# Osher Lifelong Learning Institute



## olli.gmu.edu

George Mason University

# Fairfax • Reston • Loudoun • Online

**2025 CATALOG** 23 - August 1 SUMMER



Summer 2025 Registration: Begins May 20 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!



#### December 7-13, 2025

Experience the energy at the geothermal fields of Geysir. Explore Skógar Museum, covering all aspects of Icelandic life. Learn about the volcanic nature of the island of Iceland during a visit to the Lava Exhibition Center. Straddle two continents while exploring Thingvellir's rugged rift valley. Travel to Jökulsárlón glacial lagoon and marvel at all the floating icebergs.

Set out for an exciting soft-adventure jungle experience in Tortuguero, the Amazon of Costa Rica. Join your fellow lodge guests on a spectacular boat cruise through the various canals and be sure to keep an eye out for wildlife including howler monkeys, sloths, toucans, aquatic birds, bats and caimans, as well as exotic flora.

For more information, please call Collette at 800-581-8942 Reference booking number 1334140 (Iceland) or 1334126 (Costa Rica)



Virtual trip presentations are available for viewing on the OLLI Mason travel page at olligmu.edu/travel

# Contents

All About OLLI Mason ii
OLLI Mason Organization iii
Courses
100 Art and Music 1
200 Economics and Finance 1
300 History 2
400 Literature, Theater, and Writing4
500 Languages
600 Philosophy and Religious Studies
650 Humanities and Social Sciences
700 Current Events
800 Science, Technology, and Health
900 Other Topics 11
<b>Clubs</b>
<b>Friends of OLLI</b>
Membership and Registration 18
<b>Registration Form</b>
<b>Schedules</b>
OLLI Mason Policies
In-Person Program Locations 25

## Cover photo by John Olsen

The cover photo is titled "A View of Harper's Ferry from the Maryland Trails Overlook". The Maryland Heights Trail offers hikers the opportunity to see spectacular scenery, geology, Civil War, industrial, and transportation history.

# 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 20** 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

- olli.gmu.edu/university-privileges/
- patriotperks.gmu.edu/

# Status of Summer Term 2025

To optimize the OLLI Mason experience for everyone, OLLI Mason will provide in-person, Zoom, and hybrid offerings. Should you wish to experience classes 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: **olli.gmu.edu/health-and-safety/** 

# **Membership Promotions**

**Summer 2025 Promotion:** a <u>one-time</u> 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 <u>one-time</u> annual membership discount of \$100, which may be applied to the special \$300 promotion (for those new to OLLI Mason).

# **\*\* IMPORTANT REGISTRATION DATES \*\***

Summer term registration begins on May 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

For the best choice of classes, members are encouraged to register before June 3rd.

# **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 Vice President Secretary Treasurer	Emily Roudebush Bob Heyer
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	

## **Other Key OLLI Mason Positions**

Audiovisual Support	Paul Howard
Development	Al Smuzynski
OLLI E-News	Paul Van Hemel
Facilities	Mel Russell
Finance	Dave Osterman
Governance	Peter Ansoff
Landscaping	Bill Ackerman
Member Services, Office Volun	teers Toni Acton
Member Services, Chair	Toni Acton
Outreach	Dean Salpini
Strategic Planning	Zachary Teich
Website	Dennis VanLangen
Health and Safety Advisory	Michele Romano

## **Catalog Production**

Production Team ...... Nancy Klein, Susan Job, Shannon Kim Morrow, Stefan Hansen

## **OLLI Mason Program Planning**

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

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Mason mail stop number	MSN 5C1

# Courses: June 23 - August 1 Fairfax/Loudoun/Reston/Zoom

Fairfax courses are indicated by the suffix "F," Loudoun by "L," Reston by "R," and Zoom by "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 include a campus designation suffix (ex: **101F**). Zoom only offerings will include the 'Z' suffix (ex: **101Z**). Hybrid offerings will have both inperson and virtual title formats listed in the course description (ex: **101F / 101Z**. 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, Joan Lunsford, Christine Narbut

#### **101F OLLI Open Mic** One session Instructor: Sophia Elberti Wednesday, 11:50–1:15, July 2 Class limit: 16

Come join your OLLI friends and share your talents and hobbies at OLLI's Open Mic. Do you have a favorite song and singing voice you want to showcase? Or an original poem or story you'd like to share? Do you play a musical instrument with which you'd like to serenade your OLLI friends? How about a comedy routine or magic act? Are you an artist or craftsperson with an original work of art you'd like to "show and tell" about? Whatever your talent or favorite hobby, now is your opportunity to express yourself and share your gift with other OLLI members. What better way to build community and get to know your OLLI colleagues in a fun and entertaining setting? Performances will be limited to 4-6 minutes to allow for maximum participation, and time slots will be assigned on a first-come basis prior to the event.

**Sophia Elberti** is a retired federal government employee with a background in strategic communications. She joined OLLI shortly thereafter and has enjoyed numerous courses, including regular participation in OLLI's Poetry Workshop and Singing for Fun courses.

#### **102Z The Wiggly World of Early Medieval Art** Two sessions Instructor: Roz Hoagland

#### Wednesdays, 9:40-11:05, July 16-July 23

The Early Medieval period falls roughly between the collapse of the Roman Empire about 476 and the beginning of Romanesque architecture around the year 1000. The intricately intertwining creatures and wiggling lines of Viking carvings and Celtic manuscripts created during the Migration Period have no connection with the reality of ancient Roman art as the artists lived outside Rome's vast empire and lacked examples to guide them. Slowly the influence of Rome reappeared during Charlemagne's reign, known as the Carolingian

Renaissance, and in the Ottonian period that followed. In this class, we'll examine examples of manuscript illumination, luxury items of gold and ivory, sculpture, and architecture made during this fascinating inbetween time.

**Roz Hoagland** is a retired art historian. She taught at Northern Virginia Community College for 40 years. She has taught numerous OLLI classes and continues to lead group tours to Europe to study art and architecture. Since 1999, there have been 62 successful trips.

# 200 Economics & Finance

Program Planning Group Chairs: Leo Brennan, Marvin Singer

#### **2012 Investing Basics in Retirement** Three sessions Instructor: Sylvia Auton

#### Mondays, 9:40–11:05, June 23–July 7

Once we retire, our investment goals change, depending on whether our basic expenses are covered by a pension or we need to generate income from our investments. Our time horizon to recover from a major market decline has changed, and this impacts the investments we make. In these sessions you will learn about your investment goals, your tolerance for risk, investments typically recommended for retirees, and how to do basic research for investments that interest you.

**Sylvia Auton** is a retired educator with a PhD in Mathematics Education. She is self-taught and has learned much from the OLLI Investment Forum. She speaks to groups interested in investing and has written a book *Grandma Sylvia's Guide to the Stock Market: Win the Great Game and Sleep Well at Night.* 

## 202F / 202Z The Investment Forum Six sessions

#### Moderator: Al Smuzynski Wednesdays, 11:50–1:15, June 25–July 30

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

# Economics & Finance

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.

# **203Z Retirement Planning and Mid-Course Corrections**

#### Six sessions Instructor: Zach Tekamp Thursdays, 9:40–11:05, June 26–July 31

This course will cover all aspects involved in retirement planning. We will cover the technical financial aspects of retirement to include cash flow management, income planning, tax planning, investment location and allocation, Social Security optimization, Medicare planning, and estate planning. Many laws and other issues affecting retirement can change, so this course should be of interest for those who are retired or will be retiring. We will also cover the human aspects of retirement planning as we shift from working for our income to living off the capital we have accumulated.

**Zach Tekamp**, CFP®, EA, is a local financial planner who specializes in helping mid-to-late-career professionals in the DMV area retire on their terms, lower their taxes throughout retirement, and minimize financial stress. He hopes to continue to educate retirees on the many financial decisions and complexities that all retirees face.

#### 204Z How to Manage Your Money Like a Professional One session Instructor: Rusty Vernon Monday, 11:50–1:15, July 7

This course delves into the intricacies of investment portfolio management. Learn how to build a diversified portfolio, analyze equities, and manage risk. Discover the pitfalls of the market and potential strategies to avoid them. Whether you're a beginner or a seasoned investor, this course will equip you with the knowledge and tools to make informed investment decisions.

**Rusty Vernon** has worked in financial services since 1984. He founded Vernon Management Group in 1996 and has served as an investment advisor representative for 27 years, working alongside his two sons in the family business.

#### 205F Selling Your Home, A Guide for the Mature Seller Three sessions Instructor: Helen Flynn Thursdays, 11:50–1:15, July 17–July 31

This class will be an overview of the decisions and processes for the person or family member wanting to sell the home they have lived in for many years. The state of the current market and the effect of interest rates will be discussed, as well as what things will bring a return on the homeowner's investment prior to selling.

**Helen Flynn** is a realtor with the Eric Stewart Group of Long and Foster Real Estate. She has been a realtor working particularly with seniors for over 20 years. As a former MSW social worker, she brings a unique and common sense perspective to this lifechanging event.

### 206F / 206Z Never Stop Learning: Learn How To Protect Your Nest Egg From Investment Scams One session

#### Instructor: Tom Manganello Tuesday, 9:40–11:05, July 29

This instructor, from the U.S. Securities and Exchange Commission, will discuss the importance for older Americans to "Never Stop Learning" when it comes to protecting their hard-earned money and investing for their future. This class will discuss free tools and resources on the SEC's website, where you can learn about investing in retirement, how to spot an investment scam, and steps you can take to protect your nest egg, including doing background checks on investment professionals. The SEC's website is www.Investor.gov.

**Tom Manganello** is a senior counsel in the Securities and Exchange Commission's Office of Investor Education and Advocacy (OIEA). In that role, Tom researches and drafts investor alerts and bulletins and content on the SEC's website, www.Investor.gov, and conducts financial empowerment presentations.

# 300 History

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

#### **301F / 301Z The Ritchie Boys** One session Instructor: Wes Clark Tuesday, 9:40–11:05, June 24

If you watched the CBS telecast of *60 Minutes* on January 2, 2022, you would have learned about the Ritchie Boys. The story is about a number of Jews-many with advanced degrees and high IQs-who escaped Germany and Austria, and became U.S. soldiers during WWII. They were trained at then-secret Ft. Ritchie, MD, to be interrogators of Nazi POWs who were captured near the front lines. Because they spoke idiomatic German and knew Nazi towns, culture, and sports teams, they couldn't be fooled by the German POWs. The information they obtained was timely, tactical, and critical to the Allies' success in the European theater.

**Wes Clark** is an attorney who retired from the federal government with over 38 years of experience. He began his legal career as an Army JAG officer and then at the U.S. Department of Justice. He subsequently became a federal prosecutor. He spent his last 20 years with the DEA counsel's office.

# History

#### **302Z Money** One session Instructor: Tom Manteuffel Tuesday, 11:50–1:15, June 24

One of the great enabling inventions of modern civilization, money has evolved and abstracted itself since the Renaissance in ways that could hardly have been foreseen, but which we all now take for granted. How did that happen? And what is it really? It's a surprising story, full of lively characters, including frauds, rapacious politicians and thieves, as well as the occasional wellmeaning social reformer. We will look at the intricate roots of this crucial invention and see just how its evolution has truly changed history and brought us the world we largely inhabit today.

**Tom Manteuffel** has enjoyed teaching classes on a varied array of subjects from art history to cryptocurrencies and from the Book of Job to Shakespeare. He is a retired cybersecurity consultant and has degrees in philosophy and computer science.

### **303Z The Declaration of Independence** Three sessions

#### Instructor: Heather Dudley Wednesdays, 9:40–11:05, June 25–July 9

The Declaration of Independence is the most read, listened to, and celebrated of our nation's founding documents. It has inspired people from around the world and across time, from the French revolutionaries of 1789 to Ho Chi Minh. Both Jefferson Davis and Abraham Lincoln claimed to be defending its principles. Congress approved the Declaration on July 4, and that event is now commemorated as the birthday of the United States. In this course we will read and wonder at the structure and flow of those memorable sentences and grapple with some important questions: 1) What did Jefferson mean when he used words such as equality, liberty, and happiness? 2) In what way was the Declaration an expression of the classical and Enlightenment philosophers that were of such great importance to the founding generation? 3) How valid was the evidence that supported the claim that the King George was a tyrant?

**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.* 

#### **304F The Flag of the United States: Origins, Myths, and Legends** Two sessions Instructor: Peter Ansoff

#### Thursdays, 9:40–11:05, June 26–July 3

The flag of the United States is a familiar and popular symbol, as well as the subject of hundreds of books. However our knowledge of its origins is actually rather sparse, and writers' attempts to fill the void have produced a thicket of mythology and misinformation. This course will cover the historical evidence for the origins of the American flag and examine some of the many myths that have become attached to it over the years, including the famous story of Betsy Ross. It will also discuss the rules for handling and displaying the flag and some of the controversies they've generated.

**Peter Ansoff** is retired from a career as a support contractor for U.S. Navy ship acquisition programs and has been a member of OLLI since 2017. He is the past president of the North American Vexillological Association, an international organization dedicated to the study of flags.

## 305F World War Two

## Six sessions

#### Instructor: Eric Gartman Thursdays, 11:50–1:15, June 26–July 31

In this class, we will examine the Second World War, the largest and costliest war ever fought. The origins of the war, its prosecution, the battles and campaigns will be covered. We will also examine why the Allies won, and if the Axis powers could have prevailed. This course will not be limited to American involvement but will examine all theaters of the war.

A former Department of Defense intelligence analyst, **Eric Gartman** is a historian specializing in war. He currently teaches in community colleges around the Washington D.C. area.

### **306F The Golden Era at** *The Washington Post* One session Instructor: Bob Levey

#### Tuesday, 9:40–11:05, July 1

Longtime Washington Post columnist Bob Levey will revisit the high profile days when the newspaper was run by the famous Ben Bradlee, when he sat between Bob Woodward and Carl Bernstein during Watergate, and when he was on a first-name basis friendship with the legendary publisher, Katharine Graham. The instructor will also discuss the current state of *The Post* and will sell copies of his novel about the news business and local politics, *Larry Felder, Candidate*. You can also find the book at www.bobleveypublishing.com.

**Bob Levey** is a retired columnist for *The Washington Post*. His column, "Bob Levey's Washington," appeared weekdays for more than 23 years, and drew an average of one million readers a day. He was chosen seven times as one of the top columnists in Washington by readers of *Washingtonian Magazine*.

# **307F / 307Z Stampede to the Klondike: The Last Great Gold Rush** One session

#### Instructor: Jim Anderson Tuesday, 11:50–1:15, July 8

The news of the discovery of gold in the Canadian Yukon in 1897 electrified millions suffering from the effects of an economic depression. The sensational and often inaccurate news stories led to an epidemic of "gold fever" and sparked a stampede to that remote and forbidding region. The results were dramatic and heroic for the lucky few; but tragic and often lethal for the vast majority seeking instant wealth. Hubris and greed were on full display; brotherly love was in short supply.

**Jim Anderson** served three years in the Air Force and 27 years in the CIA. In retirement, he conducted leadership seminars at Civil War battlefields. He holds an MA in History from the University of Memphis. Since 2009, he has taught classes and conducted tours at OLLI on the Civil War and the American Frontier.

## 308F Introducing Hannah Nokes: African-American Gender Nonconforming Resident of Northern Virginia

#### One session Instructor: Amy Bertsch Coordinator: Carolyn Kramer Wednesday, 9:40–11:05, July 16

For more than 70 years, Hannah Nokes lived in the Sterling/ Dranesville area where she was a trusted employee with close family ties. Assigned as male, Nokes identified and lived as female. At a time when millions of African Americans migrated from the rural South to cities for better opportunities and treatment, many gender variant individuals did the same. However, Nokes chose to remain in the same farming community, earning a living by doing laundry and opening her home to boarders and occasional travelers in need of overnight accommodations during Jim Crow segregation. In this lecture, we will explore Nokes' life; examine perceptions others held of her, including accounts of her appearance at a high-profile murder trial; and consider evidence indicating that Nokes' family and her community largely accepted her as a woman.

**Amy Bertsch** specializes in African American and Virginia history and previously worked in public history for the Office of Historic Alexandria. She has an MA in History and has taught in the Public History and Historic Preservation certificate program at Northern Virginia Community College.

#### **309F Hurricane Agnes in Virginia** One session Instructor: Earnie Porta Coordinator: Carolyn Kramer Wednesday, 9:40–11:05, July 23

"The greatest natural disaster of all time," is how observers at the time viewed Hurricane Agnes. When the storm arrived in Virginia in June 1972, it largely spared coastal areas, and with modest wind speeds, it no longer even registered as a hurricane as it crossed the Old Dominion. Yet its prodigious rainfall combined with saturated ground and Virginia's topography to generate massive floodwaters. Its impact on communities large and small was immense. With research drawn from a variety of primary source materials created during the storm and in its immediate aftermath, learn of the struggles of those affected, the efforts of responders, the recovery effort, and the larger role Agnes has played in the national discussion of disasters.

**Dr. Earnie Porta** holds a BS (Foreign Service), a law degree (JD), and a PhD (History) from Georgetown University, as well as an MA (History) from George Mason University. He has a number of publications to his credit and has served as the mayor of Occoquan from 2006-2014 and 2018 to the present.

# Literature, Theater, and Writing

#### **310Z The Bomb** One session Instructor: Tom Manteuffel Monday, 9:40–11:05, July 28

If you grew up in the 50s, you perhaps recall that ours was the first generation to grow up with the cultural awareness that we may well be the last. That of course didn't happen, despite there being tens (and at one time, hundreds) of thousands of truly devastating nuclear weapons and despite hundreds of wars, many of which involved countries possessing such weapons. We'll examine the strange history of the bomb and what its looming reality has meant to us and our lives for the last 80 years.

See 302Z for instructor information.

# 400 Literature, Theater, and Writing

Program Planning Group Chairs: Pat Bangs, Jane Fitzgibbons, Michael Mason, Norma Jean Reck

#### 401Z Fully Loaded, Safety Off: How TV's Firefly Redefined the Space Western Six sessions

#### Instructor: Allen Wright Mondays, 11:50–1:15, June 23–July 28

Cancelled after only one season of critical praise and dismal ratings, the 2002 TV show *Firefly* now regularly tops the charts of best shows of the 21st century, inspiring a widespread loyal fan base, a movie, numerous novels, games, and comics. We'll discuss how the show integrated the colorful history of the space western genre from *Buck Rogers* to *Star Wars*, with a more critical view of the frontier myth inspired by theorist Richard Slotkin, and the revisionist films of directors such as John Ford, Robert Altman, and Clint Eastwood. We'll also see how a show with only 14 episodes has influenced countless television shows, novels, video games, and films over the past two decades.

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

#### 402F / 402Z Stand Facing the Stove: How Female Cookbook Authors Have Influenced What We Eat at Home Four sessions

Instructor: Marilyn Harriman Tuesdays, 9:40–11:05, June 24–July 15

What are you eating for dinner tonight? Most likely, it was first written and described in a popular cookbook. This course will examine cookbook writing, the culinary arts profession, and four female culinary arts experts

# Literature, Theater, and Writing

who've impacted home cooking. We'll read three of their memoirs: Julia Child's *My Life in France*, Ruth Reichl's *Garlic and Sapphires*, and Ina Garten's *Be Ready When Luck Happens*. We'll begin our first session by looking at famous female cookbook authors who changed how Americans eat at home, focusing on Irma Rombauer and her iconic 1931 *Joy of Cooking*, in which she advised, "First, stand facing the stove." In our follow-on sessions, we'll focus on each of the featured cooks and their autobiographies. This course will include recipes from each author and a cookbook exchange on the final day of class.

**Marilyn Harriman** is a retired Fairfax County advanced placement literature and composition teacher with degrees in English Literature, Journalism, Education Curriculum and Leadership. In her spare time, she finds joy in the kitchen and owns over 200 cookbooks.

## 403F Reader's Theater

Six sessions

#### Instructors: Wendy Campbell, Kathie West Tuesdays, 11:50–1:15, June 24–July 29 Class limit: 25

This course will provide a forum for OLLI students to hone reading and performing skills. Students will be asked to present readings, either self-chosen or provided by the instructor. Readings may be by a single performer or 2-4 individuals. Critiques will be provided by the members of the class in order to help each other improve our skills. No memorization required.

**Kathie West**, an OLLI member, is a former actor of the Pittsburg Theatre and a past theater teacher at Robert E. Lee High School and Thomas Jefferson High School for Science and Technology. She was also the director of OLLI Players.

**Wendy Campbell** is a curriculum developer and a re-enactor. She taught in the gifted program in Fairfax County Public Schools for 20 years, introducing 10-12 year olds to the wonders of Shakespeare, Plautus, and Sophocles.

## 404Z Poetry Workshop

#### Six sessions Moderators: Sophia Elberti, Carolyn Wyatt Tuesdays, 11:50–1:15, June 24–July 29 Class limit: 14

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.

**Sophia Elberti** retired from federal service after 32 years with the intelligence community. She enjoys creative writing, book club discussions, nature walks, and OLLI Singing for Fun classes. She also loves to travel, and one of her retirement goals is to visit as many U.S. national parks as she can manage.

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

# 405Z American Versions of Haiku, Tanka, and Renku

Six sessions

Instructor: Dr. Kathleen Decker Coordinator: Carolyn Wyatt

#### Wednesdays, 9:40-11:05, June 25-July 30

Participants will learn to write haiku, tanka, and renku in English. Traditional formats based upon Japanese tradition, as well as modern views on these forms will be taught. The use of season words and cutting words will be discussed. The difference between English syllables and Japanese sound units will be explained. Examples of modern haiku, tanka, and renku will be shown during the first two sessions. The next two sessions will consist of writing exercises on specific themes. The final two sessions will include presentations by students of poems they have written during the course. A publication based on the class's work may be created, depending on class size.

**Dr. Kathleen P. Decker** is an award-winning poet and vice president of Poetry Society of Virginia. She has authored haiku, senryu, and tanka books, and published an international haiku journal. She was an editor for the *World Haiku Association*. She also created a poetry/music/art film based on renku.

## **406F It's Never Too Late to Write Your Novel!** One session

#### Instructor: John Adam Wasowicz Wednesday, 11:50–1:15, June 25

The instructor wrote his first novel at the age of 65. Now many years later, he has published seven books in the *Old Town Loves Mystery* series. He'll share his literary adventure with students, including writing, publishing, and marketing books. If you're thinking about writing a book– whether it's a personal memoir or a best seller–you will benefit from hearing about the instructor's experiences.

**John Adam Wasowicz** has resided in Fairfax County for over 30 years. He is a federal attorney. In his spare time, John writes the *Old Town Loves Mystery* series. Since beginning the series in 2017, he has published seven books, including the newly released *Spite House*.

### 407Z Literary Roundtable Six sessions

#### Instructor: Ben Gold Wednesdays, 11:50–1:15, June 25–July 30

This is an on-going short story discussion class in which we will begin a new anthology, the *Big Book of Victorian Mysteries*, edited by Otto Penzler. 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 including on Kindle.

**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.

### 408Z 1930s British Women Novelists and Friends: Winifred Holtby, Vera Brittain, and Virginia Woolf

Six sessions

Instructor: Ellen Moody

#### Thursdays, 11:50–1:15, June 26–July 31

This course will be about the importance of eras and friendships (support systems, close sisters) for women novelists' careers. A famous 1930s or " between the wars pair," Vera Brittain and Winifred Holtby, is actually a trio that includes Virginia Woolf, about whom Holtby wrote the first book. We'll study the era, analogous to our own, where just as looming fascism, war, and a hard pushback against suffragist/feminist gains occur, there's an increase in professional women artists and flowering of women mystery writers, e.g. Vanessa Bell and Dora Carrington, Agatha Christie, and Dorothy Sayers. Participants will read Winifred Holtby's masterpiece novel, South Riding (weeks 1-4); Vera Brittain's novel, The Dark Tide (week 5); and three short novellas from a volume by Virginia Woolf (week 6). The class will view a choice from apposite great movie adaptations, South Riding, Testament of Youth, and the brilliant To the Lighthouse.

**Ellen Moody** has been teaching since 1972–in senior colleges until May 2012, and now for 10 years at two OLLIs. She's a published scholar with specialties in the 18th through 20th centuries. She has a special love for women's writing across the ages, historical novels, life writing, and film adaptations.

#### 409F / 409Z Willa Cather's *My Mortal Enemy* One session

#### Instructor: Jane Fitzgibbons Tuesday, 11:50–1:15, July 1

In the middle of her Great Middle Period (1922 to 1927), Willa Cather dropped a novella titled My Mortal Enemy. Her readers never knew what to expect from her next novel because she did not repeat what went before. This story follows a woman named Myra from her elopement through her final years as she struggles with the choices she made. The story is told by young Nellie who observes the self-absorbed Myra as she moves from Illinois to NYC to San Francisco and from happiness to disillusionment to physical and psychological decline. The story is dark, the ending tragic, and the words are minimal. Cather was testing her theory that what's important in art is the emotion conveyed, not the word count. In her description of Myra's marriage, Cather charts the tension between love and hate between two married people and the downside of romantic love. Like the narrator, the reader feels the powerful effects of social rejection, family ties, resentment, and the comforts of religion.

Jane Fitzgibbons retired from the federal government in 2020. During her government career, she headed training and communications departments. She has an MS in National Security Strategy from the National War College and an MA in Politics and Literature from the University of Dallas where her admiration for the works of Willa Cather began, which led her to a forum at the University of Nebraska on the centenary of Ms. Cather's birth. She

# Literature, Theater, and Writing

attended two Willa Cather conferences in 2023: one honoring Willa Cather's sesquicentennial birthday and one focusing on Ms. Cather's literary life in New York City.

#### **410Z Movie of the Week** Four sessions Instructors: Russell Stone, Stephanie Simcox Tuesdays, 11:50–1:15, July 8–July 29

This course engages in discussions of the latest in Arthouse movies. Each week a movie offered via payper-view from Amazon Prime Video, YouTube, Netflix or other pay-per-view sites will be chosen. You won't have to subscribe to anything, but most movies charge a "rent" fee. If you do subscribe to a movie site, it may be available to you there. Participants will have one week to see the movie—before each class meeting. Class meetings will discuss the movie of the week. Impress your friends with your knowledge of the latest in Arthouse cinema! Viewing may involve subtitles, and it's always a good idea to turn on closed caption (CC) if it's available. The beauty of watching movies on-line is that you have captions, and can pause, rewind to catch parts you missed, and even watch it more than once.

**Russell Stone** was a university professor for 40 years, an OLLI member for more than a decade, and a two-term board member. His secret passions include contemporary cinema. As a co-chair of program planning, he knows we need another movie course.

**Stephanie Simcox** worked in nonprofits for 30 years on the West Coast and has since moved back to Northern Virginia. An avid movie fan who never misses a new Jane Austen film, she is also up for the latest from Marvel, Pixar or Studio Ghibli. After attending the San Francisco International Film Festival for many years, she's not afraid of subtitles either!

#### **411Z Fall for the Book:** *A History of the World in Six Plagues* One Session

#### Instructor: Edna Bonhomme Coordinators: Suzy Rigdon, Kate Lewis Thursday, 9:40–11:05, July 10

Historian Dr. Edna Bonhomme explores the shocking truths and deep inequality in care that have festered around the globe during six great plagues: cholera, HIV/AIDS, the Spanish flu, sleeping sickness, Ebola, and COVID-19. In her book, *A History of the World in Six Plagues: How Contagion, Class, and Captivity Shaped Us, from Cholera to COVID-19*, Bonhomme uses in-depth research and cultural analysis to explore the history and impact of each devastating disease. Author Uché Blackstock says, "Poignantly insightful and compelling, Bonhomme not only sheds light on past injustices but challenges us to confront our history and envision a more compassionate future." This event is part of the Fall for the Book Festival. To find the full schedule, visit https://fallforthebook.org/schedule/.

**Edna Bonhomme** is a historian of science, culture writer, and journalist based in Berlin, Germany. She writes cultural criticism, literary essays, book reviews, and opinion pieces. Her writing explores how people navigate the difficult states of health–

# Languages

especially subjects that discuss contagious outbreaks, medical experiments, reproductive assistance, or illness narratives. She is the author of *A History of the World in Six Plagues: How Contagion, Class, and Captivity Shaped Us, from Cholera to COVID-19.* 

# 500 Languages

Program Planning Group Chairs: Pat Bangs, Jane Fitzgibbons, Michael Mason, Norma Jean Reck

#### **501F Italian Culture and Conversation** Four sessions Instructor: Leti Labell

### Wednesdays, 11:50–1:15, July 9–July 30

Do you love Italy? Who doesn't? This course is a discussion group for lovers of all things Italian. The instructor will prepare materials to direct the discussion. These may include aspects of Italian culture such as food, music, art, literature, or history, as well as any other topics of interest to attendees. There will be a general discussion of the topics in English or in Italian. Anyone with some familiarity with the Italian language would be welcome, from beginners (or those who learned some Italian from their grandparents!) to those who have been studying for a while. If you don't have experience with the Italian language, don't worry. We'll learn new words based on the topic. If you've traveled to Italy in the past or are planning a future trip, this is the class for you.

**Leti Labell** has been studying Italian for over eight years. Her first Italian class was an OLLI class called "Italian for Travelers!" She loves the language and enjoys sharing all things Italian.

## 600 Philosophy and Religious Studies Program Planning Group Chair:

Jim Cantwell

#### 601F / 601Z Miracle Working God Three sessions Instructor: Jim Cantwell

#### Wednesdays, 9:40-11:05, June 25-July 9

This class will explore examples where people were commissioned or supernaturally strengthened in order to accomplish tasks by God. In the first class, we will look at the Old and New Testaments to find examples including Moses, Joshua, Sampson, Jesus, Peter, and Paul. In the second class, we will look at examples where whole communities where impacted. This will include the 18th and 19th century First (1726-1750) and Second (1800-1840) Great Awakenings in America, the Awakening in Wales (1904-06), and the Azuza Street Revival (1906). The third class will look at the God-led, more current work of John G. Lake, Smith Wigglesworth, Bill Johnson, Randy Clark, Heidi Baker, and Leif Hetland. The instructor will discuss some of his experiences on mission trips around the world and when he was healed by God of a frozen rotator cuff, elbow pain, and skin cancer.

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

### 602Z Progressive Revelation: A New Paradigm for Understanding World Religions and World History

#### Three sessions Instructor: Vera Breton Wednesdays, 11:50–1:15, June 25–July 9

Is human history just a narrative of individual actions, of peoples' movements, of wars, and random events? Just the study of change over time? Or is it throughout its entire length an intelligible and connected whole, centering around a single theme and developing a common purpose, one master scheme disclosed by set degrees? Is there a plan for humanity set in motion from the very beginning, directed by God, progressively moving humanity towards its ultimate goal: the creation of the kingdom of God on earth? Progressive Revelation is a revolutionary idea that will shed a new light on our appreciation of world religions, potentially unifying many peoples and providing a fresh perspective on the great potentialities of this new emerging global civilization.

**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 a Master in Health Sciences (MHS) in International Public Health from Johns Hopkins University and a JD from the Pontificia Bolivariana University in Medellin, Colombia.

#### 603F / 603Z The Bible, Gender, and Sexuality: What it Does NOT Say Six sessions

#### Instructor: John Barclay Burns Thursdays, 9:40–11:05, June 26–July 31

This course will investigate what the Bible (Old and New Testaments) actually says about human gender and sexuality. The Bible is invoked, used, and abused by a variety of groups from the religious right to marginalized communities, in an effort to support their positions, picking and choosing. It is a complex book, written, collated, and edited over a thousand years (ca. 700BC–300AD), by authors, overwhelmingly male, literate and influential. This course will set the Bible firmly in its religious and cultural contexts from the ancient Near East to the Greco-Roman period. Issues of gender roles, marriage, rape, abortion, and LGBTQ+ matters will be considered along with questions of authority, influence, and belief. As the British author L. P. Hartley noted in The Go-Between, "The past is another country, they do things differently there."

John Barclay Burns, a native Scot, was educated at the universities of St. Andrews (MA, PhD) and Glasgow (BD). A Presbyterian pastor of churches in Scotland, Canada (Toronto), and Fairfax (Providence Church), he joined the Religious Studies faculty at George Mason in 1986, where he is emeritus faculty.

# 650 Humanities and <u>So</u>cial Sciences

Program Planning Group Chair: Camille Hodges

#### 651Z Big Issues, Complex Challenges, and No Simple Solutions Six sessions

#### Instructor: Glenn Kamber Mondays, 9:40–11:05, June 23–July 28

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. Topics will be new each week and each semester; few will be repeated.

**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.

#### 652F Ecclesiology, Idealism, and World Polity: The Concordats of the Apostolic See: A Book Talk One session Instructor: Mark Royce

#### Wednesday, 9:40-11:05, June 25

This course will present the recently published Ecclesiology, Idealism, and World Polity: The Concordats of the Apostolic See (Palgrave Macmillan, 2024) by Mark R. Royce of Northern Virginia Community College. This book talk by the author will survey much newly considered material concerning the international relations and law of the Catholic Church in Europe, Latin America, the Middle East, and elsewhere.

**Mark R. Royce**, PhD, is professor and discipline chair of Political Science at Northern Virginia Community College. *Ecclesiology, Idealism, and World Polity* is his more recent book.

# 653F Discussing Kindness and Respect

#### One session Instructor: Jerry Markowitz Tuesday, 9:40–11:05, July 8

This class is a discussion group focusing on why kindness and respect are important values, and how we recognize them. In what ways does it seem over the last several decades that our world is slowly moving away from kindness and respect? How can we improve our own kindness and respect? Participants should bring their stories and lessons learned to add to the conversation. The instructor will also discuss and read selections from his

# Humanities and Social Sciences

#### book, Exploring Kindness and Respect: Poems.

**Jerry Markowitz** worked 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, teaches at OLLI, and donates proceeds from his published books to support Alzheimer's research and education.

### 654F / 654Z Oppenheimer: The Man, the Myth, and the Movie One session

#### Instructor: Michael McGregor Tuesday, 9:40–11:05, July 15

Was Robert Oppenheimer the most significant person in world history? In the 2023 blockbuster film, *Oppenheimer*, Christopher Nolan claimed that Oppenheimer is the most important figure in global history. Oppenheimer was the key figure in the "Manhattan Project," which developed the first two nuclear bombs that were dropped on the Japanese cities of Hiroshima and Nagasaki. Oppenheimer's work on the project has provided countries with nuclear weapons with the power to end the world in a fire of nuclear catastrophe. This course will examine whether the historical evidence supports Nolan's contention that Oppenheimer is the "most important" person in history. Additionally, this course will examine the role of blockbuster movies in the telling of history.

**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 in 2012.

# 655Z How to Measure Success in Government Programs

#### One session Instructor: Michael Mason Thursday, 11:50–1:15, July 17

The federal government spends over \$900 billion, or about one third of the total budget on non-defense discretionary programs annually (not including Medicare and Medicaid). How does the government know if programs are successful? Is the air getting cleaner? Are we getting more homeless veterans off the streets? Is job training getting to the people who need it most? Most politicians support programs based on their ideological agenda. This can lead to misinformation about the value of programs. In the 1990s, Congress passed the Governmental Performance and Results Act (GPRA), which required federal agencies to develop measures to track their progress in meeting goals. Debate continues over the value of these measures and whether they tell us what we should know about the effectiveness of government programs. This lecture will focus on the history of program evaluation in government, the types of measures agencies use to show progress in meeting goals, why they can become controversial, and how to determine what is a good or bad measure or indicator.

Michael Mason spent over 33 years with the U.S. Environmental

# Current Events

Protection Agency. He served as a project manager in the Program Evaluation division in the Office of Policy and was the Evaluation and Accountability team leader for the Office of Water.

# 656F / 656Z The Second Amendment

#### One session Instructor: Wes Clark Wednesday, 9:40–11:05, July 30

The Second Amendment to the United States Constitution protects an individual's right to keep and bear arms. This presentation will examine the history of the Second Amendment and its meaning in the 2008 *D.C. vs. Heller* case. This case addressed the issue of whether the Second Amendment protects the right to keep and bear arms for purposes of self-defense. The instructor will also discuss the court's most recent Second Amendment case.

See 301F / 301Z for instructor information.

# 700 Current Events

Program Planning Group Chair: Camille Hodges

## 701Z What's in the Daily News?

Six sessions

Moderators: Richard Crawford, John Quinn, Ann Smith, Al Smuzynski, Dennis VanLangen, Deborah Dupree, Kathryn McGeehan Class liaison: Dennis VanLangen Mondays, 9:30–11:00, June 23–July 28 Note time

#### **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.

#### 702Z What's Happening: A Discussion of Weekly News Six sessions

## Instructor: Glenn Kamber Thursdays, 11:50 - 1:15, June 26–July 31

This is the summer session version of "All the News That's Fit to Print." A list of weekly news topics will be distributed in advance by the instructor who will facilitate class discussion for each session. Participants are encouraged to engage in lively conversation and if

## Moved? Change in Status? Update Your Profile Information!

Log onto the member portal, click "my profile" (on the green tool bar), and edit your information. Save your changes by clicking "Submit."

Contact the registrar for help: ollireg@gmu.edu

desired, modify the discussion agenda. **See 651Z for instructor information.** 

#### **703F Protect Yourself From Fraud** One session Instructor: Suba Saty Tuesday, 11:50–1:15, July 15

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 11 years and is part of the AARP NoVA Speakers Bureau. Suba enjoys volunteering at the Lorton library as an English Conversation Leader and at the Lorton Food Bank.

# 800 Science, Technology, and Health

Program Planning Group Chairs: Suresh Mohla, Michele Romano

# 801Z Modern Physics

#### Five sessions Instructor: Steve Greenhouse Mondays, 11:50–1:15, June 23–July 21

At very large or very small scales and masses, the "old" Newtonian physics no longer applies. A little over a century ago, Albert Einstein discovered relativity theory, and Max Plank and others did the early work on quantum theory, which fills these gaps. This course will attempt to answer why these topics are so difficult to understand and explain them in layman's terms. Among the many paradoxes the instructor will address are: How can a cat be alive and dead at the same time? What is entanglement (Einstein called it "spooky action at a distance")? Why do moving clocks tick more slowly than stationary ones? What is gravity and space-time? Practical applications are presented. Popular fiction and poetry are immersed in the science. No math!

**Steve Greenhouse** has a PhD in Electrical Engineering. He was employed by the government, several contractors, and as an independent consultant, worked in the space communications field for the last 35 years of his career.

#### **802F This is Your Brain on Food** One session Instructor: Martin Binks

#### Tuesday, 11:50–1:15, June 24

Often the conversation about the things that influence our relationship with food is drastically oversimplified in the public narrative. In this talk, the instructor provides insights into the complexities of the human brain as they relate to our relationship with food. He brings insights from his decades of experience working with people with obesity and from his extensive experience as a scientist studying the neuro-hormonal influences on eating. This presentation is grounded in science; however, Dr. Binks has a unique way of presenting even the most complex scientific information in ways anyone can relate to.

**Martin Binks,** PhD, MBA is professor and chair of the Department of Nutrition and Food Studies at George Mason University. Dr. Binks has been a metabolic disease scientist and clinician for over 20 years and has mentored countless early career professionals over his distinguished career.

# 803F / 803Z Introduction to Radar and How We Use it Everyday

### One session Instructor: Bruce Cranford

#### Thursday, 11:50–1:15, June 26

What is radar? How does it work? How does it affect our everyday life? Many of you use radar and may not know it: in your car, in your home, and on your computer and phone. In this introductory presentation, you will learn about the basics of radar and how it impacts your lives.

**Bruce Cranford** regularly teaches space classes for OLLI Mason as well as at the Montgomery College Lifelong Learning Institute in Rockville, Md.

### **804Z Climate Change: What Can One Person Do?** Five sessions

#### Instructor: Peggy DiVincenzo, Renee Purdy Tuesdays, 9:40–11:05, July 1–July 29 Class limit: 25

Are you concerned about climate change? Do you want to be more knowledgeable and involved? This course will cover: the scientific basis, current conditions, and impacts associated with climate change; a wide range of solutions, including advances in renewable energy; discussion of public attitudes about climate change and how to have

# Future Course Proposal Due Dates

\*\*Please note that course proposals are due approximately 5 months before the start of each term due to catalog production deadlines.

**Fall 2025: September 22 - November 14, 2025** (Proposal due date: April 7, 2025)

**Winter 2026:** January 20 - February 13, 2026 (Proposal due date: July 24, 2025)

**Spring 2026: March 23 - May 15, 2026** (Proposal due date: October 6, 2025)

## **Course Proposal Form:** olli.gmu.edu/olli-course-proposal-form/

# Science, Technology, and Health

conversations about this topic; ways to become active in addressing climate change, including guidance on creating a personal action plan; and resilience practices for navigating climatic and societal changes. 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.

**Peggy DiVincenzo** has an MS in Counseling Psychology and is a retired psychotherapist. She's an activist in climate organizations and in her personal life. Peggy is a certified mindfulness teacher who has developed applications of mindfulness and resilience practices for climate grief and anxiety.

**Renee Purdy** retired in 2023 after 34 years in public service. Recently, she served as executive director of California EPA's LA Regional Water Quality Control Board, overseeing surface water and groundwater protection in Southern California. Driven by a passion for environmental protection and sustainability, she has held roles as researcher, consultant, policymaker, and regulator. She is currently active in climate change outreach and education. Renee earned a BS at the College of William and Mary and an MRP from UNC Chapel Hill.

# 805F Chinese Medicine and Tai Chi: A Path to Holistic Wellness

#### Two sessions Instructors: Dawn Li, Nancy Liu Wednesdays, 9:40–11:05, July 2–July 9 Class limit: 25

Enhance your balance, vitality, and wellness with this gentle Tai Chi workshop, enriched by the wisdom of Traditional Chinese Medicine (TCM). Designed for seniors, this program introduces the basics of TCM, including the concept of Qi and its role in health, followed by flowing Tai Chi movements that stimulate energy pathways in the body. Participants will learn simple techniques to assess and improve Qi flow and explore meridian energy pathways through movement. No prior experience in Tai Chi or TCM is needed–just a willingness to move, learn, and embrace a holistic approach to wellness.

**Dawn Li, PhD,** educator and entrepreneur, brings 20 years of experience in Tai Chi, Qigong, and meditation. A disciple of Grandmaster Wu Tunan Tai Chi and trained in Scholar Qigong, she holds an acupuncture certification from Beijing and inspires learning through her dynamic and interactive teaching style.

**Nancy Liu (L.Ac)**, licensed acupuncturist and president of General Wellness Consulting Corp, specializes in cosmetic acupuncture including micro-needling and nano-needling, skin care, tuina, and acupressure. She integrates Chinese medicine with modern wellness practices.

### **806F / 806Z How Aliens Can Find Earth** One session Instructor: Bruce Cranford

Thursday, 11:50–1:15, July 3

How can a spacefaring alien civilization find Earth? This presentation explores how humans have made it easy for spacefaring alien civilizations to find Earth.

See 803F/803Z for instructor information.

#### 807F Donate Life: Saving Lives Through Organ, Eye, and Tissue Donation One session Instructor: Maria Suarez Ortiz Thursday, 9:40–11:05, July 17

Infinite Legacy is the non-profit organization in charge of promoting organ, eye, and tissue donation in Maryland, Washington D.C., and Northern Virginia. During this presentation, event attendees will learn all about organ donation, how to sign up to give the gift of life to others, and how to become involved in your community to help promote organ, eye, and tissue donation awareness. Infinite Legacy warmly invites you to consider becoming a Donate Life ambassador and help promote our lifesaving mission.

**Maria Suarez Ortiz** is a senior community outreach specialist at Infinite Legacy with three years of experience developing outreach programs and educating communities about the importance of organ, eye, and tissue donation.

# 808F Six Pillars of Brain Health

#### One session Instructor: Suba Saty Tuesday, 11:50–1:15, July 22

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 703F for instructor information.

### 809F Raptors: An Introduction to Northern Virginia's Birds of Prey One session

#### Instructors: Josefina Doumbia, Meg Oakley Thursday, 9:40–11:05, July 24

Raptors possess amazing skills as hunters as they swoop down and catch prey such as mammals, reptiles, fish, and other birds. In this class, attendees will be introduced to the different species of raptors in our area and how to identify them. The instructors will highlight the specialized characteristics and skills of raptors that allow them to hunt other animals. Also highlighted will be the qualities that distinguish different species of raptors. If you share our enthusiasm for Northern Virginia's eagles, owls, falcons, and hawks, we'd love to have you join this course!

Josefina Doumbia is a Fairfax Master Naturalist, a wildlife sanctuary program ambassador, and an active volunteer at Hidden Oaks Nature Center and Plant NOVA Trees. She is a board member of the Northern Virginia Bird Alliance, Faith Alliance for Climate Solutions, and Nature Forward.

**Meg Oakley** is a Virginia Master Naturalist, a nature lover, and a volunteer at several parks in Fairfax County.

810F / 810Z Artificial Intelligence Scams One session Instructor: Shawn Smith Thursday, 9:40–11:05, July 31 Technology around Artificial Intelligence (AI) is advancing quickly, and so are attempts by scammers to use this technology to steal senior's money, information, and identity. This course will help students better understand how AI is used for good, identify how scammers are utilizing AI for harm, and provide ideas to prevent, detect, and report AI-related scams.

**Shawn Smith** serves as the state director for the Virginia Senior Medicare Patrol (SMP). He is a certified business coach, and author of 101 Fraud Tips for Protecting Your Money, Your Credit and Your Identity from Thieves Hackers and Scammers. Shawn and his team assist seniors with fraud issues.

# 900 Other Topics

#### **901Z Sports Stories** Two sessions Instructors: Fred Day, Stephen Ruth Mondays, 11:50–1:15, July 21–July 28

This course is not just for people who like sports. It will include stories, video, and sound clips that can be interesting to anyone who enjoys great accounts about excitement, thrills, frustration, and failure, and of course triumphant, unexpected success. Most of the coverage will be the better-known sports: football, basketball, baseball, soccer, hockey, track and field, etc., but we'll also include others not so famous such as field hockey, cricket, swimming, ultimate Frisbee, and many more. Even mashed potato wrestling is popular in several states. Fred Day's sports books have entertained and enlightened a generation of fans, and Steve Ruth is a long time collector of unique sports stories. They will also be encouraging everyone to contribute. It's guaranteed to be fun, interesting, and loaded with home runs.

**Fred Day** is a lawyer engaged in private practice in Falls Church, Virginia. He is the author of six books, including *Clubhouse Lawyer: Law in the World of Sports; Sports and Courts: An Introduction to Principles of Law and Legal Theory Using Cases From Professional Sports; and Dream Team: Saints and Gentle Souls From the World of Sports.* 

**Stephen Ruth**, professor of Public Policy emeritus at GMU, has taught many OLLI courses, but is secretly a fanatical sports fan. He has informally collected a wide array of sports material, going back to the time when he played catcher on his high school baseball team.

# **902F Downsizing and Decluttering: You Can't Take It With You** One session

Instructor: Suba Saty Tuesday, 11:50–1:15, July 29

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 703F for instructor information.

# 12

# 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.

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• For general club questions, please email **olliclub@gmu.edu**. Club coordinator contact information can be found in the member portal.

# Clubs

All the News That's Fit to Print Club Moderator: Zach Teich Thursdays Zoom: 11:50–1:15, June 5–19, Aug. 7–28 Club limit: 50

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**

Coordinator: Tim Harwarth Biweekly on Mondays Fairfax: 10:00–12:00, June 2–Aug. 18 (no class Aug. 4) Zoom:

#### 10:00-12:00, June 9-Aug. 25 (no class Aug. 11)

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**

#### Coordinators: Carol Egan, Carol McManus Mondays Fairfax:

### 10:00-12:00, June 2-July 28, Aug. 18-25

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** Coordinator: Doris Bloch Biweekly on Tuesdays Zoom:

### 3:45-4:45, June 10-Aug. 26

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 and More**

#### Instructor: Kamini Patel Coordinator: Kathryn Russell Zoom:

Mondays, 4:00–5:00, June 2–Aug. 25 Tuesdays, 2:00–3:00, June 3–Aug. 26 Wednesdays, 12:00–1:00, June 4–Aug. 27 Thursdays, 3:00–4:00, June 5–Aug. 28

**Fridays, 12:00–1:00, June 6–Aug. 29 (no meeting July 4)** Join Kamini Patel, a certified yoga instructor who has been teaching yoga since 2003. You will benefit from different kinds of yoga. Mondays will use a stability ball to go deeper into yoga stretches. The ball helps people with hip and knee issues so that balance, core strength, and posture are improved. On Tuesdays and Thursdays, Chair Yoga is a gentle form that utilizes yoga, stretching, and breathing exercises. On Wednesdays, Vinyasa Yoga will be a flow class to reduce stress and improve heart health. Continue on Fridays with a more relaxed Gentle Yoga class. There will be more yoga stretches at a slower pace. All classes include breathing exercises and meditation. We will discuss the equipment needed in class as well.



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# Clubs

#### **Classic Literature Club Coordinators: Michael Mason, Debi Schilling** No meetings during summer term

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 Mary Shelley's Frankenstein, 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, the poems of Robert Frost, and plays by Eugene O'Neill and Arthur Miller.

## **Cooking Club**

#### **Coordinator: Colleen Tuddenham Second Friday of the Month** 11:30-1:00, June 13, July 11, Aug. 8

This club is for OLLI members who enjoy preparing food and sharing homemade dishes in a small group setting. Club members take turn hosting in their homes. If this appeals to you, please contact Colleen Tuddenham at olliclub@gmu.edu for more information. Sign up for the club via the member portal in order to receive updated information on our schedule.

## **Crafts and Conversation**

**Coordinators: Doris Bloch, Joanne Fitzgerald Fridays** Fairfax, hybrid: 9:30-11:00, June 6-Aug. 1, Aug. 22-29 (no meeting July 4) **Location TBD:** 

#### Aug. 8-15

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**

**Coordinator: Christine Narbut Biweekly on Wednesdays** Fairfax, hybrid: 9:30-11:30, June 4, June 18, July 2, July 16, July 30, Aug. 20 Zoom only:

#### 9:30-11:30, Aug. 6

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.

## Dance Club

**Coordinator: Lila Goldstein First Friday of the month** Fairfax:

#### 10:30-11:30, June 6, Aug. 1, time and location to vary in Julv

Let's get together once a month and have fun dancing! Club members will experience different types of music and styles of dancing-60's rock, line dancing, Latin dancing, etc. No expertise in dancing is needed. Club coordinators will send advanced announcements for offsite days to registered club members.

## **Dirty Knee Club**

**Coordinator: Bill Ackerman** Fairfax:



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

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**

#### **Coordinator: Leti Labell** In-person luncheons each month, dates TBD Virtual dinner meeting on Zoom: Thursdays, every four weeks

6:00-7:00, July 24, Aug. 21 (no meeting June 26)

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 a 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 ate 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.











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#### Family History/Genealogy Club Coordinators: Michael Mason, Lea Edwards Biweekly on Mondays Zoom:



4:00–5:30, June 2, June 16, June 30, July 14, July 28

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 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 guestions, contact Michael Mason or Lea Edwards.

#### History Club Coordinator: Doug Snoeyenbos No meetings during summer term



We welcome all OLLI members who are interested in history. The History Club meets seven times per year. 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.

#### Coordinator: Donna Osthaus Fridays Zoom:

#### 11:00-12:30, June 6-Aug. 29 (no meeting July 4)

Reading the classics aloud with friends and sharing observations bring the texts to life in our imaginations. We have recently read Somerset Maugham's *Cakes and Ale* and are following this with Edith Wharton's *House of Mirth*. We welcome new readers.

#### **Literary Fiction Book Club** Coordinators: Karen Schneider, Joann Sokol No meetings during summer term



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The Literary 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 the discussions.

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

## **Mah Jongg Club**

Coordinator: Debby Mossburg Fridays Fairfax: 10:00–12:00, June 13, June 27, July 11, July 25, Aug. 1, Aug. 22 Tuesdays Zoom: 4:00–6:00, June 3, June 17, July 1, July 15, July 29,

Aug. 12, Aug. 26

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

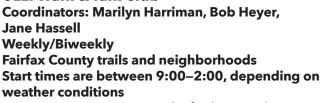
Coordinators: Carolyn F. Wyatt, Margie Wildblood

Biweekly on Wednesdays in and out of term Zoom:

2:00-4:30, June 11-Aug. 20 Limit: 13

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, space is limited. Please contact Carolyn at olliclub@gmu.edu to learn if space is available.

## **OLLI Walk & Talk Club**



Do you enjoy getting out in the fresh air, exploring trails throughout Fairfax County, 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. Walks vary around Fairfax trails and neighborhoods in order to be a short drive for everyone sometime! 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

# Clubs

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 **Coordinators: Bob Heyer, Leti Labell** Third Saturday of each month Fairfax, hybrid:



### 1:00-3:30, June 21, July 19, Aug. 16

The OLLI PC User Group (OPCUG), in partnership with the Potomac Area Technology and Computer Society (PATACS), focuses on Windows and Mac computers and software for enhancing our lives. Members and presenters also discuss smartphone and tablet apps across the iDevices and Androids, the Internet, Zoom and other classroom software, digital photography, related technology, and open-source software. Our aim is to bring broad understanding about technologies and topics of interest to attendees. PC clinics for members are offered twice yearly. Our target audience encompasses all computer users, from beginners to intermediate amateurs to experts. Our motto is "users helping users," We start our meetings with an open forum for members with problems asking for possible solutions other members have found. Club dues (currently \$5 per year) are payable at the first meeting attended in each calendar year. Dues paying members can attend monthly sessions in person or on Zoom from anywhere with an internet connection. Members also have access to weekly webinars provided by APCUG, an association of computer user groups. More details are available on the group's website: http://olligmu.org/opcug/index.html.

## Photography Club



**Coordinators: John Olsen, Ed Marion Second Fridays** Fairfax, hybrid: 9:30-11:30, June 13, July 11, Aug. 8 **Fourth Fridays** Fairfax, hybrid:

#### 9:30-11:30, June 27, July 25, Aug. 22

Meet with enthusiasts and others interested in photography and develop skills by participating in themebased 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.

# **Check the Daily Schedule**

Please check your daily schedule email for class links or information, the current video library passcode, and Zoom Help Desk information.

## **Poetry Reading Club**



#### **Coordinator: Susan Rexroad** Generally meets every other Monday-between terms Zoom:

#### 11:00-12:30, June 2, June 16, Aug. 4, Aug. 18 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**

Coordinators: Susan Rexroad, **Margie Wildblood Meets sporadically on Mondays** Zoom:

11:00-12:30, June 9, Aug. 11

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**

#### **Coordinator: Mark Ramage** Second and fourth Fridays-in term Fairfax:

10:00 - 11:30, June 27, July 11, July 25, Aug. 22 First and third Wednesdays-in and out of term Zoom:

#### 4:00-5:30, June 4, June 18, July 2, July 16, Aug. 6, Aug. 20

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

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

Tuesdays, 4:30-5:30, June 3-Aug. 26 Thursdays, 4:30-5:30, June 5-Aug. 28 Saturdays, 10:30-11:30, June 7-Aug. 30

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.



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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**

**Coordinator: Betty Ellerbee** Second Friday of the month Zoom: 2:30-4:00, June 13, July 11, Aug. 8

Please consult the OLLI E-news for updates on book

selections.

#### The Investment Forum Club Moderators: Al Smuzynski, Bob Baker Wednesdays

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Fairfax, hybrid: 10:30-12:00, June 4-18, Aug. 20, Aug. 27

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**

**Coordinator: Norma Jean Reck** Fourth Wednesdays during term and in-person theater events Zoom:

### 4:00-5:30, June 25, July 23

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. metropolitan area. For each show, we go to a nearby restaurant for an optional lunch/ dinner where we can socialize with fellow theater lovers. Guests are always welcome at our outings. TLG meetings are held virtually during the months OLLI is in session. Programs feature guest speakers from and about theater. There are also planned theater outings and programs, or social outings such as lunch or dinner. Member input is always welcome. TLG takes one-day and overnight theater trips, e.g., to see shows on Broadway in New York; to American Shakespeare Center in Staunton, Va.; and (in July 2025) to the Contemporary American Theater Festival in Shepherdstown, W.Va. 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

Moderators: Dick Crawford, John Quinn, Ann Smith, Al Smuzynski, Dennis VanLangen, Deborah Dupree, Kathryn McGeehan **Class Liaison: Dennis VanLangen** Mondays, between terms Fairfax: 9:30-11:00, June 2-16, Aug. 18-Aug. 25 Zoom: 9:30-11:00, Aug. 4-Aug. 11 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/



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Osher Lifelong Learning Institute at George Mason University

## CONTRIBUTIONS FOR JANUARY 1-DECEMBER 31, 2024

We thank the donors who have so generously given to the Friends of OLLI campaign. From January through December of 2024, 150 Friends of OLLI donated \$ 46,506.17. 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, we proudly acknowledge the donors listed below:

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Pamela Cooper-Smuzynski Thomas Hartnett Lesley Kravitz and her "country club" Gloria and Murray Loew's birthdays Kay Menchel John West

# \*\* Special \*\* Summer 2025 Promotion!

OLLI Mason is offering a low fee of \$300 for those new to OLLI Mason who purchase an annual membership. (Available as a <u>one-time</u> 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).

## 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

# **\*\* Special \*\*** George Mason and Northern Virginia Public School Retirees!

OLLI Mason is offering a <u>one-time</u> annual membership discount of \$100, 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 \$200.

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 **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. Contact the registrar for more information at **ollireg@gmu.edu** or 703-503-3384, x221.

## **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

- **<u>Request Class</u>** 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 firstcome, 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 <u>View Cart</u> and <u>Check Out</u> 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 "Add to Cart" rather than "Request a Class" 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: **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. 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.

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# <u>COURSES REQUIRING PRIORITIZATION</u> Please include the entire course number including the F, L, R, or Z.

	Course	Course Name
1st <sup>priority</sup>		
2nd <sup>priority</sup>		
3rd <sup>priority</sup>		
4th <sup>priority</sup>		
5th <sup>priority</sup>		
6th <sup>priority</sup>		
7th <sup>priority</sup>		
8th <sup>priority</sup>		
9th <sup>priority</sup>		
10th <sup>priority</sup>		
11th <sup>priority</sup>		
12th priority		

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

# Summer 2025 Schedule Fairfax

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

TIME	Tuesday	Wednesday	Thursday	Friday
Week 1	24-Jun	25-Jun	26-Jun	27-Jun
	3 ( )	601F/601Z Miracle God (3) 652F Ecclesiology, Idealism… (1)	304F Flag of the U.S. (2) 603F/603Z Bible, Gender, Etc. (6)	
	403F Reader's Theater (6) 802F Brain on Food (1)	202F/202Z Invest. Forum (6) 406F Never Late, Write Novel (1)	305F World War II (6) 803F/803Z Intro to Radar (1)	
Week 2	1-Jul	2-Jul	3-Jul	4-Jul
	306F Golden Era at WaPo (1) 402F/402Z Facing the Stove (4)	601F/601Z Miracle God (3) 805F Chinese Med & Tai Chi (2)	304F Flag of the U.S. (2) 603F/603Z Bible, Gender, Etc. (6)	INDEPENDENCE DAY OLLI Mason Offices
	403F Reader's Theater (6) 409F/409Z My Mortal Enemy (1)	101F Open Mic (1) 202F/202Z Invest. Forum (6)	305F World War II (6) 806F/806Z Aliens Find Earth (1)	Are CLOSED for the Federal Holiday
Week 3	8-Jul	9-Jul	10-Jul	11-Jul
	=	601F/601Z Miracle God (3) 805F Chinese Med & Tai Chi (2)	603F/603Z Bible, Gender, Etc. (6)	
	307F/307Z Klondike Gold (1) 403F Reader's Theater (6)	202F/202Z Invest. Forum (6) 501F Italian Conversation (4)	305F World War II (6)	
Week 4	15-Jul	16-Jul	17-Jul	18-Jul
	402F/402Z Facing the Stove (4) 654F/654Z Oppenheimer (1)	308F Hannah Nokes (1)	603F/603Z Bible, Gender, Etc. (6) 807F Donate Life (1)	
	403F Reader's Theater (6) 703F Protect from Fraud (1)	202F/202Z Invest. Forum (6) 501F Italian Conversation (4)	205F Selling Your Home (3) 305F World War II (6)	
Week 5	22-Jul	23-Jul	24-Jul	25-Jul
9:40-11:05		309F Hurricane Agnes (1)	603F/603Z Bible, Gender, Etc. (6) 809F Birds of Prey (1)	
	403F Reader's Theater (6) 808F Brain Health (1)	202F/202Z Invest. Forum (6) 501F Italian Conversation (4)	205F Selling Your Home (3) 305F World War II (6)	
Week 6	29-Jul	30-Jul	31-Jul	1-Aug
9:40-11:05	206F/206Z Protect Nest Egg (1)	656F/656Z 2nd Amendment (1)	603F/603Z Bible, Gender, Etc. (6) 810F/810Z AI Scams (1)	
	403F Reader's Theater (6) 902F Downsizing Decluttering (1)	202F/202Z Invest. Forum (6) 501F Italian Conversation (4)	205F Selling Your Home (3) 305F World War II (6)	

# Summer 2025 Schedule Zoom

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

TIME	Monday	Tuesday	Wednesday	Thursday
Week 1	23-Jun	24-Jun	25-Jun	26-Jun
9:40-11:05	201Z Investing in Retirement (3) 651Z Big Issues, Challenges (6) 701Z Daily News (6) 9:30-11:00	301F/301Z The Ritchie Boys (1) 402F/402Z Facing the Stove (4)	303Z Declaration Independence (3) 405Z Haiku, Tanka, Renku (6) 601F/601Z Miracle God (3)	203Z Retirement & Corrections (6) 603F/603Z Bible, Gender, Etc. (6)
11:50-1:15	401Z Fully Loaded: Firefly (6) 801Z Modern Physics (5)	302Z Money (1) 404Z Poetry Workshop (6)	202F/202Z Invest. Forum (6) 407Z Literary Roundtable (6) 602Z Progressive Revelation (3)	408Z British Women Novelists (6) 702Z What's Happening (6) 803F/803Z Intro to Radar (1)
Week 2	30-Jun	1-Jul	2-Jul	3-Jul
9:40-11:05	201Z Investing in Retirement (3) 651Z Big Issues, Challenges (6) 701Z Daily News (6) 9:30-11:00	402F/402Z Facing the Stove (4) 804Z Climate Change (5)	303Z Declaration Independence (3) 405Z Haiku, Tanka, Renku (6) 601F/601Z Miracle God (3)	203Z Retirement & Corrections (6) 603F/603Z Bible, Gender, Etc. (6)
11:50-1:15	401Z Fully Loaded: Firefly (6) 801Z Modern Physics (5)	404Z Poetry Workshop (6) 409F/409Z My Mortal Enemy (1)	202F/202Z Invest. Forum (6) 407Z Literary Roundtable (6) 602Z Progressive Revelation (3)	408Z British Women Novelists (6) 702Z What's Happening (6) 806F/806Z Aliens Find Earth (1)
Week 3	7-Jul	8-Jul	9-Jul	10-Jul
9:40-11:05	•	402F/402Z Facing the Stove (4) 804Z Climate Change (5)	303Z Declaration Independence (3) 405Z Haiku, Tanka, Renku (6) 601F/601Z Miracle God (3)	203Z Retirement & Corrections (6) 411Z History of Six Plagues (1) 603F/603Z Bible, Gender, Etc. (6)
11:50-1:15		307F/307Z Klondike Gold (1) 404Z Poetry Workshop (6) 410Z Movie of the Week (4)	202F/202Z Invest. Forum (6) 407Z Literary Roundtable (6) 602Z Progressive Revelation (3)	408Z British Women Novelists (6) 702Z What's Happening (6)
Week 4	14-Jul	15-Jul	16-Jul	17-Jul
9:40-11:05	· · ·	402F/402Z Facing the Stove (4) 654F/654Z Oppenheimer (1) 804Z Climate Change (5)	102Z World of Medieval Art (2) 405Z Haiku, Tanka, Renku (6)	203Z Retirement & Corrections (6) 603F/603Z Bible, Gender, Etc. (6)
11:50-1:15		404Z Poetry Workshop (6) 410Z Movie of the Week (4)	202F/202Z Invest. Forum (6) 407Z Literary Roundtable (6)	408Z British Women Novelists (6) 655Z Measure Success in Gov't (1) 702Z What's Happening (6)
Week 5	21-Jul	22-Jul	23-Jul	24-Jul
9:40-11:05	651Z Big Issues, Challenges (6) 701Z Daily News (6) 9:30-11:00	804Z Climate Change (5)	102Z World of Medieval Art (2) 405Z Haiku, Tanka, Renku (6)	203Z Retirement & Corrections (6) 603F/603Z Bible, Gender, Etc. (6)
11:50-1:15		404Z Poetry Workshop (6) 410Z Movie of the Week (4)	202F/202Z Invest. Forum (6) 407Z Literary Roundtable (6)	408Z British Women Novelists (6) 702Z What's Happening (6)
Week 6	28-Jul	29-Jul	30-Jul	31-Jul
9:40-11:05	310Z The Bomb (1) 651Z Big Issues, Challenges (6) 701Z Daily News (6) 9:30-11:00	206F/206Z Protect Nest Egg (1) 804Z Climate Change (5)		203Z Retirement & Corrections (6) 603F/603Z Bible, Gender, Etc. (6) 810F/810Z AI Scams (1)
11:50-1:15	401Z Fully Loaded: Firefly (6) 901Z Sports Stories (2)	404Z Poetry Workshop (6) 410Z Movie of the Week (4)	202F/202Z Invest. Forum (6) 407Z Literary Roundtable (6)	408Z British Women Novelists (6) 702Z What's Happening (6)

# **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 reenrollment. 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 paper waiver prior to departure. 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.

# **In-Person Program Locations**

# Primary Locations (designated by F, L, R in course title)

**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)** 

**Rose Gallery at Reston Community Center (RCC)** 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 Road, Burke, VA 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.

The Glory of Gardening





Members of the OLLI Mason landscaping committee, fondly known as the **Dirty Knee Club**, create, plant, and maintain the gardens at Tallwood.

"The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul."

Alfred Austin

"Where flowers bloom so does hope."







Osher Lifelong Learning Institute 4210 Roberts Road Fairfax, VA 22032 olli.gmu.edu

Summer 2025 Registration: Begins May 20 at 9 am and continues throughout the term

# **Term Dates**

Summer 2025: June 23 - August 1 Fall 2025: September 22 - November 14 Winter 2026: January 20 - February 13 Spring 2026: March 23 - May 15

# Stay Curious - Learn Every Day

