



Dear Oasis Friends,

We are pleased to present our May/June schedule of programs. We will continue to offer hybrid as well as online-only programs. Please share this catalog with friends and family so that they can enjoy all Oasis has to offer.

- For couples and friends who take online classes together, please register for 2 seats. Whether the class is online or in-person, we depend on our class fees to continue operating. Thank you.
- 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 in the box below.)

Please stay well and stay connected with us. We look forward to seeing you at Oasis or online.

Sincerely,

Anna, Janice, Karla, Kathleen and Leah

Technology... Make it work for YOU!



At the (Streaming) Movies: How to Enjoy Online Video to the Fullest

Lisa Friedman, Computer Instructor

Tue, May 3 | 1-3:15pm | \$20 | #303 | **Online-only**

How to Buy a Computer

Gary Cahn, Computer Instructor

Thu, May 5 & 12 | 1-2:15pm | \$30 | #307 | **Online-only**

Going Digital: Converting Photos, Slides and Movies to Digital Format

Victor Rezmovic, Computer Instructor

Thu, May 19 | 10:30am-12pm | \$18 | #329 | **Hybrid**

Make Your iPhone and iPad More Accessible

Deeva Garel, Technology Instructor

Mon, Jun 6 | 1-2:30pm | \$18 | #353 | **At Oasis**

CONTACT US

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



HOURS

Mon - Thurs, 10am - 4pm

MAIN NUMBER

240-800-3745

EMAIL

washingtonmetro@oasisnet.org

WEBSITE

washington-metro.oasisnet.org

Look Inside!
Suburban Hospital
WellWorks Classes.
See pg. 6-7



Hybrid Classes (In-person and Online)

Unless otherwise noted, classes on page 2-3 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

History of Our Beloved C&O Canal

Ralph D Buglass, MoCo Historical Society
Mon, May 2 | 10:30am-12pm | \$18 | #300

Bogie and Bacall: Hollywood's Star Couple

Dan Sherman, Theatre and Film Instructor
Tue, May 3 | 10:30am-12pm | \$18 | #302

Black Jazz Royalty

Daryl Davis, Musician
Wed, May 4 | 10:30am-12pm | \$18 | #304

Sanctified Sisters of Colesville:

The Hidden History of Commonwealth Farm

Julianne Mangin, Writer and Historian
Tue, May 10 | 10:30am-12pm | \$18 | #311

Update on Hate Crime in the US

John McCarthy, MoCo State's Attorney
Wed, May 11 | 10:30am-12pm | \$18 | #314

What Do I Do With My Stuff? More Tips on Downsizing

Joyce Nohowel & Robin Edgemon, Moyer Moving Group
Mon, May 16 | 10:30-11:30am | \$12 | #321

The Security Guard Who Brought Down a President

Christopher Cruise, Journalist
Tue, May 17 | 10:30am-12pm | \$18 | #324

Grandfather of the Arts & Crafts Movement:

William Morris
Bonita Billman, Art History Lecturer
Mon, May 23 | 10:30am-12pm | \$18 | #332

Roger Bacon: Father of Modern Science

David B Lindauer, Lt. Colonel (Ret.), US Army Signal Corps
Tue, May 24 | 10:30am-12pm | \$18 | #335

We Wear The Mask:

15 True Stories of Passing in America
Lisa Page, Assistant Professor of English, GWU
Wed, May 25 | 10:30-11:45am | \$18 | #338

Stepping on the Global Stage:

The Spanish-American War, 1898
David Silbey, Military Historian, Cornell University
Wed, Jun 1 | 10:30-11:45am | \$18 | #344



Oasis Discussion Groups are a wonderful opportunity to connect with others and have meaningful conversations about things that affect your day-to-day life. Every group has a different "flavor" so we invite you to try a group first to make sure it's a good match. If you'd like to try a discussion group before signing up please email us at washingtonmetro@oasisnet.org.

*Groups meet online via Zoom unless otherwise noted.

Men's Discussion Group (A)

Mon, May 2-Aug 29 (weekly) | 10:30am-12pm | \$30 | #910

Men's/Women's Discussion Group (C)

Tue/Fri, May 3-Sep 2 (weekly)
10:30am-12pm (Tue) & 12:30-2pm (Fri) | \$30 | #912

Men's/Women's Discussion Group (A)

Tue, May 3-Aug 30 (weekly) | 1-2:30pm | \$30 | #913

Men's/Women's Discussion Group (B)

Wed, May 4-Aug 31 (weekly) | 10:30am-12pm | \$30 | #914

Women's Discussion Group

Thu, May 12-Aug 11 (monthly) | 10:30am-12pm | \$20 | #915

Let's Talk (A)*

Mon, May 16-Jun 20 (weekly) | 1-2pm | \$12 | #918
Group alternates meeting in-person at Oasis and online

Let's Talk (B)*

Wed, May 18-Jun 22 (weekly) | 10-11am | \$12 | #919

*These are co-ed, facilitated groups that focus on personal and social topics and steer clear of politics.

Join Us Today for FREE!



Tesla: Genius or Crank?

Dan Sherman, PhD, Economist

Thu, Jun 2 | 10:30am-12pm | \$18 | #346

Legends of Blues Piano:

Pinetop Perkins and Johnnie Johnson

Daryl Davis, Musician

Mon, Jun 6 | 10:30am-12pm | \$18 | #351

Juvenile Justice in Maryland

John McCarthy, MoCo State's Attorney

Thu, Jun 9 | 10:30am-12pm | \$18 | #358

AARP Smart Driver Course

Ken Ow, AARP Volunteer

Fri, Jun 10 | 10:30am-3:30pm | #360

Fee payable to AARP on day of class: \$20/members; \$25/non-members

***Class is in-person only at Oasis**

The Quakers and the Birth of American Antislavery

Richard Bell, Professor of History, UMD

Mon, Jun 13 | 10:30am-12pm | \$18 | #361

Take Better Pictures with Your Phone

Judy Ackerman, VP and Provost, Mont. Coll., Emerita

Mon/Wed, Jun 13, 15 & 20 | 1-3pm | \$60 | #363

***Class is in-person only at Oasis on Jun 13 & 20 and at Brookside Gardens on Jun 15 (10:30am-12pm)**

Baseball's Regal Rivalry:

Joe DiMaggio and Ted Williams

Stephen Klatsky & Jerry Brennan, Baseball Aficionados

Tue, Jun 14 | 10:30am-12:30pm | \$24 | #364

Admiral Hyman Rickover: Engineer of Power

Marc Wortman, PhD, Historian and Journalist

Mon, Jun 20 | 10:30-11:30am | \$18 | #373

Andrew Jackson: American Populist

Michael Ross, Professor of History, UMD

Tue, Jun 21 | 10:30am-12pm | \$18 | #375

Seeing the French Revolution Through Artists' Eyes

Judy Scott Feldman, PhD, Art Historian

Wed, Jun 22 | 10:30am-12pm | \$18 | #378

Ireland's War of Independence (1919-1921)

Dr. Kevin Matthews, George Mason University

Thu, Jun 23 | 10:30am-12pm | \$18 | #380

Geniuses and Geeks:

A History of the Digital Revolution

Victor Rezmovic, Computer Instructor

Tue, Jun 28 | 10:30am-12pm | \$18 | #385

What's New About Fire Safety in Your Home?

Jim Resnick, Program Mgr., MoCo Fire and Rescue Service

Thu, May 5 | 10:30am-12pm | Free | #306 | **Hybrid**

Tech Tutor Express:

Get Your Device or Computer Question Answered

Deeva Garel and Victor Rezmovic, Technology Instructors

Tue, May 10 | 1-3:30pm | Free | #313 | **At Oasis**

Can Prediabetes and Diabetes Be Reversed?

John Whyte, MD, MPH, Chief Medical Officer, WebMD

Fri, May 13 | 10:30-11:30am | Free | #318 | **Online-only**

Understanding Alzheimer's and Dementia

Sheila Griffith, Alzheimer's Association

Wed, May 18 | 10:30-11:30am | Free | #327 | **Online-only**

The Deadly Effects of Consuming Too Much Salt

Michael F. Jacobson, PhD

Mon, May 23 | 1-2pm | Free | #334 | **Online-only**

Aging in Place: What is a 'Village'?

Pazit Aviv, Village Coordinator, Montgomery County

Fri, Jun 3 | 10:30-11:30am | Free | #348 | **Online-only**

Montgomery County's Climate Action Plan and What Citizens Can Do

Larissa Johnson, MoCo Dept. of Environmental Protection

Wed, Jun 8 | 10:30-11:30am | Free | #356 | **Hybrid**

7 Tips for Healthy Living Made Easy

Thu Huynh, RD, LDN

Wed, Jun 15 | 10:30-11:30am | Free | #366 | **Online-only**

Venmo, Apple Pay, Zelle:

Using Peer-to-Peer Payment Apps Safely

Investigator, MoCo Office of Consumer Protection

Fri, Jun 24 | 10:30-11:30am | Free | #382 | **Online-only**

Caregivers Support Group Series

Roberta Drucker, LCSW-C

Wed, May 4-Jun 15 | 11am-12pm | Free | #901 | **Online-only**

Memory Café

Sheila Griffith, Alzheimer's Association

Fri, May 6 & Jun 3 | 2-3pm | Free | #902 | **Online-only**



Online-Only Classes

All classes on page 4-5 will be offered online-only via Zoom.

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

If you need help signing up or using Zoom, call us at **240-800-3745**. We're here to help!

The Story of Buddhism Through Art

Robert DeCaroli, George Mason University

Mon, May 2 | 1-2pm | \$15 | #301

Susan, Linda, Nina, and Cokie: The Extraordinary Story of the Founding Mothers of NPR

Lisa Napoli, Author and Journalist

Wed, May 4 | 1-2pm | \$12 | #305

A Tasty History of Washington, DC Restaurants

John DeFerrari, Author

Fri, May 6 | 10:30-11:45am | \$15 | #308

Build Better Balance

Aubrey Reinmiller, PT, CPT

Fri, May 6 – Jun 24 (weekly) | 1:30-2:30pm | \$84 | #903

A Step-by-Step Guide for Aging Solo

Carol Marak, Founder, Elder Orphan Facebook Group

Fri, May 6 | 1-2:30pm | \$18 | #309

From Measures to Missiles:

The Re-Invention of Military Technology

Vincent Rossi, Author/Historian, Co-Owner Story Seekers

Mon, May 9 | 1-2:30pm | \$18 | #310

A New Search for Atlantis

Lola Sparrowhawk, Author/Historian

Tue, May 10 | 1-2pm | \$12 | #312

A History of the TV Talk Show

Brian Rose, Professor (ret.), Fordham University

Wed, May 11 | 1-2:15pm | \$18 | #315

Off the Beaten Path: Chicago

Barbara Paulson, Travel Specialist

Thu, May 12 | 1-2:30pm | \$18 | #317

A Culinary History of Montgomery County:

Stories of Its Land and Food

Claudia Kousoulas and Ellen Letourneau, Co-Authors

Fri, May 13 | 1-2pm | \$12 | #319

Richard Strauss and Alan Hovhaness:

Beautiful Classical Music Inspired by the Mountains

Chris Burns, Many-Strings

Fri, May 13 | 6-7pm | \$12 | #320

The Maya: A Civilization Lost and Found

Frank Newton, PhD

Mon, May 16 | 1-2:30pm | \$18 | #323

The Bhagavad Gita: Beloved Sacred Text

Peter Bolland, Professor of Philosophy and Humanities

Tue, May 17 | 1-2:30pm | \$18 | #325

Dollars for Scholars: Help Send Your Grandchild to College and Simultaneously Reduce Your Tax Bill

Gary Cahn, Computer Instructor

Tue, May 17 & 24 | 1-2:15pm | \$30 | #326

Pandemic Dreams: A Timely Look at What Dreams Mean

Deirdre Barrett, PhD, Harvard Medical School

Wed, May 18 | 1-2pm | \$12 | #328

Fiddler on the Ceiling: The Art of Marc Chagall in Music

Dr. Rachel Franklin, Concert Pianist and Teacher

Thu, May 19 | 1-2pm | \$18 | #330

Superman on the Couch: Superheroes and Psychology

Danny Fingerroth, Popular Culture Critic and Historian

Fri, May 20 | 10:30-11:45am | \$18 | #331

The Mexican War: Manifest Destiny or Land Grab?

Blaine Davies, MA, Professor of U.S. History

Mon, May 23 | 1-2:30pm | \$18 | #333

Myth to Reality: Excavating Troy and Mycenae

Henry George, Engineer, Archaeologist and Geologist

Tue, May 24 | 1-3pm | \$24 | #336

Book Discussion: *Apples Never Fall*

Jonina Duker, Certified Book Discussion Leader

Tue, May 24 | 3-4:30pm | \$18 | #337

Critical Race Theory:

Context, Controversy, and Call to Action

Richard Bell, Professor of History, UMD

Wed, May 25 | 1-2:30pm | \$18 | #339

Julie Andrews: An Extraordinary Life

Jane Ellen, Performer, Composer, and Recording Artist

Thu, May 26 | 1-2:30pm | \$18 | #341

Richard Wagner: A Complicated Giant!

Chris Burns, Many-Strings

Fri, May 27 | 6-7pm | \$12 | #342

The Trinity in World Religions

Peter Bolland, Professor of Philosophy and Humanities
Tue, May 31 | 1-2:30pm | \$18 | #343

The Waste-Less Kitchen

Libby Lamancusa, Registered Dietitian
Wed, Jun 1 | 1-2pm | \$15 | #345

Retire Smart, Retire Happy

Nancy K. Schlossberg, Author, Professor Emerita, UMD
Thu, Jun 2 | 1-2:30pm | \$18 | #347

The Golden Age of Hollywood

Brian Rose, Professor (ret.), Fordham University
Fri, Jun 3 | 1-2:15pm | \$18 | #349

American Folk Music:

From the Colonies to the Beatnik Coffee Houses

Chris Burns, Many-Strings
Fri, Jun 3 | 6-7pm | \$12 | #350

Pizarro vs. the Inca (The Conquistadors and the Inca)

Frank Newton, PhD
Mon, Jun 6 | 1-2:30pm | \$18 | #352

Mark Rothko: Pioneer of Abstract Expressionism

Aniko Makranczy, MFA
Tue, Jun 7 | 1-3pm | \$24 | #355

How Frank Lloyd Wright Became Frank Lloyd Wright

Bill Keene, Urban Historian
Wed, Jun 8 | 1-2:30pm | \$18 | #357

A Brief History of Nuclear Weapons and Why They Still Matter

Allen Pietrobbon, Asst. Prof./Global Affairs, Trinity Univ.
Thu, Jun 9 | 1-2:30pm | \$18 | #359

The French Indian War: A Look at the Past and Present

Blaine Davies, MA, Professor of U.S. History
Mon, Jun 13 | 1-2:30pm | \$18 | #362

God and the Problem of Evil

Peter Bolland, Professor of Philosophy and Humanities
Tue, Jun 14 | 1-2:30pm | \$18 | #365

Juneteenth: History, Heritage, & Holiday

Carroll Gibbs, Historian/Author
Wed, Jun 15 | 1-2pm | \$15 | #367

The Grand Tour of Europe: Coming of Age in Style

Bonita Billman, Art History Lecturer
Thu, Jun 16 | 1-2:30pm | \$18 | #369

Aristotle: Father of Thought

Steven Gimbel, Prof. of Philosophy, Gettysburg College
Fri, Jun 17 | 10:30am-12pm | \$18 | #370

Off the Beaten Path: Amsterdam

Barbara Paulson, European Travel Specialist
Fri, Jun 17 | 1-2:30pm | \$18 | #371

Smetana and Dvorak: Czech Creativity

Chris Burns, Many-Strings
Fri, Jun 17 | 6-7pm | \$12 | #372

Measuring America: History of the Census

Vincent Rossi, Historian & Author, Co-Owner Story Seekers
Mon, Jun 20 | 1-2:30pm | \$18 | #374

Myth to Reality: Sir Arthur Evans at Knossos

Henry George, Engineer, Archaeologist and Geologist
Tue, Jun 21 | 1-3pm | \$24 | #376

Book Discussion: *The Last Mona Lisa*

Jonina Duker, Certified Book Discussion Leader
Tue, Jun 21 | 3-4:30pm | \$18 | #377

Dylan Thomas: Do Not Go Gentle

Dan Stashower, Author, and Scott Sedar, Actor
Wed, Jun 22 | 1-2:30pm | \$18 | #379

The Cinematic Gatsby: Exploring the Challenge of Adapting A Novel into Film

Christopher Reed, Professor, Stevenson University
Thu, Jun 23 | 1-2:30pm | \$18 | #381

The Creativity of John Williams: A Historical Approach

Chris Burns, Many-Strings
Fri, Jun 24 | 6-7pm | \$12 | #383

American Revolution: How a Band of Settlers Defeated the Most Powerful Empire in the World

Lola Sparrowhawk, Author/Historian
Mon, Jun 27 | 1-2pm | \$12 | #384

The Great Philosophers: Socrates

Peter Bolland, Professor of Philosophy and Humanities
Tue, Jun 28 | 1-2:30pm | \$18 | #386

Virtual Tour of the American Visionary Art Museum: 25 Highlights from the Permanent Collection

Guide, American Visionary Art Museum
Wed, Jun 29 | 10:30-11:30am | \$15 | #387

Dolly Parton's Amazing Life

Jane Ellen, Performer, Composer, and Recording Artist
Wed, Jun 29 | 1-2:30pm | \$18 | #388

Affairs of State: A Colorful History of Presidential Misbehavior and Marriage

Robert Watson, PhD, Lynn University
Thu, Jun 30 | 1-2:30pm | \$18 | #389



WellWorks classes are offered by Suburban Hospital as part of their commitment to provide quality programs and services to promote health and wellness in the community. For more information and to register, visit events.suburbanhospital.org or call us at **301-896-3844**.

Class cancellation policy applies.

Diabetes Programs

Learn tips and tools to live well and thrive with Diabetes. Diabetes Self-Management Training is an evidence-based program that incorporates the needs and goals of people with diabetes into a personalized plan to improve health outcomes. Ask your provider for a referral to a Diabetes Self-Management Training program (DSMT) at Suburban Hospital. Check with your insurance plan and provider's office regarding coverage for DSMT programs. For questions, please contact Suburban's Diabetes Services at **301-896-6032**.

Diabetes-Thrive 365 meetings

Wednesday, May 11 & June 8 | 6-7 p.m. | Free | Zoom
Facilitated by a Certified Diabetes Educator, the monthly meetings feature guest speakers discussing a variety of topics important for living well with diabetes. Every 2nd Wednesday of the month learn strategies, exchange information, and get the support you need to thrive 365 days-a-year.

Type 1 Peer Support Group

Wednesday, May 25 & June 29 | 7:30-9 p.m.

Free | Zoom

Are you living with type 1 diabetes or raising a child with type 1 diabetes? Join us for an informal conversation to share information and connect with others who have similar concerns.

Healthy Lifestyles

Peripheral Neuropathy Support Group of Bethesda/Chevy Chase

Thursday, May 19 & June 16 | 7-8 p.m. | Free | Zoom
Shares experience, information and hope about PN treatments and self-help coping remedies.

Dine, Learn and Move: Eating for Mental Health

Wednesday, May 25 | 6-7:30 | Free | Zoom

In celebration of National Mental Health Awareness Month, we will prioritize our mental well-being and learn how to select foods that will boost our mood. During this session we will discuss the connection between making healthy choices and mental wellness, and start the program off with a stress-reducing workout. To register, email wellnessinfo@co.pg.md.us

Dine, Learn and Move: Cooking in Color

Wednesday, June 22 | 6-7:30 p.m. | FREE | Zoom

Learn the health benefits of eating and cooking with a variety of fruits and vegetables. This interactive session includes movement and reinforcing the importance of both healthy eating and active living as ingredients for a healthy lifestyle. To register, email wellnessinfo@co.pg.md.us



Yoga from the Heart

Mondays | May 16 – July 18 | 5:30-6:30 p.m. | \$70 | Zoom

Thursdays | June 2 – July 21 | 5:30-6:30 p.m. | \$70 | Zoom

This gentle yoga class teaches ways to manage physical, emotional and spiritual stress following a cardiac event or heart disease diagnosis. Open to all looking for a gentle yoga class.

Senior Exercise Classes



Pilates for Seniors with Core

Tuesdays | June 14 – July 19 | 11:15 a.m. – Noon
\$60 | Zoom

Learn gentle movements to strengthen the core, lengthen the spine, and build muscle tone while improving posture and increasing flexibility.

Senior Shape – Aerobics

Fridays, July 1 – September 23 | 3-3:45pm
\$40 | Zoom

A certified instructor will guide you through a series of low impact aerobic exercises intended to strengthen your cardiovascular system and improve your body's strength and endurance. Mat, band and/or light weights are required. Dress comfortably.

Senior Shape- Weight Training

Wednesdays, July 6 – September 28 | 11:15 a.m.-Noon
\$40 | Jane E. Lawton Community Center

Taught by a certified instructor, this exercise program is designed to increase muscular strength, endurance, improve range of motion and balance. Dress comfortably. Bring hand-held weights and a mat. Registration required.

Senior Shape - Stability Ball

Thursdays, July 7 – September 29 | 10-10:45 a.m.
\$40 | Zoom

Taught by a certified instructor, this exercise program will tone and define your core muscles and help build better balance. Bring weights.

Senior Shape: Chair Aerobics, Strength and Balance

Thursdays | July 7 – September 29 | 9-9:45 a.m.
\$40 | Zoom

This total body workout will use a chair to sit in as well as a piece of equipment to execute a variety of low impact chair aerobic exercises. The chair should be stable with four legs, no wheels or rollers, and without arms. Bring light hand held weights and a band.

Health Webinars

Think F.A.S.T.

Wednesday, May 11 | 1-2 p.m. | Zoom

When it comes to stroke, timely treatment is of the essence to reduce damage and improve recovery time. Join members of Suburban's multidisciplinary stroke team as they discuss stroke prevention, risk factors, signs and symptoms, new developments in stroke treatment and how we are working to enhance patient outcomes.

Keep Your Eye on the Prize

Wednesday, June 8 | 1-2 p.m. | Zoom

It's no secret that vision declines with age. Learn the essentials for eye health as well as prevention and treatment options for glaucoma with Wilmer Eye Institute ophthalmologist Mona Kaleem Hundal, MD.

Coming Soon...

19th Annual Men's Health Symposium



Go to events.suburbanhospital.org
for further details.



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

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*Dated Catalog
Please Deliver Immediately*

Oasis Has Something For Everyone!

Art



Couples in Art: Renoir, Toulouse-Lautrec and Their Muses

Joan Hart, Art History Instructor
Thu, May 26 | 10:30am-12pm | \$18 | #340

Couples in Art: Chagall, Kandinsky & Their Muses

Joan Hart, Art History Instructor
Tue, Jun 7 | 10:30am-12pm | \$18 | #354

Music



Baby Boomer Pop: R&B and the Advent of Rock and Roll

Julie Kurzava, Faculty, Loyola University
Thu, May 12 | 10:30am-12pm | \$18 | #316

Baby Boomer Pop: Social Upheaval Through Song

Julie Kurzava, Faculty, Loyola University
Thu, Jun 16 | 10:30am-12pm | \$18 | #368

Outdoor Adventures



Walking Tour: Seneca Section of the C&O Canal

Ralph D Buglass, MoCo Historical Society
Mon, May 16 | 10:30am-12pm | \$18 | #322

Oasis Hiking Group

Oasis Members
Fri, Jun 3-Jul 29 (bi-weekly)
10:30-11:30am | \$15 | #906

Look inside for even more exciting new classes!