



Get Your Zoom On (for FREE)!

These **FREE** programs offer a great opportunity to connect with the Oasis community and try an online class.

405 Using Zoom on Your Computer (for novice users)

Deeva Garel and Victor Rezmovic, Technology Instructors
 Mar 2 | 3-4pm | Free

411 Using Zoom on Your Mobile Device (for novice users)

Deeva Garel and Victor Rezmovic, Technology Instructors
 Mar 4 | 3-4pm | Free

417 How to Host Zoom Meetings

Deeva Garel and Victor Rezmovic, Technology Instructors
 Mar 9 | 3-4:30pm | Free

430 Spring Into Song

Wendy Lanxner, Musician and Composer
 Mar 17 | 10:30-11:30am | Free

431 Tinnitus and Vertigo

Deepa Galaiya, M.D.
 Mar 17 | 1-2pm | Free

441 Answering Poverty: All Hands on Deck

Mark Bergel, Co-Founder, The Shared Humanity Project
 Mar 25 | 1-1:45pm | Free

444 Laughter Practice: Be Proactive with your Health

Larissa Johnson, Edutainer
 Mar 29 | 10:30-11:30am | Free

460 Reduce Inflammation Naturally

Emily Massi, RDN, LDN
 Apr 12 | 10:30-11:30am | Free

474 Heart Disease in Women

Carolyn Man-Yu Wu, M.D., M.S.
 Apr 21 | 1-2pm | Free

477 Aging in Place: Villages Update

Pazit Aviv, Village Coordinator, MoCo
 Apr 23 | 10:30-11:30am | Free

Virtual Tours... Explore these museums from the comfort of your own home!



Dressed to Kill at the Met: Fashion and Beauty Through Art

Andrew Lear, Professor of
 Ancient Greek (Retired)

Mar 16 | 1-2:15pm
 \$13 | Class #428



Brandywine River Museum of Art: Virtual Tour

Bonita Billman,
 Art History Lecturer

Apr 19 | 10:30am-12pm
 \$15 | Class #468



Smithsonian Air and Space Museum: Virtual Tour

Bruce Cranford,
 Retired Aerospace Engineer

Apr 28 | 10:30am-12pm
 \$15 | Class #480



Online Classes

Full class descriptions are available on our website: oasisnet.org/washington

Arts/Literature

407 The Hollywood Blockbuster

Brian Rose, Professor (ret.), Fordham U.
Mar 3 | 1-2pm | \$10

436 King George IV: Art & Spectacle

Bonita Billman, Art History Lecturer
Mar 22 | 10:30am-12pm | \$15

455 Hollywood's Star System

Brian Rose, Professor (ret.), Fordham U.
Apr 7 | 1-2pm | \$10

459 Discovering Art Deco DC

Steve Knight, Art Deco Society of Wash.
Apr 9 | 1-2:30pm | \$15

461 *Parasite* and Korean Cinema

Mary Dutterer, Associate Prof, PGCC
Apr 12 | 1-3pm | \$20

465 The Allure of the Nude

Judy Scott Feldman, PhD, Art Historian
Apr 14 | 1-2:30pm | \$15

481 Arthur Conan Doyle

Daniel Stashower, Author and Historian
Apr 28 | 1-2:30pm | \$15

Current Events

409 Post-Pandemic Global Economy

Owen Ullmann, Journalist and Author
Mar 4 | 10:30am-12pm | \$15

413 Resisterhood

Cheryl Jacobs Crim, Producer, Director
Mar 5 | 1-2pm | \$13

418 New Challenges in Criminal Justice

John McCarthy, MoCo States Attorney
Mar 10 | 10:30am-12pm | \$15

435 The Adventures of Pat Collins

Pat Collins, Reporter, News4 Washington
Mar 19 | 1-2pm | \$10

452 Close to Home: What is Family Law

John McCarthy, MoCo State's Attorney
Apr 6 | 10:30am-12pm | \$15

471 National Security Case for Immigration

Mark Stout, PhD, JHU
Apr 20 | 1-2:30pm | \$15

473 Baseball 2021 Preview

Stephen Klatsky, Baseball Aficionado
Apr 21 | 10:30am-12pm | \$15

476 Barbara Mikulski: Serving Maryland

Senator Barbara Mikulski
Apr 22 | 1-2pm | \$10

Discussion/Interest Groups

429 History Café Discussion: Hamilton

Denver Brunsman, GWU
Mar 16 | 3-4pm | \$10

380 Book Discussion:

The Stranger in the Woods

Jonina Duker, Book Discussion Leader
Mar 23 | 3-4:30pm | \$15

472History Café Discussion: Jefferson

Denver Brunsman, GWU
Apr 20 | 3-4pm | \$10

381 Book Discussion:

Little Fires Everywhere

Jonina Duker, Book Discussion Leader
Apr 27 | 3-4:30pm | \$15

Exercise

400 Gentle Qi Gong and Tai Chi

Kim Brooks, Holistic Health Instructor
Mar 1-Apr 19 | 1-2pm | \$88

403 Gentle Yoga

Kim Brooks, Holistic Health Instructor
Mar 2-Apr 20 | 1-2pm | \$88

424 Build Better Balance

Aubrey Reinmiller, PT, CPT
Mar 12-Apr 23 | 1:30-2:30pm | \$77

History

404 Civil War Remembrance

David Silbey, Cornell University
Mar 2 | 1-2:30pm | \$15

412 The Battle of the Atlantic

Marc Milner, Prof. of History (Ret.)
Mar 5 | 10:30-11:45am | \$13

414 Andrew Carnegie

Dan Rose, Writer, Editor and Educator
Mar 8 | 10:30am-12pm | \$15

420 Girls Don't! A Woman's War

Inette Miller, Author
Mar 11 | 10:30-11:45am | \$13

421 The Heart of John Brown

Richard Bell, Professor, UMD
Mar 11 | 1-2:30pm | \$15

426 The Vikings

Joseph Snyder, International Lecturer
Mar 15 | 1-2pm | \$10

434 Lifesaver: History of Vaccination

Diane Wendt, Curator, Smithsonian
Mar 19 | 10:30-11:30am | \$10

439 The American Presidency

Robert Schmuhl, Univ. Notre Dame
Mar 24 | 10:30-11:45am | \$13

442 Josiah Henson: Man vs Myth

Imani Y. Haynes, Henson Museum
Mar 26 | 10:30-11:30am | \$10

450 The Burning of Washington

Denver Brunsman, GWU
Apr 1 | 1-2:30pm | \$15

458 Left Out of the History Books

Carroll Gibbs, Historian/Author
Apr 8 | 1-2:15pm | \$13

463 Politics of Music in Third Reich

David B Lindauer, Lt. Colonel (Ret.)
Apr 13 | 10:30am-12pm | \$15

467 The Long Goodbye

Richard Bell, Professor, UMD

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

469 Bag Man: Story of Spiro Agnew

Michael Yarvitz, Journalist & Producer

Apr 19 | 1-2pm | \$10

470 The Grandeur of Ancient Egypt

Nick Glakas, Smithsonian Lecturer

Apr 20 | 10:30-11:45am | \$13

478 Chevy Chase Lake Amusement Park

Beth Huffer, CC Historical Society

Apr 26 | 10:30-11:45am | \$13

479 Los Angeles

Bill Keene, Urban Historian

Apr 27 | 1-2:30pm | \$15

Humanities

422 Busting My Family Myths

Julianne Mangin, Family Historian

Mar 12 | 10:30am-12pm | \$15

443 Surviving Through Poetry

Anita Nahal, PhD, UDC

Mar 26 | 1-2pm | \$10

446 The Uncritical Brain

Steven Gimbel, Gettysburg College

Mar 30 | 10:30am-12pm | \$15

454 The Power of Humor

Patrick Malone, PhD, AU

Apr 7 | 10:30-11:45am | \$13

462 Gender Laws in the Bible

Gideon Amir, Hebrew Scholar

Apr 13-May 4 | 10:30am-12pm | \$60

Music

402 Musical Art of Comden and Green

Julie Kurzava, Faculty, Loyola Univ.

Mar 2 | 10:30am-12pm | \$15

410 Canadian Music, American Hits

Daryl Davis, Musician

Mar 4 | 1-2:30pm | \$15

415 Madness in Opera

Ernest Liotti, Faculty, Peabody Institute

Mar 8 | 1-2:30pm | \$15

419 Women of American Songbook

Seth Kibel, Musician and Composer

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

432 Gower Champion

Steven Friedman, Music Historian

Mar 18 & 25 | 10:30am-12pm | \$30

440 John Lennon's Comeback Year

Kenneth Womack, Monmouth Univ.

Mar 24 | 1-2:30pm | \$15

448 The World of Louis Armstrong

Ricky Riccardi, Louis Armstrong House

Mar 31 | 1-2:15pm | \$13

447 Theatre of Bock and Harnick

Dan Sherman, Musical Theatre Instructor

Mar 31 | 10:30am-12pm | \$15

449 Supermusicals, Part 1:

La Cage Aux Folles

Ellen Katz, Musical Educator

Apr 1 | 10:30am-12pm | \$15

453 Great Ladies of Jazz

Daryl Davis, Musician

Apr 6 | 1-2:30pm | \$15

457 Supermusicals, Part 2:

Hello, Dolly!

Ellen Katz, Musical Educator

Apr 8 | 10:30am-12pm | \$15

464 Women of Musical Genius

Jesse Palidofsky, Songwriter and DJ

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

466 Supermusicals, Part 3: *Chicago*

Ellen Katz, Musical Educator

Apr 15 | 10:30am-12pm | \$15

475 Supermusicals, Part 4:

Mamma Mia

Ellen Katz, Musical Educator

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

482 Beethoven's 9th Symphony

Dan Sherman, Musical Theatre Instructor

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

Practical Information

401 Cooking With Chef John Shields

John Shields, Chef

Mar 1 | 1-2pm | \$10

406 Downsizing With Joy

Donna Eichelberger, Graceful Transitions

Mar 3 | 10:30-11:45am | \$13

416 Mending Family Rifts

Karl A. Pillemer, PhD, Cornell University

Mar 9 | 1-2pm | \$10

427 Off the Beaten Path:

Montgomery County

Ralph D Buglass, MC Historical Society

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

445 How to Grow a Vegetable Garden

Kathy Jentz, Wash. Gardener Magazine

Mar 29 | 1-2:15pm | \$13

451 Off the Beaten Path: Brandywine

Barbara Paulson, Travel Specialist

Apr 2 | 10:30am-12pm | \$15

483 Off the Beaten Path: Vienna

Barbara Paulson, Travel Specialist

Apr 30 | 10:30am-12pm | \$15

Science/Math/Nature

423 Celebrating the Power of Pi

Dan Sherman, Economist

Mar 12 | 1-2:30pm | \$15

437 What's in the Air Around Us?

Vernon Morris, PhD, ASU

Mar 22 | 1-2pm | \$10

WOW Wednesdays

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

#408 | Mar 3 | 4-5pm | Free

#456 | Apr 7 | 4-5pm | Free

Washington Metro Oasis
Suburban Hospital
8600 Old Georgetown Road
Bethesda, MD 20814

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Dated Material
Please Deliver Immediately



Find Your Oasis Online!

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



Understanding Online Hate and Extremism

Megan Squire, Elon Univ.

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

Class #425



The History of Housing Discrimination

Marcia Chatelain, Georgetown Univ.

Mar 18 | 1-2:30pm | \$15

Class #433



American Politics after Trump and the Capitol Takeover

Geoffrey Kabaservice, Niskanen Center

Mar 23 | 1-2:15pm | \$13

Class #438