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

Welcome to Oasis

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Westfield Montgomery Mall
7125 Democracy Blvd
Bethesda, MD 20817

Main Number
240-800-3745

Website
washington-metro.oasisnet.org

Email
washingtonmetro@oasisnet.org

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.

**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.

**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.

**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)

*These programs are brought to you through the generosity of the Florence Nesh Charitable Trust.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Instructor</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Sessions</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>904</td>
<td>Talk and Walk for Breast Cancer Survivors</td>
<td>Jamie Borns, RN, BSN, CBPN-IC, Suburban Hospital</td>
<td>Thu, Sep 7, Oct 5, Nov 2, Dec 7</td>
<td>10:30am-12pm</td>
<td>Free</td>
<td>4</td>
<td>Monthly program that will feature an update on a breast cancer ‘hot topic.’</td>
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<tr>
<td>490</td>
<td>Learn to Play Mah Jongg!</td>
<td>Nancy Kay, Mah Jongg Instructor</td>
<td>Mon, Oct 2 - Nov 6</td>
<td>10:30am-12:30pm</td>
<td>$155</td>
<td>6</td>
<td>Learn how to play American style Mah Jongg using the National Mah Jongg League rules.</td>
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<tr>
<td>461</td>
<td>Feeders, Fields and Forests: A Photo Tour of the Birds Around Us</td>
<td>Calvin Schnure, Wildlife Photographer</td>
<td>Mon, Sep 11</td>
<td>1-2:15pm</td>
<td>$15</td>
<td></td>
<td>Explore the diversity of our avian friends.</td>
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<tr>
<td>920</td>
<td>Mah Jongg Practice Group</td>
<td>Oasis Members</td>
<td>Mon, Sep 11 - Dec 11</td>
<td>1-2:30pm</td>
<td>$30</td>
<td>14</td>
<td>Practice your skills with other advanced-beginner and intermediate players.</td>
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<td>915</td>
<td>Women’s Discussion Group</td>
<td>Libby Merrill, Facilitator</td>
<td>Thu, Sep 14, Oct 12, Nov 16, Dec 14</td>
<td>10:30am-12pm</td>
<td>$20</td>
<td>4</td>
<td>Participate in an engaging and lively discussion with your peers.</td>
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<td>900</td>
<td>Yoga Dance</td>
<td>Kathy Hankins, Certified Yoga Instructor</td>
<td>Mon, Sep 18 - Dec 11 (bi-weekly)</td>
<td>3-4pm</td>
<td>$84</td>
<td>7</td>
<td>This class incorporates the anti-aging benefits of yoga and dance.</td>
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<td>905</td>
<td>Have a Ball with Cardio Drumming</td>
<td>Larissa Johnson, Fitness Instructor</td>
<td>Fri, Sep 22 - Dec 15 (bi-weekly)</td>
<td>10:30-11:30am</td>
<td>$84</td>
<td>7</td>
<td>A fun, easy, and effective workout, mostly seated with optional standing activities.</td>
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<td>493</td>
<td>Beginning Spanish</td>
<td>Lori Spak, Retired MCPS Spanish Teacher</td>
<td>Tue, Oct 3 - Dec 12</td>
<td>11am-12pm</td>
<td>$120</td>
<td>10</td>
<td>Introductory course to Spanish language and the culture. Read full description on Oasis website.</td>
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<td>496</td>
<td>TED Talk Discussion: Why You Think You Are Right, Even If You Are Wrong</td>
<td>Beth Kimel, Facilitator</td>
<td>Wed, Oct 4</td>
<td>2:30-4pm</td>
<td>$18</td>
<td></td>
<td>We will watch this TED talk together and then engage in dialogue about it.</td>
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<td>503</td>
<td>Smartphone Photography</td>
<td>Deeva Garel, Technology Instructor</td>
<td>Tue, Thu, Oct 10 &amp; 12</td>
<td>1-2:30pm</td>
<td>$36</td>
<td>2</td>
<td>Learn how to use the full complement of camera and photo editing features for fun and creative photography.</td>
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<td>516</td>
<td>AARP Driver TEK: Car Safety and Technology</td>
<td>Ken Ow, AARP Volunteer</td>
<td>Wed, Oct 18</td>
<td>1-2:30pm</td>
<td>Free</td>
<td></td>
<td>Learn about the latest high-tech safety features in your current car and what technology to look for when shopping for a new car.</td>
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<td>523</td>
<td>Bridge for Beginners</td>
<td>Gary Cahn, Bridge Instructor</td>
<td>Tue, Oct 24 - Nov 28</td>
<td>1-3pm</td>
<td>$144</td>
<td>6</td>
<td>If you’ve never played but want to learn, this is the class for you.</td>
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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.

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 Brunsman, 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.

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.

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 Olmsteds: Envisioning the Capital Landscape
Judy Scott Feldman, PhD, Art Historian
Thu, Sep 21 | 1-2:30pm | $18
The Olmsteds’ (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
Rebeccah 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.

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.

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?

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.

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

ONLINE CLASSES

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

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

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  
Jodina 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.
ONLINE CLASSES

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.

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.)
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.
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
- Learn about our ideal location

Call 1-844-366-4206 to receive your free brochure or schedule a visit to our Sales Center.
# Oasis Class Registration

Mail registrations to: Oasis, c/o Macy’s Home Store • 7125 Democracy Blvd • Bethesda, MD 20817

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_____________________________________________________________________________

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<th>Class #</th>
<th>For hybrid class, indicate At Oasis or Zoom</th>
<th>Class Title</th>
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Total:

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

Card #:_________________________________________ Exp. Date: _________ CVV__________

Signature:_________________________________________________________   Date:______________________

☐ Enclosed is my check payable to Oasis   ☐ Cash

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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.

Signature:_________________________________________________________________________   Date:______________________

Emergency Contact:________________________________________ Relationship: __________ Phone#:_____________________

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INTRODUCING BRAND-NEW SENIOR LIVING AT The Grandview

The Grandview is pending approval from the Maryland Department of Aging.

The Grandview is proud to sponsor the Washington Metro Oasis Catalog.
TUTOR
MENTOR
MAKE A DIFFERENCE

- Discover the joy of giving back to our community through volunteering with the Oasis Intergenerational Tutoring Program.
- As a tutor, you will work one-on-one with a child in a local public school as a tutor and mentor.
- Oasis will support you every step of the way with comprehensive training and enrichment workshops throughout the year.
- We are now accepting new tutors for the 2023-2024 school year. If you are interested, please contact Oasis Tutor Coordinator, Kathleen McDaniel at kmcdn10@jhmi.edu or 240-800-3745.