

OSHER
LIFELONG
LEARNING
INSTITUTE

OSHER

AT THE UNIVERSITY OF RICHMOND

SPRING 2024

Renewed!



UNIVERSITY OF 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 125 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. 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, 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.



We Are Renewed!

As I write this, I'm looking around our newly renovated office. We have returned to the Special Programs Building. On the outside, it looks as it always has: big and rectangular with white stucco and a unique pattern of benzene rings. However, the inside is all new. It's light, bright, and welcoming and looks nothing like our former offices.

But it's more than fresh paint, new finishes, and updated lighting. There's a renewing energy!

Somehow this seems like such a perfect analogy for the Osher Institute. We've returned to our beautifully renovated offices, and our lives seem fairly normal. But . . . we have been changed . . . renewed!

Just as with retirement, our multiple moves and building renovation created disruption – a definite change in what we'd known. While we were content with our old space, we were, perhaps unknowingly, ready for something different. The multiple moves were hard, but we have returned to a wonderful place.

For many Osher members, retirement comes with similar feelings of current contentment and uncertainty of what's ahead. Often retirement brings disruptions, such as relocation to be closer to family and adjustments in schedules, social circles, and activities.

Coming back to something familiar, but new has been fun for the Osher staff. We hope that coming back to college has brought Osher members a renewed interest in learning.

We love our members' comments about how their retirement lives have been changed by the Osher Institute. Osher member and Silver Spiders leader John Festa describes the Osher Institute as a "delighter." He noted that in industry, a delighter is something that customers don't even know they want, but are delighted with when they get it. We hope your delighters include great classes, intellectual stimulation, fun outings, and new friends.

For us – and we hope for each of you – we are renewed as we experience change, whether it's thanks to new offices or returning to college.



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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 email margaret.watson@richmond.edu.

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, ATTN: Jeanne Clery Crime Statistician, Special Programs Building, 490 Westhampton Way, University of Richmond, VA 23173 or access the report online at police.richmond.edu.

Photos by Chris Ijams and Kevin Schindler.

Where do I start?

Online Registration

- Log in to the online registration portal. Visit osher.richmond.edu/schedule, then click on the red “Online Registration Portal” button located on the right-hand side of the screen, 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 **December 5**. Register starting **December 14**.
- Your shopping cart will hold up to 10 class registrations at a time. Then, you must check out and pay, if required. You may fill up your cart and check out as many times as needed to register for all desired classes.
- If a class is full, it is important to add the class to your cart to place your name on the waitlist. Staff actively manage waitlists all semester.

For Remote Classes

For UR Osher Courses:

- You’ll receive a **Zoom link** via email the day before each class.
- Log in 5-10 minutes early.
- Use your **first and last name** as your screen name to help with attendance.
- The instructor and class host will identify the best way to ask questions.

For National Osher Online Courses:

- There are not individual zoom links that will be sent for each course. Rather, all course links are housed online at the **Osher Online website: www.osheronline.net**
- You will need to go to this website for each session of each course.
- To enter this site, you will need your username, and password.
- **Username:** This is the e-mail address used when registering for your courses.
- **Password:** will be provided by National Osher .
- *Please note that as you visit the site, you will only have access to the courses for which you are registered.*
- *National Osher Online courses are not recorded.*

For In-person Classes

- In-person classes have **limited seats available** and may fill up.
 - If a class you wish to take is **full**, be sure to add that class to your **cart and check out to place your name on the waitlist**.
- Osher staffers manage the **waitlists** all semester. There’s always a good chance that you’ll get into the class if others withdraw or a sufficiently large classroom can be reserved.
- You’ll receive an **email** prior to class that will identify the classroom location. Allow time for parking and walking to class.

ID & Password Reminders

- Your **UR ID** is used to confirm your affiliation with the University.
 - Use when requesting **technical assistance** at the Help Desk.
 - Use to acquire **UR photo identification** and to create your Net ID.
- Your **Net ID** is used to access University-hosted resources.
 - Within a few days of enrollment, you will receive an email with the subject ‘**University of Richmond Account Activation,**’ which will contain your unique activation link; to activate your account, please click on this link.
 - o You will need your UR student ID number to activate your account
 - For students who are not new, but have never established their NetID, please email the Computer Help Desk, helpdesk@richmond.edu, to request an Account Activation Link. You will need to provide your UR student ID number in this email.
 - 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, then Online Registration Portal, to access.
 - Create password and username of your choice.
 - May require **UR ID** for one-time setup.
 - Note: This is not connected to your **Net ID**.


Osher Online

National Osher Online Courses for Spring 2024

The University of Richmond Osher Institute is again serving as a pilot site for the next round of Osher Online courses offered through the Osher National Resource Center (NRC). We are excited to report that the Bernard Osher Foundation has provided long-term funding for these online courses, and we can expect to see them offered on a regular basis.

We are pleased to offer these online courses for you, beginning in January:

- The Jewish Holidays: A Primer
- Made in America: The History, Mission, and Vision of the Public Library
- Golden Mysteries: An exploration of Mystery Novels from the 1920s - 1940s
- Themes in Philosophy, Part 2
- Ruth Bader Ginsburg
- Dream Jobs: My Career in Sports
- Coming to Terms with the Holocaust
- Nero Wolfe: The Best of America's Armchair Detectives
- Native Ground: Indigenous Communities and Colonization Before 1900
- Chemistry in the Real World
- Fake News: Keys to Ethical and Impactful Journalism


You will register for these just as you would for a UR Osher course. Each is listed with the instructor, dates/times, and description in this catalog, clearly marked with this icon 

PLEASE NOTE:

- *Seats are limited because we are sharing with other institutes across the nation.*
- *ALL members pay for these courses because we share the programming costs with the National Resource Center.*


JANUARY

Chopin: Poet - and Pioneer - of the Piano

NEW  Let's start the semester by exploring the life, works, and enormous legacy of the 19th-century composer Fryderyk Chopin. We'll address Chopin and his Circle: Friends, Lovers, Competitors, and Confidants; Classic Chopin: Ballades, Etudes, Nocturnes; The Concertos and Concert Pieces; Chopin for Cello - and Other Chamber works; Polish Heart, French Flair - The Waltzes; Chopin's Pianos - Erard, Pleyel, Broadwood; The Great Chopinists; and The Chopin Legacy - Pianist, Teacher, Philosopher, Icon.



M,T,W,R,F • Jan 8, 9, 10, 11, 12 • 10am-12pm • \$60/Silver
Leader: Benjamin Roe

Richmond Symphony's 2023-24 Symphony Series Companion Course

 Join this deep dive into the music of Richmond Symphony's 2023-24 Symphony Series concert season. Each monthly session will focus on the repertoire of the Symphony's next concert performance and features a special guest with a critical role in the performance. Guests will include conductors, composers, soloists, and more! Through recordings, images, scholarship, biographies, backstage stories, and discussion we will listen and engage more deeply with the music and the artists who bring it to life.



M • Jan 8, Feb 12, Mar 25, Apr 22, May 20 • 7-8:30pm • \$60/Silver
Leader: Walter Bitner

National Osher Online – The Jewish Holidays: A Primer

  Explore the yearly cycle of Jewish holidays. Unlock the mysteries of the Jewish calendar, learning about major and minor holidays, historical practices, and modern observances. Whether you have grown up with these holidays, or are learning for the first time, enrich your understanding of and connection to these sacred moments in time.



T • Jan 9, 16, 23, 30, Feb 6, 20 • 11am-12:30pm • \$60/All members
Leader: Alexis Pinsky

National Osher Online – Themes in Philosophy, Part 2

  Explanation and discussion of more fascinating themes in philosophy-another philosophy buffet! Topics include philosophical types of religion, religion and politics in America, aesthetics, philosophy of language, philosophy of culture, and philosophy of happiness. What are the differences between conservative, liberal, and fundamentalist forms of religion? What is the relationship between religion and politics in the United States? What is art, and what is good art? Why is language so fascinating? What is culture, and do people in our culture invoke it responsibly? Finally, what is happiness and how can we experience it? (Themes in Philosophy 1 is not a prerequisite)



W • Jan 10, 17, 24, 31, Feb 7, 14 • 1-2:30pm • \$60/All members
Leader: David Smith

National Osher Online – Golden Mysteries, An Exploration of Mystery Novels from the 1920s - 1940s

  The mystery genre is one of the most popular genres today, but it is relatively new. The first modern detective novels were published by Edgar Allan Poe in the nineteenth century, which ushered in a boom of mystery novels in America and the UK in subsequent years. In this class, we'll study mystery novels of the 1920s through 1940s-including books by Arthur Conan Doyle and Agatha Christie; hardboiled crime novels; and Nancy Drew-and we'll learn what made them so popular. We will also examine why it's so fun to read about horrible crimes and try to understand what we get out of it.

W • Jan 10, 17, 24, 31, Feb 7, 14 • 3-4:30pm • \$90/All members
Leader: Brittney Rakowski

National Osher Online – Made in America: The History, Mission, and Vision of the Public Library

  This course will explore the history of the modern public library from the early nineteenth century through the present. Students will gain an enhanced appreciation for the role of the public library in a democratic society, as well as the ways in which

the public library is a uniquely American invention.

W • Jan 10, 17, 24, 31, Feb 7, 14 •
7-8:30pm • \$60/All members
Leader: Caroline Nappo

National Osher Online – Ruth Bader Ginsburg

Oo **z** Join Lauren Andersen for an examination of the late Justice Ruth Bader Ginsburg. Lauren will discuss the many contributions Justice Ginsburg made to the legal landscape, from her work as an advocate for gender equality, her role as the co-founder of the ACLU’s Women’s Rights Project, and her opinions on the D.C. Circuit Court of Appeals and the U.S. Supreme Court. Her early influences will also be discussed. Clips from the documentary RBG will be shared and discussed - you may have seen the film, but this talk will cover much more!

R • Jan 11, 18, 25, Feb 1, 8, 15 •
11am-12:30pm • \$60/All members
Leader: Lauren Anderson

National Osher Online – Dream Jobs: My Career in Sports

Oo **z** Sports are a multi-faceted industry and while many jobs such as radio broadcasters and journalists have been around for decades, there are also emerging opportunities today as data scientists, social media coordinators, and strength and conditioning coaches. This course will showcase positions new and old by bringing in speakers from baseball, football, basketball, hockey, and golf to offer students a court-side seat to what it’s like to work in sports.

R • Jan 11, 18, 25, Feb 1, 8, 15 •
1-2:30pm • \$60/All members
Leader: Katie Krall

National Osher Online – Coming to Terms with the Holocaust

Oo **z** This series of illustrated lectures probes the deep roots, proximate causes, methods, personalities, and principal events which created The Holocaust. The objectives of this course are both academic and cathartic: to enable participants of any nationality, faith, or persuasion to come to terms with The Holocaust through information, analysis, public discourse, and private reflection.

S • Jan 13, 20, 27, Feb 3, 10, 17 •
1-2:30pm • \$60/All members
Leader: Steve Sohmer

Spiders Women’s Basketball Game



Ri **Bo** We have a great group of women in

our basketball program. Let’s support them with our presence and cheer them on! Come join the fun and swell the crowd for the nationally televised game against Rhode Island.

U • Jan 14 • 12-2:30pm •
Free to members

Leader: UR Athletics Department

National Osher Online – Nero Wolfe, The Best of America’s Armchair Detectives

Oo **z** Rex Stout’s Nero Wolfe, the orchid-fancying, seventh of a ton gourmand, is America’s most famous armchair detective, who solves murders along with his legman Archie Goodwin, certainly the best narrator in American fiction since Huckleberry Finn. The “King of Crimebusters” will investigate and discuss three of Rex Stout’s Nero Wolfe novels, one collection of his short stories, and a single story published in American Magazine, all designed to see how one detective can use his genius to identify murderers without leaving the comfort of his home.

T • Jan 16, 23, 30, Feb 6, 13, 20 •
1-2:30pm • \$90/All members
Leader: Jeffrey Walker

Osher All Member Meeting

Bo **z** Join the Osher Leadership Council and staff for an update on your Osher Institute.

W • Jan 17 • 10-11:30am •
Free to members
Leaders: Osher Leadership Council,
Osher Staff

The Boston Tea Party and Its Legacy at 250

Bo **NEW** **z** As the semiquincentennial of America’s independence approaches, we have a chance to reflect on the creation of the United States. Our nation has had debates in recent years about 1619, 1776, and whose stories we ought to teach. This talk will explore the rich possibilities for understanding the history of the American Revolution, the broad possibilities for storytelling, and the complex legacy of the Boston Tea Party and the Revolution in our own times.

W • Jan 17 • 6:30-8pm •
Free to members
Leader: Ben Carp

Osher Member Orientation

Bo **z** Learn how to access and fully enjoy the many benefits of being an Osher member and member of the UR community.

R • Jan 18 • 10-12pm •

Free to members

Leaders: Osher Leadership Council,
Osher Staff

Bounty of Boatwright

Ri **Bo** **z** Learn how to find books, articles, and other resources that are of interest to you. This session provides an overview for beginners or those new to Osher and includes a virtual tour of the library.

R • Jan 18 • 1-2:30pm •

Free to members

Leader: Carol Wittig

Understanding Alzheimer’s and Dementia

Aw **NEW** **z** In the United States alone, more than six million individuals are living with Alzheimer’s, and 11 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community: however, no one has to face this disease alone or without information. Join this course to learn about the basics of Alzheimer’s and what the journey may look like for someone living with the disease.

F • Jan 19 • 10-11am • \$20/Silver

Leader: Rachel Lawson

Man’s Best Friend

NEW **z** How have artists depicted dogs in their art works? Are they merely playful pets or just props meant to say something serious about their owner? Join us in this interactive session to see how American artists have rendered dogs over the decades in both serious and humorous ways and learn whether or not dogs can actually play poker!

M • Jan 22 • 10-11:30am • \$20/Silver

Leaders: Alice Waagen, Ralph Kidder

A History of Women's Liberation in the US, 1607-2023

NEW Z The History of Women in the US is characterized by long overdue liberation: politically, economically, socially and sexually. This class will discuss the conclusions of nine of the best books on the topics of women, both white and of color, in relation to: Power, Economics, Family, and Sexuality as well as current and future direction of women.

M • Jan 22, 29, Feb 5, 12 • 1-2:30pm • \$60/Silver
Leader: Louis Cei

Eat Plants: Prevent and Reverse Chronic Disease with Whole Food Plant-Based Eating

Aw NEW Z This course teaches the evidence-based scientific reasons for why eating whole food plants offers many advantages to overall health, longevity, and disease prevention and reversal. It is lecture-based and will include videos of doctors/dietitians advocating this way of eating for health. Also included are recipes and some live cooking demos. This class is valuable for anyone wanting to bring more healthy plant food into their diet.

M • Jan 22, 29, Feb 5, 12, 19, 26, Mar 4, 11 • 3-5pm • \$60/Silver
Leaders: Denise Rose, Georgie Campas

Apple Watch Basics

Aw NEW Z Topics to be covered include navigation using the touchscreen, digital crown, and side button, watch faces and complications, health and fitness tracking, making and receiving calls, and key watch settings. Your iPhone and Apple Watch should be updated to iOS 17 and watchOS 10, respectively.

T,R • Jan 23, 25 • 9-11am • \$40/Silver
Leader: West Cobb

Part II, History of the Holocaust

BACK BY POPULAR DEMAND Part II of the History of the Holocaust focuses on Nazi Germany's murder of Jews, Roma Sinti (Gypsies), and Homosexuals, ending with an overview of the Nurenberg Trials.

T • Jan 23, 30, Feb 6 • 1-3pm • \$60/Silver
Leader: Rena Berlin

Spanish for Travelers

Aw NEW Planning a trip to a Spanish-speaking country? This is a basic course for those who want to learn a bit of conversational Spanish, focusing on travel needs but taught in the context of practical situations. We'll cover pronunciation, basic introductions and greeting, how to ask questions and ask for directions, and more. Cross-cultural differences will also be discussed. No previous knowledge of Spanish is necessary.

W • Jan 24, 31, Feb 7 • 10am-12pm • \$60/Silver
Leader: Nancy Newins

Genetics, Ethics and Ewe: Genetic Testing and Engineering

Aw NEW Genetics is everywhere now. This presentation will cover the positives and negatives of genetic testing. In addition, we will cover Genetic Engineering including Recombinant Drugs, Cloning, Stem cells, and IVF. Recent gene studies will be included.

W • Jan 24 • 1-2:30pm • \$20/Silver
Leader: Fred Silva

The Total Camino Hiking Experience

BACK BY POPULAR DEMAND The presentation will focus on the background and history of the Camino de Santiago and the preparation involved to hike it.

W • Jan 24 • 3-5pm • \$20/Silver
Leader: Robert Abbott

Fundamentals of Public Speaking

NEW Whether it's a speech at a wedding reception, a eulogy at a funeral, a presentation at a board meeting, or an inspirational message at a dinner, public speaking can be powerful and persuasive. This class will cover the essentials of putting together and presenting an effective speech for various occasions and purposes. (Does not include practice speeches by attendees; lecture only.)

R • Jan 25, Feb 1, 8 • 1-2:30pm • \$60/Silver
Leader: Ryan Ahlgrim

Recollections of a Teenage Congressional Staffer

NEW Z A light review of serving as a staff member on the floor of the US House of Representatives from the

perspective of a teenager, including some little-known traditions and behind-the-scenes events that didn't make the news or the history books.

R • Jan 25, Feb 1, 8 • 3:30-4:30pm • \$40/Silver
Leader: Bernie Henderson

The Book of Isaiah

NEW This longest book in the Bible contains the words of no less than three prophets over a period of 200-plus years, giving us a brilliant picture of Israelite history at a crucial time. We'll explore it thoroughly in lecture, with ample conversation.

F • Jan 26, Feb 2, 9 • 10-11:30am • \$60/Silver
Leader: Bruce Birdsey

Cool Flicks: More of the Greatest Comedies

UPDATED Join Dan in the quest for the funniest movies of all time. This spring, we will watch and discuss these films: 1933's 'I'm no Angel' with Mae West and Cary Grant; 1940's 'My Favorite Wife' with Cary Grant; and 1964's 'Father Goose' with Cary Grant and Leslie Caron.

F • Jan 26, Feb 2, 9 • 1-3pm • \$60/Silver
Leader: Dan Begley

Cell Phone Photography: How To Shoot Like A Pro

Z The class will focus on how to enhance your photography experience with a cell phone regardless of the type of phone. This class will concentrate on improving photography skills, advanced photo opportunities and photo editing. Offered twice this semester - once online and once in person.

M • Jan 29, Feb 5 • 10am-12pm • \$40/Silver
Leader: Dan Walker

The Dream Machine: Spaceships and Space Exploration

NEW This course looks at the past, present, and future of spaceflight and space exploration. Topics include the physics of spaceflight, space propulsion systems, spaceflight and human biology, the solar system, the possibilities of extraterrestrial life, the spaceship in literature, film and television, and the future of space exploration.

T • Jan 30, Feb 6, 13 • 10am-12pm • \$60/Silver
Leader: Jim Miller

Picturing the Civil War

NEW Civil War soldiers did not only fight, march, and camp. They also entered a creative struggle to represent and record the conflict, in which they relied upon visual culture as an effective means by which to convey the experiences of war. Some created romantic illustrations to justify their cause, in line with the popular depiction of warfare. Others abandoned these strategies in search of new ways to communicate war's violence.

W • Jan 31 • 1-2:30pm • \$20/Silver
Leader: James Brookes

Gettin' Very Tuneful: The Folk Revival

NEW In this course, learn about the Folk Revival of the late 1950s/early 1960s and how it led to much of the American music scene in the following decade.

W • Jan 31, Feb 7 • 3:30-5pm • \$40/Silver
Leader: Richard Campbell

FEBRUARY

Book Swap: Share Your Love of Books

UPDATED This is the third semester for Book Swap, a class for book lovers and those who like to share their love of books. Bring your favorite book and share it with the class for 10 minutes. All book genres are open to share. If you register for this class you are expected to present: the instructor will reach out to the registered students to discuss book ideas and help you with a suggested format.

R • Feb 1, 8 • 10am-12pm • \$40/Silver
Leader: John Festa

ChinaFest 2024's Irby B. Brown Lecture Featuring Suisheng Zhao

See boxed article above for details

R • Feb 1 • 7-8:30pm • Open to the public

50 Years, Three Bear Markets

AW **NEW** We'll highlight the resilience of America's finest companies in the face of frequent declines in price going back five decades, exploring how these companies adapted and continue to thrive in ever-changing landscapes, and discussing what it all means to the investor.

T • Feb 6 • 3:30-5pm • \$20/Silver
Leaders: John Cain, Mandi Quicke



ChinaFest 2024's Irby B. Brown Lecture Featuring Suisheng Zhao Talk to Talk and Walk to Walk: Can Communication and Understanding Facilitate Accommodation in the US-China Relationship



Despite recent high-level exchanges between the US and China, including visits to China by US Secretary of State Anthony Blinken and Secretary of the Treasury Janet Yellen, the US-China relationship has remained at the lowest point since President Nixon's historical visit to China in 1972, with hawkish tones and disputes over Taiwan and tech-war becoming the new normal. Their talks have become exchanges of accusations rather than finding resolutions. How has the relationship got to this point? What are driving tensions and the root causes of this crisis? What is the prospect of the Sino-US competition? How can Washington and Beijing stabilize the relationship? Suisheng Zhao's talk will see answers to these important questions.

R • Feb 1 • 7-8:30pm • Open to the public •

Leader: Suisheng Zhao

Osher members may register for this just as for any Osher class. Non-members are welcome and should register at

<https://sl.richmond.edu/nT>



Great Decisions 2024

UPDATED Designed by the Foreign Policy Association (FPA) and facilitated at the grassroots level, the Great Decisions program highlights eight thought-provoking foreign policy challenges facing Americans each year. The 2024 Great Decisions videos and briefing book serve as the focal material for the class. It is strongly recommended that students purchase the briefing book and read the relevant topic before each class. To purchase the briefing book visit <http://www.fpa.org>.

W • Feb 7, 14, 21, 28, Mar 6, 13, 20, 27 • 1-3pm • \$60/Silver

Leaders: David Frimpter, Rob Hafker, Steve Hamilton

Genealogy for Beginners: Getting Starting

NEW Have you ever wanted to trace your family history, but didn't know how to begin, or became overwhelmed when you did? Then, this class is for you. Learn how to set goals and stay organized; use basic research tools, techniques, and reliable sources; and ways to ensure you have the facts. The goal is to give you skills and resources to begin discovering your ancestors and their true stories.

M,R • Feb 12, 15, 19, 22 • 10am-12pm • \$60/Silver

Leader: Donna Shumate

The World is Too Much with Us: War in 2024



NEW The world is experiencing multiple conflicts of major proportions for the United States, especially in Ukraine/Russia and the Middle East. Let's unpack what's happening across the globe, frame what seem like irrational wars in terms of issues that exacerbate human conflict, and determine if there can be brighter days ahead.

T • Feb 13 • 1-3pm • Free to members
Leader: Martha Merritt

Romantic Virginians: Love and Loss in the Old Dominion

NEW **Z** Discover the many ways Virginians have experienced love and loss over nearly four centuries through letters, diaries, and other intimate expressions culled from VMHC's extensive manuscript collections. Through the private writings of Virginians known and unknown, we'll explore arranged marriages in the Colonial era, soldiers pitching woo in wartime, a 20th-Century courtship nearly derailed by conflicting religious beliefs, the turmoil of coming out as a gay man in 1970s Richmond, and much more.

T • Feb 13 • 4-5pm • \$20/Silver
Leader: VMHC Docent

2024 Osher Leadership Council

The Osher Institute depends on its members to assist with many aspects of the Institute. Our volunteer leaders are critical in ensuring that our institute is responsive to its membership. Members of our incoming 2024 Council include:

Alice Waagen, Chair
akwaagen@gmail.com

Janice Jones, Co-Vice Chair
jlynn50@gmail.com

Laura Soles, Co-Vice Chair
laurasoles@aol.com

Becky Hudson, Past Chair
edraywva@gmail.com

Steve Anders	John Mahone
Tom Cox	George Pangburn
Tanya Dolphin	John Roberts
Kathie Howe	Robb Wiczorek

If you are interested in volunteering within Osher and throughout the University, the opportunities are numerous.

For more information, please contact the Osher Office at osher@richmond.edu.

The Jewish American Hall of Fame at the Virginia Holocaust Museum

NEW The Virginia Holocaust Museum is home to an exhibit of 50 plaques of Jewish American men and women who have been inducted into the Hall of Fame since 1969. We will talk about the stories of these famous Americans, including very famous people in their fields such as Albert Einstein, Ruth Bader Ginsberg, Golda Meir, Elie Wiesel, George Gershwin, Dr. Jonas Salk, Barbara Streisand, sports figures Hank Greenberg and Barney Ross, and many others.

W • Feb 14, 21 • 10am-12pm • \$40/Silver
Leader: Sam Asher

Regional US Cooking: Cuisine of Northern California

NEW, FIELD TRIP This course will highlight the San Francisco Bay area and its classic dish Cioppino, as well as a garlicky artichoke dip and Chocolate Wine Sauce. Fees for this class are non-refundable unless we can fill your slot.

R • Feb 15 • 1-3:30pm • \$70/All members
Leader: Warren Haskell

Emperor Ashoka to Mahatma Gandhi: A Brief Review of the History of India

NEW As the birthplace of one of the oldest civilizations, India has intrigued the West with its rich history and culture. It has influenced the world with its philosophy and as a seat of four religions of the world. It has also contributed in the field of mathematics, astronomy, music, literature, and sculpture. The course will take the student through the last five thousand years of an entertaining journey that ends in modern day India.

F • Feb 16, 23, Mar 1 • 10am-12pm • \$60/Silver
Leader: Prakash Lothe

AI-Powered Literary Conversations: Chatting with Heathcliff

NEW This workshop offers a unique dive into classic literature using cutting-edge AI. Learn how to engage in real-time chats with iconic characters like Wuthering Heights's Heathcliff, exploring plots and emotions firsthand. Tailored for literature lovers, educators, and the AI-curious, this class merges age-old tales with modern technology, requiring no prior tech experience. Immerse, interact, and be inspired!

F • Feb 16 • 1-4pm • \$20/Silver
Leader: Dayanjan Wijesinghe

Five Obscure Presidents (And Why They Matter)

NEW **Z** Washington, Jefferson, Jackson, Lincoln, Wilson, Roosevelt (both), and a few other US Presidents are household names. Their images appear on money, towns and schools are named for them, and some are associated with historical ages. However, there is a handful of lesser-knowns whose decisions changed the course of American history:

Martin Van Buren, James K. Polk, John Tyler, Franklin Pierce, and Rutherford B. Hayes. This course will study their Presidencies and explain why they matter.

M • Feb 19, 26, Mar 4, 11, 18 • 1-2:30pm • \$60/Silver
Leader: L. Jon Grogan

National Osher Online – Native Ground: Indigenous Communities and Colonization Before 1900

Oo **Z** "Native Ground" will introduce students to the depth of Native American history in what is now the United States, as well as its diversity. From this foundation, the course will move to consider the implications of the invasion from Europe, the founding of European colonies, and the eventual (not inevitable) establishment of the United States and its expansion across Native North America. The course will emphasize the resilience of Indigenous communities in the face of relentless colonial pressure. Along the way, students can expect to learn about several related topics, including the historiography of Native America and the image of the "Indian" in the American mind.

M • Feb 19, 26, Mar 4, 11, 18, 25 • 5-6:30pm • \$60/All members
Leader: Matt Jennings

An Introduction to Soren Kierkegaard: Reading 'Philosopher of the Heart: The Restless Life of Soren Kierkegaard' by Clare Carlisle

NEW Soren Aabye Kierkegaard is arguably the greatest theologian-philosopher of the 19th Century. He has been called the Danish Socrates, the father of existentialism, and the 'diagnostician of the disease of the age.' The text for this seminar is a brief biography of this great writer which serves as an introduction to his sometimes difficult-to-interpret theoretical writings. The biography will hopefully extend and enrich our knowledge of Kierkegaard and his relevance for the current era.

T • Feb 20, 27, Mar 5 • 10-12pm • \$60/Silver
Leader: Jack Kangas

Osher Member Orientation

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

T • Feb 20 • 1-3pm • Free to members
 Leader: Osher Leadership Council, Osher Staff

National Osher Online – Chemistry in the Real World

Oo **NEW z** Far from being ‘stuff that happens in a lab’ or a science rooted in balancing equations and watching solutions bubble and change color, chemistry happens inside us and all around us all the time: the real world is absolutely filled with chemistry, and it’s relevant and fascinating. In this course, we’ll look at the real world chemistry of pharmaceuticals and poisons (and the fine line that divides them), the science of dietary supplements and how they’re regulated, and how alchemy gave way to modern chemistry, and then the dawn of the nuclear age changed everything.

T • Feb 20, 27, Mar 5, 12, 19, 26 • 3-4:30pm • \$60/All members
 Leader: Kjir Hendrickson

Post-World War II Women Artists

NEW z American art changed substantially, some say radically, after World War II. One of the great developments of the post-war era was the emergence of women artists and their recognition by museum curators and mainstream art galleries. Beginning with abstract expressionist painters like Frankenthaler, Hartigan, and de Kooning, women broke through the historically male-dominated art scene and laid the foundation for the amazing breadth and depth of work by women artists that we see today.

R • Feb 22 • 1-2:30pm • \$20/Silver
 Leaders: Alice Waagen, Ralph Kidder

The Mike File: A Story of Grief and Hope

Aw **NEW z** Stephen Trimble’s ‘The Mike File,’ won the 2022 Human Relations Mental Health Awareness Book of the Year Award. His brother will share Mike’s story in this presentation. Stephen grapples with his brother’s heartrending life and death and looks behind doors he’s barricaded

within himself. In 1957, when ‘Stevie’ was six and Mike 14, psychosis overwhelmed Mike. Mike never lived at home again, and he died alone in a Denver boarding home at 33.

R • Feb 22 • 3-4:30pm • \$20/Silver
 Leader: Stephen Trimble

National Osher Online – Fake News, Keys to Ethical and Impactful Journalism

Oo **NEW z** While the polarization of politics in recent years has put fuel on the “fake news” fire, the concept of conflicting truths is not new. Dating back to the Renaissance and philosopher Francis Bacon understanding the psychological phenomenon later to be coined as “confirmation bias” our consumption of news continues to evolve. Therefore, so must our lens of reporting transparency. Step into the world of a broadcast journalist to understand what it takes to convey facts and spot shortcomings on TV. Understand first-hand the joys and challenges of standing and reporting in front of major sporting events like an NFL playoff game or MLB spring training to capture the scene for viewers. Understand social media in a new light as storytellers grow their own voices and those they have the responsibility to spotlight as powerful pieces attempt to not die in an echo chamber.

S • Feb 24, Mar 2, 9, 16, 23, 30 • 9-10:30am • \$60/All members
 Leader: Annie Krall

Science Serving Justice in NYC

BACK BY POPULAR DEMAND z This lecture will provide an overview of the DNA testing conducted by the New York City Office of Chief Medical Examiner (OCME) in the Department of Forensic Biology. It will also highlight OCME’s response and role in 9/11 and the COVID-19 pandemic.

M • Feb 26 • 10am-12pm • \$20/Silver
 Leader: Jaclyn Jolly

Come . . . and BeMoved®!

Aw **BACK BY POPULAR DEMAND** Come to this class to learn about the long-term health benefits of just moving! BeMoved® embraces the joy of dance with people of all movement abilities. Movement expressed through dance and music has a transformative power that enriches a person’s well-being above and beyond the well-known physical fitness benefits. BeMoved® is a

dance fitness experience that begins with easy-to-follow therapeutic movements that flow into dance styles inspired by a wide variety of musical genres.

M • Feb 26, Mar 4, 11, 18, Apr 15, 22, 29, May 6, 13 • 5:30-6:30pm • \$80/All members
 Leader: Myra Daleng

Coping When Your Child Faces a Life-Threatening Illness

Aw **NEW** Learning that your child faces a life-threatening medical issue that has no cure is one of a parent’s worst nightmares. After the initial shock and eventual acceptance of the diagnosis, one needs to figure out how to best support the child, a spouse, and any other children while also continuing to live life. This course will cover lessons learned and coping techniques developed to move forward when a child suffers from a life-threatening medical condition.

T • Feb 27 • 1-2:30pm • \$20/Silver
 Leader: Kevin McQueen

History of Richmond Craft Beer Part 7: Legend Turns 30

NEW, FIELD TRIP Legend Brewing turns 30 this month! Join us as we revisit this always-popular brewery. The session will include a history of events leading up to its founding and highlights of the last 30 years. A brewery tour guided by Legend staff and a tasting will also be included. As always, the leader will be available to sample and discuss additional beers at the conclusion of the event.

T • Feb 27 • 4:30-6:30pm • \$20/Silver
 Leader: Wade Reynolds

American Civic Education

NEW Civic Education has been around for a long time, but it takes many forms these days. Using Richard Haass’ new book, *The Bill of Obligations: The Ten Habits of Good Citizens*, this class will focus on finding a balance between rights and obligations. Invite an Osher friend to register with you. If you are a Democrat, invite a Republican. If you are straight, invite a gay person. If you are Christian, invite a Muslim or Jewish person. Together, we will learn and practice the steps of compromise to help restore a sense of community. Come join us - our democracy depends on it.

W • Feb 28, Mar 6, 13, 20 • 10-11:30am • \$60/Silver
 Leader: Aleta Richards

Virginia: Epicenter of American Entertainment

NEW Playing a wide variety of 15+ instruments (some vintage, some personally crafted) 'edutainer' Lamar Banister will demonstrate through story and tune Virginia's remarkable musical legacy up to the 1960s. The development of some instruments will also be discussed. Participation is encouraged as we clap, tap, and sing along with familiar and surprising tunes of triumph, tragedy, joy, and just plain fun, transitioning through Colonial, Spirituals, Country, Western, Folk, and Blues.

R • Feb 29 • 10am-12pm • \$20/Silver
Leader: Lamar Banister

Wines of Australia

NEW, FIELD TRIP Explore the wines of Australia with Jeff Albright from Winebow. Jeff will have recently returned from a trip to Australia and will showcase some of his favorite wines that represent the various growing regions. Fee for this class are non-refundable unless we can fill your slot.

R • Feb 29 • 1-3:30pm • \$50/All members
Leader: Warren Haskell

MARCH

India in Virginia

NEW The VMFA has one of the outstanding collections of South Asian and Himalayan Art. How a Southern City came to be a repository of such an alien culture is an important story to be told.

F • Mar 1 • 1-3pm • \$20/Silver
Leader: Shantaram Talegaonkar

2020 Edward C. and Mary S. Peple Lecture Featuring Candice Millard

Ri Se Candice Millard is a bestselling historian whose epic and meticulously researched books unearth some of US history's greatest moments and figures. A former editor and contributing writer at National Geographic magazine, Millard digs deep into her stories and shares riveting anecdotes with the audiences of her lectures.

U • Mar 3 • 2-3:30pm • Free to members
Leader: Candace Millard

How Does an Exhibit Happen?

NEW Walking into a beautiful exhibition of fine art can present the illusion that it was effortlessly curated and produced out of thin air. Yet countless hours of planning, negotiations, shipping, writing, promotion, and more, take place before a single artwork is hung on the wall. And the work continues even after the installation. This talk presents the who, what, when, and how of exhibition development and production in small-scale galleries and large museums.

M • Mar 4 • 10-11:30am • \$20/Silver
Leader: Elizabeth Schlatter

Beyond the Bounty

Ri Bo If you 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. This is an advanced session that builds on the information introduced in Bounty of Boatwright.

T • Mar 5 • 2:30-4pm • Free to members
Leader: Carol Wittig

The Life and Works of Caravaggio

NEW Z Michelangelo Merisi da Caravaggio, known as Caravaggio, has been labeled 'pittore maledetto', the cursed painter. His early biographers said those who knew him personally called him 'turbulent and quarrelsome' and 'a madman.' His art, however, was unprecedented. Many modern scholars believe he almost single-handedly created the Baroque style of painting. Learn about this incredibly gifted, yet self-destructive genius, and the amazing art he created.

W • Mar 6, 13, 20, 27 • 3:30-5pm • \$60/Silver
Leader: Juana Levi

SPCS Game Night at the Robins Center

Ri Join us for SPCS Game Night as the Spider Mens Basketball Team takes on St. Josephs. Visit with members of the Osher Institute, SPCS Alumni Association, Student Government Association, and SPCS faculty/staff and get a fantastic view of the game from your seats in one of the terraces in the Robins Center.

W • Mar 6 • 5:30-9:30 pm
\$10/All members
Leaders: UR Athletics and SPCS/Osher Administration and Staff



What the Eyes Don't See: Race, Recognition, and Healing

NEW Americans have deeply divergent views about the extent to which our racial history and ongoing racism color modern society. Two Richmonders who have delved deeply into the topic will share their perspectives on systemic racism: what it is, the extent to which it continues to exist, and how we can acknowledge, confront, and move forward in addressing our divisions around race.

R • Mar 7 • 10am-12pm • \$20/Silver
Leaders: Margaret Edds, Danita Roundtree Green

Schubert's Final Two Piano Sonatas and Two Sets of Impromptus

NEW Franz Schubert (1797 - 1828) was a crucial figure in the transition between the Classical and Romantic cultural eras, and he remains one of the most famous and influential of all composers. This lecture/recital will feature music for piano solo that he produced in the final years of his tragically short life: the final two Piano Sonatas of 1828 and his two sets of Impromptus composed the year prior.

R • Mar 7, 14 • 1-3pm • \$40/Silver
Leader: Alan Pollack

10 Warning Signs of Alzheimer's

Aw Z **BACK BY POPULAR DEMAND** This course will give students an in-depth look into the warning signs of dementia diseases, Alzheimer's specifically, and when a person should consider a medical evaluation. Students will hear from experts and persons living with dementia and gain a better understanding of what are typical age-related changes vs. common warning signs of Alzheimer's.

F • Mar 8 • 10-11am • \$20/Silver
Leader: Rachel Lawson

Managing Emotions

Aw **NEW** Emotions wield an immense influence over our lives, shaping our thoughts, intentions, and actions with unparalleled authority. By enrolling in this transformative class, you will learn how to navigate the intricate realm of emotions effectively, discover how to sidestep the pitfalls of succumbing to inappropriate feelings, and gain mastery over your emotions, even in the most challenging situations.

F • Mar 8 • 12-2pm • \$20/Silver
Leader: Fred Gatty

M=MONDAY, T=TUESDAY, W=WEDNESDAY, R=THURSDAY, F=FRIDAY, S=SATURDAY, U=SUNDAY

Visions of Stately India: The Talegaonkar Collection

NEW We will explore the journey of a collector including methods and challenges of acquiring art.

F • Mar 8 • 2:30-4pm • \$20/Silver
Leader: Shantaram Talegaonkar

Apple iPhone Essential Apps

Aw **Z** This course will cover the notable changes in iOS 17 and the new iPhone 15. We will also review the camera, photos, messages, maps, financial, and other essential apps and settings. Your iPhone should be updated to iOS 17.

M,R • Mar 11, 14, 18, 21 • 9-11am • \$60/Silver
Leader: West Cobb

Genealogy for Intermediates

NEW Have you found some of your ancestors, collected information, started a family tree. . .and want to do more? This class will help you make sense of what you have, expand your research skills, learn to use more advanced tools and techniques, and broaden your knowledge of genealogical resources. The goal is to build on what you have already done and add to the depth and breadth of your family history.

M,R • Mar 11, 14, 18, 21 • 10am-12pm • \$60/Silver
Leader: Donna Shumate

Agents of Change: Female Activism from Women's Suffrage to Today

NEW **Z** Organized in conjunction with the statewide Women's Suffrage Centennial in 2020, this program celebrates a century of women's social and political activism in the Commonwealth. Agents of Change highlights the efforts and impact of a selection of female change-makers who created positive change in their communities, the Commonwealth, and the nation. These change-makers created new models of female empowerment and new opportunities for women, ultimately fostering a more inclusive and equal society.

T • Mar 12 • 10-11am • \$20/Silver
Leader: VMHC Docent

A Singing Travelogue

NEW Come enjoy a singing travelogue of Europe featuring Soprano Caroline



The Osher Special Interest Groups

Formed and led by Osher members, our Osher Institute Special 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.

Baseball Dan Begley osherbaseball@gmail.com

Birding with Audubon Mary Elfner melfner@gmail.com

Bridge Ellen Hollands efine98@aol.com, 804-741-0221 or 804-402-8402

Contemporary Issues John Mahone mahone.john@gmail.com

Fab and Fit Spiders Brenda Davis bdavis@lakewoodathome.org

Golf Tom Cox tcox.attorney@gmail.com and Pam Wiegardt wiegar@gmail.com

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

Historically Speaking Louis Cei ceilb2@aol.com

Investments F. Brian McNeil fbmcneil@gmail.com

Literary Dreamers Jerry Lutkenhaus jervalaw@aol.com and Virginia Manuel vmanuelva@gmail.com

Memoir Writing Lynn Blankman, Karen Mizrach, and Lisa Johnson lajohnson978@gmail.com *We have three full groups and openings to begin a fourth group.*

Mystery Lovers Nancy Newins nnewins@verizon.net

Our Earth and Beyond Joel Gottlieb Joel.gottlieb@gmail.com

Photography Peter Blankman pblankman@gmail.com

Sociable French Conversations Allan Blum allan_blum@yahoo.com

Theatre Lovers Janice Jones and Anne Wescott oshertheater@gmail.com

Travel Celeste Miller OSHERtravel@gmail.com

Women's Basketball Silver Spiders John Festa johnfesta@comcast.net

Whisnant, Pianist Charles Staples, and Video Guru Dennis King.

T • Mar 12 • 1-2:30pm •

Free to members

Leaders: Charles Staples, Caroline Whisnant, Dennis King

A Sufi Approach to Health and PEACE

NEW This course will offer a holistic approach to health and will include weekly practical goals that will be accomplished

as a group. Explore interesting health-related practices from different cultures such as Shinrin yoku from Japan and Sufism. Integrate Nobel-prize winning concepts such as autophagy into your daily life. Explore simple but delicious Turkish recipes for a healthy gut and satisfying meals! The outcome: Better Health and PEACE!

T • Mar 12, 19, 26 •

3:30-4:30pm • \$60/Silver

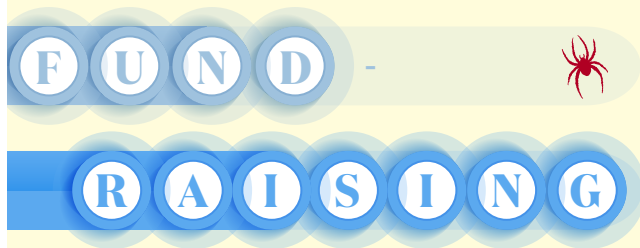
Leader: Nuray Grove



It Takes a Community

The Osher Institute at the University of Richmond has set its 2023 annual fundraising goals at \$33,000 from 28% of current Osher membership. Each year, our Osher Leadership Council Osher sets fundraising goals with the guidance of our Osher Leadership Council.

Going to catalog print, 200 Osher households have invested in Osher with financial gifts during 2023. This community of generous donor members has put us 80% of the way towards our participation goal and above our dollar goal.



If you have not made a gift in 2023, please join the community of fellow Osher members and make a gift to Osher before year end. Gifts year-to-date have ranged from \$5 to \$2500. You may give online at osher.richmond.edu/give or drop a gift off at the Osher Office or with Osher staff. The Osher Donor Holl Roll year-to-date 2023 can be found at <https://spcs.richmond.edu/lifelong-learning/osher/giving/2023.html>

We are grateful for every donor and every dollar donated. Money raised in 2023 will be used to support special events and speakers, our instructor recognition gathering and our volunteer ice cream social, and a second instructor microphone system. It will also strengthen the institute with financial reserves which helps keep membership fees reasonable.

Currently, there is a university sponsored fun 'bonus' in place. Donors who gift \$25 or more to Osher (or to any university fund) between now and December 31, 2023 will be mailed a pair of University of Richmond socks.

If you have any gift giving questions or would like to explore ways to maximize your charitable impact in strategic ways such as a qualified charitable distribution gift, please reach out to Amy Edwards in the Osher Office.

Understanding Long Term Care Insurance



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 an individual's circumstances, to pay for long term care? There is no one-size-fits-all solution.

W • Mar 13 • 10am-12pm • \$20/Silver
Leader: Linda Tsironis Caruthers

Ethical Dilemmas Seen Through the Prism of Judaism

NEW We are constantly presented with ethical dilemmas in health care and intervention, such as the availability of medicine and its usage. There are many other areas of ethical conundrums, such as the use of weapons, both personal and of mass destruction; and the application of economic factors such as taxation and the distribution of wealth. These and others will be viewed through the prism of Judaism and its teachings.

F • Mar 15, 22 • 10am-12pm • \$40/Silver
Leader: Gary Creditor

Kushan Empire

NEW Kushan, a Central Asian Tribe, established themselves as a major power in India and present-day Afghanistan during first through third Centuries AD and left a strong impression on the art of the region.

F • Mar 15 • 1-3pm • \$20/Silver
Leader: Shantaram Talegaonkar

Summer of Soul and Stevie Wonder, Part 1

NEW One of the most heralded films of 2021, Questlove's Academy-Award-winning documentary 'Summer of Soul' revisits the 1969 Harlem Cultural Arts Festival. Obscured by memories of the Woodstock Festival which took place that same year, vivid archival footage from the summer-long Harlem concert series was mostly forgotten. On Monday, we will screen 'Summer of Soul' and briefly discuss it. On Tuesday, presenters Bill Pike and Joe Vanderford will chart the evolving muse of Steve Wonder, post-1969.

M • Mar 18 • 7-9pm • Free to members
Leaders: Bill Pike, Joe Vanderford

Summer of Soul and Stevie Wonder, Part 2

NEW One of the most heralded films of 2021, Questlove's Academy-Award-winning documentary 'Summer of Soul' revisits the 1969 Harlem Cultural Arts Festival. Obscured by memories of the Woodstock Festival which took place that same year, vivid archival footage from the summer-long Harlem concert series was mostly forgotten. On Monday, we will screen 'Summer of Soul' and briefly discuss it. On Tuesday, presenters Bill Pike and Joe Vanderford will chart the evolving muse of Steve Wonder, post-1969.

T • Mar 19 • 10-12pm • \$20/Silver
Leaders: Bill Pike, Joe Vanderford

Palestra: Cathedral of Basketball

NEW This one-hour documentary traces the evolution of college basketball through the rise of the most historic arena in the country: The University of Pennsylvania's Palestra. We will talk about this film, produced by a former female basketball player.

T • Mar 19 • 1-3pm • \$20/Silver
Leader: Dan Begley

Regional US Cooking: Cuisine of Southern California and Baja

NEW, FIELD TRIP This is a demo class, and no standing is required. Explore the cuisine of Southern California and Baja, featuring fish tacos and homemade tortillas, classic Caesar salad, avocado salsa, citrus slaw, and a date shake dessert. Fees for this class are non-refundable unless we can fill your slot.

R • Mar 21 • 1-3:30pm • \$70/All members
Leader: Warren Haskell

Julia Child: A Recipe for Life

NEW, FIELD TRIP Julia Child's insatiable curiosity and tenacious spirit drove her to endlessly try, test, prove and communicate how to make delicious food. Learning to cook empowered Julia and she in turn empowered others, profoundly transforming American cuisine and food culture. Julia Child: A Recipe for Life explores the key ingredients that led to Julia's personal evolution and America's culinary revolution. Offered twice: please register for only one session. Because of the tour costs, fees for this class are non-refundable.

F • Mar 22 • 1:30-3pm • \$15/All members
Leader: Maggie Creech

What's New Around Town? The Latest in Richmond's Tourism

Bo **BACK BY POPULAR DEMAND** The trends continue! While we will always have history, fine art wonderful food, beautiful wineries, and great beer, Richmond's sports tourism continues to grow. It now claims the biggest slice of the tourism pie. Come hear how our tourism numbers have bounced back post-Covid, and how our current and soon-to-be-completed venues attract great sporting events.

M • Mar 25 • 10-11:30am • Free to members
Leader: Jack Berry

Further India

NEW Come hear about the influence of Indian art, culture and religions in South East Asia from the First Millennium to the present.

M • Mar 25 • 12:30-2:30pm • \$20/Silver
Leader: Shantaram Talegaonkar

A Canadian Paradox - Canada's Involvement in the US Civil War

NEW The US Civil War does not lack for interpretations; and Canada's is one of ambivalence. Keeping in my Canadian 'swim lane' I'll take a romp through the civil war years as seen from The North Star. Contradictions abound, from receiving and protecting passengers from conductor Harriet Tubman's underground railroad, to plots to kill Lincoln and harboring the exiled Jefferson Davis. It's an interesting story that furthers our Osher learners understanding of their northern neighbor.

M • Mar 25, Apr 1 • 3-5pm • \$40/Silver
Leader: Bud (Alan) Taylor

Native Plants: How Growing Them Benefits Us and Wildlife

BACK BY POPULAR DEMAND Wish you had more birds, bees, and butterflies where you live? This class will discuss how to improve the habitat around you using native plants, whether you have a traditional yard, container garden, or community space.

T • Mar 26, Apr 2 • 10am-12pm • \$40/Silver
Leader: Sheryl Smith

Chain Maille: Scherzo Bracelet or Necklace

NEW PATTERN Join us to create another beautiful piece of jewelry. This delightful weave is done in sterling silver with gold filled rings as accents. Beautiful as a bracelet or a necklace, you are sure to get compliments every time you wear it. Bring your good eyesight and a 'can do' attitude and be ready to have some fun. (Note: 'homework' required between the two class dates.)

T • Mar 26, Apr 2 • 1-3pm • Bracelet \$75/All members • Necklace \$130/All members
Leader: Celeste Miller

The ABCs of Applied Behavior Analysis: Principles and Practical Applications

Aw **NEW** Why do people act the way they do? The first course session will provide an overview of the basic principles of Applied Behavior Analysis (ABA) by describing how the manipulation of the Antecedents that precede a Behavior and the Conse-

quences that follow it can cause the behavior to increase or decrease. The second course session will provide an overview of research-based ABA interventions and their application to the real world.

W • Mar 27, Apr 3 • 10am-12pm • \$40/Silver
Leader: Belva Collins

Art of the Hudson River School

NEW z Based primarily on works from the Smithsonian American Art Museum and Virginia Museum of Fine Art collections, this interactive session will explore how American landscape painting came to prominence in the mid-19th Century. The Hudson River School was not an actual school, but America's first true artistic fraternity, reflecting the themes of discovery, exploration, and settlement, and characterized by a realistic, detailed, and sometimes idealized portrayal of nature.

R • Mar 28 • 10-11:30am • \$20/Silver
Leaders: Alice Waagen, Ralph Kidder

Healthy Living for Your Brain & Body

Aw **NEW z** For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join this course to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

R • Mar 28 • 12-1pm • \$20/Silver
Leader: Rachel Lawson

UR Eco Corridor Tour and Bio Blitz

Ri **Bo** **NEW** Join University of Richmond's Natural Area Steward for a tour of the Eco Corridor. This engaging walking tour will cover the history of the eco corridor, the restoration and the future of a green campus resource. Please wear comfortable shoes and come prepared to enjoy the beautiful nature unfolding in the eco corridor on the University campus. Offered twice: please register for only one session.

R • Mar 28 • 2-4pm • Free to members
Leader: Cary Jamieson



Baby Elephant Expedition

REPRISED Join Mark Rich, former Curator of Mammals at the San Diego Zoo, as he shares his adventure to bring to San Diego a baby Ceylonese elephant. The month-long expedition included studying elephants in the wild, as well as at the Penniwela Elephant Orphanage and zoos in Sri Lanka, Singapore, and Indonesia. But the focus is on a little elephant named Devi, which means 'Little Princess', and on the complicated and unusual way she finally arrived.

F • Mar 29 • 10am-12pm • \$20/Silver
Leader: Mark Rich

B.A. Sunderlin Bellfoundry Tour

NEW, FIELD TRIP Come and visit the only traditional bell foundry in the United States! Guided tours introduce guests to the field of campanology - the study of bells - as well as bronze and iron casting, and the daily workings of an active foundry. You may register to take the tour only, or you may register to tour and create a 'make-and-take'. Please register for only one. Because of event costs, fees are non-refundable unless we can fill your slot.

F • Mar 29 • 1:30-4pm • Tour-only \$30/All members • Tour + "make-and-take" \$60/All members
Leader: Kate Sunderlin

APRIL

Grief: Learning to Navigate the Path of Grief

Aw **BACK BY POPULAR DEMAND** In Person **O** We will all experience grief at some point in time. When experiencing grief, it may be hard for you to feel optimistic about the future. If you've lost a spouse, child, family member, or friend, you've probably found not many people understand the deep hurt you feel. This class will give an overview of how we can navigate grief and losing a loved one.

M • Apr 1 • 10-11:30am • \$20/Silver
Leader: Robert Odom

Avoiding Common Healthcare Scams

Aw **NEW** Seniors are targeted for a variety of scams, many of them associated with their insurance or healthcare accounts. This session is

designed to teach seniors how to prevent, detect, and report those scams so they can keep their benefits, identity, and finances safe.

M • Apr 1 • 1-2:30pm • \$20/Silver
Leader: Shawn Smith

The King of Crimes: The Aaron Burr Treason Trial in John Marshall's Court

NEW In 1807 Chief Justice John Marshall presided over one of the greatest court cases in American history. The Aaron Burr treason trial captivated a young America. After one term as Jefferson's Vice President, and after his lethal duel with Hamilton, Burr chose to head West and attempt to take armed men into Mexico. Jefferson demanded that Burr hang, but his cousin the Chief Justice was intent on following the rule of law.

W • Apr 3 • 1-4pm • \$20/Silver
Leader: John Festa

Courage, Race, and Basketball: Breaking the Color Line in a Tennessee College Town

NEW This course will focus on the story of East Tennessee State University basketball player Tommy Woods, who overcame racial hostility and social isolation while breaking the intercollegiate sports color barrier in his state in 1963. The course will also include an overview of the history of desegregation of Southern sports in the 1960s, along with the instructor's personal reflections on his experiences as a high school and college athlete in Tennessee during that era.

R • Apr 4, 11 • 10am-12pm • \$40/Silver
Leader: Thomas Cox

Spanish Wines 2.0

NEW, FIELD TRIP Spanish Wines 1.0 not required! We will further explore the wines of Spain with Mike Kotrady of Kyselá Peres Fils, learning about and trying wines from less well-known wine regions and varietals. Fees for this class are non-refundable unless we can fill your slot.

R • Apr 4 • 1-3:30pm • \$50/All members
Leader: Warren Haskell

Reading Ralph Ellison: 'Invisible Man'

NEW Invisible Man is one of the great novels in the canon of American black literature. It has been called by one critic

a 'monumental novel, one that can well be called an epic of modern American Negro life.' We will seek to uncover the major themes of this classic novel and to determine what Ellison was trying to achieve when he set out to write it.

F • Apr 5, 12, 19 • 10am-12pm • \$60/Silver
Leader: Jack Kangas

Pushing Your Boundaries through Life's Challenges to a Purposeful, Successful Life

Aw **NEW** Share in the memoir of Jerri Barden Perkins, MD: growing up in the 1950s in Richmond, medical school, the NIH, FDA during the AIDS epidemic. Learn alongside her the challenges of self-publishing, her journey, escapades, and revelations on sport, education, career, and travel. From ups and downs in career to ski avalanches and biking the Loire Valley. Push your boundaries, be open to possibilities at any age, and say YES!

F • Apr 5 • 1-2:30pm • \$20/Silver
Leader: Jerri Perkins

From Enslavement to Empowerment: The History of the Belmead on the James

NEW This presentation on the fascinating history of the Belmead will cover its years of occupation by indentured servant Bartholomew Stovall through its ownership by Confederate Brigadier General Philip St. George Cocke. It will conclude with its conversion into two little-known African American schools, St. Emma Military Academy and St. Francis de Sales school. Several alumni from both schools will be present to share their stories during a Q&A session at the end of the presentation.

M • Apr 8 • 10am-12pm • \$20/Silver
Leader: John Plashal

The Canals of Mars and the Gastrointestinal Tract

Aw **BACK BY POPULAR DEMAND** In Person **O** Using photos taken during endoscopy, we will take a voyage down the Grand Canal, the 30-foot-long gastrointestinal tract. We will begin our journey with the mouth and a discussion of the sense of taste and ending appropriately with the treatment of hemorrhoids. During our travels, current approaches to diseases like

heartburn, ulcers, the new medications for obesity, irritable bowel, colitis, diverticulitis, and colon cancer will be reviewed. Time permitting, cases will be presented with the hope that the correct diagnosis will be made - waiting for the autopsy is not an option.

M • Apr 8 • 1-3pm • \$20/Silver
Leader: Peter Goodman

Civil War Decision Styles

NEW This course will use a cognitive model to exam the decision styles of principal commanders of armies in the eastern theater of the Civil War. This includes optimism and confirmation bias, too high or too low a degree of fight in their amygdalae, and high reliance on Type I thinking.

M • Apr 8, 15 • 3:30-4:30pm • \$40/Silver
Leader: Herbert Loveless

Reflections on Busing Through a Richmond Story

NEW Hey, White Girl (2021) is a fictional story about busing in Richmond in the early 1970's. Come reflect with the author on your own "coming of age" story as she discusses how the writing process became a journey into understanding what it means to be white. There will be time for discussion, but reading the novel will not be required for participation. Judith Bice was born and raised in Richmond, Virginia, where she has enjoyed a dual career as an educator and a musician. Her first novel, Hey, White Girl, is inspired by her own busing experience, her return to the classroom as a teacher, and her growing awareness of what it means to be white. Find out more at judithbice.com

T • Apr 9 • 10am-12pm • \$20/Silver
Leader: Judith Bice

Heretics - They Also Played the Jesus Game

BACK BY POPULAR DEMAND This course presents a different perspective to the first five centuries of Christianity. It focuses on the battles of ideas between so-called heretics and the proto-orthodox/orthodox wings of the emerging religion. We will examine Jesus's first followers, Gnostics, Marcion, Tatian, Montanus, Donatus, Pelegian, and Arius. The heretics lost the battles but significantly influenced the development steps of Christianity. The role of Judaism in the early Jesus Game will also be introduced.

T • April 9, 16, 23 • 1-3pm • \$60/Silver
Leader: Jeffrey Marston

Coffee Chats and Happy Hours

Our Osher socials continue! We're excited to announce our spring dates.

We are alternating our Coffee Chats - in person and via zoom - so look at the schedule to know where we'll be.

We are excited to offer our Game Days again. Come join the fun, and also be on the lookout for announcements regarding a special Game Night event on May 16.

We will host Happy Hours in a different location each month.

Here are the dates for these fun events:

Sometimes Virtual Coffee Chats - First Wednesdays, 8:30am

January 3, 2024 - Virtual, Zoom
 February 7 - In person, Tyler's
 March 6 - Virtual, Zoom
 April 3 - In person, Tyler's
 May 1 - Virtual, Zoom



Happy Hours - Second Thursdays, 4:30pm until . . . IN PERSON

January 11: Hardywood West
 February 8: Location TBD
 March 14: Location TBD
 April 11: Location TBD
 May 9: Location TBD



Game Afternoons - Third Thursdays, 1:00-4:00pm, every other month IN PERSON

January 18: Jepson Alumni Center, Quigg Room
 March 21: Jepson Alumni Center, Quigg Room



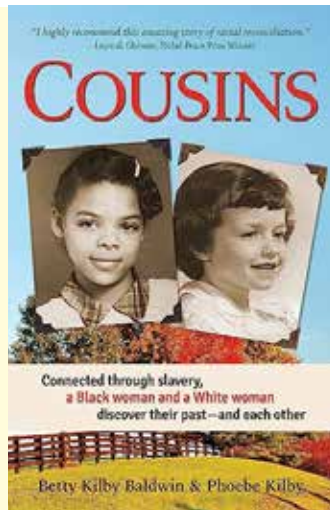
No registration is needed for these events. We'll send reminders several weeks, then several days prior to each, but perhaps you'll want to add these to your calendar now.

Special Game Event: Trivia Night (registration will be required - look for emails later this spring)

May 16: Jepson Alumni Center, Robins Pavilion, 5:00-8:00pm

SPCS Community Conversation – Cousins: Connected Through Slavery and Now Reaching Across the Racial Divide

Wednesday, April 17
4:00 – 6:00 pm • Free Event
Jepson Alumni Center, Robins Pavilion
Phoebe Kilby and Betty Kilby Baldwin



Due to the cancelation of this event in the fall, we are pleased to offer this event in April.



Ri Se Dr. Martin Luther King, Jr. had a dream that ‘the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.’ As daughters, Betty Kilby Baldwin and Phoebe Kilby found a way to live Dr. King’s dream. Their presentation will draw on lessons from their book, ‘Cousins: Connected Through Slavery, A Black Woman and a White Woman Discover Their Past and Each Other.’

Osher members may register for this just as any other class. Non-members are welcome and should register at <https://sl.richmond.edu/nS>

Falling Upward: Planning for the Rest of Your Life

Aw **NEW** Richard Rohr published Falling Upward to help us examine our possibilities and limitations as we age. We will use his ideas to reflect on the first halves of our lives related to family, education, skills, hobbies, career choices, health, lifestyle, and spirituality, and apply those insights to help us create a plan for a ‘higher sense of fulfillment in our next life phases.’ Though the author is a Franciscan monk, this class will be non-sectarian.

W • Apr 10, 17, 24 • 10am-12pm • \$60/Silver
Leader: Murray Ellison

Forging a New Nation: Pivotal Moments in American History (1783-1803)

NEW Between 1783 and 1803 several decisions were made that determined the shape of our government. These deci-

sions led to now well-accepted principles such as civilian control of the military, a written Constitution, a Bill of Rights, a capitol in Washington DC, and limited presidential terms of office. In this course we will examine these pivotal decisions, the circumstances leading to them, and the men who made them.

W • Apr 10, 17, 24 • 1-3pm • \$60/Silver
Leader: Michael Kerley

Rachel Beanland and her Books

Ri **NEW** Rachel Beanland is the University of Richmond’s 2023-24 Writer-in-Residence. She will talk about her books and her journey as a writer. Co-sponsored by Osher and the Friends of the Library.

W • Apr 10 • 4-5:30pm • Free to members
Leader: Rachel Beanland

UR Eco Corridor Tour and Bio Blitz

Ri Bo **NEW** Join University of Richmond’s Natural Area Steward for a tour of the Eco Corridor. This engaging walking tour will cover the history of the eco corridor, the restoration and the future of a green campus resource. Please wear comfortable shoes and come prepared to enjoy the beautiful nature unfolding in the eco corridor on the University campus. Offered twice: please register for only one session.

R • Apr 11 • 2-4pm • Free to members
Leader: Cary Jamieson

Julia Child: A Recipe for Life

NEW, FIELD TRIP Julia Child’s insatiable curiosity and tenacious spirit drove her to endlessly try, test, prove and communicate how to make delicious food. Learning to cook empowered Julia and she in turn empowered others, profoundly transforming American cuisine and food culture. Julia Child: A Recipe for Life explores the key ingredients that led to Julia’s personal evolution and America’s culinary revolution. Offered twice: please register for only one session. Because of the tour costs, fees for this class are non-refundable.

F • Apr 12 • 1:30-3pm • \$15/All members
Leader: Maggie Creech

Subjective Well-Being and Life Satisfaction: An Overview of Theory and Research on What Makes for a Satisfying Life

Aw **NEW Z** This presentation will review basic theory and research on subjective well-being and life satisfaction-what social science tells us about what makes for a satisfying life and what makes life worth living. The goal of the presentation is to provide you with some practical ideas for examining your own life and strategies increasing happiness and contentment. Offered in partnership with the Osher Institute at George Mason.

M • Apr 15 • 9:40-11:05am • \$20/Silver
Leader: James Maddux

The History of Baseball

NEW Join us on Jackie Robinson Day as we discuss the history of baseball from the early 1900s to the present. A variety of baseball artifacts and memorabilia will be on display including old gloves and over a century of baseball cards.

M • Apr 15 • 12:30-2:30pm • \$20/Silver
Leader: James Triesler

Songwriters: The Female Perspective

Z Songwriting is a creative outlet to share ideas, express feelings, or tell a story. What do women songwriters have to tell us? Is the female perspective of truth different than that of a male? We will examine the lyrics and listen to the songs of some influential women singer-songwriters.

T • Apr 16, 23 • 10am-12pm • \$40/Silver
Leader: Linda MacCleave

SPCS Community Conversation – Cousins: Connected Through Slavery and Now Reaching Across the Racial Divide

See boxed article on the left for details
W • Apr 17 • 4-6pm • Open to the Public

A Casual Fan's Guide to Basic Baseball Rules and Strategy

NEW Safe or out? Fair or foul? Infield fly rule? Have you ever been confused by an umpire's calls at your child or grandchild's Little League game? Are you new to watching baseball and wish you knew more about the basics? This class, with a particular focus on watching and enjoying youth baseball, will help casual spectators better appreciate the rules of the game and basic coaching strategies.

R • Apr 18, 25 • 10-11:30am • \$40/Silver
Leader: Bob Jaspén

Regional US Cooking: Cuisine of Central California

NEW, FIELD TRIP We will explore the region with Santa Maria Style BBQ, featuring beef tri-tip, pinquitos beans, and grilled vegetable salad. Fees are non-refundable unless we are able to fill the slot.

R • Apr 18 • 1-3:30pm • \$70/All members
Leader: Warren Haskell

Tour of Historic St. John's Church and Graveyard

NEW, FIELD TRIP In March of 1775, the Second Virginia Convention was held here at what was then called Henrico Parish Church. Patrick Henry, George Washington, Thomas Jefferson, Peyton Randolph and other prominent Virginians were delegates to the convention. Here, Patrick Henry embodied the spirit of the Revolution on March 23, 1775, with his words, "Give me liberty, or give me death!" Because of the event costs, fees for this class are non-refundable.

F • Apr 19 • 2-4pm • \$16/All members
Leader: Sarah White

How Ukraine Changed My Life

Ri Bo **NEW** Come hear the personal stories and real experiences from Ukraine as lived and told by Michael Warchol our Communications and Events Manager for the Office of International Education. As he notes, 'Serving in the Peace Corps many years ago initiated a real shift in my thinking on the world and the work I do. With the start of the war and renewed focus on Ukraine, I again have found new purpose and new work through sponsoring and supporting Ukrainian refugees.'

M • Apr 22 • 10am-12pm • Free to members
Leader: Michael Warchol

The VirginiaNavigator Family of Websites

Aw **BACK BY POPULAR DEMAND-** Finding local support services is as simple as a click of a mouse. Learn how to find information about health and aging issues, financial concerns, legal questions, caregiver support, housing and assisted living communities, and much more.

M • Apr 22 • 1-2pm • \$20/Silver
Leader: Bonnie Scimone

From Traders to Rulers

NEW We will tell the story of British interaction in India.

R • Apr 25 • 1-3pm • \$20/Silver
Leader: Shantaram Talegaonkar

Cell Phone Photography: How To Shoot Like A Pro

The class will focus on how to enhance your photography experience with a cell phone regardless of the type of phone. This class will concentrate on improving photography skills, advanced photo opportunities and photo editing. Offered twice this semester - once online and once in person.

F • Apr 26, May 3 • 10am-12pm • \$40/Silver
Leader: Dan Walker

Virginia Holocaust Museum Tour

Bo **NEW, FIELD TRIP** Join this on-site tour for a walk through the museum, along with a comprehensive overview of the history of the Holocaust incorporating the stories of survivors who made Richmond their home.

F • Apr 26 • 1:30-4pm • Free to members
Leader: Matthew Simpson

The Art of War: The Vietnam War

NEW Z Throughout much of our history, artists have been embedded on the battlefield to capture soldiers in action. Join us as we analyze and discuss how wartime artists serving on the frontlines applied their artistic talents to express what they experienced in real-time from their own unique perspectives. In this program, we will look at the Army War Artist Program focusing on the Vietnam War, providing an historical context for the art.

M • Apr 29 • 10am-12pm • \$20/Silver
Leaders: Alice Waagen, Ralph Kidder, Steve Anders

The Governor's Mansion: The Art Experience

NEW, FIELD TRIP This exhibition features artwork and artifacts that portray the spirit of Virginia: its past, its present, its landscape, and its people. The Art Experience at the Executive Mansion highlights works from a mix of genres and mediums with particular focus on Virginia artists and themes. It is a living display which will evolve and change over time as additional works of art become available and as different parts of the Virginia story become the focus. This course is offered twice; please register for only one.

M • Apr 29 • 1:30-3pm • \$20/Silver
Leader: Judy Boland

University of Richmond Museums: Gallery Tour

Ri Bo **NEW** Join Martha Wright, Assistant Curator of Academic and Public Engagement with UR Museums, to discuss the two new student-centric initiatives beginning this academic year. We will explore the student-curated exhibition of student-sourced artworks in the Booth Lobby of the Modlin Center, followed by the reimagination of Pickels Gallery as a curricular gallery. There will also be some general discussions about how art can represent life, challenge us to think differently, and invite close looking observation.

T • Apr 30 • 10am-12pm • Free to members
Leader: Martha Wright

The Governor's Mansion: The Art Experience

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T • Apr 30 • 1:30-3pm • \$20/Silver
Leader: Judy Boland

MAY

Hillwood Estate, Museum & Garden Trip

NEW, FIELD TRIP Marjorie Merriweather Post purchased Hillwood with the intent to leave it as a museum that would inspire and educate the public. We will have a docent-guided mansion tour showing her rich collections and passion for history. Following our tour we will have lunch on the grounds. There are no refunds unless we can fill your slot.

W • May 1 • 7am-5pm • \$120/All members
Leader: Donna Callery

A Virtual Tour of the Adriatic Coast

NEW Z Join us for a virtual tour around the Adriatic as we move from the Italian cities of Ravenna, Venice, and Trieste, east into Slovenia and war-torn Bosnia-Herzegovina, then south along Croatia's breathtaking Dalmatian Coast. Along the way we'll visit such natural wonders as Lake Bled and Plitvice National Park, the Roman ruins of ancient Split and the Istrian Peninsula, medieval structures on Isle of Korcula, and the 800-year-old walled city of Dubrovnik.

R • May 2 • 10am-12pm • \$20/Silver
Leader: Steve Anders

New California Wines

NEW, FIELD TRIP Robin Spicer of Roanoke Valley Wine Company will showcase that there is more to California wine than simply Cabernet Sauvignon and Chardonnay. Exploring what other delicious varietals and styles the state has to offer. Fees for this class are non-refundable unless we can fill your slot.

R • May 2 • 1-3:30pm • \$50/All members
Leader: Warren Haskell

Maymont Private Gardens Tour

NEW, FIELD TRIP Head to Maymont for a private gardens tour offered by the Horticulture team. Maymont is a 100-acre Victorian estate and public park with varied and extensive gardens. Because of the event costs, fees for this class are non-refundable.

F • May 3 • 1:30-2:30pm • \$15/All members
Leader: Courtney Whisenant

Olmsted's America: Seeing the Future

BACK BY POPULAR DEMAND Before he became the nation's first landscape architect, Frederick Law Olmsted was a failed sailor, farmer, writer, and gold miner. His writings influenced international opinion on slavery, and his vision created a system of parks which would remain relevant for hundreds of years. This course will focus on Olmsted's life and world, a time of civil war, rapid nation-building, and the beginning of the American park system.

M,W • May 6, 8, 13, 15 • 10-11:30am • \$60/Silver
Leader: Patricia Ryther

Geology of the American West

Ri Bo **NEW** The geological evolution of the American West is a tale of continental collisions, volcanoes, earthquakes, and upheaval. This lecture will explain how the map of today can be explained by the paroxysm of the past in a fast-moving introductory overview of the power of geological processes to shape our modern landscape.

T • May 7 • 10-11:30am • Free to members
Leader: David Kitchen

Shalom Farms: Overview of Food Justice Mission, Farm Operations, and Programs

Bo **BACK BY POPULAR DEMAND, FIELD TRIP** Attendees will visit Shalom's Powhatan farm location to learn all about Shalom Farms' food justice initiatives. We'll discuss Shalom's mission, purpose and programming with the beautiful farm as our backdrop and then segue into an in-depth tour of our fields (complete with tasting opportunities, of course!) where we can dig in to Shalom's crop selection and agriculture practices.

T • May 7 • 1:30-3pm • Free to members
Leader: Hannah Wittwer

Tanzania's Great Migration and Ngorongoro Crater

NEW Come join us as we witness one of nature's most exhilarating spectacles: thousands of wildebeest and zebra making their annual trek across the Serengeti.

W • May 8 • 1-3pm • \$20/Silver
Leaders: Celeste Miller, Don Miller

Estate Planning, Elder Law, IRAs

Aw **BACK BY POPULAR DEMAND** Let's talk about planning for the future. How can you ensure that your preferences and directives for your financial assets are carried out correctly? We'll discuss the legal options available to assist in making the best decisions. Elder Law will also be discussed. Questions are welcome!

R • May 9 • 10-11:30am • \$20/Silver
Leader: Paula Peaden

Art, Music & Pie – Renewed

Bo In 2016 this program was brought to the OSHER community and now will revisit old favorites in addition to new stories and music in this mixed media, music and storytelling presentation. Our storytellers Judy Boland and Meg Laughon will join Pianist Dr. Charles Staples, Cellist Arowyn Almeida and Singers Dennis King & Amy Barefoot. Afterwards you can enjoy a slice of pie while visiting with the presenters.

R • May 9 • 1-3pm • Free to members
Leaders: Dennis King, Judy Boland, Meg Laughon, Charles Staples, Arowyn Almeida, Amy Barefoot

Tour of Historic St. John’s Church and Graveyard

NEW, FIELD TRIP In March of 1775, the Second Virginia Convention was held here at what was then called Henrico Parish Church. Patrick Henry, George Washington, Thomas Jefferson, Peyton Randolph and other prominent Virginians were delegates to the convention. Here, Patrick Henry embodied the spirit of the Revolution on March 23, 1775, with his words, ‘Give me liberty, or give me death!’ Because of the event costs, fees for this class are non-refundable.

F • May 10 • 2-4pm • \$16/All members
Leader: Sarah White

UR Campus Walk

Ri Bo Aw Take a walking tour of the UR campus, named the nation’s most beautiful campus in the Princeton Review’s most recent college guide. Learn about the history of the University, enjoy the beautiful landscaping and architecture, and hear some stories along the way. The walk will be about 2.5 miles in length and will require climbing steps and walking on various surfaces. Walking shoes and water are recommended.

T • May 14 • 10am-12pm • Free to members
Leader: Marshall Ervine



You can become an Osher member at any time during the year for as little as \$75 per year. A summary follows of membership levels and ben-

efits. To become a member, visit our online registration portal at <https://www.enrole.com/richmond/jsp/index.jsp?categoryId=OSHER> and create a new account. Once your account has been created and you are logged in, select the MEMBERSHIPS & RENEWALS category and purchase a new membership. Your membership is valid for one year from the date you join.

Membership Levels

Silver: \$75/year (rolling 12-month)

Our **Silver** membership is the perfect get acquainted level for individuals who are interested in seeing what Osher has to offer. For a small annual fee, an individual receives a University of Richmond One Card and e-mail address, parking pass, full use of the library including access to online databases while on campus and access to register for Osher courses. However, **Silver** members pay for each course in which they enroll, \$100 to audit available semester-long credit courses, and special course fees.



Gold: \$350/year (rolling 12-month)

Our **Gold** membership is perfect for individuals who want to take advantage of the entire Osher Lifelong Learning Institute experience. This individual membership includes a University of Richmond One Card and e-mail address, parking pass and full use of the library including access to online databases while on campus. In addition, **Gold** members have unlimited access to all Osher courses free of charge (excluding off-campus trips). Available undergraduate semester-long courses may be audited at no additional charge.

UR Osher: \$25/year (rolling 12-month)

Exclusively for UR faculty, staff and retirees and their spouse/partner who want to receive notices of special Osher member events and programs. For additional details, contact the Osher Institute office.

Upgrading Your Membership

Are you a **Silver** member who is wondering if an all-inclusive **Gold** membership is right for you? **Silver** members may upgrade at any time during the first six months of their membership year. Upgrades will not change the membership term dates. When upgrading, the \$75 **Silver** membership fee will be applied to the upgrade.



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Member Benefits at a Glance

- Membership is good for 12 months from the date you join
- Several membership options
- Free Osher member orientation and bonus classes
- Osher members receive individual performance discounts at the Modlin Center for the Arts
- Free parking on UR campus
- Unlimited borrowing privileges at UR's Boatwright Library (including audio, e-books, and videos)
- Access to the UR Technology Help Desk (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
- Osher members leading our classes have access to UR Technology Learning Center (TLC) for preparing presentations – (804-289-8777 or tlc@richmond.edu)
- Opportunity to audit undergraduate credit classes
- Unlimited Osher classes for Gold members

If you have received an extra copy of this schedule, we hope that you will share it with another lifelong learner.

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 better.

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