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Heather Dudley - Intro to Artificial Intelligence: Beginners' Guide for Seniors, 9 February 2026
Instructor Brian Harte

What Is AI

- AI is a computer tool that helps you:
- Writing
- Learning
- Planning
- Researching information
- AI is not human
- AI does not think or feel

Why AI Can Be Helpful

AI can help you:

- Save time
- Reduce frustration
- Write clearly
- Learn at your own pace
- Stay independent

How to Talk to AI

- Think of AI like a helpful assistant:
- Be clear
- Be specific
- Ask follow-up questions

Example Questions

- Write a polite email thanking my neighbor
- Explain this like I am 75 years old
- Make this shorter
- Summarize this for second hander

What AI Is Good At

- Content creation
- Text-based research
- Summarizing information
- Language translation
- Image generation

What AI Is NOT Good At

- Visual research
- Legal advice
- Financial research
- Being correct all the time
- Always double-check everything

Everyday Uses

- Writing emails
- Understanding assignments
- Planning travel
- Creating ideas
- Learning new hobbies

Social Media

Safety First

- Never share:
- Social Security numbers
- Bank or credit card numbers
- Passwords
- Total AI like a public conversation

Common Myths

- AI is not watching you
- You cannot break it
- You do not need technical skills
- AI does not replace common sense
- AI does not replace human jobs

Important Reminder

- AI helps you think
- AI does not replace your judgment
- You are always in control

Introduction to Artificial Intelligence: Beginners' Guide for Seniors, 9 February 2026, Instructor Brian Harte

September 11, 2026

Editor of the Week: Chloe DiStaso

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Alerts & Notices

- The next issue of OLLI E-News will be published Friday, September 25. The regular deadline for submission of items is Tuesday, September 22, at 6:00.

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Got Course Ideas? ... Join the HSS/CE Program Planning Group



By Camille Hodges, HSS/CE Planning Team Chair

OLLI is known for its great course ideas. In case you were unaware... many of these ideas come directly from you! We at OLLI need to know what courses/topics strongly reflect your interest and/or your desire to know more about. Also, let us know of any topics you would be willing to teach at OLLI. Our members are our strength when it comes to course proposals.

Check out the current catalog and decide which category might best support your area of expertise. Also, if you have personal contact with people who would be great OLLI instructors, please invite them to present as well.

The Humanities and Social Sciences/Current Events (HSS/CE) team is committed to inviting presentations that support many areas including psychology, politics, cultural interests, inter- and intrapersonal interactions, human culture, ethics, and cultural awareness. Our team meets virtually three or four times per year and communicates continuously.



To join the HSS/CE programming team, here's the link: program@gmu.edu.

Got course ideas? Here's the link for the OLLI course proposal form: <https://olli.gmu.edu/olli->

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Editor's Note: This article appeared in earlier E-News editions. It is repeated here to encourage member participation in program planning for HSS/CE.

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Help Virginians Age Better!



By Emily Roudebush, OLLI Vice President

The Virginia Center on Aging is conducting a survey to help with development of the next Virginia State Plan for Aging Services. If you're age 60+, or a caregiver, advocate or service provider, and you live in the state of Virginia, you're encouraged to participate. This anonymous survey takes about 15-20 minutes to complete, and it's best done all at one time. Make your voice heard and help the Commonwealth continue to serve seniors effectively into the future! Have questions? Visit the [Department for Aging and Rehabilitative Services](#) website or contact Charlotte Arbogast at charlotte.arbogast@dars.virginia.gov, or call 804-662-7093. The survey is open until Friday, September 25—get started here: [Pre-Screening Survey](#).

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Computer Club

3rd Saturday, September 19

**Identity Theft Prevention and Recovery for Older Adults
Computer Security and Computer Purchase Tips**



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, September 19, in person in TA-1, and via Zoom. The Zoom session opens at 12:45.

Identity Theft Prevention and Recovery—Presented by Elle Martin

Participants will understand why older adults are targeted, how scams are evolving each year, and how AI is being used by scammers. They will learn practical ways to prevent scams, what to do if victimized, and where to find free, trusted help.

Elle Martin is a retired law enforcement officer with 18 years of experience serving and protecting her community. She began her career with the Provo City Police Department, where she worked as a patrol officer for 6.5 years. Elle later continued her service at Brigham Young University,

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experienced various forms of trauma and victimization.

Elle is trained in trauma-informed practices and has extensive experience working with victims of domestic violence, sexual assault, identity theft, and scams. Her work included developing personalized safety plans, connecting individuals to critical resources, and collaborating with the Family Justice Center to provide comprehensive support to those in need.

After retiring from law enforcement, Elle continues her passion for victim advocacy by joining the Identity Theft Resource Center (ITRC) on its Community Outreach team. In this role, she presents to special populations, including seniors, students, victims of domestic violence, and other special populations, about the dangers of identity theft and scams, while highlighting the free resources available through ITRC.

Learn in 30: Experts' Views:

Most people buy the WRONG computer—here's why! Presented by Scott Merrill

What Security Software Do You Recommend? Presented by Leo Notenboom

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://olligmuorg.zoom.us/j/84601079223pwd=PgGscRz2TL7NYTjdX8nE10vzK55oeS.1> to join the meeting and use passcode 904622. (Note: enter passcode with NO spaces) or enter meeting ID 846 0107 9223 in the Zoom app and use the above passcode (preferred method).

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Poet's Corner

Courtesy of the Poetry Workshop

Library at Night

The building still, quiet, barely lit.
Characters escape their bindings
like ghosts from beneath cold dark earth.

Ancient warriors, weapons held high,
sailors, khans, chiefs, creep warily
through the shadowy aisles.

They pass through 19th century ladies
looking for their garden parties,
a salesman searching the stacks for success.

None acknowledges the others.
As daylight approaches each withdraws

– Carolyn Wyatt

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Arts & Music at George Mason

Performances September 11 through September 28



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://masonartsamplified.gmu.edu/>

[music.calendar.gmu.edu/](https://masonartsamplified.gmu.edu/music.calendar.gmu.edu/)

[theater.calendar.gmu.edu/](https://masonartsamplified.gmu.edu/theater.calendar.gmu.edu/)

[dance.calendar.gmu.edu](https://masonartsamplified.gmu.edu/dance.calendar.gmu.edu/)

masonexhibitions.org/.

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

Music From The Sole: *I Didn't Come to Stay*

Sat, Sep 26, 7:30

Concert Hall

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

National Symphony Orchestra: Nosedá Conducts Exotic Tales

Thu, Oct 1, 7:00

Concert Hall

Admission: \$97, \$68, \$42.

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Fairfax and Arlington Campuses Visual Arts

(details can be found at <https://www.masonexhibitions.org/>)

Pulp Fictions

Through Sep 30

Fenwick Gallery

Fairfax Campus

As You Were

Through November 11

GILLESPIE GALLERY OF ART

Art and Design Building

Fairfax Campus

What Remains?: The Vietnam War and Its Reckoning

Through Nov 21

Arlington Campus

Shaping Space

Through Nov 4

Fenwick Gallery

Fairfax Campus

Across The Commonwealth

Through Dec 5

Patriot Perspectives Gallery

Johnson Center

Fairfax Campus

Patriot Perspectives Gallery: *Photography*

Through December 5, 8:30-5:00

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College of Visual and Performing Arts (CVPA) Dean's Suite: *Painting, the Art of Seeing*

Through December 5, 8:30-5:00
Mason Exhibitions, Johnson Center
Fairfax

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Mason Student and Faculty Performances

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

George Mason School of Theater: *The Originals*

Fri, Sep 11, 7:30
Sat, Sep 12, 2:00 and 7:30
deLaski Performing Arts Building, A105, TheaterSpace
Admission: \$15.

Grand Piano Celebration

Sun, Sep 27, 3:00
Concert Hall
Admission: Adults 20; Seniors \$15.

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At the Hylton Center (Manassas Campus)

Arts Alive! Festival

Sat, Sep 12, 10:00
Hylton Center
Admission: Free.

Arts Alive! Festival Headliner: *Capitol Fools*

Sat, Sep 12, 12:00
Merchant Hall
Admission: Free.

ARTFactory: *Hairspray*

Fri, Sep 18, 7:00
Sat, Sep 19, 7:00
Sun, Sep 20, 2:00
Fri, Sep 25, 7:00
Sat, Sep 26, 7:00

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Admission: Adults 30; Seniors \$25.

An Evening with Bernadette Peters

Sat, Sep 19, 7:30
Merchant Hall
Admission: \$140, \$105, \$80, \$50.

The U.S. Army Field Band

Sun, Sep 27, 3:00
Merchant Hall
Admission: Free.

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Visual Arts: Hylton Center

In Her Image

Sep 15 – Oct 31
Buchanan Partners Art Gallery
Hylton Performing Arts Center

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

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Meetings & Clubs

Please note: 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.*

Subscribe	Past Issues	Translate ▼	RS
	11:00 am 4:00 pm 4:00 pm	Poetry Writing Club – online Chair Yoga and More – online Family History/Genealogy Club – online	
Tue Sep 15	2:00 pm 3:45 pm 4:30 pm	Chair Yoga and More – online Caregivers Support Group – online Tai Chi Club – online	
Wed Sep 16	10:00 am 10:00 am 10:30 am 12:00 noon 2:00 pm 4:00 pm	Board Game Club Bridge Club Investment Forum Chair Yoga and More – online Memoir and More Writing Group – online Spanish Club – online	
Thu Sep 17	11:50 am 3:00 pm 4:30 pm 6:00 pm	All the News – online Chair Yoga and More – online Tai Chi Club – online Ethnic Eats Club – online	
Fri Sep 18	9:30 am 10:00 am 10:00 am 10:00 am 11:00 am 12:00 noon	Crafts and Conversation – hybrid Board of Directors Meeting Mah Jongg Club Game on: Talking Sports Club – online Homer, etc. – online Chair Yoga and More – online	
Sat Sep 19	10:30 am 1:00 pm	Tai Chi Club – online Personal Computer User Group – hybrid	
Mon Sep 21	4:00 pm	Chair Yoga and More – online	
Tue Sep 22	2:00 pm 4:30 pm	Chair Yoga and More – online Tai Chi Club – online	
Wed Sep 23	12:00 noon 1:30 pm 1:30 pm 4:00 pm	Chair Yoga and More – online Board Game Club Bridge Club Spanish Page Turner Club – online	
Thu Sep 24	3:00 pm 4:00 pm 4:30 pm	Chair Yoga and More – online Literary Fiction Club – online Tai Chi Club – online	
Fri Sep 25	9:30 am 9:30 am 10:00 am 11:00 am 12:00 noon 1:30 pm 2:00 pm	Crafts and Conversation – hybrid Photography Club – hybrid Mah Jongg Club Homer, etc. – online Chair Yoga and More – online French Conversation Club – online Classic Literature Club – online	
Sat Sep 26	10:30 am	Tai Chi Club – online	

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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 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, 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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