

# OASIS ADVENTURES ONLINE & OUTDOORS



March — May 2021 | Course Catalog





# DEAR OASIS FRIENDS,

As I write this note in the second week of February, with three consecutive days forecasted at a low of zero degrees, it feels incomprehensible that spring is just around the corner. But it is. This uniquely challenging fall and winter for all of us will inevitably retreat as both the green shoots of spring and the impact of vaccinations blunt the pandemic and usher in return to a more “normal” life.

At Oasis, we are planning for this return to normalcy, with our eyes on early fall for the resumption of safe in-person classes and activities. If we have learned anything over the last year, it is that nothing is certain, that in-person connection is something we should never take for granted again, and that we are all responsible for each other's health.

The St. Louis Oasis team is eager to see you again learning in our classrooms, exercising with each other, walking and biking with us, and volunteering to support our classes and children throughout St. Louis. It is hard to imagine a green spring, or a reconnection in the fall, but it is coming, and we will make sure it happens responsibly and safely.



Warm regards,

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

Paul Weiss, PhD  
President, Oasis

## ST. LOUIS OASIS UPDATES

### About Us

St. Louis Oasis is part of a national nonprofit 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 encourage personal growth and service to the community. Oasis is a Guidestar Platinum Charity, member of the S&I 100 Index of top-performing nonprofits, and a Better Business Bureau of Eastern Missouri accredited charity.

### Membership

St. Louis Oasis relies on donors, grants and program revenue for financial support. Membership is free!

### Office Information

The St. Louis Oasis team of staff and volunteers continues to work remotely. Nevertheless, we are happy to hear from you. Got questions? Contact the Oasis office Monday through Friday from 9:30am to 3:30pm. We will respond to your call within 48 hours.

### Registration

Sign up today for your favorite Oasis classes! Meet us virtually using Zoom for online programs or meet us in the great outdoors in person for walks and tours. Visit [stloasis.org](https://stloasis.org) or call **314.862.4859, ext. 24** to learn more or to reserve your space. Registration is now open.

### Cancellation

Classes may be canceled due to inclement weather or if the minimum number of class participants is not met. In the event of a class cancellation or rescheduling, you will be notified by Oasis. All weather cancellations will be noted on the Oasis website, Facebook and office voicemail.

### Refund Policy

Class fees are non-refundable unless there is a medical emergency, a call to jury duty or Oasis cancels the program.

### Publication Notes

Unless noted, all images and graphics used in this publication are licensed by Oasis Institute and/or considered public domain, released under the Creative Commons (CCO) license.

“ I highly recommend Oasis outdoor programs! You get to meet up with friends, learn about the area you are hiking and get exercise, too! ”

—Donna Graef, Hiking Leader



# OUTDOOR ADVENTURES

## GET UP & GET GOING IN-PERSON

### Al Foster Trail #9530

Katie Wodell

9:30AM | **TUE, May 4**

Hiking | Free

### St. Vincent Greenway #9531

Linda Paunicka

9:30AM | **TUE, May 11**

Hiking | Free

### Deer Creek Greenway #9532

Pat Killian

9:30AM | **TUE, May 18**

Hiking | Free

### Meramec Greenway (Lower Meramec Park) #9533

Nancy Winter

9:30 | **TUE, May 25**

Hiking | Free

### The Mind & Body Connection —Walking in St. Louis #9534

Washington University OT  
Students & Donna Graef

9:30AM | **MON, March 22—April 19**

5 Hiking Sessions | Free

- The Centennial Greenway (Forest Park)
- Busch Greenway/Centennial Greenway (Katy Trail)
- Mississippi Greenway (Jefferson Barracks Park to River City Casino)
- Mississippi Greenway (Cliff Cave Park)
- Laumeier Sculpture Park

### Holly Hills Neighborhood Tour

NiNi Harris, Author & Historian

Limit 6 People Per Tour

Masks Required | \$30.00 Per Person

#9520

10:30AM–12:30PM | **WED, May 12**

#9521

10:30AM–12:30PM | **THU, May 13**

#9522

10:30AM–12:30PM | **FRI, May 14**

### Literary Tour of the Central West End

NiNi Harris, Author & Historian

Limit 6 People Per Tour

Masks Required | \$30.00 Per Person

#9523

10:30AM–12:30PM | **WED, May 26**

#9524

10:30AM–12:30PM | **THU, May 27**

#9525

10:30AM–12:30PM | **FRI, May 28**

### Yoga in Castlewood State Park #9535

Kathy Hanewinkel & Brenda Tripp

10–11AM | **WED, May 5**

\$7.00

\*Social distancing and mask required for all Outdoor Adventures.

Oasis Biking & Hiking programs are provided in partnership with Great Rivers Greenway.





# ONLINE ADVENTURES

## LIFELONG LEARNING

### **Was America Founded as a Christian Nation? #9305**

Joan Musbach  
10–11AM | **MON, March 1**  
\$10.00

### **How the Other Half Lived: Slavery at Grant's White Haven #9325**

Nick Sacco  
10–11AM | **TUE, March 2**  
\$10.00

### **Lost Generation #9332**

Katie Hagerty Young  
10–11AM | **WED, March 3 & 10**  
2 Sessions | \$20.00

### **Digging Up the 1904 World's Fair: Archaeology of St. Louis #9323**

Carol Diaz–Granados  
1–2PM | **MON, March 8**  
\$10.00

### **Japanese–American Internment #9306**

Joan Musbach  
10–11AM | **TUE & THU, March 9 & 11**  
2 Sessions | \$20.00

### **Art History: Dutch Baroque Masters #9106**

Chris Naffziger  
6–7PM | **WED, March 10–24**  
3 Sessions | \$30.00

### **Ulysses S. Grant and the Mexican American War #9334**

Ashton Farrell  
10–11AM | **MON, March 15**  
\$10.00

### **Our Own Oddities #9318**

Johnny Rabbit  
10–11AM | **TUE, March 16**  
\$10.00

### **The Life & Works of Antonio Barluzzi (1884–1960) #9310**

John Guenther  
10–11AM | **THU, March 25**  
\$10.00

### **Aaron Burr: The Man Who Shot Hamilton #9311**

Douglas E. Schneider  
1–2PM | **FRI, March 26**  
\$10.00

### **The Forgotten Empire of Byzantium #9330**

Andrew Michael Cooperman  
1–2PM | **TUE, March 30**  
\$10.00

### **Introduction to Mindfulness #9205**

Coke Hennessy  
10AM–12PM | **TUE, April 2**  
\$15.00

### **El Greco: A Painter of the Spirit #9105**

Betsy Solomon, MA Art History  
10AM–11:30AM | **WED, April 7**  
\$15.00

### **The Surrender of the Confederacy #9335**

Ashton Farrell  
10–11AM | **THU, April 8**  
\$10.00

### **The Impeachment of Andrew Johnson #9307**

Joan Musbach  
10–11AM | **MON, April 12**  
\$10.00

### **Understanding Humanism #9207**

Roy Overman  
1–2PM | **MON, April 12–26**  
3 Sessions | \$20.00

### **Foreign Policy of Revolutionary Iran #9333**

Katie Hagerty Young  
10–11AM | **WED, April 14 & 21**  
2 Sessions | \$20.00

### **History of Hotels & Motels in St. Louis #9319**

Johnny Rabbit  
10–11AM | **THU, April 15**  
\$10.00

### **The Architecture of Oslo, Bergen, Stavanger, & Points Between #9311**

John Guenther  
10–11AM | **THU, April 22**  
\$10.00

### **The Age of the Vikings #9331**

Andrew Michael Cooperman  
1–2PM | **TUE, April 27**  
\$10.00

### **Voices from the Past: The World's Fair Chronicle of Adele Quinette Phelps #9401**

Molly Kodner  
10–11AM | **FRI, April 30**  
\$10.00



## HEALTH

### **ROM Dance #4507**

Katherine Meirink  
10AM–12PM | **MON, March 1**

### **Living a Healthy Life #4522**

1–3:30PM | **MON, March 1–April 12**  
7 Sessions

### **Calls About Falls #4517**

11AM–12PM | **FRI, March 5–April 9**  
6 Sessions

### **Better Choices, Better Health —Diabetes #4523**

Leslie Bertsch  
1–3:30PM | **TUE, March 9–April 20**  
7 Sessions | Free

### **Dietary Supplements #4508**

Kimberly Hoff, Pharm D  
10AM–12PM | **THU, March 11**

### **Aging in Place While Aging With Grace #4509**

Jessica Rector  
1–2:30PM | **THU, March 18**

### **Free From Falls: A Physical Therapist's Perspective #4510**

Deb Gentry  
10AM–12PM | **TUE, March 23**

### **Kick the Aches of Arthritis #4511**

Athletico  
1–2:30PM | **TUE, March 30**

### **Stress Elimination #4512**

Kimberly Hoff, Pharm D  
10AM–12PM | **THU, April 8**

### **Standing Tall—Tips for Improving Your Posture #4513**

Katherine Meirink  
10AM–12PM | **MON, April 12**

### **All About Artificial Sweeteners #4514**

Leslie Bertsch  
10AM–12PM | **MON, April 19**

### **Hidden Truth About Pain #4515**

Kimberly Hoff, Pharm D  
10AM–12PM | **THU, April 29**

\*All Health classes are free to attend



All Online Adventures are on Zoom! Register now at  
**stloasis.org** or call **314.862.4859, ext. 24**

## EXERCISE

### **Intermediate Pilates #1533**

Heather Needleman  
11:45AM–12:45PM  
**TUE, March 2–April 27**  
9 Sessions | \$54.00

### **Beginning Pilates #1528**

Heather Needleman  
1:15–2:15PM  
**WED, March 3–April 28**  
9 Sessions | \$54.00

### **Intermediate Pilates #1530**

Heather Needleman  
2:30–3:30PM  
**WED, March 3–April 28**  
9 Sessions | \$54.00

### **Gentle Chair Yoga #1520**

Cindy Fernandez  
11:45AM–12:45PM  
**THU, March 4–April 29**  
9 Sessions | \$27.00

### **Relax & Renew Yoga #1518**

Cindy Fernandez  
9:30–10:30AM  
**FRI, March 5–April 30**  
9 Sessions | \$54.00

### **Strengthen & Stretch #1535**

Penny Moskus  
12–1PM | **FRI, March 5–April 30**  
9 Sessions | \$54.00

### **Tai Chi for Arthritis for Fall Prevention #1551**

Cindy Blair  
10–11AM  
**MON & WED, March 8–April 28**  
16 Sessions | \$96.00

### **Balance Barre #1523**

Vitality in Motion  
9–10AM  
**TUE & THU, March 23–April 29**  
12 Sessions | \$60.00

### **Better Balance #1516**

Maurie Cofman  
1–2PM  
**TUE & THU, March 23–April 29**  
12 Sessions | \$36.00

### **Strengthen & Stretch #1513**

Idaria Goodwin  
10:30–11:30AM  
**TUE & THU, March 23–April 29**  
12 Sessions | \$72.00

### **Strengthen & Stretch #1526**

Penny Moskus  
12–1PM  
**MON & WED, March 29–April 28**  
10 Sessions | \$60.00

### **Osteoporosis Do's & Don'ts of Everyday Movement #4502**

Katherina Meirink  
10AM–12PM | **MON, May 3**  
Free

# VOLUNTEER ADVENTURES

## OPPORTUNITIES

Although we are not meeting in person just yet, we can still use your help. Do you have a few hours per month to volunteer? Do you have a knack for assisting others? Become an Oasis volunteer! Choose to support office operations as an administrative volunteer or as online class co-host. **For more information, call 314.862.4859, ext. 24.**

**Administrative Volunteers** will help the team:

- Welcome new and existing class participants
- Make calls that support operational needs (class reminders, instructor follow-ups, etc.)
- Enter data into computer to document registration, retrieve rosters, reports, record volunteer hours, etc.

Support office and class operations

**Class Co-Host Volunteers** will help the team:

- Admit and greet online class instructor and participants using Zoom Video
- Introduce online instructors
- Monitor questions and answers using Zoom chat functions
- Start and end classes according to schedule
- Provide technology assistance to ensure quality online experience for participants and instructors

**Qualifications** for Oasis Volunteers:

- Computer or tablet with internet access
- Ability to efficiently navigate computer (experience navigating in an e-commerce system highly preferred for administrative volunteers)
- Friendly, gracious, dependable and team oriented
- Works well with diverse people, flexible and adaptable
- Participate in Oasis volunteer training sessions and follow-up meetings



## WHAT'S NEW IN TUTORING

### VIRTUAL TUTORING

Every parent or grandparent wants the children in their lives to succeed academically and socially. **For over 30 years, Oasis has partnered with school districts across the country** to provide in-person intergenerational tutoring in schools to help students build confidence and experience success in literacy at no cost to the student.

In response to Covid-19, **we are now offering an additional tutoring model which personalizes online literacy for your child at home** or wherever they may be learning for a nominal fee per session.

Oasis tutors are trained to help students improve their academic performance, and more importantly, embrace the wonder of reading and writing. **Tutors model reading and build literacy skills with children in kindergarten-third grade**, utilizing a curriculum developed exclusively for Oasis by educators. Tutors strive to reach the following literacy goals:

- Promote motivation, success and enjoyment of reading, writing and oral communication
- Assist in developing language, build vocabulary and expand background knowledge
- Increase the confidence and self-esteem of students

To learn more about the cost of Oasis Intergenerational Tutoring sessions and to register your child, visit:

[tutoring.oasisnet.org/for-parents/](https://tutoring.oasisnet.org/for-parents/)

**"Having my child in the program was a great way for us to encourage her reading and strengthen her skills. We like giving her another mentor outside of school who she can trust and learn to explore new reading challenges."**

—Mom of 2nd Grade Student





## LOOKING TO GIVE A LITTLE?

Did you know that even if you are not itemizing your tax return, The CARES Act allows for an additional, above-the-line deduction for charitable gifts made in cash of up to \$300. New in 2021 is an additional above-the-line deduction for those married filing jointly. Joint filers (who are not itemizing) will be allowed to take an above-the-line deduction of up to \$600 in cash contributions to charity this year.

If you are interested in taking advantage of this opportunity, please consider supporting Oasis for your charitable choice.

*\*Please speak with a professional advisor if you are interested in learning more.*



## TRIBUTE GIFTS

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes listed below include donations made from October 23, 2020 through February 9, 2021.

### In Memory of Dorothy Wiltse

Craig & Gail Conta  
Julie Wiltse  
Kim Due

### In Honor of Sharon Hales

George L. Fonyo  
Nira Asher-Geller

### In Memory of Arnold Goldman

Marylen Mann & Frank  
Jacobs

### In Honor of Marylen Mann

Judith Shaw  
Samuel & Rhoda Nussbaum

### In Honor of Kim Dunbar

Theodore Christner &  
Claudia Trautmann

### In Memory of M. Joyce Barnes

Becky Wooldridge

### In Honor of Linda Schumacher

Raizell Kalishman

### In Honor of Tonye Evers

Mary Riggs

### In Memory of Charlie Fisher

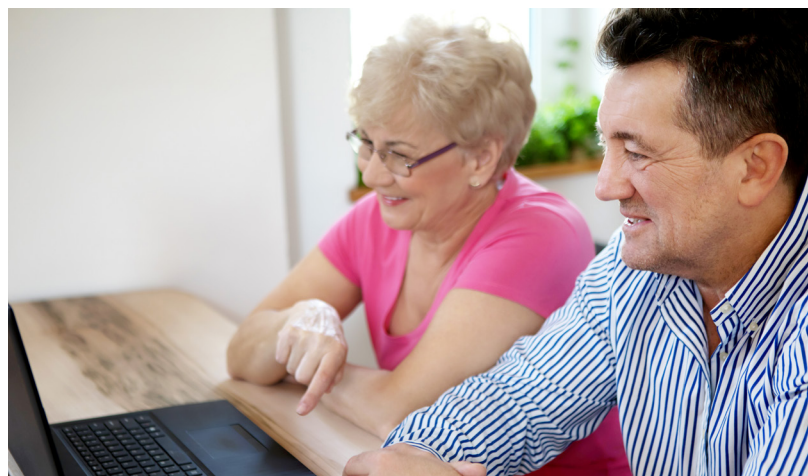
Don Steiger

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

Visit [oasisnet.org/donate](https://oasisnet.org/donate) or contact Emily at **314.862.2933, ext. 261** to make your gift today!

## NEW TO ZOOM? NO PROBLEM!

Learning to use Zoom Video just got easier. **Register today for an Oasis Everywhere class on how to use Zoom** so that you can share and safely connect with others virtually. Learn how to control your camera, microphone, chat, and more. Choose a session based on the computer or mobile device - like a smartphone or tablet - you will use to Zoom. Visit Oasis Everywhere at [store.oasiseverywhere.org](https://store.oasiseverywhere.org) to register or for more information. Sessions are free.



**DATED MATERIAL**  
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## EMBARK ON NEW ADVENTURES WITH OASIS

Check out our list of **outdoor and  
online adventures** inside!