



Celebrating 30 Years of Lifelong Learning!
Class Catalog
Fall 2024

Dear Friends,

Welcome to our Fall 2024 catalog! We're thrilled to present our newest classes and activities tailored just for you.

To help you find what interests you, we've organized our offerings into categories. Each class listing includes its format: At Oasis, Zoom, or At Oasis/Zoom.

Prefer to see classes by date? Use the **Filter** feature on our website. If you need any assistance, don't hesitate to reach out - we're here to help! Plus, our weekly e-newsletter, arriving every Monday, lists the following week's classes.

For easy navigation check the **Table of Contents** on the right.

Here are a few registration tips:

- Register online anytime through our website.
- You can mail or drop off your registration using the form on page 15.
- For couples or friends taking online classes together, please register for 2 seats.
- If you spot a Washington Metro Oasis class on the Oasis Everywhere site, please register for it directly on the Washington Metro Oasis site.

If you have any questions or need help with registration, feel free to contact us or visit our center. Our contact information and office hours are on the right.

Thank you for being such an important part of our vibrant community. We appreciate each of you and encourage you to:

- Share this catalog and our website with friends and invite them to join you.
- Stay connected! If you're not already subscribed, please opt in through your Oasis account to receive our weekly e-newsletter.

We look forward to seeing you soon!

Warm regards,

*Anna, Janice,
Kathleen & Leah*



CONTACT US

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HOURS

Mon – Thu, 10:00am – 4:00pm
Oasis will be closed Sep 2, Nov 28-29, Dec 24-Jan 1

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Preventing Falls: Step by Step

Are you ready to take control of your health and independence? Falls are a significant concern for older adults. They can impact your health, safety, and independence. Our series of informative programs empower you to assess your fall risk, build strength, balance, and mobility, and make proactive home and lifestyle adjustments to improve your safety.



510 | Individual Fall Risk Assessments

Mon, Sep 9 | 10:30am – 12pm | Free
In-person at Oasis



521 | Exercises to Help you Build Strength and Prevent Falls

Mon, Sep 16 | 1-2pm | Free
Online via Zoom



531 | Safeguard Your Living Space

Mon, Sep 23 | 1-2pm | Free
At Oasis and on Zoom



540 | Stay Steady: ER Nurses' Tips to Reduce Your Fall Risk

Mon, Sep 30 | 1-2pm | Free
At Oasis and on Zoom



550 | Take Advantage of Technology for Fall Prevention

Mon, Oct 7 | 10:30-11:30am | Free
At Oasis and on Zoom

Register at [washington-metro.oasiseverywhere.org](https://www.washington-metro.oasiseverywhere.org)
or call 240-800-3745

Art & Art Appreciation

536 | Art Afternoon: Words to Watercolors

Martina Sestakova, Art Educator, Designer and Painter
Wed, Sep 25 | 2-3:30pm | \$30 | At Oasis

Enjoy a workshop that uses poetry to inspire your abstract watercolor creation.

Art Afternoon: Create Your Own Mosaic

Brigitte Messali, Resident Mosaic Artist, Artists and Makers

557 | Thu, Oct 10 | 1-4pm | \$60 | At Oasis

631 | Tue, Dec 3 | 1-4pm | \$60 | At Oasis

Tap into your creative side and complete a colorful work of art to take home. Sign up for one or both!



565 | Paris 1874: The Impressionist Moment (Part 1- The Great Landscape Artists)

Joan Hart, Art History Instructor, Museum One, Inc.
Wed, Oct 16 | 1-2:30pm | \$18 | At Oasis/Zoom

Meet "The Great Landscape Artists" - Monet, Pissarro, and Sisley.

568 | Dark (or Bright?) Ages: The Birth of Gothic Art and Architecture

Judy Scott Feldman, PhD, Art Historian
Thu, Oct 17 | 1-2:30pm | \$18 | At Oasis/Zoom

Many stunning developments refute the concept, invented by the Renaissance, of "dark ages."

575 | Paris 1874: The Impressionist Moment (Part 2: Renoir and Morisot)

Joan Hart, Art History Instructor, Museum One, Inc.
Wed, Oct 23 | 1-2:30pm | \$18 | At Oasis/Zoom

We'll go 'Inside the World of Women and Children: Renoir and Morisot.'

585 | Paris 1874: The Impressionist Moment (Part 3 - Celebrate Paris)

Joan Hart, Art History Instructor, Museum One, Inc.
Wed, Oct 30 | 1-2:30pm | \$18 | At Oasis/Zoom

We'll 'Celebrate Paris: From the Theater to the Racetrack. Degas and Other Impressionists.'

587 | History of Architecture: The Enduring Legacy of Palladio

Judy Scott Feldman, PhD, Art Historian
Thu, Oct 31 | 1-2:30pm | \$18 | At Oasis/Zoom

His influence spans the Italian Renaissance clients, through Thomas Jefferson, to today's McMansions.

597 | Art Afternoon: The (Water) Colors of You

Martina Sestakova, Art Educator, Designer and Painter
Thu, Nov 7 | 2-3:30pm | \$30 | At Oasis

Create a watercolor self-portrait in the abstract style.

618 | American Landscapes: The Hudson River School

Bonita Billman, Art History Lecturer
Thu, Nov 21 | 10:30am-12pm | \$18 | Zoom

American painters finally paid significant attention to the uniqueness of landscape around them, before it was too late.

646 | American Impressionists at Giverny

Bonita Billman, Art History Lecturer
Thu, Dec 12 | 1-2:30pm | \$18 | Zoom

Many American painters spent summers at Giverny, making it an important art colony. Monet did not like it!

Current Events

Steve Roberts on Election 2024: What Can We Expect?

Steve Roberts, Journalist and Author

511 | Mon, Sep 9 | 1-2:30pm | \$18 | Zoom

512 | Mon, Sep 9 | 1-2:30pm | \$18 | At Oasis

Steve never disappoints with his cogent, calm and clear analysis. Due to limited in-person capacity, please only register for class 512 if you plan to attend in person.

514 | Update on Crime in Montgomery County

John McCarthy, Montgomery County State's Attorney
Wed, Sep 11 | 10:30am-12pm | \$18 | At Oasis/Zoom

We'll discuss history and trends of crime and crime prevention in our County.

516 | Assessing the 2024 Presidential Candidates' China and Asia Policies

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

Thu, Sep 12 | 1-2:30pm | \$18 | At Oasis/Zoom

The pros and cons of each candidate in this important policy area.

528 | The Future of NATO and U.S. Relations With Putin's Russia

Ambassador (ret.) Eric S. Rubin

Thu, Sep 19 | 1-2:30pm | \$18 | Zoom

An overview of where we stand.

534 | Repairing our Broken Immigration System

Owen Ullmann, Journalist and Author

Wed, Sep 25 | 10:30am-12pm | \$18 | At Oasis/Zoom

We'll discuss a centrist and common-sense set of reforms.

552 | The Role of the Media in American Politics

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

Tue, Oct 8 | 10:30-11:30am | \$12 | Zoom

How should the media should respond to misinformation and the issue of fairness?

554 | Update on Police Use of Force

John McCarthy, Montgomery County State's Attorney

Wed, Oct 9 | 10:30am-12pm | \$18 | At Oasis/Zoom

What are the latest trends, including use of force in many of the protests we've recently seen in the news?

563 | League of Women Voters' Non-Partisan Guide to Voting in 2024

Elaine Apter, Secretary, League of Women Voters, Montgomery Cty.

Tue, Oct 15 | 1-2pm | Free | At Oasis/Zoom

Learn about candidates, voting options, and an explanation of the all important ballot questions.

600 | Revitalizing Democracy: Constitutional Reforms for Today's America

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

Mon, Nov 11 | 1-2pm | \$12 | Zoom

Although bringing change is difficult to achieve, the flaws in the way we elect our leaders and make policy decisions require a vibrant discussion.



603 | Criminal Law Basics

John McCarthy, Montgomery County State's Attorney
Wed, Nov 13 | 10:30am-12pm | \$18 | At Oasis/Zoom

Learn about the history and key terms of criminal jurisprudence in the United States.

**613 | Parking Lots to Places:
The Future of Rockville Pike**

Carrie Sanders, Chief, Midcounty Planning Division,
 Montgomery County Planning Department
Tue, Nov 19 | 10:30-11:45am | \$15 | At Oasis/Zoom

How Rockville Pike is being transformed from a sea of asphalt. (See also class 607 in History section.)

633 | What's Wrong with the News Media?

Paul Farhi, Former Reporter, The Washington Post
Wed, Dec 4 | 10:30-11:30am | \$12 | At Oasis/Zoom

Lots of things are wrong with the news media, but not the things you might think.

643 | Racial Disparity in Incarceration

John McCarthy, Montgomery County State's Attorney
Wed, Dec 11 | 10:30am-12pm | \$18 | At Oasis/Zoom

What drives racial disparity in the criminal justice system?

Discussion Groups

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 an ongoing discussion group before signing up please email us: washingtonmetro@oasisnet.org

910 | Men's Discussion Group (A)

Mon, Sep 2 - Dec 30 | 10:30am-12pm | \$30 | Zoom

911 | Bethesda Men's Discussion Group (A)

Mon, Sep 2 - Dec 30 | 10:30am-12pm | \$30 | Zoom

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

**Tue, 10:30am-12pm & Fri, 12:30-2pm
 Sep 3 - Dec 31 | \$30 | Zoom**

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

Tue, Sep 3 | - Dec 31-2:30pm | \$30 | Zoom

914 | In-Person Men's Discussion Group

Wed, Sep 4 - Dec 18 | 1-2:30pm | \$30 | At Oasis

916 | Men's Discussion Group (B)

Thu, Sep 5 - Dec 26 | 1-2:30pm | \$30 | Zoom

917 | Bethesda Men's Discussion Group (B)

Fri, Sep 6 - Dec 27 | 10-11:30am | \$30 | Zoom

**524 | Book Discussion: *Of Mice and Men*
by John Steinbeck**

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

This novella now appears regularly on lists of the most banned books in English.

**915 | Women's Discussion Group**

Libby Merrill, Facilitator
**Thu, Sep 19, Oct 17, Nov 21, Dec 19 | 10:30am-12pm
 \$20 | 4 sessions | At Oasis**

Participate in an engaging and lively discussion with your peers.

New

555 | TED Talk Discussion: The Question I Almost Didn't Ask and How It Changed My Life

Beth Kimel, Facilitator

Wed, Oct 9 | 1-2:30pm | \$18 | At Oasis

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

574 | Book Discussion: How to Read a Book by Monica Wood

Jonina Duker, Certified Book Discussion Leader

Tue, Oct 22 | 3-4:30pm | \$18 | Zoom

Three people meet in a Maine bookstore, one of whom is looking for a way to change her life.

604 | TED Talk Discussion: How To Spot a Liar

Beth Kimel, Facilitator

Wed, Nov 13 | 1-2:30pm | \$18 | At Oasis

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

615 | Book Discussion: The Wager: A Tale of Shipwreck, Mutiny and Murder by David Grann

Jonina Duker, Certified Book Discussion Leader

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

The story of the crew of the British ship, the HMS Wager, that foundered off the coast of Chile in 1741.

645 | TED Talk Discussion: The Danger of a Single Story

Beth Kimel, Facilitator

Wed, Dec 11 | 1-2:30pm | \$18 | At Oasis

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

650 | Book Discussion: Remarkably Bright Creatures by Shelby Van Pelt

Jonina Duker, Certified Book Discussion Leader

Tue, Dec 17 | 3-4:30pm | \$18 | Zoom

This bestseller focuses on serious family topics with a light, fanciful, upbeat touch.

Film & Television

543 | And That's the Way It Is: A Look Back at 70 Years of TV News

Brian Rose, Professor (ret.), Fordham University

Tue, Oct 1 | 1-2:15pm | \$15 | Zoom

The sweeping changes and the impact--both good and bad--of television journalism over the last six decades!

602 | The Hollywood Blockbuster: How Steven Spielberg and George Lucas Changed the Movies

Brian Rose, Professor (ret.), Fordham University

Tue, Nov 12 | 1-2:15pm | \$15 | Zoom

Four decades of elaborate special effects and thrilling spectacles!

636 | Stanley Kubrick: A Filmmaker's Odyssey

Dan Sherman, PhD

Thu, Dec 5 | 1-2:30pm | \$18 | At Oasis/Zoom

How a teenage photographer for magazines became a brilliant filmmaker.

641 | Hollywood, Jewish Film, and American Culture

Cynthia Peterman, Career Educator

Tue, Dec 10 | 10:30am-12:30pm | \$24 | At Oasis

Explore cultural changes, assimilation, and other issues of identity from the 1920s to the present.



Health & Fitness

902 | Memory Café - Support Group

Volunteers, Alzheimer's Assn., National Capital Area
Fri, Sep 6, Oct 4, Nov 1, Dec 6 | 2-3pm
Free | 4 sessions | Zoom

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

Build Better Balance

Erika Campbell, Strength and Balance Instructor

903 | Session 1 | Fri, Sep 6 - Oct 25 | 1:30-2:30pm
\$105 | 7 sessions | Zoom

923 | Session 2 | Fri, Nov 1 - Dec 20 | 1:30-2:30pm
\$105 | 7 sessions | Zoom

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

Have a Ball with Cardio Drumming

Larissa Johnson, Fitness Instructor

905 | Session 1 | Fri, Sep 6 - 27 | 10:15-11:15am
\$60 | 4 sessions | At Oasis

925 | Session 2 | Fri, Oct 18 - Dec 13 | 10:15-11:15am
\$120 | 8 sessions | At Oasis

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

Yoga Dance

Kathy Hankins, Certified Yoga and Meditation Instructor

900 | Session 1 | Mon, Sep 9 - Oct 28 | 3-4pm
\$105 | 7 sessions | At Oasis

908 | Session 2 | Mon, Nov 4 - Dec 16 | 3-4pm
\$90 | 6 sessions | At Oasis

Recent research supports the hypothesis that dance and yoga reverse aging,

Chair Strength and Balance

Erika Campbell, Strength and Balance Instructor

906 | Session 1 | Tue, Sep 10 - Oct 29 | 1:30-2:30pm
\$120 | 8 sessions | Zoom

926 Session 2 | Tue, Nov 5 - Dec 17 | 1:30-2:30pm
\$105 | 7 sessions | Zoom

Build endurance and support your balance in this chair-based strength class.

901 | Caregivers Support Group (Sponsored by Family and Nursing Care)

Roberta Drucker, LCSW-C

Wed, Sep 11 - Dec 4 (bi-weekly)
11am-12pm | Free | 7 sessions | Zoom

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



537 | Dine, Learn & Move: The Lowdown on Lipids



Suburban Hospital Partners

Wed, Sep 25 | 6-7:30pm | Free | Zoom

Everything you always wanted to know about HDL and LDL cholesterol -- and then some!

539 | Understanding Peripheral Neuropathy



Omid Motabar, MD

Thu, Sep 26 | 1-2pm | Free | Zoom

Peripheral neuropathy affects millions of people in the U.S. causing pain, numbness, and weakness.

553 | Feldenkrais Awareness Through Movement®

Alison Babil, Guild Certified Feldenkrais® Practitioner
Tue, Oct 8 | 1-2pm | \$12 | At Oasis

A chair-based movement experience to let go of pain, tension, and increase your mobility.

573 | The Sounder Sleep System®

Alison Babil, Guild Certified Feldenkrais® Practitioner
Tue, Oct 22 | 1-2pm | \$12 | At Oasis

Learn how to go from an alert state to a place of deep rest.



These classes are brought to you by
Suburban Hospital's WellWorks program.

**576 | Dine, Learn & Move:
Living Well with Arthritis**



Suburban Hospital Partners
Wed, Oct 23 | 6-7:30pm | Free | Zoom

Gain valuable information, practical tips, and expert insights on managing and improving arthritis.

**586 | Finding Relief from
Spinal Stenosis**



Louis Chang, MD, Neurosurgical Spine Specialist
Thu, Oct 31 | 1-2pm | Free | Zoom

Learn about minimally invasive surgical options that can help patients restore mobility and improve their quality of life.

593 | De-Stress with Laughter Yoga

Larissa Johnson, Fitness Instructor

Tue, Nov 5 | 1-1:50pm | \$12 | At Oasis



*Refresh your body and spirit; only your time and willingness to laugh are required.
Join us for some Election Day relaxation!*

594 | (Cardio) Drumming to the Oldies

Larissa Johnson, Fitness Instructor
Tue, Nov 5 | 2-3pm | \$12 | At Oasis



*A fun, easy, and effective workout, mostly seated with optional standing activities.
Join us for some Election Day fun!*

**617 | Dine, Learn & Move:
Cart Smart for the Holidays**



Suburban Hospital Partners
Wed, Nov 20 | 6-7:30pm | Free | Zoom

Stretch your wallet, not your waistline, this holiday season.

**619 | Holiday Cheer, Holiday Fear:
How We Can Cope with Grief During the Holidays**

JSSA Hospice

Thu, Nov 21 | 1-2pm | Free | Zoom

Insight and strategies for coping during this emotionally charged season.

History

**517 | 'Ain't No Back to a Merry-Go-Round' Screening
and Discussion with the Director**

Sunday, Sep 15 | 6-8pm | \$16 | Edlavitch DCJCC

Oasis has reserved a block of seats at this film premiere, which tells the first organized interracial civil rights protest in U.S. history, at Glen Echo Amusement Park.

522 | Sailors, Spices - and Spies!

David B Lindauer, Lt. Colonel (Ret.), US Army Signal Corps
Tue, Sep 17 | 10:30am-12pm | \$18 | At Oasis/Zoom

Learn how competing nations tried every trick in the book to gain an advantage over their competitors in early modern Europe.

523 | The Heart of John Brown

Richard Bell, Professor of History, University of Maryland
Tue, Sep 17 | 1-2:30pm | \$18 | Zoom

Why was John Brown's raid so significant even though it failed?

**525 | Montgomery County's Gift to DC: The
Washington Aqueduct**

Ralph D Buglass, Montgomery History

Wed, Sep 18 | 10:30am-12pm | \$18 | At Oasis/Zoom

Explore the fascinating histories of this national landmark and Montgomery Meigs, its chief engineer and Civil War Quartermaster General.

526 | In Search of (Most) Ancient Israel

Gary A. Rendsburg, Distinguished Professor, Jewish Studies, Rutgers University

Wed, Sep 18 | 1-2:30pm | \$18 | Zoom

There is a remarkable degree of coherence between the biblical narrative and the archaeological evidence.

535 | Fannie Lou Hamer: An American Hero

Mark Puryear, Curator, Educator and Producer

Wed, Sep 25 | 1-2:30pm | \$18 | At Oasis/Zoom

A powerful force in demanding the right to vote and during the Freedom Summer of 1963.

542 | After D-Day: Onward to Paris

David Silbey, Director of Teaching and Learning, Cornell University, Cornell in Washington

Tue, Oct 1 | 10:30am-12pm | \$18 | At Oasis/Zoom

Landing at Normandy was only the beginning of the Allied campaign to liberate Europe.

551 | The Talented Mrs. Mandelbaum

Margalit Fox, Author

Mon, Oct 7 | 1-2pm | \$12 | Zoom | Zoom

America's first great organized crime lord was a lady!

566 | Who Were the Samaritans?

Gideon Amir, Hebrew Scholar

Thu, Oct 17-31 | 10:30am-12pm | \$54 | 3 sessions | Zoom

Their origins, their sacred text and some of their customs.

577 | The Rise of the Skyscraper

Bill Keene, Urban Historian

Thu, Oct 24 | 1-2:30pm | \$18 | Zoom

We'll trace the development of tall structures from ancient times to the future. How tall can we go???



582 | Breaking Chains: Resistance and Rebellion on Southern Plantations

Richard Bell, Professor of History, University of Maryland

Tue, Oct 29 | 1-2:30pm | \$18 | Zoom

A fascinating examination of enslaved people fighting back on Southern plantations.

592 | Marquis de Lafayette: The Hero of Two Worlds

Patricia Maclay, Board Member, The American Friends of Lafayette

Mon, Nov 4 | 1-2pm | \$12 | At Oasis/Zoom

In August 1824, the Marquis de Lafayette, the last surviving major general of the American Revolution, toured America.

601 | 1918: Year of Decision

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

Tue, Nov 12 | 10:30am-12pm | \$18 | At Oasis/Zoom

How unsettled elements of the armistice brought about a second great conflict.

607 | History of the Rockville Pike:

A 300-Year Journey

Eileen McGuckian, Historian

Thu, Nov 14 | 1-2pm | \$12 | At Oasis/Zoom

Journey through time down Montgomery County's 'Golden Mile.' (See also class 613 in Current Events section.)

622 | The Two Harriets: Tubman and Beecher Stowe

Richard Bell, Professor of History, University of Maryland

Tue, Nov 26 | 1-2:30pm | \$18 | Zoom

How their extraordinary activism advanced the fight against slavery and edged this country closer to Civil War.

630 | Business Icons/Bitter Rivals:

Elizabeth Arden and Helena Rubinstein

Barbara Blumberg Ressin, CCBC

Tue, Dec 3 | 10:30am-12pm | \$18 | Zoom

Both immigrants and also mortal enemies who shaped the cosmetic industry.

632 | 'Neither to Stretch, nor Relax': George Washington and the Origins of Executive Power

Denver Brunsman, Department of History, GWU

Tue, Dec 3 | 1-2:30pm | \$18 | At Oasis/Zoom

George Washington's experience provides helpful context for our debates over the proper limits of executive power today.

642 | The Tragedy of Reconstruction

Richard Bell, Professor of History, University of Maryland

Tue, Dec 10 | 1-2:30pm | \$18 | Zoom

The unfinished business of a dozen hopeful years!

Humanities

508 | The Purpose of Humor

Steven Gimbel, Professor of Philosophy, Gettysburg College

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

In this and Steve Gimbel's other classes this term, we will examine the multifaceted nature of humor and its integral role in the human experience.

556 | The Definition of Humor

Steven Gimbel, Professor of Philosophy, Gettysburg College

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

How do we determine when something is a joke?

595 | The Ethics of Humor

Steven Gimbel, Professor of Philosophy, Gettysburg College

Thu, Nov 7 | 10:30am-12pm | \$18 | Zoom

When does a joke cross the ethical line?

635 | The Art of Humor

Steven Gimbel, Professor of Philosophy, Gettysburg College

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

What makes a good joke good?



Literature

530 | Local Author Chat with Maria Leonard Olsen: 'Fifty After 50'

Deborah Kalb, Writer and Podcaster

Mon, Sep 23 | 10:30am-12pm | \$18 | At Oasis

When Olsen turned 50, she set out to do 50 new things to help her decide how she wanted to lead the next years of her life.

570 | Local Author Chat with Aggie Blum Thompson: 'Such a Lovely Family'

Deborah Kalb, Writer and Podcaster

Mon, Oct 21 | 10:30am-12pm | \$18 | At Oasis

Aggie Blum Thompson is the author of three domestic thrillers that all take place in the DC area.

610 | Local Author Chat with Claudia Kalb, 'Andy Warhol Was a Hoarder'

Deborah Kalb, Writer and Podcaster

Mon, Nov 18 | 10:30am-12pm | \$18 | At Oasis

Claudia Kalb is a journalist whose work has appeared in National Geographic and Newsweek. She is also Deborah's cousin!

640 | Local Author Chat with Len Kruger, 'Bad Questions'

Deborah Kalb, Writer and Podcaster

Mon, Dec 9 | 10:30am-12pm | \$18 | At Oasis

Kruger's novel 'Bad Questions' won the 2023 fiction award from the Washington Writers' Publishing House.

Practical Information

920 | Mah Jongg Practice Group

Oasis Members

**Mon, Sep 9 - Dec 16 | 1-2:30pm | \$30
15 sessions | At Oasis**

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

515 | Montgomery County's Programs and Services for Adults 50+

Marcia R. Pruzan, Commission on Aging

Thu, Sep 12 | 10:30am-12pm | Free | At Oasis/Zoom

Learn about the wide array of programs and services the County offers.

527 | Continuing Spanish 3

Lori Spak, Retired MCPS Spanish Teacher

**Thu, Sep 19 - Dec 19 | 11am-12pm | \$132
11 sessions | At Oasis**

This class is a continuation of Beginning Spanish 2 and assumes some knowledge of Spanish. Contact Oasis to assess eligibility.

930 | 'The Knitwits' Knitting Group

Lori Spak, Retired MCPS Teacher

**Thu, Sep 19 - Dec 19 | 2:30-4pm | \$30
13 sessions | At Oasis**

A great way to share your love of knitting!

533 | How To Forgive Others

Frederic Luskin, Director of the Stanford University Forgiveness Projects

Tue, Sep 24 | 1-2:15pm | \$15 | Zoom

Dr. Luskin offers guidance on how to let go of hurts, grudges and anger, while increasing confidence, hope and happiness.

561 | Bridge for Beginners

Gary Cahn, Bridge Instructor

**Tue, Oct 15 - Nov 19 | 10:30am -12:30pm | \$144
6 sessions | At Oasis**

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

562 | Beginner Canasta

Michele Heffner, Canasta Instructor

Tue, Oct 15 - Nov 19 | 1-3pm | \$150 | 6 sessions | At Oasis

Learn this old card game in its hot, new modernized version.

564 | From Rock Creek Park to the Potomac Gorge: Exploring Nature in the Washington, DC Area

Melanie Choukas-Bradley, Naturalist and Author

Wed, Oct 16 | 10:30-11:45am | \$15 | At Oasis/Zoom

Get inspired to take autumn hikes and strolls through our colorful city and countryside!

567 | Beginning Spanish

Lori Spak, Retired MCPS Spanish Teacher

**Thu, Oct 17 - Dec 19 | 1-2pm | \$96
8 sessions | At Oasis**

An introductory course to Spanish language and the culture.

571 | Learn to Play Mah Jongg!

Nancy Kay, Mah Jongg Instructor

**Mon, Oct 21 - Nov 25 | 10:30am-12:30pm
\$155 | 6 sessions | At Oasis**

Learn the 'great game of China.'

580 | How to Avoid Investment Scams and Fraud

Suzanne McGovern and Erin Scheithe, Office of Investor Education and Advocacy, SEC

Mon, Oct 28 | 10:30-11:30am | Free | At Oasis/Zoom

Learn the warning signs and red flags and what to do if you are scammed.

584 | Explore the Health and Wellness Features of the Apple Watch

Victor Rezmovic and Deeva Garel, Technology Instructors

Wed, Oct 30 | 10:30am-12pm | \$18 | At Oasis/Zoom

With demos and discussion, we'll look at how this wearable technology can enhance your daily life.

Theatre & Music

513 | Robin Fields Memorial Concert: Music From the Cultural Crossroads of Europe

Karen Ashbrook and Paul Oorts, Musicians
Tue, Sep 10 | 1-2pm | \$5 | At Oasis

Enjoy a delightful musical travelogue with tales of travel and musical history.

520 | Rockin' the American Sound: The Legacy of Chess Records

Seth Kibel and Daryl Davis, Musicians
Mon, Sep 16 | 10:30am-12pm | \$20 | At Oasis

Polish Jewish immigrants who transformed American music in the 1950's!

538 | The Intertwined History of Jazz and Politics

Seth Kibel, Musician and Composer
Thu, Sep 26 | 10:30am-12pm | \$18 | At Oasis/Zoom

Dizzy Gillespie's 1964 campaign for the White House, Richard Nixon's unabashed love for jazz, a saxophone-blowin' President from Arkansas and much more.

558 | Rodgers and Hart: My Funny Valentine

Dan Sherman, PhD
Thu, Oct 10 | 1-2:30pm | \$18 | At Oasis/Zoom

Learn about the Rodgers and Hart collaboration and enjoy performances by many of the greats, including Judy Garland.

569 | Rhythm Happy Hour

Tom Teasley, World Percussionist and Composer
Fri, Oct 18 | 12-1:30pm | \$18 | At Oasis

Get ready to have fun drumming!

572 | 'America' as Portrayed in the Musical

Steven Friedman, Music Historian
Mon, Oct 21 | 1-2:30pm | \$18 | At Oasis/Zoom

How does Broadway present the complex story of our country?

596 | Blues in the Night: Harold Arlen

Dan Sherman, PhD
Thu, Nov 7 | 1-2:30pm | \$18 | At Oasis/Zoom

Arlen's music is infused with jazz, and his songs became standards for singers such as Judy Garland, Lena Horne, Frank Sinatra, and Ethel Waters.

605 | Spreading Hope with Song: Miriam Makeba

Judy Luis-Watson, Educator and Musician
Wed, Nov 13 | 1-2:15pm | \$15 | Zoom

Experience Makeba's wide range of music and collaboration with artists and activists, including Harry Belafonte.

606 | Billie Holiday: Lady Sings The Blues

Seth Kibel, Musician and Composer
Thu, Nov 14 | 10:30am-12pm | \$18 | At Oasis/Zoom

The sad and troubled personal story of this amazing American jazz singer.

614 | 'The Greatest Showman:' Franco Zeffirelli

Ernest Liotti, Faculty, Peabody Institute
Tue, Nov 19 | 1-2:30pm | \$18 | At Oasis/Zoom

Explore the work of this amazingly talented designer and director of operas.

621 | Anything Goes: The Music of Cole Porter

Julie Kurzava, Faculty, Loyola University
Tue, Nov 26 | 10:30am-12pm | \$18 | At Oasis/Zoom

His musical style, distinctive point of view and relevance today.

634 | I Recall That One! Great Musical Revivals

Steven Friedman, Music Historian
Wed, Dec 4 | 1-2:30pm | \$18 | At Oasis/Zoom

If it was good once, can it be better now?

Volunteer Events

532 | Oasis Volunteer Event at Manna Food Center
Tue, Sep 24 | 10am-12pm | Free | Offsite

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

590 | Oasis Volunteer Event at Comfort Cases
Mon, Nov 4 | 10-11:30am | Free | Offsite

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

620 | Oasis Volunteer Event at A Wider Circle
Mon, Nov 25 | 1-3pm | Free | Offsite

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



Walks & Tours

541 | Rachel Carson House Tour and Nature Walk
Marianne Starr, Naturalist, Locust Grove Nature Center
Saturday, Sep 28 | 10am-12:30pm | \$30 | Offsite

Level of Difficulty: 2/5. We will first tour the home of environmentalist Rachel Carson for inspiration; then we'll take a walk along the trail the Carson herself loved.

583 | Tour of Montgomery County's Majestic Champion Trees

Joli McCathran, Chair, MoCo Champion Tree Program
Wed, Oct 30 | 9:15am-12:30pm | \$60 | Offsite

We'll pay visits to a beautiful variety of Champion Trees, the largest living specimens of their species. Bus transportation is provided.

598 | Walk with a Naturalist: C & O Canal, Carderock Recreation Area

Marianne Starr, Naturalist, Locust Grove Nature Center
Saturday, Nov 9 | 10am-12pm | \$30 | Offsite

Level of Difficulty: 2/5. We'll look for migratory birds on the Canal and in the Potomac and for signs of other wildlife.

616 | Private Tour of The Kreeger Museum
Louise Harkavy, Docent
Wed, Nov 20 | 10:30am-12pm | \$30 | Offsite

More than 180 works of art in a breathtaking home and grounds make visiting this museum a unique and inspiring experience.

637 | Walk with a Naturalist: Seneca Creek State Park
Marianne Starr, Naturalist, Locust Grove Nature Center
Saturday, Dec 7 | 10am-12pm | \$30 | Offsite

Level of Difficulty: 2.5/ 5. Let's look for interesting signs of early winter as well as learn about the historical sites located in the vicinity.

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

Address _____ City _____ State _____ Zip _____

Phone Number _____ Cell Phone _____

Email Address _____

New Participants: Date of Birth ____/____/____ How did you hear about Oasis? _____

Class #	Class Title	Fee
Tax Deductible Donation:		
Total:		

Please charge my credit card: VISA MasterCard Discover

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Signature: _____

Enclosed is my check payable to Oasis Check # _____ Cash

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It's not just your car that needs a tune-up every now and then! These programs will help you tune-up your knowledge about the rules of the road, the latest tech and safety features in today's cars and the other transportation options available to you.

560 | CarFit Event

CarFit Technicians

Tue, Oct 15 | 10am-1pm | Free | Location TBD

Bring your car to this event where trained experts will show you how you can enhance your comfort, safety and fit within your vehicle.

581 | AARP Smart Driver Course

Ken Ow, AARP Volunteer

Tue, Oct 29 | 10:30am-3:30pm | \$20/\$25 (payable to AARP at time of class) | At Oasis

Drivers who complete this course may receive a discount on auto insurance, depending on state regulations.

591 | AARP Driver TEK: Car Safety & Technology

Ken Ow, AARP Volunteer

Mon, Nov 4 | 10:30am-12pm | Free | At Oasis

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



The Road Ahead: Ensuring Safe Driving As We Age

Nina Uzick, AARP Driving Program

611 | Mon, Nov 18 | 1-2:30pm | Free | At Oasis/Zoom

612 | Mon, Nov 18 | 7-8:30pm | Free | At Oasis/Zoom

It's never too early to start planning ahead and talking about safe driving for yourself and/or your loved ones.

644 | Leave the Driving to Someone Else!

Burney Simpson, Outreach Coordinator, JCA

Wed, Dec 11 | 1-2pm | Free | Zoom

Learn about transportation options available in Montgomery County tailored to your needs.

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for their generous support
of these programs!*

