rue St Francois, Florissant, MO 63031

Monday, Jul 6-Aug 17, 2:00-4:30, Free, Sessions: 7

To register, please call 314.747.9355.

Kisker Road Branch

1000 Kisker Rd, St. Charles, MO 63304

Thursday, Aug 6-Sep 17, 1:00-3:30, Free, Sessions: 7

To register, please call 636.928.9355.

Aging in Place While Aging with Grace

Jessica Rector, OT

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

Thomas Dunn Learning Center 4511

3113 Gasconade St, St. Louis, MO 63118

Thursday, Aug 6, 1:00-3:00, Free

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

I'm Over 50. Is Exercise Still Important?

Monday, Jun 1, 10:00-11:00, Free

Technology Today

Monday, Jul 6, 10:00-11:00, Free

Birds on a Wire

Monday, Aug 3, 10:00-11:00, Free

To register, please call 314.996.5433.

10 Warning Signs of Alzheimer's

Alzheimer's Association



Learn about typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process and Alzheimer's Association resources.

New Northside Family Life Center 4509

5939 Goodfellow Blvd, St. Louis, MO 63147

Monday, Jul 20, 10:00-12:00, Free

To register, please call 314.862.4859, ext 24.

Matter of Balance

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.

Florissant Senior Dining Center

621 Rue St. Francois, Florissant, MO 63031

Tuesday, Jun 2-Jul 21, 10:00-12:00

Free; Sessions: 8

To register, please call 314.747.9355.

HouseFit 4554

3809 Lemay Ferry Rd, St. Louis, MO 63125

Wednesday, May 27-Jul 15, 1:00-3:00

Free; Sessions: 8

To register, please call 314.862.4859, ext 24.

Kathryn Linnemann Branch Library

2323 Elm St, St. Charles, MO 63301

Monday, Jul 6-Aug 24, 3:00-5:00

Free; Sessions: 8

To register, please call 636.928.9355.

THE HEIGHTS

8001 Dale Ave, St. Louis, MO 63117

Tuesday, Jun 2-Jul 21, 1:00-3:00

Free; Sessions: 8

To register, please call 314.996.5433.

All About Artificial Sweeteners

Emily Barbee, Field Specialist in Nutrition & Health



New research is constantly released on how the food we eat impacts diabetes risk and management. Learn the latest on the role of artificial sweeteners and

sugar on your health from a Registered Dietitian. Registration for lunch for participants 60 and older are at the suggested donation of \$5.00. Participants under sixty pay full price at \$10.00.

Jamestown Bluffs Branch Library

4153 N Hwy 67, Florissant, MO 63034

Friday, Jun 5, 10:00-11:00, Free

To register, please call 314.994.3300.



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.

St. Peters Hospital Medical Office Bldg 1, Room 108A
 6 Jungermann Cir, St. Peters, MO 63376

Friday, Jul 17, 9:00-1:00, Fee: \$20-25

To register, please call 636.928.9355.

Fit for Function

Pam Gonzales, PT

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

Middendorf-Kredell Branch Library
 2750 State Hwy K, O'Fallon, MO 63368

Thursday, Jul 30, 9:30-11:30, Free

To register, please call 636.928.9355.

Osteoporosis Do's and Don'ts of Everyday Movement

Katherine Meirink, PT



If you have osteoporosis or osteopenia did you know some of your daily movements could cause a fracture? Learn how osteoporosis fractures happen and

how to avoid them with simple modifications to your everyday movements. Learn to use your joints wisely and protect your bones and joints from unnecessary injuries.

Jamestown Bluffs Branch Library

4153 N Hwy 67, Florissant, MO 63034

Wednesday, Jun 3, 10:00-12:00, Free

To register, please call 314.747.9355.

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.

Missouri Baptist Medical Center - CLI Room 421

3015 N Ballas Rd, St. Louis, MO 63131

Thursday, Jun 4, 10:00-12:00, Free

To register, please call 314.996.5433.



BIRTHDAYS LOOK A LITTLE DIFFERENT THESE DAYS.

Want to celebrate from afar and give a meaningful gift? Consider making a donation to Oasis in honor of someone's birthday at oasisnet.org/donate.

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>Manchester United Methodist Church 4572 129 Woods Mill Rd, Manchester, MO 63011 Monday/Wednesday, Jun 8-Aug 26, 9:00-9:45 Fee: \$24; Sessions: 24 No class May 25 & 27, Jun 1 & 3. To register, please call 314.862.4859, ext. 24.</p>	<p>St. Paul AME Church 4580 1260 Hamilton Ave, St. Louis, MO 63112 Tuesday/Thursday, Jun 2-Jul 30, 9:30-10:15 Fee: \$14; Sessions: 14 No class Jun 16 & 18, Jul 21 & 23. To register, please call 314.862.4859, ext. 24.</p>
<p>Bellefontaine United Methodist 4579 10600 Bellefontaine Rd, St. Louis, MO 63137 Monday/Wednesday, Jun 1-Aug 26, 9:30-10:15 Fee: \$26; Sessions: 26 To register, please call 314.862.4859, ext. 24.</p>	<p>Booth Manor 4573 3131 Iowa Ave, St. Louis, MO 63118 Tuesday/Friday, Jun 9-Aug 14, 1:00-1:45 Free; Sessions: 19. No class Jul 3. To register, please call 314.862.4859, ext. 24.</p>
<p>New Northside Family Life Center 4570 5939 Goodfellow Blvd, St. Louis, MO 63147 Tuesday/Thursday, Jun 2-Aug 27, 10:00-10:45 Free; Sessions: 26 To register, please call 314.862.4859, ext. 24.</p>	<p>Florissant Senior Dining Center 4589 621 Rue St. Francois, Florissant, MO 63031 Monday/Wednesday, Jun 1-Aug 26, 9:30-10:15 Fee: \$26; Sessions: 26. No class May 25. To register, please call 314.862.4859, ext. 24.</p>
<p>Manchester United Methodist Church 4584 129 Woods Mill Rd, Manchester, MO 63011 Tuesday/Thursday, Jun 9-Aug 20 Tuesday: 10:30-11:15, Thursday: 12:45-1:30 Fee: \$20; Sessions: 20. No class Jun 2, 4, 23 & 25. To register, please call 314.862.4859, ext. 24.</p>	



DID YOU KNOW OASIS HAS AN AMAZON WISH LIST?

You can purchase items we need by clicking here:

smile.amazon.com/hz/charitylist/lr/2RH2MWAMMOAOT/ref=smi_ext_lnk_lcl_cl

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, Christian Hospital and Alton Memorial Hospital. Initial Medicare training classes will be starting soon. **Contact Juliet at 314.862.2933, ext. 273 or by email at jsimone@oasisnet.org.**

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.

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 individuals who are retired or approaching retirement 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. Give 5 participants must live in Clayton, Missouri.

Clayton Oasis 171

July/August 2020, Free, Sessions: 5

To register, please call 314.862.4859, ext. 24.

Clayton Oasis Administration Volunteers Wanted

Jump into the heart of the Oasis organization where events, classes and business happens. As an added bonus, earn credit toward free classes! The Clayton Oasis office is seeking professional, friendly volunteers to help with answering phones and making calls, taking registrations, doing data entry, assisting with events and providing a helping hand as needed. We have morning and afternoon shifts, Monday through Friday. Earn credit toward free classes! If you are friendly, flexible, reliable, have computer skills and would like to spend some time getting to know Oasis staff and current volunteers to learn about our organization from the inside, please consider becoming an Administrative Volunteer. Join us at Clayton Oasis on Monday, June 1 at 10:00 to learn more. Meet the staff, tour the facility and get details about becoming an Administrative Volunteer. Ready to get started? Stay from 11:00-12:00 for some hands-on training! Light refreshments provided.

Clayton Oasis 172

Friday, Sep 11, 10:00-12:00

If interested, please call 314.862.4859, ext. 23.

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, Apr 28-Jun 16	10:30-11:30a	34121
Thursday, Apr 30-Jun 18	10:30-11:30a	34124
Tuesday, Jun 23-Aug 11	10:30-11:30a	34137
Thursday, Jun 25-Aug 13	10:30-11:30a	34138

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, Apr 27-Jun 17	8:30-9:25a	33857
Tue/Thu, Apr 28-Jun 18	8:30-9:25a	33858
Mon/Wed, Jun 22-Aug 12	8:30-9:25a	33873
Tue/Thu, Jun 23-Aug 13	8:30-9:25a	33915

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, Apr 28-Jun 16	11:00-12:00p	33862
Tuesday, Jun 23-Aug 11	11:00-12:00p	33870

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, Apr 28-Jun 16	7:15-8:15a	34123
Tuesday, Apr 28-May 26	9:15-10:15a	34118
Thursday, Apr 30-Jun 18	7:15-8:15a	34120
Thursday, Apr 30-May 28	9:15-10:15a	34113
Saturday, May 2-Jun 20	8:00-9:00a	34117
Tuesday, Jun 23-Aug 11	7:15-8:15a	34134
Thursday, Jun 25-Aug 13	7:15-8:15a	34135
Saturday, Jun 27-Aug 15	8:00-9:00a	34136

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, Apr 27-Jun 15	10:30-11:30a	34115
Wednesday, Apr 29-Jun 17	10:30-11:30a	34111
Friday, May 1-Jun 19	10:30-11:30a	34114
Monday, Jun 22-Aug 10	10:30-11:30a	34128
Wednesday, Jun 24-Aug 12	10:30-11:30a	34129
Friday, Jun 26-Aug 14	10:30-11:30a	34130

SERVICE CHANGES DUE TO COVID-19: Changes, closures and cancellations have occurred to many of Clayton's facilities, meetings, events and services in response to the COVID-19 pandemic. We continue to follow the guidance offered by the U.S. Centers for Disease Control and Prevention (CDC), St. Louis County Health Department, and other federal and state authorities.

Intergenerational Tutoring

It's a Fact! Volunteering is good for you!



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?

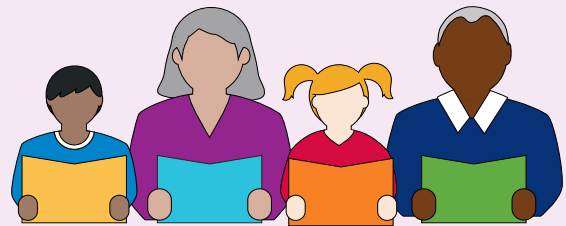
Tutors are asked to meet with the same child, for up to one hour, at least once a week for the entire school year.

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.

So You Want to Be a Tutor?

Attend one of our upcoming information sessions. In each session, there will be an overview of the program, samples of literacy curriculum materials and an informal question/answer opportunity with some of our current tutors. Please note: Sessions are not replacements for tutor training. They serve as brief introductions to the tutoring program. Register for one of our four information sessions listed below. Registration is requested due to limited space.

North County 7100

Maryland Heights Community Center
2300 McKelvey Rd, Maryland Heights, MO 63043
Date to be determined

St. Charles County 7300

City of St. Charles School District Admin Building
400 North 6th St, St. Charles, MO 63301
Wednesday, Jul 22, 10:00-11:30, Free

Jefferson County 7400

Fox School District, Fox Service Center
849 Jeffco Blvd, Arnold, MO 63010
Tuesday, Jul 30, 10:00-11:30, Free

East St. Louis 7600

East St. Louis Public Library
5300 State St, East St. Louis, IL 62203
Tuesday, Jul 28, 10:00-11:30, Free



Oasis Tutoring surveys support the facts:



100% of Tutors responding to the survey feel volunteering in the Oasis Tutoring Program has added a purposeful element to their lives.

96% of Tutors responding plan to continue volunteering in the Oasis Tutoring Program.

99% of Tutors responding perceive a better attitude toward school from their students since the beginning of the school year.



99% of Principals responding feel Oasis Tutors added a positive element to their school community.

96% of Teachers responding report an improved attitude toward language arts in their students with an Oasis Tutor.

95% of Teachers responding report improved confidence and self-esteem among students with an Oasis Tutor.



92% of Teachers responding reported improved overall academic performance among students with an Oasis Tutor.

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



The world is facing a challenge not seen in our lifetime. Without question, every single one of us has been impacted by COVID-19 igniting a global pandemic threatening public health, the economy, and instigating disorienting changes to the way we live.

Oasis programs reduce social isolation among older adults, which runs contrary to the health risk reduction mandate to maintain social distancing. Although we have suspended all in-person programs nationwide, each Oasis Center has created new opportunities to keep your minds and bodies healthy and active. Oasis is dedicated to staying in touch with our participants during COVID-19.

We are transitioning from in-person classes to an online platform. *Zoom Video Communications* is the chosen service for all Oasis Centers for its reliability, ease of use and accessibility. It's free to download to any mobile or desktop device.

Upstate Oasis in Syracuse, NY and Los Angeles Oasis

Fitness classes online through *Zoom Video*, including Tai Chi and *Total Fitness*.

Indianapolis Oasis

Aging Mastery Program (AMP) online through *Zoom Video* is a 10-class program that encourages people to create their own playbook for aging well.

San Antonio Oasis

Weekly podcast series on topics ranging from meditation, community resources, and social isolation.

Washington Metro Oasis (DC)

Online discussion groups through *Zoom Video*, as well as several arts and humanities classes.

Rochester Oasis

Online *Zoom Video* classes and community resources for exercise programs, book recommendations, and information from Rochester Regional Health.

St. Louis Oasis

Offers its discussion-based program *Conversations that Count* via phone and online classes through *Zoom Video*.

San Diego Oasis

Online classes through *Zoom Video* covering topics on COVID-19, current events, and technology.

Albuquerque Oasis

Online History classes through *Zoom Video* and communication with tutors, providing them activities and professional development.

During these challenging times, Oasis is glad to provide new ways for you to be involved.

To find out more or to join Oasis for a program in your area, visit www.oasisnet.org.



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



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	Are you a U.S. military veteran?
<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other	<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.

Mail-In Registration Form

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

Name

Phone

Email

Address

City, State, ZIP

May we email you your registration receipt? Yes No

[illegible]

Waiver of Liability

I release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis, including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that the Oasis mailing list may be used by Oasis sponsors for educational mailings. I understand that participants in Oasis programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff. I give permission for The Oasis Institute to photograph or videotape me and to use my name, and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

By (Signature): _____ Date of Birth: _____ Date: _____

Community Locations

AgeSmart

801 W State St
O'Fallon, IL 62269

Aftton Aging Ahead

8520 Mackenzie Rd
Aftton, MO 63123

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

Buder Library

4401 Hampton Ave
St. Louis, MO 63109

Campbell House Museum

1508 Locust St
St. Louis, MO 63103

Chesterfield City Hall

690 Chesterfield Pkwy W
Chesterfield, 63017

Christ Our Redeemer

13820 Old Jamestown Rd
Florissant, MO 63033

Circus Flora

3401 Washington Blvd
St. Louis, MO 63103

City of St. Charles School

District Admin Building
400 North 6th St
St. Charles, MO 63301

Clayton Oasis

50 Gay Avenue
Clayton, MO 63105

Cliff Cave Branch Library

5430 Telegraph Rd
St. Louis, MO 63129

Contemporary Art Museum

3750 Washington Blvd
St. Louis, MO 63108

Crestview Senior Living

8660 Grant Rd
Crestwood, MO 63123

Creve Coeur Park

13450 Marine Ave
St. Louis, MO 63146

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

Eads Square Apartments

2700 Henrietta Ave
St. Louis, MO 63104

East St. Louis Public Library

5300 State St
East St. Louis, IL 62203

Eden Seminary

475 E Lockwood Ave
St. Louis, MO 63119

Endangered Wolf

Center Adventure
6750 Tyson Valley Rd
Eureka, MO 63025

Escape From St. Louis

7403 Manchester Rd
Maplewood, MO 63143

Florissant Senior

Dining Center
621 Rue St Francois
Florissant, MO 63031

Forest Park Visitor Center

5595 Grand Dr
St. Louis, MO 63112

Fox School District

Fox Service Center
849 Jeffco Blvd
Arnold, MO 63010

Frank Lloyd Wright -

Kraus House
120 N Ballas Rd
St. Louis, MO 63122

Grant's View

Branch Library
9700 Musick Ave
St. Louis, MO 63123

HouseFit

3809 Lemay Ferry Rd
St. Louis, MO 63125

Jamestown Bluffs

Branch Library
4153 N Hwy 67
Florissant, MO 63034

Kathryn Linnemann

Branch Library
2323 Elm St
St. Charles, MO 63301

KDHX

3524 Washington Ave
St. Louis, MO 63103

Kirkwood Community Center

111 South Geyer Road
Kirkwood, MO 63122

Kisker Road

Branch Library
1000 Kisker Rd
St Charles, MO 63304

Manchester United

Methodist Church
129 Woods Mill Rd
Ballwin, 63011

Maryland Heights

Community Center
2300 McKelvey Rd
Maryland Heights, MO 63043

Middendorf-Kredell

Branch Library
2750 State Hwy K
O'Fallon, MO 63368

Mirowitz Center

8 Millstone Campus Dr
St. Louis, MO 63146

Missouri Baptist

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

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 Community Center

9723 Grandview Dr
Olivette, 63132

Pavilion at Lemay

305 Gregg Rd
St. Louis, MO 63125

Pere Marquette

13653 Lodge Blvd
Grafton, IL 62037

Saint Louis

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

St. Ann Police Department

10405 St. Charles Rock Rd
St Ann, MO 63074

St. Louis Altenheim

5408 S Broadway
St. Louis, MO 63111

St. Paul AME Church

1260 Hamilton Ave
St. Louis, MO 63112

STAGES St. Louis

111 South Geyer Rd
Kirkwood, MO 63122

Stupp Center -

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

The Brentwood

Community Center
2505 S Brentwood Blvd
Brentwood, MO 63144

The Griot Museum

of Black History
2505 St. Louis Ave
St. Louis, MO 63106

THE HEIGHTS

8001 Dale Ave
St. Louis, MO 63117

The J - Chesterfield

16801 Baxter Rd
Chesterfield, MO 63005

The Old Courthouse

11 North 4th St
St. Louis, MO 63101

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3113 Gasconade St
St. Louis, MO 63118

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

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1 Coffey Park Ln
Eureka, MO 63025

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We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes that are listed below include donations made from **October 16, 2019 through February 11, 2020.**

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

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All donors who make planned gifts to Oasis are recognized as members of our prestigious Legacy Circle. Being a member of the Oasis Legacy Circle is one of the most important ways that you can express your commitment to the mission of Oasis. The legacy gifts that are listed to the right include donations from **October 16, 2019 through February 11, 2020.**

Carol Krugle,
The Estate of John B. Kach

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Check out **page 30** for details!