

**Celebrating 30 Years of Lifelong Learning!**

**Class Catalog**  
*Winter 2024*

Sponsored by







# Welcome to Oasis

Dear Oasis Friends,

We are pleased to present you with our **Winter 2024 Catalog**. It contains a treasure trove of in-person only, hybrid, and online-only programs. See the **Table of Contents** below for a guide to what's inside.

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.** (See our contact information and office hours below.)



Lifelong learning helps keep your brain and spirit bright. Indulge yourself with Oasis classes this winter! Please also consider an Oasis gift card for the "hard-to-shop-for" friends and family on your holiday list.

By the way, Oasis staff has a holiday wish list as well. We would love it if you would:

- Share Oasis class information with friends and invite them to join you.
- For couples and friends who take online classes together, please register for 2 seats.
- If you see a Washington Metro Oasis class on the Oasis Everywhere website, please register for it on the local Washington Metro Oasis website.

Thank you! We wish you happy and healthy holidays. And we look forward to seeing you at Oasis or online in 2024.

The Oasis Team,

*Anna, Janice,  
Kathleen and Leah*

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## HOURS

Mon – Th, 10:00am – 4:00pm  
Oasis will be closed Jan. 1, 4 & 15

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## INCLEMENT WEATHER POLICY

In the case of inclement weather that causes the Oasis center to close:

- In-person-only classes will be canceled.
- Online classes will take place as scheduled.
- If an in-person class also has an online option, the class will be converted to online-only (class zoom links are always included in your class reminder email).

Please check the following sources for up-to-date information about Oasis class cancellations/closings:

- Website: **WASHINGTON-METRO.OASISNET.ORG**  
(updated by 9:00am if Oasis is closed or delayed)
- Oasis voicemail: **240-800-3745**  
(updated by 9:00am if Oasis is closed or delayed)

## REFUND POLICY

- Oasis will refund your payment if a class is canceled.
- Oasis will credit your Oasis account if a class is rescheduled and you notify us at least 48 hours in advance that you cannot attend the rescheduled date.
- No refund or credit will be given for any other reason.
- If you are unable to attend a class, you may invite another person to take your place in the class OR, as a courtesy, notify us that you can't make the class, so we can offer the seat to a fellow Oasis student on the waiting list.
- Oasis class fees are not prorated.

# Oasis Art Gallery Exhibition

January 8 - April 19, 2024



MONTGOMERY ART ASSOCIATION

at Westfield Montgomery Mall

7125 Democracy Blvd, Bethesda, MD 20817

Starry Christmas Night by John Dillon



Smile (crop) by Rahela Majidi



Great in Blue (crop) by Jamie Downs



## Fluid Art Workshop

Sun, Feb 25 | 1-3:30pm | \$10 | at Oasis

Join Fluid Artist, Ella Soroori, for an afternoon of creative exploration, fun, and learning with the mesmerizing beauty of fluid art. Various techniques for managing the fluid paint will be demonstrated during the workshop with ample time for students to produce at least 1 to 2 small canvases. See class #169 on the Oasis website for a full program description and a link to register through the Montgomery Art Association.





# IN-PERSON CLASSES

Classes on page 4-5 will be offered in-person at Oasis.

Read full class descriptions and register on our website: [washington-metro.oasiseverywhere.org](http://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, Jan 4, Feb 1, Mar 7, Apr 4, May 2 | 10:30am-12pm

Free | 5 sessions

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

## 900 | Yoga Dance - Session 1

Kathy Hankins, Certified Yoga and Meditation Instructor

Mon, Jan 8 - Feb 19 (No class Jan 15) | 3-4pm | \$72

6 sessions

*Recent research supports the hypothesis that dance and yoga reverse aging.*

## 920 | Mah Jongg Practice Group

Oasis Members

Mon, Jan 8 - Apr 15 | 1-2:30pm | \$30 | 15 sessions

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

## 907 | Finding Calm Through Meditation - Session 1

Kathy Hankins, Certified Yoga and Meditation Instructor

Tue, Jan 9 - Feb 20 | 2:30-3:30pm | \$84 | 7 sessions

*Explore different methods of meditation to see what works for you!*

## 106 | TED Talk Discussion:

**Three Practices For Wisdom And Wholeness**

Beth Kimel, Facilitator

Wed, Jan 17 | 1-2:30pm | \$18

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

## 915 | Women's Discussion Group

Libby Merrill, Facilitator

Thu, Jan 11 - Apr 11 | 10:30am-12pm | \$20

4 sessions

*Participate in an engaging and lively discussion with your peers.*

## 905 | Have a Ball with Cardio Drumming

Larissa Johnson, Fitness Instructor

Fri, Jan 12 - Apr 19 (bi-weekly) | 10:30-11:30am | \$96

8 sessions

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



## 114 | Bridge for Beginners

Gary Cahn, Bridge Instructor

Tue, Jan 16 - Feb 20 | 1-3pm | \$144 | 6 sessions

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

## 118 | Beginning Spanish 2

Lori Spak, Retired MCPS Spanish Teacher

Thu, Jan 18 - Mar 21 | 11am-12pm | \$120 | 10 sessions

*This is a continuation of the Beginner 1 class. New students should contact Oasis before registering.*

## 123 | Beginner Canasta

Michele Heffner, Canasta Instructor

Tue, Jan 23 - Feb 27 | 1-3pm | \$150 | 6 sessions

*Learn this old card game in it's hot, new modernized version!*



### 134 | Trivia Tuesday at Oasis

Charm City Trivia

Tue, Jan 30 | 1-2:30pm | \$20

*An afternoon of trivia games and light refreshments to brighten up a winter day.*

### 146 | TED Talk Discussion: Why Thinking About Death Helps You Live A Better Life

Beth Kimel, Facilitator

Wed, Feb 7 | 1-2:30pm | \$18

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

### 908 | Yoga Dance - Session 2

Kathy Hankins, Certified Yoga and Meditation Instructor

Mon, Mar 4 - Apr 15 | 3-4pm | \$84 | 7 sessions

*Recent research supports the hypothesis that dance and yoga reverse aging.*

### 909 | Finding Calm Through Meditation - Session 2

Kathy Hankins, Certified Yoga and Meditation Instructor

Tue, Mar 5 - Apr 16 | 2:30-3:30pm | \$84 | 7 sessions

*Explore different methods of meditation to see what works for you!*

### 185 | Cutting the Cord: Alternatives to Cable TV

Victor Rezmovic, Computer Instructor

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

*Sorting through all the in-home media options available to us.*

### 186 | TED Talk Discussion: How Language Shapes the Way We Think

Beth Kimel, Facilitator

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

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

### 194 | AARP Driver TEK: Car Safety and Technology

Ken Ow, AARP Volunteer

Tue, Mar 12 | 1-2:30pm | Free

*How to use high-tech safety features in your current car and what to look for when shopping for a new car.*

### 200 | Introduction to Facebook

Deeva Garel, Technology Instructor

Mon, Wed, Mar 18 & 20 | 10:30am-12pm | \$36

2 sessions

*Learn how to create a free account, find friends, post messages and more.*



### 201 | Learn to Play Mah Jongg!

Nancy Kay, Mah Jongg Instructor

Mon, Mar 18 - Apr 22 | 10:30am-12:30pm

\$155 | 6 sessions

*Learn the 'great game of China.'*

### 206 | AARP Smart Driver Course

Ken Ow, AARP Volunteer

Wed, Mar 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.*

### 224 | TED Talk Discussion: The Simple Secret to Being Happier

Beth Kimel, Facilitator

Wed, Apr 3 | 1-2:30pm | \$18

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

### 240 | Mah Jongg Workshop - Learn About the 2024 Card!

Nancy Kay, Mah Jongg Instructor

Mon, Apr 15 | 1-2:30pm | \$20

*Learn strategies and tips with the new card and overall playing.*





# 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](http://washington-metro.oasiseverywhere.org)

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

## 102 | D-Day: The German Perspective

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

**Tue, Jan 9 | 10:30am-12pm | \$18**

*What did German officials at every level of the Third Reich have to say about D-Day? (See related class #153.)*

## 105 | Domestic Violence: Know the Signs

John McCarthy, Montgomery County State's Attorney

**Wed, Jan 10 | 10:30am-12pm | \$18**

*The warning signs, the state of the problem in our county, and how to help a loved one.*

## 108 | Ruth Handler:

**Inspirational Woman Who Created Barbie**

Barbara Blumberg Ressin, CCBC

**Thu, Jan 11 | 1-2:30pm | \$18**

*Is Barbie still relevant today? Her creator sure is!*



## 113 | Oscar Hammerstein: Maker of Musical Theatre

Dan Sherman, PhD

**Tue, Jan 16 | 10:30am-12pm | \$18**

*A full picture of Oscar Hammerstein, one of the most important figures in American theatre.*

## 116 | George Washington, American Revolutionary

Denver Brunsman, Department of History, GWU

**Wed, Jan 17 | 1-2:30pm | \$18**

*We don't think of him as "radical," but Washington came to define a particularly American style of political revolution.*

## 117 | The Gershwins on Broadway

Julie Kurzava, Faculty, Loyola University

**Thu, Jan 18 | 10:30am-12pm | \$18**

*The astonishing creative output of George and Ira Gershwin.*

## 122 | Introduction to the Celtic World: Before the Roman Conquests

Jennifer Paxton, The Catholic University of America

**Tue, Jan 23 | 10:30am-12pm | \$18**

*To the Romans and the Greeks, the Celts were exotic barbarians, but the artifacts they left behind tell a different story. (See related classes, #174 & 215)*

## 125 | Shakespeare and the Broadway Muscial

Steven Friedman, Music Historian

**Wed, Jan 24 | 1-2:30pm | \$18**

*Did the bard know he would inspire some great Broadway musicals?*

## 131 | The Roots of Modern Bethesda (1750 – 1920)

Hank Levine, Bethesda Historical Society

**Mon, Jan 29 | 1-2:15pm | \$15**

*Ever wondered how and why Bethesda came to be where and what it is today? (See related class #141.)*

## 133 | High Noon: The Hollywood Blacklist and the Making of an American Classic

Glenn Frankel, Journalist and Author

**Tue, Jan 30 | 10:30-11:45am | \$15**

*Revisiting a great American movie and the perilous historical era it reflects.*



**138 | Rodin and the Birth of Modern Sculpture**

Judy Scott Feldman, PhD, Art Historian

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

*Learn how Rodin's work built upon classical and Renaissance art.*



**141 | The Roots of Modern Bethesda (1920-Today)**

Hank Levine, Bethesda Historical Society

**Mon, Feb 5 | 1-2:15pm | \$15**

*How did Bethesda become what we know and (mostly) love today? (See related class #131.)*

**145 | The Role of Race and Ethnicity in Montgomery County's Criminal Justice System**

John McCarthy, Montgomery County State's Attorney

**Wed, Feb 7 | 10:30am-12pm | \$18**

*A look inside criminal prosecution in Montgomery County via data from a two-year outside study.*

**148 | Local Author Alice McDermott Discusses Her New Book, *Absolution***

Alice McDermott, Richard A. Macksey Professor of the Humanities, JHU

**Thu, Feb 8 | 1-2pm | \$12**

*"Absolution" is a riveting account of women's lives on the margins of the Vietnam War.*

**151 | The History of Tap Dance: From Margins to Mainstream**

Lisa Swenton-Eppard, Founder and Director, Capitol Tap and District Tap

**Mon, Feb 12 | 1-2:30pm | \$18**

*We'll explore the roots of this art form, and you'll have a chance to try it!*

**153 | D-Day and the French: 'Is Paris Burning?'**

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

**Tue, Feb 13 | 10:30am-12pm | \$18**

*The struggle of the Free French versus collaborationist Vichy France. (See related class #102.)*

**157 | *Rhapsody in Blue* at 100**

Seth Kibel, Musician and Composer

**Thu, Feb 15 | 10:30am-12pm | \$18**

*The story behind this seminal composition.*

**158 | Le Corbusier and the Birth of Modern Architecture**

Judy Scott Feldman, PhD, Art Historian

**Thu, Feb 15 | 1-2:30pm | \$18**

*Examine Le Corbusier's 'for better or for worse' lasting influence on architecture and urban planning.*

**163 | 1939: Hollywood's Golden Year**

Dan Sherman, PhD

**Tue, Feb 20 | 10:30am-12pm | \$18**

*The studio system of the late 1930s brought together extraordinary writers, directors, and actors to give us extraordinary films.*

**165 | ABCs of Selling Your Home**

Dorie Glass, Associate Broker, Long & Foster Real Estate

**Wed, Feb 21 | 1-2:15pm | \$15**

*A primer on getting your home market-ready!*

**170 | Election Polls in 2024: Another Misfire Ahead?**

W. Joseph Campbell, PhD, American University

**Tue, Feb 27 | 10:30-11:45am | \$15**

*Join us for a lively yet not-too-technical discussion of polling in modern presidential elections.*



**171 | Top 10 'Off the Beaten Path' Places in Montgomery County**

Ralph D Buglass, Montgomery History  
**Wed, Feb 28 | 10:30am-12pm | \$18**

*Lesser-known spots in Montgomery County with historical importance, natural beauty, or other distinctiveness.*

**172 | The Pioneering Female Journalist Behind D.C.'s Cherry Trees**

Diana Parsell, Writer, Editor, and Former Journalist  
**Wed, Feb 28 | 1-2pm | \$12**

*Gilded Age reporter Eliza Scidmore broke gender barriers as a prolific newspaper correspondent and travel writer.*

**174 | Caesar's Conquest of Gaul**

Jennifer Paxton, The Catholic University of America  
**Thu, Feb 29 | 10:30am-12pm | \$18**

*The Gaulish tribes were divided over how to deal with the Romans, leaving an opening for Caesar to exploit. (See related classes, #122 & 215.)*

**180 | Wise Investing for Women**

Suzanne McGovern, Senior Advisor, Office of Investor Education and Advocacy, U.S. Securities and Exchange Commission  
**Mon, Mar 4 | 1-2pm | Free**

*We'll look at hot investment topics and challenges women face in making financial decisions.*

**187 | Musical Theater in the 21st Century**

Julie Kurzava, Faculty, Loyola University  
**Thu, Mar 7 | 10:30am-12pm | \$18**

*What are the themes and artistic trends of today's musical theatre, vs. the Golden Age?*

**195 | Do's and Don'ts of Interviewing a Psychopath**

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

*How does a lawyer interview a psychopath?*

**197 | The GOP in 2024: What Lies Ahead?**

Geoffrey Kabaservice, Niskanen Center, D.C.  
**Thu, Mar 14 | 10:30am-12pm | \$18**

*Can the factions make peace? Will Trump return? Then what? And more!*

**203 | The Bridge at Remagen: March 1945**

David B Lindauer, Lt. Colonel (Ret.), US Army Signal Corps  
**Tue, Mar 19 | 10:30am-12pm | \$18**

*One of the most amazing stories of WWII.*

**204 | 'Bonnard's Worlds': Major Exhibition at the Phillips Collection**

Joan Hart, Art History Instructor, Museum One, Inc.  
**Tue, Mar 19 | 1-2:30pm | \$18**

*A fascinating journey into Pierre Bonnard's world and the inspiration behind his spatially arresting and intimate paintings.*

**209 | Viollet-le-Duc: The Architect Who Saved France's Cathedrals**

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

*Learn how France's devastated cathedrals came to be rebuilt after the French Revolution.*

**210 | Baseball 2024 Preview**

Stephen Klatsky, Retired Attorney and Baseball Aficionado  
**Mon, Mar 25 | 10:30am-12pm | \$18**

*How does your team look? It is time to Play Ball!!*

**211 | How the British Stole the Broadway Musical**

Steven Friedman, Music Historian

**Tue, Mar 26 | 10:30am-12pm | \$18**

*The British created entertainments that challenged and changed the genre.*

**212 | Matisse in Nice: An Artist's Paradise in the South of France**

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

**Tue, Mar 26 | 1-2:30pm | \$18**

*Matisse invites us to share the luminous color and light of the Cote D'Azur.*

**213 | The United States and Israel in a Changing Middle East**

Lawrence Haas, Senior Fellow, American Foreign Policy Council

**Wed, Mar 27 | 10:30am-12pm | \$18**

*Oct. 7 set off a regional chain reaction, with huge implications for Washington and Jerusalem for years to come.*

**215 | The Roman Empire in Britain: History and Legacy**

Jennifer Paxton, The Catholic University of America

**Thu, Mar 28 | 10:30am-12pm | \$18**

*Four centuries of Roman rule left a lasting impact on Britain. (See related classes, #122 & 174.)*

**223 | The Citizens' Guide to the 1619 Project (Lecture & Post-Class Reception with Dr. Bell)**

Richard Bell, Professor of History, University of Maryland

**Tue, Apr 2 | 10:30am-12pm | \$20**

*Testing four of The 1619 Project's central claims against the evidence in the historical record. Chat with Dr. Bell after class from 12-12:30pm at Oasis.*

**233 | The World of Oz: Books, Movies, and More**

Dan Sherman, PhD

**Tue, Apr 9 | 10:30am-12pm | \$18**

*Learn the enchanting story of America's greatest homegrown fairytale!*



**242 | Germans Against Hitler: The Munich Revolt**

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

**Tue, Apr 16 | 10:30am-12pm | \$18**

*The attempt by a brave band of soldiers and civilians to overthrow Nazi rule in Munich.*

**245 | Maryland Legislative Update**

John McCarthy, Montgomery County State's Attorney

**Wed, Apr 17 | 10:30am-12pm | \$18**

*A focus on the most important new laws adopted during the 2024 legislative session.*

**246 | From Nuremberg to Today: The Roots of International Justice**

Kristan McMahon, President, Robert H. Jackson Center

**Wed, Apr 17 | 1-2:30pm | \$18**

*How did our system of international justice evolve; how is it working today?*

*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-ONLY CLASSES

All classes on page 10-12 will be offered online-only via Zoom.

Read full class descriptions and register on our website: [washington-metro.oasiseverywhere.org](http://washington-metro.oasiseverywhere.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: [washingtonmetro@oasisnet.org](mailto:washingtonmetro@oasisnet.org)



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

Mon, Jan 8 - Apr 15 | 10:30am-12pm | \$30  
15 sessions

### 911 | Bethesda Men's Discussion Group (A)

Mon, Jan 8 - Apr 15 | 10:30am-12pm | \$30  
15 sessions

### 912 | Men's/Women's Discussion Group (B)

Tue, 10:30am-12pm & Fri, 12:30-2pm  
Jan 9 - Apr 19 | \$30 | 30 sessions

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

Tue, Jan 9 - Apr 16 | 1-2:30pm | \$30  
15 sessions

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

Thu, Jan 11 - Apr 18 | 1-2:30pm | \$30  
15 sessions

### 917 | Bethesda Men's Discussion Group (B)

Fri, Jan 12 - Apr 19 | 10-11:30am | \$30  
15 sessions

### 902 | Memory Café - Support Group

Volunteers, Alzheimer's Assn. National Capital Area  
Fri, Jan 5, Feb 2, Mar 1, Apr 5 | 2-3pm | Free  
4 sessions

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

### 101 | The Dark Treason of Benedict Arnold

Richard Bell, Professor of History, University of Maryland  
Mon, Jan 8 | 1-2:30pm | \$18

*Betrayal and desertion dogged the Continental Army throughout the Revolutionary War.*

### 107 | Black Holes, Dark Matter, and Other Bright Ideas

Steven Gimbel, Prof. of Philosophy, Gettysburg College  
Thu, Jan 11 | 10:30am-12pm | \$18

*The reality of the universe looks weirder and weirder!*

### 903 | Build Better Balance - Session 1

Aubrey Reinmiller, PTA, CPT

Fri, Jan 12 - Feb 23 | 1:30-2:30pm | \$84 | 7 sessions

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

### 121 | Off the Beaten Path: Richmond

Barbara Paulson, Travel Specialist

Mon, Jan 22 | 1-2:30pm | \$18

*An exploration of the less-familiar sites in this Mid-Atlantic gem.*

### 124 | Book Discussion:

#### Selected Short Fiction of Gabriel García Márquez

Jonina Duker, Certified Book Discussion Leader

Tue, Jan 23 | 3-4:30pm | \$18

*We will discuss three outstanding short stories by the Nobel Prize winner.*

### 126 | Dine, Learn and Move:

#### Be Smart, Time to Jump Start!

Suburban Hospital Partners

Wed, Jan 24 | 6-7:30pm | Free

*Learn the benefits of breaking the fast with nutritious food choices.*



**901 | Caregivers Support Group**  
**Sponsored by Family and Nursing Care**

Roberta Drucker, LCSW-C  
**Wed, Jan 24 - May 1 (bi-weekly)**  
**11am-12pm | Free | 8 sessions**

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



**127 | Winslow Homer: American Individualist**

Bonita Billman, Art History Lecturer  
**Thu, Jan 25 | 1-2:30pm | \$18**

*Homer rejected the academic tradition to seek his own path to success with distinctly American subjects.*

**130 | American Political Parties in Crisis**

Dr. Michael Kryzanek, Bridgewater State University  
**Mon, Jan 29 | 10:30am-12pm | \$18**

*Both parties face serious challenges to their once central position within the American political system.*

**143 | America's Birth Certificate: The Declaration of Independence**

Richard Bell, Professor of History, University of Maryland  
**Tue, Feb 6 | 10:30am-12pm | \$18**

*The misunderstood purpose and extraordinary global legacy of the document.*

**164 | Book Discussion: Absolution**

Jonina Duker, Certified Book Discussion Leader  
**Tue, Feb 20 | 3-4:30pm | \$18**

*Alice McDermott's latest novel is a riveting account of women's lives on the margins of the Vietnam War (Hear from the author herself on Feb. 8, class #148)*

**167 | Our Universe, One of Many?**

Steven Gimbel, Prof. of Philosophy, Gettysburg College  
**Thu, Feb 22 | 10:30am-12pm | \$18**

*Is our reality the only one?*



**These classes are brought to you by the Suburban Hospital WellWorks program.**

**168 | From Stage to Screen: The Broadway Musical Goes to Hollywood**

Brian Rose, Professor (ret.), Fordham University  
**Thu, Feb 22 | 1-2:15pm | \$15**

*How most of the Great White Way's biggest hits have made the transfer to the movie theater!*

**173 | Dine, Learn and Move: Heart Health in the Month of Love**

Suburban Hospital Partners  
**Wed, Feb 28 | 6-7:30pm | Free**

*We'll focus on ways to prevent and cope with heart disease.*



**175 | Catch Your Z's with Ease**

Molly Atwood, PhD, MA, Director of Clinical Training, Behavioral Sleep Medicine Program  
**Thu, Feb 29 | 1-2pm | Free**

*Learn ways to effectively improve your insomnia symptoms.*



**923 | Build Better Balance - Session 2**

Aubrey Reinmiller, PTA, CPT  
**Fri, Mar 1 - Apr 19 | 1:30-2:30pm | \$96 | 8 sessions**

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

**183 | The Wrong Side of History: Loyalists in the American Revolution**

Richard Bell, Professor of History, University of Maryland  
**Tue, Mar 5 | 10:30am-12pm | \$18**

*Who were the loyalists who lost the American Revolution?*



### 188 | Off the Beaten Path: Stockholm

Barbara Paulson, Travel Specialist

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

*Fascinating travel alternatives to the more popular Stockholm sites.*



### 198 | UNESCO World Heritage Buildings by Frank Lloyd Wright

Bill Keene, Urban Historian

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

*An appreciation of the 8 buildings that represent Wright's 20th-century architectural legacy.*

### 205 | Book Discussion: *The Art Thief: A True Story of Love, Crime, and A Dangerous Obsession*

Jonina Duker, Certified Book Discussion Leader

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

*Stéphane Breitwieser stole art worth a total of \$1.4 billion, but he didn't do it for the money.*

### 207 | It's a Wonderful Town: New York City in the Movies

Brian Rose, Professor (ret.), Fordham University

Wed, Mar 20 | 1-2:15pm | \$15

*The dynamic vitality of New York City captured in film.*

### 208 | Should I Believe My Weather App?

Deirdre Kann, National Weather Service (Retired)

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

*Where do weather app forecasts come from and are they accurate?*

### 214 | Dine, Learn and Move: Decoding the Nutrition Label

Suburban Hospital Partners

Wed, Mar 27 | 6-7:30pm | Free

*Learn how to confidently navigate the grocery store aisles.*



### 216 | Reinvigorate Your Spring with Traditional Chinese Medicine

Kim Coleman, RN and Doctor of Acupuncture

Thu, Mar 28 | 1-2pm | Free

*Dietary suggestions and self-care treatments for common springtime conditions, such as allergies and strains/sprains.*



### 225 | Off the Beaten Path: Brandywine Valley

Barbara Paulson, Travel Specialist

Wed, Apr 3 | 1-2:30pm | \$18

*Some of the sites of this charming and picturesque suburban Philadelphia area.*

### 226 | Marty Baron on the Meaning of "Objectivity" in Journalism Today

Martin Baron, Former Executive Editor, Washington Post

Thu, Apr 4 | 1-2pm | \$15

*Do news organizations need a different standard for fairness in today's media environment?*

### 237 | Science and Religion: Reconcilable Differences?

Steven Gimbel, Prof. of Philosophy, Gettysburg College

Thu, Apr 11 | 10:30am-12pm | \$18

*The tension between science and religion goes back centuries and is with us still.*

### 243 | The High Yellow Note: Vincent van Gogh in Arles

Bonita Billman, Art History Lecturer

Tue, Apr 16 | 1-2:30pm | \$18

*Follow Vincent's 444 days in Arles—the most prolific period in his brief career.*

### 244 | Book Discussion: *Happiness Falls*

Jonina Duker, Certified Book Discussion Leader

Tue, Apr 16 | 3-4:30pm | \$18

*A family's desperate search for a missing father leads them to question everything they know about him and one another.*

## GROUP VOLUNTEER OPPORTUNITIES

### 120 | Oasis Volunteer Event at Manna Food Center

Katie Sagayo, Volunteer Manager, Manna Food Center  
Mon, Jan 22 | 10am-12pm | Free

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

### 166 | Oasis Volunteer Event at Comfort Cases

Volunteer Coordinator  
Wed, Feb 21 | 2-3:30pm | Free

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



### 202 | Oasis Volunteer Event at A Wider Circle

Wider Circle Volunteer Coordinator  
Mon, Mar 18 | 1-3pm | Free

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



### 176 | Walk with a Naturalist:

#### Seneca Creek State Park

Marianne Starr, Naturalist, Locust Grove Nature Center  
Sat, Mar 2 | 10:30am-12:30pm | \$30

*Let's look for waterfowl as well as signs of spring as we meander along part of Clopper Lake. Level of difficulty: 2.5/5.*

### 227 | Walk with a Naturalist: Needwood Lake

Marianne Starr, Naturalist, Locust Grove Nature Center  
Sat, Apr 6 | 10:30am-12:30pm | \$30

*We'll look for spring ephemeral flowers, birds on and around the lake, signs of beavers, and other wildlife. Level of difficulty: 2/5.*

## LOCAL WALKS AND TOURS

### 241 | Rockville African-American History Walking Tour

Ralph D Buglass, Montgomery History  
Mon, Apr 15 | 1-3pm | \$24

*Modern downtown Rockville has a rich African-American history.*

### 247 | Tour of the American University Art Museum

Peri Munter, Visitor Services Coordinator  
Thu, Apr 18 | 1-2:30pm | \$25

*A docent-led tour of this hidden gem plus time to wander on your own.*

### 248 | Walk with a Naturalist:

#### C&O Canal, Carderock Recreation Area

Marianne Starr, Naturalist, Locust Grove Nature Center  
Sat, May 4 | 10:30am-12:30pm | \$30

*We'll look for late blooming spring flowers, insects and talk about their importance to the ecosystem, and wildlife. Level of difficulty: 1/5.*



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# Oasis Class Registration

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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
Tax Deductible Donation:			
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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Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone#: \_\_\_\_\_



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## Are you Game?

**Playing games is a fun way to exercise your brain and meet new people!**  
This winter, Oasis is offering lots of opportunities to enjoy a variety of games including Bridge, Canasta, Mah Jongg and Group Trivia.

Check out all of the options on pages 4-5 of this catalog.

