

HELPFUL LINKS

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Newsletter



Web: www.oli-dc.org | **Phone:** 202-895-4860 | **Email:** oli@american.edu

Location: 4801 Massachusetts Ave. NW, Washington, DC 20016

Mail: 4400 Massachusetts Ave. NW, Washington, DC 20016

March 14, 2025

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ACADEMIC PROGRAMMING

SPRING SEMESTER INFORMATION

Registration

Today is the LAST day to register for the spring semester! You can see the status of each class (open or closed) on the OLLI website. The membership fee (\$330 for the semester) allows you to sign up for four study groups by

logging into your account. The deadline to add/drop classes and request a refund is **close of business today, Friday, March 14.**

MORE INFO/REGISTER

Preliminary Feedback

The [preliminary feedback form](#) is available on the OLLI website under "Classes" and then "Semesters/Minis." As always, feedback is anonymous.

We encourage you to take a few minutes to provide feedback about each of your study groups after attending two class sessions if possible. **If you have any suggestions for improvement, please be mindful of stating them in a constructive and respectful manner.**

Paper copies of the feedback form are also available in each class folder (just ask your SGR for one) as well as outside the OLLI office. If you choose to complete a paper form, please drop it off at the office when you're finished.

Preliminary feedback will be accepted through Friday, March 21.

Class Handouts and Recordings

[Spring recordings](#), as well as [spring handouts](#), are listed under "Classes," (1) then "Semesters/Minis" (2) (see image below). Each day's recordings during the semester are posted the following business day. You must first [log in to your member account](#) in order to view recordings and handouts. Both are available for viewing until two weeks past the end of the session.



PROPOSALS WANTED AND SPECIFIC TOPICS IN NEED

OLLI is currently accepting study group proposals for the [June Minis](#), [July Shorts](#), and the [fall semester](#). The submission deadline is **Sunday, April 6** for the summer and **Sunday, May 4** for the fall. OLLI at AU is always looking for new class topics and Study Group Leaders to teach them. Below is a list of some of the top priorities.

1. Geography
2. Art History
3. Africa (different regions and their history)
4. Ancient Civilizations of the Americas (Mayan, Aztec, Inca, etc.)
5. Spanish (intermediate level)

LECTURES

Registration is required for in-person lectures. Registration is open via the direct link below or the event page on the [OLLI website events calendar](#). Each registrant may reserve up to two seats. Your name(s) must be on the list of registrants to enter the lecture and you must be in your seat five minutes before the lecture starts to guarantee your seat. **All spring lectures will be held in-person at OLLI:** 4801 Massachusetts Ave NW, in room A on the first floor.



TODAY'S LECTURE

Sunil Félix, *Nuclear Energy and Sustainable Development*

March 14 | 1:30 PM

In-Person at OLLI: Room A

Since the first nuclear plant in the 1950s, the world has been divided on the use of nuclear power for energy. Using the case of France, Dr. Sunil Félix will discuss the advantages and disadvantages of nuclear energy and its contribution to sustainable growth of a country. Dr. Félix has been the Nuclear Counsellor at the French Embassy in Washington, DC since 2020, having previously served in the same position at the French Embassies in South Korea, India, and Japan. Following a PhD and post-doctoral studies in Mathematics, he joined the French Alternative Energies and Atomic Energy

Commission (CEA – France) in 1990. Since then, he has been working as a research engineer in the Structural Analysis field. He was also the Personal Assistant to the Chairman of the Generation IV International Forum (GIF), from 2006 to 2010 during the French Presidency of the Forum.

REGISTER



NEXT WEEK'S LECTURE

Undine Nash, *The Jefferson Building of the Library of Congress: Read It Like a Book*

March 21 | 1:30 PM

In-Person at OLLI: Room A

Undine Nash is a volunteer docent at the Library of Congress where she provides tours of the Jefferson Building for the public and dignitaries, interpreting the architecture and symbolism of it both in English and German. During her professional career as a microbiologist, she taught at medical schools and acted as chief infection control officer of two university hospitals. She also worked as an editor for a scientific journal published by Elsevier.

REGISTER

OLLI EVENTS



The Lillian and Albert Small Capital Jewish Museum Tour

Saturday, March 22 | 1:30-3:00 PM

575 3rd Street NW

Registration Required

Tickets \$25/person | No Refunds

We require at least 16 people to register!

Join us on a docent led tour of the [Lillian and Albert Small Capital Jewish Museum](#), which

explores the Jewish experience in the national capital region and inspires visitors to connect, reflect, and act—connect personally and collectively, reflect on the relevance of the past to today, and act on behalf of their communities and values. The 32,500-square-foot museum combines a large new structure with DC's oldest purpose-built synagogue that opened in 1876.

[MORE INFO/REGISTER](#)

SERENDIPITY TALK

Denise Rose, *Eating for Optimal Brain Health: How to Get Started*

Monday, March 24 | 3:30-5:00 PM

Online via Zoom

In this talk you will discover the optimal plant-based foods that evidence-based research suggests you eat every day to strive for optimal brain health. Sociologist Denise Rose will present this talk explaining what these foods are, what serving sizes you should consume daily, and how to make meals out of these brain nourishing foods. This talk is valuable for anyone wanting to prevent and halt brain diseases via lifestyle choices and those new to whole food, plant-based eating (WFPB).

Denise Rose (PhD) is an enthusiastic educator who has been teaching WFPB nutrition classes for several years. She also has a YouTube channel with her husband called Happy Vegan Couple. On their YouTube channel they post WFPB cooking videos to help people learn how to cook delicious, plant-based healthy foods in their own kitchens; Denise also shares long form interviews with people who have transitioned to a plant-based lifestyle and received major health benefits due to their dietary change. Denise led the Fall 2023 OLLI at AU class titled "Eat Plants: Prevent and Reverse Chronic Disease With a Whole Food Plant-Based Lifestyle!"

No registration is required. The Zoom link will be e-mailed to all those subscribed to the OLLI newsletter the morning of the talk. If you do not receive the newsletter and would like to attend, please join the email list at https://www.oli-dc.org/join_email_list.

OLLI HAPPENINGS

HAPPY HOURS

A happy hour will take place each Friday after the lecture, at about 2:45 PM, at Pizzeria Paradiso across the street from OLLI. The next happy hour will take place **today, March 14**. There is space for up to 25 people. Each person pays their own way.

OLLI LUNCH CLUB

OLLI Lunch Club will hold its next luncheon on **Wednesday, March 26** at 12:15 PM at Millie's Restaurant across the street from OLLI. There is space for up to 12 people. Each person pays their own way. Click the button below to reserve your spot.

[REGISTER](#)

AU EVENTS

AMBASSADORS UP-CLOSE:

SPOTLIGHT ON NATO AND
EUROPEAN SECURITY

Tuesday, March 18
4:30-5:30 p.m.
SIS Founders Room



Ambassador Julianne Smith
Former U.S. Permanent Representative to NATO (2021-2024)
National Security Expert on U.S.-European Defense Policy &
Transatlantic Relations



James Goldgeier
SIS professor



Garret Martin
SIS professor

[REGISTER](#)

#2025SineFellow and Nobel Prize Laureate Nadia Murad (CAS/BA '24) presents:

Who Can Influence the End of Conflict-Related Sexual Violence (CRSV) in the World?



Featuring Special Guest
Alyse Nelson
President and CEO
Vital Voices Global Partnership

March 19th, 2025 | 4:00 PM ET
Mary Graydon Center
Room 306



[REGISTER](#)



2025 Amos Perlmutter Memorial Lecture

"Confronting Environmental Challenges for Israelis and Palestinians in Times of War"

by Professor Alon Tal



MELTZER SCHWARTZBERG
CENTER for ISRAEL STUDIES
AMERICAN UNIVERSITY • WASHINGTON, DC



SCHOOL of PUBLIC AFFAIRS
AMERICAN UNIVERSITY • WASHINGTON, DC

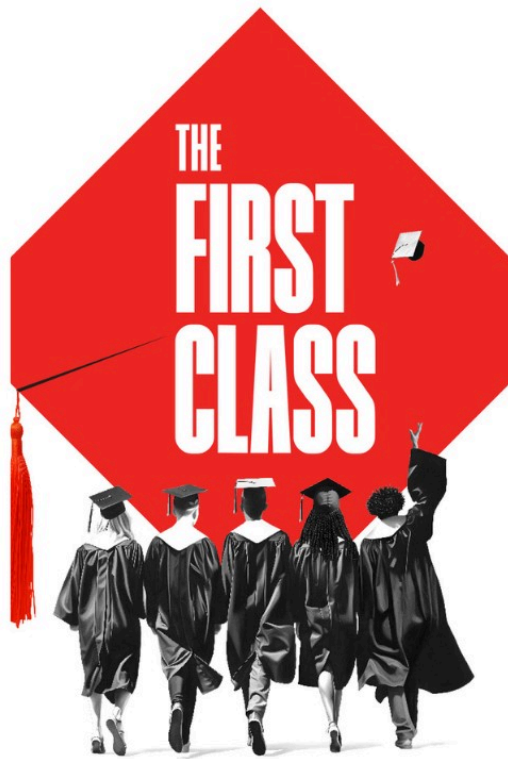
2025 AMOS PERLMUTTER MEMORIAL LECTURE

Monday, March 31 | 7:00 PM | Registration Required

American University's Butler Board Room

Please join the AU School of Public Affairs and Meltzer Schwartzberg Center for Israel Studies for the 2025 Amos Perlmutter Memorial Lecture by Dr. Alon Tal, Israeli environmentalist, academic and politician. Dr. Tal will discuss sustainability challenges of the region, the profound environmental implications of the Gaza war on the future, and possible visions that can lead beyond the prevailing painful and destructive dynamics.

[REGISTER](#)



THE STORY OF CROSSTOWN HIGH

MOVIE SCREENING

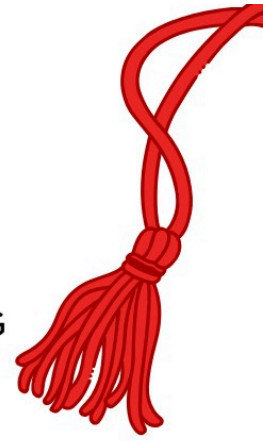
THURSDAY

MARCH 20, 2025

SPRING VALLEY

BUILDING

6PM | ROOM 602



Register @
<https://apply.soe.american.edu/register/TheFirstClass>
4801 Massachusetts Avenue NW Washington, DC 20016

REGISTER

Osher Lifelong Learning Institute at American University

The Osher Lifelong Learning Institute at American University is an association of, by, and for the people in the Washington, DC area who wish to continue to study and learn. OLLI at AU is dedicated to the proposition that learning is a lifelong process and that *curiosity never retires*.

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Tony Long, *Executive Director*

Lesley Diaz, *Director of Academic Programming*

Lisa Olson, *Director of Operations and Projects*

Jesse Williams, *Operations Manager*

Amya Bertrand, *Programs and Projects Coordinator*

Annabel McClure, *Administrative Coordinator*

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