



July – August 2024 Course Catalog

BJC HealthCare

Introducing...

The **OASIS MINI** *Catalog*

What's Inside?

July & August 2024 Classes

What's Different?

Class descriptions only included for select classes.

Visit stloasis.org/classes to view full descriptions!



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!

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About Us

St. Louis Oasis is part of a national nonprofit that promotes healthy aging through lifelong learning, active lifestyles, and volunteer engagement. Our programs encourage personal growth and service to the community. St. Louis Oasis relies on donors, grants, and programs for financial support.

Participation

Oasis offers 3 different ways for participants to take a class—in person **IP**, online **V**, or hybrid **H**.

Office Information

The St. Louis Oasis office is open 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/**mail-in the form** on the last page of the catalog to enroll.

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, office voicemail, and on KMOX, KPLR, and KSDK. Oasis may transfer programs from in-person to Zoom. You will be notified and provided a link if class is transitioned to Zoom.

Publication Notes

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Arts & Entertainment

#7020/7020.V Why Still Read *Moby Dick*?

Explore the depths of Melville's *Moby Dick*, analyzing its dual nature as both a revenge tale and a profound cultural exploration. Investigate its enduring relevance for modern readers while examining its journey from commercial failure to contemporary acclaim.

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

Instructor: Allen Schwab

Location: Clayton Oasis & Zoom H

#7011/7011.V Francis Ford Coppola: His Films

Explore the iconic films of Francis Ford Coppola with Jim Tudor. From *The Godfather* series to *Apocalypse Now* and beyond, look into Coppola's ambitious career, including his attempts at creating a filmmaker's utopia.

MON, July 8 | 10 a.m.-12 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary & Zoom H

#7005 The Legacy Quilt Project

The Legacy Quilt Project is a creative collaboration that combines storytelling, history, art, and intuition. With guidance from local artist and activist Aaron McMullin, participants will honor the legacies of courageous white women who advocated for racial equity. No sewing experience necessary. All are welcome to contribute.

TUE, July 16-30 | 1-3 p.m. | \$51 (3 Sessions)

Instructor: Aaron McMullin

Location: Clayton Oasis IP

#7026 Name That Tune!

Experience the nostalgia of vintage radio and TV shows as you participate in this interactive game. Compete as a solo contestant or in teams.

FRI, July 19 | 1-3 p.m. | \$17

Instructor: Richard Losciale

Location: Clayton Oasis IP

#7027/7027V History of Rock, Part I: From the Early Days until Woodstock

Explore the early history of rock music. Meet personalities like Buddy Holly, Chuck Berry and, of course, the Lads from Liverpool.

MON, July 22 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Richard Venn

Location: Clayton Oasis & Zoom H

Parabola Discussion Group

Join Nartana Premachandra, the Story Editor of *Parabola*, an international journal that has been exploring literature, philosophy, spirituality, and mythology from diverse faith traditions since 1976. Explore profound narratives and thought-provoking discussions.

#7034 FRI, July 26 | 1-3 p.m. | \$17

Instructor: Nartana Premachandra

Location: Eden Seminary IP

#8029 THU, August 29 | 1-3 p.m. | \$17

Instructor: Nartana Premachandra

Location: Eden Seminary IP

#7018/7018.V John Ford: His Films

John Ford is hailed as one of the greatest directors in American film history. From the silent era to the 1960s, his distinctive style shines. Learn how Ford's films shaped his unique perspective, making Monument Valley iconic.

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

Instructor: Jim Tudor

Location: Eden Seminary & Zoom H

#8008/8008.V Museum Stories You've Never Heard

Explore captivating insider stories from the museum world, including the 1978 St. Louis Art Museum theft, a harrowing fire at the Terra Museum, and the exploits of a cunning forger who deceived prestigious institutions.

THU, August 1 | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Clayton Oasis & Zoom H

#8011/8011.V History of Rock, Part II: From Woodstock until Today

In Part II of this series you will discover how the genre of music splintered into various sub-genres throughout the 1970s, and learn how technology has shaped and still continues to influence music to this day.

MON, August 5 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Richard Venn

Location: Clayton Oasis & Zoom H

#8019/8019.V Impressionism: The Birth of Art

Join us as we examine Impressionism its evolution in the art world. Discover the origins of Impressionism and its profound influence, driven by artistic innovation, societal changes, and technological progress.

MON, August 5 | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Eden Seminary & Zoom H

#8012/8012.V **Looking Through Lens: Why Culture Is So Important**

Drawing inspiration from the 2014 film *The Monuments Men*, where characters emphasize the significance of preserving history, this class will explore how social justice can connect culture and history.

THU, August 8 | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Roz Norman

Location: Clayton Oasis & Zoom **H**

#8291.V **Monster Movie Discussions, Fun Facts & Film Viewing**

Led by a lover of the classic Universal Monster Movies for 60 years, discussion sessions centered around all about these ground breaking films.

FRI, August 9-30 | 10:30 a.m.-12 p.m. | \$48 (4 Sessions)

Instructor: Kevin Pickard

Location: Zoom **V**

#8022/8022.V **Post-Impressionism**

Post-Impressionist artists used color and space in various ways, sometimes scientifically and emotionally. Explore the works of Seurat, Van Gogh, Cezanne, and Gauguin.

MON, August 12 | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Eden Seminary & Zoom **H**

#8030 **The Tattoo Rage: Why, Where, & Who?**

Discover the fascinating theories behind the increase in tattoos and see many examples of colorful, clever, and even strange tattoos.

TUE, August 13 | 10 a.m.-12 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson **IP**

#8025/8025.V **American Impressionism**

American artists of the late 19th century turned to Europe to find a more cosmopolitan art. Monet taught many at his compound in Giverny, and several artists studied in other European venues. How did American artists interpret Impressionism? What are the differences between the two styles? Let's discuss it!

MON, August 19 | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Eden Seminary & Zoom **H**

#8007/8007.V **Akira Kurosawa: His Films**

Initially criticized in his homeland of Japan for making films that are too westernized, Akira Kurosawa went on to be the most successful director in that country's history. In this class, we will venture through the career highlights of this most fascinating personality.

TUE, August 20 | 1-3 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary & Zoom **H**

#8003/8003.V **Get to Know North America Through Art**

Explore the captivating world of regionalist art with iconic American painters like John Steuart Curry, Grant Wood, and Missouri's Thomas Hart Benton. Then, delve into the creations of Tom Thompson and Emily Carr, known for their contributions to the Algonquin School of English Canadian Art. These artists forged a distinct national identity in their art, celebrated for its originality and global recognition.

TUE, August 20 | 1-3 p.m. | \$17

Instructor: Kevin Fernlund

Location: Clayton Oasis & Zoom **H**

Create: Writing, Art, & Music

#6043 **Beginning Harmonica Workshop**

Learn harmonica care, basic techniques, and how to play! Bring your own harmonica or purchase one during the first session.

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

Instructor: Gateway Harmonica Club

Location: Five Oaks on Warson **IP**

#6038 **Beginners Watercolor: Patriotic Watering Can**

Learn watercolor techniques and create painting to take home. All supplies provided for a hassle-free experience.

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

Instructor: Ann Flory

Location: Eden Seminary **IP**

#7012 **Acoustic Folk Music Jam Group**

Bring your guitar, fiddle, bass, mandolin, harmonica, autoharp (or others!) and jam out to various folk songs!

TUE, July 9-August 20 | 11:30 a.m.-12:30 p.m.

\$105 (7 Sessions)

Instructor: Lukas Simpson

Location: Eden Seminary **IP**

#7039 **Acoustic Folk Free Play**

This minimally structured environment is for musicians of all levels to play together.

WED, July 10-August 28 | 11:30 a.m.-12:30 p.m.

\$40 (8 Sessions)

Location: Eden Seminary **IP**

#7004 Getting Started with Fantasy & Science Fiction Writing

Embark on a writing workshop focused on the fantasy or sci-fi genre. Engage with works from renowned authors, start your first chapter, and collaborate with fellow writers.

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

\$80 (4 Sessions)

Instructor: Meredith McDonough

Location: Clayton Oasis **IP**

#8002 Beginners Watercolor: Sailboat on Waves

Learn fundamental watercolor techniques and create your own small painting to take home. All supplies provided for a hassle-free experience.

WED, August 7 | 10:30 a.m.-12 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Clayton Oasis **IP**

Current Events

#7007/7007.V What is Geopolitics, Anyway?

Delve into the world of geopolitics, where the words of Russian revolutionary Leon Trotsky resonate: "You may not be interested in war, but war is interested in you."

THU, July 25 | 1-3 p.m. | \$17

Instructor: Kevin Fernlund

Location: Clayton Oasis & Zoom **H**

#8036/8036.V Profit & Punishment

Join Pulitzer Prize winner Tony Messenger to discuss the topic of his book *Profit and Punishment*. Understand modern-day debtor's prisons and how they've destroyed the lives of poor Americans.

MON, August 12 | 10:30 a.m.-12:30 p.m. | \$20

Instructor: Tony Messenger

Location: Clayton Oasis & Zoom **H**

#8034 Great Decisions: The Foreign Policy Association Discussion Group 2024

FRI, August 16-October 4 | 1-2:30 p.m. | \$80 (8 Sessions)

Instructor: Mick Weltman & Juliet Simone

Location: Clayton Oasis **IP**

#8035/8035.V The Perverse Incentive

Your most cynical opinions about the US healthcare system may be true. Join cardiologist, Wade Martin, MD, and get an insider's perspective on why the best and least expensive diagnostic and therapeutic intervention available isn't being utilized for heart conditions.

MON, August 19 | 10-11:30 a.m. | \$17

Instructor: Wade Martin, MD

Location: Clayton Oasis & Zoom **H**

History

#7019/7019.V 1960's Pop Culture

Take a groovy trip back in time to talk about toys, TV, movies, music, fashion, sports, and more from the '60s!

TUE, July 2 | 10:30-11:30 a.m. | Free

Instructor: Erin Davis

Location: Clayton Oasis & Zoom **H**

#7021/7021.V Ancient Art & Archaeology of Mexico

Explore the diverse cultural areas and marvel at the art, and architecture of Mexico. Gain insights into the arts integral role in shaping ancient cultures and unravel the mysteries of Mexico's archaeological wonders.

MON, July 8 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis & Zoom **H**

#7000 The Bletchley Park Codebreakers

Embark on a journey to learn about the remarkable achievements of the Bletchley Park Codebreakers and how they broke the Enigma code and Hitler's Lorenz code. Explore the ingenious methods used.

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

Instructor: Parks Smith

Location: Clayton Oasis **IP**

#7009/7009.V First Ladies: Edith Roosevelt, Edith Wilson, & Eleanor Roosevelt

At the turn of the century, the role of the First Lady began to evolve to reflect the changes in American society. By 1920, women had the right to vote, which would change the role of the First Lady forever.

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

Instructor: Bonnie Vega

Location: Clarendale Clayton & Zoom **H**

#7022/7022.V Disasters & Survivors

Explore St. Louis's resilience through historic calamities like devastating fires, cholera outbreaks, and natural disasters. Uncover tales of courage from its inhabitants who persevered.

WED, July 10 | 11:30 a.m.-12:30 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & Zoom **H**

#7002/7002.V Henges In Missouri + Henges Far Away

Stonehenge and the stone circle henges from the Bronze Age in Great Britain are renowned for their enigma and grandeur. Stone circle henges can be found in Europe, Africa, Asia, South America, and America (in St. Louis)! Join Doug Schneider to uncover henges near and far.

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

Instructor: Douglas Schneider

Location: Clayton Oasis & Zoom **H**

#7013/7013.V The French Defeat, A Shock Heard Round the World

In May 1940 the world expected a stiff French resistance and probably a German defeat when Germany invaded France. This class will investigate how this happened and the lessons learned for political and military leaders today.

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

Instructor: Samuel Harned

Location: Eden Seminary & Zoom **H**

#7023.V Vladimir Putin & the KGB

Vladimir Putin made his career in the KGB. The experience shaped his outlook as President of the Russian Federation. Learn how the KGB (FSB currently) has been dedicated and ruthless in their fight against perceived domestic and foreign enemies.

FRI, July 12 | 1-2 p.m. | \$17

Instructor: Dr. Daniel Schlafly

Location: Zoom **V**

#7032/7032.V History of Jewelry & Fashion: 1850-Present

Immerse yourself in a captivating journey through the historical timeline of jewelry. Learn about the ten key points of value when appraising jewelry and explore exquisite examples of jewelry from various periods of fashion history.

FRI, July 19 | 1-3 p.m. | \$17

Instructor: Maria Gianino

Location: Eden Seminary & Zoom **H**

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

On the 70th anniversary of this landmark Supreme Court decision, join attorney Mark Goodman in a 2-part discussion of the historical context and extraordinary efforts by so many which provided equal access to education for millions of Americans.

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

Instructor: Mark Goodman

Location: Eden Seminary & Zoom **H**

#8005/8005.V The Crusades

Part I of this 3-part series will cover the First and Second Crusades. Why did Urban II call for a Crusade to Jerusalem in 1095? Who were these "pilgrims" who undertook the First Crusade in 1096? What did the First and Second Crusades achieve?

Part II of this series will cover the 3rd - 8th Crusades which took place from 1199 - 1291. From 1199-1221, the Crusades were held against other Christians.

Part III We will discuss the consequences of the Crusades for European society. The Crusades never achieved the initial goal but they unintentionally created a major turning point in Western history. The world would never be the same after the Crusader period.

MON, July 22-August 19 | 1-2:30 p.m. | \$60 (3 Sessions)

Instructor: Bonnie Vega

Location: Clarendale Clayton & Zoom **H**

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

Embark on a captivating journey of the 60s in a visual parade that spans St. Louis history. From the city's birth, this narrative paints a vivid tapestry of the past, capturing diverse historical facets in one enthralling experience.

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

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom **H**

#7028 The Birth of the Twentieth Century

Did the 20th Century really begin January 1, 1901? That's the calendar date, but the actual changes started in 1914 with WWI. Explore the first two decades of the century and the tremendous changes that would define it.

WED, July 31 | 10 a.m.-12 p.m. | \$17

Instructor: Richard Venn

Location: Chesterfield Community Center **IP**

#8010/8010.V **The Vietnam War: A Historical Exploration**

Join this insightful course on the complex roots of the Vietnam War. Gain a deeper understanding of this time in history and its implications both abroad and at home.

FRI, August 2-9 | 10:30 a.m.-12:30 p.m. | \$34 (2 Sessions)

Instructor: Richard Venn

Location: Clayton Oasis & Zoom **H**

#8000/8000.V **Genesis of American Political Parties**

Dispel the myth of a grand plan by the Founding Fathers in this class themed “making it up as we go along.” We’ll analyze the development of two political parties, leading to the chaotic election of 1800.

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

Instructor: Joan Musbach

Location: Clayton Oasis & Zoom **H**

#8015/8015.V **The U.S. Civil War, Part I: The Prelude to War**

Learn how the seeds of conflict were sown in issues like slavery, states’ rights, and how compromises attempted to solve the problems before the fighting broke out.

TUE, August 13 | 1-3 p.m. | \$17

Instructor: Richard Venn

Location: Clayton Oasis & Zoom **H**

#8018/8018.V **Ancient Art & Archaeology of Colombia, South America**

Colombia, South America, has a long history of producing tremendous art and architecture. Discover the incredible art and archaeology of Colombia.

THU, August 15 | 1-2:45 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis & Zoom **H**

#8017/8017.V **Rome: It’s Decline & Fall**

Discover the decline of the mightiest empire in the Western world. Beginning with Augustus continuing through to the collapse of the Western Empire, and ending in the Byzantine Empire, we will ask the question: Are there lessons from the past that we can apply today?

THU, August 15-29 | 10:30 a.m.-12:30 p.m. | \$51 (3 Sessions)

Instructor: Richard Venn

Location: Clayton Oasis & Zoom **H**

#8024/8024.V **The Cold War: Then & Now**

Examine the history of the Cold War, beginning with its roots in WWII, it’s chilling climax during the Cuban Missile Crisis, and its demise with the fall of the Berlin Wall and the breakup of the Soviet Union.

FRI, August 16-23 | 1-3 p.m. | \$34 (2 Sessions)

Instructor: Richard Venn

Location: Eden Seminary & Zoom **H**

#8026/8026.V **Osage Warriors: From Early Historic to the Present**

For more than 100 years, the French cultivated their alliance with the mighty Osage. We will look at the unique warrior culture that enabled the Osage to be recognized as the staunch ally of the French, enabling France to retain the Louisiana territory.

THU, August 22 | 1-3 p.m. | \$17

Instructor: Jim Duncan

Location: Eden Seminary & Zoom **H**

#7035 **The Missouri Fur Trade**

Go with us back in time to 1673 when France claimed the Mississippi Valley and used the peltries from many Indian nations to build an Empire! John Jacob Astor, Meriwether Lewis, and William Clark, were a key players in enticing explorers to travel to the western lands to make their fortunes in the historic Fur Trade.

TUE, July 9 | 10-11:45 a.m. | \$17

Instructor: Jim Duncan

Location: Five Oaks on Warson **IP**

History of St. Louis

#7029/7029.V **Digging Up the 1904 World’s Fair**

At the end of the 1904 World’s Fair the trash that visitors produced had to be put somewhere. Discover how this “trash” helps us answer many questions about the Fair.

FRI, July 12 | 1-3 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Eden Seminary & Zoom **H**

#7017/7017.V **Mid-Summer Cardinals Classic**

Join *Baseball Beat* writer Rob Rains for a discussion on the outlook for the rest of the season. This a celebration of all things Cardinals—and an opportunity to win tickets!

THU, July 25 | 1-3 p.m. | \$17

Instructor: Rob Rains

Location: Eden Seminary & Zoom **H**

#8001/8001.V **World's Fair: Innovations & Inventions**

Many inventions made their debut at the 1904 World's Fair: the detachable electric plug, the fax machine, cotton candy, the electric typewriter, the cellphone, the photo booth, and many others.

TUE, August 6 | 1 p.m.-2:30 p.m. | \$17

Instructor: Douglas E Schneider

Location: Clayton Oasis & Zoom **H**

#8004 /8004.V **Seeing St. Louis Before The Arch**

Join us on a captivating journey through time as we unveil the multi-decade saga behind the creation of the Jefferson National Expansion Memorial and the iconic Arch. Trace the evolution of St. Louis and learn the dreams that shaped a greater future for our beloved city.

TUE, August 27 | 10:30-11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom **H**

Practical

Medicare 101: Welcome to Medicare

#7001 TUE, July 9 | 1-2:30 p.m. | Free

Instructor: Wilma Schmitz

Location: Clayton Oasis **IP**

#8006 TUE, August 13 | 1-2:30 p.m. | Free

Instructor: Wilma Schmitz

Location: Eden Seminary **IP**

#7003/7003.V Astrology & You!

Explore and gain insights into the meanings associated with astrological signs and what you can learn from it!

THU, July 11 | 2-3:30 p.m. | \$17

Instructor: Kathy Berg

Location: Clayton Oasis & Zoom **H**

#7014/7014.V Using DNA in Genealogy, the Basics

Discover reasons for preserving your genetic material, the potential drawbacks, and advantages to employing DNA to identify both ancestors and descendants.

FRI, July 12 | 10-11 a.m. | \$17

Instructor: Carol Whitton

Location: Eden Seminary & Zoom **H**

#7024/7024.V The Art of Conversation: How to Ask Great Questions, Listen, & Build Valuable

The art of conversation is fading away in our digital age. Learn the valuable skill of conversation and tips that encourage others to open up and build trust with you.

MON, July 15 | 10 a.m.-12 p.m. | \$17

Instructor: Vance Crowe

Location: Clayton Oasis & Zoom **H**

#7251 Going Beyond Crosswords & Word Search Puzzles for Brain Health

Research has shown that doing word puzzles is a great way to keep your brain sharp and stave off diseases like Alzheimer's and dementia. Learn tips and strategies to solve a variety of word puzzles in the Penny Press/Dell Variety puzzles magazine.

TUE, July 16 | 1:30-3 p.m. | \$12

Instructor: Linda Mitchell

Location: AgeSmart—Swansea **IP**

#7025.V Friends for Life: The Benefits of Friendships

Friendships are among our most important and influential relationships. Discover how friends affect longevity, health, and well-being, and explore ways to promote our wellness through interpersonal connections.

THU, July 18 | 1-2 p.m. | \$17

Instructor: Miriam Diamond

Location: Zoom **V**

10+ Retirement Tips: How to Optimize Your Golden Years

Whether you're retired, in the planning stages, or living with someone who is, Richard will share tips, tricks, and wisdom to enhance your experience. Don't miss this opportunity to have a fulfilling and well-lived retirement.

#7015 THU, July 18 | 1-3 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary **IP**

#8014/8014.V FRI, August 9 | 1-3 p.m. | \$17

Instructor: Richard Losciale

Location: Clayton Oasis & Zoom **H**

#7041/7041.V Free Informational Session About Becoming an Oasis Facilitator

FRI, July 26 | 10-11:30 a.m. | Free

Instructor: Emir Kandzetic

Location: Clayton Oasis & Zoom **H**

#8013 You've Gotta Have Friends: Making & Keeping Friendships Throughout Our Lives

Friendships play a vital role in our social, emotional, and mental well-being. Let's dive into how to cultivate and maintain these relationships, the research on this topic, and explore ways to apply it in our daily lives.

THU, August 8 | 1-2 p.m. | \$17

Instructor: Miriam Diamond

Location: Zoom V

#8016/8016.V Fall Kickoff! Fall 2024 Classes Preview Event

WED, August 14 | 10-11:30 a.m. | Free

Location: Clayton Oasis & Zoom H

#8023/8023.V What am I Going to Do with All This Stuff?

Downsizing can be tough! Get the tools you need to look at the possessions in your home to determine what has value before you downsize.

THU, August 15 | 1-3 p.m. | \$17

Instructor: Maria Gianino

Location: Eden Seminary & Zoom H

Math & Science

#7264/7264.V Earth's Forgotten Secrets with Susan Barker

Earth's Forgotten Secrets focuses on nonpolitical ideas rooted in science for maintaining a sustainable planet, addressing global poverty, and planning for the future.

TUE, July 9 | 1-2:30 p.m. | \$12

Instructor: Susan Barker

Location: AgeSmart-Swansea IP

#7010 Eco-Logical Explorations

Explore the intricacies of Earth's life through the lens of Ecology. Engage in discussions, readings, and optional activities covering indigenous perspectives, climate communications, biophilia, native plants, and plastic.

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

Instructor: Jean Ponzi

Location: Clarendale Clayton IP

#7030/7030.V Solar System Survey

Explore a comparative analysis of planet and moon sizes and masses, investigating intricate surface details. In this illuminating journey through our celestial neighborhood!

MON, July 15 | 10-11:30 a.m. | \$17

Instructor: Ronald McLachlan, MED

Location: Eden Seminary & Zoom H

#8028/8028.V Your Reverse Bucket List/Your UnBucket List

Create your own Reverse Bucket List—big things you've already achieved—and your own UnBucket List—things you've done that you never want to do again. Join us for a revealing and fun class!

MON, August 26 | 10 a.m.-12 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary & Zoom H

#8272 Emergency Preparedness for Older Adults

Preparing for an emergency is about knowing your risk and understanding your needs. Let me help you navigate possible scenarios now so that the disaster doesn't become too much to manage.

THU, August 29 | 10-11 a.m. | Free

Instructor: Bridget Farengo

Location: AgeSmart-Swansea IP



#7040/7040.V Growing Up Bonobo

For the past 20 years, Marian Brickner has documented the life of Lucy, a Bonobo (endangered great apes that are genetically very close to humans). Marian has followed Lucy around the world to photograph and share her uniqueness with the world.

WED, July 24 | 10-11:30 a.m. | \$17

Instructor: Marian Brickner

Location: Clayton Oasis & Zoom H

#8021/8021.V Unraveling Einstein's Theories: An Introduction to Special & General Relativity

Join us for an illuminating introductory session exploring Einstein's Theories of Special and General Relativity. Embark on a journey of discovery into the profound mysteries of the cosmos.


FRI, August 9 | 10-11:30 a.m. | \$17

Instructor: Ronald McLachlan, MED

Location: Eden Seminary & Zoom H

Technology

Ask a Techie

Get **FREE** one-on-one tech help such as Smartphones, tablets, computers, email, and more. Sessions are from **1-2 p.m.** at **Clayton Oasis** , led by **Jordan Carr**.

- #7400 TUE, July 9
- #7405 TUE, July 16
- #7456 THU, July 18
- #7404 TUE, July 23
- #7402 TUE, July 30
- #8400 TUE, August 6
- #8401 TUE, August 13
- #8403 THU, August 15
- #8402 TUE, August 20
- #8250 THU, August 22
- #8403 TUE, August 27

#7031 iOS Accessibility

This introductory class aims to create an inclusive digital experience for all users, regardless of their abilities.

TUE, July 16 | 1-3 p.m. | \$24

Instructor: Jim Salih

Location: Eden Seminary 

#7033 All About Browsers

Understand the privacy and security concerns of internet browsing, including how you can control the information collected about you.

MON, July 22 | 10 a.m.-12 p.m. | \$24

Instructor: Mary Mueller & Parks Smith

Location: Eden Seminary 

#8009 AI: Defined & Demystified

In this immersive class, we will not only scratch the surface but dive deep into understanding the intricate facets of Artificial Intelligence (AI)—examining its fundamental principles, unraveling the mechanisms that drive its functionalities, and contemplating the vast potential it holds for our future.

FRI, August 2 | 1-3 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary 

#8020 Smartphone Photography

Explore your smartphone's camera and all its capabilities. Learn how to set up shots, change the exposure, and edit your photos. You will also learn about storing your photos either on the smartphone or in the cloud for either Android or iPhone.

THU, August 8 | 1-3 p.m. | \$24

Instructor: Jim Salih

Location: Eden Seminary 

#8027 Tips for Effective Internet Searching on Google

Learn how to search for images using Google Lens, filter search results, use reverse image searching, and more.

FRI, August 23 | 10 a.m.-12 p.m. | \$24

Instructor: Mary Mueller & Martha Bogart

Location: Eden Seminary 

Religious Studies

#8032 Other Gospels: The Gospel of Mary Magdalen

Mary Magdalen has often been referred to as the “repentant prostitute” when, in fact, she was a benefactor of Jesus’ ministry. The Gospel of Mary Magdalen sheds light not only on her exalted status but on the status of women in the early years of Christianity.

MON, August 19 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Five Oaks on Warson 

#8033 Other Gospels: The Gospel of Thomas

There is much to be learned from the Gospels that were not accepted into the Christian Scriptures. One of these is the Gospel of Thomas, which portrays as the Teacher of a new and different way of living.

MON, August 26 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Five Oaks on Warson 

#8031 Other Gospels: The Gospel of Judas

The Gospel of Judas was the subject of scholarly debate in the early 2000s: Those who said that the Gospel portrays Judas as Jesus’ favored disciple versus those who believed Judas was fated to be a demon who would betray Jesus. Discuss this debate and more.

MON, August 12 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Five Oaks on Warson 



Health

Living a Healthy Life

#7603 WED, July 3-August 14 | 10 a.m.-12:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: Northside Youth & Senior Center IP

#7602 TUE, July 16-August 27 | 1-3:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: Oak Street Health–Jennings IP

#7604 Better Choices, Better Health-Diabetes

FRI, July 12-August 23 | 10 a.m.-12:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: St. Charles City–County Library,
Winghaven Branch IP

#7552.V Medicare Diabetes Prevention Program Information Session

Nearly half of US adults 65 or older have prediabetes, a major risk factor for type 2 diabetes. The Medicare Diabetes Prevention Program (MDPP) is a lifestyle change program that aims to prevent the onset of type 2 diabetes. Discover the evidence-based information surrounding prediabetes and criteria for joining MDPP.

MON, July 15 | 10-11 a.m. | Free

Instructor: Prajakta Khare-Ranade, MSc, RD, LD, CDCES, FAND

Location: Zoom V

#7551 Strike the Right Balance

Learn about your body's balance systems while discussing strategies to decrease your fall risk and improve your balance in this fun and interactive.

THU, July 18 | 10-11:30 a.m. | Free

Instructor: Oasis Health Facilitators

Location: St. Charles City–County Library,
McClay Branch IP

Matter of Balance

#8630 THU, August 1-September 19

10:30 a.m.-12:30 p.m. | Free (8 Sessions)

Instructor: Oasis Health Facilitators

Location: Greater New Hope Baptist Church IP

#8631 TUE, August 6-September 24 | 1-3 p.m.

Free (8 Sessions)

Instructor: Oasis Health Facilitators

Location: O'Fallon Public Library IP

#8553 All About Artificial Sweeteners

New research is constantly released on how the food we eat impacts diabetes risk and management. Learn the latest on the role of artificial sweeteners and sugar on your health from a Registered Dietitian.

THU, August 15 | 10-11:30 a.m. | Free

Instructor: Kimberly Hoff, Pharm D, BCPS, BCACP, CDE

Location: St. Charles City–County Library, Corporate
Parkway Branch IP

Exercise

ExerStart

#7502 MON/WED, July 8-August 28 | 9-9:45 a.m.

\$24 (16 Sessions)

Instructor: Geraldine Talley

Location: Jefferson County Library–Northwest Branch IP

#7505 MON/WED, July 8-August 28 | 9:30-10:15 a.m.

\$24 (16 Sessions)

Instructor: Jo Ann D Roberts

Location: Christ Our Redeemer Church IP

#7509.V MON/WED, July 8-August 14 | 9:15-10 a.m.

\$18 (12 Sessions)

Instructor: Sharon Kirsch

Location: ZOOM

#7503 TUE/THU, July 9-August 29 | 9-9:45 a.m.

\$24 (16 Sessions)

Instructor: Pat Atkins

Location: Jefferson County Library–Northwest Branch IP

Strengthen & Stretch

#7253 MON/WED, July 8-August 28

**No Class: 8/5, 8/7, 8/12 & 8/14*

12-1 p.m. | \$60 (12 Sessions)

Instructor: Idaria K Goodwin

Location: AgeSmart–Swansea IP

#7401 TUE/THU, July 9-August 29 | 10:30-11:30 a.m.

\$136 (16 Sessions)

Instructor: Cathy Johnson

Location: Clayton Oasis IP

Line Dance

#7409 MON, July 8-August 26 | 1-2 p.m.

\$68 (8 Sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis IP

Tai Chi for Arthritis for Fall Prevention: Beginner

#7250 MON/WED, July 8-August 28

**No Class: 8/5, 8/7, 8/12 & 8/14*

1:30-2:30 p.m. | \$60 (12 Sessions)

Instructor: Idaria K Goodwin

Location: AgeSmart–Swansea IP

#7455 MON/WED, July 8-August 21 | 1:30-2:30 p.m.

Free (14 Sessions)

Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson IP

Tai Chi for Parkinson's Disease & Rehab

#6453 TUE, June 25-August 6 **No Class: 7/2*

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

Instructor: Craig Miller

Location: Crestwood Community Center IP

Brain & Body Fitness

#7428.V TUE/THU, July 9-August 22 | 2-3 p.m.

\$98 (14 Sessions)

Instructor: Cindy Blair

Location: Zoom V

Cardio & Strength

#7432 WED/FRI, July 10-August 16 | 10:30-11:15 a.m.

\$102 (12 Sessions)

Instructor: Rosalyn Washington

Location: Five Oaks on Warson IP

Chair Yoga

#7434 WED, July 10-August 28 | 10:15-11 a.m.

\$68 (8 Sessions)

Instructor: Cathy Johnson

Location: Eden Seminary IP

Gentle Chair Yoga

#7427.V THU, July 11-August 29 | 11:45 a.m.-12:45 p.m.

\$42 (7 Sessions)

Instructor: Cynthia Fernandez

Location: Zoom V

Ballroom Dance

#7411 WED, July 10-August 28 | 1-2 p.m.

\$68 (8 Sessions)

Instructor: Glenn Sowder

Location: Clayton Oasis IP

Soma Yoga

#7403 THU, July 11-August 29 | 9-9:45 a.m.

\$68 (8 Sessions)

Instructor: Amy Raymond

Location: Clayton Oasis IP

Beginning Pilates

#7405 WED, July 17-August 28 | 1:15- 2:15 p.m.

\$59.50 (7 Sessions)

Instructor: Heather Needleman

Location: Clayton Oasis IP

Intermediate Pilates

#7423.V TUE, July 16-August 27 | 11:45 a.m.-12:45 p.m.

\$42 (7 Sessions)

Instructor: Heather Needleman

Location: Zoom V

#7407 WED, July 17-August 28 | 2:30-3:30 p.m.

\$59.50 (7 Sessions)

Instructor: Heather Needleman

Location: Clayton Oasis IP

Bikes & Walks

Bike Rides

Several Oasis rides and walks are provided in partnership with Great Rivers Greenway and are free of charge. (👉) Denotes programs funded by Great Rivers Greenway.

#7805 Katy Trail & Busch Greenway Ride 👉

Bike the Katy Trail and the Busch Greenway and enjoy a bite to eat back in Defiance. Approx. 15 mi. roundtrip.

FRI, July 12 | 9 a.m. | Free

Instructor: Judy Labarbera

#7806 St. Charles to New Town Ride on the Boschert Greenway 👉

Ride from St Charles to New Town, via the Boschert Greenway and Fox Hill Park trails. Approx. 12 mi. roundtrip.

FRI, July 19 | 9 a.m. | Free

Instructor: Judy Labarbera



Virtual Class



In-Person Class



Hybrid Class

#8612 Creve Coeur Lakehouse to Heritage Museum Ride

Ride from the Lakehouse restaurant to the heritage museum, which takes you along the Centennial Greenway. The Heritage Museum offers free displays, focused on local and state history. Approx. 12 mi. roundtrip.

FRI, August 30 | 9 a.m. | Free
Instructor: Brenda Tripp



Walks

#7801 St. Ferdinand Park & Sunset Greenway Walk

Walk the paved path around St. Ferdinand Park through Old Town Florissant. Approx. 3 mi.

THU, July 16 | 9-11 a.m. | Free
Instructor: Dawn Carter

#7800 The Hill Neighborhood Walk

Take a stroll through the beautiful Hill neighborhood. Approx. 2 mi.

MON, July 29 | 9-10:30 a.m. | \$5
Instructor: Denise Ucinski

#8800 Arnold City Park Walk

Walk around the nature trail and fishing lake in Arnold City Park. Approx. 2 mi.

TUE, August 6 | 9-10:30 a.m. | \$5
Instructor: Cherie Sigmund

#8801 Boschert Greenway-New Town to Historic St. Charles on Katy Trail Walk

Walk the Katy Trail through Historic St. Charles. Approx. 2.5 mi.

WED, August 21 | 9-10:30 a.m. | Free
Instructor: Denise Ucinski

Tours & Travel


Board of Elections Behind the Scenes Tour

#7900 THU, July 11 | 10-11 a.m. | Free
Instructor: Lori Fiegel
Location: Board of Elections

#8900 TUE, August 20 | 1-2 p.m. | Free
Instructor: Lori Fiegel
Location: Board of Elections 


#7901 Behind the Scenes with St. Louis County Courts

Get the inside scoop of the departments and functions of Missouri's largest court which handles more than 100,000 cases each year. Meet and hear from the judges who will discuss what happens in their courts every day.

THU, July 11 | 12-2 p.m. | \$17
Instructor: Thomas Albus
Location: St. Louis County Court 


#7902 Herbaria Tour & Lunch on The Hill

Get a behind-the-scenes tour of Herbaria, a locally owned shop that offers beautiful, natural, handcrafted soaps. After the tour, we will head to Mama's on the Hill for an authentic Italian lunch, including cannolis for everyone!

WED, July 17 | 11:30 a.m.-2:30 p.m. | \$38
Instructor: Mary Saputo
Location: Herbaria 


#8904 North City Bus Tour

Join NiNi Harris on a behind-the-scenes bus tour of North St. Louis City, exploring historic sites and hidden gems.

WED, August 21 | 9 a.m.-1:30 p.m. | \$45
Instructor: Nini Harris
Location: Meet at Clayton Oasis 


#8902 Redesign: The "New" Old Courthouse

Be among the first to discover the innovative plans, designs, and exhibits unfolding at the Old Courthouse in downtown St. Louis. This enlightening program promises a sneak peek into the future of this iconic site—a testament to the city's enduring historical significance.

WED, August 21 | 1-3 p.m. | Free
Location: Gateway Arch National Park 

#8903 Backstage Tour & Show at the Muny

"Meet me at the Muny" for the last show—and last night—of the season (which includes the tradition of singing "Auld Lang Syne")! Before the show, take a private, behind-the-scenes tour before and learn how a show is created.

SUN, August 25 | 6:15 -10:00 p.m. | \$80
Instructor: Mary Saputo
Location: The Muny 

You'll Love What We Have Planned!

Whether you're eager to master a new skill or explore a fascinating subject, we have an array of courses waiting for you. Take a sneak peek at some of our upcoming classes for September and October below. [Learn more and sign up now at stloasis.org!](#)

#9002 History of American Slavery, Reconstruction-Jim Crow Era, & Civil Rights

TUE, September 10-October 8 | 10-11:30 a.m.

\$60 (3 sessions)


Instructor: Bonnie Vega

Location: Five Oaks on Warson 

#9900 Ste. Genevieve Bus Tour

FRI, September 13 | 8 a.m. - 5:30 p.m. | \$110

Instructor: Bonnie Vega and Julie Nicolai

Location: Meeting at Center of Clayton 

#9001 The 2024 US Presidential Election: Comparing & Contrasting with Past Elections

THU, September 19 | 1-3 p.m. | \$17

Instructor: Kevin Fernlund

Location: Center of Clayton 

#10001 History of Transcendentalism

FRI, October 4-18 | 11 a.m.-12 p.m. | \$60 (3 sessions)

Instructors: Julie Nicolai, Bonnie Vega, & Nartana Premachandra

Location: Clarendale Clayton

Location: Clarendale Clayton 

#10000 The Electoral College: Deciding the Presidency with Ben Uchitelle

WED, October 16-23 | 10-11:30 a.m. | \$40 (2 sessions)

Instructor: Ben Uchitelle

Location: Center of Clayton 

#10900 Oakland House Museum Tour & Luncheon

WED, October 16 | 11 a.m.- 2 p.m. | \$35

Instructor: Mary Saputo

Location: Oakland House Museum in Affton, MO 

#10002, World Heritage Site Spain: History of the Moors in Spain

TUE, Oct 22 | 1-2:30 p.m. | \$20

Instructor: Bonnie Vega

Location: Center of Clayton 



Give 5 is an innovative, free, community-based program that **connects soon-to-be-retirees and retirees with nonprofit organizations addressing our community's primary areas of need** and helps re-establish purpose and meaning in retirement. Give 5 provides the opportunity to go behind the scenes of our community's most interesting nonprofit organizations and public service agencies.

Over five program days, participants ride in a shuttle and visit more than 20 organizations, getting a "taste test" of volunteer opportunities and an understanding of the needs these organizations address. At the end of the program a graduation is held where participants are recognized for their participation and are asked to consider committing to five volunteer hours per month to the cause (s) of their choice.




Hop on the bus with us and discover where you can put your talents and interests to work. *Transportation and lunch are provided. A security check and/or ID may be required before entering some locations.*

#9740 TUE, September 3 - October 1

Graduation: 10/4 | Reunion: 1/17/2025

9:30 a.m.-3:30 p.m. | Free (5 Sessions)

Instructor: Pamela Harden


Location: Oasis-Northwest Plaza 

#10740 MON, October 22-November 19

Graduation: 11/22 | Reunion: 2/21/2025

9:30 a.m.-3:30 p.m. | Free (5 Sessions)

Instructor: Pamela Harden

Location: Oasis-Northwest Plaza 

Mail-In Registration Form

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

 First Name Last Name

 Phone Email

 Address City State Zip

Class #	Class Title	Quantity	Hybrid Setting*	Fee

*If the class is hybrid, please note which class setting you prefer--virtual or in-person

Total Class Fees: _____

I am Interested in Joining the Oasis Membership Program
 Read more on page 1. If interested, please check the box and we will reach out to you!

Donation to Oasis: _____

Grand Total: _____

Payment

There are no refunds unless Oasis cancels the class.

Cash Check Credit Card

 Credit Card Number CVV Code Exp Date Signature

Waiver of Liability

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

 Signature Date

Please mail completed forms and payment to St. Louis Oasis at 50 Gay Avenue, St. Louis, MO 63105.

Community Locations

AgeSmart–Swansea

7 Bronze Pointe South, Suite B
Swansea, IL 62226

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

Five Oaks on Warson

1200 North Warson Road
Olivette, MO 63132

Gateway Arch National Park

11 North 4th Street
St. Louis, MO 63102

Greater New Hope Baptist Church

2240 Missouri Avenue
East St. Louis, IL 62205

Herbaria

2016 Marconi Avenue
St. Louis, MO 63110

Jefferson County Library–Northwest Branch

5680 Missouri PP
High Ridge, MO 63049

The Muny

Summit Drive
St. Louis, MO 63112

Northside Youth & Senior Center

4120 Maffitt Avenue
St. Louis, MO 63113

Oak Street Health–Jennings

8033 West Florissant Avenue
Jennings, MO 63136

Oasis–Northwest Plaza

500 Northwest Plaza, Suite 425
St. Ann, MO 63074

O'Fallon Public Library

120 Civic Plaza
O'Fallon, IL 62269

St. Charles City–County Library, Corporate Parkway Branch

1200 Corporate Parkway
Wentzville, MO 63385

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 County Board of Elections

725 Northwest Plaza Drive
St Ann, MO 63074

St. Louis County Court

105 South Central Avenue,
Clayton, MO 63105

