



Keeping You Active, Healthy and Engaged!

Class Catalog
Fall 2023



Welcome to Oasis

Dear Oasis Friends,

We are pleased to present you with our **Fall 2023 Catalog**. Please share this catalog with your neighbors, friends and family so that they can enjoy all Oasis has to offer.

We are going to kick off the **Fall** term with several programs on how to **Avoid Falls!** See the facing page for more information about these events.

The beautiful fall weather is a great time to get outside, be together with others, and explore our community. We have planned a number of local tours, walks, and group volunteer opportunities.

We will also continue to offer a mix of in-person only, hybrid, and online-only classes. See the **Table of Contents** below for a guide to what's inside this catalog.

Registration is ongoing. Online registration via our website is open 24/7. Or feel free to mail-in or drop off your registration, using the form on page 15. **AND if you need any assistance with registration, don't hesitate to contact us or visit our center.**



In case you are looking for a new volunteer opportunity, please consider our award-winning **Intergenerational Tutoring Program**. You can read more about it on the back cover.

Stay well by embracing the joy of lifelong learning, keeping active, and giving back to the community. Please keep in touch with us. We look forward to seeing you at Oasis or online.

The Oasis Team,

*Anna, Janice,
Kathleen and Leah*

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HOURS

Mon – Th, 10:00am – 4:00pm

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Focus on Fall(s)!

September is Fall Prevention Month and Oasis wants to help you stay safe by arming you with information to decrease your fall risk. Each year, one in five adults will have a fall that results in injury. Learn about the factors that may make a fall more likely and what steps you can take to protect yourself with these Fall Prevention classes.



451

Focus on Falls: Lecture and Prevention Fair

John Natale PT, DPT, Suburban Hospital

Tue, Sep 5 | 1-3:30pm | Free

Learn how to improve balance and prevent falls. This lecture will take place in-person at Oasis and on Zoom from 1-2pm. For in-person participants, visit our fall prevention fair after the class for more helpful tips, giveaways and refreshments.

462

Exercises to Build Strength and Prevent Falls

Aubrey Reinmiller, PTA, CPT, Vitality Fitness and Wellness

Mon, Sep 11 | 3-4pm | Free

Learn about the common causes of imbalance and exercises to address them. This lecture is online-only.

483

A Pharmacist's Perspective on Preventing Falls

Mai Eltabak, PharmD, Suburban Hospital

Wed, Sep 27 | 3-4pm | Free

We'll take a look at different medications and how they can contribute to falls. This lecture is online-only.



Exercise of any kind can help to reduce your fall risk by building strength and improving balance.

Check out these fitness classes listed throughout the catalog:

#900 | Yoga Dance (IN-PERSON CLASS)

#903 | Build Better Balance (ONLINE CLASS)

#905 | Have a Ball with Cardio Drumming (IN-PERSON CLASS)

**"Let the
leaves
do the
falling!"**



IN-PERSON CLASSES

Classes on page 4-5 will be offered in-person at Oasis (or offsite for local tours).

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

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

904 | Talk and Walk for Breast Cancer Survivors

Jamie Borns, RN, BSN, CBPN-IC, Suburban Hospital

Thu, Sep 7, Oct 5, Nov 2, Dec 7 | 10:30am-12pm

Free | 4 sessions

Monthly program that will feature an update on a breast cancer 'hot topic.'

461 | Feeders, Fields and Forests:

A Photo Tour of the Birds Around Us

Calvin Schnure, Wildlife Photographer

Mon, Sep 11 | 1-2:15pm | \$15

Explore the diversity of our avian friends.

920 | Mah Jongg Practice Group

Oasis Members

Mon, Sep 11 - Dec 11 | 1-2:30pm | \$30 | 14 sessions

Practice your skills with other advanced-beginner and intermediate players.

915 | Women's Discussion Group

Libby Merrill, Facilitator

Thu, Sep 14, Oct 12, Nov 16, Dec 14

10:30am-12pm | \$20 | 4 sessions

Participate in an engaging and lively discussion with your peers.

900 | Yoga Dance

Kathy Hankins, Certified Yoga Instructor

Mon, Sep 18 - Dec 11 (bi-weekly) | 3-4pm | \$84

7 sessions

This class incorporates the anti-aging benefits of yoga and dance.

905 | Have a Ball with Cardio Drumming

Larissa Johnson, Fitness Instructor

Fri, Sep 22 - Dec 15 (bi-weekly) | 10:30-11:30am

\$84 | 7 sessions

A fun, easy, and effective workout, mostly seated with optional standing activities.

490 | Learn to Play Mah Jongg!

Nancy Kay, Mah Jongg Instructor

Mon, Oct 2 - Nov 6 | 10:30am-12:30pm | \$155 | 6 sessions

Learn how to play American style Mah Jongg using the National Mah Jongg League rules.

493 | Beginning Spanish

Lori Spak, Retired MCPS Spanish Teacher

Tue, Oct 3 - Dec 12 | 11am-12pm | \$120 | 10 sessions

Introductory course to Spanish language and the culture. Read full description on Oasis website.

496 | TED Talk Discussion: Why You Think You Are Right, Even If You Are Wrong

Beth Kimel, Facilitator

Wed, Oct 4 | 2:30-4pm | \$18

We will watch this TED talk together and then engage in dialogue about it.

503 | Smartphone Photography

Deeva Garel, Technology Instructor

Tue, Thu, Oct 10 & 12 | 1-2:30pm | \$36 | 2 sessions

Learn how to use the full complement of camera and photo editing features for fun and creative photography.

516 | AARP Driver TEK: Car Safety and Technology

Ken Ow, AARP Volunteer

Wed, Oct 18 | 1-2:30pm | Free

Learn about the latest high-tech safety features in your current car and what technology to look for when shopping for a new car.

523 | Bridge for Beginners

Gary Cahn, Bridge Instructor

Tue, Oct 24 - Nov 28 | 1-3pm | \$144 | 6 sessions

If you've never played but want to learn, this is the class for you.

536 | TED Talk Discussion: *My Stroke of Insight*

Beth Kimel, Facilitator

Wed, Nov 1 | 2:30-4pm | \$18

We will watch this TED talk together and then engage in dialogue about it.

541 | Cruising Canada's Northwest Passage

Alan and Judy Lewis, Seasoned Cruise Enthusiasts

Mon, Nov 6 | 1-2:15pm | \$15

Virtually experience a 2-1/2 week journey through the archipelago along Canada's north coast.

560 | AARP Smart Driver Course

Ken Ow, AARP Volunteer

Mon, Nov 20 | 10:30am-3:30pm | \$20/\$25 (pay to AARP)

Drivers who complete this course may receive a discount on auto insurance, depending on state regulations. Fee payable to AARP on day of class.

578 | Music and Mood

Vladimir Fridman, Guitarist and Composer

Thu, Nov 30 | 1-2:30pm | \$18

We'll listen and learn how our emotions and thoughts are affected by music.

586 | TED Talk Discussion:

The Disappearing Computer

Beth Kimel, Facilitator

Wed, Dec 6 | 2:30-4pm | \$18

We will watch this TED talk together and then engage in dialogue about it.

Local Walks and Tours



478 | Walk with a Naturalist: Locust Grove

Fri, Sep 22 | 10:30am-12pm | \$30

View fall blooming plants, ripening berries and nuts, migrating monarch butterflies, and signs of wildlife. Level of difficulty: 2/5



484 | Tour of the National Museum of Health and Medicine

Thu, Sep 28 | 10:15am-12pm | \$20

This docent-led tour will explore the history of medicine and American military medicine.

502 | Tour of Historic National Park Seminary

Tue, Oct 10 | 10am-12pm | \$25

Take a guided walking tour of this former women's school and WW2 hospital.



504 | Visit to the MoCo Police Training Academy

Fri, Oct 27 | 10:30am-12pm | \$20

View a presentation and a demonstration regarding defensive tactics and police use of force.

528 | Walk with a Naturalist: Riley's Lock

Fri, Oct 27 | 10:30am-12pm | \$30

Explore the history, flora and fauna of this section of the towpath. Level of difficulty: 1/5

558 | Walk with a Naturalist: Blockhouse Point

Fri, Nov 17 | 10:30am-12pm | \$30

Enjoy spectacular views of the Potomac River, the C & O Canal, and trees in their fall glory. Level of difficulty: 3/5



HYBRID CLASSES (IN-PERSON/ONLINE)

Classes on page 6-9 will be offered in-person at Oasis and online via Zoom.

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

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

454 | The Woman Who Helped Win World War II

Christopher Gorham, Lawyer and Teacher

Thu, Sep 7 | 10:30-11:30am | \$12

The previously unknown story of FDR's Mrs. Fix-It at home and WWII Special Envoy to Europe.

460 | The State of Political Journalism Today

Steve Roberts, Journalist and Author

Mon, Sep 11 | 10:30am-12pm | \$18

Current challenges, controversies and emerging trends.

465 | The Battle Over Affirmative Action

John McCarthy, Montgomery County State's Attorney

Wed, Sep 13 | 10:30am-12pm | \$18

How affirmative action evolved over time and how higher ed may respond to the court's latest ruling.

467 | The Pinchots: A Family Saga

David Patterson, Historian and Author

Thu, Sep 14 | 10:30-11:45am | \$15

Learn about three generations of this extraordinary family.



468 | Art and Politics in the Third Reich: The Case of Max Beckmann

Erich Keel, PhD, Museum Educator

Thu, Sep 14 | 1-2:30pm | \$18

Learn about Max Beckmann, the famous anti-Nazi 'smearer' and painter of modern art.

472 | The Medici: Patrons, Poltroons, and Pontiffs

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

Tue, Sep 19 | 10:30am-12pm | \$18

The political acumen, guile, wealth, art and excess of one family.

463 | Local Heroes of the Underground Railroad

Jenny Masur, Author and Local Historian

Tue, Sep 12 | 10:30-11:45am | \$15

Learn about these unsung heroes: man, woman, black, and white.

464 | Federalists vs. Antifederalists: Why the Battle over the Constitution Still Matters

Denver Brunsmann, Department of History, GWU

Tue, Sep 12 | 1-2:30pm | \$18

The political debate—local vs. national, urban vs. rural, elite vs. commoner—persists today.

475 | Citizen Kane: Enjoying a Classic

Dan Sherman, PhD

Wed, Sep 20 | 10:30am-12pm | \$18

At age 25, Orson Welles directed and starred in what some say is the greatest film ever made.

476 | Gilded Age Mansions of Dupont Circle

Ralph D Buglass, Montgomery History

Thu, Sep 21 | 10:30am-12pm | \$18

A virtual tour of still-standing mansions in the Dupont Circle area of Washington, DC.

477 | The Olmsted:
Envisioning the Capital Landscape

Judy Scott Feldman, PhD, Art Historian
Thu, Sep 21 | 1-2:30pm | \$18

The Olmsted's (father and son) unique landscape designs for the nation's capital.

480 | The Collaborators:
Jule Styne and Frank Sinatra

Julie Kurzava, Faculty, Loyola University
Tue, Sep 26 | 10:30am-12pm | \$18

Listen to and learn about the hits that Styne wrote for Ol' Blue Eyes. (See related classes, #522 and 590)

481 | Montgomery County's Rich Sports History

Trish Heffelfinger, Chair, MoCo Sports Hall of Fame
Tue, Sep 26 | 1-2pm | \$12

Did you know that Montgomery County has its very own Sports Hall of Fame? Who is in it?!

482 | The US and Israel in a Changing Middle East

Lawrence Haas, Senior Fellow, Am. Foreign Policy Council
Wed, Sep 27 | 10:30am-12pm | \$18

How will the United States and Israel face an evolving Middle East?

492 | The Terracotta Soldiers and the First Emperor of China

Dorothy Trench Bonett, Writer
Tue, Oct 3 | 10:30-11:30am | \$12

Learn about these treasures of world art and the Emperor they were built to protect.



494 | Mapping Segregation: The Geography of Racial Exclusion in Montgomery County

Rebecca Ballo, Historic Preservation Supervisor,
Montgomery County Planning Department
Tue, Oct 3 | 1-2pm | \$12

How systemic actions have led to inequitable development in Montgomery County.

495 | Words to That Effect:
The Language of American Politics

Linda Coleman, Associate Professor, UMD
Wed, Oct 4 | 1-2:30pm | \$18

How American politicians use language in ways that sometimes seem rather unusual.

512 | Baseball's Satchel Paige & Josh Gibson

Stephen Klatsky & Jerry Brennan, Baseball Aficionados
Tue, Oct 17 | 10:30am-12pm | \$18

The lives and careers of the Negro League's greatest pitcher and catcher.

517 | The Saturday Night Massacre: 50 Years Later

Christopher Cruise, Journalist
Thu, Oct 19 | 10:30am-12pm | \$18

What happened on that fateful October day and what followed...

522 | The Collaborators:
Jule Styne and Ethel Merman

Julie Kurzava, Faculty, Loyola University
Tue, Oct 24 | 10:30am-12pm | \$18

A focus on Styne's relationship with Merman, including her tour de force role in "Gypsy." (See related classes, #480 and 590)

525 | Going Digital: Converting Your Photos, Slides and Movies to Digital Format

Victor Rezmovic, Technology Instructor
Wed, Oct 25 | 2-3:30pm | \$18

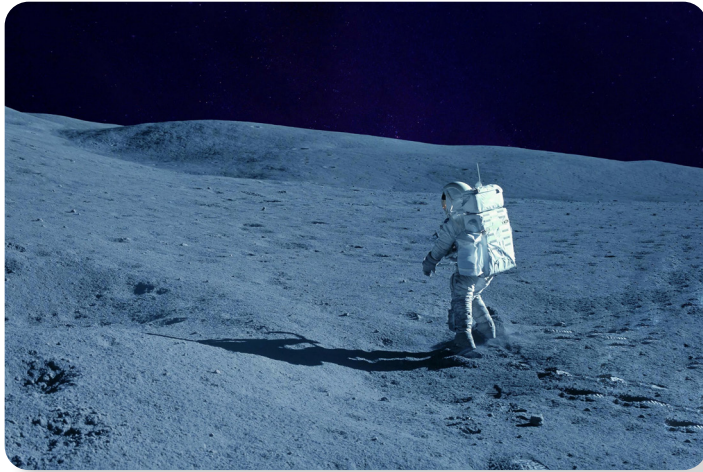
Convert those old photos, slides, CDs and movies to digital so you can view them easily!

527 | The Mystery of Michelangelo's Last Judgment

Judy Scott Feldman, PhD, Art Historian

Thu, Oct 26 | 1-2:30pm | \$18*Learn about the many different ways to interpret Michelangelo's "Last Judgment".***532 | They Came in Peace:****The Apollo Astronauts**

Dan Sherman, PhD

Tue, Oct 31 | 10:30am-12pm | \$18*An in-depth look at the lives and careers of the Apollo astronauts.***542 | Napoleon: Man of Destiny**

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

Tue, Nov 7 | 10:30am-12pm | \$18*The forces behind his rise to power and spectacular downfall.***543 | It Takes a Thief:****Art Crimes from Mona Lisa to the Gardner Heist**

Joan Hart, Art History Instructor, Museum One, Inc.

Tue, Nov 7 | 1-2:30pm | \$18*Some of the most famous, notorious and unsolved art crimes.***544 | The Rise of India:****Economic Superpower of Tomorrow**

Owen Ullmann, Journalist and Author

Wed, Nov 8 | 10:30am-12pm | \$18*India is gaining ground - how does this affect the world order?***546 | This Holiday Season, Skip the Scams!**

Victor Rezmovic and Deeva Garel, Computer Instructors

Thu, Nov 9 | 10:30am-12pm | Free*75% of U.S. consumers have experienced at least one form of fraud that can be tied to the holidays. Be prepared!***553 | Russia & China Challenging America**

Robert Sutter, Professor, GWU

Tue, Nov 14 | 10:30am-12pm | \$18*Assessing the development of the alignment between Russia and China against the U.S.***554 | The Impressionists and Fashion:****From Monet to Renoir to Cassatt**

Joan Hart, Art History Instructor, Museum One, Inc.

Tue, Nov 14 | 1-2:30pm | \$18*A look at the role of fashion in the works of Monet, Renoir, Cassatt and their contemporaries.***555 | Cannabis is Legal in Maryland, Now What?**

John McCarthy, Montgomery County State's Attorney

Wed, Nov 15 | 10:30am-12pm | \$18*What are the practical and policy implications of legal cannabis in Maryland?***574 | Navigating Your Healthcare Journey:****Get the Care You Deserve**

Z. Colette Edwards, MD, MBA and Charlene Rothkopf, Management Consultant and Patient

Tue, Nov 28 | 1-2pm | Free*Empower yourself to manage the challenges of our healthcare system.*

**575 | Alternative Sources of Energy:
Solar, Wind, Geothermal, and More**

Guillermo Warley, Electronics Engineer
Wed, Nov 29 | 10:30am-12pm | \$18

We'll discuss how they work and which are the most promising.

590 | The Collaborators:

Jule Styne and Barbra Streisand

Julie Kurzava, Faculty, Loyola University
Mon, Dec 11 | 10:30am-12pm | \$18

Styne worked with Streisand to create her career defining role, "Funny Girl". (See related classes, #480 and 522)

593 | Hamilton: Man and Musical

Dan Sherman, PhD

Tue, Dec 12 | 1-2:30pm | \$18

Enjoy this wonderful blend of history and musical theatre!

594 | Alternatives to Incarceration

John McCarthy, Montgomery County State's Attorney
Wed, Dec 13 | 10:30am-12pm | \$18

Efforts in Maryland and other states that are enabling them to reduce prison rolls, costs and crime.

596 | St. Mark's Basilica:

Artistic Crossroads of West and East

Judy Scott Feldman, PhD, Art Historian
Thu, Dec 14 | 1-2:30pm | \$18

This masterpiece in Venice embodies a unique blending of cultures in its architecture and art.

Group Volunteer Opportunities

Give back to your community by volunteering for a couple of hours at a local non-profit. Learn about the great work these organizations are doing and meet fellow Oasis participants who also want to give back.



486 | Oasis Volunteer Event at Manna Food Center
Fri, Sep 29 | 10am-12pm | Free

Help sort food at Manna, which distributes 12,000 pounds of food daily.

531 | Oasis Volunteer Event at A Wider Circle
Mon, Oct 30 | 1-3pm | Free

Help sort donations and stock showrooms for neighbors seeking to rise out of poverty.

576 | Oasis Volunteer Event at Comfort Cases
Wed, Nov 29 | 2-3:30pm | Free

Comfort Cases provides essential items to children being placed in foster care.



ONLINE-ONLY CLASSES

All classes on page 10-13 will be offered online-only via Zoom.

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

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

Oasis Discussion Groups

engage in conversations on a wide variety of political, cultural, and newsworthy topics, as well as other issues of common interest selected by the group. Every group has a different "flavor" so we invite you to try a group first to make sure it's a good match. If you'd like to try a discussion group before signing up please email us at washingtonmetro@oasisnet.org



910 | Men's Discussion Group (A)

Mon, Sep 11 - Dec 18 | 10:30am-12pm | \$30
15 sessions

911 | Bethesda Men's Discussion Group (A)

Mon, Sep 11 - Dec 18 | 10:30am-12pm | \$30
15 sessions

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

Tue, 10:30am-12pm & Fri, 12:30-2pm
Sep 5 - Dec 29 | \$30 | 34 sessions

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

Tue, Sep 5 - Dec 26 | 1-2:30pm | \$30
17 sessions

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

Wed, Sep 6 - Dec 27 | 10:30am-12pm | \$30 17 sessions

916 | Men's Discussion Group (B)

Thu, Sep 7 - Dec 28 | 1-2:30pm | \$30
17 sessions

917 | Bethesda Men's Discussion Group (B)

Fri, Sep 8 - Dec 29 | 10-11:30am | \$30
17 sessions

452 | The Revolution's POWs:

Privateers, Prisoners, and Britain's Black Holes

Richard Bell, Professor of History, University of Maryland

Wed, Sep 6 | 10:30am-12pm | \$18

Britain's Royal Navy took 11,000 American sailors captive during the Revolutionary War.

455 | The Big Questions: Does God Exist?

Steven Gimbel, Prof. of Philosophy, Gettysburg College

Thu, Sep 7 | 1-2:30pm | \$18

A look at a wide range of arguments on multiple sides of the discussion. (See related classes #498, 538, 587.)

902 | Memory Café - Support Group

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

Fri, Sep 8, Oct 6, Nov 3, Dec 1 | 2-3pm | Free
4 sessions

Meet and spend time with others also experiencing a similar journey with memory loss.

903 | Build Better Balance

Aubrey Reinmiller, PTA, CPT

Fri, Sep 8 - Dec 15 | 1:30-2:30pm | \$168 | 14 sessions

Learn practical strategies for preventing falls while enjoying some fun balance and coordination exercises.

466 | The Hollywood Songbook of Frank Sinatra

Brian Rose, Professor (ret.), Fordham University

Wed, Sep 13 | 1-2:15pm | \$15

The extraordinary Hollywood musical career of 'Old Blue Eyes'!

901 | Caregivers Support Group
Sponsored by Family & Nursing Care

Roberta Drucker, LCSW-C

Wed, Sep 13 - Dec 13 (bi-weekly)

11am-12pm | Free | 7 sessions

Learn from the experiences of others and encourage those who are in similar circumstances.



470 | Dinner With the President

Alex Prud'homme, Freelance Writer

Mon, Sep 18 | 10:30-11:30am | \$12

American and presidential history seen through a gastronomic lens.

471 | Battle(s) of the Sexes

Mariana Brandman, PhD, Public Historian

Mon, Sep 18 | 1-2pm | \$12

The story of Billie Jean King and other women's sports pioneers.

**473 | Poor Richard's Women:
Behind the Founding Father**

Nancy Rubin Stuart, Author and Journalist

Tue, Sep 19 | 1-2pm | \$12

Hear the long-neglected voices of the women in Ben Franklin's life.

474 | Book Discussion:

Midnight in the Garden of Good and Evil

Jonina Duker, Certified Book Discussion Leader

Tue, Sep 19 | 3-4:30pm | \$18

This NYT bestselling murder mystery takes you to Savannah in the 1980s. (For other book discussions, see #514, 563, 597)

485 | Off the Beaten Path: Annapolis

Barbara Paulson, Travel Specialist

Thu, Sep 28 | 1-2:30pm | \$18

Home of the U.S. Naval Academy, Annapolis has a lot more than boats. (See related classes #535, 585.)

497 | The Spin on Hurricanes

Deirdre Kann, National Weather Service (Retired)

Thu, Oct 5 | 10:30am-12pm | \$18

How these tropical systems form and why the resulting damage can be so extreme.

498 | The Big Questions: Do Humans Have Free Will?

Steven Gimbel, Prof. of Philosophy, Gettysburg College

Thu, Oct 5 | 1-2:30pm | \$18

We will examine arguments on all sides of the debate. (See related classes #455, 538, 587.)

501 | Get Motivated to Get Physical!

Barbara G. Resnick, PhD, CRNP; Professor, UMD

Mon, Oct 9 | 3-4pm | Free

How to motivate yourself to start exercising and keep at it!



505 | Elvis in Hollywood

Brian Rose, Professor (ret.), Fordham University

Wed, Oct 11 | 1-2:15pm | \$15

Learn about the ups and downs of Elvis Presley's volatile Hollywood career.

510 | The Osage, Oil and the Reign of Terror

Dr. Michael Kryzanek, Bridgewater State University

Mon, Oct 16 | 10:30-11:30am | \$12

In the 1920's, the Osage tribe were targeted in a murderous scheme to steal their oil rights.

**513 | On the Cusp of Freedom:
Remembering Emancipation in Maryland**

Anthony Cohen, President, Menare Foundation
Tue, Oct 17 | 1-2pm | \$12

How black Montgomery Countians won their liberty through self-liberation and resistance.

514 | Book Discussion: *Trust*

Jonina Duker, Certified Book Discussion Leader
Tue, Oct 17 | 3-4:30pm | \$18

In development as a series on HBO, the book probes the illusion of money and the truth. (For other book discussions, see classes #474, 563, 597.)

515 | The American Revolution and the Pursuit of Happiness in the African Diaspora

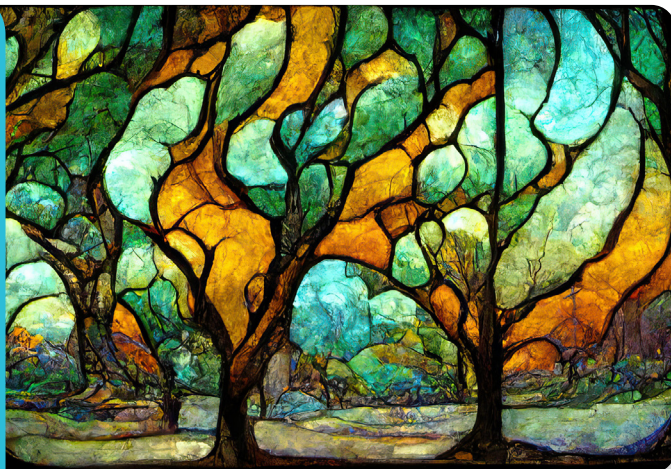
Richard Bell, Professor of History, University of Maryland
Wed, Oct 18 | 10:30am-12:00pm | \$18

Enslaved people won pledges of freedom if they fought for the British. What happened when the Brits lost?

518 | Tiffany: Master of Glass

Bonita Billman, Art History Lecturer
Thu, Oct 19 | 1-2:30pm | \$18

The amazing glass artistry of Charles Lewis Tiffany and his son Louis Comfort Tiffany.



521 | Do No Harm: Take Your Medication Safely

Mai Eltabak, PharmD, Suburban Hospital
Mon, Oct 23 | 3-4pm | Free

Learn about side effects of commonly prescribed drugs and interactions with OTC drugs, supplements and food

534 | The Fire of Frederick Douglass

Richard Bell, Prof. of History, University of Maryland
Wed, Nov 1 | 10:30am-12pm | \$18

The visionary prophet who could see a better future that lay just beyond reach.

535 | Off the Beaten Path: Berlin

Barbara Paulson, Travel Specialist
Wed, Nov 1 | 1-2:30pm | \$18

Get an idea of life in Berlin that's not in the travel guides. (See related classes #485, 585.)

538 | The Big Questions: What Is Consciousness?

Steven Gimbel, Prof. of Philosophy, Gettysburg College
Thu, Nov 2 | 1-2:30pm | \$18

How do we explain consciousness? (See related classes #455, 498, 587.)

550 | Religion and the Separation of Church and State

Dr. Michael Kryzanek, Bridgewater State University
Mon, Nov 13 | 10:30-11:30am | \$12

What is the proper role of religion in public life? Who decides?

552 | Holiday Eating Strategies

Thu Huynh, RD, LDN
Mon, Nov 13 | 3-4pm | Free

How to enjoy your holidays with none of the guilt.

562 | American Art in the Age of George Washington

Bonita Billman, Art History Lecturer
Tue, Nov 21 | 1-2:30pm | \$18

A look at the young arts, chiefly painting, of the American colonies.

563 | Book Discussion: *His Truth Is Marching On: John Lewis and the Power of Hope*

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

An original Freedom Rider, Lewis achieved international acclaim for his leadership. (For other book discussions, see classes #474, 514, 597.)

572 | Introduction to Meditation and Mindfulness

Julia Jankowski, Registered Dietician Nutritionist and Certified Diabetes Care and Education Specialist

Mon, Nov 27 | 3-4pm | Free

Learn about meditation and mindfulness benefits and strategies.

580 | The President, Congress and American Foreign Policy

Dr. Michael Kryzanek, Bridgewater State University

Mon, Dec 4 | 10:30-11:30am | \$12

How these two branches interact to shape US foreign policy.

583 | The Wyeth Dynasty: Three Generations of American Painters

Bonita Billman, Art History Lecturer

Tue, Dec 5 | 1-2:30pm | \$18

A history of the Wyeth artistic dynasty spanning the 20th century.

584 | Independence Lost: The American Revolution and the Invasion of India

Richard Bell, Professor of History, University of Maryland

Wed, Dec 6 | 10:30am-12pm | \$18

See how India was an example of the global dimensions of the American Revolution.

585 | Off the Beaten Path: Solo Travel

Barbara Paulson, Travel Specialist

Wed, Dec 6 | 1-2:30pm | \$18

Tips for increasing your comfort level and fully enjoying the solo travel experience. (See related classes #485, 535.)



587 | The Big Questions: What Makes Actions Moral?

Steven Gimbel, Prof. of Philosophy, Gettysburg College

Thu, Dec 7 | 1-2:30pm | \$18

How do philosophers draw the line between right and wrong? How should we? (See related classes #455, 498, 538.)

597 | Book Discussion: Romantic Comedy

Jonina Duker, Certified Book Discussion Leader

Tue, Dec 19 | 3-4:30pm | \$18

A comedy TV writer finally seems to be “punching above her weight class” in romance. (For other book discussions, see classes #474, 514, 563.)

*Please
Note...*

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

ONLINE CLASSES

THE GRANDVIEW IS PROUD TO SPONSOR THE WASHINGTON METRO OASIS CATALOG.



Conceptual rendering

INTRODUCING BRAND-NEW SENIOR LIVING AT **The Grandview**



Conceptual rendering



Conceptual rendering

Experience elevated senior living at the **new** Erickson Senior Living®-managed community coming to Bethesda.

Our Sales Center is now open!

- Preview our stylish apartment homes
- Explore services to enhance your well-being
- Discover resort-style amenities
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Duplicate copies of this form can be printed from the Oasis website.

Name _____
(Please print clearly) (Last Name) (First Name) (MI)

Address _____ City _____ State _____ Zip _____

Phone Number _____ Cell Phone _____

Email Address _____

Class #	For hybrid class, indicate At Oasis or Zoom	Class Title	Fee
Total:			

☐ Please charge my credit card: ☐ VISA ☐ MasterCard ☐ Discover

Card #: _____ Exp. Date: _____ CVV _____

Signature: _____

☐ Enclosed is my check payable to Oasis ☐ Cash

WAIVER OF LIABILITY

I, for myself and my executors, administrators and assignees do hereby release and discharge Oasis and Macy's Inc. and all other sponsors, supporters, and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis and/or Macy's Inc. including but not limited to: educational, cultural, volunteer, physical-fitness-related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that all program fees are non-refundable except as provided in the Oasis refund policy. I give permission for The Oasis Institute to photograph or videotape me and to use my name and image in Oasis materials and publicity. I agree to follow all covid-related health and safety guidelines as indicated on the Oasis website.

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