



Classes and programs for retired adults

Class Catalog

May/June 2025

BJC HealthCare



For more
information
about the
Arts Jubilee,
see page 6.



Arts Jubilee!

Friday, May, 9

12–4 p.m.

Free

Eden Theological Seminary
475 E. Lockwood Ave.,
Webster Groves, MO 63119

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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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 offices are 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.

Center of Clayton

50 Gay Avenue, Clayton, MO 63105
Office Phone: (314) 862-4859 ext 24

Northwest Plaza

500 Northwest Plaza, Suite 425, St. Ann, MO 63074
Office Phone: (314) 687-1124

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, 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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Love Oasis?

Leave us a Google Review!

Tell others about your experience with Oasis and be entered into a monthly drawing to **win a \$5 credit towards Oasis classes.**

It's easy...search "St. Louis Oasis" in your Google browser or simply scan the QR code to instantly leave your review.



**And, be sure to follow us on our
social media channels!**



All About Oasis

#6029 What is Oasis?

Join us at the Sullivan Firehouse to explore Oasis and our mission for healthy aging. For over 40 years, Oasis has empowered older adults to stay curious, active, and engaged in their communities. We're excited to bring programs to Sullivan and invite you to a free informational session to learn more. Discover how Oasis fosters lifelong learning, wellness, and volunteerism—and how you can be part of it!

WED, June 4 | 1–2 p.m. | Free

Instructor: Juliet Simone and Becca Favier

Location: Sullivan Firehouse

#5052 Tell Me More About St. Louis Oasis at Northwest Plaza

New to St. Louis Oasis or curious about our programs? Join us in St. Ann for an engaging session designed for newcomers! Explore our free and affordable offerings in lifelong learning, wellness, arts, technology, and volunteering. Connect, grow, and have fun with Oasis! Attend and receive a \$5 credit for classes with a MyOasis account. Light refreshments provided—bring your questions and discover all Oasis has to offer!

THU, May 15 | 10:30–11:30 a.m. | Free

Instructor: Juliet Simone

Location: Oasis – Northwest Plaza

Arts & Entertainment

#5007/5007.V Media Literacy: What Is It? And Why Is It Important?

In an age often described as the 'era of disinformation and misinformation,' media literacy has become essential. It equips people with the tools to question sources, assess credibility, and foster ethical and respectful participation in digital spaces. By promoting informed decision-making, media literacy plays a crucial role in shaping a more thoughtful and responsible society.

TUE, May 6 | 11 a.m.–12 p.m. | \$17

Instructor: Roz Norman

Location: Clayton Oasis & Zoom 

#5044 Opera Theatre Saint Louis: Die Fledermaus

Prince Orlofsky is hosting the ultimate costume party, and everyone wants in! Dr. Falke convinces his friend Eisenstein to join for a wild night out, unaware that Eisenstein's wife, Rosalinde, and her maid, Adele, have their own playful schemes. What begins as a prank turns into a whirlwind of disguises, flirtations, and comedic twists. However the night unfolds, one thing is certain—you can always blame it on the champagne!

TUE, May 6 | 1–2 p.m. | Free

Instructor: Opera Theatre

Location: Oasis – Northwest Plaza



#5029 The Music and Magic of Motown

Take a magical journey through Motown's greatest hits and legendary artists! From Smokey Robinson's smooth vocals to Marvin Gaye's soul, Stevie Wonder's genius, and The Temptations' harmonies, experience the rich legacy of Motown. Discover the impact of iconic girl groups and the style, poetry, and power that defined an era. Join us as we celebrate the timeless music that continues to inspire and move generations!

TUE, May 6 | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Crown Center

#5045 Opera Theatre Saint Louis: This House

A house is more than walls—it holds memories and legacy. The Walker family has lived in their Harlem brownstone since the 1920s, fiercely protecting their home. When Zoe returns, she urges her mother, Ida, and brother, Lindon, to renovate. But for them, the house is everything, filled with ghostly voices and painful memories. As family secrets emerge, Zoe discovers the past runs deeper than she ever imagined.

TUE, May 13 | 1–2 p.m. | Free

Instructor: Opera Theatre

Location: Oasis – Northwest Plaza



#5004/5004.V Public Sculptures in the St. Louis Area

Explore the rich and diverse world of public sculptures scattered throughout St. Louis. From heroic and historical to whimsical and interactive, these outdoor artworks add character to the cityscape. Join Doug Schneider for an engaging “armchair journey” through the area, showcasing sculptures by renowned and local artists alike. Learn fascinating stories behind these creations, including the tale of the first public sculpture west of the Mississippi River, crafted by a trailblazing woman who also attended medical school in St. Louis. This presentation promises to inspire and deepen your appreciation for art in public spaces.

TUE, May 13 | 10–11:30 a.m. | \$17

Instructor: Doug Schneider

Location: Clayton Oasis & Zoom **H**

#5038/5038.V Museum Untold Stories

Delve into the fascinating hidden histories of the art world in this captivating course. Explore the daring 1978 art robbery at the St. Louis Art Museum, uncover the rise and fall of the Terra Museum of American Art, and unravel the mystery of an elusive art forger who deceived 50 museums across 20 states. Through these gripping tales, gain insight into the intrigue, deception, and unexpected twists that shape the world of museums and art collections.

FRI, May 16 | 11 a.m.–12 p.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Eden Seminary & Zoom **H**

#5014 Name That Logo!

Join in the fun and games with instructor Richard Losciale, Certified Senior Advisor. Advertisements and favorite brands you’ve watched, heard, read, and consumed. This two-hour game-formatted event is a multi-media “guess that logo” fun run down memory lane. If you love trivia and are competitive, this class is for you! There will even be prizes!

FRI, May 16 | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Clayton Oasis

#5016/5016.V Futurism: Art and the Rise of Fascism in Italy

Join us for an engaging and thought-provoking session on the Futurism art movement and its complex relationship with fascism. This presentation will delve into the origins and key characteristics of Futurism, a 20th-century avant-garde movement that emphasized speed, technology, youth, and modernity.

MON, May 19 | 10 a.m.–12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & Zoom **H**

#5017/5017.V A Review of Radio in St. Louis

In this class we will explore the first broadcasts from the 1904 World’s Fair as well as other key broadcast moments in Saint Louis. These will include Saint Louis University’s experimental station during World War II, the first commercial AM and FM stations, KMOX’s 100-year anniversary, and more. I will also provide insight into my 71-year broadcasting career and involvement with the creation of Johnny Rabbitt in 1961 as well as KSHE and KADI.

TUE, May 20 | 10:30 a.m.–11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom **H**

#5046 Opera Theatre Saint Louis: Don Pasquale

Lifelong bachelor Don Pasquale is livid when his heir, Ernesto, falls for a penniless widow. Determined to teach him a lesson, Don Pasquale decides to disown Ernesto, marry, and produce a new heir himself. Enter Norina, Ernesto’s love, and her crafty friend Dr. Malatesta. They trick Pasquale into a fake marriage, with Norina posing as the picture-perfect bride. But before the ink on the marriage contract is even dry, Norina unleashes her inner spitfire, turning Pasquale’s tidy world riotously upside down.

TUE, May 20 | 1–2 p.m. | Free

Instructor: Opera Theatre

Location: Oasis – Northwest Plaza

#5048 Opera Theatre Saint Louis: A Midsummer Night’s Dream

When fairies and mortals collide, chaos is inevitable! Fairy king Oberon and Queen Tytania’s feud intensifies as lost lovers wander into their enchanted forest. To help, Oberon sends the mischievous Puck with a magical elixir—but when Puck mixes things up, love turns to mayhem. As passions and revenge intertwine, the lovers enter a surreal dream world, all set to Britten’s mesmerizing score, capturing love’s wild absurdities.

TUE, May 27 | 1–2 p.m. | Free

Instructor: Opera Theatre

Location: Oasis – Northwest Plaza

#5001/5001.V Art and Symbolism of the American Southwest

This class will cover the major cultures of the Four Corners region of the American Southwest (Arizona, Colorado, Utah, and New Mexico). We will take a look at both the outstanding artifacts and the amazing architecture found there.

THU, May 29 | 10 a.m.–12 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis & Zoom 

#6013 Discover the Golden Years of Old Time Radio

Remember Fibber McGee and Molly, Sherlock Holmes, The Shadow, The Saint, Jack Benny, and Gunsmoke? Take a nostalgic journey back to the Golden Age of Radio (1940–1960) as we revisit these timeless classics. Bring your Android or iPhone and learn how to access free old time radio shows, curate your own personal imagination theater, and enjoy vintage entertainment from the comfort of your phone or computer.

FRI, June 6 | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary



#6002/6002.V Dada: World War I and the Art of the Irrational

Dada was a radical response to the chaos of World War I, emerging as an international protest against violence, nationalism, and convention. Rejecting logic and tradition, Dada artists embraced the absurd, often calling their movement ‘anti-art.’ Through spontaneous, nonsensical, and provocative creations, they challenged the very foundations of artistic expression and societal norms. Join us as we discuss the importance of this radical movement.

MON, June 16 | 10 a.m.–12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & Zoom 



Staff Spotlight: Jordan Carr

Jordan Carr, Oasis’ Director of Virtual Programs & Technology Education, is driven by the ‘aha’ moments that Oasis Technology participants experience. His connection to Oasis’ mission is deeply personal. After completing graduate school, Jordan became a caregiver for his grandfather, who later moved into a senior living community. For five years, he visited daily, witnessing firsthand how many residents lacked the support they needed.

“Oasis allows you to age at your own pace, in your own way,” Jordan shared. “Helping people stay connected with technology is a big part of that nowadays. We know that being socially isolated has the same impact on your health as smoking 15 cigarettes a day, so it’s important to stay connected through technology. It can help you live a longer, happier, and healthier life.”

A few of Jordan’s top picks for classes happening in May and June include Exploring the Internet (pg. 15); The Korean War: The Forgotten War (pg. 10); Joseph Pulitzer: Father of Journalism (pg. 10); and Tai Chi for Arthritis for Fall Prevention: Beginner (pg. 20).



St. Louis Oasis *Arts Jubilee!*

Friday, May 9 | 12–4 p.m. | Free
Eden Theological Seminary
475 E. Lockwood Ave.,
Webster Groves, MO 63119

#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 for the free 30-minute mini-workshops below that include writing, reader's theatre, harmonica, smart phone photography, and visual art classes.

1–1:30 p.m.

#5104 iPhone Photography

Maximize your iPhone's camera capabilities, from setting up shots to storing and organizing your photos. Learn basic editing, explore features like Live Photo, albums, memory movies, and sharing options. Discover advanced tools such as Live Text, group editing, and removing duplicates, plus the best cloud storage options. Perfect for anyone looking to enhance their iPhone photography skills!

Instructor: Martha Bogart

#5107 Saving Your Memories

Every family has its own special stories that are worthy of preservation. Sadly, these are often handed down orally, leading to distortion or loss over time. But you can become your family's historian and save your stories by committing them to paper. We'll explore how to get started and ways you can share your family's precious memories with future generations.

Instructor: Ilene Murray

#5101 Introduction to Harmonica

Have you always liked hearing harmonica players and marveled at how much music comes out of that little instrument? Join the Gateway Harmonica Club in an introduction to the harmonica. Learn about its history, about the different types of harmonicas (with demonstrations), and finally hear members play some popular songs—you won't believe the 'magic' that comes out of those instruments!

Instructor: Gateway Harmonica Club

1:45–2:15 p.m.

#5102 Reader's Theater

Join us for an opportunity to put yourself into the play as a reader in this comfortable table read. No theatre experience is necessary; it is just a chance to enjoy theatre more personally. Be sure to register at least two weeks before the program date to receive the script.

Instructor: Kathleen Sitzler

#5108 How To Write a Poem

Join editor and writing coach Kim Lozano in this workshop that introduces the basics of writing poetry. We'll read some published pieces, talk about how poetry differs from prose writing, and look at the various elements that go into the making of a poem.

Instructor: Kim Lozano

#5105 Online Photobook Creation with Shutterfly

Are your beautiful photo memories hidden in the basement, the attic, your computer, or the Cloud for no one to enjoy but yourself? Liberate them by moving them into an easy-to-create photo book for all to enjoy. Join us for a 30-minute workshop on creating your own online photo book because it is easier and less expensive than you think. All you need is an internet-connected computer (including laptops) or a smart tablet. There is no need for any specialized software.

Instructor: Jim Salih

2:30–3 p.m.

#5106 Android Photography

Maximize your Android's camera capabilities, from setting up shots to storing and organizing your photos. Discover exciting features like portrait mode, night vision, spot color, timers, panorama, and video, plus simple editing and sharing options. Perfect for anyone looking to enhance their Android photography skills!

Instructor: Mary J. Mueller

#5109 Flash Fiction Workshop

Have you ever wanted to write a short story? Join for a guided flash fiction writing workshop where we will create an entire story from start to finish in 30 minutes. All levels of experience are welcome!

Instructor: Meredith McDonough

#5103 Beginner's Watercolor

Embark on a hands-on art journey with Mary Beth Flynn, founder and 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. This 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.

Instructor: Mary Beth Flynn

Create: Writing, Art, & Music

#5030 Beginners Watercolor:

Two Pots of Impatiens

This watercolor class is designed for beginners, offering a relaxing and enjoyable experience as you tap into your 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 with Ann Flory, artist and therapeutic art specialist with Artfully Aging, in this welcoming and guided exploration of watercolor artistry.

WED, May 14 | 2–3 p.m. | \$20

Instructor: Ann Flory

Location: Crown Center



Artwork created by the Oasis class instructor.

#6011 Writing About Place

We've all been touched by the power of *place*, and in this workshop we'll learn about how place can function as an anchor for our essays and poems and provide narrative opportunities for our stories. We'll read published pieces that focus on place and learn to write about setting in a way that enhances our work. Open to writers of fiction, creative nonfiction, and poetry. We'll be sharing our own short pieces for kind feedback. Note that reading and writing assignments will be completed outside of class.

TUE, June 3–August 12 | 1–3 p.m. | \$135 (6 sessions)

Instructor: Kim Lozano

Location: Eden Seminary

#6014 Beginners Watercolor:

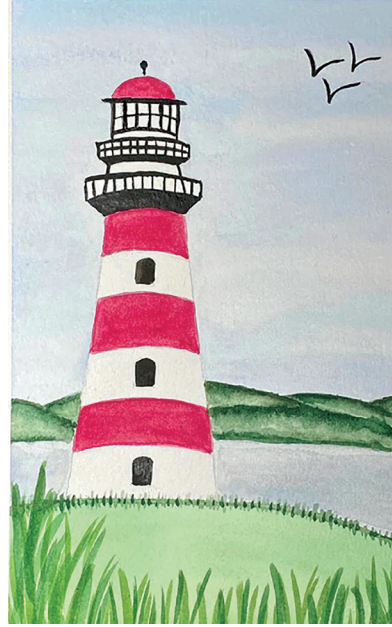
Lighthouse By The Hills

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. This program 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.

MON, June 9 | 10–11:30 a.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Eden Seminary



Artwork created by the Oasis class instructor.

#6006 Harmonica Appreciation:

Discover the Magic in the Music!

Ever been amazed by the rich, soulful sounds of the harmonica? Join the Gateway Harmonica Club for an exciting one-session, two-hour class exploring this fascinating instrument. Enjoy live demonstrations, performances of famous songs, and video highlights of legendary players.

Interested in playing? Stay for details on our three-session beginner class, with harmonicas available for purchase. Whether you're a fan or just curious, you'll leave with a new appreciation for this mighty little instrument!

THU, June 26 | 10 a.m.–12 p.m. | \$17

Instructor: Gateway Harmonica Club

Location: Clarendale Clayton

Current Events

#5012 Men's Roundtable

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

MON, May 12–August 18, biweekly

1:30–3:30 p.m. | \$60 (8 sessions)

Instructor: Clif Mahin and Jack Cancila

Location: Clayton Oasis

#6025 Common Ground Immigration: Braver Angels with Steve Kidwell

This workshop will bring together a small group from our community for a deep dive into an important and often divisive topic: immigration policy and its implementation. The experience is part of the American Hope Campaign, a national project sponsored by Braver Angels, an organization with a successful track record of helping individuals, families, and groups improve mutual understanding despite political differences.

After registration, you will be sent a survey to understand your political leaning. There must be equal participation across the political parties. Space is limited.

THU, June 12 | 9:30 a.m.–12 p.m. | Free

Instructor: Steve Kidwell

Location: Clayton Oasis

#6028 Women's Roundtable

Join the discussion with facilitator Linda Locke and talk about the current events that make you 'screamful' (this term is coined by Linda's granddaughter in reference to things that make you feel full of screams)! Please note this group meets every other week.

MON, June 23–August 18, biweekly

10:30 a.m.–12:30 p.m. | \$37.50 (8 sessions)

Instructor: Linda Locke

Location: Clayton Oasis

Class Participant Survey

Before confirming your space in the Common Ground Immigration Workshop, we need to confirm there are an equal number of people leaning liberal and conservative.



Please scan this QR code and identify your affiliation in this survey. Oasis will be in touch prior to class start date!

History



#5022 History of Baseball: The Challenges of the Modern Game (1960–Present)

This course examines the key challenges and transformations that have shaped modern baseball since 1960. Students will delve into pivotal developments such as the introduction of divisional play, significant rule changes like the adoption of the designated hitter, and the labor disputes that resulted in numerous work stoppages. Additionally, the course will explore the rise of free agency and its impact on player salaries, which have grown exponentially over time.

WED, May 7 | 10 a.m.–12 p.m. | \$17

Instructor: Richard Venn

Location: Clarendale Clayton

#5008/5008.V Picture Cave:

Missouri's Spectacular Painted Cave

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

THU, May 8 | 10 a.m.–12 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis & Zoom H



#5041 The Third American Revolution (1963–1974): How It Created Today's America

Join Geoffrey Morrison, a scholar with an MA and PhD in U.S. History, for an exploration of The Third American Revolution, a transformative era that reshaped the nation. From rising distrust in government and shifts in immigration to the growth of evangelicalism, debates on birth control, and rising divorce rates, this period left a lasting impact. Discover how technology—from the computer chip to the internet—redefined society. Gain insight into the profound changes that continue to shape America today.

MON, May 12–19 | 10 a.m.–12 p.m. | \$34 (2 sessions)
Instructor: Geoffrey Morrison
Location: Five Oaks on Warson

#5013/5013.V Exploring the Early Stages of the St. Louis Fur Trade with European and Indigenous Nations, (1600–1760)

Discover the origins of the St. Louis fur trade with the Osage and Missouri Nations. Since the 1600s, the region's strategic location attracted trade between Indigenous peoples and Spanish traders. European empires built fortunes exchanging goods for furs, with French traders like Pierre Laclède and Auguste Chouteau establishing St. Louis as a key hub. This program explores how trade, horses, and cultural exchanges shaped the city's early history.

TUE, May 13 | 2–3:30 p.m. | \$17
Instructor: Rowena McClinton, PhD
Location: Clayton Oasis & Zoom

#5024 History of Baseball: From Abner Doubleday to the Black Sox (1839–1920)

This session will explore the roots of baseball. Participants will meet characters like Cap Anson, Ty Cobb, and a young pitching phenom named Ruth who helped transform the game. Participants will also witness the highs and lows of the game as it struggled against chaos and scandal in the early days, how it rose to unprecedented heights early in the Twentieth Century, and how a World Series scandal in 1919 nearly wrecked the game.

WED, May 14 | 10 a.m.–12 p.m. | \$17
Instructor: Richard Venn
Location: Clarendale Clayton

How Two Revolutions Shaped the Modern World

Explore how the French and Russian Revolutions redefined power, sparked radical change, and continues to shape the modern world.

#5003/5005.V French Revolution

This course explores the transformative impact of the French Revolution on the modern world. Through an in-depth analysis, we will examine the immediate and underlying causes that sparked this monumental event. Key topics include the phases the revolution underwent, the pivotal role of leadership in its progression, and the reasons behind its distinct outcome. Finally, we will assess how this revolution influenced political, social, and cultural developments that continue to shape the modern era.

THU, May 8 | 1–3 p.m. | \$17
Instructor: Sam Harned
Location: Eden Seminary & Zoom



#6000/6000.V Russian Revolution

This class will examine the Russian Revolution. We will look at the immediate and underlying causes which triggered this event. What were the phases it went through and what role did leadership play in its evolution? Why did it end in its respective manner? Finally, how did the Russian Revolution shape the modern world?

THU, June 12 | 1–3 p.m. | \$17
Instructor: Sam Harned
Location: Eden Seminary & Zoom

#5025 The Korean War: The Forgotten War ♥

Positioned between World War II and the Vietnam War, the Korean Conflict was one of the first major flashpoints of the Cold War. In this lesson, students will explore Korea's history, the conflict's origins in the final days of WWII, and its lasting impact on global affairs in the 21st century.

WED, May 21 | 10 a.m.–12 p.m. | \$17

Instructor: Richard Venn

Location: Clarendale Clayton

#5020/5020.V Joseph Pulitzer:

Father of Journalism ♥

From humble beginnings as an impoverished immigrant, Joseph Pulitzer rose to build a newspaper empire, beginning in St. Louis. Despite battling ill health, eventual blindness, and a mysterious debilitating condition, he revolutionized journalism, established the first school of journalism, and created the prestigious Pulitzer Prizes. His remarkable legacy continues to inspire generations today.



TUE, May 27 | 11 a.m.–12 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & Zoom H

#5021/5021.V Populating St. Louis: the Pioneering Spirits of Pierre Laclede and Rene Auguste Chouteau, the Close Relationship with Indian Nations, Lisa Manuel and the Missouri Fur Company, and John Jacob Astor and the American Fur Company (1760–1830)

Journey into St. Louis' past as a booming fur trade hub! By the mid-1700s, the city thrived with 1,000 residents, safeguarded by Pierre Chouteau's alliance with the Osage Nation. But after Lewis and Clark's 1806 expedition, U.S. expansion ignited fierce competition. Manuel Lisa and John Jacob Astor built vast trading empires, stretching from St. Louis to China. The fur trade reshaped Indigenous economies—and drove beavers to near extinction.

TUE, May 27 | 2–3:30 p.m. | \$17

Instructor: Rowena McClinton, PhD

Location: Clayton Oasis & Zoom H

Fighting for the Right: Women's Vote

Explore the generations of women who fought for the right to vote, from early suffragists to the trailblazers of the 20th century who secured the 19th Amendment. Then, examine the ongoing struggle for full voting rights, culminating in the Voting Rights Act of 1965 and its lasting impact today.

#5031/5031.V Women's Suffrage:

The First Generation

Beginning in the mid-19th century, several generations of woman suffrage supporters lectured, wrote, marched, lobbied, and practiced civil disobedience to achieve what many Americans considered a radical change in the Constitution—guaranteeing women the right to vote. This program will explore the founders of the movement—Susan B. Anthony, Elizabeth Cady Stanton, and numerous others.

FRI, May 16 | 10 a.m.–11:30 a.m. | \$20

Instructor: Bonnie Vega

Location: Crown Center & Zoom H

#6008/6008.V The Suffrage Movement:

The Second Generation

In the early 1900s, the second wave of suffragists emerged alongside the 'New Woman' movement, led by Alice Stone Blackwell, Harriot Stanton Blatch (daughter of Elizabeth Cady Stanton), and Alice Paul. Discover how these trailblazing women persuaded an all-male Congress and state legislatures to pass and ratify the 19th Amendment on August 18, 1920, securing women's right to vote.

FRI, June 6 | 10–11:30 a.m. | \$20

Instructor: Bonnie Vega

Location: Crown Center & Zoom H

#6009/6009.V Suffrage: Finish the Fight

The ratification of the 19th Amendment was a milestone, but the struggle for full suffrage was far from over. It wasn't until the Voting Rights Act of 1965 that all American citizens, regardless of race or gender, were legally guaranteed the right to vote. Yet, even today, barriers to voting persist, reminding us that the fight for true electoral equality is still ongoing. Join us as we learn about this history-changing movement and the implications it had on our history.

TUE, June 24 | 10–11:30 a.m. | \$20

Instructor: Bonnie Vega

Location: Crown Center & Zoom H

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

In this two-hour class, we will explore the audacious operation to seize Pegasus Bridge, one of the most pivotal missions of D-Day, June 6, 1944. Conducted by British airborne forces, this surprise glider assault was essential to securing key crossings over the Caen Canal and Orne River, preventing German counterattacks against the Allied beach landings. Through analysis of the planning, execution, and aftermath, we will examine the bravery and tactical brilliance that led to the operation's success. Visuals, maps, and personal stories will bring to life the extraordinary events of that early morning raid, which marked a crucial turning point in World War II.

FRI, June 6 | 10 a.m.–12 p.m. | \$17

Instructor: Parks Smith

Location: Clayton Oasis

#6003/6003.V **St. Louis Summer Fun and Sports**

Step back in time and relive the games and sports that shaped St. Louis! From hopscotch and Indian ball to marbles and Chinese checkers, we'll revisit the pastimes that filled our childhoods. Then, we'll dive into the golden age of St. Louis sports—the Browns, Hawks, and Football Cardinals, plus the legends of wrestling and riverfront amusement parks.

TUE, June 24 | 10:30–11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom 

#6004/6004.V **Charles Lindbergh: Hero or Hypocrite?**

Charles Lindbergh is remembered for his daring solo flight across the Atlantic, but his story is far more complex. This class explores his aviation triumph, the heartbreaking kidnapping and murder of his son, and his controversial admiration for Nazi Germany. We'll also uncover his eccentricities, secret families, and unorthodox personal life, revealing a darker side to one of America's most celebrated yet divisive figures.

WED, June 25 | 11 a.m.–12 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & Zoom 

Art & Music History

#5006/5006.V **The Rise of the Rock and Roll Band**

Explore the history of rock and roll, starting with The Beatles' groundbreaking influence. This engaging session examines how rock evolved from a musical style into a cultural phenomenon, inspiring legendary bands and timeless hits. Through lively discussions and multimedia, uncover pivotal moments, iconic artists, and revolutionary movements that shaped the genre. Whether you're a music fan or history buff, discover rock's enduring legacy and lasting impact.

FRI, May 2 | 10–11 a.m. | \$17

Instructor: Kevin Fernlund

Location: Clayton Oasis & Zoom 

#5042 **Body Art Around the World**

Embark on a captivating journey with Dr. Carol Diaz-Granados in "Body Art around the World." Venture into the rich tapestry of global cultures, where the art of body modification takes center stage. From intricate rituals to avant-garde expressions, discover the fascinating ways in which humans transform their appearances. Uncover the mysteries behind these captivating practices and explore the myriad reasons that drive these diverse and extraordinary expressions of identity and beauty. Join us for an engaging exploration that promises to unveil the vibrant world of body art!

THU, May 15 | 10 a.m.–12 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson

#5026 **U.S.S. Missouri: From World War II to the End of the Cold War**

Discover the remarkable history of the U.S.S. Missouri, one of America's most iconic battleships. This program traces its journey from construction in the 1940s to its pivotal roles in World War II, the Korean War, and the Gulf War, culminating in its retirement in 1992. Explore the ship's enduring legacy and its impact on U.S. military history. Presented free of charge by the St. Louis County Library.

THU, May 22 | 1–2 p.m. | Free

Instructor: Paul Steensland

Location: Clarendale Clayton

#6012/6012.V **American Indian Art and Artifacts: Understanding their Meanings**

Carol Diaz-Granados, PhD, RPA (Register of Professional Archaeologists), invites you to delve into the captivating world of American Indian artifacts. While these relics are often admired, few can interpret the symbolism behind the art. Over the past two decades, scholars have made momentous progress in unraveling the significance behind the motifs found in various American Indian arts and artifacts. Join Dr. Diaz-Granados, who recently published a book on this subject, as she showcases a plethora of fascinating artifacts and provides insightful explanations.

THU, June 5 | 1–3 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Eden Seminary & Zoom 

Literature

#5010 Great Books Club

Love literature? Join Great Book Discussions, the ultimate book club! Oasis partners with Great Books for an engaging nine-session class, meeting biweekly and led by Mick Weltman, an educator who recently retired as Executive Director of Associated Colleges of Illinois, Chicago. We'll read *Imperfect Ideal: Utopian and Dystopian Visions*, exploring the triumphs and pitfalls of shaping a perfect society. With discussion questions and a thematic guide, this is a must for book lovers.

MON, May 5–August 25, biweekly

1–2:30 p.m. | \$99 (9 sessions)

Instructor: Mick Weltman

Location: Clayton Oasis

#5039/5039.V Slaughterhouse-Five:

Jumbled, Jangled, and Burned

Beyond the science fiction tropes in Kurt Vonnegut's *Slaughterhouse-Five*, there are key moments which address the devastation caused by war's aftermath. Join us to explore how the novel's non-linear, time-traveling structure mirrors the disorienting effects of PTSD, a condition many soldiers face due to their wartime experiences.

TUE, May 20 | 1–1:45 p.m. | \$17

Instructor: Mary Bartling

Location: Eden Seminary & Zoom 

#6010/6010.V Aphorisms Unplugged:

The Truth Behind the Sayings

Language is constantly evolving and, over time, the original meanings of well-known sayings can become distorted or even lost. As a result, many of the adages we use today may not mean what we think they do. In this session, we'll take a fresh look at familiar proverbs, sayings, and words of wisdom—unplugging them from modern misinterpretations and rediscovering their true intent. Join us as we reboot these classic expressions and uncover the insights they were meant to convey!

MON, June 2 | 10–11 a.m. | \$17

Instructor: Mary Bartling

Location: Eden Seminary & Zoom 

#6016 The Sunflower: A Moral Dilemma of Forgiveness

Join us for a thought-provoking reading and discussion of Simon Wiesenthal's powerful work, *The Sunflower*. This classic narrative recounts Wiesenthal's encounter with a dying Nazi soldier who seeks his forgiveness. Faced with this profound moral dilemma, Wiesenthal leaves the question open to reflection: What would you do? Explore the complexities of justice, mercy, and the boundaries of forgiveness in this compelling conversation.

FRI, June 13–27 | 1–2 p.m. | \$60 (3 sessions)

Instructor: Patrick Cousins

Location: Eden Seminary

Help a Child Love Reading & Learning!

Oasis Intergenerational Tutoring **pairs volunteers with children in grades K-3 to work one-on-one each week** to help them develop a love for reading and improved literacy skills. More than that, Oasis tutors act as friends and mentors. **You can choose to serve in one of the many participating school districts or partner sites in your community.** You'll work with the same child each week throughout the school year. Training and materials are provided. Other volunteer opportunities to support the tutoring program are available. **One child, one tutor, two lives forever changed.**

Visit oasisnet.org/tutoring to learn about the program. To become a tutor, please call **(314) 995-9506** and leave a voicemail. An Oasis team member will get back to you.



Practical



#5005/5005.V Tiny Habits™—Self Care For Caregivers

Caring for a loved one comes with emotional, physical, and logistical challenges. This three-part workshop introduces *The Tiny Habits Method™*, developed at Stanford, using neuroscience-based strategies to ease caregiver stress. Led by certified coach Polly Lemire, who has over a decade of caregiving experience, this program offers practical techniques to manage daily demands.

THU, May 1–15 | 1–2 p.m. | \$51 (3 sessions)

Instructor: Polly Lemire, certified Tiny Habits™ coach

Location: Clayton Oasis & Zoom 

#5033/5033.V AI: Defined and Demystified

Embark on an enlightening journey led by Richard Losciale, a Certified Senior Advisor, as we delve into the expansive realm of Artificial Intelligence (AI). In this immersive class, we will not only scratch the surface but delve deep into understanding the intricate facets of AI—examining its fundamental principles, unraveling the mechanisms that drive its functionalities, and contemplating the vast potential it holds for our future.

THU, May 1 | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary & Zoom 

#5028 Living in the End of Life: Coming Back a Short Distance Correctly

The end of life is often the hardest topic to discuss, yet it can be a time rich with meaning, growth, and connection. While our culture may often avoid conversations around this inevitable phase, much living can still occur. In this lecture, we'll explore the concept of 'rewiring' our imaginations rather than 'retiring' from life. By shifting our mindset, we can embrace this time not as a period of withdrawal, but as one of renewal.

FRI, May 2 | 10 a.m.–12 p.m. | \$17

Instructor: Ed Koslin

Location: Crown Center

#4552 A Guide to Financial Scams

Targeting Older Adults and How to Avoid Them

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

WED, May 7 | 10 a.m.–12 p.m. | Free

Instructor: Janice Thomas

Location: Oasis – Northwest Plaza




#5047/5047.V When to Take Off the Ring and When to Get Back in the Ring

Love has no age limit! This class helps seniors navigate dating with confidence, focusing on fresh starts, meaningful connections, and personal growth. Explore key topics like setting realistic expectations, and the benefits of maturity in relationships. Through interactive activities, you'll define your ideal partner, reflect on personal strengths, and create a plan for moving forward. Senior dating isn't about replacing the past—it's about embracing new possibilities. Be present, be free, and follow your heart!

THU, May 22 | 1–3 p.m. | \$9

Instructor: Richard Losciale

Location: Oasis – Northwest Plaza & Zoom 

#5032 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, May 23–30 | 10 a.m.–12 p.m. | \$34 (2 sessions)

Instructor: Ed Koslin

Location: Crown Center

#6019 Tiny Habits™ for More Joyful Living

Wish you exercised more? Stayed organized? Felt more fulfilled? *Tiny Habits™*, a groundbreaking method from Stanford University, helps you build positive behaviors effortlessly—without relying on willpower or motivation. Learn how to infuse your day with intentional actions, positive awareness, and greater well-being.

This three-session class is perfect for anyone seeking a more joyful, satisfying life. Internet and email access required.

FRI, June 6–20 | 10–11 a.m. | \$51 (3 sessions)

Instructor: Polly Lemire, certified Tiny Habits™ coach

Location: Five Oaks on Warson

#6020 Volunteerism: Finding Your Fit

Looking for a meaningful way to stay engaged after retirement but unsure where to start? Navigating community connections and volunteer opportunities can feel overwhelming. This program will help you identify the right fit based on your interests and passions while exploring rewarding opportunities nearby.

WED, June 11 | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Five Oaks on Warson

#6017/6017.V Farm Gardens and Markets:

A Tradition of Homegrown Goodness

Explore the rich history of farm gardens and farmers' markets in the bi-state area and beyond, where family farmers continue to sell the crops they grow. Suzanne, raised on a South St. Louis truck farm, will share her personal memories along with a special seasonal recipe—featuring fresh, homegrown vegetables, of course!

MON, June 23 | 10 a.m.–12 p.m. | \$17

Instructor: Suzanne Corbett

Location: Eden Seminary & Zoom **H**

Get the Scoop
on Local
Farmers'
Markets!

#6007 Art of Story Telling

Who doesn't like a good story? This short course provides an opportunity to write, tell, share, and dare I say, inspire. Let's have some fun and learn how to entertain each other through storytelling. Go ahead, make me think, make me feel, make me cry, make me laugh—I dare you. In this short course we will work (I mean play) with a few techniques to enhance your storytelling skills—story organization, vocal variety, gestures, and movement.

TUE, July 1–August 12 | 10 a.m.–12 p.m. | \$68 (4 sessions)

Instructor: Henry Greene

Location: Clarendale Clayton

Religious Studies

God's Justice in the Bible

#5034/5034.V God's Justice in the Old Testament

Justice is one of the attributes of God that isn't talked about nearly enough. Yet it is fundamental to the understanding of the nature and character of the Christian and Jewish God. God is love—but one of the most important ways God's love becomes real in the world is through justice. In this session, we will examine the justice of God in the *Old Testament*, or Hebrew Scriptures.

MON, May 5 | 10–11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

#5035/5035.V Jesus' Vision of Justice

We will continue the conversation regarding Justice in the *Bible*, in this session we will examine the justice of God through the message of Jesus and his Reign of God movement.

MON, May 12 | 10–11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**



#5036/5036.V The Romanization of Christianity

How did the early Christian movement back away from the practice of justice as it cozied up to the Roman Empire? In this session, we will continue the discussion from the two previous classes.

MON, May 19 | 10–11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

Science

#5019.V Marine Mammals of the High Arctic

Join Amanda Hunter on a captivating journey through the icy waters of the High Arctic, where fascinating marine mammals thrive in one of the planet's most extreme environments. Discover ice-dwelling whales, social seals, and the formidable polar bear—the King of the Arctic. Learn about their extraordinary adaptations, survival strategies, and vital roles in the fragile Arctic ecosystem. Explore the challenges these species face and their significance as indicators of global health.

THU, May 22 | 1–2 p.m. | \$17

Instructor: Amanda Hunter

Location: Zoom 

#6027.V Whale Migration & Ocean Conservation

Join us for this special World Oceans Day exploration about whales and their underwater world. Marine Biologist Amanda Hunter will share her expert knowledge and experience with us about whales and the vital role these marine mammals play in maintaining the health of our oceans. We'll learn about the conservation efforts working to protect them and their habitat.

TUE, June 24 | 1–2 p.m. | \$17

Instructor: Amanda Hunter

Location: Zoom 

Technology

#5200/5200.V Exploring the Internet ♥

This course will teach you the essentials of using the internet for everyday activities, such as web browsing, searching for information, and utilizing popular websites. You will learn how to connect to the internet and use Wi-Fi, as well as understand web browsers. This class is designed to help you navigate the web efficiently and safely, opening up a world of entertainment and learning opportunities.

MON, May 12 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr

Location: Oasis – Northwest Plaza & Zoom 

#5037/5037.V Gmail Basics and Beyond

Maximize your Gmail experience! This course covers everything from creating an account to composing, organizing, and managing emails efficiently. Learn how to send attachments, use labels, filters, and stars, snooze emails, schedule messages, and send confidential emails. Customize Gmail with themes and signatures, clean up your inbox, and check storage. Demonstrated on a computer, but all features apply to phone and tablet apps. Take control of your inbox today!

TUE, May 13 | 1–3 p.m. | \$24

Instructor: Mary J. Mueller

Location: Eden Seminary & Zoom 

#5040/5040.V Android Security and Privacy Settings

As users of technology, we are constantly exposed to data breaches, scams, and intrusive advertising. At times, the ads and emails we receive feel so personalized that it seems as if someone has read our minds. While achieving complete privacy and data security is nearly impossible, there are practical steps we can take to strengthen our protection. This class will guide you through simple yet effective security settings you can adjust on your Android device to enhance your privacy and safeguard your personal information.

TUE, May 27 | 1–2:30 p.m. | \$24

Instructor: Mary J. Mueller

Location: Eden Seminary & Zoom 

#6200/6200.V Digital Dollars: How to Manage Your Finances in the Online World

This introductory course offers a clear and accessible overview of managing finances in the digital world—ideal for beginners and intermediate learners. Students will explore the basics of online banking, including how to safely check balances, transfer funds, and pay bills from home or a mobile device. The class covers popular budgeting apps, showing participants how to track spending, set budgets, and monitor financial goals with ease.

MON, June 9 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr

Location: Oasis – Northwest Plaza & Zoom 



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

Location: Oasis – Northwest Plaza

1–2 p.m. | Free

#5201 MON, May 5

#5202 MON, May 12

#5203 MON, May 19

#6201 MON, June 2

#6202 MON, June 9

#6203 MON, June 16

#6204 MON, June 23

Location: Clayton Oasis

1–2 p.m. | \$10

#5204 TUE, May 6

#5205 TUE, May 13

#5206 TUE, May 20

#5207 TUE, May 27

#6205 TUE, June 3

#6206 TUE, June 10

#6207 TUE, June 17

#6208 TUE, June 24

#6015/6015.V Apple Security and Privacy Settings

As users of technology, we are constantly exposed to data breaches, scams, and intrusive advertising. At times, the ads and emails we receive feel so personalized that it seems as if someone has read our minds. While achieving complete privacy and data security is nearly impossible, there are practical steps we can take to strengthen our protection. This class will guide you through simple yet effective security settings you can adjust on your Apple device to enhance your privacy and safeguard your personal information.

TUE, June 10 | 1–2:30 p.m. | \$24

Instructor: Mary J. Mueller

Location: Eden Seminary & Zoom **H**

#6018/6018.V Google Photos: Backup, Organize, and Create

Discover the power of Google Photos, a free and automatic way to back up your mobile phone's pictures! This class will introduce you to its many features. Learn how to install and use the app on both mobile devices (Android and iPhone) and desktop/laptop computers. With live demonstrations and plenty of time for questions, you'll be ready to make the most of your photo collection!

THU, June 26 | 1–3 p.m. | \$24

Instructor: Mary J. Mueller

Location: Eden Seminary & Zoom **H**



#7200/7200.V A Beginner's Guide to Artificial Intelligence

Gain a foundational understanding of AI and its relevance in daily life. Participants will explore what AI is, how it differs from machine learning, and explore applications in healthcare, customer service, and social media. The course covers popular AI tools like Siri and ChatGPT, along with AI's current capabilities, limitations, and safety considerations.

MON, July 21 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr

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

Health & Wellness

#5551 Osteoporosis Do's and Don'ts of Everyday Movement

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

MON, May 5 | 10 a.m.–12 p.m. | Free
Instructor: Megan Martin
Location: Kisker Road Library

#5011 Myofascial Release: Knee Pain and Dysfunction

This class teaches the techniques and exercises to relieve common conditions that cause knee pain such as: sports injuries, IT Band syndrome, undiagnosed knee pain, weakness, and dysfunction. Follow along with Mary as she teaches you effective JFB Myofascial Release and strengthening techniques. The return to a stable and pain-free knee is easier than you think!

WED, May 7–21 | 10:30 a.m.–12 p.m. | \$60 (3 sessions)
Instructor: Mary Felling, PT
Location: Clayton Oasis

#5002 What's Your Reach?

Understanding Your Role in Health Research

Come spend time with the Washington University Center for Community Health Partnership and Research team discussing the importance of and the role we all play in health research. During this session, we will discuss: what health research is and different ways to be involved with research at Washington University—current opportunities to participate, both as research advisors and research participants.

WED, May 14 | 11 a.m.–12 p.m. | Free
Instructor: Kym Radford
Location: Oasis – Northwest Plaza

#5015 Holistic Life Plan


Whether you live alone or with a partner, have no children or children who live far away, planning for your future is essential. This ten-session workshop helps you create a personalized plan to age with confidence.

Explore key aspects of aging, including health, housing, social connections, finances, legal matters, and more. Sessions meet biweekly, allowing time for reflection and planning. By the end, you'll have a roadmap to maintain independence, security, and fulfillment.

FRI, May 16–September 19, biweekly
10:30 a.m.–12 p.m. | \$100 (10 sessions)
Instructor: Juliet Simone
Location: Clayton Oasis


Living a Healthy Life

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

#5601.V TUE, May 20–July 1 | 1–3:30 p.m. | Free (7 sessions)
Instructor: Oasis Health Facilitators
Location: Zoom 

#5600.V Better Choices, Better Health-Diabetes

Living with diabetes can present many challenges, such as knowing how and when to eat, living your life so you can avoid complications, and getting the support you want from family and friends. A Better Choices, Better Health®—Diabetes workshop can help you manage these concerns. Developed and tested at Stanford University, a Better Choices, Better Health®—Diabetes workshop can help you: understand how to eat with diabetes while still making it enjoyable; monitor and manage your blood sugar; start or maintain a regular exercise program; communicate better with family, friends, and your medical team; and design your own self-management program. Register online now!

MON, May 5–Jun 16 | 1–3:30 p.m. | Free (7 sessions)
Instructor: Oasis Health Facilitators
Location: Zoom 

#5552 A Guide to Financial Scams Targeting Older Adults and How to Avoid Them

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

WED, May 7 | 10 a.m.–12 p.m. | Free
Instructor: Janice Thomas
Location: Oasis – Northwest Plaza



#5550 Take Care of Your Brain: The Little Things Matter

Taking good care of your brain may be more fun than you thought! Take a dive with Oasis' own, Ebow Nketsiah, who will be graduating with a doctorate in social work with an emphasis in aging and brain health from Saint Louis University this spring. Ebow will present that latest research and practical, everyday tips to keep your brain tip-top.

FRI, May 23 | 10 a.m.–12 p.m. | Free
Instructor: Ebow Tawiah Nketsiah
Location: Oasis – Northwest Plaza

#6026 Myofascial Release: Neck Pain Relief

This class teaches the techniques and exercises to relieve the common conditions that cause neck pain and associated daily challenges including: being at the computer, getting ready for the day, food prep and cooking, or activities like reading, or playing with your grandkids.

WED, June 4–18 | 10:30 a.m.–12 p.m. | \$60 (3 sessions)
Instructor: Mary Felling, PT
Location: Clayton Oasis

#6661 Aging Mastery Program (AMP)

In this free 10-week program, you will build your own personal playbook for aging well. The Aging Mastery Program™ (AMP), developed by the National Council on Aging, incorporates evidence-informed materials, expert speakers, group discussion, and peer support to support health and longevity. Guest speakers will discuss topics on healthy eating, falls prevention, physical activity, healthy relationships, advanced planning, financial fitness, online safety, sleep hygiene, medication management, community engagement, and more.

WED, June 4–August 6 | 10 a.m.–12 p.m. | Free (10 sessions)
Instructor: Pat Cowell and Peggy Harris, Health Facilitators
Location: Spencer Road Library

#6558 Standing Tall–Tips for Improving your Posture

Did you know poor posture can be a cause of pain, can lead to organ problems, and can make you look older? Learn from a physical therapist how to check your own posture along with techniques to instantly improve your posture. You will also learn important posture exercises and about devices you can use to make you stand tall.

TUE, June 10 | 10–11:30 a.m. | Free
Instructor: BJC Home Health
Location: Corporate Parkway Branch Library

Keep your Eye Out for These Upcoming Classes!

COMING SOON!



#7550 Panel Discussion on Hearing Health

Hearing loss is a major modifiable risk factor for cognitive decline, including dementia. With two-thirds of adults over 70 affected, effective management is crucial. Studies show hearing aids can reduce cognitive decline by nearly 50%. A panel of expert audiologists and surgeons from Washington University will discuss strategies for managing progressive hearing loss, including hearing aids and cochlear implants. Join this session for valuable insights on improving cognitive health and quality of life.

FRI, July 25 | 2–3 p.m. | Free
Instructor: Washington University panel of experts
Location: Clayton Oasis

#8000 Alzheimer Disease and Brain Health: Hope Through Research

Join leading experts to explore Alzheimer's disease, including risk factors, symptoms, challenges, and current treatments. Learn strategies to reduce dementia risk and promote healthy brain aging.

The panel of experts from Washington University include John C. Morris, MD, Friedman Distinguished Professor of Neurology and Director, Knight Alzheimer Disease Research Center at Washington University School of Medicine (Panelist and Moderator), Suzanne Schindler, MD, PhD, Jonathan Williams, MD, and Andrea Denny, JD, MSSW, LCSW.

TUE, August 26 | 11 a.m.–12 p.m. | Free
Community Resource Q&A | 12–1 p.m.
Instructor: Washington University panel of experts
Location: Missouri History Museum

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.

#5407 MON/WED, May 5–June 25 *No Class 5/26
9:30–10:30 a.m. | \$63.75 (15 sessions)
Instructor: Nancy Weigand
Location: Oasis – Northwest Plaza

Dance

#5403 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.

MON, May 5–June 23 *No Class 5/26
11:30 a.m.–12:30 p.m. | \$59.50 (7 sessions)
Instructor: Sandy Derickson
Location: Clayton Oasis

#5404 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.

WED, May 7–June 25 | 1–2 p.m. | \$68 (8 sessions)
Instructor: Glenn Sowder
Location: Clayton Oasis

ExerStart

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

#5500 MON/WED, May 5–June 18 *No Class 5/26
9–9:45 a.m. | \$19.50 (13 sessions)
Instructor: Geraldine Talley
Location: Northwest Library

#5504.V MON/WED, May 5–June 18 *No Class 5/26
9:15–10 a.m. | \$19.50 (13 sessions)
Instructor: Sharon Kirsch
Location: Zoom 


#5502 MON/WED, May 5–June 18 *No Class 5/26
9:30–10:15 a.m. | \$19.50 (13 sessions)
Instructor: Jo Ann D Roberts
Location: Christ Our Redeemer Church

#5501 TUE/THU, May 6–June 17
9–9:45 a.m. | \$19.50 (13 sessions)
Instructor: Pat Atkins
Location: Northwest Library

#5503 TUE/THU, May 6–June 17
11–11:45 a.m. | \$19.50 (13 sessions)
Instructor: Denise Smith
Location: Oasis – Northwest Plaza

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.

#5408.V TUE/THU, May 6–June 26
*No class 5/27, 5/29, & 6/19
10:30–11:30 a.m. | \$91 (13 sessions)
Instructor: Idaria K Goodwin
Location: Zoom 

#5400 TUE/THU, May 6–June 17
10:30–11:30 a.m. | \$110.50 (13 sessions)
Instructor: Cathy Johnson & Amy Lescher
Location: Clayton Oasis



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

#5450 MON/WED, May 5–June 25 *No Class 5/26

1:30–2:30 p.m. | \$127.50 (15 sessions)

Instructor: Craig Miller

Location: Eden Seminary

#5455.V MON/WED, May 5–June 25 *No Class 5/26

3:30–4:30 p.m. | \$105 (15 sessions)

Instructor: Craig Miller

Location: Zoom 

#5453 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.

MON/WED, May 5–June 18 *No Class 5/26

11 a.m.–12 p.m. | \$55.25 (13 sessions)

Instructor: Jo Ann D Roberts

Location: Oasis – Northwest Plaza

Tai Chi 2 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.

#5452 MON/WED, May 5–June 18 *No Class 5/26

1:30–2:30 p.m. | \$91 (13 sessions)


Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson

#5455.V TUE/THU, May 6–June 26 *No Class 6/19

3:30–4:30 p.m. | \$105 (15 sessions)

Instructor: Craig Miller

Location: Zoom 

#5451 Tai Chi for Parkinson's Disease and 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.

TUE, May 6–June 24 | 1:45–2:45 p.m. | \$68 (8 sessions)

Instructor: Craig Miller

Location: Crestwood Community Center

#5251 Tai Chi

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

MON/WED, June 2–July 30 *No Class 6/30, 7/7, & 7/9

1:30–2:30 p.m. | Free (14 sessions)

Instructor: Idaria K Goodwin

Location: Age Smart-Swansea

Yoga & Pilates

#5409.V 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.

THU, May 1–June 12 | 11:45 a.m.–12:45 p.m. | \$49 (7 sessions)

Instructor: Sharon R Campese

Location: Zoom 

#5401 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.*

WED, May 7–June 25 | 1:15–2:15 p.m. | \$68 (8 sessions)

Instructor: Cindy Bambini, Samantha Lomax, & Loree Rowe

Location: Clayton Oasis

#5402 Classic Pilates

A total body workout that will strengthen and tone your muscles. This class ideal for beginners and advanced alike. You will learn to move from your center and increase your mind-body connection. This class will help you build your overall strength and stamina, increase your flexibility, improve your posture, breathing, and balance.

**Participants should bring their own Pilates mat to each session.*

WED, May 7–June 25 | 2:30–3:30 p.m. | \$68 (8 sessions)

Instructor: Amy Lescher

Location: Clayton Oasis

#5406 Yoga

This yoga class is for beginners to experienced yoga practitioners. Class will 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. Jeanne sprinkles nuggets of yoga philosophy into her teaching.

TUE, May 6–June 24 | 10–11 a.m. | \$68 (8 sessions)

Instructor: Jeanne Kloeckner

Location: Eden Seminary

#5405 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.


WED, May 7–June 18 | 10:15–11 a.m. | \$59.50 (7 sessions)

Instructor: Cathy Johnson

Location: Eden Seminary



Bikes & Walks

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

Bike Rides

#5805 River des Peres and Mississippi Greenways Ride to Jefferson Barracks

Bike the River Des Peres Greenway to Jefferson Barracks, one of the National Cemetery Administration's oldest interment sites, which has served as a burial place for soldiers from all wars. This will be about a 20-mile ride on mostly paved surfaces.

FRI, May 2 | 9:30 a.m. | Free

Instructor: Judy Labarbera

Location: meet at Shrewsbury-Lansdowne Metrolink Station

#5809 Busch Greenway Ride to Weldon Spring Site and Busch Conservation Area

Embark on a scenic bike journey starting at the Weldon Spring Site Interpretive Center parking lot, winding through the picturesque Busch Conservation area, and returning. Prepare for gravel terrain and bring a bike with tires of at least 35 MM width for optimal performance. The route features brief, challenging inclines with gradients reaching 8%. Enjoy an approximately 20-mile ride filled with natural beauty.

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

Instructor: Gerry Noll

Location: meet at the Weldon Spring Site Interpretive Center

#6800 Fun Fee Fee Greenway Ride

Join us for an exciting scenic ride! The kick adventure will start at the Maryland Heights Aquaport, and embark on a beautiful 17-mile journey filled with scenic views and a few rolling hills to keep things exciting. The route takes us up and down the big hill on the Fee Fee Greenway, around Creve Coeur Park lake, and across the I-364 bridge into St. Charles. We'll then loop back around the other side of the lake.

FRI, June 6 | 9 a.m. | Free

Instructor: Dave A Seidel

Location: meet at Maryland Heights Aquaport

#6801 Creve Coeur Lake to St. Charles Bike Ride

Join us for a ride around Creve Coeur Lake and then over the Page Bridge to the Bike Stop Cafe in St. Charles. We will meet at the Creve Coeur Lake House Restaurant parking lot for the ride and return there for an optional lunch on your own. Approximately 16 miles.

FRI, June 13 | 9 a.m. | \$5

Instructor: Brenda Jean Tripp

Location: meet at the Creve Coeur Lake House Restaurant

#6802 Exploring the Deer Creek Greenway Ride

Beginning at Deer Creek Park in Maplewood, follow the Deer Creek Greenway to the confluence of the Deer and Shady Creeks and the playground at Brentwood Park. Continue on neighborhood trails through Brentwood and visit multiple parks. Approximately 15 miles.

FRI, June 20 | 9 a.m. | Free

Instructor: Gerry Noll

Location: meet at Deer Creek Park

#5806 Arts Jubilee Bike Ride

Join us for the first Arts Jubilee Bike Ride! Enjoy a leisurely and scenic ride through the charming neighborhoods of Webster Groves on quiet, tree-lined residential streets! This is a relaxed 5–6 mile ride.

We'll gather in front of the S.D. Press Education Center before setting off on the delightful morning ride. Afterward, there will be a break for an early lunch. Then be sure to visit to the First Annual Oasis Arts Jubilee for a celebration of creativity and community!

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

Instructor: Dave A Seidel

Location: meet at S.D. Press Education Center

#5807 Sunset Greenway to St. Ferdinand Park and Missouri River Ride

Bike the Sunset Greenway to the Old St. Ferdinand Shrine and along the Missouri River. Join for several lunch options after the ride. Approximately 10 miles round trip with one long hill down and back from the river.

FRI, May 16 | 9:30 a.m. | Free

Instructor: Gerry Noll

Location: Outside

Check out
other classes
during the
Arts Jubilee!
See page 6.

#5800 Stacy Park Neighborhood Walk

Enjoy a leisurely stroll along the paved trail in the scenic 35-acre Stacy Park, nestled at the crossroads of Olivette and Creve Coeur. Immerse yourself in the beauty of this charming county park and its adjoining neighborhood.

THU, May 1 | 9:30 a.m. | \$5

Instructor: Denise Ucinski
Location: Outside

#5801 University of Missouri St. Louis to St. Vincent Greenway Walk

Walk through the rolling hills of University of Missouri St. Louis's campus and around St Vincent Greenway. The St. Vincent Greenway takes you from the Rock Road Transit Center, along St. Charles Rock Road and directly into the lush and shady grounds of St. Vincent County Park. Walk is approximately 2.5 miles.

TUE, May 6 | 9:30 a.m. | Free

Instructor: Denise Ucinski
Location: meet outside of the Millennium Student Center

#5802 St. Ferdinand Park and Sunset Greenway Walk

St. Ferdinand Park is a 64-acre park. We will walk the paved path around the perimeter of the park and the Sunset Greenway that meanders through the Park and Historic Old Town Florissant. Walk is approximately 3 miles.

THU, May 15 | 9:30 a.m. | Free

Instructor: Oasis Facilitator
Location: Outside

#5803 HiPointe-DeMun Historic District Walk

Join us for a walk starting in the HiPointe/DeMun Historic District that begins on DeMun Avenue in Clayton. We'll walk through the campus of Concordia Seminary to Oak Knoll Park, pass between Fontbonne and Washington University campuses, then return through the Hillcrest neighborhood. For those who would enjoy lunch on their own after the walk, there are several places on DeMun to grab a bite to eat. Walk is approximately 2.75 miles.

THU, May 22 | 9:30 a.m. | \$5

Instructor: Jeanne Foster
Location: Outside

#5804 St. Louis University Campus Walk

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

TUE, May 27 | 9:30 a.m. | \$5

Instructor: Marissa McFarland
Location: Outside

#6805 Queeny Park Walk

Join us for a scenic walk around Queeny Park. Queeny Park was once part of the estate of the late Mr. and Mrs. Edgar M. Queeny. Mr. Queeny was the former president and chairman of the board of Monsanto Chemical Company, which was founded by his father. The walk will be on the Hawk Ridge Trail north to the Fox Run Trail, then to the Owl Creek Trail, then back to the Hawk Ridge Trail to complete the loop. Approximately 2.5 miles.

TUE, June 3 | 9 a.m. | \$5

Instructor: Denise Ucinski
Location: meet at Greensfelder Rec Complex

#6806 Gravois Greenway Walking Book Club

Embark on a literary journey to book talk and walk! We will gather outside the main entrance of the Oak Bend Library and set off on a delightful 2-mile walk along the beautiful Gravois Greenway. As we stroll, we will dive into engaging discussions about the selected book.

MON, June 9 | 5:30–7:30 p.m. | Free

Instructor: Sally Hanson
Location: meet outside of the Oak Bend Library entrance

#6807 St. Charles Riverfront Walk

See breath taking views of the Missouri River. Walk through Frontier Park to the Katy Trail and Blanchette Landing on flat surfaces. Optional lunch at restaurants on cobbled Main Street. Walk is approximately 3 miles.

TUE, June 17 | 9 a.m. | \$5

Instructor: Denise Ucinski
Location: meet at Frontier Park

Oasis & Citizens for Modern Transit's Ten Toes + Transit Program Joint Walk

Citizens for Modern Transit's Ten Toes + Transit program and St. Louis Oasis are teaming up to bring you an exciting joint walk! Join us for a guided tour of Eden Theological Seminary in Webster Groves.

For those new to public transit, this is a fantastic opportunity to learn how to ride. A Ten Toes + Transit walk leader will meet the group at the Shrewsbury Lansdowne I-44 Transit Center at 8:45 a.m. The group will board MetroBus #56 for a ride to the edge of Eden's campus before exiting and meeting Oasis staff and our tour guide.

Whether you are looking to get some steps in, tour Eden's campus, or learn more about the other organization's walking program, this walk is for you! Bus fare will be the responsibility of the participant and a liability waiver must be signed on the day of.

To register for this joint walk please visit cmt-stl.org or call Citizens for Modern Transit at (314) 231-7272.

WED, June 25 | 8:45 a.m. | Free

Instructor: Karen Troxell
Location: Shrewsbury-Lansdowne Metrolink Station

Special Events, Tours, & Travel

Tours

The 1904 World's Fair: A New Perspective— Guided Exhibit Tour: 1904 World's Fair

The 1904 World's Fair was a complex, fascinating event that continues to evoke a range of emotions. It was grand and shameful, full of fun and indignity. Now, 120 years after it opened in St. Louis, the 1904 World's Fair exhibit at the Missouri History Museum will reintroduce you to the Fair and its legacy in a way you've never experienced before.

#5049 TUE, April 29 | 2–3:30 p.m. | \$10

Instructor: Parks Smith

Location: Missouri History Museum

#5051 THU, May 29 | 2–3:30 p.m. | \$10

Instructor: Parks Smith

Location: Missouri History Museum

#5050 Like Water: Guided Exhibit Tour of the Contemporary Art Museum

Please join us at the Contemporary Art Museum as we explore the new Spring–Summer Exhibition, *Like Water*. Featuring artworks by an international and multigenerational group of artists, *Like Water* considers landscape simultaneously as a material, physical condition, and an interior emotional state.

MON, May 5 | 11:30 a.m.–12:30 p.m. | \$10

Instructor: Alexis Creamer

Location: Contemporary Art Museum

#6023 Kaplan Feldman Holocaust Museum Tour and Discussion

Explore the Holocaust's impact through the personal accounts of survivors who found refuge in St. Louis. This experience includes a guided tour of the Kaplan Feldman Holocaust Museum, followed by lunch and a thought-provoking discussion on its lessons and relevance today.

THU, June 5 | 10:30 a.m.–1:30 p.m. | \$20

Instructor: Patrick Cousins

Location: Holocaust Museum

#6024 Oakland House Museum Tour and Lunch

Tucked away in Affton, Missouri, the Oakland House—once the country home of pioneer banker Louis A. Benoist—has been beautifully restored to its 1853 grandeur. Now a historic museum maintained by the Affton Historical Society, this landmark offers a glimpse into the past. Join Oasis for a guided tour and catered lunch at one of Affton's best-kept secrets—a historic home saved and preserved for generations to come.

WED, June 11 | 11 a.m.–2 p.m. | \$43

Instructor: Mary Saputo

Location: Oakland House Museum



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8 days/10 meals

Discover Switzerland, Austria, & Bavaria

September 16–25, 2025
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October 24–31, 2025
8 days/11 meals

Irish Splendor

March 8–15, 2026
8 days/9 meals

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Community Locations

Age Smart-Swansea

7 Bronze Pointe S Ste. B
Swansea, IL 62226

Clarendale Clayton

7651 Clayton Rd.
Clayton, MO 63117

**Clayton Oasis –
Center of Clayton**

50 Gay Ave.
Clayton, MO 63105

**Contemporary Art
Museum**

3750 Washington Ave.
St. Louis, MO 63108

**Corporate Parkway
Branch Library**

1200 Corporate Pkwy.
Wentzville, MO 63385

**Crestwood Community
Center**

9245 Whitecliff Park Ln.
St. Louis, MO 63126

Crown Center

8350 Delcrest Dr.
St. Louis, MO 63124

Eden Seminary

475 East Lockwood Ave.
St. Louis, MO 63119

Five Oaks on Warson

1200 North Warson Rd.
Olivette, MO 63132

Holocaust Museum

36 Millstone Campus Dr.
St. Louis, MO 63146

Kisker Road Library

1000 Kisker Rd.
St. Charles, MO 63304

McClay Branch Library

2760 McClay Rd.
St. Charles, MO 63303

Missouri History Museum

5700 Lindell Blvd.
St. Louis, MO 63112

Northwest Library

5680 Missouri PP
High Ridge, MO 63049

Oakland House Museum

7801 Genesta St.
Affton, MO 63123

Oasis-Northwest Plaza

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

Spencer Road Library

427 Spencer Rd.
St. Peters, MO 63376

Sullivan Firehouse

1230 N Church St.
Sullivan, MO 63080

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

☐ I am Interested in Joining the Oasis Membership Program

If interested, please check the box and we will reach out to you!

Total Class Fees:

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

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Signature

Date

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