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**Meeting of the Board of Directors,  
Tallwood/Zoom, April 28**

## May 5, 2023

**Editor of the Week: Paul Van Hemel**

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### Alerts & Notices

- Be sure to vote for five candidates in the Board of Directors election. Voting starts today and continues through May 19.
- Later this year, OLLI members will have opportunities for group travel through travel agencies; see these presentations for more information:
  - California Rail Discovery; [Zoom presentation](#) **May 12 at 10:00**
  - Iceland; [Zoom presentation](#) **May 19 at 10:00**.
- The next issue of *OLLI E-News* will be published Friday, May 12; the regular deadline for submission of items is Tuesday, May 9, at 6:00.

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### From the Desk of the Executive Director OLLI Receives Arts Education Award from ArtsFairfax



*By Jennifer Disano, Executive Director*

I am so pleased to announce that OLLI has received the 2023 Arts Education Award from ArtsFairfax. This organization is Fairfax County's local arts agency funded in part by Fairfax County, Virginia Commission for the Arts, and the National Endowment for the Arts, as well as corporations, foundations, and individuals. What an honor to be recognized for our efforts at the Osher Lifelong Learning Institute at George Mason University!



The Education Award recognizes an artist or arts organization for providing exceptional arts education opportunities and experiences. In making the award, ArtsFairfax cited OLLI's more than 30 years of commitment to providing educational, cultural, and social opportunities for adults in their retirement years. They noted the range of courses that "sparks the creativity and interests of its intellectually curious and active senior membership." You can read their statements on the 2023 honorees at [this link](#).

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## Board Meeting Highlights



By **Gloria Loew, Secretary**

After calling the April 28 meeting to order, President Lillian Brooks reported on activities of OLLI and the executive committee since the last Board meeting. One item of note for members addressed upcoming group travel opportunities to California and Iceland later this year. Interested members will make trip arrangements with travel agents; there will be Zoom presentations on May 12 and May 19 to provide specific information about these trips.



Executive Director Jennifer Disano provided an update on OLLI memberships; of note, so far, 26 promotional members from prior years renewed their membership in 2023. She also reported on her busy schedule of local OLLI and Mason meetings, as well as numerous offsite meetings, including attendance at a national OLLI symposium in Chicago with directors from other OLLI institutes, on the topic of collaboration.

Under new business, the Board approved a memorandum of understanding (MOU) between OLLI and the Fairfax County Public Library. Under this MOU, the library will pay OLLI \$20,000 in return for our OLLI providing them with four in-person and 16 virtual lectures over the course of a year beginning July 1. The virtual classes will be part of our catalog and all OLLI members will, of course, be able to attend the on-site lectures. It is hoped that these lectures will help OLLI become better known throughout the county and perhaps increase our membership. The Board also approved a resolution noting the first year assessment of progress on implementing the strategic plan submitted on April 28, 2023, by the Strategic Planning Committee.

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## Save the Date: Literature, Theater, and Writing/Languages Program Planning Group to Meet June 6



By **Pat Bangs, LLT Program Planning Group Co-Chair**

**Meeting Date and Time:** Tuesday, June 6, 2023, 10:00

**What:** LLT Program Planning Group meeting

**Via Zoom:** Link to come at a later date before the meeting

Mark your calendars for our semi-annual all-campus program planning group meeting for OLLI's **Literature, Theater, and Writing/Languages (LLT) program on Tuesday, June 6 at 10:00 via Zoom.**

We will be reviewing past terms and looking forward to planning for the 2024 winter term and beyond. All OLLI members can contribute to the excellent programming offered to our membership. Bring ideas for literature, theater, or writing/languages programs, as well as instructor resources.

We've had requests for programs on topics such as Greek plays; new Broadway plays; old film history; old movie stars; Joyce's *Ulysses*; basic literature/composition elements; and journalism basics/how to research facts. We are able to offer Spanish language classes, but there have been requests for French, beginning German, Arabic, Chinese, and Italian. I'm sure there are more ideas. This is just a sample of what we would like to offer. All we need are instructors to teach them. Bring your class and resource ideas or just come to learn how OLLI programs develop. All members are welcome.

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## It's a Balancing Act



By **Dr. Michele Romano, Health Advisory Workgroup Chair**

One third of people over the age of 65 fall each year. Over 95% of hip fractures are due to falls. Falls are the leading cause of death from injury in older adults. The major result of falls in our age group is loss of the ability to function and live independently.

Both internal and external factors contribute to falls. A few common internal factors involve medical conditions that accompany aging, such as muscle weakness, neurological problems, arthritis, medications, and poor vision. External factors would include bathtubs, improper shoes, clutter on floors/stairs, and poor lighting. Calculate your risk of falls on this Centers for Disease Control (CDC) website: [Stay Independent \(cdc.gov\)](https://www.cdc.gov/falls/). Check out tips for fall prevention at: [Fall prevention: Simple tips to prevent falls - Mayo Clinic](https://www.mayoclinic.org/healthy-living/adult-health/prevention-simple-tips-to-prevent-falls).

Maintaining muscle strength and balance is key. Did you know that OLLI Mason can help you do both? The Tai Chi Club holds classes three times a week via Zoom geared to any level of ability, and all are welcome. We have had numerous yoga classes over the years so check your catalogs.

If you enjoy the great outdoors, the Walk & Talk club may be a perfect fit. They meet every 1-2

weeks at different parks in Fairfax County and often stop for coffee after. It's a great way to get in your daily steps, improve strength and balance, and meet new friends. What's not to love?

May 30 through September 1, OLLI will offer class 1201Z SAIL (Stay Active and Independent for Life) on Zoom. This is a strength, balance, and fitness program. Look for more details in issues of *OLLI E-Blast* and *E-News*.

As long as you are an OLLI member you can participate in any or all of these for free. Does it get any better?

*The First Commandment of Aging: **DO NOT EVER GET ON A LADDER***

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## A Conversation on Contemporary American Theater Festival with Peggy McKowen



*By Norma Jean Reck, Coordinator of Theater Lovers' Group*

Who would have thought that the newest plays written by America's playwrights are developed and performed each July in Shepherdstown, West Virginia's oldest town, which sits on the banks of the Potomac River, an easy drive from OLLI?

Save the date and be there **Monday, May 22, 2023, at 11:00** when Peggy McKowen, the new Artistic Director of the Contemporary American Theater Festival (CATF), joins OLLI members via Zoom to talk with us about her vision for the annual festival and for celebrating in 2023 the "Summer of Six" – the six new plays that will be performed in repertory this July. They are contemporary plays that make you want to talk about the stories, the characters, and the issues they represent.

McKowen can also tell us about the unique "talktheater" events, which deepen your understanding of theater and the theatrical process of perfecting a play. The variety of these free events provides you with ample opportunities to speak one-on-one with the actors, playwrights, and Peggy herself.

All OLLI members are invited to join the members of the Theater Lovers' Group to meet and chat with this extraordinarily talented theater icon.

Mark your calendars: **Monday, May 22, from 11:00 to 12:30.**

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## Wednesday Team Bloch Conversation – May 10



*By Brenda Bloch-Young and Doris Bloch, Co-Moderators*

Continuing our Wednesday Conversations series, Team Bloch (Brenda Bloch-Young and Doris Bloch) will moderate a Zoom discussion on May 10 at 4:00. Our chosen topic this week is "Your Suggestions for OLLI."

How can we enhance the OLLI experience? Perhaps more or fewer courses to be offered, more or fewer trips or clubs, ideas for future classes or instructors, schedule tweaks? This is your chance to give feedback and chime in with what you like and what you think might be improved at OLLI – with an emphasis today on program content. (We will do our best to communicate your compliments and suggestions to the most effective persons.)

Check your Daily Schedule for the Zoom link on Wednesdays and plan on some social time with Team Bloch.

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## Poet's Corner

*Courtesy of the Poetry Workshop*

### Buried Gold

*Jack Underhill*

Where is the gold buried?

Some say it is in the cemeteries  
of the world.

Stories never told to grandchildren  
mothers not called  
relationships never repaired  
songs never composed or sung  
books never written  
elderly friends not visited  
apologies never given  
poems not written  
trips never taken

"I love you" said too few times

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## Arts & Music at George Mason

Performances May 5 through May 15



By Shelly Gersten, OLLI E-News Staff Writer

Current vaccination policy for the Center for the Arts and Hylton Performing Arts Center is summarized as follows:

Audience members are not currently required to show proof of vaccination, or a negative COVID-19 test result for most events **except** when required by the event organizer or artist. If proof of vaccination or a negative COVID-19 test result is required for a specific event, it will be indicated on the webpage with event details.

Specific requirements are detailed and any future policy changes may be found here: <https://cfa.gmu.edu/plan-your-visit/vaccination-policy>.

Dr. Linda Apple Monson produces a periodic "Notes from the Director." This email is full of interesting online performances by the students and faculty of the School of Music. If you would like to receive these bulletins, just sign up at [this link to stay in touch](#). Also, the Center for the Arts has a website, [Mason Arts at Home](#), which has a calendar of online events and access to many past performances. Information can also be found at [CFA ticket purchase page](#), [Center for the Arts YouTube Channel](#), or the [Hylton ticket purchase page](#).

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### At the Fairfax Campus Venues

#### Fairfax Symphony Orchestra

Sat, May 13, 8:00

Concert Hall

Admission: \$65, \$55, \$45.

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### Mason Student and Faculty Performances

(see [music.gmu.edu](https://music.gmu.edu) for additional student recitals)

#### Mason School of Dance: Spring: Dance Innovations

Fri and Sat, May 5-6, 2:00 and 8:00

Harris Theatre

Admission: \$15 Adult, \$10 seniors.

### Asian American and Native Hawaiian/Pacific Islander (AANHPI) Heritage Month Celebration

Sat, May 6, 4:00

Concert Hall

Admission: Free.

#### Mason Symphony Orchestra Concert – Late Spring 2023

Sun, May 7, 7:00

Concert Hall

Admission: \$20 Adult, \$15 seniors.

#### Mason School of Dance May Studio Series

Tue, May 9, 7:00

deLaski Performing Arts Building, A301 Dance Studio

Admission: \$10.

#### Dewberry School of Music Honors Recital

Sat, May 13, 7:00

Harris Theatre

Admission: Free.

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### At the Hylton Center (Manassas Campus)

#### Mason School of Theater: Concert Presentation of *You're a Good Man, Charlie Brown*

Fri and Sat, May 5-6, 8:00

Sun, May 7, 2:00

Hylton Performing Arts Center, Gregory Family Theater

Admission: \$20 Adults, \$10 seniors.

#### Manassas Symphony Orchestra: *Aspirations*

Sat, May 6, 7:30

Hylton Performing Arts Center, Merchant Hall

Admission: \$25.

#### Academy of Russian Ballet and Northern Virginia Youth Ballet: *Coppélia*

Sun, May 7, 2:00 and 6:00

Hylton Performing Arts Center, Merchant Hall

Admission: \$28 Adult, \$20 seniors.

#### ARTFactory's Pied Piper Theatre: *School of Rock*

Fri, May 12 and 19, 7:00

Sat, May 13 and 20, 7:00

Sun, May 14 and 21, 2:00

Hylton Performing Arts Center, Gregory Family Theater  
Admission: \$20 Adult, \$16 senior.

#### **CAMMO Voices**

Sat, May 13, 8:00

Hylton Performing Arts Center, Merchant Hall

A pre-performance discussion begins one hour prior to the performance.

Admission: \$48, \$41, \$29, free for veterans.

#### **Old Bridge Chamber Orchestra: How to Opera: Overtures, Arias, and Recitatives**

Sun, May 14, 3:00

Hylton Performing Arts Center, Merchant Hall

Admission: \$20 Adult, \$17 senior.

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For further details on any of the above events, see the [CFA event calendar](#) and the [Hylton Center event calendar](#).

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## Meetings & Clubs

**Please note:** Although some physical meetings for clubs and activities are canceled, some may be meeting in person or, in a hybrid mode, both in person and online. OLLI events and activities meeting online bear the identification "Z" in their course or event number (except clubs; you may need to check the [OLLI calendar](#) and daily schedule email for location and other event information). Refer to the university's [coronavirus website](#) for official university updates.

The following list covering the next two weeks is extracted for your convenience from the master online calendar maintained by the office. The list is accurate as of mid-week but for the most up-to-date information, please view the latest forecast of coming events on our website (News/[OLLI Calendar](#)). *Note: All OLLI members are welcome at, and encouraged to attend, meetings of the Board of Directors, committees and resource groups, kick-off coffees, etc. The OLLI office has sent (or will send) emails with links and meeting passwords to club members; you may also log in at the [member portal](#) and click on ZOOM CLASS LINKS.*

|            |          |                           |
|------------|----------|---------------------------|
| Sat May 6  | 10:30 am | Tai Chi Club              |
| Mon May 8  | 9:30 am  | What's in the Daily News? |
| Tue May 9  | 4:30 pm  | Tai Chi Club              |
| Wed May 10 | 1:45 pm  | Bridge Club               |
|            | 1:45 pm  | Spanish Club              |

|            |          |                                   |
|------------|----------|-----------------------------------|
|            | 4:00 pm  | Mah Jongg Club                    |
| Thu May 11 | 4:30 pm  | Tai Chi Club                      |
| Fri May 12 | 9:30 am  | Photography Club                  |
|            | 9:30 am  | Craft and Conversation            |
|            | 10:00 am | Walk & Talk Club                  |
|            | 11:00 am | Classic Literature Club           |
|            | 11:00 am | Homer, etc.                       |
|            | 11:30 am | Cooking Club                      |
|            | 2:30 pm  | Tallwood Book Club                |
| Sat May 13 | 10:30 am | Tai Chi Club                      |
| Mon May 15 | 9:30 am  | What's in the Daily News?         |
| Tue May 16 | 9:30 am  | Health Advisory Workgroup Meeting |
|            | 4:00 pm  | Spanish Club                      |
|            | 4:30 pm  | Tai Chi Club                      |
| Wed May 17 | 1:45 pm  | Bridge Club                       |
|            | 1:45 pm  | Mah Jongg Club                    |
|            | 2:00 pm  | Memoir and More Writing Group     |
| Thu May 18 | 4:30 pm  | Tai Chi Club                      |
| Fri May 19 | 9:30 am  | Craft and Conversation            |
|            | 11:00 am | Classic Literature Club           |
|            | 11:00 am | Homer, etc.                       |
| Sat May 20 | 10:30 am | Tai Chi Club                      |
|            | 1:00 pm  | Personal Computer User Group      |

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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: Paul Van Hemel

Associate Editor: David Gundry

Weekly Editor Team: David Gundry, John Nash, Sheri Siesseger, Paul Van Hemel

Proofreaders: Rebecca Jann, Susan Van Hemel, Linda Randall, Tom Appich, Jane Hassell

**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: [ollinewseditor@gmail.com](mailto:ollinewseditor@gmail.com).

**Deadline:** Tuesday, 6:00, for that week's issue (Monday, 6:00, 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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