St. Louis Regional OASIS
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Clayton, MO 63105-1676

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O'Fallon OASIS
Jan – Apr 2012

OASIS *discover life after 50*

Keep your brain and body fit with OASIS! Register for a program today and start your healthy new year with us.

macy's foundation

BJC HealthCare

Welcome to OASIS

What is OASIS?

OASIS is a pioneer in the field of successful aging, offering programs of continued lifelong learning, healthy lifestyles and civic engagement for people age 50+. Our national program has locations throughout St. Charles County and the St. Louis metropolitan area, creating opportunities to learn new things, develop talents, improve health, connect with others and make a positive impact in the lives of others.

Where is OASIS in St. Charles County?

O'Fallon OASIS offers programs throughout St. Charles County, including our two newest sites:

Renaud Spirit Center
2650 Tri Sports Circle
O'Fallon, MO 63368

O'Fallon Senior Center, Lower Level
106 North Main Street
O'Fallon, MO 63366

Volunteer with us!

• **Health Facilitator:** Encourage others to get active, prevent falls or stay socially connected. Training provided.

• **Intergenerational Tutoring:** Be a tutor, mentor and friend to a child in grades K-4 and help him or her build reading and language skills.

• **Course Instructor:** Share your expertise by teaching an OASIS class.

• **Class Coordinator:** Help our programs run smoothly by being our in-class representative.

To learn more about how you can volunteer, call 314.862.4859, ext. 21.

How do I get involved with OASIS?

Register for a class by calling 314.539.4556 or by going online at www.oasisnet.org/stlouis. There is an $8 processing fee to register each term. To learn more about OASIS, request a catalog or visit www.oasisnet.org/stlouis. Catalogs are available at the Renaud Spirit Center and O'Fallon Senior Center, Lower Level.

More St. Charles County Sites

Biking trips, wellness lectures and more – OASIS has what you need to stay fit! Look for OASIS classes throughout St. Charles County:

Barnes Jewish St. Peters Hospital
• Fit for Function: Preventing Age-Related Muscle Loss,
• AARP Driver Safety Class

Biking
• Missouri Research Park to Defiance

Breeze Park
• Civil War Music: Live Performance
• Wit and Wisdom: Jewish Folktales

Kathryn Linnemann Branch Library
• Know the 10 Warning Signs of Alzheimer's Disease

Lake St. Charles
• Old Time Radio Comedies
• Billy Graham

Lake Saint Louis City Hall
• Bone Density Screening for Women

Middendorf-Kredell Library
• China
• Challenging the Stereotypes of Aging
• Heart Healthy and Blood Pressure Screening
• Pharmacological Safety & Drug Interactions
• Organic Foods

Progress West Medical Plaza
• Body Composition Analysis
• Manage, Measure and Reduce Stress
• Adult CPR
• AARP Driver Safety Program
• Practical Solutions- How-tos for Caregivers
• Bone Density Screening
• Skin Cancer Screening

St. Peters City Center
• Intergenerational Communication: How to Talk to Your Grandchild

Discover O'Fallon OASIS

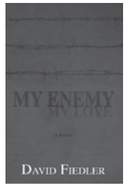
Following are our O'Fallon OASIS spring 2012 programs. For a full listing of all OASIS programs, call 314.539.4556 or visit www.oasisnet.org/stlouis.

Renaud Spirit Center

My Enemy, My Love: Meet the Author

David Fiedler, author and historian

David Fiedler is known for his book, *The Enemy Among Us*, the true story of German and Italian prisoners of war detained in Missouri during WW II. Fiedler's new novel, *My Enemy, My Love,* tells the story of a German prisoner of war who finds romance and danger with a Missouri woman. The book is based on Fiedler's interviews.



O'Fallon OASIS-Renaud Spirit Center 208
Tuesday, Feb 14, 1:00-3:00
Fee: $15

Building Bones: Mixed Level

Carol Niederschmidt

This program incorporates weight-bearing and resistance-training exercises, proper exercise technique and comprehensive education for people at risk for osteoporosis or fracture. Each class begins with an education session, while the majority of class is spent exercising.

O'Fallon OASIS-Renaud Spirit Center 201
Tuesday/Thursday, Feb 14-Mar 22, 11:00-12:15
Fee: $65; Sessions: 12
O'Fallon OASIS- Renaud Spirit Center 202
Tuesday/Thursday, Apr 3-May 10, 11:00-12:15
Fee: $65; Sessions: 12

Bird Washington: Civil War Soldier

Bill Popp, historian

Born into slavery, Bird Washington joined the Union Army in 1863 and later made his home and raised his family in St. Charles, Mo. Through Pvt. Washington's experiences, hear the story of the 62nd Regiment, United States Colored Troops and his attempts to obtain a disability pension.

O'Fallon OASIS-Renaud Spirit Center 209
Wednesday, Feb 22, 10:00-11:30
Fee: $10

Watercolor Painting

Shirley Nachtrieb, artist

Learn the fundamentals of watercolor painting from an award-winning artist. A supply list will be provided to students upon registration.

O'Fallon OASIS-Renaud Spirit Center 206
Tuesday, Mar 6-Apr 10, 2:00-4:00
Fee: $62; Sessions: 6

Spirituality and Wellness

Gary U. Behrman, PhD, MSW, M.Div.

Dr. Behrman will share his research and clinical insights regarding the role spirituality plays in wellness as one ages. Persons of all faiths are welcome.

O'Fallon OASIS-Renaud Spirit Center 203
Thursday, Mar 8, 1:00-2:30
Fee: $6

PITMAN FUNERAL HOMES

St. Charles: Les Petites Cotes

Dianna Graveman & Don Graveman, authors

Delve into the history of the St. Charles area, originally *Les Petites Cotes*, as you learn little-known facts about the history of the city and the characters who built it. View a rich collection of historical images.

O'Fallon OASIS-Renaud Spirit Center 210
Wednesday, Mar 14, 10:00-11:30
Fee: $10

Abbott and Costello

Bob Lord, entertainment history specialist

Learn about the careers of Bud Abbott and Lou Costello, America's most popular comedy team in the 1940s and '50s. View some of their routines, including the classic, "Who's On First?"

O'Fallon OASIS-Renaud Spirit Center 211
Tuesday, Mar 20, 1:00-2:30
Fee: $10

The Inspiring History of the Irish in St. Louis

Bev Schuetz, History Talks

Follow the moving account of St. Louis Irish immigrants in their struggle to survive bigotry and discrimination. See how the Irish survived, flourished and became a vital part of St. Louis history.

O'Fallon OASIS-Renaud Spirit Center 212
Tuesday, Mar 27, 1:00-3:00
Fee: $12

The Life and Works of Rudolph Goebel: Pioneer Photographer

Bill Popp, historian, genealogist and author

A German immigrant, Rudolph Goebel, established a photography studio in St. Charles in 1856 and remained in business for the next 60 years. View his photos, which capture the growth of St. Charles County.

O'Fallon OASIS-Renaud Spirit Center 213
Wednesday, Apr 4, 10:00-11:30
Fee: $10

Defining Your Legacy: An Estate Considerations Workshop

Explore the meaning of legacy and what you want to pass on, your values and valuables. Join us for an educational presentation discussing how to protect yourself and your estate.

O'Fallon OASIS-Renaud Spirit Center 207
Wednesday, Apr 11, 10:00-12:00
Free

Edward Jones INVESTMENTS

Brain Matters: Keeping it Fit!

Dr. Pascale Michelon, The Memory Practice founder and director; adjunct faculty at Washington University

Learn how the brain and memory work, explore what a brain-healthy lifestyle is and get tools to keep your brain sharp. Perform brain exercises in class!

O'Fallon OASIS-Renaud Spirit Center 205
Wednesday, Apr 18, 1:00-3:00
Fee: $15

America's Choice in Homecare. VisitingAngels LIVING ASSISTANCE SERVICES

Digging for History: Blanchette's Home

Steve Dasovich, Archaeology Program director, Lindenwood University

Archeologists have finally discovered the home of Louis Blanchette, the mysterious 18th century French-Canadian adventurer who first landed in what is now St. Charles.

O'Fallon OASIS-Renaud Spirit Center 214
Friday, Apr 20, 1:00-3:00
Fee: $12

Challenging the Stereotypes of Aging

Mona Resnik, MA

Join this lively discussion on why, how and by whom the stereotypes of aging are perpetrated and glimpse some new strategies to help eradicate the myths that result in ageism.

O'Fallon OASIS-Renaud Spirit Center 204
Wednesday, Apr 25, 10:00-11:30
Fee: $6

O'Fallon Senior Center, Lower Level

Fish, Forest and Wildlife Conservation in Urban Areas

Perry Eckhardt, Urban Forester, Missouri Department of Conservation, Certified Arborist

For more than a decade, Perry Eckhardt, has assisted local communities with natural resource management. His efforts resulted in ordinances and policies as well as several projects that have stabilized streams, established prairies, treated storm water and improved the urban forest. Learn about conservation development, low-impact development, native plant landscaping and urban forestry.

O'Fallon OASIS-Senior Center 216
Tuesday, Feb 7, 1:00-2:30
Fee: $9

Academy of Science St. Louis

Gentle Chair Yoga

Amy Schactman

Designed for ages 50+, this program incorporates use of chairs, helping to relieve low back pain and joint discomfort, while improving balance. Perfect for new participants or those who would prefer not to sit on the floor.

O'Fallon OASIS-Senior Center 217
Wednesday, Feb 15-Apr 4, 10:30-11:30
Fee: $53; Sessions: 8
O'Fallon OASIS-Senior Center 220
Wednesday, Apr 11-May 30, 10:30-11:30
Fee: $53; Sessions: 8

Civil War Women

Professional storyteller Dianne Moran tells the story of Civil War women: soldiers, nurses, spies, camp followers, laundresses and family members waiting out the long war. This performance includes historical fact as well as the stories of Ambrose Bierce and William Faulkner. A Civil War relic display is included.

O'Fallon OASIS-Senior Center 218
Friday, Apr 13, 10:30-11:30
Fee: $11

Don't Kill Your Perennials!

June Hutson, Missouri Botanical Garden

June Hutson will bring her expertise from the Missouri Botanical Garden, showing how to enhance the beauty of your garden with perennials. During her 30+ years at the Garden, Hutson has been recognized as one of the top names in hands-on gardening..

O'Fallon OASIS - Senior Center 219
Tuesday, Apr 17, 1:00-3:00
Fee: $12