

## HELPFUL LINKS

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# Newsletter



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## March 21, 2025

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## ACADEMIC PROGRAMMING

### Preliminary Feedback

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

**The last day to submit preliminary feedback is today, March 21.**

### SUMMER AND FALL PROPOSALS

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.

## MEMBERSHIP DIRECTORY

The [Spring 2025 Membership Directory](#) is now available on the OLLI website. Members must be logged in to access the directory. Go to "Documents," and then "For Members Only."

## 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. *Please note that if the garage or front doors are locked, you will need to type the four-digit PIN code into the keypad in order to enter. If you're unsure of the PIN code, please refer to your lecture registration confirmation email.*



### TODAY'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**



## NEXT WEEK'S LECTURE

**Lance George, *Manufactured Homes: Affordable Housing Solution?...Or Trap?***

**March 28 | 1:30 PM**

**In-Person at OLLI: Room A**

Lance George is the Director of Research and Information at the Housing Assistance Council. With more than 20 years of experience, Lance leads the organization's research, data, and information efforts. He works at the intersection of housing, research, and data to help Americans who have quality and safe homes, understand and care about those who do not. Lance's research encompasses a wide array of issues and topics related to demographics and housing. *A displaced Kentuckian, who currently splits his time between Washington, DC and Minnesota, Lance embodies the adage, "Northern Charm and Southern Efficiency."*

**REGISTER**

## OLLI EVENTS



**The Congressional Cemetery Tour**

**Saturday, April 26 | 1:00-2:30 PM**

**1801 E St SE**

**Registration Required**

**Tickets \$10/person | No Refunds**

Join us on a docent led tour of the Congressional Cemetery, officially the **Washington Parish Burial Ground**, a historic and active cemetery located in SE DC on the west bank of the Anacostia River. It is the only American "cemetery of national memory" founded before the Civil War. Over 65,000 individuals are buried or memorialized at the cemetery, including many who helped form the

nation and Washington, DC, in the early 19th century.

[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](https://www.oli-dc.org/join_email_list).

## OLLI HAPPENINGS

### HAPPY HOURS

A happy hour will take place at Pizzeria Paradiso each Friday after the lecture, at about 2:45 PM, including today, March 21. 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](#)

## OLLI SGL BOOK LAUNCH PARTY

Join OLLI SGL Lisa Friedman in celebrating the release of her new book! A spring launch party will be hosted by Lisa's publisher on May 18th at The Cordell in Bethesda.

[REGISTER](#)

## AU EVENTS



*2025 Amos Perlmutter Memorial Lecture*

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

**by Professor Alon Tal**



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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**

SINE INSTITUTE  
of POLICY & POLITICS  
AMERICAN UNIVERSITY • WASHINGTON, DC

Join #2025SineFellow Tara Palmeri (SOC/BA '08) for her third #SineSeminar:

## The Red-Pilling of Silicon Valley: How Tech Billionaires Turned on Democrats and Helped Deliver Trump a Victory



With Special Guest  
**Teddy Schleifer**

Reporter  
**New York Times**

March 25th, 2025  
5:00 PM ET  
MGC 307



**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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