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When at Tallwood, visit the Social Room Annex to view the Photography Club exhibit for fall term 2023

September 8, 2023

Editor of the Week: David Gundry

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Alerts & Notices

- Computer Club meeting Saturday, September 16, in person and via Zoom. See article below.
- The 2023 fall term begins September 18; registration continues through the term.
- You should have received your confirmation of class assignments and important information for the upcoming fall term.
- A list of fall-term course/event cancellations, additions, and changes is available at [this link](#).
- The next issue of *OLLI E-News* will be published Friday, September 22; the regular deadline for submission of items is Tuesday, September 19, at 6:00.

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Do You Live in a 55+ Community? We Need Your Expertise!



By Debby Mossburg, Outreach Committee Chair

This fall, the hybrid class *Moving on Up* (F902/F902Z) will explore a variety of options for senior living. We have a wonderful range of presenters from communities with a number of price points and levels of support. However, we have a huge gap when it comes to established 55+ communities where homes are primarily available only through resale.

We are looking for people who own or rent a cottage, RV, single-family home, duplex, four-plex, townhome, or condo in a 55-plus community. Would you be willing to sit on a panel to share your insights about this lifestyle choice during our final class on November 6 at 2:15? We will have both in-person (Tallwood) and Zoom seats available for the panel. Please email debby.mossburg@verizon.net if you think this is something you might be willing to do. Thanks in advance!

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Volunteering in Late Life May Protect the Brain



By Shannon Morrow, Program Associate

We all know there are many ways to facilitate successful aging. One way is keeping our brains healthy, and new research indicates that a key to protecting the brain and maintaining cognition is to volunteer. Please read the following articles and consider volunteering at OLLI.

[CNN Volunteering Later in Life](#)

https://aaic.alz.org/releases_2023/volunteering-late-life-may-protect-brain-dementia.asp

There are many ways you can volunteer your time. OLLI needs you! Thank you.

Editor's note: This article appeared in a recent issue of OLLI ENews; it is repeated here to encourage all members to reap the benefits of volunteering at OLLI.

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Yes, You Can Teach at OLLI!



By Camille Hodges, OLLI Board Member/Humanities and Social Sciences, Current Events Program Planning Group Co Chair

OLLI invites you to share your expertise on topics that reflect your knowledge in any area. Currently, OLLI members have expressed the desire to have classes on the following topics:

- "Agree to Disagree" Respectfully
- Cultural linguistics
- Comparing Education in America with Other Countries
- Historical Pros and Cons of Vaccinations

OR:

Your topic of expertise.

If you have an interest in teaching OLLI courses via (Zoom/hybrid or in-person), have questions or ideas of your own, please contact any of the following HSS/CE committee chairpersons or Program Associates:

Camille Hodges mimihodges4@gmail.com
 Peg O'Brien mazob@live.com
 Shannon Morrow smorrow4@gmu.edu
 Nancy Klein nklein4@gmu.edu

Additionally, you may [click here](#) to fill out the OLLLI course proposal form.

We are currently scheduling OLLI courses for spring 2024. The deadline for course submissions is: October 6, 2023.

Spring Term: March 25-June 24, 2024

Take the challenge and teach!

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Start Fall Term with a Cup of Happiness!



By Marilyn Harriman, Diversions Committee Chair

With social activities back on campus, this year's **OLLI Fall Kick-Off Coffee, September 14**, will also feature an **activities fair**. Scheduled for 10:00-11:30 in the Social Room Annex at Tallwood campus, the event will let you come at 10:00, give you time to talk with your friends and check out the clubs, social events, and local and international trips available through June 2024.

The OLLI administrative staff and the Diversions Committee will provide delicious refreshments. Hot coffee and tea will be available in the Social Room, and cold beverages and baked goods will be available in TA-1 and the Annex classroom, where the main event will be held.

This is a wonderful opportunity for all those who have missed seeing their friends in person since spring term to catch up with each other. For our new members, what an excellent opportunity to get to know other OLLI members, both old and new.

You will also have an opportunity to learn about changes in OLLI operations, facilities, and programming, presented by our executive director and the president of OLLI-Mason, with plenty of time for questions. We'll even have a tour of the Tallwood facilities for our new members, including the Dirty Knee Club's flower gardens and the infamous "potty barn."

Please join us on September 14! Register for **event 1201** via the [member portal](#) or contact the registrar at ollireg@gmu.edu.

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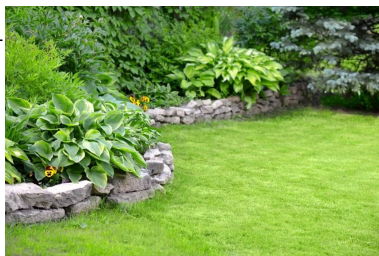
Begin and End Fall Term with New Diversions!



By Marilyn Harriman, Diversions Committee Chair

The Diversions Committee is excited to announce two additional events for this fall term. **Shinrin-yoku**, the Japanese practice of contemplative walking in nature, will be held with a certified guide on the Tallwood Campus on Saturday, September 30, from 10:00-12:00 noon. The

outdoor experience has been shown to decrease stress-related hormones and lower blood pressure. Our guide, Ana Leilani Ka'ahanui, will teach techniques for deep breathing and body-mind awareness, keeping the mind in the present as we explore the outdoors. To learn more about the event, log into [member portal](#) and enter **F817** in the search box.



Why not end the fall term with some creativity? On Friday, November 17, 2:30-5:00, you can party with



paint and socialize with your OLLI friends at the same time. At the end of a two-and-a-half-hour workshop, you'll take home a fall landscape painting you design individually. We'll meet at Muse Paint Bar in the Mosaic District, Fairfax, and get instruction from a professional artist who will show us tips and techniques to craft an original work of art. The outing cost of \$50 includes instruction, all supplies, brownie snacks, and liquid refreshments. To learn more about this event and register, log into the [member portal](#) and enter **1204** in the search box.

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Computer Club

3rd Saturday, September 16
American Secrets: Virtual Tour
Home Router Security



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 16, at 1:00, in person and via Zoom. The Zoom session usually opens at 12:45.

American Secrets: Virtual Tour—Presented by Jennifer Wilcox

Experience the National Cryptologic Museum from your chair! This virtual tour introduces you to the secret of secrets. Beginning with invisible ink and hidden messages of the American Revolution through the first super computers and everything in between, the tour will take you through the history of American cryptology. This live presentation highlights the history, technology, and people bringing the secret world of secrets to you.

Jennifer Wilcox has been the Director of Education at the National Security Agency's National Cryptologic Museum since 1999. Her research and presentations cover topics including women in American cryptology, Native American code talkers, as well as the popular Enigma story.

Learn in 30: A Home Router Security Issue; Diagnose and Fix It—Presented by John Krout

This presentation involves a feature of Linksys and perhaps other brands of home routers. Each router provides a set of administrative Web pages enabling you to customize the router. The presenter found out by accident that his Linksys router also makes those admin Web pages available from outside the home network, *i.e.*, from anywhere on the Internet. The router makers may believe that this is a valuable feature. However, the default login credentials for those administrative Web pages are publicly known and posted on Web sites for many brands of home routers. Anyone who knows the IP address of your router can log in and change your router's behavior, including its password, without your knowledge.

Learn: how to determine your router's Internet IP address, how that IP address can be found by a bad apple, and what you can change in your router's administrative Web pages to prevent easy access by others on the outside.

John Krout is a frequent presenter at our meetings on a wide range of computer, technology and photography topics, and author of many articles for the PATACS *Posts* newsletter.

See full details on this meeting by [clicking here](#). For information on the Computer Club, see the [OPCUG Website](#). OPCUG dues are \$5 for 2023—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 [this link](#) to join the meeting and use passcode 206627 (*Note*: enter passcode with NO spaces) or enter meeting ID 860 6157 6830 in the Zoom app and use the above passcode (preferred method).

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Join Crafts and Conversation



By [Joanne Fitzgerald](#), **Crafts and Conversation Member**

Arts, crafts, and other creative activities have many benefits, particularly for those of us who are retired. Crafts keep the mind active and help prevent anxiety. They also grant a sense of accomplishment and achievement.

Crafts allow us to make keepsakes, apparel, and artwork for gifts or to give to those in need.

Crafting can take many forms—it doesn't just have to be knitting and crochet, but can include painting—even paint by numbers—mosaics, mixed media, journaling and scrapbooking, card-making, coloring, collage, calligraphy, jewelry making, and woodworking. If you can dream it, you can make it.

Crafting can also help build community. Joining OLLI's Crafts and Conversation club gives you an outlet for sharing those crafting accomplishments. We love to share our current projects and our favorite crafting books and resources. We also share information on places to donate our crafts. The conversations are not always only about crafts—we share information on local events, places to eat, and things to do. Why not consider joining us for a couple of Crafts and Conversation sessions to meet some of your fellow OLLI members? Come make new friends!

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Tallwood Book Club



By Betty Ellerbee, Tallwood Book Club Coordinator

The Tallwood Book Club will be discussing the following books this fall:

- September: ***The Magnificent Lives of Marjorie Post*** by Allison Pataki
- October: ***Homegoing*** by Yaa Gyasi
- November: ***Circe*** by Madeline Miller
- December: ***Chesapeake Requiem*** by Earl Swift.

We have been scheduled to meet at Tallwood on the **second Wednesday, September 13 at 10:00**. If the weather permits, we will use the outdoor seating at Tallwood at that time.

If you have questions, contact me at ellerbetty@aol.com.

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Upcoming Theater Season Off to Stellar Start



By Norma Jean Reck, Coordinator, Theater Lovers' Group, with Jane Hassell and Jean Tatalias

The Theater Lovers' Group (TLG) 2023-2024 theater season offers many fabulous events. Each event includes an optional dinner that provides theater goers with the opportunity for socialization

with other theater lovers. The following events are sure to please you (click on [this link](#) for a detailed description of the season and events in this article.

Sunday, September 24 at 2:00: Hitchcock's *The 39 Steps*



TLG will attend a matinee performance of *The 39 Steps* at NextStop Theatre in Herndon, followed by an optional supper at a nearby restaurant. Contact Norma Reck (njreck@cs.com) to obtain tickets at the OLLI group rate of \$36 plus \$2.00 fee, and don't delay—NextStop is a small intimate theater (114 seats).

Sunday, October 15: *Deathtrap* by Ira Levin

We will go to see the Providence Players perform one of the biggest hits ever on Broadway. Details TBA.

Saturday, October 21: Performances of two Shakespearian Plays (*Much Ado about Nothing* and *Hamlet*) in the Blackfriars Theater at the American Shakespeare Center in Staunton, Virginia

Be sure to sign up for the TLG October 21 trip to Staunton. The OLLI course number is 1003 (register at the [member portal](#)). We will also have a get-acquainted coffee at Tallwood on Friday, September 15 at 10:00 for those signing up. With the OLLI discount, each play is \$48. We also have a limited number of rooms available at a discounted rate of \$135 plus taxes at the Best Western Staunton, for those who want to stay over on Saturday night. For questions, call Jean Tatalias at 571-447-7977. Or email Jean at jtatalias@gmail.com.



Remember to Register for the Theater Lovers' Group

Remember that each term you must register for clubs again. If you don't, your name will be removed from the membership list and you will not receive any emails, etc. If you would like to know more about TLG activities, go to page 32 of your fall 2023 catalog for a description of activities. If you would like to join TLG, go online and register for it as you would for a class. Everyone, as well as guests, is welcome.

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Wednesday Team Bloch Conversations—September 13 and 20



By Brenda Bloch-Young and Doris Bloch, Co-Moderators

Continuing our Wednesday Conversations series, Team Bloch (Brenda Bloch-Young and Doris Bloch) will moderate a Zoom discussion on September 13 at 4:00 and one on September 20 at 4:00 as well.

The topic for Wednesday September 13 conversation with Team Bloch will be **Frauds and**

Scams. Those of us of a certain age are said to be particularly vulnerable to fraudsters, something that we want to discuss with as many members as possible. There are as many avenues for fraud as imaginable—surely you have received many an email offer of credit or survey reward gift cards. Perhaps you have gotten the dreaded phone call from a “family member in trouble” who needs money right away? No need to confess to or share any past personal experiences of your own; just chime in and add whatever you feel comfortable with. We will provide you with some supporting resources—knowledge is half the battle.

The topic for Wednesday September 20 conversation with Team Bloch will be **What’s On Your Bucket List and What Is On Your Chuck-It List?** Some of us hope to accomplish certain things in our remaining years; some of us have become more realistic about the list of desired accomplishments as we review them. Where do you sit on this list-making/list-paring spectrum? Love to hear your thoughts!

Check your daily schedule for the Zoom link on Wednesdays and plan on some social time with Team Bloch on both days.

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Poet's Corner

Courtesy of the Poetry Workshop

Approaching Sixty

winter offers rest
summer’s raging sprint is done
fall lets out a sigh

seeds drift into sleep
dry leaves begin to drop
death teases quietly

November baby
releases last regret
dreams of nightingale

-Susan Bennett

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Arts & Music at George Mason

Performances September 8 through September 25

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, buy tickets online through the event calendar (see links below), or visit the venue's box office. For more information, see the [CFA ticket page](#) or the [Hylton Center ticket purchase page](#).

Dr. Linda Apple Monson produces a periodic “Notes from the Director.” This email is full of 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

No performances until September 30

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Mason Student and Faculty Performances

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

Grand Piano Celebration 2023

Sun, Sep 10, 3:00
Concert Hall
Admission: \$20 Adult, \$15 senior.

The Mason Players: *The Originals!*

Fri, Sep 15, 8:00
Sat, Sep 16, 2:00 and 8:00
deLaski Performing Arts Building, A105, TheatreSpace
Admission: \$20 Adult, \$10 senior.

Mason Wind Symphony & Symphonic Band Concert: *FUSION*

Tue, Sep 26 at 8:00
Concert Hall
Admission: \$15 Adult, \$8 senior.

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At the Hylton Center (Manassas Campus)

David Amoroso: *Belleza Brutal*

Buchanan Partners Art Gallery
 Sep 12 through Nov 4
 Admission: Free.

Creative and Performing Arts Center: FENCES

Sat, Sep 16, 2:00 and 7:00
 Sun, Sep 17, 3:00
 Fri, Sep 22, 7:00
 Sat, Sep 23, 2:00 and 7:00
 Sun, Sep 24, 3:00
 Gregory Family Theater
 Admission: \$30 Adult, \$12 senior.

Voctave

Sat, Sep 23, 8:00
 Merchant Hall
 Admission: \$55, \$47, \$33.

Queen of Melody Naseebo Lal

Sun, Sep 24, 7:00
 Merchant Hall
 Admission: \$55, \$35.

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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: Although some physical meetings for clubs and activities are canceled, some may be meeting in person or, in a hybrid mode, both in person and online. 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 but for the most up-to-date information, please view the latest forecast of coming events on our website (News/[OLLI Calendar](#)). *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 Sep 9	10:30 am	Tai Chi Club
Mon Sep 11	9:30 am	What's in the Daily News?
	11:00 am	Program Planning Meeting
	11:00 am	Poetry Reading Club
Tue Sep 12	9:30 am	Annex Art
	1:00 pm	Stay Active and Independent for Life
	4:30 pm	Tai Chi Club
Wed Sep 13	10:00 am	Bridge Club
	10:00 am	Tallwood Book Club
	10:00 am	Staff Pre-Term Meeting
	10:30 am	Investment Forum
	4:00 pm	Mah Jongg Club
Thu Sep 14	10:00 am	Kick-Off Coffee
	11:50 am	All the News
	4:30 pm	Tai Chi Club
Fri Sep 15	9:30 am	Crafts and Conversation
	10:00 am	Board of Directors Meeting
	11:30 am	Homer, etc.
	1:00 pm	Stay Active and Independent for Life
	1:00 pm	Dirty Knee Club Scrapbook Meeting
Sat Sep 16	10:30 am	Tai Chi Club
	1:00 pm	Personal Computer User Group
Tue Sep 19	1:00 pm	Stay Active and Independent for Life
	4:30 pm	Tai Chi Club
Wed Sep 20	1:45 pm	Bridge Club
	2:00 pm	Memoir and More Writing Group
	4:00 pm	Spanish Club
Thu Sep 21	4:00 pm	Reston Book Club
	4:30 pm	Tai Chi Club
	6:00 pm	Ethnic Eats Club
Fri Sep 22	9:30 am	Mah Jongg Club
	9:30 am	Crafts and Conversation
	11:00 am	Classic Literature Club
	11:00 am	Homer, etc.
	12:00 noon	Photography Club
1:00 pm	Stay Active and Independent for Life	
Sat Sep 23	10:30 am	Tai Chi Club

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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, John Nash, Sheri Siesseger, Paul Van Hemel

Proofreaders: Rebecca Jann, Susan Van Hemel, Tom Appich

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.

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Notice: You received this newsletter because either you are a current OLLI member or you have been provided a courtesy copy. If you are an OLLI member who did not renew your membership, you can continue to receive our newsletter by emailing the office at olli@gmu.edu with your request. If someone forwarded this newsletter to you and you'd like to receive it each week, please email the office and ask to be added to the courtesy-copy list.

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