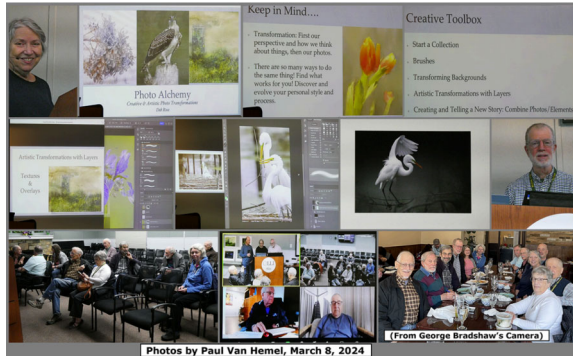


Trouble Viewing this Email or Using Table of Contents Links:

[View this email in your browser](#)



[Website](#) [Catalog](#) [DocStore](#) [Facebook](#) [Officials](#) [Member Portal](#) [Contact Us](#)



Deb Rose of Northern Virginia Photographic Society Spoke to the OLLI Photo Club on Creating Photo Artistic Images, March 8

March 15, 2024

Editor of the Week: John Nash

Table of Contents

- [Alerts & Notices](#)
- [Jump Into Spring Term with a Fresh Start!](#)
- [Covid Vaccine Update](#)
- [OLLI On Camera!](#)
- [Reston Loudoun Program Planning](#)
- [Mason Study on Mobility and Falls Seeks Your Participation](#)
- [Literature, Theater, and Writing/Languages: Teach or Plan Programs at OLLI](#)
- [Spring 2024 Mason Jazz Concerts](#)
- [Wednesday Team Bloch Conversation](#)
- [Photo of the Month](#)
- [Poet's Corner](#)
- [Arts & Music at George Mason](#)
- [Meetings & Clubs](#)
- [About OLLI E-News](#)

Alerts & Notices

- Meeting of the OLLI Personal Computer Club, Saturday, March 16 (tomorrow). Lunch is at 1:00 (register); the Zoom session opens at 1:45, with presentation at 2:00. **Note:** The meeting link/information has changed. Please click [this link](#) to join the meeting and use passcode 511867 (*Note: enter passcode with NO spaces*) or enter meeting ID 862 9370 4636 in the Zoom app and use the above passcode (preferred method).
- The spring term begins March 25; registration continues throughout the term.
- The next issue of *OLLI E-News* will be published Friday, March 29; the regular deadline for submission of items is Tuesday, March 26, at 6:00.

[Back to Top of Page](#)

Jump Into Spring Term with a Fresh Start!



By Marilyn Harriman, Diversions Chair

March 21 is the day to prepare for a fresh start at OLLI Mason. Our Spring Term Kick-Off Coffee will feature refreshments, program updates, and an Activities Fair. Scheduled for 10:00–11:30 at Tallwood Campus, you can come at 10, talk with your friends, meet new ones, and check out the clubs, social events, and local, domestic, and international trips available through October 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 savory and sweet baked goods will be available in TA-1 and the annex classroom, where the main event will be held.

This is an excellent opportunity to check out clubs and organizations you have been wondering about and to learn what's new at OLLI from our Executive Director Jennifer Disano, one of our Program Planning Chairs Kathryn Russell, and our OLLI President Lillian Brooks. It's also a perfect time to catch up in person with OLLI friends and colleagues. For our new members, what an excellent opportunity to get to know other OLLI members, both old and new. You don't want to miss this event!

Please join us on Thursday, March 21. If you haven't already done so, register for the event via the member portal or contact the registrar at olliereg@gmu.edu.

[Back to Top of Page](#)

Covid Vaccine Update



By Michele Romano, Healthcare Advisory Workgroup Chair

The Centers for Disease Control and Prevention (CDC) now advises that everyone over age 65 should get another Covid-19 vaccine if it has been four months since the last one. This is the same monovalent (single strain) vaccine given in fall 2023 targeting the XBB.1.5 variant.



Covid has mutated hundreds of times since the original strain in December 2019. As with most viruses, with each mutation the virus has become more contagious (more easily spread) but less virulent (deadly). Fairfax County, along with most of the country, is seeing very low levels of hospitalization and death from Covid. However, victims over the age of 65 or people with a weakened immune system are much more likely to get seriously ill and die from the disease.

Takeaway points: (1) Just like the flu vaccine, immunity from the Covid vaccine decreases after four months. (2) The vaccine will not prevent Covid; it is designed to protect recipients from getting seriously ill and dying.

You may have read that the XBB variants have burned themselves out. True. Over 96% of cases in the U.S. today are JN.1. That being said, "CDC data showed that the vaccine still offered significant protection against the JN.1 variant." See [COVID-19 Vaccine Effectiveness - What's New | CDC](#) for more information. At this time, it is still too early to predict what the CDC will recommend for the fall virus vaccines.

On March 1, 2024, the CDC also updated its Covid recommendations to align with those for other common respiratory viruses (e.g., flu, RSV, colds). "The recommendations suggest returning to normal activities when, for at least 24 hours, symptoms are improving overall, and if a fever was present, it has been gone without use of a fever-reducing medication."

[Back to Top of Page.](#)

OLLI On Camera!



By Elle Spada, OLLI Promotional Video Project Team

Have you wanted to tell a friend about all the benefits of being an OLLI member but didn't know where to start? We have you covered! We are bringing in a professional videographer to the Tallwood campus on April 2, 3, and 4 to capture the essence of what it's like to be a member of OLLI. We want to show the benefits, such as classes on wide-ranging topics, numerous clubs and social activities, OLLI arranged trips and tours, and opportunities for volunteering. Final versions of the video vignettes will be showcased on the OLLI website so you can easily share the video links with any of your friends and relatives who want to learn more about OLLI!



- We have already arranged our filming schedule to avoid disruptions to OLLI operations, so there is no need to adjust your plans to attend classes and club activities on those days.
- We are planning some outside filming of the beautiful Tallwood campus, and with advance notice and permissions, we will capture still images and video in classrooms where classes are being held.
- We will have signs posted indicating filming areas, and those who prefer not to be on camera can opt out and continue with their normal activities on campus.
- Please review the OLLI picture policy that is printed on page 32 of your Spring 2024 Catalog.

Please contact Dennis VanLangen, the video project coordinator, at dvanlangen@verizon.net if you have any questions.

[Back to Top of Page](#)

Reston Loudoun Program Planning



By Shannon Kim Morrow, Program Associate

Thank you to all who attended the Reston/Loudoun meeting on Friday, February 23 at the United Christian Parish church in Reston. It was a robust crowd of members interested in keeping the Loudoun and Reston programs successful. At the meeting, we solicited suggestions for future classes at those venues and gathered quite a number of ideas.

Because most of the suggestions were submitted anonymously, I could not reach out to each individual who had offered his/her thoughts. I wanted to let you know that your ideas have been forwarded to the appropriate planning group co-chairs. They know what topics interest you and will consider instructors who may be able to present those classes you seek.



Loudoun



Reston

We strongly urge you to attend in-person classes in Reston and Loudoun so that we can grow a strong program at these sites. We also urge you to volunteer to be a Reston/Loudoun-based program planner. If you would like to get involved, please contact me at smorrow4@gmu.edu or Nancy Klein at her nklein4@gmu.edu address.

[Back to Top of Page](#)

Mason Study on Mobility and Falls Seeks Your Participation



By Dr. Tiphonie Raffegeau, Assistant Professor at Mason School of Kinesiology

Effective mobility is a major part of the quality of life for older adults. Many falls occur because older people have difficulty adjusting their steps to avoid obstacles and uneven ground. To prevent falls from happening, scientists at George Mason University are searching for clinical signs of mobility challenges that could be early indicators of fall risk. By participating in an ongoing study, you could help contribute to preventing falls.

Dr. Tiphonie Raffegeau is an Assistant Professor in the School of Kinesiology and a Principal Investigator in the Sports Medicine Assessment and Rehabilitation Testing (SMART) laboratory on Mason's Science and Technology Campus in Manassas, VA (9438 Innovation Drive). Dr. Raffegeau is looking for older adults over 65 to come to the SMART lab for about 2-3 hours and complete surveys of mood and cognition, as well as several walking and physical function tests. She uses motion-capture technology (similar to the technology used to create special effects in cinema) to measure walking performance. She will ask participants to wear tight-fitting athletic clothing for their testing session. The researchers require that you continue on with your normal diet, medication, and activities before coming to the testing session. We provide copies of clinical

Volunteer in a Walking Study at George Mason University!

Includes:
Balance and walking tests, brain games, depression & anxiety screenings

Help us discover if cognition and mood underlie older adult fall-risk!

Must be 65-85 years, have corrected vision/hearing, and be able to walk unassisted

For more info, contact Tiphane Raffegaue, PhD Assistant Professor for the School of Kinesiology at the SMART Lab traffega@gmu.edu 703-993-6929 IRB#1993873-1

Use your camera phone to scan above QR code & email Dr. Raffegaue

tests for you to consult with your primary care physician. The study team will follow up via email six months later with the same surveys for you to fill out again. Once they are completed, you can earn a \$25 Amazon gift card. If you are interested in participating, email Dr. Raffegaue at traffega@gmu.edu.

[Back to Top of Page](#)

Literature, Theater, and Writing/Languages: Teach or Plan Programs at OLLI



By Pat Bangs, Literature, Theater, and Writing/Languages Program Planning Group Co-Chair

As part of a volunteer organization, many OLLI members have joined the ranks of our instructors or contributed to our program planning. This planning group, shortened to Literature, Language, and Theater (LLT), is seeking both. Perhaps you are a former teacher missing the classroom experience or have a passion—no need for formal expertise—you would like to share. You may also know individuals in your community who would be good OLLI instructors. Or, if you have a topic you would like to have taught and may know of possible instructors, share it with us and we can contact them. For example, we would like to expand our language offerings, including German and Italian, as well as our ongoing Spanish offering.

The LLT Program Planning Group is also inviting members to contribute to our LLT planning process. In coordination with staff, we meet several times a year to review and plan course offerings for each term. Planning begins at least six months in advance and sometimes earlier. Members are invited to our semi-annual large meetings in June and December. They are advertised in the *E-News* or you can contact me and I'll add you to our email list.

If you would like more information about teaching OLLI Literature, Theater, and Writing/Languages programs, please feel free to contact me or any of the other committee co-chairs below:

- Pat Bangs pbangs68@gmail.com
- Linda Bergman lbergman50@gmail.com
- Norma Reck NJReck@cs.com
- Jane Fitzgibbons jaf88@cox.net



[Back to Top of Page](#)

Spring 2024 Mason Jazz Concerts



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

Mason's Reva and Sid Dewberry Family School of Music is hosting several jazz concerts this spring, and we hope OLLI members will attend and enjoy them. Some of these are ticketed events, some are free! Listed below are three upcoming events. Later ones will be announced in subsequent issues of *E-News*.

Big Band Showdown: Monday Mar 25, 8:00



Center for the Arts
Tickets: \$12 General Public, \$8 Seniors, \$5 Students
Click this [link](#).

Join the Mason Jazz Ensemble (Director Jim Carroll), the Jazz Workshop (Director John Kocur) and Georgetown University Jazz Ensemble (Director Paul Bratcher) for an evening that celebrates the hot sounds and swinging beats of the Big Band era!

Jazz Combos: Wednesday Mar 27, 8:00

Harris Theatre
Free and open to the public; no tickets or registration required
Click this [link](#).

Under the direction of Wade Beach, the Mason Jazz Combos perform their spring 2024 concert.



The Jazz Workshop: Wednesday April 3, 8:00



Harris Theatre
Free and open to the public; no tickets or registration required
Click this [link](#).

Sing a Song of Song – The Jazz Workshop, directed by John Kocur, will present Harlem, cool, fusion, and contemporary jazz styles in nonet and tentet arrangements by jazz masters Duke Ellington, Gerry Mulligan, John Scofield, and Kenny Garrett.

[Back to Top of Page](#)

Wednesday Team Bloch Conversation—March 20 and 27



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

Continuing our Wednesday Conversations series, Team Bloch (Brenda Bloch-Young and Doris Bloch) will moderate OLLI Zoom discussions both on March 20 and March 27 at 4:00.

For March 20, the discussion topic is **Travel Plans**. This is the season for making travel arrangements and if you are contemplating a trip, let's talk about it. A secondary topic: **What three things do you always put into your carryon (or suitcase) first and why?**

On March 27, our topic of conversation is **Hidden Fees and Surcharges**. Do you feel you are being taken advantage of? Why does the price of an item vary so greatly from one retailer to another? Example: overpriced snacks in the airport shops. Then there are foreign exchange fees, airline extra charges, service fees at restaurants, resort fees at hotels. What about renewals? Why is it cheaper to renew by mail than online in some situations? Share your "rip-off" stories with us.

Join us every Wednesday afternoon at 4:00 in March on the 24/7 Chat Line. Registration is not required—or even accepted! All are welcome.

[Back to Top of Page](#)

Photo of the Month



The March 2024 Photo of the Month theme was Places of Worship. We selected Margie Wildblood's photo "Log Church" at Grand Teton National Park. It may also be viewed at [this page](#). To view other photos by members of the Photography Club, visit the club's photo [website](#).
-- By John Olsen and Edward Marion, Photography Club Co-Coordinators

[Back to Top of Page](#)

Poet's Corner

Courtesy of the Poetry Workshop

Balance

Some friends and family tune out
Some friends and family always know
Shootings
Hate crimes
Riots
Rape
 Floods
 Earthquakes
 Fires
 Tornadoes
Human against human
Human against nature
Nature against human
Some say "nothing I can do?"
Others say "must do what I can"
Where's the balance?
To be part of the answers
To protect my psyche

- Sally Sibley

[Back to Top of Page](#)

Arts & Music at George Mason

Performances March 15 through April 8



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 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 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

Virginia Opera: *Madama Butterfly*

Sat, Mar 16, 7:30
Sun, Mar 17, 2:00

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

Following the Sunday matinee, Virginia Opera Resident Scholar Joshua Borths will lead a post-performance discussion with the artists in the Center for the Arts main lobby.

Concert Hall
Admission: \$110, \$70, \$40.

Trinity Irish Dance Company

Sun, Mar 24, 7:00

A pre-performance discussion with Trinity Irish Dance Company Founding Artistic Director Mark Howard will take place in Monson Grand Tier 45 minutes prior to curtain.

Concert Hall
Admission: \$55, \$47, \$33.

[Back to Top of Page](#)

Mason Student and Faculty Performances

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

New Sound Collective Showcase

Mon, Mar 18, 11:30
deLaski Performing Arts Building, 3001
Admission: Free.

Mason School of Theater: *Antigone*, Presented by the Girls of St. Catherine's

Thu, Mar 21, 8:00

Fri, Mar 22, 8:00
 Sat, Mar 23, 2:00 and 8:00
 Sun, Mar 24, 2:00
 Harris Theatre
 Admission: \$30 Adult, \$15 senior.

2024 Mason School of Dance Gala Concert

Fri, Mar 22, 8:00
 Sat, Mar 23, 8:00
 Concert Hall
 Admission: \$30 Adult, \$15 senior.

Big Band Showdown Jazz Concert

Mon, Mar 25, 8:00
 Concert Hall
 Admission: \$12 Adult, \$8 senior.

Jazz Combos Concert

Wed, Mar 27, 8:00
 Harris Theatre
 Admission: Free.

Mason School of Theater: 1,001 Plays

Fri, Apr 5, 7:00
 Virtual Event
 Register at:
<https://signup.e2ma.net/signup/1980442/1912540/>

[Back to Top of Page](#)

At the Hylton Center (Manassas Campus)

PHILADANCO! (Philadelphia Dance Company)

Fri, Mar 15, 8:00
 A pre-performance discussion begins one hour prior to the performance.
 Merchant Hall
 Admission: \$48, \$41, \$29.

Prince William Little Theatre: *Stick Fly*

Fri, Mar 15, 8:00
 Sat, Mar 16, 8:00
 Sun, Mar 17, 2:00
 Gregory Family Theater
 Admission: \$25 Adult, \$20 senior.

Manassas Chorale: *Raise Your Voices High*

Sat, Mar 16, 7:30
 Merchant Hall
 Admission: \$25, \$23.

Eileen Ivers

Sun, Mar 17, 4:00
 A pre-performance discussion begins one hour prior to the performance.
 Merchant Hall
 Admission: \$58, \$49, \$34.

Matinee Idylls: Alma Ensemble

Tue, Mar 19, lunch at 12:30, concert at 1:30

Gregory Family Theater
 Lunch, concert, and dessert reception: \$65;
 Concert and dessert reception only: \$40.

[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). 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. 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 Mar 16	10:30 am 1:00 pm	Tai Chi Club – online Personal Computer User Group
Mon Mar 18	9:30 am 11:00 am 4:00 pm	What's in the Daily News? – online Poetry Reading Club Family History/Genealogy Club – online
Tue Mar 19	1:00 pm 4:30 pm	Stay Active and Independent for Life – online Tai Chi Club – online
Wed Mar 20	10:00 am 10:00 am 10:30 am 12:00 noon 2:00 pm 4:00 pm 4:00 pm	Board Game Club – online Bridge Club Investment Forum OLLI Pre-term Staff Meeting Memoir and More Writing Club – online Spanish Club– online Conversation with Team Bloch– online
Thu Mar 21	11:50 am 4:30 pm	All the News – online Tai Chi Club – online
Fri Mar 22	9:30 am 9:30 am 11:00 am 12:00 noon 1:00 pm 2:30 pm	Mah Jongg Club Crafts and Conversation Homer, etc. – online Photography Club Stay Active and Independent for Life – online Caregivers Group
Sat Mar 23	10:30 am	Tai Chi Club – online
Tue Mar 26	1:00 pm 4:30 pm	Stay Active and Independent for Life – online Tai Chi Club – online
Wed Mar 27	1:45 pm 1:45 pm	Bridge Club Spanish Club – annex

	4:00 pm	Mah Jongg Club – online
	4:00 pm	Theater Lovers’ Group – online
	4:00 pm	Conversation with Team Bloch – online
Thu Mar 28	4:00 pm	Reston Book Club – online
	4:30 pm	Tai Chi Club – online
Fri Mar 29	9:30 am	Crafts and Conversation
	11:00 am	Classic Literature Club – online
	11:00 am	Homer, etc. – online
	1:00 pm	Stay Active and Independent for Life – online
Sat Mar 30	10:30 am	Tai Chi Club – online

[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, 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.

[Top of Page](#)