

September-October 2024 Course Catalog

BJC HealthCare

Oasis acknowledges *the generosity of members* of the **Marylen Mann Leadership Circle.**



Oasis thrives because of their belief in our mission and values. With their help Oasis has expanded programming into North County, provides hundreds of free preventative health classes, and helps thousands of children in grades K-3 become stronger readers through our Intergenerational Tutoring program.

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**In Blessed Memory*

If you would like to join the Marylen Mann Leadership circle, please reach out to Jo Flannery for more information at jflannery@oasisnet.org or call (314) 687-1121.

We look forward to connecting with you!

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About Us

St. Louis Oasis is part of a national nonprofit designed to enhance the quality of life of older adults in more than 700 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 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 **IP**
 These classes take place in-person.
- Hybrid Class **H**
 Participate in-person or virtually via Zoom.
- Virtual Classes (Zoom Only) **V**
 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 closures 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

#9007/9007.V Old Hollywood: Those Funny Ladies-Our Favorite Screwball Comediennes from the 30s & 40s

Throughout the 1930s and 40s, the “Screwball” Comedies genre gave us some of the funniest and most endearing glimpses of leading ladies that kept us in stitches. These types of films could be based upon the old “boy-meets-girl” formula turned topsy-turvy. You’ll recognize all these ladies, so grab your popcorn and settle in-this will be fun!

THU, September 5 | 1-3 p.m. | \$17

Instructor: Mary Saputo

Location: Clayton Oasis & Zoom **H**

#9011/9011.V George Caleb Bingham & “The River Paintings” **♥**

In the mid-19th century, Missouri artist George Caleb Bingham gained national fame for his paintings of life along the Missouri and Mississippi Rivers, highlighting their role in America’s western expansion. These works are cherished American masterpieces. Dee’s program explores the creation and significance of Bingham’s river scenes as both iconic art and historical records.

TUE, September 10

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

Instructor: Dee Kilgo

Location: Clayton Oasis & Zoom **H**



#9021.9021.V John Singer Sargent & Madame X

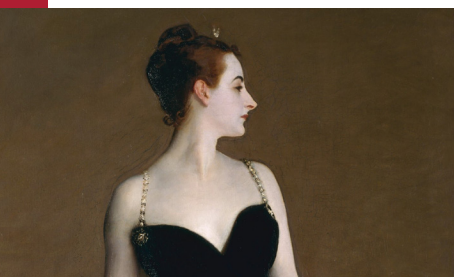
In 1900, John Singer Sargent was the world’s most celebrated portraitist. His most famous work, Portrait of Madame X, now a treasure of the Metropolitan Museum, nearly ended Sargent’s career by creating a firestorm of controversy at the 1884 Paris Salon exhibit. Dee’s lecture provides an overview of Sargent’s amazing career and a more in-depth account of the fascinating Madame X story.

FRI, September 20

10:30 a.m.-12 p.m. | \$17

Instructor: Dee Kilgo

Location: Clayton Oasis & Zoom **H**



#9055 Cinematic History: George Lucas

When you hear “George Lucas” you might think Star Wars, but there’s so much more to this prolific artist. Join us as we chart the *Star Wars* creator’s influences, early years, and subsequent work, including the nostalgic *American Graffiti*, co-creating *Indiana Jones*, and the eventual sale of his company to Disney.

FRI, September 27 | 10 a.m.-12 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary **IP**

#10004/10004.V Exploring Politics Through Film

Films from different genres and time periods offer diverse perspectives on political issues and events. Whether controversial or not popular, films reflect the complexity of politics and its impact on society. This workshop encourages an open-minded exploration of the past and present, using cinema as a lens to understand the intricate relationship between politics and society. Join us for a unique opportunity to explore the past and present and dive into the political narratives that have shaped and continue to shape our world.

TUE, October 1 | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Roz Norman

Location: Clayton Oasis & Zoom **H**

#10011 The Mystery of Mansion Hill

Take on a role as we practice and record our very own murder mystery radio drama. Which character will you embody? The victim? The perpetrator? The accomplice? The butler? The maid? The wealthy elderly gentleman or his spouse? No experience in acting is necessary—just a willingness to engage in a delightful and unforgettable role-playing experience!

FRI, October 11-25 | 10-12 p.m. | \$51 (3 Sessions)

Instructor: Richard Losciale

Location: Clayton Oasis **IP**

#10015 Photography in 19th Century St. Louis

If you can believe it, St. Louis was once the photography capital of the world. Explore the early history of photography in St. Louis, and the people, places, and technology behind the city’s bustling trade. Through a selection of interesting archival materials and unpublished photographs, learn how St. Louis became a destination for photographers and how the city played a part in making the photography industry what it is today.

FRI, October 25 | 2-3 p.m. | \$17

Instructor: Elizabeth Eikmann

Location: Clarendale Clayton **IP**

Literature

#9006/9006.V **The Mother of Language: Sanskrit**

Discover the fascinating origins of words like “Yoga,” “Karma,” and “Nirvana” through Sanskrit, an ancient Indian language known for its extensive vocabulary and capacity to coin new terms. Explore its relevance in the modern world, and its significance in understanding philosophical concepts. Join us for an enlightening journey into this linguistic treasure.

THU, September 5 | 10:30-11:30 a.m. | \$17

Instructor: Varsha Agarwal

Location: Clayton Oasis & Zoom **H**

#9018 **Great Books Club**

In partnership with Great Books, Oasis is offering an eight-session book club (meeting every other week) led by Mick Weltman. We'll read *The Civically Engaged Reader*, an anthology of over 40 diverse provocative and diverse readings that invite reflection on the vital connections between thought and service.

MON, September 16-December 9 | 1-3 p.m.

\$70 (7 Sessions)

Instructor: Mick Weltman

Location: Clayton Oasis **IP**

#10007/10007.V **God Bless the Child**

Prepare to be swept away on an emotionally charged odyssey in author Anne Shaw Heinrich's first novel, *God Bless the Child*. Heinrich explores the intricate relationship between Mary Kline, her compromised best friend, Pearl, and Pearl's daughter, Elizabeth. Through alternating perspectives, we're invited into Mary and Elizabeth's lives spanning from childhood to adulthood in an exploration of family, love, and resilience.

THU, October 3 | 10 a.m.-12 p.m. | \$20

Instructor: Anne Heinrich

Location: Clayton Oasis & Zoom **H**



One-Month Subscription | \$150

Pay Per Month (non-reoccurring payments)

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

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

For more information, visit stloasis.org/ProPass.

Create: Writing, Art, & Music

#9033 **Jazz Ensemble**

Unleash your musical potential, where you'll not only play traditional pieces but also delve into the vibrant world of contemporary compositions. New members are welcome to join this innovative musical journey, offering a space where your creativity can flourish. Embrace the chance to showcase your newfound skills with exciting public performance opportunities that await you!

THU, September 5-December 12 (No Class: 10/3, 11/28)

10 a.m.-12 p.m. | \$130 (13 Sessions)

Instructor: William Gerdel

Location: Crown Center **IP**

#9042 **Water Soluble Oil Painters Studio**

This oil painter's studio welcomes artists aged 16 and older, from beginners to experienced painters, to explore water-soluble oil paint. The collaborative community atmosphere encourages learning through shared critiques and mutual support, aiming for experiential education.

MON, September 9-October 28 | 10 a.m.-12:30 p.m.

\$200 (8 Sessions)

Instructor: Morris Fletcher

Location: Eden Seminary **IP**

#9035 **Concert Band**

Join a vibrant community of intermediate to advanced musicians as you refine your musical skills and collaboratively create beautiful, harmonious compositions. This is not only 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!

MON, September 9-December 9 (No Class: 9/23)

10 a.m.-12 p.m. | \$130 (13 Sessions)

Instructor: Gene Rauscher

Location: Crown Center **IP**

#9027 **Writing Your Life** ♥

Join Cheryl Jarvis, New York Times bestselling author, for an exercise in writing about a very important topic—you! Writing your life can be an adventure, a discovery, healing, and a legacy. We'll read short narratives, experiment with prompts, and explore basic storytelling techniques to guide you in writing narratives of your own.

MON, September 9-30 | 1-3 p.m. | \$68 (4 Sessions)

Instructor: Cheryl Jarvis

Location: Clarendale Clayton **IP**

Acoustic Folk Music Jam Group

Join Oasis' new Acoustic Folk Music Jam Group! Bring your guitar, banjo, fiddle, or other instruments to jam to old-timey, folk, and rock songs from the 60s, 70s, and beyond. All skill levels are welcome, no music reading required, and singing is encouraged. The group will choose pieces to play together.

#9043 TUE, September 10-October 22

11:30 a.m.-12:30 p.m. | \$105 (7 Sessions)

Instructor: Lukas Simpson

Location: Eden Seminary

#10032 TUE, October 29-December 10

11:30 a.m.-12:30 p.m. | \$105 (7 Sessions)

Instructor: Lukas Simpson

Location: Eden Seminary 

Creative Writing

Join creative writing coach and editor Kim Lozano in this writing workshop that introduces the basics of writing fiction, memoir, personal essay, and poetry. We'll share our work for feedback and discuss the craft of writing. All writing (and some reading) will be done outside of class. Kim offers resources for writers at kimlozano.com.

#9022 TUE, September 24-December 3

10 a.m.-12 p.m. | \$135 (6 Sessions)

Instructor: Kim Lozano

Location: Clayton Oasis 

#9053 TUE, September 24-December 3

1-3 p.m. | \$135 (6 Sessions)

Instructor: Kim Lozano

Location: Eden Seminary 

#9023 Beginners Watercolor: Apple & Pear Still Life

Tap into your artistic expression! Create a small watercolor painting while learning fundamental techniques with all necessary supplies provided for a hassle-free experience.

Whether a beginner or experienced artist, journey into the world of watercolors.

WED, September 25 | 10:30 a.m.-12 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Clayton Oasis 



#10016 Beginning Harmonica Workshop

Dive into the fundamentals of the harmonica, where the joy of playing simple songs awaits. Experienced harmonica players will guide you through harmonica care, basic playing techniques, and the art of performing. Bring along your 10-hole diatonic harmonica in the key of C or purchase one for \$10. A guide/songbook is included to enhance your learning experience.

WED, October 2-16 | 10-11:30 a.m. | \$75 (3 Sessions)

Instructor: Gateway Harmonica Club

Location: Crown Center 

#10018 Beginners Watercolor: Pumpkin in Witch's Hat

Tap into your artistic expression! Create a small watercolor painting while learning fundamental techniques with all necessary supplies provided for a hassle-free experience.

Whether a beginner or experienced artist, journey into the world of watercolors.

WED, October 9 | 1 p.m.-2:15 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Crown Center 



Current Events

#9008 Women's Roundtable

Join the discussion with facilitator Linda Locke and talk about current events that make you "screamful" (when things make you feel full of screams)! Group meets every other week.

MON, September 9-December 2

10:30 a.m.-12:30 p.m. | \$42 (7 Sessions)

Instructor: Linda Locke

Location: Clayton Oasis 

#9009 Men's Roundtable

Let's talk about world issues, politics, and current events. Discussion group meets every week.

MON, September 9-December 16

1:30-3:30 p.m. | \$48 (8 Sessions)

Instructor: Clif Mahin

Location: Clayton Oasis 

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

Join Kevin Fernlund as he leads a thought-provoking discussion comparing and contrasting the 2024 campaign season with past Presidential Election cycles. Delve into the nuances of political strategy, messaging, and the evolving dynamics of American democracy. Gain valuable insights into how historical context informs the present landscape and what it may portend for the future of electoral politics. Don't miss this opportunity to explore the intersections of history and contemporary politics with a seasoned expert.

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

Instructor: Kevin Fernlund

Location: Center of Clayton 

New Instructor Spotlight: Dr. Michael Faris

Dr. Michael Faris is an artist and former Assistant Professor of Art Education at Northwest Missouri State University. He has taught at several institutions and various community art centers as well as has exhibited his work at numerous galleries and museums. Read about Dr. Faris' art in his own words:

"I am a multimedia social justice artist. My works usually chronicle actual events that involved injustice and bigotry in the United States. My artwork is created to help support civil rights for everyone; to reveal violent actions from oppressors; and to oppose racism, sexism, ageism, or any other concept that creates oppression or discrimination. I mainly make oil paintings, drawings, sculptures, and monoprint."

See some of Dr. Faris' art and meet him at one of his *A History of Racism* exhibitions:

St. Louis Artists' Guild

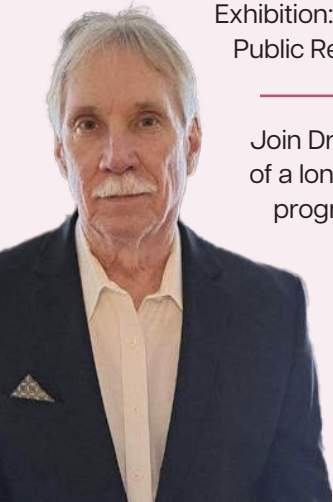
Exhibition: September 6–October 11, 2024

Public Reception: September 6, 5–8 p.m.

Green Root Gallery

Exhibition: November 8–February 6, 2025

Public Reception: November 8, 4–7pm



Join Dr. Faris for the first four programs of a long-form collection of art history programs titled **The Scism of the Isms: Understanding Modern Art**. See the upcoming sessions on the right and look for more in 2025. If you're interested in *creating* art check out his class, **Beginning Watercolors**.

The Scism of the Isms: Understanding Modern Art

These lectures are an examination of various modern art movements. Each class will explore the reason for the movement, how it received its name, methods of, and other items related to the context of the movement.

#9016/9016.V Impressionism: The Beginning of Modern Art
MON, September 16 | 10 a.m.–12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & Zoom Ⓜ

#10046/10046.V Post-Impressionism: New Ways to Paint
MON, October 14 | 10 a.m.–12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & Zoom Ⓜ

#11001/11001.V Symbolism: The Fantastic in Art
MON, November 11 | 10 a.m.–12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & Zoom Ⓜ

#12000/12000.V Fauvism: The Wild Beasts
MON, December 16 | 10 a.m.–12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & Zoom Ⓜ

Get all
4 "Isms"
Classes for
only \$60!

Beginning Watercolors

Learn to create stunning watercolor pieces, with live demonstrations each week. Supply–list provided.

#9065 WED, September 4–October 9 | 10 a.m.–12 p.m.
\$120 (6 sessions)

Instructor: Michael Faris

Location: Green Root Gallery Ⓜ

#11002 WED, November 13–December 18
10 a.m.–12 p.m. | \$120 (6 sessions)

Instructor: Michael Faris

Location: Green Root Gallery Ⓜ

#9064/9062.V Why is Gen Z Suffering? ♥

Why is an ever-connected world creating so much loneliness? In this session, we'll compare the influences during Gen Z's formative years to those of the Baby Boomer generation to better understand how these experiences shape who we are. By examining these differences, we can uncover ways to address the growing sense of isolation and find solutions to help foster deeper connections.

FRI, September 27 | 10–11:30 a.m. | Free

Instructor: Tyler Witzig

Location: Clayton Oasis & Zoom Ⓜ

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

Baked into the Constitution since 1787 is the Electoral College, a hard-wired mechanism that may result in the popular vote again not deciding the election. What is this? Why did the Founding Fathers come up with his concept? How unfair is it? Can it be changed? We'll fully consider and discuss these essential issues on the eve of our most important national election ever.

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

Instructor: Ben Uchitelle


Location: Center of Clayton Ⓜ

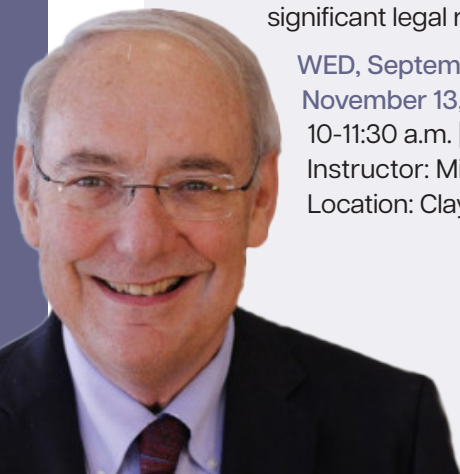
#9012 Legal Roundtable

In our democratic republic, both federal and state courts play crucial roles, particularly when executive actions overreach their authority. Judicial intervention becomes necessary when the President or governors exceed their powers, and when legislative bodies fail to act, the executive or courts may assume greater influence. Hon. Judge Wolff, along with two other legal experts, will discuss current legal issues in each session. This fall, the focus will be on the unpredictable legal landscape shaped by a volatile election year, involving the presidency, governorship, legislative seats, and Missouri's state constitutional issues. Topics will include:

- * The Judicial system, judicial ethics, and (in Missouri) judicial elections.
- * The unitary executive, a theory that espouses the centrality of the presidency in our republic.
- * A too-powerful U.S. Supreme Court?
- * Transparency in government, "sunshine" laws and Freedom of Information Act
- * Personal freedom, religious freedom, and personal and reproductive rights
- * Criminal justice reform and the limits of governmental power over individuals and businesses
- * Election law

Michael A. Wolff is an attorney, former Missouri Supreme Court judge and chief justice, and professor and dean emeritus of Saint Louis University (SLU) Law School. He served 13 years on the MO Supreme Court (1998-2011), including two years as chief justice, and became dean of SLU Law in 2013, serving until 2017. Wolff's career spans litigation, academic, governmental, and judicial roles. An active member of the American Law Institute and various legal and community organizations, Wolff has received numerous awards, authored key legal texts, and contributed to significant legal reforms and decisions.

WED, September 11, October 9,
November 13, & December 11
10-11:30 a.m. | \$80 (4 Sessions)
Instructor: Michael Wolff
Location: Clayton Oasis 



Economies of Scale: Structural Changes in Our Most Sacred Institutions

Explore the monumental transformations you've seen over your lifetime in four of the most foundational institutions of our country: healthcare, media, agriculture, and higher education. Each of these sectors have faced seismic shifts in financing, service, and inclusivity. Join us to hear from experts and share your own experiences in this dynamic discussion.

#10005 **From the Family Farm to Big Agriculture: The Most Dramatic Occupational Shift in Human History**
THU, October 17 | 1-2:30 p.m. | \$20

Instructor: Valerie Mertz

Location: Clayton Oasis 

#10043 **Higher Costs, Fewer Options in Higher Education**
THU, October 24 | 1-2:30 p.m. | \$20

Instructor: Teresa Steinkamp & Karina Aragno

Location: Clayton Oasis 

#10044 **The Evolution of the US Healthcare System, Consolidation, & What's Next**

THU, October 31 | 1-2:30 p.m. | \$20

Instructor: David Aplington & Timothy McBride

Location: Clayton Oasis 

#11000 **News Deserts: Why Local News Coverage is Disappearing**

THU, November 7 | 1-2:30 p.m. | \$20

Instructor: Dick Weiss

Location: Clayton Oasis 

Bundle & Save!
Get all 4 for Classes for \$65!

#10250/10250.V **How Juries are Selected: The Inside Scoop**

Mark Goodman, an experienced trial lawyer, will share his insights behind the strategies and techniques used in the selection of juries. He will discuss rules and procedures 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, October 25 | 10-11:30 a.m. | \$12

Instructor: Mark Goodman

Location: AgeSmart-Swansea & Zoom 



St. Louis Oasis Northwest Plaza

GRAND Opening

& Falls Prevention Fair

Read more on page 18!

History

#9025/9025.V World War II: War Engulfs Europe

This class examines the European theater from Hitler's 1939 invasion of Poland to the peak of Nazi expansion at El Alamein, Stalingrad, and Kursk. Through primary sources, maps, and historical accounts, participants will gain a comprehensive understanding of World War II's complexities and consequences in Europe, including Blitzkrieg tactics, the Battle of Britain, the Eastern Front, and the war's impact on the Holocaust.

TUE, September 3 | 10 a.m.-12 p.m. | \$17

Instructor: Richard Venn

Location: Clarendale Clayton & Zoom **H**

#9003 ISHI: The Last Yahi Indian

The story of ISHI is a true story and an unforgettable one. Alone and on the verge of starvation, the last Yahi Indian walked down from the mountains and into the white man's world. What happens next will both shock and touch you. He is known as the last uncontaminated Indian, and scientists wanted to learn about him and his people. This is a story you will not soon forget.

TUE, September 3 | 10:30 a.m.-12:15 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis **IP**

#9005/9005.V The History of Ice Cream

Join us as we explore the fascinating history of ice cream and the evolution of ice cream cones in the United States and worldwide. We will explore topics such as the history of storing and making ice cream, the spread of ice cream in Europe and America, new ice cream creations, ice cream trucks, and the unique history of ice cream in St. Louis.

WED, September 4 | 10:30-11:30 a.m. | Free

Instructor: Jess Huffman

Location: Clayton Oasis & Zoom **H**

#9038/9038.V How Lincoln Became LINCOLN!

This class will examine how Abraham Lincoln evolved socially, politically, and ethically from his youth in New Salem through his Presidency. Events and influences that shaped this complex man will be examined and reflected upon. Perhaps no political leader in American history grew more and displayed more strength than Lincoln as he steered the nation through the tumultuous years of the Civil War. How he became the Lincoln that could do this is the subject of our study.

THU, September 5 | 1-3 p.m. | \$17

Instructor: Samuel F Harned

Location: Eden Seminary & Zoom **H**

#9026 Paris's Spectacular Pere Lachaise Cemetery

While many visit Paris for the Eiffel Tower and the Louvre, the Père Lachaise Cemetery—world's most visited cemetery—is a must-see often overlooked. Home to famous artists, musicians, and actors, it features unique tombstones and intriguing monuments with fascinating stories. Join Carol Diaz-Granados, PhD, RPA, for an armchair tour of this captivating Parisian landmark.

MON, September 9 | 10-11:45 a.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clarendale Clayton **IP**

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

Explore the gripping history of slavery in the U.S., from the arrival of Africans as indentured servants in 1619 to the transformation into slavery by 1705. Witness the evolution from the end of the international slave trade in through the turbulent Civil War and Reconstruction era, and into the Jim Crow era's racial segregation.

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

\$60 (3 sessions)

Instructor: Bonnie Vega

Location: Five Oaks on Warson **IP**

#10045/10045.V Greyfriars Kirk Cemetery

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

TUE, September 10 | 10-11:30 a.m. | \$17

Instructor: Juliet Claire Simone

Location: Crown Center & Zoom **H**

#9028/9028.V World War II: The U.S. Enters the War

Dive into the dramatic history of U.S. relations with Japan and Germany, the events leading to Pearl Harbor, and pivotal moments like D-Day and the Battle of the Bulge. Uncover the geopolitical and economic forces, military strategies, and the profound global impact of these events. Engage with primary and secondary sources, participate in lively discussions, and explore World War II's enduring influence on modern international relations.

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

Instructor: Richard Venn

Location: Clarendale Clayton & Zoom **H**

#9010/9010.V **Celebrating the Anniversary of Brown v. Board of Education**

2024 marks the 70th anniversary of the landmark school desegregation case, Brown v. Board of Education. Learn about the complicated and fascinating legal history that led to one of America's most important civil rights decisions.

TUE, September 10 | 10:30-11:30 a.m. | \$17

Instructor: Rachel Marshall & Theresa Lueke

Location: Clayton Oasis & Zoom **H**

#9019/9019.V **Richard Nixon: An American Tragedy**

Explore the intricate life and career of Richard Nixon, a figure once considered the most controversial and complex president in American history. Dive into the story behind the headlines, uncovering the nuanced portrait of a deeply introverted man who navigated the turbulent waters of mid-20th century politics by catapulting from Congress to the presidency to scandal and disgrace.

TUE, September 17 | 1-2 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & Zoom **H**

#9030/9030.V **History of Baseball: From Black Sox to Divisional Play**

Explore the rich history of baseball, beginning with the infamous Black Sox scandal and the rise of Babe Ruth in 1920. Learn about the game's development through the Great Depression, its role during World War II, and the significant changes in the post-war era. Take an in-depth look at the second expansion era and the advent of divisional play in 1969, highlighting key players, memorable moments, and the evolution of the sport over five dynamic decades.

WED, September 18 | 10 a.m.-12 p.m. | \$17

Instructor: Richard Venn

Location: Clarendale Clayton & Zoom **H**

#9020/9020.V **What Became of Charles Lindbergh? An Unlikely Saga of Fame, Tragedy, Conflict & Scandal**

Explore the dramatic and controversial life of Charles Lindbergh, whose 1927 transatlantic flight changed him forever. In the nearly one hundred years since his daring flight, the story of Lindbergh's turbulent life still evokes controversy, intrigue, and mystery. This class will probe the many facets of Lindbergh's colorful yet sordid life until his death in 1974. Unwanted fame was only the beginning!

WED, September 18 | 10:30 a.m.-12 p.m. | \$17

Instructor: James Gerald Woodward

Location: Clayton Oasis & Zoom **H**

#9049/9049.V **Ancient Characters of the American Indian Cosmos**

There are many fascinating characters found in the oral traditions of the American Indians. Even more exciting is that these characters are represented in their art, including statues, shell engravings, metalwork, rock art, and more. Join Jim Duncan, an expert on American Indian oral traditions, as he covers a vast array of characters and spirit beings, demonstrating how we identify them and how they are represented in various forms of art.

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

Instructor: Jim Duncan

Location: Eden Seminary & Zoom **H**

#9031 **Women in the Archive**

Discover the untold stories of remarkable women through short vignettes centered around meaningful objects. We invite you to bring your own piece of women's history, whether a family heirloom or personal memento, and join the discussion on preserving and recovering the often overlooked narratives of women's lives.

FRI, September 20 | 1-2 p.m. | \$17

Instructor: Elizabeth Eikmann

Location: Clarendale Clayton **IP**

#9054/9054.V **The American Revolution: Phases, Evolution & Endgame in the South**

This three-part course examines the path of the American Revolution, from the enthusiasm for war in New England in 1775 through Washington's attempt at conventional war in the Middle Colonies to the final bloody and fratricidal endgame in the South. We will look at British and American strategy, leadership (political and military), and how America overcame a seemingly disadvantageous position to achieve its independence.

THU, September 26-October 10

1:30 -2:30 p.m. | \$51 (3 Sessions)

Instructor: Samuel F Harned

Location: Eden Seminary & Zoom **H**

#9024/9024.V **World War I: The Prelude to War**

Join us as we examine the factors that transformed a relatively peaceful Europe in 1900 into a continent engulfed in the bloodiest conflict the western world had ever witnessed just fourteen short years later. Explore the political, social, and economic dynamics that set the stage for World War I and understand the complex web of events that led to this devastating global conflict.

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

Instructor: Richard Venn

Location: Clayton Oasis & Zoom **H**

#10006/10006.V **Lincoln & the Emancipation Proclamation**

One of Lincoln's greatest achievements was freeing the slaves, a goal he did not initially propose at the outset of his presidency. Learn the evolution of Lincoln's thinking that led to this monumental decision, the process of how emancipation was actually achieved, and its effect on bringing about the end of the Civil War.

WED, October 2 | 10:30-11:30 a.m. | \$17

Instructor: Thomas Wack

Location: Clayton Oasis & Zoom **H**

#10008.V **The Chernobyl Disaster: A Challenge to the Soviet Union & the World**

The Chernobyl Nuclear Plant meltdown on April 26, 1986, exposed flaws in the Soviet system, such as rushed construction, Party control, and secrecy. Initially covered up, the disaster was later addressed by Mikhail Gorbachev to open up society and punish those responsible. Chernobyl heightened global concerns about nuclear power, similar to Three Mile Island in 1979 and Fukushima in 2011. Join us to explore Chernobyl's lasting impact and its implications for nuclear safety worldwide.

THU, October 3 | 1-2 p.m. | \$17

Instructor: Dr. Daniel Schlafly

Location: Zoom **V**

#10009/10009.V **What Was Old is New Again: The Elections of 1824 & 1828**

Before there was Biden vs. Trump, there was Adams vs. Jackson. Each candidate represented very different views of what America could and should be, and both were supported by fiercely partisan followers willing to go for the jugular to achieve victory at the polls. Join us as we explore the intense political battles of the 1824 and 1828 elections, drawing parallels to today's political climate and understanding the enduring nature of American electoral fervor.

FRI, October 4 | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Andrew Michael Cooperman

Location: Clayton Oasis & Zoom **H**

#10001 **History of Transcendentalism**

Explore the origins and impact of transcendentalism, from its key figures like Emerson and Thoreau to its influences from Romanticism and Eastern philosophies. Discover how it shaped 19th-century American art, literature, and culture through its focus on nature, individualism, and spiritual exploration.

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

Instructors: Julie Nicolai, Bonnie Vega, &

Nartana Premanchandra

Location: Clarendale Clayton **IP**

#10012/10012.V **A Controversial President: Saint or Sinner?**

Andrew Jackson, initially thwarted by a contested election, overcame Congressional opposition to win his second presidential bid. Despite a troubled past involving violence, a questionable marriage, and early support for secessionists, he was revered for dismantling eastern elite power and championing the "common man." This class examines the controversies, challenges, and transformative impact of Jackson's presidency during "The Age of Jackson."

FRI, October 11-November 1 | 1-3 p.m. | \$80 (4 Sessions)

Instructor: Joan Musbach

Location: Clayton Oasis & Zoom **H**

#10034 **Doughnuts: A Delicious History**

Join us on a journey through the fascinating history of doughnuts. From their origins with the ancient Greeks to their evolution into an American staple, discover how this sweet treat traveled the high seas and became beloved worldwide. Explore its wartime significance, role in industrial production, and delve into the unique doughnut culture of local St. Louis shops. Come indulge in the rich history and delicious flavors of doughnuts!

MON, October 21 | 11 a.m.-12 p.m. | Free

Instructor: Hillary Peppers

Location: Five Oaks on Warson **IP**

#10002/12002.V **UNESCO World Heritage Sites: Spain & the History of the Moors**

For 800 years, the Moors, ruled part of the Iberian Peninsula. The area is now home to three UNESCO World Heritage Sites, The Alhambra, the Great Mosque in Cordoba, and the Giralda in Seville. Explore the Moors who inhabited Spain and the rich legacy that became a part of European culture.

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

Instructor: Bonnie Vega

Location: Clayton Oasis & Zoom **H**

#10033.V **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.

THU, October 31 | 10 a.m.-12 p.m. | \$17

Instructor: Parks Smith

Location: Zoom **V**

Local History

#9058 Archaeology of the Missouri/Illinois Region

Ever wonder who was here before us? Jim Duncan will cover the earliest Indian populations of the bistate region, showing many artifacts and explaining how they developed the cultural means to live in their environment without destroying it. Learn about the unique societies and their many contributions to agriculture.

TUE, September 3 | 10 a.m.-12 p.m. | \$17

Instructor: Jim Duncan

Location: Five Oaks on Warson **IP**

#9004/9004.V Irish St. Louis

Stories of Kerry Patch and Dogtown are well-known aspects of the history of the Irish in St. Louis. However, many other areas of the city have Irish roots and prominent early Irish-American St. Louisians who set the course of St. Louis with their philanthropy and business acumen. Learn more about St. Louis's Irish heritage and the resources available to study their rich history.

TUE, September 3 | 1-2 p.m. | \$17

Instructor: Chris Naffziger

Location: Clayton Oasis & Zoom **H**

#9059 Foreign Exhibits at the 1904 Worlds Fair

The exhibits from foreign countries at the St. Louis World's Fair captured the imagination of visitors and were deemed the most popular attraction, forming the very heart of the Fair. They offered a chance for Americans to learn about numerous foreign cultures that had traveled from distant lands to participate in this global event at the turn of the last century. These cultures included those from Asia, Africa, the Philippines, Native American communities, and many others.

THU, September 5 | 10 a.m.-12 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson **IP**

#9044/9044.V A Survey of Missouri's Fascinating Rock Art

Most people don't realize that Missouri is home to over 150 rock art sites—featuring petroglyphs (rock carvings) and pictographs (rock paintings) left by early American Indians. While three of these sites are open to the public, the rest are on private property. Join us for a glimpse into the fascinating pictures created by people of the distant past and learn about the information extracted from this ancient imagery.

THU, September 12 | 1-3 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Eden Seminary & Zoom **H**

#9060 Picture Cave: Missouri's Spectacular Painted Cave

Join instructor Carol Diaz-Granados, Ph.D., RPA, to learn about a sacred American Indian site. 'Picture Cave' contains almost 400 images drawn and painted with details seen nowhere else in the Midwest. Some of the paintings (called pictographs) were radiocarbon-dated and found to be 1,000 years old! This slide show presentation covers many of the amazing images and an overview of the 20 years spent researching this dark zone cave and the fate that has befallen this sacred site now considered one of the most endangered sites in North America.

MON, September 16 | 10-11:45 a.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson **IP**

#9017/9017.V Things Ain't What They Used To Be!

'Things Ain't What They Used To Be!' Join Johnny Rabbitt of KMOX for a special show that brings back places and personalities from yesteryear. Relive the memories of the Cracker Castle, Jimmy Durante and Miss Teenage St. Louis Stephanie Ann Crane, the La Cosa theater in St. Ann, Vandeventer Place, the S.S. President, 'The Hoodlum Priest,' Johnny Rabbitt's 63 Mile Hike, the Castle Ballroom, Buffalo Bill & Family, Evelyn West, Vincent Price's house, downtown's biggest parking lot, and more. Get ready for a nostalgic journey packed with fascinating stories and historical highlights!

TUE, September 17 | 10:30-11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom **H**

#9036 The Importance of St. Louis to Ulysses S. Grant

Before he became a general and president, Ulysses S. Grant was a St. Louis farmer. It was in St. Louis that he met his future wife, raised a family, and developed a deep connection to the area. St. Louis held a special place as a home for Grant and his family. Join historian and curator Nick Sacco from the Ulysses S. Grant National Historic Site as he introduces participants to Grant's life experiences in St. Louis. Discover how this city played a pivotal role in shaping the man who would become one of America's most notable figures.

WED, September 18 | 10-11 a.m. | \$17

Instructor: Nick Sacco

Location: Crown Center **IP**

#10264 The Land Around Us

There are amazing stories to be told about the Midwest. Caves, geodes, volcanoes, massive earthquakes, glaciers, prairie grasses taller than a horse's eye and rock that's turned into antacid tablets! Discover how place names, such as Arrow Rock, Prairie du Rocher, and Prairie du Pont, help tell that story. You'll never drive through Springfield without thinking about how it got its name.

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

Instructor: Dr. Susan Barker

Location: Zoom **V**

#10035/10035.V Food at the 1904 World's Fair ♥

Join the Pam Vaccaro, the author of *Beyond the Ice Cream Cone: The Whole Scoop on Food at the 1904 World's Fair* to explore the Fair's culinary delights and debunk myths about iconic inventions like iced tea, the hamburger, and the ice cream cone. Discover what fairgoers indulged in at over 170 eateries and learn about novel foods and intriguing tales, such as colorful Palaces, food lawsuits, an 8-foot prune bear, and a giant almond elephant. Enjoy stories about Mrs. Sarah Rorer, the Julia Child of the period, and the Fair's connection to sleigh riding on Art Hill.

TUE, October 8 | 10 a.m.-12 p.m. | \$8.50

Instructor: Pam J Vaccaro

Location: Oasis-Northwest Plaza & Zoom **H**

Staff Spotlight:**Denise Ucinski**

Denise Ucinski, Oasis' Health & Fitness Coordinator, oversees all exercise programming and her office is in Oasis' Clayton location. The robust offerings of programs are her favorite aspect of Oasis. There truly is a lifelong learning and exercise class to suit everyone's needs! If Denise were retired now, you'd see her around town spending time with friends and family, running in our beautiful parks, and traveling around the U.S. You'd find Denise attending Food at the 1904 World's Fair (page 12), Walk With Ease (page 28), or Thrive After 65! (page 15). Got the same interests as Denise? Select all of Denise's classes (marked with a ♥ blue heart) and get 20% off your total price.

**#10010 The Ultimate St. Louis Trivia Quiz**

Join St. Louis trivia guy and author Dan Dillon for a fun five-round afternoon Trivia Quiz! Test your knowledge of sports, music, pop culture and St. Louis history! Prizes go to the top tables. This will be "low-stress" trivia. You don't need to be an expert. Just come to have fun! Dan is author of *The Ultimate St. Louis Trivia Quiz!*

THU, October 10 | 1-3 p.m. | \$10

Instructor: Dan Dillon

Location: Oasis-Northwest Plaza **IP**

#10038/10038.V Pruitt Igoe

The Pruitt-Igoe housing complex, a significant part of St. Louis' history, gained national attention in 1972, when the federal government was compelled to relocate all residents and demolish the 33 story high-rise as a result of deterioration and crime. Now, many of those residents are battling to get reparations from the federal government for spraying toxic chemicals as part of a Cold War experiment. Join former Post-Dispatch reporter Dick Weiss to learn more about this dark chapter in St. Louis history.

TUE, October 15 | 10:30 a.m.-12 p.m. | \$8.50

Instructor: Dick Weiss

Location: Oasis-Northwest Plaza & Zoom **H**

#10026/10026.V St. Louis Mystery: Hoax or Phenomena

Pearl Curran, a poorly educated St. Louis housewife, purportedly used her Ouija board to channel a 17th-century spirit. Through this unconventional means, she rose to prominence as a leader in the spiritualism movement and achieved acclaim as a literary star in the early 20th century. Join us as we explore the intriguing question: Was Pearl Curran a real psychic medium or the mastermind behind a fascinating hoax?

THU, October 17 | 1-2 p.m. | \$20

Instructor: Bev Schuetz

Location: Eden Seminary & Zoom **H**

#10039/10039.V The History of Slavery in St. Louis

For 100 years, slavery was part of St. Louis under French, Spanish, and American rule. Notable figures like William Wells Brown, Dred and Harriet Scott, and James Milton Turner were enslaved here. Join historian Nick Sacco in exploring St. Louis's history with slavery and present a new traveling exhibit available for schools, libraries, churches, and community groups.

FRI, October 18 | 2-3 p.m. | \$8.50

Instructor: Nick Sacco

Location: Oasis-Northwest Plaza & Zoom **H**

#10014 **Oh Freedom After While: The Missouri Sharecropper Protest of 1939**

Join us as we delve into the history of the 1939 Missouri Sharecropper Protest, a pivotal event in U.S. history. Hear firsthand accounts and explore the impact of this protest on Missouri and the nation, highlighting the collective pursuit of social justice. This two-session program includes the award-winning documentary Oh Freedom After While with an exploration of the historical context with insights from the documentary co-producer and authors. A viewing of the documentary followed by a Q&A with primary source documents to deepen understanding and discussion.

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

Instructor: Ted Green

Location: Clarendale Clayton 

#10013/10013.V **On the River, Ridin' the Rails, Readin' the Paper & On The Road!**

We'll tell about Streckfus Steamers, excursion boats, and the most famous riverboat race. You'll get a ticket to ride on the first train headed west. We'll also tell of our significant newspapers-when everyone reads the paper. And we'll visit America's first gas station, speed along the RedFeather Expressway, and enjoy a few car rides.

TUE, October 29 | 10:30-11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom 

Monthly Meetup Series

Silver Screen Series

Step into the magic of movies! From Old Hollywood classics to award-winning dramas and beloved romantic comedies, we'll explore diverse genres that captivate and inspire. Join fellow movie lovers (or watch solo) to discuss your favorite scenes. Bring your favorite snacks and escape with us into the world of cinema!

#9037 **Classic Hollywood Movies: Casablanca or Singing in the Rain**

TUE, September 3 | 1:30-3 p.m. | \$17

Instructor: Kellee Galbraith


Location: Eden Seminary 

Bundle & Save! Get all 4 for Classes for \$60!

#10020 **Academy Award Drama: Apollo 13 or Dead Poets Society**

TUE, October 1 | 1:30-3 p.m. | \$17

Instructor: Kellee Galbraith

Location: Eden Seminary 

#10031 **Halloween Fun: Hocus Pocus or Beetlejuice**

TUE, October 29 | 1:30-3 p.m. | \$17

Instructor: Kellee Galbraith

Location: Eden Seminary 

#12001 **Halloween Fun: Hocus Pocus or Beetlejuice**

TUE, December 10 | 1:30-3 p.m. | \$17

Instructor: Kellee Galbraith


Location: Eden Seminary 

Monday Mindful Heartfulness

Get acquainted with the art of being in the present moment with more profound listening, neutral observation, and awareness of all around you. Stay anchored & centered. Hold love, compassion & care within. Know how to step back in the background, connect deeper with the other, and allow the flow.

#9041.V MON, September 9 | 9:30 a.m.-9:50 a.m. | \$3

Instructor: Uma Narayanan

Location: Zoom 


#9047.V MON, September 16 | 9:30 a.m.-9:50 a.m. | \$3

Instructor: Uma Narayanan

Location: Zoom 

#9052.V MON, September 23 | 9:30 a.m.-9:50 a.m. | \$3

Instructor: Uma Narayanan

Location: Zoom 

#9057.V MON, September 30 | 9:30 a.m.-9:50 a.m. | \$3

Instructor: Uma Narayanan

Location: Zoom 


#10023.V MON, October 7 | 9:30 a.m.-9:50 a.m. | \$3

Instructor: Uma Narayanan

Location: Zoom 


#10025.V MON, October 14 | 9:30 a.m.-9:50 a.m. | \$3

Instructor: Uma Narayanan

Location: Zoom 


#10027.V MON, October 21 | 9:30 a.m.-9:50 a.m. | \$3

Instructor: Uma Narayanan

Location: Zoom 

#10030.V MON, October 28 | 9:30 a.m.-9:50 a.m. | \$3

Instructor: Uma Narayanan

Location: Zoom 

HELP A CHILD LOVE READING & LEARNING!

Check out page 23 to learn how!

#9046 Writing Workshop: The M.I.C.E Method

Join our once-a-month workshop, open to all writing levels, to learn Mary Robinette Kowal's brilliant M.I.C.E. (Milieu, Inquiry, Character, Event) method, which applies to flash fiction, short stories, essays, and more! In our first meeting, we'll cover the method, and in subsequent sessions, we'll workshop our writing efforts together.

FRI, September 13, October 11, & November 8

1-3 p.m. | \$55 (3 Sessions)
 Instructor: Meredith McDonough
 Location: Eden Seminary IP

#9051 Romance Book Club

Calling all romance fans! Discuss a selection of award-winning romances in various genres, from suspense to historical to paranormal. We'll cover titles like *I Let You Fall* by Sarah Downing; *Six Days* by Dani Atkins, and *The Three Lives of Alix St. Pierre* by Natasha Lester.

FRI, September 20, October 18, & November 15

1-3 p.m. | \$45 (3 Sessions)
 Instructor: Meredith McDonough
 Location: Eden Seminary IP

#9056 Science Fiction/Fantasy Book Club

Calling all science fiction and fantasy fans! Join us as we read a selection of award-winning novels and decide which is the best of the best. We'll explore *Nettle & Bone* by T. Kingfisher, *Kaiju Preservation Society* by John Scalzi, and *Saint Death's Daughter* by C.S.E. Cooney. Together, we'll engage in lively discussions to determine the ultimate champion.

FRI, September 27, October 25, & November 22

1-3 p.m. | \$45 (3 Sessions)
 Instructor: Meredith McDonough
 Location: Eden Seminary IP

Practical

#9013 How to Recover From the Three Mistakes Women Make When Men Pull Away

Tired of getting ghosted when you don't know why? Join us to learn what NOT to do when you feel a shift in your communication or relationship so you can regain some romantic balance and keep your relationship moving in the right direction.

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

Instructor: Michele Burghardt
 Location: Clayton Oasis IP

#10022 Memoir Book Club

Join us to discuss a set of hard-hitting, deeply moving, award-winning memoirs. Prepare to be inspired! Our selections include *Stay True* by Hua Hsu, *How to Say Babylon: A Memoir* by Safiya Sinclair, and *A Man of Two Faces: A Memoir, A History, A Memorial* by Viet Thanh Nguyen. Dive into these compelling stories and share your thoughts in a stimulating environment.

FRI, October 4, November 1, & December 6

1-3 p.m. | \$45 (3 Sessions)
 Instructor: Meredith McDonough
 Location: Eden Seminary IP

Parabola Discussion Group

Join Nartana Premachandra, Story Editor of *Parabola*, on a literary and philosophical journey. Explore essays on literature, philosophy, spirituality, and mythology from diverse faith traditions. Enjoy contributions from luminaries like Mary Oliver and Joseph Campbell, and voices from Tibetan Buddhist monks to Jewish rabbis. This monthly gathering promises captivating narratives and thought-provoking discussions inspired by *Parabola*.

#10029 FRI, October 25 | 10-12 p.m. | \$17

Instructor: Nartana Premachandra
 Location: Eden Seminary IP



Re-imagining Your Elderhood

NEXT Steps is a **16-week program** designed to explore theological, philosophical, and psychological concepts of vocation and aging for adults contemplating or entering retirement and those recently retired. **Participants engage in self-discovery to develop a personal plan for a meaningful chapter of life.** Learn more at eden.edu/nextsteps or scan the code. You can **register through Oasis or with Eden Seminary.**

NEXT Steps Orientation

#8037 MON, August 19 | 5:30-6:30 p.m. | Free
 Location: Zoom V

#1000 TUE, January 7 | 5:30-6:30 p.m. | Free
 Location: Zoom V

NEXT Steps Workshop

#8038 MON August 26-December 2
 5:30-7:30 p.m. | \$500 (16 Sessions)
 Location: Zoom V

#1001 TUES, January 21- May 6
 5:30-7:30 p.m. | \$500 (16 Sessions)
 Location: Zoom V



#9014/9014.V Magic Meds or Problem Pills?

What should we believe when recommendations change or new drugs are touted as the latest and greatest? Pharmacist and geriatrics specialist Hedva Levy will explore evolving guidelines for heart-healthy medications and dementia drugs to help us learn to scrutinize medical information in the news.

THU, September 12 | 2-3:30 p.m. | \$17

Instructor: Hedva Barenholtz Levy

Location: Clayton Oasis & Zoom 

#9061/9061.V The Power of Listening: Unlocking Growth & Understanding ♥

Discover the transformative power of effective listening. Learn to quiet your mind, tune in attentively, and unlock new possibilities for personal and professional growth. Prioritize the art of listening and revolutionize the way you communicate and connect.

THU, September 12-October 3 | 10-11:30 a.m.

\$34 (4 Sessions)

Instructor: Terrancelamont Bellows

Location: Oasis-Northwest Plaza & Zoom 

#9062 Volunteerism for Retirees: Finding your Fit

Community connections are often complicated and overwhelming when deciding where to begin. This program is designed to help you determine the volunteering experience you seek and the nearby opportunities available. Instructor Richard Losciale is a Certified Senior Advisor.

WED, September 18 | 1-3 p.m. | \$8.50

Instructor: Richard Losciale

Location: Oasis-Northwest Plaza 

#10552 A Guide to Financial Scams Targeting Older Adults & How to Avoid Them

Scams targeting older adults caused over \$3.4 billion in losses. The average victim lost \$33, 913 in 2023. Can you afford this? Come learn how to protect yourself and those you care about from financial scams.

TUE, October 8 | 1 p.m.-3 p.m. | Free

Instructor: Janice Thomas


Location: Oasis Northwest Plaza 

#10047/10047.V Palette Personality

Ever wonder why you like the foods you like? Join Sandy Talley, a fearless amateur chef who has volunteered in some of the best kitchens around the world, and savor the chance to talk about your favorite foods and flavors that create your unique palette profile.

TUE, October 8 | 1-2:30 p.m. | \$17

Instructor: Sandy Talley

Location: Clayton Oasis & Zoom 

#10036/10036.V Winning the Senior Dating Game

Join us to learn about current trends in dating! We'll discuss "special friends", relationships and marriage, community involvement, and sharing your journey with a new partner. We'll also touch on online dating, protecting your identity, hardening your passwords, scam awareness, what never to do on the internet, and explore a real-time walkabout through a popular dating app.

WED, October 9 | 1-3 p.m. | \$8.50

Instructor: Richard Losciale

Location: Oasis-Northwest Plaza & Zoom 

#9034 Thrive After 65 ♥ ♥

Life after 65 is not without its unique challenges. This three-session class is for anyone tired of grappling with "Old People" thoughts and outdated beliefs about aging that are imposed on us by society. As you learn to sprinkle your days with small intentional actions and moments of celebration, you will discover that you can open the doors to a more deeply satisfying life as you enter your later years. Access to the internet and email are required.

FRI, October 11-25 | 10-11 a.m. | \$25.50 (3 Sessions)

Instructor: Polly Lemire

Location: Crown Center 

#10028/10028.V Max Health Span: Your Lifestyle as Therapy

Join us for two hours of guidance and insights on transforming your lifestyle into a therapeutic journey aimed at sidestepping Metabolic Syndrome. Learn how to proactively manage your health to prevent becoming your own emergency responder. Discover strategies to ensure that your privileges in life do not turn into health issues. Take charge of your well-being and maximize your healthspan through informed lifestyle choices.

THU, October 24 | 1-3 p.m. | \$17

Instructor: Richard Losciale


Location: Eden Seminary & Zoom 

#10048/10048.V Life Architecture

It's never too late to reconnect with your foundational values and make sure you are the architect of your own life. Every second you are not your own architect, someone else is. You can choose to create your own life blueprint or use the input of others. It may be time for a remodel or an entirely new design- but where do you start? Find out how to craft a custom blueprint for your own life architecture that fits your unique personality and core personal values.

TUE, October 29 | 1-2:30 p.m. | \$17

Instructor: Sandy Talley

Location: Clayton Oasis & Zoom 



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.*

#9740 Tuesday, September 3-October 1

Class Graduation: October 4, 2024
 Class Reunion: January 10, 2025
 9:30 a.m.-3:30 p.m. | Free (5 Sessions)
 Instructor: Pam Harden
 Oasis-Northwest Plaza **IP**

#10740 Tuesday, October 22-November 19

Class Graduation: November 15, 2024
 Class Reunion: February 7, 2025
 9:30 a.m.-3:30 p.m. | Free (5 Sessions)
 Instructor: Pam Harden
 Oasis-Northwest Plaza **IP**

Science

#9264 This Good Earth with Dr. Susan Barker

Over 10,000 years ago, Paleo Indians settled near the Mississippi River in southern Missouri and Illinois. They and every group that came later found a land rich in the resources. From the right kind of rock for stone tools and clay for pots to the perfect trees for log cabins. We'll explore the role that ancient oceans, glaciers, forests, and prairies played in providing these resources.

TUE, September 10 | 1-2:30 p.m. | \$17

Instructor: Dr. Susan Barker

Location: Zoom **V**

#9029/9029.V The Milky Way & Other Galaxies

This course offers an introduction to our Milky Way Galaxy, providing a comprehensive overview of its structure, components, and significance in the universe. Participants will explore the evidence for other galaxies through the study of Cepheid Variables, enhancing their understanding of cosmic distances and the vastness of the universe. The course will include visual presentations of various types of galaxies, globular clusters, and open clusters, allowing students to appreciate the diversity and complexity of astronomical phenomena. Through a combination of lectures, interactive discussions, and hands-on activities, students will gain a deeper insight into the formation, evolution, and characteristics of galaxies and star clusters.

TUE, September 10 | 1:30-2:30 p.m. | \$17

Instructor: Ronald McLachlan

Location: Clarendale Clayton & Zoom **H**

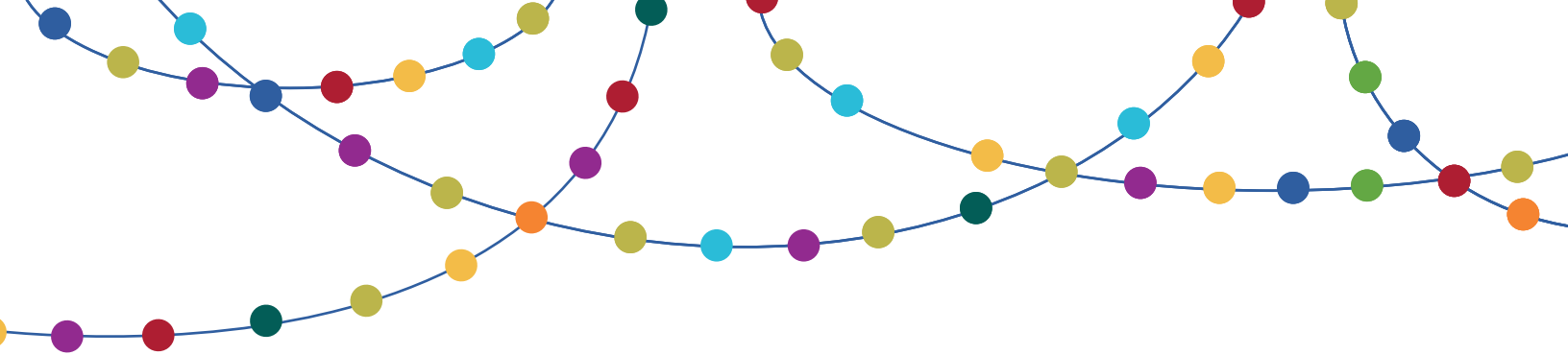
#10040/10040.V From Big Bang to Dark Matter

Join us for an introduction to the beginning of our known universe: the Big Bang. Examine line spectra, emphasizing red shift as observed in galaxies, providing evidence for the expanding universe. Discover how the detection of cosmic microwave background radiation in the 1960s solidified the Big Bang theory as a major topic of study in cosmology. Explore the ratios of elements in the universe and how they align with predictions from the Big Bang theory. Don't miss this opportunity to delve into the foundational concepts of cosmology and the remarkable journey to understand the origins of our universe.

WED, October 23 | 10:30 -11:30 a.m. | \$8.50

Instructor: Ronald McLachlan

Location: Oasis-Northwest Plaza & Zoom **H**



St. Louis Oasis **Northwest Plaza**

GRAND *Opening*

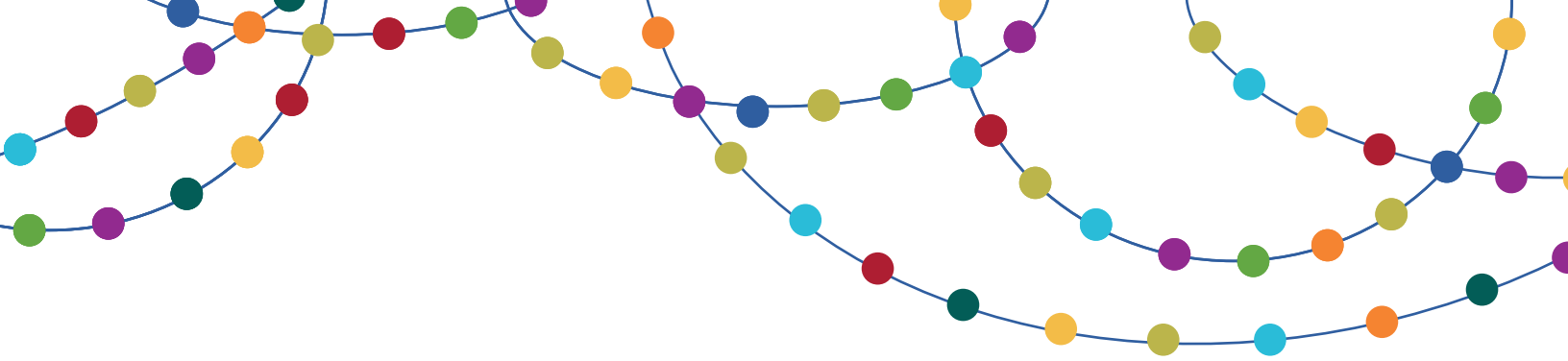
& Falls Prevention Fair



Sponsored by:



Lewis Rice, LLC



Oasis is thrilled to celebrate the opening of our new location at Northwest Plaza in St. Ann with a **FREE open house!** While you're here, visit our **FREE Falls Prevention Fair**, where Oasis will host multiple community partners offering fall risk-related screenings, education, and resources to empower adults.

- **Lunch** is on us
- Enjoy **introductory discounts** and offers
- **Connect** with the community
- Visit our **Falls Prevention Fair**
- Get **free screenings** for common falls-related health factors
- Join our **free exercise demonstrations**, including Tai Chi and ExerStart



Tuesday, September 24
11 a.m.-2 p.m.



Oasis Northwest Plaza
500 NW Plaza, St. Ann, MO 63074

Community Partners

BJC
Mercy Rehabilitation
Washington University
Occupational Therapy
Arthritis Foundation
Extended Independence
Alzheimer's Association
SLU Occupational Therapy
& More

Health Screenings

Blood Pressure
Strength & Agility
Flexibility
Neuropathy
Vision
A1c
Postural Hypertension
& More

Services & Advice

Medication Reviews
Home Modification Assessments
Assistive Device Demonstrations
Medicare Counseling
"Safer Rugs" Demonstration
Safer Footwear Guidance
& More

Classes at Oasis-Northwest Plaza begin this September!

History (page 12) Technology (page 19)
Practical (pages 15-16) Health (page 21)
Science (page 16) Exercises (pages 21-22)



For more information about the event or to RSVP, please visit stloasis.org/grandopening or call **(314)862-4859 ext. 24**.

Technology

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. *All sessions are FREE and lead by a skilled Oasis Techie of by Oasis' Director of Virtual Programs & Technology Education, Jordan Carr.*

#9201 TUE, September 3 | 1-2 p.m.

Location: Clayton Oasis **IP**

#9202 TUE, September 10 | 1-2 p.m.

Location: Clayton Oasis **IP**

#9206 MON, September 16 | 1-2

p.m. Location: Oasis-Northwest Plaza

#9203 TUE, September 17 | 1-2 p.m.

Location: Clayton Oasis **IP**

#9204 TUE, September 24 | 1-2

p.m. Location: Clayton Oasis **IP IP**

#9507 MON, September 2 | 1-2 p.m.

Location: Oasis-Northwest Plaza

#9208 MON, September 30 | 1-2 p.m.

Location: Oasis-Northwest Plaza **IP**

#10201 TUE, October 1 | 1-2 p.m.

Location: Clayton Oasis **IP**

#10206 MON, October 7 | 1-2 p.m.

Location: Oasis-Northwest Plaza **IP**

#10202 TUE, October 8 | 1-2 p.m.

Location: Clayton Oasis **IP**

#10207 MON, October 14 | 1-2 p.m.

Location: Oasis-Northwest Plaza **IP**

#10203 TUE, October 15 | 1-2 p.m.

Location: Clayton Oasis **IP**

#10208 MON, October 21 | 1-2 p.m.

Location: Oasis-Northwest Plaza **IP**

#10204 TUE, October 22 | 1-2 p.m.

Location: Clayton Oasis **IP**

#10209 MON, October 28 | 1-2 p.m.

Location: Oasis-Northwest Plaza **IP**

#10205 TUE, October 29 | 1-2 p.m.

Location: Clayton Oasis **IP**



#9063 Streaming Video Basics

Discover the essentials of streaming video in this beginner-friendly class. Learn how to access and enjoy your favorite movies, TV shows, and sports on platforms like Netflix, Prime Video, Hulu and more, with easy-to-follow instructions and helpful tips on getting the most out of your streaming experience. Whether you're new to technology or looking to expand your digital skills, this class will empower you to stream video with confidence.

FRI, September 6 | 11 a.m.-12 p.m. | \$24

Instructor: Mano Nakis

Location: Clayton Oasis **IP**

#9040 Gmail Basics & Beyond

Learn to maximize Gmail! This course covers account setup, composing, reading, replying, deleting, and forwarding emails. You'll also learn to send and save attachments, organize with tabs, labels, and stars, snooze emails, and create filters. Discover how to schedule and send confidential emails, personalize with themes and signatures, search and clean up your inbox, and check your Google storage. Demonstrations will be on a computer, but features apply to phone and tablet apps too.

FRI, September 6 | 1-3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary **IP**

#9015 Cloud Computing

Demystify The Cloud! This class explores what The Cloud is, its costs, and how to keep it safe. We'll cover iCloud, Google Cloud, Amazon Drive, OneDrive, and Dropbox, comparing their pros and cons, and local vs. cloud storage for Apple, Android, and Windows users. Learn to check and free up storage on your devices and cloud accounts, and discover companies offering computer backups and security features.

FRI, September 13 | 10 a.m.-12 p.m. | \$24

Instructor: Larry Edison

Location: Clayton Oasis **IP**

#9048 Online Photobook Creation with Shutterfly

Join this two-hour workshop to create an online photo book easily and affordably. Learn to include photos, text, and mementos to make lasting time capsules your family will cherish. All you need is an Internet-connected computer, tablet, or phone—no special software required. Free your photo memories from hidden storage!

TUE, September 17 | 1-3 p.m. | \$24

Instructor: Jim Salih

Location: Eden Seminary **IP**

#9032 How to Enjoy Podcasts on your iPhone & Android

Bring your iPhone or Android and discover how to search for, enjoy, and curate your own podcast collection without spending a dime! With millions of podcasts covering every imaginable topic, from true crime to history, comedy to technology, there's something waiting to captivate every listener. Join us for an exploration into the world of podcasts and find your perfect match!

WED, September 25 | 10 a.m.-12 p.m. | \$17

Instructor: Richard Losciale

Location: Clarendale Clayton **IP**

#10024 Information & Entertainment on Your iPhone

An iPhone is much more than a phone—it's a mini computer and entertainment center you carry! This class helps you understand how to use the internet, Apple News, and podcasts to keep up to date with current and relevant information. You will also learn how to use books, iTunes, and Music and manage files on your iPhone.

TUE, October 15 | 1-3 p.m. | \$24

Instructor: Parks Smith

Location: Eden Seminary **IP**

Religious Studies

#9039/9039.V Israel in the Time of Jesus

Israel was in turmoil in the first century CE, sometimes erupting into open rebellion against the oppressive Roman Empire. These are the times in which Jesus of Nazareth lived and died. In this presentation, we will examine the political, social, economic, and religious situation that shaped both Judaism and the message and mission of Jesus.

FRI, September 6 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

#9045/9045.V Other Messiahs

The first century of the Christian era was a time of unrest and rebellion in Israel. Jesus was not the only person in his day to be proclaimed the Messiah. Historians of the time recorded the stories of several other Messianic figures, such as Athronges, Theudas, the Egyptian, Bar Kochba, and others. In this session, we will explore these 'other Messiahs' and the movements they led.

FRI, September 13 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

Health

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.

#9630 THU, September 5-October 24 | 10 a.m.-12 p.m.

Free (8 Sessions)

Instructor: Oasis Health Facilitators

Location: St. Charles City-County Library, Spencer Road Branch **IP**

#9631 THU, September 12-October 31 | 10 a.m.-12 p.m.

Free (8 Sessions)

Instructor: Oasis Health Facilitators

Location: Union Avenue Christian Church **IP**

#9632 WED, September 11-October 30

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

Instructor: Oasis Health Facilitators

Location: Christ Our Redeemer Church **IP**

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.

#9601 MON, September 9-October 21 | 1-3:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: Mount Beulah Terrace **IP**

#10602 FRI, October 11-November 22 | 12-2:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: St. Charles City-County Library, Kathryn Linnemann Branch **IP**

#10603.V WED, October 16-November 27 | 1-3:30 p.m.


Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: Zoom **V**


#9551 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.

MON, September 23 | 10 a.m.-12 p.m. | Free
Instructor: BJC Therapist
Location: Cliff View Branch Library 


#9267 Understanding & Responding to Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

TUE, September 24 | 1-2 p.m. | Free
Instructor: Alzheimer's Association
Location: Age Smart-Swansea 


#9550 Kick the Aches of Arthritis

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

THU, September 26 | 10 a.m.-11:30 a.m. | Free
Instructor: BJC Therapist
Location: City of Florissant Senior Center 


#10037 Brain Health with Washington University

While there is nothing we can do about getting older, we can take steps to help our bodies and brains age as well as possible. Join us to learn more about seven key actions you can incorporate into your life as soon as today to encourage healthy aging and potentially reduce your risk for memory loss and dementia as you age.

THU, October 10 | 1-2 p.m. | Free
Instructor: Jennifer Phillips
Location: Oasis-Northwest Plaza 

#9066 St. Louis Oasis at Northwest Plaza Grand Opening & Falls Prevention Fair


Oasis is thrilled to celebrate the opening of our brand-new location in St. Ann's Northwest Plaza with an open house and Falls Prevention Fair. Lunch will be provided while guests tour the new office and classroom spaces. The Falls Prevention Fair will host more than 20 community partners offering fall risk-related screenings, education, and resources to empower older adults and prevent falls.

TUE, September 24 | 11 a.m.-2 p.m. | Free
Location: Oasis-Northwest Plaza 

Read more about this **FREE** event on **page 18!**


#10551 After the Hospital... Now What?

A hospitalization is not always the end of your healthcare journey. Be prepared and learn what options are available for continuing healthcare needs for post-acute care after a hospitalization.

WED, October 16 | 1 p.m.-3 p.m. | Free
Instructor: Katherine Meirink, PT, MBA
Location: Oasis-Northwest Plaza 


#10550 The More You Know; The Less You Go!

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

MON, October 21 | 10 a.m.-12 p.m. | Free
Instructor: BJC Therapist
Location: St. Charles City-County Library, Kisker Road Branch 

#10041 Knight Alzheimer Disease Research Center Research Open House

Did you know one of the world's leading Alzheimer's disease research centers is in your backyard? Please join staff from the Knight Alzheimer Disease Research Center (Knight ADRC) at Washington University School of Medicine to learn more about research opportunities in St. Louis and how to get involved. There will be time for questions and answers, group discussion, and light refreshments will be served. If you have ever thought about fighting back against memory loss, now is the time to learn how!

THU, October 24 | 1-3 p.m. | Free
Instructor: Jennifer Phillips
Location: Oasis-Northwest Plaza 

Exercise

ExerStart

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

#9501 TUE/THU, September 3-October 24

9-9:45 a.m. | \$24 (16 Sessions)

Instructor: Pat Atkins

Location: Jefferson County Library, Northwest Branch IP

#9500 MON/WED, September 4-October 23

(No class 10/14) | 9-9:45 a.m. | \$21 (14 Sessions)

Instructor: Geraldine Talley

Location: Jefferson County Library, Northwest Branch IP

#9409.V MON/WED, September 4-October 16

9:15-10 a.m. | \$19.50 (13 Sessions)

Instructor: Sharon Kirsch

Location: Zoom V

#9502 MON/WED, September 4-October 23

9:30 -10:15 a.m. | \$22.50 (15 Sessions)

Instructor: Jo Ann D Roberts

Location: Christ Our Redeemer Church IP

#10414 TUE/THU, October 8-December 12

(No class: 11/26, 11/28) | 11-11:45 a.m. | \$27 (18 Sessions)

Instructor: Alis Tate

Location: Oasis-Northwest Plaza IP

#10501 MON/WED, October 28-December 11

(No class: 11/11) | 9-9:45 a.m. | \$19.50 (13 Sessions)

Instructor: Gerry Talley

Location: Jefferson County Library, Northwest Branch IP

#10409.V MON/WED, October 28-December 11

9:15-10 a.m. | \$21 (14 Sessions)

Instructor: Sharon Kirsch

Location: Zoom V

#10503 MON/WED, October 28-December 18

9:30-10:15 a.m. | \$24 (16 Sessions)

Instructor: Jo Ann Roberts

Location: Christ Our Redeemer IP

#10502 TUE/THU, October 29-December 12

(No class: 11/28) 9-9:45 a.m. | \$19.50 (13 Sessions)

Instructor: Pat Atkins

Location: Jefferson County Library, Northwest Branch IP

Participant Spotlight:

Dee Meyer

Ten years ago, a visit to the library in O'Fallon, MO, led to a serendipitous discovery for Dee Meyer. "I picked up a catalog and was delighted and encouraged by the variety of classes and activities they offered to 50+ year olds in the area," she recalls.

Since that day, Dee has been an avid participant in Oasis classes, continually seeking to expand her knowledge and refine her personal interests. Among the many offerings, Creative Writing has become her favorite. "Whether it's a workshop, a memoir class, or a poetry discussion, I make time for it! The idea of having a creative writing community is very meaningful to me," she shares enthusiastically.

Outside of Oasis classes, Dee maintains an active lifestyle by participating in fitness classes, primarily yoga, and spending time with her young grandkids. Dee has a passion for volunteering in the nursery at her church every Sunday. In her leisure time, she delights in reading, attending luncheons, and socializing games with her ladies group.

Her journey with Oasis reflects a commitment to community engagement and lifelong learning, embodying the spirit of Oasis itself.

For September and October, Dee is most excited about George Caleb Bingham: River Paintings (page 3), Writing Your Life (page 5), Why is Gen Z Suffering? (page 7), Thrive after 65 (page 15), and The Power of Listening (page 15). All of her favorite classes can be found throughout the catalog (marked with a ♥ turquoise heart).





HELP A CHILD LOVE READING & LEARNING!

Since 1989, Oasis tutors have been helping children build reading skills, self-esteem, and a positive attitude toward literacy. Share your love of reading by volunteering to become an Oasis Tutor! In just an hour a week, you can make a difference in a child's life. Training and materials are provided and no experience is necessary.

I CAN ACTUALLY SEE A CHANGE IN THE STUDENTS AS THEY GET BETTER AT READING AND GAIN CONFIDENCE. THIS IS AN OPPORTUNITY TO BRING YOURSELF INTO THE LIFE OF A CHILD IN A POWERFUL WAY.

(314) 995-9506
STLOASIS.ORG/TUTOR



HOW DO I BECOME A TUTOR?

Visit stloasis.org/tutor and we will get you signed up for an upcoming training. Once you have completed training, you will meet with the same child at once a week for the school year. Your student and their teacher will understand time away for vacation, illness, or unforeseen events.

DO I NEED TEACHING EXPERIENCE?

Nope! Your enthusiasm, patience, and compassion are far more important. As a tutor your roles include mentor, friend, and role model.

WHAT AGE ARE THE CHILDREN?

The program is designed for children in grades K-3, a critical period for developing reading and language skills.

WHERE & WHEN WILL I TUTOR?

You may choose one of our participating schools. Your school's Oasis facilitator will help you find a time during the school day for your weekly session.

WHAT TRAINING WILL I RECEIVE?

Tutors complete training based on a proven six-part plan of activities that include talking, reading, and writing. You'll learn ways to draw out the child's experiences that form the basis for reading activities. You may also attend tutor meetings for continued development and opportunities to share your successes and challenges with other tutors.

Yoga & Pilates

Yoga

This yoga class is for all yoga practitioners. Begin with a brief full body warm-up, followed by 40-45 minutes of asanas practice, and close with a conscious relaxation. This is an “old school” style of hatha yoga, one of slowly and intentionally assuming a posture and holding it while breathing deeply.

#9412 TUE/THU, September 3–October 17

9:30-10:30 a.m. | \$119 (14 Sessions)

Instructor: Jeanne Kloeckner

Location: Eden Seminary 

#10412 TUE/THU, October 29–December 12

9:30-10:30 a.m. | \$110.50 (13 Sessions)

Instructor: Jeanne Kloeckner

Location: Eden Seminary 

Pilates-All Levels

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. *Participants must bring their own Pilates mat.*

#9402 WED, September 4–October 23

1:15-2:15 p.m. | \$68 (8 Sessions)

Instructor: Cindy Bambini, Sam Lomax, & Loree Rowe

Location: Clayton Oasis 

#10402 WED, October 30–December 18

1:15-2:15 p.m. | \$68 (8 Sessions)

Instructor: Cindy Bambini, Sam Lomax, & Loree Rowe

Location: Clayton Oasis 

Next Level Pilates

An advanced 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. *Participants provide their own Pilates mat.*

#9403 WED, September 4–October 23

2:30-3:30 p.m. | \$68 (8 Sessions)

Instructor: Annie Trachsel

Location: Clayton Oasis 

#10403 WED, October 30–December 18

2:30-3:30 p.m. | \$68 (8 Sessions)

Instructor: Annie Trachsel

Location: Clayton Oasis 



Chair Yoga

Learn to use the support of the chair to move, breathe, and 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 prefer not to sit on the floor.

#9406 WED, September 4–October 23

10:15-11 a.m. | \$68 (8 Sessions)

Instructor: Cathy Johnson

Location: Eden Seminary 

#9454 THU, September 5–October 24

(No Class: 10/3) 11-11:45 a.m. | \$59.50 (7 Sessions)

Instructor: Dina Fachin

Location: Crown Center 

#10406 WED, October 30–December 18

10:15-11 a.m. | \$68 (8 Sessions)

Instructor: Cathy Johnson

Location: Eden Seminary 

#10454 THU, October 31–December 19

(No Class: 11/28) 11-11:45 a.m. | \$59.50 (7 Sessions)

Instructor: Dina Fachin

Location: Crown Center 

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.

#9408.V THU, September 5–October 24

11:45 a.m.-12:45 p.m. | \$48 (8 Sessions)

Instructor: Cynthia Fernandez

Location: Zoom 

#10408.V THU, October 31–December 19

(No Class: 11/28) 11:45 a.m.-12:45 p.m. | \$42 (7 Sessions)

Instructor: Cynthia Fernandez

Location: Zoom 

Soma Yoga

This unique practice unlocks the potential of mobility, stability and strength. 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.

#9401 THU, September 5-October 24

9-9:45 a.m. | \$68 (8 Sessions)

Instructor: Amy Raymond

Location: Clayton Oasis **IP**

#10401 THU, October 31-December 19 (No class 11/28)

9-9:45 a.m. | \$59.50 (7 Sessions)

Instructor: Amy Raymond

Location: Clayton Oasis **IP**

Strengthen & Stretch

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

#9400 TUE/THU, September 3-October 24

10:30-11:30 a.m. | \$136 (16 Sessions)

Instructor: Cathy Johnson

Location: Clayton Oasis **IP**

#9407.V TUE/THU, September 3-October 24

10:30-11:30 a.m. | \$96 (16 Sessions)

Instructor: Idaria K Goodwin

Location: Zoom **V**

#10400 TUE/THU, October 29-December 19

(No class: 11/28) | 10:30-11:30 a.m. | \$127.50 (15 Sessions)

Instructor: Cathy Johnson

Location: Clayton Oasis **IP**

#10407.V TUE/THU, October 29-December 19

(No class: 11/28) | 10:30-11:30 a.m. | \$90 (15 Sessions)

Instructor: Idaria K Goodwin

Location: Zoom **V**

Brain & Body Fitness

This full-body workout for your brain and body helps enhance your overall strength, flexibility, balance, and endurance. Enjoy brain games, fun dance moves, trivia, and more. Suitable for all levels of fitness.

#9411.V TUE/THU, September 3-October 24

2-3 p.m. | \$112 (16 Sessions)

Instructor: Cindy Blair

Location: Zoom **V**

#10411.V TUE/THU, October 29-December 19

(No class: 11/28) | 2-3 p.m. | \$105 (15 Sessions)

Instructor: Cindy Blair

Location: Zoom **V**

Tai Chi

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. Students will learn 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.

#9541 TUE, September 3-October 22

1:45-2:45 p.m. | \$68 (8 Sessions)

Instructor: Craig Miller

Location: Crestwood Community Center **IP**

#10541 TUE, October 29-December 17

1:45-2:45 p.m. | \$68 (8 Sessions)

Instructor: Craig Miller

Location: Crestwood Community Center **IP**

Tai Chi for Arthritis for Fall Prevention: Intermediate

Tai Chi for Arthritis: Intermediate is ideal for those participants looking to further expand and challenge their Tai Chi skills. Learn new forms while continuing to improve your health and reduce fall risk. Previous enrollment in Tai Chi for Arthritis mandatory. *All participants should complete the Beginner program before enrolling in Intermediate.*

#9544.V TUE/THU, September 3-October 24

3:30-4:30 p.m. | \$112 (16 Sessions)

Instructor: Craig Miller

Location: Zoom V

#10544.V TUE/THU, October 29-December 19

(No class: 11/28) | 3:30-4:30 p.m. | \$105 (15 Sessions)

Instructor: Craig Miller

Location: Zoom V

Tai Chi

Tai Chi, an ancient Chinese tradition, is practiced as a graceful form of exercise. Sun Style Tai Chi utilizes slow, focused movements and deep breathing to relieve pain, reduce stress, and decrease fall risk while improving balance, muscular strength, coordination, and mood.

#9253 MON/WED, September 9-October 30

(No class: 10/14) | 1:30-2:30 p.m. | Free

Instructor: Idaria K Goodwin

Location: Age Smart-Swansea IP

#9545 TUE/THU, September 3-October 1

11 a.m.-12 p.m. | Free (9 Sessions)

Instructor: Alice McHugh

Location: Walnut Park Public Library IP

Tai Chi for Arthritis for Fall Prevention: Beginner

Discover the benefits of Sun Style Tai Chi, an ancient Chinese exercise. Through slow, focused movements and deep breathing, you'll relieve pain, reduce stress, and improve balance, strength, coordination, and mood. Learn the Basic 6 and Advanced 6 forms.

#9540 MON/WED, September 4-October 23

1:30-2:30 p.m. | \$127.50 (15 Sessions)

Instructor: Craig Miller

Location: Eden Seminary IP

#9542 MON/WED, September 4-October 23

1:30-2:30 p.m. | Free (15 Sessions)

Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson IP

#9543.V MON/WED, September 4-October 23

3:30-4:30 p.m. | \$105 (15 Sessions)

Instructor: Craig Miller

Location: Zoom V

#10540 MON/WED, October 28-December 18

1:30-2:30 p.m. | \$136 (16 Sessions)

Instructor: Craig Miller

Location: Eden Seminary IP

#10542 MON/WED, October 28-December 18

1:30-2:30 p.m. | Free (16 Sessions)

Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson IP

#10543.V MON/WED, October 28-December 18

3:30-4:30 p.m. | \$112 (16 Sessions)

Instructor: Craig Miller

Location: Zoom V

Dance

Ballroom Dancing

Perfect for beginners or those looking to refresh their dance skills. Have fun dancing and meeting new people! Learn American and Latin dances. Partners are not required. Class is taught by professional judge and teacher, Glenn Sowder.

#9405 WED, September 4-October 23

1-2 p.m. | \$68 (8 Sessions)

Instructor: Glenn Sowder

Location: Clayton Oasis IP

#10405 WED, October 30-December 18

1-2 p.m. | \$68 (8 Sessions)

Instructor: Glenn Sowder

Location: Clayton Oasis IP

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!

#9410 THU, September 5-October 17 (No class: 9/26)

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

Instructor: Karen J Merlin

Location: Chesterfield City Hall IP

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!

#9404 MON, September 9-October 21

1-2 p.m. | \$59.50 (7 Sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis 

#10404 MON, October 28-December 16

1-2 p.m. | \$68 (8 Sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis 

Better Balance


Improve your balance and reduce fall risk through a multi-dimensional approach that improves muscle strength, flexibility, range of motion and confidence.

#10413 MON/WED, October 7-December 11

(No class: 11/25, 11/27) | 9:30-10:30 a.m.


\$76.50 (18 Sessions)

Instructor: Nancy Weigand

Location: Oasis-Northwest Plaza 

Bikes & Walks

Bike Rides

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

#9801 Gravois Greenway Ride-Grant's Trail

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

FRI, September 6 | 9:30 a.m. | Free

Instructor: Judy Labarbera

#9802 Missouri & Boschert Greenways Ride

Ride across the 370 Discovery Bridge on a protected bike lane that links the Missouri Greenway in Earth City with the Boschert Greenway in St. Charles. Optional lunch on your own at Bike Stop Cafe. Approximately 19 miles

FRI, September 13 | 9:30 a.m. | Free

Instructor: Janice Branham

#9804 St. Ferdinand Park to Missouri River Ride

Ride the Sunset Greenway to the Old St. Ferdinand Shrine and the Missouri River. Stop in and tour the Shrine while there. This ride has one long hill (optional: down and back up from the river). Join the group for lunch at Hendel's Cafe after the ride. Approximately 10 miles

FRI, September 27 | 9:30 a.m. | Free

Instructor: Gerry Noll

#10802 Old Chain of Rocks Bridge Ride

Ride over Old Chain of Rocks Bridge and canal bridge to the levy on a crushed rock trail to the Lewis and Clark State Historic Site in Hartford, Illinois. Spend around 30 minutes at the site before returning on the same route. The ride has small hills getting on the off the bridges and levy but is mainly flat. Approximately 14 miles.

FRI, October 18 | 9:30 a.m. | \$5

Instructor: Judy Labarbera

#10803 Twilight Bicycle Ride

Experience the peaceful beauty of bicycle riding at night. Share an optional evening meal at Taco Buddha at then ride residential streets in University City neighborhoods. Enjoy the cool of the evening with homes twinkling in the twilight (and maybe some spooky Halloween displays). Ride is a casual pace with front and rear lights required. Approximately 14 miles.

THU, October 24 | 6 p.m. | \$5

Instructor: Gerry Noll

Walks

Walk With Ease ♥

Do you want to improve flexibility, strength and stamina while walking safely and comfortably with others? Walk With Ease is an evidence-based walking program that can help reduce pain and improve overall health. Participants will meet three times a week under the supervision of a walking leader trained according to guidelines of the Arthritis Foundation. Each walk begins with a discussion related to exercise followed by stretching, an outdoor walk and a cool down.

#9826 MON/WED/THU, September 9-October 17

(No class 10/14) 9:30-11 a.m. | Free (17 Sessions)

Instructor: Cherie L Sigmund

Location: St. Louis County Library, Grant's View Branch IP

#9825 MON/WED/THU, September 9-October 17

(No class 10/14) 9:30-11 a.m. | Free (17 Sessions)

Instructor: Dawn Carter

Location: St. Louis County Library, Prairie Commons Branch IP

#9290 MON/WED/FRI, September 16-October 25

9:30-11 a.m. | Free (17 Sessions)

Instructor: Kevin M Pickard

Location: Ladderman Park

#9806 Jefferson Barracks Park Walk: Mississippi Greenway 🌿

Walk a paved trail to the many museums and overlook the east side of the park. The course has two slight hills. There are many other trails you can experience on future visits. Approximately 2.5 miles.

TUE, September 10 | 9:30-11 a.m. | Free

Instructor: Marissa Sandbothe

#9807 Meramec Greenway: Greentree Park 🌿

Meet at the Greentree Park Shelter in Kirkwood for a delightful walk along the Meramec Greenway. The walk will be on a flat paved trail with benches and scenic lookouts along the way. Approximately 3.5 miles

TUE, September 17 | 9:30 a.m. | Free

Instructor: Mary Fran Balmer

#9809 Forest Park Walk

Join us for a walk in Forest Park that will begin at the Visitor Center. Explore the area east of the center including Deer Lake Savanna, Victorian Footbridge, and Prairie Boardwalk. The hike will wind back down by the Munny and end at the Visitor Center. Approximately 3 miles.

WED, September 25 | 9:30- 11:30 a.m. | \$5

Instructor: Jeanne Foster

#10804 Deer Creek Greenway Walk 🌿

Follow the Deer Creek Greenway through parks, businesses, and neighborhoods to the confluence of the Deer and Shady Creeks at Lorraine Davis Park. Trail has an asphalt surface separated from the road. Approximately 2.5 miles.

FRI, October 4 | 9:30-11 a.m. | Free

Instructor: Jen Frawley

#10805 Shaw Park & Centennial Greenway Walk 🌿

Walk through the welcoming canopy of majestic trees and open grass areas, as well as lovely gardens in Shaw Park. The walk will continue along Centennial Greenway and then back to Shaw Park. Approximately 2.5 miles.

TUE, October 8 | 9:30-11 a.m. | Free

Instructor: Denise Ucinski

#10807 The Dardenne Greenway: BaratHaven Walk 🌿

Join us for a walk from BaratHaven Park to the Dardenne Prairie Greenway and back. Both have paved trails that take you along Dardenne Creek. Approximately 3 miles.

TUE, October 22 | 9:30-11 a.m. | Free

Instructor: Sally Hanson



Tours & Travel



#9900 Ste. Genevieve Bus Tour

Discover the French Colonial town of St. Genevieve, where you'll marvel at stunning architecture dating back to the late 18th century. Learn about the history of the town's enslaved population, discovering their workplaces and living conditions. Enjoy lunch at a beloved local restaurant to round off this enriching experience.

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

Instructor: Bonnie Vega & Julie Nicolai

Location: Clayton Oasis 

Board of Elections Behind the Scenes Tour

Visiting the Board of Elections is an informative and enriching experience for anyone interested in the democratic process. This is an excellent opportunity to get a behind-the-scenes look at how elections are administered, the critical role of election judges in the process, and the technology and security measures in place to protect the integrity of each election.

#9901 THU, September 19 | 10-11 a.m. | Free

Instructor: Lori Fiegel

Location: St. Louis County Board of Elections 

#10901 TUE, October 8 | 1-2 p.m. | Free

Instructor: Lori Fiegel

Location: St. Louis County Board of Elections 

#9902 Central West End Walking Tour

In the early 1890s and early 1900s, the Central West End was where the city's millionaire class built exclusive private streets just blocks from public streetcar lines and bustling commercial districts. Drawing on sources such as Tennessee William's memoirs and Malcom X's FBI files, this tour explores the architectural, library, and social heritage of one of the city's liveliest districts.

THU, September 26 | 10:30 a.m.-12:30 p.m. | \$22

Instructor: Missouri Historical Society

Location: Central West End 

#10900 Oakland House Museum Tour & Lunch

Tucked away in Affton, Missouri, stands the country home of the pioneer banker Louis A. Benoist. Today, now a historic museum, the mansion has been completely restored to its original beauty from 1853. Join Mary Saputo for a landmark tour and catered lunch in one of Affton's most hidden gems, a historic home that was saved and still stands today.

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

Instructor: Mary Saputo

Location: Oakland House Museum

#10902 Webster Groves Walking Tour

Located just a few miles from downtown St. Louis, this historic suburban community has a complex history hiding behind its quaint appearance. This tour through the Old Webster and surrounding areas will explore the layered history of its growth over the last 200+ years—from a small farming community to a bustling commuter suburb to a modern town grappling with deep social challenges. We will discuss architecture, suburbanization, civil rights, and events that shaped one of St. Louis County's most historic municipalities.

TUE, October 22 | 10:30 a.m.-12:30 p.m. | \$22

Instructor: Missouri Historical Society

Location: Webster Groves 



St. Louis Oasis **Northwest Plaza**

GRAND Opening

& Falls Prevention Fair




Read more on page 18!


Coming This November & December!

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 November and December. 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**!](#)


#11003/11003.V **St. Louis During the Depression & War**

TUE, November 5-12 | 1-3 p.m. | \$34 (2 sessions)
Instructor: Geoffrey Morrison
Location: Clayton Oasis & Zoom 


#11006 **Thanksgiving History: Talking Turkey & Beyond**

THU, November 7 | 10 a.m.-12 p.m. | \$17
Instructor: Suzanne Corbett
Location: Clarendale Clayton 

#11004/11004.V **Mizzou Football: The History of the Tigers**

THU, November 14 | 1:30-3 p.m. | \$17
Instructor: Steve Turner
Location: Clayton Oasis & Zoom 

#11005/11005.V **Fahrenheit 451: Reader of Banned Books**

THU, November 21 | 1-2 p.m. | \$17
Instructor: Mary Bartling
Location: Eden Seminary & Zoom 

#11008/11008.V **What Was Gilded About the Gilded Age**

THU, November 7 | 1-3 p.m. | \$17
Instructor: Sam Harned
Location: Eden Seminary & Zoom

#12002 **History & Making of a Mandala**

TUE, December 10 | 1-3 p.m. | \$20
Instructor: Jeanne Kloeckner
Location: Clayton Oasis


Travel Somewhere New with Oasis & Collette

Come learn about the international and domestic destinations Oasis has planned over the next couple of years. Oasis is partnering with Collette, a very reputable and flexible travel agency. Learn more about the process, the amenities, and exciting places Oasis has planned. Haley Davis, Collette's Business Development Manager for Missouri, will present and answer any questions.

#11007/11007.V **Travel with Oasis & Collette!**

WED, November 6 | 10-11:30 a.m. | Free

Instructor: Haley Davis

Location: Clayton Oasis 

Islands of New England

8 Days, July 2025

Explore New England's seaboards, from Rhode Island to Cape Cod. Visit Providence, Newport's Gilded Age mansions, and the islands of Martha's Vineyard and Nantucket. Enjoy a traditional seafood and lobster feast, stroll historic streets, and experience true New England charm. *This trip includes 10 meals.*

Irish Splendor

8 Days, March 2026

Explore Dublin, including Christ Church Cathedral, and visit the Rock of Cashel. Kiss the Blarney Stone, tour the Dingle Peninsula, and drive the Sleah Head road. Enjoy tea and scones with a local family, marvel at the Cliffs of Moher, and stay in a stately castle. Visit a whiskey distillery and the beauty of County Kerry. *This trip includes 9 meals.*

Historical Greenbrier

9 Days, October 2024

This historic tour includes a two-night stay at The Greenbrier, a classic resort in West Virginia's mountains. Relax, enjoy fabulous dining, traditional pastimes, and explore the resort's storied past. Journey through American history by stepping back in time to Colonial Williamsburg, and explore a Smithsonian. *This trip includes 12 meals.*

Switzerland, Austria & Bavaria | 10 Days, September 2025

Experience the beauty of three Alpine countries. Stay four nights each in Bern and Innsbruck. Enjoy Swiss traditions with a local alphorn maker, yodelers, and a fondue lunch. Explore Lucerne, "Swiss Paradise on the Lake," and visit Mozart's birthplace and the Mirabell Gardens in Salzburg. *This trip includes 13 meals.*





“I make plans for the future more.”

Oasis Everywhere Participant

Oasis Everywhere offers *live online classes led by top instructors* from Oasis centers and partners across the country. *Oasis Everywhere makes it possible for anyone to learn* regardless of geographic location, mobility, or travel constraints.

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Visit oasiseverywhere.org to view classes and use the coupon code **TRYOE20-24** at check-out for 20% off your entire cart!

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VIRTUAL

Tribute Gifts

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes listed below include donations made from February 24 through July 15. 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!

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Michael & Felice Lowenbaum
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Ms. Rose Heinemann

In Memory of Robert Pfeifer

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Community Locations

AgeSmart-Swansea

7 Bronze Pointe South
Swansea, IL 62226

Chesterfield City Hall

690 Chesterfield Parkway West
Chesterfield, MO 63017

Christ Our Redeemer

13820 Old Jamestown Road
Florissant, MO 63033

City of Florissant Senior Center

315 Howdershell Road, Suite 100
Florissant, MO 63031

Clarendale Clayton

7651 Clayton Road
Clayton, MO 63117

Clayton Oasis – Center of Clayton

50 Gay Avenue
Clayton, MO 63105

Crestwood Community Center

9245 Whitecliff Park Lane
St. Louis, MO 63126

Crown Center

8350 Delcrest Drive
St. Louis, MO 63124

Eden Seminary

475 East Lockwood Avenue
St. Louis, MO 63119

Five Oaks on Warson

1200 North Warson Road
Olivette, MO 63132

Green Root Gallery

125 E Main Street
Belleville, IL 62220

Jefferson County Library, Northwest Branch

5680 Missouri PP
High Ridge, MO 63049

Ladderman Park

1105 Mascoutah Ave
Belleville, IL 62220

Les Chateaux Apartments

1020 S 14th Street
St. Louis, MO 63104

Mount Beulah Terrace

7550 Page Avenue
St. Louis, MO 63133

Northwest Jefferson County Senior Resource Center

6180 State Highway MM
House Springs, MO 63051

Oakland House Museum

7801 Genesta Street
Affton, MO 63123

Oasis-Northwest Plaza

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

St. Charles City-County Library, Cliff View Branch

10 Cliff View Drive
Wentzville, MO 63385

St. Charles City-County Library, Kathryn Linnemann Branch

2323 Elm Street
St Charles, MO 63301

St. Charles City-County Library, Kisker Road Branch

1000 Kisker Road
St Charles, MO 63304

St. Charles City-County Library, Spencer Road Branch

427 Spencer Road
St Peters, MO 63376

St. Louis County Board of Elections

725 Northwest Plaza Drive
St Ann, MO 63074

St. Louis County Library, Grant's View Branch

9700 Musick Road
St. Louis, MO 63123

St. Louis County Library, Prairie Commons Branch

915 Utz Lane
Hazelwood, MO 63042

Union Avenue Christian Church

733 Union Boulevard
St. Louis, MO 63108

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.

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