

Dear Oasis Friends,

We are pleased to present our January/February 2022 programs. We will continue to offer both in-person and online classes. Our programming partnership with San Diego and Syracuse Oasis centers continues. This is your opportunity to take a class with San Diego's finest instructors, or join the Great Decisions discussion group with Syracuse participants.

For in-person classes:

- Participants and instructors are required to show proof of vaccination
- Masks are required
- Classroom capacity is reduced with physically-distanced seating and we have installed air purifiers

Registration for classes will continue to be online. **BUT if you need assistance with registration, don't hesitate to contact us or visit our center.** (See our contact information and office hours on the back page.)

We wish you a happy, healthy holiday season!

Sincerely,

Anna, Janice, Karla and Leah

Join Us Today for FREE!

Osteoporosis Prevention/Treatment

Michele F. Bellantoni, M.D., C.M.D.

Fri, Jan 14 | 10:30-11:30am | #114 | **Online**

Put Your Best Foot Forward!

Foot & Ankle Health

Michelle Le, DPM

Wed, Jan 19 | 1-2pm | #120 | **Online**

Aging and Immunity

Laura Haynes, Ph.D.

Mon, Jan 24 | 10:30-11:30am | #127

Online

Affirming the Transgender Community

Sy Smith, National Organizer, National Center for Transgender Equality

Mon, Jan 31 | 3-4pm | #139 | **Online**

Is Sleep the Keystone of Healthy Aging?

Adam P. Spira, Ph.D.

Fri, Feb 11 | 10:30-11:30am | #158 | **Online**

Musical Journey through Latin America

Cecilia Esquivel & Dani Cortaza, Cantare

Wed, Feb 23 | 10:30-11:30am | #171

In-person only

**Program sponsored by Washington Performing Arts.*

AARP SmartDriver TEK

Ken Ow, AARP Volunteer

Fri, Feb 25 | 10:30am-12pm | #177 | **Online**

Memory Café

Sheila Griffith, Alzheimer's Association

Fri, Jan 7-Feb 4 | 2-3pm | #902 | **Online**

Caregivers Support Group Series

Roberta Drucker, LCSW-C

Wed, Jan 5-Feb 16 | 11am-12pm | #901

Online

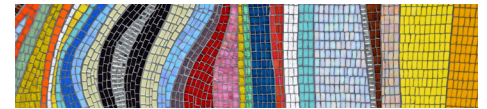
2022

Stay healthy, active and engaged with Oasis in the New Year!



Enrich Your Daily Life Through Art

Joan Hart, Museum One, Inc.



Enrich your view of the world through art and the individual visions of artists. This class is online-only and will include both lecture and discussion.

Part 1: Art Walks, Monet to O'Keeffe

Wed, Feb 9 | 3-4:30pm | \$18 | #154

Part 2: Art of Contemplation,

Vermeer to Chagall

Wed, Feb 16 | 3-4:30pm | \$18 | #163

Part 3: Creative Routines,

Matisse to Warhol

Wed, Feb 23 | 3-4:30pm | \$18 | #173

Part 4: Self Portraits,

Rembrandt to Kahlo

Wed, Mar 2 | 3-4:30pm | \$18 | #179



Hybrid Classes (In-person and Online)

All classes below will be offered in-person at the Oasis center *and* online via Zoom.

Read full class descriptions and register on our website: washington-metro.oasiseverywhere.org

*Film Music of John Williams

Dan Sherman, Musical Theatre Instructor
Wed, Jan 5 | 10:30am-12pm | \$18 | #100

Update on Self-Defense Law

John McCarthy, MoCo State's Attorney
Thu, Jan 6 | 10:30am-12pm | \$18 | #102

Tappin', Swingin', and Twistin'

Daryl Davis, Musician
Mon, Jan 10 | 10:30am-12pm | \$18 | #106

*Philosophy of Humor

Steven Gimbel, Gettysburg College
Tue, Jan 11 | 10:30am-12pm | \$18 | #108

Lessons From Chernobyl

Alla Shapiro, MD, PhD
Wed, Jan 12 | 10:30-11:45am | \$15 | #110

Women's Discussion Group (A)

Sherry Starr, Facilitator
Wed, Jan 12-Apr 13 | 10:30am-12pm | \$20
#918 | White Oak CC

Broadway Choreographer Tommy Tune

Steven Friedman, Music Historian
Thu, Jan 13 | 10:30am-12pm | \$18 | #112

Kennedys and America's Empire

Lawrence Haas, Foreign Policy Council
Wed, Jan 19 | 10:30-11:45am | \$15 | #119

*Biden's First Year

Melvin Goodman, Johns Hopkins Univ.
Thu, Jan 20 | 10:30am-12pm | \$18 | #121

Verdi's Otello

Ernest Liotti, Faculty, Peabody Institute
Fri, Jan 21 | 10:30am-12pm | \$18 | #123

Spirals in Nature and Art

Julie Steinberg, Mixed Media Artist
Mon, Jan 24 | 10:30-11:45am | \$15 | #126

*Inside the Battle of Waterloo, Part 1

David B Lindauer, Lt. Colonel (Ret.)
Tue, Jan 25 | 10:30am-12pm | \$18 | #129

Intellectual George Washington

Denver Brunsman, GWU
Wed, Jan 26 | 10:30am-12pm | \$18 | #132

A Conductor's Perspective

Scott A Wood, Conductor
Thu, Jan 27 | 10:30am-12pm | \$18 | #134

*Battle of Waterloo, Part 2

David B Lindauer, Lt. Colonel (Ret.)
Tue, Feb 1 | 10:30am-12:00pm | \$18 | #140

Cannabis Law

John McCarthy, MoCo State's Attorney
Wed, Feb 2 | 10:30am-12pm | \$18 | #142

Secret History: James Bond

Dan Sherman, Books/Film Instructor
Thu, Feb 3 | 10:30am-12pm | \$18 | #144

The Inflation Enigma

Owen Ullmann, Journalist and Author
Mon, Feb 7 | 10:30am-12pm | \$18 | #148

*Ethics of Humor

Steven Gimbel, Gettysburg College
Tue, Feb 8 | 10:30am-12pm | \$18 | #150

What Makes a Great Portrait?

Judy Scott Feldman, PhD, Art Historian
Wed, Feb 9 | 10:30am-12pm | \$18 | #152

Wacky Health Claims

John Whyte, MD, MPH, WebMD
Thu, Feb 10 | 10:30-11:30am | \$12 | #155

Politics and the Media

Jane Hall, American University
Tue, Feb 15 | 10:30-11:30am | \$12 | #159

Slavery and the American Revolution

Richard Bell, University of Maryland
Wed, Feb 16 | 10:30am-12pm | \$18 | #161

*The Booths: First Acting Dynasty

James Garrett, Historian & Tour Guide
Tue, Feb 22 | 10:30am-12pm | \$18 | #168

Body Cameras

John McCarthy, MoCo State's Attorney
Thu, Feb 24 | 10:30am-12pm | \$18 | #174



Online-Only Classes

All classes below and on the following page will be offered online-only via Zoom.

Read full class descriptions and register on our website: washington-metro.oasiseverywhere.org

Things I Won't Do When I Get Old

Steven Petrow, Author/WaPo Columnist
Wed, Jan 5 | 1-2pm | \$12 | #101

*'It's A Wonderful Life'

Brian Rose, Professor (ret.), Fordham U.
Thu, Jan 6 | 1-2:15pm | \$15 | #103

Navigating American Healthcare

David Wilcox, DNP
Fri, Jan 7 | 10:30-11:30am | \$12 | #104

Life of Chef James Beard

John Birdsall, Author and Food Writer
Fri, Jan 7 | 1-2pm | \$12 | #105

Build Better Balance

Aubrey Reinmiller, PT, CPT
Fri, Jan 7-Feb 18 | 1:30-2:30pm | \$84 | #903

Harry Truman: Buck Stops Here

Blaine Davies, Professor of U.S. History
Mon, Jan 10 | 1-2:30pm | \$18 | #107

Book Discussions

Jonina Duker, Facilitator

The Island of Sea Women

Tue, Jan 25 | 3-4:30pm | \$18 | #131

Hamnet

Tue, Feb 22 | 3-4:30pm | \$18 | #170





Online-Only Classes (cont.)

Qi Gong and Tai Chi

Kim Brooks, Holistic Health Instructor
Mon, Jan 10-Feb 14 | 1-2pm | \$60 | #904

Peter Paul Rubens

Julia Fister, Studio ACE Exec. Director
Tue, Jan 11 | 1-2:15pm | \$15 | #109

Gentle Yoga

Kim Brooks, Holistic Health Instructor
Tue, Jan 11-Feb 22 | 1-2pm | \$84 | #905

'The 1619 Project' Citizen's Guide

Richard Bell, University of Maryland
Wed, Jan 12 | 1-2:30pm | \$18 | #111

Women's Discussion Group (B)

Libby Merrill, Facilitator
Thu, Jan 13-Apr 7 | 10:30am-12pm
\$20 | #915

*Off the Beaten Path: Barcelona

Barbara Paulson, Travel Specialist
Fri, Jan 14 | 1-2:30pm | \$18 | #115

Five Periods of Classical Music

Chris Burns, Many-Strings
Fri, Jan 14 | 6-7pm | \$12 | #116

The Wisdom of Judaism

Peter Bolland, Southwestern College
Tue, Jan 18 | 1-2:30pm | \$18 | #118

Escape from a P.O.W. Camp

Margalit Fox, Author
Thu, Jan 20 | 1-2:15pm | \$15 | #122

Aztec Empire: Trade & Tribute

Maria Butler, San Diego State Univ.
Fri, Jan 21 | 1-2pm | \$12 | #124

Vivaldi's Four Seasons: Music and Poetry

Chris Burns, Many-Strings
Fri, Jan 21 | 6-7pm | \$12 | #125

Personal and Collective Memory

Olivia M. Espin, Ph.D.
Mon, Jan 24 | 1-2pm | \$12 | #128

The Sixth Transformation of Humans

Henry George, Archaeologist & Geologist
Tue, Jan 25 | 1-3pm | \$18 | #130

Crossover Composers, Part 1

Seth Kibel, Musician and Composer
Wed, Jan 26 | 1-2:30pm | \$18 | #133

*Gainsborough: Beyond the Blue Boy

Bonita Billman, Art History Lecturer
Thu, Jan 27 | 1-2:30pm | \$18 | #135

History of Banned Books

Michael Bevel, Classics in Context
Fri, Jan 28 | 10:30am-12pm | \$18 | #136

How to Watch Olympic Ice Skating

Gary Cahn, Skating Enthusiast
Fri, Jan 28-Feb 4 | 1-2:30pm | \$36 | #137

The History of Taxation

Nadine Bopp, Columbia College
Mon, Jan 31 | 1-3pm | \$18 | #138

Artists of the Rococo

Julia Fister, Studio ACE Exec. Director
Tue, Feb 1 | 1-2:15pm | \$15 | #141

Crossover Composers, Part 2

Seth Kibel, Musician and Composer
Wed, Feb 2 | 1-2:30pm | \$18 | #143

Does the Deficit Really Matter?

Bill Hoagland, Bipartisan Policy Center
Thu, Feb 3 | 1-2:15pm | \$15 | #145

Life of Hedy Lamarr

Dan Rose, Writer, Editor and Educator
Fri, Feb 4 | 10:30-11:45am | \$15 | #146

English Composer Gustav Holst

Chris Burns, Many-Strings
Fri, Feb 4 | 6-7pm | \$12 | #147

Jewish Heritage of Catholic Saints

Olivia M. Espin, PhD
Mon, Feb 7-14 | 1-2pm | \$24 | #149

Letter From Birmingham Jail

Peter Bolland, Southwestern College
Tue, Feb 8 | 1-2:30pm | \$18 | #151

Humorist P.G. Wodehouse

Dan Stashower and Scott Sedar
Wed, Feb 9 | 1-2:30pm | \$18 | #153

*Early Days of TV Advertising

Brian Rose, Professor (ret.), Fordham U.
Thu, Feb 10 | 1-2:15pm | \$15 | #156

Get Your Computer Up to Speed

Gary Cahn, Computer Instructor
Thu, Feb 10-17 | 1-3pm | \$48 | #157



Great Decisions Discussion Group

Oasis Facilitators

Join your local peers along with participants from Syracuse Oasis to discuss some of the most critical foreign policy challenges facing the U.S. Registration includes copy of the *Great Decisions Briefing Book*.

Thu, Feb 10-May 19 | 3-4:30pm
\$80 | #919

Humanity's Family Tree

Henry George, Archaeologist & Geologist
Tue, Feb 15 | 1-3pm | \$18 | #160

Yoga for Brain Health

Jane Stelboun, Certified Yoga Teacher
Wed, Feb 16 | 1-2pm | \$12 | #162

How Does the U.S. Stack Up?

Douglas Stowell, Market Research Associates
Thu, Feb 17 | 1-2:30pm | \$18 | #165

The Nabis: Post-Impressionist Art

Bonita Billman, Art History Lecturer
Fri, Feb 18 | 1-2:30pm | \$18 | #166

Ella Jane Fitzgerald and Company

Chris Burns, Many-Strings
Fri, Feb 18 | 6-7pm | \$12 | #167

Dismantling Racism One Insight at a Time

Peter Bolland, Southwestern College
Tue, Feb 22 | 1-2:30pm | \$18 | #169

Sounds of a Vanished World

Vladimir Fridman, Guitarist & Composer
Wed, Feb 23 | 1-2:30pm | \$18 | #172

I Love iPad

Gary Cahn, Computer Instructor
Thu, Feb 24-Mar 3 | 1-2:45pm | \$42 | #175

Off the Beaten Path: Edinburgh

Barbara Paulson, Travel Specialist
Thu, Feb 24 | 1-2:30pm | \$18 | #176

A Philosophical Look at Death

Matthew Wion, Professor of Philosophy
Fri, Feb 25 | 4-5pm | \$12 | #178

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



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Join us for these hot topics and more...



Keeping Congress Safe: A Conversation with Tom Manger

Thomas Manger, Chief, United States Capitol Police
Thu, Jan 13 | 1-2pm | \$12 | #113 | **Online**



Make 'em Laugh: Humorous Songs

Julie Kurzava, Faculty, Loyola University
Tue, Jan 18 | 10:30am-12pm | \$18 | #117 | **Hybrid**



Remembering the Shady Grove Music Fair

Ralph D Buglass, MoCo Historical Society
Thu, Feb 17 | 10:30am-12pm | \$18 | #164 | **Hybrid**



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



HOURS

Mon - Thurs, 10am - 4pm

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