



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

Architecture: Rebuilding Your Foundation

January — April 2023 | Course Catalog



Dear Oasis Friends,

Over the last two years my letters to our participants and stakeholders have been heavily influenced by the pandemic and how it has affected every aspect of our lives. For the winter/spring term at Oasis our theme is “Architecture: Rebuilding your Foundation.” For Oasis that means two things: getting back to the basics of our core work and mission and building for the future of Oasis and older adulthood. The “getting back to basics” approach focuses on reviving popular programs like the Contemporary Issues Series, where some of the region’s most fascinating and knowledgeable experts present in an open forum led by Oasis Founder, Marylen Mann, to discuss provocative issues that will expand your understanding of contemporary society. And we are offering more cohort-based exercise programs, curating semester long “deep immersion” educational adventures, and recruiting new tutors to mentor young children to be voracious readers as the Tutoring Program is back to operating 100% in-person.

The building the future approach includes expanding our virtual program offerings through OasisEverywhere.org, launching a new on-demand learning management system that will initially serve as a learning portal for technology literacy with planned growth to other topics. And, expanding the ways we work with BJC Healthcare as part of the Community Health Improvement department. It is my hope that you are thinking about the “architecture” of your life in similar ways. What have you missed that you want to restart? Are there new lifelong adventure “bricks” you’d like to add to your foundation? What are the architectural pillars, places, and rooms that make up your successful aging journey? And how can Oasis be part of that?!



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 encourage Oasis participants to be vaccinated, consistent with CDC and BJC healthcare guidance. Masks are no longer mandatory but are recommended for all in-person classes.

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 participating Oasis locations.

Cancellation

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

Refund Policy

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

Inclement Weather Policy

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

Publication Notes

Unless noted, all images and graphics used in this publication are licensed by Oasis Institute and/or considered public domain, released under the Creative Commons (CCO) license.

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.

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 hand sanitizer and water bottle.

Hybrid Programs

For hybrid programs, you may choose to attend online or in-person at participating Oasis locations. Instructors present both live and in-person. All hybrid classes will have two listings—one for the in-person class and one for the virtual class, which uses the same class number with a “.V” at the end.

In-Person Classes

These classes take place in-person at participating area locations! We encourage Oasis participants to be vaccinated, consistent with CDC and BJC healthcare guidance. Masks are no longer mandatory but are recommended for all in-person classes.

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, topic—all marked with in green. Once you have chosen your bundle(s), go online, add 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
this green
color!

Bucket of Laughs | \$50 *Save \$10

Comedy on Film: The 1960s & 1970s

 #1058/1058.V | Page 10


Comedy on Film: Funny Women

 #1059/1059.V | Page 11

Comedy on Film: Pure Escapism!


 #1060/1060.V | Page 11

The Funny History of Comedy in America

 #1003/1003.V | Page 27

News Fanatic Bundle | \$110 *Save \$10

The Foreign Policy Association Discussion Group 2023

 #1069 | Page 15

Women's Roundtable

 #1046 | Page 15


OR

Men's Roundtable

 #1004 | Page 15

Genealogy \$75 *Save \$9

Genealogical Research

 #1031/1031.V | Page 19

The Irish & German Immigration to St. Louis
Before the Civil War

 #1062/ 1062.V | Page 19

Immigration in St. Louis 1880-1920

 #1063/ 1063.V | Page 20

The Inspiring Story of the Irish

 #1061/ 1061.V | Page 20

The Irish in St. Louis History

 #1006 | Page 20

American Indian Oral Traditions

 #1018/1018.V | Page 20

The Importance of Including Historical Data
in Your Family Tree

 #1064 | Page 20


Presidential Leadership Series:

Lyndon B. Johnson | \$40 *Save \$5

Part 1: Early Years

 #1050 | Page 25

Part 2: Senator Johnson

 #1051 | Page 25

Part 3: President Johnson

 #1052 | Page 25

Purpose | \$90 *Save \$11

Introduction to JoyFuel

 #1066.V | Page 9

JoyFuel Workshop

 #1067.V | Page 9

Tiny Habits for Joyful Living


 #1015/1015.V | Page 9

Why 'Purpose' Matters

 #1087/1087.V | Page 9


Culture & Art in St. Louis: A Leadership

Conversation Series | \$135 *Save \$15



All classes in this 6-part hybrid series are available for bundling. Visit page 15 and look for the blue box for more information. 

Contemporary Issues with Ben



Uchitelle | \$90 *Save \$10

All classes in this 4-part hybrid series are available for bundling. Visit page 16 and look for the blue box for more information. 

Immersive Oasis: Architecture Series | \$300

All classes in the Immersive Oasis: Architecture series are available for bundling. Visit pages 4–6 to browse all of the classes.  

Immersive Oasis: Theatre Series | \$200

All classes in the Immersive Oasis: Theatre series are available for bundling. Visit pages 7–9 to browse all of the classes.  



Get all of the
Purpose
classes
for \$90!

PURPOSE

Introduction to JoyFuel

Anna Hall

Activate joy and top off your energy reserve to make the most of this new year! Joy builds resilience and amplifies happiness. Explore where to find purpose and how Joy fuels it.

ZOOM #1066.V 

10:30 a.m.–12 p.m. | **THU, January 5** | Free

JoyFuel Workshop

Anna Hall

Discover how to expand joy and gather your purpose building-blocks to fortify your internal scaffolding. Amplify this purpose-built inner strength to move through daily life with more self-assurance, a deeper sense of meaning, hope and motivation in this two-session mini workshop.

ZOOM #1067.V 

10:30–11:30 a.m. | **THU, January 12 – 19**

2 Sessions | \$50

Tiny Habits for Joyful Living

Polly Lemire

Do you wish you could exercise more? Be more organized? Or simply get more satisfaction out of daily life? Tiny Habits™ is a groundbreaking method developed at Stanford University that helps you to create new behaviors without using “willpower” or “motivation”. In addition to the classroom meetings, you’ll participate in the Stanford Tiny Habits™ program and learn how to create a day sprinkled with intentional actions, positive awareness, and a greater sense of well-being.

Clayton Oasis #1015 | **#1015.V** 

1:30–3:30 p.m. | **THU, January 12 – 26**

3 Sessions | \$36

Why ‘Purpose’ Matters

Paul Weiss

Join Oasis President, Paul Weiss, PhD, to learn why finding purpose in retirement often after a career and family are self-sufficient, is not only something that makes you feel good, but actually improves your brain health and longevity. Understand the behavioral science and research into the connections between purpose, quality of life and improved health.

Clayton Oasis #1087 | **#1087.V** 

10:30 a.m.–12 p.m. | **MON, January 23** | \$15



Immerse Yourself with Immersive Oasis

What is Immersive Oasis? Immersive Oasis is a new opportunity to take a deep dive into one topic with a cohort of like-minded peers for the entire trimester, much like a college course. When you register for an **Immersive Oasis subject as a bundle, you are signed up for every class on that subject**. Classes are available a la carte as well. However, Immersive Oasis participants enjoy exclusive opportunities.

Immersive Oasis: Architecture #1200 | \$300

(All Architecture classes plus exclusive opportunities)

Immersive Oasis: Architecture #1200 includes all architecture classes and an exclusive and extensive tour of The Grove with NiNi Harris, as well as lunch gratis at a local hotspot in the neighborhood and a complimentary copy of her book *This Used to Be St. Louis*.

IMMERSIVE OASIS: ARCHITECTURE

Build upon your passion for architecture or create one through Oasis Architecture classes. Experience the beauty, nuance, and narrative of architectural design, both locally and internationally. Classes consist of a combination of lecture with visuals and onsite walking tours. Tour foundational sites around St. Louis and learn stories of the city's past that shaped our future.

The Grove Tour

Nini Harris

The revitalization of the stretch of Manchester from Vandeventer to Tower Grove Boulevard, The Grove, has revealed a remarkable collection of late 19th and early 20th century commercial architecture. The LGBT community of St. Louis has energized the restoration of this unique urban streetscape. On this tour, author/historian NiNi Harris will showcase the distinctive cast iron storefronts, terra cotta ornament, and moderne vitrolite that make this streetscape a St. Louis treasure.

The Grove

Immersive Oasis: Architecture Participants ONLY

10:30 a.m.–12:30 p.m. | **THU, April 27**

The classes below may be registered for a la carte

Hinduism: Art & Architecture

John Renard

A wide exploration of the full range of visual culture and creativity, from the smaller arts of manuscript illustration to large scale sculpture to vast temple complexes across Indian history and geography. Hinduism's rich mythological traditions will be in play throughout the course.

Clayton Oasis #1009 | #1009.V 

10:30 a.m.–12 p.m. | **TUE, January 3 – February 21**

8 Sessions | \$120

Biophilic Design: Nature Connections for Human Health

Jean Ponzi

Discover how the fields of Biology, Psychology, and Design are proving to grow health benefits for us in many ways. From this overview of Biophilic Design principles, you'll start seeing Nature in surprising places - and you may start seeking ways to bring Nature's benefits into your environments.

Clayton Oasis #1094 | #1094.V 

1–3 p.m. | **MON, January 30** | \$12

Hadrian to Hadid: The Architecture of Rome Across Time

John Guenther

Rome—"the Eternal City" and "the Capital of the World"—is a true global city and home of much of the world's greatest works of art and architecture, developed over its history which spans more than 2,700 years. It is also a virtual laboratory to learn how a city grows over time through strategic urban planning, how its architecture has evolved over time and is influenced by its context, how preservation and sustainability can and should reinforce each other, and how the lives of its citizens are enriched and ennobled by urban planning and architectural design. This series will present a range of architecture across the history of Rome—a city of layers, written and overwritten.

Clayton Oasis #1022 | #1022.V 

10:30 a.m.–12:30 p.m. | **THU, February 2 – 9**

2 Sessions | \$25

Architecture of Neighborhoods & Suburbs

Johnny Rabbitt

Explore unique architectural designs through St. Louis history to today. You'll learn about architects such as Adler & Sullivan, Preston Bradshaw, Eames & Young, Charles & George Rapp, Murphy & Mackay, Phil Durham, Isaac Taylor, Mauran-Russell & Garden, Hellmuth, Obata & Kassabaum, Klipstein & Rathman, Frank Lloyd Wright, Harris Armstrong, John Guenther and more. Plus a close look at places such as The Hill, Soulard, Lafayette Square, St. Louis Hills, the Central West End, St. Charles, Clayton, University City, Kirkwood, and Webster Groves.

Clayton Oasis #1045 | #1045.V H

10:30–11:30 a.m. | WED, March 22 | \$15

Hear from
John Guenther,
in Building
Chaifetz
Arena!

Thomas F. Eagleton U.S. Courthouse Architecture Tour

Rachel Marshall

Designed for Justice. Get a behind-the-scenes look at one of the nation's largest courthouses. The Eagleton courthouse took 10 years to plan and build, opening in September 2000. Tour the building with key players in the planning process and learn about the many architectural and design features that make the building both modern and traditional. This tour will include multiple stops throughout the building and will require walking and standing.

U.S. Courthouse #1008 IP

1:30–3:30 p.m. | THU, March 23 | \$5

Architectural History of Ulysses S. Grant's White Haven Estate

Rob Lippert

The White Haven estate was constructed between 1812 and 1816 and is one of the oldest homes in St. Louis County. It features unique architectural elements, such as a vertical log construction for portions of the house and original oak siding that remains on the home today. Park Ranger Rob Lippert discusses the fascinating history of architectural design at White Haven.

Clayton Oasis #1033 | #1033.V H

1–2 p.m. | THU, March 30 | \$12

Tower Grove: A Beautiful Victorian Park

Douglas E. Schneider

Tower Grove Park, designed by Henry Shaw, wanted a park that resembled the English countryside landscape. Tower Grove Park has interesting pavilions, the oldest bridge in St. Louis, sculptures and busts of famous classical musicians. You will find out about what happened to the largest hotel in the United States and hear about the man who brought discipline to the Continental Army. You can even peek in at office workers who have full-grown palm trees next to their desks.

Tower Grove #1820 O

9:30–11:30 a.m. | THU, April 6 | \$10



Looking for more tours? Check out our tours and walks sections on pages 28 & 29.

Building Chaifetz Arena

John Guenther, FAIA, LEED AP

Designed by John C. Guenther, Chaifetz Arena, considered one of the top venues in college basketball, is the home of Saint Louis University men's and women's basketball. It accommodates a wide range of events including SLU's commencement and convocation ceremonies, concerts and other performing arts and community events. Hear John present the design origins and evolution of the Chaifetz Arena, from initial planning to the design studies to the construction, leading to its completion in 2007 and dedication in 2008.

Clayton Oasis #1023 | #1023.V 

1–3 p.m. | **THU, April 6** | \$12

The World Underneath St. Louis

Douglas E Schneider

St. Louis sits on top of limestone, so there are a lot of empty spaces underneath the city. We have used those spaces: a restaurant, theaters, taverns, and a building from Syria. Running under our city are natural caves and man-made tunnels that carry light rail, pneumatic tubes, live steam, a railroad, and stinky sulfur water. And don't forget the hardtack biscuits and canisters of drinking water in case we get attacked by nuclear bombs. Doug Schneider will lead an armchair tour of the world that lies beneath us.

Clayton Oasis #1036 | #1036.V 

10:30 a.m.–12 p.m. | **FRI, April 7** | \$12

National Building Arts Center Tour

Michael R Allen

This tour of the collections and library at the National Building Arts Center showcases the largest collection of architectural artifacts and rare print items in the nation. After years of serving as a private collection, these resources are becoming a museum located in a historic steel foundry in the Metro East. The tour will offer access into the full collection, including terra cotta, stone, cast iron and other parts of buildings recovered from the streets of St. Louis, Chicago, New York, Philadelphia and more. While many pieces are still in crates and warehouses, other objects are on display. Bring sturdy shoes and be ready for walking.

National Building Arts Center #1835 

1:30–3:30 p.m. | **WED, April 12** | \$20

Madame de Stael on Italian Architecture

Lucy Schmitz Morros

In her novel *Corinne* published in 1807, Madame de Stael, the most remarkable woman of 18th century France, engages her readers in a fabulous architectural voyage throughout Italy, a voyage that leads to the liberation of her heroine.

Clayton Oasis #1025 | #1025.V 

1–3 p.m. | **TUE, April 18** | \$12

A Walk-Through History at Faust Park

Douglas E Schneider

Many lucky historic buildings avoided being demolished because they were moved to Faust Park in Chesterfield. This walk will take us through history as we admire these structures ranging from large barns to small summer kitchens. Even a carousel avoided being demolished and lives on at Faust. A real gem is the plantation-style home and burial site of a Missouri governor, who comes back from the grave once a year for a meet-and-greet.

Faust Park #1821 

9:30–11:30 a.m. | **WED, April 26** | \$10

New Soccer Stadium Neighborhood

Douglas E Schneider

Join us for a most unusual walk where the past meets the present. See rare 100-year-old bricks and the exterior of the new soccer stadium, a former YMCA renovated into a hotel, a secret underground restaurant and a bar that does not open until 10:00 pm. Learn about the newest tunnel in St. Louis, a building that used to have a stuffed horse in the lobby, the Heyday fire of 1976, the edge of the Mill Creek Valley destruction and much more.

Soccer Stadium #1815 

9:30–11:30 a.m. | **TUE, May 2** | Free



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.

IMMERSIVE OASIS: THEATRE

If you love to attend performances, be on stage, think like a director, write like a critic or dress like a designer, Oasis Theatre classes are for YOU!

Immersive Oasis: Theatre #1201 | \$200

(All Theatre classes plus exclusive opportunities)

Join a trimester-long experience as a cohort of thespians and fall back in love with the drama of theatre. Immersive Oasis: Theatre bundle includes exclusive classes to the Thespian Roundtable with local director Stephanie McCreary.

Thespian Roundtable: Welcome to Immersive Oasis: Theatre!

Join Stephanie McCreary as she kicks off Immersive Oasis: Theatre. This introduction to Theatre Roundtable will set the stage for all the theatrical programs for those who choose to be a part of the entire trimester's courses. Begin discussing the 'syllabus' and learning about the exciting programs you'll be engaged in!

Clayton Oasis 

Immersive Oasis: Theatre Participants ONLY
1–2:30 p.m. | **TUE, January 3**

Thespian Roundtable: What are You Excited About this Year?

Check in with Stephanie McCreary and the group about how it's going and what everyone's looking forward to during the rest of the trimester. Discuss the theatre season across the Metro area.

Clayton Oasis 

Immersive Oasis: Theatre Participants ONLY
1–2:30 p.m. | **THU, February 23**

Thespian Roundtable: Curtain Call

Recap the experience during this final act of Immersive Oasis: Theatre. Share your thoughts about other performing arts programming and anything else about the experience.

Clayton Oasis 

Immersive Oasis: Theatre Participants ONLY
10:30 a.m.–12 p.m. | **FRI, May 12**



The classes below may be registered for a la carte

The Front Row: Theaters & Theatre in St. Louis

Johnny Rabbitt

Get the best seats in the house for the history of St. Louis theaters and theatre arts of the past 150 years! You'll 'visit' the Fox, Stifel, Powell Hall, The Muny, the Orpheum...plus drive-ins and neighborhood theaters such as the 66 Park-In, the Victory and the Shenandoah. And stories of people like Betty Grable, Tennessee Williams, Vincent Price and William Inge as well as newspaper reviewers Myles Standish and Frank Hunter, and the radio show 'The Land We Live In.' Join us for our opening act 'The Pageant & Masque of St. Louis' through our curtain call of dramatic history.

Clayton Oasis #1041 | #1041.V 

10:30–11:30 a.m. | **MON, January 9** | \$15

Directing a Play: The Art & the Craft

Stephanie McCreary

Gain insight into how a director approaches a script, casting and approaching the vision for the performance. Learn how a director thinks about blocking and movement to create the desired aesthetic. Discover the tactics a director uses to communicate with other technical elements of a performance such as costuming, lighting, set design and others.

Clayton Oasis #1095 | #1095.V 

10:30 a.m.–12 p.m. | **THU, January 19** | \$12

Looking for a way to support Oasis? On page 33, learn about how you can help our organization continue to be a leader in healthy aging.

Playwriting & Being a Critic

Johnny Rabbitt

Discover some of the basics of playwriting, or of being a novelist, or essayist. Also, writing a critique of a theatrical performance and other works related to music or art. Discover how the various crafts of writing differ and learn how writing varies for print, social media, and broadcast. We'll also cover writing radio, TV & print commercials. Plus how to enjoy a performance through the eyes and ears of a critic.

Clayton Oasis #1043 | #1043.V 

10:30–11:30 a.m. | **MON, February 27** | \$15

Brio Brunch & 'Mousetrap' Matinee

Mary Saputo

Join us for a full, exciting day that can't be missed! We will be sharing a delicious, brunch at Brio, followed by a matinee viewing of 'Mousetrap' at the Kirkwood Community Theatre, starting at 2:00 p.m.

Robert G. Reim Theater #1830 

11 a.m.–5 p.m. | **SUN, March 12** | \$70

Opera Theater of St. Louis: Preview

Opera Theatre

From long-time favorites to modern productions, you will learn about the operas produced by Opera Theater of St. Louis in these docent-led programs. This session will feature two one-of-a-kind themed presentations: Three Femme Fatales and Voices Lifted - Two Centuries of Black Composers of Opera.

Clayton Oasis #1111 | #1111.V 

10:30 a.m.–12:30 p.m. | **THU, March 23** | Free

The Fabulous Fox Theatre: Backstage Tour & Lunch

Mary Saputo

Join us to receive a one-of-a-kind backstage tour of the Fox Theatre to learn the history of the building, performances that have graced the stage, and learn about the magic that makes the Fox fabulous! Immediately following the tour, enjoy a luncheon at the top of the grand staircase. The tour requires some walking and stairs. An elevator will be accessible to get from floor to floor.

The Fabulous Fox Theatre #1829 

10:30 a.m.–1:30 p.m. | **THU, April 6** | \$50

Costuming for Community Theatre

Niki Newcomb

Follow the process of a costume designer working in community theatre. Learn elements of design, acquiring and constructing costumes and how hair and makeup create the magic that audiences experience during a performance.

Clayton Oasis #1101 

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

Opera Theater of St. Louis: Preview

Opera Theatre

From long-time favorites to modern productions, you will learn about the operas produced by Opera Theater of St. Louis in these docent-led programs. This session will feature two of the four featured operas for the 2023 season: Tosca, by Giacomo Puccini and Susannah, by Carlisle Floyd.

Clayton Oasis #1112 | #1112.V 

1–3 p.m. | **THU, April 20** | Free

Cosplay: Wearing the Costume, Playing the Character

Niki Newcomb

Discover the subculture of “Cosplay” (Costume Play), which is dressing up as a character from a movie, book or even video game. Find the creativity in the craft and learn about the communities that engage in Cosplay and where they display their talents and inner characters. You are welcome to come in a costume if you wish!

Clayton Oasis #1102 

10:30 a.m.–12 p.m. | **MON, April 24** | \$12

Opera Theater of St. Louis: Preview

Opera Theatre

From long-time favorites to modern productions, you will learn about the operas produced by Opera Theater of St. Louis in these docent-led programs. This session will feature two of the four featured operas for the 2023 season: Cosi Fan Tutte, by Wolfgang Amadeus Mozart and Treemonisha, by Scott Joplin.

Clayton Oasis #1113 | #1113.V 

10:30 a.m.–12:30 p.m. | **FRI, April 28** | Free

The Nicholas Brothers

Mary Saputo

Learn more about this famous dance team and their extraordinary film career with highlights and clips featuring Dorothy Dandridge, Carmen Miranda, Betty Grable and Sonja Henie. If you've never heard of these famous brothers, be prepared to be wowed by their spectacular performances.

Clayton Oasis #1035 | #1035.V 10:30 a.m.–12:30 p.m. | **WED, January 18** | \$15**Cinematic History: Pre-Code Hollywood**

Jim Tudor

Between the advent of talking pictures and the automated content clampdown of the mid-1930s, filmmakers were free to push every envelope to depict crime, sexuality, violence, and hazy morality. Find out how and why the five years between 1929 to 1934, known as the pre-code era, shocked audiences with surprisingly moral ambiguities and brazen content. And how these same filmmakers and stars (including Cary Grant, Barbra Stanwyck, and Gary Cooper) made the necessary shift into a far more restrictive but arguably more innovative period.

Clayton Oasis #1044 | #1044.V 1:30–3:30 p.m. | **TUE, January 24** | \$15**Cary Grant: The Leading Man**

Mary Saputo

From his very early years in film with Mae West, throughout his madcap acrobatic and comedic roles with such notables as Irene Dunne, Katherine Hepburn and Rosalind Russell, this presentation will take you through Cary Grant's remarkable life as a true movie star and leading man. Fascinating!

Clarendale Clayton #1053 1:30–3:30 p.m. | **THU, February 2** | \$15**Catalog Key****Outdoor Adventures**

Classes that take place in the great outdoors!

**In-Person Classes**

These classes take place in-person!

**Hybrid Programs**

You may choose to attend in person or online!

**Virtual Classes (Zoom only)**

Skip the trip and join us for class online!

Foundations: Harlem Renaissance, Aaron Douglas, Augusta Savage

Betsy Solomon, MA Art History

The Harlem Renaissance was a blossoming of African American culture, particularly in the creative arts, that sought to reconceptualize “the Negro” apart from stereotypes. Aaron Douglass, often called the “father of African American art,” painted images reflecting a black history filled with dignity, pride and self-awareness. Likewise, Augusta Savage created sculptures that gave identity to her generation and to the generations of students who inherited her legacy.

Clayton Oasis #1026 | #1026.V 10:30–11:30 a.m. | **MON, Feb 6** | \$15

View the
**Bucket of
Laughs Comedy
Bundle** on
page 3!

Comedy on Film: The 1960s & 1970s

Jim Tudor

As Hollywood's golden age gave way to a new generation of talent, the movies got bolder than ever. This is certainly true of comedy, as newfound cultural permissiveness enabled filmmakers like Mike Nichols (*The Graduate*), Mel Brooks (*Blazing Saddles*), and Robert Altman (*M*A*S*H*) to push boundaries considered unthinkable just a decade or two prior. The results are some of the most crowd-pleasingly brazen comedies in film history. Join us as we journey down this often uneasy but hilarious road of social commentary amid groundbreaking laughs!

Clayton Oasis #1058 | #1058.V 1:30–3:30 p.m. | **TUE, February 7** | \$15**A Hollywood Valentine**

Mary Saputo

Relive some of the most Romantic Classic film clips from Old Hollywood, including *Gone with the Wind*, *Casablanca*, *South Pacific*, *The King and I* and so much more!

Clarendale Clayton #1037 1:30–3:30 p.m. | **TUE, February 14** | \$15

Make it a date!
Grab an early
dinner in
Clayton.

Do you have a passion for reading or enjoy teaching? **Become an Oasis tutor!** Visit page 36 to learn more about the Oasis Intergenerational Tutoring Program and how you can get started today.

View the
**Bucket of
Laughs Comedy
Bundle** on
page 3!

Comedy on Film: Funny Women

Jim Tudor

Both in front and behind the camera, the notable women of film comedy have left their indelible marks. With the

aid of plenty of great film clips, we'll look back on some of cinema's most enduring funny ladies. From legendary actresses Doris Day and Marilyn Monroe to filmmakers such as Nora Ephron, the women of comedy have always kept us laughing. Join us for this venture into comedy's feminine side!

Clayton Oasis #1059 | #1059.V H

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

Debbie Reynolds

Mary Saputo

A legend in her own right, this presentation will walk you through Debbie Reynolds' outstanding career. Enjoy from Singin' in the Rain to The Unsinkable Molly Brown, plus her marriage to Eddie Fisher and her Hollywood memorabilia collection.

Clayton Oasis #1038 | #1038.V H

10:30 a.m.–12:30 p.m. | **TUE, March 7** | \$15

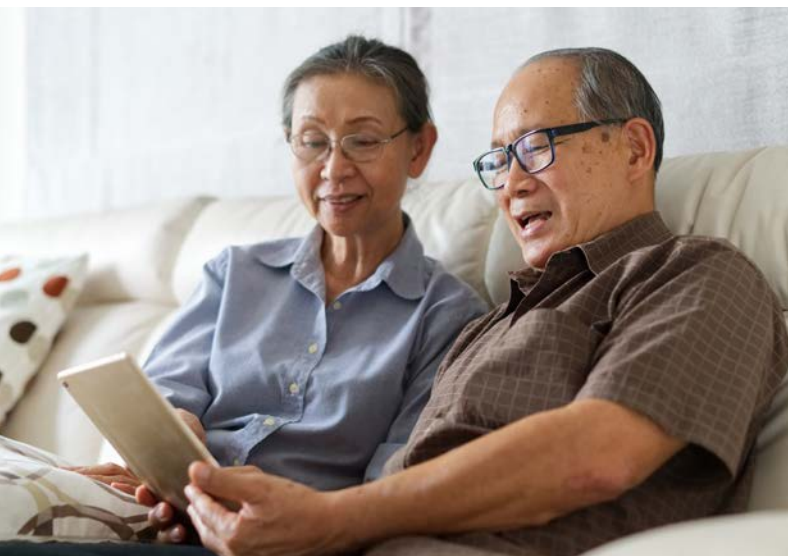
The Very Best of 1939

Mary Saputo

Unbeknownst to many, 1939 was a perfectly magical year, producing some of Hollywood's most spectacular classics, such as Beau Geste, The Wizard of Oz, Mr. Smith Goes to Washington and Gone with the Wind! Celebrating over 80 years of this historic year in film, join us for this fun, yet poignant presentation on the very best films of 1939.

Clarendale Clayton #1039/1039.V H

10:30 a.m.–12:30 p.m. | **FRI, March 24** | \$15



Comedy on Film: Pure Escapism!

Jim Tudor

It's true that comedy has served many important societal functions, perhaps none as well-recieved as escapist comedy.

In this venerable niche we find the vitality of all manner of travel-themed big-screen jaunts, from the loopy "Road to..." series of Bob Hope/Bing Crosby, the car chase mischief of films like Smokey and The Bandit, and teen comedies of all eras, spanning the the 1960s to the 1980s films of John Hughes.

Clayton Oasis #1060 | #1060.V H

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

View the
**Bucket of
Laughs Comedy
Bundle** on
page 3!

Social Justice Depicted By African American Filmmakers

Roz Norman

To aid in understanding the content and context of social justice in specifically selected films, this class explores how African American filmmakers serve as cultural messengers throughout different historical times in the US. Participants are invited to talk about films pertaining to Black people that depict themes related to social justice.

Clayton Oasis #1057 | #1057.V H

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

The Pre-Raphaelite Brotherhood & a Few Sisters

Betsy Solomon, MA Art History

Three British art students launched the Pre-Raphaelite Brotherhood in 1848. Shaped by the Industrial Revolution, the 19th century taste for Italian "primitives," and an avoidance of the academic tradition; the PRB was very much a product of their time. Inspired by scripture, English poetry and Arthurian legends, their style is characterized by gem-like colors and meticulous details.

Clayton Oasis #1027 | #1027.V H

10:30–11:30 a.m. | **WED, April 26** | \$15

Master of Suspense: Alfred Hitchcock

Mary Saputo

With a career that spanned six decades, Hitchcock was famous for a long list of films that brought audiences to the edge of their seats. He continues to be regarded as one of the most influential filmmakers in the history of world cinema. This class will include all of your favorites, of course! As Hitch once said 'There is no terror in the bang, only in the anticipation of it.' He got that right, didn't he?!

Clayton Oasis #1040 | #1040.V H

1:30–3:30 p.m. | **THU, April 27** | \$15

HANDS-ON ART

Working with Resin

Juliet Claire Simone

Take the intimidation out of working with resin in this two-part, hands-on art class. You are welcome to bring something of your own to encase in resin and/or create something in class for the practice. Juliet will communicate in advance regarding what pieces you wish to bring. Practice pieces and all materials will be included in the class cost.

Clayton Oasis #1049 

1–2:30 p.m. | **FRI, January 27 – February 3**

2 Sessions | \$60

Creating a Gnome or Fairy Diorama

Juliet Claire Simone

Find the whimsy and magic in gnome and fairy dioramas! Create your own miniature scene to display as a tiny sculpture, wall hanging or a new inhabitant of your indoor plant collection. Materials included, but Juliet will be in touch in advance if you wish to create your scene with something you already own.

Clayton Oasis #1107 

1–2:30 p.m.

FRI, February 17 – 24

2 Sessions | \$50



Beginning Watercolors

Natalie Baldeon, MFA

Discover the beauty and magic of watercolors with visual artist and educator Natalie Baldeon. This class is an introduction to watercolor. Basic concepts pertaining to the medium will be explored such as color theory, the use of washes, transparency, and value. Experiment with watercolors through still life, landscape, and figurative subjects.

Clarendale Clayton #1106 

Supplies NOT included; a list of supplies will be sent after registration.

Clarendale Clayton #1115 

Supplies included and are yours to keep.

10:30 a.m.–12:30 p.m.

TUE, February 21 – March 28

6 Sessions

\$175 (Supplies NOT included) | \$250 (Supplies included)



Create a Macrame 'Tree of Life'

Sandi Illian

During this two week class, you will learn to wrap macrame cord around an 8' diameter ring, add beads and learn the simple macrame knots to create the design. You will learn how to wrap the tree trunk, then finish off the design so it is ready to display. Be sure you can attend both classes.

Clayton Oasis #1105 

1:30–3 p.m.

MON, February 27 & March 13

2 Sessions | \$75



Tapestry Weaving: Building A Woven Memory

Sandi Illian

Learn the basics of Tapestry Weaving in this two session class. You will make a simple loom, wrap string for the warp, and learn several weaving stitches, all while honoring a special person or memory. Bring a meaningful item—maybe a ring, charm, lace or ribbon that can be woven in. Then learn how to tie off your weaving and clean up loose ends so you can display your weaving.

Clayton Oasis #1116 

1:30–3:30 p.m.

MON, April 10 & 24

2 Sessions | \$75



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

🌿 Denotes classes funded by Great Rivers Greenway. Walks are approximately 3 miles, bring a water bottle and meals are purchased by participants. Pets are not allowed.



Biking the Greenways 🌿

Elizabeth Simons

Learn what you need to know before heading out on a greenway and get the behind-the-scenes scoop. Be ready to explore some of the 128 miles of greenways that are available for biking to your favorite destinations, landmarks and more. Come prepared to share your favorite stories riding the Greenways. This is a presentation and does not include a ride.

Clayton Oasis #1800 | #1800.V 🕒

10–11:30 a.m. | **FRI, February 24** | Free

Basic Biking Safety & Repairs

Gerry Noll

Learn basic bike riding safety and repair skills that will increase your confidence to ride whenever and wherever you want! You will learn how to do an ABC safety check before each ride to ensure that your bike is safe to ride; how to fix a flat; how to properly and safely use your brakes and adjust them; how to properly use and adjust the shifting of your gears and more. After taking this class, you will be well-prepared to enjoy the lineup of free Oasis bike rides held throughout the year. This is a presentation and does not include a ride.

Clayton Oasis #1801 | #1801.V 🕒

10–11:30 a.m. | **FRI, March 10** | \$5

Brush Up on Your Cycling Skills!

Gerry Noll & Joyce Sherokow

Get ready for bicycling season by joining us for a discussion of some basic bicycle equipment and handling skills. We will review the upcoming Spring Oasis rides. Then, a short ride along a bike path and residential streets is planned. You are welcome to join us for the discussion only if you are unable to do the bicycle ride. Approximately 4 miles.

Clayton Oasis #1802 🕒

10–11:30 a.m. | **FRI, March 31** | \$5

Gravois Greenway Ride—Grant's Trail 🌿

Brenda Tripp

Bike the Gravois Greenway (Grant's Trail) from the trailhead in Kirkwood, to the new bridge that connects to the River Des Peres Greenway and back. Approximately 20 miles.

Outside #1803 🕒

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

Tower Grove South Ride to River des Peres Greenway 🌿

Diane Oleskevich

Meet at Laughing Bear Bakery in the Tower Grove South neighborhood. You will ride on city streets down to Morganford to River Des Peres Greenway east towards the casino and back on Broadway for a loop ride. Stop at Laughing Bear before and/or after ride for muffins and coffee. Approximately 15 miles.

Outside #1804 🕒

9:30 a.m. | **FRI, April 21** | Free

Weldon Spring Site Interpretive Center Ride to Busch Memorial Conservation

Dan Winter

Ride from the Weldon Spring Site Interpretive Center parking lot through the Busch Conservation Area and back. This route is mostly on gravel so it is recommended using a bike with at least 35 MM width tires. This route has several hilly sections in it with grades up to 8% but should be of short duration. Approximately 20 miles.

Outside #1805 🕒

9 a.m. | **FRI, April 28** | Free



Ted Jones Trail & St. Vincent Greenway Ride

Gerry Noll

Ride the Ted Jones Trail and the St. Vincent Greenway across the UMSL campus and into St. Vincent Park about 15 miles. During the ride see EarthDance Organic Farm in Ferguson, the oldest organic farm west of the Mississippi. You will also see the old St. Vincent Hospital, an architectural jewel of St. Vincent Park, dating from 1895. Approximately 15 miles.

Outside #1806

9:30 a.m. | **FRI, May 5** | Free

Chesterfield to Weldon Spring Interpretive Center Ride

Brenda Tripp

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

Outside #1807

9:30 a.m. | **FRI, May 12** | Free

CREATIVE WRITING & LITERATURE

Creative Writing

Kim Lozano

Join creative writing coach and editor Kim Lozano in this writing workshop that introduces the basics of writing fiction, memoir, personal essay, and poetry. She'll provide optional writing prompts and class members will have the opportunity to share their writing with the group and receive feedback.

Clayton Oasis #1014

10:30 a.m.–12:30 p.m. | **THU, January 12 & 26, February 9 & 23, March 9 & 16**

6 Sessions | \$108

Image to Word: Art & Creative Writing

Kathy Walsh-Piper

Enrich your art museum experience. Explore your response to images in works of art through creative writing. Through games, observation, and guided interpretation, your reading of the work of art will emerge. Participants will work individually and in teams, and share results. No prior experience in art or writing required.

Saint Louis Art Museum #1834

1:30–3:30 p.m. | **FRI, February 17** | \$20

Riverfront Ride: On Mississippi Greenway

Diana Oleskevich

Meet at the Old Spaghetti Factory on the Landing and ride on a paved trail up to the Chain of Rocks Bridge. This is no-drop, take-it-easy and enjoy 'our' River with close views! Often, we see turkey, deer and big barges. Approximately 24 miles.

Outside #1808

9:30 a.m. | **FRI, May 19** | Free

Madison County Trails (MTC) Bike Ride

Parks Smith

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

Outside #1809

9 a.m. | **SAT, May 26** | Free



Ernest Hemingway: The Man Behind the Myth

Marissa Ann Sandbothe

We know him for his love of bullfighting, drinking, and revolutionary writing style, but who is the man behind the legend of Ernest Hemingway? Come learn about his first love which inspired one of his greatest novels, his experiences as a journalist across the world, and why Hemingway is still remembered as one of the greatest American writers to this day.

Clayton Oasis #1114 | #1114.V

1:30–2:30 p.m. | **TUE, April 25** | \$10

Culture & Art in St. Louis: A Leadership Conversation Series

Marylen Mann

Join Oasis for a series of conversational interviews with the leaders of renowned St. Louis Arts and Cultural institutions. Hosted by Oasis founder Marylen Mann, hear the stories behind these iconic St. Louis institutions that are distinguished for their missions, the philosophy and the vision of their leaders.

Purchase
all six
for \$135,
More info on
page 3!

Session 1: Meet Jody Sowell, President and CEO of the Missouri History Museum

Clayton Oasis #1070 | #1070.V 

10:30 a.m.–12 p.m. | **THU, March 30** | \$25

Session 2: Meet Lisa Melandri, Executive Director of the Contemporary Art Museum

Clayton Oasis #1071 | #1071.V 

10:30 a.m.–12 p.m. | **THU, April 6** | \$25

Session 3: Meet Amy Shaw, Executive Director of Nine Network

Clayton Oasis #1072 | #1072.V 

10:30 a.m.–12 p.m. | **THU, April 13** | \$25

Session 4: Meet Andrew Jorgensen, General Director of Opera Theatre of St. Louis

Clayton Oasis #1073 | #1073.V 

10:30 a.m.–12 p.m. | **THU, April 20** | \$25

Session 5: Meet Min Jung Kim, Executive Director of St. Louis Art Museum

Clayton Oasis #1074 | #1074.V 

10:30 a.m.–12 p.m. | **THU, April 27** | \$25

Session 6: Meet Dwight Scott, President of the St. Louis Zoo

Clayton Oasis #1075 | #1075.V 

10:30 a.m.–12 p.m. | **THU, May 4** | \$25

CURRENT EVENTS

Women's Roundtable

Linda Locke

Join the discussion with facilitator Linda Locke and talk about the current events that make you 'screamful' (a term coined by Linda's granddaughter used when you feel full of screams)! Our discussion group meets on the first and third Mondays of each month, with the exception of months that include Monday holidays.

Clayton Oasis #1046 

10:30 a.m.–12:30 p.m. | **MON, January 2 – April 17**

8 Sessions | \$40

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, with the exception of months that include Monday holidays.

Clayton Oasis #1004 

1:30–3:30 p.m. | **MON, January 9 – April 17**

8 Sessions | \$40

News Fanatic Bundle: Get Men's Roundtable & Great Decisions OR Women's Roundtable & Great Decisions for only \$110

From Build-A-Bear to Delmar DivINe: A Conversation with Maxine Clark

Maxine Clark

Learn about entrepreneur Maxine Clark's latest innovation for St. Louis—Delmar DivINe. Delmar DivINe is a campus with a unique purpose to maximize efficiency, effectiveness, and impact of the nonprofit sector in the St. Louis region, all while being a catalyst for the transformation of neighborhoods in North St. Louis City. Chat with Maxine and hear about her vision for the area.

Clayton Oasis #1085 | #1085.V 

10:30–11:30 a.m. | **MON, February 20** | \$15

Great Decisions: The Foreign Policy Association Discussion Group 2023

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 Energy Geopolitics, War Crimes, China and the US, Economic Warfare, Politics in Latin America, Global Famine, Iran and the US and Climate Migration.

Clayton Oasis #1069 | #1069.V 

1–2 p.m. | **FRI, April 7 – May 26**

8 Sessions | \$80

Did You Know?

21.8 million older adults are not online in the U.S.

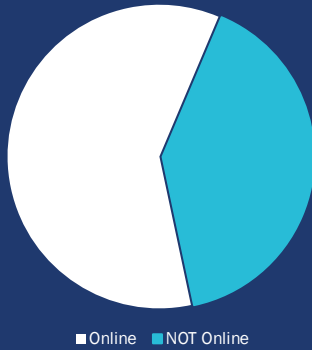
Millions of older adults say they **need assistance** to properly use online tools.

The effect of loneliness on a person's health is equivalent to **smoking 15 cigarettes a day**.

Social isolation among adults ages 50 and older is linked to **lower levels of physical and mental health**, quality of life, and well-being.

Adults over age 60 lost **\$966 million to cybercrime** in 2020.

Older adults **lack digital skills** to command a living wage.



The Oasis Connections Digital Skills Portal is working to combat these statistics and promote digital learning across the country. Flip to page 32 to learn how you can get involved.

GatewayGIS: Community Building & Collaboration

Roz Norman

GatewayGIS—a resource for community building through collaboration—strives to bring together people from diverse backgrounds with resources to help children, youth, and families prepare for the “future of work” happening now. This class examines what makes GatewayGIS unique as a social innovation intermediary. Participants are encouraged to discuss ways to apply similar concepts.

Clayton Oasis #1042 | #1042.V H
1:30–3:30 p.m. | **TUE, May 2** | \$12

Purchase all four for \$90, More info on page 3!

Contemporary Issues with Ben Uchitelle

Join Contemporary Issues host Ben Uchitelle and other well known experts to discuss some of today's most pressing and provocative issues. Ben Uchitelle is the City of Clayton's former mayor from 1991–1998 and again from 2004–2007, a former chairman of the Zoo-Museum District and currently an adjunct professor at the University of Missouri-St. Louis Honors College teaching the Constitution.

Part 1: Led by **Michael Wolff**, an attorney and former Missouri Supreme Court judge and chief justice and professor and dean emeritus of St. Louis University Law School to discuss, *How democratic is the U.S. Constitution? Is it no longer the protective basic document for our nation?*

Clayton Oasis #1090 | #1090.V H
10:30–11:30 a.m. | **WED, February 22** | \$25

Part 2: Led by **Michael Wolff**, an attorney and former Missouri Supreme Court judge and chief justice and professor and dean emeritus of St. Louis University Law School to discuss, *Is the U.S. Supreme Court too supreme? Are there cures?*

Clayton Oasis #1091 | #1091.V H
10:30–11:30 a.m. | **WED, March 1** | \$25

Part 3: Led by **Denise Lieberman**, Director and General Counsel of the Missouri Voter Protection Coalition and nationally recognized voting rights lawyer to discuss, *Will voting rights in much of the U.S continue to be limited? What are the consequences?*

Clayton Oasis #1092 | #1092.V H
10:30 a.m.-11:30 a.m. | **WED, March 8** | \$25

Part 4: Led by **Tony Messenger**, Pulitzer Prize winning metro columnist from the St. Louis Post-Dispatch to discuss, *What is the future for the press and the media?*

Clayton Oasis #1093 | #1093.V H
10:30 a.m.-11:30 a.m.
WED, March 15 | \$25



EXERCISE

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.

Pat Atkins

Northwest Library #1502 **IP**

9–9:45 a.m. | **MON/WED, January 9 – February 27**
(No Class: 1/16, 2/20) | 13 Sessions | \$13

Northwest Library #1503 **IP**

9–9:45 a.m. | **MON/WED, March 1 – April 26**
17 Sessions | \$17

Northwest Library #1500 **IP**

9–9:45 a.m. | **TUE/THU, January 10 – February 28**
15 Sessions | \$15

Northwest Library #1501 **IP**

9–9:45 a.m. | **TUE/THU, March 2 – April 27**
17 Sessions | \$17

Jo Ann D Roberts

Christ Our Redeemer Church #1504 **IP**

9:30–10:15 a.m.

MON/WED, January 9 – February 27
(No Class: 1/16, 2/20) | 13 Sessions | \$13

Christ Our Redeemer Church #1505 **IP**

9:30–10:15 a.m. | **MON/WED, March 1 – April 26**
17 Sessions | \$17

Sharon Kirsch

ZOOM #1506.V **V**

9:15–10 a.m. | **MON/WED, January 9 – April 26**
(No Class: 1/16, 2/20, 4/5) | 29 Sessions | \$29



Catalog Key



Outdoor Adventures

Classes that take place in the great outdoors!



In-Person Classes

These classes take place in-person!



Hybrid Programs

You may choose to attend in person or online!



Virtual Classes (Zoom only)

Skip the trip and join us for class online!

Beginning Pilates

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

Heather Needleman

Clayton Oasis #1405 **IP**

1:15–2:15 p.m. | **WED, January 11 – March 1**
8 Sessions | \$60

Clayton Oasis #1406 **IP**

1:15–2:15 p.m. | **WED, March 8 – April 26**
8 Sessions | \$60

Intermediate Pilates

A complete body workout that will strengthen and tone your core muscles; build your overall strength and stamina; increase your flexibility; improve your posture, breathing and balance; and much more. Pre-registration required before the session begins in order to attend. A minimum of 9 to 12 consecutive months of previous Pilates experience.

Heather Needleman

Clayton Oasis #1407 **IP**

2:30–3:30 p.m. | **WED, January 11 – March 1**
8 Sessions | \$60

Clayton Oasis #1408 **IP**

2:30–3:30 p.m. | **WED, March 8 – April 26**
8 Sessions | \$60

ZOOM #1412.V **V**

11:45 a.m.–12:45 p.m.
TUE, January 10 – February 28
8 Sessions | \$48

ZOOM #1413.V **V**

11:45 a.m.–12:45 p.m. | **TUE, March 7 – April 25**
8 Sessions | \$48

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 #1402 

8:30–9:30 a.m.

MON/WED, January 9 – February 8

(No Class: 1/16) | 9 Sessions | \$67.50

Clayton Oasis #1403 

8:30–9:30 a.m.

MON/WED, February 13 – March 22

(No Class: 2/20) | 11 Sessions | \$82.50

Clayton Oasis #1404 

8:30–9:30 a.m. | **MON/WED, March 27 – April 26**

10 Sessions | \$75

Nancy Weigand

New Northside Family Life Ctr #1411 

9–10 a.m. | **TUE/THU, January 10 – April 27**

32 Sessions | Free

Relax & Renew Yoga

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.

Cynthia Fernandez

Clayton Oasis #1409 

8:30–9:30 a.m. | **FRI, January 13 – March 3**

8 Sessions | \$60

Clayton Oasis #1410 

8:30–9:30 a.m. | **FRI, March 10 – April 28**

8 Sessions | \$60

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.

Alice McHugh

New Northside Family Life Ctr #1452 

11 a.m.–12 p.m. | **TUE/THU, January 10 – April 27**

32 Sessions | Free

Craig Miller

This is a special opportunity to be taught by a Tai Chi for Health Senior Trainer.

Clayton Oasis #1450 

8:30–9:30 a.m.

TUE/THU, January 10 – February 28

15 Sessions | \$112.50

Clayton Oasis #1451 

8:30–9:30 a.m. | **TUE/THU, March 2 – April 27**

17 Sessions | \$127.50

Sharon Kirsch

ZOOM #1453.V 

10:30–11:30 a.m.

MON/WED, January 9 – February 22

(No Class: 1/16, 2/20) | 12 Sessions | \$72

ZOOM #1454.V 

10:30–11:30 a.m.

MON/WED, March 13 – April 24

(No Class: 4/5) | 12 Sessions | \$72

Welcome to the Metro East!

Join Oasis and AgeSmart for our Housewarming in O'Fallon, Illinois. Help us celebrate the opening of our new, permanent Oasis center in partnership with AgeSmart! This event will have a few mini-sessions, food and fun! Bring a friend or two and we'll see you there.

Age Smart #1118 

1–2:30 p.m.

FRI, April 14 | Free



Age Smart is located at 801 West State Street, O'Fallon, IL 62269



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.

Cathy Johnson & Maurie Cofman

Clayton Oasis #1400 IP

10:30–11:30 a.m.

TUE/THU, January 10 – February 28

(No Class: 1/24) 14 Sessions | \$105

Clayton Oasis #1401 IP

10:30–11:30 a.m. | **TUE/THU, March 2 – April 27**

17 Sessions | \$127.50

Oasis Exercise Instructors

ZOOM #1414.V V

12–1 p.m. | **MON, January 9 – March 6**

(No Class: 1/16, 2/20) | 7 Sessions | \$42

ZOOM #1415.V V

12–1 p.m. | **MON, March 13 – April 24**

7 Sessions | \$42

Idaria K Goodwin

ZOOM #1416.V V

10:30–11:30 a.m.

TUE/THU, January 10 – February 28

15 Sessions | \$90

ZOOM #1417.V V

10:30–11:30 a.m. | **TUE/THU, March 2 – April 27**

17 Sessions | \$102

Gentle Chair Yoga

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 interactive mode, allowing the instructor and other class participants to see and hear you.

Penny Moskus (Zoom in Interactive Mode)

ZOOM #1420.V V

12–1 p.m. | **WED, January 11 – March 1**

8 Sessions | \$48

ZOOM #1421.V V

12–1 p.m. | **WED, March 8 – April 26**

8 Sessions | \$48

Cynthia Fernandez (Zoom in Presentation Mode)

ZOOM #1418.V V

11:45 a.m.–12:45 p.m. | **THU, January 12 – March 2**

8 Sessions | \$32

ZOOM #1419.V V

11:45 a.m.–12:45 p.m. | **THU, March 9 – April 27**

8 Sessions | \$32



GENEALOGY

Rediscover the foundation of your family heritage and immerse yourself in some stories of the cultures that built this region. **Purchase ALL of the Genealogy classes for \$75!**

Genealogical Research: How to Use Your Online Library Resources

Nick Sacco

The St. Louis County Library freely offers to its members a wide range of resources to conduct online genealogical research. However, researchers can be overwhelmed when trying to determine where best to start with their research. In this presentation, Park Ranger Nick Sacco will introduce users to the library's resources and use one of his Civil War ancestors as a case study for conducting genealogical research.

Clayton Oasis #1031 | #1031.V H

10:30–11:30 a.m. | **FRI, January 20** | \$12

Irish & German Immigration to St. Louis Before the Civil War

Bonnie Vega

Discover two of the most influential waves of immigrants to St. Louis in the late 19th and early 20th centuries—the Irish and Germans. Uncover why they immigrated, what it was like to arrive to St. Louis and the mark they left on culture in the region.

Clarendale Clayton #1062 | #1062.V H

10 a.m.–12 p.m. | **WED, February 8** | \$15

Immigration in St. Louis 1880-1920

Bonnie Vega

Learn how this 40 year span changed the demographic makeup of St. Louis. Who was coming? Why did they settle in St. Louis? How did they influence St. Louis during this era?

Clarendale Clayton #1063 | #1063.V 

10 a.m.–12 p.m. | **THU, February 23** | \$15

The Inspiring Story of the Irish in St. Louis

Bev Schuetz

Follow the moving account of St. Louis' Irish immigrants in their struggle to survive bigotry and discrimination. See how the Irish survived, flourished and became a vital part of St. Louis history.

Clarendale Clayton #1061 | #1061.V 

1–2:30 p.m. | **MON, March 6** | \$15

The Irish in St. Louis History

Diane Weber, Jefferson National Parks Association

The Museum at Gateway Arch National Park tells the story of St. Louis's role during the country's westward expansion. Join National Park Service staff, just in time for St. Patrick's Day, as they share stories of the Irish and their influence on this epic story. Meet inside the Gateway Arch Visitor Center at the new West Entrance.

Gateway Arch National Park #1006 

1–2:30 p.m. | **THU, March 16** | Free

HEALTH

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!

ZOOM #1692.V 

10 a.m.–12 p.m. | **WED, January 11 – February 15**

6 Sessions | Free

Bridgeton Trails Library #1690 

10 a.m.–12 p.m. | **MON, March 6 – April 10**

6 Sessions | Free

Christ Our Redeemer Church #1691 

1–3 p.m. | **TUE, March 21 – April 25**

6 Sessions | Free

American Indian Oral Traditions

Jim Duncan

In ancient times around the world, story-telling was both an art and an important feature of life. People depended on it to learn about their beginnings, proper behavior, and for learning their cultural heritage. Jim Duncan will conclude his presentation by telling a few of the lasting oral traditions handed down for generations.

Clayton Oasis #1018 | #1018.V 

10:30 a.m.–12:30 p.m. | **TUE, April 25** | \$12

The Importance of Including Historical Data in Your Family Tree

Bonnie Vega

Journey with Bonnie through her own genealogy research and how she included historical data to root her family tree. Learn why it's important and how you can incorporate historical data into your genealogy research.

Age Smart #1064 

1–3 p.m. | **WED, April 26** | \$15



Aging in Place While Aging with Grace

BJC Home Health

Come learn about modifications within the home to achieve healthier, safer and easier living while promoting aging in place. A registered and licensed Occupational Therapist provides information about various methods for home modification ranging from simple, low-cost solutions to complex, high-end solutions.

Clayton Oasis #1551 | #1551.V 

1–3 p.m. | **MON, January 16** | Free



Health Equity: Alzheimer's Disease Among African Americans—A Study by WashU

Ganesh Babulal, PhD and Alexis Walker

Led by two Washington University Alzheimer's researchers, Aging Research Characterizing Health Equity via Social determinants (ARCHES) is an innovative study that measures how factors like depression, stress, and discrimination may increase the risk of Alzheimer's disease among African Americans. This study aims to create a representative sample of Black participants and examine how the environment, social interactions, access to resources, and health disparities contribute to a greater risk of dementia.

Clayton Oasis #1000 | #1000.V H

1–2:30 p.m. | **TUE, January 17** | Free

Aging Mastery Program® (AMP)

Oasis Facilitators

In this free 10-week program, you'll build your own personal playbook for aging well. AMP incorporates evidence-informed materials, expert speakers, group discussion, and peer support to aid health and longevity. Guest speakers will discuss topics on healthy eating, falls prevention, physical activity, relationships, advanced planning, financial fitness, online safety, medication management, community engagement and more.

ZOOM #1663.V V

10 a.m.–12 p.m. | **TUE, January 17 – March 21**

10 Sessions | Free

PSOP – Belleville, IL #1661 IP

1–3 p.m. | **TUE, January 24 – April 4** (No Class: 3/14)

10 Sessions | Free

Bridgeton Trails Library #1660 IP

1–3 p.m. | **THU, February 9 – April 13**

10 Sessions | Free

Christ Our Redeemer Church #1662 IP

10 a.m.–12 p.m. | **FRI, March 3 – May 5**

10 Sessions | Free

Living a Healthy Life

Oasis Health Facilitators

Set healthy goals, make action plans, manage pain, embrace nutrition and exercise, understand medication and increase your confidence in managing your health. This self-management course is for those with any chronic condition.

Bridgeton Trails Library #1600 IP

12:30–3 p.m. | **TUE, January 24 – February 28**

6 Sessions | Free

ZOOM #1602.V V

1–3:30 p.m. | **THU, February 16 – March 30**

7 Sessions | Free

Northside Youth and Senior Center #1604 IP

10:30 a.m.–1 p.m. | **THU, March 2 – April 6**

6 Sessions | Free

How to Become a Highly Motivated Person with Diabetes

Kimberly Hoff, Pharm D, BCPS, BCACP, CDE

Learn the seven healthy habits of a motivated diabetic, including extensive nutrition and exercise specifics. These habits promote enhanced life quality and allows one to control their life as compared to diabetes controlling it.

Clayton Oasis #1552 | #1552.V H

10:30 a.m.–12 p.m. | **FRI, February 10** | \$7

Holistic Nutrition for Older Adults

Hemlata Dabholkar

As we grow older, many changes occur within us both physically and emotionally. While coping with these changes can become stressful, let's learn how to manage them in a healthy way.

ZOOM #1553.V V

10:30 a.m.–12 p.m. | **TUE, February 21** | Free

Battling Fatigue

Deb Gentry

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

Divoll Branch Library #1554 IP

10 a.m.–12 p.m. | **TUE, February 28** | Free

Better Choices, Better Health—Diabetes

Oasis Health Facilitators

Living with diabetes can present many challenges. A Better Choices, Better Health®—Diabetes workshop can help you manage these concerns. Developed by and tested at Stanford University, this workshop can help you; learn how to incorporate foods you love into your diet while maintaining your health, monitor and manage your blood sugar, start or maintain a regular exercise program, better communicate health needs to others, and design your own self-management program.

Bridgeton Trails Library #1601 IP

1–3:30 p.m. | **TUE, March 7 – April 11**

6 Sessions | Free

ZOOM #1603.V V

9:30 a.m.–12 p.m. | **WED, March 29 – May 10**

7 Sessions | Free

Matter of Balance

Oasis Health Facilitators

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

Thomas Dunn Learning Center #1630 IP

1–3 p.m. | **TUE, March 7 – April 25**

8 Sessions | Free

Osteoporosis Do's & Don'ts of Everyday Movement

BJC Therapists

For individuals experiencing osteoporosis or osteopenia, some basic movements can cause a fracture. Understand how osteoporosis fractures happen and how to avoid them with simple modifications to your everyday movements. Learn from a physical therapist how to protect your bones and joints.

Clayton Oasis #1555 | #1555.V H

1–3 p.m. | **THU, March 16** | Free

Healthy Living for Your Brain & Body

Oasis Health Facilitators

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

Clayton Oasis #1556 | #1556.V H

1:30–3:30 p.m. | **MON, March 27** | 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 along with the causes, treatments and prevention of urinary incontinence using medication and non-medication models. This program is presented by a licensed Occupational Therapist who is certified in urinary incontinence.

Grant's View Library #1557 IP

10 a.m.–12 p.m. | **TUE, April 4** | Free

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?

Marissa Ann Sandbothe

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 #1110 IP

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

For more volunteer opportunities:

Visit st-louis.oasisnet.org/volunteer-with-st-louis-oasis or contact Amy Neuman at anueman@oasisnet.org or 314-862-4859 ext. 23.



\$80 Credit

Towards In-Person & Virtual Oasis Classes! →

St. Louis Oasis is teaming up with Humana to offer members \$80 towards St. Louis Oasis and Oasis Everywhere classes as a healthcare plan benefit!

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 about what programs are available and how to use your benefit. An Oasis team member will walk you through exactly how to sign up and shop for programs that are in-person in the St. Louis area and held virtually through Oasis Everywhere. All sessions are free!

ZOOM #1076.V 
 10–10:30 a.m. | **TUE, January 3**

ZOOM #1081.V 
 2–2:30 p.m. | **THU, March 16**

ZOOM #1077.V 
 1–1:30 p.m. | **FRI, January 20**

ZOOM #1082.V 
 11–11:30 a.m. | **TUE, March 28**

ZOOM #1078.V 
 9–9:30 a.m. | **THU, February 2**

ZOOM #1082.V 
 8:30–9 a.m. | **FRI, April 14**

ZOOM #1079.V 
 3–3:30 p.m. | **MON, February 13**

ZOOM #1083.V 
 2:30 –3 p.m. | **MON, April 24**

ZOOM #1080.V 
 12–12:30 p.m. | **TUE, February 28**

ZOOM #1084.V 
 4–4:30 p.m. | **WED, May 10**




HISTORY

The Revolutionary Self- Renaissance and Reformation 1400-1600

Samuel F Harned

Explore the Renaissance and Reformation as a time in European history when the modern 'self' first found expression. This period saw a revolution in religion, government, commerce, warfare, art and most importantly in how human beings saw themselves and their place in the universe.

Clayton Oasis #1104 | #1104.V 
 1–2 p.m. | **TUE, January 10 – January 17**
 2 Sessions | \$25

The Amazing 1904 St. Louis World's Fair

Carol Diaz-Granados

For many, the 1904 St. Louis World's Fair remains a major high-point in St. Louis history. St. Louis really put on a show and people from all over the world came to witness, participate and delight in this spectacular event. Discover the beginning, middle – and sad end of the Fair, as well as many of the fascinating exhibits, buildings, and people involved!

Clayton Oasis #1019 | #1019.V 
 10:30 a.m.–12:30 p.m. | **FRI, January 13** | \$12

How the World Saw St. Louis

Nini Harris

A private collection of post cards featuring local landmarks reveals the explosive pride among St. Louisans at the beginning of the 20th century. Nini Harris, author and historian, explores the history of our great civic structures, neighborhood sites, cultural life and landscapes using these post card images of St. Louis that were sent around the world. Refreshments provided courtesy of the St. Louis Altheim.

St. Louis Altheim #1088 

10:30 a.m.–12:30 p.m. | **TUE, January 24** | \$15

St. Louis Altheim #1089 

10:30 a.m.–12:30 p.m. | **WED, January 25** | \$15

Women and the Fur Trade

Jim Duncan

The Fur Trade was supported by women in North America, both women settlers as well as American Indian women already living here played a very important part. With colorful images, Jim Duncan explains the interesting and sometimes complicated relationship between the Fur Traders and their wives – whether European or American Indian.

Clayton Oasis #1016 | #1016.V 

10:30 a.m.–12:30 p.m. | **WED, January 25** | \$12

Madame de Stael: the Arch Enemy of Napoleon

Lucy Schmitz Morros

Get to know the renowned French woman of letters and political theorists of the 18th century Enlightenment, Madame de Stael espoused ideals of liberty and freedom that are as relevant today as in her own time.

Clayton Oasis #1024 | #1024.V 

1–3 p.m. | **TUE, January 31** | \$12

Digging Up the 1904 St. Louis World's Fair

Carol Diaz-Granados

For 13 summers, students learned archaeological excavation techniques at a trash dump site in Forest Park. The trash was a result of the 1904 St. Louis World's Fair. Everyone learned about turn-of-the-century materials produced by this major St. Louis event and many surprises were encountered. Learn about the materials used to construct the fair, those found in the trash dump, and what they tell us!

Clayton Oasis #1020 | #1020.V 

10:30 a.m.–12:30 p.m. | **WED, February 1** | \$12

The Underground Railroad in the St. Louis Region

Julie Nicolai

Learn how freedom seekers—enslaved people escaping bondage—engaged in perilous journeys in the hope of gaining liberty. Antebellum St. Louis provided the perfect storm for the Underground Railroad activity. It was a divided city—with both enslavers and abolitionists, located on a major north-south water artery parallel to the Underground Railroad hotbed of Illinois.

Clayton Oasis #1131 | #1131.V 

10:30 a.m.–12:30 p.m. | **MON, February 6** | \$12

The Founding of St. Louis: A Love Story

Barney Bradshaw

Pierre Laclede may have had more on his mind than founding a trading post when he arrived in this area in late 1763. Not only was his future resting on the outcome, but the future of his newly extended family would depend on his success!

Clayton Oasis #1028 | #1028.V 

10:30–11:30 a.m. | **WED, February 15** | \$12

Creating a National Park: A History of Saving Grant's White Haven

Nick Sacco

Ulysses S. Grant National Historic Site is located in South St. Louis County and was established in 1989. The site preserves General Grant's home, White Haven. In this presentation, Park Ranger Nick Sacco will explore the grassroots efforts to save White Haven and demonstrate how many historic sites around the country become a part of the National Park Service through community efforts.

Clayton Oasis #1032 | #1032.V 

1–2 p.m. | **THU, February 16** | \$12

Understanding Issues of Race and the Teaching of History by Studying Reconstruction

Joan Musbach

Learn the uncomfortable truth of what happened and what did not happen during the critical period after the Civil War, known as Reconstruction. Its aftermath continues to impact the lives of Black Americans today. Explore examples of how Reconstruction has been taught and how that narrative differs from current scholarship.

Clayton Oasis #1047 | #1047.V 

1–3 p.m. | **TUE, February 21 – March 14**

4 Sessions | \$60

The Birth of Modern America 1900-1945

Samuel F Harned

Journey through the pivotal time period in United States history from 1900 to 1945 when so many key elements of modern America were first experienced. From Progressivism and World War 1 through the Jazz Age and New Deal culminating in World War 2, our country was shaped in ways that were revolutionary at the time. Join us as we explore this tumultuous time when America was created anew.

Clarendale Clayton #1103 

1–2 p.m. | **WED, February 22 – March 8**

3 Sessions | \$45

Exploring African American History through National Parks

Diane Weber, Jefferson National Parks Association

America's national parks weave together a mosaic of African American history. A large patchwork of National Park Service sites were founded because of their pivotal places in history. Other sites highlight the untold stories—the no-less-important, every-day-remarkable stories of African Americans in history. Join National Park Service staff to lead you on a journey of these special places. Meet inside the Gateway Arch Visitor Center at the new West Entrance.

Gateway Arch National Park #1005 

1–2:30 p.m. | **THU, February 23** | Free

St. Louis: Birth of the Gas Station

Douglas E Schneider

St. Louis had the first gas station in the United States. Back in the day, gas stations were built with intriguing designs – some looking like Hansel and Gretel cottages, some looking like houses with canopies. But then uniformity set in. Then gas stations became unprofitable. But the intriguing gas stations did not go away – in St. Louis you get married in one, you can buy craft beer in one, you can buy goldfish in one, and you can have your child's respiratory infections cured in one. Doug Schneider will show you examples of how the gas station has evolved in St. Louis.

Clayton Oasis #1054 | #1054.V 

10:30 a.m.–12 p.m. | **THU, March 2** | \$12

Looking for a way to support Oasis?

On page 33, learn about how you can help our organization continue to be a leader in healthy aging.

Presidential Leadership Series LBJ—The Early Years

Bonnie Vega

Explore the early years of Lyndon B. Johnson, the 36th President. Learn about his early life in Texas, his first career as a high school teacher and the political family from which he came. His rise into politics during this era set the stage for LBJ to become a president with some of the most lasting legislation in the 20th century.

Clayton Oasis #1050 | #1050.V 

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

Presidential Leadership Series LBJ— Senator Johnson

Bonnie Vega

Journey through LBJ's rise of political power and years in the Senate. He grew in influence as he gained positions in leadership.

Clayton Oasis #1051 | #1051.V 

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

Presidential Leadership Series LBJ— President Johnson

Bonnie Vega

Follow Lyndon B. Johnson, often referred to by his initials “LBJ”, through his journey to the White House to serve as the 36th president of the United States from 1963 to 1969 under President John F. Kennedy—sworn in shortly after Kennedy's assassination. We will cover the year 1960 and the well-known events that placed him in the Oval Office as President. And, how his landslide victory in 1964 set the stage for LBJ to create legislation that has changed American society forever.

Clayton Oasis #1052 | #1052.V 

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

The Sinking of the Essex: The True Story Behind Moby Dick

Barney Bradshaw

Can a whale really stove in the sides of a ship and sink her? Where did Herman Melville get his inspiration for his story of the Great White Whale? Come to this presentation and find out the truth of the matter and the whale known as Moby Dick!

Clayton Oasis #1029 | #1029.V 

10:30 a.m.–11:30 a.m. | **TUE, March 14** | \$12

Bundle the full
Presidential
Leadership
Series, more on
page 3!

Indians of Ancient and Historic Missouri

Jim Duncan

The archaeology of Missouri provides one of the most exciting overviews of an ancient past. Not surprisingly, Missouri is a focus of major cultural developments, especially during the last 10,000 years. Because we are at the confluence of the two largest river systems, it was a crossroad in pre-Columbian times for the American Indian people—the First Nations.

Clayton Oasis #1017 | #1017.V 

10:30 a.m.–12:30 p.m. | **TUE, March 21** | \$12

Anthropology of the 1904 St. Louis World's Fair

Carol Diaz-Granados

Most people don't think "Anthropology" when they think of the 1904 St. Louis World's Fair. They think of the spectacular and ornate buildings, the giant Ferris Wheel, the popularization of the ice cream cone, hot dogs, iced tea, and the throngs of people who attended the Fair. But the anthropology exhibits were considered 'the Heart of the 1904 Fair'. Learn about the cultures that appeared at the Fair and the Fairgoers reactions.

Clayton Oasis #1021 | #1021.V 

1–3 p.m. | **THU, March 23** | \$12

Rocking Your World

Richard Venn

Interested in how music influenced culture and vice versa in the 60s and 70s? Examine the influence of the rock genre of Western culture and how Western culture, in turn, influenced music. Learn about the early roots of rock, the British Invasion and what the psychedelics were saying about the civil rights movement, Vietnam, and drug culture. Journey from the disasters at Woodstock and Altamont, through the era of arena rock and how music reflected the culture's hangover from the 60's.

Clarendale Oasis #1108 | #1108.V 

10 a.m.–12 p.m. | **WED, March 29 – April 5**

2 Sessions | \$25

The Naked Truth About Underwear

Bev Schuetz

Ever wonder how and why underwear got under there? Uncover the 'brief' history of the loincloth, bra, corset, girdle and more. We'll expose the bare truth about Genghis Khan and King Tut's unmentionables. Peek underneath it all to see the private and personal side of clothing throughout the centuries!

Clarendale Clayton #1001 | #1001.V 

10:30 a.m.–12 p.m. | **MON, April 3** | \$15

Catalog Key



Outdoor Adventures

Classes that take place in the great outdoors!



In-Person Classes

These classes take place in-person!



Hybrid Programs

You may choose to attend in person or online!



Virtual Classes (Zoom only)

Skip the trip and join us for class online!

Snapshots of Our National Heritage Preserved for the American People: The Presidential Libraries

Jim Woodward

Presidential records and documents have been headline news recently, raising questions in public about how those materials are to be treated at the end of a presidential term. Join Jim Woodward—a presidential history buff who has visited all 13 presidential libraries overseen by the National Archives and Records Administration—to learn how and why this unique library system was created. And how each facility functions to collect, maintain, and display the records of every president since Herbert Hoover.

Clayton Oasis #1065 | #1065.V 

1–2:30 p.m. | **TUE, April 4 – 11**

2 Sessions | \$25

History of Baseball

Richard Venn

Batter up! Do you know how baseball transformed from a pastoral game to a multi-billion-dollar business? Learn about the great stars of the St. Louis Browns and how the St. Louis Cardinals got their name. Explore the rich history of baseball through the ages.

Clarendale Oasis #1109 

10 a.m.–12 p.m. | **MON, Apr 10 – Apr 24**

3 sessions | \$35

The Road to Unity

Julie Nicolai

Examine local historical events and people to gain a better understanding of the roots of racism and white privilege. Inspiration for this discussion was born from a visit to the Legacy Museum and National Memorial for Peace & Justice in Montgomery, AL.

Clarendale Oasis #1132 | #1132.V 

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

The Life and Times of Mark Twain: From Rebel to Writer

Barney Bradshaw

Mark Twain, a name known far and wide and especially by those who plied their trade along the rivers of America, is not a name at all, but a measurement of the depth of the river! Find out what else you may not know about one of Missouri's most famous sons.

Clayton Oasis #1030 | #1030.V H

10:30–11:30 a.m. | **TUE, April 18** | \$12

1959: The Year America Changed

Johnny Rabbitt

1959 was the year everything changed in the US. We'll talk about this transformative time in our history; in the world, the country, and in St. Louis. American literary scholar Morris Dickstein summed up 1959 very well with this statement: "What we in hindsight call change is usually the unexpected swelling of a minor current as it imperceptibly becomes a major one and alters the prevailing mood."

Clayton Oasis #1056 | #1056.V H

10:30–11:30 a.m. | **WED, April 19** | \$15

St. Louis Sidebars to America's Story

Joan Musbach

Explore of a collection of vignettes from St. Louis history told in the context of the larger story of American history. Local connections will be made to the French and Indian War, the American Revolution and the Women's Suffrage Movement. Specific topics will include the U.S. Supreme Court cases of Scott v. Sanford and Shelley v. Kraemer, as well as the Whiskey Ring and the Know Nothing Riot.

Clarendale Clayton #1048 | #1048.V H

10 a.m.–12 p.m. | **WED, April 26 – May 3**

2 Sessions | \$30

Ghosts of the Arch Grounds

Diane Weber, Jefferson National Parks Association

Once a French colonial village and then primarily a warehouse district, the area of Gateway Arch National Park has always been central to the history of St. Louis. Learn about some major events, both great and tragic, that shaped the history of the area. Meet outside of the Arch Visitor Center in front of the new West entrance.

Gateway Arch National Park #1007 IP

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

Why We Do What We Do When We Say I Do

Bev Schuetz

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

Clarendale Clayton #1002 | #1002.V H

1–2:30 p.m. | **MON, May 1** | \$15

The Funny History of Comedy in America

Bev Schuetz

Enjoy a humorous analysis of the last amazing century of American comedy. What is funny? Who makes us laugh? How has comedy influenced our history? Take a madcap look at the greats from vaudeville, radio, movies, theater, TV and stand-up and examine the tears behind the laughter of many of these brilliant artists. Discover how comedians have reflected, shaped and changed our culture over the last 100 years as they practiced the art of being funny.

Clayton Oasis #1003 | #1003.V H

10:30 a.m.–12 p.m. | **TUE, May 23** | \$15

View the
**Bucket of
Laughs Comedy
Bundle** on
page 3!



MUSICAL PERFORMANCE

Jazz Ensemble

Chuck Schuder

Join the band! This class is for proficient musicians who own their own instruments and can preferably read music or be able to keep up. Two professional classical and jazz musicians lead this ensemble. Explore improvisation while playing both traditional and new music. The band will have opportunities to perform at public venues.

First Congregational UCC #1120 

10 a.m.–12 p.m. | **THU, January 12 – April 27**

16 sessions | \$160

Intermediate/Advanced Concert Band

Gene Rauscher

Do you have a passion for making music or experience playing an instrument? Improve your musical skills through the guidance of a professional musician. This class is for proficient musicians who own their own instruments and can preferably read music or be able to keep up. Public performance opportunities are available!

First Congregational UCC #1119 

10 a.m.–12 p.m. | **MON, January 9 – April 24**

(No Class: 1/16) | 15 sessions | \$150

PRACTICAL & PERSONAL

Top 10 Herbs: Lore & Uses

Herb Society Volunteer Experts

Every culture has its own version of myths, legends, and folklore to justify things we can't explain, discourage improper behavior, or teach a lesson. Learn from St. Louis Herb Society experts about the myths and stories around popular herb use. What is fact and what is fiction? What are the best uses for herbs? We'll delve into the origins, history, and customs behind these botanical gems!

Clarendale Oasis #1129 

1–3 p.m. | **THU, March 2** | \$12

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 #1068 | #1068.V 

1–3 p.m. | **FRI, March 3 – 10** | 2 Sessions | \$100

Numerology: What is it and How Can it Help You Understand Your Gifts?

Kathy Berg

Expand your awareness of the role that numbers play in your life—your birth date, phone number, address, and beyond! Learn the basic foundation of numerology including elements and degrees, and definitions of number vibrations such as your birth, name, and karma numbers. You'll also start to study your own numerology chart.

Clayton Oasis #1034 | #1034.V 

1:30–3:30 p.m. | **THU, March 9** | \$10

Give 5



Give 5 is a program that matches participants with area nonprofits in a volunteer capacity. Each class will visit more than 20 nonprofits over 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 #1100 

9:30 a.m.–3:30 p.m. | **TUE, April 11 – May 9**

5 Sessions | Free

Herbs in the Civil War

Herb Society Volunteer Experts

Learn about herbs from a historical perspective when they were utilized medicinally during the Civil War—a period when medical experimentation and improvisation was abundant. As the war progressed, elements of diverse American life were intermingled in volatile ways, testing the methods and practices used by medical facilitators. By the end of the war, American medicine was forever changed, and plants played a major part.

Clayton Oasis #1130 | #1130.V 

10:30 a.m.–12:30 p.m. | **FRI, Apr 14** | \$12

Catalog Key



**Outdoor
Adventures**



**Hybrid
Programs**



**In-Person
Classes**



**Virtual Classes
(Zoom only)**

RELIGIOUS STUDIES

Why Do Good People Suffer? The Book of Job

Mark Etling

The unmerited suffering of good people is a mystery that has confounded thinkers for centuries. It's also a deeply personal question—particularly for those who have experienced suffering they did not deserve. The Book of Job in the Hebrew Scriptures offers an intriguing answer to this question—one that challenges our ideas of an all-knowing, all-loving, all-powerful God.

Clarendale Clayton #1121 | #1121.V 

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

Mercy for Me, Justice for Them: The Book of Jonah

Mark Etling

We all know that Jonah spent three days in the belly of a...no, it wasn't a whale. But the Jonah story delves into a much deeper question, one that makes us uncomfortable. Jonah is unhappy when the pagan King of Nineveh and his people repent. Like Jonah, do we ever ask God to be lenient with us, but strict with others?


Clarendale Clayton #1122 | #1122.V 

10:30 a.m.–12:30 p.m. | **TUE, January 31** | \$12

How to Read the Bible

Mark Etling

The Bible is a book of religion—but, is it also a book of history and science? Is every word of the Bible literally true, or should we focus on the meanings of biblical stories? In this presentation we will discuss some of the “ground rules” for reading and interpreting the Bible.

Clayton Oasis #1123 | #1123.V 

1:30– 3:30 p.m. | **THU, March 2** | \$12

Rebel Jesus: The Reign of God

Mark Etling

The primary theme of the preaching of Jesus of Nazareth was about the Reign of God. It is a message charged with both religious and political overtones. Jesus' Reign of God movement so threatened the Romans and their Jewish allies that he was arrested and executed. Why is Jesus' Reign of God movement so radical and rebellious?

Clayton Oasis #1124 | #1124.V 

10:30 a.m.–12:30 p.m. | **TUE, April 4** | \$12

TOURS

Who Polluted the Mississippi?

Andrea Yochum

St. Louis is located by the second largest river in North America; the Mississippi River. It provided many opportunities not only for Native Americans, but for settlers as well. Take a journey and learn about the history of the Mississippi River and how you can help! Program is followed by a guided tour of the St. Louis Aquarium.

St. Louis Aquarium #1125 

10 a.m.–12 p.m. | **FRI, January 13** | \$30



Food Webs & Population Balance

Andrea Yochum

Learn about the interconnection between animals and the environment. Food chains tell us the process of where we get energy, how we eat, and what happens to us in the circle of life. See how changes can affect the environment and what our duty is in the food chain and food web. Program is followed by a guided tour of the St. Louis Aquarium.

St. Louis Aquarium #1126 

10 a.m.–12 p.m. | **FRI, February 10** | \$30



Incredible Invertebrates

Andrea Yochum

Did you know invertebrates make up 97% of the world's animal population? Learn about invertebrates here at the St. Louis Aquarium and why they are important for the ecosystem. This program is followed by a guided tour of the St. Louis Aquarium.

St. Louis Aquarium #1127 

10 a.m.–12 p.m. | **FRI, March 3** | \$30



Soar with the Rays

Andrea Yochum

“Soar” with our Ray species at the St. Louis Aquarium. Come learn about the three different species that swim in our Shark Canyon: Cownose, Southern, and Lesser Devil Rays. After learning about them, you will get a chance to see how they eat and get to touch them! This program is followed by a guided tour of the Aquarium.

St. Louis Aquarium #1128 

10 a.m.–12 p.m. | **FRI, April 7** | \$30



Foodie Tour of the Hill

Joe DeGregorio

Join Joe on an exclusive Foodie Tour of the Hill. Sauce Magazine says, “He’s a walking, talking atlas, encyclopedia and advertisement of the Hill, able to rattle off the menu and address of every deli and restaurant.” You will get to sample all of his favorite treats while exploring the Hill together!

Outside #1826

10 a.m.–12 p.m. | **WED, April 19** | \$50

The Grove Tour

Nini Harris

The revitalization of the stretch of Manchester from Vandeventer to Tower Grove Boulevard, The Grove, has revealed a remarkable collection of late 19th and early 20th century commercial architecture. The LGBT community of St. Louis has energized the restoration of this unique urban streetscape. On this tour, author/historian NiNi Harris will showcase the distinctive cast iron storefronts, terra cotta ornament, and modern vitrolite that make this streetscape a St. Louis treasure.

Outside #1831

10:30 a.m.–12:30 p.m. | **TUE, April 25** | \$35

Outside #1832

10:30 a.m.–12:30 p.m. | **WED, April 26** | \$35

Looking for more tours? View our architecture themed tours and walks on pages 4–6.

WALKING

Mind, Body, Connection Mall Walkers

Washington University OT Students

Are you aware of your posture and what your arms, hands, shoulders, lungs, heart, and more are doing while walking? Walking mindfully can help lower stress, reduce injury, and release stagnant energy. Prepare for spring walks while safely walking indoors first. This outdoor walking program will meet inside the Galleria for the winter month and walk the two floors of the mall. Join Washington University Occupational Therapy students as we continue our special series.

Galleria Mall #1810

9:30–11 a.m. | **MON, February 20 – March 27**

(No Class: 3/13) | 5 Sessions | Free

St. Ferdinand & Sunset Greenway

Donna Graef

St. Ferdinand Park is a 64-acre park. We will walk the paved path around the perimeter of the park and the Sunset Greenway that meanders through the Park and Historic Old Town Florissant.

Outside #1811

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

Spring Walk at The Zoo

Sandy Harrington

Join us for a spring morning at the St. Louis Zoo! We will take a leisurely walk among the exhibits and possibly see some baby animals—as springtime is high season for new arrivals!

Outside #1812

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



Boschert Greenway via Fox Hill Park

Judith A. Novak

Fox Hill Park is divided into two main sections that are linked by a paved trail. This park consists of an open lovely native landscape area with a loop trail around two interconnected lakes.

Outside #1813

9:30–11:30 a.m. | **TUE, April 18** | Free

Stacy Park Neighborhood

Helen R Fisher

Walk on a paved trail in this 35-acre county park and through the adjacent neighborhood. Stacy Park borders Olivette and Creve Coeur.

Outside #1814 

9:30–11:30 a.m. | **TUE, April 25** | Free

Around Mallard Lake

Linda Paunicka

Originally a detention basin for Creve Coeur Creek, Mallard Lake serves to collect sediments out of the creek as it empties into Creve Coeur Lake. And as its name implies, Mallard Lake is the perfect place for bird enthusiasts to observe many native species. Enjoy this mostly flat walk around the smaller lake just south of Creve Coeur Lake.

Outside #1816 

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

Crestwood Park—Davidson Conservation Area

Pat Killian

You will start by walking the paved trails in Crestwood Park. Then continue to the nearby Davidson Conservation Area where you will walk the wood mulch trails through butterfly gardens, prairie areas and wetlands. Then return to Crestwood Park.

Outside #1817 

9:30–11:30 a.m. | **TUE, May 16** | Free

The Meramec Greenway Arnold Grove Trail

Bernie & John Lauth

Walk the Meramec Greenway starting at Arnold Grove Trailhead to enjoy great river views of the Meramec River and a lush canopy of trees. The trailhead is built on top of rubble from the remains of a former glass factory along the river. This is a well-maintained trail, flat and paved, with several places to turn around or continue to explore.

Outside #1818 

9:30–11:30 a.m. | **TUE, May 23** | Free

Greentree Park to Meramec Greenway

Kathy Hanewinkel

Walk Kirkwood's Greentree Park, a conservation area and a stretch of the Meramec Greenway too! This location along the river offers recreational opportunities unavailable in other parks.

Outside #1819 

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



Walk With Ease:

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

St. Louis Co. Library—Cliff Cave Branch

Suzanne McGinnis

Outside #1825 

10–11:30 a.m. | **MON/WED/FRI, March 20 – May 1**
(No Class: 4/7) | 18 Sessions | Free

St. Louis Co. Library—Eureka Hills Branch

Oasis Health Facilitators

Outside #1827 

10–11:30 a.m. | **MON/WED/FRI, April 3 – May 12**
18 Sessions | Free

St. Louis Co. Library—Jamestown Bluffs Branch

Dawn Carter

Outside #1823 

10–11:30 a.m. | **MON/WED/FRI, April 3 – May 12**
18 Sessions | Free

Richmond Heights Community Center

Jeanne Foster

Outside #1822 

9:30–11 a.m. | **MON/WED/FRI, April 14 – May 24**
18 Sessions | Free

The Family Sports Park, O'Fallon, IL

Oasis Health Facilitators

Outside #1824 

9:30–11 a.m. | **MON/WED/FRI, April 24 – June 5**
(No Class: 5/29) | 18 Sessions | Free

Oasis Connections Technology Education now offers our award-winning technology curriculum to **take at your own pace and on your time.**

Oasis Connections has been providing award-winning evidence-based technology training material since 2000. Thousands of adults have taken in-person or online courses in local Oasis centers, libraries, YMCAs, and other community centers across the country. We are serious about our role in helping to close the digital divide.

How this site is different?

You'll find the courses in this website broken into small chunks with a specific learning goal in mind. Many of these lessons combine varied training modalities. We use text-based lessons, short videos, and flashcards to reinforce learning. As participants progress through courses, the lessons and additional practice tests provide spaced-repetition learning, an evidence-based proven way to maximize permanent learning.

We're more than an educational site, we are your training partner!

Your participants deserve a hand when they have a question or run into a problem. That's why we have incorporated a user forum, a place where students can get answers from trainers, or from their fellow students. It's a way to be more involved and provide an enhanced learning support structure.

Oasis Connections Technology Education is working to promote digital learning across the country. To register now or join today, visit oasisconnections.org.



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 Coordinator, Lauren Finan at **(314) 862-2933 ext. 261** or lfinan@oasisnet.org to learn more.

+ Club 1982

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

+ GIVE ONLINE

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

+ VEHICLE DONATION

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

+ LEAVE A PLANNED GIFT

Your legacy gift could be the most important gift you ever make to the future of healthy aging. All donors who make planned gifts to Oasis are recognized as members of our prestigious Legacy Circle. Being a member of the Oasis Legacy Circle is one of the most important ways that you can express your commitment to the mission of Oasis. We will work with you and your trusted adviser to ensure that gifts to the Legacy Circle meet your needs and those of your family and friends. Legacy gifts come in a variety of forms including bequests, annuities, trusts, gifts of retirement assets and many others. If you are interested in learning more about the Oasis Legacy Circle, contact Development Coordinator, Lauren Finan at **(314) 862-2933 Ext. 261** or lfinan@oasisnet.org.



Tribute Gifts

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes listed below include donations made from June 20, 2022 through October 14, 2022.

In Honor of Frank Jacobs

Mr. & Mrs. Robert Mann

Marylen Mann

Phyllis & George Markus

Mark & Raizell Kalishman

Anonymous

Anonymous

In Honor of Oasis' 40th Anniversary

Mr. & Mrs. Louis Cohen

In Honor of Frank Jacobs & Marylen Mann

Nancy Novack

In Memory of Guido Weiss

Sharon Hales

Steven Xiao

In Honor of Marylen Mann

Margaret & Stuart Greenbaum

Sharon & Barry Friedman

Jane E. Nelson

Margaret Hermes

Mr. & Mrs. Steve Zamler

Your tribute gift helps support our mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Tribute recipients or their families will receive a letter, without reference to an amount, to notify them of your gift. Visit oasisnet.org/donate or contact Lauren at **(314) 862-2933, ext. 261** to make your gift today!

#1 HOLIDAY HACK

When you buy your gifts at
smile.amazon.com/ch/43-1830354,
Amazon donates to Oasis!

amazonsmile



VIRTUAL HEALTHY HABITS



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

- + 10-session program, classes are held twice a week for 5 weeks and each session is 1–2 hours long
- + Fresh ingredients will be delivered to your door
- + Cooking demonstration videos and a recipe book will be available to help guide meal preparation
- + Participate via Zoom or phone

Program Material

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



For More Information and Eligibility

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



st-louis.oasisnet.org/health/virtual-healthy-habits



314-862-2933 ext. 246



emirk@oasisnet.org

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

Illinois

Bond
Clinton
Madison
Monroe
Randolph
St. Clair
Washington

Missouri

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

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 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

facebook.com/groups/oasisRSVPtutoring

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Administration for Community Living

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Aging Ahead

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Community Service

Dollar General Literacy Foundation

Emerson

Graybar Foundation

Great Rivers Greenway

Hearst Foundation

Jefferson Foundation

Lutheran Foundation of St. Louis

Mary Larkins and Bessie Birchler
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Margaret Blanke Grigg Foundation

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Foundation, U.S. Bank, N.A., Trustee

United Way of Greater St. Louis

Next Fifty Initiative

Norman J. Stupp Foundation, Commerce
Bank, Trustee

The Pott Foundation

Productive Living Board of St. Louis
County (PLB)

RRF Foundation for Aging

The Saigh Foundation

Stanley & Lucy Lopata Charitable
Foundation

State of Illinois Department of Aging

The Trio Foundation of St. Louis

The Bridgeton Landfill Community
Project Fund, a component fund of the
St. Louis Community Foundation

Community Locations

AgeSmart

801 W State Street
O'Fallon, IL 62269

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

The Family Sports Park

301 Obernuefemann Road
O'Fallon, IL, 62269

First Congregational Church of Webster Groves— United Church of Christ

10 West Lockwood Avenue
Webster Groves, MO 63119

The Fox Theater

527 North Grand Boulevard
St. Louis, MO 63103

Gateway Arch National Park

11 North 4th Street, #1810
St. Louis, Mo 63102

Jefferson County Library — Northwest

5680 Missouri PP
High Ridge, MO 63049

National Building Arts Center

2300 Falling Springs Road
Sauget, IL 62206

Northside Youth and Senior Center

4120 Maffitt Avenue
St. Louis, MO 63113

New Northside Family Life Center

5939 Goodfellow Boulevard
St. Louis, MO 63147

Programs & Services for Older Persons (PSOP)

201 North Church Street
Belleville, IL 62220

Robert G. Reim Theater

111 South Geyer Road
Kirkwood, MO 63122

Senior Services Plus

2603 North Rodgers Avenue
Alton, IL 6202

St. Louis Altnheim

5408 South Broadway Street
St. Louis, MO 63111

St. Louis Aquarium

201 S 18th Street
St. Louis, MO 63103

St. Louis Art Museum

1 Fine Arts Drive
St. Louis, MO 63110

St. Louis County Library—Bridgeton Trails Branch

3455 McKelvey Road
Bridgeton, MO 63044

St. Louis County Library—Eureka Hills

500 Workman Road
Eureka, MO 63025

St. Louis County Library—Grant's View Library

9700 Musick Avenue
St. Louis, MO 63123

St. Louis County Library—Jamestown Bluffs

4153 North Highway 67
Florissant, MO 63034

St. Louis Public Library—Divoll Branch

4234 North Grand Boulevard
St. Louis, MO 63107

Thomas Dunn Learning Center

3113 Gasconade Street
St. Louis, MO 63118

Thomas F. Eagleton U.S. Courthouse

111 South Tenth Street
St. Louis, MO 63102



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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 to view classes and use the coupon code **ZOOMOE20-3** at check-out for 20% off your entire cart!

ZOOMOE20-3

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