



January & February 2025 Course Catalog

BJC HealthCare

The **OASIS** *MINI* *Catalog*

What's Inside?

January & February 2025 Classes

What's Different?

Class descriptions only included for select classes.

Visit stloasis.org/class to view full descriptions!

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.

If you would like to join, please contact Jo Flannery at **(314) 687-1121** or at jflannery@oasisnet.org.

Trailblazer \$50,000+

Herring Impact Group Foundation

Visionary \$25,000-\$49,999

John & Mary Ann Danahy	Dick Miles & Pat Whitaker
Maryann Tebbe	Dr. Patrick & Libby White

Connector \$10,000-\$24,999

Cynthia Brinkley	Dr. Maxine L. Rockoff, PhD
Frank Chance	Henry & Susan Warshaw
Marylen Mann & Frank Jacobs	

Pioneer \$5,000-\$9,999

Anonymous	Dorothy & Melvyn Lefkowitz
Drs. Steven Miller & Vicky Fraser	Jerome & Barbara Pratter
Matt & Karen Geekie	John Schmeider
Susan Goldberg	Barbara Weiss
Marcia Kerz	

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

Anonymous	Michael & Felice Lowenbaum
Marvin Anderson	Timothy K. Noelker
Cynthia & Ven Houts	Deb Hollingsworth & Mark Stayce
Edward & Elizabeth Lawlor	Clemence S. Leiber Foundation
Carolyn W. Losos	Drs. Bill Powderly & Betsy Keath

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

Anonymous	Jim & Mimi Murphy
Dawn Anderson	Nancy Novack
Barbara Bryant	Karen Priest
T. Chapman	Lyndsey Reichardt
Barbara & Robert Cohn	Tamara Jo Rhomberg
Donald Dimmich	Stephanie Riven & Roger Goldman*
Jeanne Foster	Susan & David Sherman
Mahendra Gupta & Sunita Garg	Brent & Bettyann Slatten
Larry & Karen Goering	Parks Smith & Barbara Weber
Dr. Katie Henderson	Paul Weiss, PhD
Scott Homan & Christine Jubel Homan	Mei Chen Welland
Dr. Ira & Barb Kodner	Lorna M. Wiggins
Bonnie Mann	Cynthia & Thomas Woolsey

**In Blessed Memory*



Thank You!

All About Oasis..... 2
Arts & Entertainment..... 2
Create: Writing, Art, & Music 4
Current Events 5
Genealogy 8
History 8
Literature..... 10
Science & Architecture 10
Religious Studies 11
Technology 11
Wellness 13
Health..... 14
Exercise 15

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 office at the Center of Clayton is 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.

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 **IP**, online **V**, or hybrid **H**.

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

Unless noted, all images and graphics are licensed by Oasis Institute and/or considered public domain, released under the Creative Commons (CC) license.

All About Oasis

#1060 Tell Me More About Oasis

Whether you've been an Oasis tutor for many years, took an Oasis health class at a community center, or just heard about Oasis, this program is for you! The most frequent comment participants share after programs like this is, "I didn't know Oasis did ALL of that!" Learn about the breadth and depth of programs from Oasis staff and don't miss out on the action!

TUE, January 28 | 10:30-11:30 a.m. | Free

Instructor: Oasis Staff

Location: Oasis-Northwest Plaza **IP**

#1059 Oasis Town Hall

Join Oasis leadership for our 2nd Annual Oasis Town Hall meeting! President Paul Weiss will share a snapshot of Oasis, review trends and statistics over the last five years about class participation, revenue, grant-funded initiatives, tutors and volunteering, and program locations. Gain insight into how 2025 is progressing and Oasis' goals for the short-term and long-term future. Submit questions in advance or ask questions during the 'Q&A' portion of the Town Hall.

FRI, January 31 | 10-11:30 a.m. | Free

Instructor: Paul Weiss, PhD

Location: Clayton Oasis **IP**

#2032 Spring Kickoff! March & April Classes Preview Event

You are invited to join us in person at St. Louis Oasis for a festive kickoff to the Spring session of new Oasis classes! Enjoy coffee and cookies while you peruse the catalog, learn about new programs, ask questions, meet instructors, and mingle with Oasis friends. Spring 2025 classes offer a combination of fan favorites and brand-new topics. Register for classes right after the event and receive a 10% off you enroll in classes totaling \$25 or more to use towards your purchase! Only applicable if you attend the event!

WED, February 19 | 10-11:30 a.m. | Free

Instructor: Oasis Staff

Location: Clayton Oasis **IP**



Arts & Entertainment

#1054/1054.V Rock Lyrics as Poetry: From the Harlem Renaissance to Today

Embark on a musical odyssey with Richard Losciale, a seasoned bassist and Woodstock "graduate." Start your journey with the fundamentals of poetry interpreted through music. Immerse yourself in an inspirational listening experience as we explore some of the most expressive, memorable, and beautiful songs from the Rock era spanning the last 75 years. Take a stroll through the soundtrack of our lives and revel in the richness of musical expression.

THU, January 16 | 1-3 p.m. | \$8.50

Instructor: Richard Losciale

Location: Oasis-Northwest Plaza & Zoom **H**

#1016/1016.V American Landscape Painting

As America was explored and developed, artists began to capture its natural wonders through landscape painting. With the advent of the steamboat, the Hudson River School emerged, allowing artists to access previously unseen areas. This lecture will trace the evolution and symbolism of American landscape painting, from the Hudson River School to American Impressionism, highlighting key works and the cultural significance of these artistic movements.

FRI, January 17 | 10:30-11:30 a.m. | \$17

Instructor: Kathy Walsh-Piper

Location: Clayton Oasis & Zoom **H**

#1043 A Love Letter to St. Louis: Musical Performance

Join local musician Andrew John Bollinger for a captivating performance that blends the rich history of St. Louis, his personal experiences, and his hopes for the city's future. Through storytelling and song, immerse yourself in the early days of St. Louis, enjoy a heartfelt concert, celebrate the unique charm that makes our city special.

MON, January 20 | 10:30 a.m.-12 p.m. | \$17

Instructor: Andrew Bollinger

Location: Eden Seminary **IP**

#2019 Shaken, Not Stirred: The Life & Legacy of Superspy James Bond

Join Richard Venn, Masters of History from the University of Missouri, St. Louis, for a captivating two-part series on the world of James Bond. Explore the origins of the iconic superspy in Ian Fleming's imagination and trace his journey from literature to the silver screen. Discover the actors who brought 007 to life (only two were actually English!) and learn about the profound cultural impact of the Bond films. Don't miss this engaging exploration of one of cinema's longest-running and most successful franchises—James Bond's intriguing evolution.

WED, February 12-19 | 1-3 p.m. | \$34

Instructor: Richard Venn

Location: Crown Center **IP**

Beatlemania

You know them, you love them. Relive and reignite your love for The Beatles and take a deeper dive into their cultural impact era by era through lively discussions, listening sessions, and fun activities. Connect with fellow music lovers and reminisce about unforgettable moments from your formative years.


Get all
7 classes
for only
\$100!

#1014/1014.V The Birth of the Beatles

Journey alongside the young Beatles from their early days to their transformative experiences in Hamburg. Witness their explosive growth as they honed their musical craft, captivating the press, enchanting fans, and ultimately changing the world of music. Discover the influences and challenges they faced along the way, and how these pivotal moments shaped their iconic sound and paved the way for their legendary career.

THU, January 16 | 10:30-12 p.m. | \$17

Instructor: Neil Davis


Location: Clayton Oasis & Zoom 

#1020/1020.V The Beatles: 1962

In late 1962, the Beatles stepped into EMI Studios for the first time, meeting producer George Martin. Over the next 18 months, they would release four number one singles and two number one albums while becoming international superstars. Learn how the Beatles adapted musical ideas and made them their own. Be amazed at the primitive recording technology they used to create their early hits. Experience the Beatles' insane schedule as they charmed the press, their fans, and the world. It was a year like no other.

THU, January 23 | 10:30 a.m.-12 p.m. | \$17

Instructor: Neil Davis


Location: Clayton Oasis & Zoom 

#1027/1027.V The Beatles: Rubber Soul

In October 1965, The Beatles faced a daunting challenge: create an entirely new album of original music for a Christmas release in just one month. The result? Rubber Soul—an album widely regarded as one of their greatest, blending innovative songwriting with a more mature sound that marked a pivotal moment in their musical evolution. Join us to explore the legacy of this iconic album!

THU, January 30 | 10:30 a.m.-12 p.m. | \$17

Instructor: Neil Davis


Location: Clayton Oasis & Zoom 

#2002/2002.V The Beatles: Revolver

After the success of Rubber Soul, The Beatles enjoyed five months of creative freedom to craft one of their most acclaimed albums: Revolver. At the peak of their artistic powers, this album showcased their innovative spirit and experimentation in music. Revolver would ultimately signify the end of their collaborative approach as a performing unit, making it a landmark in their evolution and a defining moment in rock history. Join us to explore the making and impact of this iconic album!

THU, February 6 | 10:30 a.m.-12 p.m. | \$17

Instructor: Neil Davis


Location: Clayton Oasis & Zoom 

#2006/2006.V The Beatles: Sgt. Pepper's Lonely Hearts Club Band

Join us for an in-depth exploration of the creation and lasting impact of Sgt. Pepper's Lonely Hearts Club Band, one of the most influential albums in music history. Discover the innovative techniques and artistic vision that shaped this landmark work, and learn how it transformed the music landscape. Whether you're a lifelong fan or new to their music, this session promises to deepen your appreciation for The Beatles and their groundbreaking contributions to pop culture.

THU, February 13 | 10:30 a.m.-12 p.m. | \$17

Instructor: Neil Davis


Location: Clayton Oasis & Zoom 

#2010/2010.V The Beatles: White Album

Released in 1968, The White Album showcases an impressive thirty songs that encompass nearly every musical style, from hard rock and country to chamber music and avant-garde. This groundbreaking album was recorded during a pivotal year in Beatles history, marked by significant events such as the death of manager Brian Epstein, the establishment of Apple Corps, and the band's transformative trip to India to study meditation. Join us as we explore the diverse sounds and historical context of this iconic album!

THU, February 20 | 10:30 a.m.-12 p.m. | \$17

Instructor: Neil Davis


Location: Clayton Oasis & Zoom 

#2015/2015.V The Beatles: Abbey Road

Abbey Road was the last time that the Beatles recorded together at EMI Studios—soon to be christened Abbey Roads Studios. Despite the bittersweet atmosphere that surrounded the recording sessions, The Beatles' outstanding songs and performances together with George Martin's orchestrations, produced an album that is regarded as one of the best of all time.

THU, February 27 | 10:30 a.m.-12 p.m. | \$17

Instructor: Neil Davis

Location: Clayton Oasis & Zoom 



#2021 Name That Tune!

Gather your friends and form a team, or challenge yourself solo in this fun and engaging musical game! Listen to song clips, decipher lyrical clues, and compete to Name That Tune. Earn points for identifying song titles, artists, and even for sharing personal trivia about your favorite tracks. How well do

you really know the soundtrack of your life? Join us for a lively afternoon of music, nostalgia, and friendly competition!

FRI, February 7 | 1-3 p.m. | \$17

Instructor: Richard Losciale

Location: Eden Seminary 

Create: Writing, Art, & Music

#1005 Haiku From Mid-America

Explore Haiku and its poetic twin, Senryu, focusing on traditional and contemporary works from a Mid-American perspective. Learn the key differences, shared cultural roots, and evolution of these forms. Analyze classic and modern examples, uncovering their beauty and depth. Participants can share their own Haiku or Senryu for discussion and feedback. Perfect for poets of all levels interested in concise expression.

WED, January 8 | 10:30-11:30 a.m. | \$17

Instructor: Yasuo Ishida

Location: Clayton Oasis 

#1035 Concert Band

Join the Concert Band and elevate your musical skills in a supportive ensemble of intermediate to advanced musicians. Refine your technique, collaborate on harmonious compositions, and enjoy opportunities for public performances. Discover personal growth and the joy of music-making while connecting with audiences and advancing your proficiency in a dynamic setting.

MON, January 13-April 14 | 10 a.m.-12 p.m. | \$154 (14 Sessions)

Instructor: Gene Rauscher

Location: Crown Center 

#1040 Acoustic Folk Music Jam Group

Join Oasis' new Acoustic Folk Music Jam Group! Bring your guitar, banjo, fiddle, bass, dulcimer, mandolin, harmonica, or autoharp to jam to old-timey songs, folk music, and rock from the 60s and 70s. All skill levels are welcome, and no music reading is required. Singing is encouraged, and the group will choose songs to jam on each week, led by Lukas Simpson.

TUE, January 14-March 4 | 11:30 a.m.-12:30 p.m.

\$120 (8 Sessions)

Instructor: Lukas Simpson

Location: Eden Seminary 

#1013 Beginners Watercolor: Winter Snow Scene

Join Ann Flory, a therapeutic art specialist with Artfully Aging, for a hands-on watercolor journey designed for beginners. No prior art training is needed. Each session includes instruction on basic techniques, allowing you to create a small watercolor painting to take home. All supplies are provided.

Unleash your creativity in this guided exploration of watercolor artistry!

WED, January 15 | 10:30 a.m.-12 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Clayton Oasis 

#1053 Beginning Harmonica Workshop

Join this introductory harmonica workshop with the Gateway Harmonica Club and learn the basics of playing simple songs—no music reading required. Experienced players will teach harmonica care, techniques, and folk song melodies. Bring a 10-hole diatonic harmonica in the key of C, or purchase one for \$10 at the first session. A student songbook is included.

WED, January 15-29 | 10:30 a.m.-12 p.m. | \$37.50 (3 Sessions)

Instructor: Gateway Harmonica Club

Location: Oasis-Northwest Plaza 

#1037 Jazz Ensemble

Unleash your musical potential in this dynamic ensemble led by three accomplished classical and jazz maestros. Explore improvisation while playing traditional and contemporary pieces, and join us in this innovative musical journey where creativity flourishes. Enjoy exciting public performance opportunities to showcase your skills. Be part of this enriching experience where classical and jazz collide, and musical exploration knows no bounds!

THU, January 16-April 17 | 10 a.m.-12 p.m. | \$154 (14 Sessions)

Instructor: William Gerdel

Location: Crown Center 

#1055 A Therapeutic Art Experience

Join us for a delightful self-guided paint experience! This relaxing event features custom pre-printed canvases, making it easy for everyone to express their creativity, regardless of skill level. Enjoy a serene environment to unwind and socialize with fellow participants. Whether you're an experienced artist or a first-time painter, this event offers a wonderful opportunity to bond over creativity and relaxation.

FRI, January 24 | 10:30 a.m.-12:30 p.m. | \$15

Instructor: Claire McGale, JACCK Foundation

Location: Oasis-Northwest Plaza 

#1046 Songwriter Workshop

Open to songwriters of all levels! Whether you have a song you'd like feedback on or are looking for inspiration to spark new ideas, this workshop is for you. Explore songwriting techniques, learn about lyric structure, melody development, and collaboration. Share your work in a supportive environment, connect with fellow musicians, and leave with fresh perspectives to enhance your craft. Bring your creativity and get ready to refine your songwriting skills!

MON, January 27-February 3 | 10:30-11:30 a.m. | \$34 (2 Sessions)

Instructor: Andrew Bollinger

Location: Eden Seminary 



#1047 **Beginners Watercolor: Snowman in the Trees**

This beginner watercolor class offers a relaxing experience for tapping into your creativity—no prior art training required.

Each session includes instruction on basic techniques, allowing you to create a small painting to take home.

All supplies are provided. Join Ann Flory, artist and therapeutic art specialist with Artfully Aging, for a welcoming exploration of watercolor artistry!

TUE, January 28 | 1-2:30 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Eden Seminary 



#2001 **Beginners Watercolor: Vase of Hearts**

This beginner-friendly watercolor class provides a relaxing environment to explore your creativity. No prior art experience is required. Each session covers basic techniques, allowing participants to create a small painting to take home.

All supplies are included. Join Ann Flory, artist and therapeutic art specialist with Artfully Aging, for a guided exploration of watercolor artistry. Unleash your artistic potential!

WED, February 5 | 10:30 a.m.-12 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Clayton Oasis 



Creative Writing Workshop

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

#2008 TUE, February 18-April 29 | 10 a.m.-12 p.m.

\$135 (6 Sessions)

Instructor: Kim Lozano

Location: Clayton Oasis 

#2024 TUE, February 18-April 29 | 1-3 p.m. | \$135 (6 Sessions)

Instructor: Kim Lozano

Location: Eden Seminary 

Current Events

#1001 **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, January 6-April 28 | 10:30 a.m.-12:30 p.m. | \$69 (9 Sessions)

Instructor: Linda Locke

Location: Clayton Oasis 

#1002 **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, January 6-April 28 | 1:30-3:30 p.m. | \$69 (9 Sessions)

Instructor: Clif Mahin & Jack Cancila

Location: Clayton Oasis 

#2027 **Beginners Watercolor: Cardinal on a Branch**

Join our beginner-friendly watercolor class for a relaxing and enjoyable experience that encourages your creativity.

No prior art training is necessary. Each session offers instruction on basic techniques, allowing you to create a small painting to take home. All supplies are provided.

Unleash your artistic potential with Ann Flory, artist and therapeutic art specialist with Artfully Aging, in this welcoming exploration of watercolor artistry.

TUE, February 25 | 1-2:30 p.m. | \$20

Instructor: Ann Flory, Artfully Aging

Location: Eden Seminary 



#2016 **Reader's Theatre**

Join us for a comfortable table read of *After the Revolution* by Amy Herzog, where you can participate as a reader.

No theater experience is necessary; it's a chance to enjoy theater in a personal way. Be sure to register at least two weeks before the program date to receive the script.

Synopsis: Emma Joseph, a bright law school graduate from a Marxist family, runs the Joe Joseph Fund, named for her grandfather, who was blacklisted during the McCarthy era. Emma is working to free a man on death row for his political beliefs when she discovers her grandfather may have passed information to Russians, challenging her activism's ideological foundations. This intellectual family drama explores themes of loyalty, citizenship, betrayal, and freedom through lively dialogue.

THU, February 27 | 1-3 p.m. | \$20

Instructor: Kathleen Sitzer

Location: Clayton Oasis 



#1056 **Great Decisions: The Foreign Policy Association Discussion Group 2025**

Great Decisions is America's leading discussion program on world affairs, focusing on critical global issues affecting the U.S. today. Participants read the Great Decisions Briefing Book, watch a documentary series, and engage in discussions. Topics include U.S. foreign policy, global economic leadership, U.S.-China relations, India's role, climate change cooperation, NATO, AI in national security, and U.S. policy in the Middle East. Facilitated by Mick Weltman and Juliet Simone, the program follows a traditional discussion style, and participants receive a copy of the Briefing Book to keep.

FRI, January 17-March 7 | 1-2:30 p.m. | \$88 (8 Sessions)

Instructor: Mick Weltman

Location: Clayton Oasis 

#2003/2003.V Anatomy of a Lawsuit

In today's litigious society, lawsuits are a common reality with significant implications. Join an experienced trial lawyer to explore the "nuts and bolts" of a lawsuit, from filing to courtroom trial. Gain insights into the legal process and discover what happens behind the scenes, providing a clearer understanding of litigation complexities and real-life legal scenarios.

FRI, February 7-14 | 1-2:30 p.m. | \$34 (2 Sessions)

Instructor: Mark E Goodman

Location: Clayton Oasis & Zoom **H**

#2005/2005.V Who Cares About White Collar Crime? It Doesn't Affect Me...Or Does it?

White-collar crimes may be nonviolent, but they are far from victimless, costing an estimated \$300 billion annually due to fraud, deceit, and corruption. This class explores the complex world of white-collar crime, detailing who the perpetrators are, their illicit conduct, and how these crimes are prosecuted. Learn insights and tips for protecting against schemes like Bernie Madoff's infamous Ponzi Scheme.

WED, February 12 | 10:30 a.m.-12 p.m. | \$17

Instructor: James Gerald Woodward

Location: Clayton Oasis & Zoom **H**

Genealogy

#1019/1019.V Online Books & Newspapers for Genealogy

Discover a wealth of online resources for genealogy, including both free and subscription-based websites that provide access to digital family histories, county histories, magazines, journals, and newspapers. Join us to learn how to navigate these sites and uncover the treasures they offer for your family history research. Whether you're a seasoned researcher or just starting, this session will help you unlock valuable insights into your ancestry.

WED, January 22 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Ilene Murray

Location: Clayton Oasis & Zoom **H**

#2011/2011.V Family History Records of the War Years: 1914-1945

The years between World War I and World War II were crucial in the histories of the last few generations. Because of the world's political situation, people were on the move, and many record sets were created to keep track of them. We will look at some of those sources for family information, almost all of which can now be accessed online.

FRI, February 21 | 10:30 a.m.-12:30 p.m. | \$17

Instructor: Ilene Murray

Location: Clayton Oasis & Zoom **H**

History

#1038/1038.V The Beginnings of Art

When did "art" begin? Why did art begin? How far back can we go in examining actual examples of what can be considered "art"? This class will cover art over a span of thousands of years, while focusing on the earliest proof that early humans had a desire to create art. In addition, we will discuss the possible and probable reasons for the creation of "Art"!

MON, January 6 | 10-11:45 a.m. | \$17

Instructor: Carol Diaz-Granados

Location: Eden Seminary & Zoom **H**

#1052 Art & Archaeology of Central America

This vibrant and informative presentation explores key archaeological sites across Central America, including Mexico, Costa Rica, Guatemala, Panama, and extending into Colombia. We'll examine artifacts through a cultural and artistic lens, uncovering their symbolism, purpose, and how they were used. Discover the meaning behind these ancient creations and their significance to the people who made them.

WED, January 8 | 1-2:45 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Five Oaks on Warson **IP**

#1051 Women of the Fur Trade

Join Jim Duncan, M.A., on a historical journey exploring the fascinating stories of women in the fur trade, a key catalyst for the founding of St. Louis. While early French settlers dominated the trade, many were married to American Indian women. This exploration uncovers the vital roles these women played in supporting their husbands and contributing to the success of the flourishing fur trade.

TUE, January 7 | 1-2:45 p.m. | \$17

Instructor: Jim Duncan

Location: Five Oaks on Warson **IP**

#1030 North American Indian Cultures

This class will cover a selection of the major North American Indian cultures, including the Four Corners area of the Southwest, the Northwest Coast, the Plains, and the Eastern Woodlands. We will take a look at the outstanding artifacts, the typical dwellings, foods, clothing, and decorative arts from the people of those regions, past and present.

FRI, January 10 | 10-11:45 a.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clarendale Clayton **IP**

#1010/1010.V American Indian Rock Art

The Indians of North America left their marks on the land in many ways, but one way that is indisputable, is rock art: The rock carvings (petroglyphs) and rock paintings (pictographs), are found in many areas of the New World including North America. Take an armchair tour of many of the fascinating rock art sites across the country and learn what was being carved and painted, and in many cases, what they mean. Because of the repeated symbols, many of the images can be interpreted!

MON, January 13 | 10:30 a.m.-12:15 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis & Zoom **H**

#1041/1041.V Auguste Rodin & the Dancing Shiva

The French sculptor Auguste Rodin was once asked to write about the mesmerizing sculpture of the Dancing Shiva, an excellent example of which is the focus of the South Asian Art gallery in the Saint Louis Art Museum. What revelations arose from this encounter with India? We will also discuss Émile Guimet and the museum he founded, the wonderful Musée Guimet (Museum of Asian Art in Paris). We will learn a bit about Hindu and Buddhist mythology along the way!

TUE, January 14-21 | 1-3 p.m. | \$34 (2 Sessions)

Instructor: Nartana Premanchandra

Location: Eden Seminary & Zoom **H**

#1042 The Creation of Modern Japan

How did a small island nation, thinly populated, lacking industry, and with a national army or navy, emerge as one of the world's most powerful countries by the end of the 19th century? This class will examine the factors that led to Japan's modernization and Westernization in the 1800's. We will attempt to understand how those changes led to Japan's imperialism in Asia and its role in WWII.

THU, January 16 | 1-3 p.m. | \$17

Instructor: Samuel F Harned

Location: Eden Seminary **IP**

#1018/1018.V Remembering the Outhouse

Join us on a whimsical journey down the primrose path as we rediscover the little house that time forgot! Put your OQ (Outhouse Quotient) to the test as we explore frequently asked questions about outhouse design, color, pesky wasps, and the great debate over whether the door should open inward or outward. This lighthearted presentation features engaging slides you won't want to miss—perfect for a fun and informative experience!

TUE, January 21 | 1:30-3 p.m. | \$17

Instructor: David Braswell & Mardy Eisloeffel

Location: Clayton Oasis & Zoom **H**

Unlocking Secrets: The Codebreakers of Bletchley Park

#1008.V Bletchley Park: WWII Codebreakers (Virtual)

Bletchley Park was the top-secret home of the World War II "Codebreakers," a term for the over 9,000 men and women who intercepted and cracked German war messages. We will explore Bletchley Park's history from 1939 to 1946, sharing stories of those who worked there and detailing how German messages were captured and decoded during the Battle of the Atlantic. This included breaking the Enigma and Lorenz codes and developing the Colossus computer. Join us for this fascinating exploration of the history of the codebreakers!

FRI, January 10 | 10 a.m.-12 p.m. | \$17

Instructor: Parks Smith

Location: ZOOM **V**

#1015.V Women of Bletchley Park (Virtual)

Bletchley Park was the top-secret home of over 9,000 World War II codebreakers who intercepted and cracked German communications. This session will focus on the lesser-known stories of the women who worked at Bletchley Park from 1939 to 1946. We'll explore how they intercepted and decoded German messages during the Battle of the Atlantic, breaking the Enigma and Lorenz codes, which led to the development of the Colossus computer. Join us for this fascinating exploration!

FRI, January 17 | 10 a.m.-12 p.m. | \$17

Instructor: Parks Smith

Location: ZOOM **V**

#1021.V Enigma & Lorenz Code: WWII Codebreaking (Virtual)

Embark on a historical journey to discover the remarkable achievements of the Bletchley Park Codebreakers, who broke the Enigma and Lorenz codes. Explore the ingenious methods used to decrypt the Enigma codes, revealing secrets from the German Navy, Army, and Air Force. Witness the breakthrough that led to cracking Hitler's Lorenz code and the development of Colossus—the world's first digital computer. Immerse yourself in this saga of intellect and innovation that significantly shaped World War II.

FRI, January 24 | 10 a.m.-12 p.m. | \$17

Instructor: Parks Smith

Location: ZOOM **V**

#1025/1025.V **Those Daring Dames of History**

Discover the risk-takers who flouted the rules and defied convention—from an Irish Pirate Queen to Mata Hari, from Eleanor of Aquitaine to Victoria Woodhull, the first woman to run for president. These trailblazing women reshaped the world in bold, unexpected ways and continue to inspire us today. From queens and spies to activists and pioneers, explore how their courage, defiance, and vision paved the way for future generations. Join us for an empowering journey through the lives of history's most daring women!

TUE, January 28 | 1-2 p.m. | \$20

Instructor: Bev Schuetz

Location: Clayton Oasis & Zoom **H**

#1026/1026.V **How Do We Measure Time?**

How do you measure time? Ever wondered how the ancients did it without clocks or watches? Of course, they did—by observing the sky and celestial phenomena. Over the centuries, they invented ingenious devices to track the hours of the day, becoming remarkably skilled at it. Join us to explore the fascinating methods early civilizations used to measure time, from the stars to sundials, and discover just how accurate they became!

WED, January 29 | 10 a.m.-12 p.m. | \$17

Instructor: Carol Diaz-Granados

Location: Clayton Oasis & Zoom **H**

#2018 **Women in the Archive**

Explore the untold stories of remarkable women through captivating vignettes centered around meaningful objects. Participants are encouraged to bring their own pieces of women's history, whether a family heirloom or a personal memento, to share in the discussion. Together, we'll delve into the importance of preserving and recovering the often-overlooked narratives of women's lives, fostering a deeper understanding of their contributions and experiences. Join us for an engaging and insightful exploration!

THU, February 6 | 10-11 a.m. | \$17

Instructor: Elizabeth Eikmann

Location: Clarendale Clayton **IP**

#2023/2023.V **Breaking the Glass Ceiling: Women Entrepreneurs**

Discover the inspiring stories of remarkable women who shattered barriers to achieve success in various business sectors. From the stock market to cosmetics, aviation to publishing, these trailblazers made their mark in history while paving the way for future generations. Join us to celebrate their achievements and learn how they forged paths in their industries, demonstrating resilience and determination in high heels. This session will empower and inspire all who attend!

TUE, February 11 | 1-2 p.m. | \$20

Instructor: Bev Schuetz

Location: Eden Seminary & Zoom **H**

#2025/2025.V **WWII: The Pacific Theatre 1937-42**

In this class, we will explore the factors that led Japan and the United States into conflict for dominance in the Pacific. We'll examine Japanese aggression in China, strategic considerations of both nations, and key battles from Pearl Harbor to Midway. Additionally, we'll analyze the intense nature of combat in the Pacific, including its ferocity and racial dimensions. This course is the first in a three-part series on the Pacific War, providing essential context for this pivotal chapter in history.

THU, February 20 | 1-3 p.m. | \$17

Instructor: Samuel F Harned

Location: Eden Seminary & Zoom **H**

#2014/2014.V **The History of the American Revolution**

This three-part series will explore the history of the American Revolution, focusing on how a unique governance theory in the American colonies led to a clash with Britain. Part I examines the roots of this conflict, tracing back to 1607. Part II details how the fight at Lexington evolved into a full war of independence. Part III covers the turning point at Saratoga, the eventual victory for the colonies, and the challenges faced by the new nation throughout the rest of the 18th century.

WED, February 26-March 12 | 10 a.m.-12 p.m. | \$51 (3 Sessions)

Instructor: Richard Venn

Location: Clayton Oasis & Zoom **H**

#2012/2012.V **Messages From Babi Yar: Poems by Yevgeny Yevtushenko, Thirteenth Symphony of Dmitri Sostakovich, & Our Own**

We will observe together the third anniversary of the Russian Ukraine invasion by exploring the related Babi Yar story, expressed through area history, Yevgeny Yevtushenko's poems, and their choral setting in the 13th Symphony of Dmitri Shostakovich.

FRI, February 21 | 1-3 p.m. | \$17

Instructor: Allen Schwab

Location: Clayton Oasis & Zoom **H**

#2026/2026.V **Napoleon the Emperor & Talleyrand, His Foreign Minister**

Napoleon is known worldwide, but Talleyrand remains less recognized. As Napoleon's foreign minister, Talleyrand initially supported him but later became his enemy, attempting to halt Napoleon's aggressive expansion and committing "treason" against the Emperor. His significance today lies in his advocacy for an integrated Europe, where countries collaborate as a union while respecting their diversity and cultural identities.

FRI, February 21 | 1-3 p.m. | \$17

Instructor: Lucy Schmitz Morros

Location: Eden Seminary & Zoom **H**

Local History

#1050 Hidden Histories of St. Louis

Explore a selection of hidden histories of St. Louis, an engaging program dedicated to uncovering the untold stories behind the city's most iconic landmarks. Delve into the lesser-known tales of people, places, and events that have shaped St. Louis in surprising and remarkable ways.

TUE, January 7 | 10-11 a.m. | \$17

Instructor: Elizabeth Eikmann

Location: Five Oaks on Warson **IP**

#1022/1022.V First in Booze: Distilleries in St. Louis & Missouri

As the saying goes, "First in shoes, first in booze, and last in the American League." This class explores Missouri's rich distillery history, beginning with 19th-century operations, including the oldest distillery still using a 165-year-old bourbon recipe. We'll dive into Prohibition's bootlegging days and highlight today's craft distillery movement (you can even get married in a St. Louis distillery!). Discover St. Louis's connection to Jack Daniel's whiskey and learn about local distillery festivals and related legislation.

FRI, January 24 | 10:30 a.m.-12 p.m. | \$17

Instructor: Douglas Schneider

Location: Clayton Oasis & Zoom **H**

#1023/1023.V German St. Louis

The influence of German immigrants in St. Louis history can be seen throughout the heritage, food and drink, and built environment of the Gateway City. In this class, we will explore how German culture has made a lasting impact on the city we call home. Different aspects of German-American life in St. Louis, including churches, breweries, buildings and people will be discussed and examined.

MON, January 27 | 10-11 a.m. | \$17

Instructor: Chris Naffziger

Location: Clayton Oasis & Zoom **H**

#1024/1024.V The Sixties Revisited: That's the 1760s, 1860s & 1960s!

Join Johnny Rabbitt for a captivating lecture that takes you through St. Louis's rich history. From the city's founding by Pierre Laclède and Auguste Chouteau, facing Indian attack threats, to the 1860s with slavery and the Civil War, Rabbitt explores pivotal moments, including Generals U.S. Grant and William Tecumseh Sherman. The journey fast-forwards to the 1960s, highlighting iconic landmark construction, the Vietnam War, racial unrest, Gaslight Square, and the evolving music scene. Experience a vivid tapestry of St. Louis's past in this enthralling presentation!

TUE, January 28 | 10:30-11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom **H**

#2030 Missouri Oddities Road Trip

Get ready for spring with an exciting road trip through Missouri's most unusual and fun attractions! Discover peculiar museums, quirky statues, and fascinating roadside oddities, all while avoiding the winter chill. This journey promises to unveil the unique charm and eccentricities that the Show-Me State has to offer, making it a perfect adventure for explorers and enthusiasts of the bizarre. Buckle up and prepare for a memorable experience!

TUE, February 4 | 2-3 p.m. | Free

Instructor: Hillary Peppers

Location: Five Oaks on Warson **IP**

#2007/2007.V Tell Me What You Ate & I'll Tell You Where You Were in St. Louis

An entertaining program looking at the St. Louis foods we ate through a historical lens. Starting from its founding to the past and current favorite culinary haunts.

FRI, February 14 | 10:30 a.m.-12 p.m. | \$17

Instructor: Suzanne Corbett

Location: Clayton Oasis & Zoom **H**

#2013/2013.V The Way it Was: Radio, TV, & Newspapers

Take a nostalgic journey through St. Louis' media history, from the city's first newspaper in 1808 to the debut of a.m. radio in 1922, the arrival of FM in 1947, and the launch of TV that same year. We'll explore behind-the-scenes stories, memorable moments, and the evolution of media before the digital age of the Internet, streaming, and AI. This interactive class invites you to relive the past with an engaging presentation filled with stories and memories of how we once connected with the world.

TUE, February 25 | 10:30-11:45 a.m. | \$20

Instructor: Johnny Rabbitt

Location: Clayton Oasis & Zoom **H**

#2033.V Friends for Life: Making, Navigating, & Maintaining Friendships (Virtual)

Friendships are among our most important connections. What determines who becomes friends? What friendship patterns do we each have? How can we navigate challenges that arise in these interactions? Join Dr. Miriam Rosalyn Diamond to explore research on this subject and how it applies to our own relationships.

TUE, February 25 | 10:30-11:30 a.m. | \$17

Instructor: Miriam Diamond

Location: Zoom **V**

Literature

#1039/1039.V **Don Quixote: Trauma & the Making of Meaning**

Join an adventure with Sancho Panza, Don Quixote, and other key figures through a landscape of trauma, delusions, hallucinations, grief, loss, and grace. No prior knowledge of Don Quixote or Man of La Mancha is needed—only a willingness to reconsider your ideas of madness, trauma, and grace.

MON, January 13 | 10 a.m.-12 p.m. | \$17

Instructor: Ed Koslin

Location: Eden Seminary & Zoom **H**

#1011 **Great Books Club**

Great Book Discussions is the perfect club for literature enthusiasts! Oasis has partnered with Great Books to bring you an engaging eight-session book club, meeting every other week. Led by Mick Weltman, a recently retired educator and former Executive Director of Associated Colleges of Illinois, the class features Great Conversations 6, an anthology of 15 timeless classic and contemporary selections. Each piece includes biographical headnotes, discussion questions, and a thematic guide. Let's get reading!

MON, January 13-April 21 | 1-2:30 p.m. | \$88 (8 Sessions)

Instructor: Mick Weltman

Location: Clayton Oasis **IP**

#1036/1036.V **Ernest Hemingway: The Man Behind the Myth**

We know Ernest Hemingway for his love of bullfighting, drinking, and his groundbreaking writing style, but who was the man behind the legend? Discover the story of his first love that inspired one of his greatest novels, his globe-trotting career as a journalist, and why Hemingway remains one of the most celebrated American writers of all time.

WED, January 15 | 10-11:30 a.m. | \$17

Instructor: Marissa McFarland

Location: Crown Center & Zoom **H**

#1049 **Parabola Discussion Group**

Join Nartana Premachandra, Story Editor of Parabola, for a literary and philosophical journey through this esteemed international journal. Since 1976, Parabola has explored literature, philosophy, spirituality, and mythology from diverse traditions. Each issue offers a rich tapestry of essays, from C.S. Lewis and Islamic folktales to sacred Japanese calligraphy and reflections on our quantum universe. Engage with voices like poet Mary Oliver, mythologist Joseph Campbell, Tibetan Buddhist monks, Jewish rabbis, and more in this captivating monthly gathering.

FRI, January 31 | 1-3 p.m. | \$24

Instructor: Nartana Premachandra

Location: Eden Seminary **IP**

Science & Architecture

#1004.V **Penguins of the Antarctic (Virtual)**

Journey to the edge of the Southern Ocean for an icy adventure with the penguins of Antarctica. Amanda Hunter, Marine Biologist and Polar Expedition Guide, will introduce you to these charismatic creatures and explain how they thrive in one of the harshest environments on the planet. From icy beginnings to love and new life, you'll experience the trials and tribulations of these resilient creatures.

TUE, January 7 | 1-2:15 p.m. | \$17

Instructor: Amanda Hunter

Location: ZOOM **V**

#1009/1009.V **AI: Defined & Demystified**

Join Richard Losciale, a Certified Senior Advisor, on an enlightening journey into the expansive realm of Artificial Intelligence (AI). In this immersive class, we'll explore AI's fundamental principles, mechanisms, and its vast potential for the future. Together, we'll examine AI's transformative impacts on our lives, considering both its benefits and implications. Prepare for a comprehensive exploration of the rapidly evolving world of AI and its multifaceted effects on our future.

FRI, January 10 | 1-3 p.m. | \$17

Instructor: Richard Losciale

Location: Clayton Oasis & Zoom **H**

#1017.V **The Soviet Space Program (Virtual)**

Under Nikita Khrushchev, the USSR launched a bold space program that challenged the US. In 1957, they orbited the first satellite, Sputnik, and deployed the first intercontinental ballistic missile. The program peaked in 1961 when Yuri Gagarin became the first person to orbit Earth. This competition spurred the US to land Neil Armstrong on the moon in 1969.

FRI, January 17 | 1-2 p.m. | \$17

Instructor: Dr. Daniel Schlafly

Location: ZOOM **V**

#1267.V **Earth's Forgotten Secrets with Dr. Susan Barker (Virtual)**

Earth's Forgotten Secrets focuses on nonpolitical ideas rooted in science and religion for maintaining a sustainable planet, addressing global poverty, and planning for the future. We discuss seven easy-to-understand ideas, five of which are based on laws of nature. Join us for an exciting philosophical conversation.

TUE, January 21 | 1-2:30 p.m. | \$17

Instructor: Dr. Susan Barker

Location: ZOOM **V**

#2004.V How Notre Dame Was Rebuilt (Virtual)

On April 15, 2019, a massive fire destroyed the spire and much of the wooden roof of Notre Dame Cathedral, severely damaging its interior. President Emmanuel Macron pledged to rebuild it within five years, with a full reopening scheduled for December 2024. Discover the craftsmanship involved in restoring Notre Dame, as artisans recreate elements using medieval techniques. This monumental restoration, costing over 800 million euros, impacts cultural heritage and history. Join us for an enlightening discussion on the journey of rebuilding this beloved landmark!

TUE, February 11 | 1-2 p.m. | \$17

Instructor: Dr. Daniel Schlafly

Location: ZOOM 

Religious Studies

#1031 Religion & the Founding of America

There is significant interest in the role of religion in America's founding and the religious beliefs of the Founding Fathers. This interest often stems from socio-political agendas seeking validation through parallels to early historical figures. This class aims to address these topics by providing historical truths rather than arguments. A bibliography of foundational sources will be provided.

WED, January 8-29 | 10 a.m.-12 p.m. | \$80 (4 Sessions)

Instructor: Joan Musbach

Location: Clarendale Clayton 

Technology

#1904.V Cloud Computing (Virtual)

This class demystifies The Cloud, covering what it is, costs, and safety tips. Explore online storage options like iCloud, Google Cloud, Amazon Drive, OneDrive, and Dropbox, comparing pros and cons for Apple, Android, and Windows users. Learn how to check storage, clean up files, and use security features to protect your data. Take the mystery out of cloud storage and backups.

WED, January 8 | 10 a.m.-12 p.m. | \$24

Instructor: Larry Edison

Location: ZOOM 

#1210/1210.V A Beginner's Guide to Artificial Intelligence

Gain a foundational understanding of AI and its relevance in daily life. Participants will learn about AI, how it differs from machine learning, and explore applications in healthcare, customer service, and social media. The course also covers popular AI tools like Siri and ChatGPT, along with AI's current capabilities, limitations, and safety considerations.

MON, January 20 | 11 a.m.-12 p.m. | \$10

Instructor: Jordan Carr

Location: Oasis-Northwest Plaza & ZOOM 

Journey Through Early Christianity


Get all
4 classes
for only
\$60!

#1028 The First Century of the Christian Era

The Christian era began in Israel, and then spread to other parts of the Roman Empire. In this presentation we will examine the social, political, economic and religious context in Israel in which Jesus of Nazareth lived and carried out his mission, and what happened to help shape the contours of the early Christian movement.

TUE, January 7 | 10-11:30 a.m. | \$17

Instructor: Mark Etling


Location: Clarendale Clayton 

#1032 The Second Century of the Christian Era

The years 100-200 CE witnessed the proliferation of many different kinds of Christian sects and communities, as Christianity spread throughout the Roman Empire. In this session we will discuss some of these 'other Christianities,' and we will also look at the important theological issues that would become crucial to the definition of Christianity as we now know it.

TUE, January 14 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Clarendale Clayton 

#1033 The Third Century of the Christian Era

In the third century CE, the Christian movement flourished despite the constant threat of Roman persecution. During this period, theologians grappled with critical theological questions regarding God, Jesus, and the meaning of salvation, leading to conflicting interpretations. This era marked the beginning of a significant struggle to define Christian orthodoxy—as the foundations of Christian faith and doctrine were actively shaped and contested.

TUE, January 21 | 10-11:30 a.m. | \$17

Instructor: Mark Etling


Location: Clarendale Clayton 

#1034 The Fourth Century of the Christian Era

The 4th century (300-400 CE) was crucial for Western Christianity's development. Emperor Constantine's legalization of Christianity allowed the faith to flourish. The Councils of Nicaea (325) and Constantinople (381) shaped Christian doctrine, leading to the Nicene Creed, which aimed to unify beliefs. This transformative period solidified Christianity's influence in the Western world. Explore this monumental era and deepen your understanding of Christianity's history.

TUE, January 28 | 10-11:30 a.m. | \$17

Instructor: Mark Etling

Location: Clarendale Clayton 

Ask a Techie

Get **FREE** one-on-one help and training with technology such as Android and iPhone Smartphones, MAC or PC computers, iPad or Android tablets, WIFI, email, software updates. All sessions are led by Tech Education Program Director, **Jordan Carr**.

#1201 MON, January 6 | 1-2 p.m.
Location: Oasis-Northwest Plaza **IP**

#1204 TUE, January 7 | 1-2 p.m.
Location: Clayton Oasis **IP**

#1202 MON, January 13 | 1-2 p.m.
Location: Oasis-Northwest Plaza **IP**

#1206 TUE, January 14 | 1-2 p.m.
Location: Clayton Oasis **IP**

#1200 MON, January 20 | 10-11 a.m.
Location: Lutheran Church of Atonement **IP**

#1203 MON, January 20 | 1-2 p.m.
Location: Oasis-Northwest Plaza **IP**

#1207 TUE, January 21 | 1-2 p.m.
Location: Clayton Oasis **IP**

#1209 WED, January 22 | 10-11 a.m.
Location: Oak Street Health-State Street **IP**

#1204 MON, January 27 | 1-2 p.m.
Location: Oasis-Northwest Plaza **IP**

#1208 TUE, January 28 | 1-2 p.m.
Location: Clayton Oasis **IP**

#2201 MON, February 3 | 1-2 p.m.
Location: Oasis-Northwest Plaza **IP**

#2205 TUE, February 4 | 1-2 p.m.
Location: Clayton Oasis **IP**

#2202 MON, February 10 | 1-2 p.m.
Location: Oasis-Northwest Plaza **IP**

#2206 TUE, February 11 | 1-2 p.m.
Location: Clayton Oasis **IP**

#2200 MON, February 17 | 10-11 a.m.
Location: Lutheran Church of Atonement **IP**

#2203 MON, February 17 | 1-2 p.m.
Location: Oasis-Northwest Plaza **IP**

#2207 TUE, February 18 | 1-2 p.m.
Location: Clayton Oasis **IP**

#2204 MON, February 24 | 1-2 p.m.
Location: Oasis-Northwest Plaza **IP**

#2208 TUE, February 25 | 1-2 p.m.
Location: Clayton Oasis **IP**

#2020/ 2020V iPhone Photography: Mastering Your Camera & Photo Management

Maximize your iPhone's camera capabilities, from setting up shots to organizing photos. Learn basic editing, explore features like Live Photo, albums, memory movies, and sharing options. Discover advanced tools such as Live Text, group editing, and removing duplicates, plus the best cloud storage options. Perfect for anyone looking to enhance their iPhone photography skills!

TUE, February 4 | 1-3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom **H**

#1044/1044.V Android Basics

New to Android phones, or just want to make sure you are using your phone to its maximum advantage? In this class, we will cover the basics of Android cell phone usage. Learn about the layout, navigation methods and how to customize your phone to your preferences. Learn how to arrange home screens, make and receive calls and texts, and manage notifications. There will be ample time for questions and lots of demonstrations.

THU, January 23 | 1-3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom **H**

#1048/1048.V Unleash Your Android's Potential: Apps, Contacts & More

Understand the Android phone basics, from navigation and settings customization to arranging home screens and managing calls, texts, and notifications. Learn essential features across different Android brands, plus tips on caring for your phone and proper charging. The class includes demonstrations and plenty of time for questions, ensuring you make the most of your Android device.

THU, January 30 | 1-3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom **H**

#2028/2028.V Chromebook 101 Unleashing the Power of Chrome OS

Join this session to learn the basics of this secure operating system. Discover how to connect to Wi-Fi, use the built-in office suite, send emails, print, reset, and troubleshoot your Chromebook. The class covers everything you need to maximize this user-friendly and mostly free system. A Gmail or Google account is required.

THU, February 27 | 1-3 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom **H**

#2029/2029.V Exploring Google Drive for Desktop Computer or Laptop

Dive into Google Drive. and Google Docs, learn how to store, back up, create, edit, share, and organize files like PDFs, videos, and photos. Learn to access your files from anywhere using the desktop version of Google Drive. A Google account is required, and it's free. We recommend setting up an account before the class.

FRI, February 28 | 10 a.m.-12 p.m. | \$24

Instructor: Mary J Mueller

Location: Eden Seminary & Zoom **H**

#2017/2017.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 video with confidence.

FRI, February 28 | 11 a.m.-12:15 p.m. | \$24

Instructor: Mano Nakis

Location: Clayton Oasis & Zoom **H**

Wellness

CRACK THE CODE: How to Build Healthy Habits Without Depending on ‘Willpower’ or ‘Self-Discipline’

What’s on your wish list for a healthier lifestyle? Join our 3-session workshop that “cracks the code” for creating healthy habits using the Tiny Habits Method™, developed by Dr. BJ Fogg at Stanford University. Learn practical tactics for improving your health and well-being based on the latest neuroscience discoveries. Internet and email access required.

Polly Lemire, a certified Tiny Habits coach with over a decade of experience as a caregiver for older adults, leads this workshop. She brings a wealth of knowledge from her career in sales, marketing, and corporate training.

#1003 TUE, January 7-21 | 10:30-11:30 a.m. | \$51 (3 Sessions)

Instructor: Polly Lemire

Location: Clayton Oasis **IP**

#2031 THU, February 6-20 | 11 a.m.-12 p.m. | \$51 (3 Sessions)

Instructor: Polly Lemire

Location: Five Oaks on Warson **IP**

Eden Seminary Presents: NEXT Steps Orientation (Virtual)

Learn more before taking the plunge! Join NEXT Steps orientation and get a glimpse of the 16-week program.

NEXT Steps introduces participants to theological, philosophical, and psychological concepts of vocation and aging. It is a gathering for adults contemplating or entering retirement, and for those who are recently retired. All program activities are designed to stimulate your individual self-discovery as you develop a personal plan for your new and meaningful chapter of life. NEXT Steps participants follow a 16-week process of self-discovery through readings, presentations, small group discussions, and discernment. All classes will meet via Zoom. By the end of the course, participants will have developed a vision and a plan for their next phase of life; their elderhood.

#1057.V TUE, January 7 | 5:30-6:30 p.m. | Free

Location: ZOOM **V**

#1058.V TUE, January 21 | 5:30-6:30 p.m. | \$500

Location: ZOOM **V**

#1062 Introduction to Fascia and Myofascial Release

Heard of fascia but not sure what it is? Join Mary Felling and the growing movement and research exploring myofascial release and how this non-invasive, hands-on technique of applying gentle sustained pressure and eliminates pain and restores motion. Mary Felling is a Physical Therapist with over 30 years of experience and is a trained myofascial practitioner. Her two innovative workshops can help you relieve pain and avoid injury by learning myofascial release techniques you can do at home on your own. Visit bodyschoolstl.com to learn more.

TUE, January 7 | 1-2 PM | Free

Location: Clarendale Clayton

#1007 Pickleball & Racquet Sports: Knee & Ankle Stability & Agility Program

Reclaim your favorite activity with this 6-class series focused on enhancing knee and ankle flexibility, mobility and stability- so you never miss another pickleball invitation! Each follow-along session combines the latest methods that target stability, balance and strength techniques to restore natural mechanics and improve overall function. Participants must bring a yoga mat to each session.

THU, January 9-February 13 | 2-3:15 p.m. | \$102 (6 Sessions)

Instructor: Mary Felling

Location: Clayton Oasis **IP**

#1029 The John F. Barnes Myofascial Release: Self-Treatment Program

Join instructor Mary Felling, a Physical Therapist and expert Each of the six hands-on classes, Mary will guide participants through techniques used to alleviate pain and dysfunction, focusing on a different body area, including the low back, neck/TMJ/headaches, shoulder, knee, arm/wrist/hand, and lower leg/ankles/feet. Participants will receive a reference list with techniques and access to Mary’s YouTube channel for ongoing practice. Participants must bring a yoga mat to each session.

TUE, January 14-February 18 | 1-2:15 p.m. | \$102 (6 Sessions)

Instructor: Mary Felling

Location: Clarendale Clayton **IP**

#1045 The Mystery of Dreams

Uncover the profound guidance dreams offer. Learn techniques to recall and record your dreams, revealing creative solutions and emotional insights. Explore dream language and meanings, and discover “Dream Incubation,” a powerful tool for problem-solving and healing. Ultimately, you remain the final authority on the meaning and significance of your dreams.

FRI, January 24-February 21 *No Class 2/14

10 a.m.-12 p.m. | \$34 (4 Sessions)

Instructor: Rhonda Leifheit

Location: Eden Seminary **IP**



#1061 Introduction to Meridian Tapping: What Is it? How Can You Benefit?

Commonly known as EFT (Emotional Freedom Technique), Meridian Tapping combines gentle tapping on acupressure points on the face and hands to calm the nervous system and balance energies in the body. Learn:

- Its origins in Chinese acupuncture and its evolution in Western modalities for stress management and pain relief.
- Case histories and applications.
- Evidence for effectiveness.

Experience a brief demonstration. A three-week class following this introduction will give hands-on instruction in EFT and other tapping protocols for a variety of purposes.

MON, January 27 | 12-1 p.m. | Free

Instructor: Rhonda Leifheit

Location: Eden Seminary 

#2022 Meridian Tapping

Meridian Tapping combines acupressure point tapping with intention statements to ease mental, emotional, and physical stress by calming the central nervous system. While many things in life are beyond our control, we can respond more calmly to pressures. Learn step-by-step instructions for Emotional Freedom Technique (EFT) to address anxiety, fear, anger, and health issues like headaches and insomnia, as well as the Root Cause Technique for long-standing issues and limiting beliefs.

MON, February 10-24 | 10 a.m.-12 p.m. | \$51 (3 Sessions)

Instructor: Rhonda Leifheit

Location: Eden Seminary 

Health

#1630 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.

TUE, January 14-March 4 | 1-3 p.m. | Free (8 Sessions)

Instructor: Oasis Health Facilitators

Location: Shrewsbury Parks & Rec 

#1601.V Better Choices, Better Health-Diabetes (Virtual)

Living with diabetes can be challenging, from managing diet and avoiding complications to seeking support from loved ones. A Better Choices, Better Health®—Diabetes workshop, developed at Stanford University, can help. Learn to enjoy eating with diabetes, monitor your blood sugar, maintain a regular exercise routine, communicate effectively with family and your medical team, and create a personalized self-management plan. Register online today!

WED, January 22-March 5 | 9:30 a.m.-12 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: ZOOM 

Keep Your Brain Healthy with Puzzles

Elevate your puzzle-solving skills with tips and strategies for a variety of word puzzles found in Penny Press/Dell Variety Puzzles magazine. The Penny Press Puzzle Lady will share best practices for tackling Anagram Magic Squares, Codewords, Crypto-Families, Syllacrostics, and more. Research shows that doing word puzzles can help keep your brain sharp and reduce the risk of Alzheimer's and dementia. This class is perfect for word enthusiasts!

#1006 Codeword Puzzles

THU, January 9 | 10:30-11:30 a.m. | \$17

Instructor: Linda Mitchell

Location: Clayton Oasis 

#1012 Anagram Magic Square Puzzle

TUE, January 14 | 1-2:30 p.m. | \$17

Instructor: Linda Mitchell

Location: Clayton Oasis 

#2000 Syllacrostic Puzzles

TUE, February 4 | 1-2:30 p.m. | \$17

Instructor: Linda Mitchell

Location: Clayton Oasis 

#3000 Crypto Families Puzzles

TUE, March 4 | 1-2:30 p.m. | \$17

Instructor: Linda Mitchell

Location: Clayton Oasis 

Get all
4 classes
for only
\$60!


Living a Healthy Life

Set healthy goals, make action plans, manage pain, embrace nutrition and exercise, understand medication and increase your confidence in managing your health. Developed by Stanford University's Patient Education Research Center, this self-management course is for those with any chronic condition.

#1600.V MON, January 27-March 10 | 9:30 a.m.-12 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: ZOOM 

#2600 TUE, February 4-March 18 | 1-3:30 p.m.

Free (7 Sessions)

Instructor: Oasis Health Facilitators

Location: Oasis-Northwest Plaza 

Exercise

ExerStart

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

#1500 MON/WED, January 6-February 26

*No Class 1/20, 2/17 | 9-9:45 a.m. | \$21 (14 Sessions)

Instructor: Geraldine Talley

Location: Jefferson County Library-Northwest Branch 

#1504.V MON/WED, January 6-February 26

*No Class 1/20, 2/17 | 9:15-10 a.m. | \$21 (14 Sessions)

Instructor: Sharon Kirsch

Location: ZOOM 

#1502 MON/WED, January 6-February 26

*No Class 1/20, 2/17 | 9:30-10:15 a.m. | \$21 (14 Sessions)

Instructor: Jo Ann D Roberts

Location: Christ Our Redeemer Church 

#1501 TUE/THU, January 7-February 27

9-9:45 a.m. | \$24 (16 Sessions)

Instructor: Pat Atkins

Location: Jefferson County Library-Northwest Branch 

#1503 TUE/THU, January 7-February 27

11-11:45 a.m. | \$24 (16 Sessions)

Instructor: Alis Tate

Location: Oasis-Northwest Plaza 

Better Balance

Enhance your stability and reduce the risk of falls with this comprehensive class designed to improve balance through a multi-dimensional approach. You'll work on strengthening muscles, increasing flexibility, and improving range of motion, all while boosting your confidence. Perfect for anyone looking to stay steady on their feet and maintain an active lifestyle.

#1410 MON/WED, January 6-February 26

*No Class 1/20, 2/17 | 9:30-10:30 a.m. | \$59.50 (14 Sessions)

Instructor: Oasis Health Facilitators

Location: Oasis-Northwest Plaza 



Dance

Intermediate Line Dance

Discover the joy of line dancing! This class not only guarantees a great time but also enhances balance, coordination, memory, and mobility. Embrace the fun music and simple steps while learning authentic line dance terminology. Build endurance and memorization skills as you progress from one class to the next. Suitable for students with dance experience. Let's dance!

#1405 MON, January 6-February 24 *No Class 1/20, 2/17

1-2 p.m. | \$51 (6 Sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis 

Beginner Line Dance

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

#1404 MON, January 6-February 24 *No Class 1/20, 2/17

11:30 a.m.-12:30 p.m. | \$51 (6 Sessions)

Instructor: Sandy Derickson

Location: Clayton Oasis 

Ballroom Dancing

Have fun dancing and meeting new people! Learn American and Latin dances. Partners are not required. This class is taught by professional judge and teacher, Glenn Sowder.

#1406 WED, January 8-February 26

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

Instructor: Glenn Sowder

Location: Clayton Oasis 



Strengthen & Stretch

Strengthen & Stretch

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

#1411.V TUE/THU, January 7-February 27

10:30-11:30 a.m. | \$96 (16 Sessions)

Instructor: Idaria K Goodwin

Location: ZOOM **V**

#1400 TUE/THU, January 7-February 27

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

Instructor: Cathy Johnson

Location: Clayton Oasis **IP**



Yoga & Pilates

Yoga

This yoga class is for beginners to experienced yoga practitioners. Class will begin with a brief full body warm-up, followed by 40-45 minutes of asanas practice and close with a conscious relaxation. This yoga class is an 'old school' style of hatha yoga, one of slowly and intentionally assuming a posture and holding it while breathing deeply. With a strong background in anatomy Jeanne provides easy to follow instructions. Jeanne sprinkles nuggets of yoga philosophy into her teaching.

#1409 TUE, January 7-February 25

9:30-10:30 a.m. | \$68 (8 Sessions)

Instructor: Jeanne Kloeckner

Location: Eden Seminary **IP**

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, lowimpact workout.

#1408 WED, January 8-February 26

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

Instructor: Cathy Johnson

Location: Eden Seminary **IP**

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 must bring their own Pilates mat to each session.

#1402 WED, January 8-February 26

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

Instructor: Cindy Bambini, Samantha Lomax, & Loree Rowe

Location: Clayton Oasis **IP**

Next Level Pilates

A complete body workout that will strengthen and tone your core muscles; build your overall strength and stamina, increase your flexibility, improve your posture, breathing and balance. Practice functional movements that include the whole body and are needed in order to function in every day life. Participants must bring their own Pilates mat to each session.

#1403 WED, January 8-February 26

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

Instructor: Annie Trachsel

Location: Clayton Oasis **IP**

Gentle Chair Yoga

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

#1412.V THU, January 9-February 27

11:45 a.m.-12:45 p.m. | \$48 (8 Sessions)

Instructor: Sharon Campese

Location: ZOOM **V**



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.

#1250 MON/WED, January 6-March 10

*No Class 1/20, 2/12, 2/17 | 1:30-2:30 p.m. Free (16 Sessions)

Instructor: Idaria K Goodwin

Location: Age Smart-Swansea 

#1453 MON/WED, January 6-February 26

*No Class 1/20, 2/17 | 1:30-2:30 p.m. | \$98 (14 Sessions)


Instructor: Jo Ann D Roberts

Location: Five Oaks on Warson 

#1455.V MON/WED, January 6-February 26

*No Class 1/20, 2/17 | 3:30-4:30 p.m. | \$98 (14 Sessions)

Instructor: Craig Miller

Location: ZOOM 

#1451 MON/WED, January 6-February 26

*No Class 1/20, 2/17 | 1:30-2:30 p.m. | \$119 (14 Sessions)

Instructor: Craig Miller

Location: Eden Seminary 

#1450 TUE/THU, January 7-February 13

11 a.m.-12 p.m. | Free (12 Sessions)

Instructor: Alice McHugh

Location: St. Louis Public Library-Walnut Park Library 

Tai Chi for Parkinson's Disease & Rehab

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

#1452 TUE, January 7-February 25

1:45-2:45 p.m. | \$68 (8 Sessions)

Instructor: Craig Miller

Location: Crestwood Community Center 

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.

#1456.V TUE/THU, January 7-February 27

3:30-4:30 p.m. | \$112 (16 Sessions)

Instructor: Craig Miller

Location: ZOOM 



“I make plans for the future more.”

Oasis Everywhere Participant

Oasis Everywhere offers live online classes led by top instructors from Oasis Centers and partners across the country. *Oasis Everywhere makes it possible for anyone to learn and socialize* regardless of geographic location, mobility, or travel constraints.

TRYOE20-25

Visit oasiseverywhere.org to view classes and use the coupon code **TRYOE20-25** at check-out for 20% off your entire cart!

**Discount only applicable to virtual classes listed on oasiseverywhere.org. Good for new and current Oasis Everywhere users. One use per person. Cannot be combined with other offers. Excludes exercise classes, gift cards, and donations. Expires December 31, 2025.*

 **OASISEVERYWHERE**
VIRTUAL

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	Last Name		
Phone	Email		
Address	City	State	Zip

Class #	Class Title	Quantity	Hybrid Setting*	Fee

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

<input type="checkbox"/> I am Interested in Joining the Oasis Membership Program Read more on page 1. If interested, please check the box and we will reach out to you!	Total Class Fees: <input style="width: 80%;" type="text"/> Donation to Oasis: <input style="width: 80%;" type="text"/> Grand Total: <input style="width: 80%; border: 2px solid blue;" type="text"/>
---	---

Payment
 There are no refunds unless Oasis cancels the class.

Cash
 Check
 Credit Card

Credit Card Number	CVV Code	Exp Date	Signature
--------------------	----------	----------	-----------

Waiver of Liability

I release and discharge Oasis and all other sponsors, supporters, and all agents and persons acting for, and on behalf of such entities, from all claims or damages, demands, or actions whatsoever in any manner related to or growing out of my participation in programs, sponsored by Oasis, including, but not limited to educational, cultural, volunteer, physical fitness related programs, and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate. I understand that oasis sponsors may use the oasis mailing list for educational mailings. I understand that Oasis participants are expected to conduct themselves courteously, respecting the rights of all other participants, volunteers, and staff. I permit the Oasis Institute to photograph or videotape me and use my name and image in Oasis materials and publicity. I authorize using my name and image in publications produced by the Oasis Institute partners and the media. I agree to be photographed or videotaped by the media for general publication.

Signature	Date
-----------	------

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

Community Locations

Agesmart-Swansea

7 Bronze Pointe South, Suite B
Swansea, IL 62226

Clarendale Clayton

7651 Clayton Road
Clayton, MO 63117

Clayton Oasis-Center of Clayton

50 Gay Avenue
Clayton, MO 63105

Crestwood Community Center

9245 Whitecliff Park Lane
St. Louis, MO 63126

Crown Center

8350 Delcrest Drive
St. Louis, MO 63124

Eden Seminary

475 East Lockwood Avenue
St. Louis, MO 63119

Five Oaks on Warson

1200 North Warson Road
Olivette, MO 63132

**Jefferson County Library-
Northwest Branch**

5680 Missouri PP
High Ridge, MO 63049

Lutheran Church of the Atonement

1285 North New Florissant Road
Florissant, MO 63031

Oak Street Health-State Street

2420 State Street
East St Louis, IL 62205

Oasis-Northwest Plaza

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

**St. Louis Public Library-Walnut
Park Library**

5760 West Florissant Avenue
St. Louis, MO 63120

Shrewsbury Parks & Rec

5200 Shrewsbury Avenue
Webster Groves, MO 63119

