





FROM THE COVER:

Lee Ann Pickering, Alice Waagen, and Christine Campbell represent everything wonderful about our UR-Osher Give Back Program. Lee Ann was instrumental in creating this program, recalling as a UR Parent what a difference extra hands could make. Alice, with her gala flowers, most recently gave back in serving as chair of our first-ever Osher Member Art Show. Christine was responsible for our first ever leadership retreat, which set the vision for our institute post-pandemic. All three, along with many others, quickly say that volunteering in the SpiderShop to distribute books to undergraduate residential students is one of their favorite ways to connect across campus and give back!

Connections Across Campus

WELL, THAT WAS FAST! We celebrated the 20th Anniversary of the UR Osher Institute from September 2024 through this summer. Each month we offered a special event that was tied to our theme, *Celebrating our Love of Lifelong Learning*.

The yearlong theme for our anniversary worked well, so well in fact that we have created a new theme for 2025-26: *Making Connections Across Campus*.

Osher members engage in so many ways throughout the University of Richmond community. They enjoy attending musical performances, plays, sporting events and the many lectures offered by various departments and schools. All are grateful for the many ways that UR welcomes them, to the point that many wish to give back. Our Osher-UR Give Back initiative is evidence of this appreciation.

This year we will highlight members who are deeply engaged within our campus community, featuring three different areas of involvement:

- Volunteering Across Campus
- Partnering with Spider Athletics
- UR Retirees Who Continue to Give

We hope this theme will give you a chance to know some of our members a bit better, to learn about their backgrounds, and to hear why they love their connections across campus.



Peggy Watson, W'76
Director
margaret.watson@richmond.edu
(804) 287-6344

Hell

Nell Smith Program Manager nsmith3@richmond.edu (804) 287-6608



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

Romney Beebe
Program Coordinator
rbeebe@richmond.edu







WHERE DO I START?

ONLINE REGISTRATION

- Log in to the online registration portal by visiting osher.richmond.edu and clicking on the red "Registration Portal" button located in the center 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 Account once logged in.
 Click on My Orders and search for your last Membership transaction.
 - Not yet a member? Need to renew?
 Select MEMBERSHIPS & RENEWALS.
- Preview classes starting August 18. Register starting August 26.
- 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 email 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 identifi- cation** 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.
 - 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
 - UR requires that the 16-character password be changed annually. Otherwise, your network account will be deactivated.
 - 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**.

Un/Bound: Free Black Virginians, 1619-1865

NEW, FIELD TRIP, DRIVE TO EVENT

This docent-led tour at the VMHC will view Un/Bound, an exhibit that explores the lives of free Black Virginians from the arrival of the first captive Africans in 1619 to the abolition of slavery in 1865. Through powerful objects and first-person accounts, visitors will discover how Virginia's people of color achieved their freedom, established communities, and persevered within a legal system that recognized them as free but not equal. Fees are non-refundable unless we are able to fill your vacated slot.

R • Sep 4 • 2-3:30 PM • \$17/All Members Leader: Cece D'Arville

Why Poetry?

NEW Poet Julie Fritz will illustrate why we need poetry to navigate these confusing times. Not an academic study of poetry, this course will take a deep dive into how we can use our experiences and the poet's words to better understand our daily questions: where are we, what does it mean, how can we navigate? Julie will give copies to participants, then read from her book, 'Twinings,' as well as some of her new poems.

M • Sep 8 • 10 AM-12 PM • \$20/Silver Leader: Julie Fritz

Researching at the Library of Virginia

NEW, FIELD TRIP, DRIVE TO EVENT

The Library of Virginia (LVA) is a key resource for Virginia genealogy research and for many surrounding states. The LVA has the most comprehensive collection of Virginia genealogy materials ranging from the earliest colonial times to the present. This class is designed to give you a foundational understanding of the LVA's collections (online and on-site) and suggest how to focus your research, and it includes a tour and hands-on research at the LVA.

M,R • Sep 8, 11 • 1-4 PM • \$40/Silver Leaders: Donna Shumate, Ashley Ramey

Where on Earth is the US? Are we in the Top 10?

NEW How does the US compare to other nations in meeting the challenges that exist in 2025? We will examine some 24 topics including: GDP, Wages, Taxes, Trade Balance, Tariffs, Environment, Energy, Education, Healthcare, Climate Change, Immigration, Safety, Prosperity, Happiness, 'Best' Nations, et al. We will use the Top 10 format which provides a quick snapshot of the US rank relative to other countries. Our sources are international surveys by highly credible and impartial worldwide organizations.

T • Sep 9 • 10-11:30 AM • \$20/Silver Leader: Doug Stowell

The Governor's Mansion: The Art Experience

BACK BY POPULAR DEMAND, FIELD TRIP, DRIVE TO EVENT 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. NOTE: This is a tour that will likely require long periods of standing. We cannot guarantee there will be seats available.

T • Sep 9 • 2-3:30 PM • \$20/Silver Leader: Judy Boland

Osher Member Orientation



W • Sep 10 • 10 AM-12 PM • Free to Members Leaders: Osher Leadership Council, Osher Staff

Grit and Grace: Women in Our Armed Forces

NEW From nurses to fighter pilots, American women volunteered to serve in almost every capacity throughout our nation's history. Today, women make up about 16% of our Armed Forces. Join the Virginia War Memorial's Assistant Director of Education as she highlights a selection of Virginia veterans whose names are engraved on the walls in our Shrine of Memory. Learn about the selfless acts of those women who gave their lives so we may peacefully live

W • Sep 10 • 1-2 PM • \$20/Silver Leader: Kyndall Drumheller

Fiber Arts — Beginner Crochet

NEW This is an introductory class for those who do not know how to crochet. You will learn the basic crochet stitches, yarn weights, and hook sizes. Yarn and crochet hooks will be provided for the first class as well as patterns for simple projects.

W • Sep 10, 17, 24 • 3:30-5 PM • \$60/Silver Leader: Kathie Howe

Introduction to Campus Walking Tour

Are you new to the University of Richmond campus and unsure where to park and what buildings are often used for Osher classes? Do you want to know where to eat, where the Post Office is located, and where athletic and performing arts events are held? This campus walk is for you! Join Marshall as he helps you navigate this beautiful campus, rated No. 2 for Most Beautiful Campus in the 2024 Princeton Review.

R • Sep 11 • 8-10 AM • Free to Members Leader: Marshall Ervine

CLASS KEY - Look for these icons and designations throughout the schedule for special classes.





NATIONAL OSHER ONLINE







Slow Looking at Art at the VMFA

BACK BY POPULAR DEMAND, FIELD TRIP, DRIVE TO EVENT Want to experience art in a contemplative, meaningful way? Join us at the Virginia Museum of Fine Arts for an hourlong session of 'slow looking,' a mindful approach to engaging with art. Together, we'll explore two works from the museum's permanent collection, allowing for a personal and immersive experience. Please note that there could be long periods of standing.

F • Sep 12 • 10-11:30 AM • \$20/Silver Leader: Elizabeth Schlatter

Exploring UR's Book Arts, Archives, and Rare Book Collections

Boatwright Library is currently undergoing construction, part of which is a newly redesigned floor showcasing the Galvin Rare Book Room, Archives, and Book Arts. This class will introduce participants to the archive and rare book collections, highlighting some special materials and areas of interest that are available for use in new spaces opening in Fall 2025.

F • Sep 12 • 1-3 PM • Free to Members Leader: Lynda Kachurek

USS Houston CA-30/POW Experience

NEW This is the compelling story of the USS Houston CA-30 who served in the Asia West Pacific as part of the US Asiatic Fleet during the early months of WWII. The few survivors of that ship's loss in March 1942 would go on to be held as POWs for the balance of the war. Most were forced into labor working on the 'Burma-Thailand Death Railway' depicted in the famous movie 'Bridge on the River Kwai.'

M • Sep 15 • 10-11:30 AM • \$20/Silver Leader: John Schwarz

Introspection into the 1942 Filming of Casablanca

NEW It's 1941 and WWII is raging. Refugees flock to free French Casablanca in hope of escaping the war. This tale takes place in the 'Americana' night club. It spins with historical accuracy, a triangle love story, delightful dialog, and surprising script machinations. Suave Bogart and gorgeous Bergman are the leads. The films nuances will be explored prior to viewing.

M • Sep 15 • 1-3:30 PM • \$20/Silver Leader: Ronald Ciamaga

Richmond Symphony: Symphony Companion Course 2025-26



M • Sep 15, Oct 20, Nov 3 • 7-8 PM • \$60/Silver Leader: Julie Bemis

News from the Microbiome

BACK BY POPULAR DEMAND
Scientific understanding of the human gut has changed radically, revealing that microbes may be powerful allies in our search for health. Does our modern way of living damage these helpful bacteria? Are diet changes or probiotics helpful? This course will focus on a few recent developments in microbiome science, and refer to research studies that may help us protect our own microbiomes and well-being.

T • Sep 16, 23 • 10 AM-12 PM • \$40/Silver Leader: Patricia Ryther







How to View, Understand and Appreciate Art

REVISED Learn the language of art to analyze, interpret, and critique artworks using art works from the Smithsonian American Art Museum and the VMFA. Build your visual vocabulary by examining the choices artists make in their works and why they make these choices. Learn how to be comfortable viewing art and to enjoy talking about art with others. This program has been offered before, but always with new artworks to expand your skills at viewing art!

T • Sep 16 • 1-2:30 PM • \$20/Silver Leaders: Alice Waagen, Ralph Kidder

Screening of The Diamond Couple

NEW UR's Dr. Sonja Bertucci's most recent feature-length documentary, 'The Diamond Couple (2024),' is an intimate meditation on love, aging, and the transmission of memory. The film premiered at the Arizona International Film Festival, where it received the Jury Prize for Inspirational Filmmaking, and continues to screen internationally. Join us for Dr. Bertucci's opening remarks, the film screening, and Q&A.

T • Sep 16 • 4:30-7:30 PM • Free to Members Leader: Sonja Bertucci

How To Drive A Nuclear Reactor

NEW We'll address the basic science of nuclear reactions and radiation, how a reactor works, the nuclear fuel cycle and waste management, the design of nuclear power plants, nuclear safety and accidents, the pros and cons of nuclear power compared to other forms of energy generation, the future of nuclear power including nuclear fusion, and nuclear power plant operation, or how to drive a nuclear reactor. All without mathly

W • Sep 17, 24, Oct 1 • 10 AM-12 PM • \$60/Silver Leader: James Miller

Critical Thinking in this Age of Politics - Thinking Better, Deeper and Broader

NEW Critical thinking is important for many reasons, including being a better citizen. As conspiracy theories abound, studying and analyzing the facts, evidence, and truth becomes increasingly important. We will cover the challenges, logic, the fallacies, and the solutions in arriving at the best conclusions. Insights into the brain as well as why science represents the ultimate in evidence-based decisions will be studied. Approaches to critical thinking and the best fact-checking sites will be covered.

W • Sep 17, 24, Oct 1, 8, 15, 22, 29, Nov 5 • 1-3 PM • \$60/Silver Leader: Fred Silva

The Art of Censorship and Free Speech

NEW The power of advertising to influence and change public opinion is well-known. We'll explore some art that supports and encourages free speech, and some that seeks to limit or shut down our first amendment right to speak out.

R • Sep 18, 25 • 10-11:30 AM • \$40/Silver Leader: Jane Dowrick

Elite Wines

NEW, FIELD TRIP, DRIVE TO EVENT

Wine comes in all price ranges, from \$6.99 grocery store specials to rare vintage French Bordeauxs for thousands a bottle. Join us to explore six wines in the higher range, averaging about \$100 per bottle. Enjoy this rare opportunity to sample, taste, and learn about wines not often opened. Light fare provided to compliment the wine tasting. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

R • Sep 18 • 1-3 PM • \$70/Silver Leader: Warren Haskell

2025 Osher Leadership Council

The Osher Institute depends on its members to assist with many aspects of our organization. Our volunteer leaders are critical in ensuring that our institute is responsive to its membership.

Members of our 2025 Council include

Janice Jones, Co-Chair jlynn50@gmail.com

Laura Soles, Co-Chair

Kathie Howe, Vice Chair kathiehowe27@gmail.com

Alice Waagen, Past Chair

Steve Anders Linda Borland Lynn McCashin John Roberts

Tom Cox

Robb Wieczorek

Tanya Dolphin

Pam Wiegardt

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.

Myths About Arthritis



Over one million knee and hip replacements are provided annually in the US. This

number continues to increase due to demographic trends, earlier diagnoses, and a shift in treatment strategies. It's more common now to have a knee replacement offered earlier in treatment, and the outcomes are not always good. This course will explore how to know if the pain is due to arthritis, or if it is something much less costly to treat.

R • Sep 18 • 3:30-5:30 PM • \$20/Silver Leader: David Bass

Pressed Flower Frame Design

HANDS ON Discover the art of pressed flower design in a unique floating frame workshop! In this hands-on class, you'll learn how to select, arrange, and create a stunning 4x6 golden floating frame using delicate pressed flowers. Whether you're a beginner or a flower enthusiast, this creative workshop is a beautiful way to connect with nature and preserve its beauty in a lasting form. Fees are non-refundable unless we are able to fill your vacated slot.

F • Sep 19 • 10-11:30 AM • \$45/All Members Leader: Conner Parrish

Experience the Mark Morris Dance Group and its Dance for PD® Program

NEW. FIELD TRIP. DRIVE TO EVENT

The Mark Morris Dance Group (MMDG) has created the remarkably successful Dance for PD® Program. This innovative program was born from the idea that people with Parkinson's could benefit from the insight and specific techniques used by dancers to guide their own bodies and minds. MMDG's program strives to increase coordination, balance, flexibility and strength through music and movement. This special twopart class will include an introductory lecture by the Dance for PD® Program Director and a live "movement" section led by an MMDG Teaching Artist for students to experience this unique program

F • Sept 19 • 3-5 PM • \$20/Silver Leader: James Schuyler

Spiders Football Tailgate and Game

Join the University of Richmond family for a great Saturday in the Robins Stadium as our football team takes on VMI. Our Osher tailgate will start at noon in R45 parking lot, and the game will start at 2 PM. Bring a dish to share and join

S • Sep 20 • 12-4:30 PM • \$10/All Members Leader: Osher Member Connections Team

UR Campus Walk



Take a walking tour of the UR campus, named the nation's second 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.

M • Sep 22 • 8-10 AM • Free to Members Leader: Marshall Ervine

What's My Rock? Rock, Fossil & Mineral ID with Dr. David Kitchen

NEW Ever wonder what that unusual rock or fossil really is? Bring your geological finds for expert identification and learn about their origins, age, and formation. Whether it's a family keepsake, a strange beach stone, or a mysterious mineral, discover the hidden story inside your specimen. Time slots will be assigned prior to class so that Dr. Kitchen can examine each item. All are welcome, and curiosity is encouraged!

M • Sep 22 • 10:30 AM-12 PM • Free to Members Leader: David Kitchen

Researching at the Library of Virginia

NEW, FIELD TRIP, DRIVE TO EVENT

The Library of Virginia (LVA) is a key resource for Virginia genealogy research and for many surrounding states. The LVA has the most comprehensive collection of Virginia genealogy materials ranging from the earliest colonial times to the present. This class is designed to give you a foundational understanding of the LVA's collections (online and on-site) and suggest how to focus your research, and it includes a tour and hands-on research at the LVA.

M,R • Sep 22, 25 • 1-4 PM • \$40/Silver Leaders: Donna Shumate, Ashley Ramey

Estate Planning, Elder Law, **IRAs**

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!

T • Sep 23 • 1-2:30 PM • \$20/Silver Leader: Paula Peaden

Exploring Greek Flavors

NEW. FIELD TRIP. DRIVE TO EVENT

Explore Greek flavors that are less common but just as delicious. Greek meatballs with tomato sauce (soutzoukakia) are both comforting and intriguing with familiar and new flavors. Feta and Green Bean salad is perfect for your picnic and adaptable to a variety of vegetables, and Semolina and Pistachio cake is sure to become a new favorite. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

R • Sep 25 • 1-3 PM • \$75/All Members Leader: Warren Haskell

Peace in our Time: Munich 1938

NEW The Munich Agreement has been described as one of the most ignominious failures in diplomatic history and a lesson that appearement of dictators never works. This course will look at that fateful meeting, not as a singular event but in the larger context of Great Britain's search for security in Europe between the two world wars. We will attempt to see the world as they saw it, without the advantages of hindsight.

F • Sep 26, Oct 3 • 10 AM-12 PM • \$40/Silver Leader: David Fishman

Virginia's MIA: The Search **Continues**

NEW, FIELD TRIP, DRIVE TO EVENT

More than 1,200 Virginia veterans are still missing in action (MIA). This Virginia War Memorial exhibit will feature photos, letters, and other materials related to those Virginians still MIA. Additionally, the exhibit will explore the scientific process behind searching for and recovering the remains of those individuals by the Defense POW/MIA Accounting Agency (DPAA).

F • Sep 26 • 1:30-3 PM · Free to Members Leader: Kvndall Drumheller

Surreal Scribbles - Writing the Unexpected

NEW Through playful writing games inspired by Surrealist artists, we'll surprise ourselves with strange and delightful stories. No writing experience needed, just a willingness to have fun and see where your imagination goes.

M • Sep 29 • 10-11:30 AM • \$20/Silver Leader: Elizabeth Schlatter

Osher Annual Fall **Back-to-School Mixer**

Join your fellow Osher members, Osher staff, and UR administration for an evening of fun, food, and festivities as we celebrate our 20th anniversary. Volunteer leaders will staff information tables and will be happy to talk about their special interest groups and work teams. Fees are non-refundable unless we are able to fill your vacated slot.

M • Sep 29 • 5-7 PM • \$25/All Members Leaders: Osher Leadership Council, Osher Staff

Daffodils: Easy-to-Grow Harbingers of Spring

NEW Designed for those who want to learn more about daffodils, this class will include tips to make these cheerful harbingers of spring flourish, either in-ground or in pots. Participants will also see lots of photos of beautiful, award-winning daffodil cultivars, be introduced to the daffodil classification system, and learn about several organizations daffodil lovers can join.

T • Sep 30 • 10-11:30 AM • \$20/Silver Leader: Chris Catanzaro

Bounty of Boatwright



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.

T • Sep 30 • 3:30-5 PM Free to Members Leader: Carrie Ludovico

Come . . . and BeMoved®!



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,T • Sep 30, Oct 6, 13, 20, 27, Nov 3, 10, 17, Dec 1, 8, 15 • 5:30-6:30 PM • \$100/All Members Leader: Myra Daleng

CLASS KEY - Look for these icons and designations throughout the schedule for special classes.





NATIONAL OSHER ONLINE



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 pleased to offer these online courses for you, beginning in October:

- Alexander Graham Bell and the Telephone, 150 Years Later
- American History in Six Songs (Approximately)
- Creative Conservation
- From Bauhaus to Brutalism: Modern and Contemporary Architecture
- Graceful Exits: Exploring the Economics, Ethics & Ethos of Death With Dignity
- Impressionism: Color Light and Leisure
- In Darwin's Footsteps: A Journey to the Galapagos
- Inequality and Economic Policy
- Languages of the World
- Legendary Shipwrecks of the Great Lakes: Tales from the Inland Seas
- Peeking Inside the Black Box
- Public Health in Action: Addressing Stress, Equity, and Solutions
- The African American Military Experience: From Revolution to Civil Rights
- The Films of John Cassavetes and Gena Rowlands: Innovation in Filmmaking and Performance
- The Life and Times of Nikola Tesla
- The Magic of Motowr
- The Power of One in Steven Spielberg Films

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 blue bar:

NATIONAL OSHER ONLINE

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.

Secrets of the Killing State: The Untold Story of Lethal Injection

NEW, BOOK TALK In the popular imagination, lethal injection is a slight pinch and a swift nodding off to forever-sleep, it is performed by well-qualified medical professionals, it is regulated and carefully conducted, and it is certainly the most 'humane' form of capital punishment. In reality, not one of these statements is true. Lethal injection is nothing like what people think. This is its untold story.

W • Oct 1 • 4-5:30 PM • Free to Members Leader: Corinna Lain

The Composer's Toolbox

NEW Class I will cover Universals in Music. Two musical parameters that all cultures share are heartbeat and voice. However, features which are unique to a particular culture's music may or may not make their music readily understandable. Class II focuses on five tools that composers use to write their music. Each of the tools will be illustrated with several musical examples.

R • Oct 2, 9 • 10-11:30 AM • \$40/Silver Leader: Tim Kloth

Virginia Museum of Fine Arts: Behind the Scenes Two-Part Class

FIELD TRIP, DRIVE TO EVENT Join us for a two-part class at VMFA. The first part will trace VMFA history with a focus on growth and development of a world-class American Art collection. The second part is a 'wildcard' to be identified close to the class date. We assure you that both parts will be special experiences for those who attend. There will be an opportunity to meet afterward at VMFA's Best Cafe for further discussion and socializing.

R • Oct 2 • 2-4 PM • \$20/Silver Leaders: James Schuyler, Terry Morgerson

The Rotator Cuff — The **Truth About Tears**



This course will explore the rotator cuff, providing an understanding of its structure.

function, and significance. Common causes of rotator cuff injuries will be examined, along with insights into why surgical intervention is not always necessary. Students will gain valuable knowledge about alternative treatment options and factors to consider when managing rotator cuff-related issues. Students will also learn why the shoulder muscles can cause neck, elbow, and thumb pain.

F • Oct 3 • 1-3 PM • \$20/Silver Leader: David Bass

Adult Night Hike



EVENT Ever wonder who stays awake while you sleep? Meet some of Maymont's nighttime residents and learn about their nocturnal adaptations through experiments, games, and a hike of the grounds! Owls, bats, frogs and many other creatures of the dark will help shed some light onto their mysterious ways. Wear comfortable shoes and dress for the weather. The terrain includes hills and flat areas. Fees are non-refundable unless we are

NEW. FIELD TRIP. DRIVE TO

F • Oct 3 • 6:30-8:30 PM • \$40/All Members Leader: Krista Weatherford

able to fill your vacated slot.

Reception and Music Concert Featuring Dr. Ronald Crutcher

Join us for a short reception, then a concert at the Modlin Center featuring Dr. Crutcher, UR's President Emeritus, who will perform works by Beethoven, Eccles, Debussy, and Rachmaninoff followed by an interview with Melody Barnes about his thematic memoir, 'I Had No Idea You Were Black: Navigating Race on the Road to Leadership' as well as his upcoming book 'America's Achilles Heel: Inequity in Education as a Threat to American Democracy.'

U • Oct 5 • 1:30-5 PM • \$15/All Members Leader: Ronald Crutcher

Backyard Birding: Discovering the Joy of Nature at Home

NEW Calling all bird enthusiasts, from casual observers to seasoned birders. With stunning photos, practical tips. and insightful quotes, we'll explore creating a bird-friendly habitat throughout the seasons. We will cover the importance of native plants, tools for bird identification, and solutions to common challenges like predators, pests, and window strikes. With a focus on conservation and community, the presentation includes ways to contribute to citizen science projects and connect with fellow bird lovers.

M • Oct 6 • 10 AM-12 PM • \$20/Silver Leader: Jim Easton

Cancer and Clinical Trials: Understanding the Pieces of a Complex Puzzle

Cancer is a complex disease with many types, stages, and treatment options: but moving from lab research to life-saving care is where clinical trials come in. Our panel of experts will demystify clinical trials: what they are, how they work, the phases and designs, and why they're essential for advancing cancer care. We'll tackle common myths and concerns, discuss the potential benefits and risks, and highlight why participation, especially from diverse communities, is so critical.

M • Oct 6 • 1-3 PM • Free to Members Leaders: Maria Davenport, Lindsay Hauser, Claudette Grant, Michelle Liendo, Michael Gesme

NATIONAL OSHER ONLINE

The Life and Times of Nikola Tesla



Let's explore the life and innovations of Nikola Tesla, from his early experiments in

electricity to his groundbreaking work in wireless technology. We'll examine his collaborations and rivalries, the 'War of the Currents.' and his ambitious Wardenclyffe tower. Tesla's later work, including his wireless experiments, military research, and the mystery surrounding his secret papers, reveals the genius and intrigue behind one of history's most visionary inventors.

M • Oct 6, 13, 20, 27, Nov 3, 10 • 3-4:30 PM • \$60/All Members Leader: Marc Seifer

Early Islamic Architecture from the 11th to 16th Century

Islam's entry into the Indian subcontinent was a gradual process spanning several centuries, primarily through trade and later through military conquest. Arab traders established contact with India initially on the western coast along the Gujarat and Malabar areas. These Arab traders became the key figures in introducing faith to the region. Evidence suggest early Muslim settlements began along the coast with mosques being built as early as the 7th century.

M • Oct 6 • 3:30-5:30 PM • \$20/Silver Leader: Shantaram Talegaonkar

OUR OSHER SOCIALS CONTINUE!

We're excited to announce our spring dates. All are in person, and we'll send email reminders, so that you'll know the exact location for each event



COFFEE CHATS

At Tyler's in the Commons

Generally the first Wednesday of each month at 8:30 AM

Sept 3 • Oct 1 • Nov 5 • Dec 3



GAME DAYS

Typically on the third Thursday every month.

Aug 21 • Sept 18 • Oct 16

Nov 20: Game Day will be "Trivia Afternoon" Be sure to register for this one!

Locations announced via email blasts.



HAPPY HOURS

Second Thursday of each month starting at 4:30 PM

Sept 11 – Capital Ale House Oct 9 – Park Lane Tavern Nov 13 – Answer Brew Pub Dec 11 – VMFA

NATIONAL OSHER ONLINE

From Bauhaus to Brutalism: Modern and Contemporary Architecture



The post-World War I era saw a dramatic shift away from traditional 19th Century

architecture, as architects, designers, and social thinkers embraced modern aesthetics, new materials, and evolving societal needs. We will explore the inspirations and innovations behind major architectural styles, including the Bauhaus, the International Style, Art Deco, Midcentury Modernism, and Postmodernism.

M • Oct 6, 13, 20, 27, Nov 3, 10 • 7-8:30 PM • \$60/All Members Leader: Eleanor Schrader

Music & Dementia — The Power of Communication





Music can enrich the lives of people with Alzheimer's disease,

allowing for self-expression and engagement, even after dementia has progressed. Studies have shown music may reduce agitation and improve behavioral issues common in the middle-stages of the disease. Even in the late stages of Alzheimer's, a person may be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult.

T • Oct 7 • 8:30-9:30 AM • \$20/Silver Leader: Rachel Lawson

The Erie Canal: A Story of Water and Gravity



NEW Before machines cut through Suez and Panama, magnificent canals and

aqueducts graced civilizations from ancient times to the Industrial Revolution. In this class, we follow the story of how humans learned to move water. Cultures that began with primitive irrigation channels would one day build canals that joined Europe to Asia and the Mediterranean to the Atlantic. These canals changed the world long before the age of steam, internal combustion engines, or electric power.

T • Oct 7, 14, 21, 28 • 10 AM-12 PM • \$60/Silver

Leader: Buck Beasom

Along Came the Spiders: Celebrating Community and Promoting Literacy

NEW, BOOK TALK AND SIGNING Join author and University of Richmond's first lady Tina Hallock as she discusses the inspiration for her debut children's book, *Along Came the Spiders*. The book highlights the unique Spider mascot and celebrates the University community, all while fueling her love of promoting literacy to young readers. Tina will be joined by the book's illustrator Kaitlin Jones Stasiunas as they each discuss their process and working together on this charming tale.

Note: All net proceeds from the book, Along Came the Spiders, go toward the University of Richmond scholarship fund

T • Oct 7 • 1-2:30 PM • Free to Members Leaders: Tina Hallock, Kaitlin Jones Stasiunas

Photographing Celestial Events

NEW Have you tried to photograph the many celestial events we've heard about lately? With just a few tips, night photography can be easy. Osher instructor and wonderful photographer Bill Draper will share his techniques as well as his photos of the night skies in Virginia and from as far away as Texas, Colorado, and Ireland. Join us in viewing the aurora borealis, comets, planets, shooting stars, blue/new moons, and other beautiful celestial events.

T • Oct 7 • 3:30-5 PM • \$20/Silver Leader: Bill Draper

NATIONAL OSHER ONLINE

The African American Military Experience: From Revolution to Civil Rights

African Americans have served in every US military conflict, fighting both for their country and for equality. Let's explore their contributions from the Revolutionary War to World War II, highlighting their bravery in battle and their struggles against segregation and discrimination at home. Through their service, Black soldiers helped shape American history despite a nation that often failed to recognize their sacrifices.

T • Oct 7, 14, 21, 28, Nov 4, 11 • 7-8:30 PM • \$60/All Members Leader: John Langellier

Contemporary Issues Presents: Understanding the Supreme Court and its Place within the Three Branches of Government

This discussion examines the Supreme Court's role and relative power within the structure of the three branches of the Federal system. The discussion also will put today's tension between the Executive and Judicial Branches within historical context dating from the creation of the Constitution to recent court decisions.

W • Oct 8 • 9-10:30 AM • Free to Members Leaders: Henry L. Chambers Jr., Tom Donnelly, Stephen Simon

Intro to Nature Journaling

NEW Increase your connection to the natural world by slowing down to focus on drawing from observation and recording your experiences in a nature journal. Using pencils and/or pens and markers, quiet your mind and relax into the present moment by following guided drawing and journaling exercises. No experience is necessary for this fun and relaxing introductory class. Supplies needed include a pencil and pen or fine tip marker, and a journal or drawing paper.

W • Oct 8 • 3:30-5 PM • \$20/Silver Leader: Elizabeth Higgins

NATIONAL OSHER ONLINE

Creative Conservation

Become educated, entertained, and empowered to become more effective stewards of the natural world. Through real-life conservation stories drawn from the instructor's personal experiences and her time as host of Mutual of Omaha's Wild Kingdom, we will highlight the impact of passionate individuals working together to address complex environmental challenges.

W • Oct 8, 15, 22, 29, Nov 5, 12 • 5-6:30 PM • \$60/All Members Leader: Stephanie Arne

Exploring US Wine Regions

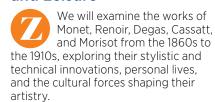
NEW, FIELD TRIP, DRIVE TO EVENT

What's new, what areas are up and coming, and where are things going? Sample eight wines from around the country, with snacks and nibbles provided for you to enjoy while sampling and learning. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

R • Oct 9 • 1-3 PM • \$50/All Members Leader: Warren Haskell

NATIONAL OSHER ONLINE

Impressionism: Color Light and Leisure



R • Oct 9, 16, 23, 30, Nov 6, 13 • 3-4:30 PM • \$60/All Members Leader: Lauren Weingarden

Ranked Choice Voting in Virginia

Ranked Choice Voting is a simple change to the way voters express their preferences that can enable a better voting experience, better campaigns, and ultimately better elections. RCV ensures majority winners, minimizes negative campaigning, and levels the playing field for different kinds of candidates. In this class, we'll talk about how RCV works, how it strengthens democracy and empowers voters, and its path forward in Virginia.

R • Oct 9 • 3:30-5 PM • \$20/Silver Leader: Liz White

NATIONAL OSHER ONLINE

Legendary Shipwrecks of the Great Lakes: Tales from the Inland Seas

Let's examine the tragic sinking of the Lady Elgin, the haunting legacy of the Eastland, the mystery of the Western Reserve, and the enduring legend of the Edmund Fitzgerald, along with other unforgettable wrecks that shaped Great Lakes history. More than just maritime history, this course uncovers the human stories behind these disasters, the forces that doomed them,

R • Oct 9, 16, 23, 30, Nov 6, 13 • 7-8:30 PM • \$60/All Members Leader: Anna Lardinois

and the myths that linger today.







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.

Addressing the Climate Crisis: Renee Purdy • renee.purdy@richmond.edu and Holly Blake • hblake@richmond.edu

Baseball: Dan Begley • osherbaseball@gmail.com

Birding with Audubon: Mary Elfner • melfner@gmail.com

Bridge: Bob Warwick • raw29@cornell.edu and Bill McGuire • wmcquire52@aol.com

Contemporary Issues: John Mahone • mahone.john@gmail.com

Fab and Fit Spiders: Brenda Davis • BDavis@agesmartva.org

Fiber Arts: Kathie Howe • Kathiehowe72@gmail.com

Genealogy: Donna Shumate • dshumate@richmond.edu

Golf: Tom Cox • tcox.attorney@gmail.com,
Pam Wiegardt • wiegar@gmail.com
and Steve Tammaro • stevetammaro@outlook.com

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

Historically Speaking: Louis Cei • ceilb2@aol.com

Literary Dreamers: Jerry Lutkenhaus • jervalaw@aol.com and Virginia Manuel • vmanuelva@gmail.com Group is filled with a wait list; coordinators needed to start a second book club

Love of Vinyl Records: Murray Ellison • ellisonms2@alumni.vcu.edu and Chris Waagen • clwaagen@gmail.com

Memoir Writing: Lynn Blankman, Karen Mizrach, Lisa Johnson, Chris Waagen • clwaagen@gmail.com We have four groups with occasional openings.

Mystery Lovers: Nancy Newins • nnewins@verizon.net and Leigh McDonald • Imcdonal@richmond.edu

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

Photography: Peter Blankman • pblankman@gmail.com

RVA Classics Book Club: Eric Holzwarth • holzwarth.barash@gmail.com **Sociable French Conversations:** Allan Blum • allan blum@yahoo.com

Theatre Lovers: Janice Jones & Anne Wescott • oshertheater@gmail.com

Travel: Celeste Miller • OSHERtravel@gmail.com

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

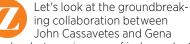
Compassionate Communication



F • Oct 10, 17 • 10-11:30 AM • \$40/Silver Leader: Alison Shapiro

NATIONAL OSHER ONLINE

The Films of John Cassavetes and Gena Rowlands: Innovation in Filmmaking and Performance



Rowlands, two pioneers of independent cinema. Cassavetes revolutionized filmmaking with raw, character-driven storytelling, while Rowlands' deeply expressive performances set a new standard in acting. We will explore Cassavetes' unconventional techniques, his rejection of Hollywood norms, and their lasting impact on independent film, offering participants a deeper understanding of their artistry and influence.

F • Oct 10, 17, 24, 31, Nov 7, 14 • 11 AM-12:30 PM • \$60/All Members Leader: Heather Brown

Chopin's 14 Waltzes

NEW Chopin's waltzes are special because they are more than just dance music: they are refined, emotionally rich works that showcase the piano's expressive potential and stand as some of the most beloved pieces in Romantic piano literature. Alan will perform the 14 waltzes that are the most commonly recognized as a set (including both those released during his lifetime and those published posthumously) interwoven with his usual commentary.

F • Oct 10 • 1-3 PM • \$20/Silver Leader: Alan Pollack

Senior Living Community Options: Be Proactive, Not Reactive

Roughly 44 million Americans provide unpaid informal care each year to the older US population. Using a proactive approach, this course will discuss the many benefits an assisted living community can provide, how an assisted living community can be a positive influence as an individual embarks on a new stage in life, and when is the right time to explore assisted living options.

F • Oct 10 • 3:30-5 PM • \$20/Silver Leader: Marc Friedlander

Be an Environmental Conservationist at Home

NEW This course empowers you to become an active environmental conservationist through simple, impactful changes in your home and garden. You'll learn practical strategies for reducing waste, conserving natural resources, and making mindful garden choices that directly benefit the planet and foster a healthy ecosystem in your backyard. By the end of the course, you'll be equipped to lead a conservation-minded lifestyle and inspire others to protect and preserve our natural world through easy actionable strategies.

M • Oct 13 • 10-11:30 AM • \$20/Silver Leader: Conner Parrish

Patrick Henry: Liberty or Death

NEW On March 23, 1775, Patrick Henry rose from his seat in Henrico Parish Church, now known as St. John's Church in Richmond, and delivered words that would become the rallying cry of the American Revolution. In this presentation, Patrick Henry Jolly, 5th great-grandson of Henry, will focus on giving context to seven of the most well-known words in American history: 'Give me liberty, or give me death!'

M • Oct 13 • 1-2:30 PM • \$20/Silver Leader: Patrick Jolly

Volcanoes

NEW Join this journey into the powerful world of volcanoes: how they form, erupt, and threaten. Explore the forces driving magma from deep inside Earth, the dramatic eruptions at Mount St. Helens, Rainier, Yellowstone, and Long Valley, and how modern science works to predict and mitigate volcanic hazards.

M • Oct 13 • 3-4:30 PM • Free to Members Leader: David Kitchen

Immigrants and Virginia in the 21st Century

UPDATED Are you curious how immigration policy is changing (and has changed over time) and how important immigrants are to present-day Virginia? This offering covers three topics: a picture of immigrant communities in Virginia circa 2020, the evolution of immigration and US policy towards immigrants through history, and the evolving picture of policy toward immigrants under the second Trump administration.

T • Oct 14, 21 • 1-2:30 PM • Free to Members Leader: Grant Rissler

NATIONAL OSHER ONLINE

Inequality and Economic Policy

Let's explore the history of different types of inequality, the underlying data and

evidence, and the policy levers available to address these issues.

T • Oct 14, 21, 28, Nov 4, 11, 18 • 1-2:30 PM • \$60/All Members Leader: Geoffrey Woglom

NATIONAL OSHER ONLINE

Peeking Inside the Black Box



Let's take a behind-the-scenes look at the scientific process, exploring how modern science

developed, what scientists actually do, and what makes research reliable. We will examine the strengths and weaknesses of scientific methodology, uncover common pitfalls, and identify red flags for pseudoscience and untrustworthy findings.

T • Oct 14, 21, 28, Nov 4, 11, 18 • 3-4:30 PM • \$60/All Members Leader: Johnnie Hendrickson

Reading Nabokov: Invitation to a Beheading

NEW Vladimir Nabokov was a prolific writer of novels both in Russian and English. Most famous was 'Lolita,' which brought him international fame. This seminar focuses on another of his masterpieces, 'Invitation to a Beheading,' which uncharacteristically for Nabokov, deals with a political subject: totalitarianism. Critics variously considered it a 'dystopian fable' and a 'cosmic nightmare.' In this seminar we will be concerned with the author's portrayal of this ideology and why he wrote the novel.

T • Oct 14, 21, 28 • 3-5 PM • \$60/Silver Leader: Jack Kangas

NATIONAL OSHER ONLINE

American History in Six Songs (Approximately)



Whether you're in Macon, Memphis, Muscle Shoals, or Massapequa, music matters,

and our varied musical heritage is one of the best ways to understand crucial moments in American history. Let's explore Indigenous expressions, colonial invasion, forced African migration, and the cultural shifts of the 19th, 20th, and 21st Centuries.

T • Oct 14, 21, 28, Nov 4, 11, 18 • 5-6:30 PM • \$60/All Members Leader: Matt Jennings

Art Participation in 19th Century Russian Painting

BACK BY POPULAR DEMAND This is a participatory study in 19th-Century Russian painting in which viewers will follow the most significant moments in the development of Russian art through selected paintings. The study is not a conventional art history course, but rather is an opportunity for participants to optimally engage and express the experience of aesthetic ecstasy evoked by the paintings. For this reason the class size will be limited.

W,R • Oct 15, 16 • 10-11:30 AM • Free to Members Leader: Joseph Troncale

NATIONAL OSHER ONLINE

Alexander Graham Bell and the Telephone, 150 Years Later



W • Oct 15, 22, 29, Nov 5, 12, 19 • 11 AM-12:30 PM • \$60/All Members Leader: W. Bernard (Bernie) Carlson

The Life and Works of Raphael Sanzio

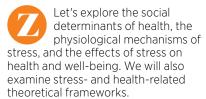


describe the genius in his work: grace. It is said that his works reflect his character. He was charming, handsome, and insanely talented. It's thought he might have been the happiest, most successful, and best-loved artist in history.

W • Oct 15, 22, 29, Nov 5, 12, 19 • 3:30-5 PM • \$60/Silver Leader: Juana Levi

NATIONAL OSHER ONLINE

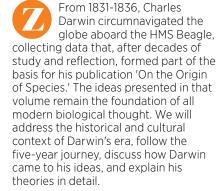
Public Health in Action: Addressing Stress, Equity, and Solutions



W • Oct 15, 22, 29, Nov 5, 12, 19 • 7-8:30 PM • \$60/All Members Leader: Faith Ogungbe

NATIONAL OSHER ONLINE

In Darwin's Footsteps: A Journey to the Galapagos



R • Oct 16, 23, 30, Nov 6, 13, 20 • 11 AM-12:30 PM • \$60/All Members Leader: Eric Simon

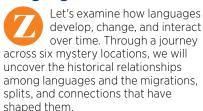
Bucket List Items Complete: South African Wine, Lemurs, Gorillas & Lions

NEW Come along on my nine-country, 8.5-week adventure through southern and eastern sub-Saharan Africa! This once-in-a-lifetime trip included self-planned driving portions as well as highly-organized tour operators, including a week at a wildlife rehab center. I found the Big Five (twice over, no less!) and experienced many other fantastic activities. Pros and cons, do's and don'ts to be shared.

R • Oct 16 • 12:30-2:30 PM • \$20/Silver Leader: Anja Thomas

NATIONAL OSHER ONLINE

Languages of the World



R • Oct 16, 23, 30, Nov 6, 13, 20 • 1-2:30 PM • \$60/All Members Leader: Asya Pereltsvaig

Osher Member Orientation

Learn how to access and fully enjoy the many benefits of being a member of the Osher Institute and the larger UR community. Designed for new members, but offers tips for all.

R • Oct 16 • 3-5 PM • Free to Members Leaders: Osher Leadership Council, Osher Staff

Four Friday Films

NEW FILMS This iteration of Four Friday Films presents movies that invite us to think about our experience and perception of the world. As usual with this course, the films are fun to watch, but the emphasis this semester is less on 'feel good' than on 'hmmm, I hadn't considered that before.' We'll watch 'Stranger Than Fiction,' 'Brother From Another Planet,' and 'The Man From Earth,' finishing with Anne Hathaway in 'Colossal.'

F • Oct 17, 24, 31, Nov 7 • 1-3:30 PM • \$60/Silver Leaders: Anne Barash, Eric Holzwarth

Genealogy for Intermediates

BACK BY POPULAR DEMAND 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 • Oct 20, 23, 27, 30 • 10 AM-12 PM • \$60/Silver Leader: Donna Shumate

NATIONAL OSHER ONLINE

The Power of One in Steven Spielberg Films



Let's explore the recurring theme of moral choices and redemption in Steven Spiel-

berg's films. Through scene-by-scene analysis, we will examine how characters' beliefs and actions shape their worlds. Films include 'Close Encounters of the Third Kind,' 'Lincoln,' 'Bridge of Spies,' 'Saving Private Ryan', 'Munich,' and 'Schindler's List.'

M • Oct 20, 27, Nov 3, 10, 17, 24 • 1-2:30 PM • \$60/All Members Leader: Bernard (Butch) Epps

Bob Dylan: The First Seven Albums

BACK BY POPULAR DEMAND Last year's biopic about Dylan's early career ('A Complete Unknown') rekindled an interest in how his songwriting and performance style evolved so rapidly in the little more than four years in which his first seven albums were released: from his eponymous debut in March 1962 through 'Blonde on Blonde' in June 1966. This course will examine each album in depth looking at the songs as well as the production values and critical response.

M • Oct 20, 27, Nov 3 • 1-3 PM • \$60/Silver Leader: Alan Pollack

Cold War Virginia

NEW, BOOK TALK Virginia played a central role during the Cold War. With doomsday planning operations underway for World War III, the location of the Pentagon, CIA, and other federal agencies established Northern Virginia as an epicenter of decision-making. As Virginia military bases readied for a potential surprise attack by the Soviet Union, local research facilities played a paramount role in the Space Race. These developments and tales of espionage, heroism, and betrayal will be discussed

M • Oct 20 • 3:30-5 PM • \$20/Silver Leader: Francis Gary Powers Jr.

NATIONAL OSHER ONLINE

Graceful Exits: Exploring the Economics, Ethics & Ethos of Death With Dignity



We will explore the complex issue of Death with Dignity, also known as assisted suicide,

through its historical development, ethical debates, legal frameworks, and cultural perspectives. We will examine evolving policies on physician-assisted suicide and euthanasia. This course provides a comprehensive look at the ethical and legal dimensions of end-of-life decision-making.

M • Oct 20, 27, Nov 3, 10, 17, 24 • 5-6:30 PM • \$60/All Members Leader: Aleen Bayard

The Sociology of Religion: Bringing Order from Chaos

NEW This course provides an introduction to the sociology of religion, an important field within the discipline of sociology. Religion is one of the most powerful sources of social cohesion, order, meaning, disruption, protest, and change in human societies, both historically and today in the modern world. Sociology provides a particular disciplinary perspective and analytical tools and theories for describing, understanding, and explaining the nature and influence of religion.

T • Oct 21, 28, Nov 4 • 5:30-7:30 PM • \$60/Silver Leader: Samuel Richardson

Revisiting Twelve Angry Men

NEW This class will focus on a screening of Reginald Rose's play 'Twelve Angry Men.' Premiered in the 1950s, this play is an interesting look at the individuals who make up the jury. But more importantly, the work is also a deeper dive at how we think and perceive each other in the pursuit of justice.

W • Oct 22 • 10 AM-12 PM • \$20/Silver Leader: Bill Pike

History of NCAA Women's Basketball With a Focus on Our Champion Women Spiders

UPDATED In 2025 Richmond again won the Atlantic 10 Regular Season title, earned an at-large bid into the NCAA DI Women's Basketball Tournament, and won the program's first NCAA Tournament game! This class will be different from the previous classes, as the focus will be strongly on Spiders history going back to 1919, the historic 2024/2025 season, and the expectations for the upcoming season. If you love Spider Women's Basketball, this is the class for you.

R • Oct 23 • 10 AM-12 PM • Free to Members Leaders: John Festa, Aaron Roussell







Become an Osher Member

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 benefits.

To become a member, visit our online registration portal at *sl.richmond.edu/tg* 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 geracquainted 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 most Osher courses free of charge (excluding those that have required fees for all members). 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 wonder ing 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.

Fall Flavors With Classic French Techniques

NEW, FIELD TRIP, DRIVE TO EVENT

Enjoy fall flavors and classic French techniques: Pan Seared Pork Tenderloin with Herb & Coarse Mustard Pan Sauce, Cauliflower Gratin, Haricot Vert with Wine and Shallots, and Pear Tarte Tatin. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

R • Oct 23 • 1-3 PM • \$75/All Members Leader: Warren Haskell

Beyond the Bounty

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.

R • Oct 23 • 3:30-5 PM • Free to Members Leader: Carrie Ludovico

The Enneagram In Theory and Practice

NEW The Enneagram is a powerful tool that can be used to understand self and others. This class will cover a brief introduction and history of the Enneagram followed by class attendees participating in teaching the Nine Types to others via the Narrative oral wisdom Tradition.

F • Oct 24, 31, Nov 7, 14 • 10 AM-12 PM • \$60/Silver Leader: Marilyn Williams

What is Modern Science?

NEW In today's society, Science has become controversial and people often find it difficult to define what it is. This seminar traces Science from its pre-historic beginnings through epochs of missteps, stagnation, and near-extinction up to the present day and, while doing so, highlights the critical steps involved in the development of Science. This evolution was undirected and resulted in an institution unique among human endeavors

M • Oct 27, Nov 3 • 3:30-5 PM • \$40/Silver Leader: Alex Meredith

NATIONAL OSHER ONLINE

The Magic of Motown



Explore Motown's golden era (1950s-1970s) and its lasting impact on music and culture.

We'll examine Motown's signature sound, groundbreaking artists, and role in breaking racial barriers. Featuring curated tracks and videos, we'll trace the label's evolution and cultural influence. The course concludes with a celebration of Motown's first 25 years and its enduring legacy.

T • Oct 28, Nov 4, 11, 18, 25, Dec 2 • 11 AM-12:30 PM • \$60/All Members Leader: Michael Agron

Womens Basketball Clinic

NEW, HANDS ON We will watch a video showcasing the Women Spiders executing offensive and defensive skills. Then, we will step onto the court for rules and basic skills demonstrations that will enhance your basketball spectator experience this season. This clinic format is designed to be low-key with minimal exertion and lots of fun for those who want to try out some of the basic skills you viewed in the film. Tennis shoes required to participate on court.

T • Oct 28 • 1-2:30 PM • \$20/Silver Leaders: Doug Garrett, Pamela Wiegardt

Adult CPR/AED Certification



W • Oct 29 • 10 AM-12 PM \$45/All Members Leader: Pamela Wiegardt

Understanding Long Term Care Insurance



BACK BY POPULAR DEMANDWe'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 • Oct 29 • 10 AM-12 PM • \$20/Silver Leaders: Linda Tsironis Caruthers

What's New in the Baroque

NEW Come and enjoy this survey of music from the Baroque era and the people who composed it. During the course, the structure of new forms that emerged will be studied through musical examples taken from concerti, dance suites, fugues, and operas. Students will come away with a clearer understanding of this music and its position in the development of larger forms in the Classical era.

R • Oct 30 • 1-3 PM • \$20/Silver Leader: Tim Kloth

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

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

R • Oct 30 • 3:30-5:30 PM • Free to Members Leader: Lynda Kachurek

Happy Halloween: Art That is Scary, Strange, or Just Plain Weird



NEW Celebrate Halloween by viewing and discussing art that makes us uneasy. The artist

may have intended to frighten the viewer, or viewers may react to this unusual art because it touches a dissonant chord in themselves. Come join us in examining scary art to discover why certain artists want to shock and disturb us with their works. Costumes and masks optional!

F • Oct 31 • 10-11:30 AM • \$20/Silver Leaders: Alice Waagen, Ralph Kidder

Spiders Football Tailgate and Game

Join the University of Richmond family for a great Saturday in the Robins Stadium as our football team takes on Fordham. Our Osher tailgate will start at noon in R45 parking lot, and the game will start at 2pm. Bring a dish to share and join us!

S • Nov 1 • 12-4:30 PM • \$10/All Members Leader: Osher Member Connections Team

Fifty-State Finish Line: The Great American Travel Quest

NEW Embark on the ultimate US travel adventure! This course explores the many paths to visiting all 50 states: from road trips and regional strategies to theme-based journeys and milestone mapping. Learn how travelers approach the challenge and discover the role of the All Fifty States Club, a national organization that celebrates those who complete the quest. Whether you're halfway there or just getting started, this course will inspire your journey.

M • Nov 3 • 10-11:30 AM • Free to Members Leader: Cynthia Price

CLASS KEY - Look for these icons and designations throughout the schedule for special classes.





NATIONAL OSHER ONLINE

A Reading and Discussion of Adi Da Samraj's The Knee of Listening

NEW This course is designed to introduce and explore the essential teachings, autobiographical episodes, and spiritual insights from Adi Da Samraj's 'The Knee of Listening.' Each session will focus on key themes and selected readings that illustrate Adi Da's journey, realization, and core message of 'radical understanding.'

T • Nov 4, 11, 18, 25 • 10-11:30 AM • \$60/Silver

Leader: Joseph Troncale

Fall Tree Walk at Maymont

NEW, FIELD TRIP, DRIVE TO EVENT Come on a guided tree walk with one of our horticulture professionals to see all of the colorful foliage throughout Maymont's rolling hills peppered with historic state and national champion trees. Fall is a beautiful time to visit! Be sure to wear good walking shoes. The terrain includes hills and flat areas, grass, and paved pathways. Fees are non-refundable unless we are able to fill your vacated slot.

T • Nov 4 • 10:30 AM-12:30 PM • \$25/All Members Leader: Krista Weatherford

Interpreting Classic Films of Orson Welles

NEW This seminar will view and critique three films of Orson Welles: 'Citizen Kane,' 'The Third Man,' and 'The Trial.' Orson Welles was arguably the greatest presence in 20th Century American cinema, sometimes directing, sometimes taking the lead role, and sometimes both. The main source for 'The Third Man' was Graham Greene's novel of the same name. 'The Trial' was based on Franz Kafka's novel of the same name in its English-language translation.

T • Nov 4, 11, 18, 25 • 3-5:30 PM • \$60/Silver Leader: Jack Kangas

Home Opener for UR Women's Basketball

Join us as we start the UR Women's Basketball season for 2025-26! Let's cheer our Lady Spiders on to another historic season!

T • Nov 4 • 6-8 PM • Free to Members Leader: UR Athletics Department

RVAgreen 2050: Climate Action for a Healthy & Resilient Richmond

NEW This course will highlight how climate change is making Richmond hotter and stormier, with historically underrepresented and economically disadvantaged communities bearing the greatest impacts. It will provide an overview of RVAgreen 2050, and explain how the city partners with communities across Richmond to address the causes of climate change and build climate readiness and resilience

W • Nov 5 • 10-11:30 AM • \$20/Silver Leaders: Laura Thomas, Michael Smart

Invasive Plants and Native Plant Alternatives

NEW Learn how native plants provide ecological services to native members of the animal kingdom, why these services are vital, and why invasive plants aren't able to provide these services. Discover dozens of examples of plants that have become invasive in Virginia, and get inspired about the many native plants that we can intentionally plant on our property that not only play nicely with other plants, but also enhance biodiversity.

R • Nov 6 • 10-11:30 AM • \$20/Silver Leader: Chris Catanzaro

Wine and Cheese Pairing with Truckle Cheesemongers

FIELD TRIP, DRIVE TO EVENT With the holidays coming, there's no better time to sample six cheeses paired with six wines and find your favorites to share on your holiday table! Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

R • Nov 6 • 1-3 PM • \$50/All Members Leader: Warren Haskell

Bringing Local Resources to You: A Panel Discussion on Rightsizing



BACK BY POPULAR DEMANDWe've assembled a team of

experts in every aspect of downsizing: estate sales, financial planning, home preparation (even if you're not selling), and more! Join us for a Q&A session where we bring the resources directly to you!

R • Nov 6 • 3:30-5:30 PM • \$20/Silver Leaders: Jaime Ebanks, Katie Hamann

Commemorating Veterans Day

Join your fellow Osher members as we remember all who have served in our armed forces over the years. Osher member/instructor and Vietnam veteran Steve Anders will be our keynote speaker.

M • Nov 10 • 10-11:30 AM • Free to Members Leaders: Steve Anders, Becky Hudson

The Geology of the Ocean Floor

NEW Let's explore the ocean floor: a hidden world of vast ridges, deep trenches, volcanoes, and plateaus. Learn how powerful forces beneath the Earth shape the seafloor, drive ocean circulation, and influence global climate. From the Atlantic to the Pacific and beyond, discover why the ocean floor holds the keys to understanding our dynamic planet.

M • Nov 10 • 1-2:30 PM • Free to Members Leader: David Kitchen

Digital Empowerment After 50: Leveraging Al for Better Living

NEW This class will provide a concise guide exploring ten practical applications of generative AI specifically designed for adults over 50. From health management and memoir writing to travel planning and financial organization, this presentation offers straightforward strategies to enhance daily life. Perfect for seniors curious about AI technology but unsure where to begin. We'll include actionable starting points for immediate implementation.

M • Nov 10 • 3-5 PM • Free to Members Leader: Lionel Mew

Four Psychotherapeutic Approaches in Clinical Mental Health

NEW This course offers a broad overview of four specific psychotherapeutic approaches used in clinical mental health: Person-Centered Therapy, Emotionally

son-Centered Therapy, Emotionally Focused Therapy, Cognitive Behavioral Therapy, and Eye Movement Desensitization Reprocessing. Many clinicians combine aspects of various approaches depending on the client's needs (e.g. regarding trauma).

T • Nov 11, 18 • 12:30-2:30 PM • \$40/Silver Leader: Holly Brear

Chaine Maille:Three-in-Three Bracelet or Necklace

NEW PATTERN, HANDS ON Join us for a fun-filled class making sterling silver chain maille jewelry. This pattern is a mix of the three-in-three pattern and the Half Byzantine pattern and is suitable for Beginners. All materials (sterling silver jumprings and clasps) will be provided and the instructor will bring tools to use during class. Your choice of bracelet or necklace (20' long).

W • Nov 12, 19 • 1-3 PM • \$65/All Members • Additional \$45/All Members for Necklace Leader: Celeste Miller

Saga of HNLMS Java

The story of this Dutch ship reveals a lot about what ships and their crews experienced in World War II. A survivor's son tells you this saga.

R • Nov 13 • 10 AM-12 PM • \$20/Silver Leader: Frans Bax



SUPPORTING OUR LOVE OF LIFELONG LEARNING

As we wind down our 20th anniversary celebration year, now is a wonderful time to applaud and appreciate our enthusiastic Osher Insitute members. Year-after-year, members support Osher generously with gifts of their time, talent, and "treasures." Thank you to all members who have given "treasures" and already made a gift to Osher in 2025.

The results of UR Here Giving Day are in, and it is noteworthy that Osher members' generosity earned Osher top honors. For a second yea in a row, a generous Osher member offered to match the first \$5,000 given to Osher the second morning of UR Here/Giving Day. Members responded quickly and kindly dollar-wise and participation-wise, not

only exceeding the match dollars, but also with participation so strong Osher earned first place on the university participation unit leaderboard, earning Osher a \$2,500

All gifts made any time in 2025 count towards Osher's 2025 \$43,000 dollar goal and our 25% participation goal. Every gift counts, and we are grateful for each one. Gifts to Osher allow us to offer truly extraordinary events that enrich and enhance your membership.

If you have not had a chance to make a gift in 2025, we hope you will join your fellow members and make a gift, too! Easy and safe ways to make a gift Include:

- Online Credit Card gift via osher.richmond.edu/give
- Check (made out to University of Richmond, Osher in the memo line) brought to class and handed to Osher staff, dropped by the Osher office, or mailed to:

University of Richmond, Osher Office Special Programs Building 490 Westhampton Way University of Richmond, VA 23173

Holiday Cooking on the Small Scale

NEW, FIELD TRIP, DRIVE TO EVENT

Discover some classic and modern holiday flavors for a smaller crowd: Brined and Roasted Turkey Breast, Scratch Green Bean Casserole, Cheesy Chive Mashed Potatoes, Sourdough Stuffing and Gravy, and Pumpkin Pecan Pie. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

R • Nov 13 • 1-3 PM • \$75/All Members Leader: Warren Haskell

Frank Sinatra and the Rise of American Pop Culture

This course will examine the life and work of singer/actor/activist Frank Sinatra. From humble beginnings, Sinatra emerged as a Big Band singing sensation prior to World War II. He was also a controversial figure: a friend of presidents who was also tied to underworld figures.

R,F • Nov 13, 14 • 1-4 PM • \$40/Silver Leader: Peter Begans

Adult and Pediatric CPR/AED Certification

BACK BY POPULAR DEMAND
Get certified! Learn the
valuable skills of administering
CPR and using an AED. Sign up for this
course to gain the knowledge and skill
set required to be certified to assist
both children and adults. Fees are
non-refundable unless we are able to fill
your slot.

M • Nov 17 • 8:45 AM-12 PM • \$45/All Members Leader: Pamela Wiegardt

The Forgotten Fight for Freedom in Revolutionary Virginia

NEW, BOOK TALK The conflict between New England farmers and British redcoats at the start of the American Revolution is well known. This talk will explore the events that took place simultaneously in Virginia that pitted an unlikely alliance of Scottish merchants and Black Americans against tobacco planters and riflemen. This struggle played a key role in the creation of the new nation.

M • Nov 17 • 1-2:30 PM • \$20/Silver Leader: Andrew Lawler

Mughal Architecture from the 16th to 19th Century

NEW Mughal Architecture in India refers to the distinctive Indo-Islamic style that flourished under the Mughal emperors from the 16th to 19th Centuries. This style is characterized by its use of arches, domes, and minarets, blending Persian, Turkish, and Indian architectural traditions. Key features include bulbous domes, slender minarets, large gateways and intricate ornamentation. Notable examples include the TajMahal, Red Fort in Delhi and Agra, Humayuns Tomb, Fatehpur Sikri, Jama Masjid, and Shalimar Gardens.

M • Nov 17 • 3-5 PM • \$20/Silver Leader: Shantaram Talegaonkar

Contemporary Issues Presents: The Virginia November 2025 Elections Insights and Implications

Join Bill Leighty, chief of staff to two former Virginia governors, as he leads a panel discussion on the November 2025 Virginia elections. A panel of seasoned political analysts will examine the key questions of 'What happened?' and 'Why?'. The discussion will also offer insights into Virginia's pivotal role in potentially shaping the broader political landscape for the national 2026 elections.

W • Nov 19 • 10 AM-12 PM • Free to Members Leader: William Leighty

The Challenges Confronting America's National Park System

NEW This class will discuss the history, structure, and mission of the National Park Service and the Park System, and the many challenges that they face in preserving this Best of American Ideas. It will also include suggestions for things that you can do to support the parks.

R • Nov 20 • 10 AM-12 PM • \$20/Silver Leader: Bill Hafker

A Tale of Three Cities: Contrasting Islamic Countries

NEW Although countries may share a common religion, there are differences. This presentation will contrast three unique Islamic cities based on the presenter's travel and work experiences. These include Riyadh, Saudi Arabia; Istanbul, Turkiye; and Baku, Azerbaijan. The presenter will describe the purpose of journeys to each of these countries and contrast differences encountered, including architecture, culture, economic policies, educational practices, geography, government, history, religious practices, and women's rights.

R • Nov 20 • 1-3:30 PM • \$20/Silver Leader: Belva Collins

Osher Trivia Afternoon

Osher is having its own Trivia Night — but in the afternoon. Come join us for this new, fun event. We are bringing in the local expert, Ball of Fire, to run the event, and we'll have snacks and beverages to sustain you when the competition gets tough! Come join us!

R • Nov 20 • 4-6 PM • \$15/All Members Leader: Osher Member Connections Team



A Special Screening of the Diamond Couple

Tuesday, September 16 • 4:30-7:30 PM • Ukrop Auditorium

Join us for this special film screening. The Diamond Couple is an existential journey through the memories of a centenarian couple and meditates on loss, aging, and life.

This documentary is the work of Sonja Bertucci, a filmmaker based in Richmond, and an assistant professor of creative practice and film studies at the University of Richmond.

Her most recent feature-length documentary, *The Diamond Couple*

(2024), is an intimate meditation on love, aging, and the transmission of memory.

The film premiered at the Arizona International Film Festival, where it received the Jury Prize for Inspirational Filmmaking, and continues to screen internationally.

This event is free, but please register as you would for any Osher course.

Live Wreath Making Workshop

BACK BY POPULAR DEMAND Learn how to make your very own live evergreen wreath from instructor and local farmer Conner Parrish. We will work with grape vine wreaths and live greens from the farm. All materials will be included with the course. Fees are non-refundable unless we are able to fill

the slot. Offered twice on the same day.

F • Nov 21 • 10 AM-12 PM • \$65/All Members Leader: Conner Parrish

Live Wreath Making Workshop

BACK BY POPULAR DEMAND Learn

how to make your very own live evergreen wreath from instructor and local farmer Conner Parrish. We will work with grape vine wreaths and live greens from the farm. All materials will be included with the course. Fees are non-refundable unless we are able to fill the slot. Offered twice on the same day.

F • Nov 21 • 1:30-3:30 PM • \$65/All Members Leader: Conner Parrish

You Are Not Alone — Caregiver Stress Busting Tips





BACK BY POPULAR DEMAND Over 11
million Americans are

providing unpaid care to loved ones who are living with dementia. It is important that caregivers take care of themselves and know they are not alone. Join us as we talk about stress busting tips for caregivers.

M • Nov 24 • 8:30-9:30 AM • \$20/Silver Leader: Rachel Lawson

Birds in Art



NEW Birds have captured the imagination of artists for centuries. Their beautiful

songs, their seemingly effortless flight, and their colorful plumage make them ideal subjects to study and enjoy. Using artworks from the collection of the Smithsonian American Art Museum and the VMFA, we will examine the beauty of birds and discuss why artists have long used them for their artistic expression.

M • Nov 24 • 10-11:30 AM • \$20/Silver Leaders: Alice Waagen, Ralph Kidder

Architectural Evaluation of Delhi from the 10th Century to the Present

NEW The term 'seven cities of Delhi' refers to the historical evolution of Delhi, from the 10th Century onwards, where successive rulers built new cities, each adding to the location's rich past. These cities, though distinct, are considered to have merged into modern-day Delhi. The seven cities are Lao Kot (Quila Rai Pithora), Siri, Tughlaqabad, Jahanpanah, Firozabad, Shergarh (Purana Quila) and Shahjahanabad. To this was added British New Delhi, followed by modern day post-Independence construction

M • Nov 24 • 1-3 PM • \$20/Silver Leader: Shantaram Talegaonkar

Battle of the Atlantic: 1939-45



BACK BY POPULAR DEMANDThe Battle of the Atlantic was

the continuing struggle during World War II between Germany's attempts to cut off the Atlantic supply lines and the allied effort to keep them open and support the British in the war. It began on the first day of the war and ended only with Germany's final surrender. In this course, we'll look at how Germany attempted to cut those supply lines and how (and why) those efforts failed.

M • Dec 1, 8, 15 • 10-11:30 AM • \$60/Silver Leader: Robert Warwick

Urban Landscapes



NEW The proliferation of skyscrapers in the early 20th Century gave artists new inspi-

ration for rendering landscapes. Rather than the lush vista of greenery, steel and concrete became their passion. In this session, we will explore the many ways our urban landscapes have been used to communicate both the beauty and the challenge of urban life.

M • Dec 1 • 2:30-4 PM • \$20/Silver Leaders: Alice Waagen, Ralph Kidder

Plastics and Microplastics: a Global Problem Gets Personal



NEW Plastics are everywhere. We use them constantly, store and cook our food in them.

and wear them as polyester clothing. We travel in plastic cars and airplanes. But plastics are not biodegradable. Recent studies indicate that we're eating, drinking, and breathing increasing amounts of tiny micro- and nano-plastics. This course will discuss strategies to reduce our plastic consumption, and refer to recent studies of the health problems these substances may cause.

T • Dec 2, 9, 16 • 10 AM-12 PM • \$60/Silver Leader: Patricia Ryther

Fiber Arts — Intermediate Knitting

NEW This class is for individuals who have basic knitting skills and want to take those skills to the next level. We will cover cables, knitting in the round, finishing techniques, and reading a pattern. If you want to upgrade your knitting ability or just need help with a project you have started, this class is for you.

T • Dec 2, 9, 16 • 1-3 PM • \$60/Silver Leader: Kathie Howe

Savoring the Past: Cookbooks as Cultural Artifacts

Come explore some historical cookbooks from Boatwright's Rare Book Room and see what you can discover.

T • Dec 2 • 1-3 PM • Free to Members Leader: Lynda Kachurek

Aging and Ageism in Society and Self



Though the older adult years are meant to be rich and meaningful, they present

unique circumstances that can be challenging. In this discussion-based class, students will share their wisdom and insights as we explore the benefits of and the tools for aging positively into elderhood. We will also discuss the systemic presence of ageism in society and the negative effects which this 'ism' can have on one's aging process.

W • Dec 3, 10, 17 • 10-11:30 AM • \$60/Silver Leader: Wayne Swatlowski

The Federal Debt at the Precipice

Government spending is on an unsustainable path. The Federal debt held by 'the public' has grown from 25% of GDP when Reagan was elected to 100% today, and interest expense is as large as the military budget. The economic consequences could be severe, particularly if the dollar loses its position as the global currency.

W • Dec 3, 10 • 1-2:30 PM • \$40/Silver Leader: David Frimpter

Government of the People: Your Right to Know

America's government is of, for, and by the people: which means you have the right to know what officials are doing in your name. Holding government accountable can feel daunting, but this class aims to demystify the Virginia legislative process and equip you with tools to track legislation and use the Freedom of Information Act to access local and state records and meetings.

R • Dec 4, 11, 18 • 10 AM-12 PM • \$60/Silver Leader: Megan Rhyne

Battles for the Alamo: 1836 to Present

NEW Let's discuss the storyline of Texas' most valuable state property from the 1836 battle between the Mexican troops under Santa Anna and the men inside the Alamo compound led by William Travis. The first of five Spanish missions in the San Antonio region, the Alamo remains the mythic womb of Texas' birth and the beginning of the American southwest. This course will discuss why the myth matters and why many want to forget the Alamo.

R • Dec 4 • 1-3 PM • \$20/Silver Leader: Holly Brear

Staying Safe in Your Home

BACK BY POPULAR DEMAND
A majority of seniors wish to
age in place in their homes.
This short course will review a variety of
strategies and modifications to help
seniors stay safe and independent in
their homes as long as possible. From
very simple, low-cost options to more
extensive and expensive options, this
course will have a little something for
everyone!

R • Dec 4 • 3:30-5 PM • \$20/Silver Leader: Jaime Smiley

Trees: Selection, Planting and Care

NEW This new class is designed for homeowners and those who just want to learn more about ornamental trees. Learn the many benefits of trees and some common challenges, as well as what to do and what to avoid when choosing, planting, and caring for trees.

F • Dec 5 • 10-11:30 AM • \$20/Silver Leader: Chris Catanzaro

Cool Flicks

NEW FILMS Join Dan in his quest for the funniest movies. We'll view these films: 'Monkey Business (1952)' with Cary Grant, Ginger Rogers, and Marilyn Monroe; 'Road to Morocco (1942)' with Bob Hope, Bing Crosby, and Dorothy Lamour; and 'A League of Their Own (1992)' with Tom Hanks, Geena Davis, and Madonna.

F • Dec 5, 12, 19 • 1-3 PM • \$60/Silver Leader: Dan Begley

Holiday Tips for Caregivers





Holidays are a time for making memories with family and

friends, but including someone living with dementia may feel challenging and overwhelming for families. Join us as we share tips to engage and include someone living with dementia in holiday traditions and making the most of time together.

M • Dec 8 • 8:30-9:30 AM • \$20/Silver Leader: Rachel Lawson

General George C. Marshall: The Last Great American?

NEW Explore the remarkable life and enduring legacy of General George C. Marshall, soldier, statesman, and architect of the post-WWII world. This course examines his military leadership, pivotal role in the Marshall Plan, and contributions to diplomacy and global stability. A special focus will be given to his personal life, possessions, and writings. Discover how Marshall's unwavering integrity and vision shaped the 20th Century.

M • Dec 8, 15 • 1-2:30 PM • \$40/Silver Leader: Cody Youngblood

Book Swap — Share Your Love of Books

BACK BY POPULAR DEMAND This is the seventh semester for Book Swap, 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 a book. The instructor will reach out to the registered students to discuss your book idea and help you with a suggested format.

M • Dec 8, 15 • 3-5 PM • \$40/Silver Leader: John Festa

Future Old Growth Forests in Virginia and Why They Matter

NEW The 500-Year Forest Foundation conserves mature forests and the biologically diverse species they nurture. Come hear how this non-profit organization works in partnership with private landowners to help ensure their forests are protected into the future.

T • Dec 9 • 3:30-5 PM • \$20/Silver Leaders: Mary Elfner, Gabe Quintero

The Christmas Story Through the Eyes of Western Art



NEW This course offers an exploration of the Christmas story through works of art.

The story has inspired artists to produce some of the most tender images created. Images have evolved over time along with changes in society and shifts in religious attitudes. Depictions of the Nativity moved from the mother and child to a scene with a cast of hundreds. Images depicting events preceding and following the Nativity are also examined.

W • Dec 10 • 3-5 PM • \$20/Silver Leader: Juana Levi

Un/Bound: Free Black Virginians, 1619-1865

NEW, FIELD TRIP, DRIVE TO EVENT

This docent-led tour at the VMHC will view Un/Bound, an exhibit that explores the lives of free Black Virginians from the arrival of the first captive Africans in 1619 to the abolition of slavery in 1865. Through powerful objects and first-person accounts, visitors will discover how Virginia's people of color achieved their freedom, established communities, and persevered within a legal system that recognized them as free but not equal. Fees are non-refundable unless we are able to fill your vacated slot.

R • Dec 11 • 2-3:30 PM • \$17/All Members Leader: Cece D'Arville

Cello Through the Years, with Holiday Music

BACK BY POPULAR DEMAND This class will take you on a musical tour of the history of the cello, featuring both lecture and musical examples played live. We will begin with a brief history of bowed string instruments, we'll toss in a little non-classical music, and end with a few holiday favorites in the Christian and Jewish traditions.

F • Dec 12 • 10-11:30 AM • \$20/Silver Leader: Sheryl Smith

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.

T • Dec 16 • 1-3 PM • \$20/Silver Leader: Robert Abbott

German Vengeance Weapons of World War II: The V-1 and V-2

NEW We will survey the development, operational use, and subsequent evolution of the world's first operational cruise missile, the V-1; and the world's first operational ballistic missile, the V-2. The course will be broken into four parts: the post-WWI environment that led to development of these missiles; the V-1 cruise missile in operational service; the V-2 ballistic missile in operational service; and early US Air Force missile development based on these two designs.

R • Dec 18 • 1-3 PM • \$20/Silver Leader: Randall Lanning

Navigating the Healthcare Continuum

BACK BY POPULAR DEMAND
Senior Living options are
numerous. Let's examine
options for healthcare services and
senior living in the Richmond area,
reviewing types of services available at
different healthcare and senior living
communities. We will then connect this
information to insurance and payment
options. By the end of the course
attendees will have a better understanding of the options that are
available as well as be prepared with
questions to ask providers as they
navigate the healthcare continuum.

R • Dec 18 • 3:30-5 PM • \$20/Silver Leader: Jaime Smiley









Mobile-Optimized Web Interface

Looking for a digital viewing experience?

Scan the QR code to view this schedule online.

Review the browsable catalog or download the PDF version.

Plus, check out mobile-optimized web versions – a convenient way to preview the term's schedule and see what we're offering each month.



MEMBER BENEFITS AT A GLANCE

- from the date you join several membership options available to meet each member's specific needs
- Free Osher member orientation and a variety of bonus classes that are free to all members
- Osher members receive individual performance discounts at the Modlin Center for the Arts for 2024-25 season
- Free parking on UR campus

- Membership is good for 12 months Unlimited borrowing privileges at UR's Boatwright Library (including audio, e-books, and videos)
 - Access to the UR Technology Help Desk at (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 email to keep informed about UR lectures, programs and events
- Osher members leading our classes have access to UR **Technology Learning Center** (TLC) for preparing presentations at (804) 289-8777 or tlc@richmond.edu
- Opportunity to audit undergraduate credit classes
- Most Osher classes free for Gold members

University of Richmond School of Professional & Continuing Studies

RETURN SERVICE REQUESTED

Osher Lifelong Learning Institute Special Programs Building 490 Westhampton Way University of Richmond, VA 23173

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 LIFELONG LEARNING

The Osher Lifelong Learning Institute combines intellectual stimulation and civic engagement with a vibrant community of like-minded students, age 50 and better. 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 and be a part of our lifelong learning community!