

OSHER

FALL 2026

OSHER
LIFELONG
LEARNING
INSTITUTE

AT THE UNIVERSITY OF RICHMOND

WHAT'S NEXT STARTS **NEW**

Planning for Osher's Future



UNIVERSITY OF RICHMOND
School of Professional
& Continuing Studies™



WHAT'S NEXT
STARTS NOW

Planning for Osher's Future

HERE IN THE OSHER OFFICE, we are amazed at our members' resilience, zest for learning, and love of community. We saw our numbers decline during the pandemic, but you hung in there, then came storming back, and we are grateful. Our growth has averaged 16.5 % annually over the past four years. This growth brings new challenges and opportunities.

Looking back at statistics, our lowest point within the past eight years was in 2021, when our membership dipped to 760. As of June 2026, we have 1,580 active members. Course-wise, in 2022, we offered 226 courses. In December 2026, we will have offered a total 494 across the typical spring, summer, and fall semesters. We have more than doubled the number of courses offered, just within these four years.

Our special interest groups have grown, and our social events continue to attract greater numbers of members. We've expanded our Coffee Chats, added a monthly Lunch Bunch event, and gathered around town for Happy Hours attended by record numbers of members.

Trust us – we love this growth! We love that you are active, attend classes, and recruit new members. We love that others find us without any solicitation at all.

That said, your Osher Institute is at a crossroads and must make some data-based, yet heart-felt decisions for its future. Success is naturally our ultimate goal, but what does it look like and how will we know when we get there?

What we do know:

- Success equals member satisfaction.
- We have outgrown our registration system.
- You don't like being waitlisted for many of your chosen courses.

What we hope to accomplish:

- Purchase and implement new registration software.
- Determine if membership should be capped to ensure the best possible experience for all members.
- Create new ways to offer more courses.

How will we do this?

- You've already helped us by responding to our biennial survey. We'll use this data in our decision-making process.
- Your Osher Leadership Council and Osher staff will engage in strategic planning early this fall.
- We will report our findings to you, with the hope that you agree with our new path forward.

Ultimately, our goal is to continue providing excellent academic courses, fun educational, social and cultural events, and exceptional benefits for our members. We hope you'll work with us to achieve this goal by continuing to tell us what's working and what could change. We hope our next 20 years will be as successful as our first 20.

***We hope
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20 years
will be as
successful
as our
first 20!***



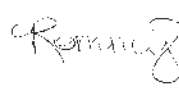
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WHERE DO I START?

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 25**. Register starting **September 1**.
- 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 identification** and to create your Net ID.
- Your **Net ID** is used to access University-hosted resources.
 - Within a few days of enrollment, you will receive an email with the subject “**University of Richmond Account Activation**,” which will contain your unique activation link; to activate your account, please click on this link.
 - You will need your UR student ID number to activate your account
 - For students who are not new, but have never established their NetID, please email the Computer Help Desk, **helpdesk@richmond.edu**, to request an Account Activation Link. You will need to provide your UR student ID number in this email.
 - 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**.

September

Exploring the James River Watershed

NEW, FIELD TRIP, DRIVE TO EVENT

Journey along the James River watershed right here at Maymont to discover the health of our waterways. Use scientific equipment to analyze water quality and investigate wildlife living in and around the creek. Take a break inside the Robins Nature Center to meet and learn about the many animals that live in our watershed. **Note: The new refund policy applies.**

R • Sep 10 • 10-11:30 AM

• \$15/All Members

Leader: Krista Weatherford

The Life and Times of Elvis Presley

Z NEW This class will focus on sociological and economic aspects of the decades in which Elvis was born and lived, 'twinless-twin' syndrome, health and wellness, and the cost of fame. A spotlight will be cast on Elvis's musical career, his skill and propensity for art and design, his Jewish roots and connections, and his religious and spiritual leanings.

F • Sep 11 • 10-11:30 AM • \$20/Silver

Leader: Judie Magidson

Bounty of Boatwright

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

F • Sep 11 • 1-2:30 PM

• Free to Members

Leader: Carrie Ludovico

Orientation

Z 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.

F • Sep 11 • 3:30-5 PM

• Free to Members

Leaders: Osher Leadership Council, Osher Staff

Life of a Revolutionary War Soldier

Z 250 NEW We will examine primary sources and replica artifacts to learn more about the daily life of a soldier during the American Revolution, including reasons for joining the conflict, what they would have worn and eaten, and even their illnesses. To end the program, attendees will read excerpts from the diary of a soldier who was present at the Battle of Yorktown.

M • Sep 14 • 10-11 AM • \$20/Silver

Leader: Grace Powers

How to View, Understand, and Appreciate Art

Z 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!

M • Sep 14 • 1:30-3 PM • \$20/Silver

Leaders: Alice Waagen, Ralph Kidder

Virginia Military Veterans: Some Stories Are Too Important to Lose

Z BACK BY POPULAR DEMAND US veterans living in Virginia: don't let your story fade away.

The Virginia Department of Veterans Services has awarded Words of Veterans grants to help Veterans like you keep your story alive! Let's talk about how you can contribute.

M • Sep 14 • 3:30-5 PM

• Free to Members

Leader: Alex Sebbly

Leverage Integrative Cellular Medicine to Optimize Your Quality of Life

A NEW We each want to maintain a connection with what is meaningful to us, as that's how we describe an optimal quality of life. Yet, various health related factors prevent us from pursuing the quality of life that could keep us happy. Improving cell function is fundamental to becoming able-bodied and sharp-minded as we maintain the freedom to pursue an enjoyable quality of life now and for decades to come.

T • Sep 15 • 10-11:30 AM • \$20/Silver

Leader: Michael DePalma

Give Me Liberty Exhibition Tour and Curator Talk

250 NEW, FIELD TRIP, DRIVE TO EVENT During this program at the American Revolution Museum at Yorktown, participants will tour the Virginia 250 signature exhibit 'Give Me Liberty' and talk with curators about the history of the American Revolution with a focus on the different stories of the people who lived at that time. **Note: The new refund policy applies.**

T • Sep 15 • 2-5 PM • \$20/All Members

Leader: Felicia Abrams

PLEASE REVIEW SEVERAL IMPORTANT POLICY UPDATES ON PAGE 34.

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



ZOOM
CLASS



REGIER AGING
WELL SERIES



CELEBRATING AMERICA'S
250TH BIRTHDAY

NATIONAL OSHER ONLINE



America Divided: A History



NEW The course will examine the history of division in the United States, from Colonial times to the present. Topics will include the Revolutionary War, the Civil War, Reconstruction, Jim Crow, Native Americans and the US Government, WW I and WW II, McCarthyism, Civil Rights, and today's polarized environment. We will examine the political, social, cultural, religious, and psychological factors that have created division over the years as well as the many attempts to unite Americans.

T • Sep 15, 22, 29, Oct 6, 13, 20, 27
• 5:30-7:30 PM • \$60/Silver

Leader: Paul Glancy

The Biggest Questions of Them All: From Philosophy to Science . . .

NEW Some of the biggest questions we have as humans still remain. These range from why is there something rather than nothingness, to what is human consciousness, to how our universe has become aware of itself. Other existential questions such as the relationship of the human brain to AI, ethics/morality, human happiness, and theodicy (why bad things happen to good people) will be discussed. Time will be left at the end for audience discussions.

W • Sep 16, 23, 30, Oct 7, 14, 21, 28,
Nov 4 • 10 AM-12 PM • \$60/Silver

Leader: Fred Silva

Contemporary Issues Presents: How Young Men and Women Think (and Vote) Differently

NEW Over the past two decades, young men and women in the United States have increasingly diverged in their outlooks of education, careers, relationships, and politics. These differences are contributing to a growing gap in life expectations, relationship patterns, and political attitudes between the sexes. We will host a multi-disciplinary panel discussion with VCU professors about why this schism matters.

W • Sep 16 • 1-3 PM • \$20/Silver

Leaders: Amanda Wintersieck,
John Mahone

Fall Ecological Gardening: Clean Up, Plant, & Create

NEW As the seasons change, fall offers one of the best opportunities to build a thriving garden ecosystem for the year ahead. In this course, students will learn how to create resilient, nature-based gardens that support pollinators, beneficial insects, birds, and soil life through the autumn season and beyond. Students will leave with practical ideas for creating healthier, more sustainable landscapes that work with nature year-round. Students are encouraged to bring material to take notes!

W • Sep 16 • 3:30-5 PM • \$20/Silver

Leader: Conner Parrish

The Epic of Man

NEW This course covers the story of human evolution from the earliest vertebrates through Homo sapiens, including human cultural and technological developments from the dawn of civilization as revealed by the sciences of biology, paleontology, anthropology, and archaeology. Inspiration for the course title was the 1950s LIFE magazine series The Epic of Man. This course is a follow-up to the presenter's previous Osher course, Deep Time.

R • Sep 17, 24, Oct 1 • 10 AM-12 PM
• \$60/Silver

Leader: James Miller

All About Sauces 2

NEW, FIELD TRIP, DRIVE TO EVENT

Sauces 1.0 not required! A well-made sauce can be an important building block or finishing touch for a great dish. But, once you can make a sauce, what do you do with it? In this class, students will learn how to create three classic sauces (Hollandaise, Espagnole, Velouté) and then pair or alter them to finish their recipes. Class may run over/under the allotted time. Offered twice; please register for only one session.

Note: The new refund policy applies.

R • Sep 17 • 1-3 PM • \$75/All Members

Leader: Warren Haskell



Five Revolutions That Changed the World



NEW Thomas Jefferson once wrote to James Madison, 'I

hold it that a little rebellion now and then is a good thing and is as necessary in the political world as storms in the physical.' The American Revolution changed the course of world history and was a model for others. However, other revolutions have had similar effects. We will examine five of them to answer why societies seek change, either through violent or non-violent means.

R • Sep 17, 24, Oct 1, 8, 15 • 3:30-5 PM • \$60/Silver

Leader: L. Jon Grogan

How Do We Know What We Know (about the Holocaust) Part 1

BACK BY POPULAR DEMAND In order to understand the Holocaust, historians turn to diaries and photographs. The photographs, often taken by Nazis, and the diaries, almost always written by prisoners and witnesses and hidden by survivors, speak to us as we read and view them.

F • Sep 18, 25, Oct 2, 9, 16, 23 • 10 AM-12 PM • \$60/Silver

Leader: Rena Berlin



Dissent! Liberty & Loyalty in Early Richmond Guided Exhibit Tour



NEW, FIELD TRIP, DRIVE TO EVENT

At the Valentine, we'll explore the untold stories of the American Revolution on this guided exhibit tour. We tend to forget that not everyone wanted 'Life, Liberty, and the pursuit of Happiness,' nor have the goals of the Declaration of Independence ever been fully achieved. Tories, including John Wickham, free Black residents, enslaved workers, and those with new wealth adjusted their loyalties and sought their own form of liberty.

Note: The new refund policy applies.

F • Sep 18 • 1:30-3 PM

• \$10/All Members

Leader: Sophia McCrimmon

Monet, Beyond the Water Lillies

NEW His water lilies have graced coffee mugs, mouse pads, beach towels and umbrellas, but there's so much more to this impressionist master. We'll look at how photography, industry, atmospheric and time itself all inspired Monet during his 60-year career as an unstoppable artistic innovator.

F • Sep 18 • 3:30-5 PM • \$20/Silver

Leader: John Aiello



A Discussion on 250 Years of Popular Culture in America



NEW, DISCUSSION-BASED

What pivotal moment in our nation's culture do you believe had the most impact and why? Join this peer-led discussion of important events or figures in areas that include art, literature, music, and sports. Facilitators will lead small group discussions as participants share their thoughts on the impact of the people and events that shaped our country over the past 250 years. Come prepared for a lively discussion.

M • Sep 21 • 10 AM-12 PM • \$20/Silver

Leaders: Osher Curriculum Committee

The Renaissance of Nuclear Power: The Physics Explained

NEW As gas prices rise, we find ourselves at the beginning of a renaissance in nuclear energy. What is different about the new nuclear technologies? A simple picture will be painted of the physics of nuclear energy and what is new in nuclear around the world. We will start with how nuclear fission happens and illustrate how this amazing resource is used to create electricity in our homes.

M • Sep 21 • 1-2:30 PM • \$20/Silver

Leader: Richard Mayson

2026 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 2026 Council include:

Kathie Howe, Chair
kathiehowe27@gmail.com

Pam Wiegardt, Vice Chair
wiegard@gmail.com

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

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

Steve Anders Linda Borland

Belva Collins Chris Hook

Lynn McCashin Sherry Ward

Robb Wiczorek

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

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

One Person CAN Make a Difference

NEW When Rick Grizzell saw news reports and videos of the massive destruction and death caused by Hurricane Hellene in 2024 in the mountains of North Carolina, he decided to take action to help the victims who had lost so much. Since then, he made numerous trips to NC, and is now helping victims in southwest VA who lost everything in floods in 2025. Rick is a humble man with an inspiring message: come hear his story.

M • Sep 21 • 3:30-5 PM • \$20/Silver
Leader: Mike Lewandowski, Rick Grizzell

VCU Richmond Brain Health Initiative (RBHI): Improving Brain Health

A NEW Dr. Zanjani, the director of the VCU Richmond Brain Health Initiative (RBHI), will discuss Improving Brain Health and review the current guidance on modifiable brain health risk factors. Audience members will leave with brain health information and a strategy to improve their own brain health.

T • Sep 22 • 10-11:30 AM • \$20/Silver
Leader: Faika Zanjani

Mushroom 101: Exploring the Connection Between Fungi, Ecology, and Wellness

A NEW This course will examine the role of fungi in human wellness and ecological balance. Students will learn about the healing properties of mushrooms such as Lion's Mane, Reishi, and Turkey Tail, including their effects on brain health, immunity, and stress resilience. The course will also highlight fungi's role in soil building, nutrient cycling, and plant communication. Students are encouraged to bring materials to take notes!

T • Sep 22 • 1-2:30 PM • \$20/Silver
Leader: Conner Parrish

Greek Cinema: Films of Theo Angelopoulos

NEW This seminar will focus on three films of Greek New Wave Cinema director Theo Angelopoulos, shown in class and followed by analysis and criticism. The films are 'Eternity and a Day' (1998), 'Voyage to Cythera' (1983), and 'The Beekeeper' (1986). According to Angelopoulos, 'The world needs cinema now more than ever. It may be the last important form of resistance to the deteriorating world in which we live. In dealing with borders, boundaries, the mixing of languages and cultures today, I am trying to seek a new humanism, a new way.'

T • Sep 22, 29, Oct 6 • 3-5 PM
• \$60/Silver
Leader: Jack Kangas

Intro to End-of-Life and Legacy Planning

A NEW This course will focus on planning for the end of life. Discussions will focus on legal considerations, communication of wishes, and ritual planning. Participants will discuss their desires for the end of their lives, their hopes about their legacy, and ways of ensuring their desires are met. Led by a local death educator, the group will be conversational and driven by participant areas of interest and need.

W • Sep 23, 30, Oct 7 • 1-2:30 PM
• \$60/Silver

Leader: Jennifer Jurlando

Strategies for Distracted Brains: Insights from CBT for Adult ADHD

A NEW Join this class to explore how we could all benefit from research-based strategies for managing Attention-Deficit/Hyperactivity Disorder (ADHD). Modern environments challenge our capacity to focus and complete tasks. Fortunately, cognitive-behavioral therapy (CBT) for adult ADHD offers insights on how to take back your attention and turn your intentions into actions, regardless of whether you have ADHD.

W • Sep 23 • 3-5 PM • Free to Members
Leader: Laura Knouse

Elite Wines

NEW, FIELD TRIP, DRIVE TO EVENT
Wine comes in all price ranges, from your \$6.99 grocery store specials to a rare vintage French Bordeaux for thousands of dollars a bottle (or more!). What would you pay for a wine you've never tasted? \$10, \$20, \$100? What makes a bottle worth more? Join us to explore six wines in the \$100 per bottle range. Light fare will be provided to complement the wine tasting. Class may run over/under the allotted time.
Note: The new refund policy applies.

R • Sep 24 • 1-3 PM • \$70/All Members
Leader: Warren Haskell

Family Tree Maker — Beyond the Basics

NEW, HANDS ON This class is for Family Tree Maker users who have basic experience creating and managing trees but want to learn more. The class will include searching online with FTM; using tasks, notes, and media; creating reports, charts, smart stories, and books; correcting duplicates and incorrect relationships; merging people and data; and using TreeVault and FTM Connect. This is an interactive, hands-on experience. Students should bring their laptops with FTM installed for use in class.

R,F • Sep 24, 25 • 1-3 PM • \$40/Silver
Leader: Donna Shumate

Westerns! Five Fine Sagebrush Comedies

NEW Presenting five of the finest Western comedies, as chosen by most critics, showcasing the talents of James Garner, Lee Marvin, Jane Fonda, John Wayne, Maureen O'Hara, Billy Crystal, and Gene Wilder. These films showcase the Wild West at its funniest, building on the traditions of the Western film genre to create classic comedies from cultural clichés. And yes, 'Blazing Saddles' is the fifth film in the series. With commentary before each film and discussion afterwards.

F • Sep 25, Oct 2, 9, 16, 23 • 3-5 PM
• \$60/Silver
Leader: Christopher Waagen



Spiders Football Tailgate and Game

Join the University of Richmond family for a great Saturday in Robins Stadium as our football team takes on Furman. Our Osher tailgate will start at noon in the R45 parking lot, and the game will start at 2 p.m. Bring a dish to share and join us! **Note: The new refund policy applies.**

S • Sep 26 • 12-6 PM • \$15/All Members
Leaders: Osher Member Connections Team

Ice Ages and a Warming Cryosphere

NEW Earth has moved through repeated ice ages over the past 30 million years, shaped by tectonics, atmospheric carbon dioxide, orbital cycles, ocean circulation, and feedbacks involving ice and albedo. This presentation explores the development of Earth's modern cryosphere (the frozen world), the waxing and waning of ice sheets, and how today's rapid warming is transforming glaciers, polar ice, sea ice, permafrost, and future sea level.

M • Sep 28 • 10 AM-12 PM
• Free to Members
Leader: David Kitchen

NATIONAL OSHER ONLINE

Great Artists in American Roots Music



From its emergence in the early 20th century, country music has resonated with those navigating a rapidly changing world. A key genre of American roots music, it expresses hardship while evoking emotion. Let's explore the history of country and American roots music through the stories and artistic developments of key figures including the Carter Family, Bill Monroe, Hank Williams, and Dolly Parton. **Note: The new refund policy applies.**

M • Sep 28, Oct 5, 12, 19, 26, Nov 2
• 11 AM-12:30 PM • \$60/Silver
Leader: Taylor Ackley

NATIONAL OSHER ONLINE

Art Detectives: Forgery, Provenance, and the Science of Authentication



The art world may appear glamorous, but deception often lies beneath the surface. After weapons and drugs, art is the third-most lucrative illicit trade, with reports suggesting that more than half of artworks are fake or misattributed. When is a copy simply a copy, and when is it a forgery? What techniques do master forgers use? What can science reveal about art authenticity? We will uncover riveting stories of criminal art activity and master forgeries. **Note: The new refund policy applies.**

M • Sep 28, Oct 5, 12, 19, 26, Nov 2
• 1-2:30 PM • \$60/All Members
Leader: Christine Maasdam

NATIONAL OSHER ONLINE

The British Family in Film: Heavy is the Head That Wears the Crown



Let's examine royal succession through acclaimed British films that explore power as a moral and political crisis, tracing the monarchy's evolution from personal rule to institutional authority. We will cover the Plantagenet struggles in 'Becket' and 'The Lion in Winter,' the moral costs of kingship and the performance of national leadership through 'Chimes at Midnight' and 'Henry V,' the Tudor rupture through 'A Man for All Seasons,' and the consolidation of legitimacy in 'Elizabeth.' **Note: The new refund policy applies.**

M • Sep 28, Oct 5, 12, 19, 26, Nov 2
• 1-2:30 PM • \$60/All Members
Leader: Butch Epps

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



ZOOM
CLASS



REGIER AGING
WELL SERIES



CELEBRATING AMERICA'S
250TH BIRTHDAY

NATIONAL OSHER ONLINE

Osher Online™

in collaboration with Northwestern University
School of Professional Studies

The University of Richmond Osher Institute is again offering
National Osher Online™ courses offered through the
Osher National Resource Center (NRC).

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

- “Studies Show...” (Or Do They?): Under the Hood of a Scientific Study
- A Cosmic Grand Tour: The Realms of the Universe
- Apple at 50: How it Revolutionized Computing and Transformed Daily Life
- Art Detectives: Forgery, Provenance, and the Science of Authentication
- August Wilson and His American Cycle-The First Five: 1904-1957
- Biology & Society
- Cults and New Religious Movements in America
- Early 20th Century Avant-Garde: From Rebellion to Abstraction
- Great Artists in American Roots Music
- Living off The Laughter: History of Comedy in America
- Mexico City: Empires, Revolutions, and Everyday Life
- Post-War Architecture: The Innovative Architects of the Midcentury Modern Period
- Power and the People: The Evolution of the U.S. Federal Judiciary
- Sacred Mountains of the World
- Some Assembly Required: The Story of the North American Kit Home
- The 60s Through the Great Speeches
- The Birth of the Beat Generation
- The British Family in Film: Heavy is the Head That Wears the Crown
- The History and Experience of Route 66
- The Invisible Thread: 3,500 Years of Global Supply Chain
- The Magic Behind Film Scores: The Role of Music in Great Movies-Part II
- The Search for an American Sound
- Tracing Our Roots: DNA, Family History, and the Politics of Identity
- Winning the White House: The Evolution of the Presidency

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 Osher National Resource Center.

Spinoza's Response to Descartes: All is One

NEW Baruch Spinoza (1632-1677) was very impressed with Descartes's philosophy, but he thought Descartes had made a serious mistake: It simply could not be true that mind and body are separate substances. Spinoza followed the logic to a surprising conclusion: that all things, both physical and mental, are aspects of one infinite substance. This class will explore Spinoza's reasoning and the ramifications of his understanding of reality, including its implications for religion, ethics, psychology, and environmentalism.

M • Sep 28 • 1-2:30 PM

• Free to Members

Leader: Ladelle McWhorter

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 by the many native plants that we can intentionally plant on our property that not only play nicely with other plants, but also enhance biodiversity.

M • Sep 28 • 3-5 PM • \$20/Silver

Leader: Chris Catanzaro

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. **Note:** *The new refund policy applies.*

M • Sep 28, Oct 5, 12, 19, 26, Nov 2, 9, 16, 30, Dec 7, 14 • 5:30-6:30PM

• \$100/All Members

Leader: Myra Daleng

Autumn Garden Walk at Agecroft

NEW, FIELD TRIP, DRIVE TO EVENT

Enjoy this private, guided Autumn Garden Walk tour with emphasis on the history of the formal gardens and, of course, the fall blooms. You'll also have time on your own for further garden exploration. **Note: The new refund policy applies.**

T • Sep 29 • 11 AM-12:30 PM

• \$10/All Members

Leader: Katie Reynolds

NATIONAL OSHER ONLINE

Winning the White House: The Evolution of the Presidency

Z Harry S. Truman called the presidency 'the most peculiar office in the world.' Let's explore how the framers left the office open to interpretation, allowing presidential power to expand over time. We will examine how the presidency has come to dominate the three branches, how presidents gain and use power, and how the rise of the administrative state has altered the balance the framers intended. **Note: The new refund policy applies.**

T • Sep 29, Oct 6, 13, 20, 27, Nov 3

• 11 AM-12:30 PM • \$60/All Members

Leader: John White

NATIONAL OSHER ONLINE

Mexico City: Empires, Revolutions, and Everyday Life

Z Mexicans celebrate a remarkable diversity of peoples, music, food, festivals, and historical traditions, expressed through fiestas that bring communities together throughout the year. Let's explore Mexico City as a cultural and historical crossroads shaped by centuries of continuity and change. We'll trace the legacies of Indigenous civilizations, the transformations of Spanish colonial rule, the struggles for independence and revolution, and the rise of modern democratic politics, culminating in the election of Mexico's first woman president. **Note: The new refund policy applies.**

T • Sep 29, Oct 6, 13, 20, 27, Nov 3

• 1-2:30 PM • \$60/All Members

Leader: William Beezley

NATIONAL OSHER ONLINE

A Cosmic Grand Tour: The Realms of the Universe

Z Let's explore the three fascinating realms of the cosmos: nearby planets and moons, the stars, and the galaxies (the great island of stars that turn out to be the building blocks of the universe.) Our discussion will be in everyday language, without any math, and will be accompanied by remarkable color images from the latest space probes and the world's largest telescopes, including the latest breathtaking images from the James Webb Space Telescope. **Note: The new refund policy applies.**

T • Sep 29, Oct 6, 13, 20, 27, Nov 3

• 5-6:30 PM • \$60/All Members

Leader: Andrew Fraknoi

NATIONAL OSHER ONLINE

Apple at 50: How It Revolutionized Computing and Transformed Daily Life

Z This course traces Apple's fifty-year history and its massive impact on personal computing, design, product culture, platforms and ecosystems, and daily life. Each session focuses on a different decade in Apple's history, from the birth of the PC in the late 1970s to the latest Apple silicon, VR headsets, and future iPhones. We will learn how Apple reshaped not just technology, but how people live, work, and communicate. **Note: The new refund policy applies.**

T • Sep 29, Oct 6, 13, 20, 27, Nov 3

• 7-8:30 PM • \$60/All Members

Leader: Leander Kahney

NATIONAL OSHER ONLINE

The Birth of the Beat Generation

Z Let's examine the dramatic circumstances that gave rise to the Beat Generation in the 1940s. We'll look at three famous Beat works: 'Howl and Other Poems' by Allen Ginsberg, 'On the Road' by Jack Kerouac, and 'Naked Lunch' by William S. Burroughs. We will include historical events involving Beat writers, important passages of Beat literature, and the literary movement that spawned the 1960s counterculture. **Note: The new refund policy applies.**

T • Sep 29, Oct 6, 13, 20, 27, Nov 3

• 9-10:30 PM • \$60/All Members

Leader: Kurt Hemmer

NATIONAL OSHER ONLINE

Some Assembly Required: The Story of the North American Kit Home

Z Let's discuss the history and cultural impact of kit homes in North America, focusing on their peak from 1905 to 1945. We will learn how to identify mail-order houses, examine their rise, decline, and industrial innovations, and consider how kit homes intersected with issues of race and gender. Looking at the industry and the people who lived in these homes, we will discover why they remain an important part of the cultural landscape. **Note: The new refund policy applies.**

W • Sep 30, Oct 7, 14, 21, 28, Nov 4
• 11 AM-12:30 PM • \$60/All Members
Leader: Nigel Tate

Life and Works of Salvador Dali

Z **BACK BY POPULAR DEMAND** Salvador Dali is one of the best-known and controversial artists of the 20th Century. When he died in 1989, at the age of 84, his personality had become as well-known as his paintings.

W • Sep 30, Oct 7, 14, 21, 28, Nov 4
• 3:30-5 PM • \$60/Silver
Leader: Juana Levi

NATIONAL OSHER ONLINE

The Magic Behind Film Scores: The Role of Music in Great Movies - Part II

Z Continue the journey into how music drives the emotional power of film. Explore how scores and songs shape story, character, and memorable moments. We will focus on films in which songs take center stage, from iconic themes to pop- and rock-driven storytelling. Spanning genres and eras, we will see how composers, songwriters, and performers expanded the language of film music: from Westerns and global cinema to the pop-cultural impact of James Bond and the Beatles. **Note: The new refund policy applies.**

W • Sep 30, Oct 7, 14, 21, Nov 4, 11
• 5-6:30 PM • \$60/All Members
Leader: Mike Agron

NATIONAL OSHER ONLINE

Tracing Our Roots: DNA, Family History, and the Politics of Identity

Z How does DNA reshape our understanding of ancestry and identity in the Americas? Let's explore genetic genealogy through early contact between European and Indigenous peoples, using the New Mexico DNA Project as a case study. We will examine Y-DNA, mitochondrial DNA, Indigenous haplogroups, and the Spanish castas system. We will consider the ethical and political implications of DNA testing and the limits of what genetic evidence can, and cannot, tell us about race and belonging. **Note: The new refund policy applies.**

W • Sep 30, Oct 7, 14, 21, 28, Nov 4
• 7-8:30 PM • \$60/All Members
Leader: Angelo Cervantes

October

NATIONAL OSHER ONLINE

Biology & Society

Z This course introduces the scientific study of life, emphasizing real-world applications and the societal, ethical, and legal consequences of biological advances. We will place key principles within the context of issues that affect society. Designed for non-scientists with little or no recent science experience, the course encourages discussion and reflection. Many topics are at the leading edge of discovery, and we will consider the ongoing ethical and legal debates surrounding their application. **Note: The new refund policy applies.**

R • Oct 1, 8, 15, 22, 29, Nov 5
• 11 AM-12:30 PM • \$60/All Members
Leader: Eric Simon

All About Sauces 2**NEW, FIELD TRIP, DRIVE TO EVENT**

Sauces 1.0 not required! A well-made sauce can be an important building block or finishing touch for a great dish. But, once you can make a sauce, what do you do with it? In this class, students will learn how to create three classic sauces (Hollandaise, Espagnole, Velouté) and then pair or alter them to finish their recipes. Class may run over/under the allotted time. Offered twice; please register for only one session.

Note: The new refund policy applies.

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

Chain Maille – Olympus Bracelet or Necklace

BACK BY POPULAR DEMAND If you haven't tried chain maille, this is a great chance! Wear your light, lacy, and versatile creation dressed up or dressed down. All materials will be provided; you only need to bring your good eyesight, some patience, a good sense of humor, and be able to work with jewelry pliers in both hands. Come have fun and leave this two-session class wearing a beautiful design! Your choice of bracelet or necklace (20" long). **Note: The new refund policy applies.**

R • Oct 1, 8 • 1-3 PM • \$65/All Members; Additional \$50 for Necklace/All Members
Leader: Celeste Miller

NATIONAL OSHER ONLINE

"Studies Show..." (Or Do They?): Under the Hood of a Scientific Study

Z What really changes when we read beyond the abstract? In this interactive course, we will open real research papers (many in health and nutrition) and explore what scientists actually look for. We will explore how small design choices can dramatically shape a study's meaning, and why headlines rarely tell the full story. No technical background is required, just curiosity. By the end of the course, we will never read 'studies show' the same way again. **Note: The new refund policy applies.**

R • Oct 1, 8, 15, 22, 29, Nov 11
• 3-4:30 PM • \$60/All Members
Leader: John Hendrickson

Outsmarting the Thieves: Lock Down Your Home's Equity



NEW Protect your biggest asset from predatory bad actors. This interactive workshop uses a lively 'Real or Fraud?' game to expose deceptive mailers, deed scams, and contractor traps targeting home equity. We'll reveal a live, three-minute process using free county public records to safely monitor your property deed. Walk away with a solid framework and consumer advocacy tools to shield your home wealth.

F • Oct 2 • 1-2:30 PM • \$20/Silver
Leader: Brian O'Laughlin

A Discussion on 250 Years of Politics and History in America

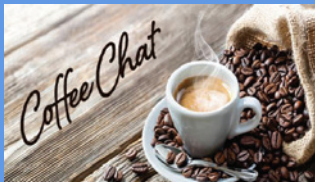


NEW, DISCUSSION-BASED What historical or political figure or event do you believe has had the most impact on America and why? Join this peer-led discussion that may include economic events, legislation, military actions, natural disasters, political leaders, and significant events that shaped America. Share your thoughts in small group discussions led by a facilitator about what has shaped our country over the past 250 years. Come prepared for a lively discussion.

M • Oct 5 • 10 AM-12 PM • \$20/Silver
Leaders: Osher Curriculum Committee

OSHER SOCIALS

We're excited to announce our summer 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

First Wednesdays
8:30-9:30 AM

Sept 2
Oct 7
Nov 4
Dec 2

Third Tuesdays
9-10:30 AM

Sept 15
Oct 20
Nov 17
Dec 15



GAME DAYS

Third Thursday every month.

1-4 PM

Westhampton Living Room or
Special Programs Building

Sept 17
Oct 15
Nov 19
Dec 17



HAPPY HOURS

Second Thursday of each month
4:30-6:30-ish PM

Sept 10 – Waygone Brewery

Oct 8 – Brambly Park

Nov 12 – The Local

Dec 10 – VMFA



LUNCH BUNCH

11:30 AM – 1 PM

Heilman Dining Center –
3rd Dining Room

Fourth Wednesdays

Sept 23 • Oct 28

Nov 18 (one week early
due to Thanksgiving)

Dec 16 (two weeks early
due to Winter Break)



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.

Aging Our Way: Laura Soles • osheragingyourway@gmail.com **NEW!**

Baseball: Dan Begley • osherbaseball@gmail.com

Birding with Audubon: Mary Elfner • melfner@gmail.com and Joel Gottlieb • Joel.gottlieb@gmail.com

Bridge: Bob Warwick • raw29@cornell.edu

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

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

Fiber Arts: Kathie Howe • Kathiehowe27@gmail.com

Genealogy: Donna Shumate • dshumate@richmond.edu

Golf: Tom Cox • tcx.attorney@gmail.com,
Pam Wiegardt • wiegar@gmail.com
and Steve Tammara • stevetammara@outlook.com

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

Historically Speaking: Louis Ceil • 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: Chris Waagen • clwaagen@gmail.com

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

Murray Ellison Classics Book Club: Eric Holzwarth • holzwarth.barash@gmail.com

Mystery Lovers: Leigh McDonald • lmcdonal@richmond.edu

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

Photography: Peter Blankman • pblankman@gmail.com

RVA Classics Book Club II: Prakash Lothe • prakashlothe@aol.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

Expanding Freedom: A Guided Tour of the Shockoe Institute



**NEW, FIELD TRIP, DRIVE TO
EVENT** This guided walk of the
exhibit is followed by a

30-minute seated discussion and Q&A
in the Institute's Lab where participants
will reflect on the central themes and
consider how this history informs civic
life. The exhibit explores how racial
slavery shaped Virginia, Richmond, and
the nation. Visitors will leave with a
clearer understanding of Richmond's
place in this national story and a
stronger framework for connecting the
past to the choices we face now. **Note:**
The new refund policy applies.

M • Oct 5 • 2-3:30 PM

• \$45/All Members

Leader: Marland Buckner

NATIONAL OSHER ONLINE

Sacred Mountains of the World



Across cultures and through-
out history, mountains have
held powerful symbolic
meaning. We'll explore how the
Buddhists of the Himalayas, the Inca of
the Andes, the Inuit of the far north,
and European Romantics understood
and approached these landscapes. We
will examine the beliefs, traditions, and
mythologies inspired by the world's
mountains. **Note: The new refund
policy applies.**

M • Oct 5, 12, 19, 26, Nov 2, 9

• 3-4:30 PM • \$60/All Members

Leader: Jonathan Duncan

NATIONAL OSHER ONLINE

The History and Experience of Route 66

Z Route 66 is as much an idea as it is a place. Since 1926, it has evolved from a busy highway into a symbol of nostalgia, travel, and the American road. Today, it serves as a kind of pilgrimage route, marked by neon signs and preserved roadside landmarks. Let's explore its history, cultural meaning, rise and decline, revival, and preservation, while considering the future of this iconic American highway. **Note: The new refund policy applies.**

M • Oct 5, 12, 19, 26, Nov 2, 9
• 7-8:30 PM • \$60/All Members
Leader: Peter Dedek

The Battle of Saratoga

NEW The Battle of Saratoga, as it is known to history, was actually ten distinct battles, the culmination of a 20-year succession of conflicts among British, French, Colonists and Indigenous Native tribes. We'll look at vicious wilderness combat, fresh-water naval engagements, and countless acts of bravery and endurance that remain incredible centuries later. The outcome changed the world, altered the trajectory of the American Revolution, and created America's first generation of military heroes.

T • Oct 6, 13, 20, 27 • 10 AM-12 PM
• \$60/Silver
Leader: Buck Beasom

An Overview of Iran's History, Culture, Poetry, Society, and more

NEW Iran is an enigma: from empires to an Islamic Republic. This course will provide an overview of Iran's history, culture, society, and especially poetry (very important to better understand the country and its people).

T • Oct 6, 13, 20 • 1-2:30 PM
• \$60/Silver
Leader: Heba F. El-Shazli

NATIONAL OSHER ONLINE

Cults and New Religious Movements in America

Z America has long been fertile ground for new and alternative religions. We'll examine New Religious Movements (often labeled 'cults') within the US, explore why some became accepted, others faded, and some led to controversy or tragedy, and consider both insider perspectives and outsider views while analyzing their history, beliefs, and practices. **Note: The new refund policy applies.**

T • Oct 6, 13, 20, 27, Nov 3, 10
• 3-4:30 PM • \$60/All Members
Leader: Kate Davis

NATIONAL OSHER ONLINE

Post-War Architecture: The Innovative Architects of the Midcentury Modern Period

Z From new industrial materials to innovations in housing, mid-20th-century designers worked to shape an aesthetic that reflected post-World War II ideals. Let's explore the optimism linking design and lifestyle, especially through open living spaces. We will examine the Case Study Program and the work of designers such as Charles and Ray Eames, John Lautner, Eero Saarinen, E. Fay Jones, and Donald Wexler, within the context of rapid social change. **Note: The new refund policy applies.**

W • Oct 7, 14, 21, 28, Nov 4, 11
• 1-2:30 PM • \$60/All Members
Leader: Eleanor Schrader

NATIONAL OSHER ONLINE

August Wilson and His American Cycle – The First Five: 1904-1957

Z August Wilson was the first African American playwright to have a Broadway theater bear his name, honoring his powerful portrayal of African American culture. We will read, watch, and examine plays from Wilson's American Cycle, which represents each decade of the 20th century. We will explore his life and influences while focusing on 'Gem of the Ocean,' 'Joe Turner's Come and Gone,' 'Ma Rainey's Black Bottom,' and 'Seven Guitars.' **Note: The new refund policy applies.**

W • Oct 7, 14, 21, 28, Nov 4, 11
• 5-6:30 PM • \$60/All Members
Leader: Ladrica Menson-Furr

Politics of the Periodic Table

We will consider how we arrived at the current form of the periodic table, how credit is assigned for it, and how much it has been influenced by non-scientific considerations.

W • Oct 7 • 5:30-7 PM
• Free to Members
Leader: Kelling Donald

Trees: Selection, Planting, and Care

BACK BY POPULAR DEMAND 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.

R • Oct 8 • 10 AM-12 PM • \$20/Silver
Leader: Chris Catanzaro

Korean Favorites

NEW, FIELD TRIP, DRIVE TO EVENT

Learn to make your favorite Korean dishes at home! Bulgogi is a signature dish of many Korean restaurants, and you can make it at home. Learn about the specialty ingredients and techniques and how to combine them into a comforting dish. Japchae, savory and slightly sweet, is a stir-fried dish of glass noodles and vegetables. Kimchi pancakes can be an appetizer or an entrée as it mellows out the intense flavor of kimchi. Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

R • Oct 8 • 1-3 PM • \$75/All Members
Leader: Warren Haskell

NATIONAL OSHER ONLINE

Early 20th Century Avant-Garde: From Rebellion to Abstraction

Z Journey into the vibrant world of early 20th century art and witness the birth of abstraction. This transformative period reshaped the cultural landscape, from the bold colors of Fauvism, through the fractured forms of Cubism, to the dreamlike realms of Surrealism. We'll feature leading artists including Matisse, Kandinsky, Picasso, Mondrian, Duchamp, and Dali. We will explore their aesthetic goals and the social and cultural currents that influenced them. **Note: The new refund policy applies.**

R • Oct 8, 15, 22, 29, Nov 5, 12
• 5-6:30 PM • \$60/All Members
Leader: Lauren Weingarden

Virginia Wildlife Trail Trek Tour

FIELD TRIP, DRIVE TO EVENT Discover the newly-renovated habitats along Maymont's outdoor Virginia Wildlife Trail! Explore our 40-acre valley, home to historic and present-day native Virginia species, many of which are rescued wildlife. Join our educator to learn about the fascinating life histories of these animals and their vital roles in our ecosystem. You'll also get an inside look at how we care for them through specialized diets, enrichment activities, and training. Dress for walking (good shoes, water bottle, etc.). **Note: The new refund policy applies.**

F • Oct 9 • 10 AM-12 PM
• \$25/All Members
Leader: Krista Weatherford

NATIONAL OSHER ONLINE

The 60s Through the Great Speeches

Z The 1960s is a decade wrapped in myth and misunderstanding. Let's cut through that haze by turning to something powerful and concrete: the significant speeches of the era. We will listen to the voices that moved a nation and shaped history. With preserved recordings, we will discover what these speeches still have in them to teach us today. **Note: The new refund policy applies.**

F • Oct 9, 16, 23, 30, Nov 6, 13
• 11 AM-12:30 PM • \$60/All Members
Leader: Arthur (Buck) Benedict

Aristotle's Ethics – An Overview

NEW Aristotle in the 'Nicomachean Ethics' asks if there is some ultimate end toward which all human action ought to aim. Knowledge of such an end would be of utmost importance in guiding the conduct of our lives. 'Shall we not, like archers, who have a mark to aim at be more likely to hit upon what is right?' We'll discuss Aristotle's view of this ultimate end and the means he thought essential to achieving it.

F • Oct 9 • 1-2:30 PM • \$20/Silver
Leader: Jim Reardon

Osher Back-to-School Event

Join your fellow Osher members, Osher staff, and UR administration for an evening of fun, food, and festivities. Volunteer leaders will staff information tables and will be happy to talk about their special interest groups and work teams. **Note: The new refund policy applies.**

U • Oct 11 • 3-5 PM • \$25/All Members
Leaders: Osher Leadership Council and Osher Staff

Boomers, Broadband, & The Road Ahead

NEW John Martin has been called a futurist, a strategist, even a storyteller. What sets him apart is his ability to turn insight into action. As president and CEO of RVA757connects, he's leading an ambitious effort to unite Richmond and Hampton Roads into a single, globally competitive region. The organization's agenda includes promoting the I-64 Innovation Corridor, supporting passenger rail, expanding broadband infrastructure, and positioning the region as a global internet hub.

M • Oct 12 • 10-11:30 AM • \$20/Silver
Leaders: John Martin, Michael Grow

Scott Joplin's School of Ragtime

LIVE PERFORMANCE, BACK BY POPULAR DEMAND Come and tap your feet to a program of pieces composed by Scott Joplin, the uncontested King of Ragtime, plus a sampling of those by his most distinguished disciples, James Scott and Joseph Lamb. Performed on piano accompanied by Alan's signature commentary. Offered twice; please register for only one session.

M • Oct 12 • 1-3 PM • \$20/Silver
Leader: Alan Pollack

NATIONAL OSHER ONLINE

The Search for an American Sound

Z Since the 1890s, when Americans were beginning to develop their own traditions in classical music, composers have recognized the dilemma of creating the American sound. We will explore how classical musicians, and Broadway and Hollywood composers, most of them Jewish, followed parallel paths in creating sounds that reflect these lands and its people. Aaron Copland, George Gershwin, William Grant Still, Florence Price, Alex North, Elmer Bernstein and others will be the protagonists of this lecture. **Note: The new refund policy applies.**

M • Oct 12, 19, 26, Nov 2, 9, 16
• 5-6:30 PM • \$60/All Members
Leader: Emanuel Abramovits

Mindfulness for Adult Learners

A **BACK BY POPULAR DEMAND** The purpose of the course is to establish mindfulness meditation skills in class using a variety of practices to relieve stress and to promote positivity, relaxation, calmness, and physical and emotional health and well-being. The goal for each participant is to unlock the body's healing potential and restorative power through a consistent, daily mindfulness/meditation practice, and to be a part of a community committed to such a practice.

T • Oct 13, 15, 20, 22 • 10-11:15 AM
• Free to Members
Leader: Joe Troncale

**Interested in giving back to the University of Richmond and the Osher Institute?**

Volunteer when it suits your schedule and interests, meet other Osher members, and connect with UR students! It is also fun!

There are many places where Osher members contribute: Our own Osher special events, Modlin Center performances, holiday concerts, textbook distribution and holiday gift wrapping at the SpiderShop, UR alumni events, SPCS graduation, Spider 5K Race, Business School career-readiness activities, and much more!

E-mail Amy Edwards at aedwards@richmond.edu to opt in to the e-mail list for volunteer opportunities or to get more information.

Guided Tour of Shalom Farms (Northside)**NEW, FIELD TRIP, DRIVE TO EVENT**

Come explore Shalom Farms at its Northside location. This guided tour will include a short presentation on Shalom's mission, food justice, and how Shalom approaches distribution, programming, and community engagement. An experienced guide will then walk folks around the farm to look at what's in season, talk about Certified Naturally Grown growing practices, and taste some yummy summer vegetables.

T • Oct 13 • 3:30-5 PM
• Free to Members
Leader: Marc Charbonier

Nightingales of Richmond

Z **BACK BY POPULAR DEMAND** During the American Civil War, women by the thousands volunteered to work as nurses. Some served officially, others unofficially; all made an impact. This talk will explore the lives and experiences of three women: Sally Tompkins, Phoebe Yates Pember, and Susie King Taylor.

W • Oct 14 • 10-11:30 AM • \$20/Silver
Leader: Kelly Hancock

2026

OSHER INSTITUTE GIVING

POWERED BY MEMBER SUPPORT AND PARTICIPATION

As we start our final semester of 2026, it's the perfect moment to recognize the remarkable generosity of our Osher Lifelong Learning Institute members. Year after year, you support Osher with your time, your talents, and your treasured gifts. Thank you to all members who have already contributed to Osher in 2026—your commitment strengthens our community in so many meaningful ways.

Your financial generosity ensures that Osher continues to thrive—and that lifelong learning remains a joyful, enriching part of our community. Last spring's UR Here/Giving Day was another inspiring reminder of the generosity and enthusiasm that define our Osher community. For the third consecutive year, a generous Osher member offered to match the first \$5,000 given to Osher the second morning of UR Here/Giving Day. Members rallied together with remarkable participation, once again exceeded the match dollars, and Osher finished first place for participation across the university unit leaderboard – truly, a reflection of the energy, commitment, and shared love of learning that makes Osher such a special part of the Richmond campus.

If you haven't yet made your 2026 gift, we hope you'll join fellow members in supporting Osher this year. All gifts made throughout 2026 count toward Osher's annual fundraising goals, including our \$50,000 dollar goal and 25% participation goal. Every gift—large or small—helps us offer the exceptional programs, special events, and enriching experiences that make Osher such a valued part of your life.

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

If you have any questions about giving, please reach out to **Amy Edwards** via email at aedwards@richmond.edu.

Worlds Under Glass: A Guided Tour at Lewis Ginter

NEW, FIELD TRIP, DRIVE TO EVENT

Take an immersive journey through Earth's diverse plant biomes, each one distinct in climate, flora, and visual impact. Wander through the stark beauty of the desert, where resilient plants thrive with little water. Step into Mediterranean climates known for food, wine, and fragrances. View the layers of the hot humid tropical rainforest filled with lush foliage, fruit trees, and orchids. Then, enter the subtropical house where nectar-rich plants and shrubs support the living butterflies. **Note: The new refund policy applies.**

W • Oct 14 • 1:30-3:30 PM

• \$26/All Members

Leader: Heather Mendicino

NATIONAL OSHER ONLINE

Living off The Laughter: History of Comedy in America

Z This course is a history class with a laugh track. We'll analyze the 20th and 21st centuries against their historic context, using humor as the platform. We'll discuss how comedy was shaped by and responsive to American society, and how comedians influenced and shaped American life. We'll cover Silent Films, Vaudeville, Radio, Screwball and Romantic Comedies, and the Golden Age of Television. We'll study how each generation's identity influenced what (and whom) they laughed at. **Note: The new refund policy applies.**

W • Oct 14, 21, 28, Nov 4, 11, 18

• 3-4:30 PM • \$60/All Members

Leader: Eddy Friedfeld

Pundits, Poll, and Politics! The 2026 Mid-Term Election!

Z **UPDATED** On November 3, all 435 seats in the US House of Representatives and 35 in the Senate will be up for re-election. Turnout in POTUS elections approximates 60%, but mid-terms barely reach 40%. This mid-term may be more consequential than any recent election. So, let's dig into all the national issues, by party affiliation, generation, and region. We'll look at some of the better forecasts of results, and we'll conduct our own polls of issues/results.

R • Oct 15 • 10-11:30 AM • \$20/Silver
Leader: Douglas Stowell

Understanding Long Term Care Insurance

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

R • Oct 15 • 10 AM-12 PM • \$20/Silver
Leader: Linda Tsironis Caruthers

Big Bold Reds

NEW, FIELD TRIP, DRIVE TO EVENT

Join us to try eight red wines as we focus on the bigger, bolder styles produced around the world. Our wines will hail from different regions of the world and are made with different grapes, but all will focus on the heavier, fuller-bodied flavor styles many people love. Class may run over/under the allotted time. **Note: The new refund policy applies.**

R • Oct 15 • 1-3 PM • \$50/All Members
Leader: Warren Haskell

NATIONAL OSHER ONLINE

Power and the People: The Evolution of the US Federal Judiciary

Z The American Experiment began with the Declaration of Independence and led to the creation of the federal judiciary, one of the country's greatest experiments. We will trace the evolution of the courts from their English roots to their formal establishment, explore how the Supreme Court derives its authority from its ability to connect with the people and protect democracy, and examine the creation of the federal judiciary and the power of the Marshall Court. **Note: The new refund policy applies.**

R • Oct 15, 22, 29, Nov 5, 12, 19
• 1-2:30 PM • \$60/All Members
Leader: Lauren Andersen

UR Campus Walk

A Take a walking tour of the UR campus, named one of the nation's most beautiful campuses in the Princeton Review. 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.

F • Oct 16 • 8-10 AM • Free to Members
Leader: Marshall Ervine

Frankenstein and Print Culture

Z **NEW** Let's examine Mary Shelley's 1818 work 'Frankenstein' not as story but as book and object. Through the lens of print culture, we will explore the history of the book itself to understand Frankenstein as a living cultural object, asking how each form of the book changed and sometimes transformed itself across two hundred years of publishing history to become the cultural touchstone it is today.

F • Oct 16 • 10-11:30 AM
• Free to Members
Leader: Lynda Kachurek

Ancient Climate, Future Warning

NEW Earth's climate has changed profoundly through deep time, leaving evidence in rocks, fossils, ice, sediments, and landscapes. Let's explore how geologists reconstruct ancient environments, why past climates shifted, and what these records reveal about climate sensitivity, feedbacks, and thresholds. By understanding Earth's climate history, we gain a stronger scientific foundation for interpreting today's rapid warming and projecting future change.

F • Oct 16 • 12:30-2:30 PM
• Free to Members
Leader: David Kitchen

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



ZOOM
CLASS



REGIER AGING
WELL SERIES



CELEBRATING AMERICA'S
250TH BIRTHDAY

NATIONAL OSHER ONLINE

Tour of VPM's New Headquarters

NEW, FIELD TRIP, DRIVE TO EVENT

VPM's new state-of-the-art headquarters is located in the heart of downtown Richmond. On this behind-the-scenes tour, explore best-in-class television, radio and podcast studios. You'll also meet the team that brings you your favorite PBS and NPR programs, as well as local news, arts and culture programming, Style Weekly, and early childhood education resources.

M • Oct 19 • 10 AM-12 PM • \$20/Silver
Leader: Jayme Swain

NATIONAL OSHER ONLINE

The Invisible Thread: 3,500 Years of Global Supply Chain



We often only notice the global supply chain when it breaks. Yet for millennia, the movement of goods has been the silent engine of civilization. Let's track the evolution of trade from an executive's perspective. From the sunken treasures of Bronze Age merchant ships to the high-tech intermodal systems of today, we will explore the vessels that carried the world's wealth and the complex networks that keep our modern shelves stocked. **Note: The new refund policy applies.**

M • Oct 19, 26, Nov 2, 9, 16, 23
• 11 AM-12:30 PM • \$60/All Members
Leader: Scott Jones

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

REVISED, BACK BY POPULAR DEMAND

Over the course of four sessions we will track the evolution of the Beatles' music from before the beginning in 1958 to their breakup in 1970. For some of their most popular and influential songs we will listen to a mix of official releases, outtakes, film clips, and live performances to discover what there is in the composition, arrangement, and recording techniques that we react to so strongly.

M,W • Oct 19, 21, 26, 28 • 1-3 PM
• \$60/Silver
Leader: Alan Pollack

The Spanish Empire Brings America to the Mediterranean

NEW We have discussed how Spain built the Caribbean into a colonial powerhouse. But this base allows Spain to build an empire that dominates the worlds on both sides of the Atlantic for 300 years. Not only was America 'discovered,' but Spain moved its total Mediterranean civilization into the Americas and in return, the Americas changed Spain and the Mediterranean. We want to look at how Spain connected the two worlds before losing both.

M • Oct 19, 26 • 3:30-5:30 PM
• \$40/Silver
Leader: Bud Taylor

Russian Cinema: Three Films of the Great Director Andrei Tarkovsky

NEW In this seminar we will view and critique three films of one of Russia's greatest film directors. The British Film Institute described Tarkovsky as 'one of the great poets of world cinema' who 'meticulously crafted films of poignant beauty and inscrutable depth.' The films are 'Ivan's Childhood' (1962), 'Andrey Rublev' (1986), and 'The Sacrifice' (1986).

T • Oct 20, 27, Nov 3 • 3-5 PM
• \$60/Silver
Leader: Jack Kangas

How Do We Keep the Lights on: Worldwide Energy Production and Use

NEW Energy use worldwide continues to increase at a rapid pace. This course will present the current state of energy production and use worldwide and in the US. New technologies to increase energy production and efficient use of energy will be presented. This will include practical examples including comparisons of various energy sources, technical advancements to improve vehicle fuel efficiency, and the impact of data centers.

R • Oct 22, 29, Nov 5 • 10-11:30 AM
• \$60/Silver
Leader: Mark Devlin

Fearless People Photography

NEW Taking photos of people can be a challenging experience. This class is designed to offer tips and strategies to improve your people-photography skills, resulting in more meaningful photos.

R • Oct 22 • 1-3 PM • \$20/Silver
Leader: Daniel Walker

Korean Favorites

NEW, FIELD TRIP, DRIVE TO EVENT

Learn to make your favorite Korean dishes at home! Bulgogi is a signature dish of many Korean restaurants, and you can make it at home. Learn about the specialty ingredients and techniques and how to combine them into a comforting dish. Japchae, savory and slightly sweet, is a stir-fried dish of glass noodles and vegetables. Kimchi pancakes can be an appetizer or an entrée as it mellows out the intense flavor of kimchi. Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

R • Oct 22 • 1-3 PM • \$75/All Members
Leader: Warren Haskell



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 get acquainted level for individuals who are interested in seeing what Osher has to offer. For a small annual fee, an individual receives a Uni-

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



Bloomistry Wellness: Conscious Living for a Healthier Home and Garden

NEW This course will explore how everyday choices in food, home care, and gardening can reduce toxins and support a healthier lifestyle. We will examine the impacts of common lawn chemicals, pest control services, and household products, and learn how conventional yard sprays can disrupt beneficial ecosystems. We will highlight practical, nature-based alternatives that help create cleaner food, safer gardens, and a more balanced relationship with the natural world.

R • Oct 22 • 3:30-5 PM • \$20/Silver
Leader: Conner Parrish

Why Not AI?

Z NEW Hear a UR professor and author's recent research on consequences of AI use in education, media, and environmental management. She will discuss water and energy impacts on residents in the area due to the cumulative pressures of the more than 100 data centers that have been developed or are in the pipeline. Finley-Brook draws from experience as a resident of Chesterfield County, where dozens of hyperscale AI data centers are existing, under construction, or proposed.

F • Oct 23 • 1-2:30 PM
• Free to Members
Leader: Mary Finley-Brook



UR Women's Basketball and their Place in the History of NCAA Women's Basketball

UPDATED Come celebrate the historic 2025/2026 season. In 2025 Richmond again fought hard for the Atlantic 10 Regular Season title, the year-end A10 Championship, and earned one of the few mid-majors at-large bids into the NCAA DI Women's Basketball Tournament. The 2025/2026 season also saw the completion of the college basketball career of Maggie Doogan. She not only holds many important UR records, but is considered by many to be the best basketball player in UR history. Join this class to see if you agree. As a special treat, Alisa Kresge, our new WBB Head Coach, will join the class to share her insights into the upcoming season and answer your questions. Coach Kresge has also invited the class to an upcoming practice. The date of practice will be available prior to the classroom portion. The third portion of the class will be our attendance at the WBB 2026 home opener in the Robins Center. Spoiler alert: those attending this class will be offered a free pass to the home opener courtesy of our Osher program. If you love Spider Women's Basketball this is the class for you. Or if you just want to see what all the excitement is about, come join us.

M • Oct 26 • 10 AM-12 PM
• Free to Members
Leader: John Festa



Globalization, Trade, and Virginia: Oh My!

BACK BY POPULAR DEMAND International trade and tariffs have become issues in the upcoming national election. This is often part of a larger discussion about the pros and cons of 'Globalization.' Is it good or bad for Virginia? What is the significance of trade and international investment in Virginia? Join us for a lively presentation and discussion of these topics and more.

T • Oct 27 • 12:30-2:30 PM
• Free to Members
Leader: George Hiller

Cream Puffs, Eclairs, & Gougeres!

NEW, FIELD TRIP, DRIVE TO EVENT Pate Au Choux is delightful and easy, whether sweet or savory! Learn the ins and outs of making and baking Choux Dough from scratch! We will make classic Cream Puffs, Delicious Eclairs, and savory cheesy Gougeres! Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

R • Oct 29 • 1-3 PM • \$75/All Members
Leader: Warren Haskell

Getting the Most Out of Ancestry.com



BACK BY POPULAR DEMAND

Would you like to become more efficient and productive using Ancestry.com, the largest genealogy database in the world? Join us to learn about tips and techniques to improve your searches, dos and don'ts about family trees, and the University's Library edition vs. paid subscription. Additionally, you will learn to navigate the site to find all the features and resources available such as connecting with other researchers, accessing tutorials, and learning to use the card catalog.

R, F • Oct 29, 30 • 1-3 PM • \$40/Silver
Leader: Donna Shumate

Discover Your NeuroCreative Mind



NEW Discover simple, science-informed tools to help improve mental clarity,

creative thinking, and cognitive engagement at any age. Through practical exercises and real-world examples, participants will explore neuroplasticity, break repetitive thinking patterns, and learn ways to stay mentally active, adaptable, and inspired in everyday life.

R • Oct 29 • 3:30-5 PM • \$20/Silver
Leader: Thomas C. Keller

Virginia's Road to Revolution: A 'Conventional' History



NEW Let's analyze Virginia's final two years as a royal

colony and the actions and preparations her leadership engaged in, attempting to reconcile differences with the British government. We will review a series of five meetings/conventions convened by the colony's leaders to deal with the mounting crisis. The class will rely heavily on a close reading of primary documents from the period (letters, newspapers, legislation, and proclamations), many rarely read by the general public today.

F • Oct 30, Nov 6, 13, 20, Dec 4, 11 • 10 AM-12 PM • \$60/Silver
Leader: Mark Howell

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



REVISED 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 cord in them. Come join us in examining scary art to discover why certain artists want to shock and disturb us with their works. Costumes and masks are optional!

F • Oct 30 • 1-2:30 PM • \$20/Silver
Leaders: Alice Waagen, Ralph Kidder

Four Friday Films: Musical Movies

NEW FILMS Join us for four movies in which music is central to the story - in some cases, pretty much the whole story. We'll watch one of the finest movies made straight from a musical: 'Cabaret' with Joel Gray and Lisa Minelli. (It won three Oscars.) Next a delightful off-beat film about Ireland's best MoTown band (yes, that's right): 'The Commitments.' Then we'll revisit the Fab Four in 'A Hard Day's Night,' a movie you probably remember as a 'lark,' but which critics now say was actually a significantly good movie - and is, of course, totally fun. Finally, a contemporary charmer with the inimitable Anna Kendrick: 'Pitch Perfect.'

F • Oct 30, Nov 6, 13, 20 • 2-5 PM • \$60/Silver
Leaders: Eric Holzwarth, Anne Barash

November

A Discussion on 250 Years of Science and Technology in America



NEW, DISCUSSION BASED

What science or technology do you believe has had the most impact on America and why? Join this peer-led discussion that may include research, inventions, and people that have shaped America. Share your thoughts in small group discussions led by a facilitator about what has shaped our country over the past 250 years. Come prepared for a lively discussion.

M • Nov 2 • 10 AM-12 PM • \$20/Silver
Leaders: Osher Curriculum Committee

Have You Read 'The Correspondent'?

NEW Virginia Evans's 'The Correspondent' is a novel with an interesting means for telling Sybil Van Antwerp's story: Sybil wrote letters. A New York Times bestseller, the book will be the topic of a discussion led by friends and local authors Bill Pike and Judith Bice.

M • Nov 2 • 1-3 PM • \$20/Silver
Leader: Bill Pike, Judith Bice

Trailblazer Women in Pre-modern India

NEW Premodern India was shaped by extraordinary women who shattered patriarchal norms, ruled empires, and transformed society through spirituality. Often operating at the intersection of religion, art, and statecraft, these trailblazers forged paths of resistance long before the modern era.

M • Nov 2 • 3:30-5:30 PM • \$20/Silver
Leader: Shantaram Talegaonkar

Our Brains: Asleep, Awake, and Renewing



BACK BY POPULAR DEMAND

New research shows that sleep isn't the mind's off switch, but instead a complex and dynamic process that impacts both our physical and mental health. Our modern lifestyle damages the 24 hour wake/sleep cycle and hinders our brain's ability to maintain and regenerate itself. We'll discuss some important and useful new research findings, and share ideas for practical strategies to protect and improve our brain health.

T • Nov 3, 10, 17 • 10 AM-12 PM
• \$60/Silver
Leader: Patricia Ryther

An In-depth Visit to Five English Medieval Cathedrals

NEW Following a brief review/introduction of English medieval cathedral architecture, this interdisciplinary course will examine the history, art, and architecture of the following cathedrals: Canterbury (England's first), Winchester (a center of power for Anglo-Saxons), York (home to a second archbishop), Peterborough (elevated to cathedral status by Henry VIII), and Norwich (established by the Normans without local support).

T • Nov 3, 10, 17 • 12:30-2:30 PM
• \$60/Silver
Leader: Janet (Jan) Smith

It's A Fact!

NEW, FIELD TRIP, DRIVE TO EVENT

In this era of increasing polarization, distinguishing fact from fiction has become ever more difficult, contributing to both declining trust in institutions and growing public fatigue with civic discourse. Featuring guest speakers from higher education and the local media, this session, at Independence Golf Club, will examine how facts are established, evaluated, and communicated, and how information spreads throughout society.

W • Nov 4 • 2-4 PM • Free to Members
Leader: James Narduzzi

Climate-Conscious Money: Investing, Giving, & Spending for a Better Future



NEW This interactive two-part series explores how investments, charitable giving, banking, and spending can support climate solutions. Participants will learn ways to align their financial decisions with their values while promoting a more sustainable economy. Topics include socially responsible and impact investing, philanthropic capital, and how financial choices can influence corporate behavior and foster positive environmental and social change.

R • Nov 5, 12 • 1-2:30 PM • \$40/Silver
Leader: Roberta Keller

Is My Wine Bad or Do I Just Not Like It?

NEW, FIELD TRIP, DRIVE TO EVENT

Have you ever tried a wine and been unsure if the wine was bad or just not to your taste? This class can help! Explore the undesirable flavors in wine, often caused by mishandling, misstorage, over-aging, or production issues. We will taste the same wine side-by-side with an altered version of the wine, to learn about common off-flavors and what causes them. Class may run over/under the allotted time. **Note: The new refund policy applies.**

R • Nov 5 • 1-3 PM • \$50/All Members
Leader: Warren Haskell

Exploring the World of Butterflies and Moths

NEW Learn what makes butterflies and moths unique as lepidopteran insects, and what distinguishes butterflies from moths. Discover examples of butterflies and moths found commonly in Virginia, and why they are so important ecologically.

R • Nov 5 • 3:30-5 PM • \$20/Silver
Leader: Chris Catanzaro



UR Women's Basketball Home Opener

Join us as we start the UR Women's Basketball season for 2026-27. This year our home opener is part of a two-day tournament. The game time is subject to change so watch for the reminder several days before the game. Your Osher Institute is providing the game tickets for this event. Look for colleagues in Section 3 of the Robins Center. Let's cheer our Lady Spiders on to another historic season!

F • Nov 6 • 4 PM-6 PM
• Free to Members
Leaders: UR Athletics Department

Commemorating Veterans Day

Join your fellow Osher members as we remember all who have served in our armed forces over the years. We plan to have a special guest speaker and our ROTC students as part of this important program,

M • Nov 9 • 9:30 AM-12 PM
• Free to Members
Leaders: Becky Hudson and Special Guests



Richmond and the Republic – Court End Walking Tour



NEW, FIELD TRIP, DRIVE TO EVENT Take a curator-led walking tour of Court End and Capitol Square with Christina K. Vida, the Valentine's Elise H. Wright Curator of General Collections. As we visit landmarks along the way, learn about Christina's new research into the lives of Richmonders who sought their own form of liberty in the Revolutionary period. Hear stories of Tories, free Black Richmonders, enslaved workers, and others featured in the Valentine's exhibit *Dissent! Liberty & Loyalty in Early Richmond*. **Note: The new refund policy applies.**

M • Nov 9 • 1:30-3 PM
• \$10/All Members
Leader: Sophia McCrimmon

Company Art

NEW After the decline of Mughal dynasty, power shifted to British East India Company. During the 18th and 19th centuries, Indian artists trained in Mughal and other local styles created fantastic hybrid kinds of art under the patronage of their British overlords.

M • Nov 9 • 3:30-5:30 PM • \$20/Silver
Leader: Shantaram Talegaonkar



Scourge of the Seas: Pirates in History and Today

NEW We will explore pirates in early history, then focus on the 'Golden Age of Piracy' (1650-1730 AD), and finally talk about how pirates have changed over the centuries and the threats they still pose to today's maritime commerce. We will also cover pirate weapons and tactics, women in piracy, and government-sponsored pirates. We will conclude with a discussion of the most successful pirate of all time - it's not who you think!

T • Nov 10, 17, 24 • 3-5 PM • \$60/Silver
Leader: Michael Knapp

Mindful Meditation with a Purpose



BACK BY POPULAR DEMAND

This course is designed for those who would like to enhance their meditation skills or are new to meditation. You will learn various techniques on how to meditate successfully anytime and anywhere in order to manage everyday stresses and move beyond any blocks that keep you stuck in old patterns of thinking and behavior.

T, R • Nov 10, 12, 17, 19 • 5:30-7:30 PM
• \$60/Silver
Leader: Marc McGahee

Wonders and Blunders of Modern Medicine



NEW Join this review of the recent history of Modern Medicine, highlighting how medicine has progressed during last 200 years. We'll provide a lighter touch on how it blundered but corrected its trajectory.

W • Nov 11, 18 • 10 AM-12 PM
• \$40/Silver

Leader: Prakash Lothe

Medical Practices of the Civil War

NEW, FIELD TRIP, DRIVE TO EVENT

(This program will take place at the American Civil War Museum) During the Civil War, disease was the deadliest foe, but medical science grew as surgeons and nurses on and off the battlefield acquired knowledge. This interactive program examines the reasons behind the prevalence of disease and then explores field surgery, ending with a mock amputation. Following the program, participants will visit the collection's examination room to see artifacts associated with Civil War medicine. **Note: The new refund policy applies.**

W • Nov 11 • 1:30-3 PM
• \$17/All Members

Leaders: Kelly Hancock, Robert Hancock

Why Prison? Michel Foucault's Philosophical Genealogy of Incarceration

NEW In 1975, philosopher Michel Foucault wondered why it is that, although everyone knows prisons fail to deter crime or rehabilitate criminals, nobody has a good alternative. Why does imprisonment seem like the only way to handle crime? This class will examine Foucault's now classic account of the rise of the prison and the concept of criminality, as well as links between prisons and other modern institutions, e.g., schools and factories.

W • Nov 11 • 3:30-5 PM
• Free to Members

Leader: Ladelle McWhorter

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.

W • Nov 11 • 5:30-7 PM • \$20/Silver
Leader: Jaime Smiley

A Virtual Trip to Antarctica

NEW Join us in a diverse discussion of the history, biology, politics and environmental issues of the White Continent. It's considered a polar desert because it is the coldest, driest, and windiest continent. Did you know there was a race to the South Pole, or that it once had forests and dinosaurs? And don't forget all the different species of penguins and whales! Join us to learn all about this very different place.

R • Nov 12, 19 • 10 AM-12 PM
• \$40/Silver

Leaders: John Bailey, Don Miller, Celeste Miller

Cream Puffs, Eclairs, & Gougeres!

NEW, FIELD TRIP, DRIVE TO EVENT

Pate Au Choux is delightful and easy, whether sweet or savory! Learn the ins and outs of making and baking Choux Dough from scratch! We will make classic Cream Puffs, Delicious Eclairs, and savory cheesy Gougeres! Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

R • Nov 12 • 1-3 PM • \$75/All Members
Leader: Warren Haskell

Contemporary Issues Presents: The Virginia November 2026 Elections – Insights and Implications

NEW Join Bill Leighty, former chief of staff to two Virginia governors, as he leads a panel discussion on the November 2026 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 2028 elections.

F • Nov 13 • 10 AM-12 PM • \$20/Silver
Leader: William Leighty and Guests

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. **Note: The new refund policy applies.**

M • Nov 16 • 8:30 AM-12 PM

• \$55/All Members

Leader: Pam Wiegardt

The Final Siege of Richmond



NEW In 1781 British forces led by the traitor Benedict Arnold burned Richmond, Virginia's new capital. In 1864 Federal forces began a siege of Richmond which ended with the surrender of the city. In 1971 Virginia's General Assembly voted to perpetuate the Lost Cause by instituting an economic siege of the city that has lasted until this day. Metropolitan Richmond has flourished, and the Lost Cause has died. Isn't it time to end the final siege?

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M • Nov 16, 23, 30 • 10-11:30 AM

• \$60/Silver

Leader: Benjamin Campbell

Water in Art



NEW Why and in what ways might an artist include water in an artwork? Is it tangential or is it central to the composition? In this session we will explore how artists have used water to convey their messages, meanings and their intentions: or simply to fill up a section of their artwork.

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M • Nov 16 • 1-2:30 PM • \$20/Silver

Leader: Alice Waagen, Ralph Kidder

Twentieth Century Song Hunters and Collectors



NEW Song hunters and collectors contributed songs to the rich cultural heritage of American music, including folk, gospel, country, and blues. We will explore the songs found by A. P. Carter and Alan Lomax, leading directly to the folk revival. The song collector featured will be Harry Smith, who collected American folk music from the 20s-40s. Singers include the Carter Family, Lead Belly, Woody Guthrie, Pete Seeger, Bob Dylan, and others.

M • Nov 16, 23, 30, Dec 7 • 3:30-5 PM

• \$60/Silver

Leader: Linda MacCleave

Adult 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 in both.

Note: The new refund policy applies.

W • Nov 18 • 10 AM-12 PM

• \$55/All Members

Leader: Pam Wiegardt

Art In Captivity: Japanese Incarceration Camps in WWII



NEW Imagine being wrongfully imprisoned for nearly four years and turning to art to

help you describe, remember, and cope with imprisonment for 'looking like the enemy.' Explore the artists and their works, including arts and crafts, photography, and sculpture, and delve into the vocational skills made available in the ten camps. Learn more about the artists who survived the camps and later became famous in their respective fields after the war. GAMAN: endure with dignity.

W • Nov 18 • 1-2:30 PM • \$20/Silver

Leader: Dennis Kato

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.

W • Nov 18 • 3:30-5 PM

• Free to Members

Leader: Carrie Ludovico

Beginner Birding Without Intimidation



NEW This beginner-friendly introduction to birding removes the pressure to identify everything perfectly. This talk reframes birdwatching as a simple, restorative practice focused on observing, curiosity, and enjoyment.

Participants will learn what they actually need to get started, where to go, and how to build confidence through small, meaningful observations.

R • Nov 19 • 1-2:30 PM • \$20/Silver

Leader: Cynthia Price



New Course Offerings in Celebration of the 250th Anniversary of Our Country

What person or event do you think has had the most impact on the United States in the area of popular culture? Politics or history? Science or technology? If you had to identify and rank your top choices, what would they be?

The Curriculum Committee invites you to participate in three new discussion courses that will be offered this fall as we celebrate the historical people and events that have had the most impact on the United States since the birth of our nation. This is your opportunity to nominate your choice and to consider the nominations of others.

You are welcome to enroll in one, two, or three of these stand-alone discussion sessions. Each session will be divided into small group for a facilitated discussion. Then, the conclusions of each group will be shared with all participants in the class.

A Discussion of 250 Years of Popular Culture in America:

Monday, September 21, 10 am-noon

A Discussion of 250 Years of Politics and History in America:

Monday, October 5, 10 am-noon

A Discussion of 250 Years of Science and Technology in America:

Monday, November 2, 10 am-noon

To encourage discussion and participation, the three classes will be limited in size so be sure to sign up early and come prepared for an enjoyable experience of discussing these topics with your fellow Osher members.

The Secret Life of Gardens: Beauty, Drama, and the Web of Life

NEW Behind every garden lies a hidden world of beauty, survival, and connection. In this photo-filled presentation, Richmond nature photographer and Certified Master Naturalist Jim Easton explores how gardens become vibrant ecosystems filled with pollination, predation, seasonal change, and surprising wildlife interactions. Through engaging stories and striking images, discover how plants, insects, birds, and other creatures form a dynamic web of life unfolding right outside our doors.

R • Nov 19 • 3-5 PM • \$20/Silver
Leader: Jim Easton

Adults Night Hike at Maymont

FIELD TRIP, DRIVE TO 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. **Note: The new refund policy applies.**

F • Nov 20 • 6-8 PM • \$40/All Members
Leader: Krista Weatherford



Spiders Football Tailgate and Game

Join the University of Richmond family for a great Saturday in Robins Stadium as our football team takes on our rival William and Mary. Our Osher tailgate will start at 10 a.m., and the game kicks off at noon. Bring a dish to share and join us! **Note: The new refund policy applies.**

S • Nov 21 • 10 AM-4 PM
• \$15/All Members
Leaders: Osher Member Connections Team

Joyful Moments: Preparing for Holidays on the Dementia Journey



NEW Family gatherings and celebrations can still be joyful, meaningful, and inclusive for those living with brain change. Let's explore ways to prepare, include, and adjust to create meaningful moments for all.

M • Nov 23 • 1-2:30 PM • \$20/Silver
Leader: Missy Harden

The Virginia Housewife: Mary Randolph, Southern Hospitality, and America's First International Cookbook



NEW, COSTUMED PERFORMANCE Step into the kitchens and dining rooms of early America through the remarkable story of Mary Randolph (1762-1828), one of Virginia's most influential women and the author of 'The Virginia Housewife,' first published in 1824. A member of one of Virginia's most prominent families and aunt to Thomas Jefferson, Randolph transformed generations of culinary traditions into what became the first truly American cookbook.

T • Nov 24 • 10-11:30 AM • \$20/Silver
Leader: Rebecca Suerdieck

Women Artists You Should Know: Europe 1500 to 1800

NEW Learn about women who have works in the VMFA's European Galleries and who flourished between the 1500s and the early 1800s. These noteworthy and exceptional artists led extraordinary lives, earning favor at royal courts, travelling great distances, supporting their families, and navigating the restrictions that excluded them from traditional paths of artistic education and professionalism.

T • Nov 24 • 1-2:30 PM • \$20/Silver
Leader: James Schuyler

Leveling the Playing Field: A History of Educating and Providing Support for Persons with Disabilities

NEW Before the US enacted laws to educate and provide support for persons with disabilities, services and supports were either inadequate, inappropriate, or nonexistent. This presentation will provide a history of special education and disability support in the United States, clarifying terminology, legal rights, and evidence-based practices, culminating with a glimpse into an uncertain future.

M,W • Nov 30, Dec 2, 7, 9 • 1-3 PM
• \$60/Silver
Leader: Belva Collins



December

Plastics and Microplastics: a Global Problem Gets Personal



BACK BY POPULAR DEMAND

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 1, 8, 15 • 10 AM-12 PM
• \$60/Silver

Leader: Patricia Ryther

The History of Seapower in One Sitting: From Salamis to the South China Sea

NEW From the oared galleys at Salamis to today's contest in the South China Sea, twenty-five centuries of naval power can be told as one continuous story. Five epochs -- galleys, sail, steel, carriers, and the modern era -- built on the foundation of 'Potter and Nimitz's Sea Power: A Naval History,' the text used in the instructor's own naval education at Annapolis and in his teaching ever since.

T • Dec 1 • 1-4 PM • Free to Members
Leader: Lionel Mew

The Stars on the Wall

NEW Join a CIA agency veteran as he explains this iconic CIA memorial. He chronicles the origins and significance of the Memorial and its use over seven decades. Discover the fallen men and women honored by a star on the Wall, including seven who were colleagues of the instructor.

W • Dec 2 • 10 AM-12 PM • \$20/Silver
Leader: Frans Bax

Mahjong: Introduction to the Game



BACK BY POPULAR DEMAND

Are you curious about Mahjong? Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world. Join us to learn how to play this game of skill, strategy, and luck.

W,F • Dec 2, 4, 9, 11 • 3:30-5:30 PM
• \$60/All Members

Leader: Laura Schooley, Laura Soles, Janice Jones

How to Control the Chatter in Your Head



NEW This course will provide participants with an overview of the (critical) role of the subconscious, and a plethora of (practical) strategies/techniques for enabling participants to enhance its support and usefulness while reducing or eliminating its 'negative chatter'.

R • Dec 3, 10 • 10 AM-12 PM
• \$40/Silver

Leader: Michael Wriston

Bunker Talk: Why Menhaden Matter

NEW Menhaden are a small, nutrient-dense type of forage fish foundational to a healthy Chesapeake Bay. Join The Chesapeake Bay Foundation's Will Poston to learn more about why menhaden are important and how management must improve to respond to mounting ecologic and economic warning signs.

R • Dec 3 • 1-2:30 PM • \$20/Silver
Leader: Will Poston

Live Evergreen Wreath

FIELD TRIP, DRIVE TO EVENT 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, which will be held at Connor's business, Bloomistry. **Note: The new refund policy applies.**

R • Dec 3 • 2-4 PM • \$65/All Members
Leader: Conner Parrish

Christmas at Agcroft

NEW, FIELD TRIP, DRIVE TO EVENT Enjoy this guided house museum tour with emphasis on 16th century English Christmas traditions. You'll also have time on your own for garden exploration. **Note: The new refund policy applies.**

F • Dec 4 • 10:30-11:30 AM
• \$12/All Members
Leader: Katie Reynolds

Travel Adventures from the Galvin Rare Book Room

NEW From ship logs and travel guides to maps and images of faraway places, the Galvin Rare Book Room and Archives holds centuries of human wandering. In this course, you can travel from ancient Pompeii to the early American frontier, take a grand tour of Europe, explore South American landscapes, and venture beyond. Come explore the words and images left behind by the explorers, adventurers, and dreamers who journeyed before us.

F • Dec 4 • 1-3 PM • Free to Members
Leader: Lynda Kachurek

Book Swap: Share Your Love of Books

BACK BY POPULAR DEMAND This long-running class for book lovers returns. Bring your favorite book and share it with the class for 10 minutes. All book genres are open to share. If you register 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. PowerPoint is optional and generally not used, except for graphs and pictures to enhance your book discussion.

M • Dec 7, 14 • 10 AM-12 PM • \$40/Silver
Leader: John Festa

Maymont Mansion Curator-Led Christmas Tour

FIELD TRIP, DRIVE TO EVENT Maymont's engaging educators will lead you through the Dooley's Gilded Age home, resplendently decorated for the holiday season. Offered twice; please register for only one session. **Note: The new refund policy applies.**

T • Dec 8 • 11 AM-1 PM
• \$25/All Members
Leaders: Rachel Riesbeck, Haley Barber

What is Stoicism?

NEW Today we associate Stoicism with dispassion or resignation in the face of adversity. But ancient Stoicism was a vibrant worldview and way of living for 500 years. This class explores the Stoics' belief in the cosmic Logos, their 'cosmopolitan' vision of human equality, and their practices of living 'according to nature.' Discussion may include the concepts of 'nature' and 'duty' and the place of reason and emotion in human life.

T • Dec 8 • 2-3:30 PM
• Free to Members
Leader: Ladelle McWhorter

Walking Through Grief: Helping Yourself and Others Through Difficult Times



NEW This two-part seminar offers an intimate space for adults navigating grief or supporting someone who is. Grief may stem from loss, life transitions, illness, or other significant changes. Part One explores how grief lives in the body, through education, discussion, and reflective writing. Part Two focuses on resilience and meaning-making, with small group case studies and a closing guided meditation and movement practice.

W • Dec 9, 16 • 10-11:30 AM • \$40/Silver
Leader: Karen Brown, Jen Dowda

Holiday Wine & Cheese

NEW, FIELD TRIP, DRIVE TO EVENT Join Diane, Maggie, and the Kitchen Classroom to try six pairings perfect for your Holiday tables. The pairings will be cheese-focused but not exclusively limited to cheese. Class may run over/under the allotted time. **Note: The new refund policy applies.**

R • Dec 10 • 1-3 PM • \$50/All Members
Leader: Warren Haskell

How Do We Know? Making Knowledge in History

NEW In the first session of this two-day class, students will work together to consider how we decide what is important history to be taught to future generations, as well as the limitations on what can be taught and who decides. The second session will cover the social, political, economic, and practical factors that shape what we discover about history as well as what we can know, both individually, and as a culture.

R • Dec 10, 17 • 3:30-5 PM • \$40/Silver
Leader: Carolyn Henly

Behind the Letters: Exploring Typeface Design

BACK BY POPULAR DEMAND Have you ever wondered who shapes the letters that fill our screens, books, and storefronts? Take a journey into the world of typeface design, where artistry meets functionality. In this class, we will explore both the art and science behind crafting typefaces, learn about some of the creative minds behind the fonts we use, and discuss how their work may influence our daily lives.

F • Dec 11 • 1-3 PM • Free to Members
Leader: Lynda Kachurek

Scott Joplin's School of Ragtime

LIVE PERFORMANCE, BACK BY POPULAR DEMAND Come and tap your feet to a program of pieces composed by Scott Joplin, the uncontested King of Ragtime, plus a sampling of those by his most distinguished disciples, James Scott and Joseph Lamb. Performed on piano accompanied by Alan's signature commentary. Offered twice; please register for only one session.

M • Dec 14 • 1-3 PM • \$20/Silver
Leader: Alan Pollack

Food As Art: What We Eat Manifests Who We Are



NEW For centuries, artists have been fascinated by the aesthetic qualities of what we eat. Renaissance artists created masterful portraits out of assemblages of fruits and vegetables, while Andy Warhol painted majestic soup cans. In this session we will explore how artists use food images to communicate political views, comment on society, and make statements of values.

M • Dec 14 • 3:30-5 PM • \$20/Silver
Leaders: Alice Waagen, Ralph Kidder

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T • Dec 15 • 11 AM-1 PM
• \$25/All Members
Leaders: Rachel Riesbeck, Haley Barber

Dementia Stages and Practical Strategies



NEW Navigating dementia is difficult. The intricacies of such a complex diagnosis may seem overwhelming. This course will examine the stages of dementia, explore the clinical features of each stage, and identify practical strategies that families and caregivers can use to continue to connect with loved ones.

T • Dec 15 • 2-4 PM • \$20/Silver
Leader: Jaime Smiley

The Art In Photography – Improving Your Skills

NEW Unleash the power of your photography. The class is designed to illustrate by examples ways to enhance your images using lines, shapes and facial expressions to compose powerful images.

W,F • Dec 16, 18 • 1-3 PM • \$40/Silver
Leader: Daniel Walker

George Gay, Sole Survivor of Torpedo Squadron 8 at Midway

NEW The Battle of Midway is considered to be the turning point of the Pacific War. One US participating unit, Torpedo Squadron 8 (VT-8), was completely wiped out during the battle, with only one pilot, Ensign George Gay, surviving. This class will summarize the Battle of Midway with a focus on VT-8, Ensign Gay's role in the battle and the squadron, and his miraculous story.

W • Dec 16 • 3:30-5 PM • \$20/Silver
Leader: Randall Lanning

Rescuers: Portraits of Moral Courage in the Holocaust

NEW Based on the book 'Rescuers: Portraits of Moral Courage in the Holocaust', this program highlights brave non-Jewish people who risked everything to help strangers in ten European countries Hitler ruled from 1939-1945.

R • Dec 17 • 10 AM-12 PM • \$20/Silver
Leader: Hedy Lapkin



Zoroastrianism: What is it and why should I care?

NEW Jewish exiles returned to Judah from Babylonia in 536 BCE, ushering in more than two centuries of Persian cultural and political dominance in the Levant. This influence included their Zoroastrian religion, which not only helped shape second temple Judaism, but also carried over to Christianity and Islam as well. We will examine how echoes of this ancient religion can be found in the religion billions of us practice today.

R • Dec 17 • 12:30-2:30 PM • \$20/Silver
Leader: Ned Armstrong

How Indigenous and European Agriculture Helped Enable American Independence

NEW Long before Europeans arrived, Indigenous peoples had already built sophisticated and successful farming systems without draft animals or metal tools. This course explores how colonists adopted native practices that helped agriculture become the economic backbone of the colonies, a catalyst that would drive the decision to embark upon a struggle for sovereignty.

F • Dec 18 • 10 AM-12 PM • \$20/Silver
Leader: William Skipper



Virginia's New Medicare Birthday Rule – How Seniors Can Save on Healthcare

A NEW Learn about Virginia's newly enacted Medicare Birthday Rule legislation and how it enables seniors to compare premiums and reduce healthcare expenses.

F • Dec 18 • 3:30-5 PM • \$20/Silver
Leaders: Beckey Huddleston, Thomas (TJ) Huddleston

History of Music with the Cello, with Holiday Music

LIVE PERFORMANCE, 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.

M • Dec 21 • 10-11:30 AM • \$20/Silver
Leader: Sheryl Smith



The Canals of Mars and the Gastrointestinal Tract

BACK BY POPULAR DEMAND The Grand Canal stretches 30 feet from the mouth to the rectum. Starting with the sense of taste and ending appropriately with the treatment of hemorrhoids, we will discuss the various maladies that one may encounter in our travels down the Canal. Clinical cases along with errors both on the part of the physician as well as the patient will be presented.

M • Dec 21 • 1-3 PM • \$20/Silver
Leader: Peter Goodman

107 Days at Sea: The Journey That Changed Everything

Z NEW In this lecture, Jill Chalsty shares the story behind her memoir, 'Packets of Hope: A Journey of Healing and Rediscovery,' inviting participants to travel alongside her through the ports she visited, the people she met, and the reflections that transformed personal adversity into strength and global impact.

M • Dec 21 • 3:30-5 PM • \$20/Silver
Leader: Jill Chalsty

REMINDER: IMPORTANT OSHER INSTITUTE POLICY UPDATES

Osher Policies for Course Management

Our institute is growing with more members, more courses, and more special events. To ensure fairness for all, including Osher staff, we have revised our policies on managing our courses. Please take a minute to read these business practices.

Course Cancellation Policy

The Osher Institute reserves the right to cancel a course due to low enrollment, inclement weather, instructor's request, or other circumstances beyond its control.

If the Osher Institute cancels a class, registered members will be refunded the applicable course fees.

Withdrawal and Refund Policy

The Osher Institute does not refund the fees for field trips, cooking/wine classes, museum tours, national Osher Online courses, special Osher events (receptions, concerts, mixers, athletics functions, trivia nights, etc.), and other courses that carry class fees for all students. Typically, these events involve advance contractual commitments and payments.

For other classes, the Osher Institute refunds class fees in the following circumstances:

- When a class is cancelled by the Osher Institute
- When a member withdraws at least seven (7) calendar days prior to the scheduled start date of the course

No refunds will be provided for courses that have already begun.

Weather Policy

Personal safety is important for all members, instructors, and guests. In the event of weather or other emergencies, the Osher Institute follows all University of Richmond decisions, including closures, early closures, or delayed openings. You may sign up for weather and other alerts at:

alert.richmond.edu

We defer to each individual member's personal decision regarding travel in certain conditions. When possible, make up classes will be scheduled, and registered students will be notified by email.



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MEMBER BENEFITS AT A GLANCE

- Membership is good for 12 months 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
- Free parking on UR campus
- Unlimited borrowing privileges at UR's Boatwright Library (including audio, e-books, and videos)
- Access to the UR Technology Help Desk 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

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



AT THE UNIVERSITY
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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!