



Classes and programs for retired adults

# Class Catalog

*July/August 2025*

**BJC** HealthCare



Arts & Entertainment.....	2
Create: Writing, Art, & Music .....	3
Current Events .....	4
History .....	4
Literature.....	7
Practical .....	7
Science .....	8
Technology .....	8
Health & Wellness.....	9
Exercise .....	10
Bikes & Walks .....	11
Special Events, Tours, & Travel .....	12
Registration Form .....	14

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

## 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

Unless noted, all images and graphics are licensed by Oasis Institute and/or considered public domain, released under the Creative Commons (CCO) license.



## BECOME A GRAND CHAMPION

**Mentor a Foster Teen. Make an Impact.**

Oasis Grand Champions is looking for **volunteer mentors** to work with youth ages 14 and older once a week. **No experience needed—just a willingness to show up and make a difference.**

*One-day training sessions take place monthly.*

### Contact:

Stephanie McCreary  
**(314) 687-1122**  
[smccreary@oasisnet.org](mailto:smccreary@oasisnet.org)  
[stloasis.org/champ](http://stloasis.org/champ)

Scan to learn more!



## 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!**



## Partner Spotlight



**Celebrate American cinema with the exciting partnership between Oasis and The Hi-Pointe Theatre!**

**Join us for the film, the program afterwards or both! The two films featured this summer are from the bold Hollywood era from 1967-1980. Cliff Froehlich, retired Executive Director of Cinema St. Louis and former Riverfront Times film critic leads the symposium.**

### **7900 “American Graffiti” Screening**

Join us at the Hi-Pointe Theatre for a special viewing of *American Graffiti* (1973), George Lucas’s nostalgic, music-filled coming-of-age story. 110 minutes.

**WED, July 9 | 2–3:30 p.m. | \$9**

### **7901 Hollywood Films of the 1970s: “American Graffiti” Symposium**

Join Cliff Froehlich in the symposium after the film screening

**WED, July 9 | 3:30–4:30 p.m. | \$20**

### **8902 “Five Easy Pieces” Screening**

Join us at the Hi-Pointe Theatre for a special screening of *Five Easy Pieces* (1970, 98 min.), starring Jack Nicholson in his breakthrough role. This Oscar-nominated film captures 1970s American cinema at its finest—raw, emotional, and unforgettable.

**WED, August 13 | 2–3:30 p.m. | \$9**

### **8903 Hollywood Films of the 1970s: “Five Easy Pieces” Symposium**

Join Cliff Froehlich in the symposium after the film screening.

**WED, August 13 | 3:30–4:30 p.m. | \$20**

### **7007/7007.V Surrealism: The Art of the Subconscious Mind**

Step into the world of Surrealism—where art dives deeper than reality. This presentation explores a movement fueled by the unexpected. Surrealism gave rise to some of the most imaginative and unusual artworks ever seen.

**MON, July 14 | 10 a.m.–12 p.m. | \$17**

Instructor: Michael Faris

Location: Clayton Oasis & Zoom **H**

### **7031/7031.V Tonalism: America’s Forgotten Art Movement**

Explore Tonalism, a post–Civil War American art movement influenced by Europe and defined by mood and introspection. Moving beyond grandeur, Tonalist artists captured spiritual beauty in subtle landscapes—a legacy that continues in today’s contemporary interpretations.

**THU, July 24 | 1–2:30 p.m. | \$17**

Instructor: Joan Frances Gallagher

Location: Eden Seminary & Zoom **H**

### **7016/7016.V Women Artists of the 20th Century**

Twentieth-century women artists overcame major barriers to make their voices heard through powerful visual expression. From abstraction to conceptual art, they helped shape modern and contemporary movements. This class explores their groundbreaking contributions, all featured in the St. Louis Art Museum Collection.

**TUE, July 29 | 11 a.m.–12 p.m. | \$17**

Instructor: Kathy Walsh-Piper

Location: Clayton Oasis & Zoom **H**

### **7038 Guess That Logo!**

Play solo or with friends as we test your knowledge of logos, slogans, taglines, and origin stories from America’s favorite consumer brands. Can you spot Mr. Clean? Know where the Tater Tot was born? From classic icons to quirky trivia, you’ll earn points, share laughs, and maybe even surprise yourself. Come for the nostalgia—stay for the bragging rights!

**TUE, July 29 | 1–3 p.m. | \$8.50**

Instructor: Richard Losciale

Location: Oasis – Northwest Plaza

### **8003/8003.V Films About Diverse Cultures**

International films open windows to diverse cultures and storytelling traditions. This class explores global cinema’s cultural impact through movements like Italian Neorealism, French New Wave, Asian Cinema, and Latin American New Cinema. Come ready to discuss your favorite international film and why it matters to you!

**WED, August 6 | 11 a.m.–12 p.m. | \$17**

Instructor: Roz Norman

Location: Clayton Oasis & Zoom **H**

## Partner Spotlight

**craft alliance**

### Join Craft Alliance for Third Friday in the Maker District!

Celebrate creativity and community at this special evening event! Be among the first to view Alicia Porter's vibrant ceramic sculptures in the Staenberg Gallery, created during her Craft Alliance residency. Enjoy studio tours, live demos, and meet teaching artists—then explore the Maker District's arts scene and local spots!

**7903 FRI, July 18**

**8905 FRI, August 15**

5–6:30 p.m. | Free

Instructor: Grant Benoit

Location: Craft Alliance

### 8901 Artist in Residence: Learn and Create

Join Craft Alliance for a special exhibition event in the Staenberg Gallery featuring Artist-in-Residence Alicia Porter. Hear Alicia discuss her creative process and ceramic works, then enjoy a hands-on workshop where you'll create your own sculptural mug—no experience needed! Finished mugs will be glazed, fired, and ready for pickup in three weeks.

**TUE, August 12** | 10–11:30 a.m. | \$35

Instructor: Alicia Porter

Location: Craft Alliance

### 8906 Pulp Painting

Discover pulp painting—an experimental, hands-on technique that combines papermaking and painting. Use dyed pulp, brushes, stencils, and simple tools to create bold, textured designs. Add dimension with inclusions like string or newspaper. No experience needed—just bring your curiosity and enjoy the creative process!

**TUE, August 19** | 9 a.m.–12 p.m. | \$90

Instructor: Craft Alliance Artist

Location: Craft Alliance

### 8005 Unlocking the Secrets of Your Birthdate

Did you know that your birthdate holds the key to what life will bring you? Just look at your date of birth and you can realize a theme of your life!

**FRI, August 8** | 2–3:30 p.m. | \$17

Instructor: Kathy Berg

Location: Clayton Oasis

**V** Virtual Class **H** Hybrid Class

### 8006/8006.V Harlem Renaissance: a Burst of Talent from Black Visual, Literature, and Performers

The Harlem Renaissance movement was centered in Harlem, a New York City neighborhood, and included some of the most significant artists in U.S. history. Join us in discovering more about the impact this movement had!

**MON, August 11** | 10 a.m.–12 p.m. | \$17

Instructor: Michael Faris

Location: Clayton Oasis & Zoom **H**

## Create: Writing, Art, & Music

### 7001 Beginners Watercolor: Patriotic Flowerpot

Join artist and therapeutic art specialist Ann Flory for a hands-on watercolor journey designed for beginners. Enjoy a relaxing, creative experience—no prior art training needed. Learn basic watercolor techniques and create your own painting to take home. All supplies provided. Let your creativity flow!

**WED, July 2** | 10–11:30 a.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Clayton Oasis

### 7006 Plants & Portraits in Watercolor

Explore watercolor through plants and portraiture! Start with fundamentals like washes and color, then paint flowers, foliage, and expressive portraits. Learn simple design tips to create unique, eye-catching art. All levels welcome—no experience needed. Participants provide materials; a supply list will be sent before class begins.

**FRI, July 11–August 1** | 1–3 p.m. | \$80 (4 sessions)

Instructor: Natalie Baldeon

Location: Clayton Oasis

### 7020 Beginners' Harmonica Workshop

Discover the joy of harmonica in this fun, beginner-friendly workshop with the Gateway Harmonica Club. No music reading needed! Learn basic techniques, care, and play familiar folk tunes. Bring a 10-hole diatonic harmonica in C or buy one for \$10 at the first session.

**THU, July 3–17** | 10:30 a.m.–12 p.m. | \$75 (3 sessions)

Instructor: Gateway Harmonica Club

Location: Clarendale Clayton

### 7039 Jazz Ensemble

Unleash your musical creativity with a dynamic ensemble led by three accomplished classical and jazz musicians. Explore improvisation, traditional pieces, and contemporary works in a supportive, innovative setting. New members welcome! Enjoy public performance opportunities and a space where musical exploration and expression thrive.

**THU, July 10–August 28** | 10 a.m.–12 p.m. | \$88 (8 sessions)

Instructor: William Gerdel

Location: First Congregational UCC

### 8022 **Beginners Watercolor: Monarch Butterfly**

Enjoy a relaxing, beginner-friendly introduction to watercolor painting with artist and therapeutic art specialist Ann Flory from Artfully Aging. Learn basic techniques as you create your own Monarch butterfly masterpiece to take home. No experience needed—all supplies provided. Explore your creativity in a welcoming, stress-free setting!

**THU, August 21** | 1–2:15 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Eden Seminary

## Current Events

### 7037/7037.V **Redlining in St. Louis Housing**

Homeownership is a cornerstone of the American Dream—but for many Black St. Louisans, that dream has been systematically denied. This presentation explores the history and ongoing realities of housing inequities in the St. Louis region, inviting discussion on past and present-day challenges.

**WED, July 2** | 10:30 a.m.–12 p.m. | \$8.50

Instructor: Mark Etling

Location: Oasis – Northwest Plaza & Zoom 

## History


## Art & Music History

### 7004/7004.V **Art's Beginning**

When and why did art begin? How far back can we trace humanity's creative impulse? This class explores the origins of art, focusing on the earliest evidence that humans were driven to create. We'll examine ancient examples spanning thousands of years and discuss the possible reasons behind art's emergence—spiritual, practical, or expressive—and its enduring significance throughout human history.

**THU, July 10** | 10:30 a.m.–12:15 p.m. | \$17

Instructor: Carol Diaz-Granados


Location: Clayton Oasis & Zoom 

### 8008.V **SPLAT! Abstract Expressionism and the New York School**

Spontaneous, instinctive, and boldly unconventional—Abstract Expressionism shattered tradition and redefined modern art. Emerging in post–World War II New York, this daring movement marked the first time the U.S. became the epicenter of the art world, stealing the spotlight from Paris. Jackson Pollock, one of the most iconic artists of the 20th century, led the charge alongside a group of avant-garde peers known as the New York School. This course explores the movement's origins, key figures, and offers tools to help you decode and appreciate abstract art.

**MON, August 18** | 10 a.m.–12 p.m. | \$17

Instructor: Shannon Hadfield

Location: Zoom 

### 7002/7002.V **Non-Professional Sports Played in St. Louis**

From mud pits to video screens, St. Louisans play games anywhere and everywhere—for trophies, titles, or just for fun. This talk explores the wide world of amateur sports in St. Louis, featuring games with barrels, ropes, gaga balls, pallinos, and more—even one where fouls earn flying bags! Plus, we'll spotlight a nearby Illinois town keeping alive a rare 1904 Olympic sport.

**TUE, July 8** | 10–11:30 a.m. | \$17

Instructor: Douglas Schneider

Location: Clayton Oasis & Zoom 

### 7009/7009.V **Missouri's Fascinating Rock Art**

Missouri is home to one of the largest collections of American Indian rock art—petroglyphs and pictographs—in the eastern U.S. This session begins with an overview of major western rock art sites and how eastern traditions differ. We'll then explore highlights from Missouri's 150+ sites, focusing on key examples—many located on private land and rarely seen by the public.

**WED, July 16** | 10–11:45 a.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis & Zoom 

### 7011/7011.V **UNESCO Mound Builder Sites**

Spanning from 3500 BCE to the 16th century CE, the Mound Builder cultures shaped ancient North America through monumental earthworks. This session explores key periods—from Archaic and Woodland to Mississippian—and highlights Cahokia Mounds, the largest pre-Columbian site north of Mexico. At its peak around 1100, Cahokia covered 4,000 acres, featured 120 mounds, and had a population nearing 20,000—larger than London at the time.

**FRI, July 18** | 10–11:30 a.m. | \$20

Instructor: Bonnie Vega


Location: Clayton Oasis & Zoom 

### 7012/7012.V **Let's Go to the Movies!**

Join Johnny Rabbitt of KMOX for a nostalgic, image-filled journey through St. Louis movie history. Explore neighborhood theaters, grand movie palaces, air-domes, and drive-ins—plus stories of film stars, local legends, and lost landmarks. Hear about films made in (and about) St. Louis, the saving of the Fox, the fall of the Ambassador, and the magic of 3D, Cinerama, and CinemaScope. If you love movies, don't miss this event!

**TUE, July 22** | 10:30–11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom 

## Local History

### 7015/7015.V Famous St. Louis Murderers on Trial

St. Louis has seen its share of chilling and captivating murder trials—from the infamous “killer driller” dentist to a tragic young girl who was dying to get married—and did. This session revisits some of the city’s most sensational courtroom dramas, exploring the stories behind the headlines and the deeper themes that link these unforgettable cases and the public’s enduring fascination with them.

**MON, July 28** | 11 a.m.–12 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & Zoom **H**

### 8001/8001.V The Great Divorce of 1876:

#### The St. Louis City–County Split

In the post–Civil War boom, St. Louis was one of America’s fastest-growing cities—but tensions between city and county residents sparked a push for “Home Rule.” This presentation explores the pivotal 1876 split that separated St. Louis City from St. Louis County. The decision shaped the region’s future, with long-lasting consequences still felt today.

**FRI, August 1** | 10–11 a.m. | \$17

Instructor: Nick Sacco

Location: Clayton Oasis & Zoom **H**

### 8900 The History and Evolution of St. Louis City Parks System

St. Louis City is home to a rich variety of parks, from charming neighborhood pocket parks to Forest Park—nearly 1,300 acres and one of the nation’s premier urban parks. In this engaging program, author and historian NiNi Harris will explore the evolution of the city’s park system, highlighting the unique history and landscapes of St. Louis’s most distinctive green spaces. Her presentation is based on her book *St. Louis Parks*, with its second edition set to be released this summer.

**TUE, August 5** | 11 a.m.–12:30 p.m. | \$20

Instructor: Nini Harris

Location: Lovey’s on Lafayette

### 8004/8004.V History Uncorked: Missouri Wine

From humble beginnings to the grape-stained streets of Prohibition and its spirited rebirth, explore Missouri’s rich wine history. Discover the unique varietals that define the region today, along with wine pairing suggestions featuring the wines these grapes produce.

**THU, August 7** | 1–3 p.m. | \$17

Instructor: Suzanne Corbett

Location: Clayton Oasis & Zoom **H**

## Religious History The Christian Era

### 7026/7026.V The First Century of the Christian Era

The Christian era began in Israel, and then spread to other parts of the Roman Empire. In this presentation we will examine the social, political, economic, and religious context in Israel in which Jesus of Nazareth lived and carried out his mission, and what happened to help shape the contours of the early Christian movement.

**MON, July 14** | 10–11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

### 7029/7029.V The Second Century of the Christian Era

The years 100–200 CE witnessed the proliferation of many different kinds of Christian sects and communities, as Christianity spread throughout the Roman Empire. In this session we will discuss some of these ‘other Christianities,’ and we will also look at the important theological issues that would become crucial to the definition of Christianity as we now know it.

**MON, July 21** | 10–11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

### 7033/7033.V The Third Century of the Christian Era

In the third century CE, Christianity grew amid ongoing Roman persecution. Theologians wrestled with profound questions about God, Jesus, and salvation, sparking intense debates and divergent interpretations. This era launched the struggle to define orthodoxy, as the foundations of Christian doctrine were actively shaped and contested.

**MON, July 28** | 10–11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**

### 8015/8015.V The Fourth Century of the Christian Era

The 4th century was a turning point for Western Christianity. With Emperor Constantine’s legalization of the faith and the landmark Councils of Nicaea and Constantinople, key doctrines like the Nicene Creed emerged. Join this class to explore how this pivotal era shaped Christianity’s lasting influence.

**MON, August 4** | 10–11:30 a.m. | \$17

Instructor: Mark Etling

Location: Eden Seminary & Zoom **H**



### 8010/8010.V Bakeries and Baking in St. Louis

Explore the rich baking history of St. Louis—from colonial mud ovens to modern marvels. With 180+ bakeries and a top pastry arts program, the city is a true baked-goods haven. Hear stories of yeast-free baking, mass production, and artisan favorites—including America's best cookie shop. Come hungry to learn!

**TUE, August 12** | 10–11:30 a.m. | \$17

Instructor: Douglas Schneider  
Location: Clayton Oasis & Zoom



Whet your appetite with Oasis, explore the mouthwatering delectable discussed at lunch! No snacks included.

### 8011/8011.V Are You Hungry?

If you're not hungry now, you will be after this fun, nostalgic presentation by KMOX's Johnny Rabbitt! Enjoy a journey through St. Louis dining history—featuring iconic eateries, sweet shops, and local favorites like Ted Drewes, Crown Candy, and Provel cheese. Come hungry for memories and leave hungry for lunch!

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

Instructor: Johnny Rabbitt  
Location: Clayton Oasis & Zoom



### 8012/8012.V Mark Twain: His Wit, His Words, His Life

Explore the life of Missouri's most famous writer, Mark Twain—whose wit and literary genius masked deep personal struggles. This engaging session reveals the tragedies, resilience, and complexity behind the beloved author who helped shape the American voice.

**WED, August 27** | 11 a.m.–12 p.m. | \$20

Instructor: Bev Schuetz  
Location: Clayton Oasis & Zoom



### 7024/7024.V The Dutch in the Golden Age

In the 17th century, the Netherlands became a global powerhouse, driven by capitalism, a thriving middle class, and a passion for the arts. Unique for its focus on work, family, toleration, and republicanism, this Dutch Golden Age reshaped Europe. Explore what fueled their rise—and what led to their fall.

**THU, July 10** | 1–3 p.m. | \$17

Instructor: Samuel F Harned  
Location: Eden Seminary & Zoom



### 7036 North American Indian Cultures

Explore the rich and diverse cultures of Native peoples across North America. This class highlights major cultural regions—including the Southwest's Four Corners, the Northwest Coast, the Plains, and the Eastern Woodlands. We'll examine traditional dwellings, foods, clothing, and decorative arts, celebrating the enduring culture of these communities.

**MON, July 14** | 10–11:45 a.m. | \$17

Instructor: Carol Diaz-Granados  
Location: Five Oaks on Warson

### 7010/7010.V Assassination

Defined as “murder by sudden or secret attack, often for political reasons,” assassination has shaped history in dramatic ways. This class explores U.S. presidential attempts from Jackson to Trump, plus political killings driven by anger, coups, glory—even bizarre motives like saving redwood trees. Examine the forces behind these acts and their lasting impact.

**THU, July 17** | 10 a.m.–12 p.m. | \$17

Instructor: Douglas Schneider  
Location: Clayton Oasis & Zoom



### 7013/7013.V Religious Persecution in America: Catholics

Anti-Catholic sentiment, rooted in the Protestant Reformation, shaped American life from colonial times through the 20th century. This session examines the persistent bias and discrimination faced by Catholics—even in a nation often seen as a beacon of religious freedom—and challenges the myth of uniform American tolerance.

**WED, July 23** | 10 a.m.–12 p.m. | \$20

Instructor: Joan Musbach  
Location: Clayton Oasis & Zoom



### 7017/7017.V Religious Persecution in America: Mormons

Born from the religious fervor of the Second Great Awakening, the Church of Jesus Christ of Latter-Day Saints grew rapidly—alongside fierce opposition. This session explores the violent persecution Mormons faced in 1830s Missouri and their journey westward to the Great Salt Lake Valley, shaped by faith, fear, and frontier tensions.

**WED, July 30** | 10 a.m.–12 p.m. | \$20 |

Instructor: Joan Musbach  
Location: Clayton Oasis & Zoom



### 7014.V The Taking of Pegasus Bridge: A Daring Feat on D-Day

Explore the daring glider assault on Pegasus Bridge—one of D-Day's most vital missions. In this two-hour class, discover how British airborne forces secured key crossings to stop German counterattacks. Through maps, visuals, and personal stories, learn the strategy, courage, and precision behind this pivotal operation.

**WED, July 23** | 10 a.m.–12 p.m. | \$17

Instructor: Parks Smith  
Location: Zoom



### 6005/6005.V Almost Everything We Thought We Knew About President Herbert Hoover is Wrong

Herbert Hoover is often remembered for the failures of the Great Depression, but his life tells a far richer story. This class takes a deeper look at Hoover's remarkable achievements—as a world-renowned engineer, humanitarian, and statesman—before, during, and after his presidency. Discover the Hoover history forgot.

**THU, July 24** | 10:30 a.m.–12 p.m. | \$17

Instructor: Jim Woodward  
Location: Clayton Oasis & Zoom



### 7018/7018.V Hard Truths About White Collar Crime

White collar crimes may lack violence, but they inflict

massive harm—costing over \$300 billion annually. This class explores who commits these crimes, how they operate, and how they're prosecuted. From Bernie Madoff's Ponzi scheme to today's scams, learn the warning signs and how to protect yourself.

**THU, July 31** | 10:30 a.m.–12 p.m. | \$17

Instructor: Jim Woodward

Location: Clayton Oasis & Zoom **H**

### 8002/8002.V The Birth of the Twentieth Century

The early 20th century saw dramatic shifts that redefined the modern world. From 1900 to 1920, rapid changes in science, war, economics, society, and politics transformed daily life and global power. This class explores how these pivotal decades set the course for a revolutionary century.

**TUE, August 5** | 10–11:30 a.m. | \$17

Instructor: Richard Venn

Location: Clayton Oasis & Zoom **H**

### 8017/8017.V The Roaring 20's

From Babe Ruth to the Harlem Renaissance, the 1920s were a vibrant era of innovation, rebellion, and cultural change. This class explores the icons, trends, and tensions of the Jazz Age—examining how its exuberance and upheavals continue to echo in today's America.

**THU, August 7** | 1–3 p.m. | \$17

Instructor: Samuel F Harned

Location: Eden Seminary & Zoom **H**

### 8019/8019.V Abraham Lincoln's Lyceum Address

At just 28, Abraham Lincoln delivered his powerful Lyceum Address in 1838, warning of mob violence after the murder of abolitionist Elijah Lovejoy. He urged Americans to uphold the rule of law, cautioning that its breakdown could lead to tyranny. His message remains a timely call to defend democracy today.

**FRI, August 8** | 1–2:30 p.m. | \$20

Instructor: Bonnie Vega

Location: Eden Seminary & Zoom **H**

### 8025/8025.V The Other Side of the Story: Loyalists in the American Revolution

Often forgotten in Revolutionary history, Loyalists—also called Tories—remained faithful to the British Crown, believing it ensured stability and prosperity. Seen by many as traitors, they faced persecution and exile, with thousands fleeing to Canada or Britain. This session uncovers their perspectives, hardships, and enduring impact on American history.

**TUE, August 26** | 1–2:30 p.m. | \$10

Instructor: Bonnie Vega

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

## Literature

### 7022 Don Quixote: Trauma and the Making of Meaning

Join Sancho Panza, Don Quixote, and other unforgettable figures on a journey through trauma, delusion, grief, and grace. No need to have read Don Quixote or seen Man of La Mancha—just bring a willingness to reconsider what madness, loss, and healing truly mean.

**FRI, July 11** | 10 a.m.–12 p.m. | \$17

Instructor: Ed Koslin

Location: Clarendale Clayton

### 7027/7027.V How Do I Love Thee?

#### A Journey into the Greatest Love Poems

Why do we write love poems, and what makes them endure? This session explores timeless voices—Shakespeare, Browning, Rumi, Gibran, Neruda—and the sonnet form. Through readings, discussion, and writing, we'll celebrate love's many expressions and the poetic power to connect, comfort, and inspire.

**THU, July 17** | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary & Zoom **H**

### 8024/8024.V Author of Saving Vincent: A Novel of Jo van Gogh

Learn the true story of the woman who refused to let Vincent van Gogh die—twice. In 1891, Jo van Gogh-Bonger, a timid and grieving widow, was left with her brother-in-law Vincent's unsold paintings. Defying societal expectations, she set out to promote his art and create an inheritance for her son.

**FRI, August 22** | 1–2 p.m. | \$17

Instructor: Joan Fernandez

Location: Eden Seminary & Zoom **H**

## Practical

### 6007 Art of Story Telling

Who doesn't love a good story? This fun, interactive course invites you to write, tell, and share stories that inspire and entertain. Explore storytelling techniques like structure, vocal variety, gestures, and movement to make others laugh, cry, or think—maybe all three!

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

Instructor: Henry Greene

Location: Clarendale Clayton

### Considering Senior Living?

Everyone wants to stay independent and remain in their own home for as long as possible—but for many, senior living



may eventually become the best option. In this class, you'll explore when it might be time to consider a senior living community and learn about the various options that support living fully, safely, and with dignity.

**7000 TUE, July 1** | 10–11 a.m. | Free

Instructor: Chet Cain  
Location: Clayton Oasis

**8020 THU, August 14** | 1–2 p.m. | Free

Instructor: Chet Cain  
Location: Eden Seminary

### **7008/7008.V The One that Got Away: Fly Fishing and Life Lessons**

"The solution to any problem... is to go fishing," wrote the late John Gierach. This session dives into the life lessons of fly fishing—drawing from classics like *A River Runs Through It*—to explore how nature shapes personal growth, healing, and connection. It's more than sport; it's perspective.

**TUE, July 15** | 10 a.m.–12 p.m. | \$17

Instructor: Steve Ehrlich  
Location: Clayton Oasis & Zoom **H**

### **7035 Missouri Oddities Road Trip**

Buckle up for a wild road trip through Missouri's most offbeat attractions! From quirky statues to oddball museums and roadside wonders, this adventure reveals the hidden charm and eccentric spirit of the Show-Me State. Perfect for curious explorers and lovers of the bizarre—get ready for a trip you won't forget.

**TUE, July 1** | 2–3 p.m. | Free

Instructor: Hillary Peppers  
Location: Five Oaks on Warson

### **8007/8007.V The New Retirement: Tips and Tricks Galore**

Spend two hours discovering how to navigate and make the most of your 'golden years.' Life after a fulfilling career should be exciting, uplifting, and full of possibility. Walk away empowered with practical tips and fresh perspectives to help you enjoy retirement to the fullest.

**THU, August 14** | 1–3 p.m. | \$17

Instructor: Richard Losciale  
Location: Clayton Oasis & Zoom **H**

### **8023/8023.V 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, August 22** | 10–11 a.m. | \$17

Instructor: Lauren Ponder  
Location: Eden Seminary & Zoom **H**

### **7904.V Who Is Your Health Care Proxy and Why Is that Role Vital in Your Life**

Who would make medical decisions for you if you couldn't speak for yourself? This session explains the vital role of a health care proxy and how to choose one wisely. Learn how to create and communicate your plan, use helpful resources, and engage in an activity to evaluate potential proxies. Gain peace of mind by ensuring your health care choices are honored.

**TUE, July 22** | 10–11 a.m. | \$17

Instructor: Robin Shapiro  
Location: Zoom **V**

## **Science**

### **7023/7023.V Stellar Evolution**

Explore the life cycle of stars—from their birth in nebulae to their eventual death, whether a quiet collapse or a dramatic explosion.

**MON, July 7** | 10–11:30 a.m. | \$17

Instructor: Ronald McLachlan  
Location: Eden Seminary & Zoom **H**

### **8018/8018.V Newton's Laws: Why Things Move (or Don't!)**

Ever wonder why a ball keeps rolling—or why it eventually

stops? In this fun class, we'll break down Newton's three laws of motion: inertia, how force and acceleration are connected, and why every action has a reaction. We'll also explore universal gravitation—the reason apples fall and planets stay in orbit.

**FRI, August 8** | 10–11:30 a.m. | \$17

Instructor: Ronald McLachlan  
Location: Eden Seminary & Zoom **H**

## **Technology**

### **7003 Can Wearable Technology Help Save Your Life?**

**WED, July 9** | 10–11:30 a.m. | \$24

Instructor: Joshua Lucas  
Location: Clayton Oasis

### **7210 Online Safety: the Basics**

**FRI, July 22** | 11 a.m.–1 p.m. | \$24

Instructor: Linda Schumacher & Martha Bogart  
Location: Zoom **V**

### **7211 Phishing and Identity Theft**

**FRI, July 18** | 11 a.m.–12 p.m. | \$24

Instructor: Martha Bogart & Linda Schumacher



Location: Zoom **V**

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

7200 MON, July 21 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr

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

7200V MON, July 21 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr

Location: Zoom **V**

### 7030/7030.V Smartphone Photography

TUE, July 22 | 1–3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom **H**

### 7212 Going Wireless: How To Use Wi-Fi

FRI, July 25 | 11 a.m.–12:30 p.m. | \$24

Instructor: Linda Schumacher & Jim Salih

Location: Zoom **V**

### 7213 Protecting Your Privacy While Browsing the Web

WED, July 30 | 10 a.m.–12 p.m. | \$24

Instructor: Parks Smith

Location: Zoom **V**

### 8014/8014.V Protecting Your Data and Privacy: Account Settings You Can Change Now

FRI, August 1 | 1–3 p.m. | \$24

Instructor: Martha Bogart, Mary J Mueller, & Linda Schumacher

Location: Eden Seminary & Zoom **H**

### 8016/8016.V Online Photo Book Creation Using Shutterfly

TUE, August 5 | 1–3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom **H**

### 8021/8021.V iPhone Basics: Master the Essentials with Ease

TUE, August 19 | 1–3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom **H**

## Health & Wellness

### Aaina Mastery



**V** Virtual Class **H** Hybrid Class

### 7910 Healthy Habits for Adults

Healthy Habits is a free, 10-session program for older adults focused on nutrition and social connection. Held twice weekly for 5 weeks, sessions explore key nutrition topics and include a free boxed lunch each week. Learn, engage, and build healthier habits together!

MON/WED, July 7–August 6 | 11 a.m.–1 p.m. | Free (10 sessions)

Instructor: JoAnn Reese

Location: Oasis – Northwest Plaza

### 7025 Tools for Peace and Stress Relief

Life moves fast—learn simple, powerful tools to stay centered. This class teaches easy techniques to reduce stress, including breathing exercises, grounding practices like walking meditation (weather permitting), and ways to create your own inner sanctuary of peace.

FRI, July 11 | 10 a.m.–12 p.m. | \$17

Instructor: Rhonda Leifheit

Location: Eden Seminary

### 7032 Healing Power of The Inner Smile

Discover Inner Smile Meditation—a blend of ancient Taoist wisdom and modern science. Support circulation, immunity, and stress relief by directing chi energy inward with gratitude and compassion. Like an outer smile, an inner one begins healing right where you live: your own body.

FRI, July 25 | 10 a.m.–12 p.m. | \$17

Instructor: Rhonda Leifheit

Location: Eden Seminary

### 7019.V Enhance Your Well-Being and Resilience with Tools from Positive Psychology

Want to feel more calm, grounded, and confident? Join Dr. Miriam Rosalyn Diamond online to explore simple, science-backed tools from positive psychology—like humor, kindness, and relaxation—to boost resilience and lift your mood.

THU, July 31 | 1–2 p.m. | \$20

Instructor: Miriam Diamond

Location: Zoom **V**

### 7034/7034.V Lifestyle as Therapy

We are what we think, what we do, what we eat, and what we say. From the growing epidemic of metabolic syndrome to the impact of the SAD (Standard American Diet), this class explores how your daily choices can empower a lifestyle that's therapeutic, healing, and deeply authentic.

THU, July 31 | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary & Zoom **H**

### 8013 Tiny Habits™ for More Joyful Living

Ready to let go of “old lady” thoughts and embrace life after 65? In this 3-part online workshop, Tiny Habits™ coach Polly Lemire shares simple, science-based strategies from Stanford's Behavior Design Lab to boost confidence,

resilience, and joy—one tiny, intentional step at a time.

**WED, August 6–20** | 10–11 a.m. | \$51 (3 sessions)

Instructor: Polly Lemire

Location: Clarendale Clayton

## Exercise

### Better Balance

**7407 MON/WED, July 7–August 27** | 9:30–10:30 a.m.

\$68 (16 sessions)

Instructor: Nancy Weigand

Location: Oasis – Northwest Plaza

### Dance

**7403 Beginner Line Dance**

**MON, July 7–August 25** | 11:30 a.m.–12:30 p.m.

\$68 (8 sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis

### ExerStart

**7500 MON/WED, July 7–August 27** | 9–9:45 a.m.

\$24 (16 sessions)

Instructor: Geraldine Talley

Location: Northwest Library

**7502 MON/WED, July 7–August 27** | 9:30–10:15 a.m.

\$24 (16 sessions)

Instructor: Jo Ann D Roberts

Location: Christ Our Redeemer Church

**7503 TUE/THU, July 8–August 28** | 11–11:45 a.m.

\$24 (16 sessions)


Instructor: Denise Smith

Location: Oasis – Northwest Plaza

**7504.V MON/WED, July 7–August 20** | 9:15–10 a.m.

\$21 (14 sessions)

Instructor: Sharon Kirsch

Location: Zoom 

### Strengthen & Stretch

**7400 TUE/THU, July 8–August 28** | 10:30–11:30 a.m.

\$136 (16 sessions)

Instructor: Cathy Johnson


Location: Clayton Oasis

*\*This class will be in interactive mode, allowing the instructor and other class participants to see and hear you.*

**7408.V TUE/THU, July 8–August 28** | 10:30–11:30 a.m.

\$98 (16 sessions)

Instructor: Idaria K Goodwin

Location: Zoom 

### Tai Chi

**7450 Tai Chi for Arthritis for Fall Prevention: Beginner**

**MON/WED, July 7–August 27** | 1:30–2:30 p.m.

\$136 (16 sessions)


Instructor: Craig Miller

Location: Eden Seminary

**7455.V MON/WED, July 7–August 27** | 3:30–4:30 p.m.

\$112 (16 sessions)

Instructor: Craig Miller

Location: Zoom 

**7453 Tai Chi for Arthritis for Fall Prevention: Beginner**

**MON/WED, July 7–August 27** | 11 a.m.–12 p.m.

\$63.75 (16 sessions)

Instructor: Jo Ann D Roberts

Location: Oasis – Northwest Plaza

**7451 Tai Chi 2 for Arthritis for Fall Prevention:**

**Intermediate**

**MON/WED, July 7–August 27** | 1:30–2:30 p.m.

\$112 (16 sessions)


Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson

**7456.V TUE/THU, July 8–August 28** | 3:30–4:30 p.m.

\$112 (16 sessions)

Instructor: Craig Miller

Location: Zoom 

**7452 Tai Chi for Parkinson's Disease and Rehab**

**TUE, July 8–August 26** | 1:45–2:45 p.m. | \$68 (8 sessions)

Instructor: Craig Miller

Location: Crestwood Community Center

### Yoga & Pilates

**7401 Pilates—All Levels**

**WED, July 9–August 27** | 1:15–2:15 p.m. | \$68 (8 sessions)

Instructor: Cindy Bambini, Samantha Lomax, & Loree Rowe

Location: Clayton Oasis

**7402 Classic Pilates**

**WED, July 9–August 27** | 2:30–3:30 p.m. | \$68 (8 sessions)

Instructor: Amy Lescher

Location: Clayton Oasis

**7405 Chair Yoga**

**WED, July 9–August 27** | 10:15–11 a.m. | \$68 (8 sessions)

Instructor: Cathy Johnson

Location: Eden Seminary

**7406 Yoga**

**TUE, July 8–August 26** | 10–11 a.m. | \$68 (8 sessions)

Instructor: Jeanne Kloeckner

Location: Eden Seminary

**7410 Functional Movement**

**THU, July 10–August 28** | 10–11 a.m. | \$68 (8 sessions)

Instructor: Annie Trachsel

Location: Eden Seminary

**7409.V Gentle Chair Yoga**

**THU, July 10–August 28** | 11:45 a.m.–12:45 p.m.

\$56 (8 sessions)



Instructor: Sharon R Campese  
Location: Zoom 

# Bikes & Walks

## Bike Rides

### 7800 Southside Parks and River Des Peres Greenway Ride

Bike along the River Des Peres, Christy Greenways, and Carondelet Park. Optional lunch on your own afterwards at Schlafly Bottleworks. Ride is approximately 16 miles.

FRI, July 11 | 9 a.m. | Free

Instructor: Brenda Jean Tripp

Location: Outside

### 7801 St. Charles Bike Stop Cafe to the Katy Trail Ride

Ride from St. Charles Bike Stop Cafe to Matson on a scenic, shaded 24-mile out-and-back along the level, crushed limestone on the Katy Trail.

FRI, July 18 | 9 a.m. | Free

Instructor: Judy Labarbera

Location: Outside

### 8800 Busch Greenway and Defiance

Embark on a scenic bike journey, winding through the picturesque Busch Conservation area. Ride is approximately 15 miles.

FRI, August 29 | 9 a.m. | Free

Instructor: Janice Branham

Location: Outside

### 8009 Pro's and Cons of E-Bikes

Curious about how e-bikes are transforming commuting and outdoor fun? Join us for an engaging class exploring the benefits and drawbacks of electric bicycles.

WED, August 20 | 10–11:30 a.m. | \$17

Instructor: Parks Smith

Location: Zoom 

## Walks

### 7805 Centennial Greenway: Warson Park Trailhead Walk

Embark on a literary journey as we walk and talk! Meet at Warson Park for a scenic stroll to Indian Meadows Park via the Centennial Greenway. Along the way, we'll enjoy engaging discussion about *The Guardians: A Novel* by John Grisham.

TUE, July 8 | 9:30 a.m. | Free

Instructor: Sally Hanson

Location: Outside

### 7806 Meramec Greenway: Lions Park to Route 66 State Park Walk

While on this walk you will enjoy the views from the valley of the surrounding hillsides. The paved trail is also known as Flat Creek Trail. Walk is approximately 3 miles on and out and back course.

 Virtual Class  Hybrid Class

TUE, July 22 | 9 a.m. | Free

Instructor: Denise Ucinski

Location: Outside

### 7807 Fenton City Park to the Meramec Greenway

Start this walk at beautiful Fenton Park and walk through part of the Meramec Greenway. We will follow the walking path in Fenton City Park along the river. This walk is approximately 2.5 miles on and out and back course.

TUE, July 29 | 9 a.m. | Free

Instructor: Denise Ucinski

Location: Outside

### 8805 Busch Greenway Walk Along the Katy Trail

Begin your journey to the magnificent Katy Trail in Missouri Research Park at the Busch Greenway Trailhead. Walk along the beautifully landscaped, paved, and nature-covered greenway for three-quarters of a mile along Duckett Creek, which flows into the Missouri River. Take the Katy Trail east to the Daniel Boone Bridge to St. Charles. Walk is approximately 3 miles.

TUE, August 12 | 9 a.m. | Free

Instructor: Deborah Macey

Location: Outside



### 8806 Minnie Ha Ha Park Walk

Explore the beautiful Mini Ha Ha Park in Sunset Hills. This hidden gem is located south of Highway 30 at the Meramec River. Walk along the paved trail that has a scenic overlook and is heavily shaded. Walk is approximately 2 miles.

THU, August 21 | 9 a.m. | \$5

Instructor: Denise Ucinski

Location: Outside

### 8807 River des Peres Greenway: Carondelet Park

Start in Carondelet Park which ranks as St. Louis' third largest park. The walking adventure will take place along some unique stretches of the River des Peres Greenway. Walk is approximately 3 miles.

WED, August 27 | 9 a.m. | Free

Instructor: Oasis Health Facilitators

Location: Outside

# Special Events, Tours, & Travel

## Events

### 7550 Panel Discussion on Hearing Health

Hearing loss, affecting two-thirds of adults over 70, is a key risk factor for cognitive decline. Experts from Washington University will discuss advanced treatments—like hearing aids and cochlear implants—and how early intervention can protect brain health and improve quality of life.

**FRI, July 25** | 2–3:30 p.m.

Panelists: Nedim Durakovic, MD

Matthew Shew, MD

Pawina Jirmongkochai, MD

Susan Rathgeb, Aud

Carolyn Bequette, Aud

Location: Clayton Oasis

### 8904 Make a Dish. Make a Difference.

At the Operation Food Search teaching kitchen, we create recipes that are nutritious, budget-friendly, and made with accessible ingredients—many of which are staples found in food banks and pantry boxes through our Nourishing Healthy Starts program. In just 90 minutes, participants learn to prepare simple, satisfying meals that encourage creativity and adaptation to personal tastes. At the end of class, everyone can either take their dish home or enjoy it together with classmates in a shared meal experience.

**THU, August 14** | 12–1:30 p.m. | \$45

Instructor: Operation Food Search

Location: Operation Food Search

### 8000 Alzheimer Disease and Brain Health: Hope Through Research

Join leading experts from Washington University for an in-depth look at Alzheimer's disease—its risks, symptoms, treatments, and new advances. Learn practical strategies to reduce dementia risk and promote brain health. Includes a Q&A with renowned clinicians, including Dr. John C. Morris and Dr. Suzanne Schindler.

**TUE, August 26** | 11 a.m.–12 p.m. | Free

Instructor: John Morris

Location: Missouri History Museum

## Tours

### 7902 Atkins' Acres Educational Farm Tour

Explore nature through all five senses during this engaging outdoor experience. Atkins' Acres Educational Farm is a 501(c)(3) providing educational programs for youth and adults. Participants will walk less than a mile along a grass path and stand for 45–60 minutes while learning about conservation, native plants, pollinators, insects, and more. Please bring your own water bottle and snacks to enjoy after the tour.

**THU, July 10** | 9:30–11 a.m. | \$15

Instructor: Kimberly Atkins

Location: Atkins' Acres Educational Farm

### 7905 The 1904 World's Fair: A New Perspective— Guided Exhibit Tour: 1904 World's Fair

In 1904, St. Louis hosted a dazzling yet controversial World's Fair, drawing 20 million visitors to Forest Park. Now, 120 years later, the Missouri History Museum revisits this iconic event through rare artifacts, rotating exhibits, and diverse perspectives—from organizers to those who came by choice or force. Step into the Fair's many worlds and lasting legacy.

**THU, July 24** | 2–3:30 p.m. | \$10

Instructor: Parks Smith

Location: Missouri History Museum

### 8907 THE MUNY: 'Jersey Boys' with Backstage Tour

Meet me at the Muny for this last show of the season on the last night of the season (which means joining in on the tradition of singing "Auld Lang Syne")!

We will take a private behind-the-scenes tour before the production and learn how a show is created.

**SUN, August 24** | 6:15–10 p.m. | \$80

Instructor: Mary Saputo

Location: The Muny





## Travel

### 7040 Travel with Oasis and Collette: Irish Splendor Trip Highlight

Got the travel bug? Come learn about the Irish Splendor trip Oasis has planned next year. Oasis is partnering with Collette, a very reputable and flexible travel agency. Learn more about the process, the amenities and exciting places Oasis has planned. Haley Davis, Collette's Business Development Manager for Missouri, will present and answers any questions. Bring your passports to sign up on the spot—and receive an additional discount!

Irish Splendor highlights include; Dublin, Blarney Castle, Dingle Peninsula Farm Visit, and Cliffs of Moher

THU, July 17 | 1-2:30 p.m. | Free

Instructor: Collette Travel

Location: Clayton Oasis



## Experience Collette Vacations Through St. Louis Oasis!

*Explore the world stress-free with Collette  
handling all the trip planning for you.*

Collette Vacations are travel packages offered by Collette—a longstanding tour operator known for its guided, small-group journeys around the world. Their vacations are designed to take the hassle out of planning by providing prearranged itineraries that typically include accommodations, meals, local transportation, and the expertise of knowledgeable guides.

Oasis partners with Brentwood Travel to make booking with Collette as seamless as possible.

**Check out our upcoming trips!**

### American Heritage

October 24–31, 2025  
8 days/11 meals

### Irish Splendor

March 8–15, 2026  
8 days/9 meals

### British Landscapes

May 10–19, 2026  
10 days/12 meals

### Christmas Market of Montreal and Quebec City

December 17–23, 2026  
7 days/9 meals



## Learn from Virtually Anywhere

Oasis Everywhere offers *live online classes led by top instructors* from across the country. *Anyone can learn* regardless of geographic location, mobility, or travel constraints.

**TRYOE20-25**

Visit [oasiseverywhere.org](https://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](https://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.

**OasisEVERYWHERE**  
VIRTUAL





# Mail-In Registration Form

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

First Name	Last Name		
Phone	Email		
Address	City	State	Zip

Class #	Class Title	Quantity	Hybrid Setting*	Fee

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

<p><b>I am adding a \$10.00 donation to help Oasis</b></p> <p> <input type="checkbox"/> I am including \$10 check or cash  <input type="checkbox"/> I authorize Oasis to charge an additional \$10 to my credit card         </p>	<p>Total Class Fees: <span style="border: 1px solid black; display: inline-block; width: 80px; height: 20px; vertical-align: middle;"></span></p> <p>Donation to Oasis: <span style="border: 1px solid black; display: inline-block; width: 80px; height: 20px; vertical-align: middle;"></span></p> <p><b>Grand Total:</b> <span style="border: 1px solid black; display: inline-block; width: 80px; height: 20px; vertical-align: middle;"></span></p>
---	--

## 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.**



AgeSmart  
Aging Ahead  
Boniface Foundation  
Dollar General Literacy Foundation  
Graybar Foundation  
Great Rivers Greenway  
Jefferson Foundation

Lutheran Foundation of St. Louis  
Marillac Mission Fund  
Mary Larkins & Bessie Birchler  
Charitable Trust, Bank of America,  
N.A., Trustee  
Margaret Blanke Grigg Foundation  
Mary Ranken & Ettie Jordan  
Charitable Foundation, U.S. Bank,  
N.A., Trustee

Norman J. Stupp Foundation,  
Commerce Bank, Trustee  
RGA Inc.  
The Saigh Foundation  
Stanley & Lucy Lopata  
Charitable Foundation  
State of Illinois Department  
of Aging