

2025 Fall Catalog

Art • Current Events • History • Music
Fitness • Tours • Volunteering • And More...

Welcome to Washington Metro Oasis!



We are a vibrant community **open to everyone** aged 50 and older, embracing all backgrounds, incomes, genders, races, and religions.

Our mission is to promote healthy aging through:

- **Lifelong Learning:** Unleash your intellectual curiosity.
- **Health and Fitness:** In partnership with top-ranked Suburban Hospital, Johns Hopkins Medicine, we offer exceptional wellness programs.
- **Meaningful Volunteer Opportunities:** Make a difference and stay connected by supporting causes that matter to you.

We offer **flexible, single- and multi-session classes**, both online and in-person, making lifelong learning accessible, affordable and convenient.

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

Have other questions? Check out the FAQ page on our website for quick answers to the most common inquiries—it's the fastest way to get the info you need!

We look forward to learning and connecting with you this fall—in person or online!

*-Janice,
Kathleen &
Leah*



CONTACT US

Washington Metro Oasis
Macy's Home Store (2nd Floor)
Westfield Montgomery Mall
7125 Democracy Blvd | Bethesda, MD 20817

- 240-800-3745**
- washington-metro.oasisnet.org**
- washingtonmetro@oasisnet.org**

HOURS

Mon – Thu, 10:00am – 4:00pm
Closed Sep 1, Nov 27-28, Dec 24-Jan 2

OASIS STAFF

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Oasis Annual Fall Prevention Series

Wednesday
Sept 10
1 – 2 pm

**Safe at Home: Prevent Falls
and Be Prepared* | 501**

In-person at Oasis/Zoom — FREE

Wednesday
Sept 17
1 – 2 pm

**Trauma Nurses Talk About
Fall Prevention & Recovery
Skills* | 517**

In-person at Oasis/Zoom— FREE

Wednesday
Sept 24
1 – 2 pm

**Listen Up: How Better
Hearing Can Help Prevent
Falls* | 521**

In-person at Oasis/Zoom — FREE

Wednesday
Oct 1
1 – 2 pm

**Stay Steady: A Physical
Therapist's Tips* | 532**

In-person at Oasis/Zoom— FREE

Wednesday
Oct 8
10:30 – 11:30 am

**Move Well, Live Well
Demonstration | 545**

In-person at Oasis — FREE



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.

These programs are brought to you through the generosity of the Florence Nesh Charitable Trust.

Sign up today!
washington-metro.oasiseverywhere.org
or call 240-800-3745

*These classes will be recorded. Registered participants may request access to the recordings.



Art & Art Appreciation

514 | Monet and Homer: Kindred Spirits in Art

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

Their careers and art followed a similar course, but they never met in person.

540 | Matisse at War:

Art and Resistance in Occupied France

Christopher Gorham, Lawyer and Teacher

Mon, Oct 6 | 1-2pm | \$12 | At Oasis/Zoom 

One of Matisse's most impressive periods of work, while his family helped with the Resistance.

544 | Charles Rennie Mackintosh and the Birth of the Glasgow Style

Bonita Billman, Art History Lecturer

Tue, Oct 7 | 1-2:30pm | \$18 | Zoom

Mackintosh created harmonious interiors that complemented his architectural style.

554 | Where You Are:

Create a Personal Landscape Collage

Martina Sestakova, Art Educator, Designer and Painter

Tue, Oct 14 | 2-3:30pm | \$40 | At Oasis

Create a paper collage that reflects who you are at this stage of life. All materials provided. See related class #603.



Look for this icon next to classes that will be recorded.



You must be registered for a class before it begins in order to request access to the class recording.


Email requests to:

washingtonmetro@oasisnet.org

Visit washington-metro.oasisnet.org for full information about our class recording policy.

563 | Walking the Camino: Churches That Guided the Way

Judy Scott Feldman, Ph.D., Art Historian

Wed, Oct 22 | 1-2:30pm | \$18 | At Oasis/Zoom 

Beautiful churches along the famed medieval pilgrimage route leading to Santiago de Compostela offered rest, inspiration, and awe to pilgrims.

593 | Grandma Moses: Farmer's Heart, Artist's Soul

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

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

A virtual tour of the new Smithsonian exhibit featuring her colorful paintings of rural New England and the farm life she knew.

603 | Who You Are: Create a Personal Symbol Collage

Martina Sestakova, Art Educator, Designer and Painter

Tue, Nov 18 | 2-3:30pm | \$40 | At Oasis

Create a collage about what makes you unique. All materials provided. See related class #554.

622 | Two Masters, Two Worlds: Constable & Turner's Landscapes

Bonita Billman, Art History Lecturer

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

Constable's tranquil English countryside and Turner's dramatic European vistas captured two very different sides of landscape painting.


Current Events

500 | The History of Jury Trials: Justice, Politics, or Confusion?

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


A triumph of fairness or a flawed holdover of the past?

513 | Trump's Report Card: The First Eight Months

Steve Roberts, Journalist and Author
Mon, Sep 15 | 1:30-3pm | \$18 | At Oasis/Zoom 

Hear an informed perspective on what has worked, what hasn't, and what it all means for the future of American politics.

547 | Secrets of the Fed

Owen Ullmann, Journalist and Author
Wed, Oct 8 | 1-2:30pm | \$18 | At Oasis/Zoom 


Learn about this mysterious monetary institution and its leaders.

556 | Behind the Bench: Sentencing in Maryland

John McCarthy, Montgomery County State's Attorney
Wed, Oct 15 | 10:30am-12pm | \$18 | At Oasis/Zoom

What really goes into a judge's sentencing decision in Maryland?

557 | The Future of the Democratic Party: Competing Visions in a Divided Era

Geoffrey Kabaservice, Director of Policy Studies,
Niskanen Center, D.C.
Wed, Oct 15 | 1-2:30pm | \$18 | At Oasis/Zoom 


Two major factions are emerging in internal debates about the party's direction.

561 | The Klan Whisperer: Book Event with Daryl Davis

Daryl Davis, Author
Tue, Oct 21 | 2:30-3:15pm | Free | At Oasis

Hear from Daryl about his newly-updated book in which he shares stories from his encounters with Klan members.

565 | Aging in Challenging Times

Howard Gleckman, Senior Fellow, The Urban Institute
Thu, Oct 23 | 1-2pm | Free | Zoom 


How can we respond to the major changes in government supports for older adults and their families?

592 | From Doctor to Defendant: The Case of Dr. James Ryan

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


A respected physician, a tragic death, and a murder conviction.

595 | Middle East Chaos: Context and Consequences

Molly Williamson, Foreign Service Officer (Ret.) and
Scholar, Middle East Institute
Thu, Nov 13 | 10:30am-3pm | \$36 | At Oasis/Zoom 

Even if you attended Molly's January talk, don't miss this class. The afternoon session will offer a deeper look at themes from the morning, with a lunch break between sessions.

604 | The Trouble with Tariffs

Owen Ullmann, Journalist and Author
Wed, Nov 19 | 1-2:30pm | \$18 | At Oasis/Zoom 

Explore how tariffs shaped America's growth—and why they can spark serious trade battles in today's global economy.

633 | Gangs, ICE, and Montgomery County: An Update

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

Explore how increased immigration enforcement intersects with efforts to reduce gang violence.

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 8 - Dec 29 | 10:30am-12pm | \$30 | Zoom

911 | Bethesda Men’s Discussion Group (A)
Mon, Sep 8 - Dec 29 | 10:30am-12pm | \$30 | Zoom

912 | Men’s/Women’s Discussion Group (B)
Tue, 10:30am-12pm & Fri, 12:30-2pm | Sep 2 - Jan 2
\$30 | Zoom

913 | Men’s/Women’s Discussion Group (A)
Tue, Sep 2 - Dec 30 | 1-2:30pm | \$30 | Zoom

914 | In-Person Men’s Discussion Group
Wed, Sep 3 - Dec 17 | 1-2:30pm | \$30 | At Oasis

918 | NEW!! In-Person Men’s/Women’s Discussion Group
Wed, Sep 3 - Dec 17 | 10:30am-12pm | \$30 | At Oasis

915 | Women’s Discussion Group
Libby Merrill, Facilitator
Thu, Sep 18, Oct 16, Nov 20, Dec 18 | 10:30am-12pm
\$20 | At Oasis

916 | Men’s Discussion Group (B)
Thu, Sep 4 - Dec 25 | 1-2:30pm | \$30 | At Oasis/Zoom

917 | Bethesda Men’s Discussion Group (B)
Fri, Sep 5 - Jan 2 | 10-11:30am | \$30 | Zoom

931 | Bonjour! French Conversation Group
Mon, Sep 8 - Dec 15 | 1:30-2:30pm | \$30 | At Oasis

This group is for people who have at least an intermediate speaking level. It is not an instructional class.

515 | Classic Favorites Book Discussion: *Our Town* by Thornton Wilder

Jonina Duker, Certified Book Discussion Leader
Tue, Sep 16 | 3-4:30pm | \$18 | Zoom

Explore what this beloved play still reveals about community, love, and loss.

555 | Book Discussion: *Presumed Guilty* by Scott Turow
Jonina Duker, Certified Book Discussion Leader
Tue, Oct 14 | 3-4:30pm | \$18 | Zoom

Can you trust the narrator in this gripping new legal thriller?

591 | Book Discussion: *The Demon of Unrest: A Saga of Hubris, Heartbreak, and Heroism* by Erik Larson
Jonina Duker, Certified Book Discussion Leader
Tue, Nov 11 | 3-4:30pm | \$18 | Zoom

Step into the gripping story of chaos and courage on the brink of America’s greatest conflict.

632 | Banned Book Discussion: *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie
Jonina Duker, Certified Book Discussion Leader
Tue, Dec 9 | 3-4:30pm | \$18 | Zoom

How did this 2007 novel wind up the most challenged book in the USA from 2010 to 2019?

Health & Fitness

902 | Memory Café - Support Group

Volunteers, Alzheimer's Association, National Capital Area
Fri, Sep 5, Oct 3, Nov 7, Dec 5 | 2-3pm | Free | Zoom

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

Yoga Dance

Kathy Hankins, Certified Yoga and Meditation Instructor

900 | Monday Session 1 | Sep 8 - Oct 20 | 3-4pm | \$75
5 sessions | At Oasis

909 | Thursday Session 1 | Sep 11 - Oct 23 | 3-4pm | \$75
5 sessions | At Oasis

908 | Monday Session 2 | Nov 3 - Dec 8 | 3-4pm | \$90
6 sessions | At Oasis

919 | Thursday Session 2 | Nov 6 - Dec 11 | 3-4pm | \$75
5 sessions | At Oasis

Recent research supports the hypothesis that dance and yoga reverse aging. Save \$24 when you sign up for class #900 & #909 or #908 & #919.

Chair Strength and Balance

Erika Campbell, Strength and Balance Instructor

906 | Session 1 | Tue, Sep 9 - Oct 21 | 1:30-2:30pm | \$90
6 sessions | Zoom

926 | Session 2 | Tue, Oct 28 - Dec 9 | 1:30-2:30pm
\$105 | 7 sessions | Zoom

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

Build Better Balance

Erika Campbell, Strength and Balance Instructor

903 | Session 1 | Fri, Sep 12 - Oct 17 | 1:30-2:30pm
\$90 | 6 sessions | Zoom

923 | Session 2 | Fri, Oct 24 - Dec 12 | 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 12 - Oct 17
10:15-11:15am | \$90 | 6 sessions | At Oasis

925 | Session 2 | Fri, Oct 24 - Dec 12
10:15-11:15am | \$90 | 6 sessions | At Oasis

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



907 | Move Well, Live Well

Carin Butchko, Fitness Instructor

Tue, Oct 14 - Dec 2 | 10:30-11:30am | \$120 | 8 sessions
At Oasis

Build strength, balance and confidence with gentle exercises designed to help you move through daily life with ease.

901 | Caregivers Support Group

Erica Greenspan, LCSW-C, LICSW

Wed, Sep 10 - Dec 17 (bi-weekly) | 11am-12pm | Free | Zoom

*Learn from and connect with others who are also caring for a loved one.
This group is sponsored by Family & Nursing Care.*



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



Join us virtually to get active, learn simple tips for making healthy choices and engage with chefs in a live cooking demonstration.

**523 | From Brushing to Beyond:
Essential Dental Care for Older Adults**

Dr. James T. Castle, DDS, MS

Thu, Sep 25 | 1-2pm | Free | Zoom

Learn ways to keep your smile healthy!

566 | Brain Health and Aging

Johns Hopkins Medicine—Affiliated Speaker

Thu, Oct 23 | 1-2pm | Free | Zoom

Memory lapses - what's normal and what's not.

596 | Build Stronger Bones for a Healthier You

Johns Hopkins Medicine—Affiliated Speaker

Thu, Nov 13 | 1-2pm | Free | Zoom

Learn about a common condition called 'osteopenia.'

636 | Breathe Easy, Hear Clearly, & Live Comfortably

Johns Hopkins Medicine—Affiliated Speaker

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

Learn how to cope with common ENT issues related to aging.

Living Longer, Living Healthier

Sep 24 | 6:00 - 7:30pm | Free | Online via Zoom

**Break-Free: Taking Care of
Your Bone and Joint Health**

Oct 22 | 6:00 - 7:30pm | Free | Online via Zoom

Understanding Diabetes

Nov 19 | 6:00 - 7:30pm | Free | Online via Zoom

How to register for Dine, Learn & Move

Send an email to wellnessinfo@co.pg.md.us. Include your first and last name and the date of the session you are interested in joining. Once registered, you will receive a confirmation and Zoom link via email.

Talk & Walk for Breast Cancer

This free program meets the 3rd Friday of every month from 10:30 to 11:30 am at **Oasis**. All monthly sessions will include discussion and group walking through the mall. Guest speakers in the cancer care of women will join quarterly to share information about updates in treatment, research, nutrition, psychosocial health, and more.

Email Melissa Hyman: mhyman7@jhmi.edu to learn more and register.



Take Charge of Your Health

564 | Medicare 2026: Open Enrollment, Updates, and Fraud Awareness

Sue Kirchoff, Medicare Expert Counselor

Thu, Oct 23 | 10:30am-12pm | Free | At Oasis/Zoom 

Designed specifically for current Medicare beneficiaries.

Sponsored by Brighton Gardens of Friendship Heights.



582 | Your Voice, Your Care: Planning Ahead for Healthcare Decisions

M. Jane Markley, RN (ret.), LFACHE | Wed, Nov 5 | 10:30-11:45am | Free | At Oasis/Zoom 

Get help deciding and documenting your health care wishes to ensure you receive the care you prefer.

Sponsored by Sunrise of Montgomery Village.

590 | How to Talk to Your Doctor — and Be Heard

Panel of Physicians and Community Voices | Tue, Nov 11 | 1:30-2:30pm | Free | At Oasis/Zoom 

Feel more confident and prepared during medical visits, whether for yourself or a loved one.

Sponsored by Sunrise of Bethesda.



Thank you to these Sunrise communities for their sponsorship of this series.

History

549 | Discovering the Olmec: Founders of Ancient Mesoamerica


George Scheper, Ph.D., Senior Lecturer, JHU

Thu, Oct 9 | 1-2:30pm | \$18 | Zoom

The Olmec left behind giant stone heads and impressive ceremonial centers that shaped the cultures that followed. See related class #623.

550 | The Real Revolution: America, 1775-1783


Richard Bell, Professor of History, University of Maryland

Thu, Oct 9 - 30 | 3-4:30pm | \$72 | 4 sessions | Zoom 

The Declaration of Independence would have meant nothing had not tens of thousands of ordinary Americans been willing to fight for the cause.

553 | Carried Away: The Evolution of Handbags

Barbara Blumberg Ressin, CCBC

Tue, Oct 14 | 1-2:30pm | \$18 | At Oasis/Zoom 

From practical pouch to fashion statement, the handbag has always had a story to tell!

562 | Stark Mad Abolitionists: Kansas Before, During, and After the Civil War

Robert K Sutton, Chief Historian of the National Park Service (Retired)

Wed, Oct 22 | 10:30-11:30am | \$12 | At Oasis/Zoom 

Kansas was a hotbed of slavery dissension.

583 | Rise of the Suburb:

How Postwar America built a New Way of Life

Allen Pietrobon, Associate Professor of Global Affairs,
Trinity University

Wed, Nov 5 | 1-2:15pm | \$15 | At Oasis/Zoom 

How did the '50s suburbs shape American politics, culture, race relations, and gender dynamics?

601 | Lost Farms and Estates of Washington, D.C.

Kim Williams, Architectural Historian

Tue, Nov 18 | 10:30-11:30am | \$12 | Zoom 

Explore how Washington, D.C.'s hidden past of farms and estates shaped the city we know today.

621 | What Would Churchill Say About Today?

Alan I. Saltman, Author

Wed, Dec 3 | 10:30-11:45am | \$15 | At Oasis/Zoom

We'll explore how the legendary leader might view today's pressing issues—from Iran's nuclear ambitions to rising authoritarianism. Participants are encouraged to attend this interactive class in-person.

623 | Exploring the Maya:

The Cities of Copán and Tikal

George Scheper, Ph.D., Senior Lecturer, Advanced Academic Programs, School of Arts and Sciences, JHU

Thu, Dec 4 | 1-2:30pm | \$18 | Zoom

Explore the art, temples, and hidden stories of the great cities of Copán and Tikal. See related class #549.

Humanities

520 | Medieval Minds: Classical Islamic Thought

Steven Gimbel, Prof. of Philosophy, Gettysburg College

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

What Christian Europeans call 'The Dark Ages,' Muslims call 'The Golden Age of Islam.' (See related classes #558, 605, 637)

605 | Medieval Minds: Classical Christian Thought

Steven Gimbel, Prof. of Philosophy, Gettysburg College

Thu, Nov 20 | 1-2:30pm | \$18 | Zoom 

Saints Anselm, Augustine, and Thomas Aquinas offered different approaches to the Divine and the worldly. (See related classes #520, 558, 637)

558 | Medieval Minds: Classical Jewish Thought

Steven Gimbel, Prof. of Philosophy, Gettysburg College

Thu, Oct 16 | 1-2:30pm | \$18 | Zoom 

The groundbreaking ideas of Maimonides and others bridged faith and reason in a changing world. (See related classes #520, 605, and 637.)

637 | Medieval Minds: The Heretics

Steven Gimbel, Prof. of Philosophy, Gettysburg College

Thu, Dec 11 | 1-2:30pm | \$18 | Zoom 

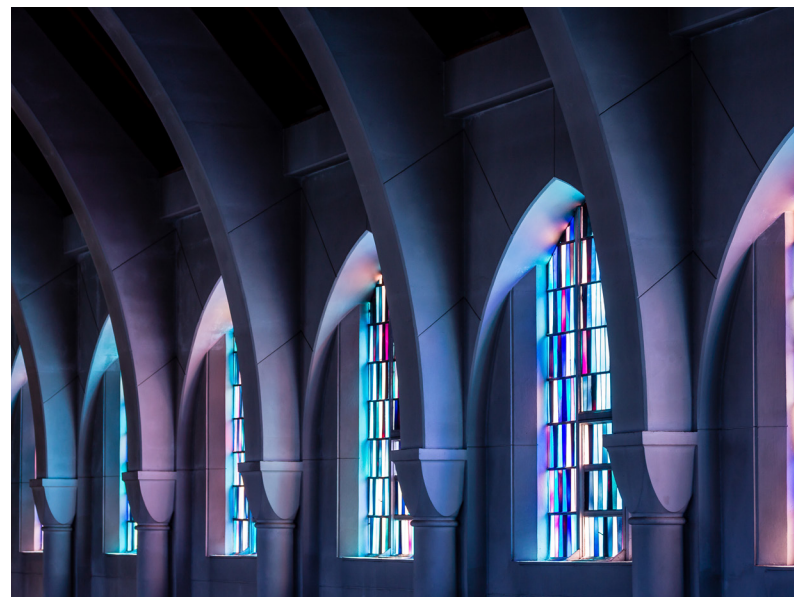
Rebel thinkers sought new, interesting, and in some cases disturbing ways of making sense of being in the world. (See related classes #520, 558, 605)

600 | Sacred D.C.: Discovering the Faiths and Spaces That Built Our City

Amita Sarin and Ori Soltes, Documentary Co-Producers

Mon, Nov 17 & 24 | 1-2pm | \$30 | 2 sessions | Zoom

Explore the vibrant spiritual and architectural tapestry of the District through a new documentary and discussion with its creators.



Practical Information

921 | Canasta Practice Group

Oasis Members

Tue, Sep 2 - Dec 9 | 1-2:30pm | \$30 | At Oasis

This is a practice, not an instructional, group.

922 | Bridge Practice Group

Oasis Members

Wed, Sep 3 - Dec 10 | 10:30am-12:30pm | \$30
At Oasis

This is a practice, not an instructional, group.

940 | Mah Jongg Practice Group (B)

Oasis Members

Wed, Sep 3 - Dec 10 | 1-3pm | \$30 | At Oasis

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

920 | Mah Jongg Practice Group (A)

Oasis Members

Mon, Sep 8 - Dec 8 | 1-3pm | \$30 | At Oasis

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

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

Marcia R. Pruzan and Jean Dinwiddie, MoCo Commission on Aging

Thu, Sep 11 | 10:30am-12pm | Free | At Oasis/Zoom 

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

511 | Learn to Play Mah Jongg!

Nancy Kay, Mah Jongg Instructor

Mon, Sep 15 - Oct 20 | 10:30am-12:30pm | \$155
6 sessions | At Oasis

Learn the 'great game of China.'



512 | Oasis Lunch Social

Mon, Sep 15 | 12-1:30pm | Free | At Oasis

Join fellow class participants for lunch (b.y.o.), dessert and drinks (provided). See page 12 for more information.

519 | Continuing Spanish 3

Lori Spak, Retired MCPS Spanish Teacher

Thu, Sep 18 - Dec 18 | 1-2pm | \$120 | 10 sessions | At Oasis

New students should contact Oasis to arrange an assessment to determine if it would be appropriate to join.

930 | Craft and Connect

Lori Spak, Host

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

Bring your own project (e.g., knitting, crocheting, paper arts, etc.) and craft alongside fellow makers in a supportive space.

530 | iPhone 911:

Settings for Personal Safety and Protection

Jill Rivers, Founder, Enjoy the Photo Moments

Tue, Sep 30 | 1-2pm | \$12 | At Oasis

Set your iPhone up for maximum protection and peace of mind.

541 | Learn the Wonderful Game of Bridge

Nelle and Jim Lucas, ACBL Certified Instructors

Tue, Oct 7 - Nov 11 | 10:30am-12:30pm | \$150
6 sessions | At Oasis

The joys and discipline of contract bridge for beginning players (and players seeking a review of the basics).

543 | How to Navigate the iPhone Photo Library

Jill Rivers, Founder, Enjoy the Photo Moments

Tue, Oct 7 | 1-2pm | \$12 | At Oasis

Learn tips to help you feel more in control of your iPhone photo library.

548 | Beginning Spanish

Lori Spak, Retired MCPS Spanish Teacher


Thu, Oct 9 - Dec 18 | 11:30am-12:30pm | \$121

8 sessions | At Oasis

An introductory course to everyday Spanish language and culture. (Fee includes book.)

552 | Protect Yourself from Scams and Scammers

Bernardo Vega, Investigator, Office of Consumer Protection

Tue, Oct 14 | 10:30-11:30am | Free | Zoom 

Learn practical tips to recognize and avoid scams

580 | Beginner Canasta

Leslie Becker, Canasta Instructor

Tue, Nov 4 - Dec 9 | 10:30am-12:30pm | \$150

6 sessions | At Oasis

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

630 | AARP Smart Driver Course

Michael J. Ackerman, AARP Volunteer Instructor

Tue, Dec 9 | 10:30am-4pm | \$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.

635 | AARP Driver TEK: Car Safety and Technology

Michael J. Ackerman, AARP Volunteer Instructor

Thu, Dec 11 | 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.

Make a day of it at Oasis!

September
15



Learn...

In the morning lecture, explore how **Bruce Springsteen's songs** tap into universal themes that resonate with his listeners, from young adulthood through middle age to older adulthood. **See class #510 on page 13.**

Lunch...

After the morning class, bring your lunch (or pick up takeout nearby) and join us back at Oasis for a relaxed midday gathering. Enjoy good conversation, drinks, and dessert on us as you recharge and connect with fellow participants. **To join us for lunch, sign up for class #512.**

And Learn Some More...

Then stay, ready and refreshed, for Steve Roberts' afternoon presentation, **Trump's Report Card: The First Eight Months**. **See class #513 on page 5.**

Let's turn an ordinary day
into something a little more
special—together!

Theatre, Music, Film & TV

510 | Bruce Springsteen and the Soundtrack of Life

James M. Kelly, PhD, LSW, Professor Emeritus and Adjunct Professor, Carlow University

Mon, Sep 15 | 10:30am-12pm | \$18 | At Oasis/Zoom 

'Hear' Springsteen like never before -- through a lens of psychosocial development theory.

522 | The Magic of Johnny Mercer

Julie Kurzava, Faculty, Loyola University

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

A performer's perspective on the works of this great American master.

531 | John Ford: America's Cinematic Storyteller

Dan Sherman, PhD

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

Dive into the legendary films of the director who defined America on screen and inspired Hollywood's greatest.

542 | Sun Records: The Birthplace of Rock'n'Roll

Seth Kibel, Musician and Composer

Tue, Oct 7 | 10:30am-12pm | \$18 | At Oasis/Zoom 

The upstart record label that changed the world!

560 | Sly Stone and Brian Wilson: Sound Innovators

Daryl Davis, Musician

Tue, Oct 21 | 1-2:30pm | \$18 | At Oasis/Zoom

Two icons who remain relevant today!

Robin Fields Memorial Concert:

Peace by Piece

Caron Dale, Singer and Songwriter

Tue, Nov 4 | 1-2pm | \$5 | At Oasis | #581

Enjoy a live concert featuring songs about peace of mind, peace in the world, pieces of life, and pieces of our hearts. This concert is underwritten by the Robin Fields Memorial Fund.

584 | Bobby Darin: Dream Lover to Protest Singer

Judy Luis-Watson, Educator and Musician

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

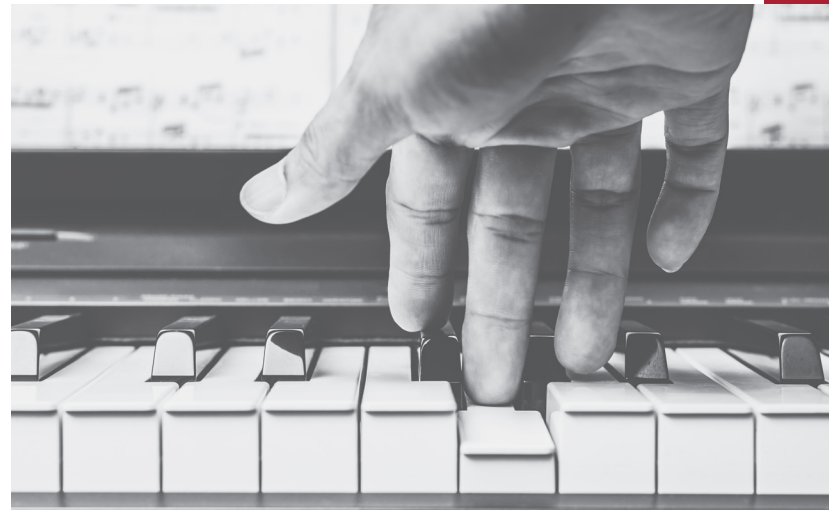
What roads did Bobby Darin boldly travel to get from Rock n' Roll to protest music?

602 | Dave Brubeck: Jazz Innovator

Seth Kibel, Musician and Composer

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

Redefining the sound of 20th century American music.



610 | Stephen Schwartz: From Godspell to Wicked

Julie Kurzava, Faculty, Loyola University

Mon, Nov 24 | 10:30am-12pm | \$18 | At Oasis/Zoom

Contemporary pop meets musical theater.

611 | Music and Mood

Vladimir Fridman, Guitarist and Composer

Tue, Nov 25 | 1-2:30pm | \$18 | At Oasis


Sync your heart and mind with music!

620 | Ray Charles & Willie Nelson: American Originals


Daryl Davis, Musician

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

Two songwriters whose genre-crossing styles reshaped American music and transcended generations.

631 | PSYCHO-Analysis:
An Inside Look at Hitchcock’s Horror Masterpiece
Brian Rose, Professor (ret.), Fordham University
Tue, Dec 9 | 1-2:30pm | \$18 | Zoom 

We’ll examine how the film was made and how it continues to haunt our cultural imagination.

634 | Danny Kaye: King of the Jesters
Dan Sherman, PhD
Wed, Dec 10 | 1-2:30pm | \$18 | At Oasis/Zoom 

Brooklyn’s own Danny Kaye dazzled the world with laughter, music, and unforgettable performances.

Volunteer Events & Tours

Tour of the Supreme Court
Supreme Court Docent
518 | Thu, Sep 18 | 1-2pm | \$30 | Supreme Court
594 | Wed, Nov 12 | 1-2pm | \$30 | Supreme Court

Exclusive tour exploring the Court’s history, architecture, and inner workings. The class fee will be used to cover Washington Metro Oasis’s administrative costs. Neither Oasis nor the Court is profiting from this tour. Participants are responsible for their own transportation.

516 | Oasis Volunteer Event at Comfort Cases
Wed, Sep 17 | 10am-12pm | Free | Comfort Cases

Comfort Cases provides essential items to children being placed in foster care. Volunteers are responsible for their own transportation.

546 | Walking Tour of Woodend Sanctuary
Bradley Simpson, Habitat Manager, Woodend
Wed, Oct 8 | 1-2:30pm | \$30 | Woodend Sanctuary

We will take a leisurely walk to learn about biodiversity in this urban oasis. Participants are responsible for their own transportation.

567 | Oasis Volunteer Event at A Wider Circle
Fri, Oct 24 | 1-3pm | Free | A Wider Circle

Help sort donations and stock showrooms for neighbors seeking to rise out of poverty. Volunteers are responsible for their own transportation.

TUTOR ■ MENTOR ■ MAKE A DIFFERENCE



Discover the joy of giving back to our community through volunteering with the Oasis Intergenerational Tutoring Program.

Work one-on-one with a child in a local public school as a tutor and mentor.

Are you interested in tutoring for the 2025-2026 school year?
Please contact Oasis Tutor Coordinator, Kathleen McDaniel at **kmcdan10@jhmi.edu** or **240-800-3745** to learn more about the August or September New Tutor Trainings.



OASIS CLASS REGISTRATION



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

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


Card #: _____ Exp. Date: _____ CVV _____

Signature: _____

☐ Enclosed is my check payable to Oasis Check # _____ ☐ 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.

Signature: _____  Date: _____

Emergency Contact: _____ Relationship: _____ Phone#: _____

Washington Metro Oasis
Suburban Hospital
8600 Old Georgetown Road
Bethesda, MD 20814

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Washington Metro Oasis and AARP Maryland present:

Seth Kibel & Damon Foreman



**The Sounds of
American Bandstand
and Soul Train**

**TUES
SEPT 9**

1:00 – 2:30 pm (Doors open 12:30)
F. Scott Fitzgerald Theatre
603 Edmonston Drive, Rockville, MD

Free, registration required

Go to: events.aarp.org/YMy5Eq or call 877-926-8300

Dick Clark and Don Cornelius may be gone, but their legacy grooves on! Join Seth and Damon as they bring the sounds of American Bandstand and Soul Train back to life. Dance in the aisles to classic hits—both familiar and forgotten—plus enjoy fun stories and behind-the-scenes insights in this entertaining and educational tribute.

