

OSHER

OSHER
LIFELONG
LEARNING
INSTITUTE

AT THE UNIVERSITY OF RICHMOND

FALL 2020



Plunging into online learning.



RICHMOND
School of Professional
& Continuing Studies™

A MEMBERSHIP PROGRAM FOR PEOPLE 50 AND BETTER • OSHER.RICHMOND.EDU

Our History

Established in 2004 at the University of Richmond's School of Professional and Continuing Studies, the Osher Lifelong Learning Institute operates through the support of its members, the University of Richmond, and an endowment from the Bernard Osher Foundation of San Francisco. There are 124 Osher Institutes in colleges and universities throughout the United States. We offer intellectual stimulation and civic engagement in a community of lifelong learners age 50 and better.

Through the Osher Institute you may rediscover your love for learning on the beautiful University of Richmond campus. We offer a wide array of academic courses and programs year round, in the spring, summer and fall semesters. Osher offerings include undergraduate credit courses for audit, special interest groups, mini-courses, free lectures, and more. There are no entrance requirements, no tests and no grades. In fact, no college background is needed at all—it's your love of learning that counts. If you're 50 or better with a curious mind and a keen interest in learning, we'd love for you to join us.



“The only way to make sense out of change is to plunge into it, move with it, and join the dance.” — Alan Wilson Watts

Sometimes, we don't have any option but to plunge in! Haven't we done this in 2020? This spring and summer have been clear evidence of this. Osher staffers walked away from their campus offices on March 17th to begin working remotely. All of us have plunged into the new world of online learning and zooming. We have all learned so much and made changes we never imagined.

We are incredibly grateful that Osher members have moved with us and joined the dance. We have all had to learn some brand new steps! You have signed up for online classes, and you've perfected joining them via Zoom. Our instructors have been amazing in their commitment and determination to create quality online experiences for Osher members.

Our new skills and learning experiences will continue this fall, as we will stay online with all Osher courses. The University appropriately is focusing on its degree-seeking undergraduate and graduate students. Housing, feeding, and educating students in a safe environment will be an extraordinary challenge this fall. We believe that it is best for our Osher members to remain off campus and out of classrooms for a while yet.

Changes are also evident in this printed catalog. Per your feedback and as promised, we have included the course instructors and narratives. We are focusing exclusively on our fall courses in this condensed catalog in order to streamline the work and reduce costs. Much of the additional content, such as information on library services, performing arts events, and Osher interest groups, will be featured in other print and web-based materials.

Many thanks to you for completing our 2020 Membership Survey. This year, we had the greatest response rate ever – 465 responses, which is a 47% rate of return. You all had thoughtful remarks, suggestions, and ideas. We look forward to analyzing the data and reporting back to you with what we hope will be appropriate changes and adjustments, grounded in this information.

We are truly grateful for your continued support of the Osher Institute. We love what we do, and we do it for you! These have been crazy, perhaps lonely, even scary months for all of us, and we hope that our online resources, happy hours, classes, and special events have brought diversion, learning, and joy to your days at home.

Nothing can take the place of our face-to-face encounters, and we look forward to the days when we can be back together on campus, in classrooms, and with one another. For now, we are thankful that you've taken the plunge and joined the dance!

Peggy Watson, W'76
Director
margaret.watson@richmond.edu

Nell Smith
Program Coordinator
nsmith3@richmond.edu

Amy Edwards, L'97
Stewardship Assistant
aedwards@richmond.edu

Barbara Apostle
Program Assistant
bapostle@richmond.edu



at the University of Richmond
osher.richmond.edu

This schedule is a publication of the University of Richmond School of Professional and Continuing Studies. The contents represent the most current information available at the time of publication. However, due to the period of time covered by this catalog, it is reasonable to expect changes to be made without prior notice. Comments and course suggestions are welcome. Please call (804) 287-6344 or e-mail margaret.watson@richmond.edu.

Cover photo by Daniel Hocutt

Other photo credits: Vivian Marcoccio, Nell Smith and Peggy Watson

Common Ground Mission Statement

The University of Richmond is committed to developing a diverse workforce and student body, and to modeling an inclusive campus community which values the expression of differences in ways that promote excellence in teaching, learning, personal development, and institutional success.

Jeanne Clery Disclosure Statement

The University Police Department, in compliance with the Jeanne Clery Disclosure Act, publishes an annual report outlining its policies, functions, campus safety plans, prevention techniques, and tabulated statistics for the most recent three-year period. For a copy of the Department's Annual Report, call (804) 289-8715, write the University of Richmond Police Department, att. Jeanne Clery Crime Statistician, Special Programs Building, 490 Westhampton Way, University of Richmond, VA 23173 or access the report online at police.richmond.edu.

Where do I start?

Online Registration

- Log in to the online registration portal. Visit **osher.richmond.edu/schedule** to access. Once logged in, your name will appear at the top of the page.
- Confirm your membership is active. Select **My Profile** once logged in.
 - Not yet a member? Need to renew? Select **MEMBERSHIPS & RENEWALS**.
- Preview classes starting August 14. Register starting **August 25**.
- Register for up to 10 classes in one transaction. **Check out and pay** as needed. You may process as many 10 class transactions as you wish.
- If a class is full, it is important to add the class to your cart to place your name on the waitlist. Staff actively manages waitlists all semester.

Class Participation

- Fall classes & events will be held remotely. You'll receive a **Zoom link** via email before class.
 - Don't share this access link with others. It's **exclusive to Osher** members.
 - Some classes may be recorded. You'll be **notified** if this is the case.
- Log in 5-10 minutes early using a device with **camera, microphone and speaker**.
 - Install Zoom on your device well before your session. Visit **zoom.us/download**.
 - For optimal experience, use a **large tablet or computer**.
 - Name your device using your **first and last name** for verification.
- Follow course assistant and **instructor preferences** for participation.



ID & Password Reminders

- Your **UR ID** is used to confirm your affiliation with the University.
 - Contact Osher staff to obtain your UR ID number.
 - Use when requesting **technical assistance** at the Help Desk.
 - Use to acquire **UR photo identification** and to create other IDs.
- Your **Net ID** is used to access University-hosted resources.
 - Go to **webpass.richmond.edu**. Requires **UR ID** and birthdate to create.
 - Requires **16-character password**, changed annually.
 - Provides **access** to UR email, wifi, VPN and library databases.
- Your **Osher membership ID** is used to register for Osher classes online. Go to **osher.richmond.edu/schedule** to access.
 - May requires **UR ID** for one-time setup.
 - Create password and username of your choice.
 - Note: This is not connected to your **Net ID**.

SEPTEMBER

¡Mas Español Por Favor!

Ri **BACK BY POPULAR DEMAND** Welcome back to your Spanish journey! This class is a continuation of basic Spanish and offers new vocabulary and practice exercises in listening and speaking. Attention will be given to understanding more complex sentences and audio/visual presentations. Students should have an understanding of basic pronunciation, sentence structure, and pronouns.

M • Sep 14, 21, 28 • 8:30 AM–9:30 AM • \$40/Silver • Leader: Mary Catherine Raymond

Osher Member Orientation

Bo Learn from other Osher members how to access and fully enjoy the many benefits of being an Osher member and a member of the UR community.

R • Sep 17 • 10:00 AM–11:30 AM • Free to Members • Leader: Christine Campbell

The US Civil Rights Trail: A Pilgrimage

NEW The presenters recount by photos and reflections their ten-day road trip in February 2020 along sections of the US Civil Rights Trail: Nashville, Memphis, Little Rock, and multiple cities in Mississippi and Alabama, offered as an invitation to others to experience this new national treasure for themselves.

M • Sep 21, 28 • 10:00 AM–11:30 AM • \$40/Silver • Leaders: Jeffrey Gallagher, Catherine Howard

Richmond Ballet: Maggie Small

NEW Hear from long-tenured Richmond Ballet dancer Maggie Small of her many years as a professional ballerina. Find out how Maggie's transition to the Grants Specialist has influenced her and how her organization approaches funding arts in the RVA.

M • Sep 21 • 1:00 PM–2:00 PM • \$20/Silver • Leader: Richmond Ballet

Crime Fiction Inspired by the Songs of Joni Mitchell

NEW In 'The Beat of Black Wings: Crime Fiction Inspired by the Songs of Joni Mitchell,' 28 authors (many of them VA residents) use Joni's songs as inspiration for short crime stories that range from lighthearted to very dark. The volume's editor will lead discussions about the stories, and many of the authors will drop in to answer questions about their work.

M • Sep 21, 28, Oct 5, 12, 19, 26, Nov 2, 9 • 2:30 PM–4:00 PM • \$60/Silver • Leader: Josh Pachter

Increasing Access to Global Healthcare: The Medicines for All Institute

Aw Bo **NEW** Access to global public healthcare is affected by many technical, economic, and social factors. The mission of Medicines for All (M4ALL) is to transform active pharmaceutical ingredient (API) processes in order to reduce medication cost and improve patient access. To fulfil this objective, M4ALL has developed a set of core principles for API process development, which have been applied to several global health drugs yielding dramatic improvements in chemical efficiency.

T • Sep 22 • 10:00 AM–11:00 AM • Free to Members • Leader: Frank Gupton

Finding Your Roots at the Library of Virginia

BACK BY POPULAR DEMAND This course will provide students with an introduction to the Library of Virginia, explore how to navigate the Library's website and catalog, and offer tips on how to begin genealogical research and specific records to use, particularly the digital collections available on Virginia Memory.

T • Sep 22 • 1:00 PM–2:30 PM • \$20/Silver • Leader: Ashley Ramey

Final Farewells for Some Obscure Presidents

NEW This is a sequel to the series offered several times for Osher on the deaths and funerals of Presidents who were born in Virginia and those who were assassinated. This series focuses on some nineteenth-century Presidents who are not so well known: specifically, John Adams, John Quincy Adams, Martin Van Buren, Millard Fillmore, Franklin Pierce, James Buchanan, and Andrew Johnson.

T • Sep 22, 29, Oct 6, 13, 20, 27, Nov 3, 10 • 3:00 PM–4:00 PM • \$60/Silver • Leader: Bernie Henderson

Storytelling with Gestures from 'Abhinaya Darpanam' - Indian Classical Dance

BACK BY POPULAR DEMAND Indian Classical Dance has an evolved vocabulary of 'Angikam' or body language. Stances, eye/head/neck movements, walks/jumps/twirls, and hand gestures enrich all Indian Classical Dance forms. It is universal and contextual at once. We will explore story-telling using gestures based on an ancient text: 'Abhinaya Darpanam' of Nandikeshwara.

W • Sep 23, 30, Oct 7 • 3:30 PM–5:00 PM • \$40/Silver • Leader: Priti Patil

Learning about the Holocaust in Today's World

NEW We'll examine the erosion of government and the implementation of Nazi rule as the rights of citizenship were erased along with millions of people. How did a country often labeled as sophisticated become the incubator for the targeted destruction of millions? Why did ordinary citizens become focal point of brutality and hatred? Why did 'us vs. them' define neighbors? How do we view this history here and now in 2020?

R • Sep 24, Oct 1, 8, 15, 22, 29, Nov 5, 12 • 9:30 AM–10:30 AM • \$60/Silver • Leader: Rena Berlin

Explore China: The Chinese Peranakans

NEW The Chinese Peranakans are an intriguing, but relatively unknown ethnic group. This class will explore the Chinese that sailed south to the Malay archipelago and specifically to Singapore. Their unique culture was a mix of Chinese and Malay beliefs, customs and values with some British Colonial influence. They became very wealthy and lived an opulent lifestyle that you will learn about and see in their homes, furniture, jewelry, and clothing.

R • Sep 24, Oct 1 • 11:00 AM–12:00 PM • \$20/Silver • Leader: Donna Callery

World Order: Leonardo da Vinci's 'All Things are Connected' . . . Or Are They?

NEW This class will explore three major events: environmental degradation, human rights, and COVID-19. Is there a connection, a common denominator to these three world events, or is it just happenstance? We will discuss our role in making a difference in the ultimate impact on humanity with our focus on the environmental influencers.

R • Sep 24, Oct 1 • 1:00 PM–2:30 PM • \$40/Silver • Leader: Gordon Russell



Medicare Educational 101

Aw **BACK BY POPULAR DEMAND** This class provides an overview of the various pieces of Medicare, including Part A & B, supplements, drug cards, and Medicare Advantage plans. Eligibility, timing, and enrollment in the various parts of Medicare are covered. Join us for an interactive presentation to understand your eligibility, enrollment, costs, and coverages for Medicare. We'll provide a complete roadmap for a transition to Medicare, and a question-and-answer session follows the presentation.

R • Sep 24 • 3:00 PM–4:30 PM • \$20/Silver • Leader: Chris Lynch

Using DNA In Your Family Research

Aw **NEW** Using DNA to discover your ancestral origins is just one use of your DNA, but did you know you can find lost relatives as well? We will review the DNA testing companies, what each provides and introduce the concept of using 'DNA cousins' to help break down those brick walls and learn more about our families!

F • Sep 25, Oct 2 • 10:00 AM–11:30 AM • \$40/Silver • Leader: Paula Williams

Skin Cancer

Aw **NEW** Listen and learn about how to protect yourself and detect cancer early. We'll review who is at risk and how to protect yourself. We will also review the most common types of skin cancer, as well as treatments, including Moh's Surgery.

F • Sep 25 • 1:00 PM–2:00 PM • \$20/Silver • Leader: Christine S. Rausch

The Rise of Ancient Judah: Five Classes, Four Sites and One Kingdom

NEW Explore the formation of the Judaeen 'kingdom' as part of a United Monarch in the 10th century BCE, one of the most debated periods in the biblical and archaeological record. Recent excavations in Jerusalem have shed a tremendous amount of light on the period. It will be a goal to review this material alongside the biblical record to seek historical clarity for the emergence of the Kingdom of Judah.

F • Sep 25, Oct 2, 9, 16, 23 • 2:30 PM–4:00 PM • \$60/Silver
Leader: Jonathan Waybright

Common Misconceptions about Islam and Muslims

BACK BY POPULAR DEMAND While there are many misconceptions about Islam and Muslims, the most common and prevalent have been chosen for a detailed study. Each misconception will be explained through historical references, verses from the Quran, and strong Prophetic traditions.

M • Sep 28, Oct 5, 12, 19, 26 • 12:00 PM–1:00 PM • \$60/Silver
Leader: Malik Khan

Disasters I Have Known: A Behind-the-Scenes Look at How State Government Responds to Disasters

NEW Tune in for a reflective talk on the role government plays in responding to disasters, both natural and manmade, by the former Chief of Staff to Virginia Governors Warner and Kaine. From hurricanes to school shootings, citizens rely on their government to respond. What is that framework and what should citizens expect? Using real-life examples and personal stories, this session is designed to provide a glimpse into how government mobilizes during disasters.

T • Sep 29 • 10:00 AM–11:30 AM • \$20/Silver • Leader: William Leighty

Conundrums: Economics Meets Ethics in Healthcare

Aw Bo **NEW** How much should we spend to save a low birthweight baby?

Which of three patients should get a transplantable kidney? Is one human life today worth more than two lives ten years from now? In this class, we'll discuss whether we can put dollar values on life and health: or whether we can actually avoid doing so.

T • Sep 29 • 1:00 PM–2:30 PM • Free to Members • Leader: Robert Graboyes

2020 Classical Piano Program: All Beethoven

NEW For the fourth year in a row, Alan brings his combination of live performance and running commentary to help you better understand the music you listen to. This All Beethoven series is in honor of the composer's 250th birthday and will include a mix of the momentous and the miniature, familiar warhorses, and hidden gems you've likely never heard.

T • Sep 29, Oct 6, 13, 20, 27, Nov 3 • 5:00 PM–6:00 PM • \$60/Silver
Leader: Alan Pollack

Four Centuries of African American Heritage in Petersburg

NEW Come explore the rich tapestry of African-American history in Petersburg, dating back to the late 18th century.

W • Sep 30, Oct 7, 14 • 10:00 AM–11:30 AM • \$60/Silver
Leader: H. E. 'Chip' Mann

Getting Started With Your Family History

NEW Have you always wanted to research your family history, but didn't know how to get started? This class will walk you through the steps to get going, reveal what you need to gather, and talk about the many resources on the web and in libraries to help you find those lost relatives!

W • Sep 30 • 1:00 PM–3:00 PM • \$20/Silver • Leader: Sylvia Elchinger

Music and Culture of the 1950s

NEW Whether you lived through the 1950s or are just interested in this period, Murray's first Nite-Owl class will provide the opportunity to learn about, discuss, and experience how new post-World War II trends were influencing and then being extended by the emerging musical styles of the 1950s. For the first time, audiences could turn on their new transistor radios or color television sets and experience rock and roll, country, rhythm and blues, folk, jazz, and show music on the same station.

W • Sep 30, Oct 7 • 5:30 PM–7:00 PM • \$40/Silver • Leader: Murray Ellison

OCTOBER

Taking Your Passion to the Next Level: A Workshop for Developing and Leading Osher Courses

Bo Are you contemplating teaching an Osher course? Facilitated by Osher members who lead courses, this session covers the ingredients of peer-led Osher Institute courses.

F • Oct 2 • 12:00 PM–2:00 PM • Free to Members • Leader: Bill Bailey

The Living Alphabet: The Life of UR Alumnus Warren Chappell

Ri Bo **NEW** Born in Richmond in 1904, Warren Chappell graduated from the University of Richmond in 1926 and became a leading figure in 20th-century book and type design and illustration. This course will explore multiple facets of Chappell's life and work, including his work as an illustrator, type designer, and author.

M • Oct 5 • 10:00 AM–11:30 AM • Free to Members • Leader: Lynda Kachurek

Brazilian Portuguese: A Journey into the Language!

NEW In this journey we will review some basics and explore more of grammar, listening, pronunciation plus vocabulary focused on effectively communicating with native speakers. We will also share some culture as recipes, expressions and music. After reviewing and learning more about the basic communication using videos and music, you will be able to start a conversation with a native speaker and practice what was learned in class.

M • Oct 5 • 6:00 PM–7:30 PM • \$20/Silver • Leader: Marília Munhoz

The U.S. Supreme Court: Reflections on the Past Half Century

NEW This course will review some significant Supreme Court decisions since 1970, while questioning whether the Court has deserved its long-held reputation in civic lore as an institutional bulwark protecting the rights of poor and marginalized Americans. The course will also consider how recent Court appointments and the upcoming election might affect the future direction of the Court.

T • Oct 6, 13 • 10:00 AM–11:00 AM • \$20/Silver • Leader: Thomas Cox

Pandemics: Unpredictable, Dynamic, and Just a Tad Scary

Aw Bo **NEW** Join Dr. Danny Avula, Director of the Richmond and Henrico Districts of the Virginia Department of Health, for an informal conversation about where we've been and where we are going with the COVID-19 pandemic.

The facts and figures are ever-changing, so come with your questions!

T • Oct 6 • 11:30 AM–12:30 PM • Free to Members • Leader: Danny Avula

Understanding Long Term Care Insurance

Aw **BACK BY POPULAR DEMAND** We'll help you understand long term care as well as the options available to pay for care. What is the most tax-efficient way, based on individual's circumstances, to pay for long term care? There is no one-size-fits-all solution.

T • Oct 6 • 1:00 PM–2:00 PM • \$20/Silver • Leader: Linda Tsironis Caruthers

Racial Segregation: Then and Now

Ri **BACK BY POPULAR DEMAND** This look at Jim Crow practices in Virginia and the nation in the early-to-mid 20th century explores their enduring legacy in educational and housing segregation in the Richmond area.

W • Oct 7 • 1:00 PM–3:00 PM • \$20/Silver • Leader: Margaret Edds, John Moeser

President Truman's Decision to Recognize Israel

NEW US recognition of Israel was highly controversial. After a brief review of the background of the establishment of Israel in May 1948 we will analyze arguments for and against recognition, focusing on why and by whom they were made. Our key question is whether Truman's decision was in the US national interest.

R • Oct 8 • 11:00 AM–12:30 PM • \$20/Silver • Leader: Edward Drachman

Four Quartets: A Study of T. S. Eliot's Last Major Poem

NEW This poem, written during 1935-1942, was T. S. Eliot's last major poem. In it, he asks us and challenges us to sort through substantial philosophical issues ranging from the nature of wisdom to the inadequacy of language.

R • Oct 8, 15, 22, 29 • 2:30 PM–4:30 PM • \$60/Silver • Leader: Riker Purcell

Children of the Civil Rights Series, Volume 2: Why is Claudette Colvin Forever Linked to Rosa Parks?

NEW Join this class to explore the life of Claudette Colvin who on March 2, 1955, at age 15 refused to give up her seat on a Montgomery, Alabama bus nine months

before the much more remembered Rosa Parks. Why did the local NAACP officials not support Colvin following her arrest, but did support Parks? Also, we will discuss the ensuing Montgomery Bus Boycott which became a pivotal moment in the Civil Rights Movement.

F • Oct 9, 16 • 10:00 AM–11:00 AM • \$40/Silver • Leader: John Festa

Bounty of Boatwright

Ri Bo Are you excited about the ability to use the wonderful resources of Boatwright Memorial Library, but not sure where to start? In this introductory session, you'll learn how to navigate the Boatwright website and hear about what's available to you at Boatwright. This session provides an overview for beginners or those new to Osher and is not hands-on. It will include a virtual tour of the library.

F • Oct 9 • 12:00 PM–1:30 PM • Free to Members • Leader: Carol Wittig

¡Bienvenidos! Spanish for Beginners

Ri **BACK BY POPULAR DEMAND** Spanish is not only fun to learn, but increasingly useful in our community and while traveling abroad. This class is designed for beginners with no previous Spanish language experience. We will focus on pronunciation, conversational vocabulary, popular greetings, and useful phrases. You'll be amazed at how easy it is to start speaking right away!

M • Oct 12, 19, 26 • 8:30 AM–9:30 AM • \$40/Silver • Leader: Mary Catherine Raymond

Higher Education and College Athletics

Ri Bo **NEW** This course will provide an overview of the role of college athletics within higher education, and specifically at the University of Richmond. The class will provide an opportunity to engage with and learn from current student-athletes while learning about the comprehensive services and infrastructure of Division 1 Athletics.

M • Oct 12 • 10:00 AM–11:30 AM • Free to Members • Leader: Lauren Wicklund

How to View and Understand Art

REVISED Learn the language of art and visual strategies to analyze, interpret, and critique artworks using art works from

the Smithsonian American Art Museum. Build your visual vocabulary by examining the deliberate choices artists make in their works and why they make them.

T • Oct 13 • 12:00 PM–1:30 PM • \$20/Silver • Leader: Alice Waagen

Approaches to Biblical Interpretation

NEW How do we uncover the intent of the original authors? How should the Bible be understood or applied today? Who decides what the correct interpretation is? The Bible has been interpreted in widely diverse ways throughout history. This course will conduct a quick survey of some of the most prominent approaches, including emerging directions today.

W • Oct 14, 21, 28, Nov 4 • 1:00 PM–2:00 PM • \$60/Silver • Leader: Ryan Ahlgrim

Social Security and Estate Planning

Aw **BACK BY POPULAR DEMAND** This course will provide an overview of Social Security and how it works, including eligibility and Primary Insurance Amount, filing options, the importance of timing, and spousal benefits. We will also cover Estate Planning with an overview of today's estate tax landscape and how to avoid the common mistakes people make with their estates. Then, we'll talk about the Secure Act and provide an overview of new legislation that affects retirement and estate planning.

W • Oct 14, 21, 28 • 2:30 PM–3:30 PM • \$40/Silver • Leaders: James Schreiber, Shelley White

Navigating Finances for a Loved One with Alzheimer's

Aw **NEW** Caring for a parent with dementia/Alzheimer's can be expensive. We will discuss options that can lessen the financial burden such as VA Benefits. We will also discuss ways to make mom & dad's life savings last longer and avoid taxation. We will talk about protecting your parents from people looking to take advantage of them.

R • Oct 15, 22, 29 • 11:30 AM–12:45 PM • \$40/Silver • Leader: Eric Jorgensen

Classical Piano Hits

NEW Richmond's acclaimed pianist, music director, teacher, and faculty member, Dr. Charles Staples will perform some of the world's most loved and recognized piano repertoire. He will offer the history

of the selections as well as interesting facts about each composer. Come prepared with all your classical music knowledge at the ready for a fun time guessing titles and composers and chatting online with one of the region's finest pianists.

F • Oct 16 • 12:00 PM–1:00 PM • \$20/Silver • Leader: Charles Staples

What Can We Learn From The Middle Ages (395-1500 AD)?

NEW This class is a survey of the Medieval Period, 395 AD to 1500 AD. It will examine the political, economic, social, and intellectual heritage of the Middle Ages. How did Western Europe become the most dominant region on the globe, and what can we learn from its evolution from a backward, invasion-ravaged area to conqueror of the world?

M • Oct 19, 26, Nov 2, 9 • 10:00 AM–11:00 AM • \$40/Silver • Leader: Louis Cei

A History of Aging: From Aristotle to Aronson

Aw **NEW** This course will take a brief look at the medical and cultural histories of aging, from the presumptions and ideas put forth from historical icons such as Aristotle and Cicero to the more educated and modern academics like Louise Aronson, Carla Perissinotto, Jimmy Carter, and others.

T • Oct 20, 27 • 10:00 AM–11:30 AM • \$40/Silver • Leader: Sean Palmer

Telling America's Stories Through Art: Early America

REVISED Artists depict the cultural, social and political climate of their times. How can their artworks enrich our understanding of American history? Using Smithsonian American Art Museum artworks, this session will explore America from its earliest days as a British colony to its birth as a new nation.

T • Oct 20 • 12:00 PM–1:30 PM • \$20/Silver • Leader: Alice Waagen

Ernest Hemingway: The Old Man and the Sea

NEW Is 'The Old Man and the Sea' just a darn-good fish story, or is it an allegory representing the wisdom the author and adventurer gained in his later years? Join us on an expedition of Hemingway's life in Cuba, and the wisdom he shared in his Nobel Prize-winning book.

W • Oct 21, 28 • 10:00 AM–12:00 PM • \$40/Silver • Leaders: Murray Ellison, John Schofield



The Osher Institute Special Interest Groups

Formed and led by Osher members, our vibrant Osher interest groups are listed below. The current status and other details about each interest group are online at osher.richmond.edu. A current Osher Institute membership is required for interest group participation.

Biking John Bander
johnabander@icloud.com

Bridge Ellen Hollands refine98@aol.com
804-741-0221 or 804-402-8402

Contemporary Issues Susan Phieffer
sphieffer@gmail.com

Great Conversations Vera Mulherin
paxvera@netscape.com

Hikers Lex Bailey
alexander.neale.bailey@gmail.com

Historically Speaking Louis Cei
ceilb2@aol.com

Investments Brian McNeil
fbmcneil@gmail.com

Literary Dreamers Dorothy Schoeneman
dorth325@hotmail.com

Memoir Writing Karen Mizrach
krmizrach@gmail.com

Photography Peter Blankman
pblankman@gmail.com

Theatre Lovers Linda Turner
lturner@richmond.edu.

Travel Celeste Miller
OSHERtravel@gmail.com

Queen Elizabeth’s Visit to Virginia

NEW Join us for a behind-the-scenes view of the planning, coordination, and execution of the Queen’s visit to Virginia in 2007. Learn of the intense planning and ultimate pageantry of this once-in-a-lifetime event.

F • Oct 23 • 10:00 AM–11:30 AM • \$20/Silver • Leader: William Leighty

Telling America’s Stories through Art: The New Nation

REVISED Artists depict the cultural, social and political climate of their times. How can their artworks enrich our understanding of American history? Using Smithsonian American Art Museum artworks, this session will explore the forces that influences the emerging American identity: the great expanse of western frontier, the growth of the agricultural economy, and the rise of industry.

T • Oct 27 • 12:00 PM–1:30 PM • \$20/Silver • Leader: Alice Waagen

The Eagle’s Webbed Feet: A Maritime History of the United States

NEW The United States is a maritime nation whose Navy has always been integral to its existence: first as a small but up-and-coming trading nation, then as one of the world’s ‘Great Nations,’ and finally as a super power. Throughout, the Navy’s changes and progression have mirrored and paralleled the nation’s. This course is a survey of that transformation from a small maritime defense force into the most powerful Navy in history.

**R • Oct 29, Nov 5, 12, 19, Dec 3, 10 • 2:30 PM–4:30 PM • \$60/Silver
Leader: Bill Riffer**

Richmond’s Tourism: Past, Present, Future

Bo **UPDATED** Richmond’s tourism industry has been flourishing for years and has been especially attractive to foodies and sports enthusiasts. COVID-19 and civil unrest have certainly had an effect on tourism, but to what degree and for how long? Jack Berry will give us a sense of where we’ve been, where we are, and where we’re going as a tourist destination.

F • Oct 30 • 12:30 PM–2:00 PM • Free to Members • Leader: Jack Berry

Introduction to Mindfulness and Meditation

Aw **NEW** This four-week series is designed to introduce mindfulness practices that you can use in your daily life to help decrease the stress and increase the joy. This beginner-friendly course will include a step-by-step approach where you will learn the science behind mindfulness, how to tame your own thoughts, and how to cultivate compassion, intention, and joy. Each class will include a short talk, a brief guided meditation, and a discussion.

F • Oct 30, Nov 6, 13, 20 • 3:30 PM–5:00 PM • \$40/Silver • Leader: Jocelyn Vorenberg

A Spirited Discussion: Spiders, Goblins, and Witches in the Collection

Ri **Bo** **NEW** Commonly featured in tales of terror and hauntingly good stories, spooky creatures and things that go bump in the night have a long history. Come along as we step into some of the unusual and mythical materials of the Rare Book Room and explore the spirit of Halloween magic.

F • Oct 30 • 5:30 PM–7:00 PM • Free to Members • Leader: Lynda Kachurek

NOVEMBER

Brain Power Hour

Aw **NEW** Brain Power Hour aims to increase cognitive stimulation through education, brain games, and social activities. Just as physical exercise can help you keep your body strong, mental exercise can help your brain to work better and lower your risk of mental decline. Join this course for a fun and interactive way to flex your mental muscles.

T • Nov 3, 10, 17 • 10:00 AM–11:00 AM • \$40/Silver • Leader: Tina Thomas

Telling America’s Stories Through Art: War at Home and Abroad

REVISED Artists depict the cultural, social and political climate of their times. How can their artworks enrich our understanding of American history? Using Smithsonian American Art Museum artworks this session will explore how artists’ depictions of wars (Civil, WWI and WWII) changed our national identity.

T • Nov 3 • 12:00 PM–1:30 PM • \$20/Silver • Leader: Alice Waagen

Consumer Protection: Avoiding Frauds and Scams

Aw **Bo** **NEW** Learn how to identify, avoid, and respond to frauds and scams. We will discuss common types of fraud, including telemarketing, mail, and internet fraud; credit card fraud; and identity theft. Also we will provide information on tools and resources available to learn about, and protect against frauds and scams.

W • Nov 4 • 10:00 AM–12:00 PM • Free to Members • Leaders: Richard Schweiker, Jr., David Irvin

Zooming Down the Back Roads

Bo **BACK BY POPULAR DEMAND** The tales behind 20 years of stories and pictures (and a never-ending search for pie) of Richmond Times-Dispatch photographer Bob Brown and columnist Bill Lohmann, along with the answer to the question: After thousands of miles on the road together, have you ever wanted to bring harm to one another?

R • Nov 5 • 11:30 AM–1:00 PM • Free to Members • Leaders: Bill Lohmann, Bob Brown

Cell Phone for Travel Photography

BACK BY POPULAR DEMAND Join this class to learn tips and techniques for cell phones to enhance travel photography.

F • Nov 6, 13 • 10:00 AM–11:30 AM • \$40/Silver • Leader: Daniel Walker

Citizen Watchdogs: Monitoring Your State and Local Government Officials

NEW In this class, we will navigate the Legislative Information System (<http://lis.virginia.gov/>) and Virginia’s Freedom of Information Act to show you how you can identify, track and lobby on legislation, and access government records and meetings.

F • Nov 6, 13, 20 • 1:00 PM–3:00 PM • \$60/Silver • Leader: Megan Rhyne

Disrupting Ageism

Aw **NEW** Disrupting ageism means raising awareness of inequity and discrimination and recognizing and understanding how language and actions impact the larger cultural narrative. This presentation is an interactive presentation on what ageism is, what ageism looks like, and how it can be combated.

M • Nov 9 • 12:00 PM–1:00 PM • \$20/Silver • Leader: Jay White

Telling America's Stories Through Art: The Great Depression

REVISED The Great Depression of the early 20th century was a time of hardship and deprivation countered by one the greatest government support for the arts in US history. Come to this lively and informative session to view this pivotal time in America's story through the eyes of artists who dramatically documented this period.

T • Nov 10 • 12:00 PM–1:30 PM • \$20/Silver • Leader: Alice Waagen

Islamic Iberia and the Reconquista

NEW Follow the Islamic Caliphate expansion into the Iberian Peninsula in the post-classical period. Discuss the influence of the Islamic culture upon the civilization which developed in this region and by extension, the rest of Western Europe. Examine the three major western religions during the 'convivencia' period of al-Andalus. Follow the centuries-long Christian Reconquista and its importance in the national identity of Spain.

W • Nov 11, 18 • 10:00 AM–11:30 AM • \$40/Silver • Leader: Ernest Fornaris

Introduction to Jain Philosophy

NEW What makes Jainism a unique Philosophy? If you have ever wondered about it, come join this class, a sequence of four online sessions where we will explore Jain concept of soul, desire, jewels, path, and precepts. For those who suggested an in-depth introduction in 2019 class of 'Jain Philosophy - Counting 1 to 10', this course incorporates your suggestions.

W • Nov 11, 18, Dec 2, 9 • 12:00 PM–1:30 PM • \$60/Silver • Leader: Priti Patil

Tick Tock: The Clock Rules

NEW This examination of Time explores how motion is the passing of time in a space-time continuum. Time flows at a different speed in different places; the past and the future differ far less than we think. The notion of the present evaporates in the vast universe. Past-Present-Future is an Illusion. The Past is not gone, and the future is here now. Everything that has happened or will happen all exists now.

W • Nov 11, 18 • 2:00 PM–4:00 PM • \$40/Silver • Leader: Dennis Cogswell

A Better Way to Draw Districts: Redistricting Reform in Virginia

NEW Virginians have a chance to join the ranks of a dozen other states who have fundamentally changed how they draw voting districts. The dynamics in this movement have changed quite a bit with a new power structure in the General Assembly, but OneVirginia2021's mission has stayed the same: bipartisan redistricting reform with transparency and protection for our minority communities.

R • Nov 12 • 11:30 AM–12:30 PM • \$20/Silver • Leader: Brian Cannon

The Amazing Legacy of Founding Father George Wythe

BACK BY POPULAR DEMAND This two-part course covers George Wythe's significant role in getting America off to the right start at the nation's beginning. Content will be based on the George Wythe biography 'Jefferson's Godfather: The Man Behind the Man,' by Suzanne Munson.

R • Nov 12, 19 • 1:00 PM–2:00 PM • \$20/Silver • Leader: Suzanne Munson

Infection Prevention Past to Present: How Much Can We Prevent and How Hard Should We Try?

Aw **NEW** This lecture will present a general overview of infection prevention in the hospital, with a focus on how much is truly preventable given the current state of infection prevention science.

M • Nov 16 • 10:00 AM–11:30 AM • \$20/Silver • Leader: Gonzalo Bearman

Osher Member Orientation

Bo Learn from other Osher members how to access and fully enjoy the many benefits of being an Osher member and a member of the UR community.

M • Nov 16 • 1:00 PM–2:30 PM • Free to Members • Leader: Christine Campbell

Beyond the Bounty

Ri Bo If you've taken the Bounty of Boatwright Introduction and are familiar with the library resources, but want to go beyond the basics, this session will explore some of the more interesting and unusual digital collections

and databases that you might not have seen or used before. This is an advanced session that builds on the information introduced in Bounty of Boatwright.

M • Nov 16 • 4:00 PM–5:30 PM • Free to Members • Leader: Carol Wittig

Understanding Long Term Care Insurance

Aw **BACK BY POPULAR DEMAND** We'll help you understand long term care as well as the options available to pay for care. What is the most tax-efficient way, based on individual's circumstances, to pay for long term care? There is no one-size-fits-all solution.

T • Nov 17 • 1:00 PM–2:00 PM • \$20/Silver • Leader: Linda Tsironis Caruthers

Teddy Roosevelt's Great White Fleet

NEW In 1907, President Theodore Roosevelt sent 16 of the country's most modern battleships on a 14-month cruise around the world, visiting ports on six continents. This course will look at Roosevelt's motivations in sending the fleet around the world, as well as the cruise itself and its aftermath. And, there will be a lot of pictures.

T • Nov 17 • 2:30 PM–4:30 PM • \$20/Silver • Leader: Bob Warwick

Haunted Houses, Madmen, and Madwomen

NEW We will discuss three short works of 19th century American fiction in this order: Poe's 'Fall of the House of Usher', followed by the less well-known story by Charlotte Perkins Gilman, 'The Yellow Wallpaper', and finally, Henry James' 'The Turn of the Screw'. Who does the haunting? Ghosts or humans? We will engage in lots of back-and-forth conversation. You will get most out of the sessions if you read the stories in advance.

R • Nov 19, Dec 3, 10 • 10:00 AM–11:30 AM • \$40/Silver • Leader: Bruce Birdsey

The Origins of UR's Westhampton Campus

Ri Bo **NEW** There's some interesting background associated with the University's move to an entirely new campus more than a hundred years ago. We'll look at the dominant aesthetic, the involvement of a renowned architect, some history of the property, and historical/political influences of the time.

F • Nov 20 • 10:00 AM–11:30 AM • Free to Members • Leader: John Hoogakker

Advance Care Planning: It's About the Conversation

Aw **BACK BY POPULAR DEMAND** What if a serious sudden medical illness or injury left you in a condition where you were unable to communicate your wishes? Under those circumstances, who would you want to represent you as your decision maker? What would you want your decision maker to know about your wishes? Advance Care Planning (ACP) is a process by which you address these questions and consider health care choices. ACP emphasizes the importance of sharing your wishes with your doctors and loved ones as a gift to them as well as yourself.
M • Nov 30 • 10:00 AM–11:30 AM • \$20/Silver • Leader: Laura Pilati

Photo Editing For Photographers Who Hate To Photo Edit

BACK BY POPULAR DEMAND Photo editing is important to take your photography to the next level. We will cover cell phone images, then address editing with Photoshop/Elements and Luminar software.
M • Nov 30, Dec 7 • 2:30 PM–4:00 PM • \$40/Silver • Leader: Daniel Walker

DECEMBER

Christmas In Mayberry

NEW In the eight-year run of the Andy Griffith Show, there was only one show with a Christmas theme. 'Christmas Story' goes back to 1960, the first year the show aired on CBS. We'll take a careful look at the script, the writers, the cast, and what it takes to change a grumpy heart.
W • Dec 2 • 10:00 AM–11:30 AM • \$20/Silver • Leader: Bill Pike

How to Think Outside the Box When You are the Box

NEW Paradigms and critical thinking basics will be examined via three American crises: the current pandemic, the accompanying financial chaos, and one possible future crisis. The book: 'Life's Rascals: Communication Cousins' will be our guide: it may be found free online at www.LifesRascals.com.
W • Dec 2, 9, 16 • 2:00 PM–4:00 PM • \$60/Silver • Leader: Dennis Cogswell

Cell Phone for Travel Photography

BACK BY POPULAR DEMAND Join this class to learn tips and techniques for cell phones to enhance travel photography.
F • Dec 4, 11 • 10:00 AM–11:30 AM • \$40/Silver • Leader: Daniel Walker

Not Your Grandparent's Funeral!

Aw **BACK BY POPULAR DEMAND** Why do we have some of today's funeral customs and rituals? What's the reason for '6-feet under' or when did embalming become the thing? Learn about funeral history and how we came to our current traditions. Discover the interesting and innovative changes including the new approaches to end-of-life decisions like space burials, cremation jewelry, and green cemeteries. Enjoy conversation and questions about one of society's most taboo subjects.
F • Dec 4 • 1:00 PM–2:30 PM • \$20/Silver • Leader: Susan Campbell

Savoring the Past: Cookbooks as Cultural Artifacts

Ri Bo **BACK BY POPULAR DEMAND** Food is a universal connection between people of differing cultures, locations, and even time periods. Cookbooks contain recipes, but they can also tell us a lot about the people who used the recipes and the times in which they lived. Together we'll explore some historical cookbooks from Boatwright's Rare Book Room and see what we can discover.
M • Dec 7 • 10:00 AM–11:30 AM • Free to Members • Leader: Lynda Kachurek

Retired (or About to)? Don't Sit Down for Long!

Aw **NEW** This class is all about inspiration to set new goals and dream new dreams. Brenda Hughes, whose journey includes NBC12 and the Richmond Police Department, will share stories of people who have found a new purpose in their 50's, 60's, 70's+ and thrived! And, she'll share tips on how you might find YOUR next pursuit!
T • Dec 8 • 10:00 AM–11:00 AM • \$20/Silver • Leader: Brenda Hughes

Telling America's Stories Through Art: Contemporary Times

REVISED Artists depict the cultural, social and political climate of their times. How can their artworks enrich our understanding of American history? Using Smithsonian American Art Museum artworks this series will explore how contemporary artists experience their worlds and depict controversial issues such as terrorism, racism, and immigration.
T • Dec 8 • 12:00 PM–1:30 PM • \$20/Silver • Leader: Alice Waagen

My Dad: The Man, the Myth, the Memories

Ri Bo **NEW** We all loved and admired Dr. E. Bruce Heilman, UR's President and Chancellor for many years. He was a presence on campus until his death in the fall of 2019. Join his daughter and UR's Director of Parent Philanthropy Terry Heilman Sylvester as she reflects on her father's life.
T • Dec 8 • 2:30 PM–3:30 PM • Free to Members • Leader: Terry Heilman Sylvester

Plan to Make It Right: Planning for Final Arrangements

Aw **BACK BY POPULAR DEMAND** Along with financial and estate planning, one of the best gifts we can give our families is planning our final arrangements. Learn about the important steps to provide this gift for yourself and family through an overview of the information and concerns when planning with an opportunity to ask questions.
F • Dec 11 • 1:00 PM–2:30 PM • \$20/Silver • Leader: Susan Campbell

Reverse Mortgages: Mechanics, Costs, and Considerations

Aw **BACK BY POPULAR DEMAND** This course will explore how the federally-insured Home Equity Conversion Mortgage (HECM) program actually works, including determination of loan proceeds and transaction costs. Potential uses, advantages and disadvantages will also be discussed.
M • Dec 14 • 10:00 AM–12:00 PM • \$20/Silver • Leader: Jim Warns

A Guided Approach to Finding Local Support Services



BACK BY POPULAR DEMAND

When you're searching for support, it's hard to know where to begin. VirginiaNavigator can help! Find out about this nonprofit's unique online directory of 26,000+ resources for seniors, people with disabilities, veterans, and family caregivers. Learn how to find local, trusted programs and information about healthy living, financial concerns, legal questions, caregiver support,

housing options, benefits assistance, transportation, and so much more!

T • Dec 15 • 10:00 AM–11:00 AM • \$20/Silver • Leader: Bonnie Scimone

Telling America's Stories Through Art: Social Commentary / Social Justice

REVISED Art is created in the context of many social influences and events. Some artists will use their art to make observations about an issue while others are inspired to engage with a cause. Us-

ing Smithsonian American Art Museum artworks this program will explore how artists have been inspired to use their creative talents to disrupt or even transform the status quo.

T • Dec 15 • 12:00 PM–1:30 PM • \$20/Silver • Leader: Alice Waagen



The 2020 Osher Annual Fund Campaign is Underway!

As part of the university, Osher now participates in multiple fundraising campaigns, including the Osher Annual Fund, currently underway, as well as the UR Here Campaign on Giving Day this past May. All gifts made to Osher during any campaign count towards our 2020 Osher fundraising goals of \$25,000 from approximately 18% of our membership.

As in past years, funds are being raised to support our long-term sustainability and special events and programming. COVID-19 has certainly impacted programming the last five months. As Osher staff continues to develop online programming, we are thankful many existing Osher members have renewed their memberships and are actively participating with Osher and with each other virtually. However, Osher's financial state has been adversely affected by the COVID-19 pandemic as fewer new members have joined, refunds were issued for canceled courses and events, and potential income was lost from trips and travel opportunities. Though we have been able to save some

costs on printing, many programming, personnel, and operational costs remain the same.

Some members have asked how they can help Osher financially during COVID-19. If you are in a position to support Osher at this time, please consider a gift today. Remember \$300 in charitable gifts are tax deductible per person in 2020, even if you take the standard deduction and do not itemize your tax deductions. Gifts from traditional IRAs often create win-win scenarios for both the donor and for Osher.

If you have gift giving questions, please contact Amy Edwards at aedwards@richmond.edu. We are working remotely so please consider making your gift online through the Osher website (osher.richmond.edu/give) or mailing a check directly to University Advancement with Osher in the memo line (University of Richmond, Attn: University Advancement, Maryland Hall, 110 UR Drive, University of Richmond, VA 23173).

Member Benefits at a Glance

- Membership is good for 12 months from date you join
- Several membership options
- Free Osher member orientation
- Osher members receive individual performance discount at the Modlin Center for the Arts
- Free parking on UR campus
- Unlimited borrowing privileges at UR's Boatwright Library (including audio and e-books and videos)
- Access to the UR Technology Help Desk – offering remote support (804-287-6400 or helpdesk@richmond.edu)
- Use of more than 300 online databases at the UR Library
- UR 'One Card' used to access full privileges at the UR Library and discounts at some retailers
- UR email address
- Daily 'SpiderBytes' messaging for UR programs and events
- Access to UR help center for preparing presentations – offering remote support (804-289-8777 or tlc@richmond.edu)
- Opportunity to audit undergraduate credit classes
- Unlimited Osher classes for Gold members
- Free bonus classes and special events

Explore your love of learning at UR's Osher Institute.

The Osher Lifelong Learning Institute combines intellectual stimulation and civic engagement with a vibrant community of like-minded students, age 50 and older.

We offer an extensive array of programs in the liberal arts in the fall, spring, and summer semesters. There are no entrance requirements, no tests, and no grades.

In fact, no college background is needed at all—it's your love of learning that counts. Join the fun today!

For more information, contact us today:

Margaret "Peggy" Watson, Director, W'76
margaret.watson@richmond.edu

Nell Smith, Program Coordinator
nsmith3@richmond.edu

Amy Edwards, L'97
Stewardship Assistant
aedwards@richmond.edu

Barbara Apostle
Program Assistant
bapostle@richmond.edu

