Dear Oasis Friends,

Something a little different you’ll see in this fall catalog is information about Oasis and how we are planning for the future (see pages 23 and 24).

I am proud to lead Oasis and be part of an organization with deep ties to our communities, especially as we’ve been working on a strategic plan following our 40th anniversary. The Oasis “Build the Future” approach to an aging America will address increased lifespans, a shifting distribution in age ranges, and the importance of technology. Plans include expanding our technology literacy curriculum with workforce development resources to help older adults navigate an increasingly virtual job search process, develop the basic skills needed to thrive in a modern work environment and enable older adults experiencing income insecurity to find meaningful work. Oasis will also be expanding our intergenerational volunteer opportunities, building a much larger literacy tutoring cohort of volunteers, and we will develop a math and STEM tutoring program to complement our work in childhood literacy and mentorship.

A longer life needs to be a healthier life, a purposeful life, and a life filled with social connections. Oasis is preparing for the next 40 years of work to improve older adults’ lives and our community more broadly by positioning older adults as solutions to challenges in the workplace, in education, and for our overburdened healthcare system.

I hope as you register for classes occurring this fall, you’ll consider how you can “Build the Future” for yourself by taking part in our many offerings.

Thank you for believing in our mission. Your partnership is essential as we build the future together.

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 is 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.

COVID–19 Policy
We encourage participants to be vaccinated, consistent with CDC and BJC Healthcare guidance. Masks are not mandatory for in-person classes.

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

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 to 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.

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

H Hybrid Programs
For hybrid programs, you may choose to attend in person or online! There is 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.

IP In-Person Classes
These classes take place in-person at area locations!

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

Take more classes this fall and save! Once you have chosen the classes you would like to bundle, go online, and add the classes to your cart. Upon meeting the minimum requirements below, your discount will be automatically applied to your cart. Tours and exercise classes do not apply.

**Art & Entertainment**

**George Caleb Bingham & The River Paintings**
In the mid-nineteenth Century, self-taught Missouri artist George Caleb Bingham (1811-1879) earned a national reputation for paintings that defined the American frontier for curious eastern audiences. Today his river scenes (right) rank among American Art’s most cherished masterpieces. Learn the story behind these paintings, as iconic artworks and as historical records.

- **Clayton Oasis #3008 | 3008.V**
  - **TUE, September 5** | 1–2:30 p.m.
  - Dee Kilgo | $17

**Missouri, St. Louis, & The Artists of the West**
Karl Bodmer, Charles Wimar, Alfred Jacob Miller, George Catlin, and George Caleb Bingham are artists who introduced American and European audiences to St. Louis, the Mississippi River, and the West. Their iconic paintings are still displayed in museums today.

- **Eden Seminary #3077**
  - **THU, September 7** | 1–3 p.m.
  - Geoffrey Morrison | $17

**Rocking Your World**
Examine the influence of rock on Western culture and, in turn, how Western culture influenced rock. Learn about rock’s history from its early roots, through the British Invasion, Woodstock, and into the modern age.

- **Eden Seminary #3078**
  - **FRI, September 8-September 15** | 10 a.m.–12 p.m.
  - Richard Venn | 2 Sessions | $34

**The British Invasion**
Travel back to your youth with the aesthetic the British Invasion created! Put the groundbreaking sound into more historical and cultural context through this nostalgic program.

- **Clayton Oasis #3132 | 3132.V**
  - **TUE, September 12** | 1:30–2:30 p.m.
  - Kevin Fernlund | $17
**The Beginnings of Art**
When did 'Art' begin? Why did Art begin? How far back can we go in examining actual examples of what is considered 'Art'? This class will cover thousands of years of Art while focusing on the earliest proof that early humans had the desire to create.

Clayton Oasis #3018 | 3018.V  
**WED, September 20** | 10:30 a.m.–12:30 p.m.  
Carol Diaz-Granados | $17

**John Singer Sargent & the Portrait of Madame X**
In 1900, John Singer Sargent was the world's most celebrated portraitist. His most famous work today, the *Portrait of Madame X* (below), is among the Metropolitan Museum's most cherished masterpieces. Ironically, this portrait once prompted the young Sargent to consider giving up painting. This lecture provides an overview of Sargent's amazing career and a more in-depth account of the bizarre story behind the *Madame X* portrait and the firestorm it created at its 1884 debut at the Paris Salon.

Clayton Oasis #3015 | 3015.V  
**THU, September 14** | 10:30 a.m.–12 p.m.  
Dee Kilgo | $17

**The Most Beautiful Duets**
Enjoy some of the most beautiful duets from Hollywood classics like Show Boat, Oklahoma, The Music Man, and more. Remember stars like Jeannette MacDonald and Nelson Eddy, Kathryn Grayson and Mario Lanza, Gordon MacRae, and Shirley Jones. They don't make them like this anymore!

Clarendale Clayton #3070  
**THU, September 21** | 10–11 a.m.  
Mary Saputo | $17

**The St. Louis Coliseum: The First & the Best**
As the St. Louis’ 1904 World’s Fair lights went out, it had such an impact that it begged the question, would the lights go out in St. Louis? Learn what St. Louis did to combat the threat of irrelevancy and how the St. Louis Coliseum was part of that answer.

Eden Seminary #3084  
**FRI, September 22** | 10–11:30 a.m.  
Ed Golterman | $17

**50 Days to Greatness: The Muny & The American Theater**
Will St. Louis cancel the World’s Ad Clubs Convention as the U.S. enters the Great War or deliver greatness? Learn how this question led to the birth of the Muny with a nod to the American Theater located Downtown.

Eden Seminary #3087  
**FRI, September 29** | 10–11:30 a.m.  
Ed Golterman | $17

**The Two Lives of St. Louis’ Opera House: Aida to Gloria & Beyond**
Learn the secrets of the ups and downs of the well-known Opera House in St. Louis, which has lived under many names: Municipal Opera House, Kiel Opera House, Peabody Opera House, and now known as Stifel Theatre.

Eden Seminary #3140  
**FRI, October 6** | 10–11:30 a.m.  
Ed Golterman | $17

**Body Art Across Cultures: Polynesian Triangle, Japan, & China**
Delve into how far back we can trace body modification. Egypt, Rome, Japan, and China. We then turn to one of the earliest examples, makeup! We will cover ancient evidence for tattooing and the importance of the Polynesian Triangle.

Eden Seminary #3091  
**TUE, October 10** | 1–3 p.m.  
Carol Diaz-Granados | $17
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 of the upcoming Chesterfield Community Center classes below. For more details on classes and to register, please visit stloasis.org or flip through the catalog. The Chesterfield Community Center is located on the second floor of the Chesterfield Mall, next to Macy’s.

Create Your Own Masterpiece: Autumn Glow
Join us to create your own canvas masterpiece, ‘Autumn Glow.’ You will learn to blend paints and use specific brush strokes for your desired look...more on page 8.

Create Your Own Masterpiece: Harvest Pumpkin
Join us to create your own canvas masterpiece, ‘Harvest Pumpkin.’ You will learn to blend paints and specific brush strokes for your desired look...more on page 8.

Create Your Own Masterpiece: Starlight Sunset
Join us to create your own canvas masterpiece, ‘Starlight Sunset.’ You will learn to blend paints and specific brush strokes for your desired look...more on page 9.

Create Your Own Masterpiece: Let It Snow
Join us to create your own canvas masterpiece, ‘Let It Snow.’ You will learn to blend paints and specific brush strokes for your desired look...more on page 9.

Cardio Strength
A mix between low-impact cardio and functional strength, this workout will help improve your cardiac health and increase muscle mass and bone density. The functional strength part of the class...more on page 13.

Qi Gong
Qi gong enables you to explore the flow in your body and environment, energy, communication, and constellations with endless possibilities...more on page 13.

Easy Line Dancing
Even if you have two left feet, you can learn the basic steps of this line dancing class. Take part in learning new line dances and old classics...more on page 13.

Welcome to Medicare
Find out how Medicare works, get answers to your questions, and learn about your options to help you decide the coverage that best meets your needs. The seminar will include...more on page 17.

Galaxy Guest!
Celebrate Fall break with your grandchild by building and racing a balloon rocket. You’ll learn about black holes, exploding stars, and distant galaxies, all while having fun with your special young person...more on page 21.

Mysterious Mummies
Frozen on mountains, dried in deserts, and dumped in peat bogs, Mummies have glorious and gross histories. Celebrate fall break with mummy science and learn how to make a mummy...more on page 21.

St. Louis: The Cholera Epidemic of 1849
Examine the causes, the rapid spread of the cholera disease, and the St. Louis community’s response. Learn the challenges of...more on page 21.

History of Baseball
Do you want to know how baseball transformed from a pastoral game to a multi-billion dollar business? Learn about the stars...more on page 21.

The Cold War: Then & Now
This two-part series will trace the history of the Cold War from its beginnings during the Second World War to its demise with the fall of the Berlin Wall...more on page 22.

Flapper Era: The Gateway to Modernity
Join us for a fun, informative look at the ten years that changed America. Flappers of the Roaring 20’s discarded the corset and conservatism...more on page 27.

Bletchley Park: WWII Codebreakers
Bletchley Park was once the top-secret home of the World War II “Codebreakers”—a term coined about the over 9,000 men and women who...more on page 28.

Podcasts: Explained & Enjoyed!
Have you heard about podcasts but aren’t sure what the fuss is about? Bring your phones or...more on page 31.
Animation History: Tom & Jerry and Company
Before they changed television animation forever with their own company, William Hanna and Joseph Barbera spent 15 years as 'Animation's new wonder boys' making the original lavish Tom & Jerry cartoons for MGM studios. Learn the essential history of the once-grand MGM Animation Studio.

Olivette Community Center #3104  
FRI, October 13  |  10 a.m.–12 p.m.  
Jim Tudor  |  $17

Mary Wickes
Join us for a look at the career of St. Louis' beloved comedienne, Mary Wickes, from her early years growing up near WashU through her journey to Hollywood. You'll see endearing film clips from some of her favorite films, including ‘The Man Who Came to Dinner,’ ‘White Christmas,’ ‘The Trouble with Angels,’ and much more.

Eden Seminary #3093  
FRI, October 13  |  10:30–11:30 a.m.  
Mary Saputo  |  $17

Song Lyrics as Poetry: 1920s-1930s
From the Roaring 20s through the Great Depression and the run-up to WWII, we will experience poetic songs from the flappers, vaudeville, dust bowl blues, Americana, and even Broadway.

Olivette Community Center #3105  
MON, October 16  |  10:30 a.m.–12:30 p.m.  
Richard Losciale  |  $17

Love Me or Leave Me: A Century of Popular Romantic Music
Like memories awakened by the taste and aroma of long-forgotten food or drink, the popular songs of our youth and young adulthood may carry unique 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 #3038  |  3038.V  
TUE, October 17  |  1:30–3 p.m.  
Allen Schwab  |  $17

Animation History: Ralph Bakshi & Counterculture Animation
Who says Animation is just for kids? Certainly not Ralph Bakshi, the brazen force behind some of the most vital and eye-opening animations of the 1970s and ‘80s. From his early work on 1967’s Spider-Man to the X-rated Fritz the Cat to his controversial Mighty Mouse revival, Bakshi has effectively challenged the norms of this most versatile of art forms. Content Warning: This session deals with depictions of drug use, violence, and brief cartoon nudity.

Olivette Community Center #3110  
FRI, October 20  |  10 a.m.–12 p.m.  
Jim Tudor  |  $17

Song Lyrics as Poetry: 1940s-1950s
From WWII songs to the great return and the expansive 50s, we dive into Big Band torch and bebop tunes, the Beat Generation, early rock and roll, and folk songs. We will examine a song’s poetic properties and its connections to historical, sociological, and cultural constructs.

Olivette Community Center #3106  
MON, October 23  |  10:30 a.m.–12:30 p.m.  
Richard Losciale  |  $17

Body Art Across Cultures: Burma, Philippines, & Contemporary Cultures
Examine body art and modifications in Burma, the Philippines, Africa (scarification), Central America, and more. Then learn about historic body modifications of the Victorian era. Then we will move on to contemporary cultures to look at the current tattoo craze, piercings, and plastic surgery!

Eden Seminary #3095  
TUE, October 24  |  1–3 p.m.  
Carol Diaz-Granados  |  $17

Want More Body Art? Check out page 4!
**Walt Disney Classic Animation**
Get a detailed overview of the compelling story of one of America’s greatest success stories, the Walt Disney Animation Studio. This two-part course will focus on the company’s innovations, groundbreaking Animation, and its co-founder, Walt Disney.

Olivette Community Center #3119 | 3119.V
FRI, October 27–November 3 | 10 a.m.–12 p.m.
Jim Tudor | 2 Sessions | $34

**Olivia de Havilland**
A Hollywood legend, Miss de Havilland was known for much more than her demure Melanie in ‘Gone With The Wind.’ Her roles in the cinema ranged from dramatic to humorous to strength personified, not to mention her role off-screen when she took on a legal battle with the studio system that would impact actors’ contracts forever!

Clayton Oasis #3035 | 3035.V
FRI, October 27 | 1:30–2:30 p.m.
Mary Saputo | $17

**Song Lyrics as Poetry: 1960s-1970s**
We will enjoy the lyrical poetry of the British Invasion to the fusion of rock and folk, and country and the emergence of socially relevant theatre and psychedelia.

Olivette Community Center #3107
MON, October 30 | 10:30 a.m.–12:30 p.m.
Richard Losciale | $17

**Song Lyrics as Poetry: 1980s-1990s**
Along with rich musical selections, this program will examine each song’s poetic properties and its connections to historical, sociological, and cultural constructs. We will cover genres such as grunge and hip-hop, to the power of the Diva.

Olivette Community Center #3108
MON, November 6 | 10:30 a.m.–12:30 p.m.
Richard Losciale | $17

**Song Lyrics as Poetry: the 21st Century**
We will focus on emerging modern song styles and how their poetry reflects the times we are living in now. We will examine poetic properties and connections to historical, sociological, and cultural constructs.

Olivette Community Center #3109
MON, November 6 | 10:30 a.m.–12:30 p.m.
Richard Losciale | $17

**Doris Day**
Take advantage of this light-hearted presentation highlighting the film career of that quintessential all-American girl, Doris Day! This class will surely be a fun “Sentimental Journey,” from the bandstand to the recording studio to the big screen!

Clarendale Clayton #3075 | 3075.V
THU, November 16 | 1–2 p.m.
Mary Saputo | $17

**Missouri’s Fascinating Rock Art**
Missouri has one of the largest collections of American Indian rock art in the eastern United States. Learn about major rock art sites of the American West and discuss how Eastern rock art differs. Then review many of Missouri’s 150 rock art sites most of which are private property and have yet to be seen by the public.

Olivette Community Center #3124
MON, November 20 | 10:30 a.m.–12:30 p.m.
Carol Diaz-Granados | $17

**Hey Illinois residents!** Oasis is thrilled to have opened our new, permanent Oasis center in partnership with AgeSmart. We would love to welcome you to OUR new home and invite YOU to explore what Oasis has to offer. Check out page 32 to learn more!

**Art & Symbolism of the American Southwest**
This class will cover the major cultures of the Four Corners region of the American Southwest (Arizona, Colorado, Utah, and New Mexico). We will look at the outstanding artifacts and the fantastic architecture found there.

Clayton Oasis #3043 | 3043.V
TUE, November 21 | 10:30 a.m.–12:30 p.m.
Carol Diaz-Granados | $17

**A Hollywood Classic Christmas**
Get in the spirit of the Holidays with this festive presentation featuring movie trivia and film clips from your favorite Holiday Classics such as ‘Holiday Inn,’ ‘It’s a Wonderful Life,’ White Christmas, and so much more!

Olivette Community Center #3141 | 3141.V
THU, December 14 | 1–2 p.m.
Mary Saputo | $17
Writing Your Life
Learn all about journals, diaries, and memoirs from a professional writer who has kept his diary for almost 50 years. Whether you’re just starting to keep a diary or have one and are wondering what to do with it, here are answers to your questions.

Eden Seminary #3082
FRI, September 15 | 1–2:45 p.m.
David Linzee | $17

Create Your Own Masterpiece: Autumn Glow
Join us to create your own canvas masterpiece, ‘Autumn Glow.’ You will learn to blend paints and use specific brush strokes for your desired look. All supplies are included; you can bring snacks and drinks to add to the fun.

Chesterfield Community Center #3057
MON, September 18 | 1–3 p.m.
Sandi Illian | $38

Create Your Own Masterpiece: Harvest Pumpkin
Join us to create your own canvas masterpiece, ‘Harvest Pumpkin.’ You will learn to blend paints and specific brush strokes for your desired look. All supplies are included; you can bring snacks and drinks to add to the fun.

Chesterfield Community Center #3057
MON, October 16 | 1–3 p.m.
Sandi Illian | $38

Creative Writing
Join creative writing coach and editor Kim Lozano in this writing workshop introducing the basics of writing fiction, memoir, personal essay, and poetry. She’ll provide optional writing prompts, and class members can share their writing with the group and receive feedback. Kim’s work has been published in The Iowa Review, North American Review, American Life in Poetry, CRAFT, and many others. She blogs about writing at kimlozano.com.

Eden Seminary #3088
TUE, October 3–December 12 | 1–3 p.m.
Kim Lozano | 6 Sessions | $108

Creative Nonfiction Writing Workshop
When you have a story you want to tell, finding the proper structure is everything to help your work shine. Join us for a creative nonfiction writing workshop with poet and essayist Meredith McDonough where we will try on essay shapes until you find one that fits. As you develop your writing, we will explore the work of Annie Dillard, Bill Bryson, Jamaica Kincaid, and David Sedaris to discover their tips and tricks. Sessions will include workshops, discussions, conversations, and many opportunities for positive feedback. Writers of all levels are welcome.

Olivette Community Center #3121
THU, November 2–December 14 | 1–3 p.m.
Meredith McDonough | 6 Sessions | $108

Give 5
Are you interested in volunteering but need help determining where or how? Hop on the bus with us, explore nonprofits in our community, and discover where you can put your talents and interests to work. Give 5 connects volunteers with meaningful opportunities that best fit their passions and skill sets. Visit nonprofits that serve different populations in different locations throughout our community. Learn about the community challenges and the mission of each nonprofit to address these issues while exploring your future volunteer opportunities. Transportation and lunch are provided. A security check and/or ID may be required before entering some locations.

Clarendale Oasis #3745
MON, October 16–November 13 | 9:30 a.m.–3:30 p.m.
5 Sessions | Free

Presented By: UnitedHealthcare
Create Your Own Masterpiece: Starlight Sunset
Join us to create your own canvas masterpiece, ‘Starlight Sunset.’ You will learn to blend paints and specific brush strokes for your desired look. All supplies are included; you can bring snacks and drinks to add to the fun.
Chesterfield Community Center #3063  
MON, November 13 | 1–3 p.m.
Sandi Illian | $38

Create Your Own Masterpiece: Let It Snow
Join us to create your own canvas masterpiece, ‘Let It Snow.’ You will learn to blend paints and specific brush strokes for your desired look. All supplies are included; you can bring snacks and drinks to add to the fun.
Chesterfield Community Center #3066  
MON, December 11 | 1–3 p.m.
Sandi Illian | $38

Current Events

From Apollo to Artemis: A Brief History of US Space Exploration
Join us for a sweeping overview of US space exploration, which was partly about expanding the frontiers of knowledge in cooperation with other nations and partly a competition or proxy struggle for geopolitical and military advantage, first between the United States and the Soviet Union, and later between the United States and the People’s Republic of China.
Clayton Oasis #3130 | 3130.V  
MON, September 11 | 1:30–2:30 p.m.
Dr. Kevin Fernlund | $17

The Thucydides Trap: Is War with China Inevitable?
The phrase “Thucydides Trap” refers to a situation where a rising power causes fear in an established power, escalating toward war. Is a war between China, a rising power, and the United States, an established power, therefore inevitable? Or is there a way out of the trap?
Clayton Oasis #3131 | 3131.V  
THU, September 14 | 1:30–2:30 p.m.
Dr. Kevin Fernlund | $17

From Build-A-Bear to Delmar DivINe: A Conversation with Maxine Clark
Learn about entrepreneur Maxine Clark’s latest innovation for St. Louis–Delmar DivINe. Delmar DivINe is a campus with a unique vision and purpose to maximize efficiency, effectiveness, and impact of the nonprofit sector in the St. Louis region. Chat with Maxine and hear about her vision to transform of neighborhoods in North St. Louis City.
Clayton Oasis #3014 | 3014.V  
WED, September 13 | 10:30–11:30 a.m.
Maxine Clark | $20

Men’s Roundtable
Let’s talk! Join Clif Mahin and Jack Cancila to discuss world issues and politics. Our discussion group generally meets on the first and third Mondays of each month.
Clayton Oasis #3000  
MON, September 18–December 18 | 1:30 p.m.–3:30 p.m.
Clif Mahin | 7 Sessions | $42

Great Decisions: The Foreign Policy Association Discussion Group 2023
Great Decisions is America’s most extensive discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the documentary film series, and meeting to discuss America’s most critical global issues. Topics for this session include Energy Geopolitics, War Crimes, China and the US, Economic Warfare, Politics in Latin America, Global Famine, Iran and the US, and Climate Migration. Participants will receive a copy of the Great Decisions Briefing Book to keep.
Eden Seminary #3085  
FRI, September 22–November 10 | 1–2:30 p.m.
Roy Overmann | 8 Sessions | $80
Widely Advertised & Talked About Modern Medications
There are several modern drugs that are quite popular, advertised on TV, and very expensive. Often these are not covered by insurance. Learn what these drugs are, how they work, and their upsides and downsides. This class will feature a particular focus on biologic medications. Feel free to submit names of drugs you are curious about.

Eden Seminary #3089 | 3089.V
THU, October 5 | 1–2:30 p.m.
Ron Worthington | $17

Women’s Roundtable
Join the discussion with facilitator Linda Locke and talk about the current events that make you ’scream’! Please note this group meets every other week. *You can also read more about Lina below in our instructor spotlight!

Clayton Oasis #3001
MON, October 9–December 18 | 10:30 a.m.–12:30 p.m.
Linda Locke | 6 Sessions | $36

Instructor Spotlight: Linda Locke
Linda Locke leads the Women’s Roundtable, which meets for two hours twice a month. Although Linda had known about Oasis for some time, it wasn’t until last year that she considered leading a class. She met Chief Program Officer Juliet Simone at a Peace Corps Alumni event several years ago. Linda became more closely acquainted with the organization while working at her consultancy firm. After retiring, she stayed in touch with Oasis staff, so it was an easy decision when Juliet called to ask Linda to facilitate for Oasis. “It was natural to give my time as a retiree,” she says.

“One of my favorite things about the roundtable is that I am meeting people I likely would not have come across in other ways,” says Linda. “There is such a diversity of interests and backgrounds and deep experiences. People share things in the group and are often vulnerable – and that can be rewarding when we take off our shield and open up.” She notes that even when people may disagree on a topic, they are still respectful of each other. One of her students even remarked that the roundtable helped her see the humanity behind why people make certain decisions.

The group starts by identifying what makes them “screamful” (a term coined by her granddaughter).

After topics are identified, Linda seeks speakers and creates discussion questions. Topics have ranged from banned books, aspects of trans issues in the legislature, and student loan and default issues.

In addition to volunteering as an instructor, Linda is also a donor to Oasis. For Linda, Oasis is a way to keep her mind alive and engaged in topics she cares about. “Oasis helps you not be isolated. It’s a way to keep in touch with fellow travelers along life’s path and make new friends and connections.”

Outside of Oasis, Linda serves on several nonprofit boards in St. Louis. She believes deeply in community service and cares about food security, health care access, and arts and culture.

Want to learn more or register for the Women’s Roundtable? Check out the top right of this page!
Putin’s Vision of Russian History and the Invasion of Ukraine

Vladimir Putin has dreams of restoring Russia as a great power—militarily, culturally, and geopolitically. He invokes history, especially the hard-fought victory over Nazi Germany in World War II, to justify his attempt to subjugate Ukraine. He sees Ukraine as an agent of the West, ruled by neo-Nazis, and its liberal and democratic values as a direct threat to Russia. Learn why Putin believes Ukraine’s rightful place is in the Great Russian sphere.

ZOOM #3027
TUE, October 10 | 2–3 p.m.
Dr. Daniel Schlafly | $17

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Get Quizzy With It!

Name That Logo!
You’ve watched, heard, read, and have maybe even purchased “stuff” advertised throughout your life. Test your logo and product knowledge in this 2-hour run down memory lane! Join us for lots of pop history, fun, competition, and prizes.

Clayton Oasis #3020
FRI, September 22 | 10 a.m.–12 p.m.
Richard Losciale | $17

What’s My Line?
Join fellow “contestants” in a race to correctly guess secret careers. In this riff on the late 50s black and white TV quiz show, “What’s My Line?” contestants will be given a secret career that you and your peers must guess. Be careful; if you make up your career and it’s guessed, you might be in trouble!

Olivette Community Center #3122
MON, November 6 | 1–3 p.m.
Richard Losciale | $17

Name That Tune!
Is music your “jam”? Join us in Name That Tune! Snippets of songs, show tunes, theme songs, and more from the 50s and 60s TV and radio will be included. Sing along correctly with your friends in a thrilling guessing game and maybe even win a prize.

Eden Seminary #3100
FRI, December 1 | 1–3 p.m.
Richard Losciale | $17

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Ukraine’s Independence Struggle

How has Putin’s war changed Ukraine? What motivates the current conflict? The answers can be found in the history of Ukraine, the escalation of and preparation for the war, and corruption in government. What has this war destroyed? Why have they targeted civilians? What are the Russian financial and personnel losses, and how will they affect nearby countries long-term? *Instructor Vasym Tadzhi will share his personal experiences from growing up in Ukraine, his decision to flee until the situation stabilizes, and his prediction of how it will end.

Clayton Oasis #3031 | 3031V
THU, October 19–November 9 | 1–3 p.m.
Vasym Tadzhi | 4 Sessions | $68

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Donnybrook Taping & Reception

Be on the set of everyone’s favorite local debate program, Donnybrook, in the Nine PBS studio in Grand Center! See what happens when five quick-witted, highly opinionated St. Louis journalists disagree on tough topics—the issues are hot, and so is the discussion. It’s a high-energy, no-holds-barred debate on the week’s news topics. The panel of regulars tackles challenging issues and controversial subjects. Following the taping, enjoy light refreshments and meet the five combatants. Take advantage of this rare opportunity! Parking details provided upon registration.

Nine PBS #3830
THU, October 26 | 4:30 p.m.–7:30 p.m. | $50
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.

Marta Meness  
NW Jefferson County Senior Resource Center #3506  
MON/FRI, September 1–October 27 | 10:45–11:30 a.m.  
No Class: 9/4 | 16 Sessions | $24

NW Jefferson County Senior Resource Center #3507  
MON/FRI, October 30–December 15 | 10:45–11:30 a.m.  
14 Sessions | $21

Pat Atkins  
Jefferson County Library – Northwest #3501  
TUE/THU, September 5–October 26 | 9–9:45 a.m.  
16 Sessions | $24

Jefferson County Library – Northwest #3503  
TUE/THU, October 31–December 14 | 9–9:45 a.m.  
No Class: 11/23 | 13 Sessions | $19.50

Geraldine Talley  
Jefferson County Library – Northwest #3500  
MON/WED, September 6–October 25 | 9–9:45 a.m.  
15 Sessions | $22.50

Jefferson County Library – Northwest #3502  
MON/WED, October 30–December 13 | 9–9:45 a.m.  
14 Sessions | $21

Sharon Kirsch  
ZOOM #3508.V  
MON/WED, September 6–October 25 | 9:15–10 a.m.  
15 Sessions | $22.50

ZOOM #3509.V  
MON/WED, October 30–December 13 | 9:15–10 a.m.  
14 Sessions | $21

Jo Ann D. Roberts  
Christ Our Redeemer Church #3504  
MON/WED, September 6–October 25 | 9:30–10:15 a.m.  
15 Sessions | $22.50

Christ Our Redeemer Church #3505  
MON/WED, October 30–December 13 | 9:30–10:15 a.m.  
14 Sessions | $21

**Strengthen & Stretch**
Low-impact aerobics, strength training, flexibility, and balance exercises—a total body workout! The ability to move freestanding without a chair is necessary, but floorwork is optional. Virtual sessions will be in Zoom’s interactive mode, allowing others to see and hear you.

Cathy Johnson  
Clayton Oasis #3400  
TUE/THU, September 5–October 26 | 10:30–11:30 a.m.  
16 Sessions | $136

Clayton Oasis #3401  
TUE/THU, October 31–December 14 | 10:30–11:30 a.m.  
No Class 11/23 | 13 Sessions | $110.50

Idaria K. Goodwin  
ZOOM #3418.V  
TUE/THU, September 5–October 26 | 10:30–11:30 a.m.  
16 Sessions | $96

ZOOM #3419.V  
TUE/THU, October 31–December 14 | 10:30–11:30 a.m.  
No Class 11/23 | 13 Sessions | $78

AgeSmart - O’Fallon #2138  
MON/WED, September 18–November 8 | 1:30–2:30 p.m. | 6 Sessions | $70

AgeSmart - O’Fallon #2139  
MON/WED, November 13–December 13 | 1:30–2:30 p.m. | 10 Sessions | $44

**Intermediate Pilates**
A complete body workout that will strengthen and tone muscles, build strength and stamina, improve posture, breathing, flexibility, and balance. Pre-registration is needed, a minimum of 9 to 12 months of previous experience, a pilates mat, and instructor approval. More of a beginner? Check out Beginning Pilates on page 14!

Heather Needleman  
ZOOM #3416.V  
TUE, September 5–October 24 | 11:45 a.m.–12:45 p.m.  
8 Sessions | $48

Clayton Oasis #3404  
WED, September 6–October 25 | 2:30–3:30 p.m.  
8 Sessions | $68

ZOOM #3417.V  
TUE, October 31–December 12 | 11:45 a.m.–12:45 p.m.  
7 Sessions | $42

Clayton Oasis #3405  
WED, November 1–December 13 | 2:30–3:30 p.m.  
7 Sessions | $59.50

Don’t Miss Our Walking & Biking Tours on page 41!
Cardio Strength
A mix between low-impact cardio and functional strength, this workout will help improve your cardiac health and increase muscle mass and bone density. The functional strength part of the class will help you perform activities in everyday life more easily. A great 2-for-1 course to maximize your time!

Strive 2 Fitness
Eden Seminary #3425
TUE/THU, September 5–October 5 | 1–2 p.m.
10 Sessions | $85

Eden Seminary #3429
TUE/THU, October 10–November 9 | 1–2 p.m.
10 Sessions | $85

Eden Seminary #3426
TUE/THU, November 14–December 14 | 10:30–11:30 a.m.
No Class: 11/23 | 9 Sessions | $76.50

Chesterfield Community Center #3422
MON/WED, September 6–October 4 | 9:30–10:30 a.m.
9 Sessions | $76.50

Chesterfield Community Center #3430
TUE/THU, October 10–November 9 | 1:30–3 p.m.
10 Sessions | $85

Chesterfield Community Center #3413
TUE/THU, November 14–December 14 | 1:30–3 p.m.
No Class: 11/23 | 9 Sessions | $76.50

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

Muhammad Adegboye
Chesterfield Community Center #3412
TUE/THU, September 5–October 5 | 1:30–3 p.m.
10 Sessions | $85

Chesterfield Community Center #3430
TUE/THU, October 10–November 9 | 1:30–3 p.m.
10 Sessions | $85

Chesterfield Community Center #3413
TUE/THU, November 14–December 14 | 1:30–3 p.m.
No Class: 11/23 | 9 Sessions | $76.50

Spring 2024 Kickoff

Spring Kickoff! Spring 2024 Classes Preview Event
You are invited to join us in person at St. Louis Oasis for a festive kickoff to the Spring 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. **Register for classes during the event and receive a 10% off** if you enroll in courses totaling $25 or more to use towards your purchase; only applicable at the event!

Clayton Oasis #3049 | 3049.V
WED, December 13 | 10–11:30 a.m. | Free

Kenytha Harvey
Olivette Community Center #3427
TUE/THU, October 3–November 2 | 10–11 a.m.
10 Sessions | $85

Olivette Community Center #3428
TUE/THU, November 7–December 14 | 10–11 a.m.
No Class: 11/23 | 11 Sessions | $93.50
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.

Jo Ann D. Roberts
Jennings Civic Center #3450
MON/WED, September 6–October 25 | 11 a.m.–12 p.m.
15 Sessions | Free

Jennings Civic Center #3451
MON/WED, October 30–December 13 | 11 a.m.–12 p.m.
14 Sessions | Free

Craig Miller
Eden Seminary #3454
MON/WED, September 6–October 4 | 1:30–2:30 p.m.
9 Sessions | $76.50

Eden Seminary #3457
MON/WED, October 9–November 8 | 1:30–2:30 p.m.
10 Sessions | $85

Eden Seminary #3455
MON, WED, November 13–December 13 | 1:30–2:30 p.m.
10 Sessions | $85

Dina Fachin
Olivette Community Center #3456
THU, October 5–December 14 | 12:30–1:30 p.m.
No Class: 11/23 | 10 Sessions | $85

Donna Pesek
Eden Seminary #3453
WED, November 1–December 13 | 10:30–11:30 a.m.
7 Sessions | $59.50

Easy Line Dancing
Even if you have two left feet, you can learn the basic steps of this line dancing class. Take part in learning new line dances and old classics specially 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 J. Merlin
Chesterfield Community Center #3410
WED, September 6–October 18 | 10:30–11:30 a.m.
No Class: 9/27 | 6 Sessions | $51

Chesterfield Community Center #3411
WED, November 1–December 6 | 10:30–11:30 a.m.
6 Sessions | $51

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. Courses 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
Clayton Oasis #3408
WED, September 6–October 25 | 1–2 p.m.
8 Sessions | $68

Clayton Oasis #3409
WED, November 1–December 13 | 1–2 p.m.
7 Sessions | $59.50

Beginning Pilates
A complete body workout that will strengthen and tone muscles, build strength and stamina, improve posture, breathing, flexibility, and balance. Pre-registration is required before the session begins to attend. Class Requirements: Participants can do floor exercises; Participants provide their own Pilates mat. **Basically a pro? Check out Intermediate Pilates on page 12!**

Heather Needleman
Clayton Oasis #3402
WED, September 6–October 25 | 1:15–2:15 p.m.
8 Sessions | $68

Clayton Oasis #3403
WED, November 1–December 13 | 1:15–2:15 p.m.
7 Sessions | $59.50

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 on page 5 or simply peruse the catalog for more.

The Chesterfield Community Center is located on the second floor of the Chesterfield Mall, next to Macy's.
Stand Strong, Live Long

Understand your risks and learn how to prevent a fall this September with Oasis! Oasis is partnering with health professionals and experts to present a free day-long event full of scheduled presentations, activities, and health screenings centered on fall prevention. Join us virtually, in person, or BOTH for Stand Strong, Live Long! All events are FREE.

**Virtual Stand Strong, Live Long**

Hear from national experts on various topics related to fall prevention. Check out the dynamic, fast-paced virtual agenda option by scanning the QR code or visit stloasis.org/VirtualStandStrong

Zoom #3138  WED, September 20
12–3 p.m. CST

**In-Person Stand Strong, Live Long**

Hear from national experts on a wide variety of topics related to fall prevention. Learn more about the in-person options by visiting stloasis.org/StandStrong or scan the QR code.

Christian Hospital #3128  FRI, September 22
10–12:30 p.m.

AgeSmart #3129  FRI, September 29
1:30–3:30 p.m.

**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 to avoid sitting on the floor. This class will be in presentation mode; you can see and hear the instructor, but all participants will not be able to see or hear one another.

Cynthia Fernandez  
ZOOM #3420V  
THU, September 7–October 26 | 11:45 a.m.–12:45 p.m.  
8 Sessions | $48

ZOOM #3421V  
THU, November 2–December 14 | 11:45 a.m.–12:45 p.m.  
No Class 11/23 | 6 Sessions | $36

**Line Dance**

This traditional line dance class offers benefits beyond the 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; no partner needed.

Vitality In Motion  
Clayton Oasis #3406  
MON, September 11–October 23 | 1–2 p.m.  
7 Sessions | $59.50

Clayton Oasis #3407  
MON, October 30–December 11 | 1–2 p.m.  
7 Sessions | $59.50

**Tai Chi**

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. Be sure to bring water and wear loose clothing and flat shoes.

Idaria K. Goodwin  
AgeSmart - O’Fallon, IL #2131  
MON/WED, September 18–November 8 | 12–1 p.m.  
16 Sessions | Free

AgeSmart - O’Fallon, IL #2132  
MON/WED, November 13–December 13 | 12–1 p.m.  
10 Sessions | Free

Don’t Miss Our Walking & Biking Tours on page 41!
**Yoga for Vitality & Flexibility**
Great for the beginner and experienced yogi. This class focuses on flexibility, a lightness of the body, and a sense of calm energy through the practice of stability and steadiness in the body. Allowing the breath to inspire movement, you will create space and freedom in your mind, body, and spirit. Variations will be offered to meet the individual needs. Set yourself free with Yoga!

*Eden Seminary #3424*
**TUE, October 17–December 12 | 10:30–11:30 a.m.**
Donna Gorvo | 9 Sessions | $76.50

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**Health**

**Aging Mastery Program®**
In this free 10-week program, you will build your personal playbook for aging well. The Aging Mastery Program®, developed by the National Council on Aging, incorporates evidence-informed materials, expert speakers, group discussion, and peer support to encourage health and longevity. Guest speakers will discuss topics on healthy eating, falls prevention, physical activity, healthy relationships, financial fitness, online safety, sleep hygiene, medication management, community engagement, and more. Meet new friends and encourage one another as you take the Aging Mastery journey together!

*Oasis Health Facilitators*
**O’Fallon YMCA – Illinois #3660**
**THU, September 7–November 9 | 10 a.m.–12 p.m.**
10 Sessions | Free

*Richardson Heights Memorial Library #3661*
**MON, September 11–November 13 | 1–3 p.m.**
10 Sessions | Free

**Better Choices, Better Health – Diabetes**
Living with diabetes can present many challenges, such as knowing how and when to eat, living your life so you can avoid complications, and getting the support you want from family and friends. Developed and tested at Stanford University, a Better Choices, Better Health®-Diabetes workshop can help you: Understand how to eat with diabetes while still making it enjoyable; Monitor and manage your blood sugar; Start or maintain a regular exercise program; Communicate better with family, friends, and your medical team; Design your self-management program. Register online now!

*Oasis Health Facilitators*  
**ZOOM #3604.V**  
**THU, September 7–October 19 | 1–3:30 p.m.**
Oasis Health Facilitators | 7 Sessions | Free

**Over the Counter and On the Web**
Over-the-counter pain medications such as Tylenol are convenient and in almost everyone’s medicine cabinet. However, they have some risks—especially if you have existing chronic health conditions or take prescription medications. This 6-week program will teach you the basics of pain medications and how the internet can be used as a tool to improve your health.

*St. Charles County Library – Kathryn Linnemann #3900*
**MON, October 16–November 20 | 1–2:30PM**
Oasis Health Facilitators | 6 Sessions | Free

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

*Oasis Health Facilitators*  
**Jefferson County Library — Arnold #3632**  
**FRI, September 8–October 27 | 10 a.m.–12 p.m.**  
8 Sessions | Free

**Thomas Dunn Learning Center #3630**  
**MON, September 11–October 30 | 1–3 p.m.**  
8 Sessions | Free

**St. Charles County Library — Corporate Parkway #3635**  
**THU, September 21–November 9 | 10 a.m.–12 p.m.**  
8 Sessions | Free

**Olivette Community Center #3631**  
**THU, October 12–December 7 | 10 a.m.–12 p.m.**  
No Class: 11/23 | 8 Sessions | Free

**O’Fallon Public Library – Illinois #3634**  
**TUE, October 17–December 5 | 10 a.m.–12 p.m.**  
8 Sessions | 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  
ZOOM #3603.V 
WED, September 13–October 25 | 9:30 a.m.–12 p.m.
7 Sessions | Free
St. Charles County Library – Spencer Road #3602 
TUE, October 3–November 14 | 10 a.m.–12:30 p.m.
7 Sessions | Free
Olivette Community Center #3600 
TUE, October 24–December 5 | 10 a.m.–12:30 p.m.
7 Sessions | Free
Eden Seminary #3601 
THU, November 2–December 21 | 10 a.m.–12:30 p.m.
No Class: 11/23 | 7 Sessions | Free

Welcome to Medicare
Find out how Medicare works, get answers to your questions, and learn about your options to help you decide the coverage that best meets your needs. The seminar will include Original Medicare (Part A & B) and Prescription Drug Plans (Part D), Medicare Supplement (Medigap) and Medicare Advantage (HMO and PPO) plans.

Wilma Schmitz  
Chesterfield Community Center #3050 
THU, September 14 | 10–11:30 a.m. | Free
Clayton Oasis #3017 
TUE, September 19 | 1–2:30 p.m. | Free
Eden Seminary #3083 
THU, September 21 | 1–2:30 p.m. | Free

All About Artificial Sweeteners
New research is constantly released on how our food impacts diabetes risk and management. Learn the latest on artificial sweeteners and sugar’s role in your health from a Registered Dietitian.

ZOOM #3552.V 
TUE, September 19 | 10 a.m.–12 p.m.
Kimberly Hoff, Pharm D, BCPS, BCACP, CDE | Free

Preparing for Medicare Open Enrollment
During Medicare Open Enrollment (October 15 through December 7), you can join, switch, or drop Medicare Advantage and Medicare Part D drug plans. The annual Open Enrollment period does not apply to Medigap or Medicare supplemental plans. Your choices during Open Enrollment could save (or cost) you hundreds of dollars out of pocket—and even impact your health.

Wilma Schmitz  
Clarendale Clayton #3071 
MON, October 2 | 10–11:30 a.m. | Free
Olivette Community Center #3102 
THU, October 5 | 1–2:30 p.m. | Free

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

WRAP® Facilitators  
AgeSmart – O’Fallon, IL #3691 
TUE, October 3–November 7 | 12:30–2:30 p.m.
6 Sessions | Free
Richmond Heights Memorial Library #3692 
WED, November 1–December 6 | 10 a.m.–12 p.m.
6 Sessions | Free

BUILD THE FUTURE
Reimagine Aging in America with Oasis

Learn more on page 23.
ADULTS WITH ASTHMA, YOU MAY BE ELIGIBLE

Are you over age 50 and ready to take better control of your asthma?

Join our free program:

• Learn how to better control your asthma
• Learn how to reduce exposure to asthma triggers by making your home healthier
• Receive free asthma & allergy friendly® CERTIFIED products (air cleaner, pillows, and more)
• Receive membership in a community of people like you

For more information or to join a group:
st-louis.oasisnet.org/heal or 314-687-1116

CLASSES BEGIN SOON
How to Become a Highly Motivated Person with Diabetes
Learn the seven healthy habits of a motivated diabetic, including extensive nutrition and exercise specifics. These habits promote enhanced life quality. Utilizing these habits allows one to control their life compared to diabetes controlling their life.

ZOOM #3555.V
WED, October 25 | 10:30 a.m.–12 p.m.
Kimberly Hoff, Pharm D, BCPS, BCACP, CDE | $7

Healthy Living for Your Brain and Body
Find out about diet, nutrition, exercise, cognitive activity, and social engagement research. We will use hands-on tools to help you incorporate these tips into a plan for healthy aging.

Clayton Oasis #3557 | 3557.V
MON, November 13 | 10:30–11:30 a.m.
Oasis Health Facilitators | Free

Why did the United States Need a Constitution?
During the colonial era, each colony had some government structure. During the War for Independence, the Constitutional Congress created a form of government under the Articles of Confederation. Why was it necessary to create a new form of government?

Clayton Oasis #3007 | 3007.V
TUE, September 5 | 10:30 a.m.–12 p.m.
Bonnie Vega | $20

ISHI: The Last of His Tribe
View a vital documentary about a very special individual—ISHI. He was an Native American who walked down from the California hills into the town of Oroville in 1911, starving and ill, then placed in jail. His family and entire tribe had been murdered in the 1880s. An update and discussion will follow the film. An essential and poignant story that all Americans should know.

Clayton Oasis #3013 | 3013.V
WED, September 6 | 10:30 a.m.–12:30 p.m.
Carol Diaz-Granados | $17

Stress Elimination
Are you 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. Stress is our body's instinctual “fight or flight” response—a primitive reaction to threatening situations. While we cannot avoid life's stress triggers, we can learn coping techniques using our body and mind. Clinical pharmacist Kim Hoff guides you through evidence-based practices to eliminate the harmful effects of stress.

Southwest Baptist Church #3556
THU, November 30 | 10 a.m.–12 p.m.
Kimberly Hoff, Pharm D, BCPS, BCACP, CDE | $7

The Cold War: Then & Now
Examine the history of the Cold War, its roots in World War II, how it spawned conflicts like the Korean War and Vietnam, how close it came to a major conflict during the Cuban Missile Crisis, and its demise with the fall of the Berlin Wall and the Soviet Union. Students will meet the players who helped shape the Cold War, learn how the legacy of the Cold War shapes foreign policy today, and if we are entering a new phase of the conflict today.

Clayton Oasis #3010 | 3010.V
FRI, September 8–15 | 10 a.m.–12 p.m.
Richard Venn | 2 Sessions | $34

Warmed in the Sunlight of Love: The Marriage of Ulysses & Julia Grant
Ulysses and Julia Grant were married for nearly forty years. Their relationship began in St. Louis but took them worldwide as the Grants rose to fame during the Civil War era. Historian and Curator Nick Sacco tells the story of Ulysses and Julia’s courtship, marriage, family life, and enduring love for each other.

Eden Seminary #3079
FRI, September 8 | 2–3 p.m.
Nick Sacco | $17

Travel to Italy, Boston, and even Iceland with Oasis and Collette. Head to page 37 to learn more about these amazing opportunities!
The Hill, Little Italy, & Italian Saint Louis
We’ll review the history of The Hill Neighborhood and the people who lived there from the 1800s to today. Instructor Johnny Rabbitt will share his personal perspective of The Hill, where his grandfather was born in 1890. Plus, we’ll travel through time to St. Louis’ own Little Italy, north of downtown and talk about the Italian community’s cultural influence, including clay mines and terra-cotta companies, pasta makers, bocce, soda bottlers, community leaders, sports figures, churches, schools, businesses like Magic Chef and Vopi Salami, Italian and Sicilian organizations, plus dozens of restaurants from Anthony’s to Zia’s.

Clayton Oasis #3012 | 3012V H
TUE, September 12 | 10:30–11:30 a.m.
Johnny Rabbitt | $20

The Smile of Reason: The 18th Century French Enlightenment
From Voltaire to Madame de Stael, civilization was advanced by believing in natural law, faith in justice, and tolerance. The sophisticated men and women who met at the Parisian salons were determined to change and improve their society, but in the end, they got more than they bargained for—the French Revolution.

Eden Seminary #3080 | 3081V IP
TUE, September 12 | 1–3 p.m.
Lucy Schmitz Morros | $17

Bizarre History of Early Medicine & Surgeries
Learn about the strange treatments and worthless patent medicines that were touted to cure all in the early 20th Century. Meet the outrageous hucksters, including the doctor who prescribed goat glans to increase male fertility. You’ll be amused and disturbed by this fascinating period in medical history.

Eden Seminary #3081 | 3081V H
THU, September 14 | 1–2 p.m.
Bev Schuetz | $20

The Constitutional Convention
After the Articles of Confederation failed, prominent Americans like George Washington, James Madison, and Alexander Hamilton felt it was necessary to create a strong federal government. The Constitutional Convention was held from May to September 1787. After four months and 600 compromises, the fifty-five delegates developed a new form of government.

Clayton Oasis #3016 | 3016V H
TUE, September 19 | 10:30 a.m.–12 p.m.
Bonnie Vega | $20

Women of the Founding Era
“Remember the Ladies,” wrote Abigail Adams to her husband John in 1776, but we often ignore them like the men of 1776. Come and explore the lives and roles of women in the last half of the eighteenth Century. In these sessions, we will analyze the era’s women, their obligations, stresses, and status. Learn about women as domestic partners in farming and small businesses that sustained most families in the founding generations. We will also look specifically at the roles played by women during the American Revolution and the founding of the new government.

Clarendale Clayton #3069 | P
WED, September 20–October 4 | 10 a.m.–12 p.m.
Joan Musbach | 3 Sessions | $60

History & Development of Trial by Jury
Learn the exciting story of Bushel’s Case from 1600’s British history, a criminal trial involving William Penn and William Mead, and other interesting moments from the past that contributed to the current jury system in the United States. This seminar will also look at modern U.S. applications and worldwide applications.

Thomas F. Eagleton Courthouse #3824 | P
THU, September 21 | 1:30–3 p.m.
Judge Rachel Marshall | $5

A Journey Through French History: Lives & Legacies of Three Remarkable Women in the 18th Century
Germaine de Staël was a French writer and intellectual who played a significant role in shaping European culture; Olympe de Gouges was a feminist activist and writer who fought for the rights of women and slaves during the French Revolution; Madeleine Sophie Barat was a nun who founded the Society of the Sacred Heart and was canonized by Pope Pius XI.

Clayton Oasis #3022 | 3022V H
TUE, September 26 | 1–3 p.m.
Lucy Schmitz Morros | $17
Exploring Annie Malone
We will explore multiple facets of Malone’s legacy. We will delve into stories about her philanthropy, business expansions, PORO College, politics, economic influence, music, and affiliation with the local Red Cross. Get a clear picture of the empire Annie Malone built that astonished not just Missouri but the world.

Get Together With the Grandkids!

Galaxy Guest!
Celebrate Fall break with your grandchild by building and racing a balloon rocket. You’ll learn about black holes, exploding stars, and distant galaxies, all while having fun with your special young person.

Chesterfield Community Center
Adult #3055 | Child #3056
FRI, October 13 | 1–2 p.m.
Stephanie Bearce | Adult $17, Child $12

Mysterious Mummies
Frozen on mountains, dried in deserts, and dumped in peat bogs, Mummies have glorious and gross histories. Celebrate fall break with mummy science and learn how to make a mummy.

Chesterfield Community Center
Adult #3059 | Child #3060
FRI, October 27 | 1–2 p.m.
Stephanie Bearce | Adult $17, Child $12

Women & The Fur Trade
The Fur Trade was supported by women in North America, both women settlers and American Indian women already living here, who played an essential part. With colorful slides, Jim Duncan explains the exciting and sometimes complicated relationship between the Fur Traders and their wives—whether European or American Indian.

Clayton Oasis #3023 | 3023.V
FRI, September 29 | 10:30 a.m.–12:30 p.m.
Jim Duncan | $17

St. Louis: The Cholera Epidemic of 1849
Examine the causes, the rapid spread of the cholera disease, and the St. Louis community’s response. Learn the challenges of gaining community responses to the epidemic and the lasting effects on St. Louis.

Chesterfield Community Center #3053
TUE, October 3 | 10 a.m.–12 p.m.
Geoffrey Morrison | $17

A Mosaic of Many Hearts: Tales of Merchants, Monks, Warriors, & Royalty
Come travel along the Silk Roads! In this four-week session, we’ll explore an era of exciting cultural exchange between Asia and Europe; all carried out by monks, merchants, and other motley voyagers.

Clayton Oasis #3024 | 3024.V
WED, October 4–25 | 10:30–11:30 a.m.
Nartana Premanchandra | 4 Sessions | $68

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

Chesterfield Community Center #3054
FRI, October 6–20 | 10 a.m.–12 p.m.
Richard Venn | 3 Sessions | $51

The Ratifications Conventions
The new Constitution was just a proposal. Elected conventions in nine of the thirteen states would have to ratify it before it could go into effect. For the next year, the greatest and most probing public debates in American history would take place in all thirteen states. The outcome was far from unanimous.

Clayton Oasis #3026 | 3026.V
FRI, October 6 | 10:30 a.m.–12 p.m.
Bonnie Vega | $20
Women of the Civil War
When we hear “The Civil War,” images of soldiers, statesmen, and generals come quickly to mind. But all these men had wives and mothers who stood behind or beside them, grieving, worrying, and enduring the trials of war as intensely as the men. This class will feature the lives of six women of the period. These women stand between the powerful and the anonymous, the famous and the ordinary. Their positions give us a perspective on the events that dramatically changed America. How did their marriages and relationships with the influential men of the times affect their lives? How did their lives affect the unfolding of the Story of America during turbulent times? How did they endure the challenges and pressures of their times?

Olivette Community Center #3103 | 3103.V
WED, October 11–25 | 1–3 p.m.
Joan Musbach | 3 Sessions | $60

Two Thomas Hart Bentons: The Senator & The Painter
The colorful lives of the controversial Thomas Hart Benton provide a fascinating look at two influential Missourians. One was the fiery senator who survived duels, championed territorial expansion, and fought to keep Missouri in the union. His namesake and great-grand-nephew became a famous 20th-century painter known for his stunning murals and the style known as regionalism. The lives of both Thomas Hart Bentons cover exciting and different periods in Missouri’s history.

Clayton Oasis #3028 | 3028.V
THU, October 12 | 10:30–11:30 a.m.
Bev Schuetz | $20

Civil Rights Legislation During the Reconstruction Era
The Reconstruction Era is arguably the most misunderstood period of American History. As the nation worked to rebuild itself, a civil rights movement began that aimed to expand citizenship and voting rights to newly freed African Americans. In this presentation, Historian and Curator Nick Sacco will highlight federal legislation that helped make Reconstruction the nation’s first civil rights movement.

Eden Seminary #3092 | 3092.V
THU, October 12 | 2–3 p.m.
Nick Sacco | $17

Give a SH!T
Toilets, toilet paper, flushing mechanisms, sewers, and water treatment plants are a relatively modern luxury. But managing feces (both human and animal) has been a critical component of human health since our ancestors gave up their nomadic lifestyle. Take a deep dive (figuratively, of course) into the evolution of human-feces relations and its impact on human health over millennia.

AgeSmart - O’Fallon, IL #3136 | 3136.V
FRI, October 13 | 1–2 p.m.
Juliet Simone | $12

The Central West End, the West End, Midtown, Mill Creek, & Grand Center
Join instructor Johnny Rabbitt for an in-depth virtual tour of these five adjoining neighborhoods and their histories. Hotels, residences, notable people, Gaslight Square, The DeBaliviere Strip, the world’s first cocktail party, private clubs, sports fields, an entire neighborhood that was lost, a dirigible dock, and noted businesses in the heart of St. Louis are explored.

Clayton Oasis #3030 | 3030.V
TUE, October 17 | 10:30–11:30 a.m.
Johnny Rabbitt | $20

The First United States Congress
After the Constitution was ratified, which was just a blueprint of government, the 1st Congressional Congress needed to implement it. The momentous legislation passed in the House and Senate, and the creation of the executive and judicial branches of government would set the new nation on its future path.

Clayton Oasis #3032 | 3032.V
FRI, October 20 | 10:30 a.m.–12 p.m.
Bonnie Vega | $20
In 2022 Oasis celebrated our 40th anniversary. Now, we look to the future in a world that has considerably changed, where living to 100 will soon be commonplace. To build the future, Oasis is Reimagining Aging so that all members of our communities have the opportunity to live expansive and purposeful lives.

The three central tenets of Oasis 40 years ago continue to be the core of its mission now: Lifelong Learning, Health & Wellness, and Civic Engagement through volunteering. The value of our mission is supported by study after study that shows: If we want society to age successfully, we must nurture our mind and body, and be part of something bigger than ourselves.

Each year Oasis provides communities across the country with over 5,500 lifelong learning classes, and 3,560 health and wellness classes that are either free or low-cost. And, we train more than 6,000 older adult volunteers to become literacy tutors, health facilitators or tech helpers.

Oasis has launched the Marylen Mann Leadership Circle in honor of the visionary ideas of our founder Marylen Mann. We invite you to join us.

Our Vision

Oasis is reimagining aging by shifting societal perceptions and creating opportunities for older adults nationwide.

We will extend the reach of our comprehensive programming, civic leadership, and community partnerships to every state and become the leading model for older adults to live expansive and purposeful lives.
Join the Marylen Mann Leadership Circle

*Help us forge a path into the future* to support aging with strength, connection, and purpose.

How Your Donation Helps
As Oasis Reimagines Aging, we are focusing on three critical areas of need in St. Louis.

**The Intergenerational Tutoring Program**
Your donation will help us recruit and train hundreds of new tutors.

**Workforce Development Through Technology Literacy**
Your donation will help us provide new and relevant technology programming to support the 21st century needs of older adults.

**Free classes in Communities of Need**
Your donation will support free programming, including lifelong learning and health and wellness classes to keep our region’s most vulnerable populations healthy, strong, and connected.

**Giving Levels**

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**Benefits Include:**

- Invitation to the exclusive Marylen Mann Leadership Circle Annual Gratitude Celebration
- A subscription to our insider newsletter
- Invitations to special events and classes
- Recognition in the Oasis annual report, on the Oasis website, and in the catalog

For more information or to join the Marylen Mann Leadership Circle, contact Jo Flannery at jflannery@oasisnet.org or (314) 687-1121. You may also visit stlouis.org/MMLC.
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.

urousnet.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
The Cold War: Then & Now
This two-part series will trace the history of the Cold War from its beginnings during the Second World War to its demise with the fall of the Berlin Wall and its potential re-emergence in the 21st Century with the current superpower tensions. Students will learn some of the newest information that has emerged with the opening of Soviet and Chinese sources and how this new data confirmed the beliefs or has dispelled the myths long held about the Cold War.

Chesterfield Community Center #3058 | 3058.V
MON, October 23–30 | 1–3 p.m.
Richard Venn | 2 Sessions | $34

Saint Louis in the American Revolution
The United States now goes “From Sea to Shining Sea” because of what happened in St. Louis on a May afternoon in 1780. While we were not part of the thirteen original colonies, the British attacked St. Louis. They killed and captured dozens of St. Louisans, and in turn, we attacked the British to get revenge. Learn about St. Louis’s role during the American Revolution and how we helped determine the boundaries of the United States at the Paris Peace Talks because we had kept the British from taking control of the Mississippi River.

Clayton Oasis #3033 | 3033.V
TUE, October 24 | 10:30 a.m.–12 p.m.
Douglas Schneider | $20

Native American History After Conquest: 1492-1860
Native Americans had occupied North America for 15,000 years before the European conquest began in 1492. For the next 400 years, their lives would be destroyed - 90% of the population would die and be removed from their ancestral lands.

Clarendale Clayton #3072 | 3072.V
WED, October 25 | 10–11:30 a.m.
Bonnie Vega | $20

Osage Soldiers: From Early in History to Their Place in U.S. Wars
The Osage nation produced some of the most famous warriors in early history—contemporary times more than matches their exceptional bravery and alliance with their French allies of the 18th Century. Learn more about their role in the U.S. Army Air Corps.

Clayton Oasis #3034 | 3034.V
THU, October 26 | 10:30 a.m.–12:30 p.m.
Jim Duncan | $17

The Life & Work of Senator Thomas F. Eagleton
Born in 1929, Thomas Eagleton was raised with a love for law, politics, and baseball. These early influences inspired him to pursue a career as a lawyer and politician. In 1956, at age 27, he was elected St. Louis’s youngest Circuit Attorney, which was the start of a lifelong public service career in which he never lost an election. Join several of Senator Eagleton’s former staffers to learn about his fascinating life of service and explore the newly installed exhibit displayed at the courthouse named in his honor.

Thomas F. Eagleton Courthouse #3829
THU, October 26 | 1:30–3 p.m.
Rachel Marshall | $5

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

AgeSmart - O'Fallon, IL #3138 | 3138.V
FRI, October 27 | 1–2:30 pm
Marissa Sandbothe | $12

Eden Seminary #3101
TUE, December 5 | 1–2:30 pm
Marissa Sandbothe | $17

Vlad the Impaler: The Historical Dracula
Better known as Vlad Tepes (the Impaler), this historical figure provided author Bram Stoker with a name and a template for his fictional Count Dracula. However, in his time and in Romania today-Vlad III, Dracula was known as a staunch defender of Christian Europe against the invading Muslim Ottoman Empire.

Clayton Oasis #3036 | 3036.V
MON, October 30 | 10:30 a.m.–12:30 p.m.
Andrew Michael Cooperman | $17

The Real Jesse James: Unmasking the Myth
Jesse James is regarded as one of the most notorious outlaws in American history. He is remembered as a bold robber of banks and trains who operated primarily in Missouri and a few neighboring states during the post-Civil War era of the mid-1800s. He became a legend during his lifetime and has remained a popular and often romanticized subject in American folklore. Jesse James is truly Missouri’s original bad boy.

Clayton Oasis #3037 | 3037.V
MON, October 30 | 1–2:30 p.m.
James Gerald Woodward | $17
The History of Video Games
Enjoy a lively and informative presentation on the history of computers and video games. We’ll start back in the 1950s with room-sized computers that could barely play tic-tac-toe and move forward, examining hardware and games that came out in each decade, all the way to the present and into the future. Mike Breault, a 30+ year game industry veteran, leads this discussion.

Olivette Community Center #3129 | 3129.V
MON, October 30 | 1–2 p.m.
Mike Breault | $17

Missouri, St. Louis, Slavery, & The Civil War, 1789-1861
Survey the political theories, slavery, and historical events that resulted in St. Louis’ and Missouri’s roles in the US Civil War. The Dred Scott decision and immigration will be discussed as significant issues that divided the border state of Missouri.

Olivette Community Center #3120 | 3120.V
WED, November 1 | 10 a.m.–12 p.m.
Geoffrey Morrison | $17

The History of the American Revolution
This series will examine the conflict that gave birth to the United States and laid the foundation for future revolutions and ideas of governance. Meet the people who helped shape the cause for independence and learn some myths about the American Revolution: Did Paul Revere really cry, “The British are coming”??

Eden Seminary #3097 | 3097.V
FRI, November 3–17 | 10 a.m.–12 p.m.
Richard Venn | 3 Sessions | $51

American Religion in the Colonial Era
The story of religion in America’s original 13 colonies often focuses on Puritans, Quakers, and other Protestants fleeing persecution in Europe, looking to build a community of like-minded believers. Protestants were in the majority, but the reality was far more diverse. Colonial America attracted believers from various backgrounds and beliefs, including Judaism, Catholicism, and more.

AgeSmart - O’Fallon, IL #2140
FRI, November 3 | 1–2:30 p.m
Bonnie Vega | $12

St. Louis in Wartime: WWI, WWII, Korea, & Vietnam
We’ll explore how the St. Louis community supported war efforts. Topics included: GM Chevrolet, Mallinckrodt Chemical, war bonds, victory gardens, brownouts and blackouts, civil defense wardens and shelters, the changing of street names such as Berlin to Pershing, military heroes, the search for spies, gas and food rationing, the development of Soldiers’ Memorial, Jefferson Barracks, sports, and entertainment, and more.

Clayton Oasis #3039 | 3039.V
TUE, November 7 | 10:30–11:30 a.m.
Johnny Rabbitt | $20

Flapper Era: The Gateway to Modernity
Join us for a fun, informative look at the ten years that changed America. Flappers of the Roaring 20’s discarded the corset and conservatism and defiantly brought dramatic changes to sexual mores, fashion, and culture. Thanks to F. Scott and Zelda Fitzgerald, Coco Chanel, and Clara Bow, society was never the same again.

Chesterfield Community Center #3061 | 3061.V
TUE, November 7 | 11 a.m.–12 p.m.
Bev Schuetz | $20
**Longer Lives: The Progress & The Price**

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

Olivette Community Center #3123  
**WED, November 8–15** 10–11:30 a.m.  
Juliet Claire Simone | 2 Sessions | $34

**Native American History After 1860**

After the Civil War, the United States Army undertook a policy of extermination and internment of the tribes west of the Mississippi. Those who lived through the ordeal would have their culture and livelihood taken away from them.

Clarendale Clayton #3074 | 3074.V  
**WED, November 8** 10–11:30 a.m.  
Bonnie Vega | $20

**Bletchley Park: WWII Codebreakers**

Bletchley Park was once the top-secret home of the World War II “Codebreakers”—the men and women who worked at the facility intercepting and cracking German war messages. We will discuss the history of Bletchley Park from 1939 to 1946, including stories of the men and women who worked at Bletchley Park. How the German messages were captured and decoded during the battle of the Atlantic broke the German Enigma and Lorenz codes and led to the Colossus computer’s development.

Chesterfield Community Center #3062  
**THU, November 9** 10 a.m.–12 p.m.  
Parks Smith | $17

**Greyfriars Kirk Cemetery**

Saunter through Edinburgh’s most interesting graveyard and discover its influence on literature and pop culture. Opened in 1620, Greyfriars Kirk isn’t filled with many famous occupants but has inspired famous writers for some of our most beloved stories for generations. You may know the story of the Skye Terrier, also known as Greyfriars Bobby, but there is so much more on the surface and buried below.

AgeSmart - O’Fallon, IL #3137  
**THU, November 9** 1–2 p.m.  
Juliet Simone | $12

**The Cherokee Migration Along Illinois State Highway 146**

The historic 800-mile trek from the Cherokee Nation, a southeastern tribe, to Indian Territory (now the state of Oklahoma) included a 60-mile journey through southern Illinois (now IL state highway 146). Chief of the Cherokees (1828–1866), John Ross, received permission from the US government to allow many of the Cherokees to remove themselves without military accompaniment. Missionary Daniel Butrick recorded almost daily the experiences of his fellow travelers along the journey. Our discussion hones in on the winter of 1838–39 across southern Illinois and Butrick’s eyewitness accounts of Cherokee encounters with local peoples during a very icy and cold winter.

AgeSmart - O’Fallon, IL #2142  
**THU, November 9** 2–3 p.m.  
Rowena McClinton, Ph.D | $12

**The Wilhelm Gustloff Tragedy**

The worst maritime disaster in history is also one of the least known. On January 30, 1945, German ship, Wilhelm Gustloff, was torpedoed by the Soviets resulting in over 9,000 German refugee deaths. Learn the sad story of these victims who passed in the icy Baltic Sea while trying to escape the wrath of the Red Army at the end of WWII.

Clayton Oasis #3040 | 3040.V  
**WED, November 15** 10:30 a.m.–12:30 p.m.  
Andrew Michael Cooperman | $17

**Why Still Read Moby Dick?**

Is Melville’s novel just a very long 19th Century story about the failed vengeance of a whaling captain on the vast white sperm whale which has so damaged and tormented him? 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 towering current fame.

Clayton Oasis #3041 | 3041.V  
**THU, November 16** 1:30–3 p.m.  
Allen Schwab | $17
Thanksgiving & the Civil War
During the American Civil War, President Abraham Lincoln issued two Thanksgiving proclamations. Thanksgiving was practiced by Americans both North and South, but strong disagreements emerged about the meaning of the holiday. In this presentation, Historian and Curator Nick Sacco will discuss the history of Thanksgiving and its origins in the United States.

Clayton Oasis #3042 | 3042.V
FRI, November 17 | 10:30–11:30 a.m.
Nick Sacco | $17

American Religion: 1776 – 1865
Evangelical Christianity was undoubtedly the most influential religious movement in the antebellum era, but it was not the only one. Throughout New England, many Christians began to espouse Unitarianism, a sect based on the importance of human reason. Evangelical Christians’ faith propelled them in their effort to improve both themselves and society as a whole. Some espoused an ideal of “perfectionism” and organized reform movements to root out sin, like the Temperance movement. Americans used religion to attack or defend slavery in the period from the American Revolution to the Civil War, including religious defenses against racism.

AgeSmart - O’Fallon, IL #2141
FRI, November 17 | 1–2:30 p.m.
Bonnie Vega | $12

Majesty of the Osage
Before European colonization, Missouri was home to the most influential American Indian nation west of the Mississippi: the Osage. Learn about their history, arts, and achievements and how they remain a prominent and vital nation on their reservation in Oklahoma.

Eden Seminary #3098
TUE, November 21 | 1–3 p.m.
Jim Duncan | $17

Foods & Drinks Invented in St. Louis
St. Louis is where a bunch of foods have been invented or made their debut: condiments, sandwiches, pastries, fairy floss, breakfast items, lots of confections, main dishes, tiger blood, salads, desserts, salad dressings, secret sauces, milk that does not need refrigeration. Plus, environmentally-friendly crackers. Class cocktails have been invented here, and craft cocktails are being created here. Mr. Lemp turned beer-making from a female-dominated trade into a male-dominated industry. And remember that St. Louis invented Tums!

Clayton Oasis #3044 | 3044.V
WED, November 29 | 10:30 a.m.–12 p.m.
Douglas Schneider | $17

Demanding & Preserving Nationhood: The Cherokee Trail of Tears through Missouri
The Cherokee Nation’s inherent attachment to their ancestral home, whose land base stretched from parts of present-day Alabama, Georgia, Tennessee, and North Carolina, sustained them as they traveled 800 miles through nine states, the last, Missouri, before reaching Indian Territory, now Oklahoma. A synopsis of the living monuments along the Trail of Tears will be shared, detailing their arduous journey before they reached the Mississippi River. After crossing the river, this presentation details their journey across Missouri to the northeastern Indian Territory. To commemorate the heavily trodden paths and thousands of people who survived and succumbed, the National Park Service and the National Trail of Tears Association have maintained over 2,000 miles of overland and water routes up to this time. Markers along Interstate I-44 and Highway 8 commemorate the multiple Cherokee peoples and their steely wills to maintain their time-honored ties to one another.

Clayton Oasis #3045 | 3045.V
THU, November 30 | 11:30 a.m.–12:30 p.m.
Rowena McClinton, Ph.D | $17
Clean Water, Soap, Bathhouses, & Sewers: St. Louis in the Progressive Era
The struggle to create pure drinking water, the desire for cleanliness, and the creation of public bathhouses culminated at the turn of the 20th Century during the Progressive Era. This presentation reveals the civic groups and individuals, such as the WED Club, Charlotte Rumbold, and Mayor Rolla Wells, who worked together. The 1904 World's Fair served as a catalyst for St. Louis reform.

Clayton Oasis #3046 | 3046.V
TUE, December 5 | 1–3 p.m.
Geoffrey Morrison | $17

The Political Alliance of Ulysses S. Grant & Frederick Douglass
Ulysses S. Grant and Frederick Douglass came from remarkably different backgrounds but became allies in the fight for expanded citizenship and voting rights for African Americans during the Reconstruction Era. The two men also embraced an attempt to annex Santo Domingo (present-day Dominican Republic) into the United States.

Clayton Oasis #3047 | 3047.V
FRI, December 8 | 10:30–11:30 a.m.
Nick Sacco | $17

Herod the Great
Revised by both Jews and Christians, King Herod of Judea nevertheless became known to history as “the Great.” Learn how this enigmatic figure overcame seemingly impossible odds to rule a Jewish state possessing a level of political stability, economic prosperity, architectural accomplishment, and international significance that it had not had since the days of King Solomon and would not have again until the birth of the modern State of Israel.

Olivette Community Center #3125 | 3125.V
MON, December 11 | 10:30 a.m.–12:30 p.m.
Andrew Michael Cooperman | $17

Giving Just a Little of Your Time Each Week...
+ Helps a Child Feel Important
+ Builds Self-Esteem
+ Encourages Reading & Learning

Share your love of reading with a student. Become a tutor, mentor, and friend by joining the Oasis Intergenerational Tutoring program.

One mentor, one student.
Two lives forever changed.

Flip to page 38 or visit tutoring.oasisnet.org to learn more.

Trains, Planes, Automobiles, & Riverboats: 260 Years of St. Louis Transportation
We'll present dozens of topics, photographs, and stories, including a review of Riverboats, ferries and bridges, the Pacific RR, Amtrak, and Union Station. There will also be items related to Balloon races, Lambert Field, Charles Lindbergh, McDonald Aircraft, Ozark Airlines, and the space race. Finally, we will round things out with a discussion on the Ford Model-T plant, the Dorris, Gardner, and Moon autos, Historic Automobile Row, and Route 66.

Clayton Oasis #3048 | 3048.V
TUE, December 12 | 10:30–11:30 a.m.
Johnny Rabbitt | $20
Acoustic Folk Music Jam Group
Join Oasis’ brand new Acoustic Folk Music Jam Group! Bring your guitar, banjo, fiddle, bass, dulcimer, mandolin, harmonica, autoharp (or others!), and jam out to old-timey songs, folk songs, and rock from the 60s and 70s and beyond. All levels, even newbies, are encouraged to join, and no one needs to be able to read music. Singing is encouraged. The group will collectively pick pieces to jam week-to-week but led by Lukas Simpson, musician and music instructor.

Eden Seminary #3127
TUE, September 5–October 10 | 11:30 a.m.–12:30 p.m.
Lukas Simpson | 6 Sessions | $100

Concert Band
Gene Rauscher
Improve your musical skills while making beautiful music with intermediate to advanced musicians. Public performance opportunities are available!

First Congregational UCC #3003
MON, September 11–December 11 | 10 a.m.–12 p.m.
14 Sessions | $140

Jazz Ensemble
Chuck Schuder
Two professional classical and jazz musicians lead this ensemble. Explore improvisation while playing both traditional and new music. New members wanted. Opportunities for public performance available!

First Congregational UCC #3002
THU, October 5–December 14
10 a.m.–12 p.m.
No Class: 11/23 | 10 Sessions | $100

Podcasts: Explained & Enjoyed!

Have you heard about podcasts but aren’t sure what the fuss is about? Do you want someone to guide you in finding interesting topics? Bring your phones or laptops; we’ve got an expert ready to show you! We will discover how to find free podcasts for fun, education, entertainment, and news.

Richard Losciale

Clayton Oasis #3006 | 3006.V
FRI, September 1 | 1:30–3:30 p.m. | $17
Chesterfield Community Center #3052
FRI, September 29 | 10 a.m.–12 p.m. | $17

Magical Ireland: Travelogue
Everybody wants to go to Ireland, and there’s a good reason for that! It’s an “easy” place to visit. They love Americans—they speak our language—the people are friendly and fun - and the scenery is breathtaking! Of course, many are descendants of Irish immigrants, so they want to see their ancestors’ origins! One out of 4 Americans are descendants of Irish immigrants. This program will have dozens of photos and stories of the instructor’s three trips to the Emerald Isle, visiting natural wonders, big cities, and small villages.

Jo Beck

Eden Seminary #3126
TUE, October 24–November 28 | 11:30 a.m.–12:30 p.m.
Lukas Simpson | 6 Sessions | $100

Come to the Concert!
Any and all music lovers are welcome!

First Congregational UCC #3002
THU, September 7
1:30–2:30 p.m.
Oasis is Open in the Metro East!

Hey Illinois residents! Oasis is thrilled to have opened our new, permanent Oasis center in partnership with AgeSmart. We would love to welcome you to OUR new home and invite YOU to explore what Oasis has to offer. As a leader in healthy aging, Oasis is committed to seeing older adults pursue vibrant, healthy, productive, and meaningful lives. Let us help you age healthily and happily! View this trimester’s Illinois classes below or visit our website, stlouis.org/AgeSmart.

Strengthen & Stretch
Low-impact aerobics, strength training, flexibility, and balance exercises—a total body workout! The ability to move freestanding without a chair is necessary, but floorwork is optional...more on page 12.

Stand Strong, Live Long
Understand your risks and learn how to prevent a fall this September with Oasis! Oasis is partnering with Ames Productions to present the documentary-style film Saving Claire to accompany health screenings...more on page 15.

Tai Chi
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...more on page 15.

Aging Mastery Program®
In this free 10-week program, you will build your personal playbook for aging well. The Aging Mastery Program®, developed by the National Council on Aging, incorporates evidence-informed materials, expert speakers, group discussion, and peer support to support health and longevity. Guest speakers will discuss...more on page 15.

Matter of Balance
Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to keep yourself on your feet. Stretches and light movements for improved flexibility and range of motion are introduced in the third class. This is a...more on page 16.

Wellness Recovery Action Plan® for Healthy Aging
WRAP® for Healthy Aging is a free workshop that anyone can use to feel less isolated and more in control of their life. Connect with peers and develop your personal Wellness Toolbox, and Plan...more on page 17.

Give a SH!T
Toilets, toilet paper, flushing mechanisms, sewers, and water treatment plants are a relatively modern luxury. But managing feces (both human and animal) has been a critical component of human health...more on page 22.

Ernest Hemingway: The Man Behind the Myth
We know him for his love of bullfighting, drinking, and revolutionary writing style, but who is the man behind the legend of Ernest Hemingway...more on page 26.

Greyfriars Kirk Cemetery
Saunter through Edinburgh’s most interesting graveyard and discover its influence on literature and pop culture. Opened in 1620, Greyfriars Kirk isn’t filled with many famous occupants...more on page 28.

The Cherokee Removal Along IL State Highway 146
The historic 800-mile trek from the Cherokee Nation, a southeastern tribe, to Indian Territory (now the state of Oklahoma) included a 60-mile journey through southern Illinois...more on page 28.

American Religion: 1776 – 1865
Evangelical Christianity was undoubtedly the most influential religious movement in the antebellum era, but it was not the only one. Throughout New England, many Christians began to espouse Unitarianism, a sect based on the importance of human reason...more on page 29.
Winning the Senior Dating Game
Join us to learn more about senior dating, the concept of The Special Friend, marriage and increased longevity, community, club, and church involvement, and sharing your journey. Protecting your online identity, hardening your passwords, scam awareness, therapeutic computing—what is it and what are its benefits, what never to do online. And an online dating site, real-time walkabout.

Richard Losciale
Clarendale Clayton #3067
WED, September 6 | 1–3 p.m. | $17

Eden Seminary #3096
THU, October 26 | 1–3 p.m. | $17

The Hardest Thing to Talk About
American culture doesn’t talk about death and dying. Our culture is youth-oriented and death-avoiding. End-of-life preparations often “begin” too late. Why is our culture like this? Join a conversation about narratives about end-of-life and topics of death and dying. If this session piques your interest, there is a 3-session workshop to take a deeper dive into the issue available.

Clayton Oasis #3021
MON, September 25 | 1–3 p.m.
Ed Koslin | $17

Conversations About End of Life
Join us for a three-session discussion group with thoughtful conversations about the end of life, dying, and death led by Ed Koslin. Each session will focus on a different topic surrounding end-of-life matters. Participants will be given a selected article, chapter, or passage to read before the session to guide each discussion. Participants are expected to be part of an engaged group to develop their narratives around end-of-life matters.

Clayton Oasis #3029
FRI, October 6–20 | 1:30–3 p.m.
Ed Koslin | 3 Sessions | $51

Relationships, Intimacy, & Sex Through the Lifespan
Journey through the experience of how relationships, intimacy, and sex can change (or not) in this two-part guided conversation with Kendra Holliday, a professional who has seen it all. Kendra is an expert facilitator and creates a comfortable and trusting environment for people to talk about things that can feel awkward or private. Open up and challenge negative stereotypes about sexuality and intimacy in older adulthood.

Eden Seminary #3094
FRI, October 20–27 | 10 a.m.–12 p.m.
Kendra Holliday | 2 Sessions | $34

Volunteerism for Retirees: Finding Your Fit
Are you searching for purpose after retirement and need help figuring out where to start? Community Connections are often hard to find and can feel overwhelming on where to begin. This program is designed to help you determine the volunteering experience you seek and the nearby opportunities available.

Olivette Community Center #3111
FRI, October 20 | 1–3 p.m.
Richard Losciale | $17

Part-Time Work after Full-Time Retirement
So you’re about to or have already retired?! This 2-hour session will help you inventory your preferences for part-time work and how to search for and apply for your ideal part-time work opportunity. All attendees will earn your instructor’s personalized letter of reference.

Olivette Community Center #3118
WED, October 25 | 1–3 p.m.
Richard Losciale | $17

Do you crave camaraderie, getting to know people, sharing stories about yourself, and feeling inspired? Spark is a program where participants meet once weekly for four weeks to enjoy and contribute to a free-flowing conversation exploring one central theme—what it means to you. A Spark! facilitator will guide the group through this program with “Where were you when” prompts to take you back in time and connect with peers. Join us and expand your horizons through this thought-provoking program.

Clayton Oasis #3011
FRI, September 8–29 | 1–2:30 p.m.
4 Sessions | $20
### Science

**The Tessellating Mathematics of MC Escher**
Explore the mathematics and art behind MC Escher’s tessellating woodcuts. Then create your own piece of tessellating artwork!

Clayton Oasis #3004 | 3004.V  
**FRI, September 1** | 10:30 a.m.–12 p.m.  
Teresa Huether | $17

**Homegrown National Park**
What if we could feel as Nature-rich in our yards and community spaces as in our great public parks? By growing a relationship with Native Plants, we can! Birds and pollinators will join your circle of friends, as Nature experience transforms stress, right outside your door. Illustrated by St. Louis examples, this talk invites all ages to join this person-powered conservation movement.

Clayton Oasis #3145 | 3145.V  
**TUE, November 14** | 10 a.m.–12 p.m.  
Jean Ponzi | $17

### Theology & Philosophy

**Depictions of God in the Old Testament**
Who is God in the Hebrew Scriptures? The transcendent one who speaks the universe into existence? The seemingly human one who forms the first man from dust? God in the Old Testament is all these and more. In this two-part series, we will examine the many depictions of God in the Hebrew Scriptures.

Clarendale Clayton #3068 | 3068.V  
**TUE, September 12–19** | 10–11:30 a.m.  
Mark Etling | 2 Sessions | $34

**The Case Against Christianity**
Join us to examine common proofs for God and the tenants of Christianity with an analytical eye.

Clayton Oasis #3025 | 3025.V  
**THU, September 21–28** | 1–3 p.m.  
Roy Overmann | 2 Sessions | $34

**Humanism**
Join this class to learn more about the life philosophy of Humanism, which attaches prime importance to humans rather than divine or supernatural matters and stresses the goodness of human beings.

Clayton Oasis #3019 | 3019.V  
**THU, October 5–12** | 1–3 p.m.  
Roy Overman | 2 Sessions | $34

### Help Plan Your **Total Solar Eclipse Trip** With Oasis!

The path of totality for the total solar eclipse passes through Cape Girardeau, MO, and Carbondale, IL. Oasis invites you to take our Eclipse Quiz to help us curate the best experience possible with limited availability of certain reservations. Mark your calendars: **Monday, April 8, 2024**

Scan the QR code with the camera on your phone to take the quiz and help us create an experience of a lifetime. By completing this Eclipse Quiz, you will have priority to register for the excursion!

Also, register now to learn about how ancient cultures perceived eclipses, the stars, and the sky from Anthropologist and a favorite instructor of Oasis, Carol Diaz-Granados. *If you plan to register for the eclipse excursion, you can join Carol’s class for free!*

**The Stars & The Sky: Across Cultures**
Look at how cultures view stars and other celestial phenomena, including eclipses. It will focus on how cultures worldwide have ‘looked to the stars to guide their lives, their special events, births, deaths, and the coronation of kings. It may be surprising how much ancient people knew about the sky—the stars, the star patterns (asterisms/constellations), the sun, the moon—even what to anticipate!

Clayton Oasis #1000  
**FRI, April 5** | 10:30 a.m.–12:30 p.m.  
Carol Diaz-Granados | $17

### Comprehending Islam: Founding & History
Islam is an Abrahamic monotheistic religion centered on the Quran and the teachings of Muhammad. Learn about the founding of Islam, its history and expansion, and its role in the modern world.

Olivette Community Center #3112  
**TUE, October 24** | 1–3 p.m.  
Vasym Tadzhi | $17

Take all the Comprehending Islam Classes! More on the next page!
Comprehending Islam: Comparison to World Religions
Learn about the founding of Islam, its history and expansion, and its role in the modern world. Adherents of Islam, called Muslims, number approximately 1.9 billion globally and are the world’s second-largest religious population after Christians. We will learn more about the six fundamental beliefs and compare and contrast Islam to other major world religions.

Olivette Community Center #3113
TUE, October 31 | 1–3 p.m.
Vasym Tadzhi | $17

Is ‘Christ’ Jesus’ Last Name?
What does it mean to say that Jesus is the Christ? The Messiah? The Son of God? These titles are often applied to Jesus without knowing fully what they mean. This two-part series will explore some of the titles ascribed to Jesus in depth.

Clarendale Clayton #3073
TUE, November 7–14 | 10–11:30 a.m.
Mark Etling | 2 Sessions | $34

Comprehending Islam: Women’s Rights
Learn about the founding of Islam, its history and expansion, and its role in the modern world. This class will focus on the religious practices within Islam and women’s rights within the teachings of Islam.

Olivette Community Center #3114
TUE, November 7 | 1–3 p.m.
Vasym Tadzhi | $17

Comprehending Islam: Influence in Science
Islam is an Abrahamic monotheistic religion centered on the Quran and the teachings of Muhammad. This class will discuss some of the significant Islamic thinkers and their influence within science.

Olivette Community Center #3115
TUE, November 14 | 1–3 p.m.
Vasym Tadzhi | $17

Comprehending Islam: Modern Life
Learn about the founding of Islam, its history and spread, and its role in the modern world. This program will focus primarily on Islam’s attitude towards terrorism, as well as Islam’s compatibility with modern life.

Olivette Community Center #3116
TUE, November 21 | 1–3 p.m.
Vasym Tadzhi | $17

Comprehending Islam: Ancient Findings with Modern Science
Learn about the founding of Islam, its history and spread, and its role in the modern world. This program will focus on various phenomena and miracles explained in the Koran and later discovered within modern science.

Olivette Community Center #3117
TUE, November 28 | 1–3 p.m.
Vasym Tadzhi | $17

The Christmas Story in the Gospel of Matthew
The two Gospel stories of the birth of Jesus are typically combined into one. But this deprives both stories of their theological originality and focus. In the first session, we will focus on the Nativity story as told in the Gospel of Matthew. In the second session, we will examine the Nativity story in the Gospel of Luke.

Eden Seminary #3099 | 3099.V
FRI, December 1–8 | 10–11:30 a.m.
Mark Etling | 2 Sessions | $34

Tours

Clydesdale Close-Up Tour at Grant’s Farm
See how Grant’s Farm cares for the Clydesdales, visit the stables, and get to know them in a more intimate setting. Registrants can continue to enjoy the rest of Grant’s Farm after the tour.

Grant’s Farm #3823
THU, September 14 | 10:45 a.m.–12:30 p.m.
Mary Saputo | $35

Winery Harvest Tour & Lunch
Join us for a behind-the-scenes tour of the only family-owned winery in beautiful, quaint Augusta, MO. After the tour, enjoy a catered lunch and an opportunity to enjoy the scenery, and pop a cork or two if you’re interested! A bus to and from the winery, meeting at a central location, will be provided.

Noboleis Winery #3825
THU, October 12 | 10 a.m.–3 p.m. | $100
**Private Talk with Andrew Wanko, Coloring STL Exhibition**
Enjoy an up-close look at dozens of artifacts and learn about the designers who left their mark on the city. They have a chance to do something you’ve never done before, color right on the wall! There’s a giant outline of iconic St. Louis structures for visitors to color. Led by Andrew Wanko, a public historian, and content lead for the exhibit.

**Missouri History Museum #3005**  
**TUE, October 17 | 10–11:30 a.m.**  
Andrew Wanko | $20

**Cathedral Basilica of St. Louis Tour**
This tour is a guided overview of this historic site and offers a glimpse at the history of this breathtaking church, with its lofty vaults and radiant mosaics.

**Cathedral Basilica of Saint Louis #3827**  
**THU, October 19 | 10–11 a.m.**  
Mary Saputo | $20

**Mastodon State Historic Site Tour & Lunch**
Mastodon State Historic Site contains an important archaeological site: the Kimmswick Bone Bed. Here, scientists discovered the first solid evidence of the coexistence of humans and the American mastodon in eastern North America. Participants will visit the museum which includes ancient artifacts and fossils, and an impressive mastodon skeleton replica. This bus visit will be followed by a complementary lunch at the Blue Owl.

**Mastodon State Historic Site #3828**  
**TUE, October 24 | 9:30 a.m.–3:30 p.m.**  
Kathy Walsh-Piper | $80

**Stand Strong, Live Long**
Understand your risks and learn how to prevent a fall this September with Oasis! Oasis is partnering with health professionals and experts to present a free day-long event full of scheduled presentations, activities, and health screenings centered on fall prevention. Check out page 15 to learn how you can get involved in-person or virtually! All events are FREE.

**Ask a Techie**
Get FREE help with technology such as Android and iPhone Smartphones, PC and Apple computers, iPad and Android tablets, WIFI, email, software updates. Complete with one-on-one problem solving and training.

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Travel to New Places with Oasis & Collette

Oasis is working with Collette, a reputable travel company that includes guided travel, expert tour managers, immersive cultural experiences, and authentic culinary experiences with generous and flexible booking. Oasis has highlighted three upcoming trips that may pique your interest. For more information, please visit stloasis.org and search for the class number listed next to the trip title below.

**Italian Vistas #3133**
March 13–25, 2024 | Registration Ends: September 14, 2023
For 13 days, travel through the beautiful cities of Rome, Sorrento, Florence, Venice, Verona, and Stresa while touring sites like the Colosseum, Ruins of Pompeii, Statue of David, Leaning Tower of Pisa, Tuscan Winery, Murano Island, Lake Maggiore, and so much more! This trip includes 17 meals.

**Spotlight on Boston #3134**
September 12–16, 2024 | Registration Ends: March 12, 2024
Enjoy five days in Boston, visiting places like Faneuil Hall, Beacon Hill, Lexington & Concord, Buckman’s Tavern, and Harvard University. You can tour JFK Library or take an Architectural Walking Tour of Boston during your trip. This trip includes six meals.

**Iceland's Magical Northern Lights #3135**
December 3–9, 2024 | Registration ends June 4, 2024
Travel for seven days through beautiful Reykjavik and Vik, Iceland. This trip includes a Northern Lights Cruise and visits to sites like the Golden Circle, Lava Exhibition Center, Seljalandsfoss Waterfall, Skógafoss Waterfall, Jökulsárlón Glacial Lagoon, and the Blue Lagoon to name a few! This trip includes 11 meals.
Build a Child’s Future...

Become an Oasis Tutor

Oasis Intergenerational Tutoring pairs volunteers with children in grades K–3 to work one–on–one each week as their tutors, mentors and friends. Choose from one of our participating school districts in your community. You will work with the same child each week throughout the school year. All volunteer tutors are required to attend training. 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. One child, one tutor, one school year. Two lives forever changed.

“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 to learn more. Register for one of the listed training sessions by following the directions in the bottom-right corner of this sheet. Once you have completed training, you will meet with the same child at least once weekly for the school year. Your student and their teacher will 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.

Upcoming Training Sessions:

WED, August 9 | 9 a.m. – 3 p.m.
City of St. Charles School
District Administrative Office
400 N. 6th Street | St Charles, MO 63301

TUE, August 15 | 9 a.m. – 3 p.m.
Ferguson Florissant School
District Administrative Office
8855 Dunn Road | Hazelwood, MO 63042

TUE, August 29 | 9 a.m. – 3 p.m.
Fox Service Center
849 Jeffco Boulevard | Arnold, MO 63010

TUE, September 12 | 9 a.m. – 3 p.m.
Webster Groves School District
3232 S. Brentwood Boulevard | Webster Groves, MO 63119

There are three different ways you can register for a tutor training session:

– Scan the QR code
– Visit stloasis.org/fall23
– Leave a voicemail at (314) 995-9506
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 oasiseverywhere.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 a series of slow, focused movements and deep breathing to relieve pain, reduce stress and decrease fall risk while improving balance, muscular strength, coordination, confidence and mood. In this class, you will learn the Basic 6 and Advanced 6 forms from a certified instructor.

**MON/WED, September 6–October 4**
3:30–4:30 p.m. *CST
Craig Miller | 9 Sessions | $63

**Geology – Resources & Renewable Energy**
The intensifying effects of climate change have given a new sense of urgency as society works to reduce its 200-year dependence on fossil fuel, and a key part of this critical energy shift will be the development of renewable alternatives. This vital energy shift, however, does not come without a cost. In this class, we will outline the role of geology in determining the location of important resources, explore different mining and extraction technologies, and discuss some of the environmental costs associated with developing a more renewable energy future.

**THU, September 7**
1:30–3 p.m. *CST
David Turner, PhD | $15

**Camera & Photos on the iPhone**
This class has been revamped to cover new features in iOS 16! You will learn how to use your iPhone’s camera, set up shots, and store your 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. There are lots of great features such as Live Text, and the ability to find out more information about each photo on your iPhone. Options for storing photos on the Cloud will also be discussed.

**TUE, September 12**
2–4 p.m. *CST
Martha Bogart | $15

**History of High Tea**
Afternoon tea is a tradition that is a part of English history. It was introduced in England by Anna, the seventh Duchess of Bedford, in 1840. She wanted something small to satisfy her hunger, nothing too large just something to see her through until dinner time. From this want, the afternoon tea ritual was born.

**THU, September 14**
1–2 p.m. *CST
Jane Paccione | $10

**What to Consider When Thinking of a Computer Purchase**
We all need some basic information in order to be prepared to purchase a computer or tablet. This class provides some of those basic, important facts we need to consider. We have so many options in front of us that it can seem overwhelming. Being armed with helpful information is a good starting point.

**FRI, September 22**
11 a.m.–1 p.m. *CST
Larry Edison | $18

**Improving Your Memory**
Join us for a class to learn about the memory processes discovering new techniques to improve memory, and examining ways to maintain and boost memory skills.

**THU, October 5**
1–2:30 p.m. *CST
Craig Stimson | $10
The Women of the Supreme Court
In the 234 year history of the Supreme Court, we have had 116 Supreme Court Justices, only six have been women, and four of those are currently serving. We will discuss these six women, their histories and their successes against uncountable odds.
**TUE, October 10 | 1–2 p.m. *CST**
Megan Merriman, MPH | $15

What is the Cloud?
We’ve all heard of The Cloud, but what is it exactly, what does it cost and how can we keep it safe? In this class, we will take a look at the answers to these questions and more about online storage of your private files and photos. Specifically, we will take a look at iCloud, Google Cloud, Amazon Drive, OneDrive and Dropbox. We will examine the pros and cons of each and compare local storage as opposed to cloud storage for Apple, Android and Windows users. Learn how to check the amount of storage you have on your devices and cloud accounts and how to clean out files to free up more storage space. Also learn about the various companies that offer computer back up and several security features you can use to keep your information safe. Take the mystery out of The Cloud.
**THU, October 12 | 1–3 p.m. *CST**
Larry Edison | $18

Peek into the Math World: Meet Our Founders
Many are credited with laying our mathematical foundation, but what were they like as human beings? Would we label one an “anti-establishment” activist? And another a cult leader? Each was unique but all were academically adventurous and brave. Let’s visit some of our most prominent contributors and decide, had we been contemporaries, if they were friend-material or gifted eccentrics.
**THU, November 2 | 1–2:30 p.m. *CST**
Betty Burson | $10

Cooking with Herbs & Spices
Herbs and spices are amazing ingredients in your kitchen. Not only do they make your food taste better, but also provide a lot of health benefits. Herbs and spices can reduce the amount of salt and fat used in cooking, while still enhancing the flavor of your food. They are rich in antioxidants and phytochemicals that can prevent inflammation and reduce the risk of chronic diseases. This class helps you understand herbs and spices and how to use them in cooking.
**WED, November 8 | 1–2 p.m. *CST**
Chelsea Carriker, MPH, CHES | $10

Brain & Body Fitness
This full-body workout helps you create and achieve your weekly fitness goals. Suitable for all levels of fitness, this class helps enhance your overall strength, flexibility and endurance to help you engage more fully in all your daily activities. Enjoy fun dance moves, health trivia, and more.
**TUE/THU, November 14–December 14 | 2–3 p.m. *CST**
No Class: 11/23 | Cindy Blair | 9 Sessions | $63
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.

Outside #2816  
TUE, September 5 | 9:30–11:30 a.m.  
Judith A. Novak | 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 by the Boathouse and back to the Visitor Center (meeting spot with parking)—optional lunch at Missouri History Museum Café St Louis, with its breathtaking views of the park.

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

Deer Creek Greenway Walk
Follow the Deer Creek Greenway through parks, businesses, and neighborhoods to the Deer and Shady Creeks confluence at Lorraine Davis Park. Trail segments have an asphalt surface separated from the road. Meet at Deer Creek Park; parking is available.

Outside #3804  
TUE, October 3 | 9:30–11:30 a.m.  
Doug Schneider | Free

Walk With Ease: STL County Library - Parkview Branch
Walk With Ease is an evidence-based walking program that can help reduce pain and improve overall health. Participants 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, stretching and strengthening, a walk, and a cool down. Space limited.

Outside #3720  
TUE/WED/THU, October 3-November 9 | 10–11:30 am.  
Oasis Facilitators | 18 Sessions | 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—approximately 20 miles.

Outside #3800  
FRI, October 6 | 9:30 a.m.  
Joyce Sherokow | Free

Meramec Greenway Walk - Lower Meramec Park
This section of the greenway lies along the Meramec River bottomlands in St Louis County’s 273-acre Lower Meramec Park. It is a mixture of some of Lower Meramec Valley’s best woodlands and open fields.

Outside #3805  
TUE, October 10 | 9:30–11:30 a.m.  
Oasis Facilitators | Free

Gravois Greenway: Grant’s Trail Bike Ride
The Ulysses S. Grant Trail is a ‘rails to trails bike trail stretching through south and southwest St. Louis County. A former railroad right of way, this is a paved trail with a few small rolling hills—approximately 17 miles.

Outside #3801  
FRI, October 13 | 9:30 a.m.  
Joyce Sherokow | Free

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.
Madison County Trail (MCT) Bike Ride
Bike the MCT, a mostly paved trail in beautiful fall weather. Lunch on your own at Cleveland Heath, and bike back to our cars arriving by 2 p.m.—approximately 16 miles. Meet at Holiday Inn Express – Edwardsville, parking available.

Outside #3802  
FRI, October 20 | 9:30 a.m.  
Parks Smith | Free

Twilight Bicycle Ride
Experience the peaceful beauty of bicycle riding at night. Share an optional evening meal at Taco Buddha (meeting location) at 5 p.m., then ride the residential streets in University City neighborhoods at 6 p.m. Enjoy the cool of the evening with homes twinkling in the twilight and maybe even some spooky Halloween displays! Casual pace, about 5 miles. Front and rear lights are required.

Outside #3803  
THU, October 26 | 6 p.m.  
Gerry Noll | 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 February 27, 2023 through June 22, 2023. Your tribute gift helps support our mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Tribute recipients or their families will receive a letter, without reference to an amount, to notify them of your gift. Visit oasisnet.org/donate or contact Lauren Finan at (314) 687-4523 to make your gift today!

In Memory of Ray Potter  
Laura McGinley  
Bo Singer Pratter  
Jacquelin Naunheim  
Suzie Beachem

In Honor of Thelma’s 90th Birthday  
Robert Peskind

In Memory of Horatio Potter IV  
Anonymous

In Honor of Sharon Hales  
Norma D. Juracsik

In Honor of Marylen Mann  
Dr. Shirley Sahrmann

David Lee Kim 1959-2023
Oasis mourns the loss of longtime board member David Lee Kim, who died peacefully June 14, 2023. David's professional career included several influential positions where he was honored for his work, most recently serving as President & CEO of the National Asian Pacific Center on Aging. David was also deeply committed to service where he chaired and served on numerous national and regional boards.

David was an avid traveler and enjoyed visiting and learning about the peoples and cultures all around the world. Even more impressive than the list of places he visited is the number of lasting friendships that David cultivated and maintained. David's ability to remember names, faces, and important life details about the people important to him was matched by his unquestionable loyalty, his genuine love and interest, and his ready willingness to invest in others. Long is the list of family, friends, and colleagues who knew that they could count on David and who will miss him deeply now that he has passed.
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 you can support your community.

**Give Online**
Visit our website to make a one-time or recurring donation at oasisnet.org/donate.

**Stocks**
We welcome gifts of stock. Contact your financial advisor for more information.

**Donor Advised Fund**
Oasis accepts gifts from donor advised funds.

**IRA Distribution**
Don’t want to pay taxes on your IRA minimum distribution? You can direct it to Oasis!

**Leave a Planned Gift**
Your legacy gift could be the most important gift you ever make to the future of healthy aging. Legacy gifts come in a variety of forms including bequests, annuities, trusts, gifts of retirement assets and many others.

To make a gift to Oasis, visit [oasisnet.org/donate](http://oasisnet.org/donate) or contact Development Director Jo Flannery at [jflannery@oasisnet.org](mailto:jflannery@oasisnet.org) or (314) 687-1121.

**Thank you** for supporting our mission.

“I come back year after year because I have had my intellectual life stimulated as if I were going to college. I have also made many social friends, which as a single person in the world is important to me.” – Ann Corrigan, Oasis Participant
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RRF Foundation for Aging
The Saigh Foundation
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State of Illinois Department of Aging
The Trio Foundation of St. Louis
The Bridgeton Landfill Community Project Fund, a component fund of the St. Louis Community Foundation
United Way of Greater St. Louis
Community Locations

AgeSmart - O'Fallon, IL
801 W State Street
O'Fallon, IL 62269

**Jefferson County Library — Arnold**
1701 Missouri State Road
Arnold, MO 63010

Cathedral Basilica of Saint Louis
4431 Lindell Boulevard
St. Louis, MO 63108

Chesterfield Community Center
Next to Macy's in Chesterfield Mall
291 Chesterfield Center
Chesterfield, MO 63017

Christ Our Redeemer
13820 Old Jamestown Road
Florissant, MO 63033

Clarendale Clayton
7651 Clayton Road
Clayton, MO 63117

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

Eden Seminary
475 East Lockwood Avenue
St. Louis, MO 63119

First Congregational Church of Webster Groves – United Church of Christ
10 West Lockwood Avenue
Webster Groves, MO 63119

Grant's Farm
7385 Grant Road
St. Louis, MO 63123

Jefferson County Senior Resource Center
6180 State Highway MM
House Springs, MO 63051

Jefferson County Library – Northwest
5680 Missouri PP
High Ridge, MO 63049

Jennings Civic Center
4000 Jennings Station Road
St. Louis, MO 63121

Mastodon State Historic Site
1050 Charles J. Becker Drive
Imperial, MO 63052

Missouri History Museum
5700 Lindell Boulevard
St. Louis, MO 63112

Nine PBS
3655 Olive Street
St. Louis, MO 63108

Noboleis Winery
100 Hemsath Road
Augusta, MO 63332

O'Fallon Public Library
120 Civic Plaza
O’Fallon, IL 62269

O'Fallon Illinois YMCA
284 North Seven Hills Road
O’Fallon, IL 62269

Olivette Community Center
1200 North Warson Road
Olivette, MO 63132

Richmond Heights Community Center – THE HEIGHTS
8001 Dale Avenue
Richmond Heights, MO 63117

Richmond Heights Memorial Library
8001 Dale Avenue
Richmond Heights, MO 63117

Southwest Baptist Church
6401 Scanlan Avenue
St. Louis, MO 63139

St. Charles County Library – Corporate Parkway
1200 Corporate Parkway
Wentzville, MO 63385

St. Charles City-County Library – Kathryn Linnemann
2323 Elm Street
St. Charles, MO 63301

St. Charles County Library – Spencer Road
1200 Corporate Parkway, Wentzville, MO 63385

St. Louis Art Museum
1 Fine Arts Drive
St. Louis, MO 63110

Thomas Dunn Learning Center
3113 Gasconade Street
St. Louis, MO 63118

Thomas F. Eagleton U.S. Courthouse
111 South Tenth Street
St. Louis, MO 63102
### 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.

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<th>Class #</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

**Waiver of Liability**

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 participants are expected to conduct themselves courteously, respecting the rights of all other participants, volunteers, and staff. I permit the 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.

Signature ______________________ Date ______________________

Please mail completed forms and payment to St. Louis Oasis at 50 Gay Avenue, St. Louis, MO 63105.
Zoom Video enables you to meet with people virtually using a computer or mobile device. Oasis is here to help you understand Zoom so you can get active online—share and connect with others, learn and exercise. We will teach you to control your camera, microphone, chat, and more. Choose a session based on if you will use a computer or mobile device, like a smartphone or tablet. Sessions are free.

**Computer - Zoom 9601**
Friday, Jan 22, 2:30-3:30, Free

**Computer - Zoom 9603**
Friday, Feb 19, 2:30-3:30, Free

**Mobile Device - Zoom 9602**
Friday, Jan 22, 4:00-5:00, Free

**Mobile Device - Zoom 9604**
Friday, Feb 19, 4:00-5:00, Free

Visit www.stloasis.org or call 314.862.4859, ext. 24 to register or for details.

“I make plans for the future more.”

Oasis Everywhere Participant

Oasis Everywhere is combating social isolation by offering live online classes led by top instructors from Oasis Centers and partners across the country. Oasis Everywhere makes it possible for anyone to learn and socialize regardless of geographic location, mobility, or travel constraints.

Visit oasiseverywhere.org to view classes and use the coupon code TRYOE20-23 at check-out for 20% off your entire cart!

*Discount only applicable to virtual classes listed on oasiseverywhere.org. Good for new and current Oasis Everywhere users. One use per person. Cannot be combined with other offers. Excludes gift cards and donations. Expires December 31, 2023.*