



2026 Winter/Spring 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 winter—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
Oasis will be closed January 1, 2, 19

OASIS STAFF

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Life Transitions:

Legal and Financial Essentials

Plan with confidence for life's important changes. This free, expert-led series addresses key legal and financial topics. You will receive practical guidance and peace of mind for the years ahead. Attend in-person or online.



#114

Estate Planning Check-Up: Three Essential Documents

WED JAN 28 | 1:00 - 2:15 pm

FREE

#132

The Digital Side of Estate Planning: Managing Photos, Documents, & Online Accounts

WED FEB 11 | 1:00 - 2:15 pm | Sponsored by Sunrise of Rockville

FREE

#143

The Economics of Living Longer

WED FEB 18 | 1:00 - 2:30 pm | Sponsored by Sunrise of Chevy Chase

FREE

#164

Insurance Over and Above Medicare

WED MAR 4 | 1:00 - 2:15 pm | Sponsored by Sunrise of Silver Spring

FREE


#183

When a Spouse Dies: Legal and Financial Considerations

WED MAR 18 | 1:00 - 2:30 pm | Sponsored by Sunrise of Fox Hill

FREE

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

All classes will be recorded. 



Thank you to Sunrise Senior Living
for their support of these classes.

Art & Art Appreciation

110 | Impressionists in Winter: From Monet to Pissarro

Joan Hart, Art History Instructor, Museum One, Inc.
Mon, Jan 26 | 1-2:30pm | \$18 | Zoom

This program will take you on a journey through the snowy French countryside to the charming streets of Paris.

115 | Great Artists Who Flourished After 70, Part 1 (Renaissance to the French Revolution)

Nora Hamerman, Art Historian
Thu, Jan 29 | 10:30am-12:00pm | \$18 | At Oasis/Zoom

We'll examine the works of Donatello, Michelangelo, Bernini, and Goya—artists who transformed sculpture and painting well past what we might call "retirement age."

144 | Great Artists Who Flourished After 70, Part 2 (19th and 20th Centuries)

Nora Hamerman, Art Historian
Thu, Feb 19 | 10:30am-12:00pm | \$18 | At Oasis/Zoom

We'll examine the works of Hokusai, Monet, Matisse, and Chagall, artists who transformed art well past what we might call "retirement age."

161 | Art Morning: Make A Mandala

Martina Sestakova, Art Educator, Designer and Painter
Tue, Mar 3 | 10:30am-12:00pm | \$40 | At Oasis

Delve into the spiritual art of mandalas and create one of your own.

190 | Art Morning: Mini Floral Paintings

Martina Sestakova, Art Educator, Designer and Painter
Tue, Apr 14 | 10:30am-12:00pm | \$40 | At Oasis

Learn about famous patterns and create small watercolors of art's most popular theme.




191 | From Obscurity to Masterpieces: Durand-Ruel and the Impressionists

Joan Hart, Art History Instructor, Museum One, Inc.
Tue, Mar 24 | 1-2:30pm | \$18 | At Oasis/Zoom


Learn how art dealer Paul Durand-Ruel discovered and promoted then-unknown Impressionists, including Monet, Degas and Renoir.

194 | Beyond the Likeness: Portraits That Shaped History

Judy Scott Feldman, Ph.D., Art Historian
Wed, Mar 25 | 1-2:30pm | \$18 | At Oasis/Zoom 

We'll look at how artists create portraits that shape how we regard historical figures – kings, popes, and American presidents.

212 | Painting History: Old Masters and New Voices

Judy Scott Feldman, Ph.D., Art Historian
Wed, Apr 8 | 1-2:30pm | \$18 | At Oasis/Zoom 

Discover how artist Kerry James Marshall has revived the once-dominant tradition of history painting, transforming an abandoned genre into a powerful vehicle for new stories and perspectives.

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



NEW Class recordings will be sent by email to everyone who was enrolled in the class.

Current Events

102 | Unraveling a Cold Case in Chevy Chase: The Leslie Preer Murder

John McCarthy, Montgomery County State's Attorney
Wed, Jan 21 | 10:30am-12:00pm | \$18 | At Oasis/Zoom


A compelling look at how science, determination, and new techniques brought justice in a case that haunted a community for more than 20 years.

123 | The Sheriff's Role in Montgomery County: A Conversation with Sheriff Maxwell Uy

Maxwell C. Uy, Sheriff, Montgomery County, Maryland
Wed, Feb 4 | 10:30-11:30am | Free | At Oasis/Zoom

An inside look at the vital work of the Sheriff's Office, community outreach efforts, and resources for older adults. This program is generously supported by the Frederick H. Bowis Community Fund.

130 | USA vs. China: Superpower Showdown

Owen Ullmann, Journalist and Author
Tue, Feb 10 | 1-2:30pm | \$18 | At Oasis/Zoom 

We'll examine their battle for supremacy and the prospects for a fierce but peaceful competition rather than outright war.



131 | Power, Trust, and Betrayal: The Eduardo Valdivia Case

John McCarthy, Montgomery County State's Attorney
Wed, Feb 11 | 10:30am-12:00pm | \$18 | At Oasis/Zoom


This case provides a stark example of how authority can be abused, and raises questions about accountability, justice, and institutional safeguards.

171 | The "Best" Supreme Court Cases: How They Shaped America

John McCarthy, Montgomery County State's Attorney
Wed, Mar 11 | 10:30am-12:00pm | \$18 | At Oasis/Zoom

We'll explore some of the most influential and widely regarded cases — those that expanded rights, clarified constitutional principles, or transformed public life.

172 | Population Trends That Are Changing Our World

Molly Williamson, Foreign Service Officer (Ret.) and Scholar, Middle East Institute
Wed, Mar 11 | 1-2:30pm | \$18 | At Oasis/Zoom 


Rapid growth and aging populations are reshaping the world's economies, migration, and resources. What does this mean for us?

211 | The Catherine Hoggle Case: A Dramatic New Turn

John McCarthy, Montgomery County State's Attorney
Wed, Apr 8 | 10:30am-12:00pm | \$18 | At Oasis/Zoom

A new indictment spotlights the tension between mental health law and criminal justice, and the challenges of prosecuting cold cases in the absence of physical evidence or bodies.

222 | Common Sense Solutions to Taxes

Owen Ullmann, Journalist and Author
Wed, Apr 15 | 1-2:30pm | \$18 | At Oasis/Zoom 

Learn how we got here and ways to make the tax code more coherent and fairer.

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, Jan 5 - Apr 27 | 10:30am-12:00pm | \$30 | Zoom

911 | Bethesda Men’s Discussion Group (A)
Mon, Jan 5 - Apr 27 | 10:30am-12:00pm | \$30 | Zoom

912 | Men’s/Women’s Discussion Group (B)
Tue, 10:30am-12:00pm & Fri, 12:30-2pm | Jan 6 - May 1
\$30 | Zoom

913 | Men’s/Women’s Discussion Group (A)
Tue, Jan 6 - Apr 28 | 1-2:30pm | \$30 | Zoom

916 | Men’s Discussion Group (B)
Thu, Jan 8 - Apr 30 | 1-2:30pm | \$30 | Zoom

917 | Bethesda Men’s Discussion Group (B)
Fri, Jan 9 - May 1 | 10-11:30am | \$30 | Zoom

914 | In-Person Men’s Discussion Group
Wed, Jan 14 - Apr 29 | 1-2:30pm | \$30 | At Oasis

915 | Women’s Discussion Group
Libby Merrill, Facilitator
Thu, Jan 22, Feb 19, Mar 19, Apr 16 | 10:30am-12:00pm
\$20 | At Oasis

925 | Bonjour! French Conversation Group
Rachel Cintron, Facilitator
Mon, Jan 26 - Apr 13 | 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.

112 | Classic Favorite/Banned Book Discussion: *The Great Gatsby* by F. Scott Fitzgerald
Jonina Duker, Certified Book Discussion Leader
Tue, Jan 27 | 3:30-4:45pm | \$18 | Zoom

Fitzgerald’s view of the Jazz Age is seen as commentary on the “American Dream”. As we begin 2026, what is your take?

151 | Book Discussion: *Lovely One: A Memoir* by Supreme Court Justice Ketanji Onyika Brown Jackson
Jonina Duker, Certified Book Discussion Leader
Tue, Feb 24 | 3:30-4:45pm | \$18 | Zoom

Given how important the Supreme Court is likely to be in 2026, this engaging read is an easy way to get to know the newest justice.

192 | Book Discussion: *Nightshade* by Michael Connelly
Jonina Duker, Certified Book Discussion Leader
Tue, Mar 24 | 3:30-4:45pm | \$18 | Zoom

New series alert for fans of crime fiction!

231 | Book Discussion: *Isola* by Allegra Goodman
Jonina Duker, Certified Book Discussion Leader
Tue, Apr 21 | 3:30-4:45pm | \$18 | Zoom

Based on a real person, this is the story of a young French noblewoman who was left to fend for herself on a remote, uninhabited island off the coast of Québec.

Health & Fitness



901 | Caregivers Support Group

Erica Greenspan, LCSW-C, LICSW
Wed, Jan 7 - Apr 15 | 11am-12pm | Free | Zoom

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

902 | Memory Café - Support Group

Volunteers, Alzheimer's Association, National Capital Area
Fri, Jan 9, Feb 6, Mar 6, Apr 3 | 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

930 | Monday Session 1 | Jan 12 - Feb 16 | 3-4pm | \$75
5 sessions | At Oasis

931 | Thursday Session 1 | Jan 15 - Feb 19 | 3-4pm | \$90
6 sessions | At Oasis

932 | Monday Session 2 | Mar 2 - Apr 13 | 3-4pm | \$105
7 sessions | At Oasis

933 | Thursday Session 2 | Mar 5 - Apr 16 | 3-4pm | \$105
7 sessions | At Oasis

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

Move Well, Live Well (Functional Fitness)

Carin Butchko, Fitness Instructor

934 | Session 1 | Tue, Jan 13 - Feb 10 | 10:30-11:30am
\$75 | 5 sessions | At Oasis

935 | Session 2 | Tue, Mar 3 - Mar 31 | 10:30-11:30am
\$75 | 5 sessions | At Oasis

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

Chair Strength and Balance

Erika Campbell, Strength and Balance Instructor

936 | Session 1 | Tue, Jan 13 - Feb 24 | 1:30-2:30pm
\$105 | 7 sessions | Zoom

937 | Session 2 | Tue, Mar 3 - Apr 14 | 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

938 | Session 1 | Fri, Jan 16 - Feb 27 | 1:30-2:30pm
\$105 | 7 sessions | Zoom

939 | Session 2 | Fri, Mar 6 - Apr 17 | 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

940 | Session 1 | Fri, Jan 16 - Feb 20 | 10:15-11:15am
\$90 | 6 sessions | At Oasis

941 | Session 2 | Fri, Mar 6 - Apr 17 | 10:15-11:15am
\$105 | 7 sessions | At Oasis

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

122 | A Matter of Balance

Deeva Garel and Anna Stokes, Certified Coaches
Tue, Feb 3 - Mar 24 | 1-3pm | Free | At Oasis

*This program is designed to reduce the fear of falling and help older adults stay active, independent, and engaged in the life they love. **After signing up, you will receive a brief screening call from Oasis before being officially enrolled in this program.***

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

116 | Eat Smart, Age Strong

Isabella Nelson, Clinical Dietitian, Suburban Hospital
Thu, Jan 29 | 1-2pm | Free | Zoom

Discover how to build a balanced plate, interpret the nutrition facts panel, identify ways to improve your diet, and more.

152 | Staying Social, Staying Strong: The Health Benefits of Connection

Mfon Uhoh, M.D., Ph.D.
Thu, Feb 26 | 1-2pm | Free | Zoom

We'll explore the many benefits of social engagement for mental, emotional, and physical well-being.

196 | Unlocking Thyroid Health

Rosalie Naglieri, M.D.
Thu, Mar 26 | 1-2pm | Free | Zoom

Your thyroid affects energy, mood, weight, and overall health.

233 | Smart Skin Care for Healthy Aging

Johns Hopkins-affiliated Dermatologist
Thu, Apr 23 | 1-2pm | Free | Zoom

Your skin tells your life story — but it doesn't have to show your age.



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

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- Thriving with a Healthy Thyroid**
Jan 28 | 6:00 - 7:30pm | Free | Zoom
- Power to the Heart: Food, Fitness & Culture**
Feb 25 | 6:00 - 7:30pm | Free | Zoom
- Plant-Based Meals Made Simple**
Mar 25 | 6:00 - 7:30pm | Free | Zoom
- Smart Screening for Colon Health**
Apr 22 | 6:00 - 7:30pm | Free | Zoom

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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.




History

101 | The American Revolution And The Fate Of The World

Richard Bell, Professor of History, University of Maryland
Tue, Jan 20 | 1-2:30pm | \$18 | At Oasis/Zoom 


Rediscover the Revolution as a world war that unleashed chaos, opportunity, and transformation across six continents. Don't miss this opportunity to see instructor Rick Bell in-person. He'll also be signing copies of his new book.

111 | When Sports Aren't Neutral: The 1936 Olympics Boycott Debate

Cynthia Peterman, Career Educator
Tue, Jan 27 | 1-2:30pm | \$18 | At Oasis 


We will explore this history and what questions it raises for the upcoming 2026 Winter Olympics. While this class is being offered in-person only, it will be recorded and available to people who have registered for the class.

121 | Stories of Early America, Part 1: The Great Awakening

Richard Bell, Professor of History, University of Maryland
Tue, Feb 3 | 1-2:30pm | \$18 | Zoom 

How did a spiritual upheaval in the 1700's change the American colonies?

125 | The Art of Diplomacy: How American Negotiators Reached Historic Agreements that Changed the World

Stuart Eizenstat, Ambassador (Ret.)
Wed, Feb 4 | 1-2pm | \$15 | At Oasis/Zoom 

Inside the greatest diplomatic negotiations of the past 50 years, from one of America's pre-eminent diplomats.

Please note the class location when you register.

For classes that are **At Oasis/Zoom**, you do not need to indicate how you plan to attend when you register. A Zoom link will be included in your receipt even if you are planning to attend in person.




127 | The Great American Road Trip

Allen Pietrobon, Trinity University
Thu, Feb 5 | 10:30am-12:00pm | \$18 | At Oasis/Zoom 

How did we become a nation of road-trippers?




141 | Washington, 1971: The Birth of the Modern War on Drugs

Emily Dufton, Drug Historian
Tue, Feb 17 | 1-2:30pm | \$18 | At Oasis/Zoom 


How did a 1971 public health experiment in the nation's capital try to tackle crime and addiction—and what happened when it unraveled?

162 | Stories of Early America, Part 2: Strangers in the Realm

Richard Bell, Professor of History, University of Maryland
Tue, Feb 24 | 12:30-2pm | \$18 | Zoom 

Meet the migrants who reshaped the colonies—and the nation to come.


160 | Patriotism and Protest: America's Story in Song and Literature

Monroe Brett, Retired History Teacher
Mon, Mar 2 & 9 | 10:30am-12:00pm | \$36 
At Oasis/Zoom

Discover how Americans have expressed both deep patriotism and spirited protest through music and literature.

163 | Montgomery County: 200 Years of Immigration and Change

Maria Sprehn, Montgomery College and Sarah Hedlund, Montgomery History

Tue, Mar 3 | 1-2:15pm | \$15 | At Oasis/Zoom 

How did Montgomery County become one of the most diverse counties in the United States?

184 | From Haute Cuisine to Fast Food: The Evolution of American Dining

Allen Pietrobbon, Trinity University

Thu, Mar 19 | 10:30am-12:00pm | \$18

At Oasis/Zoom 

Revelations about the evolution of America's identity and culture, through what we eat.

201 | The Search for the Lost Submarine

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

Tue, Mar 31 | 1-2:30pm | \$18 | At Oasis/Zoom 

This Confederate submarine was the first sub in history to sink an enemy warship and then it disappeared for 131 years.

220 | Stories of Early America, Part 3: The Best Poor Man's Country?

Richard Bell, Professor of History, University of Maryland

Tue, Apr 14 | 1-2:30pm | \$18 | Zoom 

How well did ordinary Americans really live—and how do we know?

Humanities

109 | Enlightenment Thinkers, Part 1: The Scientific Revolution

Steven Gimbel, Professor of Philosophy, Gettysburg College

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

Galileo, Francis Bacon, and others forced a radical shift in how we thought about everything.

185 | Enlightenment Thinkers, Part 3: The Empiricists Strike Back

Steven Gimbel, Professor of Philosophy, Gettysburg College

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

Explore the ideas of empiricist thinkers such as Thomas Hobbes and John Locke, who challenged assumptions and laid the groundwork for modern science and politics.

145 | Enlightenment Thinkers, Part 2: Rene Descartes

Steven Gimbel, Professor of Philosophy, Gettysburg College

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

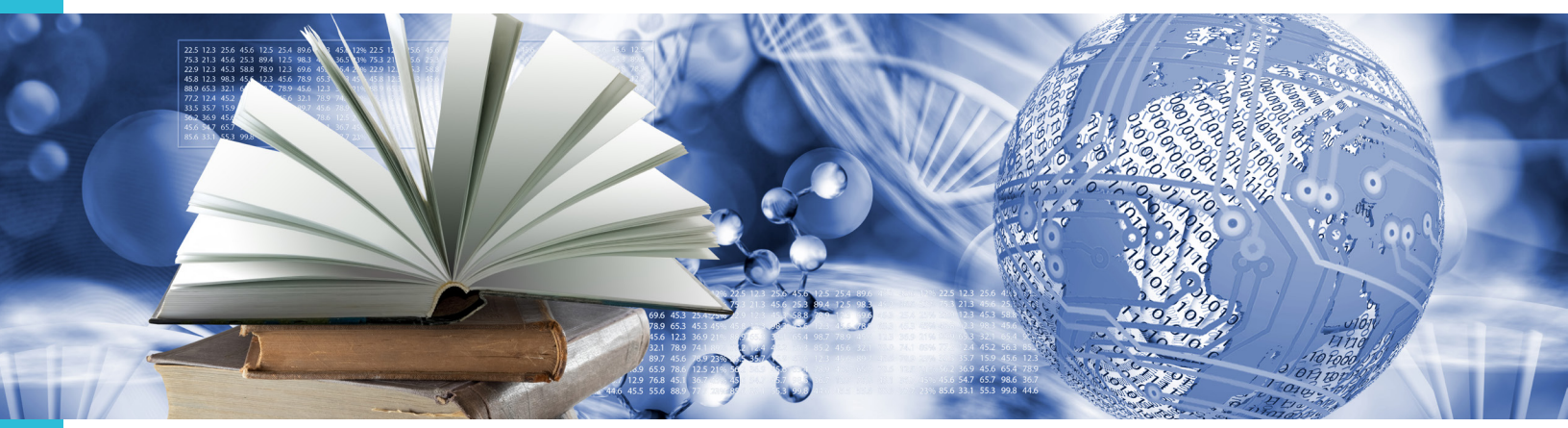
The father of modern philosophy asked a new set of questions about how we ought to think about ourselves, God, and the world.

223 | Enlightenment Thinkers, Part 4: Gottlieb Leibniz and Isaac Newton

Steven Gimbel, Professor of Philosophy, Gettysburg College

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

Newton and Leibniz both invented calculus and their rivalry sparked brilliance and drama.



Practical Information

Mah Jongg Practice Group

920 | Mon, Jan 12 - Apr 13 | 1-3pm | \$30 | At Oasis

921 | Wed, Jan 14 - Apr 15 | 1-3pm | \$30 | At Oasis

Practice your skills with other advanced-beginner and intermediate players. Please sign up for only one group.

922 | Canasta Practice Group

Tue, Jan 13 - Apr 14 | 1-2:30pm | \$30 | At Oasis

This is a practice, not an instructional, group.



100 | iPhone Photo Toolkit, Part 1: Your Photo Library

Jill Rivers, Founder, Enjoy the Photo Moments

Tue, Jan 20 | 10:30am-12:00pm | \$30 | At Oasis

(Repeat of October 2025 class.) Learn tips to help you feel more in control of your iPhone photo library.

106 | Emergency Preparedness 101

Emergency Management Specialist, Montgomery County

Thu, Jan 22 | 10:30-11:30am | Free | At Oasis/Zoom 

How prepared are you for an emergency or unplanned event? This program is generously supported by the Frederick H. Bowis Community Fund.

924 | Chess Club

Thu, Jan 22 - Apr 16 | 2-4pm | \$30 | At Oasis

This is a practice, not an instructional, group. All skill levels welcome.

107 | Beginning Spanish 1B

Lori Spak, Retired MCPS Spanish Teacher

Thu, Jan 22 - Apr 16 | 11:30am-12:30pm | \$144
At Oasis

If you would like to join this class but did not take Beginning Spanish 1 in the Fall 2025 term, please contact Oasis for an evaluation.

108 | Continuing Spanish 3B

Lori Spak, Retired MCPS Spanish Teacher

Thu, Jan 22 - Apr 16 | 1-2pm | \$144 | At Oasis

If you would like to join this class but did not take Continuing Spanish 3 in the Fall, please contact Oasis for an evaluation.

923 | The Social Knitwork (Knitting Club)

Lori Spak, Host

Thu, Jan 22 - Apr 16 | 2:30-4pm | \$30 | At Oasis

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

120 | iPhone Photo Toolkit, Part 2: Clear the Clutter

Jill Rivers, Founder, Enjoy the Photo Moments

Tue, Feb 3 | 10:30am-12:00pm | \$30 | At Oasis

Learn how to clear out the photos you don't need and bring order to the ones you love.



124 | Make Happiness a Habit

Dr. Ann Turner, Therapist and GWU Clinical Asst. Prof.

Wed, Feb 4 | 10:30am-12:00pm | \$10 | At Oasis

Create your own personal happiness plan that's easy to weave into everyday life. Made possible by the J.B. and Maurice C. Shapiro Endowment for Women's Health.



140 | iPhone Photo Toolkit, Part 3: Edit, Share, Enjoy

Jill Rivers, Founder, Enjoy the Photo Moments

Tue, Feb 17 | 10:30am-12:00pm | \$30 | At Oasis

Learn how to make the most of the treasure trove of memories on your iPhone.

180 | Learn to Play Mah Jongg!

Nancy Kay, Mah Jongg Instructor

Mon, Mar 16 - Apr 20 | 10:30am-12:30pm | \$155

At Oasis

Learn the 'great game of China.'

181 | From Boxes to Stories: How to Organize Your Printed Photos

Jill Rivers, Founder, Enjoy the Photo Moments

Tue, Mar 17 | 10:30am-12:00pm | \$36 | At Oasis

In this hands-on workshop, you'll learn practical steps to organize your printed photos so they're ready for digitizing and future generations to enjoy. Bring a shoebox worth of photos to begin the process!

182 | How to Improve Your Relationship with Your Adult Children

Dr. Ann Turner, Therapist and GWU Clinical Asst. Prof.

Wed, Mar 18 | 10:30am-12:00pm | \$10 | At Oasis

Learn ways to handle tough dynamics with more understanding and care. Made possible by the J.B. and Maurice C. Shapiro Endowment for Women's Health.

200 | iPhone 911: Settings for Personal Safety and Protection

Jill Rivers, Founder, Enjoy the Photo Moments

Tue, Mar 31 | 10:30am-12:00pm | \$10 | At Oasis

Take advantage of the medical ID, emergency and scam protection features of your iPhone. This class is being underwritten by an Oasis member who wishes to remain anonymous.

202 | AI Made Simple: Everyday Uses for Beginners

Victor Rezmovic, Computer Instructor

Wed, Apr 1 | 10:30am-12:00pm | \$18 | At Oasis/Zoom 

A helpful introductory class for the novice user.

230 | Mah Jongg: The 2026 Card

Nancy Kay, Mah Jongg Instructor


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

Compare the new card to last year's card and learn about new hands, too.



Theatre, Music, Film & TV

103 | From Carson to Oprah to Colbert: A History of the TV Talk Show

Brian Rose, Professor (ret.), Fordham University
Wed, Jan 21 | 1-2:15pm | \$15 | Zoom 

From entertainment to centers of political controversy!

133 | Why Sondheim?

Julie Kurzava, Faculty, Loyola University
Thu, Feb 12 | 10:30am-12:00pm | \$18
At Oasis/Zoom

We'll examine examples from the Sondheim canon, looking for the reasons why people still buy tickets to a Sondheim show.

170 | Aretha & Dolly: Queens of Soul & Country

Daryl Davis, Musician
Tue, Mar 10 | 1-2:30pm | \$18 | At Oasis/Zoom

We'll explore the vastly different and common roots of two pioneering women from Tennessee.

210 | Covers and Crossovers: How Songs Travel Through Time

Daryl Davis, Musician
Tue, Apr 7 | 1-2:30pm | \$18 | At Oasis/Zoom

From Elvis bringing R&B to pop audiences to Taylor Swift moving from country to pop, crossover songs and artists have shaped music in big ways.

213 | Great American Songbook: More Art of Interpretation

Julie Kurzava, Faculty, Loyola University
Thu, Apr 9 | 10:30am-12:00pm | \$18
At Oasis/Zoom

Continuing Kurzava's occasional series on some of the ways classic and contemporary performers have made a song their own.



Jazz Roots and Routes


With musician & composer, Seth Kibel!

113 | Part 1: New Orleans

Wed, Jan 28 | 10:30am-12:00pm | \$18
At Oasis/Zoom 

At the beginning of the 20th century, multiple musical genres coalesced in the Big Easy to give birth to the music we now know as 'jazz.'

142 | Part 2: Chicago

Wed, Feb 18 | 10:30am-12:00pm | \$18
At Oasis/Zoom 

By the early 1920's, most of the great pioneers of this music were now making Chicago their base of operations.

173 | Part 3: Kansas City

Thu, Mar 12 | 10:30am-12:00pm | \$18
At Oasis/Zoom 

Between the two World Wars, the robust nightlife of Kansas City made it the perfect hotbed for jazz.

221 | Part 4: The Big Apple

Wed, Apr 15 | 10:30am-12:00pm | \$18
At Oasis/Zoom 

New York became the true epicenter of jazz from the early 1930's onward.....

Tour of the Supreme Court

Participants are responsible for their own transportation and will meet at the Court. Explore the Court's function, history, and architecture on this guided tour. The class fee will be used to cover Washington Metro Oasis's administrative costs. Neither Oasis nor the Court is profiting from this tour.

Thu, Mar 26 | 1-2pm | \$30 | Supreme Court | #197



Travel with Oasis!

Join AFC Vacations and fellow travelers from the Rochester and Syracuse Oasis centers on two unforgettable trips in 2026!

GREAT TRAINS & GRAND CANYONS

April 26 - May 1, 2026



Experience the American West in style on this scenic rail journey, featuring breathtaking views, historic towns, and one of the world's greatest natural wonders. Highlights include:

- Grand Canyon Railway & Verde Canyon Rail Trips
- Sedona City Trolley Tour
- Visit to Montezuma Castle National Monument
- Chuckwagon Supper & Western Show

CLASSICAL ITALY - ROME, FLORENCE, & VENICE

November 1 - 10, 2026



Discover the timeless beauty of Italy's most iconic cities — from ancient ruins in Rome to Renaissance treasures in Florence and the romantic canals of Venice. Highlight Include:

- Siena Walking Tour & San Gimignano
- Cooking & Pasta Making Class
- Venice Gondola Ride
- Tuscan Farmhouse Dinner & Wine

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

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Drive Smart!

#150 | AARP Smart Driver Course

Tuesday, February 24, 10:30 am - 4:00 pm
At Oasis | \$20 - AARP members/\$25 - non-members

Drivers who complete this course may receive a multi-year discount on their auto insurance.

#165 | New Car Safety Features: Do All These Beeps Help Me?

Thursday, March 5, 10:30 am - 12:00 pm
At Oasis

Learn how to utilize the latest high-tech safety features in your car.

#193 | Safe Driving for the Road Ahead

Weds, March 25 at 10:30 - 11:45 am
At Oasis/Zoom

It's never too early to think about safe driving—for yourself or for those you care about.



#195 | Leave the Driving to Someone Else!

Thursday, March 26, 2026, 10:30 - 11:30 am
At Oasis/Zoom 

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

#240 | CarFit Event: Enhance Your Safety & Comfort in the Driver's Seat

Friday, May 1, 10:00 am - 2:00 pm
Westfield Montgomery Mall Parking Lot - specific location TBD

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



Special thanks to MileOne Cares/MileOne Autogroup for generously supporting these programs.