

REFRESH & RE-ENGAGE

January — April 2022 | Course Catalog





DEAR OASIS FRIENDS,

The new decade ushered in a challenging two years for all of us. As 2022 opens, Oasis is both looking forward to a "restart" to the 20's and a reflection on the events of the recent and not-so-recent past. This year Oasis celebrates our 40th anniversary! We will explore the history of Oasis over the course of this year. When Oasis Founder Marylen Mann conceived of the concept of continuous learning, applying the skills of retired people to solve society's challenges, and helping older adults live more active lives, these were ideas of the future. Marylen's view of older adulthood was novel and confronted stereotypes about aging both as a process and a state of mind. We hope you join in celebrating and continuing the Oasis journey. This spring St. Louis Oasis will bring you many opportunities for your own lifelong adventures. Join us for tours of St. Louis neighborhoods, architectural wonders, artistic masterpieces and more (see page 7). Or skip the trip and join us online! We also are resuming in-person lectures at sites throughout the region. We are partnering with Channel 9 to produce the Oasis Magnificent Theater of Life multi-day program into a special on PBS. You can register for the class now and be part of a very special program that explores end-of-life as something we can understand and own instead of fear.

Whether you are comfortable participating online, outdoors or indoors, we are here for you! Register online or give us a call at **314.862.4859 ext 24.**



Warm regards,

Faul Weiss, PhD President, Oasis

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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.

PARTICIPATION

St. Louis Oasis relies on donors, grants and program revenue for financial support.

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. Call 314.862.4859 ext 24 and we will respond to your call within 48 hours.

COVID-19 POLICY

We require all individuals to be fully vaccinated to attend indoor classes at all facilities housing Oasis programs. Fully vaccinated means it has been two weeks since the administration of the second Moderna or Pfizer shot, or single Johnson & Johnson shot. Masks are required and must cover your nose and mouth at all times.

REGISTRATION

Visit **stloasis.org** or call **314.862.4859 ext 24** to learn more or to enroll. Note that some programs are "Hybrid" offering an option to join us online using Zoom or in person at Clayton Oasis.

CANCELLATION

Classes may be cancelled due to inclement weather or low enrollment. In the event of a cancellation or rescheduling, you will be notified by Oasis.

REFUND POLICY

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

INCLEMENT WEATHER POLICY

All weather updates and cancellation notices will be listed on the Oasis website, Oasis Facebook page and office voicemail. Oasis closure will also be listed on KMOX, KPLR, and KSDK. When possible, Oasis may transfer programs from in-person to Zoom. You will be notified and provided a link if your class is transitioned to Zoom.

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.

OUTDOOR ACTIVITIES

BIKING, WALKING, & HIKING -

Bike and walk in the great outdoors! Register for more details. Please note that pets are not allowed. Oasis biking & hiking are provided in partnership with Great Rivers Greenway and are **free** of charge. Please bring mask, hand sanitizer, and water bottle—social distancing maintained. The Denotes classes funded by Great Rivers Greenway



BIKING

Gravois Greenway Ride–Grant's Trail 🗢

Bike the Gravois Greenway (Grant's Trail) from the trailhead in Kirkwood, to the new bridge that connects to the River Des Peres Greenway and back. Optional lunch on your own afterwards at the Sappington Barn restaurant. Approximately 20 miles. Led by Brenda Tripp.

Bike #510 9:30 AM | **FRI, April 22** | Free

Southside Parks and Greenways Ride 🗢

Bike along the River Des Peres and Christy Greenways and Carondelet Park. Optional lunch on your own afterwards at Schlafly Bottleworks. Approximately 16 miles. Led by Janice Branham.

Bike #511 9:30 AM | **FRI, April 29** | Free

Chesterfield to Weldon Spring Interpretive Center Ride 🗢

Bike from the athletic center in Chesterfield across the Missouri Greenway (Monarch Levee Trail) to the Katy Trail to the Busch Greenway. We will visit the Weldon Spring Interpretive Center, a national museum that offers a window to the past and demonstrates the U.S. Department of Energy's commitment to the future. Approximately 18 miles. Led by Brenda Tripp.

Bike #512 9:30 AM | FRI, May 6 | Free

Ted Jones Trail and St. Vincent Greenway Ride 🗢

Bike the Ted Jones Trail and the St. Vincent Greenway across the UMSL campus and into St. Vincent Park. See EarthDance Organic Farm in Ferguson, the oldest organic farm west of the Mississippi, and the old St. Vincent Hospital, the architectural jewel of St. Vincent Park, dating from 1895. Ride mostly on bike paths with some stretches on side streets. Eat at a local restaurant in Ferguson after the ride. Approximately 15 miles. Led by Gerry Noll.

Bike #513 9:30 AM | **FRI, May 13** | Free

August A. Busch Memorial Conservation Area Adventure Ride

Bike from Weldon Spring Site Interpretive Center to and around August A. Busch Memorial Conservation Area and back. This will be almost entirely on gravel, so we recommend using a bike with at least 35 MM width tires. Also bring water and a snack. At the time of submission, the Interpretive Center is closed due to COVID concerns. As such, there is no access to a restroom. Please plan accordingly. This route has several hilly sections in it with grades up to 8% but should be of short duration. Led by Dan Winter. Bike #514

9:30 AM | FRI, May 20 | Free

Join us for **The Hybrid Biking Roundtable!** It is a great new way to connect either in-person or online when it is just too cold or too hot outside. We will introduce planned bike rides as well as discuss some of our most interesting biking experiences.

Madison Country Trails Ride

Bike the Madison County Trails (MCT) from Edwardsville to Collinsville, IL, and join us for lunch at Culver's before returning to MCT trail using a different trail. Approximately 28 miles. Led by Parks Smith.

Bike #515 9:30 AM | **FRI, May 27** | Free

City Streets Ride

Bike city streets around Harford Coffee Company and become comfortable using bike lanes and low volume city streets to get from here to there safely. Approximately 16-18 miles. Led by Joyce Sherokow. Bike #516

8:30 AM | FRI, June 3 | Free

Shrewsbury to the River Des Peres Greenway Ride 🗢

Bike the River Des Peres Greenway from the Shrewsbury Metro link Station to Gravois Greenway (Grant's Trail) and the Sappington trailhead located at the Sappington House. We will brunch at the historic Sappington House and Barn Restaurant. Approximately 26 miles. Led by Parks Smith.

Bike #517

9:30 AM | WED, June 8 | Free

Travelin' Light: Bicycle Touring

Bicycle travel gets you up close and personal with the world. Brenda and Janice will share their experiences on the Katy Trail, Route 66, the Pacific Coast, Great Allegheny Passage and more. Learn about different approaches to touring, from organized tours, to "credit card" touring with B&Bs, to "self-contained" camping tours. Had your own bike touring experiences? Come and share your stories. Led by Janice Branham & Brenda Tripp. In Person at Clayton Oasis #123 | Online #9323 10:00 – 11:30 AM | **MON, Jan 24** | \$5.00

Live Life Outside with Great Rivers Greenway 🗢

Learn about the current and future network of greenways in the St. Louis region. There are currently nearly 130 miles of greenways in St. Louis City, St. Louis County, and St. Charles County for you to explore and enjoy. The greenways include trails for walking, running, bicycling, pushing a stroller and using a wheelchair as well as conservation projects to restore native habitats and to manage storm water along with community amenities, such as public art and playgrounds. You'll get the latest update on greenway construction and habitat restoration around the region. Led by Elizabeth Simon, Community Program Manager, Great Rivers Greenway. In Person at Clayton Oasis #124 | Online #9324 10:00 – 11:30 AM | FRI, Feb 18 | Free

Basic Biking Safety and Repairs

Learn basic bike riding safety and repair skills that will increase your confidence to ride whenever and wherever you want! You will learn how to do an ABC safety check before each ride to ensure that your bike is safe to ride; how to fix a flat; how to properly and safely use your brakes and adjust them; how to properly use and adjust the shifting of your gears and more. After taking this class, you will be well-prepared to enjoy the lineup of free Oasis bike rides held throughout the year. Led by Gerry Noll.

In Person at Clayton Oasis #125 | Online #9325 10:00 – 11:30 AM | **FRI, Mar 18** | \$5.00



WALKING

Jefferson Barracks Walk

Walk a paved trail to the many museums and overlook the east side of the park. The Taco Bell fitness course is 2.5 miles and two slight hills. There are many other trails you can experience on future visits. Led by Shirley Walz.

Walk #519 9:30 AM | **TUE, May 3** | Free

Webster Groves

On this walk, we will visit part of Webster Groves known as Old Webster. We will walk through the sculpture garden and then continue into the neighborhood, sighting the historic houses and beautiful gardens on paved sidewalks with slight hills. Approximately three miles. Led by Pat Killian. Walk #520

9:30 AM | TUE, May 10 | Free

St. Vincent Greenway 🤝

Walk the greenway through St Vincent Park on what was once farmland owned by the Daughters of Charity. The trail is mostly flat through the park, and there is a nice mix of sun and shade. Approximately three miles. Led by Linda Paunicka. Walk #523

9:30 AM | TUE, May 31 | Free

Old Town St. Charles

Walk the city streets in old St. Charles. Walk mostly level streets as we enjoy the Century Homes, early Lindenwood University campus, and additional buildings on the National Register of Historic Buildings. Approximately three miles. Led by Vicky Egan.

Walk #518 9:30 AM | **TUE, June 7** | Free

Join us for **Reflections on Mill Creek: A St. Louis Story** on page 19 featuring author Vivian Gibson whose memoir *The Last Children of Mill Creek* shares her family's story of living in and leaving Mill Creek, with Washington University guest lecturer, Michael Allen.

Sunset Greenway and St. Ferdinand Park 🗢

St. Ferdinand Park is a 64-acre park located at 25 St. Ferdinand Drive at the intersection of North Lindbergh Drive and St. Ferdinand Drive. (The park is located behind Culvers). We will walk the perimeter of the park and walk on the Sunset Greenway. Approximately 3miles. Led by Donna Graef.

Walk #521 9:30 AM | **TUE, May 17** | Free

Cherokee Street Neighborhood

Stroll by historic homes, antique stores, and restaurants of this eclectic Latino and old German neighborhood. Walk can be shortened. Approximately three miles. Led by Shirley Harrington.

Walk #522 9:30 AM | **TUE, May 24** | Free

Walk the Brickline Greenway that Commemorates Mill Creek Valley 🗢

Walk a section of the Brickline Greenway that is a catalyst of economic growth, a celebration of community and a tribute to the past. This walking tour will share plans intended for 20 miles of the Brickline that will connect 17 different neighborhoods and raise the collective voices of the community. The tour will begin at Harris-Stowe State University where Mill Creek Valley once stood. Two of the original structures, Vashon High and Vashon Community Center, are part of the campus today. The University will provide a short tour of the campus and elaborate on the rich history. Approximately 1.25 mi. Led by **Community Program Manager at Great Rivers** Greenway, Elizabeth Simons, and Harris-Stowe State University Staff.

Walk #531 9:30 AM | **THU, April 21** | \$7.00

Mind Body Connections: Continued! ~

Join students and an Oasis Volunteer Walk Leader as we continue this special series of six free walks in collaboration with Washington University. Taught by Washington University Occupational Therapy Students & Donna Graef. Restrooms are available at all park sites.

Centennial Greenway: Shaw Park

Meet at Center of Clayton parking lot at 50 Gay Ave, Clayton, MO 63105. We will walk out to Delmar and back along the greenway which is paved and mostly flat. Approximately three miles. Walk #525

9:30 AM | TUE, March 22 | Free

Deer Creek Greenway: Deer Creek Park

Meet at Deer Creek Park (Rocket Park) at 3200 Laclede Station Road. A parking lot is available and a shelter with restrooms. This is a paved trail and mostly flat. It has a space themed playground, and this 7 Acre Park was acquired in 1975. Approximately three miles.

Walk #526 9:30 AM | **TUE, March 29** | Free

Gravois Greenway: Grant's Trail

The Gravois Greenway is long stretch of paved trails connecting many neighborhoods, parks, and historic sites. This section of the greenway is a little over 3 miles long and is a paved trail along what used to be the train tracks that ran from Kirkwood to Carondelet. We will meet at the Kirkwood Trailhead, Parking lot, 601 S Holmes Ave, Kirkwood, MO 63122. Approximately 3 miles.

Walk #527 9:30 AM | **TUE, April 5** | Free

Centennial Greenway: Forest Park

This portion of the Centennial Greenway stretches from Skinker Boulevard and Forsyth Boulevard at Forest Park. It meanders through the Washington University Campus, along Kingsbury Avenue to Delmar Boulevard (at Melville Avenue) in the Loop Business District and north to Vernon Avenue.

Walk #528

9:30 AM | TUE, April 12 | Free

Boschert Greenway: New Town to Historic St. Charles on Katy Trail

The Boschert Greenway is in St. Charles County and links the Missouri River and Katy Trail, goes through Historic Downtown St. Charles, through Fox Hill Park and up to New Town, a planned community within the city of St. Charles. Approximately. 2.5 miles.

Walk #529 9:30 AM | **TUE, April 19** | Free

Creve Coeur Park – Fee Fee Greenway: Sailboat Cove to Fee Fee Greenway

The Fee Fee Greenway parallels Fee Fee Creek, within the Missouri River watershed. We will meet at Sailboat Cove, 13725 Marine Ave., Maryland Heights, MO 63043. Then, we will walk along Creve Coeur Lake to the Fee Fee trailhead. This route is flat. Approximately 3 miles.

Walk #530 9:30 AM | **TUE, April 26** | Free

Welcome Back Celebration

Join Oasis and the Clarendale in Clayton staff on their outdoor patio for light refreshments and a preview of upcoming outdoor walks, lifelong learning programs at Clarendale, and more. We will take a tour of Clarendale and go on a one mile, fun walk in a Clayton neighborhood.

Walk #535 9:30 AM | **TUE, March 15** | Free



OUTDOOR TOURS

NiNi Harris Tours

Historian and published author NiNi Harris creates her historic tours based on her own first-person research digging through archives and files, dirt and dust to discover fascinating stories. Register now to get a spot on her limited-space tours. We will go rain or shine and be prepared to walk on uneven sidewalks.

Art Deco Downtown

Author of *Downtown St. Louis*, Nini Harris will feature Downtown's remarkable collection of buildings from the Art Deco Movement on this tour. The bold architecture was inspired by such ancient civilizations of Mesopotamia, Egypt and the Aztecs. Marvel in the beauty and history. NiNi #501

10:30 AM - 12:30 PM | TUE, Mar 15 | \$30.00

NiNi #502 10:30 AM – 12:30 PM | **WED, Mar 16** | \$30.00

Old Carondelet

See examples of Carondelet's Creole architecture, early African American history, the historic Susan Blow Kindergarten classroom from 1873, and a visit to the Mother House of Sisters of St. Joseph established by French sisters in 1836.

NiNi #503

10:30 AM – 12:30 PM | TUE, Apr 19 | \$30.00

NiNI #504

10:30 AM – 12:30 PM | WED, Apr 20 | \$30.00

Bevo Mill and the Bevo Neighborhood Walking Tour

Revisit your memories of the historic Bevo Mill and learn about its exciting future with an exclusive behind-the-scenes visit. Also tour the surrounding Bevo neighborhood and learn about the Bosnian and Middle Eastern immigrants who have added a new layer of culture to this historic area. Led by Joe DeGregorio.

Tour #508

10:00 AM – 12:00 PM | WED, Apr 13 | \$30.00

A Special Walk Through History

Let's walk through history, starting from the Pavilion of Lemay. See a fence made of Civil War rifles, see the building with the largest display of torpedoes in St. Louis, see what one man did with one dollar, see the marker that tells you that you are safe from exploding ordinance, and find out what funeral parlors have to do with dial tones. Wear appropriate footwear on this approximately three–mile walk. Led by Doug Schneider.

Pavilion #803

9:30 – 11:00 AM | WED, Apr 25 | \$7.00

St. Louis and the River: Lunch and Cruise

Join us aboard the Gateway Arch Riverboats for a relaxing and informative cruise on the Mississippi. National Park Service staff will meet you on the Gateway Arch Riverboat dock to share some St. Louis river history before boarding the boat. Cruise includes a box lunch. Embark at the Gateway Arch Riverboat Dock at the base of the Gateway Arch. Parking is available on the Levee.

Tour #506

11:30 AM – 1:00 PM | **THU, Apr 28** | \$40.00



INDOOR TOURS

Paintings on Stone: Science and the Sacred 1530–1800

View the new Saint Louis Art Museum exhibition that Dr. Judith Mann, Curator of European Art to 1800s and Andrea Miller have been vigorously working on for the past 7 years. "Paintings on Stone: Science and the Sacred 1530-1800 examines a fascinating tradition long overlooked by art historians—stone surfaces used to create stunning portraits, mythological scenes and sacred images. This exhibition reveals the beauty of these works and examines the complexity of using materials such as slate, marble, alabaster, lapis lazuli, and amethyst. Led by Saint Louis Art Museum Curatorial Research Assistant, Andrea Miller.

Building Green: Alberici Headquarters Architecture Tour

Design Architect for Alberici Headquarters, John C. Guenther, FAIA, LEED AP will lead a tour of the Alberici Headquarters, pointing out the design concepts and features which led to the highest rated LEED Platinum building in the world upon its completion and certification. Tour in-person at Alberici Headquarters, 8800 Page Avenue, St. Louis, Missouri 63114. Learn all about green architecture in Guenther's lecture on page 17.

Tour #505

10:00 AM – 12:00 PM | **TUE, Apr 26** | \$40.00

Tour #532

1:00 – 2:00 PM | **THU, Feb 24** | \$15.00

Tour #540 2:30 – 3:30 PM | **THU, Feb 24** | \$15.00

LOOKING FOR WAYS TO SUPPORT US? WE'VE GOT YOU COVERED!



Leave a Planned Gift

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.



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.



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.



Give Online

Visit st-Iouis.oasisnet.org/donate to make an online donation.



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.

ONLINE CLASSES

SKIP THE TRIP AND JOIN US ONLINE—THESE PROGRAMS ARE ON ZOOM ONLY

Happy Birthday St. Louis

On February 15, 1764, French fur traders, Pierre Laclede and August Chouteau, established a fur trading post, on a limestone bluff, high above the Mississippi River and named it St. Louis. Today Gateway Arch National Park, sits on that original site. Join park staff, 258 years to the day, to learn about the founding and early years of St. Louis.

Online #9101

1:00 – 2:00 PM | TUE, Feb 15 | Free

Virginia Minor, A St. Louis Suffragist

March is Women's History Month. Staff at Gateway Arch National Park, will present a virtual program sharing the story of Virginia Minor and the important role she played in the nineteenth century suffragist movement. While it is well known that in 1872 she sued for the right to vote at the Old Courthouse in downtown St. Louis, her role as an activist goes way beyond.

Online #9102 1:00 – 2:00 PM | **FRI, Mar 25** | Free

Be SMART—Safety from Guns in Families and Communities

Whether you own a gun or not, gaining knowledge on how to protect families from gun violence is critical for the safety and well-being of everyone in our communities. Older adults play a key role in this issue – about 2.7 million grandparents are raising grandchildren or living with their grandchildren, and about 1/3 of Americans at age 65 and older own guns. Currently firearms are the leading cause of death for children and teens up to 18 years old in the US, and the consequences of gun violence are pervasive and affect children, families, and communities. This program will teach you five easy-to-learn behaviors to keep children and families safe. Taught by Peggy Neufeld, Ph.D., FAOTA and Susan Jesse, M.Ed.

Online #9105 1:00 – 2:00 PM | **FRI, Feb 11** | Free

Philosophical Café

Join this open discussion, where participants share their thoughts about perennial and contemporary philosophical questions of meaning, value and reality, in a respectful and relaxed atmosphere. Past issues that have been discussed include: What is the value of knowing and not knowing? What is happiness? How can we make sense of death with dignity? Taught by David Hilditch.

Online #9103 10:00 AM – 12:00 PM **THU, Feb 3, Mar 3, & Apr 7** 3 Sessions | \$35.00

Discussion Group for Writers

This class is for writers and anyone wanting to dive deeper into what makes great writing great. In this Zoom discussion group we'll read and discuss craft essays and expert works of fiction and creative nonfiction. Representative authors may include Alice Walker, Amy Tan, Eula Biss, Benjamin Percy, ZZ Packer, and Jo Ann Beard. Taught by Kim Lozano.

Online #9104

10:00 – 11:00 AM THU, Jan 6–27 & TUE, Feb 3 5 Sessions | \$85.00



HEALTH

Strengthen & Stretch

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 for this class. Floorwork is optional. Have a sturdy chair available for use during class.

Zoom #1542

Penny Moskus 12:00 – 1:00 PM **MON/WED, Jan 10–Feb 16 (No Class 1/17)** 11 Sessions | \$66.00

Zoom #1543

Penny Moskus 12:00 – 1:00 PM | **MON/WED, Feb 23–Mar 23** 9 Sessions | \$54.00

Zoom #1544

Penny Moskus 12:00 – 1:00 PM | **MON/WED, Mar 28–Apr 27** 10 Sessions | \$60.00

Zoom #1545

Penny Moskus 11:00 AM – 12:00 PM | **FRI, Jan 14–Mar 4** 8 Sessions | \$48.00

Zoom #1546

Penny Moskus 12:00 – 1:00 PM | **FRI, Mar 11–Apr 29** 8 Sessions | \$48.00

Zoom #1547

Idaria Goodwin 10:30 – 11:30 AM | **TUE/THU, Jan 11–Feb 10** 10 Sessions | \$60.00

Zoom #1548

Idaria Goodwin 10:30 – 11:30 AM | **TUE/THU, Feb 15–Mar 17** 10 Sessions | \$60.00

Zoom #1549

Idaria Goodwin 10:30 – 11:30 AM | **TUE/THU, Mar 22–Apr 28** 12 Sessions | \$72.00

Intermediate Pilates

A complete body workout that will strengthen and tone your core muscles; build your overall strength and stamina; increase your flexibility; improve your posture, breathing and balance; and much more with Heather Needleman. Pre-registration required before the session begins in order to attend. Class requirements: participants are able to do floor exercises; participants provide their own Pilates mat.

Zoom #1540

11:45 – 12:45 PM | **TUE, Jan 11–Mar 1** 8 Sessions | \$48.00

Zoom #1541

11:45 – 12:45 PM | **TUE, Mar 8–Apr 26** 8 Sessions | \$48.00

Gentle Chair Yoga

These gentle yoga postures are designed to relieve pain and improve balance with Cindy Fernandez. This class is perfect for beginners and those who would prefer not to sit on the floor.

Zoom #1550

11:45 – 12:45 PM | **THU, Jan 13–Mar 3** 8 Sessions | \$24.00

Zoom #1541

11:45 – 12:45 PM | **THU, Mar 10–Apr 28** 8 Sessions | \$24.00

Better Balance

Improve your balance and reduce fall risk through a multi-dimensional approach that improves muscle strength, flexibility, range of motion and confidence with Maurie Cofman.

Zoom #1552

1:00 – 2:00 PM | **TUE/THU, Jan 11–Feb 10** 10 Sessions | \$30.00

Zoom #1553

1:00 – 2:00 PM | **TUE/THU, Feb 15–Mar 17** 10 Sessions | \$30.00

Zoom #1554 1:00 – 2:00 PM | **TUE/THU, Mar 22–Apr 28** 12 Sessions | \$36.00

Balance Barre

Improve your balance and independence through dance! Balance Barre consists of combinations of modified barre exercises and stretches performed to music and fused with personal expression. Each combination works key muscle groups focusing on posture, flexibility, coordination and strength. No dance experience is necessary. Taught by Vitality in Motion staff.

Zoom #1555

9:00 – 10:00 AM | **TUE/THU, Jan 11–Feb 10** 10 Sessions | \$50.00

Zoom #1556

9:00 – 10:00 AM | **TUE/THU, Feb 15–Mar 17** 10 Sessions | \$50.00

Zoom #1557

9:00 – 10:00 AM | **TUE/THU, Mar 22–Apr 28** 12 Sessions | \$60.00

ExerStart

Encouraging adults 50+ to be active so they can do the things they want and need to do, ExerStart is a low-intensity exercise class for those looking to add more activity to their lives using resistance bands while standing or seated. Instructed by Oasis Community Health Facilitators.

Zoom #1650

8:45 – 9:30 AM | MON/WED, Jan 10–Apr 27 (No Class 1/17 or 2/21)

30 Sessions | \$30.00

Matter of Balance

Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to keep yourself on your feet. Stretches and light movements for improved flexibility and range of motion are introduced in the third class. This is a discussion–based program, and participants receive a workbook to keep. Led by Oasis Community Health Facilitators.

Zoom #4155

10:00 AM – 12:00 PM | **WED, Jan 19–Mar 16** 9 Sessions | Free

Zoom #4156

1:00 – 3:00 PM | **TUE/THU, Mar 22–Apr 19** 9 Sessions | Free

Tai Chi for Arthritis for Fall Prevention: Beginner

Tai Chi, an ancient Chinese tradition, is practiced as a graceful form of exercise. Learn Sun Style Tai Chi utilizing a series of slow, focused movements and deep breathing to relieve pain, reduce stress and decrease fall risk while improving balance, muscular strength, coordination, confidence and mood. In this class, you will learn the Basic 6 and Advanced 6. Led by: Certified Tai Chi for Arthritis for Fall Prevention Instructors.

Zoom #1600

10:00 – 11:00 AM MON/WED, Jan 10–Feb 16 (No Class 1/17) 11 Sessions | \$66.00

Zoom #1601

10:00 – 11:00 AM | **MON/WED, Feb 23–Mar 23** 9 Sessions | \$54.00

Zoom #1602

10:00 – 11:00 AM | **MON/WED, Mar 28–Apr 27** 10 Sessions | \$60.00

Zoom #1603

9:30 – 10:30 AM | **TUE/THU, Jan 25–Mar 3** 12 Sessions | \$72.00

Zoom #1604

9:30 – 10:30 AM | **TUE/THU, Mar 15–Apr 21** 12 Sessions | \$72.00

Battling Fatigue

Low energy can greatly impact lives physically, emotionally, and socially. Learn about the causes of fatigue, its impact on function and how to fight it. A self-screening is available to assist in determining your level of fatigue. Taught by Debbie Gentry, PT.

Zoom #4500

10:00 AM – 12:00 PM | TUE, Jan 18 | Free

Want to learn about healthy nutrition and have the opportunity to participate in social engagement?

Check out our Virtual Healthy Habits program! Learn more on page 36.

Staying Active and Healthy from Home

Being "stuck" at home during a pandemic can be hard to tolerate on many levels. But staying home doesn't mean you have to compromise your health! Learn strategies to adapt activities and maintain healthy habits from home. Taught by Debbie Gentry, PT.

Zoom #4505

10:00 AM - 12:00 PM | FRI, Feb 25 | Free

Aging in Place While Aging with Grace

Aging in place is "the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level." This one-time class teaches modifications within the home to achieve healthier, safer, and easier living while promoting aging in place. A registered and licensed Occupational Therapist provides information about various methods for home modification ranging from simple, low-cost solutions to complex, high-end solutions.

Zoom #4501

10:00 AM – 12:00 PM | **TUE, Jan 25** | Free

Kick the Achiness of Arthritis

Arthritis is one of the most common diagnoses, encompassing at least 200,000 new cases a year. This course is designed to help you learn the best ways to manage arthritis with exercise. A trained physical therapist will direct you through minimal load exercises and activities to maximize your function and minimize your pain! This course will be directed towards the lower body. Taught by Athletico Physical Therapy.

Zoom #4506

1:00 – 2:30 PM | MON, Feb 28 | Free

Fit for Function

Learn about the new research proving basic strength training can reverse muscle loss. Experience this screening and presentation to learn what it means to be functionally fit and whether or not you pass the test based on national norms. This program and screening is specifically designed for those ages 60 and older.

Zoom #4507

10:00 AM - 12:00 PM | MON, Mar 7 | Free

Standing Tall: Tips for Improving Your Posture

Did you know poor posture can be a cause of pain, can lead to organ problems and can make you look older? Learn from a physical therapist how to check your own posture along with techniques to instantly improve your posture. You will also learn important posture exercises and about devices you can use to make you stand tall. Taught by Megan Martin, PT.

Zoom #4510 10:00 AM – 12:00 PM | **WED, Mar 30** | Free

Free From Falls: A Physical Therapist's Perspective

Missouri's rate of falls among adults age 65 and older is almost twice as much as any other state! Whether you've had a fall or just want to learn more about what you can do to prevent future falls, this class is for you. Taught by Debbie Gentry, PT.

Zoom #4513

1:00 – 3:00 PM | WED, Apr 20 | Free



Osteoporosis Do's and Don'ts of Everyday Movement

If you have osteoporosis or osteopenia did you know some of the movements you do could cause a fracture? In this class, taught by a physical therapist, learn how osteoporosis fractures happen and how to avoid them with some simple modifications to your everyday movements. Learn how to use your joints wisely and protect your bones and joints from unnecessary injuries.

Zoom #4514

10:00 AM – 12:00 PM | WED, Apr 27 | Free

All About Artificial Sweeteners

New research is constantly released on how the food we eat impacts diabetes risk and management. Learn the latest on the role of artificial sweeteners and sugar on your health from Registered Dietician, Kimberly Hoff.

Zoom #4502

10:00 AM - 12:00 PM | THU, Feb 3 | Free

Home to Become a Highly Motivated Person with Diabetes

Learn the seven healthy habits of a motivated diabetic, including extensive nutrition and exercise specifics. These habits promote enhanced life quality. Utilizing these habits allows one to control his/her life as compared to diabetes controlling his/her life. Taught by Kimberly Hoff, RD.

Zoom #4509

10:00 AM - 12:00 PM | TUE, Mar 22 | Free

Zoom #4518

10:00 AM - 12:00 PM | **THU, Apr 28** | Free

Healthy Living for Your Brain and Body

Attendees will learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these tips into a plan for healthy aging. Taught by the Alzheimer's Association.

Zoom #4508

10:00 AM – 12:00 PM | **MON, Mar 14** | Free

Hidden Truth About Pain

Pain does not discriminate. It affects the old, young, and all ages in between. Come join a discussion revealing what pain is, how it can be treated, and possible resulting complications. Leave with a changed perspective. Taught by Kimberly Hoff, RD.

Zoom #4512

10:00 AM - 12:00 PM | THU, Apr 14 | Free

Your Kidneys and You

Your Kidneys and You presentation will leave you with knowledge on kidneys, the risk factors for kidney disease, and how to keep these vital organs healthy. The free, educational program is open to the public. Those at risk for kidney disease anyone with diabetes, high blood pressure, age over 60, or a family history of kidney failure—are especially encouraged to attend. Taught by the National Kidney Foundation.

Zoom #4519

10:00 AM - 12:00 PM | THU, Feb 24 | Free



Living a Healthy Life

Developed and tested by Stanford University, this self-management course is for adults with chronic conditions. Studies show that participants experience greater energy, reduced fatigue, increased activity, better emotional health, and enhanced partnerships with healthcare teams after taking the class. Participants learn and practice skills such as problem-solving and goal setting, to cope with common symptoms, and frustrations of living with chronic illness. Instructed by Oasis Community Health Facilitators.

Zoom #4100

9:30 AM – 12:00 PM | **THU, Jan 13–Feb 24** 7 Sessions | Free

Zoom #4101

9:30 AM – 12:00 PM | **TUE, Feb 15–Mar 29** 7 Sessions | Free

Zoom #4102

1:00 – 3:30 PM | **WED, Mar 9–Apr 20** 7 Sessions | Free

Zoom #4103

1:00 – 3:30 PM | **WED, Jan 12–Feb 23** 7 Sessions | Free

Better Choices, Better Health

Developed and tested by Stanford University, a Better Choices, Better Health®-Diabetes course is similar to Living a Healthy Life with Chronic Conditions, but with a focus on diabetes. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Instructed by Oasis Community Health Facilitators.

Zoom #4104

1:00 – 3:30 PM | **MON, Mar 14–Apr 25** 7 Sessions | Free

Zoom #4105

1:30 – 4:00 PM | **WED, Mar 2–Apr 13** 7 Sessions | Free

Medication Matters

Explore the available information that consumers can use to determine whether or not prescription drugs, over-the-counter products or supplements might interact with each other. Learn about the different types of complementary and alternative therapies. Understand herbal remedies and supplements, and gain an awareness of potential interactions with other medications. Part of this course will explore the fact and fiction of "magic cures," regulatory processes, manufacturer's claims and credible resources will be explored. Taught by Kimberly Hoff, RD.

Zoom #4503

10:00 AM – 12:00 PM | **TUE, Feb 8 & THU, Feb 17** 2 Sessions | Free

Make sure to look for **NEW online Connections technology literacy classes** this winter in St. Louis Oasis class listings!



HYBRID PROGRAMS

CLAYTON OASIS HYBRID PROGRAMS

For hybrid programs, you may choose to attend in person or online! We will have limited seating available in our Clayton Oasis classroom where instructors will present live and in person. Sessions will be live streamed via Zoom too, so you can join the class online where an Oasis host will manage your experience. When registering, be sure to select whether you will attend in person or online. Please know that we are excited to reconnect with all Oasis participants and doing so safely is our highest priority. If you plan to join us in person, you must be fully vaccinated and wear a mask covering your nose and mouth. Need assistance or want more details? Contact the Oasis office at **314.862.4859**, **ext. 24**.

John Singer Sargent: Portraits of High Society

Truly an international artist, John Singer Sargent is described as "an American born in Italy, educated in France, who speaks like an Englishman, and paints like a Spaniard." Although he painted with Monet at Giverny, Sargent modeled himself after the Spanish painter Velazquez. Sargent is best remembered for his portraits of the wealthy and privileged that provide an enduring image of early 20th century society. He was also a gifted landscape painter and watercolorist. Taught by Betsy Solomon, MA.

In Person at Clayton Oasis #110 | Online #9310 10:00 – 11:30 AM | **WED, Jan 26** | \$15.00

Romare Bearden: Life, Art, Legacy

Recognized as one of the most creative and original artists of the 20th century, Romare Bearden had a prolific and distinguished career. His life and art emerge from a rich collection of experiences and inspirations including the Harlem Renaissance, music, the great masters, social work, serving in the army, philosophy, painting, collage, mythology and the civil rights movement. Explore the life, work and legacy of Romare Bearden. Taught by Betsy Solomon, MA.

In Person at Clayton Oasis #111 | Online #9311 10:00 – 11:30 AM | **WED, Feb 23** | \$15.00

Thomas Hart Benton: Painting America

One of the central artists associated with the American Regionalism movement, Thomas Hart Benton strayed from the modernist trend toward abstraction in favor of a more representational, though stylized, approach. Born in Neosho, MO, Benton created paintings and murals depicting the realities of rural life and the pressures of industrialization. His fluid, sculpted forms characterize subjects from all walks of American life. Taught by Betsy Solomon, MA.

In Person at Clayton Oasis #112 | Online #9312 10:00 – 11:30 AM | **WED, Apr 27** | \$15.00

Isadore Shank: St. Louis' First Modern Architect

Born in 1902 in Saint Louis, Isadore Shank's career as an architect spanned 65 years, from 1927 to 1992. In his hands, architecture became art. His architecture embraced the functional with a practical inevitability, emphasizing the form and the massing of simple direct elements. His work includes the 5654 Delmar/DeBaliviere Building, recognized as the first modern building in St. Louis: the Graybridge subdivision (including Shank's own residence at 4 Graybridge of 1941); the Ambassador Apartments on Delmar Boulevard (1953) and the Teamsters Union, a complex of buildings constructed from 1958 through 1975. More than six major structures grace the Union Recreation and Education Center in Pevely, Missouri. Taught by John Guenther, FAIA, LEED AP. In Person at Clayton Oasis #108 | Online #9308 10:00 – 11:00 AM | TUE, Jan 25 | \$12.00

The First Four Centuries of the Christian Era (Series)

How did an obscure anti-Roman, Jewish reform movement in Israel evolve into the state religion of the Roman Empire—in less than 400 years? The historical, religious and cultural evolution of Christianity is a fascinating tale of larger-than-life personalities, cultural assimilation, and theological conflict. In this four-part series we will examine the important persons, events, and ideas that were foundational for the shaping of Christianity as we know it today. Join us for all four sessions! Taught by Adjunct Assistant Professor of Theology in the School for Professional Studies at Saint Louis University, Mark Etling.

Whence Jesus of Nazareth? A Look at First Century Israel

What is the historical and religious context in first century Israel that produced Jesus of Nazareth? The first century of the common era was a time of political and religious upheaval in Israel. Jewish people had been subjected to foreign domination for the better part of 600 years and were now under the oppressive rule of the Roman Empire.

In Person at Clayton Oasis #103 | Online #9303 10:00 – 11:30 AM | **TUE, Jan 11** | \$12.00

"Christianities" in the Second Century

The fledgling Christian movement was anything but unified in the second century. It had spread from Israel into much of the Roman Empire, which meant that it was exposed to many different cultures and religions. There was no Bible, no creed, no common language, no center of authority. There were occasional surges of persecution by the Romans. Explore several of the "Christianities" of the second century as the movement struggled to forge its identity.

In Person at Clayton Oasis #104 | Online #9304 10:00 – 11:30 AM | **TUE, Feb 15** | \$12.00

The Struggle for Unity: Christianity in the Third Century

Between 200 and 300 CE the number of Christians in the Roman Empire increased dramatically. Christianity became less of a movement and more of a church as it institutionalized and formalized its worship, scriptures, belief system and authority structure. They also saw the continued Hellenization of Christianity, as it moved further away from its Jewish roots and reinterpreted itself in terms of Greek thought.

In Person at Clayton Oasis #105 | Online #9305 10:00 – 11:30 AM | **TUE, Mar 15** | \$12.00

Church and Empire: Christianity in the Fourth Century

Early in the fourth century, Emperor Constantine legalized Christianity in the empire; by the end of the century, Christianity would become the Roman Empire's official state religion. Heated theological controversies over the divinity of Jesus and the Holy Spirit led to the formation of a unified system of beliefs for all Christians—the Nicene Creed.

In Person at Clayton Oasis #106 | Online #9306 10:00 – 11:30 AM | **TUE, Apr 12** | \$12.00



Newest Finds in St. Louis History

Find out about recent discoveries in the history of St. Louis. Join Chris Naffziger as he talks about some of the interesting characters, events and places that have received new attention due to recent scholarship or anniversaries in the rich cultural and historical life of the Gateway City.

In Person at Clayton Oasis 107 | Online 9307 6:00 – 7:30 PM | **THU, Apr 7** | \$12.00

Charles & Ray Eames: Renaissance Designers of The Modern Era

St. Louisan Charles Ormond Eames, Jr. and Bernice Alexandra "Ray" Kaiser Eames, husband and wife and creative design partners, made significant historical contributions to the development of modern architecture, furniture, industrial and graphic design, exhibition design, fine art and films through the work of The Eames Office. Design Fellow John C. Guenther will present the life and works of Charles and Ray Eames, highlighting their contributions to and influence on modern design as true Renaissance designers for the modern age.

In Person at Clayton Oasis #109 | Online #9309 10:00 – 11:0 AM | **TUE, Feb 22** | \$12.00

Cultural Landmarks of St. Louis

Gain a new appreciation for some much-loved cultural landmarks of St. Louis: The Fabulous Fox Theatre; Powell Symphony Hall; The Sheldon; The Pulitzer Foundation for the Arts; and the Grand Center Spring Avenue Church (1884-2001). Taught by John C. Guenther, FAIA, LEED AP.

In Person at Clayton Oasis #135 | Online #9335 10:00 – 11:00 AM | **TUE, Mar 22** | \$12.00

A Sustainable Building Overview: Design Architect for Alberici Headquarters

Learn about the design process and concepts that led to the highest rated LEED Platinum building in the world upon its completion and certification. The Alberici Headquarters entails the adaptive reuse of an existing manufacturing plant, transforming it into a corporate headquarters for one of St. Louis' oldest and largest construction companies. John Alberici wanted to lead by example, transform the design and construction marketplace and set a goal of Platinum level LEED certification, reminding all the planning and construction team of "the future generations who will someday work in this building." This project is an excellent example of the "Triple Bottom Line...People, Environment, Economics"—benefitting all of these! Taught by John C. Guenther, FAIA, LEED AP.

In Person at Clayton Oasis #113 | Online #9313 10:00 – 11:00 AM | **TUE, Apr 19** | \$12.00

Paintings on Stone: Science and the Sacred 1530–1800

Learn about the upcoming exhibition that Dr. Judith Mann, Curator of European Art to 1800s, and Andrea Miller have been vigorously working on for the past 7 years. Paintings on Stone: Science and the Sacred 1530-1800 examines a fascinating tradition long overlooked by art historians—stone surfaces used to create stunning portraits, mythological scenes and sacred images. This exhibition reveals the beauty of these works and examines the complexity of using materials such as slate, marble, alabaster, lapis lazuli, and amethyst. Join us for a tour of the Saint Louis Art Museum exhibition, led by Andrea Miller—details on page 8.

In Person at Clayton Oasis #115 | Online #9315 10:00 – 11:00 AM | **TUE, Feb 8** | \$15.00

Where was God at Auschwitz?

The Holocaust was undoubtedly the most horrific attempt at genocide in the 20th century. The deaths of millions of Jews and other people deemed "unacceptable" were not only orchestrated by a cruel and hateful regime - but with the complicity of many people of faith. The Holocaust raises important religious questions even today —about the existence of God: about whether or not God intervenes in human affairs: about humanity's capacity for cruelty; about the limits of human freedom. In this presentation, Maharat Rori Picker Neiss and Dr. Mark Etling will discuss these and other questions from Jewish and Christian perspectives. Taught by Maharat Rori Picker Neiss of the Jewish Community Relations Council, and Mark Etling, Adjunct Assistant Professor of Theology in the School for Professional Studies at Saint Louis University.

In Person at Clayton Oasis #114 | Online #9314 10:00 – 11:00 AM | **THU, Apr 7** | \$15.00

> Join us for the **in-person tour of the Alberici Headquarters** led by John Guenther! See page 8 for details.



Hamilton, Whiskey and the First Test of Sovereignty for the New Nation

"Look, when Britain taxed our tea, we got frisky. Imagine what gon' happen when you try to tax our whiskey." Lin-Manuel Miranda put these words in the mouth of Thomas Jefferson but does not disclose what really happened when a tax on whiskey was imposed in 1791. The responses varied from peaceful civil disobedience to violent insurrection. With Hamilton by his side, President Washington donned his Revolutionary War uniform and was prepared to act as Commander-in-Chief in the field. Hear this story unfold and appreciate the fragility of the new American government. Taught by Joan Musbach, MA.

In Person at Clayton Oasis #133 | Online #9333 1:00 – 3:00 PM | **THU, Apr 21–28** 2 Sessions | \$25.00

Presidential Leadership Series: Abraham Lincoln

With Bonnie Vega, you will explore the life, words, work and death of one of America's best-known presidents, Abraham Lincoln. Join us for this four-session series.

Abraham Lincoln 1809–1860

Lincoln said he would never be his father – a dirt poor, hardscrabble, illiterate farmer. One word that might describe Lincoln is ambition. How did this young man transform himself from the "annals of the poor" to become the president of the United States?

In Person at Clayton Oasis #134 | Online #9334 10:00 – 11:00 AM | **MON, Apr 4** | \$12.00

Abraham Lincoln—President

Over the course of his four years as president, Lincoln acted as commander-in-chief of the Union Army to achieve his first goal – preservation of the Union. He clearly articulated his vision for the future of the country in the Gettysburg Address – to create a "new nation" based on the premise that "all men are created equal" who were served by a government that was made "by the people, of the people and (most importantly) for the people."

In Person at Clayton Oasis #116 | Online #9316 10:00 – 11:00 AM | **MON, Apr 18** | \$12.00

Abraham Lincoln—Undying Words

Through his words, we may aspire to be our better angels. His speeches did not deal with current policy but with large ideas—what was America to be? He wasn't just a politician but a philosopher. The way Lincoln reached people who never met him was through his words.

In Person at Clayton Oasis #117 | Online #9317 10:00 – 11:00 AM | **MON, May 2** | \$12.00

Abraham Lincoln—Death & Dying

It was Lincoln's death on Good Friday, April 15, 1865, that united religion and patriotism in the observance of a national death that represented ALL who had died. As Lincoln had died for the nation, now each soldier's death belonged to the whole nation. Lincoln's bones were buried but thousands of soldiers lay unburied their bones littering battlefields across the South. For the first time in history a nation would create national cemeteries to honor their deaths.

In Person at Clayton Oasis #118 | Online #9318 10:00 – 11:00 AM | **MON, May 16** | \$12.00

Buddhist Art and Architecture (Series)

Join John Renard, PhD in this series on Buddhist art. The art and architecture of Buddhism has shaped and represented the physical and social landscape of Asia for more than two millennia. Join us on an exploration of the origins of Buddhism and its impact as it spread across Asia. Each week we will delve into a different region.

Buddhist Art and Architecture I

We will cover Himalayan Kingdoms, Southeast Asia and Indonesia.

In Person at Clayton Oasis #101 | Online #9301 1:00 – 2:30 PM | **TUE, Mar 8–Apr 29** 4 Sessions | \$44.00

Buddhist Art and Architecture II

We will cover the East Asian Schools of Mahayana in China, Korea and Japan.

In Person at Clayton Oasis #102 | Online #9302 1:00 – 2:30 PM | **TUE, Apr 5–26** 4 Sessions | \$44.00

TV, Radio, Newspapers: How Media Shaped Our Lives

Who better to present the history of St. Louis media than a man who has been in the business for more than 68 years? Your radio, TV and newspaper guide Ron 'Johnny Rabbitt' Elz will review radio dating to the World's Fair: television from its start here in 1947; and newspapers of the 19th century to today. Learn about Joseph Pulitzer, Robert Hyland, Russ David, Rex Davis, Charlotte Peters, Spider Burks, Ed Bonner, Jerry Berger, Jack Carney and lots more. You'll hear about newspapers such as the Globe–Democrat and Star–Times plus publications like Julian Miller's Prom magazine and Reedy's Mirror. And there'll be a cavalcade of radio. TV, & newspaper personalities guaranteed to bring back fond memories. In addition, Rabbitt will offer many first-hand, behind the scenes stories from his vears in media.

In Person at Clayton Oasis #126 | Online #9326 10:00 – 11:00 AM | **MON, Feb 7** | \$15.00

Reflections on Mill Creek: A St. Louis Story

Mill Creek was a Black neighborhood in the central corridor of St. Louis that was razed in 1959. Politicians considered it a "slum" – but for those living in this neighborhood, it was a thriving community. Join us as we explore this chapter of St. Louis history. Vivian Gibson published a memoir, "The Last Children of Mill Creek," which tells the story of growing up there, and how her family, friends, church community, and neighbors were displaced by "urban renewal." Michael Allen's work encompasses architectural history, cultural geography, historic preservation, and political activism. He seeks to reveal ways in which the built environment reflects systemic inequalities. He will dig into the story of Mill Creek and how it relates to other similar projects throughout the world. Vivian will share her own personal experiences and read excerpts of her book, which recreates the everyday lived experiences of her family, including her college educated mother (who moved to St. Louis as part of the Great Migration), her friends, shop owners, teachers, and others who made Mill Creek into a tight-knit Black community.

In Person at Clayton Oasis #119 | Online #9319 10:00 – 11:30 AM | **THU, Apr 14** | \$15.00

> Join us for Walk the Brickline Greenway that Commemorates Mill Creek Valley on page 5.

Streets of St. Louis—What's in a Name?

Through photos and descriptions, tour the streets of St. Louis. Recall the original French street names in the city, the streets named for trees, the origin of many street names from Accomac to Zealand, and German street names that were changed in WWI & WWII. Topics include buildings that were saved and lost, neighborhoods divided by highways, how streets looked in the horse and buggy days, as well as businesses, public transportation and more! Led by Johnny Rabbitt.

In Person at Clayton Oasis #128 | Online #9328 10:00 – 11:00 AM | **MON, Apr 11** | \$15.00

St. Louis German Heritage

Through historic images and stories, explore the contributions that German immigrants made in St. Louis. We will discuss educators, businesses, breweries, newspapers, food as well as German immigrants' role in the Civil War. Led by Johnny Rabbit.

In Person at Clayton Oasis #127 | Online #9327 10:00 – 11:00 AM | **MON, Mar 7** | \$15.00

Napoléon the Dictator and Mme de Staël the Woman of Letters

It has been said that there were three great powers struggling against Napoléon for the soul of Europe: England, Russia, and Madame de Staël. What did this woman of letters write that so threatened Napoléon? This program will highlight the literary and political realms of the Enlightenment and their clash, conflict, and struggle for the soul of country. As a leader of the Alliance Française de St. Louis, Dr. Morros wrote her dissertation on Mme de Staël for the Ph.D. in 18th century French Studies at Washington University in St. Louis.

In Person at Clayton Oasis #129 | Online #9329 1:00 – 2:00 PM | **TUE, Mar 8** | \$12.00

The Presidency of James K. Polk and the Mexican War

Historians rate James K. Polk in the top tier of American presidents, yet we rarely pay attention to him. He served only one term and gets credit for adding over a million square miles to the country. The Mexican War faced potent opposition by individuals as diverse as Abraham Lincoln and Henry David Thoreau. While it made us a nation "from sea to shining sea" it also exacerbated sectional differences and set us on the road to Civil War. Taught by Joan Musbach, MA.

In Person at Clayton Oasis #131 | Online #9331 1:00 – 2:00 PM | **TUE, Feb 15–22** 2 Sessions | \$25.00

John D. Rockefeller: Captain of Industry, Titan, Robber Baron—NEW Program!

The standard for great wealth was John D. Rockefeller. He birthed the powerful, and unregulated business combination, the trust. He came to be regarded as a cold-hearted robber baron. But his legacy is more complex than that. At a time when capitalism is being reviled, this class examines the life of a major progenitor. Taught by Joan Musbach, MA.

In Person at Clayton Oasis #132 | Online #9332 1:00 – 3:00 PM | **TUE, Mar 1** | \$15.00



Check out Virtual healthy habits (VHH), a free, interactive, group-based program

designed for older adults to

learn about healthy nutrition and provide an opportunity for social engagement. To learn more, head over to page 36.

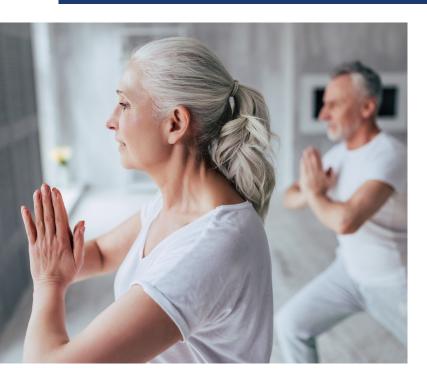


IN-PERSON CLASSES

JOIN US FOR CLASS IN-PERSON -

Your safety comes first! That's why Oasis requires you to wear a mask over your nose and mouth, but also be fully vaccinated to participate in our in-person programs.

BELLFONTAINE UNITED METHODIST | 10600 Bellefontaine Road, St. Louis, MO 63137



ExerStart

Encouraging adults 50+ to be active so they can do the things they want and need to do, ExerStart is a low–intensity exercise class for those looking to add more activity to their lives using resistance bands while standing or seated.

Bellefontaine United Methodist #1670 9:30 – 10:15 AM **MON/WED, Jan 10–Feb 16 (No Class 1/17)** 11 Sessions | Free

Bellefontaine United Methodist #1671 9:30 – 10:15 AM | **MON/WED, Feb 23–Mar 23** 9 Sessions | Free

Bellefontaine United Methodist #1672 9:30 – 10:15 AM | **MON/WED, Mar 28–Apr 27** 10 Sessions | Free

CLARENDALE CLAYTON | 57651 Clayton Rd, Clayton, MO 63117

So, You Want to Be a Tutor?

You can help a child learn to love reading and learning! Oasis Intergenerational Tutoring pairs volunteers with children in grades K-3 to work one-on-one each week as their tutors, mentors and friends. Learn about the program in this fun, informal session and find out how you can be trained to become a tutor. This session is an introduction to the Oasis Intergenerational Tutoring program, training for those who plan to tutor will be provided at a later date. Led by Oasis Facilitators.

Clarendale Clayton #6000

10:00 – 11:30 AM | WED, Jan 12 | Free

Cinematic History: Slapstick Comedy

Often copied, never duplicated, the skill, finesse, and derring-do of the early entertainers of cinema remains unique to its time and place. From "silent clowns" such as Fatty Arbuckle and the Keystone Cops to the death-defying genius of Buster Keaton and Harold Lloyd, to the affectionate antagonism of Laurel & Hardy, the early era of slapstick comedy remains a truly special experience. Come laugh with us at movie highlights as we dig deeper into the lives, methods, and incredible humor of the greats of slapstick comedy! Led by Jim Tudor.

Clarendale Clayton #6003

10:00 AM – 12:00 PM | **WED, Feb 23** | \$10.00

Aging Mastery Program® (AMP)

In this free 10-week program, you will build your own personal playbook for aging well. AMP incorporates evidence-informed materials, expert speakers, group discussion, and peer support. Guest speakers will discuss topics including healthy eating, falls prevention, physical activity, healthy relationships,financial fitness, online safety, medication management, community engagement and more. Registration closes January 21st.

Clarendale Clayton #6001

1:00 – 3:00 PM | **MON, Feb 28–May 2** 10 Sessions | Free

Cinematic History: The Comedy Icons

Among the many hilariously talented comedy actors in the history of cinema, few have made as indelible marks as Charlie Chaplin, Mae West, W.C. Fields, and the Marx Brothers. In this session, we'll dig deeper into the lives and work of each of these brilliant, enduring performers. We will unpack their game-changing achievements and appreciate clips of their greatest performances. Led by Jim Tudor.

Clarendale Clayton #6002 10:00 AM – 12:00 PM | **FRI, Jan 28** | \$10.00

Cinematic History: Screwball Comedy

When the movies learned to talk, a new era of smart, dialogue-driven comedy took over the silver screen. It was here that cinema greats such as Cary Grant, Caroll Lombard, and Katharine Hepburn became timeless superstars. In this session, we will discuss what made the "screwball comedy" era so vital and so unique, enjoying film highlights along the way. Join us for some of the finest rapid-fire zingers and funniest culture clashes ever committed to film! Led by Jim Tudor.

Clarendale Clayton #6004 10:00 AM – 12:00 PM | **WED, Mar 23** | \$10.00

Cinematic History: Satirical Comedy

As cinema evolved in the 1940s and 50s, the venerable slapstick and screwball forms of comedy were distilled in the interest of freshly minted satire. Never afraid to poke fun at "the system", comedians like Jerry Lewis, Dean Martin, Bob Hope, and Bing Crosby kept audiences laughing uproariously for decades. The uncompromising wit of visionary directors demonstrated how great comedy can be both smart and silly - a muchneeded breath of fresh air in changing times. This session, with plenty of film clips, will detail why this era of comedy stands out. Led by Jim Tudor.

Clarendale Clayton #6005 10:00 AM – 12:00 PM | **WED, Apr 27** | \$10.00

St. Louis Stories Live: Immersive Author Experience

Experience St. Louis in a truly unique and authentic way at this live event featuring local authors. The stories presented will range from colorful and quirky to heartwarming and poignant. Storytellers will combine personal experience with favorite local topics like nostalgia, sports, historical happenings, and special places. Longtime media personality, author and filmmaker Patrick Murphy will serve as moderator and speaker.

Clarendale Clayton #6006 1:00 – 2:30 PM | **WED, Mar 16** | \$12.00

The "Other" Expeditions

Two expeditions set out in 1805 and 1806. They involved courageous leaders who faced great obstacles and contributed to our geographic knowledge. But you have never heard of them! Their names were Freeman, Custis and Sparks. Unlike our great American Epic, the Lewis and Clark Expedition, the Freeman-Custis Expedition of 1806 and the Park Exploration of 1805 were not successful for a variety of interesting reasons, not the least of which was GERMS. Learn about these two contemporaneous expeditions and compare them to that of Lewis and Clark. Prior knowledge of the Lewis and Clark Expedition will be helpful but is not required. Led by Joan Musbach, MA.

Clarendale Clayton #6007 1:00 – 2:00 PM | **WED, Jan 19** | \$12.00

Welcome Back Celebration

Join Oasis and the Clarendale Clayton staff on their outdoor patio for light refreshments and a preview of upcoming outdoor walks, lifelong learning programs at Clarendale, and more. We will take a tour of Clarendale and go on a one-mile, fun walk in a Clayton neighborhood.

Walk #535 9:30 AM | **TUE, March 15** | Free

Alexander Hamilton: The Underappreciated Founder

Thanks to Broadway, there has been a resurgence of interest in our previously underappreciated founder. Most Americans know more about how Alexander Hamilton died – a dramatic duel with the Vice President of the United States – than how he lived. As the first Secretary of the Treasury, Alexander Hamilton established the United States as a creditworthy young nation and set the trajectory for our capitalist, industrial economy. Learn more about the dynamics of Hamilton's personal and political life. Led by Joan Musbach, MA.

Clarendale Clayton #6008

1:00 – 2:00 PM | **TUE, Apr 5 & 12** 2 Sessions | \$20.00

Reminder: Oasis requires you to wear a mask over your nose and mouth, as well as be fully vaccinated to participate in our in-person programs.

Brew in the Lou: The Latest News on St. Louis' Brewing History

For 200 years, dozens of breweries have come and gone in St. Louis, like Lemp, Falstaff and Anheuser Busch. We'll dig into their stories, plus you'll get the scoop on how caves were used and the recent discovery of English Cave, the "Area 51 of the St. Louis caving scene." Led by Chris Naffziger.

Clarendale Clayton #6009 6:00 – 7:30 PM | **FRI, Apr 29** | \$12.00

Downtown Before the Arch

Join Johnny and witness life in St. Louis covering a period of 125+ years before The Arch was built in 1965. This photo parade will display the homes of the rich and not so rich, life on the levee, activities of the river, how people dressed, and a detailed look into the people, places and things of the era. Led by Johnny Rabbitt.

Clarendale Clayton #6010 10:00 – 11:00 AM | **WED, Mar 2** | \$12.00

In the Spirit of the Time: The Life and Works of Eero Saarinen

Join John C. Guenther, FAIA, LEED AP as he presents the life and works of Eero Saarinen, FAIA. Eero Saarinen, FAIA, was one of the most celebrated architects of his time. Saarinen left a remarkable body of work, and a legacy of innovation, collaboration and media savvy which continues to inform architectural practice today.

Clarendale Clayton #6011 10:00 – 11:00 AM | **TUE, Mar 9** | \$12.00

Chocolate: Become a Cocoa Connoisseur

Learn about some of the fallacies and truths of chocolate. Find out the latest marketing techniques use to draw you in. Experience a comparison test and have a chance to test your palate. Chocolate samples included! Led by Marcie Handler.

Clarendale Clayton #6012 10:00 – 11:00 AM | **WED, Feb 9** | \$12.00

Introduction to Egyptian Hieroglyphics

Unlock the secrets of reading and writing like an Egyptian in this hieroglyphic course for beginners. The "alphabet", types of signs, and commonly used words and phrases will be explored. Attendees will also practice inscribing their names within a cartouche, a symbol reserved for the royalty and gods of Egypt. Led by Lindsey Schifko.

Clarendale Clayton #6013 10:00 – 11:00 AM | **THU, Apr 7** | \$12.00

Joseph Pulitzer: The Father of Modern Newspaper Publishing

This program covers the fascinating story of the 19th century's brilliant publishing magnate, Joseph Pulitzer. We will discuss his immigrant beginnings, his move to St. Louis and his newspaper empire. Also included in Pulitzer's colorful history is the famous "yellow journalism" rivalry with William Randolph Hearst; his struggle with ill health and eventual blindness; and his ultimate achievements—the creation of the Columbia School of Journalism and the prestigious Pulitzer Prizes in journalism, literature and music. Led by Bev Schuetz.

Clarendale Clayton #6014 10:00 – 11:00 AM | **THU, Apr 21** | \$12.00

Symbols of Resiliency, Gracefulness, Courage, and Perseverance

Both novice and experienced artists are invited to enjoy 75-minutes of creativity. Art for Wellness instructor, Maria Ojascastro will introduce the art of Sumi-e, a Japanese painting technique that uses black ink and simple brush strokes. Participants will learn how to paint different plants that represent resiliency, gracefulness, courage, and perseverance. Led by Maria Ojascastro.

Clarendale Clayton #6015

10:00 – 11:30 AM | **WED, Feb 16** | \$15.00* *Materials Included

When the Blues Go Marching In—Meet the Author

From humble beginnings 50 years ago, there has always been something special about the St. Louis Blues Hockey team and its connection to St. Louis. *When the Blues Go Marching In: An Illustrated Timeline of St. Louis Blues Hockey* captures the magic of this connection and the imprint it has left on the city through images and stories. Author Dan O'Neill is an award-winning feature writer and columnist for the St. Louis Post-Dispatch, MSNBC and numerous other publications. Discuss memories of the Blues and Saturday nights at the arena in this exciting program. Led by Dan O'Neill.

Clarendale Clayton #6016 1:00 – 2:00 PM | **THU, Apr 28** | \$12.00

Fake News: Become Media Savvy

Media companies are often called "gatekeepers," but who is in charge of what they can and can't do? Join Dr. Zwarun, a University of Missouri System Presidential Engagement Scholar, and explore policymaking, First Amendment issues, the 'fake news' controversy and more. Led by Dr. Lara Zwarun.

Clarendale Clayton #6017 1:00 – 2:00 PM | **WED, Apr 20** | \$12.00

Public Art in Clayton—A Closer Look

This talk will closely examine the sculpture located at the intersection of Hanley Road and Wydown Boulevard titled Man on Horse by Fernando Botero. We will look at the life and work of Botero and the broad tradition of equestrian monuments. Led by Sarah Umlauf, the Executive Director of the St. Louis Art Fair.

Clarendale Clayton #6019 10:00 – 11:00 AM | **WED, Feb 2** | \$12.00

Treachery and Deceit During the Civil War

Area men recruited for the Confederate Army received training in an encampment on the Clayton Road. When rumors of this camp circulated to the Office of the Provost Marshal in St. Louis, Union Soldiers combed the farmland in search of the traitors defying the rule of law with these treasonous acts. Led by Sarah Umlauf, the Executive Director of the St. Louis Art Fair.

Clarendale Clayton #6018 10:00 – 11:00 AM | **TUE, Apr 26** | \$12.00



CLAYTON OASIS | 50 Gay Avenue, Clayton, MO 63105

Men's Roundtable

Join Clif Mahin and Jack Cancila to discuss World issues, politics and anything else on our minds. Our discussion group meets on the first and third Mondays of each month at Clayton Oasis.

Clayton Oasis #120

1:30 – 3:30 PM MON, Jan 10 & 31; Feb 7 & 21; Mar 7 & 21; Apr 4 & 18 | \$48.00

Creative Writing — In Person Only

Join creative writing coach and editor Kim Lozano in this writing workshop that introduces the basics of writing fiction, memoir, personal essay, and poetry. She'll provide optional writing prompts and class members will have the opportunity to share their writing with the group and receive feedback. Kim's work has been published in The Iowa Review, North American Review, American Life in Poetry, CRAFT, and many other publications. She blogs about writing at kimlozano.com.

Clayton Oasis #121 10:00 AM – 12:00 PM **TUE, Feb 8, 15, & 22; Mar 1, 18, & 15** 6 Sessions | \$108.00

Great Decisions With Roy Overmann

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the documentary film series and meeting to discuss the most critical global issues facing America today. Topics for this session include: Changing Demographics, Outer Space, Climate Change, Russia and the United States, Myanmar and Asean, The Quad Alliance, Drug Policy in Latin America, Industrial Policy and Biden's Agenda. Students will receive a copy of the Great Decisions Briefing Book to keep.

Clayton Oasis #122

1:00 – 2:30 PM | **THU, Feb 3–Mar 31** 8 Sessions | \$60.00

Strengthen & Stretch

Practice low-impact aerobics, strength training, flexibility and balance exercises with Penny Moskus! The ability to move freestanding without use of a chair is necessary for this class. Floorwork is optional. Have a sturdy chair available for use. Taught by certified fitness instructor, Penny Moskus.

Clayton Oasis #1500 10:30 – 11:30 AM | **TUE/THU, Jan 11–Feb 10** 10 Sessions | \$75.00

Clayton Oasis #1501

10:30 – 11:30 AM | **TUE/THU, Feb 15–Mar 17** 10 Sessions | \$75.00

Clayton Oasis #1502

10:30 – 11:30 AM | **TUE/THU, Mar 22–Apr 28** 12 Sessions | \$90.00

Relax and Renew Yoga

Taught by certified instructor, Cindy Fernandez.

Clayton Oasis #1507 9:00 – 10:00 AM | **FRI, Jan 14–Mar 4** 8 Sessions | \$60.00

Clayton Oasis #1508

9:00 – 10:00 AM | **FRI, Mar 11–Apr 29** 8 Sessions | \$60.00

Understanding Humanism

Humanism has a rich history beginning in the Renaissance, with a focus on human values, concerns and perspectives that evolve into a contemporary philosophy of life. Explore and discuss this history and the modern philosophy of humanism. Roy Overmann teaches political philosophy and international relations at Webster University in Webster Groves. He is the former President of the Rationalist Society of St. Louis and editor of its publication Secular Subjects. Roy also speaks about Humanism and Christian apologetics at various venues such as churches, high schools, universities, and seminaries.

In Person at Clayton Oasis #130 1:00 – 2:30 PM | **THU, Apr 14–28** 3 Sessions | \$15.00

Beginning Pilates

A complete body workout that will strengthen and tone your core muscles; build your overall strength and stamina; increase your flexibility; improve your posture, breathing and balance; and much more with Heather Needleman. Pre-registration required before the session begins in order to attend. Class requirements: participants are able to do floor exercises; participants provide their own Pilates mat.

Clayton Oasis #1503

1:15 – 2:15 PM | **WED, Jan 12–Mar 2** 8 Sessions | \$60.00

Clayton Oasis #1504

1:15 – 2:15 PM | **WED, Mar 9–Apr 27** 8 Sessions | \$60.00

Intermediate Pilates

A complete body workout that will strengthen and tone your core muscles; build your overall strength and stamina; increase your flexibility; improve your posture, breathing and balance; and much more with Heather Needleman. Pre-registration required before the session begins in order to attend. Class requirements: participants are able to do floor exercises; participants provide their own Pilates mat.

Clayton Oasis #1505

2:30 – 3:30 PM | **WED, Jan 12–Mar 2** 8 Sessions | \$60.00

Clayton Oasis #1506

2:30 – 3:30 PM | **WED, Mar 9–Apr 27** 8 Sessions | \$60.00

HOLY ANGELS | 3499 DePaul Lane, Bridgeton, MO 63044

Aging Mastery Program® (AMP)

In this free 10-week program, you will build your own personal playbook for aging well. AMP incorporates evidence-informed materials, expert speakers, group discussion, and peer support. Guest speakers will discuss topics including healthy eating, falls prevention, physical activity, healthy relationships,financial fitness, online safety, medication management, community engagement and more. Registration closes January 21st.

AMP #4200

Holy Angels Building 1 1:00 – 3:00 PM | **FRI, Jan 28–Apr 1** 10 Sessions | Free

Matter of Balance

Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to keep you on your feet. Stretches and light movements for improved flexibility and range of motion are introduced in the third class.

Holy Angels Apartments II #4150

Apartment Building 2 1:00 – 3:00 PM | **FRI, Jan 28–Mar 18** 8 Sessions | Free

Better Choices, Better Health—Diabetes

Developed and tested by Stanford University, and similar to Living a Healthy Life with Chronic Conditions, this class focuses on diabetes. Mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Holy Angels Apartments II #4107

Apartment Building 2 12:00 – 2:30 PM | **THU, Jan 20–Mar 3** 7 Sessions | Free

Living a Healthy Life

Developed and tested by Stanford University, this self- management course is for adults with chronic conditions. Studies show that participants experience greater energy, reduced fatigue, increased activity, better emotional health, and enhanced partnerships with healthcare teams after taking the class. Participants learn and practice skills such as problem-solving and goal setting, to cope with common symptoms, and frustrations of living with chronic illness.

Holy Angels Apartments I #4106

Apartment Building 1 10:00 AM – 12:30 PM | **FRI, Jan 18–Mar 1** 7 Sessions | Free

THE J OF CHESTERFIELD | 16801 Baxter Road, Chesterfield, MO 63005

The Dark Side of Heroes: A Series by Bev Schuetz -

Many of our famous, admired heroes often hid their darkest side. Rediscover the fascinating history of three of these flawed, amazing figures including: Charles Lindbergh, J. Edgar Hoover, and Richard Nixon. Follow the rise and fall of these intriguing and controversial figures and the marks, good and bad, they made on history.

Charles Lindbergh

Charles Lindbergh showed great courage in his solo flight across the Atlantic. He became an international star, but his magnificent achievement would later be off-set by his pro-Nazi stance and his bigamy.

The J of Chesterfield #710

10:00 – 11:00 AM | **THU, Feb 10** | \$12.00

J. Edgar Hoover

J. Edgar Hoover built the FBI into one of the most admired law enforcement agencies in the world while secretly increasing and abusing his personal power.

The J of Chesterfield #711 10:00 – 11:00 AM | **THU, Mar 10** | \$12.00

Richard Nixon

Richard Nixon, a true American tragedy, rose to the highest pinnacle of political success only to resign the presidency in disgrace.

The J of Chesterfield #712 10:00 – 11:00 AM | **THU, Apr 7** | \$12.00



NEW NORTHSIDE FAMILY LIFE CENTER | 5939 Goodfellow Boulevard, St. Louis, MO 63147

Better Balance

Improve your balance and reduce fall risk through a multi-dimensional approach that improves muscle strength, flexibility, range of motion and confidence with Nancy Weigand.

New Northside Family Life Center #1510

9:00 – 10:00 AM | **TUE/THU, Jan 18–Feb 17** 10 Sessions | Free

New Northside Family Life Center #1511 9:00 – 10:00 AM | **TUE/THU, Feb 22–Mar 24** 10 Sessions | Free

New Northside Family Life Center #1512 9:00 – 10:00 AM | **TUE/THU, Mar 29–Apr 28** 10 Sessions | Free

Tai Chi for Arthritis for Fall Prevention: Beginner

Tai Chi, an ancient Chinese tradition, is practiced as a graceful form of exercise. Learn Sun Style Tai Chi utilizing a series of slow, focused movements and deep breathing to relieve pain, reduce stress and decrease fall risk while improving balance, muscular strength, coordination, confidence and mood. In this class, you will learn the Basic 6 and Advanced 6 forms. Taught by Certified Tai Chi Instructor.

New Northside Family Life Center #1610 11:00 AM – 12:00 PM | **TUE/THU, Jan 11–Feb 10**

10 Sessions | Free

New Northside Family Life Center #1611 11:00 AM – 12:00 PM | **TUE/THU, Feb 15–Mar 17** 10 Sessions | Free

New Northside Family Life Center #1612 11:00 AM – 12:00 PM | **TUE/THU, Mar 22–Apr 28** 12 Sessions | Free

JEFFERSON COUNTY LIBRARY-NORTHWEST | 5680 Missouri PP, High Ridge, MO 63049

ExerStart

Encouraging adults 50+ to be active so they can do the things they want and need to do, ExerStart is a low-intensity exercise class for those looking to add more activity to their lives using resistance bands while standing or seated. Taught by Pat Atkins.

Jefferson County Library—Northwest #1660 9:00 – 9:45 AM | **TUE/THU, Jan 11–Feb 10** 10 Sessions | \$10.00

Jefferson County Library—Northwest 1661 9:00 – 9:45 AM | **TUE/THU, Feb 15–Mar 17** 10 Sessions | \$10.00

Jefferson County Library—Northwest 1662 9:00 – 9:45 AM | **TUE/THU, Mar 22–Apr 28** 12 Sessions | \$12.00





MANCHESTER UNITED METHODIST CHURCH | 129 Woods Mill Road, Manchester, MO 63011

Matter of Balance

Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to keep yourself on your feet. Stretches and light movements for improved flexibility and range of motion are introduced in the third class. This is a discussion-based program, and participants receive a workbook to keep. Led by Oasis Community Health Facilitators.

Manchester #4154

10:00 AM – 12:00 PM | **THU, Feb 10–Mar 31** 8 Sessions | Free

PAVILION AT LEMAY | 305 Gregg Road, St. Louis, MO 63125

The Battle of Belmont

The Battle of Belmont in southeastern Missouri was Ulysses S. Grant's first major battle of the Civil War. Although the army had initial success, the battle nearly turned into a disaster when Union soldiers began looting the Confederate camp. Though the battle almost ended in disaster, it caught the attention of President Lincoln.

Pavilion #801

10:00 – 11:00 AM | FRI, Jan 28 | \$10.00

The Military in St. Louis: 1764 to Present

Battles have taken place inside the city of St. Louis during the American Revolution and during the Civil War. We have the oldest operating military institution west of the Mississippi. Learn about the presence of the military and how it has affected St. Louis. Taught by Doug Schneider.

Pavilion #802

10:00 – 11:00 AM | FRI, Feb 18 | \$10.00

A Special Walk Through History

Take a special walk through history and see a fence made of Civil War rifles; the building with the largest display of torpedoes in St. Louis; what one man did with one dollar; as well as learn what funeral parlors have to do with dial tones. Wear appropriate footwear on this approximately three-mile walk that starts at the Pavilion. Led by Doug Schneider.

Pavilion #803

9:30 – 11:00 AM | MON, Apr 25 | \$7.00

The Black Soldier Experience During the Civil War

Nearly 200,000 African American men fought for the Union military during the American Civil War. Park Guide Ashton Farrell will discuss the evolutionary political process that brought them into service, analyze important battles they fought, prejudices they faced, how attitudes began to change, and Ulysses S. Grant's thoughts on Black soldiers in the U.S. Army.

Pavilion #804 10:00 – 11:00 AM | **FRI, Feb 25** | \$10.00

Victoria Woodhull and Women's Suffrage

Victoria Woodhull and her sister Tennessee Claflin were the belles of high finance in the early 1870's. Find out how Victoria and Tennessee fit into the women's movement and how they were the darlings of early celebrity culture in the 19th century. Taught by Evan Meyer, Park Guide at the Ulysses S. Grant National Historic Site.

Pavilion #805

10:00 - 11:00 AM | FRI, Mar 18 | \$10.00

Create a La bouteille de Suze Collage

Both novice and experienced artists will enjoy a 75-minute, in-person art experience with teaching artist Maria Ojascastro. With step-by-step instructions and materials provided, you'll create an artwork representing something you are grateful for in life inspired by Picasso's *La bouteille de Suze*.

Pavilion #807

10:00 – 11:30 AM | **TUE, Apr 5** | \$15.00 *Includes materials; you may take your own artwork!

The Colfax Massacre and the End of Reconstruction

Acts of racial terrorism against African Americans were common during the Reconstruction Era. One of the worst episodes was the Colfax Massacre, which occurred in Louisiana in 1873. This presentation will discuss the event in-depth and explain how it presaged the end of Reconstruction. Taught by Nick Sacco, Ulysses S. Grant National Historic Site.

Pavilion #806 10:00 – 11:00 AM | **WED, Apr 6** | \$10.00



THOMAS DUNN LEARNING CENTER | 3113 Gasconade Street, St. Louis, MO 63118

Matter of Balance

Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to keep yourself on your feet. Stretches and light movements for improved flexibility and range of motion are introduced in the third class. This is a discussion-based program, and participants receive a workbook to keep. Led by Oasis Community Health Facilitators.

Thomas Dunn Learning Center 4152 1:00 – 3:00 PM | **TUE, Mar 8–Apr 26** 8 Sessions | Free

ST. CHARLES COUNTY LIBRARY—SPENCER ROAD | 427 Spencer Road, St. Peters, MO 63376

Matter of Balance

Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to keep yourself on your feet. Stretches and light movements for improved flexibility and range of motion are introduced in the third class. This is a discussion-based program, and participants receive a workbook to keep. Led by Oasis Community Health Facilitators.

STCC Library – Spencer Road Branch #4153 10:00 AM – 12:00 PM | **WED, Mar 23–May 11** 8 Sessions | Free

THE MAGNIFICENT THEATER OF LIFE: HOW TO PREPARE FOR THE FINAL ACT

A Collaboration with the NineNetwork and PBS

Be a part of an exciting new collaboration between Oasis and NineNetwork! Join us for a series of interactive presentations and discussions that focus on increasing awareness, acceptance, mastery and communication about the complex life chapter of death and dying. The sessions, including your participation, may be recorded by NineNetwork producers and used in the production of a program that will be aired on NineNetwork and broadcast nationally by PBS.

The three-part programs will be moderated by Oasis Founder Marylen Mann, Dr. Ira Kodner, Washington University Emeritus Professor of Surgery, Dr. Patrick White, Chief Medical Officer– BJC Hospice, and Dr. Brian Carpenter, Washington University Professor of Psychology. Each session will feature experts who share their wisdom regarding specific topics, which include:

UNDERSTANDING END-OF-LIFE ISSUES IN AMERICA

There are many cultural, economic and social issues for Americans when dealing with death. How can we move past these barriers to start a conversation with loved ones?

CONNECTING SPIRITUAL BELIEFS TO CHALLENGING DECISIONS

Interact with a panel of spiritual leaders as they discuss how religion can fit into an individual's end-oflife challenge. From Catholic, Protestant, Muslim and Jewish considerations, there will be a variety of perspectives and philosophies on how to make important decisions for future care.

CREATING AN ADVANCE CARE PLAN FOR THE FINAL ACT

Understand care options and how to plan for the future. Learn about important documents, terminology and medical research to make the best decisions possible.

The program will be offered at two locations. Choose the one that works best for you!

 New Northside #550
 Ma

 1:00 - 3:00 PM | Jan 19, 21, 24
 2:0

 3 Sessions | Free
 3 S

Maryland Heights #201 2:00 – 4:00 PM | Jan 26, 28, 31 3 Sessions | Free





Are you a Humana Healthcare Member?

St. Louis Oasis is teaming up with Humana to offer Humana Members **\$80** towards St. Louis Oasis & Oasis Everywhere classes as a benefit of their healthcare plan!

CALL TODAY TO CLAIM YOUR CREDIT!

(314) 485-4320

credit

towards in-person &

virtual Oasis classes!

"Humana is thrilled to be working with St. Louis Oasis to bring a new adult learning benefit to our Medicare Advantage members in the St. Louis area. This live, interactive program gives members the opportunity to take exciting virtual and in-person classes," said Dr. Elizabeth Peterson, Regional Vice President Health Services for Humana.









Show me a successful individual and I'll show you someone who had a real positive influence in his or her life. I don't care what you do for a living if you do well. I'm sure there was someone cheering you on or showing you the way. A mentor.

-Denzel Washington



The Oasis Intergenerational Tutoring Program is more than a tutoring program—it encompasses the components of tutoring, mentoring, and relationship building. Our Oasis volunteers serve many roles—as tutors, friends, and mentors—and they all depend on building a positive and supporting relationship with their students. The mentorship benefits both the mentor and the student.

There are many proven benefits to students in a mentoring partnership: improvement in academic performance, improvement in study habits, **increase in self-esteem**, development of critical thinking skills, improvement in social skills, **increasing a growth mindset of meeting challenges and rising above them**, and receiving customized feedback on efforts.

But the mentorship also benefits the older adult! Mentors learn about themselves, improve their interpersonal skills, develop empathy, and gain a deeper understanding of today's youth and their unique problems. Most importantly, **mentors gain a sense of accomplishment by positively impacting the life of another person**—experiencing the process of helping a youth achieve his/ her potential. **A mentor is often a student's number one influence against poor choices.**

If you would like to serve as an Oasis tutor to a student in Kindergarten—3rd grade, Complete an online inquiry at **tutoring.oasisnet.org/become-a-tutor** or call (314) 995–9506

MISSOURI YOP TAX CREDITS: Help Youth & Save Money on Taxes at the Same Time

What are tax credits?

A tax credit is a reduction in taxes that can be deducted directly from the taxes you owe. Unlike tax deductions, which reduce the amount of taxable income, tax credits reduce the actual amount of tax owed. A Youth Opportunity Program (YOP) credit is used to offset an eligible donor's Missouri income tax liability, enabling them to redirect their tax dollars to local projects while reducing the administrative and overhead costs of state administration of similar programs. The tax credit equals 50% of the value of monetary donations. Approved donors may claim the tax credits when they file their Missouri income tax return.

Who are eligible donors for YOP tax credits?

Individuals and businesses with Missouri income tax liability are eligible YOP donors.

Donation to Oasis	\$10,000	\$5,000	\$2,000	\$1,000	\$500	
Federal Tax Deduction (35% bracket) Reduces Taxes by	-\$3,500	-\$1,750	-\$700	-\$350	-\$350	
MO Tax Deduction (6% tax rate) Reduces Taxes by	-\$600	-\$300	-\$120	-\$60	-\$30	
MO YOP Tax Credit (50% of gift) Reduces Bottom Line by	-\$5,000	-\$2,500	-\$1,000	-\$500	-\$250	
Total Cost of Your Gift	\$900	\$450	\$180	\$90	\$45	

AN EXAMPLE OF HOW A TAX CREDIT COULD BENEFIT YOU

*As in all cases, please consult a professional tax advisor regarding a donation of any kind. Tax credits are NOT sellable, transferable, or refundable.

How do I receive and use my tax credits?

The process is simple: Contribute \$500 or more to St. Louis Oasis to support the tutoring program. Once the donation is received, Oasis staff will contact you to begin the application process.

For any questions, please contact Development Director Julianna Fellows at **jfellows@oasisnet.org** or **314.862.2933 Ext. 235**



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 August 9, 2021 through December 3, 2021.

In Honor of Juliet Simone Anonymous

In Honor of Sharon Hales Parks Smith

In Honor of Marylen Mann Anonymous

In Honor of Amy VanDeVelde Parks Smith

In Memory of Doris Cochran Anonymous Martha Ulrich

In Honor of Tonye Evers Mary Riggs

In Honor of Mr. Gerdelman Ann Greenstein

In Memory of Mary Jo Henry Hahn

In Memory of Jean Henke Anonymous Kara McCombs

In Honor of Barbara & Jerry Pratter Sinclare Family

In Honor of Linda Schumacher Raizell Kalishman

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!

FUNDERS

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

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RRF Foundation for Aging

The Saigh Foundation

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

VOLUNTEER OPPORTUNITIES

If you made a New Year's resolution to get active, involved and volunteer, we can help you make it happen! Oasis has many opportunities to use your skills and support community education.



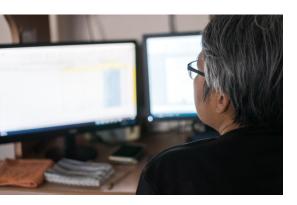
Administrative Office Volunteer

Help the Oasis team provide a welcoming, learning environment, assist with class registrations and support other special projects at the Clayton Oasis office. We are seeking friendly and dependable people with strong office skills who can help with day-to-day support of our office, as well as creating a welcoming environment for our participants. Contact **aneuman@oasisnet.org** or visit our website to learn more.



Instructor

Wouldn't it be great to have a group of people who are interested in hearing all about your favorite subject? Are you an expert on something? Do you enjoy sharing your knowledge with others? Join the Oasis cadre of exceptional volunteer instructors! Oasis offers top-notch educational programs in Arts and Humanities, Science, Current Events, Technology, and Health. We are actively seeking high quality instructors who are willing to donate their time and knowledge to enrich the lives of adults. We have programming locations throughout the community. You can teach in person or virtually. If this sounds like fun, reach out to **awoodworth@oasisnet.org** and let's talk!



Tech Assistant Volunteer

Use your technology and people skills to support our newest adventure in programming-Hybrid! These programs will be held in-person at Clayton Oasis AND also live streamed via Zoom. We are seeking individuals with some tech experience to support the Zoom experience for participants who virtually attend these programs. Training is provided. Programs will be on weekdays with a time commitment of about two hours each. In-person and virtual opportunities are available. If you are interested, please email **aneuman@oasisnet.org**.

Have other skills and want to help, but not sure how? Visit st-louis.oasisnet.org/volunteer or email aneuman@oasisnet.org to find your place as a volunteer at Oasis!

VIRTUAL HEALTHY HABITS

Virtual Healthy Habits (VHH) is a FREE, interactive, group-based program designed for older adults to learn about healthy nutrition and provide an

- 10-session program, classes are held twice a week for 5 weeks and each session is 60-90 minutes long
- + Fresh ingredients will be delivered to your door
- Cooking demonstration videos and a recipe book will be available to help guide meal preparation
- + Participate via Zoom or phone

opportunity for social engagement.



Program Material

- Participant workbook which includes weekly session information, activities, handouts, and cooking recipes
- + Access to cooking demonstration videos
- Weekly grocery or meal kit delivery for meal preparation





For More Information and Eligibility

Visit the Oasis Virtual Healthy Habits website, where you may take the eligibility screener directly on the website.



oasisnet.org/virtualhealthyhabits



314-862-2933 ext. 246



emirk@oasisnet.org

Virtual Healthy Habits is **currently offered to older adults** living in the following Illinois and Missouri counties:

Illinois

Bond Clinton Madison Monroe Randolph St. Clair Washington Missouri

St. Louis City St. Louis County St. Charles Franklin Jefferson

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Patrick White, MD Chief Medical Officer, BJC Home Care Services Assistant Professor, Washington University School of Medicine

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COMMUNITY LOCATIONS

Bellefontaine United Methodist

10600 Bellefontaine Road St. Louis, MO 63137

Chesterfield City Hall

690 Chesterfield Parkway West Chesterfield, MO 63017

Clarendale Clayton

7651 Clayton Road Clayton, MO 63117

Clayton Oasis—Center of Clayton 50 Gay Avenue Clayton, MO 63105

Florissant Senior Dining Center 955 Rue St. Francois Florissant. MO 63031

Holy Angels

3299 DePaul Lane Bridgeton, MO 63044

Kirkwood Oasis—Kirkwood Community Center

111 S Geyer Road Kirkwood, MO 63122

The J—Chesterfield

16801 Baxter Road Chesterfield, MO 63005 **Jefferson County Library — Northwest** 5680 Missouri PP High Ridge, MO 63049

Manchester United Methodist Church

129 Woods Mill Road Manchester, MO 63011

Maryland Heights Oasis—Maryland Heights Community Center

2300 McKelvey Road Maryland Heights, MO 63043

New Northside Family Life Center

5939 Goodfellow Boulevard St. Louis, MO 63147

Pavilion at Lemay

305 Gregg Road St. Louis, MO 63125

St. Charles County Library — Spencer Road

427 Spencer Road St. Peters, MO 63376

Thomas Dunn Learning Center

3113 Gasconade Street St. Louis, MO 63118





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