

OASIS-Sponsored Programs

The City of O'Fallon has partnered with OASIS, a nonprofit organization, to offer educational, healthy lifestyle and civic engagement programs for people ages 50+. This spring, keep your brain and body fit with these O'Fallon OASIS programs at the Renaud Spirit Center (RSC) and the O'Fallon Senior Center in the Lower Level (LLSC). To register or to obtain more information, call 314-539-4556 or visit www.oasisnet.org/stlouis.

Abbott and Costello

Bob Lord, entertainment history specialist
Bud Abbott and Lou Costello were America's most popular comedy team during the 1940s and 50s. View some of their wonderful routines, including "Who's On First." **1-2:30 p.m., March 20 at RSC. Cost: \$10**

The Inspiring History of the Irish in St. Louis

Bev Schuetz, History Talks
Follow the moving account of the Irish who immigrated to St. Louis, and how they survived bigotry and discrimination. **1-3 p.m., March 27 at RSC. Cost: \$12**

Building Bones: Mixed Level

Carol Niederschmidt
Perfect for those with, or at risk for, osteoporosis, this 12-session program incorporates weight-bearing and resistance-training exercises and tips on taking care of yourself. **11 a.m.-12:15 p.m. for 6 weeks every Tuesday and Thursday beginning April 3 at RSC. Cost: \$65**

The Life and Works of Rudolph Goebel: Pioneer Photographer

William Popp, author and historian
View St. Charles history through the photos of Rudolph Goebel, who established a photography studio in St. Charles in 1856 and remained in business for the next 60 years. **10-11:30 a.m., April 4 at RSC. Cost: \$10**

Gentle Chair Yoga

This relaxing, energizing, eight-week program incorporates the use of chairs, gentle breathing and yoga postures to help improve balance and relieve low back pain and joint discomfort. **1-2 p.m. every Wednesday for 8 weeks beginning April 11 at LLSC. Cost: \$53**

Defining Your Legacy: An Estate Considerations Workshop

In this educational presentation, learn how to protect your estate and decide what you want to pass on to your heirs. **10 a.m.-12 p.m., April 11 at the RSC. Cost: Free**

Civil War Women

Dianne Moran tells of Civil War women featuring true stories and tales by Ambrose Bierce and William Faulkner, plus a Civil War relic display. **10:30-11:30 a.m., April 13 at LLSC. Cost: \$11**

Don't Kill Your Perennials!

June Hutson, Missouri Botanical Garden
Learn how to use and care for perennials so they will brighten your garden for years to come. **1-3 p.m., April 17 at LLSC. Cost: \$12**

Brain Matters: Keeping it Fit!

Dr. Pascale Michelon, The Memory Practice founder and director; Adjunct Faculty at Washington University
Explore brain-healthy lifestyles and tools that can keep your brain sharp and healthy. We'll even practice brain exercises in class! **1-3 p.m., April 18 at RSC. Cost: \$15**

Digging for History: Blanchette's Home

Steve Dasovich, Archaeology Director, Lindenwood University
Archeologists have finally discovered the home of Louis Blanchette, the mysterious 18th century French-Canadian fur trader who founded St. Charles in 1769. **1-3 p.m., April 20 at RSC. Cost: \$12**

Challenging the Stereotypes of Aging

Mona Resnik, MA
Do you think it's true, that "you can't teach an old dog new tricks?" Learn the truth about society's image of older adults, and the "us" we know ourselves to be. **10-11:30 a.m., April 25 at RSC. Cost: \$6**

A Matter of Balance

David Larsen and Marcia Larsen, OASIS Health Facilitators
Do you find yourself worrying about falls? Learn easy exercises and practical techniques to keep you on your feet in this eight-session class. **1-3 p.m. every Thursday for 8 weeks beginning May 3. Cost: \$15**

Taking Care of You

Linda S. Rellergert, MS, Nutrition & Health Education Specialist, University of Missouri Extension
Learn strategies that can improve your health and reduce stress in this important program. **1:30-3 p.m., June 5 at LLSC. Cost: Free**

Safe at Home

Sarah Floyd, MS, PT, CAPS, Accessibility Home Improvements; Jennifer Galantowitz, Visiting Angels of St. Charles County; Dennis Cooper, St. Louis Regional Met Life
Find out about resources and services that can help you stay safely in your home, including meal preparation, housekeeping, errands, etc. and the "hidden" funds that can pay for these services. **9:30-11 a.m., June 12 at LLSC. Cost: Free**

Introduction to Meditation

Harriet Entin, MSW, LCSW
Meditation helps us calm our mind, slow our breathing, let go of "mind chatter" and relax. **2-3:30 p.m., June 15 at LLSC. Cost: \$9**



discover life after 50

www.renaudspiritcenter.com
Spring 2012

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