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Photos by Paul Van Hemel, September 19, 2025

Board of Directors Meeting, Hosted by President Deborah Engleson and Executive Director Lisa Mariam, September 19

October 3, 2025

Editor of the Week: John Nash

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Alerts & Notices

- The September 26 issue of *E-News* included an article about performances to be attended by Theater Lovers (see [this link](#)). The article title was incorrect. The correct title should have been *Theater Lovers to Attend Performances of a Musical and the Longest Running Mystery*.
- The next issue of OLLI E-News will be published Friday, October 10; the regular deadline for submission of items is Tuesday, October 7, at 6:00.

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Volunteers Needed for Economics and Finance Committee Program Planning



By Shannon Morrow, Lead Program Associate

OLLI Mason is looking for program planning chairs for the Economics and Finance committee.

If you enjoy the high-quality economics and finance-related classes that OLLI offers, please consider volunteering for this important role. Lead program committee chairs and program associates are here to assist and to guide the process.

For more information, email program@gmu.edu or smorrow4@gmu.edu. It is because of volunteers like you that OLLI Mason is one of the best programs in the country. Thank you!

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Participants Needed for Mason Sarcopenia Study

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Greetings, all. Please consider taking part in a Mason Nutrition and Food Studies Department research study on sarcopenia, the loss of muscle mass, strength, and function with age. As current literature shows that the main components for sarcopenia detection are grip strength and gait speed, these physical tests will be conducted for each participant. Each assessment takes about 25-30 minutes and participants will receive a \$20 Amazon gift card for their time. Trained research assistants will be on OLLI's campus on 10/7, 10/13, 10/17, and 10/24 to conduct assessments (see poster below).

Participants must meet the following requirements:

- be at least 65 years old
- live in the DMV area
- be fluent in English
- not be at increased risk of falls
- not have been diagnosed with cognitive impairment, dementia, or Alzheimer's disease
- not have acute or chronic diseases such as:
 - renal failure
 - rheumatologic disease
 - cardiac arrhythmia
 - neoplasms
 - other terminal diseases
- not be receiving hospice services
- not be diagnosed with a neuromuscular or neurological condition affecting somatosensory or motor function or control such as:
 - hemiplegia
 - multiple sclerosis
 - peripheral neuropathy
 - Parkinson's disease
 - myasthenia gravis
 - ataxia
 - apraxia
 - post-polio syndrome
 - mitochondrial myopathy
 - end-stage congestive heart failure
- have no current, planned, or previous use of drugs known to influence muscle mass or performance, such as:
 - anabolic steroids
 - IGF-1
 - GH
 - replacement androgen therapy

RESEARCH PARTICIPANTS NEEDED

HELP GEORGE MASON UNIVERSITY'S DEPARTMENT
OF NUTRITION AND FOOD STUDIES IN RESEARCH ON
SARCOPENIA

TRAINED RESEARCHERS WILL BE ON OLLI'S CAMPUS:

-TUESDAY, 10/7 10:15AM-2:15PM

-MONDAY, 10/13 11:15AM-2:15PM

-FRIDAY, 10/17 9:00AM-12:00PM

-FRIDAY, 10/24 9:00AM-12:00PM

Contact Abby Suchoski at asuchosk@gmu.edu with any questions

Scan the QR code to reserve a time slot OR drop in during the listed hours to check if the researcher is available

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Please [click here](#) to sign up for a time slot in advance. You are also more than welcome to stop by TA-2 during these times, and your assessment can be conducted if the researcher is available.

Please email Abby Suchoski at asuchosk@gmu.edu if you have any questions or would like additional information about the study.

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Autumn is Here, So Enjoy It



By John Nash, E-News editor

It begins with the tilt of the Earth. As the Northern Hemisphere leans away from the sun, daylight hours shorten and temperatures cool. This shift triggers a cascade of changes in the natural world. Trees, sensing the drop in sunlight, stop producing chlorophyll—the pigment that makes leaves green. As chlorophyll fades, other pigments like carotenoids and anthocyanins replace it which turns the trees brilliant shades of amber, crimson, and gold. New England gets much of the glory for fall colors but here in Virginia, the colors are almost as good: Virginia doesn't have the abundance of sugar maples which produce the striking red fall colors in New England. The color change isn't just beautiful—it is a survival strategy. Trees shed their leaves to conserve water and energy during the cold months ahead.

In addition to the cooler weather produced by the tilting of the Earth, another indicator of fall are the migrating birds which head south for warmer weather. They know what's coming.

Autumn is nature's way of getting ready. It's not the end—it's the beginning of rest. We all should enjoy this special time of the year. But shouldn't every time of the year be special to us?



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Poet's Corner

Courtesy of the Poetry Workshop

To Give Up the Car Keys

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to give up driving for the safety of others and ourselves

or if someone else decides that it is time,

there is little grace in the act.

If we live long enough

we will one day be faced with the ultimatum

anticipated or not,

mandated by physician or demanded by family

to relinquish the keys

We will not have a choice

no matter how much we plea,

But how will I get to the grocery?

The doctor, the dentist, the bank?

The library, to browse at my ease?

Lunches with friends, to church?

My car took a bump recently from a driver

who had blacked out at the wheel, her words,

and collided with my own vintage car

steadily counting the years with me.

The woman had a seizure, not her first,

she later admitted, and her physician

had advised her not to drive.

A dear friend recently endured having her

car keys taken by a family friend, her children

unwilling to risk more conflict with their mother

and put themselves in the position of takers.

It's for the best does not quite satisfy.

—Jan Bohall

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Arts & Music at George Mason

Performances October 3 through 19



By Shelly Gersten, OLLI E-News Staff Writer

For tickets for either Center for the Arts Concert Hall (CFA) or Hylton Center, call 1-888-945-2468. You can also buy tickets online through the event calendar (see links below) or visit the

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

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At the Fairfax Campus Venues

(25-26 Season subscriptions to Great Performances, and tickets for individual performances, are now on sale)

Academy of St. Martin in the Fields Chamber Ensemble

Fri, Oct 3, 8:00

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

Concert Hall

Admission: \$65, \$56, \$41.

Papermoon Puppet Theatre

Sat, Oct 4, 2:00 and 7:00

A discussion with the artists from the stage will immediately follow the performance.

Harris Theatre

Admission: \$35.

The Magic of Rob Lake

RESCHEDULED to April 19.

Fairfax Symphony Orchestra: The Lark and The Seasons

Sat, Oct 11, 8:00

Concert Hall

Admission: \$75, \$64, \$54.

Keyboard Conversations® with Jeffrey Siegel:

Chopin—The Romantic

Sun, Oct 12, 7:00

Concert Hall

Admission: \$60, \$52, \$38.

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Mason Student and Faculty Performances

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

No Performances[Back to Top of Page](#)[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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At the Hylton Center (Manassas Campus)**Soweto Gospel Choir**

Fri, Oct 3, 8:00

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

Merchant Hall

Admission: \$55, \$48, \$35.

Pilobolus (dance company)

Sun, Oct 5, 2:00

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

Merchant Hall

Admission: \$60, \$52, \$38.

Prince William Little Theatre: *The Woman in Black*

Fri, Oct 10, 8:00

Sat, Oct 11, 7:00 and 10:00

Sun, Oct 12, 2:00

Fri, Oct 17, 8:00

Sat, Oct 18, 7:00

Sun, Oct 19, 2:00

Gregory Family Theater

Admission: \$30 Adult, \$25 senior.

Manassas Chorale: *From Broadway with Love*

Sat, Oct 11, 7:30

Merchant Hall

Admission: \$30.

Eva Ayllon with Special Guest Daniela Darcourt

Sun, Oct 12, 7:00

Merchant Hall

Admission: \$185, \$155, \$135, \$105, \$85 (tickets sold through Tickeri—888.981.7218).

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

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Please note: OLLI Meetings and Clubs may currently take place in several formats: some are in person only, some are online only, and some are hybrid, meaning that they take place in person and are accessible online simultaneously. OLLI events and activities meeting online bear the identification "Z" in their course or event number (except clubs; you may need to check the [OLLI calendar](#) and daily schedule email for location and other event information). Refer to the university's [coronavirus website](#) for official university updates.

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

Sat Oct 4	10:30 am	Tai Chi Club – online
Mon Oct 6	2:00 pm 4:00 pm 4:00 pm	Tallwood Trio Genealogy Club – online Chair Yoga and More – online
Tue Oct 7	2:00 pm 4:00 pm 4:30 pm	Chair Yoga and More – online Mah Jongg Club – online Tai Chi Club – online
Wed Oct 8	12:00 noon 12:00 noon 1:30 pm 1:30 pm 1:30 pm	Memoir and More Writing Group – online Chair Yoga and More – online Board Game Club Bridge Club Dabbling Artists Club
Thu Oct 9	3:00 pm 4:30 pm 6:00 pm	Chair Yoga and More – online Tai Chi Club – online Ethnic Eats Club – online
Fri Oct 10	9:30 am 9:30 am 11:00 am 11:30 am 12:00 noon 2:00 pm 2:30 pm	Photography Club Crafts and Conversation Homer, etc. – online Cooking Club Chair Yoga and More – online Classic Literature Club Tallwood Book Club
Sat Oct 11	10:30 am	Tai Chi Club – online
Mon Oct 13	9:30 am 4:00 pm	What's in the Daily News? – online Chair Yoga and More – online
Tue Oct 14	2:00 pm 3:45 pm 4:30 pm	Chair Yoga and More – online Caregivers Support Group – online Tai Chi Club – online
Wed Oct 15	12:00 noon 1:30 pm 1:30 pm	Chair Yoga and More – online Board Game Club Bridge Club

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Thu Oct 16	3:00 pm 4:00 pm 4:30 pm 6:00 pm	Chair Yoga and More – online Literary Fiction Book Club – online Tai Chi Club – online Ethnic Eats Club – online
Fri Oct 17	9:30 am 10:00 am 10:00 am 11:00 am 12:00 noon 2:00 pm	Crafts and Conversation Board of Directors Meeting Mah Jongg Club Homer, etc. – online Chair Yoga and More – online Classic Literature Club – online
Sat Oct 18	10:30 am 1:00 pm	Tai Chi Club – online Personal Computer User Group

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About OLLI E-News

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

Editorial Staff

Chief Editor: Paul Van Hemel

Associate Editor: David Gundry

Weekly Editor Team: David Gundry, Chitra Mohla, John Nash, Paul Van Hemel

Proofreaders: Rebecca Jann, Susan Van Hemel, Thomas Appich, Martha Kossoff, Anne Hartshorn, Bonnie Becker, Carol McManus

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

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

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

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