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Debby Mossburg Led OLLI Walk & Talk Club Members on an Enjoyable Walk on the Pohick Trail, Springfield, with a Stop at Harvest Bakery and Café Afterward, October 6; Bob Heyer Photographer

October 13, 2023

Editor of the Week: David Gundry

Table of Contents

- [Alerts & Notices](#)
- [SHOOT. ME. NOW.](#)
- [Something New Is Coming to OLLI!](#)
- [Actor Needed for Student Short Film](#)
- [Computer Club](#)
- [OLLI Board Game Club Interest](#)
- [Second Call: Do You Live in a 55+ Community? We Need Your Expertise!](#)
- [A Not-So-Spooky Walking Tour](#)
- [Poet's Corner](#)
- [Arts & Music at George Mason](#)
- [Meetings & Clubs](#)
- [About OLLI E-News](#)

Alerts & Notices

- Halloween party, today, October 13, at 3:00; register for event #1101.
- Board of Directors meeting, Friday, October 20, 10:00, in TA-1 at Tallwood and via Zoom. All members welcome.
- The next issue of *OLLI E-News* will be published Friday, October 20; the regular deadline for submission of items is Tuesday, October 17, at 6:00.

[Back to Top of Page](#)

SHOOT. ME. NOW.



By Michele Romano, Health and Safety Advisory Workgroup Chair

Yup. Now would be the perfect time to get those Covid and high dose flu vaccines. A good target date is no later than Halloween. It takes two weeks to build up immunity from vaccines and you want that protection going into the holidays.

Spoiler Alert—The vaccines will not prevent Covid or the flu. They are designed to protect you from getting seriously ill (hospitalization, death).

You can get both vaccines at the same time in different arms. If you have tested positive for Covid, the Centers for Disease Control and Prevention (CDC) recommends waiting three months before getting the new Covid vaccine. [See Clinical Guidance for COVID-19 Vaccination | CDC](#) for complete details.

It is not unusual to experience mild flu-like symptoms for a day or so after receiving any vaccine—often an indication that your body is mounting a strong immune response. If your symptoms are severe or you have any concerns, consult your healthcare provider immediately.

Which brings us to the new RSV vaccine. The CDC recommends that adults age 60 and over MAY receive the RSV vaccine, using Shared Clinical Decision-Making (SCDM) between you and your health care provider. Not everyone over age 60 needs the vaccine. The CDC notes that “even though it is acceptable” to give the RSV vaccine on the same day as other vaccines, patients may experience increased side effects. The CDC also found some studies showing a weakened immune response when the flu and RSV vaccines were given on the same day. [Frequently Asked Questions About RSV Vaccine for Adults | CDC](#) is a good place to start doing your homework. Take the time to click on each question. Some are meant for providers, but all are worthwhile. This is a new vaccine. Do not take anything for granted.

Please check both websites often. These recommendations can change on a dime as new research comes in. And, they often do. **LIVE LONG AND PROSPER**

[Back to Top of Page](#)

Something New Is Coming to OLLI!



By Doris Bloch, Support Group/Chat Line Coordinator

OLLI is launching a support group! It is intended to support those OLLI members who are caregivers for any family member and friend who is exhibiting symptoms of dementia, although certainly open to any interested OLLI member. In this effort, we have strong backing and cooperation with the George Mason University's School of Social Work (SSW), which has provided us with a facilitator! Thank you, Mason SSW.

You need not be a full-time caregiver or even a current caregiver to contribute your experiences and emotions to this group. You can share or lurk, as you wish!

Right now, this is a project in its infancy, and we look forward to hearing from you about what you would like. It is envisioned that we will convene the support group one afternoon every second week, that it will be on Zoom, and initially take over an hour of the open 24/7 Chat Line. The group's focus will not be on educational materials, as OLLI has offered substantial course work on those aspects, but rather on the emotional and possibly the practical side of caregiving. If there is enough interest, the group will in the future morph into a club/ongoing activity, which will give us an email list of registrants where we can email notices and links, if so desired.

Our plan is to have our first meeting by the beginning of November. Please contact Doris Bloch (dbloch50@hotmail.com) or Nancy Klein (nklein@gmu.edu) if you are interested in participating in the group, or if you have suggestions or questions.

[Back to Top of Page](#)

Actor Needed for Student Short Film



By **Norma Jean Reck**, Coordinator, Theater Lovers' Group

A senior Mason film student, Panah Esfandiar Neshati, is casting for a role in a short film that he is directing, shooting October 20 and 21, 2023. The role is a Sergeant Parsons (male 40 - 70), an arrogant and reckless officer at the epicenter of a police brutality case. No monetary compensation. Meals will be served, and film credit given. To schedule an audition, email Panah at pneshati@gmu.edu. Feel free to pass the word to any interested friends.

Upcoming Theater Events

On Wednesday, November 1, the Theater Lovers' Group will go to see the 8:00 performance of Mel Brooks' musical *Young Frankenstein* at the Little Theater of Alexandria, located at 600 Wolfe Street, Alexandria, VA. It is a musical comedy (based on the 1974 film) and was nominated for three Tony Awards. Gay Alper has arranged for an optional pre-show dinner at 6:00 at Trattoria da Franco, which is walking distance to the theater. On-street parking should be available.

Tickets: A group rate is possible, so if you are interested in a fun, musical night out with fellow theater lovers, please email me at nreck@cs.com ASAP.

On Sunday, December 10, the Theater Lovers' Group will go to the 2:00 matinee performance of *Quilters* at the 1st Stage Theater, located at 1524 Spring Hill Road, Tysons, VA 22102. *Quilters*, a musical, is set on the frontier and is about the women telling their stories of their life on the frontier through the making of their patchwork quilts. The \$35 tickets are now selling. Once they are sold, the tickets will be \$55. We will go to Joon for optional dinner after the show. If you are interested in joining us, please email me at njreck@cs.com ASAP.

Remember that guests are always welcome!

P.S. Remember to sign up for our armchair Broadway theatrical adventure scheduled for Monday, November 13, from 1:00 to 2:30 —Museum of Broadway. Victoria Cairl will come to us live via Zoom from the museum to walk us through the new, fantastic, interactive Museum of Broadway. You don't want to miss it.

[Back to Top of Page](#)

Computer Club



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, October 21, in person and via Zoom. The Zoom session usually opens at 12:45.

Time and Time Measurement—Presented by Lorrin Garson

Time controls our lives: e.g., when to get up, go to work, have lunch, plan birthdays, celebrate holidays, plant corn. These are the simple things. Time defines the length of a meter and our foot, yard, and mile. Time determines exactly where on earth we are located. "What is the time" is easy to answer—10:42. But "what is time"—is surprisingly complex and difficult to explain.

Lorrin Garson had a long career in technical publishing of chemical information. His presentations to our computer groups are famous for their thorough research and clarity.

Learn in 30: Vinyl LPs and Slinkies—Presented by John Krout

This presentation will explain the surprising way that vinyl can be affected by a phonograph pickup needle during playback, and how careful use will avoid damage. Typical frequent LP playback during college, when the presenter accumulated more than 250 LPs, can cause serious and permanent damage. You will learn about how that happens and how to avoid it.

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).

[Back to Top of Page](#)

OLLI Board Game Club Interest Meeting



By **Tim Harwarth**, Board Game Club Coordinator

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 you answered yes to either question, please attend the OLLI Board Game Club interest meeting on October 17 from 1:15-2:15 in the Annex at the Tallwood Campus. The plan for this group would be to meet every two weeks at the Tallwood campus to play board games. If you are interested in joining this group but cannot attend the interest meeting, please send an email to timharwarth@yahoo.com and let him know that you would like to join this group. We hope to see you there!

[Back to Top of Page](#)

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



By **Debby Mossburg**, Board Member and Outreach Committee Chair

This fall, the hybrid class Moving on Up is exploring 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. Thank you to all who answered my first request for participants, but we'd love to have a few more members willing to share their experience.

We are looking for people who own or rent a cottage, RV, single family home, duplex, four-plex, townhome, or condo in a 55+ community. So far, we have residents from Heritage Hunt, The Atrium, Hiddenbrooke, and Regency in Ashburn, but we'd love to have more communities represented.

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!

[Back to Top of Page](#)

A Not-So-Spooky Walking Tour



By Carolyn Kramer, OLLI Member

On October 6 a band of OLLI members visited Ivy Hill Cemetery in Alexandria. Our guided walking tour was led by Catherine Weinraub, who has researched the history of the cemetery as well as the backgrounds of many of the cemetery's current "residents." It was interesting to hear tales about some of the movers and shakers of the past and their influence on area history. Perhaps most unique was a step into the underground vault that is on the property, where the accompanying photo was taken.



[Back to Top of Page](#)

Poet's Corner

Courtesy of the Poetry Workshop

Feather

Found
Forest Floor
Floated Feather Forsaken
Futile Flighted Fight
Final Fate.
- Jacqueline Davey

Poetic Form: A Tautogram is a form in which all words in the poem begin with the same letter.

[Back to Top of Page](#)

Arts & Music at George Mason

Performances October 13 through October 23



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.

[Back to Top of Page](#)

At the Fairfax Campus Venues

Malpaso Dance Company

Fri, Oct 20, 8:00

A pre-performance discussion will take place in Monson Grand Tier, 45 minutes prior to curtain.

Concert Hall

Admission: \$48, \$41, \$29.

[Back to Top of Page](#)

Mason Student and Faculty Performances
(see music.gmu.edu for additional student recitals)

Jazz4Justice: Celebrating The Legacy of Anthony Maiello

Sat, Oct 14, 8:00
Concert Hall
Admission: \$20 Adult, \$15 senior.

Mason Opera: Opera Scenes

Mon, Oct 16, 8:00
Fairfax Old Town Hall
Admission: Free.

Mason School of Theater: 9 to 5 The Musical

Fri, Oct 20, 8:00
Sat, Oct 21, 8:00
Sun, Oct 22, 2:00
Fri, Oct 27, 8:00
Sat, Oct 28, 8:00
Sun, Oct 29, 2:00
Harris Theatre
Admission: \$35 Adult, \$15 senior.

Fall Choral Invitational: Songs of Unity

Sat, Oct 21, 4:00
Concert Hall
Admission: Free.

[Back to Top of Page](#)

At the Hylton Center (Manassas Campus)

David Amoroso: Belleza Brutal

Buchanan Partners Art Gallery
Through Nov 4
Admission: Free.

Prince William Little Theatre: The Westing Game

Hylton Performing Arts Center, Manassas
Fri, Oct 13, 8:00
Sat, Oct 14, 2:00 and 8:00
Sun, Oct 15, 2:00
Gregory Family Theater
Admission: \$25 Adult.

Coco in Concert

Fri, Oct 13, 7:00
A pre-performance discussion begins one hour prior to the performance.
Merchant Hall
Admission: \$48, \$41, \$29.

Manassas Chorale: The Places We'll Go!

Sat, Oct 14, 4:00
Merchant Hall
Admission: \$25 Adult, \$23 senior.

ARTFactory's Rooftop Productions: Kinky Boots

Fri, Oct 20, 7:30
Sat, Oct 21, 7:30
Sun, Oct 22, 2:00
Fri, Oct 27, 7:30
Sat, Oct 28, 7:30

Sun, Oct 29, 2:00
Gregory Family Theater
Admission: \$30 Adult, \$25 senior.

Manassas Symphony Orchestra: Folk Echoes

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

[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: 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 Oct 14 | 10:30 am | Tai Chi Club |
| Tue Oct 17 | 1:00 pm | Stay Active and Independent for Life |
| | 4:30 pm | Tai Chi Club |
| Wed Oct 18 | 1:45 pm | Bridge Club |
| | 2:00 pm | Memoir and More Writing Group |
| | 4:00 pm | Mah Jongg Club |
| | 4:00 pm | Spanish Club |
| | 4:00 pm | Conversations with Doris & Brenda |
| Thu Oct 19 | 1:15 pm | Science, Technology, & Health Program Planning Group |
| | 4:00 pm | Reston Book Club |
| | 4:30 pm | Tai Chi Club |
| Fri Oct 20 | 9:30 am | Crafts and Conversation |
| | 10:00 am | Board of Directors Meeting |
| | 11:00 am | Classic Literature Club |
| | 11:00 am | Homer, etc. |
| | 1:00 pm | Stay Active and Independent for Life |
| Sat Oct 21 | 10:30 am | Tai Chi Club |
| | 1:00 pm | Personal Computer User Group |
| Tue Oct 24 | 1:00 pm | Stay Active and Independent for Life |
| | 4:30 pm | Tai Chi Club |
| Wed Oct 25 | 11:00 am | Spanish Club |
| | 1:45 pm | Bridge Club |
| | 4:00 pm | Theater Lovers' Group |
| | 4:00 pm | Conversations with Doris & Brenda |
| Thu Oct 26 | 4:30 pm | Tai Chi Club |
| | 6:00 pm | Ethnic Eats Club |
| Fri Oct 27 | 9:30 am | Mah Jongg Club |
| | 9:30 am | Crafts and Conversation |

10/21/23, 12:48 AM

OLLI E-News October 13, 2023

| | | |
|------------|------------|--------------------------------------|
| | 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 Oct 28 | 10:30 am | Tai Chi Club |

[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 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.

[Back to Top of Page](#)