



St. Louis

March & April 2025 Course Catalog

BJC HealthCare

Thank you to our **Marylen Mann Leadership Circle donors**—*a group of dedicated supporters* who play a crucial role in shaping our mission and driving impactful change.



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. If you would like to join, please contact Jo Flannery at **(314) 687-1121** or at jflannery@oasisnet.org.

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Thank You!

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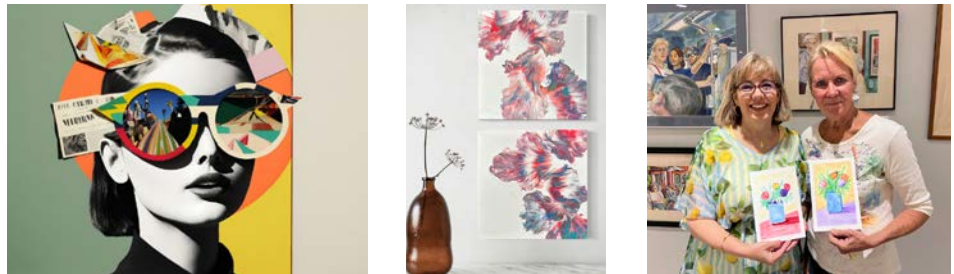


SAVE THE DATE

Join Us for the First Annual Arts Jubilee!

Friday, May 9 | 12-4 p.m.
Eden Theological Seminary

Learn more about this event and how you can register for free on page 22!



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, 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

#3028/3028.V Podcasts for Enjoyment & Education

Unlock the world of free podcasts! Bring your smartphone and learn how to access, explore, and enjoy this exciting and ever-growing form of entertainment and learning. In this class, you'll discover how to find podcasts that match your interests, create personalized playlists, and make the most of the podcast listening experience. Whether you're new to podcasts or looking to expand your knowledge, this session is perfect for you!

FRI, March 7 | 10 a.m.-12 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary & Zoom 

#3007/3007.V The Superhero Within: Where Marvel, Maya Angelou, & You Meet

When an unlikely hero in Marvel Comics combines with the poetry of Maya Angelou in an unexpected way, literary entertainment is not the only result. Rather, a powerful tool for self-empowerment emerges. Discover the superhero within when Marvel, Maya Angelou, and you meet.

TUE, March 11 | 1-2 p.m. | \$17

Instructor: Cindy Reed

Location: Clayton Oasis & Zoom 

#3006 Be an Old-Time Radio Star!

Step back in time and experience the magic of old-time radio with a live performance of the 1947 classic Red Wind, a Philip Marlowe mystery! In this interactive workshop, you'll play a role—whether it's the hard-boiled detective, a cunning crook, a hapless victim, or even the Santa Ana winds. You'll also create live sound effects to set the scene. Join us for a creative, nostalgic adventure where the Red Wind blows and the stage is yours!

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

Instructor: Richard Losciale


Location: Clayton Oasis 

#3041 Astrology & You!

Each zodiac sign, spanning from Aries to Pisces, holds a significant descriptor tailored to you. Additionally, 1 or 2 pivotal planets exert a considerable influence on shaping your identity. Even if you're not familiar with all the intricate components of your complete astrological chart, you'll resonate with a key word and a dominant planet. Furthermore, each zodiac sign aligns with one of the four fundamental elements—fire, air, water, and earth. Come join us to explore and gain insights into the meanings associated with these elements!

TUE, March 11 | 11 a.m.-12 p.m. | \$8.50

Instructor: Kathy Berg

Location: Oasis - Northwest Plaza 

#4009/4009.V Black Films: More Than Entertainment

Black films have the potential to go beyond mere entertainment, serving as important vehicles for education, cultural preservation, social commentary, and empowerment. Many Black films highlight untold or underrepresented stories, offering nuanced historical and cultural narratives that depict multi-faceted people who navigate daily struggles while confronting societal limitations and stereotypes, showcasing their depth as human beings and challenging perceptions of their identity. Through these powerful narratives, Black cinema illuminates the richness of experience and amplifies voices that have often been marginalized.

WED, April 16 | 11 a.m.-12 p.m. | \$17

Instructor: Roz Norman

Location: Clayton Oasis & Zoom 



#4015 Ol' Blue Eyes - The Films of Frank Sinatra

Of course, Sinatra's singing career was legendary but, as many know, he also forged a highly successful career as a film actor for well over 2 decades. We're taking a stroll through Hollywood with Ol' Blue Eyes himself! This two-hour presentation will include an intermission.

FRI, April 25 | 1-3 p.m. | \$17


Instructor: Mary Saputo

Location: Clayton Oasis 

#5000 Arts Jubilee

Get ready for a whirlwind afternoon sampling all the incredible visual and performing arts programs Oasis offers at our 1st Annual Arts Jubilee! Registering for this free event gains access to the music performances of Oasis' Jazz Ensemble, Concert Band and Acoustic Folk Group, a book fair showcasing local authors, visual art displayed by Oasis fine art instructors, and refreshments with hyperlocal faire. Register separately at a nominal price for the 30-minute workshops that include writing, reader's theatre, harmonica, smart phone photography, and visual art classes. Registration for the workshops is separate and will be available in April.

FRI, May 9 | 12-4 p.m. | Free

Location: Eden Seminary 

Check out this upcoming event! Learn more on page 22.

Create: Writing, Art, & Music

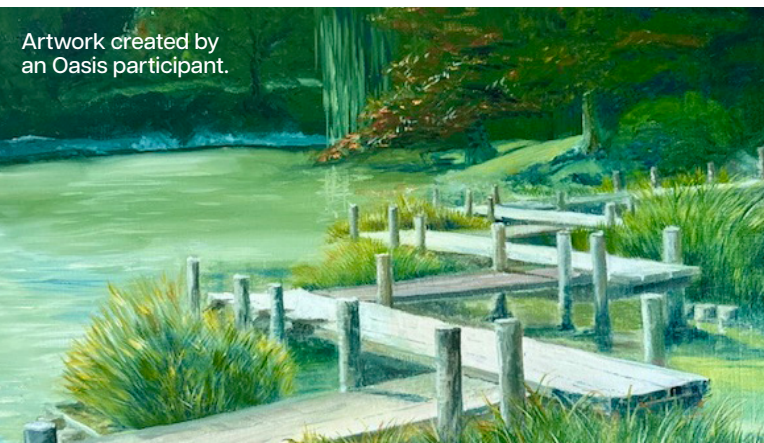
#3027 Water Soluble Oil Painters Studio ♥

This oil painter's studio is designed for artists interested in learning about and experimenting with water soluble oil paint, including beginning artists, and experienced artists who have experience with oil paint and other mediums. All artists are welcome who are 16 years old and older. The experience is a collaborative community studio atmosphere. Paintings will be critiqued at each session. Helping one another learn is the experiential education goal of the studio.

MON, March 3-April 7 | 10 a.m.-12:30 p.m. | \$200 (6 Sessions)

Instructor: Chub Fletcher

Location: Eden Seminary **IP**



Artwork created by an Oasis participant.

#3002 It Rocks! Create Your Own Mandala Stone Art

Discover the joy and relaxation of painting mandala-inspired patterns on stones! In this hands-on workshop, you'll receive all the materials you need—stones, paint, and tools—along with expert guidance to bring your designs to life. Follow a sample design or unleash your creativity to craft something uniquely your own. Like snowflakes, no two mandala stones are ever the same! By the end of the session, you'll leave with two beautiful, hand-painted stones to keep or gift. Let your creativity rock!

THU, March 6 | 1-2 p.m. | \$20

Instructor: Christie Greer

Location: Clayton Oasis **IP**

#3029 Acoustic Folk Music Jam Group

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

TUE, March 11-April 29 *No Class 3/18

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

Instructor: Lukas Simpson

Location: Eden Seminary **IP**

#3026 Beginners Watercolor: Flower Bouquet

Embark on a hands-on art journey with Ann Flory, artist and therapeutic art specialist with Artfully Aging. This class is designed for beginners, offering a relaxing and enjoyable experience as you tap into your individual creativity. No prior art training is necessary. Each session includes instruction on basic watercolor techniques, and participants will have the opportunity to create a small watercolor painting to take home. All necessary supplies are provided. Unleash your artistic potential in this welcoming and guided exploration of watercolor artistry.



WED, March 12 | 1-2:15 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Crown Center **IP**

#3008 Beginning Harmonica Workshop

Discover the joy of harmonica playing in this introductory workshop with members of the Gateway Harmonica Club. Learn the basics of harmonica care, playing techniques, and how to perform simple folk songs—no music reading skills needed! Bring your 10-hole diatonic harmonica in C or purchase one for \$10. A student guide/songbook is included to enhance your experience. Join us for a harmonious journey and explore the versatility of this iconic instrument!

THU, March 13, 20, & 27 | 1-2:30 p.m. | \$75 (3 Sessions)

Instructor: Gateway Harmonica Club

Location: Clayton Oasis **IP**

#3043 A Therapeutic Art Experience

Join us for a delightful self-guided paint experience tailored specifically for guests aged 55! This relaxing event features custom pre-printed canvases that make it easy for everyone to tap into their creativity, regardless of skill level. Enjoy a serene environment where you can unwind, express yourself artistically, and socialize with fellow participants. Whether you're an experienced artist or trying painting for the first time, this paint session promises a wonderful opportunity to bond over shared creativity and relaxation. We look forward to seeing you there!

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

Instructor: Claire McGale, JACCK Foundation

Location: Oasis - Northwest Plaza **IP**

#4034 Learn to Play Mah Jongg

Learn how to play the ancient Chinese game Mah Jongg with local expert Phyllis Siegel. Mah Jongg involved skill and luck and is played with four people and a special set of tiles. No experience is necessary and over the four week session, you'll learn the game using the National Mah Jongg rules. Everyone needs a New 2025 National Mah Jongg card, but it is included when you register for this program and it's yours to keep.

THU, April 24-May 22 *No Class 5/8

10 a.m.-12 p.m. | \$80 (4 Sessions)

Instructor: Phyllis B Siegel

Location: Clayton Oasis 

#4014 Beginners Watercolor: Hydrangea

Embark on a hands-on art journey with Ann Flory, artist and therapeutic art specialist with Artfully Aging. This class is designed for beginners, offering a relaxing and enjoyable experience as you tap into your individual creativity. No prior art training is necessary. Each session includes instruction on basic watercolor techniques, and participants will have the opportunity to create a small watercolor painting to take home. All necessary supplies are provided. Unleash your artistic potential in this welcoming and guided exploration of watercolor artistry.

THU, April 24 | 1-2:15 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Clayton Oasis 



Current Events

#3030 Great Decisions: The Foreign Policy Association Discussion Group 2025

Great Decisions is America's largest discussion program on world affairs, where participants read the Great Decisions Briefing Book, watch a documentary film series, and engage in discussions about the most critical global issues facing America today. Topics for this session include American foreign policy, US-China relations, India's role between China, the West, and the Global South, climate change cooperation, NATO's future, AI and national security, and US policy in the Middle East after Gaza. Participants will receive a copy of the Briefing Book. This program is led by Roy Overmann.

FRI, March 7-April 25 | 1-3 p.m. | \$88 (8 Sessions)

Instructor: Roy Overman

Location: Eden Seminary 

How Do We Move Forward Together?

If you feel like the country and maybe your social circle is still really politically divided, this program is intended to acknowledge how tough it is while finding positive ways to move forward, together. No matter your political persuasion, this program will address real-time issues with relevant guest speakers and some discussion that we hope will bring us together.

#3017 TUE, March 25 | 1-3 p.m. | \$17

Instructor: Lucy Radocha

Location: Clayton Oasis 

#4006 TUE, April 8 | 1-3 p.m. | \$17

Instructor: Juliet Claire Simone

Location: Clayton Oasis 

#4012 TUE, April 22 | 1-3 p.m. | \$17

Instructor: Juliet Claire Simone

Location: Clayton Oasis 



Participant Spotlight: **Rebecca Massie**

Although my daughter, Juliet Simone, has been with Oasis since 2012, I wasn't ready to dive into the catalog until my full retirement in the spring of 2023. Once I started attending classes, I couldn't keep the excitement to myself—I began inviting all my friends, and they've loved the programs as much as I have!

History is my favorite class theme, but as a retired nurse, I'm equally drawn to medicine and science. This semester, I'm especially looking forward to *The Siege of Leningrad* and *The Event That Started the Civil War: The Attack on Fort Sumter* (both on page 6). *The Creation of the Self* (page 8) has also piqued my interest, and I never miss a Joan Musbach series. You'll definitely find me at *The Marquis de Lafayette: The Hero of the American Revolution Comes to St. Louis*.

Like many, I live with arthritis and want to learn more about it. I'm excited for *Unraveling the Genomics of Arthritis: Why Women Suffer More Than Men* (page 15). I'll also be sharing part of my family's story with Juliet during *Secrets, Sperm Donors, and Saliva* (page 12).

I hope to see you in some of these classes—it's always more fun with friends! *Look for a ♥ (a purple heart) in this catalog to see all of Rebecca's class picks.*

History

#3003.V The Siege of Leningrad (Virtual) ♥

From September 8, 1941, to January 27, 1944, the German siege of Leningrad claimed over 500,000 soldiers and more than a million civilians, mostly from starvation and disease. Despite relentless bombardment, the Germans failed to capture the city. The citizens' heroic resistance, including protecting a unique botanical collection while starving, earned Leningrad the title of 'Hero City.' This epic struggle has left a lasting mark on Soviet and Russian memory, shaping Vladimir Putin's personal narrative.

THU, March 6 | 1-2 p.m. | \$17

Instructor: Dr. Daniel Schlafly

Location: Zoom 

#3031/3031.V The Making of the Modern Middle East

Between 1900 and 1930 the modern Middle East was shaped in significant ways. The decline and eventual disappearance of the Ottoman Empire, impact of World War 1 and the role of the Treaty of Versailles in creating new states in this region will be examined. The crucial part individuals such as T.E. Larence, Winston Churchill and Mustapha Kemal played in events in these years will also be studied. Our goal will be to exit the class with a better understanding of this vital part of the world.

TUE, March 11 | 1-3 p.m. | \$17

Instructor: Samuel F Harned

Location: Eden Seminary & Zoom 

#3033/3033.V Food History & Plates to Celebrate St. Patrick's Day

Take a closer look the history St. Patrick's Day and dig in (pun intended!) to how it's celebrated American-style. Learn more about the foods that define the day, especially corned beef and its surly story.

FRI, March 14 | 10 a.m.-12 p.m. | \$17

Instructor: Suzanne Corbett

Location: Eden Seminary & Zoom 

#3011 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, March 18 | 1-2:45 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis 

#3034/3034.V Surviving the Doldrums: The Women's Movement

Discover how activists in the 19th and 20th centuries persevered through setbacks that stalled momentum and found ways to reignite progress in the women's movement. This class will examine key moments, from the post-Civil War division within the movement to the struggle over the Equal Rights Amendment and beyond, showing how past challenges can inspire and inform our efforts today.

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

Instructor: Rebecca Now

Location: Eden Seminary & Zoom 

#3045 The Intriguing Story of Virginia Minor, A St. Louis Suffragist

In March, we celebrate the struggles and accomplishments of women. In 1872, Virginia Minor, a St. Louis suffragist, attempted to register to vote but was refused. She and her husband sued the registrar in the St. Louis Circuit Court, now the Old Courthouse. Using the 14th Amendment, they fought for civil rights. Participants will read the 1872 case and explore Virginia Minor's role in the early women's rights movement.

FRI, March 21 | 1-2:45 p.m. | Free

Instructor: Diane Weber, Jefferson National Parks Association

Location: Gateway Arch National Park 

#3012/3012.V The Event That Started the Civil War: The Attack on Fort Sumter ♥

Join us for a compelling discussion focusing on the mistakes and misunderstandings by both the Union and the Confederacy that led to the South's attack on federal property, igniting the most devastating war in American history. Presented by attorney Thomas Wack, this session will delve into the critical errors and misjudgments that set the stage for the Civil War.

MON, March 24 | 10-11 a.m. | \$17

Instructor: Thomas Wack


Location: Clayton Oasis & Zoom 

#3016/3016.V The St. Louis Underworld: The Cases & The Characters

Take a fascinating journey into the shadowy history of St. Louis with Johnny Rabbitt of KMOX. Dive into tales of notorious hoodlums, hitmen, and hooligans, and explore infamous events like the life and death of Elijah Lovejoy, the Post-Dispatch Killing, and the Southwest Bank robbery. From the Cuckoo Gang and Al Capone's St. Louis ties to chilling murders and the Mafia, this riveting session uncovers the dark side of our city's past.

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

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom 

#3019/3019.V Supreme Court: Justices for All

Dive into the intriguing history of the U.S. Supreme Court and its justices—colorful, controversial, hated, and admired alike. Discover how the court has evolved over time and explore landmark decisions that have shaped the nation's direction. This engaging session uncovers the personalities and pivotal moments that defined the highest court in the land.

FRI, March 28 | 11 a.m.-12 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & Zoom **H**

#4000.V Lake Baikal (Virtual)

Lake Baikal, in the center of Siberia, is the deepest, over a mile, and the largest lake by volume in the world. It has more water than all of the US Great Lakes put together. For example, it has played a key role in Russia's history as an obstacle to the Transsiberian Railway and the Russo-Japanese War 1904-1905. It is sacred to the Buryat Mongols and is celebrated in Russian folklore. It has many unique species of flora and fauna, including the world's only freshwater seal.

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

Instructor: Dr. Daniel Schlafly

Location: Zoom **V**

#4001/4001.V Oh Freedom After While

Explore the powerful story of the 1939 Missouri Sharecropper Protest, a pivotal moment in U.S. history. Learn about firsthand accounts from family members, examine its impact on Missouri and the nation, and learn how people united for social justice. This session includes a viewing of the award-winning documentary *Oh Freedom After While*, discussions about its companion book, and a Q&A session to deepen your understanding of this transformative event.

WED, April 2 | 10 a.m.-12 p.m. | \$17

Instructor: Ted Green

Location: Clayton Oasis & Zoom **H**

#4002/4002.V Peace Corps Stories Over the Decades ♥

No matter the country or decade, Peace Corps Volunteers have some shared experiences. Join Linda Locke, Deno Fabbre and Juliet Simone as they share stories about their experiences in Morocco (mid 1970's), Malaysia (late 1960's) and Peru (early 2010's) respectively. Each presenter will also share some artifacts that are unique from the country in which they served. You'll also gain insight into how the culture has or hasn't changed over the decades as the presenters have kept in touch with their host families and/or friends from their villages.

THU, April 3 | 10:30 a.m.-12 p.m. | \$17

Instructor: Linda Locke, Deno Fabbre & Juliet Simone

Location: Clayton Oasis & Zoom **H**

Religious Roots of America Bundle

Explore the transformative role of religion in shaping American society through three engaging classes.

#4004/4004.V Protestant Reformation in England

The English Reformation took place in the 16th century when the Church of England broke away from some doctrines and practices of the Catholic Church. The Church of England remained the established church but a number of nonconformist churches existed whose members suffered under the monarchy of James I and Archbishop Laud. It would be these people who would emigrate to Plymouth Colony (Pilgrims) and Massachusetts Bay Colony (Puritans) founding a uniquely American Protestantism.

FRI, April 4 | 10-11:30 a.m. | \$20

Instructor: Bonnie Vega

Location: Clayton Oasis & Zoom **H**

#4010/4010.V American Religion in the Colonial Era

Religion played a pivotal role in shaping American history. To understand the balance between national law, local practices, and individual freedom of belief, it's essential to explore colonial America's religious dynamics from 1600 to 1776. During this period, religious tensions were highly contentious, deepening divisions within the colonies. These struggles influenced the social and political fabric of the time and laid the foundation for ongoing debates about freedom of belief and religion's role in American life.

FRI, April 18 | 10-11:30 a.m. | \$20

Instructor: Bonnie Vega

Location: Clayton Oasis & Zoom **H**

#4017/4017.V American Religion After Independence

The aftermath of American independence reshaped the relationship between religion and the state, transforming the nation's spiritual landscape. The Second Great Awakening, a wave of revivalism, revitalized traditional worship and sparked widespread religious renewal. This movement inspired new forms of religion and divisions within denominations over issues like slavery. Anglicans in America also redefined themselves as Episcopalians. These changes marked a pivotal era in the evolution of American religious identity.

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

Instructor: Bonnie Vega

Location: Clayton Oasis & Zoom **H**



#4028 Digging Up the 1904 World's Fair

In the mid-1980s, fragments of history emerged from a creek bank in Forest Park—remnants of the 1904 St. Louis World's Fair! During its seven-month run, the Fair welcomed 20 million visitors, producing vast amounts of trash, much of which was buried in the park. Among the discoveries were ceramic souvenirs, plaster statue fragments, architectural details, glass bottles, buttons, and stained glass. These artifacts offer a fascinating glimpse into the Fair's construction, waste, and lasting impact. Join us to explore these remnants and the stories they tell!

WED, April 9 | 10-11:45 a.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson **IP**

#4007/4007.V Ghost Towns in Missouri and Beyond

Abandoned buildings, paranormal folklore, and historic relics give Missouri's ghost towns an eerie, intriguing atmosphere. Unlike the tumbleweed-strewn ghost towns of the Old West, Missouri's towns reveal stories of a changing world and nature's devastation. Some have fallen into disrepair, while others retain remnants of their past. A few still hold onto their heritage with a small population. This talk will explore Missouri's ghost towns and highlight some of the most fascinating ones across other states.

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

Instructor: Douglas Schneider

Location: Clayton Oasis & Zoom **H**

#4018 The Roman Empire: Its Rise, Decline & Fall

This engaging 3-part series provides an in-depth exploration of the Roman Empire, tracing its evolution from the reign of its first emperor, Augustus, through its ascension to a dominant superpower, and ultimately to its decline and collapse in the 5th century. Additionally, the course will draw parallels between the Roman Empire and modern societies, offering insights into the enduring lessons of Rome's storied past. Through a blend of lectures, readings, and discussions, participants will gain a comprehensive understanding of one of history's most influential empires.

TUE, April 15, 22, & 29 | 10 a.m.-12 p.m. | \$51 (3 Sessions)

Instructor: Richard Venn

Location: Clarendale Clayton **IP**

#4029 Anthropology at the 1904 St. Louis World's Fair

While the 1904 World's Fair is often remembered for its grand architecture, iconic attractions like the giant Ferris wheel, and innovations such as the ice cream cone and hot dog, it was the Anthropology exhibits that were considered 'The Heart of the Fair.' These exhibits showcased a diverse array of cultures, both foreign and Native, offering fairgoers a glimpse into the lives and traditions of people from across the globe. Explore how these cultural displays captivated the public and examine the complex and often controversial reactions they sparked during the event.

WED, April 16 | 10-11:45 a.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson **IP**

#4023/4023.V The Creation of the Self ♥♥

When and how was the modern sense of personality and self-created? This has been a topic of historical debate for quite some time. One consensus that has arisen centers on the Renaissance and Reformation as formative. What exactly took place during these time periods that gave birth to a modern sense of identity? How was the notion of individuality, in a sense, created? This class will examine these two historical epochs to answer these questions.

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

Instructor: Samuel F Harned

Location: Eden Seminary & Zoom **H**

#4011/4011.V Whatever Happened To? (People & Places)

Join KMOX's Johnny Rabbitt for a captivating series uncovering the stories behind St. Louis' people and places. This exploration delves into the legacies of notable figures and iconic locations, answering "Whatever happened to them?" Topics include the Lindell Hotel, August Busch Sr., the Eads Mansion, Evelyn West, Sara Teasdale, the Goldenrod Showboat, Poro College, Vincent Price, Falstaff Beer, the Varsity Theater, and more. Discover the fascinating tales that helped shape St. Louis with Johnny Rabbitt.

TUE, April 22 | 10:30-11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom **H**

#4025/4025.V The Marquis de Lafayette: The Hero of the American Revolution Comes to St. Louis

Lafayette is Here! Celebrate the 200th Anniversary of Marquis de Lafayette's Return Tour on April 26, 2025, as the St. Louis waterfront hosts this historic event. Known to "Hamilton" fans as Hamilton's drinking buddy, Lafayette was much more—a surrogate son to General Washington, a hero of the American Revolution, and a key figure in the French Revolution. An abolitionist, he helped influence Washington's views on slavery. Join us to learn more about this fascinating and impactful figure in history.

TUE, April 22 | 1-3 p.m. | \$20

Instructor: Joan Musbach

Location: Eden Seminary & Zoom **H**

#4026/4026.V Paris's Spectacular Père Lachaise Cemetery

Père Lachaise Cemetery is the most visited cemetery in the world, yet it remains an often-overlooked gem for many tourists in Paris, who tend to favor more traditional attractions. However, this historic cemetery is the final resting place of some of the world's most renowned artists, musicians, actors, writers, and more. It also features an array of unique and striking tombstones, making it a fascinating destination in its own right. Join the speaker for a captivating armchair tour of this iconic Parisian landmark, and discover the stories behind its notable inhabitants and its stunning memorials.

THU, April 24 | 1-2:45 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Eden Seminary & Zoom 



Art & Music History

#3013/3013.V Women in the Archive

Explore the untold stories of remarkable women through captivating vignettes centered around meaningful objects. Participants are encouraged to bring their own pieces of women's history, whether a family heirloom or a personal memento, to share in the discussion. Together, we'll delve into the importance of preserving and recovering the often-overlooked narratives of women's lives, fostering a deeper understanding of their contributions and experiences throughout history. Join us for an engaging and insightful exploration!

FRI, March 21 | 10-11 a.m. | \$17

Instructor: Elizabeth Eikmann

Location: Clayton Oasis & Zoom 

#3035/3035.V Women Artists in the St. Louis Art Museum Collection

Explore the remarkable contributions of women artists featured in the St. Louis Art Museum's collection. Despite historical challenges and barriers, these artists created impactful works that have earned their place alongside their male counterparts. This engaging session highlights the stories, achievements, and art of these trailblazing women, offering you the chance to discover their masterpieces up close. Celebrate their legacy and learn how they shaped the art world, often against the odds.

FRI, March 21 | 11 a.m.-12 p.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Eden Seminary & Zoom 

20th Century Art: More Isms Class Pairing


Join artist and former Assistant Professor of Art Education, Dr. Michael Faris, as he covers the origins, cultural context, and key techniques of Expressionism and Cubism.

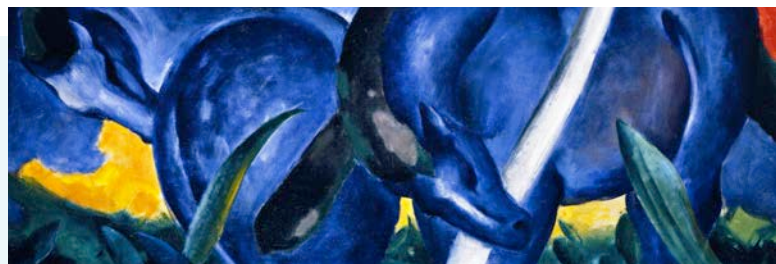
#3005/3005.V Expressionism: Emotion & Angst in Pre-War Europe

Explore Expressionism, an influential art movement that prioritized raw emotion and personal expression over realism. Emerging in Europe around 1905, it reflected the angst and turmoil of the pre-war era. European painters used dramatic mythological, religious, and emotional scenes to challenge conventions and evoke powerful feelings. Through vivid colors, bold strokes, and unorthodox techniques, Expressionists captured the uncertainties of their time. Join us to delve into the masterpieces and cultural context that shaped this impactful movement.

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

Instructor: Michael Faris

Location: Clayton Oasis & Zoom 




#4005/4005.V Cubism: The Rise of Abstract Art

Discover the revolutionary art movement that changed the way we see the world. Cubism, pioneered by artists like Pablo Picasso and Georges Braque, broke free from traditional perspectives, introducing fragmented forms and abstracted visuals. Explore how this groundbreaking style paved the way for modern art, challenged artistic conventions, and influenced countless movements to come. Join us for a deep dive into the origins, key works, and enduring legacy of Cubism in the evolution of abstract art.

MON, April 7 | 10 a.m.-12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & Zoom 

#4030 **A Musical Journey: From Stardust to Mack the Knife & Beyond!**

Take a stroll through musical history as we explore the stories behind some of the most beloved songs from the 1920s to today. From timeless classics like Stardust and Mack the Knife to modern favorites, this journey will enrich your appreciation of 20+ iconic tunes. Discover fascinating backstories and fun facts that will change the way you listen to these songs forever. Join us for an unforgettable trip down memory lane!

MON, April 7 | 1-3 p.m. | \$8.50

Instructor: Richard Losciale

Location: Oasis - Northwest Plaza IP

#4033/4033.V **Picture This: St. Louis Women Photographers**

Did you know that not only was nineteenth-century St. Louis a bustling photography destination, but it was also home to hundreds of female photographers!? This presentation explores the early history of women's photography and highlights the lives and professional careers of several St. Louis women whose impressive work started right here in Missouri.

FRI, April 25 | 2-3 p.m. | \$8.50

Instructor: Elizabeth Eikmann

Location: Oasis - Northwest Plaza & Zoom H

Practical

Your Future, Your Plan: Expert Tips for Effective Estate Planning

Are you curious about how to best protect your assets and possessions in the event of your death or incapacity? Are you interested in some tips to help you and your loved ones avoid probate? Do you have estate plans? Do you know what they say and do? The truth is no one likes to think about or plan for their own incapacity or death, but planning for the worst is the best way to protect yourself and your loved ones. Join us for a quick presentation on estate planning! We will be there to give you some information on estate planning basics, some tips, and answer some questions.

#3039/3039.V TUE, March 4 | 10:30-11:30 a.m. | \$8.50

Instructor: Beth Club

Location: Oasis - Northwest Plaza & Zoom IP

#4022 MON, April 14 | 10:30-11:30 a.m. | \$17

Instructor: Beth Club

Location: Eden Seminary IP

#3025 Death Positive Movement

Join us for an engaging exploration of the Death Positive Movement, where we'll discuss how embracing open conversations about death can lead to personal growth and a deeper understanding of life. This presentation will offer insights into how shifting our cultural attitudes toward death can foster greater peace and empowerment.

FRI, March 7 | 10-11:30 a.m. | \$17

Instructor: Lauren Ponder

Location: Crown Center IP



Staff Spotlight: **Juliet Simone**

Juliet Simone, Oasis' Chief Program Officer, is the driving force behind the team generating the diverse and engaging programs featured in the catalog. With a blend of humor and sincerity, Juliet often remarks that she works at Oasis to ensure it's still thriving when she retires! A lifelong artist who has been painting since childhood, Juliet would undoubtedly sign up for Water Soluble Oil Painter's Studio (pg. 4).

She's also a fan of Myofascial Release (pg. 15), especially after experiencing its remarkable benefits in relieving her chronic hip pain. Another program that's a must-see for Juliet is The Creation of Self (pg. 8). And as someone who adores Edinburgh, her favorite city in the world, she wouldn't miss Armchair Traveler's Guide to Secret Edinburgh (pg. 21).

Juliet's passion for learning extends to classes about women in history—she's particularly drawn to those on pages 6, 9, and 10, as she believes their stories are too often overlooked. She's also a devoted fan of the "Science and Nature" section (pg. 12).

This spring, Juliet isn't just attending Oasis programs—she's also sharing her own stories in two exciting sessions: Secrets, Sperm Donors, and Saliva (pg. 12) and Peace Corps Stories (pg. 7), which she co-presents with her Oasis friends Linda Locke and Deno Fabbre. Don't miss these opportunities to hear Juliet's unique perspective and experiences! *Look for a ♥ (a yellow heart) for Juliet's class picks.*

Religious Studies

#3021 God's Justice in the Old Testament

The Hebrew Scriptures, from beginning to end, reveal the story of God's design for the world—a vision of harmony, equity, and flourishing. The Old Testament authors repeatedly affirm that God's desire was for a world where every person has access to the resources they need to thrive, ensuring that no one is left behind or marginalized. At its core, the message of the Old Testament is a call to justice—an unwavering commitment to the well-being of all God's people.

THU, March 6 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Clarendale Clayton **IP**

#3023 Jesus & the Reign of God's Justice

The central theme of Jesus of Nazareth's preaching and ministry was the Reign of God—the restoration of God's rule on earth and in Israel. In this Reign, peace and justice would prevail, and the oppressive rule of the Romans would be overthrown. Jesus proclaimed a new era where God's justice would restore harmony, offering hope to the oppressed and signaling the end of injustice.

THU, March 13 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Clarendale Clayton **IP**

#3024 The Romanization of Christianity - From Justice to Charity

In the decades after the death of Jesus, the Christian movement shifted away from resistance to Roman rule to coexistence with Rome. This evolution can be seen in the Gospel of Luke and the Acts of the Apostles. In the process, Christianity changed its focus from justice to charity—from seeking to change the root causes of injustice, to giving aid to the victims of injustice.

THU, March 20 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Clarendale Clayton **IP**

#3038/3038.V The Passion Story in the Gospel of Mark

Although they agree in some ways, each of the Passion narratives in the four Gospels has a different emphasis and theology. The Passion story in Mark is the shortest and in some ways the most dramatic of all. It is also the oldest, and therefore closest to the actual events.

FRI, March 28 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**



#4019/4019.V The Passion Story in the Gospel of Matthew

Explore the unique elements of the Passion story as told in the Gospel of Matthew. While following the same overall structure as Mark's account, Matthew includes intriguing details found nowhere else, such as Judas' suicide, the resurrection of 'many' at the moment of Jesus' death, and the placement of guards at Jesus' tomb. Delve into these distinctive narratives to gain a deeper understanding of Matthew's perspective on this pivotal story.

FRI, April 4 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

#4021/4021.V The Passion Story in the Gospel of Luke

Luke's account of the Passion includes unique details not found in the other Gospels, deepening the narrative's emotional and theological depth. In the Garden of Gethsemane, Jesus experiences such intense anguish that His sweat becomes like drops of blood as He prays. During His arrest, He turns to look at Peter at the moment of his denials, a poignant moment of recognition and sorrow. On the cross, Jesus offers forgiveness to those who are crucifying Him, embodying His message of mercy. Additionally, He grants the repentant thief the assurance of salvation, saying, "Today you will be with me in paradise," demonstrating His authority to forgive and offer eternal life.

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

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

#4024/4024.V The Passion Story in the Gospel of John

The Passion narrative in the Gospel of John differs from the others in tone and detail, highlighting Jesus' complete control over His death. From start to finish, He is portrayed as sovereign, guiding the events leading to His crucifixion. His trial before Pilate unfolds in seven distinct scenes, emphasizing the tension and significance of the moment. Unlike the other Gospels, where Jesus cries out in His final moments, John presents a serene depiction—Jesus simply declares, "It is finished," signifying the completion of His mission.

FRI, April 18 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

Science & Nature

#3042/3042.V Homegrown National Park

What if we could feel nature-rich in our yards, community spaces, and excellent public parks? By growing our relationship with Native Plants, we can do so! Birds and pollinators will join your circle of friends as Nature's experience transforms stress right outside your door. Rich in St. Louis examples, this talk invites all ages to join this person-powered conservation movement. Homegrown National Park will welcome you if your space is a patio pot or business campus, backyard, or schoolyard!

THU, March 13 | 1-2:30 p.m. | \$8.50

Instructor: Jean Ponzi

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

#3009/3009.V Secrets, Sperm Donors & Saliva ♥ ♥

If you're a fan of mystery, scandal, and mind-boggling plot twists—this class is for you. Take a journey through a story about a woman's family secret revealed to her mid-life and the precipitating impact it had on her and her entire family. This stranger-than-fiction narrative unearths a family tree that is complicated and complex.

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

Instructor: Juliet Claire Simone

Location: Clayton Oasis & Zoom **H**

#2009/2009.V History of Science: The Ancient World

This course will take you on a fascinating journey through the development of science from the dawn of written history to the collapse of the Roman Empire. Explore the contributions of the Sumerians and their advancements in numerology, delve into the astronomical discoveries of the Chinese, and examine how the Greeks transformed science by moving it beyond the realm of religion into the domain of secular thought and experimentation. Join us as we uncover the foundations of scientific inquiry and the pivotal figures who shaped our understanding of the natural world.

WED, March 26 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Richard Venn

Location: Clayton Oasis & Zoom **H**

#3018/3018.V The Coming Pandemic: Lessons Learned from 50 Years in Public Health and Infectious Disease Practice

Examine the critical lessons learned from five decades of experience in public health and infectious disease. This course explores the emergence of infections over the last 50 years, with a focus on vaccine development, immune responses, and outcomes. Delve into responses to three major pandemics and gain insights into the populations and disease processes most affected. Learn how past experiences can guide preparedness and response to future global health challenges.

THU, March 27 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Jim Hinrichs

Location: Clayton Oasis & Zoom **H**

#4031/4031.V Biophilia: Designing Nature into People Places

In Biology, Psychology, and Design, Nature connections are proving to grow health benefits for us in many ways. From this overview of professional Biophilic Design principles, you'll start seeing Nature in surprising places—and ways to bring nature's benefits into your environments.

THU, April 10 | 1-2:30 p.m. | \$8.50

Instructor: Jean Ponzi

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

#4016.V Into the Icy Deep: Marine Life, Sea Ice and Conservation (Virtual)

Join Amanda Hunter, Marine Biologist and Polar Expedition Guide, on an exciting journey across the polar oceans. Explore the vibrant marine ecosystems of the Arctic and Antarctic, from tiny phytoplankton to majestic seals and whales, while learning about the vital role of sea ice in Earth's climate. Amanda will also discuss the unique properties of polar waters and how they shape marine life. Delve into the effects of human activities, including exploration, climate change, pollution, and overfishing, and understand why conserving these remote regions is crucial for our planet's health.

TUE, April 29 | 1-2 p.m. | \$17

Instructor: Amanda Hunter

Location: Zoom **V**



Save the Date

Celebrate creativity with St. Louis Oasis at our inaugural Arts Jubilee event. Meet local authors, enjoy live music, and experience hands-on arts classes. Whether you're an art lover or just looking for a fun and inspiring afternoon, this event has something for everyone!

[Learn more on page 23.](#)

St. Louis
Oasis Arts
Jubilee!

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, in-person, and lead by a skilled Oasis Techie of by Oasis' Director of Virtual Programs & Technology Education, Jordan Carr.**

#3204 MON, March 3 | 1-2 p.m.
Location: Oasis - Northwest Plaza

#3213 TUE, March 4 | 10-11 a.m.
Location: Christian Hospital

#3209 TUE, March 4 | 1-2 p.m.
Location: Clayton Oasis

#3205 MON, March 10 | 1-2 p.m.
Location: Oasis - Northwest Plaza

#3210 TUE, March 11 | 1-2 p.m.
Location: Clayton Oasis

#3214 TUE, March 14 | 10-11 a.m.
Location: Lutheran Church of Atonement

#3206 MON, March 17 | 1-2 p.m.
Location: Oasis - Northwest Plaza

#3211 TUE, March 18 | 1-2 p.m.
Location: Clayton Oasis

#3207 MON, March 24 | 1-2 p.m.
Location: Oasis - Northwest Plaza

#3203 TUE, March 25 | 10-11 a.m.
Location: Oak Street Health- Florissant

#3212 TUE, March 25 | 1-2 p.m.
Location: Clayton Oasis

#3208 MON, March 31 | 1-2 p.m.
Location: Oasis - Northwest Plaza

#4210 TUE, April 1 | 10-11 a.m.
Location: Christian Hospital

#4205 TUE, April 1 | 1-2 p.m.
Location: Clayton Oasis

#4201 MON, April 7 | 1-2 p.m.
Location: Oasis - Northwest Plaza

#4206 TUE, April 8 | 1-2 p.m.
Location: Clayton Oasis

#4211 TUE, April 14 | 10-11 a.m.
Location: Lutheran Church of Atonement

#4202 MON, April 14 | 1-2 p.m.
Location: Oasis - Northwest Plaza

#4203 MON, April 21 | 1-2 p.m.
Location: Oasis - Northwest Plaza

#4208 TUE, April 22 | 1-2 p.m.
Location: Clayton Oasis

#4204 MON, April 28 | 1-2 p.m.
Location: Oasis - Northwest Plaza

#4209 TUE, April 29 | 1-2 p.m.
Location: Clayton Oasis

#3201 Mastering iPhone Basics: Calls, Texts & Emails Made Easy!

This class covers iPhone basics like making calls, setting voicemail, blocking callers, customizing ringtones, and texting features (sending photos, unsending, scheduling, and reporting spam). Learn to set auto-reply texts, manage emails, protect privacy, and use the Contacts app. Additional topics include setting emergency contacts and using FaceTime features like screen sharing and connecting with Android devices. Master your iPhone's communication tools!

FRI, March 21 | 1-2 p.m. | \$10

Instructor: Martha Bogart

Location: Oasis - Northwest Plaza **IP**

#3200/3200.V Social Media Basics: Staying Connected in a Digital World

This beginner-friendly class introduces social media essentials to help you stay connected with family, friends, and communities. Explore Facebook, Instagram, and YouTube, learn to engage safely online, and discover how social media supports hobbies, news, and reducing isolation. Perfect for newcomers or those seeking more confidence, this class equips you with tools to navigate the digital world with ease.

MON, March 24 | 11 a.m.-12 p.m. | \$10

Instructor: Jordan Carr

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



#3036/3036.V Exploring Google Maps for Desktop Computer or Laptop

Discover how Google Maps can guide you whether you're driving, biking, walking, or using public transit! Learn to find locations, get directions, view nearby attractions, mark favorites, and use Street View for location photos. This class covers the desktop version of Google Maps. While a Google account isn't required, creating one is recommended to save preferences. Google accounts are free and easy to set up!

TUE, March 25 | 1-3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom **H**

#3037/3037.V Smartphone Photography

Unlock the full potential of your smartphone's camera in this hands-on class. Learn the essentials of composition, managing exposure, and editing your photos to enhance their eye-appeal. Discover tips and tricks for storing your images safely, whether on your device or in the cloud, for both Android and iPhone users. Perfect for beginners or those looking to elevate their smartphone photography skills, this class will help you capture and preserve stunning memories with ease.

THU, March 27 | 1-3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom H

#4020/4020.V Online Photo Book Creation

Are your cherished photo memories hidden away? Join our two-hour workshop to create an easy, affordable online photo book for everyone to enjoy. Learn how to include photos, text, and mementos to craft timeless keepsakes your family will treasure. All you need is an internet-connected computer or tablet—no specialized software required. Don't let your memories stay hidden—bring them to life in a photo book!

THU, April 10 | 1-3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom H

#4200/4200.V Introduction to Digital Wallets

This beginner-level class will introduce participants to digital wallets, explaining what they are, how they work, and their advantages over traditional payment methods. Participants will learn how to set up and use digital wallets like Apple Pay, Google Pay, and Samsung Pay for convenient, contactless payments. The class will also cover additional features such as storing IDs, tickets, and loyalty cards in digital wallets, as well as tips for staying safe while using them. By the end of the session, participants will feel confident using digital wallets for everyday transactions.

MON, April 21 | 11 a.m.-12 p.m. | \$10

Instructor: Jordan Carr

Location: Oasis - Northwest Plaza & Zoom H

#4027/4027.V Tips for More Effective Internet Searching on Google

Struggling to find exactly what you're looking for on Google? This class is for you! Learn how search engines work, choose effective keywords, and use Google's Advanced Search to refine results by phrase, website type, filetype, date, and more. Discover image searching with Google Lens, reverse image search, and tips for evaluating website credibility. You'll also learn to search within webpages. Gain the skills to become an Internet sleuth!

FRI, April 25 | 10 a.m.-12 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom H



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TRYOE20-25

Visit oasiseverywhere.org to view classes and use the coupon code **TRYOE20-25** at check-out for 20% off your entire cart!

*Discount only applicable to classes on oasiseverywhere.org. Good for new and current users. Limit one per person. Cannot be combined with other offers. Excludes exercise classes, gift cards, and donations. Expires December 31, 2025.



Health & Wellness

#3000 Keep Your Brain Healthy by Doing Puzzles: Crypto Families Puzzles

Are you bored with standard crosswords and word search puzzles? Why not take your puzzle-solving to another level? Learn tips and strategies to solve a variety of word puzzles in the Penny Press/Dell Variety puzzles magazine. The Penny Press Puzzle Lady has some best practices to get the answers to Anagram Magic Squares, Codewords, Crypto-Families, Syllacrostics, and more. Research has shown that doing word puzzles is a great way to keep your brain sharp and stave off diseases like Alzheimer's and dementia. This class is perfect for word enthusiasts.

TUE, March 4 | 1-2:30 p.m. | \$17

Instructor: Linda Mitchell

Location: Clayton Oasis IP

#3600.V Better Choices, Better Health - Diabetes (Virtual)

Living with diabetes presents challenges like managing your diet, avoiding complications, and getting support. The Better Choices, Better Health®-Diabetes workshop, developed at Stanford University, can help you: learn how to eat with diabetes enjoyably, monitor your blood sugar, start a regular exercise program, communicate better with loved ones and your medical team, and design your own self-management plan. Register online now for this valuable workshop!

WED, March 5-April 16 | 1-3:30 p.m. | Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: Zoom V

#3001 Thrive After 65!

Life after 65 brings unique challenges, but this three-session class offers a chance to overcome outdated beliefs about aging. Using the latest neuroscience and the Tiny Habits™ method, you'll discover how small, intentional actions can lead to a more satisfying life in your later years. Topics include cultivating a growth mindset, building new healthy habits, dealing with negative thinking, and combatting loneliness. Led by Polly Lemire, a certified Tiny Habits coach, this course includes participation in the 5-day Tiny Habits program. Access to the internet and email is required.

THU, March 6, 13, & 20 | 10:30-11:30 a.m. | \$51 (3 Sessions)

Instructor: Polly Lemire
Location: Clayton Oasis **IP**

#3022 Myofascial Release Self-treatment for the Low Back & Hip ♥

Discover effective techniques to alleviate low back and hip discomfort through self-guided myofascial release. In this class, students will follow along as the instructor demonstrates step-by-step methods to target and release tension in the muscles and soft tissues commonly associated with low back and hip pain. Perfect for individuals seeking hands-on strategies to improve mobility, reduce discomfort, and support overall well-being.

THU, March 6-April 10 | 1-2 p.m. | \$102 (6 Sessions)

Instructor: Mary Felling
Location: Clarendale Clayton **IP**

#3040 Rhythms for Healing: The OCEAN DROP Experience

Discover the transformative power of rhythm and sound in this immersive wellness journey. Rhythms for Healing blends proven techniques—such as sound healing, self-leadership, mindful breathing, laughter, active listening, and drumming—into a unique and uplifting experience. This hands-on course welcomes participants of all skill levels, with percussion instruments provided. No prior experience is necessary—just bring an open mind and a willingness to explore the healing potential of rhythm and connection.

MON, March 10, 17, & 24 | 1-2 p.m. | \$25.50 (3 Sessions)

Instructor: Diana Arseneau
Location: Oasis - Northwest Plaza **IP**

#3032/3032.V Unraveling the Genomics of Arthritis: Why Women Suffer More Than Men ♥

Did you know that women are more likely than men to experience severe arthritis? This disparity is rooted in genetics and genomics. In this engaging class series, we'll explore the science behind the genetic factors contributing to this condition. Learn about the latest research, why these differences occur, and how understanding these mechanisms could lead to better treatments and prevention strategies tailored to women's health. Whether you're curious about genetics or seeking practical knowledge on arthritis, this class is for you!

THU, March 13 | 1-2:30 p.m. | \$17

Instructor: Ron Worthington
Location: Eden Seminary & Zoom **H**

#4032/4032.V Your Unbucket & Reverse Bucket Lists!

We all know what a Bucket List is. But what about the Reverse Bucket List or the UnBucket List? Join us as we learn about these lists and author your Bucket, Reverse Bucket, and UnBucket Lists. More than a simple exercise, these lists will help you direct your future and reconcile your past!

MON, April 14 | 1-3 p.m. | \$8.50

Instructor: Richard Losciale
Location: Oasis - Northwest Plaza & Zoom **H**



Share Your Passion for Health!

#4630 Matter of Balance Training

Share your passion for health as a Matter of Balance facilitator. You will work in pairs to head an 8-session evidence-based workshop that are offered in community settings across the metro area. You will help teach participants factors that can lead to a fall and practical tips to stay on their feet, along with some stretches and light movements to improve flexibility and range of motion. Facilitators will be provided with free training and class materials. You choose your schedule and get paid for your work. *Both days are required to become certified. Lunch will be provided. Call Ebow with questions at 314-687-7116.*

Wednesday, April 9 & Friday, April 11 | 1-3 p.m. | Free

Location: Northwest Plaza Oasis **IP**

Exercise

Better Balance

Enhance your stability and reduce the risk of falls with this comprehensive class designed to improve balance through a multi-dimensional approach. You'll work on strengthening muscles, increasing flexibility, and improving range of motion, all while boosting your confidence. Perfect for anyone looking to stay steady on their feet and maintain an active lifestyle.

#3410 MON/WED, March 3-April 23

9:30-10:30 a.m. | \$68 (16 Sessions)

Instructor: Nancy Weigand

Location: Oasis - Northwest Plaza **IP**

Dance

Beginner Line Dance

Discover the joy of line dancing! This beginner class guarantees a great time and also enhances balance, coordination, memory, and mobility. Embrace the fun music and simple steps while learning beginner line dances.

#3404 MON, March 3-April 21

11:30 a.m.-12:30 p.m. | \$68 (8 Sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis **IP**

Ballroom Dancing

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.

#3406 WED, March 5-April 23

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

Instructor: Glenn Sowder

Location: Clayton Oasis **IP**

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.

#3500 MON/WED, March 3-April 23

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

Instructor: Geraldine Talley

Location: Northwest Library **IP**

#3503 TUE/THU, March 4-April 24

11-11:45 a.m. | \$24 (16 Sessions)

Instructor: Alis Tate

Location: Oasis - Northwest Plaza

#3504.V MON/WED, March 10-April 23 *No Class 4/14

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

Instructor: Sharon Kirsch

Location: Zoom **V**

#3502 MON/WED, March 3-April 23

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

Instructor: Jo Ann D Roberts

Location: Christ Our Redeemer Church **IP**

Strengthen & Stretch

Low-impact aerobics, strength training, flexibility and balance exercises-a total body workout! The ability to move freestanding without use of a chair is necessary for this class. Floor work is optional. This class will be in interactive mode, allowing the instructor and other class participants to see and hear you.

#3411.V TUE/THU, March 4-April 10

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

Instructor: Idaria K Goodwin

Location: Zoom **V**

Tai Chi

Tai Chi for Arthritis for Fall Prevention: Beginner

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

#3453 MON/WED, March 3-April 23

1:30-2:30 p.m. | \$112 (16 Sessions)

Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson 

#3451 MON/WED, March 3-April 23

*No Class 3/24 | 1:30-2:30 p.m. | \$127.50 (15 Sessions)

Instructor: Craig Miller

Location: Eden Seminary 

#3455.V MON/WED, March 3-April 23

*No Class 3/24 | 3:30-4:30 p.m. | \$105 (15 Sessions)

Instructor: Craig Miller

Location: Zoom 

#3450 TUE, THU, March 11-April 24

11 a.m.-12 p.m. | Free (14 Sessions)

Instructor: Alice McHugh

Location: Walnut Park Public Library 

#1251 MON/WED, March 12-May 19

*No Class 4/14, 4/16, 4/21 | 1:30-2:30 p.m. | Free (17 Sessions)

Instructor: Idaria K Goodwin

Location: Age Smart - Swansea 

Tai Chi for Parkinson's Disease & Rehab

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 how to use Tai Chi to control tremors and rigidity while improving balance and posture. Experienced 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.

#3452 TUE, March 4-April 22

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

Instructor: Craig Miller

Location: Crestwood Community Center 

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 have completed instruction in the entire Beginner (Part 1) program before enrolling in Part 2.

#3456.V TUE/THU, March 4-April 24

*No Class 3/20 | 3:30-4:30 p.m. | \$105 (15 Sessions)

Instructor: Craig Miller


Location: Zoom 

Yoga Pop-Up Class: The Spring Equinox

The spring equinox, one of the four solar festivals of the year, marks a time of balance and harmony as day and night are equal in length, symbolizing the shift from winter's end to the fresh beginnings of spring. This season of rapid climatic changes and nature's vibrant abundance invites us to reflect on balance in our lives and embrace growth and vitality. Join this 1.5-hour meditative yoga class to welcome the unique energy of spring with mindfulness and harmony.

#3415 FRI, March 21 | 9-1:30 a.m. | Free

Instructor: Jeanne Kloeckner

Location: Eden Seminary 

Yoga & Pilates

Yoga

This yoga class is for all yoga practitioners-beginners to experienced. Begin with a brief full body warm-up, followed by 40-45 minutes of asanas practice and close with a conscious relaxation. This yoga class is an 'old school' style of hatha yoga, one of slowly and intentionally assuming a posture and holding it while breathing deeply. With a strong background in anatomy Jeanne provides easy to follow instructions, with nuggets of yoga philosophy sprinkled in.

#3409 TUE, March 4-April 22

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

Instructor: Jeanne Kloeckner

Location: Eden Seminary 

#3414 MON/THU, March 3-May 1

10-11 a.m. | Free (18 Sessions)

Instructor: Jeanne Kloeckner

Location: Christian Hospital Northwest HealthCare 

Pilates - All Levels

Join us for a dynamic full-body workout that targets and tones your core muscles while building overall strength and stamina. This class will help increase your flexibility, improve your posture, enhance your breathing techniques, and boost your balance. Whether you're a beginner or experienced, this workout is tailored to meet all fitness levels. The exercises are designed to promote a healthier, more resilient body, helping you feel stronger and more energized. *Participants should bring their own Pilates mat to each session.

#3402 WED, March 5-April 23

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

Instructor: Cindy Bambini, Samantha Lomax, & Loree Rowe

Location: Clayton Oasis 

Chair Yoga

Experience the benefits of yoga with the support of a chair in these accessible and gentle classes. Chair yoga is beneficial for all, offering a way to move, breathe, and ultimately feel good without the need to sit on the floor. You'll use the chair to safely arrive in yoga poses, improving mobility, strength, and balance. This practice also helps reduce stress, alleviate pain, and clear the mind, making it perfect for beginners and anyone looking for a mindful, low-impact workout.

#3408 WED, March 5-April 23

10:15-11 a.m. | \$68 (8 Sessions)
 Instructor: Cathy Johnson
 Location: Eden Seminary IP

#3412.V THU, March 6-April 24

11:45 a.m.-12:45 p.m. | \$48 (8 Sessions)
 Instructor: Sharon R Campese
 Location: Zoom V

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. Practice functional movements that include the whole body and are needed in order to function in every day life. *Participants provide their own Pilates mat.

#3403 WED, March 5-April 23

2:30-3:30 p.m. | \$68 (8 Sessions)
 Instructor: Annie Trachsel
 Location: Clayton Oasis IP

Bikes & Walks

Great Rivers Greenway bike rides and walks (noted with 🌿) are free.

Bike Rides

#3004 Pro's & Cons of E-Bikes

Curious about e-bikes and their impact on commuting and outdoor fun? Join this informative class to explore the pros and cons of electric bicycles. Learn about their environmental, cost, and health benefits, as well as challenges like upfront costs, maintenance, and regulations. Whether you're considering an e-bike or just want to learn more, this session offers a balanced perspective with interactive discussions and real-world examples—perfect for all ages and biking experience levels!

FRI, March 7 | 10 - 11:30 a.m. | \$17

Instructor: Parks Smith
 Location: Clayton Oasis IP

#3010 Exploring the Greenways 🌿

Learn what you need to know before heading out on a greenway and get the behind-the-scenes scoop on new greenways throughout the St. Louis region. Be ready to explore some of the 135 miles of greenways that are available for you to visit year-round. Come prepared to share your favorite stories from the Greenways.

FRI, March 14 | 1-2 p.m. | Free

Instructor: Elizabeth Simmons
 Location: Clayton Oasis IP



#3014 Basic Biking Safety & Repairs

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

FRI, March 21 | 1-2:30 p.m. | \$5

Instructor: Gerry Noll
 Location: Clayton Oasis IP

#3020 Brush Up on Your Cycling Skills!

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

FRI, March 28 | 1-2:30 p.m. | Free

Instructor: Dave A Seidel & Gerry Noll
 Location: Clayton Oasis IP

#4804 Ted Jones Trail & St. Vincent Greenway Ride 🍃

Ride the Ted Jones Trail and the St. Vincent Greenway across the UMSL campus and into St. Vincent Park. During the ride see EarthDance Organic Farm (the oldest organic farm west of the Mississippi), and the old St. Vincent Hospital, an architectural jewel of St. Vincent Park, dating from 1895. Approximately 13 miles, mostly on bike paths with some stretches on side streets.

FRI, April 4 | 9:30 a.m. | Free
Instructor: Janice Branham

#4805 Meramec Greenway Bluebell Ride 🍃

Explore part of the Meramec Greenway and see the blooming bluebells on the Al Foster trail, and then bike to Rockwoods reservation. This will be an out and back type ride with the opportunity to stop at the parking lot. Approximately 15 miles on asphalt, crushed limestone and packed dirt.

FRI, April 11 | 9:30 a.m. | Free
Instructor: Brenda Jean Tripp

#4806 Mississippi Greenway Ride: Chain of Rocks Bridge to St. Louis Riverfront 🍃

Gather at the Chain of Rocks Bridge and embark on a leisurely, no-drop off-road ride along a paved trail to the St. Louis Riverfront. Revel in scenic river views and the chance to spot wildlife like turkey, deer, and colossal barges. It's a delightful journey along "our" River. This is an out and back style ride. Approximately 24 miles.

FRI, April 18 | 9:30 a.m. | Free
Instructor: Judy Labarbera

#4807 Madison County Trails (MCT) Bike Ride

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

FRI, April 25 | 9:30 a.m. | \$5
Instructor: Dave A Seidel

Walks

#4800 Laumeier Sculpture Park Walk

Look forward to April's fool day by planning to take a leisurely walk through Laumeier Sculpture Park. Founded in 1976, Laumeier is one of the first and largest dedicated sculpture parks in the country. Walking pathways throughout the park suitable for a variety of abilities. Enjoy lunch after the walk. There are many options in the Sunset Hills

TUE, April 1 | 9:30 a.m. | \$5
Instructor: Mary Fran Balmer

#4811 Walk With Ease: Central Park in Chesterfield

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

MON/WED/THU, April 7-May 15
9:30-11 a.m. | Free (18 Sessions)
Instructor: Valarie Goldstein

#4810 Walk With Ease: Christ Our Redeemer

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

MON/WED/THU, April 7-May 15
10:30 a.m.-12 p.m. | Free (18 Sessions)
Instructor: Dawn Carter



#4801 Gravois Greenway: Grant's Trail Walk 🍃

Explore the scenic beauty of the Gravois Greenway, a sprawling network of paved trails that weaves through charming neighborhoods, picturesque parks, and historic landmarks. This walk takes you along the gentle and flat terrain. Discover the natural treasures of St. Louis on this rejuvenating journey. Approximately 3 miles.

TUE, April 8 | 9:30 a.m. | Free
Instructor: Great Rivers Greenway Staff

#4802 Centennial Greenway Walk: Five Oaks to Olivette Neighborhoods 🍃

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

TUE, April 15 | 9:30 a.m. | Free
Instructor: Denise Ucinski

#4803 St. Louis Hills Walk

Join us for a spring walk around Francis Park, by Ted Drews and through Candy Cane Lane! Enjoy this leisurely walk around parts of the St. Louis Hills. Approximately 2.5 miles.

THU, April 24 | 9:30 a.m. | \$5
Instructor: Denise Ucinski

#4809 Tower Grove Park Beginner Bird Walk

Tower Grove Park is an urban oasis for birds of all kinds. Located in the heart of the Mississippi flyway, the park plays host to hundreds of bird species during spring and fall migration. Join us for a guided beginner bird walk! Learn basic bird ID and tips and tricks for spotting wildlife. You'll get a chance to practice your birding skills with personal birding kits curated with help from the St. Louis Audubon Society and the Saigh Foundation.

TUE, April 29 | 9:30 a.m. | \$5
Instructor: Sylvia McMakin

Special Events, Tours, & Travel

Special Events & Tours

#3044 'Who Killed Aunt Caroline' Performance

Join us for Clayton Community Theatre's production of 'Who Killed Aunt Caroline' with your host, Mary Saputo, who is also co-starring in this suspenseful 'who done it' that will keep you guessing until the killer is revealed at the end! Come and test your sleuthing skills - gather your friends and get your tickets EARLY for this fun matinee performance!

SUN, March 9 | 2-4:30 p.m. | \$22

Instructor: Mary Saputo

Location: Clayton Community Theatre IP

#3015 Meaningful Conversations

Clayton High School students are partnering with St. Louis Oasis to fulfill a class project!

Oasis is looking for participants to join Clayton High School Claire Linnenbringer's 2nd year of an interesting project. The project consists of a six-week conversational program with the intention of getting two individuals together who may not meet outside of this program.

Participants will be paired with a student 'conversation partner' based on things found in common with each other. Partners then choose a venue (in-person, phone, video chat) and time to meet once per week to get to know each other.

Join Oasis on just two dates (the first and final of the official program) and you can arrange time between that works with you and the high school student with whom you're paired.

MON, March 24 & May 5

11:15 a.m.-12 p.m. | Free (2 Sessions)

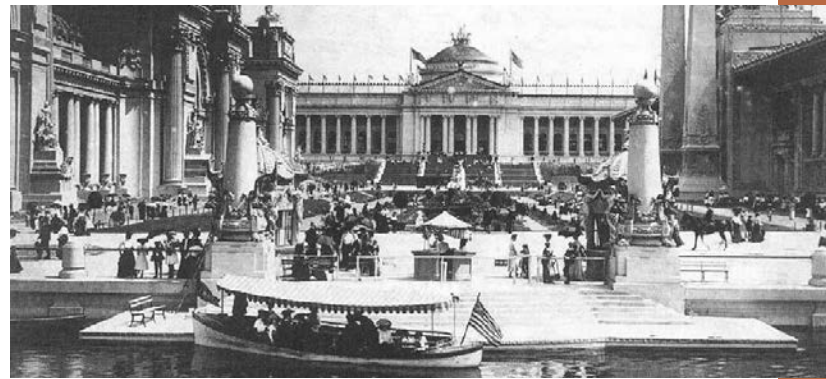
Location: Clayton Oasis IP

#4900 Lafayette Square Walking Tour

Although it's hard to imagine, in the mid-1900s Lafayette Square was deemed obsolete—more suited for demolition than preservation. Hiding behind the picture-perfect Second Empire, Queen Anne, and Romanesque Revival homes is a complex story of changing social and economic pressures. This 2-hour tour will balance the neighborhood's architectural and social histories with modern cultural and socioeconomic shifts that have created a place with a background as inspiring as its beauty.

TUE, April 22 | 1-3 p.m. | \$20

Instructor: Missouri Historical Society IP



#4901 The 1904 World's Fair: A New Perspective

The 1904 World's Fair was a complex and fascinating event, full of grandeur and shame, fun and indignity. Now, 120 years later, the Missouri History Museum's exhibit reintroduces the Fair and its legacy in a new light. Held in St. Louis, the World's Fair featured multicultural exhibitions and architectural wonders spread across nearly 1,200 acres of Forest Park, drawing 20 million visitors. The exhibit explores the Fair from multiple perspectives—organizers, visitors, and workers, both voluntary and forced—offering a fresh understanding of its complexity. The rotating back gallery, The World in St. Louis, changes every two years.

TUE, April 29 | 2-3:30 p.m. | \$20

Instructor: Missouri History Society

Location: Missouri History Museum IP

Let's Talk Travel

#4003/4003.V **Armchair Traveler's Guide to Secret London**

Discover the hidden side of London without leaving your seat! Journey through the city's secret rooms, forgotten streets, and hidden rivers, all revealed through the pages of captivating novels. This class offers a literary exploration of London's most intriguing corners, complete with a curated reading list to revisit these enchanting locales anytime. Perfect for book lovers and adventurers alike, this guide will unveil a London you've never seen before.

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

Instructor: Katy Gordon

Location: Clayton Oasis & Zoom **H**

#4008/4008.V **Armchair Traveler's Guide to Secret Edinburgh** ♥

Edinburgh is a city of dualities, of warring opposites, from its landscape to its architecture. Uncover history-haunted corners as they appear in novels and in life. From Mary, Queen of Scots to Jekyll and Hyde, from Harry Potter to Inspector Rebus, Armchair Travelers will discover some of Edinburgh's most astonishing stories—and bring home a reading list with suggested titles that will allow them to continue their journey even once the session is over.

THU, April 10 | 2-3 p.m. | \$17

Instructor: Katy Gordon

Location: Clayton Oasis & Zoom **H**

#4013 **Exploring the South Island: A Biking Adventure Through New Zealand**

Join us for a wonderful class as we dive into the unforgettable experience of biking through New Zealand's stunning South Island! This class will take you on a journey through some of the most breathtaking landscapes in the world, sharing the sights, sounds, and personal stories from Parks's three weeks in New Zealand. We'll cover the diverse terrains, from the majestic Southern Alps to the serene coastal routes and everything in between. Discover the charm of small towns, the beauty of pristine lakes, curling, and the awe-inspiring grandeur of places like Milford Sound.

WED, April 23 | 10-11:30 a.m. | \$17

Instructor: Parks Smith

Location: Clayton Oasis **IP**



Coming This May & June!

Get ready to plan your next learning adventure! Dive into the excitement as we unveil a sneak peek of some of our upcoming classes for May and June. 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!](https://stloasis.org)

How Two Revolutions Shaped the Modern World

#5003 **French Revolution**

Thursday, May 8 | 1-3 p.m. | \$17

Instructor: Sam Harned

Location: Eden Seminary **IP**

#6000 **Russian Revolution**

Thursday, June 12 | 1-3 p.m. | \$17

Instructor: Sam Harned

Location: Eden Seminary **IP**

#5004 **Public Sculptures in the St. Louis Area**

Tuesday, May 13 | 10-11:30 a.m. | \$17

Instructor: Doug Schneider

Location: Center of Clayton **IP**

#5001 **Art & Symbolism of the American Southwest**

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

Instructor: Carol Diaz-Granados

Location: Center of Clayton **IP**

#5002 **What's your Reach? Understanding your Role in Health Research**

Wednesday, May 14 | 11 a.m. - 12 p.m. | Free

Instructor: Kym Radford

Location: Oasis - Northwest Plaza **IP**

#6001 **The Taking of Pegasus Bridge: A Daring Feat on D-Day**

Friday, June 6 | 10 a.m. - 12 p.m. | \$17

Instructor: Parks Smith

Location: Center of Clayton **IP**

#6002.V **Whale Migration & Ocean Conservation**

Tuesday, June 24 | 1-2 p.m. | \$17

Instructor: Amanda Hunter

Location: Zoom **V**

St. Louis
Oasis *Arts Jubilee!*

SAVE THE DATE

Join Us for the First Annual Arts Jubilee!



#5000 - Oasis Arts Jubilee!

Friday, May, 9 / 12-4 p.m.

Free to Register

Eden Theological Seminary
475 E. Lockwood Avenue, 63119

Come celebrate creativity with St. Louis Oasis at our inaugural Arts Jubilee event, at our beautiful Eden Seminary campus in Webster Groves. Whether you're an art lover or just looking for a fun and inspiring afternoon, this event has something for everyone!

Event Highlights:

Local Author Book Fair: Meet talented authors and explore a range of exciting books.

Musical Performances:

Enjoy live music from our Oasis bands, including a jazz ensemble, concert band, and acoustic music jam group.

Sample Arts Classes:

Experience hands-on mini-classes showcasing visual arts, written arts, and technology-driven creativity at Oasis.



To register for free visit:

stloasis.org/classes

or call:

314-862-4859 ext. 24



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 July 16, 2024 through January 10, 2025. Your tribute gift helps support our mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Tribute recipients or their families will receive a letter, without reference to an amount, to notify them of your gift. Visit oasisnet.org/donate or contact Lauren Finan at **(314) 687-4523** to make your gift today!

In honor of Marylen Mann

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Going *Your* Way

Nine  **PBS**

Oasis & Nine PBS Present Going Your Way

Oasis is proud to play an integral role in *Going Your Way*, a Nine PBS documentary that focuses on the personal, medical, and spiritual issues surrounding end-of-life care, the options available, and steps that can be taken to put those wishes to practical use. The documentary's title highlights the active role many people are now taking to ensure their death goes according to their own plans and wishes. End-of-life planning doesn't have to be painful. We'll learn from the experts and real people who have stories to share about preparing for life and death.

Join Oasis for a screening of the documentary and a brief panel discussion following.

#4036 WED, April 16 | 1-3 p.m. | \$10

Location: Oasis - Northwest Plaza

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

Who can give?

If you are 70 1/2 and older, you can give any amount up to \$108,000 per year from your IRA to Oasis without having to pay income taxes on the money. Your gift will help Oasis build a future where all older adults can live expansive and purposeful lives.

Why give to Oasis through an IRA?

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

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

Contact Development Director Jo Flannery:



jflannery@oasisnet.org



(314) 687-1121

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



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Community Locations

Christ Our Redeemer

13820 Old Jamestown Road
Florissant, MO 63033

Christian Hospital

11133 Dunn Road
St. Louis, MO 63136

Clarendale Clayton

7651 Clayton Road
Clayton, MO 63117

Clayton Community Theatre

6501 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

Gateway Arch National Park

11 North 4th Street
St. Louis, MO 63102

Lutheran Church of Atonement

1285 N New Florissant Road
Florissant, MO 63031

Missouri History Museum

5700 Lindell Boulevard
St. Louis, MO 63112

Oak Street Health-Florissant

472 North Highway 67
Florissant, MO 63031

Oasis-Northwest Plaza

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

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.

Thank you to our major supporters that make our programming possible.



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