



Classes & Programs for Older Adults

September & October 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**.

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** in blessed memory*

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 May 12 through June 25, 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 **oasisnet.org/donate** or contact Lauren Finan at **(314) 687-4523** to make your gift today!

In Memory of Ruth Buck

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In Honor of Paul Weiss

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In Memory of Phyllis Wuertz

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Thank You!

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About Us

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

For just \$79/Year & Get 10% off All Classes

Purchase an Oasis Annual Membership for \$79 and enjoy exclusive benefits while making a meaningful impact in your community! Membership includes...

- 10% off All Classes for 12 Months*
- Rolling Enrollment (*membership valid for 365 days from date of purchase*)
- No Automatic Renewal
- 10% off Program Passes

To learn more or sign-up, visit stloasis.org and click classes! Memberships are not required to purchase Oasis classes. This discount does not apply to purchases made on Oasis Everywhere.

**Donations and gift cards not included*

**Want Unlimited
Classes for a Month?**
Get an Oasis
Program Pass!
Learn more on page 18.

Exercise

Dance

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.

#9408 TUE, Sep 1–Oct 20 | 1-2 p.m. | \$68 (8 Sessions)

Instructor: Christopher Alex Chable

Location: Five Oaks on Warson

#10408 TUE, Oct 27–Dec 15 | 1-2 p.m. | \$68 (8 Sessions)

Instructor: Christopher Alex Chable

Location: Five Oaks on Warson

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.

#9403 MON, Aug 31–Oct 15 *No Class 9/7

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

Instructor: Sandy Derickson

Location: Clayton Oasis

#10403 MON, Oct 26–Dec 14

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

Instructor: Sandy Derickson

Location: Clayton Oasis

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.*



#9950 Sep 2–Oct 21 *No Class 9/9, 9/16

12:30–1:30 p.m. | FREE (6 Sessions)

Instructor: Cathy Johnson

Location: Oasis-Northwest Plaza

#10900 Oct 7–Dec 9 *No Class 11/1

10–11 a.m. | FREE (9 Sessions)

Instructor: Sharon Campese

Location: Pavilion at Lemay

Exerstart

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.

#9502 MON/WED, Aug 31–Oct 7 *No Class 9/7

9:30–10:15 a.m. | \$16.50 (11 sessions)

Instructor: Jo Ann Roberts

Location: Christ Our Redeemer

#9500 MON/WED, Aug 31–Oct 21 *No Class 9/7, 10/12

9–9:45 a.m. | \$21 (14 sessions)

Instructor: Geraldine Talley

Location: Northwest Library

#9503 TUE/THU, Sep 1–Oct 22 *No Class 9/24

11–11:45 a.m. | FREE (15 Sessions)

Instructor: Alis Tate

Location: Oasis-Northwest Plaza

#9504 WED, Sep 2–Oct 21

9:15–10:15 a.m. | \$16 (8 Sessions)

Instructor: Sharon Kirsch

Location: Zoom

#10500 MON/WED, Oct 26–Dec 9 *No Class 11/11

9–9:45 a.m. | \$19.50 (13 Sessions)

Instructor: Geraldine Talley

Location: Northwest Library

#10503 TUE/THU, Oct 27–Dec 17

**No Class 11/17, 11/24, 11/26*

11-11:45 a.m. | FREE (13 Sessions)

Instructor: Alis Tate

Location: Oasis-Northwest Plaza

#10504 V WED, Oct 28–Dec 16

9:15-10:15 a.m. | \$16 (8 Sessions)

Instructor: Sharon Kirsch

Location: Zoom

FAB (Fit, Active, & Balanced)

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.

#9411 MON/WED, Aug 31–Oct 7 **No Class 9/7*

9:30-10:30 a.m. | FREE (16 Sessions)

Instructor: Jo Fountain

Location: Oasis-Northwest Plaza

#10411 MON/WED, Oct 26–Dec 16

9:30-10:30 a.m. | FREE (16 Sessions)

Instructor: Jo Fountain

Location: Oasis-Northwest Plaza

Functional Movement

Functional Movement

This functional fitness class focuses on improving everyday movement, strength, range of motion, 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.*

#9407 THU, Sep 3–Oct 22

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

Instructor: Annie Trachsel

Location: Webster United Methodist

#10407 THU, Oct 29–Dec 17 **No Class 11/26*

10-11 a.m. | \$59.50 (7 Sessions)

Instructor: Annie Trachsel

Location: Webster United Methodist

Pilates & Yoga

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.*

#9401 WED, Sep 2–Oct 21

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

Instructor: Cindy Bambini, Katie McGrath, & Loree Rowe

Location: Clayton Oasis

#10401 WED, Oct 28–Dec 16

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

Instructor: Cindy Bambini, Katie McGrath, & Loree Rowe

Location: Clayton Oasis

Chair Yoga

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

#9404 WED, Sep 2–Oct 21 **No Class 9/16*

10:15-11 a.m. | \$59.50 (7 Sessions)

Instructor: Cathy Johnson

Location: Webster United Methodist

#10404 WED, Oct 28–Dec 16 **No Class 11/26*

10:15-11 a.m. | \$68 (8 Sessions)

Instructor: Cathy Johnson

Location: Webster United Methodist

Classic Pilates

A total body workout that will strengthen and tone your muscles. This class is ideal for beginners and advanced participants 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, and improve your posture, breathing, and balance. Participants should bring their own mat.

#9402 WED, Sep 2–Oct 21

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

Instructor: Amy Lescher

Location: Clayton Oasis

#10402 WED, Oct 28–Dec 16

2:30-3:30 p.m. | \$59.50 (8 Sessions)

Instructor: Amy Lescher

Location: Clayton Oasis

Gentle Chair Yoga

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

#9406 V THU, Sep 3–Oct 22

11:45 a.m.-12:45 p.m. | \$56 (8 Sessions)

Instructor: Sharon R Campese

Location: Zoom

#10407 WED, Oct 7–Dec 9

12:30-1:15 p.m. | FREE (8 Sessions)

Instructor: Sharon R Campese

Location: Arnold Branch Library

#10406 V THU, Oct 29–Dec 17

11:45 a.m.-12:45 p.m. | \$49 (7 Sessions)

Instructor: Sharon R Campese

Location: Zoom

Strengthen & Stretch

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. Floorwork is optional.

#9400 TUE/THU, Sep 1–Oct 22

10:30-11:30 a.m. | \$136 (16 Sessions)

Instructor: Cathy Johnson & Laura Higgins

Location: Clayton Oasis

#9405 V TUE/THU, Sep 1–Oct 22

10:30-11:30 a.m. | \$112 (16 Sessions)

Instructor: Idaria K Goodwin

Location: Zoom

#10400 TUE/THU, Oct 27–Dec 17*No Class 11/26

10:30-11:30 a.m. | \$127.50 (15 Sessions)

Instructor: Cathy Johnson & Laura Higgins

Location: Clayton Oasis

#10405 V TUE/THU, Oct 27–Dec 17*No Class 11/26

10:30-11:30 a.m. | \$105 (15 Sessions)

Instructor: Idaria K Goodwin

Location: Zoom

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.

#9545 MON/WED, Aug 31–Oct 7 *No Class 9/7

11:00 a.m.-12:00 p.m. | FREE (11 sessions)

Instructor: Jo Ann Roberts

Location: Oasis-Northwest Plaza

#9546 TUE/THU, Sep 1–Oct 15

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

Instructor: Alice McHugh

Location: Walnut Park Public Library

#9540 MON/WED, Sep 9–Oct 28

1:30-2:30 p.m. | \$127.50 (15 Sessions)

Instructor: Craig Miller

Location: Webster United Methodist

#9547 V MON/WED, Sep 9–Oct 28

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

Instructor: Craig Miller

Location: Zoom

Tai Chi 2 for Arthritis for Fall Prevention: Intermediate

This class is for participants looking to further expand and challenge their Tai Chi skills. Learn new forms while continuing to improve your health and reduce fall risk. Previous enrollment in Tai Chi for Arthritis for Fall Prevention is required, along with a minimum of two years in the program. If you have not completed either of the first two requirements, you must talk to the instructor and receive their permission.

#9543 MON/WED, Aug 31-Oct 7 *No class 9/7

1:30-2:30 p.m. | \$77 (11 sessions)

Instructor: Jo Ann Roberts

Location: Five Oaks on Warson

#9548  **TUE/THU, Sep 10-Oct 29**

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

Instructor: Craig Miller

Location: Zoom

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. 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.

#9542 TUE, Sep 15-Oct 27

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

Instructor: Craig Miller

Location: Crestwood Community Center

Health & Wellness

#9011 "How Did I Get Here?"

Come join us for an engaging program focusing on how we arrive at the end of life—and, perhaps for the first time, how we actually begin to live our own lives during this special phase. Meet Ed Koslin, who maintained a private psychotherapy practice for 50 years and earned his bachelor's degree, master's degree in social work, and doctorate from Washington University in St. Louis. If you're wondering how you got here, remember that the end of life can last for years, but also presents its own unique excitements and joys.

FRI, Sep 4 | 10 a.m.-12 p.m. | \$10

Instructor: Ed Koslin

Location: Clayton Oasis

#9680 "Core" Confusion: Separating Facts from Myths!

Confused by advice about "engaging your core," doing planks, or strengthening your abs? Do you really need six-pack muscles to protect your back and maintain good balance? Join physical therapist and retired Associate Professor from the Washington University Program in Physical Therapy, Suzy Cornbleet, PT, DPT, for an evidence-based look at how the abdominal muscles actually work. Learn which muscles matter most for everyday movement, balance, and function, and leave with practical strategies to help you train smarter, not harder. An optional 30-minute hands-on lab will follow the presentation.

TUE, Sept 8 | 2-3:30 p.m. | \$18

Instructor: Suzy Cornbleet, PT, DPT

Location: Clayton Oasis

#9630 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, review your receipt, which will be sent to your email inbox after registration.

TUE, Sep 8-Oct 27

10 a.m.-12 p.m. | FREE (8 Sessions)

Instructor: Donna Pesek & Betty Griggs

Location: Oasis-Northwest Plaza

#9061 Aging In Place: It Takes A Plan

Explore practical ways to prepare the home for aging in place by improving safety, supporting independence, and adapting everyday spaces to changing physical and cognitive needs. Through real-life examples and simple environmental modifications, families will learn how small changes can help loved ones remain safely and comfortably at home longer.

MON, Sep 14 | 1-2 p.m. | \$18

Instructor: Kelly Bertenshaw, MA, CCC-SLP, EDCS

Location: Zoom



Purchase an Oasis Annual Membership for **\$79 and enjoy exclusive benefits** while making a meaningful impact in your community! Check out page 2 or visit stloasis.org for more information.



CENTER FOR FALLS PREVENTION

Your Community Resource for Falls Prevention at **Oasis - Northwest Plaza**

The Center for Falls Prevention is a new Oasis initiative created to bring all falls prevention services together in one place. As your community resource for falls prevention, we will connect you with screenings, evidence-based programs, exercise classes, education, and trusted community partners to help you stay active, safe, and independent. **Our mission is to serve as a community hub where older adults understand their fall risk and stay independent through evidence-based programs, screenings, education, and support.**

Evidence-Based Workshops

Learn more on pages 7 & 11

#9630 Matter of Balance

Gain confidence, improve balance, and reduce your fear of falling through group discussion, practical strategies, and gentle exercises. Class meets for two hours each week for eight weeks.

#9700 / #10700

Healthy Steps for Older Adults

Join us to learn ways to prevent falls, stay active, and maintain your independence. You'll receive education and a physical skills screening. Program includes two workshops: a three-hour Fall Prevention workshop and a two-hour Staying Active workshop.

Exercise Classes

Learn more on pages 4, 5 & 6

#9950 / #10950 - Golden Beats

Stay active while having fun! This upbeat, music-based movement class helps improve balance, coordination, strength, and cognitive wellness. Class meets for one hour each week for eight weeks.

#9545 Tai Chi for Arthritis & Fall Prevention

Improve your balance, flexibility, strength, and mobility through gentle Tai Chi movements designed to reduce pain and help prevent falls. Class meets for two hours each week for eight weeks.

#9503 / #10503 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.

#9411 / #10411 FAB (Fit, Active, Balanced)

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

One-on-One Consultations*

#9710 Falls Risk Screening (1 hour)

Meet one-on-one with a licensed physical therapist for a personalized falls risk screening.

#9720 Medication Review (30 minutes)

Meet individually with a clinical pharmacist to review your medications and identify those that may increase your risk of falls.

Call **Ree** at **(314)-687-1116** to schedule the consultation. Appointments available on a first-come, first-served basis.

#9730 Saving Claire : Documentary-Style Film & Discussion on Falls Prevention

Saving Claire is a gripping documentary-style film that follows Claire's story after a life-changing fall, illustrating how a single event can impact health, independence, and loved ones. Following the viewing, join a **40-minute** panel discussion with a **PT, OT, and pharmacist** for an interactive conversation about fall prevention and audience Q&A.

Friday, Oct. 2 | 1:00–3:00 p.m. | Free

Health Discussion Panels*

#9750 Bone Up on Bone Health

Having strong bones help keep you moving, active, and independent. Join **specialists from SSM Health** to learn how to protect your bones, lower your risk of osteoporosis and fractures, and build healthy habits that support lifelong bone health. You'll leave with practical tips you can start using right away.

Friday, Sept 11 | 1:30–3:00 p.m. | Free

#10750 Under Pressure: Bladder & Pelvic Floor Health

Pelvic floor and bladder changes are common as you age, but there are ways to manage them. Join expert healthcare professionals for an informative discussion on common bladder and pelvic health concerns, prevention, treatment options, and practical strategies to improve bladder control, pelvic floor health, confidence, and independence.

Wednesday, October 14 | 1:30–3:00 p.m. | Free

*Health discussion panels
and medication reviews
proudly sponsored by



Falls Prevention & Health Fair

Free to attend + free food & drinks!

Presented By



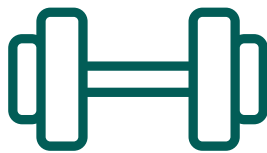
Join us for an engaging and informative open house where health and safety come together to help you live a stronger and safer life. This event is FREE and open to the public!

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, Sep 24 | 11 a.m.-1 p.m.

Location: Oasis-Northwest Plaza

500 Northwest Plaza, St. Ann, MO 63074



**Balance &
Stability
Resources**



**Smart & Simple
Home Safety
Solutions**



**On-Site Health
& Wellness
Screenings**



**For more information about the event or to RSVP, please
visit stloasis.org/Falls or call (314) 862-4859 ext. 24.**

Thank you for sponsoring!



#9912 Healthy Habits for Adults

Achieving good health begins with adopting healthy habits. This interactive group-based program is designed for older adults to learn about healthy nutrition and provide an opportunity for social engagement. Classes are held twice a week for five weeks. Participants will learn about different nutrition topics and receive a FREE boxed lunch each week.

MON/WED, Sep 14–Oct 14

11 a.m.-1 p.m. | FREE (10 Sessions)

Instructor: Oasis Facilitator

Location: Oasis-Northwest Plaza

#9039 Health Audit 101: Diet

There are many diets out there, but choosing a lifestyle of habits around fueling your body is necessary to protect your metabolism, serum levels, and vitality. Join us at the table as we discuss diets. Each participant will receive worksheets to keep and monitor progress.

THU, Sep 17 | 12-1:30 p.m. | \$18

Instructor: Dr. Bart Coleman

Location: Clayton Oasis

#9051 Surgeons & Ethics: You Bet! ^H

Join us as we examine the application of medical ethics in surgical care, exploring the principles that guide decision-making before, during, and after surgery. Through real-world examples and discussion, participants will engage in a practical introduction to the ethical challenges faced by surgeons and healthcare teams. **Pairs well with Ethical Dilemmas in the Management of Patients.**

TUE, Sep 22 | 2-3:30 p.m. | \$18

Instructor: Ira J. Kodner, MD, Emeritus Prof. of Surgery

Location: Clayton Oasis & Zoom

#9060 The Truth About Wegovy & Weight Loss

Wegovy has changed the conversation about weight loss, but how does it work, and is it the right choice for everyone? This class provides an evidence-based overview of Wegovy, including how the medication supports weight management, who may benefit, potential side effects, and the role of nutrition, exercise, and lifestyle changes. Participants will gain practical information to better understand this treatment and make informed decisions in partnership with their healthcare provider.

TUE, Sep 29 | 12-1:30 p.m. | \$18

Instructor: Marc Radabaugh, M.D.

Location: Clayton Oasis

#9066 Spiritual Discernment ^H

Media shapes how we see the world, making critical thinking an essential skill. This class explores how stories, images, and messages can influence beliefs, emotions, and decisions. Participants will learn how to recognize bias and persuasion while still appreciating the artistic and cultural value of media. Through discussion and reflection, we will consider personal responsibility, self-awareness, and how thoughtful engagement can help us make more informed choices in everyday life.

TUE, Sep 29 | 2-3:30 p.m. | \$18

Instructor: Terrence Lamont Bellows

Location: Clayton Oasis & Zoom

#10016 Health Audit 101: Sleep

Proper rest is essential to brain health. Preparing for restful sleep is vital as we measure sleep quality, quantity, regularity, chronotype, efficiency, and hygiene. Come learn about barriers to effective sleep and simple remedies to improve your mindset about recovery. Each participant will receive worksheets to keep and monitor progress.

THU, Oct 8 | 12-1:30 p.m. | \$18

Instructor: Dr. Bart Coleman

Location: Clayton Oasis

#10680 To Stretch or Not to Stretch? That Is the Question

Should you stretch before exercise? How long should you hold a stretch? Does stretching prevent injury or soreness? Join physical therapist and retired Associate Professor from the Washington University Program in Physical Therapy, Suzy Cornbleet, PT, DPT, for an engaging, evidence-based look at flexibility and stretching. Learn the latest thinking on maintaining mobility, staying active, and stretching safely as you age. Leave with practical guidelines you can use right away. An optional 30-minute hands-on lab will follow the presentation.

MON, Oct 19 | 2-3:30 p.m. | \$18

Instructor: Suzy Cornbleet, PT, DPT

Location: Clayton Oasis

#10033 Ethical Dilemmas in the Management of Patients ^H

Explore real-world ethical challenges in healthcare through the discussion of complex patient cases. Participants will examine how ethical principles can be applied to difficult decisions involving patient care, autonomy, risk, and professional responsibility. Through guided discussion, discover the practical side of medical ethics and the reasoning required when values and circumstances conflict. **Pairs well with Surgeons & Ethics: You Bet!**

TUE, Oct 20 | 2-3:30 p.m. | \$18

Instructor: Ira J. Kodner, MD, Emeritus Prof. of Surgery

Location: Clayton Oasis & Zoom



Virtual Class



Hybrid Class



Recorded

**#10052 What is the Foundation of Awareness? **

Join us for a gentle introduction to consciousness expansion and spiritual development, providing a foundation for deeper personal exploration. Participants will examine the relationship between awareness, existence, and thought, and explore how conscious attention shapes experience. Through guided reflection and discussion, the session encourages the development of a calmer, more focused mind while introducing practical concepts for cultivating greater self-awareness and presence in everyday life!

FRI, Oct 30 | 2-3:30 p.m. | \$18

Instructor: Terrence Lamont Bellows

Location: Clayton Oasis & Zoom

Whether you live alone or with a partner, have no children or children who live far away, planning for your future is essential. Create a personalized well-rounded plan to age with confidence in the series, **Holistic Life Plan on page 32.**



Falls Prevention

Healthy Steps for Older Adults

HSOA is a short, evidence-based workshop that helps older adults reduce their risk of falls and stay independent. Session 1: Falls Prevention covers fall risks, home safety, medication management, and a physical skills screening. Session 2: Staying Active focuses on movement, strength, and balance. Participants receive a comprehensive resource book. ****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.*

#9700 WED, Sep 16-23 | 10 a.m.-1 p.m. | FREE

Instructor: Dawn Carter

Location: Oasis-Northwest Plaza

#10700 FRI, Oct 16-23 | 10 a.m.-1 p.m. | FREE

Instructor: Georjean Rustemeyer

Location: Oasis-Northwest Plaza

#9660 Navigating the Home Contractor Landscape

The Home Repair Network (HRN) can provide recommendations on vetting contractors for qualifications to best protect homeowners from predatory actors, including red flags, best practices, payment terms, and insurance and other requirements. Additionally, learn about recommended home modifications, safety tips, and current grant-funded resources available for income-qualified residents.

FRI, Oct 30 | 12-1:30 p.m. | FREE

Instructor: Kevin Poe

Location: Oasis-Northwest Plaza

#10650 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, Oct 1 | 12-1 p.m. | FREE

Instructor: LaKendra Kadiri, MHA, MPS, CHES®

Location: Oasis-Northwest Plaza



Purchase an Oasis Annual Membership for **\$79 and enjoy exclusive benefits** while making a meaningful impact in your community! Check out page 2 or visit stloasis.org for more information.

Walks & Rides

Walks

#9804 Boschert Greenway: Fox Hill Park Walk

Fox Hill Park is divided into two main sections that are linked by a paved trail. This park features an open native landscape area with a loop trail around two interconnected lakes. Walk is approximately 3 miles.

THU, Sep 3 | 9:30 | FREE

Instructor: Denise Ucinski

#9805 Meramec Greenway: Greentree Park

Meet at the Greentree Park shelter in Kirkwood for a delightful walk along the Meramec Greenway. The walk will be on a flat paved trail with benches and scenic lookouts along the way. Walk is approximately 3 miles.

WED, Sep 16 | 9:30 a.m. | FREE

Instructor: Mary Fran Balmer

#9806 Gravois Greenway: Mysun Charitable Foundation Trailhead Walk

Explore the scenic Gravois Greenway beginning at the Mysun Charitable Foundation trailhead. Enjoy a gentle, flat route while discovering the natural beauty of the area. Walk is approximately 3 miles.

TUE, Sep 22 | 9:30 a.m. | FREE

Instructor: Phyllis Hegger

Location: Outside

#9807 St. Louis Zoo Walk

Experience the magic of the St. Louis Zoo! Stroll among captivating exhibits and enjoy a leisurely 2–3-mile walk filled with natural beauty and wildlife exploration.

MON, Sep 28 | 9:30 a.m. | \$5

Instructor: Pamela Harden

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.

#10804 Tower Grove Park Walk

Tower Grove Park is a lovely Victorian park with grand pavilions, fountains, and more than 400 species of trees, shrubs, and flowering plants. Walk along flat paved paths through this National Historic Landmark donated by Henry Shaw in 1868. Walk is approximately 3 miles.

WED, Oct 7 | 9:30 a.m. | \$5

Instructor: Daniel Blunt

#10805 Missouri Greenway: Monarch Chesterfield Levee Walk

Walk the Missouri Greenway beginning at the Monarch Levee in Chesterfield. The walk travels to River's Edge Park and back. Walk is approximately 3.1 miles.

TUE, Oct 13 | 9:30 a.m. | FREE

Instructor: Juliet Simone

#10806 Brickline Greenway on Market Street Walk

Walk this segment of the Brickline Greenway stretching from 20th Street to Compton Avenue along Market Street, from Energizer Park to Harris-Stowe State University. Highlights include Pillars of the Valley, Damon Davis' permanent installation honoring Mill Creek Valley. Walk is approximately 2 miles.

THU, Oct 22 | 9:30 a.m. | FREE

Instructor: Denise Ucinski

#10807 Barnes-Jewish West Hospital to Millennium Park Walk

Walk from Barnes-Jewish West Hospital to Millennium Park in Creve Coeur to visit the historic Tappmeyer Homestead. This out-and-back walk is approximately 2.5 miles.

WED, Oct 28 | 9:30 a.m. | FREE

Instructor: Denise Ucinski

Rides

#9800 Exploring the Deer Creek Greenway Ride

Beginning at Deer Creek Park in Maplewood, follow the Deer Creek Greenway to Brentwood Park via neighborhood trails. Ride is approximately 15 miles.

FRI, Sep 4 | 9:30 a.m. | FREE

Instructor: Oasis Facilitator

#9801 River des Peres & Mississippi Greenways: Shrewsbury to Jefferson Barracks Ride

Bike the River des Peres Greenway and Mississippi River Greenway along magnificent views of the river to Jefferson Barracks and back. When arriving at Jefferson Barracks Park there will be some time to visit the memorial markers for those who have sacrificed their lives to save others. This ride will be approximately 16 miles.

FRI, Sep 11 | 9:30 a.m. | FREE

Instructor: Brenda Tripp



Virtual Class



Hybrid Class



Recorded

#9802 Gravois Greenway: Grant's Trail Bike Ride

The Ulysses S. Grant Trail is a former railroad right-of-way converted into a paved trail with gentle rolling hills. Ride is approximately 17 miles round trip.

FRI, Sep 18 | 9:30 a.m. | FREE

Instructor: Janice Branham

#9803 Pere Marquette Ride

Ride begins at the Pere Marquette Visitor Center in Grafton, Illinois, along the Sam Vadalabene Bike Trail. Expect moderate hills and scenic views of limestone cliffs and the Illinois River. Ride is approximately 11.4 miles. Optional lunch afterward.

FRI, Sep 25 | 9:30 | \$5

Instructor: Judy Labarbera

Remembering Gerry Noll

The Oasis community mourns the loss of our longtime volunteer bike leader, Gerry Noll, who inspired countless Oasis participants through his love of cycling, adventurous spirit, and generous leadership. He shared not only miles on the trails, but friendship, encouragement, and a passion for exploring the world on two wheels. We are forever grateful for the joy, generosity, and sense of community Gerry brought to Oasis.

**#10800 Tower Grove South Ride to River des Peres Greenway**

Meet at Laughing Bear Bakery in Tower Grove South. Ride through city streets to River des Peres Greenway and return via a loop route of approximately 15 miles. Optional refreshments before or after the ride.

FRI, Oct 9 | 9:30 a.m. | FREE

Instructor: Dave Seidel

#10801 Mississippi Greenway: Old Chain of Rocks Bridge Ride

Gather at the Chain of Rocks Bridge and embark on a leisurely, no-drop off-road ride along a paved trail to the St. Louis Riverfront. Revel in scenic river views and the chance to spot wildlife like turkey, deer, and colossal barges. It's a delightful journey along "our" River. This is an out and back style ride. Ride is approximately 23 miles.

FRI, Oct 16 | 9:30 a.m. | FREE

Instructor: Judy Labarbera

#10802 New Town Halloween Visual Extravaganza Ride

Enjoy a festive Halloween ride through New Town neighborhoods decorated for the season. Dinner begins at 5 p.m., followed by a casual 5-mile ride. Expect residential streets and plenty of photo opportunities.

THU, Oct 22 | 5-8 p.m. | \$5

Instructor: Dave A. Seidel

#10803 Gerry Noll Memorial Twilight Bicycle Ride

Experience the peaceful beauty of cycling at night. Optional dinner at 5 p.m. followed by a ride through quiet University City neighborhoods at 6 p.m. Ride is approximately 5 miles. Front and rear lights required.

THU, Oct 29 | 6 p.m. | \$5

Instructor: Dave Seidel

Arts & Entertainment

#9008 **Sherlock Holmes: How We Can All Be Great Detectives**

Sherlock Holmes is famous for his powers of observation and deduction, but how do those skills work in real life? This class explores the methods described in Arthur Conan Doyle's stories, the inspiration behind the Holmes character, and Doyle's own background. Participants will practice observation and deduction through interactive exercises and learn how careful attention to detail can reveal surprising insights. The session also includes stories from the instructor's years with Sherlockian societies and travels in Scotland.

THU, Sep 3 | 10-11 a.m. | \$18

Instructor: Karl Kindt

Location: Clayton Oasis

#9024 **Ordinary Objects, Extraordinary Stories: The History of Everyday Things** [•R] [H]

Who invented the teabag? Why did jeans become a cultural icon? Discover the surprising origins of familiar objects—from Post-it Notes to the humble fork—in this fun and eye-opening class. Through quirky facts, direct examples, and unexpected stories, you'll gain a new appreciation for the items we use every day. Prepare for plenty of "aha!" moments as the ordinary becomes extraordinary.

THU, Sep 10 | 2-3:30 p.m. | \$18

Instructor: Richard Losciale, Certified Senior Advisor

Location: Clayton Oasis & Zoom

#9040 **MythBusters: Fact, Fiction & Everything in Between**

Did George Washington really chop down a cherry tree? Is cracking your knuckles bad for you? In this fun and interactive class, we tackle common myths, urban legends, and folk tales. Examine the science, history, and folklore behind popular beliefs and discover what's true, what's false, and what's still up for debate. You'll leave armed with fascinating tidbits to impress friends and family at your next gathering!

THU, Sep 17 | 1-2:30 p.m. | \$18

Instructor: Richard Losciale, Certified Senior Advisor

Location: Five Oaks on Warson

#9072 **The You Quiz: A Guided Exploration Through 50 Questions**

What's the most dangerous thing you've ever done? What's one food you could eat every day? Who's your favorite historical figure? This fun, thought-provoking class invites you to explore fifty questions designed to spark self-reflection and discovery. Whether you come solo or bring a friend, you'll document your answers and uncover insights about yourself—some familiar, some surprising. Expect laughter, introspection, and meaningful conversation.

TUE, Sep 22 | 1-2:30 p.m. | \$10

Instructor: Richard Losciale, Certified Senior Advisor

Location: Oasis -Northwest Plaza



Step into the world of Billy Wilder. Experience the tension, twists, and 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.

#9023 **The Billy Wilder Series: *Ace in the Hole***

Join us at the Hi-Pointe for a special screening of *Ace in the Hole*, Billy Wilder's gripping drama about an ambitious reporter who exploits a trapped miner's plight to revive his fading career, transforming a human tragedy into a media circus where greed, sensationalism, and public fascination drive events toward a devastating conclusion. Cliff Froehlich, retired Executive Director of Cinema St. Louis and former Riverfront Times film critic, will lead a discussion afterward.

THU, Sep 10 | 1-4:15 p.m. | \$18

Instructor: Cliff Froehlich

Location: Hi-Pointe Theatre

#10017 **The Billy Wilder Series: *Some Like It Hot***

Join us at the Hi-Pointe for a special screening of *Some Like It Hot*, Billy Wilder's beloved comedy about two struggling musicians who disguise themselves as women to escape the mob, only to find themselves caught in a whirlwind of romance, mistaken identities, and nonstop hilarity. Cliff Froehlich, retired Executive Director of Cinema St. Louis and former Riverfront Times film critic, will lead a discussion afterward.

THU, Oct 8 | 1-4:15 p.m. | \$18

Instructor: Cliff Froehlich

Location: Hi-Pointe Theatre

#10031 Discover the Golden Years of Radio: 1930–1960

Remember Fibber McGee and Molly, Sherlock Holmes, The Shadow, The Saint, Jack Benny, and Gunsmoke? Enjoy a listening journey as we rediscover these great shows from the Golden Years of Radio (1940–1960). Bring your Android or iPhone and learn how to access free Old-Time Radio shows and curate your own free Imagination Theaters from the comfort of your phone or computer.

TUE, Oct 20 | 1-2:30 p.m. | \$18

Instructor: Richard Losciale, Certified Senior Advisor

Location: Five Oaks on Warson

#10036 The Humor of Abe Lincoln [•R] H

This class explores the life and storytelling legacy of a beloved figure known for sharing joy, humor, and human connection through his stories. Through discussion and a collection of rarely seen photographs and images, participants will gain a deeper appreciation of his warmth, creativity, and enduring influence. The presentation also includes unique, enhanced images that bring new life to memorable moments from his remarkable story.

THU, Oct 22 | 10-11 a.m. | \$18

Instructor: Karl Kindt

Location: Clayton Oasis & Zoom

Sing-Alongs & Stories

#9035 Sing-Alongs & Stories: Country Music Legends of Yesterday & Today

Join Ken Weintraub as he re-introduces us to the greatest in country music from the Great Depression to the present. Hear and experience such legends as Hank Williams, Ray Price, and Charlie Pride, along with current stars such as Reba McEntire and Juice Newton, joined by the queens of country, Dolly Parton and Patsy Cline. These artists will be featured with lyrics to encourage a genuine “country” sing along. So wear your cowboy hat and country boots and join the fun!

TUE, Sep 15 | 2-3:30 p.m. | \$18

Instructor: Ken Weintraub

Location: Clayton Oasis

#10050 The Great American Songbook: Hits That Shaped a Nation [•R] H

Celebrate the timeless tunes of Irving Berlin, Cole Porter, Duke Ellington, and more in this toe-tapping class! Explore the stories behind the songs that defined generations, from jazz standards to Broadway hits. Sing along, share your favorite musical memories, and discover how these songs reflect the heart and soul of America. Whether you’re a longtime fan or discovering these classics for the first time, this musical journey will leave you humming all the way home.

FRI, Oct 23 | 2-3:30 p.m. | \$18

Instructor: Richard Losciale, Certified Senior Advisor

Location: Clayton Oasis & Zoom

Save the Date First Annual Oasis Volunteer Fair

Looking for some meaning and purpose?
Come speak with a wide variety
of staff from local non-profit
organizations and find
a volunteer
opportunity that’s
right for you!

#11500 TUE, Nov 17

1-3 p.m.

Location:

Oasis-Northwest Plaza



#10038 Sing-Alongs & Stories: The Artistry & Career of Tony Bennett

Tony Bennett entertained the world for several generations beginning right after WWII until his passing in 2024. At 98 years old, he was still a master of pop music and modern jazz, singing duets with Lady Gaga. We will be entertained by Tony as he interprets legendary tunes such as “The Very Thought of You,” “The Way You Look Tonight,” and the immortal “I Left My Heart in San Francisco.” Frank Sinatra often said that the greatest singer of the 20th century was—not himself—but Mr. Tony Bennett.

THU, Oct 22 | 2-3:30 p.m. | \$18

Instructor: Ken Weintraub

Location: Clayton Oasis

Behind the Curtain

#9003 Classic Hollywood: Loretta Young

Known for her beauty and grace, this Academy Award winning actress had a long and varied career in film through the late 1940's before moving to a relatively new medium called "Television". Join Mary Saputo for this enjoyable presentation featuring some of her most popular films and a peak into her real-life drama.

TUE, Sep 1 | 10-11:30 a.m. | \$18

Instructor: Mary Saputo

Location: Clayton Oasis

#9005 Alfred Hitchcock: His Films H

Alfred Hitchcock—we know him as “the master of suspense.” There was, however, far more to this slyly entertaining and macabre director’s work. In this class, we’ll look at the reoccurring themes and methods throughout Hitchcock’s great career.

WED, Sep 2 | 10 a.m.-12 p.m. | \$18

Instructor: Jim Tudor

Location: Clayton Oasis & Zoom

#9047 The Greatest Satirical Songs V

Satire is one of the oldest forms of humor, and adding music makes it even more powerful. In early Germanic and Celtic societies, people mocked in song. Join David Misch (“Mork and Mindy,” “The Muppets Take Manhattan,” “Saturday Night Live,” “Funny: The Book”) as he shows how 15 hilarious and pointed satirical songs mock racism, war, sexism, income inequality, and more. Featuring Randy Newman, Weird Al Yankovic, Gilbert & Sullivan, Steve Martin, Chuck Berry, Groucho Marx, “Saturday Night Live,” “South Park,” Key and Peele, Bo Burnham, and Bugs Bunny. As the Crown King of cultural commentary, Tom Lehrer, once said, “If, after hearing my songs, just one human being is inspired to say something nasty to a friend, or perhaps to strike a loved one, it will all have been worthwhile.”

MON, Sep 21 | 2-3:30 p.m. | \$20

Instructor: David Misch

Location: Zoom

#10051 Francis Ford Coppola: His Films H

Outsized in both ambition and box office stature throughout the 1970s, there’s only one Francis Ford Coppola. In this class, we’ll look at the success of his films The Godfather, The Conversation, The Godfather Part II, Apocalypse Now, and on to his subsequent work, and his attempts at spearheading a filmmaker’s utopia.

FRI, Oct 9 | 9:30-11:30 a.m. | \$18

Instructor: Jim Tudor

Location: Clayton Oasis & Zoom

#10043 Ha! Aaah! The Painful Relationship Between Humor & Horror V

From 1920’s “Haunted Spooks” to “Zombieland,” the genre of horror-comedy has never really died. Yet humor and horror seem pretty different; one’s a pie in the face, the other’s an axe in the skull. It’s obvious why watching someone being torn asunder would be horrible, but why is the endless suffering of the Three Stooges funny? Could there be congruences between funny and fear, snickers and screams, gore and gags, slapstick and slaughter? Yes. This multimedia talk proposes—carefully, while remaining alert and well-armed—that the two genres are not mortal enemies. Using examples ranging from Freud & Kant to Abbott & Costello, David Misch explores how horror and humor share a mordant view of our relationship to pain; an obsession with the human body and its multifarious fluids; and a subtext of death and transcendence underlying the eviscerated flesh and vomit gags.

WED, Oct 28 | 2-3:30 p.m. | \$20

Instructor: David Misch

Location: Zoom

Become a Tutor

*Help a Child
Love Learning!*



Join the Oasis Tutoring Program and share your love of reading and/or math with a local K-3 student! **By volunteering one hour a week during the school year, you can make a meaningful difference.**

No teaching experience needed – just your time, heart, and love of learning. Training, materials, and support are provided.

*Training sessions begin in
September! Sign up at
stloasis.org/tutoring or
call (314) 995-9506.*

**Oasis**
Tutoring Math & Literacy

Create: Music, Art & Writing

Music

#9015 Acoustic Folk Music Jam Group

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

TUE, Sep 8–Oct 20 | 11:30 a.m.-12:30 p.m. | \$115 (7 Sessions)

Instructor: Lukas Simpson

Location: First Congregational UCC

New Class!

#9070 Introduction to Guitar

Have you always wanted to learn to play the guitar? This beginner-friendly class introduces the fundamentals of guitar in a relaxed and supportive setting. Participants will learn basic chords, simple strumming techniques, and essential playing skills while building confidence one step at a time. Whether you're picking up a guitar for the first time or refreshing skills from years ago, this class provides a fun introduction to making music. Please bring your guitar.

TUE, Sep 8–Oct 20 | 10-11 a.m. | \$115 (7 Sessions)

Instructor: Lukas Simpson

Location: First Congregational UCC

#9045 Jazz Ensemble

Unleash your musical potential with the guidance of two accomplished classical and jazz maestros who will lead this dynamic ensemble. Dive into the realm of improvisation, where you'll not only play traditional pieces but also delve into the vibrant world of contemporary compositions. We're on the lookout for new members to join this innovative musical journey, offering a space where your creativity can flourish. Embrace the chance to showcase your newfound skills with exciting public performance opportunities that await you! Come, be part of this enriching experience where classical and jazz collide, and musical exploration knows no bounds.

WED, Sep 9–Dec 16

10:30 a.m.-12:30 p.m. | \$150 (15 sessions)

Instructor: Gene Rauscher

Location: First Congregational UCC

#9030 Concert Band

Join a vibrant community of intermediate to advanced musicians as you refine your musical skills and collaboratively create beautiful, harmonious compositions. This class not only offers a platform for personal growth but also provides exciting opportunities for public performances, allowing you to showcase your newfound talents and connect with audiences. Immerse yourself in the joy of making music while advancing your proficiency in a dynamic and supportive ensemble setting.

MON, Sep 14–Dec 14 | 10 a.m.-12 p.m. | \$140 (14 Sessions)

Instructor: Gene Rauscher

Location: First Congregational UCC

New Class!

#9064 Oasis Rock Band

Experience the excitement of making music as part of a rock band! Led by performing bassist Richard Losciale, this class introduces the fundamentals of playing and performing in a group, including rhythm, teamwork, listening, and musical communication. Participants will work together on classic rock songs while building confidence and enjoying the shared experience of creating music. Whether you're new to playing with others or looking to sharpen your ensemble skills, this class offers a fun and supportive environment to do so!

MON, Sep 14–Oct 26 | 1-2:30 p.m. | \$135 (7 sessions)

Instructor: Richard Losciale

Location: First Congregational UCC

#10062 Classical/Somatic Guitar

Discover the joy of playing classical guitar in a relaxed, supportive group setting. Participants will learn beginning techniques, including melodies, chords, rhythm patterns, simple improvisation, and basic songs. The class also incorporates mindfulness and somatic awareness practices to promote focus, confidence, and enjoyable learning. No experience is necessary. Classical guitars are provided at no cost by St. Louis Classical Guitar, or participants may bring their own classical (nylon-string) guitar.

THU, Sep 10–Oct 22 | 10-11:30am | \$135 (7 sessions)

Instructor: Dan Rubright

Location: First Congregational UCC



#10061 Oasis Concert Series

Ever wonder what our bands get up to during a catalog cycle? Come join us and listen to the delightful tunes some of our bands have to offer! Sit back, relax, and enjoy a morning of music!

THU, Oct 29 | 10-11:30 a.m. | \$18

Instructor: Oasis Bands

Location: First Congregational UCC

Art

#9056 Beginners Watercolor: Dog on Hillside

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 dog on hillside painting to take home. All supplies are provided. Come explore your creativity in a welcoming, stress-free environment!

TUE, Sep 29 | 10-11:30 a.m. | \$25

Instructor: Ann Flory

Location: Clayton Oasis

#10044 Beginners Watercolor: Pumpkin in Witch's Hat

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 “Pumpkin in Witch’s Hat” painting to take home. All supplies are provided. Come explore your creativity in a welcoming, stress-free environment!

THU, Oct 29 | 10-11:30 a.m. | \$25

Instructor: Ann Flory

Location: Clayton Oasis

Looking to make your home feel more festive this year or simply just want to jump into the holiday spirit? Check out our ‘Tis the Season classes on page 36!

#10057 Bonsai: A Patient Art

This beginner-friendly class introduces the history and practice of bonsai. Learn about techniques, tools, and materials needed to shape and care for miniature trees. A great starting point for anyone curious about this ancient art form.

FRI, Oct 30 | 12-1 p.m. | \$18

Instructor: Sean McCaffrey

Location: Clayton Oasis

Writing & Literature

#9018 Trippingly on the Tongue

This text-loving workshop uses the actor’s perspective to unlock the genius within Shakespeare’s most iconic plays! By diving deeply into the world of poetic meter and rhythmic devices, readers discover how iambic pentameter acts as the “heartbeat” of a character—guiding the actor’s vocal, physical, and emotional choices! Featuring authentic Shakespearean cue scripts, poetry packets, and whimsical costumes, students lay their fingers directly to the pulse of Shakespeare’s work!

WED, Sep 9 | 10-11:30 a.m. | \$18

Instructor: Hannah Baartman

Location: Clayton Oasis

#9059 Writing In Our Later Years: The Experience of Two Local Authors

Join Julie Berman and Libby Reimers as they share their passion for writing. Julie independently published her first novel in 2025 at the age of 63. *Elsie’s New Season* is a sweet, later-in-life romance set in a senior living community in St. Louis. Julie will share why she started writing in her retirement years, how she found a writing community, and why she decided to self-publish. Libby has been journaling for decades and has written her memories using the Storyworth online program. She will share ideas and resources to help you get started writing your own memoirs.

FRI, Sep 18 | 2-3:30 p.m. | \$18

Instructor: Julie Berman & Libby Reimers

Location: Clayton Oasis

Creative Writing

Join creative writing coach and editor Kim Lozano in this writing workshop that introduces the basics of writing fiction, memoir, personal essay, and poetry. We'll share our work for kind feedback and also discuss the craft of writing. All writing (and some reading) will be done outside of class. Kim offers resources for writers at kimlozano.com.

#10007 TUE, Oct 6–Dec 15

10 a.m.-12 p.m. | \$145 (6 Sessions)

Instructor: Kim Lozano

Location: Clayton Oasis

#10010 TUE, Oct 6–Dec 15

1-3 p.m. | \$145 (6 Sessions)

Instructor: Kim Lozano

Location: Clayton Oasis



Discussion Groups

#9031 Women's Roundtable

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

MON, Sep 14–Dec 7 | 10:30 a.m.-12:30 p.m. | \$56 (7 Sessions)

Instructor: Linda Locke

Location: Clayton Oasis

#9032 Men's Roundtable

Let's talk! Join Jack & Clif to discuss world issues, politics, and current events. Meets every other week.

MON, Sep 14–Dec 7 | 1:30-3:30 p.m. | \$56 (7 Sessions)

Instructor: Jack Cancila & Clif Mahin

Location: Clayton Oasis

#9055 Questioning History

Too often, history is taught as a list of dates and facts with little room for curiosity. "Questioning History" takes a different approach, using big, open-ended questions to spark discussion and debate. By exploring historical context from multiple perspectives, you'll discover new ways to think about the past. This class emphasizes active engagement, helping you see history as a dynamic, relevant field full of energy and meaning.

FRI, Sep 25–Oct 23 | 12-1:30 p.m. | \$45 (3 Sessions)

Instructor: Joe Regenbogen

Location: Clayton Oasis

#9046 Great Books Club

Here's your chance to discuss the classic we all have wanted to read but haven't yet. Plato's "The Republic" has shaped Western civilization for more than 2,400 years and is often considered the most influential book of Western philosophy and civilization. Plato has created a fresh, easy-to-read but profound classic of ideas that discusses, in the form of everyday conversations, the following and more:

- Justice and its importance
- Ideal state and its decline
- Human nature
- "Allegory of the cave" exposing the journey from ignorance to knowledge
- Education and virtue
- Role of women
- Individual happiness and the good life
- Aging and the immortality of the soul

Plato raises questions of profound importance to our lives that remain as fresh today and not fully answered as they have for the last 24 centuries. We will have a conversation about one chapter per week for ten weeks. The true beauty of *The Republic* is that it "prompts us to reflect on our own times and lives." Please join us on this epic conversation and journey.

MON, Sep 21–Dec 14 | 2-3:30 p.m. | \$88 (8 Sessions)

Instructor: Mick Weltman

Location: Clayton Oasis

#10060 We're In It to Win It

Three years after Russia's full-scale invasion of Ukraine, this course examines the conflict through the lenses of history, culture, and international affairs. We will explore Ukraine's distinct cultural identity, the reasons the United States and European nations have supported Ukraine, and the broader implications of the war for democracy and the international rules-based order. Drawing on the work of historians and policy experts, the course encourages thoughtful discussion of current events and participant-selected articles.

TUE, Oct 20-Nov 3 | 12-1:30 p.m. | \$54 (3 sessions)

Instructor: Ellen Mocerì

Location: Clayton Oasis

History

Art History

#9029 Leonardo & the Mona Lisa: The Making of a Masterpiece **H**

Have you wondered how the Mona Lisa portrait became the world's most famous artwork? Dee's lecture tells the incredible story behind the creation of the painting, its unparalleled rise to fame, and how its far-reaching innovations reflect Leonardo's unique genius. It's a fascinating and informative story full of surprises!

FRI, Sep 11 | 2-3:30 p.m. | \$18

Instructor: Dee Kilgo, Ph.D

Location: Clayton Oasis & Zoom

#9042 Picturing Independence **[•R]** **H**

Based on the exhibition at the Saint Louis Art Museum, this class will cover the artists whose work embodied the spirit of the American Revolution and the New Republic. Artists will include Paul Revere and Benjamin West, as well as more contemporary examinations for the theme!

FRI, Sep 18 | 2-3:30 p.m. | \$18

Instructor: Kathy Walsh-Piper, M.A., Art Museum Educator

Location: Clayton Oasis & Zoom

Love Learning with Oasis?

Consider making a donation during registration! Your support helps sustain the programs and experiences that make Oasis a vibrant community for lifelong learning.



#9740 Grand Champions Training

Ready to make a difference that lasts a lifetime? Become a Grand Champions 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.

THU, Sep 10 | 9:30 a.m.–2:30 p.m. | FREE

Instructor: Stephanie McCreary

Location: Oasis–Northwest Plaza



#9043 The Ancient Greeks: Architecture, Sculpture, Ceramics, & More! **[•R]** **H**

Explore the remarkable artistic achievements of ancient Greece through its architecture, sculpture, and ceramics. This class examines the design and history of iconic Greek structures, the evolution of sculpture from early forms to classical masterpieces, and the many styles and functions of ceramic vessels. Participants will gain insight into how Greek art reflected religion, daily life, and cultural values, while shaping artistic traditions that continue to influence the world today.

MON, Sep 21 | 10-11:30 a.m. | \$18

Instructor: Michael Faris, PhD

Location: Clayton Oasis & Zoom

#10005 Gustave Courbet: Realism & the Origins of Modernism **H**

French artist Gustave Courbet (1819-1877) didn't just paint pictures—he picked fights with tradition and changed the course of art. Join Dee as she explores how Courbet, taunted as “the apostle of ugliness,” became the leader of the Realist art movement in the 1850s. You'll meet Courbet the provocateur: outspoken, arrogant, and fond of scandal, whose paintings sparked outrage and hot debate. His images that were once hidden for their blatant eroticism are still shocking today.

FRI, Oct 2 | 12-1:30 p.m. | \$18

Instructor: Dee Kilgo, Ph.D

Location: Clayton Oasis & Zoom

#10029 Woman Impressionists & the Landscape [R] H

Women artists gained increased freedom in the late 19th century but still faced limitations. Explore how artists such as Rosa Bonheur, Berthe Morisot, and Mary Cassatt contributed to Impressionism and pushed artistic boundaries.

FRI, Oct 16 | 2-3:30 p.m. | \$18

Instructor: Kathy Walsh-Piper, M.A., Art Museum Educator
Location: Clayton Oasis & Zoom

#10030 The Ancient Romans: The Artwork of Conquest [R] H

Explore the artistic achievements of ancient Rome, including architecture, sculpture, frescoes, and mosaics. Discover how Roman art reflected power, daily life, and cultural values while influencing Western traditions.

MON, Oct 19 | 10-11:30 a.m. | \$18

Instructor: Michael Faris, PhD
Location: Clayton Oasis & Zoom

#10042 Art, National Socialism, & the Degenerate Art Show [R] H

As the Nazi Party consolidated power in the 1930s, control of culture and the arts became a priority. This class examines the “Degenerate Art” exhibitions and how artists were labeled and targeted. Explore works now displayed in museums, including the Saint Louis Art Museum.

TUE, Oct 27 | 2-3:30 p.m. | \$18

Instructor: Dan Reich
Location: Clayton Oasis & Zoom



American History

#9016 America's 250th! Explore Colonial Williamsburg at 100 [R] H

Come celebrate America's 250th and explore 100 years of Colonial Williamsburg's 18th-century Virginia culture through immersive experiences at the renowned living history museum. Engage in hands-on lessons using artifacts, documents, and journals. Step into history and bring the past to life through this dynamic educational journey.

TUE, Sep 8 | 1-2:30 p.m. | \$10

Instructor: Ted Green, Professor Emeritus
Location: Oasis-Northwest Plaza & Zoom

#10001 ISHI: The Last Yahi Indian H

After a brief introduction, this class features a documentary telling the true and poignant story of Ishi, an American Indian who emerged from the California hills in 1911, starving and alone after the destruction of his family and tribe. Initially jailed, he later came under the care of anthropologists who sought to understand his story. The film will be followed by an update and discussion of this important chapter in American history.

THU, Oct 1 | 10-11:30 a.m. | \$18

Instructor: Carol Diaz-Granados, PhD, RPA
Location: Clayton Oasis & Zoom

#10021 The Civil Rights Act of 1964: Origins, Accomplishments, Challenges [R] H

Explore the history and lasting impact of the Civil Rights Act of 1964, one of the most significant pieces of legislation in American history. This class examines the events and individuals that led to its passage, the protections it established, and the challenges of implementing and enforcing the law. Participants will gain a deeper understanding of its enduring influence on civil rights and American society.

FRI, Oct 9 | 1-2 p.m. | \$10

Instructor: Dr. Andrew Theising, Emeritus Professor of Political Science, SIUE
Location: Oasis-Northwest Plaza & Zoom

#10022 The Pleasures of New Orleans H

The city of New Orleans has a distinctive culture that sets it apart from the rest of the country: cuisine, celebrations, music, architecture, and religion. This culture draws many visitors. Join Doug Schneider as he presents an overview of what makes New Orleans unique. St. Louis was founded by people from New Orleans, and we returned the favor: a St. Louisan turned New Orleans into a deep-water port.

TUE, Oct 13 | 10-11:30 a.m. | \$18

Instructor: Douglas Schneider
Location: Clayton Oasis & Zoom

Check out
page 25
for more
Armchair
Travel!

#10034 **The Civil War & The Battle to Rebuild America**

In this lecture, we trace a nation torn apart by the Civil War—and the even greater challenge of stitching itself back together. We explore the war's fierce collision of armies and ideals, then move into its tense aftermath, when battlefield victory gave way to bitter struggles in Congress, across the South, and in the daily lives of millions. It's the story of freedom won but never secure, of newly freed African Americans fighting for rights and dignity, and of fierce resistance determined to stop them.

WED, Oct 21 | 10:30 a.m.-12 p.m. | \$18

Instructor: Prof. John Rossi

Location: Zoom

Seniors Count: Meeting the Needs of an Aging Community

As the population of older adults continues to grow in St. Louis County, so does the need for services that support healthy, independent living. Discover the Seniors Count initiative and learn about a proposed Senior Citizens Services Fund that could help expand transportation, home maintenance assistance, emergency response services, healthcare support, and more. Join the conversation about the opportunities and challenges facing older adults in our community.

#9068 MON, Sep 21 | 12-1 p.m. | FREE

Instructor: Bridget Gittemeier

Location: Oasis-Northwest Plaza

#10046 MON, Oct 5 | 12-1 p.m. | FREE

Instructor: Bridget Gittemeier

Location: Clayton Oasis

Local History

#9012 City-County Separation: Why It Happened & What We Should Do

In 1876, St. Louis City separated from St. Louis County. There were some good (and not so good) reasons for that. Today, there is talk about bringing the two back together. There are some good (and not so good) reasons for that. Dr. Theising will explain all the choices that may face voters in the coming years!

FRI, Sep 4 | 1-2 p.m. | \$10

Instructor: Dr. Andrew Theising, Emeritus Professor of Political Science, SIUE

Location: Oasis-Northwest Plaza & Zoom

#9062 What Ever Happened to St. Louis' Lost, Forgotten & Reimagined Eateries?

Hungry for stories about St. Louis restaurants that were, and those with legendary pasts? Your hunger will be satisfied with this joyful look at St. Louis eateries with unique history that have made us a culinary destination. A recipe or two will be demonstrated.

TUE, Sep 8 | 12-1:30 p.m. | \$18

Instructor: Suzanne Corbett

Location: Clayton Oasis

#9048 Lost St. Louis: Our Vanished Past

Join Johnny Rabbitt of KMOX for a nostalgic journey into St. Louis' past. Explore the vanished landmarks of Vandeventer Place and other historic streets, reminisce about downtown shopping at the city's three iconic department stores, and recall the heyday of the Admiral and other riverboats. Learn about the vibrant scenes at Gaslight Square, the bustling Union Station when it was still a train hub, and the theaters, schools, churches, cars, streetcars, and businesses that once thrived but are now gone. This program will also highlight beloved restaurants from St. Louis' history. It's an event sure to spark memories and celebrate a bygone era.

TUE, Sep 22 | 10-11:30 a.m. | \$18

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom

#9052 Anthropology at the 1904 St. Louis Fair

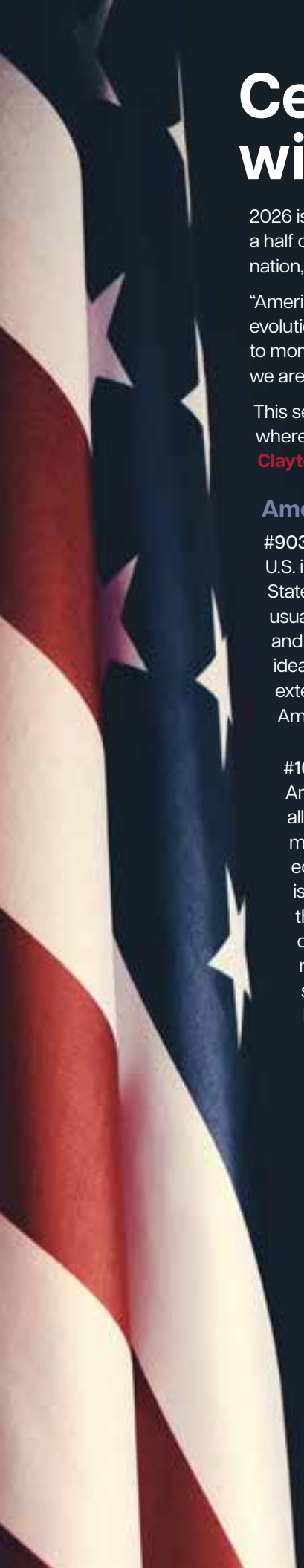
Take a look at the fascinating cultures brought from distant lands to St. Louis in 1904 for the enlightenment of fairgoers. While several of the groups from around the world caught the fancy of fairgoers, the public attitudes toward (and treatment of) some of these visiting groups were less than appropriate. Join Dr. Diaz-Granados as she reviews a selection of the most talked-about foreign exhibits and discusses why the anthropology lessons taught at the 1904 World's Fair—although reflecting those times—are ones that should not be repeated!

WED, Sep 23 | 10-11:30 a.m. | \$18

Instructor: Carol Diaz-Granados, PhD, RPA

Location: Clayton Oasis & Zoom





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 10-12pm at Clayton Oasis or on Zoom for \$20 per class.**

America in the World

#9033 America250: American Imperialism [•R] H

U.S. imperialism refers to the expansion of the political, economic, military, and cultural influence of the United States beyond its borders. While the country expanded across North America during the 1800s, "imperialism" usually refers to the late 19th and early 20th centuries when the United States acquired overseas territories and increased its influence abroad. During the 1800s, many Americans believed in Manifest Destiny – the idea that the United States was destined to expand across the continent. By the late 1800s, imperialism extended to overseas expansion: Spanish-American War, annexation of Hawaii, intervention in Latin American countries, expanded influence in Asia. **TUE, Sep 15**

#10008 America250: Isolationism to Global War [•R] H

American isolationism was the foreign policy idea that the United States should avoid permanent alliances, political conflicts, and wars involving other nations—especially in Europe. Isolationism did not mean complete separation from the world; the United States still traded internationally and expanded economically. Instead, it meant avoiding deep political and military involvement overseas. The roots of isolationism began with George Washington in his Farewell Address and remained the policy of the US throughout the 19th century. Although the United States entered World War I in 1917, many Americans objected to our involvement. The U.S. Senate refused to join the League of Nations, a decision that reflected a return to isolationist thinking. The Japanese attack on Pearl Harbor ended major isolationist sentiment. The United States entered World War II and afterward became a leading global superpower. During most of the 20th and 21st centuries, the US has been continuously at war. **TUE, Oct 6**

#10040 America250: Global Leadership [•R] H

The rise of the United States as a global leader developed gradually over more than two centuries. From a small republic after independence, the United States became one of the world's most powerful nations economically, militarily, politically, and culturally. After the Civil War, rapid industrial growth helped the US emerge as a major economic power. By the late 1800s, the US expanded overseas. WWII transformed the US into a true global superpower due to a large military, nuclear weapons, and international alliances. After WWII, the United States and the Soviet Union competed for global influence during the Cold War. The collapse of the Soviet Union left the United States as the world's only superpower characterized by dominant military strength, global trade influence, expansion of democratic ideals, and leadership in international institutions. US global leadership has not been only military but includes economic and cultural influence. **TUE, Oct 27**

Save the Date for Upcoming Classes (registration open in upcoming catalog)

Legacy

Not Our Better Selves | Nov 17

Our Better Selves | Dec 8

Forum Discussion | Dec 15

#10018 Missouri Legacy of Inventions [•R] H

Join us and learn about key inventions created by Missourians, the innovators behind them, and the influence they have had on everyday life. Through stories of creativity and problem solving, participants will explore how these contributions shaped both state and national history. By the end of the session, participants will gain a clearer appreciation of Missouri's inventive spirit and the lasting impact of its homegrown innovations.

THU, Oct 8 | 1-2:30 p.m. | \$10

Instructor: Richard Losciale, Certified Senior Advisor

Location: Oasis-Northwest Plaza & Zoom

#10032 Ghosts, Haunted & Strange St. Louis [•R] H

Do you believe in haunted places and the paranormal? Hear stories such as the full real-life tale of our famed exorcism, a haunted former police station in the Central West End, 'real' haunted houses and businesses, Pearl Curran and her Ouija board, Soulard's strangest house, how to contact spirits, the Lemp and Bissell mansions, 4 haunted theaters, the ghost of a Cardinal manager, mediums and séances.

TUE, Oct 20 | 10-11:30 a.m. | \$18

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom

Religious History



#10024 The Gospel of John [•R] H

The Gospel of John differs from the other three canonical Gospels in several ways. It focuses less on the Reign of God and more on the identity of Jesus. It includes no parables and fewer miracle stories, and presents Jesus as being in control of his own passion and death. In this three-part series, we will examine this fascinating Gospel in depth.

WED, Oct 14–28 | 10-11:30 a.m. | \$54 (3 Sessions)

Instructor: Mark Etling

Location: Clayton Oasis & Zoom

World History

#9036 How Do We Measure Time? H

How do you measure time? How did the ancients measure time? Without clocks or watches, they used the sky and various celestial phenomena. Over time, they invented devices to track hours in a day and became remarkably skilled at it. Learn about many of the ways early people used the sky along with primitive and innovative tools to measure time.

WED, Sep 16 | 10-11:30 a.m. | \$18

Instructor: Carol Diaz-Granados, PhD, RPA

Location: Clayton Oasis & Zoom

#9037 Europe Between the Wars 1919–1939 [•R] H

Between the end of World War I and the beginning of World War II, Europe experienced significant political and cultural transformation. New nations emerged alongside new forms of cultural expression. Join us as we explore how a new world arose from the ashes of the old and examine whether these years directly shaped the conflicts that followed.

THU, Sep 17 | 10-11:30 a.m. | \$18

Instructor: Samuel F. Harned

Location: Clayton Oasis & Zoom

#10011 Resistance & Rescue During the Holocaust [•R] H

Join us for this two-part class focusing on Jews defending themselves and the "righteous among the nations" who rescued them, often at great personal risk. Rather than being led "like sheep to the slaughter," responses ranged from armed resistance to spiritual and cultural resilience. Learn about both well-known and lesser-known individuals who risked everything to save lives.

TUE, Oct 6–13 | 2-3:30 p.m. | \$36 (2 Sessions)

Instructor: Dan Reich

Location: Clayton Oasis & Zoom

#10012 Père Lachaise Cemetery: The Most Visited Cemetery in the World 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 features some of the most unique and fascinating tombstones anywhere. Join us for an engaging armchair tour of this captivating Parisian site.

WED, Oct 7 | 10-11:30 a.m. | \$18

Instructor: Carol Diaz-Granados, PhD, RPA

Location: Clayton Oasis & Zoom

Before Bletchley: The Polish Mathematicians Who Broke Enigma

Discover the little-known story of the Polish mathematicians who cracked the German Enigma cipher years before World War II. Come learn how Marian Rejewski, Jerzy Różycki, and Henryk Zygalski used mathematics and ingenuity to achieve a breakthrough that helped make later Allied codebreaking successes possible. Their work laid the foundation for the achievements of Bletchley Park and ultimately contributed to the Allied victory!

#9058 WED, Sep 30 | 10-11:30 a.m. | \$18

Instructor: Parks Smith

Location: Clayton Oasis

#10013 V **WED, Oct 7** | 10-11:30 a.m. | \$18

Instructor: Parks Smith

Location: Zoom

#10025 The Mexican War: A Collision of Two Manifest Destinies V

The Mexican War was a collision of two Manifest Destinies—one rising, one faltering. The war reshaped sovereignty and marked America's emergence as a continental power. Explore how historical realities differ from modern assumptions about borders and expansion.

WED, Oct 14 | 1-2 p.m. | \$18

Instructor: Kevin Fernlund

Location: Zoom

#10026 Five Revolutions That Created Modern Europe [•R] H

From 1648 through 1815, revolutions—including the Scientific, Industrial, American, French, and Romantic—transformed Europe economically, politically, and culturally. This class examines how these shifts reshaped the course of history.

THU, Oct 15 | 10-11:30 a.m. | \$18

Instructor: Samuel F. Harned

Location: Clayton Oasis & Zoom

#10045 Sparta [•R] H

Sparta has become synonymous with military excellence and a lifestyle rejecting luxury and artistic expression. Who were the Spartans, and why did they choose this path? Explore why they were admired—and feared—throughout history.

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

Instructor: Samuel F. Harned

Location: Clayton Oasis & Zoom



Flying by the Seat of My Pants

#9021 Florence Unleashed: Where the Renaissance Was Born V

Step into Florence at the height of its power, a city where booming banks and a thriving textile empire fueled an explosion of creativity. The Medici turned wealth into genius, launching artists like Leonardo, Michelangelo, Raphael, and Botticelli, who reinvented art and reshaped the world. Explore how Florence's rare mix of money, patronage, and curiosity made it the epicenter of the Renaissance—where ideas ignited and history changed.

WED, Sep 9 | 10:30 a.m.-12 p.m. | \$18

Instructor: Prof. John Rossi

Location: Zoom

#9053 Life at the Top of the World: Norway & the Northernmost City on Earth V

Travel to the far edge of Norway, where the Arctic begins and the world feels newly made. This lecture takes you to Longyearbyen, the northernmost city on Earth—a land of polar bears, endless night, endless daylight, and raw, untamed beauty. Discover how miners, scientists, and families survive and thrive in one of the planet's most extreme environments. It's a vivid look at life at the very top of the world. Journey deep into the Arctic as we explore Norway, a land of towering fjords, midnight sun, and ancient Viking coastlines!

WED, Sep 23 | 10:30 a.m.-12 p.m. | \$18

Instructor: Prof. John Rossi

Location: Zoom

#10014 Bermuda: The Island That Shaped America & Spawned the Triangle

Bermuda is far more than a postcard paradise! It's a tiny island that quietly shaped the destiny of early America. In 1775, gunpowder was famously stolen from Bermuda's magazine with local help and rushed to Washington's desperate army—a covert act that helped keep the Revolution alive. Yet just beyond those pink-sand shores lies a darker legend: a stretch of ocean where ships vanished, compasses spun wild, and the Bermuda Triangle was born.

WED, Oct 7 | 10:30 a.m.-12 p.m. | \$18

Instructor: Prof. John Rossi

Location: Zoom



#10047 Armchair Traveler's Guide to Norwich: England's Medieval Jewel

Norwich, England, is an ancient city full of secrets. Join Armchair Travelers in a ramble through narrow cobblestone streets to marvel at medieval architecture, explore a royal palace built by William the Conqueror, and glide through the nearby Norfolk Broads on a rented boat. Armchair Travelers will spend an hour exploring some of the secrets of this ancient city—come find out what superstar once danced into Norwich from London to great public acclaim and hear about other colorful Norwich figures who helped build this bustling cathedral town. Go home with a list of helpful links to guide them in their travels—on foot or virtually!

FRI, Oct 16 | 12:30-1:30 p.m. | \$18

Instructor: Katy Gordon

Location: Clayton Oasis & Zoom

Take With
#10048 for
ONLY \$32!

#10048 Armchair Traveler's Guide to the Isle of Wight

The Isle of Wight, just off the coast of mainland England and known as the “Sunniest Place in the UK,” is a traveler's dream, offering quiet beaches, verdant gardens, a vibrant annual music festival, and rich history. Armchair Travelers will enjoy a guided tour through some of the island's most fascinating historical sites, discovering the people (and creatures) who have called it home: dinosaurs, Romans, Jutes, Vikings, and more. Travelers will take home a list of helpful links to guide their journeys—on foot or virtually!

FRI, Oct 16 | 2-3 p.m. | \$18

Instructor: Katy Gordon

Location: Clayton Oasis & Zoom

Take With
#10047 for
ONLY \$32!

Your Generosity Powers Oasis Programs!

**Did you know that Oasis is a nonprofit organization?
There are many ways to give back that can also benefit you!**

- **Required Minimum Distribution (RMD)** – If you're age 70½ or older, you may be able to make a Qualified Charitable Distribution (QCD) directly from your IRA, potentially reducing taxable income.
- **Federal Tax Deduction** - New in 2026! Recent tax law changes may allow taxpayers who claim the standard deduction to lower their taxable income through charitable giving—up to \$1,000 for single filers and \$2,000 for couples filing jointly.
- **Missouri Tax Credits Available** – Eligible donors may receive Missouri tax credits that can significantly reduce state tax liability.
- **Create a Legacy of Impact** – Planned gifts, stock gifts, and other charitable giving strategies can help maximize your philanthropic goals.

Questions or want to make a gift?

Contact Sean McCaffrey at 314-687-1121 or smccaffrey@oasisnet.org.

Language

Speak Italian With Andrea

Originally from Salerno, Italy – near the Amalfi Coast – Andrea Spadafora brings a lively, immersive, and deeply human approach to teaching Italian language and culture. Andrea is a professional Italian/English interpreter working in legal, medical, court, and community settings throughout Missouri. He is also a yoga instructor, wellness educator, Licensed Massage Therapist in Missouri, nationally Board Certified in Therapeutic Massage & Bodywork (BCTMB), and owner of Yogaphora LLC in Brentwood, Missouri.

With a background that bridges language, movement, communication, culture, and education, Andrea's classes are designed to be interactive, engaging, conversational, and welcoming for learners of all levels. His teaching style emphasizes storytelling, cultural immersion, emotional connection, and what he often refers to as "learning through play," inspired by the Latin expression *ludendo docere*.

"I'm really looking forward to meeting the Oasis community," Andrea shared. "I love creating environments where people can learn in a relaxed, engaging, and enjoyable way."

In addition to teaching Italian, Andrea has over two decades of experience in therapeutic massage, movement education, and wellness-based communication.

#9050 All About Italian Pizza!

Explore Italian language and culture through one of Italy's most beloved traditions: pizza. Learn vocabulary, pronunciation, and cultural insights while discovering regional traditions from Naples, Rome, and Sicily. No prior experience required.

TUE, Sep 22 | 12-1:30 p.m. | \$18

Location: Clayton Oasis

#10023 The Hill: Then & Now

Explore Italian language and culture through the history and traditions of The Hill, St. Louis' iconic Italian-American neighborhood. Build language skills while learning about the people, places, and traditions that shaped the community.

TUE, Oct 13 | 12-1:30 p.m. | \$18

Location: Clayton Oasis

Check Out
Our Trip to Italy
on Page 35!



Strategy Games

Learn to Play Mah Jongg

Learn to play Mah Jongg in this beginner-friendly course led by expert instructor Phyllis Siegel.

#9006 THU, Sep 3–24

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

Instructor: Phyllis B. Siegel

Location: Clayton Oasis

#10000 THU, Oct 1–Oct 22

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

Instructor: Phyllis B. Siegel

Location: Clayton Oasis

Practice & Play: Bridge and/or Mah Jongg

Improve your Bridge and/or Mah Jongg skills in a supervised setting. Bring friends or meet new people while practicing your game. Participants must already know how to play.

#9009 THU, Sep 3–24

12-2 p.m. | \$65 (4 Sessions)

Instructor: Phyllis B. Siegel

Location: Clayton Oasis

#10003 THU, Oct 1–22

12-2 p.m. | \$65 (4 Sessions)

Instructor: Phyllis B. Siegel

Location: Clayton Oasis

#9025 Chess for Beginners

Learn the fundamentals of chess in a step-by-step format. This course builds strategy while promoting cognitive health and social connection.

TUE, Sep 8–Oct 27 | 2-3:30 p.m. | \$25 (8 Sessions)

Instructor: Eric Payne

Location: Oasis-Northwest Plaza

#9017 Chess for Intermediates

Build on your existing chess knowledge with deeper strategies, tactics, and game analysis. Strengthen pattern recognition and decision-making skills.

THU, Sep 3–Oct 29 *No Class 9/24

2-3:30 p.m. | \$25 (8 Sessions)

Instructor: Eric Payne

Location: Oasis-Northwest Plaza

Take It From Me

#9007 Speechcraft

This interactive class explores techniques for enhancing presentations and strengthening social interactions. Participants will learn practical communication skills, observe effective strategies in action, and practice in a supportive environment. Beyond improving speaking and interpersonal abilities, the class encourages meaningful engagement and discussion.

THU, Sep 3–24 | 10-11:30 a.m. | \$60 (4 Sessions)

Instructor: Henry Greene, DTM (Distinguished Toastmaster)

Location: Clayton Oasis

#9010 Continuing Care Retirement Community**(CCRC): The Right Retirement Strategy for You [•R] H**

Is a Continuing Care Retirement Community (CCRC) the right retirement strategy for you? Retirement today offers more living options than ever before, from aging in place at home to 55+ communities, rental senior living, and CCRCs. This class explores CCRCs as both a financial and lifestyle decision impacting independence, healthcare planning, estate goals, and long-term security.

THU, Sep 3 | 12-1:30 p.m. | \$18

Instructor: Richard Losciale, Certified Senior Advisor

Location: Clayton Oasis & Zoom

#9028 Railroad Revamp: Details & Tools for Your Layout

You've built your layout—track, ballast, buildings, and scenery—but something is missing: details. Learn how to enhance your model with elements like fire hydrants, signage, and more. We'll also review practical tools that make model railroading more enjoyable and affordable.

FRI, Sep 11 | 1-2:30 p.m. | \$18

Instructor: Dave Wehner

Location: Five Oaks on Warson

Register on your own device!

Have you always registered for classes by calling in but are looking to learn how to register on your own device? Come into the **Center of Clayton on any of the following Mondays between 9am-12pm**, and staff will be on hand to help walk you through the registration process:

September 14 | September 28 | October 12 | October 26

Designed for participants who have not yet ordered online by themselves, *we'll even take 20% off of your total order!

Get 20%
off Your
First Online
Order!*

#9063 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.

MON, Sep 14 | 1-2:30 p.m. | FREE

Instructor: Chet Cain

Location: Oasis-Northwest Plaza

#9038 Essentials of Estate Planning: Protect Your Family [•R] V

This practical class helps you organize your estate plan and make informed decisions. Topics include wills vs. trusts, funding trusts, roles of fiduciaries, powers of attorney, advance directives, HIPAA authorizations, and strategies for planning and organization.

THU, Sep 17 | 11:30 a.m.-12:30 p.m. | \$18

Instructor: Peter Wolynski, CPA, CFP

Location: Zoom

#9041 3D Printing: Bringing Manufacturing to Your Workbench

Learn how 3D printing can help you create custom details for your projects. We'll review different printing methods, where to find files, and how to get started. By the end, you'll feel confident exploring 3D printing for your hobby.

FRI, Sep 18 | 1-2:30 p.m. | \$18

Instructor: Dave Wehner

Location: Five Oaks on Warson

#9069 Affording the Costs of Long-Term Care

For most Americans, the need for long-term care at some point is a probability, not a possibility. As the cost of care continues to increase, a proactive approach to aging is more important than ever. If you are looking into care for a loved one or if long-term care costs are in your own future, this class is for you. The presentation will discuss the five ways to plan and pay for long-term care and which of those ways might be right for you. Discussion will cover eligibility requirements for government benefits (Medicaid and Veterans Aid & Attendance) and what you can do now to prepare before care is needed emergently.

TUE, Sep 22 | 10-11:30 a.m. | \$10

Instructor: Amanda Wilson

Location: Amen, Gantner & Capriano

#9054 Analyzing & Identifying 19th-Century Photographs [•R] H

Many historic photos lack identification or context. Historian Nick Sacco will explore the history of commercial photography from 1840–1900 and provide tools for analyzing and dating images. Participants are encouraged to bring photos for discussion.

FRI, Sep 25 | 10-11:30 a.m. | \$18

Instructor: Nick Sacco

Location: Clayton Oasis & Zoom



#10056 Getting Real About Real Estate H

The real estate market is constantly evolving—get the insights you need to stay ahead. Discover how to sell for top dollar in any condition, why upkeep boosts value, your four home sale options, how homes are priced, what to ask agents you are considering hiring, how commissions work, and more - so you (or your heirs) can make confident, informed decisions at every step of the home selling journey with clarity, strategy, and results that truly maximize your return.

THU, Oct 1 | 12-1:30 p.m. | \$10

Instructor: Ted Gottlieb, MBA, CRS

Location: Clayton Oasis & Zoom

#10053 Financial Planning for Women: Preparing for a Longer Future H

Women often outlive their male partners and face unique financial challenges throughout retirement. Join us for this educational discussion designed to help women feel more confident, informed, and in control of their financial future. We will break down common financial barriers, simplify complex topics, and explore retirement income, Social Security, healthcare costs, investing, and estate planning. Leave with practical knowledge, greater peace of mind, and the confidence to make informed financial decisions for years to come!

FRI, Oct 2 | 10-11 a.m. | \$18

Instructor: Stacy Flanagan, CFP, CSA

Location: Clayton Oasis & Zoom

#10020 The Cost of Senior Living

This class supplements “Considering Senior Living?” by exploring costs and financial planning scenarios. Learn about different types of senior living, comparisons to staying at home, and strategies for paying for care.

FRI, Oct 9 | 10:30 a.m.-12 p.m. | FREE

Instructor: Chet Cain

Location: Oasis-Northwest Plaza

#10059 A Summer of Soccer: What We Learned & What's Next [•R] H

The World Cup 2026 docked stateside for a summer of soccer/futball. Did you get a glimpse at the “Beautiful Game”? Join us as we discuss what went well, what went awry, and where we go from here. Filled with the stories that made the headlines and the ones that flew under the radar, we’ll examine the top stories from the world’s most viewed sporting tournament.

MON, Oct 19 | 12-1 p.m. | \$18

Instructor: Daniel Blunt

Location: Clayton Oasis & Zoom

#10037 Selling Your Business Roadmap: Business Owner to Wealth Owner [•R] V

Designed for closely held business owners considering a sale within the next 1–5 years, this session provides a roadmap from planning to post-sale life. Topics include timelines, valuation, deal structure, tax considerations, and transition planning.

THU, Oct 22 | 12-1 p.m. | \$18

Instructor: Peter Wolynski, CPA, CFP

Location: Zoom

Reframing the End: Conversations About Living, Dying & Planning Ahead

Take All 6
classes for
just \$72!

While death is a natural part of life, it's often one of the most difficult topics to discuss. This thoughtful series offers a supportive space to explore end-of-life planning, healthcare decisions, personal wishes, and the legacy we leave behind. Through practical information and meaningful conversations, participants will gain tools to navigate these important topics with greater confidence, clarity, and peace of mind.

#9004 Changing the Conversation Around Death

Explore the growing death positive movement and why conversations about mortality can help us live with greater clarity, connection, and intention. We'll discuss cultural attitudes toward death, common fears, and how open dialogue can reduce anxiety and isolation!

TUE, Sep 1 | 10-11 a.m. | \$18

Instructor: Lauren Ponder

Location: Five Oaks on Warson

#9014 Understanding End-of-Life Choices

Come learn about the growing role of end-of-life doulas and how they provide emotional, practical, and educational support for individuals and families navigating aging, serious illness, dying, and grief. This session also explores common planning topics, including hospice, advance directives, healthcare planning, body disposition options, and ways to communicate wishes in advance.

TUE, Sep 8 | 10-11 a.m. | \$18

Instructor: Lauren Ponder

Location: Five Oaks on Warson

#9034 Advance Healthcare Directive Conversations

Talking about healthcare wishes can feel overwhelming, but these conversations are one of the greatest gifts we can offer loved ones. This session introduces advance healthcare directives, healthcare power of attorney forms, and strategies for starting meaningful discussions about future care preferences.

TUE, Sep 15 | 10-11 a.m. | \$18

Instructor: Lauren Ponder

Location: Five Oaks on Warson

#9049 The Gentle Art of Swedish Death Cleaning

Inspired by the Swedish practice of *döstädning* ("death cleaning"), this session explores how decluttering can be an act of care for yourself and your loved ones. Learn how to sort possessions with intention, preserve meaningful stories, and let go of what no longer serves you.

TUE, Sep 22 | 10-11 a.m. | \$18

Instructor: Lauren Ponder

Location: Five Oaks on Warson

#9057 Write It Down: Planning Your Final Send-Off

It's never too early to consider how you'd like to be remembered. This interactive workshop uses The Death Deck—a conversation card game—to explore personal preferences for funerals, wakes, and celebrations of life. Participants will begin documenting their wishes using a take-home worksheet.

TUE, Sep 29 | 10-11 a.m. | \$18

Instructor: Lauren Ponder

Location: Five Oaks on Warson

#10009 Death Café: Open Conversations on Death & Dying

Death Café is a guided group conversation where people gather to openly discuss topics related to death, dying, grief, caregiving, and mortality in a supportive, respectful, and judgment-free environment.

TUE, Oct 6 | 10-11 a.m. | FREE

Instructor: Lauren Ponder

Location: Five Oaks on Warson



One-Month Subscription | \$150

Pay Per Month (non-recurring payments)

— Take an unlimited number of classes* for one month

— Receive 15% off of exercise and tours

*Subscription Excludes: Exercise classes, tours (receive 15% off), gift cards, Oasis Everywhere classes, and donations.

For more information, visit stloasis.org/ProPass.



Good to Know: Mind, Health & Home

#9013 The Power of Friendship

Come learn how friendship influences your physical and mental health, how to set and maintain boundaries, and how love languages play a role in relationships.

TUE, Sep 8 | 10-11:30 a.m. | \$18

Instructor: Trisha Miller, PhD

Location: Clayton Oasis & Zoom

#9019 Tiny Habits® for More Joyful Living

This three-part workshop invites you to rediscover confidence, resilience, and joy in everyday life. You'll learn gentle, science-backed ways to create more satisfying days, release limiting beliefs about aging, and step forward with a mindset that supports growth and possibility. Using the Tiny Habits® method developed at Stanford, this workshop shows how small, joyful changes can create meaningful transformation—all without relying on willpower!

WED, Sep 9–23 | 10-11 a.m. | \$45 (3 Sessions)

Instructor: Polly Lemire, Certified Behavior Design Specialist and Tiny Habits Coach

Location: Zoom

#9044 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, Sep 21 | 12-1:30 p.m. | FREE

Instructor: Jill Chaney-Lipe

Location: Clayton Oasis

#10004 How to Stop Procrastinating with End-of-Life Planning

The inevitability of death is the one thing in life we're certain about, yet most people would do anything to avoid talking or even thinking about it. Your future will include end-of-life decisions, after-death care, and the settling of your estate, regardless of its size. What is holding you back from being more prepared? Devoting time and energy to consider and plan ahead—including your inevitable death—will change how you live right now and for the rest of your life.

FRI, Oct 2 | 10-11:30 a.m. | \$18

Instructor: Robin Huffman

Location: Zoom

#10039 The Gifts of Mindfulness

The Gifts of Mindfulness enhance your memory, focus, and safety by embracing the power of being fully present. Mindlessness (or scattered thinking) can lead to forgetfulness, accidents, and falls. Explore how your body and senses serve as mindfulness allies—calming your nervous system, clearing your mind, and keeping you grounded. Learn breathwork, imagery, and mindful walking techniques while cultivating curiosity and self-care.

FRI, Oct 23–30 | 10-11:30 a.m. | \$35 (2 Sessions)

Instructor: Rhonda Leifheit

Location: Clayton Oasis

#10049 Keeping the Joy: The Holidays & Memory Loss



The holidays carry different meanings and traditions, but for those affected by dementia, these moments can be especially challenging. Join Kelly Bertenshaw as she explores strategies to help you prepare for and celebrate the holidays in a way that aligns with your loved one's comfort while promoting your peace of mind.

MON, Oct 26 | 1-2 p.m. | \$18

Instructor: Kelly Bertenshaw, MA, CCC-SLP, ECDCS

Location: Zoom

#10041 Enhance Your Well-Being with Easy Tools from Positive Psychology!

Would you like to feel more calm, grounded, and confident? Positive psychology offers simple, science-backed exercises to promote emotional balance. Join Dr. Miriam Rosalyn Diamond online to explore benefits of awareness, kindness, humor, and more. Bring paper and a pen to participate in uplifting activities designed to brighten every day.

TUE, Oct 27 | 10-11 a.m. | \$18

Instructor: Miriam Diamond

Location: Zoom



#10063

SAT, Oct 10 | 10 a.m.–4 p.m.

Eden Seminary

475 East Lockwood Avenue

St. Louis, MO 63119

FREE

Holistic Life Plan

Whether you live alone or with a partner, have no children or children who live far away, planning for your future is essential. These two interactive series are each six sessions and include a mixture of guest speakers who are experts in their field and discussion between participants guided by a detailed curriculum and trained facilitators. You will create a personalized well-rounded plan to age with confidence through this program. You'll explore key aspects of aging- some you may not have considered before- and develop strategies to maintain independence, security, and fulfillment.

Take one or both sessions this fall. But if you can only attend one, look for them again in early 2027!

#9001 Part 1: The Business

THU, Sep 17–Oct 24

2-3:30 p.m. | \$120 (6 Sessions)

Location: Clayton Oasis

Topics include: Financial Considerations, Legal Matters, Downsizing and Living Situations, Death and Dying, Finding Meaning and Purpose, and Healthcare and Caregiving

#9002 Part 2: Health & Wellness

THU, Oct 29–Dec 10 *No Class 11/26

2-3:30 p.m. | \$120 (6 Sessions)

Location: Clayton Oasis

Topics include: What's Normal and What's Not about Getting Older, Social and Emotional Wellness, Social Connections and Ways to Stay Engaged, Falls Prevention, Changes in Healthy Eating and Physical Activity, Managing Medication



Interested in getting with a group of peers monthly to “make it all make sense”?

Oasis is bringing together a community of people who want to age in place with confidence, connection, and mutual support. This semi-structured peer group offers a welcoming space to share experiences, exchange practical advice, and build relationships with others navigating similar life transitions.

Participants will support one another in managing the often-complex business of getting older, including the administrative and planning tasks addressed in the Holistic Life Plan. The group will also help shape its own learning experience. Oasis will invite guest speakers and experts in response to the interests and needs of participants.

No previous participation in the Holistic Life Plan program is required. Come as you are and connect with others who are committed to aging well and supporting one another along the way.

#9065 FRI, Sep 4 | 2-3 p.m. | \$10

Instructor: Georgean Rustemeyer

Location: Clayton Oasis

#10065 FRI, Oct 2 | 2-3 p.m. | \$10

Instructor: Georgean Rustemeyer

Location: Clayton Oasis

#11065 FRI, Nov 6 | 2-3 p.m. | \$10

Instructor: Georgean Rustemeyer

Location: Clayton Oasis

#12065 FRI, Dec 4 | 2-3 p.m. | \$10

Instructor: Georgean Rustemeyer

Location: Clayton Oasis

Technology

#9212 More Online Safety: Beyond the Basics V

Take your online safety skills to the next level. Learn to recognize and avoid threats such as voice phishing, spear phishing, QR code scams, and fake CAPTCHA attacks. Discover ways to strengthen your digital security using tools like digital wallets, two-factor authentication, passkeys, and privacy settings. Gain confidence in protecting your personal information online.

TUE, Sep 8 | 10-11 a.m. | \$18

Instructor: O. Leonard

Location: Zoom

#9201 Using Google Keep & Other Google Tools V

Learn how to stay organized using Google Keep and other helpful tools like Google News, Google Books, Google Alerts, Google Translate, and Google Arts & Culture. Discover how to manage notes, reminders, and links across all your devices. A free Google account is recommended.

FRI, Sep 11 | 11 a.m.-1 p.m. | \$18

Instructor: Martha Bogart & Mary Mueller

Location: Zoom

#9202 Social Media Basics: Staying Connected in a Digital World V

This beginner-friendly class introduces social media platforms like Facebook, Instagram, and YouTube. Learn how to connect safely with others, explore hobbies, follow news, and reduce isolation through digital communication.

TUE, Sep 22 | 11 a.m.-12 p.m. | \$18

Instructor: Mary Mueller & Martha Bogart

Location: Zoom

#10201 Cloud Computing V

What is "the cloud," and why is it important? Learn how cloud storage helps you back up photos and files, free up space on your devices, and access information from anywhere using services like iCloud, Google Drive, OneDrive, and Dropbox.

THU, Oct 1 | 1-2:30 p.m. | \$18

Instructor: Larry Edison

Location: Zoom

#10202 Smartphone Photography V

Learn how to use your smartphone camera, improve composition and exposure, and edit photos. Also explore ways to store your images on your device or in the cloud for both Android and iPhone.

TUE, Oct 6 | 1-3 p.m. | \$18

Instructor: Mary Mueller & Martha Bogart

Location: Zoom

Ask a Techie

Get 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.

Registration is Required for Ask a Techie Classes

Oasis-Northwest Plaza Sessions

1-2:30 p.m. | Free | Instructor: David Cole

#9206 MON, Sep 14 #10207 MON, Oct 12

#9208 MON, Sep 21 #10209 MON, Oct 19

#9210 MON, Sep 28 #10211 MON, Oct 26

#10204 MON, Oct 5

Center of Clayton Sessions

1-2:30 p.m. | \$10 | Instructor: David Cole

#9203 TUE, Sep 1 #10205 TUE, Oct 6

#9204 TUE, Sep 8 #10208 TUE, Oct 13

#9207 TUE, Sep 15 #10210 TUE, Oct 20

#9209 TUE, Sep 22 #10212 TUE, Oct 27

#9211 TUE, Sep 29

Lutheran Church of Atonement Sessions

10-11 a.m. | Free | Instructor: David Cole

#9205 MON, Sep 14 #10206 MON, Oct 12

#10203 Online Photo Book Creation with Shutterfly V

Turn your photo memories into a beautiful photo book. Learn how to upload images, add text and mementos, and create lasting keepsakes for family and friends. No special software is required—just an internet-connected device.

TUE, Oct 27 | 11 a.m.-1 p.m. | \$18

Instructor: Mary Mueller & Martha Bogart

Location: Zoom

#9213 AI: Making a Masterpiece V

Turn your ideas into stunning works of art with the power of AI. In this exciting introduction to AI-generated art, discover how technology can transform words into beautiful images. Learn how to create personalized artwork while exploring one of today's most talked-about technologies. Perfect for beginners, this class combines creativity, fun, and a little bit of magic to help you bring your ideas to life.

MON, Sep 14 | 4:30-5:30 p.m. | \$18

Instructor: Cearia Elliott

Location: Zoom

Plugging in at Northwest Plaza *Oasis Tech Fair*

#10213 FRI, Oct 16 | 1-3 p.m.

Location: Oasis-Northwest Plaza

500 Northwest Plaza, St. Ann, MO 63074



Join Oasis and a host of local experts for our Inaugural Oasis Technology Fair—a free community event designed to make technology more approachable, useful, and accessible for everyone.

From managing healthcare and staying connected with family to online banking, shopping, and protecting personal information, digital skills are an essential part of everyday life. Yet many people feel overwhelmed by rapidly changing technology or unsure where to find reliable support. The Oasis Technology Fair is here to help bridge that gap.

Whether you're learning the basics, exploring new devices and apps, or seeking answers to your technology questions, **you'll find practical information and personalized guidance** from trusted professionals.



**Explore New
Technology**



**One-on-One
Support Sessions**



**Technology
Demonstrations**



For more information about the event or to RSVP, please visit stloasis.org/TechFair or call (314) 862-4859 ext. 24.





Tech Help: Introduction to Waltz

Have you been dancing around your tech problems for too long? Come waltz with us!

Oasis is proud to be partnering with Waltz, a company that provides human-to-human tech support services. Oasis and Waltz have been partnering for several years with “tech literacy” content, and we trust Waltz as a terrific resource to help with your tech needs.

Waltz can help with everything from protecting yourself from online scams to setting up new devices and organizing the files on your computer. Waltz can help with smartphones, printers, smart TVs, and more. You don't even need to leave your home to get help!

Waltz is offering a 60-day free trial before you need to commit to a membership. We will be having an orientation session later in the month, but in the meantime, you can try Waltz by calling (844) 629-2589 or visit waltz.team to learn more.

#9022 THU, Sep 10 | 10-11 a.m. | FREE

Instructor: Waltz Staff* | Location: Clayton Oasis

#10015 THU, Oct 8 | 10-11 a.m. | FREE

Instructor: Waltz Staff* | Location: Clayton Oasis

**Waltz Staff will lead this program remotely and participants will be in-person*

Tours & Travel

#9020 St. Louis Central Public Library Tour/Lunch

This architectural work of art is also the flagship branch of the St. Louis Public Library! The tour is a must-see to get valuable insider knowledge not only of its history but of the impact that this library has had here since 1965. (A Library donation amount of your choice is encouraged.) Lunch afterward is included at The Fountain on Locust with a pre-fixed menu.

WED, Sep 9 | 10:30 a.m.-1:30 p.m. | \$35

Instructor: Mary Saputo

Location: St. Louis Central Public Library

#10002 Oakland House Museum Tour & Lunch

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

THU, Oct 1 | 11 a.m.-2 p.m. | \$45

Instructor: Mary Saputo

Location: Oakland House Museum



#10019 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, Oct 8 | 2-3:30 p.m. | \$20

Instructor: Parks Smith

Location: Missouri History Museum

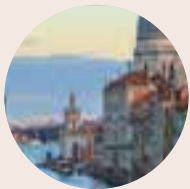
Experience Collette Vacations Through St. Louis Oasis!

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 expertise of knowledgeable guides. Oasis partners with Brentwood Travel to make booking with Collette as seamless as possible.

Check out our upcoming trips!

Take the
Trip of a
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Reflections of Italy

Rome, Venice | Apr 20-29, 2027
9 days, 9 meals



California Dreamin'

Monterey, Yosemite and Napa
Jun 21-28, 2027
8 days, 12 meals

San Francisco Post Tour Extension
Optional 2 nights



Australia's Outback to New Zealand's South Island

Sep 15-Oct 4, 2027
20 days, 18 meals

Tasmania Pre Tour Extension
Optional 5 nights

Fiji Post Tour Extension
Optional 3 nights



Discover Scotland

Glasgow, Ballachulish, Isle of Skye,
Loch Ness, Thurso, Orkney Islands,
Inverness, Pitlochry, Edinburgh
Apr 29-May 8, 2028
10 days, 15 meals

London Pre Tour Extension
Optional 4 Nights

#9067 Collette Travel Expose

Got the travel bug? Come learn about the international and domestic destinations Oasis has planned over the next couple of years. Oasis is partnering with Collette, a very reputable and flexible travel agency. Learn more about the process, the amenities and exciting places Oasis has planned. Haley Davis, Collette's Business Development Manager for Missouri, will present and answer any questions.

WED, Sep 30 | 2-3 p.m. | FREE

Instructor: Haley Davis

Location: Clayton Oasis

#10035 Digging a Little Deeper Trolley Tour at Bellefontaine

Founded in 1849, Bellefontaine Cemetery reflects the history of St. Louis, the region, the state, and the nation. Fur traders, explorers, capitalists, suffragists, and Civil War figures are among those laid to rest here. This general tour highlights notable individuals and explores the cemetery's picturesque setting of monuments and stately trees.

A donation amount of your choosing to Bellefontaine Cemetery and Arboretum is strongly recommended.

THU, Oct 22 | 10 a.m.-12 p.m. | \$10

Instructor: Dan Fuller

Location: Bellefontaine Cemetery

#10716 Tour of Hermann, MO

Explore Deutschheim State Historic Site and journey back in time to the heritage of German immigrants in 19th-century Hermann. Tour preserved buildings that showcase the story of the community's past, with guided insights into the lives of early settlers.

You'll have time to explore local shops and enjoy lunch on your own before visiting Stone Hill Winery, established in 1847. Tour the vineyards and facilities, learn about the winemaking process, and sample award-winning wines while taking in scenic views.

FRI, Oct 9 | 8 a.m.-5 p.m. | \$150

Location: Meet at St. Louis Oasis



'Tis The Season

#9026 Crafting Autumn Charm: The Art of Fall Decorating

Get inspired for the fall season with creative decorating ideas for your home and holiday celebrations. This class explores ways to incorporate autumn colors, natural materials, Halloween essentials, and seasonal accents into welcoming displays. Participants will learn design tips, decorating techniques, and simple ways to refresh indoor and outdoor spaces for fall gatherings and holidays. Leave with practical ideas to create warm, festive décor throughout the season.

FRI, Sep 11 | 10 a.m.-12 p.m. | \$18
 Instructor: Beth Ann Reichman
 Location: Clayton Oasis

#9027 Autumn Florals: Making a Fresh Bouquet

Join us to create a beautiful bouquet using fresh autumn florals to take home. Learn how to accent your flowers with greenery and extend the beauty of summer into the fall season.

FRI, Sep 11 | 10:30 a.m.-12 p.m. | \$10
 Instructor: Lisa Newlin
 Location: Oasis-Northwest Plaza

#10006 Less Holiday Stress, More Holiday Joy! [•R] H

Does the holiday season fill you with joy or stress? In this class, learn how to relax and enjoy holiday meals, organize decorations efficiently, and discover budget-friendly shopping tips and tricks. Take the first step toward a more joyful holiday season!

MON, Oct 5 | 10-11:30 a.m. | \$18
 Instructor: Jodi Granok
 Location: Clayton Oasis & Zoom

#10028 Elevate Your Style, Space & Self: Designing a Life You Love

Organize your space, rewrite your story, and express your confidence through intentional style. In this engaging session, explore how environment, personal narrative, and outward expression are deeply connected. Learn simple styling techniques—such as accessorizing, layering, and refreshing pieces you already own—to express confidence at any stage of life. Discover 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 you can use this fall.

FRI, Oct 16 | 10 a.m.-12 p.m. | \$18
 Instructor: Beth Ann Reichman & Lily Mahoney
 Location: Clayton Oasis

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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

Clayton Oasis

50 Gay Avenue
Clayton, MO 63105

Crestwood Community Center

9245 Whitecliff Park Lane
Crestwood, MO 63126

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

Lutheran Church of Atonement

1285 North New Florissant Road
Florissant, MO 63031

Missouri History Museum

5700 Lindell Boulevard
St. Louis, MO 63112

Oakland House Museum

7801 Genesta Street
Affton, MO 63123

Oasis-Northwest Plaza

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

The Pavillion at Lemay

305 Gregg Road
Lemay Township, MO 63125

STL Public Library - Walnut Park

5760 West Florissant Avenue
St. Louis, MO 63120

STL Public Library - Central

1301 Olive Street
St. Louis, MO 63103

Webster United Methodist

600 North Bompert Avenue
Webster Groves, MO 63119

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