

OSHER

OSHER
LIFELONG
LEARNING
INSTITUTE

AT THE UNIVERSITY OF RICHMOND

SUMMER 2024



**Enjoying the
Experience**



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

A MEMBERSHIP PROGRAM FOR PEOPLE 50 AND BETTER • [OSHER.RICHMOND.EDU](https://osher.richmond.edu)

Our History

Established in 2004 at the University of Richmond's School of Professional and Continuing Studies, the Osher Lifelong Learning Institute operates through the support of its members, the University of Richmond, and an endowment from the Bernard Osher Foundation of San Francisco. There are 125 Osher Institutes in colleges and universities throughout the United States. We offer intellectual stimulation and civic engagement in a community of lifelong learners age 50 and better.

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

So Much to Explore

Summer's almost here, and we have a full schedule of exciting Osher courses and events. We are always grateful for our volunteer instructors who give time, energy, talent, and expertise to lead our classes. Kudos to our Osher Curriculum Committee and other dedicated Osher members who seek out and find terrific new instructors and new events for us every semester.

This summer we're excited about everything we have to offer, but two special events are particularly noteworthy. We hope you'll be interested in these upcoming offerings:



Osher Authors' Book Festival

Tuesday, June 4, 2024, 9:30am

You already know the talent and expertise we have in our Osher members, but did you know we have quite a few authors among us? We were surprised at the depth and breadth of subject matter our authors address in their published works. We found out and now will celebrate them by hosting an Osher Authors' Book Festival. Read more about this on page 4 and be sure to sign up to attend!

Successful Aging: From Theory to Implementation

Thursday, June 27, 2024

8:30-10:30am Lecture

1:30-4:30pm Workshop

We are so pleased that Dr. Kara Bopp is joining us on June 27th. A psychology professor at Wofford College, Dr. Bopp's experimental research examines age-related differences in working memory and applied research examines effectiveness of intergenerational programs and successful aging. She'll be offering a lecture in the morning, then a smaller, more in-depth workshop in the afternoon. See page 7 for more details.



Still More

These special events are two days of our almost three months of courses. Look for history, art, cooking, wine tasting, and museum and music field trips. We're also offering six online classes from our Osher colleagues at Dartmouth and six National Osher Online classes. We hope you'll find lots of courses that you want to take.

Special Notes

Please note that all photos in this catalog were taken by members of our Osher Photography Special Interest Group. Contributing photographers include Peter Blankman, Barry Mintling, and Becky Garrison.

As we enjoy our summer experiences, please know that your Osher staff and volunteer leaders are making big plans for the fall when Osher will be celebrating a significant milestone as a lifelong learning institute. Stay tuned!

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

Common Ground Mission Statement

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

Jeanne Clery Disclosure Statement

The University Police Department, in compliance with the Jeanne Clery Disclosure Act, publishes an annual report outlining its policies, functions, campus safety plans, prevention techniques, and tabulated statistics for the most recent three-year period. For a copy of the Department's Annual Report, call (804) 289-8715, write the University of Richmond Police Department, ATTN: Jeanne Clery Crime Statistician, Special Programs Building, 490 Westhampton Way, University of Richmond, VA 23173 or access the report online at police.richmond.edu.



Where do I start?

Online Registration

- Log in to the online registration portal. Visit **osher.richmond.edu/schedule**, then click on the red “Online Registration Portal” button located on the right-hand side of the screen, to access. Once logged in, your name will appear at the top of the page.
- Confirm your membership is active. Select **My Profile** once logged in.
 - Not yet a member? Need to renew? Select **MEMBERSHIPS & RENEWALS**.
- Preview classes starting **May 14**. Register starting **May 21**.
- Your shopping cart will hold up to 10 class registrations at a time. Then, you must check out and pay, if required. You may fill up your cart and check out as many times as needed to register for all desired classes.
- If a class is full, it is important to add the class to your cart to place your name on the waitlist. Staff actively manage waitlists all semester.

For Remote Classes

For UR Osher Courses:

- You'll receive a **Zoom link** via email the day before each class.
- Log in 5-10 minutes early.
- Use your **first and last name** as your screen name to help with attendance.
- The instructor and class host will identify the best way to ask questions.

For National Osher Online Courses:

- There are not individual zoom links that will be sent for each course. Rather, all course links are housed online at the **Osher Online website: www.osheronline.net**
- You will need to go to this website for each session of each course.
- To enter this site, you will need your username, and password.
- **Username:** This is the e-mail 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.
 - o 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.
 - Requires **16-character password**, changed annually.
 - 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**.




Osher Online

National Osher Online Courses for Summer 2024

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). The Bernard Osher Foundation has provided long-term support of these online courses, and we can expect to see them offered on a regular basis.

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

- Bugs and their Bizarre Biology
- The Great Films From the 1920s to the 1960s
- Women Psychoanalysts: Stories and Theories
- An Introduction to the National Park System
- James Baldwin: Speaking to US at 100
- The World's Fascination with the Automobile

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 icon 

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.*



JUNE

Osher Authors' Book Festival



NEW We have quite a few authors

among our UR Osher members. So why not celebrate them and have an Osher Book Festival? Our Osher book authors are offering a full day of book talks. The festival will start with a continental breakfast, followed by 30-minute segments of each author speaking and answering questions. A box lunch will be included, and our Osher authors will set up and sell their books in the adjoining gallery. Guests are welcome.

T • Jun 4 • 9:30am-5pm • \$15/All members
Leader: John Festa

Julie Fritz Reads Twinings: Poems at Eighty

NEW Julie Fritz published her first book after a life well-lived for 80 years. Her simple, lyrical poems pull from a magical childhood in the Smoky Mountains, midlife challenges, and finally the rewards of age. In her East Tennessee accent, she brings to life questions we all have and maybe offers a few answers. She also shares a bit about the creative process and how it complements the aging process.

W • Jun 5 • 10-11:30am • \$20/Silver
Leader: Julie Fritz

An Introduction to US Air Force History Part 1

NEW This is the first part of a two-semester course surveying the history of the US Air Force from the earliest beginnings of flight through the end of the Cold War and into first Gulf War. The course progresses chronologically and includes an overview of evolving technical aviation advancements, organizational changes, aircraft roles and missions, major air-related military operations, and famous personalities associated with Air Force history.

W • Jun 5, 12, 26, Jul 3 • 1-3pm • \$60/Silver
Leader: Randall Lanning

Hollywood

NEW Local author Howard Owen will discuss his latest Willie Black mystery and

the Willie Black series in general. All the mysteries are set in Richmond.

R • Jun 6 • 10-11:30am • \$20/Silver
Leader: Howard Owen

Summer Wine & Cheese Pairing Class w/Truckle Cheesemongers

NEW, FIELD TRIP, DRIVE TO EVENT Start your summer with new wines and cheeses to enjoy and serve at your next picnic! We will sample and discuss six wines, each paired with a delightful cheese, perfect for your summer table. Maggie from Truckle Cheesemongers will guide us through the journey with hand-selected cheeses. Fees are non-refundable unless we are able to fill the slot.

R • Jun 6 • 1-3pm • \$50/All members
Leader: Warren Haskell

US Immigration 1790-Today

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

F • Jun 7, 14, 21, 28 • 10am-12pm • \$60/Silver
Leader: Ned Armstrong

A Paired Tour: An Unfinished Museum: 125 Years of the Valentine and Turning Point: Richmond in the 1890s

NEW, FIELD TRIP, DRIVE TO EVENT Join us for this two-part tour at the Valentine Museum, exploring through photography the evolving role of the Valentine to address the changing needs of the Richmond community. Learn how, thirty years after the Civil War, a new generation took over Richmond's segregated economic, municipal, social, and cultural institutions. Opening in April 2024, 'Turning Point: Richmond in the 1890s' details the tensions that arose during this tumultuous decade and its lasting effects on Richmond today. Fees are non-refundable unless we are able to fill the slot.

F • Jun 7 • 1:30-3:30pm • \$8/All Members
Leader: Jessica Delbridge

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

Protecting Your Identity

Aw **NEW** Protecting your identity is more important than ever. In this seminar, we'll show you how to protect yourself from identity theft and inform you on options you have if the worst happens.

M • Jun 10 • 10-11:30am • \$20/Silver
Leader: Sabrina Guerin

Genealogy for Beginners - Getting Starting

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

M,R • Jun 10, 13, 17, 20 • 10am-12pm
• \$60/Silver
Leader: Donna Shumate

Is America Rome? A History of the Roman Empire in the West

NEW **z** A study of the Roman Empire scarcely requires justification. The Roman achievements in the realms of politics, economics, diplomacy and the role of women remain remarkable, even after 2,000 years. But its decline and fall provide a cautionary tale for the US today. Is the America of today the Rome of yesterday?

M • Jun 10, 17, 24, Jul 1 • 1-2:30pm • \$60/Silver
Leader: Louis Cei

Bounty of Boatwright

Ri Bo **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.

M • Jun 10 • 3:30-5pm • Free to members
Leader: Carol Wittig

Come . . . and BeMoved®!

Ri Aw **BACK BY POPULAR DEMAND** Come to this class to learn about the long-term health benefits of just moving! BeMoved® embraces the joy of dance with people of all movement abilities. Movement expressed through dance and music has a transformative power that enriches a person's well-being above and

beyond the well-known physical fitness benefits. BeMoved® is a dance fitness experience that begins with easy-to-follow therapeutic movements that flow into dance styles inspired by a wide variety of musical genres.

M • Jun 10, 17, 24, Jul 1, 8, 15, 22, 29, Aug 5, 19, 26 • 5:30-6:30pm • \$100/All members
Leader: Myra Daleng

Craft in America

NEW **z** The Smithsonian's Renwick Gallery showcases the dynamic landscape of American craft today. Currently on view are more than 100 works in a range of mediums from fiber and ceramics to glass, metal, wood, and mixed media. In this session your instructors will show some spectacular examples of American Craft and explore the unique characteristics of art made with nontraditional materials.

T • Jun 11 • 10-11:30am • \$20/Silver
Leaders: Alice Waagen, Ralph Kidder

The Holocaust: Heroes and Villains

NEW An examination of the Holocaust from its causes to implementation using some lesser-known heroes and villains can provide an up-close look at how and why it unfolded. The course includes Holocaust survivor live testimonial and provides an extensive resource list of books, podcasts, museums, fact-based films/documentaries and TV shows used as resource materials.

T • Jun 11, 18, 25, Jul 2, 9, 16 • 1-3pm • \$60/Silver
Leader: Paul Glancy

Obituary Writing Workshop

Aw **BACK BY POPULAR DEMAND** Don't let others write your story! We normally think of obituaries as being dreary and solemn. But by adding a little humor to an obituary and straying away from tradition, you can give readers insights into your or your loved one's unique personality. It can create an impression that won't fade away. You will learn obituary writing techniques by writing your own obituary.

W • Jun 12 • 10-11:30am • \$20/Silver
Leader: Jennifer Moss

Exploring Haveli

NEW We will explore Haveli, a traditional home of rich Marwari businessmen in Rajasthan with a unique style and decoration.

W • Jun 12 • 3:30-5pm • \$20/Silver
Leader: Shantaram Talegaonkar



A World War II Story Through Sketches

NEW **z** Explore a World War II story through S. Sgt. Jacob John de Vries's sketches of people, landscapes, and churches in France, Austria, and Germany in 1944-45. De Vries served in the US Army 103rd Infantry (Cactus) Division in Europe and First Allied Air Borne Army occupying forces in Berlin. Even before his formal art training, he was always sketching, including during his four years in the Army. The storyteller is John's daughter, Janet.

R • Jun 13 • 1-2:30pm • \$20/Silver
Leader: Janet de Vries

TV Spy Shows of the 60's

NEW Remember when spy dramas suddenly swept through our living rooms in the 60's? Join us as we screen some classic episodes of 'Mission Impossible' and 'The Man from U.N.C.L.E.' that had us on the edge of our seats. And do you remember when your phone was also . . . your shoe? That's right, we'll also have a look at 'Get Smart,' as CONTROL gives the forces of KAOS a run for their funny money.

F • Jun 14, 21, 28 • 1-3pm • \$60/Silver
Leaders: Anne Barash, Eric Holzwarth



Osher Lifelong Learning Institute at Dartmouth

America's Role in Preserving Peace and Prosperity

Wednesdays

July 10 to August 14, 2024

UR Osher Institute is pleased to offer Dartmouth's six summer lectures this summer.

"America's Role in Preserving Peace and Prosperity" offers six thought-provoking lectures delving into the critical challenges facing the United States in maintaining global stability and economic well-being.

July 10: U.S. Global Leadership Challenged
(speaker to be announced)

July 17: Autocracy's Rise, Sharp Power, and the Growing Threat to Democracy
Speaker: Christopher Walker

July 24: Climate Change—Its Impact on Prosperity
Speaker: Virginia Burkett

July 31: DRIVEN OUT: Human Displacement and the Challenge of Forced Migration
Speaker: James Hollifield

August 7: Disinformation, Misinformation—Finding the Truth
Speakers: Dick Tofel, Brandy Zadrozny and Joel Simon

August 14: Geopolitics, Lessons From the Cold War, and the Way Forward
Speaker: Sarah Paine



Healthy Living for Your Brain & Body



Z

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join this course to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

M • Jun 17 • 3-4pm • \$20/Silver
Leader: Rachel Lawson

News from the Microbiome

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

T • Jun 18, 25 • 10-11:30am • \$40/Silver
Leader: Patricia Ryther

Architecture during British Colonial Period in India

NEW We will explore the interaction between Indian and Western cultures, leading to architecture of great variety, ingenuity, and occasional elegance. Nonetheless, some British buildings were viewed as the 'Unhappy Bastards' of the colonial encounter.

T • Jun 18 • 3:30-5pm • \$20/Silver
Leader: Shantaram Talegaonkar

All About Mushrooms

NEW, FIELD TRIP, DRIVE TO EVENT Mushrooms are delightful and delicious and deserve the spotlight. In this class, part of a series focused on single ingredients, we will be highlighting the Mushroom. Mushrooms are earthy, meaty, and sometimes magical. We will use multiple types of mushrooms, cooked in a variety of ways, to showcase their flavors, textures, and versatility. Fees are non-refundable unless we are able to fill the slot.

R • Jun 20 • 1-3pm • \$70/All members
Leader: Warren Haskell

Give Me Liberty or Give Me Death!

NEW, FIELD TRIP, DRIVE TO EVENT Since 1976, St. John's Church Foundation has presented historical reenactments of the Second Virginia Convention of March 1775 at its original location. Come hear Patrick Henry, Thomas Jefferson, and George Washington, who will engage in the arguments of the Second Virginia Convention, leading to Patrick Henry's immortal words 'Give me liberty or give me death!' Fees are non-refundable unless we are able to fill your slot.

U • Jun 23 • 1:30-3:30pm • \$15/All members
Leader: Sarah White

Economics, Getting Into College, and Getting (Something) Out of College



NEW

In one survey, 79% of respondents thought their college degree was worth it, 78% would recommend college to someone, but less than 50% think that colleges do an excellent or very good job of educating students. This mini-course uses economics to study higher education, focusing on entrance into college (application, acceptance, financial aid) and output from college (the value of a college degree to the graduate and to society).

M • Jun 24, Jul 1 • 10-11:30am • Free to members
Leader: Maia Linask

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.

M • Jun 24 • 3-5pm • Free to members
Leaders: Osher Leadership Council

Contemporary African American Art: The Artist as Activist

NEW

Z

The Black Lives Matter (BLM) movement started in 2013 as a reaction to police brutality on Black youth. BLM is a political and social movement that seeks to highlight racism, discrimination, and racial inequity experienced by Black people. In this session, your instructors will feature art created both before BLM heightened our awareness of racial inequality and after the movement took off in 2013 and beyond.

W • Jun 26 • 10-11:30am • \$20/Silver
Leaders: Alice Waagen, Ralph Kidder

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

UR's Heilman Dining Center: Behind the Scenes Tour

Ri Join Heilman Dining Center staff for a tour beyond what you normally see when dining in 'D-hall'. Learn what it takes to run this award-winning facility, from purchasing, menu planning, and safety practices, to technology, staffing, and sustainability efforts. Come away with an appreciation for how it operates and fuels our Spider community. Note: Dinner at the D-hall is included. Long pants and close-toed shoes with non-slip soles required, and ball caps helpful. Fees are non-refundable unless we are able to fill your slot.

W • Jun 26 • 4-5:30pm • \$14/All members

Leaders: Tyler Betzhold, Vincent Savage

Successful Aging: From Theory to Implementation



Aw Bo

NEW Our internal conceptualization of aging has an

influence on our future health and well-being. Where do our future-self ideas come from, and how can we increase our chances of successful aging? The talk will explore how researchers define and address 'successful aging,' and why research in this field is so challenging. A review of the commonly known, as well as less commonly known, factors that impact successful aging will be addressed. Continental breakfast is included.

R • Jun 27 • 8:30-10:30am •

Free to members

Leader: Kara L. Bopp

Successful Aging: From Theory to Implementation Workshop



Aw Bo

NEW This workshop will take a deeper dive into thinking

about our future health and well-being. The workshop will allow for active engagement to personally explore the concept of 'successful aging'. Through a series of activities, each person will develop and share their own insights and examples, to determine an individualized theory and ways to implement the concept in their own life. Afternoon break is included

R • Jun 27 • 1:30-4:30pm •

Free to members

Leader: Kara L. Bopp

JULY

Critical Thinking for 2024

Aw **NEW** Critical thinking is crucial to important events like the 2024 elections, which encourage us to explore not just what to think, but how to think. This course will cover the importance of thinking critically as well as explore the existence of conspiracy theories, the role of science as an authority, the use of logic and avoidance of logical fallacies, the functioning of the brain, and solutions to help correct our thinking.

T • Jul 2, 9, 16, 23 • 10am-12pm • \$60/Silver

Leader: Fred Silva

Give Me Liberty or Give Me Death!

NEW, FIELD TRIP, DRIVE TO EVENT Since 1976, St. John's Church Foundation has presented historical reenactments of the Second Virginia Convention of March 1775 at its original location. Come hear Patrick Henry, Thomas Jefferson, and George Washington, who will engage in the arguments of the Second Virginia Convention, leading to Patrick Henry's immortal words 'Give me liberty or give me death!' Fees are non-refundable unless we are able to fill your slot.

R • Jul 4 • 1:30-3:30pm •

\$15/All members

Leader: Sarah White

Heifetz Institute Sunday Matinee Concert

NEW, FIELD TRIP, DRIVE TO EVENT Housed at Mary Baldwin University, the Heifetz International Music Institute is a non-profit organization dedicated to the artistic growth and career development of the most talented and promising young musicians in the world. Our Sunday concert features Heifetz students, faculty, alumni, and special guests in invariably memorable performances tailored for a summer afternoon. Attendees will make their own travel arrangements. Fees are non-refundable unless we are able to fill your slot.

U • Jul 7 • 2-4pm • \$16/All members

Leaders: Benjamin Roe, Andrew Green

Genealogy for Intermediates

Have you found some of your ancestors, collected information, started a family tree. . .and want to do more? This class will help you make sense of what you

have, expand your research skills, learn to use more advanced tools and techniques, and broaden your knowledge of genealogical resources. The goal is to build on what you have already done and add to the depth and breadth of your family history.

M,R • Jul 8, 11, 15, 18 • 10am-12pm • \$60/Silver

Leader: Donna Shumate

The Mystery of the Gospel of Mark

BACK BY POPULAR DEMAND This lecture will introduce the major themes of the book and attempt to unravel its mysteries.

M • Jul 8, 15 • 1-2:30pm • \$40/Silver

Leader: Ryan Ahlgrim

National Osher Online - Bugs and their Bizarre Biology

Oo Z Delve into the world of bugs, creepy crawlies, and anything without a backbone. Bugs are interesting, not gross (ok, maybe a little), and understanding their outlook on life can change how we perceive the world. Based on biological principles, we will explore these animals in our lives, society, homes, and even our bodies.

M • Jul 8, 15, 22, 29, Aug 5, 12 •

1-2:30pm • \$60/All members

Leader: Brian O'Neill

National Osher Online - The Great Films From the 1920s to the 1960s

Oo Z This course will give an introduction to film movements and some of the greatest films made (according to critics...but you can judge for yourself) from the 1920s to the 1960s. We will discuss how and where films were made in the 1920s and how the filmmaking process evolved over the next 40+ years. We will watch at least one film during the week, and then during class we will unpack the film in terms of style, story, filmmaking technique, and impact on society and culture. You will discover some of the best films made and learn about what makes them great.

T • Jul 9, 16, 23, 30, Aug 6, 13 •

1-2:30pm • \$60/All members

Leader: Jeremy Fackenthal

2024 Osher Leadership Council

The Osher Institute depends on its members to assist with many aspects of the Institute. Our volunteer leaders are critical in ensuring that our institute is responsive to its membership. Members of our incoming 2024 Council include:

Alice Waagen, Chair
akwaagen@gmail.com

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

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

Becky Hudson, Past Chair
edraywva@gmail.com

Steve Anders	John Mahone
Tom Cox	George Pangburn
Tanya Dolphin	John Roberts
Kathie Howe	Robb Wiczorek

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

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

Navigating the Healthcare Continuum

Aw **NEW** 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.

T • Jul 9 • 3:30-5pm • \$20/Silver
Leader: Jennifer Perry

National Osher Online - Women Psychoanalysts: Stories and Theories

Oo **Z** The women included in this course were practitioners of psychoanalysis and wrote extensively about their work. These women have been selected because of the significance of their thought for psychoanalytic practice. We will articulate what is different about the contributions of women to psychoanalytic theory. And we will concentrate on women who were considered important: Karen Horney, Melanie Klein, Anna Freud, Ana Maria Rizzuto and others.

T • Jul 9, 16, 23, 30, Aug 6, 13 • 7-8:30pm • \$60/All members
Leader: Olivia Espin

Dartmouth Summer Lecture 1: U.S. Global Leadership Challenged

NEW **Z** The Osher Institute at Dartmouth College is offering its summer lecture series via livestream to Osher colleagues across the nation. This year's theme is America's Role in Preserving Peace and Prosperity. Lecture one is 'US Global Leadership.' The instructor and description were not available at the time of printing, but are in our online registration system.

W • Jul 10 • 9-11:30am • \$20/Silver
Leader: Dartmouth Osher Institute

National Osher Online - An Introduction to the National Park System

Oo **Z** There are more than 400 parks in the National Park System spanning 11 time zones. Have you ever wondered how a place becomes a park, what it takes to manage a park, or why there are so many different types of parks? Take a behind-the-scenes look at the National Parks as we reveal the laws, regulations, policies, and practices of managing these special places of American nature and history. Become a national park "insider" by learning more about these memorable places.

W • Jul 10, 17, 24, 31, Aug 7, 14 • 1-2:30pm • \$60/All members
Leader: Constantine (Costa) Dillon

Adult and Pediatric CPR/AED Certification

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

W • Jul 10 • 1-3:30pm • \$35/All members
Leader: Pamela Wiegardt

National Osher Online - James Baldwin: Speaking to US at 100

Oo **Z** American writer James Baldwin (1924-1987) may be best known as an activist and essayist, but he was also a groundbreaking writer of novels and short stories. We will read Baldwin's novels, *Go Tell It on the Mountain* and *Giovanni's Room*, in which he explores race, religion and sexuality. We will analyze Baldwin's unique voice and talent as a writer and discuss the ways his fiction helps us understand what connects us as human beings. Prerequisites: Be willing to read and engage with complex texts addressing challenging subjects.

R • Jul 11, 18, 25, Aug 1, 8, 15 • 1-2:30pm • \$60/All members
Leader: Catherine Frank

The Lives and Music of an Important Group of Broadway/Hollywood Songwriters

NEW **Z** The music of Broadway and Hollywood musicals is an artform in and unto itself. It takes a team of multi-talented performers and an orchestra to produce these entertainment extravaganzas. At the heart of it are the creative geniuses who set the whole thing in motion: the songwriters. In this multi-media course, we will cover: Richard Rodgers, Cole Porter, Alan Jay Lerner, Andrew Lloyd Webber, Jerome Kern, Claude-Michel Schoenberg, Leonard Bernstein, Jule Styne, and George Gershwin.

R • Jul 11, 18, 25, Aug 1, 8 • 1-3pm • \$60/Silver
Leader: Lee Kaufman

What Can A Conservator Do for You?

NEW Everyone has possessions they want to make sure are preserved for the next generation. Learn how conservators can help you make your treasures last. What makes a person a conservator? What makes a conservator different from a restorer? How can you find a conservator you can trust? This lecture will help you learn more about conservators and what to expect when you work with one.

F • Jul 12 • 10-11:30am • \$20/Silver
Leader: Kate Ridgway

Sculpting History at the Valentine Studio

NEW, FIELD TRIP, DRIVE TO EVENT

Those who created the Lost Cause narrative used cultural and social centers of power to make it successful: education, media, politics, money, religion, and violence. The exhibit uses evidence to show how Edward Valentine, leaders in Richmond, and others around the country reframed the reality of the Civil War. It uncovers the stories behind the Lost Cause, its legacy, and those who resisted the myth. Fees are non-refundable unless we are able to fill your slot.

F • Jul 12 • 1:30-3:30pm • \$8/All members
Leader: Jessica Delbridge

National Osher Online - The World's Fascination with the Automobile

Oo **Z** The automobile has shaped the way we conduct modern life - from the way we eat our meals down to the songs we sing. It is endlessly fascinating to learn where we have come from and where we are going on our automotive journey. This course will make relevant the impact of the automobile on our everyday lives so even those who do not tout the title of "gearhead" may enjoy the experience and walk away with more knowledge and insight into our world than they had before.

S • Jul 13, 20, 27, Aug 3, 10, 17 • 11am-12:30pm • \$60/All members
Leader: Pandora Paul Sardon

Higher Education and College Athletics

Ri Bo College athletics involves so much more than game-day performances. Please join us for an inside look at the planning and preparation of student-athletes and their welfare and

leadership. Learn ways that you can support our inspiring students.

M • Jul 15 • 10am-11:30am • Free to members
Leader: Lauren Wicklund

Organizing Your Financial Records

Aw **NEW** With all the paperwork surrounding your finances, what should you keep? What should you throw out? In this seminar, let's get organized together. We'll show you a quick, clear path to figuring out what you need.

M • Jul 15 • 3:30-5pm • \$20/Silver
Leader: Sabrina Guerin

Dartmouth Summer Lecture 2: Autocracy's Rise, Sharp Power, and the Growing Threat to Democracy

Z **NEW** Over a protracted period of time, authoritarian powers have mobilized and taken the initiative, and in the process sought to reshape the global landscape. Led by ambitious regimes in China and Russia, the multiyear authoritarian surge poses enormous challenges to democratic standards, principles, and ideas. If the United States and its democratic allies are to meet this top order challenge and set the global trajectory on a more positive course, they will need a new, more competitive mindset.

W • Jul 17 • 9-11:30am • \$20/Silver
Leader: Christopher Walker

Wine of the Italian Isles - Sicily & Sardinia

NEW, FIELD TRIP, DRIVE TO EVENT Sicily and Sardinia are the two largest islands in the Mediterranean, and both are home to distinctive wine traditions. Explore the flavors and history of these islands through their wines. Class is seated and will be 1.5-2 hours. Fees are non-refundable unless we are able to fill your slot.

W • Jul 17 • 1-3pm • \$50/All members
Leader: Warren Haskell

Adult CPR/AED Certification

Aw **NEW, HANDS ON** 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 • Jul 17 • 1-3:30pm • \$35/All members
Leader: Pamela Wiegardt



Cornerstone Contributions: Opening the Boxes Under the Lee Monument

BACK BY POPULAR DEMAND Would you like to find out what happened AFTER the containers found under Lee were opened? Kate Ridgway, State Archaeological Conservator for the Department of Historic Resources, talks about the efforts to preserve artifacts removed from the Lee Monument, including preparing for the day they were found through the current preservation efforts and how these efforts helped inform the removal of the cornerstone boxes under other monuments on Monument Avenue.

F • Jul 19 • 10-11:30am • \$20/Silver
Leader: Kate Ridgway



Cool Flicks

UPDATED Join Dan this summer in his quest for the funniest movies. We'll view 'Nothing Sacred' (1937) with Carole Lombard and Frederic March. Then we'll watch the original screwball comedy, 'Harold and Maude' (1971) with Ruth Gordon at her wackiest. We'll end with 'Every Girl Should Be Married' (1948) featuring Cary Grant and Betsy Drake, in which a woman sets her sights on marrying Mr. Grant. Stand in line, sister.

F • Jul 19, 26, Aug 2 • 1-3pm • \$60/Silver

Leader: Dan Begley

Trimming the Excess: 10 Tips for Downsizing

NEW Thinking about downsizing but don't know where to start? Join this session and learn how to prepare, organize, and jumpstart your downsizing journey. These ten tips to downsizing will make the process seem achievable and dare we say, fun?! There's no better time than right now to start!

M • Jul 22 • 10-11:30am • \$20/Silver

Leader: Jaime Ebanks

No Better Time to Be a Boomer!

Aw **BACK BY POPULAR DEMAND** The Age Wave is upon us! You've heard the statistics: 10,000 Boomers are turning 65 every day. This year, 2024, is the peak year for Boomers turning 65. Beginning next year, 10,000 Americans will begin turning 80 everyday! Instead of only focusing on all the challenges associated with aging, we will celebrate the positive sides of aging and show why there is no better time to be a Boomer!

M • Jul 22 • 1-2:30pm • \$20/Silver

Leader: Paige Wilson

Chain Maille – Half Byzantine Bracelet or Necklace

NEW PATTERN The Byzantine pattern is known as one of the basic chain maille weaves, but we'll only use half of the weave to create this every day sterling silver bracelet or necklace. Bring your good eyesight, PATIENCE, a 'can do' attitude, and be ready to have some fun. (Note: some 'homework' will be required between the two class dates.)

**T • Jul 23, 30 • 1-3pm • Bracelet \$65/All members
Necklace \$120/All members
Leader: Celeste Miller**

Dartmouth Summer Lecture 3: Climate Change – Its Impact on Prosperity

NEW **Z** The Osher Institute at Dartmouth College is offering its summer lecture series via livestream to Osher colleagues across the nation. This year's theme is America's Role in Preserving Peace and Prosperity. Lecture three is 'Climate Change—Its Impact on Prosperity.' The description was not available at the time of printing, but is in our online registration system.

W • Jul 24 • 9-11:30am • \$20/Silver

Leader: Virginia Burkett

Listening to the Sound of Music in 2024

NEW Your instructors will highlight the many ways you can now listen to the sound of quality music. They will present the options for establishing and maintaining a sound system, streaming and Bluetooth, music in your car, options for CDs, and starting (or restarting) and enjoying a vinyl record collection. We will also provide lists of preferred equipment at various price points. One of our goals is to form an Osher Audiophiles Special Interest Group on the above topics.

W • Jul 24 • 1-3pm • \$20/Silver

Leaders: Murray Ellison, Chris Waagen

UR Campus Walk

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

R • Jul 25 • 9-11am • Free to members

Leader: Marshall Irvine

Betsy: The History, Archaeology, and Conservation of a Revolutionary War Ship

BACK BY POPULAR DEMAND Identified and excavated during the Yorktown Shipwreck Archaeological Project, Betsy represents the measures taken by the British to carry on the fight before their

ultimate surrender at Yorktown in 1781. In the over 40 years since Betsy's rediscovery, learn how the wreck continues to teach us about the history of the battle, and the ways in which 18th century materials pulled from York River have been preserved.

F • Jul 26 • 10-11:30am • \$20/Silver

Leaders: Kate Ridgway, Jill Schuler

UR's Heilman Dining Center: Behind the Scenes Tour

Ri Join Heilman Dining Center staff for a tour beyond what you normally see when dining in 'D-hall'. Learn what it takes to run this award-winning facility, from purchasing, menu planning, and safety practices, to technology, staffing, and sustainability efforts. Come away with an appreciation for how it operates and fuels our Spider community. Note: Dinner at the D-hall is included. Long pants and close-toed shoes with non-slip soles required, and ball caps helpful. Fees are non-refundable unless we are able to fill your slot.

F • Jul 26 • 4-5:30pm • \$14/All members

Leaders: Tyler Betzhold, Vincent Savage

One Email, Three Perfect Strangers, and a Story That Unfolds Across Three Continents

NEW One email; three perfect strangers; and a story unfolds. . . . Learn how an email paved the way for sick children in Kaunas, Lithuania, to receive blankets made by women who attend Duck United Methodist Church in Duck, NC.

M • Jul 29 • 10-11:30am • \$20/Silver

Leader: Nancy Wright Beasley

Beyond the Bounty

Ri **Bo** 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.

M • Jul 29 • 1-2:30pm • Free to members

Leader: Carol Wittig

Eye Magic: Tricks the Eyes and Brain Play

NEW Explore the anatomy and physiology of the eyes and brain, optical illusions, shadows and light, forms and space, artists' tricks, the magic of color, and things 'seen' that aren't real, things 'unseen' that are!

T • Jul 30, Aug 6 • 10-11:30am • \$40/Silver

Leader: John Partridge

Dartmouth Summer Lecture 4: DRIVEN OUT: Human Displacement and the Challenge of Forced Migration

NEW **Z** Wars, instability, poverty, and desperation mean that forced migration and human displacement touch every corner of the globe, including the US southern border. How can liberal democracies like the United States balance the need for security with their commitment to protecting the human rights of refugees, asylum seekers, and migrants? In this lecture, we will provide an overview of the global migration crisis, addressing the dilemmas of migration governance, and assessing the role of the U.S. in confronting the challenges of human displacement and forced migration.

W • Jul 31 • 9-11:30am • \$20/Silver

Leader: James Hollifield

All About Tomatoes

NEW, FIELD TRIP, DRIVE TO EVENT

Tomatoes are the best thing about summer! In this class, part of a series focused on single ingredients, we will be highlighting the beautiful Tomato and its so many varieties, colors, sizes, shapes, and flavors. We will use multiple types of tomatoes, raw and cooked in a variety of ways to showcase their flavors, textures, and versatility. Fees are non-refundable unless we are able to fill the slot.

W • Jul 31 • 1-3pm • \$70/All members

Leader: Warren Haskell

Richmond CASA

NEW Come learn about the role of Court Appointed Special Advocates (CASA) in Richmond. Children who have experienced abuse or neglect may face a lot of change and uncertainty. Courtrooms. Foster care. New schools. All while dealing with the trauma of abuse or neglect, and the trauma of being removed from home. CASAs make sure children don't face the courts and foster care system alone.

R • Aug 1 • 10am-12pm • \$20/Silver

Leader: Sarah-Keel Crews

The Osher Special Interest Groups

Formed and led by Osher members, our Osher Institute Special Interest Groups are listed below. The current status and other details about each interest group are online at osher.richmond.edu. A current Osher Institute membership is required for interest group participation.

Addressing the Climate Crisis

Holly Blake hblake@richmond.edu and
Renee Purdy renee.purdy@richmond.edu

Baseball Dan Begley osherbaseball@gmail.com

Birding with Audubon Mary Elfner
melfner@gmail.com

Bridge Ellen Hollands efine98@aol.com,
804-741-0221 or 804-402-8402 (No summer meetings)

Contemporary Issues John Mahone mahone.john@gmail.com

Fab and Fit Spiders Brenda Davis bdavis@lakewoodathome.org

Golf Tom Cox tcx.attorney@gmail.com and
Pam Wiegardt wiegar@gmail.com

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

Historically Speaking Louis Ceil ceilb2@aol.com

Investments F. Brian McNeil fmcneil@gmail.com (No summer meetings)

Knitting and Handwork Bridget Westhoven westhoven5@mac.com and
Robin Gouckenour rgouckenour@gmail.com

Literary Dreamers Jerry Lutkenhaus jervalaw@aol.com and
Virginia Manuel vmanuelva@gmail.com

Memoir Writing Lynn Blankman, Karen Mizrach, and
Lisa Johnson ljohnson978@gmail.com *We have three filled groups, with openings available in a new fourth group.*

Mystery Lovers Nancy Newins nnewins@verizon.net

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

Photography Peter Blankman pblankman@gmail.com

Sociable French Conversations Allan Blum allan_blum@yahoo.com

Theatre Lovers Janice Jones and Anne Wescott oshertheater@gmail.com

Travel Celeste Miller OSHERtravel@gmail.com

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



AUGUST

The Cultural Impact of Songs: The Female Perspective

NEW **Z** Songwriters are modern-day bards who serve as historians and preservers of the oral tradition of our culture. Songs reflect and influence what humans consider important: ideas,

feelings, and stories, often using poetic imagery. What do women songwriters and singers have to tell us? We'll talk about Loretta Lynn, Shania Twain, Kacey Musgraves, Joni Mitchell, Brandi Carlisle, and Nanci Griffith.

F • Aug 2, 9 • 10am-12pm • \$40/Silver
Leader: Linda MacCleave

9% of our dollar goal

139%



9% of our participation goal

94%



Osher Institute — Donor Honor Roll 2023

Thank you to the 234 Osher households (26.3% of membership) who contributed \$45,881 (39% over 2023 dollar goal) to Osher in 2023. Please know how much all of us at Osher appreciate this generosity!

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Beth Cuthbert *	Janice Jones *	Mary Pasco *	Pam Wiegardt
Janet and Gary Darden	Marty Jones *	Mary and Bill Pawelski *	Sue and Tim Williams *
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Gloria Dunham *	Karen Keser *	Sheryl Phillips *	

*Multiple year donor

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Gifts were made in memory of Betty Ann Dillon, Bill Hafker, Floyd Myers, Bob Parker, Bill Rauschberg, John Schofield, Pat Smith, Charlotte Walker, and Claude Wilson.

Donors are also acknowledged on our website at osher.richmond.edu/give

Student-Athlete Mental Health and Performance Support Services

Bo Ri **NEW** This session will focus on discussing student-athlete mental health and performance, the barriers student-athletes face, and the resources that we have available to them at UR. The presentation will include statistics from recent research as well as general information from on-campus.

M • Aug 5 • 10am-12pm • Free to members
Leader: Rachel Turk

Triumphs and Tragedies: The Creation of Shenandoah National Park

NEW z Today, Shenandoah National Park stands out as one of Virginia's top tourist attractions. Awe-inspiring vistas and abundant wildlife attract millions of people to explore the park's peaks and hollows. However, the park's modern beauty came at a heavy cost. Virginia evicted thousands of local residents to return the land to 'wilderness.' Join us as

we explore the complicated origins of one of Virginia's most beautiful assets.

M • Aug 5 • 1-2:30pm • \$20/Silver
Leader: Maggie Creech

Engaging Together: Activities for Caregivers and Persons with Dementia

Aw **NEW z** A person living with Alzheimer's or other dementia doesn't have to give up the activities that he or she loves. Many activities can be modified to the person's ability. Join us as we talk about simple, fun activities you can do together that are great ways to connect with your loved one. We will share activities that one can do throughout all the stages of dementia.

M • Aug 5 • 3-4pm • \$20/Silver
Leader: Rachel Lawson

Osher Member Orientation

Bo 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.

T • Aug 6 • 1-3pm • Free to members
Leaders: Osher Leadership Council



Osher
FUNDRAISING



2024 Osher Institute Fundraising

Each year Osher sets fundraising goals with guidance from the Osher Leadership Council. Thank you to everyone who made a gift to Osher during the university-wide UR Here Campaign held on April 3 & 4, 2024, as well other times in 2024. These gifts provided Osher with a great start towards to 2024 fundraising goals of \$38,000 from 28% of our membership.

Gifts to Osher help:

- strengthen our connection with our over 1,200 members,
- support special events, speakers and social events like Game Days,
- fund recognition events for our instructors and volunteers,
- purchase items for classroom instructors, and
- subsidize members events like trivia and game nights.

Osher appreciates gifts from supporters all year long. If you have any gift giving questions or would like to explore ways to maximize your charitable impact in a strategic way, such as Qualified Charitable Distribution, please reach out to **Amy Edwards (aedwards@richmond.edu)**.

Dartmouth Summer Lecture 5: Disinformation, Misinformation—Finding the Truth

NEW z Since the rise of social media and the 2016 election, there has been increasing recognition that facts themselves have become a battleground, amid widespread disinformation (that is, the often viral circulation of falsehoods) and misinformation (the intentional promulgation of untruths) are considered epidemic by many. We will consider how prevalent the problems really are, what practical difference they are making, including in our politics, how the press has been responding (for both better and worse), and how these phenomena in America interact with similar issues elsewhere.

W • Aug 7 • 9-11:30am • \$20/Silver
Leaders: Dick Tofel, Brady Zadrozny, Joel Simon

Let's Doo-Wop Again

NEW In the 1950s, young male ensembles started taking to the street corners of urban areas to produce outstanding group harmonies, mostly unaccompanied by instruments. Among the most popular were the Platters and Dion & The Belmonts. Then, several outstanding female groups, like the Shirelles and Crystals, also propelled the doo-wop trend. Their cumulative influence extended well into the 1960s and beyond with the Motown Sound.

W • Aug 7 • 1-3pm • \$20/Silver
Leader: Murray Ellison

A Chopin Sampler

NEW This piano recital will feature selections from Chopin's Preludes, Nocturnes, Mazurkas, and Waltzes; not to mention the 'Military' Polonaise and the Fantaisie-Impromptu. Enjoy these works, all interlaced with Alan's signature commentary.

R • Aug 8 • 10am-12pm • \$20/Silver
Leader: Alan Pollack

Julia Child: A Recipe for Life

BACK BY POPULAR DEMAND, FIELD TRIP, DRIVE TO EVENT Field trip to the VA Museum of History and Culture: Julia Child's insatiable curiosity and tenacious spirit drove her to endlessly try, test,

prove and communicate how to make delicious food. Learning to cook empowered Julia and she in turn empowered others, profoundly transforming American cuisine and food culture. Julia Child: A Recipe for Life explores the key ingredients that led to Julia's personal evolution and America's culinary revolution. Offered twice: please register for only one session. Fees are non-refundable unless we are able to fill the slot

F • Aug 9 • 1:30-3pm • \$15/All members
Leader: Maggie Creech

My Favorite Photographs and the Stories Behind Them

NEW Come enjoy these photographs of the natural world in Virginia and twenty other states across the nation. These images from nature, both landscapes and wildlife in and out of our natural public lands, have been the foundation for the active support for the conservation and preservation of our natural environment. Come hear the stories of their captures and celebrate and connect with the remarkable and striking natural world in which we live.

M • Aug 12 • 10am-12pm • \$20/Silver
Leader: Benjamin Greenberg

The UR Help Desk: All You Need to Know

Ri Bo Z The UR Computer/Technology Help Desk is available to Osher members, but do you really know what services it provides? Join this session to find out how to take full advantage of this great benefit of Osher membership.

M • Aug 12 • 1:30-3pm •
Free to members
Leader: Scott Tilghman

Estate Planning and Elder Law - What You Need to Know

Aw **BACK BY POPULAR DEMAND** Let's talk about planning for the future. How can you be sure your estate plans are carried out properly? Topics will include medical directives, powers of attorney, wills and trusts. Elder Law will also be discussed. Questions are welcome!

T • Aug 13 • 10-11:30am • \$20/Silver
Leader: Paula Peaden

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

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

T • Aug 13 • 1-2:30pm •
Free to members
Leader: Ryan Colton

Artificial Intelligence and Art

NEW Z Uncover the backstory to the birth of Artificial Intelligence intersecting with visual art. From the middle of the 20th century, electronic compositions paved the way for artists, engineers, and technologists to lay the foundations upon which today's visual worlds seemingly construct themselves. Peer past the threshold of tomorrow as we enter an era promising to augment human capabilities, yet posing ethical and philosophical questions that interweave the past with the dawn of a new age.

T • Aug 13 • 3:30-5pm • \$20/Silver
Leader: Hugh Leeman

Dartmouth Summer Lecture 6: Geopolitics, Lessons From the Cold War, and the Way Forward

NEW Z This session will start with the geopolitical cards dealt to the United States, Russia, and China. While the United States and its partners and allies are attempting to maintain a maritime global order to foster trade, China and Russia are great continental powers increasingly fixated on dominating territory. These differences have precipitated a Second Cold War. We will examine how the democracies won the First Cold War without fighting a hot war by turning to the conclusions of those on both sides who oversaw its end. Then we will suggest some possible ways forward based on the geopolitical hand that the United States holds, the potential strategies that such a hand can support, and the strategies that proved most fruitful the last time around.

W • Aug 14 • 9-11:30am • \$20/Silver
Leader: Sarah Paine



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

For Women: Bladder and Pelvic Floor Health through Every Stage of Life

Aw **BACK BY POPULAR DEMAND** **z** As women move through stages of life from pregnancy and childbirth to menopause and beyond, their bladders and pelvic floors often go through changes as well. It's quite common to experience bladder leakage and pelvic floor discomfort due to these changes. In fact, it happens to one in three women. But just because these are common issues does not mean a woman should have to 'just live with them.'

W • Aug 14 • 12-1:30pm • \$20/Silver
Leader: Boyd Clary

Unraveling the Recovery Journey as a Family

Aw **NEW** A recent study emphasizes the pivotal role of strong family support in overcoming a substance use disorder. According to the research, individuals with strong family support are twice as likely to achieve lasting sobriety two years post-treatment compared to those without such support. The Wrenns will share their story, exploring what it means to 'love well.' In addition, attendees will learn about the family recovery 'toolbox' of skills that can help families navigate this journey.

R • Aug 15 • 10am-12pm • \$20/Silver
Leaders: Kathy Wrenn, Tucker Wrenn

Lesser Known Wines – Varietals and Regions

NEW, FIELD TRIP, DRIVE TO EVENT

There are so many wines in the world that we will never try them all: but sometimes it is good to get off the beaten path and try new and lesser-known things. Join us as we explore wine regions and wine varietals that are often less popular, but still produce delicious wines and often great values. Fees are non-refundable unless we are able to fill the slot.

R • Aug 15 • 1-3pm • \$50/All members
Leader: Warren Haskell

Coffee Chats, Game Days, and Happy Hours

Our Osher socials continue! We're excited to announce our summer dates.

We are going all in this summer with our Coffee Chats – that is **IN PERSON**. We'll be in the Tyler Haynes Commons overlooking the lake.

Here are the dates for these fun events:

Coffee Chats – First Wednesdays, 8:30am, **IN PERSON** at Tyler's in the Commons

June 5
July 3
August 2
September 3



Happy Hours – Second Thursdays, 4:30pm until ... **IN PERSON**

June 13: Lewis Ginter
July 11: Beach House Bar & Grill
Aug 8 : TBD
Sept 12: Brambly Park



Game Afternoons – Third Thursdays, 1:00-4:00pm, every other month **IN PERSON**

July 18: Jepson Alumni Center, Quigg Room
Sept 19: Jepson Alumni Center, Quigg Room



No registration is needed for these events. We'll send reminders prior to each, but perhaps you'll want to add these to your calendar now.

Celebrating Summer Flavors

NEW, FIELD TRIP, DRIVE TO EVENT

In this series of classes, we will explore dishes and flavors from around the US. Featuring hands-on cooking in class, students will learn how to make 3-4 dishes from each region while also learning cooking tips and tricks that will help with

everyday cooking. Recipe packets will be provided for students to take home. Fees are non-refundable unless we are able to fill the slot.

R • Aug 22 • 1-3pm • \$70/All members
Leader: Warren Haskell

Member Benefits at a Glance

- Membership is good for 12 months from the date you join
- Several membership options
- Free Osher member orientation and bonus classes
- Osher members receive individual performance discounts at the Modlin Center for the Arts for 2024-25 season
- Free parking on UR campus
- Unlimited borrowing privileges at UR's Boatwright Library (including audio, e-books, and videos)
- Access to the UR Technology Help Desk (804-287-6400 or helpdesk@richmond.edu)
- Use of more than 300 online databases at the UR Library
- UR 'One Card' used to access full privileges at the UR Library and discounts at some retailers
- UR email address
- Daily 'SpiderBytes' email to keep informed about UR lectures, programs and events
- Osher members leading our classes have access to UR Technology Learning Center (TLC) for preparing presentations – (804-289-8777 or tlc@richmond.edu)
- Opportunity to audit undergraduate credit classes
- Unlimited Osher classes for Gold members

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

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

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

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

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

For more information, contact us today:

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