

CHEERS TO 40 YEARS

May — September 2022 | Course Catalog



DEAR OASIS FRIENDS,

What started as a small nonprofit headquartered in St. Louis serving only three other cities is now a national organization that has served more than half a million older adults. This year Oasis and our founder, St. Louis' own Marylen Mann, celebrate significant milestones together. Marylen celebrates her 85th birthday and Oasis marks its 40th anniversary. Please join us in recognizing Marylen's vision and the potential of Oasis to continue to reimagine older adulthood for another 40+ wonderful years!

Oasis engages older adults in continued learning, connecting, and volunteering. Our work particularly addresses social isolation—a pressing issue for many older adults, and more so today, after enduring a global pandemic. While we continue to persevere through ever-changing health mandates and shut-downs due to COVID variants, we are hopeful for a future that looks better than ever. We look forward to seeing familiar faces at our programs this summer and hope to meet new Oasis friends.

As Oasis celebrates its 40th anniversary, we hope you will join us in discovering how we can continue to make an impact and transform the perception of aging. In our catalog, you will find a wide variety of classes such as outdoor adventures, walking tours, health and exercise classes, and arts and humanities courses. Additionally, we encourage folks ready to get back out into the community to join Oasis as a new or re-engaged volunteer!

Whether through volunteering, taking a class, or donating to Oasis, we hope you can help us commemorate 40 years and look forward to future decades with Oasis! For more information about the founding of Oasis and how you can learn more about the 40th anniversary, visit st-louis.oasisnet.org and page 6.



Register online or give us a call at (314) 862-4859 ext. 24.

Warmest Regards,
Paul Weiss
Oasis President

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ABOUT US

St. Louis Oasis is part of a national nonprofit 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

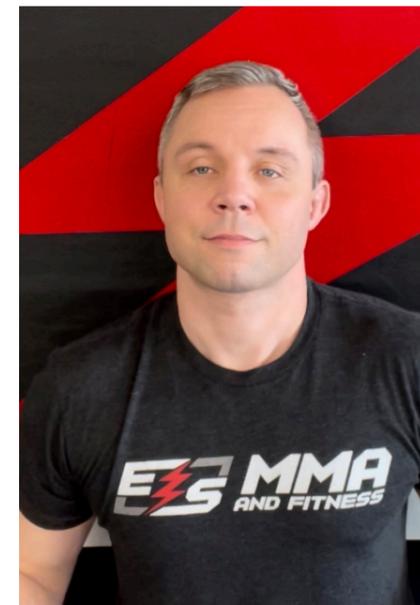
St. Louis Oasis relies on donors, grants and program revenue for financial support.

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 9:30 a.m. to 3:30 p.m. 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 you have received all doses and a booster. Masks are required and must cover your nose and mouth at all times.



INSTRUCTOR SPOTLIGHT

St. Louis Oasis is offering a unique new exercise class, “Boxing for Exercise” led by martial arts and boxing professional, Erik Steenberg. Erik began taking martial arts classes as a child beginning with karate. At age 13 he started boxing and kickboxing and was competing by the time he was 14. In his late teens he was practicing Brazilian jiu-jitsu, a martial art and combat sport based on ground fighting. Erik has been teaching boxing classes of all ages for 20 years. He has earned numerous accolades as a competitive MMA (mixed martial arts) and boxing professional, and we're thrilled to have him join Oasis to share his knowledge of the sport in a new way—for exercise only!

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 (CC0) license.

OUTDOOR ACTIVITIES

BIKING & WALKING

Bike and walk in the great outdoors! Register for more details. Oasis rides and walks are provided in partnership with Great Rivers Greenway and are **free** of charge. Please note pets are not allowed and all meals are purchased by participants. Bring mask, hand sanitizer and water bottle. 🌿 Denotes classes funded by Great Rivers Greenway



BIKING

Exploring the Meramec Greenway Ride 🌿

Dan Winter

Explore part of the Meramec Greenway from the Al Foster Trailhead. This will be a there-and-back type ride with the opportunity to stop at the parking lot. Approximately 15 miles on asphalt, crushed limestone and packed dirt.

Outside #561

9 a.m. | **FRI, June 17** | Free

Forest Park Ride

Brenda Tripp

Meet at the Dennis and Judith Jones Visitor Center for a ride around different areas of Forest Park, approximately 12 miles. Optional lunch on your own at the Boathouse restaurant.

Outside #562

9:30 a.m. | **FRI, June 24** | Free

Pro and Cons of Ebikes Roundtable

Parks Smith

Join us! Parks Smith will lead a detailed discussion on the advantages of ebikes, which allow you to traverse hills easily, as well as the disadvantages of owning or renting ebikes. Parks has a folding ebike and a regular hybrid bike that he uses on roads and bike paths.

Clayton Oasis Indoor #104

10–11:30 a.m. | **FRI, Jul 22** | \$5

Beginning Biking Roundtable

Gerry Noll & Joyce Sherakow

Brush up on your cycling skills! Join us for a discussion of basic and necessary equipment, and rules of the road. A short 4.3 mile ride along a bike path and residential streets is planned. You may come only for the discussion if you don't have a functioning bicycle.

Clayton Oasis Indoor #105

8:30–10:30 a.m. | **FRI, August 5** | \$5

Dardenne Greenway Ride 🌿

Janice Branham

Enjoy woodlands, swamps, wetlands, birds, and native prairie wildflowers on the greenway along Dardenne Creek. We'll ride approximately 14 miles round-trip from Legacy Park in Cottleville to Dardenne Park in St. Peters.

Outside #563

9:30 a.m. | **FRI, September 9** | Free

Creve Coeur Lake to St. Charles Ride

Brenda Tripp

Start at the Creve Coeur Lake House restaurant parking lot for an 8 mile ride to St. Charles. We will ride along the Creve Coeur Park Connector and the Katy Trail. There is an option to rest at the Bike Stop cafe in St. Charles and lunch on your own at the Lake House restaurant. Total trip distance: 16 miles.

Outside #564

9:30 a.m. | **FRI, September 16** | Free

Edwardsville to Marine Bike Ride

Joyce Sherokow

Bike 14 miles (mostly flat) and have lunch in Marine (not provided) before riding back. Total distance: 28 miles.

Outside #565

9:30 a.m. | **FRI, September 23** | Free

Twilight Bicycle Ride

Gerry Noll

Experience the peaceful beauty of cycling at night. Start with an optional dinner at Taco Buddha. Then we'll ride quiet residential streets in University City neighborhoods. Enjoy the evening with homes twinkling in the twilight. Casual pace, about 5 miles. Front and rear lights required. Bring a mask if eating.

Outside #566

5:30 p.m. | **THU, September 29** | Free



WE WANT OASIS CHAMPIONS!

Let your talents shine at Oasis! We provide vibrant, healthy and meaningful opportunities to promote an active lifestyle. Join the Oasis volunteer team and help us grow our reach. Oasis volunteers help us deliver great programs outdoors, online and in the classroom as registrars in the office, tech assistants at programs, and more. The benefits to you will be huge too! While volunteering you will grow your sense of purpose, have fun and even make new friends. Contact aneuman@oasisnet.org to become a part of the Volunteer Team!

WALKING

Tower Grove Park

Mary Fran Balmer

Tower Grove Park is a lovely Victorian park with grand pavilions, fountains, and over 400 species of trees, bushes, and flowering plants. Walk the flat paved surface through a National Historic Landmark. Optional lunch afterwards. Approximately 3 miles.

Outside #571

9:30–11 a.m. | **TUE, June 14** | Free

St. Charles Riverfront

Kathy Hanewinkel

See breath taking views of the Missouri River. Walk through Frontier Park to the Katy Trail and Blanchette Landing on flat surfaces. Optional lunch at restaurants on Main Street. Approximately 3 miles.

Outside #572

9:30–11 a.m. | **TUE, June 21** | Free

Frank Lloyd Wright House Tour: The Pappas House

Michael Miner, Frank Lloyd Wright Revival Initiative Founder

The Bette and Theodore A. Pappas House is a Frank Lloyd Wright designed Usonian house in Town and Country, and is one of just two houses in St. Louis designed by Wright. Designed between 1955 and 1959 and built between 1960 and 1964, take a private tour of the home.

Outside #595

2:30–3:30 p.m. | **TUE, June 21** | \$30

Stacy Park

Helen Fisher

Walk the paved trail in Stacy Park and through the adjacent neighborhood. The park borders Olivette and Creve Coeur. Optional lunch at Sugarfire on Olive. Approximately 3 miles.

Outside #573

9:30–11 a.m. | **TUE, June 28** | Free

Dardenne Greenway at BaratHaven Park 🌿

Elizabeth Simmons

Walk the beautiful prairie and lake loop that link together then pass under Henning Road. Surround yourself in a native Missouri plantings section of the greenway with a mostly flat asphalt surface. Bring a sack lunch and picnic. Approximately 3 miles.

Outside #574

9:30–11 a.m. | **TUE, September 6** | Free

Fee Fee Greenway 🌿

Sally Hanson

Explore the suburban greenway through shady wooded areas of McKelvey Woods and surrounding neighborhood to Creve Coeur Park. This paved flat greenway parallels the Fee Fee Creek within the Missouri watershed. Optional lunch spots are nearby. Approximately 3 miles.

Outside #575

9:30–11:30 a.m. | **TUE, September 13** | Free

CHEERS TO 40 YEARS!

Join Oasis in celebrating 40 years of lifelong learning, active lifestyles and volunteer engagement.

Visit st-louis.oasisnet.org/anniversary to learn more about how you can celebrate the 40th, including:

- ✦ Learning about our organization's storied history and growth
- ✦ Sharing your Oasis story, whether it's a favorite memory or what Oasis means to you
- ✦ Making a gift to support 40 more years of Oasis
- ✦ Viewing upcoming classes and activities celebrating the 40th anniversary

For more information about Oasis' 40th anniversary, visit st-louis.oasisnet.org/anniversary or (314) 862-4859 ext 24.

Deer Creek Greenway & Stop at Maypop 🌿

Douglas E Schneider

Stroll the Deer Creek Greenway (which goes through 3 parks) to the confluence of Deer Creek and Shady Grove Creek. We will return via a tree-shaded street past Fresh Antiques to the Maypop (a hybrid garden center and coffee shop). Approximately 3 miles.

Outside #576

9:30–11 a.m. | **TUE, September 20** | Free

River des Peres Greenway 🌿

Mary Fran Balmer

Walk the River des Peres Greenway and connect to Christy Park Greenway with a side trip to Old St. Marcus Cemetery. This is a lovely paved and flat walk. Approximately 3.5 miles.

Outside #577

9:30–11 a.m. | **TUE, September 27** | Free

Reminder: Pets are not allowed and all meals are at the cost of the participants. Be sure to bring mask, hand sanitizer and water bottle!

Walk With Ease

Oasis Health Facilitators

Do you want to improve flexibility, strength, and stamina while walking safely and comfortably with others? Walk With Ease is an evidenced based walking program that can help reduce pain and improve overall health. Participants will meet three times a week under the supervision of a walking leader trained according to guidelines of the Arthritis Foundation. Each walk begins with a discussion related to exercise followed by stretching and strengthening, a walk, and a cool down. Space is limited.

The Family Sports Park, O'Fallon, IL

The Family Sports Park #5125
9:30–11 a.m. | **MON/WED/FRI, June 6—July 18**
(No class 7/4) | 18 Sessions | Free

The Family Sports Park #5126
9:30–11 a.m.
MON/WED/FRI, July 25—September 2
18 Sessions | Free

Richmond Heights Community Center

Outside #578
9:30–11 a.m. | **MON/WED/FRI, June 13—July 25**
(No class 7/4) | 18 Sessions | Free

Outside #579
9:30–11 a.m.
MON/WED/FRI, September 12—October 26
(No class 9/26, 10/5) | 18 Sessions | Free

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.

Compton Heights South Tour: Victorian Beauty

Get an introduction to Victorian Tower Grove Park, created by Henry Shaw. Explore the side streets of the neighborhood, as well as the south side of fabulous Compton Heights. You will learn about the people who lived and built these magnificent homes.

Outside #590

10:30–12:30 p.m. | **TUE, May 24** | \$35

Outside #591

10:30–12:30 p.m. | **WED, May 25** | \$35

St. Louis as Grant Knew It: Special Campbell House

Join author and historian NiNi Harris for a special lecture and tour that begins at the Campbell House and continues to the Central Library. The shops on the riverfront, the buildings lining the streets, and even St. Louisans themselves changed radically during the mid-19th century. This program will look at the evolution of St. Louis through the lens of Ulysses S. Grant's life here. We will begin at the Campbell House, where he once dined, and continue the program at the Central Library. Be prepared for stairs and walking.

Outside #598

10:30–12:30 p.m. | **TUE, September 13** | \$35

Outside #599

10:30–12:30 p.m. | **WED, September 14** | \$35

In the Faces of Patriotism: The Homeless Veterans Project

Jerry Tovo, photographer

Meet the St. Louis photographer and view his exhibition In the Faces of Patriotism: The Homeless Veterans Project featured at the International Photography Hall of Fame. Tovo has given voice to homeless military veterans through his photography with a goal of awakening the American conscience.

International Photography Hall of Fame #596

11 a.m.–12 p.m. | **MON, May 23** | \$15

Sacred Places in LaSalle Park

See how the sacred places in this historic community reflect a layered immigrant history—filled with the stories of Bohemian, Slavic, German and Lebanese St. Louisans. On this walking tour, NiNi will focus on World War I and the social change it brought to these communities.

Outside #592

10:30–12:30 p.m. | **TUE, September 20** | \$35

Outside #593

10:30–12:30 p.m. | **WED, September 21** | \$35

Meet the Author: Oldest St. Louis

Featuring the oldest park, statue, family-owned bar, school, cookie bakery, and billiards hall in St. Louis., Oldest St. Louis provides a fun way to explore our city's history. Refreshments will be provided by the St. Louis Altheim, located atop Chouteau's Bluff overlooking the Mississippi River.

Altheim #580

10:30 a.m.–12 p.m. | **TUE, July 12** | \$15

Altheim #581

10:30 a.m.–12 p.m. | **WED, July 13** | \$15



ONLINE CLASSES

THESE PROGRAMS ARE ON ZOOM ONLY

Skip the trip and join us online. Once you have registered for the class online, you should receive your Zoom link in your email confirmation. If you are unable to find your email confirmation, you can still view these links by logging into your MyOasis account. For more information, feel free to view our list of frequently asked questions at oasisnet.org/faqs.

ARTS, ENTERTAINMENT & CURRENT EVENTS

Dorothea Lange: Democracy's Photographer

Joan Musbach

It is likely that you only know Dorothea Lange because of her iconic photograph, Migrant Mother. But there is so much more to her story! She often repeated the slogan: "A camera is a tool for learning how to see without a camera." Join us as we look at her pictures and learn about the life, the work and the woman they represent.

ZOOM #9317

1–3 p.m. | **THU, May 12—May 26**

2 Sessions | \$30

Blue Song: St. Louis in the Life and Work of Tennessee Williams: Meet the Author

Henry I. Schvey, Chair, Performing Arts Department, Professor of Drama and Comparative Literature

Unlike the prevailing scholarly narrative that suggests that Williams discovered himself artistically and sexually in the deep South and New Orleans, Henry Schvey's book reveals that Williams remained emotionally tethered to St. Louis for a host of reasons for the rest of his life. Explore how St. Louis was tied to his development as a person and artist.

ZOOM #9111

1–2 p.m. | **WED, June 1** | \$15

The Top 40 of St. Louis

Johnny Rabbit

Who would you list as the Top 40 most noteworthy St. Louisans? What are the Top 40 places to see? Join us as Johnny Rabbitt shares stories of people like Maya Angelou, Chuck Berry and Ulysses S. Grant and places like Fraternal Row on Lindell and Forest Park.

ZOOM #9328

10–11 a.m. | **MON, June 20** | \$12



HISTORY

Father of Waters: The Corps of Discovery & Other Explorers Along the Mississippi

Mike Venso

This presentation takes you on a journey up and down the Mighty Mississippi through maps, paintings, and images. It also offers an illustrated timeline of the adventures of the Corps of Discovery when they traveled the Mississippi River in 1803, 1804, and 1806.

ZOOM #9320

1–2 p.m. | **THU, May 19** | \$15

Mary Harris Jones, a.k.a. "Mother Jones": Fighting for Workers

Joan Musbach

Mother Jones isn't just a liberal magazine, she was a real person who fought for the rights of workers during turn-of-the-century America. Learn about this Irish immigrant who survived famine, fire, plague, prison and who continued fighting for causes into her 80s.

ZOOM #9325

10–12 p.m. | **THU, June 9** | \$15

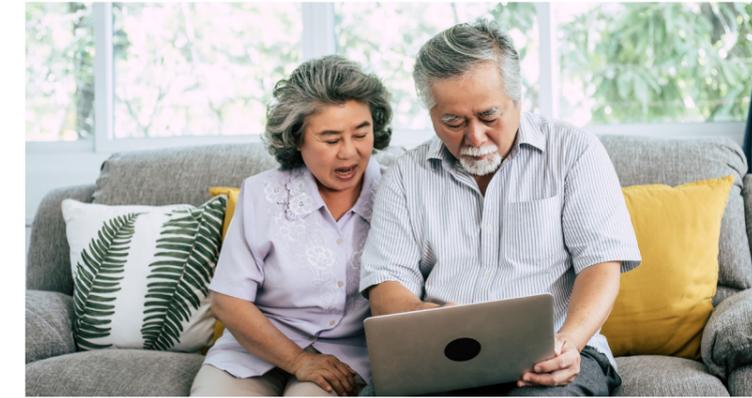
Napoleon: The Good, The Bad & The Ugly

Lucy Morros, Ph.D.

Napoleon is one of the most celebrated and controversial political figures in human history. He is also a controversial figure whose leadership was flawed and violent, but transformative.

ZOOM #9351

10–11 a.m. | **THU, June 23** | \$15



HEALTH

10 Warning Signs of Alzheimer's

Alzheimer's Association

Learn about typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer's Association resources.

ZOOM #4519

10–12 p.m. | **TUE, May 3** | Free

Wellness Recovery Action Plan® for Healthy Aging (WRAP)

WRAP® Facilitators

WRAP for Healthy Aging is a free program that anyone can use to feel less isolated and more in control of their life. Connect with peers and develop your personal Wellness Toolbox and Plan for improved well-being, physical health, and quality of life!

ZOOM #4251

10–12 p.m. | **THU, May 5—June 9**

6 Sessions | Free

Strike the Right Balance

Oasis Health Facilitators

Did you know that the #3 reason people decide to see their doctor is for dizziness and imbalance? Join a vestibular physical therapist to learn about your body's balance systems while discussing strategies to decrease your fall risk and improve your balance.

ZOOM #4520

1–2:30 p.m. | **MON, May 9** | Free

Living a Healthy Life

Oasis Health Facilitators

Set healthy goals, make action plans, manage pain, embrace nutrition and exercise, understand medication and increase your confidence in managing your health.

ZOOM #4108

1–3:30 p.m. | **TUE, May 10—June 21**

7 Sessions | Free

ZOOM #4109

9:30–12 p.m. | **WED, June 29—August 10**

7 Sessions | Free

Healthcare: Become Your Own Advocate

Mark Reifsteck

Healthcare is extraordinarily complex and expensive. Being an informed consumer can make you a better advocate for you and your family when you must interact with the healthcare system. This program will give you tips and tools to help you be a better consumer of healthcare services.

ZOOM #4521

10–12 p.m. | **TUE, May 17** | Free

Ever thought about becoming an Oasis Tutor? Visit page 35 to learn more about the program and how you can start mentoring young minds!

The More You Know, the Less You Go!

Oasis Health Facilitators

Urinary incontinence can have a large impact on quality of life. Learn more about this impact along with the causes, treatments, and prevention of urinary incontinence using medication and non-medication models. This program is presented by a licensed Occupational Therapist who is certified in urinary incontinence.

ZOOM #4522

10–12 p.m. | **TUE, May 24** | Free

Welcome to Medicare

Wilma Schmitz

“Welcome to Medicare” focuses on topics important to people who will soon be eligible to enroll in Medicare for the first time. Presented in a straight forward manner, participants will receive an overview of Medicare Parts A and B, the Prescription Drug Plan (part D), Advantage Plans and Supplemental Plans (Medigap).

ZOOM #5119

1–2:30 p.m. | **WED, May 25** | Free

ZOOM #5120

1–2:30 p.m. | **WED, July 20** | Free

Pump It Up to Beat Cardiovascular Disease!

Oasis Health Facilitators

Are you living with some form of cardiovascular disease? Learn how to incorporate exercise and activity into your management of cardiovascular disease.

ZOOM #4523

10–12 p.m. | **WED, June 1** | Free

Matter of Balance

Oasis Health Facilitators

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.

ZOOM #4161

1–3 p.m. | **WED, June 1—July 28**

9 Sessions | Free

Better Choices, Better Health - Diabetes

Oasis Health Facilitators

Living with diabetes can present many challenges, such as knowing how and when to eat, living your life so you can avoid complications, and getting the support you want from family and friends. A Better Choices, Better Health®—Diabetes workshop can help you manage these concerns.

ZOOM #4111

9:30–12 p.m. | **THU, June 9—July 21**

7 Sessions | Free

How to Become a Highly Motivated Person with Diabetes

Kimberly Hoff, Pharm D, BCPS, BCACP, CDE

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.

ZOOM #4524

10–12 p.m. | **THU, June 9** | Free

Staying Active and Healthy from Home

Deb Gentry

Being ‘stuck’ at home during a pandemic can be hard to tolerate on many levels. Staying home doesn’t mean you have to compromise your health! Learn strategies to adapt activities and maintain healthy habits from home.

ZOOM #4525

1–2:30 p.m. | **TUE, June 14** | Free

Aging Mastery Program® (AMP) Facilitator Training

Oasis Health Facilitators

Become a facilitator for the Aging Mastery Program! Receive training and support from Oasis to deliver this evidence-based program to older adults in your community. *Once registered, an Oasis Coordinator will reach out to schedule a brief phone interview.

ZOOM #4204

11–2 p.m. | **FRI, July 8** | Free

ZOOM #4205

11–2 p.m. | **FRI, Aug 12** | Free



\$80 credit

Towards In-Person & Virtual Oasis Classes!

St. Louis Oasis is teaming up with Humana to offer Humana Members \$80 towards St. Louis Oasis and Oasis Everywhere classes as a benefit of their healthcare plan! Check out page 15 for classes on how to use your credit.

Call to Claim Your Credit Today!
(314) 485-4320

“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.”

—Elizabeth Peterson, Regional Vice President Health Services for Humana

Aging Mastery Program® (AMP)

Oasis Health Facilitators

In this free 10-week program, you will build your own personal playbook for aging well. Guest speakers will discuss topics on healthy eating, falls prevention, physical activity, healthy relationships, advanced planning, financial fitness, online safety, sleep hygiene, medication management, community engagement and more.

ZOOM #4207

10–12 p.m. | **THU, June 16—August 18**

10 Sessions | Free

Standing Tall—Tips for Improving Your Posture

BJC Home Health

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

ZOOM #4526

10 a.m. –12 p.m. | **MON, June 21** | Free

Dietary Supplements

Kimberly Hoff, Pharm D, BCPS, BCACP, CDE

Take the mystery out of supplements! Learn about vitamins A-Z. Learn what is recommended and not recommended.

ZOOM #4527

10–12 p.m. | **TUE, June 28** | Free

Conversations that Count: Group for Grandparents Fostering Grandchildren

Join Oasis in a local virtual discussion group called Conversations that Count where you can connect with others.

ZOOM #5002

11–12 p.m. | **FRI, July 1—August 26**

9 Sessions | Free

Conversations that Count: Leader Training

Oasis Health Facilitators

Join the Oasis Conversations that Count program and lead local and/or national phone discussion groups to help older adults stay connected and engaged. Older adults are at risk for social isolation, but you can make a difference! Register now to become a leader.

ZOOM #5001

9–12 p.m. | **FRI, July 29** | Free

Aging in Place While Aging with Grace

BJC Home Health

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.

ZOOM #4528

11–12:30 p.m. | **FRI, Jul 8** | Free

Healthy Living for Your Brain and Body

Oasis Health Facilitators

Find out about research in the areas of diet, nutrition, exercise, cognitive activity, and social engagement. We will use hands-on tools to help you incorporate these tips into a plan for healthy aging.

ZOOM #4529

10–12 p.m. | **TUE, July 12** | Free

Battling Fatigue

Deb Gentry

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.

ZOOM #4530

1–2:30 p.m. | **MON, July 18** | Free

All About Artificial Sweeteners

Leslie Bertsch

New research is constantly released on how the food we eat impacts diabetes risk and management. Learn about the latest updates regarding the role of artificial sweeteners and sugar on your health from a Registered Dietitian.

ZOOM #4531

10–12 p.m. | **TUE, July 26** | Free

Kick the Aches of Arthritis

Oasis Health Facilitators

Arthritis is one of the most common diagnoses encompassing at least 200,000 new cases a year. This course, focusing on the lower body, is designed to help you learn the best ways to manage arthritis with exercise. A trained physical therapist will direct you through exercises and activities to maximize your function and minimize your pain.

ZOOM #4532

1–2:30 p.m. | **MON, August 1** | Free

Fit for Function

Pamela Gonzales, PT

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

ZOOM #4533

10 a.m.–12 p.m. | **MON, August 8** | Free

Medication Matters I and II

Kimberly Hoff, Pharm D, BCPS, BCACP, CDE

Investigate the truth and fiction about “magic cures”, regulatory processes, manufacturer’s claims, and credible resources. Learn information that consumers can use to determine whether or not prescription drugs, over-the-counter products, or supplements might interact with each other. Explore different types of complementary and alternative therapies.

ZOOM #4534

10–12 p.m. | **THU/FRI, August 18–26**

2 Sessions | Free

Osteoporosis Do’s and Don’ts of Everyday Movement

BJC Therapists

Individuals experiencing osteoporosis or osteopenia, can cause a fracture with basic movements. Understand how osteoporosis fractures happen and how to avoid them with simple modifications to everyday movements. Learn from a physical therapist how to use your joints wisely and protect yourself from unnecessary injuries.

ZOOM #4535

10–12 p.m. | **TUE, August 30** | Free

EXERCISE

ExerStart

Sharon Kirsch

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.

ZOOM #1651

8:45–9:30 a.m. | **MON/WED, May 2–August 24**

*No class 5/30, 7/4, 7/18

31 Sessions | \$31

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.

ZOOM #1605

Cindy Blair

10–11 a.m. | **MON/WED, May 2–June 8**

*No class 5/30

11 Sessions | \$66

ZOOM #1608

Sharon Kirsch

9:30–10:30 a.m. | **TUE/THU, May 24–June 30**

*No class 5/31

11 Sessions | \$66

ZOOM #1606

Cindy Blair

10–11 a.m. | **MON/WED, June 13–July 20**

*No class 7/4

11 Sessions | \$66

ZOOM #1609

Sharon Kirsch

9:30–10:30 a.m. | **TUE/THU, July 19–August 18**

10 Sessions | \$60

ZOOM #1607

Cindy Blair

10–11 a.m. | **MON/WED, July 25–August 31**

12 Sessions | \$72

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. Floor work is optional.

ZOOM #1560

Penny Moskus

12–1 p.m. | **MON/WED, May 2–June 8**

*No class 5/30

11 Sessions | \$66

ZOOM #1565

Idaria K Goodwin

10:30–11:30 a.m. | **TUE/THU, May 3–June 9**

12 Sessions | \$72

ZOOM #1563

Penny Moskus

11 a.m.–12 p.m. | **FRI, May 6–June 24**

8 Sessions | \$48

ZOOM #1561

Penny Moskus

12–1 p.m. | **MON/WED, June 13–July 20**

*No class 7/4

11 Sessions | \$66

ZOOM #1566

Idaria K Goodwin

10:30–11:30 a.m. | **TUE/THU, June 14–July 21**

12 Sessions | \$72

ZOOM #1564

Penny Moskus

11–12 p.m. | **FRI, July 1–August 26**

9 Sessions | \$54

ZOOM #1562

Penny Moskus

12–1 p.m. | **MON/WED, July 25–August 31**

12 Sessions | \$72

ZOOM #1567

Idaria K Goodwin

10:30–11:30 a.m. | **TUE/THU, July 26–August 30**

11 Sessions | \$66



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 on page 36.

Intermediate Pilates

Heather Needleman

A complete body workout that will strengthen and tone your core muscles; build your overall stamina; increase your flexibility; improve your posture, breathing and balance; and much more. Pre-registration required before the session begins to attend.

ZOOM #1558

11:45 a.m.–12:45 p.m. | **TUE, May 3—June 28**
9 Sessions | \$54

ZOOM #1559

11:45 a.m.–12:45 p.m. | **TUE, July 5—August 30**
9 Sessions | \$54

Better Balance

Maurie Cofman

Improve your balance and reduce fall risk through a multi-dimensional approach that improves muscle strength, flexibility, range of motion, and confidence. In this class you will be able to see and hear the instructor, but all participants will not be able to see or hear one another.

ZOOM #1570

1–2 p.m. | **TUE/THU, May 3—June 9**
12 Sessions | \$36

ZOOM #1571

1–2 p.m. | **TUE/THU, June 14—July 21**
12 Sessions | \$36

ZOOM #1572

1–2 p.m. | **TUE/THU, July 26—August 30**
11 Sessions | \$33

Gentle Chair Yoga

Cynthia Fernandez

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

ZOOM #1568

11:45 a.m.–12:45 p.m. | **THU, May 5—June 30**
9 Sessions | \$27

ZOOM #1569

11:45 a.m.–12:45 p.m. | **THU, July 7—August 25**
8 Sessions | \$24

Make sure to look for **NEW online Connections technology literacy classes** this summer 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**.

ARTS & ENTERTAINMENT

The Work of Frank Lloyd Wright: An Architect's Perspective

John Guenther

With a career that spanned seven decades before his death in 1959, Wright's visionary work cemented his place as the American Institute of Architects' "greatest American architect of all time." Designing 1,114 architectural works of all types, he created some of the most innovative spaces in the United States. Join award-winning architect John Guenther for an exploration of Wright's philosophy and the works that define his contribution to American architecture.

Clayton Oasis #160 ZOOM #9360
10–11 a.m. | **MON, May 23** | \$15

Paul Cezanne: Life, Art, Geometry

Betsy Solomon, MA Art History

In 1874, a critic dismissed Paul Cezanne as "no more than a kind of madman, with the fit on him, painting the fantasies of delirium tremens." Forty years later, another critic referred to him as "the Christopher Columbus of a new continent of form." Explore the landscapes, still lifes and nudes through which Cezanne initiated a major shift in art history.

Clayton Oasis #101 ZOOM #9301
10–11:30 a.m. | **WED, May 25** | \$15

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.

Pablo Picasso: Genius of Modern Art

Betsy Solomon, MA Art History

For a half a century, Picasso led the forces of artistic innovation, shocking the world by introducing new styles of art. One of the most prolific of Western artists, Picasso produced an estimated 20,000 works. Explore the life, work and legacy of Picasso.

Clayton Oasis #102 ZOOM #9302
10–11:30 a.m. | **WED, June 22** | \$15

WOW Factor Homes of St. Louis

Douglas E. Schneider

St. Louis has houses with windows in their chimneys, and houses made out of aluminum, dirt, even cement blocks. People live in castles, tiny houses, dogtrots, railroad cars, shipping containers, fire houses, and former brothels. Some houses cost a dollar; some, \$20 million. Join in on an armchair visit to houses in St. Louis that make you say WOW.

Clayton Oasis #111 ZOOM #9311
10–11 a.m. | **WED, July 13** | \$12

Dreamy & Whimsical: The Work of Marc Chagall

Betsy Solomon, MA Art History

"Some become painters by controlling or deflecting their gifts—and even attain greatness—but Chagall was born into paint, into the canvas, into the picture, with his clumsiness and all," said Clement Greenberg. Inspired by his Jewish heritage as well as Christian themes, Chagall remained committed to figurative and narrative art throughout his career.

Clayton Oasis #103 ZOOM #9303
10–11:30 a.m. | **WED, July 27** | \$15

How to Use Your Humana Benefit



Juliet Claire Simone

Discover how to use the Oasis and Humana \$80 credit! Certain Humana Medicare Advantage plans have a new benefit this year. Learn about Oasis programs and how to use your benefit. We will walk you through exactly how to sign up and shop for programs that are in-person in the St. Louis area and held virtually through Oasis Everywhere. All classes are free.

ZOOM #5100 12–1 p.m. FRI, May 6	ZOOM #5106 10–11 a.m. MON, June 13	ZOOM #5113 10–11 a.m. WED, August 3
ZOOM #5101 3–4 p.m. MON, May 9	ZOOM #5107 2–3 p.m. TUE, June 21	ZOOM #5114 3–4 p.m. THU, August 11
ZOOM #5102 10–11 a.m. TUE, May 17	ZOOM #5108 11 a.m. –12 p.m. WED, June 29	ZOOM #5115 12–1 p.m. FRI, August 19
ZOOM #5103 3–4 p.m. WED, May 25	ZOOM #5109 3–4 p.m. THU, July 7	ZOOM #5116 2–3 p.m. MON, August 22
ZOOM #5104 10–11 a.m. THU, June 2	ZOOM #5110 10–11 a.m. FRI, July 15	ZOOM #5117 12–1 p.m. TUE, August 30
ZOOM #5105 12–1 p.m. FRI, June 10	ZOOM #5111 1–2 p.m. MON, July 18	ZOOM #5118 11–12 p.m. WED, September 7
	ZOOM #5112 11–12 p.m. TUE, July 26	

HISTORY

Religions in America

Mark Etling

The saga of religions of America is like a complicated and unfinished puzzle. We know that the religious influences of the past continue to shape our religious, political, and social life today. We will examine the major events, movements, ideas, and persons who have helped form the religions of America.

Clayton Oasis #106 ZOOM #9306

10–11:30 a.m. | **TUE, June 7—July 12**

*No class 7/5 | 5 Sessions | \$75

Murder, Mayhem & More

Amanda Clark

Take a deep dive into some of St. Louis history's forgotten crime stories of murder, robbery, kidnapping, and disappearance! Hear the real stories behind infamous legends and uncover crimes that have been lost to history.

Clayton Oasis #123 ZOOM #9323

1–2 p.m. | **THU, July 14** | \$15

The Era of Monopolies & Progressivism

Bonnie Vega

The latter half of the 19th century was dominated by industrial capitalists who turned their empires into monopolies—which middle class, urban residents, and Midwest and Southern farmers began to fear. Although they never worked together, they created a movement called Progressivism to protect Americans from Big Business.

Clayton Oasis #107 ZOOM #9307

10–11 a.m. | **MON, July 11** | \$15

The Motorcycle in American Life

Douglas E. Schneider

They started off as bicycles with motors, but became their own form of transportation. America started to manufacture its own motorcycles at the turn of the century. Learn about the role that motorcycles have played in American life.

Clayton Oasis #110 ZOOM #9310

1–2 p.m. | **THU, August 18** | \$12

The Young Teddy Roosevelt

Bonnie Vega

Learn how Teddy Roosevelt's trials became the guiding principles of his adult life and his presidency. Roosevelt idolized his father and his father's values were instilled in the 26th president.

Clayton Oasis #108 ZOOM #9308

10–11 a.m. | **MON, July 25** | \$15

Chester Arthur: The Forgotten President

Andrew Cooperman

As the 21st U.S. president, Chester A. Arthur demonstrated that he was above party politics by instituting political reform. Learn about his life and political career in this fascinating program.

Clayton Oasis #152 ZOOM #9352

1–2 p.m. | **THU, September 15** | \$12

The Aztecs: Mesoamerica's Great Empire

Andrew Cooperman

The Aztecs were a dominant force from the 13th century until the Spanish arrived in 1519. Learn about this highly developed society that built pyramids, used complicated calendar systems, developed writing and art, and even practiced human sacrifice.

Clayton Oasis #153 ZOOM #9353

10–11 a.m. | **TUE, July 26** | \$15

26th President of the United States

Bonnie Vega

Teddy Roosevelt was a progressive Republican. He would be known as the "Trust Buster" but in reality became the trust regulator. He sympathized with the Progressives and realized that the federal government had to regulate business to protect the American people from their abuses. This is the third program in our Bonnie Vega Teddy Roosevelt series.

Clayton Oasis #109 Clayton Oasis #9309

10–11 a.m. | **MON, August 8** | \$15

For other classes similar to this topic, check out, **Era of Monopolies and Progressivism** and **Young Teddy Roosevelt**.

Baby Teeth & The Bomb: A St. Louis Story

David Lobbig

St. Louis's Baby Tooth Survey played a major role in ending international aboveground nuclear testing. Learn how researchers and families used insight and ingenuity to bring attention to deadly radioactive fallout and how we can apply those lessons to the climate crisis and other human-caused problems.

Clayton Oasis #136 ZOOM #9336

1–2 p.m. | **THU, August 11** | \$10

The Way We Were: St. Louis in the 20th Century

Johnny Rabbit

Take a look back at 20th Century St. Louis: The 1904 World's Fair, the 1914 Pageant, the Roaring Twenties, The Great Depression, WWII, the new Lambert Field, Mill Creek redevelopment, the new Busch Stadium, the rebirth of Union Station, and a whole lot more.

Clayton Oasis #129 ZOOM #9329

10–11 a.m. | **MON, August 22** | \$12

Gargoyles to Skyscrapers: Art & Architecture of St. Louis

Johnny Rabbit

We'll examine the amusing and arresting artistic details in St. Louis architecture. From statues of William Shakespeare to the Arcade Building and the Wainwright skyscraper, you'll be sure to see everything in a new light.

Clayton Oasis #130 ZOOM #9330

10–11 a.m. | **MON, September 12** | \$12

Daniel Boone: American Icon

Joan Musbach

Born in Pennsylvania, died in Missouri and explored nearly everything in between! Many stories have been told about Daniel Boone. Explore his life and times, covering the territorial growth of America from before the French and Indian War to after the War of 1812.

Clayton Oasis #118 ZOOM #9318

10–11 a.m. | **TUE, September 13—20**

2 Sessions | \$30

IN-PERSON CLASSES

JOIN US FOR CLASS IN-PERSON

Your safety comes first! That's why Oasis not only requires you to wear a mask over your nose and mouth, but also be fully vaccinated to participate in our in-person programs.

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

EXERCISE



ExerStart

Jo Ann D Roberts

Stay active so you can do the things you want to do! ExerStart is a low-intensity exercise class for you to add more activity to your life. You will exercise using a resistance band while standing or sitting.

Bellefontaine United Methodist #1673

9:30–10:15 a.m. | **MON/WED, May 2—June 8**

(No class 5/30)

11 Sessions | Free

CHRIST OUR REDEEMER | 13820 Old Jamestown Road, Florissant, MO 63033

EXERCISE

ExerStart

Jo Ann D Roberts

Stay active so you can do the things you want to do! ExerStart is a low-intensity exercise class for you to add more activity to your life. You will exercise using a resistance band while standing or sitting.

Christ Our Redeemer Church #1674

9:30–10:15 a.m. | **MON/WED, June 13—July 20**

(No class 7/4)

11 Sessions | Free

Christ Our Redeemer Church #1675

9:30–10:15 a.m. | **MON/WED, July 25—August 31**

12 Sessions | Free

JOIN CLUB 1982

Sign up today to enroll in our Club 1982 to become a monthly donor! A monthly gift allows you to spread your impact throughout the year.

As Oasis celebrates its 40th anniversary, we hope you will join us in discovering how we can continue to make an impact and transform the perception of aging for the next 40 years and beyond.

Visit st-louis.oasisnet.org/donate and choose “monthly” for the frequency of the donation. You can also set up your monthly donation by calling **(314) 862-2933 Ext. 235**



CLARENDALE CLAYTON | 7651 Clayton Rd, Clayton, MO 63117

ARTS & ENTERTAINMENT

Cinematic History: The Comedy Icons

Jim Tudor

From the physical pathos of Charlie Chaplin's Little Tramp to the precise double entendres of Mae West; from the loveable nature of W.C. Fields to the manic, absurdity of the Marx Brothers, we will unpack their game-changing achievements and appreciate clips of their greatest performances.

Clarendale Clayton #6003

10 a.m.–12 p.m. | **FRI, May 5** | \$15

Symbols of Resiliency, Gracefulness, Courage, & Perseverance

Maria Ojascastro

Both novice and experienced artists are invited to enjoy 75–minutes of creativity, introducing 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. Price includes materials.

Clarendale Clayton #6010

10–11:30 a.m. | **WED, May 25** | \$20

Chocolate: Become a Cocoa Connoisseur

Marcie Handler

Learn about some of the fallacies and truths of chocolate. Find out the latest marketing techniques used to draw you in, and experience a comparison test, where you can test your own palate. Samples included!

Clarendale Clayton #6009

10–11 a.m. | **THU, June 2** | \$12

Opera Theater Preview

Opera Theatre

From long-time favorites to modern productions, you will learn about the operas produced by Opera Theater of St. Louis. Each session features two of the four featured operas for the 2022 season: Carmen by Georges Bizet, The Magic Flute by Mozart, Awakenings by Tobias Picker and Harvey Milk by Stewart Wallace.

Clarendale Clayton #6001

10 a.m.–12 p.m. | **MON, June 6—13**

2 Sessions | Free

History of the Muny, Stars & the Music that Reflected the Turbulent Times

Bev Schuetz

Let's take a gander at the multi-layered history of this country's biggest and oldest outdoor theater, the Muny Opera of St. Louis. Usually glorious, sometimes controversial, the past of this renowned treasure reflects the changes in St Louis and on Broadway. It includes the humorous stories of the great stars and musicals that have graced the Muny stage for more than 100 years.

Clarendale Clayton #6005

10–11 a.m. | **TUE, June 7** | \$12

Movie Stars of the 1950s & '60s

Barnes Bradshaw

Take a look back at the glory days and stars of Hollywood that we all grew up watching! From the rough and tumble men like Ernest Borgnine and James Dean to the beauty of Barbara Eden and Audrey Hepburn, take a trip back and enjoy the memories of your favorite stars!

Clarendale Clayton #6029

1–2 p.m. | **TUE, June 14** | \$12

Cinematic History: Slapstick Comedy

Jim Tudor

Often copied, never duplicated, the skill, finesse, and derring-do of the early entertainers of cinema remains unique to its time and place. Come laugh with us at movie highlights as we dig a little deeper into the lives, methods, and incredible humor of the greats of slapstick comedy!

Clarendale Clayton #6004

10 a.m.–12 p.m. | **WED, June 22** | \$10

Loving the topic of Cinematic History? View our other cinema-based classes on page 19; George Lucas, Westerns, and Steven Spielberg.

Cinematic History: George Lucas

Jim Tudor

When you hear “George Lucas” you might think Star Wars, but there’s so much more to this prolific artist. Join us as we chart the Star Wars creator’s influences, early years, and subsequent work, including the nostalgic American Graffiti, co-creating Indiana Jones, and the eventual sale of his company to Disney.

Clarendale Clayton #6011

10 a.m.–12 p.m. | **WED, July 13** | \$15

Cinematic History: Westerns

Jim Tudor

Westerns have been a staple of cinema from the earliest days. Join us for this program, which encapsulates the history of the Western film genre in a sweeping overview. The program will focus on directors John Ford, Howard Hawks, Anthony Mann, Sergio Leone and Sam Peckinpah.

Clarendale Clayton #6012

10 a.m.–12 p.m. | **FRI, August 12** | \$15

The American Landscape in Painting

Kathy Walsh-Piper, MA Art Historian

America’s landscape painting flourished during the Federal period, as artists sought to depict the New Land, which called for a different kind of painting than European precedents. Landscape painting developed to reflect political, historic and religious beliefs. Enjoy an overview of 19th and 20th century American landscape.

Clarendale Clayton #6023

10 a.m.–12 p.m. | **TUE, August 16** | \$15

American Indian Arts, Symbol, & Meaning

Carol Diaz-Granados

Art objects are studied for the information they can provide about the people who created them, their beliefs, religion, basic needs, and rituals. Emphasis is on how information is derived from material culture and how the symbolism encoded into these arts is used to define individual or group identity, social status, political control of power, and views of the cosmos.

Clarendale Clayton #6028

1–2:30 p.m. | **WED, August 24–31**

2 Sessions | \$25

Cinematic History: Steven Spielberg

Jim Tudor

Whether Steven Spielberg is directing flights of fancy (E.T., Jurassic Park, Indiana Jones) or historical drama (Schindler’s List, Lincoln, Saving Private Ryan), his films tend to hit their marks—and fit together within his overall, ever-evolving artistic sensibilities. Come and learn all about the most successful director in film history!

Clarendale Clayton #6013

10 a.m.–12 p.m. | **THU, September 15** | \$15

Welcome Sign Pallet Painting Party

Sandi Illian

Paint a beautiful “Welcome” sign for your home on a wood pallet! It’s easier than it looks with step-by-step instructions and each person goes home with their own beautiful creation. Explore your creative side painting on a unique surface. All materials included.

Clarendale Clayton #6016

10 a.m.–12 p.m. | **THU, September 22** | \$45



HISTORY

Great Decisions: The Foreign Policy Association Discussion Group

Roy Overman

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.

Clarendale Clayton #6002

10–11:30 a.m. | **FRI, June 3–July 29**

8 Sessions | \$80

St. Louis: The French City 1763-1820

Bonnie Vega

St. Louis was founded in 1764 by Pierre Laclède and Auguste Chouteau as a fur trading post for the New Orleans company of Maxent and Laclède. For 40 years the citizens of St. Louis were able to preserve their French culture and expand their commerce in multicultural harmony. Join us in remembering The French City which was located on the grounds of what is now the Gateway Arch and has been lost and largely forgotten.

Clarendale Clayton #6014

10–12 p.m. | **MON, June 27** | \$15

Apotheosis of St. Louis

Sarah Umlauf

The Apotheosis of St. Louis, the statue of King Louis IX of France in front of the Saint Louis Art Museum, was the principal symbol of St. Louis before the Gateway Arch. Learn about the history of this statue, including the drama shrouding its reproduction against the wishes of the artist and its connection to the St. Louis World’s Fair.

Clarendale Clayton #6027

10–11 a.m. | **WED, June 29** | \$15

Aaron Burr: Life After Hamilton

Joan Musbach

What happened to Aaron Burr after he killed Alexander Hamilton? Has the musical “Hamilton” left you wondering? Are you uncertain as to his motivation to kill an on-again, off-again friend and rival? Burr lives a long life filled with accomplishments, tragedies and intrigue. Aaron Burr was much more than the man who didn’t “waste his shot.” Get to know this controversial man of the founding generation.

Clarendale Clayton #6020

1–2 p.m. | **MON, July 11** | \$15

Taking it With You: Burial Objects from Ancient Egypt

Lindsey Schiffko

Explore the Egyptians’ concept of an afterlife and types of belongings they ‘took’ with them. Learn about the items found buried with mummies all over Egypt and what they reveal about the culture and religion of the time.

Clarendale Clayton #6007

10–11 a.m. | **THU, August 18** | \$12

China’s Forbidden City

Andrew Cooperman

The Forbidden City was the political and ritual center of China for more than 500 years, from its completion in 1420 through multiple dynasties and emperors to today as a museum. The site was designated a UNESCO World Heritage site in 1987 in recognition of its unparalleled architecture and importance as the center of Chinese power for five centuries.

Clarendale Clayton #6026

10–11 a.m. | **TUE, August 30** | \$15

Henry Shaw: More Than the Garden

Barney Bradshaw

This costumed program looks at the life, work and legacy of Henry Shaw. He turned a one-room hardware store into a personal fortune that allowed him to retire at the age of 39. He would go on to be one of the most generous patrons St. Louis has known.

Clarendale Clayton #6015

10–11 a.m. | **WED, September 14** | \$12

Online Safety Overview

Parks Smith

Use of the internet and connected devices increases each year, and so do the losses caused by online fraudsters. Learn strategies and resources to help you help yourself and your loved ones navigate the internet safely and confidently.

Clarendale Clayton #608

10 a.m.–12 p.m. | **THU, May 26** | \$10

LITERATURE

True Tales of our Oldest Cultural Institution: The Mercantile Library

Johnny Rabbit

A national treasure, the Mercantile Library has served the St. Louis region for 175+ years. From the days of Oscar Wilde performing there and Joseph Pulitzer learning English there to the personal archives of Chuck Berry, learn about the library from a member of the board of direction of the Mercantile Library and Art Museum.

Clarendale Clayton #6017

10–11 a.m. | **MON, July 25** | \$15

Tornado Alley Moves to St. Louis

Don Corrigan

The author of *Show-Me...Nature's Wrath*, talks about why the weather is getting weird and will keep getting weirder. He will talk about our tornado past, our tornado future, and why Tornado Alley Is Moving East To Include Missouri. See tornado disasters through the lens of a reporter who has covered the destructive killer New Year's Eve tornado that hit Fenton, Sunset Hills and St. Louis in 2020.

Clarendale Clayton #6006

1–2 p.m. | **THU, August 4** | \$10

Eye-Opening Writing

Kathy Walsh-Piper

Author of *Image to Word: Art and Creative Writing*, Kathleen Walsh-Piper shows how writing about art enables the viewer to examine and express their experience of a work of art. No writing experience needed! Based on works of art from several museums, we will meet characters, explore landscapes and share our results!

Clarendale Clayton #6022

10–12 p.m. | **WED, September 21** | \$12

Wrestling at the Chase: Meet the Author

Edward Wheatley

Emmy-award-winning producer and author Ed Wheatley shares the story of professional wrestling's rise to prominence in St. Louis' opulent Chase Park Plaza Hotel and on television sets every Saturday night at 9:00 pm from 1959 to 1983. Learn about the masterminds behind it and the wrestling stars who thrilled thousands for decades.

Clarendale Clayton #6008

10–11 a.m. | **THU, September 29** | \$12

Dorothea Lange: Democracy's Photographer

Joan Musbach

It is likely that you only know Dorothea Lange because of her iconic photograph, *Migrant Mother*. But there is so much more to her story! She often repeated the slogan, "A camera is a tool for learning how to see without a camera." Join us as we look at her pictures and learn about the life, the work and the woman they represent.

Clayton Oasis #117

1–3 p.m. | **THU, May 12 & 26**

2 Sessions | \$30

Mod Margarita: Glass Painting

Sandi Illian

Get ready for cool drinks and fun in the sun! Paint your own margarita glass with easy step-by-step instructions and take it home with you. Sandi will paint with you, teach you how to blend colors and use specific brush strokes to achieve the desired effects.

Clayton Oasis #127

10 a.m.–12 p.m. | **WED, June 15** | \$35

Starry Night: Glass Painting

Sandi Illian

Add some inspiration to your drinking glass! It is easier than it looks with step-by-step instructions. Each participant will go home with a glass painted in a style resembling Van Gogh's *Starry Night*. All materials are included.

Clayton Oasis #126

10 a.m.–12 p.m. | **WED, August 10** | \$35

CURRENT EVENTS

Men's Roundtable

Clif Mahin & Jack Cancila

Join Clif and Jack to discuss world issues, politics—let's talk! Our discussion group meets on the first and third Mondays of each month.

Clayton Oasis #150

1:30–3:30 p.m.

MON, May 2 & 16

MON, June 6 & 20

TUE, July 5 & 18

MON, August 1 & 15

MON, September 15 & 19

10 Sessions | \$50

The Top 40 of St. Louis

Johnny Rabbit

Who would you list as the Top 40 most noteworthy St. Louisans? What are the Top 40 places to see? Join us as Johnny Rabbitt shares stories of people like Maya Angelou, Chuck Berry and Ulysses S. Grant and places like Fraternal Row on Lindell and Forest Park.

Clayton Oasis #128

10–11 a.m. | **MON, June 20** | \$12

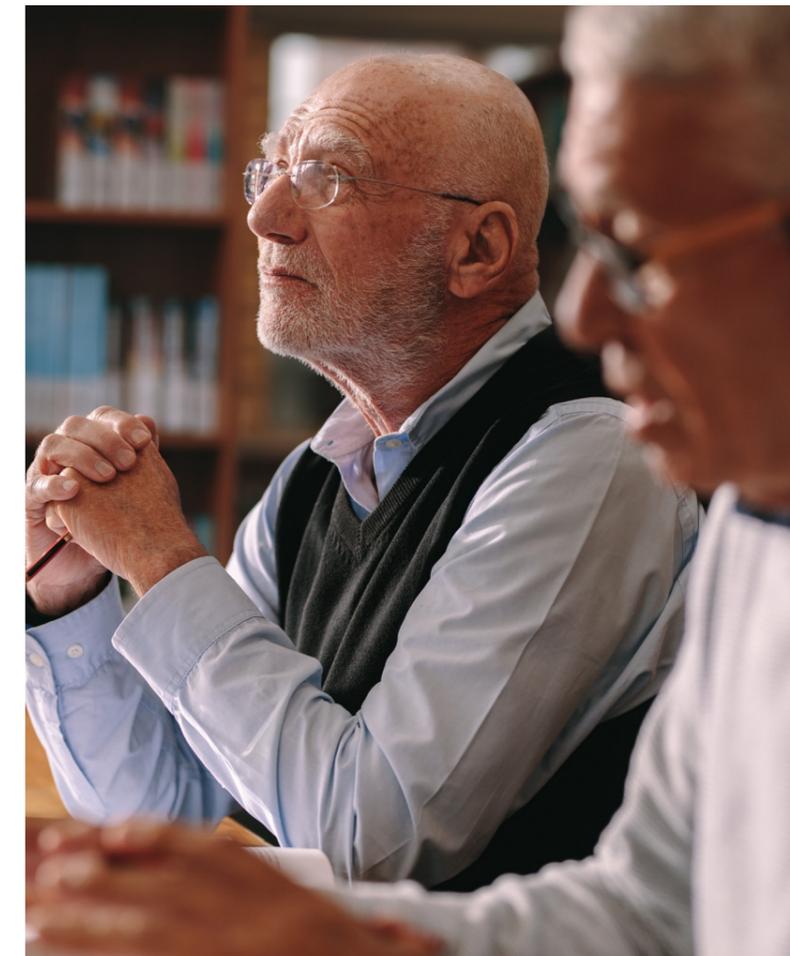
The Life of Frank Lloyd Wright: Architectural Genius, Egomaniac & Womanizer

Bev Schuetz

This history of the great 20th century architect, Frank Lloyd Wright, encompasses his complex family background, his stunning innovative buildings, as well as personal tragedies and scandals. The events that shocked the world included the murder of his mistress and six others, multiple fires, and tumultuous love affairs. Wright introduced timeless modernity and organic architecture to America. His creative brilliance vied with his egotism and irascible eccentricity. Whether loved or hated, this controversial genius is unforgettable.

Clayton Oasis #6024

10–11 a.m. | **THU, September 8** | \$15



EXERCISE

Strengthen & Stretch

Penny Moskus

Join this total body work which includes low-impact aerobics, strength training, flexibility, and balance exercises. This class is freestanding without use of a chair. Floorwork is optional.

Clayton Oasis #1513

10:30–11:30 a.m. | **TUE/THU, May 3—June 9**

12 Sessions | \$90

Clayton Oasis #1514

10:30–11:30 a.m. | **TUE/THU, June 14—July 21**

12 Sessions | \$90

Clayton Oasis #1515

10:30–11:30 a.m.

TUES/THU, July 26—August 30

11 Sessions | \$82.50

Beginning Pilates

Heather Needleman

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. Pre-registration required before the session begins in order to attend.

Clayton Oasis #1516

1:15–2:15 p.m. | **WED, May 4—June 29**

9 Sessions | \$67.50

Clayton Oasis #1517

1:15–2:15 p.m. | **WED, July 6—August 31**

9 Sessions | \$67.50

Intermediate Pilates

Heather Needleman

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. Pre-registration required before the session begins in order to attend.

Clayton Oasis #1518

2:30–3:30 p.m. | **WED, May 4—June 29**

9 Sessions | \$67.50

Clayton Oasis #1519

2:30–3:30 p.m. | **WED, July 6—August 31**

9 Sessions | \$67.50

Relax & Renew Yoga

Cynthia Fernandez

These classic Hatha Yoga poses will leave you strong, flexible and relaxed. Breathe deep, unwind and focus on increasing your strength, balance and flexibility while feeling the stress melt away.

Clayton Oasis #1520

9–10 p.m. | **FRI, May 6—June 24**

8 Sessions | \$60

Clayton Oasis #1521

9–10 p.m. | **FRI, July 1—August 26**

9 Sessions | \$67.50

HISTORY

Father of Waters: The Corps of Discovery & Other Explorers Along the Mississippi

Mike Venso

This presentation takes you on a journey up and down the Mighty Mississippi through maps, paintings, and images. It also offers an illustrated timeline of the adventures of the Corps of Discovery when they traveled the Mississippi River in 1803, 1804, and 1806.

Clayton Oasis #120

1–2 p.m. | **THU, May 19** | \$15

Missouri's Own Son: Harry S. Truman

Barnes Bradshaw

Missouri's Native Son was born of humble means in Lamar, Missouri. He would go on to face the enemy on the battlefields of Europe in World War I and the oversee the final days of World War II. In between he would be a Judge and Senator before spending his final days in Independence, Missouri.

Clayton Oasis #137

1:00 PM | **TUE, May 24** | \$12

Mary Harris Jones, a.k.a. "Mother Jones": Fighting for Workers

Joan Musbach

Mother Jones isn't just a liberal magazine, she was a real person who fought for the rights of workers during turn-of-the-century America. Learn about this Irish immigrant who survived famine, fire, plague, prison and who continued fighting for causes into her 80s.

Clayton Oasis #125

10–12 p.m. | **THU, June 9** | \$15

Napoleon: The Good, The Bad & The Ugly

Lucy Morros, Ph.D.

Napoleon is one of the most celebrated and controversial political figures in human history. He is also a controversial figure whose leadership was flawed and violent, but transformative.

Clayton Oasis #151

10–11 a.m. | **THU, June 23** | \$15

Women Inventors

Barnes Bradshaw

Learn about the women who have made major contributions to the world we live in. Famous women such as Hedy Lamarr whose contributions helped end World War II to the not so famous such as Margaret Knight who perfected the paper bag and Elizabeth Magie who gave the world its most famous board game, Monopoly!

Clayton Oasis #122

10–11 a.m. | **TUE, July 19** | \$12

SCIENCE, ETHICS, & PHILOSOPHY

A Surgeon Escapes to the Orchid Greenhouse

Ira J. Kodner, MD, Director of Washington University

Center for the Study of Ethics and Human Values
What does growing orchids have to do with performing surgery? Find out in this program that is both a primer on orchids and how to grow them integrated into the story of how they became a major and life-long hobby for a St. Louis surgeon.

Clayton Oasis #131

1:30–3:30 p.m. | **WED, June 8** | \$10

The Majesty of the Osage

Jim Duncan

Before European colonization, the major portion of what is now the states of Missouri, Arkansas, Kansas and Oklahoma were home to the Osage. Learn more about the fascinating history of the Osage, the Reign of Terror in the late 1890s-early 1900s in Oklahoma, and their life today in Oklahoma. Tour the award winning book, 'Killers of the Flower Moon,' and also the controversy of the sale of Picture Cave, a sacred shrine with 1,000-year-old drawings.

Clayton Oasis #161

1–2 p.m. | **THU, July 21** | \$12

The Story of Homer G. Phillips Hospital

Ira J. Kodner, MD, Director of Washington University

Center for the Study of Ethics and Human Values
Homer G. Phillips Hospital was the only public hospital for Black people in St. Louis from the 1930s to the 1970s, when the city had segregated facilities. Join us for a detailed history and discussion related to one of the most critical sources of patient care and training for Black doctors and nurses and its relationship to an established and prominent American medical school, Washington University.

Clayton Oasis #133

1:30–2:30 p.m. | **WED, September 7** | \$15

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.

The Untold Scandal of American Roadkill

Don Corrigan

Hear from the author of *American Roadkill: The Animal Victims of our Busy Highways*, talks about the million animals that lose their lives daily on highways. Learn about many positive developments, among them: St. Louis Zoo is doing yeoman work enlisting "citizen scientists" to identify high casualty frog and turtle crossings that can be remedied.

Clayton Oasis #138

10–11 a.m. | **THU, June 30** | \$10

Medical Ethics Challenge: What Would You Do?

Ira Kodner

Every day, doctors face ethical dilemmas when treating patients. Should a doctor treat a family member, even if that is the greatest chance for survival? What should a doctor do if they are told to perform an unnecessary surgery under threat of violence? Dr. Ira Kodner will describe several real-life medical ethics cases and let you share how you would have decided.

Clayton Oasis #132

1:30–3 p.m. | **WED, July 6** | \$15



Taming the Inner Critic With Mindfulness

Coke Hennessy

Inside each of us is a harsh, sometimes unrelenting Inner Critic, which is ready to pounce on our thoughts, our emotions, and our decisions and reminds us that it is all that stands between us and failure at everything. In this class, we'll experience ways to unbind ourselves from deeply entrenched judgments about ourselves. We'll examine how mindfulness can help us tap into clarity and an inner freedom from the Inner Critic.

Clayton Oasis #119

10 a.m.–2 p.m. | **TUE, August 23** | \$20

The Immortal Life of Henrietta Lacks: A Discussion of Ethics

Ira J. Kodner, MD, Director of Washington University

Henrietta Lacks was a poor Black tobacco farmer whose cells—taken without her knowledge in 1951—became one of the most important tools in medicine. They were vital for developing the polio vaccine, cloning, in vitro fertilization and more. Henrietta's cells have been bought and sold by the billions, yet she remains virtually unknown and her family has not shared in this wealth. Discuss this fascinating real-life example of medical ethics.

Clayton Oasis #134

1:30–3 p.m. | **WED, August 3** | \$15

FLORISSANT DINING CENTER | 955 Rue St. Francois, Florissant, MO 63031

HEALTH

Welcome to Medicare

Wilma Schmitz

"Welcome to Medicare" focuses on topics important to people who will soon be eligible to enroll in Medicare for the first time. Presented in a straight forward manner, participants will receive an overview of Medicare Parts A and B, the Prescription Drug Plan (Part D), Advantage Plans and Supplemental Plans (Medigap).

Florissant Senior Dining Center #5121

1–2:30 p.m. | **WED, August 17** | Free



THE HEIGHTS | 1330 South Big Bend Boulevard, Richmond Heights, MO 63117

HEALTH



Matter of Balance

Oasis Health Facilitators

Almost half of older adults worry about falling. Learn common factors that contribute to falls, as well as practical tips to keep you on your feet.

The Heights #4159

10 a.m.–12 p.m. | **TUE, May 10—June 28**

8 Sessions | Free

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

HISTORY

The Remarkable Eleanor Roosevelt

Bev Schuetz

After bearing five children and enduring a dominating mother-in-law, Eleanor Roosevelt's dreams were shattered by her husband's betrayal. She was pushed into the unwanted position of First Lady, but eventually found her personal role in the position. This amazing lady's story provides us with inspiring strength, independence and brilliant accomplishments.

The J—Chesterfield #730

10–11:30 a.m. | **THU, May 26** | \$15

Why We Do What We Do When We Say I Do

Bev Schuetz

Learn the origin of wedding customs and how they are interpreted today in this fast-paced examination of wedding traditions. Discover the amusing "whys and wherefores" of the best man, tossing the bouquet, and carrying the bride over the threshold, as well as other ceremony rituals we never question.

The J—Chesterfield #731

10–11 a.m. | **THU, July 21** | \$12

LITERATURE

Mark Twain: His Wit, His Words, His Life

Bev Schuetz

Learn the surprising story of America's most beloved author, while laughing at his wonderful observations on human nature. Discover the flawed and charming man who despite tragedy and losses became one of our greatest icons and invented America's literary voice.

The J—Chesterfield #732

10–11 a.m. | **THU, August 25** | \$15

HEALTH

Matter of Balance Training

Oasis Health Facilitators

Share your passion for health as a Matter of Balance facilitator! You will work in pairs to head an 8-session evidence based workshop that are offered in community settings across the metro area. You will help teach participants factors that can lead to a fall and practical tips to stay on their feet, along with some stretches and light movements to improve flexibility and range of motion. Facilitators will be provided with free training and class materials.

[Kirkwood Oasis #4157](#)

9 a.m.–3 p.m. | **THU/FRI, April 28–29**

2 Sessions | Free

[Kirkwood Oasis #4158](#)

9 a.m.–3 p.m. | **TUE/WED, August 23–24**

2 Sessions | Free

HEALTH



Matter of Balance

Oasis Health Facilitators

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.

[Manchester United Methodist Church #4154](#)

10 a.m.–12 p.m. | **THU, May 5–June 23**

8 Sessions | Free

HEALTH

Matter of Balance

Oasis Health Facilitators

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.

[Thomas Dunn #4152](#)

1–3 p.m. | **TUE, June 7–July 26**

8 Sessions | Free



ARTS, ENTERTAINMENT & LITERATURE

Opera Theater Preview

Opera Theatre

From long-time favorites to modern productions, you will learn about the operas produced by Opera Theatre of St. Louis in these docent-led programs. Each session will feature two of the four featured operas for the 2022 season: Carmen by Georges Bizet, The Magic Flute by Mozart, Awakenings by Tobias Picker and Harvey Milk by Stewart Wallace.

[Maryland Heights Community Center #201](#)

10–11:30 a.m. | **MON, June 6–13**

2 Sessions | Free

Environmental Missouri Update: Meet the Author

Don Corrigan

Don Corrigan, author of *Environmental Missouri*, talks about the major outdoor and environmental issues in the state. He will explain where progress has been made, where things have stayed the same, and where environmental problems are getting worse. Is St. Louis an environmentally safe place to live? Who are the major players trying to make it safer?

[Maryland Heights Community Center #202](#)

10–11 a.m. | **WED, July 20** | \$10

HISTORY

Historic Homes of Missouri

Barnes Bradshaw

Missouri is full of some of the most beautiful and historic homes in America! Learn about the homes of famous residents such as Laura Ingalls Wilder, Daniel Boone and Fur Trader Robert Campbell to lesser known figures such as the home of David Glenn in Cape Girardeau!

[Maryland Heights Community Center #203](#)

10–11 a.m. | **WED, August 17** | \$12

Annie Malone: Legendary Entrepreneur & Philanthropist

Linda M Nance

A chemist and entrepreneur, Annie Turnbo Malone became a millionaire by successfully developing and marketing hair products for black women in St. Louis. She used her wealth to promote the advancement of African Americans and gave away most of her money to charity. Learn about this historic woman whose contributions are still felt today.

[Maryland Heights Community Center #204](#)

1–2 p.m. | **TUE, September 13** | \$10

Boxing for Exercise

ES MMA & FITNESS | 2081 Bentley Plaza, Fenton, MO 63026

Erik Steenberg

Want the most invigorating work out you've ever had? Whether you used to box or have never tried it before, now's the time. Use your body and brain to work out and learn a new skill. *You will need your own hand wraps. Read more about the instructor, Erik Steenberg, on page 2!

[ES MMA & Fitness #1527](#)

11 a.m.–12 p.m. | **MON/WED, Jun 6–Jul 20**

(No class 7/4)

13 Sessions | \$110

[ES MMA & Fitness #1528](#)

11 a.m.–12 p.m. | **MON/WED, July 25–August 31**

12 Sessions | \$119



EXERCISE

Better Balance

Nancy Weigand

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

New Northside Family Life Center #1522
9–10 a.m. | **TUE/THU, May 3—June 9**
12 Sessions | Free

New Northside Family Life Center #1523
9–10 a.m. | **TUE/THU, June 14—July 21**
12 Sessions | Free

New Northside Family Life Center #1524
9–10 a.m. | **TUE/THU, July 26—August 30**
11 Sessions | Free

Tai Chi for Arthritis for Prevention: Beginner

Alice McHugh

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, and coordination.

New Northside Family Life Center #1613
11 a.m.–12 p.m. | **TUE/THU, May 3—June 9**
12 Sessions | Free

New Northside Family Life Center #1614
11 a.m.–12 p.m. | **TUE/THU, June 14—July 21**
12 Sessions | Free

New Northside Family Life Center #1615
11 a.m.–12 p.m. | **TUE/THU, July 26—August 30**
11 Sessions | Free

HEALTH

Wellness Recovery Action Plan® for Healthy Aging (WRAP)

WRAP® Facilitators

WRAP for Healthy Aging is a program that anyone can use to feel less isolated and more in control of their life. Connect with peers and develop your personal Wellness Toolbox and Plan for improved well-being, physical health, and quality of life.

New Northside Family Life Center #4250
1–3 p.m. | **WED, May 4—June 8**
6 Sessions | Free

Ageing Mastery Program® (AMP)

Oasis Health Facilitators

In this free 10-week program, you will build your own personal playbook for aging well. Speakers will discuss topics ranging from healthy eating and physical activity, to relationships, online safety, and much more.

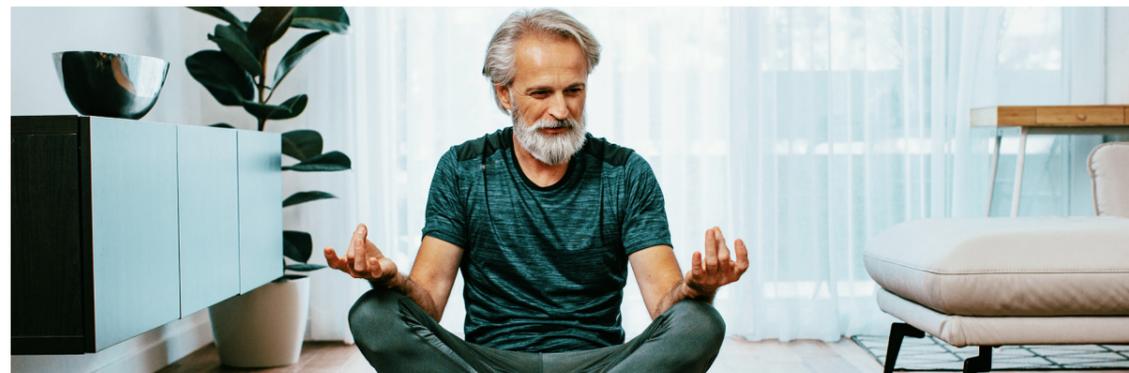
New Northside Family Life Center #4206
1–3 p.m. | **WED, June 15—August 17**
10 Sessions | Free

Over the Counter and Over the Web: Getting the Most Out of These Resources!

Oasis Health Facilitators

Over-the-counter medications have risks, especially when taken with prescription drugs. Similarly, the internet has countless resources for your health, but not all websites are credible. Join this 6-session workshop and learn how to better use the internet to make informed decisions about your health.

New Northside Family Life Center #4536
1–3 p.m. | **WED, August 3—September 7**
6 Sessions | Free



EXERCISE



ExerStart

Pat Atkins

Stay active so you can do the things you want to do! ExerStart is a low-intensity exercise class for you to add more activity to your life. You will exercise using a resistance band while standing or sitting.

Northwest Library #1663
9–9:45 a.m. | **TUES/THU, May 3—June 9**
12 Sessions | \$12

Northwest Library #1664
9–9:45 a.m. | **TUES/THU, June 14—July 21**
12 Sessions | \$12

Northwest Library #1665
9–9:45 a.m. | **TUES/THU, July 26—August 30**
11 Sessions | \$11

HEALTH

Chronic Disease and Diabetes Self-Management Programs Leader Training

Oasis Master Trainers

Looking to make an impact in the lives of others? Register for this leader training to become a leader in the Stanford University's evidence-based self-management programs (Chronic Disease Self-management & Diabetes Self-management programs). Get trained, get involved and get paid!

Oasis Borman Office #4113
9 a.m.–5 p.m. | **MON/TUE, August 8—9 and MON/TUE/WED, August 15—17**
5 Sessions | Free

HEALTH

Matter of Balance

Oasis Health Facilitators

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.

Spencer Road Library #4153
10–12 p.m. | **WED, July 6—August 24**
8 Sessions | Free

ARTS & ENTERTAINMENT



Thomas Easterly's Photos of St. Louis Before the Civil War

Nick Sacco

Thomas Easterly was the first person to own a photo studio in Missouri and was arguably the most famous photographer in the West prior to the Civil War. Explore Daguerreotype Photo techniques and some of Easterly's most famous photos of St. Louis before the Civil War.

Pavilion at Lemay #822
10-11 a.m. | **THU, Jul 14** | \$12

HISTORY

The Battle of Belmont

Shawn Williams

The Battle of Belmont in southeastern Missouri was General Ulysses S. Grant's first major battle of the Civil War, which was fought November 7, 1861. The battle nearly turned into a disaster when the Union soldiers began looting the Confederate camp and Grant was forced to set the camp on fire to stop the looting. Grant's willingness to be aggressive caught the attention of President Abraham Lincoln. Hear the story of this Missouri battle.

Pavilion at Lemay #820
10-11 a.m. | **FRI, May 20** | \$10

Gratiot Street Prison

Evan Meyer, Park Guide, Ulysses S. Grant National Historic Site

During the Civil War, the Gratiot Street Military Prison was operated in St. Louis by the Union army and held not only to Confederate prisoners of war, but spies, guerillas, civilians suspected of disloyalty, and even Union soldiers accused of crimes or misbehavior. The prison also was centered in a city of divided loyalties. Hear about what life was like for prisoners of Gratiot and some of its most famous inhabitants, and escapees.

Pavilion at Lemay #821
10-11 a.m. | **FRI, June 17** | \$12

U.S. "Indian" Policy During the Civil War Era

Nick Sacco

As White Americans pushed west, Native Americans experienced profound, traumatic disruptions, from broken treaties forced removals, and confinement to reservations to disease and bloodshed. They fought to maintain their ways of life and sovereignty amid these changes. This program will examine various Presidents' policies that impacted Native Americans and the experiences of Native Americans and how the American Civil War was also a conflict over the future of the West and an effort to destroy tribal independence sovereignty.

Pavilion at Lemay #823
10-11 a.m. | **THU, August 18** | \$12

West Point Class of 1843

Ashton Farrell

Ulysses S. Grant and his classmates could have never anticipated their future roles in shaping American history the day they graduated from West Point. Of the 39 West Point cadets who graduated in 1843, four died in the Mexican-American War. Fifteen became Union Generals during the Civil War and three served as Confederate Generals during the war. Ironically, all three Confederate Generals from the class of 1843 were from northern states. Hear their stories.

Pavilion at Lemay #824
10-11 a.m. | **FRI, September 16** | \$12

VOLUNTEER OPPORTUNITIES

Do you want to become more involved at Oasis? The last few years have been tough and isolating. If you're ready to get back into the community and want to learn more about all the opportunities to volunteer with Oasis, come to this class! You will discover the many ways you can get involved, meet new people and feel good about yourself. You will hear about what types of volunteer opportunities are available, what training is needed and when training is offered. You will have ample time to ask questions to Oasis staff and current volunteers. If you are interested in being trained to lead certain Oasis classes, view opportunities on pages 9, 10, 27, and 30 (in the blue boxes)!



Age Smart #5123
1-2 p.m. | **WED, June 1** | Free
801 W State St, O'Fallon, IL 62269

Clayton Oasis #5124
1-2 p.m. | **FRI, June 10** | Free
50 Gay Avenue, Clayton, MO 63105

Florissant Senior Dining Center #5122
10-11 a.m. | **THU, June 16** | Free
955 Rue St. Francois, Florissant, MO 63031

SO YOU WANT TO BE A TUTOR?

Oasis Facilitator

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. Read more about the Oasis Intergenerational Tutoring Program on page 35.

Clarendale Clayton #6019
10-11:30 a.m. | **WED, July 20** | Free

I can actually see the change in the students as they get better at reading and gain confidence. This is an opportunity to bring yourself into the life of a child in a powerful way.
—Linda Snead, Oasis Tutor



LOOKING FOR WAYS TO SUPPORT OASIS?

+ 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.

+ CLUB 1982

Club 1982 is your answer to monthly giving—it's easy and it helps Oasis plan! You can set up your monthly donation on our online form at st-louis.oasisnet.org/donate by choosing "monthly" as the frequency.

+ GIVE ONLINE

Visit our website to make an online donation at st-louis.oasisnet.org/donate.

+ VEHICLE DONATION

Choose Oasis as the recipient of proceeds from your donated vehicle. Call **(877) 556-2747** or visit careasy.org and search for The Oasis Institute to donate, learn more, or read FAQ's.

+ LEAVE A PLANNED GIFT

Your legacy gift could be the most important gift you ever make to the future of healthy aging. All donors who make planned gifts to Oasis are recognized as members of our prestigious Legacy Circle. Being a member of the Oasis Legacy Circle is one of the most important ways that you can express your commitment to the mission of Oasis. We will work with you and your trusted adviser to ensure that gifts to the Legacy Circle meet your needs and those of your family and friends. Legacy gifts come in a variety of forms including bequests, annuities, trusts, gifts of retirement assets and many others. If you are interested in learning more about the Oasis Legacy Circle, contact Development Director Julianna Fellows at **(314) 862-2933 Ext. 235** or jfellows@oasisnet.org.



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 December 3, 2021 through February 24, 2022.

In Memory of Guido Weiss

Arco+Associates
 Brian Carpenter
 Michele Dinman
 David Drasin
 Flint & June Fowler
 Zach Gast
 Nikki Goldstein
 Brody Johnson
 Susan Kelly
 David Ludwig
 Richard Miles & Patricia Whitaker
 Amy & Craig Neuman
 Paul Pericich
 Henry & Patty Schvey

In Honor of Martha Murphy

Michael Kelly

In Honor of Karen Priest

Priscilla Lincoln

In Honor of Marylen Mann

Sally Altman & Richard Weiss
 Dr. Maxine L. Rockoff
 Amy Lit
 Andy Rittenberg

In Honor of Marylen Mann & Frank Jacobs

Greg Storch & Lisa Ring

In Honor of Barbara & Jerry Pratter

Mike Demerath
 Tom Demerath

In Honor of Linda Schumacher

Raizell Kalishman

In Memory of Robert Rubin

Warren & Janice Sherman

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
 Community Living

AgeSmart

Aging Ahead

The Bellwether Foundation

BJC HealthCare

Boniface Foundation

Corporation for National and
 Community Service

Dollar General Literacy Foundation

Emerson

Graybar Foundation

Great Rivers Greenway

Hearst Foundation

Jefferson Foundation

Lutheran Foundation of St. Louis

Mary Larkins and Bessie Birchler
 Charitable Trust, U.S. Trust, Bank of
 America, N.A., Trustee

Margaret Blanke Grigg Foundation

Mary Ranken & Ettie Jordan
 Charitable Foundation, U.S. Bank,
 N.A., Trustee

United Way of Greater St. Louis

Next Fifty Initiative

Norman J. Stupp Foundation,
 Commerce Bank, Trustee

The Pott Foundation

Productive Living Board of St. Louis
 County (PLB)

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

HELP A CHILD LEARN TO LOVE READING in the 2022–2023 School Year!



Oasis Intergenerational Tutoring is a volunteer program that pairs older adults with children in kindergarten through third grade to work one-on-one each week as their tutors, mentors and friends.

After tutors attend training sessions, they choose a participating school district in the Greater St. Louis area and work with the same child each week throughout the school year.

Designed by educators, The Oasis six-step approach to literacy emphasizes improved reading, speaking and writing.

The relationships forged between tutors and children make a profound difference, not only for the children, but for the tutors as well. Many tutors report a renewed sense of meaning and purpose in life.

Frequently Asked Questions about the Oasis Intergenerational Tutoring Program:

What is the time commitment?

Tutors meet with the same child, for up to an hour once a week during the school year.

Do I need teaching experience?

No. Your enthusiasm, patience and compassion are far more important. As a tutor your roles include mentor, friend and role model.

What age are the students?

The program is designed for children in kindergarten through third grade, a critical period for developing reading and language skills.

What training will I receive?

Tutors complete training based on a proven six-part plan of activities that include talking, reading and writing. You will learn ways to draw out the child's experiences and create simple stories that form the basis for reading activities. You will have the opportunity to attend monthly meetings with fellow tutors for continued training and sharing of ideas.

If you are **interested in becoming an Oasis Tutor** in the 2022–2023 school year please complete an interest form at Intergenerational Tutoring—St. Louis Oasis (oasisnet.org) or call the tutor voicemail line **(314)995-9506**. Several Informational gatherings and training sessions will be offered prior to the beginning of the school year.

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 opportunity for social engagement.

- + 10-session program, classes are held twice a week for 5 weeks and each session is 1–2 hours 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

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.

-  st-louis.oasisnet.org/health/virtual-healthy-habits
-  **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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Chief Medical Officer | BJC Home Care Services
Assistant Professor
Washington University School of Medicine

Lorna Wiggins

Attorney at Law | Wiggins, Williams & Wiggins

COMMUNITY LOCATIONS

Bellefontaine United Methodist

10600 Bellefontaine Road
St. Louis, MO 63137

Christ Our Redeemer

13820 Old Jamestown Road, Florissant, MO 63033

Clarendale Clayton

7651 Clayton Road
Clayton, MO 63117

Clayton Oasis—Center of Clayton

50 Gay Avenue
Clayton, MO 63105

ES MMA & Fitness

2081 Bentley Plaza
Fenton, MO 63026

Florissant Senior Dining Center

955 Rue St. Francois
Florissant, MO 63031

The Heights

1330 South Big Bend Boulevard, Richmond Heights,
MO 63117

The J—Chesterfield

16801 Baxter Road
Chesterfield, MO 63005

Kirkwood Oasis—Kirkwood Community Center

111 S Geyer Road
Kirkwood, MO 63122

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

Oasis Institute

11780 Borman Drive, Suite 400
St. Louis, MO 63146

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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