



January – April 2024 Course Catalog

**BJC** HealthCare

Dear Oasis Friends,

Firstly, thank you all for being vital to our vibrant community. I appreciate every one of you.

Whether your interest is history, the arts, science, or hands-on learning, the Oasis program team has curated an amazing collection of programs and experiences for the coming term. As you turn through the pages of the catalog our goal is for everyone to have a “this class sounds like it’s just for me!” moment. Check out our new class series like, “What If? A Journey into Counterfactual History”—four captivating classes led by our expert instructors that each ponder “what if?” for different events in American history like the outcome of the Revolutionary War or the fates of Washington, Polk, and Lincoln. It’s a discussion group on philosophy, science, religion, history, and politics all in one! And Contemporary Issues Series with Senator Jill Schupp for some of the region’s most fascinating and knowledgeable experts in an open forum to discuss provocative issues that will expand your understanding of contemporary society. Get your body moving while having fun and learning new skills like line or ballroom dancing. Look for new class categories like “Make Art (and Music!) Not War” with interactive courses to take with a friend or meet new people.

Oasis programs are intended to create connections through shared learning and experiences. I love hearing stories about friendships formed and nurtured through our community, and there are many! We want the time you share and invest with Oasis to be fun, informative, thought provoking, connection-creating, and to build a better future for you and the Oasis community.



Warmest Regards,  
**Paul Weiss**  
Oasis President

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# Oasis Program Pass

Oasis is excited to introduce a new discount program with two options to save on classes! To purchase your Program Pass visit [stloasis.org/class](https://stloasis.org/class) and look for the button at top of the page. Here's how it works:

## One-Month Subscription | \$150 Per Month

*Pay Per Month (non-reoccurring payments—choose as few or as many months as you like)*

- Take an unlimited number of classes\* for one month
- Receive 15% off of exercise and tours

## One-Trimester Subscription | \$500 Per Trimester

*Pay Per Trimester (non-reoccurring payments—choose as few or as many months as you like)*

- Take an unlimited classes\* for one trimester
- 15% off of exercise and tours

*\*Subscription Excludes: Exercise classes and tours (receive 15% off), Oasis Everywhere classes, gift cards, and donations.*

## 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.

Oasis offers 3 different ways for Participants to take a class—in person, online, or hybrid. please look for the icons below to signal the class format.

### – In-Person Classes

These classes take place in-person.

### – Hybrid Class

Participate in-person or virtually. Instructors will present in-person and will live stream via Zoom.

### – Virtual Classes (Zoom Only)

Skip the trip and join us online.

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

## Cancellation & Refund Policy

Classes may be cancelled due to inclement weather or low enrollment. In the event of a cancellation or rescheduling, you will be notified. Class fees are non-refundable unless there is a medical emergency, jury duty, or Oasis cancels the program.

## Inclement Weather Policy

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

## Publication Notes

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

# Bundle & Save!

Choose the classes you would like to bundle, go online, and add the classes to your cart. Upon meeting the minimum requirements, your discount will be automatically applied to your cart. *Tours and exercise classes do not apply.*

*\*Cannot be combined with other discount offers.*

Spend  
**\$50 get  
\$5 off!**

Spend  
**\$100 get  
\$10 off!**

Spend  
**\$200 get  
\$20 off!**

# Arts & Entertainment

## #1077/1077.V History of the St. Louis World's Fair Told in Song

Join Dee Ban, a seasoned Oasis instructor and musician, for a unique history lesson on the 1904 World's Fair in St. Louis through the magic of music. This interactive class combines lecture, performance, and sing-alongs. Dee accompanies a historical photo slideshow with her autoharp and period-appropriate songs, bringing the past to life and sparking lively discussions through the power of music.

**THU, January 11** | 1–2 p.m. | \$17

Instructor: Dee Ban

Location: Eden Seminary & ZOOM 

## #1030 Great Books Club

Calling all literature and ideas enthusiasts! Oasis partners with the Great Books Foundation, renowned for inquiry-based learning and building lifelong learning communities. Join this extraordinary book club led by Mick Weltman, a retired nonprofit leader with over 35 years of experience. Explore “Great Conversations 2,” an anthology of 15 timeless selections. Engage in thought-provoking discussions every other Monday, starting January 15. Get ready for reading, thinking, and lively conversations! The book is included in the class price.

**MON, January 15–April 29** | 1–3 p.m. | \$80 (8 Sessions)

Instructor: Mick Weltman

Location: Clayton Oasis 

## #1106/1106.V Art & Architecture: Indigenous Traditions of China & Japan

Join instructor John Renard to explore the distinctive architecture and wide range of ‘smaller’ arts over many centuries of the three religious traditions indigenous to China—Daoism and Confucianism, and Japan—Shinto. From Beijing’s Forbidden City and the Daoist temples of Taiwan to the monumental imperial Shinto shrines of Tokyo, including the cultural and mythic background essential to appreciating them fully.

**MON, February 5–26 (No class 2/19)**

10:30 a.m.–12 p.m. | \$51 (3 Sessions)

Instructor: John Renard

Location: Five Oaks on Warson & ZOOM 

## Hey Illinois Residents!

Oasis is thrilled to bring classes to the Metro East in partnership with AgeSmart. *Flip to page 37* or visit our website at [stloasis.org/agesmart](http://stloasis.org/agesmart) to find classes offered in Illinois this trimester.

## #1124 Name That Logo!

Join in the fun and games with instructor Richard Losciale, Certified Senior Advisor. Advertisements and favorite brands you’ve watched, heard, read, and consumed. This two-hour game-formatted event is a multi-media ‘guess that logo’ fun run down memory lane. If you love trivia and are competitive, this class is for you! There will even be prizes!

**MON, February 5** | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Clarendale Clayton 

## #1008/1008.V Hollywood: Barbara Stanwyck

Explore the captivating career of Barbara Stanwyck with instructor Mary Saputo. Dive into her unforgettable filmography featuring diverse roles. Discover her iconic TV appearances and a glimpse into the classic mini-series, ‘The Thorn Birds.’ Join us for a journey through the work of this dynamic star who left an indelible mark on Hollywood.

**TUE, January 16** | 1–2:30 p.m. | \$20

Instructor: Mary Saputo

Location: Clayton Oasis & ZOOM 



## #1081/1081.V Comedy on Film: the 1960s & the 1970s

Explore comedic cinema of the 1960s and 1970s with instructor Jim Tudor. A Film Studies Instructor at Webster University, Film Critic for Zeke Film, and professional Filmmaker, Jim delves into iconic comedy figures like Mel Brooks and Mike Nichols. Known for work on “The Wonder Show,” “Gone Girl,” and more, Jim brings a unique perspective to this lively discussion.

**TUE, January 23** | 1–3 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary & ZOOM 



**#1033/1033.V Anti-Colonialism Themes in Films**

Anti-colonialism opposes the colonization of one group by another, seeking to eliminate this oppressive practice. Filmmaking can be a powerful tool for imagining and communicating anti-colonialism, shedding light on historical injustices, celebrating diversity, fostering solidarity, and challenging established narratives. Through storytelling and visual representation, filmmakers can contribute to the broader discourse on anti-colonialism and inspire positive change. Explore this role with instructor Rosalind Norman.

**TUE, March 5** | 11:30 a.m.–12:30 p.m. | \$17

Instructor: Roz Norman

Location: Clayton Oasis & ZOOM

**#1103 Name That Tune!**

Join Richard Losciale for Name That Tune! Recreate the vintage radio and TV game show experience from the 50s and 60s. Richard hosts as you become a contestant, guessing song snippets. Solo or in teams, it's a fun, interactive class that promises smiles all around by the end.

**THU, January 11** | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Five Oaks on Warson

**#1047/1047.V Starting Over After 60: Hollywood**

Discover the cinematic world of older adults thriving after 60. Explore films and aging actors like Angela Bassett, Judi Dench, Harrison Ford, Robert DeNiro, Ian McKellan, Maggie Smith, Patrick Stewart, and Meryl Streep. Uncover themes of personal growth, rediscovery, and resilience through movie clips showcasing older characters pursuing new adventures, unfulfilled dreams, or fresh starts in later life.

**THU, April 4** | 11:30 a.m.–12:30 p.m. | \$17

Instructor: Roz Norman

Location: Clayton Oasis & ZOOM

**#1078/1078.V History of Video Games**

Join game industry veteran Mike Breault for a thrilling journey through video game history from the 1940s to today. With over 130 credited games and three decades of experience, Mike shares insights into game design, storytelling, and character development. This class is perfect for both gaming enthusiasts and liberal arts lovers. Explore the evolution of this dynamic industry with an expert guide.

**FRI, January 12** | 10–11:30 a.m. | \$17

Instructor: Mike Breault

Location: Eden Seminary & ZOOM

**Solar Eclipse Trip—Don't Miss Out!**

The 2017 total solar eclipse was the first total solar eclipse visible in the contiguous United States since 1979, and boy was it exciting! We just so happen to be lucky enough to see it again! The next total solar eclipse on April 8, 2024 passes through several states including Missouri and Illinois. Recreate the magic of the event and make memories of a lifetime with friends and Oasis! **Hurry, space is limited.**

*Flip to page 38 for package details and more information.*

**#1010 Dungeons & Dragons: Play the Game that Started an Industry!**

Join veteran board game industry instructor Mike Breault for a thrilling exploration of Dungeons & Dragons. Discover how this game sparked a multi-billion-dollar industry and learn to play this collaborative game from an experienced teacher. Breault, with over 130 credited games, has been teaching game and narrative design for seven years. Gather friends or family and embark on a D&D adventure!

**FRI, January 19–March 8** | 10:30 a.m.–12 p.m.

\$136 (8 Sessions)

Instructor: Mike Breault

Location: Clayton Oasis

**#1016/1016.V Let's Talk About: 'The Chosen' TV Series**

Explore "The Chosen," a groundbreaking series about the life and ministry of Jesus, in this workshop. It's the first crowd-funded multi-season portrayal of Jesus that can be binge-watched. Set in 1st-century Judaea and Galilee, it reimagines Jesus and his followers' interactions. Share your insights about the show's cultural and historical context with facilitator Rosalind R. Norman, DMgt.

**WED, February 7** | 11:30 a.m.–12:30 p.m. | \$17

Instructor: Roz Norman

Location: Clayton Oasis & ZOOM

**#1089/1089.V Old Hollywood: Rita Hayworth**

Join instructor Mary Saputo for a presentation about the life of the gorgeous Rita Hayworth, featuring vintage pictures and video clips from her early career as Rita Cansino to some fabulous trivia about her infamous role in the classic film 'Gilda,' and much more! Who can EVER get enough of Rita?!

**FRI, February 23** | 1–2:30 p.m. | \$20

Instructor: Mary Saputo

Location: Eden Seminary & ZOOM

### #1090/1090.V **Rock Lyrics as Poetry:**

#### **A Musical Journey**

Join Richard Losciale, a bassist and Woodstock 'graduate,' on a musical journey exploring the poetic essence of Rock's most expressive songs over 75 years. Delve into the historical significance of the Constitution's ratification process in "The Ratifications Conventions," marked by intense debates across all thirteen states, leading to an outcome that was far from unanimous.

**THU, February 29** | 1–3 p.m. | \$17

Instructor: Richard Losciale


Location: Eden Seminary & ZOOM 

### #1071 **Old Hollywood: Tyrone Power**

Join Mary Saputo for a presentation about the life of the stunningly handsome Tyrone Power. This Hollywood heart-throb came from a talented family of actors dating back to the 1800s. Beautiful film clips of some of his most famous films will leave you mesmerized as we follow his life's work from the 1930s, 40s, and 50s.

**FRI, March 15** | 10–11:30 a.m. | \$20

Instructor: Mary Saputo

Location: Clarendale Clayton 

### #1095/1095.V **Comedy on Film: Funny Women**

Join Jim Tudor, Film Studies Instructor and a professional Filmmaker, as he pays tribute to the funniest women in film history. Explore the comedic genius of actresses like Doris Day and Marilyn Monroe, and filmmakers like Nora Ephron, who have left an indelible mark on the world of comedy. With entertaining film clips, this session celebrates the enduring humor of cinema's leading ladies.

**FRI, March 15** | 1–3 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary & ZOOM 

### #1096/1096.V **Cinematic History: Alfred Hitchcock**

Explore the multifaceted career of filmmaker Alfred Hitchcock. Discover the depth of Hitchcock's work beyond his "Master of Suspense" reputation through classics like *Rear Window*, *Vertigo*, and *North by Northwest*. Jim Tudor, a Film Studies Instructor and an accomplished filmmaker, provides insights into Hitchcock's complex cinematic legacy. Don't miss this opportunity to delve into the world of a cinematic legend.

**FRI, March 29** | 1–3 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary & ZOOM 

### #1100/1100.V **Science Fiction on Film: Earthbound Futures**

Explore the world of science fiction beyond the stars, from 1950s Atomic Age creature features to modern classics like *RoboCop*, *The Terminator*, and *The Matrix*. Join Jim Tudor, Film Studies Instructor and a seasoned filmmaker and critic, as we dissect these films and uncover their intriguing commentary on our own reality.

**FRI, April 26** | 1–3 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary & ZOOM 

### #1152 **Old Hollywood: Clark Gable**

We will cover a multitude of iconic films from the 1930s up to his last in 1961. And of course we will discuss the film with one of the most memorable ending line... "Frankly my dear, I don't give a damn."

**FRI, April 12** | 1-2:30 PM | \$20

Instructor: Mary Saputo

Location: Five Oaks on Warson 

## **Make Art (and Music!) Not War**



### #1048 **Concert Band**

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

**MON, January 8–April 22 (No class 1/15, 2/19, 4/1)**

10 a.m.–12 p.m. | \$130 (13 Sessions)

Instructor: Gene Rauscher

Location: First Congregational UCC 

### **Take unlimited classes with our new Program Pass**

Oasis is excited to introduce a new discount program with two options to save on classes! [Flip back to page 2](#) to learn more and see our plans.



### #Acoustic Folk Music Jam Group

Bring your instrument and jam to old-timey, folk, and rock songs from various eras. All skill levels are welcome, including beginners. No music reading required. Singing is encouraged. Led by Lukas Simpson, the group collectively selects pieces to jam on each week. Grab your favorite instrument, and let's make music!

#### #1075 TUE, January 9–February 27

11:30 a.m.–12:30 p.m. | \$135 (8 Sessions)

Instructor: Lukas Simpson

Location: Eden Seminary 

#### #1076 TUE, March 12–April 30 (No class 3/19)

11:30 a.m.–12:30 p.m. | \$120 (7 Sessions)

Instructor: Lukas Simpson

Location: Eden Seminary 

### #1001 Jazz Ensemble

Join a dynamic ensemble led by three seasoned classical and jazz musicians. Discover the art of improvisation while embracing traditional and contemporary compositions. We welcome new members to join our musical journey, offering exciting opportunities for public performances. Explore your passion for music with us and let your talents shine.

THU, January 11–April 18 | 10 a.m.–12 p.m.

\$150 (15 Sessions)

Instructor: Chuck Schuder

Location: First Congregational UCC 

### #1011 Board Game Design

Join thirty-year veteran of the board game industry, instructor Mike Breault for an interesting dive into the world of game design. Breault has been teaching game and narrative design in universities and has an astounding 130+ games credited to his work. Learn the art of creating games that you'll enjoy playing with friends and family. Discover the secrets of game design from an industry expert!

FRI, January 19–March 8 | 1–2:30 p.m. | \$136 (8 Sessions)

Instructor: Mike Breault

Location: Clayton Oasis 

### #1017 Creative Writing

Join Kim Lozano, an experienced writing coach and editor, for a comprehensive workshop on fiction, memoir, personal essay, and poetry fundamentals. Optional prompts will inspire creativity, and you'll receive valuable feedback when sharing your work. Kim's writing has been featured in prestigious publications like The Iowa Review and North American Review. Discover your writing potential in this engaging workshop led by an accomplished writer.

THU, February 8–April 11 | 1–3 p.m. | \$108 (6 Sessions)

Instructor: Kim Lozano

Location: Clayton Oasis 

### #1087 Creative Nonfiction Writing Workshop

Join poet and essayist Meredith McDonough, MFA in Creative Writing, for a creative nonfiction writing workshop. Discover the perfect structure for your story as we explore essay shapes, drawing inspiration from authors like Annie Dillard, Bill Bryson, Jamaica Kincaid, and David Sedaris. Sessions feature workshops, discussions, and feedback opportunities. Writers of all levels welcome. Get your creative juices flowing!

TUE, February 13–March 19 | 1–3 p.m. | \$108 (6 Sessions)

Instructor: Meredith McDonough

Location: Eden Seminary 

### #1108 CAM Connect Workshop: Nostalgic Abstract Collage

Reimagine a cherished childhood object through abstract collage in this art activity. Reflect on the sentimental significance of an item, like the glass grapes from my grandmother's coffee table. Similar to Farah Al Qasimi's work *Everywhere There is Splendor*, where family images are overlaid with other collaged images, capture the complexity of personal memories. Explore how time and distance can make these memories abstract and create something new from the familiar.

WED, February 21 | 11 a.m.–1 p.m. | \$17

Instructor: CJ Mitchell

Location: Five Oaks on Warson 

### #1132.V 'Love, Loss & What I Wore': Participatory Play Reading

Calling all aspiring actors! Join us for a fun, low-pressure virtual play-reading of Nora and Delia Ephron's *'Love, Loss and What I Wore.'* Participants will read light-hearted sections, sharing life experiences through memorable clothing and accessories—no acting experience or preparation required. Register by February 12 to receive your script. All are welcome!

TUE, March 5 | 10–11:30 a.m. | \$45

Instructor: Miriam Diamond

Location: ZOOM 



### #1133.V Memoir Writing Workshop - What YOU Wore

Join Dr. Miriam Rosalyn Diamond in exploring meaningful wardrobe items inspired by Nora and Delia Ephron's play 'Love, Loss and What I Wore.' Share recollections about memorable clothing and accessories in a welcoming environment, regardless of your writing experience or familiarity with the play. Photos of the items are optional but encouraged.

**TUE, April 2** | 10–11:30 a.m. | \$20

Instructor: Miriam Diamond

Location: ZOOM 

### #1093 Beginning Harmonica Workshop

Learn the harmonica basics with the Gateway Harmonica Club. Reading music is not necessary. Club members will guide you on harmonica care, basic techniques, and playing folk songs. Bring your key of C diatonic harmonica or buy one for \$10 at the first session. A student guide/songbook is included. Join us for this fun and easy musical experience!

**FRI, March 8–March 22** | 10–11:30 a.m. | \$75 (3 Sessions)

Instructor: Gateway Harmonica Club


Location: Eden Seminary 

### #1134.V Improv for Everyone

Unleash your creativity with Dr. Miriam Rosalyn Diamond in a virtual session of impromptu imagination games inspired by 'Whose Line is it Anyway.' No experience or talent required; just a playful spirit ready to collaborate, engage in storytelling, and embrace spontaneity. Join for a morning of fun where everyone's a winner.

**TUE, March 26** | 10–11:30 a.m. | \$20

Instructor: Miriam Diamond

Location: ZOOM 

### #1097 Beginning Oil Painting

Join our water-soluble oil painting studio, perfect for beginners and experienced artists aged 16 and up. Our first session covers materials and essential techniques. The next four weeks involve painting a 16' x 20' canvas under the instructor's guidance. The final four weeks allow you to choose your subject. Please wait until the first session to purchase materials.

**TUE, April 2–May 21** | 1–3:30 p.m. | \$200 (8 Sessions)

Instructor: Morris Fletcher

Location: Eden Seminary 

## Current Events


### #1003 Women's Roundtable

Join the discussion with facilitator Linda Locke and talk about the current events that make you 'screamful' (a term coined by Linda's granddaughter in reference to things that make you feel full of screams)! Please note this group meets every other week.

**MON, January 8–April 29** | 10:30 a.m.–12:30 p.m.

\$54 (9 Sessions)

Instructor: Linda Locke

Location: Clayton Oasis 

### #1002 Men's Roundtable

Let's talk! Join fellow Oasis partakers Clif Mahin and Jack Cancila for a lively dialogue on world issues, politics, and current events. Our discussion group meets every other Monday. Participants are encouraged to share their thoughts, knowledge, and opinions respectfully. We may not find a solution for world peace, but we have fun trying.

**MON, January 8–April 29** | 1:30–3:30 p.m.

\$54 (9 Sessions)

Instructor: Clif Mahin

Location: Clayton Oasis 

### #1065 Great Decisions: The Foreign Policy Association Discussion Group 2024

Join America's largest world affairs discussion program, Great Decisions. Explore critical global issues by reading the Great Decisions Briefing Book, watching documentary films, and engaging in group discussions. This session covers topics like Mideast Realignment, Climate Technology, U.S.-China Trade Rivalry, and more. Participants receive a copy of the Great Decisions Briefing Book to keep.

**WED, January 31–March 20** | 1–2:30 p.m.

8 Sessions | \$80 (8 Sessions)

Instructor: Roy Overman

Location: Clarendale Clayton 







# Contemporary Issues With Senator Jill Schupp

From a young age, Jill Schupp's compassion for those in need sparked a lifelong commitment to making a difference. She never imagined winning the election as sixth-grade class president would foretell her eventual 22 years of service as an elected official.

Her journey began as a teacher after graduating from UMC and UMSL, transitioning to a successful career in advertising at D'Arcy Advertising, where she met her husband, Mark. After a fulfilling 20-year career, Jill retired early to stay home with their two sons, Brandon and Alex. Her true calling emerged after volunteering at her children's school, which motivated her to become more involved in improving the school district.

She ran for the School Board and won, enabling her vision for change to take shape. Jill's dedication to positively impacting people's lives continued as she served on the city council, in the state house, and in the state senate.

Jill's achievements include passing significant laws related to suicide prevention, protecting whistleblowers, ending surprise emergency room billing, making daycare safer for our young children, extending mental health coverage for postpartum women, getting lead out of school drinking water, getting fresh produce to those in need through her Farm to Foodbank Program, and more. She also actively volunteers with organizations like the Veterans Community Project.

Jill's promise to help people in need has evolved into a diverse range of efforts to improve the world. Today, she's a proud mother-in-law and grandmother, driven by a deep commitment to public service and community well-being.

This spring, Jill is leading Oasis's Contemporary Issues Series. Jill will sit down with a few of the region's well known experts to discuss some of today's most pressing and provocative issues. [Learn more about this class above or visit \*stloasis.org\*.](#)

Join Missouri Senator Jill Schupp and some of the region's most fascinating and knowledgeable experts in an open forum to discuss provocative issues that will expand your understanding of contemporary society. Each class in the series is independent of one another. Take one, a few, or all!

Instructor for all classes: Jill Schupp (plus guest)

Location for all classes: Clayton Oasis

## #1127 Contemporary Issues: Ballot Initiative Campaigns - Reproductive Freedom

Tori Schafer is an attorney who serves as Deputy Director for Policy and Campaigns at the ACLU. Tori leads the organization's ballot initiative campaigns and litigation to put reproductive freedom on the ballot.

MON, March 18 | 10:30 a.m.–12 p.m. | \$25

## #1128 Contemporary Issues: The Manhattan Project & Radioactive Waste in our Community

Co-founders Karen Nickel and Dawn Chapman, from Just Moms STL, have spent a decade raising awareness about the hazards of residual radioactive waste from the Manhattan Project, left in St. Louis and St. Charles. They're committed to holding the federal government accountable for harm caused to families due to contamination of water, soil, and air.

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

## #1129 Contemporary Issues: Missouri Legislative Update

Senator Tracy McCreery, a Democrat, represents Missouri's 24th district for her first term, following nine years in the state's House. With a background including roles as a district aide, volunteer coordinator, and positions in pharmaceutical, telecommunications, and healthcare sales and management, McCreery brings diverse expertise. She'll be joined in the discussion by a Republican colleague.

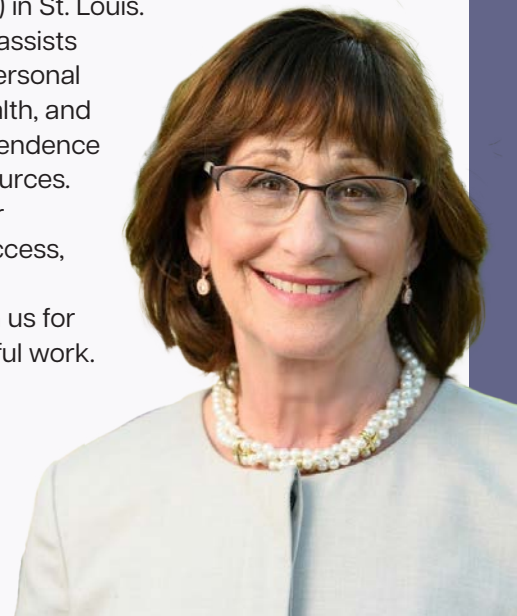
MON, April 1 | 10:30 a.m.–12 p.m. | \$25

## #1130 Contemporary Issues: Veteran's Community Project

Hear from guest speakers VCP Rebecca Tallman, ED, and Anne Marie Carroll, DOD, about the Veterans Community Project (VCP) in St. Louis.

They'll discuss how VCP assists veterans with housing, personal development, mental health, and wellness, fostering independence through community resources. VCP's goal is to empower veterans for personal success, including transitioning to permanent housing. Join us for insights into their impactful work.

MON, April 8  
10:30 a.m.–12 p.m. | \$25



# History

## The History of Chocolate

Explore the origins of chocolate as a sweet treat and how its popularity spread across the globe. We will learn about past uses, culinary inventions, and exciting innovations for the future of chocolate. Samples included!

**#1101 MON, January 8** | 10–11:30 a.m.

Instructor: Marcie Handler | \$20

Location: Five Oaks on Warson **IP**

**#1079 FRI, January 12** | 1–2:30 p.m. | \$20

Instructor: Marcie Handler

Location: Eden Seminary **IP**

## #1005/1005.V World War I: The Prelude to War

Explore the history of World War I with instructor Richard Venn, a University of Missouri St. Louis Masters of History graduate. Discover the events leading to this transformative 20th-century war. Was it truly ignited by Archduke Franz Ferdinand's assassination, or were there deeper causes? Uncover the perfect storm of events that plunged Europe into its bloodiest conflict.

**TUE, January 9** | 1–3 p.m. | \$17

Instructor: Richard Venn

Location: Clayton Oasis & ZOOM **H**

## #1057 The Cold War: Then & Now

Explore the Cold War's history, from Yalta to the Soviet Union's dissolution, and consider the potential for a new Cold War, examining Russia's invasion of Ukraine and U.S.-China tensions. Led by Richard Venn, a University of Missouri-St. Louis Masters of History graduate and treasurer/board member of the St. Louis-Nanjing Sister City Committee, fostering exchanges between St. Louis and Nanjing, China. Join us for this enlightening series.

**TUE, January 16-23** | 10 a.m.-12 p.m. | \$34 (2 Sessions)

Instructor: Richard Venn

Location: Chesterfield Community Center **IP**

## #1013/1013.V The Age of Vikings

Explore the Norsemen's history, from their origins in Scandinavia to their far-reaching influence on Europe and beyond. Delve into their culture, governance, religion, and the significance of Viking exploration and commerce, alongside their reputation for raiding and conquest. Discover how their actions prompted the English to pen the prayer, "From the fury of the Norsemen, deliver us O Lord."

**THU, January 25** | 1–3 p.m. | \$17

Instructor: Andrew Michael Cooperman

Location: Clayton Oasis & ZOOM **H**

## #1083/1083.V Paris's Spectacular Pere Lachaise Cemetery

While Paris boasts iconic attractions like the Eiffel Tower and the Louvre, the Pere Lachaise Cemetery often goes unnoticed. Yet, it's the world's most visited cemetery, housing the tombs of renowned artists, musicians, authors, singers, and movie stars. Explore this captivating cemetery's incredible sculptures and the captivating stories they hold.

**TUE, January 30** | 1–2:45 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Eden Seminary & ZOOM **H**

## #1064 French Empire in North America

Join Bonnie Vega to explore the history of France's colonial empire, which began with the founding of Port Royal in Acadia in 1605 and Quebec in 1608. Quebec became the capital of New France, a fur-trading colony that forged enduring alliances with local First Nations communities. This history spans from Canada to the Gulf of Mexico, impacting the development of St. Louis and New Orleans. Don't miss this fascinating journey.

**TUE, January 30** | 1–2:30 p.m. | \$20

Instructor: Bonnie Vega

Location: Clarendale Clayton **IP**

## #1014/1014.V The Birth of the Twentieth Century

When did the Twentieth Century begin? January 1, 1901? That's the calendar date. Yet, actual changes that would differentiate the Twentieth Century from the Nineteenth started with World War I. Explore the first two decades of the century and the tremendous changes that would define the 1900s.

**THU, February 1** | 10:30–11:30 a.m. | \$17

Instructor: Richard Venn

Location: Clayton Oasis & ZOOM **H**



### #1066 **Giants of the Antebellum Congress: The Second Generation of American Political Leaders**

Learn about the lives of three ambitious men who aspired to be President of the United States. Daniel Webster, Henry Clay, and John C. Calhoun, collectively known as “The Great Triumvirate,” were leaders during an era when the nation faced significant changes. Over four decades, they navigated political battles shaped by America’s evolving issues, including the divisive question of slavery. Transport yourself to an age when giants walked the halls of Congress.

**THU, February 1–22** | 1–3 p.m. | \$80 (4 Sessions)

Instructor: Joan Musbach

Location: Clarendale Clayton IP

### #1022/1022.V **John Quincy Adams**

John Quincy Adams, often considered one of the most qualified U.S. presidents, had an illustrious career. As the son of President John Adams, he held diplomatic positions, negotiated significant treaties, served as Secretary of State, and was involved in state and federal legislatures. His presidency, however, faced constant opposition, resulting in perceived failure. Nevertheless, he later excelled as a congressman, showcasing resilience and dedication.

**THU, February 15** | 1–3 p.m.

Instructor: Andrew Michael Cooperman | \$17

Location: Clayton Oasis & ZOOM H

### #1015/1015.V **Korea: The Forgotten War**

Sandwiched between World War II and Vietnam, the Korean War has sometimes been called “the forgotten war.” Learn about the root causes of the conflict and its legacy on the world today. Lead by instructor Richard Venn, Masters of History, University of Missouri St. Louis.

**TUE, February 6** | 10:30 a.m.–12:30 p.m.

Instructor: Richard Venn | \$17

Location: Clayton Oasis & ZOOM H

### #1058/1058.V **God, Greed, & Oil: The Rockefeller Saga**

Explore the captivating tale of John D. Rockefeller, the billionaire founder of Standard Oil and the dynasty he initiated, with instructor Bev Schuetz. Delve into the complex life of this industrialist and philanthropist, from his rags-to-riches family history to his contributions in medicine and education. Uncover the intriguing story of a man both reviled and revered.

**TUE, February 13** | 11 a.m.–12 p.m.

Instructor: Bev Schuetz | \$20

Location: Chesterfield Community Center & ZOOM H

### #1028/1028.V **George Washington: Creator of the Office of President of the United States**

Join instructor Joan W. Musbach to explore the greatness of George Washington. Historians rank him among the greatest U.S. presidents, following only Lincoln and FDR. Discover how Washington’s experiences in the French and Indian War and the Revolution shaped his belief in a strong national government and civic virtue, leading him to assume power again.

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

Instructor: Joan Musbach | \$20

Location: Clayton Oasis & ZOOM H

### **History of the US Women’s Rights Movement**

In the early 19th century, American women had few civil or legal rights and few economic opportunities. They could not keep their wages nor inherit property. They could not serve on juries or vote. Educational and professional options were limited. Take a lively journey to the early 19th century and into the 20th to experience the struggle, the betrayals, the victories that radically changed the lives of American women on the road to equality. Instructor Rebecca Now has a B.A. from Webster University in Women’s Studies.

**#1037/1037.V TUE, March 12** | 1–2:30 p.m.

Instructor: Rebecca Now | \$17

Location: Clayton Oasis & ZOOM H

**#1060 FRI, March 1** | 1–2:30 p.m. | \$17

Instructor: Rebecca Now

Location: Chesterfield Community Center IP

### #1038/1038.V **The Big Voices Against Tyranny: A Century Ago**

Explore Guy E. Golterman Sr.’s impactful World War I contributions, including pivotal recordings for the Nation’s Forum, such as General Pershing’s historic battlefield address. Learn about Golterman’s role in mobilizing the recording and radio industries for the war effort and capturing key statements before the 1920 elections. Listen to century-old recordings, including Eamon de Valera’s rallying voice, and celebrate Guy Golterman’s post-war achievements in St. Louis, producing grand operas at the Municipal Theater in Forest Park and Kiel Opera House.

**WED, March 13** | 10:30 a.m.–12 p.m.

Instructor: Ed Golterman | \$17

Location: Clayton Oasis & ZOOM H



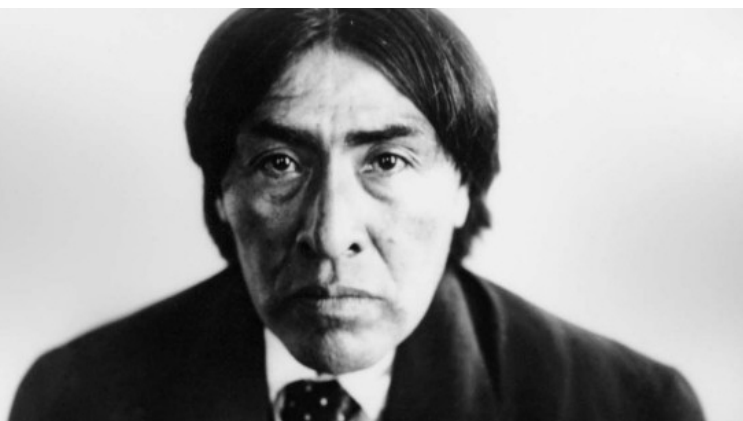
### #1109 Susan B. Anthony: Anti-Slavery Agent & Abolitionist

Delve into the life of a remarkable woman dedicated to 19th-century reforms. She championed temperance, abolition of slavery, and women's rights. Explore her journey as a paid agent for the Anti-Slavery Society. Instructor Rebecca Now, with a B.A. in Women's Studies from Webster University, uncovers the transformative movements that shaped her activism. Join us in discovering her impactful story.

**MON, March 18** | 2–3 p.m.

Instructor: Rebecca Now | \$17

Location: Five Oaks on Warson 



### #1112 ISHI - The Last Yahi Indian

Discover the captivating story of ISHI, the last Yahi Indian, with instructor Carol Diaz-Granados, Ph.D., RPA. Start with an overview of American Indian populations, then delve into ISHI's remarkable life through a documentary. The film not only sheds light on ISHI but also unveils the broader mistreatment of Native Americans. Engage in an update and class discussion after the screening to deepen your understanding.

**WED, March 27** | 10 a.m.–12 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson 

### #1059 The History of the American Revolution

Join instructor Richard Venn, Masters of History, University of Missouri-St. Louis for a three-part series examining the conflict that not only gave birth to our nation but also laid the foundation for future revolutions and the ideas of governance practiced in many countries today. Students will learn the causes of the revolt and how the colonies eventually prevailed against overwhelming odds.

**THU, February 29–March 14** | 10 a.m.–12 p.m.

\$51 (3 Sessions)

Instructor: Richard Venn

Location: Chesterfield Community Center 

### #1092/1092.V The Impact of the Spanish Entrada in North America

Explore the far-reaching impact of the Spanish Entrada on North America, a period of exploration and colonization spanning the late 15th to 17th centuries. Led by Jim Duncan, M.A., discover the effects on indigenous peoples, the environment, and the continent's development. Learn about the fate of the dynamic "Temple Mound" builders and the consequences of early Spanish "slaving expeditions" on agriculture and indigenous societies.

**THU, March 7** | 1–3 p.m. | \$17

Instructor: Jim Duncan

Location: Eden Seminary & ZOOM 

### #1039/1039.V Louis Comfort Tiffany, Designs from Nature

Explore the legacy of Louis Comfort Tiffany, son of the founder of Tiffany & Co and an iconic American designer known for his innovations in glass, pottery, jewelry, and decorative arts, all in the distinctive Art Nouveau style. Discover his career's highlights, challenges, and the enduring value of the Tiffany style. Join Kathleen Walsh-Piper, an art museum educator, for this enlightening journey. *Bundle with #1114 Biophilia: Powers of Nature for Human Spaces on page 23 for \$30!*

**THU, March 14** | 11:30 a.m.–12:30 p.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Clayton Oasis & ZOOM 

*Inspired  
by Nature  
Bundle,  
only \$30!*

### #1034/1034.V The Amusing History of Kitchens & Cutlery

Join instructor Bev Schuetz to discover the quirky origins of everyday dining and kitchen items. Learn fascinating tidbits like knives designed to prevent teeth-picking. Explore the odd manners and etiquettes of past eras, uncovering surprising histories behind common kitchen tools. A journey through intriguing culinary history awaits!

**TUE, March 5** | 1–2 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & ZOOM 



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## UNESCO (United Nations Educational, Scientific and Cultural Organization) —

A World Heritage Site is a landmark or area with legal protection by an international convention administered by the United Nations Educational, Scientific and Cultural Organization (UNESCO). World Heritage Sites are designated by UNESCO for having cultural, historical, scientific or other forms of significance. The sites are considered to be of outstanding value to humanity. In a series of programs beginning this spring we will explore the historic background of a select number of these sites. Italy has more cultural heritage sites than any other country in the world. This spring we will look at the history of three of them: Florence, Pompeii, Vatican City.

Instructor for all classes: Bonnie Vega

Location for all classes: Clayton Oasis & ZOOM **H**



### #1046/1046.V UNESCO World Heritage Site: Florence

Florence, established on an Etruscan and Roman foundation, reached cultural and economic prominence under the Medici in the 15th and 16th centuries. This Tuscan city symbolized the Renaissance's birth and achieved significant cultural and economic development. Florence's Neo-Platonic Academia played a crucial role in shaping the Renaissance concept. It's the birthplace of modernity.

TUE, April 2 | 10:30 a.m.–12 p.m. | \$20

### #1052/1052.V UNESCO World Heritage Sites: Pompeii

Discover Pompeii, a city frozen in time. While renowned for its Roman remains from AD 79, Pompeii conceals a deeper history, dating back to the Oscans, Greeks, and Etruscans. Preserved under ash, this excavation unveils Roman life, including opulent homes, art, and public buildings, offering a captivating glimpse into this affluent town with a population of around 11,000 in AD 79. Explore Pompeii's rich past.

TUE, April 16 | 10:30 a.m.–12 p.m. | \$20

Location: Clayton Oasis

### #1055/1055.V UNESCO World Heritage Sites: Vatican City

The Vatican's history as the center of the Catholic Church began in the 4th century with the construction of a basilica over St. Peter's grave in Rome. Emperor Constantine, I initiated this project after adopting Christianity following the Edict of Milan in 313. Join us to learn more about the rich history of Vatican City.

TUE, April 30 | 10:30 a.m.–12 p.m. | \$20

### #1094/1094.V Elizabeth Cady Stanton & Susan B. Anthony

Could a friendship change the world? Elizabeth Cady Stanton and Susan B. Anthony met in 1851, forging a lifelong friendship and political collaborators in the fight for women's rights. Together for over 50 years, they transformed the lives of American women. Join us to explore their remarkable friendship and their enduring impact on women's rights.

WED, March 8 | 1–2 p.m. | \$17

Instructor: Rebecca Now

Location: Eden Seminary & ZOOM **H**

### #1113/1113.V Women of Bletchley Park: WWII

Discover the remarkable contributions of women at Bletchley Park, the World War II "Codebreakers" headquarters. Explore the vital role they played from 1939 to 1946, focusing on their involvement in intercepting and decoding German messages. Learn how their efforts in breaking the Enigma and Lorenz codes, and the development of the Colossus computer, influenced the war's outcome.

THU, March 28 | 10–11:30 a.m. | \$17

Instructor: Parks Smith

Location: Five Oaks on Warson & ZOOM **H**

### #1098/1098.V From the Beautiful to the Bizarre: The History of Makeup

Join instructor Bev Schuetz to follow the fascinating history of makeup from the early Egyptians to today's multi-million-dollar cosmetic empires. The search to be beautiful includes the bizarre customs of other cultures, dramatic changes through plastic surgery, and many unusual and amusing treatments—all in the name of beauty.

THU, April 11 | 1–2 p.m. | \$20

Instructor: Bev Schuetz

Location: Eden Seminary & ZOOM 

### #1099/1099.V Women & Power in the Ottoman Imperial Harem

Instructor Steve Tamari, Professor of Middle East and Islamic History, delves into the hidden power of women within the Ottoman imperial harem. Despite being behind closed doors, ancient traditions and succession patterns allowed harem women to wield substantial influence over the empire in the 17th century. This history challenges Western assumptions about elite women's power.

THU, April 25 | 1–2:30 p.m. | \$17

Instructor: Steve Tamari, Ph.D.

Location: Eden Seminary & ZOOM 



### #1122 Celebrating the Anniversary of Brown v. Board of Education

In 2024, we commemorate the 70th anniversary of the pivotal school desegregation case, *Brown v. Board of Education*. This landmark decision resulted from five distinct cases heard by the U.S. Supreme Court, addressing public school segregation. Explore the intricate legal journey that culminated in this significant civil rights milestone.

THU, April 25 | 1:30–3 p.m. | \$5

Instructor: U.S. Courts Tour Guide

Location: Thomas F. Eagleton U.S. Courthouse 

## History of St. Louis

### #1004/1004.V Lost Treasures of St. Louis

Join author Dennis Dillon for a journey through the second edition of his book, *Lost Treasures of St. Louis*. A scrapbook-style coffee table book filled with images and descriptions of bygone people, places, events, and more—it captures the essence of cherished St. Louis history. Explore over 130 new entries, rekindling memories of places like Eat-Rite and Forest Park Highlands. From Ike and Tina at the Club Imperial to Bowling for Dollars at the Arena, dive into rarely-seen photos and artifacts from eateries, entertainment venues, sports attractions, retail stores, and more. Relive St. Louis' past and discover how it has shaped our city. Take a walk down memory lane with us!

TUE, January 9 | 10:30–11:30 a.m. | \$17

Instructor: Dennis Dillon

Location: Clayton Oasis & ZOOM 

### #1006/1006.V The Followers of Duden: Early German Immigration to St. Louis

Explore the fascinating history of early German immigration to St. Louis, with a focus on the 'followers of Duden.' Join historical researcher Jo Beck as she delves into the experiences of those who sought refuge from Germany's economic and political challenges in the 1820s. Discover the allure of Missouri as the 'New Rhineland' and gain insights into the rough-and-tumble era of St. Louis through past letters and documents.

THU, January 11 | 10:30 a.m.-12 p.m. | \$17

Instructor: Jo Beck

Location: Clayton Oasis & ZOOM 

### #1009/1009.V Locked Up: The History of Prisons & Jails in Missouri

Join Douglas Schneider as he delves into the fascinating history of incarceration in Missouri. From unique prison structures and Civil War jails to jail museums and gallows. Discover intriguing stories, like the tornado that tore off a jail's roof. Learn how some modern-day prisons use Shakespeare's plays and dog training programs.

THU, January 18 | 10:30 a.m.-12 p.m. | \$17

Instructor: Douglas E Schneider | \$17

Location: Clayton Oasis & ZOOM 

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Virtual Class



In-Person Class



Hybrid Class

**#1012/1012.V St. Louis History in Postcards**

Embark on a colorful journey through vintage picture postcards of St. Louis with instructor Johnny Rabbitt. Hear unique stories behind these promotional gems, used before the era of radio and TV, with some still in production today. Explore card collecting, clubs, selling, and display tips. Enjoy special guest insights from a leading postcard expert. Don't forget to bring your favorite postcard for show and tell. *Bundle with #1116 The Height of German Cultural Influence in St. Louis: As Seen in Old Post Cards for \$35!*

Postcard  
Bundle,  
only \$35!

**TUE, January 23** | 10:30–11:30 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & ZOOM

**#1105 Anthropology of the 1904 World's Fair**

Explore the surprising connection between anthropology and the 1904 St. Louis World's Fair. Discover how this Fair showcased 60 foreign cultures, making it the largest representation to date. Dr. Diaz-Granados, PhD, RPA, unveils the fascinating anthropology exhibits and their impact, featuring archival slides for an immersive experience.

**WED, January 24** | 1 p.m.–2:45 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson

**#1085/1085.V The History of Slavery in St. Louis**

For a century, slavery thrived in St. Louis, spanning French, Spanish, and American governance. Notably, African-American civil rights icons like William Wells Brown, Dred and Harriet Scott, and James Milton Turner were enslaved here. Join historian and curator Nick Sacco (Ulysses S. Grant National Historic Site) for an illuminating presentation on this intricate history and the city's touring exhibit on slavery.

**FRI, February 2** | 10–11 a.m. | \$17

Instructor: Nick Sacco

Location: Eden Seminary & ZOOM

**#1116 The Height of German Cultural Influence in St. Louis: As Seen in Old Postcards**

Join instructor NiNi Harris as she shares her private collection of old St. Louis postcards showcasing St. Louis's evolution from the 1890s to 1917 when the German influence in our cultural and social leadership peaked. *Bundle with #1012 St. Louis History Postcards for \$35!*

**WED, February 21** | 10:30 a.m.–12:30 p.m. | \$17

Instructor: Nini Harris | \$17

Location: St. Louis Altenheim

**#1117 The Height of German Cultural Influence in St. Louis: As Seen in Old Post Cards**

Join instructor NiNi Harris as she shares her private collection of old St. Louis postcards showcasing St. Louis's evolution from the 1890s to 1917 when the German influence in our cultural and social leadership peaked.

**THU, February 22** | 10:30 a.m.–12:30 p.m. | \$17

Instructor: Nini Harris

Location: St. Louis Altenheim

**#1031/1031.V St. Louis School Days: Where Did You Go to High School?**

St. Louisans love asking, "Where did you go to high school?" Join us for a lighthearted exploration of local schools, including their history, notable alumni, and school-related nostalgia. Learn about the St. Louis Public Schools radio station KSLH, high school reports in PROM magazine, haunted schools, and more. Delve into over 150 years of St. Louis school history with stories, photos, and a special guest appearance. No homework required!

**TUE, February 27** | 10:30–11:30 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & ZOOM

**#1040/1040.V St. Louis on Fire**

Discover St. Louis' fire-related history and its impact on the city's development, from the Great Fire of 1849 to firefighting shows at the 1904 World's Fair. Explore how Henry Shaw incorporated the ruins of the Lindell Hotel into Tower Grove Park. Instructor Doug Schneider offers a visual journey through St. Louis' firefighting evolution, equipment, and repurposed fire stations.

**THU, March 14** | 1–2:30 p.m. | \$17

Instructor: Douglas E Schneider

Location: Clayton Oasis & ZOOM

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Choose the classes you would like to bundle, go online, and add the classes to your cart. Upon meeting the minimum requirements, your discount will be automatically applied to your cart. *Tours and exercise classes do not apply.*

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### #1118 The Mercantile Library Tour: Past, Present, & Future

The historic Mercantile Library in St. Louis has enriched the city's cultural and intellectual life for 170 years. Established in 1846 by local businessmen and professionals, the library has served the educational and intellectual needs of the community. Join us for a guided tour with Julie Dunn-Morton, Curator of Fine Art Collections, to explore the library's history, exhibitions, and a sneak peek of the new Missouri art gallery renovation.

**FRI, March 15** | 10:30–11:30 a.m. | \$17

Instructor: Julie Dunn-Morton

Location: St. Louis Mercantile Library **IP**

### #1042/1042.V The Great Divorce: The St. Louis City-County Split of 1876

The 1876 St. Louis City-County split, known as 'The Great Divorce,' marked the separation of St. Louis City from St. Louis County, with lasting implications for governance and development. Historian/Curator Nick Sacco from Ulysses S. Grant National Historic Site explores the causes and consequences of this significant event that shaped the region's history and governance structure.

**FRI, March 15** | 1–2 p.m. | \$17

Instructor: Nick Sacco

Location: Clayton Oasis & ZOOM **H**



### #1110 The Archaeology of the Missouri-Illinois Region

Explore the rich prehistory and archaeology of Missouri and Illinois, situated at the confluence of North America's major river systems. Instructor Jim Duncan, M.A., former Director of the Missouri State Museum, presents a captivating overview of the bi-state region's ancient past through colorful slides.

**TUE, March 19** | 1–3 p.m. | \$17

Instructor: Jim Duncan

Location: Five Oaks on Warson **IP**

### #1045/1045.V Landmarks, Legends, & Lore of St. Louis

Explore St. Louis' captivating history with KMOX's Johnny Rabbitt as your host. Dive into tales of places, people, oddities, and riverboat legends. Discover the oldest continuously operating library west of the Mississippi, the story behind the 'Weatherbird' cartoon, and hidden statues of David R. Francis and Chuck Berry. Join for a delightful historical happy hour.

**TUE, March 26** | 10:30–11:30 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & ZOOM **H**

### #1111 Cahokia: The Largest, Earliest Mississippian Ritual Center

Discover the purpose and significance behind Cahokia Mounds, an ancient ritual center. Uncover the reasons for the numerous mounds, the identity of the builders, and their descendants. Contrary to some beliefs, these people did not vanish, and this class will shed light on their true story. Led by Jim Duncan, M.A., former Director of the Missouri State Museum.

**TUE, March 26** | 1–3 p.m. | \$17

Instructor: Jim Duncan

Location: Five Oaks on Warson **IP**

### #1107 Digging up the 1904 Worlds Fair

Instructor Carol Diaz-Granados, Ph.D., RPA, shares a captivating story of a student archaeology program that uncovered treasures from the 1904 St. Louis World's Fair. Students excavated a trash dump site in Forest Park, revealing turn-of-the-century materials and insights into the fair's history. Explore the unexpected artifacts and construction materials that shed light on this significant event attended by over 200,000 people.

**TUE, February 20** | 1–2:45 p.m.

Instructor: Carol Diaz-Granados | \$17

Location: Five Oaks on Warson **IP**

### #1119/119.V From Missouri Vengeance to Southern Wrath: The Impeachment of Judge James Peck

Learn about the 1830 impeachment of Missouri's inaugural federal judge, James Hawkins Peck. Accused of judicial tyranny and known for his eccentricities, such as holding court with a handkerchief over his face, Peck's real transgression may have been challenging questionable French land claims. Dive into the historical context as Southern pro-slavery advocates wielded his impeachment as a weapon in their dispute with the federal judiciary.

**THU, March 28** | 1:30–3 p.m. | \$5

Instructor: Kenneth Winn

Location: Thomas F. Eagleton Courthouse & ZOOM **H**





#### #1051/1051.V Spies & Prisoners of War in St. Louis & Missouri

Explore the intriguing history of female spies imprisoned in St. Louis. Discover tales of prisoners of war escaping, a shoe repairman's covert messages to the Nazis, and an O'Fallon, Missouri resident leading a company of spies. Learn about an escaped POW captured at Union Station, later featured in a Steve McQueen film, and how POWs contributed to the St. Louis Ordnance Plant during World War II, producing 6.7 billion cartridges.

**THU, April 11** | 10:30 a.m.–12 p.m. | \$17

Instructor: Douglas E Schneider

Location: Clayton Oasis & ZOOM **H**

#### #1050/1050.V Picture Cave: Missouri's Spectacular Painted Cave

Explore the sacred depths of 'Picture Cave' with Dr. Carol Diaz-Granados, an expert in American Indian archaeology. This captivating presentation unveils the enigmatic world of nearly 400 ancient images, some over 1,000 years old. Journey through two decades of research into this dark zone cave, delving into its unique pictographs and the challenges faced by this sacred site. Join us for a spellbinding glimpse into history.

**TUE, April 9** | 10:30 a.m.–12:30 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis & ZOOM **H**

#### #1074 Kiel Opera House: History & 90th Anniversary

Learn about St. Louis Opera House's nine-decade history, known by several names, including Kiel, St. Louis Theatre, Scottrade Center, Peabody, and Stifel. Today, the Stifel Theatre continues to host a wide variety of events, from concerts to Broadway shows, showcasing its enduring cultural significance and architectural heritage. Discover the stories of triumph, challenges, and resilience that have shaped this unique opera house. Share your own memories as well!

**WED, April 17** | 10:30 a.m.–12 p.m. | \$17

Instructor: Ed Golterman

Location: Clarendale Clayton **IP**

#### #1053/1053.V The American Revolution in the Trans-Appalachian West

The American Revolution extended beyond the eastern seaboard to the mid-Mississippi River Valley. This region was a battleground for American Patriots, their allies, and the British Empire. In spring 1780, the Battle of Fort San Carlos took place in present-day downtown St. Louis and Cahokia's historic district, marking a pivotal moment securing the Mississippi River as the western border of the new United States. Join us to explore this piece of St. Louis history.

**THU, April 18** | 1–3 p.m. | \$17

Instructor: Andrew Michael Cooperman

Location: Clayton Oasis & ZOOM **H**

#### #1054/1054.V St. Louis Life: St. Louis in the 50's & 60's

Join us for a fascinating journey through the 1950s and 1960s with instructor Johnny Rabbitt and a special guest. Explore Gaslight Square's vibrant history and downtown St. Louis before the Arch's construction. Relive the era with Pinky Pevely, Velvet Freeze, and 3V cola. Discover KXOK Radio Park, the Globe-Democrat, Crestwood Plaza, and household radio and TV stars like Jack & Jerry, Prince Knight, Spider Burks, and Charlotte Peters. Don't miss this nostalgic trip!

**TUE, April 23** | 10:30–11:30 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & ZOOM **H**

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# What If? A Journey into Counterfactual History

Calling all of you deep thinkers and history buffs—join some of your favorite Oasis instructors to play history's most thought-provoking experiment—what if...?

It's no wonder the concept of a time machine is one of the most pondered theories throughout history. It is human nature to wonder, "What if?" What if we lost the Revolutionary War? What if Abraham Lincoln was never assassinated? What if?

We have four captivating new classes that each ponder "what if?" for different events in American history. It's a discussion group on philosophy, science, religion, history, and politics all in one! The instructor will provide context to propose the "what if" and guide a discussion with ideas and insights from the audience. At the end of each session, you can vote on another "what if" presented in a capstone session where all four history instructors will explore the topic chosen by the participants in a panel-style conversation.

**Bundle & Save!**  
Get all five for **\$85!**

Class subjects are not dependent upon one another, so you can take one, a few, or *take them all for a discount!*

## #1023 What If? A Journey into Counterfactual History: The Revolutionary War

What if the fog had not rolled in, allowing George Washington's army to escape the British on Long Island? Would we be flying the Union Jack flag to this day? What other kind of provocative ideas can you think of?

**FRI, February 16** | 10 a.m.–12 p.m. | \$20

Instructor: Richard Venn

Location: Clayton Oasis 

## #1024 What If? A Journey into Counterfactual History: President George Washington

What if Washington had died during his surgery that occurred during his first term in office? Would the US be a democracy? What other kind of provocative ideas can you think of?

**FRI, February 23** | 10 a.m.–12 p.m. | \$20

Instructor: Joan Musbach

Location: Clayton Oasis 

## #1025 What If? A Journey into Counterfactual History: President James Polk

What if Henry Clay had been elected President in 1844 instead of James Polk? Would there have been a Mexican War? Would there have even been a Civil War? What other kind of provocative ideas can you think of?

**FRI, March 1** | 10 a.m.–12 p.m. | \$20

Instructor: Geoffrey Morrison

Location: Clayton Oasis 

## #1026 What If? A Journey into Counterfactual History: President Lincoln's Assassination

What if Lincoln served his second term? What would Reconstruction have looked like? What other kind of provocative ideas can you think of?

**FRI, March 08** | 10 a.m.–12 p.m. | \$20

Instructor: Bonnie Vega

Location: Clayton Oasis 

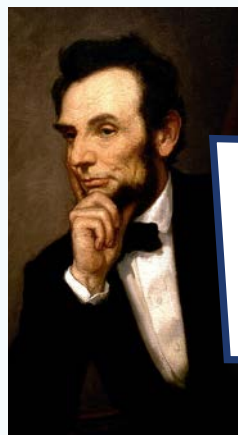
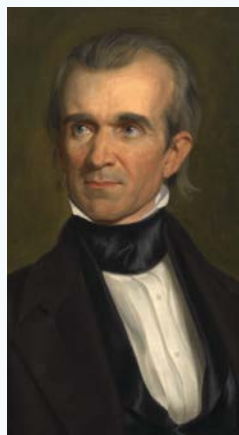
## #1027 What If? Counterfactual History: Capstone Class

Join this panel discussion led by instructors Bonnie Vega Richard Venn, Joan Musbach, and Geof Morrison. The speakers will lead with 'What if?' historic scenarios voted on by participants in prior classes. Participation in previous courses is optional to enjoy the discussion!

**FRI, March 15** | 10 a.m.–12 p.m. | \$20

Instructor: Oasis History Instructors

Location: Clayton Oasis 



**WHAT IF?**



# New Year, New Me

## #1830.V Accountability Club

Seeking support for your health goals? Join our club! Led by an ACE Certified Health Coach, we gather weekly online to discuss goals, habits, successes, challenges, and tips. Connect with like-minded individuals on a similar health journey and receive the support you need to achieve and maintain your overall wellness goals. You don't have to join from the beginning to be the best you—we offer a pro-rated price, too!

**MON, January 8-April 29** | 1–1:45 p.m. | \$50

Instructor: ACE Certified Health Coach

Location: ZOOM 



## Tiny Habits for Joyful Living

Grounded in two decades of research at Stanford University by renowned behavior scientist Dr. BJ Fogg, Tiny Habits draws from his experience coaching over 60,000 individuals. This 3-session course unveils the innovative “Behavior Design” system, providing practical and novel tactics for habit formation to enhance self-confidence, life energy, and overall well-being. Polly Lemire, a Certified Tiny Habits Coach and Corporate Coach for Thrive Global, leads this transformative class, requiring internet access and email.

**#1062 THU, January 11-January 25** | 10–11 a.m.

\$51 (3 Sessions)

Instructor: Polly Lemire

Location: Clarendale Clayton 

**#1086 THU, February 8-February 22** | 1–2 p.m.

\$51 (3 Sessions)

Instructor: Polly Lemire

Location: Eden Seminary 


## Challenge Yourself!

Join Oasis for a flexible monthly “challenge” program, led by Cindy Blair, a Fitness and Nutrition Specialist, meeting virtually weekly. Each month has a unique theme, and participants can join monthly or for the entire trimester. Bi-weekly, set your own “challenge,” meet weekly to stay on track, and enjoy a supportive, goal-oriented community. Achieve your goals and earn \$20 in Oasis credit each month (excluding day trips).

## #1596.V Challenge Yourself: Physical Activity

**MON, January 8–29** | 9–10 a.m. | \$15


Instructor: Cindy Blair

Location: ZOOM 

## #1597.V Challenge Yourself: Brain Health

**MON, February 5–26** | 9–10 a.m. | \$15


Instructor: Cindy Blair

Location: ZOOM 

## #1598.V Challenge Yourself: Nutrition

**MON, March 4–25** | 9–10 a.m. | \$15


Instructor: Cindy Blair

Location: ZOOM 

## #1599.V Challenge Yourself: Try Something New

**MON, April 1–April 22** | 9–10 a.m. | \$15

Instructor: Cindy Blair

Location: ZOOM 

**Bundle & Save!**  
Get all four for \$50!


## #1056 Weekly Life Love Letters

Start your New Year with a unique resolution: write one positive “love” letter each week to appreciate something or someone in your life. Join Oasis for an interactive class on setting personal goals and self-reflection through writing. You have full creative freedom—write about anything you like. Share your letters in class once a month, if you wish, or simply listen and reflect on your peers’ insights. Join from the beginning or anytime for a pro-rated price and create a growing collection of heartfelt vignettes.

**FRI, January 19, February 16, March 15, & April 19**

10–11 a.m. | \$30 (4 Sessions, Once Per Month)

Instructor: Juliet Claire Simone

Location: Eden Seminary 

**Hoping to travel more next year?** Check out our Tours & Travel section on [page 37](#) to see all Oasis has to offer!

### #1125/1125.V **Sammy Rangel: Life After Hate**

Join Sammy Rangel, co-founder of Life After Hate, Inc., as he shares his journey from a violent extremist to an advocate for change. Learn the key philosophies of Life After Hate, focusing on wisdom, insight, discipline, strength, skills, and talents. This class will help you master your journey, design success, clarify your vision, define direction, and claim your future while gaining insights for personal growth and mental well-being.

**TUE, February 20** | 1–3 p.m. | \$20

Instructor: Sammy Rangel

Location: Clayton Oasis & ZOOM **H**

### #1035 **Volunteerism for Retirees: Finding your Fit**

If you're retired and looking for a meaningful way to give back to the community but aren't sure where to begin, this program can guide you. Certified Senior Advisor Richard Losciale will help you identify your ideal volunteer experience and explore nearby opportunities, making community connections more accessible and less overwhelming.

**WED, March 6** | 10:30 a.m.–12:30 p.m. | \$17

Instructor: Richard Losciale | \$17

Location: Clayton Oasis **IP**

### #1041/1041.V **Lighten Up Your Life: It's Time to Declutter**

Decluttering your life can lead to mental and physical well-being. Stress from clutter hampers creativity, memory, and health. If you haven't used something in two years, it's time to declutter. Explore options beyond landfill disposal, such as selling or giving away items. Join us to lighten your life by decluttering and making space for what truly matters.

**FRI, March 15** | 11 a.m.–12 p.m. | \$17

Instructor: Linda Kusmer

Location: Clayton Oasis & ZOOM **H**

### **Give 5**

Join us to find your ideal volunteering match! Give 5 connects you with nonprofits in our community. Explore diverse organizations, discover community challenges, and learn about their missions. We'll provide transportation and lunch. Some locations may require security checks or ID. Get on board and make a meaningful impact through volunteering that aligns with your passions and skills.

**#1740 MON, March 4–April 1** | 9:30 a.m.–3:30 p.m.

Free (5 Sessions)

Instructor: Pamela Harden

Location: Clarendale Clayton **IP**

**#1741 MON, April 22–May 20** | 9:30 a.m.–3:30 p.m.

Free (5 Sessions)

Instructor: Pamela Harden

Location: Clarendale Clayton **IP**



Presented By: UnitedHealthcare

### #1061 **Part-Time Work after Full-Time Retirement: Defining Your Journey**

So you're about to or have already retired?! This two-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. Richard Losciale is a Certified Senior Advisor.

**MON, March 25** | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Chesterfield Community Center **IP**



## Do You Live in or Around Chesterfield, Missouri?

**St. Louis Oasis has partnered with the Chesterfield Community Center** to bring classes closer to you!

For more details on classes or to register, please visit [stloasis.org](http://stloasis.org) and filter by Chesterfield Community Center.

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







## ***Help a Child Love Reading & Learning!***

Oasis Intergenerational Tutoring **pairs volunteers with children in grades K-3 to work one-on-one each week** to help them develop a love for reading and improved literacy skills. More than that, Oasis tutors act as friends and mentors. **You can choose to serve in one of the many participating school districts or partner sites in your community.** You'll work with the same child each week throughout the school year. Training and materials are provided. Other volunteer opportunities to support the tutoring program are available. **One child, one tutor, two lives forever changed.**

Visit [oasisnet.org/tutoring](http://oasisnet.org/tutoring) to learn more about the program or to become a tutor or leave a voicemail at **(314) 995-9506** and an Oasis team member will get back to you.

The Oasis Tutoring program partners with school districts and partner sites across **Missouri & Illinois**. Program locations include:

- St. Louis City & County
- St. Charles County
- Franklin County
- Jefferson County
- Audrain County
- Livingston County
- Callaway County
- Linn County
- Scotland County
- St. Clair County, IL




# Practical

## #1007/1007.V Travelogue: A Journey to Amsterdam at Tulip Time!

Discover the Netherlands with Jo Beck, founder of St. Louis Travelers. Explore Amsterdam, especially during Tulip time! Virtually visit the renowned Keukenhof Gardens and explore the city center. Learn about canal rides, Stroopwafels, and 'frites.' Jo will share travel tips, the best places to visit, and what to avoid. Don't forget your notebook for notes on this fascinating destination!

**TUE, January 16** | 10:30–11:30 a.m. | \$17

Instructor: Jo Beck

Location: Clayton Oasis & ZOOM 



## #1080 The Hardest Thing to Talk About

American culture tends to shy away from discussing death and dying, prioritizing youthfulness. This avoidance often leads to late end-of-life preparations. Explore the reasons behind this cultural tendency and engage in a conversation about narratives surrounding death and dying. If you're intrigued, consider delving deeper into the topic in a 3-session workshop. Join the conversation and challenge societal norms regarding end-of-life discussions.

**FRI, January 19** | 1–2:30 p.m. | \$17

Instructor: Ed Koslin Doctor of Liberal Arts, MSW, ACSW

Location: Eden Seminary 


## #1082 End-of-Life: Three Conversations

Embark on a thought-provoking journey with our engaging three-session workshop, delving into the often-neglected realm of life's final phase. In a culture that shies away from discussing death and aging, we'll challenge these norms. Explore the reasons behind our youth-centric, death-avoidant society and engage in captivating conversations about end-of-life narratives. Don't miss this opportunity to broaden your perspective on a topic rarely explored.

**FRI, January 26-February 9** | 1–2:30 p.m.

\$51 (3 Sessions)

Instructor: Ed Koslin Doctor of Liberal Arts, MSW, ACSW

Location: Eden Seminary 

## #1250/1250.V The Truth About Chocolate: Become a More Educated Cocoa Consumer

Join instructor Marcie Handler to learn about some of the fallacies and truths about chocolate. Find out how marketing techniques draw you in to make a delicious purchase. Take a taste test to compare different varieties and test your palate to see if you can tell them apart. Chocolate samples are included!

**TUE, January 9** | 8:30–10 a.m. | \$12

Instructor: Marcie Handler

Location: AgeSmart & ZOOM 

## #1252/1252.V The U.S. Titans of Chocolate

Explore the Hershey and Mars dynasties in the confectionery industry, discovering their enduring legacies and philanthropic efforts. Delve into the founders' childhoods, business beginnings, current developments, and future prospects in this informative session.

**WED, February 28** | 10–11:30 a.m. | \$12

Instructor: Marcie Handler

Location: AgeSmart & ZOOM 

## #1104 Winning the Senior Dating Game

Explore modern dating trends with Certified Senior Advisor Richard Losciale. Delve into topics like 'Special Friends,' relationships, community involvement, online dating, and staying safe online. Learn about password security, scam awareness, therapeutic computing, and essential internet safety tips. Join us for a journey through dating in the digital age, including a walkabout on a popular dating app.

**MON, January 22** | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Five Oaks on Warson 

### #1084/1084.V Podcasts: Explained & Enjoyed

Curious about podcasts but unsure where to start? Join expert instructor Richard Losciale to explore this exciting medium. Bring your phone or laptop to this hands-on class, where you'll learn how to find free podcasts that cater to your interests, whether for fun, education, entertainment, or news. Discover the world of podcasts with guidance from a Certified Senior Advisor.

**THU, February 1** | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary & ZOOM H

### #1088/1088.V A Week in Plastic

Join Jean Ponzi, Green Resources Manager at the Missouri Botanical Garden's EarthWays Center, with over 30 years of expertise in sustainability. She'll unveil the outcomes of her intriguing seven-day experiment, investigating the impact of materials waste contained within plastic. Discover the effects of the "plastic tide" that pollutes our waters and explore the limits of recycling solutions.

**FRI, February 9** | 10 a.m.-12 p.m. | \$17

Instructor: Jean Ponzi

Location: Eden Seminary & ZOOM H **#1018/1018.V**

### Foundations of Genealogy, Parts I & II

Join Ilene Murray, Publications Director at the St. Louis Genealogical Society, for a two-part Genealogy class. Whether you're starting or experienced, revisit your research strategies. Explore organization, genealogical rules, source citing, and the use of timelines. Foundations II delves into census research, analyzing records, utilizing vital resources, and online tools for more information retrieval. Enhance your genealogy skills with us!

**MON, February 12-26** | 10:30 a.m.-12:30 p.m.

\$34 (2 Sessions)

Instructor: Ilene Murray

Location: Clayton Oasis & ZOOM H

### #1019/1019.V Spotlight on Puppy Mills: What Dog Lovers Need to Know

Join instructor Jim Woodward, Humane Society of Missouri Supporter and Volunteer Dog Walker, for an eye-opening discussion about puppy mills. Explore the business of dog breeding, identifying inhumane practices, and learning how to avoid puppy mills when searching for a pet, a prevalent issue in Missouri. Discover the truth behind the industry.

**TUE, February 13** | 1–2:30 p.m. | \$17

Instructor: James Gerald Woodward | \$17

Location: Clayton Oasis & ZOOM H

### #1020 For Single Ladies Only: How to Date Great Guys over 50

Meet Michele Burghardt, a dating coach for those 50 and over. Discover the recipe for romance and deeper connections in the world of dating for this age group. Learn how to attract high-quality men and explore the four key ingredients for finding love. Take the Heart-2-Heart assessment and follow a step-by-step process to make meaningful connections. Don't miss the Valentine's Day Mixer from 3:30 to 5 p.m.

**WED, February 14** | 11:30 a.m.-1 p.m. | \$25

Instructor: Michele Burghardt

Location: Clayton Oasis IP

### #1021 For Single Men Only: How to Uncomplicate Dating over 50 and Find Love

Meet Michele Burghardt, a dating coach specializing in those 50 and over. Unlock the recipe for deep and joyful connections in dating. Discover your natural gifts for attracting high-quality partners. Learn how to simplify dating in three straightforward steps. Join a candid conversation about women's desires, successful attraction strategies, and what not to worry about. Don't miss the Valentine's Day Mixer from 3:30 to 5 p.m.

**WED, February 14** | 1:30–3 p.m. | \$25

Instructor: Michele Burghardt

Location: Clayton Oasis IP

### #1032 Chocolate Around the World

Get your passport ready! We will travel to almost every continent where cacao is grown, exploring the regions and discovering what makes their chocolate different and unique. Come with a sweet tooth—we will be sampling several different single-origin bars and learning the difference between that and "industry" chocolate.

**TUE, February 27** | 1–2:30 p.m.

Instructor: Marcie Handler | \$20

Location: Clayton Oasis

### #1091/1091.V Genealogy: German Heritage in St. Louis

Explore St. Louis' rich German heritage and learn genealogy techniques for tracing your roots. While the class centers on German ancestry, all are welcome. Discover essential pre-research considerations, inquiry framing, and U.S. record utilization to achieve your genealogy goals. Uncover the stories of the German families that shaped the city's identity alongside other prominent cultural influences. Join us, no matter your ancestry, and delve into St. Louis's fascinating past.

**FRI, March 10** | 11 a.m.-12 p.m. | \$17

Instructor: Carol Whitton

Location: Eden Seminary & ZOOM H



#### #1044 Arabic 101: Learn to Write Your Name

Explore the distinctive features of written Arabic with Professor Steve Tamari from SIUE. Dive into Right-to-Left Script, where Arabic differs from English, and there are no capital letters. Gain insights into the history, script, pronunciation, and alphabet of this unique language. Cap it off with a workshop where you'll write your name in Arabic, led by an expert in Middle East and Islamic History.

**FRI, March 22** | 10:30 a.m.-12 p.m. | \$17

Instructor: Steve Tamari, Ph. D


Location: Clayton Oasis 

#### #1073 The U.S. Titans of Chocolate

Explore the Hershey and Mars dynasties in the confectionery industry, discovering their enduring legacies and philanthropic efforts. Delve into the founders' childhoods, business beginnings, current developments, and future prospects in this informative session.

**WED, April 10** | 10-11:30 a.m. | \$20

Instructor: Marcie Handler

Location: Clarendale Clayton 

#### #1114/1114.V Biophilia: Powers of Nature for Human Spaces

Explore the health benefits of biophilic design principles, revealing the presence of nature in unexpected places. Join Jean Ponzi, Green Resources Manager at Missouri Botanical Garden, with over 30 years of expertise at the Garden's EarthWays Center. Gain insights into integrating nature's gifts into your environment, bridging biology, psychology, and art design for a healthier and more vibrant lifestyle. *Pair with #1039 Louis Comfort Tiffany, Designs from Nature on page 11 for \$30.*

**WED, April 17** | 10 a.m.-12 p.m. | \$17

Instructor: Jean Ponzi

Location: Five Oaks on Warson & ZOOM 

Inspired  
by Nature  
Bundle,  
only \$30!

#### #1043/1043.V Brief History of Ecology

Ecology delves into the intricate relationships between organisms and their environment, with a history rooted in ancient civilizations' observations of nature. Explore how this science evolved, moving from mythology and folklore to recent scientific advances. Discover the significance of ecology in environmental sustainability and the study of human-environment interactions. Expert presenter Jean Ponzi shares insights from her extensive career at the Missouri Botanical Garden's EarthWays Center.

**THU, March 21** | 10 a.m.-12 p.m. | \$17

Instructor: Jean Ponzi

Location: Clayton Oasis & ZOOM 



Spark! is a program where participants meet once weekly for four weeks to enjoy and contribute to a free-flowing conversation exploring a central theme. A Spark! facilitator will lead the group through a topic of their expertise and then open the discussion, prompting the class to participate in a town hall-like format. If you enjoy group conversations, getting to know new people, sharing stories about yourself, and feeling inspired, Spark! is for you! Join us and expand your horizons through this thought-provoking program.

#### #1049 Spark! Psychology of Interior Design

"Spark! Psychology of Interior Design" focuses on the psychology behind interior design, presented by Linda K. Kusmer, a well-known St. Louis Interior designer who has been creating pleasurable surroundings since 1976. We will discuss subliminal messaging in room design and how your surroundings at home and in public spaces affect you. Be inspired by ideas from the group and get solutions for your interior design dilemmas.

**FRI, April 5-26** | 1-2 p.m. | \$24 (4 Sessions)

Instructor: Linda Kusmer


Location: Clayton Oasis 

### #1131/1131.V Summer Kickoff! Summer 2024 Classes Preview Event

Join us in person at St. Louis Oasis on Wednesday, April 17th, for a festive Summer trimester kickoff! Enjoy coffee, cookies, and discounts while exploring the catalog, meeting instructors, and mingling with Oasis friends. Register during the event and get 10% off your purchase of classes totaling \$25 or more, exclusively available at the event! Don't miss out on fan favorites and exciting new topics for Summer 2024.

**WED, April 17**

10-11:30 a.m. | Free

Location: Clayton Oasis  
& ZOOM 







Virtual Class



In-Person Class



Hybrid Class

# Technology

## Ask a Techie: Tech Tuesdays

Get **FREE** help with technology every Tuesday! Join Oasis' Director of Technology Jordan Carr for personal help with anything tech such as Android and iPhone Smartphones, PC and Apple computers, iPad and Android tablets, WIFI, email, software updates and more. Take advantage of Oasis' one-on-one problem solving and training for all of your tech devices!

Instructor: Jordan Carr

Location: Clayton Oasis 

**#1235 TUE, January 9**  
1–2 p.m. | Free

**#1236 TUE, January 16**  
1–2 p.m. | Free

**#1237 TUE, January 23**  
1–2 p.m. | Free

**#1238 TUE, January 30**  
1–2 p.m. | Free

**#1239 TUE, February 6**  
1–2 p.m. | Free

**#1240 TUE, February 13**  
1–2 p.m. | Free

**#1241 TUE, February 20**  
1–2 p.m. | Free

**#1242 TUE, February 27**  
1–2 p.m. | Free

**#1243 TUE, March 5**  
1–2 p.m. | Free

**#1244 TUE, March 12**  
1–2 p.m. | Free

**#1245 TUE, March 19**  
1–2 p.m. | Free

**#1246 TUE, April 2**  
1–2 p.m. | Free

**#1247 TUE, April 9**  
1–2 p.m. | Free

**#1248 TUE, April 16**  
1–2 p.m. | Free

**#1249 TUE, April 23**  
1–2 p.m. | Free



## Love Virtual Learning & Want to Stay Social?

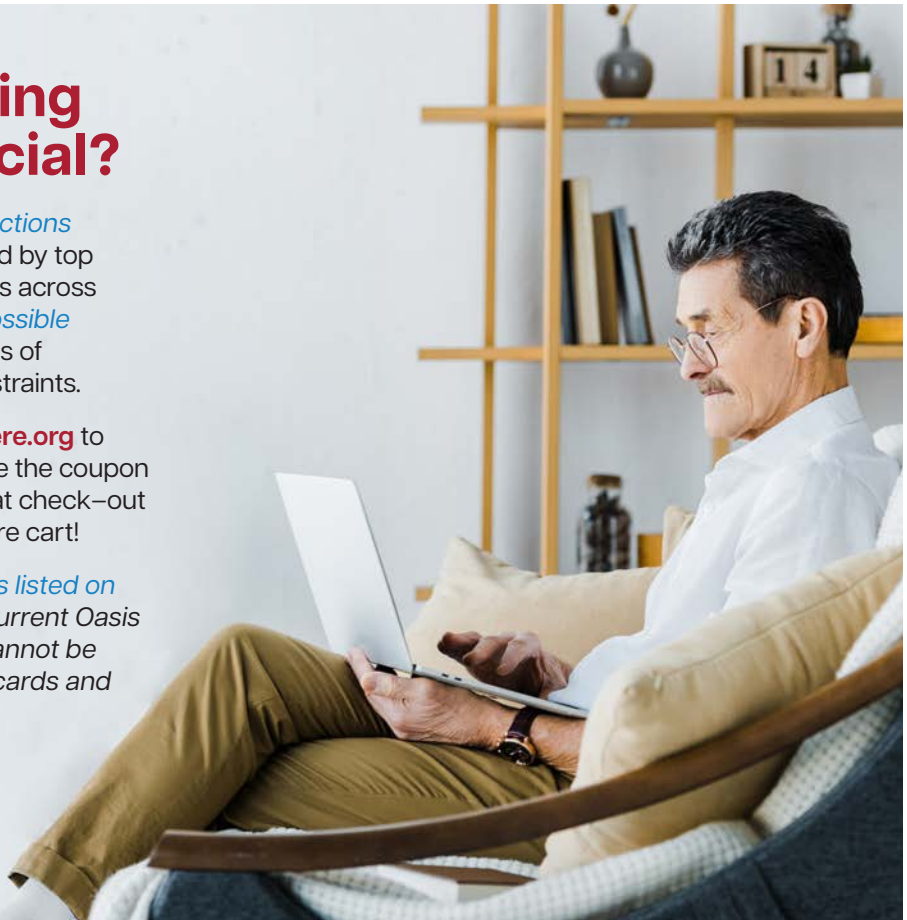
*Oasis Everywhere is creating social connections by offering* by offering live online classes led by top instructors from Oasis Centers and partners across the country. *Oasis Everywhere makes it possible for anyone to learn and socialize* regardless of geographic location, mobility, or travel constraints.

**TRYOE20-24**

Visit [oasiseverywhere.org](https://oasiseverywhere.org) to view classes and use the coupon code **TRYOE20-24** at check-out for 20% off your entire cart!

*\*Discount only applicable to virtual classes listed on [oasiseverywhere.org](https://oasiseverywhere.org). Good for new and current Oasis Everywhere users. One use per person. Cannot be combined with other offers. Excludes gift cards and donations. Expires December 31, 2024.*

 **OASIS EVERYWHERE**  
VIRTUAL LIFELONG LEARNING



# Theology

## #1063 The Acts of the Apostles

Explore the book of Acts with Dr. Mark Etling, a Ph.D. in Historical Theology. This 3-session class delves into the continuation of the Gospel of Luke, fulfilling Jesus' command to spread his message worldwide. Written near the end of the first century, Acts offers an idealized account of the Christian era's beginnings. Join us for a historical and theological journey.

**TUE, January 23-February 6** | 10–11:30 a.m.

\$51 (3 Sessions)

Instructor: Mark Etling, Ph.D

Location: Clarendale Clayton 

## #1067 The Day Jesus Died: The Passion Story of Mark

Explore the gripping narrative of Jesus' passion, crucifixion, and burial with Dr. Mark Etling, Ph.D. in Historical Theology. Delve into the four Gospels' unique perspectives on this central event in Christian Scriptures, with a focus on Mark's theology. Uncover both the commonalities and distinctions in the Passion story, gaining deeper insights into the Christian narrative.

**TUE, March 5** | 10–11:30 a.m. | \$17

Instructor: Mark Etling, Ph.D

Location: Clarendale Clayton 

## #1068 The Day Jesus Died: The Passion Story of Matthew

Explore the gripping narrative of Jesus' passion, crucifixion, and burial within the Christian Scriptures. While the stories are similar, each of the four Gospels presents a distinct theology of Jesus' death. This class delves into the commonalities and distinctions in the Passion story as recounted by Gospel authors, with a focus on Matthew.

**TUE, March 12** | 10–11:30 a.m. | \$17

Instructor: Mark Etling, Ph.D

Location: Clarendale Clayton 

## #1069 The Passion Narratives: Luke

Explore the compelling narrative of Jesus' passion, crucifixion, and burial with Dr. Mark Etling, Ph.D. Each of the four Gospels presents a unique theology of Jesus' death. This class delves into the similarities and differences in the Passion story as told by the Gospel authors, with a focus on Luke.

**TUE, March 19** | 10–11:30 a.m. | \$17

Instructor: Mark Etling, Ph.D

Location: Clarendale Clayton 



## #1070 The Day Jesus Died: The Passion Story of John

Discover the profound narrative of Jesus' passion, crucifixion, and burial in the Christian Scriptures. While the stories are fundamentally alike, each of the four Gospels emphasizes a distinct theology of Jesus' death. Delve into the commonalities and distinctions within the Passion story as recounted by the Gospel authors, with a primary focus on John.

**TUE, March 26** | 10–11:30 a.m. | \$17

Instructor: Mark Etling, Ph.D

Location: Clarendale Clayton 

## #1072/1072.V He is Risen: The Easter Stories

Instructor Dr. Mark Etling, Ph.D. in Historical Theology, delves into the timeline of events leading to Easter in this enlightening discussion. He explores the significance of Jesus' resurrection and its variations in the four Gospels. Dive into the Resurrection stories for a profound understanding of Easter's importance in early Christianity.

**TUE, April 2** | 10–11:30 a.m. | \$17

Instructor: Mark Etling, Ph.D

Location: Clarendale Clayton & ZOOM 

## #1251/1251.V From Jesus to Christ

Explore the transformation of the early Christian church, as instructor Bonnie Vega presents a visual journey from its origins within Judaism to becoming the state religion of the Roman Empire within the first four centuries.

**FRI, February 9** | 1–2:30 p.m. | \$12

Instructor: Bonnie Vega

Location: AgeSmart & ZOOM 

# Health

## #1102 Medications as We Age: Essential Information for Healthy Aging

Learn about medication overload and the potential risks associated with taking multiple medications as you age. Join geriatric specialist pharmacist Dr. Hedva Barenholtz Levy, PharmD, BCPS, BCGP, in three interactive sessions to explore safe medication use and aging. Discover strategies to become better advocates for medication safety and minimize unnecessary drug therapy and adverse reactions.

**WED, January 10–24** | 10–11:30 a.m. | \$51 (3 Sessions)

Instructor: Hedva Barenholtz Levy

Location: Five Oaks on Warson IP

## #1553.V Pump It Up to Beat Cardiovascular Disease!

Are you dealing with cardiovascular disease? Discover how to integrate exercise into your cardiovascular management. Whether you're considering beginning a workout routine or seeking to refresh your existing one, this class is suitable for all, without the need for a gym membership.

**TUE, April 16** | 1–3 p.m. | Free

Instructor: Oasis Health Facilitators

Location: ZOOM V

## #1555 The More You Know; the Less You Go!

Discover the profound impact of urinary incontinence on your quality of life and delve into its causes, treatments, and prevention methods, both through medication and non-medication approaches. This informative program is led by a licensed Occupational Therapist who holds certification in urinary incontinence management.

**WED, March 6** | 1–3 p.m. | Free

Instructor: BJC Home Health

Location: Five Oaks on Warson IP

## #1604.V Better Choices, Better Health® - Diabetes

Manage diabetes with A Better Choices, Better Health®—Diabetes workshop. Developed at Stanford University, it offers strategies to navigate diabetes challenges, including eating, blood sugar monitoring, exercise, communication, and self-management. Make diabetes enjoyable with smart choices. Register online today to enhance your diabetes management and overall well-being. Take control of your health journey.

**MON, March 11–April 22** | 9:30 a.m.–12 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: ZOOM V

## #1551 Battling Fatigue

Discover the sources of low energy and its multifaceted effects on physical, emotional, and social well-being. Explore strategies to combat fatigue, enhancing overall function and vitality. Engage in a self-assessment tool to gauge your personal fatigue level and gain valuable insights into its management.

**THU, March 28** | 10 a.m.–12 p.m. | Free

Instructor: Deb Gentry

Location: Eads Square Apartments IP

## #1036 Commitment to Self Care

Self-care is crucial for our physical and mental well-being, yet it often gets overlooked in our busy lives. We're pulled in various directions, and societal norms prioritize others' needs over our own. This class explores internal and external barriers to self-care, backed by research, to enhance our health and well-being. Through discussion, mindfulness, and journaling, we'll find ways to prioritize self-care and positively impact those around us.

**TUE, March 12** | 10:30 a.m.–12 p.m. | \$17

Instructor: Coke Hennessy

Location: Clayton Oasis IP

# Arthritis

## Kick the Aches of Arthritis

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

**#1550 THU, February 22** | 10–11 a.m. | Free

Instructor: Oasis Health Facilitators

Location: Brentwood Community Center IP

**#1552 THU, March 14** | 10 a.m.–12 p.m. | Free

Instructor: Oasis Health Facilitators

Location: Clayton Oasis IP



## Living a Healthy Life

Discover effective strategies for setting health goals, crafting action plans, pain management, embracing nutrition, exercise, understanding medication, and boosting your confidence in managing your health. Created by Stanford University's Patient Education Research Center, this self-management program caters to individuals dealing with various chronic conditions. Unlock the tools to take control of your well-being.



**#1600 MON, January 22–March 11 (No class 2/19)**  
1–3:30 p.m. | Free (7 Sessions)  
Instructor: Oasis Health Facilitators  
Location: Chesterfield Community Center **IP**

**#1601 THU, February 22–April 4** | 1–3:30 p.m.  
Free (7 Sessions)  
Instructor: Oasis Health Facilitators  
Location: Five Oaks on Warson **IP**

**#1602 TUE, March 12–April 23** | 10 a.m.–12:30 p.m.  
Free (7 Sessions)  
Instructor: Oasis Health Facilitators  
Location: Florissant Senior Center **IP**

**#1603 THU, April 4–May 16** | 10 a.m.–12:30 p.m.  
Free (7 Sessions)  
Instructor: Oasis Health Facilitators  
Location: Eads Square Apartments **IP**

**#1605.V WED, April 17–May 29** | 1–3:30 p.m.  
Free (7 Sessions)  
Instructor: Oasis Health Facilitators  
Location: ZOOM **V**

## Aging Mastery Program®

Join the free 10-week Aging Mastery Program® (AMP) to build your personal playbook for aging well. Developed by the National Council on Aging, AMP features expert speakers, group discussions, and peer support on various topics like healthy eating, falls prevention, financial fitness, and more. Connect with like-minded individuals on the Aging Mastery journey. ❤️

**#1661 TUE, February 20–April 23** | 10 a.m.–12 p.m.  
Free (10 Sessions)  
Instructor: Oasis Health Facilitators  
Location: Christ Our Redeemer Church **IP**

**#1662 WED, March 13–May 15** | 1–3 p.m.  
Free (10 Sessions)  
Instructor: Oasis Health Facilitators  
Location: Five Oaks on Warson **IP**

## Matter of Balance

Almost half of older adults worry about falling. A Matter of Balance is an evidence-based program that addresses the fear of falling, which is a risk factor for falls. 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 reference during class and keep.

**Build Your Balance With Exercise!** Some balance-based Oasis exercise classes include Tai Chi and Yoga (pages 31-32).

**#1663.V WED, January 24–March 13** | 1–3 p.m.  
Free (8 Sessions)  
Instructor: Oasis Health Facilitators  
Location: ZOOM

**#1630 TUE, February 27–April 16** | 10 a.m.–12 p.m.  
Free (8 Sessions)  
Instructor: Oasis Health Facilitators  
Location: Chesterfield Community Center **IP**

**#1634 THU, March 7–April 25** | 10 a.m.–12 p.m.  
Free (8 Sessions)  
Instructor: Oasis Health Facilitators  
Location: Richmond Heights Memorial Library **IP**

## Awareness Through Movement

Join Awareness Through Movement® classes for voice-guided movement lessons involving slow, gentle movements that enhance brain-body communication, increasing comfort, coordination, and mental and physical flexibility in daily life. *Take 4 or more Awareness Through Movement classes and get 10% off your purchase.*

Join 4  
or more  
& get  
10% off!

Instructor for all classes: Alex Schaefer, MPT, GCFP  
Location for all classes: Clayton Oasis IP

### #1139 Awareness Through Movement: Head & Neck

This workshop focuses on creating movement at the neck's base, addressing neck pain and stiffness by engaging the arms, shoulders, and spine to enhance posture, mobility, and comfort.

WED, January 17 | 10 a.m.–12 p.m. | \$20

### #1140 Awareness Through Movement: Low Back

This workshop centers on muscle usage, head positioning, and pelvic structure for improved spinal function during daily bending, extending, and twisting movements. Explore a more functional spine with us.

WED, January 31 | 10 a.m.–12 p.m. | \$20

### #1141 Awareness Through Movement: Arms & Shoulders

In this Awareness Through Movement® workshop, you'll explore the role of the middle and lower trunk in reaching movements, aiming to reduce strain in the shoulder and upper trunk. Through gentle, guided movements, enhance your coordination and comfort, fostering greater flexibility in reaching directions for improved daily function.

WED, February 28 | 10 a.m.–12 p.m. | \$20

### #1142 Awareness Through Movement: Breathing

These sessions boost comfort, coordination, mental and physical flexibility. In this workshop, we'll delve into rib, diaphragm, and abdomen movements that constitute breathing. Discover diverse breathing techniques and their functions, empowering you with an adaptable breathing approach to enhance your overall well-being.

WED, March 20 | 10 a.m.–12 p.m. | \$20

### #1143 Awareness Through Movement: Hands & Wrists

Explore non-habitual hand and wrist movements in various arm and trunk positions to release tension in the hands and forearms. Discover hidden connections between the hands, neck, chest, and torso, fostering improved comfort, coordination, and communication between your brain and body. Elevate your daily life experience.

WED, April 3 | 10 a.m.–12 p.m. | \$20

### #1144 Awareness Through Movement: Feet & Ankles

Dive into this workshop to explore fundamental foot and ankle movements in various positions, fostering greater awareness and dexterity in your lower extremities.

WED, April 24 | 10 a.m.–12 p.m. | \$20

### #1145 Awareness Through Movement: Knees & Hips

Cultivate awareness of the skeletal link between your legs, hips, and torso, connecting them to everyday functional movements like walking, standing, and balancing.

WED, May 8 | 10 a.m.–12 p.m. | \$20



# Exercise

## ExerStart

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

### #1500 MON/WED, January 8–February 28

(No class 1/15 & 2/19) | 9–9:45 a.m. | \$21 (14 Sessions)

Instructor: Geraldine Talley

Location: Jefferson County Library - Northwest Branch 

### #1502 TUE/THU, January 9–February 29 | 9–9:45 a.m.

\$24 (16 Sessions)


Instructor: Pat Atkins

Location: Jefferson County Library - Northwest Branch 

### #1432.V MON/WED, January 8–February 28

(No class 1/15 & 2/19) | 9:15–10 a.m. | \$21 (14 Sessions)


Instructor: Sharon Kirsch

Location: ZOOM 

### #1504 MON/WED, January 8–February 28

(No class 1/15 & 2/19) | 9:30–10:15 a.m. | \$21 (14 Sessions)

Instructor: Jo Ann D Roberts

Location: Christ Our Redeemer Church 

### #1436 MON/WED, January 8–February 14

(No class 1/15) | 10:30–11:30 a.m. | \$66 (11 Sessions)

Instructor: Oasis Health Facilitators

Location: Chesterfield Community Center 

### #1506 MON/FRI, January 8–March 1

(No class 1/15 & 2/19) | 10:45–11:30 a.m.

\$21 (14 Sessions)

Instructor: Marta Meness

Location: Jefferson County Senior Resource Center 

### #1437 MON/WED, February 21–March 27

(No class 1/15) 10:30–11:30 a.m. | \$66 (11 Sessions)

Instructor: Oasis Health Facilitators

Location: Chesterfield Community Center 

### #1501 MON/WED, March 4–May 1 | 9–9:45 a.m.

\$27 (18 Sessions)

Instructor: Geraldine Talley

Location: Jefferson County Library - Northwest Branch 

### #1433.V MON/WED, March 4–May 1 | 9:15–10 a.m.

\$27 (18 Sessions)


Instructor: Sharon Kirsch

Location: ZOOM 

### #1505 MON/WED, March 4–May 1 | 9:30–10:15 a.m.

\$27 (18 Sessions)

Instructor: Jo Ann D Roberts

Location: Christ Our Redeemer Church 

### #1507 MON/FRI, March 4–May 3 | 10:45–11:30 a.m.

\$27 (18 Sessions)

Instructor: Marta Meness

Location: Jefferson County Senior Resource Center 

### #1503 TUE/THU, March 5–May 2 | 9–9:45 a.m.

\$27 (18 Sessions)


Instructor: Pat Atkins

Location: Jefferson County Library - Northwest Branch 

### #1438 MON/WED, April 1–May 1 | 10:30–11:30 a.m.

\$60 (10 Sessions)

Instructor: Oasis Health Facilitators

Location: Chesterfield Community Center 



## A Lifelong Learner & Advocate for Healthy Aging

Clytice Fowler has been an enthusiastic Oasis participant for a remarkable 25 years. Having completed numerous Oasis courses, Clytice attributes her enduring good health and strong support network to her active involvement in Oasis programs. Clytice says, “Oasis has been beneficial to me in many ways. It gets me out of the house and motivates me to explore otherwise overlooked activities. I’ve also formed valuable connections with fellow participants during classes and seminars.”

Clytice initially discovered Oasis when she was 50 after coming across a flyer for a lifelong learning class. She began attending various lectures on diverse subjects and hasn’t looked back. She emphasizes, “I acquire new knowledge, try new activities, and it encourages me to step out of my comfort zone.”

Among Clytice’s favored Oasis programs are the Exerstart classes, which provide her with a thorough workout. She even has a beloved instructor who motivates participants to challenge themselves and actively engage. Clytice and her fellow participants often jest with the instructor, exclaiming, “Don’t you know we’re



## Strengthen & Stretch

Low-impact aerobics, strength training, flexibility and balance exercises – a total body workout! The ability to move freestanding without use of a chair is necessary for this class. Floorwork is optional.

### #1413 MON/WED, January 8–February 14

(No class 1/15) | 9:30–10:30 a.m. | \$93.50 (11 Sessions)

Instructor: Oasis Health Facilitators

Location: Chesterfield Community Center IP

### #1419 TUE/THU, January 9–February 15 | 10–11 a.m.

12 Sessions | \$102 (12 Sessions)

Instructor: Kenytha Harvey

Location: Five Oaks on Warson IP

### #1427.V TUE/THU, January 9–February 15

10:30–11:30 a.m. | \$72 (12 Sessions)

Instructor: Idaria K Goodwin

Location: ZOOM V

### #1414 MON/WED, February 21–March 27

(No class 1/15) | 9:30–10:30 a.m. | \$93.50 (11 Sessions)

Instructor: Oasis Health Facilitators

Location: Chesterfield Community Center IP

### #1400 TUE/THU, January 9–February 15

10:30–11:30 a.m. | \$102 (12 Sessions)

Instructor: Cathy Johnson

Location: Clayton Oasis IP

### #1428.V TUE/THU, February 20–March 21

10:30–11:30 a.m. | \$60 (10 Sessions)

Instructor: Idaria K Goodwin

Location: ZOOM V

### #1420 TUE/THU, February 20–March 28 | 10–11 a.m.

\$102 (12 Sessions)

Instructor: Kenytha Harvey

Location: Five Oaks on Warson IP



### #1401 TUE/THU, February 20–March 28

10:30–11:30 a.m. | \$102 (12 Sessions)

Instructor: Cathy Johnson

Location: Clayton Oasis IP

### #1415 MON/WED, April 1–May 1

(No class 1/15) | 9:30–10:30 a.m. | \$85 (10 Sessions)

Instructor: Oasis Health Facilitators

Location: Chesterfield Community Center IP

### #1421 TUE/THU, April 2–May 2 | 10–11 a.m.

\$85 (10 Sessions)

Instructor: Kenytha Harvey

Location: Five Oaks on Warson IP

### #1429.V TUE/THU, April 2–May 2 | 10:30–11:30 a.m.

\$60 (10 Sessions)

Instructor: Idaria Goodwin

Location: ZOOM V

### #1402 TUE/THU, April 2–May 2 | 10:30–11:30 a.m.

\$85 (10 Sessions)

Instructor: Cathy Johnson

Location: Clayton Oasis IP

## at Oasis, Clytice Fowler

seniors?" as they work up a sweat. Oasis classes like Exerstart, Tai Chi, and the Aging Mastery Program (AMP) have significantly supported Clytice's physical and mental well-being. She has no intention of slowing down anytime soon, asserting, "I want to continue my healthy habits. I never want to quit exercising. If it wasn't for Oasis, I don't know what shape I'd be in."

Clytice's journey with Oasis perfectly embodies our organization's mission to help older adults embrace lifelong learning, preserve their health, and foster connections within a vibrant community. Her experience is a testament to the fact that age should never hinder

personal growth and enrichment. If Clytice's story resonates with you, take the first step toward a fulfilling lifelong learning and well-being journey by exploring the many opportunities Oasis offers.

If you are interested in taking any of the classes Clytice loves, visit the following and look for ♥ (a red heart): Exerstart, page 29; Tai Chi, page 31; Aging Mastery Program, page 27.

## Tai Chi

### Tai Chi for Arthritis for Fall Prevention: Beginner

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

#### #1450 MON/WED, January 8–February 28

(No class 1/15 & 2/19) | 11 a.m.–12 p.m. | Free (14 Sessions)

Instructor: Jo Ann D Roberts

Location: Jennings Civic Center 

#### #1467 MON/WED, January 8–February 14

(No class 1/15) | 1:30–2:30 p.m. | \$93.50 (11 Sessions)

Instructor: Jo Ann D Roberts


Location: Five Oaks on Warson 

#### #1460 MON/WED, January 8–February 28

(No class 1/15 & 2/19) | 1:30–2:30 p.m.

\$127.50 (15 Sessions)

Instructor: Craig Miller

Location: Eden Seminary 

#### #1460 MON/WED, January 8–March 6

(No class 1/15, 2/12 & 2/19) | 1:30–2:30 p.m.

\$75 (15 Sessions)

Instructor: Idaria K Goodwin

Location: AgeSmart 

#### #1468 MON/WED, February 21–March 27

1:30–2:30 p.m. | \$93.50 (11 Sessions)

Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson 

#### #1451 MON, WED, March 4–May 1 | 11 a.m.–12 p.m.

Free (18 Sessions)

Instructor: Jo Ann D Roberts

Location: Jennings Civic Center 

#### #1461 MON, WED, March 11–May 1 | 1:30–2:30 p.m.

\$136 (15 Sessions)

Instructor: Craig Miller

Location: Eden Seminary 

#### #1469 MON/WED, April 1–May 1 | 1:30–2:30 p.m.

\$85 (10 Sessions)

Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson 

#### #1452 TUE/THU, January 9–February 29 | 11 a.m.–12 p.m.

Free (16 Sessions)

Instructor: Alice McHugh

Location: Walnut Park Public Library 

#### #1453 TUE/THU, March 5–May 2 | 11 a.m.–12 p.m.

Free (18 Sessions)

Instructor: Alice McHugh

Location: Walnut Park Public Library 

### Tai Chi for Parkinson's Disease & Rehab

Discover the health benefits of Tai Chi, backed by research, for individuals with Parkinson's Disease or recovering from injuries. Learn to control tremors, improve balance, and enhance posture. Experienced Senior Trainer, Craig Miller, leads this specialized class designed for injury recovery and Parkinson's. Caregivers are welcome to register too. Join us for improved well-being through Tai Chi!

#### #1463 TUE, January 9–February 27 | 2–3 p.m.

\$68 (8 Sessions)

Instructor: Craig Miller

Location: Crestwood Community Center 

#### #1464 TUE, March 5–April 30 | 2–3 p.m.

\$76.50 (9 Sessions)

Instructor: Craig Miller

Location: Crestwood Community Center 


## Zumba

Elevate your fitness and energy levels with our invigorating Zumba class! Join us for a fun and dynamic workout that blends dance and fitness moves to the rhythm of infectious music. Get ready to sweat, dance, and have a blast as you improve your cardiovascular health and coordination. All fitness levels welcome!

#### #1256 MON/WED, March 11–May 1 | 12–1 p.m.

\$70 (10 Sessions)

Instructor: Idaria Goodwin

Location: AgeSmart 



## Yoga & Pilates

### Yoga for Vitality & Flexibility

Perfect for beginners and experienced yogis, this class emphasizes flexibility, body lightness, and a calm, energizing sense achieved through stability and steadiness. Let breath guide your movements to create space and freedom in mind, body, and spirit. Variations cater to individual needs. Experience the liberating power of Yoga!

**#1416 TUE/THU, January 9–February 15** | 10–11 a.m.  
\$102 (12 Sessions)  
Instructor: Donna Govro  
Location: Eden Seminary **IP**

**#1417 TUE, THU, February 20–March 28** | 10–11 a.m.  
\$102 (12 Sessions)  
Instructor: Donna Govro  
Location: Eden Seminary **IP**

**#1418 TUE/THU, April 2–May 2** | 10–11 a.m.  
\$85 (10 Sessions)  
Instructor: Donna Govro  
Location: Eden Seminary **IP**

### Intermediate Pilates

Unlock a comprehensive body workout, fostering core muscle strength, overall endurance, flexibility, posture, breath control, and balance. Pre-registration is mandatory for participation. Class prerequisites include a minimum of 9 to 12 months of consecutive Pilates experience, provision of a personal Pilates mat, and instructor approval. Elevate your Pilates journey and refine your practice in this dynamic session.

**#1425.V TUE, January 9–February 27**  
11:45 a.m.–12:45 p.m. | \$48 (8 Sessions)  
Instructor: Heather Needleman  
Location: ZOOM **V**

**#1405 WED, January 10–February 28** | 2:30–3:30 p.m.  
\$68 (8 Sessions)  
Instructor: Heather Needleman  
Location: Clayton Oasis **IP**

**#1426.V TUE, March 5–April 30** | 11:45 a.m.–12:45 p.m.  
\$54 (9 Sessions)  
Instructor: Heather Needleman  
Location: ZOOM **V**

**#1406 WED, March 6–May 1** | 2:30–3:30 p.m.  
\$76.50 (9 Sessions)  
Instructor: Heather Needleman  
Location: Clayton Oasis **IP**

### Beginning Pilates

Achieve a full-body workout that enhances core strength, stamina, flexibility, posture, breathing, and balance. Pre-registration is required. Participants should be capable of doing floor exercises and bring their own Pilates mat. Join us for a transformative Pilates experience that revitalizes your mind and body.

**#1403 WED, January 10–February 28** | 1:15 PM–2:15 PM  
\$68 (8 Sessions)  
Instructor: Heather Needleman  
Location: Clayton Oasis **IP**

**#1404 WED, March 6–May 1** | 1:15–2:15 p.m.  
\$76.50 (9 Sessions)  
Instructor: Heather Needleman  
Location: Clayton Oasis **IP**

### Gentle Chair Yoga

Gentle chair yoga is a form of yoga designed for individuals who may have limited mobility or difficulty with traditional yoga poses. It incorporates gentle stretches, movements, and breathing exercises while seated in a chair. It promotes relaxation, flexibility, and overall well-being, making it accessible to a wide range of participants, including seniors and those with physical limitations.

**#1430.V THU, January 11–February 29**  
11:45 a.m.–12:45 p.m. | \$48 (8 Sessions)  
Instructor: Cynthia Fernandez  
Location: ZOOM **V**

**#1431.V THU, March 7–May 2** | 11:45 a.m.–12:45 p.m.  
\$54 (9 Sessions)  
Instructor: Cynthia Fernandez  
Location: ZOOM **V**

### Yoga

Perfect for beginners and experienced yogis, this class emphasizes mobility, body lightness, and a serene energy by emphasizing body stability and ease. Guided by breath, you'll find mental, physical, and spiritual freedom. Various options cater to individual needs. Embrace Yoga and set yourself free.

**#1439 TUE/THU, February 13–March 21** | 12:30–1:30 p.m.  
\$102 (12 Sessions)  
Instructor: Dina Fachin  
Location: Five Oaks on Warson **IP**

**#1440 TUE, THU, March 26–May 2** | 12:30–1:30 p.m.  
\$102 (12 Sessions)  
Instructor: Dina Fachin  
Location: Five Oaks on Warson **IP**



## Low Impact Chair Exercise

Join this seated exercise class designed for those concerned about balance. While seated or using a chair for support, you'll enjoy moving to music, strengthening stabilizing muscles and joints, enhancing endurance, flexibility, and posture. Perfect for beginners, this class ensures you're active and not just sitting still.

### Take unlimited classes with our new Program Pass

Oasis is excited to introduce a new discount program with two options to save on classes! [Flip back to page 2](#) to learn more and see our plans.

**#1434 WED, January 10–February 28** | 10–10:45 a.m.

\$68 (8 Sessions)

Instructor: Donna Pesek

Location: Eden Seminary 

**#1435 WED, March 6–May 1** | 10–10:45 a.m.

\$76.50 (9 Sessions)

Instructor: Donna Pesek

Location: Eden Seminary 

## Dance

### Ballroom Dance

Perfect for beginners or those looking to refresh their ballroom dance skills, these classes cover the fundamentals of partnering skills, floor craft, and basic ballroom patterns in dances like Foxtrot, East Coast Swing, Rumba, Waltz, and Cha-cha.

**#1409 WED, January 10–February 28** | 1–2 p.m.

\$68 (8 Sessions)

Instructor: Glenn Sowder

Location: Clayton Oasis 

**#1410 WED, March 6–May 1** | 1–2 p.m.

\$76.50 (9 Sessions)

Instructor: Glenn Sowder

Location: Clayton Oasis 

### Easy Line Dancing

Join this line dancing class—even if you have two left feet, it's easy to learn! Designed for beginners, you'll learn basic steps, new line dances, and classic favorites at an easygoing pace. Line dancing enhances balance, coordination, memory, and offers a fun cardiovascular workout. No prior dance experience required—just come, make friends, and have a blast!

**#1411 WED, January 31–March 6** | 1–2 p.m.

\$51 (6 Sessions)

Instructor: Karen J Merlin

Location: Chesterfield Community Center 

**#1412 WED, March 20–May 1 (No class 4/3)** | 1–2 p.m.

\$51 (6 Sessions)

Instructor: Karen J Merlin

Location: Chesterfield Community Center 

### Line Dance

Discover the joy of line dancing! This class not only guarantees a great time but also enhances balance, coordination, memory, and mobility. Embrace the fun music and simple steps while learning authentic line dance terminology. Suitable for all experience levels, from beginners to experts, and no partner is required. Build endurance and memorization skills as you progress from one class to the next. Let's dance!

**#1407 MON, January 8–February 26** | 1–2 p.m.

\$68 (8 Sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis 

**#1408 MON, March 4–April 29** | 1–2 p.m.

\$76.50 (9 Sessions)

Instructor: Sandy Derickson


Location: Clayton Oasis 





# Bikes & Walks

## Bike Rides

Oasis offers biking and walking groups for community bonding in St. Louis parks. Great Rivers Greenway rides are funded; Oasis excursions are not. Starting Spring 2024, a \$5 fee ensures sustainability, except for Greenway activities. Fee evaluation for 2025+ will happen in September 2024. Thank you for supporting Oasis and our parks and trails. Great Rivers Greenway biking and walks (noted with ) will remain **free** of charge. Thank you for supporting Oasis and our park and trail systems!

### #1816 Biking the Greenways

Learn what you need to know before heading out on a greenway and get the behind-the-scenes scoop. Be ready to explore some of the 128 miles of greenways that are available for biking to your favorite destinations, landmarks and more. Come prepared to share your favorite stories riding the Greenways. Wheels up!

**THU, February 29** | 10–11 a.m. | Free

Instructor: Great Rivers Greenway Staff

Location: Clayton Oasis (Indoor Lecture) 

### #1817 Basic Biking Safety & Repairs

Boost your biking confidence with essential safety and repair skills. Master the ABC safety check to ensure your bike's readiness, handle flat tire fixes, and learn proper brake and gear usage. Get ready to join free Oasis bike rides throughout the year with newfound skills and peace of mind. Ride confidently, anytime, anywhere!

**FRI, March 22** | 1–2:30 p.m. | \$5

Instructor: Gerry Noll


Location: Clayton Oasis (Indoor Lecture) 

### #1818 Brush Up on Your Cycling Skills!

Get ready for bicycling season by joining us for a discussion of some basic bicycle equipment and handling skills. We will review the upcoming Spring Oasis rides. Afterwards, we will enjoy a short 4.3 mile ride along a bike path and residential streets. The bike ride is optional. You are welcome to join us for the discussion only if you are unable to do the bicycle ride.


**FRI, March 29** | 10–11:30 a.m. | \$5

Instructors/Leaders: Gerry Noll & Joyce Sherokow

Location: Clayton Oasis (Indoor Lecture & Ride) 

### #1809 Gravois Greenway Ride - Grant's Trail


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

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

Leader: Judy Labarbera

### #1810 Tower Grove South Ride to River Des Peres Greenway


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

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

Leader: Judy Labarbera

### #1811 Weldon Spring Site Interpretive Center Ride to Busch Memorial Conservation

Embark on a scenic bike journey starting at the Weldon Spring Site Interpretive Center parking lot, winding through the picturesque Busch Conservation area, and returning. Prepare for gravel terrain and bring a bike with tires of at least 35 MM width for optimal performance. The route features brief, challenging inclines with gradients reaching 8%. Enjoy an approximately 20-mile ride filled with natural beauty.

**FRI, April 26** | 9:30 a.m. | Free 

Leader: Gerry Noll

### #1812 Ted Jones Trail & St. Vincent Greenway Ride

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

**FRI, May 3** | 9:30 a.m. | Free 

Leader: Gerry Noll

### #1813 Chesterfield to Weldon Spring Interpretive Center Ride 🍃

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

**FRI, May 10** | 9:30 a.m. | Free **IP**

Leader: Brenda Tripp

### #1814 Riverfront Ride: On Mississippi Greenway 🍃

Gather at the Spaghetti Factory and embark on a leisurely, no-drop, off-road ride along a paved trail leading to the Chain of Rocks Bridge. Revel in scenic river views and the chance to spot wildlife like turkey, deer, and colossal barges. Covering about 24 miles, it's a delightful journey along "our" River.

**FRI, May 17** | 9:30 a.m. | Free **IP**

Leader: Brenda Tripp

### #1815 Madison County Trails (MCT) Bike Ride

Embark on a 28-mile biking adventure along the Madison County Trails (MCT) from Edwardsville to Collinsville, IL. Afterward, savor lunch at Culver's before taking a different trail for the return journey to Edwardsville. Enjoy the scenic ride and a satisfying meal on this cycling excursion.

**FRI, May 24** | 9:30 a.m. | \$5 **IP**

Leader: Joyce Sherokow



## Walks

### #1829.V Self-Directed Walk With Ease

Enhance flexibility, strength, and stamina through Walk With Ease—an evidence-based program promoting pain reduction and improved health. Join a virtual walking group led by a trained Walk With Ease Leader. Enjoy video conferencing for connection, fun updates, walking videos, and post-workout camaraderie. Registration includes a personal Walk With Ease guidebook. Safely boost your fitness with us!

**MON, April 1–May 6** | 1–2 p.m. | \$25 (6 Sessions)

Leader: Valarie Kornblet

Location: ZOOM (Virtual Walk) **V**

### #1826 Walk With Ease: Christ Our Redeemer

Enhance flexibility, strength, and stamina safely with Walk With Ease. This evidence-based program reduces pain and boosts overall health. Join others three times a week under the guidance of an Arthritis Foundation-trained leader. Each session includes exercise discussions, stretching, strengthening, walking, and a cool down. Limited space available, so secure your spot now!

**MON/WED/THU, April 1–May 9** | 10:30 a.m.–12 p.m.

Free (18 Sessions) **IP**

Leader: Dawn Carter

### #1828 Walk With Ease: Central Park in Chesterfield

Join our Walk With Ease program to safely enhance flexibility, strength, and stamina alongside others. This evidence-based program reduces pain and boosts overall health. Under the guidance of an Arthritis Foundation-trained leader, meet three times a week. Each session includes exercise discussions, stretching, strengthening, walking, and cooling down. Limited spots available, so sign up today!

**MON/WED/THU, April 1–May 9** | 9:30–11 a.m.

Free (18 Sessions) **IP**

Leader: Valarie Kornblet

### #1825 Walk With Ease: Richmond Heights Community Center

Join Walk With Ease, an evidence-based walking program aimed at enhancing flexibility, strength, and stamina while ensuring safe and comfortable group walks. Led by a walking leader trained per Arthritis Foundation guidelines, participants will meet three times weekly for discussions on exercise, stretching, strengthening, walks, and cool-down sessions. Hurry, limited space available.

**TUE/WED/THU, April 2–May 9** | 9:30–11 a.m.

Free (18 Sessions) **IP**

Leader: Jeanne Foster



### #1819 Spring Walk at The Zoo

Experience the magic of spring at the St. Louis Zoo! Stroll amidst captivating exhibits, and delight in the presence of adorable baby animals. This leisurely 2–3-mile walk promises a delightful morning of natural wonder and wildlife exploration. Don't miss out on this enchanting spring adventure!

**TUE, April 2** | 9:30–11:30 a.m. | \$5 IP

Leaders: Bernadette & John Lauth

### #1800 Gravois Greenway - Grant's Trail Walk

Explore the scenic beauty of the Gravois Greenway, a sprawling network of paved trails that weaves through charming neighborhoods, picturesque parks, and historic landmarks. This leisurely 3-mile walk takes you along the gentle, flat terrain, with delightful stops like Whitecliff Park and Grant's Farm along the way. Discover the natural treasures of St. Louis on this rejuvenating journey.

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

Leader: Mary Fran Balmer

### #1802 St. Charles Community College to Dardenne Greenway Walk

Embark on a scenic suburban journey from St. Charles Community College campus on the enchanting Dardenne Greenway. Traverse picturesque woodlands, serene wetlands, charming neighborhoods, and delightful parks. This out-and-back course promises a refreshing exploration of nature's beauty and tranquility. Join us for an invigorating 3-mile walk connecting with the great outdoors.

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

Leader: Debbie Macey

### #1803 Stacy Park Neighborhood Walk

Enjoy a leisurely stroll along the paved trail in the scenic 35-acre Stacy Park, nestled at the crossroads of Olivette and Creve Coeur. Immerse yourself in the beauty of this charming county park and its adjoining neighborhood.

**TUE, April 30** | 9:30–11:30 a.m. | \$5 IP

Leader: Helen R. Fisher



### #1804 Tower Grove: A Beautiful Victorian Park Walk

Tower Grove Park, envisioned by creator Henry Shaw, mirrors the English countryside. Discover its captivating pavilions, St. Louis' oldest bridge, sculptures, and classical musician busts. Learn the fate of the largest U.S. hotel and the tale of a military disciplinarian. Witness office workers with palm trees by their desks. Explore this urban oasis's rich history and unique features.

**THU, May 2** | 9:30–11:30 a.m. | \$10

Leader: Douglas E Schneider

### #1805 Forest Park to Delmar Divine - St. Vincent Greenway Walk

Enjoy a scenic walk from Forest Park to Delmar Divine via the St. Vincent Greenway's south end. We'll pass unique gate entrances in residential areas. Explore the Delmar Divine facility and Ruth Porter Mall trail on the lower St. Vincent Greenway. Choose from snack or lunch options at Delmar Divine or the History Museum along the way.

**TUE, May 7** | 9:30–11:30 a.m. | Free IP

Leader: Judith A. Novak

### #1806 370 Lakeside Park Walk

370 Lakeside Park is your hometown getaway! Explore St. Peters' largest park at 300 acres, complete with a 140-acre recreational lake, biking and hiking trails, wildlife, beautiful sunsets and more! The park has a lovely, flat paved trail. The walk with is approximately 3 miles.

**TUE, May 14** | 9:30–10:30 a.m. | \$5 IP

Leaders: Ray & Joyce Best

### #1807 Midtown St. Charles to Lindenwood University Walk

Embark on a scenic stroll through Historic St. Charles, Missouri, leading to Lindenwood University. This charming district is a national historic area in St. Charles County, Missouri. Explore the picturesque Lindenwood University campus, established in 1832, making it the second-oldest higher-education institution west of the Mississippi River. The walk spans approximately 3 miles.

**TUE, May 21** | 9:30–11:30 a.m. | \$5 IP

Leader: Vicky A Egan

### #1808 Fun Fee Fee Greenway Walk

Explore the suburban greenway through shady wooded areas of McKelvey Woods and surrounding neighborhood to Creve Coeur Park. This paved flat greenway parallels the Fee Fee Creek within the Missouri watershed. Walk is approximately 3 miles.

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

Leader: Sally Hanson

# Tours & Travel

## #1115 Contemporary Art Museum: Private Exhibition Tour

Embark on a private Oasis tour, guided by a docent, through three captivating exhibits at CAM this fall and winter. Discover the work of Montreal-based artist Hajra Waheed, exploring the legacies of colonial and state violence with a poetic touch. Experience the vibrant paintings of Dominic Chambers, an artist using art to reshape our connection with the world. Lastly, explore the colorful and site-specific installation by Las Vegas-based artist Justin Favela, whose work draws from art history and personal identity, all created using familiar materials.

WED, January 24 | 11 a.m.-1 p.m. | \$17

Guide: CJ Mitchell

Location: Contemporary Art Museum 

## #1120 Soccer Stadium Neighborhood Walking Tour

Witness the unique juxtaposition of century-old bricks alongside the modern exterior of the new soccer stadium. Explore a transformed YMCA turned into a hotel, tour a secret underground restaurant, with a late-night bar opening at 10 p.m. Learn about St. Louis' newest tunnel, a building once housing a stuffed horse in its lobby, the Heyday fire of 1976, the remnants of Mill Creek Valley's destruction, and many more intriguing tales.

TUE, April 16 | 9:30-11:45 a.m. | \$17

Guide: Douglas E Schneider

Location: CITYPARK 

## #1121 Beethoven's Second Piano Concerto

Join instructor Mary Saputo for a performance at the Touhill. Marie-Ange Nguci, 'one the most promising talents of her generation,' makes her SLSO debut with Beethoven's Second Piano Concerto. John Storgårds conducts Nordic works, including Jean Sibelius's Seventh Symphony, tracing a powerfully sonic journey from darkness into light. This performance is at the Touhill Performing Arts Center at the University of Missouri–St. Louis. Coffee and donuts will be provided!

FRI, April 19 | 10:30 a.m.-1:30 p.m. | \$60

Guide: Mary Saputo | \$60

Location: Touhill Performing Arts Center 

## #1123 Ulysses S. Grant in St. Louis: A Tour of the White Haven Estate

Ulysses S. Grant lived in St. Louis for five years but was connected one way or the other to this city for 40 years of his life. The White Haven estate was where Grant met his wife, Julia, raised a family and worked as a farmer. In this guided tour of White Haven, Historian and Curator Nick Sacco will discuss Grant's life in St. Louis and the history of this 200+ year-old home.

FRI, April 26 | 10:30-11:30 a.m. | \$17

Guide: Nick Sacco

Location: Ulysses S. Grant National Historic Site 


## 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. Contact Juliet at [jsimone@oasisnet.org](mailto:jsimone@oasisnet.org) or (314) 862-4859 ext 23 for more details or to register.

### #1150 Spotlight on Boston

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.*


September 12–16, 2024

Registration Ends: March 12, 2024 

### #1151 Iceland's Magical Northern Lights

Travel for seven days through beautiful Reykjavík and Vik, Iceland. This trip includes a Northern Lights Cruise and visits to sites like the Golden Circle, Lava Exhibition Center, Seljalandsfoss Waterfall, Skógar Museum, Skógafoss Waterfall, Jökulsárlón Glacial Lagoon, and the Blue Lagoon to name a few! *This trip includes 11 meals.*

December 3–9, 2024

Registration Ends: June 4, 2024 





## Solar Eclipse Excursion Packages

The 2017 total solar eclipse was special because the path of totality, where the Sun is completely blocked by the Moon, spanned from the west coast of the United States to the east coast, which is rare for a single eclipse. It was the first total solar eclipse visible in the contiguous United States since 1979, and boy was it exciting! We just so happen to be lucky enough to see it again! The next total solar eclipse on April 8, 2024 passes through several states including Missouri and Illinois. Recreate the magic of the event and make memories of a lifetime with friends and Oasis! *Hurry, space is limited.* **This trip is sure to be out of this world!**

**The trip is a rain or shine event. All sales are final. No refund or credit exceptions.**

### #1149 Solar Eclipse Excursion In-And-Out Day Trip

The In-And-Out Day Trip package allows participants to travel to Okawville, Illinois, on their own, park cars in the hotel lot, and board the bus. The package includes a boxed lunch. Guests are transported back to Okawville following the solar eclipse viewing. Hotel amenities are not accessible to In-And-Out Day Trip guests.

**MON, April 8** | 9 a.m.-5:30 p.m. | \$135 (per traveler)

Pick up Location: Original Springs Hotel, Okawville, IL 

**Accommodations Include:** Charter bus to and from Okawville, IL; Boxed lunch. *Hotel access not included.*

### Deluxe Packages

Skip the hassle of planning and let Oasis do all the work! Receive a boxed lunch and board the chartered bus to enjoy a carefree one-day road trip to Crab Orchard National Wildlife Refuge, which is in the path of the solar eclipse's totality. Following the celestial phenomenon, we travel to Okawville, Illinois, for a stay in the charming historic Original Springs Hotel, where we'll have wine and hors d'oeuvres upon arrival, followed by a dinner with a program presented by a local historian. Afterward, dip in the indoor heated pool or purchase a spa service like a mineral bath in Illinois's healing natural spring water. The following morning, breakfast is served at the hotel. The bus departs the hotel on April 9 at 10 a.m., returning first to AgeSmart Oasis and then to Clayton Oasis.

*\*Note: The historic hotel is NOT ADA accessible. There are no elevators or ramps. It is at most three stories.*

### #1146 Solar Eclipse Excursion – Deluxe Package, Single Traveler

**MON/TUE, April 8-9** | 7:30 a.m.–1 p.m.

\$400 (per traveler)


Pick up Location: Clayton Oasis OR AgeSmart 

**Accommodations Include:** One room with a full-size bed; Chartered bus to and from Clayton Oasis or AgeSmart; Boxed lunch, cocktail hour, dinner, and breakfast.

### #1147 Solar Eclipse Excursion – Deluxe Package, Two Travelers

**MON/TUE, April 8-9** | 7:30 a.m.–1 p.m.

\$770 (total for both travelers)


Pick up Location: Clayton Oasis OR AgeSmart 

**Accommodations Include:** One room with two full-size beds; Chartered bus to and from Clayton Oasis or AgeSmart; Boxed lunch, cocktail hour, dinner, and breakfast.

### #1148 Solar Eclipse Excursion – Deluxe Package, Couple

**MON/TUE, April 8-9** | 7:30 a.m.–1 p.m.

\$770 (total for both travelers)

Pick up Location: Clayton Oasis OR AgeSmart Oasis 

**Accommodations Include:** One room with one king or queen bed (randomly assigned); Chartered bus to and from Clayton Oasis or AgeSmart; Boxed lunch, cocktail hour, dinner, and breakfast.





# AgeSmart Illinois Courses

## #1250/1250.V **The Truth About Chocolate: Become a More Educated Cocoa Consumer**

Join instructor Marcie Handler to learn about some of the fallacies and truths about chocolate. Find out how marketing techniques draw you in to make a delicious purchase. Take a taste test to compare different varieties and test your palate to see if you can tell them apart. Chocolate samples are included!

**TUE, January 9** | 8:30–10 a.m. | \$12

Instructor: Marcie Handler

Location: AgeSmart & ZOOM 

## #1251/1251.V **From Jesus to Christ**

Explore the transformation of the early Christian church, as instructor Bonnie Vega presents a visual journey from its origins within Judaism to becoming the state religion of the Roman Empire within the first four centuries.

**FRI, February 9** | 1–2:30 p.m. | \$12

Instructor: Bonnie Vega

Location: AgeSmart & ZOOM 

## #1252/1252.V **The U.S. Titans of Chocolate**

Explore the Hershey and Mars dynasties in the confectionery industry, discovering their enduring legacies and philanthropic efforts. Delve into the founders' childhoods, business beginnings, current developments, and future prospects in this informative session.

**WED, February 28** | 10–11:30 a.m. | \$12

Instructor: Marcie Handler

Location: AgeSmart & ZOOM 

## #1259 **Why Purpose Matters**

Join Oasis President, Paul Weiss, for insightful discussions about various topics important to you. These are open dialogue classes where we encourage participants to share opinions and thoughts. We will discuss the importance of one's need to feel a sense of purpose throughout the course of their life regardless of what stage they may be in. We'll discuss aspects of feeling valued through contributing to society, whether it be through volunteering, post-retirement work, or learning a new skill.

**FRI, March 15** | 2–3:00 p.m. | \$12

Instructor: Paul Weiss

Location: AgeSmart 

## #1264 **Earth's Forgotten Secrets**

"Earth's Forgotten Secrets" focuses on nonpolitical ideas rooted in science for maintaining a sustainable planet, addressing global poverty, and planning for the future. We discuss seven easy-to-understand ideas, five of which are based on laws of nature. Join us for an exciting philosophical conversation about our climate crisis.

**TUE, April 2** | 1–2:30 p.m. | \$12

Instructor: Susan Barker

Location: AgeSmart 

## #1260/1260.V **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 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, breaking the German Enigma and Lorenz codes and leading to the development of the Colossus computer. Join us for this fascinating exploration of the history of the codebreakers.

**TUE, April 9** | 12:30–2:30 p.m. | \$12


Instructor: Parks Smith

Location: AgeSmart & ZOOM 

## #1255 **New Philadelphia Day Trip**

Founded in 1836 by Frank McWorter, New Philadelphia was the first town legally founded, platted and registered by an African American in the United States. Over time he purchased 16 family members out of slavery. The New Philadelphia town site is now farmland, in 2005, the town site was placed on the National Register of Historic Places. Four years later, in 2009, it gained National Historic Landmark status. Join Oasis for a day trip that includes a boxed lunch from Panera to enjoy onsite.

**FRI, April 12** | 8:30 a.m.–4 p.m. | \$120

Location: AgeSmart -Swansea, IL or Clayton Oasis 

## #1262 **Pest Control & Herbs**

Do you struggle with keeping those pesky pests out of your herb garden? Find new ways to keep your herbs healthy and avoid unwanted guests with instructor, Mary Pendergrass.

**TUE, April 16** | 1–2 p.m. | \$7

Instructor: Mary Pendergrass

Location: AgeSmart 

### #1263 We Love Lavender

Lavender, a beautiful purple flowering plant, part of the mint family, is native to countries bordering the Mediterranean. Lavender species are common in herb gardens for their fragrant leaves and attractive flowers. The plants are widely cultivated for their essential oils, which are used to scent various products. Learn more about this stunning plant, why it is loved by so many, and new ways you can use it in your everyday life.

**TUE, April 23** | 1–2 p.m. | \$7

Instructor: Mary Pendergrass

Location: AgeSmart 

## AgeSmart is Moving— But We're Not Going Far!

AgeSmart Oasis is moving to a new home in Swansea, Illinois on February 9! Please see below for the current and future AgeSmart addresses.

### **AgeSmart - O'Fallon, IL (until 2/8)**

801 West State Street

O'Fallon, IL 62269

### **AgeSmart - Swansea, IL (beginning 2/9)**

7 Bronze Pointe

Swasea, IL 62225

## Health & Exercise

### **Tai Chi for Arthritis for Fall Prevention: Beginner**

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

**#1253 MON, WED, January 8–March 6** | 1:30–2:30 p.m.  
\$75 (15 Sessions)

Instructor: Idaria K Goodwin

Location: AgeSmart 

**#1261 WED, March 6–April 24** | 10–11 a.m.

Free (8 Sessions)

Instructor: Ethel Lomas


Location: Lessie Bates Davis Neighborhood House 

### **Zumba**

Elevate your fitness and energy levels with our invigorating Zumba class! Join us for a fun and dynamic workout that blends dance and fitness moves to the rhythm of infectious music. Get ready to sweat, dance, and have a blast as you improve your cardiovascular health and coordination. All fitness levels welcome!

**#1254 MON/WED, January 8–March 6** | 12–1 p.m.  
\$105 (15 Sessions)

Instructor: Idaria K Goodwin

Location: AgeSmart 

**#1256 MON/WED, March 11–May 1** | 12–1 p.m.  
\$70 (14 Sessions)

Instructor: Idaria K Goodwin

Location: AgeSmart 

### **#1257 Tai Chi - Advanced**

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, March 11–May 1** | 1:30–2:30 p.m.  
\$70 (14 Sessions)

Instructor: Idaria K Goodwin

Location: AgeSmart 

### **#1258 Walk With Ease**

Enhance flexibility, strength, and stamina safely with Walk With Ease. This evidence-based program reduces pain and boosts overall health. Join others three times a week under the guidance of an Arthritis Foundation-trained leader. Each session includes exercise discussions, stretching, strengthening, walking, and a cool down. Limited space available, so secure your spot now!

**MON/WED/FRI, April 15–May 24** | 9:30–11 a.m.  
Free (18 Sessions)

Location: O'Fallon Family Sports Park 

Leader: Sharon Campese





# Make a difference today and save on taxes. Support the Future of Oasis With a **Charitable IRA Rollover**

## Who can give?

If you are 70 1/2 and older, you can give any amount up to \$100,000 per year from your IRA to Oasis without having to pay income taxes on the money. Your gift will help Oasis build a future where all older adults can live expansive and purposeful lives.

## Why give to Oasis through an IRA?

- Since the gift doesn't count as income, it can reduce your annual income level. This may help lower your Medicare premiums and decrease the amount of social security subject to tax.
- Beginning the year you turn 73, you can use your gift to satisfy all or part of your required minimum distribution.
- You pay no income taxes on the gift.

## Ready to talk about an IRA charitable rollover or similar planned gift?

Contact Development Director Jo Flannery:



[jflannery@oasisnet.org](mailto:jflannery@oasisnet.org)



(314) 687-1121

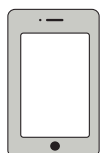
*Oasis does not provide legal, tax, or financial advice. We strongly recommend that you consult professional advisors on all legal, tax, or financial matters, including gift planning considerations.*





# 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 our Oasis community.**



## **Give Online**

Visit our website to make a one-time or recurring donation at [oasisnet.org/donate](https://oasisnet.org/donate).



## **Stocks**

Oasis welcomes gifts of stock. Contact your financial advisor for more information.



## **Donor Advised Fund**

Oasis gladly 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](https://oasisnet.org/donate) or contact Jo Flannery at [jflannery@oasisnet.org](mailto:jflannery@oasisnet.org) or call (314) 687-1121. **Thank you for supporting our mission.**



**"I feel right at home with Oasis.** I get satisfaction out of helping people. But more than that, our members are a support system for me. Plus, our programs are important. They keep people in shape, teach them how to use technology to improve their lives, and provide a way for people to stay social." – Parks Smith, Oasis

Participant, Volunteer, and Donor

# Tribute Gifts

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes listed below include donations made from June 23, 2023 through September 30, 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](https://oasisnet.org/donate) or contact Lauren Finan at **(314) 687-4523** to make your gift today!

## In Memory of Mayme Kessler

Anonymous

## In Honor of Paul Weiss, Mary Click, and all of Oasis's talented team members

Betsy Werley

## In Honor of Marylen Mann

Carolyn Losos

Bonnie Mann

Stephanie Riven and Roger Goldman\*

Henry and Susan Warshaw

Hillary Zimmerman

Shirley Sahrman

*\*of blessed memory*

# Marylen Mann Leadership Circle

**Thank you to the inaugural members of the Marylen Mann Leadership Circle**, who are helping Oasis forge a path into the future to support aging with strength, connection, and purpose.

Gifts to the Marylen Mann Leadership Circle are supporting three critical areas of need:

- Intergenerational Tutoring for at-risk K-3 readers
- Workforce development through technology literacy
- Free classes in communities of need including wide-ranging health and wellness and lifelong learning programs

## Visionary | \$25,000+

John & Mary Ann Danahy

Dick Miles & Pat Whitaker

Dr. Patrick & Libby White

## Connector | \$10,000–\$24,999

Cynthia Brinkley

Frank Chance

Marylen Mann & Frank Jacobs

Henry & Susan Warshaw

## Pioneer | \$5,000–\$9,999

Susan Goldberg

Marcia Kerz

Dorothy & Melvyn Lefkowitz

Jerome & Barbara Pratter

Maryann Tebbe

## Protector | \$2,500–\$4,999

Marvin Anderson

Deb Hollingsworth & Mark Stayce

Clemence S. Lieber Foundation

Carolyn W. Losos

## Sustainer | \$1,500–\$2,499

Anonymous

Larry & Karen Goering

Mahendra Gupta & Sunita Garg

Dr. Katie Henderson

Dr. Ira & Barb Kodner

Bonnie Mann

Nancy Novack

Karen Priest

Tamara Jo Rhomberg

Stephanie Riven & Roger Goldman\*

Susan & David Sherman

Lorna M. Wiggins

Cynthia & Thomas Woolsey

*\*of blessed memory*



To learn more about the Marylen Mann Leadership Circle, contact Jo Flannery at [jflannery@oasisnet.org](mailto:jflannery@oasisnet.org) or **(314) 687-1121**.

# Funders

Administration for Community Living

AgeSmart

Aging Ahead

BJC HealthCare

Boniface Foundation

Corporation for National & Community Service

Dollar General Literacy Foundation

Emerson

Graybar Foundation

Great Rivers Greenway

Jefferson Foundation

Lutheran Foundation of St. Louis

Mary Larkins & Bessie Birchler Charitable Trust, Bank of America, N.A., Trustee

Margaret Blanke Grigg Foundation

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

Norman J. Stupp Foundation, Commerce Bank, Trustee

RGA Foundation

RRF Foundation for Aging

The Saigh Foundation

Stanley & Lucy Lopata Charitable Foundation

State of Illinois Department of Aging

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

United Way of Greater St. Louis

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Wiggins, Williams & Wiggins



# Community Locations

**AgeSmart - O'Fallon, IL (until 2/8)**

801 West State Street  
O'Fallon, IL 62269

**AgeSmart - Swansea, IL (beginning 2/9)**

7 Bronze Pointe  
Swasea, IL 62225

**Brentwood Community Center**

2505 South Brentwood Boulevard  
Brentwood, MO 63144

**Chesterfield Community Center**

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

**Crestwood Community Center**

9245 Whitecliff Park Lane  
St. Louis, MO 63126

**Christ Our Redeemer**

13820 Old Jamestown Road  
Florissant, MO 63033

**CITYPARK - Soccer Stadium**

2100 Market Street  
St. Louis, MO 63103

**Clarendale Clayton**

7651 Clayton Road  
Clayton, MO 63117

**Clayton Oasis – Center of Clayton**

50 Gay Avenue  
Clayton, MO 63105

**Contemporary Art Museum**

3750 Washington Boulevard  
St. Louis, MO 63108

**Eads Square Apartments**

2700 Henrietta Street  
St. Louis, MO 63104

**Eden Seminary**

475 East Lockwood Avenue  
St. Louis, MO 63119

**First Congregational Church of Webster Groves –United Church of Christ (UCC)**

10 West Lockwood Avenue  
Webster Groves, MO 63119

**Five Oaks on Warson**

1200 North Warson Road  
Olivette, MO 63132

**Florissant Senior Center**

621 Rue St Francois  
Florissant, MO 63031

**Jefferson County Library - Northwest Branch**

5680 Missouri PP  
High Ridge, MO 63049

**Jefferson County Senior Resource Center**

6180 State Highway MM  
House Springs, MO 63051

**Jennings Civic Center**

4000 Jennings Station Road  
St. Louis, MO 63121

**Lessie Bates Seasoned Circle Cafe**

1274 North 37th Street  
East St Louis, IL 62204

**O'Fallon Family Sports Park**

301 Obernuefemann Road  
O'Fallon, IL 62269

**Richmond Heights Memorial Library**

8001 Dale Avenue  
Richmond Heights, MO 63117

**St. Louis Mercantile Library**

1 University Boulevard  
St. Louis, MO 63121

**St Louis Altenheim**

5408 South Broadway  
St. Louis, MO 63111

**Thomas F. Eagleton Courthouse**

111 South Tenth Street  
St. Louis, MO 63102

**Touhill Performing Arts Center**

1 Touhill Circle  
St. Louis, MO 63121

**Ulysses S. Grant National Historic Site**

7400 Grant Road  
St. Louis, MO 63123

**Walnut Park Public Library**

5760 West Florissant Avenue  
St. Louis, MO 63120

# Mail-In Registration Form

Visit [stloasis.org](http://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.

First Name

Last Name

Phone

Email

Address

City

State

Zip

Class #	Class Title	Quantity	Hybrid Setting*	Fee
*If the class is hybrid, please note which class setting you prefer-virtual or in-person				Total Class Fees:
<input type="checkbox"/> I am Interested in Joining the Oasis Membership Program Read more on page XX. If interested, please check the box and we will reach out to you!				Donation to Oasis:
				Grand Total:

**Payment**  
There are no refunds unless Oasis cancels the class.

☐ Cash    ☐ Check    ☐ Credit Card

Credit Card Number

CVV Code

Exp Date

Signature

**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



## “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.

**TRYOE20-24**

Visit [oasiseverywhere.org](https://oasiseverywhere.org) to view classes and use the coupon code **TRYOE20-24** at check-out for 20% off your entire cart!

*\*Discount only applicable to virtual classes listed on [oasiseverywhere.org](https://oasiseverywhere.org). Good for new and current Oasis Everywhere users. One use per person. Cannot be combined with other offers. Excludes gift cards and donations. Expires December 31, 2024.*