



Washington Metropolitan OASIS Class Catalog

Summer 2015

301-469-6800, press 1, x211

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SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE



macy's
foundation

Welcome to OASIS

Spring has sprung, and not a moment too soon! We are pleased to offer you a bumper crop of spring and summer learning opportunities.

Here's what's new and exciting:

- The layout of the catalog has changed! Classes are now arranged by topic (vs. day of the week) so you can browse more easily. See the Table of Contents on page 3. And, the class numbers still reflect the day of the week, so you can quickly tell on which day a class is held.
- To help reduce waiting lists, we have already scheduled two dates each for classes that we believe will be "hot tickets." In addition, we are offering repeats of classes that were oversubscribed last term.
- Several new exciting meet-up trips, including a cabaret evening out with popular instructor Julie Kurzava. See the Trips section, starting on page 41.

The Program Committee continues to do a great job generating exciting class topics and instructors. Thank you to all the volunteers who help make our catalog and our daily operations a true community effort.

Changes to be aware of regarding registration:

- There's a new and improved website for online registration. See page 25 for details.
- We have modified our policy regarding mail-in registrations received on/before registration day. They will be processed in the order received.

We hope to see you, our fabulous members, volunteers, and instructors, often this summer!



-The OASIS Staff
*Susan, Anna,
Leah, Janice & LaKisha*

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OUR MISSION

Our mission is to promote successful aging through lifelong learning, health programs and volunteer engagement.

SPONSORS

OASIS is a non-profit organization nationally sponsored by the Macy's Foundation. Suburban Hospital, a member of Johns Hopkins Medicine, is our local sponsor. OASIS is affiliated with the OASIS Institute, headquartered in St. Louis, MO.

HOURS

Monday – Friday
10:00am – 4:00pm

OASIS will be closed on:
May 25, 2015
July 3, 2015

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DISCLAIMER NOTICE

The opinions expressed by class speakers are their own and do not necessarily reflect the views of OASIS or any of its sponsoring organizations.

CLIMATE CONTROL

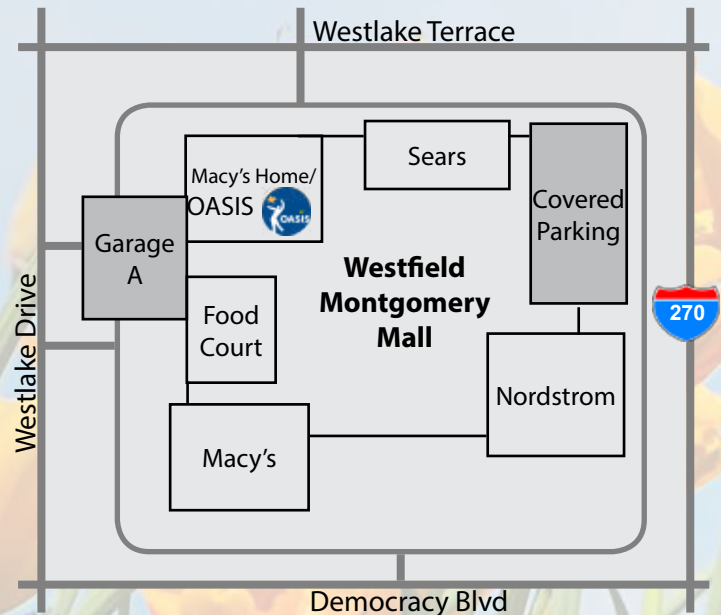
The OASIS heating, ventilation and air conditioning varies. Considering the fluctuation of the temperature, as well as everyone's personal body temperature, we recommend that members dress in layers.

INCLEMENT WEATHER POLICY

In the case of inclement weather, OASIS follows the Montgomery County Public Schools' cancellation policy. If schools are closed due to weather, OASIS is closed and all classes are cancelled. If schools have a delayed opening, classes that begin before 10:00am are cancelled. If schools close early, all afternoon classes are cancelled. Closing policies at offsite locations may vary. Please check directly with the location.

ADDRESS AND DIRECTIONS

Washington Metropolitan OASIS
 Macy's Home Store • Westfield Montgomery
 7125 Democracy Blvd • Bethesda, MD 20817
 301-469-6800, press 1, x211 (Phone)
 301-469-4936 (Fax)
oasisnet.org/washington (website)
washingtonmetro@oasisnet.org (email)



DIRECTIONS

- Westfield Montgomery is accessible from Democracy Blvd, Westlake Dr and Westlake Terr.
- The Macy's Home Store/OASIS entrance is located on the 2nd level of Garage A which is directly accessible from Westlake Drive.
- If you cannot find parking in Garage A, park in one of the other mall garages or lots. Once inside the mall, proceed to the Macy's Home Store on the second level. Once inside the store, walk left through the linen department. The OASIS entrance is just past the sign for the parking garage on your right.
- If you have mobility issues, we have wheelchairs and will be happy to meet you somewhere in the mall and bring you to OASIS. We appreciate as much advance notice as possible.

PUBLIC TRANSPORTATION

- Take Metro Red line to Grosvenor
- From Grosvenor, take Ride On bus 96 or 6
- From Bethesda or Medical Center, take Metro bus J2 or Ride On bus 47

Offsite Locations



Temple Beth Ami
 14330 Travilah Road
 Rockville, MD 20850
 301-340-6818

The Village at Rockville
 9701 Veirs Drive
 Rockville, MD 20850
 301-424-9560



St. Luke's Episcopal Church
 6030 Grosvenor Lane
 Bethesda, MD 20814
 301-530-1800

Wildwood Shopping Center



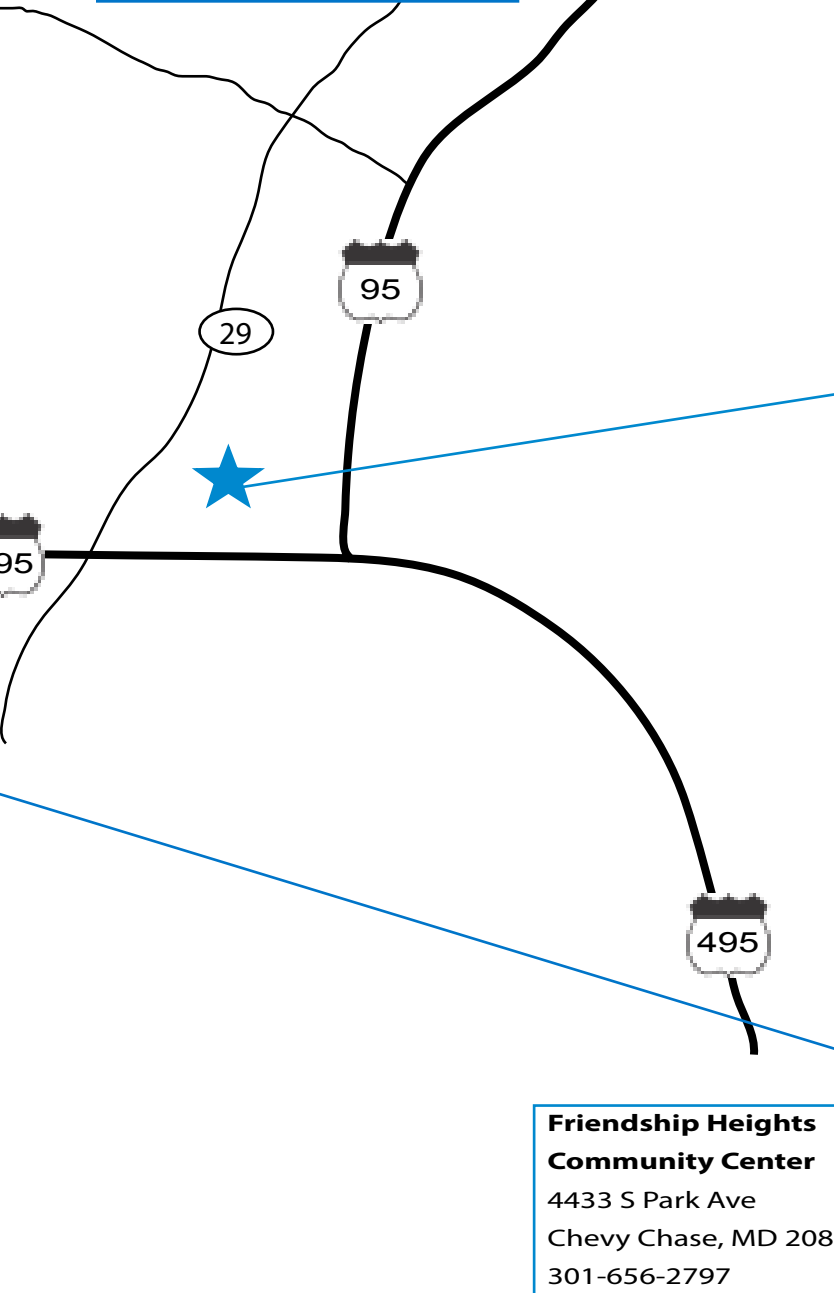
Bethesda-Chevy Chase Regional Services Center (BCC-RSC)
 4805 Edgemoor Lane
 Bethesda, MD 20814
 240-777-8200

North Creek Community Center
 20125 Arrowhead Rd
 Montgomery Village, MD 20886
 301-948-0110

Sunrise at Montgomery Village (SUNMV)
 19310 Club House Rd
 Montgomery Village, MD 20886
 301-921-0445

White Oak Community Center
 1700 April Ln
 Silver Spring, MD 20904
 240-777-6940

Friendship Heights Community Center
 4433 S Park Ave
 Chevy Chase, MD 20815
 301-656-2797



MEET THE DOCTORS...

Dr. Atul Rohatgi grew up locally in Rockville, MD. He attended Case Western Reserve University and obtained a bachelor's degree in Chemistry and Economics. He completed medical school and his residency at George Washington University. He has been a hospitalist for more than 10 years at Suburban and is board certified in internal medicine. He is currently the co-director of the hospitalist program at Suburban. Dr. Rohatgi and his colleagues Dr. Sharmeela Kuperan, Physician Advisor, and Dr. Matthew Leonard, Emergency Room Physician, will be speaking at OASIS on May 13 (see class #303).



Suburban Hospitalists



Dr. Neal Adams is an ophthalmologist with a retinal specialty and author of the new book *Healthy Vision*. He is board-certified, highly experienced and expertly skilled. He has been elected to *Who's Who in the World*. Dr. Adams is currently in private practice in Silver Spring (www.dcretina.com) and he is the former chief of the Division of Visual Physiology at the Wilmer Eye Institute of the Johns Hopkins Hospital and former Chairman of Ophthalmology at the Paul Foster School of Medicine at the Texas Tech University Health Sciences Center. Dr. Adams earned his bachelor's degree from Yale University and his M.D. from Johns Hopkins University School of Medicine. He completed residency and a fellowship at the Wilmer Eye Institute of Johns Hopkins. Dr. Adams will be speaking at OASIS on June 10 (see class #316).



Dr. Kelly Mills is a Maryland native and graduate of the University of Maryland School of Medicine, where he developed an interest in neurology and movement disorders. He completed his residency and fellowship in neurology at the University of California San Francisco (UCSF). He now is an assistant professor at the Johns Hopkins School of Medicine in the Department of Neurology and has a particular interest in using Deep Brain Stimulation to treat movement disorders such as Parkinson's disease, tremors and dystonia. Dr. Mills researches the cognitive dysfunction that can occur in movement disorders such as Parkinson's disease. He is particularly interested in describing the role of the basal ganglia in cognition and the impact various diseases have on cognition. Dr. Mills will be speaking at OASIS on August 5 (see class #335).

Need A Physician Referral?

Call 1-855-JHM-3939 or go to
hopkinsmedicine.org/suburban_hospital
and click on "Find a Doctor"

This is a free service
provided by Suburban Hospital.



SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE

Change a Life: One Celery Stick at a Time



Are you living and loving an active lifestyle? Do you want to share that love with kids?

Volunteer for **CATCH Healthy Habits**, an after-school program that brings teams of adults age 50-plus together with kids to learn about good eating habits, play active games and have fun!

Volunteers are needed for the following CATCH locations:

Lincoln Park Community Center, Rockville, MD
Viers Mill Elementary School, Silver Spring, MD

White Oak Community Center, Silver Spring, MD
Laurel Woods Elementary School, Laurel, MD

You stay healthy. Kids get healthy.

Learn More! Contact:

LaKisha Harris, CATCH Coordinator
Washington Metropolitan OASIS • 301-469-6800, press 1, x211
lharri81@jhmi.edu • www.catchhealthyhabits.org



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New Member Form



discover life after 50

Date _____

Name _____
(Please Print Clearly) (Last Name) (First Name) (MI)

Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____ Cell Phone (_____) _____

Email _____ Birth Date ____ / ____ / ____

(For statistical purposes only, optional)

Gender: Female Male **Marital Status:** Divorced Married Single Widowed

Race: Asian Black or African American White/Caucasian Hispanic/Latino
 American Indian Other

Highest Level of Education: Grade School High School Some College
 College Degree Post-Graduate

How did you hear about OASIS? Catalog Friend Internet Spouse Walk-in Other

Emergency contact: _____ Relationship: _____
Phone: (_____) _____

If your spouse/partner is a member, your spouse/partner's name is: _____

If you would like to volunteer for OASIS, please check here (volunteer opportunities on page 11)

Waiver of Liability

I, for myself and my executors, administrators and assignees do hereby release and discharge OASIS and Macy's Inc. and all other sponsors, supporters, and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by OASIS and/or Macy's Inc. including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form.

I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same.

I understand that all program fees are non-refundable except as provided in the OASIS refund policy.

I give permission for The OASIS Institute to photograph or videotape me and to use my name and image in OASIS materials and publicity. I authorize the use of my name and image in publications produced by The OASIS Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

Signature: _____ Date: _____

Complete and mail to OASIS, c/o Macy's Home Store, 7125 Democracy Blvd. Bethesda, MD 20817

Arts & Literature



110 June Book Discussion #1: *Death Comes for the Archbishop*

Jonina Duker, Certified Book Discussion Leader

Please read (or re-read) the book so you can participate in our group discussion. Want to visit New Mexico from the comfort of your favorite reading chair? According to *The New York Times* in 2007, "it is possible to use Willa Cather's narration as a visitor's guide." This is the quintessential historical novel about New Mexico, based on the lives of the Roman Catholic archbishop Jean-Baptiste Lamy and his friend and fellow pioneer, Father Joseph Machebeuf, with the action starting in the late 1840s. It won the second American Academy of Arts and Letters' William Dean Howells Medal in 1930. Often taught in English departments, it also appears on many lists of favorite novels, including the Modern Library's list of the 100 best English-language novels of the 20th century. Author: Willa Cather, 1927. **Limit: 20**

Monday Jun 1 1:00 - 2:00
Fee: \$10 OASIS

117 June Book Discussion #2: *Infidel: My Life*

Jonina Duker, Certified Book Discussion Leader

Please read (or re-read) the book so you can participate in our group discussion. Ayaan Hirsi Magan Ise Guleid Ali Wai'ays Muhammad Ali Umar Osman Mahamud, born in 1969, has led a life so tumultuous that, by 2006, she had published two memoirs, including this autobiography. Born in Somalia, she lived in Saudi Arabia, Ethiopia, and Kenya before receiving political asylum in the Netherlands in 1992. Shocked by 9/11, she renounced Islam to become an atheist and became a very public advocate against the practice of female genital mutilation. Her advocacy led her to political office. Still a figure generating controversy, she has won many awards, including the Anisfield-Wolf Book Award for *Infidel*. Author: Ayaan Hirsi Ali, 2007 (English translation). **Limit: 20**

Monday Jun 29 1:00 - 2:00
Fee: \$10 OASIS

125 July Book Discussion: *The Husband's Secret*

Jonina Duker, Certified Book Discussion Leader

Please read (or re-read) the book so you can participate in our group discussion. "Domestic fiction" – that's how the Library of Congress classifies this best-seller. Conjures up images of cuddly cooing couples, now doesn't it? Hold that thought, and if you decide to sign up for this one, be careful not to read too much about it first; lots of plot "spoilers" out there. Popular Aussie novelist Liane Moriarty examines through fiction the limits of what spouses want or need or should tell each other about their lives. Three women, seven days leading up to Easter Sunday, and some really big dark secrets. Author: Liane Moriarty, 2013. **Limit: 20**

Monday Jul 27 1:00 - 2:00
Fee: \$10 OASIS

207 Literary Loves: *Pearl S. Buck's The Good Earth*

Jonina Duker, Certified Book Discussion Leader

Pearl Comfort Sydenstricker lived in China for almost half of her life. Bilingual and bicultural, she was an extraordinary writer who lived an extraordinary life. She distinguished herself as an adoption advocate and founded two organizations still carrying on today; she also adopted seven children and fostered three. She advocated for civil rights, cross-cultural understanding and women's rights. Her second novel, *The Good Earth* won the Pulitzer Prize for the Novel in 1932, the third American Academy of Arts and Letters' William Dean Howells Medal in 1935, and contributed to her becoming the first American woman to win the Nobel Prize for Literature in 1938. With 21 months on the best-seller list, the book's proceeds paid for Green Hills Farm in Bucks County, Pennsylvania, now a National Historic Landmark. Come hear about her life, her legacy, and her literary masterpiece.

Tuesday May 19 1:00 - 2:00
Fee: \$10 OASIS

307 An Evening with Alfred Hitchcock



Ernest Liotti, Faculty, Peabody Institute

Known as “The Master of Suspense,” Alfred Hitchcock pioneered many techniques in the suspense and psychological thriller film genres. Over a career spanning more than half a century, Hitchcock fashioned for himself a distinctive and recognizable directorial style. His films show an interesting tendency towards recurring themes and plot devices. In this evening of film clips from some of Hitchcock’s most memorable films, we’ll look at how he “peppered” his films with food imagery. In addition, we will explore how comedy was a vital component to his works. Even the most deadly situations depicted in his films have an undercurrent of facetious wit. Hitchcock’s own public persona was built on the foundation of his sophisticated British deadpan humor, and it’s not surprising this sly attitude permeates his craft.

Wednesday **May 20** **7:00 - 8:30**
Fee: \$15 **OASIS**

323 Vermeer: Girl with a Pearl Earring and 34 Other Masterpieces



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

(Repeat of winter 2015 class.) Only 35 known Vermeers exist today and they are considered among the jewels of Western art. The Dutch master of Delft was truly a magician creating a perfect world within each canvas, full of an incandescent light that touches the viewer’s individual spirit and soul. The subjects may at first appear ordinary – a woman writing a letter, a maid pouring milk, a couple engaged in a music lesson, a corner of a street – but Vermeer transforms them into visions. This program will take you on an armchair tour of the artist’s works in international museums, with special emphasis on the paintings near us, including the National Gallery and Metropolitan Museum of Art, which together hold a third of his masterpieces.

Wednesday **Jun 24** **2:00 - 3:30**
Fee: \$15 **Village at Rockville**

324 D.C. Art Masterpieces: Hiram Powers' The Greek Slave

*Bonita Billman, Art History Instructor,
Georgetown University*

Arguably the most popular American sculpture of the 19th century, *The Greek Slave* was replicated 6 times full-sized by sculptor Hiram Powers to meet the demand. Additionally, he made busts and reduced replicas of the figure. It became his best known and most lucrative work. The issue of the female nude in American art is seminal to the discussion of *The Greek Slave*. How did artists make the nude acceptable to their conservative audience?

Wednesday **Jul 1** **10:30 - 12:00**
Fee: \$15 **OASIS**

327 Literary Friendships: Hemingway and Fitzgerald

Vera Wentworth, Ph.D., English Literature

In the 1920s, Paris was filled with artists and bursting with intellectual energy. Ernest Hemingway and F. Scott Fitzgerald were friends who exemplified the great literary output of American expatriate writers during this period. Their often volatile friendship is documented in Hemingway’s autobiographical novel *A Moveable Feast* and Fitzgerald’s short story *Babylon Revisited*. They both shared the excesses of expatriate life in Paris, with Fitzgerald’s irrepressible wife Zelda often the focal point and spoiler of their relationship. The friendship of these authors will give insight into the cultural history of the early 20th century. Film clips from Woody Allen’s film *Midnight in Paris* will round out the lecture.

Wednesday **Jul 8** **1:00 - 3:00**
Fee: \$20 **OASIS**

**502 Peter Paul Rubens:
Prince of Painters**

*Bonita Billman, Art History Instructor,
Georgetown University*

Arguably the best-known and most successful of all Baroque painters was Flemish artist Peter Paul Rubens. Lauded across Europe, honored with titles, laden with commissions, Rubens was a prime example of the gentleman artist. A Renaissance man, Rubens was a scholar, diplomat and family man as well as a successful painter. While today he is remembered for his zaftig women, Rubens in his day was hugely sought-after across Europe, for he was a master of story, composition and color. This art history lecture will introduce Rubens – a man who painted hundreds of artworks – portraits, history paintings, landscapes – in his 40-year career.

Friday **May 15** **1:00 - 2:30**
Fee: \$15 **OASIS**

**510 Whistler in Washington:
A New Look at the Peacock Room
and Highlights of His Art Works at
the Freer/Sackler Galleries**

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

Although James McNeill Whistler's celebrated homage to his mother is in Paris, the greatest collection of the expatriate American artist is right here in Washington, DC. The Freer/Sackler Art Galleries hold more than 1,300 works by Whistler including some of his most beautiful portraits and nocturnes. In addition, the Peacock Room, commissioned by English magnate Frederick R. Leyland, still astonishes visitors with its golden interior. Beginning in May, a special exhibition will focus on the sumptuous room itself and also artist Darren Waterston's monumental painting recreating its spaces. This class will highlight the creative display as well as provide a comprehensive survey of Whistler's career and most important works.

Friday **Jun 12** **1:00 - 2:30**
Fee: \$15 **OASIS**

**514 The Forgotten Impressionist:
Gustave Caillebotte**

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


If you have ever seen Gustave Caillebotte's blockbuster *Paris Street, Rainy Day* at the Art Institute of Chicago, you're likely to remember his name. But otherwise, his friends and colleagues Monet, Renoir and Degas enjoy a popularity for some reason still denied him. However, this summer, the National Gallery of Art is featuring 45 of his paintings in the exhibition *The Painter's Eye* that highlights favorite Impressionist themes: boating on the Seine, a day in the country, and the elegance of fashionable Parisian boulevards. These subjects reflect Caillebotte's own affluent lifestyle. Somehow, he was able to combine his activities as France's leading yachtsman with his career as one of the most talented Impressionists. So take an armchair tour combined with an overall view of his artistic production.

Friday **Jul 10** **1:00 - 2:30**
Fee: \$15 **OASIS**



Computers & Technology



- OASIS computer classes are taught on PC's; however many classes are also suitable for Mac users. Look for this symbol next to Mac- suitable classes. 

- OASIS offers computer classes for students at varying skill levels. Please visit our website at oasisnet.org/washington and take our computer quiz to make sure you are at the right level to take a computer class. Printed copies of the computer quiz may also be picked up at the OASIS center.

104 Your Technology Tutor

Don Weinstein, Computer Instructor

This is your opportunity to have a private lesson with our computer instructor Don Weinstein. Maybe you want to advance a computer skill or to solve a computer problem you've been having? Don can help you with your PC, Mac, or iPad. Your session with him can last up to 3 hours. After you register for this class, you will be contacted to select a date for your session and to identify the questions/issues you want to work on. **Dates available are: May 11, May 18, June 1, June 8, June 15, June 22 and June 29.**

Monday 11:00 - 2:00
Fee: \$20 OASIS

119 The Art of Picasa

Lisa Friedman, Computer Instructor

This course is for advanced beginner or intermediate computer students who have basic file management skills and have worked with digital photos. Learn more about using Picasa – Google's free, user-friendly, photo-organizing and photo-editing program. Oh, and did we also mention that Picasa enables you to easily create photo slide shows (including slide shows with sound), CDs, posters, web pages, collages, desktop backgrounds and screen savers, as well as print your photos? This may be the only photo software you'll ever need! Handouts will be emailed to students in advance. Please note that there will be a one-hour lunch break. **Limit: 10**

Monday Jul 6 10:30 - 3:45
Fee: \$42 OASIS

120 Not Your Mother's Public Library

Lisa Friedman, Computer Instructor

This course is for advanced beginner and intermediate computer students. This is a demonstration/lecture, not a "hands-on" computer class. Your local public library has changed a lot since you were a kid. You can still go to your neighborhood branch and borrow a book, but in 2015, the library also now comes to you through your computer. In this class, we'll be exploring the online resources and downloadable items available at the Montgomery County and DC public library web sites (including audiobooks; e-books; music; video; language training; databases, such as Consumer Reports, Morningstar, and Value Line; and major newspapers). You will learn how you can do much of your library business online (including finding, reserving, and renewing items). Thanks to your tax dollars, all this terrific stuff is available for FREE and accessible to you at home! Course handouts will be emailed to students in advance.

Limit: 20

Monday Jul 13 12:30 - 3:30
Fee: \$30 OASIS

122 Where Did I Put That #&\$@ Document!

Lisa Friedman, Computer Instructor

This class is for advanced beginner or intermediate computer students. Having trouble finding your computer files? Learn how to organize your files so that you can find whatever letter, photo, or other document you're looking for in a New York minute! This class also covers searching for and backing up files. Handouts will be emailed to students in advance. Please note that there will be a one-hour lunch break. **Limit: 10**

Monday Jul 20 10:30 - 3:00
Fee: \$35 OASIS

226 iLove iPad (B)

Gary Cahn, Computer Instructor

See description for class #508. **Limit: 10**

Tuesday Jul 28 & Aug 4 10:30 - 12:15
Fee: \$35 2 sessions OASIS

304 Intro to iPad

TechMoxie, LLC



This class is for beginners. If you have been using your iPad for at least one month, see class #226 or #508. In this course you will learn the basic tricks and techniques for using your iPad including: physical layout of buttons and features, navigating screens and apps, connecting to the Internet, overview of included apps, downloading apps from the Apple Store and the settings you need to know. To participate in this class you must have iOS8 (the latest iPad operating system) installed on your device. You may take your iPad to any Apple store for help installing this free software. Please bring your own iPad fully charged. **Limit: 10**

Wednesday **May 20 - Jun 3** **10:30 - 12:30**
Fee: \$60 **3 sessions** **OASIS**

319 Me, My Family and I: An Introduction to Genealogy

Kathy Kinsella, OASIS Connections Instructor



Genealogy can be fun and rewarding. But there's so much information on the Internet that you may be asking, "Where do I begin?" and "What will work for me?" This course is designed as an introduction to online genealogy to help you learn vocabulary, get organized and begin to sort through all the possibilities. You will go on to do your own research and make your own discoveries. **Limit: 10**

Wednesday **Jun 17 & 24** **10:30 - 12:30**
Fee: \$40 **2 sessions** **OASIS**

330 Google: It's More Than You Think!

Gary Cahn, Computer Instructor



This class is for advanced beginner and intermediate computer students. Ability to use a computer, the internet and email on a regular basis is required. Just about everyone who has done a search on the internet has used Google, but if that's all you've used it for, you're missing 80% of what Google has to offer. In this class you will learn to use other Google features, including Maps, Mashups, Image Search, Earth, Translation, Site Creator and Blogger. **Limit: 10**

Wednesday **Jul 22** **10:30 - 1:30**
Fee: \$30 **OASIS**

331 Your Computer – What You Don't Know Could Hurt You

Gary Cahn, Computer Instructor

Your computer is susceptible to three threats: viruses, spyware and spam. Viruses can wipe out all the data on your computer and render it inoperable. Four or five new viruses are created each day. Spyware can track the keystrokes that you type and report your credit card number or other sensitive information to spyware creators. Spam (junk email) is a nuisance, but you can protect your computer from all three threats. Come to this class to learn how. **Limit: 20**

Wednesday **Jul 22** **2:00 - 4:00**
Fee: \$20 **OASIS**

413 Going Digital – Hands On!

Victor Rezmovic, Computer Instructor

As a follow-up to our class last term on converting VHS movies, slides and negatives to digital format, we will be offering a hands-on lab environment where students will have the opportunity to bring in their own media and convert their photos, audio and video tapes, slides, 8MM videos and negatives to digital files. Students must bring in whatever items they want to convert, along with a flash drive to store their completed products. Prerequisites: Students must be comfortable working in a Windows 7 environment and managing their files across multiple devices and computers. **Limit: 10**

Thursday **May 28 & Jun 4** **1:00 - 3:00**
Fee: \$40 **2 sessions** **OASIS**

419 Pitch Your Post-Its

Gary Cahn, Computer Instructor

This course is for advanced beginner and intermediate students. Are you having trouble keeping track of all those little scraps of paper, web-site passwords and to-do lists? Learn how to use OneNote, a free software program that can help you easily record all your information in one spot. Do you come across interesting pages or paragraphs of text on the web you'd like to save? With two clicks you can save the text to OneNote, and easily find it years later. Has a friend sent you an email with a passage of text or a URL you don't want to "lose"? Save it to OneNote, and it is forever accessible. There's no limit on the length of notes you can save. Best of all, you don't have to organize the information in OneNote. Once you save your data, you can retrieve it from all your electronic devices. After taking this class, you can pitch your Post-It notes and yellow notepads. **Limit: 10**

Thursday **Jun 11** **10:30 - 1:00**
Fee: \$25 **OASIS**

423 Create Your Own Greeting Cards

Gary Cahn, Computer Instructor

This class is for advanced beginners and intermediate students only. Why pay \$3 for a birthday card when you can make your own personalized greeting card for less than 25 cents? The computer software that allows you to make greeting cards is not only easy to use, but allows you to make a card in 5 minutes or less. When your friends receive their personalized cards, they'll think you're the most creative person, when really the software did 99% of the work. **Limit: 10**

Thursday Jun 11 2:00 - 4:00
Fee: \$20 OASIS

**429 Computer Forecast:
Very CLOUD-Y!**

Lisa Friedman, Computer Instructor

This is a demonstration/lecture, not a hands-on computer class. This course is for advanced beginner and intermediate computer students. You've probably heard about "the cloud," but what is it? This class will disperse the mists and fog surrounding the cloud and explain how to take advantage of the great benefits the cloud has to offer (many FREE). Handouts will be emailed to students in advance.

Limit: 20
Thursday Jul 9 10:30 - 12:15
Fee: \$18 OASIS

432 Polish Your Chrome

Lisa Friedman, Computer Instructor



This course is for advanced beginner and intermediate computer students who are experienced web browser users. This is a demonstration/lecture, not a hands-on computer class. In 2015, what's the most widely-used web browser in the world (according to most of the organizations that track browser market share)? It's Google Chrome, a browser that's more secure than Microsoft's Internet Explorer, simpler to use, and fast – all of which can make your online experience a lot easier and a lot more fun! We'll discuss how to work with Chrome's basic browser functions as well as its special features. Handouts will be emailed to students in advance. **Limit: 20**

Thursday Jul 16 12:30 - 3:00
Fee: \$25 OASIS

508 iLove iPad (A)

Gary Cahn, Computer Instructor

If you are a beginner or just purchased your iPad in the past month, please take "Intro to iPad", class #304. This class is NOT for individuals who have purchased other tablets such as the Kindle, Nook, Samsung, etc. Do you own an iPad? Are you comfortable surfing the web on your iPad, and have you been using it for at least one month? If so, come to learn 39 tips and tricks to enable you to utilize more iPad features. Topics include hidden iPad shortcuts; backing up your iPad; organizing the apps on your home page; using Safari; updating the operating system; searching for documents, and much more. Students must bring their own iPads fully charged to use in class. **Limit: 10**

Friday Jun 12 & 19 10:30 - 12:15
Fee: \$35 2 sessions OASIS

**509 Windows 8 Pains – Making the
Transition to Windows 8**

Gary Cahn, Computer Instructor

This class is for advanced beginners or intermediate level students. This class is a lecture class and is not hands-on. The class assumes that you previously owned a Windows XP, Windows Vista, or Windows 7 computer. Windows 8 is a radical departure from previous Windows operating systems. If you are having trouble learning to use Windows 8, this course is for you. Our course will cover the following subjects: the two halves of Windows 8 – the new Start Screen and the old Desktop screen, tips and tricks that will make it easier to use the Internet, File Explorer, the pre-installed Apps that come with Windows 8, the Windows Store, Windows Update, how to get your Start button back, Restore Points, Jump Lists, Searching, the Charms Bar, Libraries, the Troubleshooter, and more. **Limit: 20**

Friday Jun 12 & 19 1:00 - 3:30
Fee: \$50 2 sessions OASIS

**OASIS Connections
technology classes
are supported
in part by AT&T**



511 First-Rate Photo Books: Tips and Tricks for Creating Them Online! 

Gary Cahn, Computer Instructor

This class is for advanced beginner and intermediate level students. Did you know you can easily make your own photo book online? A photo book can be a wonderful gift. It can also be a terrific way to remember a vacation or celebration. Photo books come in all shapes and sizes and vary in price from \$4 - \$100. This class will teach you to use free software from MyPublisher to create beautiful photo books. Be sure to bring a flash drive to class with 10-50 photos from a trip, family reunion, or other occasion. You will have time at the end of class to start a personal photo book, and you can complete the book once you get home. **Limit: 10**

Friday Jun 26 10:30 - 12:30
Fee: \$20 OASIS

512 Shopping on the Internet 

Gary Cahn, Computer Instructor

This class is for advanced beginner and intermediate computer students only. Internet shopping can save you a lot of time; smart internet shopping can also save you a lot of money! Learn the best sites for evaluating and purchasing virtually any product or service – electronics, prescription drugs, life/auto/health insurance, car repair, plumbers, electricians, mutual funds/stocks, travel arrangements, theater tickets, and much more. We will also discuss security issues and how to avoid being “taken” while shopping on the Internet. **Limit: 10**

Friday Jun 26 1:00 - 3:00
Fee: \$20 OASIS

Current Events



106 Unrest in the Middle East: Where Things Stand 

Molly Williamson, Scholar, Middle East Institute

(Repeat of summer 2014 class.) Former Foreign Service Officer and scholar at the Middle East Institute, Molly Williamson will review the state-of-play of regional unrest in the Middle East, taking into account factors of demography, economy, and the rise of political Islam. She'll closely examine three key Arab countries: Egypt, Syria, and Saudi Arabia, and two key, non-Arab, countries: Israel and Iran.

Monday May 11 1:00 - 2:30
Fee: \$15 White Oak

107 Meet a Hero Dog!

Moira Malloy, Events Coordinator, Hero Dogs

Hero Dogs is a non-profit organization that raises and trains service dogs and places them free of charge with our nation's veterans to improve their quality of life and restore independence. You will learn about the purpose, function, and benefits of service dogs, particularly as they apply to disabled U.S. veterans. The session will provide information on the challenges facing veterans today, the needs of those veterans, and the importance and role that service dogs can play in improving the quality of life of those veterans. Hero Dogs will also share insights into their training model and how individuals can become involved. And you'll get a chance to see a Hero Dog in action.

Monday May 18 1:00 - 2:00
Fee: \$10 OASIS

202 Congressional Update

Bill Parsons, Chief of Staff,

Congressman Chris Van Hollen

Bill Parsons, Chief of Staff to Congressman Chris Van Hollen of Maryland's 8th District, will provide a review of current issues and challenges facing the 114th Congress, including the status of legislation relating to various topics including infrastructure and immigration. Mr. Parsons will discuss issues relating to the budget for 2016 including Van Hollen's proposals for increasing revenue and helping the middle class. He will also talk about legislation that Van Hollen has introduced for increased disclosure of individuals who donate to political organizations. *Your class fee will be used to support the OASIS Intergenerational Tutoring program.*

Tuesday **May 12** **10:30 - 11:30**
Fee: \$10 **OASIS**

212 Ebola 2014/2015: An Unprecedented Challenge

Dr. Patricia Repik, Program Officer for Emerging Viral Diseases, DMID, NIAID, NIH

Since discovery of the Ebola virus in central Africa in 1976, outbreaks have normally been small, sporadic and short-lived. Then unexpectedly, an Ebola outbreak began in West Africa in March 2014, which has since exploded into the largest Ebola epidemic ever seen. Why did this happen and can it be stopped? This session will provide an understanding of the Ebola virus, the disease it causes, and the new approaches being implemented to diagnose, prevent and treat Ebola Virus Disease. If time permits, we will also discuss Chikungunya, a mosquito-borne emerging disease that has spread rapidly throughout the Caribbean, South and Central America since December 2013, and is a potential threat to the US.

Tuesday **Jun 2** **10:30 - 12:00**
Fee: \$15 **OASIS**

219 Crisis In Context: The Conflict in Ukraine (A)

Melvin Goodman, Adjunct Professor, Int'l Relations, Johns Hopkins University

(This class is also being offered on July 22 - class #332.) The conflict in Ukraine represents the most serious crisis in Europe between Russia and the West since the end of the Cold War 25 years ago. The crisis has compromised European security, raised questions about the future of NATO, and created a Cold War environment between Russia and the United States. The worsening of relations between Moscow and Washington threatens the resolution of issues outside of Europe, including the nuclear issue in Iran, the war in Syria, the campaign against ISIS, the overall problem of international terrorism, and nuclear nonproliferation. The talk will examine the origin of the crisis, addressing the difficult history between Russia and Ukraine, the danger of nationalism in both Kiev and Moscow, the US decision to expand NATO, and the role of Russian President Vladimir Putin. The goal of the talk is to provide the context that is missing from the discussion of the issue in the mainstream media.

Tuesday **Jun 23** **1:00 - 2:15**
Fee: \$13 **OASIS**

228 Climate Change: Facts, Dangers, Science and Myths

James Wentworth, Senior Research Scientist

In the last few years there have been enough natural disasters to indicate that our climate is changing. Fluctuations in climate are not new; however, the current changes are man-made and have severe consequences for the future of our planet. How can science deal with these challenges? We will examine some of the underlying factors of the changing climate, what dangers they pose, and how we can avert them.

Tuesday **Jul 28** **1:00 - 3:00**
Fee: \$20 **OASIS**

305 Building a Greener, More Sustainable Montgomery County

Roger Berliner, Montgomery County Councilmember

Montgomery County Councilmember Roger Berliner (District 1) serves as chairman of the county council's Transportation, Infrastructure, Energy, and Environment Committee. A respected energy lawyer before joining the council, Councilmember Berliner has used his time to promote significant environmental reforms in our community. These include making it easier for residents to install solar panels on their homes, requiring the county to purchase 100% clean energy, and leading the charge to protect the Ten Mile Creek watershed in Clarksburg. At present, he is focusing on creating a "green bank" in Montgomery County that would support investments in renewable energy and energy efficiency, and on reforming Pepco to make it a cleaner and greener utility. In his presentation, Councilmember Berliner will speak of new, innovative, and exciting ways that Montgomery County Government and its residents can work to build a greener and more sustainable community. *Your class fee will be used to support the OASIS Intergenerational Tutoring program.*

Wednesday May 20 10:30 - 12:00
Fee: \$15 OASIS

310 Our Shattered News Media

Paul Farhi, The Washington Post

From *Charlie Hebdo* to the NSA surveillance to Brian Williams and Bill O'Reilly to a flawed *Rolling Stone* story on the University of Virginia, the news media is in various states of crisis. What holds all of these disparate controversies and scandals together? *The Washington Post's* media reporter Paul Farhi explains.

Wednesday Jun 3 10:30 - 11:30
Fee: \$10 OASIS

326 Grand Juries: Everything You've Always Wanted to Know (A)

John McCarthy, Montgomery County State's Attorney

(This class is also being offered on June 4 - class #418.) This class will cover a history of the use of Grand Juries with special emphasis on how Grand Juries are selected and used in Montgomery County. This course will reflect upon the nature of Grand Jury secrecy and its importance to the investigation of modern day criminal activities. The distinction between Federal and State Grand Jury processes will be examined.

Wednesday Jul 8 10:30 - 12:00
Fee: \$15 OASIS

332 Crisis In Context: The Conflict in Ukraine (B)

Melvin Goodman, Adjunct Professor, Int'l Relations, Johns Hopkins University

See description for class #219.

Wednesday Jul 22 10:30 - 11:45
Fee: \$13 OASIS

333 How Judges Are Selected

John McCarthy, Montgomery County State's Attorney

The secret world of how judges are selected on both the State and Federal levels will be explored during this course. The role politics plays in judicial selections, particularly how it relates to the Supreme Court, will also be discussed. Issues related to gender and racial diversity on the bench will be explored.

Wednesday Jul 29 10:30 - 12:00
Fee: \$15 OASIS

406 Haunting Legacy

Marvin and Deborah Kalb, Journalists and Authors

The father-daughter journalist team of Marvin and Deborah Kalb will discuss their book *Haunting Legacy*. The book offers a compelling and accessible history of presidential decisionmaking on one crucial issue: in light of the Vietnam debacle, under what circumstances should the United States go to war? Might America again be sucked into an unwinnable conflict, for example? Does a president always need congressional approval, or can the White House act on its own?

Thursday May 14 1:00 - 2:30
Fee: \$15 OASIS

409 After Ferguson: Should Police Be Required to Wear Body Cameras?

John McCarthy, Montgomery County State's Attorney

(Repeat of winter 2015 class.) This class will examine the increasing use of body-worn cameras by police throughout the United States. Special emphasis will be given to the findings of multiple jurisdictions that have pioneered the use of body-worn cameras. This presentation will also include discussion of the privacy issues related to body-worn camera recordings. Finally, this class will address the burden that maintaining this massive amount of information will place on the criminal justice system.

Thursday May 21 10:30 - 12:00
Fee: \$15 White Oak

415 Ending Poverty is Possible

Mark Bergel, Founder and Exec. Dir., A Wider Circle

The number one reason people are in poverty in this country is birth. The number one reason people get out of poverty is... you. More generally, it is people – the support that other people provide. None of us have ever enjoyed success without the support of others, and for our neighbors to rise out of poverty, they need – more than anything – our support.

Dr. Mark Bergel is the Founder and Executive Director of A Wider Circle, an organization dedicated to ending poverty. His efforts to end poverty have led to his selection as Washingtonian of the Year and as a 2014 CNN Hero. His presentation will provide an overview of poverty in the region, what it means to live in poverty, and how it is possible for us to end it. He'll also talk about how A Wider Circle got started, how it grew, and what its plans are for the future.

Thursday Jun 4 1:00 - 2:00
Fee: \$10 OASIS

418 Grand Juries: Everything You've Always Wanted to Know (B)

John McCarthy, Montgomery County State's Attorney

See description for class #326.

Thursday Jun 4 7:00 - 8:30
Fee: \$15 OASIS



Discussion Groups



102 Men's Discussion Group (A)

Murray Boris, Facilitator

The OASIS men's discussion group provides a forum to engage in intellectual conversation with a peer group and explore areas of common concern.

Subjects for discussion are selected by the group.

Limit: 25

Monday May 11 - Aug 3 10:30 - 12:00
No class May 25
Fee: \$20 12 sessions OASIS

105 Upcounty Men's Discussion Group

OASIS Facilitators

The OASIS men's discussion group provides a forum to engage in intellectual conversation with a peer group and explore areas of common concern.

Subjects for discussion are selected by the group.

Limit: 25

Monday May 11 - Aug 3 12:45 - 2:00
No class May 25
Fee: \$10 12 sessions SUNMV



201 Women's Discussion Group (B)

Sherry Starr, Facilitator

Share your opinions and lessons you have learned in life with members of the group. You will be surprised how many answers and thought-provoking questions will be helpful to you. We will stay away from politics and religion, and focus on questions like "What should you be doing now to prepare for the next stage of your life?" and "What is still on your bucket list that you would like to do?" as well as "If one of your children is doing well and the other isn't, how do you divide your estate?" Participants will be invited to suggest topics. **Meeting dates are: May 12, June 9, July 7, and July 28. Fee covers all four sessions. There is no processing fee for White Oak classes.**

Tuesday May 12 - Jul 28 10:30 - 12:00
Fee: \$15 4 sessions White Oak



302 Men/Women Discussion Group (B)

OASIS Members

Join us for a lively discussion on current topics that will be selected by the group. **Limit: 20**

Wednesday May 13 - Aug 5 10:30 - 12:00
Fee: \$20 13 sessions OASIS

402 Women's Discussion Group (A)

Libby Merrill, Facilitator

Participants will be invited to suggest topics of interest for a relaxed and lively discussion by the group. Topics will cover a wide range of issues and concerns but will be non-partisan in nature. **Meeting dates are: May 14, June 11, July 9 and August 6.**

Limit: 20

Thursday **May 14 - Aug 6** **10:30 - 12:00**
Fee: \$15 **4 sessions** **OASIS**

405 Men's Discussion Group (B)

OASIS Facilitators

The OASIS men's discussion group provides a forum for discussions on subjects selected by the group. It offers an opportunity to socialize with a peer group and explore areas of common concern. **Limit: 25**

Thursday **May 14 - Aug 6** **1:00 - 2:30**
Fee: \$20 **13 sessions** **OASIS**

500 Bethesda Men's Discussion Group

OASIS Facilitators

The OASIS men's discussion group provides a forum to engage in intellectual conversation with a peer group and explore areas of common concern. Subjects for discussion are selected by the group.

Limit: 25

Friday **May 15 - Aug 7** **10:00 - 11:30**
Fee: \$10 **No class July 3** **BCC-RSC**
12 sessions

OFFSITE!

505 Current Events Discussion Group

Steve Shapiro, Facilitator

What in today's news are hot topics for you? Opinionated participants of all political persuasions desired. **Limit: 20**

Friday **May 29, Jun 26 & Jul 24** **10:30 - 12:30**
Fee: \$15 **3 sessions** **OASIS**

Exercise



100 Resistance Training for Seniors

Matt Rundell, Certified Exercise Instructor

Participants move through a variety of exercises designed to increase muscle strength, endurance, range of motion and balance. Hand-held weights are used in a safe and educational environment. Please bring mat and hand weights to class. **Limit: 18**

Monday **May 11 - Aug 3** **10:30-11:30**
Fee: \$120 **No class June 22** **12 sessions** **Friendship Heights**

OFFSITE!

118 Tai Chi Easy

Kim Brooks, Holistic Health Instructor

Enjoy a relaxing class to improve flexibility and balance and reduce stress through easy-to-learn routines and breathing to promote the relaxation response within you. All participants will receive a handout of exercises, including chair and bed routines, to practice at home. Wear comfortable clothes. **Limit: 30**

Monday **Jun 29 - Aug 3** **2:30 - 3:30**
Fee: \$60 **6 sessions** **St. Luke's Church**

OFFSITE!

101 Total Body Workout

Joanne Zoladz, Certified Fitness Instructor

Challenge your body with an invigorating multi-faceted workout consisting of: easy-to-follow aerobics, strengthening exercises utilizing weights and/or elastic tubing, and techniques to improve balance. The class ends with a cool-down and relaxing stretch. Bring your own hand weights and exercise mat. Instructor will provide tubing. **Limit: 30**

Monday **May 11 - Jul 20** **10:30-12:00**
Fee: \$120 **No class May 25, June 15 & 22** **8 sessions** **St. Luke's Church**

OFFSITE!

200 No Bones About It! Exercise for Bone Strength (A)

Jerry Palazzo, Certified Fitness Instructor

Maintain bone strength or reduce your rate of bone loss with specialized strength-training exercises. Strengthen all your major muscle groups and improve balance, flexibility and posture. You will perform a variety of exercises, standing or sitting, using weights and/or exercise bands, while receiving individual attention. The class requires participants to perform exercises unassisted, including lifting weights. Bring weights and a mat. **Limit: 25**

Tuesday **May 12 - Jul 28** **10:00 - 11:00**
Fee: \$120 **12 sessions** **BCC-RSC**

OFFSITE!

203 Gentle Yoga (A)

Kim Brooks, Holistic Health Instructor

Develop agility, balance, muscle tone, endurance and vitality. Exercises are done in a relaxed way and held for increasing periods of time. Bring a yoga sticky mat or other exercise mat and wear comfortable clothing. **Limit: 25**

Tuesday May 12 - Aug 4 11:00 - 12:00

No class June 16 & 23, July 7

Fee: \$100 10 sessions St. Luke's Church

OFFSITE!

401 Zumba Gold

Joanne Zoladz, Certified Fitness Instructor

Zumba is a Latin-inspired fitness class that incorporates both Latin and international music and dance movements, creating a dynamic and exciting workout. Zumba Gold is based on the same fun and easy-to-follow dance moves used in the original Zumba class, but it is less intense, with dance routines designed for beginners and older adults, using modified movements. The warm-up and cool-down segments of class are slightly longer and emphasis is placed on balance and flexibility. Please bring your own exercise mat to class. **Limit: 30**

Thursday May 14 - Jul 23 10:30 - 11:30

No class June 18 & 25

Fee: \$90 9 sessions St. Luke's Church

OFFSITE!

205 Exerstart

Joanne Zoladz, Certified Fitness Instructor

This course is designed for those who have not been exercising or who have experienced an injury or some setback that prevented them from being physically active. Exercises may be done from either a chair or a standing position. This class is partially underwritten by the Village at Rockville. **Limit: 22**

Tuesday May 12 - Jul 21 1:00 - 2:00

No class June 30

Fee: \$30 10 sessions Village at Rockville

OFFSITE!



400 No Bones About It! Exercise for Bone Strength (B)

Jerry Palazzo, Certified Fitness Instructor

See description for class #200. **Limit: 25**

Thursday May 14 - Jul 30 9:00 - 10:00

No class June 18 & 25

Fee: \$100 10 sessions St. Luke's Church

OFFSITE!

404 Gentle Yoga (B)

Kim Brooks, Holistic Health Instructor

See description for class #203. **Limit: 25**

Thursday May 14 - Aug 6 11:00 - 12:00

No class July 9

Fee: \$120 12 sessions NorthCreek

OFFSITE!

501 Cardio & Strength Training

Jerry Palazzo, Certified Fitness Instructor

Jerry's class is a fun and effective workout that works your entire body, targeting heart and muscles, as you move from one exercise to another. It is designed to improve your stamina and tone muscles by alternating low-impact cardio segments with strength-training segments for maximum benefit.

Workouts can be modified to increase or decrease intensity. Bring your own weights and a mat to class. **Limit: 25**

Friday May 15 - Jul 31 10:00-11:00

No class June 19 & 26, July 3

Fee: \$90 9 sessions St. Luke's Church

OFFSITE!

Health & Wellness



103 Lower Your Blood Pressure with What You Eat

Libby Lamancusa, Registered Dietician

Hypertension is a “silent killer” that affects approximately 33% of adult Americans. It’s a major risk factor for cardiovascular disease, diabetes, and kidney disease, and the risk of developing hypertension increases with age. But there is good news! There’s a substantial and growing body of evidence on dietary factors that can lower blood pressure. We’ll explore how eating patterns, specific foods, and nutrients such as the DASH diet, dairy foods, beets, sunflower seeds, alcohol, omega-3 fatty acids, potassium, carbohydrates, and more can affect blood pressure levels. We’ll look at the efficacy and safety of herbal therapies. Then we’ll distill it all down into daily recommendations, sample menus, and weekly shopping lists to make implementation easy!

Monday **May 11** **10:30 - 12:00**
Fee: \$15 **OASIS**

114 Eating Local!

Libby Lamancusa, Registered Dietician

Explore alternatives to the industrial food system that include farmer’s markets, CSAs (Community Supported Agriculture), food co-ops, and more. We’ll look at the potential benefits of eating local foods, including taste, nutrition, environmental impact, and the local economy. We’ll learn about Maryland’s food safety regulations for these local alternatives, as well as what the terms Local, Organic, All Natural, Cage Free, Free Range, Grass Fed, Grass Finished, and Sustainability mean. Learn about important tips and resources that will help you find affordable, great local foods. Then treat your taste buds to a taste comparison of food from the industrial food system vs. a local food source!

Monday **Jun 15** **10:30 - 12:00**
Fee: \$18 **OASIS**

223 Mindfulness-Based Stress Management

Albert Zara, Mindfulness-Based Stress Reduction Instructor

Learn how to manage stress, increase mental clarity, improve communication in relationships, heal from trauma and manage difficult situations. You will also learn how to practice present-moment awareness, deep relaxation and gentle movement. Through the use of various mindfulness techniques, you can discover and observe your reactions to life’s stressors and choose how to respond to them. *Limit: 17*

Tuesday **Jul 14 - Aug 11** **10:30 - 12:00**
Fee: \$75 **5 sessions** **OASIS**

303 What You Need to Know About The Hospital Admission and Discharge Process

Suburban Hospitalists

This class will assist you and a loved one if ever hospitalized. Dr. Rohatgi will give you a brief overview of the admission and discharge process at Suburban Hospital. He will be joined by his colleagues: Dr. Kuperan, Physician Advisor, who will discuss what Medicare pays for and Dr. Leonard, Emergency Room Physician, who will review the process of an emergency department visit and what leads to an admission versus an observation status at the hospital.

Wednesday **May 13** **1:00 - 2:00**
Free **OASIS**

316 Prevent and Reverse Eye Disease

Neal Adams, MD, Board Certified Ophthalmologist

Vision is our most important sense. Over 1/3 of our brain function is devoted to vision! What can you do to keep your eyes and vision in top health? How can you prevent or reverse eye disease? Dr. Neal Adams, a top ophthalmologist and retina specialist, will explain various eye conditions and treatment strategies in simple-to-understand non-medical terminology. In addition, this lecture will translate research from hundreds of clinical reports Dr. Adams has studied into easy-to-comprehend and effective solutions clinically proven to target components of the eye affected by disease and/or age.

Wednesday **Jun 10** **1:00 - 2:00**
Free **OASIS**

**320 Save Your Memory and Your Mind:
Seven Steps to Better Brain Health**

Susan I. Wranik, MS, MA, CCC-SLP

Do you have problems remembering names? Does your train of thought disintegrate mid-sentence? Do you go from one room in the house to another and then forget why? Do you have difficulty concentrating? Maintaining your attention? Susan I. Wranik is back to teach you tips and self-helps to boost your brain health and improve your memory fitness. The course is based on a seven-step protocol for the treatment of memory disorders and will include a 60-second trick for recall. You'll learn easy-to-do exercises utilizing the seven steps to improve your memory fitness, the "Law of 7-5-4," the Method of Loci, and how to incorporate all 5 senses to boost your brain health. This is a two-session course. The first session will be an overview; the second session focuses on specific techniques for improving memory fitness.

Wednesday **Jun 17 & 24** **1:00 - 2:00**
Fee: \$20 **2 sessions** **OASIS**

**335 Cognitive Impairment in
Parkinson's Disease**

*Kelly Mills, MD, Assistant Professor, Neurology,
Johns Hopkins Medicine*

Cognitive impairment means a change in one's thinking, and can manifest as difficulty with attention, memory, language, or visual perception. This can be mild without significant impairment, called "mild cognitive impairment", or can progress to the point of disability, when it is called "dementia". Parkinson's disease is a neurodegenerative disorder that initially affects the brain's ability to control normal movement, but many patients with Parkinson's disease experience some change in cognition. Dr. Mills will speak about mild cognitive impairment and dementia in Parkinson's disease, with a focus on how common this is, what symptoms occur, and what treatments can be used.

Wednesday **Aug 5** **1:00 - 2:00**
Free **OASIS**

412 Healthy Bon Voyage

Leni Barry, R.N., MSA, Suburban Hospital

Join the Suburban Hospital HeartWell Nurse in a discussion about enjoying your summer adventures and travels while making choices that keep your heart happy and healthy, so you don't miss out on any fun. Included will be recipes for several delicious summer salads that will fight disease and promote your health.

Thursday **May 28** **10:30 - 11:30**
Free **OASIS**

**420 Healthy Cooking with Libby:
Cooking for One or Two**

Libby Lamancusa, Registered Dietician

These delicious and nutritious recipes are just right for feeding 1 or 2 people. They incorporate special considerations such as quantity adjustments, appropriate ingredient packaging sizes, potential waste or leftover ingredients, and tips for what freezes well. In addition to having fun cooking and schmoozing, you'll enjoy a plateful of recipe tastings. Bring something to drink! *Limit: 16*

Thursday **Jun 11** **10:30 - 12:30**
Fee: \$45 **Temple Beth Ami**



**436 Healthy Cooking with Libby:
Tastes of Summer's Bounty**

Libby Lamancusa, Registered Dietician

Learn how to cook wonderful recipes using the best of summer's seasonal bounty. Packed with healthy vitamins, minerals, antioxidants and phytochemicals, these delicious dishes will be great, fresh additions to your collection of summer menu ideas. This field-to-plate focus is a great way to eat more local fresh produce! In addition to having fun cooking and schmoozing, you'll enjoy a plateful of recipe tastings. Bring something to drink! *Limit: 16*

Thursday **Jul 23** **10:30 - 12:30**
Fee: \$45 **Temple Beth Ami**



Got A Question?

email us at:

washingtonmetro@oasisnet.org

503 Talk and Walk

Jamie Borns, RN, BSN, CBPN-IC, Suburban Hospital Breast Cancer Nurse Navigator

Suburban Hospital, Sibley Memorial Hospital and Washington Metropolitan OASIS have partnered to present an exciting new program for breast cancer survivors called *Talk and Walk*. Join Jamie Borns, Suburban Hospital Breast Cancer Nurse Navigator, for this free monthly program that will feature an update on a breast cancer 'hot topic' followed by a walk through the mall. Learn about the latest updates in treatment, research, nutrition and more, meet other survivors and walk at your own pace in a comfortable and safe environment. ***This group will meet May 22, June 26, July 24 & August 28.***

Friday **May 22 - Aug 28** **10:30 - 12:00**
Free **4 sessions** **OASIS**

504 Build Better Balance

Aubrey Reinmiller, PT, CPT

Improving your balance can help prevent falls and enhance your mobility! This class will include strength training of your core and legs as well as stretching for common tight areas. We will teach practical strategies and tips for preventing falls while enjoying some fun balance exercises. Exercises may be performed seated or standing. Wear comfortable clothing and bring a bottle of water. ***Limit: 18***

Friday **May 29 - Jun 12** **10:30 - 11:30**
Fee: \$30 **3 sessions** **OASIS**

Registration & Class Information • Summer 2015

JOINING OASIS

Become an OASIS member by completing and mailing the New Member Form on page 8.

You can also join online at oasisnet.org

Membership is free.

REFUND POLICY

Class fees are non-refundable unless OASIS cancels a class, or you have a serious medical reason or are called for jury duty.

CLASS REMINDERS

- Class reminders are sent by email if possible.
- If a class is cancelled, we will make every effort to contact you.
- If you cannot attend a class you are registered for, kindly call us; there may be a waiting list.
- Classes occasionally run past the scheduled time. Please plan accordingly.

THE OASIS PROCESSING FEE

A \$15 processing fee is charged each trimester that you register for classes. (The \$15 fee does not apply to Tutoring events, free health classes, After Hours classes or classes at White Oak.) Please remember that OASIS is a non-profit organization and the class fees as well as the processing fees help to support the high quality of programs that we are able to offer.

CLASS REGISTRATION

- You may register for classes online, by mail, or in person.
- Registration opens at 10:30am on Thursday, April 30, 2015.
- You may pay for classes using cash, check or credit card (Visa, MasterCard or Discover).
- There is a one-time-per-trimester processing fee of \$15.
- If a class is full, you will be placed on a waitlist and not charged for the class.

ONLINE REGISTRATION VIA MyOASIS:

- Instructions for using MyOASIS are on page 25.

MAIL OR IN-PERSON REGISTRATION

- Complete the OASIS Class Registration form on pages 26-28 and mail it or bring it to OASIS.
- Use one form per person.
- Include credit card information or a check payable to OASIS for the total amount due (credit card payments are preferred since the charge can be adjusted if classes are waitlisted).
- All mail-in registrations received on/before April 30 will be processed in the order received beginning at 10:30am on April 30.
- Registrations received after April 30 will be processed as they are received.
- Receipts will be sent by email whenever possible.

How to register on the new OASIS website

We have been hard at work redesigning our website to make it more user friendly and easier to navigate. And now, registering for classes online is even easier!

1.

Login to your MyOASIS account at www.oasisnet.org. If you do not already have a MyOASIS account, please **Create an Account**.

2.

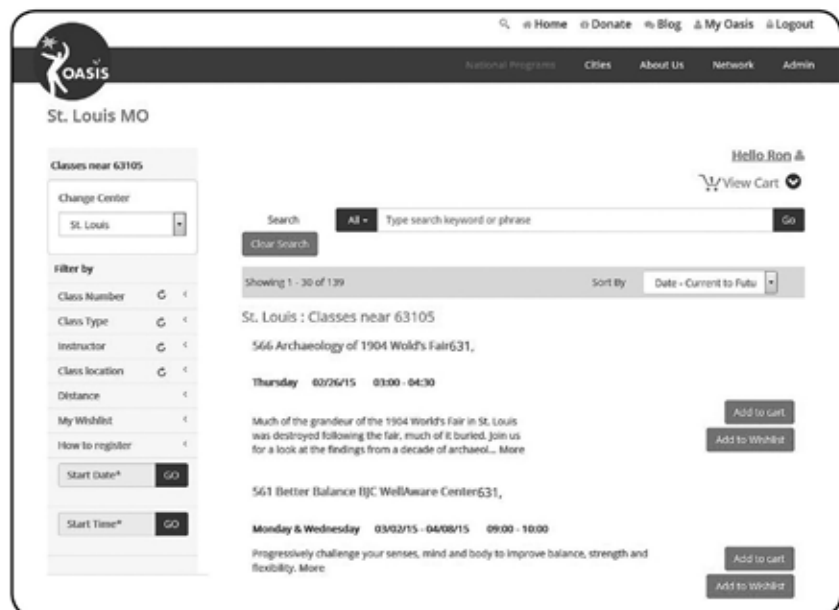
To see classes in your city, click **Cities** in the green bar above and choose your city from the list of OASIS Education Centers. Or, on your local OASIS Center page, click **Classes** on the left.

● Searching for classes

You can search using any of the **filters** on the left, or by entering words in the **Search** box at the top.

● Signing up

To sign up for a class, click **Add to cart**. When you are ready to pay for classes in your cart, click **View Cart** and then **Proceed to Checkout** and follow the instructions. Your payment will be processed securely through PayPal. You will be registered after your payment is completed.



● PayPal payment options

Save your information with PayPal: If you wish, you may use your existing PayPal account or create an account to save your payment information for fast and easy checkout the next time you register for classes.

One-time payment: You can enter your credit or debit card information on the PayPal screen just for this payment. With this option, PayPal will not store your information for future payments.

● Wishlist

The Wishlist is a way for you to mark classes you are interested in for later. Classes that are full appear at the bottom of the list. If you are interested in a class that's full, click **Add to Waitlist** so we can contact you if space becomes available.

Class Registration • Summer 2015

Office Use Only: Date Entered _____ By _____ Receipt: Email Mail OASIS None

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

Address _____ City _____ State _____ Zip _____

Phone Number _____ Email Address _____

Write fee for each requested class in shaded "Fee" column.

Class #	Class Title	\$	Fee
100	Resistance Training	120	
101	Total Body Workout	120	
102	Men's Discussion (A)	20	
103	Lower Blood Pressure	15	
104	Your Technology Tutor	20	
105	Upcounty Men's Group	10	
106	Unrest in the Middle East	15	
107	Meet a Hero Dog!	10	
108	Washington Album	15	
109	Auto Mechanics	10	
110	June Book Discussion #1	10	
112	Travel Anywhere	20	
113	Still Standing	10	
114	Eating Local!	18	
115	Klezmer/Yiddish Music	20	
116	AARP Smart Driver Course	*	
117	June Book Discussion #2	10	
118	Tai Chi Easy	60	
119	The Art of Picasa	42	
120	Not Your Mother's Library	30	
121	Ask Away: Estate Planning	15	
122	Where Did I Put That Doc.	35	
123	Divine Spirit: Mozart	40	
124	Woody Guthrie	10	
125	July Book Discussion	10	
200	No Bones About It! (A)	120	
201	Women's Discussion (B)	15	
202	Congressional Update	10	
203	Gentle Yoga (A)	100	
205	Exerstart	30	
206	Jackie Wilson	15	

Class #	Class Title	\$	Fee
207	<i>The Good Earth</i>	10	
208	Rodgers & Hammerstein	15	
209	India: The Raj and Beyond	10	
210	It's De-Lovely: Cole Porter	Free	
211	Adv. Beginning Bridge	120	
212	Ebola 2014/2015	15	
213	Beginner Spanish (Part 1)	96	
214	Mission to Tokyo	10	
215	Beginner Spanish (Part 3)	96	
216	Tour: Decatur House	20	
217	Not What the Book Says	60	
218	Goddess is Alive and Well	10	
219	Crisis In Context: Ukraine (A)	13	
220	<i>Your Brother in Arms</i>	10	
221	Organize, Revitalize...	30	
222	Called to Service	15	
223	Mindfulness	75	
224	What do YOU Want?	15	
225	Making Music At Any Age	10	
226	iLove iPad (B)	35	
227	Spirituals	10	
228	Climate Change	20	
229	Classical Guitar	15	
300	OASIS Tutoring (A)	Free	
301	Germans Against Hitler	10	
302	Men/Women Discussion (B)	20	
303	Hospital Admission/Discharge	Free	
304	Intro to iPad	60	
305	Building a Greener County	15	
306	Herbs	15	
307	Evening with Hitchcock	15	

*See class description for payment information.

Class Registration • Summer 2015

Name _____ Phone Number _____

Class #	Class Title	\$	Fee
308	Inside the White House	15	
309	Legacy of Rachel Carson	10	
310	Our Shattered News Media	10	
311	Intermediate Spanish	96	
312	Advanced Spanish	96	
313	Midcentury Musical Hits	10	
314	Advanced Beginner Spanish	96	
315	The Best Seat in the House	15	
316	Prevent/Reverse Eye Disease	Free	
317	Tour Hillwood (non-members)	70	
318	Tour of Hillwood (members)	57	
319	Me, My Family and I	40	
320	Save Your Memory & Mind	20	
321	The Baltic Sea	10	
322	Crossover Composers	20	
323	Vermeer	15	
324	D.C. Art Masterpieces	15	
325	Wash. Women Journalists	15	
326	Grand Juries (A)	15	
327	Hemingway and Fitzgerald	20	
328	Composers/Fred Astaire	20	
329	Philippine-American War	10	
330	Google	30	
331	Your Computer	20	
332	Crisis In Context: Ukraine (B)	13	
333	How Judges Are Selected	15	
334	Write Your Family Cookbook	30	
335	Cognitive Impairment	Free	
336	OASIS Tutoring Program (D)	Free	
400	No Bones About It! (B)	100	
401	Zumba Gold	90	
402	Women's Discussion (A)	15	
403	W. C. Handy/Birth of Blues	20	
404	Gentle Yoga (B)	120	
405	Men's Discussion (B)	20	
406	<i>Haunting Legacy</i>	15	
407	Discussion Circle	15	
408	European Composers	15	

Class #	Class Title	\$	Fee
409	After Ferguson	15	
410	Behind the Scenes/Strathmore	10	
411	From Journalist to Novelist	15	
412	Healthy Bon Voyage	Free	
413	Going Digital - Hands On!	40	
414	Montgomery County Villages	Free	
415	Ending Poverty is Possible	10	
416	<i>The Mikado</i>	20	
417	Taste of Old Town Alexandria	55	
418	Grand Juries (B)	15	
419	Pitch Your Post-Its	25	
420	Healthy Cooking: For One/Two	45	
421	<i>Battleground</i>	20	
422	Decluttering & Downsizing	15	
423	Create Own Greeting Cards	20	
424	Play Me a Movie	10	
425	Mormonism 101	15	
426	Film Noir	20	
427	Chocolate Country	15	
428	Classical Composers	15	
429	Computer Forecast	18	
431	<i>The King's Speech</i>	20	
432	Polish Your Chrome	25	
433	Stephen Schwartz	20	
434	Scots Wha Hae	10	
435	Blues Divas of the 1920's	20	
436	Healthy Cooking: Summer	45	
437	One Hit Wonders	15	
438	Rome: The Eternal City	10	
439	Literature/Film: <i>Death in Venice</i>	20	
440	The DC Theatre Scene	10	
441	More Duets and Arias	20	
500	Bethesda Men's Discussion	10	
501	Cardio & Strength Training	90	
502	Peter Paul Rubens	15	
503	Talk and Walk	Free	
504	Build Better Balance	30	
505	Current Events Discussion	15	

Class Registration • Summer 2015

Class #	Class Title	\$	Fee
506	Geology Walk - Great Falls	20	
507	OASIS Tutoring Program (B)	Free	
508	iLove iPad (A)	35	
509	Windows 8 Pains	50	
510	Whistler in Washington	15	
511	First-Rate Photo Books	20	
512	Shopping on the Internet	20	
513	OASIS Tutoring Program (C)	Free	

Class #	Class Title	\$	Fee
514	The Forgotten Impressionist	15	
515	Celtic Consort	10	
700	Cabaret at Germano's	20	
Total Number of Classes:			

Did you remember to...

- Update your contact information
- Clearly mark all of your classes
- Sign the waiver of liability



Total Class Fees	
Processing Fee*	\$15
Tax-deductible Gift	
Subtotal	
Less Credit	
Total Amount Due	
*Required for class registration each trimester except for Tutoring, <i>After Hours</i> , free health classes and classes at White Oak Community Center.	

There are no refunds unless OASIS cancels a class, or you have a serious medical reason or are called for jury duty.

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

Enclosed is my check payable to OASIS Cash

Please charge my credit card: VISA MasterCard Discover

Card #: _____ Exp. Date: _____

Signature: _____

Office Use Only: Cash \$ _____ Check \$ _____ Check # _____ Credit Card _____

WAIVER OF LIABILITY

I, for myself and my executors, administrators and assignees do hereby release and discharge OASIS and Macy's Inc. and all other sponsors, supporters, and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by OASIS and/or Macy's Inc. including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form.

I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same.

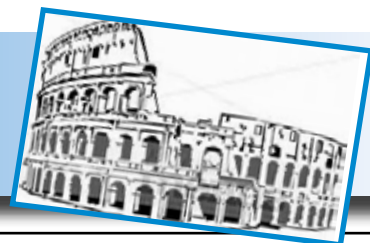
I understand that all program fees are non-refundable except as provided in the OASIS refund policy.

I give permission for The OASIS Institute to photograph or videotape me and to use my name, and image in OASIS materials and publicity. I authorize the use of my name and image in publications produced by The OASIS Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

Signature: _____ Date: _____

Emergency Contact: _____ Relationship: _____ Phone#: _____

History



108 Washington Album: A Pictorial History of the Nation's Capital

OFFSITE!

Bob Levey, Journalist & Jane Freundel Levey, Historian

Join former *Washington Post* columnist, Bob Levey and his wife, Jane Freundel Levey, a Washington historian, as they discuss the history of the city of Washington, DC, going back to 1800. Why was DC so slow to become a real city, with basics like sewers, paved streets, and streetcars that went more than a few miles? Why do citizens still not have voting rights? Was DC really built on a swamp? The Leveys have documented the people's history of Washington, DC and want to share it with you.

Monday **May 18** **2:00 - 3:30**
Fee: \$15 **Village at Rockville**

113 Still Standing: One- and Two-Room Schoolhouses in Montgomery County

Ralph D Buglass, MC Historical Society

The one-room schoolhouse symbolizes the earliest days of public education. In Montgomery County, a surprising number of one- and two-room schoolhouses still exist – in one form or another. With photos of them all, this presentation tells the early history of public education in the county, including the nearly century-long practice of school segregation dubbed “separate but equal” that was very unequal in practice.

Monday **Jun 8** **1:00 - 2:00**
Fee: \$10 **OASIS**

209 India: The Raj and Beyond

Andrew Steigman, Associate Dean, School of Foreign Service, Georgetown University

In the course of the 18th century, Britain's East India Company used a mixture of force and diplomacy to gradually extend its control over the Indian subcontinent. Its rule was challenged when native troops mutinied in 1857, bringing about two important changes: Her Majesty's Government took over from the Company, and Indian national consciousness came alive. Less than a century later, India had gained its independence after a bloody breakup, and has since grown to become the world's most populous democracy and a major player on the international scene.

Tuesday **May 26** **10:30 - 11:30**
Fee: \$10 **OASIS**

214 Mission to Tokyo

Bob Dorr, Author and Historian

Author and historian Robert F. Dorr will give a presentation about the experiences of American bomber crews in the Pacific fighting during World War II. Bob's presentation includes new insights into the American B-29 Superfortress bombing campaign against the Japanese home islands and new information about personalities as disparate as Major General Curtis LeMay and artist Yoko Ono. Bob will draw on material from his book *Mission to Tokyo*. During his career, Bob served in the Air Force and as a Foreign Service officer.

Tuesday **Jun 2** **1:00 - 2:00**
Fee: \$10 **OASIS**

220 Your Brother in Arms: Odyssey of a Civil War Soldier

Robert Plumb, Author

George P. McClelland served with the 155th Pennsylvania Infantry, Army of the Potomac, from August 1862 to his discharge in June 1865. Author Robert Plumb reads from McClelland's letters and narrative excerpts from his recently published book, *Your Brother in Arms*, which offer a front-line soldier's view of some of the most crucial battles fought during the Civil War. Literate and evocative, the letters convey an authentic perspective of a soldier who experienced one of the bloodiest and most transformative wars in American history.

Tuesday **Jun 30** **1:00 - 2:00**
Fee: \$10 **OASIS**

**Learn More About
OASIS Instructors**

Visit oasisnet.org/washington

**222 Called to Service:
A History of Women's Military
Service to the Nation**

*Brig. Gen. Wilma Vaught (ret.), President,
Women in Military Service for America Memorial*

Retired Air Force Brig. Gen. Wilma Vaught, President of the Women's Memorial Foundation, will chronicle the history of military women's service to the nation, highlighting their contributions to the nation's defense and the impact of their service on the role of women in society. Attendees will learn about Dr. Mary Walker, the only woman in our nation's history to receive the Medal of Honor; as well as women such as Sharon Frontiero, Alice Cook and Yona Owens, who challenged the law and changed the Armed Forces. Brig. Gen. Vaught will take guests on a 240-year journey of service, bravery and heroism with America's women patriots – most of whom you've never heard of before. She will also speak about the Women In Military Service For America Memorial, the 33,000 sq. ft. memorial and education facility at the gateway to Arlington National Cemetery, the nation's only major memorial to honor military women.

Tuesday Jul 14 **10:30 - 12:00**
Fee: \$15 OASIS

301 Germans Against Hitler – April 1945

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

This year marks the 70th anniversary of the end of the Second World War. In this class, we will look at a lesser-known sidelight of that great and horrible war. April 1945 saw the uprising of a little-known armed revolt against the Nazis by members of the German garrison in the city of Munich – democratically-inclined and far-sighted individuals who wanted nothing more than to surrender their beloved city to the advancing American Army without further bloodshed and destruction. Lindauer will describe the rebellion led by German Captain Rupprecht Gerngross; the antecedents of that revolt in Munich with the resistance movement known as the "White Rose"; and how an American Army lieutenant became the first member of the Allied forces to hear and record the complete story of the revolt by the Freedom Movement of Bavaria.

Wednesday May 13 **10:30 - 11:30**
Fee: \$10 OASIS

**308 Inside the White House:
More Than 200 Years as Home,
Office, and Stage**

*Courtney Speckmann, Dir. of Ed.,
White House Historical Assn.*

For more than two centuries, the White House has been the home of American presidents and their families. A powerful symbol of the nation, it also serves as a home, office, museum, and stage. Fascinating stories, photographs, artworks, and objects will be highlighted to explore the history and architecture of the White House and the West Wing.

Wednesday May 27 **10:30 - 12:00**
Fee: \$15 OASIS

**309 The Legacy of Rachel Carson:
What Would She Do Today?**

Dr. Bob Musil, President, Rachel Carson Council
Writer Rachel Carson's dismay and outrage at the impact of pesticides on human and environmental health forced her to undertake the formidable task of alerting the public. Despite learning that she had breast cancer in 1960, she continued the meticulous research that resulted in the 1962 publication of *Silent Spring* – the lucid and compelling book that inspired the environmental movement. Dr. Bob Musil is the President and CEO of the Rachel Carson Council. In his talk, Dr. Musil will reveal little known details about the views and politics of Rachel Carson and what she and other notable environmental women leaders would be doing about today's issues like global warming. Dr. Musil is the former head of Physicians for Social Responsibility. His most recent book is *Rachel Carson and Her Sisters: Extraordinary Women Who Have Shaped America's Environment*. Copies of his book will be available to purchase and be signed by the author.

Wednesday May 27 **1:00 - 2:00**
Fee: \$10 OASIS



315 (It Used To Be) The Best Seat in the House and You Got Paid for Sitting There

Phil Hochberg, Attorney

As the “First Baseball and Last Football Announcer” at DC/Robert F. Kennedy Memorial Stadium – plus 35 years in the Maryland football press box and 36 years as George Washington University basketball announcer – Phil Hochberg probably has greeted more fans and announced more sports events than anyone else in the Washington area. He’ll talk about his experiences as a Stadium Announcer at so many events, his “rules” for announcers, his good and bad memories – you always remember your mistakes – and how they’ve helped him in a sports law practice that’s spanned nearly a half-century. Phil specializes in the representation of professional and collegiate sports leagues, conferences, and teams – among them, the NFL, NBA, NASCAR, and PGA – in regulatory matters, as well as legislation.

Wednesday Jun 10 10:30 - 12:00
Fee: \$15 OASIS

**321 The Baltic Sea:
A Thousand Years of History**

Andrew Steigman, Associate Dean, School of Foreign Service, Georgetown University

For more than a millennium, the Baltic Sea has been a major trade route between eastern and western Europe. Its southern shore has been fought over by Crusaders and religious orders, among others, and has changed hands many times over the course of its history. In recent years, the so-called Baltic States suffered under both Nazi and Soviet rule before regaining their independence after World War II, and solidifying that independence by becoming members of NATO and the European Union.

Wednesday Jun 24 10:30 - 11:30
Fee: \$10 OASIS

**325 Washington Women Journalists:
Insisting on their Rights**

*Maurine Beasley, Professor Emerita,
University of Maryland*

Women have faced an uphill fight in their efforts to be taken seriously as Washington journalists. They have proven their capability as professionals despite ridicule, gender and racial discrimination, as well as outright sexual harassment, in a male-dominated field. Their efforts have broadened the definition of journalism, enhanced the role of the first lady, and led to advances for women as a group. This is the story of a remarkable group of women who have refused to be “put in their place.”

Wednesday Jul 1 1:00 - 2:30
Fee: \$15 OASIS

**329 A War Worse Than Hell:
The Philippine-American War**

*Dr. David Silbey, Military Historian,
Cornell University*

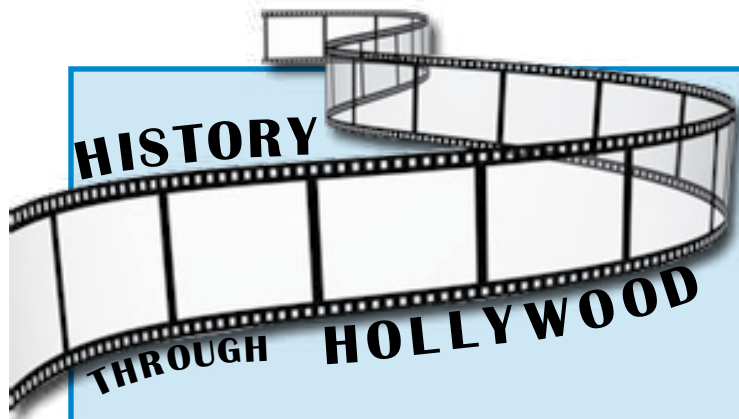
It has been termed an insurgency, a revolution, a guerrilla war, and a conventional war. In fact, the 1899 Philippine-American War was all of these. Played out over three distinct conflicts – one fought between the Spanish and the allied United States and Filipino forces; one fought between the United States and the Philippine Army of Liberation; and one fought between occupying American troops and an insurgent alliance of often divided Filipinos – the war marked America’s first steps as a global power and produced a wealth of lessons learned (and forgotten.)

Wednesday Jul 15 10:30 - 11:30
Fee: \$10 OASIS

Location, Location, Location!

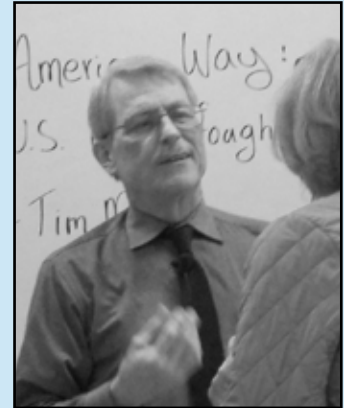
Look for this symbol next to classes that are not located at our main office site.





...with Tim Mulligan

When it comes to historical expertise, Tim Mulligan has great credentials: he has a Ph.D. in Diplomatic History, worked for more than 30 years at the National Archives as an archivist of captured German records, and has published three books and more than 20 articles. However, Tim is not your average history instructor. He shares his passion for history through his *History Through Hollywood* lectures, in which he plays snippets of well-known films and injects fascinating historical background and context to bring famous characters and events alive. Tim's loyal students have this to say about his classes:



History Through Hollywood: *Battleground*

Timothy P. Mulligan, Ph.D., Film Historian

This story of the 101st Airborne Division's heroic stand at Bastogne set the Hollywood standard for World War II combat realism when it was made in 1949. With unprecedented assistance by the Department of the Army, including 101st veterans as technical advisors, *Battleground's* cast members and production staff brought their own combat experiences to the movie as well. We will examine how the movie synthesized the Battle of the Bulge into a single film narrative. **Register for class #421.**

Thursday Jun 11 10:30-12:30
Fee: \$20 OASIS

History Through Hollywood: *The King's Speech*

Timothy P. Mulligan, Ph.D., Film Historian

Only after King George VI's death in 1952 did the British government acknowledge the contributions of the King's speech therapist, Lionel Logue. An Australian commoner lacking professional credentials, Logue nevertheless greatly helped the monarch overcome a difficult stammer during the critical period of World War II. We will contrast the film with the diaries kept by Logue and recently published by his grandson. **Register for class #431.**

Thursday Jul 16 10:30-12:30
Fee: \$20 OASIS

"I try very hard to take all of Tim's classes, no matter the subject."

"It's almost like Tim was there and he is telling us about these events first-hand."

"Tim has an encyclopedic knowledge of his topics and can answer any question about them."

"If OASIS is a treasure chest, Tim Mulligan is a brilliant jewel inside."

If you haven't experienced *History Through Hollywood* with Tim Mulligan, now's the time to give it a try!

434 Scots Wha Hae: A History of Scotland

Andrew Steigman, Associate Dean, School of Foreign Service, Georgetown University

(Repeat of fall 2014 class.) Scots and their neighbors to the south have never had an easy relationship, but their many wars gave way to a shared king 400 years ago and a single country a century later. Given the 2014 referendum on independence, it's particularly timely to revisit the country's long and tumultuous history.

Thursday Jul 16 2:00 - 3:00
Fee: \$10 Village at Rockville



438 Rome: The Eternal City

Andrew Steigman, Associate Dean, School of Foreign Service, Georgetown University

Capital of an empire that ruled the western world, home of one of the world's great religions, and for the past 150 years capital of Italy, Rome does indeed seem to have been there forever. But Rome started life in a much humbler way, and in the course of its long and glorious history, there were times when its survival was very much in doubt. It's a fascinating tale, and one that's well worth reexamining.

Thursday Jul 30 10:30 - 11:30
Fee: \$10 OASIS

Humanities



213 Beginner Spanish (Part 1)

Judith Lowe, Spanish Instructor

This course is designed for people who have not studied Spanish and who do not speak Spanish. The vocabulary is related to the following topics: greetings, calendar, weather, family, time, community, food, and clothing. The goal of this course is to enable participants to read, write, listen and speak at a basic level in order to communicate their desires and needs in a Spanish-speaking environment. There is homework each week for practice; please bring a large 3-ring binder to the first class. **Limit: 12**

Tuesday Jun 2 - Jul 21 12:15 - 1:15
Fee: \$96 8 sessions OASIS

215 Beginner Spanish (Part 3)

Judith Lowe, Spanish Instructor

The course will begin with a review of the topics, grammar and vocabulary of the previous sessions. It will continue to add topics such as health issues, leisure activities, transportation, and shopping. Past topics are reviewed and enriched with new vocabulary and grammar. Please bring your 3-ring notebook with past lessons. There is homework! Any questions relating to placement, please contact the instructor, judithlowe@verizon.net. **Limit: 12**

Tuesday Jun 2 - Jul 21 1:30 - 2:30
Fee: \$96 8 sessions OASIS

217 That Is Not What the Book Says

Gideon Amir, Hebrew Scholar

Many people are familiar with the story of the Garden of Eden: the first couple committed a sin by eating the apple. However, reading the text carefully tells us a different story and, in particular, that it was not an apple at all! In this class we will study several examples of biblical texts where people commonly believe they say one thing but they actually say something else. We will also look at texts that are ambiguous and how tradition allowed us to understand them in more than one way. Lastly, we will discuss cases where the text transforms and re-interprets ancient pre-Biblical stories, by adding a theological layer to "fit" into the monotheistic theology of the Bible. This course is loosely based on the book *From Gods to God* by Avigdor Shinan and Yair Zakovitch, 2012.

Tuesday Jun 9 - Jul 7 10:30 - 12:00
Fee: \$60 No class June 16 4 sessions OASIS

311 Intermediate Spanish

Judith Lowe, Spanish Instructor

The course will begin with a review of previous topics related to vocabulary and grammar. It will continue to enrich these past topics such as health issues, travel, food and shopping. Please bring your 3-ring notebook with past lessons. There is homework! Any questions relating to placement, please contact the instructor:

judithlowe@verizon.net. **Limit: 16**
Wednesday Jun 3 - Jul 22 12:30 - 1:30
Fee: \$96 8 sessions OASIS

312 Advanced Spanish

Judith Lowe, Spanish Instructor

The emphasis in this course is on speaking. It will review past topics and continue with a few new ones, in the context of oral practice. It will also include listening practice. Please bring your 3-ring notebook with past lessons. There is homework! Any questions relating to placement, please contact the instructor at judithlowe@verizon.net. **Limit: 16**

Wednesday Jun 3 - Jul 22 1:45 - 2:45
Fee: \$96 8 sessions OASIS

314 Advanced Beginner Spanish

Judith Lowe, Spanish Instructor

The course will begin with a review of previous topics with regard to vocabulary and grammar. It will continue to enhance topics such as community, food and health. Please bring your 3-ring notebook with past lessons. There is homework! Any questions relating to placement, please contact the instructor: judithlowe@verizon.net. **Limit: 16**

Wednesday Jun 3 - Jul 22 3:00 - 4:00
Fee: \$96 8 sessions OASIS

407 Discussion Circle: “The American Dream”

Dr. Francine Jamin, Professor Emeritus, English,
Montgomery College

Before coming to class, participants will read “The American Dream: A Short History of an Idea That Shaped a Nation” by Jim Cullen (2003). During class, a skilled facilitator will lead a conversation about the ideas expressed in the reading. The goal will be to get the group involved in asking and exploring questions, rather than coming to a conclusion or reaching consensus. The article will be sent to you prior to the class. *Limit: 15*

Thursday **May 21** **10:30 - 12:00**
Fee: \$15 **OASIS**

425 Mormonism 101

Anne Golightly, Dr. Kari O’Grady, Bishop Chris Matthews, Interfaith Conference of Metropolitan Washington

According to the 2012 Religious Congregations and Membership Study, “Mormonism is moving into more parts of the country than any other religious group, making it the fastest-growing faith in more than half of US states.” This class will focus on the reasons why there is so much interest in The Church of Jesus Christ of Latter-day Saints. The panel of three are all active in the interfaith community in the DC area. They will provide a brief summary of and answer questions about the history, theology, and practices of Mormonism and its attitudes toward other faiths.

Thursday **Jun 18** **1:00 - 2:30**
Fee: \$15 **OASIS**

Music



115 Klezmer Music and Yiddish Songs: More Music of Life



Vladimir Fridman and Seth Kibel, Musicians
(Repeat of winter 2015 class.) OASIS performers Vladimir Fridman and Seth Kibel appear as a duo in this program, with refreshed material and many new pieces! Klezmer is easily identifiable by its characteristic expressive melodies, reminiscent of the human voice, complete with laughing and weeping. This is not a coincidence; the style is meant to express real human emotions of all kinds. Klezmer musicians heard and adapted traditional Romanian music, which is reflected in the dance forms found throughout surviving klezmer music repertoire (e.g., Horas, Doinas, Sirbas, and Bulgars etc.). Yiddish songs were also written to accompany every moment of life, helping people to endure troubles and see life in a more positive light.

Monday **Jun 15** **10:30 - 12:00**
Fee: \$20 **White Oak**

123 Divine Spirit: Wolfgang Amadeus Mozart

Ernest Liotti, Faculty, Peabody Institute

In this two-part class, we will discuss one of the world’s most beloved composers. A prolific artist, Austrian composer Wolfgang Amadeus Mozart created a string of operas, concertos, symphonies and sonatas that profoundly shaped classical music. By the age of five, he was proficient in the violin and piano and had begun composing. In his short lifetime, he composed more than 600 works. He truly was a divine spirit. Liotti will intersperse this audio/visual feast with the story of the composer’s brief, tumultuous life.

Monday **Jul 20 & 27** **1:30 - 3:30**
Fee: \$40 **2 sessions** **OASIS**

**124 Woody Guthrie:
Dust Bowl to Hoover Dam**

Karen Webber Gilat, Teaching Artist

Woody Guthrie was an American singer-songwriter whose musical legacy includes hundreds of political, traditional and children's songs and ballads. His best-known song is *This Land Is Your Land*. Many of Guthrie's songs are about his experiences in the Dust Bowl era during the Great Depression when he traveled with displaced farmers from Oklahoma to California and learned their traditional folk and blues songs. During his later years, in spite of illness, Guthrie served as a figurehead in the folk movement, providing inspiration to a generation of new folk musicians. Karen Webber Gilat brings the man and his music to life in this class.

Monday **Jul 27** **11:00 - 12:00**
Fee: \$10 **OASIS**

**206 Mr. Excitement:
The Story of Jackie Wilson**

Daryl Davis, Musician

Mr. Excitement, Mr. Entertainment, The Black Elvis Presley, were all monikers once belonging to the late, great Jackie Wilson. Elvis referred to him as one of his idols and close friends. Tom Jones patterned much of his stage routine after him. Jackie's performances were electrifying. His voice was without compare. From his rise to fame to his tragic demise, we will explore one of the greatest entertainers of the 20th century.

Tuesday **May 19** **10:30 - 12:00**
Fee: \$15 **OASIS**

**208 Early Years of Rodgers
and Hammerstein**

Julie Kurzava, Faculty, Loyola University

Step back into the 40's and 50's and discover why this collaboration between two mature, seasoned professionals reflected the sensibilities of an era and created a musical theater empire. Singer/actor Julie Kurzava gives a performer's perspective on early works of Richard Rodgers & Oscar Hammerstein, creators of groundbreaking American musicals, including *Oklahoma* and *Carousel*.

Tuesday **May 26** **10:00 - 11:30**
Fee: \$15 **Village at Rockville**



**210 It's De-Lovely:
The Life and Music of Cole Porter**

Mark Hanak, Pianist and Entertainer

Cole Porter is among the most brilliant composers in music history. Not only did he write beautiful melodies but lovely, clever and sometimes scandalous lyrics. We'll take a look at his beginnings, career as a composer, marriage, "romantic preferences" and tragic later years. And, of course, music. It will be a De-Licious time. This program is made possible by the Women's Committee of the Washington Performing Arts Society (WPAS).

Tuesday **May 26** **1:00 - 2:00**
Free **OASIS**

**218 The Goddess is Alive and Well and
Living in a Thrift Store**

*Rachel Cross and Jason Walker,
Musicians and Educators*

Five-time WAMMIE winner Rachel Ann Cross and percussionist Jason Walker will take you on a multimedia musical journey to discover "The Goddess" where you least expect her. Inspired by contemporary thrift stores and their kinship to the ancient marketplaces of old – a place where cultures meet and exchange wares, news, and ideas – Rachel's performance will feature repurposed junk guitars, playable works of art, and other musical instruments created from recycled materials and thrift store treasures. Enjoy a show that celebrates the creative energy of not only this uplifting multi-disciplinary artist, but of the divine feminine that takes many surprising forms in today's world. *The Washington Post* says, "Rachel's lyrics are meant to inspire listeners to laugh or dance or to witness the breadth of her imagination."

Tuesday **Jun 16** **1:00 - 2:00**
Fee: \$10 **OASIS**

225 Making Music At Any Age

Meg Baker, Musician and Composer

Drawing from an ever-expanding palette of colorful influences – from Wolfgang Mozart and Franz Schubert to Pat Metheny and George Winston – Meg Baker sets out to create her own melodies and develop the music within. She performs regularly for Strathmore Mansion Afternoon Teas as well as private functions. In this class, Meg will share a brief history of the harp and then perform for you on her 47-string Salvi Grand. She'll also share a primer on music structure, theory and composition, followed by a piano concert. Not only will you learn about the benefits of making music at any age, you will also have the opportunity to try your hand at the harp (a good photo opp!).

Tuesday **Jul 28** **10:30 - 11:30**
Fee: \$10 **OASIS**

227 Spirituals: How Sweet the Sound

Karen Webber Gilat, Teaching Artist

Spirituals are religious songs that were created by enslaved African people in the United States. This historic group of uniquely American songs is now recognized as a distinct genre of music. Karen Webber Gilat traces the development of the spiritual and performs some favorites as examples. She also puts them into a modern context, demonstrating how many of these old-time church and porch songs became the basis for other songs, especially during the Civil Rights movement.

Tuesday **Jul 28** **11:00 - 12:00**
Fee: \$10 **Village at Rockville**

229 Classical Guitar Meets Orchestral Music

Vladimir Fridman, Musician

The great Andres Segovia surprised the audience many years ago by performing on guitar the music, written for other instruments, of Johann Sebastian Bach, Isaac Albéniz, and Enrique Granados. Following Segovia's example, other musicians started to arrange for guitar even more complicated music – music written for an orchestra. There now exist arrangements for guitar of orchestral music by Bach, Bizet, Beethoven, Tchaikovsky, Debussy, Faure and many others. Vladimir Fridman, a guitarist and composer, will play guitar arrangements of beautiful orchestral pieces and share the stories of how they came to be.

Tuesday **Aug 4** **10:30 - 12:00**
Fee: \$15 **OASIS**

313 Midcentury Musical Hits

Andrew Zatman, Pianist

1940-1965 was a particularly fruitful period for popular music. Local musician and OASIS member Andrew Zatman will demonstrate songs from the Swing era, musical theater and the world of Hollywood. Andrew has performed on the Kennedy Center's Millennium stage and at local and national folk festivals. He will entertain us with his piano stylings interspersed with interesting facts about the songs and their composers.

Wednesday **Jun 3** **2:00 - 3:00**
Fee: \$10 **Village at Rockville**

322 Crossover Composers

Seth Kibel, Musician and Composer

Classical Music. Pop Music. Does "never the twain shall meet" hold true here? Does musical genius consign composers to only one genre or does musical genius free composers to bridge and cross over the musical spectrum? In this class, the works of seminal composers such as George Gershwin, Darius Milhaud, Duke Ellington, Wynton Marsalis and others will be examined.

Wednesday **Jun 24** **10:30 - 12:30**
Fee: \$20 **White Oak**

328 The Composers Who Loved Fred Astaire

Julie Kurzava, Faculty, Loyola University

(Repeat of winter 2015 class.) The lives of great composers and great performers are often intertwined. Fred Astaire's unique gifts inspired iconic songs by George Gershwin, Cole Porter, Jerome Kern, Irving Berlin, Johnny Mercer, and more, both on stage and on screen. Two hours won't be enough time to cover this topic, but it will be fun to try!

Wednesday **Jul 8** **1:30 - 3:30**
Fee: \$20 **White Oak**

403 W. C. Handy and the Birth of the Blues

Seth Kibel, Musician and Composer

William Christopher Handy (1873-1958) did not, as he sometimes claimed in later years, "invent" the blues. He was the first to take this uniquely American musical form, which had existed solely in the rural African-American south, and introduce it to the rest of America. He was also the first, through such compositions as *Memphis Blues* (1912) and *St. Louis Blues* (1914) to take this African-derived, non-Western music, and adapt it to the parameters of the Western 12-tone system and modern musical notation. We'll discuss his life, his music, and his often-shifting place in blues history. Live performances from the instructor, as well as vintage audio recordings, will bring W.C. Handy's music to life.

Thursday **May 14** **10:30 - 12:30**
Fee: \$20 **OASIS**

408 European Composers in America

Vladimir Fridman, Musician

The opening of Carnegie Hall in May 1891 was celebrated with a spectacular gala music festival, at which one of the most eminent living composers, Peter Ilyich Tchaikovsky, conducted several of his own compositions. Tchaikovsky traveled thousands of miles from his home near Moscow and became the first great European composer to visit America. He said, "I was accorded a very warm welcome here with the local papers all running my portraits and writing stories about me. Looks like I'm even more popular here than in Europe..." The lives of Antonin Dvorák, Sergei Rachmaninov, and Igor Stravinsky also are strongly connected to American music and stage history. Each of these composers brought to America the richness of their European sensibilities, to a wildly enthusiastic audience. Some of the most popular tunes of these great masters and their stories will be brought to you by Vladimir Fridman, guitarist and composer.

Thursday **May 21** **10:30 - 12:00**
Fee: \$15 **OASIS**

416 *The Mikado*

Julie Kurzava, Faculty, Loyola University

Why is it that many people, who are not even familiar with opera, can recognize music from *The Mikado*? Singer/actor Julie Kurzava has "got a little list" that explains why Gilbert & Sullivan's 1885 operetta *The Mikado* is still enjoyed today. Gilbert & Sullivan used brilliant lyrics, wonderful music and savvy business skills to create their empire. Hear the history of their partnership and their impact on the musical theater world.

Thursday **Jun 4** **10:30 - 12:30**
Fee: \$20 **OASIS**

424 Play Me a Movie: Charlie Chaplin and Buster Keaton with Live Piano

Andrew Greene, Director, Peacherine Ragtime Society Orchestra

Founder and Director of the Peacherine Ragtime Society Orchestra, Andrew Greene is a young authority on orchestral ragtime and silent film accompaniment. Join Andrew for a trip back to the early days of the silver screen to see two of the silent era's greats: Charlie Chaplin and Buster Keaton. See their hilarious antics in *Behind the Screen* (1916) and *Cops* (1922), accompanied live on piano by Andrew.

Thursday **Jun 18** **10:30 - 11:30**
Fee: \$10 **OASIS**

427 Chocolate Country

Daryl Davis, Musician

It is a well-known fact that Blues music has its roots in the music of Black Americans while Country music is most often associated with White America. It is often said, "Country music is a White man's Blues." An in-depth look into Country music will reveal that it too, has some Black roots. This class will explore these roots and some of the Black purveyors of Country music, who are also known as Chocolate Cowboys.

Thursday **Jun 25** **10:30 - 12:00**
Fee: \$15 **OASIS**

428 Classical Composers You've Probably Never Heard Of Before (But Would Like To Encounter Again)!

David B. Lindauer, Musical Columnist

Classical music is full of famous names: Beethoven, Mozart, Brahms, and Tchaikovsky, to name only a few. But there is a lot of lesser-known and perfectly charming music by other composers, rarely encountered in the concert hall. This class will take you off the musical beaten path and introduce you to music by seven composers from seven different nations. David Lindauer's formal resume – retired Army lieutenant colonel – may not immediately strike you as the typical instructor for a class of this type. But he has been involved in the study of and writing about music for most of the last twenty years, including working as the classical music columnist for the Annapolis *Capital* newspaper for the last fourteen seasons. He also lectures on opera and related subjects in the DC area.

Thursday Jul 9 10:30 - 12:00
Fee: \$15 OASIS

433 Stephen Schwartz: From *Godspell* to *Wicked*

Julie Kurzava, Faculty, Loyola University

Stephen Schwartz has been working steadily in American musical theater, both onstage and in film, for 40 years. In our short course, we'll look at his first success, *Godspell*, produced when he was only 23, and his mega hit *Wicked*, written more than 30 years later. Much like Andrew Lloyd Webber, Schwartz brings a contemporary pop sound to musical theater.

Thursday Jul 16 1:30 - 3:30
Fee: \$20 OASIS

435 Blues Divas of the 1920's

Seth Kibel, Musician and Composer

In previous classes, we have explored the work of seminal "Blues diva" Bessie Smith, but this presentation will examine the lives and music of some of her fellow beltors of the 1920's Blues craze, including Ma Rainey, Alberta Hunter, Ethel Waters, and more. These are the women who turned the Blues into American popular music and laid the groundwork for much of the popular music of the 20th century to follow. Their lives and personalities were as colorful as the songs they sang. Audio, video, and live performances from the instructor will bring this music to life.

Thursday Jul 9 1:00-3:00
Fee: \$20 OASIS

437 One-Hit Wonders

Daryl Davis, Musician



Take a trip down memory lane as we look back at some of the less familiar artists from the 1950s and 1960s and their songs, many of which we remember and some we don't. We'll honor the ones that have a place in our heart and bid farewell to the ones we'd rather forget.

Thursday Jul 23 1:00 - 2:30
Fee: \$15 White Oak

441 More Duets and Arias

Ernest Liotti, Faculty, Peabody Institute

By popular demand, we will continue our exploration of some of the most beloved operatic love duets and arias. Enjoy historic and current audio and visual clips from the opera world. One need not have taken the winter 2015 class to participate in this one.

Thursday Aug 6 1:30 - 3:30
Fee: \$20 OASIS

515 Celtic Consort

Linn Barnes and Allison Hampton, Musicians

Linn Barnes and Allison Hampton perform instrumental music on Celtic harp, lute, guitar, and mandolin. With a repertoire that includes Medieval and Renaissance music, the growing body of Celtic music, and informative introductions and explanations, the result is rare and uniquely beautiful. Linn and Allison have been performing together for 35 years and have toured extensively in this country, Ireland, France, and Germany. They have recorded 23 albums together. Their Celtic Christmas program at the Dumbarton Church has been called a Washington institution by *The Washington Post*.

Friday Jul 17 10:30 - 11:30
Fee: \$10 OASIS



Personal & Practical



109 The Secret Language of Auto Mechanics

Chuck Frank, Auto Mechanic, White Oak Exxon

Don't get ripped off at the auto mechanic shop. Get informed! Hear about the common scams from a certified auto mechanic. Learn what to look for when a mechanic shows you what's "wrong" with your brakes, your transmission, etc. Gain a basic understanding of car components and vocabulary.

Monday Jun 1 1:00 - 2:00
Fee: \$10 OASIS



112 Travel Anywhere Your Heart Desires – Even with a Disability

Nate Berger, World Traveler

Travel is difficult and getting more so, especially for those of us who are seniors or physically challenged. Yet, many of us have some place/s we yearn to visit. Here's a chance to hear from experienced travelers whose fabulous experiences over the past 30 years can show you how to reach these places of your dreams. The presenter and his disabled wife have traveled the world from the Amazon and Antarctica to Uganda and Zimbabwe, visited more than 60 exotic countries, and been on all seven continents – in a wheelchair. This course features stories, photos and specific "DO THIS, PACK THAT, ASK THIS QUESTION" information designed for all adventurers – with special attention to making travel possible for the physically challenged.

Monday Jun 8 & 15 1:00 - 2:30
Fee: \$20 2 sessions OASIS

116 AARP Smart Driver Course

AARP Certified Safe Driving Instructor

Most driving seniors are safe drivers, but many can benefit from a refresher designed specifically for them. This AARP Smart Driver Course is an upgrade of the older Driver Safety refresher. More than 500,000 older drivers complete the course every year, and may receive a multi-year discount on their auto insurance, depending on state regulations. In addition to covering such topics as age-related physical changes and their effects on driving, some exciting new course content includes information on brain health, railroad and animal crossings, and expanded information on auto technology. The fee, due on the first day of the class, is \$15 for AARP members and \$20 for non-members. Bring driver's license and a ballpoint pen. **Limit: 25**

Monday Jun 22 10:30 - 3:30
OASIS

121 Ask Away: Anything You Want to Know About Estate Planning

Jennifer C. Concino, Attorney at Law

(Repeat of winter 2015 class.) Ms. Concino will provide a general overview of the various estate planning documents everyone should have. She will also answer your burning questions about wills, Powers of Attorney, medical directives, trusts and estate/inheritance taxes. The focus will be on YOU and your questions rather than a straight lecture. **Limit: 20**

Monday Jul 13 1:00 - 2:30
Fee: \$15 OASIS

211 Advanced Beginning Bridge

Gary Cahn, Bridge Instructor

You must have completed the OASIS *Introduction to Bridge* course taught in the winter of 2015 to enroll in this class. If you did not take that course, you must call OASIS and obtain permission from the instructor to take this course. The following topics will be covered: brief review of the *Introduction to Bridge* course, bids at the 2 level and responses by partner, preemptive bids, slam bidding, and cross ruffs. Lots of practice playing many hands will give you confidence with these new skills. **Limit: 20**

Tuesday Jun 2 - Jul 7 10:30 - 12:30
Fee: \$120 6 sessions OASIS

221 Organize, Revitalize, Accessorize!

Judith Lowe, Style Maven

Taught by our very own stylish Spanish profesora, Judith Lowe, this new course is designed for ladies who want to make subtle changes to their overall appearance. You are beautiful; now let's illuminate your best qualities. We will discover what's in our closets, we will revitalize our clothes and our make-up, and we will find accessories that enhance our new look. It's an adventure. Come join us! **Limit: 15**

Tuesday Jul 7 - Jul 21 3:00 - 4:00
Fee: \$30 3 sessions OASIS

224 What Do YOU Want? Using Assertive Behavior in Everyday Life

Enid Portnoy, Communications Studies Professor (ret.)

How many times in your daily experiences do you put yourself last instead of first, neglecting to communicate effectively in order to have your needs understood? Join us to discuss the types of assertive communication and discover familiar situations in which you can employ assertive skills. Begin to recognize your own needs and feel more relaxed, verbalizing them honestly with others.

Tuesday Jul 14 1:00 - 2:30
Fee: \$15 OASIS

300 Getting to Know OASIS Tutoring (A)

Sue Moser, OASIS Tutor Coordinator

Hear all about the OASIS Inter-generational Tutoring Program, which focuses on mentoring, reading and language. Learn about the three "ones" – one hour, once a week, working with one child (K-4) in a local elementary school. No obligation to sign up for tutoring (although we would love to have you!) and no experience necessary because we provide free training and free workshops. **Limit: 20**

Wednesday May 6 11:00 - 12:00
Free OASIS

306 Herbs: Lovely In The Garden And Good Enough To Eat

Joan O'Rourke, Master Gardener

Just about every dish tastes better with fresh herbs – and there's no better way to get fresh herbs than to grow them yourself in an herb garden. This lecture/demonstration will teach you how to grow beautiful and functional herbs, both outside and inside. Herbs work almost as well in indoor herb gardens as they do outside; try growing an herb garden inside for easy cooking access. **Limit: 25**

Wednesday May 20 1:00 - 2:30
Fee: \$15 OASIS

40

334 Write Your Family Cookbook

Sheilah Kaufman and Paula Jacobson, Cooking Teachers, Authors, Food Editors

Do you have a box or drawer full of treasured recipes that you would like to pass on to friends or family members? Do you want future generations to know the family stories, history, and memories associated with these recipe and food traditions? Then it's time to create your family cookbook! Join Sheilah Kaufman and Paula Jacobson (cookbookconstructioncrew.com) for this two-session class that will teach you everything you need to know, from the key to writing good recipes (using all your senses) to how to self-publish the final product or find a publisher. There are about 500,000 words in the English language. Take full advantage of the possibilities and choose carefully.

Participants are asked to email Sheilah one favorite recipe before the first class. For the second class, participants will bring a dish (and its recipe) to discuss and share.

Wednesday Jul 29 & Aug 5 1:00 - 2:30
Fee: \$30 2 sessions OASIS

336 Getting to Know OASIS Tutoring (D)

Sue Moser, OASIS Tutor Coordinator

See description for class #300. **Limit: 20**

Wednesday Aug 26 1:00 - 2:00
Free OASIS

414 Montgomery County Villages: Updates and Resources

Pazit Aviv, Village Coordinator, Montgomery County

Pazit Aviv will offer an overview of the national Village movement and its local permutation. She will describe the opportunities as well as the challenges of this aging-in-place concept and outline the process of developing a village. She will also detail how people can join a village, what to expect when joining a village, and the various resources available to those who wish to start a village in their community.

Thursday May 28 1:00 - 2:00
Free OASIS

422 Decluttering and Downsizing

Marcie Lovett, Professional Organizer

If you are moving or have been in your home for many years, you may have accumulated more stuff than you want to live with. Professional Organizer and Productivity Consultant Marcie Lovett, author of *The Clutter Book: When You Can't Let Go*, will share tips for living more comfortably, including: what to keep and what to discard, what kinds of containers work best for storing your items, what resources are available in the community for your castoffs and how to establish rules that will keep you organized.

Thursday Jun 11 1:00 - 2:30
Fee: \$15 OASIS

507 Getting to Know OASIS Tutoring (B)

Sue Moser, OASIS Tutor Coordinator

See description for class #300. **Limit: 20**

Friday Jun 5 11:00 - 12:00
Free OASIS

513 Getting to Know OASIS Tutoring (C)

Sue Moser, OASIS Tutor Coordinator

See description for class #300. **Limit: 20**

Friday Jul 10 11:00 - 12:00
Free OASIS

Trips



- **Members are responsible for their own transportation for all meet-up trips unless otherwise stated.**
- **If you have any special needs please inform an OASIS staff member when you register and we will do our best to accommodate you.**
- **Detailed directions to each meet-up location will be emailed to participants prior to the tour date.**

216 Walking Tour of Decatur House and Jackson Place

Docents, White House Historical Association

This walking tour will provide participants with an array of history going back to the early 1800's. The tour will start at Decatur House (1610 H St, NW, 2.5 blocks from Farragut North/Red Line Metro). Decatur House was built in 1818 by Commodore Stephen Decatur, a hero of the war of 1812, as the first private residence in the White House neighborhood. In 2010, the White House Historical Association established the David M. Rubenstein National Center for White House History at Decatur House. During a 45-60 minute guided tour, participants will hear about the house's history and view recently renovated rooms, an attached slave quarters, and the artwork and decor of various Decatur House residents. Participants will also learn about how the White House Historical Association is bringing new life to this historic home. Stairs will be used during the tour. A small elevator is also available. After a short break, participants will take a 30-minute outdoor walking tour of the town houses on Jackson Place, many of which date back to the second half of the 19th century. Included will be the Blair House complex of town houses, referred to as the President's Guest House. This trip involves a fair amount of walking and standing, with breaks. Participants are responsible for providing their own transportation. The trip will take place if there is a light rain. In case of heavy rain, the make-up date will be June 16. Participants will receive an email with more details shortly before the trip. **Limit: 20**

Tuesday Jun 9 10:00 - 12:00
Fee: \$20

**317 Enjoy the Beauty of Hillwood
(for non-Hillwood members)**

Hillwood Docents

Join us for a lovely tour of "Hillwood," the estate of Marjorie Merriweather Post, located in northwest Washington, DC. Hillwood's Georgian-style mansion houses the most comprehensive collection of Russian imperial art outside of Russia, a distinguished 18th-century French decorative art collection, and is set on 25 acres of landscaped formal gardens and natural woodlands. Our day will begin with a brief film on the life of Mrs. Post, followed by a docent-led tour of her home. After the tour, we will have an opportunity to wander on our own through the beautiful gardens, visit the outlying buildings and the greenhouse. At the time of our visit, Hillwood will be hosting an exhibition entitled "Ingénue to Icon: 70 Years of Fashion From the Collection of Marjorie Merriweather Post", showcasing her love of fashion and how she used it to create her own style. Following the tour, we will have lunch (included in the trip fee) in the top-notch Hillwood cafe, and have time to visit Hillwood's wonderful gift shop. Hillwood is located at 4155 Linnean Avenue, NW Washington, DC 20008, (202) 686-5807. Transportation will be provided via bus from Montgomery Mall parking lot. This should be a wonderful day in the peace and quiet of a most unique residence. The trip will take place rain or shine – bring an umbrella. Participants will receive an email with more details shortly before the trip.

Limit: 40

Wednesday

Jun 17

10:15 - 3:00

Fee: \$70

**318 Enjoy the Beauty of Hillwood
(for Hillwood members)**

Hillwood Docents

See description for class #317. Please bring your Hillwood membership so that your admission fee to Hillwood can be waived.

Wednesday

Jun 17

10:15 - 3:00

Fee: \$57

**410 Behind the Scenes at the Music
Center at Strathmore**

Strathmore Docents

This year, the Music Center at Strathmore is celebrating its tenth birthday. Get a behind-the-scenes docent tour of this beautiful building. Acoustically world-class, the Music Center holds its own against renowned venues such as the Kennedy Center and Sydney Opera House, yet it's right here in our own back yard! We will meet in the lobby at 10:30am, where a docent will share the history of the Center and provide a guided look at the many art objects throughout. We will tour the Concert Hall, including the Choir Tier and the Stage. We will also learn about the materials used to construct the Hall that enable the amazing acoustics. From there, we will make our way to the rehearsal room and the education center. When the tour is complete, you will be able to enjoy lunch on your own in the Prelude Cafe (open until 2:00pm). The Music Center is located at 5301 Tuckerman Lane in North Bethesda, MD 20852-3385. It is accessible by Metro (Red Line - Grosvenor/Strathmore station) OR you can park in the Grosvenor/Strathmore Metro station garage on Tuckerman Lane. Parking costs \$5.10, payable by SmarTrip card or credit card. There is also some on-street metered parking available on Tuckerman Lane. Please DO NOT park in the Mansion parking lot. Participants will receive an email with more details shortly before the trip.

Limit: 30

Thursday

May 21

10:30 - 11:30

Fee: \$10

Find A Mistake?

We try to include something for everyone. Since some people like to find errors, we regularly include a few!

417 A Taste of Old Town Alexandria

DC Metro Food Tours

The fully-guided food tour will combine the history, architecture, and culture of Old Town Alexandria with tastings from some of the area's best restaurants. Tour sites may include: the Torpedo Factory and waterfront, Carlyle House and Gardens, William Ramsey House, Christ Church, and the John Douglas Brown Home. Guests will enjoy three food stops, including dessert! Come hungry and expect to be full afterwards. Food and gratuity included. Dietary restrictions can be accommodated, with advance notice. Participants are responsible for their own transportation and will meet at 10:45am. The tour begins promptly at 11:00am. We meet in Market Square at the corner of Fairfax and King Streets. The guide will be wearing a DC Metro Food Tours name tag. There is a parking garage directly underneath, as well as street parking if you want to walk a few blocks! The name of the garage is Market Square Garage (108 N. Fairfax Street) and costs \$2.50 per hour or \$10 all day. If you want to travel by subway, King Street Metro Station is about 0.4 miles away. Please wear comfortable shoes. This tour will take place rain or shine. Please bring an umbrella in case of rain. Participants will receive an email with more details shortly before the trip. **Limit: 25**

Thursday **Jun 4** **10:45 - 1:00**
Fee: \$55

506 Geology Walk – Great Falls

Phil Justus, Ph.D., Geologist, Rockville Science Center

This field trip is to observe the Great Falls of the Potomac River. It is the most dynamic place in the area where air, water, rocks, soil, vegetation, animals, and humanity mix with each other. Influenced by solar radiation and gravity, it shows how the Earth's surface changes every day. This park is a showcase of how the Earth works. We'll meet at the Great Falls Tavern and walk from the Old Tavern on the gravel Canal towpath onto the boardwalk across river channels to the Falls, making stops along the way, returning the same way. The only restrooms are located near the Tavern. We will be on our feet for two+ hours. This trip is co-sponsored by the Rockville Science Center. Participants are responsible for their own transportation. **Limit: 15**

Friday **Jun 5** **9:30 - 12:30**
Fee: \$20

700 Evening Out: Cabaret at Germano's Piattini with Julie Kurzava



Julie Kurzava and Diane Kinsley, Musicians

Enjoy an evening out at the Cabaret at Germano's Piattini Restaurant in Baltimore's Little Italy. Guests at Germano's Cabaret enjoy delicious food and informal, engaging interaction with the performers as they dine. The evening's entertainment will be provided by none other than OASIS' beloved Julie Kurzava. Singer Kurzava and pianist Diane Kinsley present *Wit, Whimsy & the Gershwins*, a show that is light as a feather, featuring many old and new Gershwin favorites, plus a few from their contemporaries Porter, Arlen, Kern & Rodgers. Julie Kurzava's whimsical style and Diane Kinsley's elegant accompaniment combined with Ira Gershwin's breezy wit are a combination that "'S Wonderful"! Entertainment is for dinner patrons, only. You are responsible for your own transportation and for purchasing dinner on your own. The full PIATTINI menu is served in the Cabaret. The OASIS class fee covers the cost of your ticket to the performance. The Cabaret opens at 6:00pm for pre-show dining. Patrons are urged to arrive and place their order prior to 7:00pm so that the performance can begin promptly at 7:30pm. The show will end at approximately 9:00pm. The Cabaret is located on the second floor, and is accessible only by stairs. There is no wheelchair access. The restaurant is located at 300 South High Street (at Fawn Street) in Baltimore, MD 21202. 410-752-4515. Valet parking is available (\$10); there is also on-street and nearby garage parking. Participants will receive an email with more details shortly before the trip. **Limit: 30**

Sunday **Jun 7** **6:00 - 9:00**
Fee: \$20



National OASIS News

The OASIS Institute • Summer 2015

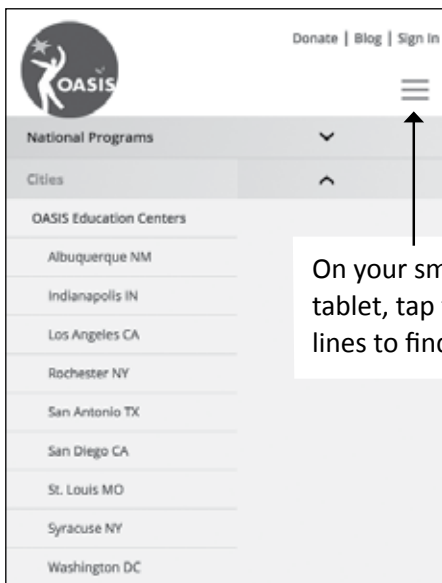
New OASIS website is mobile-friendly

Today 80 percent of Internet users own a smart phone and nearly half own a tablet. The OASIS Institute has updated our website at oasisnet.org to make it work well on all your devices. Now pages will adjust to the size of your screen.

Here are some of the other changes we've made to improve the site:

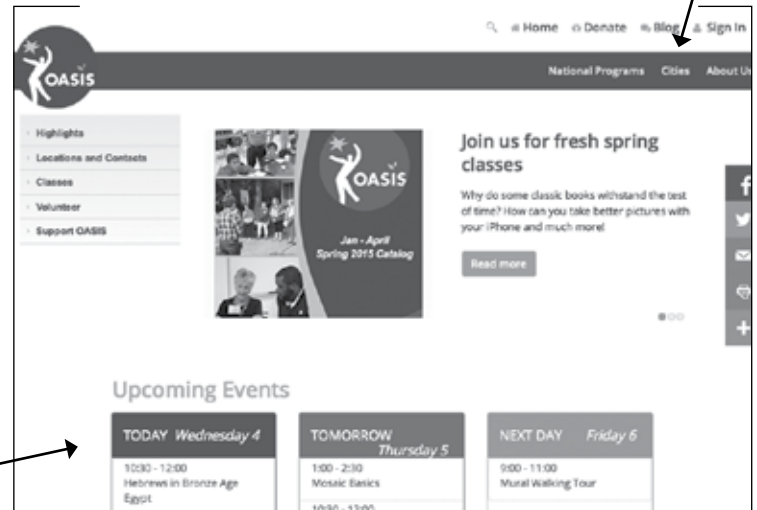
- A new section on your city's home page highlights classes that are happening today, tomorrow and the next day.
- An easier class search tool will help you find classes of interest and register online.
- Payments will be processed securely through PayPal, which gives you the option to save your credit card information if you wish, to save time the next time you register for a class.

Visit us at oasisnet.org to see what's new. You can let us know how the new site is working for you by choosing *About Us > Website feedback* at the top.



On your smartphone or tablet, tap the green menu lines to find your city.

Find your city in the Cities list for local information



Uncertain about your Medicare choices?

Help is here. The OASIS Institute has partnered with My Medicare Matters, a free educational service of the National Council on Aging, to make it easier to get the most out of your health coverage.

Visit MyMedicareMatters.org/oasis today and take a Medicare QuickCheck™ to get a free personalized report that can help you:

- Understand when to sign up for Medicare and when to delay
- Find people to help answer your questions about Medicare
- Learn if there are additional resources to help you pay for your healthcare costs

Get expert support to find the right plan for you.

MyMedicareMatters.org/oasis



May 2015

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	
4		5		6		7		8	
100 - Resistance Training 10:30am 101 - Total Body Workout 10:30am 102 - Men's Discussion (A) 10:30am 103 - Lower Your Blood Pressure 10:30am 104 - Your Technology Tutor 1:00am 105 - Upcounty Men's Discussion 12:45pm 106 - Unrest in the Middle East 1:00pm		200 - No Bones About It 10:00am 201 - Women's Discussion (B) 10:30am 202 - Congressional Update 10:30am 203 - Gentle Yoga (A) 11:00am 204 - Men/Women Discussion (A) 1:00pm 205 - Exerstart 1:00pm	300 - OASIS Tutoring Program (A) 11:00am			400 - No Bones About It (B) 9:00am 401 - Zumba Gold 10:30am 402 - Women's Discussion (A) 10:30am 403 - W.C. Handy/Birth of Blues 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm 406 - Haunting Legacy 1:00pm			
11		12		13		14		15	
100 - Resistance Training 10:30am 101 - Total Body Workout 10:30am 102 - Men's Discussion (A) 10:30am 104 - Your Technology Tutor 11:00am 105 - Upcounty Men's Discussion 12:45pm 107 - Hero Dogs 1:00pm 108 - Washington Album 2:00pm		200 - No Bones About It 10:00am 206 - Jackie Wilson 10:30am 203 - Gentle Yoga (A) 11:00am 204 - Men/Women Discussion (A) 1:00 205 - Exerstart 1:00pm 207 - The Good Earth 1:00pm	301 - Germans Against Hitler 10:30am 302 - Men/Women Discussion (B) 10:30am 303 - Hospital Admission 1:00pm			400 - No Bones About It (B) 9:00am 401 - Zumba Gold 10:30am 407 - Discussion Circle 10:30am 408 - European Composers 10:30am 409 - Police/Body Cameras 10:30am 410 - Behind Scenes at Strathmore 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm 411 - From Journalist to Novelist 1:00pm			500 - Bethesda Men's Discussion 10:00am 501 - Cardio & Strength Training 10:00am 502 - Peter Paul Rubens 1:00pm
18		19		20		21		22	
100 - Resistance Training 10:30am 101 - Total Body Workout 10:30am 102 - Men's Discussion (A) 10:30am 104 - Your Technology Tutor 11:00am 105 - Upcounty Men's Discussion 12:45pm 107 - Hero Dogs 1:00pm 108 - Washington Album 2:00pm		200 - No Bones About It 10:00am 206 - Jackie Wilson 10:30am 203 - Gentle Yoga (A) 11:00am 204 - Men/Women Discussion (A) 1:00 205 - Exerstart 1:00pm 207 - The Good Earth 1:00pm	302 - Men/Women Discussion (B) 10:30am 304 - Intro to iPad 10:30am 305 - Building a Greener County 10:30am 306 - Herbs 1:00pm 307 - Alfred Hitchcock 7:00pm			400 - No Bones About It (B) 9:00am 401 - Zumba Gold 10:30am 407 - Discussion Circle 10:30am 408 - European Composers 10:30am 409 - Police/Body Cameras 10:30am 410 - Behind Scenes at Strathmore 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm 411 - From Journalist to Novelist 1:00pm			500 - Bethesda Men's Discussion 10:00am 501 - Cardio & Strength Training 10:00am 503 - Talk and Walk 10:30am
25		26		27		28		29	
OASIS Closed 100 - Resistance Training 10:30am		200 - No Bones About It 10:00am 208 - Rodgers and Hammerstein 10:00am 209 - India: The Raj and Beyond 10:30am 203 - Gentle Yoga (A) 11:00am 204 - Men/Women Discussion (A) 1:00pm 205 - Exerstart 1:00pm 210 - It's De-Lovely 1:00pm	302 - Men/Women Discussion (B) 10:30am 304 - Intro to iPad 10:30am 308 - Inside the White House 10:30am 309 - Rachel Carson 1:00pm			400 - No Bones About It (B) 9:00am 401 - Zumba Gold 10:30am 412 - Healthy Bon Voyage 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm 413 - Going Digital Hands On 1:00pm 414 - MoCo Villages 1:00pm			500 - Bethesda Men's Discussion 10:00am 501 - Cardio & Strength Training 10:00am 504 - Better Balance 10:30am 505 - Current Events 10:30am

June 2015

Monday		Tuesday		Wednesday		Thursday		Friday	
1	100 - Resistance Training 10:30am 101 - Total Body Workout 10:30am 102 - Men's Discussion (A) 10:30am 104 - Your Technology Tutor 11:00am 105 - Upcounty Men's Discussion 12:45pm 109 - Auto Mechanics 1:00pm 110 - June Book Discussion #1 1:00pm	2	200 - No Bones About It 10:00am 211 - Advanced Beginning Bridge 10:30am 212 - Ebola 10:30am 203 - Gentle Yoga (A) 11:00am 213 - Beginner Spanish (Part 1) 12:15pm 204 - Men/Women Discussion (A) 1:00pm 205 - Exerstart 1:00pm 214 - Mission to Tokyo 1:00pm 215 - Beginner Spanish (Part 3) 1:30pm	3	302 - Men/Women Discussion (B) 10:30am 304 - Intro to iPad 10:30am 310 - Shattered News Media 10:30am 311 - Intermediate Spanish 12:30pm 312 - Advanced Spanish 1:45pm 313 - Midcentury Musical Hits 2:00pm 314 - Advanced Beginner Spanish 3:00pm	4	400 - No Bones About It (B) 9:00am 401 - Zumba Gold 10:30am 416 - <i>The Mikado</i> 10:30am 417 - Taste of Old-Town Alexandria 10:45am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm 413 - Going Digital Hands On 1:00pm 415 - Ending Poverty 1:00pm 418 - Grand Juries (B) 7:00pm	5	506 - Great Falls Walk 9:30am 500 - Bethesda Men's Discussion 10:00am 501 - Cardio & Strength Training 10:00am 504 - Better Balance 10:30am 507 - OASIS Tutoring Program (B) 11:00am 700 - Cabaret at Germano's with Julie Kurzava 7:00pm Note: The date for this trip is Sunday, June 7
8	100 - Resistance Training 10:30am 101 - Total Body Workout 10:30am 102 - Men's Discussion (A) 10:30am 104 - Your Technology Tutor 11:00am 111 - Library of Congress Tour 11:45am 105 - Upcounty Men's Discussion 12:45pm 112 - Travel - With a Disability 1:00pm 113 - One Room Schoolhouses 1:00pm	9	200 - No Bones About It 10:00am 216 - Tour: Decatur House 10:00am 201 - Women's Discussion (B) 10:30am 211 - Advanced Beginning Bridge 10:30am 217 - Not What the Book Says 10:30am 203 - Gentle Yoga (A) 11:00am 213 - Beginner Spanish (Part 1) 12:15pm 204 - Men/Women Discussion (A) 1:00pm 205 - Exerstart 1:00pm 215 - Beginner Spanish (Part 3) 1:30pm	10	302 - Men/Women Discussion (B) 10:30am 315 - Best Seat in the House 10:30am 311 - Intermediate Spanish 12:30pm 316 - Healthy Vision 1:00pm 312 - Advanced Spanish 1:45pm 314 - Advanced Beginner Spanish 3:00pm	11	400 - No Bones About It (B) 9:00am 401 - Zumba Gold 10:30am 402 - Women's Discussion (A) 10:30am 419 - Pitch Your Post-Its 10:30am 420 - Healthy Cooking: One or Two 10:30am 421 - <i>Battleground</i> 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm 422 - Decluttering & Downsizing 1:00pm 423 - Greeting Cards 2:00pm	12	500 - Bethesda Men's Discussion 10:00am 501 - Cardio & Strength Training 10:00am 504 - Better Balance 10:30am 508 - iLove iPad (A) 10:30am 509 - Windows 8 Pains 1:00pm 510 - Whistler 1:00pm
15	100 - Resistance Training 10:30am 102 - Men's Discussion (A) 10:30am 114 - Eating Local 10:30am 115 - Klezmer Music 10:30am 104 - Your Technology Tutor 11:00am 105 - Upcounty Men's Discussion 12:45pm 112 - Travel - With a Disability 1:00pm	16	200 - No Bones About It 10:00am 211 - Advanced Beginning Bridge 10:30am 213 - Beginner Spanish (Part 1) 12:15pm 204 - Men/Women Discussion (A) 1:00pm 205 - Exerstart 1:00pm 218 - The Goddess is Alive and Well 1:00pm 215 - Beginner Spanish (Part 3) 1:30pm	17	317/318 - Tour- Hillwood 10:15am 302 - Men/Women Discussion (B) 10:30am 319 - Introduction to Genealogy 10:30am 311 - Intermediate Spanish 12:30pm 320 - Save Your Memory and Mind 1:00pm 312 - Advanced Spanish 1:45pm 314 - Advanced Beginner Spanish 3:00pm	18	424 - Play Me a Movie 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm 425 - Mormonism 101 1:00pm 426 - Film Noir 1:00pm	19	500 - Bethesda Men's Discussion 10:00am 508 - iLove iPad (A) 10:30am 509 - Windows 8 Pains 1:00pm
22	102 - Men's Discussion (A) 10:30am 116 - AARP Driver Safety Program 10:30am 104 - Your Technology Tutor 11:00am 105 - Upcounty Men's Discussion 12:45pm	23	200 - No Bones About It 10:00am 217 - Not What the Book Says 10:30am 213 - Beginner Spanish (Part 1) 12:15pm 204 - Men/Women Discussion (A) 1:00pm 205 - Exerstart 1:00pm 219 - Crisis in Context (A) 1:00pm 215 - Beginner Spanish (Part 3) 1:30pm	24	302 - Men/Women Discussion (B) 10:30am 319 - Introduction to Genealogy 10:30am 321 - The Baltic Sea 10:30am 322 - Crossover Composers 10:30am 311 - Intermediate Spanish 12:30pm 320 - Save Your Memory and Mind 1:00pm 312 - Advanced Spanish 1:45pm 323 - Vermeer 2:00pm 314 - Advanced Beginner Spanish 3:00pm	25	427 - Chocolate Country 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm	26	500 - Bethesda Men's Discussion 10:00am 503 - Talk and Walk 10:30am 505 - Current Events 10:30am 511 - Make Your Own Photo Book 10:30am 512 - Shopping on the Internet 1:00pm
29	100 - Resistance Training 10:30am 101 - Total Body Workout 10:30am 102 - Men's Discussion (A) 10:30am 104 - Your Technology Tutor 11:00am 105 - Upcounty Men's Discussion 12:45pm 117 - June Book Discussion #2 1:00pm 118 - Tai Chi 2:30pm	30	200 - No Bones About It 10:00am 211 - Advanced Beginning Bridge 10:30am 217 - Not What the Book Says 10:30am 203 - Gentle Yoga (A) 11:00am 213 - Beginner Spanish (Part 1) 12:15pm 204 - Men/Women Discussion (A) 1:00pm 220 - Odyssey of a Civil War Soldier 1:00pm 215 - Beginner Spanish (Part 3) 1:30pm						

July 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>100 - Resistance Training 10:30am 101 - Total Body Workout 10:30am 102 - Men's Discussion (A) 10:30am 119 - Art of Picasa 10:30am 105 - Upcounty Men's Discussion 12:45pm 118 - Tai Chi 2:30pm</p>	<p>7</p> <p>200 - No Bones About It 10:00am 201 - Women's Discussion (B) 10:30am 211 - Advanced Beginning Bridge 10:30am 217 - Not What the Book Says 10:30am 213 - Beginner Spanish (Part 1) 12:15pm 204 - Men/Women Discussion (A) 1:00pm 205 - Exerstart 1:00pm 215 - Beginner Spanish (Part 3) 1:30pm 221 - Organize, Accessorize 3:00pm</p>	<p>1</p> <p>302 - Men/Women Discussion (B) 10:30am 324 - <i>The Greek Slave</i> 10:30am 311 - Intermediate Spanish 12:30pm 325 - Women Journalists 1:00pm 312 - Advanced Spanish 1:45pm 314 - Advanced Beginner Spanish 3:00pm</p>	<p>2</p> <p>400 - No Bones About It (B) 9:00am 401 - Zumba Gold 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm</p>	<p>3</p> <p>OASIS Closed</p>
<p>13</p> <p>100 - Resistance Training 10:30am 101 - Total Body Workout 10:30am 102 - Men's Discussion (A) 10:30am 120 - Not Your Mother's Library 12:30pm 105 - Upcounty Men's Discussion 12:45pm 121 - Estate Planning 1:00pm 118 - Tai Chi 2:30pm</p>	<p>14</p> <p>200 - No Bones About It 10:00am 222 - Called to Service 10:30am 223 - Stress Management 10:30am 203 - Gentle Yoga (A) 11:00am 213 - Beginner Spanish (Part 1) 12:15pm 204 - Men/Women Discussion (A) 1:00pm 205 - Exerstart 1:00pm 224 - Becoming Assertive 1:00pm 215 - Beginner Spanish (Part 3) 1:30pm 221 - Organize, Accessorize 3:00pm</p>	<p>15</p> <p>302 - Men/Women Discussion (B) 10:30am 329 - Philippine-American War 10:30am 311 - Intermediate Spanish 12:30pm 312 - Advanced Spanish 1:45pm 314 - Advanced Beginner Spanish 3:00pm</p>	<p>16</p> <p>400 - No Bones About It (B) 9:00am 401 - Zumba Gold 10:30am 431 - <i>The King's Speech</i> 10:30am 404 - Gentle Yoga (B) 11:00am 432 - Polish Your Chrome 12:30pm 405 - Men's Discussion (B) 1:00pm 433 - Stephen Schwartz 1:30pm 434 - History of Scotland 2:00pm</p>	<p>17</p> <p>500 - Bethesda Men's Discussion 10:00am 501 - Cardio & Strength Training 10:00am 515 - Celtic Consort 10:30am</p>
<p>20</p> <p>100 - Resistance Training 10:30am 101 - Total Body Workout 10:30am 102 - Men's Discussion (A) 10:30am 122 - Where's That Document! 10:30am 105 - Upcounty Men's Discussion 12:45pm 123 - Mozart 1:30pm 118 - Tai Chi 2:30pm</p>	<p>21</p> <p>200 - No Bones About It 10:00am 223 - Stress Management 10:30am 203 - Gentle Yoga (A) 11:00am 213 - Beginner Spanish (Part 1) 12:15pm 204 - Men/Women Discussion (A) 1:00pm 205 - Exerstart 1:00pm 215 - Beginner Spanish (Part 3) 1:30pm 221 - Organize, Accessorize 3:00pm</p>	<p>22</p> <p>302 - Men/Women Discussion (B) 10:30am 330 - Google 10:30am 332 - Crisis in Context (B) 10:30am 311 - Intermediate Spanish 12:30pm 312 - Advanced Spanish 1:45pm 331 - Computer Threats 2:00pm 314 - Advanced Beginner Spanish 3:00pm</p>	<p>23</p> <p>400 - No Bones About It (B) 9:00am 401 - Zumba Gold 10:30am 436 - Healthy Cooking: Summer 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm 437 - One Hit Wonders 1:00pm</p>	<p>24</p> <p>500 - Bethesda Men's Discussion 10:00am 501 - Cardio & Strength Training 10:00am 503 - Talk and Walk 10:30am 505 - Current Events 10:30am</p>
<p>27</p> <p>100 - Resistance Training 10:30am 102 - Men's Discussion (A) 10:30am 124 - Woody Guthrie 11:00am 105 - Upcounty Men's Discussion 12:45pm 125 - July Book Discussion 1:00pm 123 - Mozart 1:30pm 118 - Tai Chi 2:30pm</p>	<p>28</p> <p>200 - No Bones About It 10:00am 201 - Women's Discussion (B) 10:30am 223 - Stress Management 10:30am 225 - Music At Any Age 10:30am 226 - iLove iPad (B) 10:30am 203 - Gentle Yoga (A) 11:00am 227 - Spiritual Music 1:00am 204 - Men/Women Discussion (A) 1:00pm 228 - Climate Change 1:00pm</p>	<p>29</p> <p>302 - Men/Women Discussion (B) 10:30am 333 - Judge Selection 10:30am 334 - Write Your Family Cookbook 1:00pm</p>	<p>30</p> <p>400 - No Bones About It (B) 9:00am 438 - Rome 10:30am 404 - Gentle Yoga (B) 11:00am 405 - Men's Discussion (B) 1:00pm 439 - <i>Death in Venice</i> 1:00pm</p>	<p>31</p> <p>500 - Bethesda Men's Discussion 10:00am 501 - Cardio & Strength Training 10:00am</p>

Got old computer equipment?

Now you can recycle it. RecycleMyComputer will clean up and restore your old computer equipment and donate it to low-income adults in the Washington area.



Go Green

Change a Life

Declutter

Feel Good

Recycle



How do I donate my old computer equipment?

The drop-off location is open the first Wednesday of each month from 10am–1pm (except Federal and MD holidays) and is located at the RecycleMyComputer office, 4805 Edgemoor Ln (2nd floor), Bethesda, MD, 20814 (see map on page 4).

If you would like to schedule another time to drop-off your donation, send an email to recyclemycomputer1@gmail.com. Include your name, phone number and type of equipment you would like to donate.

Someone will get back to you to schedule a drop-off time for your donation.

Donate Today!

For more information visit:

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SAVE THE DATES



12TH ANNUAL MEN'S HEALTH SYMPOSIUM | FREE

Thursday, June 11

6:30-8 pm | Program

Take action and learn the building blocks to good health, whether it is reducing your risk of heart disease or your waistline. Join **Dr. Kevin Billups** from Johns Hopkins Brady Urological Institute along with holistic life coach and personal trainer, **Aaron Gamble** as they address issues affecting men's health.

Registration is required; visit events.suburbanhospital.org or Suburban On Call at **301-896-3939**.

This program is generously supported by the Frederick H. Bowis Community Fund

RENEW HOPE. DONATE BLOOD.

Wednesday, May 20

10 am-3:30 pm

Suburban Hospital
8600 Old Georgetown Road
Bethesda, MD 20814

The need is ongoing, but the supply is not. You can help save up to three lives in about an hour. To schedule your life-saving appointment, call **301-896-2849**.



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Attend a *Getting to Know OASIS* Tutoring session on one of the following dates:

- Wednesday, May 6, 11:00-12:00 (class #300)
- Friday, June 5, 11:00-12:00 (class #507)
- Friday, July 10, 11:00-12:00 (class #513)
- Wednesday, August 26, 1:00-2:00 (class #336)

Contact Susan Moser for more information:
smoser2@jhmi.edu
301-469-6800, press 1, x211



Thank you to the Rotary Clubs of Bethesda-Chevy Chase and Rockville for their support of OASIS Tutoring!



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Dated Material
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**Class Registration
Begins:
Thursday, April 30
at 10:30am**

SAVE THE DATE



SURVIVAL GUIDE FOR FIRST TIME GRANDPARENTS

Thursday, May 14 or Monday, June 15
6-9 pm | Washington Metropolitan OASIS
\$45 per person | \$75 per couple

Receive instruction on infant/child CPR and choking rescue for first time grandparents. Course will also include a refresher on life skills such as diapering, swaddling, feeding, and how to soothe a crying baby.

Registration is required; visit events.suburbanhospital.org or Suburban On Call at **301-896-3939**.



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