STAYING VITAL
BY
going virtual

www.stloasis.org
If you think about where we were this time last year, you might find yourself releasing a heavy sigh. So, let’s not! Instead, let’s focus on how we can make the best of an unthinkable situation by taking a deeper dive into our options. Many organizations will not resume in-person programming until there is a vaccine as readily available to every American as the Flu vaccine. As a result, we will continue offering virtual lifelong learning, health and exercise programs until further notice. So, no more holding out for in-person options — we are moving forward — discovering more and more ways to get creative and have the best contact-free experiences possible.

First, Oasis plans to continue offering quality programs virtually through the summer. This allows us to champion learning and healthy activities in a safe space. Second, we welcome each of you to participate online and engage with others who are already a part of the Oasis community. We are committed to surviving and thriving together during these challenging times.

Choose to make 2021 brighter with Oasis by becoming more active, taking control of your health, learning something new and staying connected. It’s easy – visit www.stloasis.org and check out all of our online class options.

“Oasis virtual classes allow me to continue to expand my mind and connect with new people during this unusual time. The classes are so convenient that I will continue to seek them out even when we are back to normal. I love volunteering for Oasis because it adds some structure to my retired life, allows me to meet and get to know so many new people, and pushes me to keep learning.”
— Linda Schumacher
Oasis participant and instructor

“I enjoy not having to drive from one place to another to try to do more than one class in a day. Today, I actually participated in three classes. I can do so much more online at home!”
— Shelly Solomon
Oasis participant and instructor

“When you look at the quality of the courses that Oasis produces that are like a university-level class, Oasis is a real bargain.”
— Jon Dehner
Oasis participant

Onward, Upward and Online
Education/Lifelong Learning Classes
January and February are so full of great learning opportunities with St. Louis Oasis. We couldn’t fit them all into this mailer! Explore The Biology of Race with a Washington University Professor; learn how delicious vegan food can be from the famed STL Veg Girl; study the life of Robber Baron Cornelius Vanderbilt with a noted history lecturer or discuss Fake News with an expert on media persuasion. Hang out online with top-notch instructors like Johnny Rabbitt, Joan Musbach, Bev Schuetz, Ira Kodner, Katie Hagerty Young, Doug Schneider, Lucy Morros, Dr. Joshua Swamidas, David Hilditch, Kim Lozano, Sarah Umlauf, Mike Roberts, Betsy Solomon, Juli Niemann, Andrew Cooperman and more.

View and register for all Oasis programs by visiting us online at www.stloasis.org!
Oasis Tutors Are Still Needed

The pandemic continues to alter the look of education across the St. Louis area. For the health and safety of both our tutors and students, the Oasis Intergenerational Tutoring Program is now offering three new ways for tutors and students to stay connected until in-person tutoring resumes: Virtual Tutoring, Postal Pals Program or Direct to Consumer Tutoring. If you are currently an Oasis Tutor or have an interest in volunteering please leave a message on the Oasis Tutor voicemail: 314.995.9506 or visit https://tutoring.oasisnet.org.

Sources: John Hopkins Medicine & Centers for Disease Control and Prevention

These facts show why it is so important to remain mentally stimulated, physically active and socially connected. St. Louis Oasis is here to help make that happen!

Health Classes
Staying healthy doesn’t happen by coincidence. It requires smart lifestyle choices, work, check-ups, accountability and activity. Oasis is committed to helping you live a healthy life. Classes are absolutely FREE! So, connect with us online to get started.

Register for classes like:
- How to Become a Highly Motivated Diabetic
- Dietary Supplements
- Calls About Falls
- Living a Healthy Life with Chronic Conditions

Exercise Classes
If you want to improve your health, balance and coordination while strengthening your muscles, then join Oasis online for stimulating exercise classes taught by certified and well-trained instructors. Classes begin soon. Don’t delay.

Register for classes like:
- Balance Barre
- ExerStart
- Tai Chi for Arthritis for Fall Prevention
- Better Balance
- Strengthen and Stretch

LETS STAY TOGETHER
Email is how we stay connected.
We want to be sure we have your current email address so we can reach you! If you haven’t heard from us lately, please call 314.862.4859 ext. 24 so we can update our records and keep you in the loop.
Tribute Gifts

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes that are listed below include donations made from June 19, 2020 through October 22, 2020.

In Memory of Emma Weaver
Dr. Vanessa J. Weaver-Coleman
Joe Coleman
Brenda C. Weaver
Aaron K. Weaver
Barbara Gates
Melvin Thomas

In Memory of Eloise Chross
Ken Ashford
Kathy Greenhill

In Honor of Dr. William Baak
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The Preglers
David and Shirley Angen
Gail Buchanan
Esther Corley

In Memory of Lorene Pfeifer
Lori Deubner

In Memory of Arlene Kalishman
Ellen White
Sally Altman
Maxine Rockoff

In Memory of Theresa Loveless
Hillary Zimerman

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!

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

- **$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
**Sponsors**

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Graybar Foundation
Great Rivers Greenway
Jefferson Foundation
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National Council on Aging, Aging Mastery Program
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Senior Fund City of St. Louis
Stanley & Lucy Lopata Charitable Foundation
State of Illinois Department of Aging
St. Louis County Cares
The Trio Foundation of St. Louis

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Zoom Video enables you to meet with people virtually using a computer or mobile device. Oasis is here to help you understand Zoom so you can get active online – share and connect with others, learn and exercise. We will teach you to control your camera, microphone, chat and more. Choose a session based on if you will use a computer or mobile device, like a smartphone or tablet. Sessions are free.

New to Zoom? No problem!

Computer - Zoom 9601
Friday, Jan 22, 2:30-3:30, Free

Computer - Zoom 9603
Friday, Feb 19, 2:30-3:30, Free

Mobile Device - Zoom 9602
Friday, Jan 22, 4:00-5:00, Free

Mobile Device - Zoom 9604
Friday, Feb 19, 4:00-5:00, Free

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