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

- **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

Sponsored by
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

*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 Reimniller, 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

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

The Island of Sea Women
Jonina Duker, Facilitator
Tue, Jan 25 | 3-4:30pm | $18 | #131

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

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
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 Heddy 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

Humanity’s Family Tree
Henry George, Archaeologist & Geologist
Tue, Feb 15 | 1-3pm | $18 | #160

Yoga for Brain Health
Jane Stelboum, 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

Online-Only Classes (cont.)

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

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
Find Your Oasis!
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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240-800-3745

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