



Check out our  
**NEW PROGRAMS,  
CLASS BUNDLES,  
& more!**

# 40 YEARS OF LIFELONG LEARNING

October — December 2022 | Course Catalog



DEAR OASIS FRIENDS,

As we reflect on Oasis’ work over the past 40 years (1982–2022!), it is hard to fathom the unprecedented impact of the global pandemic accounts for just 5% of that time, two dislocating and challenging years. Adversity makes us appreciate our roots, the journey to get here, and Oasis’ progress over these 40 years. St. Louis Oasis and Oasis centers across the country, along with thousands of participants, felt the effects of the pandemic in myriad ways. Like many other institutions, we were forced to close our doors for an indefinite period of time. We lost contact with many participants and volunteers. Still, we are rebuilding with exciting new programs, classes, and concepts that we hope you will enjoy and provide feedback about as we extend the Oasis approach to lifelong adventures for 40+ more years!

As you browse our fall lineup, you may observe our catalog’s new and improved format! We’ve made it easier to navigate the options for participating in Oasis through the assignment of icons indicating whether the class is in-person, virtual, hybrid, or outdoors. Look for an icon “key” opposite this page and various places throughout the catalog. We’ve also included ways to save with our “Bundling Options,” where you can take multiple classes from your favorite instructor or class topic at a discounted rate when you register for them all. Savings are automatically included in your cart at check-out—no coupon code is needed!

Additionally, check out our new “Innovation Lab” programs, where we offer a lineup of in-person interactive sessions led by Oasis staff members on topics important to YOU. While we have themes like “The Talkative Millennial,” the idea for these “labs” is to engage in an open dialogue with our participants. Also included are “Mystery Classes,” where you can sign up for a class without knowing the topic until you arrive. These surprise classes will cover whimsical subjects, unlike anything we have typically offered. We hope you will take a chance and try something new that you might have never considered!

We hope you will join us this fall and help us celebrate the next 40+ years with Oasis!



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 200 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.

## 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.

# CHECK OUT OUR CHANGES!

With so many ways to take an Oasis class—we decided to change things up to make our catalog easier to navigate! Look for the color-coded icons shown below to identify your class format options.

Other **new** offerings to look for include class bundling deals, Oasis Innovation Lab Fridays, and a lineup of mystery classes! See pages 3 and 31 to learn more!

### **O** OUTDOOR ADVENTURES

Classes that take place in the great outdoors! Please note pets are not allowed and all meals are purchased by participants unless otherwise stated. Bring mask, hand sanitizer and water bottle.

### **H** 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.

### **IP** IN-PERSON CLASSES

These classes take place in-person at area locations! 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.

### **V** VIRTUAL CLASSES (ZOOM ONLY)

Skip the trip and join us online! Once registered for the class, you will 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.




# BUNDLING OPTIONS

Take advantage of our bundling options this semester! Throughout the catalog, we have opportunities to bundle classes together based on things like instructor, topic, or location—all marked with a green circle. Once you have chosen your bundle(s), go online, add of the classes to your cart, and your discount will be automatically applied upon checkout. **Reminder:** You are more than welcome to keep the classes separate if you are only interested in taking one or a few classes listed in a bundle.


LOOK FOR  
CLASSES  
WITH THESE  
CIRCLES!

## Foundations of Genealogy | \$22

Foundations of Genealogy: Part I

 #3045 | \$12 | Page 16

Foundations of Genealogy: Part II


 #3046 | \$12 | Page 16

## Johnny Rabbitt Bundle | \$40


Ghosts, Spirits, & the Supernatural of St. Louis

 #3036 / #3036.V | \$15 | Page 19

The Birth, Life, & Death of Gaslight Square


 #3037 / #3037.V | \$15 | Page 22

Holy St. Louis—A History of Religious Places & People


 #3038 / #3038.V | \$15 | Page 23

## Joan Musbach Bundle | \$54


The Louisiana Purchase

 #3010 / #3010.V | \$15 | Page 18


Europe on the Eve of War

 #3011 / #3011.V | \$15 | Page 18

The Genesis of American Political Parties & the Election of 1800

 #3012 / #3012.V | \$15 | Page 20

Henry Ford: Tin Lizzie to Mustang—Changing America

 #3013 / #3013.V | \$15 | Page 23

## Longer Lives in the 20th Century | \$20

The Progress


 #3047 / #3037.V | \$12 | Page 19

The Price


 #3048 | \$12 | Page 20

## Bev Schuetz Bundle | \$42

Medical Quackery, Fraud & Flimflam

 #3008 | \$12 | Page 18


The St. Louis Mystery Hoax or Literary Phenomenon

 #3026 | \$12 | Page 20

Funky Funerals & Funny Epitaphs


 #3028 / #3028.V | \$12 | Page 22

World's Oldest Profession


 #3027 / #3027.V | \$12 | Page 23

## Religious Art Series | \$40


Daoism: Chinese Religious Art & Architecture

 #3041 / #3041.V | \$15 | Page 26

Confucianism: Chinese Religious Art & Architecture


 #3042 / #3042.V | \$15 | Page 27

Shinto: Japanese Religious Art & Architecture

 #3043 / #3043.V | \$15 | Page 27

## Get to Know Oasis Employees | \$20

Ebow: Ghana to St. Louis

 #3062 / #3026.V | \$12 | Page 27

Emir: From Bosnia to St. Louis as a Child Refugee

 #3079 / #3079.V | \$12 | Page 30

## Presidential Leadership Series FDR | \$40


Early Years

 #3086 / #3068.V | \$15 | Page 18

First 2 Terms

 #3087 / #3087.V | \$15 | Page 19

Final Years

 #3088 / #3088.V | \$15 | Page 21

## Spooky Classes | \$32

A Special Walk: The Site of the Exorcism

 #3806 | \$10 | Page 7

Ghosts, Spirits, & the Supernatural of St. Louis

 #3036 / #3036.V | \$15 | Page 19

The St. Louis Mystery Hoax or Literary Phenomenon

 #3026 | \$12 | Page 20

### Art History with Betsy | \$40

JMW Turner: Painter of Mist & Sunlight

**H** #3000 / #3000.V | \$15 | Page 27

From Monuments to Modern: 19th Century Sculpture

**H** #3001 / #3001.V | \$15 | Page 28

Tintoretto: Master of the Venetian School

**H** #3002 / #3002.V | \$15 | Page 30

### Art Museum | \$25

Exhibition Connection

**IP** #3117 | \$15 | Page 25

Exhibition Tour

**IP** #3116 | \$15 | Page 28

### Mystery Classes | 5 for \$40 OR 10 for \$75

**IP** #3090 — #3099 / Page 31

### Build Your Own Bundle

Spend \$50 and get \$5 off

Spend \$100 and get \$10 off

Spend \$200 and get \$20 off

# 40 YEARS of Lifelong Adventure

**Oasis is celebrating its 40th anniversary this year!** At the time of the organization's inception, little effort was put into programs dedicated to maintaining the livelihood of aging adults and appreciating them as valuable members of society. What began with a few visits to St. Louis senior centers in the late 1970s—observing older adults sitting idly around, working on rudimentary crafts, and playing bingo—ignited an idea in Oasis founder Marylen Mann. After tours that day, Marylen remarked, **“We can do better for older adults.”** In 1982, with a small grant, a starter program rapidly transformed into a national nonprofit organization that would revolutionize our concept of successful aging—**changing the course of how Americans view and value an older population.** 40 years later, through Oasis' national presence, post-retirement adults retain a sense of purpose and worth and remain active contributors to society while expanding their knowledge through recreational classes of personal interest.

We've been celebrating throughout the year in various ways and are looking forward to **a free event at the Missouri History Museum this November!** Join us for an in-depth panel discussion of **how Oasis transformed our culture's philosophy of aging adults' (undervalued) place in society.** The discussion will be led by Oasis founder and inaugural president Marylen Mann, former president Marcia Kerz, and current president Paul Weiss. Moderated by Ida Early of Washington University, we will cover the history of aging adults' undervalued place in society and how Oasis pioneered the path to change that.



Marylen Mann



Marcia Kerz



Paul Weiss



Ida Early

### We Can Do Better for Older Adults: The 40-Year History of Oasis

Missouri History Museum #3102

11 a.m.–12:30 p.m.

**TUE, November 8 | Free**

Learn more about our history at [oasisnet.org/history](https://oasisnet.org/history).

**587,000**

Older Adults  
Supported Through  
Lifelong Learning,  
Active Lifestyles, &  
Volunteer Engagement

**525,000**

Students Tutored  
Through the  
Intergenerational  
Tutoring Program

**1.7 MILLION**

Volunteer Hours  
Provided to Local  
Communities

**\$400  
MILLION**

Cumulative Impact in  
Volunteer Service

**800+**

Partner Organizations

## BIKING

### Adventure Bike Ride

Parks Smith

Meet at the Chesterfield Athletic Complex and bike along the Katy Trail to Creve Coeur Lake Restaurant for lunch. Return to Chesterfield. (32 miles)

Outside #3811 

9:30 a.m. | **FRI, October 7** | Free

### St. Ferdinand Park to Missouri River Ride

Gerry Noll

Ride the Sunset Greenway to the Old St. Ferdinand Shrine and the Missouri River. Stop in and tour the Shrine while there. This ride includes one long hill (optional: down and back up from the river). Lunch at Hendel's Cafe after the ride. (approx. 10 miles)

Outside #3812 

9:30 a.m. | **FRI, October 14** | Free

### Madison County Trail (MCT) Bike Ride

Parks Smith

Bike the MCT, which is mostly paved rails-to-trails, lunch at restaurant, Cleveland Heath, and bike back to your car. (approx. 15–25 miles)

Outside #3813 

9:30 a.m. | **FRI, October 21** | 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 (see some Halloween displays). Front and rear lights required. (approx. 5 miles)

Outside #3810 

5 p.m. | **THU, October 27** | Free

Please note **pets are not allowed** and **all meals are purchased by participants**. Bring mask, hand sanitizer and water bottle.

Oasis rides and walks are provided in partnership with Great Rivers Greenway and are **free** of charge.  Denotes classes funded by Great Rivers Greenway.



### Shrewsbury to Jefferson Barracks Ride

Brenda Jean Tripp

Bike the River Des Peres Greenway from the Shrewsbury Metrolink parking lot, to the Mississippi River Greenway, to Jefferson Barracks, and back. (16 miles)

Outside #3814 

9:30 a.m. | **FRI, October 28** | Free

### Travelin' Light: Bicycle Touring Roundtable

Janice Branham & Brenda Tripp

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. Have your own bike touring experiences? Come and share your stories.

Clayton Oasis #3815 

10–11:30 a.m. | **MON, November 7** | \$5



## WALKING

### Murals in Downtown St. Louis

Douglas E. Schneider

Discover the many interiors of our downtown buildings which are graced with murals—ranging from the history of Missouri, banking, and the Greek legend of Ulysses featuring a St. Louis businessman. We will pop in and out of downtown buildings and wrap up at the Convention Center. Optional lunch on your own, walk back to Union Station (3.4 miles), or take Metrolink to Union Station (1.7 miles).

Outside #3801

9:30–11:30 a.m. | **TUE, October 4** | Free

### It's A Walk in the Park—Forest Park

Norma Deen Juracsik

Explore the Visitor Center at Forest Park and walk through the savannah and prairies that form a corridor across the park. Walk among the intentional restoration done for all to enjoy. Lunch, at Missouri History Museum or Visitor Center. (approx. 3 miles)

Outside #3803

9:30–11 a.m. | **JE, October 11** | Free

## TOURS



### Exclusive Tour of City Foundry St. Louis

Rob Soete, City Foundry STL & Elizabeth Simmons

City Foundry St. Louis, the former 15-acre Century Electric Foundry, is a unique space filled with creative offices, shops, and The Food Hall. You'll tour this innovative district and get the inside scoop on upcoming events and vendors.

Outside #3800

10–11:30 a.m. | **WED, September 28** | \$20

Outside #3802

10–11:30 a.m. | **THU, October 6** | \$20

### Unique Forest Park Exploration with Two Local Authors!

Don Corrigan & Carolyn Mueller

Join authors Don Corrigan of *Forest Park* and Carolyn Mueller of *Forest Park: A Walk Through History* as we discuss the “crown jewel” of St. Louis—our own Forest Park! After the presentation you may choose to walk with Don for one-hour or bike with Carolyn for 90 minutes exploring the history of this beloved landmark while taking in the beauty of the fall foliage.

Outside #3809

10 a.m.–12 p.m. | **MON, October 24** | \$18

### Sustainability at the Gateway Arch

Diane Weber, Jefferson National Parks Association

The grounds at the Gateway Arch provide a beautiful urban oasis tucked beneath St. Louis' greatest monument. But look a little closer and realize this park is pretty and smart—environmentally smart, that is. The National Park Service and its partners have worked to combine thoughtful design and ecological expertise to create a park as sustainable as it is good-looking. Preferred parking is the Stadium East Garage at a cost of \$9 with a validation for 5 hours. Parking is also allowed on the riverfront (levee), for a \$10 charge. More details upon registration.

Outside #3016

1–2:30 p.m. | **TUE, October 4** | Free

### South Grand International District Tour

Nini Harris

South Grand boomed at the beginning of the 20th century. Today, this vibrant district exhibits extraordinary, century-old architecture enhanced by environmentally sustainable landscaping. We'll recount the early character of the area and how immigrants created and reinvigorated this historic district.

Outside #3804

10:30 a.m.–12:30 p.m. | **TUE, October 11** | \$35

Outside #3805

10:30 a.m.–12:30 p.m. | **WED, October 12** | \$35





### A Special Walk: The Site of the Exorcism

Douglas E. Schneider

Hollywood wants you to think that the Exorcism took place in Washington D.C. and involved a little girl. In fact, the Exorcism took place in St. Louis, Missouri, and involved a little boy! Do you dare to join our walking tour to the site where the 1949 Exorcism was successful?

**Outside #3806**

10 a.m.–12 p.m. | **THU, October 13** | \$10

### The Bevo Neighborhood Walking Tour

Joe Degregorio

Revisit your memories of the historic Bevo Mill and learn about its exciting future with an exclusive behind-the-scenes visit. We'll tour the Bevo neighborhood and learn about the many immigrants who have added a new layer of culture to this historic area.

**Outside #3807**

10 a.m.–12 p.m. | **WED, October 19** | \$30

## HEALTH

### Aging Mastery Program® (AMP)

Oasis Health Facilitators

In this free 10-week program, you will build your own personal playbook for aging well.

**Northwest Library #3660**

10:30 a.m.–12:30 p.m.

**TUE, August 2 – October 4**

10 Sessions | Free

**Holy Angels I #3662**

10 a.m.–12 p.m.

**THU, September 8 – November 10**

10 Sessions | Free



### One Salami, Two Salami, Three Salami, Cannoli!

Joe Degregorio

Join Joe for a culinary adventure to sample various types of salamis and then sweeten the day with a cannoli tasting. This cultural walking tour visits several popular vendors who will share the history of salami and cannoli-making and a behind-the-scenes peek at business operations. Learn about the culinary differences between northern and southern Italian immigrants who settled here.

**Outside #3808**

10 a.m.–12 p.m. | **THU, October 20** | \$55



### 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.

**Holy Angels I #3600**

10 a.m.–12:30 p.m.

**MON, August 15 – October 10**

(No Class: 8/29 or 9/5) | 7 Sessions | Free

**ZOOM #3602.V**

1–3:30 p.m. | **WED September 7 – October 19**

7 Sessions | Free

**ZOOM #3603.V**

9 a.m.–12 p.m. | **TUE, October 25 – December 6**

7 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.

Holy Angels II #3601

1–3:30 p.m. | **MON, August 15 – October 10**

(No Class: 8/29 or 9/5) | 7 Sessions | Free

ZOOM #3604.V

1–3:30 p.m. | **WED, November 2 – December 14**

7 Sessions | Free

## Hidden Truth About Pain

Kimberly Hoff, PharmD, BCPS, BCACP, CDE

Pain does not discriminate. It affects people of all ages. Join us as we discuss what pain is, how it can be treated and possible complications as a result of pain.

ZOOM #3550.V

10 a.m.–12 p.m. | **TUE, September 6** | \$7

## Mediterranean Diet

Leslie Bertsch

Learn about the latest research linking the Mediterranean Diet to health and how to implement the Mediterranean Diet in your eating habits. The instructor will perform a cooking demonstration you can follow along to at home. You will be emailed the recipe and ingredient list in advance.

ZOOM #3551.V

10 a.m.–12 p.m. | **WED, September 14** | Free

## Stroke Survivorship Facilitator Training

Learn how to implement this comprehensive and holistic program designed for stroke survivors and their care partners after discharge from traditional, medical treatment. Stroke Survivorship educates and engages participants in all five pillars to help encourage both survivors and care partners to thrive in their new normal. Stroke Survivorship facilitation is a paid position! Register by September 1st and an Oasis Program Coordinator will contact you with more information.

Kirkwood Oasis #3741

9 a.m.–3 p.m. | **MON/TUE September 12–13**

2 Sessions | Free

## Fit for Function

Pamela Gonzales, PT

Learn about the new research proving that basic strength training can reverse muscle loss. Experience what it means to be functionally fit.

ZOOM #3552.V

10 a.m.–12 p.m. | **MON, September 19** | Free

## Self-Hypnosis for Health

Sherry Bassi, PhD

Hypnosis is the oldest and most well-researched psychological approach to pain reduction. This workshop will discuss the science of hypnosis and challenge the myths and “hype” of hypnosis for entertainment. We will discuss practical ways to incorporate self-hypnosis for your health. Learn basic self-hypnosis techniques for pain relief from common chronic pain conditions. Participants will also be taught how to utilize self-hypnosis to complement medical procedure preparation, including surgery.

Maryland Heights Community Center #3006

10:30 a.m.–12 p.m.

**TUE, September 20 – October 11**

4 Sessions | \$100

## 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.

ZOOM #3632.V

1–3 p.m. | **WED, September 21 – November 16**

9 Sessions | Free

Daniel Boone Library #3631

1–3 p.m. | **THU, October 6 – December 1**

(No Class: 11/24) | 8 Sessions | Free

Northwest Library #3630

10:30 a.m.–12:30 p.m.

**TUE, November 1 – December 20**

8 Sessions | Free

## Falls Prevention Awareness Day: Film Screening & Health Screenings

Join Oasis along with many of our community partners to celebrate National Falls Prevention Awareness Day! You will receive an exclusive screening of the docu-style film Saving Claire followed by a variety of free screenings related to better balance and falls prevention and a chance to learn about other events and resources to keep you on your feet.

New Northside Family Life Center #3070    
9:30 a.m.–12 p.m. | **FRI, September 23** | Free

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

Deb Gentry

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.

ZOOM #3553.V    
10 a.m.–12 p.m. | **MON, September 26** | Free




**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 see page 35.

## Stroke Survivorship

Oasis Health Facilitators

Join this comprehensive and holistic program designed for stroke survivors and their care partners after discharge from all traditional, medical treatment. Stroke Survivorship educates and engages participants in all five pillars to help encourage both stroke survivors and care partners to thrive within their new normal. This program would be best fit for stroke survivors and their care partners who are 6 weeks to 5 years post medical discharge.

The Heights #3740    
10 a.m.–12 p.m.   
**MON/WED, October 3 – December 21**   
24 Sessions | Free

## How to Become a Highly Motivated Person with Diabetes

Kimberly Hoff, PharmD, BCPS, BCACP, CDE


Learn the seven healthy habits of a motivated person with diabetes, including extensive nutrition and exercise specifics. These habits promote an enhanced quality of life. Utilize these habits to control your life.

ZOOM #3554.V    
10 a.m.–12 p.m. | **TUE, October 4** | \$7

## Wellness Recovery Action Plan® for Healthy Aging (WRAP)

WRAP® Facilitators

WRAP for Healthy Aging is a free workshop 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!

Holy Angels II #3690    
10–11:30 a.m. | **TUE, October 4 – November 15**   
(No Class: 10/25) | 6 Sessions | Free

## The More You Know, the Less You Go!

BJC Home Health

Urinary incontinence can have a large impact on quality of life. Learn more about this impact, 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, 3556.V    
1–3 p.m. | **MON, October 17**

## Become Your Own Healthcare Advocate

Mark Reifsteck

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

ZOOM #3557.V 

10 a.m.–12 p.m. | **WED, October 26** | Free

## Strike the Right Balance

Oasis Health Facilitators

Learn about your body's balance systems while discussing strategies to decrease your fall risk and improve your balance. Join a vestibular physical therapist for this fun and interactive presentation to build confidence in your balance to maintain an active and healthy lifestyle.

ZOOM #3558.V 

1–2:30 p.m. | **MON, October 31** | Free

## Stress Elimination

Kimberly Hoff, PharmD, BCPS, BCACP, CDE

Feeling stressed? Discover your level of stress and learn techniques to reduce your stress.

ZOOM #3559.V 

10 a.m.–12 p.m. | **THU, November 10** | \$7

## 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. Whether you are thinking about starting an exercise regimen or have an established routine that you are looking to spice up, this class is for you!

ZOOM #3560.V 

10 a.m.–12 p.m. | **TUE, November 15** | Free

**Are you interested in taking a classes to improve balance?** Visit page 11 to see our exercise classes!

## 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 #3561.V 

10 a.m.–12 p.m. | **MON, November 28** | Free

## Dietary Supplements

Kimberly Hoff, PharmD, BCPS, BCACP, CDE

Take the mystery out of supplements. Learn about vitamins A–Z. Take home information about indications, administration, interactions, benefits and risks. Learn what is recommended and not recommended.

ZOOM #3562.V 

10 a.m.–12 p.m. | **THU, December 8** | \$7

## Standing Tall—Tips for Improving Your Posture

BJC Home Health

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.

Zoom, 3563.V 

1–3 p.m. | **MON, December 12** | Free

## CATALOG KEY



### OUTDOOR ADVENTURES

Classes that take place in the great outdoors!



### IN-PERSON CLASSES

These classes take place in-person at our area locations!



### CLAYTON OASIS HYBRID PROGRAMS

For hybrid programs, you may choose to attend in person or online!



### VIRTUAL CLASSES (ZOOM ONLY)

Skip the trip and join us for class online!



## EXERCISE

### 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. This class will be in presentation mode; you will be able to see and hear the instructor, but all participants will not be able to see or hear one another.

**ZOOM #3424.V** 

11:45 a.m.–12:45 p.m.

**THU, September 1 – October 13**

7 Sessions | \$21

**ZOOM #3425.V** 

11:45 a.m.–12:45 p.m.

**THU, October 20 – December 8**

(No Class: 11/24) | 7 Sessions | \$21

### 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 #3410** 

8:30–9:30 a.m. | **FRI, September 2 – October 14**

7 Sessions | \$52.50

**Clayton Oasis #3411** 

8:30–9:30 a.m. | **FRI, October 21 – December 9**

(No Class: 11/25) | 7 Sessions | \$52.50

**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.

### 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.

Penny Moskus

**Clayton Oasis #3400** 

10:30–11:30 a.m.

**TUE/THU, September 6 – 29**

8 Sessions | \$60

**ZOOM #3419.V** 

12–1 p.m.

**MON, September 12 – October 17**

6 Sessions | \$36

**Clayton Oasis #3401** 

10:30–11:30 a.m.

**TUE/THU, October 4 – November 3**

10 Sessions | \$75

**ZOOM #3420.V** 

12–1 p.m. | **MON, October 24 – December 5**

7 Sessions | \$42

**Clayton Oasis #3402** 

10:30–11:30 a.m.

**TUE/THU, November 8 – December 8**

(No Class: 11/24) | 9 Sessions | \$67.50

Idaria K Goodwin

**ZOOM #3421.V** 

12–1 p.m.

**TUE/THU, September 6 – 29**

8 Sessions | \$48

**ZOOM #3422.V** 

12–1 p.m. | **TUE/THU, October 4 – November 3**

10 Sessions | \$60

**ZOOM #3423.V** 

12–1 p.m. | **TUE/THU, November 8 – December 8**

(No Class: 11/24) | 9 Sessions | \$54



## 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 from a certified instructor.

Alice McHugh

New Northside Family Life Center #3452 IP

11 a.m.–12 p.m.

**TUE/THU, September 6 – December 8**

(No Class: 11/24) | 27 Sessions | Free

Sharon Kirsch

ZOOM #3453.V V

10:30–11:30 a.m.

**MON/WED September 7 – October 19**

(No Class: 9/26 or 10/5)

11 Sessions | \$66

ZOOM #3454.V V

10:30–11:30 a.m.

**MON/WED, October 24 – December 7**

(No Class: 11/7 or 11/23) | 12 Sessions | \$72

Craig Miller

These two sessions are a special opportunity to be taught by a Tai Chi for Health Senior Trainer.

Clayton Oasis #3450 IP

8:30–9:30 a.m.

**TUE/THU, September 6 – October 20**

14 Sessions | \$105

Clayton Oasis #3451 IP

8:30 a.m.–9:30 a.m.

**TUE/THU, October 25 – December 8**

(No Class: 11/24) | 13 Sessions | \$97.50



## 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. Class Requirements: A minimum of 9 to 12 consecutive months of previous Pilates experience; approval of the instructor.

ZOOM #3417.V V

11:45 a.m.–12:45 p.m.

**TUE, September 6 – October 18**

7 Sessions | \$42

Clayton Oasis #3408 IP

2:30–3:30 p.m. | **WED September 7 – October 12**

6 Sessions | \$45

Clayton Oasis #3409 IP

2:30–3:30 p.m. | **WED, October 19 – December 7**

(No Class: 11/23) | 7 sessions | \$52.50

ZOOM #3418.V V

11:45 a.m.–12:45 p.m.

**TUE, October 25 – December 6**

7 Sessions | \$42

**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.



## 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. Class Requirements: Participants are able to do floor exercises and provide their own Pilates mat.

Clayton Oasis #3406 IP

1:15–2:15 p.m.

**WED September 7 – October 12**

6 Sessions | \$45

Clayton Oasis #3407 IP

1:15–2:15 p.m. | **WED, October 19 – December 7**

(No Class: 11/23)

7 Sessions | \$52

## ExerStart

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.

Sharon Kirsch

ZOOM #3500.V V

9:15–10 a.m.

**MON/WED September 7 – December 7**

(No Class: 9/26, 10/5, 11/7, or 11/23)

23 Sessions | \$23

Jo Ann D. Roberts

Christ Our Redeemer Church #3507 IP

9:30–10:15 a.m.

**MON/WED September 7 – October 19**

13 Sessions | \$13

Christ Our Redeemer Church #3508 IP

9:30–10:15 a.m.

**MON/WED, October 24 – December 7**

(No Class: 11/23) | 13 Sessions | \$13

Pat Atkins

Northwest Library #3501 IP

9–9:45 a.m.

**TUE/THU, September 6 – 29**

8 sessions | \$8

Northwest Library #3504 IP

9–9:45 a.m. | **MON/WED September 7 – October 5**

9 Sessions | \$9

Northwest Library #3502 IP

9–9:45 a.m.

**TUE/THU, October 4 – November 3**

10 Sessions | \$10

Northwest Library #3505 IP

9–9:45 a.m.

**MON/WED, October 10 – November 2**

8 Sessions | \$8

Northwest Library #3506 IP

9–9:45 a.m.

**MON/WED November 7 – December 7**

(No Class: 11/23) | 9 Sessions | \$9

Northwest Library #3503 IP

9–9:45 a.m.

**TUE/THU, November 8 – December 8**

(No Class: 11/24) | 9 Sessions | \$9



### Better Balance

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

Strive 2 Fitness

Clayton Oasis #3403 IP

8:30–9:30 a.m.

**MON/WED September 7 – October 5**

9 Sessions | \$67.50

Clayton Oasis #3404 IP

8:30–9:30 a.m.

**MON/WED, October 10 – November 2**

8 Sessions | \$60

Clayton Oasis #3405 IP

8:30–9:30 a.m.

**MON/WED, November 7 – December 7**

(No Class: 11/23) | 9 Sessions | \$67.50

Nancy Weigand

New Northside Family Life Ctr #3412 IP

9–10 a.m. | **TUE/THU, October 4 – November 3**

10 Sessions | Free

New Northside Family Life Ctr #3413 IP

9–10 a.m. | **TUE/THU, November 8 – December 8**

(No Class: 11/24) | 9 Sessions | Free

### Boxing for Exercise

Erik Steenberg

Use your body and brain to workout and learn a new skill in the most invigorating workout you've ever had! This boxing class is strictly meant for exercise. There is NO punching bag, sparring or glove contact to one's body. Participants work with partners in a fun and engaging way, taking turns punching and holding mitts for each other. Hand wraps are required and must be purchased individually. Communal gloves and mitts are provided. Recommendations for purchase of equipment are provided in receipt after registration.

ES MMA & Fitness #3426 IP

11 a.m.–12 p.m.

**MON/WED September 12 – October 26**

14 Sessions | \$128

ES MMA & Fitness #3427 IP

11 a.m.–12 p.m.

**MON/WED, October 31 – December 14**

(No Class: 11/23) | 15 Sessions | \$137

**Love kids and reading?** Become an Oasis tutor! Visit page 36 to learn more about our Intergenerational Tutoring Program and how you can get started today.

## VOLUNTEER OPPORTUNITIES

Post-pandemic, Oasis, like so many other organizations, reemerges with needs greater than those of our pre-pandemic status. Much has changed over two years of living in a world where we could not physically be together. But we are ready to reengage! We need our volunteers back!

### Want to Volunteer with 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.

Clayton Oasis #3120

10:30–11:30 a.m. | **FRI, September 23** | Free

### To learn more, visit:

[st-louis.oasisnet.org/volunteer-with-st-louis-oasis](http://st-louis.oasisnet.org/volunteer-with-st-louis-oasis)



## PRACTICAL

### The Cloud 9 Experience

Bill Weiss

Curious about a unique approach to meditation? The Cloud 9 Experience and Home Meditation is the “Unmindfulness” technique. It’s guided, easy-to-learn, creates happiness, deep rest, and improves overall health. Learn to tune it all out and meditate at home.

Clayton Oasis #3004 

10:30 a.m.–12:30 p.m. | **FRI, September 9 & 16**  
2 Sessions | \$100

### The Facts About Jury Service

James Gerald Woodward

Have you been summoned to serve on a jury in the past and found every excuse to get out of it? Take this free course that helps demystify the process, reframe how you think about jury duty and even enjoy this critical component of our justice system.

Clayton Oasis #3007 

1:30–3 p.m. | **TUE, September 20** | Free

### Invasive? Native? Toxic? An Eco-Logical View of Plants

Jean Ponzi

The EarthWays Center of Missouri Botanical Garden invites you to meet some WILD-ly wonderful options for home and community lands. Learn how plant choices matter to birds, bugs and people – and why some good-looking plants go bad.

Clayton Oasis #3024 | #3024.V 

10:30 a.m.–12 p.m. | **MON, October 3** | \$10

Kirkwood Oasis #3025 

1–2:30 p.m. | **MON, October 10** | \$10

### Introduction to Mindfulness & Mindfulness-Based Stress Reduction

Dina Fachin

Learn about mindfulness, meditation, and the Mindfulness-Based Stress Reduction program created in 1979. The formal and informal practices covered in this program will help shed light onto the classic 8-week MBSR course, as well as explain how mindfulness and meditation can be integrated in one’s everyday life to better cope with the stresses of daily living, chronic pain, anxiety, and life transitions.

Clayton Oasis #3021 

10:30 a.m.–12:30 p.m. | **TUE, October 4** | Free

### The Cloud

Larry Edison

Wondering what The Cloud is and what it does but feel like now it’s been around too long to ask? No need to worry, all your questions can be answered in this program and you’ll feel confident in your knowledge gained about The Cloud. You will learn the basics about storing and accessing data from virtually anywhere.

Clayton Oasis #3030 

10:30 a.m.–11:30 a.m. | **FRI, October 7** | \$10

### Mindfulness-Based Stress Reduction

Dina Fachin

Join this experiential program created by Jon Kabat-Zinn, Ph.D. in 1979 at UMass Medical Center. The program provides participants with intensive and structured training in mindfulness meditation and movement practices. MBSR is an opportunity for self-care: it is not an alternative to medicine or any form of therapy, but can be used both on its own and as a complement to traditional approaches. Scientific research on the use of MBSR in clinical settings, highlights positive outcomes in increased self-awareness, emotional and attentional regulation, as well as reduction in anxiety, depression, and chronic pain.

Clarendale Clayton #3023 

10 a.m.–12:30 p.m.

**THU, October 13 – December 8**

8 Sessions | \$300

**Interested in Mindfulness-Based Stress Reduction but don’t know where to begin?**  
Take our intro class for free (bottom-left)!

### Medicare Annual Enrollment: What’s New?

Wilma Schmitz

Medicare Annual Enrollment Period is October 15–December 7, 2022. Learn about Medicare Prescription Drugs (Part D), Medicare Advantage Plan for 2023, and other Medicare changes starting January 1, 2023. CLAIM—Missouri State Health Insurance Assistance Program counselors do not sell or promote insurance companies or products.

ZOOM #3059.V 

1:30–3 p.m. | **WED, September 21** | Free

Clayton Oasis #3060 

10:30 a.m.–12 p.m. | **FRI, October 14** | Free



### How to Become an Entrepreneur

Angela Brooks



St. Louis County Library

Turn your hobby into a profit! Learn the basics of creating and operating a small business from your home and join the growing population of older adults doing the same. In partnership with St. Louis County Library.

Clayton Oasis #3085 **IP**

10:30–11:30 a.m. | **FRI, October 21** | Free

**POPULAR  
ACROSS THE  
COUNTRY!!**

### Give 5

Give 5 is a program that matches retired (or almost retired) participants with area nonprofits in a volunteer capacity. Each class will visit more than 20 nonprofits over the 5 weeks. At the completion of the program, you are asked to volunteer your time and talents for at least one year with one of the organizations you have visited.

Clayton Oasis #3063 **IP**

9 a.m.–5 p.m. | **TUE, November 1 – December 13**  
(No Class: 11/24) 5 Sessions | Free

**BUY PART II  
& SAVE! More  
info on  
page 3!**

### Foundations of Genealogy: Part I

Ilene Murray

Whether you are just beginning genealogical research or you have been working on your family history for years, sometimes you just need to rethink your strategies. Take a look at different ways to get organized and stay that way, review basic rules of genealogy, look at the importance of citing sources and see how timelines can help guide your research.

Clayton Oasis #3045 | #3045.V **H**

1:30–3:30 p.m. | **MON, November 7** | \$12

**BUY PART I  
& SAVE! More  
info on  
page 3!**

### Foundations of Genealogy: Part II

Ilene Murray

Most genealogists begin with census research, but then what? We'll look more closely at how to analyze those census records, and how to get the most from vital records and repositories. We'll also review websites on the internet that can help you find what you need to conduct better research. This class builds upon Foundations of Genealogy: Part I.

Clayton Oasis #3046 | #3046.V **H**

1:30–3:30 p.m. | **MON, November 14** | \$12

## MEDICARE OPEN ENROLLMENT

October 15 – December 7

**Just Released**

**20  
22**

### Part D & Medicare Advantage Plans

CLAIM and SHIP counselors are available for free, unbiased Medicare counseling

Missouri residents call:  
(800) 390-3330

Illinois residents call:  
(800)392-0936





## LITERATURE & WRITING

### How to Write a Poem

Kim Lozano

Join editor and writing coach Kim Lozano in this class that's for beginners but suitable for experienced poets. Each week we'll read contemporary poetry and talk about rhythm, rhyme, evoking feeling, working with memory, metaphor, prose poetry and more.

Kirkwood Oasis #3080 

10–11 a.m. | **WED, August 31 – September 28**

(No Class: 9/21) | 4 Sessions | \$75

### Creative Writing Workshop

Kim Lozano

This workshop is open to beginning and experienced writers of fiction, memoir, essays, and poetry. Class members will share their work and receive written feedback from their peers and the instructor. Workshop submissions tend to be short (500-word limit) but we do make room for writers working on longer pieces. Editor and writing coach Kim Lozano leads this class. You can check out the writing resources she offers at [kimlozano.com](http://kimlozano.com).

Eden Seminary #3081 

10 a.m.–12 p.m.

**TUE, October 4 – December 13**

6 Sessions | \$130

### Amazing Webster Groves: Meet the Author

Don Corrigan

Learn about what makes Webster Groves amazing with local author Don Corrigan. Discover the characters and talent behind what makes the neighborhood a Time Magazine cover story, the subject of a CBS-TV documentary and a magnet for pollsters at presidential election time.

Eden Seminary #3082 

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

*Eden*  
THEOLOGICAL  
SEMINARY



## CURRENT EVENTS

ANNUAL  
EVENT!!

### Great Decisions: The Foreign Policy Association Discussion Group

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. Participants will receive a copy of the Great Decisions Briefing Book to keep.

Clarendale Clayton #3071 

10–11:30 a.m. | **FRI, September 9 – November 4**

(No Class: 9/16) | 8 Sessions | \$80

### Re-engaging Women's Roundtable: Meet Linda Locke

Linda Locke

Meet our new Women's Roundtable leader, Linda Locke, and help design the next generation of Women's Roundtable. Linda has been active in politics most of her life and interested in global affairs since her time as a Peace Corps Volunteer in Morocco in the mid-1970s. She also as an intern in Sen. Bob Dole's office on Capitol Hill during the summer of 1974 at the time of President Richard Nixon's historic resignation. She's a meliorist—one who believes the world can improve but humans have to make it so. Re-engage with us and brainstorm some new topics for Women's Roundtable!

Clayton Oasis #3084 

10:30 a.m.–12:30 p.m. | **MON, September 19** | Free

## Men's Roundtable

Clif Mahin

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

Clayton Oasis #3040 

1:30–3:30 p.m. | **MON, October 3 – December 5**

5 Sessions | \$105

**Looking for ways to support Oasis?** On page 34, learn about how you can help our organization continue to be a leader in healthy aging for another 40 years.

## HISTORY

### Lessons From the History of the Ottoman Empire for Modern Times

Steve Tamari, PhD

This class is an overview of Ottoman History from 1300 to 1918. We will learn about the Ottoman system that was used to govern this large multiracial empire. Learn how an argument can be made that the Ottoman system was much fairer and more humane than the western colonial and capitalist systems that replaced it.

Clayton Oasis #3015 | #3015.V 

1:30–2:30 p.m. | **FRI, September 16** | \$15

**LOVE JOAN?**  
Look for her  
bundles on  
page 3!

### The Louisiana Purchase

Joan Musbach

Known as “the greatest real estate deal in history,” the purchase of about 828 million square miles of territory from France almost doubled the size of the young republic. If the seller is Napoleon and the buyer is Thomas Jefferson and it takes months for the real estate agents to communicate between the two, it should be obvious that this was not an easy deal to make. Was three cents an acre too high?

Clayton Oasis #3010 | #3010.V 

1–3 p.m. | **THU, September 22** | \$15

### Medical Quackery, Fraud & Flimflam

Bev Schuetz

**FOLLOWER OF BEV?** Look for her bundles on page 3!

Bizarre treatments and worthless patent medications abounded in the early 20th century. In this presentation, you'll learn about some of history's most amazing and amusing hucksters, including the doctor who transplanted goat testicles on thousands of men as a treatment for fading virility. Discover how nervous dispositions and cranky babies were calmed with popular preparations containing alcohol and opium—all part of this fascinating and unusual medical story.

**The J – Chesterfield #3008** 

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

### Presidential Leadership Series FDR: Early Years

Bonnie Vega

Explore the early years of one of the most influential presidents. Descended from a Dutch patroon family of the Hudson River Valley, Franklin D. Roosevelt lived a privileged life as a child. His 5th cousin became President in 1901 whose leadership style and reforming zeal made him FDR's role model and hero. He began his life in politics in the New York legislature and later served as governor.

Clayton Oasis #3086 | #3086.V 

10:30 a.m.–12:30 p.m. | **THU, September 29** | \$15

**BUY ALL 3 CLASSES** in the Presidential Leadership Series and save! Check out page 3 for more information.

## CATALOG KEY



### OUTDOOR ADVENTURES

Classes that take place in the great outdoors!



### IN-PERSON CLASSES

These classes take place in-person at our area locations!



### CLAYTON OASIS HYBRID PROGRAMS

For hybrid programs, you may choose to attend in person or online!



### VIRTUAL CLASSES (ZOOM ONLY)

Skip the trip and join us for class online!

## Mud Architecture

Douglas E. Schneider

The oldest church in America is made of mud, and still holds services every Sunday after four centuries. When the British burned the White House, President Madison moved into a mud house in Washington, which stood until 1956. The University of Kansas adds one new mud building to its campus each year. You'll explore mud architecture around the world from ancient Persia to current day St. Louis that includes three Airbnb listings. Journey on a visual tour of the 6-room mud house Doug purchased and lived in for 4 years at the edge of the Sahara Desert.

Clayton Oasis #3031 | #3031.V 

1:30–2:30 p.m. | **THU, September 29** | \$12

## Two Historic Vice Presidents: Mike Pence & Kamala Harris

Joel Goldstein

Mike Pence and Kamala Harris have both been historic vice presidents but for quite different reasons. Pence played a unique role on January 6 in resisting President Trump's entreaties to play an unprecedented aggressive role. Harris is the first woman elected to national office in our 59th presidential election. In both cases, their uniqueness connects to basic American constitutional principles.

ZOOM #3083.V 

10–11:30 a.m. | **MON, October 3** | \$12

Check out  
our **LONGER  
LIVES** Bundle  
on page 3!

## Longer Lives in the 20th Century: The Progress

Juliet Claire Simone

Curious about why we have seen the largest jump in life expectancy in the 20th century? Vaccines, yes. Advances in medicine, yes. But there is so much more. Learn about the less obvious reasons that Americans have gained a jump in life expectancy that had never been experienced in history and may never be matched again.

Clayton Oasis #3047 | #3047.V 

1:30–2:30 p.m. | **THU, October 6** | \$12

**JOHNNY  
RABBITT FAN?**  
Look for his  
bundles on  
page 3!

## Ghosts, Spirits & the Supernatural of St. Louis

Johnny Rabbitt

Do you believe in haunted places and the paranormal? Hear stories such as the full real-life tale of our famed exorcism, a haunted former police station in the Central West End, 'real' haunted houses and businesses, Pearl Curran and her Quija board, Soulard's strangest house, how to contact spirits, the Lemp and Bissell mansions, four haunted theaters, the ghost of a Cardinal manager, mediums and séances.

Clayton Oasis #3036 | #3036.V 

10:30 a.m.–12:30 p.m. | **MON, October 10** | \$15

**LOVE JOAN?**  
Look for her  
bundles on  
page 3!

## Europe on the Eve of War

Joan Musbach

The story 'Georgie, Willie and Nicki – Royal Cousins' might be a children's book, or it might be a tangled web of personal jealousies, rivalries and family quarrels among Queen Victoria's grandchildren George, William and Nicholas. Dive into palace intrigues at the turn of the 20th Century in the royal households of Great Britain, Germany and Russia. The 'shifting sands of time' would erode the foundation under two of these monarchies. Take a close look at the effect of three individual personalities in Europe on the Eve of the Great War.

Clayton Oasis #3011 | #3011.V 

1–3 p.m. | **TUE, October 11** | \$15

## Presidential Leadership Series FDR: The First Two Terms

Bonnie Vega

Explore the early years of one of the most influential presidents. FDR became President in 1933 at the height of the Great Depression. His first two terms were dedicated to relief, recovery and reform.

Clayton Oasis #3087 | #3087.V 

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

**BUY ALL 3 CLASSES** in the Presidential Leadership Series and save! Check out page 3 for more information.

**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.





**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 see page 35.

Check out  
our **LONGER  
LIVES** Bundle  
on page 3!

### Longer Lives in the 20th Century: The Price

Juliet Claire Simone

Curious about what impact longer lives have on our society? With the incredible advances in public health in the 20th century, there have been some tradeoffs that lead to other challenges such as caretaking needs and healthcare expenses.

**Clayton Oasis #3048** IP

1:30–2:30 p.m. | **THU, October 13** | \$12

LOVE BEV  
OR BEING  
SPOOKED?  
Check page 3!

### The St. Louis Mystery—Hoax or Literary Phenomena

Bev Schuetz

Learn about the fascinating, bizarre story of the St. Louis housewife, Pearl Curran, who became a celebrated poet and novelist in the early 20th century. Although poorly educated, she began channeling the words of brilliant, talented Patience Worth via a Ouija board. The unanswered question is who really produced this remarkable literature? You'll also learn about Spiritualism, séances and the religious fervor prevalent at the time.

**Kirkwood Oasis #3026** IP

10:30–11:30 a.m. | **MON, October 17** | \$12

### Cracking the Code: The Book of Revelation

Mark Etling

Revelation is perhaps the most misunderstood book in the entire Bible. The 'fulfillment' of things 'prophesied' in Revelation has been claimed for centuries. The strange imagery found in Revelation makes it all the more mysterious. In this three-part series we will 'crack the code' of the Book of Revelation by examining who wrote it, for whom was it written, why it was written – and the meanings of those weird images!

**Clayton Oasis #3113** | **#3113.V** H

10:30 a.m.–12:30 p.m.

**TUE, October 18 – November 1**

3 Sessions | \$28

LOVE JOAN?  
Look for her  
bundles on  
page 3!

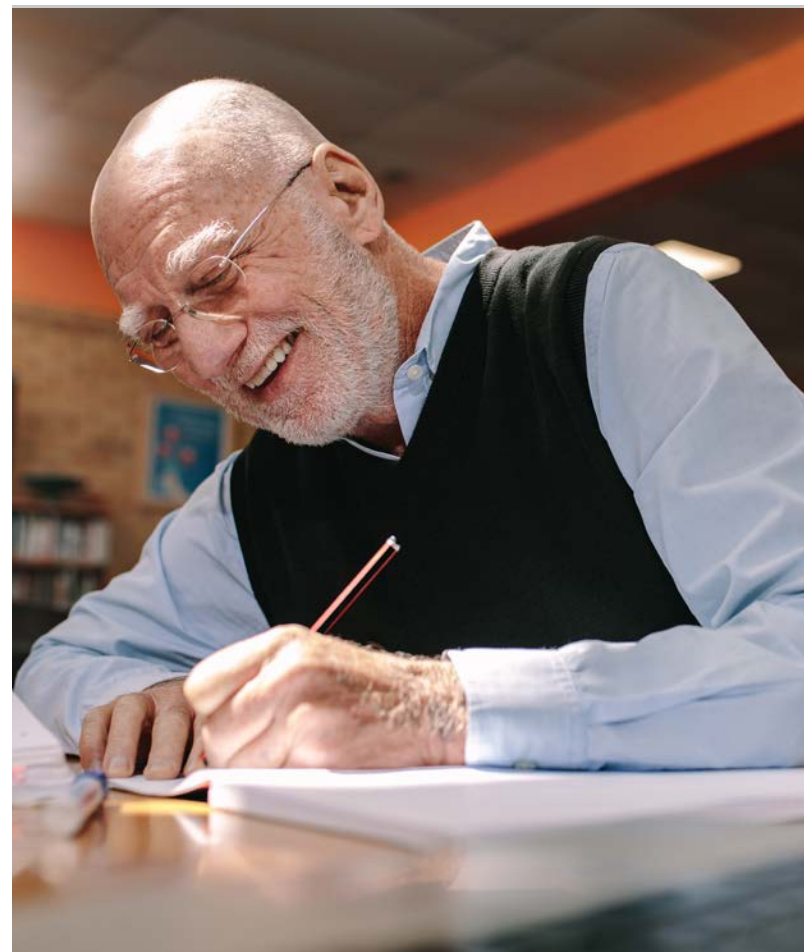
### The Genesis of American Political Parties & the Election of 1800

Joan Musbach

The dramatic portrayal of the political feud between Alexander Hamilton and Thomas Jefferson in Hamilton: The Musical has rekindled interest in this important segment of American political history. Two political parties emerged from the basic disagreements between these two men and their followers, but, eventually, these two political opponents came together in the contentious election of 1800 to establish the precedent of the peaceful transfer of power.

**Clarendale Clayton #3012** | **3012.V** H

1–3 p.m. | **THU, October 20** | \$15



## Put a Stamp On It: The US Postal Service in St. Louis Since 1803

Douglas E Schneider

It is said that the Postal Service is what united the United States. Learn about the postal service in St. Louis, starting with the year we became part of the United States up to the present. We not only handled mail for Missouri, we were the start point for the legendary Butterfield Overland Mail Route to California. Take a visual tour of some post offices in the area, and their unique features.

Clayton Oasis #3032 | #3032.V H

1:30–2:30 p.m. | **THU, October 20** | \$12

**BUY ALL 3 CLASSES** in the Presidential Leadership Series and save! Check out page 3 for more information.

## Presidential Leadership Series FDR: The Final Years & WWII

Bonnie Vega

Explore the early years of one of the most influential presidents. With his domestic agenda set in motion, FDR devoted his last five years in office to mobilization of the nation's economic, financial and institutional resources in the war effort.

Clayton Oasis #3088 | #3088.V H

10:30 a.m.–12:30 p.m. | **THU, October 27** | \$15

## Celebrating The National Park Service

Diane Weber, Jefferson National Parks Association

Join us at Gateway Arch National Park as National Park Service staff provide a look back at the history of this federal agency as well as how our own Gateway Arch and Old Courthouse fit into the story. We will have a number of park rangers on staff to answer questions.

Gateway Arch National Park #3078 IP

1–2:30 p.m. | **THU, October 27** | Free

## The Life and Times of a Pioneer Judge

Stephen N. Limbaugh

Judge John Dillard Cook was one of the first three Missouri Supreme Court judges, appointed on November 16, 1820. This Missouri Bicentennial program will detail the long-lost legacy of this antebellum southeast Missouri pioneer judge through contemporaneous accounts of Judge Cook's experience as a prominent lawyer, judge, politician, and community leader.

U.S. Courthouse #3019 IP

1:30–3 p.m. | **THU, October 27** | \$5



## Mrs. A. Lincoln: Most Misunderstood First Lady

Bonnie Vega

There are many myths and misunderstandings that surround Mary Lincoln. Modern historians are attempting to correct many of these mistakes. Learn about this fascinating woman's life through this modern research.

Age Smart #3034 IP

10 a.m.–12 p.m. | **FRI, October 28** | \$15

## Contrasting World Views: Native Americans & Europeans

Rowena McClinton, Ph.D

SIUE Professor Emerita, Rowena McClinton discusses contrasting world views as they existed when newcomers (Europeans) settled among Natives on Native lands. Topics include Native lands, family organization, and women's role as power brokers. The Native perspectives of places shamans may travel in a shamanic journey, described as the "Upper World," This World (the "Middle World"), and the "Lower World," the four cardinal directions, the Natives' use of shamans, and ceremonies such as the Green Corn Festival.

ZOOM #3101.V V

1:30–2:30 p.m. | **TUE, November 1** | \$12



**FOLLOWER OF BEV?** Look for her bundles on page 3!

### Funky Funerals & Funny Epitaphs

Bev Schuetz

You will be stunned by the many strange and interesting burial traditions practiced throughout history. Learn some of the reasons behind burial customs starting with some of the first burials about 200,000 years ago. Don't miss this rare look at unique funeral practices and their origins.

**Clayton Oasis #3028 | #3028.V** H

10:30–11:30 a.m. | **THU, November 3** | \$12

### The Work, Life and Times of John Audubon

Kathy Walsh-Piper

Audubon is a household name, setting the canon for American bird paintings. He was an intrepid explorer, who hunted, killed and painted birds in his effort to represent all the birds of the continent. He met kings and presidents, and created an artistic heritage. Learn more about Audubon, his travels and his triumphs, as well as his troubles, and become familiar with his most heraldic paintings. His accomplishments are clouded today by his past as a slaveholder.

**Clayton Oasis #3044 | #3044.V** H

10:30 a.m.–12:30 p.m. | **TUES, November 15** | \$12

### Women in the Bible

Mark Etling

The fascinating stories of the women in the Bible have never received the attention they deserve. Some of their names are familiar—Sarah, Rebekah, Ruth, Mary of Magdala. Others—Michal, Abigail, Lydia—are not so well-known. Join us as we discuss the women of four important Biblical eras—the Patriarchs, the Monarchy, the Babylonian Exile, and the Gospels.

**Clayton Oasis #3115 | #3115.V** H

10:30 a.m.–12:30 p.m.

**TUE, November 8 – November 22**

3 Sessions | \$12

### Rising on the River: STL 1804–1860

Bonnie Vega

St. Louis became an American city in 1804, and with the arrival of the steamboat in the 1820s, it became a boomtown. St. Louis would grow to become the largest inland port in the country and the 4th largest city. Americans primarily from the South and immigrants from Germany and Ireland would transform the city.

**Clarendale Clayton #3035** IP

10 a.m.–12 p.m. | **WED, November 9** | \$15

**JOHNNY RABBIT FAN?** Look for his bundles on page 3!

### The Birth, Life & Death of Gaslight Square

Johnny Rabbitt

Come learn about the area called Gaslight Square and what was there before. How did it start and who started it? Who were Jay and Fran Landesman, Paul Mutux and the others who created the entertainment mecca, the places such as the Crystal Palace, The Dark Side, 2 Cents Plain, Jack Parker's O'Connell's, the Gaslight Bar, George Edick's Roaring '20s, the Musical Arts building, and more. And then what happened? We'll tell you.

**Clayton Oasis #3037 | #3037.V** H

10:30 a.m.–12:30 p.m. | **MON, November 14** | \$15





## The Pilgrims' First Encounters with Native Americans & the Celebration of Thanksgiving

Rowena McClinton, Ph.D

Enjoy an in-depth discussion about the experiences Native Americans endured when pilgrims landed at Plymouth in 1620. The presentation unfolds the pilgrims' encounters with Native Americans of the Samoset, Squanto, and Massasoit tribes leading up to the advent of the first Thanksgiving. She tells of eye-witness journaling recorded between 1620 and 1621 and recounts the first year on Cape Cod and how Thanksgiving evolved to be the first significant feast with Native Americans.

ZOOM #3100.V **V**

1:30–2:30 p.m. | **TUE, November 15** | \$15

**LOVE JOAN?**  
Look for her bundles on page 3!

## Henry Ford: From Tin Lizzie to Mustang— Changing America

Joan Musbach

Explore the life and career of Henry Ford, the company that bears his name and the world in which he lived. Henry Ford brought the automobile, initially a luxury item, to the masses. He was a visionary, a tireless mechanic, an innovator in an age of innovation. He revolutionized production with the introduction of the assembly line and made it the most imitated production concept in the world.

Clayton Oasis #3013 | #3013.V **H**

1–3 p.m. | **THU, November 17** | \$15

## Lincoln: Path from Youth to Maturity

Thomas Wack

The focus of this talk will be on the development of Lincoln's character and the qualities that made him a great leader during the years before he became prominent. The purpose will be to inform the audience about some matters not generally known regarding the man who saved the Union and abolished slavery. Join a local attorney for a fascinating discussion on the early career of one of America's most famous presidents.

U.S. Courthouse #3020 **IP**

1:30–3 p.m. | **THU, November 17** | \$5

**Become an Oasis tutor!** Visit page 36 to learn more about our Intergenerational Tutoring Program and how you can get started today.



**FOLLOWER OF BEV?** Look for her bundles on page 3!

## The World's Oldest Profession

Bev Schuetz

Take a detailed look at a controversial topic. You'll learn about the great courtesans of history from biblical to present times, the notorious houses of ill repute, the political leaders whose careers were ended by ladies of the night and the legislation regarding prostitution enacted over the years.

Clayton Oasis #3027 | #3027.V **H**

10:30 a.m.–12 p.m. | **THU, December 1** | \$12

**JOHNNY RABBIT FAN?** Look for his bundles on page 3!

## Holy St. Louis – A History of Religious Places & People

Johnny Rabbitt

What parcel of property here has never changed hands? Where was our first synagogue located? What religious based medical college was at 9th and Washington? Who was the famous pastor of the Des Peres Presbyterian Church? What Bishop planned what's now the Old Cathedral? Who created the Floating Freedom School on a riverboat? And more.

Clayton Oasis #3038 | #3038.V **H**

10:30 a.m.–12:30 p.m. | **MON, December 12** | \$15

## Atomic St. Louis: Understanding Our Special Heritage

Wendy Verhoff

During World War II and the Cold War, St. Louis emerged as an important uranium purification site in the expanding U.S. nuclear weapons complex. We will explore the history of this production, together with some of its long-term consequences and attempts to find remedies, from environmental cleanups to federal compensation for affected production workers.

Clayton Oasis #3014 | #3014.V **H**

10:30–11:30 a.m. | **FRI, December 16** | \$12



# OASIS EVERYWHERE CLASSES

Oasis Everywhere offers live online courses led by top Oasis instructors from across the country, making it possible to participate in classes beyond your local city center. With Oasis Everywhere virtual lifelong learning, geographic location, mobility or travel constraints no longer apply!

Oasis Everywhere features a listing of classes that are entirely web-based but designed to provide the same interaction and intellectual stimulation that traditional in-person classrooms offer. It also has a dedicated registration system exclusively for Oasis Everywhere courses. Visit [oasiseverywhere.org](https://oasiseverywhere.org) to learn more!



## Protecting Your Assets from Inflation

Jake Yetterberg, CSA

During this class, we will discuss: 1) preparing for higher property taxes, 2) learn how to keep pace with inflation by using it to your advantage to increase your income, 3) see the historical relationship between inflation and stock market values, 4) how to use the best fixed rate management strategy as rates are changing, 5) how inflation will affect your TRUE Social Security COLA increases, 6) inflation and medicare premiums – how to plan for the coming changes, 7) learn what inflation means for future tax increases.

Zoom—San Antonio Oasis

1–2 p.m. CST | **TUE, September 20** | \$10

## History of Horror Characters

Michael Cude, PhD, Schreiner University

Werewolves, witches, vampires, and other horror archetypes are a staple of modern Halloween. These mythical monsters have, however, deep historical roots in folklore and literature. This course will trace the historical roots of modern horror characters in European history to illustrate their evolution from folklore to modern American pop culture.

Zoom—San Antonio Oasis

1–2:30 p.m. CST | **WED, October 5** | \$12

## Hidden History: Long Time Coming: Revolts, Resistance, Rebellion, Abolitionists & The End of Slavery in The Americas

Charles Coon, MA, Adjunct Professor of History, Onondaga Community College & SUNY Cortland

Abolition of slavery in the Americas is a large, complicated, and long story. This course will look at abolition in the United States, the Caribbean Islands, and Brazil. In the 18th and the 19th centuries abolitionists—black and white—actively fought the abolition battle throughout the Americas and in Europe. By the mid-1800s it had become an archaic institution, but there were millions of whites who failed to recognize that fact.

Zoom—Syracuse Oasis

11 a.m.–12:30 p.m. CST

**TUE, October 19 – November 9**

5 Sessions | \$45

## Yoga Gently

Yvonne Martin, RYT-500; Kripalu Center for Yoga and Health 500+hr Certified; Chair Yoga Instructor; Cancer Yoga Certified; Owner, YLMYoga, LLC

Whether trying yoga for the first time, have had a significant break in your yoga practice, or you are a yogi, these sessions will benefit you. Emphasizing yoga breathing techniques (pranayama), these sessions incorporate modified poses into a gentle yoga practice designed to improve vitality, healing, and rejuvenation. Benefits may include increased balance, improved flexibility, and better strength.

Location: Zoom—Los Angeles Oasis

11–11:50 a.m. CST

**WED, October 5 – December 21**

12 Sessions | \$45



## HANDS-ON ART

### Canvas Painting: Lily Pads

Sandi Illian

Create a beautiful canvas painting in the Impressionist style using acrylic paint with easy step-by-step instructions. No experience necessary. Learn different brush strokes, how to blend paints and how to create highlights and shadows. You will leave with your own personal masterpiece! All materials are included.

Clayton Oasis #3016 

10:30 a.m.–12:30 p.m. | **WED, October 12** | \$38

**ART  
MUSEUM  
OPPORTUNITY!**  
Check out  
page 3!

### Contemporary Art Museum: Exhibition Connection

CJ Mitchell

Connect with the Contemporary Art Museum's Fall/Winter installation in a new way by creating your own masterpiece! Led by a CAM staff member, you will be using artistic techniques modeled by the exhibition's artists to create your own work of art, while learning more about the featured installation and artists.

Contemporary Art Museum, #3117 

1–3 p.m. | **TUE, October 25** | \$15



### Pallet Painting: Winter Pine

Sandi Illian

Paint a beautiful 'Winter Pine' 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 #3017 

10:30 a.m.–12:30 p.m. | **WED, November 16** | \$45

### Glass Painting: Holiday Lights

Sandi Illian

Create your own beautifully painted Holiday Light themed wine glass using glass paints with easy step-by-step instructions. No experience necessary. Learn different brush strokes and how to blend paints. All materials included.

Clayton Oasis #3018 

10:30 a.m.–12:30 p.m. | **MON, December 5** | \$38

### 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. 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. Sessions will be live streamed via Zoom too, so you can join the class online where an Oasis host will manage your experience.





# \$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!

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

## 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 what programs are available and how to use your benefit. An Oasis team member will walk you through how to sign up and shop for programs that are held both in-person in the St. Louis area, and virtually through Oasis Everywhere.

ZOOM #3064.V **V**

1:30–2 p.m. | **MON, September 12** | Free

ZOOM #3065.V **V**

11–11:30 a.m. | **WED, September 28** | Free

ZOOM #3066.V **V**

10–10:30 a.m. | **FRI, October 14** | Free

ZOOM #3067.V **V**

3:30–4 p.m. | **THU, October 27** | Free

ZOOM #3068.V **V**

1–1:30 p.m. | **TUE, November 8** | Free

ZOOM #3089.V **V**

12–12:30 p.m. | **MON, November 21** | Free

## ARTS & ENTERTAINMENT

### Grant Wood & American Gothic

Dee Kilgo

Grant Wood's American Gothic painting is one of the world's most famous and most parodied artworks. Despite its iconic status in popular culture, few people know the history behind the creation and politics of this work and its meteoric rise to fame in 1930. Hear this fascinating story and how Wood's painting came to play a unique role in the development of 20th-century American art.

Clayton Oasis #3118 **IP**

10:30 a.m.–12:30 p.m. | **FRI, September 2** | \$12

### Daoism: Chinese Religious Art & Architecture

John Renard

Exploring the visual cultures of the 'indigenous' religious traditions of Daoism in China. Unlike the missionary-imported Buddhism that would become a dominant religious presence across Northeast Asia, Daoist religio-cultural traditions are deeply rooted in uniquely Chinese history. Religious Daoism blended with elements of Chinese 'folk' traditions.

Clayton Oasis #3041 | #3041.V **H**

10:30 a.m.–12:30 p.m. | **WED September 7** | \$15

**BUY ALL 3** Religious Art classes and save! Check out page 3 for more information.

**BUY ALL 3** Religious Art classes and save! Check out page 3 for more information.

### Confucianism: Chinese Religious Art & Architecture

John Renard

Explore the visual cultures of the 'indigenous' religious traditions of Confucianism in China. Unlike the missionary-imported Buddhism that would become a dominant religious presence across Northeast Asia, Confucianist religio-cultural traditions are deeply rooted in uniquely Chinese history.

**Clayton Oasis #3042 | #3042.V** 

10:30 a.m.–12:30 p.m. | **WED, September 14** | \$15

### Exploring the Impact of Motown Music

Roz Norman

Explore how the "Motown Sound" influenced music for television commercials, films, other media, and musicians. It's a nostalgic look at how Motown music became a cultural and historic phenomenon in the music industry. Participants should feel free to share their favorite Motown song in the class.

**Clayton Oasis #3005 | #3005.V** 

1:30–3:30 p.m. | **WED, September 14** | \$12

### Fred Astaire

Mary Saputo

Learn about the life of master dance star Fred Astaire from his early vaudeville years with his sister through the great dance routines with Ginger Rogers, Rita Hayworth and Eleanor Powell. View clips of the classic movie Royal Wedding with loads of trivia.

**Clarendale Clayton #3072** 

1:30–3 p.m. | **WED, September 14** | \$15

**BUY ALL 3** Religious Art classes and save! Check out page 3 for more information.

### Shinto: Japanese Religious Art & Architecture

John Renard

Explore the visual cultures of the 'indigenous' religious traditions of Shintoism in Japan. Unlike the missionary-imported Buddhism that would become a dominant religious presence across Northeast Asia, Shintoist religio-cultural traditions are deeply rooted in uniquely Japanese history. Religious Shinto was intimately linked with the Imperial line.

**Clayton Oasis #3043 | #3043.V** 

10:30 a.m.–12:30 p.m. | **WED, September 21** | \$15

### Get to know Ebow: From Ghana to St. Louis

Ebow Tawiah Nketsiah

Take a visual tour through Oasis colleague Ebow Nketsiah's life in Ghana before moving to St. Louis for graduate school at Washington University. Ebow will share with you what life is like in Ghana and how the transition to St. Louis has taken shape.

**Clayton Oasis #3062 | #3062.V** 

10:30 a.m.–12 p.m. | **THU, September 22** | \$12

**ART BUFF  
LIKE BETSY?**  
Look for  
bundles on  
page 3!

### JMW Turner: Painter of Mist & Sunlight

Betsy Solomon, MA Art History

Joseph Mallard William Turner began his career painting bucolic landscapes in a smooth, detailed technique. Over time, Turner's style gradually turned towards abstraction. His works described as "golden visions" and "tinted steam, evanescent and airy."

**Clayton Oasis #3000 | #3000.V** 

10:30 a.m.–12:30 p.m. | **WED, September 28** | \$15

### Leonardo's Lady: Decoding the Mona Lisa

Dee Kilgo

Created by Leonardo da Vinci in the early 1500s, the Mona Lisa painting is the best known, most visited, most written about, and most parodied artwork of all times. In this fun and informative lecture, you'll hear the stories behind the creation and enduring fame of this iconic image.

**Clayton Oasis #3119** 

1:30–3:30 p.m. | **TUE, October 4** | \$12

## CATALOG KEY



### OUTDOOR ADVENTURES

Classes that take place in the great outdoors!



### IN-PERSON CLASSES

These classes take place in-person at our area locations!



### CLAYTON OASIS HYBRID PROGRAMS

For hybrid programs, you may choose to attend in person or online!



### VIRTUAL CLASSES (ZOOM ONLY)

Skip the trip and join us for class online!

## Looking at Art Mindfully

Dina Fachin

Perceive works of art and photography by adopting a meditative and reflective approach that will help us understand, experience fully what we see and get some glimpses into our inner selves.

Clayton Oasis #3022 | #3022.V H

10:30 a.m.–12:30 p.m. | **TUE, October 11** | \$15

## Doris Day

Mary Saputo

Immerse yourself in the film career of that quintessential “all-American” girl, Doris Day! Film clips and trivia will encompass her Hollywood breakthrough in the 1950’s with such favorites as *By the Light of the Silvery Moon* and *Calamity Jane*, to her comedic pairings with Rock Hudson in the 1960’s. From the bandstand to the recording studio to the big screen, this will surely be a fun “Sentimental Journey!”

Clarendale Clayton #3073 IP

1:30–3 p.m. | **WED, October 12** | \$15

**ART MUSEUM OPPORTUNITY!**  
Check out page 3!

## Contemporary Art Museum: Exhibition Tour

CJ Mitchell

Join us for an exclusive, Oasis-only tour of the Fall/Winter installation at the Contemporary Art Museum of St. Louis! The main exhibition is comprised of multi-component sculptures, large scale paintings, and an immersive installation featuring video and photography.

Contemporary Art Museum, #3116 H

1–3 p.m. | **TUE, October 18** | \$15

## Embracing Gender Roles in Black Panther Film

Roz Norman

Join us for an discussion on race and gender in filmmaking, focusing on the recent hit film *Black Panther*. This will be a workshop-style program with lots of lively interaction plus some film clips.

Clayton Oasis #3112 | #3112.V H

1:30–3:30 p.m. | **WED, October 19** | \$12

## Calling Out Ageism

Sherry Bassi

Ageism impacts health by influencing attitudes and beliefs about aging. Negative beliefs about aging often develop from exposure to stereotypical images of older adults in the media. Health impacts of ageism can be prevented by recognizing and ‘calling out’ the negative stereotypes of aging that are pervasive in social media, TV, and movies. Review research on how our beliefs about aging influence our health and discuss tools to challenge false images of aging and bolster age positive beliefs.

Clayton Oasis #3009 | #3009.V H

1:30–3 p.m. | **MON, October 24** | \$12

**ART BUFF LIKE BETSY?**  
Look for bundles on page 3!

## From Monuments to Modern: 19th Century Sculpture

Betsy Solomon, MA Art History

In the 19th century, the world of sculpture is a mass of different ideas. Traditional representations of biblical and mythological subjects soon found themselves challenged by sculptors’ desire to present something more contemporary. Inspiration from ancient Greek and Roman sculpture interacted with the new possibilities offered by the modern world.

Clayton Oasis #3001 | #3001.V

10:30 a.m.–12:30 p.m. | **WED, October 26** | \$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.





## Secrets, Sperm Donors, & Saliva

Juliet Claire Simone

Take a journey through a story about one huge family secret learned in Oasis staff Juliet Simone's mid-life and the precipitating impact. This stranger-than-fiction narrative unearths a family tree that is complicated and complex.

Clayton Oasis #3061 | #3061.V H

1:30–3 p.m. | **WED, October 26** | \$12

## Revisiting Your Gateway Arch

Diane Weber, Jefferson National Parks Association

The process of creating the Gateway Arch took many years before its completion in 1965. National Park Staff will share Eero Saarinen's story and take us back to the 1960s to learn about the process of conceiving, designing, and building the tallest national monument in the United States. Afterwards meet in Tucker Theater to view Monument to the Dream the documentary on the construction of the Gateway Arch. See website listing for parking details.

Gateway Arch National Park #3077 IP

1–2:30 p.m. | **THU, October 27** | \$7



## Working as an American Photojournalist

Dilip Vishwanat

Learn about the exciting 25+ career of photojournalist, Dilip Vishwanat. Hear about his role as the staff photographer for the St. Louis Business Journal as well as his career working as an editorial, commercial, and sports photographer for Getty Images, ESPN The Magazine, The New York Times, and Sports Illustrated, with three published covers in Sports Illustrated Magazine.

Clayton Oasis #3121 | #3121.V H

10:30–11 a.m. | **FRI, October 28** | \$15

## Discover New Self-Guided Walks of the Hill

Joe Degregorio

Joe DeGregorio, known around St. Louis for 17 years now as one of the most knowledgeable and fun tour guides of the Hill, will preview his legacy project of self-guided walking tours of this fascinating and popular neighborhood. The five separate tours he'll showcase will highlight culinary destinations, personalities, and historic stops along the designated routes with the often-funny insights only a Hill native like him can provide.

Clarendale Clayton #3069 IP

10–11:30 a.m. | **WED, November 2** | \$12

## Let's Talk About Spike Lee vs. Tyler Perry Films

Roz Norman

Discuss these two wildly different, but equally impactful Black filmmaking legends and view film clips from their films. It's a chance to examine their different perspectives for cultural and racial implication of film content and impact in the filmmaking business.

Clayton Oasis #3110 | #3110.V H

1:30–3:30 p.m. | **WED, November 2** | \$12

## The Making of Gone with the Wind

Mary Saputo

While it was regarded as one of the top 100 films of all time, bringing the popular Margaret Mitchell novel *Gone With the Wind* to the silver screen was not a simple process. Learn about the delays, the struggles to find just the right stars to portray lead characters and the many script rewrites along the way.

Clayton Oasis #3074 IP

10:30 a.m.–12 p.m. | **WED, November 9** | \$15



### **Egyptian Treasures at the St. Louis Art Museum**

Lindsey Schiffko

Discover a range of objects from the Saint Louis Art Museum's ancient Egyptian gallery. This virtual collection tour will examine items such as the coffin and mummy of Amen-nestawy-nakht, stone vessels predating the Giza Pyramids, and a series of bronze animal statues intended as gifts to the gods. Notable purchases, loans, and donations to the museum will also be discussed.

Clayton Oasis #3039 | #3039.V H

10:30 a.m.–12:30 p.m. | **THU, November 10** | \$12

### **The Sacrifice of Isaac by his Father Abraham**

Mark Etling & Maharat Rori Picker Neiss

The biblical story of the sacrifice of Isaac by his father Abraham is familiar to many of us, regardless of our faith tradition. In this presentation we will examine distinctly Jewish and Christian interpretations of this timeless tale.

Clayton Oasis #3029 | #3029.V H

10:30 a.m.–12 p.m. | **FRI, November 11** | \$12

### **Beloved Character Actors from the Golden Era: Part Two**

Mary Saputo

The studios from Hollywood's Golden Age had large stables of contract and stock players from every walk of life and of every type of personality. These beloved character actors played sidekicks, best friends and even odd-ball relatives as an example! Part Two continues to remind us of these colorful actors/actresses that appeared in so many of our favorite films throughout those glorious years!

Clayton Oasis #3075 IP

10:30 a.m.–12 p.m. | **WED, November 16** | \$15

### **Get to know Emir: From Bosnia to St. Louis as Child Refugee**

Emir Kandzetic

**GET TO KNOW EMIR & EBOW!** Check out page 3 to see how you can save.

Hear stories and see what photographs were salvaged from Emir's flee to Germany and then the United States as a child refugee from Bosnia in the 1990's. Although he was only four years old leaving Bosnia, the impact of the genocide of Bosnian Muslims persists in the thriving Bosnian community of St. Louis through memories and family stories.

Clayton Oasis #3079 | #3079.V H

10:30 a.m.–12 p.m. | **THU, November 17** | \$12

**ART BUFF  
LIKE BETSY?**  
Look for  
bundles on  
page 3!

### **Tintoretto: Master of the Venetian School**

Betsy Solomon, MA Art History

Remembered as one of "the big three" of the Venetian School, Tintoretto's art is characterized by daring inventiveness in both handling and composition. Most of his paintings are large-scale narratives on canvas, animated by dramatic lighting, bold gestures, and tumultuous activity. His legacy has left an indelible mark on 16th century Venetian painting and beyond.

Clayton Oasis #3002 | #3002.V H

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

**Looking for a way to support Oasis?** On page 34, learn about how you can help our organization continue to be a leader in healthy aging for another 40 years.

## The Talkative Millennial

Emily Garstang

Breaking down ageism begins with a conversation. Emily, a 28 year-old millennial, will sit down with someone from another generation each month, to talk about experiencing life at different ages and how those experiences have changed from generation to generation.

Clayton Oasis #3052 

1:30–3 p.m. | **FRI, September 9** | \$10

Clayton Oasis #3053 

1:30–3 p.m. | **FRI, October 14** | \$10

Clayton Oasis #3054 

1:30–3 p.m. | **FRI, November 11** | \$10

Clayton Oasis #3055 

1:30–3 p.m. | **FRI, December 16** | \$10

## Real Talk with Paul Weiss

Join Oasis President, Paul Weiss, for insightful discussions about various topics important to you. These are open dialogue classes where we encourage participants to share opinions and thoughts.

### A Lifetime of Purpose

We will discuss the importance of one's need to feel a sense of purpose throughout the course of their life regardless of what stage they may be in. We'll discuss aspects of feeling valued through contributing to society, whether it be through volunteering, post-retirement work, or learning a new skill.

Clayton Oasis #3056 

1:30–3 p.m. | **FRI, September 30** | \$10

### This is (Not) Normal: The Pandemic Life

We will discuss how the absence of social connection during the pandemic exponentially increased feelings of isolation and loneliness among people throughout the world, but especially older adults who may have already been experiencing bouts of isolation pre-pandemic. How are we doing now as we move closer to "normal" life?

Clayton Oasis #3057 

1:30–3 p.m. | **FRI, October 28** | \$10

### My Oasis

We will discuss the past, present, and future of St. Louis Oasis. Do you still feel like this is your Oasis? Are there programs you loved that went away? What do you enjoy about Oasis? What do you want to in the future of Oasis? We want to hear from YOU—let's have a conversation!

Clayton Oasis #3058 

1:30–3 p.m. | **FRI, December 2** | \$10

## Mystery Classes

Marissa Ann Sandbothe

Adventurous? Love surprises?

Hope to discover new interests? If this describes you, try a Mystery Class! These new classes will cover whimsical subjects, unlike anything we have typically offered. You won't know the topic until you arrive for the class—but we promise it will be fun! All mystery classes are held at onsite at Clayton Oasis classrooms for the entirety of the time. Some may be interactive but are suitable for all levels of physical mobility. Come with an open mind!

Clayton Oasis #3090 

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

Clayton Oasis #3091 

1:30–3 p.m. | **FRI, September 23** | \$10

Clayton Oasis #3092 

10:30 a.m.–12 p.m. | **THU, October 6** | \$10

Clayton Oasis #3093 

1:30–3 p.m. | **MON, October 10** | \$10

Clayton Oasis #3094 

1:30–3 p.m. | **FRI, October 21** | \$10

Clayton Oasis #3095 

1:30–3 p.m. | **THU, October 27** | \$10

Clayton Oasis #3096 

10:30 a.m.–12 p.m. | **WED, November 2** | \$10

Clayton Oasis #3097 

1:30–3 p.m. | **TUE, November 8** | \$10

Clayton Oasis #3098 

1:30–3 p.m. | **FRI, November 18** | \$10

Clayton Oasis #3099 

10:30 a.m.–12 p.m. | **FRI, December 2** | \$10

## Imprint, Impact & Insight

Juliet Claire Simone & Marissa Sandbothe

Join Oasis staff to voice your opinion and brainstorm new class ideas! We want to hear about what YOU want to see in the future.

Clayton Oasis #3049 

1:30–3 p.m. | **FRI, October 7** | \$10

Clayton Oasis #3050 

1:30–3 p.m. | **FRI, November 4** | \$10

Clayton Oasis #3051 

1:30–3 p.m. | **FRI, December 9** | \$10

**BUY MULTIPLE MYSTERY CLASSES & SAVE!** Visit page 3 for more.



# TRIBUTE GIFTS

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes listed below include donations made from February 25, 2022 through June 20, 2022.

## In Honor of Marylen Mann

Dick Miles & Patricia Whitaker  
Mary Ann & John Danahy  
Michael & Felice Lowenbaum  
Franklin Jacobs  
David C. Farrell  
Anna Harris  
Ira & Barbara Kodner  
Helen Kornblum  
Bonnie Mann  
Michael & Noemi Neidorff  
Dr. Maxine L. Rockoff  
Mrs. Sara Epstein  
Karen & Lawrence Goering  
Neal Harwood  
Lyndsey Reichardt  
Jerome R. Cox  
Susan Goldberg  
Jan Greenberg  
Nancy Kalishman  
Sandra VanTrease  
Susan & Henry Warshaw  
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Marjorie Treeger  
Sandra & Kenneth Bleifer  
Phyllis Markus  
Cynthia & Thomas Woolsey  
Frances Levine  
Lauren Feiglin  
Sanford Neuman  
David Nocenti  
Sam & Rhoda Nussbaum  
Jeanne Foster  
Marie Casey  
Susan Kalishman  
Robert Clark  
Stuart & Elaine Greenbaum  
Roberta Gutwein  
Christy James  
Dee Joyner  
Connie & Gene Kahn  
Amy & Jim Kalishman  
Raizell Kalishman  
Susan Lammert  
Geoffrey Morrison  
David & Jill Peckinpaugh  
Bo and Jerry Pratter  
Susan Stepleton  
Paul Wagman  
Jill Winters  
Sharon Bateman  
Susan Cejka

Tami Fernandez  
Anne W. Hetlage  
Mr. & Mrs. John F. Kalishman  
Eugene Kornblum  
Virginia McCann  
Amy Neuman  
Chris Nicastro  
Mr. & Mrs. Edwin Pepper  
Mr. & Mrs. Paul Putzel  
John Rothbarth  
Laura Shaughnessy  
Judith Shaw  
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Marsha Clark  
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Art Perry  
Paul Stuart  
Lynn Wittels  
Audrie Berman  
Joan Briccetti  
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Joan Magruder  
Dorene & Charles McKenna

Emily R. Pulitzer  
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Ellen Weiss  
Phyllis Hyken  
Phyllis Langsdorf  
Carolyn Thompson  
Bob & Jan Abrams  
Louis and Ada L. Glaser  
Jean C. Hamilton  
Peggy Remis  
Harvey & Leanne Schneider  
Joan Silber  
Jane & Hal Sitrin  
Mr. & Mrs. Robert Wolff  
Bret & Anne Heinrich  
Lori Deubner  
Nikki Goldstein  
Richard & Sharon Cohen  
Marc & Penny Alper  
Kathleen Raskob

## In Memory of Verna McDaniel

Jerry & Margie Bishop

## In Memory of Anne O'Malley Holzhausen

Anonymous

## In Memory of Guido Weiss

John & Mary Ann Danahy  
Wang-Q Lim

Your tribute gift helps support our mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Tribute recipients or their families will receive a letter, without reference to an amount, to notify them of your gift.

Visit [oasisnet.org/donate](https://oasisnet.org/donate) or contact Julianna at **314.862.2933, ext. 235** to make your gift today!

# 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.

## AN EXAMPLE OF HOW A TAX CREDIT COULD BENEFIT YOU

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
<b>Total Cost of Your Gift</b>	<b>\$900</b>	<b>\$450</b>	<b>\$180</b>	<b>\$90</b>	<b>\$45</b>

\*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](mailto:jfellows@oasisnet.org) or **314.862.2933 Ext. 235**



# 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](mailto: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](https://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](https://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](https://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](mailto:jfellows@oasisnet.org)**.





# 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](https://st-louis.oasisnet.org/health/virtual-healthy-habits)



314-862-2933 ext. 246



[emirk@oasisnet.org](mailto: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

# HELP A CHILD LOVE READING & LEARNING!



## Tutors, Mentors, and Friends

Oasis Intergenerational Tutoring pairs volunteers with children in grades K–3 to work one-on-one each week as their tutors, mentors and friends. You can choose from one of our participating school districts in your community. You'll work with the same child each week throughout the school year. Training is provided. You can tutor one child or several, on a one-on-one basis each week throughout the school year. Other volunteer opportunities to support the tutoring program are available.

**"I can actually see a 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 Shead, Oasis Tutor



### How do I become a tutor?

Visit [oasisnet.org](http://oasisnet.org) and click on Tutoring and we will get you signed up for a training convenient for you. Once you have completed training, you will meet with the same child at least once a week for the school year. Your student and his or her teacher will of course understand time away for vacation, illness or other unforeseen events.

### 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 children?

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

### Where and when will I tutor?

You may choose one of our participating schools where you prefer to tutor. Your school district's Oasis facilitator will help you find a time during the school day for your weekly tutoring sessions.

### What training will I receive?

Tutors complete 10–12 hours of training based on a proven six-part plan of activities that include talking, reading and writing. You'll learn ways to draw out the child's experiences and create simple stories that form the basis for reading activities. You may also attend monthly tutor meetings for continued training and opportunities to share your successes and challenges with other tutors.

### Help a child today, for tomorrow.

Share your love of reading as an Oasis tutor. You can change a life by providing the individual attention that helps children build confidence and experience success.

Oasis works in partnership with school districts to pair volunteer tutors with children in grades K–3 who teachers feel would benefit from a caring, one-on-one mentoring relationship.

One child, one tutor, one school year.  
Two lives forever changed.

### To get started:

Call the Oasis Tutoring Voicemail and leave a message at **(314) 995-9506**

Complete an interest form on our website at [oasisnet.org/tutoring](http://oasisnet.org/tutoring)

[facebook.com/groups/oasisRSVPtutoring](https://facebook.com/groups/oasisRSVPtutoring)

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# FUNDERS

Administration for Community Living

AgeSmart

Aging Ahead

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Community Service

Dollar General Literacy Foundation

Emerson

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Productive Living Board of St. Louis  
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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



# COMMUNITY LOCATIONS

## **Bellevue United Methodist**

10600 Bellevue 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

## **Eden Theological Seminary**

475 East Lockwood Avenue  
St. Louis, MO 63119

## **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



# Fall is Here & Oasis is Everywhere!

Oasis Everywhere offers live online classes led by top instructors from Oasis Centers and partners across the country, making it possible for anyone to participate regardless of geographic location, mobility or travel constraints.

Visit **[oasiseverywhere.org](https://oasiseverywhere.org)** to  
view classes and use the coupon  
code **TRYOE20** at check-out for  
20% off your entire cart!

**TRYOE20**

**\*Discount only applicable to virtual classes listed on [oasiseverywhere.org](https://oasiseverywhere.org).** Good for new and current Oasis Everywhere users. One use per person. Cannot be combined with other offers. Excludes gift cards and donations. Expires December 31, 2022.

