

OSHER

OSHER
LIFELONG
LEARNING
INSTITUTE

AT THE UNIVERSITY OF RICHMOND

SUMMER 2018



**Join us as we welcome Dr. Bill Thomas
to campus May 23. See page 3 for details.**



RICHMOND
School of Professional
& Continuing Studies™

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 121 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.



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.

Photo credit on this page: Peter Blankman, Osher member
On pages 10, 12-15: Tim Hanger, Osher member

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, 31 UR Drive, University of Richmond, VA 23173 or access the report online at police.richmond.edu.



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SUMMER EXCITEMENT!

We are excited to present you with this catalog of summer courses and events. Because this semester is only June and July, the number of courses is necessarily smaller than fall and spring. However, we have jam-packed each day with fun, new, and different classes. Come get your history fix, try a new hands-on jewelry class, learn about several important Richmond non-profits, revel in Beatles music and trivia, study all sorts of literature, science, and more.

Here in the Osher office, we are excited to announce that Barbara Apostle will complete her work on the Regirer Foundation grant, then roll into a permanent part-time position with the Osher Institute. We couldn't be more pleased! As you may have heard, the Osher Foundation awarded us second-year funding for our Capacity-Building grant. Given her success in the first year, we're thrilled that Amy Edwards will continue to address this work for 2018. We also know there's some excitement ahead for our Osher matriarch, Senior Associate Dean of Academics Pat Brown, as she retires this summer. We wish her all the best as she opens a new chapter in her life beginning July 1, 2018!

As you know, we implemented an online registration system last fall, and it's working well. Thank you for your patience as we got it up and running smoothly and for your willingness to learn and use a new system. Due to your overwhelming response on opening day of registration, we have alerted the software provider to be prepared with plenty of band width and servers to accommodate the volume. Also tested this spring is our online course evaluation system. No more paper forms to complete – just an emailed link sent the day after the last class session. We're excited to fully automate this system with our summer courses.

We are finishing up spring and kicking off summer with a very special event. We are delighted to bring **Dr. Bill Thomas** to campus on **Wednesday, May 23rd**, in partnership with The Genworth Foundation. Please see the details below. Dr. Thomas is a Harvard-trained geriatrician, professor, author, and nationally recognized expert on Aging. He spoke at the Osher Institutes National Conference in April 2017, and we are thrilled to bring him to the University of Richmond. You won't want to miss his infectious energy and innovative views on aging. Read about him at <https://changingaging.org>, but definitely come hear him in person!

Come get excited and be a part of all that we do here at the Osher Institute!

The Four Types of Ageism: An Ageist Society Cannot Be An Age Friendly One

LECTURE

Re Se **NEW!** A recent survey of people over 60 found that nearly 80 percent of respondents reported experiencing ageism. Typical examples included episodes in which others had assumed the presence of memory or physical impairments simply because of a person's age. Thirty-one percent reported being ignored or not taken seriously because of their age. The survey's author, Duke University's Erdman Palmore, found that the most frequent type of ageism—reported by 58 percent of respondents—was being told a joke that pokes fun at older people. Does this matter? Yes, it does.

Ageism compromises the health and wellbeing of older adults. Ageism strips our communities of multigenerational engagement and reciprocity. Ageism diminishes the ability of older people to experience the richness and meaning of life after adulthood – elderhood. Dr. Bill Thomas will take us on a journey where we learn about the four types of ageism and explore how to develop communities that are free to rebalance, redesign and rediscover community living that embraces the exquisite arc of life that stretches from birth to adulthood and beyond to elderhood. This program is supported by the Genworth Foundation.

W • May 23 • 1:00–3:00 PM • Free, open to the public
Leader: Bill Thomas

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Where do I start?

1

Sign up for an annual membership.

You can become an Osher member at any time during the year. We invite you to come and try out one of our many free Osher events before you join. Osher membership is required for all Osher programs except special events, which are free and open to the public and denoted in the schedule with a **Se**.

\$75 – Silver Membership

ENJOY A WIDE ARRAY OF MEMBER BENEFITS & LOW COURSE FEES, PLUS THE OPTION TO UPGRADE YOUR MEMBERSHIP

\$350 – Gold Membership

ENJOY A WIDE ARRAY OF MEMBER BENEFITS & UNLIMITED FREE CLASSES ON CAMPUS

\$275 – Upgrade to Gold

AVAILABLE TO SILVER MEMBERS WITHIN FIRST 6 MONTHS OF JOINING

\$25 – UR Membership

FOR QUALIFIED UR FACULTY, STAFF, UR RETIREES, AND SPOUSES/PARTNERS. (SAME BENEFITS AS SILVER MEMBERSHIP)

\$325 – Upgrade to Gold

AVAILABLE TO UR MEMBERS WITHIN FIRST 6 MONTHS OF JOINING

Member benefits are outlined on the back cover of this schedule. Complete details and membership forms are online at osher.richmond.edu.

A membership form is also available at osher.richmond.edu/schedule. Contact the Osher Institute office with any questions or to schedule a visit by calling (804) 287-6608.

2

Register for classes.

We've organized this schedule of classes chronologically by start date to help members better plan their schedules. All Osher events are included in the program listing.

Special events, talks and member bonus programs are designated with special icons. Mini-courses are not designated.

Classes may change or be canceled after the printing of this schedule.

The University of Richmond **Ri** designation identifies those offerings that have university-related subject matter and/or a UR faculty/staff course instructor.

We encourage members to register online or print and complete a paper registration form, which may be found on our website at osher.richmond.edu/schedule

If completing on paper, please mail, fax, or deliver your registration and any required payment. Most programs are free to Gold members. Fees for Silver/UR members are noted.

Osher members interested in course audit opportunities should contact the Osher office. See page 11 for details.

The UR Osher Institute offers need-based scholarships for Osher on-campus mini-courses and talks. To inquire about a scholarship, contact the Osher office.

3

Don't forget the extras.

Make the most of your Osher membership and your benefits and learn more about UR campus resources through a variety of bonus programs, which are all free to Osher members.

This spring, bonus (free for members) programs, denoted with **Bo**, include:

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

- Osher Member Orientation
- UR Behind the Scenes: The Cannon Memorial Chapel
- Tour of UR's Historic Bottomley House

And join us for several special events, free to Osher members and open to the public. They're a great way to get friends and colleagues engaged with Osher. Special events, denoted with **Se**, include:

- UR Campus Walk/Tour
- Dr. Bill Thomas on 'Disrupting Ageism'

Se Special Events

Ri University of Richmond

Bo Bonus Programs for Members

Re Registrar Foundation Grant

Using the Osher Online Registration System

Access the online registration system through the Osher website at osher.richmond.edu/schedule.

Registration for Summer 2018 classes opens at 9 a.m. on Tuesday, May 8, 2018.

Registering for Classes

If you've registered online before, or if you've recently purchased a membership online, start by logging into the registration system.

1. Confirm that you are **logged in** ("Hello, [Your Name]" appears at the top of the page)
2. Use the **left menu** to visit a category of interest.
3. Select the **dates** shown for a class for which you'd like to register.
4. When you see the session detail, only the **price applicable for your membership** level will be available.
5. Add the course to your cart, then **Continue Checkout**
 - a. If required, provide additional information on the following screen, then **Next**

- b. Confirm order and continue to **credit card processing** if applicable (the interface will change)

6. Log out and check your email

You will receive several email messages from this transaction.

1. An immediate **transaction confirmation** listing all courses or membership purchased.
2. An immediate **receipt** from Nelnet (our credit card processor), if your registration required payment.
3. For every course or membership purchased, a **registration confirmation** with course or membership details, sent daily starting at 4:30 p.m.

Purchasing New Membership

Prospective and New Osher Institute members should create their accounts first.

1. Create a **new account**.
 - a. Select the yellow **Sign In/New Account** button at the top of the page.
 - b. Select the **Create Account** button on the Customer Account/Sign In page
 - c. Complete the form and **Submit**.

You'll know you've succeeded when you see the message "Hello, [Your Name]" at the top of the page.

2. Purchase membership by visiting the **Membership Purchase** area in the left menu.
 - a. Select the link under **Osher Membership** (New or Renewal)
 - b. Under **Session**, select your membership level using the dropdown menu.
 - c. **Add to Cart**, then continue to **Continue Checkout** to complete your transaction.

Existing Members Without a Shopping Cart Account

Osher Institute members who have not yet set up a shopping cart account must follow these directions the **first time** they access the online registration system.

1. Create a **new account** using their 8-digit UR ID.
 - a. Select the yellow **Sign In/New Account** button at the top of the page.
 - b. Select the **Create Account** button on the Customer Account/Sign In page
 - c. Complete the form **including UR ID** and Submit.

You'll know you've succeeded when you see the message "Hello, [Your Name]" at the top of the page.

2. Log out, then log back in using the yellow **Sign In/New Account** button.
 - a. Select **My Account** in the left menu.
 - b. Confirm that your **Membership Level** and **End Date** are accurate.

If you see the correct membership level and end date, your account is set up and ready to shop and register! If not, please contact the Osher office.



Growing our Osher Institute

Our special Osher Capacity-Building Grant serves to enhance the fiscal health of our institute through implementation of robust fundraising and an increase in membership. In tallying our year's work, Amy Edwards, our Stewardship Assistant, reported a 24% increase in our membership between fiscal year 2015-16 and 2016-17. She highlighted our annual fund campaign, which began in August with a mailing to members and achieved our goal of \$10,000 by late September. As of the end of December, we raised almost \$15,000.

Because of this success, The Osher Foundation allowed us to submit our 2017 report and request for second year funding early. We received notification of our second-year funding in late December, 2017 and are now engaged in our 2018 grant activities. We are grateful to the Osher Foundation for allowing us a seamless transition into our next phase of work.

Look for more on our Capacity-Building Grant activities as the year progresses. And, remember, it's always the right time to make a gift. Dollars add up and participation matters. All gifts are tax deductible, and all money raised directly benefits Osher and its members.

Ways to Make a Gift:

1. Online – visit osher.richmond.edu/give to make a one-time gift online or a recurring gift
2. Call **804-289-8050** – tell them you'd like to make a gift to Osher
3. Drop off a check in the Osher Office
4. Mail in a check to the Osher Office
5. Make a planned gift – contact our gift planning officers at **804-289-8052** or visit giving.richmond.edu/gift-planning

We so appreciate everyone's support. Together, we are creating a stronger Osher!

MAY

The Four Types of Ageism: An Ageist Society Cannot Be An Age Friendly One

LECTURE

Re **NEW!** What is ageism? Who is affected by it and how? What does this mean in our homes, neighborhoods, and society? With the generous support of the Genworth Foundation and a grant from the Walter W. Regirer and Maria Teresa Regirer Foundation, we will explore these questions with Dr. Bill Thomas, our nationally renowned guest lecturer on May 23.

W • May 23 • 1:00 PM–3:00 PM • Free, Open to the Public
Leader: Bill Thomas

JUNE

Virginia Rep at 65

LECTURE

NEW! On August 1, Virginia Rep, Central Virginia's flagship theatre, will celebrate the 65th anniversary of its founding as Barksdale Theatre. It has been a half century since six actors from NYC moved to Richmond as part of the national regional theatre movement. Bruce Miller, former Artistic Director, will bring to life the past, present, and future of this cornerstone organization of Richmond's cultural landscape.

M • Jun 4, 11, 18, 25 • 10:30 AM–12:00 PM • \$60/Silver
Leader: Bruce Miller

Reconstruction: The Post-Civil War South

LECTURE, Q&A

NEW! This course builds on the instructor's previous course, 'Lincoln and the Emancipation Proclamation' (though attendance in the earlier course is not required). This session focuses on the real intentions of Reconstruction in the South, and the challenges and issues faced in the South (1865-1877).

We will look closely at the impact of Reconstruction both on the North and the South!

M • Jun 4 • 1:00 PM–3:00 PM • \$20/Silver
Leader: James Adler

Come . . . and BeMoved®!

ACTIVITY

Ri 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 integrate the upper and lower body. The warm up flows into dance styles inspired by a wide variety of musical genres. Different musical and dance style such as Bollywood, jazz, Latin and disco are used to inspire participants to embrace dance as a lifelong means to health, joy and fulfillment. This course will offer a very short lecture, then the class will 'get moving!'

M • Jun 4, 11, 18, 25, Jul 2, 9 • 5:30 PM–6:30 PM • \$50/Gold/Silver
Leader: Myra Daleng

The Beatles: Origins, Innovations and Evolution of Their Musical Style

LECTURE, Q&A

NEW! We will examine some of the most popular and influential songs of the Beatles across their entire career to discover what there is in the composition and arrangement of the songs and the production of the recordings that we react to so strongly. No musical background is required but close familiarity with the songs under discussion (a list of which will be provided ahead of time) will be invaluable.

T • Jun 5, 12, 19 • 10:00 AM–12:00 PM • \$60/Silver
Leader: Alan Pollack

An Epidemiologic Review of Virginia's Opioid Epidemic

LECTURE

Re **NEW!** This course will provide a review of opioid-related morbidity and mortality data, Hepatitis C data, and the public health response to the opioid epidemic in Virginia. This data will be reviewed looking at trends over the past several years. The class will include an introduction to the field of Epidemiology and how data can be used to inform decision making. Reading 'Dreamland' by Sam Quinones may be beneficial in understanding the larger social issues of the opioid epidemic.

T • Jun 5, 12 • 1:00 PM–2:30 PM • \$40/Silver

Leader: Angela Myrick-West

Understanding Long Term Care Planning and Insurance Options

LECTURE, Q&A

Re **REPRISED** With 17 years of experience specializing in long term care planning to include long term care insurance design and claim filing, Linda will help you understand the core features and benefits of a policy as well as various funding options available. Long term care planning to include a long term care policy should be an informed and educated decision.

W • Jun 6 • 10:00 AM–12:00 PM • \$20/Silver

Leader: Linda Tsironis Caruthers

A Zooman's Expeditions

LECTURE

REPRISED The former Curator of Mammals at the San Diego Zoo will share highlights of his animal expeditions: a trip to Sri Lanka to study wild elephants and bring back a baby elephant to San Diego; a Smithsonian and Canadian Wildlife Service research grant to study wood bison and eventually bring back a trio to San Diego; an Asian adventure to deliver a baby hip-

popotamus and a baby orangutan to the Guangzhou Zoo in southern China; capturing musk oxen on Nunivak Island in the Bering Sea, and more.

W • Jun 6, 13, 20 • 1:00 PM–3:00 PM • \$60/Silver

Leader: Mark Rich

Pearl Harbor to Midway: Six Months That Changed the World?

LECTURE, DISCUSSION

NEW! Although Roosevelt and Churchill agreed that the priority in World War II was to defeat Germany, the United States was brought into the war by a devastating Japanese attack; and our emphasis initially (and necessarily?) was on containing the threat from Japan. The focus of this course will be the first six months of our participation, beginning with the attack on Pearl Harbor and concluding with the 'Miracle at Midway.' In addition to the how, what, and why of the events themselves, we will consider their significance, not only to the outcome of the Pacific war but also in allowing the allies to carry out the 'Germany first' strategy.

W • Jun 6, 13, 20 • 3:30 PM–5:30 PM • \$60/Silver

Leader: Bob Warwick

Ancient Greek Science

LECTURE

REPRISED Natural science and western philosophy originated in the 6th century BCE in the prosperous Greek city-state of Miletus. This seminal period, known as the pre-Socratic period, introduced an entirely new way of looking at nature and the universe.

R • Jun 7, 14, 21 • 9:30 AM–11:30 AM • \$60/Silver

Leader: Glenn Markus

International Negotiations

LECTURE, DISCUSSION

With specific focus on North Korea and Iran, this course will explore international negotiations. We will examine the current situation and discuss options and alternatives.

R • Jun 7, 14, 21 • 12:30 PM–1:30 PM • \$40/Silver

Leader: Joel McKean

Spiders in the Kitchen

Join in this community exchange of recipes, entertaining, and cooking ideas shared among campus foodies. This will be held in the Richmond Room, on the lower level of the Heilman Dining Center. The menus will be announced three weeks before each event.

Date: Thursday June 7, 2018

Time: 11:30 am – 1:30 pm

Fee: \$14.00 per person; reservations are required.

Contact Cindy Stearns at cstearns@richmond.edu or 804-289-8788 to reserve your spot.

Gilgamesh: Starting at the Beginning

READING, DISCUSSION

NEW! Gilgamesh is said to be earth's first narrative literature, and it's only about 24 pages long! (Google 'Gilgamesh looklex' for more information.) The very readable epic poem is a combination of stories - originally in Sumerian, Akkadian, and Hittite cuneiform - about an apparently historical Mesopotamian king who lived at around 2700 BCE. The first tablets predate Homer and the Bible by at least 1300 years. Because of its age, it provides fundamental information about humanity's fears, religions, aspirations, and weaknesses. It's from the dawn of civilization; it's the recognizable starting point for human literature; it's the right place to begin conversations about all literature written after the third millennium BCE. Active class participation is desired.

R • Jun 7, 14, 21, 28 • 2:30 PM–4:30 PM • \$60/Silver

Leader: Riker Purcell

Campus Health & Wellness Opportunities

The University of Richmond's Weinstein Center for Recreation and Wellness offers select classes to Osher members. Assistant Director of Wellness Heather Sadowski suggests these classes:

- **Yoga Fundamentals**, offered Tuesdays and Thursdays, 10-11:10AM; no charge for Weinstein Center members, \$10 per class for all others
- **Water Works** (water aerobics), offered Tuesdays, 5:30-6:15PM; no charge for Weinstein Center members, \$10 per class for all others
- **Tai Chi**, offered Fridays, 12:30-1:30PM; no charge for Weinstein Center members, \$10 per class for all others

For any of these classes, just come a bit early, and check in and/or pay at the front desk. The customer service representatives can direct you to locker rooms, if you need them, and also to the class location. Also, please remember that one-day use of the Weinstein Center for Recreation and Wellness is available to all Osher members for \$10 per day. Within the center, you may use any of the equipment and take any class offered that day (there are no sign-ups, so it is first come, first served).

In addition, Heather invites Osher members to attend UR Well's **Mindfulness Mondays**, held each Monday from 12-1PM in the Wilton Center. This space for mindfulness practice is designed to enhance individual practice, create a more mindful community, and offer instruction in mindfulness and meditation.

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 • Jun 8 • 1:00 PM–4:00 PM • Free for Members
Leader: Bill Bailey*

Drawing Room Mystery Movies

MOVIES, DISCUSSION

UPDATED Whether the solution comes in a country estate, on a train, or aboard a luxury boat: Agatha is the Queen of Crime. Here are films made from four of her best novels, plus a hilarious satire of the mystery genre by Neil Simon, and finally an homage to Christie in what I consider to be Robert Altman's greatest motion picture: 'Murder on the Orient Express' (1974), 'Murder by Death' (1976), 'Death on the Nile' (1978), 'The Mirror Crack'd' (1980), 'Evil Under the Sun' (1982), and 'Gosford Park' (2001).

*F • Jun 8, 15, 22, 29, Jul 6, 13 • 1:00 PM–4:00 PM • \$60/Silver
Leader: Greg Hall*

Cybersecurity Awareness

LECTURE, Q&A

Ri Re **NEW!** Join the University of Richmond's Director of Information Security as she offers critical information and key steps to safely navigate the Internet and technology.

*M • Jun 11 • 1:00 PM–2:00 PM • \$20/Silver
Leader: Shana Bumpas*

Monumental Ideas

LECTURE

NEW! Join Bill Martin of the Valentine Museum as he explores the history of monuments (not just those along Monument Avenue) in Richmond and their connections to a broader historical narrative of the region.

*M • Jun 11 • 2:30 PM–4:00 PM • \$20/Silver
Leader: Bill Martin*

Can I Retire Successfully in The Current Economy?

LECTURE, Q&A

Re **NEW!** If you're within five years of retirement or recently retired, and you have questions or concerns about any of the following topics, then this course is for you. What does a successful retirement look like? What is the impact of recent tax changes? What about healthcare costs and concerns? Which assets do you access when? How to determine investment risk v. reward? How to make your money last? This two-part course will address these topics in plain English while providing direction and tools to get started.

*T • Jun 12, 19 • 4:00 PM–6:00 PM • \$40/Silver
Leader: Jeremy Shipp*

The Short Stories of Ernest Hemingway

READING, DISCUSSION

NEW! We will discuss the writing styles, settings, themes, characters, and plots of selected stories from the Complete Short Stories of Ernest Hemingway, such as Big Hearted River, The End of Something, The Snows of Kilimanjaro, Soldiers Home, The Short Happy Life of Francis Macomber, and Fathers and Sons. Reading prompts will be sent, and participants are encouraged to read the stories prior to each class.

*W • Jun 13, 20 • 10:00 AM–12:00 PM • \$40/Silver
Leader: Murray Ellison*

Poetry Appreciation and Writing Workshop

LECTURE, DISCUSSION, WRITING

NEW! Murray will introduce key elements of poetry, including symbolism, imagery, forms, literary devices, rhyming, style, themes, and tone, and provide illustrative poetic examples of these elements from classic poets such as William Shakespeare, William Blake, Robert Burns, Emily Dickinson, Lewis Carroll, Edgar Allan Poe, and Robert Frost. In addition, participants will be encouraged (not required) to write poetry in class, and at home, be provided with opportunity to recite their works in each class, and have their poems published on www.Litchatte.com by Murray.

F • Jun 15, 29, Jul 13, 27 •
10:00 AM–12:00 PM • \$60/Silver
Leader: Murray Ellison

The Gilded Age, 1877-1900

LECTURE, DISCUSSION, Q&A

NEW! In fewer than 80 years, the United States moved from a savage, frontier, agricultural nation to the world's leading industrial power. But problems arose on the farm and in the factory during this era. How can we apply the lessons learned then to our situation now?

M • Jun 18, 25 • 1:00 PM–3:00 PM •
\$40/Silver
Leader: Louis Cei

Osher Member Orientation

Ri 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.

T • Jun 19 • 1:00 PM–2:30 PM •
Free to Members
Leader: Osher Membership Team

Campus Walk/Tour

Ri Se Join us for a walking tour of the beautiful University of Richmond campus. Led by Osher members, the tour provides an orientation to important campus locations, including the Heilman Dining Center, One Card Office, Post Office, other food sites, and parking lots. Also included will be the locations of Osher member benefits, including the Modlin Center for Performing Arts and the Boatwright Library. We will begin our tour at the location of the Osher Member Orientation, as soon as it's completed. Note: Good walking shoes are recommended.

T • Jun 19 • 2:30 PM–4:00 PM •
Free, Open to the Public
Leader: Osher Membership Team

Legal Issues as You Age

LECTURE

Re **REPRISED** As we age, we should approach legal questions, issues, and situations a bit differently. While estate planning can be done at any age, elder law starts a whole new conversation. Attend this class offered by an elder law expert as she talks about what legal options you may wish to consider, what critical legal decisions should not be overlooked, and how to know and choose what's best for you.

F • Jun 22 • 10:00 AM–12:00 PM •
\$20/Silver
Leader: Paula Peaden

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? At this session, you'll learn how to find books, articles, and other resources that are of interest to you. We'll also highlight some of the more interesting and unusual digital collections and databases that you might not have seen.

T • Jun 26 • 9:30 AM–11:00 AM •
Free for Members
Leader: Natisha Harper

UR Campus Hike

Ri Bo Join us for a hike of the magnificent University of Richmond campus. The tour will showcase what the dynamic UR campus has to offer. Learn about the history and architecture of UR, walk some off-the-beaten path trails, explore some secluded spots on campus, and listen to a few interesting stories along the way. We'll meet at the Modlin Center entrance near the sculpture. Parking is available in the visitor section of the Modlin Center lot. (Good walking shoes are recommended; check weather forecasts to determine if you should bring a water bottle and/or rain gear.)

W • Jun 27 • 9:30 AM–11:00 AM •
Free for Members
Leader: Marshall Ervine

What to Listen For in Chamber Music

LECTURE, DISCUSSION, Q&A

NEW! We will discuss the form and structure in specific pieces of chamber music. These selections will be tied to the Garth Newel concert (Osher field trip) in July.

W • Jun 27 • 1:00 PM–3:00 PM •
\$20/Silver
Leader: Shawn Puller

Julius Caesar: A Roman Memoir

LECTURE

REPRISED Gaius Iulius Caesar, born in 100 BCE, was murdered by members of the Roman Senate on the Ides of March, 44 BCE. One of history's most famous and powerful protagonists, Caesar is an absolutely intriguing figure. A tough-minded, yet sophisticated politician, a ladies' man and a dandy, a skilled writer, and a brilliant strategist and aggressive general beloved by his soldiers, Caesar had extraordinary talent mixed with destructive ambition. Caesar destroyed the Roman Republic making way for the rise of Imperial Rome.

R • Jun 28, Jul 5, 12 • 9:30 AM–11:30 AM •
\$60/Silver
Leader: Glenn Markus

Our Regirer Grant Courses and Special Events

Thanks to a generous grant from the Walter W. Regirer and Maria Teresa Regirer Foundation, the Osher Institute at the University of Richmond has had the opportunity to focus on health and wellness, along with legal and financial topics especially for those '50 and better.' Our grant will conclude on May 31, 2018, but our interest in offering these topics to our members will continue. We are grateful to be able to offer courses and events to help our members 'disrupt ageism.'

For our summer semester, we will continue to mark courses and events that address these areas by using the **Re** designation. On our web site, we will continue to maintain the section on 'Aging Well,' which highlights our activities in support of this grant. Visit <http://spcs.richmond.edu/osher/schedule/aging-well.html> to learn more.

Our culminating event for our Regirer grant is a lecture open to the public. We are delighted to bring Dr. Bill Thomas to campus on Wednesday, May 23rd, in partnership with and through the generosity of The Genworth Foundation. Dr. Thomas is a Harvard-trained geriatrician, professor, author, and nationally recognized expert on Aging. His talk is titled *The Four Types of Ageism: An Ageist Society Cannot Be An Age Friendly One*. Join us for this not-to-be-missed event!



JULY

Hindu Festivals

LECTURE

NEW! Come hear about the great number of Hindu Religious Festivals held throughout the world. A festival may be observed with acts of worship, offerings to deities, fasting, feasting, vigil, rituals, fairs, charity, celebrations, etc. The festivals typically celebrate events from Hindu mythology, often coinciding with seasonal changes.

M • Jul 2 • 10:00 AM–12:00 PM • \$20/Silver

Leader: Shantaram Talegaonkar

Verbatim Theatre

LECTURE, READINGS, HANDS-ON ACTIVITIES

NEW! This course is an overview of verbatim theatre, a branch or subset of documentary theatre in which plays are constructed from the precise words spoken by people interviewed about a particular event or topic and normally centering on the interviewees' observations, insights and experiences about that topic, event or theme. Verbatim theatre has become a favored medium to depict major societal issues. Although generally associated with the UK and the USA, verbatim theatre is gaining popularity internationally. In the United States, Anna Deavere Smith, Moises Kaufmann and Erik Jensen have received the most attention. Video clips, readings, and a verbatim theatre activity are components of the course.

M • Jul 2, 9, 16, 23, 30 • 1:00 PM–3:00 PM • \$60/Silver

Leader: John Countryman

Evolution for Everyone (Including You!)

LECTURE, Q&A

NEW! Join this class for an introduction to evolution which assumes participants have little or no biology background. Topics will include human evolution, aging, and evolutionary medicine.

T • Jul 3, 10, 17, 24, 31 • 10:30 AM–12:00 PM • \$60/Silver

Leader: Harry Wistrand

Iceland - Geysers and Waterfalls

LECTURE, Q&A

NEW! Iceland has become a popular tourist destination since the financial crisis of 2008-2011. Unfortunately, many merely travel the 'Ring' Road: making brief stops and allowing little time to appreciate the rough beauty of the island. This snapshot of a recent visit offers a glimpse into a land that is very dynamic, a people that are friendly, and a place where you may drive for 30 kilometers and see only sheep and horses!

F • Jul 6 • 10:00 AM–12:00 PM • \$20/Silver

Leader: Ted Hoagland

Hinduism in Southeast Asia - Past and Present

LECTURE

NEW! Hinduism has had a profound and lasting effect upon the history and culture of the countries in Southeast Asia. Come hear how Hinduism has played a role in the formation of Vietnam, Cambodia, Indochina, Bali, and parts of the Philippines.

M • Jul 9 • 10:00 AM–12:00 PM • \$20/Silver

Leader: Shantaram Talegaonkar

Living Simply with Less - Clear the Clutter Forever!

LECTURE, DISCUSSION

Re **NEW!** Learn how to tackle the contents in your home thoughtfully. Understand why we are so attached and what helps us to let go. Learn how to sort items by category, and what to do with what you no longer need. This class offers motivation, solutions, resources, and a PLAN.

T • Jul 10, 17 • 1:00 PM–2:30 PM • \$40/Silver

Leader: Katie Hamann

Polar Bear Adventure

LECTURE, Q&A

NEW! Join us on a 'cool' photo trip to Churchill, Manitoba to visit the polar bears. Learn more about living in 'the polar bear capital of the world.'

W • Jul 11 • 10:00 AM–12:00 PM • \$20/Silver

Leaders: Celeste Miller, Don Miller

Chain Maille Jewelry - Celtic Line Bracelet

DEMONSTRATION, HANDS-ON ACTIVITIES

NEW! Interested in making a beautiful bracelet using the ancient art of chain maille? By opening and closing sterling silver and gold filled jump-rings and interlocking them in a set pattern, you'll leave this two-session class with a lovely versatile bracelet. All materials will be provided by the instructor: you only need to bring your good eyesight and be able to work with pliers in both hands.

W • Jul 11, 18 • 1:00 PM–3:00 PM • \$60/Gold/Silver/UR
Leader: Celeste Miller

Cool Flicks: More of the Greatest Comedies

MOVIES, DISCUSSION

UPDATED Continuing our quest for the funniest movies of all time, we will watch and discuss these classics: 'The Talk of the Town' (Cary Grant) 1942, 'Libeled Lady' (Powell and Loy) 1936, and 'Midnight' (Don Ameche) 1939.

R • Jul 12, 19, 26 • 1:00 PM–3:00 PM • \$60/Silver
Leader: Dan Begley

Protecting Our Identity and Credit Information

LECTURE, Q&A

Re **REPRISED** The 2017 Equifax data breach proved how vulnerable we are to having our identity and credit information put at risk. This class will look at some ways we can better protect and monitor our personal information. Areas to be discussed include: using credit bureau fraud alerts, credit freezes, and free annual credit reports; adding multi-factor authentication to all accounts that offer this feature; creating safe passwords and answers to secret questions; establishing bank and credit card alerts; and using a credit monitoring service.

M, W, F • Jul 16, 18, 20 • 9:30 AM–11:30 AM • \$60/Silver
Leader: West Cobb

The Meaning of Baseball

LECTURE, DISCUSSION

Ri **NEW!** This year marks the ninth 'inning' of this annual class begun in 2010, so we'll go to the bullpen and hear from our participants for a change. Be prepared to spend fifteen minutes or so sharing personal experiences and reflections as we talk about what baseball means to each of us. Registrants will receive a guide in advance to stir the memories and get warmed up before entering the game!

T • Jul 17, 24 • 3:00 PM–5:00 PM • \$40/Silver
Leader: Phil Melita

Understanding Long Term Care Planning and Insurance Options

LECTURE, Q&A

Re **REPRISED** With 17 years of experience specializing in long term care planning to include long term care insurance design and claim filing, Linda will help you understand the core features and benefits of a policy as well as various funding options available. Long term care planning to include a long term care policy should be an informed and educated decision.

W • Jul 18 • 10:00 AM–12:00 PM • \$20/Silver
Leader: Linda Tsironis Caruthers

The Nation's Organ Transplant Match System and Transplant Centers

LECTURE

Re **NEW!** From 1988 through 2017, more than 712,700 organ transplants have been performed nationwide. This seminar will explore how the nation's organ match system works and will provide insight into an organ transplant center. Today, nearly 115,000 people are waiting for a lifesaving transplant.

R • Jul 19 • 10:00 AM–12:00 PM • \$20/Silver
Leaders: David Zanitsch, Roger Brown, Lisa Matthias

Course Audit Opportunities

Osher Institute members may request to audit University of Richmond credit classes, which meet for 15 weeks beginning at the start of each semester in fall and spring. Summer classes have shorter and more intense schedules and are not recommended for a first-time Osher audit student.

Osher members who are accepted or approved to audit credit classes do not participate in graded assignments or tests and are asked to be sensitive to the needs of the degree-seeking students.

Gold members pay no additional fees to audit credit classes. Silver members pay \$100 for each audit class.

Contact Debra Guild at dguild@richmond.edu for registration procedures.

Tour UR's Historic Bottomley House

Ri **Bo** **REPRISED** Although the Jepson Alumni Center is a modern facility completed in 1997, its history dates back to 1915. In that year, William Lawrence Bottomley, the eminent early 20th-Century New York architect, designed and built his first house in the Richmond area. The historic 6,000 square-foot home was located just across River Road from the University of Richmond, which had established itself in the neighborhood just the year before. Come learn how this historic home was acquired by UR and moved onto campus. Attendees will tour the home and hear about its many lovely features.

F • Jul 20 • 1:00 PM–3:00 PM • Free for Members
Leader: Betty Ann Dillon



Osher Volunteer Leadership Opportunities

The Osher Lifelong Learning Institute depends on its members to volunteer to help with many aspects of the institute: serving as class assistant, leading an Osher class, and serving on Osher project teams and on the Osher leadership Council.

Leadership Council members for 2018 include:

Lee Ann Pickering, Chair
lapicker11@gmail.com

Jeff Keil, Vice-Chair
jkeil69@comcast.net

Charlie Huffstetler Past Chair
clh1146@verizon.net

Ruth Blevins
Donna Callery
Marlene Ebert
Rob Hafker

Kay King
Don Miller
Bill Pawelski

Project teams include:

Curriculum Development
Leader Support

Marketing
Membership

Details of leadership opportunities are online at osher.richmond.edu.

Interested in serving?

Contact Peggy Watson at margaret.watson@richmond.edu.

Opioid Epidemic in the US: The Past, the Present and the Future

LECTURE, DISCUSSION

Re **NEW!** The course will discuss the roots of the current opioid epidemic in the US, from a unique and deeply personal perspective; where we are now and the possible ways the country deals with its burden; and how we can move forward into the future.

M • Jul 23 • 9:30 AM–12:00 PM • \$20/Silver

Leader: A. Omar Abubaker

History of Music Part III: Romantic and Beyond

LECTURE, DISCUSSION

REPRISED This class will listen to and learn about the classical music of the mid 1800s to the present time. Some of our most beloved and well known music comes from the Romantic period, created by composers such as Brahms, Schubert, and Wagner. We will also listen to some beautiful music of the 20th and 21st Centuries (yes, it exists!). Part I and Part II are not required prerequisites for this class.

T • Jul 24, 31 • 1:00 PM–3:00 PM • \$40/Silver

Leader: Sheryl Smith

Cal Ripken, Sr. Foundation

LECTURE, Q&A

NEW! Hear how the legacy of Cal Ripken, Sr. lives on through the work of the Cal Ripken Sr. Foundation which was established in 2001 by Baseball Hall of Famer, Cal Ripken, Jr. Learn how their programs are designed to improve the odds that at-risk youth can make successful transitions to adulthood through four signature programs: Badges for Baseball; Healthy Choices, Healthy Children; Youth Development Parks; and Summer Camp programs.

W • Jul 25 • 10:00 AM–12:00 PM • \$20/Silver

Leader: Charles Brady

Tour the Virginia Museum of History and Culture

FIELD TRIP

NEW! Join fellow Osher members for a guided tour of the World War I America exhibit, as well as The Commonwealth and the Great War exhibit. We will meet at the Museum, located at the Virginia Historical Society, 428 N. Boulevard. The fee, collected when you arrive, will be \$14 (\$6 for VHS members and veterans).

W • Jul 25 • 1:30 PM–4:00 PM • All Osher members pay at the door
Leaders: Michael Plumb, Christina Vida

What You Should Expect from Your Pharmacist

LECTURE, Q&A

Re **NEW!** Medications can help you stay healthy and live longer. Unfortunately, seniors are also at risk of more side effects and complications. Find out why, and get a behind-the-scenes look at how your pharmacist can help you take charge of your health.

R • Jul 26 • 10:00 AM–12:00 PM • \$20/Silver

Leader: Catherine Cary

UR Behind the Scenes: The Cannon Memorial Chapel

Ri Bo **REPRISED** This stately building with the dramatic stained

glass windows has served the UR campus since its dedication in 1929, not only for religious services but also for cultural and academic events. Learn more about Cannon Chapel, which recently underwent a major renovation and was designated a National Historic Landmark in 2013. We will also include the Columbarium and the Wilton Center in this program.

F • Jul 27 • 1:00 PM–3:00 PM • Free for Members

Leader: Betty Ann Dillon

Garth Newel Concert

FIELD TRIP

Travel to beautiful Bath County to experience a world-class concert and enjoy a gourmet picnic. Founded in 1973, Garth Newel Music Center is a year-round chamber music venue situated in the heart of Virginia's Allegheny Mountains. This class includes transportation, pre-concert talk on the history of the venue, the concert, and picnic. Optional cash bar.

U • Jul 29 • 10:00 AM–11:00 PM • \$125/Gold/Silver/UR
Leader: Shawn Puller

AUGUST

VirginiaNavigator Family of Websites

LECTURE, DEMONSTRATION, Q&A

Re **NEW!** Finding local support services is as simple as a click of a mouse! Learn how to use this family of websites that offers an online directory of more than 26,000 resources for seniors, people with disabilities, veterans, and family caregivers. Learn how to find programs and information about healthy living, financial concerns, legal questions, caregiver support, housing options, benefits assistance, transportation, and so much more!

W • Aug 1 • 9:30 AM–10:30 AM • \$20/Silver
Leader: Bonnie Scimone

Wedding Cakes and Religious Freedom

LECTURE

Ri **NEW!** This talk will explain the Supreme Court's decision in the case of Masterpiece Cakeshop v. Colorado Civil Rights Commission, which raises the issue of whether a baker has a right, based either on freedom of religion or freedom of speech, to refuse to bake a wedding cake for a same-sex couple without violating an anti-discrimination law.

W • Aug 1 • 11:00 AM–12:30 PM • \$20/Silver
Leader: Ellis West

Stories of Mountains and Piedmont of Virginia and West Virginia

LECTURE

NEW! Come discover the stories of William Hoffman. The focus will be on 'Doors,' a collection of short stories by H. William Hoffman. Each story is a beautifully constructed gem and a masterwork of short fiction. For example, in 'A Question of Rain,' Hoffman lovingly pokes fun at a minister who is asked to make it rain. The emphasis will be on the stories and their craftsmanship.

W • Aug 1 • 1:30 PM–3:30 PM • \$20/Silver
Leader: Frank Johns

Why Does My Stomach Hurt?

LECTURE

Re To treat successfully a gastrointestinal problem, it is essential to make the correct diagnosis. We will discuss gastrointestinal disorders beginning with heartburn, ulcers, irritable bowel, colitis, colon cancer, and ending appropriately with hemorrhoids. The epidemic of childhood and adult obesity will be addressed - hopefully successfully. One must bear in mind that 'For every complex problem, there is an answer that is clear, simple, and wrong.'

T • Aug 2 • 10:00 AM–12:00 PM • \$20/Silver
Leader: Peter Goodman

Peanuts, Potatoes, and Pain: The Hidden Problem of Dietary Oxalate

LECTURE, Q&A

Re **NEW!** Do you want to feel better without drugs? Oxalate is a naturally occurring toxin present in popular foods (including: potatoes, spinach, nuts, and seeds) which can cause or exacerbate a wide variety of avoidable health problems. Learn the fascinating science and gain insight for a healthier you.

R • Aug 2 • 1:00 PM–3:30 PM • \$20/Silver
Leader: Sally Norton

Class Attendance Expectations

We understand that things come up in each person's life, and that class attendance is not always the first priority. However, we ask that you be considerate of the program, your colleagues, and our instructors and withdraw from any course you can not attend, so that other Osher members may enjoy. If you are signed up for a course and find you cannot attend even one session, please email the office as soon as you can. It is not necessary to let us know if you're missing just one part of a multi-session course (we would not fill your slot with another student for only part of a course).

And, when you do attend class . . .

- Please sign in on the roster for each class that you attend and refrain from signing in for anyone else.
- Please sign in only for the session you are attending on that day.

And when you are serving as a class assistant:

- Please make sure each attendee signs in on the roster.
- Please conduct a quick head count that should match the roster to help us record accurate attendance data.

Thank you for your help in continuing to make our Osher program a great experience for everyone involved.



Osher Interest Groups

Formed and led by Osher members, our vibrant Osher interest groups are listed below. More details about interest groups are online at osher.richmond.edu. An Osher Institute membership is required for interest group participants.

Bicycling

This group will explore bike trails mainly in the Richmond area, with possible rides on trails around Virginia. Group members will use their personal bikes and helmets and provide their own transportation to the bike trails. Most rides will be on weekdays, of moderate difficulty, and several hours duration. The group coordinator is John Votta at johnjoy2you@verizon.net. All participants are required to sign a liability release form.

Bridge

The social/duplicate bridge group meets on the first Friday of each month at 1:00 pm (except in the summer months). A short bridge lesson is taught at the beginning of each session. Please contact Ellen Hollands at efine98@aol.com or (804) 741-0221 if you are interested in joining. These are FUN groups. All levels are welcome!



Contemporary Issues

This discussion group, coordinated by Bill Pawelski, Alan Corbett, Janet Murray, Susan Phieffer, and John Schofield, centers on the free flow of information and ideas. Topics for each meeting will be chosen from recommendations made by participants. Various moderators will prepare an agenda for each meeting and share information, statistics, and resources on selected topics. UR faculty or students may be asked to present. Sessions will be interactive, with open discussions of the news of the day. Lively debate and a free flow of ideas and opinions will be encouraged, all done in a respectful and safe atmosphere. Although not meeting in the summer, the group's fall sessions will be held the first Wednesday of each month. Classroom space is limited, so an RSVP is requested for each session. To join, please email John Schofield at schofieldj@comcast.net.

Great Conversations

Our group has great conversations discussing short stories, essays and poetry, with a few novellas mixed in for flavor. We've even done a few documentary films. The subjects of our lively conversations? We floated deep into the *Heart of Darkness* with Joseph Conrad. We watched a *Total Eclipse* with Annie Dillard. We took a car ride with Flannery O'Connor's grandmother who convinced us that *A Good Man is Hard to Find*. We observed the *Century of Self* through the lens of Freud's nephew, Edward Bernays. We hope you'll join us on the fourth Wednesday of every month from 2-4 pm at local libraries for sparkling, cordial conversations about shoes and ships and sealing wax, not to mention cabbages and kings—and who knows what else? If you'd like to join us, or if you have questions, please contact Vera Mulherin at paxvera@netscape.com. We look forward to hearing from you.

Hikers

Come with us and explore the wonders of nature: the breathtaking waterfalls, wildlife, various plants and vegetation, not to mention historic urban settings. Our hikes run from September through June and cover an array of venues from the Shenandoah National Forest to urban hikes, and all points in between. Our hikes generally run between four and seven miles in length with varying degrees of difficulty and elevation change. We generally leave campus around 8 AM and return by 5 PM. For more information, contact the group coordinator: **Amelia Wolfe**, awolfe@richmond.edu. All participants are required to sign a liability release form. Upcoming hikes include:

Thursday, May 24 **Urban-Culpepper**
Thursday, June 14 **Sherando Lake**

Investments

Raise your financial IQ. Join other members of the Osher Investment Interest Group once a month on the 3rd Friday from 10 am to noon to hear and interact with guest experts in the field of Investments and personal finance. Our speakers include Robins School of Business students who manage part of the U of R endowment fund, professors, estate lawyers, and a variety of financial professionals for you to ask questions and grow your financial IQ. Meetings held at the Robins School of Business. Our last spring meeting will be on May 18, and we'll resume our monthly meetings in September.

For more information, contact the group coordinators: Diane Andrews liasd1@gmail.com, Jerry Cooney jerrycooney@gmail.com, and Dave Messenger: ddmessenger87@gmail.com.

Literary Dreamers

Osher members are welcome to join this group founded in 2001 by dedicated School of Professional and Continuing Studies students. Readings range from academic non-fiction to literary fiction to popular fiction. The group coordinators are Polly Chamberlain pollypatricia@gmail.com and Dorothy Schoeneman dorth325@hotmail.com. Unless otherwise specified, all meetings will be on the last Saturday of the month.

Memoir Writing

There are many reasons to write a memoir. Maybe you want to leave stories about your life for your children. Maybe you want to write the stories your family left you, so that they will not be forgotten. Maybe you want to figure out, for yourself, what your life has meant. The Osher Memoir Writing Group is a supportive group that meets monthly, sharing our writing and offering advice and feedback to one another. This is not a group that focuses on publication but on evoking memories and improving our writing. If you are interested in joining us, please email Lynn Blankman at lynnblankman@gmail.com.

Photography

The Photography Interest Group provides the opportunity to gather in a supportive environment with others who share a curiosity and passion for photography. Members have the chance to present their work with an emphasis on the 'how' and 'why' a photo (or portfolio) was created, and there will be frequent presentations by longtime photographers on such topics as composition, exposure, and photo editing software. Members can also partner on photography shoots around Richmond. If you would like to join this group, please email coordinator Peter Blankman at pblankman@gmail.com.



Theatre Lovers

A love for live theatre is the only prerequisite for joining this interest group. This Osher interest group explores the Richmond theatre scene by selecting and attending various performances throughout the year. Here's what's in store:

Enjoy this 2018 performance with the Osher Theatre Group, with more to be announced for the fall!

06/17/18: **Always a Bridesmaid**
Swift Creek Theatre

There is a wonderful social aspect to this group. When appropriate, we plan to gather after a performance for discussion and a meal. We also hope there will be occasions to go backstage and talk with local actors. To learn more and to join, please contact Linda Turner at lturner@richmond.edu.



Travel

Attention all travelers! Celeste Miller is spearheading the Osher special interest group for those who love to travel. The objectives of the group are to share information regarding trips taken and most importantly, to help coordinate future Osher travel. If you have interest in learning from fellow travelers, if you'd like to share your experiences, or if you are willing to help to lead the development of future Osher trips, this is the special interest group for you! We plan to focus on day trips and overnight excursions, as well as domestic and international travel. To join or to learn more, please email OSHERtravel@gmail.com. Come join the fun and expand your experiences!

Upcoming Trips

Aug 19-25, 2018: Canadian Rockies & Glacier National Park

September 17 - October 1, 2018: England, Scotland & Wales

December 1-15, 2018: Expedition Antarctica

March 8-14, 2019: Iceland's Magical Northern Lights

More details on these trips are available on our web site: spcs.richmond.edu/osher/schedule/travel.html

Member Benefits at a Glance

- Membership is good for 12 months from date you join
 - Several membership options
 - Free Osher member orientation and tour
- Osher members receive a discount at the Modlin Center for the Arts
 - Free parking on UR campus
 - Unlimited borrowing privileges at the UR's Boatwright Library
 - Access to the UR Technology Help Desk
 - 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 area retailers
 - UR email address
 - Daily 'SpiderBytes' email of UR campus programs and events
- Access to UR help center for preparing presentations
 - Opportunity to audit credit classes
 - Unlimited on-campus 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:

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