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Dr. Ali Weinstein of Mason's Center for the Study of Chronic Illness and Disability Presents Class on Stress and Well-Being, Jan 19

February 5, 2016

Editor of the Week: Jean Boltz

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Alerts & Notices

 We are excited to announce that the National Resource Center for Osher Institutes printed our Dirty Knee Club article in its February newsletter.
 The newsletter with the article can be found at: http://conta.cc/1P0tK99.

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Fun Facts to Celebrate OLLI's 25th Anniversary



By Ray Beery, Member, Board of Directors

A five-year contract for the use of the Fairfax Swimming Pool parking lot was signed in 1996.

OLLI is celebrating its 25th year of classes for seniors in 2016. We'll be publishing fun facts and interesting milestones about the Institute each week that OLLI E-News is published from now until the end of the fall term, 2016.



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Book Club



By Ceda McGrew, Book Club Coordinator

The OLLI Book Club will meet at 1:30 on Wednesday, February 10, at Tallwood. The book for discussion is *Being Mortal* by Atul Gawande, a noted Boston endocrine surgeon, professor, author, and public health researcher. In his book, Gawande discusses how medicine improves life and can also improve the process of its ending with peace and dignity.

The book for discussion in March is *Moon Tiger* by Penelope Lively.

All OLLI members are welcome.

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New Editor of the Week



By Irene Osterman, Chief Editor

This week's issue was edited by our new editor of the week – Jean Boltz. I was thrilled when she stepped forward to replace a previous editor who was unable to continue in the position. She has been a great find. When she did her first issue several weeks ago, our software program did its best to discourage her, but she persevered and did a wonderful job. Jean has lived in Northern Virginia most of her life. She rejoined OLLI in 2013 when she returned to the area after a brief time in Ohio. She has worked as a teacher and as an auditor and financial analyst. After retiring from the US Government Accountability Office (GAO), she spent several years as a volunteer grant writer with the Fairfax County Public Library. She and her husband, Tom, currently live in Reston.

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Poet's Corner

Courtesy of the Poetry Workshop

JACK, MY GPS

The present I like the very best
Is my Garmin Nuvie GPS.

Jack tells me where I should go,
But never, ever, does he say "no."

He's always polite and never swears.

He'll say "recalculating" 'cause he cares.

Jack is kind; he lets me know

How many miles I need to go.

I can even see on the screen before me

Exactly what time my arrival will be.

I used to get lost whenever I went

To somewhere new where I've been sent.

'Twas especially hard in the rain or dark

With a deadline time before I park.

Although Jack will sometimes err, you know

He usually gets me where I need to go.

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Joan Lunsford

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Arts & Music at George Mason



Performances, next ten days

By Shelly Gersten, OLLI E-News Staff Writer

For tickets for either Center for the Arts (CFA) or Hylton, call 1-888-945-2468, buy tickets online through the event calendar (see links below), or visit the venue's box office. For more information, see the CFA <u>ticket page</u> or the Hylton <u>ticket purchase page</u>.

At the Fairfax Campus Venues

Tu Bhi Nachle: Indian Classical and Fusion Dance Competition

Sat, Feb 6, at 7:00 pm Harris Theatre Admission: \$15

Fairfax Symphony Orchestra

Sat, Feb 6, at 8:00 pm Kernis: *Musica Celestis*

Beethoven: Piano Concerto No. 1 - George Li, piano

Mozart: Symphony No. 41 "Jupiter"

Concert Hall

Tickets: \$58, \$46, \$34

Virginia Opera: Romeo and Juliet

Sat, Feb 13, at 8:00 pm Sun, Feb 14, at 2:00 pm

Concert Hall

Tickets: \$98, \$80, \$48

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Mason Student & Faculty Performances

(see music.qmu.edu for additional student recitals)

Broadway Miracles & Madcap Comedy

Sat, Feb 6, at 8:00 pm TheaterSpace

Admission: Adults, \$15; seniors, \$10

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At the Hylton Center

American Festival Pops Orchestra: Valentine's Day Pops

Sat, Feb 13, at 8:00 pm

Merchant Hall

Tickets: \$50, \$43, \$30

1 free student ticket available with Mason ID

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For further details on any of the above events, please see the CFA <u>event calendar</u> and the Hylton Center <u>event calendar</u>

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Meetings & Clubs

The following list covering the next two weeks is extracted for your convenience from the master online calendar maintained by the office, with direct web links added when available. The list is accurate as of mid-week but to check anytime for the latest information, please view the latest forecast of

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upcoming events on our website (News/<u>OLLI Calendar</u>). Note: All OLLI members are welcome at, and encouraged to attend, meetings of the Board of Directors, committees and resource groups, kickoff coffees, etc. (**bolded** below).

CIFIC		
Sat Feb 6	10:30am	Tai Chi Club-TA-3
Tue Feb 9	10:00am	Knitting and Needlework Club-Panera, Herndon
Wed Feb 10	1:30pm	Book Club-TA-1
	1:45pm	Bridge Club-TA-3
	1:45pm	Spanish Club-TA-2
	1:45pm	Program Committee-Annex
Fri Feb 12	9:00am	Recorder Consort-TA-3
	9:30am	Photography Club-TA-1
	10:00am	Craft and Conversation-Cottage
	11:00am	Homer, etc-Annex
	11:00am	Classic Literature-TA-2
	12:00pm	Religious Studies-Cottage
	1:00pm	Humanities and Social Sciences Program
	1:00pm	Humanities and Social Sciences Program Planning Group-TA-2
Sat Feb 13	1:00pm 10:30am	
	·	Planning Group-TA-2
Sat Feb 13 Tue Feb 16	10:30am	Planning Group-TA-2 Tai Chi Club-TA-3
	10:30am 9:30am	Planning Group-TA-2 Tai Chi Club-TA-3 Cottage Art-Cottage
	10:30am 9:30am 10:00am	Planning Group-TA-2 Tai Chi Club-TA-3 Cottage Art-Cottage Knitting and Needlework Club-Panera, Herndon
Tue Feb 16	10:30am 9:30am 10:00am 10:00am	Planning Group-TA-2 Tai Chi Club-TA-3 Cottage Art-Cottage Knitting and Needlework Club-Panera, Herndon Bridge Club-TA-3
Tue Feb 16	10:30am 9:30am 10:00am 10:00am 10:00am	Planning Group-TA-2 Tai Chi Club-TA-3 Cottage Art-Cottage Knitting and Needlework Club-Panera, Herndon Bridge Club-TA-3 Mah Jongg Club-TA-2
Tue Feb 16 Wed Feb 17	10:30am 9:30am 10:00am 10:00am 10:00am 10:30am	Planning Group-TA-2 Tai Chi Club-TA-3 Cottage Art-Cottage Knitting and Needlework Club-Panera, Herndon Bridge Club-TA-3 Mah Jongg Club-TA-2 Tom Crooker Investment Forum-TA-1
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About OLLI E-News

OLLI E-News was created by Rod Zumbro, who served as its editor from 2005 to 2013.

Editorial Staff

Chief Editor/Technical Editor: Irene Osterman

Associate Editor: Sheri Siesseger

Weekly Editorial Team: John Nash, Paul Van Hemel, Sheri Siesseger, Leslie Vandivere, Jean

Proofreaders: Gordon Canyock, Nancy Michel, Jerry Moore, Marilyn O'Brien, Susan Van

Backup Chief Editor: Alice Slayton Clark

Submissions. Members are encouraged to submit letters to the editor, letters to Ms. Ollie Ettakit (on etiquette matters), OLLI-related news items, articles and photos. Submit material to: ollienewseditor@gmail.com.

Deadline – 6:00 Tuesday for that week's issue (6:00 Monday for letters to the editor); early submissions are greatly appreciated. Please limit articles to about 250 words.

Note: You can view past issues of *OLLI E-News* on the DocStore. To search the content of issues, use Search Our Site or put your search term in Google followed by "site:olli.gmu.edu/" without the quotes.

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