



Classes & Programs for Older Adults

July & August 2026  
Course Catalog



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 our supporters' 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 Lyndsey Reichardt at **(314) 687-1124** or at [lreichardt@oasisnet.org](mailto:lreichardt@oasisnet.org).

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*Thank You!*

**Tribute Gifts**

We are grateful to those who have marked a significant life occasion by making a tribute donation. The tributes listed below include donations made February 27 through May 11, 2026. Your tribute gift helps support our mission to promote healthy aging through lifelong learning, active lifestyles, and volunteer engagement. Tribute recipients or their families will receive a letter, without reference to an amount, to notify them of your gift. Visit [stloasis.org/donate](http://stloasis.org/donate) or contact Lauren Finan at **(314) 687-4523** to make your gift today!

**In Honor of Marylen Mann**

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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 program fees for financial support.

**Office Information**

The St. Louis Oasis offices are open MON through FRI 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) 526-0437

**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/ virtually **V**, or hybrid **H**. Class recordings of some classes may be offered **[•R]**.

**Class Recordings**

We now also offer recordings of classes. Look for this icon **[•R]** next to classes that will be recorded. You must be registered for a class before it begins in order to gain access to the class recording. Video links are available for viewing for 14 days from the date of release.

**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**

Oasis prioritizes the safety of its participants, volunteers, and staff. In the event of inclement weather, Oasis programs may be delayed, canceled, or moved to a virtual (Zoom) format.

Oasis will make every effort to communicate program changes as early as possible. Participants are encouraged to check the Oasis website, Facebook page, or office voicemail for the most up-to-date information regarding schedule changes.

If a program is moved to Zoom, registered participants will receive an email with the access link prior to the scheduled class time. Please use your best judgment when traveling in hazardous weather conditions.

**Publication Notes**

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For just \$79, enjoy exclusive benefits while making a meaningful impact in your community!

- 10% off all classes for 12 months\*
- 10% off Program Passes

*\*Membership is not required to purchase a class. Discounts are not applicable to Oasis Everywhere classes, donations, or gift cards.*

Purchase at [stloasis.org/class](http://stloasis.org/class)

# Exercise

## ExerStart

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

**#7500 MON/WED, Jul 6–Aug 26**

9–9:45 a.m. | \$24 (16 sessions)

Instructor: Geraldine Talley

Location: Northwest Library

**#7504 WED, Jul 8–Aug 19** V

9:15–10:15 a.m. | \$14 (7 sessions)

Instructor: Sharon Kirsch

Location: Zoom

**#7502 MON/WED, Jul 6–Aug 26** |

9:30–10:15 a.m. | \$24 (16 sessions)

Instructor: Jo Ann Roberts

Location: Christ Our Redeemer Church



## FAB

**(Fit, Active, & Balanced)**

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

**#7411 MON/WED, Jul 6–Aug 26**

9:30–10:30 a.m.

Free (16 sessions)

Instructor: Jo Fountain

Location: Oasis – Northwest Plaza

## Functional Movement

This functional fitness class focuses on improving everyday movement, strength, range of movement and balance through exercises that mimic real-life activities. Exercises will target multiple muscle groups and joints simultaneously for enhanced coordination, stability, and overall fitness with a combination of yoga, Pilates, and weights. \*Participants must bring their own yoga mat.

**#7413 THU, Jul 9–Aug 27, \*No Class 7/16 & 7/23**

10–11 a.m. | \$51 (6 sessions)

Instructor: Annie Trachsel

Location: Webster United Methodist

## 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.

**#7400 TUE/THU, Jul 7–Aug 27**

10:30–11:30 a.m. | \$136 (16 sessions)

Instructor: Cathy Johnson

Location: Clayton Oasis

**#7408 TUE/THU, Jul 7–Aug 27** V

*\*No Class 8/4, 8/6, 8/11, & 8/13*

10:30–11:30 a.m. | \$84 (12 sessions)

Instructor: Idaria Goodwin

Location: Zoom

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

## Dance

**#7403 Intermediate Line Dance**

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

**MON, Jul 6–Aug 24** | 11:30 a.m.–12:30 p.m. | \$68 (8 sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis

**#7410 Capoeira Angola: Afro-Brazilian Dance**

Capoeira Angola is the traditional form of an Afro-Brazilian cultural practice that incorporates music, dance, martial arts, and ritual movements born from the descendants of enslaved peoples in Brazil. The practice consists of gracefully calm and low impact movements emphasizing balance and control of the movements. Classes are taught by Professor Christopher, a student of Capoeira Master Gil Dias of the group Capoeira Angola Sports Center (Centro Esportivo de Capoeira Angola), one of the oldest Capoeira academies in Brazil.

**TUE, Jul 7–Aug 25** | 1–2 p.m. | \$68 (8 sessions)

Instructor: Christopher Alex Chable

Location: Five Oaks on Warson

## Yoga & Pilates

**#7404 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, Jul 8–Aug 26, \*No Class 7/15 & 7/22**

10:15–11 a.m. | \$51 (6 sessions)

Instructor: Cathy Johnson

Location: Webster United Methodist

**#7401 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, Jul 8–Aug 26** | 1:15–2:15 p.m. | \$68 (8 sessions)

Instructor: Cindy Bambini, Katie McGrath, & Loree Rowe

Location: Clayton Oasis

**#7402 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, Jul 8–Aug 26** | 2:30–3:30 p.m. | \$68 (8 sessions)

Instructor: Amy Lescher

Location: Clayton Oasis

**#7409 Gentle Chair Yoga** V

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, Jul 9–Aug 27** | 11:45 a.m.–12:45 p.m. | \$56 (8 sessions)

Instructor: Sharon R Campese

Location: Zoom



## Golden Beats



Golden Beats is an evidence-based drumming fitness program that blends simple aerobic movement with upbeat music and rhythm. Participants use stability balls and drumsticks to create lively, low-impact routines that support balance, coordination, and overall well-being.

This class is low-impact and great for all fitness levels. No music or dance experience needed. Golden Beats promotes physical activity, cognitive engagement, and joy through movement, making it a great way to stay active, reduce stress, and have fun in a supportive group setting.

Join us each week for a unique mind-body workout that brings the benefits of rhythm, movement, and community together in one uplifting class!

*Please note: This class is funded through Aging Ahead. After you register, Oasis will share your name, phone number, and email with Aging Ahead to complete the registration process. You can expect a brief 10 minute phone call the following week to finalize your enrollment. For more information, please review your receipt, which will be sent to your email inbox after registration.*

**#7950 WED, Jul 8–Aug 26** | 12:30–1:30 p.m.

Free (8 sessions)

Instructor: Cathy Johnson

Location: Oasis – Northwest Plaza

**#8900 WED, Aug 5–Sep 23** | 10–11 a.m.

Free (8 sessions)

Instructor: Sharon R Campese

Location: Pavilion at Lemay

## 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.

*Please note: This class is funded through Aging Ahead. After you register, Oasis will share your name, phone number, and email with Aging Ahead to complete the registration process. You can expect a brief 10 minute phone call the following week to finalize your enrollment. For more information, please review your receipt, which will be sent to your email inbox after registration.*

**#7454 MON/WED, Jul 6–Aug 26**  
2:30–3:30 p.m. | Free (16 sessions)  
Instructor: Jo Ann Roberts  
Location: Five Oaks on Warson

**#7455 MON/WED, Jul 6–Aug 26**  
11 a.m.–12 p.m. | Free (16 sessions)  
Instructor: Jo Ann Roberts  
Location: Oasis – Northwest Plaza

**#7541 MON/WED, Jul 6–Aug 26**  
*\*No Class 7/13, 7/15, 7/20, & 7/22*  
1:30–2:30 p.m. | \$102 (12 sessions)  
Instructor: Craig Miller  
Location: Webster United Methodist

**#7456 MON/WED, Jul 6–Aug 26** V  
*\*No Class 7/20 & 7/22*  
3:30–4:30 p.m. | \$98 (14 sessions)  
Instructor: Craig Miller  
Location: Zoom



### 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.

**Enrollment Requirements:** Previous enrollment in Tai Chi for Arthritis for Falls Prevention is required, along with a minimum of two years of experience in the program. If you have not completed either of the first two requirements, you must talk to the instructor and receive their permission.

**#7453 MON/WED, Jul 6–Aug 26**  
1:30–2:30 p.m. | \$112 (16 sessions)  
Instructor: Jo Ann Roberts  
Location: Five Oaks on Warson

**#7457 TUE/THU, Jul 7–Aug 27** V  
*\*No Class 7/21 & 7/23*  
3:30–4:30 p.m. | \$98 (14 sessions)  
Instructor: Craig Miller  
Location: Zoom

### #7452 Tai Chi for Parkinson's Disease & Rehab

Research confirms that Tai Chi has significant health benefits for people including those with Parkinson's Disease and those recovering from an injury. Students will learn how to use Tai Chi to control tremors and rigidity while improving balance and posture. Experienced Senior Trainer, Craig Miller, will instruct this class specifically designed for people recovering from an injury and with Parkinson's Disease. Caregivers are encouraged to register as well.

**TUE, Jul 7–Aug 25, \*No Class 7/21**  
1:45–2:45 p.m. | \$59.50 (7 sessions)  
Instructor: Craig Miller  
Location: Crestwood Community Center

## Participant Spotlight Angie Redecker



Newly diagnosed with early-onset Parkinson's, former nurse Angie Redecker noticed a change in her social media feed. Content and organizations related to her diagnosis began appearing more frequently, including St. Louis Oasis.

After learning more, Angie decided to take attend Tai Chi for Parkinson's sessions. When Angie started Tai Chi, she was experiencing frequent falls and balance challenges. Craig Miller, Oasis Tai Chi instructor, introduced her to the practice, and she soon began noticing improvements in her balance, stamina, and confidence.

"Craig is awesome and welcoming," Angie shared. "My last fall was in December. Before that, I was having three to four falls a week and several near misses."

Angie also received positive feedback from both her neurologist and primary care provider. "My doctors told me that my gait is so much better and that it's the best it has looked in ages."

Angie's St. Louis Oasis journey began in the fall of 2025, and we are so thankful she is part of our wonderful community.

## Walks & Rides

### Walks

#### #7805 Centennial Greenway: Warson Park 🌿

Explore one of the newer sections of the Centennial Greenway. The walk will begin on the Centennial Greenway in Warson Park and go to Indian Meadows Park. You will explore the 17 acre Warson Park while enjoying nature. See the nature playground in Indian Meadows Park too. This out and back walk is 1.5 miles. The perfect distance for a morning walk in the summer!

**FRI, Jul 10** | 9–10:30 a.m. | Free  
Instructor: Denise Ucinski  
Location: Outside

#### #7806 Mississippi Greenway: Cliff Cave Park 🌿

The Mississippi Trail is a paved, loop asphalt trail that circles the floodplain bottomland. Walk the 2.04 mile extension completed in May 2018 which is from the upper trailhead to the lower trailhead and back. The bluff takes you to a scenic overlook and a connection to Telegraph Road. It offers a lot of tree cover, which will be great for this summer day walk!

**MON, Jul 20** | 9–10:30 a.m. | Free  
Instructor: Phyllis Hegger  
Location: Outside

Oasis offers biking and walking groups for community connection in St. Louis parks. Great Rivers Greenway walks and rides (noted with 🌿) are **free** of charge.

#### #8805 Maline Greenway: Bella Fontaine County Park 🌿

Walk the 2 mile paved trail that connects to existing paved trails within Bella Fontaine Park—the Maple Tree Trail, Cardinal Trail, and Fox Den Trail. The trail crosses Maline Creek in three locations and also goes beneath Highway 367/Lewis and Clark Blvd. Together, the paved trails create a loop trail around the park. Enjoy natural areas that include an upland woodland and a restored prairie. There is also a storybook walk along this greenway near the baseball fields!

**WED, Aug 12** | 9–10:30 a.m. | Free  
Instructor: Denise Ucinski  
Location: Outside

#### #8806 Deer Creek Greenway: Deer Creek Park 🌿

Walk through Deer Creek Park in Webster Groves and Maplewood to Lorraine Davis Park in Webster Groves. Walk is approximately 3 miles.

**THU, Aug 20** | 9–10:30 a.m. | Free  
Instructor: Jeanne Foster  
Location: Outside

### Rides



#### #7801 Illinois Metrolink Bike Trail Ride

Those bike riders wanting a little more of an adventure embark on a 28 bike mile ride from Fairview Heights to Shiloh, Illinois on the Metrolink bike trail. The ride is paved with some moderate hills. There is a combination of shade and sun on the ride. There will be a stop partway through the ride in Belleville, Illinois for lunch.

**FRI, Jul 17** | 9 a.m. | \$5  
Instructor: Dave Seidel  
Location: Outside

#### #8803 Katy Trail: St. Charles to Machens

Bike this trail through some of the most scenic areas of the state. The majority of the trail closely follows the route of the Missouri River. The trail travels through many types of landscapes including dense forests, wetlands, deep valleys, remnant prairies, open pastureland, and gently rolling farm fields. Ride is approximately 13 miles.

**FRI, Aug 14** | 9 a.m. | \$5  
Instructor: Judy Labarbera  
Location: Outside

#### #8800 Missouri Greenway: Earth City Levee 🌿

Bike the Missouri Greenway beginning at Earth City Levee. This greenway is mostly flat and offers shade in the portion that travels through the part of Riverwoods Park. Enjoy viewing the hardwood forest, wetlands, and up-close views of the river. Ride is approximately 12 miles.

**FRI, Aug 28** | 9 a.m. | Free  
Instructor: Dave Seidel  
Location: Outside

# Health & Wellness

## Health

### #7008 Open Minded: The Changing Landscape of Psychedelics [●R] H

As interest grows in the potential therapeutic uses of psychedelics, so do questions about access, safety, and misuse. This presentation provides an overview of what psychedelics are, how they affect the body, and current patterns of use. We will review emerging research on possible benefits, discuss its limitations, and examine concerns raised by substance use professionals, including public health risks and prevention strategies.

TUE, Jul 7 | 10–11:30 a.m. | \$17

Instructor: Stacie Zellin

Location: Clayton Oasis & Zoom

### #7630 Matter of Balance

Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to

keep yourself on your feet. Stretches and light movements for improved flexibility and range of motion are introduced in the third class. This is a discussion-based program, and participants receive a workbook to keep.

*Please note: This class is funded through Aging Ahead. After you register, Oasis will share your name, phone number, and email with Aging Ahead to complete the registration process. You can expect a brief 10 minute phone call the following week to finalize your enrollment. For more information, please review your receipt, which will be sent to your email inbox after registration.*

THU, Jul 9–Aug 27 | 12–2 p.m. | Free (8 sessions)

Instructor: Dawn Carter and Caroline Keane

Location: Oasis – Northwest Plaza

### #7660 From Aches to Ease: How Posture Can Transform Your Day

Discover how improving your posture can reduce pain, enhance mobility, and support better balance at any age. In this engaging session, you'll learn to recognize proper and improper alignment from head to toe and understand how posture affects muscle balance across your joints. Led by an experienced physical therapist with a long and accomplished career in physical therapy education, this class offers practical tips you can use right away. Following the presentation, an optional posture screening will be available at the end of the session for personalized insights.

*\*This session pairs well with #7680–From “Ouch” to “Ahh”: Simple Ways to Understand and Ease Your Low Back Pain class (7/21) but is not required.*

TUE, Jul 14 | 2–3:30 p.m. | \$17

Instructor: Suzanne Cornbleet

Location: Clayton Oasis



### #7909 The Art of a Superfood Smoothie & Smoothie Bowls

Enjoy a Smoothie Class with Christy Wynne. Learn how to make a balanced and delicious superfood protein smoothie and smoothie bowls. All of these smoothies are packed with nutrition and veggies yet taste and look like a milkshake or bowl of ice cream. They are all gluten-free, dairy-free and make the perfect quick and easy meal, snack, or dessert replacement. The superfoods help support your entire body and the collagen protein used helps support your skin, hair, nails, joints, bones, and gut health.

You'll taste Strawberry Shortcake Smoothie, Chocolate/Vanilla “Milkshakes,” and a Blueberry Smoothie Bowl topped with granola.

WED, Jul 15 | 10–11:30 a.m. | \$17

Instructor: Christy Wynne

Location: Clayton Oasis

### #7061 Health Audit 101: Meditation

Mindset plays a key role in shaping health, lifestyle choices, and daily habits. This class explores how mental and emotional barriers can impact progress and offers practical strategies to support lasting change. Participants will learn techniques such as mindfulness, reflection, and habit-building to enhance overall well-being. Each participant will receive worksheets to help track progress and apply these tools in everyday life.

THU, JUL 16 | 12–1:30 p.m. | \$17

Instructor: Dr. Bart Coleman

Location: Clayton Oasis

### Healthy Steps for Older Adults

Healthy Steps for Older Adults is a short, evidence-based workshop designed to help you reduce your risk of falls and stay active and independent. Through simple assessments, practical tips, and guided discussion, you'll learn about home safety, medication management, movement, and ways to build strength and balance. This engaging session also connects you to local resources and programs to support your next steps toward safer, healthier aging in your community.

*Please note: This class is funded through Aging Ahead. After you register, Oasis will share your name, phone number, and email with Aging Ahead to complete the registration process. You can expect a brief 10 minute phone call the following week to finalize your enrollment. For more information, please review your receipt, which will be sent to your email inbox after registration.*

#7700 FRI, Jul 17–24 | 11:30 a.m.–1:30 p.m. | Free (2 sessions)

Instructor: Ree Konda

Location: Oasis – Northwest Plaza

#8700 TUE, Aug 18–25 | 11:30 a.m.–1:30 p.m. | Free (2 sessions)

Instructor: Ree Konda

Location: Oasis – Northwest Plaza



# Falls Prevention Awareness Day

Join us for an engaging and informative open house where health and safety come together to help you live a stronger and safer life. This event is FREE and open to the public!

Falls remain the leading cause of both fatal and nonfatal injuries among older adults—but many of these are preventable. This special event brings together community partners and health experts to offer you practical tips, demonstrations, and resources to help you thrive.

#9000 THU, September 24 | 11–1 p.m. | FREE

Location: Oasis – Northwest Plaza



## Falls Prevention Classes

### #7024 Fall Prevention: It All Starts At Home [●R] V

Fall prevention is about creating a safe environment before an accident occurs. This class explores practical ways to design living spaces that support mobility, stability, and confidence. Participants will learn simple strategies to reduce risks, improve safety at home, and support independence through thoughtful adjustments that make everyday movement easier and more secure.

MON, Jul 13 | 1–2 p.m. | \$17

Instructor: Kelly Bertenshaw, MA CCC SLP EDCS

Location: Zoom

### #7650 Better Safe Than Sorry: Emergency Preparedness for Your Home

Are you ready for an emergency? Learn some tips to prepare yourself and your home for unexpected disasters. You will learn how to build an emergency kit, create a family plan, and how to navigate power outages, severe storms, floods, tornadoes, and more. You will walk away with tools you can implement right away to help you feel more confident and prepared to protect yourself and your home.

THU, Jul 30 | 12–1 p.m. | Free

Instructor: LaKendra Kadiri MHA, MPS, CHES®

Location: Oasis – Northwest Plaza



### #7680 From “Ouch” to “Ahh”: Simple Ways to Understand & Ease Your Low Back Pain

Low back pain is one of the most common concerns as we age—but it doesn't have to limit your lifestyle. In this informative and engaging session, you'll learn about the most common causes of low back pain, including posture habits, muscle imbalances, and everyday movement patterns.

Led by an experienced physical therapist with a long career in physical therapy education, this class will provide practical strategies to help prevent back issues before they start. You'll also discover simple, effective techniques to ease discomfort, improve mobility, and support a healthier spine in your daily activities.

Whether you're currently experiencing back pain or want to stay ahead of it, this session will give you the tools and confidence to move with greater comfort and ease. Following the presentation, an optional lab session will be available at the end of the session for personalized insights and practice of some of the techniques discussed.

Following the presentation, an optional posture screening will be available at the end of the session for personalized insights.

*\*This session pairs well with #7660—From Aches to Ease: How Posture Can Transform Your Day class (7/14) but is not required.*

TUE, Jul 21 | 2–3:30 p.m. | \$17  
Instructor: Suzanne Cornbleet  
Location: Clayton Oasis

### #8016 Medicare 101: Welcome to Medicare

This session offers a clear, unbiased overview of Medicare to help you make informed decisions about your coverage. Presented by Missouri SHIP, participants will learn how Medicare works, including Parts A, B, and D, as well as Medicare Supplement (Medigap) and Medicare Advantage plans. The class provides practical guidance and answers to common questions in a supportive setting, with no promotion of specific insurance products or companies.

MON, Aug 10 | 1–3 p.m. | Free  
Instructor: Jill Chaney-Lipe  
Location: Oasis – Northwest Plaza

### #8033 Mapping Memory—How Memory Works & What's Happening When It Doesn't [•R] H

Why do I keep forgetting things? Learn how your memory functions, why it changes with age, and what you can do to strengthen your abilities. Kelly Bertenshaw, MA, CCC–SLP, ECDCS, offers practical tools to boost memory, brain function, and support lifelong cognitive health.

MON, Aug 17 | 1–2 p.m. | \$17  
Instructor: Kelly Bertenshaw, MA CCC SLP ECDCS  
Location: Zoom

## Holistic Life Plan

No matter your living situation—solo, partnered, with family nearby or far away—having a plan for the future matters. Holistic Life Plan is an interactive workshop series designed to help you create a personalized roadmap for aging well. With guidance from expert guest speakers, you'll explore important topics like health, housing, finances, social connections, and more.

#9001 Part I: The Business of Getting Older  
THUR, Sept 17–Oct 22 | 2-3:30 p.m. | \$120

#9002 Part II: Health and Wellness  
THUR, Oct 29–Dec 10, \*No Class 11/26  
2-3:30 p.m. | \$120  
Location: Clayton Oasis

### #8032 Living Well with Vision Loss [•R] H

Learn how to live well with vision loss in this informative session. We'll cover the most common causes of vision impairment and share practical resources for individuals affected by it. Discover helpful adaptations and modifications that make daily tasks easier and more manageable. Whether for yourself or someone you care for, this session offers valuable tools and support for maintaining independence and quality of life with vision loss.

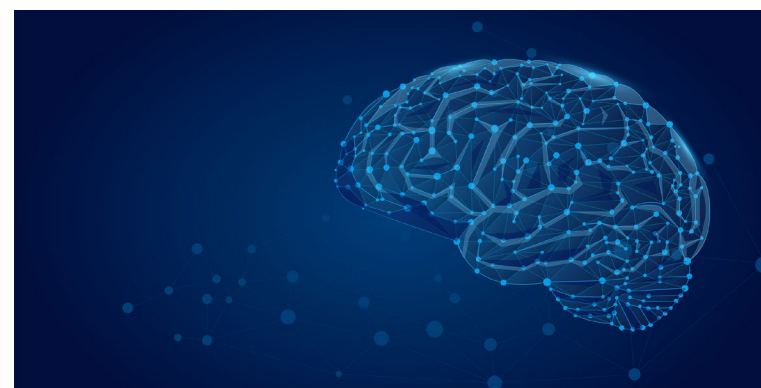
THU, Aug 20 | 10–11 a.m. | \$9  
Instructor: Mary Caldwell  
Location: Oasis – Northwest Plaza & Zoom

### #8044 Health Audit 101: Exercise

Choosing the right exercise for your goals and abilities is key to long-term health and success. This class explores how a balanced approach—including flexibility, balance, endurance, core, and strength—can support healthy aging. Participants will learn how to tailor exercise routines to their needs and track progress over time. Each participant will receive worksheets to help monitor improvement and support ongoing wellness.

THU, AUG 20 | 12–1:30 p.m. | \$17  
Instructor: Dr. Bart Coleman  
Location: Clayton Oasis

## Wellness



### #7018 Memory, Mood, & Medications: Medications that Affect Cognitive Function [•R] H

Medications can cause a range of unwanted effects, including negative effects on our thinking abilities. This session will explain how certain drugs can affect cognitive function, which drugs are highest risk, and steps you can take to maximize brain health, including talking with your doctors about medicines that are not always “age friendly” for the brain.

THU, Jul 9 | 2–3:30 p.m. | \$17  
Instructor: Hedva Barenholtz Levy, PharmD  
Location: Clayton Oasis & Zoom

### #7029 Healing Power of The Inner Smile

Discover the Inner Smile Meditation, a gentle practice rooted in ancient Taoist wisdom and supported by modern science. This approach helps boost circulation, support immune function, and ease tension held in the body. Through guided practice, you'll learn to direct chi energy—your life force—toward yourself with gratitude and compassion. Join us to explore how this simple yet powerful meditation can bring relaxation, balance, and renewed well-being.

WED, Jul 15–22 | 10–11:30 a.m. | \$34 (2 sessions)  
Instructor: Rhonda Leifheit  
Location: Clayton Oasis

### #7031 Exploring the Mental Road Blocks to Decluttering Your Home [•R] H

“But I can't get rid of THAT!” If this is a familiar refrain, come explore what stops us from decluttering and learn some tools to overcome those mental roadblocks. We'll break free from the self-talk that holds us back and discover empowering ways of thinking that puts us back on the path to clarity, freedom, and peace of mind.

THU, Jul 16 | 10–11 a.m. | \$17  
Instructor: Laura Marrs  
Location: Clayton Oasis & Zoom

### #7036 Don Quixote: Trauma & the Making of Meaning

You are invited on an adventure with Sancho Panza, Don Quixote and other very important persons through a landscape of trauma, delusions, hallucinations, grief, loss, and grace. It is not necessary to have read Don Quixote or even to have listened to (or seen) “Man of La Mancha.” It is necessary that you are willing to give up your ideas of madness, trauma, grief, loss, and grace.

FRI, Jul 17 | 1–3 p.m. | \$17  
Instructor: Ed Koslin  
Location: Clayton Oasis

### #8006 Tiny Habits® for Decluttering—Simple Steps to Create Space, Calm, & Control

What if decluttering could feel easier and even satisfying? Using the Tiny Habits® method, this supportive workshop will show you how to let go with confidence, build sustainable routines, and create a home that truly reflects the life you want to live with simple practices that build confidence, clarity, and calm. Three sessions, including a two-week de-cluttering challenge.

WED, Aug 5–19 | 10–11 a.m. | \$51 (3 sessions)  
Instructor: Polly Lemire, Certified Behavior Design Specialist & Tiny Habits® Coach  
Location: Clayton Oasis

### #8034 Death Café: Open Conversations on Death & Dying

Our Death Café offers a welcoming space for open, thoughtful conversations about death and dying—often among strangers—over coffee, tea, and treats. There's no agenda, no objectives, and no judgment. It's not a grief support group, but rather a safe, respectful environment where people can share, listen, and grow more comfortable with a topic that's too often avoided.

FRI, Aug 21 | 1–2 p.m. | Free  
Instructor: Lauren Ponder  
Location: Oasis – Northwest Plaza

### #8038 Tools for Peace & Stress Relief

Life moves fast and change can be unexpected. Having simple, powerful tools to stay centered is essential. In this class, you'll learn easy mindfulness techniques to reduce stress and restore calm. Explore practices for grounding, deep breathing, and learn how to create your own inner sanctuary of peace.

WED, Aug 26 | 10–11:30 a.m. | \$17  
Instructor: Rhonda Leifheit  
Location: Clayton Oasis

# Arts & Entertainment

## THE HI-POINTE THEATRE

Join us this summer for two films from The Billy Wilder Series. Experience the cinematic brilliance on the big screen at the **Hi-Pointe Theatre**. After the films, stay for lively insights from **Cliff Froehlich**, retired Executive Director of Cinema St. Louis and former Riverfront Times film critic.

### #7017 Hi-Pointe: The Billy Wilder Series: *Double Indemnity*

Join us at the Hi-Pointe for a special screening of *Double Indemnity*, Billy Wilder's tale about an insurance salesman and a seductive housewife who hatch a perfect murder-for-profit scheme—only to find that greed, lust, and suspicion make the real trap impossible to escape.

THU, Jul 9 | 1–4:15 p.m. | \$18

### #8021 Hi-Pointe: The Billy Wilder Series: *Sunset Boulevard*

Join us at the Hi-Pointe for a special screening of *Sunset Boulevard*, Billy Wilder's thriller about a washed-up silent film star who ensnares a struggling screenwriter in her delusional world of faded fame, where obsession and illusion spiral toward a deadly finale.

THU, Aug 13 | 1–4:15 p.m. | \$18

### #7007 The Birth of Sundance Institute

At a time when changing social, economic, and technological conditions coincided with growing interest of exposure for independently produced films, the Sundance Institute opened doors for lesser known filmmakers. Join us to learn, share, and explore “The Birth of Sundance Institute.”

MON, Jul 6 | 2–3 p.m. | \$9

Instructor: Roz Norman, DMgt

Location: Oasis – Northwest Plaza

### #7060 Non-Fiction Book Club

Calling all Non-Fiction fans! Join us for four engaging sessions of reflection and discussion over some selected non-fiction literature. This isn't fantasy, this is non-fiction.

TUE, Jul 7–28 | 11 a.m.–12 p.m. | \$40 (4 sessions)

Instructor: Jack Cancila

Location: Clayton Oasis

### #7014 A Musical Journey: From “Stardust” to “Mack the Knife” & Beyond! [●R] H

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

WED, Jul 8 | 10–11:30 a.m. | \$17

Instructor: Richard Losciale

Location: Clayton Oasis & Zoom

### #7016 The Biggest of Its Kind [●R] H

Be amazed by the scale of the world's largest creations and natural wonders. This session showcases 100 examples of the biggest of their kind—from enormous creatures and natural phenomena to impressive human-made structures. Discover just how large things can grow and gain a new perspective on size, scale, and the extraordinary diversity found across our world!

THU, Jul 9 | 12–1 p.m. | \$17

Instructor: Karl Kindt

Location: Clayton Oasis & Zoom

### #7033 The Music & Magic of Motown

Take a joyful ride through Motown's early years to its rise as a global music powerhouse. Enjoy curated live performances from Mary Wells, The Supremes, The Girl Groups, Smokey, The Temptations, Stevie Wonder, and more. Hear behind-the-scenes stories, fun facts, and musical gems. You'll leave the session tapping your feet and humming your favorites!

THU, Jul 16 | 1–2:30 p.m. | \$17

Instructor: Richard Losciale

Location: Five Oaks on Warson

### #7040 Sing-Alongs & Stories: Early Pioneers of Rock 'n' Roll

Before the British Invasion of 1964, a new sound reshaped American music in the mid-1950s—rock 'n' roll. Emerging from diverse backgrounds, artists brought guitar- and drum-driven energy that differed from the big band era and opened the door for African American performers as equal contributors. This class highlights performers such as Elvis Presley, Bill Haley and the Comets, Chuck Berry, Fats Domino, and Jerry Lee Lewis, featuring film clips, television appearances, and interviews.

THU, Jul 23 | 2–3:30 p.m. | \$17

Instructor: Ken Weintraub

Location: Clayton Oasis

### #7043 Coffee, Tea, Candy:

#### St. Louis Treats and Sweets [●R] H

This program's all about Coffee, Tea, Candy, Spices, Bakeries, Ice Cream, & Frozen Custard. It'll be a tasty time when you join Johnny Rabbitt as he takes YOU, yes you, from the past to the present with subjects like: O'Connor, H&K, & Dana Brown coffee, tea rooms, the Vincent Price candy story, Mavrakos, Busy, Bee, Herz, Switzer's, Merb's, & Chocolate-Chocolate-Chocolate. Learn about spice sellers of the past & present, bakeries from Teutenberg's to Koob's to Federhofers, plus ice cream stories about Pevely, Crown Candy, the Fountain on Locust, and the Ted Drewe's story!

TUE, Jul 28 | 10–11:30 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom

### #8015 Ultimate American Music Bucket List H

The Ultimate American Music Bucket List with travel journalist and longtime St. Louis radio personality, Bill Clevlen. (Author of the book *The Ultimate American Music Bucket List*) Take a trip across the U.S. and learn about the many historic music attractions travelers can visit—from recording studios to homes of musicians. Hear lots of interesting stories and see places you probably didn't know were open to the public! Bill will have copies of the book on hand to sell/sign for anyone interested.

MON, Aug 10 | 12–1:30 p.m. | \$17

Instructor: Bill Clevlen

Location: Clayton Oasis & Zoom

### #8020 Sing-Alongs & Stories: Bob Dylan, Peter, Paul & Mary, & the Rise of the Folk Music Era

Alongside the rise of rock 'n' roll in the 1950s, a vibrant folk music movement emerged, rooted in the traditions of artists like Pete Seeger and Woody Guthrie. This class explores influential performers such as Bob Dylan; Peter, Paul, and Mary; Judy Collins; and Joni Mitchell. We will examine how folk music became a powerful voice during the civil rights and anti-war movements, resonating with young audiences seeking artistic expression, social awareness, and cultural change.

TUE, Aug 11 | 2–3:30 p.m. | \$9

Instructor: Ken Weintraub

Location: Oasis – Northwest Plaza

### #8022 Rock Lyrics as Poetry: From the Harlem Renaissance to Today

Enjoy this listening experience as we discover and enjoy a curated collection of songs, some you may know and some you may not, all with poetic lyrics from such artists as Billy Holiday, The Beatles, Bob Dylan, Simon and Garfunkel, and many more!

THU, Aug 13 | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Five Oaks on Warson

### #8027 Our Own Oddities [●R] H

Join Johnny Rabbitt for “Our Own Oddities,” a lively exploration of the unusual and unexpected stories of the St. Louis area. Inspired by the Post-Dispatch feature, this session highlights intriguing topics such as how Times Beach became a ghost town, the mystery of Cracker Castle, Jesse James' hideout, early designs for the Gateway Arch, and what lies beneath the Central Library. Discover the quirky people, places, and legends that make St. Louis history so uniquely fascinating.

TUE, Aug 18 | 10–11:30 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom

### #8030 Podcasts for Entertainment & Enjoyment [●R] H

Explore, discover and walk away knowing all about the wonderful world of podcasts. Learn how to experience finding, listening to, enjoying, and curating your own podcast favorites. Bring your smartphone—Android or iPhone—your entertainment world will never be the same!

WED, Aug 19 | 10–11:30 a.m. | \$17

Instructor: Richard Losciale

Location: Clayton Oasis & Zoom

### #8045 The Director's Cut: BILLY WILDER

His life's drama rivals one of his films—a young man abandons law school to work as a newspaper reporter, breaks into the film industry as a writer, escapes Nazi Germany for the U.S. where he manages to find his way into Hollywood and becomes an Oscar-winning film director.

Learn about the life and work of the man who brought us such mega-hits like *Sunset Boulevard* and *Some Like it Hot*, just to name a few.

THU, Aug 27 | 10–11:30 a.m. | \$17

Instructor: Mary Saputo

Location: Clayton Oasis



# Create

## Art

### #7046 Beginners Watercolor: Summer Lake

Enjoy a relaxing introduction to watercolor painting in this beginner-friendly class—no prior art experience needed. Artist and therapeutic art specialist Ann Flory from Artfully Aging will guide you through basic watercolor techniques as you create your own summer lake painting to take home. All supplies are provided. Come explore your creativity in a welcoming, stress-free environment!

**THU, Jul 30** | 10–11:30 a.m. | \$25  
 Instructor: Ann Flory  
 Location: Clayton Oasis



### #8042 Beginners Watercolor: Sunflowers

Enjoy a relaxing introduction to watercolor painting in this beginner-friendly class—no prior art experience needed. Artist and therapeutic art specialist Ann Flory from Artfully Aging will guide you through basic watercolor techniques as you create your own sunflowers painting to take home. All supplies are provided. Come explore your creativity in a welcoming, stress-free environment!

**FRI, Aug 28** | 10–11:30 a.m. | \$25  
 Instructor: Ann Flory  
 Location: Clayton Oasis



## Floral Workshops

### Arranging Summer Florals

Create a fresh summer floral arrangement to take home while learning techniques for designing a beautiful display. This class covers helpful tips for selecting, arranging, and caring for flowers to extend their life. Participants will gain practical skills and confidence to create their own arrangements, using seasonal blooms to bring color and freshness into their homes!

**#7020 FRI, Jul 10** | 10–11:30 a.m. | \$15  
 Instructor: Lisa Newlin  
 Location: Clayton Oasis

**#8036 THU, Aug 6** | 10:30–12 p.m. | \$10  
 Instructor: Lisa Newlin  
 Location: Oasis – Northwest Plaza

### #7052 Summer Bouquets to Beat the Heat

Take a break from the heat and make a beautiful bouquet. Use fresh florals to create something special for summer!

**THU, JUL 23** | 10:30–12 p.m. | \$10  
 Instructor: Lisa Newlin  
 Location: Oasis – Northwest Plaza

### #8026 Making a Fresh Floral Bouquet

Learn how to make a pretty floral bouquet using fresh flowers and greens. Join us and create a beautiful arrangement to take home or share with someone close to you!

**MON, Aug 17** | 10–11:30 a.m. | \$15  
 Instructor: Lisa Newlin  
 Location: Five Oaks on Warson

## Music

### #7053 Beginning Harmonica Workshop

Led by the Gateway Harmonica Club, learn the basics of the harmonica. It's fun and easy to play many simple songs. The ability to read music is not required. Members of the Gateway Harmonica Club will teach harmonica care, basic playing techniques, and how to play many familiar folk songs and melodies. Bring your 10-hole diatonic harmonica in the key of C, or purchase a harmonica for \$10 during the first session. A student guide/songbook is provided.

**FRI, JUL 10–24** | 2–3:30 p.m. | \$51 (3 sessions)  
 Instructor: Gateway Harmonica Club  
 Location: Oasis - Northwest Plaza



## Writing

### #7001 Journaling Your Way: Discover Your Voice, Style, & Creativity

Journaling can support clarity, creativity, and emotional well-being at any stage of life. In this two-part workshop, participants will discover their personal communication style and explore journaling approaches that fit them best. Learn about different materials, tools, and creative techniques, along with where to find them locally. Whether new to journaling or refreshing a practice, participants will gain inspiration, practical ideas, and the opportunity to share experiences in a follow-up session.

**WED, Jul 1–8** | 10–11:30 a.m. | \$34 (2 sessions)  
 Instructor: Polly Lemire, Certified Behavior Design Specialist & Tiny Habits® Coach  
 Location: Clayton Oasis

### #7003 Introduction to Screenwriting

This class is designed to teach the fundamental storytelling elements of screenwriting along with proper screenplay formatting. During the course, students will workshop their ideas, shaping them into a logline. They will then develop an outline and revise it based on instructor and peer feedback.

The class culminates with students writing the first ten pages of their screenplay. In addition, we will read sections from David Howard's *How to Build a Great Screenplay* to help sharpen students' skills as screenwriters.

**Required Textbook:** *How to Build a Great Screenplay: A Master Class in Storytelling for Film* by David Howard

**THU, Jul 2–Oct 8** | 10 a.m.–12 p.m. | \$135 (8 sessions)  
 Instructor: Rachel Weinhaus, MFA  
 Location: Clayton Oasis

### #7009 Writing the Micro Memoir

Have you always wanted to write a memoir but felt overwhelmed? Learning to craft powerful 300-word micro memoirs is a wonderful way to capture the memories and stories that matter most. In this generative workshop, you'll respond to a new weekly writing prompt designed to bring memories to life. The micro memoirs you write can stand alone as individual pieces in a collection or become the building blocks for a longer memoir. Students will receive supportive instructor and peer feedback.

**TUE, Jul 7–Aug 25, \*No Class 8/4**  
 10–11:30 a.m. | \$125 (7 sessions)  
 Instructor: Rachel Weinhaus, MFA  
 Location: Clayton Oasis



## Help a Child Love Reading & Learning!

Join Oasis Tutoring and grow your impact through Tutor University, our exciting new learning series for Oasis tutoring volunteers.

As a tutor, you'll enjoy:

- Monthly **virtual and in-person** learning sessions
- Learning from **inspiring guest speakers**
- **Flexible, on-demand** resources you can access anytime
- A **welcoming, supportive community** of fellow volunteers

Oasis Tutor University helps you feel confident, connected, and inspired—starting day one.



To learn more about **Tutor University** scan the QR code, visit [stloasis.org/TutorU](https://stloasis.org/TutorU), or call (314) 995-9506.

Visit [oasisnet.org/tutoring](https://oasisnet.org/tutoring) to learn more about tutoring with Oasis.

# History

## American History

### #7006 The Doolittle Raid: St. Louis Courage in America's Strike Back

Relive the stunning and secretive 1942 Doolittle Raid, the first American air attack on the Japanese mainland after Pearl Harbor. This program highlights the daring mission and celebrates the heroism of St. Louis's own Lieutenant Charles L. McClure, a navigator who survived the raid.

THU, Jul 2 | 2–3 p.m. | Free  
Instructor: Paul Steensland  
Location: Five Oaks on Warson

### #7023 Charles Lindbergh: Hero or Hypocrite? [●R] H

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.

MON, Jul 13 | 12–1 p.m. | \$20  
Instructor: Bev Schuetz  
Location: Clayton Oasis & Zoom

### #7034 I Wish I Had Been There: The U. S. Supreme Court, February 24, 1841 [●R] H

On that day 73 year-old John Quincy Adams, who had not argued a case before the high court since 1809, rose to speak for the defense of thirty-six Africans. They had lost their case for freedom in the lower courts in Connecticut. They no longer had funding for lawyers to argue their appeal. In what was essentially a "Hail Mary", they were now relying on a pro bono defense presented by the former President, now a representative to the U.S. House of Representatives from Massachusetts.

Who were these people? How did they end up in jail and court in Connecticut? How were they able to mount a defense? What are the odds of the U.S. Supreme Court in 1841 granting these thirty-six individuals their freedom and provide for a safe return to Africa?

This is the fascinating story of the "cargo" of the Amistad. This is also an acknowledgment of the outstanding contributions of an often disregarded one-term president.

THU, Jul 16 | 2–3:30 p.m. | \$20  
Instructor: Joan Musbach  
Location: Clayton Oasis & Zoom

### #7047 I Wish I Had Been There: U. S. Congress Joint Session, March 15, 1965 [●R] H

While it is possible that I could have been there, I was only vaguely aware of the importance of the occasion, but at least aware enough to have saved the front page of the *Chicago Sun Times* with its headline: "The President Speaks to America: 'WE SHALL OVERCOME'." As I learned more, I came to understand why this was a front-page-headline-moment. As I learned more about Lyndon Johnson, I also came to appreciate the personal and political hurdles Johnson overcame to reach this significant moment in the Civil Rights Movement. The study of history lets us appreciate a moment in the past that we could not fully appreciate when it was the present.

THU, Jul 30 | 2–3:30 p.m. | \$20  
Instructor: Joan Musbach  
Location: Clayton Oasis & Zoom

### #8010 The Remarkable Eleanor Roosevelt [●R] H

Born into a privileged family marked by alcoholism and personal loss, shy and unassuming Eleanor Roosevelt overcame immense obstacles—including a critical mother-in-law, her husband's infidelity, and his paralysis from polio. Thrust into the public spotlight as First Lady, she transformed the role and became a powerful voice for human rights, ultimately earning the title "First Lady of the World." Discover the remarkable story of her courage, resilience, and global impact.

FRI, Aug 7 | 12–1 p.m. | \$20  
Instructor: Bev Schuetz  
Location: Clayton Oasis & Zoom

### #8041 The Cherokee Nation Remembered: The 1838–1839 Forced Removal [●R] H

This presentation focuses on the forced removal of the Cherokee Nation, called the Trail of Tears. It traces the Early Republic's political and economic landscape, the 1828 presidential ascendancy (1828–1836) of Andrew Jackson (1767–1845), the passage of the 1830 Indian Removal Bill, the 1835 fraudulent Cherokee Treaty of New Echota, and the 1838–1839 treacherous 800 mile journey from their ancestral domains to foreign lands west of the Mississippi River, originally known as the 1803 Louisiana Purchase and now the state of Oklahoma. Ultimately, their resoluteness and resolve to maintain sovereignty as a Nation and people prevailed over tragedy.

THU, Aug 27 | 12–1:30 p.m. | \$17  
Instructor: Rowena McClinton, PhD  
Location: Clayton Oasis & Zoom

# You're Invited to a Special Oasis Celebration!

## Bev Schuetz's 90th Birthday, "Best of Bev" Program and Retirement Party



Please join us in celebrating the wonderful, the talented, the beloved instructor **Bev Schuetz** on her actual 90th birthday! Bev began creating her popular history talks for Oasis nearly 20 years ago and is generously sharing her retirement party with Oasis.

Bev has developed a new program for this event which she is calling "The Best of Bev." It is an amalgam of excerpts from her favorite talks—the funniest stories, most inspiring people, best poems and other highlights from her 42 lectures. **There will be a celebration of Bev's time with Oasis, followed by a retirement reception with refreshments.**

Share memories and your love for Bev and her programs!

Class #8000  
Friday, August 28 • 1–4 p.m. • \$35  
Oasis at Northwest Plaza  
500 NW Plaza, St. Ann, MO 63074  
**Register at [stloasis.org/class](https://stloasis.org/class)**

Check Out Bev's History Classes too! page 15



# Celebrate America at 250 with Bonnie Vega

2026 is the United States' 250th anniversary—a milestone that invites both celebration and reflection. Two and a half centuries have passed since July 4, 1776 when a bold declaration announced to the world that a new nation, conceived in liberty and dedicated to the proposition of self-government, had been born.

“America at 250” is an opportunity to take stock of the nation’s journey—its ideals, its struggles, and its ongoing evolution. From the revolutionary promise of equality to the unfinished work of justice, from waves of innovation to moments of reckoning, America’s story is one of resilience and reinvention. As we look at 2026 and beyond, we are reminded that the nation’s founding was a living experiment still unfolding.

This series invites all of you to reflect on where we have been, where we are, and where we aspire to go together. **All programs are on Tuesdays from 10 a.m.–12 p.m. at Clayton Oasis or on ZOOM for \$20 per class.**

## Idea & Beliefs

### #7026 America250: Religion & Politics in the U.S. [OR] H

The history of religion in the U.S. is characterized by a transition from indigenous spiritual practices and colonial-era Protestant dominance to a diverse, pluralistic landscape. Founded partly as a refuge from persecution, the nation adopted a unique, formal separation of church and state, while evangelical revivals, immigration, and social change shaped its evolution. Religion and politics in the U.S. are deeply intertwined, with faith influencing voter behavior, policy debates, and party identities. While most Americans support the separation of church and state, it is unclear what role religion should play in American politics. **TUE, Jul 14**

### #8001 America250: A Nation in Transition—Old vs. New America [OR] H

In 1900, America was a nation in transition, balancing 19th-century traditions with modern industrial progress. The Northeast saw urbanization, gas lamps, and early electric lighting, while the South and West remained largely rural, isolated, and economically strained. A new, fast-paced industrial culture began emerging alongside traditional agriculture plus the largest immigration in U.S. history would cause tensions that would define the country into the 21st century. **TUE, Aug 4**

### #8037 America250: Reforming the Nation [OR] H

Reforming the nation began in 1800 with a wave of Christian evangelism known as the 2nd Great Awakening. As abolition and the women’s movement began in the 1830’s, it would become part of the political agenda. The movement would involve ongoing efforts to restructure American government and society, focusing on enhancing democratic integrity, economic efficiency, and social equality. Key eras include the early 19th-century abolition and temperance movements, the post-Civil War Reconstruction amendments, the early 20th-century Progressive Era which targeted corruption, poverty, and industrial ills, and the Civil Rights Era. **TUE, Aug 25**

## Save the Date for Upcoming Classes

(registration open in upcoming catalogs)

### America in the World

Imperialism, War, & Diplomacy | Sep 15  
Isolation to Continuous War | Oct 6  
Global Leadership | Oct 27

### Legacy

Not Our Better Selves | Nov 17  
Our Better Selves | Dec 8  
Forum Discussion | Dec 15

## Art History

### #7025 Impressionism: The Birth of Modern Art [OR] H

Impressionist artists changed our way of seeing the world. This new vision came about as the result of social, technological, and material changes, but also the individual genius of artists. Learn about the Impressionism artists, their influences, and their impact on the art world!

**MON, Jul 13** | 2–3:30 p.m. | \$17

Instructor: Kathy Walsh-Piper  
Location: Clayton Oasis & Zoom



### #7042 American Impressionism [OR] H

American artists at the end of the 19th century turned to Europe for education and inspiration. Many travelled to study with the European Impressionists. Trace the influences of Impressionism and learn how American artist adapted the style to their own art!

**MON, Jul 27** | 2–3:30 p.m. | \$17

Instructor: Kathy Walsh-Piper  
Location: Clayton Oasis & Zoom

### #8007 Hadrian to Hadid:

#### The Architecture of Rome Across Time H

Explore Rome—“The Eternal City”—through its rich architectural and urban history spanning more than 2,700 years. This two-part class traces the city’s development from ancient origins through medieval, Renaissance, Baroque, and modern periods. Led by architect John C. Guenther, FAIA, LEED AP, participants will examine how Rome’s evolving design reflects its cultural context and how planning, preservation, and daily life intersect in this layered, enduring city.

**THU, Aug 6–13** | 10 a.m.–12 p.m. | \$34 (2 sessions)

Instructor: John Guenther  
Location: Clayton Oasis & Zoom



### #8017 Early Abstract Art [OR] H

Abstract Art is a huge influence on our art today. What is Abstract Art? How did it evolve? Come delve into the first abstract artists, the origins of their styles, and the reactions to this new art form.

**MON, Aug 10** | 2–3:30 p.m. | \$17

Instructor: Kathy Walsh-Piper  
Location: Clayton Oasis & Zoom

### #8029 The Van Gogh Entrepreneur:

#### Building a Billion-dollar Legacy from Nothing [OR] H

Jo van Gogh’s extraordinary story is a testament to entrepreneurial genius. After inheriting hundreds of “worthless” paintings from her brother-in-law, Vincent, Jo defied social and economic pressures to build a market for his art. This talk will explore the 12 specific strategies she used to overcome challenges familiar to modern entrepreneurs, such as volatile markets and intense competition. Ultimately, Jo’s journey offers a practical blueprint for anyone looking to build a brand, find their niche, and turn their ideas into a lasting legacy.

**TUE, Aug 18** | 12–1:30 p.m. | \$17

Instructor: Joan Fernandez  
Location: Clayton Oasis & Zoom

# Geography WITH JOHN

Attend ALL 5 sessions for \$68 (search for class #7054). Individual classes \$17 each!

Join Professor John Rossi as he takes you on a historical journey through time. Get your passports ready to be stamped and take a trip to see the world as you never have before! **All programs are on Tuesdays (except THU, 7/30) from 10:30 a.m.–12 p.m. on ZOOM for \$17 per class.**

## #7011 The Acquisition of Alaska: Shaping Geography & Politics in America's Expansion V

Let's explore the pivotal event in U.S. history when the United States purchased Alaska from Russia in 1867, a move that had significant geographical, political, and economic implications. This event, known as 'Seward's Folly,' after U.S. Secretary of State William H. Seward who negotiated the deal, was initially met with skepticism. The purchase added over 586,000 square miles of land, greatly expanding America's territory and securing its dominance in the Pacific region. This acquisition shaped America's geopolitical standing, paving the way for the U.S. to become a more powerful, continental nation with growing influence internationally. **TUE, Jul 7**

## #7037 Trail of Gold: How Alaska Became the Last Frontier of Fortune V

Trail of Gold tells the story of how a remote, frozen corner of North America became the stage for one of history's most chaotic quests for wealth. When whispers of gold drifted south in the late 1890s, tens of thousands of dreamers surged toward Alaska and the Yukon, braving brutal terrain, deadly weather, and treacherous mountain passes in hopes of striking it rich. Their journey transformed the region from an isolated frontier into a booming gateway of commerce, culture, and legend! **TUE, Jul 21**

## #7050 Captivating Cuba—Yesterday, Today, & Tomorrow V

This class traces the history of Cuba from Spanish colonization to the rise of Fidel Castro and the Cold War era. We will explore how Castro's 1959 revolution reshaped Cuban society and aligned the nation with the Soviet Union. The session also examines Cuba's role in global politics, including the Cuban Missile Crisis, when tensions between the United States and the Soviet Union brought the world to the brink of nuclear conflict. **THU, Jul 30**

## #8003 Sunshine & Struggle: A Wild Ride Through Florida's Past V

Buckle up for a whirlwind journey through the history of the Sunshine State—where beauty and danger have always gone hand in hand. From shipwrecked explorers and Seminole warriors to boomtown dreamers and hurricanes that reshaped the land, Florida's past is anything but ordinary. This lecture dives into the wild, weird, and wonderful events that built the state we know today—a place of swamps and skyscrapers, pirates and pioneers, sunshine and struggle. Get ready for surprises, scandals, and stories that prove Florida's history is as unpredictable as its weather. **TUE, Aug 4**

## #8028 Polynesian And Easter Islands—The Land That Time Forgot V

Discover how Polynesian voyagers settled some of the most remote islands on Earth, carrying with them not only food and tools, but also their culture, traditions, and legends. From the monumental moai statues of Easter Island we'll explore how these islands became living testaments to resilience, innovation, and the human spirit. Along the way, uncover mysteries that still puzzle archaeologists today: What drove the creation of the towering stone giants? **TUE, Aug 18**

## Local History



## #7022 Digging Up the 1904 World's Fair H

In the mid-1980s, fragments of history surfaced from a creek bank in Forest Park—remnants of the 1904 St. Louis World's Fair! Over its seven-month run, the Fair welcomed 20 million visitors, generating an incredible amount of trash that had to go somewhere. Portions of Forest Park became landfills, but these weren't just any ordinary dumps—they were filled with treasures!

Among the discoveries were souvenir ceramic pieces, fragments of plaster statues, architectural details, nails, a pot handle, glass bottles, buttons, stained glass fragments, and so much more. These artifacts offer a fascinating glimpse into the Fair's construction, its massive waste production, and the fate of the site after the Fair ended. Join us to uncover the stories of this remarkable event and the remnants it left behind!

**FRI, Jul 10 | 2–3:30 p.m. | \$17**  
Instructor: Carol Diaz-Granados, PhD, RPA  
Location: Clayton Oasis & Zoom

## #7004 The Amazing 1904 St. Louis World's Fair H

For many, the 1904 St. Louis World's Fair remains a major high-point in St. Louis's history. St. Louis really put on a show and people from all over the world came to witness, participate, and delight in this spectacular event. This slide presentation covers the beginning, middle, and sad end of the Fair, as well as many of the fascinating exhibits, buildings, and people involved!

**THU, Jul 2 | 10–11:30 a.m. | \$17**  
Instructor: Carol Diaz-Granados, PhD, RPA  
Location: Clayton Oasis & Zoom

## #7015 Caves & Their Role in Missouri History H

Explore the fascinating role of non-tourist Missouri caves in history, from prehistoric times to the present. Learn how explorers such as Hernando de Soto may have sourced materials for gunpowder, and how caves have served as shelters, gathering places, and even sites of secret projects. From wildlife habitats to human use (including taverns, hideouts, and meeting spaces), this session reveals the many surprising ways caves have shaped life in Missouri!

**THU, Jul 9 | 10–11:30 a.m. | \$17**  
Instructor: Douglas Schneider  
Location: Clayton Oasis & Zoom



## #8039 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.

**THU, Aug 27 | 10–11:30 a.m. | \$17**  
Instructor: Carol Diaz-Granados  
Location: Five Oaks on Warson



## BECOME A GRAND CHAMPION

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

#### #7740 Grand Champions Training

Ready to make a difference that lasts a lifetime? Become a Grand Champion—a mentor for teens (ages 14+) in foster care who need a caring, consistent adult in their lives. In St. Louis City and County, hundreds of teens are currently residing in foster care, and having access to caring adults outside of their family is critical.

No experience needed—just your heart and a commitment to show up. Oasis provides everything you need: training, support, and materials. Join us for this upcoming training session and take the first step toward helping a young person feel seen, heard, and valued.

**TUE, Jul 7** | 9:30 a.m.–2:30 p.m. | Free  
Instructor: Steph McCreary  
Location: Oasis – Northwest Plaza



## Religious History

#### #7010 The Sermon on the Mount [●R] H

Jesus' "Sermon on the Mount" is one of the most well-known stories in the *New Testament*. What is not so well known is how the "Sermon on the Mount" is rooted in the *Old Testament* idea of the covenant relationship between God and the Chosen People. And that the new covenant in the "Sermon on the Mount" has both religious and economic implications—then and now.

**TUE, Jul 7** | 10–11:30 a.m. | \$9  
Instructor: Mark Etling  
Location: Oasis – Northwest Plaza & Zoom

#### #7027 The Formation of the Liturgical Calendar [●R] H

Why is Christmas celebrated on December 25? Why does the date of Easter change every year? Why do Christians observe the seasons of Advent and lent? Why do Christians celebrate the feast days of Mary and the saints? These and other questions about the evolution of the Christian liturgical calendar will be answered in this session.

**TUE, Jul 14** | 10–11:30 a.m. | \$9  
Instructor: Mark Etling  
Location: Oasis – Northwest Plaza & Zoom

#### #8002 The Nicene Creed [●R] H

The Nicene Creed was composed at the Council of Nicaea in 325 CE. It is a concise statement of the fundamental beliefs of Christianity. Its serene, careful wording conceals the controversy and violence that occurred both before and after its promulgation. In this session we will examine the political and religious issues surrounding this important document.

**TUE, Aug 4** | 10–11:30 a.m. | \$9  
Instructor: Mark Etling  
Location: Oasis – Northwest Plaza & Zoom

#### #8018 The Apostles Creed [●R] H

The first thing to know about the Apostles Creed is that it was not written by the Apostles. Its origin dates back to the 2nd century, and the questions posed to those who were preparing for baptism. The Apostles Creed also contains the mysterious statement about Jesus: 'He descended into hell.' Join us for this session as we will look at both the content of the Apostles Creed and its long process of formulation.

**TUE, Aug 11** | 10–11:30 a.m. | \$9  
Instructor: Mark Etling  
Location: Oasis – Northwest Plaza & Zoom

## World History



#### #7035 Fascinating Père Lachaise Cemetery in Paris H

Père Lachaise Cemetery is the most visited cemetery in the world—yet often missed by tourists focused on other landmarks. As the final resting place of renowned artists, musicians, actors, and writers, it also boasts some of the most unique and fascinating tombstones anywhere. Join us for an engaging armchair tour of this captivating Parisian site and uncover the stories behind its famous residents and extraordinary memorials.

**FRI, Jul 17** | 10–11:30 a.m. | \$17  
Instructor: Carol Diaz-Granados, PhD, RPA  
Location: Clayton Oasis & Zoom

#### #7041 After Alexander [●R] H

Upon the death of Alexander the Great, what happened to his empire? What sort of new world emerged? Are there parallels to the world in which we live? This class will examine the often forgotten Hellenistic Age; a time characterized by uncertainties, mystery, new religions, urban life, and war.

**MON, Jul 27** | 10–11:30 a.m. | \$17  
Instructor: Samuel F Harned  
Location: Clayton Oasis & Zoom

#### Night Witches

Dive into the intriguing history of the "Night Witches" in this fascinating class exploring the all-female aviators of the Soviet Union's 588th Night Bomber Regiment. Nicknamed by the Germans for their stealthy nighttime raids, these brave women were later recognized as the 46th "Taman" Guards Night Bomber Aviation Regiment. Learn how their daring missions and determination made a powerful impact on the Soviet war effort during World War II.

**#7044 WED, Jul 29** | 10–11:30 a.m. | \$17  
Instructor: Parks Smith  
Location: Clayton Oasis

**#8005 WED, Aug 5** | 10–11:30 a.m. | \$17 V  
Instructor: Parks Smith  
Location: Zoom

#### #8013 The Chemistry & Culture of Tea [●R] H

Join us as we spill the tea...on some of tea's rich cultural history, the quirks of its chemistry, and its place at the table. The Chemistry and Culture of Tea will offer participants a chance to find out more (and to discuss their favorite way to prepare tea).

**FRI, Aug 7** | 2–3 p.m. | \$17  
Instructor: Katy Gordon  
Location: Clayton Oasis & Zoom

#### #8035 American Indian Arts, Symbol, & Meaning H

This class introduces the rich artistic traditions of Native Americans across North America. Beginning with prehistoric rock carvings and paintings, we will explore a wide range of art forms through slides and discussion. Participants will examine how these works reflect beliefs, rituals, and daily life, and how symbolism in art conveys identity, social status, and views of the natural and spiritual world. Discover how material culture reveals the stories of the people who created it.

**FRI, Aug 21** | 2–3:30 p.m. | \$17  
Instructor: Carol Diaz-Granados, PhD, RPA  
Location: Clayton Oasis & Zoom



#### #8036 Rome: From Republic to Empire [●R] H

What brought about Rome's move from Republican forms of government to world empire? How did they manage this transition? How did they defend their newly won empire and how did these vast changes affect the average Roman? Finally, are there lessons here for Americans in 2026?

**MON, Aug 24** | 10–11:30 a.m. | \$17  
Instructor: Samuel F Harned  
Location: Clayton Oasis & Zoom

## Language

### #7013 The Spelling of Your Name

Learn some interesting things your name tells you! Every letter has information about your personality and how to use it to your best advantage. (Nicknames also have specific meanings.)

TUE, Jul 7 | 2–3 p.m. | \$17

Instructor: Kathy Berg  
Location: Clayton Oasis

### #7038 Speak Italian with Andrea: All 20 Italian Regions

Learn how to speak Italian in an engaging introduction to the language and culture of Italy. This interactive class explores all 20 regions through conversation, vocabulary, and cultural traditions, including food, travel, and daily life. Participants will practice speaking in a supportive group while building confidence and understanding. Suitable for beginners and those with some experience, this class offers a welcoming environment to learn, connect, and enjoy the richness of Italian culture.

TUE, Jul 21 | 12–1:30 p.m. | \$17

Instructor: Andrea Spadafora  
Location: Clayton Oasis



### #8019 Speak Italian with Andrea: Travel Like a Local

Ready to experience Italy beyond the tourist lens? Step into a dynamic, high-energy Italian language experience where you'll learn how to navigate Italy like a true local—with confidence, culture, and real conversation. This is more than a class...it's a full immersion into everyday Italian life!

TUE, Aug 11 | 12–1:30 p.m. | \$17

Instructor: Andrea Spadafora  
Location: Clayton Oasis

## Strategy Games



### #7012 Chess for Intermediates

Deepen your skills and sharpen your strategy in this intermediate chess course. Designed for players who already know the basics, this class explores key tactics, opening principles, positional play, and essential endgame concepts. Through guided practice and game analysis, you'll strengthen your pattern recognition, decision-making, and overall confidence at the board. Chess at this level boosts cognitive agility and offers the benefits of focus, connection, and friendly competition—helping you elevate both your game and your mind.

TUE, Jul 7–Aug 25 | 2–3:30 p.m. | \$25 (8 sessions)

Instructor: Eric Payne  
Location: Oasis – Northwest Plaza

### #7019 Chess for Beginners

Boost your brain health by learning the ancient game of chess. This step-by-step course introduces the rules piece-by-piece, week-by-week, before moving on to basic strategy. Playing chess strengthens cognitive function by building new neural pathways, and it also supports emotional well-being through social connection. Whether you're new to the game or just brushing up, this experience offers lasting benefits for both mind and mood.

THU, Jul 9–Aug 27 | 2–3:30 p.m. | \$25 (8 sessions)

Instructor: Eric Payne  
Location: Oasis – Northwest Plaza

### #7045 Learn to Play Mah Jongg

Discover the strategy and excitement of Mah Jongg with local expert Phyllis Siegel! Perfect for beginners, this four-week course introduces the classic tile game using official National Mah Jongg League rules. You'll learn gameplay basics, build skills, and enjoy friendly competition in a supportive setting. A 2026 National Mah Jongg card is included with your registration—yours to keep. Whether you're brand new or curious to learn, come master this timeless game in great company!

THU, Jul 30–Aug 20 | 10 a.m.–12 p.m. | \$80 (4 sessions)

Instructor: Phyllis B Siegel  
Location: Clayton Oasis

## Take it From Me

### #7002 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.

WED, Jul 1 | 10–11:30 a.m. | Free

Instructor: Chet Cain  
Location: Clayton Oasis



### #7005 Why Retirement Changes the Rules of Investing [OR] V

What works during your accumulation years can quietly work against you in retirement. This session breaks down why—covering sequence of returns risk, the real math behind portfolio losses, and how geometric returns differ from the averages you see advertised. You will leave with a clear, evidence-based framework for managing withdrawals, reducing volatility, and building a retirement portfolio designed to last. Ideal for those nearing or already in retirement. Taught by local financial planner Peter Wolynski, CPA, CFP®.

THU, Jul 2 | 10:30–11:30 a.m. | \$17

Instructor: Peter Wolynski, CPA, CFP  
Location: Zoom

### #7039 From the Beatles to Woodstock to Today: The Musical Journey of a Bass Guitarist [OR] H

Come join performing bassist, Richard Losciale (Stage Name "BoneDaddy") for a colorful collection of stories from the POV of a rocker with six decades of gig and A-List interactions and adventures from the British Invasion of the mid-1960s to this very day. From the Beatles Carnegie Hall first performance to AM Radio sock hop tours to sharing the stage with musical luminaries like Chuck Berry, Otis Redding, Tommy James, and others. Tales of the road and tales of stage and tales behind the scenes—it's a unique glimpse behind the curtain and in front of the lights and inside the recording studio.

THU, Jul 23 | 10–11:30 a.m. | \$17

Instructor: Richard Losciale  
Location: Clayton Oasis & Zoom

### #7051 Elevate Your Style, Space and Self:

#### Designing a Life You Love

Organize your space, rewrite your story, and express your confidence through intentional style!

In this engaging session, Beth Ann Riechman and Lily Mahoney will explore how our environment, personal narrative, and outward expression are deeply connected. Beth Ann will demonstrate simple styling techniques, like accessorizing, layering, and refreshing pieces you already own, to help express confidence at any stage of life. Lily will share practical strategies for organizing your space and reducing clutter to create clarity and ease. Through panel conversation and live demonstrations, participants will leave with fresh ideas and practical strategies.

FRI, JUL 31 | 10 a.m.–12 p.m. | \$17

Instructor: Beth Ann Reichman and Lily Mahoney  
Location: Clayton Oasis

### #8047 Estate Planning Options Beyond the Traditional Will

Looking beyond the traditional will: a fresh take on estate planning, including smart probate-avoidance strategies and how to align everything with your financial advisor.

TUE, Aug 4 | 12:30–1:30 p.m. | FREE

Instructor: Jennifer Belmont Jennings, Member, MGD Law, Estate Planning Attorney  
Location: Clayton Oasis

### #8004 The Cost of Senior Living

This class is a supplement to "Considering Senior Living?" in which we will talk about the cost of senior living and scenarios that might help you plan for a time when you might need senior living. We will review the types of senior living, compare with living at home, getting home help, and some of the ways people pay for senior living.

WED, Aug 5 | 10–11:30 a.m. | Free

Instructor: Chet Cain  
Location: Clayton Oasis

### #8012 Dating After 60

Designed for the 55+ and unattached crowd, this fun and practical session explores today's dating landscape—from relationship types and safety tips to both online and "old school" ways of meeting new people. Learn how to spot red flags, use effective icebreakers, and navigate senior dating sites with confidence. We'll even go live on a dating platform to see how modern tools can help optimize your relationship journey!

FRI, Aug 7 | 1–2:30 p.m. | \$9

Instructor: Richard Losciale  
Location: Oasis – Northwest Plaza



## Topics in Law

### #8009 Topics in Law:

#### Understanding Constitutional Rights

Join us for a closer look at several Amendments from the Bill of Rights. Meet with legal practitioners to learn about the protections spelled out in the 4th, 5th, and 6th Amendments to the U.S. Constitution. This session will be taught by one or more local judges or attorneys.

THU, Aug 6 | 2–3:30 p.m. | \$5

Instructor: The U.S. Court & the Federal Bar Association  
Location: Clayton Oasis

### #8023 Topics in Law:

#### Trial by Jury Through the Ages

Come learn of the history of the jury trial and how the U.S. system compares to how cases are tried in other countries! This session will be taught by one or more local judges or attorneys.

THU, Aug 13 | 2–3:30 p.m. | \$5

Instructor: The U.S. Court & the Federal Bar Association  
Location: Clayton Oasis

### #8025 Topics in Law:

#### Landmark St. Louis Legal Cases

Come learn of the history of the jury trial and how the U.S. system compares to how cases are tried in other countries! This session will be taught by one or more local judges or attorneys.

THU, Aug 20 | 2–3:30 p.m. | \$5

Instructor: The U.S. Court & the Federal Bar Association  
Location: Clayton Oasis

### #8024 Introduction to Birding [•R] H

This class introduces the basics of birdwatching, including how to use binoculars and how to interpret information in a field guide. Participants will also learn to identify 30 of the most common birds seen at backyard feeders in the St. Louis area. The session offers practical tips and guidance to help beginners feel more confident observing and recognizing local bird species.

FRI, Aug 14 | 10–11:30 a.m. | \$17

Instructor: Diane Bricmont  
Location: Clayton Oasis & Zoom

### #8031 Meetings: The Good, The Bad, & The Ugly

If you are tired of attending “Bad Meetings,” whether you are a chair or a participant, learn what constitutes a good meeting and how to make them happen. Good meetings not only accomplish their goal, they also attract volunteers and encourage leaders. Meetings should be well organized, effective, respect the time of participants and even be fun. Learn the “best practices” from a veteran organizational development consultant.

THU, Aug 20 | 10–11:30 a.m. | \$17

Instructor: Ben Senturia  
Location: Clayton Oasis



### #8040 Taxes In Retirement: Opportunities & Pitfalls [•R] V

Come learn practical ways to improve your retirement tax strategy. This class covers how different income types and tax brackets work in retirement, plus strategies like Roth conversions, smart withdrawal sequencing, and charitable giving. We’ll also address Social Security and Medicare tax traps and how to coordinate taxable, tax-deferred, and tax-free accounts. Ideal for those nearing or in retirement who want to keep more after taxes. Taught by local financial planner Peter Wolynski, CPA, CFP®.

THU, Aug 27 | 10:30–11:30 a.m. | \$17

Instructor: Peter Wolynski, CPA, CFP  
Location: Zoom

### #8046 Multigenerational Living Solves

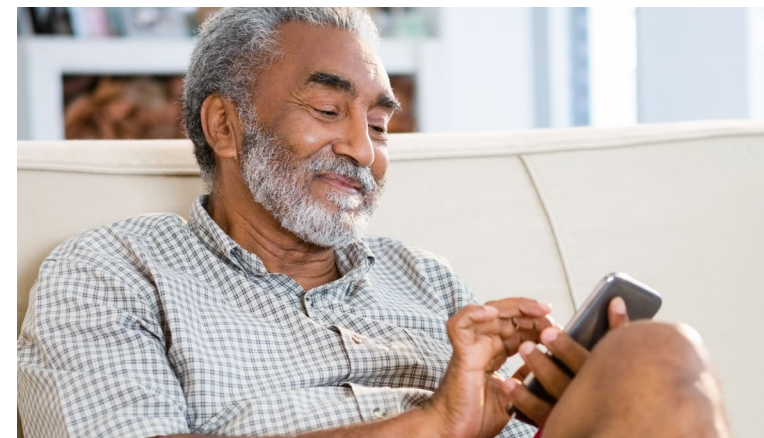
#### All Your Problems [•R] H

Hear from a family who has decided to live “in the past”. Juliet Simone and her mother, Rebecca Massie, have chosen to create a modern iteration of the way we all used to live and the way many cultures still live around the world. Over five years ago, Juliet, her husband and two babies decided—before any health crisis or need—to create a multigenerational household that included her mother and mother-in-law. No one “moved in” with anyone; they all bought a house together to meet everyone’s needs. Learn from their experience and hear about the tremendous benefits—and the challenges—of this very ancient way to live.

Thu, Aug 27 | 2–3 p.m. | \$17

Instructor: Juliet Simone and Rebecca Massie  
Location: Clayton Oasis & Zoom

## Technology



### #7201 iPhone Next Steps: Beyond the Basics V

If you’re comfortable with the basics of your iPhone but want to do more, this class is for you! Learn how to make the most of Siri, better organize your apps, and customize your experience with the App Library and Today View. We’ll also cover essential safety features like emergency calls and contacts, plus how to use the Find My app if your phone is ever lost or stolen.

FRI, Jul 10 | 11 a.m.–1 p.m. | \$17

Instructor: Martha Bogart & Mary Mueller  
Location: Zoom

### #7202 Introduction to Windows 11 V

Windows 11 represents a major update to your PC’s look and functionality. This class will show you what’s changed from Windows 10 and how to use new features like snap layouts and the Start menu. You’ll also learn how to personalize your computer with themes, use Edge for fast and convenient browsing and use OneDrive for cloud storage.

THU, Jul 16 | 1–3 p.m. | \$17

Instructor: Dave Cole & Mary Mueller  
Location: 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 led by a skilled Oasis Techie.

#### Location:

Oasis – Northwest Plaza  
1–2 p.m. | Free

#7203 MON, Jul 6  
#7205 MON, Jul 13  
#7208 MON, Jul 20  
#7210 MON, Jul 27  
#8203 MON, Aug 3  
#8204 MON, Aug 10  
#8207 MON, Aug 17  
#8209 MON, Aug 24  
#8211 MON, Aug 31

#### Location:

Clayton Oasis  
1–2 p.m. | \$10

#7204 TUE, Jul 7  
#7207 TUE, Jul 14  
#7209 TUE, Jul 21  
#7211 TUE, Jul 28  
#8206 TUE, Aug 11  
#8208 TUE, Aug 18  
#8210 TUE, Aug 25

#### Location:

Lutheran Church of Atonement  
10–11 a.m. | Free

#7206 MON, Jul 13  
#8205 MON, Aug 10

### #8201 Tips for More Effective Internet

#### Searching on Google V

Tired of Googling and not finding what you need? This class will help. Learn how search engines work and how choosing the right keywords and synonyms improves results. Discover Google’s Advanced Search tools to narrow results by phrase, website type, file type, and date. You’ll also explore image searching with Google Lens and reverse image search. Finally, learn how to judge credibility and search within a webpage so you can become a more effective Internet sleuth.

FRI, Aug 7 | 1–3 p.m. | \$17

Instructor: Martha Bogart & Mary Mueller  
Location: Zoom

### #8202 Gmail Basics & Beyond V

Want to know more about Gmail? Many of us use this email program, but are we really using it to its maximum potential? This course will teach you how to create an account and compose, read, reply to, delete and forward messages. In addition, you will learn how to send and save attachments, organize your email with tabs, labels and stars, snooze emails, and create filters that automatically place new email into categories.

TUE, Aug 25 | 11 a.m.–1 p.m. | \$17

Instructor: Mary Mueller & Martha Bogart  
Location: Zoom

# Tours & Travelogue

## #7030 Tour of the St. Louis Society for the Blind & Visually Impaired

Gain insight into the vital work of the St. Louis Society for the Blind and Visually Impaired during this informative tour. Learn about the wide range of services provided to individuals with vision loss, and enjoy a guided visit through Drews' Low Vision Clinic

WED, Jul 15 | 1–2 p.m. | \$10  
 Instructor: Jennifer Lauer  
 Location: STL Society for the Blind



## #7016 Day Trip to Augusta, MO

Travel with us to Augusta, MO, where you will find wineries, antique shops, quaint restaurants, and a historic museum. We will take a relaxing ride on the Klondike Park boat, where we will enjoy a delightful lunch.

THU, Jul 16 | 8 a.m.–5 p.m. | \$TBA  
 Instructor: Marcie Caballero  
 Location: Meet at Clayton Oasis

## #7048 The 1904 World's Fair: A New Perspective—Guided Exhibit Tour

St. Louis was the world's stage in 1904, hosting a grand yet controversial World's Fair that drew 20 million visitors. Spanning 1,200 acres of Forest Park, it dazzled with architectural marvels and cultural exhibitions—but also sparked lasting debates.

Now, 120 years later, the Missouri History Museum's exhibit reexamines this iconic event through rare artifacts, images, and diverse perspectives—from organizers and visitors to those who came by choice or force. Step into the Fair's many worlds: a construction site, amusement park, and symbol of empire. Discover its enduring legacy in *The World in St. Louis*, a rotating gallery that changes every two years. Organized by the Missouri History Museum.

THU, Jul 30 | 2–3:30 p.m. | \$20  
 Instructor: Parks Smith  
 Location: Missouri History Museum

## #8008 Tour of Ste. Genevieve, MO

Immerse yourself in the vibrant summer charm of Ste. Genevieve, Missouri, where every day unfolds like a joyful adventure waiting to be discovered. Stroll along the picturesque streets lined with historic architecture, enjoy lively farmers markets brimming with local produce, and take part in the Jour De Fête festival that celebrates the rich culture and community spirit. With delightful dining options offering everything from farm-to-table fare to sweet treats, and a variety of events that create lasting memories, your summer in Ste. Genevieve is sure to be filled with excitement, relaxation, and the warmth of genuine hospitality.

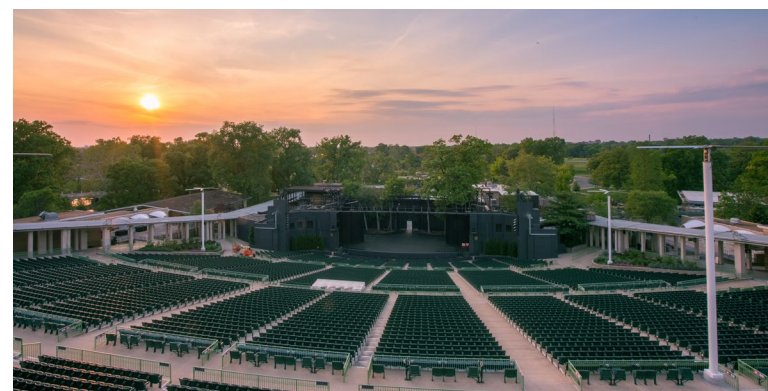
THU, Aug 13 | 8 a.m.–5 p.m. | \$TBA  
 Instructor: Betty Griggs  
 Location: Meet at Clayton Oasis

## #8043 Why We Serve: Native Americans in the United States Armed Forces—Guided Exhibit Tour

Journey to the heart of military history and memorialization at Soldiers Memorial Military Museum in Downtown St. Louis. Visit the special exhibition "Why We Serve". This Smithsonian Institution Traveling Exhibition honors the Native Americans who have served in the U.S. military, often in extraordinary numbers, since the American Revolution.

Organized by Soldiers Memorial Military Museum (Missouri Historical Society)

THU, AUG 6 | 2–3:30 p.m. | \$20  
 Instructor: Parks Smith  
 Location: Soldier's Memorial Military Museum



## #8014 'Meet Me in St. Louis'—AT THE MUNY, of course!

Join your host, Mary Saputo for this all-time Muny favorite. Don't miss this enchanting portrait of turn-of-the-century America, set right here in St. Louis! We will take a private, behind-the-scenes tour before the production. Bring your picnic basket or purchase food nearby and relax at our reserved tables on the Purina Lawn with before-the-show entertainment!

SUN, Aug 9 | 6:15–10:30 p.m. | \$83  
 Instructor: Mary Saputo  
 Location: The Muny

# Community Locations

**Amen, Gantner, & Capriano**  
 10733 Sunset Office Drive  
 Suite 425  
 St. Louis, MO 63127

**Bellefontaine Cemetery**  
 4947 West Florissant Avenue  
 St. Louis, MO 63115

**Christ Our Redeemer AME**  
 13820 Old Jamestown Road  
 Florissant, MO 63033

**Clayton Oasis**  
 50 Gay Avenue  
 Clayton, MO 63105

**Craft Alliance**  
 5080 Delmar Boulevard  
 St. Louis, MO 63108

**Crestwood Community Center**  
 9245 Whitecliff Park Lane  
 Crestwood, MO 63126

**Creve Coeur Lake**  
 13725 Marine Avenue  
 St. Louis, MO 63146

**The Fabulous Fox Theatre**  
 527 North Grand Boulevard  
 St. Louis, MO 63103

**First Congregational UCC**  
 10 West Lockwood Avenue  
 Webster Groves, MO 63119

**Five Oaks on Warson**  
 1200 North Warson Road  
 Olivette, MO 63132

**Hi-Pointe Theatre**  
 1005 McCausland Avenue  
 St. Louis, MO 63117

**Missouri History Museum**  
 5700 Lindell Boulevard  
 St. Louis, MO 63112

**Jefferson County Library, Northwest Branch**  
 8420 Delport Drive  
 St. Louis, MO 63114

**Oasis-Northwest Plaza**  
 9150 St. Charles Rock Road

**The Pavillion at Lemay**  
 305 Gregg Road  
 Lemay Township, MO 63125  
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