



# Oasis Classes

January - February 2023

To register for classes  
call Oasis at  
**240-800-3745**

Or go to [washington-metro.oasiseverywhere.org](http://washington-metro.oasiseverywhere.org)

## **910 Men's Discussion Group (A)**

*Oasis Members*

This group provides a forum to engage in intellectual conversation with a peer group and explore areas of common interest. Topics for discussion are selected by the group. There is a designated moderator. Limit: 20

### **Online Class**

Monday, Jan 2 - Apr 24, 10:30 AM - 12:00 PM  
Fee: \$30 17 sessions

## **911 Bethesda Men's Discussion Group (A) - formerly Monday mornings at BCC**

*Oasis Members*

This group provides a forum to engage in intellectual conversation with a peer group and explore areas of common interest. Topics for discussion are selected by the group. There is a designated moderator. Limit: 18

### **Online Class**

Monday, Jan 2 - Apr 24, 10:30 AM - 12:00 PM  
Fee: \$30 17 sessions

## **912 Men's/Women's Discussion Group (C) - formerly Tuesday mornings at NPCC**

*Oasis Members*

This group meets on Tuesdays at 10:30 am and on Fridays at 12:30 pm. It provides a forum to engage in intellectual conversation with a peer group and explore areas of common interest. There is a designated moderator who suggests topics and provides background materials in advance. Limit: 20

### **Online Class**

Tuesday, Friday, Jan 3 - Apr 28, 10:30 AM - 12:00 PM  
Fee: \$30 34 sessions

## **913 Men's/Women's Discussion Group (A)**

*Oasis Members*

This group provides a forum to engage in intellectual conversation with a peer group and explore areas of common interest. Topics for discussion are selected by the group. Limit: 20

### **Online Class**

Tuesday, Jan 3 - Apr 25, 01:00 PM - 02:30 PM  
Fee: \$30 17 sessions

## **914 Men's/Women's Discussion Group (B)**

*Oasis Members*

This group provides a forum to engage in intellectual conversation with a peer group and explore areas of common interest. Participants are asked to submit articles or topics beforehand. There is a designated moderator who notifies the participants of what topics have been suggested. Limit: 20

### **Online Class**

Wednesday, Jan 4 - Apr 26, 10:30 AM - 12:00 PM  
Fee: \$30 17 sessions

## **916 Men's Discussion Group (B)**

*Oasis Members*

This group provides a forum to engage in intellectual conversation with a peer group and explore areas of common interest. Topics for discussion are selected by the group. The role of moderator rotates each week from among those who volunteer. Limit: 20

### **Online Class**

Thursday, Jan 5 - Apr 27, 01:00 PM - 02:30 PM  
Fee: \$30 17 sessions

## **917 Bethesda Men's Discussion Group (B) - formerly Friday mornings at BCC**

*Oasis Facilitators*

This group provides a forum to engage in intellectual conversation with a peer group and explore areas of common interest. The role of moderator rotates each week from among those who volunteer. The moderator for that week solicits topics in advance and distributes to the whole group brief descriptions/questions related to them, giving everyone a chance to think about the topics ahead of time. Limit: 23

### **Online Class**

Friday, Jan 6 - Apr 28, 10:00 AM - 11:30 AM

Fee: \$30 17 sessions

## **100 Reflections on the 2022 Midterms**

*Steve Roberts, Journalist and Author*

Join Steve Roberts for a lively look at the results of the 2022 Midterm Elections. Steve Roberts has been a journalist for almost 60 years, covering some of the major events of his time, including fourteen presidential election campaigns. As a broadcaster, Roberts appears regularly as a political analyst on the ABC radio network and writes a nationally-syndicated newspaper column. He teaches politics and journalism at George Washington University and lectures widely on American politics and the role of the news media.

### **Online Class**

Monday, Jan 9, 10:30 AM - 12:00 PM

Fee: \$18

## **101 Mah Jongg Group**

*Oasis Members*

Play the game and practice your skills with other advanced-beginner and intermediate players. Limit:12

### **Oasis**

Monday, Jan 9 - Apr 17, 1:00 PM - 2:30 PM

Fee: \$30 15 sessions

## **102 Prostate Enlargement and Voiding Dysfunction : Prevention and Treatment**

*Daoud Dajani, MD*

Take early steps to take care of your prostate and bladder. Join Dr. Daoud Dajani, a urologist with Chesapeake urology, for a full discussion about prostate and bladder health focusing on early prevention and intervention.

### **Online Class**

Monday, Jan 9, 3:00 PM - 4:00 PM

Free

## **103 Back Up Your Computer Before It Dies**

*Gary Cahn, Computer Instructor*

This class is taught for students with PC, not Mac, formats. It is for advanced-beginner and intermediate students. What would happen if your computer "died"? You could lose access to your digital photos, tax records, documents, email and more. Learn how to back up your data so that if your computer dies, the data is protected. With a variety of options, you can be safe, not sorry. Limit: 20

### **Online Class**

Tuesday, Jan 10, 10:30 AM - 12:30 PM

Fee: \$24

## **104 Stop Losing Money on your Utility Bill (ZOOM)**

*Larissa Johnson, Residential Energy Program Manager, Montgomery County*

What's the cheapest form of energy? It's the energy we don't use! During this presentation, we'll discuss the two main ways to keep money in your pocket. We'll cover the difference between conservation and efficiency and the benefits of using less energy, plus some of the most efficient ways to do it. You'll leave this presentation with helpful tips and advice to keep you from wasting your money and a deep dive into your electricity bill.

### **Online Class**

Tuesday, Jan 10, 1:00 PM - 2:00 PM

Free

## **104 Stop Losing Money on your Utility Bill (AT OASIS)**

*Larissa Johnson, Residential Energy Program Manager, Montgomery County*

What's the cheapest form of energy? It's the energy we don't use! During this presentation, we'll discuss the two main ways to keep money in your pocket. We'll cover the difference between conservation and efficiency and the benefits of using less energy, plus some of the most efficient ways to do it. You'll leave this presentation with helpful tips and advice to keep you from wasting your money and a deep dive into your electricity bill.

### **Oasis**

Tuesday, Jan 10, 1:00 PM - 2:00 PM

Free

## **105 How Reliable is Eyewitness Identification? (AT OASIS)**

*John McCarthy, Montgomery County State's Attorney*

This class will focus on the social science research that surrounds eyewitness identification. Special emphasis will be given to the use of DNA evidence to obtain exonerations for those wrongfully convicted of crimes as a result of flawed eyewitness identification.

### **Oasis**

Wednesday, Jan 11, 10:30 AM - 12:00 PM

Fee: \$18

## **105 How Reliable is Eyewitness Identification? (ZOOM)**

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This class will focus on the social science research that surrounds eyewitness identification. Special emphasis will be given to the use of DNA evidence to obtain exonerations for those wrongfully convicted of crimes as a result of flawed eyewitness identification.

### **Online Class**

Wednesday, Jan 11, 10:30 AM - 12:00 PM

Fee: \$18

## **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, Jan 11 - Apr 19, 11:00 AM - 12:00 PM

Free 8 sessions

## **106 Off the Beaten Path: European Travel Planning**

*Barbara Paulson, Travel Specialist*

First time to Europe? Finally traveling again? European Travel Specialist Barbara Paulson offers advice on balancing your travel criteria and priorities with tips on who, what, when, where, why, and how of preparing for your trip. How many countries? Should I go with a group? Cash or credit cards? How do I pick a hotel? What do I pack (hint: old underwear) and NOT pack (hint: dress shoes)? See the related class #116 on January 18, "Enjoying Your European Travel."

### **Online Class**

Wednesday, Jan 11, 1:00 PM - 2:30 PM

Fee: \$18

## **107 Advance Directives Demystified**

*Eleanor Tanno, MD*

Creating an Advance Directive can be intimidating! Learn the process of creating one with a local, practicing, board certified physician who is passionate about Advance Directives. In this course, I will teach you an overview of Advance Directives, including considerations in choosing a Medical Power of Attorney and how to define your "Medical Wishes."

### **Online Class**

Thursday, Jan 12, 10:30 AM - 12:00 PM

Free

## **915 Women's Discussion Group (B) - formerly Thursdays at Oasis**

*Libby Merrill, Facilitator*

Participants will be invited to suggest topics of interest for a relaxed and lively discussion by the group. Topics will cover a wide range of issues and concerns. Meetings: January 12, February 9, March 9, April 20.

### **Online Class**

Thursday, Jan 12 - Apr 20, 10:30 AM - 12:00 PM

Fee: \$20 4 sessions

## **108 Air Force One: A History of the Presidents and Their Planes (AT OASIS)**

*Ken Walsh, Veteran White House*

*Correspondent, Historian and Author*

Journalist and historian Ken Walsh will present a history of the presidents aboard Air Force One, the most iconic aircraft in the world. Ken will tell fascinating stories about what the presidents were really like in this most unusual habitat. Ken will illustrate his talk with both famous and rare photographs. His talk will cover the modern presidents, from Franklin D. Roosevelt to Joe Biden.

### **Oasis**

Thursday, Jan 12, 1:00 PM - 2:30 PM

Fee: \$18

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*Correspondent, Historian and Author*

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### **Online Class**

Thursday, Jan 12, 1:00 PM - 2:30 PM

Fee: \$18

## **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, Jan 13 - Apr 14, 1:30 PM - 2:30 PM

Fee: \$168 14 sessions

## **902 Memory Café - Support Group**

*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 for a fun and social way for you to meet and spend time with others experiencing a similar journey. You are not alone. Limit: 18 Group will meet: Friday, January 13, Friday, February 3, Friday, March 3, Friday, April 7

### **Online Class**

Friday, Jan 13 - Apr 7, 2:00 PM - 3:00 PM

Free 4 sessions

## **110 Musical Monday with Coffee and Treats: Music of the Roaring Twenties (AT OASIS)**

*Michael Suser, Band Leader and Lecturer, and Charlene Cochran, Vocalist*

Start your week at Oasis with coffee and treats, followed by live music and the story behind it. Oasis Musical Mondays are underwritten by the Robin Fields Memorial Fund. The roaring twenties really did roar. Rebounding from the horrors of WWI, America was ready for a good time, and music was a main attraction. Americans would dance, drink and party their way through the decade to the new sounds of jazz. We'll discuss the history of the "hot and happy" songs of this era, and then perform them, with Michael Suser on piano and Charlene Cochran on vocals.

(More Musical Mondays: see class #150, 190, and 240)

### **Oasis**

Monday, Jan 16, 10:30 AM - 12:15 PM

Fee: \$15

## **111 Silent Spring Revolution: Early Environmental Crusaders from Rachel Carson to Coretta Scott King**

*Douglas Brinkley, Author and Presidential Historian*

New York Times bestselling author and acclaimed presidential historian Douglas Brinkley will chronicle the rise of environmental activism during the Long Sixties (1960-1973), telling the story of an indomitable generation that saved the natural world under the leadership of John F. Kennedy, Lyndon Johnson, and Richard Nixon. In his new book *Silent Spring Revolution*, Brinkley pays tribute to those who combated the mauling of the natural world and launched an ecological revolution that inspired such landmark legislation as the Wilderness Act, the Clean Air Acts, and the Endangered Species Acts.

(See related classes # 153, 157, and 243)

### **Online Class**

Monday, Jan 16, 1:00 PM - 2:15 PM

Fee: \$15

## **112 SIX: The Musical Wives of Henry VIII (AT OASIS)**

*Dan Sherman, Musical Theatre Instructor*

This recent retelling of English history imagines the six wives of Henry VIII competing to be the lead singer in a modern popular music concert. Like *Hamilton*, it presents history using contemporary language and music, while being well-grounded in its source material. The musical began as a relatively small production in 2017 and then developed into a highly popular musical that went on to win a Tony Award for Best Score on Broadway in 2022. The class will describe the development of the show, assess its historical accuracy from written and visual sources (e.g., Holbein's paintings), and link its songs to contemporary pop singers.

### **Oasis**

Tuesday, Jan 17, 10:30 AM - 12:00 PM

Fee: \$18

## **112 SIX: The Musical Wives of Henry VIII (ZOOM)**

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### **Online Class**

Tuesday, Jan 17, 10:30 AM - 12:00 PM

Fee: \$18

### **113 Debating the Origins of Slavery in Colonial America**

*Richard Bell, Professor of History, University of Maryland*

In 1619, a ship docked near Jamestown and sold twenty captive Africans into slavery in colonial Virginia. To the creators of the 1619 Project that moment was momentous. The 1619 Project argues that it marks the birth date of American slavery and that “the year 1619 is as important to the American story as 1776.” This program is designed to give you the tools to interrogate those contentions. Is it accurate and meaningful to say that 1619 was the moment when American slavery began — that it was ground zero in the spread of slavery and racism in America?

#### **Online Class**

Tuesday, Jan 17, 1:00 PM - 2:30 PM

Fee: \$18

### **114 Iran: Confronting the Global Threat (ZOOM)**

*Lawrence Haas, Senior Fellow, American Foreign Policy Council*

The world faces a growing threat from Iran's pursuit of nuclear weaponry, growing ballistic missile capabilities, expanding conventional forces, terror sponsorship, continuing efforts to destabilize regional governments, and increasing brazenness in confronting the United States and its allies in the region and beyond. The United States and the West should abandon nuclear negotiations with Iran, seek to further isolate it around the world, and, most importantly, build alliances with Iran's increasingly restive population, from which its next leaders will come.

#### **Online Class**

Wednesday, Jan 18, 10:30 AM - 12:00 PM

Fee: \$18

### **114 Iran: Confronting the Global Threat (AT OASIS)**

*Lawrence Haas, Senior Fellow, American Foreign Policy Council*

The world faces a growing threat from Iran's pursuit of nuclear weaponry, growing ballistic missile capabilities, expanding conventional forces, terror sponsorship, continuing efforts to destabilize regional governments, and increasing brazenness in confronting the United States and its allies in the region and beyond. The United States and the West should abandon nuclear negotiations with Iran, seek to further isolate it around the world, and, most importantly, build alliances with Iran's increasingly restive population, from which its next leaders will come.

#### **Oasis**

Wednesday, Jan 18, 10:30 AM - 12:00 PM

Fee: \$18

### **115 Aging In Reverse with Yogadance (AT OASIS ONLY)**

*Kathy Hankins, Certified Yoga and Meditation Instructor*

Recent research supports the hypothesis that dance and yoga reverse aging, as does positive thought processes. Come join Kathy Hankins and learn about Yogadance, a practice that incorporates the benefits of yoga and dance with a touch "forget your age" brain trickery to physically and mentally turn back the clock. It is suitable for all types of people including the non-yogi and the experienced yogi. It's not a lot of work, but produces a generous benefit.

#### **Oasis**

Wednesday, Jan 18, 1:00 PM - 2:00 PM

Free

## **116 Off the Beaten Path: Enjoying European Travel**

*Barbara Paulson, Travel Specialist*

Are you ready to get the most out of your European travel? Here are tips on how to plan and pace your days, deal with the weather, travel between locations, personal safety while you're abroad, experience the local food and culture, language and customs, etc. European Travel Specialist Barbara Paulson offers tips on enjoying your time in Europe. See also January 11 class #106 "European Travel Planning."

### **Online Class**

Wednesday, Jan 18, 3:00 PM - 4:30 PM

Fee: \$18

## **117 A World of Ideas: The Bloomsbury Group**

*Steven Gimbel, Professor of Philosophy, Gettysburg College*

Around Cambridge University early in the 20th century, a group of intellectuals met regularly to talk, to think, and to express their inherent superiority to the rest of humanity...in an understated British fashion. Including writers Virginia Woolf and E. M. Forster, economist John Maynard Keynes, and philosopher Bertrand Russell, norms were violated, puns were made, and drinks were poured. We will meet the cast of characters and discuss their ideas.

(For more "World of Ideas" classes: see class #156, 206, 246)

### **Online Class**

Thursday, Jan 19, 10:30 AM - 12:00 PM

Fee: \$18

## **118 Reconsidering George Washington for Today's America (ZOOM)**

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

In recent years, no subject has been safe from America's culture wars, including the country's indispensable founder, George Washington. In this lecture, Professor Denver Brunzman of George Washington University will use the current cultural moment to reconsider our first president in commemoration of the upcoming 291st anniversary of Washington's birth. While Washington's conduct as a slaveholder has undoubtedly diminished his reputation, Professor Brunzman will share a host of other areas, many surprising, in which America's Father can still inspire and guide us.

### **Online Class**

Thursday, Jan 19, 1:00 PM - 2:30 PM

Fee: \$18

## **118 Reconsidering George Washington for Today's America (AT OASIS)**

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### **Oasis**

Thursday, Jan 19, 1:00 PM - 2:30 PM

Fee: \$18



## **120 Democracy v. Autocracy: Where is Latin America Headed?**

*Naomi Daremblum, Professor, Latin American Culture & Politics, Montgomery Coll.*

After 40 years of uneven experience, democracy is facing acute challenges in Latin America. Over the past two decades, two of the region's countries—Venezuela and Nicaragua—have completed the transition from being representative democracies to fully-fledged dictatorships, while a few others are barely worthy of the democratic label. Democracy in Brazil recently won a narrow victory. We'll take a timely look at the state of democracy and the threat of autocracy in Latin America. (See related class #131)

### **Online Class**

Monday, Jan 23, 1:00 PM - 2:30 PM  
Fee: \$18

## **121 Overview of Parkinson's Disease**

*Justin Martello, MD*

Parkinson's Disease is a neurological condition said to impact more than 1M people in the U.S. Join Dr. Justin Martello for an overview of the disease and how the Parkinson Foundation of the National Capital Area helps people slow its progression.

### **Online Class**

Monday, Jan 23, 3:00 PM - 4:00 PM  
Free

## **122 A Tribute to Broadway Icon Angela Lansbury (AT OASIS)**

*Julie Kurzava, Music Faculty, Loyola University*

Sadly, we recently lost the great stage and screen actress Angela Lansbury in 2022. An amazingly versatile actress, her career stretched over 80 years. Julie Kurzava revisits her stage work and the writers and composers she inspired. She earned 6 Tony Awards in the process, including Stephen Sondheim (Sweeney Todd and more), Noel Coward (Blithe Spirit), and Jerry Herman (Mame).

### **Oasis**

Tuesday, Jan 24, 10:30 AM - 12:00 PM  
Fee: \$18

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### **Online Class**

Tuesday, Jan 24, 10:30 AM - 12:00 PM  
Fee: \$18

## **123 The Films of Alfred Hitchcock**

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

Alfred Hitchcock is probably the most famous film director who ever lived. For five decades, first in England, then in Hollywood, he made fifty-four films, including classics such as *The Thirty-Nine Steps*, *Rebecca*, *Notorious*, *Rear Window*, *North by Northwest*, *Vertigo*, and *Psycho*. Few filmmakers have been as popular, critically celebrated, and as influential, not only as a director but also as a multi-media showman through his tv series, magazines, book anthologies, even extending to board games and record albums. This presentation looks at his achievements as “the master of suspense,” and through dozens of film clips, examines his extraordinary creativity as one of the 20th century's greatest filmmakers.

### **Online Class**

Tuesday, Jan 24, 1:00 PM - 2:15 PM  
Fee: \$15

## **124 Book Discussion: "The Other Wes Moore" OR "The Work: Searching for A Life That Matters"**

*Jonina Duker, Certified Book Discussion Leader*

Maryland's new governor Westley Watende Omari Moore's short life has been eventful enough that he has two memoirs. You can choose which memoir to read and we'll examine both to understand more about this man who has big plans for Maryland. In *The Other Wes Moore*, he writes, "The other Wes Moore is a drug dealer, a robber, a murderer. I am a Rhodes scholar, a White House Fellow, and a former Army officer. Yet our situations could easily have been reversed." Following his stint at the White House, Moore worked as an investment banker; started a television production company and a Baltimore-based radio talk show; and ran two non-profit organizations. In *The Work: Searching for a Life That Matters*, Moore shares the lessons he learned from people he met along his life's journey--from the brave Afghan translator who taught him to find his fight, to the resilient young students in Katrina-ravaged Mississippi who showed him the true meaning of grit, to his late grandfather, who taught him to find grace in service. Moore also tells the stories of other twenty-first-century change-makers who've inspired him in his search. Please read either book so you can participate in our structured, facilitated, Zoom discussion. (Note: Please join the meeting at 3:00 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.)

(For other book discussions, see classes #162, 194, 234)

### **Online Class**

Tuesday, Jan 24, 3:00 PM - 4:30 PM  
Fee: \$18

## **125 To Tell the Truth: A Marcos Returns to Power in the Phillipines**

*Lewis M. Simons, Foreign Correspondent and Author*

By way of an interview-style format, Philippino journalist Christian Esguerra will talk with foreign correspondent Lewis Simons about Simons' Pulitzer-prize winning story that led to the toppling of the Marcos regime, followed by a discussion of the recent return to power of the Marcos family.

### **Online Class**

Wednesday, Jan 25, 10:30 AM - 11:30 AM  
Fee: \$12

## **126 Carole King: The Soundtrack of Our Lives**

*Jane Ellen, Performer, Composer, and Recording Artist*

Singer/songwriter Carole King (1942- ) began her career in the 1960s writing hit songs with then-husband Gerry Goffin. A decade later, she became an award-winning performer in her own right when the album *Tapestry* topped the US charts in 1971 for 15 weeks and remained on the charts for six years. Recipient of the Gershwin Prize from the Library of Congress in 2012, King has written the musical soundtrack of our lives across five decades.

### **Online Class**

Wednesday, Jan 25, 1:00 PM - 2:30 PM  
Fee: \$18

## **127 Password Managers: How to Untangle Your Password Nightmare (ZOOM)**

*Deeva Garel, Technology Instructor*

Frustrated with all the long incomprehensible passwords that you need to stay safe online? Are you using the same password everywhere, or using passwords that are not secure because it's so hard to keep track of them? This class will show you how to really ramp up your online safety easily by using a password manager app. You'll learn what popular apps to look for, and how to install and use one of the most popular apps on your desktop and mobile device. This is a lecture, not a hands-on class.

### **Online Class**

Thursday, Jan 26, 10:30 AM - 12:00 PM

Fee: \$18

## **127 Password Managers: How to Untangle Your Password Nightmare (AT OASIS)**

*Deeva Garel, Technology Instructor*

Frustrated with all the long incomprehensible passwords that you need to stay safe online? Are you using the same password everywhere, or using passwords that are not secure because it's so hard to keep track of them? This class will show you how to really ramp up your online safety easily by using a password manager app. You'll learn what popular apps to look for, and how to install and use one of the most popular apps on your desktop and mobile device. This is a lecture, not a hands-on class.

### **Oasis**

Thursday, Jan 26, 10:30 AM - 12:00 PM

Fee: \$18

## **128 Rivals for Power: The US and China in Southeast Asia (AT OASIS)**

*Robert Sutter, Professor of Practice of International Affairs, George Washington Univ.*

With a steady foreign policy approach mixing economic benefits and an array of coercive measures, China has gradually displaced the United States as the most important power in Southeast Asia in the past decade. The Donald Trump administration was aware of the importance of this region for American interests in avoiding China's dominance in Asia but was inconsistent in policy implementation. The Joseph Biden administration has established a more systematic approach in an up-hill effort to counter China's influence.

### **Oasis**

Thursday, Jan 26, 1:00 PM - 2:30 PM

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### **Online Class**

Thursday, Jan 26, 1:00 PM - 2:30 PM

Fee: \$18

### **131 Democracy v. Autocracy: Where is Europe Headed?**

*Naomi Darembaum, Professor, Latin American Culture & Politics, Montgomery Coll.*

Although democracy remains the dominant form of government in Europe, the quality of democracy has been stagnant or in decline across many countries. Almost half of all democracies—a total of 17 countries-- have suffered erosion in the last five years. This class will be a timely update on the spread of democratic erosion and the rise of autocracy in Europe.

(See related class #120)

#### **Online Class**

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

Fee: \$18

### **132 The "Reverse" Freedom Rides and Today's Migrant Busing: Parallels in History**

*Dr. Michael Kryzanek, Professor Emeritus, Political Science, Bridgewater State University*

Our history shows that migration is a major national issue that remains linked to race and ethnicity. Emphasis will be placed on the segregationist-initiated "Reverse Freedom Rides" during the 1960s as well as the movement of African-Americans to northern cities to find work and avoid the impact of segregation and discrimination in the South. We'll also take a look at the movement of people from Mexico, Central America and the northern tier of South America. In 2022, the governors of Texas and Florida bussed Venezuelans and others to DC, NY, Chicago, and Massachusetts. How do these events in history parallel and illuminate each other?

#### **Online Class**

Tuesday, Jan 31, 10:30 AM - 12:00 PM

Fee: \$18

### **133 Laughing in the Darkness: Amedeo Modigliani**

*Bonita Billman, Art History Lecturer*

An Italian and a Jew, and diagnosed with tuberculosis at age 16, Amedeo Modigliani lived his life under the ever-present shadow of death. In the few short years left to him he created paintings with a distinctive look: figural works and portraits inspired by pre-classical antiquity and Renaissance painting. Market demand for his female nudes also influenced his output. His female nudes are immediately identifiable, appealing and irresistible, with bodies stretching beyond the picture frame.

#### **Online Class**

Tuesday, Jan 31, 1:00 PM - 2:30 PM

Fee: \$18

### **134 A Conversation with Local News Legend Doreen Gentzler (ZOOM)**

*Paul Farhi, The Washington Post, and Doreen Gentzler, former anchor, WRC-News*

Doreen Gentzler, one of the Washington area's most popular TV anchors for more than three decades, talks about her long career, the state of the news business, and her recent retirement in a conversation with Washington Post reporter Paul Farhi, who has covered Gentzler throughout much of her time on the air. Gentzler will discuss changes in the TV news field, the role of local TV news, and her long association with her late co-anchor, Jim Vance, with whom she worked for nearly 30 years.

#### **Online Class**

Wednesday, Feb 1, 10:30 AM - 11:30 AM

Fee: \$15

### **134 A Conversation with Local News Legend Doreen Gentzler (AT OASIS)**

*Paul Farhi, The Washington Post, and Doreen Gentzler, former anchor, WRC-News*

Doreen Gentzler, one of the Washington area's most popular TV anchors for more than three decades, talks about her long career, the state of the news business, and her recent retirement in a conversation with Washington Post reporter Paul Farhi, who has covered Gentzler throughout much of her time on the air. Gentzler will discuss changes in the TV news field, the role of local TV news, and her long association with her late co-anchor, Jim Vance, with whom she worked for nearly 30 years.

#### **Oasis**

Wednesday, Feb 1, 10:30 AM - 11:30 AM

Fee: \$15

### **135 Should We Regulate Social Media? (AT OASIS)**

*Gene Policinski, Senior Fellow for the First Amendment, Freedom Forum*

The First Amendment doesn't apply to social media at the moment, since the amendment only protects our core freedoms from government action. But as Twitter, Facebook, Google, Instagram and more become more essential elements in daily life, have those high-tech companies and sites evolved to the point where society needs to step in on issues ranging from transparency to mis-and-dis-information?

#### **Oasis**

Wednesday, Feb 1, 1:00 PM - 2:30 PM

Fee: \$18

### **135 Should We Regulate Social Media? (ZOOM)**

*Gene Policinski, Senior Fellow for the First Amendment, Freedom Forum*

The First Amendment doesn't apply to social media at the moment, since the amendment only protects our core freedoms from government action. But as Twitter, Facebook, Google, Instagram and more become more essential elements in daily life, have those high-tech companies and sites evolved to the point where society needs to step in on issues ranging from transparency to mis-and-dis-information?

#### **Online Class**

Wednesday, Feb 1, 1:00 PM - 2:30 PM

Fee: \$18

### **136 How to Plan a Meaningful and Affordable Funeral**

*Dimitrios Rizos, Board Member, Funeral Consumers Alliance of Maryland and Environs*

The funeral industry has had such widespread and documented abuse that the federal government was forced to implement consumer protection regulations. Unfortunately, there is little enforcement of these regulations. At best, family members are vulnerable to manipulative sales tactics at a time of grief. Learn how to save money on funerals and lessen the burden on your family. The Funeral Consumers Alliance is a nonprofit organization dedicated to protecting a consumer's right to choose a meaningful, dignified, affordable funeral.

#### **Online Class**

Thursday, Feb 2, 10:30 AM - 11:45 AM

Free

### **137 Gridiron Legacy: Pro Football's Missing Origin Story**

*Gregg Ficery, Author*

Author Gregg Ficery is the great-grandson of Bob Shiring, who was the captain of the 1906 professional football world champion Massillon Tigers and who was regarded by many as the greatest center of the pre-NFL professional era. In this class, Gregg will share with you how what was initially a family genealogy project turned into a book that significantly adds to and changes the historical narrative on the backstory of the origins of pro football.

#### **Online Class**

Thursday, Feb 2, 1:00 PM - 2:00 PM

Fee: \$12

### **138 Free Tools to Make Your Life Easier: Google Docs**

*Deeva Garel, Technology Instructor*

Learn how to use Google Docs to create word-processing documents on your own or in collaboration with others. Then see how these files as well as others can be saved and backed up for safekeeping. This is a demonstration class with time for Q&A, not a hands-on class. See related Google classes: #144 and #149.

#### **Online Class**

Thursday, Feb 2, 3:00 PM - 4:00 PM

Fee: \$12

### **140 Willie Mays: The "Say Hey" Kid (ZOOM)**

*Stephen Klatsky, Retired Attorney and Baseball Aficionado*

Willie Mays is perhaps the best baseball player ever. He could do everything on the field with incredible grace and style. His 22 years on the diamond were filled with thrills. His pre- and post-baseball life is a snapshot of American history. The class will cover as much ground as Willie did in center field.

#### **Online Class**

Monday, Feb 6, 10:30 AM - 12:00 PM

Fee: \$18

### **140 Willie Mays: The "Say Hey" Kid (AT OASIS)**

*Stephen Klatsky, Retired Attorney and Baseball Aficionado*

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#### **Oasis**

Monday, Feb 6, 10:30 AM - 12:00 PM

Fee: \$18

### **141 What You Need to Know About the First Amendment (AT OASIS)**

*Joseph Hartman, Assistant Teaching Professor, Dept. of Government, Georgetown University*

The First Amendment to the United States Constitution—terse in its wording, profound in its impact, sits at the heart of the American conception of freedom. This event will explain the basics of the constitutional principles of freedom of religion, freedom of speech, freedom of the press, and freedom of association found in the First Amendment. In so doing we will explore the evolving tests, standards, and approaches found in past decisions of the United States Supreme Court. We'll also consider how the current Court's recent and pending decisions may affect this crucial area.

#### **Oasis**

Monday, Feb 6, 1:00 PM - 2:30 PM

Fee: \$18

## **141 What You Need to Know About the First Amendment (ZOOM)**

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### **Online Class**

Monday, Feb 6, 1:00 PM - 2:30 PM

Fee: \$18

## **142 Economic Sanctions: Do They Accomplish Anything? (AT OASIS)**

*Owen Ullmann, Journalist and Author*

Nations have used economic sanctions regularly over the past century in hopes of deterring adversaries from launching wars and developing weapons of mass destruction. Yet these steps rarely succeed in changing behavior. Most often, they only punish bad actors for their aggression, as in the case of Russia, which continues to attack Ukraine. Despite their limited effectiveness, sanctions are better than all-out warfare and the targeted nations pay a steep price for their actions. Russia is learning that.

### **Oasis**

Tuesday, Feb 7, 10:30 AM - 12:00 PM

Fee: \$18

## **142 Economic Sanctions: Do They Accomplish Anything? (ZOOM)**

*Owen Ullmann, Journalist and Author*

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### **Online Class**

Tuesday, Feb 7, 10:30 AM - 12:00 PM

Fee: \$18

## **143 Fighting Alone? Debating the Freedom Struggle in America**

*Richard Bell, Professor of History, University of Maryland*

Nikole Hannah-Jones contends in the New York Times' 1619 Project that there was no significant bi-racial antislavery campaign in this country in the critical period between the Constitution and the Age of Jackson. White people, she said, sat on their hands. They did nothing of substance. "For the most part," she wrote, "Black Americans fought back alone." This conversation seeks to unpack this stout and sobering claim—the claim that African Americans had no meaningful white allies in the antislavery before 1840. Was this true?

### **Online Class**

Tuesday, Feb 7, 1:00 PM - 2:30 PM

Fee: \$18

## **144 Free Tools to Make Your Life Easier: Google Photos**

*Deeva Garel, Technology Instructor*

Google Photos is a simple and free app for managing your photos and videos. Topics covered include uploading, organizing, sharing, editing, and backing up your photos. This is a demonstration class with time for Q&A, not a hands-on class. See related Google classes: #138 and #149.

### **Online Class**

Tuesday, Feb 7, 3:00 PM - 4:00 PM

Fee: \$12

## **145 What Were the Best Films of 2022? (AT OASIS)**

*Christopher Reed, Chair and Professor,  
Department of Film and Moving Image,  
Stevenson University*

Whether in theaters or online, or both, many great films came out in 2022, and you surely saw some of them and have your own thoughts on what were the best. Join Christopher Llewellyn Reed, Chair of Stevenson University's Film & Moving Image Department and a professional film critic (for Film Festival Today and Hammer to Nail) to discuss the movies that have risen to the top of everyone's "best of" lists (and perhaps a few that haven't).

### **Oasis**

Wednesday, Feb 8, 10:30 AM - 12:00 PM

Fee: \$18

## **145 What Were the Best Films of 2022? (ZOOM)**

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### **Online Class**

Wednesday, Feb 8, 10:30 AM - 12:00 PM

Fee: \$18

## **146 Off the Beaten Path: Venice**

*Barbara Paulson, Travel Specialist*

Been there, done that? Looking for something in Venice a bit off the beaten path? Explore the Jewish ghetto, see the largest church in Venice with altarpieces by Titian (hint: NOT St. Mark's), see gondola builders at work, check out Casanova's prison cell at the Palazzo Ducal, buy some perfume or homeopathic cures at a still-active 18th c apothecary. European Travel Specialist Barbara Paulson offers alternatives to the "Big Box" museums, churches, and sites of Venice. (See related classes #185, 236)

### **Online Class**

Wednesday, Feb 8, 1:00 PM - 2:30 PM

Fee: \$18



## **147 Secrets of the American Revolution (AT OASIS)**

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

There are many, many aspects of the American Revolution that go unnoticed in surveys or overviews of that fascinating struggle. This course will highlight little-known facts of the War through a description of some of the personalities who fought it - we'll encounter well-known names like George Washington, Francis Marion, and Nathaniel Greene, but also some whom history has overlooked, like Peter Francisco, Deborah Sampson, and Chaim Solomon.

### **Oasis**

Thursday, Feb 9, 10:30 AM - 12:00 PM

Fee: \$18

## **147 Secrets of the American Revolution (ZOOM)**

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### **Online Class**

Thursday, Feb 9, 10:30 AM - 12:00 PM

Fee: \$18

## **148 The Architectural History of Ukraine's Devastated Eastern Orthodox Churches (ZOOM)**

*Judy Scott Feldman, Ph.D., Art Historian / National Mall Coalition*

Photos of the war in Ukraine include devastating images of Ukrainian and Russian Orthodox churches, their domes bombed, gold-laden altars ransacked, sacred icons strewn on the ground. The forms, functions, and sacred meaning of modern Russian and Ukrainian churches have common roots in ancient Constantinople (Istanbul). In this talk, we'll examine what the distinctive forms of Eastern Orthodox art and architecture tell us about the break, during ancient and medieval times, of Orthodox Christianity from the Roman Catholic church.

### **Online Class**

Thursday, Feb 9, 1:00 PM - 2:30 PM

Fee: \$18

## **148 The Architectural History of Ukraine's Devastated Eastern Orthodox Churches (AT OASIS)**

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### **Oasis**

Thursday, Feb 9, 1:00 PM - 2:30 PM

Fee: \$18

## **139 "Great Decisions" Discussion Group**

*Oasis Facilitators*

"Great Decisions" is America's largest discussion program on world affairs. The program highlights eight critical foreign policy challenges facing Americans each year. In groups across the country, participants discuss and debate each issue and complete a national opinion ballot to communicate their views to Congress and the White House. Each session will focus on one topic from the book, which must be read beforehand to ensure robust class participation. Meeting dates are: February 9 and 23, March 9 and 23, April 6 and 20, May 4 and 18.

Registration includes use of a copy of the Great Decisions Briefing Book. Contactless book pickup from Oasis is Monday - Thursday, 11 am - 4 pm. (Group participants will be from Washington Metro, as well as other Oasis centers.)

### **Online Class**

Thursday, Feb 9 - May 18, 03:00 PM - 04:30 PM

Fee: \$80 8 sessions

## **149 Free Tools to Make Your Life Easier: Google Maps, Calendar and Email**

*Deeva Garel, Technology Instructor*

Google Maps is more than finding how to get from one place to another. Explore additional features such as checking traffic, adding extra stops, and finding gas stations and other landmarks. Get organized using Google Calendar by tracking appointments and more through such features as sharing and reminders. Explore Gmail features to help tame an overflowing email inbox. This is a demonstration class with time for Q&A, not a hands-on class. See related Google classes: #138 and #144.

### **Online Class**

Thursday, Feb 9, 3:00 PM - 4:00 PM

Fee: \$12

## **150 Musical Monday with Coffee and Treats: What Is This Thing Called Love? (AT OASIS)**

*Michael Suser, Band Leader and Lecturer, and Charlene Cochran, Vocalist*

Start your week at Oasis with coffee and treats, followed by live music and the story behind it. Oasis Musical Mondays are underwritten by the Robin Fields Memorial Fund. Valentine's Day is the day after our show, so it's urgent that we find an answer! A logical place to look is the Great American Songbook, since 80% of these songs say "I Love You" in various ways. First we'll discuss how the tradition of Valentine's day came about, and how we celebrate it. Then, with my piano accompaniment, Charlene will croon romantic tunes that should help us answer some of our love questions.

(More Musical Mondays: see class #110, 190, and 240)

### **Oasis**

Monday, Feb 13, 10:30 AM - 12:15 PM

Fee: \$15

## **151 Take Charge of Your Mental Health**

*Tamar Rodney, PhD, RN, PMHNP-BC, CNE*

About one in four adults 65 years or older experience some type of mental health concern that is not traditionally associated with aging. Sadly, far too many do not seek or receive the help they need. Join Dr. Rodney to learn about mental health challenges many older adults face and the resources and treatments available for seniors with mental health concerns.

### **Online Class**

Monday, Feb 13, 3:00 PM - 4:00 PM

Free

## **165 Making the Music Their Own: Favorite Performers and The Great American Songbook (AT OASIS)**

*Julie Kurzava, Music Faculty, Loyola University*

A “standard” is a song that remains popular well beyond its original performance and setting, whether on the radio, on stage or in movies. Countless jazz and popular singers have interpreted standards from the Great American Songbook, ranging from Billie Holiday and Frank Sinatra to Michael Buble and Lady Gaga. Julie Kurzava compares styles of performances by our favorite performers, considering different ways they’ve made a song their own.

### **Oasis**

Tuesday, Feb 14, 10:30 AM - 12:00 PM  
Fee: \$18

## **165 Making the Music Their Own: Favorite Performers and The Great American Songbook (ZOOM)**

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### **Online Class**

Tuesday, Feb 14, 10:30 AM - 12:00 PM  
Fee: \$18

## **153 Cause for Hope: Connecting Climate Science, Economics, and Social Justice (ZOOM)**

*Eric Davidson, Professor, University of Maryland Center for Environmental Science*

We are doing too little, too late to address climate change and its many devastating impacts. On the other hand, we have more powerful science, technology, engineering, economics, and social science to understand and solve the problem than ever before. Dr. Davidson will discuss the means we have to make the transformational changes needed to avert the worst effects of climate change and other environmental, economic, and social pressures. In fact, the solutions to all of these issues are mutually supportive. Connecting these dots demonstrates how a healthy environment will reap economic and justice rewards.

(See related classes # 111, 157, and 243)

### **Online Class**

Tuesday, Feb 14, 1:00 PM - 2:30 PM  
Fee: \$18

## **153 Cause for Hope: Connecting Climate Science, Economics, and Social Justice (AT OASIS)**

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(See related classes # 111, 157, and 243)

### **Oasis**

Tuesday, Feb 14, 1:00 PM - 2:30 PM  
Fee: \$18

## **154 Marriott and Motor Cars: Made for Each Other (AT OASIS)**

*Katie Dishman, Corporate Archivist, Marriott International*

Did you know that Marriott International started as an A&W Root Beer stand in Washington, DC in 1927? In this class, we'll explore Marriott's history and the company's integral connection with cars. Not only did the stands, named Hot Shoppes, expand because of their drive-ins, but the lodging business began as motor hotels at the advent of the Interstate Highway System. Highlights from the history of the company and its growth, including its move to Bethesda in 1955 and to its new headquarters building in 2022, will be featured.

### **Oasis**

Wednesday, Feb 15, 10:30 AM - 11:30 AM

Fee: \$12

## **154 Marriott and Motor Cars: Made for Each Other (ZOOM)**

*Katie Dishman, Corporate Archivist, Marriott International*

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### **Online Class**

Wednesday, Feb 15, 10:30 AM - 11:30 AM

Fee: \$12

## **155 Joni Mitchell: Independent Spirit of Song**

*Jane Ellen, Performer, Composer, and Recording Artist*

Canadian singer-songwriter Joni Mitchell (1943- ) is one of the most highly respected songwriters of the 20th century. After making her mark in folk music, she explored jazz stylings, and is now known for her paintings as well as her music, many of which grace her album covers. Her continual struggle for artistic independence has made her a role model for other indie artists, and she is often critical of today's popular music industry.

### **Online Class**

Wednesday, Feb 15, 1:00 PM - 2:30 PM

Fee: \$18

## **156 A World of Ideas: Paris Salons in the 20's**

*Steven Gimbel, Professor of Philosophy, Gettysburg College*

A combination of Europeans and American expats between the World Wars found themselves pushing the boundaries of literature, art, and ideas. Pablo Picasso, Gertrude Stein and Alice B. Toklas, Ernest Hemingway, F. Scott Fitzgerald, Josephine Baker, and Coco Chanel gathered regularly to contemplate a world without boundaries.

(For more "World of Ideas" classes: see class #117, 206, 246)

### **Online Class**

Thursday, Feb 16, 10:30 AM - 12:00 PM

Fee: \$18

## **157 What Climate Change Means for Marylanders (ZOOM)**

*Dr. Peter Goodwin, President, University of Maryland Center of Environmental Science*

The climate in Maryland is changing, as it is everywhere. Shifting weather characteristics include the timing and intensity of storms, the duration of extreme heat events, the length of droughts, frequency of wildfire and noticeable changes in our environment.

The myriad consequences of these changing characteristics include an escalating incidence of major climate-related disasters, implications to flood management infrastructure, increasing difficulties in achieving water quality standards, adequacy of HVAC systems in buildings and implications to human health. In addressing these issues, the importance of integrating the principles of environmental justice into the early stage of planning has become evident as communities place-bound by culture or poverty are often the most vulnerable to these climate-induced consequences.

Fortunately, Maryland is making progress and has emerged as a national and international leader in mitigation, adaptation and climate justice. Dr. Goodwin will provide an overview of these efforts as well as progress at the international and national level.

(See related classes # 111, 153, and 243)

### **Online Class**

Thursday, Feb 16, 1:00 PM - 2:30 PM

Fee: \$18

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(See related classes # 111, 153, and 243)

### **Oasis**

Thursday, Feb 16, 1:00 PM - 2:30 PM

Fee: \$18

## **160 Electric Vehicles: Good for the Environment and Great to Drive**

*Ronald Kaltenbaugh, President, Electric Vehicle Association of Greater Washington, DC*

Interested in learning more about electric vehicles, or EVs? Then this program is for you! Topics covered will include the history of EVs, the various types of EVs, the charging of EVs, and the many benefits of EVs. You'll also learn how the electrification of transportation is one of the key solutions to addressing climate change.

### **Online Class**

Tuesday, Feb 21, 10:30 AM - 11:45 AM  
Free

## **161 Painters of the Petit Boulevard: Moving Beyond Impressionism**

*Bonita Billman, Art History Lecturer*

During his Paris years (1886-1888), Vincent van Gogh interacted frequently with Pissarro, Seurat, Gauguin, Toulouse-Lautrec and others. Vincent viewed these artists as outsiders like himself, misunderstood and rejected by conventional gallerists and patrons. Vincent called this circle of young artists "painters of the petit boulevard" in opposition to the established Impressionists of "the grand boulevard": Monet, Degas, Renoir. He conceived the idea of his fellow artists joining him in group exhibitions and forming an artistic community—a vision that never came to pass.

### **Online Class**

Tuesday, Feb 21, 1:00 PM - 2:30 PM  
Fee: \$18

## **162 Book Discussion: "Lessons in Chemistry"**

*Jonina Duker, Certified Book Discussion Leader*

Have you felt the buzz? The protagonist in this best-selling debut novel is a research chemist who gets fired. No, she didn't blow anything up at work – it's just that she is a she, and although unmarried ... gets pregnant. Wanting to stay in the workforce and knowing that "cooking is chemistry," she becomes a TV cooking show host and a "catalyst" for change. Please read the book so you can participate in our structured, facilitated, Zoom discussion. (Note: Please join the meeting at 3:00pm if you would like some assistance using the features of Zoom. Otherwise, join us at 3:15pm for the start of our discussion.)

(For other book discussions, see classes #124, 194, 234)

### **Online Class**

Tuesday, Feb 21, 3:00 PM - 4:30 PM  
Fee: \$18

## **163 Competency and the Criminal Trial: The Catherine Hoggle Case (ZOOM)**

*John McCarthy, Montgomery County State's Attorney*

Catherine Hoggle's children went missing in 2014 and she was charged with their murder. However, Hoggle was ruled mentally unfit for trial. In December 2022, the charges were dismissed due to the Maryland law which says a person charged with a felony can be held in a mentally incompetent posture for no more than five years. Mr. McCarthy will discuss the history of competency law in this country, in the context of the Hoggle case.

### **Online Class**

Wednesday, Feb 22, 10:30 AM - 12:00 PM  
Fee: \$18

### **163 Competency and the Criminal Trial: The Catherine Hoggle Case (AT OASIS)**

*John McCarthy, Montgomery County State's Attorney*

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#### **Oasis**

Wednesday, Feb 22, 10:30 AM - 12:00 PM

Fee: \$18

### **164 Laughter Yoga (AT OASIS ONLY)**

*Larissa Johnson, Edutainer*

Laughter Practice, aka Laughter Yoga, is a revolutionary idea to refresh the body and spirit. Simple and profound, it is sweeping the world as a physical and mental refresher through a new type of exercise that stresses both without overtaxing either. Usual yoga gear is not needed. Only your time and willingness to laugh and enjoy the hour are required.

#### **Oasis**

Wednesday, Feb 22, 1:00 PM - 2:00 PM

Fee: \$12

### **170 Nature's Favorite Number: The Golden Ratio (AT OASIS)**

*Dan Sherman, Musical Theatre Instructor*

Like its cousin pi, the number phi has a long and fascinating history. Its value defines the Golden Ratio (also called the "Divine Proportion") that some say defines beauty in the visual arts and nature. The number is closely related to the famous Fibonacci numbers, which relate to nature (e.g., the number of petals on a flower) and also many fascinating relationships among numbers. The class is meant to be fun and use basic mathematics to show how a seemingly simple set of numbers illuminate art, nature, and even music. Participants are welcome to bring paper and a pen to class, along with a calculator (a phone is fine).

#### **Oasis**

Monday, Feb 27, 10:30 AM - 12:00 PM

Fee: \$18

### **170 Nature's Favorite Number: The Golden Ratio (ZOOM)**

*Dan Sherman, Musical Theatre Instructor*

Like its cousin pi, the number phi has a long and fascinating history. Its value defines the Golden Ratio (also called the "Divine Proportion") that some say defines beauty in the visual arts and nature. The number is closely related to the famous Fibonacci numbers, which relate to nature (e.g., the number of petals on a flower) and also many fascinating relationships among numbers. The class is meant to be fun and use basic mathematics to show how a seemingly simple set of numbers illuminate art, nature, and even music. Participants are welcome to bring paper and a pen to class, along with a calculator (a phone is fine).

#### **Online Class**

Monday, Feb 27, 10:30 AM - 12:00 PM

Fee: \$18

## **172 Exercise Post Joint Replacement**

*Julie Knolmayer, PT*

Discussion of joint replacement surgery and the exercises that go along with rehabilitation following surgery and continuing into maintenance of the new joints.

### **Online Class**

Monday, Feb 27, 3:00 PM - 4:00 PM

Free

## **173 I Love iPad**

*Gary Cahn, Computer Instructor*

Do you own an iPad? Are you comfortable surfing the web on your iPad, and have you been using it for at least one month? If so, come to learn 39 tips and tricks to enable you to utilize more iPad features. Topics include hidden iPad shortcuts; backing up your iPad; organizing the apps on your home page; using Safari; updating the operating system; and much more. Students should have their own fully-charged iPad with them to use during class. In addition, you should have a computer or other device available to watch the class on Zoom. (This course is NOT for individuals who own other tablets such as the Kindle, Nook, Samsung, etc.) Limit: 12

### **Online Class**

Tuesday, Thursday, Feb 28 - Mar 2, 10:30 AM - 12:15 PM

Fee: \$42 2 sessions

## **174 Stolen: Kidnapping and Slavery in Pre-Civil War America**

*Richard Bell, Professor of History, University of Maryland*

This special program features a presentation by Dr. Richard Bell, the author of *Stolen*, a recent book that tells the incredible story of five boys whose courage forever changed the fight against slavery in America. Their ordeal shines a glaring spotlight on the Reverse Underground Railroad, a black-market network of human traffickers who stole away thousands of legally free African Americans to fuel slavery's rapid expansion in the decades before the Civil War.

### **Online Class**

Tuesday, Feb 28, 1:00 PM - 2:30 PM

Fee: \$18