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Mason School of Dance Distinguished Service Professor Linda Garner Miller Introduced Some Dance Students for a Preview of the 2026 Gala Concert Scheduled March 27 and 28, Center for the Arts Concert Hall.
Admission: Adult \$35, Senior \$19, Student \$19

March 13, 2026

Editor of the Week: John Nash

Table of Contents

- [Alerts & Notices](#)
- [Join Your Friends at the OLLI Kick-Off Coffee](#)
- [OLLI Artists Club](#)
- [BIG BAND SHOWDOWN](#)
- [OPC Photo 101](#)
- [Computer Club](#)
- [Poet's Corner](#)
- [Arts & Music at George Mason](#)

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Alerts & Notices

- Spring term 2026 begins March 23 and ends May 15.
- The Computer Club 3rd Saturday meeting will be on March 21 at 1:00. The Zoom session opens at 12:45 (see article below).
- The next issue of OLLI E-News will be published Friday, March 27; the regular deadline for submission of items is Tuesday, March 24, at 6:00.

[Back to Top of Page](#)

Join Your Friends at the OLLI Kick-Off Coffee



By Toni Acton, Board Member and Member Services Committee Chair

What better way to start the spring term than to attend the Kick-Off Coffee on Thursday, March 19 at 10:00 at Tallwood? Celebrate old friendships and make new ones with refreshments and lively conversations!

New members will have the opportunity to engage with our Executive Director Lisa Mariam and OLLI President Debbie Engleson, and learn more about OLLI and the many things that we offer. A question-and-answer period and a tour of the campus will follow the presentations. Register for event 1203F at the [member portal](#) or contact the registrar at ollireg@gmu.edu.

[Back to Top of Page](#)

OLLI Artists Club



By Christine Narbut, OLLI Artists Club Coordinator

The spring session of watercolor painting classes will start March 24 at 2:15. We will start with some beginning skills and build on these over the 8 weekly sessions. There is currently a waiting list for this class.

Consider joining the OLLI Artists Club which meets every other week. The next meeting is Wednesday, March 18 at 10:00 in the Annex or on Zoom, and we will continue to meet during the

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Annex social area. Plans for the first group of OLLI art creations will begin this week. Please sign up for the OLLI Artists Club to receive information about upcoming art news. Below are two watercolor paintings by OLLI members.



Sailboat by Patricia Conrad



Sunrise by Mary LaRoche

Back to Top of Page

BIG BAND SHOWDOWN



By Darden Purcell, D.M.A. Mason Director of Jazz Studies, Jazz Voice

If you like music that roars over you like a well-synchronized machine, then get ready to enjoy this concert! There is one jazz concert this month that all OLLI folks will enjoy! Below is the information.

WHAT: BIG BAND SHOWDOWN

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WHERE: Center for the Arts
TICKETS: https://cfa.calendar.gmu.edu/jazz-big-band-showdown-spring-2026

The BIG BAND SHOWDOWN will take place on Monday, March 30, at 8:00, in the Center for the Arts! Three bands will be showcased in an electrifying evening that celebrates the hot sounds and swinging beats of the Big Band era!

The evening will feature the Mason Jazz Ensemble, directed by Jim Carroll; the Jazz Workshop, directed by John Kocur; and the Shenandoah University Studio Big Band, directed by Dr. Matt Niess.

Join us for a high-energy concert that showcases the powerful brass, blazing saxophone sections, driving rhythm sections, and other dynamic jazz performances you won't want to miss!



Back to Top of Page

OPC Photo 101



By John Nash, E-News editor

What can your camera do for you? Are you a little intimidated by a big digital single-lens reflex (DSLR)? Maybe you're tired of your photos looking - well, ordinary? How can you do more than "point and shoot" with these fantastic cellphone cameras?

Almost 50 OLLI members signed up for the OLLI Photo Club's first introductory class on digital photography. The three-session class, offered at Tallwood and on Zoom, began with George Bradshaw showing the basic operations of a digital camera, and explaining how the backbone of a good photograph is the management of light using the "exposure triangle" of aperture, shutter speed and ISO. Concluding the first session, Lynn Cline, OPC co-chair, explained some rules for taking or improving photographs.

The second session highlighted several OPC photographers who showed some of their pictures, explaining the camera settings and thought process behind each photograph. Attendees had an opportunity to ask questions about the pictures.



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processing. The last half of the session was devoted to a summary of cell phone photography by Jo Leir, a guest presenter, which generated lots of questions, even after the class ended.

John Olsen, OPC co-chair, pointed out that this is the first time OPC has presented a class in photography and showcased some of the outstanding photographers in the club. "We received a lot of good feedback on the program." John also pointed out that participating in the OPC is an excellent way to improve photography skills.

"Membership in the OPC is free. It's a benefit of OLLI membership."

[Back to Top of Page](#)

Computer Club

3rd Saturday, March 21

**Butt, Neck, Eyes... Oh My! Surviving Screen Time
Using AI to Process Email Responses**



By [Paul Howard](#), OPCUG Program Chair

The Computer Club (OLLI Personal Computer User Group, or OPCUG) will meet with its partner, the Potomac Area Technology and Computer Society (PATACS), on Saturday, March 21, in person and via Zoom. The Zoom session opens at 12:45 (Zoom link below).

Butt, Neck, Eyes... Oh My! Surviving Screen Time—Presented by Judy Tylour

In today's increasingly digital world, our bodies are paying the price for the long hours we spend in front of screens. While technology keeps us connected, productive, and occasionally entertained by cat videos, it can also leave our bodies feeling like they've run a marathon—without ever leaving the chair.

This presentation examines the physical toll of modern tech habits. We'll explore some all-too-familiar conditions, including **Butt Syndrome** from marathon sitting sessions, **Tech Neck** from constantly looking down at phones, **Mouse Shoulder** and **Tech Back** caused by awkward computer setups, **digital eye strain** from staring at glowing screens, and **Repetitive Strain Injury (RSI)** from clicking, tapping, and scrolling our way through the day.

Along the way, we'll talk about why these problems happen, how to recognize the warning signs before your body files a formal complaint, and simple ways to fix them—without giving up your favorite gadgets. Expect practical tips, a few laughs, and easy adjustments that can help you sit, click, and scroll a little more comfortably. Because technology should make life easier... not turn us into hunched-over screen zombies.

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Speakers Bureau Judy has been a dedicated member of the SCV Computer Club for 38 years, serving as president. Her involvement reflects her passion for technology and community engagement.

Using AI to Process Email Responses—Presented by Lou Coglianese

Ever have a long email chain with responses from several people? You can use AI, in this case Gemini, to pull out the relevant information and create a document in the format you need.

Lou Coglianese is a retired IT professional. His career included senior researcher roles at IBM as well as enterprise architect roles at Capital One. He is a regular contributor to OLLI Mason.

See full details on this meeting by [clicking here](#). For information on the Computer Club, see the [OPCUG Website](#). OPCUG dues are \$5 and are now due for 2026 (and 2025, if you didn't get around to paying earlier!)—see <http://olligmu.org/opcug/comm.html> for details on making payment.

To attend via Zoom's cloud meeting service, beginning at 12:45, please click

<https://olligmu-org.zoom.us/j/87181894687?pwd=jeej4aqXUJFcbKuUJWcx9ACTgISnrCE.1>

to join the meeting and use passcode 468224. (*Note:* enter passcode with NO spaces) or enter meeting ID 871 8189 4687 in the Zoom app and use the above passcode (preferred method).

[Back to Top of Page](#)

Poet's Corner

Courtesy of the Poetry Workshop

Baby Magic

I learned lust at five
from Romper Room
on our first boxy TV

I wanted Baby Magic

Blond and pink
she cried tears
blinked and smiled
round arms akimbo
just like a real baby

I needed Baby Magic

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else for months,
ignoring Grandma's
lovingly stitched
Raggedy Ann and Andy

I yearned for Baby Magic

Christmas came
as did a big blue box.
That day, I waved
my secret wand
to make Baby Magic blink
and smile and cry

The next day friends
called out – come watch
Captain Kangaroo.
On the shaggy orange rug
Baby Magic laid face down

At five I had learned
the power of
wanting versus having –
because I found
Baby Magic wasn't
–Valerie Horton

[Back to Top of Page](#)

Arts & Music at George Mason

Performances March 13 through March 30



By Shelly Gersten, OLLI E-News Staff Writer

The College of Visual and Performing Arts (CVPA) has several web sites of performances, talks etc.

[CFA ticket purchase page](#)

[Center for the Arts YouTube channel](#)

[Hylton ticket purchase page](#)

the new <https://masonartsimplified.gmu.edu/>

music.calendar.gmu.edu/

theater.calendar.gmu.edu/

dance.calendar.gmu.edu

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<https://cfa.gmu.edu/events/paid-digital-performances>. 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 above) or visit the venue's box office.

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.

[Back to Top of Page](#)

At the Fairfax Campus Venues

Keyboard Conversations with Jeffrey Siegel: *Mozart and Friends—Beethoven, Haydn, and Clementi*

Sun, Mar 15, 7:00

Concert Hall

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

Danú

Fri, Mar 20, 8:00

A pre-performance discussion with Danú co-founder Benny McCarthy begins one hour prior to the performance. Also enjoy a performance in the lobby by Legacy Irish Dance leading up to Danú's concert.

Concert Hall

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

Silkroad Ensemble with Rhiannon Giddens

Sun, Mar 22, 7:00

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

Concert Hall

Admission: \$91, \$76, \$60.

Artists in Conversation: *Silkroad Resonance Circle (Community Jam)*

Mon, Mar 23, 7:00

Sherwood Center

Admission: Free but registration required: [Click here](#).

Empty Bowls (a fund raiser for the Student Food and Housing Insecurity Fund)

Wed, Mar 25, 7:00

Center for the Arts

Admission: \$50.

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Center for the Arts
Admission: \$95, \$75, \$64, \$54, \$44.

[Back to Top of Page](#)**Fairfax Campus Visual Arts**(details can be found at <https://www.masonexhibitions.org/>)***The Prescription is Home***

Through April 18, 2026
Mason Exhibitions, Arlington Campus

The Art of Silence: a Sculpture + ASL Collaboration

Through March 27, 2026
Fenwick Gallery, Fairfax Campus

Living the Prescription

Through May 8, 2026
Founders Gallery, Arlington Campus

[Back to Top of Page](#)**Mason Student and Faculty Performances**(see music.gmu.edu for additional student recitals)**Faculty Artist Series: Caroline Steiger (horn) and Friends**

Sat, Mar 14, 7:00
Harris Theater
Admission: Free.

George Mason School of Theater: *Pipeline*

Thu, Mar 26, 7:30
Fri, Mar 27, 7:30
Sat, Mar 28, 2:00 and 7:30
Sun, Mar 29, 2:00
Harris Theatre
Admission: \$40 Adult, \$19 Senior.

2026 Mason Dance Company Gala Concert

Fri, Mar 27, 2:00 and 8:00
Sat, Mar 28, 8:00
Center for the Arts

[Subscribe](#)[Past Issues](#)[Translate ▾](#)[RSS](#)**Jazz Big Band Showdown**

Mon, Mar 30, 8:00
Center for the Arts
Admission: \$19 Adult, \$14 Senior.

[Back to Top of Page](#)**At the Hylton Center (Manassas Campus)****Manassas Ballet Theatre: *Les Sylphides and More!***

Fri, Mar 13, 7:30
Sat, Mar 14, 7:30
Sun, Mar 15, 3:00
Merchant Hall
Admission: \$81, \$71, \$60, \$50.

Prince William Little Theatre: *Head Over Heels*

Fri, Mar 13, 8:00
Sat, Mar 14, 2:00 and 7:00
Sun, Mar 15, 2:00
Fri, Mar 20, 8:00
Sat, Mar 21, 2:00 and 7:00
Sun, Mar 22, 2:00
Gregory Family Theater
Admission: \$35 Adult, \$29 Senior.

Virginia National Ballet: *Swan Lake*

Fri, Mar 20, 7:00
Merchant Hall
Admission: \$50; \$40; \$35; \$30.

Manassas Chorale: *Gathered As One*

Sat, Mar 21, 7:30
Merchant Hall
Admission: \$40.

Matinee Idylls, Marjory Serrano-Coyer and Hsin-Yi**Chen: *Serenade from the Americas: A Musical Voyage for Violin and Piano***

Wed, Mar 25, Lunch 12:30, Concert 1:30
Hylton Performing Arts Center
Admission: Lunch, concert, and dessert reception: \$81
Concert and dessert reception only: \$50.

Keyboard Conversations® with Jeffrey Siegel: *Music of Joy and Peace*

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

Old Bridge Chamber Orchestra, Mozart, Saint-Georges, and Beethoven: Masters in Motion

Sun, Mar 29, 3:00
 Gregory Family Theater
 Admission: \$30 Adult, \$27 Senior.

Chorale Broadway Showcase: Bright Lights, Big City: Broadway Beginnings and NYC Dreams

Fri, Mar 27, 8:00
 Sat, Mar 28, 2:00
 Hylton Center, Gregory Family Theater
 Admission: \$19 Adult, \$14 Senior.

Visual Arts: Offerings to the Potomac: Acknowledging Indigenous Place

Through May 15, 2026
 Buchanan Hall Atrium Gallery, Manassas Campus

[Back to Top of Page](#)

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

[Back to Top of Page](#)

Meetings & Clubs

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).

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.*

Sat Mar 14	10:30 am	Tai Chi Club – online
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	4:00 pm	Chair Yoga and More – online
Tue Mar 17	2:00 pm	Chair Yoga and More – online
	3:45 pm	Caregivers Support Group – online
	4:30 pm	Tai Chi Club – online
Wed Mar 18	10:00 am	Board Game Club
	10:00 am	Bridge Club
	10:00 am	OLLI Artists Club
	10:30 am	Investment Forum
	12:00 noon	Chair Yoga and More – online
	2:00 pm	Memoir and More Writing Group – online
	4:00 pm	Spanish Club – online
Thu Mar 19	10:00 am	Spring Kick-Off Coffee
	11:50 am	All the News – online
	3:00 pm	Chair Yoga and More – online
	4:30 pm	Tai Chi Club – online
Fri Mar 20	9:30 am	Crafts and Conversation
	10:00 am	Board of Directors Meeting
	10:00 am	Mah Jongg Club
	11:00 am	Homer, etc. – online
	12:00 noon	Chair Yoga and More – online
Sat Mar 21	10:30 am	Tai Chi Club – online
	1:00 pm	Personal Computer User Group – online
Mon Mar 23	9:30 am	What's in the Daily News? – online
	4:00 pm	Family History/Genealogy Club – online
	4:00 pm	Chair Yoga and More – online
Tue Mar 24	2:00 pm	Chair Yoga and More – online
	4:00 pm	Mah Jongg Club – online
	4:30 pm	Tai Chi Club – online
Wed Mar 25	11:50 am	Investment Forum
	12:00 noon	Chair Yoga and More – online
	1:30 pm	Board Game Club
	1:30 pm	Bridge Club
	4:00 pm	Spanish Page Turner Club – online
	4:00 pm	Theater Lovers' Group – online
Thu Mar 26	11:50 am	All the News
	3:00 pm	Chair Yoga and More – online
	4:00 pm	Literary Fiction Book Club – online
	4:30 pm	Tai Chi Club – online
Fri Mar 27	9:30 am	Photography Club
	9:30 am	Crafts and Conversation
	10:00 am	Mah Jongg Club
	11:00 am	Homer, etc.
	12:00 noon	Chair Yoga and More – online
	2:00 pm	Classic Literature Club – online
4:00 pm	French Conversation and Happy Hour – online	
Sat Mar 28	10:30 am	Tai Chi Club – online

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[Back to Top of Page](#)

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 Editors: David Gundry, Deborah Kruesi

Weekly Editor Team: Chloe DiStaso, David Gundry, Deborah Kruesi, 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: ollinewseditor@gmail.com.

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

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

[Back to Top of Page](#)

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