



2026 Summer Catalog



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Dear Oasis Community,

As we look ahead to our summer term at Washington Metro Oasis, I am encouraged by the momentum we are building together with a 20% increase in participation as compared to Winter 2025. In my first months as Executive Director, I've enjoyed meeting many of you through informal Coffee Chats, listening to your ideas at the office, and hearing what Oasis means to you. Your enthusiasm and engagement continue to shape the future of our programs.

As with many nonprofit organizations, our largest expense continues to be staffing, which allows us to deliver the high-quality programming and welcoming experience our members expect. To help balance costs, we have taken a thoughtful look at where we can operate more efficiently. For example, we reduced certain catalog production expenses so we can invest in areas that have needed attention—particularly marketing and outreach, helping more adults in our community discover Oasis.

What has not changed is our commitment to our mission: providing engaging lifelong learning, wellness, and social connection opportunities for adults 50 and better.

This term, you'll notice several exciting offerings:

New Index of Classes – Provides a snapshot for you to view classes by date and day of the week (See pages 17-19).

Interactive Flipbook Catalog – Ability to review the catalog as an e-flipbook, with the benefit of clicking on each class to register with ease.

New Fitness Options – Including classes like Chair Yoga and movement offerings that support strength, balance, and wellbeing at every level.

To kick off the new term, please join us for “Taste of Oasis,” on April 23:

- Mini class preview sessions
- Meet Oasis summer instructors and staff
- Light refreshments served
- Social time to connect with fellow learners

I am grateful to work alongside our dedicated staff, instructors, volunteers, and partners who make Washington Metro Oasis a welcoming place. We look forward to seeing you this semester—and to continuing to learn, move, and connect.

Warmly,

Leslie Pont
Executive Director

CONTACT US

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(2nd Floor)
Westfield Montgomery Mall
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Bethesda, MD 20817

☎ 240-800-3745

🌐 washington-metro.oasisnet.org

✉ washingtonmetro@oasisnet.org

HOURS

Monday – Thursday,
10:00am – 4:00pm

Oasis will be closed
Monday, May 25, 2026.

OASIS STAFF

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HOW TO REGISTER

ONLINE

Sign into your Oasis account at **washington-metro.oasiseverywhere.org**, choose your classes and pay by credit card.

PHONE

Oasis volunteers are happy to assist you with registration by phone at 240-800-3745 during regular office hours (10:00am – 4:00pm Monday-Thursday).

PAPER

Registration forms are available for pick-up at the Oasis Center or printable at **washington-metro.oasisnet.org**. Drop forms at the Oasis Center or mail to 7125 Democracy Blvd, Bethesda, MD 20817



REFUND POLICY

Oasis class fees are non-refundable except in the following cases:

Class cancellation: If Oasis cancels a class, credit card payments will be refunded to the original card. Cash or check payments may be refunded by check upon request; otherwise, a credit will be issued to your Oasis account.

Class rescheduling: If Oasis reschedules a class, you may receive a credit on your Oasis account if you notify us at least 48 hours in advance that you cannot attend.

If you cannot attend a class, you may send someone in your place. Fees are not prorated.



GIVE TO OASIS & SUPPORT OUR MISSION

Did you know Washington Metro Oasis is a financially independent nonprofit organization? Our success depends on you—your volunteerism, your participation, and your financial generosity. Philanthropic support from participants and the broader community is essential to sustaining a vibrant future for Oasis. Thank you for your generosity and continued support.



SCHOLARSHIP FUND

Our commitment to affordability is at the heart of our mission, and we proudly offer scholarships to those in need to help ensure that everyone in our community can have a seat in the classroom.

TO MAKE A DONATION BY CREDIT CARD

Visit: washington-metro.oasisnet.org/donate

TO MAKE A DONATION BY CHECK:

Make checks payable to “Oasis” and mail to: 7125 Democracy Blvd., Bethesda, MD 20817

A limited number of scholarships are available for individuals experiencing financial hardship. Please contact the Oasis office for more information.



CLASS RECORDING POLICY

Recorded classes are marked with an icon in the catalog and on our website. You must register before the class begins to receive the recording, which will be emailed within 7 days and available to stream for one month. Recordings are for registered participants only and may not be shared.



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Art & Appreciation

252 | Scissors, Glue & Muses: A Collage Workshop (Series)

Barbara Rose, Artist, Teacher and Writer

Tue | May 19 - Jun 9 | 10:30am-12:30pm | \$187
4 Sessions | At Oasis

Create a one-of-a-kind work of art. The class fee includes the cost of materials.

264 | Manet's Late Masterpieces: Paris, Fashion, and Modern Life

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

Thu | May 28 | 1-2:30pm | \$18 | At Oasis/Zoom

During this period, Manet created his greatest work 'A Bar at the Folies-Bergere.'

273 | Classical Architecture for Washington: The Push and Push-Back

Judy Scott Feldman, Ph.D., Art Historian/National Mall Coalition

Wed | Jun 3 | 1-2:30pm | \$18 | At Oasis/Zoom



The argument over columns, domes, and ornament is also a debate about values and power.

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

Nora Hamerman, Art Historian

Tue | Jun 16 | 10:30am-12pm | \$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."

292 | Art Morning: The Patterns that Shape Us

Martina Sestakova, Art Educator, Designer and Painter

Tue | Jun 16 | 10:30am-12pm | \$40 | At Oasis

Identify patterns from your own life and create abstract compositions that express personal stories.

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

Nora Hamerman, Art Historian

Tue | Jun 23 | 10:30am-12pm | \$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."

301 | Art Morning: Eyes Closed, Hands Open

Martina Sestakova, Art Educator, Designer and Painter

Tue | Jun 23 | 10:30am-12pm | \$40 | At Oasis

Intuitively create a vase of flowers using a pencil in each hand—eyes closed!

312 | Monet's Waterlilies: To Heal a Nation

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

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

Highlights from 30 years of Monet's water lilies paintings, culminating in the panoramic series now displayed at the Musee de L'Orangerie in Paris.

330 | The Influence of the Olmsted Firm on Landscape Design in Washington D.C. and Environs

Piera Weiss, Landscape Planner and Architect

Tue | Jul 21 | 10:30-11:45am | \$15 | At Oasis



From the Capitol Grounds to Rock Creek Park to the National Zoo—discover the design vision behind some of Washington's most familiar landscapes.

341 | A Triumphal Arch for Washington: Ancient Precedents, Modern Meanings

Judy Scott Feldman, Ph.D., Art Historian/National Mall Coalition

Wed | Jul 29 | 1-2:30pm | \$18 | At Oasis/Zoom



A look at the historical origins of triumphal arches in Rome and beyond, how they've been reused across centuries, and what they symbolize.



Current Events



249 | Maryland Legislative Update

John McCarthy, Montgomery County State's Attorney

Thu | May 14 | 10:30am-12pm | \$18 | At Oasis/Zoom

We will focus on the most important new laws adopted during the 2026 legislative session.

SERIES SPOTLIGHT: CANDID CONVERSATIONS WITH FEDERAL JUDGES

Candid Conversation: Judges on Judging

Federal Judges (TBD) and Rebecca Fanning, National Educational Outreach Manager, Office of the U.S. Courts

250 | Part 1 | Mon | May 18 | 1-2:30pm | \$18 | Zoom

290 | Part 2 | Mon | Jun 15 | 1-2:30pm | \$18 | Zoom

320 | Part 3 | Mon | Jul 13 | 1-2:30pm | \$18 | Zoom

In these moderated conversations, Federal Judges will answer questions about their thought process, maintaining impartiality, handling high-profile cases, and what the courts can teach us about civil discourse. Participants will be required to have their cameras and microphones on. *A different judge/s will participate in each session.*

253 | The Oily Politics of Petroleum

Owen Ullmann, Journalist and Author

Tue | May 19 | 1-2:30pm | \$18 | At Oasis/Zoom



This lecture will examine how U.S. determination to protect oil supplies at all costs continues to impact our foreign policy.

274 | Venezuela's Future—and Ours

Ernesto Castaneda, Director, Immigration Lab and the Center for Latin American and Latino Studies, American University

Thu | Jun 4 | 1-2:30pm | \$18 | At Oasis/Zoom



What's really happening in Venezuela—and why might it matter to the United States and the rest of the world?

284 | Organized Retail Crime: How It Impacts All of Us

John McCarthy, Montgomery County State's Attorney

Thu | Jun 11 | 10:30am-12pm | \$18 | At Oasis/Zoom

What should the public know about this evolving issue?

310 | From Enemies to Allies: Why the U.S. Forgives Former Foes

Owen Ullmann, Journalist and Author

Tue | Jul 7 | 1-2:30pm | \$18 | At Oasis/Zoom



Why the U.S. prefers a forgive-and-forget foreign policy.

311 | Supreme Court 2025-2026 Session Update

John McCarthy, Montgomery County State's Attorney

Thu | Jul 9 | 10:30am-12pm | \$18 | At Oasis/Zoom

We will focus on the top dozen cases, both civil and criminal, heard by the Court during the past year.

322 | The U.S.–Iran Standoff: History, Nuclear Tensions, and What's Next

Garret Martin, Hurst Senior Professorial Lecturer, School of International Service, and Co-Director of the Transatlantic Policy Center, American University

Tue | Jul 14 | 10:30am-12pm | \$18 | At Oasis/Zoom

Can the long-term causes of tension between Washington and Tehran be solved or will they remain salient for the foreseeable future?

362 | Everything You Always Wanted to Know About Search Warrants

John McCarthy, Montgomery County State's Attorney

Thu | Aug 13 | 10:30am-12pm | \$18 | At Oasis/Zoom

Whether you're interested in law, civil liberties, or just want to understand your rights, this talk provides a clear, accessible look behind the scenes of search warrants and criminal investigations.



Discussion Groups

Oasis Discussion Groups explore a range of political, cultural, and current topics, along with other shared interests. Each group has its own style, so we recommend trying one to find the best fit. To sample a group before joining, email washingtonmetro@oasisnet.org.

910 | Men's Discussion Group (A)

Mon | May 4 - Aug 24 | 10:30am-12pm | \$30 | Zoom

911 | Bethesda Men's Discussion Group (A)

Mon | May 4 - Aug 24 | 10:30am-12pm | \$30 | Zoom

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

Tue, Fri | May 5 - Aug 28 | 10:30am-12pm | \$30 | Zoom

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

Tue | May 5 - Aug 25 | 1-2:30pm | \$30 | Zoom

916 | Men's Discussion Group (B)

Thu | May 7 - Aug 27 | 1-2:30pm | \$30 | Zoom

917 | Bethesda Men's Discussion Group (B)

Fri | May 8 - Aug 28 | 10-11:30am | \$30 | Zoom

914 | In-Person Men's Discussion Group

Wed | May 13 - Aug 12 | 1-2:30pm | No class Jul 1 | \$30
At Oasis

915 | Women's Discussion Group

Libby Merrill, Facilitator

Thu | May 21, Jun 18, Jul 16 | 10:30am-12pm | \$20 |
3 sessions | At Oasis

Participate in an engaging and lively discussion with your peers.

925 | Bonjour! French Conversation Group

Oasis Facilitators

Mon | May 11 - Aug 10 | 1:30-2:30pm | No class May 25,
June 29 | \$30 | At Oasis

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

247 | Classic Favorites Book Discussion: *A Tree Grows in Brooklyn* by Betty Smith

Jonina Duker, Certified Book Discussion Leader

Tue | May 12 | 3:30-4:45pm | \$18 | Zoom

Join us to discuss the enduring charm and resilience at the heart of this coming-of-age tale set in immigrant Brooklyn.

272 | Book Discussion: *All the Beauty in the World: The Metropolitan Museum of Art and Me* by Patrick Bringley

Jonina Duker, Certified Book Discussion Leader

Tue | Jun 2 | 3:30-4:45pm | \$18 | Zoom

A moving memoir about art, loss, and the surprising lessons found while guarding the galleries of the Metropolitan Museum of Art.

324 | Book Discussion: *The Book of Goose* by Yiyun Li

Jonina Duker, Certified Book Discussion Leader

Tue | Jul 14 | 3:30-4:45pm | \$18 | Zoom

Explore this haunting novel about an intense teenage friendship and the uneasy line between truth and invention in postwar rural France.

360 | Book Discussion: *The Correspondent* by Virginia Evans

Jonina Duker, Certified Book Discussion Leader

Tue | Aug 11 | 3:30-4:45pm | \$18 | Zoom

In our discussion of this bestselling novel, we'll explore a compelling story of connection, secrets, and the lives revealed through letters.





Yoga Dance

Kathy Hankins, Certified Yoga and Meditation Instructor

930 | Monday Session 1 | May 4 - Jun 22 | 3-4pm
No class May 25, June 1 | \$90 | 6 sessions | At Oasis

931 | Thursday Session 1 | May 7 - Jun 25 | 3-4pm
No class May 28, Jun 4 | \$90 | 6 sessions | At Oasis

932 | Monday Session 2 | Jul 6 - Aug 3 | 3-4pm | \$75
5 sessions | At Oasis

933 | Thursday Session 2 | Thu | Jul 9 - Aug 6 | 3-4pm
\$75 | 5 sessions | At Oasis

Enjoy playful, but challenging standing yoga poses that improve balance and strength, with lively music!

Chair Strength and Balance

Erika Campbell, Strength and Balance Instructor

936 | Session 1 | Tue | May 5 - Jun 23 | 1:30-2:30pm
\$120 | 8 sessions | Zoom

937 | Session 2 | Tue | Jul 7 - Aug 11 | 1:30-2:30pm
\$90 | 6 sessions | Zoom

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

Move Well, Live Well (Functional Fitness)

Carin Butchko, Fitness Instructor

934 | Session 1 | Wed | May 6 - Jun 10 | 10:30-11:30am
\$90 | 6 sessions | At Oasis

935 | Session 2 | Wed | Jun 17 - Jul 29 | 10:30-11:30am
No class Jul 1 | \$90 | 6 sessions | At Oasis

(Note new class day.) Build strength, balance, and confidence with gentle exercises designed to help you move through daily life with ease.

Build Better Balance

Erika Campbell, Strength and Balance Instructor

938 | Session 1 | Fri | May 8 - Jun 26 | 1:30-2:30pm
\$120 | 8 sessions | Zoom

939 | Session 2 | Fri | Jul 10 - Aug 14 | 1:30-2:30pm
\$90 | 6 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 | May 8 - Jun 26 | 10:15-11:15am

No class May 22 | \$105 | 7 sessions | At Oasis

941 | Session 2 | Fri | Jul 10 - Aug 14 | 10:15-11:15am
\$90 | 6 sessions | At Oasis

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

942 | Chair Yoga to Promote Calm and Enhance Mobility

Archana Gupta, Yoga Fusion Wellness

Mon | Jun 1 - Jun 22 | 11-11:50am | \$40 | 4 sessions
At Oasis

Curious about chair yoga? This short series at an introductory price is a great way to try it out.





Health & Fitness

902 | Memory Café - Support Group

Volunteers, Alzheimer's Association, National Capital Area Chapter

Fri | May 1 & Jun 5 | 2-3pm | Free | 2 sessions | Zoom

Meet and spend time with others also experiencing a similar journey with memory loss. One meeting per month.

901 | Caregivers Support Group

Erica Greenspan, LCSW-C, LICSW

Wed | May 6 - Aug 12 | Bi-weekly | 11am-12pm | Free 8 sessions | Zoom

Learn from and connect with others who are also caring for a loved one. *Family and Nursing Care sponsors this series.*

903 | Caregiving for Aging Parents: You're Not Alone (Support Group)

Erica Greenspan, LCSW-C, LICSW

Wed* | May 13 - Aug 5 | Bi-weekly | 11am-12pm | \$35 7 sessions | Zoom

This group is for 'adult children' of aging parents who are in a caregiving role. *This program is generously supported by the Frederick H. Bowis Community Fund.*

*Note: Group will meet on Tue, July 7 instead of July 8

SERIES SPOTLIGHT: SUBURBAN HOSPITAL WELLWORKS CLASSES

265 | Caring for Your Mind as You Age

Martin Steinberg, M.D., Johns Hopkins University School of Medicine

Thu | May 28 | 1-2pm | Free | Zoom 

Learn practical strategies to support your well-being, build resilience, manage stress, and stay socially connected.

297 | Getting the Most From Your Patient Portal

Ilene Aiken, RN, BSN

Thu | Jun 18 | 1-2pm | \$5 | At Oasis

Patient portals are an important tool for your care. Learn how to use them wisely.

SERIES SPOTLIGHT: SUBURBAN HOSPITAL WELLWORKS CLASSES

305 | Sleep, Breathing, and Better Health: What You Need to Know

Christopher J. Lettieri, MD, FCCP, FAASM, Suburban Hospital

Thu | Jun 25 | 1-2pm | Free | Zoom 

Learn about chronic respiratory conditions that can impact sleep quality and what you can do.

325 | Stop the Bleed - Save a Life


Taryn Giza, BSN, RN, CEN, TCRN, Suburban Hospital

Wed | Jul 15 | 1-2:15pm | \$5 | At Oasis

Learn three techniques that will empower you to assist in an emergency and potentially save a life.

SERIES SPOTLIGHT: SUBURBAN HOSPITAL WELLWORKS CLASSES

333 | Stronger from the Core: Pelvic Floor Health

Thu | Jul 23 | 1-2pm | Free | Zoom 

Learn what is normal and when to seek medical care.

365 | Small Steps, Big Impact: Preventing Type 2 Diabetes

Vidhu Vadini, M.B.B.S., Johns Hopkins University School of Medicine

Thu | Aug 27 | 1-2pm | Free | Zoom 

We'll discuss topics including healthy lifestyle habits, screening, family risk, prevention, and early detection.





Dine, Learn & Move

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

Living Well With Arthritis

May 27 | 6:00 - 7:30pm | Free | Zoom

Healthy Living for Your Brain & Body

Jun 24 | 6:00 - 7:30pm | Free | Zoom

Fired Up for Food Safety

Jul 22 | 6:00 - 7:30pm | Free | Zoom

Blood Pressure & Cholesterol: Know Your Numbers

Aug 26 | 6:00 - 7:30pm | Free | 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 the month from 10:30 am – 12:00 pm at Oasis. Connect with other breast cancer survivors through this in-person program that focuses on group discussion and walking.

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



NEW! Grandparents: Getting Started

Tuesday, June 2 | 10:30am-12:30pm | \$45 | At Oasis

Taught by certified Safe Sitter® Instructors, participants will learn how to provide the best and safest care for their grandchildren. You will also learn the latest information on how to safely care for infants and children and how to manage the behavior of children of all ages, in addition to life-saving skills such as choking rescue, first aid, and injury management.

Registration is required,
<https://events.suburbanhospital.org>.



History

243 | From Farms to Skylines: Montgomery County at 250

Ralph D Buglass, *Montgomery History*

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



Explore how Montgomery County, Maryland has transformed over 250 years through a rich collection of historic photos, maps, and stories that bring its past to life.

246 | Stories of Early America, Part 4: Sex in the Colonial City

Richard Bell, *Professor of History, University of Maryland*

Tue | May 12 | 1-2:30pm | \$18 | Zoom



Discover the surprisingly subversive sex lives, marriages, and freedoms of 18th-century American women.

261 | Stories of Early America, Part 5: Creating the Constitution

Richard Bell, *Professor of History, University of Maryland*

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



After throwing out the British and their King, what would Americans replace them with?

270 | Widows and Warriors: Women of the American Revolution

Cynthia Peterman, *Career Educator*

Tue | Jun 2 | 1-2:30pm | \$18 | At Oasis

Discover the little-known stories of Revolutionary War widows and women who fought in disguise as men, as their voices emerge from pension files and records preserved in the National Archives.

285 | Stories of Early America, Part 6: The Newly United States and the World

Richard Bell, *Professor of History, University of Maryland*

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



Follow America's Founding Fathers as they navigated revolutions, wars, and bitter rivalries to define what the United States would stand for – and who it would stand against.

293 | Baby Boomers: The Soundtrack of What Shaped a Generation

Hugo Keesing, *University of Maryland, Retired Professor*

Tue | Jun 16 | 1-2:15pm | \$15 | At Oasis/Zoom



Saddle up for a nostalgic, music-filled ride through the world that made the Boomers – from atom bombs and polio scares to Elvis, Dick Clark, and the birth of the American teenager.

295 | Declaring Independence! The Making of America's Founding Document

Denver Brunsman, *Associate Chair, Department of History, George Washington University*

Wed | Jun 17 | 1-2:30pm | \$18 | At Oasis/Zoom



On the 250th anniversary of America's founding, learn more about the ideas, conflicts, and remarkable minds behind the Declaration of Independence – and what it really meant to break from Britain.

304 | Stories of Early America, Part 7: Declaring Cultural Independence

Richard Bell, *Professor of History, University of Maryland*

Thu | Jun 25 | 1-2:30pm | \$18 | Zoom



After winning political independence, Americans faced a trickier battle: could they reinvent their language, art, and identity to prove they were truly a new kind of people – and not just British colonists with a new flag?

326 | Espionage in High Heels

Barbara Blumberg Ressin, *CCBC*

Thu | Jul 16 | 10:30am-12pm | \$18 | At Oasis/Zoom



Fearless and brave female spies that helped America win wars, from the Civil War to WWII.

332 | Hooves, Paws, and Claws for the Cause: Animals in the U.S. Civil War

Bradford Stone, *Author*

Tue | Jul 21 | 1-2pm | \$12 | At Oasis/Zoom




From the battlefield to the campfire, discover how animals of all kinds shaped the outcome of the Civil War – and left a lasting legacy in the American military.





255 | Enlightenment Thinkers, Part 5: George Berkeley and Baruch Spinoza

Steven Gimbel, Professor of Philosophy, Gettysburg College

Thu | May 21 | 1-2:30pm | \$18 | Zoom 

Meet two of the Enlightenment's most provocative thinkers who dared to question whether the physical world exists outside the mind.

296 | Enlightenment Thinkers, Part 6: Voltaire and the Philosophes


Steven Gimbel, Professor of Philosophy, Gettysburg College

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

Explore how Voltaire and the Philosophes used reason and wit to rethink human nature and society as old authorities began to crumble.

327 | Enlightenment Thinkers, Part 7: David Hume

Steven Gimbel, Professor of Philosophy, Gettysburg College

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

Meet the Enlightenment's great skeptic, whose sharp arguments challenged our confidence in religion, science, and how the world works.

363 | Enlightenment Thinkers, Part 8: Immanuel Kant

Steven Gimbel, Professor of Philosophy, Gettysburg College

Thu | Aug 13 | 1-2:30pm | \$18 | Zoom 

Kant revolutionized philosophy by rethinking space, time, knowledge, morality, and even God.



Tutor, Mentor, Make an Impact

Looking for a meaningful way to give back? Join Oasis Intergenerational Tutoring and work one-on-one with elementary students to build reading skills, confidence, and connection. No teaching experience is needed—just one hour a week and a desire to make a difference.

We are now recruiting volunteers for the 2026–2027 school year. Apply by August 1.



To learn more or apply, visit [washington-metro.oasisnet.org](https://www.washington-metro.oasisnet.org) and click the “Tutoring” dropdown or scan the QR code.



Practical Information

232 | Understand Fraud and Scams

Zoe Byington, Program Lead at Senior Planet Montgomery County

Tue | Apr 21 | 1-2pm | Free | At Oasis/Zoom



Do you have the digital skills to spot a scam? Oasis has partnered with AARP Maryland to bring you this program. *This program is generously supported by the Frederick H. Bowis Community Fund.*

234 | Beginning Spanish 1B

Lori Spak, Retired MCPS Spanish Teacher

Thu | Apr 23 - May 21 | 11:30am-12:30pm | \$60
5 sessions | At Oasis

If you would like to join this class but did not take Beginning Spanish 1 in the Winter 2026 term, please contact Oasis for an evaluation BEFORE registering for the class.

235 | Continuing Spanish 3B

Lori Spak, Retired MCPS Spanish Teacher

Thu | Apr 23 - May 21 | 1-2pm | \$60 | 5 sessions
At Oasis

If you would like to join this class but did not take Continuing Spanish 3 in the Winter 2026 term, please contact Oasis for an evaluation BEFORE registering for this class.



923 | The Social Knitwork (Knitting Club)

Lori Spak, Host

Thu | Apr 30 - Aug 13 | 2:30-4pm | No class Jul 2 | \$30
16 sessions | At Oasis

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

241 | Solo Aging: Happy and Healthy (Series)

Marti Brown Bailey, BS, CSA, CADDCT, CDP

Wed | May 6 - Jun 17 | 10:30am-12pm | No class May 27
\$30 | 6 sessions | At Oasis

A Solo Ager is a person who is living without traditional supports like a spouse/partner, adult children, or close relatives. In this series, we'll build community, learn skills, and support each other. *This program is generously supported by the Healthier Community Fund.*

242 | Healthy Phone Habits for Better Mood and Relationships

Dr. Ann Turner, Individual, Couples, Family and Certified Sex Therapist, GWU Clinical Assistant Professor

Mon | May 11 | 11am-12:30pm | \$5 | At Oasis

How to use phones so they serve our purposes while also being mindful of their pitfalls. *This program is generously supported by the Frederick H. Bowis Community Fund.*

920 | Mah Jongg Group (Mondays)

Oasis Members

Mon | May 11 - Aug 10 | 1-3pm | No class Jun 29 | \$30
At Oasis

This group is for those who can play the game independently, without substantial coaching. The group plays by National Mah Jongg League rules.



Practical Information



244 | Beginner Canasta

Leslie Becker, Canasta Instructor

Tue | May 12 - Jun 23 | 10:30am-12:30pm | No class
Jun 9 | \$150 | 6 sessions | At Oasis

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

245 | AARP Smart Driver Course

Michael J. Ackerman, AARP Volunteer Instructor

Tue | May 12 | 10:30am-4pm | At Oasis

Drivers who complete this course may receive a discount on auto insurance, depending on state regulations. Fee due to AARP at the start of class (\$20 for AARP members/\$25 for non-members).

922 | Canasta Group

Oasis Members

Tue | May 12 - Aug 11 | 1-2:30pm | No class Jun 30 | \$30
At Oasis

This is not an instructional class, but a friendly pick-up game. You should have some experience actually playing the game.

SERIES SPOTLIGHT: LIFE TRANSITIONS: END-OF-LIFE PLANNING

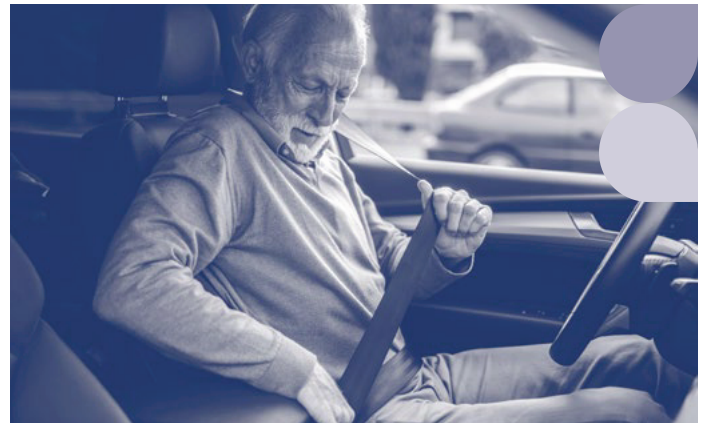
248 | How to Write an Ethical Will (or Legacy Letter)

Chris Palmer, Author and End-of-Life Activist

Wed | May 13 | 1-2pm | \$5 | At Oasis/Zoom



Learn a great way to pass on your values, stories, and life lessons to your loved ones. *This program is generously supported by the Frederick H. Bowis Community Fund.*



921 | Mah Jongg Practice Group (Wednesdays)

Oasis Members

Wed | May 13 - Aug 12 | 1-3pm | No class Jul 1 | \$30
At Oasis

This group is for those who can play the game independently, without substantial coaching. Please bring your own current National Mah Jongg League card.

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

Michael J. Ackerman, Car Safety Instructor

Tue | May 19 | 1-2:30pm | \$5 | At Oasis

We will learn how to properly use these new safety features to become better and safer drivers. *This program is generously supported by Mile One Cares/ Mile One Autogroup.*

SERIES SPOTLIGHT: LIFE TRANSITIONS: END-OF-LIFE PLANNING

262 | Hospice and Palliative Care: Understanding Your Options

Kathryn Reid, CRNP, Suburban Hospital and Dr. Lee-Anne West, CEO/CMO, Montgomery & Prince George's Hospice

Wed | May 27 | 1-2:15pm | \$5 | At Oasis/Zoom



Learn the differences between hospice and palliative care, when each is appropriate, and how these services support both individuals and families. *This program is generously supported by the Frederick H. Bowis Community Fund.*



Practical Information

280 | Building Meaningful Connections as We Age

Dr. Ann Turner, Individual, Couples, Family and Certified Sex Therapist, GWU Clinical Assistant Professor

Mon | Jun 8 | 11am-12:30pm | \$5 | At Oasis

Learn how to increase social connections, move relationships beyond mere acquaintances, and deal with obstacles you may encounter. *This program is generously supported by the Frederick H. Bowis Community Fund.*

281 | Protecting Your Hard-Earned Money

Erin Scheithe, Acting Assistant Director, Investor Education and Outreach, U.S. Securities and Exchange Commission

Tue | Jun 9 | 10:30-11:30am | \$5 | At Oasis/Zoom 

Learn how to protect your investments and identify the red flags of fraud. *This program is generously supported by the Frederick H. Bowis Community Fund.*

SERIES SPOTLIGHT: LIFE TRANSITIONS: END-OF-LIFE PLANNING

283 | How to Plan a Meaningful and Affordable Funeral

Barbara Blaylock, President, Funeral Consumers Alliance of Maryland and Environs

Wed | Jun 10 | 1-2pm | \$5 | At Oasis/Zoom 

What can you do now to avoid unnecessary expenses and reduce stress? *This program is generously supported by the Frederick H. Bowis Community Fund.*

294 | A Taste of Ukraine: Wine, History, and Resilience

Marjorie Rouse, Brand Specialist, SPYRT Worldwide

Tue | Jun 16 | 3-4pm | \$18 | At Oasis

Explore the 2,000-year-old history of Ukrainian wine and enjoy a guided tasting to learn what makes Ukrainian wines distinctive.

SERIES SPOTLIGHT: LIFE TRANSITIONS: END-OF-LIFE PLANNING

303 | Exploring Mortality: Emotional and Spiritual Tools for the End-of-Life Journey

Rev. Dr. Brandon Brewer, Director, Adult Bereavement Services, CaringMatters

Wed | Jun 24 | 1-2:15pm | \$5 | At Oasis/Zoom 

Join a compassionate conversation about the inner experience of dying. *This program is generously supported by the Frederick H. Bowis Community Fund.*

321 | Find That Photo Fast: Organize Your iPhone Photos

Jill Rivers, Founder, Enjoy the Photo Moments

Tue | Jul 14 | 10:30am-12pm | \$30 | At Oasis

Practical strategies for confidence and control when searching for 'that' photo. (Repeat of February 2026 class.)

331 | Declutter Your iPhone Photo Library


Jill Rivers, Founder, Enjoy the Photo Moments

Tue | Jul 21 | 10:30am-12pm | \$30 | At Oasis

Want a cleaner library and straightforward routines to keep it that way? (Repeat of February 2026 class.)

334 | Going Solo: Tips for First-Time and Seasoned Travelers

Barbara Paulson, Travel Specialist

Thu | Jul 23 | 1-2:30pm | \$18 | Zoom 

Topics include testing the waters, getting around on your own, personal safety, dining alone and making friends.

340 | iPhone Safety Checkup

Jill Rivers, Founder, Enjoy the Photo Moments

Tue | Jul 28 | 10:30am-12pm | \$30 | At Oasis

Learn about essential iPhone settings to help protect your privacy, safeguard your personal information, and reduce the risk of scams. (Repeat of March 2026 class.)





251 | Miles Davis at 100

Seth Kibel, Musician and Composer

Tue | May 19 | 10:30am-12pm | \$18 | At Oasis/Zoom



An exercise in contradiction, he projected a cold, harsh exterior, yet had the musical soul of a romantic.

260 | The 1950s Revolution in American Popular Music, Part 1: R&B and Rock & Roll

Julie Kurzava, Faculty, Loyola University

Tue | May 26 | 10:30am-12pm | \$18 | At Oasis/Zoom

When Elvis plugged in his guitar, he didn't just launch a career – he detonated the American Songbook and unleashed a generation of Baby Boomers hungry for a sound entirely their own.

263 | Young Virtuosos Guitar Concert

Vladimir Fridman, Guitarist and Composer

Wed | May 27 | 3-4pm | \$5 | At Oasis

Join us for an uplifting afternoon of beautiful melodies and award-winning youthful artistry! MCPS does not have school that day; feel free to bring your grandchildren or other school-age friends.

282 | Neil Sedaka: King of the Love Songs

Daryl Davis, Musician

Tue | Jun 9 | 1-2:30pm | \$18 | At Oasis/Zoom

We'll take a trip down memory lane with this man who created the love soundtrack of our lives.

302 | Hamilton: Man and Musical

Dan Sherman, PhD

Tue | Jun 23 | 1-2:30pm | \$18 | At Oasis/Zoom



Enjoy this multimedia presentation combining Hamilton's biography with excerpts from the show to demonstrate its richness and its place among Broadway musicals.

323 | Three Dog Night: They Brought Joy to the World

Daryl Davis, Musician

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

While they didn't have many original songs, their unique interpretation of songs written by others got them many hits and a lasting legacy.

350 | The 1950s Revolution in American Popular Music, Part 2: Folk Music Revival

Julie Kurzava, Faculty, Loyola University

Tue | Aug 4 | 10:30am-12pm | \$18 | At Oasis/Zoom

When Elvis plugged in his guitar, he didn't just launch a career – he detonated the American Songbook and unleashed a generation of Baby Boomers hungry for a sound entirely their own.

361 | John Coltrane at 100

Seth Kibel, Musician and Composer

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



Celebrate the life and revolutionary sound of John Coltrane – the saxophonist who didn't just play jazz but permanently transformed it.





Excursions



EXCURSION SPOTLIGHT

271 | Tour of the Supreme Court

Supreme Court Guide

Tue | Jun 2 | 1-2pm | \$30 | 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.*



Travel with Oasis

Join AFC Vacations and fellow travelers from the Rochester and Syracuse Oasis centers on an unforgettable trip to experience 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. Highlights Include:

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- Cooking & Pasta Making Class
- Venice Gondola Ride
- Tuscan Farmhouse Dinner & Wine

To learn more and sign up, contact washingtonmetro@oasisnet.org



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Dates	DOW	Start Time	Class #	Class Title	Instructor	Location	Page
Apr 21	Tue	1:00pm	232	Understand Fraud and Scams	Zoe Byington	At Oasis/Zoom	12
Apr 23 - May 21	Thu	11:30am	234	Beginning Spanish 1B	Lori Spak	At Oasis	12
Apr 23 - May 21	Thu	1:00pm	235	Continuing Spanish 3B	Lori Spak	At Oasis	12
Apr 30 - Aug 13	Thu	2:30pm	923	The Social Knitwork (Knitting Club)	Lori Spak	At Oasis	12
May 1 - Jun 5	Fri	2:00pm	902	Memory Café - Support Group	Alzheimer's Assn. Volunteers	Zoom	7
May 4 - Aug 24	Mon	10:30am	910	Men's Discussion Group (A)	Oasis Members	Zoom	6
May 4 - Aug 24	Mon	10:30am	911	Bethesda Men's Discussion Group (A)	Oasis Members	Zoom	6
May 4 - Jun 22	Mon	3:00pm	930	Yoga Dance - Monday Session 1	Kathy Hankins	At Oasis	7
May 5 - Aug 28	Tue, Fri	10:30am	912	Men's/Women's Discussion Group (B)	Oasis Members	Zoom	6
May 5 - Aug 25	Tue	1:00pm	913	Men's/Women's Discussion Group (A)	Oasis Members	Zoom	6
May 5 - Jun 23	Tue	1:30pm	936	Chair Strength and Balance - Session 1	Erika Campbell	Zoom	7
May 6 - Jun 10	Wed	10:30am	934	Move Well, Live Well - Session 1	Carin Butchko	At Oasis	7
May 6 - Jun 17	Wed	10:30am	241	Solo Aging: Happy and Healthy	Marti Brown Bailey	At Oasis	12
May 6 - Aug 12	Wed	11:00am	901	Caregivers Support Group	Erica Greenspan	Zoom	7
May 7 - Aug 27	Thu	1:00pm	916	Men's Discussion Group (B)	Oasis Members	Zoom	6
May 7 - Jun 25	Thu	3:00pm	931	Yoga Dance - Thursday Session 1	Kathy Hankins	At Oasis	7
May 8 - Aug 28	Fri	10:00am	917	Bethesda Men's Discussion Group (B)	Oasis Members	Zoom	6
May 8 - Jun 26	Fri	10:15am	940	Cardio Drumming - Session 1	Larissa Johnson	At Oasis	7
May 8 - Jun 26	Fri	1:30pm	938	Build Better Balance - Session 1	Erika Campbell	Zoom	7
May 11	Mon	11:00am	242	Healthy Phone Habits	Ann Turner	At Oasis	12
May 11 - Aug 10	Mon	1:00pm	920	Mah Jongg Group (Mondays)	Oasis Members	At Oasis	12
May 11 - Aug 10	Mon	1:30pm	925	Bonjour! French Conversation	Oasis Facilitators	At Oasis	6
May 12 - Jun 23	Tue	10:30am	244	Beginner Canasta	Leslie Becker	At Oasis	12
May 12	Tue	10:30am	243	From Farms to Skylines: Montgomery County at 250	Ralph D Buglass	At Oasis/Zoom	10
May 12	Tue	10:30am	245	AARP Smart Driver Course	Michael J. Ackerman	At Oasis	13
May 12	Tue	1:00pm	246	Stories of Early America, Part 4: Sex in the Colonial City	Richard Bell	Zoom	10
May 12 - Aug 11	Tue	1:00pm	922	Canasta Group	Oasis Members	At Oasis	13
May 12	Tue	3:30pm	247	Book Discussion: A Tree Grows in Brooklyn	Jonina Duker	Zoom	6
May 13 - Aug 5	Wed	11:00am	903	Caregiving for Aging Parents	Erica Greenspan	Zoom	7
May 13 - Aug 12	Wed	1:00pm	914	In-Person Men's Discussion Group	Oasis Members	At Oasis	6
May 13	Wed	1:00pm	248	How to Write an Ethical Will	Chris Palmer	At Oasis/Zoom	13
May 13 - Aug 12	Wed	1:00pm	921	Mah Jongg Practice Group (Wednesdays)	Oasis Members	At Oasis	13
May 14	Thu	10:30am	249	Maryland Legislative Update	John McCarthy	At Oasis/Zoom	5
May 18	Mon	1:00pm	250	Candid Conversation Part 1	Federal Judge (TBD) and Rebecca Fanning	Zoom	5
May 19 - Jun 9	Tue	10:30am	252	Scissors, Glue & Muses: Collage Workshop	Barbara Rose	At Oasis	4
May 19	Tue	10:30am	251	Miles Davis at 100	Seth Kibel	At Oasis/Zoom	15
May 19	Tue	1:00pm	253	The Oily Politics of Petroleum	Owen Ullmann	At Oasis/Zoom	5



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Dates	DOW	Start Time	Class #	Class Title	Instructor	Location	Page
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May 21 - Jul 16	Thu	10:30am	915	Women's Discussion Group	Libby Merrill	At Oasis	6
May 21	Thu	1:00pm	255	Enlightenment Thinkers, Part 5: George Berkeley and Baruch Spinoza	Steven Gimbel	Zoom	11
May 26	Tue	10:30am	260	The 1950s Revolution in American Popular Music, Part 1	Julie Kurzava	At Oasis/Zoom	15
May 26	Tue	1:00pm	261	Stories of Early America, Part 5: Creating the Constitution	Richard Bell	Zoom	10
May 27	Wed	1:00pm	262	Hospice and Palliative Care	Kathryn Reid and Lee-Anne West	At Oasis/Zoom	13
May 27	Wed	3:00pm	263	Young Virtuosos Guitar Concert	Vladimir Fridman	At Oasis	15
May 28	Thu	1:00pm	264	Manet's Late Masterpieces	Joan Hart	At Oasis/Zoom	4
May 28	Thu	1:00pm	265	Caring for Your Mind as You Age	Martin Steinberg	Zoom	8
Jun 1 - Jun 22	Mon	11:00am	942	Chair Yoga	Archana Gupta	At Oasis	8
Jun 2	Tue	1:00pm	270	Widows and Warriors: Women of the American Revolution	Cynthia Peterman	At Oasis	10
Jun 2	Tue	1:00pm	271	Tour of the Supreme Court	Supreme Court Guide	Supreme Court	16
Jun 2	Tue	3:30pm	272	Book Discussion: All the Beauty in the World: The Metropolitan Museum of Art and Me	Jonina Duker	Zoom	6
Jun 3	Wed	1:00pm	273	Classical Architecture for Washington	Judy Scott Feldman	At Oasis/Zoom	4
Jun 4	Thu	1:00pm	274	Venezuela's Future—and Ours	Ernesto Castaneda	At Oasis/Zoom	5
Jun 8	Mon	11:00am	280	Building Meaningful Connections as We Age	Ann Turner	At Oasis	14
Jun 9	Tue	10:30am	281	Protecting Your Hard Earned Money	Erin Scheithe	At Oasis/Zoom	14
Jun 9	Tue	1:00pm	282	Neil Sedaka: King Of the Love Songs	Daryl Davis	At Oasis/Zoom	15
Jun 10	Wed	1:00pm	283	How to Plan a Meaningful and Affordable Funeral	Barbara Blaylock	At Oasis/Zoom	14
Jun 11	Thu	10:30am	284	Organized Retail Crime: How It Impacts All of Us	John McCarthy	At Oasis/Zoom	5
Jun 11	Thu	1:00pm	285	Stories of Early America, Part 6: The Newly United States and the World	Richard Bell	Zoom	10
Jun 15	Mon	1:00pm	290	Candid Conversation Part 2	Federal Judge (TBD) and Rebecca Fanning	Zoom	5
Jun 16	Tue	10:30am	291	Great Artists Who Flourished After 70, Part 1	Nora Hamerman	At Oasis/Zoom	4
Jun 16	Tue	10:30am	292	Art Morning: The Patterns that Shape Us	Martina Sestakova	At Oasis	4
Jun 16	Tue	1:00pm	293	Baby Boomers: The Soundtrack of What Shaped a Generation	Hugo Keesing	At Oasis/Zoom	10
Jun 16	Tue	3:00pm	294	A Taste of Ukraine: Wine, History, and Resilience	Marjorie Rouse	At Oasis	14
Jun 17 - Jul 29	Wed	10:30am	935	Move Well, Live Well - Session 2	Carin Butchko	At Oasis	7
Jun 17	Wed	1:00pm	295	Declaring Independence! The Making of America's Founding Document	Denver Brunsman	At Oasis/Zoom	10
Jun 18	Thu	1:00pm	296	Enlightenment Thinkers, Part 6: Voltaire and the Philosophes	Steven Gimbel	Zoom	11
Jun 18	Thu	1:00pm	297	Getting the Most From Your Patient Portal	Ilene Aiken	At Oasis	8
Jun 23	Tue	10:30am	300	Great Artists Who Flourished After 70, Part 2	Nora Hamerman	At Oasis/Zoom	4



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Dates	DOW	Start Time	Class #	Class Title	Instructor	Location	Page
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Jun 23	Tue	1:00pm	302	Hamilton: Man and Musical	Dan Sherman	At Oasis/Zoom	15
Jun 24	Wed	1:00pm	303	Exploring Mortality	Brandon Brewer	At Oasis/Zoom	14
Jun 25	Thu	1:00pm	304	Stories of Early America, Part 7: Declaring Cultural Independence	Richard Bell	Zoom	10
Jun 25	Thu	1:00pm	305	Sleep, Breathing, and Better Health	Christopher J. Lettieri	Zoom	8
Jul 6 - Aug 3	Mon	3:00pm	932	Yoga Dance - Monday Session 2	Kathy Hankins	At Oasis	7
Jul 7	Tue	1:00pm	310	From Enemies to Allies	Owen Ullmann	At Oasis/Zoom	5
Jul 7 - Aug 11	Tue	1:30pm	937	Chair Strength and Balance - Session 2	Erika Campbell	Zoom	7
Jul 9	Thu	10:30am	311	Supreme Court 2025-2026 Session Update	John McCarthy	At Oasis/Zoom	5
Jul 9	Thu	1:00pm	312	Monet's Waterlilies: To Heal a Nation	Joan Hart	Zoom	4
Jul 9 - Aug 6	Thu	3:00pm	933	Yoga Dance - Thursday Session 2	Kathy Hankins	At Oasis	7
Jul 10 - Aug 14	Fri	10:15am	941	Cardio Drumming - Session 2	Larissa Johnson	At Oasis	7
Jul 10 - Aug 14	Fri	1:30pm	939	Build Better Balance - Session 2	Erika Campbell	Zoom	7
Jul 13	Mon	1:00pm	320	Candid Conversation Part 3	Federal Judge (TBD) and Rebecca Fanning	Zoom	5
Jul 14	Tue	10:30am	322	The U.S.–Iran Standoff	Garret Martin	At Oasis/Zoom	5
Jul 14	Tue	10:30am	321	Find That Photo Fast	Jill Rivers	At Oasis	14
Jul 14	Tue	1:00pm	323	Three Dog Night	Daryl Davis	At Oasis/Zoom	15
Jul 14	Tue	3:30pm	324	Book Discussion: The Book of Goose	Jonina Duker	Zoom	6
Jul 15	Wed	1:00pm	325	Stop the Bleed - Save a Life	Taryn Giza	At Oasis	8
Jul 16	Thu	10:30am	326	Espionage in High Heels	Barbara Blumberg Ressin	At Oasis/Zoom	10
Jul 16	Thu	1:00pm	327	Enlightenment Thinkers, Part 7: David Hume	Steven Gimbel	Zoom	11
Jul 21	Tue	10:30am	330	The Influence of the Olmsted Firm on Landscape Design	Piera Weiss	At Oasis	4
Jul 21	Tue	10:30am	331	Declutter Your iPhone Photo Library	Jill Rivers	At Oasis	14
Jul 21	Tue	1:00pm	332	Hooves, Paws, and Claws for the Cause: Animals in the U.S. Civil War	Bradford Stone	At Oasis/Zoom	10
Jul 23	Thu	1:00pm	334	Going Solo: Tips for Travelers	Barbara Paulson	Zoom	14
Jul 23	Thu	1:00pm	333	Stronger from the Core: Pelvic Floor Health	Johns Hopkins Affiliated Professional	Zoom	9
Jul 28	Tue	10:30am	340	iPhone Safety Checkup	Jill Rivers	At Oasis	14
Jul 29	Wed	1:00pm	341	A Triumphant Arch for Washington	Judy Scott Feldman	At Oasis/Zoom	19
Aug 4	Tue	10:30am	350	The 1950s Revolution in American Popular Music, Part 2	Julie Kurzava	At Oasis/Zoom	19
Aug 11	Tue	3:30pm	360	Book Discussion: The Correspondent	Jonina Duker	Zoom	6
Aug 12	Wed	10:30am	361	John Coltrane at 100	Seth Kibel	At Oasis/Zoom	15
Aug 13	Thu	10:30am	362	Everything You Always Wanted to Know About Search Warrants	John McCarthy	At Oasis/Zoom	5
Aug 13	Thu	1:00pm	363	Enlightenment Thinkers, Part 8: Immanuel Kant	Steven Gimbel	Zoom	11
Aug 27	Thu	1:00pm	365	Small Steps, Big Impact: Preventing Type 2 Diabetes	Vidhu Vadini	Zoom	9



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A Taste of Oasis

Free Summer Course Preview

Thursday, April 23 | 2:00-3:00pm | At Oasis

Kick off the new season with a lively sampling of the exciting courses and programs coming this summer! Whether you're planning your summer schedule or simply exploring something new, this is the perfect opportunity to discover what's ahead, connect with others, and get inspired.

Come see:

- Mini class preview sessions
- Meet Oasis summer instructors and staff
- Light refreshments served
- Social time to connect with fellow learners

Come for a taste—leave with a full menu of possibilities. Free and open to the community—bring a friend!



Register for Class 236 at
[washington-metro.oasiseverywhere.org/
product/taste-of-summer](https://www.washington-metro.oasiseverywhere.org/product/taste-of-summer)

