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,

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 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
## BIKING TOURS

<table>
<thead>
<tr>
<th>Tour</th>
<th>Date</th>
<th>Venue</th>
<th>Organizer</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gravois Greenway: Grant’s Trail Bike Ride #9501</td>
<td>WED, Jun 2</td>
<td>Forest Park</td>
<td>Brenda Tripp</td>
<td>9AM</td>
<td>Forest Park Ride &amp; Centennial Greenway #9505</td>
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<tr>
<td>Forest Park Ride &amp; Centennial Greenway #9505</td>
<td>WED, Jun 9</td>
<td>Creve Coeur Lakehouse to Heritage Museum via Creve Coeur Park Connector &amp; Centennial Greenway #9503</td>
<td>Brenda Tripp</td>
<td>9AM</td>
<td>Creve Coeur Lakehouse to Heritage Museum via Creve Coeur Park Connector &amp; Centennial Greenway #9503</td>
</tr>
<tr>
<td>Shrewsbury to Jefferson Barracks Park on The River Des Peres &amp; Mississippi Greenways #9504</td>
<td>WED, Jun 16</td>
<td></td>
<td>Joyce Sherokow</td>
<td>9AM</td>
<td>Shrewsbury to Jefferson Barracks Park on The River Des Peres &amp; Mississippi Greenways #9504</td>
</tr>
<tr>
<td>Ted Jones Trail &amp; St. Vincent Greenway Ride #9507</td>
<td>WED, Jun 30</td>
<td></td>
<td>Gerry Noll</td>
<td>9AM</td>
<td>Ted Jones Trail &amp; St. Vincent Greenway Ride #9507</td>
</tr>
<tr>
<td>Southside Parks &amp; Christy Greenways Ride #9502</td>
<td>WED, Jul 7</td>
<td></td>
<td>Janice Branham</td>
<td>9AM</td>
<td>Southside Parks &amp; Christy Greenways Ride #9502</td>
</tr>
<tr>
<td>City Streets #9506</td>
<td>WED, Sep 22</td>
<td></td>
<td>Joyce Sherokow &amp; Brenda Tripp</td>
<td>9:30AM</td>
<td>City Streets #9506</td>
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</tbody>
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## WALKING TOURS

<table>
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<tr>
<th>Tour</th>
<th>Date</th>
<th>Venue</th>
<th>Organizer</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tour of The Hill: St. Louis’s Italian-American Neighborhood #9504</td>
<td>WED, Jun 22</td>
<td></td>
<td>Joe DeGregorio, Author &amp; Tour Guide</td>
<td>10AM–12PM</td>
<td>Southside Parks &amp; Christy Greenways Ride #9502</td>
</tr>
<tr>
<td>Tour of The Hill: St. Louis’s Italian-American Neighborhood #9505</td>
<td>WED, Sep 22</td>
<td></td>
<td>Joe DeGregorio, Author &amp; Tour Guide</td>
<td>10AM–12PM</td>
<td>City Streets #9506</td>
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## HIking TOURS

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<thead>
<tr>
<th>Tour</th>
<th>Date</th>
<th>Venue</th>
<th>Organizer</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Fenton: Ruins, Lions, Relics, Stone Creations, &amp; A Phantom Gym #9540</td>
<td>TUE, Jun 8</td>
<td></td>
<td>Doug Schneider</td>
<td>9:30AM</td>
<td>Oasis biking &amp; 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.</td>
</tr>
<tr>
<td>Event Title</td>
<td>Instructor/Author</td>
<td>Date/Time</td>
<td>Price</td>
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<tr>
<td>From the Beautiful to the Bizarre: The History of Make-up</td>
<td>Bev Schuetz</td>
<td>WED, Jun 9</td>
<td>$10.00</td>
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<tr>
<td>Summertime Fun in St. Louis</td>
<td>Johnny Rabbitt</td>
<td>MON, Jun 14</td>
<td>$10.00</td>
<td></td>
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<tr>
<td>Myanmar: Déjà Vu All Over Again</td>
<td>Dr. Kenton Clymer</td>
<td>TUE, Jun 15</td>
<td>$10.00</td>
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<tr>
<td>Get SMART: Society, Music and Art Exploration</td>
<td>Gene Rauscher</td>
<td>MON, Jun 21—Aug 30</td>
<td>$50.00</td>
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<tr>
<td>Famous Shipwrecks: The Andrea Doria</td>
<td>Andrew Cooperman</td>
<td>TUE, Jun 22</td>
<td>$10.00</td>
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<tr>
<td>Great Architects: From Louis Sullivan to Gyo Obata</td>
<td>Chris Naffziger</td>
<td>WED, Jun 23 &amp; 30</td>
<td>$20.00</td>
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<td>The Forgotten Architectural Legacy of Harvey Ellis</td>
<td>John Guenther</td>
<td>THU, Jun 24</td>
<td>$10.00</td>
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<td>New Deal WPA Projects Still Standing in St. Louis</td>
<td>Doug Schneider</td>
<td>TUE, Jun 29</td>
<td>$10.00</td>
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<tr>
<td>A Transportation Tour to the Past</td>
<td>Johnny Rabbitt</td>
<td>MON, Jul 12</td>
<td>$10.00</td>
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<tr>
<td>Pruitt-Igoe: Then and Now</td>
<td>Dr. Michael Allen, Washington University</td>
<td>TUE, Jul 13</td>
<td>$10.00</td>
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<tr>
<td>The Remarkable Eleanor Roosevelt</td>
<td>Bev Schuetz</td>
<td>WED, Jul 14</td>
<td>$10.00</td>
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<tr>
<td>Sparta: Ancient Greece's Radical Experiment</td>
<td>Andrew Cooperman</td>
<td>TUE, Jul 20</td>
<td>$10.00</td>
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<tr>
<td>Protest Recycled: Hands-On Art with Contemporary Art Museum</td>
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<tr>
<td>The Life and Works of Bernard Maybeck</td>
<td>John Guenther</td>
<td>THU, Jul 22</td>
<td>$10.00</td>
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<tr>
<td>9/11, 20 Years Later: Unpacking the Terror</td>
<td>Katie Hagerty Young, MA</td>
<td>WED, Aug 9 &amp; WED, Aug 11</td>
<td>$20.00</td>
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<tr>
<td>Beneath the Veil: The History of the Veiled Prophet</td>
<td>Bev Schuetz</td>
<td>WED, Aug 11</td>
<td>$10.00</td>
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<td>Persia: Multicultural Imperialism</td>
<td>Andrew Cooperman</td>
<td>TUE, Aug 17</td>
<td>$10.00</td>
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<tr>
<td>The Revolutionary War at Sea</td>
<td>Doug Schneider</td>
<td>THU, Aug 19</td>
<td>$10.00</td>
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<tr>
<td>R. Buckminster Fuller: His Architecture in St. Louis, East City</td>
<td>John Guenther</td>
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<tr>
<td>Art &amp; Image: Portraiture through the Centuries</td>
<td>Betsy Solomon</td>
<td>WED, Sep 1</td>
<td>$10.00</td>
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<tr>
<td>Discussion Group for Writers</td>
<td>Kim Lozano</td>
<td>THU, Sep 2–30</td>
<td>$60.00</td>
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<tr>
<td>Annie Malone: Legendary Entrepreneur &amp; Philanthropist</td>
<td>Linda Nance, Annie Malone Historical Society</td>
<td>WED, Sep 8</td>
<td>$10.00</td>
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<tr>
<td>Introduction to Mindfulness</td>
<td>Coke Hennessy</td>
<td>THU, Sep 16</td>
<td>$15.00</td>
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<tr>
<td>The Incas: Lords of the Andes</td>
<td>Andrew Cooperman</td>
<td>TUE, Sept 21</td>
<td>$10.00</td>
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</tbody>
</table>

**ENGAGE ONLINE LIFELONG LEARNING**
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 Achiness 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 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
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 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 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/ 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 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 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 to learn more.

Give Online
Visit 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 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 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.
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.

- **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.

EXPLORE & ENGAGE WITH OASIS
Check out our list of outdoor and online classes inside!
FUNDERS

Administration for Community Living
AgeSmart
Aging Ahead
AT&T Foundation
The Bellwether Foundation
BJC HealthCare
Boniface Foundation
Charter Spectrum
Corporation for National and Community Service
Dollar General Literacy Foundation
Emerson
Graybar Foundation
Great Rivers Greenway
Jefferson Foundation
Mary Larkins and Bessie Birchler Charitable Trust, U.S. Trust, Bank of America, N.A., Trustee
Margaret Blanke Grigg Foundation
Mary Ranken & Ettie Jordan Charitable Foundation, U.S. Bank, N.A., Trustee
May & Stanley Smith Charitable Trust
National Council on Aging, Aging Mastery Program
United Way of Greater St. Louis
 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
The Bridgeton Landfill Community Project Fund, a component fund of the St. Louis Community Foundation

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