

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

# OSHER

SPRING 2026

AT THE UNIVERSITY OF RICHMOND

MAKING

# Connections

ACROSS CAMPUS



UNIVERSITY OF RICHMOND  
School of Professional  
& Continuing Studies™



An aerial photograph of a university campus. In the top left, a large, light-colored building with a prominent tower and arched windows is visible. Below it is a circular garden with a central green clover-like pattern. To the right, a basketball court is marked on a paved area, with the text "OPEN MIC NIGHT 1024" visible on the court's surface. The campus is surrounded by numerous trees, many of which have vibrant autumn foliage in shades of yellow, orange, and red. A winding path cuts through the green spaces. The overall scene is captured from a high angle, looking down on the campus.

**Osher Members are Making**





#### FROM THE COVER:

Osher members David and Elaine Fishman (back row right) and John Bailey (back row second from left) joined fellow Osher member and Women's Basketball Silver Spiders interest group leader, John Festa (back row left) after watching a Women's Basketball team practice.

Aaron Rousell (bow row center), Head Women's Basketball Coach, was joined by players Jada Green, Maggie Doogan, Sam Dewey, and Rachel Ullstrom (front row left to right) for a quick photo.

## Connections Across Campus

**SEVEN YEARS AGO**, the new University of Richmond Women's Basketball coach stopped by the Osher Institute office. Coach Aaron Rousell introduced himself and suggested that our Osher members could be wonderful supporters of his program.

Fast forward to today. We now have more than 125 Osher members who have joined our Special Interest Group for Women's Basketball and are officially "Silver Spiders." These, and other members, regularly attend the women's games, go down on the court after games to talk to the players, and become personally invested in the team in myriad ways.

Our Osher Institute invites the coaches and players to our "Back to School" event every fall. This year we found them on the dance floor with our members!

Making connections across campus takes on many shapes and forms. A single invitation from a new coach has turned into a deep partnership, lasting friendships with UR student athletes, and so much fun for our Osher members!

We're grateful for members who are deeply engaged within our campus community and for our many, many campus partners who invite us to be a part of their programs, work with us to create unique opportunities for Osher, and embrace our members with open arms.

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# WHERE DO I START?

## ONLINE REGISTRATION

- Log in to the online registration portal by visiting **osher.richmond.edu** and clicking on the red “Registration Portal” button located in the center of the screen, to access. Once logged in, your name will appear at the top of the page.
- Confirm your membership is active. Select **My Account** once logged in. Click on **My Orders** and search for your last Membership transaction.
  - Not yet a member? Need to renew?  
Select **MEMBERSHIPS & RENEWALS**.
- Preview classes starting **December 8**. Register starting **December 16**.
- 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**, to request an Account Activation Link. You will need to provide your UR student ID number in this email.
  - UR requires that the **16-character password** be changed annually. Otherwise, your network account will be deactivated.
  - Provides **access** to UR email, wifi, VPN and library databases.
- Your **Osher membership ID** is used to register for Osher classes online. Go to **osher.richmond.edu/schedule**, then Online Registration Portal, to access.
  - Create password and username of your choice.
  - May require **UR ID** for one-time setup.
  - Note: This is not connected to your **Net ID**.



## January

### Not Another Back-Seat Driver: The Story of Amelia Earhart

**Z** **NEW** As one newspaper reporter stated, 'She couldn't stand a reputation as a back-seat driver, so she flew the Atlantic herself: solo.' Join us as we navigate the journey of Amelia Earhart, record-breaking aviator and first female to fly solo across the United States!

**M • Jan 12 • 9-10 AM • \$20/Silver**  
**Leader: Kyndall Drumheller**

### Only Hope: My Mother and the Holocaust Brought to Light

**Z** **BACK BY POPULAR DEMAND** Before she died in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland. These powerful stories have been published by her son, Irving Lubliner. He will share excerpts from 'Only Hope: A Survivor's Stories of the Holocaust,' shedding light on his mother's experiences and indomitable spirit, as well as his own experience as a child of Holocaust survivors. He will pause during and after his presentation to invite questions.

**M • Jan 12 • 1-3 PM • Free to Members**  
**Leader: Irving Lubliner**

### The Pursuit of Liberty: The Revolutionary War and the Founding of America

**Z** **NEW** Virginians played an essential role in the creation of the new American nation. From actions during and following the American Revolution to ideas and documents that established the new country, Virginians were involved at every point. Learn more about the lives of Virginia's founding fathers, while also examining some of the most important documents in American history.

**M • Jan 12 • 3:30-5 PM • \$20/Silver**  
**Leader: Grace Powers**

### Richmond Symphony: Symphony Companion Course 2025-26

**Z** Join this deep dive into the 2025-2026 Richmond Symphony Series concerts. Each class in this course will focus on the repertoire of the upcoming Symphony Series concert and feature a special guest with a critical role in the performance. Guests will include Music Director Valentina Peleggi, guest artists, and composers. Through recordings, images, scholarship, biographies, backstage stories, and discussion we will engage more deeply with the music and the artists who bring it to life.

**M • Jan 12, 26, Feb 23, Mar 2, Apr 6, May 11 • 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.

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

### The Golden Era at The Washington Post

**NEW** Retired columnist Bob Levey revisits the era of Watergate at The Washington Post. He'll share stories about legendary editor Ben Bradlee, famous reporters Woodward and Bernstein, and longtime publisher Katharine Graham. He'll also take questions about the current status of the newspaper, and journalism in general.

**T • Jan 13 • 1-2:30 PM • \$20/Silver**  
**Leader: Bob Levey**

### The Holocaust from Two Points of View

**NEW** Experience a personal story of the Holocaust from a child survivor and from the daughter of a WWII survivor of Omaha Beach D-Day landing.

**T • Jan 13 • 3-4:30 PM • \$20/Silver**  
**Leader: Roger Loria**

### Diagnostic and Therapeutic Challenges in the Clinical Practice of Medicine

**A** **NEW** The practice of medicine is both an art and a science. Several interesting cases from the instructor's clinical practice will be presented. The challenge is to make the proper diagnosis and to select the most appropriate treatment plan for the individual patient. This requires serious thought and sensitivity as patients have their own individual needs and fears.

**W • Jan 14 • 10 AM-12 PM • \$20/Silver**  
**Leader: Peter Goodman**

#### NATIONAL OSHER ONLINE

### Milestones in Medicine

**Z** This course highlights transformative milestones in medicine from the 18th century to today, beginning with Jenner's smallpox vaccine. We will explore key medical and public health advances, the innovators behind them, and the profound effects these breakthroughs have had on longevity and quality of life. The course offers a compelling look at how science and clinical care have worked together to reshape health outcomes over the past two centuries.

**W • Jan 14, 21, 28, Feb 4, 11, 18 • 11 AM-12:30 PM • \$60/All Members**  
**Leader: Gordon Josephson**

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



ZOOM  
CLASS



REGIRER AGING  
WELL SERIES

NATIONAL OSHER ONLINE



## Encyclopedia Virginia: Past, Present, and Future

**NEW** This seminar will explore the creation, evolution, and future trajectory of Encyclopedia Virginia (EV), a comprehensive online resource dedicated to the history, culture, and people of Virginia. This seminar will explore how EV has developed from its inception to its current status as a valuable tool for researchers, educators, and the general public.

**W • Jan 14 • 1-2:30 PM • \$20/Silver  
Leader: Peter Hedlund**

### NATIONAL OSHER ONLINE

## The Virtues

**Z** Virtue theory considers not just how to do good, but how to be good. This course explores timeless questions of character through the lens of thinkers like Aristotle, Jesus, the Buddha, and Confucius. We will reflect on key virtues such as honesty, courage, compassion, and respect, and consider practical ways to cultivate them in daily life. The full series may be taught as two separate courses.

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



### NATIONAL OSHER ONLINE

## Heroes of the Holocaust: Lights in the Darkness

**Z** When we think of the Holocaust, we recall the horrors perpetrated by evildoers. Even in humanity's darkest hours, courageous individuals risked everything to save lives. This course sheds light on these little-known rescuers: ordinary people who defied laws, resisted hate, and acted with moral clarity and compassion. Their uplifting stories are powerful reminders of resilience, morality, and hope.

**W • Jan 14, 21, 28, Feb 4, 11, 18  
• 3-4:30 PM • \$60/All Members  
Leader: Howard Kerner**

## Fiber Arts — Beginner Crochet

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

**W • Jan 14, 21, 28 • 3-5 PM • \$60/Silver  
Leader: Kathie Howe**



### NATIONAL OSHER ONLINE

## The Magic Behind Film Scores: Exploring the Role of Music in Great Movies

**Z** Discover how film music enhances storytelling, sets mood and place, defines character, and blends styles such as jazz, classical, and pop into powerful cinematic impressions. We will discuss how composers shape emotions across genres like drama, romance, comedy, sci-fi, and westerns. From 'The Jazz Singer' to James Bond, we will trace the evolution of film scores, spotlighting legendary composers such as Bernard Herrmann, Ennio Morricone, and John Williams.

**W • Jan 14, 21, 28, Feb 4, 11, 18  
• 5-6:30 PM • \$60/All Members  
Leader: Michael Agron**



## Pruning Practices for Trees and Shrubs

**NEW** Join this class to answer your questions related to pruning: Who? When? Why? How? How much? Participants will gain a better understanding of how plants work, and, therefore, how we can work with them to maximize plant health and attain desired outcomes in our landscapes.

**R • Jan 15 • 10 AM-12 PM • \$20/Silver**  
**Leader: Chris Catanzaro**

## Women: Their Systematic Oppression and Denial of Equality

**NEW** The emancipation of women and realization of full equality between the sexes is essential to human progress and the transformation of society. Inequality and the systematic oppression of women is a conspicuous and tragic fact of human history deeply ingrained in human society. Are its roots exclusively cultural, or has religious prejudice translated into social and cultural norms the traditional determination of a woman's status and her role in society?

**R • Jan 15 • 1-3 PM • \$20/Silver**  
**Leader: Vera Breton**



## Independence! An Entertaining Proposition

**NEW** In the years preceding the American Revolution, colonial American patriots courted the vast number of undecided colonists by appealing not only to their heads but also to their hearts. In addition to oratory and pamphlets they published songs, poems, satires, and allegories to fan the flames of outrage and create an emotional and visceral rationale for pursuing independence. This class reviews the literary side of patriotic propaganda.

**R • Jan 15 • 3:30-5:30 PM • \$20/Silver**  
**Leader: Mark Howell**

### NATIONAL OSHER ONLINE

## Invisible Intelligence: The Unseen Algorithms Reshaping Your Daily Life

**Z** Artificial Intelligence (AI) shapes our daily lives in subtle yet powerful ways. In this non-technical course, we will explore six case studies that reveal how AI systems work, the ethics behind machine decision-making, and the impact of these technologies on our world. We will gain a deeper understanding of AI's current influence, and the possibilities ahead.

**R • Jan 15, 22, 29, Feb 5, 12, 19**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Eliot Bethke**



## On Her Game: Caitlin Clark and the Revolution in Women's Sports

**Z NEW** We have never seen a time like this in women's sports in the United States, or around the world: a female athlete becoming so popular that she breaks attendance and TV viewership records, drawing unprecedented attention to women's team sports. Nearly 54 years into the nation's Title IX era, today is the greatest day in women's sports: until tomorrow.

**F • Jan 16 • 10-11:30 AM • \$20/Silver**  
**Leader: Christine Brennan**

### NATIONAL OSHER ONLINE

## How the US Immigration System (Usually) Works

**Z** Immigration has always been a complex and emotional issue in US history. This course explores how the immigration system has evolved, and how it works today. We will examine key questions about identity, belonging, and national responsibility while engaging in thoughtful, constructive conversations about the future of immigration policy in the United States.

**F • Jan 16, 23, 30, Feb 6, 13, 20**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Michele Waslin**



# 2026 Osher Leadership Council

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

Members of our 2026 Council include:

**Kathie Howe, Chair**

kathiehowe27@gmail.com

**Pam Wiegardt, Vice Chair**

wiegar@gmail.com

**Janice Jones, Past Co-Chair**

jlynn50@gmail.com

**Laura Soles, Past Co-Chair**

laurasoles@aol.com

**Steve Anders Linda Borland**

**Belva Collins Chris Hook**

**Lynn McCashin Sherry Ward**

**Robb Wieczorek**

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).

## One Bright Moment: The Wedding of Hetty Cary and John Pegram

**Z** **NEW** Hailed as the social event of the season, the January 19 wedding of a beautiful Southern belle to a dashing brigadier general was one bright moment amid the gloom of 1865. One of Washington D.C.'s most charming and influential socialites, Rose O'Neale Greenhow used her connections to gain information on US Army troop movements before the battle of Manassas. We'll explore the story of this determined woman whose own family was divided by war.

**F • Jan 16 • 1-2:15 PM • \$20/Silver**  
**Leader: Kelly Hancock**

## Bounty of Boatwright

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

**F • Jan 16 • 3-4:30 PM**  
**• Free to Members**  
**Leader: Carrie Ludovico**

## NATIONAL OSHER ONLINE

## The American Revolution Beyond the British Empire

**Z** This course reframes the American Revolution as a global event shaped by imperial rivalries and geopolitical forces. Each session focuses on a different group (Germans, French, Spaniards, South Asians, and others), revealing how their experiences intersected with the collapse of British rule in North America. By viewing the Revolution through a global lens, participants will uncover new perspectives on its causes, course, and consequences.

**S • Jan 17, 24, 31, Feb 7, 14, 21**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: Rick Bell**

## Imprisoned Without Trial: Japanese Incarceration in WWII

**Z** **NEW** Anti-Asian violence is not a modern-day occurrence. Fear, hatred, and racism toward the Chinese and Japanese began in the mid 1800's, culminating with the incarceration of more than 125,000 Japanese at the beginning of WWII, two-thirds of whom were US citizens. We will discuss the how, when, and why racism landed Americans in effectively prison camps, and what we can do to countermand the effects of anti-Asian violence and racism in America today.

**T,R • Jan 20, 22, 27, 29 • 10 AM-12 PM**  
**• \$60/Silver**  
**Leader: Denny Kato**

## NATIONAL OSHER ONLINE

## The Noir Novel: Three American Classics

**Z** Explore the noir novel through Dashiell Hammett's 'The Maltese Falcon,' Raymond Chandler's 'The Big Sleep,' and Sara Paretsky's 'Indemnity Only.' From hardboiled detectives navigating gritty cityscapes to Paretsky's feminist reimagining of the genre, this course traces the evolution of noir fiction. Film clips from classic adaptations will highlight the genre's impact on both literature and cinema.

**T • Jan 20, 27, Feb 3, 10, 17, 24**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Peter Kaye**

## VCU Libraries Noteworthy Book Art Collection & Archives Tour

**FIELD TRIP, DRIVE TO EVENT** Visit the largest collection of book art in the Southeast at VCU Libraries. Our visit begins in the reading room of Special Collections and Archives, followed by a tour of the secured storage stacks to get a glimpse into the many and varied holdings. We will finish the event with refreshments in the Cabell Room.

**T • Jan 20 • 11 AM-1 PM**  
**• Free to Members**  
**Leaders: Sarah Scarr, Kelly Gotschalk**

## NATIONAL OSHER ONLINE

## More than Parks: A History

**Z** Explore the evolution of American conservation from the 19th century to today. We'll go beyond national parks to examine how urban reformers, scientists, women activists, and Native communities shaped the movement. Through diverse stories and landscapes, we will gain a deeper understanding of how Americans have fought to preserve and define the natural world.

**T • Jan 20, 27, Feb 3, 10, 17, 24**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: Fraser Livingston**



## Ikebana Ohara Floral Arranging

**NEW** The Japanese characters forming the word 'ike-bana' can be best translated as 'living flowers.' However, ikebana has become generally accepted as meaning the art form of Japanese flower arrangement. Watch a demonstration then create your own arrangement, using materials and flowers provided. Bring a flower snipping tool and a bucket to take home your flowers. You will keep the suiban container, kenzan spiky frog, handouts, flowers, and branch material to re-create your arrangement at home. Fees are non-refundable unless we are able to fill your slot.

**T • Jan 20 • 1-3 PM • \$30/All Members**  
**Leader: Marty Jones**

### NATIONAL OSHER ONLINE

## Dealing in Futures: The Shape of Science Fiction

**Z** From pulp origins to mainstream dominance, science fiction has evolved into a powerful storytelling form that explores new worlds, ideas, and ways of thinking. This course traces the genre's growth over two centuries, distinguishing it from fantasy and myth, and highlighting key authors who shaped its direction. We will discover how science fiction reflects cultural change and reimagines the future.

**T • Jan 20, 27, Feb 3, 10, 17, 24**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Gary Wolfe**

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

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

**T • Jan 20 • 3:30-5 PM**  
**• Free to Members**  
**Leader: David Kitchen**

### NATIONAL OSHER ONLINE

## Japanese History through the Lens of Shogun

**Z** Inspired by the 2024 FX mini-series Shogun, this course explores Japan's transition from civil war to peace between the 15th and 18th centuries. We will examine the rise of key unifiers, the roles of diverse social groups (like merchants, peasants, women, and outcasts), and the era's political, cultural, and artistic shifts. For fans of the series or those new to Japanese history, this course offers a rich, accessible introduction.

**T • Jan 20, 27, Feb 3, 10, 17, 24**  
**• 7-8:30 PM • \$60/All Members**  
**Leader: Megan McClory**

## Adult CPR/AED Certification

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

**W • Jan 21 • 10 AM-12 PM**  
**• \$45/All Members**  
**Leader: Pamela Wiegardt**

## Cracking the Case of Cozy Mysteries

**UPDATED** Love curling up with a great book, a warm blanket, and a cup of tea? Step into the charming world of cozy mysteries - crime fiction with heart, wit, and just enough intrigue to keep you turning the pages. In this session, you'll explore the hallmarks of the genre and learn what makes a mystery irresistibly cozy. You'll leave inspired to track down your next page-turner at your local bookstore or library.

**W • Jan 21 • 1-2:30 PM**  
**• Free to Members**  
**Leader: Cynthia Price**

## Joint Osher-ARRT-R Lecture: Abigail Adams

**Z** **NEW** Abigail Adams is one of the most fascinating of our Founding Mothers. While her husband, John Adams, was focusing on Independence and grappling with problems associated with the Continental Congress, Abigail was advising him on policy matters, minding the family farm in Braintree, Massachusetts, and managing all financial affairs while raising a family in his absence. Professor Woody Holton will be sharing some rare insights about this brilliant and influential figure of our American Revolution.

**W • Jan 21 • 7-8:30 PM**  
**• Free to Members**  
**Leader: Woody Holton**

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



ZOOM  
CLASS



REGISER AGING  
WELL SERIES

NATIONAL OSHER ONLINE



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

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

- A Beautiful Brain
- A History of Street Art
- AI for Regular People
- Brain and Behavior in the Era of Digital Technology
- California Uncovered: A Journey Through Time, Place, and Identity
- Comic Book Literature
- Dealing in Futures: The Shape of Science Fiction
- Einstein without Tears: His Theories Explained without Math and in Everyday Language
- Frank Lloyd Wright and Modern Architecture
- From Leo XIII to Leo XIV: History of 20th and 21st Century Popes
- Ghosts in the White House: The People Behind Presidential Speeches
- Great Science Stories
- Heroes of the Holocaust: Lights in the Darkness
- History of Sicily
- How the US Immigration System (Usually) Works
- Invisible Intelligence: The Unseen Algorithms Reshaping Your Daily Life
- Japanese History through the Lens of Shōgun
- JFK's Quest for Peace: Lessons for Turbulent Times
- John James Audubon and the Birds of America
- Judaism, Christianity, and Islam: A Comparative Exploration
- Landscape & Adventure Photography: An Introduction
- Milestones in Medicine
- More than Parks: A History of American Conservation
- Music: Controversies and Curiosities
- Osher Integrative Health: Navigating Chronic Illness in a Complex Healthcare System
- Pharmaceuticals and Poisons: Chemistry at the Edge
- Place, Memory, and Environmental Psychology
- Post Impressionism and the Birth of Abstraction
- Siberia: Russia's Frozen Wasteland or Economic Heartland?
- The American Revolution Beyond the British Empire
- The History of American Television
- The Lost Generation
- The Magic Behind Film Scores: Exploring the Role of Music in Great Movies
- The Noir Novel: Three American Classics
- The Scopes Monkey Trial: Then and Now
- The Virtues
- Using Google Workspace Tools with Confidence
- Violinists: Performers and Composers
- Writing the Personal Essay: Finding Your Story

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

### Using Google Workspace Tools with Confidence

**Z** This beginner-friendly course introduces Google Workspace tools like Drive, Gmail, Calendar, Docs, Sheets, and Slides. We will learn core features, basic navigation, and practical applications for personal and professional use. With guided instruction and real-world examples, the course builds confidence and foundational skills to boost productivity and collaboration.

**W • Jan 21, 28, Feb 4, 11, 18, 25**  
**• 7-8:30 PM • \$60/All Members**  
**Leader: Chelsea King**

#### NATIONAL OSHER ONLINE

### John James Audubon and the Birds of America

**Z** In the 1820s, John James Audubon set out to document every bird species in the US, resulting in *The Birds of America*, a landmark collection of 435 hand-painted prints. This course explores Audubon's life, artistic methods, and legacy, highlighting how his work bridges art and science. We will examine selected prints and consider his lasting impact on American natural history.

**R • Jan 22, 29, Feb 5, 12, 19, 26**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Eric Simon**



## No Democracy Lasts Forever: A Conversation with Dean Erwin Chemerinsky

**Z NEW** Constitutional scholar and law school dean Erwin Chemerinsky warns that 'American democracy is in grave danger,' as political polarization, decisions by a partisan Supreme Court, and anti-democratic features inherent in the Constitution have combined to create the possibility of perpetual minority rule. Dean Chemerinsky will discuss how the Constitution, as initially drafted and as recently interpreted by the Supreme Court, has contributed to the demise of democracy, and explore options for addressing this crisis.

**R • Jan 22 • 1-2 PM • \$20/Silver**  
**Leaders: Erwin Chemerinsky, Thomas Cox**

## Contemporary Art

**Z REVISED** The most fundamental aspect of contemporary art is that it is art from our current period. Unlike many past art movements with singular ideologies, contemporary art is defined by its lack of a uniform organizing principle. Themes may include Identity, Society & Culture, Technology & Globalization, and Power & Politics. Join us as we explore a curated program.

**R • Jan 22 • 3-4:30 PM • \$20/Silver**  
**Leaders: Alice Waagen, Ralph Kidder**

## NATIONAL OSHER ONLINE

### Pharmaceuticals and Poisons: Chemistry at the Edge

**Z** Some substances heal, others harm, and some do both. This chemistry-rich (but non-technical) course explores the fine line between pharmaceuticals and poisons. We will examine drug development, venom-inspired medicine, and the history of FDA regulation shaped by scandal and reform. From aspirin's industrial roots to Gila monster hormones, participants will uncover the fascinating, sometimes unsettling chemistry behind what we choose to swallow.

**R • Jan 22, 29 Feb 5, 12, 19, 26**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Johnnie Hendrickson**

### 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. Course also covers common pests and diseases, as well as basic principles and elements of landscape design.

**F • Jan 23, 30, Feb 6, 13, 20, 27**  
**• 10-11:30 AM • \$60/Silver**  
**Leader: Chris Catanzaro**

### Intro to End-of-Life and Legacy Planning

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

**F • Jan 23, 30 • 1-3 PM • \$40/Silver**  
**Leader: Jennifer Jurlando**

## 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.

**F • Jan 23 • 3:30-5:30 PM**  
**• Free to Members**  
**Leaders: Osher Leadership Council, Osher Staff**

## 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 • Jan 26, Feb 2 • 10 AM-12 PM**  
**• \$40/Silver**  
**Leader: Sheryl Smith**

## NATIONAL OSHER ONLINE

### Brain and Behavior in the Era of Digital Technology

**Z** Explore how digital technologies and artificial intelligence affect the brain, behavior, and mental health. This course examines the impact of modern devices on attention, memory, emotions, and decision-making, while addressing ethical concerns like privacy and tech-based addictions. We will learn how neuroscience and psychology offer tools to support well-being in a rapidly evolving digital world.

**M • Jan 26, Feb 2, 9, 16, 23, Mar 2**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Elena Labkovsky**

## Regenerative Gardening: A New Approach to Old Knowledge

**NEW** Discover how to grow abundant gardens while restoring the health of the soil and ecosystem. This class introduces principles of regenerative practices: building soil life, conserving water, increasing biodiversity, and creating closed-loop systems. Students will leave with practical techniques to cultivate resilient, sustainable gardens that give back more than they take.

**M • Jan 26 • 1-2:30 PM • \$20/Silver**  
**Leader: Conner Parrish**

### NATIONAL OSHER ONLINE

## History of Sicily

**Z** Sicily has been a mythic crossroads of heroes, conquerors, and culture for over 3,000 years. From Odysseus and the Arab-Norman Golden Age to the Mafia and modern mythmakers like Garibaldi and Coppola, Sicily's story is rich, complex, and central to Western history. This course explores its pivotal role in shaping civilization and illustrates why Goethe famously said, 'To have seen Italy without having seen Sicily is not to have seen Italy at all.'

**M • Jan 26, Feb 2, 9, 16, 23, Mar 2**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: Douglas Kenning**

### NATIONAL OSHER ONLINE

## Landscape & Adventure Photography: An Introduction

**Z** Learn the skills and techniques used to create professional quality images of your adventures in the natural world. Topics will include exposure, depth of field, motion effects, the principles of visual communication, and the qualities of natural light. The course will incorporate slide-illustrated lectures and group discussions, and provide ample time for student feedback.

**M • Jan 26, Feb 2, 9, 16, 23, Mar 2**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Jonathan Duncan**

### NATIONAL OSHER ONLINE

## The History of American Television

**Z** This engaging, video-rich course tells the story of American television from its 1920s origins to today's streaming era. We will explore decades of iconic shows, genres, and cultural moments that shaped the medium and its audiences. From sitcoms and dramas to news and sports, we will rediscover how TV evolved, adapted, and transformed American culture one broadcast, cable channel, and streaming service at a time.

**M • Jan 26, Feb 2, 9, 16, 23, Mar 2**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: James McKairnes**

## Learning About the Holocaust, Part 1

**BACK BY POPULAR DEMAND** What is the effect on people when their right to live is taken away by their government? 'The Holocaust was a systematic, bureaucratic, state-sponsored persecution and murder of approximately six million Jews by the Nazi regime and collaborators' (USHMM). How did the unthinkable become reality through government and law?

**M • Jan 26, Feb 2, 9, 16, 23, Mar 2**  
**• 3-5 PM • \$60/Silver**  
**Leader: Rena Berlin**

### NATIONAL OSHER ONLINE

## Post Impressionism and the Birth of Abstraction

**Z** Let's explore Post-Impressionism's bold departure from naturalistic light and color, focusing on the expressive use of form, symbolism, and vivid, often unnatural color. Through the work of Cézanne, van Gogh, Gauguin, Seurat, and Matisse, we will trace the movement's challenge to artistic norms and social values: laying the foundation for modern art and redefining the artist's role in society.

**M • Jan 26, Feb 2, 9, 16, 23, Mar 2**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Lauren Weingarden**

## Come . . . and BeMoved®!

**BACK BY POPULAR DEMAND** **A** 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 26, Feb 2, 9, 16, 23, Mar 2, 9, 16, 23, Apr 6, 13, 20 • 5:30-6:30 PM**  
**• \$110/All Members**  
**Leader: Myra Daleng**

## Building Foundations of Caregiving, Part 1

**Z** **A** **NEW** This class will explore the role of caregivers and changes they may experience, building a support team, and managing caregiver stress. This is the first of a five-part series, but attendance in all is not required.

**T • Jan 27 • 3-4 PM • \$20/Silver**  
**Leader: Rachel Lawson**

## Governing AI for Data Literacy, Academic Freedom, and Climate Action: Part 1

**NEW** Join this lecture to understand how and why Virginia is a data center and AI infrastructure hotspot, and what this means for residents of the state. What are the costs and benefits of Virginia's data center expansion? Efforts to educate AI users and prepare impacted communities are key to assure more ethical and greener computer operations for institutions located in the Commonwealth. This is Part 1: Part 2 will be a small, follow-up workshop.

**T • Jan 27 • 4:30-6 PM • \$20/Silver**  
**Leader: Mary Finley-Brook**



## NATIONAL OSHER ONLINE

## Einstein Without Tears: His Theories Explained Without Math and in Everyday Language

**Z** Explore the fascinating world of Albert Einstein's theories: no math or science background required. This course introduces key ideas like time travel, warped space, black holes, and gravitational waves, all in accessible terms. We will discover how modern science continues to confirm Einstein's predictions and why his work remains a source of wonder for both scientists and science fiction fans.

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

## Nature Journaling

**Z NEW** Increase your connection to the natural world by slowing down to focus on drawing from observation and recording your experiences in a nature journal. In this series of weekly classes, students will learn tips and techniques for building their own creative toolkit for keeping a nature journal. Pencil, pen and watercolor will be used as participants learn inspiring ways to draw, write and paint. No experience is necessary for this fun and relaxing introductory class.

**W • Jan 28, Feb 4, 11, 18 • 10-11:30 AM**  
**• \$60/Silver**  
**Leader: Elizabeth Higgins**

## The Song of Songs

**NEW** The Song of Songs (also called the Song of Solomon) is one of the Bible's most beautiful poems, a joyous celebration of eroticism and love. But why is this very sexy poem even in the Bible? What do biblical scholars and other interpreters say about this text? And why is there so much fruit?

**W • Jan 28 • 1-2:30 PM**  
**• Free to Members**  
**Leader: Rhiannon Graybill**

# OSHER SOCIALS

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



## COFFEE CHATS

At Tyler's in the Commons  
 Generally the first Wednesday of each month at 8:30 AM

**January 7 • February 4**  
**March 4 • April 1**  
**May 6 • June 3**  
**July 1**



## GAME DAYS

Typically on the third Thursday every month.

**Jan 15 • Feb 19**  
**Mar 19 • Apr 16**  
**May 21 • June 18**  
**July 16**

*Locations announced via email blasts.*



## HAPPY HOURS

Second Thursday of each month starting at 4:30 PM

**January 8 – River City Roll**  
**February 12 – O'Toole's**  
**March 12 – Ford's Garage**  
**April 9, 5 PM – SPECIAL Spiders & Hops Event with SPCS for UR Here**  
*(see catalog and register)*  
**May 14 – TBD**  
**June 11 – Lewis Ginter**  
**July 9 – Brass Tap**



## LUNCH BUNCH

**NEW**

**11:45 AM – 1 PM**  
 At the Heilman Dining Center  
**February 18**



## 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) and 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@agesmartva.org](mailto:BDavis@agesmartva.org)

**Fiber Arts:** Kathie Howe • [Kathiehowe27@gmail.com](mailto:Kathiehowe27@gmail.com)

**Genealogy:** Donna Shumate • [dshumate@richmond.edu](mailto:dshumate@richmond.edu)

**Golf:** Tom Cox • [tcov.attorney@gmail.com](mailto:tcov.attorney@gmail.com), Pam Wiegardt • [wiegar@gmail.com](mailto:wiegar@gmail.com) and Steve Tammara • [stevetammara@outlook.com](mailto:stevetammara@outlook.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)

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

*Group is filled with a wait list; coordinators needed to start a second book club.*

**Love of Vinyl Records:** Chris Waagen • [clwaagen@gmail.com](mailto:clwaagen@gmail.com)

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

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

**Mystery Lovers:** 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 II:** Prakash Lothe • [prakashlothe@aol.com](mailto:prakashlothe@aol.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)

## Unlocking the Past: Exploring Boatwright's Historical 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!

**R • Jan 29 • 1-2:30 PM**

**• Free to Members**

**Leader: Lynda Kachurek**

### NATIONAL OSHER ONLINE

## Judaism, Christianity, and Islam: A Comparative Exploration

Explore the rituals, beliefs, and writings of Judaism, Christianity, and Islam through a comparative lens. This course examines where these Abrahamic religions overlap and diverge, offering insights into their shared monotheistic roots and unique traditions. We will read key texts from each faith and gain a deeper understanding of how these religions shape meaning, practice, and identity.

**R • Jan 29, Feb 5, 12, 19, 26, Mar 5**

**• 1-2:30 PM • \$60/All Members**

**Leader: Jeremy Fackenthal**

## Introduction to Indian Cooking

### NEW, FIELD TRIP, DRIVE TO EVENT

Explore the spices and flavors with some Indian restaurant favorites, including Butter Chicken, Saag Paneer, Naan Bread, and Cucumber Raita. Don't worry, it won't be too spicy! Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot. Offered twice; please register for only one session.

**R • Jan 29 • 1-3 PM • \$75/All Members**

**Leader: Warren Haskell**



# NATIONAL OSHER ONLINE

## Osher Integrative Health: Navigating Chronic Illness in a Complex Healthcare System

**Z** This course, presented in partnership with the Osher Collaborative for Integrative Health, features expert speakers from their upcoming national conference, Navigating Chronic Illness in a Complex Healthcare System. Through engaging presentations and discussions, participants will explore how integrative health approaches can address the challenges of living with chronic conditions and help individuals make informed choices within today's increasingly complex healthcare environment. Topics will focus on whole-person care, patient empowerment, and practical strategies for managing long-term health concerns.

**F • Jan 30, Feb 6, 13, 20, 27, Mar 6**

**• 3-4:30 PM • \$60/All Members**

**Leaders: Vinny Minichiello, Benjamin Smith, Selim Sheikh, Daniel Cherkin, Iman Majd**

## February

## All About Herbs: Why Plants Are Considered Nature's Medicine

**NEW** In this immersive course, students will discover the powerful healing properties of herbs and learn why they are considered nature's medicine. Designed for beginners and herbal enthusiasts alike, this course will explore the medicinal benefits of common herbs, their traditional uses, and how to incorporate them into daily life for natural wellness.

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

**Leader: Conner Parrish**

## Determined: The 400-Year Struggle for Black Equality

**Z NEW** This class examines the long history of Black Americans as they have fought for freedom, equal justice, and access to opportunities. Through profiles of individuals and evocative objects, we'll explore the Black experience in Virginia from 1619 to the present day, the pivotal role Black Americans have played in shaping America's national identity and culture, and the key Virginians and Virginia events that have defined the meaning of American democracy, equality, and justice.

**T • Feb 3 • 9-10:30 AM • \$20/Silver**

**Leader: Grace Powers**

## iVamos a clase!

**NEW** ¡Bienvenidos! We're pleased to offer a series of Spanish classes this spring! These lively and interactive sessions will include basic grammar, pronunciation, and daily life vocabulary. We will include conversation practice, written exercises, and short videos in Spanish. The pace of this initial series is for beginner/refresher levels. Each session builds upon the previous lessons to increase confidence in communication. ¡Nos vemos pronto!

**T • Feb 3, 10, 17 • 11 AM-12:15 PM**

**• Free to Members**

**Leaders: Mary Catherine Raymond, George Hiller**

## Governing AI for Data Literacy, Academic Freedom, and Climate Action: Part 2

**NEW** Join this small interactive training session to learn how to engage in education and community advocacy related to making cloud technologies in the Commonwealth greener and more ethical. As the prolific use of AI supercharges data center growth, tech companies are investing heavily in Virginia. We'll unpack the material requirements for cloud computing as the 'winners' and 'losers' of policies and developments are discussed. This is Part 2, a follow-up workshop to the lecture on January 27.

**T • Feb 3 • 4:30-6 PM**

**• Free to Members**

**Leader: Mary Finley-Brook**

## Great Decisions 2026

**BACK BY POPULAR DEMAND** Designed by the Foreign Policy Association (FPA) and facilitated at the local level, this program highlights eight timely and thought-provoking foreign policy challenges facing the US. Purchase of a Great Decision briefing book or e-book is suggested.

**W • Feb 4, 11, 18, 25, Mar 4, 11, 18, 25**

**• 1-2:30 PM • \$60/Silver**

**Leaders: Steve Hamilton, David Frimpter, Prakash Lothe, John Mahone, Rob Hafker**

## Staying Safe in Your Home

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

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

**Leader: Jaime Smiley**

## The Scramble for Africa (Or How The African Counties Got Their Shapes)

**Z NEW** Most of Africa was generally unknown to the rest of the world until the 1870s, when an ambitious and ruthless king from a minor European country initiated a rush for glory and riches known later as the 'Scramble for Africa.' The result was a carving up of the continent that generally ignored the cultures and histories of the indigenous peoples. We will examine how the map of Africa transformed into the configuration we recognize today.

**R • Feb 5, 12, 19, 26, Mar 5 • 10-11:30 AM**

**• \$60/Silver**

**Leader: L. Jon Grogan**

## Chaine Maille Bracelet or Necklace: Stairway to Heaven Pattern

**NEW PATTERN, HANDS ON** Join us for a fun-filled class making sterling silver chain maille jewelry. This sterling silver weave is one you can wear on its own or stacked with others due to its slender size. While this is considered an 'intermediate' pattern, some previous beginner's experience and a little bit of patience will make it work! Instructor will provide all materials and tools; participants should bring good eyesight, patience, and sense of humor. Bracelet: \$75 (included in this registration); Necklace: \$125 (add the additional sub-session for the necklace).

**R • Feb 5, 12 • 1-3 PM • \$75/All Members**  
**Leader: Celeste Miller**

## The Wines of Catalonia

**NEW, FIELD TRIP, DRIVE TO EVENT** Explore Spain's Northeastern region! Take a deeper dive into Spanish wine with this regionally focused class. We all likely know about Rioja, but are you familiar with Priorat (think big bold reds) or Penedes (home of CAVA)? Join us and you will be. Fees are non-refundable unless we are able to fill the slot.

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

## Quantum Weirdness: The Mystery of Superposition

**NEW** You cannot be both old and young. You cannot be both tall and short. And NO, absolutely NO, a cat cannot be both dead and alive. Fundamental to understanding quantum mechanics is the idea of Superposition. But you do not need to understand quantum mechanics in order to understand Superposition. This class will explain Superposition without the use of any mathematics. There will be no mention of addition or subtraction, or even numbers at all.

**F • Feb 6 • 1-3 PM • \$20/Silver**  
**Leader: Allen Cohen**

## ChinaFest 2026 Opening Event

**DOCUMENTARY SCREENING** Fine artist Dora Fugh Lee was born to a noble family in China. In this Emmy-nominated film produced for PBS and narrated by Rose Nan-Ping Chen, Lee's compelling life and art are explored. She is considered one of the last Chinese literati painters. After the film there will be a panel discussion with the director E. Samantha Cheng, followed by a reception. Then join us for One Man Show and Book Launch: Jesse Appell is an independent creative, entrepreneur and intercultural comedian based in Beijing who uses comedy as a means to bridge cultural divides between China and the West.

**F • Feb 6 • 5:30-9 PM**  
**• Free to Members**  
**Leader: Jesse Appell**

## Through the Seasons: A Year in Local Wildlife

**NEW** This class offers a visual journey through the changing seasons in and around Richmond. From spring blooms and nesting birds to summer butterflies, fall migrations, and winter's quiet beauty, the presentation highlights the rhythms of local wildlife and landscapes. Filled with Jim's beautiful photographs, it also includes suggestions and brief descriptions of nearby parks, gardens, and natural areas, encouraging viewers to explore and connect with local nature.

**M • Feb 9 • 10 AM-12 PM • \$20/Silver**  
**Leader: Jim Easton**

## Famous Philosophy Quotes: I Think Therefore I Am

**NEW** Rene Descartes is famous for saying, 'I think, therefore I am.' But why did he say that? What question was he trying to answer? In this class, we will explore one young man's attempt to find something he could be sure of in a world where the authorities, including priests, scientists, and scholars, disagreed vehemently and sometimes violently about everything, especially God, the Cosmos, and the nature of human existence.

**M • Feb 9 • 1-2:30 PM • \$20/Silver**  
**Leader: Ladelle McWhorter**

## Supporting Independence While Caregiving, Part 2



**NEW** This class focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. This is the second of a five-part series, but attendance in all is not required.

**T • Feb 10 • 9:30-10:30 AM • \$20/Silver**  
**Leader: Rachel Lawson**

## The Vietnam Wars 1940-1975

**NEW** Students will explore the Vietnam Wars between 1940 and 1975, with an emphasis on America's involvement. This course will trace the origins of the conflict from the Japanese occupation during World War II through the US withdrawal. We'll include background, causes, key players, major battles, and the war's legacy. Students will also examine the role of the press, shifting public opinion, nationwide demonstrations, the draft, and the political climate of this turbulent era.

**T • Feb 10, 17, 24, Mar 3, 10, 17**  
**• 1-2:30 PM • \$60/Silver**  
**Leader: Paul Glancy**

## Who is the Real Jesus?

**NEW** Scholars have suggested many possibilities regarding the original, historical Jesus: a violent zealot, a prophet of social revolution, a preacher of a spiritual kingdom, a cynic philosopher, a magician, a queer advocate, a mythic figure who never existed, etc. We will examine these and more in a search for a plausible original Jesus, and then ask: Is this the real Jesus?

**T • Feb 10, 17, 24 • 3-5 PM • \$60/Silver**  
**Leader: Ryan Ahlgrim**

## Hearts at War



**NEW** Discover the history of Valentine's Day, the start of Valentine's Day traditions in America, and how the Civil War affected those traditions in the South. The program includes images of original valentines in the Museum's collections and excerpts from letters between soldiers and their loved ones.

**W • Feb 11 • 3:30-4:45 PM • \$20/Silver**  
**Leader: Kelly Hancock**



## Introduction to Indian Cooking

### NEW, FIELD TRIP, DRIVE TO EVENT

Explore the spices and flavors with some Indian restaurant favorites, including Butter Chicken, Saag Paneer, Naan Bread, and Cucumber Raita. Don't worry, it won't be too spicy! Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot. Offered twice; please register for only one session.

**R • Feb 12 • 1-3 PM • \$75/All Members**

**Leader: Warren Haskell**

## Four Friday Films

**NEW FILMS** We begin a brief homage to the late Robert Redford with two films: his tremendously fun 'Sneakers' from the 90s, then a lovely film, made when he was 82: 'The Old Man and the Gun,' based on a real-life octogenarian bank-robber. Then we'll see a very different view of banking with the charming English film 'Bank of Dave.' We'll finish with Jack Nicholson and Helen Hunt in 'As Good As It Gets.'

**F • Feb 13, 20, 27, Mar 6 • 1-4 PM**

**• \$60/Silver**

**Leaders: Anne Barash, Eric Holzwarth**

## Imposed Borders: The Legacy of WWI for Today's Middle East

**NEW** We will study the conduct of the Great War in multiple theaters, with emphasis on political and military events in the Middle East. We will also examine the great power agreements, treaties, and territorial changes which ended the conflict, and the legacy of WWI that is still causing instability and violence in this region today.

**M • Feb 16, 23, Mar 2 • 10 AM-12 PM**

**• \$60/Silver**

**Leader: Michael Knapp**



# ChinaFest 2026 Opening Event

**Friday, Feb 6 • 5:30-9 p.m.**

*Includes a documentary film screening of the life of fine artist Dora Fugh Lee and then a panel discussion with the film's director plus a reception. The evening concludes with One Man Show and Book Launch: Jesse Appell.*



## 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.

## The Five Ingredients of Pop Songs and the Musical Chess

**NEW** In Session 1, five ingredients will be illustrated through musical examples. The five ingredients can be mixed in many combinations, and the class will develop a comparison chart. Session 2 focuses on songs from the musical 'Chess.' Benny and Bjorn of ABBA, with Tim Rice, created well-crafted songs that deserve closer scrutiny. 'One Night in Bangkok' achieved #3 in both the US and Canada. 'A Model of Decorum' is a worthy successor to Mozartean 'singspiel.'

**M • Feb 16, 23 • 1-2:30 PM • \$40/Silver  
Leader: Tim Kloth**

## Communicating Effectively, Part 3



**NEW** This course teaches how dementia affects communication.

All forms of dementia can impact someone's communication and can be one of the first warning signs that a family may notice. This session will talk about the changes someone may experience with communication as well as tips for communicating well with family, friends and health care professionals. This is the third of a five-part series, but attendance in all is not required.

**T • Feb 17 • 9:30-10:30 AM • \$20/Silver  
Leader: Rachel Lawson**

## The Life and Works of John Singer Sargent



**NEW** John Singer Sargent was one of the most sought-after portraitists of his time. Of

Sargent's early work, the novelist/art critic Henry James wrote that Sargent offered 'the slightly 'uncanny' spectacle of a talent which on the very threshold of its career has nothing more to learn'. Sargent would create roughly 900 oil paintings, more than 2,000 watercolors, and countless sketches and drawings.

**W • Feb 18, 25, Mar 4, 11 • 3:30-5 PM  
• \$60/Silver  
Leader: Juana Levi**



## Beyond the Bounty

**Z** 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 • Feb 19 • 12-1:30 PM**  
**• Free to Members**  
**Leader: Carrie Ludovico**

## Citizen Science: Frog-Watch Workshop

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

What's that sound in your backyard? Is it a bird? Is it a cricket? More likely, you're hearing the nocturnal chorus of frogs and toads! Become a herpetology hero by joining the thousands of Frog-Watch USA volunteers nationwide. This training workshop will prepare you to contribute to one of the largest citizen science projects in the nation. Fees are non-refundable unless we are able to fill the slot.

**R • Feb 19 • 2-5 PM • \$15/All Members**  
**Leaders: Allison Bentley, Rachel Riesbeck**

## Spider Women's Basketball Terrace Event

Join us for an Osher Sunday afternoon as our Women Spiders Basketball Team takes on La Salle. 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. Fees are non-refundable unless we are able to fill the slot.

**U • Feb 22 • 1-4 PM • \$15/All Members**  
**Leaders: Osher Leadership Council, Osher Staff**

## Everything You Wanted to Know About the Middle East But Were Afraid to Ask!

**NEW** The Middle East and North Africa (MENA) is a region that is daily in the news: sadly much of it bad! This three-part course will attempt to illuminate the history, politics, economics, and social aspects of MENA. There will be three sessions, each covering one sub-region of MENA. The three sub-regions are the Maghreb (North Africa yet minus Egypt), the Mashreq (starting with Egypt and go East), and the Khaleej (i.e. the Gulf States).

**T • Feb 24, Mar 3, 10 • 10-11:30 AM**  
**• \$60/Silver**  
**Leader: Heba F. El-Shazli**

## Soul Man: How We Forgot Pat Boone and Discovered James Brown

**NEW** We all experienced soul music as teenagers on radio, television, and the dance floor. Let's see how soul music moved from the African American community into the mainstream of American popular music. We'll hear our favorite songs, and we'll see what Dr. King meant when he told Barry Gordy, the head of Motown Records, that sharing Black music was as important to the civil rights struggle as the marches.

**W • Feb 25 • 10 AM-12 PM • \$20/Silver**  
**Leader: Chris Waagen**

## Slow Looking at Art at the VMFA

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

**R • Feb 26 • 1-2:30 PM • \$20/Silver**  
**Leader: Elizabeth Schlatter**

## Wintery Italian Flavors

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

Warm up with hearty and comforting Italian/Italian-American Flavors: Chicken Marsala, Garlicky Kale, Creamy Polenta, and an Apple Cake. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot. Offered twice; please register for only one.

**R • Feb 26 • 1-3 PM • \$75/All Members**  
**Leader: Warren Haskell**

## March

## Federal Appropriations Law: Restrictions on the Use of the Taxpayer's Dollars

**NEW** We will examine the provisions in Article I of the Constitution that govern the expenditure of federal funds as well as the statutes, mainly in Title 31 of the United States Code, that further restrict the use of federal funds.

**T • Mar 3, 10 • 3-4:30 PM • \$40/Silver**  
**Leader: Bert Berlin**

## SPCS Game Night at the Robins Center

Join us for SPCS Game night at the Spider Mens Basketball Team takes on Dayton. 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. Fees are non-refundable unless we are able to fill the slot.

**T • Mar 3 • 6:30-9 PM**  
**• \$15/All Members**  
**Leaders: Osher and SPCS Staff**

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



ZOOM  
CLASS



REGIRER AGING  
WELL SERIES

NATIONAL OSHER ONLINE

## 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.

**W,F • Mar 4, 6 • 10 AM-12 PM**  
**• \$40/Silver**  
**Leader: Patricia Ryther**

## Artists of the Late 20th Century



**NEW** When we think about 20th century art, we are often drawn to the mid-century

birth of abstract expressionism, colorists, and pop art. But the second half of the century offers us an explosive foray of creative artistic expression. Join us in this engaging look at the next generation of artistic exploration in the 20th century as we consider the emerging artists who brought us a new approach to realism, street art, graffiti and public murals.

**R • Mar 5 • 12-1:30 PM • \$20/Silver**  
**Leaders: Alice Waagen, Ralph Kidder**

## A Happy Life or a Meaningful Life - Is That All There is?



**NEW** 'Life in Three Dimensions - How Curiosity, Exploration and Experience Make a Fuller,

Better Life' by Shigehiro Oishi, PhD is what motivated this class. The book introduces the concept of a psychologically rich life, alongside the two better-known paths of a happy life and a meaningful life. This class will explore each of these paths to a good life to see whether Oishi's concept may help us to see the world through a new lens.

**R • Mar 5 • 2-3:30 PM • \$20/Silver**  
**Leader: James Schuyler**

## 2026 UR Osher Book Festival

**NEW** This year, our Festival features an Osher member/UR alum and several UR professors. This not-to-be-missed half-day festival features Dr Nelson D. Lankford, UR grad and Osher member speaking on his 2025 Civil War book. He'll be followed by UR faculty member Dr Kelly G. Lambert, addressing her book on neurobiology. Then, we'll hear from UR faculty/staff members Dr. Julian M. Hayter, Dr. Thad Williamson, and Dr. Amy L. Howard, discussing their 2024 book on Richmond politics.

**M • Mar 9 • 8:30 AM-12:30 PM**  
**• Free to Members**  
**Leader: John Festa**

## Body Awareness for Artists Workshop



**NEW** This two-hour session helps artists build body awareness and reduce studio strain. With practical tools like a joint check-in and movement-based observation, you'll learn how to stay aligned, supported, and pain-free while making art. Ideal for painters, sculptors, ceramicists, textile makers, and anyone who creates with their hands.

**M • Mar 9 • 2-3:30 PM • \$20/Silver**  
**Leader: Elizabeth Schlatter**

## 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.

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

## The Human Body: A Primer on Your Organ Systems

**NEW** This course will explore the anatomy (structure), physiology (function), and pathology (diseases) of the major organ systems of the body. Major medical advances are reported every day, and it is important for us to understand the workings of our bodies. Join us for this 'mini-medical school' in eight sessions.

**W • Mar 11, 18, 25, Apr 1, 8, 15, 22, 29**  
**• 10 AM-12 PM • \$60/Silver**  
**Leader: Fred Silva**

## Cancer Care in Virginia

**NEW** Virginia is leading a revolution in cancer care, and it's happening at UVA Comprehensive Cancer Center, from groundbreaking research and clinical trials to personalized treatment plans and statewide outreach. Discover how cancer is being detected, treated, and sent into remission. This class will highlight how innovation and collaboration are transforming lives across the Commonwealth.

**R • Mar 12 • 10 AM-12 PM • \$20/Silver**  
**Leader: Michael Williams**

## Wine & Food Pairing 101

**NEW, FIELD TRIP, DRIVE TO EVENT** Learn the basics of pairing wine with food, specifically what pairs well with what and why, while sampling wine with paired bites to see if you agree. We will sample six wines, each paired with a tasty bite designed to complement or sometimes contrast. Fees are non-refundable unless we are able to fill the slot.

**R • Mar 12 • 1-3 PM • \$50/All Members**  
**Leader: Warren Haskell**



## Plastics and Microplastics: a Global Problem Gets Personal

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

**F • Mar 13, 20, 27 • 10 AM-12 PM**  
• \$60/Silver

**Leader: Patricia Ryther**

## Cool Flicks

**NEW FILMS** Join Dan in his quest for the funniest movies. We'll view these films: 'Annie Hall' (1977) with Diane Keaton (Oscar winner) and Woody Allen; 'That Touch of Mink' (1962) a sophisticated love affair with Doris Day and Cary Grant; and 'Buona Sera, Mrs. Campbell' (1968), a WWII confusion with Gina Lollobrigida, Phil Silvers, Telly Savalas, and Peter Lawford.

**F • Mar 13, 20, 27 • 1-3 PM • \$60/Silver**  
**Leader: Dan Begley**

## Discovering and Recovering Original Voice in Writing

**NEW** As an antidote to the fast-paced, tech-driven writing of our century, this course allows the re-emergence of the voice you may have lost. Only pen and pencil, along with paper or a journal will be your tools. Each class will begin with a brief period of sustained writing guided by a prompt suggested by the instructor. Though optional, opportunities to share work will be encouraged.

**M • Mar 16, 23, 30 • 10 AM-12 PM**  
• \$60/Silver

**Leader: Michele Surat**

# 2026

## OSHER INSTITUTE GIVING

### SUPPORTING OUR LOVE OF LIFELONG LEARNING

Thank you to all Osher members who have made a gift to Osher so far in 2025. In mid-November when this catalog went to print, 312 members in 244 Osher households have supported their love of lifelong learning with a financial gift to Osher. Your gifts allow Osher to offer some truly extraordinary events and programming that enrich and enhance membership. Please know we are grateful for each of our donors and every gift.

The Osher Institute and the Osher Leadership Council set dollar and participation goals for Osher annual fundraising. This year's goals are \$43,000 from 25% of the membership. At time of print, we need 58 more new Osher member donors to reach our 2025 participation goal.

Easy and safe ways to make a gift include:

- Online Credit Card gift via [osher.richmond.edu/give](https://osher.richmond.edu/give)

- Check (made out to University of Richmond, Osher in the memo line) brought to class and handed to Osher staff, dropped by the Osher office, or mailed to:

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

We thank you for supporting the Osher Institute!

## YOUR FEET NEVER HAD IT SO GOOD



Before December 31, 2025, any donors (new or current) who make a gift of \$25 or more to the Osher Institute (or to anywhere at UR) can warm their toes and show their Osher Spider Pride at their next Osher class, outing or event with a custom pair of University of Richmond socks. Socks are compliments of the Office of Annual Giving. Socks are unisex and one size fits most.

Please note these limited-edition UR-branded socks are valued at \$6. Only the amount of your contribution more than this value may be deductible as a charitable contribution. Receipts will reflect the tax deductibility. Should you choose, socks can be declined at check out. Please consult your tax advisor should you have any tax questions or Amy Edwards ([aedwards@richmond.edu](mailto:aedwards@richmond.edu)) if you have other gift questions.

## Cultural Evolution: The Human Advantage

**NEW** The capacity for cumulative cultural evolution seems to be both unique to our species and the origin of our ability to influence and alter the natural world, developing ever larger coordinated groups. In three sessions this course will examine (1) the biological evolutionary adaptations that make culture possible, (2) general mechanisms of cultural evolution and (3) suggested explanations for the temporary European dominance of the world in the 18th-20th centuries.

**M • Mar 16, 23, 30 • 1-2:30 PM**  
• \$60/Silver  
**Leader: Alan Marks**

## Famous Philosophy Quotes: Life is Nasty, Brutish, and Short

**NEW** In 1651, in the aftermath of the English Civil Wars and executions of Charles I and Archbishop William Laud, Thomas Hobbes feared for the future of his country. With the Doctrine of Divine Right in tatters and no common religious institutions to bring people together, how could England be united and stabilized? This class will explore Hobbes' solution, including his concepts of the state of nature and the social contract.

**M • Mar 16 • 3-4:30 PM • \$20/Silver**  
**Leader: Ladelle McWhorter**

## Raised on Cornbread and Coal Dust: An Appalachian Coalfield Journey

**NEW** What do you know about the complexities of the Appalachian coalfields? This presentation will focus on a diverse region that is plagued by stereotypes and economic challenges. The presenter and guests will share personal narratives of the coalfields of southwestern Virginia, southeastern Kentucky, and southern West Virginia through the lens of photographs, facts, and personal examples that focus on the region's history and future.

**T,R • Mar 17, 19, 24, 26, 31 • 10 AM-12 PM**  
• \$60/Silver  
**Leader: Belva Collins**

## Unlocking the Power of Your Resilient Brain



**NEW** What makes one person more resilient than another? You may be surprised: it is actually a learned skill and can be improved upon. How your brain perceives pressure, your body's reaction to the pressure, and the dynamic communication between your brain/body connection creates conditions to increase your resilience. We will explore the powerful, built-in resilience of your brain and body, and how to harness that power for sustained resilience.

**T • Mar 17, 24 • 3:30-5:30 PM**  
• \$40/Silver  
**Leader: Patricia (PJ) Rooney**

## Gone Too Soon: Influential Songwriters Who Died Young



**NEW** Many songwriters who died young left an inspirational impact and legacy to audiences as well as to the songwriters who followed them. The classes will cover a few of those songwriters, their stories, and some of their songs. The list includes Robert Johnson, Hank Williams, Buddy Holly, Kate Wolf, Townes Van Zandt, and many others.

**W • Mar 18, 25, Apr 1, 8 • 3:30-5 PM**  
• \$60/Silver  
**Leader: Linda MacCleave**

## American Impressionism



**NEW** American Impressionism was a style of painting related to European Impressionism and practiced by American artists in the United States from the mid-nineteenth century through the beginning of the twentieth. The style is characterized by loose brushwork and vivid colors with a wide array of subject matters, often focusing on landscapes and upper-class domestic life. Join us for an exploration of some famous (and not so famous) American artists working in the Impressionist mode.

**R • Mar 19 • 1-2:30 PM • \$20/Silver**  
**Leaders: Alice Waagen, Ralph Kidder**

## Susie King Taylor's Civil War



**NEW** Taylor was the only African-American woman to publish a memoir about her wartime experiences with the army. A former slave, educated in secret, Taylor served as a teacher, laundress, and nurse with the 33rd United States Colored Troops.

**R • Mar 19 • 3:30-4:45 PM • \$20/Silver**  
**Leader: Kelly Hancock**

## Better Photo Basics – The Absolute Beginner's Guide to Taking Photos Like a Pro

**NEW** The class is designed to capture the most common and important photography concepts. The class will cover both cell phone and regular camera applications.

**M • Mar 23 • 3-5 PM • \$20/Silver**  
**Leader: Dan Walker**

## The Architecture and Times of English Medieval Cathedrals

**BACK BY POPULAR DEMAND** 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.

**T • Mar 24, 31, Apr 7 • 1-3 PM**  
• \$60/Silver  
**Leader: Jan Smith**

## Welcome to Iran – Land of the Aryans

**NEW** This PowerPoint presentation is an overview of Iran's 3000-year history, religion, culture, politics, climate, and geography with special attention and insight into Zoroastrianism, Sharia Law, the Sunni-Shi'ite rift, our CIA coup, and the revolutions of the 20th century. The second half of the presentation is a photographic tour of Iran with historical commentary, a personal story of traveling through Iran with emphasis on the 'incidents and accidents' that happened along the way.

**R • Mar 26 • 1-3 PM • \$20/Silver**  
**Leader: Preston Burns, Jr.**



## Wintery Italian Flavors

### NEW, FIELD TRIP, DRIVE TO EVENT

Warm up with hearty and comforting Italian/Italian-American Flavors: Chicken Marsala, Garlicky Kale, Creamy Polenta, and an Apple Cake. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot. Offered twice; please register for only one.

**R • Mar 26 • 1-3 PM • \$75/All Members**

**Leader: Warren Haskell**

### NATIONAL OSHER ONLINE

## Ghosts in the White House: The People Behind Presidential Speeches



Have you ever wondered who writes presidential speeches?

This course traces the evolution of speechwriting from George Washington's administration to today. Yes, Hamilton helped draft Washington's Farewell Address, but no, Lincoln did not scribble the Gettysburg Address on an envelope. We will study the writing process presidents used and examine drafts from FDR, Truman, Eisenhower, Kennedy, Carter, and George H.W. Bush. We will view clips from speeches and former White House speechwriters describing the process.

**M • Mar 30, Apr 6, 14, 20, 27, May 4 •**

**3-4:30 PM • \$60/All Members**

**Leader: Diana Carlin**

## Photo Editing

**NEW** Every photo worth showing or sharing is worth editing. The class is designed to cover cell phone editing in the first hour and computer-based editing in the second hour. Before class, participants should download 'Snapseed' for cell phones and Photoshop Elements for computers.

**M • Mar 30 • 3-5 PM • \$20/Silver**

**Leader: Dan Walker**

# 2026 Italian-French Film Festival

## SAVE THESE DATES! MARCH 27-30, 2026

*This year's festival includes:*

- Screenings of extraordinary, thought-provoking films from Italy and France on the University of Richmond campus and the historic Bryd Theater.
- Roundtables and lectures with international filmmakers and guest scholars.
- Opening and closing receptions bringing together artists, students, and the Richmond community.
- Special 60th anniversary screening of Gillo Pontecorvo's masterpiece, *The Battle of Algiers* (1966) at the Bryd Theater.

*All events are free and open to the public.*

**Friday, March 27: 2 Films + Opening Reception**

**Saturday, March 28: 3 Films**

**Sunday, March 29: 3 Films**

**Monday, March 30: 2 Films + Closing Reception**

*Many more details on films, screening locations, and registration to follow!*

*Look for emails from the Osher Office.*

NATIONAL OSHER ONLINE

## The Scopes Monkey Trial: Then and Now

**Z** In July 1925, Clarence Darrow, William Jennings Bryan, and others converged on Dayton, Tennessee, for the Scopes Monkey Trial: an eight-day clash over religion, science, public education, free speech, and textbooks broadcast nationwide. Now, 100 years later, these debates continue. This course explores why the trial happened in Dayton, how Bryan and Darrow became involved, what occurred in the courtroom, whether 'Inherit the Wind' reflects reality, who won/lost, and why it all still matters today.

**T • Mar 31, Apr 7, 14, 21, 28, May 5**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Douglas Mishkin**

## VCU Libraries Noteworthy Book Art Collection & Archives Tour

**FIELD TRIP, DRIVE TO EVENT** Visit the largest collection of book art in the Southeast at VCU Libraries. Our visit begins in the reading room of Special Collections and Archives, followed by a tour of the secured storage stacks to get a glimpse into the many and varied holdings. We will finish the event with refreshments in the Cabell Room.

**T • Mar 31 • 11 AM-1 PM**  
**• Free to Members**  
**Leaders: Sarah Scarr, Kelly Gotschalk**

NATIONAL OSHER ONLINE

## Comic Book Literature

**Z** Comics (blending words and pictures to tell stories) stretch from cave paintings and the Bayeux Tapestry to today's Batman and Spider-Man. Far more than superhero tales, comics are a versatile literary artform, capturing intimate and epic stories, social issues, and cultural moments through panels and word balloons. In this course, we will trace their history, explore their power, and read and discuss works including 'Understanding Comics,' 'Watchmen,' 'Maus,' 'Fun Home,' and 'Persepolis.'

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

## Cheers, Virginia!

**Z NEW** Celebrate the work of craft brewing, distilling, and fermenting as well as the makers whose arts fill your glass. From homebrewers to local distillers and wineries, alcohol makers have captured the soul and identity of Virginia with their intoxicating offerings. Explore how craft makers have used their talent and enthusiasm to connect with and represent the people, places, and history of the Commonwealth.

**T • Mar 31 • 3:30-5 PM • \$20/Silver**  
**Leader: Grace Powers**

## April

NATIONAL OSHER ONLINE

## A History of Street Art

**Z** Art in the streets (including graffiti, murals, stickers, and paste-ups) gives voice to marginalized communities, shapes urban environments, and challenges institutional norms. Let's explore graffiti and street art in the US and around the world, examining their histories, motivations, and social impact. Participants will consider the rise of global mural movements, efforts to preserve and present street art, and its evolving role in activism, community identity, and social change.

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

## Surreal Scribbles - Writing the Unexpected

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

**W • Apr 1 • 1-2:30 PM • \$20/Silver**  
**Leader: Elizabeth Schlatter**

NATIONAL OSHER ONLINE

## Siberia: Russia's Frozen Wasteland or Economic Heartland?

**Z** Siberia covers three quarters of Russia's territory but is home to only a quarter of its population. Yet its role in shaping Russia as a vast and wealthy empire is profound. We will explore Siberia's economic significance, indigenous cultures, and history as a penal colony, along with its importance for climate change, environmental issues, and Russian-Chinese relations. We will also consider Siberia's role in both the rise and possible fragmentation of Russia.

**W • Apr 1, 8, 15, 22, 29, May 6**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: Asya Pereltsvaig**

## UR Campus Walk

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

**R • Apr 2 • 10 AM-12 PM**  
**• Free to Members**  
**Leader: Marshall Ervine**



## NATIONAL OSHER ONLINE

## JFK's Quest for Peace: Lessons for Turbulent Times

**Z** Throughout his 1000-day presidency, John Kennedy pursued peace through a broad spectrum of initiatives. He saw a connection between learning and leadership and sought to use military deterrence, diplomacy, and soft power in novel ways. Let's explore how his character and life experiences were the origins of those efforts. We will evaluate his powers of persuasion by listening to key speeches, and we will assess his successes and failures and their relevance to today's world.

**R • Apr 2, 9, 16, 23, 30, May 7**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: Charles Blum**

## Uisge Beatha: Celebrating Scotland's National Spirit

**REPRISED WITH NEW SELECTIONS, FIELD TRIP, DRIVE TO EVENT** Translated from Scottish Gaelic as the 'water of life', uisge beatha is the spirit we know as Scotch whisky. In this class, we will explore the history and culture of Scotch whisky and take a virtual tour of some distilleries from the five whisky-producing regions in Scotland. By examining the production process of single malt whisky, we will uncover the origins of the flavor profiles that are characteristic of a brand's core range of whiskies. There will be a field trip to The Kitchen Classroom to nose and taste four distinct single malt Scotch whisky expressions from Glenkinchie (Lowlands), Glendronach (Speyside), Laphroaig (Islay), and Highland Park (Highlands). Come enjoy a "wee dram" with your fellow Scotch whisky enthusiasts. Fees are non-refundable unless we can fill your slot. The first session will be on campus; the second at the Kitchen Classroom.

**R • Apr 2, 9 • 1-3 PM • \$50/All Members**  
**Leaders: Gregory Tait, Warren Haskell**

## Navigating the Healthcare Continuum

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

**R • Apr 2 • 3:30-5 PM • \$20/Silver**  
**Leader: Jaime Smiley**

## NATIONAL OSHER ONLINE

## AI for Regular People

**Z** This updated course offers a clear, engaging introduction to Artificial Intelligence (AI) and how it's rapidly transforming our world. From self-driving cars to chatbots and precision medicine, we will explore how AI works, where it's headed, and what it means for society. No tech experience needed, just curiosity! With fresh examples and timely updates, participants will gain a solid understanding of the opportunities and challenges AI presents today.

**R • Apr 2, 9, 16, 23, 30, May 7**  
**• 7-8:30 PM • \$60/All Members**  
**Leaders: Melba Kurman, Hod Lipson**

## One, Two Three, Relativity: The Universe of Albert Einstein

**NEW** The first thirty years of the twentieth century produced a revolution in physics the likes of which have not been seen before or since. At the center of this revolution was Albert Einstein, known not only for his theories of relativity but also as one of the founders of quantum theory. This course explores the foundations of our modern view of the universe and the major scientific personalities of the time.

**F • Apr 3, 10, 17 • 10 AM-12 PM**  
**• \$60/Silver**  
**Leader: James Miller**

## Washington's Lieutenants: The Generals of the Continental Army

**BACK BY POPULAR DEMAND** Who were the commander-in-chief's subordinate generals? Find out who they were, as well as their backgrounds, relations with Washington, Congress, and each other.

**F • Apr 3 • 1-2:30 PM • \$20/Silver**  
**Leader: William M. Welsch**

## Music as Medicine: Ancient Wisdom Meets 21st-Century Science

**NEW** Did ancient Greek, Chinese, and aboriginal healers know something about music that we don't? The ancients intuitively understood what 21st-century scientists are now proving: music isn't just an art or entertainment, it is also a potent therapeutic force that can modulate blood pressure, alleviate anxiety, reduce pain, and help stroke patients speak and walk again. We are living at the dawn of humankind's science-driven realization of the power of music.

**M • Apr 6 • 10 AM-12 PM**  
**• Free to Members**  
**Leader: April Greenan**

## NATIONAL OSHER ONLINE

## Violinists: Performers and Composers

**Z** Why do so many great violinists also become composers? Let's explore the fascinating legacy of violinist-composers, including Baroque virtuosos like Heinrich Biber, Romantic legends like Niccolò Paganini, and 20th century innovators like George Enescu and Grazyna Bacewicz. We will examine how these artists wrote music tailored to their instruments and themselves. Taught by a professional violinist, this course takes a behind-the-strings look at how performance and composition intertwine.

**M • Apr 6, 13, 20, 27, May 4, 11**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Ilana Zaks**

## Getting to Know Dementia



**NEW** We will introduce you to Teepa Snow's Positive Approach to Care (PAC). This program increases understanding of dementia, explores changes in the brain, and offers practical strategies for compassionate communication and care. Through interactive learning, participants will gain tools to support people living with dementia while fostering dignity, connection, and improved quality of life.

**M • Apr 6, 13, 20 • 1-3 PM • \$60/Silver**  
**Leaders: Missy Harden, Jen Dowda**

## Trust But Verify!

**NEW** Join us for tips about being a savvy news consumer in this difficult climate with the rise of social media and artificial intelligence (AI), as well as the decline in local newspapers. Virginia Public Media President Jayme Swain will provide an update on what's happening in the news landscape and share how you can tell fact from fiction.

**T • Apr 7 • 9:30-11 AM • \$20/Silver**  
**Leader: Jayme Swain**

### NATIONAL OSHER ONLINE

## Place, Memory, and Environmental Psychology



How much of who we are is shaped by the places we live and experience? This course invites reflection on the psychological and emotional relationships between people and their environments. Drawing on psychology, geography, architecture, and design, we'll explore environmental psychology and how physical environments shape behavior, cognition, identity, and memory. We will discuss concepts such as place attachment, identity, and cognitive maps, and reflect on memory, home, trauma, displacement, and nature's role in well-being.

**T • Apr 7, 14, 21, 28, May 5, 12**  
**• 1-2:30 PM • \$60/All Members**  
**Leader: Fernanda Blanco Vidal**

## Famous Philosophy Quotes: Hell is Other People

**NEW** Existentialist Jean-Paul Sartre holds that people are radically free to create their own values, but that means we are also in fundamental conflict with each other. In this class, we will study Sartre's view of freedom, value, and relationships and will explore the question of how, or even whether, genuine reciprocity, ethical life, and human solidarity are possible in a world where people constantly struggle with and objectify one another.

**T • Apr 7 • 3:30-5 PM • \$20/Silver**  
**Leader: Ladelle McWhorter**

### NATIONAL OSHER ONLINE

## From Leo XIII to Leo XIV: History of 20th and 21st Century Popes



The death of Pope Francis and the election of the first US-born Pope have been in the news repeatedly over the last few months, capturing the imagination of many people, including non-Catholics. Who are these men? What are their life stories? How were they similar to and different from each other? In this course, we will discuss the lives and dominant perspectives of the last ten Popes, exploring their influence on world affairs.

**T • Apr 7, 14, 21, 28, May 5, 12**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Olivia Espin**

## We Love These But They Did Not Make the Cut: The Outtakes From Five Years of Osher Programs



**NEW** The first draft of every class we design contains between 12 and 15 artworks picked to fit the program theme. Imagine the heartbreak when some must be cast aside, as we simply cannot cover them all in the time allowed. In this session we will bring back the outcasts to look at, discuss, and enjoy. Join us for this hodgepodge of never-seens and see why, although they were set aside before, they will shine now!

**W • Apr 8 • 1-2:30 PM • \$20/Silver**  
**Leaders: Alice Waagen, Ralph Kidder**

## 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. Fees are not refundable unless your slot can be filled.

**W • Apr 8 • 5:30-9 PM**  
**• \$30/All Members**  
**Leaders: Osher Leadership Council, Osher Staff**

## Book Swap — Share Your Love of Books

**NEW READS** This long-running class for book lovers returns. Bring your favorite book in any genre and share it with the class for ten minutes. If you register for this class you are expected to present a book. The instructor will reach out to each registered student to discuss your book idea and help you with a suggested format. PowerPoint is optional and generally not used, except for graphs and pictures to enhance your book discussion.

**R • Apr 9, 16 • 10 AM-12 PM • \$40/Silver**  
**Leader: John Festa**



# NATIONAL OSHER ONLINE

## A Beautiful Brain

**Z** Most conversations about aging focus on lifespan, but brainspan (how long our mind stays sharp) matters more. In this course, we will explore how the brain ages and what science reveals about protecting memory, balance, and clarity. Topics include normal changes versus early dementia, neuroplasticity, nutrition, sleep, stress, social ties, and purpose. Each session blends science with self-tests and take-home practices. We will build a personalized Cognitive Health Scorecard to track habits and strengthen resilience.

**R • Apr 9, 16, 23, 30, May 7, 14**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Scott Fulton**

## Every Object Tells a Story - What Will You Find?

**NEW** In this interactive session, participants will handle historical materials, explore how meaning is shaped by interpretation, and collaborate to design a small thematic display that connects the past to the present. Discover how stories emerge from the objects we preserve. Working hands-on with rare books, letters, and archival items, participants will explore, interpret, and assemble small thematic displays, learning how arrangement and context influence our understanding of history.

**R • Apr 9 • 1-3 PM • Free to Members**  
**Leader: Lynda Kachurek**

# NATIONAL OSHER ONLINE

## Great Science Stories

**Z** Science is full of surprises. Dyes, accidentally discovered, launched the modern pharmaceutical industry. A failed experiment opened the door to new physics. Discoveries are never just facts. They are moments of creativity, struggle, and chance with far-reaching consequences. In this course, we will explore the human side of science, tracing breakthroughs in biology, chemistry, physics, and more. We will ask not only what was found, but how and why it matters.

**R • Apr 9, 16, 23, 30, May 7, 14**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Johnnie Hendrickson**



## OSHER MEMBER

# ART SHOW 2026

*Get Your Creative Juices Flowing!*

*Our second annual Osher Institute Member Art Show is happening!*

**WHEN: July 10-12, 2026 • THEME: Friendship**

*More details, deadlines, application, and other information coming soon!*

## UR Here Happy Hour — Spiders & Hops

Join us at Triple Crossing Brewery Fulton for a fun celebration of our UR HERE Giving Day. Beer and pizza will be provided. Fees are not refundable unless your slot can be filled.

**R • Apr 9 • 5-8 PM • \$15/All Members**  
**Leaders: Osher and SPCS Staff**

## Guided Tour of 'We The People' at the VMHC

**FIELD TRIP, DRIVE TO EVENT** This exhibition explores the many people who, over centuries, have made Virginia the unique place it is in America and in the world, and discusses the dramatic impact of the immigrant experience throughout Virginia's history as people arrived from the four corners of the globe. Fees are non-refundable unless we are able to fill your vacated slot.

**F • Apr 10 • 2-3:30 PM**  
**• \$17/All Members**  
**Leader: Grace Powers**

# NATIONAL OSHER ONLINE

## California Uncovered: A Journey Through Time, Place, and Identity

**Z** California is more than a state: it is an idea, a dream, and a contradiction. We will journey from its earliest Indigenous cultures through Spanish, Mexican, and American rule, exploring missions, the Gold Rush, the railroad, Hollywood, and Silicon Valley. We will challenge myths, highlight overlooked voices, and examine how migration, innovation, and cultural change shaped the Golden State. We will discover what it has meant, and still means, to be Californian.

**F • Apr 10, 17, 24, May 1, 8, 15**  
**• 3-4:30 PM • \$60/All Members**  
**Leader: Anthony Antonucci**

## A Reception and Choral Concert

Join your Osher colleagues for a fun afternoon reception followed by a wonderful concert by our UR students. This annual spring concert will showcase UR choral performers. Fees are non-refundable unless we are able to fill the slot.

**U • Apr 12 • 1:30-5 PM**  
**• \$20/All Members**

**Leaders: Osher Leadership Council, Osher Staff**

## Innocents Abroad: Experiencing Some of the Historical, Cultural, and Artistic Wonders of Spain

**NEW** Join Steve on a virtual tour of modern-day Spain as we travel from beautiful and artistic Barcelona and Madrid to ancient and exotic Toledo, Grenada, and Sevilla, to the hill towns and coastal cities of Andalusia in the south. We'll pause to visit world class museums, ancient ruins, exquisite mosques, temples and cathedrals, royal palaces, universities, and windmills along the way.

**M • Apr 13, 20 • 10 AM-12 PM**  
**• \$40/Silver**

**Leader: Steve Anders**

## A Song For You: Leon Russell, Part One

**NEW** Join us for this two-part class on Leon Russell, a gifted musician, songwriter, performer, and producer. This afternoon class will feature the screening of the 1971 documentary 'Mad Dogs and Englishmen.' The documentary captures live concert performances from Joe Cocker with Leon Russell as the musical director for the musicians and singers who are backing Mr. Cocker. Join us for part two the next morning.

**M • Apr 13 • 3:30-5:30 PM**  
**• Free to Members**

**Leaders: Bill Pike, Joe Vanderford**

## A Song For You: Leon Russell, Part Two

**NEW** This part of our class will look in depth at Leon Russell. Early in his career, Mr. Russell was a much sought-after session musician in Los Angeles. Gradually, his skills as a songwriter allowed him to make the transition to becoming a very successful solo artist. From his recordings to his concert performances, Mr. Russell was known around the world for quality of his work.

**T • Apr 14 • 10 AM-12 PM • \$20/Silver**  
**Leaders: Bill Pike, Joe Vanderford**

## Maymont Mansion & Garden Tour

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

Our engaging educators will lead your group through the Gilded Age home of James and Sallie May Dooley. Learn the story of the Dooleys and how this 33-room gift to the city of Richmond came to be, discover how the house was run by the domestic staff during the Jim Crow era, and enjoy the collection and the architecture of one of the most well-preserved homes of the Victorian Era in Virginia. Fees are non-refundable unless we are able to fill your slot.

**T • Apr 14 • 2-4:30 PM**  
**• \$25/All Members**

**Leaders: Rachel Riesbeck, Haley Barber**

## Norfolk Burning 1776 Along With Winchester's Patriot Warrior, Daniel Morgan

**NEW** In January 1776 Norfolk burnt down. Who burned it, and why burn it? How did its fate affect Virginia and the Revolutionary War? We will also investigate Daniel Morgan, the legendary Revolutionary War hero. As a Winchester, Virginia teen he was poor and illiterate. In the French and Indian War, he endured a British lashing and was injured by the Pawnee. But he survived and went on to become a great patriot general.

**W • Apr 15 • 1-3 PM • \$20/Silver**  
**Leaders: Polly Duffey, Jon Schmidt**

## NATIONAL OSHER ONLINE

### The Lost Generation



Let's examine the cultural transformations in thinking and living that reshaped America and Western Europe between World War I and the Great Depression. Known as the Roaring Twenties, the Jazz Age, and the Lost Generation, this period redefined values and norms. We will explore the vibrant world of 1920s Paris through F. Scott Fitzgerald's 'Babylon Revisited' and 'Bernice Bobs Her Hair,' Ernest Hemingway's 'The Sun Also Rises,' and Gertrude Stein's 'The Autobiography of Alice B. Toklas.'

**W • Apr 15, 22, 29, May 6, 13, 20**  
**• 3-4:30 PM • \$60/All Members**

**Leader: Ferdâ Asya**

### Our National Parks: 'On to Richmond' & National Park Threats Update

**NEW** From 1861 to 1865 Richmond was at the center of the Civil War. A community of just 30,000 civilians became the Capitol of the Confederate Government, and the focal point of several military campaigns that would change the country forever. Join a Ranger for a discussion of the importance of these engagements around the Confederacy's Capitol. This will be followed by an update on the fall class on Threats Facing the National Parks.

**W • Apr 15 • 3:30-5 PM • \$20/Silver**  
**Leader: Bill Hafker**



## NATIONAL OSHER ONLINE

**Music: Controversies and Curiosities**

**Z** Music has long provoked debate, from Beethoven and Stravinsky's bold innovations to Broadway works like 'Annie Get Your Gun' and 'South Pacific,' now revisited through modern concerns about race, consent, and gender. Is political correctness enriching art or erasing cultural heritage? We will examine plagiarism and borrowing in pop and film music, with cases involving The Beatles, Pink Floyd, and Peter Frampton. This course blends audiovisuals, anecdotes, and humor to explore music's most controversial moments.

**W • Apr 15, 22, 29, May 6, 13, 20**  
**• 5-6:30 PM • \$60/All Members**  
**Leader: Emanuel Abramovits**

**More Southern Mediterranean Flavors****NEW, FIELD TRIP, DRIVE TO EVENT**

If you joined us for the First Southern Mediterranean class, you should still come to this one to explore all-new recipes: Chicken Shawarma, Tabouli, Muhammara (Roasted Pepper and Walnut Dip), Baba Ganoush, and Zaatar Labneh Dip. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot. Offered twice; please register for only one session.

**R • Apr 16 • 1-3 PM • \$75/All Members**  
**Leader: Warren Haskell**

**Mughal History**

**NEW** The Mughal Empire was an early modern empire in South Asia. At its peak, the empire stretched from the outer fringes of the Indus River Basin in the west, northern Afghanistan in the northwest, and Kashmir in the north, to the highlands of present-day Assam and Bangladesh in the east, and the uplands of the Deccan Plateau in South India.

**R • Apr 16 • 3:30-5:30 PM • \$20/Silver**  
**Leader: Shantaram Talegaonkar**

**UR Osher Book Festival**

**Monday, March 9, 2026**

**9 AM – 1 PM • Book Sales Start at Noon**

**Jepson Alumni Center, Robins Pavilion and Gallery**

Registration: Required (Use the Osher registration system)

Featuring:

**Dr. Nelson D. Lankford**

UR grad and Osher member speaking on his 2025 book, *After the Fire: Richmond in Defeat, A Nation Divided: Studies in the Civil War Era*.

**Dr Kelly G. Lambert**

Addressing her book, *Well-Grounded: The Neurobiology of Rational Decisions*

**Dr. Julian M. Hayter & Dr. Thad Williamson**

Speaking on their book, *The Making of Twenty-First-Century Richmond: Politics, Policy, and Governance, 1988-2016*  
 Published in 2024, the book was also co-authored Dr. Amy Howard.

## Tour of the American Revolution Museum at Yorktown

### NEW, FIELD TRIP, DRIVE TO EVENT

It's our nation's 250th anniversary! There's no better time to take a drive to Yorktown and join this docent-led tour of the American Revolution Museum at Yorktown. The Museum tells the story of the nation's founding, from the twilight of the colonial period to the dawn of the Constitution and beyond. Exciting indoor galleries feature period artifacts, immersive environments and films, including 'The Siege of Yorktown,' with a 180-degree surround screen and dramatic special effects. Fees are no-refundable unless we are able to fill your slot.

**F • Apr 17 • 1:30-3:30 PM**  
**• \$20/All Members**  
**Leader: Jenny Stanke**

### NATIONAL OSHER ONLINE

## Writing the Personal Essay: Finding Your Story

**Z** The personal essay, one of the oldest forms of creative nonfiction, blends storytelling, reflection, and analysis to give voice to lived experience. We will explore the personal essay as both art and self-expression. Through readings, discussion, and writing exercises, we will study elements such as narrative arc, scene-setting, and reflection. We will draft our own essays, discovering how this enduring form helps us find our voices and tell our stories with clarity.

**S • Apr 18, 25, May 2, 9, 16, 23**  
**• 2-3:30 PM • \$60/All Members**  
**Leader: Lisa Stolley**

## How to Protect Your Assets, Property, & Estate from Potential Long Term Care Costs & Unexpected Medical Expenses



**NEW** Come hear a breakdown covering how to protect your assets from the potential ravages of long-term care and unexpected expenses. In an easy-to-understand, nuts-and-bolts approach, learn how to protect your assets and title your property appropriately.

**M • Apr 20 • 3:30-5 PM • \$20/Silver**  
**Leader: Van Smith**

## Jackie Robinson: The Man, The Athlete, The Legacy

**NEW** The story of Jackie Robinson breaking Major League Baseball's color barrier is still celebrated, but the man remains enigmatic: loved and hated; an outspoken and fiercely independent political actor; a strong and talented athlete whose fragile health ultimately failed him. This course will explore Robinson's life, including his experiences as a college athlete, soldier, Hall of Fame baseball player, husband, father, businessman, and civil rights advocate, and will consider his historical significance and ongoing legacy.

**T • Apr 21, 28 • 10 AM-12 PM**  
**• \$40/Silver**  
**Leaders: Thomas Cox, Dick Pennock**

## Been Here Stay Here — Documentary on Tangier Island

**NEW** This feature-length documentary explores the quiet yet profound crisis unfolding on Tangier Island, where climate change isn't an abstract concept but a daily reality threatening to erase an entire community. It is not a climate film filled with statistics or expert testimony, but simply a story told by the islanders about losing a way of life. After a screening of the film on Tangier, one resident said, 'It felt true.'

**T • Apr 21 • 1-3 PM • \$20/Silver**  
**Leader: Mike Lewandowski**

## Navigating Today's Healthcare System: A Guide for Older Adults



**NEW** Confused by today's healthcare system? You're not alone. In this engaging series, local physicians and healthcare professionals share practical advice to help older adults and families better navigate appointments, insurance, hospital stays, and care coordination. Gain confidence, clear strategies, and insider tips to make healthcare feel less overwhelming and more manageable.

**T,W,F • Apr 21, 22, 24, 28, 29, May 1**  
**• 3:30-5 PM • \$60/Silver**  
**Leader: Jen Dowda**

### NATIONAL OSHER ONLINE

## Frank Lloyd Wright and Modern Architecture



**Z** Frank Lloyd Wright designed nearly 1,000 buildings and helped define modern architecture. This course explores highlights of his practice, from Prairie houses to Fallingwater and the Guggenheim Museum, alongside lesser-known projects like affordable housing and city planning. We'll examine how Wright's work reflected cultural shifts in technology, science, and politics, offering a deeper understanding of his lasting influence on architecture and modern design.

**T • Apr 21, 28, May 5, 12, 19, 26**  
**• 7-8:30 PM • \$60/All Members**  
**Leader: Jennifer Gray**

## Mahatma Gandhi to Narendra Modi: India's Journey from Spirituality to Practicality

**NEW** Let's review of the history of India from its independence to a proud democracy with vibrant economy. Emphasis will be mainly on political and economic relations with United States viewed from the other side of the fence.

**W • Apr 22, 29 • 1-3 PM • \$40/Silver**  
**Leader: Prakash Lothe**



## Responding to Dementia-Related Behaviors, Part 4



**NEW** As communication changes during the journey with dementia, someone may also notice changes in behavior. This class will detail common behavior changes and how they are a form of communication. Tips and strategies will also be shared to better support your loved one during challenging moments. This is the fourth of a five-part series, but attendance in all is not required.

**R • Apr 23 • 9:30-10:30 AM • \$20/Silver**  
**Leader: Rachel Lawson**

## Along Came the Spiders: Celebrating Community and Promoting Literacy

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

**R • Apr 23 • 11 AM-12:30 PM**  
**• Free to Members**  
**Leaders: Tina Hallock, Kaitlin Jones Stasiunas**

## More Southern Mediterranean Flavors

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

If you joined us for the First Southern Mediterranean class, you should still come to this one to explore all-new recipes: Chicken Shawarma, Tabouli, Muhammara (Roasted Pepper and Walnut Dip), Baba Ganoush, and Zaatar Labneh Dip. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot. Offered twice; please register for only one session.

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

## 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.

**R • Apr 23 • 3:30-5:30 PM • \$20/Silver**  
**Leader: Shantaram Talegaonkar**

## Voices from the Past: Reading Letters, Diaries, and Ephemera

**NEW** One of the most intriguing parts of working with original historical materials is exploring people's lives through the handwritten record they left behind. You can't help but get drawn into their stories as you try to piece together the lives of the people who wrote the letters and diaries. In this course, we'll explore some of the manuscript correspondence and diaries available in Boatwright Library's Galvin Rare Book Room.

**F • Apr 24 • 10 AM-12 PM**  
**• Free to Members**  
**Leader: Lynda Kachurek**

## Solo Aging - How to Plan for Your Future



**NEW** Are you a 'Solo Ager,' an older adult living alone without the support of children or close family? This growing group of Americans faces unique challenges, but with the right planning, you can confidently shape your future. You do not have to be a solo ager to attend and benefit from this presentation as you too will gain valuable insights and practical steps you can take now to plan for your future, on your terms.

**F • Apr 24 • 1-3 PM • \$20/Silver**  
**Leader: Sherri Miller**

## Mixed Herb Container Garden Workshop at Maymont

**FIELD TRIP, DRIVE TO EVENT** 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.

**S • Apr 25 • 10-11:30 AM**  
**• \$50/All Members**  
**Leaders: Krista Weatherford, Rachel Riesbeck**

## Grief and Dementia



**NEW** This course will address the complex and often unique grieving process experienced by caregivers and those affected by dementia. The course will examine concepts like ambiguous loss and anticipatory grief as well as how to navigate the grief associated with dementia. The class will be informational but will also be interactive and discussion oriented.

**M • Apr 27, May 4 • 10-11:30 AM**  
**• \$40/Silver**  
**Leader: Robert Odom**

## Spring Dried Flower Wreath Workshop

### **BACK BY POPULAR DEMAND, 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 Bloomistry Garden Company for an inspiring workshop where you'll use exquisite dried materials sourced directly from the farm. Fees are non-refundable unless we are able to fill your slot.

**M • Apr 27 • 1-3 PM • \$60/All Members**  
**Leader: Conner Parrish**

## Death and Mourning in the 19th Century



**NEW** Find out how Americans sought to hold on to the ideal of the 'good death' in the midst of a conflict that took the lives of over 600,000 soldiers. Discover how funeral and mourning practices changed as a result of the war.

**M • Apr 27 • 3:30-4:45 PM • \$20/Silver**  
**Leader: Kelly Hancock**

## Boomer Warriors: Never Has So Much Been Asked of So Many

**NEW** For Boomers, the change graph during our time has gone from a 60-degree slope to a rocket straight up. Assimilating such dramatic change has attacked the fundamental value systems that defined us. Coming out of the Depression and WWII our parents in the US and Canada instilled life principles in us that were considered universal. This bubble was burst in the 60's, and the US and Canada are now more different than ever before.

**T • Apr 28 • 1-3 PM • \$20/Silver**  
**Leader: Bud (Alan) Taylor**

## Exploring Care and Support Services, Part 5



**NEW** Ever found yourself asking 'where do I go from here' or 'who do I call about this need?' This class examines how best to prepare for future care decisions and change. During the session we will also talk about the different levels of care available to support you and your needs better. This is the fifth of a five-part series, but attendance in all is not required.

**R • Apr 30 • 9:30-10:30 AM • \$20/Silver**  
**Leader: Rachel Lawson**

## Curatorial Tour of Lora Robins Gallery

**NEW** Visit the recently opened Lora Robins gallery with Matthew Houle, Curator of Museum Collections, and Martha Wright, Curator for Academic Initiatives. This visit will share insights on the renovation, the re-installation, highlights of the collection and new community-focused initiatives. This is offered twice; please register for only one.

**R • Apr 30 • 11 AM-12 PM • Free to Members**  
**Leaders: Martha Wright, Matthew Houle**

## Beethoven's Grand Sonata for the 'Hammerklavier'

**NEW, LIVE PERFORMANCE** The class will feature a complete performance with running commentary of Beethoven's monumental Piano Sonata #29, Opus 106 in B-flat. More than 200 years after its publication it remains a unique challenge for both performers and listeners. This is the third and final part of a series about Beethoven's Late Period piano music. Attendance at the previous parts of the series is not required. Alan is offering this twice, but please register for only one.

**R • Apr 30 • 1-3 PM • \$20/Silver**  
**Leader: Alan Pollack**

## 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.

**R • Apr 30 • 3:30-5:30 PM • \$20/Silver**  
**Leader: Shantaram Talegaonkar**

**May**

## Your Health - Your Safety, Protecting Yourself From Medical Errors



**NEW** Learn practical steps you can take to stay safe and informed when navigating the healthcare system. We will cover how to prepare for medical appointments, communicate effectively with healthcare providers, maintain important medical documents, what to look for when prescribed medications, and what to do if you are hospitalized. You will leave with actionable tools and confidence to take a more active role in healthcare, helping to prevent errors and ensure safer, higher-quality health outcomes.

**F • May 1 • 1-3 PM • \$20/Silver**  
**Leader: Sherri Miller**

## 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 • May 4 • 1-3 PM • Free to Members**  
**Leaders: Osher Leadership Council, Osher Staff**

## Peace in our Time: Munich 1938

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

**T • May 5, 12 • 10 AM-12 PM • \$40/Silver**  
**Leader: David Fishman**



## Beethoven's Grand Sonata for the 'Hammerklavier'

**NEW, LIVE PERFORMANCE** The class will feature a complete performance with running commentary of Beethoven's monumental Piano Sonata #29, Opus 106 in B-flat. More than 200 years after its publication it remains a unique challenge for both performers and listeners. This is the third and final part of a series about Beethoven's Late Period piano music. Attendance at the previous parts of the series is not required. Alan is offering this twice, but please register for only one.

**T • May 5 • 1-3 PM • \$20/Silver**  
**Leader: Alan Pollack**

## 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 vacated slot.

**W • May 6 • 8:45 AM-12 PM**  
**• \$45/All Members**  
**Leader: Pamela Wiegardt**



## A Touch of Spring: Beautiful Botanicals from the Archives

**NEW** Are you missing the beauty of summer flowers? Or feeling the need for a little touch of spring color? Come join us for a peek at the beautiful botanicals that live within the Galvin Rare Books and Special Collections. In this course, we'll explore some rare botanical collections, highlighted by the newly donated set of 19th Century engraved lilies from the renowned French botanical artist Pierre-Joseph Redouté.

**W • May 6 • 1-3 PM • Free to Members**  
**Leader: Lynda Kachurek**

## Songs I Wish I'd Written

**NEW, LIVE PERFORMANCE** You will (probably) know some of these songwriters, but you will (probably) not know them all. The presentation includes a discussion of some of the instructor's favorite cover songs, background on the songwriters, and, of course, a live performance of the songs discussed.

**R • May 7 • 10 AM-12 PM • \$20/Silver**  
**Leader: Wade Reynolds**



## Wine Cheap vs Expensive

**REVISED, FIELD TRIP, DRIVE TO EVENT** This class is back by popular demand, but with all new wines. Do you have to spend a lot of money for a good bottle of wine? Can you tell the difference when you do? We will taste similar wines at different prices, learn what makes the difference, and find out if you can tell. Eight wines will be tasted, each as a pairing with one inexpensive and one more expensive. Fees are non-refundable unless we are able to fill your vacated slot.

**R • May 7 • 1-3 PM • \$50/All Members**  
**Leader: Warren Haskell**

## Senior Living Community Options: Be Proactive, Not Reactive

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

**F • May 8 • 10 AM-12 PM • \$20/Silver**  
**Leader: Marc Friedlander**



## 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 12 • 1-2:30 PM • \$20/Silver**  
**Leader: Paula Peadar**

## From Tornadoes to Tough Conversations

**NEW** Crisis communication isn't just for governments or corporations. Whether you're leading a nonprofit or coordinating volunteers, how you communicate in the heat of the moment shapes outcomes. In this session, you'll learn how organizations prepare messages under pressure and manage misinformation, even when the situation is chaotic. You'll also leave with tools you can apply to your community organizations or volunteer roles.

**W • May 13 • 10-11:30 AM**  
**• Free to Members**  
**Leader: Cynthia Price**

## Slow Looking at Art at the VMFA

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

**W • May 13 • 1-2:30 PM • \$20/Silver**  
**Leader: Elizabeth Schlatter**

## Curatorial Tour of Lora Robins Gallery

**NEW** Visit the recently opened Lora Robins gallery with Matthew Houle, Curator of Museum Collections, and Martha Wright, Curator for Academic Initiatives. This visit will share insights on the renovation, the re-installation, highlights of the collection and new community-focused initiatives. This is offered twice; please register for only one.

**R • May 14 • 11-12 PM • Free to Members**  
**Leader: Martha Wright, Matthew Houle**

## Guided Tour of 'We The People' at the VMHC

**FIELD TRIP, DRIVE TO EVENT** This exhibition explores the many people who, over centuries, have made Virginia the unique place it is in America and in the world, and discusses the dramatic impact of the immigrant experience throughout Virginia's history as people arrived from the four corners of the globe. Fees are non-refundable unless we are able to fill your vacated slot.

**R • May 14 • 2-3:30 PM**  
**• \$17/All Members**  
**Leader: Grace Powers**

## Virginia Wildlife Trail Tour

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

**M • May 18 • 10:30-1 PM**  
**• \$15/All Members**  
**Leader: Rachel Riesbeck**



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