



November & December 2024 Course Catalog

**BJC** HealthCare

# *The* **OASIS** *MINI Catalog*

*What's Inside?*

November & December 2024 Classes

*What's Different?*

Class descriptions only included for select classes.

Visit [stloasis.org/class](https://stloasis.org/class) to view full descriptions!

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*Thank You!*

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**About Us**

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

**Office Information**

The St. Louis Oasis office at the Center of Clayton is open Monday through Friday from 9:30 a.m. to 3:30 p.m. Call **(314) 862-4859 ext 24** and we will respond within 48 hours.

**Registration**

Visit [stloasis.org](http://stloasis.org), call **(314) 862-4859 ext 24**, or **mail in the form** on the last page of the catalog to enroll. Oasis offers three ways to attend a class: in-person **IP**, online **V**, or hybrid **H**.

**Cancellation & Refund Policy**

Classes may be cancelled due to inclement weather or low enrollment. If this occurs, 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 cancellations will be listed on the Oasis website, Facebook page, office voicemail, and on KMOX, KPLR, and KSDK. Oasis may transfer programs from in-person to Zoom. You will be notified and provided a link if class is transitioned to Zoom.

**Publication Notes**

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# Arts & Entertainment

## #11028/11028.V **The Golden Years of Radio**

Remember the iconic voices and unforgettable moments of Jack Benny, The Lone Ranger, Groucho Marx, and Bing Crosby? Rediscover the joys of radio, immersing yourself in the golden age of this beloved medium.

**FRI, November 1** | 1-3 p.m. | \$17

Instructor: Richard Losciale

Location: Clarendale Clayton & ZOOM **H**

## #11045/11045.V **The Musical Magic of Motown**

Embark on a musical Journey as we explore and listen to a curated collection of Motown's greatest artists and unforgettable hits. From Smokey Robinson to Marvin Gaye, Stevie Wonder, and The Temptations, this course will immerse you in the rich legacy of Motown.

**THU, November 7** | 1-3 p.m. | \$8.50

Instructor: Richard Losciale

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

## #11001/11001.V **Symbolism: The Fantastic in Art**

Symbolism was the movement of decapitations and monsters, gold leaf and screaming figures, eroticism and exotic settings. Discover major artists of the movement and discuss using formal and contextual criticism.

**MON, November 11** | 10 a.m.-12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & ZOOM **H**

## #11033/11033.V **American Art Pottery**

Each piece of pottery is unique and handcrafted, showcasing the individual artistry of the potters. Explore creations by renowned manufacturers such as Roseville, Newcomb, Grueby, and others, highlighting their distinctive styles, forms, and glazes. Discover the rich history and artistic significance of American Art Pottery.

**WED, November 13** | 11 a.m.-12 p.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Crown Center & ZOOM **H**

## #11016.V **The Shame of Satire: The Golden Age of Political Satire**

Comedy has long mocked society's flaws, but today might be the Golden Age of satire. Examine how satire not only challenges taboos, but also encourages people to think critically and question their assumptions rather than change their minds.

**WED, November 13** | 1-3 p.m. | \$17

Instructor: David Misch

Location: ZOOM **V**

## #11046 **Guess That Logo!**

Join us for a fun, interactive quiz show where you'll guess logos, slogans, and jingles from popular products. Think you know if the Monopoly man wears a monocle or if it's Mr. Peanut? Test your consumer awareness and enjoy a great time with friends!

**THU, November 14** | 10:30 a.m.-12:30 p.m. | \$8.50

Instructor: Richard Losciale

Location: Oasis-Northwest Plaza **IP**

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

Show your dissent and read a banned book, about banned books—Ray Bradbury's *Fahrenheit 451*. We'll explore the practice of banning books by way of this dystopian novel (and see "firemen" in a whole new light.)

**THU, November 21** | 1-2 p.m. | \$17

Instructor: Mary Bartling

Location: Eden Seminary & ZOOM **H**

## #11043/11043.V **Ingmar Bergman: His Films**

Explore the cinematic legacy of Swedish writer and director Ingmar Bergman, whose films, such as *The Seventh Seal* and *Persona*, redefined global cinema with their deep exploration of religion and relationships. Explore key moments in Bergman's career, showcasing his impact on the film industry and audiences worldwide.

**TUE, November 26** | 1-3 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary & ZOOM **H**

## #12004/12004.V **Celebrating Holiday Films**

There's something so magical revisiting a beloved holiday classic or discovering a newly released one. Explore what makes these movies the perfect complement to holiday celebrations and why they hold such a special place in our hearts during this time of year.

**WED, December 4** | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Roz Norman

Location: Clayton Oasis & ZOOM **H**

## #12008/12008.V **The Lure & Lore of The Nutcracker**

Tchaikovsky's *The Nutcracker* is a beloved holiday classic, though it was initially a disappointment to the composer himself. Explore excerpts and delve into the story's significance and what it might have meant to a disheartened Tchaikovsky.

**MON, December 9** | 10:30 a.m.-12 p.m. | \$17

Instructor: Allen Schwab

Location: Clayton Oasis & ZOOM **H**

### #12001 Silver Screen Series

Join us to revisit films from genres like Old Hollywood classics, dramas, and romantic comedies. Watch with us or on your own, then discuss your favorite moments. This session, we'll choose between holiday romances: *While You Were Sleeping* or *It's a Wonderful Life*.

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

Instructor: Kellee Galbraith

Location: Eden Seminary 

### #12018/12018.V Wizard of Oz: He Built this City on Theosophy

Join us to explore how *The Wonderful Wizard of Oz* reflects 19th-century Theosophy and the cultural values of its time. Discover how Baum's beloved tale weaves spiritual ideas into its enchanting story.

**THU, December 12** | 1-2 p.m. | \$17

Instructor: Mary Bartling

Location: Eden Seminary & ZOOM 

### #12000/12000.V Fauvism: The Wild Beasts

Once one of the most hated art movements in history, Fauvism eventually became one of the most beloved (and colorful) ever produced. Discuss the major artists and their art using formal and contextual criticism.

**MON, December 16** | 10 a.m.-12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & ZOOM 

### #12023/12023.V Cinematic History: Slapstick Comedy

Join us for a journey through classic slapstick comedy, featuring silent clowns like Fatty Arbuckle, Buster Keaton, and Laurel and Hardy. Enjoy timeless highlights and explore the humor, lives, and methods of these legendary entertainers!

**TUE, December 17** | 1-3 p.m. | \$17

Instructor: Jim Tudor

Location: Eden Seminary & ZOOM 

## Create: Writing, Art, & Music

### #11035 Rhythms for Healing: Meditative Percussion for Relaxation & Wellness

Experience the healing power of rhythm in this wellness course combining breathing, laughter, listening, and drumming. No prior experience is needed, and all instruments are provided.

**MON, November 4** | 11 a.m.-12 p.m. | \$17

Instructor: Diana Arseneau

Location: Eden Seminary 

### #11036 Writing Your Personal Story

Join local writer Delia Rainey in this memoir writing workshop to turn your life experiences into compelling stories. Suitable for all levels, the class includes guided readings, prompts, and discussions to help you craft impactful narratives.

**FRI, November 8** | 10 a.m.-12 p.m. | \$17

Instructor: Delia Rainey

Location: Eden Seminary 

### #11037 Rhythms for Healing: Meditative Percussion for Grief & Loss

This compassionate course blends grief education with wellness techniques like mindful breathing, active listening, and therapeutic drumming to support those experiencing loss. No prior experience is needed, and all instruments are provided.

**MON, November 11** | 11 a.m.-12 p.m. | \$17

Instructor: Diana Arseneau

Location: Eden Seminary 

### #11002 Beginning Watercolors

Over six sessions, you'll learn fundamental techniques and create your own watercolor art. Bring your own supplies using the detailed list provided, and explore your creativity in a supportive environment. Discover the joy of painting with watercolors!

**WED, November 13-December 18** | 10 a.m.-12 p.m.

\$120 (6 Sessions)

Instructor: Michael Faris

Location: Green Root Gallery 

### #11039 Beginners Watercolor: Fall Lake Scene

Enjoy a relaxing experience as you learn basic techniques and create a small painting to take home. No prior art training is needed, and all supplies are provided.

Unleash your creativity in this welcoming and guided exploration of watercolor artistry.

**THU, November 14** | 1-2:30 p.m. | \$20

Instructor: Ann Flory

Location: Eden Seminary 



### #11042 Making a Mala

Join us for a creative workshop on making malas, traditional prayer beads used in Hinduism for meditation and spiritual practice. Learn to craft your own mala, with 108 beads for counting mantras and intentions, and wear it as a lasting reminder of your spiritual journey.


**FRI, November 22** | 10 a.m.-12 p.m. | \$17

Instructor: Jeanne Kloeckner

Location: Eden Seminary 


### #12003 **Beginners Watercolor: Wreath**

Enjoy a relaxing experience as you learn basic techniques and create a small painting to take home. No prior art training is needed, and all supplies are provided. Unleash your creativity in this welcoming and guided exploration of watercolor artistry.

**TUE, December 3** | 1 p.m.-2:30 p.m. | \$20  
Instructor: Ann Flory  
Location: Clayton Oasis 

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

Explore the history of mandalas from Native American, Celtic, Tibetan, and Islamic traditions. After meditation, create your own mandalas using various media (supplies included). The session includes time for reflection and ends with a sharing circle. Open to all skill levels.

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



## Current Events


### #11000 **Economies of Scale: News Deserts: Why Local News Coverage is Disappearing**

Join award-winning writer and editor Dick Weiss to explore how shrinking local news coverage impacts democracy. Dick will discuss the effects on local coverage, policies, and elections, including the recent sale of the Riverfront Times. Learn how these changes affect our media ecosystem and how to support local journalism.

**THU, November 7** | 1-3 p.m. | \$20  
Instructor: Dick Weiss  
Location: Clayton Oasis 


### #12006/12006.V **Anatomy of a Lawsuit**

In today's litigious society, lawsuits are a common part of life, often with significant implications. Join an experienced trial lawyer as they guide you through the "nuts and bolts" of a lawsuit, from the initial filing to the trial. Gain a deeper understanding of the legal process and what happens behind the scenes in the courtroom.

**FRI, December 6-13** | 1-2:30 p.m. | \$34 (2 Sessions)  
Instructor: Mark Goodman  
Location: Clayton Oasis & ZOOM 

### #12021/12021.V **Prescription Drug Coverage in Health Insurance Plans: Pulling Back the Curtain**

Curious about how health insurance plans decide which prescription drugs are covered and what your copays will be? Join us to explore the development of formularies, the role of pharmacy benefit managers (PBMs), tiered formularies, and the impact of generic drugs. We'll also discuss trends and challenges shaping the future of prescription drug coverage in the U.S.


**MON, December 16** | 10 a.m.-12 p.m. | \$17  
Instructor: Gregg Kunzi  
Location: Eden Seminary & ZOOM 



## History


### #11034 **Dances of India: History & Performance**

Explore Bharata Natyam, a 2,000-year-old classical Indian dance, starting with an overview of its history and basics. Then, join Nartana Premachandra, president of Dances of India, for this year's production, *Dreams of the Dark Prince*, which retells a story from *The Mahabharata*. Connect with a rich cultural heritage through this ancient dance style.

**FRI, November 1** | 10 a.m.-12 p.m. | \$65 (2 Sessions)  
*Live Performances: 11/8- 11/9, 7-9:30 p.m. at Skip Viragh Center for the Arts at Chaminade*  
Instructor: Nartana Premachandra  
Location: Eden Seminary 

### #11029 **The Roman Empire: Its Rise, Decline & Fall**

Take an in-depth exploration of the Roman Empire's rise from Augustus to its fall in the 5th century, drawing parallels with modern societies and offering lessons from Rome's history. Through lectures, readings, and discussions, gain a comprehensive understanding of this influential empire.

**MON, November 4-18** | 10 a.m.-12 p.m. | \$51 (3 Sessions)  
Instructor: Richard Venn  
Location: Clarendale Clayton 

### #11030 World War II: The Social & Economic Aspects of the War

Take a look at life on the home front across the nations involved in WWII. Examine the profound social and economic impacts of the war, including the hardships endured by everyday people, the drastic changes in daily life, and the resilience of communities during this tumultuous period. Join us to gain a richer understanding of how WWII affected not just the battlefields, but the lives of millions at home.

TUE, November 5 | 10 a.m.-12 p.m. | \$17

Instructor: Richard Venn

Location: Clarendale Clayton 

### #11006/11006.V Thanksgiving History: Talking Turkey & Beyond

Think it's all about the turkey? Think again. Suzanne will present the delectable history to gobble up outlining how your Thanksgiving fest came to be. Of course, there will be a special Thanksgiving recipe to share and sample.

THU, November 7 | 10 a.m.-12 p.m. | \$17

Instructor: Suzanne Corbett

Location: Clarendale Clayton & ZOOM 

### #11011/11011.V Member of the Corps of Discovery: Sacagawea as Mother, Interpreter, Wife, & Ambassador

Explore the extraordinary life of Sacagawea, whose many roles were vital to the Lewis and Clark expedition. Though not an official member, her loyalty and fluency in multiple indigenous languages made her indispensable to the Corps of Discovery. Learn about her contributions and enduring legacy.

THU, November 7 | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Rowena McClinton, Ph.D

Location: Clayton Oasis & ZOOM 

### #11008/11008.V The Gilded Age: America's Shiny Facade

Mark Twain coined the term "The Gilded Age" to describe the late 19th-century America, a time of apparent prosperity that hid corruption, inequality, and social unrest. Join us to critically assess the complexities of this transformative period in American history.

THU, November 7 | 1-3 p.m. | \$17

Instructor: Samuel Harned

Location: Eden Seminary & ZOOM 

### #11014 Bletchley Park: WWII Codebreakers

Bletchley Park was the top-secret base of over 9,000 WWII "Codebreakers" who intercepted and decoded German messages. Explore its history and the development of the Colossus computer. Join us to learn about the remarkable efforts of these men and women.

FRI, November 8 | 1-3 p.m. | \$17

Instructor: Parks Smith

Location: Clayton Oasis 

### #11031 WWII: The Last Days of the War & The Aftermath

In the last six months of WWII, daily casualties surged despite the Axis powers nearing defeat. Understand why this happened, how the Allies triumphed, and the war's lasting impact on today's world. Join us for an insightful look into the war's final days and its profound aftermath.

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

Instructor: Richard Venn

Location: Clarendale Clayton 

### #11015/11015.V Love & War: Heroic Stories from WWII

Discover the remarkable stories of two couples whose lives were changed by WWII and love. Genevieve dreams of fashion in Paris while Jack serves in the U.S. Army, and Tony, a Croatian immigrant, finds love with a Missouri nurse after being wounded in Europe. Based on instructor Jack Cancila's family history, explore how love endures even in dark times.

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

Instructor: Jack Cancila

Location: Clayton Oasis & ZOOM 

### #11017/11017V The Beecher Bible & Rifle Colony & the Underground Railroad in Kansas

Explore sites in Kansas related to the Underground Railroad and the Beecher Bible & Rifle Colony, a group of abolitionists who journeyed from the East carrying "Beecher's Bibles" in their fight for justice. Discover the history and impact of their efforts, highlighting the courageous actions taken to promote freedom.

THU, November 14 | 10:30-11:30 a.m. | \$17

Instructor: Julie Nicolai

Location: Clayton Oasis & ZOOM 

### #11018.V The Trans-Siberian Railroad

The Trans-Siberian Railway, the world's longest route at 5,772 miles from Moscow to Vladivostok. Learn about its historical significance in Russia's Far East and WWII, and hear from Dr. Schlafly about his 1992 journey on this iconic railway.

FRI, November 15 | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Dr. Daniel Schlafly

Location: ZOOM 

### #11019 Women of Bletchley Park: WWII

Explore the achievements of the men and women who cracked the Enigma and Lorenz codes during WWII. Learn about their decryption methods, the secrets they uncovered, and the development of Colossus, the first digital computer. Discover how their intellect and innovation changed the course of the war.

FRI, November 15 | 1-3 p.m. | \$17

Instructor: Parks Smith

Location: Clayton Oasis 

### #11021/ 11021.V The History of Cape Cod Wampanoag Nation, the 1620 Landing of the Pilgrims, & the Real Story of the “First” Thanksgiving

Delve into the interactions between the Wampanoag Nation and the Pilgrims who landed on Cape Cod in 1620. Discover the true story behind the “First Thanksgiving” and its lasting impact on their cultural encounters. Join us for a deeper understanding of this pivotal moment in American history.

**THU, November 21** | 11:30 a.m.-12:30 p.m. | \$17

Instructor: Rowena McClinton, Ph.D

Location: Clayton Oasis & ZOOM H

### #11024 Enigma & Lorenz Code: WWII Codebreaking

Uncover the Bletchley Park Codebreakers’ achievements in breaking the Enigma and Lorenz codes. Learn about their decryption methods, the secrets from the German military, and the creation of Colossus, the first digital computer. Examine this pivotal saga of intellect and innovation that significantly influenced WWII.

**FRI, November 22** | 1-3 p.m. | \$17

Instructor: Parks Smith

Location: Clayton Oasis IP

### #11025/11025.V WWI: The Breaking of the Storm

Explore how one conflict, initially anticipated to be brief, escalated into a devastating global war. Through in-depth discussions, we’ll uncover the factors that contributed to the war’s expansion and its profound impact on the course of history. Join us to gain a deeper understanding of this pivotal moment in world history.

**MON, November 25** | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Richard Venn

Location: Clayton Oasis & ZOOM H

### #11026.V Russia & The Olympics

Examine Russia’s complex Olympic history, from its Soviet-era dominance to modern issues with doping scandals and geopolitical tensions, leading to neutral-label participation since 1991.

**TUE, November 26** | 1-2 p.m. | \$17

Instructor: Dr. Daniel Schlafly

Location: ZOOM V

### #12015/12015.V The U.S. Civil War: The Prelude to War

Analyze the origins of the Civil War, tracing its roots from the colonial period through the growing tensions of early American history, and uncover the complex factors leading to this pivotal conflict. Discover more about this defining moment in history.

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

Instructor: Richard Venn

Location: Eden Seminary & ZOOM H

### #12005/12005.V Coats of Arms, Crests, & the Realities of Heraldry

Explore the rich history and complex rules of heraldry in this session. Learn about its origins, evolving practices, and common misconceptions. Bring a one-dollar bill as a unique learning aid, which you’ll keep. Delve into the fascinating world of coats of arms and crests and uncover the true intricacies of this tradition.

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

Instructor: Tom Poelker

Location: Clayton Oasis & ZOOM H

### #11013/11013.V World Heritage Sites in China: The Great Wall

Join us to explore the history and significance of the Great Wall of China, a UNESCO World Heritage Site and a masterpiece of ancient military architecture. Spanning 15 regions in northern China, the Great Wall is a collection of fortifications built over 2,700 years, starting around 300 B.C.E. Learn about its construction, role in defense, and cultural significance, highlighting its legacy as one of the world’s most iconic structures.

**FRI, November 8** | 10:30 a.m.-12 p.m. | \$20

Instructor: Bonnie Vega

Location: Clayton Oasis & ZOOM H

### #11020/11020.V UNESCO World Heritage Site: China–Forbidden City

The Forbidden City, a UNESCO World Heritage Site and the largest preserved royal palace complex, is located in Beijing, China. Serving as China’s political and ceremonial center from 1420 to 1924, it housed 24 emperors from the Ming and Qing dynasties. Now a major tourist attraction, this program will explore the rich history of this iconic palace complex.

**TUE, November 19** | 1-2:30 p.m. | \$20

Instructor: Bonnie Vega


Location: Clayton Oasis & ZOOM H

Love learning about China? Check out these classes!




### #12024 Baseball in Japan: History, Culture, & Sports Fervor

From a small after-school club introduced by an American teacher in the 19th century to producing Shohei Ohtani, the highest paid athlete in the world, baseball has surged in Japan. Using library resources, we will explore the history of America's pastime across the Pacific Ocean and some of its most notable players.

**THU, December 5** | 2-3 p.m. | Free  
Instructor: Cameron Riesenberger  
Location: Five Oaks on Warson 


### #12025 American Indians of Ancient & Historic Missouri

Missouri is at the confluence of the two largest river systems, making it a crossroad in pre-Columbian times for the American Indian people – the First Nations. The archaeology of Missouri provides one of the most exciting overviews of an ancient past. Not surprising, Missouri is also a focus of major cultural developments, especially during the last 10,000 years. Join us to explore Missouri history.

**TUE, December 10** | 10 a.m.-12 p.m. | \$17  
Instructor: Jim Duncan  
Location: Five Oaks on Warson 


### #12010/12010.V Secrets of J. B. Edgar Hoover & the FBI

Uncover the intriguing history of America's most powerful crime-fighting organization, the FBI, and the secretive, controversial figure who led it for 48 years, J. Edgar Hoover. Learn about the bureau's evolution, Hoover's iron-fisted leadership, and the abuses of power that marked his tenure. Uncover the hidden side of the FBI and the man who shaped its legacy.

**THU, December 12** | 10:30-11:30 a.m. | \$20  
Instructor: Bev Schuetz  
Location: Clayton Oasis & ZOOM 

### #12012/12012.V American Indian Cultures


Join Carol Diaz-Granados for an engaging overview of the diverse American Indian cultures of North America. This course will feature colorful slides showcasing the various groups across major regions, with a particular emphasis on the Southwest, Plains, and Southeastern cultures. Discover the rich traditions, histories, and lifestyles that define these unique communities and gain a deeper appreciation for their contributions to the tapestry of American heritage.

**FRI, December 13** | 10 a.m.-12 p.m. | \$17  
Instructor: Carol Diaz-Granados  
Location: Clayton Oasis & ZOOM 



### #12013/12013.V History of Christmas

Why is December 25th celebrated as the birth of Jesus? When did this tradition begin, and who started it? Join us as we explore the origins and evolution of Christmas, uncovering the historical and cultural factors that led to the establishment of this cherished holiday. Discover the fascinating story behind the date and the traditions that have shaped Christmas as we know it today.

**THU, December 5** | 1-2:30 p.m. | \$20  
Instructor: Bonnie Vega  
Location: Clarendale Clayton & ZOOM 

**Love these?**  
Check out our  
**Christmas Stories**  
in the Gospels  
class on  
page 11!


### #12014/12014.V Christmas Traditions

Join us to learn about the origins of Christmas traditions in Europe and their evolution in the U.S. This program covers the historical and cultural influences that shaped today's celebrations, highlighting the customs passed down and adapted over generations to create the holiday we cherish.

**FRI, December 13** | 1-2:30 p.m. | \$20  
Instructor: Bonnie Vega  
Location: Clarendale Clayton & ZOOM 


### #12020/12020.V What was New about the New Deal?

Explore Franklin Roosevelt's New Deal and its impact on the relationship between American citizens and their government. Assess how it transformed federal government roles, its effectiveness in economic recovery, and what aspects of "old America" remained despite these sweeping changes. Join us for a deep dive into this pivotal period in American history.

**FRI, December 13** | 1- 3 p.m. | \$17  
Instructor: Samuel F Harned  
Location: Eden Seminary & ZOOM 

### #12022/12022.V Majesty of the Osage

Learn about the Osage Nation, once one of the most influential American Indian nations west of the Mississippi. This program covers their rich history, arts, achievements, and lasting legacy. Understand their continued prominence on their Oklahoma reservation and their resilience through history.

**TUE, December 17** | 10 a.m.-12 p.m. | \$17  
Instructor: Jim Duncan  
Location: Eden Seminary & ZOOM 



# Local History

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

This two-part series delves into St. Louis's history during the 1930s and 1940s, covering its responses to the Great Depression and WWII. Explore the roles of women and African Americans, the development of transportation, baseball's impact, night schools, factory growth, and public projects. Join us to uncover the defining events of St. Louis' past.

**TUE, November 5-12** | 1-3 p.m. | \$34 (2 Sessions)

Instructor: Geoffrey Morrison

Location: Clayton Oasis & ZOOM **H**

## #11044 Anthropology of the 1904 St. Louis World's Fair

Many don't associate anthropology with the 1904 St. Louis World's Fair, yet its Anthropology exhibits were considered the "Heart" of the event, showcasing 60 foreign cultures—the largest of any fair to date. Dr. Diaz-Granados, PhD, RPA, will highlight these exhibits, including the famous Igorots from the Philippines, using archival slides.

**THU, November 7** | 10 a.m.-12 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson **IP**

## #11900 Author/Historian NiNi Harris Presents: St. Louis Hills: A Walk Through History

Join author and historian NiNi Harris as she presents her latest book, *St. Louis Hills: A Walk Through History*. Discover the unique architecture, notable residents, and rich history of St. Louis Hills, including families like Stan Musial and Red Schoendienst. Copies of the book will be available for purchase after the presentation.

**THU, November 7**

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

Instructor: Nini Harris

Location: St. Thomas the Apostle Orthodox Church **IP**

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

Put on your black and gold as we explore Mizzou Tiger football's storied history! This course covers over a century of legendary coaches, standout players, and key moments. Learn about hall-of-fame figures like Don Faurot and Gary Pinkel, and review the Tigers' thrilling bowl games and recent return to glory under Coach Eli Drinkwitz. Join us for an exciting look at Tiger football!

**THU, November 14** | 1:30-3 p.m. | \$17

Instructor: Steve Turner

Location: Clayton Oasis & ZOOM **H**

## #11901 Growing Up in Jefferson Barracks: History & Tour

Explore Jefferson Barracks, a historic military post near St. Louis established in 1826. After WWII, it became affordable housing for returning GIs and a place where children would play in the former mess hall and the base POW prison, and explore tunnels. Join us for a presentation with postcards and photos, followed by a walk to key sites to relive the history of this once-vibrant community.

**TUE, November 19** | 1-3 p.m. | \$20

Instructor: Pam J Vaccaro

Location: Pavilion at Lemay **IP**

## #11023/11032.V Robots in St. Louis

Celebrate the 100th anniversary of the first functional robot by exploring robotics in St. Louis. Learn about local innovations, manufacturing, applications in various fields, the booming personal robot market, and a Clayton inventor who has sold over 189 million robots worldwide. Discover how St. Louis leads in robotics innovation!

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

Instructor: Douglas Schneider

Location: Clayton Oasis & ZOOM **H**

## #11027/11027.V Lost St. Louis: What Was But Is No More

Join local radio legend, Johnny Rabbitt for a nostalgic tour of St. Louis's past, revisiting vanished landmarks like Vandeventer Place, iconic department stores, and historic riverboats. Relive the vibrant days of Gaslight Square and Union Station, and explore the lost theaters, schools, churches, and beloved restaurants that shaped the city's history. This program promises to spark fond memories and celebrate a bygone era.

**TUE, November 26** | 10:30-11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & ZOOM **H**

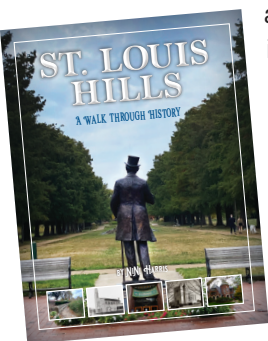
## #12009/12009.V The St. Louis Hall of Fame

Explore St. Louis's rich history through its iconic figures and landmarks. From Vincent Price and the Busch family to radio and TV personalities like Charlotte Peters and Russ David, discover the stories of those who shaped the city. Visit renowned sites such as the Continental Building, Lemp Mansion, and the Art Museum. Join us for a captivating journey through St. Louis's past and its enduring legacy.

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

Instructor: Johnny Rabbitt

Location: Clayton Oasis & ZOOM **H**



# Practical

## #11010/11010.V Why Would You Want to Test Your DNA?

Learn how DNA can enhance your genealogy research, especially when an ancestor's identity is unclear. Explore the types of DNA, the benefits and drawbacks of genetic testing, and how companies can help identify ancestors. Discover the role of preserving your genetic material and how it might aid your family's future genealogy efforts.

**FRI, November 1** | 10-11 a.m. | \$17

Instructor: Carol Whitton

Location: Clayton Oasis & ZOOM **H**

## #11012 Astrology & You

Discover the significance of your zodiac sign and key planets, even if you're new to astrology. Each sign is linked to one of the four elements—fire, air, water, and earth. Join us to explore the meanings of these elements and how they shape your identity.

**THU, November 7** | 1-3 p.m. | \$17

Instructor: Kathy Berg

Location: Clayton Oasis **IP**

## #11040 Thrive After 65!

Life after 65 has its challenges, but this three-session class offers strategies to shift outdated aging beliefs. Using the Tiny Habits™ method, you'll learn to cultivate a growth mindset, add healthy behaviors, and embrace positive self-talk. Certified coach Polly Lemire will guide you toward a more satisfying later life. *Access to the internet and email are required.*

**MON, November 18-December 2** | 10 a.m.-12 p.m.

\$51 (3 Sessions)

Instructor: Polly Lemire

Location: Eden Seminary **IP**



## 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](http://stloasis.org/ProPass).



## #10017 Living in the End-of-Life: Coming Back a Short Distance Correctly

It is the hardest thing to talk about. Despite our awareness of the inevitable end of life, a considerable amount of living can occur during this phase. In our culture, is end-of-life the topic we are not allowed to discuss? This lecture considers this stage of life as "rewiring" our imaginations, not "retiring," i.e., withdrawing from life.

**FRI, November 1** | 1-3 p.m. | \$17

Instructor: Ed Koslin

Location: Crown Center **IP**

**Intrigued?**  
Consider the workshop below for a deeper exploration!

## #10019 Living in the End of Life: Two Conversations

Embark on a transformative journey with Dr. Ed Koslin, Doctor of Liberal Arts, MSW, for a two-session workshop to dive deeper into conversations about life's last phase. Delve into profound conversations that unravel the mysteries of life's final phase, exploring end-of-life rewiring narratives, and navigating the complex landscapes of grief and loss. Engage in thought-provoking discussions that go beyond the surface, inviting you to contemplate the intricacies of the human experience during these crucial moments.

**FRI, November 8-15** | 1-3 p.m.

\$34 (2 Sessions)

Instructor: Ed Koslin

Location: Crown Center **IP**

## #12016/12016.V Awaken to Your Dreams

This one-session class explores the mysterious world of dreams, offering techniques to recall and journal them for practical and inspirational insights. Learn about different types of dreams and their benefits for self-awareness, problem-solving, and healing. A 4-week series will be available next year for those interested.

**FRI, December 6** | 10 a.m.-12 p.m. | \$17

Instructor: Rhonda Leifheit

Location: Eden Seminary & ZOOM **H**

# Math & Science

## #12017/12017.V **Nebula: The Nursery of Stars**

Explore the vibrant and mysterious world of astronomical nebulae, where dying stars, new stars, and planets are born. Discover their origins and roles in the universe's life cycle in this engaging discussion on cosmic wonders.

**MON, December 9** | 10:30-11:30 a.m. | \$17  
 Instructor: Ronald McLachlan  
 Location: Eden Seminary & ZOOM H

## #11022/ 11022.V **Changes I've Seen in 50 Years of Medicine in St. Louis**

Join Dr. Ira Kodner, a distinguished St. Louis physician, as he reflects on 50 years of medical advancements. Trained at Washington University and the Cleveland Clinic, Dr. Kodner played a key role in developing Washington University's colon and rectal surgery program. Don't miss this insightful discussion on the evolution of medicine in our community.

**THU, November 21** | 1-3 p.m. | \$17  
 Instructor: Ira J. Kodner, MD  
 Location: Clayton Oasis & ZOOM H

## #12011 **The Immortal Life of Henrietta Lacks: A Discussion of Ethics**

Explore the ethical dilemmas in medical research through the true story of Henrietta Lacks, as told in *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. Henrietta's cells, taken without her knowledge in 1951, became crucial to scientific breakthroughs, yet her family never benefited from the profits. Join us for a thought-provoking discussion on this important issue.

**THU, December 12** | 1-3 p.m. | \$17  
 Instructor: Ira J. Kodner, MD  
 Location: Clayton Oasis IP

# Technology

## #11910.V **Going Wireless: How To Use WiFi**

Want Internet access on the go? In this course, you will learn all about Wi-Fi, where and how to get it and important safety precautions you need to know.

**FRI, November 1** | 11:30 a.m.-12:30 p.m. | \$24  
 Instructor: Linda Schumacher  
 Location: ZOOM V

## #11919.V **Information & Entertainment on Your iPhone**

An iPhone is much more than a phone—it's a mini computer and entertainment center you carry with you! Understand how to use the internet, Apple News, and listen to music and podcasts to keep up to date with current and relevant information.

**WED, November 6** | 11 a.m.-1 p.m. | \$24  
 Instructor: Parks Smith  
 Location: ZOOM V

### Ask a Techie

Get **FREE** one-on-one tech help such as phones, tablets, computers, email, and more. All sessions are led by Technology Education Program Director, **Jordan Carr**.

**#11200 FRI, November 1** | 10-11 a.m.  
 Location: Lutheran Church of Atonement IP

**#11201 MON, November 4** | 1-2 p.m.  
 Location: Oasis-Northwest Plaza IP

**#11202 TUE, November 5** | 1-2 p.m.  
 Location: Clayton Oasis IP

**#11205 MON, November 11** | 1-2 p.m.  
 Location: Oasis-Northwest Plaza

**#11206 TUE, November 12** | 1-2 p.m.  
 Location: Clayton Oasis IP

**#11207 MON, November 18** | 1-2 p.m.  
 Location: Oasis-Northwest Plaza IP

**#11208 TUE, November 19** | 1-2 p.m.  
 Location: Clayton Oasis IP

**#12200 MON, December 2** | 1-2 p.m.  
 Location: Oasis-Northwest Plaza IP

**#12201 TUE, December 3** | 1-2 p.m.  
 Location: Clayton Oasis IP

**#12202 MON, December 9** | 1-2 p.m.  
 Location: Oasis-Northwest Plaza IP

**#12203 TUE, December 10** | 1-2 p.m.  
 Location: Clayton Oasis IP

**#12204 MON, December 16** | 1-2 p.m.  
 Location: Oasis-Northwest Plaza IP


**#12205 TUE, December 17** | 1-2 p.m.  
 Location: Clayton Oasis IP

### #11911.V Gmail Basics & Beyond

Learn to create a Gmail account, manage emails, and use features like attachments, labels, stars, snoozing, and filters. Discover how to schedule and send confidential emails, personalize your inbox, and stay organized. Perfect for mastering your inbox!

MON, November 11 | 11 a.m.-1 p.m. | \$24

Instructor: Martha Bogart

Location: ZOOM 

### #11038 Mastering YouTube

Learn to find and watch videos, subscribe to channels, save favorites, create playlists, leave comments, and engage with the YouTube community. Perfect for beginners or anyone looking to enhance their experience.

TUE, November 12 | 1-3 p.m. | \$24

Instructor: Mary Mueller & Martha Bogart


Location: Eden Seminary 

### #11921.V Online Photo Book Creation

Free your photo memories from storage and create a beautiful, online photo book in this two-hour workshop. Learn how to add photos, text, and mementos to craft a lasting keepsake that your family will cherish.

THU, November 14 | 1-3 p.m. | \$24

Instructor: Jim Salih

Location: ZOOM 

### #12912.V Exploring Google Drive for Desktop Computer or Laptop

Learn to store, back up, upload, create, edit, share, and organize files like PDFs, videos, and photos in the cloud, accessible from anywhere. Google Drive is free with a Google account. This class focuses on the desktop version, but a mobile version is also available.

TUE, December 3 | 12-2 p.m. | \$24

Instructor: Martha Bogart

Location: ZOOM 

### #12007 Scam Proofing for Seniors

Protect yourself from online, phone, and email scams targeting seniors. Learn how to recognize scams, understand how scammers operate, and use practical tools and strategies to safeguard your assets. Stay safe against even the most sophisticated threats.

MON, December 9 | 10 a.m.-12 p.m. | \$24

Instructor: Matti Neustadt

Location: Clayton Oasis 

### #12922.V Smartphone Photography

Discover your smartphone's camera, set up shots, and edit your photos. You will also learn how to store your photos either on a smartphone or in the cloud.

THU, December 12 | 1-3 p.m. | \$24

Instructor: Jim Salih

Location: ZOOM 

### #12019 Protecting Your Data Privacy

Protect your privacy and tighten your security with simple settings on your devices and online accounts. Learn how to adjust security settings on Apple and Android devices. Gain knowledge of hidden security features and know your data is safe.

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

Instructor: Mary Mueller & Martha Bogart


Location: Eden Seminary 

### #12913.V Using Google Keep & Other Google Tools

Get organized with Google Keep! This free tool manages notes, reminders, lists, and links with features like images, color coding, and labels. Sync your notes across devices and explore other Google tools. A Google account is required for Google Keep.

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

Instructor: Martha Bogart

Location: ZOOM 

## Religious Studies


### #11032 The Christmas Stories in the Gospels

Explore the distinct and unique accounts of Jesus' birth in the Gospels of Matthew and Luke in this two-session series. Examine each story individually and understand their differences. Join us for an insightful look into the richness of these Christmas stories.

WED, November 13-20 | 10-11:30 a.m.

\$34 (2 Sessions)

Instructor: Mark Etling

Location: Clarendale Clayton 

Check out  
our other  
Christmas  
themed classes  
on page 7!



# Health


## #11601.V Better Choices, Better Health-Diabetes

Developed at Stanford University, this workshop teaches you how to enjoy eating with diabetes, manage blood sugar, stay active, improve communication, and create a personalized self-management plan. Register online now!

**MON, November 4-December 16** | 9:30 a.m.-12 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: ZOOM 

## #11550 Free From Falls: A Physical Therapist's Perspective

Missouri's rate of falls among adults age 65 and older is almost twice as much as any other state! Whether you've had a fall or just want to learn more about what you can do to prevent future falls, this class is for you.

**TUE, November 26** | 10 a.m.-12 p.m. | Free

Instructor: Deb Gentry

Location: St. Charles City-County Library, WingHaven Branch 

# Exercise

## Tai Chi

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

Research shows Tai Chi offers health benefits, especially for those with Parkinson's Disease or recovering from injury. Students will learn techniques to control tremors, reduce rigidity, and improve balance and posture. Designed for individuals with Parkinson's or injury recovery and caregivers.

**#10541 TUE, October 29-December 17** \*No Class 12/10

1:45-2:45 p.m. | \$59.50 (7 Sessions)

Instructor: Craig Miller

Location: Crestwood Community Center 

### Tai Chi for Health

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

**#11545 TUE/THU, November 12-December 19**

\*No Class 11/28 | 11 a.m.-12 p.m. | Free (11 Sessions)

Instructor: Alice McHugh

Location: St. Louis Public Library-Walnut Park Library 


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

This class is perfect for those ready to expand their skills. Learn new forms, improve health, and reduce fall risk. Completion of Tai Chi for Arthritis: Beginner is required.

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

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

Instructor: Craig Miller

Location: ZOOM 

## Dance

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### Ballroom Dancing

Have fun dancing and meeting new people while learning American and Latin dances. Partners are not required. Taught by professional judge and teacher, Glenn Sowder.

**#10405 WED, October 30-December 18** \*No Class 11/28

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

Instructor: Glenn Sowder

Location: Clayton Oasis 

### Beginner Line Dance

This beginner class enhances balance, memory, mobility, and guarantees a great time. Embrace the fun music and simple steps while learning beginner line dances.

**#11404 MON, November 4-December 16**

11:30 a.m.-12:30 p.m. | \$59.50 (7 Sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis 

## 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.

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

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

Instructor: Cindy Blair

Location: ZOOM 

## Yoga & Pilates


### Chair Yoga

In this class, use a chair for support in poses to help you move, breathe, and feel good. Benefits include increased mobility, strength, pain relief, and mental clarity. For beginners and those who prefer not to sit on the floor.

**#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 

### 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 provide their own Pilates mat.*

**#10402 WED, October 30-December 18**

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

Instructor: Cindy Bambini, Samantha 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.*

**#10403 WED, October 30-December 18**

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

Instructor: Annie Trachsel

Location: Clayton Oasis 

### Soma Yoga

Enhance mobility, stability, and strength through slow, mindful movements. Ideal for anyone looking to build better habits and progress safely toward personal goals. Discover how yoga can improve your life!

**#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 


### Gentle Chair Yoga

These gentle yoga postures are designed to relieve pain and improve balance. This class is perfect for beginners and those who would prefer not to sit on the floor.

**#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 

## Tours & Travel

### #12900 Cathedral Basilica of St. Louis Tour

Join us for a guided tour of the historic Cathedral Basilica of St. Louis, known for its stunning mosaics and soaring vaults. Learn about the church's rich history and its significance to the city as you explore its awe-inspiring spaces. Don't miss this chance to visit one of St. Louis' most remarkable landmarks.

**THU, December 5** | 10-11 a.m. | \$15

Instructor: Mary Saputo


Location: The Cathedral Basilica of St. Louis 

### #11007 Travel with Oasis & Collette!

Got the travel bug? 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 answers any questions.

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

Instructor: Haley Davis

Location: Clayton Oasis 

# Mail-In Registration Form

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

\_\_\_\_\_  
 First Name Last Name

\_\_\_\_\_  
 Phone Email

\_\_\_\_\_  
 Address City State Zip

Class #	Class Title	Quantity	Hybrid Setting*	Fee

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

Total Class Fees: \_\_\_\_\_

Donation to Oasis: \_\_\_\_\_

**Grand Total:** \_\_\_\_\_

**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!

**Payment**

There are no refunds unless Oasis cancels the class.

Cash     Check     Credit Card

\_\_\_\_\_  
 Credit Card Number CVV Code Exp Date Signature

**Waiver of Liability**

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

\_\_\_\_\_  
 Signature Date

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

## Community Locations

**The Cathedral Basilica of St. Louis**

4431 Lindell Boulevard  
St. Louis, MO 63108

**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

**Lutheran Church of the Atonement**

1285 North New Florissant Road  
Florissant, MO 63031

**Pavilion at Lemay**

305 Gregg Road  
Lemay Township, MO 63125

**Oasis-Northwest Plaza**

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

**St. Charles City-County Library, WingHaven Branch**

7435 Village Center Drive  
O'Fallon, MO 63368

**St. Louis Public Library, Walnut Park Library**

5760 West Florissant Avenue  
St. Louis, MO 63120

**St. Thomas the Apostle Orthodox Church**

6501 Nottingham Avenue  
St. Louis, MO 63109

