

## Dear Oasis Friends,

Exciting news! Our doors will open in September for in-person classes. (Some of these classes will be livestreamed so they can be viewed online.) We will also continue to offer a full complement of online-only classes. In addition, you can take advantage of the beautiful fall weather to meet Oasis friends for outdoor activities.

For in-person classes (including walking group and trips):

- Participants (and instructors) will be required to show proof of Covid vaccination (stay tuned for details)
- Masks will be optional
- Classroom capacity will be reduced
- We will follow all public health guidelines and adjust as needed

Registration for all classes will continue to be online. If you need assistance with registration, please email us at [washingtonmetro@oasisnet.org](mailto:washingtonmetro@oasisnet.org). We want to help! We look forward to seeing you soon, at Oasis, on Zoom, or both! We hope you will join us for our Open House on September 9.

Sincerely,

*Anna, Janice, Karla, Leah and Sue*

## Join Us Online (for FREE)!

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

### Falls Prevention Series

Learn what you can do to stay safe from falls with one of these classes.

#### Balance and Fall Prevention

*Lynn Koenig, PT Clinical Specialist*  
Mon, Sep 13 | 1:30-2:30pm | #715

#### Build Strength and Prevent Falls!

*Aubrey Reinmiller, PT, CPT*  
Mon, Sep 20 | 1:30-2:30pm | #726

#### Happy Feet

*Dr. Reema Dua, DPM*  
Mon, Sep 27 | 1:30-2:30pm | #739

#### Memory Café

*Sheila Griffith, Alzheimer's Assn.*  
Fri, Sep 3 & Oct 1 | 2-3pm | #711

### Caregivers Support Group

*Roberta Drucker, LCSW-C*  
Wed, Sep 29-Nov 10 | 11am-12pm | #743

### AARP SmartDriver TEK

*Ken Ow, AARP Volunteer*  
Thu, Sep 30 | 1:30-2:30pm | #747

### Diabetes Prevention

*Mihail Zilbermint, MD*  
Fri, Oct 8 | 10:30-11:30am | #759

### Digital Resources at Your Library

*Febe Huezo, MoCo Public Library*  
Tue, Oct 19 | 1:30-2:30pm | #773

### Food Fighters: First Line of Defense

*Thu Huynh, RD, LDN*  
Mon, Oct 25 | 1:30-2:30pm | #780



Join us on Thursday,  
September 9 for an  
Open House to celebrate  
the re-opening of our center!

- 🌿 Re-connect with old friends
- 🌿 See our health and safety upgrades
- 🌿 Register your proof of Covid vaccination with Oasis
- 🌿 Q&A with Oasis Staff
- 🌿 Get help with Zoom
- 🌿 Get help with registration
- 🌿 Enjoy the musical stylings of guitarist Vladimir Fridman

We've scheduled this event at two different times to allow as much participation as possible.

- 🌿 **Join us from 1-2pm**  
Register for class #791
- 🌿 **Join us from 2:30-3:30pm**  
Register for class #792


**Washington Metro Oasis**  
Inside Macy's Home Store (2nd floor)  
Westfield Montgomery Mall  
7125 Democracy Blvd.  
Bethesda, MD 20817



# In-Person and Online Classes

Read full class descriptions and register on our website: [washington-metro.oasiseverywhere.org](http://washington-metro.oasiseverywhere.org)

## In-Person Classes

- Unless otherwise noted, the following classes will take place at the Oasis center in Westfield Montgomery Mall.
- Classes marked with  will also be offered online via Zoom. Search for the class number and see an option to register for an in-person or online version.

### Oasis Walking Group

Fri, Sep 10-Nov 19 | 10:30-11:30am  
\$12 | #712 | bi-weekly, locations will vary

### How Washington Works...Or Doesn't

Steve Roberts, Journalist and Author  
Mon, Sep 13 | 11am-12:30pm | \$18 | #713

### Zydeco and Cajun Music

Daryl Davis, Musician  
Tue, Sep 14 | 11am-12:30pm | \$18 | #716

### Internal Affairs Investigations

John McCarthy, MoCo State's Attorney  
Wed, Sep 15 | 11am-12:30pm | \$18 | #719

### Paul Cézanne: Master of Modernism

Bonita Billman, Art History Lecturer  
Mon, Sep 20 | 11am-12:30pm | \$18 | #725

### Celebrating Katherine Hepburn

Dan Sherman, Musical Theatre Instructor  
Tue, Sep 21 | 11am-12:30pm | \$18 | #727

### Women's Discussion Group (A)

Sherry Starr, Facilitator  
Wed, Sep 22-Dec 8 | 10:30am-12pm  
\$20 | #730 | White Oak Community Ctr.

### Stephen Sondheim and Hal Prince

Steven Friedman, Music Historian  
Wed, Sep 22 & Oct 6 | 11am-12:30pm  
\$36 | #731

### Women's Discussion Group (A)

Libby Merrill, Facilitator  
Thu, Sep 23-Dec 9 | 10:30am-12pm  
\$20 | #733

### The Panama Canal

Joseph Snyder, International Lecturer  
Thu, Sep 23 | 11am-12pm | \$12 | #734

### Electric Brain: Revolution in Brain Science

Dr. R. Douglas Fields, PhD, UMD  
Mon, Sep 27 | 11am-12pm | \$12 | #738

### Peter, Paul & Mary/Richie Havens

Jesse Palidofsky, Songwriter, and Folk DJ  
Tue, Sep 28 | 11am-12:30pm | \$18 | #740

### Notre Dame: Restoring an Icon

Judy Scott Feldman, PhD, Art Historian  
Wed, Sep 29 | 11am-12:30pm | \$18 | #744

### Biden and the European Alliance

Melvin Goodman, JHU  
Thu, Sep 30 | 11am-12:30pm | \$18 | #746

### The Jameses: Broken Geniuses

Michael Bevel, Classics in Context  
Mon, Oct 4 | 11am-12:30pm | \$18 | #751

### Logic: Why Believe What We Believe

Steven Gimbel, Gettysburg College  
Tue, Oct 5 | 11am-12:30pm | \$18 | #754

### Sinatra Starting Out

Julie Kurzava, Faculty, Loyola University  
Thu, Oct 7 | 11am-12:30pm | \$18 | #757

### How The Senate Really Operates

Bill Hoagland, Bipartisan Policy Center  
Tue, Oct 12 | 11am-12:15pm | \$15 | #760

### Hail, Hail Chuck Berry

Daryl Davis, Musician  
Wed, Oct 13 | 11am-12:30pm | \$18 | #763

### Update on Gun Laws

John McCarthy, MoCo State's Attorney  
Thu, Oct 14 | 11am-12:30pm | \$18 | #765

### Piano Titan Vladimir Horowitz

Ernest Liotti, Faculty, Peabody Institute  
Fri, Oct 15 | 11am-12:30pm | \$18 | #767

### Manet: The Reluctant Impressionist

Bonita Billman, Art History Lecturer  
Mon, Oct 18 | 11am-12:30pm | \$18 | #770

### Metaphysics: The Nature of Reality

Steven Gimbel, Gettysburg College  
Tue, Oct 19 | 11am-12:30pm | \$18 | #772

### Washington Post Editor Marty Baron

Martin Baron, former Exec Editor, WaPo  
Wed, Oct 20 | 11am-12pm | \$12 | #774

### Harry Warren: Hollywood Songwriter

Dan Sherman, Musical Theatre Instructor  
Thu, Oct 21 | 11am-12:30pm | \$18 | #776

### Tragic Story of Plessy v. Ferguson

Michael Ross, UMD  
Mon, Oct 25 | 11am-12:30pm | \$18 | #779

### Baseball's World Series

Stephen Klatsky, Baseball Aficionado  
Tue, Oct 26 | 11am-12:30pm | \$18 | #781

### The Cuban Missile Crisis

Joseph Snyder, International Lecturer  
Wed, Oct 27 | 11am-12pm | \$12 | #784

### Peace At Last? Armistice 1918

David B Lindauer, Lt. Colonel (Ret.)  
Thu, Oct 28 | 11am-12:30pm | \$18 | #786

### AARP Smart Driver Course

Ken Ow, AARP Volunteer  
Fri, Oct 29 | 10:30am-3:30pm  
\$20/\$25 fee paid to AARP | #788

## Online Classes

- The following classes will be offered online-only via Zoom.
- Zoom links will be emailed one day in advance of your class.

### Gentle Qi Gong and Tai Chi

Kim Brooks, Holistic Health Instructor  
Mon, Sep 13-Nov 8 | 1-2pm | \$84 | #714

### Gentle Yoga

Kim Brooks, Holistic Health Instructor  
Tue, Sep 14-Nov 2 | 1-2pm | \$84 | #717

### \*Off-the-Beaten Path: Maine

Barbara Paulson, Travel Specialist  
Tue, Sep 14 | 1:30-3pm | \$18 | #718

### \*Treaty of Paris

Richard Bell, Prof. of History, UMD  
Wed, Sep 15 | 1:30-3pm | \$18 | #720

### Staying Safe Online

Victor Rezmovic, Computer Instructor  
Fri, Sep 17 | 10:30am-12pm | \$18 | #722

### Divided Nation, Divided Town

Emily Correll, Montgomery History  
Fri, Sep 17 | 1:30-2:30pm | \$12 | #723

### Build Better Balance

Aubrey Reinmiller, PT, CPT

Fri, Sep 17-Oct 29 | 1:30-2:30pm | \$84 | #724

### The Watergate Girl

Jill Wine-Banks, MSNBC Legal Analyst

Tue, Sep 21 | 1:30-2:45pm | \$15 | #728

### History Café Discussion: 1776

Denver Brunzman, GW Univ.

Tue, Sep 21 | 3-4pm | \$12 | #729

### History of Movie Musicals

Brian Rose, Professor (ret.), Fordham U.

Wed, Sep 22 | 1:30-2:45pm | \$15 | #732

### Darius Milhaud: Composer

Seth Kibel, Musician and Composer

Thu, Sep 23 | 1:30-3pm | \$18 | #735

### Your Computer: What You Don't Know

Gary Cahn, Computer Instructor

Fri, Sep 24 | 10:30am-12pm | \$18 | #736

### Chile: Dramatic Year of Change

Naomi Daremblum, Montgomery Coll.

Fri, Sep 24 | 1:30-3pm | \$18 | #737

### America's Love Affair/White Wedding

Katherine Jellison, Ohio University

Tue, Sep 28 | 1:30-3pm | \$18 | #741

### Book Discussion: Fair Warning

Jonina Duker, Book Discussion Leader

Tue, Sep 28 | 3-4:30pm | \$18 | #742

### \*The Golden Age of Ancient Greece

Nick Glakas, International Lecturer

Wed, Sep 29 | 1:30-2:30pm | \$12 | #745

### I've Got a Secret: Passwords/UserNames

Lisa Friedman, Computer Instructor

Fri, Oct 1 | 10:30am-12pm | \$18 | #748

### Memory and Mobility

Kim Brooks, Holistic Health Instructor

Fri, Oct 1 | 10:30-11:30am | \$12 | #749

### \*The U.S. Colored Troops 1863-1865

Carroll Gibbs, Historian/Author

Mon, Oct 4 | 1:30-2:30pm | \$12 | #752

### The Apocryphal Book of Judith

Gideon Amir, Hebrew Scholar

Tue, Oct 5-26 | 10:30am-12pm | \$72 | #753

### \*American Composers to Know

Scott A Wood, Arlington Philharmonic

Tue, Oct 5 | 1:30-3pm | \$18 | #755

### Downton Abbey

Julie Taddeo, UMD

Wed, Oct 6 | 1:30-2:45pm | \$15 | #756

### Is Voting a Right?

Elaine Apter, League of Women Voters of MC

Thu, Oct 7 | 1:30-2:30pm | \$12 | #758

### \*70 Years of TV News

Brian Rose, Professor (ret.), Fordham U.

Tue, Oct 12 | 1:30-2:45pm | \$15 | #761

### History Café Discussion: John Adams

Denver Brunzman, GW Univ.

Tue, Oct 12 | 3-4pm | \$12 | #762

### The 'Baltimore Plot' to Murder Lincoln

Daniel Stashower and Scott Sedar

Wed, Oct 13 | 1:30-3pm | \$18 | #764

### Frank Lloyd Wright Usonian Houses

Bill Keene, Urban Historian

Thu, Oct 14 | 1:30-3pm | \$18 | #766

### Probate/When Do I Need It?

Bernadette Sweeney, Elder Law Atty.

Fri, Oct 15 | 1:30-2:30pm | \$12 | #769

### \*Harriet Tubman/Harriet Beecher Stowe

Richard Bell, Prof. of History, UMD

Mon, Oct 18 | 1:30-3pm | \$18 | #771

### Victorian Women Travelers

Barbara Paulson, Travel Specialist

Thu, Oct 21 | 1:30-3pm | \$18 | #777

### \*Potomac River History

James H Johnston, Lawyer and Author

Fri, Oct 22 | 1:30-2:30pm | \$12 | #778

### \*Byzantine Art: Heaven on Earth

Judy Scott Feldman, PhD, Art Historian

Tue, Oct 26 | 1:30-3pm | \$18 | #782

### Book Discussion: I Know Why the Caged Bird Sings

Jonina Duker, Book Discussion Leader

Tue, Oct 26 | 3-4:30pm | \$18 | #783

### Truman and Israel: Story of Statehood

Robert Watson, PhD, Lynn University

Wed, Oct 27 | 1:30-3pm | \$18 | #785

### Female Blues Belters of the 1920s

Seth Kibel, Musician and Composer

Thu, Oct 28 | 1:30-3pm | \$18 | #787

### History of Witch Hunts

Naomi Daremblum, Montgomery Coll.

Fri, Oct 29 | 1:30-3pm | \$18 | #790

Take advantage of our new partnership  
with One Day University!



One Day University is part of  
 CuriosityStream

LIVE, IN-PERSON EVENT! A SEMESTER IN A DAY

CLASS 1:

#### TURNING POINTS THAT CHANGED AMERICAN HISTORY

EDWARD O'DONNELL - COLLEGE OF THE HOLY CROSS

CLASS 2:

#### WHY SOME PEOPLE ARE RESILIENT, AND OTHERS ARE NOT

ANDREW SHATTÉ - UNIVERSITY OF ARIZONA

CLASS 3:

#### FOUR PROTEST ANTHEMS THAT CHANGED AMERICA

ANNA CELENZA - GEORGETOWN UNIVERSITY

Date: Sunday, September 26, 2021 | 9:30 AM - 1:00 PM

Full price: ~~\$159~~ Discount price: \$99 Use code: **OASIS**

LEARN MORE OR REGISTER AT  
[oneday.com/DC](https://oneday.com/DC) OR CALL **800 300 3438**

\*Class is co-listed on Oasis Everywhere but please register on the Washington Metro site

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

Nonprofit Org.  
U.S. Postage  
**PAID**  
Baltimore, MD  
Permit No. 4475

**Dated Material**  
Please Deliver Immediately



## Explore Montgomery County!

### **Beginner Bird Watchers Walk**

*Mark England, Naturalist,  
Audubon Naturalist Society*

Fri, Sep 17 | 8-10am  
\$25 | #721

### **Walking Tour of Woodend Nature Sanctuary**

*Bradley Simpson, Restoration Mgr.,  
Audubon Naturalist Society*

Fri, Oct 1 | 1-3pm  
\$25 | #750

Learn local history  
and discover hidden  
treasures with these  
guided tours.



### **Rockville African-American History Walking Tour**

*Ralph D Buglass, Montgomery  
County Historical Society*

Fri, Oct 15 | 1:30-3pm | \$25 | #768

### **Button Farm Living History Center Tour**

*Anthony Cohen, President,  
The Menare Foundation, Inc.*

Fri, Oct 29 | 10:30am-12pm  
\$25 | #789