



# EXPLORE OUTDOORS & ENGAGE ONLINE

June — September 2021 | Course Catalog





# DEAR OASIS FRIENDS,

It is natural to talk about renewal and reinvigoration in the spring as the weather grows milder. The symbolism of green shoots is an obvious metaphor for growth. However, this spring and summer feel more acutely like an opportunity to re-engage after a particularly harsh year of pandemic life. As we maintain our commitment to offering online programs and outdoor adventures this summer, we also think about the fall and the possibility of returning to in-person engagement. We want Oasis to be a part of your continued growth and return to normal!

Stay tuned for information over the next few weeks about our timeline for resuming physical classroom programs and the policies and procedures we are putting in place to keep all of our talented instructors, staff, and participants safe. The losses, loneliness, and restrictions of the pandemic have made the Oasis mission of successful aging through lifelong adventure more important than ever. Hopefully, the transition from spring to summer will mark our migration back to in-person connection as well!



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 are happy to hear from you. 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 (CC0) license.

**“ I highly recommend Oasis programs because they’re a convenient and affordable way to learn from local experts about exciting topics you may have never thought about exploring.”**

— K. Lozano  
Oasis Instructor



# EXPLORE THE OUTDOORS

## HIKING, BIKING, & WALKING TOURS

### BIKING TOURS

#### Gravois Greenway: Grant's Trail Bike Ride #9501

Brenda Tripp  
9AM | **WED, Jun 2**

#### Forest Park Ride & Centennial Greenway #9505

Parks Smith  
9AM | **WED, Jun 9**

#### Creve Coeur Lakehouse to Heritage Museum via Creve Coeur Park Connector & Centennial Greenway #9503

Brenda Tripp  
9AM | **WED, Jun 16**

#### Shrewsbury to Jefferson Barracks Park on The River Des Peres & Mississippi Greenways #9504

Joyce Sherokow  
9AM | **WED, Jun 23**

#### Ted Jones Trail & St. Vincent Greenway Ride #9507

Gerry Noll  
9AM | **WED, Jun 30**

#### Southside Parks & Christy Greenways Ride #9502

Janice Branham  
9AM | **WED, Jul 14**

#### City Streets #9506

Joyce Sherokow & Brenda Tripp  
9:30AM | **MON, Sept 13**

### HIKING TOURS

#### Fenton: Ruins, Lions, Relics, Stone Creations, & A Phantom Gym #9540

Doug Schneider  
9:30AM | **TUE, Jun 8**

Oasis biking & hiking tours are provided in partnership with Great Rivers Greenway and are **free** of charge. Please bring mask, hand sanitizer, and water bottle—social distancing maintained.



### WALKING TOURS

Please note that for the safety of our participants and instructors, we are limiting tour sizes and require that everyone remain masked.

#### Laumeier Sculpture Park Tour: A Monumental Experience

Betsy Solomon, MA, Art Historian  
\$30.00

#9501  
10AM–12PM | **WED, Jun 2**

#9502  
10AM–12PM | **WED, Jul 7**

#9503  
10AM–12PM | **WED, Jul 28**

#### Tour of The Hill: St. Louis's Italian-American Neighborhood

Joe DeGregorio, Author & Tour Guide  
\$30.00

#9504  
10AM–12PM | **TUE, Jun 22**

#9505  
10AM–12PM | **WED, Sept 22**

#### The Houses of Carnegie Place Park & the Stories They Tell

NiNi Harris, Author & Historian  
\$30.00

#9506  
10AM–12PM | **TUE, Jun 22**

#9507  
10AM–12PM | **WED, Jun 23**

#9508  
10AM–12PM | **THU, Jun 24**

#### Scenes of Wonder Author Tours

Don Corrigan & Carolyn Mueller, Authors  
\$30.00 Per Person

#9512  
1–2:30PM | **SUN, Sep 5**

#9513  
1–2:30PM | **SUN, Sep 19**





# ENGAGE ONLINE

## LIFELONG LEARNING

### **From the Beautiful to the Bizarre: The History of Make-up #9313**

Bev Schuetz  
10–11AM | **WED, Jun 9**  
\$10.00

### **Summertime Fun in St. Louis #9311**

Johnny Rabbitt  
10–11AM | **MON, Jun 14**  
\$10.00

### **Myanmar: Déjà Vu All Over Again #9220**

Dr. Kenton Clymer  
10–11AM | **TUE, Jun 15**  
\$10.00

### **Get SMART: Society, Music and Art Exploration #9130**

Gene Rauscher, MA  
10–11:30AM | **MON, Jun 21—Aug 30**  
**(no class July 5)**  
10 Sessions | \$50.00

### **Famous Shipwrecks: The Andrea Doria #9301**

Andrew Cooperman  
1–2PM | **TUE, Jun 22**  
\$10.00

### **Great Architects: From Louis Sullivan to Gyo Obata #9101**

Chris Naffziger  
6–7 PM | **WED, Jun 23 & 30**  
2 Sessions | \*Evening Class | \$20.00

### **The Forgotten Architectural Legacy of Harvey Ellis #9121**

John Guenther  
1–2PM | **THU, Jun 24**  
\$10.00

### **New Deal WPA Projects Still Standing in St. Louis #9316**

Doug Schneider  
1–2:30PM | **TUE, Jun 29**  
\$10.00

### **A Transportation Tour to the Past #9312**

Johnny Rabbitt  
10–11AM | **MON, Jul 12**  
\$10.00

### **Pruitt-Igoe: Then and Now #9317**

Dr. Michael Allen, Washington University  
1–2PM | **TUE, Jul 13**  
\$10.00

### **The Remarkable Eleanor Roosevelt #9314**

Bev Schuetz  
10–11AM | **WED, Jul 14**  
\$10.00

### **Sparta: Ancient Greece's Radical Experiment #9302**

Andrew Cooperman  
1–2PM | **TUE, Jul 20**  
\$10.00

### **Protest Recycled: Hands-On Art with Contemporary Art Museum St. Louis #9131**

CJ Mitchell, MA  
10–11AM | **WED, Jul 21**  
\$10.00

### **The Life and Works of Bernard Maybeck #9103**

John Guenther  
1–2PM | **THU, Jul 22**  
\$10.00

### **9/11, 20 Years Later: Unpacking the Terror #9318**

Katie Hagerty Young, MA  
1–2PM | **MON, Aug 9 & WED, Aug 11**  
2 Sessions | \$20.00

### **Beneath the Veil: The History of the Veiled Prophet #9315**

Bev Schuetz  
10–11AM | **WED, Aug 11**  
\$10.00

### **Persia: Multicultural Imperialism #9309**

Andrew Cooperman  
1–2PM | **TUE, Aug 17**  
\$10.00

### **The Revolutionary War at Sea #9333**

Doug Schneider  
10–11:30AM | **THU, Aug 19**  
\$10.00

### **R. Buckminster Fuller: His Architecture in St. Louis, East St. Louis and the Old Man River's City #9104**

John Guenther  
1–2PM | **THU, Aug 26**  
\$10.00

### **Art & Image: Portraiture through the Centuries #9102**

Betsy Solomon  
10–11:30AM | **WED, Sep 1**  
\$10.00

### **Discussion Group for Writers #9401**

Kim Lozano  
10–11AM | **THU, Sep 2–30**  
5 Sessions | \$60.00

### **Annie Malone: Legendary Entrepreneur & Philanthropist #9319**

Linda Nance, Annie Malone  
Historical Society  
1–2PM | **WED, Sep 8**  
\$10.00

### **Introduction to Mindfulness #9201**

Coke Hennessy  
10AM–12PM | **THU, Sep 16**  
\$15.00

### **The Incas: Lords of the Andes #9310**

Andrew Cooperman  
1–2PM | **TUE, Sept 21**  
\$10.00



## HEALTH

### Living a Healthy Life with Chronic Conditions

Oasis Health Facilitators

#4529

9:30AM–12PM

**THU, May 13—Jun 24** | 7 Sessions

#4530

1–3:30PM

**TUE, Jun 15—Jul 27** | 7 Sessions

### Healthcare: Become Your Own Advocate #4518

Mark Reifsteck

1–2:30PM | **WED, May 26**

### Medication Matters #4504

Kim Hoff

10AM–12PM | **THU, Jun 10 & 17**

2 Sessions

### Aging Mastery Program

Oasis Health Facilitators

#4520

2–4PM | **WED, Jun 23—Aug 25**

10 Sessions

#4521

10AM–12PM | **MON, Jun 28—Aug 30**

10 Sessions

### Matter of Balance #4551

Oasis Health Facilitators

1–3PM | **THU, Jul 1—Aug 26**

9 Sessions

### Aging in Place While Aging With Grace #4508

Jessica Rector

10AM–12PM | **MON, Jul 12**

### Healthy Living for Your Brain & Body #4509

Alzheimer's Association

10AM–12PM | **MON, Jul 19**

### Better Choices, Better Health- Diabetes #4531

Oasis Health Facilitators

9:30AM–12PM

**WED, Jul 21—Sept 1**

7 Sessions

### All About Artificial Sweeteners #4511

Leslie Bertsch

10AM–12PM | **WED, Aug 4**

### Kick the Aches of Arthritis #4512

Athletico

1–2:30PM | **TUE, Aug 10**

### The Hidden Truth About Pain #4515

Kim Hoff

10AM–12PM | **THU, Sep 2**

### Range of Motion Dance (ROM) #4500

Katherine Meirink

10AM–12PM | **WED, Sep 8**

\*All health classes are free to attend.

All classes are virtual using Zoom! To register or view a complete list of programs, visit [stloasis.org](https://stloasis.org) or call **314.862.4859, ext. 24** for details.

## EXERCISE

### Strengthen and Stretch #1525

Penny Moskus

12–1PM

**MON & WED, Jun 14—Jul 21**

12 Sessions | \$72.00

### Balance Barre #1522

Vitality in Motion

9–10AM | **TUE & THU, Jun 15—Jul 22**

12 Sessions | \$60.00

### Better Balance #1515

Maurie Cofman

1–2PM | **TUE & THU, Jun 15—Jul 22**

12 Sessions | \$36.00

### Strengthen and Stretch #1512

Idaria Goodwin

10:30–11:30AM

**TUE & THU, Jun 15—Jul 22**

12 Sessions | \$72.00

### Gentle Chair Yoga #1520

Cindy Fernandez

11:45AM–12:45PM

**THU, Jul 1—Aug 26**

9 Sessions | \$27.00

### Tai Chi for Arthritis for Fall Prevention—Beginner #1551

Cindy Blair

10–11AM | **MON & WED, Jul 5—Aug 30**

17 Sessions | \$102.00

### Beginning Pilates #1528

Heather Needleman

1:15–2:15PM | **WED, Jul 7—Aug 25**

8 Sessions | \$48.00

### Intermediate Pilates #1530

Heather Needleman

2:30–3:30PM | **WED, Jul 7—Aug 25**

8 Sessions | \$48.00

### ExerStart #1546

Sharon Kirsch

8:45–9:30AM

**MON & WED, Sep 13—Dec 8**

26 Sessions | \$26.00





# WHAT'S NEW IN TUTORING

## DID YOU KNOW?

Oasis Intergenerational Tutoring is the largest older adult tutoring program in the U.S. In 2019, Oasis tutors helped 21,000 children in 630 schools in 82 districts across the country. More than 4,000 Oasis tutors volunteer in 14 different states in over 20 U.S. cities. In Missouri, we have over 1,800 tutors serving 2,500 students. Oasis Tutoring provides older adults with a unique volunteer experience to impact students in kindergarten–3rd grade through a mentoring relationship focused on developing literacy confidence, competence, and enthusiasm.

In response to COVID-19, we now offer three unique options for tutors to connect with their students: in-person during the school day, by writing letters as a Pen Pal and through virtual tutoring.



Oasis Tutoring is preparing for the 2021-22 school year! If you are interested in serving as an Oasis tutor in the Fall, we will be hosting informational sessions this summer. Please call **314-995-9506** or complete the online interest form at [tutoring.oasisnet.org/for-tutors](https://tutoring.oasisnet.org/for-tutors) and our team will connect with you.

## GET CONNECTED & STAY SAFE ONLINE!

**Oasis has been committed to keeping people safe online since 2004.** Take our free Online Safety Overview class on Tuesday, June 1, 10:00 – 11:00AM on Oasis Everywhere. Visit Oasis Everywhere at [store.oasiseverywhere.org](https://store.oasiseverywhere.org) to register or for more information about other technology classes.



“ Oasis helped ease the stress and uncertainty I felt from the pandemic by offering social, intellectual and emotional support that revitalized me. ”

— Tish Preston-Stubbs  
Oasis Member & Office Volunteer

# Looking for Ways to Support Oasis? THERE ARE MANY OPTIONS!



## Online Monthly Giving

It's easy and it helps us plan! You can set it up via the donation form online at [st-louis.oasisnet.org/donate/](https://st-louis.oasisnet.org/donate/) by choosing "monthly" as the frequency.



## Vehicle Donation

Choose St. Louis Oasis as the recipient of proceeds from your donated vehicle. Call (877) 556-2747 or visit [careasy.org/nonprofit/Oasis-St.-Louis](https://careasy.org/nonprofit/Oasis-St.-Louis) to donate, learn more, or read our FAQ's.



## Stocks

If you have stocks, please consider selling some of your shares and gifting them to Oasis. Contact your financial advisor for more information, or Development Director Julianna Fellows at (314) 862-2933 ext. 235 or [jfellows@oasisnet.org](mailto:jfellows@oasisnet.org) to learn more.



## Leave a Planned Gift

Donors who make planned gifts are recognized as members of our Legacy Circle. Being a Legacy Circle member is one of the most important ways you can express your commitment to Oasis. We will work with you and your trusted adviser to ensure your gifts meet your needs and those of your family and friends. Legacy gifts come in a variety of forms including bequests, annuities, trusts, retirement assets, and many others. If you are interested in learning more, please contact Julianna Fellows at (314) 862-2933 Ext. 235 or [jfellows@oasisnet.org](mailto:jfellows@oasisnet.org) to learn more.



## Give Online

Visit [st-louis.oasisnet.org/donate/](https://st-louis.oasisnet.org/donate/) to make an online donation.

## 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 February 9, 2021 through April 20, 2021.

### In Memory of Jennie Crittendon

Dale Crittendon

### In Memory of Steven Birenbaum

Sharon & Ken Weintraub

### In Memory of Audrey Weber

Daniel & Lisa Vandersteen

Kerwin & Kristi Hickey

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!

AmazonSmile is a simple way for you to **support Oasis every times you shop**, at no cost to you. Visit [smile.amazon.com/ch/43-1830354](https://smile.amazon.com/ch/43-1830354) and you'll find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com, with the added benefit that **Amazon will donate 0.5% of your eligible purchases to Oasis.**

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## **EXPLORE & ENGAGE WITH OASIS**

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



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