



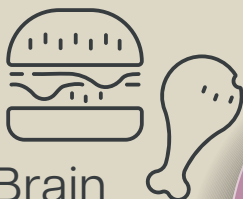
Classes and programs for older adults

Class Catalog

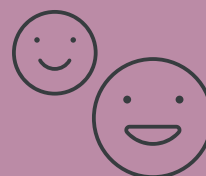
Sep-Oct 2025



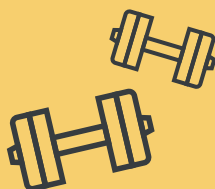
**SOCIAL
CONNECTION**



**Brain
healthy
diet**



**Managing
Stress**



**STAYING
ACTIVE**



**Meaning
& Purpose**



**Quality
Sleep**

In this issue

**Boosting Brain
Health One Program
at a Time.**

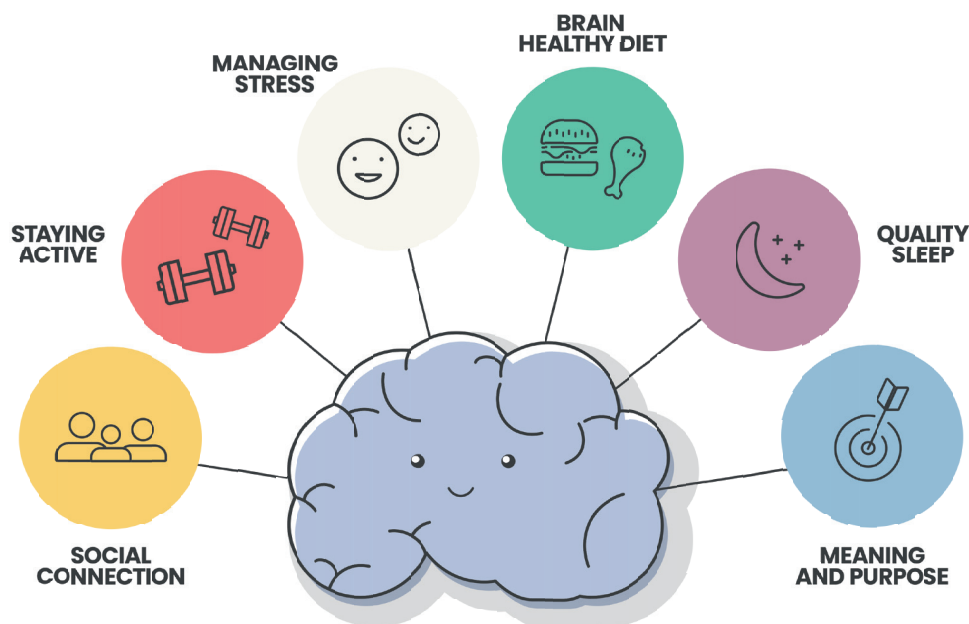
Introducing...



Membership PROGRAM

We're excited to launch our brand-new Oasis Membership Program, designed with you in mind! For just \$79 per year, members will enjoy a 10% discount on all Oasis classes!

Learn more on page 1



Boost Your Brain Health with Oasis Programs

Participating in Oasis programs offers a powerful way to stay mentally sharp, socially connected, and purpose-driven as you age.

At Oasis, staying sharp is more than a goal—it's a way of life. Our wide range of classes and programs are thoughtfully designed to **nurture your brain, body, and spirit** through every stage of aging.

Whether you're learning a new language, exploring local history, joining a book group, or mastering digital tools, every Oasis experience is a step toward **keeping your brain engaged and thriving**. Invest in your brain—stay curious, stay active, stay connected with Oasis.

Brain Health Tip: Step outside your comfort zone! Choose at least one class from this catalog that's different from your usual picks. New experiences help form new neural connections—and that's great for your brain.

Here's how Oasis supports your brain health:

- **Lifelong Learning:** Challenging the mind with new information, perspectives, and skills keeps cognitive pathways strong and resilient.
- **Creative Expression:** Art, music, and writing classes stimulate different areas of the brain and promote neuroplasticity.
- **Social Connection:** Meaningful interaction reduces the risk of cognitive decline and supports emotional well-being.
- **Movement and Mindfulness:** Physical activity and practices like tai chi or meditation improve memory, concentration, and mental clarity.

Invest in your brain—stay curious, stay active, stay connected with Oasis.

See
Membership
Program
Details on
Page 22

Now there's an even smarter way to stay sharp—while saving money!



Membership
PROGRAM

\$79/year
10% off all classes

We're thrilled to introduce the new Oasis Membership Program, thoughtfully designed to support your journey toward lifelong learning and brain health. For just **\$79 per year**, members will receive an exclusive **10% discount on all Oasis classes**—making it easier than ever to stay engaged, inspired, and connected.

Here's what you get:

- **10% off** all classes for a full 12 months
- **No exclusions** (except donations and gift cards)
- **Rolling enrollment**—sign up any day and your benefits last a full 365 days
- **No auto-renew**—renew only if and when you choose
- Member get 10% off a **Program Pass!**

To learn more call 314-862-4859 ext. 24.
To become a member scan the QR code!





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About Us

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

Office Information

The St. Louis Oasis offices are open Monday through Friday from 9:30 a.m. to 3:30 p.m. Call **(314) 862-4859 ext 24** and we will respond within 48 hours.

Center of Clayton

50 Gay Avenue, Clayton, MO 63105
Office Phone: (314) 862-4859 ext 24

Northwest Plaza

500 Northwest Plaza, Suite 425, St. Ann, MO 63074
Office Phone: (314) 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 **V**, hybrid **H**, or enjoy a recording.

NEW! Class Recordings

We now also offer recordings of classes. Look for this icon **[•REC]** 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.

Cancellation & Refund Policy

Classes may be cancelled due to inclement weather or low enrollment. If this occurs, you will be notified. Class fees are non-refundable unless there is a medical emergency, jury duty, or Oasis cancels the program.

Inclement Weather Policy

All weather updates and cancellations will be listed on the Oasis website, Facebook page, office voicemail, and on KMOX, KPLR, and KSDK. Oasis may transfer programs from in-person to Zoom. You will be notified and provided a link if class is transitioned to Zoom.

Publication Notes

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Important Update: Class Location Change

This fall, we will be transitioning out of Eden Seminary and relocating many of our Webster Groves programs to Clayton Oasis, conveniently located inside the Center of Clayton Recreation Complex, which offers ample free parking.

Some classes—like Yoga and Acoustic Jam—will continue in Webster Groves at Webster United Methodist Church and First Congregational UCC.

Good news: Webster Groves and Clayton are only about 4 miles apart, making the move easy and convenient for most participants.

Arts & Entertainment

Partner Spotlight

Celebrate American cinema with the exciting partnership between Oasis and

◄ The ►



T H E A T R E

Since • 1922

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

#9051 Hollywood Films of the 1970s: “Nashville” Screening

Step back into the vibrant world of 1970s cinema with a special screening of *Nashville* (1975, 159 min.) at the iconic Hi-Pointe Theatre. Directed by Robert Altman, this sprawling, satirical drama follows 24 characters through a five-day period in the capital of country music, weaving a rich tapestry of music, politics, and Americana. Join fellow film lovers for an unforgettable afternoon immersed in this landmark of American filmmaking.

WED, Sep 17 | 1–3:40 p.m. | \$9

#9052 Hollywood Films of the 1970s: “Nashville” Discussion

Deepen your appreciation for *Nashville* with an engaging post-screening discussions led by Cliff Froehlich, retired Executive Director of Cinema St. Louis and esteemed former Riverfront Times film critic. Explore the film’s themes, characters, and cultural impact during this thought-provoking discussion designed for both casual viewers and devoted cinephiles.

WED, Sep 17 | 3:45–4:45 p.m. | \$20

#10037 Hollywood Films of the 1970s: “Carrie” Screening

Experience one of horror cinema’s most iconic films on the big screen at the Hi-Pointe Theatre. *Carrie* (1976, 98 min.), directed by Brian De Palma, is a chilling and poignant adaptation of Stephen King’s debut novel. Through the story of a bullied teen with telekinetic powers, the film explores themes of repression, adolescence, and revenge. Don’t miss this haunting classic in a setting worthy of its legacy.

WED, Oct 22 | 1–2:40 p.m. | \$9

#10038 Hollywood Films of the 1970s: “Carrie” Discussion

Go on a cinematic journey with Cliff Froehlich as he unpacks the artistic vision and cultural resonance of *Carrie*. In this post-film discussions, you’ll delve into the film’s direction, performances, and enduring influence on the horror genre and popular culture.

WED, Oct 22 | 2:45–3:45 p.m. | \$20



#9001/9001.V Motown Music Legacy

Explore how the iconic “Motown Sound” shaped not only popular music but also influenced television commercials, films, media, and generations of musicians. This nostalgic look at Motown’s cultural and historical impact invites participants to reflect on its lasting legacy—and share their favorite Motown songs during the class!

WED, Sep 3 | 10–11 a.m. | \$17

Instructor: Roz Norman

Location: Clayton Oasis & ZOOM 

#9034 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.

WED, Sep 17 | 10 a.m.–12 p.m. | \$17

Instructor: Richard Losciale

Location: Clarendale Clayton

#9023 The Big Band Era and It's Legacy

Step back in time to the swinging sounds of the WWII era in this 90-minute gala presentation featuring film clips of iconic bandleaders like Glenn Miller, Tommy Dorsey, Benny Goodman, Artie Shaw, and more. Relive performances that lifted America's spirits during a tense period in history—on radio, in the movies, and on stage.

Enjoy classic vocals by legends like Frank Sinatra, Dinah Shore, Bing Crosby, and Peggy Lee, singing beloved hits like Fever, Chattanooga Choo Choo, and Sentimental Journey. Lyrics will be displayed on screen so both in-person and Zoom participants can sing along, recreating the magic of a 1943 broadcast from the Hotel Statler's Crystal Ballroom.

THU, Sep 18 | 2–3 p.m. | \$17

Instructor: Ken Weintraub

Location: Clayton Oasis

#10009 Stanley Donen: Director, Producer, Choreographer

In his 50-year career, Donen was known as the man who forever changed the Hollywood musical and so much more. Credited with such great films as 'On the Town', 'Royal Wedding', 'Seven Brides for Seven Brothers', 'Indiscreet' and 'Charade', the list goes on and on. If you're not familiar with this legendary man, now is the time!

THU, Oct 9 | 2–3:30 p.m. | \$17

Instructor: Mary Saputo

Location: Clayton Oasis

#10027 The Art of Audubon

John James Audubon is a household name, but few know the full story behind the legendary artist and explorer. Audubon set out to document every bird in America, a mission that defined his life. This session explores his journey from childhood through personal struggles to the discovery of his true passion. Learn about his artistic techniques, subjects, and the lasting legacy of his groundbreaking work in ornithology and art.

FRI, Oct 17 | 11 a.m.–12 p.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Five Oaks on Warson

#10033 The 'Rat Pack' of Las Vegas and the Movies

Travel back to 1960s Las Vegas during the filming of Ocean's 11 at the Sands Hotel. From this emerged the legendary Rat Pack—Frank Sinatra, Dean Martin, Sammy Davis Jr., Peter Lawford, and Joey Bishop—pioneers of the era's 'cool swinging lifestyle'. With rare musical clips and vintage footage, relive the glamour, celebrity ties, and rumored mob influence of those dazzling days. Don't miss this lively tribute to a golden age.

TUE, Oct 21 | 2–3:30 p.m. | \$8.50

Instructor: Ken Weintraub

Location: Oasis–Northwest Plaza

#10020 The Best of Classic Hollywood Horror

This genre of films made its debut during the silent era, of course, but when the talkies emerged in the 1930's, so did the sound effects that we all loved—creaking doors, rumbles of thunder, and that music! Come on! Lon Chaney, Boris Karloff, Bela Lugosi, and Vincent Price are all waiting to see YOU!

THU, Oct 23 | 10–11:30 a.m. | \$17

Instructor: Mary Saputo

Location: Clayton Oasis

#10036/10036.V Ziggy Stardust and Platform Heels: David Bowie and the Glam Rock Movement [●REC]

The early 1970s Glam Rock movement burst onto the scene as a dazzling spectacle of offense, commercialism, and cultural subversion—a glittering middle finger to the prevailing norms of rock authenticity. At the vanguard stood David Bowie, a restless innovator whose impact would endure far beyond the era of sequins and platform shoes. Take a peek behind the shimmer and spectacle of Glam Rock's golden years. Follow Bowie—the timeless icon and master of reinvention—as he morphs through the cosmic alien Ziggy Stardust, the decadent allure of Aladdin Sane, and a gallery of personas that continued to redefine both sound and style across decades.

FRI, Oct 24 | 1–2 p.m. | \$17

Instructor: Juliet Simone

Location: Clayton Oasis & ZOOM H



#10023/10023.V The Art of Tiffany [●REC]

Louis Comfort Tiffany is best known for his stunning stained glass lamps and windows—but his artistic legacy goes far beyond that. This class explores Tiffany's remarkable life, his deep passion for nature, and his contributions to interior design, ceramics, glass, and jewelry. Discover the story behind the companies he founded and the thousands of exquisite objects he created that continue to inspire and captivate today.

THU, Oct 30 | 10–11:30 a.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Clayton Oasis & ZOOM H

Create: Writing, Art, & Music

#9002.V Writing a Life: Crafting Meaningful Obituaries

Learn how to write an engaging, thoughtful obituary that truly honors a person's life and legacy. In this interactive session, you'll discover how to capture the essence of an individual in a way that is personal, respectful, and memorable—while also strengthening your general writing skills.


Topics include:

- Interviewing techniques that bring stories to life
- Common pitfalls to avoid when writing obituaries
- Smart, respectful ways to use AI as a writing tool

You'll review real examples—some that shine, some that fall flat—to help refine your approach and inspire your own writing. Whether you're preparing in advance or responding to a recent loss this class offers guidance and support in crafting meaningful tributes.

WED, Sep 3 | 11 a.m.–1 p.m. | \$17

Instructor: Dana Kuhn

Location: ZOOM 

#9045 Concert Band

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

MON, Sep 8–Dec 8 *No Class 10/27

10 a.m.–12 p.m. | \$130 (13 sessions)

Instructor: Gene Rauscher

Location: First Congregational UCC

#9049 Acoustic Folk Music Jam Group

Join Oasis' 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, Sep 9–Oct 21 | 11:30 a.m.–12:30 p.m. | \$105 (7 sessions)

Instructor: Lukas Simpson

Location: First Congregational UCC

Creative Writing

Join creative writing coach and editor Kim Lozano for a welcoming workshop that introduces the foundations of fiction, memoir, personal essay, and poetry. Participants will share their work in a supportive environment and explore the craft of writing through discussion. All writing—and some light reading—will be done outside of class. Kim also shares helpful resources for writers at kimlozano.com.

#9011 TUE, Sep 9–Dec 2 *No Class 11/4

10 a.m.–12 p.m. | \$135 (6 sessions)

Instructor: Kim Lozano

Location: Clayton Oasis

#9013 TUE, Sep 9–Dec 2 *No Class 11/4

1–3 p.m. | \$135 (6 sessions)

Instructor: Kim Lozano

Location: Clayton Oasis

#9033 Writing Your Life

Writing your life can be an adventure, a discovery, a healing process—and a legacy. In this class, we'll read short narratives, respond to creative prompts, and explore storytelling techniques to help you craft meaningful personal narratives of your own.

TUE, Sep 9–Oct 28 | 1–3 p.m. | \$150 (8 sessions)

Instructor: Cheryl Jarvis

Location: Clarendale Clayton

Oasis is Currently seeking Techie Volunteers

Do you enjoy working with technology like Android and iPhone smartphones, PC and Apple computers, iPads and Android tablets, Wi-Fi, email, and software updates? Oasis is looking for enthusiastic volunteers to teach technology classes and to lead or assist in our Ask-a-Techie sessions.



**Interested? Contact Jordan Carr at
jcarr@oasisnet.org or (314) 687-4525**



Instructor Spotlight: Kim Lozano

I'm thrilled to be in my 13th year of teaching creative writing for Oasis. I've made many friends through my classes and a few of my students have been with me since the beginning. Some of my best teaching memories are of working with my "writers of the round table" around our huge library table at Eden Theological Seminary. Over the years we've honored life milestones together, enjoyed holidays (Halloween candy and holiday treats), and celebrated publishing successes. Our class was excited to be able to help fellow class member Vivian Gibson work on her award-winning memoir, *The Last Children of Mill Creek*.

Every class session we show up excited to read one another's work—whether a writer is writing stories from their life to share with their family or wanting to place one of their poems in a literary magazine. By sharing their work in a supportive environment, the class members really get to know each other. I'm so proud of the space we've created that welcomes all sorts of writers.



#9036 Beginners Watercolor: Tall Vase of Mums

Enjoy a relaxing introduction to watercolor painting—no prior experience needed! Guided by artist and therapeutic art specialist Ann Flory, you'll learn basic watercolor techniques as you create your own charming Tall Vase in Mums scene to take home. All supplies are provided. Come explore your creativity in a welcoming, stress-free environment.

WED, Sep 10 | 1–2:30 p.m. | \$20
Instructor: Ann Flory, Artfully Aging
Location: Five Oaks on Warson



#10015 Beginners Watercolor: Owl on Branch

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

THU, Oct 16 | 10–11:30 a.m. | \$20
Instructor: Ann Flory, Artfully Aging
Location: Clayton Oasis

#9046 Jazz Ensemble

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

THU, Sep 11–Dec 11 | 10 a.m.–12 p.m. | \$130 (13 sessions)
Instructor: William Gerdel
Location: First Congregational UCC

Last Call Presents: End of Life Festival

Last Call is a free event celebrating the fragility and resilience of the human spirit. Enjoy expert talks and panel discussions, storytelling, and a unique vendor marketplace featuring eco-friendly burial options, memorial keepsakes, and more.

#10999
SAT, Oct 4 | 10 a.m.–4 p.m. | Free
Location: Eden Seminary
lastcallendoflife festival.com

See *Mindful Transitions: Life and Death* on Page 20.

Current Events

Check Out
Our Tours
See page 28.

#9007 A Century of War:

Historical Roots of the War on Gaza [•REC]

This class will explore the historical context—rooted in Western European colonialism and geopolitical strategy—that has shaped the modern landscape of Palestine. The instructor will examine how key moments, from British colonial policies after World War I to ongoing U.S. political involvement, have contributed to the development and persistence of the current war.

THU, Sep 4 | 2–3:30 p.m. | \$20

Instructor: Steve Tamari, Ph.D.

Location: Clayton Oasis

#9018 Women's Roundtable

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

MON, Sep 15–Dec 8

10:30 a.m.–12:30 p.m. | \$56 (7 sessions)

Instructor: Linda Locke

Location: Clayton Oasis

#9019 Men's Roundtable

Let's talk! Join Clif Mahin and Jack Cancila to discuss world issues, politics, and current events. Our discussion group generally meets on alternating Mondays.

MON, Sep 15–Dec 8 | 1:30–3:30 p.m. | \$56 (7 sessions)

Instructor: Jack Cancila & Clif Mahin

Location: Clayton Oasis

#9021 Birthright Citizenship

This two-session class explores critical Constitutional questions surrounding U.S. citizenship. Topics include birthright citizenship, challenges to its interpretation, the history and impact of the 14th Amendment, and how other nations approach citizenship. We'll also examine policies affecting children born to undocumented immigrants. Each session includes informative presentations followed by open discussion and Q&A.

WED, Sep 17–24 | 10–11 a.m. | \$40 (2 sessions)

Instructor: Ben Uchitelle


Location: Clayton Oasis

#10034/10034.V Through the ER Doors: Life, Medicine, and the Unexpected [•REC]

Step inside the world of emergency medicine. This class offers a behind-the-scenes look at the fast-paced, unpredictable environment of the emergency room—exploring what really happens, the kinds of cases that come through the doors, and why there are rarely absolutes in medicine. Through powerful storytelling and real images, we'll uncover the human side of healthcare—including the impact of COVID-19 on both patients and providers.

WED, Oct 29 | 10:30 a.m.–12 p.m. | \$17

Instructor: Dr. Preeti Dalawari

Location: Clayton Oasis & ZOOM 

#9010 Great Books Club

If you are a literature buff, Great Book Discussions is for you! Oasis is partnering with Great Books to bring you the coolest book club you'll ever be in! The class comprises seven sessions, meeting once every other week led by Mick Weltman, an educator who recently retired as Executive Director of Associated Colleges of Illinois, Chicago. We will read *Citizens of the World: Readings in Human Rights*, an anthology which explores how the concept of human rights has developed throughout history. Biographical headnotes and discussion questions accompany each piece, and a thematic guide offers suggestions for reading the selections across genres and disciplines. Let's get reading!

MON, Sep 8–Dec 1 | 2–3:30 p.m. | \$77 (7 sessions)

Instructor: Mick Weltman

Location: Clayton Oasis

#9008 Tales of the Anthropocene

Anthropocene: our current geological epoch in which humans have become a dominant force sharing the Earth's environment, with significant impacts on climate, biodiversity, and the planet's systems. Join Steve Kidwell and Juliet Simone in the new co-ed current events discussion group that tackles how us humans are impacting our very own existence. We'll address a current event topic each meeting with an accompanying article, excerpt, and/or video to prompt our discussion. This four-session is a pilot; if there is great interest in continuing, we will!

MON, Sept 8, 22, 29, & Oct 6 | 10–11:30 a.m. | \$60 (4 sessions)

Instructor: Steve Kidwell & Juliet Simone

Location: Clayton Oasis



History

#9009/9009.V **Against All Odds: How the Colonies Defeated the British** [●REC]

How did a group of ragtag colonies defeat the world's greatest empire? This class explores the unlikely American victory in the War for Independence, highlighting George Washington's leadership, crucial alliances with France and other European powers, and the colonists' unshakable commitment to liberty. We'll also examine how British forces, stretched thin by a global war, struggled to maintain control.

MON, Sep 8 | 12–1:30 p.m. | \$20

Instructor: Bonnie Vega

Location: Clayton Oasis & ZOOM **H**

#9012/9012.V **Emancipation Proclamation: Strategy, Morality, and Impact** [●REC]

Abraham Lincoln initially opposed ending slavery where it already existed, aiming only to prevent its spread. But during the Civil War, he came to see emancipation as both morally right and strategically vital. Freeing slaves would bolster the Union Army and weaken the South's economy. This class explores the political, military, and ethical factors behind the Emancipation Proclamation.

TUE, Sep 9 | 10–11 a.m. | \$17

Instructor: Thomas Wack

Location: Clayton Oasis & ZOOM **H**

#9020/9020.V **Mystery of Amazing Multiples** [●REC]

Explore the fascinating world of multiple births through incredible true stories—conjoined twins who became Broadway stars, identical twin brothers switched at birth, and the famous Dionne quintuplets whose lives were far from what they seemed. This class will be a captivating look at extraordinary lives shaped by biology and circumstance.

TUE, Sep 16 | 2–3 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & ZOOM **H**

#9027/9027.V **I Wish I Had Been There: Lord Charles Cornwallis Surrenders His Army** [●REC]

On October 19, 1781 the British General Lord Cornwallis surrendered his entire army to General Washington at Yorktown, Virginia. In what is considered the last major battle of the American Revolution, Washington appreciated the strategy forced upon him by the French General Rochambeau. The combined French and American armies pulled off an amazing plan that led to a much-needed victory and the independence to the American colonies from the British. Join Joan as she continued to explore the context, drama, emotions and significance of a pivotal moment in our history.

TUE, Sep 23 | 2–3:30 p.m. | \$20

Instructor: Joan Musbach

Location: Clayton Oasis & ZOOM **H**

Religious History



Faith Beyond the Facts

The Old Testament—also known as the Hebrew Scriptures—is a sweeping, dramatic account of God's relationship with His people, from the creation of the world to the dawn of the New Testament. This four-part series explores key moments in that narrative, blending ancient text with modern scholarship.

Recent archaeological and historical findings have reshaped how scholars understand the Old Testament. While not every event may be historically verifiable, each one holds deep spiritual truth, offering insight into the faith and worldview of the people who wrote them. Join us for a journey through scripture that's both intellectually engaging and spiritually enriching.

*All sessions are hybrid and recorded.
Classes are lead by Mark Etling and at the
Oasis–Northwest Plaza & ZOOM **H***

#8030/8030.V **Creation and the Patriarchs** [●REC]

This particular session will take a look at Creation, the Patriarchs, Moses, and the Exodus.

FRI, Aug 29 | 10:30 a.m.–12 p.m. | \$8.50

#9038/9038.V **The Conquest of Canaan** [●REC]

This particular session will take a look at The Conquest of Canaan, the Judges, and the United Kingdom of Israel.

FRI, Sep 5 | 10:30 a.m.–12 p.m. | \$8.50

#9040/9040.V **Rise and Fall of the Kingdoms of Israel and Judah** [●REC]

This particular session will take a look at the rise and fall of the Kingdoms of Israel and Judah.

FRI, Sep 12 | 10:30 a.m.–12 p.m. | \$8.50

#9042/9042.V **King Josiah** [●REC]

This particular session will take a look at King Josiah and the reshaping of Old Testament history.

FRI, Sep 19 | 10:30 a.m.–12 p.m. | \$8.50



Art History

#10003/10003.V Photography as Art: The History of Daguerreotype Photography [•REC]

In 1839, the French artist Louis Daguerre announced the development of a new process to create photographs on silver plates. Named after its creator, daguerreotype photography took the world by storm as people rushed to have their likenesses captured on camera. In this program, Historian and Curator Nick Sacco will discuss the history and science behind the world's first commercial form of photography. He will highlight numerous daguerreotype photographers and their work, including several daguerreotypes by St. Louis photographers from his personal collection.

FRI, Oct 3 | 10–11:30 a.m. | \$17

Instructor: Nick Sacco

Location: Clayton Oasis & ZOOM 




#10011/10011.V The History of America in Art [•REC]

Explore U.S. history through the powerful lens of art. This session examines how paintings, sculptures, and other works visually capture key events, cultures, and figures from America's past. Art provides a vivid, tangible

connection to history, enriching our understanding and bringing the past to life in meaningful ways. Discover how artists have interpreted and influenced the American story through their creative expressions.

FRI, Oct 10 | 12–1:30 p.m. | \$20

Instructor: Bonnie Vega

Location: Clayton Oasis & ZOOM 

#9037 The History of Everyday Things: Ordinary Objects, Extraordinary Stories

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, hands-on examples, and unexpected stories, you'll gain a new appreciation for the items we use every day. Prepare for plenty of “aha!” moments as the ordinary becomes extraordinary.

THU, Sep 25 | 1–3 p.m. | \$17

Instructor: Richard Losciale

Location: Five Oaks on Warson

#9029/9029.V Lewis Cass: 19th Century Public Servant Extraordinaire

Though Lewis Cass visited Missouri only once, his name appears across the state—and the nation. A War of 1812 general, senator, diplomat, and presidential candidate, Cass left a lasting legacy in American politics. Join Doug Schneider to explore the remarkable life and influence of this often-overlooked statesman, and discover why so many towns, counties, and streets still bear his name.

FRI, Sep 26 | 10–11:30 a.m. | \$17

Instructor: Douglas Schneider

Location: Clayton Oasis & ZOOM 

#9030/9030.V History of Executive Orders [•REC]

Presidents don't make laws—but they do wield powerful tools. One of the most significant? The executive order. Article Two of the U.S. Constitution grants presidents broad authority to manage the executive branch and decide how federal laws are enforced.

However, executive orders must be grounded in either an expressed or implied law from Congress or the Constitution itself. They cannot create new laws or override existing ones. Like legislative statutes and agency regulations, executive orders are subject to judicial review and can be overturned if found unconstitutional or lacking legal support.

FRI, Sep 26 | 12–1:30 p.m. | \$20

Instructor: Bonnie Vega

Location: Clayton Oasis & ZOOM 

#10000/10000.V I Wish I Had Been There: General Washington at Newburgh, New York [•REC]

On March 15, 1783, General Washington met with his officers in camp at Newburgh, New York. He faced a possibly mutinous army, enraged at not being paid and continuing to be confined in an army outpost despite no military action for nearly a year and a half. Volatile and rancorous emotions filled the room as their General stood to speak. I wish I had been there!

In what is intended as one of the first in a series of sessions on moments in American History, Joan will explore the context, drama, emotions, and significance of the event that draws her to the moment. Join in the drama of history.

WED, Oct 1 | 10–11:30 a.m. | \$20

Instructor: Joan Musbach

Location: Clayton Oasis & ZOOM 

#10026 Archaeology of Central America

This overview delves into several renowned archaeological sites that epitomize Central America's rich cultural heritage—including Mexico, Costa Rica, and northern Colombia. Explore the diverse cultural areas and marvel at the remarkable artifacts, arts, and architecture of these iconic locations. Gain insights into the significance of the arts and their integral role in shaping ancient cultures. Join us as we unravel the mysteries and marvels of these archaeological wonders.

WED, Oct 8 | 10–11:45 a.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson

#10008/10008.V Margaret Mitchell: the Movie and the Mystery [●REC]

Margaret Mitchell, a Southern belle, gained global fame and fortune with her iconic novel *Gone with the Wind*. The book's filming and the hunt for the perfect Scarlett O'Hara captivated audiences worldwide. Yet behind the fame lay a hidden story—a secret relationship between Mitchell and a prominent Black academic. This connection, if exposed at the time, could have had dangerous consequences. Discover the mystery behind the legend in this compelling session.

THU, Oct 9 | 12–1 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & ZOOM H

#10014/10014.V The Reconstruction Era [●REC]

Most historians view Reconstruction—the period following the Civil War—as a failure. But the reality is more complex. The era produced transformative constitutional amendments and legislation that laid the foundation for the 20th-century civil rights movement. So why did it ultimately collapse? We'll explore the effects of the Panic of 1873, rising racial violence from groups like the Ku Klux Klan, and waning Northern resolve.

WED, Oct 15 | 10–11 a.m. | \$17

Instructor: Thomas Wack

Location: Clayton Oasis & ZOOM H

#10024 Night Witches

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

FRI, Oct 31 | 10–11:30 a.m. | \$17

Instructor: Parks Smith

Location: Clayton Oasis

Travelogue

#9014/9014.V Armchair Traveler's Guide to Glasgow: Quirky Spots in the 'Dear Green Place' [●REC]

Explore Glasgow—Scotland's dynamic city of arts, literature, and history—without leaving your seat! This virtual journey takes you through medieval buildings, historic cemeteries, quirky backstreets, and vibrant museums. Along the way, enjoy stories and visuals that bring the city's charm to life. Participants will also receive copies of delicious Glasgow-inspired recipes to try at home.

TUE, Sep 9 | 2–3 p.m. | \$17

Instructor: Katy Gordon

Location: Clayton Oasis & ZOOM H

#9025/9025.V Explore Colonial Williamsburg: 100 Years in the Making [●REC]

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

MON, Sep 22 | 12–1:30 p.m. | \$17

Instructor: Ted Green

Location: Clayton Oasis & ZOOM H



#10013/10013.V Armchair Traveler's Guide to London's Thames Path [●REC]

Stretching over 185 miles, the Thames Path offers a unique journey through England's past and present. Join us for a virtual walk along the London portion of this iconic trail—from Hampton Court to Greenwich. Discover secret gardens, hidden lanes, royal residences, and a charming city farm. Cross the Thames by bridge, boat, and cable car—all from the comfort of your seat.

TUE, Oct 14 | 2–3 p.m. | \$17

Instructor: Katy Gordon

Location: Clayton Oasis & ZOOM H

Local History


#9004/9004.V The Founding of St. Louis:

A Frontier Story [●REC]

Discover the captivating origins of St. Louis, founded in 1764 at the confluence of rivers, cultures, and dreams. This class explores the city's unique geography and the challenges of life on the frontier, where black, white, and Indigenous peoples interacted and shaped a complex society. We'll delve into the romantic and dramatic story of Pierre Laclède and Marie Chouteau, whose partnership helped lay the foundation of the city. Join us to uncover the rich tapestry of St. Louis' early days.

WED, THU, Sep 4–10 | 10–11:30 a.m. | \$34 (2 sessions)

Instructor: Geoffrey Morrison

Location: Clayton Oasis & ZOOM 

#9903 Growing Up in Jefferson Barracks:

History and Tour

"JB" and "the Barracks" are affectionate names for Jefferson Barracks, a former military post near St. Louis. After WWII, its buildings became homes for returning GIs, launching the Baby Boomer era. From 1948–1956, kids growing up in JB had unique adventures in mess halls, POW prisons, and tunnels. A photo-filled PowerPoint will share these stories, followed by a short walk to explore key historic sites from that era.

MON, Sep 15 | 1–3 p.m. | \$25

Instructor: Pam J. Vaccaro

Location: Pavilion at Lemay


#9048.V From St. Louis to the Tsar's Fall:

The Epic Life of David R. Francis [●REC]

David R. Francis shaped St. Louis history—mayor, Missouri governor, U.S. Secretary of the Interior, and mastermind behind the 1904 World's Fair and Olympics. As ambassador to Russia, he witnessed two revolutions firsthand. His household manager, Philip Jordan, vividly chronicled their journey. Back home, Francis left lasting legacies: Francis Park and Washington University's Francis Field. A statesman, visionary, and global eyewitness—his story helped put St. Louis on the world stage.

FRI, Sep 19 | 2–3:30 p.m. | \$17

Instructor: Dr. Daniel Schlafly


Location: ZOOM 

#9026/9026.V Growing Up in St. Louis [●REC]

Take a nostalgic journey from the late 1800s to the late 1900s as we explore what life was like for kids, teens, and young adults in St. Louis. From street games, skating, dances, and dolls to schools, music, riverboats, radio shows, pizza joints, and fashion—this lively session covers it all. Join Johnny Rabbitt for a fun, memory-filled look at growing up in the Gateway City!

TUE, Sep 23 | 10:15–11:30 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & ZOOM 

#10028/10028.V North County History:

Ferguson, Florissant, Kinloch, and Wellston [●REC]

Explore the rich history of North St. Louis County through its key institutions and influential figures. This session offers a broad overview before taking a closer look at four cities: Ferguson, Florissant, Kinloch, and Wellston. Discover how each community shaped—and was shaped by—historical events, culture, and leadership. Perfect for those interested in local history and the evolving story of North County.

FRI, Oct 3 | 10:30 a.m.–12 p.m. | \$8.50

Instructor: Andrew Theising


Location: Oasis–Northwest Plaza & ZOOM 

#10030/10030.V Building the City of St. Louis: the Arch, Pruitt Igoe, and Mill Creek Valley [●REC]

St. Louis in the 1950s was a fast changing place! We were building the Arch, demolishing Mill Creek Valley, building highways, and opening a place called Pruitt-Igoe. This class will examine St. Louis in the 1950s, understanding why we did what we did, and what people of the day thought about it!

FRI, Oct 10 | 10:30 a.m.–12 p.m. | \$8.50

Instructor: Andrew Theising


Location: Oasis–Northwest Plaza & ZOOM 

#10032/10032.V Metro East History: East St. Louis and the Factories that Built Mid-America [●REC]

Metro East was once home to the factories that powered mid-America's growth. In this session, we'll explore the rise of these "industrial suburbs," with a focus on East St. Louis. Discover how a booming industrial past shaped the region's development—and contributed to the social and economic challenges it faces today. Gain insight into the complex legacy of industry in shaping both prosperity and hardship in Metro East communities.

FRI, Oct 17 | 1–2:30 p.m. | \$8.50

Instructor: Andrew Theising


Location: Oasis–Northwest Plaza & ZOOM 

#10021/10021.V Johnny Rabbitt Spooktacular [●REC]

Why is St. Louis considered one of the most haunted cities in America? Join legendary storyteller Johnny Rabbitt for a spine-tingling session packed with ghostly tales, eerie encounters, and local legends. From haunted theaters and eerie hotels to ghost sightings in Webster Groves and Alton—you'll hear it all. Learn the strange story of the Ouija board's St. Louis connection, a phantom baseball manager, and more. The spirit world might be closer than you think.

TUE, Oct 28 | 10:15–11:30 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & ZOOM 

Make a difference today and save on taxes. Support the Future of Oasis with a **Charitable IRA Rollover**

Who can give?

If you are 70 1/2 and older, you can give any amount up to \$108,000 per year from your IRA to Oasis without having to pay income taxes on the money. Your gift will help Oasis build a future where all older adults can live expansive and purposeful lives.

Why give to Oasis through an IRA?

- Since the gift doesn't count as income, it can reduce your annual income level. This may help lower your Medicare premiums and decrease the amount of social security subject to tax.
- Beginning the year you turn 73, you can use your gift to satisfy all or part of your required minimum distribution.
- You pay no income taxes on the gift.

Ready to talk about an IRA charitable rollover or similar planned gift?

Contact Chief Advancement Officer Lyndsey Reichardt:



lreichardt@oasisnet.org



(314) 687-1124

Oasis does not provide legal, tax, or financial advice. We strongly recommend that you consult professional advisors on all legal, tax, or financial matters, including gift planning considerations.



Practical

#9035 Enhancing Joy and Meaning in Retirement

Tired of the “same old, same old”? Say hello to more joyful, fulfilling days in this upbeat three-session workshop designed to reignite your passion and purpose in retirement. Grounded in the science-backed Tiny Habits™ Method from Stanford University, you'll learn simple yet powerful ways to add more meaning, joy, and connection to your daily life. Whether you're newly retired or simply ready for a refresh, come laugh, learn, and leave inspired—with practical strategies, renewed energy, and a circle of new friends.

WED, Sep 3–17 | 11 a.m.–12 p.m. | \$51 (3 sessions)

Instructor: Polly Lemire

Location: Five Oaks on Warson

#9006 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.

THU, Sep 4 | 12–1:30 p.m. | \$17

Instructor: Richard Losciale

Location: Clayton Oasis

#9003 Learn to Play Mah Jongg

Discover the strategy and excitement of Mah Jongg with local expert Phyllis Siegel! Perfect for beginners, this four-week course introduces the classic tile game using official National Mah Jongg League rules. You'll learn gameplay basics, build skills, and enjoy friendly competition in a supportive setting. A 2025 National Mah Jongg card is included with your registration—yours to keep. Whether you're brand new or curious to learn, come master this timeless game in great company!

THU, Sep 4–25 | 10 a.m.–12 p.m. | \$80 (4 sessions)

Instructor: Phyllis B. Siegel

Location: Clayton Oasis

#9005 Learn to Play Bridge

Learn the amazing game of Bridge with no experience necessary! Using 2/1 (not Standard American), you will learn the basics in bidding, play, defense and etiquette used in playing Bridge (both social and duplicate style). Instructor Phyllis Siegel, a GOLD lifemaster and ACBL certified teacher and director, will instruct this multi-session workshop.

THU, Sep 4–Oct 23 *No Class 10/2

12–2 p.m. | \$140 (7 sessions)

Instructor: Phyllis B. Siegel

Location: Clayton Oasis

#9740 Give 5

Are you interested in volunteering but need help determining where or how? Hop on the bus with us, explore nonprofits in our community, and discover where you can put your talents and interests to work. Give 5 connects volunteers with meaningful opportunities that best fit their passions and skill sets. Visit nonprofits that serve different populations in different locations throughout our community. Learn about the community challenges and the mission of each nonprofit to address these issues while exploring your future volunteer opportunities. Transportation and lunch are provided. We will end with a class graduation on Friday, October 10, 11 a.m.–1 p.m.

TUE, Sep 9–Oct 7 | 9:30 a.m.–3:30 p.m. | Free (5 sessions)

Instructor: Pamela Harden

Location: Oasis–Northwest Plaza

#9039/9039.V The Art of Storytelling: Share Your Life, Share Your Legacy [•REC]

Everyone has a story to tell—this class helps you bring yours to life! Whether it's a cherished memory, a humorous family tale, or a life lesson, you'll learn how to craft and share engaging stories in a fun, supportive space. With prompts, techniques, and shared storytelling, you'll build a collection to pass down, preserve, or simply enjoy for yourself.

THU, Sep 11 | 1–3 p.m. | \$8.50

Instructor: Richard Losciale

Location: Oasis–Northwest Plaza & ZOOM 

#9000 Philosophical Cafe

Join this open discussion, where participants share their thoughts about perennial and contemporary philosophical questions of meaning, value, and reality in a respectful and relaxed atmosphere. Past issues that have been discussed include: What is the value of knowing and not knowing? What is happiness? How can we make sense of death with dignity?

TUE, Sep 16, Oct 14, Nov 11, & Dec 9

10:30 a.m.–12 p.m. | \$60 (4 sessions)

Instructor: David Hilditch, PhD

Location: Clayton Oasis

#9022/9022.V Focus Deficit: Why Time Management Isn't Working [•REC]

Ever say, “I was busy all day, but didn't get much done”? You're not alone. This presentation explores both internal and external reasons why focus—not time—is the real challenge. While aging may slow processing speed, it's not the main culprit. In today's world of distractions, we're facing FDDTM—Focus Deficit Disorder. Learn 21+ practical, modern strategies to improve your focus and finally feel productive again.

THU, Sep 18 | 10 a.m.–12 p.m. | \$17

Instructor: Pam J. Vaccaro

Location: Clayton Oasis & ZOOM 

Back By
Popular
Demand!

#9028/9028.V Planning Ahead: Lessons from Uncle Emmett [●REC]

Lynn Potts of On Track Advisors shares practical ways to avoid last-minute stress when a loved one becomes ill, incapacitated, or dies. Drawing from her Uncle Emmett's story, she offers tips to preserve family harmony and honor healthcare and financial wishes. With over a decade in senior care and advocacy, Lynn brings deep experience. Attendees will receive a comprehensive take-home checklist to guide planning and preparation.

THU, Sep 25 | 2–3:30 p.m. | \$17

Instructor: Lynn Potts

Location: Clayton Oasis & ZOOM H

#10001/10001.V Organize your Home in Five Simple Steps [●REC]

Get your home organized before the holidays with this fun, practical session! Learn how to start, finish, and maintain a clutter-free space using five simple steps. You'll gain the tools and motivation to take control of your home.

THU, Oct 2 | 10–11:30 a.m. | \$17

Instructor: Laura Marrs

Location: Clayton Oasis & ZOOM H

#10004/ 10004.V Mythbusters: Fact, Fiction, and Everything in Between [●REC]

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 old wives' 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!

FRI, Oct 3 | 12–1:30 p.m. | \$17

Instructor: Richard Losciale

Location: Clayton Oasis & ZOOM H

#10012 Arabic: Introduction to the Language and Its Script [●REC]

Explore the beauty and logic of written Arabic. This session covers the language's history, script, basic word formation, and calligraphy—ending with writing your name in Arabic. It's simpler than you think!

FRI, Oct 10 | 2–3:30 p.m. | \$17

Instructor: Steve Tamari, Ph. D

Location: Clayton Oasis

Learning Arabic is a great way to build neural pathways and exercise your brain!

Science

#9032 Solar System Survey

Embark on a fascinating Solar System Survey with Ron McLachlan, MEd in Science Education, boasting 43 years of teaching experience in the field of science. Explore a comparative analysis of planet and moon sizes and masses, delving into intricate surface details. Join us for an illuminating journey through the wonders of our celestial neighborhood.

TUE, Sep 9 | 10–11:30 a.m. | \$17

Instructor: Ronald McLachlan

Location: Clarendale Clayton

#10031/10031.V Einstein's Theories of Special and General Relativity Explained [●REC]

Explore Einstein's groundbreaking theories of Special and General Relativity in an accessible and engaging session. Learn how time slows at high speeds, mass and energy are interconnected, and how gravity affects the fabric of space-time. We'll also discuss the role of gravity waves, space curvature, and the mysterious phenomena of black holes. Perfect for anyone curious about the universe and the revolutionary ideas that reshaped modern physics. No prior knowledge required.

FRI, Oct 17 | 10:30 a.m.–12 p.m. | \$8.50

Instructor: Ronald McLachlan

Location: Oasis–Northwest Plaza & ZOOM H



#10035/10035.V The Craziest Idea: Germ Theory [●REC]

One of the greatest—and hardest-won—advances in human health was helping the public understand germ theory: the idea that tiny, invisible microbes cause disease. For centuries, people believed illness was the result of bad smells or even moral failings. Accepting that unseen germs were to blame required a whole new way of thinking. Meet the trailblazing scientists whose discoveries have saved millions of lives over the past 150 years. You'll also learn about the fascinating journey of winning public trust for what once seemed like an unbelievable idea.

WED, Oct 22 | 10–11 a.m. | \$17

Instructor: Juliet Simone

Location: Clayton Oasis & ZOOM H

Technology


#9016.V Google Photos:

Backup, Organize and Enjoy Your Pictures

Learn how to back up, organize, and enjoy your mobile photos with Google Photos! This free app works on both Android and iPhone and automatically saves your pictures to the cloud. Discover how Google Photos can create collages, animations, and albums—and more. This beginner-friendly class will include plenty of time for questions.

THU, Sep 11 | 11 a.m.–1 p.m. | \$24

Instructor: Mary J. Mueller

Location: ZOOM 


#9017/9017.V Mastering YouTube:

Essential Features and Tips

Unlock the full potential of YouTube in this beginner-friendly class designed to help you navigate the platform with ease and confidence. Learn how to search for and watch videos, subscribe to channels, save content for later, and create custom playlists. You'll also discover how to download transcripts, leave comments, and engage with the YouTube community. Whether for entertainment, learning, or connection—this class will help you make the most of YouTube.

FRI, Sep 12 | 11 a.m.–1 p.m. | \$24

Instructor: Mary J. Mueller

Location: Clayton Oasis & ZOOM 

#9200/9200.V Introduction to Digital Wallets

This beginner-level class will introduce participants to digital wallets, explaining what they are, how they work, and their advantages over traditional payment methods. Participants will learn how to set up and use digital wallets like Apple Pay, Google Pay, and Samsung Pay for convenient, contactless payments. The class will also cover additional features such as storing IDs, tickets, and loyalty cards in digital wallets, as well as tips for staying safe while using them. By the end of the session, participants will feel confident using digital wallets for everyday transactions.

MON, Sep 15 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr


Location: Oasis–Northwest Plaza & ZOOM 

#9024/9024.V Streaming Video Basics

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, Sep 19 | 12–1:30 p.m. | \$24

Instructor: Mano Nakis

Location: Clayton Oasis & ZOOM 



Ask a Techie

Get help with technology such as Android and iPhone Smartphones, PC and Apple computers, iPad and Android tablets, WIFI, email, software updates, one-on-one problem solving, and training. **All sessions are in-person and lead by a skilled Oasis Techie or by Oasis' Director of Virtual Programs & Technology Education, Jordan Carr.**

Location:

Oasis–Northwest Plaza
1–2 p.m. | Free

#9202 MON, Sep 8

#9203 MON, Sep 15

#9204 MON, Sep 22

#9205 MON, Sep 29

#10202 MON, Oct 6

#10203 MON, Oct 13

#10204 MON, Oct 20

Location:

Clayton Oasis
1–2 p.m. | \$10

#9206 TUE, Sep 9

#9207 TUE, Sep 16

#9208 TUE, Sep 23

#9209 TUE, Sep 30

#10206 TUE, Oct 7

#10207 TUE, Oct 14

#10207 TUE, Oct 21

Location:

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

#9210 MON, Sep 8

#10210 MON, Oct 20



#9201/9201.V Online Safety: the Basics

Use of the internet and connected devices increases each year and so do the losses caused by online fraudsters. Learn who is most vulnerable to scams and why, which types of scams are most prevalent and how to spot them. Learn strategies and resources to help you help yourself and loved ones navigate the internet safely and confidently and what to do if you find yourself the victim of a scam.

MON, Sep 29 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr

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

#9047/9047.V Exploring Google Drive for Desktop Computer or Laptop

Learn the basics of Google Drive, with a focus on Google Docs. This class covers how to upload, create, edit, share, and organize files—including PDFs, videos, and photos—so you can access them anywhere. Google Drive is free with a Google account. We'll introduce the desktop version, though a mobile app is also available. Please create a Google account before class for the best experience.

TUE, Sep 30 | 10 a.m.–12 p.m. | \$24

Instructor: Mary J. Mueller

Location: Clarendale Clayton & ZOOM **H**



#10002/10002.V Smartphone Photography

This class covers using your smartphone's camera, setting up shots, exposure, and editing your photos. You will also learn about storing your photos either on the smartphone or in the cloud for either Android or iPhone.

THU, Oct 2 | 12–2 p.m. | \$24

Instructor: Mary J. Mueller

Location: Clayton Oasis & ZOOM **H**

#10200/10200.V Going Wireless: How To Use Wi-Fi

Want Internet access on the go? Wi-Fi is the wireless Internet connection available at many coffee shops, libraries and airports. You can also set up a Wi-Fi system at home. In this course, you will learn all about Wi-Fi, where and how to get it and important safety precautions you need to know.

MON, Oct 13 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr

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

#10018/10018.V Reading on Digital Devices

Have a Kindle, or think you might want/need one? What's all the buzz about electronic books? In this class, we will discuss all the various devices and apps you can use to read an eBook, either one you purchase, or one you check out of the library. You will learn the different file types that go with each type of device or app, how to download books for reading on your Kindle, iPhone/iPad or Android phone or tablet, and how to check out books from your local library on the Libby app. In addition, we will go over some of the prominent features of eBooks such as the ability to change font size and brightness, bookmark and highlight passages, look up definitions of words in the dictionary and Wikipedia, search using keywords and share what you are reading with others. You will learn about the different websites where you can download free eBooks and how you can keep track of all the books you have read and see reviews of books you might want to read on Goodreads. Come with your devices and questions.

FRI, Oct 17 | 12–2 p.m. | \$24

Instructor: Mary J. Mueller

Location: Clayton Oasis & ZOOM **H**

#10025/10025.V Picture Perfect: iPhone Camera Tips and Tricks

Unlock the full potential of your iPhone's camera and photo features! In this hands-on class, you'll learn how to take great shots, organize and store your images, and use basic editing tools right on your device. Explore features like Live Photos, photo albums, memory movies, and sharing options. We'll also cover Live Text, photo info tools, removing duplicates, group editing, and the best ways to store photos in the Cloud.

FRI, Oct 24 | 1–3 p.m. | \$24

Instructor: Mary J. Mueller

Location: Clarendale Clayton & ZOOM **H**

#10201/10201.V Your Health, Your Way: Navigating Patient Portals and Telehealth

Take charge of your health with confidence! In this engaging and easy-to-follow class, you'll learn how to access and use patient portals to view test results, message your doctor, manage appointments, and refill prescriptions. You'll also explore how telehealth works—what to expect from virtual visits and how to prepare for them. Whether you're new to digital health tools or just want a refresher, this class will help you feel more comfortable and connected in today's healthcare world.

MON, Oct 27 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr

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

Health & Wellness

#9661 Aging Mastery Program® (AMP)

In this free 10-week program, you will build your own personal playbook for aging well. The Aging Mastery Program® (AMP), developed by the National Council on Aging, incorporates evidence-informed materials, expert speakers, group discussion, and peer support to support health and longevity. Guest speakers will discuss topics on healthy eating, falls prevention, physical activity, healthy relationships, advanced planning, financial fitness, online safety, sleep hygiene, medication management, community engagement, and more. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

WED, Sep 10–Nov 12 | 10 a.m.–12 p.m. | Free (10 sessions)
Instructor: Rosalyn Washington
Location: Union Avenue Christian Church


#9552 Battling Fatigue

Low energy can greatly impact lives physically, emotionally, and socially. Learn about the causes of fatigue, its impact on function and how to fight it. A self screening is available to assist in determining your level of fatigue.

MON, Sep 15 | 10 a.m.–12 p.m. | Free
Instructor: Deb Gentry
Location: WingHaven Branch

#9041/9041.V The Importance of Mental Health as You Age [•REC]

This supportive, engaging class helps older adults explore mental wellness in a respectful, stigma-free environment. Topics include coping with life transitions and grief, managing stress and anxiety, and combating loneliness. Through open discussion, practical strategies, and gentle mindfulness exercises, participants will build resilience, foster connection, and promote emotional well-being as they navigate the aging journey.

TUE, Sep 16 | 1–2 p.m. | \$8.50
Instructor: Katelyn Riney
Location: Oasis–Northwest Plaza & ZOOM 

#9910 Healthy Habits for Adults


Achieving good health begins with adopting healthy habits. Healthy Habits is an interactive group-based program designed for older adults to learn about healthy nutrition and provide an opportunity for social engagement. Healthy Habits is a 10-session program. Classes are held twice a week for 5 weeks and each session is 1–2 hours long. Participants will learn about different nutrition topics and will receive a FREE boxed-lunch each week as part of the program.

MON, WED, Sep 29–Oct 29
11 a.m.–1 p.m. | Free (10 sessions)
Instructor: Jo Ann Reese
Location: Oasis–Northwest Plaza



#9031.V ABC's of an Effective Doctor Visit

Wish you had more time with your doctor? Today's primary care visits are brief and packed with concerns. This interactive session will help you make the most of every visit. Learn practical, respectful ways to get the answers you need by applying key health advocacy skills. Whether for yourself or loved ones, you'll leave with essential tips to navigate the health care system more effectively and confidently.

TUE, Sep 30 | 1–3 p.m. | \$17
Instructor: Robin Shapiro
Location: ZOOM 

#10633 Matter of Balance

Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to keep yourself on your feet. Stretches and light movements for improved flexibility and range of motion are introduced in the third class. This is a discussion-based program, and participants receive a workbook to keep.

WED, Oct 1 – Nov 19 | 10a.m.–12 p.m. | Free
Sessions: 8
Instructor: Oasis Health Facilitators
Location: Delmar Divine



**Matter of Balance classes sponsored by
Essence Healthcare**

#10005 Meridian Tapping

Feeling overwhelmed, worried, or anxious? Restore inner peace by learning Meridian Tapping. This technique combines acupressure point tapping with intention statements to ease mental, emotional, and physical stress by calming the central nervous system.

Learn step-by-step instructions for the Emotional Freedom Technique (EFT) to address anxiety, fear, and anger, as well as some health issues such as headaches, insomnia, and indigestion. Also, learn the Root Cause Technique to address long-standing issues or limiting beliefs.

While many things in life are beyond our control, we can learn to respond more calmly to pressures.

TUE, Oct 7–21 | 10–11:30 a.m. | \$51 (3 sessions)
Instructor: Rhonda Leifheit
Location: Clayton Oasis

Falls Prevention & Technology Fair

Presented By



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

Falls remain the leading cause of both fatal and nonfatal injuries among older adults—but many of these are preventable. At the same time, digital literacy is no longer just a convenience—it's a lifeline. As technology becomes more essential in managing health and wellness, gaining confidence with digital tools can help you stay informed, independent, and empowered.

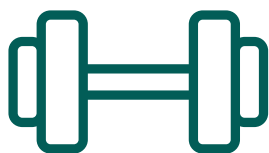
This special event brings together community partners, health experts, and tech-savvy guides to offer you practical tips, demonstrations, and resources to help you thrive. Refreshments will also be available.



Class #9050
Thursday, September 25
11 a.m.-2 p.m.



Oasis Northwest Plaza
500 NW Plaza, St. Ann, MO 63074



**Balance &
Stability Exercise
Demonstrations**



**Smart & Simple
Home Safety
Solutions**



**On-Site Health
& Wellness
Screenings**



**Hands-On
Technology
Support & Tips**




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

#10006/10006.V **Yellow Means Caution: Potentially Inappropriate Medications in Older Adults** [●REC]

Which types of medications carry an increased risk of side effects for people over the age of 65 and how can we avoid them? In this session, we will discuss medications that are “potentially inappropriate” for older adults. Learn how to talk with your clinicians about these high-risk medications to help protect yourself from serious side effects.

WED, Oct 8 | 10–11:30 a.m. | \$17

Instructor: Hedva Barenholtz Levy

Location: Clayton Oasis & ZOOM 

#10029/10029.V **Living Well with Vision Loss** [●REC]

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

THU, Oct 9 | 1–2 p.m. | \$8.50

Instructor: Jennifer Lauer, Society for the Blind and Visually Impaired

Location: Oasis–Northwest Plaza & ZOOM 



#10202 **Joint Effort: Making Sense of Medical Marijuana in Missouri**

You've heard the buzz—now it's time to get the facts. Missouri's medical marijuana program has sparked a lot of questions, conversations, and curiosity, especially among older adults navigating new health options. In this eye-opening (but not mind-altering) session, we'll walk you through the essentials in plain, relatable language: who qualifies for a medical marijuana card, how the application process works, where to find licensed dispensaries, and what kinds of products are available—from oils and edibles to topical creams and more.

MON, Oct 20 | 11 a.m.–12 p.m. | \$10

Instructor: Jordan Carr

Location: Oasis–Northwest Plaza



#10019/10019.V **Cannabis (Medical Marijuana): Are Those Gummies Helpful or Harmful?** [●REC]

Curious about cannabis? You're not alone! From gummies to oils, cannabis products are popping up everywhere—but are they safe, effective, or just hype? This lively session breaks down what medical marijuana can (and can't) do, especially for older adults managing health conditions. We'll talk benefits, risks, and how to have smart conversations with your doctor. Join us to separate fact from fog—and feel empowered, not confused!

TUE, Oct 21 | 2–3:30 p.m. | \$17

Instructor: Hedva Barenholtz Levy

Location: Clayton Oasis & ZOOM 

#10022.V **Meet the Author—The Secret Language of Healthcare: How to Ask for the Care You Deserve**

Join Robin Shapiro for an engaging talk on how the words and actions you use in healthcare settings can impact your outcomes. Based on her book, *The Secret Language of Healthcare: How to Ask for the Care You Deserve*, this session will teach you how to communicate more effectively with doctors, ask life-saving questions, prepare for emergencies, and find the right support when it matters most.

TUE, Oct 28 | 1–3 p.m. | \$17

Instructor: Robin Shapiro

Location: ZOOM 

#10060 **Taking Care of Your Feet**

Join Dr. Neil Ermitano for a comprehensive, interactive educational program designed specifically for older adults to promote awareness, knowledge, and skills for maintaining healthy feet. With age, foot problems become more common and can severely impact mobility, independence, and quality of life. This program aims to empower participants with the tools they need to prevent foot-related complications, recognize warning signs early, and confidently care for their feet on a daily basis.

FRI, Oct 31 | 1–2 p.m. | \$20

Instructor: Neil Ermitano, DPM

Location: Clayton Oasis

Mindful Transitions: Life and Death

#9043 Death Café:

Open Conversations on Death and Dying

A Death Café is a welcoming space where people—often strangers—gather to talk openly about death and dying over coffee, tea, and treats. There's no agenda or objectives—just honest conversation to foster comfort with a topic often avoided. It's not grief support or counseling, but a safe, respectful environment for sharing and listening.

FRI, Sep 19 | 1–2 p.m. | Free

Instructor: Lauren Ponder

Location: Oasis–Northwest Plaza



#10010 Living in the End-of-Life:

Coming Back a Short Distance Correctly

The end of life can be difficult to discuss, yet it's often filled with meaning, connection, and growth. Rather than a time of retreat, it can be one of renewal. This lecture invites us to reimagine aging to find purpose and joy in life's final chapter. It also serves as an introduction to a two-part workshop exploring emotional well-being, legacy, and transformation at the end of life.

FRI, Oct 10 | 10–11:30 a.m. | \$17

Instructor: Ed Koslin

Location: Clayton Oasis

#10016 Magnificent Theatre of Life

Be part of a unique three-part series exploring death and dying with openness, compassion, and clarity. Through interactive discussions, we'll focus on awareness, acceptance, communication, and planning for life's final chapter.

Topics include overcoming personal and cultural barriers, exploring faith-based perspectives, and using practical tools for end-of-life planning.

Moderators: Dr. Ira Kodner, Dr. Patrick White, and Dr. Brian Carpenter

THU, Oct 16–30 | 1–3 p.m. | \$60 (3 sessions)

Location: Clayton Oasis

#10017 Living in the End of Life: Two Conversations

Embark on a transformative journey for a two-session workshop to dive deeper into conversations about life's last phase. Delve into profound conversations that unravel the mysteries of life's final phase, exploring end-of-life rewiring narratives, and navigating the complex landscapes of grief and loss.

FRI, Oct 17–24 | 10–11:30 a.m. | \$34 (2 sessions)

Instructor: Ed Koslin

Location: Clayton Oasis

Exercise

Dance



Beginner Line Dance

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

#9403 MON, Sep 8–Oct 20

11:30 a.m.–12:30 p.m. | \$59.50 (7 sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis

#10403 MON, Oct 27–Dec 15

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

Instructor: Sandy Derickson

Location: Clayton Oasis

Swing Into Jazz: An Introduction to Dance

Discover the joy of movement in this fun, beginner-friendly jazz dance class designed for adults 55 and up! Explore jazz technique, rhythm, and musicality in a welcoming, supportive environment—no experience needed. Improve flexibility, boost coordination, and enjoy energizing movement while connecting with others who love to dance. Held at COCA (Center of Creative Arts), this class is all about joy, expression, and community. Just bring your enthusiasm and get ready to move, groove, and make new friends!

#9044 WED, Sep 3–Oct 15

1–1:55 p.m. | \$150 (7 sessions)

Instructor: COCA Instructor

Location: COCA



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.

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

#9500 MON, WED, Sep 3–Oct 22

**No Class 10/13*

9–9:45 a.m. | \$21 (14 sessions)

Instructor: Geraldine Talley

Location: Northwest Library

#9501 TUE, THU, Sep 2–Oct 23

9–9:45 a.m. | \$24 (16 sessions)

Instructor: Pat Atkins

Location: Northwest Library

#9502 MON, WED, Sep 3–Oct 22

9:30–10:15 a.m. | \$22.50 (15 sessions)

Instructor: Jo Ann D. Roberts

Location: Christ Our Redeemer Church

#9503 TUE, THU, Sep 2–Oct 23

11–11:45 a.m. | \$24 (16 sessions)

Instructor: Alis Tate

Location: Oasis–Northwest Plaza

#9504.V MON, WED, Sep 3–Oct 15

9:15–10 a.m. | \$19.50 (13 sessions)

Instructor: Sharon Kirsch

Location: ZOOM

#10500 MON, WED, Oct 27–Dec 10

9–9:45 a.m. | \$21 (14 sessions)

Instructor: Geraldine Talley

Location: Northwest Library

#10504.V MON, WED, Oct 27–Dec 10

9:15–10 a.m. | \$21 (14 sessions)

Instructor: Sharon Kirsch

Location: ZOOM

#10502 MON, WED, Oct 27–Dec 17

9:30–10:15 a.m. | \$24 (16 sessions)

Instructor: Jo Ann D. Roberts

Location: Christ Our Redeemer Church

#10501 TUE, THU, Oct 28–Dec 11

**No Class 11/11 & 11/27*

9–9:45 a.m. | \$18 (12 sessions)

Instructor: Pat Atkins

Location: Northwest Library

#10503 TUE, THU, Oct 28–Dec 18

**No Class 11/25 & 11/27*

11–11:45 a.m. | \$21 (14 sessions)

Instructor: Alis Tate

Location: Oasis–Northwest Plaza

Strengthen & Stretch

Low-impact aerobics, strength training, flexibility and balance exercises—a total body workout! The ability to move freestanding without use of a chair is necessary for this class. Floorwork is optional.

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

#9400 TUE, THU, Sep 2–Oct 23

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


Instructor: Cathy Johnson

Location: Clayton Oasis

#9405.V TUE, THU, Sep 2–Oct 23

10:30–11:30 a.m. | \$112 (16 sessions)

Instructor: Idaria K. Goodwin

Location: ZOOM 

#10400 TUE, THU, Oct 28–Dec 18

10:30–11:30 a.m. | \$127.50 (15 sessions)

Instructor: Cathy Johnson


Location: Clayton Oasis

#10405.V TUE, THU, Oct 28–Dec 18

**No Class 11/27*

10:30–11:30 a.m. | \$105 (15 sessions)

Instructor: Idaria K Goodwin

Location: ZOOM 



REGISTER FOR THE NEW

Oasis Membership Program!



Membership PROGRAM

#999 Oasis Membership

Purchase an **Oasis Annual Membership for \$79** and support our mission to enrich the lives of older adults through lifelong learning, health, and volunteer opportunities. **As a member, you'll receive 10% off all classes offered by St. Louis Oasis.**

The membership is valid for 365 days from the date of purchase and does **not** automatically renew. Join today to enjoy exclusive benefits while making a meaningful impact in your community.

The Oasis Membership needs to be purchased as a single transaction first, separate from class registrations. Once your membership is active, you can then proceed to register for classes in a new transaction. Donations and gift cards are excluded from the discount.

HOW IT WORKS

1. Visit stloasis.org/member or scan the QR code below.
2. Add the Oasis Membership to your cart. **(Note: Membership must be purchased in a separate transaction from class registrations.)**
3. Enter your payment information and complete the transaction.
4. Once you receive your confirmation email, you can begin registering for classes and receive a 10% discount on all class fees!



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.

#9540 MON, WED, Sep 8–Oct 22

1:30–2:30 p.m. | \$119 (14 sessions)

Instructor: Craig Miller

Location: Webster United Methodist Church

#9543 MON, WED, Sep 3–Oct 22

11 a.m.–12 p.m. | Free (15 sessions)

Instructor: Jo Ann D. Roberts

Location: Oasis–Northwest Plaza

#9544.V MON, WED, Sep 8–Oct 22

3:30–4:30 p.m. | \$98 (14 sessions)

Instructor: Craig Miller

Location: ZOOM 

#10540 MON, WED, Oct 27–Dec 17

1:30–2:30 p.m. | \$136 (16 sessions)

Instructor: Craig Miller

Location: Webster United Methodist Church

#10543 MON, WED, Oct 27–Dec 17

11 a.m.–12 p.m. | Free (16 sessions)

Instructor: Jo Ann D Roberts

Location: Oasis–Northwest Plaza

#10544.V MON, WED, Oct 27–Dec 17

3:30–4:30 p.m. | \$112 (16 sessions)

Instructor: Craig Miller

Location: ZOOM 

Tai Chi for Health

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.

#9546 TUE, THU, Sep 2–Oct 23 *No Class 10/2

11 a.m.–12 p.m. | Free (16 sessions)

Instructor: Alice McHugh

Location: Walnut Park Library

#10546 TUE, THU, Oct 28–Dec 18 *No Class 11/27

11 a.m.–12 p.m. | Free (15 sessions)

Instructor: Alice McHugh

Location: Walnut Park Library

Tai Chi 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 mandatory. All participants should have completed instruction in the entire Beginner (Part 1) program before enrolling in Part 2.

#9542 MON, WED, Sep 3–Oct 22

1:30–2:30 p.m. | \$105 (15 sessions)


Instructor: Jo Ann D. Roberts

Location: Five Oaks on Warson

#9545.V TUE, THU, Sep 9–Oct 23

3:30–4:30 p.m. | \$98 (14 sessions)

Instructor: Craig Miller

Location: ZOOM 

#10542 MON, WED, Oct 27–Dec 17

1:30–2:30 p.m. | \$112 (16 sessions)

Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson

#10545.V TUE, THU, Oct 28–Dec 18 *No Class 11/27

3:30–4:30 p.m. | \$105 (15 sessions)

Instructor: Craig Miller

Location: ZOOM 

Tai Chi for Parkinson's Disease and 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.

#9541 TUE, Sep 9–Oct 21

1:45–2:45 p.m. | \$59.50 (7 sessions)

Instructor: Craig Miller

Location: Crestwood Community Center

#10541 TUE, Oct 28–Dec 16 *No Class 12/9

1:45–2:45 p.m. | \$59.50 (7 sessions)

Instructor: Craig Miller

Location: Crestwood Community Center

Free Tai Chi classes sponsored by Essence Healthcare



Yoga & Pilates



Chair Yoga

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

#9404 WED, Sep 3–Oct 22 | 10:15–11 a.m. | \$68 (8 sessions)

Instructor: Cathy Johnson

Location: Webster United Methodist Church

#10404 WED, Oct 29–Dec 17

10:15–11 a.m. | \$68 (8 sessions)

Instructor: Cathy Johnson

Location: Webster United Methodist Church


Gentle Chair Yoga (Virtual)

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

#9406.V THU, Sep 4–Oct 23

11:45 a.m.–12:45 p.m. | \$56 (8 sessions)

Instructor: Sharon R Campese

Location: ZOOM 

#10406.V THU, Oct 30–Dec 18 **No Class 11/27*

11:45 a.m.–12:45 p.m. | \$49 (7 sessions)

Instructor: Sharon R Campese

Location: ZOOM

Functional Movement

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

#9407 THU, Sep 4–Oct 23

10–11 a.m. | \$68 (8 sessions)

Instructor: Annie Trachsel

Location: Webster United Methodist Church

Classic Pilates

A total body workout that will strengthen and tone your muscles. This class ideal for beginners and advanced alike. You will learn to move from your center and increase your mind-body connection. This class will help you build your overall strength and stamina, increase your flexibility, improve your posture, breathing and balance. *Participants should bring their own mat.

#9402 WED, Sep 3–Oct 22

2:30–3:30 p.m. | \$68 (8 sessions)

Instructor: Amy Lescher

Location: Clayton Oasis

#10402 Wed, Oct 29–Dec 17 **No Class 11/26*

2:30–3:30 p.m. | \$59.50 (7 sessions)

Instructor: Amy Lescher

Location: Clayton Oasis

Pilates—All Levels

Join us for a dynamic full-body workout that targets and tones your core muscles while building overall strength and stamina. This class will help increase your flexibility, improve your posture, enhance your breathing techniques, and boost your balance. Whether you're a beginner or experienced, this workout is tailored to meet all fitness levels. The exercises are designed to promote a healthier, more resilient body, helping you feel stronger and more energized. *Participants should bring their own Pilates mat to each session.

#9401 WED, Sep 3–Oct 22

1:15–2:15 p.m. | \$68 (8 sessions)

Instructor: Cindy Bambini, Katie McGrath, & Loree Rowe

Location: Clayton Oasis

#10401 WED, Oct 29–Dec 17

1:15–2:15 p.m. | \$68 (8 sessions)

Instructor: Cindy Bambini, Katie McGrath, & Loree Rowe

Location: Clayton Oasis





Bike Rides

#9800 Gravois Greenway: Grant's Trail Bike Ride

The Ulysses S. Grant Trail is a 'rails to trails' bike trail, stretching through south and southwest St. Louis County. A former railroad right of way, this is a paved trail with a few small rolling hills. Ride is approximately 17 miles round trip.

FRI, Sep 5 | 9:30 a.m. | Free 🚲

Instructor: Brenda Jean Tripp
Location: Outside

#9801 Mississippi Greenway: Old Chain of Rocks Bridge Ride

Ride over Old Chain of Rocks Bridge and canal bridge to the levy on a crushed rock trail before joining the paved MCT Trail. There are beautiful river views from the bridges and trail and a good chance of spotting deer, turkey, or coyote along the way. The destination is the National Great Rivers Museum. The museum highlights the lock and dam system and is free. Ride is approximately 13 miles each way for a total of 26 miles.

FRI, Sep 19 | 9 a.m. | Free 🚲

Instructor: Judy Labarbera
Location: Outside

#9802 Meramec Greenway: Emmenegger Nature Park to George Winter Park Ride

Ride the Meramec Greenway from Emmenegger Nature Park to George Winter Park, with a side trip to explore the trails in Minnie Ha Ha Park. Restrooms available in Emmenegger and along the way. Ride is approximately 15 miles round trip.

FRI, Sep 26 | 9:30–11:30 a.m. | Free 🚲

Instructor: Gerry Noll
Location: Outside

#10800 Missouri Greenway: Monarch Chesterfield Levee and the Katy Trail to Defiance Ride

Bike the Monarch Levee in Chesterfield to the Katy Trail and Defiance. Enjoy a bite to eat and ride back. Ride is approximately 20 miles round trip.

FRI, Oct 3 | 9:30 a.m. | Free 🚲

Instructor: Brenda Jean Tripp
Location: Outside

#10801 New Town Halloween Visual Extravaganza Ride

Come enjoy an evening Halloween adventure checking out all the haunted visions created for your enjoyment in the charming St. Charles of New Town. Entire streets come together to decorate the community in true Halloween fashion. The evening will start with dinner at 5 p.m. and the casual 5 mile ride starting after dinner, approximately 6 p.m. We will drive from the restaurant to New Town town square. The ride will be on calm residential streets. There will be time for photos and videos along the ride.

THU, Oct 23 | 5–8 p.m. | \$5

Instructor: Dave A. Seidel
Location: Outside

#10802 Twilight Bicycle Ride

Experience the peaceful beauty of bicycle riding at night. Share an optional evening meal at Taco Buddha at 5 p.m. then ride quiet residential streets in University City neighborhoods at 6 p.m. Enjoy the cool of the evening with homes twinkling in the twilight (and maybe with spooky Halloween displays!). Casual pace, about 5 miles. Front and rear lights required.

THU, Oct 30 | 6 p.m. | \$5

Instructor: Gerry Noll
Location: Outside

Walks

#9803 Deer Creek Greenway Walk

Follow the Deer Creek Greenway through parks, businesses, and neighborhoods to the confluence of the Deer and Shady Creeks at Lorraine Davis Park. Trail segments have an asphalt surface separated from the road. Meet at Deer Creek Park. Walk is approximately 2.5 miles.

TUE, Sep 9 | 9:30–11 a.m. | Free 🍃

Instructor: Denise Ucinski

Location: Outside

#9804 Meramec Greenway: Greentree Park

Meet at the Greentree Park Shelter in Kirkwood for a delightful walk along the Meramec Greenway. The walk will be on a flat paved trail with benches and scenic lookouts along the way. Walk is approximately 3.5 miles.

TUE, Sep 16 | 9:30 a.m. | Free 🍃

Instructor: Mary Fran Balmer

Location: Outside

#9805 Shaw Park and Centennial Greenway Walk

Walk through the welcoming canopy of majestic trees and open grass areas, as well as lovely gardens in Shaw Park. The walk will continue along Centennial Greenway and then back to Shaw Park. Walk is approximately a 2.5 miles.

TUE, Sep 23 | 9:30 a.m. | Free 🍃

Instructor: Denise Ucinski

Location: Outside



#10803 Gravois Greenway: Mysun Charitable Foundation Trailhead to Green Park Walk

Explore the scenic beauty of the Gravois Greenway. This greenway walk begins at the Mysun Charitable Foundation Trailhead. The walk takes you along the gentle and flat terrain. Discover the natural treasures of St. Louis on this rejuvenating journey. Walk is approximately 3 miles.

TUE, Oct 7 | 9:30–11:30 a.m. | Free 🍃

Instructor: Phyllis Hegger

Location: Outside

#10804 Tower Grove Park Walk Through History

The Tower Grove Park Walk Through History will provide you with a comprehensive understanding of the rich and fascinating history of the central corridor of the Park. You will be introduced to Henry Shaw and his vision for the Park, historic public landscapes and architecture, as well as the delightful anecdotes that go with this history. Plus learn how the Park continues to be used as a significant community resource.

TUE, Oct 21 | 9:30–11:30 a.m. | \$5

Instructor: Sylvia McMakin

Location: Outside

#10805 HiPointe-DeMun Historic District Walk

Join us for a walk starting in the HiPointe/DeMun Historic District that begins on DeMun Avenue in Clayton. We'll walk through the campus of Concordia Seminary to Oak Knoll Park, pass between Fontbonne and WashU campuses, then return through the Hillcrest neighborhood. For those who'd enjoy lunch on their own after the walk, there are several places on DeMun to grab a bite to eat. Walk is approximately 2.75 miles.

TUE, Oct 28 | 9:30–11 a.m. | \$5

Instructor: Jeanne Foster

Location: Outside

Love Oasis?

Leave us a Google Review!

Tell others about your experience with Oasis and be entered into a monthly drawing to **win a \$5 credit towards Oasis classes. It's easy...** search "St. Louis Oasis" in your Google browser or simply scan the QR code to instantly leave your review.



< Scan the QR code
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And, be sure to follow us on our
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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 their belief in our mission and values. With their help Oasis has expanded programming into North County, provides hundreds of free preventative health classes, and helps thousands of children in grades K–3 become stronger readers through our Intergenerational Tutoring program. If you would like to join, please contact Lyndsey Reichardt at **(314) 687-1124** or at lreichardt@oasisnet.org.

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** in blessed memory*

\$2,500-\$4,999 **Protector**

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\$1,500-\$2,499 **Sustainer**

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Lorna M. Wiggins

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 from January 11 through June 25, 2025. 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!

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Thank You!

Special Events, Tours, & Travel

Tours

Check Out
Current Events
See page 7.

#9901 Tour of the St. Louis Society for the Blind and Visually Impaired

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

THU, Sep 11 | 1–2 p.m. | \$10

Instructor: STL Society for the Blind Staff

Location: STL Society for the Blind

#9902 Kaplan Feldman Holocaust Museum Tour and Discussion

Join us for a powerful and educational experience at the Kaplan Feldman Holocaust Museum. Explore the historical events that led up to the Holocaust, hear stories from survivors who found refuge in St. Louis, and reflect on the lessons this history offers for today. This tour and discussion will deepen your understanding of one of history's darkest chapters—and the importance of remembrance and resilience.

FRI, Sep 12 | 10:30 a.m.–1:30 p.m. | \$25

Instructor: Patrick Cousins

Location: Holocaust Museum



#9905 Clydesdale Close Up Tour at Grant's Farm

See how Grant's Farm cares for the Clydesdales, visit the stables and get to know them in a more intimate setting. Registration includes a complimentary beverage plus 10% discount at the gift shop at the stables. Parking is included.

We will meet at the stables at the rear of the parking lot. (Please note: Grant's Farm itself is closed to the public on that date - no access to the actual Farm)

WED, Sep 17 | 10:45 a.m.–12:30 p.m. | \$38

Instructor: Mary Saputo

Location: Grant's Farm

#9904 Cherokee Street: The Soul of South St. Louis

St. Louis is a city full of soul and grit—and no place captures that spirit quite like Cherokee Street. Once the downtown of the South Side, this vibrant 1.5-mile stretch defies political, socioeconomic, and cultural boundaries, serving as a microcosm of the city itself. If you blended all the ingredients that make St. Louis fascinating, complex, and alive, the result would be Cherokee Street.

TUE, Sep 23 | 1–3 p.m. | \$20

Instructor: Missouri Historical Society

Location: Outside

#10900 Walking Tour: Soulard South

Civil War radicalism. German immigrants. Intricate brickwork. Hoosiers. Urban pioneers. Beer! Few places capture the spirit of St. Louis like the southern stretch of Soulard.

This in-depth tour uncovers the layered history of one of the city's most iconic neighborhoods—from its roots as a rural outpost and enclave for German elites to its industrial boom decline and remarkable rebirth as a model of urban preservation. Come discover Soulard's unforgettable story.

WED, Oct 22 | 1–3 p.m. | \$20

Instructor: Missouri Historical Society

Location: Outside

#9900 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, Sep 4 | 2–3:30 p.m. | \$20

Instructor: Parks Smith

Location: Missouri History Museum

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Community Locations

**Christ Our Redeemer
AME Church**

13820 Old Jamestown Rd.
Florissant, MO 63033

Clarendale Clayton

7651 Clayton Rd.
Clayton, MO 63117

**Clayton Oasis –
Center of Clayton**

50 Gay Ave.
Clayton, MO 63105

COCA

6880 Washington Ave.
St. Louis, MO 63130

**Crestwood
Community Center**

9245 Whitecliff Park Ln.
St. Louis, MO 63126

Delmar Divine

7435 Village5535 Delmar
Blvd. St. Louis, MO 63112

**O'Fallon, MO 63368 First
Congregational Church of
Webster Groves UCC**

10 W. Lockwood Ave.
Webster Groves, MO 63119

Five Oaks on Warson

1200 North Warson Rd.
Olivette, MO 63132

Grant's Farm

7385 Grant Rd.
St. Louis, MO 63123

HiPointe Theatre

1005 McCausland Ave.
St. Louis, MO 63117

Holocaust Museum

36 Millstone Campus Dr.
St. Louis, MO 63146

**Lutheran Church of
the Atonement**

1285 N. New Florissant Rd.
Florissant, MO 63031

Missouri History Museum

5700 Lindell Blvd.
St. Louis, MO 63112

Northwest Branch Library

5680 Missouri PP
High Ridge, MO 63049

Oasis-Northwest Plaza

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

The Pavilion at Lemay

305 Gregg Rd.
Lemay Township, MO 63125

Union Avenue Church

733 Union Blvd.
St. Louis, MO 63108

Walnut Park Library

5760 W Florissant Ave.
St. Louis, MO 63120

**Webster United
Methodist Church**

600 N. Bompert Ave.
Webster Groves, MO 63119

**WingHaven Branch
Library**

7435 Village Center Dr.
O'Fallon, MO 63368

Mail-In Registration Form

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

First Name

Phone

Address

[illegible]

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

Total Class Fees:

I am adding a \$10.00 donation to help Oasis

☐ I am including \$10 check or cash

☐ I authorize Oasis to charge an additional \$10 to my credit card

Donation to Oasis:

Grand Total:

Payment

There are no refunds unless Oasis cancels the class.

☐ Cash ☐ Check ☐ Credit Card (***we do not accept American Express.***)

Credit Card Number

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Signature

Please mail completed forms and payment to St. Louis Oasis at 50 Gay Avenue, St. Louis, MO 63105.

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