Make This Summer Social at St. Louis Oasis

May – August 2023 | Course Catalog

Check out our new bundles, intergenerational programs, & more!
Dear Oasis Friends,

Looking through our robust summer catalog, you will likely flip through pages until you find the programs and activities that are “your Oasis.” For some people, “their Oasis” is a series of history classes, an exercise class, a discussion group, or perhaps a volunteer opportunity. We hope you find each other regardless of how you find yourself at Oasis. One of the well-documented ways to “age well” is to stay socially connected with people with shared interests, activities, and experiences which is core to everything we do at Oasis. Our online classes are all live interactive experiences that invite the possibility of new interpersonal connections, as opposed to recorded classes that do not. The power of being with others, of seeing others and being seen, of sharing your opinions, questions, or comments, and hearing and thinking about thoughts and ideas is part of the Oasis experience. As you look through our Summer catalog, I hope you take the opportunity to stretch your interests, try something new, and perhaps meet new friends in the process!

Warmest Regards,

Paul Weiss
Oasis President
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.

Registration
Visit stloasis.org, call (314) 862-4859 ext 24, or fill out and mail-in the form on the last page of the catalog to enroll. Note that some programs are “Hybrid” offering an option to join us online using Zoom or in-person.

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

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

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

Publication Notes
Unless noted, all images and graphics used in this publication are licensed by Oasis Institute and/or considered public domain, released under the Creative Commons (CC0) license.

All the Ways You Can Take an Oasis Class
With so many ways to take an Oasis class—we have a color-coded system to make our catalog easy to navigate! Look for the 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 mask, hand sanitizer and water bottle.

**Hybrid Programs**
For hybrid programs, you may choose to attend in person or online! We will have limited seating available in the classroom where instructors will present live and in person. Sessions will be live streamed via Zoom too, so you can join the class online where an Oasis host will manage your experience.

**In-Person Classes**
These classes take place in-person at area locations! Your safety comes first—that’s why Oasis not only requires you to wear a mask over your nose and mouth, but also be fully vaccinated to participate in our in-person programs.

**Virtual Classes (Zoom Only)**
Skip the trip and join us online! Once registered for the class, you will receive your Zoom link in your email confirmation. If you are unable to find your email confirmation, you can still view these links by logging into your MyOasis account.
Bundling Options

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

Music & Lyrics Bundle | $45
Hollywood Films & Music: The War Years 1941-1945
H #2014/2014.V | Page 4
Rock Lyrics as Poetry: A Musical Journey
H #2015/2015.V OR #2073 | Page 4
Love Me or Leave Me
H #2102/2102.V | Page 5
That’s Entertainment: St. Louis Music
H #2060/2060.V | Page 6

Box of Chocolates Bundle | $45
The History of Chocolate
H #2072 OR #2041/2041.V OR #2092 | Page 6
The Truth About Chocolate
H #2013/2013.V OR #2064 OR #2088 | Page 6

Ancestry & Origins | $20
Ancestry & Origins: Leaving Home
H Clayton Oasis #2009/2009.V | Page 8
Ancestry & Origins: Becoming an American
H Clayton Oasis #2010/2010.V | Page 8

Make the Most of Retirement | $30
Part-Time Work Resources for Full-Time Retirees
H #2004/2004.V OR #2070 | Page 23
Retirement & Volunteerism
H #2066/2066.V | Page 23
Activate Your Purpose in Retirement
V 2032.V | Page 25

Do You Live in or Around Chesterfield, Missouri?
St. Louis Oasis has partnered with the Chesterfield Community Center to bring classes closer to you! Check out all the Chesterfield Community Center class listings throughout the catalog to learn more.

The Chesterfield Community Center is located on the second floor of the Chesterfield Mall, next to Macy’s.

Sides of Self Bundle | $40
The Science of Self: An Introduction to Personality
H #2016/2016.V | Page 26
How Wide is Your Comfort Zone?
H #2017/2017.V | Page 26
The Science Behind Negative Emotions
H #2018/2018.V | Page 26
The Many Faces of Narcissism
H #2019/2019.V | Page 26

Build Your Own Bundle
Spend $50 get $5 off
Spend $100 get $10 off
Spend $200 get $20 off
Hollywood Films & Music: The War Years 1941-1945
When the United States went to war in 1941, so did Hollywood. Nostalgia abounds as we visit some of the best-loved films of that time frame and those iconic songs that kept America going strong during wartime.
Clayton Oasis #2014 | #2014.V
FRI, May 5 | 2:30-3:30 p.m.
Mary Saputo | $12

Rock Lyrics as Poetry: A Musical Journey
A musical journey from the Harlem Renaissance to today—examine connections between poetry and rock lyrics. Watch and listen to nearly 20 iconic music videos and explore why each song is poetic. A magical mystery tour of memorable music that will change the way you listen to music forever!
Richard Losciale
Clayton Oasis #2015 | #2015.V
FRI, May 12 | 10:30 a.m.-12:30 p.m. | $12
Chesterfield Community Center #2073
TUE, June 27 | 10 a.m.-12 p.m. | $12

The History of Animation: The Advent of Animation
Learn the advent of animation as a crowd-pleasing entertainment medium before moving on to some of the all-time greats of the field. Each session is lecture-based, with clips and cartoons throughout. The first session will cover the precarious and vibrant trial-and-error-laden era of animation at the dawn of cinema itself. The second session will spotlight Walt Disney and the history of Disney Studios. The third will cover Max Fleischer Studios (Popeye, Betty Boop, Superman), and the fourth will cover Warner Bros. Animation (Looney Tunes).
Clarendale Clayton #2086 | 2086.V
WED, May 24-June 14 | 10 a.m.-12 p.m.
Jim Tudor | 4 Sessions | $48

Faith Healers: The Real & The Fake
Examine the colorful careers of famous 20th-century faith healers, including Aimee Semple McPherson, Missouri’s Kathleen Kulman, and child evangelist Marjoe Gortner. You’ll be amazed, amused, and sometimes disturbed by these provocative and entertaining people who profess to heal the sick and disabled.
Clarendale Clayton #2063 | #2063.V
TUE, May 30 | 10-11 a.m.
Bev Schuetz | $15

Islamic Art & Architecture
In this eight-session class, we will explore the vast treasures of the Arts of the Book: from Calligraphy to beautify the Sacred Text to the rich history of visualized works of history and epic and mystical poetry. We’ll study the many styles of religious architecture, from mosques to madrasas and mausolea, from Spain through the Middle East to India.
Clayton Oasis #2025 | #2025.V
THU, June 1-July 20 | 10:30 a.m.-12:30 p.m.
John Renard | 8 Sessions | $96

Picture This: St. Louis Women Photographers
In the history of photography, two things often need to be included: St. Louis and women. Not only was nineteenth-century St. Louis a bustling photography destination, but it was also home to hundreds of female photographers! This presentation explores the early history of women’s photography. It highlights the lives and professional careers of several St. Louis women whose impressive work started here in Missouri. Participants will explore these women’s stories through archival material, newspaper clippings, and numerous unpublished photographs.
Elizabeth Eikmann
Chesterfield Community Center #2069
FRI, June 16 | 1-2 p.m. | $12
AgeSmart #2113
TUE, June 23 | 10:30-11:30 a.m. | $12
Maureen O’Hara
With her beautiful red hair, green eyes, and porcelain-white skin, Hollywood dubbed her the “Queen of Technicolor.” This versatile and fiery actress worked with a wide range of directors. Still, she paid the price early on for standing up to the men who ran the studios and the infamous “casting couch.” Fabulous film clips ranging from The Hunchback of Notre Dame to The Parent Trap, to name a few!
Clarendale Clayton #2091
WED, June 21 | 1-2:30 p.m.
Mary Saputo | $12

The Gateway Arch: An Illustrated Timeline
Learn about the 90 historical events that led to the Gateway Arch’s realization. In ‘connecting the dots’ of history, we begin in 1699 with the Louisiana Territory, the lands of the Louisiana Purchase (1803), and conclude with the Grand Opening of the New Museum and Visitor Center of the Gateway Arch on July 3, 2018.
Clayton Oasis #2038 | #2038.V
THU, June 22 | 1:30-2:30 p.m.
John Guenther | $12

Famous Feuds & Rivalries
Learn about some of history’s most notable and smoldering hatreds. This presentation will examine the rivalry between famed gossip queens Louella Hopper and Hedda Hopper and the bitter feud between the brilliant Orson Welles and publisher William Randolph Hearst. You’ll be intrigued by these and other fascinating prolonged enduring conflicts.
Chesterfield Community Center #2071 | #2071.V
FRI, June 23 | 1-2 p.m.
Bev Schuetz | $15

Love Me or Leave Me: A Century of American Focus on Romantic Relationships Viewed from Our Popular Music, from Steven Foster to Elvis Presley
Like memories awakened by the taste and aroma of long-forgotten food or drink, the popular songs of our youth may carry particular associations for many of us. We’ll listen to excerpts of vocal music illuminating changing aspects of American romantic relationships from The Civil War to the teenage years of post-World War II Baby Boomers.
Clayton Oasis #2102 | #2102.V
MON, June 26 | 1:30-3:30 p.m.
Allen Schwab | $12

Bette Davis: Leading Lady
A mega-star and 11-time Oscar nominee for Best Actress, this presentation will examine Davis’ career high points with film clips and trivia from blockbusters like Jezebel, The Man Who Came to Dinner, and All About Eve, to name a few!
Chesterfield Community Center #2076
WED, July 19 | 1-2:30 p.m.
Mary Saputo | $12

Impressionism: The Birth of Modern Art
What do Claude Monet and Jackson Pollock have in common? What social, technological, and artistic advances led to Impressionism? How did Impressionism signal the birth of Modern Art? Discover how the Impressionists’ creative innovations and personal choices led to the future movements of Post-Impressionism and Modern Art.
Clayton Oasis #2053 | #2053.V
FRI, August 4 | 10:30-11:30 a.m.
Kathy Walsh-Piper | $12
Fall Kickoff! Fall 2023 Classes Preview Event
You are invited to join us in person at St. Louis Oasis, for a festive kickoff to the Fall trimester of new Oasis classes! Enjoy coffee and cookies while you peruse the catalog, learn about new programs, ask questions, meet instructors, and mingle with Oasis friends. Fall 2023 classes offer a combination of fan favorites and brand-new topics. Register for classes during the event and receive a 10% off you enroll in classes totaling $25 or more to use towards your purchase! Only applicable at the event!

Clayton Oasis #2107/#2017.V  
MON, August 7 | 10-11:30 a.m. | Free

History of the US Through Art
What can we learn about Americans from the images they have made of themselves and their history? This program will look at the stories of America as told through art.
AgeSmart O’Fallon #2116  
THU, August 10 | 10:30 a.m.-12 p.m.  
Bonnie Vega | $15

Music of the Civil War
Music was central to how most Americans experienced the Civil War. In an age before mass media and recorded sound, this music was a powerful tool for conveying ideas.
AgeSmart O’Fallon #2115  
THU, August 24 | 10:30 a.m.-12 p.m.  
Bonnie Vega | $15

Hollywood Welcomes Rodgers & Hammerstein
Even as Hollywood beckoned Broadway’s dynamic duo to bring their works to the big screen, Richard Rodgers and Oscar Hammerstein were not big fans of tinsel town. Learn about their incredible career that eventually brought us to hit films like Oklahoma, Carousel, The King and I, and The Flower Drum Song. You’ll be fascinated by the story, and be prepared to smile uncontrollably!
Clayton Oasis #2062 | #2062.V  
THU, August 24 | 10:30 a.m.-12 p.m.  
Mary Saputo | $12

Great Lawyers: Defenders of the Damned
Prepare to be surprised, fascinated, and occasionally infuriated by these exceptional defense lawyers. From the great Clarence Darrow to Earl Rodgers, who inspired Perry Mason, to Johnnie Cochran of the O.J. Simpson trial, you won’t forget these and other magnificent masters of the courtroom.
Clayton Oasis #2059 | #2059.V  
FRI, August 18 | 10:30-11:30 a.m.  
Bev Schuetz | $15

Life is Like a Box of Chocolates
The History of Chocolate
Explore the origins of chocolate as a sweet treat and how its popularity spread across the globe. We will learn about past uses, culinary inventions, and exciting innovations for the future of chocolate. Yes, there will be samples!
Marcie Handler  
Chesterfield Community Center #2072  
MON, June 26 | 2-3 p.m. | $15  
Clayton Oasis #2041 | #2041V  
THUR, June 29 | 1:30-2:30 p.m. | $15  
Clarendale Clayton #2092  
THUR, July 6 | 10-11 a.m. | $15

The Truth About Chocolate: Become a More Educated Cocoa Consumer
Learn about some of the fallacies and truths of chocolate. Find out how marketing techniques draw you in to make a delicious purchase. Take a taste test to compare different varieties and test your palate to see if you can tell them apart. Chocolate samples are included!
Marcie Handler  
Clayton Oasis #2013 | #2013V  
FRI, May 5 | 10:30 a.m.-12 p.m. | $15  
Chesterfield Community Center #2064  
FRI, June 2 | 1-2:30 p.m. | $15  
Clarendale Clayton #2088  
FRI, June 9 | 10-11:30 a.m. | $15

That’s Entertainment: St. Louis Music
We’ll take you to beer gardens like Schnaider’s Grove and remember acts like Enrico Caruso at The Coliseum and Cream at the Kiel Opera House. We’ll recall when W.C. Fields played the Muny, and revisit Gaslight Square for Singleton Palmer at the Opera House; Barbra Streisand at the Crystal Palace. Johnny Polzin was on the Admiral, Russ David’s Pevely Playhouse Party, Ike and Tina Turner at the Club Imperial, and Chuck Berry at Blueberry Hill: Charlotte Peters, Bob Kuban, Marty Bronson, Pavlov’s Dog, and Nelly.
Clayton Oasis #2060 | #2060.V  
TUE, August 22 | 10:30 a.m.-12 p.m.  
Johnny Rabbitt | $15
Sonnet This!
Take baby steps toward crafting a sonnet, a traditional poetic form still used today, in a workshop led by poet Robert Lowes. Like every sport and game, a sonnet has rules, but rather than stifling creativity, these rules can unleash it. Count on fun exercises for beginning and experienced poets alike.
Clayton Oasis #2006
MON, May 8–June 19 | 1:30–3:30 p.m.
Robert Lowes | 6 Sessions | $90

Writing Your Life
Learn all about journals, diaries, and memoirs from a professional writer who has kept his diary for almost 50 years. Maybe you’ve always wanted to keep a diary but found it an unsatisfying chore. We discuss how you can enjoy writing a journal you’ll find rewarding to read in the future. Or you’ve kept a diary for years, and now you have a multi-volume work, and you’re wondering what to do with it. This class explores the many options for journaling—from publishing it to burning it—chosen by famous and obscure diarists.
Clayton Oasis #2000
WED, May 31 | 10:30 a.m.–12:30 p.m.
David Linzee | $12

Queer & Allied Writers: Finding Essential Moments in Your Story
One of the biggest challenges for new and established writers is finding crucial moments that can illuminate their stories. In addition to creating your work, you’ll have a chance to get a close-up look and inspiration from some of the Queer literature in the Missouri Historical Society’s Gateway to Pride collections. The workshop includes conversation, writing, and opportunities to be surrounded by new or old friends. All orientations are welcome, and lunch is included!
Historical Society Library #2099
SAT, June 10 | 10–1 p.m.
Joan Lipkin | $30

Why Still Read Moby Dick?
Is Melville’s novel just a very long 19th Century story about the failed vengeance of a whaling captain? Or is it also much more, a riveting cultural adventure with powerful issues and questions for 21st Century readers, especially for Americans? We’ll explore both points of view as we examine details of Melville’s masterpiece, its contemporary commercial failure, and its high current fame.
Clayton Oasis #2103 | #2103.V
THU, July 13 | 1:30–3 p.m.
Allen Schwab | $12

There Were Lions in the Way: Slavery & The Underground Railroad in Missouri & Illinois
Author, Julie Nicolai, will discuss her new book on slavery and the Underground Railroad in Missouri and Illinois. It is the first book ever published on the Underground Railroad in Missouri. Additionally, her book will be available for purchase, and Julie will autograph your copy!
Clayton Oasis #2061 | #2061.V
WED, August 23 | 10:30 a.m.–12 p.m.
Julie Nicolai | $12
**Men’s Roundtable**
Let’s talk! Join Clif Mahin and Jack Cancila to discuss world issues, politics. Our discussion group generally meets on the first and third Mondays of each month.

Clayton Oasis #2003  
**MON, May 1-August 21** | 1:30-3:30 p.m.  
Clifford Mahin | 8 sessions | $40

**Gendered Globalization: What it Means for the World’s Women**
Globalization assures that the world is on connected paths and guarantees that these paths are not united. Women are buffeted by globalization’s challenges even as they embrace its opportunities. We explore the so-called paradox of globalization according to economic outcomes for women. We offer strategies for navigating globalization’s rocky road that can play out successfully for women in the developing world and our communities.

Clayton Oasis #2007 | 2007.V  
**TUE, May 9** | 10:30-11:30 a.m.  
Linda L. Lindsey | $12

**Ancestry & Origins: Leaving Home**
Chances are that your ancestors arrived in the U.S. from somewhere else, as we are basically a country of immigrants. Our relatives endured the hardships of leaving their homeland and, unless they arrived quite recently, a long ocean voyage. In this first class, learn basic principals of immigration research, how and why your ancestors left their homes, and how to track them, if possible. We’ll look at immigration records and where to find them as well as what you will and will not find on them.

Clayton Oasis #2009 | #2009.V  
**WED, May 10** | 10:30 a.m.-11:30 a.m.  
Ilene Murray | $12

**Ancestry & Origins: Becoming an American**
Did your ancestors become American citizens? They might not have needed to, depending on when they arrived, but if they did, they followed a process that kept changing over time. We’ll look at some of the naturalization laws in effect since the early days of this country’s history, see some sample records, and discover what is and is not on the various forms needed to complete the naturalization process. Then we’ll explore where you might find records to help you in your research.

Clayton Oasis #2010 | #2010.V  
**WED, May 24** | 1:30-2:30 p.m.  
Ilene Murray | $12

**Women’s Roundtable**
Join the discussion with facilitator Linda Locke and talk about the current events that make you “screamful” (a term coined by Linda’s granddaughter about things that make you feel full of screams!)

Clayton Oasis #2002  
**MON, June 5-September 25** | 10:30-12:30 p.m.  
Linda Locke | 8 Sessions | $40

**Afghan Refugee Resettlement: Focus on Women & St. Louis as a Welcoming Community**
Amid the chaos of the Taliban takeover in 2021, thousands managed to flee Afghanistan. What does it mean to be an Afghan refugee for hundreds resettling in St. Louis, especially for women? Linda Lindsey will share a portrait of an Afghan family that both typifies and transcends obstacles to immigration as they navigate(d) the passage to resettlement. Although challenges continue, their story celebrates a successful journey to St. Louis.

Clayton Oasis #2029 | #2029.V  
**WED, June 7** | 10:30-11:30 a.m.  
Linda L. Lindsey | $12
**Exercise**

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

Pat Atkins 
Northwest Library #2500
MON/WED, May 1-June 21 | 9-9:45 a.m.
No Class: 5/29 | 15 Sessions | $15

Northwest Library #2501
TUE/THU, May 2-June 22 | 9-9:45 a.m.
16 Sessions | $16

Northwest Library #2502
MON/WED, July 10-August 30 | 9-9:45 a.m.
16 Sessions | $16

Northwest Library #2503
TUE/THU, July 11-August 31 | 9-9:45 a.m.
16 Sessions | $16

Jo Ann Roberts
Christ Our Redeemer Church #2504
MON/WED, May 1-June 28 | 9:30-10:15 a.m.
No Class: 5/29 | 17 Sessions | $17

Christ Our Redeemer Church #2505
MON/WED, July 3-August 30 | 9:30-10:15 a.m.
18 Sessions | $18

Sharon Kirsch
ZOOM #2507
MON/WED, May 1-June 28 | 9:15-10 a.m.
No Class: 5/8, 5/12, 5/29, 6/14 | 14 Sessions | $14

ZOOM #2508
MON/WED, July 10-August 23 | 9:15-10 a.m.
14 Sessions | $14

**Uniquely Individual to Being a Part of Something Bigger: Three-Part Series**

**Part 1** - Finding Your Voice: Explore through dialogue and interactive activities how to determine our purpose, accomplish our goals, and anticipate the impact of asserting our thoughts in different settings.

**Part 2** - Advocating For Social Change: Participants will be guided through defining social change, discussing how it can impact current events, and determining if and how it intersects with social justice.

**Part 3** - Rediscovering Community: Explore different definitions of community and how to interpret the meaning for different people. Since COVID-19, people worldwide have been impacted in different ways—one involves being isolated from others and feeling a loss of connection to a community. Participants are encouraged to share how they overcome isolation and rediscover what community means to them individually and collectively.

Clarendale Clayton #2089 | #2089V
FRI, June 9-23 | 2-3 p.m.
Roz Norman | 3 Sessions | $36

**Retributive Justice to Restorative Justice: A Time for Change**
Stories from “the inside” will make you laugh, cry, and relate to incarcerated individuals even when the motive of the crime seems unrelatable. Hear about the lives of the most recent people executed here in Missouri. Everyone has a story. We will discuss how to evolve into more conscious human beings and the potential to live in a more enlightened society. The stories shared are narratives of hope and transformation. Be amazed by the new relationships formed between those who chose rehabilitation.

Clayton Oasis #2052 | #2052V
MON, July 31 | 10 a.m.-12 p.m.
Paul Kraus | $12
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 slow, focused movements and deep breathing to relieve pain, reduce stress and decrease fall risk while improving balance, muscular strength, coordination, confidence, and mood. You will learn the Basic 6 and Advanced 6 forms from a certified instructor in this class.

Sharon Kirsch  
ZOOM #2455.V  
MON/WED, May 1-June 28 | 10:30-11:30 a.m.  
No Class: 5/8, 5/29, 6/12, 6/14 | 14 Sessions | $84  
ZOOM #2456.V  
MON/WED, July 10-August 23 | 10:30-11:30 a.m.  
14 Sessions | $84

Idaria K. Goodwin  
AgeSmart - O’Fallon, IL #2111  
MON/WED, May 1-June 28 | 12-1 p.m.  
No Class: 5/29, 6/19 | 16 Sessions | $70

AgeSmart - O’Fallon, IL #2112  
MON/WED, July 10-September 13 | 12-1 p.m.  
No Class: 8/9, 8/28, 8/30, 9/4 | 16 Sessions | $80

Jo Ann Roberts  
Jennings Civic Center #2453  
MON/WED May 1-June 28 | 11 a.m.-12 p.m.  
No Class: 5/29 | 17 sessions | Free

Jennings Civic Center #2454  
MON/WED, July 3-August 30 | 11 a.m.-12 p.m.  
18 Sessions | Free

Oasis Health Facilitators  
Chesterfield Community Center #2457  
MON/WED, July 17-August 23 | 10:30-11:30 a.m.  
12 Sessions | $90

Craig Miller  
Clayton Oasis #2450  
TUE/THU, May 2-June 8 | 8:30-9:30 a.m.  
12 Sessions | $90

Clayton Oasis #2451  
TUE/THU, June 13-July 20 | 8:30-9:30 a.m.  
No Class: 7/4 | 11 Sessions | $82.50

Clayton Oasis #2452  
TUE/THU, July 25-August 31 | 8:30-9:30 a.m.  
12 Sessions | $90

Your Donation Makes a Difference!
Learn how on page 19.
Line Dance
Learn to line dance from a pro! This traditional line dance class offers benefits beyond a great time you'll have each lesson! Line dancing can help improve balance, coordination, memory, and mobility. More than anything, line dance is a lot of fun! You'll love the music, and the steps are easy to learn. The classes will teach authentic line dance terminology and will build from one class to the next, building your endurance and memorization skills. This class is for beginners to those more experienced. No partner is needed.

Vitality in Motion - Sandy Derickson
Clayton Oasis #2420
MON, May 1-June 26 | 1-2 p.m.
No Class: 5/29 | 8 Sessions | $60
Clayton Oasis #2421
MON, July 10-August 28 | 1-2 p.m.
8 Sessions | $60

Mobility & Mindful Movement
This program is designed with exercises to increase functional mobility and ease of movement in day-to-day life and create a general sense of well-being in your body. Elements of gentle yoga, tai chi, gentle therapeutic exercise, and short meditation are incorporated into the class. Using a chair, participants are encouraged to use a sitting or standing modification, listening to their body's needs.

Penny Moskus
ZOOM #2419
WED, May 3-June 28 | 10-11 a.m.
9 Sessions | $54
ZOOM #2424
WED, July 5-August 30 | 10-11 a.m.
9 Sessions | $54

Qi Gong
Qi gong enables you to explore the flow in your body and environment, the flow of blood, energy, communication, and constellations with endless possibilities. Qi gong can also increase your capacity to be present and aware. Utilizing breathing exercises, intentional motion, and additional techniques, the practice commonly improves circulation and coordination, enhances energy balance and respiratory function, improves the function of joints, ligaments, and tendons, and imparts a system of self-care. Many also report increased clarity of thought and ability to focus after practicing Qi gong.

Muhammad Adegboye
Chesterfield Community Center #2427
TUE/THU, May 30-July 13 | 1:30-3 p.m.
13 Sessions | $97.50
Chesterfield Community Center #2428
TUE/THU, July 18-August 31 | 1:30-3 p.m.
14 Sessions | $105

Just Dance!
Experience the joy of motion while you increase your strength, coordination, and flexibility. Each class involves a warm-up, learning a short dance sequence, and creative movement exercises. Classes will draw from ballet, jazz, modern, and Zumba styles. This class is open to anyone-no previous dance experience is required. Great music and beautiful movement; join the dance!

Vitality in Motion - Leah Fry
Clayton Oasis #2422
WED, May 3-June 28 | 1-2 p.m.
9 Sessions | $67
Clayton Oasis #2423
WED, July 12-August 30 | 1-2 p.m.
8 Sessions | $60

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 is required before the session begins to attend. Class Requirements: Participants can do floor exercises; Provide own Pilates mat.

Heather Needleman
Chesterfield Community Center #2427
TUE/THU, May 30-July 13 | 1:30-3 p.m.
13 Sessions | $97.50
Chesterfield Community Center #2428
TUE/THU, July 18-August 31 | 1:30-3 p.m.
14 Sessions | $105

Just Dance!
Experience the joy of motion while you increase your strength, coordination, and flexibility. Each class involves a warm-up, learning a short dance sequence, and creative movement exercises. Classes will draw from ballet, jazz, modern, and Zumba styles. This class is open to anyone-no previous dance experience is required. Great music and beautiful movement; join the dance!

Vitality in Motion - Leah Fry
Clayton Oasis #2422
WED, May 3-June 28 | 1-2 p.m.
9 Sessions | $67
Clayton Oasis #2423
WED, July 12-August 30 | 1-2 p.m.
8 Sessions | $60

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 is required before the session begins to attend. Class Requirements: Participants can do floor exercises; Provide own Pilates mat.

Heather Needleman
Chesterfield Community Center #2427
TUE/THU, May 30-July 13 | 1:30-3 p.m.
13 Sessions | $97.50
Chesterfield Community Center #2428
TUE/THU, July 18-August 31 | 1:30-3 p.m.
14 Sessions | $105
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 is required before the session begins to attend. Class Requirements: Minimum of 9 consecutive months of Pilates experience; Provide own mat; Instructor approval.

Heather Needlemann  
ZOOM #2411  
TUE, May 2-June 27 | 11:45 a.m.-12:45 p.m.  
9 Sessions | $54

ZOOM #2412  
TUE, July 11-August 29 | 11:45 a.m.-12:45 p.m.  
8 Sessions | $48

Clayton Oasis #2407  
WED, May 3-June 28 | 2:30-3:30 p.m.  
9 Sessions | $67.50

Clayton Oasis #2408  
WED, July 5-August 30 | 2:30-3:30 p.m.  
9 Sessions | $67.50

Gentle Chair Yoga
These gentle yoga postures are designed to relieve pain and improve balance. This class is perfect for beginners and those who prefer not to sit on the floor. This class will be in presentation mode; you can see and hear the instructor, but participants cannot see or hear one another.

Cynthia Fernandez  
ZOOM #2417  
THU, May 4-June 29 | 11:45 a.m.-12:45 p.m.  
9 Sessions | $54

ZOOM #2418  
THU, July 6-August 31 | 11:45 a.m.-12:45 p.m.  
9 Sessions | $54

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 #2409  
FRI, May 5-June 30 | 8:30-9:30 a.m.  
9 Sessions | $67.50

Clayton Oasis #2410  
FRI, July 7-August 25 | 8:30-9:30 a.m.  
8 Sessions | $60

Easy Line Dancing
Even with two left feet, you can learn the basic steps of line dancing. Take part in learning new line dances and old classics especially designed for beginner dancers. We’ll learn at an easy-going pace and use many songs you’ll recognize. Line dancing improves balance, coordination, and memory and provides excellent cardiovascular exercise. It’s a great deal of fun and an excellent opportunity to make new friends. No prior dance experience is necessary.

Karen Merlin  
Chesterfield Community Center #2426  
THU, June 1-July 6 | 10:30-11:30 a.m.  
6 Sessions | $45

Chesterfield Community Center #2425  
MON, June 5-July 10 | 10:30-11:30 a.m.  
6 Sessions | $45

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 the guidelines of the Arthritis Foundation. Each walk begins with a discussion about exercise followed by stretching and strengthening, an outdoor walk, and a cool down. Space is limited.

Oasis Health Facilitators  
STL County Library-Thornhill #2722  
MON/TUE/WED, June 5-July 5 | 9:30-11 a.m.  
No Class: 7/4 | 14 Sessions | Free

STL County Library-Meramec Valley #2721  
MON/WED/FRI, June 5-July 14 | 10-11:30 a.m.  
18 Sessions | Free

STL County Library-Prairie Commons #2723  
MON/WED/FRI, August 7-September 15 | 10-11:30 a.m.  
17 Sessions | Free

STL County Library-Daniel Boone #2724  
MON/WED/FRI, August 7-September 15 | 9:30-11 a.m.  
17 Sessions | Free

Dawn Carter  
STL County Library-Florissant Valley #2720  
MON/WED/THU, June 5-July 13 | 10-11:30 a.m.  
18 Sessions | Free
Canvas Painting Party: ‘Olive Trees’ by Van Gogh
Join us to paint your masterpiece—‘Olive Trees’ by Van Gogh. You will learn brush strokes and blend paints to achieve your desired look. All supplies are included. Bring your own snacks and drinks to add to the fun!
Chesterfield Community Center #2065
MON, June 5 | 1-3 p.m.
Sandi Illian | $38

Wineglass Painting: ‘Grapevine’ Design
Join us to paint a beautiful ‘Grapevine’ design on a wine glass. You will learn brush strokes and blend paints to achieve your desired look. All supplies are included. Bring your own snacks and drinks to add to the fun!
Chesterfield Community Center #2074
MON, July 10 | 1-3 p.m.
Sandi Illian | $38

Beginning Watercolors
Discover the beauty and magic of watercolors with visual artist and educator Natalie Baldeon. This class is an introduction to watercolor. Basic concepts of 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. Supplies not included. A list of supplies is provided after registration. All supplies will be provided; you don’t have to buy anything to participate, but if you already have materials, you may bring them, but Natalie will provide paper.
Clayton Oasis #2045 (Has Supplies)
Clayton Oasis #2046 (Needs Supplies)
FRI, July 21-August 25 | 1-3 p.m.
Natalie Baldeon | 6 Sessions
$175 (Has Supplies) | $250 (Needs Supplies)

Painting: Creating ‘Purple Daisies’
Join us to create your own canvas masterpiece ‘Purple Daisies.’ You will learn brush strokes and blend paints to achieve your desired look. All supplies are included. Bring your own snacks and drinks to add to the fun!
Chesterfield Community Center #2083
MON, August 21 | 1-3 p.m.
Sandi Illian | $38

10 Warning Signs of Alzheimer’s
Learn about typical age-related changes, common warning signs of Alzheimer’s, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer’s Association resources.
Clayton Oasis #2551 | #2551V
FRI, May 12 | 2:30-3:30 p.m.
Alzheimer’s Association | Free

Healthcare: Become Your Own Advocate
Healthcare is extraordinarily complex and expensive. Being an informed consumer can make you a better advocate for yourself and your family when interacting with the healthcare system. This program will give you tips and tools to help you become a better healthcare service consumer.
ZOOM #2552V
MON, May 22 | 10-12 p.m.
Mark Reifsteck | Free

Living a Healthy Life
Set healthy goals, make action plans, manage pain, embrace nutrition and exercise, understand medication, and increase your confidence in managing your health. Stanford University’s Patient Education Research Center developed this self-management course for those with any chronic condition.
Oasis Health Facilitators
Chesterfield Community Center #2600
WED, May 31-July 12 | 10 a.m.-12:30 p.m.
7 Sessions | Free
Millstadt Community Center #2601
THU, May 25-July 6 | 9:30 a.m.-12 p.m.
7 Sessions | Free
ZOOM #2602V
WED, June 14-July 26 | 9:30 a.m.-12 p.m.
7 Sessions | Free
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 60–90 minutes long
- Fresh ingredients will be delivered to your door
- Cooking demonstration videos and a recipe book will be available to help guide meal preparation
- Participate via Zoom or phone

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 & Eligibility

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

- oasisnet.org/virtualhealthyhabits
- 314-862-2933 ext. 246
- emirk@oasisnet.org

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

**Illinois**
- Bond
- Clinton
- Madison
- Monroe
- Randolph
- St. Clair
- Washington

**Missouri**
- St. Louis City
- St. Louis County
- St. Charles
- Franklin
- Jefferson
Matter of Balance
Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to keep yourself on your feet. We introduce stretches and light movements for improved flexibility and range of motion. However, the majority of the class format is discussion-based. Participants receive a workbook to keep.

Oasis Health Facilitators

Chesterfield Community Center #2360  FRI, June 2 - July 21 | 10 a.m.-12 p.m.
8 sessions | Free

Spencer Road Branch Library #2632  THU, May 11 - June 29 | 10 a.m.-12 p.m.
8 Sessions | Free

Fit for Function
Learn about the new research proving basic strength training can reverse muscle loss. Experience this screening and presentation to learn what it means to be functionally fit and whether or not you pass the test based on national norms.

McCly Branch Library #2558  TUE, June 6 | 1-3 p.m.
Debbie Teeter | Free

Aging Mastery Program
The Aging Mastery Program® (AMP) was developed by the National Council on Aging. AMP incorporates evidence-informed materials, expert speakers, group discussion, and peer support to promote health and longevity. Guest speakers discuss topics on healthy eating, falls prevention, physical activity, healthy relationships, advanced planning, financial fitness, online safety, sleep hygiene, medication management, community engagement and more.

O’Fallon Public Library #2660  TUESDAYS, Jun 6 - Aug 15 | 10 a.m.-12 p.m.
No Class: 6/13, 7/4 | Oasis Health Facilitators
10 Sessions | Free

Free From Falls
Missouri’s rate of falls among adults 65 and older is almost twice that of the nation! Don’t become a statistic. Whether you’ve had a fall or just want to learn more about what you can do to prevent falls, this class is for you.

ZOOM #2553.V  WED, June 7 | 1-3 p.m.
Debbie Gentry | Free

Wellness Recovery Action Plan® for Healthy Aging
Wellness Recovery Action Plan® WRAP for Healthy Aging is a free workshop for individuals who want to feel less isolated and more in control of their life. Connect with peers and develop your personal Wellness Toolbox—plan for improved well-being, physical health, and a better quality of life. Healthy aging involves adapting as life circumstances change (e.g., heart issues, declining strength, all of the physical changes that go with healthy aging, and the many losses that go with it). In this evidence-based program, you will collaborate with peers to address these challenges and make a plan for the future. Participants will receive a free workbook to keep. Registration closes June 7th.

WRAP® Facilitators

Holy Angels II #2690  THU, June 8 - July 13 | 1-3 p.m.
6 Sessions | Free

Weathers/Owens Center #2693  TUE, July 11 - August 15 | 10:30 a.m.-12:30 p.m.
6 Sessions | Free

Senior Health Workshop: The Metabolic Syndrome Awareness
What is Metabolic Syndrome, and what is its threat to senior citizen’s quality of life? The key indicators/symptoms are explained along with behavioral changes we can make to avoid, reduce, or eliminate Metabolic Syndrome from our lives.

Chesterfield Community Center #2067  MON, June 12 | 1-3 p.m.
Richard Losciale | $12
Welcome to Medicare
“Welcome to Medicare” focuses on topics important to people who will soon be eligible to enroll in Medicare for the first time. Presented straightforwardly, participants will receive an overview of Medicare Parts A and B, the Prescription Drug Plan (part D), Advantage Plans, and Supplemental Plans (Medigap). This program is not affiliated with any private insurance organization. The expert presenters will also provide a synopsis of the CLAIM (Missouri) insurance counseling program and information on accessing their services.

Wilma Schmitz
Clayton Oasis #2037
WED, June 21 | 10:30-11:30 a.m. | Free

Clayton Oasis #2047
WED, July 19 | 10:30 a.m.-11:30 a.m. | Free

Clayton Oasis #2058
WED, August 16 | 10:30 a.m.-11:30 a.m. | Free

Strike the Right Balance
Did you know that the #3 reason people see their doctor is for dizziness and imbalance. Join a vestibular physical therapist to learn about your body’s balance systems while discussing strategies to decrease your fall risk and improve your balance. This fun and interactive presentation will help you build confidence in your balance to maintain an active and healthy lifestyle.

Northwest Branch Library #2555
MON, July 3 | 1-3 p.m.
Brett Stuppy | Free

Better Choices, Better Health—Diabetes
Living with diabetes can present many challenges, such as knowing how and when to eat, living your life to avoid complications, and getting the support you want from family and friends. A Better Choices, Better Health®—Diabetes workshop can help you manage these concerns. Developed and tested at Stanford University, a Better Choices, Better Health® Diabetes workshop can help you: Understand how to manage your diet while still making food enjoyable; Monitor and manage your blood sugar; Start or maintain a regular exercise program; Better-communicate health needs with family, friends, and your medical team; Design your own self-management program.

Oasis Health Facilitators
ZOOM #2603.V
MON, July 10-August 21 | 1-3:30 p.m.
7 sessions | Free

Kisker Road Branch Library #2604
MON, July 10-August 21 | 1-3 p.m.
7 Sessions | Free

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

Deer Run Branch Library #2560
TUE, July 11 | 1-3 p.m.
Oasis Health Facilitator | Free

Stress Elimination
Feeling stressed? We all face stressful situations, ranging from minor annoyances like traffic jams or politics in the news to more serious concerns, such as a loved one’s declining health. No matter what the cause, stress floods your body with hormones. Your heart pounds, breathing speeds up, and muscles tense. Our body’s instinctual “fight or flight” response is a primitive reaction to threatening situations. While we cannot avoid life’s stress triggers, we can learn coping techniques using our bodies and mind. Clinical pharmacist Kim Hoff guides you through evidence-based practices to eliminate the harmful effects of stress.

ZOOM #2556.V
THU, July 20 | 10-12 p.m.
Kimberly Hoff | $7

Standing Tall—Tips for Improving Your Posture
Did you know poor posture can be a cause of pain, can lead to organ problems and can make you look older? Learn from a physical therapist how to check your own posture along with techniques to instantly improve your posture. You will also learn important posture exercises and about devices you can use to make you stand tall.

Corporate Branch Library #2559
TUE, August 22 | 10 a.m.-12 p.m.
Oasis Health Facilitators | Free
Get Your Kicks on Route 66
Get your kicks on Route 66! We’ll go for a ride through time in Missouri and Illinois on The Mother Road, which has been America’s Main Street for 97 years. Our ‘drive’ will take us on all the local Route 66 alignments, including Chouteau, Manchester, Chippewa, and others, plus the Mississippi River bridges 66 crossed. Places include Henry’s Rabbit Ranch, Chain of Rocks, Ralston-Purina, Parkmoor, Times Beach, the Diamonds, and at least 66 other places!

Body Art Around the World
Every cultural population modifies their bodies in one way or another. Modification can be by painting, piercing, binding, scarring, tattooing, and many other procedures. People have altered their skin, hair, faces, bodies, etc., going back as far as 6,000 years and before. This course will start at ‘the beginning’ and trace the high points of body art and modification through the ages and worldwide.

The Third American Revolution
If one examines the period from John Kennedy’s assassination on November 22, 1963, to Richard Nixon’s departure from the presidency on August 9, 1974, a third revolution in American life can be discerned—the effects of which are still being played out in our society.
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. To learn more see page 14.

Majesty of the Osage
Before European colonization, Missouri was home to the most influential American Indian nation west of the Mississippi: the Osage. In this program, you will learn about their history, arts, and achievements and how they remain a prominent and vital nation on their reservation in Oklahoma.
Clayton Oasis #2026 | #2026.V
FRI, June 2 | 10:30 a.m.-12:30 p.m.
Jim Duncan | $12

A Look at the Extraordinary Life of Theodore Roosevelt
In November 1961, President Kennedy observed that an assemblage of Nobel Prize Winners was “the most extraordinary collection of talent, of human knowledge, that has ever been gathered together at the White House, except for when Thomas Jefferson dined alone.” Kennedy forgot, as most Americans do, another exceedingly intelligent, well-versed, and talented man also lived in the White House, Theodore Roosevelt. Roosevelt was a published ornithologist, historian, expert in all things naval, an authority on large North American mammals, essayist, frontiersman, military leader, and a gifted politician.
Clayton Oasis #2028 | #2028.V
TUE, June 6-20 | 1-3 p.m.
Joan Musbach | 3 Sessions | $45

Palestine & The Palestinians
Palestinians are usually the subject of scrutiny from the outside. This program will introduce you to the history of the indigenous people of Palestine, emphasizing local history and literature written by and for Palestinians.
Steve Tamari ____________________________
AgeSmart - O’Fallon, IL #2110
THU, June 8 | 10 a.m.-12 p.m. | $12
Clayton Oasis #2055 | #2055.V
WED, August 9 | 10:30 a.m.-12:30 p.m. | $12

A Splashin’ Good Time for Adults & Kids!

Animal Needs
Want to learn about the four needs all animals need to survive? Join us at the St. Louis Aquarium for a fun lesson on Animal Needs! This program is intended for you and up to three children around ages 4-6 to learn together the four animal needs to survive. Meet some of our Animal Ambassadors, then explore the Aquarium with one of our Educators!
STL Aquarium #2826 (Adult) | STL Aquarium #2827 (Child)
FRI, June 9 | 3-5 p.m.
Andrea Yochum | $25 (Adult) | $12 (Child)

Creepy Crawlers
They are wiggly and creepy, but did you know they are essential? Join us at the St. Louis Aquarium for a fun lesson on Creepy Crawlers! This program is intended for you and up to three children around ages 7-10 to learn about the Aquarium’s creepy crawlers. Meet some of our Animal Ambassadors, then explore the Aquarium with one of our Educators!
STL Aquarium #2829 (Adult) | STL Aquarium #2830 (Child)
FRI, July 7 | 3-5 p.m.
Andrea Yochum | $25 (Adult) | $12 (Child)

Engineering Solutions
How do we help animals when injured or sick? Join us at the St. Louis Aquarium for a fun lesson on Engineering Solutions for Animal Care! This program is intended for you and up to three children ages 11+ to learn about how we care for injured animals and develop solutions. Meet some of our Animal Ambassadors, then explore the Aquarium with one of our Educators!
STL Aquarium #2832 (Adult) | STL Aquarium #2833 (Child)
FRI, August 4 | 3-5 p.m.
Andrea Yochum | $25 (Adult) | $12 (Child)
We Need YOU
Your Donation Makes a Difference

Oasis has thrived for 40 years because of the generosity of our donors. Help us thrive for 40 more! Every dollar received allows Oasis to engage older adults in living an expansive, purposeful, and healthy life. Below are some of the ways your gift to Oasis can support our community of older adults:

The pandemic took a big toll on the education of our region’s children. We need to recruit and train more reading tutors for our partner schools. There are many school districts that want our help, and recruiting more tutors will expand our program to fill the need.

There are areas of great need in our communities. Your support helps us to provide free programs in low-income areas where many older adults lack access to health and wellness services.

You have shared your interests with us, and we have listened! Oasis is adding new topics and instructors both in person and online. This means we can reach more people in ways that interest them.

As technology changes, so does Oasis’ tech literacy curriculum. By updating our curriculum, we can ensure our community stays socially connected, tech wise, and cyber safe.

Many people do not have access to healthy food or are unaware of the best way to prepare a healthy meal. Our Virtual Healthy Habits program delivers nutritious ingredients to older adults and helps them learn how to cook healthy meals and make good food choices.

The gold standard in education is having evidence-based programs. We are working to make more of our classes evidence-based, which means they go through a rigorous analysis and are based on the best research in the field, marking the programs as effective.

To make a gift to Oasis, visit www.oasisnet.org/donate or contact Development Director Jo Flannery at jflannery@oasisnet.org or (314)862-2933 ext. 235

Your support is crucial. Thank you for investing in Oasis.
Americans in Paris
Americans generally acknowledge the French help in winning our independence from Great Britain, but there were also significant benefits to American culture in the 19th and early 20th centuries. Learn about the benefits accrued to Americans from their stay in Paris and the resulting benefits to American life and culture.
Clarendale Clayton #2087 | #2087V
THU, June 8 - 22 | 1-3 p.m.
Joan Musbach | 3 Sessions | $45

Dining Out: A Look Back on Restaurants, Restaurateurs, & Recipes
Join us for an armchair tour of fabulous foods with visits to restaurants such as Bevo Mill, Tony's, Parkmoor, Ruggeri's, Pelican's, Noah's Ark, Parente's Italian Village, the River Queen, and more. Learn about founders O. T. Hodge, Arthur Schnheithorst, Ted Drewes, the Saracino family, Jack Carl, Vince Bommarito, Amadeo Firore, Ed Imo, and Harold Koplar. Plus, we’ll learn about the following recipes: Famous-Barr French Onion soup from 1959; Melrose pizza from 1945; and toasted ravioli prepared by Garavelli’s Buffet on Olive.
Clayton Oasis #2030 | #2030.V
THU, June 8 | 1:30-3 p.m.
Johnny Rabbitt | $15

First Ladies of the United States
The first lady of the United States is the title held by the hostess of the White House, usually, but not always, the president’s wife. Although the first lady’s role has never been codified or officially defined, she figures prominently in U.S. political and social life. The position of the first lady is not elected and carries only ceremonial duties. Nonetheless, first ladies have held a highly visible position in American society. The role of the first lady has evolved over the centuries. After women got the right to vote in 1920, first ladies took on more active political positions, especially in campaigns.
Clayton Oasis #2031 | #2031.V
FRI, June 9 | 10:30 a.m.-12 p.m.
Bonnie Vega | $15

Archaeology of the Missouri & Illinois Region
Human occupation in Missouri/Illinois may go as far back as 15,000 years because of the major rivers that border and cross Missouri and the region’s natural resources. Learn about the fascinating artifacts, mounds, rock art—the cultural materials in this bi-state region—all evidence of the early peoples who lived here.
Clayton Oasis #2035 | #2035.V
FRI, June 16 | 10:30 a.m.-12:15 p.m.
Jim Duncan | $12

Eleanor Roosevelt
Eleanor Roosevelt was the first lady of the U.S. from 1933-1945, making her the longest-serving first lady in U.S. history. She represents a watershed in the role of the first lady. Before her, the first lady’s activities’ boundaries had gradually expanded. After her, it would be possible for her successors to do virtually anything. She is generally recognized as the most admired first lady in U.S. history.
Clayton Oasis #2036 | #2036.V
TUE, June 20 | 10:30 a.m.-12 p.m.
Bonnie Vega | $15

Explore The Great Within: A History Of The Forbidden City
This presentation will focus on the Forbidden City as the residence of the Ming and Qing dynasty emperors. Still, it will also include the architecture and art of the Forbidden City. We will look at daily life, court ceremony, imperial Chinese politics, and the history of the Forbidden City since 1911, when a republic replaced the last imperial dynasty.
AgeSmart - O’Fallon, IL #2109
THU, June 22 | 10-11 a.m.
Andrew Michael Cooperman | $15
Unseen St. Louis
Ever wondered what historians find when they dive into the archive? Visitors will explore rarely-seen artifacts, objects, and images from St. Louis history and hear the stories behind them.
AgeSmart - O’Fallon, IL #2114 | FRI, June 23 | 12:30-1:30 p.m.
Elizabeth Eikmann | $12

The Underground Railroad in Kansas
Explore the places and people involved in the Underground Railroad in Kansas. Meet John Brown, fervent abolitionist and activist; visit the ruins of Quindaro, an Underground Railroad hub; experience armed conflicts between slave catchers and Underground Railroad conductors; learn about a “slave stampede” from Ft. Smith across the frozen Missouri River to Kansas.
Clayton Oasis #2039 | 2039V | TUE, June 27 | 10:30 a.m.-12 p.m.
Julie Nicolai | $12

The Archeology of Slavery at White Haven
Park Guide Evann Meyer will discuss archaeological explorations performed by the National Park Service at Ulysses S. Grant’s St. Louis home, White Haven, including artifacts found in areas thought to be occupied by enslaved people. Evan will discuss the background of slavery at White Haven, Grant’s relationship with slavery, and what these objects can tell us about their lives.
Clayton Oasis #2042 | 2042V | FRI, July 7 | 10:30-11:30 a.m.
Evann Meyer | $12

First Peoples of North America
Columbus did not discover a ‘new’ world; he established contact between two ‘old’ worlds. Millions of people lived in an area five times the size of Europe by 1492. This class will look at the people who resided in North America.
Clarendale Clayton #2093 | #2093V | MON, July 10 | 10-11:30 a.m.
Bonnie Vega | $15

African Americans in Early St. Louis
The stories, the status, and the number of African Americans in early St. Louis is the subject of this program by author/historian NiNi Harris. Harris will show primary sources about the life of African American history in 18th and 19th century St. Louis. Harris will base the program on the research of her latest book, co-authored with Calvin Riley, Black St. Louis.
Nini Harris
St. Louis Altenheim #2100 | TUE, July 11 | 10:30 a.m.-12 p.m. | $15

The Panama Canal: A Miracle of Diplomacy, Science & Engineering
To fully appreciate the magnitude of the accomplishment, you must conceive of the state of scientific knowledge and the status of technology and engineering at the turn of the 20th century. In context, the construction of the Panama Canal was the most amazing accomplishment of man up to that time. In this class, you will learn of the efforts of the French, the intricacies of diplomacy, the breakthroughs in medical knowledge, the developments in engineering, and above all, the triumph of men who willed it to happen.
Clayton Oasis #2040 | #2040V | TUE/THU, July 11 - 13 | 1-3 p.m.
Joan Musbach | 2 Sessions | $30

I Heard it Through the Bovine: Livestock in St. Louis
We no longer raise cattle in St. Louis, but we slaughter them—except for the St. Louis Six—the six cows that escaped the slaughterhouse in 2017. We are across the river from the hog capital of the nation. We rent out goats to people who want their lawns trimmed. There are “farms” in St. Louis where you can look at livestock and places for rescued livestock. You’ll hear about the St. Louis dairy farmer who publicly announced that people should drink almond milk instead of cow’s milk—in 1914 and learn how livestock have sustained St. Louis and surprised St. Louis.
Clayton Oasis #2005 | 2005V | WED, July 12 | 10:30 a.m.-12 p.m.
Douglas Schneider | $12
Burial Sites & Dwellings of the Enslaved in Missouri
Explore the burial sites and dwellings of enslaved people in Missouri. Learn about their homes in Valles Mines, St. Louis County, St. Charles, and many other areas. Meander through abandoned, lonely cemeteries where they rest, forgotten, in Bellefontaine and Calvary Cemeteries.

Clayton Oasis #2049 | #2049.V
FRI, July 21 | 10:30 a.m.-12 p.m.
Julie Nicolai | $12

1492: The Turning Point
Beginning with the Crusades, the Renaissance, and the Protestant Reformation, a group of events was set in motion that would result in a significant turning point in human history.

Clarendale Clayton #2095 | #2095.V
MON, July 24 | 10-11:30 a.m.
Bonnie Vega $15

Lost St. Louis
St. Louis has been a shining beacon on the shores of the Mississippi River for more than 250 years, and many iconic landmarks have come and gone. For example, the city hosted the World’s Fair in 1904, with beautiful acres of buildings, gardens, and fountains nearly lost to time. Busch Stadium sits in an area once a vibrant community for Chinese immigrants. The St. Louis Jockey Club was a popular gathering spot in the late nineteenth century until the state outlawed gambling. Based on the book, Lost St. Louis, we will discuss some of the fantastic forgotten landmarks of St. Louis.

Chesterfield Community Center #2077 | #2077.V
TUE, July 25 | 11 a.m.-12 p.m.
Valerie Kienzle | $12

Checking In: A History of Hotels & Motels in St. Louis
Discover the colorful history of dozens of St. Louis Hotels and Motels, from the 19th century to today. Where can you find ruins of the Lindell Hotel. What hotel ballroom was named for a fictional Prophet? Which U. S. President frequently stayed at the Coronado? What motel was associated with the Bobby Greenlease kidnapping and murder? At what hotel did Cary Grant come up with having a candy on pillows? What was the name of the hotel at the 1904 World’s Fair? KMOX was originally located in what hotel? And so much more.

Clayton Oasis #2051 | #2051.V
THU, July 27 | 10:30 a.m.-12 p.m.
Johnny Rabbitt | $15

President Grant’s Cold War with Spain
Explore one of President Grant’s most significant foreign policy challenges during his administration, keeping the United States out of a war with Spain. Spain’s harsh measures in putting down the Cuban Independence struggle included executing several Americans actively supporting Cuban rebels. Grant was torn between holding Spain accountable for atrocities against American citizens while working to keep peace with Spain and enforcing American neutrality toward Cuban independence.

Chesterfield Community Center #2080 | #2080.V
TUE, August 8 | 10-11 a.m.
Ashton Farrell | $12

Ready to Wear: St. Louis
St. Louis was once the fourth-largest city in the U.S. It was a significant hub in the footwear and garment manufacturing industries. STL was the birthplace of the junior dress market segment. It was such an industry leader that buyers for high-end retailers on both coasts flocked to St. Louis twice a year to view and order dresses and footwear. This presentation looks at the rise, dominance, decline, and ultimate rebirth of these two industries in St. Louis.

Chesterfield Community Center #2081 | #2081.V
THU, August 10 | 10-11 a.m.
Valerie Kienzle | $12

Amusement Parks in St. Louis: Past & Present
St. Louisans have memories of bygone amusement parks: big ones like Chain of Rocks, Holiday Hill, and Forest Park Highlands - and small ones like Westlake Park, Hashagen’s Park, and Mannion Park. And nowadays, St. Louisans make memories at Six Flags, which covers 323 acres. Doug Schneider will take you on an armchair tour of the amusement parks that have called St. Louis home.

Clayton Oasis #2056 | #2056.V
THU, August 10 | 10:30 a.m.-12 p.m.
Douglas Schneider | $12
Lincoln’s Transformation
Lincoln was always personally opposed to slavery, but for many years he was reluctant to express his views about it publicly. A series of events during the 1850s and early 1860s caused him to become outspoken about the evils of slavery and eventually led to his decision to issue the Emancipation Proclamation. The speaker will walk through each of those events, personal and political, how they affected Lincoln, and how they brought about his transformation. Join a local attorney for a fascinating discussion on one of America’s most famous presidents.

Lincoln’s Transformation
U.S. Courthouse #2834
THU, August 10 | 1:30-3 p.m.
Thomas Wack | $5

The Stories Behind the Silver in the Missouri Historical Society’s Collection
Julie Nicolai is working with Hattie Felton, Director of Curatorial Affairs at the Missouri Historical Society, documenting its silver collection. Julie will discuss the fascinating stories of the people and places connected to them, including a Quaker abolitionist silversmith and a lock of King Louis the XVI’s hair.

The Stories Behind the Silver in the Missouri Historical Society’s Collection
Chesterfield Community Center #2082
WED, August 16 | 1:30-3 p.m.
Julie Nicolai | $12

Main Street St. Charles, MO: Through the Years
The class includes brief historical information about St. Charles, Missouri, with a presentation of vintage and color photographs. Find out why St. Charles is called the ‘Williamsburg of the West.’

Main Street St. Charles, MO: Through the Years
Chesterfield Community Center #2084
THU, August 24 | 10-11 a.m.
Valerie Kienzle | $12

Winning the Senior Dating Game
From parting with the past to planning for a future friend or partner: what should you hold onto, and when should you move on? Discussions, activities, and dating resources are shared for your ongoing personal dating activities.

Winning the Senior Dating Game
Clayton Oasis #2012 | #2012.V
TUE, May 2 | 6-8 p.m. | $12
Chesterfield Community Center #2068
TUE, June 13 | 10-12 p.m. | $12

Part-Time Work Resources for Full-Time Retirees
From redefining work to redefining purposes, we will guide you to define your personal ideal part-time work profile. We will share and demonstrate part-time work search resources to customize your job search.

Part-Time Work Resources for Full-Time Retirees
Clayton Oasis #2004 | #2004.V
MON, May 8 | 10:30-12:30 p.m. | $12
Chesterfield Community Center #2070
TUE, June 20 | 10 a.m.-12 p.m. | $12

Retirement & Volunteerism
This program is designed to help you determine what you want in a volunteer opportunity, how to find them, and what to expect. We will create your volunteering profile. Then, we will learn how to use online volunteering search sites and conduct a customized search or two.

Retirement & Volunteerism
Clarendale Clayton #2066 | #2066.V
TUE, June 6 | 10-11:30 a.m.
Richard Losciale | $12

Reclaiming Joy
Joy—it seems as ‘elusive as the butterfly of love.’ Our attention is fast to our life’s sorrows and difficulties—big and small. Our brain is hardwired to protect us from dangers by attending to the challenges in life. But can we also bring our attention to the joys in our life? Is it possible to hardwire our brains to be alert to the happiness that exists for all of us, regardless of our current circumstances? In this class, we’ll explore the variety of opportunities to reclaim joy daily and the impact these joys can have on our life, including our sorrows. We’ll have a discussion, mindfulness practices, and journal to aid in uncovering the richness of joy in our lives.

Reclaiming Joy
Clayton Oasis #2021 | 2021.V
WED, May 24 | 10:30 a.m.-12 p.m.
Coke Hennessy | $12

The Next Chapter

View the Make the Most of Retirement Bundle on page 3!
Tutors, Mentors, & 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
Activate Your Purpose in Retirement
Retirement is an opportunity to supercharge your purpose from the inside out. This interactive workshop will guide you to explore the core of your determination and ways to channel it in daily life. Enhance your happiness and what things make life meaningful.

**ZOOM #2032.V**
**MON, June 4** | 10:30-12 p.m.
Anna Hall | $180

How to Spark Your Motivation
What’s your reason for rising every morning? Does it light you up with excitement? This interactive workshop will help you pinpoint your intrinsic motivation sources and give you tools to activate them in life, relationships, and work.

**ZOOM #2034.V**
**WED, June 14** | 10:30 a.m.-12 p.m.
Anna Hall | $12

Tiny Habits for Joyful Living
Based on ground-breaking research at Stanford University, this 3-session class will show you how to create more self-confidence, self-esteem, and life energy with the Tiny Habits Method. Access to the internet and email are required.

**Chesterfield Community Center #2075**
**THU, July 13-July 27** | 10-11:30 a.m.
Polly Lemire | 3 Sessions | $36

Are You Interested in Becoming an Innovation Collaborator?
Are you interested in brain health and aging? Is it important to have access to various innovative solutions that meet your needs and enhance the quality of your older years? If yes, join us for an interactive workshop with guest Bianca Stern, Executive Director at the Centre for Aging and Brain Health Innovation (CABHI), Toronto, Canada. In this introductory session, learn about CABHI and its Leap Community of older adults. Learn about how older adults in this community influence and inform innovative solutions to help us all live our best lives as we age. Learn more about how you, too, can become involved!

**Chesterfield Community Center Center #2079**
**MON, July 31** | 12-3 p.m.
Bianca Stern | $12

Musical Performance

**Jazz Ensemble**
Two professional classical and jazz musicians lead this ensemble. Explore improvisation while playing both traditional and new music. New members wanted. Public performance opportunities are available!

**First Congregational UCC #2098**
**THU, May 4-August 31** | 10 a.m.-12 p.m.
Chuck Schuder | 18 Sessions | $180

**Religious Studies**

Other Christianities
There has always been more than one way of practicing Christianity—multiple ways to think, pray and act from very early on. In this presentation, we will look at some of the many early forms of Christianity.

**Clarendale Clayton #2085**
**TUE, May 23** | 10-11:30 a.m.
Mark Etling | $12

The Gospel of Judas
Matthew, Mark, Luke, and John were not the only Gospels written in the early days of the Christian movement. The Gospel of Judas not accepted into the Bible because it deals with some critical questions in early Christianity: What is the meaning of Jesus’ death? What is humanity’s final destiny?

**Clarendale Clayton #2090**
**TUE, June 20** | 10-11:30 a.m.
Mark Etling | $12

The Gospel of Mary Magdalen
In the Gospel of Mary Magdalen, we see alternative views of salvation, the role of women in early Christianity, and a rejection of the supposed unity of the early Christian movement. It also dispels the myth of Mary Magdalen as the “repentant prostitute” in the Gospel of Luke.

**Clarendale Clayton #2094**
**TUE, July 11** | 10-11:30 a.m.
Mark Etling | $12

The Gospel of Thomas
The Gnostics’ views of God, creation, humanity, and salvation radically differed from what came to be known as “mainstream” Christianity. The Gospel of Thomas, discovered in 1945, sheds light on this alternative and ultimately rejected form of Christianity.

**Clarendale Clayton #2096**
**TUE, August 8** | 10-11:30 a.m.
Mark Etling | $12
The Science of Self: An Introduction to Personality
Who are you? This class will provide an overview of personality theory and research—the scientific study of individual differences. We will define personality, note the four primary schools of thought, discuss the essential methods for contemporary analysis, and introduce some basic vocabulary.

Clayton Oasis #2016 | #2016.V
THU, May 4 | 1:30-3 p.m.
Kathryn Ryan | $12

How Wide is Your Comfort Zone?
One of the most commonly-studied personality traits is the continuum known as Introversion-Extraversion. We will discuss the myths and realities of this trait. We will note the pros and cons of contemporary measures. We will also explore some of the common features and correlates of introversion-extraversion.

Clayton Oasis #2017 | #2017.V
THU May 11 | 1:30-3:30 p.m.
Kathryn Ryan | $12

The Science Behind Negative Emotions
The term neuroticism had its origin in psychotherapy but is now a vital descriptor for a personality trait. This trait describes a continuum from Emotional Stability—Neuroticism and is part of most personality trait systems. We will discuss the nature of neuroticism and its consequences.

Clayton Oasis #2018 | #2018.V
THU, May 25 | 1:30-3 p.m.
Kathryn Ryan | $12

The Many Faces of Narcissism
We will explore the many faces and facets of narcissism. This personality trait originated in psychoanalysis, and early measures were derived from the DSM of the American Psychiatric Association. However, it is most frequently found in non-clinical populations. This trait, narcissism, has many faces, including some that are hidden and others that are obvious.

Clayton Oasis #2019 | #2019.V
THU, June 1 | 1:30-3 p.m.
Kathryn Ryan | $12

Frankenstein’s Monster & Medical Ethics
Like Mary Shelley’s novel Frankenstein, recent advances in scientific experimentation force us to ponder several questions. Understand how far we have come from the time of Dr. Frankenstein’s monster, how far we may go, and how developments in medical ethics can help us understand the ensuing debates.

Clayton Oasis #2050 | #2050.V
TUE, July 25 | 1-3 p.m.
Ira J. Kodner, MD | $12

Ever-Advancing: Eco-Logical Explorations
Take a deep dive into ecology and environmental issues in this discussion group. Instructor, “Green Jean” Ponzi, will curate weekly reading materials and lead discussion on the following topics: Indigenous Perspectives, Climate Communications, Biophilia, Native Plants, Plastic, and more.

Shaw Park Pavilion Oasis #2105
THU, June 29-August 3 | 9:30-11 a.m.
Jean Ponzi | 6 Sessions | $42

Changes I’ve Seen in 50 Years of Medicine in St. Louis
Born in Kentucky and raised in St. Louis, Kodner earned his medical degrees at Washington University. After his residency in surgery and three years serving in the Army, he trained in colon and rectal surgery at the Cleveland Clinic. Kodner returned to St. Louis in 1975 to join a private practice and the faculty at the Washington University School of Medicine, where he helped build the renowned colon and rectal surgery program. Join us as he reflects on the changes in medicine over the past 50 years.

Clayton Oasis #2057 | #2057.V
TUE, August 15 | 1:30-3:30 p.m.
Ira J. Kodner, MD | $12

View the Sides of Self Bundle on page 3 to save on all 4 classes!
Oasis Everywhere Classes

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

Oasis Everywhere features classes that are entirely web-based but designed to provide the same interaction and intellectual stimulation that traditional in-person classrooms offer. It also has a dedicated registration system exclusively for Oasis Everywhere courses. Visit oasis everywhere.org to learn more!

Tai Chi for Arthritis for Fall Prevention
Tai Chi, an ancient Chinese tradition, is practiced as a graceful form of exercise. Learn Sun Style Tai Chi utilizing slow, focused movements and deep breathing to relieve pain, reduce stress, decrease fall risk, and improve balance, muscular strength, coordination, confidence, and mood. You will learn the Basic 6 and Advanced 6 forms from a certified instructor in this class.

MON/WED, May 1-June 28 | 3:30-4:30 p.m. *CST
No Class: 5/29 | Craig Miller | 17 Sessions | $119

Betty White, A National Treasure
Betty White started her entertainment career on radio in 1930 at the age of eight. She was a pioneer of early television, with a career spanning seven decades. Betty White was noted for her extensive work in the entertainment industry and for being one of the first women to work in front of and behind the camera. Join us as, through videos and discussion, we celebrate her prolific career as an entertainer and a humanitarian.

TUE, May 2 | 1-2 p.m. *CST
Glora Jennings | $10

Camera & Photos on the iPhone for iOS 16
This class has been revamped to cover new features in iOS 16! You will learn to use your iPhone’s camera, set up shots, and store photos. Basic photo editing on the iPhone will also be covered. Learn about Live Photo, creating photo albums, short memory movies, and how to share your photos with others. The best options for storing images on the Cloud will also be discussed.

TUE, May 9 | 2-4 p.m. *CST
Martha Bogart | $18

Painting as a Woman in the Early 20th Century
How did women artists deal with modernism, for which women were central subjects? What kinds of alternatives to the dominant narrative does the study of women’s work allow? This four-session class will focus on women’s art, primarily in France, Russia, and the United States.

WED, May 10-24 | 9-10:30 a.m. *CST
Grace Seiberling | 3 Sessions | $55

Exploring Google Drive for Desktop Computer or Laptop
This class provides an overview of Google Drive, specifically Google Docs (word processing). Learn how to store and back up your files to Google Drive, including PDFs, videos, audio files, and photos, so that you can access them from anywhere. Any file you have on your computer can be stored on Google Drive. Learn how to upload, create, edit, share, and organize your files in the Cloud. Google Drive is free as long as you have a Google account, which is also free. This class will introduce you to the desktop version of Google Drive, although a mobile version is also available. We recommend that you create a Google account before the class.

FRI, May 19 | 1-3 p.m. *CST
Martha Bogart | $18

Social Security: Changes, Updates, Strategies, & What the Future Holds
Pros and cons of Social Security before Full Retirement Age (FRA). New Retirement laws and how they affect Social Security and other retirement decisions. Should you withdraw from your 401(k) or other accounts so that you can defer Social Security? What does the “Social Security Trustees Report” tell us, and how to plan for upcoming changes.

TUE, May 23 | 1-2 p.m. *CST
Jake Yetterberg, CSA | $10
Geology of the Beach
One of the most enjoyable things about being at the beach in the summer is the acres and acres of sand. We love to wiggle our toes in it, build castles, and dig for clams. But as calm and simple as a sandy beach may appear, it is a dynamic environment resulting from a long and complex geologic history. In this class, we will explore the geologic processes that form, shape, and sometimes destroy the beach environment to develop a new appreciation of this iconic summer vacation destination. Please bring your favorite beach memories, and find out the role geology has played in helping you make them.

THU, June 8 | 1-2:30 p.m. *CST
David Turner, Ph.D. | $10

Taking a Deeper Dive into Google Drive
This one-hour class is designed for people who have already taken the Exploring Google Drive for Desktop Computer/Laptop class or are already familiar with the basics of Google Drive. Learn how to access and use templates in Google Drive, automatically back up and sync files on your computer to Google Drive, and save attachments in Gmail directly to Google Drive. Advanced Sharing options for files in Google Drive will be covered. We will also explore Google Forms and how to create, manage and collect responses from them. In addition, learn how to connect third-party apps to Google Docs, Sheets, and Slides for greater productivity.

FRI, June 9 | 11 a.m.-12 p.m. *CST
Martha Bogart | $18

Online Safety: The Basics
The use of the internet and connected devices increases yearly, as do the losses caused by online fraudsters. Learn who is most vulnerable to scams and why which types of scams are most prevalent, and how to spot them. Learn strategies and resources to help you help yourself and your loved ones navigate the internet safely and confidently and what to do if you find yourself the victim of a scam.

TUE, July 11 | 11 a.m.-12 p.m. *CST
Linda Schumacher | $18

All About Browsers
Browsers are your window to enjoying all the internet has to offer. This class covers the privacy and security concerns of internet browsing, including what tools are in the most popular browsers to help you control the information collected about you. You’ll learn how to clear your browsing history, use private browsing mode, and what the security and privacy settings within the browser do.

TUE, July 18 | 11 a.m.-1 p.m. *CST
Parks Smith | $18

Phishing & Identity Theft
If you have email, use social media, or even text on your mobile device, you are a target for phishing. Phishing is an attempt to trick you into divulging personal, confidential information a cybercriminal can use to steal money or even your identity. This course will teach you to recognize the hallmark signs of phishing and how to stay safer online.

TUE, July 25 | 11 a.m.-12 p.m. *CST
Linda Schumacher | $18

Going Wireless: How To Use Wi-Fi
Want Internet access on the go? Wi-Fi is the wireless Internet connection available at many coffee shops, libraries, and airports. You can also set up a Wi-Fi system at home. In this course, you will learn about Wi-Fi, where and how to get it, and the essential safety precautions you need to know.

TUE, August 1 | 11 a.m.-12 p.m. *CST
Linda Schumacher | $18
Power of Plants Summer Camp

Do you wish you had the chance to go to summer camp as a kid and never had the opportunity? Join us for a ‘summer camp’ experience with the Missouri Botanical Gardens in this once-per-week, three-week course this summer. Meet at Clayton Oasis, take a charter bus to the Missouri Botanical Gardens weeks 1 and 2, and Shaw Nature Reserve week 3.

Week 1: Meet our Missouri Native Plants. Field trip to Brightside, St. Louis, and Missouri Botanical Garden to see high-performance landscapes supporting pollinators and managing stormwater. Learn how ecological landscapes differ from ornamental plantings, why this is important - and how you can contribute, whether you have a pot on your patio or acreage.

Week 2: The Healing and Restorative Power of Plants. Field trip to Missouri Botanical Garden for a Journey to Wellness walk-in Seiwa En, the exquisite Japanese Garden, with Therapeutic Horticulture specialist Jeanne Carbone. This experience will draw on the energies of plants, water, stone, movement, and nature.

Week 3: Plants, People, Nature: A Super-Powered Relationship. Field trip to Shaw Nature Reserve to explore the Whitmire Wildflower Garden, a national leader in showcasing ecological landscaping with native plants, and the benefits these relationships will grow. Your guides: Whitmire horticulture staff teamed with Green Jean.

Meet at Clayton Oasis #2104
TUE, July 11-25 | 9 a.m.-12:30 p.m.
Jean Ponzi | 3 Sessions | $250

Meet Your Instructor, Jean Ponzi!
Jean Ponzi serves as Green Resources Manager at the Missouri Botanical Garden in St. Louis. A 28-year veteran of the Garden’s EarthWays Center team, “Green Jean” currently applies her sustainability expertise as manager of the St. Louis Green Business Challenge, operator of the Garden’s Green Resources Info Service, and on the leadership team for the regional initiative BiodiverseCity St. Louis. Her enviro-interview show Earthworms has logged over 33 years of conversations through KDHX St. Louis Independent Media as her volunteer community service. Jean is in demand as a speaker, writer, and media spokesperson, offering both practical options and ecological inspiration to local to national audiences.
Mercantile Library Tour: Pencils of the Frontier
Did you know that the St. Louis Mercantile Library is the oldest west of the Mississippi? Join us for a specialized tour focusing on the exhibit ‘Pencils on the Frontier: Sketches by Artist Explorers in the American West.’ View the one-of-a-kind works that the early residents and explorers of the American frontier created, preserving images of themselves, the people they met, and the landscape surrounding them. Details will follow upon registration.

St. Louis Mercantile Library #2828
FRI, June 30 | 10-11 a.m.
Julie Dunn-Morton | $17

Great Gals in the Gateway City
Hear the stories of women who changed their community and did extraordinary things throughout St. Louis history—and see the places where they made their mark on this two-hour city bus tour. Participants will meet at a local business on Cherokee Street in the City to hop on a chartered bus. Details will follow upon registration.

Outside #2106
THU, August 3 | 10 a.m.-12:30 p.m.
Elizabeth Eikmann | $75

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

The Fabulous Fox Theatre #2831
THU, August 3 | 10:30 a.m.-3 p.m.
Mary Saputo | $50

City Foundry & The SLU Campus
Join us at the City Foundry—“St. Louis’ newest destination, where more than a century of imagination, hustle, and soul comes together.” This walking tour winds through St. Louis University’s campus and finishes at the Food Hall in City Foundry. Details will follow upon registration.

Outside #2819
WED, June 7 | 10 a.m.
Douglas Schneider | $10

Exclusive Tour at the Contemporary Art Museum
Join us at the Contemporary Art Museum St. Louis for a tour led by Associate Curator Misa Jeffries. On view will be the vibrant work of Jacolby Satterwhite: Spirits Roaming on the Earth. CAM presents a wide range of Satterwhite’s media through 3D-animated films, immersive audio and video installations, sculptures, and new media works. Satterwhite creates digital worlds of resilience, reinvention, and celebration. Details will follow upon registration.

Contemporary Art Museum #2823
MON, June 12 | 10-11 a.m.
Misa Jeffries | $15

Private Tour Monet/Mitchell: Painting the French Landscape
Don’t miss Simon Kelly, Curator of Modern and Contemporary Art’s introduction to Monet/Mitchell: Painting the French Landscape Exhibition at St. Louis Art Museum. Your guided tour explores a view of two of the most experimental painters of the 20th century. The exhibit is the first in the United States to examine the complex dialogue between the work of the French Impressionist Claude Monet and the American Abstract Expressionist Joan Mitchell. Details will follow upon registration.

Saint Louis Art Museum #2824
THU, June 15 | 10-11:30 a.m.
Simon Kelly | $15

Back by Popular Demand!
Walking & Biking

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 about 3 miles, bring a water bottle and meals are purchased by participants. Pets are not allowed.

**Exploring the Meramec Greenway Ride** ✅
Let’s explore part of the Meramec Greenway from the Al Foster Trailhead. This ride is on asphalt, crushed limestone, packed dirt, and lightly traveled roads in the park. It is an out-and-back ride with the opportunity to stop at the parking lot. We will park at the second parking lot at Glencoe, MO, 63038. You went too far if you got to the Wabash Frisco Pacific railroad buildings. Restrooms are nearby. Approximately 15 miles.

*Outside #2800* 📍
*FRI, June 2 | 9 a.m.*
*Dan Winter | Free*

**Bike Forest Park with New Eyes**

*Outside #2811* 📍
*MON, June 5 | 9:30 a.m.*
*Carolyn Mueller Kelly & Parks Smith | $15*

**Tilles Park in Ladue Walk**
You have seen it as the Winter Wonderland Holiday Lights display—now enjoy walking on the flat paved route inside the park and surrounding neighborhood with a shorter one-mile option available. Join us afterward for optional lunch at the Hacienda’s shady patio in Manchester. Approximately 3 miles.

*Outside #2813* 📍
*TUE, June 6 | 9:30-11:30 a.m.*
*Sandy Harrington | Free*

**City Streets Ride**
Travel to some of our city neighborhoods and get more comfortable riding on city streets. Afterward, enjoy lunch at Hartford Coffee Company. Meet at Hartford Coffee at 3974 Hartford St, Saint Louis, MO 63116. Street parking is available. Approximately 17 miles.

*Outside #2801* 📍
*FRI, June 9 | 8 a.m.*
*Joyce Sherokow | Free*

**Busch Greenway at Duckett Creek Walk** ✅
Walk with us on the Busch Greenway alongside Duckett Creek on a paved trail to the Katie Trail. You will enjoy views of both the creek and Missouri River and the beautiful bluffs overlooking the River. Approximately 3 miles.

*Outside #2814* 📍
*TUE, June 13 | 9:30-11:30 a.m.*
*Vicky Egan | Free*

**Creve Coeur Lake to St. Charles Bike Ride**
Join us for a ride around Creve Coeur Lake and then over the Page Bridge to the Bike Stop Cafe in St. Charles. We will meet at the Creve Coeur Lake House Restaurant parking lot for the ride and return there for lunch. We will park on the north side of the Creve Coeur Lake Restaurant parking lot at 2160 Creve Coeur Mill Road. Restrooms are available on the trail and when we return to the restaurant. Approximately 20 miles.

*Outside #2802* 📍
*FRI, June 16 | 9 a.m.*
*Parks Smith | Free*
**Walk Dardenne Greenway to Legacy Park**
Meet with St. Charles Community College continuing education program specialist Debbie Macey in the Student Center building at St. Charles Community College to hear about the many outdoor adventures in their area. Step outside the back door and be on the Dardenne Greenway that winds through St. Charles Community College campus, woodlands, wetlands, neighborhoods, parks, and businesses to Legacy Park. Approximately 3 miles.

Outside #2815
THU, June 22 | 9:30-11:30 a.m.
Debbie Macey | Free

**Shrewsbury to Jefferson Barracks Ride on the River Des Peres & Mississippi Greenways**
Bike the River des Peres Greenway and Mississippi River Greenway along magnificent river views to Jefferson Barracks and back. Meet in the back parking lot of Shrewsbury Metrolink station, 7201 Lansdowne Ave, St. Louis, MO 63119. Restrooms are available along the greenway. Approximately 16 miles.

Outside #2803
FRI, June 23 | 9:30 a.m.
Brenda Jean Tripp | Free

**Weldon Spring Site Interpretive Center & Busch Greenway Ride**
Take a ride from the Weldon Spring Site Interpretive Center parking lot to the Hamburg Trail through the double track section of the Lost Valley Trail, to the Katy Trail, to the Busch Greenway, and back to the Interpretive Center. The ride is almost entirely on gravel, so using a bike with at least 35 MM-width tires is strongly recommended. This route has several hilly sections, but we will regroup at the top of the hills. Approximately 13-15 miles.

Outside #2804
THU, July 6 | 9:30 a.m.
Debbie Macey | Free

**Gravois Greenway (Grants Trail) Ride & Brunch at Sappington House**
Bike the Gravois Greenway from the trailhead in Kirkwood to the new bridge connecting the River Des Peres Greenway and back. We will bike to Sappington House for a late breakfast. If the weather is too hot, we will shorten the ride accordingly. Meet at the parking lot at the north end of Gravois Greenway (Grants Trail) on the north side of I-44. The address is 641 S. Holmes Ave. Restrooms available. Approximately 20 miles.

Outside #2805
FRI, August 18 | 8 a.m.
Parks Smith | Free

**Take the Forest Park Loop Ride on the St Vincent & Centennial Greenway**
Take a little tour of Forest Park, St. Vincent Greenway, and the Centennial Greenway on a ride through Clayton and University City. More than half of the route will be on bike paths. The rest will be on quiet neighborhood streets. Meet in the parking lot off Grand Drive facing the Jones Visitor and Education Center at 5595 Grand Dr. in Forest Park. It is just east of the Dwight Davis Tennis Center. Restrooms available. Approximately 12 miles.

Outside #2806
FRI, September 1 | 9 a.m.
Janice Branham | Free

Looking for something to do with the grandkids this summer? Check out our Intergenerational Tours at the St. Louis Aquarium on page 18 to learn more!
St. Charles to New Town Ride on the Boschert Greenway

Bike from St. Charles to New Town via Boschert Greenway and Fox Hill Park trails. Meet at the Bike Stop Cafe in St. Charles, 701 Riverside Dr, St Charles, MO 63301. Restrooms are available in the cafe. Approximately 12 miles.

Outside #2807  FRI, September 8 | 9:30 a.m.
Brenda Jean Tripp | Free

Meramec Greenway: Al Foster Trail Walk

Join us in Wildwood! You will walk a flat gravel trail to discover a miniature railroad, the Meramec River, a variety of birds, and more. A turnback option is available for a shorter walk. Approximately 3 miles.

Outside #2816  TUE, September 5 | 9:30-11:30 a.m.
Judith Novak | Free

Soccer Stadium Neighborhood Walk

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 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. Approximately 3 miles.

Outside #2817  TUE, September 12 | 9:30-11:30 a.m.
Douglas Schneider | Free

Edwardsville to Marine Ride

Join us for a beautiful Madison County Transit (MCT) trail ride. We will explore the landscape and communities between Edwardsville to Marine. We will stop for lunch and then return. Meet at Holiday Inn Express in Edwardsville is 1000 Plummer Dr, Edwardsville, IL 62025; restrooms inside; parking available. Approximately 28 miles.

Outside #2808  FRI, September 15 | 9:30 a.m.
Joyce Sherokow | Free

Forest Park Walk

Join us for a walk in Forest Park to explore the neighborhood along Skinker Boulevard, Lagoon Drive, and the top of Art Hill to view the renovated fountains and more. The hike will wind back down by the Boathouse and the Visitor Center. Afterward, enjoy an optional lunch at Missouri History Museum Café St Louis, with its breathtaking park views. Approximately 3 miles.

Outside #2818  TUE, September 19 | 9:30-11:30 a.m.
Norma Deen Juracsik | Free

Tower Grove South Neighborhood to River Des Peres Greenway & The Mississippi River Ride

Ride with us on the paved city streets to River Des Peres Greenway for views of our mighty Mississippi River. All are welcome to come early for coffee and a muffin. Meet at Laughing Bear Bakery at 4001 Utah, St. Louis, MO. Street parking and restrooms are available. Approximately 15 miles.

Outside #2809  WED, September 20 | 9:30 a.m.
Diana Oleskevich | Free

Forest Park & Centennial Greenway Ride

Join us at the Dennis and Judith Jones Visitor and Education Center to start on a beautiful bike ride through Forest Park and Centennial Greenway to the site of the 1904 Olympics. We will have lunch afterward at the Boathouse. Meet in the parking lot across from Jones Visitor and Education Center at 5595 Grand Dr. in Forest Park. Restrooms available. Approximately 15 miles.

Outside #2810  FRI, September 29 | 9:30 a.m.
Parks Smith | Free
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 October 14, 2022 through February 27, 2023. Your tribute gift helps support our mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Thank you!

In Honor of Marylen Mann
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In Memory of John Spehar
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In Honor of Oasis’ 40th Anniversary
Crown Center for Senior Living

Tribute recipients or their families receive a letter, without reference to an amount, to notify them of your gift. Visit oasisnet.org/donate or contact Lauren Finan at (314) 862-2933, ext. 261 to make your gift today!

2022 Donors
Oasis gratefully acknowledges the generous support of the following donors of $50 or more from January 1, 2022, through December 31, 2022. These contributions help Oasis provide innovative programming, civic leadership, and community partnerships to engage older adults in living an expansive and purposeful life. For updates or corrections to this list, please contact Lauren Finan, Development Coordinator, at lfinan@oasisnet.org or (314) 862-2933 ext 261.

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<td>801 W State Street</td>
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<td><strong>Chesterfield Community Center</strong></td>
<td>Next to Macy’s in Chesterfield Mall</td>
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<td>Chesterfield, MO 63017</td>
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<td><strong>Christ Our Redeemer</strong></td>
<td>13820 Old Jamestown Road</td>
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<td><strong>Clarendale Clayton</strong></td>
<td>7651 Clayton Road</td>
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<td><strong>Clayton Oasis—Center of Clayton</strong></td>
<td>50 Gay Avenue</td>
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<td><strong>First Congregational Church of Webster Groves—United Church of Christ</strong></td>
<td>10 West Lockwood Avenue</td>
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<tr>
<td><strong>The Fox Theater</strong></td>
<td>527 North Grand Boulevard</td>
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<td><strong>Historical Society Library</strong></td>
<td>225 S Skinker Boulevard</td>
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<td><strong>Holy Angels II</strong></td>
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<td><strong>Jefferson County Library – Northwest</strong></td>
<td>5680 Missouri PP</td>
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<td><strong>Jennings Civic Center</strong></td>
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<td><strong>St. Charles Library—Deer Run</strong></td>
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<td>5408 South Broadway Street</td>
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<td><strong>St. Louis Aquarium</strong></td>
<td>201 S 18th Street</td>
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<td><strong>St. Louis Art Museum</strong></td>
<td>1 Fine Arts Drive</td>
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<td><strong>STL County Library—Daniel Boone</strong></td>
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<td>1 University Boulevard</td>
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<td><strong>Thomas Dunn Learning Center</strong></td>
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<td><strong>Weathers/Owens Center</strong></td>
<td>1400 Old Missouri Avenue</td>
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Mail-In Registration Form

Visit stloasis.org, call (314) 862-4859 ext 24, or fill out and mail-in the form (please print) below to enroll. Note that some programs are “Hybrid” offering an option to join us online using Zoom or in-person.

<table>
<thead>
<tr>
<th>Class #</th>
<th>Class Title</th>
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*If the class is hybrid, please note which class setting you prefer - virtual or in-person

Total Class Fees: ____________________________

Donation to Oasis: __________________________

Grand Total: _______________________________

Payment
There are no refunds unless Oasis cancels the class.

☐ Cash  ☐ Check  ☐ Credit Card

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I release and discharge Oasis and all other sponsors, supporters, and all agents and persons acting for, and on behalf of such entities, from all claims or damages, demands, or actions whatsoever in any manner related to or growing out of my participation in programs, sponsored by Oasis, including, but not limited to educational, cultural, volunteer, physical fitness related programs, and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate. I understand that Oasis sponsors may use the Oasis mailing list for educational mailings. I understand that Oasis Institute to photograph or videotape me and use my name and image in Oasis materials and publicity. I authorize using my name and image in publications produced by the Oasis Institute partners and the media. I agree to be photographed or videotaped by the media for general publication.

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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.

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