

VIRTUAL LIFELONG ADVENTURES

in a time of change



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As the world changes, we are continuing our mission of lifelong learning, health and volunteerism in new ways. This mini Oasis catalog is an invitation to join us as we move our learning opportunities into a **virtual format** for the fall on Zoom video. Visit us at www.stloasis.org to view all of our programs, to register and more!

Here's a sample of the exciting programs coming your way!



Arts & Entertainment

Titian: Master of the Venetian School

Betsy Solomon, MA, Art Historian



One art critic described Titian's style as "the greatest handling of paint on canvas – dragged, scumbled, splodged, impasto and glaze." Learn why Venetians of the 16th century called him "the sun amidst small stars." See more classes by Betsy at www.stloasis.org!

ZOOM 9100 | Wednesday, Sep 16, 10:00-11:30, Fee: \$15

More Arts & Entertainment Classes:

- French Rococo Art
- Feminist Art History: Part II
- Art Nouveau: The Movement's Philosophy, Influence & Actions
- Women Artists of the 17th & 18th Century
- Georgia O'Keeffe: Art, Age & Innovation
- Images of the Nativity Story in Art



Current Events

Sweet Dreams: The Science of Sleep

Timothy Bono, PhD, Washington University



Getting a good night's sleep on a regular basis is one of the most important contributors to one's overall psychological health. Explore the important work the brain does while we sleep, the natural rhythms of sleep and what we can do to feel more well-rested.

ZOOM 9201 | Monday, Nov 9, 1:00-2:00, Fee: \$15

More Current Events Classes:

- The Genealogical Adam & Eve: The Surprising Science of Universal Ancestry
- Critical Thinking and Media
- Global Leadership
- Philosophical Café
- Roundtable Discussion Groups
- Creating Joy: The KonMari Method of Tidying Up



History

Dorothea Lange: Democracy's Photographer

Joan Musbach, MA



She was one of America's first documentary photographers. Learn about Dorothea Lange's life beyond her iconic "Migrant Mother" photograph and how her work intersects with major events and crises of the 20th Century – from polio to the Cold War.

ZOOM 9316 | Monday, Sep 28 & Oct 5, 1:00-2:00
Fee: \$30; Sessions: 2

More History Classes:

- The New York City Draft Riots, July 1863
- Ulysses S. Grant and the 15th Amendment
- 1968
- The French Revolution
- 1849 – The Year That Nearly Broke St. Louis' Back
- Crime Time: St. Louis History of Gangsters, Hoodlums, Murder & Vice



Literature

Meet the Author: The Last Children of Mill Creek

Vivian Gibson, MA, Author



Vivian Gibson grew up in Mill Creek, a neighborhood of St. Louis razed in 1959 to build a highway. The stories of her family, friends, church and community live on in her recently published memoir, including her mother who moved to St. Louis as part of the Great Migration. Reflect upon what it means that Mill Creek was destroyed by racism and “urban renewal.”

ZOOM 9401 | Friday, Sep 4, 10:30-11:30, Fee: \$10

More Literature Classes:

- Contemporary Short Stories with Matthew Shipe
- Oldest St. Louis: A New Book by NiNi Harris
- Discussion Group for Writers with Kim Lozano
- Candymen: The Story of Switzer's Licorice by Patrick Murphy
- Meet the Author: The Keys to The Kingdom An Illustrated Timeline of the Kansas City Chiefs



Health

St. Louis Oasis offers virtual health programs accessible by phone or online. Enjoy free programs like Conversations that Count, Fall Prevention, Chronic Disease Self-Management and Dietary Supplements. Don't have an email address? No problem. We will provide you with a dial-in number to access programs.

Calls About Falls

Oasis Community Health Facilitators

Connect with friends and neighbors while learning about fall risk factors and prevention techniques through a weekly six-session discussion series accessible via phone or Zoom. Topics are interactive and open to all.

ZOOM 4515 | Friday, Oct 2-Nov 6, 11:00-12:00, Free; Sessions: 6

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

ZOOM 4538 | Wednesday, Sep 16-Oct 28, 10:00-12:30
Free; Sessions: 7

Take the Mystery Out of Dietary Supplements

Kim Hoff, Pharm D, BCPS, BCACP, CDE

You'll take the mystery out of supplementations when you learn about vitamins A-Z! Get tips on indications, administration, interactions, benefits and risks.

ZOOM 4503 | Thursday, Oct 8, 10:00-12:00, Free



Exercise

Strengthen & Stretch

Penny Moskus, Certified Fitness Instructor

Low-impact aerobics, strength training, flexibility and balance exercises - a total body workout! The ability to move freestanding without use of a chair is necessary. Floorwork is optional. Have a sturdy chair available for use. This class will be interactive, allowing the instructor and other participants to see and hear you.

ZOOM 1524 | Monday/Wednesday, Sep 2-Oct 7, 12:00-1:00
Fee: \$60; Sessions: 10. No class Sep 7.

ZOOM 1525 | Monday/Wednesday, Oct 12-Nov 11, 12:00-1:00
Fee: \$60; Sessions: 10

ZOOM 1526 | Monday/Wednesday, Nov 16-Dec 9, 12:00-1:00
Fee: \$48; Sessions: 8

More Exercise Classes:

- Better Balance
 - Beginning Pilates
 - Intermediate Pilates
 - Gentle Chair Yoga
 - Tai Chi for Arthritis for Fall Prevention
- ...and more!

Tribute Gifts

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes that are listed below include donations made from **February 12, 2020 through June 18, 2020.**

In Honor of Mary Curtis

Geoffrey Curtis

In Memory of Dr. Thomas G. Cole

Michael Singleton

Catherine Dixon-Kheir

Mrs. and Mrs. Joseph Blunt

Sabrina Bush

Ann Gay

Mr. and Mrs. Dennis and Mayra Sacco

Barbara Washington

In Honor of Dr. William Baak

Charles Thal

Will Shriner

Richard Hancock

Professor Yildirim and Mrs. Ferda Omurtag

Michael and Michelle Hunn

Glenn and Gail Ankenbrand

Mike and Ingrid Pregler

Elizabeth and Larry Schmitt

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

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

Although we don't know what the coming school year will look like yet...

We know that your help will be needed *more than ever.*

If you are interested in becoming an Oasis Tutor for the 2020-2021 school year please call us at 314.995-9506 and leave your contact information. An Oasis Tutoring staff member will return your call.

For more information about the Intergenerational Tutoring program, **please visit the Oasis Tutoring website: tutoring.oasisnet.org.**



Sponsors

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and Community Service

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Charitable Trust, U.S. Trust,
Bank of America, N.A., Trustee

Margaret Blanke Grigg Foundation

Marillac Mission Fund

Maritz, Inc.

Mary Ranken & Ettie Jordan Charitable
Foundation, U.S. Bank, N.A., Trustee

May & Stanley Smith Charitable Trust

National Council on Aging,
Aging Mastery Program

Norman J. Stupp Foundation,
Commerce Bank, Trustee

Productive Living Board of
St. Louis County (PLB)

RRF Foundation for Aging

The Saigh Foundation

Senior Fund City of St. Louis

Stanley & Lucy Lopata Charitable
Foundation

State of Illinois Department of Aging

The Trio Foundation of St. Louis

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



New to Zoom? *No problem!*

Zoom Video is a video conferencing program that enables you to meet with people virtually. Oasis is here to help you learn how to use Zoom so you can participate in the many online opportunities for education, socialization and exercise. These classes will teach you how to use the Zoom tool bar to control your camera, microphone and to interact with Oasis Everywhere instructors and other participants. These sessions will help you get connected, whether you will use Zoom on a computer – laptop or desktop – or a mobile device, like a smartphone or tablet.

Computer - Zoom 9601

Friday, Sep 18, 3:00-3:50, Free

Computer - Zoom 9602

Friday, Oct 16, 3:00-3:50, Free

Computer - Zoom 9603

Friday, Nov 13, 3:00-3:50, Free

Mobile Device - Zoom 9604

Friday, Sep 18, 4:00-4:50, Free

Mobile Device - Zoom 9605

Friday, Oct 16, 4:00-4:50, Free

Mobile Device - Zoom 9606

Friday, Nov 13, 4:00-4:50, Free

Visit www.stloasis.org or call 314.862.4859, ext. 24 to register or for details.