



OSHER

AT THE UNIVERSITY OF RICHMOND

Aging Well with Osher

The Osher Series on Aging Well focuses on health, wellness, legal and financial topics.



Join us this spring as we welcome Deborah Davis, Dr. Ayn Welleford, Dr. Bill Thomas and more to discuss various aspects of aging in America.

SPRING 2018



RICHMOND
School of Professional
& Continuing Studies™

Our History

Established in 2004 at the University of Richmond's School of Professional and Continuing Studies, the Osher Lifelong Learning Institute operates through the support of its members, the University of Richmond, and an endowment from the Bernard Osher Foundation of San Francisco. There are 120 Osher Institutes in colleges and universities throughout the United States. We offer intellectual stimulation and civic engagement in a community of lifelong learners age 50 and better.

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



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

Photo credit on this page: Tim Hanger, Osher member

On page 22: Peter Blankman, Osher member

Inside pages: Kevin Schindler

Common Ground Mission Statement

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

Jeanne Clery Disclosure Statement

The University Police Department, in compliance with the Jeanne Clery Disclosure Act, publishes an annual report outlining its policies, functions, campus safety plans, prevention techniques, and tabulated statistics for the most recent three-year period. For a copy of the Department's Annual Report, call (804) 289-8715, write the University of Richmond Police Department, att. Jeanne Clery Crime Statistician, Special Programs Building, 31 UR Drive, University of Richmond, VA 23173 or access the report online at police.richmond.edu.



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AGING WELL WITH OSHER

As a grant recipient of The Walter W. Regirer and Maria Teresa Regirer Foundation, the Osher Institute is pleased to continue its 'Osher Series on Aging Well' this spring and to welcome several exciting and thought provoking lecturers.

First, on Tuesday, February 27, we welcome Dr. E. Ayn Welleford, Tracey Gendron, and Jenny Inker from VCU's Department of Gerontology, who will discuss 'Aging for Life,' a new program in Richmond that asks us to rethink what it means to grow old.

On Thursday, March 15, we will host Deborah Davis, CEO of VCU Health System Hospitals and Clinics and Vice President for Clinical Affairs, as she addresses the Future of Healthcare. This event is sponsored by the Greater Richmond Age Wave Coalition in partnership with our Osher Institute, the MCV Hospitals Auxiliary, and the Lifelong Learning Institute in Chesterfield.

We are equally delighted to bring Dr. Bill Thomas to campus on Wednesday, May 23, in partnership with The Genworth Foundation. Dr. Thomas is a Harvard-trained geriatrician, professor, author, and nationally recognized expert on aging. He spoke at the Osher Institutes National Conference in April 2017, and we are thrilled to bring him to the University of Richmond. You won't want to miss his infectious energy and innovative views on aging.

The Regirer grant has enabled us to focus on a wide variety of health and wellness topics, including legal and financial issues important to our member population. Barbara Apostle, our Regirer grant staff member, has done a terrific job of coordinating our activities, soliciting superb speakers, and ensuring we are addressing all aspects of the grant.

Speaking of grants, we want to recognize the generosity of our Osher members in response to our Osher Capacity-Building Grant fundraising efforts. Stewardship Assistant Amy Edwards spearheaded an over-the-top successful annual fund campaign that exceeded the goal. Her hard work and your financial support are truly appreciated.

We hope you'll find our Spring course offerings to be fun, informative, and enjoyable. Come be an active part of the Osher Institute today! Become a member, sign up for classes, volunteer to serve on an Osher team, join an interest group! Get involved!

Programs

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Getting Started.....4

Where do I start?

1 Sign up for an annual membership.

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

\$75 – Silver Membership

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

\$350 – Gold Membership

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

\$275 – Upgrade to Gold

AVAILABLE TO SILVER MEMBERS WITHIN FIRST 6 MONTHS OF JOINING

\$25 – UR Membership

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

\$325 – Upgrade to Gold

AVAILABLE TO UR MEMBERS WITHIN FIRST 6 MONTHS OF JOINING

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

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

2 Register for classes.

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

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

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

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

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

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

Osher members interested in course audit opportunities should contact the Osher office. See page 15 for details.

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

3 Don't forget the extras.

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

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

- Taking Your Passion to the Next Level: A Workshop for Developing and Leading Osher Courses
- Bounty of Boatwright
- Osher Member Orientation
- UR Behind the Scenes: The Cannon Memorial Chapel

- Tour of UR's Historic Bottomley House
- The Organ Legacy of Leipzig

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

- UR Campus Walk/Tour
- ChinaFest's Irby B. Brown Lecture: 'China: Where Has It Been, Where Is It Going, and What Does It Mean for America?'

- 2018 Edward C. and Mary S. Peple Library Lecture: 'The Faithful Scribe'
- Bon à Tիրer: Prints from the Center Street Studio Archives
- The Future of Healthcare with Deborah Davis, CEO VCU Health System Hospitals and Clinics
- Maria Chavez: Sound Art
- Dr. Bill Thomas on 'Disrupting Ageism'

Se Special Events

Ri University of Richmond

Bo Bonus Programs for Members

Re Registrar Foundation Grant

Using the Osher Online Registration System

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

Registration for Spring 2018 classes opens at 9 a.m. on Tuesday, December 12, 2017.

Registering for Classes

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

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

- b. Confirm order and continue to **credit card processing** if applicable (the interface will change)
6. Log out and check your email

You will receive several email messages from this transaction.

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

Purchasing New Membership

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

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

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

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

Existing Members Without a Shopping Cart Account

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

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

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

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

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



Due to the generosity of our Osher members, we've reached our 2017 Osher Annual Fund Goal!

The Osher Institute at the University of Richmond is as strong as it is today because of our members and supporters. We appreciate everything you, our members, do each day as you participate with us, volunteer for us, lead for us, and promote us. We are also thankful for Osher members who made monetary gifts to Osher in response to our 2017 Osher Annual Fund Appeal.

Our goal for the 2017 Osher Annual Fundraising Appeal was \$10,000, and due to the generosity and quick response of our members, we've surpassed this goal.

Thank you to everyone who contributed!

If you have not yet made a gift, and would like to, there is still time in this calendar year, or to start us off for a new calendar year in January 2018. Dollars add up and participation matters. All gifts are tax deductible, and all money raised directly benefits Osher and its members.

Ways to Make a Gift:

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

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

JANUARY

Osher Member Orientation

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

F • Jan 19 • 10:00–11:00 AM •

Free to members

Leaders: Osher Membership Team

Campus Walk/Tour

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

F • Jan 19 • 11:00 AM–12:30 PM •
Free, open to the public
Leaders: Osher Membership Team

F • Jan 19 • 11:00 AM–12:30 PM •

Free, open to the public

Leaders: Osher Membership Team

Life as a Ballerina: Tutus, Tears, and Triumph

LECTURE

NEW! Have you ever wondered what life is like as a professional ballet dancer? There aren't many careers from which you retire at the age of 35, but this is exactly what Valerie Tellmann-Henning did. From dancing the role of Clara in The Nutcracker at the age of 12 to the Sugar Plum Fairy, she has done it all. Join Valerie as she discusses her 16 years in the company, her transition to her new role as the Ballet's Public Relations and Content Manager, and the exciting things coming up in the organization.

M • Jan 22 • 10:30 AM–12:00 PM •
\$20/silver

Leader: Valerie Tellmann-Henning

'To Kill a Mockingbird' and 'Go Set a Watchman'

LECTURE, DISCUSSION

REPRISED This class will be a discussion of Harper Lee's books, their themes, and the characters. We will look for deeper meanings behind simple stories. Reading both books is a 'must' before the first class, and viewing the movie version of 'To Kill a Mockingbird' would be helpful.

M • Jan 22, 29, Feb 5, 12, 19 •

1:00–3:00 PM • \$60/silver

Leader: Henry Massie Jr.

Come . . . and BeMoved®!

ACTIVITY

Re Come to this class to learn about the long-term health benefits of just moving!

'BeMoved®' embraces the joy of dance with people of all movement abilities. Movement expressed through dance and music has a transformative power that enriches a person's well being above and beyond the well-known physical fitness benefits. 'BeMoved®' is a dance fitness experience that begins with easy-to-follow therapeutic movements that integrate the upper and lower body. The warm up flows into dance styles inspired by a wide variety of musical genres. Different musical and dance style such as Bollywood, jazz, Latin and disco are used to inspire participants to embrace dance as a lifelong means to health, joy and fulfillment. Come each week and 'get moving!'

M • January 22 - April 30
(skip Feb 19) • 5:30 PM–6:30 PM •
\$140/silver and gold

Leader: Myra Daleng

The Dust Bowl of the 1930s

LECTURE, DISCUSSION

NEW! We will view excerpts from the Ken Burns PBS Documentary, 'The Dust Bowl,' which chronicles the worst man-made ecological disaster in American history and began a decade-long drought that nearly swept away America's 'Breadbasket.' We will also discuss how the Dust Bowl triggered the

great migration to California and how it inspired John Steinbeck's 'Of Mice and Men' and 'The Grapes of Wrath' (look for related classes this semester).

T • Jan 23 • 10:00 AM–12:00 PM • \$20/silver

Leader: Murray Ellison

Understanding Opera, Part 2

LECTURE

UPDATED This course completes a survey of Virginia Opera's 2017-2018 season. Works discussed include Benjamin Britten's sparkling Shakespearean adaptation 'A Midsummer Night's Dream' and Donizetti's Italian classic 'Lucia di Lammermoor.' Students receive complete musical and dramatic analysis, illustrated with video and audio excerpts. Recommended for opera beginners and aficionados alike.

T • Jan 23, 30, Feb 6 • 1:00–3:00 PM • \$60/silver

Leader: Glenn Winters

Can't We Just Get Along?

FACILITATED DISCUSSION

REPRISED How can intelligent people be so far apart with their political beliefs? We are becoming less and less tolerant of those who have beliefs different from ours: not only in the political realm, but also in our daily interactions and even in some of our Osher courses. The objective of this class is to help each participant understand how we tend to form our opinions, seek data to support those opinions, and then shut down to anything that challenges them. You will be encouraged to open your minds, understand others with different opinions, and accept that they are likely to be as intelligent as you are. The framework will be based on the book, 'The Righteous Mind' by Jonathan Haidt.

W • Jan 24, 31, Feb 7 • 10:00 AM–12:00 PM • \$60/silver

Leader: Don Miller

Great Decisions 2018

READING, FACILITATED DISCUSSION

NEW! Designed by the Foreign Policy Association (FPA) and facilitated at the grassroots at hundreds of locations nationwide, the Great Decisions program highlights eight of the most thought-provoking foreign policy challenges facing Americans each year. Each week we will read an article from the 2018 FPA Great Decisions briefing book on a specific foreign policy challenge in advance of class, view a 25-minute video and then have a discussion. This year's topics are as follows: 1) The waning of Pax Americana, 2) Russia's foreign policy, 3) China and America: the new geopolitical equation, 4) Media and foreign policy, 5) Turkey: a partner in crisis, 6) US global engagement and the military, 7) South Africa's fragile democracy, and 8) Global health: progress and challenges. The 2018 Great Decisions briefing book serves as the focal text for the class, and it provides background information, current data and policy options for each topic. Students will need to purchase the briefing book (at a cost of \$30), read the first topic before the first class, and be prepared to discuss it. For information about purchasing the briefing book from FPA and the Great Decisions program in general, visit online at <http://www.fpa.org>.

W • Jan 24, 31, Feb 7, 14, 21, 28, Mar 7, 14 • 1:00–3:00 PM • \$60/silver

Leaders: George Pangburn, Celeste Miller, Don Miller, Rob Hafker

Rise and Fall of the Roman Republic

LECTURE

REPRISED In the last half of the 1st millennium BCE, a group of tough peasant farmers under the leadership of the Roman Senate first conquered the Italian peninsula and then extended Rome's dominion over the entire Mediterranean. Eventually, these peasant armies transformed into professional military forces that were drawn into competition for power among such powerful warlords as Marius, Sulla, Pompey the Great, and Julius Caesar. Ultimately, the Republic col-

lapsed into persistent civil war and anarchy. This course studies how the Republic began, only to disintegrate into Imperial Rome. Required text is 'Fall of the Roman Republic,' by Plutarch, translated by Rex Warner, Penguin, ISBN 0140440844.

R • Jan 25, Feb 1, 8, 15, 22, Mar 1 • 9:30–11:30 AM • \$60/silver

Leader: Glenn Markus

The Dark Edith Wharton

READING, DISCUSSION

NEW! Edith Wharton wrote that the soul of a woman has 'many mansions, most of which are never entered.' Wharton's literary mansion is most often entered through her novels of manners such as 'The House of Mirth.' In this class, we will enter another mansion: the dark, gothic side of her imagination. We will explore three dark novels in this order: 'Ethan Frome,' 'Summer,' and 'The Fruit of the Tree.' Please read 'Ethan Frome' before our first class meeting.

R • Jan 25, Feb 1, 8 • 1:00–3:00 PM • \$60/silver

Leader: MarySue Schriber

Archaeology and Biblical History

LECTURE

NEW! Explore the most important archaeological discoveries that confirm, challenge, and expand our understanding of the historical events and movements in the Bible.

R • Jan 25, Feb 1, 8 • 3:30–5:30 PM • \$60/silver

Leader: Ryan Ahlgrim

Cole Porter Musicals

MOVIES, DISCUSSION

NEW! Cole Porter was possibly the most clever and sophisticated songwriter of all time. This course will examine four of his best musical films and two biopics about his life. We will view 'Night and Day' (1946), 'Kiss me Kate' (1953), 'High Society' (1956), 'Silk Stockings' (1957), 'Can Can' (1960), and 'De-Lovely' (2004).

F • Jan 26, Feb 2, 9, 16, 23, Mar 2 • 1:00–4:00 PM • \$60/silver

Leader: Greg Hall

Campus Health & Wellness Opportunities

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

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

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

In addition, Heather invites Osher members to attend UR Well's **Mindfulness Mondays**, held each Monday from 12-1PM in the Wilton Center. This space for mindfulness practice is designed to enhance individual practice, create a more mindful community, and offer instruction in mindfulness and meditation. This is an opportunity to share knowledge of the mental, physical, emotional, and spiritual – the science-based benefits of meditation. Those who join us will experience the tangible benefits of mindfulness and meditation in their own lives and will be encouraged to share and articulate them.

Bay-sics: Overview of Chesapeake Bay Status, Problems, and Solutions

LECTURE, Q&A

REPRISED This class discusses the major pollutants that impact our waterways; explores global, state, and local solutions; and reveals at-home actions citizens can take to be active in improving water quality.

M • Jan 29 • 10:00 AM–12:00 PM • \$20/silver

Leader: Blair Blanchette

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

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

M • Jan 29 • 1:00–4:00 PM •

Free to members

Leader: Bill Bailey

Windows 10 Essentials

LECTURE, HANDS-ON, Q&A

REPRISED If you are using Windows 10, thinking about upgrading, or planning on buying a new PC, this class should help you learn the essentials of Microsoft's newest operating system. Topics will include how to navigate and customize the Start menu; manage files and folders; browse the web with Edge or Chrome; and work with mail, calendar, and your contacts. Learn how to find and install new apps from the Windows Store and customize

your display preferences and account settings so your PC matches your needs. Finally, find out how to better know when an update is safe; how to back up and restore Windows in case of a computer failure; recover missing files; and protect yourself against malware such as viruses and spyware. If you plan on bringing your laptop to class to follow along, please make sure it is updated to the latest version of Windows 10. You may email the course leader at westcobb@gmail.com with any questions regarding the course.

T R • Jan 30, Feb 1, 6, 8 • 10:00 AM–12:00 PM • \$60/silver

Leader: West Cobb

Richmond Ballet Company Rehearsal Viewing

FIELD TRIP

Visit Richmond Ballet to see what goes into its commitment to keep meaningful works of dance alive! Come enjoy this opportunity to observe the professional dancers as they rehearse 'The Sleeping Beauty.' This local trip meets at Richmond Ballet in downtown Richmond, 407 East Canal Street. The rehearsal will start at 12:45 pm. A tour of the facilities, including the costume shop, and Q&A with the Costume Director will follow.

T • Jan 30 • 12:45–2:45 PM • \$20/silver

Leaders: Richmond Ballet



FEBRUARY

Hemingway's 'Farewell to Arms'

FACILITATED DISCUSSION

NEW! Hemingway's 'Farewell to Arms' has become a classic war novel. Its two main characters, Frederick Henry and Catherine Barkley, are among the most vivid of all star-crossed lovers. Explore this classic novel for the first time or revisit it for new insights. Recommended book version is The Hemingway Library edition.

F • Feb 2, 9 • 10:00 AM–12:00 PM • \$40/silver

Leader: Larry Braja

Getting to Know Your Android Phone

LECTURE, HANDS-ON, Q&A

NEW! Are you the proud owner of an Android smart phone? Smart phones are useful tools for making phone calls, sending text messages, and so much more! You may be asking yourself, though, where to begin. This course will help bring smiles instead of stress when you're using your Android smart phone. There's a lot to learn as technology is constantly changing and advancing, but this class will provide helpful tips and tricks that you'll likely need to know in the early days of having an Android smart phone. The course will cover setup, using the built-in apps, getting and using other apps, enjoying music at home and on the go, troubleshooting and help, and even more tips and tricks. Students should own an Android smart phone to take this course. Please note this is a generic introduction to Android; it will not be specific to your phone.

M • Feb 5, 12 • 10:30 AM–12:00 PM • \$40/silver

Leader: Mel Kauffman

The Future of Music is the Past

LECTURE, DISCUSSION, HANDS-ON

NEW! Want to look cool to your (grand) kids? In class we will analyze, discuss, and create a new



The Irby B. Brown Lecture, a part of ChinaFest: 'China: Where Has It Been, Where Is It Going, and What Does It Mean for America?'

LECTURE

Ri Se US-China ties have become militarily, diplomatically, and economically the most central bilateral relationship in today's world. Heading these two powers are leaders with strong personalities and strong-man leadership styles, and both represent nations with varied national interests. Despite the natural frictions, they must cooperate if global stability is to be maintained. Dr. Lampton will assess how these two leaders have managed the complex relationship in Donald Trump's first year as president and consider what future developments are likely.

R • Feb 8 • 7:00–8:30 PM • Leader: David M. Lampton



genre of music born from the Internet that feeds on nostalgia for the 80s, modern consumerism, and existentialism. We will tackle different aspects of the new genre of music, 'vaporwave,' and its artistic value as well as its importance to the future of music in general. We will watch videos, listen to the music, and look at articles and notes on the history, philosophy, and current influence the music has on today's culture. Then we will look at de-constructing the music. Students are encouraged to bring in their own records to play and shape into the music.

M • Feb 5, 12 • 1:00-3:00 pm • \$40/silver

Leader: Adam Stynchula

Poe's Love Poems and the Women Who Inspired Them

LECTURE

NEW! Meet the women to whom Poe dedicated poems like 'For Annie,' 'To Helen,' and 'A Valentine.' This class will examine Poe's relationships with each of these muses as well as his private messages to them concealed in his verses.

T • Feb 6, 13 • 3:30–5:00 PM • \$40/silver

Leader: Christopher Semtner

How World War I Changed the World

LECTURE, DISCUSSION

NEW! This class is an exploration of the effects of World War I upon global society by examining its implications on the military, diplomacy, society, and gender relations.

W • Feb 7, 14, 21, 28 • 4:00–5:15 PM • \$40/silver

Leaders: Karl Rubis, Christine Anderson

The Music, Lyrics, and Mood of America in the 1930s

LECTURE, DISCUSSION

NEW! We will listen to and discuss how the singers and composers of the 1930s (such as Woodie Guthrie, Huddie Ledbetter, Billie Holliday, Harold Arlen, George Gershwin, Cole Porter, and Irving Berlin) reflected the changing moods of the American public as our nation went from the Great Depression and the Dust Bowl to a recovery by the end of the decade.

T • Feb 13 • 10:00 AM–12:00 PM • \$20/silver

Leader: Murray Ellison

Boatwright Memorial Library Benefits: Did You Know?

Boatwright Library's physical collection comprises approximately 500,000 volumes of books, more than 100,000 bound periodicals, and thousands of multimedia items. More than 110,000 journals, 245,000 books, and nearly 375 research databases are accessible through the library computers.

All Osher Institute members may use the Boatwright's vast resources by borrowing books, audiobooks, and music recordings. The online library databases are also available to members and may be accessed from the UR campus via a network ID and password.

And, each semester, the Osher Institute offers courses taught by our expert University librarians. Classes range from learning how to use the Boatwright Library to appreciating the Galvin Rare Book Room and Special Collections.

Use of this wonderful library is a benefit of Osher membership, and we hope you take full advantage of it. If you would like to be involved in the work of the library, the **Friends of the Boatwright Memorial Library** offers a way to volunteer in an active way. To learn more, contact Osher members Marshall Ervine at marshe73@verizon.net or Carl Booberg at cbooberg@aol.com.

Electricity 101

LECTURE, Q&A, FIELD TRIP

NEW! Our first session will provide an overview of what electricity is, how it moves, how it operates in your home as well as abroad, what the electrical grid is, and what the future holds for a smart grid. The second week, we will tour Dominion's Chesterfield Power Station to see how electricity is made and transmitted.

T • Feb 13 • 1:00-3:00 PM

T • Feb 20 • 1:00-4:00 PM

\$40/silver

Leader: John Bailey

Love in the Archives

Ri Bo **REPRISED** Who doesn't love Love? With the arrival of

Valentine's Day and the promise of spring to come, love is in the air: and even in the archives! Come explore love in its many guises with materials from the Rare Books and Special Collections as we take a peek at how love reaches across time and place.

Wednesday • Feb 14 • 10:00 AM–12:00 PM • Free to members

Leader: Lynda Kachurek

Common Ground

FACILITATED DISCUSSION

REPRISED Are you tired of the polarization on the major issues facing our country? Are there solutions that will meet the needs of the majority of us rather than one extreme or another? Building on the class 'Can't We Just Get Along,' we'll examine key issues of interest to participants, bring in data on the subject, and work to find practical solutions. Topics will be determined by participants. This is not a class to push your personal opinions, but one to find common ground.

W • Feb 14, 28, March 14, 28, April 11, 25 • 10:00 AM–12:00 PM • \$60/silver

Leader: Don Miller

Mindfulness Meditation, Journey to a Happier Healthier Life

LECTURE, Q&A

Re **REPRISED** If you have never meditated and are curious, or have meditated and want a refresher course, this one-hour talk will give you all that you need to understand Mindfulness and to begin meditating. We will explore the science behind why it makes you healthier and how it improves your relationships, your focus and gives you a happier brain.

R • Feb 15 • 2:30–3:30 PM • \$20/silver

Leader: Helen Landry

2018 Edward C. and Mary S. Peple Library Lecture Featuring Shahan Mufti

Ri Se Assistant Professor of Journalism

Shahan Mufti will speak on his book, 'The Faithful Scribe,' which is both the personal story of Mufti's family and an account of Pakistan's complex history. This book was selected as this year's 'One Book, One Richmond' common reading selection.

R • Feb 15 • 7:00–8:00 PM •

Free, open to the public

Leader: Shahan Mufti

Furnishing Eternity in Ancient Egypt and Anatolia

LECTURE, Q&A

Ri **NEW!** This class will offer an exploration of funerary beliefs through the material goods that were placed in tombs, with special focus on the coffin of Ti-Ameny-Net in the University's Ancient World Gallery and funeral couches (klinai) in ancient Lydia and Phrygia. These are furnishings for the placement of the dead that resemble banquet couches made for reclining while dining. Often accompanied by tables and other furnishings to outfit the tomb for a lavish banquet, the klinai serve to represent the dead person as a banqueter and may allude to the concept of an eternal banquet in the afterlife.

F • Feb 16 • 10:00 AM–12:00 PM • \$20/silver

Leader: Elizabeth Baughan

Misconceptions About Islam Including Sharia Law

LECTURE, Q&A

NEW! There are several myths and misconceptions about Islam and Muslims. This lecture will take the top ten misconceptions and methodically deconstruct while giving evidence from the Quran (Divine scripture of the Muslims).

M T • Feb 19, 20, 26, 27 •

11:00 AM–12:30 PM • \$60/silver

Leader: Malik Khan

Protecting Our Identity and Credit Information

LECTURE, Q&A

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

T R • Feb 20, 22 • 9:30–11:30 AM • \$40/silver

Leader: West Cobb

Dining at the Periodic Table: Chemistry of Elements

LECTURE

Ri **NEW!** We take an engaging look at the nature of the periodic table and what we can tell just by its structure. The course instructor will introduce the periodic table, look briefly at historical aspects of the periodic table in chemistry, talk about why the table looks the way it does and how it allows us to make predictions about chemical reactions, and discuss how these may hold secrets about the nature of the universe.

T • Feb 20 • 5:30–7:00 PM • \$20/silver
Leader: Kelling Donald

Flights of Fancy

BOOK TALK AND SIGNING

NEW! We will explore the joys of being open to unexpected experiences and adventures and being willing to view a sense of humor whenever possible, as one of the great enhancements of life's journey. We'll share stories from our book, 'Flights of Fancy,' including such occasions as meeting the Queen of England, having our love story appear in Good Housekeeping magazine, and chatting up Willie Nelson in a Nashville parking lot!

W • Feb 21 • 10:00 AM–12:00 PM • \$20/silver

Leaders: Randy Fitzgerald, Barbara Fitzgerald

'Bon à Tirer' Opening Lecture

LECTURE

Ri Se James Stroud is the owner of Center Street Studio in Massachusetts. He will give the opening lecture for the new exhibition 'Bon à Tirer: Prints from the Center Street Studio Archives.' The lecture will be followed by a reception and preview of the exhibition.

W • Feb 21 • 6:00–8:00 PM • Free, open to the public

Leader: James Stroud

In Flanders Field: British Poetry from WWI Trenches

LECTURE, DISCUSSION

NEW! World War I evoked a new kind of literature to express the death and carnage, the blood and mud of the western front. We will look at poems by Robert Graves, Siegfried Sassoon, Edmund Blunden and – the most passionate and profound – Wilfred Owen, who was killed one week before the war's end.

R • Feb 22, March 1, 8, 2018 • 12:30–2:00 PM • \$60/silver

Leader: Bruce Birdsey

Crude Oil to Fuels and Everything In Between

LECTURE

NEW! This lecture will be an overview of the complex process of exploration and production of crude oil, including logistics on moving crude oil to a refiner, the refining process, and distribution of fuel to terminals and ultimately to your local gas station.

R • Feb 22 • 2:30–4:30 PM • \$20/silver
Leader: Larry Cunningham

Legal Issues as You Age

LECTURE

Re **REPRISED** As we age, we should approach legal questions, issues, and situations a bit differently. While estate planning can be done at any



Give a Gift of Membership

Anniversaries, birthdays, Valentine's, Mother's Day, Father's Day, Christmas, and other celebrations are a great time to give the gift of Osher membership. This is SO much better than another sweater, candy, or a pair of socks! This is perfect for a spouse, partner, friend, parent, grandparent, or neighbor.

Osher membership offers great classes, wonderful benefits, and often leads to longtime friendships. Members may engage in interest groups, book clubs, courses, special events, and travel opportunities, as well as attend special lectures, musical performances, and art exhibit openings. Rather than giving something that is consumed or shoved in a closet, give this great gift of intellectual activities, social engagement, and fun!

For more information, contact Peggy Watson at margaret.watson@richmond.edu.

age, elder law starts a whole new conversation. Attend this class offered by an elder law expert as she talks about what legal options you may wish to consider, what critical legal decisions should not be overlooked, and how to know and choose what's best for you.

F • Feb 23 • 10:00 AM–12:00 PM • \$20/silver

Leader: Paula Peaden



Osher Volunteer Leadership Opportunities

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

Leadership Council members for 2018 include:

Lee Ann Pickering, Chair
lapicker11@gmail.com

Jeff Keil, Vice-Chair
jkeil69@comcast.net

Charlie Huffstetler Past Chair
clh1146@verizon.net

Ruth Blevins	Kay King
Donna Callery	Don Miller
Marlene Ebert	Bill Pawelski
Rob Hafker	

Project teams include:

Curriculum Development	Marketing Membership
Leader Support	

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

Interested in serving?

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

'Aging for Life' – A Program of the Greater Richmond Age Wave Coalition

LECTURE

Re **NEW!** 'Aging for Life' is the first program of its kind in Greater Richmond motivating us to rethink what it means to grow older. This mini-course provides a two-hour taste of the flexible, larger program! Learn about ageism and the campaign to 'Disrupt Ageism.' Dialogue on the Beauty, Freedom, and Gifts of Elderhood! You will leave enlightened and refreshed by this affirming workshop.

T • Feb 27 • 1:00–3:00 PM • \$20/silver
Leaders: E. Ayn Welleford, Tracey Gendron, Jenny Inker

MARCH

The Accordion Revival

LECTURE, HANDS-ON

UPDATED Learn about it, hear the music, and try playing the accordion! Find out why the accordion is enjoying renewed popularity, learn why there is no instrument like it, and see how it works. Enjoy hearing some accordion music and then be invited to take a lesson: you can do it!

R • Mar 1 • 2:30–4:00 PM • \$20/silver
Leader: Al Mermelstein

Hinduism: Its History, Practices, and Beliefs

LECTURE

NEW! What do you know about the Hindu religion? When and where did it start? Who were and are its leaders? What are the foundational beliefs of Hinduism? Come learn all these things and more!

M • Mar 5, 12, 19, 26 • 10:00 AM–12:00 PM • \$60/silver
Leader: Shantaram Talegaonkar

Vinegar - What a Trip!

LECTURE, Q&A

NEW! We will briefly review the history of vinegar, then delve into vinegars from different areas and learn

how to use them. Remember, this isn't your grandmother's vinegar!

M • Mar 5 • 1:00–3:00 PM • \$20/silver
Leader: Robin Gouckenour

Understanding Long Term Care Planning and Insurance Options

LECTURE, Q&A

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

T • Mar 6 • 10:00 AM–12:00 PM • \$20/silver
Leader: Linda Tsironis Caruthers

The Three M's: May, Macron, and Merkel (and More): Recent Elections in Europe and their Consequences

LECTURE

Ri **NEW!** Important elections with significant consequences have been held in Europe in 2017. In order to strengthen her support in the British parliament in preparation for her negotiations with the EU over Brexit, Prime Minister Theresa May called for new elections in early June, three years before she was required to do so. The projections suggesting she would increase her majority and thus strengthen her hand proved to be incorrect, and the result is that she now heads a weak coalition and a weak government. On the continent, the French held the first round of their presidential election in late April to select two of many candidates to run in the final second round two weeks later. The second round was won by Emmanuel Macron, who had appeared virtually from nowhere as an independent centrist. With the support of most of the establishment parties that had been rejected by voters in the first round, he won by a two-thirds vote against the far right candidate, Marine Le Pen. On September 24 Angela Merkel's

party, the centrist Christian Democrats (CDU) and its Bavarian sister party, the Christian Social Union (CSU), received as expected the most votes in the election for the German parliament. But the proportion of votes was less than in 2013, and Merkel's coalition partner, the Social Democrats (SPD), also received fewer votes. After the election, the SPD decided not to rejoin the coalition with Merkel, who is now facing the difficult task of forming a coalition with two small parties that differ on many issues.

T R • Mar 6, 8, 13, 15 • 10:00 AM–12:00 PM • \$60/silver
Leader: Arthur Gunlicks

Still Life Painting: There's More To It Than Meets the Eye

LECTURE

NEW! Still life painting is an especially intriguing subject, as it can be found on its own or as part of a painting of a larger subject. Still life painting goes as far back as the Egyptians and the Romans, and has continued into modern times. This class will show still life paintings in their many aspects as well as some paintings by important artists that are too well known to ignore.

T • Mar 6, 13, 20, 27 • 1:30–3:00 PM • \$60/silver
Leader: Elizabeth Bredrup

Drones: Practical Applications, and Laws That Affect Use

LECTURE, Q&A

REPRISED This course offers insights into the legal issues that confront the use of Drones/UAVs (Unmanned Aerial Vehicles) for real estate-related purposes and the various benefits of utilizing this technology.

T • Mar 6, 13, 20, 27 • 3:30–4:30 PM • \$40/silver
Leader: Gregory Mays

Memory Lost and Gained

LECTURE, Q&A

Ri Re NEW! Some types of memory are spared in older adulthood and others are impaired.

How can we understand these differences? Research on memory, aging, and related areas will be presented along with Richmond student collaborators to provide some answers.

W • Mar 7 • 11:00 AM–12:30 PM • \$20/silver
Leader: Jane Berry

Faith of Our Founding Fathers

LECTURE

This class will offer an overview of religious laws in the colonies, a session on the personal religious views and the public positions on separation of Church and State of six Founding Fathers, and a discussion on contemporary religious freedom issues.

W • Mar 7, 14, 21, 28, Apr 4, 11, 18, 25 • 3:30–4:30 PM • \$60/silver
Leader: Bernie Henderson

Spring Cleaning for the Mind and Body

LECTURE, DEMONSTRATION, Q&A

Ri Re NEW! Join us for an interactive session to learn valuable information for your health and well-being! We may have a common goal to enjoy life experiences and be active participants in our communities, but sometimes we feel as though we are spread too thin. We will discuss practical approaches to incorporate daily reflection and mindfulness activities to focus on our priorities and live a more balanced

life. We will also discuss the importance of physical activity and incorporating daily movement into our lives. By actively practicing in mindfulness-based skills and integrating them into daily life, we can reduce stress, manage pain, enhance sleep, strengthen positive qualities, and improve overall quality of life.

R • Mar 8 • 1:00–2:00 PM • \$20/silver
Leaders: Heather Sadowski, Sarah Sheppard

'Of Mice and Men' by George Steinbeck

LECTURE, DISCUSSION

NEW! In the 1930's, the world was in the grip of the Dust Bowl and the Great Depression. Americans were out of work, bread lines were common daily occurrences, and the future looked grim indeed. By 1937 in California, when Steinbeck wrote 'Of Mice and Men,' the itinerant ranch hands were beginning to be replaced by machinery, and their way of life was already fast disappearing. Nevertheless, his story captures the culture of those workers realistically and provides a vehicle for his thoughts about the common man. It is recommended that participants take Murray's other classes about the Dust Bowl and 1930's Music as well as read 'Of Mice and Men' to derive the highest value from this class.

F • Mar 9 • 10:00 AM–12:00 PM • \$20/silver
Leader: Murray Ellison





Osher/Modlin Partnership 2017-18

National Theater Live & Bolshoi Ballet – Spring 2018 Schedule

Osher Discount \$10 modlin.richmond.edu

NATIONAL THEATRE LIVE BROADCAST SERIES

NT Live: Cat on a Hot Tin Roof
Thu March 1, 2018 at 7PM (Encore)
Camp Concert Hall, Booker Hall of Music

NT Live: Hamlet
Thu March 8, 2018 at 7PM (Encore)
Camp Concert Hall, Booker Hall of Music

NT Live: Julius Caesar
Thu March 29, 2018 at 7PM (Encore)
Camp Concert Hall, Booker Hall of Music

BOLSHOI BALLET BROADCAST SERIES

Bolshoi Ballet: Romeo and Juliet
Sun January 21, 2018 at 12:55PM
Camp Concert Hall, Booker Hall of Music

Bolshoi Ballet: The Lady of the Camellias
Sun February 4, 2018 at 12:55PM
Camp Concert Hall, Booker Hall of Music

Bolshoi Ballet: The Flames of Paris
Sun March 18, 2018 at 12:55PM
Camp Concert Hall, Booker Hall of Music

Bolshoi Ballet: Giselle
Sun April 29, 2018 at 12:55 PM
Camp Concert Hall, Booker Hall of Music

ASK ABOUT OUR OSHER DISCOUNT!

Additional broadcasts will be added throughout the season. For tickets and the latest information, visit modlin.richmond.edu, call the box office at (804) 289-8980, or find us on Facebook, Twitter, YouTube, and LinkedIn.

Presented in partnership with Modlin Center for the Arts & Osher Lifelong Learning Institute.

Cool Flicks: More of the Greatest Comedies

MOVIES, DISCUSSION

UPDATED Continuing our quest for the funniest movies of all time, we will watch and discuss these classics: 'I Love You Again' (1940) starring William Powell and Myrna Loy, 'I Was a Male War Bride' (1949) with Cary Grant, and 'Waking Ned Divine' (1998), an Irish-made comedy.

F • Mar 9, 16, 23 • 1:00–3:00 PM • \$60/silver

Leader: Dan Begley

The European Union After Brexit

LECTURE

NEW! The 'Brexit' vote of June 2016 determined that the United Kingdom will leave the European Union after 40 years of membership. Subsequently, 'populist' movements in the Netherlands, France, and Germany have actively campaigned against the EU, and it has faced criticism from the Trump Administration across the Atlantic. Even before this critical vote, the EU had been under unprecedented stress as the result of overlapping forces such as terrorism, the 'euro-zone' financial crisis, and pressures of declining birthrates and increasing numbers of refugees from conflict zones in the Middle East and North Africa. Taken together, these issues have exacerbated older structural problems in the organization and created new and serious sources of friction in Europe, as well as potential opportunities for other member states - principally Germany. This presentation will provide an overview of key issues facing the EU after Brexit, place them in historical context, and assess potential scenarios for the direction of the organization in the face of unprecedented obstacles to European unity.

M • Mar 12 • 1:00–3:00 PM • \$20/silver

Leader: James Sofka

The Future of Healthcare with Deborah Davis, CEO VCU Health System Hospitals and Clinics and Vice President for Clinical Affairs

LECTURE

Se Re The Greater Richmond Age Wave Coalition is sponsoring a free and open to the public event on the Future of Healthcare in partnership with the MCV Hospitals Auxiliary, Lifelong Learning Institute in Chesterfield, and the Osher Institute. This comprehensive overview of the state of health care legislation will cover its impact on hospitals and the American health care system. Topics include insurance exchanges, health care workforce, health care quality, and the future of health care.

R • Mar 15 • 1:00–3:00 PM •

Free, open to the public

Leader: Deborah Davis

Edgar Allan Poe's Science Fiction

LECTURE, DISCUSSION

NEW! Ever wonder why science fiction authors from Jules Verne to Ray Bradbury have claimed Edgar Allan Poe as their inspiration? Poe's tales of space travel, the future, and amazing new technologies laid the groundwork for what we now call science fiction. This course examines Poe's most important works in the genre and how later authors responded to them.

R • Mar 15, 22 • 3:30–5:00 PM •

\$40/silver

Leader: Christopher Semtner

Polarization in American Politics

LECTURE, DISCUSSION

NEW! This course will examine the current polarization in American politics by looking at the development of American political attitudes and their expression in the ballot box over time.

F • Mar 16 • 10:00 AM–12:00 PM •

\$20/silver

Leader: James Narduzzi

Ancient Inscriptions and the Evolution of the Alphabet

LECTURE, DISCUSSION

NEW! Since the earliest use of writing as a means of expression, humans have learned to record daily life and their most fundamental documents, preserve legends, and capture their thoughts about the sacred. Using the wealth of written material left behind on Monuments, Steles, Tablets, Sealings, Leather, Paper, Coins and more, we will explore some of the most important inscriptions ever discovered in the Ancient Near East! The course will include discussion of the various mediums used for inscriptions, their interpretation and impact on our knowledge of history and religion in the region.

M • Mar 19, 26, Apr 2, 9 • 1:30–3:00 PM • \$60/silver

Leader: Jonathan Waybright

Carl Wilson: The Anchor of the Beach Boys

LECTURE, Q&A

NEW! All organizations have a 'key person.' For the Beach Boys, that was Brian Wilson. But as the rigors of touring and production work reduced his role, the youngest Wilson brother, Carl, became the anchor holding the group together in challenging times. The class will focus on recordings featuring Carl's voice, his production skills in the studio, the development of his own songwriting skills, and how he maintained stability for the band in a variety of environments.

Tuesday • 20-Mar-18 • 10:00 AM–12:00 PM • \$20/silver

Leaders: Bill Pike, Joe Vanderford

Capitalize on Your Intellectual Property

LECTURE, DISCUSSION, Q&A

Ri Re **NEW!** Do you have a story to tell? An invention brewing in your brain? Thought about selling your artwork? Starting an "encore career" with a mobile app? Learn about the different types of intellectual property and how to protect it.

W • Mar 21 • 10:00 AM–12:00 PM • \$20/silver

Leader: Ashley Dobbs

Type 2 Diabetes: New Approaches to a Growing Epidemic

LECTURE

Re **NEW!** This lecture will review current understanding of diabetes and how treatment strategies are changing to meet the anticipated epidemic. An inter-professional approach to chronic care management will be emphasized.

W • Mar 21 • 1:00–3:00 PM • \$20/silver

Leaders: John Clore, Linda Thurby-Hay

Really Richmond: In the Beginning

LECTURE

NEW! In 1607 when English adventurers sailed up the James in search of gold and fortune, they were met by the longtime inhabitants, the Powhatan Indians. What did the early adventurers encounter at the place that would become an early fort, and later the capital of the state? What remains of those early colonial days in Richmond's cultural and architectural landscape? This course will take us back to the early contact period between natives and newcomers and take us up to Patrick Henry's stirring words on the eve of the Revolution at historic St. John's Church.

R • Mar 22 • 10:00 AM–12:00 PM • \$20/silver

Leader: Alyson Taylor-White

The Organ Legacy of Leipzig

LECTURE, RECITAL

Ri Bo **NEW!** This combination lecture/recital will focus on organ works by composers associated with the great German music center of Leipzig, beginning with Bach. We will have short discussions of the composers and the pieces being played. Come enjoy these organ works on the extraordinary Rudolf von Beckerath pipe organ, which was built in 1961 in Hamburg, Germany.

R • Mar 22 • 1:00–3:00 PM • Members Free

Leader: Bruce Stevens

Course Audit Opportunities

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

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

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

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

Spiders in the Kitchen

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

Date:

Wednesday February 14, 2018
Thursday March 29, 2018
Thursday June 7, 2018

Time: 11:30 am – 1:30 pm

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

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



Ralph Ellison's 'Invisible Man'

FACILITATED DISCUSSION

NEW! 'Invisible Man' was awarded the National Book Award in 1953; today, it is nineteenth on the Modern Library's list of 100 best novels. While certainly about race relations, there is much more to the book. The narrator remarks to us: 'Who knows but that, on the lower frequencies, I speak for you.' A group setting is a great place to encounter this classic book, which makes frequent use of symbols and literary allusions and is just shy of 600 pages.

F • Mar 23, 30, April 6 • 10:00 AM–12:00 PM • \$60/silver
Leader: Larry Braja

Alexander Hamilton

LECTURE, Q&A

NEW! Prior to becoming a hip-hop star on today's Broadway stage, Alexander Hamilton lived a remarkable life as one of America's greatest Founding Fathers. Come learn more about this man who was probably more responsible for 13 separate states becoming a nation than anyone else.

T • Mar 27 • 10:00 AM–12:00 PM • \$20/silver

Leader: Randolph Flood

Understanding Modern Agriculture and Our Food Supply

LECTURE, Q&A

Re **NEW!** Do you know what you're eating? In this class, we'll address the following topics: Modern Farming Technology, How Policy Impacts Our Food System, A Brief History of Crop and Livestock Development and Improvement, Genetic Modification and Non-GMOs, Gene Editing, Organic Production, and Pesticide Use in Agriculture.

W R • Mar 28, 29 • 1:00–3:00 PM • \$40/silver

Leader: Charles Green

Maria Chavez: Sound Art

LECTURE

Ri Se Maria Chavez will present the lecture for her exhibition 'Maria Chavez: Sound Art.' The lecture will be followed by a reception and preview of her exhibit.

W • Mar 28 • 6:00–8:00 PM • Free, open to the public

Leader: Maria Chavez

Really Richmond: From the Founding to Secession

LECTURE, Q&A

NEW! The new capital of Richmond quickly became a populous and popular port town for trade and culture right until the eve of the Civil War. What changes did the city

and its inhabitants encounter during these trying times? What role did civic and fraternal groups have in the development of the political foundations of the early nation, and what role would they play in times of conflict? How did women and minorities interact given social conventions that for the most part neglected them? What were the early and lasting industrial contributions of Richmond on the James?

R • Mar 29 • 10:00 AM–12:00 PM • \$20/silver

Leader: Alyson Taylor-White

How to Live a Life that Matters

FACILITATED DISCUSSION

Re **NEW!** Deep down, every person wants to live a life that matters. Almost everyone has good intentions; an intentional life, however, has thought and purpose to it. This course is a conversational study of the book 'Intentional Living' by John C. Maxwell. Students should purchase the book (ISBN-10: 1455548170), available through Amazon and Barnes & Noble, prior to the class.

R • Mar 29, April 5, 12, 19, 26, May 3 • 3:30–5:30 PM • \$60/silver

Leader: Donna Kunde

Baseball Movies in 1980s America

LECTURE, DISCUSSION

NEW! The course will explore, in a generally lighthearted vein, how movies centered around our (former?) National Pastime have depicted the game and occasionally reflected the zeitgeist of the 1980s. Each class will focus one classic baseball film from the decade: 'The Natural,' 'Field of Dreams,' 'Eight Men Out,' 'Bull Durham,' and 'Major League.'

F • Mar 30, Apr 6, 13, 20 • 1:00–2:30 PM • \$60/silver

Leader: Thomas Cox

APRIL

Love Matters: Caregiving Tips, Quips and Advice from the Male Perspective

LECTURE, DISCUSSION, Q&A

Re **NEW!** Dave Singleton is an author, teacher and consultant who's been a health and caregiving columnist for Caring.com, the top caregiving website in the US, for five years. 'Caregiving is near and dear to my heart because of my personal experience with friends and family members who've suffered with illnesses including heart disease, strokes, cancer, dementia and Alzheimer's, schizophrenia, and HIV,' says Dave. For good reason, caregiving is often seen as more of a female focus. The statistics show that women are predominantly the caregivers in our society. But many men are caretakers, too. Dave is pleased to share his perspectives on caregiving, as well as real-life experiences and coping strategies when faced with older, infirm parents and ill loved ones.

M • Apr 2 • 10:00 AM–12:00 PM • \$20/silver
 Leader: David Singleton

Local Nonprofit Spotlight: Homeward's Emerging Trends in RVA Homelessness

LECTURE, DISCUSSION

Re **NEW!** Join the Executive Director of Homeward, the planning and coordinating organization for homeless services in the greater Richmond area, as she highlights regional data and demographics on homelessness and provides insights into emerging trends and challenges in addressing homelessness.

T • Apr 3 • 10:00 AM–12:00 PM • \$20/silver
 Leader: Kelly King Horne

iPad Basics

LECTURE, HANDS-ON, Q&A

REPRISED Are you getting the most out of your new iPad? Learn short

cuts, tricks, and how to make your iPad your own. This class will offer an overview of the basics, generous Q&A time, and email communication with instructor. Intended for students who own iPad 2nd generation and up with OS 7.0+ software and registered on UR network (instructions online at is.richmond.edu/telecom/portable/mobile-registration-form.html). You may also contact the course leader at ipadbasics@aol.com for help related to the software update.

T • Apr 3, 10 • 10:00 AM–12:00 PM • \$40/silver
 Leader: Betsy Y. Spath

Osher Member Orientation

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

T • Apr 3 • 1:00–2:00 PM • Free to members
 Leaders: Osher Membership Team

Campus Walk/Tour

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

T • Apr 3 • 2:00–3:30 PM • Free, open to the public
 Leaders: Osher Membership Team

Really Richmond: From the Civil War to Civil Rights

LECTURE, Q&A

NEW! Once the passionate flames of war were extinguished, who rebuilt the capital to recapture its for-

mer trajectory toward becoming a major port for commerce and trade? What part did technology and transportation have in this development? How did newly enfranchised blacks find a way into a society that had enslaved them for centuries? Who were the leaders in the movement toward modernity that continues to impact us today? Will Richmond ever resolve its race conflicts?

W • Apr 4 • 10:00 AM–12:00 PM • \$20/silver
 Leader: Alyson Taylor-White

Iceland: Geysers and Waterfalls

LECTURE, Q&A

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

W • Apr 4 • 1:00–2:30 PM • \$20/silver
 Leader: Ted Hoagland

'The Grapes of Wrath' by John Steinbeck

LECTURE, DISCUSSION

NEW! First published in 1939, Steinbeck's Pulitzer Prize-winning epic of the Great Depression chronicles the Dust Bowl migration of the 1930s and tells the story of an Oklahoma farm-family who were driven from their homestead and forced to travel west to the promised land of California and collided against the hard realities of a harsh American landscape. At once a naturalistic epic, captivity narrative, and road novel, it is Steinbeck's most powerful landmark novel. Murray recommends that you take his other 1930s Osher classes and read 'The Grapes of Wrath' to get the most value from this class.

R • Apr 5, 12 • 10:00 AM–12:00 PM • \$40/silver
 Leader: Murray Ellison

Maggie L. Walker: Her Life and Legacy

LECTURE, Q&A

REPRISED The Maggie L. Walker statue on Broad Street is the most recent addition to Richmond's monumental landscape, but it is not the only place you can visit to learn more about this pioneering entrepreneur and civil rights activist. Join National Park rangers for a two-part session exploring the life of one of Richmond's most iconic figures. The first session will feature a bus tour of the city, highlighting a variety of Walker-related sites, while the second session will be a tour of the Maggie L. Walker National Historic Site in Jackson Ward.

R • Apr 5, 12 • 1:00–3:00 PM • \$40/silver

Leaders: Ben Anderson, Ajena Rogers

Tour of UR's Historic Bottomley House

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

F • Apr 6 • 3:00–4:30 PM • Free to members

Leader: Betty Ann Dillon

The Effects of Eye Issues on Famous Artists and Their Works

LECTURE, Q&A

Re We'll discuss how eye issues, such as cataracts, macular degeneration, bleeding inside the eye, and epiphora, all significantly changed

the abilities of famous artists such as Munch, Monet, O'Keeffe to function well in their profession.

M • Apr 9 • 10:00 AM–12:00 PM • \$20/silver

Leader: Shantaram Talegaonkar

Contemporary Cosmology

LECTURE, Q&A

Ri **NEW!** The past 20 years have seen a revolution in our understanding of the origin, fate, and content of our Universe. This course will introduce students to these big ideas such as dark matter, dark energy, and the big bang.

M • Apr 9 • 5:00–7:00 PM • \$20/silver

Leader: Jack Singal

Introduction to the Talmud

LECTURE, Q&A

NEW! The Talmud is the collected repository of thousands of years of orally transmitted Jewish Rabbinical wisdom. Noted rabbinic scholar Adin Steinsaltz aptly described it as a conglomerate of law, legend, and philosophy, a blend of unique logic and shrewd pragmatism, of history and science, anecdotes and humor. In this class you will learn how the Talmud is connected to the 'Old' Testament, how it was redacted over time, the scope of its contents, and how it is organized. Best of all, we will examine a representative sampling of excerpts to get a flavor of what it's all about. Neither previous Jewish study nor ability to read Hebrew is required. All are welcome!

T • April 10, 17 • 10:00 AM–12:00 PM • \$40/silver

Leader: Alan Pollack

I Know Richmond: The Bus Tour

FIELD TRIP

NEW! Join the Valentine for an overview of Richmond's history that shows off many of the city's unique sites and neighborhoods, including Church Hill and St. John's Church; Shockoe Bottom and Main Street Station; Jackson Ward and the Maggie Walker House; Monument Avenue and the Fan. Ticket includes admission to the Valentine, where participants can explore new and ongoing exhibitions or visit Garnett's downtown for lunch.

T • Apr 10 • 1:00–3:30 PM • \$25/gold and silver

Leader: Liz Reilly-Brown

Art of the Gilded Age

LECTURE, Q&A

NEW! In this course, students will peruse art of the Gilded Age and explore how it relates to the culture of late nineteenth-century America. Artwork by Edward W. Kemble, Thomas Eakins, Albert Bierstadt, Winslow Homer, and others will be discussed.

T • Apr 10 • 6:00–8:00 PM • \$20/silver

Leader: Sandy Benoit

Medicare 101

LECTURE, Q&A

Re **REPRISED** Attend this class for a complete overview of Medicare including Original Medicare A & B, supplements, drug cards, and Medicare Advantage plans. We will also cover enrollment eligibility, timing, and process.



W • Apr 11 • 1:00–2:30 PM • \$20/silver
Leader: Chris Lynch

Pre-Raphaelite Art

LECTURE, Q&A

NEW! In 1848, a small group of young British artists decided to shake up the art world and challenge the unquestioned authority of the Royal Academy. They soon became legends, and their paintings influenced future artists, especially the Symbolists. This course will introduce the artists who called themselves the Pre-Raphaelite Brotherhood and will examine the artworks they produced.

R • Apr 12 • 3:30–5:00 PM • \$20/silver
Leader: Christopher Semtner

Let's Look at Art

LECTURE, MUSEUM TOUR

Ri **NEW!** Do you dislike visiting museums because you don't 'get' the art? Does it drive you crazy when a tour guide asks you 'what do you see' and all you see are blobs of color that your kindergartner could make? Then this is the class for you! Join Martha Wright, Coordinator of Visitor and Tour Services with University of Richmond Museums, in a fun and informal discussion on how to look at art. In this class we will share strategies on how to read artworks and develop opinions about art on the spot.

F • Apr 13, 20 • 10:00 AM–12:00 PM • \$40/silver
Leader: Martha Wright

UR Behind the Scenes: The Cannon Memorial Chapel

Ri Bo **REPRISED** This stately building with the dramatic stained glass windows has served the UR campus since its dedication in 1929, not only for religious services but also for cultural and academic events. Learn more about Cannon Chapel, which recently underwent a major renovation and was designated a National

Historic Landmark in 2013. We will also include the Columbarium and the Wilton Center in this program.

F • Apr 13 • 3:00–4:30 PM • Free to members
Leader: Betty Ann Dillon

Human Trafficking

LECTURE, DISCUSSION

NEW! During this presentation, participants will learn the definition of human trafficking, be able to recognize warning signs of trafficking victims, and discuss resources in the community.

M • Apr 16, 23 • 10:00–11:30 AM • \$40/silver
Leaders: Bonnie Price, Sara Jennings

History of Music Part II: The Baroque and Classical Eras

LECTURE

REPRISED We will discuss the music of some of the most famous composers. What makes Bach sound so different from Mozart? How can one learn to hear the differences? How did the invention of the piano and opera change classical music? Part I is not a prerequisite for this course, and no musical background or experience is required.

M • Apr 16, 23 • 12:00–2:00 PM • \$40/silver
Leader: Sheryl Smith

Introduction to Acupuncture and Chinese Medicine

LECTURE, DEMONSTRATION, Q&A

Re **NEW!** This class will introduce students to the fundamental principles of Chinese Medicine and Acupuncture, and explore its value in today's conventional medical setting.

M • Apr 16, 23 • 3:00–5:00 PM • \$40/silver
Leader: Keith Bell

Untangling the Internet

LECTURE, Q&A

REPRISED The Internet is having a profound impact on our world, but what is the Internet exactly and how

does it work? The purpose of this class is to answer these questions and more. Other topics will include identifying the best websites for news, social, travel, and research; conducting business using the Internet (utilities, banking, shopping); Internet safety and privacy considerations; how to use the Google search site; using all features of the Chrome web browser; and making sense of key terminology, such as Flash, cookies, the Cloud. (Note: this class has been expanded from 6 hours to a new total of 10 hours). You may email the course leader at westcobb@gmail.com with any questions regarding the course.

T R • Apr 17, 19, 24, 26 • 9:30 AM–12:00 PM • \$60/silver
Leader: West Cobb

Promulgation of Policy into Strategic Documents with a Focus on the Department of Defense

LECTURE, DISCUSSION

NEW! In this class, we will describe and discuss the promulgation of policy directives from the President into strategic documents for the United States Government.

T • Apr 17, 24, May 1 • 1:00–3:00 PM • \$60/silver
Leaders: Gerald Catrett, Penny Koerner

History of Richmond Craft Beer Part 4: Midnight Brewery

FIELD TRIP

NEW! Class will begin with a brief review of craft beer in America, then shift to focus on the history of Midnight Brewery. A tour of the brewery will follow, ending with an optional tasting at extra cost.

T • Apr 17 • 4:00–6:00 PM • \$20/silver
Leader: Wade Reynolds

Everything You Need to Know About Planned Giving (But Were Afraid to Ask!)

LECTURE, Q&A

Ri Bo Re **NEW!** Have you been thinking

about how to make a gift to a special organization that is important to you? Do you know how to go about this? Do you put this in your will? Can you do this easily yourself or do you work out the details with a financial advisor or a lawyer? Do you tell the organization what you're planning? Are there ways to make a gift now, but still receive income from it? Are there tax benefits? It's not as confusing as it sounds! Come join us for an information session on what planned giving entails, and more specifically what charitable planned giving means. We'll try to provide general information as well as specifics on the different types of giving available.

W • Apr 18 • 10:00 AM–12:00 PM • Free to members
Leader: Rhonda McIlwain

How To Enhance Your Travel Photography

LECTURE, DISCUSSION

NEW! The objective of this class is to enhance the travel experience through photography. Presentation will include image composition,

techniques, and camera selection.

W • Apr 18, 25 • 1:00–3:00 PM • \$40/silver
Leader: Daniel Walker

The Jacksonian Era, 1824-1848

LECTURE, Q&A

NEW! President Andrew Jackson is the closest analogue to the current occupant of the White House: a populist and nationalist, with controversial racial views. But Jackson was an advocate of laissez-faire policies, an economic ideology which transformed America into the world's leading industrial power.

R • Apr 19, 26 • 1:00–3:00 PM • \$40/silver
Leader: Louis Cei

Bounty of Boatwright

Ri Bo Are you excited about the ability to use the wonderful resources of Boatwright Memorial Library, but unsure where to start? At this session, you'll learn how to find books, articles, and other resources that are of interest to you. We'll also highlight some of the more interesting and unusual digital collections and databases that you might not have seen.

T • Apr 24 • 3:30–5:00 PM • Free to members
Leader: Carrie Ludovico

Jamestown Tour: A Fresh Look

FIELD TRIP

NEW! Unless you've accompanied your children or grandchildren or perhaps visited on its 400th Anniversary, you probably haven't been to Jamestown in quite a while. Here's your opportunity to visit the Jamestown Settlement and visit the museum, the replica ships, the replica fort and then the actual site and archeological exhibits that are now on display at Jamestown Island under the stewardship of Historic Jamestowne. Your tour guide, Chip Mann, served as the Executive Director of the Jamestown 400th Commemoration Commission and will provide inside stories and historical accounts of the life and times in pre-Colonial days in Virginia.

F • Apr 27 (Rain date: May 4) • 9:00 AM–6:00 PM • \$85, silver and gold
Leader: H. E. 'Chip' Mann

The Impact of Child Abuse and Neglect in Our Community

LECTURE

NEW! Compared with other health problems, the burden of child maltreatment is profound. This course will educate the community about the costs associated with child abuse and the benefits, cost-effectiveness, and importance of child abuse and neglect prevention efforts.

M • Apr 30 • 10:00 AM–12:00 PM • \$20/silver
Leaders: Jeannine Panzera, Barbara Herzog

Savoring the Past: Cookbooks as Cultural Artifacts

Ri Bo **REPRISED** Food is a universal connection between people of differing cultures, locations, and even time periods. Cookbooks contain recipes but they can also tell us a lot about the people who used the recipes and the time in which they lived. Come explore some historical cookbooks from Boatwright's Rare Book Room and see what you can discover.

M • Apr 30 • 1:00–3:00 PM • Free to members
Leader: Lynda Kachurek



MAY

Lunch at Ampthill Farm with a Nutrition Presentation and Tour

FIELD TRIP

Re **NEW!** Enjoy a relaxing afternoon in the country at Ampthill Farm, located in Cartersville, about an hour west of Richmond. A colorful, nutritious lunch will be served in the barn, followed by a presentation on the history of the property, which was once a Southern plantation, and an explanation of the health benefits of sweet potatoes, spinach, and tomatoes, all of which will be featured in the buffet lunch. A tour of the property will follow. Participants are responsible for their own transportation to the farm.

W • May 2 (Rain Date: May 9) • 11:30 AM –2:00 PM • \$35/ silver and gold
Leader: Paula Harrison

The Pitfalls of Policymaking

LECTURE, Q&A

NEW! We will survey the factors influencing policymaking and policymakers: lack of and erroneous information, strongly held assumptions, strong personalities, inexperience and political considerations. Foreign policy issues will be the focus. Russian use of ‘active measures’ techniques will be included.

R • May 3 • 10:00 AM–12:00 PM • \$20/silver
Leader: Phil True

Pills! Non-Prescription Agents for Inflammation and Pain

LECTURE, Q&A

Re **NEW!** Aspirin, other NSAIDs, acetaminophen, and other popular non-prescription meds: what do they do mechanistically, how do they work, and what are their side effects and toxicities? We’ll talk about pharmacology, the study of drugs, as opposed to pharmacy, the dispensing of drugs.

M • May 7 • 10:00 AM–12:00 PM • \$20/silver
Leader: Earl Ellis

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

LECTURE

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

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

This program is supported by the Genworth Foundation.

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



The Body’s Gyroscope, Staying Upright and Fall Prevention

LECTURE, DEMONSTRATION, Q&A

Re **NEW!** The course will provide an overview of how the body is able to stay upright and what happens when disease or aging puts us at risk for falling. Learn strategies to minimize falling.

M • May 7 • 1:00–3:00 PM • \$20/silver
Leader: Sandra Mitchell

Understanding Long Term Care Planning and Insurance Options

LECTURE, Q&A

Re **REPRISED** After 17 years of specializing in long term care planning to include long term care insurance design and claim filing, Linda will help you understand the core features and benefits of a policy as well as various

funding options available. Long term care planning to include a long term care policy should be an informed and educated decision.

T • May 8 • 10:00 AM–12:00 PM • \$20/silver
Leader: Linda Tsironis Caruthers

Spring Birding Walk

Ri We will take an early morning walk through the lovely University of Richmond campus to look and listen for resident birds. Please dress appropriately for the weather, wear comfortable shoes, and bring binoculars, if you have them.

R • May 10 • 8:30–10:00 AM • \$20/silver
Leader: Mary Elfner

Osher Interest Groups

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

Bicycling

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

Bridge

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

Contemporary Issues

This discussion group, coordinated by Bill Pawelski, Alan Corbett, Janet Murray, Susan Phieffer, and John Schofield, centers on the free flow of information and ideas. Topics for each meeting will be chosen from recommendations made by participants. Various moderators will prepare an agenda for each meeting and share information, statistics, and resources on selected topics. UR faculty or students may be asked to present. Sessions will be interactive, with open discussions of the news of the day. Lively debate and a free flow of ideas and opinions will be encouraged, all done in a respectful and safe atmosphere. Sessions will be held the first Wednesday of each month. Classroom space is limited, so RSVP is requested for each session. To join, please email John Schofield at **schofieldj@comcast.net**.

Great Conversations

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

Hikers

Come with us and explore the wonders of nature: the breathtaking waterfalls, wildlife, various plants and vegetation, not to mention historic urban settings. Our hikes run from September through

June and cover an array of venues from the Shenandoah National Forest to urban hikes, and all points in between. Our hikes generally run between four and seven miles in length with varying degrees of difficulty and elevation change. We generally leave campus around 8 AM and return by 5 PM. For more information, contact the group coordinator: Amelia Wolfe, **awolfe@richmond.edu**. All participants are required to sign a liability release form. Upcoming hikes include:

Thursday, December 14
Fredericksburg Urban Hike

Monday, January 15, 2018
East Richmond Urban Hike

Investments

Raise your financial IQ. Join other members of the Osher Investment Interest Group once a month on the 3rd Friday from 10 am to noon to hear and interact with guest experts in the field of Investments and personal finance. Our speakers include Robins Schools of Business students who manage part of the UR endowment fund, professors, estate lawyers, and a variety of financial professionals for you to ask questions and grow your financial IQ. Meetings held at the Robins School of Business.

Here are the dates for our Spring Semester meetings: January 19, February 16, March 16, April 20 and May 18.

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

Literary Dreamers

Osher members are welcome to join this group founded in 2001 by dedicated School of Professional and Continuing Studies students. Readings range from academic non-fiction to literary fiction to popular fiction. The group coordinator is Kelly Winters at **kwpw79@gmail.com**.

Unless otherwise specified, all meetings will be on the last Saturday of the month.



Memoir Writing

There are many reasons to write a memoir. Maybe you want to leave stories about your life for your children. Maybe you want to write the stories your family left you, so that they will not be forgotten. Maybe you want to figure out, for yourself, what your life has meant. Perhaps, though, you don't know where to begin. The Osher Memoir Writing Group is a supportive group that will offer writing suggestions to help you get started, and advice and feedback to keep you going. This is not a group that will focus on publication; rather, each month, we'll discuss different writing techniques, and offer short assignments as writing prompts. We'll talk about positive critiquing and how to function in a supportive critique group. If you are interested in being a member of the Memoir Writing Group, please email Lynn Blankman at lynn-blankman@gmail.com.

Photography

The Osher Photography Interest Group provides the opportunity to gather in a supportive environment with others who share a curiosity and passion for photography. Members will have the chance to present their works with an emphasis on the 'how' and 'why' a photo (or portfolio) was created, while also sharing their knowledge and techniques. In this non-competitive environment, help, advice, and feedback will be stressed. Each month members may submit digital images for a theme segment or an open category. Images will be projected, and members may provide constructive critiques.

This group's members could also create the opportunity to partner on photography shoots around Richmond and possibly beyond. If you would like to join this group, please email coordinator Peter Blankman at pblankman@gmail.com.



Theatre Lovers

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

Enjoy these 2017-2018 performances with the Osher Theatre Group!

02/18/18: **A Raisin in the Sun**
Virginia Rep

03/11/18: **Erma Bombeck: At Wit's End**
Hanover Tavern

04/15/18: **Lucky Me**
CAT Theatre

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

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



Travel

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

Upcoming Trips

July 18-24, 2018: Canadian Rockies & Glacier National Park

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

December 1-15, 2018: Expedition Antarctica

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

More details on trips are available at: spcs.richmond.edu/osher/schedule/travel.html.



Member Benefits at a Glance

- Membership is good for 12 months from date you join
- Several membership options
- Free Osher member orientation and tour
- Osher members receive a discount at the Modlin Center for the Arts
- Free parking on UR campus
- Unlimited borrowing privileges at the UR's Boatwright Library
- Access to the UR Technology Help Desk
- Use of more than 300 online databases at the UR Library
- UR 'One Card' used to access full privileges at the UR Library and discounts at some area retailers
- UR email address
- Daily 'SpiderBytes' email of UR campus programs and events
- Access to UR help center for preparing presentations
- Opportunity to audit credit classes
- Unlimited on-campus Osher classes for Gold members
- Free bonus classes and special events

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

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

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

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

For more information, contact us today:

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