



Kick off the Fall Term with *The Music Pilgrim Trio* Join us for an afternoon of music and fun!

Vladimir Fridman, Seth Kibel, and Bob Abbott haven't been completely idle during their time in musical lockdown. On the contrary, they've produced a series of music videos, with each musician recording their own parts in their home studios. During this fun-filled hour, the three musicians will show some of the results of these exciting musical collaborations, explain how they were made, and answer questions from attendees. They might even play a little music "live!"

Thursday, September 3 | 1:00-2:00pm | Register for class #103

Join this free Zoom event to see how easy it is to take an online class!

We're Here for You!

Don't let a fear of technology keep you from enjoying Oasis classes online. Your Oasis team is here to help! Email us at washingtonmetro@oasisnet.org to request 1:1 assistance with class registration and using Zoom.

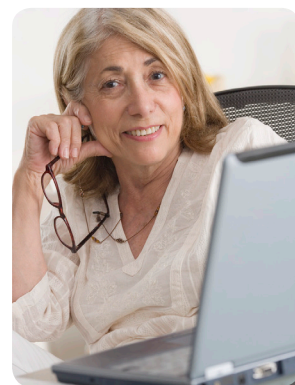


Here are a few more things to keep in mind this fall...

- All Oasis classes will meet virtually via Zoom through at least the end of 2020.
- This mini-catalog lists a sampling of classes coming up this fall. Find all our classes and register on our website: oasisnet.org/washington.
- Oasis online classes can be accessed from anywhere so invite your friends and family from out-of-town to join in the fun!

“

THANK YOU, THANK YOU, for these Zoom classes. It gives us something to think about other than 'C- V'. It is great to see familiar faces!!



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Questions?

Email us at
washingtonmetro@oasisnet.org



Online Classes

More classes are available on our website: oasisnet.org/washington

Art

120 Masters of British Landscape

Sept 14 | 10:30am-12pm | \$15

123 Virtual Tour: Meigs' DC Masterworks

Sept 15 | 1-2:30pm | \$15

165 Pioneering Women Architects

Oct 14 | 1-2:30pm | \$15

170 American Folk Art Sculpture

Oct 19 | 10:30am-12pm | \$15

187 A Walk Through Art History in Rome

Oct 29 | 1-2:30pm | \$15

Current Events

113 Police Use of Force

Sept 9 | 10:30am-12pm | \$15

116 Voting: What You Need to Know

Sept 10 | 10:30-11:30am | \$10

137 The State of Investigative Journalism

Sept 24 | 1-2:15pm | \$13

139 Vaccinate Against Misinformation

Sept 25 | 1-2pm | \$10

142 Trade Policy and the 2020 Election

Sept 29 | 10:30-11:30am | \$10

152 Is Election Security in 2020 a Myth?

Oct 6 | 10:30-11:30am | \$10

163 A Field Guide to Election Polls

Oct 13 | 1-2:30pm | \$15

174 Healthcare and the 2020 Election

Oct 21 | 10:30am-12pm | \$15



WOW
Wednesdays

Join the Oasis staff on the first Wednesday of each month for updates, socializing and more. Each meeting will include a surprise guest!

#102 | Sept 2 | 4-5pm | Free

#155 | Oct 7 | 4-5pm | Free

183 Book Discussion: *Emma: A Modern Retelling*

Oct 27 | 3-4:30pm | \$15

185 These Walls Do Talk

Oct 28 | 1-2pm | \$10

NEW TO ZOOM?



Register for one of these **FREE** Beginner Zoom classes to see just how easy and fun Zoom can be!

100 Zoom for Desktop Computers

Sept 1 | 1-2pm | Free

101 Zoom for Mobile Devices

Sept 2 | 1-2pm | Free

Film/TV/Literature

111 Golden Age of Hollywood

Sept 8 | 10:30-11:30am | \$10

124 Book Discussion: *The Night Watchman*

Sept 15 | 3-4:30pm | \$15

125 Sherlock Holmes: Books and Beyond

Sept 16 & 23 | 10:30am-12pm | \$30

148 Victorians and Gothics

Oct 2 | 10:30-11:45am | \$13

153 Book Discussion: *Rodham*

Oct 6 | 3-4:30pm | \$15

154 The Golden Age of TV

Oct 7 | 1-2pm | \$10

Health & Wellness/Exercise

704 Memory Café

Sept 11 – Dec 4 | 2-3pm | Free

800 Build Better Balance

Sept 11 – Oct 23 | 1:30-2:30pm | \$66

801 Qi Gong/Tai Chi

Sept 14 – Nov 2 | 1-2pm | \$66

802 Gentle Yoga

Sept 15 – Oct 27 | 1-2pm | \$66

705 Caregivers Support Group

Sept 16 – Dec 16 | 11am-12pm | Free

810 Talk and Walk for Breast Cancer

Sept 25 – Nov 20 | 10:30am-12pm | Free

146 Heart Healthy Habits

Oct 1 | 10:30-11:30am | Free

Register online: oasisnet.org/washington

History

121 The Medici

Sept 14 | 1-2:30pm | \$15

122 Founding Friendships

Sept 15 | 10:30-11:30am | \$10

126 You Don't Know Them But They Made Your Life Easier

Sept 17 & 24 | 10:30-11:30am | \$20

127 Dark Magic of the Three Fifths Clause

Sept 17 | 1-2:30pm | \$15

131 Genghis Khan

Sept 21 | 1-2pm | \$10

138 Suffragists and Washington Activism

Sept 25 | 10:30-11:30am | \$10

143 Pompeii: Destruction and Rebirth

Sept 29 & Oct 6 | 1-2:30pm | \$30

167 America's Birth Certificate

Oct 15 | 1-2:30pm | \$15

168 The Rise of German Militarism

Oct 16 | 10:30am-12pm | \$15

177 America's Black Wall Street

Oct 22 | 1-2pm | \$10

182 Exploring Georgetown

Oct 27 | 1-2:15pm | \$13

186 World Leaders: Good, Bad and Ugly

Oct 29 | 10:30am-12pm | \$15

Humanities

110 The Early Chapters of Samuel

Sept 8 - 29 | 10:30am-12pm | \$60

117 Transforming Hate

Sept 10 | 1-2:30pm | \$15

“

I love your classes and am thrilled that you have adapted to our new "normal".

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Music

118 The Jersey Boys: Oh What a Night!

Sept 11 | 10:30am-12pm | \$15

144 Musicals That Transport Us

Sept 30 & Oct 7 | 10:30am-12pm | \$30

149 Beethoven's Opera *Fidelio*

Oct 2 | 1-2:30pm | \$15

162 Peggy Lee and Connie Francis

Oct 13 | 10:30-12pm | \$15

184 Songs for a Desert Island

Oct 28 | 10:30am-12pm | \$15

Practical Information

119 London: Off the Beaten Path

Sept 11 | 1-2:15pm | \$13

130 Protecting Your Money

Sept 21 | 10:30-11:30am | Free

156 Math Puzzles and Brain Teasers

Oct 8 | 10:30-11:45am - \$13

166 Florence: Off the Beaten Path

Oct 15 | 10:30-11:45am | \$13

176 Home for Life: Aging in Place

Oct 22 | 10:30am-12pm | \$15

NURTURE YOUR MIND AND BODY

Staying at home presents challenges to our health including social isolation, decreased mental stimulation and increased sedentary activities. Getting involved with Oasis can help!



Engage with your peers through an online discussion group.



Learn something new in an online Zoom Class.



Stay healthy, fit and have fun with an Oasis online exercise class.

Falls Prevention Series

Each year, more than one out of four adults age 65 and older has a fall. You have the power to reduce your risk of falling! Join Oasis, Suburban Hospital and other local professionals each Wednesday in September to increase your awareness about this important public health issue and learn how to decrease your risk of falling.

700 Exercises to Help Build Strength and Prevent Falls!

Sept 9 | 1-2pm | Free

702 Balance and Fall Prevention

Sept 23 | 1-2pm | Free

701 Physical Therapy Interventions for Balance

Sept 16 | 1-2pm | Free

703 Happy Feet: If they can do it, so can we!

Sept 30 | 1-2pm | Free



These programs are offered with support from AARP Medicare Supplement Insurance Plans insured by United Healthcare.



Medicare Supplement Plans
insured by UnitedHealthcare
Insurance Company

Contact us: washingtonmetro@oasisnet.org

Suburban Hospital
8600 Old Georgetown Road
Bethesda, MD 20814

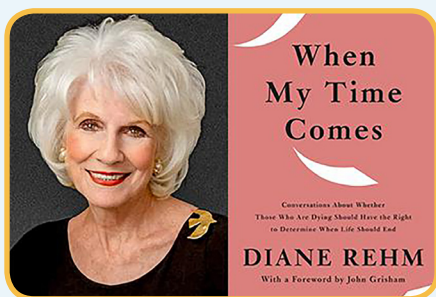
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Find Your Oasis Online!

Join us this Fall for these hot topics and more...



When My Time Comes

Diane Rehm

Sept 8 | 1-2pm | \$10

Class #112



The Case for Reparations

Marcia Chatelain

Sept 22 | 1-2:15pm | \$13

Class #132



Election 2020

Steve Roberts

Oct 20 | 10:30am-12pm | \$15

Class #172

Register online: oasisnet.org/washington | Contact us: washingtonmetro@oasisnet.org