



# OSHER

SPRING 2025

AT THE UNIVERSITY OF RICHMOND



CELEBRATING OUR LOVE  
OF LIFELONG LEARNING

 UNIVERSITY OF RICHMOND  
**School of Professional  
& Continuing Studies™**



# LOVE



## 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 124 Osher Institutes in colleges and universities throughout the United States. We offer intellectual stimulation and civic engagement in a community of lifelong learners age 50 and better.

Through the Osher Institute you may rediscover your love for learning. We offer a wide array of academic courses and programs year round, in the spring, summer and fall semesters. Osher offerings include undergraduate credit courses for audit, special interest groups, courses, free lectures, and more. There are no entrance requirements, no tests, and no grades.

In fact, no college background is needed at all—it's your love of learning that counts. If you're 50 or better with a curious mind and a keen interest in learning, we'd love for you to join us.





# Osher's 20th!

## Keeping the Celebration Going

As we begin our 2025 spring semester, the University of Richmond Osher Lifelong Learning Institute continues its 20th Anniversary celebrations. Let's keep telling our stories and keep the parties going! We are filling your winter and spring with special events, great classes, and more fun ways to gather and celebrate.

Here are the 20th Anniversary events that you'll find listed in this catalog and available for registration:

### JANUARY 13: UR OSHER'S ALL MEMBER MEETING

Come join your Osher Leadership Council and Osher staff for an update on our institute.

### JANUARY 28 – APRIL 1: UNIVERSITY OF RICHMOND ARTS AND SCIENCES LECTURE SERIES

The UR School of Arts and Sciences is hosting a lecture series this spring, with the Osher Institute at the top of the invitation list! Look for these four lectures – all on Tuesdays, 4-5:30 p.m. – and sign up!

### FEBRUARY 16: SPIDER WOMEN'S BASKETBALL GAME TERRACE EVENT

Join your Osher colleagues in the Spider Club Terrace for a great meal and amazing view of the game.

### MARCH 2: 2025 EDWARD C. AND MARY S. PEPLE LECTURE

Featuring Suzanne Simard, Leader of the Mother Tree Project and author of 'Finding the Mother Tree: Discovering the Wisdom of the Forest.'

### MARCH 4: OSHER-WIDE READ AND DISCUSSION

Join us as we group read and discuss Suzanne Simard's book, 'Finding the Mother Tree: Discovering the Wisdom of the Forest.'

### APRIL 9: A RECEPTION AND JAZZ

Join your Osher colleagues for a fun evening of a reception followed by a wonderful concert by our UR students. This annual spring concert will showcase UR student jazz combos performing rock, blues, swing, and more.

There are more events planned: **Bluegrass and Beer** in May and our first ever **Osher Member Art Show** in July.

Let's continue to celebrate our love of lifelong learning together! We all can be proud of what we've created together over the last 20 years – and there's lots more to come!



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# WHERE DO I START?

SPRING 2025

## ONLINE REGISTRATION

- Log in to the online registration portal. Visit [osher.richmond.edu/schedule](https://osher.richmond.edu/schedule), then click on the red “Online Registration Portal” button located on the right-hand side of the screen, to access. Once logged in, your name will appear at the top of the page.
- Confirm your membership is active. Select **My Profile** once logged in.
  - Not yet a member? Need to renew?  
Select **MEMBERSHIPS & RENEWALS**.
- Preview classes starting **December 9**. Register starting **December 18**.
- 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](http://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](mailto: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](https://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**.

## January

### Gardening and Landscaping Fundamentals

**NEW** Learn the fundamentals of gardening, including soil properties, soil conditioning, and soilless substrates. Also learn methods to propagate and grow native and introduced species of trees, shrubs, and herbaceous perennial plants as well as vegetables and small fruits. The course also covers basic principles and elements of landscape design, landscape maintenance, and invasive vs. native plants.

**F • Jan 10, 17, 24, 31, Feb 7, 14**  
**• 10-11:30 AM • \$60/Silver**  
**Leader: Chris Catanzaro**

### Diagnostic Challenges in Medicine – Case Presentations

**A NEW** Several medical cases requiring an correct diagnosis will be presented. Each patient's history, symptoms, physical examination, and laboratory test results will be described. You must make the correct diagnosis in at least one case, or you will be required to repeat the class.

**F • Jan 10 • 1-3 PM • \$20/Silver**  
**Leader: Peter Goodman**

### Richmond Symphony Series Companion Course

**Z** Join this deep dive into the music of the 2024-25 Richmond Symphony "Symphony Series" concert season. Each session will focus on the repertoire of the Symphony's next concert performance and feature a special guest with a critical role in that performance. Guests will include conductors, composers, soloists, and more! Through recordings, images, scholarship, biographies, backstage stories, and discussion we will listen and engage more deeply with the music and the artists who bring it to life.

**M • Jan 13, Feb 10, Feb 24, Mar 10, Mar 31, and May 5 • 7-8 PM • 60/Silver**  
**Leader: Julie Bemis**

### Osher All Member Meeting

**♥** Join your Osher Leadership Council and staff for light refreshments and an update on your Osher Institute.

**M • Jan 13 • 9:30-11:30 AM**  
**• Free to Members**  
**Leader: Osher Leadership Council**

### Introduction to Campus Walking Tour

Are you **NEW** to the University of Richmond campus and unsure where to park and what buildings are often used for Osher classes? Do you want to know where to eat, where the Post Office is located, and where athletic and performing arts events are held? This campus walk is for you! Join Marshall as he helps you navigate this beautiful campus, rated No. 2 for Most Beautiful Campus in the 2024 Princeton Review. And, if you wish, end your walk by joining Marshall for lunch in the Heilman Dining Center (just pay for your meal as you enter).

**T • Jan 14 • 10 AM-12 PM**  
**• Free to Members**  
**Leader: Marshall Irvine**

#### NATIONAL OSHER ONLINE

### Transparent Eyeballs: The Transcendentalists and Their Worlds, 1803-Present

**Z** Transcendentalism is an umbrella term that refers to a complex and profoundly influential philosophical, spiritual, and literary movement that emerged in the 1820s and 1830s. This course will examine the ideas, writings, political activism, and legacies of contributors to the Transcendentalist movement including Ralph Waldo Emerson, Margaret Fuller, Henry David Thoreau, Walt Whitman, Herman Melville, and beyond.

**T • Jan 14, 21, 28, Feb 4, 11, 18**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: Anthony Antonucci**

### Introduction to Sign Language

**BACK BY POPULAR DEMAND** In person In this class, you will learn basic sign language, including finger spelling, signing, facial expressions, so that you'll be able to communicate with a hearing-impaired person.

**T,W • Jan 14, 15, 21, 22, 28, 29**  
**• 1-2:30 PM • \$60/Silver**  
**Leader: Ruth Schoenhaut**

#### NATIONAL OSHER ONLINE

### First Class: A History of the Post Office in the United States

**Z** What comes to mind when you think of the post office? Is it the unique beauty of a stamp, the thrill of an awaited delivery, or an iconic blue collection box? Do you equate the post office with obsolescence, or think of controversial austerity measures? In this course, we will explore what precipitated the creation of the Post Office, its role in democratic communication, and numerous examples of innovation up to the present-day USPS.

**T • Jan 14, 21, 28, Feb 4, 11, 18**  
**• 7-8:30 PM • \$60/All Members**  
**Leader: Caroline Nappo**

### Poe Museum Special Birthday Tour

**NEW, DRIVE TO EVENT, FIELD TRIP** Richmond's most celebrated writer, Edgar Allan Poe, would have turned 216 on January 24. In tribute, Poe Museum Tour Guide Murray Ellison will lead a special Poe Birthday Museum Tour highlighting the writer's life, career, and final days in Richmond. Registered participants will find downtown parking and meet at the Poe Museum at 1914 E. Main Street by 9:30 a.m. for a pre-tour orientation. Fees are non-refundable unless we are able to fill your slot.

**W • Jan 15 • 9:30-11:30 AM • \$5/Silver**  
**Leader: Murray Ellison**

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



20TH ANNIVERSARY  
EVENTS



ZOOM  
CLASS



REGIER AGING  
WELL SERIES

NATIONAL OSHER ONLINE

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

OSHER.RICHMOND.EDU



## Joint Osher – ARRT-R Lecture: Washington's Marines: The Origins of the Corps and the American Revolution, 1775-1777

**Z** **NEW** Join the American Revolution Round Table - Richmond to learn about the creation of the Corps and how it impacted the Continental Army during the Revolutionary War.

**W • Jan 15 • 6:30-8 PM**

• **Free to Members**

**Leaders: William M. Welsch, Major General Jason Q. Bohm, USMC (Ret.)**

## People, Politics, Process, and Policy: A Primer on Political Advocacy

**NEW** Everyone has a story to influence policy. This presentation is for those want to influence policy but do not know where to begin. Based on 'Advocating for the Common Good: People, Politics, Process, and Policy on Capitol Hill' (2024) by Jane E. West and drawing on the advocacy experiences of the presenter, the presentation will lead attendees through the four Ps of effective advocacy and provide an opportunity to begin work to find a voice.

**R • Jan 16, 23, 30 • 10 AM-12 PM**

• **\$60/Silver**

**Leader: Belva Collins**

## Osher Member 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.

**R • Jan 16 • 1-3 PM • Free to Members**

**Leader: Osher Leadership Council**

## Behind the Letters: Exploring Typeface Design

**Z** **NEW** 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.

**R • Jan 16 • 3:30-5 PM**

• **Free to Members**

**Leader: Lynda Kachurek**

## Fiction into Film: Banned Books

Book banning is on the rise across the US. In recognition of this, 'The Perks of Being a Wallflower,' will be shown. This is a critically-acclaimed movie based on a bestselling book that is in the top ten of most challenged books for 2023. A discussion will follow.

**F • Jan 17 • 2-4:30 PM**

• **Free to Members**

**Leader: Jane Dowrick**

## The Architecture and Times of English Medieval Cathedrals

**NEW** English medieval cathedrals are among the most magnificent buildings in England, embodying earthly and spiritual power. Offering a glimpse of heaven on earth, the medieval master builders created stunning places of worship that remain standing after nearly a thousand years. This course will cover the beginnings of Christianity in England, basic cathedral architecture and terminology, and the characteristics of Anglo-Norman, English Early Gothic, Decorated Gothic, and Perpendicular Gothic cathedral architecture.

**T • Jan 21, 28, Feb 4 • 10 AM-12 PM**

• **\$60/Silver**

**Leader: Jan Smith**



#### NATIONAL OSHER ONLINE

### Buddhist Philosophy, Meditation, and Ritual: In India and Beyond

**Z** Let's explore the key philosophical concepts (meditation practices, and rituals) that have defined Buddhist traditions in India and beyond. We will analyze central Buddhist teachings and their relationship to these three important domains, which interweave theory and practice: Theravada, Mahayana, and Vajrayana. We will explore the contrasts among the meditative and ritual practices across these three traditions and analyze how these practices reflect varying philosophies. We will discuss Buddhist iconography, ritual objects, and art.

**T • Jan 21, 28, Feb 4, 11, 18, 25**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Eileen Goddard**

### 10 Warning Signs of Alzheimer's



**BACK BY POPULAR DEMAND** This course will give students an

in-depth look into the warning signs of dementia diseases, Alzheimer's specifically, and when a person should consider a medical evaluation. Students will hear from experts and persons living with dementia and gain a better understanding of what are typical age-related changes vs. common warning signs of Alzheimer's.

**T • Jan 21 • 3:30-4:30 PM • \$20/Silver**  
**Leader: Rachel Lawson**

### Life: All You Need to Know About Life

**NEW** In this course we'll explore everything you wanted to know about life, from how we got here to now. We will cover the gift of existence/the beginning of it all (why is there 'something' rather than 'nothing'), the origin and definition and features of life, evolution on Earth, aspects of 'wonderful and weird' life forms, and eventually the advent of humans, then the brain, the human body, and finally medicine (past, present and future).

**W • Jan 22, 29, Feb 5, 12, 19, 26,**  
**Mar 5, 12 • 10-11:30 AM • \$60/Silver**  
**Leader: Fred Silva**

### The Art and History of Pressed Flowers

**HANDS ON** In this hands-on course, students will have the opportunity to learn and create with pressed flowers. The lecture will cover the history of this ancient artform followed by a step-by-step demonstration on how to press flowers like a pro. Each student will receive their very own flower press to take home and will get to create one handcrafted pressed flower notecard as well. Fees are non-refundable unless we are able to fill your vacated slot.

**W • Jan 22 • 3-4:30 PM**  
**• \$30/All Members**  
**Leader: Conner Parrish**

#### NATIONAL OSHER ONLINE

### Reclaiming Native Ground: Native America Since 1900

**Z** Come explore Native American history in the late 19th and 20th centuries, a time punctuated by the violence of American expansion and consolidation, the systems of boarding schools that sought to erase Native cultures, and the effects of imperialism, which conspired to keep Native people in a subordinate status compared to their white neighbors. We will explore how, in this history, Native peoples have proven themselves to be resilient and powerful.

**W • Jan 22, 29, Feb 5, 12, 19, 26**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Matt Jennings**



**TWENTIETH TIDBIT**  
We have more than 14,500 course  
registrations each year.

# 2025 Osher Leadership Council

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

Members of our 2025 Council include:

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

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

**Kathie Howe, Vice Chair**  
kathiehowe27@gmail.com

**Alice Waagen, Past Chair**  
akwaagen@gmail.com

**Steve Anders      George Pangburn**

**Linda Borland      John Roberts**

**Tom Cox      Robb Wiczorek**

**Tanya Dolphin      Pam Wiegardt**

**Lynn McCashin**

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](mailto:osher@richmond.edu).

## Art in Early America

**UPDATED** Artists depict the cultural, social and political climate of their times. How can their artworks enrich our understanding of American history? Using Smithsonian American Art Museum and VMFA artworks, this session will explore America from its earliest days as a British colony to its beginnings as a NEW nation.

**R • Jan 23 • 1-2:30 PM • \$20/Silver**  
**Leaders: Alice Waagen, Ralph Kidder**

## NATIONAL OSHER ONLINE

### Wisdom



Wisdom is the ability to apply knowledge in the real world in a

constructive way, to enrich our individual lives and to make the world a better place. Wisdom is often found at the intersection of theory and experience. How does life experience create wisdom? In this course, we will explore the biological, philosophical, social scientific, and experiential aspects of wisdom and analyze what ancient and contemporary sources have to say about it.

**R • Jan 23, 30, Feb 6, 13, 20, 27**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: David Smith**

### Bounty of Boatwright



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

**R • Jan 23 • 3-4:30 PM**  
**• Free to Members**  
**Leader: Carrie Ludovico**

## NATIONAL OSHER ONLINE

### The Next Generation's Legacy of the Holocaust



How does one honor the legacy of parents who survived the Holocaust while at the same time recognizing the ripples of the inherited trauma they experienced? Using their unique intergenerational lens, authors of the recent award-winning anthology, 'The Ones Who Remember: Second Generation Voices of the Holocaust,' will reveal the variety of ways in which their parents' history of survival seeped into their souls and affected their lives as children and adults.

**R • Jan 23, 30, Feb 6, 13, 20, 27**  
**• 5-6:30 PM • \$60/All Members**  
**Leaders: Ruth Wade, Joy Wolfe Ensor**

## NATIONAL OSHER ONLINE

### Storytelling and Self



Let's explore the internal stories we tell ourselves and the external stories we tell others. Our internal stories define us, as well as our attitudes and emotions toward ourselves. Our external stories are outward-focused and lean toward a conversational resume, to some extent. This course will be interactive and discussion-based, and by the end of our six weeks together, participants will have a future story to share.

**R • Jan 23, 30, Feb 6, 13, 20, 27**  
**• 7-8:30 PM • \$60/All Members**  
**Leader: Jennifer Baker**

## NATIONAL OSHER ONLINE

### My Native Land in Memory: Stories of a Cuban Childhood



Using Dr. Espin's memoir of childhood and adolescence, which was the recipient of the San Diego Book Award in 2021, we will discuss the Cuban political landscape in the mid-20th century. This memoir recreates a world that no longer exists: pre-revolutionary Cuba in the 1940s and 50s. This is a story of a young woman's individual struggle for identity and independence against the background of the country's national struggle.

**F • Jan 24, 31, Feb 7, 14, 21, 28**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: Olivia Espin**

### Beethoven's Late Period Piano Sonatas - Part 2

Join us for the second installment in a series of classes working through the five piano sonatas Beethoven composed during his Late Period, with complete performance and running commentary on two of them: Op. 109 and Op. 111. These works are less widely known than the sonatas with nicknames from earlier in his career, but are nevertheless deeply expressive and challenging.

**F • Jan 24 • 1-3 PM • \$20/Silver**  
**Leader: Alan Pollack**

## The Pandemic and the Economy

**NEW** The COVID pandemic and its aftermath had an extreme impact on the economy. The resulting recession, which was short and deep, was unlike any other: 20 million lost their jobs in a single month. The financial response by the Federal government was unusually quick and the magnitude extraordinary, contributing to the highest level of inflation in 40 years. And for the first time, most felt worse off after the recovery was well underway.

**M • Jan 27, Feb 3 • 10 AM-12 PM**  
• \$40/Silver

**Leader: David Frimpter**

## The Greek Legacy, 750-323 BCE

**Z** **NEW** Greek writings from 750 to 323 BCE cover almost the whole range of mankind's intellectual and emotional experiences. Greek philosophers, historians, and men of letters have addressed all forms of knowledge. But why Greece? And why did Greeks, alone, develop Democracy? Despite their great knowledge, why were they so warlike? Finally, how did they achieve such trailblazing philosophical insights? We will discuss these questions and others.

**M • Jan 27, Feb 3, 10 • 1-2:30 PM**  
• \$60/Silver

**Leader: Louis Cei**

NATIONAL OSHER ONLINE

## Huck Finn's America

**Z** Mark Twain's 'Adventures of Huckleberry Finn' is often misunderstood as a boy's adventure book or dialogue on race. Instead, this classic novel addresses youth violence and bad boys, schools and parents, and civil rights and minstrel shows. The novel, banned in New England, needs to be read and discussed anew for a better understanding of America, then and now. Join this course for a new and fresh analysis of this highly criticized and misunderstood novel.

**M • Jan 27, Feb 3, 10, 17, 24, Mar 3**  
• 1-2:30 PM • \$60/All Members

**Leader: Jeffrey Walker**

## Taxes in Retirement & Social Security



This course reviews the basics of taxes in retirement and how they may not be what you expect. We'll explore how the changes from the Tax Cuts and Jobs Act and SECURE Act may affect you, along with key strategies to consider. We will also discuss Social Security-claiming strategies in addition to management tips. You will learn methods to help manage your tax bill, including proper distribution structure and asset structuring strategies.

**M • Jan 27, Feb 3, 10 • 3-5 PM**  
• \$60/Silver

**Leader: Jacob Bales**

NATIONAL OSHER ONLINE

## Immigrants in America: Stories of Jazz, Blues, Rock, and Popular Culture

**Z** In this course, we will document how minorities transformed not only 20th century music but also the entire entertainment industry. We will examine how minorities significantly impacted popular culture and explore their contributions to musical genres, record labels, booking agencies, venues, innovations, and production. We will discuss Irving Berlin, George Gershwin, Benny Goodman, Stan Getz, Norman Granz, Bob Dylan, Milt Gabler, Leonard Cohen, Lou Reed, Al Kooper, Adam Sandler, Avishai Cohen, Kiss, and many more.

**M • Jan 27, Feb 3, 10, 17, 24, Mar 3**  
• 5-6:30 PM • \$60/All Members

**Leader: Emanuel Abramovits**

## Come . . . and BeMoved®!



**BACK BY POPULAR DEMAND**

Come to this class to learn about the long-term health benefits of just moving! BeMoved® embraces the joy of dance with people of all movement abilities. Movement expressed through dance and music has a transformative power that enriches a person's well-being above and beyond the well-known physical fitness benefits. BeMoved® is a dance fitness experience that begins with easy-to-follow therapeutic movements that flow into dance styles inspired by a wide variety of musical genres.

**M • Jan 27, Feb 3, 10, 17, 24, Mar 3, 10, 31, Apr 7, 14, 21, 28**  
• 5:30-6:30 PM • \$110/All Members

**Leader: Myra Daleng**

NATIONAL OSHER ONLINE

## Color and Symbolism in Art History

**Z** Artists use color to create an array of symbolism, emotions, and sociopolitical meanings within the context of their time periods. Progressing through the colors of the rainbow each week, we will discuss a variety of paintings throughout art history to understand the artists' intentions and the stories behind the paintings. We will also discuss the histories of color, their meanings in various societies and cultural contexts, and the materials and processes used to make colors.

**M • Jan 27, Feb 3, 10, 17, 24, Mar 3**  
• 7-8:30 PM • \$60/All Members

**Leader: Eleanor Schrader**



**TWENTIETH TIDBIT**  
We serve more than 1,200  
members each year.



The University of Richmond Osher Institute is again serving as a pilot site for the next round of Osher Online courses offered through the Osher National Resource Center (NRC).

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

- A Tourists Tour of the Wider Universe
- Bella Napoli: Italy's (Other) 'Eternal City'
- Bonsai, An Ancient Art in Modern Times
- Buddhist Philosophy, Meditation, and Ritual: In India and Beyond
- Car Crazy: 1950s Onward
- Cinema in Transition: Exploring Change through Classic Films
- Color and Symbolism in Art History
- Crossword Puzzle Creation
- First Class: A History of the Post Office in the United States
- Future Proofing Your Healthspan and Longevity
- Huck Finn's America
- Immigrants in America: Stories of Jazz, Blues, Rock, and Popular Culture
- Jinas, Jivas, & the Three Jewels: The Jain Tradition and Its Legacy of Non-violence
- Mainstreaming the Margins: A History of LGBTQ+ America
- Modern War: What Is It Good For?
- My Native Land in Memory: Stories of a Cuban Childhood
- Neurology in a Nutshell: The Brain Explained
- Reclaiming Native Ground: Native America Since 1900
- Revealing the Wonders of Romanesque and Gothic Architecture: An Expedition through Time, 1100-1500
- Russia Beyond Russians
- Science Charcuterie
- Science Everyone Needs to Know
- Storytelling and Self
- The Essential Jane Austen
- The Next Generation's Legacy of the Holocaust
- The Secret Lives of Familiar Birds
- The Soundtrack of Rock & Pop in the 50s & 60s: The Magic of the Brill Building Era
- The World of Musical Satire
- Transparent Eyeballs: The Transcendentalists and Their Worlds, 1803-Present
- Virtuosos in Classical Music
- Whole-Person Health and Well-being: Innovative Care from the Osher Collaborative for Integrative Health
- Wisdom
- Women: The Forgotten "Men" in History

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

#### NATIONAL OSHER ONLINE

#### PLEASE NOTE:

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

#### NATIONAL OSHER ONLINE

### Modern War: What Is It Good For?

**Z** Vietnam, viewed by many as a turning point between old and new approaches to war, raised many questions about the role of superpowers, asymmetrical resources, and counterinsurgencies on the world stage. We will look at the wars in Vietnam, Iraq, Afghanistan, Ukraine, and Gaza. We will examine human ways of evaluating the politics and strategies, particularly focusing on what happens when three vectors cannot agree: the public, the politicians, and the military.

**T • Jan 28, Feb 4, 11, 18, 25, Mar 4**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Jeff Rice**

#### UR A&S LECTURE SERIES

### Rats in the Wild: Where They Live and How They Impact People

**NEW** **♥** Your instructor studies wild rat populations in cities around the world (including Richmond) to understand how they are so successful in cities, what disease risks they pose to residents, and what might offer the most promising ways to control their numbers. He and his students use genetic tools, spatial mapping, and field studies to uncover the secret lives of urban rats. His talk will focus on some of the results from that work.

**T • Jan 28 • 4-5:30 PM**  
**• Free to Members**  
**Leader: Jonathan Richardson**

## NATIONAL OSHER ONLINE

**A Tourists Tour of the Wider Universe**

**Z** For more than two years, the James Webb Space Telescope, orbiting a million miles from Earth in the deep freeze of space, has sent back remarkable information regarding the faint heat rays that come from objects in the universe. We will look at star birth and death, the organization and structure of the Milky Way, cosmic mergers and collisions, and the great web of galaxies that gives us clues about the development of our cosmos.

**T • Jan 28, Feb 4, 11, 18, 25, Mar 4**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Andrew Fraknoi**

## NATIONAL OSHER ONLINE

**The Secret Lives of Familiar Birds**

**Z** We share the earth with birds who live among us, yet they remain mysterious. We will examine the fascinating characteristics, habits, and lives of North American birds, including how they keep warm; how they fly; when, why, and how they sing; and more. We'll explore these categories: bird ancestry and anatomy, diet and nesting, flight and migration, threats, behavior, and songs. Join this interesting exploration of how birds live, move, breathe, and think.

**W • Jan 29, Feb 5, 12, 19, 26, Mar 5**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Elizabeth Burnette**

**Spring Dried Flower Wreath Workshop**

**NEW, HANDS ON** Unleash your creativity and craft a one-of-a-kind dried flower wreath that adds a charming seasonal flair to your spring decor! Join designer Conner Parrish from Blossoming Roots Flower Farm for an inspiring workshop where you'll use exquisite dried materials sourced directly from the farm.

**W • Jan 29 • 3-5 PM • \$60/All Members**  
**Leader: Conner Parrish**

## NATIONAL OSHER ONLINE

**The World of Musical Satire**

**Z** Satire is one of the oldest forms of humor. Adding music seems to make it even more powerful. In early Germanic and Celtic societies, people who were mocked in songs would break out in boils and even commit suicide. We will explore the art of musical satire in a variety of genres, cultures, and eras, especially America since 1950 and cover a bountiful bevy of B's: Leonard Bernstein, the Beatles, Bo Burnham, and Bugs Bunny.

**W • Jan 29, Feb 5, 12, 19, 26, Mar 5**  
**• 7-8:30 PM • \$60/All Members**  
**Leader: David Misch**

**Uisge Beatha: Celebrating Scotland's National Spirit**

**NEW, DRIVE TO EVENT, FIELD TRIP** Uisge Beatha, Scottish Gaelic for 'water of life', is the spirit we know as Scotch whisky. We will explore the history and culture of Scotch whisky and take a virtual tour of some distilleries in Scotland. Examining the process of making single malt whisky, we will uncover the origins of flavor profiles that are characteristic of a brand's whiskies. Finally, we will taste four distinct single malt Scotch whisky expressions. Fees are non-refundable unless we can fill your slot. The first session will be on campus; the second at the Kitchen Classroom.

**R • Jan 30, Feb 6 • 1-3 PM**  
**• \$50/All Members**  
**Leaders: Greg Tait, Warren Haskell**

## NATIONAL OSHER ONLINE

**Science Everyone Needs to Know**

**Z** Evolution. Vaccines. Global Warming. Regardless of one's choice of news media, it is nearly impossible to navigate today's information-heavy world without coming across stories on evolution, vaccines, and global warming. Each of these topics is the subject of various conspiracy theories and misinformation campaigns. How do we make sense of what we hear on the news when so much information comes from unvetted and non-neutral sources, such as the Internet and the media?

**R • Jan 30, Feb 6, 13, 20, 27, Mar 6**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Kfir Hendrickson**

**Two Sides of a Pancake: The United States of 'Mingo'**

**BACK BY POPULAR DEMAND** We will discuss 'Mingo,' a gold medal winner for southern fiction, set against the backdrop of the first two decades of the twentieth century in West Virginia and Richmond. The class will cover mine wars history, discuss the book's themes on class, race, and labor relations, and explore the modern implications of a phrase in the book that has resounded with so many readers: 'no matter how thin the pancake is, there's always two sides.'

**F • Jan 31 • 1-2:30 PM • \$20/Silver**  
**Leader: Jeff Barnes**

# OUR OSHER SOCIALS CONTINUE!

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



## COFFEE CHATS

At Tyler's in the Commons

Generally the first Wednesday of each month at 8:30 a.m.

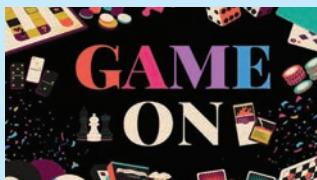
**Jan 8 • Feb 5 • Mar 5 • Apr 2 • May 7**



## HAPPY HOURS

Second Thursday of each month starting at 4:30 p.m.

**Jan 9 Hardywood West**  
**Feb 13 World of Beer**  
**Mar 13 The Answer Brewpub**  
**Apr 10 Park Lane Tavern**  
**May 8 The Brass Tap**



## GAME DAYS

Typically on the third Thursday every other month.

**Jan 16 • Mar 20 • May 15**  
**Locations announced via email blasts.**

### NATIONAL OSHER ONLINE

## Whole-Person Health and Well-being: Innovative Care from the Osher Collaborative for Integrative Health



This course provides a unique opportunity to learn from the experts in the Osher Collaborative for Integrative Health, an international group of eleven academic health centers funded by The Bernard Osher Foundation to study, teach, and practice integrative healthcare. Each Osher Center focuses on whole-person health and wellness using healing strategies such as acupuncture and East Asian Medicine, Ayurvedic medicine, yoga, massage, meditation, physical activity, and nutrition.

**F • Jan 31, Feb 7, 14, 21, 28, Mar 7**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Lisa Howard**

## February

### Genealogy for Beginners – Getting Started

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

**M, R • Feb 3, 6, 10, 13 • 10 AM-12 PM**  
**• \$60/Silver**  
**Leader: Donna Shumate**

## Discovering Nature and Wildlife in the Richmond Area

**NEW** Local nature photographer and Certified Master Naturalist Jim Easton explores wildlife and nature hotspots in the RVA area. His presentation features stunning images captured along local trails, parks, and gardens. Jim will provide insights and practical tips, interspersed with thought-provoking quotes and reflections on nature and photography.

**T • Feb 4 • 1-2:30 PM • \$20/Silver**  
**Leader: Jim Easton**

## Obituary Writing Workshop

**BACK BY POPULAR DEMAND** Are you ready to transform the somber task of writing an obituary into a joyful celebration of life? By adding a little humor to an obituary and straying away from tradition, you can give readers insights into your or your loved one's unique personality. Embark on a journey of remembrance and celebration. This workshop promises to make the experience meaningful and uplifting for all. In this class, learn how to write an obituary for anyone with these tips and prompts. In this workshop you will be doing the writing and sharing and working to create your obituary.

**T • Feb 4 • 3-4:30 PM • \$20/Silver**  
**Leader: Jennifer Moss**

## Great Decisions 2025

**UPDATED FOR 2025** Designed by the Foreign Policy Association (FPA) and facilitated at the local level, this program highlights eight timely thought provoking foreign policy challenges facing the US. Topics for 2025 include American Foreign Policy at a Crossroads, Changing Leadership of the World Economy, US-China Relations, India, International Cooperation on Climate Change, The Future of NATO and European Security, AI and American National Security, and American Foreign Policy in the Middle East: Taking Stock and Looking Ahead.

**W • Feb 5, 12, 19, 26, Mar 5, 12, 19, 26**  
**1-2:30 PM • \$60/Silver**  
**Leaders: Steve Hamilton, David Frimpter, Rob Hafker, Prakash Lothe, Chris Waagen, John Mahone**

## Understanding and Enjoying Art

**Z** **NEW** It's been said that beauty is in the eye of the beholder. But beauty is not always obvious in a work of art, and we need some tools to help us see it. During this two-week course, several different works of art will be discussed as students learn the elements (building blocks) of art, the principles of art, and the materials artists use to create art.

**W • Feb 5, 12 • 3:30-5 PM • \$40/Silver**  
**Leader: Juana Levi**

## Jazz Theory First Aid

**Z** **NEW** Get the essentials you need to jump into the world of jazz! In this beginner-friendly course, we'll cover the 'must-know' basics of jazz theory, starting with the concept of key center and progressing to jazz cadences. Think of it as a musical first-aid kit, offering quick, practical tools to help you understand and appreciate the art of jazz. No prior experience is required: just bring your curiosity and love for music!

**R • Feb 6, 13 • 1-2 PM • \$40/Silver**  
**Leader: Gio Lombardi**

## ChinaFest 2025: A 20th Anniversary Celebration

It's ChinaFest's 20th anniversary! Come join this opening event for the 2025 ChinaFest. Rather than a guest speaker, we'll take a retrospective look at the wonderful years of growth, watch a video collage of hometowns of UR Chinese students, and enjoy a variety of performances by Chinese and Chinese language learning students.

**R • Feb 6 • 7-9 PM • Free to Members**  
**Leader: Rose Chen**

## The Sinking of the Titanic: What Really Happened and Why

**NEW** Trace the Titanic's fateful maiden voyage in 1912, its collision with an iceberg, and its dramatic sinking in the wintry North Atlantic. We will cover the societal contexts for the disaster, follow the ship as it is built, and reflect on the excitement mixed with sadness at the discovery of the wreck. The course will highlight recent scientific findings, along with human errors and the unique environmental factors that combined to spell its doom.

**F • Feb 7, 14, 21 • 1-3 PM • \$60/Silver**  
**Leader: Michael Knapp**

## Electricity - Society's Lifeblood

**NEW** We can't see, smell, or hear it, but it's a big part of our lives. How is it made, and what's this thing called 'the grid'? Let's discuss some of the most notorious US blackouts, what the future will bring, and Virginia's outsized role.

**T • Feb 11, 18, 25 • 10 AM-12 PM • \$60/Silver**  
**Leader: Ronald Ciamaga**

## Intro to End of Life Planning

**A** **NEW** This course covers introductory conversations on many topics related to adequately preparing for end of life. We will engage in meaningful discussions to address key components of end-of-life planning. Topics include legal considerations such as advance directives and POAs. We will explore funeral/burial options and hospice services. You will emerge better prepared to face the inevitable with grace, ensuring that your preferences and instructions endure in a manner reflective of your unique life's journey.

**T • Feb 11, 18, 25 • 1-3 PM • \$60/Silver**  
**Leader: Reamey Belski**

## Regenerative Seed Starting 101

**NEW** In this dynamic course, you'll dive into the most sustainable seed-starting practices that will make your garden eco-friendly, pest-resistant, and bursting with nutrient-dense produce! We'll explore everything from innovative soil blocking techniques to regenerative and organic tips and tricks, along with expert advice and a starter kit of seeds, pre-made soil, and essential amendments! Join us and cultivate your gardening skills while nurturing a thriving, sustainable ecosystem. Get ready to sow the seeds of success!

**T • Feb 11 • 3:30-5 PM • \$35/All Members**  
**Leader: Conner Parrish**

## Blockchain Simplified: Digital Finance for the 50+ Generation

**Z** **NEW** Understanding blockchain and digital assets is crucial for adults 50 and over to stay informed about financial innovations. These technologies offer enhanced security, transparency, and efficiency in transactions, which can protect and grow their investments. Additionally, knowledge in this area empowers them to make informed decisions, avoid scams, and leverage new investment opportunities in the evolving digital economy.

**R • Feb 13 • 2:30-4 PM • \$20/Silver**  
**Leaders: John Masotti, Larry Liermann, Baxter Hines**

## Spider Women's Basketball Terrace Event

**♥** Join us for an Osher Sunday afternoon as our Women Spiders Basketball Team takes on St. Louis. Enjoy great food, visit with your fellow members/women's basketball aficionados, and get a fantastic view of the game from your seats in a Robins Center terrace.

**U • Feb 16 • 1-4 PM • \$10/All Members**  
**Leader: Osher Leadership Council**



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We offer more than 330  
courses each year.

SPRING 2025



## 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](http://osher.richmond.edu). A current Osher Institute membership is required for interest group participation.

**Addressing the Climate Crisis:** Renee Purdy • [renee.purdy@richmond.edu](mailto:renee.purdy@richmond.edu)  
Holly Blake • [hblake@richmond.edu](mailto:hblake@richmond.edu)

**Baseball:** Dan Begley • [osherbaseball@gmail.com](mailto:osherbaseball@gmail.com)

**Birding with Audubon:** Mary Elfner • [melfner@gmail.com](mailto:melfner@gmail.com)

**Bridge:** Bob Warwick • [raw29@cornell.edu](mailto:raw29@cornell.edu) and  
Bill McGuire • [wmcguire52@aol.com](mailto:wmcguire52@aol.com)

**Contemporary Issues:** John Mahone • [mahone.john@gmail.com](mailto:mahone.john@gmail.com)

**Fab and Fit Spiders:** Brenda Davis, [bdavis@lakewoodwestend.org](mailto:bdavis@lakewoodwestend.org)

**Golf:** Tom Cox • [tc Cox.attorney@gmail.com](mailto:tc Cox.attorney@gmail.com) and  
Pam Wiegardt • [wiegar@gmail.com](mailto:wiegar@gmail.com)

**Hikers:** Lex Bailey • [alexander.neale.bailey@gmail.com](mailto:alexander.neale.bailey@gmail.com)

**Historically Speaking:** Louis Ceil • [ceilb2@aol.com](mailto:ceilb2@aol.com)

**Knitting & Handwork:** Bridget Westhoven • [westhoven5@mac.com](mailto:westhoven5@mac.com)

**Literary Dreamers:** Jerry Lutkenhaus • [jervalaw@aol.com](mailto:jervalaw@aol.com)  
Virginia Manuel • [vmanuelva@gmail.com](mailto:vmanuelva@gmail.com)

**Love of Vinyl Records:** Murray Ellison • [ellisonms2@alumni.vcu.edu](mailto:ellisonms2@alumni.vcu.edu)

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

**Mystery Lovers:** Nancy Newins • [nnewins@verizon.net](mailto:nnewins@verizon.net) and  
Leigh McDonald • [lmcdonal@richmond.edu](mailto:lmcdonal@richmond.edu)

**Our Earth and Beyond:** Joel Gottlieb • [Joel.gottlieb@gmail.com](mailto:Joel.gottlieb@gmail.com)

**Photography:** Peter Blankman • [pblankman@gmail.com](mailto:pblankman@gmail.com)

**RVA Classics Book Club:** Eric Holzwarth • [holzwarth.barash@gmail.com](mailto:holzwarth.barash@gmail.com)

**Sociable French Conversations:** Allan Blum • [allan\\_blum@yahoo.com](mailto:allan_blum@yahoo.com)

**Theatre Lovers:** Janice Jones & Anne Wescott • [oshertheater@gmail.com](mailto:oshertheater@gmail.com)

**Travel:** Celeste Miller • [OSHERtravel@gmail.com](mailto:OSHERtravel@gmail.com)

**Women's Basketball Silver Spiders:** John Festa • [johnfesta@comcast.net](mailto:johnfesta@comcast.net)

## Climate Change: Facing the Facts

**NEW** More than 20 years after climate change became a matter of global concern, there are still those who cast doubt on the veracity of climate science, climate scientists, and the need to take action to mitigate the impacts of climate change. This course will be strictly fact-based and fully referenced, but accessible to scientists and non-scientists alike who want to understand more about the scientific basis for critical political and economic decisions that lie ahead.

**M • Feb 17 • 10 AM-12:30 PM**

**• Free to Members**

**Leader: David Kitchen**

## The Revolutionary Battle of Petersburg

**NEW** Eighty-three years before the Civil War battle of Petersburg, American and British armies clashed in this same town in 1781. We'll examine the action between militia and regulars that included Benedict Arnold: as a British general! Was this a turning point in the American Revolution or an interesting side event? Join us as we review this overlooked Virginia revolutionary battle.

**M • Feb 17 • 1:30-3 PM • \$20/Silver**

**Leader: William M. Welsch**

## The Ancient Art of Asian Mysteries

**NEW** Chinese storytellers produced mysteries for nearly 900 years before Edgar Allan Poe wrote 'The Murders in the Rue Morgue,' often thought of as the first mystery. In this introductory course, we will meet authors who set their mysteries (both historical and contemporary) in China, Japan, India, Korea, and other Far East countries.

**M • Feb 17, 24 • 3:30-5 PM • \$40/Silver**

**Leader: Peter Blankman**

## UR A&amp;S LECTURE SERIES

## The Amazon Rainforest: What It Is, How It Is Changing, Why You Should Care, and What the University of Richmond is Doing about It



**NEW** Join us for this dynamic, visual presentation by Dr. David Seward Salisbury and the students of UR undergraduate course GEOG/SSIR 333: Amazônia Connected.

**T • Feb 18 • 4-5:30 PM**

**Free to Members**

**Leader: David Salisbury**

## Alzheimer's and Dementia Research Update



The Alzheimer's Association is leading the way in advancing research in the field of Alzheimer's and dementia. In the last few years, we have seen significant advancements in the research space, but we are still working to find the cure. Join us as we take a deeper look at the latest studies in research and hear about some exciting things in the pipeline.

**W • Feb 19 • 3:30-4:30 PM • \$20/Silver**

**Leaders: Rachel Lawson, Lissa Greenlee**

## Pardoned by Lincoln and Davis: Charles Cowlam's Civil War

**NEW, AUTHOR'S BOOK TALK** Charles Cowlam's career as a convict, spy, detective, congressional candidate, adventurer, and con artist spanned the Civil War, Reconstruction, and Gilded Age. His life touched many of the most prominent figures of the era, including Abraham Lincoln, Jefferson Davis, and Ulysses S. Grant. One contemporary newspaper reported that Cowlam 'has as many aliases as there are letters in the alphabet.' He was a chameleon in a world of strangers.

**R • Feb 20 • 10-11:30 AM • \$20/Silver**

**Leader: Frank Garmon Jr.**

## Succulent Container Garden Workshop at Maymont

**NEW, DRIVE TO EVENT, FIELD TRIP, HANDS ON** Create a beautiful container garden with guidance from Maymont staff in this make-and-take workshop. Learn how to customize and care for your container garden. Guests should bring their own gloves; all other materials will be provided. Fees are non-refundable unless we are able to fill your slot.

**R • Feb 20 • 1:30-3:30 PM**

**• \$60/All Members**

**Leader: Krista Weatherford**

## News from the Microbiome

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

**F • Feb 21, 28 • 10 AM-12 PM**

**• \$40/Silver**

**Leader: Patricia Ryther**

## Intro to Aging Services in the Richmond Region



**NEW** Join this class for an overview of gaining services in the Richmond Region including how to successfully Age in Place.

**M • Feb 24 • 10 AM-12 PM • \$20/Silver**

**Leader: Jen Dowda**

## Getting Rightsize Ready This Spring: Simplify Your Stuff



**NEW** Join us for some specific tips on how to tackle rightsizing in the spring months! We will break down the process into small, obtainable steps to make you feel productive and successful. We will also highlight some of our favorite local resources to lean on in the spring months!

**M • Feb 24 • 1-2:30 PM • \$20/Silver**

**Leader: Jaime Ebanks**

## Introduction to Italian Neo-Realist Cinema

**NEW** This seminar investigates the essence of Italian neo-realist cinema (circa 1943-1955) by taking a focused look at three representative examples of the genre: 'Open City' (Roberto Rossellini), 'Bicycle Thieves' (Vittorio De Sica), and 'La Strada' (Federico Fellini). We will view a film during each session of the class.

**T • Feb 25, Mar 4, 11 • 3:30-7:30 PM**

**• \$60/Silver**

**Leader: Jack Kangas**

## Art in Our New Nation



**UPDATED** Early in the 19th century, artists expanded the content of their work to include landscapes and a more comprehensive view of the American experience. Using Smithsonian American Art Museum and VMFA artworks, this session will explore the forces that influenced the emerging American identity: the great expanse of western frontier, the growth of the agricultural economy, and the rise of industry. We will investigate how art can expand our understanding of American history.

**W • Feb 26 • 3-4:30 PM • \$20/Silver**

**Leaders: Alice Waagen, Ralph Kidder**

## 'Join or Die' Documentary Film Screening

**NEW** 'Join or Die' is a film about why you should join a club: and why the fate of America depends on it. Follow the story of America's civic unraveling through the journey of Robert Putnam, whose legendary 'Bowling Alone' research into American community decline may hold the answers to our democracy's present crisis. What makes democracy work? Why is American democracy in crisis? What can we do about it? Read more at [www.joinordiefilm.com](http://www.joinordiefilm.com).

**R • Feb 27 • 9:30 AM-12 PM**

**• Free to Members**

**Leader: Lucretia McCulley**

## Flavors of the Caribbean

### NEW, DRIVE TO EVENT, FIELD TRIP

Join us for flavors that will warm your soul and spice up your life (but not burn up your palate)! Explore the flavors of the Caribbean Islands with Jerk chicken, Rice & Peas, Stewed Cabbage, & Doubles (curried chickpeas w/fried bread). Class may run a bit over or under the allotted time. Fees are non-refundable unless we are able to fill your slot.

**R • Feb 27 • 1-3 PM • \$70/All Members**  
**Leader: Warren Haskell**

## Kingsmill Excavations: Curation and Conservation 50 years Later

Ever wonder what happens to artifacts and records after large-scale archaeological excavations end? This class will look at the excavations at Kingsmill in Williamsburg, Virginia, through the lens of a current project funded by the Save America's Treasures Grant.

**F • Feb 28 • 1-2:30 PM • \$20/Silver**  
**Leaders: Chelsea Blake, Serena Soterakopoulos**

## March

## 2025 Edward C. and Mary S. Peple Lecture Featuring Suzanne Simard



Join us for the annual Peple Lecture featuring Canadian author Suzanne Simard, Leader of the Mother Tree Project and author of 'Finding the Mother Tree: Discovering the Wisdom of the Forest.' Suzanne ([www.suzannesimard.com](http://www.suzannesimard.com)) is from Vancouver, British Columbia.

**U • Mar 2 • 2-3:30 PM**  
**• Free to Members**  
**Leader: Suzanne Simard**

## Genealogy for Intermediates

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

**M,R • Mar 3, 6, 10, 13 • 10 AM-12 PM**  
**• \$60/Silver**  
**Leader: Donna Shumate**

## Arts and Your Health: The Science of Neuroarts

**NEW** With recent advances in brain imaging, there is a growing body of research on how the arts in all its forms have positive effects on the brain, health, and mental health. We will explore how music, dance, painting, and visiting a museum can measurably change the body, the brain, and your behavior. We will think about how scientific knowledge can help advance health and wellbeing through the arts.

**M • Mar 3 • 1-3 PM • \$20/Silver**  
**Leader: James Schuyler**

## Song Hunters: A.P. Carter, Alan Lomax, and the Folk Revival



**NEW** Song hunters in the early 20th century preserved the rich cultural heritage of early American music. We will explore songs collected by A. P. Carter and Alan Lomax and their contributions to the rich tapestry of American music that led to country music and the mid-20th century folk revival. Artists include the Carter Family, Lead Belly, Muddy Waters, Pete Seeger, the Kingston Trio, Emmylou Harris, Woody Guthrie, and many more.

**M • Mar 3, 10, 17 • 3:30-5 PM**  
**• \$60/Silver**  
**Leader: Linda MacCleave**

## Community Read of 'Finding the Mother Tree: Discovering the Wisdom of the Forest'



**NEW** This year's Peple Lecture features Suzanne Simard, author of 'Finding the Mother Tree: Discovering the Wisdom of the Forest.' We encourage Osher members to read the book, then join us as we host this community conversation. The book's interplay of personal narrative, scientific insights, and the amazing revelations about the life of the forest make this compelling story a great starting point for wonderful discussions.

**T • Mar 4 • 10 AM-12 PM**  
**• Free to Members**  
**Leaders: Christine Campbell, Lucretia McCulley**

## Spy Pilot: Francis Gary Powers, the U-2 Incident, and a Controversial Cold War Legacy

**NEW, AUTHOR'S BOOK TALK** Francis Gary Powers Jr. will discuss his 2019 book, which helps to set the record straight regarding the U-2 Incident and his father's tarnished reputation. It gives an overview of what it was like to grow up in the shadow of a famous Cold War figure, the search for the truth after his father's death in 1977, and how this research led to the posthumous awards of both the POW Medal/Director's Medal and Silver Star.

**T • Mar 4 • 1-2:30 PM • \$20/Silver**  
**Leader: Francis Gary Powers Jr.**

## The Forgotten Bee: The Benefits of Native Bees and Local Insects

**NEW** In this captivating course, you'll delve into the fascinating world of native bees and other beneficial insects that play crucial roles in maintaining the balance of our ecosystems. After an engaging lecture, you'll roll up your sleeves for a hands-on workshop where you'll create your very own native bee hive, designed to attract these vital creatures to your garden plot at home. Let's create a buzz together and support the native bees that support us!

**W • Mar 5 • 3-5 PM • \$35/All Members**  
**Leader: Conner Parrish**

## Behind the Veils: A Journey to Saudi Arabia

**NEW** Relationships between citizens of divergent countries are made one relationship at a time. This presentation will consist of a conversation between two women who traveled to the Kingdom of Saudi Arabia (KSA) in the early 2000s. They will discuss the purpose and planning of their journey, their cultural and educational experiences, and a lasting friendship with a female professor in Riyadh. They will also examine the role of women in KSA culture then and now.

**R • Mar 6 • 1-3 PM • \$20/Silver**  
**Leaders: Belva Collins, Chriss Thomas**

## Beyond the Bounty

If you are familiar with the library resources but want to go beyond the basics, this session will explore some of the more interesting and unusual digital collections and databases. This is an advanced session that builds on the information introduced in Bounty of Boatwright.

**R • Mar 6 • 3:30-5 PM**  
**• Free to Members**  
**Leader: Carrie Ludovico**

## PFAS Forever Chemicals and Our Health

**A NEW** PFAS are a large group of industrial chemicals, common in our air, water, food, blood, and even in our brains. They're mostly unregulated. Scientists say they may cause cancer, endocrine disruption, and many other health issues. This course will discuss the risks, benefits, and challenges of PFAS. How did the chemicals become a problem? What can we do to reduce our exposure, improve our own health, and benefit the environment?

**F • Mar 7, 14 • 10 AM-12 PM • \$40/Silver**  
**Leader: Patricia Ryther**

## Cell Phone Photography: How To Shoot Like A Pro

**BACK BY POPULAR DEMAND** This class will provide tips and techniques to enhance your travel and everyday photography experience. The class will cover not only typical photo opportunities like landscapes and people photos, but also new techniques in photo editing and in-camera adjustments.

**F • Mar 7, 14 • 1-3 PM • \$40/Silver**  
**Leader: Dan Walker**

## SPCS Game Night at the Robins Center

Join us for SPCS Game night at the Spider Mens Basketball Team takes on George Mason. Visit with members of the Osher Institute, SPCS Alumni Association, Student Government Association, and SPCS faculty/staff, enjoy great food, and get a fantastic view of the game from your seats in one of the Robins Center terraces. This time may change based on conference scheduling.

**S • Mar 8 • 5-8 PM • \$10/All Members**  
**Leaders: Osher and SPCS Staff**

## Immigrant Integration and Virginia in the 21st Century

**NEW** Are you curious about how immigrants integrate in the United States and Virginia and what barriers they face? Do you want to know more about how immigration policy in the US changed over time? We will cover three topics: the evolution of immigration and US policy towards immigrants, a picture of immigrant communities in Virginia circa 2020, and insights into the barriers to integration current immigrants face in Virginia.

**M • Mar 10, 17 • 12:30-2 PM**  
**• Free to Members**  
**Leader: Grant Rissler**

## Community Screening & Discussion of 'The Right to Read'

**NEW** 'The Right to Read' is a documentary that shares the stories of an activist, a teacher, and two American families who fight to provide our youngest generation with the most foundational indicator of life-long success: the ability to read.

**T • Mar 11 • 1-3 PM • Free to Members**  
**Leader: Gwendolyn Douglas**

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



20TH ANNIVERSARY  
EVENTS



ZOOM  
CLASS



REGIER AGING  
WELL SERIES

NATIONAL OSHER ONLINE



## TWENTIETH TIDBIT

We offer members 21 different special interest groups, all formed and led by Osher members.

### Understanding Long Term Care Insurance



#### BACK BY POPULAR DEMAND

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

**W • Mar 12 • 10 AM-12 PM • \$20/Silver**  
**Leader: Linda Tsironis Caruthers**

### Understanding Alzheimer's and Dementia



#### BACK BY POPULAR DEMAND

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

**W • Mar 12 • 3:30-4:30 PM • \$20/Silver**  
**Leader: Rachel Lawson**

### Lesser Known Wines — Varietals and Regions

#### NEW, FIELD TRIP, DRIVE TO EVENT

There are so many wines in the world that we will never try them all: but sometimes it's good to get off the beaten path and try new and lesser-known things. Join us as we explore wine regions and wine varietals that are often less popular, but still produce delicious wines and often great values. Nibbles provided. Class may run over or under the allotted time. Fees are non-refundable unless we are able to fill your slot.

**R • Mar 13 • 1-3 PM • \$50/All Members**  
**Leader: Warren Haskell**

### Art of the Civil War Period



**UPDATED** The American Civil War began primarily as a result of the long-standing controversy over the enslavement of black people. Using artworks from the Smithsonian American Art Museum and the VMFA, this session explores depictions of the turbulent times prior to the Civil War, wartime art works, and those creations capturing the mood and vistas of post-war reconstruction.

**M • Mar 17 • 10-11:30 AM • \$20/Silver**  
**Leaders: Alice Waagen, Ralph Kidder**

### Unlocking the Past: Exploring Boatwright's Primary Source Databases



**NEW** Through Boatwright Library, Osher students have access to an extensive collection of databases filled with historical primary sources. This course will introduce participants to these valuable resources and explore the rich world of digital historical sources available through the library. While taking the Bounty of Boatwright or Beyond the Bounty Osher courses beforehand may be helpful, no prior research experience is required: just a curiosity and enthusiasm for history!

**T • Mar 18 • 1-2:30 PM**  
**• Free to Members**  
**Leader: Lynda Kachurek**

#### UR A&S LECTURE SERIES

### The Physics of Blood



**NEW** We will explore how physics is used to understand blood clotting. Blood clots are complex and entities that are studied at the large-scale population level all the way down to the individual molecule level. We will look at the tiny forces and materials involved in blood clotting and discuss the challenging methods used to measure at sizes 1000 times smaller than a human hair. We will also cover some current research in the field.

**T • Mar 18 • 4-5:30 PM**  
**• Free to Members**  
**Leader: Christine Helms**

### World Religions: An Introductory Exploration of Hinduism

**NEW** Learn about the origins, doctrine, sacred texts, important deities, ritual life, religious festivals and important historical figures of the religion of Hinduism. The course will be presented from the perspective of a religious historian, not a practicing Hindu.

**W • Mar 19 • 10-11:30 AM • \$20/Silver**  
**Leader: Richard Benson**

### Living Soil: The Misunderstood World Beneath Your Feet

**NEW** Dive into the vibrant world beneath your feet! In this course, you'll uncover the fascinating secrets of living soil and discover how to nurture and protect this vital ecosystem. Not only will you gain invaluable insights, but you'll also leave equipped with practical amendments to start improving your garden soil at home. Join us on this journey to become passionate stewards of the soil, unlocking its potential to support life and sustain our planet.

**W • Mar 19 • 3:30-5 PM**  
**• \$60/All Members**  
**Leader: Conner Parrish**

### Joint Osher - ARRT-R Lecture: Thomas Jefferson and the Virginia Statute for Religious Freedom

**NEW** Join the American Revolution Round Table - Richmond at the Heilman Dining Center to learn about Michael Aubrecht's new book, 'Thomas Jefferson and the Virginia Statute for Religious Freedom: Faith and Liberty in Fredericksburg,' which outlines Jefferson's time in the city and the background for Jefferson's writing. Dining begins at 5:30 PM; meeting and lecture begin at 6:30 PM.

**W • Mar 19 • 5:30-8 PM**  
**• Lecture Free to Members – Pay for your meal as you enter**  
**Leaders: William M. Welsch, Michael Aubrecht**

## Bronze Age

**NEW** Bronze Age explores history from the beginning of civilization to the 12th century BCE. Topics include the Great Pyramid, the invention of writing, the heretic pharaoh, the earliest European civilization, King Tut, the Biblical Exodus, the first architect, the Thera volcanic eruption, Philistines, Israelites, Kassites, Amorites, Hittites, the early Greeks, the woman pharaoh, the origin of law, the Trojan War, and the catastrophe that ended the Bronze Age world.

**R • Mar 20, 27, Apr 3 • 10 AM-12 PM**  
• \$60/Silver  
**Leader: James Miller**

## Salad Container Garden Workshop at Maymont



**NEW, DRIVE TO EVENT, FIELD TRIP, HANDS ON**

Create a beautiful container garden with guidance from Maymont staff in this make-and-take workshop. Learn how to customize and care for your container garden. Guests should bring their own gloves; all other materials will be provided. Fees are non-refundable unless we are able to fill your slot.

**R • Mar 20 • 1:30-3:30 PM**  
• \$60/All Members  
**Leader: Krista Weatherford**

## Adult and Pediatric CPR/AED Certification



**BACK BY POPULAR DEMAND**

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

**M • Mar 24 • 9 AM-12 PM**  
• \$45/All Members  
**Leader: Pamela Wiegardt**

## Native Plants: How Growing Them Benefits Us and Wildlife

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

**M • Mar 24 • 1-3 PM • \$20/Silver**  
**Leader: Sheryl Smith**

## Osher Member Orientation

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

**M • Mar 24 • 3:30-5:30 PM**  
• Free to Members  
**Leader: Osher Leadership Council**

## Washington Crossing the Delaware in History and Popular Culture

**NEW** Emanuel Leutze's painting of 'Washington Crossing the Delaware' is one of the most recognizable renderings of an American history event. The crossing has taken on a life of its own, appearing in books, commercials, cartoons, and many different forms of media. We'll explore the history of the painting, as well as other views of the crossing in popular culture and history. Some controversial and some humorous, but all more than Leutze could ever have imagined.

**T • Mar 25 • 1-2:30 PM • \$20/Silver**  
**Leader: William M. Welsch**

## The U.S. Constitution's Survival: 10 Virginia Votes

**NEW, AUTHOR'S BOOK TALK** For the former 13 colonies to become the United States of America, all needed to ratify the Constitution as its founding document. Virginia's vote was crucial. Virginia's Ratifying Convention in June of 1788 was a cliff-hanger as 'anti-rats' and 'pro-rats' descended on Richmond from throughout the state to quarrel about the details. Learn about the dynamic players who won the ratification debate from historian Suzanne Munson, author of 'First in Law, First in Leadership.'

**T • Mar 25 • 3-4:30 PM • \$20/Silver**  
**Leader: Suzanne Munson**

## Book Swap – Share Your Love of Books

**BACK BY POPULAR DEMAND** This is the fifth semester for Book Swap. Bring a favorite book in any genre and share it with the class for 10 minutes. If you register for this class you are expected to present a book. The instructor will reach out to the registered students to discuss your book idea and help you with a suggested format. PowerPoint is optional but may be used for graphics and pictures to enhance your book discussion.

**W • Mar 26, Apr 2 • 10 AM-12 PM**  
• \$40/Silver  
**Leader: John Festa**

## Battle of the Atlantic: 1939-45

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

**W • Mar 26, Apr 2, 9 • 3:30-5 PM**  
• \$60/Silver  
**Leader: Robert Warwick**



## 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](http://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 University of Richmond One Card and e-mail address, parking pass, full use of the library including access to online databases while on campus and access to register for Osher courses. However, Silver members pay for each course in which they enroll, \$100 to audit available semester-long credit courses, and special course fees.

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

Our Gold membership is perfect for individuals who want to take advantage of the entire Osher Lifelong Learning

Institute experience. This individual membership includes a University of Richmond One Card and e-mail address, parking pass and full use of the library including access to online databases while on campus. In addition, Gold members have unlimited access to most Osher courses free of charge (excluding those that have required fees for all members). Available undergraduate semester-long courses may be audited at no additional charge.

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

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

#### Upgrading Your Membership

Are you a Silver member who is 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.

## Chinese Restaurant Favorites

### NEW, DRIVE TO EVENT, FIELD TRIP

Make Chinese Takeout dishes at home, learning the basics of some of everyone's favorite Chinese Restaurant dishes: Pork Dumplings, Egg Drop Soup, Lo Mein, and Chicken with Garlic Sauce! Class may run over or under the allotted time. Fees are non-refundable unless we are able to fill your slot.

**R • Mar 27 • 1-3 PM • \$70/All Members**  
**Leader: Warren Haskell**

## US Immigration 1790-Today

**BACK BY POPULAR DEMAND** This historical survey of immigration to the US after 1790 covers the influx of Germans, Irish, Chinese, Southern and Eastern Europeans, plus western hemisphere migrants. We'll examine the major immigration laws passed by Congress and their unintended consequences, citizenship requirements, 'push' and 'pull' factors, eugenics, xenophobia, and economic forces. Why do people migrate? Why do we support immigration? Why do we resist it?

**F • Mar 28, Apr 4, 11, 18 • 10 AM-12 PM**  
**• \$60/Silver**  
**Leader: Ned Armstrong**

## Cool Flicks

**UPDATED** Join Dan this fall in his quest for the funniest movies. We'll view the 1936 film, 'Theodora goes Wild' with Irene Dunne, 1982's 'My Favorite Year' with Peter O'Toole, and 1949's 'I Was a Male War Bride' with Cary Grant.

**F • Mar 28, Apr 4, 11 • 1-3 PM**  
**• \$60/Silver**  
**Leader: Dan Begley**

## Adult CPR/AED Certification



### BACK BY POPULAR DEMAND

Get certified! Learn the valuable skills of administering adult CPR and using an AED. Sign up for this course to gain the knowledge and skill set required to be certified in both. Fees are non-refundable unless we are able to fill the slot.

**M • Mar 31 • 10 AM-12 PM**  
**• \$45/All Members**  
**Leader: Pamela Wiegardt**

## Demystifying Cozy Mysteries

**NEW** If you enjoy curling up with a good book, blanket, and hot cup of tea, you may be a fan of cozy mysteries. In this session, we'll investigate the different types of this crime fiction sub-genre and clue in on what makes a mystery, well, cozy. Hopefully, you'll leave wanting to head to your local bookstore or library to get lost in a good book!

**M • Mar 31 • 1-2:30 PM**  
**• Free to Members**  
**Leader: Cynthia Price**

### NATIONAL OSHER ONLINE

## Women: The Forgotten 'Men' in History

**Z** Women and other marginalized groups traditionally received less ink in history books than the 'great men' of history who were mainly white males. This course looks at nine women whose achievements are not commonly known. Included are a scientist, a winner of the Nobel Peace Prize, a pioneering pilot, a suffragist, a candidate for the US presidency, an activist for women's and African-American's rights, a British anthropologist, and a pioneering politician from the Western US.

**M • Mar 31, Apr 7, 14, 21, 28, May 5**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Diana Carlin**

## Mughal Paintings

**NEW** Emerging in the manuscripts produced by the court ateliers of the Mughal dynasty, a major tradition of miniature painting was established in the Indian subcontinent in the mid-16th century. We will talk about the style, the influences, the beauty, and how these painting were used.

**M • Mar 31 • 3-5 PM • \$20/Silver**  
**Leader: Shantaram Talegaonkar**

### NATIONAL OSHER ONLINE

## The Essential Jane Austen

**Z** In honor of Jane Austen's 250th birthday in 2025, we will explore her life, works, and legacy from a fresh perspective. Both seasoned readers and those new to Austen will appreciate experiencing the story of her authorship through images of original documents and artifacts. We will consider how and why her literary reputation grew after her death, and we will take a tour of the contemporary adaptations and retellings that continue to broaden her readership.

**M • Mar 31, Apr 7, 14, 21, 28, May 5**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Juliette Wells**

### NATIONAL OSHER ONLINE

## Bonsai, An Ancient Art in Modern Times

**Z** Bonsai is a centuries-old practice of training trees in containers to resemble those in nature. We will explore the key components of bonsai: horticulture, design, and technical skills. You will learn how to maintain a healthy tree, develop your own design style, and apply essential techniques. Whether you are new to bonsai, have experience, or are simply curious, this course will guide you through the fundamentals of this fascinating art form.

**M • Mar 31, Apr 7, 14, 21, 28, May 5**  
**• 7-8:30 PM • \$60/All Members**  
**Leader: Chris Baker**

## April

### NATIONAL OSHER ONLINE

## Mainstreaming the Margins: A History of LGBTQ+ America

**Z** Over a half-century after the Stonewall Uprising, the vibrant and complex history of LGBTQ+ life, culture, and movements in the US remains a focal point of rich discussion and political relevance. We will immerse ourselves in the intricate history of LGBTQ+ Americans, examining their political organizations, cultural contributions, and the profound ways they have helped shape the nation to gain a renewed appreciation for the ongoing struggle towards justice, inclusion, and freedom in the US.

**T • Apr 1, 8, 15, 22, 29, May 6**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Adam Kocurek**

## Fiber Arts - Knitting

**BACK BY POPULAR DEMAND** Many people find knitting relaxing and stress reducing. Others love it for the creativity. Join this class and become a knitter. You will learn how to cast on, knit, purl, increase, decrease and cast off. Practice supplies will be provided for the first class, but you will need to get your own materials for your first project. Knitters who want to brush up on their skills or need help with pattern directions are all welcome.

**T • Apr 1, 8, 15, 22 • 1-3 PM • \$60/Silver**  
**Leader: Kathie Howe**

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



20TH ANNIVERSARY  
EVENTS



ZOOM  
CLASS



REGIER AGING  
WELL SERIES

NATIONAL OSHER ONLINE

# Generosity Never Retires!

With Osher members showing that generosity never retires, 2024 has been a fundraising year unlike any other. We are humbled and grateful. In mid-November when this catalog went to the printer, 299 Osher members in 229 households have gifted to Osher just over \$50,750, representing 34% over our 2024 fundraising dollar goal and 78% of the way towards our 2024 fundraising participation goal.

New in 2024, Osher had not only our first, but also our second, successful Osher match challenge. When 25 Osher members gave the second morning of UR Here/Giving Day in April, a generous Osher member gifted Osher \$5,000.

When individual members collectively gave \$5,000 to Osher in response to our Annual Fund appeal this fall, their gifts doubled because six Osher members in four Osher households matched their gifts. THANK YOU to every person who chose to support our Osher with a financial gift in 2024!

If you have not yet made a financial gift to Osher in 2024, there's still time to make your gift, join your fellow Osher members supporting our lifelong learning community, and help us reach our 2024 participation goal. Once you make that gift, come by the office and grab a spider sticker for your Osher name tag so we can recognize you and your gift.

Easy and safe ways to make a gift include:

- Online credit card gifts via **osher.richmond.edu/give**
- Check gifts (made out to the 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 making your gift to Osher, or if you would like to explore ways to maximize your charitable gift impact in strategic ways such as a qualified charitable distribution gift, please reach out to Amy Edwards (aedwards@richmond.edu).



## NATIONAL OSHER ONLINE

### Jinas, Jivas, & the Three Jewels: The Jain Tradition and Its Legacy of Non-violence

**Z** Jainism is an ancient religion from India that teaches that the path to enlightenment is through nonviolence and reducing harm to living things (including plants and animals). This course provides an introduction to Jain traditions and their historical roots in South Asia from the time of Mahavira (fifth century BCE) to the present.

**T • Apr 1, 8, 15, 22, 29, May 6**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Eileen Goddard**

## UR A&S LECTURE SERIES

### Self-Care and Boundaries for Thriving

**A** **NEW** Let's look at evidence-based research on mental health, well-being, and positive psychology. We'll explore the science behind setting healthy boundaries and engaging in self-care as essential tools for maintaining emotional and physical well-being across the lifespan. Participants will learn practical strategies to enhance life satisfaction, manage stress, and thrive in balanced, and fulfilling ways.

**T • Apr 1 • 4-5:30 PM • Free to Members**  
**Leader: Janelle Peifer**

NATIONAL OSHER ONLINE

## The Soundtrack of Rock & Pop in the 50s & 60s: The Magic of the Brill Building Era

**Z** The adventure begins in New York City, where the echoes of Tin Pan Alley's Great American Songbook still resound. Join this journey into the melodies, stories, and vibrant personalities behind the Brill Building era of the late 1950s and 1960s. We will discuss the music of legendary songwriters and unforgettable vocalists, such as Carole King, Neil Sedaka, Burt Bacharach, Neil Diamond, Elvis Presley, the Coasters, Dion and the Belmonts, Dionne Warwick, and many others.

**T • Apr 1, 8, 15, 22, 29, May 6**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Michael Agron**

NATIONAL OSHER ONLINE

## Future Proofing Your Healthspan and Longevity

**Z** Longevity comes down to one simple truth: our ability to weather the inevitable challenges life unexpectedly drops in our lap. This course is a condensed version of Fulton's Whealthspan Masterclass which focuses on the five foundations for extending healthspan and looks at societal changes that impact all of us. We will distill the latest and most relevant age-related science and explain the strategies for optimal outcomes that fit a wide range of cultures and values.

**W • Apr 2, 9, 16, 23, 30, May 7**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: Scott Fulton**

## Matthew's Higher Righteousness

**NEW** The Gospel of Matthew has been the most popular gospel in church history, largely because of its emphasis on ethics, or what Matthew calls 'higher righteousness.' This course will explore what makes Matthew unique among the gospels and his surprising and challenging perspectives.

**W • Apr 2, 9 • 1-3 PM • \$40/Silver**  
**Leader: Ryan Ahlgrim**

NATIONAL OSHER ONLINE

## Crossword Puzzle Creation

**Z** Have you ever wondered how crossword puzzles are created? This course will appeal to those who want to construct their own crosswords, those who are simply curious about the process, and those who want to be better solvers. We will explore all steps of the crossword puzzle creation process, including tools, formats, themes, grid block arrangement, challenging clues, and more. Throughout the course, we will construct several crossword puzzles together.

**W • Apr 2, 9, 16, 23, 30, May 7**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Steve Weyer**

NATIONAL OSHER ONLINE

## Russia Beyond Russians

**Z** Let's discuss recent events in Russia and the post-Soviet space, many of which stem from enduring ethnic tensions. The Russian Federation is home to 180 nationalities, many of which have long been in conflict. Let's examine how the Russian state under the Tsars, Soviets, and President Vladimir Putin has sought to impose uniformity, often diminishing ethnic groups. Through a historical lens, we will explore the struggles of these groups, from peaceful movements to violent resistance.

**R • Apr 3, 10, 17, 24, May 1, 8 • 1-2:30 PM**  
**• \$60/All Members**  
**Leader: Asya Pereltsvaig**

## Chain Maille - Flower Chain Bracelet or Necklace

**NEW, PATTERN, HANDS ON** This cute beginner's weave can be worn with just about everything. It is made up of three ring sterling silver 'flowers' which are then connected with more sterling silver jumprings. As with all chain maille classes, your supplies will be provided and all you need to bring is GOOD eyesight, PATIENCE, and a good SENSE OF HUMOR. Lovely to wear yourself or to give as a gift. Depending on your skill level, there may be some 'homework' required in between classes. Be sure to also register for the sub-session - either bracelet or necklace.

**R • Apr 3, 10 • 1-3 PM • \$65/Bracelet; Additional \$45 Necklace - All Members**  
**Leader: Celeste Miller**

NATIONAL OSHER ONLINE

## Science Charcuterie

**Z** Some topics don't fit neatly into Osher science classes, often ending up on the proverbial cutting-room floor. This will be a six-week romp through just about anything one might imagine, including a bit of color theory, a morsel of genetic testing science, a dash of airplane physics, some lightning theory, a mouse that turns scorpion venom into a painkiller, current scientific thoughts on origins of life, plus time to explore topics of interest to you.

**R • Apr 3, 10, 17, 24, May 1, 8**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Kfir Hendrickson**

## Return to the Twilight Zone

**NEW** Instructor Tom Cox presents this 'sequel' to his 2020 course about Rod Serling's groundbreaking television series from the early 1960s. The class will view six episodes (different from those screened in Tom's initial course), interspersed with discussions about the episodes, the actors, the creators, and the historical and cultural impact of the series.

**M • Apr 7, 14, 21 • 10 AM-12 PM**  
**• \$60/Silver**  
**Leader: Thomas Cox**

# University of Richmond Arts and Sciences Lecture Series

We are honored that University of Richmond's Dr. Kelling Donald, Arts and Sciences Associate Dean, Division III, Natural and Applied Sciences, reached out to offer a lecture series for the Osher Institute this spring.

The lineup is terrific, and the talks are extremely varied in topic. Here are the details:

**TUESDAY, JANUARY 28, 2025**

## Rats in the Wild: Where They Live and How They Impact People



**Jonathan Richardson**  
Assistant Professor  
of Biology

Jonathan works on wild rat populations in cities around the world (including Richmond) to understand how they are so successful in cities, what disease risks they pose to residents, and the most promising ways to control their numbers. He and his students use genetic tools, spatial mapping, and field studies to uncover the secret lives of urban rats. His talk will focus on some of the results from that work.

**TUESDAY, FEBRUARY 18, 2025**

## The Amazon Rainforest: What is it? How is it Changing? Why You Should Care, AND What the University of Richmond is Doing About it



**David Salisbury**  
Associate Professor  
of Geography & the  
Environment

A dynamic, visual presentation by Dr. David Seward Salisbury and the students of GEOG/SSIR 333: Amazônia Connected

**TUESDAY, MARCH 18, 2025**

## The Physics of Blood



**Christine Helms**  
Associate Professor  
of Physics

We will explore how physics is used to understand blood clotting. Blood clots are complex and highly varying entities that are studied at the large-scale population level all the way down to the individual molecule level. Physics can play an important

role in learning and about blood. We will look at the tiny forces and materials involved in blood clotting and discuss the challenging methods used to measure at sizes 1000 times smaller than a human hair. Attendees will get a small glimpse into some current research in the field.

**TUESDAY, APRIL 1, 2025**

## Self-Care and Boundaries for Thriving



**Janelle Peifer**  
Assistant Professor  
of Psychology

This interactive and experiential workshop will foreground evidence-based research from mental health, well-being, and positive psychology. Participants will explore the science behind setting healthy boundaries and engaging in self-care as essential tools for maintaining emotional and physical well-being across the lifespan. Through discussions and hands-on activities, this workshop will draw from the latest research on aging, resilience, and flourishing to address the challenges and opportunities of boundaries across the lifespan considering holistic health, evolving relationships, and shifting roles. By integrating positive psychology principles, participants will learn practical strategies to enhance life satisfaction, manage stress, and thrive in balanced, and fulfilling ways.

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 red bar:

**UR A&S LECTURE SERIES**

## Staying Safe in Your Home



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

**M • Apr 7 • 1-2:30 PM • \$20/Silver  
Leader: Jaime Smiley**

## Rajput Paintings

**NEW** Let's talk about Rajput painting, painting of the regional Hindu courts during the Mughal era, roughly from the end of the 16th century to the middle of the 19th century. Traditionally, Rajput painting is further divided into Rajasthani and Pahari painting which flourished in two different areas far apart from each other in terms of distance but all under the rule of Rajput chiefs, and bound together by a common culture.

**M • Apr 7 • 3-5 PM • \$20/Silver  
Leader: Shantaram Talegaonkar**

**NATIONAL OSHER ONLINE**

## Cinema in Transition: Exploring Change through Classic Films



Spring is a time of new life, as we watch the world around us change from dormant to full of life. We will watch several classic films, all with a theme of change. Films will be watched on your own outside of the classroom, with at least one film assigned per week. We will unpack each film in terms of its style, story, filmmaking technique, and how it fits with the theme of change.

**T • Apr 8, 15, 22, 29, May 6, 13  
• 1-2:30 PM • \$60/All Members  
Leader: Jeremy Fackenthal**

## Denny Tedesco's Documentary, 'Immediate Family'

**NEW** Director Denny Tedesco returns to Osher for a screening of his recent award-winning documentary 'Immediate Family.' This film features an in-depth look at the musicians who played on studio sessions and in concert with Carole King, James Taylor, Jackson Browne, Neil Young, and Linda Ronstadt. In the film, director Tedesco captures the impact that Danny Kortchmar, Leland Sklar, Russ Kunkel, and Waddy Wachtel had on the singers and songwriters they supported in recording sessions.

**T • Apr 8 • 3:30-5:30 PM**

• Free to Members

Leaders: Denny Tedesco, Bill Pike, Joe Vanderford

### NATIONAL OSHER ONLINE

## Revealing the Wonders of Romanesque and Gothic Architecture: An Expedition through Time, 1100-1500

**Z** Embark on a captivating exploration of the architectural wonders of the Romanesque and Gothic periods, with fascinating insights into the evolution of architectural styles, from the sturdy simplicity of Romanesque structures to the soaring heights and intricate details of Gothic cathedrals. Uncover the historical context, technological innovations, and cultural influences that shaped these magnificent edifices.

**T • Apr 8, 15, 22, 29, May 6, 13**

• 7-8:30 PM • \$60/All Members

Leader: Ilya Dines

## Classic Musical Recipes: Their Ingredients and How They Are Properly Prepared

**NEW** When a composer creates a new chamber or symphonic work, there are only so many tools in the kitchen and only so many ingredients on the shelf from which to choose. The tools include rhythm, melody, harmony, timbre, and texture. Next, a recipe is required. What shape will the piece take? How many movements? How will each movement be structured? Movements from several Classical and Romantic pieces will be analyzed during the class.

**W • Apr 9 • 10 AM-12 PM • \$20/Silver**

Leader: Tim Kloth

### NATIONAL OSHER ONLINE

## Car Crazy: 1950s Onward

**Z** Let's explore key eras of automotive history, as a way of understanding the profound impact cars have on society and culture. Included will be the role of influential designers, the creation of iconic vehicles like the Mustang and Corvette, and the appeal of concept cars which highlight the innovation of their eras. We'll touch on how global car cultures, from America's muscle cars to Japan's futuristic designs, reflect the identities and values of their societies.

**W • Apr 9, 16, 23, 30, May 7, 14**

• 1-2:30 PM • \$60/All Members

Leader: Pandora Paul Sardon

## A Reception and Jazz

**♥** Join your Osher colleagues for a fun evening of a reception followed by a wonderful concert by our UR students. This annual spring concert will showcase UR student jazz combos performing rock, blues, swing, and more.

**W • Apr 9 • 6-8:30 PM**

• \$10/All Members

Leader: Osher Leadership Council

## UR Athletics, the Transfer Portal, and NIL (Name, Image, and Likeness)

**BACK BY POPULAR DEMAND** It seems like college athletics continues to undergo sweeping changes. We read about college athletes creating a union and mounting various legal challenges to NCAA rules. We see athletes, even our own, transfer schools: but why? For money, or more playing time? Let's talk about this. What are the implications for UR teams and athletes?

**R • Apr 10 • 10-11:30 AM**

• Free to Members

Leader: Ryan Colton

### NATIONAL OSHER ONLINE

## Neurology in a Nutshell: The Brain Explained

**Z** We begin by unraveling the mysteries of the brain. We will explore how to navigate the complex and fragmented healthcare system and discuss strategies for advocating for personalized care. In addition to simplifying common neurological conditions such as headaches, dizziness, stroke, Parkinson's disease, and memory loss, we will examine testing and imaging of the nervous system. We will also focus on illness prevention through healthy lifestyles and provide an intimate discussion of end-of-life issues.

**R • Apr 10, 17, 24, May 1, 8, 15 • 3-4:30 PM**

• \$60/All Members

Leader: Paul Schanfield

NATIONAL OSHER ONLINE

## Bella Napoli: Italy's (Other) 'Eternal City'

**Z** The Southern Italian port city of Naples is home to a rich and complex history stretching back to its foundation in the 8th century BCE. Across the centuries, Naples evolved into a vibrant cultural, political, and economic center. In 1861, the newly unified Italian nation-state initiated an era of modernization that persists to the present day. We will examine la storia e tradizioni di bella Napoli: a city famously pieno di contraddizione ('full of contradictions').

**F • Apr 11, 18, 25, May 2, 9, 16**  
**• 1-2:30 PM • \$60/All Members**  
**Leaders: Anthony Antonucci, Hilary Haakenson**

## UR Campus Walk

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

**M • Apr 14 • 1-3 PM • Free to Members**  
**Leader: Marshall Ervine**

## Reading Dante Alighieri: An Introduction to The Divine Comedy

**NEW** One scholar of Dante has written that The Divine Comedy is 'a single crystal with 13,000 facets: each line reflecting the essential unity out of which the poem is made.' We will investigate key themes and ideas of this Italian Renaissance allegory with a view to enriching our knowledge of this dramatic vision. The readings will include the essay by Joseph Luzzi, 'How to Read Dante in the 21st Century,' American Scholar, March 22, 2016.

**T • Apr 15, 22, 29, May 6 • 3:30-5:30 PM**  
**• \$60/Silver**  
**Leader: Jack Kangas**

## The Art of War – The Desert Wars: Desert Shield and Desert Storm

**Z NEW** Join us in the final session in our series on the Army War Artist Program as we analyze and discuss how wartime artists serving on the frontlines of these two desert operations. We'll see how artists applied their talents to express what they experienced in real-time. This presentation is a collaboration between Ralph Kidder and Alice Waagen, American Art docents, and Steve Anders, retired Army historian, who will provide the historical context for the art.

**W • Apr 16 • 10 AM-12 PM • \$20/Silver**  
**Leaders: Alice Waagen, Ralph Kidder, Steve Anders**

## Our Curious Constitution

**Z NEW** In this course we will analyze the structure and wording of the Constitution through some of its more curious features. Using historical and modern-day examples we will see how the various provisions of the Constitution fit together. We will examine fundamental constitutional themes and look at the challenges in interpreting this document. If you are looking for a deeper understanding of this fascinating document, then this is the course for you.

**W • Apr 16, 23, 30 • 1-3 PM • \$60/Silver**  
**Leader: Michael Kerley**

NATIONAL OSHER ONLINE

## Virtuosos in Classical Music

**Z** Using anecdotes, stories, humor, and audiovisuals, we will explore the legacy and artistry of influential performers whose technical brilliance, richness of tone, and showmanship have shaped music history. We will examine talents like Arthur Rubinstein, Jascha Heifetz, Vladimir Horowitz, Yuja Wang, Itzhak Perlman, Anne-Sophie Mutter, and Lang Lang all of whose impressive ability, charisma, and distinctive sound have captivated audiences over the last 150 years. We will also explore emerging talents such as Alma Deutscher.

**W • Apr 16, 23, 30, May 7, 14, 21**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Emanuel Abramovits**

## Tour of Virginia's State Capitol

**BACK BY POPULAR DEMAND, FIELD TRIP** Join this fun, unfettered tour of our state Capitol. We'll begin at the Library of Virginia for an overview, then go on a walking tour of the grounds en route to the Capitol. Your tour guide of the Capitol will be former Chief of Staff Bill Leighty, who promises to be unencumbered by facts. We will exit via the east entrance, and enjoy a short tour of the Governor's Mansion to end our day. (We will begin and end this tour at the Library of Virginia.)

**R • Apr 17 • 9:30 AM-12 PM • \$20/Silver**  
**Leaders: William Leighty, David Irvin**

## Decoding Wine

**NEW, DRIVE TO EVENT, FIELD TRIP** We will taste eight wines and talk about how to read restaurant wine lists, store shelves, and wine labels; what is good tasting room/restaurant etiquette; and what are helpful tips for a couple of major wine regions. Nibbles provided. Class may run over or under the allotted time. Fees are non-refundable unless we are able to fill your slot.

**R • Apr 17 • 1-3 PM • \$50/All Members**  
**Leader: Warren Haskell**

## Give Me Liberty: Virginia & the Forging of a Nation

**NEW, DRIVE TO EVENT, FIELD TRIP** This is a guided tour of the Virginia Museum of History and Culture's exhibition: Give Me Liberty. The exhibit will inspire a deep appreciation for the continental and global forces as well as the individual actions by both iconic and ordinary people that brought about a model of democratic government that would change the world.

**F • Apr 18 • 1:30-3 PM**  
**• \$17/All Members**  
**Leader: Cece D'Arville**

## Photographing Celestial Events

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

**M • Apr 21 • 1-2:30 PM • \$20/Silver**  
**Leader: Bill Draper**

## Baby Elephant Expedition

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

**M • Apr 21 • 3-5 PM • \$20/Silver**  
**Leader: Mark Rich**

## My Kid Could Do That! Giving Abstract Art a Chance

**NEW** In this class, we will discuss the history of abstract art, artistic skills and techniques, personal interpretation, and other perspectives to learn about various styles and movements in the 20th and 21st centuries. Through lecture and conversation, students will be given information and skills to assist with appreciating abstract art, including paintings and sculpture.

**T • Apr 22 • 10-11:30 AM • \$20/Silver**  
**Leader: Elizabeth Schlatter**

## Jackson was Jackson

**NEW** It has typically been said that TJ 'Stonewall' Jackson 'was not Jackson' during the Seven Days battles. The reason offered for this is that he was exhausted. This is inaccurate: Jackson was actually a high functioning autistic. His behavior during these battles has been misunderstood for over a century.

**W • Apr 23 • 10-11:30 AM • \$20/Silver**  
**Leader: Herbert Loveless**

## Planning Final Arrangements: Pre-Plan to Make It Right

**BACK BY POPULAR DEMAND** Along with financial and estate planning, one of the best gifts we can give our families is planning our final arrangements. Losing a loved one is difficult. Prearranging the funeral eases the stress and guesswork for families and ensures that final wishes are honored. Learn about the important steps to provide this gift for yourself and family through an overview of the information and concerns when planning. There will be an opportunity to ask questions.

**W • Apr 23 • 3:30-5 PM • \$20/Silver**  
**Leader: Susan Campbell**

## Getting the Most Out of Ancestry.com

**NEW** 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 • Apr 24 • 9:30 AM-12:30 PM**  
**• \$20/Silver**  
**Leader: Donna Shumate**

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

### NEW, FIELD TRIP, DRIVE TO EVENT

Join us for a two-part, unique tour of VMFA: the first part focused on conservation of artwork in the galleries, and the second looking at the history of VMFA from 1950 to 1985, tracing the museum's history and its leaders and major donors. There will be an opportunity for those who want to discuss and socialize to meet at VMFA's BEST Cafe after the tour ends.

**R • Apr 24 • 2-4 PM • \$20/Silver**  
**Leaders: Terry Morgerson,**  
**James Schuyler**

## Mixed Herb Container Garden Workshop at Maymont

### NEW, DRIVE TO EVENT, FIELD TRIP, HANDS ON

Create a beautiful container garden with guidance from Maymont staff in this make-and-take workshop. Learn how to customize and care for your container garden. Guests should bring their own gloves; all other materials will be provided. Refreshments will be served, and participants must be 21 or older and bring photo ID for alcohol. Fees are non-refundable unless we are able to fill your slot.

**R • Apr 24 • 6-8 PM • \$60/All Members**  
**Leader: Krista Weatherford**

## My Caribbean Vacation

**NEW** For Canadians the Caribbean is an aspirational escape during frigid winters and a cruise destination. Yet, these idyllic isles may be viewed differently. The Caribbean's history is one of exploration and exploitation: its present is a straddle between dependence and freedom, and its future relies on whether we see it as a developing or developed region.

**F • Apr 25, May 2 • 10 AM-12 PM**  
**• \$40/Silver**  
**Leader: Bud Taylor**



## TWENTIETH TIDBIT

We offer three different membership levels to best align with a member's learning preferences.

SPRING 2025



## The Twentieth Annual ChinaFest

### ChinaFest's 20th Anniversary Celebration Kick-Off

Thursday, Feb 6 • 6:30-8:30 p.m.

Like the UR Osher Institute, ChinaFest is celebrating its 20th year of offering great speakers, films, and fun, educational activities. This year, ChinaFest's Thursday night opening will be a wonderful review of its first 20 years and will feature remarks from UR students and faculty, as well as a video presentation. Be sure to register for this special event!

### Tour of Historic St. John's Church and Graveyard

#### BACK BY POPULAR DEMAND, DRIVE TO EVENT, FIELD TRIP

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

F • Apr 25 • 1:30-3:30 PM

• \$16/All Members

Leader: Sarah White

### There is No Silver Medal in Presidential Politics

**BACK BY POPULAR DEMAND** In the past, there were some very accomplished individuals who, famous in their day, are now almost entirely forgotten because they ran for President and lost. This course will look at nine of these men, from the early Republic to our own time, to learn what they had to offer as we examine the road not taken.

M • Apr 28, May 5, 12 • 10 AM-12 PM

• \$60/Silver

Leader: David Fishman

### Medicare Education 101



#### BACK BY POPULAR DEMAND

This class provides an overview of the various pieces of Medicare, including Parts A and B, supplements, drug cards, and Medicare Advantage plans. Eligibility, timing, and enrollment in the various parts of Medicare are covered.

M • Apr 28 • 1-2:30 PM • \$20/Silver

Leader: Chris Lynch

## Aging Well



**NEW** This course will provide a holistic approach to health and will include weekly practical goals to be accomplished as a group. Explore interesting health-related practices from different cultures such as Shinrin yoku from Japan and Sufism. Integrate Nobel-prize winning concepts such as autophagy into your daily life. Explore simple but delicious Turkish recipes for a healthy gut and satisfying meals! Each week, we will write about aging well and share and reflect on these activities.

**T,R • Apr 29, May 1, 6, 8 • 10-11:30 AM**  
• \$60/Silver

**Leader: Nuray Grove**

## The Philosophy of Science

**NEW** Ever wonder what makes a science a science? Ever wonder if science finds truth? The philosophy of science will be explored. This includes the basis of inductive logic: why certain fields that claim to be sciences are not and whether or not science finds truth.

**W • Apr 30 • 10-11:30 AM • \$20/Silver**  
**Leader: Herbert Loveless**

**May**

## Ethiopian Flavors

**NEW, DRIVE TO EVENT, FIELD TRIP**

Learn about the dishes, flavors, and cooking of Ethiopian cuisine, including Inerja Bread, Stewed Lentils, Cabbage and Carrots, and Beef Tibs! Class may run over or under the allotted time. Fees are non-refundable unless we are able to fill your slot.

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

## Give Me Liberty: Virginia & the Forging of a Nation

**NEW, DRIVE TO EVENT, FIELD TRIP**

This is a guided tour of the Virginia Museum of History and Culture's exhibition: Give Me Liberty. The exhibit will inspire a deep appreciation for the continental and global forces as well as the individual actions by both iconic and ordinary people that brought about a model of democratic government that would change the world. Fees are non-refundable unless we are able to fill your slot.

**F • May 2 • 12:30-2 PM**  
• \$17/All Members

**Leader: Cece D'Arville**

## AI Scams



**NEW** Technology around Artificial Intelligence (AI) is advancing quickly. Scammers are also quickly adapting this technology to steal your money, information, and identity. This presentation will seek to help you understand common uses for AI, identify how scammers are utilizing AI, and learn ways to prevent, detect, and report AI scams.

**M • May 5 • 1-2:30 PM • \$20/Silver**  
**Leader: Shawn Smith**

## Tales from Alice in Wonderland and Through the Looking Glass

**NEW** Alice asks the Cheshire Cat which road to take. It asks her, 'Where do you want to go?' When Alice replies, 'I don't know,' it responds, 'Then it doesn't really matter, does it?' If you are looking for a class that does matter, enter Wonderland with Alice as she attempts to hold onto her Victorian ideas in an alternative dream world of imaginative characters, riddles, and twisted logic.

**W • May 7, 14 • 10 AM-12 PM**  
• \$40/Silver

**Leader: Murray Ellison**

## Virginia Holocaust Museum Tour

**BACK BY POPULAR DEMAND, FIELD TRIP**

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

**W • May 7 • 2-4:30 PM**  
• Free to Members  
**Leader: Matthew Simpson**

## Estate Walking Tours at Maymont

**NEW, DRIVE TO EVENT, FIELD TRIP**

This walking tour explores the gardens, outbuildings and other estate features that made Maymont a showplace without equal in Gilded Age Richmond. Guests will learn about the design of the Italian garden, the arboretum comprised of rare specimen trees imported in the 1890s, and the uses of the various outbuildings. Fees are non-refundable unless we are able to fill your slot.

**R • May 8 • 2-4 PM • \$15/All Members**  
**Leader: Krista Weatherford**

## Brahms and the Schumanns

**NEW** Composer and critic Robert Schumann and his wife Clara, a composer and renowned pianist in her own right, befriended and vigorously mentored the young aspiring Johannes Brahms. Amid Robert's later insanity and institutionalization, Brahms stayed with and became devoted to Clara and after Robert's death, they remained close friends and colleagues for the rest of their lives. This class will feature a representative sample of piano works written by all three composers.

**F • May 9 • 1-3 PM • \$20/Silver**  
**Leader: Alan Pollack**

## Estate Planning, Elder Law, IRAs



### BACK BY POPULAR DEMAND

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

**T • May 13 • 10-11:30 AM • \$20/Silver**  
**Leader: Paula Peaden**

## Guided Tour of Shalom Farms

### NEW LOCATION, DRIVE TO EVENT, FIELD TRIP

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 spring vegetables. There will be plenty of time to ask questions and discuss!

**T • May 13 • 1:30-3 PM**  
**• Free to Members**  
**Leaders: Hannah Wittwer,**  
**Marc Charbonier**

## Architecture and History at Patrick Henry's 'Red Hill'

Learn about Patrick Henry's 'Red Hill' located in Charlotte County, VA. With more than 3,000 artifacts and documents relating to Patrick Henry, his family, and the enslaved and free Black inhabitants, Red Hill also includes numerous historic buildings and two cemeteries, one of which includes Patrick Henry's grave.

**R • May 15 • 10:30 AM-12 PM**  
**• \$20/Silver**  
**Leader: Cody Youngblood**

## All About Bubbles

### NEW, DRIVE TO EVENT, FIELD TRIP

Sparkling wine comes in so many varieties and from so many places! The bubbles make them all festive and delightful, but you'll learn what makes them different and similar beyond the bubbles. Join us as we sample and discuss eight different sparkling wines with a wide variety of styles, types, regions, prices, and even colors! Nibbles provided. Class may run over or under the allotted time. Fees are non-refundable unless we are able to fill your slot.

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

## Tour of Historic St. John's Church and Graveyard

### BACK BY POPULAR DEMAND, DRIVE TO EVENT, FIELD TRIP

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

**F • May 16 • 1:30-3:30 PM**  
**• \$16/All Members**  
**Leader: Sarah White**

## Hanging Basket Container Garden Workshop at Maymont

**NEW, DRIVE TO EVENT, FIELD TRIP, HANDS ON** Create a beautiful container garden with guidance from Maymont staff in this make-and-take workshop. Learn how to customize and care for your container garden. Guests should bring their own gloves; all other materials will be provided. Refreshments will be served, and participants must be 21 or older and bring photo ID for alcohol. Fees are non-refundable unless we are able to fill your slot.

**R • May 22 • 6-8 PM • \$60/All Members**  
**Leader: Krista Weatherford**

## OSHER INSTITUTE MEMBER ART EXHIBITION

**JULY 18-21, 2025**

**Juried Exhibition**  
**Based on the theme**  
**"Love of Lifelong Learning"**

**OPEN TO ALL  
OSHER MEMBERS**

**Application deadline**  
**March 12, 2025**





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# OSHER LIFELONG LEARNING INSTITUTE

AT THE UNIVERSITY  
OF RICHMOND

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- 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 for 2024-25 season
- 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](mailto: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](mailto:tlc@richmond.edu)
- Opportunity to audit undergraduate credit classes
- Most Osher classes free for Gold members

Osher Lifelong Learning Institute  
Special Programs Building  
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## CELEBRATING OUR 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 20th Anniversary celebration!