



Classes & Programs for Older Adults

November & December 2026
Course Catalog

 **BJC** HealthCare

Registration
Opens
Monday,
October 5!

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 preventive 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 reichardt@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 June 26 through August 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 Honor of Marylen Mann & Frank Jacobs

Dr. Lisa Ring

In Honor of Purrsaka

Gail Reissen

In Memory of Charles “Chuck” Anderson

Olivia Ercell Anderson

Make Your Gift Go Further With Tax Credits!

Contribute \$1,000 or more to Oasis and you could receive a Missouri tax credit worth 70% of your contribution, helping reduce the Missouri income tax you owe.

Eligible Gifts Include:

- Cash • Check • Credit Card
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Interested in learning more?
Contact Sean McCaffrey at
smccaffrey@oasisnet.org or
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Exercise 3
Health & Wellness..... 7
Arts & Entertainment..... 11
Create13
History15
Language.....23
Strategy Games23
Let's Talk24
Introduction to Analytical (Jungian) Psychology25
Great Decisions26
Preparing for the Future with Purpose..... 27
Technology29
Tours & Travel.....30
Holiday Happenings31
Community Locations.....32
Instructor Index32
Board of Directors33
Registration Form34

NEW TO OASIS THIS FALL:

Punch for Participation

What if we told you that you could earn credit by attending classes? Starting now, **for every class you attend at the Center of Clayton or Northwest Plaza that is offered in a hybrid format, you will receive a punch.** Cards will be given to participants when they show up for a class, and a “punch” will be added. For every 5 punches you receive, you will receive an \$18 store credit on your account.



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 canceled due to inclement weather or low enrollment. If this occurs, you will be notified. Class fees are nonrefundable 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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Exercise

Dance



#10403 Intermediate Line Dance
Discover the joy of line dancing! This class guarantees a great time and also enhances balance, coordination, memory, and mobility. Embrace the fun music and simple steps while learning line dances. Previous beginner line dance experience required.

MON, Oct 26–Dec 14 | 11:30 a.m.–12:30 p.m.
\$68 (8 sessions)
Instructor: Sandy Derickson
Location: Clayton Oasis

#10950 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.

WED, Oct 28–Dec 16 | 12:30–1:30 p.m.
| Free (8 sessions)
Instructor: Cathy Johnson
Location: Oasis - Northwest Plaza



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.

#10500 MON/WED, Oct 26–Dec 9
***No Class Nov 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 Nov 17, 24, & 26**
11–11:45 a.m. | Free (13 sessions)
Instructor: Alis Tate
Location: Oasis - Northwest Plaza

#10504  WED, Oct 28–Dec 16
9:15–10:15 a.m. | \$16 (8 sessions)
Instructor: Sharon Kirsch
Location: Zoom

#11502 MON/WED, Nov 2–Dec 9
9:30–10:15 a.m. | \$18 (12 sessions)
Instructor: Jo Ann D Roberts
Location: Christ Our Redeemer Church



FAB (Fit, Active, & Balanced)

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

#10411 MON/WED, Oct 26–Dec 16
9:30–10:30 a.m. | Free (16 sessions)
Instructor: Jo Fountain
Location: Oasis - Northwest Plaza

Pilates & Yoga

#10404 Chair Yoga
Experience the benefits of yoga with the support of a chair in these accessible and gentle classes. Chair yoga is beneficial for all, offering a way to move, breathe, and ultimately feel good without the need to sit on the floor. You'll use the chair to safely arrive in yoga poses, improving mobility, strength, and balance. This practice also helps reduce stress, alleviate pain, and clear the mind, making it perfect for beginners and anyone looking for a mindful, low-impact workout.

WED, Oct 28–Dec 16 | 10:15–11 a.m. | \$68 (8 sessions)
Instructor: Cathy Johnson
Location: Webster United Methodist

#10401 Pilates—All Levels
A complete body workout that will strengthen and tone your core muscles, build your overall strength and stamina, increase your flexibility, improve your posture, breathing, and balance, and much more.

*Participants should bring their own mat.

WED, Oct 28–Dec 16 | 1:15–2:15 p.m. | \$68 (8 sessions)
Instructor: Cindy Bambini, Katie McGrath, & Loree Rowe
Location: Clayton Oasis

Functional Movement

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

*Participants should bring their own mat.

#10407 THU, Oct 29–Dec 17 ***No Class Nov 26**
10–11 a.m. | \$59.50 (7 sessions)
Instructor: Annie Trachsel
Location: Webster United Methodist



#10402 Classic Pilates
A total body workout that will strengthen and tone your muscles. This class is ideal for beginners and advanced alike. You will learn to move from your center and increase your mind-body connection. This class will help you build your overall strength and stamina, increase your flexibility, improve your posture, breathing, and balance.

*Participants should bring their own mat.

WED, Oct 28–Dec 16 | 2:30–3:30 p.m. | \$68 (8 sessions)
Instructor: Amy Lescher
Location: Clayton Oasis

#10406 Gentle Chair Yoga 
These gentle yoga postures are designed to relieve pain and improve balance. This class is perfect for beginners and those who would prefer not to sit on the floor.

THU, Oct 29–Dec 17 ***No Class Nov 26**
11:45 a.m.–12:45 p.m. | \$49 (7 sessions)
Instructor: Sharon R Campese
Location: Zoom

Strengthen & Stretch

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

#10405 **V** TUE/THU, Oct 27–Dec 17 *No Class Nov 26
10:30–11:30 a.m. | \$105 (15 sessions)
Instructor: Idaria K Goodwin
Location: Zoom

#10400 TUE/THU, Oct 27–Dec 17 *No Class Nov 26
10:30–11:30 a.m. | \$127.50 (15 sessions)
Instructor: Cathy Johnson & Laura Higgins
Location: Clayton Oasis



Tai Chi

Tai Chi for Arthritis for Fall Prevention: Beginner

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

#11545 MON/WED, Nov 2–Dec 9
11 a.m.–12 p.m. | Free (12 sessions)
Instructor: Jo Ann Roberts
Location: Oasis - Northwest Plaza

#11540 MON/WED, Nov 2–Dec 16
1:30–2:30 p.m. | \$119 (14 sessions)
Instructor: Craig Miller
Location: Webster United Methodist

#11547 **V** MON/WED, Nov 2–Dec 16
3:30–4:30 p.m. | \$98 (14 sessions)
Instructor: Craig Miller
Location: Zoom

#11546 TUE/THU, Nov 5–Dec 17
11 a.m.–12 p.m. | Free (12 sessions)
Instructor: Alice McHugh
Location: Walnut Park Public Library

Tai Chi 2 for Arthritis for Fall Prevention: Intermediate

Tai Chi for Arthritis: Intermediate is ideal for those participants looking to further expand and challenge their Tai Chi skills. Learn new forms while continuing to improve your health and reduce fall risk.

Previous enrollment in Tai Chi for Arthritis 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.

#11543 MON/WED, Nov 2–Dec 9
1:30–2:30 p.m. | \$84 (12 sessions)
Instructor: Jo Ann D Roberts
Location: Five Oaks on Warson

#11548 **V** TUE/THU, Nov 3–Dec 17 *No Class Nov 26
3:30–4:30 p.m. | \$91 (13 sessions)
Instructor: Craig Miller
Location: Zoom

#11542 Tai Chi for Parkinson's Disease & Rehab

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

TUE, Nov 3–Dec 15 | 1:45–2:45 p.m. | \$59.50 (7 sessions)
Instructor: Craig Miller
Location: Crestwood Community Center

A Season of Savings: 12 Days of Oasis Classes for \$12 Each this December

'Tis the season of celebrations and we would like to celebrate a great year with a special deal. To celebrate the end of the year, we are offering **classes at the Center of Clayton for just \$12 per class**. Classes that are part of a series or that include material costs do not apply. Thank you all for a wonderful year, and we will see you in the classroom!



Happy Holidays!

Oasis offices will be closed

Thursday & Friday, November 26–27 for Thanksgiving
and Friday, December 18–Friday, January 1 for Winter Break.

Wishing you a joyful holiday season and Happy New Year!

Health & Wellness



#11005 The Joy of Breathing

Breath is our first, most basic source of nourishment. Yet, through bad habits, chronic stress, poor posture, and lack of understanding, we often deprive our cells of this fundamental life-force. Learn how different types of breathing impact the body and emotions so you can: find calm in stressful situations, gain energy when sluggish, increase alertness when sleepy, and improve your metabolism and overall health.

WED, Nov 4–18 **No Class Nov 11*

10–11:30 a.m. | \$36 (2 sessions)

Instructor: Rhonda Leifheit

Location: Clayton Oasis

#11034 Nutritional Supplementation for Healthspan: Which Ones & Why for Longevity & Performance

With all the marketing campaigns and variety of products, how do you go about auditing your products and health? Come learn more about polypharmacy interactions and which data is needed to ask the right questions and get appropriate information on Cholesterol, Thyroid, Vitamin D, and inflammation affecting joint health and overall wellness. In this class, we will discuss specific lab results and help you get the greatest results for the investment in your health.

THU, Nov 12 | 12–1:30 p.m. | \$18

Instructor: Dr. Bart Coleman

Location: Clayton Oasis

#11610 Strike the Right Balance

Did you know that dizziness and imbalance are the third most common reasons people visit their doctor? Join a vestibular physical therapist to learn how your body's balance systems work and discover strategies to reduce your fall risk and improve your balance. This fun and interactive class will help you build confidence in your movement and provide practical tips to support an active, healthy, and independent lifestyle.

THU, Nov 19 | 10 a.m.–12 p.m. | \$10

Instructor: Kimberly Hoff, Pharm D, BCPS, BCACP, CDE

Location: Oasis - Northwest Plaza

#12006 The Seven Lifestyle Levers to Optimize the Aging Experience [OR] H

Come discover seven key lifestyle habits that can help you thrive as you age. This class explores practical 'lifestyle levers' that support health, resilience, and well-being: movement, nourishment, renewal, relationships, cognition, purpose, and stress management. Additionally, learn about the growing 'Second Act Economy' or 'Longevity Market' and its impact on healthy aging and opportunities later in life. Participants will leave with simple strategies for incorporating these habits into everyday life.

THU, Dec 3 | 12–1:30 p.m. | \$12

Instructor: Richard Losciale, Certified Senior Advisor

Location: Clayton Oasis & Zoom

#12007 '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 start to live our own lives during this special phase. Meet Ed Koslin, who had a private psychotherapy practice for 50 years, and received his bachelor's and a 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, Dec 4 | 10 a.m.–12 p.m. | \$12

Instructor: Ed Koslin

Location: Oasis - Northwest Plaza



#12610 Aging in Place While Aging with Grace

Aging in place means living safely, independently, and comfortably in your own home and community as you grow older. This class explores practical home modifications, from simple, low-cost changes to larger improvements, that can help you remain independent and reduce your risk of falling. Learn how thoughtful updates can improve safety, increase confidence, and support your ability to stay in the home you love.

WED, Dec 9 | 10 a.m.–12 p.m. | \$10

Instructor: Kimberly Hoff, Pharm D, BCPS, BCACP, CDE

Location: Oasis - Northwest Plaza

Urban Forest Therapy

Forest Therapy is a practice that supports health and wellness through guided immersion in forests and other environments to promote the well-being of both people and the land. Join Certified Forest Therapy Guide and National Board Certified Health & Wellness Coach, Jess Thenhaus to learn more about ways to find joy and wellness in deeper connections with one's environment.

#11062 Nature's Healing Touch: An Introduction to Forest Bathing & Nature Therapy V

Discover how Forest Bathing and Nature Therapy can support your health and well-being through simple, evidence-based practices that help reduce stress, restore focus, and deepen your connection with the natural world. Join Certified Forest Therapy Guide and National Board Certified Health & Wellness Coach Jess Thenhaus for an engaging introduction featuring guided experiences and practical ideas you can use anywhere—from a neighborhood park to your own backyard. You'll leave with a new understanding of nature's healing power and one simple practice to begin using right away!

WED, Nov 4 | 10–11 a.m. | Free

Instructor: Jess Thenhaus, Certified Forest & Nature Therapy Guide

Location: Zoom

#11032 Autumn Guided Forest Bathing & Nature Therapy Walk—Jewel Box & Successional Forest

Step away from the busyness of everyday life and experience Forest Park at a slower pace. We'll begin with a brief introduction to the history of Shinrin-Yoku (Forest Bathing) and the growing body of research on how spending time in nature supports our physical and emotional well-being. Then, through a series of gentle sensory invitations, you'll explore the landscapes surrounding the Jewel Box and Forest Park's Successional Forest, discovering a simple practice for slowing down, reducing stress, and reconnecting with the natural world.

No prior experience is needed. This is a leisurely, guided walk designed for a wide range of fitness levels, with frequent opportunities to pause and rest. Please note that portions of the route include grassy areas and gravel paths.

THU, Nov 12 | 10 a.m.–12 p.m. | Free

Instructor: Jess Thenhaus

Location: The Jewel Box

#11061 Winter Wellness with Nature: Embracing the Health Benefits of the Outdoors All Season Long

Winter often keeps us indoors just when our minds and bodies need nature the most. Discover how spending time outdoors during the colder months can support both physical and emotional well-being. Come explore the science behind nature's impact on stress, mood, immunity, sleep, and overall health, while learning simple, practical ways to enjoy the outdoors comfortably throughout the winter!

TUE, Nov 24 | 2–3:30 p.m. | Free

Instructor: Jess Thenhaus, Certified Forest & Nature Therapy Guide

Location: Clayton Oasis

#12025 Winter Guided Forest Bathing & Nature Therapy Walk—Kennedy Forest

As the holiday season begins to fill our calendars, give yourself the gift of slowing down. Join Certified Forest Therapy Guide and National Board Certified Health & Wellness Coach Jess Thenhaus for a gentle Forest Bathing and Nature Therapy walk through Forest Park's Kennedy Forest. Inspired by the Japanese practice of Shinrin-Yoku (Forest Bathing), this guided experience invites you to awaken your senses, release stress, and reconnect with the quieter rhythms of the natural world.

We'll begin with a brief introduction to Forest Bathing and the health benefits of spending time outdoors in every season before setting off on a leisurely walk with frequent stops for guided sensory invitations and reflection. No prior experience is needed. This is a leisurely, guided walk designed for a wide range of fitness levels, with frequent opportunities to pause and rest. Our route includes mostly paved paths.

WED, Dec 16 | 12:30–2:30 p.m. | Free

Instructor: Jess Thenhaus

Location: Forest Park (details and map to be sent to you closer to the date)



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.

One-on-One Consultations*

#11710 Falls Risk Screening (1 hour)

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

#11720 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.

Evidence-Based Workshops

#11700 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.

Mondays, Nov. 9–16 | 10 a.m.–1 p.m.
Free (2 sessions)
Instructor: Rossallyn Ford

#11730 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 **physical therapist, occupational therapist, and pharmacist** for an interactive conversation about fall prevention and audience Q&A.

Thursday, Nov. 19 | 1:00–3:00 p.m. | Free

Exercise Classes

Learn more on pages 3–5

#10950 Golden Beats

#11545 Tai Chi for Arthritis & Fall Prevention

#10503 ExerStart

#10411 FAB (Fit, Active, Balanced)

Health Discussion Panels*

#11750 Get a Leg Up on Balance: Posture, Balance, and Falls Prevention

Join specialists from the **WashU Physical Therapy** team for an interactive panel discussion on posture, balance, and falls prevention. Learn how changes in strength, posture, and the body's balance systems can affect your stability, and discover practical strategies to improve confidence, reduce fall risk, and stay active and independent.

TBD: Check out our website for more information at stloasis.org/CFP

*Health discussion panels and medication reviews proudly sponsored by



Wellness

#11700 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.



MON, Nov 9–16 | 10 a.m.–1 p.m. | Free (2 sessions)

Instructor: Rossallyn Ford

Location: Oasis - Northwest Plaza



#11750 Get a Leg Up on Balance: Posture, Balance, & Falls Prevention

Join specialists from the WashU Physical Therapy team for an interactive panel discussion on posture, balance, and falls prevention. Learn how changes in strength, posture, and the body's balance systems can affect your stability, and discover practical strategies to improve confidence, reduce fall risk, and stay active and independent.

TBD | Free

Instructor: WashU PT Team

Location: Oasis - Northwest Plaza



Better Safe Than Sorry

#11650 Part 1: Emergency Preparedness for Your Home

Are you ready for an emergency? Learn practical ways to prepare yourself and your home for unexpected disasters. Discover how to build an emergency kit, create a family plan, and navigate power outages, severe storms, floods, tornadoes, and more. Leave with tools you can use right away to feel more confident and prepared to protect yourself and your home.

MON, Nov 23 | 10–11 a.m. | Free

Instructor: LaKendra Kadiri, MHA, MPS, CHES®

Location: Oasis - Northwest Plaza

#12650 Part 2: Home Safety Essentials

Stay informed, prepared, and confident in protecting yourself and your home. Learn practical tips for fire prevention and management, basic burn first aid, safe medication storage and disposal, and intruder safety. This presentation focuses on simple, everyday strategies to reduce risks, respond to emergencies, and promote greater safety and peace of mind at home.

MON, Dec 7 | 12–1 p.m. | Free

Instructor: LaKendra Kadiri, MHA, MPS, CHES®

Location: Oasis - Northwest Plaza

Arts & Entertainment



#11023 America’s Best Roadside Attractions

Take a virtual journey across the U.S. with “Bill On The Road” and discover some of America’s most amusing roadside attractions! From the world’s largest rocking chair to a house covered in beer cans—traveling across the U.S. wouldn’t be the same without them!

TUE, Nov 10 | 11 a.m.–12 p.m. | \$20
Instructor: Bill Clevlen, Nationally Syndicated Travel Journalist & Broadcaster
Location: Zoom

#11029 Sing-Alongs & Stories: Great Ballads of the Big Band Era

Come ‘swing and sway’ with the great big bands of the WWII era. We will be snapping our fingers to Glenn Miller, Tommy Dorsey, and Harry James, along with Kay Kyser and his “College of Musical Knowledge”. Joining the fun will be a young Frank Sinatra, the Modernaires, Helen O’Connell, the wonderful drum beat of Gene Krupa, and other stars of that golden era. The strobe lights and moonball will be shining at this session where the big bands come roaring back to River City!

TUE, Nov 10 | 2–3:30 p.m. | \$10
Instructor: Ken Weintraub
Location: Oasis - Northwest Plaza

#11049 50 Unusual Words You Need to Use

Expand your vocabulary with some of the English language’s most unusual and delightful words, from cachinnate and absquatulate to acnestis and many more. Discover their meanings, origins, and surprising uses through fun activities and discussion. Participants will create a short story using several of these uncommon words and have the opportunity to share their creative work in a lively, supportive classroom setting!

THU, Nov 19 | 10–11 a.m. | \$18
Instructor: Karl Kindt
Location: Zoom

#11053 The Great American Songbook: Hits That Shaped a Nation

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.

THU, Nov 19 | 1–2:30 p.m. | \$18
Instructor: Richard Losciale
Location: Five Oaks on Warson



No Commute Required

Wherever You Are, Class Is In Session

Join expert-led online classes from home, your favorite coffee shop, or anywhere life takes you. Explore topics ranging from arts to AI, fitness, politics, and more.

store.oasiseverywhere.org

THE HI-POINTE THEATRE

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

#11052 Hi-Pointe: The Billy Wilder Series: The Apartment

Join us at the Hi-Pointe for a special screening of *The Apartment*, Billy Wilder’s acclaimed romantic comedy-drama about an ambitious office worker who lends out his apartment to company executives, only to find himself caught between career success, unexpected romance, and the search for integrity and happiness.

THU, Nov 19 | 1–4:15 p.m. | \$18

#12019 Hi-Pointe: The Billy Wilder Series: One, Two, Three

Join us at the Hi-Pointe for a special screening of *One, Two, Three*, Billy Wilder’s fast-paced comedy about a Coca-Cola executive in Cold War Berlin whose carefully ordered world is thrown into chaos when he must transform his boss’s daughter’s idealistic East German husband into a respectable gentleman before her parents arrive.

THU, Dec 10 | 1–4:15 p.m. | \$12

#12010 Who Are You? 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 50 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.

FRI, Dec 4 | 1–2:30 p.m. | \$10
Instructor: Richard Losciale, Certified Senior Advisor
Location: Oasis - Northwest Plaza & Zoom

#12013 Ordinary Objects, Extraordinary Stories: The History of Everyday Things

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.

TUE, Dec 8 | 1–2:30 p.m. | \$10
Instructor: Richard Losciale, Certified Senior Advisor
Location: Five Oaks on Warson

#12014 Sing-Alongs & Stories: Most Popular Holiday Songs & Carols

Come join us for great holiday songs and film clips that reflect the joy and spirit of the season. Perry Como, Andy Williams, Dinah Shore, and other legendary artists will usher in the holiday season with music and dance, lighting up the venue. Watch Bing Crosby’s debut of “White Christmas” and Fred Astaire tapping in New Year’s Eve in the classic holiday film, *Holiday Inn*. We will ‘deck the halls’ and smell the Chanukah latkes as the holidays are brought forward with singing, dancing, and all the joys of yesteryear and today!

TUE, Dec 8 | 2–3:30 p.m. | \$12
Instructor: Ken Weintraub
Location: Clayton Oasis

#12017 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, Dec 10 | 12–1:30 p.m. | \$12
Instructor: Richard Losciale, Certified Senior Advisor
Location: Clayton Oasis & Zoom

Create

Art



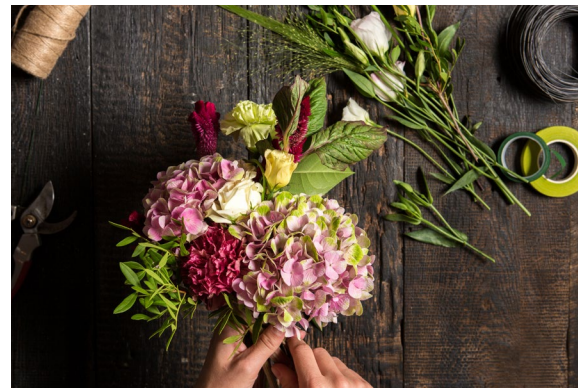
Beginners Watercolor

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



#11042 Thanksgiving Turkey
MON, Nov 16 | 12–1:30 p.m. | \$30
 Instructor: Ann Flory
 Location: Clayton Oasis

#12021 Holly Sprig
MON, Dec 14 | 12–1:30 p.m. | \$30
 Instructor: Ann Flory
 Location: Clayton Oasis



Floral Workshop

#11060 Bloom & Give: Fall Floral Workshop

Reconnect with nature at a hands-on fresh floral arrangement class. Create a bouquet for yourself and one to share. Bring a small to medium sized vase if you'd like to take home a bouquet!

THU, Nov 5 | 10–11 a.m. | \$18
 Instructor: Lisa Newlin
 Location: Five Oaks on Warson

Music

#11019 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, Nov 9–Dec 14 | 1–2:30 p.m. | \$115 (6 sessions)
 Instructor: Richard Losciale
 Location: First Congregational UCC

#11022 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, Nov 10–Dec 15 | 10–11 a.m. | \$105 (6 sessions)
 Instructor: Lukas Simpson
 Location: First Congregational UCC

#11024 Acoustic Folk Music Jam Group

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

TUE, Nov 10–Dec 15
 11:30 a.m.–12:30 p.m. | \$105 (6 sessions)
 Instructor: Lukas Simpson
 Location: First Congregational UCC

#12026 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, Dec 17 | 10–11:30 a.m. | \$18
 Instructor: Oasis Bands
 Location: First Congregational UCC

Make a Difference in Your Community!

Find Your Calling at Oasis' Volunteer Fair

Tuesday, November 17 | 1–3 p.m.
St. Louis Oasis | 500 Northwest Plaza, St. Ann, MO 63074
 Class #11500 on the St. Louis Oasis website



Looking for a way to help your community?

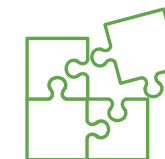
Join us for an engaging Volunteer Fair and discover meaningful ways to give back. Meet local organizations, explore volunteer opportunities, and find a cause that calls to you. Whether you have a few hours to give back or want to make a long-term impact, there's something for everyone!

This event is open to anyone interested in community service. **Representatives from local organizations needing volunteers will be available to discuss current needs and how you can contribute.**

Event Highlights



**Discover New Ways
to Get Involved in
Your Community**



**Make Connections
with Local
Organizations**



**Find Volunteer
Opportunities & Give
Back**



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

History

American History

#11010 The Acquisition of Alaska: Shaping Geography & Politics in America's Expansion V

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

THU, Nov 5 | 10:30 a.m.–12 p.m. | \$18

Instructor: John Rossi

Location: Zoom

#11012 The Making of Thanksgiving: Plymouth, the Wampanoag, & a National Holiday [R] H

The history of Thanksgiving extends far beyond a single feast. This class explores early European exploration and the 1620 settlement of Plymouth, the relationship between the English colonists and the Wampanoag Nation, and the events that culminated in King Philip's War (1675–76). Participants will also examine how Thanksgiving evolved into a national holiday with President Abraham Lincoln's 1863 proclamation, separating historical fact from popular tradition.

THU, Nov 5 | 12–1:30 p.m. | \$18

Instructor: Rowena McClinton, PhD, Emerita Professor of History

Location: Clayton Oasis & Zoom

#11051 President Jefferson Davis: A Mere Footnote or a Central Figure in American History [R] H

Come examine the historical significance and legacy of Jefferson Davis, the only president of the Confederate States of America. Discuss whether Davis should be remembered merely as a failed leader of a rebellion against the United States or as one of the defining, if tarnished, figures of nineteenth century America. We will explore Davis's rise to prominence in the pre-Civil War era. Participants will consider how historical importance differs from moral judgment of a figure such as Jefferson Davis.

THU, Nov 19 | 12–1:30 p.m. | \$18

Instructor: Jim Woodward

Location: Clayton Oasis & Zoom



#12004 Majesty of the Osage H

Before European colonization, the major portion of what are now the states of Missouri, Arkansas, Kansas, and Oklahoma were home to the Osage. By the time of the first recorded visit to the confluence area in 1673, the Osage were encountered there and in control of an enormous region. Join us for an overview of the fascinating history of the Osage, the Reign of Terror in the late 1890s-early 1900s in Oklahoma, their colorful culture and arts, and their life today in Oklahoma!

THU, Dec 3 | 10–11:30 a.m. | \$12

Instructor: Carol Diaz-Granados, PhD, RPA

Location: Clayton Oasis & Zoom

#12023 North American Indian Cultures H

Explore the rich and diverse cultures of Native peoples across North America. This class highlights major cultural regions—including the Southwest's Four Corners, the Northwest Coast, the Plains, and the Eastern Woodlands. We'll examine traditional arts, foods, dwellings, and more, while also learning how these enduring cultures have adapted and thrived over time.

WED, Dec 16 | 10–11:30 a.m. | \$12

Instructor: Carol Diaz-Granados, PhD, RPA

Location: Clayton Oasis & Zoom

Art History

#11027 The Gothic Revival H

Jump into this lively introduction to the phase of the Romantic Movement that sought to recapture the glories of the Middle Ages in the midst of the Industrial Revolution. From unpromising beginnings at the hands of such mavericks as Horace Walpole, Ann Radcliffe, and the eccentric plutocrat William Beckford, the Gothic Revival style eventually caught on like wildfire in Europe and America during the mid- to late-nineteenth century. Strap in for a fast-paced and inspiring survey of the phenomenon, including figures such as Tennyson, Pugin, and Julia Margaret Cameron.

TUE, Nov 10 | 2–3:30 p.m. | \$18

Instructor: Paul Thompson

Location: Clayton Oasis & Zoom



#11041 Byzantine Art & Architecture: Christian Art & the Rise from the Catacombs [R] H

Explore the art and architecture of the Byzantine Empire and the rise of Christian artistic traditions. Beginning with the early Christian catacombs, this class traces the development of Byzantine architecture, magnificent mosaics, and illuminated manuscripts. Participants will discover how faith shaped artistic expression across the empire and how Byzantine innovations influenced religious art and architecture for centuries.

MON, Nov 16 | 10–11:30 a.m. | \$18

Instructor: Michael Faris, PhD in Art Education

Location: Clayton Oasis & Zoom

#11054 The Beginnings of Art H

How far back in time can we trace the beginnings of Art? Why did ancient people create what we refer to as 'Art'? It's an ongoing question with a number of fascinating, possible answers. Take a trip back in time to learn the earliest evidence of 'art' around the world and learn some of the many reasons postulated for its existence, uses, and how it changes across regions and through time!



FRI, Nov 20 | 10–11:30 a.m. | \$18

Instructor: Carol Diaz-Granados, PhD, RPA

Location: Clayton Oasis & Zoom

#11058 Oscar Peterson

A jazz giant in every sense, Canadian virtuoso Oscar Peterson was the dominant pianist of his time. In a career spanning more than six decades, Peterson played with every significant jazz artist and recorded more than 200 albums, winning eight Grammy Awards in the process. Peterson was a composer as well as an improviser of genius, and Duke Ellington rightly dubbed him the 'Maharaja of Piano'. Instructor Paul Thompson will present an inspiring survey of this piano master's work from the pyrotechnical to the profoundly soulful, illustrated with thought-provoking interviews, and testimony of those who knew and worked with him.

MON, Nov 30 | 10–11:30 a.m. | \$18

Instructor: Paul Thompson

Location: Clayton Oasis

#12020 Romanesque Art & Architecture: Art that was 'Like the Romans' [R] H

Discover the art and architecture of the Romanesque period, when churches and cathedrals across Europe were inspired by the grandeur of ancient Rome. This class explores the defining features of Romanesque architecture, the growing importance of monumental sculpture, and the continued popularity of illuminated manuscripts and mosaics. Participants will learn how these artistic traditions reflected the religious, cultural, and social life of medieval Europe.

MON, Dec 14 | 10–11:30 a.m. | \$12

Instructor: Michael Faris, PhD in Art Education

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

Legacy

#11043 America250: How Did We Get Here? [●R] H

Many historians would argue that the worst contradiction in American history is the gap between the nation's stated ideals ("liberty and equality") and the times when those ideals were forgotten. When slavery was institutionalized 400 years ago in the colonies, a cancer was introduced into the body of the country. Although it was cut out after the Civil War, the legacy of slavery has now metastasized, forming new tumors. The Lost Cause myth developed after the war as an interpretation that reshaped public memory. Understanding it is important because it shows how interpretations of history can shape national identity, public policy, and discussions about the past long after the events themselves. TUE, Nov 17

#12011 America250: Our Better Selves [●R] H

The best things about the United States are often found in the same tensions that define its history: a country with serious failures that has also produced remarkable achievements.

The United States is one of the world's most culturally mixed societies. The idea that someone can come from another country and become part of the American story remains one of the country's strongest ideals. A culture that rewards experimentation and entrepreneurship has helped create many world-changing economies. Americans are often at their best when they combine optimism with action, believing that the future can be better and then working, arguing, creating, and organizing to make it happen. TUE, Dec 8

#12022 America250: Final Forum [●R] H

This year we have looked back at the history of the United States in the past 250 years. This program will be a group discussion about the past and future. Please submit topics or questions you would like to discuss using the link you receive in your email receipt. After 250 years, has that experiment been a success? We might also want to consider which historical event most changed the course of the nation? If you could change one decision in American history, what would it be? We also need to look forward to the next 250 years. What do you hope historians will say about America at its 300th anniversary in 2076? TUE, Dec 15

Local History

#11000 ROUTE 66: Celebrating the Centennial in 2026 H

Route 66 is 100 years old in 2026, and many places are saying happy birthday. Find out what improvements have been made in Missouri (and neighboring states) in honor of the highway's 100th year. This will include the Kansas welcome arch that has a gorilla on top. Also, find out what kind of events were held for the centennial in Missouri (and neighboring states) in 2026.

MON, Nov 2 | 10–11:30 a.m. | \$18

Instructor: Douglas Schneider

Location: Clayton Oasis & Zoom

#11004 Albert Bond Lambert: The Visionary Who Built St. Louis Aviation

Dive into the extraordinary life of Albert Lambert, the St. Louis visionary whose passion for flight fundamentally shaped the region! Discover how his entrepreneurial drive led directly to the building of Lambert Field and facilitated the historic Spirit of St. Louis flight.

TUE, Nov 3 | 2–3 p.m. | Free

Instructor: Paul Steensland

Location: Oasis - Northwest Plaza

#11013 Missouri Legacy of Inventions [●R] H

This class highlights key inventions created by Missourians, the innovators behind them, and the influences 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 sessions, participants will gain a clearer appreciation of Missouri's inventive spirit and the lasting impact of its homegrown innovations!

THU, Nov 5 | 1–2:30 p.m. | \$10

Instructor: Richard Losciale, Certified Senior Advisor

Location: Oasis - Northwest Plaza & Zoom

#11017 Warmed in the Sunlight of Love: The Marriage of Ulysses & Julia Grant

Ulysses and Julia Grant were married for nearly 40 years. They endured extended separations, financial difficulties, and tragedies. They nevertheless created an equal partnership within their marriage that eventually led them to the White House. In this program, Historian/Curator Nick Sacco (Ulysses S. Grant National Historic Site) will introduce participants to this dynamic relationship and discuss how it all started in St. Louis!

FRI, Nov 6 | 10–11 a.m. | \$18

Instructor: Nick Sacco, Master's Degree in History from Indiana University

Location: Five Oaks on Warson

#11021 Stars & Stories of St. Louis Radio, Television, Newspapers, & Magazines [●R] H

Travel through the rich history of St. Louis media with KMOX radio host Johnny Rabbitt. Drawing on more than 70 years in broadcasting and print, Johnny shares rare photos and stories about the newspapers, magazines, radio stations, television personalities, DJs, and announcers who shaped local media before the age of social media, streaming, and artificial intelligence. Discover the familiar voices, memorable personalities, and influential publications that entertained and informed generations of St. Louisans. So much to see, so much to hear... and it's all about the way we were!

TUE, Nov 10 | 10–11:30 a.m. | \$18

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom

#11047 St. Louis: A Pivotal Player in the Civil War [●R] H

Missouri was a border state during the Civil War. Much of the rural state favored the confederacy. Abraham Lincoln feared Missouri would secede from the Union. It did not. Pro-union sentiment was concentrated in St. Louis. This two-session presentation examines the circumstances leading up to the War in Missouri and the actions of political and military leaders in St. Louis in the early days of the war. It examines the role of the German and Irish immigrants.

WED, Nov 18–25 | 10–11:30 a.m. | \$36 (2 sessions)

Instructor: Geoffrey Morrison

Location: Clayton Oasis & Zoom

#11059 Mapping Missouri [●R] H

Missouri is truly in the middle of it all. The state's place at the confluence of the Missouri and the Mississippi Rivers attracted Native Americans, French and Spanish fur traders, and American pioneers and settlers. Missouri became a nexus for travelers from the east, and the gateway to places further west, while at the same time 14 of the Western U.S. states were carved from Missouri Territory. In the digital age, maps are just as important as they were in the past. They not only helped you navigate the world, but they also guided future plans and dreams.

MON, Nov 30 | 12–1 p.m. | \$18

Instructor: Andy Hahn

Location: Clayton Oasis & Zoom



#12000 **Get Your Kicks on Route 66: Celebrating 100 Years of the Mother Road** [•R] H

It's the end of the trail for the 100th anniversary of 'The Mother Road,' Route 66. So take a ride with your highway guide, KMOX's Johnny Rabbitt, as he spins tales and shows you many, many places along all the alignments of Route 66 in the St. Louis area. Find out about the Route 66 bridge made famous in a 1981 futuristic movie, the \$300,000 of ransom money from the Bobby Greenlease kidnapping and murder hidden at the 'No-Tell-Motel' Coral Court, and what field was Ted Drewes, Sr. involved before he became the frozen custard king and landed on Route 66 in 1941. There'll be so much more about the St. Louis section of 'America's Highway' Route 66, as you get hip on this highway trip!

TUE, Dec 1 | 10–11:30 a.m. | \$12
Instructor: Johnny Rabbitt
Location: Clayton Oasis & Zoom

#12002 **Things You Never Knew About The 1904 World's Fair** [•R] H

Take an "all-inclusive tour" of the 1904 Louisiana Purchase Exposition, exploring all of its wonder and complexity. You'll learn about the 1,500 buildings that spread over Forest Park in 1904 and why they all (except one) were taken down after the Fair! And you'll be introduced to some of the fair's most colorful characters, from David Francis to Geronimo to Jim Key, the smartest horse in the world. Plus, the answers to the five most commonly asked questions about the 1904 World's Fair!

WED, Dec 2 | 10–11 a.m. | \$12
Instructor: Dan Dillon
Location: Clayton Oasis & Zoom

Religious History

#11038 **The Legacy of St. Augustine** [•R] H

St. Augustine (354–420) is one of the most influential theologians in Christian history. He was a prolific author and preacher, and the implications of his thought are studied and discussed to this day. In this two-part series we will take a look at the life, theology, and checkered legacy of St. Augustine of Hippo.

FRI, Nov 13–20 | 10:30 a.m.–12 p.m. | \$20 (2 sessions)
Instructor: Mark Etling, PhD in Historical Theology
Location: Oasis - Northwest Plaza & Zoom



#12015 **Archaeology of Missouri/Illinois** H

This class introduces the fascinating past of Missouri and Illinois with regard to its earliest inhabitants and the cultural materials they left behind. We will cover the known periods from the very earliest into the historic, addressing the symbol and meaning in a selection of artifacts. Come learn how these early indigenous people lived, survived, and flourished.

WED, Dec 9 | 10–11:30 a.m. | \$12
Instructor: Carol Diaz-Granados, PhD, RPA
Location: Clayton Oasis & Zoom

#12016 **Second Only to Detroit: The Golden Age of the Automobile in St. Louis** [•R] H

Long known for 'booze, shoes, and last in the American League,' St. Louis had a key role in automobile history. Did you know that a horseless carriage plied our streets three years before Henry Ford rolled his first machine out of a Michigan shed? Or that St. Louis has been home to dozens of automobile companies? Thomas Eyssell (*They Will Run: The Golden Age of the Automobile in St. Louis* and *The Automobile in St. Louis: An Illustrated Timeline*) will take you on a ride through our city's incredible automotive history.

THU, Dec 10 | 10–11 a.m. | \$12
Instructor: Thomas Eyssell
Location: Clayton Oasis & Zoom

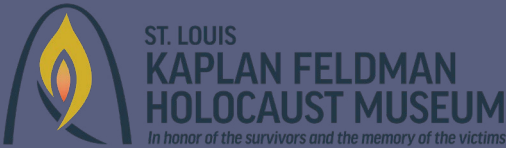
#12009 **'Other Messiahs'** [•R] H

Jesus of Nazareth was not the only person to be acclaimed as Messiah and King of the Jews in the first century CE. The Jewish historian Josephus names several others who made the same or similar claims, all of whom suffered the same fate. In this session we will discuss these 'other Messiahs' and what became of them.

FRI, Dec 4 | 10:30 a.m.–12 p.m. | \$10
Instructor: Mark Etling, PhD in Historical Theology
Location: Oasis - Northwest Plaza & Zoom



New Partnership Spotlight:



Oasis is proud to highlight our partnership with the St. Louis Kaplan Feldman Holocaust Museum. We are excited to offer programs with the museum and highlight the wonderful opportunities and events that they offer. The St. Louis Kaplan Feldman Holocaust Museum is dedicated to preserving the history of the Holocaust. The Museum serves as a trusted regional resource for Holocaust education and remembrance, ensuring that the lessons from this period remain relevant through powerful exhibitions, survivor stories, and innovative educational programs. Their mission is to use the history and lessons of the Holocaust to empower individuals to reject hatred, promote understanding, and inspire change. By understanding how prejudice, discrimination, and unchecked hatred escalated into genocide, visitors gain the tools needed to confront injustice in their own communities.

Survivorship Series

Join the Museum for a moving presentation by a second-generation Holocaust survivor, Sandy Rubenstein as she shares her father's Holocaust experience. In 1996, her father, Joseph Horn, published his memoir, *Mark It With a Stone*. In 2008, the book was reprinted in paperback with an introduction written by Sandy from the point of view of a child of survivors.

More than a story of survival, this program explores the lasting impact of trauma and resilience across generations and the importance of preserving family history.

Before Your Visit: Free and accessible parking available on site. Accessible seating and wheelchairs available upon request. Books will be available for purchase and signing.

SUN, Dec 6 | 12–1 p.m. | Free
Location: St. Louis Kaplan Feldman Holocaust Museum Auditorium
36 Millstone Campus Drive, St. Louis, MO 63146

#11064 Nazis Next Door: Exhibit Tour & Lunch-and-Learn

THU, Nov 12 | 12–2 p.m. | \$40
Come join us for a self-guided tour and luncheon of the special exhibit, *Nazis Next Door*, that explores the ways in which Missourians, particularly St. Louisans, made the choice to support or resist Nazi ideas of extremism and antisemitism right here at home. Through local narratives, historical records, and personal stories, many of which come directly from the Museum's own Archives and Collections, this exhibition challenges perceptions of our city's history. After the tour, there will be a lunch-and-learn with the museum curators.

Instructor: Museum Curators
Location: St. Louis Kaplan Feldman Holocaust Museum

World History



#11002 Space History 101: From Lucian to Adrian, Fiction Made Fact

Learn about the human yearning to explore the stars: Babylonians, Greeks, and Renaissance astronomers who inspired the fictions which showed the path to the rockets and missions of today. This class traces the history of spaceflight from Lucian of Samosata to Adrian on Erid in the film Project Hail Mary and all the

inspired fiction in between. We reveal the catalyzing force of war, WWII, and the Cold War, for rocket development. Finally, we discover the modern missions funded by state space agencies and private space agencies, their purpose and their success. This class will be out of this world!

TUE, Nov 3 | 10–11:30 a.m. | \$18

Instructor: Jen Ahrens

Location: Clayton Oasis

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

Come explore the bold glider assault on Pegasus Bridge—one of D-Day's most critical missions. Carried out by British airborne forces in the early hours of June 6, 1944, the operation secured key crossings to block German counterattacks. Through planning details, personal stories, maps, and visuals, we'll uncover the courage, strategy, and precision that made this daring raid a pivotal moment in the success of the Allied invasion.

#11006 WED, Nov 4 | 10–11:30 a.m. | \$18

Instructor: Parks Smith

Location: Clayton Oasis

#11046 V WED, Nov 18 | 10–11:30 a.m. | \$18

Instructor: Parks Smith

Location: Zoom

#11008 The Heart of Europe: Poland through the Ages

Poland has defended its faith, its national identity, and its freedom since the early Middle Ages. At times a multinational empire, the nation had been wiped off the map by Prussia, Russia, and Austria for 125 years at the end of the 18th century and again by Hitler and Stalin in World War II. Free after decades of Soviet and Communist rule in 1989, Poland today is free and prosperous, a bulwark of NATO and the EU.

WED, Nov 4 | 1–2 p.m. | \$18

Instructor: Dr. Daniel Schlafly, A.B. Georgetown U; MA, Certificate of the Russian Institute, & PhD, Columbia University.
Location: Zoom

#11009 Mesopotamia: A Life in Writing

Examine ancient texts from Mesopotamia to discover the richness of variety and breadth of understanding we have for life 5,000 years ago. We will read a treasure trove of excerpts; each a microcosm of a life lived in a world so very like our own. Come discover the perennial concerns of royalty, teachers, priestesses, servants of the king, children, and everyday people trying to make sense of the world. Come 5,000 years away and feel right at home!

THU, Nov 5 | 10–11:30 a.m. | \$18

Instructor: Jen Ahrens

Location: Clayton Oasis

#11040 Space Agencies 101: Everyone Wants a Piece of the Sky

This class will trace the rise of the “space agency”: NASA, RosCosmos, and JAXA to name a few. As a division of the Army during Redstone, then its own agency as NASA and now also a branch of the military, spaceflight has a storied history in the U.S., but we are not the only nation pursuing a place off Earth. With a particular focus on our partners in space, and the goals that all of us have in spending what we do to get off the Earth, this class will share the resources you need to become a fan of all things space!

FRI, Nov 13 | 2–3:30 p.m. | \$18

Instructor: Jen Ahrens

Location: Clayton Oasis

#11050 Eat Your Veggies

In Medieval Europe, vegetables were considered peasant food and raw greens were thought to cause flatulence or plague. When the Spanish returned from their conquests in the New World with tomatoes and potatoes, Europeans feared tomatoes were poisonous and deigned potatoes fit only for livestock or the desperately poor. In modern times, Western World foodies have realized the importance of plant foods in a healthy diet. In this lecture, we discuss the history of the vegetables, fruits, and grains people cultivated and ate from prehistory, and in the ancient civilizations from Mesopotamia, Greece, Rome, the New World, and Asia, to today. We'll also explore what “Superfoods” are really “super,” and how to shop for what's healthy to eat!

THU, Nov 19 | 11 a.m.–1 p.m. | \$20

Instructor: Sharon Boorstin

Location: Zoom



#11048 Coming to America:

The English Arrival in the 17th Century

Come take a look at the push/pull factors that led to the mass English emigration to America in the 17th century. We will explore the impact this population transfer had on the land and indigenous populations of America. Learn about the variety of peoples to arrive, the cultures they created in the New World, and the long-term impact of those cultures on American development!

THU, Nov 19 | 10–11:30 a.m. | \$18

Instructor: Samuel F Harned

Location: Clayton Oasis & Zoom

#11055 Nikola Tesla:

The Visionary Who Electrified the World

‘Nikola Tesla: The Visionary Who Electrified The World’ explores the life, inventions, and often misunderstood legacy of the brilliant electrical engineer and futurist. We will cover his revolutionary work with AC power, his visionary concepts for wireless communication, and his dramatic rivalry with Edison, all while separating the man from the myth.

FRI, Nov 20 | 2–3:30 p.m. | \$18

Instructor: Richard Losciale, Certified Senior Advisor

Location: Clayton Oasis & Zoom



#11056 Wellington

Join us to hear about the extraordinary life and career of Britain's greatest general, the man who defeated Napoleon at Waterloo. Dismissed by his mother as being ‘fit only for powder’, Arthur Wellesley, 1st Duke of Wellington endured a lonely childhood and frustrating youth, only to emerge by dint of immense willpower and perseverance as the dominant figure in Britain at the time of the Napoleonic Wars. Wellington's subsequent career as politician, Prime Minister and elder statesman was as turbulent and dramatic as his soldiering.

TUE, Nov 24 | 10–11:30 a.m. | \$18

Instructor: Paul Thompson

Location: Clayton Oasis & Zoom



#12005 Captivating Cuba:

Yesterday, Today, & Tomorrow

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

THU, Dec 3 | 10:30 a.m.–12 p.m. | \$12

Instructor: Prof. John Rossi

Location: Zoom

#12008 World War I: East & West

While the Western Front gets the bulk of the historical attention, World War I had an Eastern Front which was enormous in terms of armies involved, geographical space, movement and significance. This class will attempt to redress this imbalance by investigating key developments in both the East and the West!

FRI, Dec 4 | 10–11:30 a.m. | \$12

Instructor: Samuel F Harned

Location: Clayton Oasis & Zoom

#12024 Hidden Marvel Beneath the Waves:

Spain's Underwater Bank

Beneath the waves of the Atlantic and Caribbean lie ghostly remains of Spain's once-mighty treasure fleets—galleons heavy with gold, silver, emeralds, and priceless artifacts lost to storms, pirates, and war. We dive into the thrilling world of sunken Spanish armadas, unraveling tales of ambition, tragedy, and hidden riches that still lure modern-day explorers. From the legendary 1715 fleet wrecked by a hurricane off Florida's coast to mysterious underwater vaults untouched for centuries, this journey fuses history, maritime archaeology, and high-stakes discovery. Prepare to explore the forgotten fortunes of an empire...and the secrets the sea has kept for over 300 years.

WED, Dec 16 | 10:30 a.m.–12 p.m. | \$12

Instructor: Prof. John Rossi

Location: Zoom

Language

#11039 Language, Culture & Limoncello: A Journey Through the Amalfi Coast Without Leaving St. Louis

Experience the beauty of Salerno and Italy's breathtaking Amalfi Coast while building your Italian language skills. This immersive class explores the history, culture, and traditions of Salerno, Vietri sul Mare, Maiori, Minori, Ravello, Amalfi, Positano, Capri, Ischia, and Sorrento. Through practical vocabulary, pronunciation, conversation, and grammar, participants will learn the language of cafés, coastal life, regional cuisine, lemon groves, and limoncello while gaining a deeper appreciation for Southern Italy's unique charm.

FRI, Nov 13 | 12–1:30 p.m. | \$18
Instructor: Andrea Spadafora
Location: Clayton Oasis

#12012 All About Pesto: Language, Culture, & Real-Life Italian

This interactive Italian language and culture program will use pesto and Italian food traditions as a foundation for practical conversation, vocabulary, pronunciation, and grammar. Participants will practice describing ingredients and flavors, expressing preferences, discussing food preparation, ordering food, and participating in simple real-life dialogues. The program will also explore pesto alla Genovese, the region of Liguria and the importance of food, hospitality, and shared meals in Italian culture. *This is an Italian language program rather than a cooking class.

TUE, Dec 8 | 12:15–1:45 p.m. | \$12
Instructor: Andrea Spadafora
Location: Clayton Oasis

Strategy Games

#11028 Chess for Beginners

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

TUE, Nov 10–Dec 15 *No Class Nov 17
2–3:30 p.m. | \$22 (5 sessions)
Instructor: Eric Payne
Location: Oasis - Northwest Plaza

#11036 Chess for Intermediates

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

THU, Nov 12–Dec 17 *No Class Nov 26
2–3:30 p.m. | \$22 (5 sessions)
Instructor: Eric Payne
Location: Oasis - Northwest Plaza



**Ready to make a difference
that lasts a lifetime?**

Grand Champions Training

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

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

#11740 THU, Nov 12 | 9:30 a.m.–2:30 p.m. | Free
Instructor: Steph McCreary
Location: Oasis - Northwest Plaza

Let's Talk

#11003 How Do We Live?

This course explores the question “How do we live?” based on the philosophy of the celebrated French Renaissance writer Michel de Montaigne. Montaigne lived in 16th century France, a time similar to our own, riven by deep political and religious conflict. Each class will depart from one or more of his answers to the question “How to live?” developed in his bestseller *Essays* (a word he coined). To frame each class, we will read selections from Sarah Bakewell's book *How to live: A life of Montaigne*.

TUE, Nov 3–Dec 15 *This class meets every other week.
2–3:30 p.m. | \$72 (4 sessions)
Instructor: David Hilditch, PhD
Location: Clayton Oasis

#11007 Controversy of Disclosure About Non-Humans

Claims about non-human intelligence have sparked curiosity, debate, and controversy. This discussion-based class explores how bias, evidence, and uncertainty shape our understanding of these claims. Participants will examine the social, ethical, psychological, and scientific questions involved while practicing respectful dialogue in a welcoming environment. Whether skeptical, curious, or undecided, you'll gain tools for evaluating extraordinary claims with an open mind and critical thinking.

WED, Nov 4 | 12–1 p.m. | \$18
Instructor: Roz Norman
Location: Clayton Oasis

#11011 Conspiracy Theories: Critical Thinking in the Information/Digital Age V

What is a conspiracy theory, and what distinguishes it from an actual conspiracy? Why do conspiracy theories seem to be so prevalent in the media and in our popular culture right now? How can we identify misinformation and “fake news” in what we're reading online? This class will explore the history of conspiracy theories, conspiracy psychology, and how the “conspiracy industry” functions online. We'll also discuss how to assess claims on social media and common tools used by disinformation peddlers.

THU, Nov 5 | 11 a.m.–12:30 p.m. | \$20
Instructor: Anna Merlan
Location: Zoom

#11018 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, participants will discover new ways to think about the past.

FRI, Nov 6–Dec 4 *This class meets every other week.
12–1:30 p.m. | \$45 (3 sessions)
Instructor: Joe Regenbogen
Location: Clayton Oasis

#11020 My Journey with Type 2 Diabetes

Join us for a 90-minute discussion recounting a personal journey living with Type 2 diabetes. Listen to experiences detailing diagnosis, blood sugar management, medications, A1c goals, diet, and the day-to-day challenges of living with diabetes. Come discuss practical lessons learned, strategies that have been useful, and insights that may help others better understand and manage this condition. This class is designed for anyone interested in the realities of living with Type 2 diabetes.

TUE, Nov 10 | 10–11:30 a.m. | \$15
Instructor: Parks Smith
Location: Clayton Oasis

#11030 Advocacy 101: The Basics of Advocacy

Are you interested in making an impact in your community? Join MCOA for our Action to Impact Learning Circle, where we will come together to learn, connect, and explore ways to create meaningful policy and legislative impact. Learn what advocacy is, why it matters, and how your voice can make a difference. Whether you are new to advocacy or just curious, we'd love to have you join us. Thank you for making Missouri a place for all to age well.

WED, Nov 11 | 10–11 a.m. | Free
Instructor: Missouri Council on Aging
Location: Clayton Oasis

#12030 Public Education in St. Louis: The Landscape, Status, & “How We Got Here”

This seminar will illustrate the backstory, historical events, landmark court cases, curriculum, and context of “how we got here” with an eye on public education in St. Louis! The journey through the eras of the past century will illustrate how public schools have become the sandbox for local, state, and federal laws; community norms; desegregation; current events, legislation (funding and the culture wars) and the struggle for the promise of America.

WED, Dec 2 | 11:30 a.m.–1 p.m. | \$12
Instructor: Jere Hochman
Location: Clayton Oasis

#12003 What Stories Can Do: From NYC Actor to USAID Strategic Communications Advisor [•R] V

USA TODAY bestselling author Alex Poppe describes how the power of stories, chance encounters, and embracing risk have changed her life. At the age of 44, Alex was a former actor working a dead-end marketing job and still waiting tables to make ends meet. A chance encounter with a famed journalist changed everything. Trading hipster Brooklyn for the wilds of Iraq, Alex found purpose, agency, resilience and belonging amid war-weary students, humanitarian aid interventions, and man-made violence.

WED, Dec 2 | 1–2 p.m. | \$12
Instructor: Alex Poppe
Location: Zoom

Introduction to Analytical (Jungian) Psychology

Take the whole series for \$56! (class #11025)

#11026 Part 1: The Jungian Approach H

Discover the enduring influence of Carl Jung's approach to psychology in this introductory session. Participants will explore Jung's major concepts, key terminology, and therapeutic perspective, along with the role of dreams as a portal to the unconscious mind. This class provides a clear overview of Jungian psychology and its lasting relevance for personal growth, self-awareness, and the study of human behavior!

TUE, Nov 10 | 12–1:30 p.m. | \$18
Instructor: Rose Holt, MA
Location: Clayton Oasis & Zoom

#11044 Part 2: Libido & Psychological H

Come learn about Carl Jung's concept of libido as a life force and how it influences personality, motivation, and behavior. Participants will examine Jung's theory of psychological types and how it inspired the Myers-Briggs Type Indicator (MBTI). Through discussion, you'll gain a deeper understanding of personality preferences and the inner energies that shape how we think, relate to others, and approach personal growth and change.

TUE, Nov 17 | 12:15–1:45 p.m. | \$18
Instructor: Rose Holt, MA
Location: Clayton Oasis & Zoom

#11057 Part 3: Structure of the Psyche H

Jung believed the psyche contains vast, largely unexplored dimensions that shape our thoughts, emotions, and behaviors. This class explores those hidden aspects of the self through universal patterns and symbols that influence human experience that Jung coined 'archetypes'. Participants will discover how recognizing these enduring themes can deepen self-understanding, encourage personal growth, and provide new perspectives on life's challenges and opportunities.

TUE, Nov 24 | 12–1:30 p.m. | \$18
Instructor: Rose Holt, MA
Location: Clayton Oasis & Zoom

#12001 Part 4: The Process of Psychotherapy H

Dreams have long been viewed as a window into the unconscious and a valuable tool for personal growth. Come explore Carl Jung's perspective on the role of dreams in self-discovery and the development of personality. Through examples of common dream themes, symbols, and imagery, participants will gain insight into how dreams can deepen self-understanding and illuminate patterns in everyday life as a part of psychotherapy.

TUE, Dec 1 | 12–1:30 p.m. | \$12
Instructor: Rose Holt, MA
Location: Clayton Oasis & Zoom

Great Decisions The Foreign Policy Association Discussion Group 2027

We are excited to announce that Great Decisions will return to the Oasis catalog starting in January! Due to popular demand, we will be hosting two separate classes, one on Wednesday mornings and one on Friday afternoons. You can pick which series time works better for your schedule!

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the *Great Decisions Briefing Book*, watching the documentary film series, and meeting to discuss the most critical global issues facing America today.

\$96

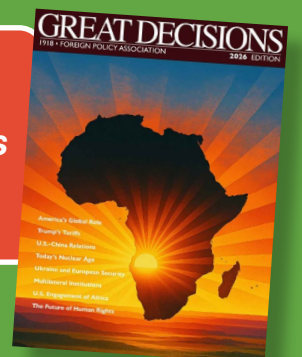
#1000 WED, Jan 13–Mar 10
10–11:30 a.m. | \$96 (9 sessions)
Instructor: Juliet Simone & Steve Kidwell
Location: Clayton Oasis

#1001 FRI, Jan 15–Mar 12
2–3:30 p.m. | \$96 (9 sessions)
Instructor: Mick Weltman & Daniel Blunt
Location: Clayton Oasis

Topics for this session include:

- American Foreign Policy and the Future of Multilateralism
- American Options in the Middle East
- The Future of Germany in Europe and the Atlantic World
- U.S.–China: The Case for Engagement
- Brazil and the Global South: Confronting a New America
- AI and American Choices
- Energy Security: Challenges for American Foreign Policy
- Organized Crime in the Americas

Participants will receive a copy of the *Great Decisions Briefing Book* to keep.



Preparing for the Future with Purpose

#9002 Holistic Life Plan: Health & Wellness

Whether you live alone or with a partner, have no children or children who live far away, planning for your future is essential. This six-session workshop will help you create a personalized, well-rounded plan to age with confidence. You'll explore key aspects of aging—some you may not have considered before—and develop strategies to maintain independence, security, and fulfillment.

Professional guest speakers will give you the latest and best information available for you to make informed decisions.

THU, Oct 29-Dec 10 *No Class Nov 26

2–3:30 p.m. | \$120 (6 sessions)

Instructor: Juliet Simone & Pam R Harden

Location: Clayton Oasis

Make it 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. Together, members can stay accountable to their goals, celebrate successes, troubleshoot challenges, and learn from one another's insights, tips, and strategies.

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.

#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

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.

#11063 MON, Nov 9 | 1–3 p.m. | Free

Instructor: Jill Chaney-Lipe

Location: Oasis - Northwest Plaza

#12028 THU, Dec 17 | 2–4 p.m. | Free

Instructor: Jill Chaney-Lipe

Location: Clayton Oasis

#11035 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.

THU, Nov 12 | 1–2:30 p.m. | Free

Instructor: Chet Cain

Location: Five Oaks on Warson



#12018 Taxes Around Retirement:

Opportunities & Pitfalls [R] V

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

THU, Dec 10 | 12–1 p.m. | \$12

Instructor: Peter Wolynski, CPA, CFP

Location: Zoom

#12029 Plan Today, Protect Tomorrow:

A Guide to Your Health, Assets, and Legacy

Planning for the future involves more than writing a traditional will. This informative class explores practical ways to protect your healthcare wishes, manage your assets, and create a meaningful legacy. Participants will learn about advance care and health directives, estate-planning tools beyond a will, strategies for keeping assets out of probate, and ways to work effectively with financial advisors. The class will also discuss how charitable giving can support a nonprofit you care about while extending your values and impact to future generations.

FRI, Dec 11 | 10–11:30 a.m. | Free

Instructor: Stephen Valentine, MGD Law

Location: Clayton Oasis

#12027 The Cost of Senior Living

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

THU, Dec 17 | 12–1 p.m. | Free

Instructor: Chet Cain

Location: Clayton Oasis

#11001 Planning for Peace of Mind H

Successful retirement planning involves more than managing investments. This class explores four essential areas of a comprehensive retirement strategy: investment planning, estate and generational planning, risk protection through insurance, and tax planning. Learn how these pieces work together to help preserve your assets, support your financial goals, and create a legacy for future generations. Whether you're already retired or preparing for retirement, you'll gain practical insights to help you make informed financial decisions.

MON, Nov 2 | 12–1:30 p.m. | \$18

Instructor: Bryan Rumping & Claire Rone

Location: Clayton Oasis & Zoom

#11014 Investments in Retirement [R] V

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

THU, Nov 5 | 1–2 p.m. | \$18

Instructor: Peter Wolynski, CPA, CFP

Location: Zoom

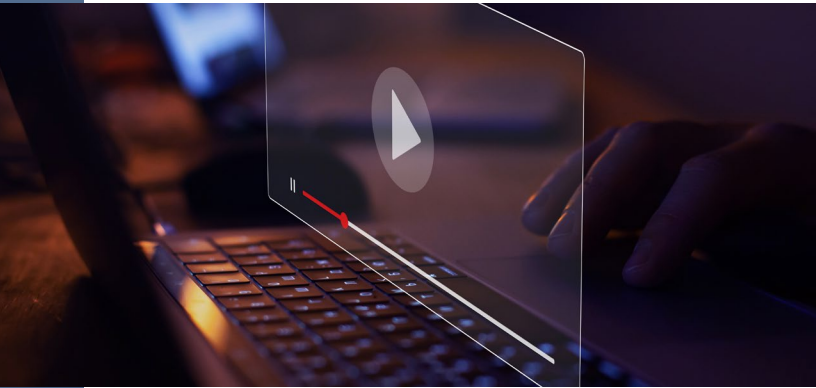
Your Gift Goes Further in 2026 — New Tax Law Means More Savings for You!

Starting this year, even if you don't itemize, you can deduct your charitable gifts. Thanks to a new federal tax law, **taxpayers who take the standard deduction can now deduct up to \$1,000 (single filers) or \$2,000 (married couples filing jointly) for cash gifts to qualified charities like Oasis.**

That means a gift you make today could lower what you owe when you file your 2026 taxes — a benefit most donors haven't had in years. Make your gift to Oasis today and put this new tax advantage to work!

Questions or want to make a gift? Visit our website or Contact Sean McCaffrey at 314-687-1121 or smccaffrey@oasisnet.org.

Technology



#11201 Streaming Video Basics V

Discover the essentials of streaming video in this beginner-friendly class. Learn how to access and enjoy your favorite movies, TV shows, and sports on platforms like Netflix, Prime Video, Hulu, and more, with easy-to-follow instructions and helpful tips on getting the most out of your streaming experience. Whether you're new to technology or looking to expand your digital skills, this class will empower you to stream videos with confidence.

FRI, Nov 6 | 11 a.m.–12:15 p.m. | \$18
Instructor: Mano Nakis
Location: Zoom

#11202 Using Microsoft OneDrive to Manage & Share Your Files V

Microsoft OneDrive is a great way to organize, access, and back up your files in a secure cloud environment. Learn how to set up your own personal OneDrive instance, move files between your devices and OneDrive, open and modify files, and share pictures, documents, spreadsheets, and more with others. Files stored in OneDrive are accessible wherever you are—from an Internet browser or from an app on your Windows or Mac computer or on your iPhone or Android phone.

FRI, Nov 6 | 2–3:30 p.m. | \$18
Instructor: David Cole
Location: Zoom

#11203 Google Photos V

Google Photos offers free backup of your mobile phone's pictures! It's automatic and comes with a host of features too. Google Photos' Assistant will even create collages, animations, and albums you will enjoy. And that's only the beginning. This class is a great introduction to these features and will teach you how to install and use the app on your mobile device as well as on your desktop or laptop. Google Photos works on both Android and iPhones. Lots of demonstrations will be provided as well as time for questions.

TUE, Nov 10 | 11 a.m.–1 p.m. | \$18
Instructor: Mary J Mueller & Martha Bogart
Location: Zoom

#11204 Surfing the Web Safely:

Taming Cookies & Cache V

You might have heard of computer “cookies,” “history,” and browser “cache” (data). In this class, we will explain their purpose, the potential problems these items might cause, and the way to clean them from your computer. We will also look at a few ways to minimize how you are tracked online via cleaning, private browsing or by using a search engine that minimizes tracking. The idea is to make your web surfing safer and maintain your web browser's performance.

WED, Nov 18 | 1–2:30 p.m. | \$18
Instructor: Larry Edison
Location: Zoom

#12201 Protecting Your Data Privacy: Account Settings You Can Change Now V

As technology users, we are vulnerable to data hacks, scams, and targeted advertising. While no system is foolproof, there are simple steps you can take to strengthen your privacy and security. This class will walk you through key settings in accounts such as Amazon, Google, Facebook, Venmo, and Zelle. Learn how to use built-in privacy tools and security checkups you may not know exist, and leave with greater confidence and peace of mind.

FRI, Dec 4 | 1–3 p.m. | \$18
Instructor: Martha Bogart, Mary Mueller, & Linda Schumacher
Location: Zoom

#12202 Exploring Google Drive for Desktop Computer or Laptop V

This class provides an overview of Google Drive, specifically Google Docs (word processing). Learn how to store and back up your files to Google Drive including PDFs, videos, audio files, and photos, so you can access them from anywhere. Any file you have on your computer can be stored on Google Drive. Learn how to upload, create, edit, share, and organize your files in the cloud. Google Drive is free as long as you have a Google account, which is also free. This class will introduce you to the desktop version of Google Drive, although there is also a mobile version available. We recommend that you create a Google account before the class.

TUE, Dec 8 | 11 a.m.–1 p.m. | \$18
Instructor: Martha Bogart & Mary Mueller
Location: Zoom



Membership PROGRAM

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.



Registration is Required for Ask a Techie Classes

Ask a Techie

Get Free help with technology such as Android and iPhone Smartphones, PC and Apple computers, iPad and Android tablets, WIFI, email, software updates, one-on-one problem solving, and training.

All sessions are in-person and led by a skilled Oasis Techie.

Location:
Oasis – Northwest Plaza
1–2:30 p.m. | Free

#11206 MON, Nov 2
#11207 MON, Nov 9
#11209 MON, Nov 16
#11211 MON, Nov 23
#11213 MON, Nov 30
#12204 MON, Dec 7
#12207 MON, Dec 14

Location:
Clayton Oasis
1–2:30 p.m. | \$10

#11208 TUE, Nov 10
#11210 TUE, Nov 17
#11212 TUE, Nov 24
#12203 TUE, Dec 1
#12205 TUE, Dec 8
#12208 TUE, Dec 15

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

#11205 MON, Nov 9
#12206 MON, Dec 14

Tours & Travel

#11015 The 1904 World's Fair: A New Perspective—Guided Exhibit Tour: 1904 World's Fair

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.

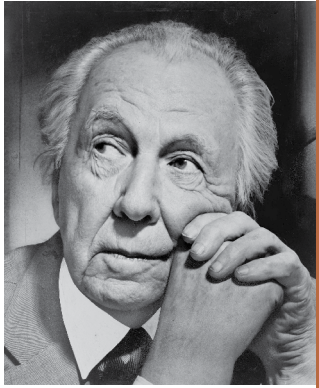
THU, Nov 5 | 2–3:30 p.m. | \$20
Instructor: Parks Smith
Location: Missouri History Museum



#11045 Frank Lloyd Wright: Right Here in St. Louis

Come explore the Frank Lloyd Wright House in Ebsworth Park, a unique and significant residence designed by Frank Lloyd Wright, widely recognized as the greatest American architect of the 20th century. The 1,900-square-foot residence built for Russell and Ruth Kraus was the architect's first building in the St. Louis area, and is one of only five Wright designs in Missouri. It is an excellent example of Wright's democratic vision, intended to provide middle-class Americans with beautiful architecture at an affordable cost.

WED, Nov 18 | 10–11:30 a.m. | \$25
Instructor: Lydia Nunes
Location: Frank Lloyd Wright House



Holiday Happenings

#11037 Crafting Winter Charm:

The Art of Winter Decorating

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

FRI, Nov 13 | 10 a.m.–12 p.m. | \$18

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



#11016 Elevate Your Style, Space & Self: Designing a Life You Love For the Holidays

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

In this engaging session, explore how our environment, personal narrative, and outward expression are deeply connected. Come learn about simple styling techniques, like accessorizing, layering, and refreshing pieces you already own, to help express confidence at any stage of life. Take away 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, Nov 6 | 9:45–11:45 a.m. | \$18

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

#11033 Navigating Holiday Stress with Effective Communication & Conflict Management Skills

It's that time of the year where cheers and jeers can blend together. Come learn some new skills that can help decrease the inevitable holiday stressor!

THU, Nov 12 | 10–11:30 a.m. | \$18

Instructor: Trisha Miller, PhD
Location: Clayton Oasis & Zoom



#11031 How to Plan for EVERY New Year

Several philosophies have ideas about colors, days of the week, and planets to help us start our year the best way possible. Learn tools to build a wonderful life every day...not just next year, but every year!

WED, Nov 11 | 11 a.m.–12 p.m. | \$18

Instructor: Kathy Berg, BA, MMS
Location: Clayton Oasis

Community Locations

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

The Frank Lloyd Wright House in Ebsworth Park

120 North Ballas Road
Kirkwood, MO 63122

Hi-Pointe Theatre

1005 McCausland Avenue
St. Louis, MO 63117

The Jewel Box

At the Intersection of Wells Drive and
McKinley Drive
St. Louis, MO, 63110

John F. Kennedy Memorial Forest

6500 Government Drive
St. Louis, MO, 63110

Lutheran Church of Atonement

1285 North New Florissant Road
Florissant, MO 63031

Missouri History Museum

5700 Lindell Boulevard
St. Louis, MO 63112

Oasis-Northwest Plaza

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

The Pavillion at Lemay

305 Gregg Road
Lemay Township, MO 63125

St. Louis Kaplan Feldman Holocaust Museum

36 Millstone Campus Drive
St. Louis, MO 63146

STL Public Library - Walnut Park

5760 West Florissant Avenue
St. Louis, MO 63120

Webster United Methodist

600 North Bompert Avenue
Webster Groves, MO 63119

Instructor Index

Ahrens, Jen	21	Fountain, Jo	4	McGrath, Katie	4	Rustemeyer, Georgan	27
Bambini, Cindy	4	Goodwin, Idaria K	5	McHugh, Alice	5	Sacco, Nick	18
Berg, Kathy	31	Hahn, Andy	18	Merlan, Anna	24	Schlafly, Daniel	21
Blunt, Daniel	26	Harden, Pamela R	27	Miller, Craig	5	Schneider, Douglas	18
Bogart, Martha	29	Harned, Samuel F	22	Miller, Trisha	31	Schumacher, Linda	29
Boorstin, Sharon	21	Higgins, Laura	5	Missouri Council on Aging	24	Simone, Juliet	26
Cain, Chet	27, 28	Hilditch, David	24	Morrison, Geoffrey	18	Simpson, Lukas	13
Campese, Sharon R	4	Hochman, Jere	24	Mueller, Mary J.	29	Smith, Parks	21, 24, 30
Chable, Christopher Alex	3	Hoff, Kimberly	7	Nakis, Mano	29	Spadafora, Andrea	23
Chaney-Lipe, Jill	27	Holt, Rose	25	Newlin, Lisa	13	St. Louis Kaplan Feldman Holocaust Museum Curators	20
Church, Alis Tate	3	Johnson, Cathy	3, 4	Norman, Roz	24	Steenland, Paul	18
Clevlen, Bill	11	Kadiri, LaKendra	10	Nunes, Lydia	30	Talley, Geraldine	3
Cole, David	29	Kidwell, Steve	26	Oasis Bands	13	Thenhaus, Jess	8
Coleman, Bart	7	Kindt, Karl	11	Payne, Eric	23	Thompson, Paul	16, 22
Derickson, Sandy	3	Kirsch, Sharon	3	Poppe, Alex	24	Trachsel, Annie	4
Diaz-Granados, Carol	15, 16, 19	Koslin, Ed	7	Rabbitt, Johnny	18, 19	Valentine, Stephen	28
Dillon, Dan	19	Leifheit, Rhonda	7	Regenbogen, Joe	24	WashU PT Team	10
Edison, Larry	29	Lescher, Amy	4	Reichman, Beth Ann	31	Weintraub, Ken	11, 12
Etling, Mark	19	Losciale, Richard	7, 11, 12, 13, 18, 22	Roberts, Jo Ann D.	3, 5	Weltman, Mick	26
Eyssell, Thomas	19	Mahoney, Lily	31	Rone, Claire	27	Wolynski, Peter	27, 28
Faris, Michael	16	McClinton, Rowena	15	Rossi, John	15, 22	Woodward, Jim	15
Flory, Ann	13	McCreary, Steph	23	Rowe, Loree	4		
Ford, Rossallyn	10			Rumping, Bryan	27		

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33



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34

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