

Osher Lifelong Learning Institute



olli.gmu.edu

George Mason University

Fairfax • Reston • Loudoun • Online

FALL 2024 CATALOG

September 23 – November 15

**Fall 2024 Registration:
Begins August 20**





Shades of Ireland

May 21-30, 2025

10 Days • 13 Meals

From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle. Experience the world-famous beauty of the Ring of Kerry. A vibrant blend of captivating culture and stunning scenery, these are the shades of Ireland you've always imagined.



Canadian Maritimes & Coastal Wonders

August 3-13, 2025

11 Days • 16 Meals

From the nautical beauty of Peggy's Cove to the rugged splendor of the Cabot Trail, the Maritimes will enchant you. Savor a traditional Maritimes lobster feast. Don't miss the rugged beaches, picturesque fishing villages, and rich seafaring history of Canada's amazing Maritime Provinces.



Sunny Portugal

September 7-16, 2025

10 Days • 13 Meals

From the Portuguese Capital, Lisbon to the sunny cliffs of the Algarve and Portuguese Riviera, venture along Portugal's stunning shoreline. Enjoy a leisurely 3-night stay in the Algarve region. Encounter picturesque resort towns, winding cobblestone streets, oceanfront promenades, and quaint villages of perfection.

Explore the world with fellow OLLI Mason members. Travel has a magical way of bringing people together. It can enrich your life and make you healthier, in both mind and body.

The world. It's waiting for you!

For more information, please call Collette at 800-581-8942

Reference booking number 1252481 (Ireland), 1252475 (Canada) or 1252538 (Portugal)

Contents

| | |
|--|-----|
| All About OLLI Mason | ii |
| OLLI Mason Organization | iii |
| Courses | |
| 100 Art and Music | 1 |
| 200 Economics and Finance | 3 |
| 300 History | 6 |
| 400 Literature, Theater, and Writing | 10 |
| 500 Languages | 14 |
| 600 Philosophy and Religious Studies | 15 |
| 650 Humanities and Social Sciences | 16 |
| 700 Current Events | 20 |
| 800 Science, Technology, and Health | 22 |
| 900 Other Topics | 26 |
| Special Events | |
| 1000 Excursions | 30 |
| 1100 Diversions | 30 |
| 1200 Between Term Events | 31 |
| Clubs | 33 |
| OLLI Mason Policies | 38 |
| Friends of OLLI | 39 |
| Membership and Registration | 40 |
| Registration Form | 42 |
| Schedules | 44 |
| In-Person Program Locations | 49 |

Cover photo by Bob Heyer

The cover photo shows the OLLI Mason Walk & Talk Club at Daniel's Run Park. A former site for the Civil War Battle of Fairfax Court House, Daniel's Run Park offers hiking, picnicking, fishing, bird watching, and scenic beauty.

All About OLLI Mason

Who We Are

The Osher Lifelong Learning Institute at George Mason University (OLLI Mason) offers daytime courses, lectures, special events, and other activities during eight-week terms in the spring and fall, a four-week winter term, and a six-week summer term. There are no exams, no credits, no college degree required or offered, and no age threshold.

Course leaders are members of OLLI Mason, George Mason faculty, or others who enjoy sharing their knowledge. OLLI Mason is particularly proud of all of its volunteer teachers and speakers, many of whom are well-known experts in their fields. The views expressed are those of the instructors and do not reflect the official policy or position of OLLI Mason or George Mason University.

Members pay dues and may attend as many activities as they wish, subject to space availability. There may be charges for materials or for some special events.

OLLI Mason publishes an email newsletter (*OLLI E-News*), a catalog each term, an online membership directory, and a *Member Handbook*. An annual literary journal, *OLLI Ink*, and, from time to time, *The Poets of OLLI* collection, are also published.

OLLI Mason is one of many Osher Lifelong Learning Institutes affiliated with the Bernard Osher Foundation and is also a member of the Road Scholar Institute Network. OLLI Mason is a nonprofit, equal-opportunity 501(c)(3) organization and does not discriminate on any basis.

How to Join

To register online, go to olli.gmu.edu or complete the registration form on **page 40** and provide it to OLLI Mason with payment.

Give the Gift of OLLI

What better way to show appreciation for someone special than by giving an OLLI Mason eGift card? The card can be purchased in any amount to apply toward an OLLI Mason membership or event/materials fee. It makes the perfect retirement, birthday, or holiday gift. The gift of OLLI Mason is great: captivating classes, fabulous field trips, and sensational socials to indulge both mind and soul! Purchase the eGift card on the OLLI Mason member portal (olligmu.augusoft.net) or by emailing the OLLI Mason registrar: ollireg@gmu.edu.

George Mason University Privileges

OLLI Mason members with an annual membership are entitled to a George Mason University ID card, which provides library privileges, discounted Mason aquatic and fitness membership, and other benefits (subject to Mason policies). A free Mason email account with access to the Mason intranet is also available. To apply for an ID card/G Number, fill out an online application, available at <https://olli.gmu.edu/university-privileges/>

Status of Fall Term 2024

To optimize the OLLI Mason experience for everyone, OLLI Mason will provide in-person, Zoom, and hybrid offerings. Should you wish to experience OLLI Mason from the comfort of your home, you will have access to many excellent virtual offerings. If you plan to attend in-person offerings, we ask that you be aware of and are prepared to follow our most up-to-date health and safety protocols found on our website:

<https://olli.gmu.edu/health-and-safety/>

Membership Promotions

Fall 2024 Promotion: a one-time low fee of \$300 for those new to OLLI Mason who purchase an annual membership (those who have never been OLLI Mason members, are returning after a hiatus of more than a year, or have previously been introductory members and are converting to annual members).

George Mason and Northern Virginia Public School Retirees: a one-time annual membership discount of \$150, which may be applied to the special \$300 promotion (for those new to OLLI Mason).

**** IMPORTANT REGISTRATION DATES ****

**Fall term registration begins on
August 20th at 9:00 am and
continues throughout the term.**

Register online at olli.gmu.edu

Registrations also may be mailed to:
Osher Lifelong Learning Institute
4210 Roberts Rd., Fairfax, VA 22032

**Members are encouraged to
register before August 26th to
determine the viability of classes.**

OLLI Mason Organization

OLLI Mason is a member-driven organization with a volunteer Board of Directors, elected by the membership to 3-year terms, representing all OLLI Mason members. OLLI Mason programs and activities are developed, managed, and produced through the combined effort of member volunteers and OLLI Mason staff.

Board of Directors

President Debbie Engleson
Vice President..... Emily Roudebush
Secretary Bob Heyer
Treasurer Dick Crawford

| | |
|------------------|-----------------|
| Toni Acton | Dick Crawford |
| Marilyn Harriman | Suresh Mohla |
| Camille Hodges | Peter Ansoff |
| Bob Heyer | Zachary Teich |
| Michele Romano | Debbie Engleson |
| Carolyn Wyatt | Bonnie Nelson |
| Lillian Brooks | Harry Johnson |
| Emily Roudebush | |

Jennifer Disano, *Executive Director*

Other Key OLLI Mason Positions

| | |
|---|------------------|
| <i>Audiovisual Support</i> | Paul Howard |
| <i>Development</i> | Al Smuzynski |
| <i>OLLI E-News</i> | Paul Van Hemel |
| <i>Facilities</i> | Mel Russell |
| <i>Finance</i> | Dave Osterman |
| <i>Governance</i> | Peter Ansoff |
| <i>Landscaping</i> | Vince Modugno |
| <i>Member Services, Office Volunteers</i> | Toni Acton |
| <i>Member Services, Chair</i> | Toni Acton |
| <i>Outreach</i> | Debby Mossburg |
| <i>Strategic Planning</i> | Zachary Teich |
| <i>Website</i> | Dennis VanLangen |
| <i>Health and Safety Advisory</i> | Michele Romano |

OLLI Mason Program Planning

Committee Chairs.....Doris Bloch, Beth Lambert,
Kathryn Russell, Russell Stone, Bill Taylor
Loudoun Program...Vera Wentworth, Barbara Wilan
Reston Program Anita Lasansky
Lead Program Associate Shannon Kim Morrow
Program Associate.....Susan Job
Program planning subject group chairs are listed at the beginning of each subject section of the catalog.

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Shannon Kim Morrow, Stefan Hansen

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Mason mail stop number MSN 5C1

Courses: September 23 - November 15

Fairfax/Loudoun/Reston/Zoom

Fairfax courses are indicated by the prefix "F," Loudoun by an "L," Reston by an "R," and Zoom by the suffix "Z."
For in-person courses/events, see the 'In-Person Program Locations' page at the back of the catalog for locations and their addresses. Primary locations are used unless otherwise indicated.

Courses will be offered in various formats for the term. **Please carefully note the title format for each course** when considering your registration list. In-person offerings will follow the traditional title format (campus designation, course number; ex: **F101**). Zoom only offerings will follow the traditional title format but will include a 'Z' after the course number; ex: **F101Z**. Hybrid offerings will have both in-person and virtual title formats listed in the course description (ex: **F101 / F101Z**). You must decide which format you prefer when registering for hybrid courses and select the corresponding title format.

100 Art & Music

Program Planning Group Chairs:
Linda Harber, Christine Narbut

F101 / F101Z The Soundies: Music Videos of the 1940's

Mondays, 9:40–11:05, Sept. 23–Oct. 7

Three sessions

Instructor: Karen Wheelless

When do you think music videos were invented? If you think it was in 1981 with MTV you're off by four decades. Join this three-session class to learn about the 1940's three-minute music videos that are collectively called "Soundies." You'll see examples of the first film appearances of Nat King Cole, The Mills Brothers, Lawrence Welk, Doris Day, Cyd Charisse, Ricardo Montalban, and many others. Additionally, the class will cover the fascinating technological advances that made these early music videos possible and the social impact of allowing white audiences to easily see black, Latin, and other ethnic performers for the first time.

Karen Wheelless has spent a decade teaching university graduate and undergraduate courses in several areas of study, such as organizational behavior, writing, marketing, and IT policy and planning. She also had a previous career as a civil service executive in multiple federal agencies.

F102 / F102Z Music Sampler

Tuesdays, 9:30–10:55, Sept. 24–Nov. 12

Eight sessions

Note time

Coordinators: Linda Apple Monson, Ina Mirtcheva-Blevins
Fairfax Lord of Life Lutheran Church, 5114 Twinbrook Rd, Fairfax, 22032

This course highlights examples of the musical talent that abounds at Mason. Each week, knowledgeable and enthusiastic professors from the Dewberry School of Music of George Mason University, often accompanied by their most promising students, will generously share their musical gifts in presentations that are varied, lively, informative, and entertaining.

Linda Apple Monson, International Steinway Artist, serves as director of the Reva and Sid Dewberry Family School of Music

in the College of Visual and Performing Arts at George Mason University where she is a University Distinguished Service Professor. She has performed and lectured throughout the world.

Ina Mirtcheva-Blevins is a graduate of George Mason University with a Doctor of Musical Arts degree in Piano Performance. She currently teaches keyboard skills at Mason and is also a faculty member of the Mason Community Arts Academy.

F103 Watercolor Painting: Building Additional Skills Beyond Novice

Tuesdays, 2:15–3:40, Sept. 24–Nov. 12

Eight sessions

Instructor: Christine Narbut

Class limit: 12

Students will have the opportunity to continue developing watercolor painting skills with emphasis on composition, style, and techniques for landscapes, birds, and animals. In addition, guest artist **Marni Maree** will again teach one session demonstrating special techniques.

Chris Narbut has been a member of OLLI since 2018. She has taken watercolor classes at the Torpedo factory and has been instructing basic watercolor skills for OLLI for the past 2 years. She also coordinates the Dabbling Artists club. She retired from the Navy in 1992, and the Fairfax County Health Department in March 2017.

F104Z From Tin Pan Alley to Motown: Music's Intersection Between Entertainment, Politics and Social Justice

Wednesdays, 2:15–3:40, Sept. 25–Oct. 30

Six sessions

Instructor: Michael Agron

The Great American Songbook, rooted in New York City's Tin Pan Alley, is a rich tapestry of iconic standards that have left an indelible mark on Broadway, film, popular music, and jazz. Composers like Irving Berlin, the Gershwin Brothers, Dorothy Fields, Harold Arlen, Yip Harburg, Rodgers & Hammerstein II, Leonard Bernstein, and Stephen Sondheim didn't merely compose melodies; they also addressed pressing social issues such as domestic violence, race, civil rights, ethnicity, and lofty ideals. Beyond Tin Pan Alley, the tradition persevered, with Brill Building songwriters like Carole King & Gerry Goffin, Cynthia Weil & Barry Mann, and Motown's Stevie Wonder and Marvin Gaye. The rise of the Folk Rock era

in the sixties, championed by figures like Bob Dylan, Peter, Paul & Mary, the Buffalo Springfield, and the Byrds, further contributed to its legacy. In this series, we unravel the narratives behind these songs, examining how they confronted the challenges of their time while still resonating today. Through over 100 recordings and videos of over 60 singers and groups, we illuminate how these artists navigated the complex interplay of entertainment, patriotism, politics, and social justice.

Michael Agron returns to OLLI Mason for his second lecture series. He grew up in LA, the heart of the recording and entertainment industry. He loved music so much he wanted to become a recording engineer. Fate had different plans and he ended up with a successful career in hi-tech, including founding a webinar marketing agency. He has been fortunate enough to fulfill his musical and entertainment passions by offering his varied and unique popular seminars thirteen times to members the Sacramento Renaissance Society at Cal State University Sacramento and to numerous OLLI organizations across the country.

F105 Singing for Fun

Thursdays, 2:15-3:40, Sept. 26–Nov. 14

Eight sessions

Instructors: Gayle Parsons, Linda Harber, Linda Gordon

Bring your voice, and if you wish, your guitar, ukulele, or other instrument, and join us in singing songs that span the time from the 30s to today. The only singing talent required is a desire to sing. Class members are encouraged to bring in songs they would like the group to sing. We have an enthusiastic keyboard accompanist, a percussionist, an occasional banjo, and a great deal of fun.

Gayle Parsons is retired from a career in tax law. She has been playing keyboard for Singing for Fun classes for about ten years—and is thrilled to still be co-leading this fun class!

Linda Harber has been an OLLI member since 2018 when she retired as Mason's VP of Human Resources and Payroll. She is on the OLLI Arts and Music work group, is the current president of Friends of Music at Mason, and a singer from her school years. It is a joy to sing again with OLLI's Singing for Fun.

Linda Gordon is retired from a federal career in refugee and immigration statistics and policy. She has sung with Singing for Fun for more than 10 years and is happy to be singing again.

F106Z Songs From America's Wars

Thursday, 2:15–3:40, Oct. 3

One session

Instructor: Matthew Sabatella

This program presents music from American military engagements, including the American Revolution, the War of 1812, the Civil War, the Spanish-American War, and both World Wars. The instructor will sing and display relevant historic images.

Matthew Sabatella holds a BA in Music from the University of Miami and an MA in History from Florida International University. He is the founder and president of BalladofAmerica.org, a nonprofit organization that preserves and celebrates music from America's diverse cultural history. He performs regularly, both as a solo artist and as the leader of the Rambling String Band. He teaches about America's music, in person and online, at lifelong learning institutes, including Florida Atlantic University, George

Mason University, Florida International University, University of Miami, and Nova Southeastern University.

F107 / F107Z Odd Time Signatures in Music: What is Really Odd and What Is "Normal"?

Tuesday, 11:50–1:15, Oct. 8

One session

Instructor: Walt Todenhoft

This class will explore the different pulse patterns in music, as well as the cultural and style differences that influence them. There's a lot more to music than two, three or four beats in a measure. Get ready to count on your fingers.

Walter Todenhoft was a member of the Army's Old Guard Fife and Drum Corps from 1982-1984 and the United States Army Band, "Pershing's Own," from 1984 until 2012. He was a tour guide at the U.S. Capitol from 2013-2019 and is now a free-lance tour guide for the D.C. area. He holds a Bachelor's of Music Education from Indiana University and a Master's degree in Clarinet Performance from the University of Maryland. Before joining the Army, he was a band director in Montana and Roanoke, Virginia.

F108Z Exploring the Value of Art

Monday, 11:50–1:15, Oct. 14

One session

Instructor: Brian Harte

Coordinator: Dennis VanLangen

As an art enthusiast, the instructor will share insights on navigating the world of art ownership, investment, and enjoyment. This course will delve into crucial indicators of an artwork's value, offering guidance on distinguishing between pieces with potential appreciation and those solely for personal pleasure. From understanding market trends to recognizing artistic merit, the class will explore what to look for when investing in art and how to make informed decisions. The instructor will discuss the joy of collecting art for leisure, emphasizing the importance of personal taste and emotional connection in building a meaningful collection. Additionally, the instructor will touch upon practical tips for selling art, empowering you to navigate the process and maximize returns confidently. There's no wrong way to buy art—each acquisition is a unique journey shaped by individual preferences and experiences.

Brian Harte is a financial advisor with over 20 years of experience in art collecting. He has worked closely with artists and galleries for 15 years. Harte's specialization in comic art has allowed him to gain an in-depth understanding of this niche market, which he uses to provide valuable guidance and perspective to fellow enthusiasts and investors. He is passionate about the intersection of art and finance and continuously explores new opportunities to share his knowledge with the community. His expertise and insights into the art world have equipped him to engage audiences through his podcast. He attended VCU from 1996 to 2001 and studied Music and Art.

F109Z Artificial Intelligence and Art

Friday, 1:00–2:30, Nov. 8

One session

Instructor: Hugh Leeman

Uncover the backstory to the birth of Artificial Intelligence intersecting with visual art. From the middle of the 20th

century in Middle America, early electronic compositions paved the way for artists, engineers, and technologists to lay the foundations upon which today's visual worlds seemingly construct themselves. Peer past the threshold of tomorrow as we enter an era promising to augment human capabilities yet posing ethical and philosophical questions that weave the past within the dawn of a new age.

Hugh Leeman is an artist and lecturer teaching art history in English and Spanish. His lectures focus on the manifestation of social power structures and the spiritual realm in pre-modern art and the future of images' ability to re-engineer social constructs.

F110Z "Something Always Comes out of Innovations": 1874 and the Birth of Impressionism

Friday, 1:00–2:30, Nov. 15

One session

Instructor: Christopher With

150 years ago, the art world was turned upside down. Tired of the uninspired conservatism of the Paris Salon, a group of artists banded together to exhibit a new, personal vision of aesthetic creativity. Calling themselves the Anonymous Society of Painters, Sculptors, and Printmakers, thirty artists staged the first—of what would become several—exhibitions in the spring of 1874. Initially, they were not called "Impressionists." The term emerged during the run of the exhibition. An unsympathetic journalist used the sarcastic synonym "unfinished" to critique one of the paintings. Despite the opprobrium, "Impressionism" became one of France's greatest cultural achievements. To unravel all this, the class will look at the historical/political/cultural background; evaluate academic painting; describe the "impressionist" style; recount the history of the 1874 exhibition; and, finally assess its lasting influence. Although this class is designed as a preview of the "Paris 1874: The Impressionist Moment" show at the National Gallery of Art (see trip 1206), it can be taken as a stand-alone class.

Christopher With worked in the education department of the National Gallery of Art for 32 years and has a PhD in German history from the University of California, Los Angeles.

R111 Meet the Artists

Thursdays, 2:15–3:30, Sept. 26–Oct. 31

Six sessions

CenterStage at Reston Community Center, Hunters Woods

Sept. 26: Monson Piano Studio. Dr. Linda Apple Monson, International Steinway Artist, serves as director of the Dewberry School of Music of George Mason University. This inaugural recital of the Fall Meet the Artists Series will feature Dr. Monson's phenomenal artists from around the world performing an exciting program of dramatic and lyrical solo piano works by Beethoven, Chopin, Rachmaninoff, Ginastera, and additional amazing composers that you will love!

Oct. 3: Dr. Anna Balakerskaia and her Piano Studio.

Dr. Balakerskaia, who teaches piano and chamber music

performance and is known for her own piano flair and brilliance, will perform. The recital will also feature her outstanding students at the George Mason University Dewberry School of Music. Please come and enjoy an afternoon of listening to wonderful music.

Oct. 10: Mark Irchai returns to one of his favorite venues, the CenterStage. His latest solo piano recital, "The Forest Reverie", encompasses the changes of the fall season with "Waldszenen/Forest Scenes" by Robert Schumann, and "On an Overgrown Path" by Leos Janacek.

Oct. 17: Tallwood Trio. Nancy Riley (vocalist), Alan Wenberg (piano), Ron Musselwhite (drums), and guest artists will perform Great American Songbook, jazz, and contemporary selections.

Oct. 24: Olga Simonova, Russian-American pianist, composer, and Reston resident will perform the world premiere of her original piano compositions. Her contemporary, cinematic style is full of echoes of the past.

Oct. 31: Beverly Cosham, cabaret singer. Cosham has performed at nightspots all over the country from Los Angeles to New York to San Antonio, as well as in theatres throughout the Washington area.

200 Economics & Finance

Program Planning Group Chairs:

**Brenda Bloch-Young, Leo Brennan,
Marvin Singer, Ray Willson**

F201 / F201Z What If Kit

Mondays, 11:50–1:15, Sept. 23–Sept. 30

Two sessions

Instructor: Kay Bransford

Coordinator: Brenda Bloch-Young

Given that 7 out of 10 adults over 65 will need three or more years of Long Term Care services, having your daily personal finances documented and organized is a blessing to those who will step in to help you. This isn't just something that older adults should do, it is something EVERY adult should have done. Online access and electronic billing make it difficult for others to step in and manage bill payments, even if only temporarily. With hope that people will at least document the basics, Kay wrote the *What If Kit* and gives it away. The super organized can get this done in an hour, but we are going to spend two sessions to discuss, understand, and learn why having finances documented and organized serves every adult. Each participant can leave with a guidebook to serve your loved ones when they need it.

Kay H. Bransford had a corporate career, but after living as an adult-child caregiver for her parents, she transitioned to serve as a professional financial advocate. Kay founded MemoryBanc in 2012, and received an "Older-Adult Focused Innovation" award from the AARP Foundation. She also wrote *MemoryBanc: Your Workbook for Organizing Life*, which was named a "Book of the Year" by *Today's Caregiver*, and serves as power of attorney and trustee. She has seen the 200 things that can go right and wrong when it comes to estate planning and navigating daily personal finances. Kay has whittled down the basic information every adult should document

in the hopes that people will actually record it so their loved ones can help when needed.

F202 / F202Z Current Economic Events and Their Effect on You

Tuesdays, 9:40–11:05, Sept. 24–Nov. 12

Eight sessions

Instructor: Elliot Dubin

This course will examine and discuss the major recent economic events and their impact on households and how the reaction of households to these events can affect the economy. The major topics that will be discussed include, but will not be limited to: (1) Immigration: What are the benefits and what are the costs? (2) International Trade and Industrial Policy: Who benefits from trade and who loses? (3) Growing inequality in income and wealth: Is it necessarily a bad thing? (4) The economic impact of increasing Federal debt (5) Financing the costs of higher education: Would canceling student debt help increase access to higher education? (6) Social Security and Medicare: How will the looming huge deficits in these trust funds affect you; e.g., cuts in benefits, raises in taxes, or a combination of both? (7) Inflation and Disinflation: Its causes and effects and the policies needed to moderate it. Students will have the opportunity to suggest other topics.

Elliott Dubin was the director of Policy Research at the Multistate Tax Commission. Currently, he is a member of the Board of the VA 529 Plan and treasurer of the nonprofit Hartwood Foundation.

F203 / F203Z The Investment Forum

Wednesdays, 11:50–1:15, Sept. 25–Nov. 13

Eight sessions

Moderator: Al Smuzynski

The Investment Forum, which has been meeting continuously since 1995, addresses investment topics of particular interest to retirees. A weekly agenda is distributed, and sessions begin with an open discussion of recent events in the economy and the financial markets, and their impact on investment decisions. Member presentations and discussions typically include such topics as: recent market indicators, stocks, bonds, funds, real estate investment trusts, options, commodities, sector allocations, investment strategies, and choosing financial advisors. Investment trades are collected each week from Forum members, and those trades are discussed. The class uses analyses and data from the financial press.

Al Smuzynski is a retired federal bank regulator, banker, and real estate developer, and has led the Investment Forum since 2011.

F204Z Economics Potpourri

Thursdays, 9:40–11:05, Sept. 26–Oct. 31

Six sessions

Instructors: Dan Klein, Daniel Houser, Thomas Stratmann, Peter Boettke, Vincent Geloso, Robin Hanson

Coordinator: Brenda Bloch-Young

Sept. 26: Commanding Passions: Adam Smith on Self-Command. Professor Dan Klein

Oct. 3: Choosing Friends. Professor Daniel Houser

Oct. 10: Native Americans: Economics Before and After European Contact. Professor Thomas Stratmann

Oct. 17: The Road to Freedom: Estonia's Rise from Soviet Vassal State to One of the Freest Nations on Earth. Professor Peter Boettke

Oct. 24: The Economics of Inequality and Income Mobility. Professor Vincent Geloso

Oct. 31: Cultural Drift. Professor Robin Hanson

F205 Federal Deficits and Debt: Putting Short-Term Patches on Medicare, Medicaid and Social Security

Tuesdays, 2:15–3:40, Oct. 29–Nov. 5

Two sessions

Instructor: Jim Cantwell

This class will look at federal revenue, expenditure, deficits and debt. It will examine three policies to respond to the current deficits: Universal Medicare Part A, shifting remaining Medicaid to the States, and limiting COLA increases in all federal programs subject to annual cost of living increases.

Jim Cantwell is chair of the OLLI Philosophy and Religious Studies program planning group and has taught numerous courses at OLLI.

F206Z Are You Financially Fit to Live to 100?

Wednesday, 2:15–3:40, Oct. 9

One session

Instructors: Mike May, Ray Willson

Coordinator: Brenda Bloch-Young

This course will cover the basics of annuities as an option for retirees to ensure a steady stream of income in their later years, while avoiding the risk of outliving their savings. We'll explore the benefits and drawbacks of annuities, as well as factors to consider before investing in one. By the end of this session, you'll have a better understanding of whether an annuity is a good option for your individual financial situation, goals, and risk tolerance. Ultimately, whether or not an annuity is a good option for a particular retiree will depend on their individual financial situation, goals, and risk tolerance. It's important to carefully weigh the potential benefits and drawbacks of annuities, and to consult with a financial advisor or planner before making any investment decisions.

Mike May is an independent financial planner/advisor specializing in retirement, investment, long term care, and life insurance planning for individuals and couples for over 30 years. Mike has been teaching various financial planning classes at OLLI for over 10 years.

Ray Willson has been an OLLI member since his second retirement in early 2018. Following a 28 year career as an Air Force pilot and staff officer, worked as a management consultant, then transitioned to the civil service on the staff of the Assistant Secretary of the Air Force for Acquisition, Technology and Logistics.

Update Your Zoom!

Zoom regularly provides updates to release new features and fix bugs. To receive the best video and audio experience, remember to check for updates.

F207 / F207Z SECURE ACT: Inherited IRA and 401(k) Rules Explained

Tuesday, 11:50–1:15, Oct. 15

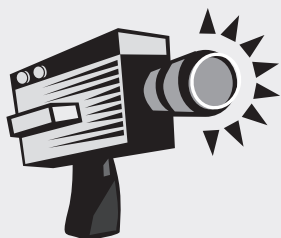
One session

Instructors: Michelle Washington, Kristian Sheils

Inherited individual retirement accounts (IRAs) have long been a method to allow non-spousal beneficiaries to inherit an IRA account and let the account continue to grow on a tax-deferred basis over time. Rules surrounding IRAs and 401(k) plans have changed throughout the years. In December of 2019, the Setting Every Community Up for Retirement Enhancement (SECURE) Act was signed into law as part of two end-of-year spending bills. This eliminated the rules that had permitted the stretch IRA strategy for sheltering distributions from IRA accounts for any non-spouse who inherits a retirement account from someone who died after Dec. 31, 2019.

Michelle Washington is unit supervisor and insurance sales representative with Bankers Life and Casualty Company, as well as a financial advisor with Bankers Life Securities, Inc. and Bankers Life Advisory Services, Inc. Michelle has over 17 years of industry experience.

Kristian Sheils is an insurance sales representative with Bankers Life and Casualty Company and an investment sales assistant with Bankers Life Securities, Inc. and Bankers Life Advisory Services, Inc. Kristian has over eight years of experience in the industry.



OLLI Mason Recorded Class Archive

*(Classes at Your
Convenience!)*

Is there a virtual class that you are interested in registering for, but the timing conflicts with other obligations? Will you be traveling during term and can't guarantee internet reliability, or you live in another state? Between terms, do you have free time to learn about a potential new hobby or a subject that you normally wouldn't sign up for? If the answer to these questions and others like it is yes, then problem solved!

Many of OLLI Mason's virtual classes are recorded so that members can view them afterwards. The online library of classes, both from the current term and past terms, is located on the OLLI Mason website (olli.gmu.edu/class-video-recordings/). Only current members may access the video library, so you will need the passcode. For the current passcode, please check your Daily Schedule email.

Happy viewing!

F208Z Living Trusts and Other Estate Planning Ideas and Alternatives

Tuesdays, 2:15–3:40, Oct. 15–Oct. 29

Three sessions

Instructor: Molly Garrett

Coordinator: Brenda Bloch-Young

This course will teach participants about the benefits of creating and using a revocable living trust as part of the estate plan. The instructor will discuss the potential drawbacks and special considerations and will compare different estate planning approaches using a trust vs. using more simple wills. She will also talk about recent developments with regard to estate tax issues, including the sunset of the estate tax exemption amount and changes in the law regarding naming a living trust as a beneficiary of a retirement account; how and when to do it. Additionally, the instructor will tie in the use of living trusts with health care decisions and how one can be protected and cared for in the twilight years. She will also cover probate and trust administration and will review the requirements of an executor and which assets are subject to probate. Also discussed will be the steps required of a trustee and executor in reporting, notifying beneficiaries and accounting of estate assets. Finally, participants will also get an introduction to guardianship and conservatorship actions and when they would be necessary.

Molly Garrett advises individuals, families, and small business owners on estate and gift planning needs and enjoys working one-on-one with clients to create specialized and personally tailored approaches to their succession planning. She is a member of the National Academy of Elder Law Attorneys.

F209Z Equity Investment Ideas from GMU Finance Students

Wednesdays, 3:30–4:30, Nov. 6–Nov. 13

Two sessions

Note time

Instructor: Derek Horstmeyer

Coordinators: Brenda Bloch-Young, Marvin Singer

Several years ago, GMU created a Student Managed Investment Fund (SMIF). This is an equity only fund managed by students. Members present their research to the student finance committee for voting to decide what stocks to buy or sell. The instructor, professor, and fund advisor will moderate each session selecting his best students to share their investment ideas with OLLI members.

Derek Horstmeyer is a professor of finance at George Mason University's School of Business, specializing in corporate finance. His research focuses on boards, ETF and mutual fund performance, and hedge fund activism. Dr. Horstmeyer also writes a monthly column for the *Wall Street Journal* on cutting-edge research in finance, and his work has been cited in *Forbes*, *Bloomberg*, *CNBC*, *Fortune*, *PBS NewsHour*, *the New York Post*, *USA Today*, *CNN*, *The Washington Post*, *the LA Times*, and many other outlets. As a dedicated teacher, he helped create and lead the first student-managed investment fund at GMU, helped develop numerous degree programs such as GMU's M.S. in Finance and CFA tracks, and currently serves as director of the new Financial Planning & Wealth Management major at Mason.

300 History

Program Planning Group Chairs:
Emmett Fenlon, Irene Harworth,
Beth Lambert, Bernie Oppel

F301Z I Was There

Wednesdays, 9:40–11:05, Sept. 25–Oct. 2

Two sessions

Coordinator: John Quinn

This course will provide firsthand accounts of significant historical events that OLLI members themselves personally participated in or witnessed, either at or behind the scenes. Such accounts may include for example, presence at some manmade or natural disaster such as Three Mile Island or the Mount Saint Helen's eruption, participation in high-level federal agency deliberations during a significant international crisis, participation in some significant military operation such as the Iran hostage rescue attempt, or the killing of Osama Bin-Laden. This course will NOT include personal accounts of where one was or what one thought when significant newsworthy events occurred.

John Quinn has moderated for over five years in the OLLI What's in the Daily News class. He has made presentations on flying, Civil War history, and American battle music. He is a retired Navy Captain, with subsequent SES civilian service.

F302 / F302Z The Historical Origins of the North Atlantic Treaty Organization

Wednesday, 2:15–3:40, Sept. 25

One session

Instructor: Michael McGregor

Recently some have questioned the utility of the North Atlantic Treaty Organization. In 1949, in the aftermath of World War II, the U.S. spearheaded its creation. The signing of the NATO Treaty in 1949 marked a major turning point in the transition into the Cold War. This class will examine the origins of the NATO Treaty and its development through its first decade. This class will also discuss the relevance of NATO today.

Michael McGregor currently works as a contractor for the Department of Health and Human Services. Michael's research has focused on the history of the U.S. presidency and the Lend-Lease Act. Michael received his Master of Arts in History from George Mason University.

F303 / F303Z The Imperial Presidency: From Woodrow Wilson to Joe Biden, Part Two

Thursdays, 9:40–11:05, Sept. 26–Oct. 17

Four sessions

Instructor: Michael McGregor

This course is a continuation of the winter 2024 term course, F305/F305Z Imperial Presidency, which focused on George Washington to Teddy Roosevelt. In 1974, Arthur Schlesinger Jr. wrote a book popularizing the "imperial presidency." We will continue the examination of the power of the modern presidency with a look at whether each president from Woodrow Wilson through Joe Biden acted like a king. The course will also examine the role of

Congress in permitting the "imperial presidency."

Michael McGregor currently works as a policy analyst at the Department of Health and Human Services. Michael's research has focused on the history of the U.S. Presidency, Franklin Roosevelt, Congress, and the Lend-Lease Act. Michael received his Master of Arts from George Mason in 2012.

F304Z Beyond a Bridge Too Far: Arnhem and the Lessons of History

Monday, 11:50–1:15, Oct. 7

One session

Instructor: Tim Mulligan

Thanks to Cornelius Ryan's narrative history and the subsequent 1977 blockbuster film, the story of the failed Allied effort to seize a key bridge over the Rhine River at Arnhem, the Netherlands, is a familiar one. But the ultimate Allied victory and later historiography has more obscured than revealed the underlying causes and significance of the defeat. This class will consider these issues as well as provide an overview of Operation Market Garden, especially in terms of consistent patterns in studying military history.

Timothy Mulligan earned his MA and PhD in Diplomatic History at the University of Maryland. For 34 years, he served as an archivist with the National Archives and Records Administration, specializing in American military and captured German records. He is the author of three books and twenty plus articles.

F305 / F305Z Descent to Civil War

Wednesdays, 9:40–11:05, Oct. 9–Oct. 16

Two sessions

Instructor: Randy Ferryman

Major political figures and a majority of Americans in multiple public surveys have concluded that the American political system is currently under stress not experienced since the antebellum period prior to the breakdown of the system that led to the Civil War. This course aims to lay out the circumstances and key factors that broke the system to provide a historical foundation for determining the level of stress our current system is experiencing. Many similarities and dissimilarities between the earlier period and today will be highlighted, particularly as they can be viewed during the highly contentious political tension that occurred in the 15 years prior to the election of Abraham Lincoln in 1860. The roles played by major political actors, political parties, the presidency, Congress, the Supreme Court, and slavery will be examined.

Randy Ferryman is a retired Central Intelligence Agency senior officer who has taught Civil War history at OLLI Mason since 2016. He has guided 50 tours of major Civil War battlefields for national security professionals. Mr. Ferryman has a B.A. in History and an M.S. in Administration.

F306 / F306Z Brunelleschi's Dome: Renaissance of Architecture

Mondays, 2:15–3:40, Oct. 14–Oct. 28

Three sessions

Instructor: Ed Baranoski

Filippo Brunelleschi's dome of Florence's Cathedral of

Saint Mary of the Flower (Santa Maria del Fiore) has long amazed and inspired both religious and secular observers alike. It was a remarkable feat of engineering design that brought forth many innovative concepts in both architecture and construction. This course will explore the intricate coupling between history, architecture, art, and the spark of the renaissance enlightenment that led to Brunelleschi's marvel. We will cover the prior state of the art, the thriving Florentine culture of the Renaissance in which Brunelleschi lived, and the remarkable design innovations required to build the dome.

Ed Baranoski is a retired engineer now exploring multiple intellectual and artistic endeavors. He has formerly worked for MIT Lincoln Laboratory, DARPA, and other defense research roles in and out of the government. He has a PhD from Carnegie Mellon and is an IEEE Fellow.

F307Z Battleships

Wednesdays, 9:00–11:00, Oct. 23–Nov. 13

Four sessions

Note time

Instructor: Buck Beasom

The Age of Battleships spanned less than 80 years. For much of that period, battleships were either not ready for prime time or they were well past their prime. Yet during that period, they were the symbol of both national pride and national humiliation and an enormous drain on their national treasuries. They provided a stage for heroes and scoundrels, the fools and the wise, and much more, while burgeoning modern states confronted the decaying monarchies on the seas. Men and ships were sacrificed on the most ill-starred objectives and through it all, barely a handful of engagements between battleships, cruisers or even destroyers produced a decisive result. This course follows the development of the battleship from the first ironclads to the giants of World War II. It traces the development of primitive steam engines, the slow but inevitable shift from pistons and coal to turbines and oil, the early triumphs and disasters of battle fleets, and the vast and far-flung engagements of the great dreadnoughts. And we will look at the big guns, with ranges so great their aim required an adjustment for the curvature of the Earth.

Buck Beasom's career includes 40 years of professional experience as a VP finance and applications developer and 30 years teaching business and history courses. A long-time student of World War II, he has developed multi-media courses on the air war in Europe and in the Asia/Pacific Theater.

F308 Centreville's Civil War Fortifications and the Path to War

Thursdays, 2:15–3:40, Oct. 24–Nov. 14

Four sessions

Instructor: John Carter

A Centreville historian once lamented "a complete history of the Civil War fortifications at Centreville, Virginia had never been written," which for him only applied to the Confederates' occupation of the works. A complete history must also include the Union occupation of those

works, and also the civilian population of Centreville. Its location on a high ridge between Washington and Manassas ensured the war would come sooner or later to the village. The 150-year-old village was always connected to events in both Virginia and the new nation. In 1862, Matthew Brady's photographers came to Centreville after the Confederates withdrew. They deliberately staged photographs creating an image of a fortification which was insignificant, and a village which was lifeless and dying. Through letters and narratives, this course attempts to breathe life back into both. The early history of Centreville up to the 20th century will be covered.

John Carter has an AA in History from Ferrum College; a BA in History from the University of Tennessee; an MA in History and an MA in Psychology from George Mason University. He had a career of forty years in college admissions.

F309 Intelligence History Speaker Series

Thursday, 5:30–6:30, Oct. 24

One session

Note time and location

Instructors: Keith Melton, Hayden B. Peake

Coordinator: Lynn Eaton

Fenwick Library Main Reading Room, George Mason University

The George Mason University Libraries and Special Collections Research Center (SCRC) are hosting the first speaker in our new Intelligence History Speaker Series. **Keith Melton**, a historical advisor to intelligence agencies, author, owner of the world's largest collection of espionage devices and equipment, and a founding member of the International Spy Museum's Board of Directors, will open the series up with a presentation on some of his most memorable experiences building his collection and work. **Hayden B. Peake**, donor of the Peake Historical Intelligence Collection of over 10,000 publications documenting both historical and fictional accounts of intelligence from Elizabeth I to the present held at the Mason SCRC, will also give remarks. Refreshments will be served, followed by a display of materials from the Hayden B. Peake Historical Intelligence collection.

F310 / F310Z "Once a Cheka, Always a Cheka": Vladimir Putin's Rise from KGB Officer to Ruler of Russia

Friday, 11:00–12:25, Oct. 25

One session

Note time and location

Instructor: Elva Card

The Landing, 2620 Main Line Boulevard, Alexandria, 22301

Russian rulers routinely used a secret police force to maintain control of their people. Following the overthrow of the czar and his secret police in 1917, Vladimir Lenin established the Cheka, his own secret police. Lenin used the Cheka to instill terror and subdue all opponents, including suspected counter-revolutionaries, Whites, Tsarists, liberals, clergy, wealthy peasants resisting

Communist rule, and anyone who might oppose him. While the tactics remained brutal, the Cheka went through several name changes, to GPU, NKVD, KGB. In 1985, Vladimir Putin was a low-level KGB officer, stationed in Dresden, Germany. Under a cover identity as a translator, he was a mid-level liaison to the Stasi, the East German intelligence agency. Fifteen years later, in 2000, he was elected president of Russia. He has remained in power ever since. In this session, the class will study his career and the ways in which his KGB training facilitated that rise.

Elva Card taught World History in Fairfax County schools for 31 years. She has a BA in History from George Washington University, and a MA in History from George Mason University.

F311 The Election of 1800

Monday, 11:50–1:15, Oct. 28

One session

Instructor: Dr. Peter Henriques

Coordinator: Velma Berkey

On any short list of pivotal moments in American history, the election of 1800 will always have a central place. It is the first modern political campaign in our history. History does not repeat itself, but it tends to be repetitious because human nature repeats itself, and one can find surprising parallels between that election and our current election. Adding to its appeal, the election of 1800 involved larger than life figures: Thomas Jefferson, Alexander Hamilton, John Adams, and Aaron Burr.

Peter R. Henriques received his PhD in History from the University of Virginia and is professor of History emeritus, at George Mason University. He is the author of *First and Always: A new Portrait of George Washington*, *Realistic Visionary: A Portrait of George Washington* and *The Death of George Washington: He Died as He Lived*. Honors include a George Washington Fellowship by Mount Vernon and the George Washington Memorial Award given by the George Washington Masonic Memorial Association. Dr. Henriques recently presented the Distinguished Lecture Series at Colonial Williamsburg.

F312 / F312Z The Marshall Plan: An American Success Story

Monday, 2:15–3:40, Oct. 28

One session

Instructor: Elva Card

The European Union has provided prosperity, peace, and democratic government to the countries of Western Europe. But the history of those countries could have been very different. In 1945, World War II was over. Americans happily turned inward, enjoying peace. The U.S. had saved Europe from Hitler. What more did we need to do? The situation in Europe was dire. The continent had been bombed extensively and infrastructure destroyed. People were cold and hungry. In every country, there were Communist parties seeking to gain control. Stalin had plans. Fortunately, for both Europe and the U.S., the American Secretary of State, George Marshall, saw the danger and had a solution—the Marshall Plan. The U.S. helped Europe rebuild by sending food and

machinery, and instead of creating a bulky bureaucracy, the Europeans were tasked with managing it. They had to work together: the French, the British, even the Germans. It laid the basis for the European Union. The Marshall Plan—an American Success Story!

See F310/F310Z for instructor information.

F313 / F313Z Sponsored by GMU Retired Faculty Association: Putinism's Origins in 1990s Russia

Wednesday, 2:15–3:40, Oct. 30

One session

Instructor: Steven Barnes

Coordinator: Julianne Mahler

In order to understand the origins of Putin's authoritarianism and Russia's war on Ukraine, we must delve into the history of Russia since the collapse of the Soviet Union. The 1990s collapse and the failures of transition provided the necessary preconditions for the rise of an authoritarian leader out of a moment of democratic hopes. While the rise of a Putin may not have been inevitable, it became likely in ways that raise important broader questions about the world's current authoritarian moment.

Steven Barnes is director of the Program in Russian and Eurasian Studies and associate professor of Russian and Soviet History. His research focuses on forced labor in the Soviet Union, and he has conducted extensive field research in Russia and Kazakhstan. He teaches broadly on modern eastern European history.

F314Z November 11, 2024: Honoring America's Veterans

Monday, 11:50–1:15, Nov. 11

One session

Instructor: Barbara Nelson

The instructor's father was a fighter pilot in World War II, and since she was a little girl, she has respected the contribution of service members. In 1947, Navy veteran Raymond Weeks wrote a letter and personally delivered his petition to then Army Chief of Staff General Dwight Eisenhower to expand Armistice Day to include all American veterans of all wars. In 1954, President Eisenhower signed legislation that changed November 11

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ollireg@gmu.edu

to Veterans Day and proclaimed it a national holiday. This class will discuss American heroes, beginning with World War II veterans—officers and enlisted, men and women—and discuss their service to our country.

Barbara Nelson, an OLLI member, taught for over 30 years at the secondary level, the last 20 at Thomas Jefferson High School for Science and Technology. She has taught literature classes at OLLI, as well as art history classes that are based on National Portrait Gallery exhibits.

F315 Mason Libraries OLLI Member Panel Discussion: Women's Reproductive Rights

Thursday, 4:30–6:30, Nov. 14

One session

Note time and location

Instructor: Dr. Iccha Basnyat

Coordinator: Lynn Eaton

Fenwick Library Main Reading Room, George Mason University

The annual Mason Libraries and OLLI moderated panel discussion will focus this year on the topic of women's reproductive rights and the history of how those rights came to be legalized as well as challenged. OLLI members will discuss their observations and experiences related to this topic with a GMU faculty member. Refreshments will be served.

Iccha Basnyat (PhD, MPH) is an associate professor of Global Health Communication in the Global Affairs Program with a joint appointment in the Department of Communication. Dr. Basnyat received her B.A. in Communication from the University of Utah, MPH from the University of Massachusetts-Amherst, and Ph.D. in (Health) Communication from Purdue University. Before joining Mason, Dr. Basnyat taught in the Department of Communication & New Media at the National University of Singapore for a decade and in the School of Communication at James Madison University.

L316Z Why the Founders Knew that Character Mattered

Tuesdays, 9:40–11:05, Sept. 24–Oct. 1

Two sessions

Instructor: Heather Dudley

The founders of our country knew they were creating a system of government that would give more liberty to more people than had ever experienced it before. They were also keenly aware that liberty could lead to anarchy and chaos. History had demonstrated, and religion emphasized, that people were weak and prone to corruption. Free people can make bad choices. The only thing that could assure the survival of our system of government, therefore, was the moral quality of the citizenry. Only virtuous citizens would elect good people who would pass laws beneficial to the common good. The idea that self-government ensured liberty but that self-government was dependent on virtue has been displaced by a glorification of wealth and power—being a winner! Madison wrote that “virtue is the vital principle of a republic, and it cannot long exist without frugality, probity, and strictness of morals.” Yet today virtue is so far gone from our modern theory of liberty that we no longer mourn the loss.

Heather Dudley taught at the high school and college level. She has an MA in History, an MA in Psychology, and a Doctorate from Georgetown University. She writes a blog—charactermattered.org—and is the author of a book on the founders: *The Free and the Virtuous: Why the Founders Knew that Character Mattered*.

L317 Indian Law in America

Thursdays, 9:40–11:05, Sept. 26–Oct. 3

Two sessions

Instructor: Al Carroll

Natives are the only ethnic group in America where most crime victims are victimized by those of another race, whites. Tribal law, police, and judges operate under restraints no one else has. How have they dealt with high rates of drug trafficking, human trafficking, sexual assaults, and relatively recent gang problems? How do current crime problems compare to historically low tribal crime rates? Why did they change?

Al Carroll has been a history professor at Northern Virginia Community College since 2010 and is the author or editor of four books and numerous articles.

L318 / L318Z Steerage

Thursday, 2:15–3:40, Sept. 26

One session

Instructor: Mark Weinstein

Steerage was the ordeal that our forbearers endured leaving the Old World, traveling in the lowest category of passenger accommodations on westbound trans-Atlantic steamships at the end of 18th and early 19th centuries. Stories of steerage have passed down in our collective folklore for four generations. For many families, it is a badge of honor that our forbearers thrived from their humble beginnings, having arrived here penniless but full of hope. Between 1880 and 1914, an estimated 20 million European immigrants came to the U.S., virtually all by steerage. Europeans had been sailing west to the new world since the 1520s, first in small sail-powered vessels, then in about 1840, on steam/sail vessels with larger passengers and cargo capacity and shorter times at sea. But passenger capacities were small and the passage was still about a month. Steerage came about through the convergence of a number of disparate events: political and economic failures and upheavals in Europe that drove the masses to go someplace else—often to America, with its growing need for city and farm labor and the arrival of new competitive, corporate-based transatlantic shipping lines and their need to fill their significantly larger ships. These larger ships came at the confluence of new larger ship building yards and the highly competitive American, British, German, Scandinavian, and Dutch shipping lines that traveled specifically to the U.S. To fill their ships, the companies had agents all over Europe selling steerage tickets. The vessels' top decks carried first and second class passengers in reasonable comfort. The third deck carried cargo. The empty bottom became the cheap, sardine-can like, communal third class steerage areas. Hundreds, if not thousands of immigrants were jammed

into these spaces on just one ship. The discussion will emphasize steerage's communal living spaces and its grim conditions with archival photos and sketches. The instructor will relate his maternal grandparents' steerage voyage.

Mark Weinstein is a seventeen-year OLLI member and is two generations from steerage. He is a retired electrical engineer and a docent at both Smithsonian Air and Space Museums. He started building model aircraft when he was 10 and spent a career in both the active and reserve Air Force. He is a history buff, a family genealogist, a news junky, and intrigued by technology.

L319 Issues and Politics in the Civil War

Thursdays, 9:40–11:05, Oct. 10–Nov. 7

Five sessions

Instructor: Robert Finkelstein

Many of the political, social, geographical, and economic differences that were considered causes of the Civil War were present prior to the ratification of the Constitution. The history of the differences will be discussed, along with the events between 1846 and 1860 that led to secession and war. The goals of the political and military leaders during the war will be examined and the overall strategies of the Union and Confederacy will be discussed. This course will focus not on describing and diagramming the battles, but on the outcomes and consequences of selected battles, which changed politics at the end of the war.

Robert Finkelstein earned his BS in American Government from Columbia University, and his MS in Computer Systems from American University. Mr. Finkelstein has extensively read about and studied the Civil War.

L320 / L320Z The Frontiersmen, Part 4: The Great Plains Frontier - A Clash of Cultures

Thursdays, 11:50–1:15, Oct. 24–Nov. 14

Four sessions

Instructor: Jim Anderson

From the earliest New World settlements, the proximity of those vast, wild, and unsettled spaces in North America has had a significant impact on the history of our nation. It also has influenced our character as a people, distinct from our European roots. In the first two lectures, we will depart from our focus on biographies and examine the clash of cultures between the Native Americans and White European newcomers as it culminated in the late 19th century military campaigns against the Indigenous Nations on the Great Plains. Then we will return to individuals who exemplified frontier "types," including the cowboy culture, and Charles Goodnight.

Jim Anderson spent three years in the Air Force and 27 years with the CIA. He has an MA in History from the University of Memphis. For 12 years he conducted leadership training seminars on Civil War battlefields. He has been an OLLI instructor and tour guide since 2009, focusing on the Civil War and the American West.

R321 / R321Z Park Ranger Potpourri

Tuesdays, 2:15–3:40, Oct. 8–Oct. 29

Four sessions

Coordinator: Jen Epstein

The National Park Service will reveal four new topics, one in each presentation. If you enjoy surprises, this is the course for you! National Park Service Rangers have participated in OLLI programs since 2001 by offering scores of thematic courses, special events, and trips.

R322 The First Navy Jack: A Myth That Became History

Wednesday, 2:15–3:40, Oct. 9

One session

Instructor: Peter Ansoff

The "First Navy Jack" flag, with its stretched-out rattlesnake and 13 red-and-white stripes, is a familiar image in American history books, commonly associated with the Revolutionary War. The U.S. Navy has flown the FNJ since 1976 to commemorate its heritage, and it is often displayed at patriotic events. In fact, however, this flag appears to have been an accidental invention by 19th century historians, and it is very doubtful that it even existed during the Revolution. This class will trace the process by which a non-existent flag became an American icon and a modern official symbol.

Peter Ansoff has been an OLLI member since 2017. He is the past president of the North American Vexillological Association (NAVA), an international organization dedicated to the study of flags. His other interests include maritime history and lighter-than-air aviation history.

400 Literature, Theater, and Writing

Program Planning Group Chairs:

**Pat Bangs, Linda Bergman, Jane Fitzgibbons,
Norma Jean Reck**

F401Z Making *Barsetshire*

Tuesdays, 9:40–11:05, Sept. 24–Nov. 12

Eight sessions

Instructor: Ellen Moody

This will be a course on the origination and development of Anthony Trollope's first cycle of novels, published between 1855 and 1866 (six in all). *Barsetshire* was not a planned series but evolved over time to become one. We'll read the first three, *The Warden*, *Barchester Towers*, and *Dr. Thorne*. By 1857, Trollope came to see they were one imaginary-realistic county with its own peculiar mix of themes, places, and recurring characters. The class will be asked to view outside of class, two marvelous film adaptations, *Barchester Chronicles* (1982, BBC) and *Dr. Thorne* (2015, ITV). We'll explore how these relate to mid-century Victorian England and modern TV serials, our own era today, and Trollope himself.

Ellen Moody has taught for over 40 years in senior colleges from 1972-2024 and 10 years at two OLLIs. She is a published scholar with specialties in British literature, film, and women's studies. Her most recent publications and talks have been about Anthony Trollope from a contemporary standpoint.

F402Z *The Odyssey: An Epic Poem by Homer* **Tuesdays, 11:50–1:15, Sept. 24–Oct. 22**

Five sessions

Instructor: Barbara Nelson

It has been ten years since the end of the Trojan War, and Odysseus, the king of the island of Ithaca, is still not home due to the wrath of Poseidon. In Ithaca, Odysseus's wife Penelope and son Telemachus are besieged by unruly suitors. They seek Penelope as a wife, as well as the kingdom. The first class of this course will provide information from *The Iliad* about the Trojan War and Odysseus's important role in ending the ten-year war. The other four classes will discuss a section of the 24 books of the epic. There are many very good translations of *The Odyssey*, but the instructor will be using the new translation by Emily Wilson, who provides a very readable translation and also excellent introductory information and endnotes. Some of you have read this classic several times, but the instructor assures those of you who are novices that the epic will engage you.

See F314Z for instructor information.

F403Z Poetry Workshop

Tuesdays, 2:15–3:40, Sept. 24–Nov. 12

Eight sessions

Moderator: Jan Bohall

Class limit: 16

This workshop allows both novice and experienced poets the opportunity to share their work and receive suggestions for improvement. Workshop members should prepare an original poem in draft or in revised form for each session. The moderator will email students after class confirmation with further instructions. Please note that this class will be offered online only.

Jan Bohall, a long-time OLLI member, has had poems published in various periodicals and has won awards from the Poetry Society of Virginia. She has been writing verse for nearly 30 years, and has collected a sample of her poems into a chapbook, *Tasting Life Twice*.

F404Z 250 Years of African American Poetry

Wednesdays, 9:40–11:05, Sept. 25–Nov. 13

Eight sessions

Instructors: Gerry Hendershot, Carolyn Wyatt

Using as our primary source the poetry anthology edited by Kevin Young (Director of the National Museum of African American History and Culture) titled *African American Poetry: 250 Years of Struggle and Song*, we will survey African American poets. We will include many of the best known and some of the less known, beginning with Phillis Wheatley, through 20th century favorites such as Langston Hughes and contemporary popular poets such as Terrence Hayes. Selected poems will be read aloud and discussed among participants who will be encouraged to share personal experiences related to the poems. Participants will also be encouraged to write and share poems of their own.

Gerry Hendershot was a CDC health statistician before retirement and began studying, reading, and writing poetry ten years ago.

He has led poetry discussion and writing groups at OLLI American University, OLLI Mason, and other DC area venues on Black poetry, women's poetry, Jewish poetry, and poetry about paintings.

Carolyn Wyatt is a retired federal information officer who traveled widely in that position. She has an M.A. in Spanish from Indiana University and aspires to be a poet and a wise woman.

F405 / F405Z Latin American Literature: *When I was Puerto Rican* (1993)

Wednesdays, 11:50–1:15, Sept. 25–Oct. 30

Six sessions

Instructor: Ligia Glass

When I Was Puerto Rican is an autobiography written by Puerto Rican native Esmeralda Santiago. It is the first of three installments, followed by *Almost a Woman* and *The Turkish Lover*. This book begins by describing Santiago's life in Macún, a sector of Candelaria barrio in Toa Baja, Puerto Rico. It details the circumstances that led to her mother bringing her and her siblings to New York. The first installment in Santiago's biography closes with her audition to the Performing Arts High School, an institution offering specialized instruction in dance, theater, and cinema. Esmeralda Santiago "Negi" is the oldest child of 11 children. Raymond, one of her siblings, gets badly injured in a bicycle accident. Esmeralda's mother decides to move to New York, where she believes the doctors can provide better care for Raymond. In New York, the family faces many challenges. Santiago experiences the difficulties of racism and learning a new language. Although life at school is difficult, their mother insists that they study so they can have a better life. In summary, *When I Was Puerto Rican* offers a moving exploration of identity, culture, and resilience, inviting readers to immerse themselves in Santiago's remarkable journey. Santiago's autobiographies describe the complex process of finding an identity as a member of two different cultures. Upon publication of her first book, *When I Was Puerto Rican*, Mrs. Santiago was hailed "...as a welcome new voice, full of passion and authority" (*The Washington Post Book World*). All the reading and discussions for this course will be in English. Class participation will greatly enhance the understanding of the novel, the author, and the culture of the country.

Ligia Glass is a native of Panama. She worked for the Department of the Army and the Securities and Exchange Commission. She has over 22 years' experience teaching all levels of Spanish and Latin American Literature in Northern Virginia Community College (NOVA). She has also taught Spanish with the Fairfax County Adult Education Program (ACE), and has been an OLLI instructor since 2014. Glass holds an MA in Foreign Languages, an MA in Latin American Area Studies and an ABD (All but Dissertation) in Latin American Literature.

F406Z The "Good Outlaw" Robin Hood: How a Medieval Lawbreaker Became the World's Most Beloved and Law-Abiding Thief

Wednesdays, 2:15–3:40, Sept. 25–Nov. 13

Eight sessions

Instructor: Allen Wright

Claimed by both reactionary and revolutionary movements

around the world for over 700 years, the bold outlaw Robin Hood still shoots arrows that hit at the center of modern discourse about freedom, liberty, and justice. From ballads and broadsides to music and movies, the instructor will trace the complex and often surprising development of Robin through the ages as he: moves from a yeoman robber to a peasant pastoral figure of chaos and play in medieval England; shifts from an Elizabethan aristocrat to a revolutionary freedom fighter in early modern America; and transforms from a figure of moralistic Victorian tales for children into a cinematic worldwide pop culture hero. Through eight lectures, we'll see how classic characters such as Maid Marian and Friar Tuck were added to the legend and how the celebrated idea of stealing from the rich to give to the poor was the culmination of centuries of telling—and retelling—tales of Robin Hood.

A former specialist at the CBC, **Allen Wright** has appeared in award-winning radio and TV documentaries, published articles and presented at academic conferences on Robin Hood around the world. He is also the creator of boldoutlaw.com—a celebrated educational website used by students and teachers.

F407Z Shakespeare's *King Lear* **Thursdays, 11:50–1:15, Sept. 26–Oct. 17**

Four sessions

Instructor: Tom Manteuffel

Although a play about a pre-English king, and based partly upon *Holinshed's Chronicles*, Shakespeare's 1606 play is classed in the Folio collection as a tragedy, not a history play. It was also based in part upon an earlier *King Leir and His Three Daughters*, author unknown, first printed in 1605. We will look into how Shakespeare used and shaped these sources into one of his greatest tragedies, reading the text closely and watching selected sections in performance with the goal of learning his purposes. *King Lear* explores for us the recurring theme of madness and age in what is perhaps Shakespeare's darkest yet most sublime work.

Tom Manteuffel has presented many courses at OLLI: the Renaissance in Florence, Cybersecurity, Impressionism, Art Museums, Stonehenge, Artificial Intelligence, the Book of Job and King Henry IV Part 1, among other topics. He is a retired cybersecurity engineer and lifelong learner.

F408Z So You Wanna Write Poetry **Thursdays, 11:50–1:15, Sept. 26–Nov. 14**

Eight sessions

Instructors: Ed Sadtler, Carolyn Wyatt

Class limit: 12

This is a class for those who would like to write poetry or already write poetry and would like to improve their skills. Each session will be divided into three segments: a discussion of craft, a time to write, and a time to share what's been written. Come and surprise yourself!

Carolyn Wyatt. See F404Z for instructor information.

Ed Sadtler, a graduate of Shippensburg State College in Pennsylvania, has conducted many writing workshops at OLLI, and has taught poetry writing classes for the Lifetime Learning Institute of Northern Virginia Community College.

F409Z A Touch of Tragedy: Illusions and Dreams in O'Neill's *A Touch of the Poet*

Mondays, 11:50–1:15, Oct. 7–Nov. 4

Five sessions

Instructor: Charles Chadwick

Eugene O'Neill is generally considered the greatest American playwright. Oddly, however, his reputation today is based almost wholly on his final four plays. The *Iceman Cometh* and *Long Day's Journey into Night* contend for the title of "greatest play ever written by an American". *A Touch of the Poet*, admittedly a notch beneath those two plays, is however, a masterpiece in its own right. It is unique among the four final plays in that it is the only one not to draw in some significant way on his own life. But like all of them, it provides a platform for O'Neill's rethinking of the tragic tradition. With O'Neill the necessity of illusion, coupled with the failure to sustain illusion, creates tragic inevitability. The course will explore how the play's central figure, Con Melody, attempts to shape the world around him with his illusions and how they eventually destroy him. We will view the play in its entirety during the course as we discuss it.

Charles Chadwick has an M.A. in Literature and has taught eleven courses on the plays of Shakespeare, three previous courses on the plays of Eugene O'Neill, and courses on contemporary literature for OLLI organizations. He is a retired executive in organizational ethics and government contracting.

F410 / F410Z Classic Book, Contemporary Themes, Part Three: *The Hot Zone*

Thursdays, 9:40–11:05, Oct. 17–Nov. 7

Four sessions

Instructor: Marilyn Harriman

We have all experienced the effects a new virus can have if it spreads widely in the general population: Covid-19. Another more deadly virus almost spread into the Northern Virginia population from Reston: Ebola. Ebola is still lurking out there, and it still poses a deadly threat. This course will begin with a session on viruses, presented by OLLI's own Dr. Michele Romano. The session will include an examination of the etiology of Ebola. Marilyn Harriman will teach the remaining three class sessions on Richard Preston's nonfiction account of the origins of Ebola, how it was discovered, how scientists lost control of it in a Reston laboratory, and what they learned from the experience. Author Richard Preston has received numerous awards for his book, and he is the only non-medical person to have received the Center for Disease Control's Champion of Prevention Award for Public Health. Fascinating and frightening, *The Hot Zone* is a classic reading experience that delves into emerging infectious diseases and how scientists learn to develop protocols to stop them.

Marilyn Harriman is a retired Fairfax County advanced placement language and composition teacher. She also taught high school and college English and Journalism in Oregon, Texas, and Germany. She holds M.Ed and B.A. degrees in Journalism and English and has taught courses at OLLI for six years.

F411Z Fall for the Book: The Sound of American Patriotism

Friday, 1:00–2:30, Oct. 18

One session

Instructor: Joseph M. Thompson

Coordinators: Suzy Rigdon, Kate Lewis

In *Cold War Country: How Nashville's Music Row and the Pentagon Created the Sound of American Patriotism*, Joseph M. Thompson reveals how country music's business leaders partnered with the Pentagon to encourage military service. The partnership provided an economic boost to white country stars, while marginalizing Black artists and fueling divisions over the meaning of patriotism. This event is part of the Fall for the Book Festival. View the full schedule here: fallforthebook.org.

Joseph M. Thompson is assistant professor of History at Mississippi State University.

F412Z Fall for the Book: Hunger Behind the Iron Curtain: A Memoir

Friday, 2:15–3:40, Oct. 18

One session

Instructor: Agata Izabela Brewer

Coordinators: Suzy Rigdon, Kate Lewis

In *The Hunger Book: A Memoir from Communist Poland*, Agata Izabela Brewer reminisces about her loving grandparents, while recalling her life with an unstable, alcoholic mother, the need to forage for food amid Stalinist-era apartment buildings, martial law, and a nuclear disaster in nearby Ukraine. *Kirkus* calls the memoir "a memorable meditation on hunger for food and love, childhood in a totalitarian regime, and resilience." This event is part of the Fall for the Book Festival. View the full schedule here: fallforthebook.org.

Agata Izabela Brewer was born and raised in Poland. A teacher, a mother, an activist for immigrant rights, and a court appointed special advocate, she is professor of English at Wabash College. Her creative writing has appeared in *Guernica* and *Entropy*. *The Hunger Book* is her first book of creative nonfiction.

F413 Memoir Writing

Tuesdays, 9:40–11:05, Oct. 22–Nov. 12

Four sessions

Instructor: Ron Shapiro

Memoir Writing is a workshop designed with the objectives of learning about this genre, reading and discussing professional writers' attempts at sharing their stories, exploring ways to connect to one's past, playing with language and memory through a variety of prompts, and learning ways to craft one's own memoir into an effective piece of writing. In meeting these goals, it is my hope that our wonderful group of writers evolves into a community who: engage in the various writing prompts, support each other's efforts and works-in-progress, praise and support experimentation and risk-taking even when those experiments and risks don't entirely work, and project genuine interest in each

other's pieces of writing.

Ron Shapiro is an award winning retired teacher and is a Pennsylvania and Northern Virginia Writing Projects Fellow. Currently, he mentors students with writing college essays.

F414Z Theater and Film Potpourri

Tuesdays, 11:50–1:15, Oct. 22–Nov. 12

Four sessions

Coordinator: Norma Reck

What does it take to write, produce, and perform award-winning musical theater, film, or video? Join us for one-on-one conversations with some Mason professors who will share their professional experiences and expertise with us.

L415Z Writers' Workshop

Wednesdays, 9:40–11:05, Sept. 25–Nov. 13

Eight sessions

Instructors: Ed Sadtler, Margie Wildblood

Class limit: 12

This class uses a roundtable format to foster an environment for writers of all levels to give and receive encouragement, feedback, and constructive criticism. All genres of writing are welcome, including poetry, fiction, memoirs, and historical pieces. To each of these categories we apply the same underlying commitment—to write a compelling work that fully conveys the author's intentions.

Ed Sadtler. See F408Z for instructor information.

Margie Wildblood is a native of Salem, Virginia. She has degrees in English, Psychology, and Education. She retired from Northern Virginia Community College where she was faculty and a counselor in student services. She writes poetry, fiction and nonfiction prose, and is currently marketing a romance memoir.

R416Z Literary Roundtable

Wednesdays, 11:50–1:15, Sept. 25–Nov. 13

No class Oct. 9

Seven sessions

Instructor: Ben Gold

This on-going short story discussion class will start a new anthology, *The World's Greatest Short Stories* (Dover Thrift Editions). This is a selection from the best of the world's short fiction, bringing together writings by great masters of the genre. This wide-ranging anthology of stories is designed for readers to meet new writers and be surprised by some famous writers not known for their short stories. The book is available online from a variety of sources. On Amazon, it's in paperback for only \$7.79 with free delivery, or on Kindle for \$1.99.

Ben Gold has a BA in Political Science from Stanford University and also holds an MS degree in Computer Science. He will serve as moderator.



For full instructor bios, click on the instructor name accompanying the course descriptions in the OLLI member portal: olligmu.augusoft.net

R417 Classic Film Festival

Wednesdays, 1:45–4:00, Sept. 25–Nov. 13

No class Oct. 9

Note time

Seven sessions

Instructor: Ben Gold

If you like old movies, this is the class for you. Each week a different classical film will be presented, which is designed to spark your awareness of critically acclaimed films and make you aware of significant historical motion pictures. The instructor will introduce the film, and depending on time constraints, will lead a post-viewing discussion. Films are chosen in all genres based on critical recognition and popularity. Planned films include ones directed by John Ford, Robert Wise, and Carol Reed, and feature some of your all-time favorite stars.

Ben Gold is a bona fide movie junkie. He spends much of his free time watching movies and doesn't care if they are extremely old ones, the latest popular ones, or the best in foreign films. He's renowned for his famous quote, "I never met a movie I didn't like."

R418 Play Ball! On Film!

Wednesdays, 9:40–11:05, Oct. 30–Nov. 13

Three sessions

Instructor: Jim Hickey

Baseball provides a rich backdrop for the American experience. We will look at clips from some of the best films about the sport, including *Field of Dreams*, *Pride of the Yankees*, *The Sandlot*, *A League of Their Own*, and others. Some are based on fact, some on fiction. Some are about playing at the highest levels, others just about the love of the game. And just for laughs we will take a look at some of the worst movies about the national pastime. We will discuss what we like or don't like and how each film reflects and fits into our culture; for the baseball diamond is a canvas used to illustrate the human condition.

Jim Hickey is an OLLI member. He has been a baseball fan since 1957 and a movie fan even longer. He has worked on local short films and one local feature film.

F419 Self-Publishing Essentials

Thursday, 9:40–11:05, Sept. 26

One session

Instructor: Jerry Markowitz

If you want to learn more about the rewarding opportunities for self-publishing, this class can help. We'll discuss reasons and advantages to self-publish, and specific steps to produce a book from your manuscript (proofreading/editing, cover design, copyrighting, ISBN, LCCN, bar code, printing/binding). We'll also discuss the interconnected areas of marketing strategies and defining success. Most of these steps can be completed on your personal computer!

Jerry Markowitz worked for over 30 years managing technical training in the federal government. Since retirement, Jerry earned a Master's degree in Religion, Culture, and Values from George Mason University; teaches at OLLI; and donates

proceeds to support Alzheimer's research and education: www.jerroldmarkowitz.com. Jerry's self-published books include *Pug's Poetic Life*; *Exploring Kindness and Respect: Poems*; and *Poems that Rhyme, Most of the Time*.

500 Languages

Program Planning Group Chairs:

**Pat Bangs, Linda Bergman, Jane Fitzgibbons,
Norma Jean Reck**

F501Z Spanish Grammar and Conversation Parts 1–4

Thursdays, 9:40–11:05, Sept. 26–Nov. 14

Eight sessions

Instructor: Morris Kaplan

Using a helpful textbook and specially curated YouTube videos, Mr. Kaplan teaches Spanish in a fun, interactive, and very effective way. This class will focus on the present, past, future, conditional, and other tenses and commands. No homework or tests. Just sit back and listen as we do grammar exercises, watch Spanish language videos, and speak in Spanish to each other. It's an easy way to learn how to speak the second most spoken language in America. Learning a foreign language has also been shown to delay or reduce the onset of dementia. This is a year-long course (fall through summer). Part 1 (fall) will be followed by Parts 2 (winter), 3 (spring) and 4 (summer), each continuing where the prior class left off. Required texts: *Easy Spanish Step by Step* by Barbara Bregstein, and for later semesters: *Advanced Spanish Step-By-Step* by Barbara Bregstein (both are available on Amazon for \$12.)

Morris Kaplan is an attorney who after a distinguished career in nursing home and dementia care, spends his retirement providing pro bono legal representation to victims of domestic abuse. He teaches Spanish by Zoom to OLLI programs at Stony Brook, Emory, Duke, George Mason, and Johns Hopkins.

F502Z Latin: Level 4

Thursdays, 2:15–3:40, Sept. 26–Nov. 14

Eight sessions

Instructor: Alana Lukes

This continuing course is for Latin students with knowledge of indicative and subjunctive verb tenses as well as the five noun declensions. The instructor takes a modern reading approach to learning this ancient language. The course explores Latin grammar, vocabulary, mythology, and ancient Roman culture in first and second century CE Rome. Students will look at the time of Emperor Domitian as well as Roman authors such as Pliny, Martial and others. Class meetings will use the *Cambridge Latin Course, Unit Four, North American Fourth Edition* as the required text, as well as adapted texts from other instructor-provided sources.

Alana Lukes, an OLLI member, has taught Latin for over 25 years at the middle school, high school, and college levels. She has also taught 11 years at OLLI.

600 Philosophy and Religious Studies

Program Planning Group Chair:
Jim Cantwell

F601 The Gospel According to Paul the Apostle

Wednesdays, 2:15–3:40, Sept. 25–Nov. 13

Eight sessions

Instructor: Steven Goldman

Of the 27 books of the New Testament, 13 are letters that claim to be written by Paul the Apostle. Furthermore, the Book of Acts devotes significant attention to Paul's conversion to Christianity, his missionary activities, and his theological teachings. This course will focus on the major doctrines that Paul taught and how they are understood and implemented in the various manifestations of Christianity, often in very different ways. We will also compare and contrast Paul's message with the teachings attributed to Jesus in the four canonical Gospels and with the doctrines set forth by other writers of the New Testament. Specific issues to be addressed include: the meaning of salvation and how it is obtained; the status of the Hebrew Scriptures in Christianity; lawsuits among Christians; marriage, divorce, and family relations; homosexuality; the role of women in the church; slavery; the Lord's Supper and how it is to be observed; and the Resurrection and Second Coming of Christ.

Steve Goldman has taught numerous courses on alternative understandings of biblical doctrine at OLLI Mason.

F602 Holy Spirit, Fruit of the Spirit, Gifts of the Spirit, and Charisma

Mondays, 9:40–11:05, Oct. 14–Nov. 4

Four sessions

Instructor: Jim Cantwell

Holy Spirit, the third persona of the Trinity, is rarely discussed in many Christian churches. As a result, many Christians have only a vague understanding of who Holy Spirit is and what He does. We will look at the development of the doctrine of Holy Spirit in the Christian creeds, including the Apostles' Creed and Nicene Creed and the importance of Holy Spirit in the Bible. We will explore what the Bible says about Holy Spirit in both the Old and New Testaments. In the third class, we will look at the fruit of the Spirit (love, peace, joy, patience, kindness, goodness, faithfulness, and self-control) and gifts of the Spirit (wisdom, knowledge, faith, prophesy, tongues, interpretation of tongues, working of miracles, and the gifts of healing). Last, we will explore charisma, a divinely inspired gift, grace, or talent. This will include a discussion

of the view that gifts such as healings and prophesy ceased with the death of the Apostles and will also include a discussion of impartation.

See F205 for instructor information.

F603Z White Supremacy as a Theory of History: Christian Nationalism and the Capitol Coup 2020

Mondays, 2:15–3:40, Oct. 14–Nov. 4

Four sessions

Instructor: Ed Ingebretsen

White supremacy is an interlocking system of cultural practices and attitudes, in many cases underwritten by existing law. This course considers how a casual shorthand of 'race' codifies these practices to produce a theory of "western" history, progressive and advancing steadily toward a final state of enlightenment. The course provides a general overview of the politics, philosophies, theories of empire, and messianic religious tropes that codify and guarantee white supremacy as an unquestioned system of and overlapping economic and religious practice. In 1848, journalist John O'Sullivan applauded the triumphant "manifest destiny" of the Anglo-Saxon settlers' claim to empire. The particulars of that movement still shadow the cultural landscape and social expressions of the U.S. We hear it sounded first on the shores of Plymouth in John Winthrop's (1630) civil/theological mandate, "A Model of Christian Charity". Winthrop, ever mindful of the end-times, describes the community on board the Mayflower as a community in peril, a "city on a hilltop." Over the years that sense of peril would justify the now "white" Christian populism of January 6, 2020. And so history returns. A 1700s European colonial enterprise sets in motion its own original justification: the theory of white as a history of racial supremacy.

Reverend Edward Ingebretsen, PhD, holds advance degrees in Theology and Ethics (JSTB 1982) and a doctorate in American Studies (Duke 1986). His publications (books, journals) consider the intersection of gender, race, theology, and popular cultures. At present, he concentrates in animal ethics and the histories of enslavement.

F604 / F604Z The Scriptures and the Person of Jesus

Thursdays, 9:40–11:05, Oct. 24–Nov. 14

Four sessions

Instructor: John Rybicki

In the development of Christianity, the "person" of Jesus rapidly became a central focus of preaching and doctrinal development within the believing communities. As Christianity moved away from its Jewish roots into the Hellenized world of the Roman Empire, the question of "who Jesus was in relation to the one he called Father" clearly took precedence over Jesus' teachings on the coming "Kingdom of God." Early preaching by Jesus' disciples as described in the Acts of the Apostles (e.g., Peter, Stephen) presented him in a very different way than did the writings attributed to Paul in his epistles and

Check the Daily Schedule Email

Please check the Daily Schedule Email for class links or information, the current passcode for the video library, and Zoom Help Desk information.

John in his Gospel. But it was the vision of Paul and John which would contribute most to the Church's developing Christology, creeds, and doctrinal statements. Only in relatively modern times has the "person of Jesus" as described in the scriptures been reexamined and reinterpreted shedding much medieval dogmatism and absolute certainty. Who was Jesus?

John Rybicki has been an OLLI contributor for over 20 years. He received a Master of Theology degree from St. John of Damascus Institute of Theology, Balamand University. He served as a pastoral associate at the Riderwood Retirement Community in Maryland where he was responsible for religious education and facilitating Jewish-Christian dialogue.

F605Z The Bible's Lessons for Today

Mondays, 2:15–3:40, Sept. 23–Oct. 7

Three sessions

Instructor: Stephen Ruth

Are there useful lessons from the Bible to help economists manage inflation? How about political insights? Can we learn from the ancient kings and prophets, matriarchs and patriarchs about how to govern properly? What about the countless issues that are on page one every day such as: artificial intelligence, revenge porn, misinformation, political intrigue, agriculture policy, taxation, and a score of others? This course takes direct aim at linking the Bible with current events today. It includes: management advice to Solomon from his father-in-law; agricultural policy in ancient Egypt under Joseph's guidance; King Josiah's response to an unfavorable report unearthed unexpectedly; St. Paul's perspective on slavery, women's rights and celibacy; Mary Magdalene on giving financial support to a controversial movement; and of course, the teachings of Jesus on division of wealth, rights of the poor and the indigent, and dozens more. No Bible knowledge is expected and there will be detailed notes available to all who attend.

Stephen Ruth is professor emeritus of Public Policy from the Schar School at George Mason University. He is a frequent lecturer on Bible topics and his book *One Year Trip through the Bible: A Layman's Fresh View of the Complete Old and New Testaments* examines 73 books of the Hebrew Tanakh (Old Testament) and the Christian New Testament.

F606Z Women: Their Systematic Oppression and Denial of Equality

Thursdays, 2:15–3:40, Oct. 24–Nov. 7

Three sessions

Instructor: Vera Breton

The emancipation of women, the achievement of full equality between the sexes, is essential to human progress and the transformation of society. Inequality, the systematic oppression of women, is a conspicuous and tragic fact of human history. Why is gender inequality so pervasive? Where does it come from? Does it have cultural and religious roots? One of the main tenets of the Baha'i faith is that women must become equal to men, be on the same level as men, and enjoy equal rights and privileges. This view sounds similar to some secular beliefs, but

it is actually very different. This course will explore the meaning of equality, women's historic role in religion and in society, and will describe the Baha'i faith's teaching about the role of women in the family and in society.

Vera Breton is a Baha'i and a trained facilitator in the Baha'i Ruhi Institute. She is a former teacher in the Fairfax County Department of Family Services. She has an MS in International Health from Johns Hopkins University and a JD from the Pontificia Bolivariana University in Medellin, Colombia.

650 Humanities and Social Sciences

Program Planning Group Chairs:
Camille Hodges, Peg O'Brien

F651Z American Visions: The United States, 1800-1860

Monday, 9:40–11:05, Sept. 23

One session

Instructors: Ed Ayers, Annie Evans

Coordinator: Camille Hodges

Historian Edward Ayers' *American Visions* explains how key elements of American life, politics, and culture crystallized between 1800 and 1860. Ayers succeeds in providing both detail and the big picture, frankly describing the marginalization of and great harm done to women, African Americans, Native Americans, and immigrants. He also chronicles how men and women fought against these problems, some making positive changes in their lifetimes, while others laid the groundwork for future reforms. Ayers' accurate, balanced, and compelling history proves that progress is possible and that patriotism can be rooted in the complicated truths about the past. The instructors will share classroom resources from the *American Visions* companion website.

Ed Ayers is professor of the Humanities and president emeritus at the University of Richmond. He is the author of *American Visions: The United States 1800-1850*. He conceived of *New American History* (www.newamericanhistory.org) and *Bunk* (www.bunkhistory.org) after four decades of teaching, writing, and promoting history in the United States.

Annie Evans, MEd, is director of Education and Outreach at the University of Richmond and has spent over half her life teaching history, civics, and geography in Virginia's K12 public schools. With *New American History*, she collaborates with a network of educators across the country to create learning resources to inspire the next generation of educators and historians.

F652 / F652Z A Different Point of View: Former U.S. Ambassadors Share Their Global Perspectives

Mondays, 11:50–1:15, Sept. 23–Oct. 14

Four sessions

Please note that Oct. 14 only is Zoom only

Instructors: Greg Delawie, Judith B. Cefkin, Larry Dinger, James Jeffrey

Moderator: Kathleen Burns

Sept. 23: What do diplomats do? How do they do it?

How do they know what they are supposed to do? How do diplomats deal with crises or completely novel issues? In this first session of our course, former U.S. ambassador to Kosovo, Greg Delawie will explore the fundamentals of diplomatic life and work, as well as some of the challenges involved in his assignment to Kosovo, then Europe's youngest democracy. He will also discuss his work leading the U.S. government's non-military effort to cope with the problem of piracy off the coast of Somalia, depicted in the Tom Hanks' film, *Captain Phillips*.

A senior Foreign Service officer with more than thirty years of experience advocating U.S. policy in Washington and abroad, **Greg Delawie** retired in 2018 from the State Department as ambassador to Kosovo. He earlier served as the deputy ambassador in Berlin, where he led a large team that rebuilt U.S./German relations following the Iraq War period. As deputy in Zagreb, he promoted military, political, and economic reforms necessary for Croatia's membership in NATO. In prior Foreign Service assignments, Delawie worked on international trade, international aviation, in State's 24/7 crisis management center, as economic counselor in Rome, and as economic officer in Ankara, Turkey.

Sept. 30: Working to advance U.S. interests around the world is an exciting and fulfilling career, but the lifestyle of a diplomat also presents a number of personal challenges. In this session, retired Ambassador Judith Cefkin will discuss how U.S. diplomats balance work and family life and adjust to sometimes difficult living conditions as they move around the world. She will talk about the work she did as a political officer advancing democracy, human rights, and rule of law and managing multiple crises including terrorist hostage-takings, natural disasters, and political unrest. She will also recount her adventures in her role as ambassador, traveling tens of thousands of miles throughout a region—the Pacific Islands—on the front lines of climate change and will outline the work she and her team did to help address this challenge.

Retired Ambassador **Judith Cefkin** was a 35-year career diplomat with the Department of State, with postings in Mexico, Thailand, The Philippines, France, Bosnia and Herzegovina, and a number of Washington, D.C.-based assignments. She served as ambassador to Fiji, Kiribati, Nauru, Tonga, and Tuvalu (2015-2018). In retirement, Ambassador Cefkin lives with her husband (also a retired diplomat) in Virginia. She has worked as a consultant on Pacific Island affairs and is active on the boards of a number of foreign policy and national security-related organizations.

Oct. 7: Retired Ambassador Larry Dinger will discuss how the U.S. selects and trains the leaders of U.S. diplomatic missions, whether career Foreign Service officers who have risen through the State Department system or White House-chosen political appointees. He will also sketch challenges that chiefs of mission face, citing examples from his twenty-eight year diplomatic career, including eleven years as ambassador or acting ambassador (charge d'Affaires) in four different embassies. Examples may include encouragement of democracy-building in Fiji and Burma; participation in negotiations to renew the U.S. Compact of Free Association with the Federated

States of Micronesia; coping in Nepal with the murder of the king and a Maoist insurgency; and efforts in all locations to build a productive and happy work force.

Ambassador **Larry Dinger** from Riceville, Iowa, graduated with honors from Macalester College and the Harvard Law School. In between, he was a U.S. Naval Officer in Vietnam and England. After working in politics, he entered the U.S. Foreign Service in 1983 as a political officer serving overseas in Mexico, Indonesia, and Australia, and in the East Asia and Pacific Bureau in Washington. Subsequently he was deputy chief of mission (DCM) and charge d'Affaires, a.i., at Embassy Suva, Fiji and Embassy Kathmandu, Nepal. In 2001, he became ambassador to the Federated States of Micronesia, and in 2005, ambassador to Fiji, Kiribati, Nauru, Tuvalu, and Tonga. In 2008, he became U.S. chief of mission in Burma. After retiring in 2011, he filled in briefly as acting ambassador to ASEAN and acting DCM in Thailand; and for a decade each fall he was senior advisor for the Asia Pacific at the U.S. mission to the UN.

Oct. 14: Ambassador James F. Jeffrey was motivated to public service from an early age, inspired by his father, a Guadalcanal veteran, and others of the World War II generation. This session will encompass the ambassador's 55 years dealing with global order and disorder. The ambassador was particularly moved by JFK and his first exposure to the Cold War, the Korean Missile crisis. He volunteered for the Army Infantry in 1969 and served as a captain in front line Cold War positions in Germany and Vietnam. Jeffrey left the Army for the Foreign Service in 1977, serving until the end of the Cold War again in front line positions in Bulgaria, Turkey, and Germany, and placed on war alert during the 1973 Yom Kippur conflict. Since the end of the Cold War he served in various conflicts in the Middle East and Europe, continuing his study and advocacy as Chair of the Middle East program at the Wilson Center.

Retired Ambassador **James F. Jeffrey** serves as the chair of Middle East Program at the Wilson Center. Ambassador Jeffrey recently retired from the U.S. Department of State where he served as Secretary of State Pompeo's special representative for Syria engagement and the special envoy to the Global Coalition to Defeat ISIS. In addition to his most recent U.S. State Department assignment, Ambassador Jeffrey has held many senior government positions in Washington, D.C. and abroad, including deputy national security advisor (2007-2008); ambassador to Iraq (2010-2012); ambassador to Turkey (2008-2010); and ambassador to Albania (2002-2004). In 2010, Jeffrey was appointed to the highest rank in the U.S. Foreign Service, career ambassador.

F653 Philosophical Foundations of Morality **Wednesdays, 9:40–11:05, Sept. 25–Nov. 13**

Eight sessions

Instructor: Emmett Holman

Class limit: 50

A long-standing issue among both philosophers and non-philosophers is whether or not there is an objective standard of morality; and if there is, how that is possible. Some have argued that it is possible only if morality is grounded in the commands or designs of a god. Others have argued to the contrary: that a non-theistic foundation of objective morality can succeed. In this course we will

look at a number of philosophical moral theories with these questions in mind. Theories examined may include divine command theory and the moral theories of St. Thomas Aquinas, John Stuart Mill, and Immanuel Kant. Also, as time permits, we may examine whether or not the theory of evolution can account for humans' sense of morality.

Emmett Holman earned his BS in Physics from Penn State. He holds a PhD in Philosophy from the University of Maryland and taught philosophy at George Mason University for 45 years. While at Mason, he taught undergraduate courses in ethics and undergraduate and graduate courses on the relation between science and religion as well as other topics.

F654 Philosophy and Science: Kissing Cousins in the History of Ideas

Thursdays, 11:50–1:15, Sept. 26–Nov. 14

Eight sessions

Instructor: Irmgard Scherer

This course provides a general audience an intellectual and historical background against which modern science can be understood. The course examines the origin of "natural philosophy", as science was called in antiquity, and up to 17th century Newtonian science. We learn about major paradigm shifts of science as they are informed by philosophical presuppositions, arguably bringing us to where we are today. Here are some questions of concern: What are the philosophical undercurrents that influenced western scientific worldviews? What questions led to articulations of "unified field theories" by Presocratic thinkers around the 6th century BC (one of which was Thales who predicted the sun eclipse of 585 B.C. two years prior to the event). How was the mathematization of the empirical sciences achieved around the 17th century C.E. but not yet by Pythagorean mathematics? How was it possible to articulate a viable theory of atomism in antiquity, almost unchanged in Newtonian science? How did the Copernican revolution and helio-centrism throw modern science into disarray, such as making a correct distinction between certainty and illusion? How could we trust knowledge claims with confidence? How important is a "science of metaphysics" in modern science?

Irmgard Scherer, a U.S. citizen born in Germany, is associate professor of Philosophy emerita at Loyola University, Maryland. She taught core and honors ethics courses, topics in the history and philosophy of science, and upper level courses in her area of specialization: Kant and 18th century aesthetic theory. She has published on Kant and related issues. Since retiring, she has taught philosophy courses for OLLI, both at Mason and American University.

F655 / F655Z The Future of American Education

Tuesdays, 2:15–3:40, Oct. 1–Oct. 22

Four sessions

Instructor: Tom Carroll

A world class education should be the birthright of every child in America. Yet we rank far below our international competitors. Our top schools can compete with the best

anywhere, but too many children attend schools that leave them far behind. With research on how children learn, along with effective teaching, twenty-first century school architecture, and active community engagement, we can create an education system that prepares every child to productively live and work in a future we can only imagine. Lessons learned from Northern Virginia schools that are among the best in the country will be explored. We will consider a variety of steps that parents and grandparents might take to improve learning.

With a Ph.D. in Anthropology and Education, **Tom Carroll** taught and did research at Clark University and Columbia University. He was a senior program officer at the U.S. Department of Education for 25 years and director of the National Commission on Teaching and America's Future for 14 years.

F656Z What You Didn't Know About Single People

Friday, 1:00–2:30, Oct. 4

One session

Instructor: Craig Wynne

This course will provide an opportunity for participants to learn about singlehood as a valid lifestyle choice. They will learn the stereotypes about singles that pervade cultures around the world as well as how to recognize them in their daily lives and in the media. They will also learn about the inequities in legal and financial structures that single people face, as well as language not to use around single family members and friends. Participants will also learn strategies for how to live as happy singles if they are single (or become so in the future).

Craig Wynne is an associate professor of English at the University of the District of Columbia. He is an expert on societal perceptions of singlehood and marriage. He has published in a variety of venues, such as *Psychology Today* and *Writer's Digest*, on this topic. He has also published two books, *How to be a Happy Bachelor* and *Singular Selves: An Introduction to Singles Studies*. You can find more of his work at thehappybachelor.org.

F657Z TED Talk Discussions

Mondays, 11:50–1:15, Oct. 14–Nov. 4

Four sessions

Instructors: Russell Stone, Stephanie Simcox

TED (Technology, Entertainment, and Design) is a growing collection of brief recorded talks on a wide range of topics. The speakers are leading figures chosen for their ability to express ideas clearly and succinctly. Participants will watch and discuss three or four related TED talks each week.

Russell Stone retired from a 40-year career as a professor of sociology, most recently at American University, and before that at SUNY Buffalo. He taught "Sociology of the Future" for many years, before realizing that the future isn't what it used to be! He now relies on the next generations to supply up-to-date information. He is co-chair of the OLLI program committee.

Stephanie Simcox attended George Mason University, then moved to California for 30 years, working for non-profits. After moving back to Fairfax a few years ago, she discovered OLLI and has been happily taking classes ever since.

F658 / F658Z The Pros and Cons of a Universal Healthcare System for America

Monday, 2:15–3:40, Oct. 21

One session

Instructors: Jim Cantwell, Stephen Quick

Coordinator: Peg O'Brien

According to a Gallup poll from 2022, 57% of Americans think that healthcare is the responsibility of the Federal Government. Most industrialized countries have some form of universal healthcare. These healthcare systems can be 100% publicly financed, 100% privately financed, or a combination of both. Can the U.S. design and develop a universal healthcare coverage system that is a combination of public and private financing? If so, what would be the pros and cons of such a system? How can the cons be overcome?

Jim Cantwell. See F205 for instructor information.

Stephen Quick is an OLLI member. He holds a PhD in Political Economy from Stanford University and has been staff director of the Congressional Joint Economic Committee, chief economist for the Senate Democratic Policy Committee, director of evaluation and oversight of the Inter-American Development Bank, and chief risk officer for the Federal Deposit Insurance Corporation.

F659 Tea with Company: Real Talk for Connection (Not Agreement)

Tuesdays, 11:50–1:15, Oct. 22–Nov. 12

Four sessions

Instructor: Deborah Smith-Cohen

This series of conversations with tea will enable participants to share thoughts, opinions, and stories on a series of themes, with some from books you might read to learn more. The session topics will be 1) Being Good, 2) Optimism, 3) Ethical Dilemmas, and 4) Being Wrong/Facing Errors. For each, the instructor will offer definitions and some context (including from philosophers, sociologists, or psychologists), and then offer some prompts for shared discussion. Participants will have a chance to listen and learn from each other without any attempt at consensus. A list of books from FCPL will be shared in case students want to dig deeper, but this will not primarily be a book talk.

Deborah Smith-Cohen is a Fairfax County librarian with more than 15 years' experience in readers' advisory, widely varied reading interests, and a history with OLLI presenting on Jewish women authors, world mysteries, and Sherlock Holmes homages.

F660 Can We Heal A Fractured World?

Wednesday, 2:15–3:40, Nov. 6

One session

Instructor: Rabbi Bruce Aft

Coordinator: Velma Berkey

This presentation will focus on Rabbinic and other religious insights and how conflict resolution can help. We will talk about identifying key issues that have fractured our world and the potential to repair our

world as we listen to excerpts from Dr. Marc Gopin's book, *Healing: The Heart of Conflict*. Although healing our world isn't an easy fix, it may boil down to what we tell our children when they are younger: "Use your words." Please note that sticks and stones can break my bones, but words can break my heart. Finally, the power of listening is a key ingredient to reaching this goal.

Rabbi Bruce Aft, currently rabbi emeritus, served as the spiritual leader at Congregation Adat Reyim in Springfield, VA for 29 years. A graduate of the Reconstructionist Rabbinical College in Philadelphia, Rabbi Aft received an Honorary Doctor of Divinity degree in 2006. In retirement he continues to be an adjunct professor at George Mason University, visiting scholar at the Carter School at GMU, and is the president of the Community Board for Hillel at GMU. For recreation, Rabbi Aft is a pitcher in the Ponce de Leon Baseball League.

L661 Microaggressions and Implicit Bias

Thursdays, 11:50–1:15, Sept. 26–Oct. 3

Two sessions

Instructors: Carol Esteki, Carolyn Armstead

Class limit: 20

Have you heard the terms microaggression or implicit bias used in discussions of racial, gender, or other types of equity? Have you wondered what they meant and what they looked like in real life? This interactive class will examine what the terms mean and what researchers have learned about them. We will look at examples of how these occur in our everyday lives, what effects they can have, and how we might want to respond to a microaggression or deal with implicit bias when we become aware of it.

Carol Esteki, an OLLI member, is retired from the Fairfax County Department of Family Services (DFS), where she served as diversity and inclusion program manager. She coordinated and facilitated a program for employees called Healing of Racism, as well as concentrating on equity in client services.

Carolyn Armstead is a retired social worker from DFS, where she served in both the Adult Protective Services and Adult Services sections. She was a certified facilitator for the Healing of Racism program that raised awareness of experiences surrounding race with DFS employees.

L662 TED Talk Discussion Group

Thursdays, 11:50–1:15, Oct. 10–Oct. 17

Two sessions

Instructor: Barbara Wilan

Limit: 20

TED (Technology, Entertainment, and Design) is a growing collection of brief recorded talks on a wide range of topics. The speakers are leading figures chosen for their ability to express ideas clearly and succinctly. We will watch and discuss a TED talk each week. The general topics will be Language and Humor.

Barbara Wilan retired as a full-time English teacher at the Annandale campus of Northern Virginia Community College and is currently an adjunct there. She has also taught at the University of Maryland and for the University of Maryland's European Division.

R663Z Big Issues, Complex Challenges, and No Simple Solutions

Mondays, 9:40–11:05, Sept. 23–Nov. 4

Seven sessions

Instructor: Glenn Kamber

This course is intended to expand participant knowledge and appreciation of challenges we face in modern society, including such issues as global warming; increased polarization among political, social, and economic groups; the nature and pace of scientific and technological change; and the role of media and modern communications. Each week the instructor will introduce a big issue through a brief oral and video presentation. The sessions will involve engaging discussion among participants facilitated by the instructor.

Glenn Kamber has taught many courses at OLLI that focus on current events and political and social issues. He is a retired senior executive from the U.S. Department of Health and Human Services, where he managed policy and program development in the offices of eight HHS secretaries.

R664 / R664Z Exploring First Amendment Freedoms: Religion, Speech, Press, Assembly and Petition

Wednesdays, 11:50–1:15, Sept. 25–Oct. 30

Six sessions

Instructor: Gene Policinski Powell

This class is an introduction to these core freedoms and will be an interactive discussion on how these freedoms have been interpreted through American history and today.

Gene Policinski (Powell) is senior fellow for the First Amendment at the nonprofit educational foundation, Freedom Forum in Washington, D.C. A founding editor of *USA TODAY* and lifelong journalist, he is a nationally recognized expert, speaker, and author regarding First Amendment law and issues.

R665 So Much, So Fast!

Wednesdays, 11:50–1:15, Nov. 6–Nov. 13

Two sessions

Instructor: Glenn Kamber

This series focuses on the pace and nature of change now being experienced by people all over the world. The instructor will examine how invention and technology have dramatically altered all aspects of human existence, including where and how we live as individuals, families, communities, and nations. We face existential challenges to our planet's physical environment, ways humans organize and govern, and control over our own inventions. The instructor will organize each of the two sessions around the two broad themes of how fast and how much change is occurring and what he and participants think might happen in the future.

See R663Z for instructor information.

700 Current Events

Program Planning Group Chairs:

Camille Hodges, Peg O'Brien

F701Z What's in the Daily News?

Mondays, 9:30–11:00, Sept. 23–Nov. 4

Seven sessions

Note time

Moderators: Dorsey Chescavage, Richard Crawford, John Quinn, Ann Smith, Al Smuzynski

Class liaison: Dennis VanLangen

Class limit: 80

This is a weekly forum for thoughtful, forthright, and respectful exchange of information and opinions on current world, U.S., and regional news. Class participants bring to the table a wealth of knowledge and experience in international affairs, government, industry, education, economics, the military, and other areas. The discussion is always lively, and all participants have an equal opportunity to comment.

F702 / F702Z Great Decisions

Tuesdays, 11:50–1:15, Sept. 24–Nov. 12

Eight sessions

Moderator: Ted Parker

Class limit: 30

For over a century the Foreign Policy Association has sponsored discussion groups throughout the U.S. to investigate and discuss some of the world's most challenging problems affecting our lives. This year's eight discussion topics include: 1) Mideast Realignment, 2) Climate Technology and Competition, 3) Science Across Borders, 4) U.S. China Trade Rivalry, 5) NATO's Future, 6) Understanding Indonesia, 7) High Seas Treaty, 8) Pandemic Preparedness. A briefing book and video related to each topic will set the framework for weekly class conversations. Please purchase your book directly from FPA Bookstore https://www.fpa.org/great_decisions/?act=gd_materials or https://www.fpa.org/news/index.cfm?act=show_announcement&announcement_id=439

Ted Parker, a retiree from the U.S. Department of Education, had a 40 year career in education that included teaching and managing at local, state and college levels. He is a long-time member of OLLI.

F703 / F703Z All the News That's Fit to Print

Thursdays, 11:50–1:15, Sept. 26–Nov. 14

Eight sessions

Instructor: Zachary Teich

All the News That's Fit to Print meets in-person and online to discuss current affairs issues in a friendly and collegial manner. The instructor provides a topic list drawn from the week's news and serves as 'traffic cop' for the freewheeling discussion. All opinions are welcome; the only rules are to be courteous and to allow the moderator to call on those who raise their hands to speak.

Zachary Teich has a BA in Political Science from the University

of South Florida, a Master's of Science in Foreign Service from Georgetown, and an MS in Strategic Studies from the Marine Corps War College. He was a State Department Foreign Service Officer from 1979-2006 and a negotiator at State's Nonproliferation and Disarmament Fund from 2006-2012.

F704 Connolly and Comstock Converse: Bipartisan Perspectives on Issues Before the Congress

Monday, 9:40–11:05, Oct. 7

Note location

Instructors: Gerald Connolly, Barbara Comstock

Moderator: Jennifer Disano

Church of the Good Shepherd, 9350 Braddock Rd. Burke 22015

Join Virginia lawmakers for a bipartisan and friendly repartee on the policy issues confronting our country. Congressman Gerry Connolly (D) and former Congresswoman Barbara Comstock (R) will come to OLLI for a special conversation as we head toward the presidential election of 2024. Enjoy an informative morning of rare and constructive collegiality on topics such as immigration, environment, health care, and tax reform or whatever issue strikes your fancy.

Congressman Gerald E. "Gerry" Connolly is serving his eighth term in the House of Representatives from Virginia's 11th District, which includes Fairfax County, the City of Fairfax, and the Towns of Herndon and Vienna. Prior to his election to Congress, he served 14 years on the Fairfax County Board of Supervisors, including five years as chairman. Throughout his career, protecting and growing Northern Virginia's economy has been his top priority. Congressman Connolly is a senior member of the House Committee on Oversight and Accountability and serves as the Ranking Member of the Subcommittee on Cybersecurity, Information Technology, and Government Innovation. He serves on the House Foreign Affairs Committee and is the President Emeritus of the NATO Parliamentary Assembly. Congressman Connolly was also ranked the Most Effective Lawmaker of the 117th Congress by the Center for Effective Lawmaking.

Barbara Comstock is a senior adviser at Baker Donelson law firm. She was a member of Congress (2015-2019), a member of the Virginia General Assembly (2010-15), served as director of Public Affairs at the Justice Department, as chief counsel on the House Government Reform and Oversight Committee, and as a senior aide to Congressman Frank Wolf. Barbara was named one of the "Top Ten Most Effective Lawmakers" in the 115th Congress by the Center for Effective Lawmaking, a joint effort of the University of Virginia and Vanderbilt University, and has been a fellow at the Harvard Institute of Politics, UVA's Center for Politics, and the American University Sine Institute. Barbara serves as an ABC News political contributor, and appears regularly on CNN, PBS, and MSNBC. She currently serves as the president of the Association of the Former Members of Congress and is a co-chair of the National Counsel on Election Integrity.

F705Z Trump vs. Biden 2.0

Thursdays, 2:15–3:40, Oct. 10–Nov. 14

Six sessions

Instructor: Bill Schneider

The 2024 presidential election looks like it may be

extremely close. This course will look at why the U.S. is so deeply divided that some people (in Hollywood, for instance) are actually talking about the possibility of another civil war. How did we get to this point? Will the 2024 campaign help heal the division or make it worse?

Bill Schneider has covered every U.S. presidential and midterm election since 1964, first as a Harvard University graduate student and later for *The Los Angeles Times*, the *Atlantic Monthly*, *CNN* and *Al Jazeera*. Schneider has been labeled "the nation's electionmeister" by *The Washington Times* and "the Aristotle of American politics" by *The Boston Globe*.

F706 Protect Yourself From Fraud

Monday, 11:50–1:15, Oct. 14

One session

Instructor: Suba Saty

Scammers steal billions from Americans like you every year. We're fighting back with the AARP Fraud Watch Network. In this session, we will share an inside look at how scammers think, how to safeguard against Identity theft and fraud, and what to do if you or someone you know has been a victim.

Suba Saty is a retired Air Force Lt Col and a retired DoD civilian. He has been an AARP Community Ambassador for 8 years and is part of the AARP NoVA Speakers Bureau. Suba enjoys volunteering at the Lorton library as an English Conversation Leader, at the Lorton Food Bank, and at Crestwood Elementary School in Springfield assisting students with reading and writing.

F707Z Pundits, Polls & Politics! The '24 Election!

Monday, 2:15–3:40, Oct. 14

One session

Instructor: Doug Stowell

The '24 Election is here! How can we make an informed choice? Let's 1) Review POTUS "Approval" history (1945-2020), 2) Explore how better voter polls are done, 3) Discuss major '24 election issues and 4) Identify party positions. We'll review the current polls and do some in-class survey exercises such as a typical Corporate Assessment Model (CAM) on the choice for POTUS. CAM is a "tool" to rank the issues AND the candidates. We will wrap up by doing a class electoral vote prediction, state-by-state. Just 1 in 20 voters actually decide an election. Let's be a better prepared voter and be part of the "1"! A cell phone and some familiarity with Q/R codes are helpful, but not required. This is a non-partisan discussion.

Doug Stowell is a consumer and political polling veteran in both U.S. and EU Markets. His career includes being the market research director for the Xerox Corp., U.S. clients director for the U.K. polling firm NOP, Ltd. in London, and senior polling executive for Wirthlin Worldwide in Washington, D.C. He launched Market Resource Associates in 2008 and conducts opinion polls on U.S. and global issues today. He is a member of OLLI at Furman University in Greenville, SC and conducts Zoom programs for more than 80 groups nationally. This is his fourth quadrennial election program.

F708 / F708Z U.S./China: South China Sea Tensions

Wednesday, 9:40–11:05, Oct. 23

One session

Instructor: Randy Ferryman

China's sovereignty claim of vast South China Sea (SCS) water, natural resources, and land features, demonstrated by its military buildup, harassment of U.S. military forces, and aggressive law enforcement harassment there against other SCS claimants, makes the region a potential flashpoint for a China/U.S. military conflict, according to U.S. policymakers and senior military officials. This course will describe China's claim to the SCS, the reasons for the claim, what it is doing to assert its claim, and its impact on other key claimants and their responses. The SCS is twice the size of the Mediterranean Sea and is a major source of food security, while being a critical maritime commercial and military pathway connecting the Middle East and South Asia with China, Japan, and the western Pacific region. The course will identify the role of international bodies in resolving SCS disputes and U.S. key interests in freedom of navigation operations and treaty commitments.

Randy Ferryman, since 2016, has taught five separate courses at OLLI on topics mostly related to the Civil War. He is a retired CIA senior officer who covered U.S. national security developments in the Middle East, the Soviet Union, and Russia. He has a B.A. in History, and an M.S. in Administration.

F709 / F709Z The Russian Way of War

Monday, 2:15–3:40, Nov. 4

One session

Instructor: Elva Card

Russia is waging its war on Ukraine in a way that completely violates accepted international standards of warfare. They deliberately bomb civilian apartment buildings, schools, and hospitals. Russian troops steal precious items from Ukrainian museums. The remains of Prince Gregory Potemkin, who died and was buried in Ukraine in 1791, was taken to Russia. In areas occupied by the Russians, civilians are subject to torture and mass killings. Even when the Russians have to retreat, they leave behind scores of land mines. They even booby-trap the bodies of dead Ukrainian soldiers. An ultimate crime against humanity is their stealing of thousands of Ukrainian children. They plan to raise them as dedicated Russians. It is for this crime that the International Criminal Court has named Putin a war criminal. Russia has dazzled the West with its amazing music, literature, and ballet, but its way of war is brutal and barbaric.

See F310/F310Z for instructor information.

F710 Crystal Ball Gazing and Postmortems for the Nov. 5, 2024 Elections

Tuesday, 2:15–3:40, Nov. 12

One session

Instructor: Michael Pope

Coordinator: Kathleen Burns

Journalist Michael Pope will pour over the confetti from the

Nov. 5 elections, involving electoral contests at the federal, state, and local levels. After all the ups-and-downs of this election season, he will guide the audience through the winners and losers of this spirited contest. Pope will help sort out what happened and what is yet to come when the winners are sworn in and if the losers cause havoc as they did on Jan. 6, 2021. Come get a ringside seat.

Michael Lee Pope is an author and award-winning journalist who reports for Virginia Public Radio and hosts the *Pod Virginia* podcast. He has reported for *NPR*, the *New York Times*, *Northern Virginia Magazine*, and the *Alexandria Gazette Packet*. Pope has a Master's degree in American Studies from Florida State University and is the author of five books. The most recent is *The Byrd Machine in Virginia: The Rise and Fall of a Conservative Political Organization*.

F711 / F711Z Sponsored by GMU Retired Faculty Association: China's Gambit: The Calculus of Coercion

Wednesday, 2:15–3:40, Nov. 13

One session

Instructor: Ketian Zhang

Coordinator: Julianne Mahler

Since 1990, China has used coercion against the United States and U.S. allies, yet China is curiously selective in the timing, target, and tools of coercion. The instructor has found that China does not coerce frequently and uses military coercion less when it becomes stronger, resorting primarily to non-militarized tools. *This course, open to OLLI members, is also open to Retired Faculty Association members.*

Ketian Zhang is professor of International Security in the Schar School of Policy and Government at George Mason University. She studies rising powers, coercion, economic statecraft, and maritime disputes in international relations and social movements in comparative politics, with a regional focus on China and East Asia.

800 Science, Technology, and Health

Program Planning Group Chairs:

Mark Dodge, Mary Kornreich,

Suresh Mohla, Michele Romano

F801 / F801Z Invasive vs. Native Plants: Making a More Wildlife-Friendly Yard

Mondays, 2:15–3:40, Sept. 23–Sept. 30

Two sessions

Instructor: Margaret Chatham

In the past, developers and landscapers only concerned themselves with how plantings looked to people. Our yards have always had weeds (plants that we don't want) and volunteers (welcome plants that we didn't plant). We realize now that the world needs more native plants to support our ecosystems, so it's important to take the origin of the plant into account when deciding whether it's a bad weed or a good volunteer. This course will present some of the worst non-native weeds currently invading Northern Virginia, with information about what makes them "bad," and some of the "good" native volunteers that they might

be confused with. It will provide suggestions for native supplements and replacements to your yard plantings so that they may better sustain songbirds, bees, fireflies, butterflies, and our ecosystem in general.

Margaret Chatham has been fighting invasive exotic plants for over 40 years. She makes no claim to know all of them, but is very happy to share her plant experiences to help others get started on identifying them.

F802 The Alphabet Soup of Medicare

Mondays, 2:15–3:40, Sept. 23–Oct. 7

Three sessions

Instructor: Maddie Sharpe

Class limit: 25

Are you confused about Medicare? Most seniors are so you are not alone. It's not only about the ABC's. There's also D and then there's Medical Supplement with its own host of lettered plans! Have you heard about Medicare Advantage? That's where $A+B+D$ (sometimes) = C. Yikes! Do you know what open season is all about? Do you know why you are inundated with messages/commercials/radio announcements throughout the fall? And, have you ever wondered how and if Medicare pays for nursing homes or long term care? If you have any of these questions, this course is for YOU. If you're not yet old enough for Medicare, come to the class so you can be a step ahead of the pack so that you know what to do when the time comes. If you're already on Medicare, come to better understand the benefits you currently have and why reviewing them regularly is a wise choice.

Maddie Sharpe, CFP® specializes in senior health. She has been focused on aging issues since her relocation to Northern Virginia in 2002. She works with retirees and pre-retirees to assist in planning for the transition to 'fixed income' and preparing for added expenses associated with health (eg. Medicare and Long Term Care).

F803 / F803Z It's A Weighty Issue

Tuesdays, 11:50–1:15, Sept. 24–Oct. 1

Two sessions

Instructor: Michele Romano

Have you had a weight problem all your life? Have you fought it...and lost? You are not alone. 74% of people in America are either overweight or obese. Nearly 55% of obese children will go on to be obese in adulthood. OBESITY IS A CHRONIC, MULTIFACTORIAL DISEASE. Those factors include family history, genetics, hormonal, physiological, environmental, socioeconomic, and psychosocial. There are a lot of elements in play. We may be able to prevent it. We can get it into remission, but we cannot cure it. The health risks associated with obesity are numerous and increase with age. The course will show you how to calculate your body mass index (BMI), metabolic rate, ideal body weight, and calorie intake. Setting reasonable, achievable goals is paramount. We will also discuss the myriad of treatment options from lifestyle modifications, exercise, diets, drugs, and surgery.

Michele Romano is a family physician who retired in 2015. She attended Virginia Commonwealth University School of Medicine and held a faculty appointment as an associate professor of Clinical

Medicine at VCU. She served on both the VCU board of trustees and the VCU health system board.

F804Z Chair Yoga and Meditation

Tuesdays, 2:00–3:00, Sept. 24–Nov. 12

Thursdays, 3:00–4:00, Sept. 26–Nov. 14

Sixteen sessions

Note times

Instructor: Kamini Patel

Chair yoga is a gentle form of yoga that utilizes yoga, stretching, and breathing exercises. Meetings will also include mind and body relaxation and meditation. Equipment will be used to go deeper into our stretches. Please be prepared with the following recommended equipment or a similar substitute: yoga blocks, yoga TheraBand straps or bands, light weights (2-3 lbs.), paper plates, and a tennis ball. We will discuss the equipment needed in class as well.

Kamini Patel is a certified yoga instructor who has been teaching yoga since 2003. She is excited to share the immense physical and mental benefits from yoga such as improved posture, concentration, and self-esteem. Yoga also helps strengthen the respiratory system and will alleviate stress.

F805 Building Resilience: Embracing Hardiness in Later Life

Tuesday, 2:15–3:40, Sept. 24

One session

Instructor: Eduardo Rodela

This course aims to introduce the concept of hardiness, as developed by Salvatore R. Maddi and Suzanne C. Kobasa. Hardiness refers to a set of attitudes and strategies that help individuals effectively navigate through challenging situations, maintain their well-being, and adapt positively to stressors. Through interactive discussion, participants will learn about the components of hardiness and how to cultivate them in their own lives, empowering them to thrive in their later years. The instructor will break down the components of hardiness, including commitment, control, and challenge, and discuss their relevance to the experiences of seniors. Participants will learn practical strategies for enhancing their hardiness such as reframing negative thoughts, seeking social support, and identifying a purpose in life.

Eduardo S. Rodela, MSW, Ph.D, is a former adjunct professor at the School of Social Work at George Mason University. He has experience working in the U.S. Army as a social work officer, and a clinical social worker, as director of Readjustment Counseling Service with the U.S. Department of Veterans Affairs. Eduardo is a retiree from a career in federal service. In his last position, he served as a management analyst with the Environmental Protection Agency. He lives in Fairfax County with his spouse, Carlota.

F806 / F806Z Medicare Part A For All

Friday, 11:00–12:25, Oct. 4

One session

Note time and location

Instructor: Jim Cantwell

The Providence, 9490 Sprague Avenue, Fairfax, 22031

The American health care system needs serious reform.

Our system has resulted in medical bankruptcy for some, lower wages for insured workers, and ruinously high costs for federal (Medicare, Medicaid, and VA healthcare) and state governments (Medicaid). Compared with other advanced countries, our high health care expenditures have not bought better health. Most EU countries, England, Canada, and other countries spend a much lower share of the national income but have longer longevity, lower infant mortality, and better measures of health care quality. In the past, some Americans have proposed universal health care, a government run system for all. Such a huge change is too expansive for most voters. In March 2021, Senator Bernie Sanders proposed reducing the eligibility age for Medicare to 55 from 65 as part of the Democrat economic recovery legislation. This would expand but not reform. An alternative would be to bring the federal government's purchasing power into play. One such approach would begin with hospital or pharmaceutical payments, making Medicare Part A or Part D universal. The instructor will analyze the advantages of a Medicare Part A expansion only as well as the likely arguments against a Part A expansion.

See F205 for instructor information.

F807 Six Pillars of Brain Health

Monday, 11:50–1:15, Oct. 7

One session

Instructor: Suba Saty

It's never too late to take charge of your brain health! In this interactive session, you will learn about the six pillars of a brain-healthy lifestyle, share your brain-boosting activities, and be inspired by others. This session is a good overview for anyone interested in improving their brain health and will provide you with actionable steps you can take along with resources to learn more.

See F706 for instructor information.

F808 Global Climates

Mondays, 9:40–11:05, Oct. 14–Nov. 4

Four sessions

Instructor: Barry Haack

There has recently been considerable attention to climate change. Another aspect of climatology is the variation of climates on the surface of the Earth. This has been studied for well over 100 years and is very important to understanding our planet. The most common classification for regional climatology identifies thirteen climates including Tropical Rainforest, Mediterranean, Desert, Steppe and Tundra, among others. These regional climates will be explored in this class using many visuals and presenting seven parameters for each, including causes and controls, temperature and moisture characteristics, soils, natural vegetation, utilization and locations. Understanding how climates vary is informative to our travels and to an increased global awareness of environmental and livelihood challenges and opportunities.

Barry Haack is a geographer and a career GMU faculty member. His primary academic interest is the use of satellites to map

resources and the environment. He has conducted this work in almost thirty countries, providing an opportunity to explore many global climates.

F809 You Say Genes are the Boss? Guess Again!

Mondays, 11:50–1:15, Oct. 14–Nov. 4

Four sessions

Instructor: Suresh Mohla

Epigenetics is the study of how your behaviors and environment can cause changes that affect the way your genes work. Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence (e.g., a gene) but rather how your body reads a DNA sequence. They can shut off a gene or turn on a gene. Our genes play an important role in health, but so do our behavior and environment, such as what we eat and how physically active we are. This course will focus on epigenetics' role in health and various diseases including diabetes, alcoholism, diet and exercise, obesity, and cancer. Interestingly, epigenetic changes in a growing fetus start early and depend on a mother's health, prior to and during pregnancy, and during normal development and aging. Clinical trials using novel drugs are focusing on manipulating epigenetics in cancer and other human pathologies to turn on good genes (promote health) and turn off bad genes (enhance recovery).

Suresh Mohla, PhD and endocrinologist did his postdoctoral fellowship at the University of Chicago, Pritzker School of Medicine. He has over 45 years of experience in cancer research including 25 years at the National Cancer Institute. He has taught at OLLI on multiple topics in cancer since 2020.

F810Z Can We Stop Climate Change?

Tuesdays, 9:40–11:05, Oct. 15–Nov. 12

Five sessions

Instructor: Tony Lee

Class limit: 20

This class is intended for those who were unable to attend the two winter 2024 sessions. Are you concerned about climate change and want to be more knowledgeable and involved? This course will cover the following topics: 1) The science and problems associated with climate change; 2) Climate modeling that explores the effectiveness of various solutions; 3) Advances in renewable energy, primarily wind and solar; 4) Understanding public attitudes and learning how to start conversations; 5) Becoming active in addressing climate change and creating a personal action plan. Classes are limited in size to allow for student participation and interaction. Supplemental readings and videos will be recommended, along with a few outreach opportunities that have proved to be popular.

Tony Lee has a BA from Yale University and an MBA from Rutgers and is now retired. He has worked as an educator on climate change, giving talks and leading courses for 30 years. He helped develop the "Can We Stop Climate Change?" course and with a small team, has led it 40 times in the last four years.

F811 Global Warming and the Challenge of Carbon-Free Energy

Wednesdays, 2:15–3:40, Oct. 16–Oct. 23

Two sessions

Instructor: Shivaji (Shiv) Seth

We are at a critical juncture due to global warming and the potential for severe climate change. Carbon emissions must be reduced, but providing a sustainable carbon-free energy supply is a huge challenge. Can we meet the agreed-upon climate goals? This class will provide a simple, factual picture of our use of diverse energy sources, associated carbon emissions, and a systematic basis to address the key questions. It will include selected excerpts from a DVD of Oliver Stone's documentary film, *Nuclear Now*.

Dr. Shivaji Seth has been in the energy field throughout his 50-year career in the industry and in a senior advisory capacity with the U.S. government. He has lectured on global warming and energy topics. Dr. Seth has a PhD in Nuclear Engineering from MIT, and is an emeritus member of the American Nuclear Society.

F812Z The Alphabet Soup of Medicare

Tuesdays, 2:15–3:40, Oct. 29–Nov. 12

Three sessions

Instructor: Maddie Sharpe

Class limit: 15

This is a repeat of F802.

See F802 for instructor information.

F813 / F813Z How to Improve Brain Health to Extend Independent Living

Wednesdays, 9:40–11:05, Oct. 30–Nov. 13

Three sessions

Instructor: Ellen Clarke

What's the best way to enhance your cognitive abilities? Dive deep into a world where science meets practicality, exploring cutting-edge research and applications to boost brain health and performance. As we age, our brain's potential can be maximized, and this interactive series is your guide. Gain exclusive insights into academia and government initiatives aimed at enhancing cognitive abilities. Equip yourself with tools and knowledge to apply these groundbreaking findings in your daily life to help ensure a future of mental clarity, enhanced memory, and optimal brain function.

Dr. Ellen Clarke earned her PhD in Human Factors and Applied Cognition from George Mason University, where she led pioneering research on improving brain health in older adults. She has worked with respected institutions, including DARPA, NRL, and BCBS, and runs Brain Evolved, a neurotech company.

F814Z Mediterranean Diet

Monday, 11:50–1:15, Nov. 4

One session

Instructor: Marybeth Mitcham

Many people have heard that the Mediterranean Diet is a good diet to follow and that it also supports heart health. But, what exactly does that mean? Come and join us for a

workshop where we will explore the specific characteristics of the Mediterranean Diet and some recipe ideas.

Dr. MB (Marybeth) Mitcham is the director of the online MPH program and an assistant professor in the Department of Global and Community Health. Her research and work focus on the interplay between humans and their environment, leveraging available resources to address disparities and achieve improved holistic community health.

L815 Under the Influence: A Brief History of Drug Use and Drunkenness

Thursday, 9:40–11:05, Nov. 14

One session

Instructor: Stephanie Campbell

What do Neanderthal shamans and Greek philosophers have in common? How about Sumerian priests and Roman emperors? Could there be a connection between Viking berserkers and Christian ascetics? Though separated by time, geography, class, or religion, what these groups have in common may surprise you: many of their members were "under the influence." This lecture will explore drug use and drunkenness from antiquity to the modern day, along with the roles they played in religion, medicine, economics, academia, and...partying, of course.

Stephanie Campbell attended the College of William and Mary where she earned a BA in History and a second BA in Medieval and Renaissance Studies. She then earned an MA in History with a concentration in Medieval History from The Catholic University of America.

R816 Global Warming and the Challenge of Carbon-Free Energy

Tuesdays, 2:15–3:40, Sept. 24–Oct. 1

Two sessions

Instructor: Shivaji (Shiv) Seth

This is a repeat of F811.

See F811 for instructor information.

R817 / R817Z Hearing Aids: Prescription or Over The Counter?

Wednesday, 9:40–11:05, Sept. 25

One session

Instructor: Bonnie O'Leary

Over the counter hearing aids are now on the market, and this presentation helps to explore some of the benefits and limitations of OTC hearing aids. You will learn about hearing loss in general, how to interpret an audiogram, myths and truths about hearing aids in general and OTC in particular, and when prescription hearing aids are warranted. This program is presented by the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC). No sales are ever involved.

Bonnie O'Leary is the outreach manager and certified peer mentor for the NVRC, the area's leading non-profit for people with hearing loss. She is a late-deafened adult who has been wearing hearing aids for over 25 years.

R818 Fear of Death

Tuesday, 2:15–3:40, Nov. 12

One session

Instructor: Jonathan Bauman

As we approach the end of our lives, it's hard not to worry about where we are going and what the journey will be like. To varying degrees, we all have thoughts and feelings about death from time to time during the course of our lives, a natural concern. This course will describe a clinical disorder, thanatophobia, which can affect people of all ages. We will also discuss the normal thoughts and feelings that older adults confront through aging, illness, and the deaths of those around us.

Dr. Bauman is a retired psychiatrist and a graduate of Georgetown University School of Medicine and the Georgetown Psychiatric Residency Program. He is Board Certified in General Psychiatry and by the American Board of Adolescent Psychiatry.

R819 You Say Genes are the Boss? Guess Again!

Wednesdays, 9:40–11:05, Oct. 2–Oct. 16

Three sessions

Instructor: Suresh Mohla

This is a repeat of F809

See F809 for instructor information.

F820 / F820Z The Brainy Bunch Dementia Discussions

Thursdays, 2:15–3:40, Sept. 26–Oct. 17

Four sessions

Instructors: AARP and the Alzheimer's Association

The Brainy Bunch Dementia Discussions series for family caregivers covers a range of essential topics to help you care for your loved one and/or plan for your own care. Learn about healthy lifestyle choices for brain and body health, recognize the warning signs of Alzheimer's, get financial planning tips, and discover effective communication strategies for care partners. This series is a collaboration between AARP Virginia and the Alzheimer's Association.

Healthy Living For Your Brain And Body: Tips From The Latest Research. Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Ten Warning Signs Of Alzheimer's. Am I getting old or getting Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal a larger problem? This program provides an understanding of the difference between normal aging and when symptoms reveal a larger problem.

Managing Money: A Caregiver's Guide to Finances. If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

Effective Communication Strategies. Does communicating with your loved one frustrate you? Is there a better way to reach a person with neuro-cognitive

difficulties? This program will give you real-life tools you can use as you navigate the difficulties of being a care partner.

F821Z Trees of Fairfax County

Monday, 11:50–1:15, Sept. 30

One session

Instructor: Joan Allen

Coordinator: Fred Kaiser

Trees and forests in Fairfax County provide significant benefits to our community. For over 30 years, the Fairfax County Urban Forest Program has been raising awareness about their importance by promoting the compatibility between developed and natural communities. The instructor will present the tree species that are present in Fairfax County, the pests and diseases affecting them, and the contribution they are making to our community.

Joan Allen is an urban forester with the Fairfax County Urban Forest Management Division. She has worked for Fairfax County for over ten years, having earned a BS in Environmental Forest Biology for SUNY and Masters of Natural Resources from Virginia Tech.

900 Other Topics

F901Z Monday Morning Lecture Series

Mondays, 9:40–11:05, Sept. 23–Nov. 11

Eight sessions

Instructors: Mike Agron, Cynthia Lum, Katherine Jefferson, Mary Ellen O'Toole, Katherine Scafide, Ronald Marks, Kristin Slacin, Janet de Vries

Sept. 23: Rhythms of the Road: A Musical Journey with Planes, Trains, and Automobiles. Embark on a tuneful journey through America's rich musical landscape as we celebrate the iconic songs inspired by our love for travel. This session delves into a symphony of styles—from the rhythmic beats of Swing, Jazz, Pop, Rock, Folk, Country, and Soul. Together, we'll explore over a dozen tracks, each echoing our collective yearning for adventure, freedom, and romance. From the timeless harmonies of Glenn Miller and the Modernaires to the classic tunes of Frank Sinatra, Nat "King" Cole, Ella Fitzgerald, The Beach Boys, The Beatles, and beyond, this session promises to leave you smiling, humming, and tapping your feet to their enduring rhythms. We'll rediscover songs that defined generations, with other additional artists like Peter, Paul & Mary, The O'Jays, and Johnny Cash guiding our musical odyssey. Whether these melodies are old favorites or new discoveries, join us to relive these great American classics and to discover stories they tell of our journeys across planes, trains, and automobiles.

Michael Agron returns to OLLI Mason for his second Monday morning lecture series and second lecture series. He grew up in LA, the heart of the recording and entertainment industry. He loved music so much he wanted to become a recording engineer. Fate had different plans and he ended up with a successful career in hi-tech, including founding a webinar marketing agency. He has been fortunate enough to fulfill his musical and entertainment passions by offering his varied and unique popular seminars thirteen times to members the Sacramento Renaissance Society at Cal State University Sacramento and to numerous OLLI organizations across the country.

Sept. 30: Policing is an Intellectual Profession. Evidence-

based policing emphasizes that research knowledge should have a "seat at the table" when police officials make decisions about what to do about crime and community trust and confidence. But exactly how is this achieved? What role does research and science play in today's challenging environment of concerns about both crime and social justice?

Dr. Cynthia Lum is distinguished university professor of Criminology, Law and Society and director of George Mason University's Center for Evidence-Based Crime Policy. She received her Doctorate in Criminology from the University of Maryland in 2003. She is a former police officer and detective.

Oct. 7: Transportation: Roads, Your Mobility and Safety. Participants will learn about the systems and services that are available on the interstates and main highways in Northern Virginia and within the Washington, D.C. region, and about the people who are committed to assist as you travel along these roads. Also discussed will be routinely encountered situations along local streets and roadways. For example, why does it seem as if nothing happens when the button to cross a street is pressed? What do flashing yellow arrows in left turn lanes mean? What are drivers expected to do when they encounter school buses, emergency vehicles, or disabled vehicles? This session will provide insights into how our interstates and highways operate, the common incidents that occur on busy streets, and how the devices we use and actions we take affect personal mobility and safety.

Katherine Jefferson has more than 30 years experience in the public and private sector in the transportation area. She holds degrees in Civil Engineering, Public Administration and Public Policy. Work experience encompasses employment in three state/local Departments of Transportation (Pennsylvania, Virginia, and District of Columbia), a multi-national private toll road operations company (Transurban in Australia, Canada, the United States) and a local Department of General Services.

Oct. 14: The FBI Profiler and the Psychopath: A Glimpse into the Mind of This Most Devastating Personality Disorder. In the speaker's career as an FBI special agent "Profiler", the most intriguing, frightening and challenging personality she ever dealt with was the psychopath. In this session, she will take you into the mind of the psychopath. Psychopaths can present an enormous challenge for everyone they interact with—family, friends, co-workers, law enforcement, mental health professionals, prosecutors, judges, and others. How psychopaths treat people, their behaviors at work, at crime scenes, as neighbors—wherever they are, can be shocking because of their stunning lack of empathy, their lack of guilt for their actions, their pathological lying, and their complete disregard for the consequences of their bad actions on others. FBI agent profilers have probably dealt with psychopaths more than most people. So understanding this personality disorder from a behavioral perspective is critical, whether we are interviewing a psychopath, investigating a crime, prosecuting a psychopath, interacting with one in a prison setting, or living next door to one. Psychopaths are not "crazy". They are not mentally ill, and they know right from wrong. But the rules don't apply to them. Are they all serial killers? Absolutely not. They can run companies, serve in

politics, and work in the government. Their arrogance and narcissism is only part of their complex and dark natures. It's a combination of personality traits and characteristics that make these people fascinatingly horrifying.

Dr. Mary Ellen O'Toole is currently the director of the Forensic Science Program at George Mason University. As the head of the program, Dr. O'Toole helped to develop a number of new initiatives for teaching and research, including the Forensic Anthropological Research Laboratory (aka the "Body Farm") at Mason's campus in Manassas, VA, and the Crime Scene House Laboratory in Fairfax, VA. Prior to coming to Mason, Dr. O'Toole served as an FBI agent for 28 years, and for 15 of those years worked in the Bureau's renowned Behavioral Analysis Unit (BAU) where she was involved in some of the FBI's most high-profile violent crime cases. Her specialized areas of study and practice in the FBI included psychopathic offenders and violent criminal behavior. She is the editor in chief of *Violence and Gender* and is the author of *Dangerous Instincts: How Gut Feelings Betray Us*.

Oct. 21: Telling The Victim's Story: How Advances in Technology Are Improving the Detection of Injuries.

Katherine ("Kat") Scafide is a tenured associate professor, forensic nurse, and scientist in the George Mason University's School of Nursing. Her years of forensic nursing practice, caring for living and deceased victims of violence, have contributed significantly to her program of research. Her research primarily focuses on advancing equity in the medical identification and forensic documentation of injuries, particularly for patients of color, through innovative uses of technology. She has received several federal awards to support these efforts. Dr. Scafide began her journey as a bruise scientist during her doctoral work at Johns Hopkins where she garnered the name "paintball" lady for her unique method of creating injuries. At George Mason, she collaborated with colleagues at Texas A&M and Georgia State Universities, conducting one of the largest and most diverse bruise studies in modern forensic history. She teaches primarily in the PhD program in the School of Nursing where she mentors doctoral dissertations.

Oct. 28: Espionage: The True Story of Spying. This lecture provides the hands-on insights of a 40-year veteran of the world of espionage. It will answer what espionage is versus what people think it is, who does it, and why Washington, D.C. is the capital of spying. The lecture is also designed to help understand the structure, history, and current challenges of America's intelligence community and its constitutionally mandated Congressional oversight. It will examine a range of issues including the history and development of oversight of intelligence collection and analysis, the execution of covert action, the gathering and storage of information in the 21st Century, concerns over privacy and civil liberties, and the obtaining and execution of budget and program.

Ronald Marks III is a former CIA and Capitol Hill official. He is a visiting professor at George Mason University, Schar School and a member of the Council on Foreign Relations.

Nov. 4: Understanding and Treating Post-Traumatic Stress Disorder (PTSD). This course will provide insight into the diagnostic criteria for PTSD outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), along with an exploration of the array of symptoms associated with the disorder. It will include an examination of how PTSD manifests in clients, including an exploration of how traumatic experiences are encoded in

the brain, body, and emotional responses. The discussion will include: 1) The unique ways in which traumatic memories are stored and processed within the brain, shedding light on the mechanisms our nervous system employs to protect us from perceived threats; 2) The concept of the "Window of Tolerance" and recognizing signs indicating when an individual is operating outside of this optimal range; 3) Stages of trauma treatment, spanning from initial history-taking and assessment to stabilization, desensitization, and reprocessing; 4) Prominent treatment modalities such as Eye Movement Desensitization and Reprocessing (EMDR), Internal Family Systems (IFS), and Sensorimotor Psychotherapy, highlighting their respective approaches; 5) The healing journey from PTSD, including an exploration of what the process entails and how it manifests on an emotional and psychological level; 6) A comprehensive resource list to support further learning and exploration beyond the course.

Kristin Master Slacin has been a Licensed Professional Counselor (LPC) for over 15 years. She worked with at-risk adolescents in the Fairfax County Public School system before starting her private practice in Falls Church City in 2010. She is a certified EMDR Therapist (Eye Movement Desensitization and Reprocessing) who specializes in working with trauma across populations, including military veterans. Before embarking on her counseling journey, Kristin served as a project manager in the government contracting sector, overseeing information technology projects for the Environmental Protection Agency. Kristin holds a Bachelor of Arts in History from The College of William and Mary, a Master of Science in Systems Management from Capitol College (now Capitol Technology University), and a Master of Arts in Counselor Education from Virginia Tech.

Nov. 11: A World War II Story through Sketches. Explore a World War II story through SSgt. Jacob John de Vries' sketches of people, landscapes, and churches in France, Austria, and Germany in 1944-45. de Vries served in the U.S. Army 103rd Infantry (Cactus) Division in Europe and First Allied Airborne Army occupying forces in Berlin. Even before his formal art training, he was always sketching, including during his four years in the Army. The storyteller is John's daughter, Janet. This lecture includes her travels to France to locate some of the sites her father sketched.

Janet de Vries is happily retired after 21 years providing career counseling to students at Casper College in Casper, Wyoming. A native of Akron, Ohio, she moved to Wyoming as quickly as she

could after earning a BS in Geology. When the oil boom busted, she earned an MS in Counseling.

F902 Eastern Stars: The Enchanting Cities of Eastern Europe

Wednesday, 9:40–11:05, Sept. 25

One session

Instructor: Joyce Johnston

Once they marked the farthest boundary of western civilization. Protected by the swift, cold Danube, they anchored the outer reaches of the Roman Empire. Later they were a bulwark protecting Europe against repeated incursions by the Ottoman Empire and Communist Russia. Prague, Bratislava, and Budapest mixed nomads from the steppes with exotic architecture, European-style universities, and their own unique expressions of Christianity. Each has survived to flourish in the 21st century without forgetting the horrors and the glories of their turbulent histories. *Eastern Stars: The Enchanting Cities of Eastern Europe* will evoke the unique flavor of the places that once defined the boundaries of the Roman Empire.

A lifetime of travel as an Army brat has given **Joyce Johnston** a love of unexplored places and a taste for adventure. Now retired from public school teaching after 37 years, she has extended her love of diverse cultures to her multinational students at George Mason University and to frequent travel with her husband Craig. Previously, Joyce has shared material as wide-ranging as her experiences at the Alhambra and her discussion of *Beowulf* as a window into aging and the end of life. Now she is excited to revisit and update her first travel presentation from ten years ago.

F903 / F903Z The Benefits of Preplanning Your Final Arrangements: Cemetery and Funeral Considerations

Monday, 2:15–3:40, Oct. 7

One session

Instructor: Kevin Cooper

This course will discuss the five benefits to pre-planning your forever resting place by addressing the following topics: **1) Selecting Your Forever Resting Place.** The significance of the burial location and the influences in making the choice will be discussed; **2) Celebration of Your Life.** How unique was your life? How would you like to be remembered? How do you plan your memorial celebration ahead of time so your family can grieve properly? Wills provide guidance but do not address end of life arrangements. How can you eliminate the emotional stress of "at need" arrangements?; **3) Lasting Protection for Your Loved Ones.** What does it really mean to protect surviving spouses and children today versus "after the fact"?; **4) Taking Advantage of Today's Prices.** We'll take a look at costs associated with the death industry over the last 25 years and locking in today's prices. There are different payment options versus paying all at once, and having your own arrangement versus relying on an insurance policy; **5) Ensure Your Wishes Are Met.** The Caring Decisions planner will consolidate your arrangements, organizing your choices through clear instructions.

Future Course Proposal Due Dates

****Please note that course proposals are due approximately 6 months before the start of each term due to catalog production deadlines.**

Winter 2025: January 21 - February 14, 2025

(Proposal due date: July 25, 2024)

Spring 2025: March 24 - May 14, 2025

(Proposal due date: October 7, 2024)

Summer 2025: June 23 - August 1, 2025

(Proposal due date: January 27, 2025)

Course Proposal Form:

<https://olli.gmu.edu/olli-course-proposal-form/>

Kevin Cooper is a former British citizen who became an American citizen in 1997. He has more than thirty years of experience in teaching, training, and facilitation in the automotive field, as well as the home improvement and death care industry.

F904Z Writing a "Legacy Letter"

Wednesdays, 2:15–3:40, Oct. 16–Nov. 6

Four sessions

Instructor: Jay Sherwin

Class limit: 20

Your legal will bequeaths your valuables, but how do you transmit your values to your loved ones? A legacy letter (also called an "ethical will") is a written document that allows you to share your life lessons, express your values, and offer your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for children, grandchildren, and other loved ones. This course includes discussion, in-class writing exercises, and brief weekly writing assignments to help you examine your life history, explore your values, and capture important insights. The course is designed to create a supportive learning community that will encourage you to draft and complete your own legacy letter.

Jay Sherwin has practiced law, worked for five charitable foundations, and served as a hospital chaplain. He created the Life Reflections Project to educate people about legacy letters and ethical wills. Jay has taught this online course to more than 40 OLLI programs nationwide.

F905 Downsizing and Decluttering: You Can't Take It With You

Monday, 11:50–1:15, Oct. 21

One session

Instructor: Suba Saty

Having too much stuff can impede people from relocating or getting health care into their homes. This fun, interactive presentation explores why stuff is so important for some people. The instructor will present practical, easy-to-follow tips on downsizing and decluttering. Cleaning out your house while you can is a gift and inheritance you can leave your relatives!

See F706 for instructor information

F906Z The Internet and Network Neutrality: What It Means and Where We're Headed

Thursday, 9:40–11:05, Nov. 14

One session

Instructors: Doug Povich, Patrizia Ross

Regulation of the Internet vacillates depending in general on which political party controls the Federal Communications Commission. The ongoing debate over so-called "net neutrality" is taking another turn as the FCC's new majority is switching back yet again to treating the Internet as a telecommunications service instead of an information service. Learn about the meaning of net neutrality, how the debate came to this point, the implications of FCC's action on Internet users, and what happens next.

Douglas Povich is a management analyst for Fairfax County's Department of Cable and Consumer Services. Before joining the county, Doug practiced telecommunications and technology law for over 30 years. He holds a B.A. in English and Philosophy from Union College and a J.D. from Georgetown University.

L907Z The History of Hallmark White House Christmas Cards

Tuesdays, 11:50–1:15, Oct. 22–Nov. 12

Four sessions

Instructor: Robert Cather

This course provides a historical review of presidential Christmas cards, messages, and gifts, along with photos and anecdotes of holiday celebrations over the last 90 years. It utilizes archives of the Hallmark Card Company and the American Greetings Card Company, plus commentary from prominent collectors of White House memorabilia that gives a glimpse of the nation's culture and its values. Three presidential administrations will be presented in each session.

Robert Cather is a retired retail executive who worked within the branches and buying offices of two prominent New York City department stores.

F908Z SHAPE The Future of Aging: A Panel Discussion of the Fairfax County Strategic Plan for Aging

Monday, 9:40–11:05, Oct. 21

One session

Instructors: Walter L. Alcorn, Linda Hernandez-Giblin, Beth Ann Margetta

SHAPE the Future of Aging is a 5-year strategic plan which acts as a north star for Fairfax County and community-based organizations to look to as we develop and implement services for older adults in our community. Join this panel conversation to learn about the opportunities outlined in the SHAPE plan to continue to make the Fairfax area an excellent place to age well.

Walter L. Alcorn started his second term as Hunter Mill District Supervisor on January 1, 2024. Prior to being elected Supervisor, he served on several Fairfax County boards and commissions, most notably the Planning Commission, followed by two years on the Park Authority Board. While on the Planning Commission, he led numerous initiatives including the school proffer policy, workforce housing policy, and Tysons re-planning. Supervisor Alcorn champions improved pedestrian/bicycle safety, transit, affordable housing, and the public safety co-responder model. In his second term, he chairs the Board's Older Adults Committee as well as serving on numerous regional commissions and boards.

Beth Ann Margetta is the assistant program manager of the Fairfax Area Agency on Aging. She has an MSW, is a licensed clinical social worker, and has worked within the Fairfax County Department of Family Services' Adult and Aging Division since 2008. She is passionate about working to support and enhance the quality of life and care for older adults, adults with disabilities, and their caregivers.

Linda Hernandez-Giblin is the legislative supervisor of the Fairfax Area Agency on Aging. She has an MSW in Systems Transformation and has worked within the Fairfax County Department of Family Services' Adult and Aging Division since 2016, coming with prior experiences in local and national nonprofits focused on community development.

Special Events

Many Special Event offerings are **Add to Cart**. We urge you to register for Add to Cart offerings as early as possible. They can fill up quickly, even on the first day of registration.

Please refer to the information beneath each offering to verify location information.

Special Events

Program Planning Group Chairs:
Marilyn Harriman, Luci Martel

1000 Excursions

1001 One-Day Bus Tour of Gettysburg National Military Park

Coordinator: Jim Anderson

Friday, 8:30–5:30, Oct. 4

Bus Trip

Limit: 35

Fee: \$92

Join this day-long, guided narrated tour of the Civil War Battle of Gettysburg. The lecture/narration will begin during the approximately 90-minute bus ride to the park, with multiple stops and short walks as we move around the battlefield. The tour will include a stop at the NPS Visitor Center and a buffet lunch at the Barn Resort. The bus will leave promptly at 8:30am from Floris United Methodist Church (13600 Frying Pan Road, Herndon, VA). Please proceed past the lower parking lot to the top of the hill to the upper parking lot, where the bus will be waiting. Please be at the bus no later than 8:15am.



1002 Walking in Georgetown

Coordinator: Carolyn Kramer

Friday, 9:00–3:30, Oct. 11

Bus Trip

Limit: 30

Fee: \$69 (includes \$5 Tudor Manor fee)

Local author/tour guide Helga Warren will lead a 1 1/2 hour walking tour of Georgetown. Some highlights will be the Old Stone House, C&O Canal, African-American history sites, Julia Child's home, two Kennedy homes, and more. After lunch on our own at an eatery of individual choice, we will board the bus at 1:00pm and proceed to the historic Federal-era Tudor Place for their docent-led "Ancestral Spaces" tour. The bus will leave promptly at 9:00am from the Fairfax Swimming Pool (4200 Roberts Road, Fairfax, VA). Please be at the bus no later than 8:45am.



1003 Tree Walk With a Forester: Learn to Identify Your Local Trees

Coordinator: Sam Laudenslager

Friday, 1:00–2:30, Sept. 27

Drive on Your Own

Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax 22035

Instructor: Joan Allen

Limit: 20

Learn to identify trees commonly found in Fairfax County.



The leisurely tree walk will be held at the Fairfax County Government Center. Tree identification will be taught as well as life histories of various trees. Plan to meet at the flagpole near the front of the Government Center Building at 1pm. Park in the visitor area near the entrance of the Government Center facility where you will find ample spaces. Participants should expect to stand for extended periods and walk over some uneven terrain. The walk will occur rain or shine unless you receive an email from OLLI stating the event is canceled because conditions are unsafe.

Joan Allen is an urban forester with the Fairfax County Urban Forest Management Division. She has worked for Fairfax County for over ten years, having earned a BS in Environmental Forest Biology for SUNY and a Master's of Natural Resources from Virginia Tech.

1100 Diversions

1101 Grab 'n' Gab Coffee Klatch

Coordinator: Toni Acton

Friday, 10:00–11:30, Oct. 11

Fairfax

Grab a cup of coffee and your favorite pastry, and enjoy socializing with your OLLI colleagues. All members—new and old—are welcome to enjoy the casual conversation and camaraderie. Registration for this event is on a first-come, first-served basis.



1102 / 1102Z Annual Town Hall Meeting

Friday, 10:00, Nov. 1

Fairfax, hybrid

The purpose of this meeting is to provide an opportunity for OLLI members to hear updates about our program, facilities, and member activities. After presentations by the board president and the executive director, members will participate in a question-and-answer period and have the opportunity to provide feedback and suggestions.



1103 Oktoberfest at OLLI Mason

Coordinator: Marilyn Harriman

Friday, 12:30–2:30, Nov. 1

Fairfax

Limit: 70

Prost! Come to Tallwood and enjoy traditional German foods, beverages (0.0% non-alcoholic beer and Jägermeister), and music. Our party will include polkas, waltzes, and folk dances, including the ever-popular Chicken Dance. You'll have an opportunity to test your knowledge of Germany and Oktoberfest during a trivia game and contest. The trivia winner receives a gift certificate to a popular German restaurant in the area. Register now to join the celebration of one of the world's most favorite fall traditions, one which began in 1810 as a royal wedding



Special Events

celebration. Participants must register to partake in the food and beverages. The deadline to register is October 28.

1200 Between-Term Events

1201 Board Game Bash

Coordinators: Marilyn Harriman, Debby Mossburg

Tuesday, 10:00–1:00, Sept. 10

Fairfax

Limit: 40

It's Game On! Come out to Tallwood for a fun morning of entertainment. We'll play popular table games, some of which you may have played before and others new to you. All are easy to learn and play. We'll begin the morning with a quick heads-up and a handout with the rules for each game. Each registrant will receive a game card listing the randomly selected games you'll be playing and in which order. At the end of the morning, awards and prizes will be announced and presented to the winners. The event also includes door prizes and party favors. After the game session, we invite all interested participants to continue the fun and socialize over a delicious lunch at the New Coyote Grill on Main Street in Fairfax. All registrants must register for the game day event and optional lunch by September 6. Don't miss out on this opportunity to connect with fellow game enthusiasts!



1202 Game Day Bash Lunch

Coordinators: Marilyn Harriman, Debby Mossburg

Tuesday, 1:30–3:00, Sept. 10

Coyote Grill, 10266 Main Street, Fairfax 22030

Limit: 30

It's Game Over! Meet with your Game Day Bash event colleagues and share the highs and lows of your morning playing popular pastimes at Tallwood. What was your favorite game? What was your least favorite? We'll meet at the new Coyote Grill at 10266 Main Street, Fairfax. Parking and cost are on your own. Free public parking is available on-site.



1203 / 1203Z Vanishing Worlds: Light Grows as Life Fades Above the Arctic Circle

Friday, 11:00–12:25, Sept. 13

One session

Note time and location

Instructor: Joyce Johnston

The Providence, 9490 Sprague Avenue, Fairfax, 22031

Beyond the Arctic Circle once stretched a shining world—1500 square miles of crystalline air and unpolluted lakes the size of inland seas. At midsummer, girls danced all night in white dresses with flowers in their hair, because who could be tired when the sun never set? Even five years ago, reindeer roamed all summer across the green meadows of three countries, shepherded by Sami on routes their people have known for 5000 years. Now reindeer find warming seas drowning their migration routes, their calves dying of heat exhaustion, and freezing rain blocking their access to food they see but cannot reach. The 8,400 tons of ice now leaving Greenland every

second of every year means that the sea-level is rising and animals are starving in all the Nordic lands. Even though Finland, Sweden, Norway, Denmark, and Iceland have all signed a pact to combat climate change, the key question is, can they possibly succeed?

A lifetime of travel as an Army brat has given **Joyce Johnston** a love of unexplored places and a taste for adventure. Now retired from public school teaching after 37 years, she has extended her love of diverse cultures to her multinational students at George Mason University and to frequent travel with her husband. Most recently, Joyce presented another vanished world as she evoked for OLLI *The Enduring Enchantment of the Alhambra*, followed by *The Magic and the Mysteries of the Moors in Spain*. Now she is excited to evoke for LLI members the unique savor of Europe's far north, a region most outsiders will never see.

1204 OLLI Kick-Off Coffee

Coordinator: Toni Acton

Thursday, 10:00–11:30, Sept. 19

Fairfax

Come one, come all as we welcome new members and kick off the fall term at OLLI! Celebrate old friendships and make new ones with coffee, refreshments, and friendly conversation. New members will have the opportunity to meet and engage with the executive director and OLLI board members, as well as learn more about the many committees and clubs that are available to members. A question-and-answer period will follow the presentations. All new and past members are welcome. Registration for this event is on a first-come, first-served basis.



1205 What is the Political South?

Friday, 1:00–2:30, Sept. 20

Fairfax

Instructor: Mark Rozell

The U.S. South, long considered culturally and politically distinctive, has undergone major demographic transformation since the 2000 census. This presentation will describe and analyze how the South has changed and then focus on the question of what exactly is "southern" anymore? Is Northern Virginia the South? What about West Texas, South Florida, and the research triangle? Should we include southern Illinois, West Virginia, Oklahoma, and southern Maryland?

Mark J. Rozell is dean of the Schar School of Policy and Government at George Mason University. His latest co-written book is *The Changing Political South: How Minorities and Women are Transforming the Region* (Oxford University Press, 2024).

1206 National Gallery of Art: Paris 1874: The Impressionist Moment

Coordinators: Bonnie Nelson, Luci Martel

Wednesday, 9:00–2:00, Dec. 4

Metro/Drive on Your Own

Limit: 30

How did Impressionism begin? Discover the origins of the French art movement in a new look at the radical 1874 exhibition considered the birth of modern painting. A remarkable presentation of 130 works includes a rare



reunion of many of the paintings first featured in that now-legendary exhibition. Revisit beloved paintings by Paul Cézanne, Edgar Degas, Claude Monet, Berthe Morisot, Camille Pissarro, and Pierre-Auguste Renoir and meet their lesser-known contemporaries. See the art norms they were rebelling against and learn what political and social shifts sparked their new approach to art. Don't miss the unique chance to immerse yourself in the dynamic Parisian art scene of 1874—the National Gallery of Art (NGA) is the only American stop for this historic exhibition. Participants should plan to meet at the Vienna/Fairfax-GMU Metro entrance no later than 8:45am or at the National Gallery West Building, main floor, when it opens at 10am. Admission is free, and there are several restaurants to choose from for lunch at the NGA. Further details will be sent to registrants before the trip. Participants are encouraged to register for the companion lecture, F110Z, on Nov. 15th to learn about the exhibition before the trip.

1207 Annual OLLI Holiday Party

Coordinator: Debbie Engleson

Friday, 11:30-2:30, Dec. 6

Country Club of Fairfax, 5110 Ox Rd, Fairfax, VA 22030

Limit: 125

Fee: \$50

Join fellow members and guests for OLLI's biggest event of the season. Starting at 11:30am there will be socializing and a cash bar. Lunch will be served at 12:15pm followed by entertainment and door prizes. Choose either chicken piccata, pasta primavera, or broccoli salad with grilled chicken as entrees; all meals include beverage and dessert. You can indicate your choice of entree and pay the \$50 fee when you register on the OLLI portal. Registration will end on Wednesday, November 13, and will be taken on a first come, first served basis. OLLI members are welcome to bring a guest.



OLLI Mason Resources

YouTube YouTube Channel

Share the OLLI Mason YouTube channel with everyone you know! Viewers can sample some of our recorded classes to get a taste of OLLI Mason offerings.

<https://www.youtube.com/@OLLIMason>



Website

Visit the OLLI Mason website (olli.gmu.edu) for a wealth of information. For example:

CATALOG

- **Online version:** olli.gmu.edu/current-catalog/
- **Changes:** olli.gmu.edu/cancelled-changed-courses/
- **Add/drop:** olli.gmu.edu/add_drop_form/

PLANNING RESOURCES

- **For instructors:** olli.gmu.edu/for-our-instructors/
- **For program planners:** olli.gmu.edu/program-planner-resources/
- **Resources for online classes:** olli.gmu.edu/online-classes-resources/
- **Future term dates:** olli.gmu.edu/future-term-dates/

GENERAL INFORMATION

- **Clubs:** olli.gmu.edu/olli-clubs-and-interest-groups/
- **OLLI E-News:** olli.gmu.edu/category/olli-e-news/
- **Donate to OLLI Mason:** olligmu.augusoft.net/, 'Donate to OLLI'

facebook Facebook Page

Connect with each other outside of classes and events, and stay up to date on notifications for local events, some of which you can attend remotely since they are offered in a hybrid format.

<https://www.facebook.com/groups/olli.at.mason>

Clubs

- **Register for clubs and ongoing activities each membership term.** Registration allows OLLI to maintain current club rosters and ensures that you will receive emails about your club's activities and events.
- Zoom links for club meetings will begin on the 1st day of each membership term (Jan. 1, Mar. 1, Jun. 1, Sept. 1)
- All club registrations are **Add to Cart**. Please remember to check out your cart after you register for a club and before you exit the portal.
- For general club questions, please email olliclub@gmu.edu. Club coordinator contact information can be found in the member portal.

All the News That's Fit to Print Club

Thursdays

11:50–1:15, Sept. 5–19, Nov. 21–Dec. 19

Zoom

Club limit: 50

Moderator: Zach Teich

All the News That's Fit to Print meets online to discuss current affairs issues in a friendly and collegial manner. The moderator provides a topic list drawn from the week's news and serves as 'traffic cop' for the freewheeling discussion. All opinions are welcome; the only rules are to be courteous and to allow the moderator to call on those who raise their hands to speak.



Board Game Club

Biweekly on Wednesdays

10:00–12:00, Sept. 4–18, Dec. 4

1:30–3:30, Oct. 2–Nov. 13

Fairfax

Coordinator: Tim Harwarth

Playing board games can reduce stress, boost brain power, and protect against dementia. Do you like playing board games? Would you like to learn and play new games with your fellow OLLI members? If so, this is the club for you. The Board Game Club meets in the morning between terms and in the summer, and in the afternoon during the other terms. Sign up for the club via the member portal in order to receive information on our schedule.



Bridge Club

Wednesdays

10:00–12:00, Sept. 4–18, Nov. 20, Dec. 4–11

1:30–3:30, Sept. 25–Nov. 13

Fairfax

Coordinators: Carol Egan, Carol McManus

Players of all skill levels are welcome. Partnerships are rotated every four hands. The Bridge Club meets in the morning between terms and in the summer, and in the afternoon during the other terms. For details on the club's rules and bidding system, see its web page on the OLLI website. Sign up for the club via the member portal in order to receive any updates to our schedule.



Caregivers Support Group

Biweekly on Fridays

2:30–3:30, Sept. 6–Dec. 20, no meeting Nov. 1

Zoom

Coordinator: Doris Bloch

The group is intended to support those OLLI members who are caregivers for family members and friends who are exhibiting symptoms of dementia, although certainly open to any interested OLLI member or caregiver-type. In this effort, we have strong backing and cooperation with the George Mason University School of Social Work, which has provided us with a facilitator! We convene the group one afternoon every second week on Zoom. The group's focus will not be primarily on educational materials, as OLLI has offered substantial course work on those aspects, but rather on the emotional and the practical side of caregiving. You need not be a full-time caregiver or even a current caregiver to contribute your experiences and information to this group. You can share with us or lurk anonymously, as you wish; but if you register, you will receive periodic links to other helpful presentations and also be notified of the club schedule.



Chair Yoga Club

Tuesdays, between terms

2:00–3:00, Sept. 3–17, Nov. 19–Dec. 31

Thursdays, between terms

3:00–4:00, Sept. 5–19, Nov. 21–Dec. 26

Zoom

Coordinator: Kathryn Russell

Chair yoga is a gentle form of yoga that includes yoga, stretching, and breathing exercises. Meetings will also include mind and body relaxation and meditation. Equipment will be used to enhance our stretches. In class we will discuss the following recommended equipment or a similar substitute: yoga blocks, yoga TheraBand straps or bands, light weights (2-3 lbs.), paper plates, and a tennis ball.



Classic Literature Club

Fridays

11:00–12:30, Sept. 6–Nov. 15

Zoom

Coordinators: Michael Mason, Debi Schilling

This club was formed to read and discuss classic works of world literature, frequently with the help of recorded



lectures where available. Members choose the works to be discussed. In the past we have read works such as Melville's *Moby Dick*, Woolf's *Mrs. Dalloway*, Faulkner's *Absalom Absalom*, Morrison's *Beloved*, Ellison's *Invisible Man*, Steinbeck's *The Grapes of Wrath*, short stories of John Updike and Flannery O'Connor, and plays by Eugene O'Neill and Arthur Miller.

Cooking Club

Second Friday of the Month

11:30–1:00, Sept. 13, Oct. 11, Nov. 8, Dec. 13

Coordinator: Colleen Tuddenham

This club is for OLLI members who enjoy preparing food and sharing homemade dishes in a small group setting. If this appeals to you, please contact Colleen Tuddenham for more information. Sign up for the club via the member portal in order to receive information on our schedule.



Crafts and Conversations Club

Fridays

9:30–11:00, Sept. 6–Oct. 25, Nov. 8–22, Dec. 6–13

Fairfax, hybrid

9:30–11:00, Nov. 29, Dec. 20–27

Zoom

Coordinators: Doris Bloch, Joanne Fitzgerald

We meet to work on our craft projects and to share product sources, expertise, and inspiration. Our ongoing conversations encourage camaraderie, and a group setting motivates us to progress with our current projects. Interested OLLI members are invited to join us any time to see what we are creating. All crafts are welcomed! For more information, check out the Craft and Conversation blog on OLLI's website or contact Doris Bloch or Joanne Fitzgerald.



Dabbling Artists Club

Biweekly on Wednesdays

9:30–11:30, Sept. 11, Nov. 20–Dec. 11

1:30–3:30, Sept. 25–Nov. 6

Fairfax, hybrid

Coordinator: Christine Narbut

Come meet and work alongside fellow OLLI members



who dabble in sketching, charcoal, pastels, pencils, ink, and watercolor painting. While not an instructive class, all artists are encouraged to share their talents and feedback. Provide your own materials and the picture or sketch you plan to work on each week. There will be plenty of advisory conversations available. If you have some experience with the visual arts, or if you last picked up a pastel or brush in high school, maybe you're ready to do it again! Artistic talent is not required, just a desire to create and have fun and share your creative joy.

Dirty Knee Club

As possible during term; watch your email for updates; watch E-news for announcements

Fairfax

Coordinator: Vince Modugno

The OLLI Landscaping Committee, fondly known as the Dirty Knee Club, creates, plants, and maintains the gardens at Tallwood. Gardening expertise is not required, but a willingness to get dirty knees is! Meetings and group work sessions will be set up on an as needed basis. From late spring to early fall, DKC members take turns watering, weeding, and maintaining the gardens during the growing season, depending on members' availability.



Ethnic Eats Club

In person luncheons each month, dates TBD

Virtual dinner meeting on Zoom

Thursday, every four weeks

6:00–7:00, Sept. 19, Oct. 17, Nov. 14, Dec. 12

Coordinator: Leti Labell

Do you love to eat? Are you interested in learning about foods from other cultures? Then this is the club for you. Northern Virginia has an abundance of ethnic restaurants. Each month a club member identifies a potential restaurant for an in-person lunch, makes sure it meets our requirements, and makes all arrangements with the restaurant. We have two luncheons at the selected restaurant, usually one on Saturday and one on a weekday. During the Covid pandemic, we started having virtual dinner parties, where we each ordered takeout ethnic food from a nearby restaurant and eat together on Zoom. We will continue these virtual dinners for as long as members are interested. If this sounds like your cup of tea (or chai or tè or té or thé), contact Leti Labell.



Family History/Genealogy Club

Biweekly on Mondays

4:00–5:30, Sept. 9–Dec. 30

Zoom

Coordinators: Michael Mason, Lea Edwards

Have you always wanted to know more about your family's past but don't have a clue about how to get started? Do you enjoy researching your family's ancestors and discovering new facts about their lives but often become frustrated when you can't find important information or documents? Do you have a fascinating story from your family's history that you would like to put into a readable format that you



OLLI Mason Travel Opportunities

Looking for an adventure? Check out the travel page on the OLLI Mason website for future opportunities. Note: trips are managed and processed entirely by the travel agencies. OLLI Mason is not involved in any purchase or refund transactions, logistics, or liability whatsoever. OLLI Mason members and their guests must work directly with the travel agencies. <https://olli.gmu.edu/travel/>

can share with others? If you answered yes to any of these questions, you are welcome to join the Family History/ Genealogy Club. The club meets every two weeks in an interactive format to discuss a range of topics such as the most efficient way to access the huge amount of records on the internet, how to read census and vital records accurately, and how to use DNA data to help fill out your family tree. All knowledge levels are welcome. Sign up for the club through the OLLI member portal. If you have questions, contact Michael Mason or Lea Edwards.

History Club

Wednesday

4:00–5:30, Oct. 2, Nov. 6, Dec. 4

Zoom

Coordinator: Doug Snoeyenbos

We welcome all OLLI members who are interested in history. Our meetings feature accomplished speakers on a wide variety of historical topics. There is always time for questions, and spirited discussion is encouraged. For more information about the History Club, contact Doug Snoeyenbos.



Homer, etc.

Fridays

11:00-12:30, Sept. 6–Dec. 27

Zoom

Coordinator: Donna Osthaus

Reading the classics aloud with friends and sharing observations bring the classics to life in a special way. We are currently reading Graham Greene's *The Power and the Glory*, and we welcome new readers.



Literary Fiction Book Club

Thursdays

4:00–5:30, Oct. 10, Nov. 7

Zoom

Coordinators: Karen Schneider, Joann Sokol

The Literary Fiction Book Club (previously the Reston Book Club) focuses on literary fiction, often major book prize winners or nominees and sometimes fiction in translation. The group chooses to remain on Zoom to allow OLLI members from all over to join in the discussions. On October 10, the group will discuss *Prophet Song* by Paul Lynch. On November 7, our discussion will be *The Heaven and Earth Grocery Store* by James McBride.



Mah Jongg Club

Fairfax:

Fridays

10:00-12:00, Sept. 6, Sept. 20, Oct. 4, Oct. 18, Nov. 15, Dec. 6

Zoom:

Tuesdays

4:00–6:00, Sept. 10, Sept. 24, Oct. 8, Oct. 22, Nov. 5, Nov. 19, Dec. 3, Dec. 10

Coordinator: Debby Mossburg



Please come join us to socialize and play some friendly games of Mah Jongg, no matter what your level of experience. Not only does Mah Jongg sharpen memory, concentration, and decision-making skills, this engaging game of strategy and luck is an excellent source of camaraderie and fun. If you have never played before, we recommend joining us in person rather than online. For more information about the club, the game, and/or how to sign up for the on-line platform we use to play during our online sessions, contact the club coordinator, Debby Mossburg.

Memoir–and More–Writing Group

Biweekly on Wednesdays

2:00-4:30, Sept. 11–Dec. 18

Zoom

Coordinators: Carolyn F. Wyatt, Margie Wildblood

We meet every other week during most of the year. In addition to memoir, we write fiction, poetry, and personal essays. At our meetings we gently critique each other's work with the aim of improving our writing skills. Writing groups need to be small, so we regrettably have to limit numbers. Please contact Carolyn to learn if space is available.



OLLI Walk & Talk Club

Weekly/Biweekly

Start times are between 9:00am–2:00pm, depending on weather conditions

Fairfax County trails and neighborhoods

Coordinators: Marilyn Harriman, Bob Heyer, Jane Hassell

Do you enjoy getting out in the fresh air, exploring trails in the area, and talking with new and old friends? Then join us for weekly/biweekly walks throughout the year. Fairfax County has many exciting park trails and neighborhoods that we will discover. Club walks begin between 9am and 2pm, depending on temperature and weather conditions, generally starting earlier in warmer weather and later in colder weather. Each walk is 45-75 minutes, with an optional after-meet-up at a coffee/tea/eatery shop. Come walk or lead a walk around Fairfax trails and neighborhoods! Club coordinators send advance announcements about upcoming walks, including location directions, dates, and times. All walkers need to be registered in the club, through the member portal, to receive walk schedule information and participate. Check the OLLI Mason website for the W&T Club link where commonly asked questions are answered.



Personal Computer User Group

Third Saturday of the month

1:00-3:30, Sept. 21, Oct. 19, Nov. 16, Dec. 14

Fairfax, hybrid

Coordinators: Bob Heyer, Leti Labell

In partnership with the Potomac Area Technology and Computer Society (PATACS), the OLLI PC User Group (OPCUG) focuses on Windows and Mac computers and software for enhancing our lives. Members and presenters



also discuss smartphone and tablet apps across Android and iDevices, the Internet, Zoom and other classroom software, digital photography, related technology, and open-source software. Our aim is to bring broad expertise about technology and topics of interest to attendees. PC clinics for members are offered twice yearly. Our target audience encompasses all computer users, from complete beginners to intermediate amateurs to experts. Our motto is "users helping users." Club dues (currently \$5 per year) are payable at the first meeting attended in each calendar year. Dues-paying members can attend monthly sessions or view monthly sessions online via the Zoom cloud meeting service, on a variety of devices from home, or anywhere with an internet connection. More details are available on the group's website: <http://olligmu.org/opcug/index.html>.

Photography Club

Second Fridays

9:30-11:30, Sept. 13, Oct. 11, Nov. 8, Dec. 13

Fairfax, hybrid

Fourth Fridays

12:00-2:00, Sept. 27, Oct. 25, Nov. 22

Fairfax, hybrid

Coordinators: John Olsen, Ed Marion

Meet with enthusiasts and others interested in photography and develop skills by participating in theme-based monthly photo submissions. The Photography Club welcomes all members, regardless of skill level or your phone/camera choice. We discuss both the technology of photography and the artistic aspect of visual design. We usually have guest speakers on the second Friday of each month, and on the fourth Friday of each month we hold discussions covering specific topics in detail. We also regularly plan field trips in the local area, often on the third Friday of each month. Contact John Olsen or Ed Marion for further information.

Poetry Reading Club

Generally meets every other Monday-between terms

11:00-12:30, Sept. 9, Nov. 18, Dec. 2, Dec. 16

Zoom

Coordinator: Susan Rexroad

Limit: 20

The Poetry Reading Club provides the opportunity for members to read the works of a favorite poet and to learn about poems of interest to fellow club members. Bring a poem to read that intrigues you. We'll discuss why and how these poems engage or even elude us.

Poetry Writing Club

Meets sporadically on Mondays

11:00-12:30, Sep. 16, Dec. 9

Zoom

Coordinators: Susan Rexroad, Margie Wildblood

Limit: 12

During our time together, a presentation including the reading of poetry by a specific poet or about a poetic

subject will be given along with a writing prompt. Participants will have time to craft a poem in response and share their work in a supportive atmosphere.

Spanish Club

Fairfax:

Second and fourth Wednesdays-in term

1:45-3:15, Sept. 25, Oct. 9, Oct. 23

Zoom:

First and third Wednesdays-in and out of term

4:00-5:30, Sept. 4, Sept. 18, Oct. 2, Oct. 16, Nov. 6, Nov. 20, Dec. 4, Dec. 18

Coordinator: Mark Ramage

This club is for anyone with some knowledge of Spanish (advanced beginner up through intermediate level), but not fluent. Since members have a wide range of backgrounds in Spanish, this is not a "Spanish only" club. Activities or presentations in Spanish are also presented in English, or translated to English as a group activity. Some typical activities might include reading through a short article as a group, practicing/reviewing some grammar topics, working on Spanish pronunciation, watching a Spanish language video (*with English subtitles*), and sharing information on websites or other resources useful for learning or improving your Spanish.

Tai Chi Club

Tuesdays, 4:30-5:30, Sept. 3-Dec. 31

Thursdays, 4:30-5:30, Sept. 5-Dec. 26

Saturdays, 10:30-11:30, Sept. 7-Dec. 28

Zoom

Coordinators: Russell Stone, Cathey Parker, Bonnie Nelson, Sid Koslow

The Tai Chi Club meets year-round and is open to all OLLI members. It is led by instructor Jerry Cheng, who started his martial arts training when he was six years old in China. He has studied under several famous Chinese martial arts masters and has taught Chen-style Tai Chi for many years. He won four gold medals at the 1997 Atlanta International Martial Arts Championship. Be sure to register for the Tai Chi Club each term in order to receive email messages when there are changes.

Tallwood Book Club

Second Wednesday of the month

10:00-11:30, Sept. 11, Dec. 11

1:30-3:00, Oct. 9, Nov. 13

Fairfax

Coordinator: Betty Ellerbee

Please consult the OLLIE-news for updates on book selections.

The Investment Forum

Wednesdays

10:30-12:00, Sept. 4-18, Nov. 20, Dec. 4-11

Fairfax, hybrid

Moderators: Al Smuzynski, Bob Baker

The Investment Forum, which has been meeting continuously since 1995, addresses investment topics of particular interest to retirees. A weekly agenda is distributed, and sessions begin with an open discussion of recent events in the economy and the financial markets, and their impact on investment decisions. Member presentations and discussions typically include such topics as: recent market indicators, stocks, bonds, funds, real estate investment trusts, options, commodities, sector allocations, investment strategies, and choosing financial advisors. Investment trades are collected each week from Forum members, and those trades are discussed. The club meeting uses analyses and data from the financial press.

Theater Lovers' Group

Fourth Wednesdays during term

4:00–5:30, Sept. 25, Oct. 23

Zoom Meetings and In-person Theater Events

Coordinator: Norma Jean Reck

All OLLI members are invited to join The Theater Lovers' Group (TLG), which offers a wide variety of theater events to enjoy year-round. We organize group outings to attend performances (usually matinees) at various theaters in the Virginia-Maryland-D.C. (DMV) metropolitan area. Following each show, we go to a nearby restaurant for an optional dinner where we can socialize with fellow theater lovers. Guests are always welcome at our outings. TLG meetings are being held virtually during the months OLLI is in session. Programs feature guest speakers from and about theater, planning



theater outings and programs, or a social outing such as a luncheon. Member input is always welcome. TLG also plans to take an overnight bus trip to Broadway/ NYC from November 19-20, 2024, and an overnight trip to attend the Contemporary American Theater Festival in Shepherdstown, W.Va. in July 2025. We generally carpool and benefit from group rates. To become a TLG member, just go online to the member portal to sign up or email the OLLI registrar at ollireg@gmu.edu. For more information, contact Norma Reck and also look for TLG news and theatrical events in OLLI's E-News.

What's in the Daily News Club

Mondays, between terms

9:30–11:00, Sept. 2–16, Nov. 11–Dec. 16

Zoom

Moderators: Dorsey Chescavage, Dick Crawford, John Quinn, Ann Smith, Al Smuzynski

Limit: 80

This is a weekly forum for thoughtful, forthright, and respectful exchange of information and opinions on current world, U.S., and regional news. Club participants bring to the table a wealth of knowledge and experience in international affairs, government, industry, education, economics, the military, and other areas. The discussion is always lively, and all participants have an equal opportunity to comment.



Volunteer for OLLI Mason!

OLLI Mason relies on member

volunteers. As a volunteer, you can help shape the future of OLLI Mason by developing or teaching the courses, clubs, socials, and trips that continue to make this organization a premier lifelong learning institute. Remember, it's not all work! Volunteering can help you develop new skills and form new friendships.

To learn more about available volunteer opportunities, visit the website at :

olli.gmu.edu/volunteer/



OLLI Mason Policies

Closing Policy

In-person classes: OLLI Mason is closed when county schools are closed. When schools announce a delayed opening, OLLI Mason generally opens on time. Exception: at George Mason facilities OLLI Mason adheres to George Mason closing decisions. If George Mason announces a delay, OLLI Mason may need to cancel the first class of the day. Also, poor conditions at OLLI Mason sites may necessitate class or event cancellations. The most up-to-date information on OLLI Mason delays and closings can be found in the Daily Schedule email, on the OLLI Mason website: olli.gmu.edu, or on the Tallwood office voicemail at (703) 503-3384.

Hybrid classes: Refer to the Daily Schedule email for up-to-date information.

Zoom classes: will proceed as scheduled.

Health and Safety

By coming to any OLLI Mason campus, all members, staff, teachers, and visitors attest that they are in compliance with current CDC vaccine recommendations and agree to follow OLLI Mason Health and Safety Protocols. As a courtesy to the OLLI Mason community, members should not participate in any in-person activities if they are not feeling well. Even though masks are optional, OLLI Mason supports all those who wish to wear one. For questions about health and safety at OLLI Mason, feel free to email the office at olli@gmu.edu.

Parking Policy

Fairfax: front and rear of the Tallwood building; also in the adjoining Fairfax swimming pool lot in the area designated by traffic cones, if present. **Driving to and from OLLI sites and events is at your own risk.**

Picture Policy

OLLI Mason classes and events may be photographed or video recorded. Members agree to have their likeness recorded for possible non-commercial use by OLLI Mason for promotional purposes, advertising and/or inclusion on the organization's website, social media, or for any other digital or print purpose. If a member objects, they may do so by contacting olli@gmu.edu in writing.

Recorded Classes Policy

Recorded classes and events may be displayed on the Osher Lifelong Learning Institute at George Mason University (OLLI Mason) website. All material appearing on the website is the property of OLLI Mason. Recordings are accessible to members only. Members may not reproduce, distribute, publish, transmit, or in any way exploit any such content, nor may they distribute any part of this content over any network, sell or offer it for sale, or use such content to construct any kind of database. Copying or storing any content is expressly prohibited without the prior written permission of OLLI Mason. For permission to use any content on the website, or to request removal of a recording, please contact olli@gmu.edu.

Refund Policies

- i. **Membership Fees:** Members may only obtain a full refund of their membership fees by applying in writing to the executive director before the beginning of the third week of classes in the first term after enrollment or re-enrollment. OLLI Mason cannot honor proration or refund requests after this deadline.
- ii. **Special Event Fees:** OLLI Mason cannot guarantee a refund for courses or events once the member has paid and enrolled. As such, please consider carefully before signing up for offerings with fees. If the member needs to drop an event, they should contact the registrar. In some cases, refunds will be granted when the member's reserved spot is filled by someone else or the event is canceled.

Trip Policies

- i. **OLLI Mason Sponsored Trips:** OLLI Mason members and guests participating in activities that entail transportation to locations other than Osher Lifelong Learning Institute sites must sign a waiver. They do so by signing their paper course registration form or by completing the waiver form during registration on the member portal. The waiver releases OLLI Mason from any and all claims for injury or damage sustained by, through, or as a result of such activities, and holds OLLI Mason harmless for any claims resulting therefrom.
- ii. **Outside Entity Sponsored Trips:** Travel agencies must be vetted and approved by the OLLI Mason executive director before planning and advertising trips. OLLI Mason members and their guests must work directly with the travel agencies, and these trips are managed and processed entirely by the travel agencies. OLLI Mason is not involved in the purchase or refund of transactions, logistics, or in liability whatsoever.

Please Note: All participants must follow any existing health and safety protocols of OLLI Mason and transportation.



FRIENDS OF OLLI

Osher Lifelong Learning Institute at George Mason University

CONTRIBUTIONS FOR JANUARY 1–DECEMBER 31, 2023

We thank the donors who have so generously given to the Friends of OLLI campaign. From January through December of 2023, 212 Friends of OLLI donated \$47,396.09. As a donor, you are well aware that OLLI programs require funding over and above our usual income streams in order to accommodate equipment updates, literary journals, outreach, landscape beautification, scholarships for Mason students and so much more. OLLI relies on your dedication and support and we are grateful. As we look back at all we have accomplished together in 2023, we proudly acknowledge the donors listed below:

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Membership and Registration

**** Special ****

Fall 2024 Promotion!

OLLI Mason is offering a low fee of \$300 for those new to OLLI Mason who purchase an annual membership. (Available as a one-time discount to those who have never been OLLI Mason members, are returning to OLLI Mason after a hiatus of more than one year, or have previously been introductory members and have not converted to an annual membership).

**** Special ****

George Mason and Northern Virginia Public School Retirees!

OLLI Mason is offering a one-time annual membership discount of \$150, which may be applied to the special \$300 promotion. George Mason and Northern Virginia Public School retirees who have not previously joined OLLI Mason may receive an annual membership for just \$150.

Two Types of OLLI Mason Membership

Memberships at OLLI Mason can be purchased at any time during the year and are renewed on a rolling basis.

- **Annual membership.** Register for unlimited courses and activities for four consecutive terms. You will be eligible for a Mason ID card to receive certain university privileges and discounts (see page ii). The cost is **\$450**.
- **Introductory membership.** Register for unlimited courses and activities for just one term, one time only. An introductory membership is not available to former OLLI Mason members; it is intended for new members who want to sample OLLI Mason before committing to a full year. Introductory members are not eligible for a Mason ID card or its privileges. The **onetime** introductory membership is **\$150**.

The term date on your catalog mailing label reflects the end of your current membership. If it is time to renew, you may not be able to view classes or register on the member portal until you purchase your membership renewal.

Payment Options

- **Online.** You may join or renew online at **olli.gmu.edu**. Click **Join** at the upper right corner of the home page. Credit card or electronic check payment is required when joining/renewing online.
- **Paper Copy Registration Form.** Using the registration form to join or renew, payment can be made by check or credit card. If paying by check, submit a separate check for each unique expense (class fee, membership renewal, etc.) The form can be dropped off or mailed to: **Osher Lifelong Learning Institute, 4210 Roberts Rd, Fairfax, VA 22032**.
- **Installments.** OLLI Mason encourages members to pay in full at time of registration. However, OLLI Mason offers a payment plan of monthly or quarterly installments by credit or debit card. Your application for the installment

plan must be filled out completely, mailed to the address on the form, and approved each year before you can register for courses or activities. For security reasons, we cannot accept the form by email. Installment applications are available on the OLLI Mason website at **<https://olli.gmu.edu/installment-plans/>**.

- **Financial Assistance.** OLLI Mason offers financial assistance for members or prospective members who find it a hardship to pay the full membership fee. Email the registrar (**ollireg@gmu.edu**) to request an application. All inquiries are kept confidential.

Refunds

Members may only obtain a full refund of their membership fees by applying in writing to the executive director before the beginning of the third week of classes in the first term after enrollment or re-enrollment. We cannot honor proration or refund requests after this deadline.

Prospective Members

Not ready to commit? Prospective members may experience OLLI Mason by sampling one or more classes during any consecutive two weeks of a term, provided the course is not oversubscribed. Check with the registrar at **ollireg@gmu.edu** before attending a class.

REGISTRATION PROCESS

- **Online.** You may register for OLLI Mason courses online at **olli.gmu.edu**. Click **Sign In** at the upper right hand corner of the home page.
- **Mail-In Registration Form.** You may also register for courses using the registration form. The form can be dropped off or mailed to: Osher Lifelong Learning Institute, 4210 Roberts Rd, Fairfax, VA 22032.



****Emailed registration forms will not be accepted. ****

Membership and Registration, Continued

When to Register

- Members are encouraged to register for courses and events as soon as registration opens (the registration start date is listed on the front and back cover of the catalog and on page ii). Requesting classes early after registration opens offers registrants the best chance to gain access to classes they most desire.
- When you register, you must click **Request Class** or **Add to Cart**. See the instructions below.

Request Class vs. Add to Cart

- **Request Class** is the link you click when you are registering for a course. **These require a priority assignment by you.**
- To complete your registration, you must assign a priority to each course –the order of their importance to you. To prioritize classes or to see what you have requested, click **Prioritize/Finalize** on the left side toolbar of the member portal.
- Members are placed in courses based on the priority number they assign to their requests.
- If course enrollment reaches capacity, those who have designated that course as priority one will get in first, then the priority twos, and so on.
- In addition, a random number is assigned by the registration system to each course request. If all members of a priority group cannot be included in the course, those with the lower random numbers will be admitted into the course first. Therefore, requesting a course does not guarantee enrollment.
- **Add to Cart** is the link you click when you are registering for courses or events in which you are immediately enrolled or which are designated in the catalog as first-come, first-served. This includes all clubs. All **Add to Cart** courses and events are clearly indicated throughout the catalog with the following shopping cart icon: 
- If there is a fee associated with these offerings, they will also be clearly marked with a shopping cart followed by a dollar sign:  \$
Payment for these courses and special events with fees must be made at the time of registration.
- **IMPORTANT NOTE: You are urged to register early for Add to Cart offerings. These popular offerings can fill up quickly, even as early as the first day of registration. Early registration will increase your chances for enrollment.**
- Please remember to go to **View Cart** and **Check Out** to complete enrollment before logging off the member portal.

Ongoing Registration

Ongoing registration continues throughout the term. You may still register for courses, but you will be placed into them on a space-available basis after the class assignment process has occurred (about two weeks before term). After the class assignment process occurs, you will be prompted to “place in cart” rather than “request a course” when registering; the option to prioritize classes will no longer appear.

Making Changes to Your Registration (Add/Drop)

- You may add courses at any time online through the member portal.
- If you are unable to attend a course or event in which you are enrolled, **please drop the course or event as soon as possible.** You may drop courses by filling out the online form at: https://olli.gmu.edu/add_drop_form or by emailing ollireg@gmu.edu.

Emails Confirming Class Enrollment and Payments

You will receive email confirmations for your enrollment in OLLI Mason classes per below. If you want to see your enrollments thereafter, log in to the member portal (olligmu.augusoft.net) and click “current registrations.”

- Confirmation emails for **Add to Cart** classes will be sent **immediately** after checkout.
- Confirmation emails for **Requested Classes** will be sent once these classes are assigned (about 2 weeks before term). At that time, you will receive a series of emails, including notification of wait-listed courses.
- **Read your confirmation notes carefully.** They will include any updates to courses, including changes in times or dates.
- If you do not have an email address on file, the confirmation notes will be mailed to you.
- **Special Event fees:** OLLI Mason cannot guarantee a refund for courses or events once the member has paid and enrolled. As such, please consider carefully before signing up for offerings with fees. If the member needs to drop an event, they should contact the Registrar. In some cases, refunds will be granted when the member’s reserved spot is filled by someone else or the event is canceled.

Wait Lists

- OLLI Mason does everything possible to maximize enrollment, including changing venues if necessary. If you do not make it into a course, you will be wait-listed based on the priority you assigned to the course.
- When someone drops a course, the OLLI Mason office will contact members on the wait list until the vacancy is filled. In most cases, the office will not leave a message.

OLLI Mason Registration Form: Fall 2024

Drop off or mail completed form to:
Osher Lifelong Learning Institute at George Mason University,
4210 Roberts Rd, Fairfax, VA 22032

☐ Check box if there are changes in your membership information since your last submission.

Membership Information:

Please print and fill in all spaces completely.

Dr. Mr. Mrs. Ms. (CIRCLE ONE) _____, _____, _____
LAST NAME FIRST NAME MI

Alternate First Name for Your Nametag (if different from above) _____

Address _____
STREET CITY STATE ZIPCODE

Phone _____ Cell _____ Email _____

Emergency Contact _____ Relationship _____ Phone _____

Preferred Member Portal User Name _____ License Plate # _____
(for new members only) 6 OR MORE CHARACTERS

Mason Alumnus? ☐ Yes ☐ No

☐ Check box if you **DO NOT** want to appear in the directory.

☐ Check box if you **DO NOT** want to receive paper catalog mailings.

Home Campus: ☐ Fairfax ☐ Reston ☐ Loudoun ☐ Zoom (out of area)

How Did You Learn About OLLI Mason?

- | | |
|---|--|
| <input type="checkbox"/> AARP | <input type="checkbox"/> Friend or family |
| <input type="checkbox"/> Ad or article | <input type="checkbox"/> Web search |
| <input type="checkbox"/> Bumper sticker | <input type="checkbox"/> 50+ Expo |
| <input type="checkbox"/> Catalog or flyer | <input type="checkbox"/> Other learning org. |
| <input type="checkbox"/> Other _____ | |

Dues and Donations Information (Please check the appropriate boxes below)

- ☐ **Annual Membership (\$450)** One year of unlimited courses at OLLI Mason.
(Offered to new, renewing, and previous members) \$ _____
- ☐ **Special Promotional Fee (\$300)** One year of unlimited courses at OLLI Mason.
(Offered as a one-time discount to those new to OLLI Mason who have never been members, are returning after more than one year's hiatus, or were introductory members who haven't converted to annual members) \$ _____
- ☐ **Annual Membership Discount for George Mason University or Northern Virginia Public School Retirees (\$150)**
(Offered as a one-time discount to those who have never been an annual OLLI Mason member) \$ _____
- ☐ **Introductory Membership (\$150)** One term of unlimited courses at OLLI Mason.
(Offered ONLY to new members, not renewing or previous members) \$ _____
- ☐ **Charitable Donation for Friends of OLLI**
☐ Check if you want to be an anonymous donor. \$ _____
- ☐ **Purchase OLLI Mason eGift Card (enter at right the value you want on card)**
☐ Mail eGift Card code to recipient ☐ Email eGift Card code to recipient \$ _____
Recipient's name and address or email: _____
- Total** \$ _____

By signing this form, I agree to all OLLI Mason policies and procedures, and waive OLLI Mason liability for any bus trip or off-site club activity in which I participate:

Signature

Payment Information:

☐ CHECK payable to Osher Lifelong Learning Institute ☐ Installment plan (see page 40): must submit the form found at: <https://olli.gmu.edu/installment-plans/>

☐ eGift Card \$ _____ and Redemption code _____

☐ I authorize OLLI Mason to charge my Credit Card account listed below:

☐ VISA ☐ MASTERCARD ☐ DISCOVER ☐ AMERICAN EXPRESS

Expiration Date: _____

Credit Card Number: _____

CVV: _____

Billing Zip Code: _____

COURSES REQUIRING PRIORITIZATION

Please include the entire course number including the F, L, R, and/or Z.

See page 41 “Request Class” for instructions.

| | Course | Course Name |
|------------------------------|--------|-------------|
| 1st <small>priority</small> | | |
| 2nd <small>priority</small> | | |
| 3rd <small>priority</small> | | |
| 4th <small>priority</small> | | |
| 5th <small>priority</small> | | |
| 6th <small>priority</small> | | |
| 7th <small>priority</small> | | |
| 8th <small>priority</small> | | |
| 9th <small>priority</small> | | |
| 10th <small>priority</small> | | |

ADD TO CART/FIRST-COME, FIRST-SERVED OFFERINGS

See page 41 “Add to Cart” for instructions.

For offerings with fees, you must provide payment NOW. If paying by check,
a separate check for each offering is required.

| | Select | Activity Title | Fee | | Select | Activity Title | Fee |
|---------------|--------|---|------|------|--------|---|------|
| 1001 | | One-Day Bus Tour of Gettysburg National Military Park | \$92 | 1201 | | Board Game Bash | N/A |
| 1002 | | Walking in Georgetown | \$69 | 1202 | | Board Game Bash Lunch | TBD |
| 1101 | | Grab 'n' Gab Coffee Klatch | N/A | 1203 | | OLLI Kick-Off Coffee | N/A |
| 1102 1102Z | | Annual Town Hall Meeting | N/A | 1206 | | National Gallery of Art: Paris 1874: The Impressionist Moment | N/A |
| 1103 | | Oktoberfest at OLLI Mason | \$2 | 1207 | | Annual OLLI Holiday Party | \$50 |

CLUB ENROLLMENT: List the clubs in which you wish to enroll.

| | |
|--|--|
| | |
| | |
| | |

Fall 2024 Schedule Fairfax

(Week 1 – Week 4)

Note dates and times.
Before and After Term Programs.

| | | | |
|--|---|---|--|
| <u>Tue. Sept. 10, 10:00-1:00</u> 1201 Game Day Bash | <u>Tue. Sept. 10, 1:30-3:00</u> 1202 Game Day Bash Lunch | <u>Fri. Sept. 13, 11:00-12:25</u> 1203/1203Z Vanishing World | <u>Thu. Sept. 19, 10:00-11:30</u> 1204 Kickoff Coffee |
| <u>Fri. Sept. 20, 1:00-2:30</u> 1205 Kick-off Lecture: What is the Political South? | <u>Wed. Dec. 4, 9:00-2:00</u> 1206 National Gallery of Art | <u>Fri. Dec. 6, 11:30-2:30</u> 1207 Holiday Party | |

Number of sessions are shown in parentheses.
Bolded classes have unusual dates, locations, and/or times.

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|---|---|--|---|
| Week 1 | 23-Sep | 24-Sep | 25-Sep | 26-Sep | 27-Sep |
| 9:40-11:05 | F101/101Z Videos 1940's (3) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) | F653 Foundations Morality (8) F902 Eastern Stars (1) | F303/303Z Imperial Presidents (4) F409 Self-Publishing Essent's (1) | |
| 11:50-1:15 | F201/201Z What If Kit (2) F652/652Z Point of View (4) | F702/702Z Great Decisions (8) F803/803Z Weighty Issue (2) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) | F654 Philosophy/Science (8) F703/703Z News that's Fit (8) | 1003 Walk With a Forester 1:00-2:30 |
| 2:15-3:40 | F801/801Z Invasive/Native (2) F802 ABC's of Medicare (3) | F103 Watercolor Painting (8) F805 Building Resilience (1) | F302/302Z Origins of NATO (1) F601 Paul the Apostle Gospel (8) | F105 Singing for Fun (8) F820/820Z Brainy Dementia (4) | |
| Week 2 | 30-Sep | 1-Oct | 2-Oct | 3-Oct | 4-Oct |
| 9:40-11:05 | F101/101Z Videos 1940's (3) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) | F653 Foundations Morality (8) | F303/303Z Imperial Presidents (4) | 1001 Gettysburg Battlefield 8:30-5:30 |
| 11:50-1:15 | F201/201Z What If Kit (2) F652/652Z Point of View (4) | F702/702Z Great Decisions (8) F803/803Z Weighty Issue (2) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) | F654 Philosophy/Science (8) F703/703Z News that's Fit (8) | F806/806Z Medicare Part A 11:00-12:25 |
| 2:15-3:40 | F801/801Z Invasive/Native (2) F802 ABC's of Medicare (3) | F103 Watercolor Painting (8) F655/655Z Future of Educ. (4) | F601 Paul the Apostle Gospel (8) | F105 Singing for Fun (8) F820/820Z Brainy Dementia (4) | |
| Week 3 | 7-Oct | 8-Oct | 9-Oct | 10-Oct | 11-Oct |
| 9:40-11:05 | F101/101Z Videos 1940's (3) F704 Connolly & Comstock (1) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) | F305/305Z Descent Civil War (2) F653 Foundations Morality (8) | F303/303Z Imperial Presidents (4) | 1101 Coffee Klatch 10:00-11:30 |
| 11:50-1:15 | F807 Pillars of Brain Health (1) F652/652Z Point of View (4) | F107/107Z Odd Time Music (1) F702/702Z Great Decisions (8) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) | F654 Philosophy/Science (8) F703/703Z News that's Fit (8) | 1002 Georgetown Walking Tour 9:00-3:30 |
| 2:15-3:40 | F903/903Z Caring & Planning (1) F802 ABC's of Medicare (3) | F103 Watercolor Painting (8) F655/655Z Future of Educ. (4) | F601 Paul the Apostle Gospel (8) | F105 Singing for Fun (8) F820/820Z Brainy Dementia (4) | |
| Week 4 | 14-Oct | 15-Oct | 16-Oct | 17-Oct | 18-Oct |
| 9:40-11:05 | F602 Spirits & Charisma (4) F808 Global Climates (4) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) | F305/305Z Descent Civil War (2) F653 Foundations Morality (8) | F303/303Z Imperial Presidents (4) F410/410Z The Hot Zone (4) | |
| 11:50-1:15 | F706 Protect From Fraud (1) F809 Genes are Boss? (4) | F207/F207Z SECURE Act (1) F702/702Z Great Decisions (8) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) | F654 Philosophy/Science (8) F703/703Z News that's Fit (8) | |
| 2:15-3:40 | F306/306Z Brunelleschi Dome (3) | F103 Watercolor Painting (8) F655/655Z Future of Educ. (4) | F601 Paul the Apostle Gospel (8) F811 Global Warming (2) | F105 Singing for Fun (8) F820/820Z Brainy Dementia (4) | |

Fall 2024 Schedule Fairfax

(Week 5 – Week 8)

Number of sessions are shown in parentheses.
Bolded classes have unusual dates, locations, and/or times.

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|---|--|---|--|
| Week 5 | 21-Oct | 22-Oct | 23-Oct | 24-Oct | 25-Oct |
| 9:40–11:05 | F602 Spirits & Charisma (4) F808 Global Climates (4) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F413 Memoir Writing (4) | F653 Foundations Morality (8) F708/708Z US/China (1) | F410/410Z The Hot Zone (4) F604/604Z Person of Jesus (4) | F310/310Z Once a Cheka (1) 11:00-12:25 |
| 11:50–1:15 | F809 Genes are Boss? (4) F905 Downsizing, Decluttering (1) | F659 Tea and Company (4) F702/702Z Great Decisions (8) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) | F654 Philosophy/Science (8) F703/703Z News that's Fit (8) | |
| 2:15-3:40 | F658/658Z Universal Health (1) F306/306Z Brunelleschi Dome (3) | F103 Watercolor Painting (8) F655/655Z Future of Educ. (4) | F601 Paul the Apostle Gospel (8) F811 Global Warming (2) | F105 Singing for Fun (8) F308 Fortifications, Centreville (4) F309 Mason Intel History (1) 5:30-6:30 | |
| Week 6 | 28-Oct | 29-Oct | 30-Oct | 31-Oct | 1-Nov |
| 9:40–11:05 | F602 Spirits & Charisma (4) F808 Global Climates (4) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F413 Memoir Writing (4) | F653 Foundations Morality (8) F813/813Z Brain Health (3) | F410/410Z The Hot Zone (4) F604/604Z Person of Jesus (4) | 1102/1102Z Annual Town Hall Meeting 10:00 |
| 11:50–1:15 | F311 Election of 1800 (1) F809 Genes are Boss? (4) | F659 Tea and Company (4) F702/702Z Great Decisions (8) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) | F654 Philosophy/Science (8) F703/703Z News that's Fit (8) | 1103 Octoberfest 12:30-2:30 |
| 2:15-3:40 | F312/F312Z Marshall Plan (1) F306/306Z Brunelleschi Dome (3) | F103 Watercolor Painting (8) F205 Federal Deficits (2) | F313/313Z Putinism's Origins (1) F601 Paul the Apostle Gospel (8) | F105 Singing for Fun (8) F308 Fortifications, Centreville (4) | |
| Week 7 | 4-Nov | 5-Nov | 6-Nov | 7-Nov | 8-Nov |
| 9:40–11:05 | F602 Spirits & Charisma (4) F808 Global Climates (4) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F413 Memoir Writing (4) | F653 Foundations Morality (8) F813/813Z Brain Health (3) | F410/410Z The Hot Zone (4) F604/604Z Person of Jesus (4) | |
| 11:50–1:15 | F809 Genes are Boss? (4) | F659 Tea and Company (4) F702/702Z Great Decisions (8) | F203/203Z Investment Forum (8) | F654 Philosophy/Science (8) F703/703Z News that's Fit (8) | |
| 2:15-3:40 | F709/709Z Russian War Way (1) | F103 Watercolor Painting (8) F205 Federal Deficits (2) | F601 Paul the Apostle Gospel (8) F660 Heal A Fractured World? (1) | F105 Singing for Fun (8) F308 Fortifications, Centreville (4) | |
| Week 8 | 11-Nov | 12-Nov | 13-Nov | 14-Nov | 15-Nov |
| 9:40–11:05 | Veterans Day OLLI Mason Offices are CLOSED for the Federal Holiday | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F413 Memoir Writing (4) | F653 Foundations Morality (8) F813/813Z Brain Health (3) | F604/604Z Person of Jesus (4) | |
| 11:50–1:15 | | F659 Tea and Company (4) F702/702Z Great Decisions (8) | F203/203Z Investment Forum (8) | F654 Philosophy/Science (8) F703/703Z News that's Fit (8) | |
| 2:15-3:40 | | F103 Watercolor Painting (8) F710 Elections Postmortems (1) | F601 Paul the Apostle Gospel (8) F711/711Z China's Gambit (1) | F105 Singing for Fun (8) F308 Fortifications, Centreville (4) F315 Mason Oral History (1) 4:30-6:30 | |

Fall 2024 Schedule Loudoun and Reston (Week 1 – Week 8)

Number of sessions are shown in parentheses.
Bolded classes have unusual dates, locations and/or times.

| | Rose Gallery | Rose Gallery | Loudoun/Center Stage |
|------------|----------------------------|--|---|
| TIME | Tuesday | Wednesday | Thursday |
| Week 1 | 24-Sep | 25-Sep | 26-Sep |
| 9:40–11:05 | | R817/817Z Hearing Aids (1) | L317 Indian Law in the US (2) |
| 11:50–1:15 | | R664/664Z First Amendment (6) | L661 Macroaggressions/Bias (2) |
| 2:15–3:40 | R816 Global Warming (2) | R417 Classic Film Festival (7) 1:45-4:00 | L318/318Z Steerage (1) R111 Meet the Artists (6) |
| Week 2 | 1-Oct | 2-Oct | 3-Oct |
| 9:40–11:05 | | R819 Genes are Boss? (3) | L317 Indian Law in the US (2) |
| 11:50–1:15 | | R664/664Z First Amendment (6) | L661 Macroaggressions/Bias (2) |
| 2:15–3:40 | R816 Global Warming (2) | R417 Classic Film Festival (7) 1:45-4:00 | R111 Meet the Artists (6) |
| Week 3 | 8-Oct | 9-Oct | 10-Oct |
| 9:40–11:05 | | R819 Genes are Boss? (3) | L319 Civil War Issues (5) |
| 11:50–1:15 | | R664/664Z First Amendment (6) | L662 TED Talks (2) |
| 2:15–3:40 | R321/321Z Park Rangers (4) | R322 The First Navy Jack (1) | R111 Meet the Artists (6) |
| Week 4 | 15-Oct | 16-Oct | 17-Oct |
| 9:40–11:05 | | R819 Genes are Boss? (3) | L319 Civil War Issues (5) |
| 11:50–1:15 | | R664/664Z First Amendment (6) | L662 TED Talks (2) |
| 2:15–3:40 | R321/321Z Park Rangers (4) | R417 Classic Film Festival (7) 1:45-4:00 | R111 Meet the Artists (6) |
| Week 5 | 22-Oct | 23-Oct | 24-Oct |
| 9:40–11:05 | | | L319 Civil War Issues (5) |
| 11:50–1:15 | | R664/664Z First Amendment (6) | L320/320Z Frontiersmen, Pt. 4 (4) |
| 2:15–3:40 | R321/321Z Park Rangers (4) | R417 Classic Film Festival (7) 1:45-4:00 | R111 Meet the Artists (6) |
| Week 6 | 29-Oct | 30-Oct | 31-Oct |
| 9:40–11:05 | | R418 Play Ball! On Film! (3) | L319 Civil War Issues (5) |
| 11:50–1:15 | | R664/664Z First Amendment (6) | L320/320Z Frontiersmen, Pt. 4 (4) |
| 2:15–3:40 | R321/321Z Park Rangers (4) | R417 Classic Film Festival (7) 1:45-4:00 | R111 Meet the Artists (6) |
| Week 7 | 5-Nov | 6-Nov | 7-Nov |
| 9:40–11:05 | | R418 Play Ball! On Film! (3) | L319 Civil War Issues (5) |
| 11:50–1:15 | | R665 So Much, So Fast! (2) | L320/320Z Frontiersmen, Pt. 4 (4) |
| 2:15–3:40 | | R417 Classic Film Festival (7) 1:45-4:00 | |
| Week 8 | 12-Nov | 13-Nov | 14-Nov |
| 9:40–11:05 | | R418 Play Ball! On Film! (3) | L815 Drugs & Drunkenness (1) |
| 11:50–1:15 | | R665 So Much, So Fast! (2) | L320/320Z Frontiersmen, Pt. 4 (4) |
| 2:15–3:40 | R818 Fear of Death (1) | R417 Classic Film Festival (7) 1:45-4:00 | |

Fall 2024 Schedule Zoom

(Week 1 – Week 4)

Fri. Sept. 13, 11:00-12:25
1203/1203Z Vanishing World

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|--|--|---|--|
| Week 1 | 23-Sep | 24-Sep | 25-Sep | 26-Sep | 27-Sep |
| 9:40–11:05 | F101/101Z Videos 1940's (3) R663Z Big Issues, Challenges (7) F651Z American Visions (1) F701Z Daily News (7) 9:30-11:00 F901Z Monday Lectures (8) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) L316Z Character Matters (2) F401Z Making Barsetshire (8) | F301Z I Was There (2) F404Z African America Poetry (8) L415Z Writer's Workshop (8) R817/817Z Hearing Aids (1) | F204Z Economics Potpourri (6) F303/303Z Imperial Presidents (4) F501Z Intermediate Spanish (8) | |
| 11:50–1:15 | F201/201Z What If Kit (2) F652/652Z Point of View (4) | F402Z The Odyssey (5) F702/702Z Great Decisions (8) F803/803Z Weighty Issue (2) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) R416Z Literary Roundtable (7) R664/664Z First Amendment (6) | F407Z King Lear (4) F408Z You Wanna Write Poetry (8) F703/703Z News that's Fit (8) | |
| 2:15-3:40 | F605Z Bible for Today (3) F801/801Z Invasive/Native (2) | F403Z Poetry Workshop (8) F804Z Chair Yoga (16) 2:00-3:00 | F104Z Music, Politics, Justice (6) F302/302Z Origins of NATO (1) F406Z Robin Hood (8) | L318/318Z Steerage (1) F502Z Latin IV (8) F820/820Z Brainy Dementia (4) F804Z Chair Yoga (16) 3:00-4:00 | |
| Week 2 | 30-Sep | 1-Oct | 2-Oct | 3-Oct | 4-Oct |
| 9:40–11:05 | F101/101Z Videos 1940's (3) R663Z Big Issues, Challenges (7) F701Z Daily News (7) 9:30-11:00 F901Z Monday Lectures (8) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) L316Z Character Matters (2) F401Z Making Barsetshire (8) | F301Z I Was There (2) F404Z African America Poetry (8) L415Z Writer's Workshop (8) | F204Z Economics Potpourri (6) F303/303Z Imperial Presidents (4) F501Z Intermediate Spanish (8) | F806/806Z Medicare Part A 11:00-12:25 |
| 11:50–1:15 | F201/201Z What If Kit (2) F652/652Z Point of View (4) F821Z Trees, Fairfax County (1) | F402Z The Odyssey (5) F702/702Z Great Decisions (8) F803/803Z Weighty Issue (2) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) R416Z Literary Roundtable (7) R664/664Z First Amendment (6) | F407Z King Lear (4) F408Z You Wanna Write Poetry (8) F703/703Z News that's Fit (8) | F656Z Single People (1) 1:00-2:30 |
| 2:15-3:40 | F605Z Bible for Today (3) F801/801Z Invasive/Native (2) | F403Z Poetry Workshop (8) F804Z Chair Yoga (16) 2:00-3:00 F655/655Z Future of Educ. (4) | F104Z Music, Politics, Justice (6) F406Z Robin Hood (8) | F106Z Songs, America's Wars (1) F502Z Latin IV (8) F820/820Z Brainy Dementia (4) F804Z Chair Yoga (16) 3:00-4:00 | |
| Week 3 | 7-Oct | 8-Oct | 9-Oct | 10-Oct | 11-Oct |
| 9:40–11:05 | F101/101Z Videos 1940's (3) R663Z Big Issues, Challenges (7) F701Z Daily News (7) 9:30-11:00 F901Z Monday Lectures (8) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F401Z Making Barsetshire (8) | F305/305Z Descent Civil War (2) F404Z African America Poetry (8) L415Z Writer's Workshop (8) | F204Z Economics Potpourri (6) F303/303Z Imperial Presidents (4) F501Z Intermediate Spanish (8) | |
| 11:50–1:15 | F304Z Arnhem & Lessons (1) F409Z Touch of the Poet (5) F652/652Z Point of View (4) | F107/107Z Odd Time Music (1) F402Z The Odyssey (5) F702/702Z Great Decisions (8) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) R664/664Z First Amendment (6) | F407Z King Lear (4) F408Z You Wanna Write Poetry (8) F703/703Z News that's Fit (8) | |
| 2:15-3:40 | F605Z Bible for Today (3) F90X/90XZ Caring & Planning (1) | R321/321Z Park Rangers (4) F403Z Poetry Workshop (8) F655/655Z Future of Educ. (4) F804Z Chair Yoga (16) 2:00-3:00 | F104Z Music, Politics, Justice (6) F206Z Financially Fit to 100? (1) F406Z Robin Hood (8) | F502Z Latin IV (8) F705Z Trump v. Biden (6) F820/820Z Brainy Dementia (4) F804Z Chair Yoga (16) 3:00-4:00 | |
| Week 4 | 14-Oct | 15-Oct | 16-Oct | 17-Oct | 18-Oct |
| 9:40–11:05 | R663Z Big Issues, Challenges (7) F701Z Daily News (7) 9:30-11:00 F901Z Monday Lectures (8) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F401Z Making Barsetshire (8) F810Z Stop Climate Change (5) | F305/305Z Descent Civil War (2) F404Z African America Poetry (8) L415Z Writer's Workshop (8) | F204Z Economics Potpourri (6) F303/303Z Imperial Presidents (4) F410/410Z The Hot Zone (4) F501Z Intermediate Spanish (8) | |
| 11:50–1:15 | F108Z Value of Art (1) F409Z Touch of the Poet (5) F652Z Point of View (4) F657Z TED Talks (4) | F207/207Z SECURE Act (1) F402Z The Odyssey (5) F702/702Z Great Decisions (8) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) R416Z Literary Roundtable (7) R664/664Z First Amendment (6) | F407Z King Lear (4) F408Z You Wanna Write Poetry (8) F703/703Z News that's Fit (8) | F411Z Fall for the Book American Patriotism 1:00-2:30 |
| 2:15-3:40 | F306/306Z Brunelleschi Dome (3) F603Z White Supremacy (4) F707Z Pundits, Polls, Politics (1) | F208Z Living Trusts (3) R321/321Z Park Rangers (4) F403Z Poetry Workshop (8) F655/655Z Future of Educ. (4) F804Z Chair Yoga (16) 2:00-3:00 | F104Z Music, Politics, Justice (6) F406Z Robin Hood (8) F904Z Writing a Legacy Letter (4) | F502Z Latin IV (8) F705Z Trump v. Biden (6) F820/820Z Brainy Dementia (4) F804Z Chair Yoga (16) 3:00-4:00 | F412Z Fall for the Book Hunger Behind Iron Curtain 2:15-3:40 |

Fall 2024 Schedule Zoom (Week 5 – Week 8)

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|--|---|--|---|
| Week 5 | 21-Oct | 22-Oct | 23-Oct | 24-Oct | 25-Oct |
| 9:40–11:05 | R663Z Big Issues, Challenges (7) F701Z Daily News (7) 9:30-11:00 F901Z Monday Lectures (8) F908Z SHAPE (1) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F401Z Making Barsetshire (8) F810Z Stop Climate Change (5) | F307Z Battleships (4) 9:00-11:00 F404Z African America Poetry (8) L415Z Writer's Workshop (8) F708/708Z US/China (1) | F204Z Economics Potpourri (6) F410/410Z The Hot Zone (4) F501Z Intermediate Spanish (8) F604/604Z Person of Jesus (4) | F310/310Z Once a Cheka (1) 11:00-12:25 |
| 11:50–1:15 | F409Z Touch of the Poet (5) F657Z TED Talks (4) | F402Z The Odyssey (5) F414Z Theater, Film Potpourri (4) F702/702Z Great Decisions (8) L907Z Hallmark Card (4) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) R416Z Literary Roundtable (7) R664/664Z First Amendment (6) | L320/320Z Frontiersmen, Pt. 4 (4) F408Z You Wanna Write Poetry (8) F703/703Z News that's Fit (8) | |
| 2:15-3:40 | F306/306Z Brunelleschi Dome (3) F603Z White Supremacy (4) F658/658Z Universal Health (1) | F208Z Living Trusts (3) R321/321Z Park Rangers (4) F403Z Poetry Workshop (8) F655/655Z Future of Educ. (4) F804Z Chair Yoga (16) 2:00-3:00 | F104Z Music, Politics, Justice (6) F406Z Robin Hood (8) F904Z Writing a Legacy Letter (4) | F502Z Latin IV (8) F705Z Trump v. Biden (6) F606Z Women Oppression (3) F804Z Chair Yoga (16) 3:00-4:00 | |
| Week 6 | 28-Oct | 29-Oct | 30-Oct | 31-Oct | 1-Nov |
| 9:40–11:05 | R663Z Big Issues, Challenges (7) F701Z Daily News (7) 9:30-11:00 F901Z Monday Lectures (8) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F401Z Making Barsetshire (8) F810Z Stop Climate Change (5) | F307Z Battleships (4) 9:00-11:00 F404Z African America Poetry (8) L415Z Writer's Workshop (8) F813/813Z Brain Health (3) | F204Z Economics Potpourri (6) F410/410Z The Hot Zone (4) F501Z Intermediate Spanish (8) F604/604Z Person of Jesus (4) | 1102/1102Z Annual Town Hall Meeting 10:00 |
| 11:50–1:15 | F409Z Touch of the Poet (5) F657Z TED Talks (4) | F414Z Theater, Film Potpourri (4) F702/702Z Great Decisions (8) L907Z Hallmark Card (4) | F203/203Z Investment Forum (8) F405/405Z Puerto Rican (6) R416Z Literary Roundtable (7) R664/664Z First Amendment (6) | L320/320Z Frontiersmen, Pt. 4 (4) F408Z You Wanna Write Poetry (8) F703/703Z News that's Fit (8) | |
| 2:15-3:40 | F312/F312Z Marshall Plan (1) F306/306Z Brunelleschi Dome (3) F603Z White Supremacy (4) | F208Z Living Trusts (3) R321/321Z Park Rangers (4) F403Z Poetry Workshop (8) F812Z ABC's of Medicare (3) F804Z Chair Yoga (16) 2:00-3:00 | F104Z Music, Politics, Justice (6) F313/313Z Putinism's Origins (1) F406Z Robin Hood (8) F904Z Writing a Legacy Letter (4) | F502Z Latin IV (8) F705Z Trump v. Biden (6) F606Z Women Oppression (3) F804Z Chair Yoga (16) 3:00-4:00 | |
| Week 7 | 4-Nov | 5-Nov | 6-Nov | 7-Nov | 8-Nov |
| 9:40–11:05 | R663Z Big Issues, Challenges (7) F701Z Daily News (7) 9:30-11:00 F901Z Monday Lectures (8) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F401Z Making Barsetshire (8) F810Z Stop Climate Change (5) | F307Z Battleships (4) 9:00-11:00 F404Z African America Poetry (8) L415Z Writer's Workshop (8) F813/813Z Brain Health (3) | F410/410Z The Hot Zone (4) F501Z Intermediate Spanish (8) F604/604Z Person of Jesus (4) | |
| 11:50–1:15 | F409Z Touch of the Poet (5) F657Z TED Talks (4) F814Z Mediterranean Diet (1) | F414Z Theater, Film Potpourri (4) F702/702Z Great Decisions (8) L907Z Hallmark Card (4) | F203/203Z Investment Forum (8) R416Z Literary Roundtable (7) F904Z Writing a Legacy Letter (4) | L320/320Z Frontiersmen, Pt. 4 (4) F408Z You Wanna Write Poetry (8) F703/703Z News that's Fit (8) | F109Z AI and Art (1) 1:00-2:30 |
| 2:15-3:40 | F603Z White Supremacy (4) F709/709Z Russian War Way (1) | F403Z Poetry Workshop (8) F812Z ABC's of Medicare (3) F804Z Chair Yoga (16) 2:00-3:00 | F209Z Equity Investm't Ideas (2) 3:30-4:30 F406Z Robin Hood (8) | F502Z Latin IV (8) F705Z Trump v. Biden (6) F606Z Women Oppression (3) F804Z Chair Yoga (16) 3:00-4:00 | |
| Week 8 | 11-Nov | 12-Nov | 13-Nov | 14-Nov | 15-Nov |
| 9:40–11:05 | F901Z Monday Lectures (8) | F102/102Z Music Sampler (8) 9:30-10:55 F202/202Z Economic Events (8) F401Z Making Barsetshire (8) F810Z Stop Climate Change (5) | F307Z Battleships (4) 9:00-11:00 F404Z African America Poetry (8) L415Z Writer's Workshop (8) F813/813Z Brain Health (3) | F501Z Intermediate Spanish (8) F604/604Z Person of Jesus (4) F906Z Internet & Network (1) | |
| 11:50–1:15 | F314Z America's Veterans (1) | F414Z Theater, Film Potpourri (4) F702/702Z Great Decisions (8) L907Z Hallmark Card (4) | F203/203Z Investment Forum (8) R416Z Literary Roundtable (7) | L320/320Z Frontiersmen, Pt. 4 (4) F408Z You Wanna Write Poetry (8) F703/703Z News that's Fit (8) | F110Z Paris 1874: Impression (1) 1:00-2:30 |
| 2:15-3:40 | | F403Z Poetry Workshop (8) F812Z ABC's of Medicare (3) F804Z Chair Yoga (16) 2:00-3:00 | F209Z Equity Investm't Ideas (2) 3:30-4:30 F406Z Robin Hood (8) F711/711Z China's Gambit (1) | F502Z Latin IV (8) F705Z Trump v. Biden (6) F804Z Chair Yoga (16) 3:00-4:00 | |

In-Person Program Locations

Primary Locations

Fairfax - Tallwood is located at 4210 Roberts Road, Fairfax, VA 22032 (adjacent to George Mason University's main campus). Roberts Road can be accessed from Route 236 (Main Street) or Braddock Road. Additional parking is available in the swimming pool lot next door.

Loudoun (TBD)

Reston Community Center (RCC) Lake Anne is located at 1609 Washington Plaza North, Reston, VA 20190 (the northern end of Lake Anne off North Shore Drive). If using an electronic map, use the Lake Anne Mobil address at 11410 N. Shore Drive, Reston, VA 20190 (across the street from the entrance to the Lake Anne parking lot).

Secondary Locations

(noted in course title information)

Church of the Good Shepherd is located at 9350 Braddock Rd. Burke 22015. From Braddock Road, turn onto Olley Lane and enter the parking lot on the right.

Fenwick Library Main Reading Room, George Mason University is located on the university's main campus at 4400 University Drive, Fairfax, VA 22030. Parking is available at the Mason Pond Parking Deck at 4371 Mason Pond Drive, George Mason, VA 22030.

Lord of Life Lutheran Church is located at 5114 Twinbrook Road, Fairfax, VA 22032. From Braddock Road, turn south on Twinbrook Road, and the parking lot will be on your right.

Reston Community Center (RCC) Hunters Woods is in the Hunters Woods Village Center. If using an electronic map, use the Ledo Pizza address at 2254 Hunters Woods Plaza, Reston, VA 20191. A walkway beside Ledo Pizza leads to a plaza and the community center.

The Landing (Silverstone) is located at 2620 Main Line Boulevard, Alexandria, VA 22301. Parking is available at no cost in The Landing garage. Enter the lobby via the elevator (or via the front entrance if you are dropped off). Sign in at the front desk and pick up a guest badge to wear for the duration of your stay.

The Providence (Silverstone) is located at 9490 Sprague Avenue, Fairfax, VA 22031. Parking is available at no cost in The Providence garage. Enter the lobby via the elevator (or via the front entrance if you are dropped off). Sign in at the front desk and pick up a guest badge to wear for the duration of your stay.

Stacy C. Sherwood Community Center is located at 3740 Blenheim Boulevard, Fairfax, VA 22030. Parking is available in front of the building.

Enjoy two great seasons at the CenterStage!

Professional Touring Artist Series

Tickets on Sale:

AUGUST 1:
Reston Residents/Employees

AUGUST 8:
Non-Reston/Online

MEET THE

Artists

THURSDAYS

September 26 – October 31

2:15 p.m. – 3:30 p.m.

FREE!

WWW.RESTONCOMMUNITYCENTER.COM

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Fall for the Book Festival

October 12, 15-18

FallfortheBook.org





OLLI



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Summer 2024 Registration: Begins May 14 at 9 am and continues throughout the term

Term Dates

Summer 2024: June 24 - August 2

Fall 2024: September 23 - November 15

Winter 2025: January 21 - February 14

Spring 2025: March 24 - May 16

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