

Hello Oasis Friends!

Welcome to another edition of the Oasis course catalog. As you will see, we are bursting at the seams with a wonderful selection of fun, informative, and eclectic classes!

For me, being part of our vibrant community is a daily lesson in finding opportunities to provide you with a rich environment for continued learning and purpose. Exploring new ideas and ways to connect is at the heart of Oasis and this edition of the catalog features many new classes to do just that. If you are interested in the electoral system, take a free tour of the St. Louis County Board of Elections for a behind the scenes look to learn about the crucial role of election judges and how they ensure election integrity (Page 33). The one and only Charlie Brennan joins Oasis in May to discuss his new book with inspiring tales from three decades of conversations with St. Louisans (Page 14). Or you may find Dr. Hedva Levy's program of classes to master your medications to be particularly enlightening. Dr. Levy is a pharmacist with a passion to help older adults avoid preventable medication related challenges (Page 17).

In 2024, you will receive the course catalog six times a year, instead of three. Feedback from our community told us that you want to hear from us more frequently and the catalog is a key part of our communication with you. As stakeholders in our organization, we listen to your feedback and continuously try to improve. People make Oasis – our participants, our volunteers, our instructors, our Board of Directors and our staff. Working together we can ensure that the future of Oasis and the future for all older adults in our community continues to be bright!



Warmest Regards,

Paul Weiss
Oasis President

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Oasis is excited to introduce ProPass, a new one-month membership program! Purchase your one-month program pass for a flat fee and enjoy unlimited access to all lifelong learning in-person and virtual St. Louis Oasis classes that begin in the same month you sign up for the program pass. Read more below:

One-Month Subscription | \$150

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

How does it work? Your ProPass

membership allows you to add as few or as many classes to your cart that begin in the month of your membership as you want. The discount is automatically added—no coupon code or additional action required—making any lifelong class free, and taking 15% off of any exercise, tour, and hands-on art class beginning in the month of your membership purchase.

Is there a specific day of the month I need to sign up? No, you can sign up any date throughout the month however, the membership ends on the last day of the month.

Can I purchase a membership for multiple months? Yes! There is no limit to the quantity of program passes as they are made available.



Purchase your ProPass at stloasis.org/ProPass. From there, add your subscription plan to your cart, and check out!

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
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 These classes take place in-person.
- 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**, 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

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Arts & Entertainment

#5039/ 5039.V The Real People Behind Gone with the Wind- The Book & Movie

Join St. Louis author Sally Tippett Rains, known for The Making of a Masterpiece: The True Story of Gone With the Wind. Rains, visiting Atlanta eight times, interviewed living actors for her book and documentary. Bring your GWTW memorabilia, explore the captivating narrative, and see Rains' collectibles. Delve into the behind-thescenes tale of this literary masterpiece.

FRI, May 3 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Sally Rains Location: Eden Seminary III

#5040/5040.V Creatures & Their Unique Features

Join certified Missouri substitute teacher Karl Kindt, holder of two Master's Degrees, as we explore zoo creatures and intriguing beings. Zoom in on distinctive features and delve into devolution. Discover evolutionary twists shaping these creatures, unraveling mysteries of unique characteristics. Join for an enlightening session on creatures and evolutionary processes.

FRI, May 3 | 2-3 p.m. | \$17 Instructor: Karl Kindt, MA Location: Eden Seminary III

#5004/5004.V Art Meets Activism

Engage in an enlightening presentation with local artist and activist Aaron McMullin. Explore her journey from activism to artistry, rooted in experiences from researching cotton farmer suicides in India to involvement in the Ferguson uprising after Mike Brown's death. Discover the evolution of her work, including the Legacy Quilt Project-a collaborative quilt featuring over 50 white women opposing racism from before the Civil War to the Civil Rights movement. Join us for a powerful narrative intertwining activism and artistry.

FRI, May 3 | 10 a.m -12 p.m. | \$17 Instructor: Aaron McMullin Location: Clayton Oasis III

DID YOU KNOW A ST. LOUIS WOMAN HEARD AN INTRUDER WHO TURNED OUT TO BE A NATIONAL CELEBRITY?

Hear more in Only in St. Louis with Charlie Brennan-see page 14!



#5043/5043.V Before The Beatles, There Were **The Crickets**

Explore Buddy Holly's monumental impact on late 1950s British music and the ensuing British Invasion. Originating from Texas, Holly and The Crickets recorded hits at Norman Petty Studios. Dive into the narrative of Buddy Holly and The Crickets, considered the first "selfcontained rock and roll band" by Keith Richards. Unveil their journey, and the influential role of Norman Petty, known as the "fifth Cricket."

THU, May 9 | 1-3 p.m. | \$17 Instructor: Kevin Fernlund, PhD Location: Eden Seminary III

#5010/5010.V American Indian Art & Artifacts: **Understanding their Meanings**

Explore American Indian artifacts with Dr. Carol Diaz-Granados, PhD, RPA. Scholars, over two decades, have deciphered symbolism in these relics. Dr. Diaz-Granados, author on the subject, presents slides showcasing artifacts with insightful explanations. Delve into this enriching journey with a seasoned expert.

THU, May 9 | 1-2:45 p.m. | \$17

Instructor: Carol Diaz-Granados, PhD, RPA

Location: Clayton Oasis 🕕 💙

#5034 Rock Lyrics as Poetry: A Musical Journey

Embark on a musical odyssey with Richard Losciale, a seasoned bassist and Woodstock "graduate." Start your journey with the fundamentals of poetry interpreted through music. Immerse yourself in an inspirational listening experience as we explore some of the most expressive, memorable, and beautiful songs from the Rock era spanning the last 75 years. Take a stroll through the soundtrack of our lives and revel in the richness of musical expression.

FRI, May 10 | 10 a.m.-12 p.m. | \$17 Instructor: Richard Losciale Location: Clarendale Clayton (P)

#5058/5058.V Old Hollywood: Ginger Rogers

Join Mary Saputo to explore the amazing Ginger Rogers: From legendary partner to the great Fred Astaire, to holding her own in fabulous comedic and dramatic roles, this talented star with her memorable films are Hollywood gold! You'll see clips from as early as the 1930's all the way to a guest appearance on Here's Lucy! Who doesn't love a little Ginger?!

FRI, May 10 | 1-2:30 p.m. | \$20 Instructor: Mary Saputo

Location: Five Oaks on Warson H





#5049 Opera Theatre: Julius Caesar

Explore the enthralling romance of Julius Caesar and Cleopatra in this ancient love story. Sparks between these influential rulers turn love into a battlefield, with the heart as the ultimate conquest. A docent from the Opera Theatre of Saint-Louis will narrate the tale. accompanied by music and video selections from various renditions of Julius Caesar. Gain insights into composer Handel and his ensemble, breathing life into the music, while exploring present-day performers for the Opera Theatre.

FRI, May 17 | 10:30-11:30 a.m. | Free

Instructor: Opera Theatre Location: Eden Seminary (P)

#5051/5051.V Orson Welles: His Films

Explore the extraordinary career of Orson Welles led by Jim Tudor, Film Studies Instructor at Webster University. Welles, from his groundbreaking debut with Citizen Kane at 25 to his final masterpiece, The Other Side of the Wind, experienced dramatic highs and lows. Delve into Welles' significant contributions to directing and acting, as this session unravels the fascinating and amusing journey of the maverick filmmaker.

MON, May 20 | 10 a.m.-12 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary III

#5060 Name That Logo!

Join instructor Richard Losciale, for an interactive session exploring the world of advertisements and memorable brands. Engage in a two-hour game, including a multimedia "guess that logo" challenge, for a delightful stroll down memory lane. Tailored for trivia enthusiasts with a competitive spirit, this class offers exciting prizes. Join the fun and games for a lively and rewarding experience led by a seasoned instructor.

TUE, May 21 | 10 a.m.-12 p.m. | \$17 Instructor: Richard Losciale, CSA Location: Five Oaks on Warson

#5021/ 5021.V Shaken, Not Stirred: The Life & Legacy of Superspy James Bond

Enroll in a captivating two-part series led by Richard Venn, MA, exploring the world of James Bond. Delve into the origins of the iconic superspy in lan Fleming's imagination, tracing the journey from literature to the silver screen. Discover the diverse actors who portrayed 007 and unravel the profound impact Bond movies have had on our cultural landscape. Join us for an engaging exploration of the intriguing evolution of James Bond.

THU, May 23-30 | 1-3 p.m. | \$40 (2 Sessions)

Instructor: Richard Venn, MA Location: Clayton Oasis H

#5061/5061.V The Osage, the Reign of Terror, & Killers of The Flower Moon

Embark on an enlightening journey with Carol Diaz-Granados, PhD, RPA and Jim Duncan, PhD, as they delve into the concise history of the Osage Tribe. Explore the tumultuous period triggered by the discovery of oil on Osage lands, leading to tragic murders. Discover the gripping narrative unveiled by David Grann in Killers of the Flower Moon, now adapted into a remarkable movie that vividly portrays the early 1920s.

FRI, May 24 | 1-3 p.m. | \$17

Instructors: Carol Diaz-Granados, PhD, RPA & Jim

Duncan, PhD

Location: Five Oaks on Warson III

#5030 Name That Tune!

Recreate the vintage radio and TV game show experience from the 50s and 60s. Richard will guide you as you step into the role of a contestant, attempting to guess song snippets. Whether playing solo or in teams, this interactive class guarantees a delightful experience, ensuring smiles all around by the end. Join in for a musical journey full of fun and engagement!

WED, May 29 | 10 a.m.-12 p.m. | \$17

Instructor: Richard Losciale

#5025/5025.V American Amusements: High & Low

Explore the mid-nineteenth century when distinctions between high and low culture were less defined. Postcivil war, a division emerged between art as uplifting and entertainment as commerce. Examine the creation of urban parks versus amusement parks and fairs, considering the appeal of both forms in today's context.

THU, May 30 | 10:30-11:45 a.m. | \$17 Instructor: Peter John Bellis, PhD

Location: Clayton Oasis H





#5054 Opera Theatre: The Barber of Seville

Indulge in a comedic masterpiece with *The Barber of Seville*. Follow the razor-sharp barber, Figaro, on a romp of high notes, hijinks, and hair-raising escapades. Join as he plays matchmaker, helping Count Almaviva win the heart of the beautiful Rosina while outsmarting her guardian. An Opera Theatre of Saint Louis docent shares insights and captivating excerpts, inviting you to immerse yourself in the enchanting world of this timeless opera. Don't miss the chance to indulge in laughter and brilliance!

THU, May 30 | 1:30-2:30 p.m. | Free

Instructor: Opera Theatre Location: Eden Seminary

P

#6025 Opera Theatre: La Boheme

Surrender to the intoxicating allure of young love in *La Bohème*. Bohemian artists in Paris find solace in shared dreams, and a chance encounter sparks a romance between seamstress Mimì and poet Rodolfo. Their love flourishes but faces the shadows of reality. With soaring arias and electrifying duets, this hauntingly beautiful yet tragic love story unfolds. An Opera Theatre of Saint Louis docent narrates, provides context, and showcases excerpts, taking audiences on a captivating journey.

MON, June 3 | 10:30-11:30 a.m. | Free

Instructor: Opera Theatre Location: Eden Seminary (P)

#6040 Body Art Around the World

Embark on a captivating journey with Dr. Carol Diaz-Granados, PhD, RPA in Body Art around the World. Explore the rich tapestry of global cultures where body modification takes center stage. From intricate rituals to avant-garde expressions, discover the fascinating ways humans transform their appearances. Uncover the mysteries behind these practices and explore the myriad reasons that drive these diverse expressions of identity and beauty.

TUE, June 4 | 10-11:45 a.m. | \$17

Instructor: Carol Diaz-Granados, PhD, RPA

Location: Five Oaks on Warson (P)

#6027 Opera Theatre: Galileo Galilei

Discover the story of Galileo's unwavering dedication to knowledge, leading to scientific advancements and conflicts with the Church. This opera illuminates Galileo's spirit and the enduring importance of intellectual curiosity. An Opera Theatre of Saint Louis docent shares the tale, playing excerpts from Glass's mesmerizing composition with a libretto by renowned playwright Mary Zimmerman. Explore the captivating journey of Galileo Galilei through this unique opera experience.

THU, June 6 | 1:30-2:30 p.m. | Free

Instructor: Opera Theatre Location: Eden Seminary (P)

#6022/6022.V Old Hollywood: Judy Garland

Step into the enchanting world of Judy Garland with Mary Saputo as she takes you on a captivating journey through the legendary performer's life. Covering Judy Garland's early career with Mickey Rooney, showcasing iconic film moments from *Meet Me in St. Louis* and *Easter Parade*, to *The Judy Garland Show*. Join us in celebrating her 102nd Birthday and honor the enduring legacy of this remarkable entertainer.

MON, June 10 | 10-11:30 a.m. | \$20

Instructor: Mary Saputo

Location: Clarendale Clayton (H)

#6009 Great Books Club

Great Book Discussions, an Oasis partnership with Great Books, invites literature buffs to an engaging book club. The eight-session class meets every other week, delving into "Introduction to Great Books 3," an anthology featuring 12 classic and contemporary Western literature selections. Mick Weltman guides discussions with biographical headnotes and questions. Join this unique literary journey and let's get reading!

MON, June 10-August 19 | 1-3 p.m. | \$80 (6 Sessions)

Instructor: Mick Weltman Location: Clayton Oasis (P)

#6029/6029.V Auguste Rodin, the Dance of Shiva, & The Enchanting Realm of Hindu Mythology

Embark on a cultural exploration with Nartana Premachandra, Story Editor of Parabola and President of Dances of India in STL. Explore the connection between French sculptor Auguste Rodin and the mesmerizing Dance of Shiva, an Indian sculpture inspiring Rodin. Using his reflections, this class unravels the symbolism of dance in Indian art, progressing to a Hindu mythology introduction. Explore Musée Guimet, the renowned Asian Art museum in Paris. Join for a captivating exploration of intersections between artistic expression and cultural exchange!

MON, June 10-July 1 | 11 a.m -12 p.m. | \$68 (4 Sessions)

Instructor: Nartana Premanchandra Location: Eden Seminary H

#6010/6010.V The Work, Life, & Times of John Audubon

Audubon, synonymous with American bird paintings, set the standard for avian artistry. As an adventurous explorer, he boldly hunted, captured, and painted a comprehensive collection representing the entire continent. Audubon's encounters with royalty and presidents solidified his place in history, leaving behind a rich artistic legacy. Delve into his life, exploring journeys, triumphs, and challenges, gaining insight into celebrated paintings. Despite achievements, Audubon's legacy is complex, shadowed by his history as a slaveholder. Join us to unravel the multifaceted story of this iconic figure in American art.

TUE, June 11 | 10 -11:30 a.m. | \$17 Instructor: Kathy Walsh-Piper Location: Clayton Oasis (H)

Language & Literature

#5038 Parabola Journal: Discussion Program Teaser

Join Nartana Premachandra, the Story Editor of Parabola, the international, NY-based journal of literature/philosophy/spirituality/mythology from all faith traditions published since 1976. In any one issue of Parabola, you can find, for example, essays on C.S. Lewis, Islamic folktales, holy Hebrew words, and reflections on everything from sacred Japanese calligraphy to our quantum universe to aliens. Contributors to this storied magazine include the poet Mary Oliver and mythologist Joseph Campbell, along with Tibetan Buddhist monks, Jewish rabbis, Hindu holy women, and others. This is a

THU, May 2 | 1-3 p.m. | Free Instructor: Nartana Premanchandra Location: Eden Seminary (P)

FREE teaser of the Parabola Discussion Group on page 7!

#6015/6015.V Exploring "Feel Good" Movies

Join Rosalind R. Norman, DMgt, in a captivating workshop unraveling the allure of "going to the movies." Explore why this cherished activity holds such significance and what contributes to the joy it brings. Delve into thought-provoking questions about the moviewatching experience, considering what makes certain films evoke a "feel-good" sensation. The workshop, based on participant input, includes clips from timeless classics of your choice. Cultivate a collectively pleasant experience while indulging in the magic of cinema. Join the conversation, savor popcorn, and relish moments from your favorite 'feel-good' movies.

TUE, June 18 | 10:30-11:30 a.m. | \$17 Instructor: Roz Norman, DMgt Location: Clayton Oasis H

Instructor Spotlight:

Nartana Premachandra

Nartana Premachandra is delighted to be teaching for Oasis! She is Story Editor for the international, NY-based journal Parabola, the Search for Meaning, where she retells myths from around the world. She is also President of Dances of India in St. Louis. Dances of India, a 2023

National Endowment for the Arts Award recipient, is now in its 47th season and one of the oldest classical Indian dance companies in the US. Check out Nartana's classes on

pages 6-7 marked with a 🔻 (red heart). To learn more about Nartana please visit NartanaPremachandra.com.

#5002/5002.V Deciphering Emily Dickinson

Explore Emily Dickinson's transformative depictions over 150 years, from a reclusive poet to a daring Netflix series character. Dive into her childlike yet powerful poetry, examining the rich tapestry of emotions and themes. In this class, unravel the intriguing story of how Dickinson's poems were unearthed and published, blending scholarly pursuit with scandalous intrigue. Participants become editors, critiquing and appreciating the various versions of her poems.

THU, May 2 | 10:30 a.m. - 11:45 a.m. | \$17

Instructor: Peter John Bellis Location: Clayton Oasis (H)

#5028 The Mother of Language: Sanskrit

Enroll in a session led by Varsha Agarwal, a Delhi University graduate and professional banker. Explore the origins of words like 'Yoga,' 'Karma,' and 'Nirvana' rooted in Sanskrit, an ancient Indian language known for its extensive vocabulary and ability to coin new terms. Delve into the utility of Sanskrit in our modern age, unraveling its timeless significance. Join us for an enlightening journey into the linguistic heritage that profoundly contributes to understanding philosophical concepts and the cultural richness of ancient India.

FRI, May 3 | 10-11 a.m. | \$17 Instructor: Varsha Agarwal



Embark on a literary and philosophical journey with Nartana Premachandra, Story Editor of Parabola-an esteemed journal exploring literature, philosophy, spirituality, and mythology from diverse faith traditions since 1976. Immerse in each issue's richness, featuring essays from C.S. Lewis, Islamic folktales, and discussions about sacred Japanese calligraphy, our quantum universe, and extraterrestrial life. Contributors include luminaries like poet Mary Oliver and mythologist Joseph Campbell. This monthly gathering promises a captivating exploration of profound narratives and thought-provoking discussions inspired by the eclectic pages of Parabola.

THU, June 27 | 1-3 p.m. | \$17 Instructor: Nartana Premanchandra Location: Eden Seminary (P) 🖤

teaser of this class on page 6!

Create: Writing, Art, & Music

Beginning Harmonica Workshop

Delve into the world of harmonica playing in an introductory workshop with the Gateway Harmonica Club. Experience the joy of playing simple songs without prior music reading skills. Experienced players will guide you through harmonica care, basic techniques, and performing familiar folk songs. Bring a 10-hole diatonic harmonica in the key of C or purchase one for \$10. A student guide/songbook is included. Join us for a harmonious journey, discovering the versatility and enjoyment of this iconic musical instrument.

#5031 THU, May 2-16 | 10-11:30 a.m. | \$75 (3 Sessions)

Instructor: Gateway Harmonica Club Location: Clarendale Clayton (P)

#6043 MON, July 1-15 | 10-11:30 a.m. | \$75 (3 Sessions)

Instructor: Gateway Harmonica Club Location: Five Oaks on Warson

#5005 Writing Your Family Stories

Embark on a journey with Cheryl Jarvis, acclaimed essayist, and New York Times bestselling author. Crafting family narratives becomes a voyage of exploration, self-discovery, and the creation of a lasting legacy. As we age, the desire to share these stories grows. Whether you're just starting or well into the writing process, this class is beneficial at any stage. Explore storytelling techniques, and by the course's end, you'll have a completed narrative.

FRI, May 3-24 | 1-2:30 p.m. | \$68 (4 Sessions)

Instructor: Cheryl Jarvis Location: Clayton Oasis IP 🖤

#5064 Jazz Ensemble

Unleash your musical potential with three accomplished classical and jazz maestros leading this dynamic ensemble. Dive into improvisation, playing traditional and contemporary compositions. We're seeking new members for this innovative musical journey, offering a space for your creativity to flourish. Embrace the chance to showcase your skills with exciting public performance opportunities.

THU, May 9-August 22 (No class 7/4) | 10 a.m.-12 p.m.

\$150 (15 Sessions) Instructor: William Gerdel

Location: First Congregational UCC IP





Create: Writing, Art, & Music

#5044/5044.V Keeping a Journal vs Keeping a Diary

Explore the nuanced world of diary and journal writing in this engaging class. Delve into distinctions and potential overlaps between these practices while unraveling key concepts essential for crafting meaningful entries. Topics include privacy, various formats, and the lasting legacy of your written words.

FRI, May 10 | 10 a.m.-12 p.m. | \$17 Instructor: Pam J Vaccaro Location: Eden Seminary H

#5047 Acoustic Folk Music Jam Group

Join Oasis' brand new Acoustic Folk Music Jam Group! Bring your guitar, banjo, fiddle, bass, dulcimer, mandolin, harmonica, autoharp (or others!) and jam out to oldtimey songs, folk songs, and rock from the 60s and 70s and beyond. All levels, even newbies, are encouraged to join, and no one needs to be able to read music. The group will collectively pick pieces to jam week-to-week and is led by Lukas Simpson.

TUE, May 14-June 25 | 11:30 a.m.-12:30 p.m.

\$105 (7 Sessions)

Instructor: Lukas Simpson Location: Eden Seminary (P)

#5041 Beginners Watercolor: Tall Tulips in Vase

Experience a soothing and creative session, tapping into individual artistic expression. No previous art training required. Each session provides guidance on fundamental watercolor techniques. Participants can create a small watercolor painting to take home, with all necessary supplies provided for a hassle-free experience. Whether a beginner or experienced artist, join for a relaxing journey into the world of watercolors, fostering creativity and self-expression.

MON, May 16 | 10-11:30 a.m. | \$20

Instructor: Ann Flory

#5052 Weekly Life Love Letters

In this class, set a personal goal to write one positive "love" letter each week in appreciation of something. Join Oasis for an interactive class focusing on personal goals and self-reflection through writing. Write about anything you want, maintaining a positive tone. Share your letters in class once a month if you're comfortable, discussing subjects or listening and reflecting on peers' insights. The group meets monthly throughout the year, and participants can join or drop out any month.

FRI, May 24-August 16 | 11:30 a.m.-12:30 p.m.

\$30 (4 Sessions)

Instructor: Juliet Claire Simone Location: Eden Seminary (P)

#5053 Creative Writing: The "Hermit Crab" Form

In the imaginative "hermit crab" form, a writer coops the shell of another textual genre-a wedding announcement, a class syllabus, a restaurant menuand uses that form to organize their short story, essay, or poem. In this class, we will study hermit crab pieces, attempt to write our own and share our work with the group for friendly feedback.

TUE, May 28-August 6 | 1-3 p.m. | \$108 (6 Sessions)

Instructor: Kim Lozano Location: Eden Seminary (P)

#6003 Beginners Watercolor: Summer Hills Landscape

Embark on a hands-on art journey with Ann Flory, Master of Science in Architecture. This beginner-friendly class offers a relaxing and enjoyable experience to tap into individual creativity. No prior art training is necessary. Each session includes instruction on basic watercolor techniques, and participants will create a small watercolor painting to take home. All necessary supplies are provided. Unleash your artistic potential in this welcoming and guided exploration of watercolor artistry.

WED, June 5 | 10:30 a.m.-12 p.m. | \$20 Instructor: Ann Flory, Artfully Aging

Location: Clayton Oasis (P)



#6031 Figure Drawing

Embark on a captivating journey into the art of Figure Drawing in this dynamic 4-session course! Immerse yourself in the fundamentals as we bring live models to the forefront, capturing the essence of form and expression through a blend of gesture, proportion, and value. Unleash your creativity using graphite, charcoal, and paper, or experiment with the medium of your choice. This isn't just a drawing class; it's an exploration of the human form, a fusion of technique and imagination that promises to elevate your artistic prowess.

FRI, June 7-28 | 1-3 p.m. | \$100 (4 Sessions)

Instructor: Natalie Baldeon Location: Eden Seminary (P)

#6045 Concert Band

Elevate your musical prowess in the exhilarating realm of Concert Band! Join a vibrant community of intermediate to advanced musicians as you refine your musical skills and collaboratively create beautiful, harmonious compositions. This class not only offers a platform for personal growth but also provides exciting opportunities for public performances, allowing you to showcase your newfound talents and connect with audiences. Immerse yourself in the joy of making music while advancing your proficiency in a dynamic and supportive ensemble setting.

MON, June 17-August 19 (No class 8/5) | 10 a.m.-12 p.m.

\$90 (9 Sessions)

Instructor: Gene Rauscher

Location: First Congregational UCC IP



Current Events

#5000 Men's Roundtable

Let's talk! Join Clif Mahin and Jack Cancila to discuss world issues, politics, and current events. Our discussion group generally meets on alternating Mondays.

MON, May 6-August 26 | 1:30-3:30 p.m.

\$54 (9 Sessions)

Instructor: Clif Mahin & Jack Cancila

Location: Clayton Oasis (P)

#5011/5011.V Confessions of a Trial Lawyer

Dive into the intriguing world of trial law with Mark Goodman, founding member of the St. Louis-based law firm Capes Sokol. Drawing from over 50 years of rich experience in commercial litigation, Mark shares "juicy" details behind the headlines. Join him for an engaging session where he unveils courtroom strategies and sheds light on the fascinating intricacies of a legal career.

FRI, May 10-May 24 | 10-11 a.m. | \$51 (3 Sessions)

Instructor: Mark Goodman Location: Clayton Oasis (H)

#5013.V Volodymyr Zelensky, Showman & Statesman

Volodymyr Zelensky, Ukraine's President, gained global acclaim for his leadership against Russian aggression. He rose from political obscurity becoming president in 2019. Leveraging his career in Ukraine and Russia, Zelensky effectively presents Ukraine's case through modern media. His unique blend of showmanship, statesmanship, courage, and integrity has garnered widespread support.

MON, May 13 | 1-2 p.m. | \$17 Instructor: Daniel Schlafly, PhD

Location: ZOOM V

#5902 Introduction to the Federal Courts

Join Rachel Marshall, Director of Civics Education, for an insightful exploration of St. Louis history. The Eagleton Courthouse houses three U.S. Courts, a fact many may not know. Participants will tour the 28-story building, visiting each Court to understand its role in the American legal system. Meet professionals and trace a case from inception to the Supreme Court. Expect walking and standing during the session.

THU, May 16 | 1:30-3:30 p.m. | \$15

Instructor: Rachel Marshall

Location: Thomas F. Eagleton Courthouse IP

#5017 Women's Roundtable

Join the discussion with facilitator Linda Locke and talk about the current events that make you 'screamful' (this term is 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, May 20-August 26 | 10:30 a.m.-12:30 p.m.

\$48 (8 Sessions)

Instructor: Linda Locke Location: Clayton Oasis (P)

What does the Constitution say ...? That is open to interpretation! With the help of a history teacher and a lawyer, we will pursue the topics referring to various Amendments to the Constitution, the historical setting resulting in the relevant portions of that document and the applicable precedents set by the U.S. Supreme Court, whose job is to interpret the Constitution. Come prepared to engage in a conversation, bring forth your questions, and finally get the answers you've been Take the eager to explore.

whole series

for \$80!

#5027 What Does the Constitution Say About Freedom of Speech?

FRI, May 31 | 1-3 p.m. | \$20

Instructor: Joan Musbach & Mark Goodman

Location: Clayton Oasis (P)

#6007 What Does the Constitution Say About Freedom of the Press?

FRI, June 7 | 1-3 p.m. | \$20

Instructor: Joan Musbach & Mark Goodman

Location: Clayton Oasis (P)

#6014 What Does the Constitution Say **About Freedom of Religion?**

FRI, June 14 | 1-3 p.m. | \$20

Instructor: Joan Musbach & Mark Goodman

Location: Clayton Oasis (P)

#6017 What Does the Constitution Say About Freedom of the Right to Keep & Bear Arms?

FRI, June 21 | 1-3 p.m. | \$20

Instructor: Joan Musbach & Mark Goodman

Location: Clayton Oasis (P)

#6020 What Does the Constitution Say **About Search & Seizure?**

FRI, June 28 | 1-3 p.m. | \$20

Instructor: Joan Musbach & Mark Goodman

Location: Clayton Oasis (P)







Hybrid Class

#6250/1280.V The Inside Scoop on How Juries **Are Selected**

Mark Goodman, an experienced trial lawyer, will share his insights behind the strategies and techniques which are employed in the selection of juries. The discussion will include rules and procedures applicable to this important aspect of civil and criminal trials as well as the use of case specific focus groups and jury consultants. Examples will be given of how this process can impact the actual trial of a case and its outcome.

FRI, June 7 | 1-2:30 p.m. | \$12 Instructor: Mark Goodman

Location: AgeSmart – Swansea & ZOOM 🕕 💙





#6024 The Future of War

Sir Henry Maine asserted, "War appears to be as old as mankind, but peace is a modern invention." Peace, though, is often unreliable. Despite war evolving since 1945 with precision weaponry, the Russo-Ukrainian and Israel-Hamas Wars echo World War I and II tactics. involving trenches, street fighting, air raids, and high civilian casualties. The challenge in twenty-first-century wars lies in reconciling these brutal throwbacks with expectations related to military technology, leadership, morale, alliances, and doctrine.

TUE, June 25 | 1-3 p.m. | \$17 Instructor: Kevin Fernlund, PhD Location: Clarendale Clayton (P)

Tour the St. Louis County Board of Elections

See democracy in action and learn what it's like to become an Election Official. Exploring the Board of Elections provides valuable insights into the democratic process, showcasing the administration of elections, the crucial role of election judges, and the technology and security measures ensuring

election integrity. It's an enriching opportunity for anyone interested in the electoral system. Check out page 33 to learn how you can join the tour!





History

#5003/5003.V The Churchills & The Marriage That Saved the World

Delve into the lesser-known love saga of Winston and Clementine Churchill in this captivating class. Uncover the intricacies of their intimate history, marked by the emotional imprints of challenging childhoods, episodes of failure and disdain, and a shared ascent to remarkable triumphs. Explore the intriguing question: Would Winston's extraordinary leadership during WWII have been achievable without Clementine's profound influence? Join us to unravel this compelling tale!

THU, May 2 | 1-2 p.m. | \$20 Instructor: Bev Schuetz Location: Clayton Oasis

#5032/5032.V The Conflicts & Compromises in the Writing & Ratification of the U.S. Constitution

In the scorching summer of 1787, fifty-five men gathered in Philadelphia to draft a plan for governing the United States, a second attempt to improve upon the original. Faced with challenges, debates, and compromises, they reached a consensus on the final document. Learn more about this moment in history with Joan Musbach!

TUE, May 7-14 | 10 a.m.-12 p.m. \$40 (2 Sessions)

Instructor: Joan Musbach
Location: Clarendale Clayton (H)

Take this class with What Does the Constitution Say... on page 10!

#5008/5008.V World War I: The Breaking of the Storm

Led by Richard Venn, a Master of History from the University of Missouri--St. Louis, Part II of the three-part series on World War One will be explored. This segment will delve into the transformation of the Archduke's assassination into the bloodiest conflict witnessed by Europe up to that point. Students will gain insights into the factors that led to a four-year murderous stalemate, examining the intertwining dynamics of technology and strategy during this historic period.

TUE, May 7 | 1-3 p.m. | \$20 Instructor: Richard Venn Location: Clayton Oasis

#5015/5015.V World War I: The U.S., The Versailles Treaty & The Aftermath

Join Richard Venn, a University of Missouri, St. Louis Master of History, for Part III of a three-part class on World War One. Explore the U.S. entry's consequences on the war's outcome, delve into the impact of the Russian Revolution, and examine how the Treaty of Versailles may have set the stage for the Second World War. Don't miss this comprehensive session.

TUE, May 14 | 1-3 p.m. | \$20 Instructor: Richard Venn Location: Clayton Oasis

#5035/5035.V First Ladies: Martha Washington, Dolley Madison, & Sarah Polk

Join Bonnie Vega on a learning journey exploring the lives of influential First Ladies: Martha Washington, Dolley Madison, and Sarah Polk. Despite the lack of a formal role description, these women served as notable role models for future First Ladies. Throughout history, First Ladies played a visible role in American society, and this program highlights how these three individuals paved the way, leaving a lasting legacy for those who followed.

TUE, May 14 | 1-2:30 p.m. | \$20 Instructor: Bonnie Vega Location: Clarendale Clayton

#5906 Vietnam: At Home & At War

This class delves into the comprehensive narrative of the Vietnam War, exploring its origins, execution, conclusion, and enduring legacy. Through engaging, accessible, and evocative presentations, the course offers a diverse and holistic perspective on the turbulent times in Vietnam, America, and the St. Louis region. Participants will gain insights into the military experiences of the US Armed Forces, both globally and locally, as well as the concerns and actions of war opponents. The class also delves into the draft's process and consequences and highlights the legacy of refugees who settled in the community after fleeing a war zone.

THU, May 16 | 10:30 -11:30 a.m. | \$15 Location: Soldier's Memorial Museum



Help a Child Love Reading & Learning!

Oasis Tutors work with children one-on-one to help them develop a love for reading and improve literacy skills. Flip over to page 20 to learn more and become a tutor yourself!

#5036/5036.V History of Baseball: From Abner Doubleday to the Black Sox (1839-1920)

This class examines the evolution of baseball, debunking myths surrounding its 'invention' by Abner Doubleday and tracing its journey from an amateur pastime to a thriving business. The narrative unfolds, capturing the essence of the sport's growth and exploring the infamous scandal that nearly tarnished it. Participants will encounter a vibrant cast of characters who have made lasting impacts on baseball, both on and off the field. Join us for an immersive exploration of the rich and colorful history of this beloved sport.

WED, May 22 | 10 a.m.-12 p.m. | \$20

Instructor: Richard Venn

Location: Clarendale Clayton (H)



DID YOU KNOW AN STL MAN SWAM 292 MILES OF THE MISSISSIPPI RIVER WITHOUT STOPPING?

Hear more about this in Only in St. Louis with Charlie Brennan—see page 14!

#5065/5065.V Truth & Totalitarianism

While we often hear about totalitarianism we don't automatically link it with truth. Dr. David Greenhaw will explore the connection and discuss how controlling what is true and what is not is at the root of totalitarianism. Examine totalitarianism's need to enforce its version of truth and violence.

THU, May 23 | 1:30-3 p.m. | \$17 Instructor: David Greenhaw Location: Eden Seminary H

#6001 The Night Witches

Dive into the intriguing history of the 'Night Witches' in this class, where we explore the WWII German nickname given to the all-female military aviators of the 588th Night Bomber Regiment. Later recognized as the 46th 'Taman' Guards Night Bomber Aviation Regiment within the Soviet Air Forces, these courageous women played a pivotal role in the wartime efforts. Join us as we unravel the remarkable story of these aviators and their significant contributions during World War II.

TUE, June 4 | 10 a.m.-12 p.m. | \$17

Instructor: Parks Smith Location: Clayton Oasis (P)

#6021/6021.V WWII: Prelude to War

In this course, we will explore the factors that precipitated the onset of the most catastrophic conflict in human history. Participants will gain insights into how the origins of World War II can be traced back to the aftermath of the First World War, and why entities such as the League of Nations proved ineffective in averting its occurrence.

TUE, June 4 | 10 a.m.-12 p.m. | \$20

Instructor: Richard Venn

Location: Clarendale Clayton (H)



#5019/5019.V Women of the Fur Trade

Join Jim Duncan, M.A., on a historical journey exploring the captivating stories of women in the fur trade. Traditionally associated with early French settlers, the fur trade played a vital role in St. Louis's founding. Interestingly, many settlers engaged in the fur trade were married to American Indian women. This exploration delves into the crucial role these women played in supporting their husbands and contributing to the flourishing fur trade, revealing a fascinating aspect of St. Louis's history.

WED, May 22 | 10:30 a.m.-12:15 p.m. | \$17

Instructor: Jim Duncan Location: Clayton Oasis III

#5020/5020.V The Third American Revolution, 1963-1974: How It Created the America In Which We Live

Embark on a captivating exploration with Geoffrey Morrison, a scholar holding an MA and PhD in US History, as we delve into 'The Third American Revolution.' This illuminating journey unravels a complex tapestry of transformative changes that shaped our nation. From distrust in the federal government to immigration policies, church transformations to evangelicalism, birth control debates to increased divorce rates, and the technological revolution with the computer chip and internet, this era left an indelible mark. Join us in understanding the profound changes that shaped modern America.

THU, May 23-June 6 | 10:30 a.m.-12:30 p.m.

\$34 (2 Sessions)

Instructor: Geoffrey Morrison Location: Clayton Oasis H

#6005/6005.V Decisive Battles of the Civil War: Antietam, Gettysburg, & Vicksburg

Join a three-part exploration, each session spanning an hour, dissecting pivotal Civil War battles. Beyond battle details, the focus is on essential questions: Why did the battle unfold as it did? What was the soldiers' experience, and what lasting impacts ensued? This class is for Civil War enthusiasts and those intrigued by American history, offering a deep dive into dramatic moments that shaped the nation.

THU, June 6-20 | 1:30-2:30 p.m. | \$51 (3 Sessions)

Instructor: Samuel F Harned Location: Clayton Oasis H



Embark on a historical journey through Middle East conflicts with Rabbi Elizabeth Hersh, exploring a narrative predating the State of Israel. This region, with diverse ethnic and religious communities, has a dynamic history of ongoing conflicts. The initial session looks at Biblical texts leading to WWI, while the second unfolds events from post-WWI to the Yom Kippur War in 1973. Join Rabbi Hersh as she unravels the complex tapestry of historical conflicts, shedding light on factors shaping the region.

MON, June 10-24 | 11 a.m.-12:30 p.m.

\$34 (2 Sessions)

Instructor: Elizabeth Hersh Location: Clayton Oasis **H**

#6030/6030.V Weird Tales of Love, Art, Baseball & Madness

Bev Schuetz unveils a collection of amazing stories including the world's strangest romance, baseball's funniest man, the greatest art hoax, and the sad tale of reclusive wealthy brothers. This presentation promises an eclectic blend of fascinating and unforgettable stories that will leave you enthralled.

THU, June 13 | 1-2 p.m. | \$20 Instructor: Bev Schuetz Location: Eden Seminary

#6012/6012.V The Beginnings of Art

Join Carol Diaz-Granados, PhD, RPA, as we explore the origins of 'Art.' Trace the roots of artistic expression and uncover mysteries behind the creation of symbols in the most ancient forms of art. Join us for an enlightening discussion unveiling the rich tapestry of art across the ages.

THU, **June 13** | 10:30 a.m.-12:15 p.m. | \$17 Instructor: Carol Diaz-Granados, PhD, RPA

Location: Clayton Oasis 🕕 💙



#6033/6033.V Alexis de Tocqueville & Democracy in America

Alexis de Tocqueville (1805-59), a young French aristocrat, arrived in America in 1831, eager to witness a great republic's workings. Having witnessed France's democratic struggles post-Revolution, Tocqueville was profoundly impressed by American democracy's vibrancy. His keen insights are eloquently captured in 'Democracy in America,' a seminal work widely discussed for its well-crafted analysis of democracy in the United States.

TUE, June 18 | 1-3 p.m. | \$17 Instructor: Lucy Schmitz Morros Location: Eden Seminary

#6016/6016.V Sweet Obsessions

Indulge in a sweet journey exploring the fascinating world of candy, tracing its history from ancient Egypt to the present day. Join Suzanne for an enlightening overview, with a particular focus on St. Louis candy makers. Join us for this delightful exploration of candy's rich history and the sweet confections that have left an enduring mark, especially within the vibrant community of St. Louis candy makers.

THU, June 20 | 10:30 a.m.-12 p.m. | \$17

Instructor: Suzanne Corbett Location: Clayton Oasis H

#6000/6000.V Who Was She? Meet Laura Smith Haviland

Laura Smith Haviland's induction into the National Abolition Hall of Fame and Museum in 2018 reflects her lifelong commitment to racial equity. From co-founding Michigan's first integrated school to aiding escaped slaves in the South, Haviland's bold actions earned her enemies, with a \$3,000 bounty on her head for 15 years. Join artist and activist Aaron McMullin for an engaging presentation on Haviland's impactful life, featured in the Legacy Quilt Project alongside approximately 50 women.

FRI, June 28 | 10 a.m.-12 p.m. | \$17

Instructor: Aaron McMullin Location: Clayton Oasis 🕕

History of St. Louis

#5001/5001.V The 1904 World's Fair

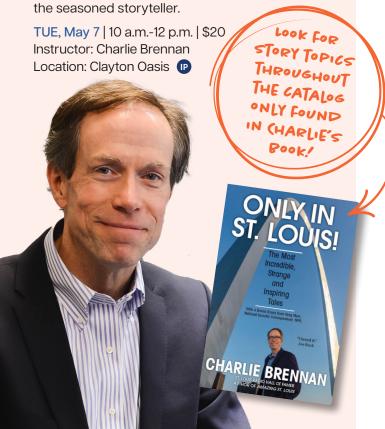
Step into the grandeur of the 1904 Fair with a captivating journey through time. Immerse yourself in the era's splendor by exploring the remarkable buildings that once stood as testaments to human innovation. Transport to 120 years ago, experiencing the Fair just as ancestors did. This immersive exploration unveils cultural and architectural marvels, offering a unique opportunity to connect with history. Join us for an enchanting encounter with the past, where every step echoes a momentous event shaping history.

WED, May 1 | 10:30-11:30 a.m. | \$17

Instructor: Karl Kindt Location: Clayton Oasis 🕕

#5007 Only in St. Louis with Charlie Brennan

Meet St. Louis fixture Charlie Brennan, renowned for his 33+ years at KMOX and hosting "The Charlie Brennan Show and Amy Marxkors." Recognized as the "Provocateur" of KETC-TV's "Donnybrook," Charlie boasts numerous awards. Join this local legend as he discusses his new book, *Only in St. Louis*, and shares incredible, strange, and inspiring tales from three decades of conversations about the vibrant Gateway City. Embark on a journey through St. Louis like never before with



#5045/5045.V American Indians of the 1904 World's Fair

Explore the captivating American Indian exhibits at the 1904 World's Fair, offering insights into Native American culture. Discover dwellings, clothing, arts, crafts, and activities. The Wild West shows and Indian School added excitement to an alrady exciting event.

FRI, May 10 | 1-3 p.m. | \$17

Instructor: Carol Diaz-Granados, PhD, RPA

Location: Eden Seminary (H)

#5022/5022.V Two of St. Louis' Favorite Subjects Together: Politics & Sports!

Join Johnny Rabbitt on a journey through St. Louis's political scene, exploring leaders like Governors McNair and Francis, Mayors Wells and Cervantes, and more. Delve into sports history, discussing teams such as the Browns, Flyers, and Cardinals, along with athletes like Dizzy Dean and Stan Musial. Covering announcers like Caray and Costas, team owners like Busch and Veeck, the session offers a comprehensive exploration of the city's rich political and sports history.

TUE, May 28 | 10:30-11:45 a.m. | \$20.00

Instructor: Johnny Rabbitt Location: Clayton Oasis (H

#5023/5023.V Food at the 1904 World's Fair

Join author Pam Vaccaro to explore the culinary wonders of the 1904 World's Fair in 'Beyond the Ice Cream Cone: The Whole Scoop on Food at the 1904 World's Fair.' Uncover the truth behind iconic inventions like iced tea and the hamburger while dispelling myths. Dive into the Fair's gastronomic landscape, discovering over 170 eateries and novel foods. Delve into intriguing tales, from Palace colors to food lawsuits. Join us for a delectable journey into culinary history, brimming with fascinating anecdotes.

TUE, May 28 | 1-3 p.m. | \$17 Instructor: Pam J Vaccaro Location: Clayton Oasis H

#5024/5024.V History of Racism in St. Louis

Join local historian Julie Nicolai to explore the history of racism in St. Louis. Delve into stories like Caroline Quarlls' journey from bondage and examine lynchings and systemic violence against Blacks. The session inspires collaboration to end white privilege and concludes with a dialogue on forging a path towards unity.

WED, May 29 | 10:30-11:30 a.m. | \$17

Instructor: Julie Nicolai Location: Clayton Oasis 🕕

#5037 Unseen St. Louis

Historians often find weird, surprising, and fun material rarely shared with others—until now! Stories behind a curated selection of images and objects from various St. Louis archives, reveal an unknown side of its history. The presentation is informative, fun, and conversational, promising a captivating exploration of St. Louis's rich and unexpected past.

WED, May 29 | 11 a.m.-12 p.m. | \$17 Instructor: Elizabeth Eikmann Location: Clarendale Clayton

#6013/6013.V The Importance of St. Louis to Ulysses S. Grant

Although Ulysses S. Grant resided in St. Louis for just five years, his connection to the city spanned forty. St. Louis held a special place as a home for Grant and his family. Explore Grant's experiences in St. Louis and as owner of the White Haven estate in South St. Louis County during his presidency. Join us for a comprehensive glimpse into this facet of Grant's life and his enduring ties to the city.

FRI, June 14 | 10:30-11:30 a.m. | \$17

Instructor: Nick Sacco, MA Location: Clayton Oasis H



Staff Spotlight: **Erin Burton**

Erin Burton, Oasis' Project Coordinator, oversees all Oasis programs in the Metro East and her office is in Swansea, IL. The lifelong learning classes are her favorite aspect of Oasis! If Erin were retired now, you'd see her at every theatrical performance in town, walking shelter dogs as a volunteer in our beautiful parks, and would finally get certified as a sommelier. You'd find Erin attending St. Louis Foods: History & Lore Behind Our Favorite Foods (page 15), Tai Chi (page 27), or The Inside Scoop on How Juries Are Selected (page 34). Got the same interests as Erin? Select all of Erin's Picks (marked with ♥ blue heart) and get 20% off the total price.

#6028 St. Louis Foods: History & Lore Behind Our Favorite Foods

Enroll in a session with Hillary Peppers, a Reference Librarian with a Master of Library and Information Science. Explore the rich history and fascinating tales behind the iconic foods that have become synonymous with St. Louis. This program also features vintage recipes, offering a delightful journey through the culinary heritage of the region.

FRI, June 7 | 10-11 a.m. | Free Instructor: Hillary Peppers Location: Eden Seminary

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#6011/6011.V Illuminating Darkness: Documenting Enslavement in St. Louis

Julie Nicolai is the author of *Enslavement & the Underground Railroad in Missouri and Illinois*, and a local historian. Drawing from her article in the Missouri Historical Society's Gateway Magazine, this class explores enslavement in St. Louis. Using documents from the MHS's collection, it delves into practices of selling and renting enslaved individuals, their journeys through the Underground Railroad, and their service in the United States Colored Troops during the Civil War. Join us for a compelling examination of this crucial aspect of St. Louis's history.

WED, June 12 | 10:30-11:30 a.m. | \$17 Instructor: Julie Nicolai

Location: Clayton Oasis H

#6047 R. Buckminster Fuller's Old Man River's City: A Visionary City Unrealized

Embark on a journey into the visionary project known as Old Man River's City, initiated by R. Buckminster Fuller in response to Katherine Dunham and community leaders from East St. Louis. Fuller's designs for a futuristic dome-covered city near the Mississippi River aimed to address future challenges of accommodating Earth's population. Join John Guenther as he contextualizes Fuller's contributions, presents Old Man River's City designs, and explores the project's relevance in today's environmental context.

THU, June 20 | 1-2:30 p.m. | Free Instructor: John Guenther



#6034/6034.V Photography in 19th Century St. Louis

Believe it or not, St. Louis was once the photography capital of the world. In the nineteenth century, the city drew innovative photographers, manufacturers, and inventors. Explore St. Louis' early photography history, introducing participants to the people, places, and technology shaping the bustling trade. Utilizing archival materials and unpublished photos, the session unravels how St. Louis became a photography destination and contributed to shaping the industry.

THU, June 20 | 2-3 p.m. | \$17 Instructor: Elizabeth Eikmann Location: Eden Seminary

#6018/6018.V Let's Eat! A Review of Our Town's Restaurant History & Our Favorite Beverage

Savor the nostalgia of St. Louis dining with Johnny Rabbitt, exploring iconic spots like The Branding Iron, Sala's Under the Viaduct, and Famous-Barr. Indulge in favorites such as Melrose Pizza, Golden Fried Chicken Loaf, and The Orient Chinese Restaurants. Join a brew review featuring Falstaff, Lemp, and Faust. Enjoy insights from a special foodie guest, tantalizing recipes, and relish the rich history and flavors of St. Louis dining!

TUE, June 25 | 10:30-11:45 a.m. | \$20

Instructor: Johnny Rabbitt Location: Clayton Oasis 🕕

#6019/6019.V The Eads Bridge at 150 Years

Join John C. Guenther, FAIA, LEED AP, of John C. Guenther Architect LLC, for a captivating exploration of the Eads Bridge. Construction began in 1867, and by 1874, it stood as the first bridge across the Mississippi south of the Missouri River. Recognized as an engineering marvel, the 6,442-foot-long bridge boasts a tubular steel arch construction, pioneering the large-scale use of steel as a structural material. Delve into the groundbreaking construction techniques and leave with a deeper appreciation for this iconic St. Louis landmark and its designer, James Buchanan Eads.

THU, June 27 | 1-3 p.m. | \$20 Instructor: John Guenther Location: Clayton Oasis

Practical

#5009 Basic Cake Decorating

Engage in an interactive and hands-on learning experience in this cake decorating class. Participants will acquire fundamental techniques, explore recipes, and familiarize themselves with essential equipment. This isn't merely a demonstration but a chance to actively participate, so don't forget to bring your apron. All the necessary equipment will be supplied, and decorating kits will be offered for purchase after the second class. Secure your spot promptly, as the class is limited to 12 people. Once all slots are filled, additional registrants will be placed on a waitlist. The first class fouses on using buttercream icing and basic decorating tips. The second class will focus on using Royal icing to make flowers.

THU, May 9-16 | 10 a.m.-12 p.m. | \$35 (2 Sessions)

Instructor: Sandy Hounsom Location: Clayton Oasis P

#5018/5018.V Traveling Post Pandemic

Embark on the post-pandemic travel journey with Dea Hoover, Certified STL Tour Guide, Travel Agent, and Published Author. As life inches closer to normalcy, this guide explores the 'When? Where? How Long?' of vacation planning, offering insights on handling unexpected situations and maintaining composure in various travel scenarios. Tackling the task of packing, the class helps participants discern their true needs, and each attendee departs with a customizable, comprehensive packing list.

TUE, May 21 | 2-3 p.m. | \$17 Instructor: Dea Hoover Location: Clayton Oasis H



#5273 Emergency Preparedness for Older Adults & People with Functional Needs

Take control in 1, 2, 3. Prepare for emergencies by identifying your specific needs and creating a personalized plan and toolkit. Discuss accommodations or assistive devices required during emergencies. Build a supportive network of caregivers, friends, and family to include in your planning. Let's navigate possible scenarios now to manage disasters effectively in the future.

THU, May 30 | 10-11 a.m. | Free Instructor: Bridget Farengo Location: AgeSmart – Swansea IP

#5026/5026.V Navigating Ancestry.com: Finding the Treasures While Avoiding the Minefields

Join a session facilitated by Ilene Murray, Publications Director of the St. Louis Genealogical Society, to explore the features of Ancestry.com. This well-known genealogy website offers millions of valuable records worldwide, but navigating it can be challenging without understanding potential pitfalls. Gain insights into effective research strategies for success. While an Ancestry subscription is not mandatory, prior familiarity with the site is advantageous.

FRI, May 31 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Ilene Murray
Location: Clayton Oasis ••

Mastering Your Medications

Dr. Hedva Barenholtz Levy is a pharmacist who specializes in working with older adults residing in community settings. In 1995, Dr. Levy founded a unique senior-care pharmacy practice where she provides inhome, one-on-one medication consultations. Through these individualized encounters, she promotes the safe and effective use of medications by educating patients and communicating with their physicians to identify and correct medication-related problems. Dr. Levy also is an adjunct clinical instructor at the St. Louis College of Pharmacy at the University of Health Sciences and Pharmacy. She served as the president of the American Society of Consultant Pharmacists 2021-2022.

Dr. Levy has a passion to help older adults at high risk of experiencing medication-related problems. Most of these problems are preventable; however, it takes a team approach, including prescribers and patients working together. Not only is there a need to focus on more judicious prescribing of drugs, but also on what medications are being taken at home and how the consumer is using those medicines--including nonprescription products and supplements. With the current disjointed healthcare system, it is more important than ever for individuals and family members to understand their medications and how to use them safely and effectively.

National recognitions include the Armon Neel Senior Care Pharmacist Award by the American Society of Consultant Pharmacists and the Commitment to Alzheimer's Recognition of Excellence (CARE) Pharmacy Award by Eisai Pharmaceuticals. Dr. Levy is board certified as a pharmacotherapy specialist and a geriatric specialist. She received her Doctor of Pharmacy and Bachelor of Arts degrees from the University of Michigan and completed a clinical pharmacy residency at Shands Hospital at the University of Florida (now, UF Health Shands Hospital).

Join Dr. Levy, in her series, Mastering Your Medications. She will share insights on understanding medication-related problems, safety considerations for over-the-counter products, how to advocate for safe medication use, and so much more. If you take any form of medication (perscribed or over-the-counter) this is not a series you want to miss!

#5057 Mastering Your Medications: What's All the Fuss About?

Mastering the medications you take is a crucial skill for maintaining good health and preventing adverse effects resulting from unnecessary or harmful drugs. Join this informative session to understand key medicationrelated problems and discover proactive measures to minimize the likelihood of encountering such issues.

THU, May 9 | 10-11:30 a.m. | \$17 Instructor: Hedva Barenholtz Levy, PharmD, BCPS, BCGP Location: Five Oaks on Warson

Take all

three

classes for

#5062 Mastering Your Medications: Patient Beware

Learn about the heightened risks older adults face with prescribed medications and discover strategies to optimize positive outcomes while mitigating potential adverse drug events. Delve into regulatory and safety considerations for over-the-counter products and dietary supplements. Acquire vital skills for promoting well-being and avoiding harmful drug effects in this informative session.

TUE, May 28 | 10-11:30 a.m. | \$17 Instructor: Hedva Barenholtz Levy, PharmD, BCPS, BCGP Location: Five Oaks on Warson

#6039 Mastering Our Medications: Let's Do Something About It

Overmedication remains a significant problem among adults age 65 and older. Mastering the medications we take requires that we advocate for our specific medication concerns. We will discuss various types of medication errors, drug information resources, and how to initiate conversations with the health-care team to tackle the problem of unnecessary and harmful medication use.

MON, June 3 | 10-11:30 a.m. | \$17 Instructor: Hedva Barenholtz Levy, PharmD, BCPS, BCGP Location: Five Oaks on Warson

#5063 An Introduction to Living at the End of Life: **Coming Back a Short Distance Correctly**

Despite our awareness of the inevitable end of life, a considerable amount of living can occur during this phase. In our culture, is end-of-life the topic we are not allowed to discuss? This lecture considers this stage of life as 'rewiring' our imaginations, not 'retiring,' i.e., withdrawing from life. If this session piques your interest, there is a 3-session workshop to take a more profound journey into this topic.

FRI, May 31 | 1-3 p.m. | \$17 Instructor: Ed Koslin

Location: Five Oaks on Warson (P)

#6041 Tiny Habits for Joyful Living

Enhance self-confidence, life energy, and overall wellbeing in this 3-session course using the groundbreaking Tiny Habits method by Dr. B.J. Fogg at Stanford University. Learn practical tactics to create new behaviors without relying on willpower. Participants are enrolled in the Stanford 5-day Tiny Habits program, discovering how to incorporate intentional actions, positive awareness, and a greater sense of well-being into their daily lives.

THU, June 6-20 | 10-11 a.m. | \$51 (3 Sessions)

Instructor: Polly Lemire

Location: Five Oaks on Warson IP



#6006/6006.V Preserving Family Documents & Photos

Join a session facilitated by Ilene Murray, Publications Director of the St. Louis Genealogical Society. Your family's cherished documents and photos are irreplaceable treasures that encapsulate a lifetime of memories, experiences, and emotions. Discover the art of preserving these valuable artifacts, including proper storage techniques, effective digitization methods, and strategies to safeguard your digital files for generations to come.

FRI, June 7 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Ilene Murray Location: Clayton Oasis H

#6042 Living at the End of Life: Coming Back a Short **Distance Correctly-Three Conversations**

Embark on a transformative journey with Dr. Ed Koslin, Doctor of Liberal Arts and MSW, in a three-session workshop to explore life's last phase. Engage in profound conversations unraveling the mysteries of end-of-life 'rewiring,' navigating the complex landscapes of grief and loss. Delve into thought-provoking discussions beyond the surface, inviting contemplation of the intricacies of the human experience during these crucial moments.

FRI, June 7-21 | 1-2:30 p.m. | \$51 (3 Sessions)

Instructor: Ed Koslin

Location: Five Oaks on Warson IP



#6044/6044.V Valuing Life by Encountering Death

Embark on a transformative journey with instructor Dr. David Greenhaw where we dive into the profound complexities of mortality. Discover how confronting death can be both daunting and liberating, offering a fresh perspective on the essence of existence itself. Through rich discussions and exploration of poetry and metaphor, we unravel the intricate tapestry of life and death, inviting you to reimagine your relationship with mortality and embrace the profound beauty of every moment. Join us for an enlightening exploration that promises to reshape your worldview and ignite a newfound appreciation for the preciousness of life.

WED, June 19 | 10:30 a.m.-12 p.m. | \$17

Instructor: David Greenhaw Location: Clayton Oasis III

#6046 Want to Volunteer with Oasis?

Escape the isolation of the past few years and rekindle your connection with the community! Join us for an exciting informational session to explore the myriad opportunities for volunteering with Oasis. Uncover the diverse ways you can contribute, meet like-minded individuals, and experience the fulfilling joy that comes with giving back. Discover the array of volunteer opportunities, learn about necessary training, and find out when training sessions are available. Dive into a vibrant discussion with Oasis staff and current volunteers, as we collectively pave the way for a more engaged and fulfilling community experience. It's time to rediscover the joy of connection and make a positive impact together!

FRI, June 21 | 10:30-11:30 a.m. | Free Location: Clayton Oasis (P)



Math & Science

#5029 Magical Math to Solve Everyday Problems

Enroll in a session led by Varsha Agarwal, a seasoned banker, to harness mental math skills for a range of practical applications. Learn how to efficiently monitor health and fitness, simplify shopping calculations (including discounts and taxes), perform unit conversions, analyze expenditures, discover shortcuts, navigate MS Excel, and engage in captivating number games. Join us to empower yourself with valuable mental math techniques that enhance various aspects of daily life!

FRI, May 10-24 | 11 a.m.-12 p.m. | \$51 (3 Sessions)

Instructor: Varsha Agarwal



#5046/5046.V Stellar Evolution

Embark on a captivating exploration of Stellar Evolution in this comprehensive class. Journey through the vast cosmos, starting with a scale model of the solar system. Witness the awe-inspiring process of star birth, explore the life cycle of our sun, and delve into the dynamics of more massive stars. Uncover the cosmic aftermath. where remnants evolve into neutron stars or black holes. Join us as we unravel the mysteries of stellar evolution, from the birth of stars to their spectacular endings.

MON, May 13 | 10:30 a.m.-12 p.m. | \$17

Instructor: Ronald McLachlan Location: Eden Seminary (H)

#5016/5016 Al: What's It All About Anyway?

Embark on an enlightening journey led by Certified Senior Advisor Richard Losciale as we delve into the expansive realm of Artificial Intelligence (AI). In this immersive class, we will delve deep into understanding the intricate facets of Al-examining its fundamental principles, unraveling the mechanisms that drive its functionalities, and contemplating the vast potential it holds for our future. Explore the transformative impacts of AI on various aspects of our lives, pondering both the benefits and potential implications on our existence. Brace yourself for a comprehensive exploration of the rapidly evolving world of Artificial Intelligence and its multifaceted implications for our collective future.

THU, May 16 | 1-3 p.m. | \$17 Instructor: Richard Losciale Location: Clayton Oasis H

#6002 Medical Ethics Discussion Group

Navigate the complex world of healthcare ethics in this four-session class led by Dr. Ira Kodner. Healthcare professionals encounter daily ethical dilemmas, such as deciding to treat a family member for the greatest chance of survival or confronting the directive to perform an unnecessary surgery under the threat of violence. Dr. Kodner delves into real-life medical cases, providing insight into the ethical considerations weighed by medical practitioners. Engage in thoughtful discussions on how you would approach these dilemmas and gain valuable insights into the actual outcomes of these challenging situations. Join us for an enlightening exploration of the ethical dimensions in healthcare decision-making.

TUE, June 4-25 | 1-2:30 p.m. | \$40 (4 Sessions)

Instructor: Ira J. Kodner, MD Location: Clayton Oasis IP

#6032/6032.V Physics 101: Newton Laws & **Universal Gravitation**

Join us for a captivating exploration of Physics with a focus on Newton's fundamental laws. In this enlightening class, we will delve into the intricacies of Newton's First, Second, and Third Laws, gaining a comprehensive understanding of their principles and applications. Elevate your knowledge as we unravel the mysteries of Universal Gravitation, exploring its profound impact on tides and orbits. Join us for an engaging journey through the core concepts of physics, where the laws governing motion and gravity come to life with real-world applications.

FRI, June 14 | 10:30 a.m.-12 p.m. | \$17 Instructor: Ronald McLachlan Location: Eden Seminary III

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 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** 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:

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- 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

Technology

Technology

#5048 Getting to Know Your iPhone

Are you maximizing the potential of your iPhone? Whether you're seeking confidence in making calls, sending emails or texts, sharing photos with loved ones, enhancing your iPhone's security, or simply feeling overwhelmed by its myriad capabilities, this class is tailored for you. By the end of the session, you'll be well-versed in all these aspects and more.

THU, May 16 | 1–3 p.m. | \$24 Instructor: Jim Salih Location: Eden Seminary

#5055 Android Basics

Are you a newcomer to Android smartphones or looking to optimize your phone usage? Join our class to delve into the fundamentals of using an Android cell phone. Explore the device's layout, navigation techniques, and personalize your phone's settings. Gain insights on organizing home screens, handling calls and texts, and managing notifications. Learn essential tips for phone maintenance and proper charging. The session includes ample time for questions and engaging demonstrations.

FRI, May 31 | 10 a.m.-12 p.m. | \$24 Instructor: Mary J Mueller Location: Eden Seminary

#6026 All About Google Photos

Discover the potential of Google Photos in this 2-hour class, providing solutions for managing and organizing your digital photo collection. Gain mastery over uploading, editing, sharing, ordering prints, and creating photo books. Whether your photos are on your phone or online, this course equips you with essential skills to take control of your digital photo world.

TUE, June 4 | 1-3 p.m. | \$24 Instructor: Jim Salih Location: Eden Seminary

#6035 Unleash Your Android's Potential: Apps, Contacts & More

In this class, delve into the essential apps for Android phones. Learn to find, install, and uninstall commonly used apps from the Google Play Store. Gain in-depth knowledge about Google Contacts, Google Maps, Gmail, and Chrome. Discover how to easily write and receive emails, navigate your surroundings, and browse the Internet on your Android phone.

FRI, June 21 | 10 a.m.-12 p.m. | \$24 Instructor: Mary J Mueller Location: Eden Seminary P

Ask a Techie

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

#5200 TUE, May 7 | 1-2 p.m. | Free Instructor: Jordan Carr Location: Clayton Oasis

#5204 FRI, May 10 | 1-2 p.m. | Free Instructor: Jordan Carr Location: Oak Street Health – Tower Grove

#5201 TUE, May 14 | 1-2 p.m. | Free Instructor: Jordan Carr Location: Clayton Oasis

#5202 TUE, May 21 | 1-2 p.m. | FREE Instructor: Jordan Carr Location: Clayton Oasis



#5203 TUE, May 28 | 1-2 p.m. | Free Instructor: Jordan Carr Location: Clayton Oasis

#6200 TUE, June 4 | 1-2 p.m. | Free Instructor: Jordan Carr Location: Clayton Oasis

#6201 TUE, June 11 | 1-2 p.m. | Free Instructor: Jordan Carr Location: Clayton Oasis

#6202 TUE, June 18 | 1-2 p.m. | Free Instructor: Jordan Carr Location: Clayton Oasis

#6204 FRI, June 21 | 1-2 p.m. | Free Instructor: Jordan Carr Location: Oak Street Health – State Street

#6203 TUE, June 25 | 1-2 p.m. | Free Instructor: Jordan Carr Location: Clayton Oasis

Religious Studies

#5006/5006.V Other Gospels: The Gospel of Peter

Beyond the well-known Gospels of Matthew, Mark, Luke, and John, numerous other accounts emerged in the years following Jesus' death. These "alternative Gospels" not only possess inherent interest but also offer insights into the diverse beliefs held by Christian

communities regarding Jesus and his mission. This session our focus will be on the Gospel of Peter.

MON, May 6 | 10:30 a.m.-12 p.m. | \$17

Instructor: Mark Etling, PhD Location: Clayton Oasis H

Pair both Other Gospels classes for \$30!

#5042/5042.V Other Christianities

Join a session exploring the diverse forms of Christianity during its formative years. In the early Christian era, there was no standardized Bible, belief system, authority structure, or liturgy. Delve into the multitude of conflicting answers to crucial theological questions, uncovering the varied perspectives on God, Jesus, and salvation that shaped the early Christian landscape.

WED, May 8 | 11:30 a.m.-1 p.m. | \$17

Instructor: Mark Etling, PhD Location: Eden Seminary III

#5012/5012.V Other Gospels: The Secret Gospel of **James & the Infancy Gospel of Thomas**

Beyond the well-known Gospels of Matthew, Mark, Luke, and John, numerous other accounts emerged in the years following Jesus' death. These 'alternative Gospels' not only possess inherent interest but also offer insights into the diverse beliefs held by Christian communities regarding Jesus and his mission. This session will delve into the examination of the Secret Gospel of James and the Infancy Gospel of Thomas.

MON, May 13 | 10:30 a.m.-12 p.m. | \$17

Instructor: Mark Etling, PhD Location: Clayton Oasis H

Pair both Other Gospels classes for \$30!

#5014/5014.V Gnostic Christianity

Delve into the diverse interpretations of Christianity in the initial centuries after Jesus' death. Explore the emergence of different faith communities, each claiming legitimacy as the true form of Christianity. Over two sessions, unravel the Gnostic worldview and its distinctive features, shedding light on its differences from the later 'orthodox' Christian belief system.

TUE, May 14-21 | 10:30 a.m.-12 p.m. | \$34 (2 Sessions)

Instructor: Mark Etling, PhD Location: Clayton Oasis H

#5050/5050.V From Jesus to Christ

Join Bonnie Vega in a visually engaging exploration of the early Christian church's transformative journey over the first four centuries. Trace its evolution from a reform movement within Judaism to becoming the state religion of the Roman Empire. Through dynamic visuals and insightful commentary, gain a comprehensive understanding of the significant historical, cultural, and theological milestones.

FRI, May 17 | 1-2:30 p.m. | \$20

Instructor: Bonnie Vega Location: Eden Seminary III

#5070 Mercy for Me, Justice for Them: The Book of Jonah

Discover the intriguing aspects of Jonah's attempt to evade God's call, the peculiar incident of being swallowed by a fish, and the profound impact of delivering one sentence of prophecy that led the Ninevites to repent. Delve into the complexities of Jonah's emotions, his anger at prophetic success, and other intriguing elements of this biblical narrative.

THU, May 23 | 10:30 a.m-12 p.m. | Free

Instructor: Mark Etling, PhD

Location: Oak Street Health - North City (P)

#5056/5056.V History of the Bible: The Old Testament

During the 18th century, Historical Criticism or Higher Criticism emerged as an academic discipline, initially focusing on biblical studies and raising numerous inquiries about the text. Join us in this insightful program as we navigate through the historical journey of biblical literature and its transformative impact on religious traditions. Pair

FRI, May 31 | 1-2:30 p.m. | \$20

Instructor: Bonnie Vega Location: Eden Seminary III both **History** of the Bible classes for \$35!

#6037/6037.V History of the Bible: The New Testament

Explore the origins of the New Testament and unravel the selection process that determined which gospels made it into the canon during the early centuries of Christianity. Additionally, delve into the diverse translations that emerged after the Protestant Reformation, shedding light on the evolving landscape of religious texts. Join us in this insightful program as we navigate through the historical journey of biblical literature..

FRI, June 28 | 10-11:30 a.m. | \$20

Instructor: Bonnie Vega Location: Eden Seminary III

Health

#5066 UMSL Nursing Student Presentations

Join UMSL nursing students in sharing their research projects after three semesters working with Oasis as their Community-Based clinical education. Lindsey and Rachel will be sharing a calendar they built that includes timing of preventive screenings, vaccines and other health maintenance appointments. Allison and Louis will be sharing the latest in Alzheimer's research.

FRI, April 19 | 10-11:30 a.m. | Free Instructor: Oasis Health Facilitators Location: Clayton Oasis

#5033 Communication, Creativity & Connection: Improve the Quality of Life for Caregivers

Join Ann Marie Mohr, MA, in a session on effective communication with individuals affected by Alzheimer's disease or related dementias. Acquire practical tools to reduce stress, diffuse challenging situations, and improve the quality of life for both individuals with dementia and their caregivers. Gain skills applicable to all stages of the disease, contributing to more compassionate and effective communication in dementia care.

WED, May 8 | 10-11 a.m. | \$17 Instructor: Ann Marie Mohr, MA Location: Clarendale Clayton

Over the Counter & On the Web

Over-the-counter pain medications such as Tylenol are convenient and in almost everyone's medicine cabinet. However, over-the-counter medications have some risks, especially if you have existing chronic health conditions or take prescription medications. Similarly, the internet is vast and has countless, convenient resources for your health but not all websites are reliable. This 6-week program will teach you the basics of pain medications and how the internet can be used to improve your health.

#5900 THU, May 9-June 13 | 10-11:30 a.m.

Free (6 Sessions)

Instructor: Oasis Health Facilitators Location: Christ Our Redeemer Church

#5901 MON, May 13-June 24 | 10-11:30 a.m.

(No class 5/27) | Free (6 Sessions) Instructor: Oasis Health Facilitators Location: Florissant Senior Dining Center

#5950 WED, May 29-July 3 | 1-2:30 p.m.

Free (6 Sessions)

Instructor: Oasis Health Facilitators Location: Oak Street Health - Florissant



#5059 Medicare 101: New to Medicare

Join Wilma Schmitz, MA, to demystifies the complexities of Medicare. Get insights into how Medicare works, answers to your questions, and explore coverage options to make informed decisions. This session covers Original Medicare (Parts A & B), Prescription Drug Plans (Part D), and Medicare Supplement (Medigap) and Advantage (HMO and PPO) plans. Presented by Missouri SHIP, the State Health Insurance Assistance Program, ensuring unbiased information.

TUE, May 14 | 10-11:30 a.m. | Free Instructor: Wilma Schmitz, MA Location: Five Oaks on Warson

#5550 Osteoporosis Do's & Don'ts of Everyday Movement

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

WED, May 15 | 10 a.m-12 p.m. | Free Instructor: BJC Therapists Location: Senior Services Plus P

#5951 Asthma Care for Older Adults

Asthma is a chronic disease that, contrary to popular belief, affects children and adults. Asthma is a disease of increased responsiveness of the airways to various stimuli, allergies, and irritants. This causes obstruction in the airways, constricting muscles, which results in inflammation. It is not abnormal for asthma to be diagnosed in childhood, but symptoms reappear after age 40. Participate in this amazing program and get asthma certified items like pillows and air purifiers. To participate, you **MUST** call Ebow Nketsiah at (314) 687-1116 for an eligibility screener.

TUE, May 21-July 2 | 10-11:30 a.m. | Free (7 Sessions) Location: Oak Street Health – Jennings





In-Person Class



Hybrid Class

#6550 Fit for Function

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

TUE, June 4 | 10-11:30 a.m. | Free Instructor: BJC Therapists

Location: St. Charles City - County Library, Cliff

View Branch (IP)

#6023 Medicare 101: Medicare to Medicare

Demystify Medicare, understand its operation, get clarifications, and explore coverage options. Topics include Original Medicare (Parts A & B), Prescription Drug Plans (Part D), Medicare Supplement (Medigap), and Medicare Advantage (HMO and PPO) plans. Presented by Missouri SHIP, the State Health Insurance Assistance Program, ensuring an unbiased approach as SHIP counselors neither sell nor promote any specific insurance company or its products.

TUE, June 11 | 1-2:30 p.m. | Free Instructor: Wilma Schmitz, MA Location: Clarendale Clayton (P)

#6553 Be Your Own Healthcare Advocate

Healthcare is extraordinarily complex and expensive. Being an informed consumer can make you a better advocate for yourself and your family when you must interact with the healthcare system. Also, make sure you're getting the most out of your health insurance! This program will give you tips and tools to help you be a better consumer of healthcare services.

MON, June 17 | 1-2 p.m. | Free Instructor: Oasis Health Facilitators Location: Oak Street Health – Jennings (P)

#6551 The More You Know; the Less You Go!

Urinary incontinence can have a large impact on quality of life. Learn more about this, the causes, treatments, and prevention of urinary incontinence using medication and non-medication models. This program is presented by a licensed Occupational Therapist who is certified in urinary incontinence.

MON, June 24 | 10 a.m.-12 p.m. | Free Instructor: BJC Home Health

Location: Oak Street Health – North City (P)

Participant Spotlight: **Ethel Lomas**

Oasis had to offer.

Ethel Lomas's journey with Oasis began with the discovery of fliers posted on the O'Fallon, Illinois YMCA bulletin board. Intrigued by the promise of lifelong learning and community engagement, Ethel was drawn to explore all

Ethel's engagement with Oasis took various forms, reflecting her diverse interests and passions. Initially joining as a Tai Chi Instructor, she also participated in online computer classes and focus group initiatives, embracing every opportunity to contribute and learn within the Oasis community.

Ethel's enthusiasm for learning knows no bounds. Her dream lineup of classes includes gardening and the arts. Additionally, Ethel harbors a keen interest in mastering basic Spanish for practical use during her travels within and outside the U.S. Moreover, she seeks programs that provide invaluable insights into accessing resources and staying informed about legislative impacts on older adults, particularly concerning Medicare. Ethel dreams of enhancing her Tai Chi expertise through participation in Dr. Lam's workshops nationwide, eager to deepen her practice and share her knowledge with others.

Ethel's passion for lifelong learning and her commitment to sharing knowledge exemplifies the spirit of Oasis, embodying the ethos of curiosity, growth, and

The classes we think Ethel would love in this catalog (besides Tai Chi, of course) are American Indian Art (page 3), Writing your Family Stories (page 7), and The Beginning of Art (page 13). All of these classes are marked with a V teal heart.





Living a Healthy Life

Set healthy goals, make action plans, manage pain, embrace nutrition and exercise, understand medication and increase your confidence in managing your health. Developed by Stanford University's Patient Education Research Center, this self-management course is for those with any chronic condition.

#5604 THU, May 2-June 13 | 10 a.m.-12:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

#5601 THU, May 2-June 13 | 10 a.m.-12:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: St. Charles City - County Library, Corporate

Parkway Branch (IP)

#5602 FRI, May 10-June 21 | 1-3:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: Hopewell Village Apartments (P)

Aging Mastery Program

Join our 10-week Aging Mastery Program® (AMP) to craft your personalized playbook for healthy aging. Developed by the National Council on Aging, this program offers expert guidance, group discussions, and peer support on various topics including healthy eating, physical activity, financial fitness, and more. Connect with like-minded individuals, make new friends, and embark on this journey towards a healthier and fulfilling life together!

#6660 TUE, June 4-August 6 | 1:30-3:30 p.m.

Free (10 Sessions)

Instructor: Oasis Health Facilitators

Matter of Balance

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

#4636 THU, April 25-June 13 | 1-3 p.m. | Free (8 Sessions)

Instructor: Oasis Health Facilitators

Location: Union Avenue Christian Church



#5603 WED, May 29-July 10 | 1-3:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators Location: Les Chateaux Apartments (P)

#6605.V TUE, June 4-July 16 | 9:30 a.m.-12 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: ZOOM V

#6606.V WED, June 26-August 7 | 1-3:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: ZOOM V

Oasis has Partnered with Oak Street Health

Oak Street Health, specializes in caring for older adults on Medicare. They take care of everything, providing patients with personalized primary care so they can stay healthy and focus on doing the things they love. To promote healthy living, Oak Street Health is now offering Oasis classes at various Oak street locations across the metro area. Read below to see all the classes offered at Oak Street Health locations.

#6047 R. Buckminster Fuller's Old Man River's City: A Visionary City Unrealized | Page 15

#5204 & #6204 Ask a Techie | Page 21

#5070 Mercy for Me, Justice for Them: The Book of Jonah | Page 22

#5951 Asthma Care for Older Adults & #5950 Over the Counter & On the Web | Page 23

#6553 Be Your Own Healthcare Advocate & #6551 The More You Know; the Less You Go! | Page 24

#7602 Living a Healthy Life | Page 25



#6630 MON, June 3-July 22 | 11 a.m.-1 p.m.

Free (8 Sessions)

Instructor: Oasis Health Facilitators

Location: St. Charles City - County Library, Kisker

Road Branch (IP)

#6631 THU, June 6-August 1 | 1-3 p.m. | Free (8 Sessions)

Instructor: Oasis Health Facilitators Location: AgeSmart – Swansea (P)



Exercise

Cardio & Strength

A fun low impact aerobic and strength building class for all fitness levels. This workout will help improve your cardiac health and bone density. A great 2-for-1 class to maximize your time!

#5431 WED/FRI, May 8-June 21 (No class 6/19)

10:30-11:15 a.m. | \$110.50 (13 Sessions) Instructor: Rosalyn Washington Location: Five Oaks on Warson



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.

#5500 MON/WED, May 6-June 17 (No class 5/27)

9-9:45 a.m. | \$18 (12 Sessions) Instructor: Geraldine Talley

Location: Jefferson County Library, Northwest Branch

#5510 MON/THU, May 6-June 13 (No class 5/27)

9-9:45 a.m. | \$66 (11 Sessions) Instructor: Oasis Health Facilitators

Location: Chesterfield Community Center

P

#5508.V MON/WED, May 6-June 17 (No class 5/27)

9:15-10 a.m. | \$18 (12 Sessions) Instructor: Sharon Kirsch Location: ZOOM V

#5504 MON/WED, May 6-June 17 (No class 5/27)

9:30 -10:15 a.m. | \$18 (12 Sessions) Instructor: Jo Ann D Roberts

Location: Christ Our Redeemer Church

#5506 MON/FRI, May 6-June 28 (No class 5/27)

10:45-11:30 a.m. | \$22.50 (15 Sessions)

Instructor: Marta Meness

Location: Northwest Jefferson County Senior

Resource Center IP

#5501 TUE/THU, May 7-June 20 | 9-9:45 a.m.

\$21 (14 Sessions) Instructor: Pat Atkins

Location: Jefferson County Library, Northwest Branch



9-9:45 a.m. | \$72 (12 Sessions) Instructor: Oasis Health Facilitators

Strengthen & Stretch

Strengthen and Stretch uses low-impact aerobics, strength training, flexibility, and balance exercises for a total body workout! The ability to move freestanding without using a chair is necessary; floor work is optional.

#5251 MON/WED, May 6-July 1 | 12-1 p.m.

\$80 (16 Sessions)

Instructor: Idaria K Goodwin

#5424.V TUE/THU, May 7-June 20 (No class 5/28 & 5/30)

10:30-11:30 a.m. | \$72 (12 Sessions) Instructor: Idaria K Goodwin

Location: ZOOM V

#**5400** TUE/THU, May 7-June 27 | 10:30-11:30 a.m.

\$136 (16 Sessions)

Instructor: Cathy Johnson Location: Clayton Oasis

#6425.V TUE/THU, June 25-August 8

(No class 7/2 & 7/4)

10:30-11:30 a.m. | \$72 (12 Sessions)

Instructor: Idaria K Goodwin

Location: ZOOM V



Tai Chi

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, and mood. In this class, you will learn the Basic 6 and Advanced 6 forms from a certified instructor.

#5250 MON/WED, May 6-July 1

1:30-2:30 p.m. | \$80 (16 Sessions) Instructor: Idaria K Goodwin

Location: AgeSmart – Swansea IP 🔻



Tai Chi for Parkinson's Disease & Rehabilitation

Research confirms that Tai Chi has significant health benefits for people including those with Parkinson's Disease and those recovering from an injury. Learn how to to use Tai Chi to control tremors and rigidity while improving balance and posture. Senior Trainer, Craig Miller, will instruct this class specifically designed for people recovering from an injury and with Parkinson's Disease. Caregivers are encouraged to register as well.

#5452 TUE, May 7-June 18 (No class 5/28)

1:45-2:45 p.m. | \$51 (6 Sessions)

Instructor: Craiq Miller



#6453 TUE, June 25-August 6 (No class 7/2)

1:45-2:45 p.m. | \$51 (6 Sessions)

Instructor: Craig Miller

DID YOU KNOW KURT WARNER LISTED HIS NAME AND ADDRESS IN THE PHONEBOOK OR THAT A MAN

IN DOWNTOWN ST. LOUIS? Hear more about these stories in Only in St. Louis with Charlie Brennan on page 14. Charlie will chat about his new book and share a few stories from his decades long career.

WAS ATTACKED BY A SHARK

Yoga & Pilates

Yoga for Vitality & Flexibility

This class focuses on flexibility, a lightness of body, and a sense of calm energy through the practice of stability and steadiness in the body. By allowing breath to inspire movement, you will create space in your mind, body and spirit. Great for all levels as variations are provided.

#5412 TUE/THU, May 7-June 13 | 10-11 a.m.

\$102 (12 Sessions)

Instructor: Oasis Health Facilitators Location: Eden Seminary (P)

#6413 TUE/THU, June 18-August 1 (No class 7/2 & 7/4)

10-11 a.m. | \$102 (12 Sessions) Instructor: Oasis Health Facilitators Location: Eden Seminary (P)

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

#5450 MON/WED, May 6-June 17 (No class 5/27)

1:30-2:30 p.m. | \$102 (12 Sessions)

Instructor: Craig Miller

Location: Eden Seminary (IP)

#5454 MON/WED, May 6-June 26 (No class 5/27 & 6/19)

1:30-2:30 p.m. | Free (14 Sessions) Instructor: Jo Ann D Roberts Location: Five Oaks on Warson (P)

#6451 MON/WED, June 24-August 7 (No class 7/1 & 7/3)

1:30-2:30 p.m. | \$102 (12 Sessions)

Instructor: Craig Miller Location: Eden Seminary (P)



Soma Yoga

This unique practice unlocks the potential of mobility, stability and strength. Reduce chronic stress, disease and pain. We'll focus on slow, mindful movements that increase awareness of the whole body in order to move well and improve function in all the joints and muscles. Great for a wide range of healthy mind-body goals. This class is for anyone who wants to build better habits, pay attention and progress safely towards personal goals.

#5402 THU, May 9-June 27 | 9-9:45 a.m. | \$68 (8 Sessions)

Instructor: Amy Raymond Location: Clayton Oasis (P)

Gentle Chair Yoga

Chair Yoga is beneficial to all. In these classes you will use the support of the chair to arrive in yoga poses, move, breathe & ultimately feel good! Benefits of chair yoga include increased mobility, increased strength, reduce stress, reduce pain & clear the mind. This class is perfect for beginners and those who would prefer not to sit on the floor.

#5426.V THU, May 9-June 27 | 11:45 a.m -12:45 p.m.

\$48 (8 Sessions)

Instructor: Cynthia Fernandez

Location: ZOOM V

#5434 WED May 15-June 26 | 10:15 -11:00 am

\$59.50 (7 sessions)
Instructor: Cathy Johnson
Location: Eden Seminary

#5404 Beginning Pilates

A complete body workout that will strengthen and tone your core muscles; build your overall strength and stamina; increase your flexibility; improve your posture, breathing and balance; and much more. Pre-registration required before the session begins in order to attend. Class Requirements:participants are able to do floor exercises; participants provide their own Pilates mat.

WED, May 22-July 10 (No class 7/3) 1:15-2:15 p.m.

\$59.50 (7 Sessions)

Instructor: Heather Needleman Location: Clayton Oasis

Dance -

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!

#5408 MON, May 6-June 24 (No class 5/27) | 1-2 p.m.

\$59.50 (7 Sessions)

Instructor: Sandy Derickson Location: Clayton Oasis

P

Intermediate Pilates

A complete body workout that will strengthen and tone your core muscles; build your overall strength and stamina; increase your flexibility; improve your posture, breathing and balance; and much more. Pre-registration required before the session begins in order to attend. Class Requirements: approval of the instructor; participants provide their own Pilates mat.

#5422.V TUE, May 21-July 9 (No class 7/2)

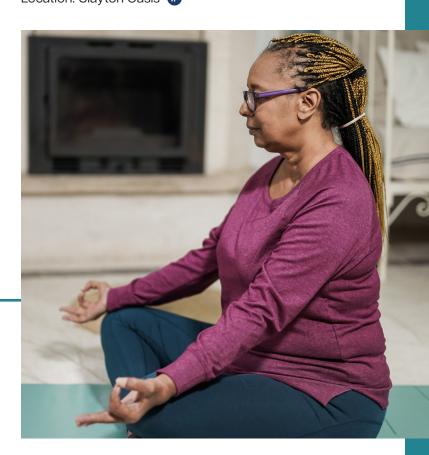
11:45 a.m.-12:45 p.m. | \$42 (7 Sessions)

Instructor: Heather Needleman

Location: ZOOM V

#5406 WED, May 22-July 10 (No class 7/3)

2:30-3:30 pm | \$59.50 (7 sessions) Instructor: Heather Needleman Location: Clayton Oasis



Ballroom Dance

This social ease ballroom dance class is perfect for beginners or those looking to refresh their 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.

#5410 WED, May 8-June 26 | 1-2 p.m. | \$68 (8 Sessions)

Instructor: Glenn Sowder Location: Clayton Oasis

Bikes & Walks

Indian Dance Movement

You will learn basic body movements, deep breathing exercises, and hand gestures from classical Indian dance as a way to improve flexibility and stamina. This movement will be slow and is designed for those who can stand as well as those who wish to remain seated. Along the way you will be introduced to some beautiful, peaceful, melodies from South India. Instructor, Asha Premachandra is Artistic Director of Dances of India in St. Louis, one of the oldest classical Indian dance companies in the US.

#5433 TUE/THU, May 7-30 | 11-11:45 a.m.

\$68 (8 Sessions)

Instructor: Asha Premachandra Location: Five Oaks on Warson (P)

#6434 TUE/THU, June 4-27 | 11-11:45 a.m.

\$68 (8 Sessions)

Instructor: Asha Premachandra Location: Five Oaks on Warson (P)

Bikes & Walks

Bike Rides

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!

#5430 THU, May 9-June 13 | 10:30-11:30 a.m.

\$51 (6 Sessions)

Instructor: Karen J Merlin

#5429 MON, May 13-June 24 (No class 5/27)

10:30-11:30 a.m. | \$51 (6 Sessions)

Instructor: Karen J Merlin



Oasis offers biking and walking groups for community bonding in St. Louis parks. Great Rivers Greenway rides are funded; Oasis excursions are not. A \$5 fee ensures sustainability, except for Greenway activities. Thank you for supporting Oasis and our parks and trails. Great Rivers Greenway biking and walks (noted with) are free of charge. Thank you for supporting Oasis and our park and trail systems!

#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 (approximately 15 miles). During the ride see EarthDance Organic Farm in Ferguson, the oldest organic farm west of the Mississippi. You will also see the old St. Vincent Hospital, an architectural jewel of St. Vincent Park.

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 MO Greenway 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. Approximately 18 miles.

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

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. Covering about 24 miles, it's a delightful journey along "our" River.

FRI, May 17 | 9:30 a.m. | Free Leader: Oasis Health Facilitators

#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.

FRI, May 24 | 9 a.m. | \$5 Leader: Joyce Sherokow Virtual Class

In-Person Class

Hybrid Class

#6801 Shrewsbury to Jefferson Barracks Park Ride on The River des Peres & Mississippi Greenway

Bike the River Des Peres Greenway to Jefferson Barracks, one of the National Cemetery Administration's oldest interment sites. This will be about a 20 mile ride on mostly paved surfaces.

FRI, June 7 | 9 a.m. | Free Leader: Brenda Jean Tripp

#6802 City Streets Ride

Travel to some of our city neighborhoods and get more comfortable riding on city streets. This fun ride that starts at the Hartford Coffee Company is approximately 16-17 miles.

FRI, June 14 | 9 a.m. | \$5 Leader: Joyce Sherokow

#6803 Dardenne Greenway Ride

Enjoy woodlands, native prairie wildflowers and wetlands along Dardenne Creek. Approximately 13 miles round-trip from Legacy Park in Cottleville to Dardenne Park in St. Peters. Optional lunch on your own afterwards at Bemo's in Cottleville.

FRI, June 21 | 9 a.m. | Free Leader: Janice Branham

#6804 Exploring the Meramec Greenway Ride

Explore part of the Meramec Greenway from the Al Foster Trailhead. This will be a there-and-back type ride with the opportunity to stop at the parking lot. This ride will be approximately 15 miles on asphalt, crushed lime stone and packed dirt.

FRI, June 28 | 9 a.m. | Free Leader: Gerry Noll

Walks -

#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, the Delmar Divine facility and Ruth Porter Mall trail on the lower St. Vincent Greenway.

TUE, May 7 | 9:30-11:30 a.m. | Free 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 | 9:30-11:30 a.m. | \$5 Leader: 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 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. Optional lunch spots are nearby. Approximately 3 miles.

TUE, May 28 | 9:30-11:30 a.m. | Free Leader: Sally Hanson

#6816 St. Louis University Campus Walk

Join us for an early summer walk through St. Louis University's (SLU) historic campus. You will walk through parts of the beautiful residential campus which boasts a 273-acre oasis in vibrant Midtown St. Louis. Key features of this experience include walking by DuBourg Hall, St. Francis Xavier College Church, and the Interdisciplinary Science and Engineering Building. This walk will be approximately 2.5 miles.

WED, June 5 | 9-10:30 a.m. | \$5 Leader: Marissa Ann Sandbothe

#6813 St. Louis Hills Walk

Join us for an early summer walk around Francis Park, by Ted Drews and through Candy Cane Lane! Enjoy this leisurely walk around parts of the City of St. Louis. Walk will be approximately 2.5 miles.

WED, June 12 | 9-10:30 a.m. | \$5

Leader: Denise Ucinski, ACE Certified Health Coach

#6814 University of Missouri St. Louis to St. Vincent Greenway Walk

Walk through the rolling hills of University of Missouri St. Louis's campus and around St Vincent Greenway. The St. Vincent Greenway takes you from the Rock Road Transit Center, along St. Charles Rock Rad and directly into the lush and shady grounds of St. Vincent County Park. Walk is approximately 3 miles.

THU, June 20 | 9-10:30 a.m. | Free

Leader: Denise Ucinski, ACE Certified Health Coach



#6815 Bellefontaine Cemetery Walk

Join us for an early summer walk through historic Bellefontaine Cemetery. Meander through Evergreen Meadow and surrounding restored nature areas. Walk will be approximately 2-3 miles.

MON, June 24 | 9-10:30 a.m. | \$5 Leader: Oasis Health Instructor

#6817 Centennial Greenway to Olivette Neighborhoods

Walk through the new Centennial Greenway Olivette Extension, in Warson Park and around some Olivette neighborhoods. You will explore the 17 acre Warson Park while enjoying nature, through Olivette residential areas and back to Warson Park. Walk will be approximately 2 miles.

FRI, June 28 | 9-10:30 a.m. | Free Leader: Denise Ucinski, ACE Certified Health Coach



Messages From Babi Yar: Yevtushenko's, Shostakovich's, & Our Own

Babi Yar is a Ukrainian ravine on the outskirts of Kyiv, the site of one of the most memorable Nazi atrocities of World War II. Babi Yar is the central accusatory poem of a 1961 collection published by the Soviet dissident author Yevgeny Yevtushenko. Babi Yar is the subtitle of the 1962 13th Symphony by Dmitri Shostakovich, which utilizes five thematically linked Yevtushenko poems of the collection and is recognized today as one of the 20th Century's choral masterpieces. As we trace related events of the composer's life and listen to excerpts from his Symphony, we may grasp how Babi Yar offers us lessons beyond those of mid-20th Century European history and news reports of the ongoing Russian invasion and Ukrainian resistance to cultural issues confronting us as 21st Century Americans.

THU, May 23 | 1-2 p.m. | Free Instructor: Allen Schwab Location: St. Louis Kaplan Feldman Holocaust Museum



To register, scan the QR code, visit stloasis.org/BabiYar or call (314) 442-3752.

Tours & Travel

Tours & Travel

#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 Instructor: Douglas E Schneider Location: Tower Grove Park (P)

#5906 Immersive Tour: Matisse & The Sea

Explore "Matisse and the Sea." the first exhibition dedicated to Henri Matisse's relationship with the sea throughout his Modernist career. From coastal locations on the Mediterranean, Atlantic, and Pacific, marine imagery served as a crucial catalyst for Matisse's artistic experimentation. The exhibit encompasses panoramic marine views to late paper cutouts inspired by his 1930 visit to Tahiti. Dive into Matisse's global influences, from African sculptures to masks, across various media, including paintings, sculptures, paper cutouts, drawings, prints, ceramics, and textiles.

THU, May 2 | 10:30 a.m. - 12 p.m. | \$20 Location: Saint Louis Art Museum (P)

#5903 Guided Tour of Paul Chan: Breathers

Embark on an immersive journey through the mesmerizing world of Paul Chan in the guided tour of 'Paul Chan: Breathers.' This major, touring exhibition promises a unique exploration of Chan's remarkable work. The concept of a 'breather' serves as the focal point, offering a captivating glimpse into Chan's artistic endeavors since his voluntary hiatus in 2009. Join us for an insightful and dynamic discussion that unravels the intriguing narrative behind Chan's creative journey.

WED, May 22 | 11 a.m -12 p.m. | \$17 Location: Contemporary Art Museum (P)



#5904 Perspectives on Nineteenth Century St. Louis: **Telling Untold Stories with Primary Sources**

Join Bill Glankler, the Supervising Archivist at the Missouri State Archives (MSA)-St. Louis for a revealing afternoon. MSA St. Louis holds the records of the St. Louis Circuit Court system from 1805-1875. Mr. Glankler will lead you through a series of primary sources garnered from historical court cases, unveiling untold stories of St. Louis's intriguing past.

WED, May 22 | 1-3 p.m. | Free Instructor: Bill Glankler

Location: Gateway Arch National Park (P)

#5905 Noteworthy & Notorious Women

Embark on a journey through history as we explore the stories of 'Noteworthy and Notorious Women' interred at Bellefontaine Cemetery and Arboretum. From Virginia Minor's pioneering efforts in securing women's voting rights to Getty Cori, the third American woman to win the Nobel Prize in science, discover the indelible marks left by these remarkable women. Seating on the trolley is limited, so secure your spot for this captivating journey through Bellefontaine Cemetery!

THU, May 23 | 10 a.m -12 p.m. | \$20 Location: Bellefontaine Cemetery (P)

#6902 African American History at Bellefontaine

A misconception about Bellefontaine Cemetery is that the grounds were only for 'some' St. Louisans. On the contrary, as a non-sectarian cemetery, Bellefontaine has been open to 'all' since its beginning in 1849. African American history is a vibrant topic on the 314 acres of Bellefontaine. From Mother Baltimore to John Berry Meachum to Ida Woolfolk, African American history has always been present in this Rural Cemetery.

TUE, June 11 | 10 a.m.-12 p.m. | \$20 Location: Bellefontaine Cemetery (P)

#6903 St. Louis & the River

Enjoy a Gateway Arch Riverboat cruise on the mighty Mississippi and a boxed lunch inside the cabin or out on the deck. Before boarding you will meet with National Park Service staff to learn about St. Louis from an early river town to its golden steamboat years. Meet at the Gateway Arch Riverboat Dock at the base of the Gateway Arch with suggested parking available at the St. Louis Levee for your convenience.

WED, June 19 | 11 a.m.-1 p.m. | \$45 Location: Gateway Arch Riverboats (P)



Tours & Travel

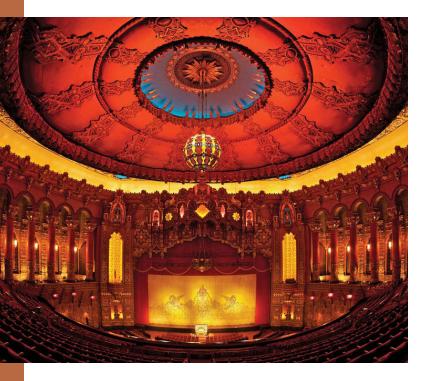
#6904 The Fabulous Fox Theatre: Backstage Tour & Lunch

Join us for an exclusive behind-the-scenes journey at the Fox Theatre, unraveling the rich history of the iconic venue, exploring the captivating performances that have graced its stage, and discovering the enchanting secrets that make the Fox truly fabulous! Immediately following the tour, enjoy a lunch at the top of the grand staircase. The tour requires some walking and stairs. An elevator will be accessible to get from floor to floor.

THU, June 20 | 10:30 a.m.-1:30 p.m. | \$60

Instructor: Mary Saputo

Location: The Fabulous Fox Theatre



#6905 Underground Railroad Bus Tour

Embark on an enriching exploration with author Julie Nicolai as she brings her new book, 'Enslavement & the Underground Railroad in Missouri and Illinois,' to life in the Alton, Illinois area bus tour. With 25 years of expertise in studying regional African American history and holding a BA and MA in Art History & Archaeology from Washington University in St. Louis, Julie will guide you through the Alton area's Underground Railroad history. Experience the hidden passages of two safe houses, discover the grave and monument sites of abolitionist martyr Elijah Lovejoy in Alton City Cemetery, and enjoy a delightful lunch (included in class price) at a local favorite, Castelli's. Immerse yourself in this captivating journey to unearth the rich history of the Underground Railroad in the Alton region.

WED, June 26 | 9 a.m.- 4 p.m. | \$185

Instructor: Julie Nicolai

Location: Bus will pick up at Clayton Oasis (P)



Tour the St. Louis County Board of Elections

The St. Louis County Board of Elections is a bipartisan, independent body established by the State of Missouri to protect the integrity of the voting process by accurately, securely, and efficiently conducting all elections in St. Louis County. There are approximately 750,000 registered voters who live in 963 precincts and vote in 200+ polling places within the County. See democracy in action and learn what it's like to become an Election Official.



Board of Elections Behind the Scenes Tour

Exploring the Board of Elections provides valuable insights into the democratic process, showcasing the administration of elections, the crucial role of election judges, and the technology and security measures ensuring election integrity. It's an enriching opportunity for anyone interested in the electoral system.

#5906 THU, May 9 | 10-11 a.m. | Free

Instructor: Lori Fiegel

Location: Board of Elections (P)

#6900 TUE, June 4 | 1-2 p.m. | Free

Instructor: Lori Fiegel

Location: Board of Elections (P)

#7900 THU, July 11 | 10-11 a.m. | Free

Instructor: Lori Fiegel

Location: Board of Elections (P)

#8900 TUE, August 20 | 1-2 p.m. | Free

Instructor: Lori Fiegel

Location: Board of Elections (P)



Illinois Courses

#5273 Emergency Preparedness for Older Adults & People with Functional Needs

You never know when an emergency will happen, so it is best to always be prepared. In this class, get help identifying your specific needs and create a personalized plan and toolkit. Together, let's tackle potential scenarios to master disaster management.

THU, May 30 | 10-11 a.m. | Free Instructor: Bridget Farengo Location: AgeSmart – Swansea (P)

#6250/1280.V The Inside Scoop on How Juries **Are Selected**

Mark Goodman, an experienced trial lawyer, will share his insights behind the strategies and techniques which are employed in the selection of juries. The discussion will include rules and procedures applicable to this important aspect of civil and criminal trials as well as the use of case specific focus groups and jury consultants. Examples will be given of how this process can impact the actual trial of a case and its outcome.

FRI, June 7 | 1-2:30 p.m. | \$12 Instructor: Mark Goodman

Location: AgeSmart – Swansea & ZOOM 🕕 💙





#6047 R. Buckminster Fuller's Old Man River's City: A **Visionary City Unrealized**

Embark on a journey into the visionary project known as Old Man River's City, initiated by R. Buckminster Fuller in response to Katherine Dunham and community leaders from East St. Louis. Fuller's designs for a futuristic dome-covered city near the Mississippi River aimed to address future challenges of accommodating Earth's population. Join John Guenther as he contextualizes Fuller's contributions, presents Old Man River's City designs, and explores the project's relevance in today's environmental context.

THU, June 20 | 1-2:30 p.m. | Free Instructor: John Guenther

#6204 Ask a Techie

Get free help with technology such as Android and iPhone Smartphones, PC and Apple computers, iPad and Android tablets, WIFI, email, and software updates- oneon-one problem solving and training.

FRI, June 21 | 1-2 p.m. | Free Instructor: Jordan Carr



Health & Exercise

#5251 Strengthen & Stretch

Elevate your fitness and energy levels with our invigorating exercise class! Strengthen and Stretch uses low-impact aerobics, strength training, flexibility, and balance exercises for a total body workout! The ability to move freestanding without using a chair is necessary for this class. Floor work is optional.

MON/WED, May 6-July 1 | 12-1 p.m. | \$80 (16 Sessions) Instructor: Idaria K Goodwin Location: AgeSmart – Swansea (P)

#5250 Tai Chi

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.

MON/WED, May 6-July 1

1:30-2:30 p.m. | \$80 (16 Sessions) Instructor: Idaria K Goodwin Location: AgeSmart – Swansea (P)

#5550 Osteoporosis Do's & Don'ts of **Everyday Movement**

For individuals experiencing osteoporosis or osteopenia, some basic movements can cause a fracture. Understand how osteoporosis fractures happen and how

to avoid them with simple modifications to your everyday movements. Learn from a physical therapist how to protect your bones and joints.

WED, May 15 | 10 a.m-12 p.m. | Free Instructor: BJC Therapists Location: Senior Services Plus (P)

#6660 Aging Mastery Program

Craft your personalized playbook for healthy aging in this 10-week program. Developed by the National Council on Aging, this program offers expert guidance, group discussions, and peer support on various topics. Embark on this journey towards a healthier and fulfilling life!

TUE, June 4-August 6 | 1:30-3:30 p.m. | Free (10 Sessions) Instructor: Oasis Health Facilitators

#6251 Equipment for Caregivers

Are you a family caregiver? Explore various home health equipment options designed to make your caregiving tasks easier, safer, and less stressful. We'll discuss everyday solutions for common challenges, from mobility assistance to bathroom safety, and answer your questions to empower you inyour caregiving journey.

THU, June 6 | 9-10 a.m. | Free

Instructor: Adaptive Equipment & Caregiver Corner

Location: AgeSmart – Swansea IP

#6631 Matter of Balance

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

THU, June 6-August 1 | 1-3 p.m. | Free (8 Sessions)

Instructor: Oasis Health Facilitators Location: AgeSmart – Swansea (P)



Often, conversations with family about dementia and their changing behaviors can be challenging and uncomfortable. Common difficult conversations are about going to the doctor, deciding when to stop driving, and making legal and financial plans. Advanced Caregiver workshops are designed for caregivers, family, and friends of people living with dementia.

TUE, June 25 | 1-2 p.m. | Free Instructor: Alzheimer's Association Location: AgeSmart – Swansea IP

#6252 Awareness of Various Equipment

Welcome, family caregivers! In this presentation, we'll explore hidden gems in home health equipment that can significantly ease your caregiving burden. We'll delve into practical tools that promote your loved one's independence and dignity while ensuring their safety and well-being. Get ready to discover innovative solutions that empower you to provide exceptional care at home!

THU, June 27 | 9-10 a.m. | Free

Instructor: Adaptive Equipment & Caregiver Corner

Location: AgeSmart – Swansea (P)



Oasis works hard to bring programming closer to you! Check out all of the Illinois locations we currently offer programs at below. If you know if any locations in Illinois that you think would be a good partner for Oasis, please reach out to Erin Burton at (618) 222-2561 ext. 138 or eburton@oasisnet.org.

AgeSmart - Swansea

7 Bronze Pointe South, Suite B Swasea, IL 62226

Chester Senior Center

805 State Street Chester, IL 62233

Greater New Hope Baptist Church

2240 Missouri Avenue East St. Louis, IL 62205

Oak Street Health - State Street

2420 State Street East St. Louis, IL 62205

Senior Services Plus

2603 North Rodgers Avenue Alton, IL 62002



Coming This July & August!

Get ready to plan your summer learning adventure! Dive into the excitement as we unveil a sneak peek of some of our upcoming classes for July and August. Whether you're eager to master a new skill or explore a fascinating subject, we have a diverse array of courses waiting for you. **Learn more and sign up for these classes now at stloasis.org!**

#6038 Beginners Watercolor: Patriotic Watering Can

TUE, July 2 | 1-2:30 p.m. | \$20

Instructor: Ann Flory

Location: Eden Seminary (P)

#7000 Bletchley Park Codebreakers

TUE, July 9 | 10 a.m. -12 p.m. | \$20

Instructor: Parks Smith Location: Clayton Oasis P

#7009 First Ladies: Edith Roosevelt, Edith Wilson, & Eleanor Roosevelt

TUE, July 9 | 1-2:30 p.m. | \$20

Instructor: Bonnie Vega

Location: Clarendale Clayton (P)

#7010 Eco-Logical Explorations

WED, July 10-August 7 | 9:30-11 a.m. | \$75 (5 Sessions)

Instructor: Jean Ponzi

Location: Clarendale Clayton (P)

#7002 Henges in Missouri + Henges Far Away

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

Instructor: Doug Schneider Location: Clayton Oasis

P

#7013 The French Defeat, A Shock Heard Round The World - May, 1940

THU, July 11 | 1:30-2:30 p.m. | \$17

Instructor: Sam Harned Location: Eden Seminary (P)

#7004 Getting Started with Fantasy & Science Fiction Writing

TUE-FRI, July 16-19 | 10:30 a.m.-12:30 p.m.

\$80 (4 Sessions)

Instructor: Meredith McDonough Location: Clayton Oasis

P

#7016 The Harrowing Story of How Brown vs Board of Education Came to Be

FRI, July 19-26 | 10-11 a.m. | \$34 (2 Sessions)

Instructor: Mark Goodman Location: Eden Seminary IP

#7007 What is Geopolitics, Anyway?

THU, July 25 | 1-3 p.m. | \$17 Instructor: Kevin Fernlund Location: Clayton Oasis

#7018 John Ford: His Films

FRI, July 29 | 10 a.m.-12 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary (P)

#7008 The Sixties Revisited: That's the 1760's, 1860's & 1960's!

TUE, July 30 | 10:30-11:30 a.m. | \$20

Instructor: Johnny Rabbitt Location: Clayton Oasis (P)

#8901 St. Louis County Crime Lab Tour

TUE, August 6 | 10 a.m.-12 p.m. | \$17

Location: St. Louis County Police Crime Laboratory

#8000 Genesis of American Political Parties

TUE, August 6-13 | 10 a.m.-12 p.m. | \$40 (2 Sessions)

Instructor: Joan Musbach Location: Clayton Oasis

#8903 Backstage Tour & Show Anything Goes at The Muny

SUN, August 25 | 6:15-10 p.m. | \$80

Sign up Now!

All Health & Exercise classes for July/August are open!

Did You Miss the Oasis Town Hall?

Fear not-Oasis was hard at work in 2023! Below is a quick look at some of the topics we covered!

918 classes in 4 Oasis centers

and multiple community locations across St. Louis.

36% of participants were new to Oasis.

Welcomel

1,000 volunteer tutors supported 1,448 students

to become stronger readers.

Plans for 2024: Watch out for new stuff coming your way – the Oasis catalog will be delivered every 2 months with more trips and tours and a Social Justice theme coming later this summer. New Oasis Program Passes have launched to help you save on your favorite classes.

We have a new national headquarters opening in St. Ann. For the first time, Oasis will offer classes for the local community while providing a space for our office staff. There are two large classroom spaces, as well as a shared conference room and 150-seat auditorium space. The headquarters will operate in addition to our existing locations.

"As a semi-retired University faculty member, Oasis provides me regular reminders that learning to learn transcends age and location. Each edition of the Course Catalog offers new opportunities for insights, understanding, and improved wellbeing, for which I send applause and praise." –Allen Schwab, Ph.D.

Oasis Town Hall

Your gifts to Oasis help provide our entire community with the programs you all love.

We have many options for you to support our mission. Please consider becoming a monthly donor or joining the Marylen Mann Leadership Circle. Or perhaps a gift from your IRA distribution, or even a legacy gift. **Your donations make us stronger.** Please visit stloasis.org/donate or contact Jo Flannery:

- (314) 687-1121

Tribute Gifts

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes listed below include donations made from October 1, 2023 through February 23, 2024. Your tribute gift helps support our mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Tribute recipients or their families will receive a letter, without reference to an amount, to notify them of your gift. Visit **oasisnet.org/donate** or contact Lauren Finan at **(314) 687-4523** to make your gift today!

In Honor of Tonye Evers

Mary Riggs

In Memory of Rick Gordon

Anonymous

In Honor of Marylen Mann

Anonymous

Joan Berkman

Audrie Berman

Ann Corrigan

Mrs. Linda Langsdorf

Jacquelin Lipsitz

Judith Shaw

In Honor of Marylen Mann & Frank Jacobs

Greg Storch & Lisa Ring

In Memory of Cecelia Nangle

Margaret Murphy

In Memory of Horatio Potter

Brent & Julie Curtis

In Memory of Mrs. Irma Patton

Kelsey Burkemper

In Memory of Rita R. Winters

Elizabeth Pruitt

In Memory of Adele Steingruby

Anonymous

In Memory of Marian Telthorst

Ann Telthorst

In Memory of Vashti Celeste Williams

Deborah Weinstein

In Memory of Joanne Farley

Joanne Farley spent 30 years as an Oasis reading tutor in the Ferguson-Florissant School District. During her retirement, she traveled the world with her husband Charles and sent postcards to her eleven grandchildren and her Oasis students on every trip! Joanne was a true advocate for Oasis Intergenerational Tutoring, often providing support and ideas to her fellow tutors and encouraging them to find the most impactful methods to contribute to student success.

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In Memory of Joanne Farley, Wonderful Neighbor & Friend

Brian & Jessica Lorenz

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. To learn more about the Marylen Mann Leadership Circle, please visit stloasis.org/MMLC or contact Jo Flannery at iflannery@oasisnet.org or (314) 687-1121.

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Community Locations

AgeSmart - Swansea

7 Bronze Pointe South Swansea, IL 62226

Bellefontaine Cemetery

4947 West Florissant Avenue St. Louis, MO 63115

Chester Senior Center

805 State Street Chester, IL 62233

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

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

Eden Seminary

475 East Lockwood Avenue St. Louis, MO 63119

The Fabulous Fox Theatre

527 North Grand Boulevard St. Louis. MO 63103

First Congregational Church of Webster Groves – (UCC)

10 West Lockwood Avenue Webster Groves, MO 63119

Five Oaks on Warson

1200 North Warson Road Olivette. MO 63132

Florissant Senior Dining Center

315 Howdershell Road Florissant, MO 63031

Gateway Arch National Park

11 North 4th Street St. Louis. MO 63102

Gateway Arch Riverboats

50 S Leonor K Sullivan Boulevard St. Louis, MO 63102

Greater New Hope Baptist Church

2240 Missouri Avenue East St. Louis, IL 62205

Hopewell Village Apartments

4558 McMillan Avenue St. Louis, MO 63108

JFK Community Center

315 Howdershell Road Florissant, MO 63031

Jefferson County Library – Northwest Branch

5680 Missouri PP High Ridge, MO 63049

Les Chateaux Apartments

1020 S 14th Street St. Louis, MO 63104

Northwest Jefferson County Senior Resource Center

6180 State Highway MM House Springs, MO 63051

Oak Street Health - Florissant

472 North Lindbergh Florissant, MO 63031

Oak Street Health - Jennings

8033 West Florissant Avenue Jennings, MO 63136

Oak Street Health - North City

3451 Union Boulevard St. Louis, MO 63115

Oak Street Health - State Street

2420 State Street East St. Louis, IL 62205

Oak Street Health - Tower Grove

3863 Gravois Avenue St. Louis, MO 63116

Senior Services Plus

2603 North Rodgers Avenue Alton, IL 62002

Soldier's Memorial Museum

1315 Chestnut Street St. Louis. MO 63103

St. Charles City – County Library, Cliff View Branch

10 Cliff View Drive Wentzville, MO 63385

St. Charles City – County Library, Corporate Parkway Branch

1200 Corporate Parkway Wentzville, MO 63385

St. Charles City – County Library, Kisker Road Branch

1000 Kisker Road St Charles, MO 63304

St. Charles City – County Library, McClay Branch

2760 McClay Road St Charles, MO 63303

St. Charles City – County Library, Winghaven Branch

7435 Village Center Drive O'Fallon, MO 63368

St. Louis Art Museum

1 Fine Arts Drive St. Louis, MO 63110

St. Louis County Board of Elections

725 Northwest Plaza Drive St Ann, MO 63074

Thomas F. Eagleton Courthouse

111 South Tenth Street St. Louis, MO 63102

Union Avenue Christian Church

733 Union Boulevard St. Louis. MO 63108

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