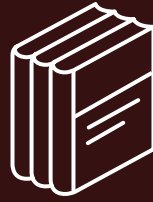


2026 Fall Catalog



Sponsored by

SUBURBAN HOSPITAL

JOHNS HOPKINS MEDICINE

**Registration Opens
Tuesday, August 11 at 12pm**



Dear Oasis Community,

As we welcome the fall semester, I am filled with optimism about the future of Washington Metro Oasis and the opportunities ahead for our community. Throughout 2026, I have had the privilege of seeing firsthand what makes Oasis so special: your curiosity, your enthusiasm for learning, and the meaningful connections that happen every day in our classrooms, wellness programs, and events. The energy you bring continues to inspire our work and shape our future.

This season represents an exciting step forward as we continue to strengthen and grow Oasis for the years ahead. Our goal is not simply to offer classes, but to create experiences that help adults stay engaged, active, connected, and inspired. As the needs and interests of our community evolve, so does Oasis.

In this catalog, you'll find a blend of favorite programs and new opportunities designed to deepen learning and encourage connection. We are expanding interactive offerings in areas such as art, mindfulness, and fitness, creating more ways to participate, explore new interests, and connect with fellow lifelong learners. You'll also see additional opportunities for social engagement through gatherings and special events that bring our community together beyond the classroom.

This fall also brings several thoughtful changes that will help position Oasis for long-term sustainability and impact. These updates allow us to continue investing in high-quality programming while preserving the welcoming and vibrant community that defines the Oasis experience. As always, our decisions are guided by our commitment to supporting lifelong learning, healthy aging, and meaningful connection.

Whether you are a longtime member or joining us for the first time, thank you for being part of this community. Together, we are building a place where friendships grow, new ideas flourish, and learning continues at every stage of life.

I look forward to seeing you this fall.

Warmly,

Leslie Pont
Executive Director

CONTACT US

Washington Metro Oasis
Outside 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

Monday – Thursday,
10:00am – 4:00pm

Oasis will be closed Sep 7,
Nov 26-27, Dec 24 - 31

OASIS STAFF

Leslie Pont
Executive Director
lpont1@jh.edu

Janice Pliner
Program Manager
jpliner1@jhmi.edu

Leah Russi
Operations Manager
lrussi1@jhmi.edu

Kathleen McDaniel
Intergenerational Tutor Coordinator
kmcdan10@jhmi.edu

Anna Sachs
Administrative Coordinator
asachs@oasisnet.org



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, by mail upon request, 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 one day after the class. **Please note:** Recordings will be available to stream for **72 hours** from the time the email is sent. Recordings are for registered participants only and may not be shared.



TABLE OF CONTENTS

Art & Appreciation.....	4
Current Events.....	5
Discussion Groups	7
Health & Fitness	8
History	12
Humanities	13
Practical Information.....	14
Theatre, Film, Music & TV	17
Excursions	18
Class Index	19
Travel with Oasis	23

WHY GIVE

AFFORDABLE
CLASS FEES

CLASSROOMS

TECHNOLOGY

PROGRAMS &
EVENTS



Art & Appreciation

410 | Inside Edward Hopper's Nighthawks: An American Masterpiece

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

Monday | Sep 14 | 1-2:30 pm | \$22 | Zoom

Both a subject of honor and parody, Hopper's urban diner is one of the country's most famous works of art.

421 | Art Morning: Visual Fitness® Workout

Renee Sandell, Ph.D., Artist/Educator/Author

Tuesday | Sep 22 | 10:30 am-12:00 pm | \$45 | Oasis

Give your eyes and mind a workout with hands-on activities that sharpen creativity and deepen how you see the world.

SERIES SPOTLIGHT: MAKE SOMETHING BEAUTIFUL

434 | Ordinary Objects, Extraordinary Photos - Demonstration

Rose McManus Coleman, Oasis Member

Tuesday | Sep 29 | 10:30-11:30 am | \$15 | Oasis

In this demonstration, learn about a playful, accessible approach to photography using flowers, water, light, reflection, and simple tools.

443 | Get Creative with Oil Pastels - Hands-On Class

Patricia Dubroof, Oasis Member

Tuesday | Oct 6 | 10:30 am-12:00 pm | \$22 | Oasis

In this hands-on class, you will learn to use oil pastel on paper. This is a fun and forgiving medium.



456 | Art Morning: Mini Bird Paintings

Martina Sestakova, Art Educator, Designer and Painter

Tuesday | Oct 20 | 10:30 am-12:00 pm | \$47 | Oasis

Capture the charm and beauty of birds in this workshop! No prior art experience required.

SERIES SPOTLIGHT: MAKE SOMETHING BEAUTIFUL

470 | Turning Simple Blocks Into Beautiful Quilts - Demonstration

Eve Griner, Oasis Member

Tuesday | Nov 3 | 10:30 am-11:30 pm | \$15 | Oasis

In this demonstration, Eve will share a collection of quilts she has made using basic geometric blocks and talk about how they come together by hand or machine. Get inspired by what's possible with just a few simple shapes!

480 | Art Morning: From Broken to Beautiful (Fused Glass Workshop)

Shayna Heller, Glass Artist

Tuesday | Nov 10 | 10:30-11:45 am | \$46 | Oasis

Bring out your inner artist: design and assemble a fused glass plate. No prior art experience required.

490 | Art Morning: Seasonal & Holiday Cards

Martina Sestakova, Art Educator, Designer and Painter

Tuesday | Nov 17 | 10:30 am-12:00 pm | \$47 | Oasis

Celebrate the seasons and special occasions with handmade watercolor cards. No prior art experience required.

495 | How To Look at Architecture

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

Wednesday | Nov 18 | 1-2:30 pm | \$22 | Oasis



This class asks what makes architecture 'good'—tracing how form, material, and light across history's great buildings convey the beliefs of the cultures that raised them.



Current Events



500 | Van Gogh's Visionary Starry Night: Icon of Our Times

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

Monday | Nov 23 | 1-2:30 pm | \$22 | Zoom

We'll take an in-depth look at this visionary painting as well as his other interpretations of night scenes.

510 | Art & Crime, Part 1: Stolen Treasures of the Ancient World

Nora Hamerman, Art Historian

Tuesday | Dec 1 | 10:30 am-12:00 pm | \$22 | Oasis



From the Parthenon marbles to Nefertiti's bust, this talk uncovers the hidden history of looted treasures and the growing movement to bring them home.

514 | Art & Crime, Part 2: Nazi Art Looting and the Battle for Restitution

Nora Hamerman, Art Historian

Thursday | Dec 3 | 10:30 am-12:00 pm | \$22 | Oasis



How Hitler's Nazi regime plundered Europe's treasures on an unimaginable scale and the thrilling modern-day hunt to recover and return them.

SERIES SPOTLIGHT: MAKE SOMETHING BEAUTIFUL

521 | Wine Cork Whimsies - Hands-On Class

Barbara Paulson, Oasis Member

Tuesday | Dec 8 | 10:30-11:45 am | \$18 | Oasis

Learn how to create something special out of a wine cork, wire, and a few beads. Wine not included!

530 | Art Morning: Tibetan Prayer Flags

Martina Sestakova, Art Educator, Designer and Painter

Tuesday | Dec 15 | 10:30 am-12:00 pm | \$47 | Oasis

Discover the beauty of Tibetan prayer flags in this inspiring workshop, and then create your own! No prior art experience required.

534 | How to Look at Sculpture

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

Wednesday | Dec 16 | 1-2:30 pm | \$22 | Oasis



How do sculptors make us see and feel the world in new ways with three-dimensional art?



CURRENT EVENTS

415 | The Crisis in Local News

Paul Farhi, Former Reporter, The Washington Post

Wednesday | Sep 16 | 1-2 pm | \$15 | Oasis



The story of the *Washington Post's* demise is one of incompetent leadership. But it's also part of a much broader trend.

417 | Gregory Tu: A Homicide Trial Without a Body

John McCarthy, Montgomery County State's Attorney

Thursday | Sep 17 | 10:30 am-12:00 pm | \$22 | Oasis



Despite the absence of a body, Tu was convicted of homicide in a landmark ruling.

422 | Prospects for Ending America's Two-Party Polarization

Owen Ullmann, Journalist and Author

Tuesday | Sep 22 | 1-2:30 pm | \$22 | Oasis



Is America ready for a third political party?

425 | US Foreign Policy: Israel and Iran

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

Wednesday | Sep 23 | 10:30-11:30 am | \$15 | Zoom



We'll assess the economic, regional and global impact of the military decisions of the Trump administration on the relationship with both countries.



Current Events

Steve Roberts on Election 2026:

What to Expect

Steve Roberts, Journalist and Author

431 | Monday | Sep 28 | 1-2:30 pm | \$22 | Oasis

432 | Monday | Sep 28 | 1-2:30 pm | \$22 | Zoom



Insights from a journalist who has covered fourteen presidential election campaigns.

436 | Your Vote, Your Rights: Supreme Court Decisions and the 2026 Midterm Elections

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

Tuesday | Sep 29 | 1-2 pm | \$15 | Oasis



In this timely session, we'll explore key forces shaping our elections and what they mean for voters right here in Montgomery County. Ballot measures will also be explained.

447 | Update on Scams in Montgomery County

John McCarthy, Montgomery County State's Attorney

Thursday | Oct 8 | 10:30 am-12:00 pm | \$22 | Oasis



Learn what you need to know to protect yourself from scams in Montgomery County.

452 | Russia and Ukraine: War, Democracy and US Foreign Policy

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

Wednesday | Oct 14 | 10:30-11:30 am | \$15 | Zoom



We'll explore the prospects for democracy in the Ukraine, the impact of the war on Russia and the Putin government, and the changing role of NATO and Europe.

454 | The Midterms and the Party Identity Crises

Geoffrey Kabaservice, Vice President for Political Studies, Niskanen Center

Thursday | Oct 15 | 10:30 am-12:00 pm | \$22 | Oasis



What will tensions within, as well as between, the parties mean for election outcomes in November as well as 2028?



492 | Diplomatic Negotiations: How to Get There, How's It Going, When Is It Over?

Molly Williamson, Foreign Service Officer (Ret.), Scholar, Consultant

Tuesday | Nov 17 | 1-2:30 pm | \$22 | Oasis



Using the Oslo Accords and other Middle East talks as examples, we'll explore the intricacies and challenges of high-level negotiations.

496 | Challenges of AI in Criminal Prosecutions

John McCarthy, Montgomery County State's Attorney

Thursday | Nov 19 | 10:30 am-12:00 pm | \$22 | Oasis



A wide-ranging look at AI and crime: how it's being misused, where the law stands, and what's being done to catch up.

502 | Beyond the Crackdown: Rethinking U.S. Immigration Policy

Owen Ullmann, Journalist and Author

Tuesday | Nov 24 | 1-2:30 pm | \$22 | Oasis



This lecture examines the impact of Trump's policies on U.S immigration trends and sensible reforms to create a better system for all.

525 | The Catherine Hoggle Case: A Dramatic New Turn

John McCarthy, Montgomery County State's Attorney

Thursday | Dec 10 | 10:30 am-12:00 pm | \$22 | Oasis



Mental health law vs criminal justice, vs the challenges of prosecuting cold cases without physical evidence.



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)

Monday | Aug 31 - Dec 28 | 10:30 am-12:00 pm | \$36 | Zoom

911 | Bethesda Men's Discussion Group (A)

Monday | Aug 31 - Dec 28 | 10:30 am-12:00 pm | \$36 | Zoom

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

Tuesday, 10:30 am-12 pm & Friday, 12:30-2pm | Sep 1 - Jan 1 | \$36 | Zoom

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

Tuesday | Sep 1 - Dec 29 | 1-2:30 pm | \$36 | Zoom

916 | Men's Discussion Group (B)

Thursday | Sep 3 - Dec 31 | 1-2:30 pm | \$36 | Zoom

917 | Bethesda Men's Discussion Group (B)

Friday | Sep 4 - Jan 1 | 10-11:30 am | \$36 | Zoom

915 | Women's Discussion Group

Libby Merrill, Facilitator

Thursday | Sep 10 - Dec 17 | 10:30 am-12:00 pm | \$24 | 4 sessions | Oasis

914 | In-Person Men's Discussion Group

Wednesday | Sep 16 - Dec 16 | 1-2:30 pm | \$36 | Oasis

414 | Online Book Discussion: *The Calamity Club* by Kathryn Stockett

Jonina Duker, Certified Book Discussion Leader

Tuesday | Sep 15 | 3-4:15 pm | \$18 | Zoom

Set in the Great Depression in Mississippi, 11-year-old Meg and 24-year-old Birdie work to overcome the many obstacles in their way.

925 | Bonjour! French Conversation Group

Heather Frank

Monday | Sep 28 - Dec 14 | 1:30-2:30 pm | \$36 | Oasis

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

445 | In-Person Book Discussion: *The Lion Women of Tehran* by Marjan Kamali

Janice Pliner, Oasis Program Manager

Tuesday | Oct 6 | 1-2:30 pm | \$22 | Oasis

Follow the deep and complicated friendship of two Iranian women as they navigate pre- and post-revolution Iran.

459 | Online Book Discussion: *When We See You Again* by Rachel Goldberg-Polin

Jonina Duker, Certified Book Discussion Leader

Tuesday | Oct 20 | 3-4:15 pm | \$18 | Zoom

When the author's son was injured and kidnapped by Hamas on 7 October 2023, she left her job as an educator to focus on advocating for the Israeli hostages' release from Gaza.





Health & Fitness

DISCUSSION GROUPS

471 | In-Person Book Discussion: *American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics* by Kevin Hazzard

Janice Pliner, Oasis Program Manager

Tuesday | Nov 3 | 1-2:30 pm | \$22 | Oasis

The extraordinary story of a forgotten group of Black men in Pittsburgh who became the first paramedics in America, saving lives and changing the course of emergency medicine around the world.

493 | Online Book Discussion: *Son of Nobody* by Yann Martel

Jonina Duker, Certified Book Discussion Leader

Tuesday | Nov 17 | 3-4:15 pm | \$18 | Zoom

A classicist discovers an unknown piece of Greek poetry that illuminates the Trojan War from the perspective of an ordinary soldier rather than a military leader.

523 | In-Person Book Discussion: *So Far Gone* by Jess Walter

Janice Pliner, Oasis Program Manager

Tuesday | Dec 8 | 1-2:30 pm | \$22 | Oasis

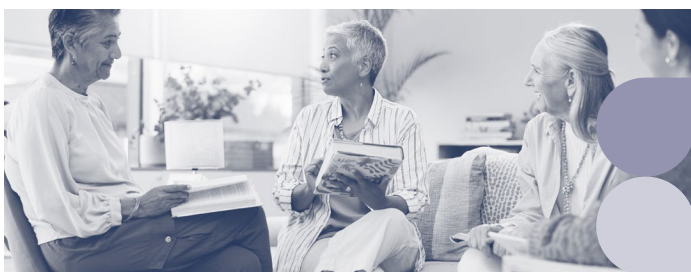
A reclusive journalist is suddenly thrown into a wild, suspenseful journey to rescue his kidnapped grandchildren.

532 | Online Book Discussion: *Whistler* by Ann Patchett

Jonina Duker, Certified Book Discussion Leader

Tuesday | Dec 15 | 3-4:15 pm | \$18 | Zoom

Long-married Daphne and Jonathan encounter her stepfather at the Metropolitan Museum of Art by chance, and their lives change.



HEALTH & FITNESS

Oasis Fitness classes are made possible in part by the J.B. and Maurice C. Shapiro Endowment for Women's Health.

SERIES SPOTLIGHT: SUPPORT GROUP

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

Erica Greenspan, LCSW-C, LICSW

Wednesday | Sep 9 - Dec 16 | 11am - 12 pm | Free | 8 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.

934 | Move Well, Live Well (Functional Fitness)

Carin Butchko, Fitness Instructor

Wednesday | Sep 9 - Dec 16 | 10:30-11:30 am | No class Oct 21, Nov 25 | \$195 | 13 sessions | Oasis

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

930 | Yoga Dance - Monday

Kathy Hankins, Certified Yoga and Meditation Instructor

Monday | Sep 14 - Dec 14 | 3-4 pm | No class Sep 21 | \$195 | 13 sessions | Oasis

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

942 | Chair Yoga to Promote Calm and Enhance Mobility

Archana Gupta, Yoga Fusion Wellness

Monday | Sep 14 - Dec 14 | 11-11:50 am | No class Sep 21 | \$195 | 13 sessions | Oasis

Using slow, gentle movements, you'll build flexibility and strength while seated or supported by a chair.





SERIES SPOTLIGHT: FALL PREVENTION

413 | Before the Break: What Your Orthopedic Surgeon Wants You to Know About Falling

Sandesh Rao, M.D., Assistant Professor, Department of Orthopaedic Surgery, Johns Hopkins

Tuesday | Sep 15 | 1-2 pm | Free | Oasis



This session explains the musculoskeletal forces behind fall risk and will give you the knowledge to take meaningful action. This program is generously supported by the Frederick H. Bowis Community Fund.

936 | Chair Strength and Balance

Erika Campbell, Strength and Balance Instructor

Tuesday | Sep 15 - Dec 15 | 1:30-2:30 pm | \$210 | 14 sessions | Zoom

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

416 | Wellness Wednesday: Monthly Guided Meditation

Leslie Edsall Pont, Executive Director, Oasis

Wednesday | Sep 16 - Dec 16 | 3:45-4 pm | Free | 4 sessions | Zoom



Take a mindful pause to help you reduce stress, restore balance, and support your overall well-being.

SERIES SPOTLIGHT: SUPPORT GROUP

901 | Caregivers Support Group

Erica Greenspan, LCSW-C, LICSW

Wednesday* | Sep 16 - Dec 23 | 11am - 12 pm | Free | 8 sessions | Zoom

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

*Note: Group will meet on Tuesday, Nov 24 instead of Nov 25

931 | Yoga Dance - Thursday

Kathy Hankins, Certified Yoga and Meditation Instructor

Thursday | Sep 17 - Dec 17 | 3-4 pm | No class Nov 26 | \$195 | 13 sessions | Oasis

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



938 | Build Better Balance

Erika Campbell, Strength and Balance Instructor

Friday | Sep 18 - Dec 18 | 1:30-2:30 pm | No class Nov 27 | \$195 | 13 sessions | Zoom

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

940 | Have a Ball with Cardio Drumming - Standing/Seated Combo

Larissa Johnson, Fitness Instructor

Friday | Sep 18 - Dec 18 | 10-10:50 am | No class Sep 25, Nov 27 | \$180 | 12 sessions | Oasis

Enjoy a dynamic workout with both seated and standing activities.

941 | Have a Ball with Cardio Drumming - Seated

Larissa Johnson, Fitness Instructor

Friday | Sep 18 - Dec 18 | 11-11:50 am | No class Sep 25, Nov 27 | \$180 | 12 sessions | Oasis

This seated class offers a fun, full-body workout with low-impact drumming to upbeat music, engaging your core and enhancing motor skills.

SERIES SPOTLIGHT: FALL PREVENTION

426 | Clear Sight, Fewer Falls: Protecting Your Vision and Independence

Andrew Morgenstern, OD, FAAO, FNAP

Wednesday | Sep 23 | 1-2 pm | Free | Oasis



Vision plays a bigger role in fall risk than many realize—learn evidence-based steps to protect your eyesight, your mobility, and your independence. This program is generously supported by the Frederick H. Bowis Community Fund.



Health & Fitness

SERIES SPOTLIGHT: SUBURBAN HOSPITAL WELLWORKS

428 | Seeing Clearly: Protecting Your Vision as You Age

Dr. Isabel Deakins, O.D., F.A.A.O.

Thursday | Sep 24 | 1-2 pm | Free | Zoom

Please note class topic change. "Staying Strong: Keeping Your Feet Healthy as You Age" will be offered at a later date.

430 | Mind-Body Skills Group: Tools for Calm, Resilience, and Well-Being **CANCELED**

Leslie Edsall Pont, Executive Director, Oasis

Monday | Sep 28 - Nov 2 | 10:30 am-12:00 pm | \$132 | 6 sessions | Oasis

Build practical tools for stress relief and resilience in this small, supportive group. Consistent attendance at all 6 sessions is required.

SERIES SPOTLIGHT: FALL PREVENTION

438 | Fall Prevention and Your Feet

Michael Liebow, Podiatrist

Wednesday | Sep 30 | 1-2 pm | Free | Oasis



Proper foot care is a vital, often overlooked component of fall prevention. This program is generously supported by the Frederick H. Bowis Community Fund.

446 | Steady on Your Feet: Balance, Gait & the Fear of Falling

Maria Thannhauser, Physical Therapist, Suburban Hospital

Wednesday | Oct 7 | 1-2 pm | Free | Oasis



Learn about walking pattern changes that signal rising fall risk and how fear of falling can actually increase your risk. This program is generously supported by the Frederick H. Bowis Community Fund.

460 | Everyday Mindfulness **CANCELED**

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

Wednesday | Oct 21 | 10:30 am-12:00 pm | \$5 | Oasis

Learn to de-stress, improve focus and regulate your emotions. This program is generously supported by the Frederick H. Bowis Community Fund.



SERIES SPOTLIGHT: SUBURBAN HOSPITAL WELLWORKS

463 | Managing Chronic Pain for Better Movement and Daily Living

Dr. Stephanie Van, Department of Physical Medicine & Rehabilitation, Johns Hopkins University School of Medicine

Thursday | Oct 22 | 1-2 pm | Free | Zoom

Insights on common causes of chronic pain, along with practical approaches to managing discomfort.

472 | Election Day De-Stress: Laughter Yoga

Larissa Johnson, Health and Fitness Instructor

Tuesday | Nov 3 | 1-1:50pm | \$15 | Oasis

A special Laughter Yoga session designed to help you de-stress and find fun in the midst of Election Day.

473 | Election Day De-Stress: Cardio Drumming

Larissa Johnson, Health and Fitness Instructor

Tuesday | Nov 3 | 2 -3 pm | \$15 | Oasis

A spirited Cardio Drumming session set to patriotic music, designed to help you de-stress and energize on Election Day.

491 | Dementia: Recognize the Signs, Respond with Care

Jocelyn O'Rourke, Dementia Friends Coordinator

Tuesday | Nov 17 | 10:30-11:30 am | Free | Oasis

By 2025, an estimated 7.1 million people aged 65 and older will be living with Alzheimer's disease or another form of dementia.



Health & Fitness



494 | Navigating the Holidays with Family

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

Wednesday | Nov 18 | 10:30 am-12:00 pm | \$5 | Oasis

Turn holiday dread into positive anticipation! This program is generously supported by the Frederick H. Bowis Community Fund.

SERIES SPOTLIGHT: SUBURBAN HOSPITAL WELLWORKS

498 | Digestive Health for Healthy Aging

Marshall Bedine, M.D., Gastroenterology, Johns Hopkins University School of Medicine,

Thursday | Nov 19 | 1-2 pm | Free | Zoom

Ongoing symptoms like abdominal discomfort, bloating, constipation, or diarrhea don't have to be accepted as part of growing older.

533 | How Boundaries Can Help Your Relationships

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

Wednesday | Dec 16 | 10:30 am-12:00 pm | \$5 | Oasis

How to set boundaries with people and communicate them nicely! This program is generously supported by the Frederick H. Bowis Community Fund.



Dine, Learn & Move

Get active, learn healthy lifestyle tips, and enjoy live cooking demos with local chefs.

Stronger Together: Social Connection & Healthy Aging

Sep 23 | 6-7:30 pm | Free | Zoom

Turning Awareness into Action for Breast Health

Oct 28 | 6-7:30 pm | Free | Zoom

Harvesting Good Health: Preventing & Managing Diabetes

Nov 18 | 6-7:30 pm | Free | Zoom

To register, email wellnessinfo@co.pg.md.us with your name and the session date you'd like to attend. A Zoom link will be emailed after registration.



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 supportive discussion and a group walk. To learn more or register, email Melissa Hyman at mhyman7@jhmi.edu.



Memory Café

Memory Café offers a welcoming virtual space for individuals experiencing memory loss or cognitive changes and their care partners to connect, socialize, and share support. Meets Sep 4, Oct 2, and Nov 6. To register, email Laura Byer at lbyyer@alz.org.



History

412 | Andrew Jackson and the Paradox of American Democracy

Richard Bell, Professor of History, University of Maryland

Tuesday | Sep 15 | 1-2:30 pm | \$22 | Zoom



What did democracy mean to Americans after the Revolution?

433 | Unforced Errors: 15 Bad Decisions That Changed American History

Bob Blaemire, Author

Tuesday | Sep 29 | 10:30-11:45 am | \$18 | Oasis



American history is filled with leaders who were intelligent, experienced, and capable – and who still made carefully considered decisions that proved catastrophic.

444 | Canals, Rails and Dawn of the Electronic Age

Richard Bell, Professor of History, University of Maryland

Tuesday | Oct 6 | 1-2:30 pm | \$22 | Zoom



Explore the greatest transformation in American infrastructure and information technology before the internet.

451 | Becoming Americans: 1774

Sandra Heiler, Treasurer, Montgomery Preservation, Inc.

Tuesday | Oct 13 | 1-2:15 pm | \$18 | Oasis



Most Americans know about the Boston Tea Party, but few know what happened next, right here in Montgomery County!

474 | Fashions, Fads and Other Foolishness

Hugo Keesing, University of Maryland, Retired Professor

Wednesday | Nov 4 | 1-2:15 pm | \$18 | Oasis



From saddle shoes to streaking, take a nostalgic romp through the fads and crazes that defined the second half of the 20th century.

476 | Montgomery County's Well-Kept Secret: The Mid-Century Modern Suburb of Wheatoncrest

Eric Hurtt, Architect, and Gwen Wright, Retired Mont. Co. Planning Director

Thursday | Nov 5 | 10:30-11:30 am | \$15 | Oasis



Architect Charles Goodman experimented with bold new construction methods and a modern aesthetic to meet the post-WW2 era's housing boom.

482 | The Benevolent Empire: The Rise of Social Reform Movements in the US

Richard Bell, Professor of History, University of Maryland

Tuesday | Nov 10 | 1-2:30 pm | \$22 | Zoom



The Second Great Awakening generated widespread interest in making our new country a better place to live.

485 | George Washington: A Fresh Interpretation

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

Thursday | Nov 12 | 1-2:30 pm | \$22 | Oasis



Enslaver, revolutionary, president—join GWU History Chair Denver Brunsman for a candid, complex portrait of America's indispensable founder, drawn from his new book.

522 | Slavery to Abolition: The Long Delay

Richard Bell, Professor of History, University of Maryland

Tuesday | Dec 8 | 1-2:30 pm | \$22 | Zoom



Why did it take Americans ninety years after first declaring that all men are born equal to abolish racial slavery?

524 | Petra and the Lost Kingdom of the Nabataeans

Barbara A. Porter, PhD, Middle East Archaeologist

Wednesday | Dec 9 | 1-2 pm | \$15 | Oasis



Explore this architectural wonder and the remarkable civilization that created it.

535 | Two Voices, One Movement: How Margaret Sanger and Frances Perkins Transformed Society

Barbara Blumberg Ressin, CCBC

Thursday | Dec 17 | 10:30 am-12:00 pm | \$22 | Oasis



Learn how and why these two women succeeded against all odds.





427 | Friedrich Hegel and German Idealism

Steven Gimbel, Professor of Philosophy, Gettysburg College

Thursday | Sep 24 | 1-2:30 pm | \$22 | Zoom



Hegel believed the world was God discovering himself—see how this strange idea shaped thinkers from Schopenhauer to Marx

448 | Soren Kierkegaard and the Birth of Existentialism

Steven Gimbel, Professor of Philosophy, Gettysburg College

Thursday | Oct 8 | 1-2:30 pm | \$22 | Zoom



The father of existentialism believed the deepest truths lie beyond reason.

497 | Friedrich Nietzsche: Philosopher and the Death of Systems (and God)

Steven Gimbel, Professor of Philosophy, Gettysburg College

Thursday | Nov 19 | 1-2:30 pm | \$22 | Zoom



Nietzsche philosophized with a hammer—smashing God, reason, and every system before him to put human existence back at the center of philosophy.

536 | John Stuart Mill and the Rise of Scientism

Steven Gimbel, Professor of Philosophy, Gettysburg College

Thursday | Dec 17 | 1-2:30 pm | \$22 | Zoom



Mill believed science was the key to all knowledge and set out to build a scientific approach to ethics, economics, and government.



Lunch Bunch Socials

NEW!

Join fellow Oasis participants for relaxed lunches at local restaurants! Each outing is organized by a volunteer host (or co-host), who selects the restaurant, makes reservations, and shares the details in advance. Come once or make it a regular outing—it's a great way to meet new people, enjoy good conversation, and explore local dining spots. Everyone pays for their own meal, and carpooling is encouraged when possible.

We're looking for volunteers to serve as hosts or co-hosts. Responsibilities include:

- Choosing a restaurant
- Making reservations
- Communicating details to participants

Interested in joining or volunteering?

Contact Leslie Pont at lpont1@jh.edu or 240-800-3740.



Practical Information

400 | Taste of Oasis: Fall Course Preview

Oasis Staff

Tuesday | Aug 11 | 10:30 am-12:00 pm | Free | Oasis

Get a sneak peek at fall courses, meet instructors, and mingle over refreshments.

922 | Canasta Group

Oasis Members

Tuesday | Sep 8 - Dec 15 | 1-2:30 pm | \$36 | Oasis

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

SERIES SPOTLIGHT: COFFEE CHATS

402 | New Member Welcome Coffee

Oasis Staff

Thursday | Sep 10 | 1-2 pm | Free | Oasis

Whether you joined last week or last month, we'd love to see you there. Grab a cup, pull up a chair, and let's get acquainted!

NEW!

923 | The Social Knitwork (Knitting Group)

Lori Spak, Host

Thursday | Sep 10 - Dec 17 | 2:30-4 pm |

No class Nov 26 | \$36 | Oasis

Bring your own project and craft alongside fellow makers in a supportive space.

920 | Mah Jongg Group (Mondays)

Oasis Members

Monday | Sep 14 - Dec 14 | 1-3 pm | No class Sep 21 | \$36 | Oasis

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

921 | Mah Jongg Group (Wednesdays)

Oasis Members

Wednesday | Sep 16 - Dec 16 | 1-3 pm | \$36 | Oasis

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

418 | Beginner American Mahjongg

Nancy Goldberg, Instructor

Thursday | Sep 17 - Oct 8 | 10:30 am-12:30 pm | \$120 | 4 sessions | Oasis

This four-week introductory series teaches the fundamentals of this engaging tile-based game.

419 | Spanish 2: Improve Your Basic Comprehension and Expression

Lori Spak, Retired MCPS Spanish Teacher

Thursday | Sep 17 - Dec 17 | 11:30 am - 12:30 pm | No class Nov 5, 26 | \$180 | 12 sessions | Oasis

Before registering, new students who wish to join the class should contact Oasis to arrange an assessment to determine if it would be appropriate to join.

420 | Spanish 4: Fluency in Progress

Lori Spak, Retired MCPS Spanish Teacher

Thursday | Sep 17 - Dec 17 | 1-2 pm | No class Nov 5, 26 | \$180 | 12 sessions | Oasis

This class is a continuation of Continuing Spanish 3 and is only open to continuing students.



Practical Information



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

Jill Rivers, Founder, Enjoy the Photo Moments

Tuesday | Sep 22 | 1-2:30 pm | \$42 | 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!

424 | Wild Writing: Let the Words Flow

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

Wednesday | Sep 23 | 10:30 am-12:00 pm | \$22 | Oasis

We'll use poems and simple prompts as a springboard to get you writing; no rules, no pressure, just whatever comes to mind.

435 | Beginner Canasta

Leslie Becker, Canasta Instructor

Tuesday | Sep 29 - Nov 3 | 10:30 am-12:30 pm | \$180 | 6 sessions | Oasis

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

437 | Solo Aging: Aging Well Without Close Family

Marti Brown Bailey, BS, CSA, CADDCT, CDP

Wednesday | Sep 30 - Nov 11 | 10:30 am-12:00 pm | No class Oct 21 | \$30 | 6 sessions | Oasis

This series is designed for those growing older without benefit of nearby or available close family

members who can routinely provide care, make decisions during emergencies, or offer ongoing support. This program is generously supported by the Healthier Community Fund.

441 | Off the Beaten Path: Maryland's Eastern Shore

Barbara Paulson, Travel Specialist

Thursday | Oct 1 | 1-2:30 pm | \$22 | Zoom



Discover hidden gems of the Eastern Shore that are hiding in plain sight!

SERIES SPOTLIGHT: COFFEE CHATS

NEW!

449 | Coffee Chat with Oasis Staff

Oasis Staff

Thursday | Oct 8 | 1-2 pm | Free | Oasis

Meet the people behind the programs, ask questions, share feedback, and let us know what classes or experiences you'd love to see more of.

461 | Staying Safe in Montgomery County: Update on Policing Priorities and Personal Safety

Captain Amy Daum, Commander, 2nd District (Bethesda), MCPD

Wednesday | Oct 21 | 1-2 pm | Free | Oasis



Your questions answered about local crime and how best to protect yourself. This program is generously supported by the Frederick H. Bowis Community Fund.





Practical Information

462 | American Mahjongg Guided Play

Nancy Goldberg, Instructor

Thursday | Oct 22 - Nov 12 | 10:30 am-12:30 pm | \$120 | 4 sessions | Oasis

Players of all levels will build their confidence and strengthen their American Mahjongg skills in this four-week series.

SERIES SPOTLIGHT: COFFEE CHATS

475 | New Member Welcome Coffee

Oasis Staff

Thursday | Nov 5 | 1-2 pm | Free | Oasis

Whether you joined last week or last month, we'd love to see you there. Grab a cup, pull up a chair, and let's get acquainted!

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

David Engel, Commissioner, Montgomery County Commission on Aging

Tuesday | Nov 10 | 10:30 am-12:00 pm | Free | Oasis

Learn about the wide array of programs and services the County offers. This program is generously supported by the Frederick H. Bowis Community Fund.

483 | What You Should Know About Buying and Owning An EV (Electric Vehicle)

Michael J. Ackerman, Car Safety Instructor

Tuesday | Nov 10 | 1-2:30 pm | \$22 | Oasis

Learn useful tips for your pre—and post—EV purchase experience.



NEW!



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

Michael J. Ackerman, Car Safety Instructor

Tuesday | Dec 1 | 10:30 am - 12:00 pm | \$5 | Oasis

We will learn how to properly use these new safety features to become better and safer drivers.

520 | AARP Smart Driver Course

Michael J. Ackerman, AARP Volunteer Instructor

Tuesday | Dec 8 | 10:30 am - 4 pm | 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).

SERIES SPOTLIGHT: COFFEE CHATS

526 | Coffee Chat with Oasis Staff

Oasis Staff

Thursday | Dec 10 | 1-2 pm | Free | Oasis

Meet the people behind the programs, ask questions, share feedback, and let us know what classes or experiences you'd love to see more of.

NEW!



Theatre, Film, Music, & TV



455 | Celebrating John Williams **CANCELED**

Dan Sherman, PhD

Thursday | Oct 15 | 1:30-3:00 pm | \$22 | Oasis

(Note later start time.) At 94 and still active, film composer John Williams remains a remarkable figure in modern music.

457 | We Interrupt This Broadcast: The Murrow Boys and Radio's Finest Hour

Dr. Brian Belanger, Curator, National Capital Radio & Television Museum

Tuesday | Oct 20 | 10:30-11:30 am | \$15 | Oasis



How Murrow and his colleagues built the future of broadcast news.

484 | Celebrating Steven Spielberg **CANCELED**

Dan Sherman, PhD

Wednesday | Nov 11 | 1-2:30 pm | \$22 | Oasis



Learn how Spielberg's films have shaped modern cinema and captivated audiences around the world for more than fifty years.

411 | Lil Hardin Armstrong & Mary Lou Williams: Unsung Heroines of Jazz History

Seth Kibel, Musician and Composer

Tuesday | Sep 15 | 10:30 am-12:30 pm | \$29 | Oasis



There's no Satchmo without Lil and swing wouldn't be the same without Mary Lou! Learn how these women left their marks!



440 | The Great American Songbook: Old Songs, Ever New

Julie Kurzava, Faculty, Loyola University

Thursday | Oct 1 | 10:30 am-12:00 pm | \$22 | Oasis



Explore songs that never seem to age and singers who can't resist making them their own.

450 | Aaron Copland: Dean of American Composers

Seth Kibel, Musician and Composer

Tuesday | Oct 13 | 10:30 am-12:30 pm | \$29 | Oasis



From 'Appalachian Spring' to 'Fanfare for the Common Man,' explore the works that made Aaron Copland's music sound unmistakably American.

453 | Happy Birthday Chuck Berry!!!

Daryl Davis, Musician

Wednesday | Oct 14 | 1-2:30 pm | \$22 | Oasis

Celebrate the birth and legacy of the man who created Rock 'n' Roll—once shunned, feared, and banned, now beloved worldwide.

458 | Baby Boomers Part 2: From The New Frontier to Woodstock (and Beyond)

Hugo Keesing, University of Maryland, Retired Professor

Tuesday | Oct 20 | 1-2:30 pm | \$22 | Oasis



Historic audio and music will take you back to a dozen 1960s flash points. A follow up to last term's Baby Boomers class.

464 | Robin Fields Memorial Concert: TransAtlantic Duo

Vladimir Fridman, Guitarist and Composer, and Alexander Paperny, Balalaika

Thursday | Oct 22 | 1-2:30 pm | \$5 | Oasis

Alexander Paperny (balalaika) and Vladimir Fridman (guitar and vocals) bring together diverse styles in their exploration of the world's musical heritage. A light reception will follow.

501 | 21st Century Musicals

Julie Kurzava, Faculty, Loyola University

Tuesday | Nov 24 | 10:30 am-12:30 pm | \$29 | Oasis



Explore bold, genre-bending examples and where the art form is headed next.



Theatre, Film, Music, & TV



511 | Where Are They Now? Famous Faces of the 1950s, '60s & '70s

Daryl Davis, Musician

Tuesday | Dec 1 | 1-2:30 pm | \$22 | Oasis

What happens when the buzz dies down and the cameras move on?

513 | The Music of Disney Through the Years

Hugo Keesing, University of Maryland, Retired Professor

Wednesday | Dec 2 | 1-2:15 pm | \$18 | Oasis



Take a musical journey through nine decades of Disney musical magic—chart-toppers and soundtrack classics alike.

531 | Music's Road to 'Black Lives Matter'

Hugo Keesing, University of Maryland, Retired Professor

Tuesday | Dec 15 | 1-2:15 pm | \$18 | Oasis



From "Nobody" in 1906 to "I Can't Breathe" in 2020, music has reflected the country's racial history.



Excursions

Tour of the Supreme Court

Supreme Court Guide

439 | Wednesday | Sep 30 | 1-2 pm | \$36 | Supreme Court

486 | Thursday | Nov 12 | 1-2 pm | \$36 | 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.

442 | Heart of the County: Historic Walking Tour of Rockville

Ralph D Buglass, Montgomery County Historical Society Speaker and Author, 'Images of America: Rockville'

Thursday | Oct 1 | 1-3 pm | \$30 | Montgomery History Center

Participants are responsible for their own transportation. Tour will highlight points of interest in our county's 250-year history.



Class Index



Dates	DOW	Start Time	Class #	Class Title	Instructor	Location	Page
Aug 11	Tue	10:30 AM	400	Taste of Oasis: Fall Course Preview	Oasis Staff	Oasis	14
Aug 31–Dec 28	Mon	10:30 AM	910	Men's Discussion Group (A)	Oasis Members	Zoom	7
Aug 31–Dec 28	Mon	10:30 AM	911	Bethesda Men's Discussion Group (A)	Oasis Members	Zoom	7
Sep 1–Jan 1	Tue, Fri	10:30 AM	912	Men's/Women's Discussion Group (B)	Oasis Members	Zoom	7
Sep 1–Dec 29	Tue	1:00 PM	913	Men's/Women's Discussion Group (A)	Oasis Members	Zoom	7
Sep 3–Dec 31	Thu	1:00 PM	916	Men's Discussion Group (B)	Oasis Members	Zoom	7
Sep 4–Jan 1	Fri	10:00 AM	917	Bethesda Men's Discussion Group (B)	Oasis Members	Zoom	7
Sep 8–Dec 15	Tue	1:00 PM	922	Canasta Group	Oasis Members	Oasis	14
Sep 9–Dec 16	Wed	10:30 AM	934	Move Well, Live Well (Functional Fitness)	Carin Butchko	Oasis	8
Sep 9–Dec 16	Wed	11:00 AM	903	Caregiving for Aging Parents	Erica Greenspan	Zoom	8
Sep 10–Dec 17	Thu	10:30 AM	915	Women's Discussion Group	Libby Merrill	Oasis	7
Sep 10	Thu	1:00 PM	402	New Member Welcome Coffee	Oasis Staff	Oasis	14
Sep 10–Dec 17	Thu	2:30 PM	923	The Social Knitwork (Knitting Group)	Lori Spak	Oasis	14
Sep 14–Dec 14	Mon	11:00 AM	942	Chair Yoga to Enhance Mobility	Archana Gupta	Oasis	8
Sep 14	Mon	1:00 PM	410	Inside Edward Hopper's Nighthawks	Joan Hart	Zoom	4
Sep 14–Dec 14	Mon	1:00 PM	920	Mah Jongg Group (Mons)	Oasis Members	Oasis	14
Sep 14–Dec 14	Mon	3:00 PM	930	Yoga Dance - Mon	Kathy Hankins	Oasis	8
Sep 15–Dec 15	Tue	1:30 PM	936	Chair Strength and Balance	Erika Campbell	Zoom	9
Sep 15	Tue	10:30 AM	411	Lil Hardin Armstrong & Mary Lou Williams	Seth Kibel	Oasis	17
Sep 15	Tue	1:00 PM	413	Before the Break	Sandesh Rao	Oasis	9
Sep 15	Tue	1:00 PM	412	Andrew Jackson and the Paradox of American Democracy	Richard Bell	Zoom	12
Sep 15	Tue	3:00 PM	414	Online Book Discussion: The Calamity Club	Jonina Duker	Zoom	7
Sep 16–Dec 23	Tue, Wed	11:00 AM	901	Caregivers Support Group	Erica Greenspan	Zoom	9
Sep 16	Wed	1:00 PM	415	The Crisis in Local News	Paul Farhi	Oasis	5
Sep 16–Dec 16	Wed	1:00 PM	914	In-Person Men's Discussion Group	Oasis Members	Oasis	7
Sep 16–Dec 16	Wed	1:00 PM	921	Mah Jongg Group (Weds)	Oasis Members	Oasis	14
Sep 16–Dec 16	Wed	3:45 PM	416	Wellness Wed: Monthly Guided Meditation	Leslie Edsall Pont	Zoom	9
Sep 17	Thu	10:30 AM	417	Gregory Tu: A Homicide Trial Without a Body	John McCarthy	Oasis	5
Sep 17–Oct 8	Thu	10:30 AM	418	Beginner American Mahjongg	Nancy Goldberg	Oasis	14
Sep 17–Dec 17	Thu	11:30 AM	419	Spanish 2: Improve Comprehension	Lori Spak	Oasis	14
Sep 17–Dec 17	Thu	1:00 PM	420	Spanish 4: Fluency in Progress	Lori Spak	Oasis	14
Sep 17–Dec 17	Thu	3:00 PM	931	Yoga Dance - Thu	Kathy Hankins	Oasis	9
Sep 18–Dec 18	Fri	1:30 PM	938	Build Better Balance	Erika Campbell	Zoom	9
Sep 18–Dec 18	Fri	10:00 AM	940	Have a Ball with Cardio Drumming - Standing	Larissa Johnson	Oasis	9



Class Index

Dates	DOW	Start Time	Class #	Class Title	Instructor	Location	Page
Sep 18–Dec 18	Fri	11:00 AM	941	Have a Ball with Cardio Drumming - Seated	Larissa Johnson	Oasis	9
Sep 22	Tue	10:30 AM	421	Art Morning: Visual Fitness® Workout	Renee Sandell	Oasis	4
Sep 22	Tue	1:00 PM	422	Ending Two-Party Polarization	Owen Ullmann	Oasis	5
Sep 22	Tue	1:00 PM	423	How to Organize Your Printed Photos	Jill Rivers	Oasis	15
Sep 23	Wed	10:30 AM	424	Wild Writing: Let the Words Flow	Ann Turner	Oasis	15
Sep 23	Wed	10:30 AM	425	US Foreign Policy: Israel and Iran	Michael Kryzanek	Zoom	5
Sep 23	Wed	1:00 PM	426	Protecting Your Vision and Independence	Andrew Morgenstern	Oasis	9
Sep 24	Thu	1:00 PM	428	Protecting Your Vision as You Age	Dr. Isabel Deakins	Zoom	10
Sep 24	Thu	1:00 PM	427	Friedrich Hegel and German Idealism	Steven Gimbel	Zoom	13
Sep 28–Dec 14	Mon	1:30 PM	925	Bonjour! French Conversation Group	Heather Frank	Oasis	7
Sep 28–Nov 2	Mon	10:30 AM	430	Mind-Body Skills	Leslie Edsall Pont	Oasis	10
Sep 28	Mon	1:00 PM	431	Steve Roberts on Election 2026	Steve Roberts	Oasis	6
Sep 28	Mon	1:00 PM	432	Steve Roberts on Election 2026	Steve Roberts	Zoom	6
Sep 29–Nov 3	Tue	10:30 AM	435	Beginner Canasta	Leslie Becker	Oasis	15
Sep 29	Tue	10:30 AM	434	Ordinary Objects, Extraordinary Photos	Rose McManus Coleman	Oasis	4
Sep 29	Tue	10:30 AM	433	15 Bad Decisions That Changed History	Bob Blaemire	Oasis	12
Sep 29	Tue	1:00 PM	436	Your Vote, Your Rights	Elaine Apter	Oasis	6
Sep 30–Nov 11	Wed	10:30 AM	437	Solo Aging: Aging Well Without Close Family	Marti Brown Bailey	Oasis	15
Sep 30	Wed	1:00 PM	438	Fall Prevention and Your Feet	Michael Liebow	Oasis	10
Sep 30	Wed	1:00 PM	439	Tour of the Supreme Court #1	Supreme Court Guide	Supreme Court	18
Oct 1	Thu	10:30 AM	440	The Great American Songbook	Julie Kurzava	Oasis	17
Oct 1	Thu	1:00 PM	441	Off the Beaten Path: Maryland's Eastern Shore	Barbara Paulson	Zoom	15
Oct 1	Thu	1:00 PM	442	Historic Walking Tour of Rockville	Ralph D Buglass	Montgomery History Center	18
Oct 6	Tue	10:30 AM	443	Get Creative with Oil Pastels - Hands-On Class	Patricia DuBroof	Oasis	4
Oct 6	Tue	1:00 PM	445	Book Discussion: The Lion Women of Tehran	Janice Pliner	Oasis	7
Oct 6	Tue	1:00 PM	444	Canals, Rails and Dawn of the Electronic Age	Richard Bell	Zoom	12
Oct 7	Wed	1:00 PM	446	Balance, Gait & the Fear of Falling	Maria Thannhauser	Oasis	10
Oct 8	Thu	10:30 AM	447	Update on Scams in Montgomery County	John McCarthy	Oasis	6
Oct 8	Thu	1:00 PM	449	Coffee Chat with Oasis Staff	Oasis Staff	Oasis	15
Oct 8	Thu	1:00 PM	448	Soren Kierkegaard and Existentialism	Steven Gimbel	Zoom	13
Oct 13	Tue	10:30 AM	450	Aaron Copland: Dean of American Composers	Seth Kibel	Oasis	17



Class Index



Dates	DOW	Start Time	Class #	Class Title	Instructor	Location	Page
Oct 13	Tue	1:00 PM	451	Becoming Americans: 1774	Sandra Heiler	Oasis	12
Oct 14	Wed	10:30 AM	452	Russia, Ukraine and US Foreign Policy	Michael Kryzanek	Zoom	6
Oct 14	Wed	1:00 PM	453	Happy Birthday Chuck Berry!!!	Daryl Davis	Oasis	17
Oct 15	Thu	1:30 PM	455	Celebrating John Williams CANCELED	Dan Sherman	Oasis	17
Oct 15	Thu	10:30 AM	454	The Midterms and the Party Identity Crises	Geoffrey Kabaservice	Oasis	6
Oct 20	Tue	10:30 AM	456	Art Morning: Mini Bird Paintings	Martina Sestakova	Oasis	4
Oct 20	Tue	10:30 AM	457	The Murrow Boys and Radio's Finest Hour	Brian Belanger	Oasis	17
Oct 20	Tue	1:00 PM	458	Baby Boomers Part 2	Hugo Keesing	Oasis	17
Oct 20	Tue	3:00 PM	459	Book Discussion: When We See You Again	Jonina Duker	Zoom	7
Oct 21	Wed	10:30 AM	460	Everyday Mindfulness CANCELED	Ann Turner	Oasis	10
Oct 21	Wed	1:00 PM	461	Staying Safe in Montgomery County	Amy Daum	Oasis	15
Oct 22–Nov 12	Thu	10:30 AM	462	American Mahjongg Guided Play	Nancy Goldberg	Oasis	16
Oct 22	Thu	1:00 PM	463	Managing Chronic Pain for Better Movement	Stephanie Van	Zoom	10
Oct 22	Thu	1:00 PM	464	Robin Fields Memorial Concert: TransAtlantic Duo	Vladimir Fridman and Alexander Paperny	Oasis	17
Nov 3	Tue	10:30 AM	470	Turning Simple Blocks Into Beautiful Quilts	Eve Griner	Oasis	4
Nov 3	Tue	1:00 PM	472	Election Day De-Stress: Laughter Yoga	Larissa Johnson	Oasis	10
Nov 3	Tue	1:00 PM	471	In-Person Book Discussion: American Sirens	Janice Pliner	Oasis	8
Nov 3	Tue	2:00 PM	473	Election Day De-Stress: Cardio Drumming	Larissa Johnson	Oasis	10
Nov 4	Wed	1:00 PM	474	Fashions, Fads and Other Foolishness	Hugo Keesing	Oasis	12
Nov 5	Thu	10:30 AM	476	Montgomery County's Suburb of Wheatoncrest	Eric Hurtt and Gwen Wright	Oasis	12
Nov 5	Thu	1:00 PM	475	New Member Welcome Coffee	Oasis Staff	Oasis	16
Nov 10	Tue	10:30 AM	481	MoCo's Programs and Services for Adults 50+	David Engel	Oasis	16
Nov 10	Tue	10:30 AM	480	Art Morning: Fused Glass Workshop	Shayna Heller	Oasis	4
Nov 10	Tue	1:00 PM	482	Social Reform Movements in the US	Richard Bell	Zoom	12
Nov 10	Tue	1:00 PM	483	Buying and Owning an Electric Vehicle	Michael J. Ackerman	Oasis	16
Nov 11	Wed	1:00 PM	484	Celebrating Steven Spielberg CANCELED	Dan Sherman	Oasis	17
Nov 12	Thu	1:00 PM	486	Tour of the Supreme Court #2	Supreme Court Guide	Supreme Court	18
Nov 12	Thu	1:00 PM	485	George Washington: A Fresh Interpretation	Denver Brunsman	Oasis	12
Nov 17	Tue	10:30 AM	490	Art Morning: Seasonal & Holiday Cards	Martina Sestakova	Oasis	4
Nov 17	Tue	10:30 AM	491	Dementia: Recognize the Signs	Jocelyn O'Rourke	Oasis	10
Nov 17	Tue	1:00 PM	492	Diplomatic Negotiations	Molly Williamson	Oasis	6
Nov 17	Tue	3:00 PM	493	Online Book Discussion: Son of Nobody	Jonina Duker	Zoom	8



Class Index

Dates	DOW	Start Time	Class #	Class Title	Instructor	Location	Page
Nov 18	Wed	10:30 AM	494	Navigating the Holidays with Family	Ann Turner	Oasis	11
Nov 18	Wed	1:00 PM	495	How To Look at Architecture	Judy Scott Feldman	Oasis	4
Nov 19	Thu	10:30 AM	496	Challenges of AI in Criminal Prosecutions	John McCarthy	Oasis	6
Nov 19	Thu	1:00 PM	498	Digestive Health for Healthy Aging	Marshall Bedine	Zoom	11
Nov 19	Thu	1:00 PM	497	Friedrich Nietzsche	Steven Gimbel	Zoom	13
Nov 23	Mon	1:00 PM	500	Van Gogh's Visionary Starry Night	Joan Hart	Zoom	5
Nov 24	Tue	10:30 AM	501	21st Century Musicals, Part One	Julie Kurzava	Oasis	17
Nov 24	Tue	1:00 PM	502	Rethinking U.S. Immigration Policy?	Owen Ullmann	Oasis	6
Dec 1	Tue	10:30 AM	510	Art & Crime, Part 1: the Ancient World	Nora Hamerman	Oasis	5
Dec 1	Tue	1:00 PM	512	New Car Safety Features	Michael J. Ackerman	Oasis	16
Dec 1	Tue	1:00 PM	511	Where Are They Now?	Daryl Davis	Oasis	18
Dec 2	Wed	1:00 PM	513	The Music of Disney Through the Years	Hugo Keesing	Oasis	18
Dec 3	Thu	10:30 AM	514	Art & Crime, Part 2: Nazi Art Looting	Nora Hamerman	Oasis	5
Dec 8	Tue	10:30 AM	520	AARP Smart Driver Course	Michael J. Ackerman	Oasis	16
Dec 8	Tue	10:30 AM	521	Wine Cork Whimsies - Hands-On Class	Barbara Paulson	Oasis	5
Dec 8	Tue	1:00 PM	523	In-Person Book Discussion: So Far Gone	Janice Pliner	Oasis	8
Dec 8	Tue	1:00 PM	522	Slavery to Abolition: The Long Delay	Richard Bell	Zoom	12
Dec 9	Wed	1:00 PM	524	Petra and the Lost Kingdom	Barbara A. Porter	Oasis	12
Dec 10	Thu	10:30 AM	525	The Catherine Hoggle Case	John McCarthy	Oasis	6
Dec 10	Thu	1:00 PM	526	Coffee Chat with Oasis Staff	Oasis Staff	Oasis	16
Dec 15	Tue	10:30 AM	530	Art Morning: Tibetan Prayer Flags	Martina Sestakova	Oasis	5
Dec 15	Tue	1:00 PM	531	Music's Road to 'Black Lives Matter'	Hugo Keesing	Oasis	18
Dec 15	Tue	3:00 PM	532	Online Book Discussion: Whistler	Jonina Duker	Zoom	8
Dec 16	Wed	10:30 AM	533	How Boundaries Can Help Your Relationships	Ann Turner	Oasis	11
Dec 16	Wed	1:00 PM	534	How to Look at Sculpture	Judy Scott Feldman	Oasis	5
Dec 17	Thu	10:30 AM	535	Margaret Sanger and Frances Perkins	Barbara Blumberg Ressin	Oasis	12
Dec 17	Thu	1:00 PM	536	John Stuart Mill and the Rise of Scientism	Steven Gimbel	Zoom	13



Travel with Oasis



Join AFC Vacations and fellow travelers from the Rochester and Syracuse Oasis centers on these upcoming trips.

CLASSICAL ITALY – ROME, FLORENCE AND 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.



GREAT CANADIAN CITIES

June 16 – 24, 2027

Explore the best of Eastern Canada as you visit vibrant Montreal, historic Quebec City, elegant Ottawa, cosmopolitan Toronto, and spectacular Niagara Falls, with scenic rail travel, a 1000 Islands cruise, and unforgettable sightseeing along the way.



ENGLAND, SCOTLAND & WALES

November 3 - 11, 2027

Experience the best of Britain on this unforgettable journey through Scotland, England, and Wales, featuring Edinburgh Castle, York, Stratford-upon-Avon, Cardiff, Bath, Stonehenge, and the iconic sights of London.

To learn more and sign up, contact washingtonmetro@oasisnet.org or 240-800-3745.





Suburban Hospital
8600 Old Georgetown Road
Bethesda, MD 20814

Nonprofit Org.
U.S. Postage
PAID
Baltimore, MD
Permit No. 4475

**WASHINGTON METRO OASIS AND
AARP MARYLAND PRESENT**

A Cappella Magic

Featuring Reverb, with special
guest Daryl Davis

**Wednesday, September 9, 2026
1:30 – 3:00 pm | Doors Open at 1:00 pm
F. Scott Fitzgerald Theatre
603 Edmonston Dr, Rockville, MD**

Reverb is an award-winning a cappella vocal group. Join us for an afternoon of soul, Gospel, pop classics and original songs. Sing along and dance if you like!

Daryl Davis is an international recording artist, published author, actor and leader of The Daryl Davis Band.

This event is sponsored by *AARP Maryland* with additional support from *The Village at Rockville*.

This event is free! Registration required.



Registration required through
AARP Maryland: <http://bit.ly/3TlyGR4>
or call: **877-926-8300**

