



Oasis Classes

July-August 2022

901 Caregivers Support Group

Roberta Drucker, LCSW-C

Even when caring for a loved one is an act of love, it still takes many new skills and a great deal of energy. It also raises a lot of questions. Our Caregiver Series offers a place to learn from the experiences of others and to encourage those who are in similar circumstances. The sessions will be facilitated by compassionate professionals. Some sessions will spotlight expert guest speakers on a variety of topics to support you in your caregiving journey. Most sessions will allow time for questions and group discussion. This group is strictly for those who are in a caregiver role. This series is sponsored by Family and Nursing Care.

Online Class

Wednesday, Jul 6 - Aug 17, 11:00 AM - 12:00 PM
Free 4 sessions

390 Soundalike Singers: Can You Tell the Difference? (AT OASIS)

Daryl Davis, Musician

Is it real or is it Memorex, or is it someone who just sounds like the hit-making artist? Some singers have voices that are often imitated but never duplicated, or are they? Come see how well your ears can discern the originals from the soundalikes.

Oasis

Thursday, Jul 7, 10:30 AM - 12:00 PM
Fee: \$18

390 Soundalike Singers: Can You Tell the Difference? (ONLINE)

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Online Class

Thursday, Jul 7, 10:30 AM - 12:00 PM
Fee: \$18

391 The West, Slavery, and the Causes of the Civil War

*Denver Brunsmann, Associate Chair,
Department of History, George Washington
University*

In the past generation, professional historians have to come to near universal agreement that slavery caused the Civil War. However, scholars still debate exactly how the institution divided the nation. In this presentation, Oasis regular Professor Denver Brunsmann of George Washington University will discuss how the combination of western expansion and political dysfunction exacerbated the issue of slavery. This topic has recently gained new attention as commentators have explored the potential of political polarization in our own time resulting in another civil war.

Online Class

Thursday, Jul 7, 1:00 PM - 2:30 PM, Fee: \$18

392 Use Your Brain, Control Your Pain

Donald Pelles, Ph.D., Certified Hypnotherapist

In this presentation, Dr. Pelles will discuss the relationship of the mind with pain and how we can use that to reduce or eliminate suffering. Demonstrations will be provided on the "mind tricks" you can use to reduce and/or eliminate pain.

Online Class

Friday, Jul 8, 10:30 AM - 11:30 AM
Free

903 Build Better Balance

Aubrey Reinmiller, PT, CPT

Improving your balance can help prevent falls and enhance your mobility! Each session will include strength training of your core and legs as well as stretching for common tight areas. You will learn practical strategies and tips for preventing falls while enjoying some fun balance and coordination exercises. Exercises may be performed seated or standing. Wear supportive shoes and have a sturdy chair, light weights, and water with you. Limit 25.

Online Class

Friday, Jul 8 - Aug 26, 1:30 PM - 2:30 PM
Fee: \$96 8 sessions

902 Memory Café

Sheila Griffith, Program Manager, Alzheimer's Association National Capital Area Chapter

Are you or a loved one experiencing issues with memory loss or other cognitive impairment? Do you have trouble with your daily activities?

Join us on the first Friday of each month for a fun and social way for you to meet and spend time with others experiencing a similar journey. You are not alone. Meeting dates are: July 8 and August 5.

Limit: 18

Online Class

Friday, Jul 8 - Aug 5, 2:00 PM - 3:00 PM

Free 2 sessions

393 Beethoven's Concertos

Chris Burns, Many-Strings

The master of the classical world emerged triumphantly from the most difficult childhood. His brilliance lit up the musical world.

Beethoven's concertos shine especially bright as bold statements that he would not be harnessed by tradition. He would bring to the musical world new and novel, sensitive and profound, music. For the soloist, very challenging; for the listener, an enriched day!

Online Class

Friday, Jul 8, 6:00 PM - 7:00 PM

Fee: \$12

394 Why Did They Call It 'The Underground Railroad'? (ONLINE)

Richard Bell, Professor of History, University of Maryland

The historical network of secret routes to freedom known as the Underground Railroad was neither underground nor a railroad. Why, then, is this the name we had long used to describe it? Historian Richard Bell examines the mysterious origins of this strange term and explains why it caught on so quickly. As the term became commonplace, it helped to build public support for the antislavery cause and push the cause of Black freedom to the center of national debate.

Online Class

Monday, Jul 11, 10:30 AM - 12:00 PM, Fee:

\$18

394 Why Did They Call It 'The Underground Railroad'? (AT OASIS)

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Oasis

Monday, Jul 11, 10:30 AM - 12:00 PM

Fee: \$18

395 Amazing Ancient Archeological Sites in America

Lola Sparrowhawk, Int'l Award-Winning Author/Historian

We will take a tour through North and South America to see some incredible archeological sites, starting with fossilized human footprints dated to 21,000 to 23,000 years ago found in New Mexico. Some of the places we will explore are well known while others may be quite obscure. Much can be learned about the people who left these remains of past lives by the construction and farming methods used.

Online Class

Monday, Jul 11, 1:00 PM - 2:00 PM

Fee: \$12

396 Broadway Divas and Their Musicals (AT OASIS)

Steven Friedman, Music Historian

This two-part class will examine the personalities and true talent that made marquee headliners such as Ethel Merman, Mary Martin, Gwen Verdon, and Angela Lansbury into great legends. Learn about their feuds, their odd choices and their ambitions. From Merman and Martin to Verdon, Lansbury and many others, these grand dames set the tone for an industry. Steve Friedman will infuse his presentation with many examples of their music, sung in his classically-trained tenor voice!

Oasis

Tuesday, Jul 12 - Jul 19, 10:30 AM - 12:00 PM

Fee: \$36 2 sessions

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Online Class

Tuesday, Jul 12 - Jul 19, 10:30 AM - 12:00 PM

Fee: \$36 2 sessions

397 The Great Philosophers: Plato

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

It is said that all philosophy after Plato is “merely footnotes”—so formative is the work of this fifth century BCE Greek philosopher. Using his dead teacher Socrates as a character in nearly all of his dialogues, Plato (429-347 BCE) essentially invents the philosophic method while laying the foundation for Western philosophy across metaphysics, epistemology, and ethics. Even now we recognize our own philosophical curiosity and longing in his remarkable writing and incomparable influence. In our ongoing series on The Great Philosophers, Plato is not one to miss.

Online Class

Tuesday, Jul 12, 1:00 PM - 2:30 PM

Fee: \$18

905 Sunrise Yoga

Carole Moskowitz, Certified Yoga Instructor

Sunrise Yoga is a yoga class designed to increase strength and flexibility while incorporating fitness based mindful movement through a progressive series of poses that accommodate all fitness levels. Exercises may be performed seated or standing. Wear comfortable clothing, have a mat or non-slip surface, a sturdy chair and water with you.

Online Class

Tuesday, Jul 12 - Aug 23, 1:00 PM - 2:00 PM

Fee: \$96 7 sessions

398 A Picture's Worth a Thousand Words: Poetry Inspired by Art

Dan Rose, Writer, Editor and Educator

The poet Anne Sexton was inspired by Van Gogh's painting, "Starry Night," to write a poem by the same name; Picasso's "The Man with the Blue Guitar" inspired Wallace Stevens to write a poem, also by the same name. Many other poets have been inspired to write poetry based on works of art. This is known as ekphrastic poetry. Join us as we examine the paintings of artists such as Pieter Breughel, Pablo Picasso, and Edward Hopper, as well as the poems that were inspired by them.

Online Class

Tuesday, Jul 12, 3:00 PM - 4:30 PM

Fee: \$18

919 Let's Talk – Discussion Group (B): ONLINE ONLY

Beth Kimel

This group provides the opportunity to meet new people, learn from others' experiences and perspectives, and engage in intellectual discussion within a peer group. Discussion topics are pre-selected, although suggestions are welcome. This group will not cover topics regarding politics. This group will meet online through Zoom. Limit: 14

Online Class

Wednesday, Jul 13 - Aug 17, 10:00 AM - 11:00 AM

Fee: \$12 6 sessions

399 Confession Law: Myths and Misconceptions (ONLINE)

John McCarthy, Montgomery County State's Attorney

The Law of Confession creates challenges for defendants and police alike. Hear an expert review of the Miranda warning and other legal principles that impact the admissibility of confessions. Special emphasis will be given to the use of video to ensure police compliance with protecting the rights of an individual in custody while obtaining a statement. We'll discuss the Miranda decision, police tactics and dealing with juvenile offenders, among many topics. Special emphasis will be placed on new rules regarding the interrogation of youth under the age of 18.

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Oasis

Wednesday, Jul 13, 10:30 AM - 12:00 PM

Fee: \$18

400 The Golden Age of Television

Brian Rose, Professor (ret.), Department of Communication and Media Studies, Fordham University

American television was all set to launch in the late 1930s, but its progress was interrupted by the start of World War II. Finally, by the end of the 1940s, NBC and CBS began broadcasting to their east coast affiliates. They offered viewers a wide variety of programs: situation comedies, vaudeville-style revues, and most impressively, live original dramas. But by the end of the 1950s, the era of live TV “theater” was over. This presentation will look at the forces that made this “golden age” such an intriguing chapter in TV history and why it was so short-lived.

Online Class

Wednesday, Jul 13, 1:00 PM - 2:15 PM

Fee: \$18

401 Smile: The Wonder of Charlie Chaplin (ONLINE)

Dan Sherman, Musical Theatre Instructor
Known best for his role as “The Little Tramp,” Charlie Chaplin brought laughs and tears to film audiences throughout the world through a brilliant series of films spanning the silent and sound eras. This class will explore Chaplin’s career beginning as a poor boy on the English stage in the 1890s to a beloved but highly controversial actor more than 60 years later. We’ll discuss Chaplin’s life and contributions to film, including his work as a composer. There will be many film clips and a discussion of how Chaplin’s work developed and was received over time.

Online Class

Thursday, Jul 14, 10:30 AM - 12:00 PM

Fee: \$18

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Oasis

Thursday, Jul 14, 10:30 AM - 12:00 PM

Fee: \$18

402 Harness the Power of Plants in Your Diet

Libby Lamancusa, Registered Dietitian
Learn about the health benefits of plant-forward diets and how to tap into those benefits with simple changes, such as eating one vegetarian dinner per week.

Online Class

Thursday, Jul 14, 1:00 PM - 2:00 PM

Fee: \$15

403 Rene Descartes: Balancing Science with Religion

Steven Gimbel, Professor of Philosophy, Gettysburg College
Rene Descartes was one of the great minds in history, making major contributions to mathematics, science, and philosophy. Writing in the shadow of Galileo's trial, Descartes tried to find a way to bring together the new science of the Copernican world with the views of the Church. We will explore the new ways of thinking that this required.

Online Class

Friday, Jul 15, 10:30 AM - 12:00 PM

Fee: \$18

404 Off the Beaten Path: Charlottesville, Virginia

Barbara Paulson, Travel Specialist

Need a getaway close to DC without the crowds? Consider Charlottesville: land of Jefferson's Monticello and University of Virginia... and so much more! Consider an aboriginal art collection, one of the oldest art cooperatives in the country, and wineries, cideries, and microbreweries (oh, my!). The rich agriculture also means plenty of farms and orchard events and festivals, too. Travel expert Barbara Paulson helps you plan your next "stay-cation" to nearby Charlottesville.

Online Class

Friday, Jul 15, 1:00 PM - 2:30 PM

Fee: \$18

405 Ragtime and Swing

Chris Burns, Many-Strings

Ragtime, Boogie-Woogie and Swing: Let's celebrate the diversity and creativity that got everyone's toes tappin', and kept the dance floor rockin'. Ragtime had its roots in the sporting houses of the South, Boogie-Woogie woke everyone up in Texas, and Swing adopted some of the magic to provide the sound track for New York's fanciest clubs and the corner soda-joint. Time to lean forward and enjoy the magic!

Online Class

Friday, Jul 15, 6:00 PM - 7:00 PM

Fee: \$12

406 Eleanor Roosevelt: First Lady of the World

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

Our first "feminist" first lady was also one of our most active and influential first ladies. While her paralyzed husband led our country through the Great Depression and World War II, Eleanor traveled throughout the country and the world bringing back to the White House a perspective that Franklin Roosevelt valued, appreciated and often implemented. An activist and humanitarian before, during and after FDR's presidency, she served as Harry Truman's Ambassador to the United Nations, where he called her "First Lady of the World."

Online Class

Monday, Jul 18, 1:00 PM - 2:30 PM

Fee: \$18

407 Jewels of the Balkans

Henry George, Engineer, Archaeologist and Geologist

The Ancient Roman Province of Illyricum includes today four modern republics of the Former Yugoslavia – Croatia, Slovenia, Bosnia, and Montenegro. These countries in the Northwest Balkan Peninsula contain some of the most picturesque vistas and unique cultures in Europe. This lecture will explore from an anthropological perspective the prehistory, history, and peoples of this region.

Online Class

Tuesday, Jul 19, 1:00 PM - 3:00 PM

Fee: \$24

408 Book Discussion: "The Soul of an Octopus: A Surprising Exploration Into the Wond

Jonina Duker, Certified Book Discussion Leader

Yes, you read the book title correctly: "octopus" sandwiched between "soul" and "consciousness". The naturalist author meets her first octopus, Athena, at the New England Aquarium, followed by Kali and Karma. Cephalopods, otherwise known as octopi, like humans, get bored, display emotions through their bodies, and form attachments – in this case across species. The author describes her playful interactions with and strong attachments to all three octopi. Please read the book so you can participate in our structured, facilitated, Zoom discussion. Author: Sy Montgomery, 2015.

(Note: Please join the meeting at 3 pm if you would like some assistance using the features of Zoom. Otherwise, join us at 3:15 pm for the start of our discussion.)

Online Class

Tuesday, Jul 19, 03:00 PM - 04:30 PM
Fee: \$18

409 Depression Among Older Adults Pre and Post Pandemic

Ashley Bone, MD, Department of Psychiatry and Behavioral Health

The pandemic caused lots of depression, anxiety and loneliness in older adults. Join Dr. Bone, Chair, Department of Psychiatry and Behavioral Health at Suburban Hospital as she discusses the changes among mental health and the challenges facing older adults pre and post COVID-19.

Online Class

Wednesday, Jul 20, 10:30 AM - 11:30 AM
Free

410 Heroines of History: Who You Should Know!

Robert Watson, PhD, Distinguished Professor of American History, Lynn University

In this talk, Dr. Watson will share inspiring stories of great women, some you may know, some you may not. They came from all walks of life, periods in history, ages, and occupations. We'll discuss their contributions to the nation and world!

Online Class

Wednesday, Jul 20, 1:00 PM - 2:30 PM
Fee: \$18

411 The War in Ukraine: What Does Putin Want? (AT OASIS)

Melvin Goodman, Adjunct Professor, Int'l Relations, Johns Hopkins Univ.

This lecture will deal with the long-term and immediate causes of the Russian invasion of Ukraine. It will examine Russian concerns with the increased powers of the North Atlantic Treaty Organization as well as the reasons for Russia's failures on the battlefield. Finally, we will examine the policies and personality of Russian President Vladimir Putin.

Oasis

Thursday, Jul 21, 10:30 AM - 12:00 PM
Fee: \$18

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Online Class

Thursday, Jul 21, 10:30 AM - 12:00 PM
Fee: \$18

412 From the Knish to Halal Carts: Street Food and Immigrant Identity

Andrew Silverstein, Freelance Journalist and NYC Tour Guide

For over 150 years, street food has been common among immigrant communities in New York City. The carts are an economic opportunity for recent immigrants. They also offer other countrymen a taste of home – and almost always, other New Yorkers catch on, too. In this class, we'll explore how street food has become a way for ethnic groups to be recognized by and communicate with the city as a whole.

Online Class

Thursday, Jul 21, 1:00 PM - 2:15 PM

Fee: \$15

413 AARP SmartDriver TEK: Car Safety and Technology

Ken Ow, AARP Volunteer

Please register for this class through AARP using the link provided. In this workshop, you'll learn how to utilize the latest high-tech safety features in your current car, what technology to look for when shopping for a new car, the safety benefits of blind-spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and more! Limit: 50

Online Class

Friday, Jul 22, 10:30 AM - 12:00 PM, Free

414 The Last Days of Pompeii Immortalized in Art

Bonita Billman, Art History Lecturer

Mount Vesuvius erupted in 79 A.D. burying Pompeii and Herculaneum in volcanic ash and rock. It would be hundreds of years before any systematic uncovering of the cities would commence. Frescoes, statues and other museum artifacts would begin to give us some sense of what Roman life was like there. Then, in 1834, Edward Bulwer-Lytton wrote a novel, *The Last Days of Pompeii*, that became a Victorian best-seller. Characters from the book were immortalized in art, particularly Nydia, a blind flower girl.

Online Class

Monday, Jul 25, 10:30 AM-12:00 PM, Fee: \$18

415 The Explosion of Mt. St. Helens

Philip R. Pryde, Ph.D., Professor Emeritus SDSU, Author, Lecturer

The largest volcanic eruption in North American history took place on May 18, 1980, when Mt. St. Helens exploded and sent its upper thousand feet flying over the Washington state countryside. This slide presentation, most of it original photos taken by the speaker, will transport you back to the time of the eruption and the consequences that followed.

Online Class

Monday, Jul 25, 1:00 PM - 2:00 PM

Fee: \$12

416 Female Spies in the World of Espionage (ONLINE)

Jonna Mendez, Author and CIA Veteran

In this class we'll learn about some of the many women who have made a difference in the world of espionage over the years – including Josephine Baker, the American expatriate and worldwide entertainer, and Virginia Hall, a Baltimore native, each of whom provided invaluable assistance to the Allies during WWII. Among the other women we'll discuss is Valerie Plame, the CIA officer whose name was leaked to and subsequently published by Robert Novak of *The Washington Post*.

Online Class

Tuesday, Jul 26, 10:30 AM - 12:00 PM

Fee: \$18

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Oasis

Tuesday, Jul 26, 10:30 AM - 12:00 PM

Fee: \$18

417 The Great Philosophers: Aristotle

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

The most important pupil to emerge from Plato's Academy in Athens, Aristotle (384-322 BCE) would end up challenging Plato's core metaphysical assertions while refining and strengthening his ethical theories. In our ongoing series on The Great Philosophers, join us for this exploration into the way Aristotle shaped the Western worldview like no other philosopher before or since.

Online Class

Tuesday, Jul 26, 1:00 PM - 2:30 PM

Fee: \$18

418 The Timeless Appeal of Mid-Century Modern Architecture and Design

Bill Keene, Urban Historian

The Mid-Century Modern movement in the U.S. was an American reflection of the International Style originating in the Bauhaus movement. But there is much more to Mid-Century Modern than the buildings from the major architects. Mid-Century Modern gained wide following in California and beyond to thousands of homes designed for the returning GIs in massive Levittown developments. Mid-Century Modern also meant the spread of design principles and the color palettes that saturated everything from kitchen appliances to automobiles. We will discuss the varied aspects of Mid-Century Modern going beyond architecture to general design trends and developments.

Online Class

Wednesday, Jul 27, 1:00 PM - 2:30 PM

Fee: \$18

420 Hank Williams: Hillbilly Shakespeare

Jane Ellen, Performer, Composer, and Recording Artist

Hank Williams (1923-53) was country music's first superstar at the time of his death at age 29. Lingering pain from untreated spina bifida drove him to self-medicate, as well as to pour out his feelings in songs such as "Your Cheatin' Heart", "Cold, Cold Heart" and "Lost Highway". By the time of his death he had 30 Top 10 hits, and eleven songs that reached #1. Today his son and grandson carry on name and his musical tradition.

Online Class

Thursday, Jul 28, 1:00 PM - 2:30 PM

Fee: \$18

421 The Era of JS Bach: Italian, German and French Creativity

Chris Burns, Many-Strings

Imagine an hour with the musical virtuosity of Bach, Telemann, Pachelbel, Corelli, and Couperin...German, Italian and French masters of the golden baroque period. These composers gave us musical pearls with charming ornamentation and invention. They recognized that music was a blessing that enhanced life. Their music will embrace you, and I'll share perspective and historical context.

Online Class

Friday, Jul 29, 6:00 PM - 7:00 PM

Fee: \$12

422 Put Google Photos to Work for You

Deeva Garel, Technology Instructor

Learn how to organize, edit, share, and backup your digital photos and videos with the free Google Photos program. The first session covers all this plus how to create albums and collages. While this session will be mostly demonstration, there will be some time to try things on your own. The second session is available for those interested in guided hands-on time and questions and answers. NOTE: This class is designed for use with a computer, not with a tablet or cell phone. Limit: 12

Online Class

Monday, Tuesday, Aug 1 - Aug 2, 10:30 AM - 12:00 PM

Fee: \$20 2 sessions

423 Volcanic Super-Eruptions and Origin of the Yellowstone Hotspot

Victor Camp, Ph.D., SDSU Department of Geological Sciences Lecturer Emeritus

Do you realize that our planet has experienced extraordinary volcanic eruptions in the geologic past on a scale far greater than those of human experience? These super-eruptions have taken place somewhere on Earth every 100,000 years. Will our next super-eruption be at Yellowstone National Park? Yellowstone is underlain by an unusual plume of hot rock that extends well into the Earth's deep interior. It has been responsible for hundreds of super-eruptions that began 17 million years ago, and these are projected to continue into the future. Join us in examining the character, causes, and consequences of these spectacular eruptions and the probable effects of the next great super-eruption on planet Earth.

Online Class

Monday, Aug 1, 1:00 PM - 2:30 PM

Fee: \$18

424 The Samurai who Saved Jews From the Nazis

Lola Sparrowhawk, Int'l Award-Winning Author/Historian

The advent of World War II led to terrible tragedies and amazing acts of bravery. Accepting his diplomatic post in Eastern Europe only six months before the war broke out, an unlikely man from Japan became a great hero of the war. A quiet man known as The Samurai defied orders from Tokyo, risking his life and career, to engineer a way to help thousands of Jews escape Europe. Never telling anyone of his heroism, it wasn't until thirty years later that a survivor he had saved began to tell his story, and then the State of Israel paid tribute to him with the high honor of including his name as one of the Righteous Among the Nations. This is the story of who he was, what he did, and what it cost him.

Online Class

Tuesday, Aug 2, 1:00 PM - 2:00 PM

Fee: \$12

426 Artificial Intelligence: What You Need to Know

Sheldon Hochberg, Attorney

By now, everyone has heard of Artificial Intelligence (AI). This presentation will help you understand how it works, what it has accomplished to date, and the incredible things it may be able to achieve in the future. To demonstrate the rapidly-advancing power of AI, the discussion will highlight the fascinating history of AI's progress in competing against humans in games ranging from checkers to chess to Go (the most complex game). AI's achievement in mastering games is a well-recognized beacon to what it can achieve in health care, science, and many other areas of human endeavor.

Online Class

Wednesday, Aug 3, 1:00 PM - 2:30 PM

Fee: \$18

428 Politics Stops at the Water's Edge: Can US Foreign Policy Be Bipartisan Again?

Lawrence Haas, Senior Fellow, American Foreign Policy Council

With the onset of the Cold War in the late 1940s, President Truman worked in close bipartisan partnership with Arthur Vandenberg, senior Republican on the Senate Foreign Relations Committee, to create a revolutionary new foreign policy for the United States to lead the free world. They did so at a bitterly partisan time that makes today's partisanship seem tame by comparison. What can we learn from the history? What issues can form the basis of a new bipartisan foreign policy? Lawrence Haas, a former White House official and author of *Harry and Arthur: Truman, Vandenberg, and the Partnership That Created the Free World*, will discuss the history and its relevance to today.

Online Class

Thursday, Aug 4, 1:00 PM - 2:30 PM

Fee: \$18

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Thursday, Aug 4, 1:00 PM - 2:30 PM

Fee: \$18

429 Sax Sounds! Classic Jazz to Classical and more!

Chris Burns, Many-Strings

Sonic musical options took a giant leap forward when Adolphe Sax invented the saxophone in 1840. This hour is dedicated to celebrating the sax in jazz, classical and modern music. From Sonny Rollins to Ravel, from John Coltrane to Gabriel Faure . . . lush and wonderful diversity.

Online Class

Friday, Aug 5, 6:00 PM - 7:00 PM

Fee: \$12

430 Rembrandt - His Early Years (1606-1634)

Aniko Makranczy, MFA

This lecture will examine the early life of Rembrandt van Rijn. Born the son of a miller, he was tremendously talented from an early age. He became an artist's apprentice at age 14 and opened his own art studio at age 18. His early success in Amsterdam, his marriage, his mastery and uniqueness, the influence of patrons, and the trends in art during this time will be discussed.

Online Class

Monday, Aug 8, 1:00 PM - 3:00 PM

Fee: \$24

431 Leading Men of Broadway (ONLINE)

Steven Friedman, Music Historian

John Raitt, Alfred Drake, Yul Brynner, and Rex Harrison are just a few of the men who created legendary Broadway roles, using their unique on-stage personae to carve out their careers and individual brands. In this musically-packed session, you'll learn about these men and the roles they created. Steve Friedman will infuse his presentation with many examples of the music, sung in his classically-trained tenor voice!

Online Class

Tuesday, Aug 9 - Aug 16, 10:30 AM - 12:00 PM

Fee: \$36 2 sessions

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Tuesday, Aug 9 - Aug 16, 10:30 AM - 12:00 PM

Fee: \$36 2 sessions

432 The Great Philosophers: Epictetus

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

In the first century, a Roman slave named Epictetus earned his freedom. Literate, well-read, and lame from torture, Epictetus rose from obscurity to fame, attracting many students to his philosophical discourses. Along with Marcus Aurelius and Seneca, Epictetus represents the best of the wisdom of Stoicism, a practical, down-to-earth philosophy of forbearance and fortitude in the face of fickle fortune. In our ongoing series on The Great Philosophers, perhaps none before or since spoke as intimately or insightfully as Epictetus about the specific challenges we face as human beings.

Online Class

Tuesday, Aug 9, 1:00 PM - 2:30 PM

Fee: \$18

433 Elvis and More: Early Icons of Rockabilly (AT OASIS)

Daryl Davis, Musician

When Rock'n'Roll became the latest craze, many Country and Western artists coming from a Hillbilly music background began trying to cash in on the latest trend. This hybrid that melded the two genres became known as Rockabilly. We'll learn about some of the great ones who popularized this sound.

Oasis

Wednesday, Aug 10, 10:30 AM - 12:00 PM

Fee: \$18

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Online Class

Wednesday, Aug 10, 10:30 AM - 12:00 PM

Fee: \$18

434 Home Safe Home: 5 Keys to Unlock the Door To Your Safety (ONLINE)

*Ali Soltani, Owner/Project Manager and
Melissa Bressler, Occupational Therapist,
HandyPro*

Is your home aging gracefully with you? This educational discussion introduces what is a home modification, how home modifications can play an important role in improving one's safety and independence as one grows older, why planning ahead before a fall or health condition can be beneficial, what are simple and low-cost home modifications, and which home modification funding options are available.

Online Class

Wednesday, Aug 10, 1:00 PM - 2:00 PM
Free

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Oasis

Wednesday, Aug 10, 1:00 PM - 2:00 PM
Free

435 The Politics of Classical Music: From the Great War to the Cold War to Today (O)

Dan Sherman, Musical Theatre Instructor

Although some might think classical music is removed from the world of politics, there has long been a political overtone to how classical music is presented and its performers received. This (non-political!) class will discuss fascinating history of how classical music has interacted with larger political history in the two world wars and in particular the Cold War. The course will cover roughly 100 years from the First World War, and include material related to the current situation in the Ukraine.

Online Class

Thursday, Aug 11, 10:30 AM - 12:00 PM
Fee: \$18

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Oasis

Thursday, Aug 11, 10:30 AM - 12:00 PM
Fee: \$18

436 Conning Hitler: Allied Deception Plans for D-Day (ONLINE)

David B Lindauer, Lt. Colonel (Ret.), US Army Signal Corps

To promote the success of the Allied landings on D-Day, British and American planners organized an enormous array of deceptions to distract the Germans and draw their attention away from the real landings. This presentation looks at those plans, how they were conceived and the many ruses, plants, and false information used to protect the plans' security.

Online Class

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Fee: \$18

437 Isaac Newton: From the Apple to the Moon

Steven Gimbel, Professor of Philosophy, Gettysburg College

Isaac Newton created the most important scientific theory in history. This theory not only accounted for the falling of apples and the motion of planets, but gave rise to a scientific worldview that many thought could explain everything. But that result bothered Newton, who thought it squeezed God out of the picture. We will explore Newton's life, science, and beliefs to see the genius behind the science.

Online Class

Friday, Aug 12, 10:30 AM - 12:00 PM
Fee: \$18

438 Evaluation of Headaches in Older Adults

Nanak Chugh, MD, Neurology Section Chief, Sibley

Headache is among the most common medical complaints. An overview of different headache types, what to watch out for and common treatments options.

Online Class

Friday, Aug 12, 1:00 PM - 2:00 PM, Free

439 The Creation of the Panama Canal

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

In one of the most ambitious engineering projects in history, in the early 1900s the United States constructed an aquatic path connecting the Pacific and Atlantic Oceans across the newly-created nation of Panama. The Americans completed what the French started. To do it, the Americans had to conquer disease, move massive amounts of earth, build an ingenious system of locks and even create a massive lake. Professor Blaine Davies, who recently visited the Panama Canal, explains how in spite of disease, politics and daunting civil engineering obstacles the canal was conceived, engineered and opened for ocean-to-ocean transit over a century ago.

Online Class

Monday, Aug 15, 1:00 PM - 2:30 PM, Fee: \$18

440 Jewels of the Baltics

Henry George, Engineer, Archaeologist and Geologist

The three small nations forming the eastern shore of the Baltic Sea have a similar recent history, but are very different in their ancient histories, cultures, ethnicities, and attitudes. Lithuania, Latvia, and Estonia have been free and independent from the former Soviet Union for over two decades and now are in the process of reclaiming their identities and their places in 21st Century Europe. In this lecture, we will visit these three countries and examine their peoples, places, cultures, and histories.

Online Class

Tuesday, Aug 16, 1:00 PM - 3:00 PM, Fee: \$24

441 Book Discussion: "Perestroika in Paris"

Jonina Duker, Certified Book Discussion Leader

Time for something just a bit different; join us in closing out our summer semester by discussing a very "smiley" book from Jane Smiley. Yes, the author who has won the Pulitzer Prize, the National Book Critics Award, and lots more, has taken a turn for the whimsical. Even if talking animals aren't your usual fictional fare, in the words of Publisher's Weekly "Relentlessly upbeat ... this is the perfect book for those for whom the real world, wracked with pandemic and politics, has become something to avoid." at least for a while as you read and we discuss this playful book. Please read the book so you can participate in our structured, facilitated, Zoom discussion. Author: Jane Smiley, 2020.

(Note: Please join the meeting at 3 pm if you would like some assistance using the features of Zoom. Otherwise, join us at 3:15 pm for the start of our discussion.)

Online Class

Tuesday, Aug 16, 03:00 PM - 04:30 PM
Fee: \$18

442 Innovations in Head and Neck Cancer Treatments

Brandi R. Page, MD - Oncology Department
Head and neck cancers comprise a wide range of cancer types that can be in the sinuses, nasal passages, eye, ears, tongue, mouth, and throat. Dr. Page will be speaking to us about innovations and developments in the treatment of these types of cancers.

Online Class

Wednesday, Aug 17, 10:30 AM - 11:30 AM
Free

443 How Great Composers Structure Their Pieces to Make Them More Beautiful (AT OASIS)

A. Scott Wood, Artistic and Executive Director. Amadeus Concerts

Mr. Wood explores the concept that music is experienced in time, not space. Composers have invented ingenious ways of structuring sound so that time can be fused together. We'll explore some of these tools and tricks and learn how masterpieces have arisen from counterpoint, sonata-allegro form, strophic writing, and many others. The ingenuity and creativity of composers comes to the fore as we see how they balance novelty and familiarity to unify their works.

Oasis

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Fee: \$18

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Online Class

Wednesday, Aug 17, 1:00 PM - 2:30 PM
Fee: \$18

444 School Safety in Montgomery County: Keeping Our Children and Grandchildren Safe

John McCarthy, Montgomery County State's Attorney

In the fall of 2021, for the first time in 19 years, Montgomery County public high schools reopened without a police presence. This was the result of a vigorous, years-long debate over racial equity and student safety in Maryland's largest school system. Unfortunately, Montgomery County also experienced its first-ever school shooting during the 2021-2022 school year; the student charged was armed with a ghost gun. More students have brought weapons into schools in the past academic year. And reports of verbal and physical attacks have nearly doubled since 2019. Learn more about the policies being discussed to keep our children and grandchildren safe in schools.

Oasis

Thursday, Aug 18, 10:30 AM - 12:00 PM
Fee: \$18

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Online Class

Thursday, Aug 18, 10:30 AM - 12:00 PM
Fee: \$18

445 War of 1812: Out of History's Shadows

Richard Bell, Professor of History, University of Maryland

The War of 1812 is the most misunderstood war in American history. But it turns out to have been nothing short of momentous, explains University of Maryland historian Richard Bell. Fought on three fronts, including on the streets of Washington, DC, the War of 1812 unfolded on a grand continental canvas. More than simply the inspiration for the poem that later became our national anthem, the War of 1812 was a watershed moment in the history of a young republic that should best be understood as both the last battle of the Revolution and the first battle of the Civil War.

Online Class

Thursday, Aug 18, 1:00 PM - 2:30 PM, Fee:\$18

448 George Gershwin: An Extraordinary Musical Comet

Chris Burns, Many-Strings

George Gershwin was an extraordinary musical comet whose light included unique blendings of jazz, popular song, and modern orchestral masterpieces . . . all before his passing at the tender age of 38. This hour celebrates his unique gifts. Let's recall his days making piano rolls, creating such gems as "An American in Paris," "Porgy and Bess," and his Hollywood film scores. A very special hour for you!

Online Class

Friday, Aug 19, 6:00 PM - 7:00 PM, Fee: \$12

450 Foot and Ankle Tendon Disorders As You Age: How to Stay Active, and When to Seek

John Michael Thompson, M.D. - Assistant Professor of Orthopaedic Surgery

We will explore a variety of tendon issues involving the foot and ankle that may slow you down as you become more seasoned in life. We will discuss what you can do at home to stay active, and when you should seek help from your orthopedic foot and ankle surgeon.

Online Class

Monday, Aug 22, 1:00 PM - 2:00 PM, Free

449 Rembrandt - His Middle Years (1636-1656)

Aniko Makranczy, MFA

During this period Rembrandt's fame reaches its pinnacle. He marries and buys a home in Amsterdam, he creates three of his most famous paintings, The Night Watch, Portrait of Jan Six and his well known self-portrait of 1640. We will discuss the changing art world of Rembrandt's time and his eventual decline in popularity and fortune.

Online Class

Monday, Aug 22, 1:00 PM - 3:00 PM

Fee: \$24

451 The Right Dog for the Job: Raising Service Puppies (AT OASIS ONLY)

Terri Binder, Guiding Eyes for the Blind Volunteer Puppy Raiser

Is that a therapy dog or a service dog? Ever heard of an assistance peacock? Learn about the different types of assistance animals and delve into the world of a volunteer puppy raiser. Be prepared for some puppy antics from puppies in the Guiding Eyes for the Blind puppy raising program. Young people age 6 or over are welcome to attend – sign up with a grandchild, niece, nephew or friend!

Oasis

Tuesday, Aug 23, 10:30 AM - 11:30 AM

Fee: \$12

452 The Wisdom of Zen Buddhism

Peter Bolland, MA, Professor of Philosophy and Humanities at Southwestern College

There are many fascinating forms of Buddhism thriving in the world today, and perhaps the most fascinating of all is Zen. Like all forms of Buddhism, Zen roots back to the teachings of the Buddha, a sixth century B.C.E. Indian reformer and spiritual teacher. What makes Zen unique and deeply appealing to people everywhere, especially here in the West, is its practicality, its simplicity, and its willingness to challenge the authority of our institutionalized thinking. Zen is a paradox. At once ancient and modern, disciplined and liberal, deeply traditional and wildly irreverent, Zen strips away from us all that is artificial until only our authentic nature remains. Join us as we uncover the practices and principles of this profoundly spiritual and eminently practical wisdom tradition.

Online Class

Tuesday, Aug 23, 1:00 PM - 2:30 PM

Fee: \$18

453 Joan Baez: Diamonds & Rust

Jane Ellen, Performer, Composer, and Recording Artist

Joan Baez (1941-) released her first album of folk music in 1960 at the age of 19 and went on to contribute to folk rock, pop, country, and gospel. With eight gold albums, a gold single ("The Night They Drove Old Dixie Down"), and seven Grammy nominations to her credit, she received a Grammy Lifetime Achievement Award in 2007. Popularly known as a singer of other people's work, she is also an accomplished songwriter as well as a political activist.

Online Class

Wednesday, Aug 24, 1:00 PM - 2:30 PM

Fee: \$18

454 Make 'em Laugh!, Part II (AT OASIS)

Julie Kurzava, Faculty, Loyola University

Knowing that laughter can cure a variety of ills, Julie Kurzava continues her examination of how writers and performers combine music with humor to lighten our spirits and keep us entertained. With a special focus on parody and satire, she'll be featuring some of her favorite writers, from Gilbert & Sullivan to Weird Al Yankovic. No prior knowledge is required!

Oasis

Thursday, Aug 25, 10:30 AM - 12:00 PM

Fee: \$18

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Online Class

Thursday, Aug 25, 10:30 AM - 12:00 PM

Fee: \$18

455 The Theft of the Mona Lisa: An Art History Mystery

Barbara Evans, Independent Lecturer in Art History

It was the art theft of the century. On August 21st, 1911, the Mona Lisa, painted by the famous Italian artist, Leonardo da Vinci, was stolen from the Louvre in Paris, France. Who stole the Mona Lisa and why? How did the authorities recover the painting? Did the Nazis steal the painting during World War II? For the answers to these questions, join Art History lecturer Barbara Evans for a richly illustrated presentation about the most famous painting in the world.

Online Class

Thursday, Aug 25, 1:00 - 2:00 PM, Fee: \$12

999 Your Technology Tutor

Victor Rezmovic, Computer Instructor

Do you want to advance a computer skill, fill in gaps in your knowledge, or solve a computer problem? Our instructors can help you with your laptop or other portable device (e.g. phone, tablet) in a private session here at Oasis, lasting up to two hours. You will then be contacted by Oasis to schedule your session. Please note: We are not able to assist with complex programming or software issues; if we are unable to match you with a tutor, a refund will be provided.

Oasis

Fee: \$25

456 English Classical Composers: Renaissance to Modern

Chris Burns, Many-Strings

This hour features the evolution of music on the British Isles . . . from the Renaissance to the world of Henry Purcell and Handel . . . from the Classical era to the Modern world of Ralph Vaughn Williams and Peter Warlock. A most enjoyable hour of discovery with music from Queen Elizabeth's 1st's court to the music that has enchanted the world during the era of Queen Elizabeth II. Fish and chips or tea and scones would be a perfect "fit" during this wonderful hour.

Online Class

Friday, Aug 26, 6:00 PM - 7:00 PM

Fee: \$12