



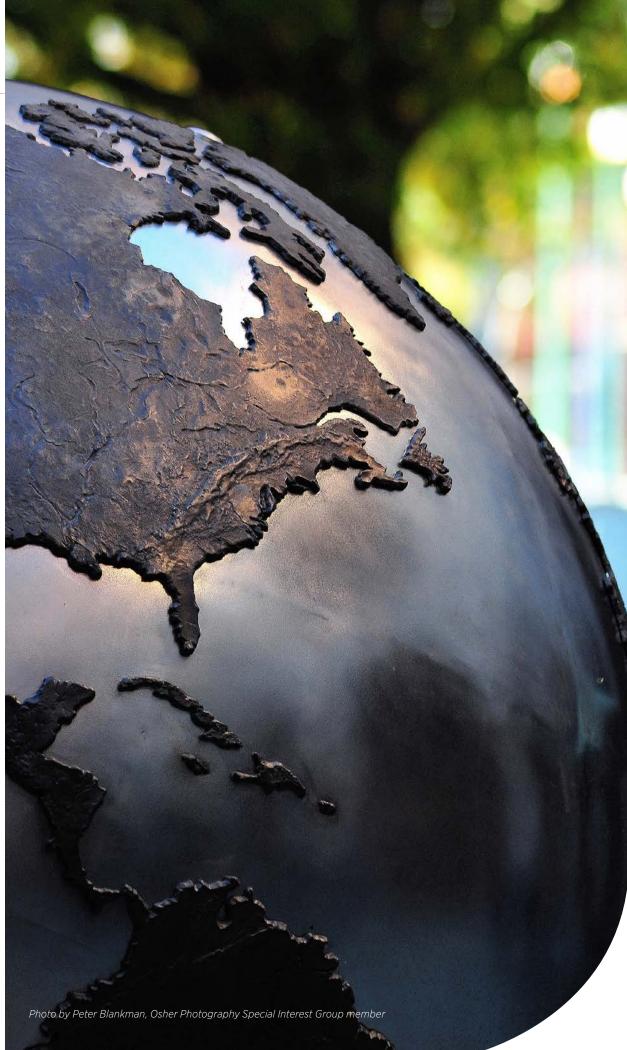




### **Our History**

Established in 2004 at the University of Richmond's School of Professional and Continuing Studies, the Osher Lifelong Learning Institute operates through the support of its members, the University of Richmond, and an endowment from the Bernard Osher Foundation of San Francisco. There are 124 Osher Institutes in colleges and universities throughout the United States. We offer intellectual stimulation and civic engagement in a community of Lifelong learners age 50 and better.

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





**A Great Year of Celebrations** 

This summer, the University of Richmond Osher Lifelong Learning Institute continues its 20th Anniversary celebrations. We are culminating our year of special events and festivities with summer fun!

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

#### **BBQ**, Beer and Bluegrass

- Wednesday, May 28, 2025
- 4:30-7:30 p.m.

#### **Osher Member Art Show Opening Gala**

- Friday, July 18, 2025
- 4-7 p.m.

The Osher Institute is launching its first-ever Member Art Show to celebrate its 20th anniversary at Richmond! We're hosting a juried art show in July, inspired by our anniversary theme: Love of Lifelong Learning.

The Friday night event will be for the artists, Osher members, and invited guests only. The show will then be open to the public on Saturday, July 19, 10 a.m.-3 p.m., and Sunday, July 20, 1-3 p.m.

#### **Osher Triple Crossing Brewery Event**

- Thursday, Aug 14, 2025
- 4:30-7:30 p.m.
- With Osher Member Wade Reynolds performing

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

Peggy Watson, W'76

Director margaret.watson@richmond.edu (804) 287-6344 Hell

Nell Smith Program Manager nsmith3@richmond.edu (804) 287-6608 Amy

Amy Edwards, L'97 Stewardship Assistant aedwards@richmond.edu Romney

Romney Beebe Program Coordinator rbeebe@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 12. Register starting May 20.
- Your shopping cart will hold up to 10 class registrations at a time. Then, you
  must check out and pay, if required. You may fill up your cart and check out
  as many times as needed to register for all desired classes.
- If a class is full, it is important to add the class to your cart to place your name on the waitlist. Staff actively manage waitlists all semester.

#### FOR REMOTE CLASSES

#### For UR Osher Courses:

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

#### For National Osher Online Courses:

- There are not individual zoom links that will be sent for each course.
   Rather, all course links are housed online at the Osher Online website:
   www.osheronline.net
- You will need to go to this website for each session of each course.
- To enter this site, you will need your username, and password.
- Username: This is the email address used when registering for your courses.
- Password: will be provided by National Osher .
- Please note that as you visit the site, you will only have access to the courses for which you are registered.
- National Osher Online courses are not recorded.

#### FOR IN-PERSON CLASSES

- In-person classes have limited seats available and may fill up.
  - If a class you wish to take is **full**, be sure to add that class to your **cart** and check out to place your name on the waitlist.
  - Osher staffers manage the waitlists all semester. There's always a
    good chance that you'll get into the class if others withdraw or a
    sufficiently large classroom can be reserved.
- You'll receive an email prior to class that will identify the classroom location
- Allow time for parking and walking to class.

### ID & PASSWORD REMINDERS

- Your **UR ID** is used to confirm your affiliation with the University.
  - Use when requesting **technical assistance** at the Help Desk.
  - Use to acquire UR photo identification and to create your Net ID.
- Your **Net ID** is used to access University-hosted resources.
  - Within a few days of enrollment, you will receive an email with the subject "University of Richmond Account Activation," which will contain your unique activation link; to activate your account, please click on this link.
    - You will need your UR student ID number to activate your account
  - For students who are not new, but have never established their NetID, please email the Computer Help Desk, helpdesk@richmond. edu, to request an Account Activation Link. You will need to provide your UR student ID number in this email.
  - UR requires that the 16-character password be changed annually. Otherwise, your network account will be deactivated.
  - Provides access to UR email, wifi, VPN and library databases.
- Your Osher membership ID is used to register for Osher classes online. Go to osher.richmond.edu/schedule, then Online Registration Portal, to access.
  - Create password and username of your choice.
  - May require **UR ID** for one-time setup.
  - Note: This is not connected to your **Net ID**.





### 20th Anniversary BBQ, Beer, and Bluegrass

Come join your Osher leaders for a fun evening of music, great food, and drinks. The Sleepy Hollow Bluegrass Band will perform, and there will be plenty of BBQ and cold beverages.

W • May 28 • 4:30-7:30 PM • \$25/All Members Leaders: Osher Leadership Council, Osher Staff

### June

### How Do We Know What We Know?

**NEW** How do we know what we know about the Holocaust? The use of both secret and assigned cameras in ghettos and concentration camps enabled both Jews and non-Jews to collect evidence of Nazi atrocities. Much of this evidence was hidden and unearthed after the war. Examining these photographs allows us to learn about the history of the Holocaust

M • Jun 2, 9, 16 • 10 AM-12 PM • \$60/Silver Leader: Rena Berlin

### War in Translation: All Quiet on the Western Front

**NEW, BOOK TALK** 'All Quiet on the Western Front' is a classic of anti-war literature. The novel first appeared in German (and in A.W. Wheen's English translation) in 1929 and became an instant bestseller. A new English translation by Kurt Beals was published by W.W. Norton in January 2025. Join Beals for a reading and discussion of the novel and the challenges (and necessity!) of re-translating a literary classic.

M • Jun 2 • 1-3 PM • Free to Members Leader: Kurt Beals

### Jew-Hatred: The Not-Short History of Antisemitism

**NEW** We will look at the manifestations of Antisemitism, including the accusation of killing Jesus, the blood-libel, blaming the plague on the Jews, and accusing the Jews of trying to control the world. We will see the effect on Jews of the Crusades, the expulsion of Jews from countries in Western Europe, and the Inquisition.

M • Jun 2, 9, 16, 23, 30, Jul 7 • 3:30-5:30 PM • \$60/Silver Leader: Bert Berlin

#### Come . . . and BeMoved®!

BACK BY POPULAR DEMAND Come to this class to learn about the long-term health benefits of just moving! Be-Moved® 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 2, 9, 16, 23, 30, Jul 7, 14, 21, 28, Aug 4, 18, 25 • 5:30-6:30 PM • \$110/All Members Leader: Myra Daleng

### Art Participation in 19th Century Russian Painting

**NEW** This is a participatory study in 19th-Century Russian painting in which viewers will follow the most significant moments in the development of Russian art through selected paintings. The study is not a conventional art history course, but rather is an opportunity for participants to optimally engage and express the experience of aesthetic ecstasy evoked by the paintings. For this reason the class size will be limited.

T, W • Jun 3, 4 • 10-11:30 AM • Free to Members Leader: Joseph Troncale

#### The Gilded Age and American Art



T • Jun 3 • 1-2:30 PM • \$20/Silver Leaders: Alice Waagen, Ralph Kidder

and impressionism.

#### **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.

T • Jun 3 • 3-5 PM • Free to Members Leaders: Osher Leadership Council

### Is Aging in Place the Right Decision for You?

NEW What are the pros and cons of aging in place? Will Medicare cover my long-term care? What are some things I can do now to help ensure I age well independently at home? What will happen if at some point health-wise it is no longer safe to stay at home?

W • Jun 4 • 12:30-2 PM • \$20/Silver Leaders: Brenda Davis, Tammy Huffman

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







NATIONAL OSHER ONLINE







#### 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.

W • Jun 4 • 2:30-4 PM • \$20/Silver Leader: Kate Ridgway

### Book Swap - Share Your Love of Books

BACK BY POPULAR DEMAND This is the sixth semester for Book Swap, for book lovers and those who like to share their love of books. Bring your favorite book and share it with the class for ten minutes. All book genres are open to share. If you register for this class you are expected to present a book. The instructor will reach out to the registered students to discuss your book idea and help you with a suggested format.

R • Jun 5, 12 • 10 AM-12 PM • \$40/Silver Leader: John Festa

### Slow Looking at Art at the VMFA

#### **NEW, 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. No two sessions are the same: each class features different artworks, inviting fresh perspectives every time.

R • Jun 5 • 10:30-11:30 AM • \$20/Silver Leader: Flizabeth Schlatter

### Wine and Cheese Pairing with Truckle

FIELD TRIP, DRIVE TO EVENT Join Diane and Maggie of Truckle Cheesemongers for a Wine and Cheese pairing. The cheeses are always interesting, and the pairings with various wines makes them even more so. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

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

#### Listening to the Big Bang

BACK BY POPULAR DEMAND Over the past few decades, many different kinds of astrophysical observations have provided strong confirmation of the Big Bang theory of the origin of the Universe and have allowed us to construct detailed models of the history of the Universe from its earliest moments to the present. It now appears that the Universe is filled with mysterious dark matter. I will give an overview of why we believe in this strange model of the Universe.

F • Jun 6 • 10 AM-12 PM • Free to Members Leader: Ted Bunn

### VMFA Docent-Guided Tour of Frida: Beyond the Myth

**FIELD TRIP, DRIVE TO EVENT** This exhibition of paintings, drawings, prints, and photographs offers a rare opportunity to explore the art of Frida Kahlo, whose strength, vulnerability, and sensuality still compel us today. Discover how she crafted her image to reflect her Mexican pride, express gender fluidity, and adorn her injured body. And celebrate how she ultimately triumphed to achieve her own immortality, becoming a national treasure in her native Mexico and receiving posthumous acclaim around the world.

F • Jun 6 • 2-4 PM • \$26/All Members (VMFA members with their number can enter a discount code for a reduced fee.) Leader: Kathy Parrish









# The Architecture and Times of English Medieval Cathedrals

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

M • Jun 9, 16, 23 • 1-3 PM • \$60/Silver Leader: Jan Smith

### My Time with General Colin Powell

**NEW, BOOK TALK** Do you enjoy peeking 'behind the curtain' when the powerful reveal their true human nature? In My Time with General Colin Powell, you will learn about General Powell's tenure as Secretary of State, his professional speaking career, his humorous side, and what a beloved humanitarian he was. Ms. Lautenslager shares stories from her over 25 years working closely beside the General and celebrates what an extraordinary man he was.

T • Jun 10 • 10-11:30 AM • \$20/Silver Leader: Leslie Lautenslager

#### How to Manage Your Money Like a Professional

NEW This course delves into the intricacies of investment portfolio management. Learn how to build a diversified portfolio, analyze equities, and manage risk. Discover the pitfalls of the market and potential strategies to avoid them. Whether you're a beginner or a seasoned investor, this course will equip you with the knowledge and tools to make informed investment decisions.

T • Jun 10 • 3:30-5 PM • \$20/Silver Leader: Rusty Vernon

### Understanding Long Term Care Insurance

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

W • Jun 11 • 10 AM-12 PM • \$20/Silver Leader: Linda Tsironis Caruthers

### Women Airline Pilots and 50 Years of Change

**NEW, BOOK TALK** Learn about the first women airline pilots, including myself; the planes we flew; what inspired us to become pilots; and the obstacles we had to overcome. Gain an understanding of what it was like to break a gender barrier in the mid '70s. Learn about the changes and improvements over the last 50 years. Find out about today's opportunities, programs, flight training, and more. It's sure to be entertaining and informative.

W • Jun 11 • 1-2:30 PM • \$20/Silver Leader: Mary Shipko

### MRI Guided Focused Ultrasound

BACK BY POPULAR DEMAND
Come learn about the exciting
new technology advancement
in the field of neurosurgery. MRI guided
focused ultrasound is an incisionless
treatment option for individuals with
Essential Tremor or Tremor-Dominant
Parkinson's disease.

W • Jun 11 • 3-4:30 PM • \$20/Silver Leaders: Denise Laine, Bri Clarke

### **2025 Osher** Leadership Council

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

Members of our 2025 Council include:

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

Laura Soles, Co-Chair laurasoles@aol.com

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

Alice Waagen, Past Chair akwaagen@gmail.com

**Steve Anders Lynn McCashin Linda Borland John Roberts Tom Cox Robb Wieczorek Tanya Dolphin Pam Wiegardt** 

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.

#### All About Garlic

**NEW** Garlic! What more do we need to say? We will learn all about types and preparations of garlic and prepare dishes to make any garlic lover swoon. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

R • Jun 12 • 1-3 PM • \$70/All Members Leader: Warren Haskell

#### **Medicare Education 101**



#### **BACK BY POPULAR DEMAND**

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

R • Jun 12 • 1-2:30 PM • \$20/Silver Leader: Chris Lynch

#### **Bounty of Boatwright**



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

R • Jun 12 • 3:30-5 PM Free to Members Leader: Carrie Ludovico

#### Capitalism, Democracy and Animal Spirits

**UPDATED** The course will look at these two complementary and imperfect systems from an economic perspective.

F • Jun 13, 20, 27 • 10 AM-12 PM \$60/Silver Leader: David Frimpter

#### Four Friday Films

**NEW** Join us for four delightful movies. Two are foreign films you might have missed: 'The Lunch Box' and 'Bread and Chocolate.' Another is a classic from the '40s that blends nostalgia and drama: 'How Green Was My Valley,' featuring Maureen O'Hara. And one is a film whose description (a young boy learns to dance) belies its compelling story. This one, 'Billy Elliot,' you may well have seen, but probably not recently. It's time to re-visit!

F • Jun 13, 20, 27, Jul 11 • 1-3:30 PM • \$60/Silver Leaders: Eric Holzwarth, Anne Barash

#### The Book of Jonah

**NEW** Everyone knows the Bible story about a man swallowed by the fish. But there's much more to Jonah! This class introduces modern biblical scholarship on Jonah (including who wrote the book, when, and how), explores the text's possible meanings, and surveys the history of interpretation (Jewish, Christian, Muslim). We will also discuss some 'mysteries of Jonah' or problems in interpretation, as well as Jonah in popular culture.

T • Jun 17 • 10 AM-12 PM • Free to Members Leader: Rhiannon Graybill

### Fruits of the World: A Tasty

**NEW** In this course you will learn the history, cultivation, cultural significance. and medicinal value of fruit in our modern world. Join us for an educational lecture followed by a hands-on tasting where you will have the opportunity to try some tropical fruits from around the

T • Jun 17 • 1-2:30 PM • \$15/All Members Leader: Conner Parrish



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

**NEW** 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. This interactive discussion will offer time for questions throughout the presentation.

W • Jun 18 • 10-11:30 AM • \$20/Silver Leader: Marc Friedlander

#### Slow Looking at Art at the VMFA

#### **NEW, 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. No two sessions are the same: each class features different artworks, inviting fresh perspectives every time.

W • Jun 18 • 10:30-11:30 AM \$20/Silver Leader: Elizabeth Schlatter

#### Behind the Scenes at the **Robins Nature Center, Maymont**

FIELD TRIP, DRIVE TO EVENT Join a Maymont staff member as we explore animals of the James River and other ecological diversity of the Chesapeake Bay watershed. Participants will experience up-close views of wildlife while learning about their natural history, habitat, and behavior, including a behind the scenes look at Maymont's ambassador animals.

W • Jun 18 • 1-3 PM • \$25/All Members Leader: Krista Weatherford

#### **Global Security Threats** in 2025

This presentation will provide an update on the status of security challenges in several parts of the world, the role of the United States and its allies in responding to these threats, and the chances for escalation or resolution in

M • Jun 23 • 10 AM-12 PM Free to Members Leader: Stephen Long

#### The Israeli-Arab Conflict - What is All the Fighting About?

This course will provide a deep dive into the history of the Israeli-Arab conflict with a focus on the last 125 years. What are the origins of the conflict? Who were the key players involved? What are the primary and persistent sources of contention? How have periodic wars influenced peace prospects? What are some of the blueprints proposed to establish a more permanent peace?

T • Jun 24, Jul 1, 8, 15, 22 • 10 AM-12 PM • \$60/Silver Leader: Paul Glancy

#### **Telling America's Stories** Through Art: The Art of the Great Depression



**REVISED** The Great Depression of the early 20th Century was a time of hardship and

deprivation countered by one of the greatest government supports for the arts in US history. The Works Progress Administration (WPA), through the Federal Arts Project (FAP) funded the creation of 2,566 murals and 17,744 pieces of sculpture that decorated public buildings nationwide, bringing more art to Americans than ever before or since.

T • Jun 24 • 1-2:30 PM • \$20/Silver Leaders: Alice Waagen, Ralph Kidder

#### Candid Conversations **About Caregiving**



**NEW** Being there for someone you love can be beautiful - and really hard. If you're supporting

an aging parent, partner, or friend, join us for a down-to-earth conversation with experts who get it. We'll cover real-life tips, practical resources, and answer your questions-no judgment, just support.

T • Jun 24, Jul 1 • 3-4:30 PM • \$40/Silver Leader: Jen Dowda

#### **UR Campus Walk**



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

W • Jun 25 • 8:30-10:30 AM Free to Members Leader: Marshall Ervine

water are recommended.

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







NATIONAL OSHER ONLINE



# 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 July:

- 100 Years of Magic: The Disney Legacy and Influence
- Architectural Oddities: An Off-the-Beaten Path Look at Unconventional Architecture
- Behind Those Baby Blues: The Films of Paul Newman
- Demystifying Energy Security
- Enjoying the Past and Present New York City: A History of Recreation in the Big Apple
- History of Beer
- Public Health Across the Lifespan
- Stories of Adventure: The Norse Sagas
- The Economics of Public Policy Issues
- The Rehnquist Court, 1986-2005: Moves Toward Small Federal Government

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.

#### Make You Think: Songs with Philosophical Messages



**NEW** Plato said, 'The unexamined life is not worth living.' We will explore the philosophical

life examinations in the lyrics of Bob Dylan, the Indigo Girls, Johnny Mercer, and many others. We will also touch on some of the songs Bob Dylan analyzes in his book The Philosophy of Modern Song.

W • Jun 25, Jul 2 • 11 AM-12:30 PM • \$40/Silver Leader: Linda MacCleave

### Healthy Living for Your Brain and Body





BACK BY POPULAR
DEMAND June is
Alzheimer's and Brain

Awareness Month. How we live each and every day plays a role in our overall health. Join us as we take a look a healthy lifestyle choices that you can make to help reduce your risk of developing dementia and many other health conditions. All of the healthy habits we will talk about have been supported by research.

W • Jun 25 • 1-2 PM • \$20/Silver Leader: Rachel Lawson

### Introduction and History of The Enneagram

**NEW** Many of you may have heard of the Enneagram, but have no idea that it had its roots in an oral history dating back to the 13th Century. It is an ancient and powerful tool for self-discovery that reveals core motivations, highlighting strengths and weaknesses, offering a framework for growth, improving relationships, and facilitating spiritual and psychological integration, It can help you lead a more aware, compassionate, and intentional life

W • Jun 25 • 3-5 PM • \$20/Silver Leader: Marilyn Williams



### Architecture of Gilded Age Mansions

BACK BY POPULAR DEMAND Study the architectural design of the great houses on 5th Avenue in New York City and their summer 'cottages' in Newport, RI, which were built in The Gilded Age. Learn about the architects hired, what the design of the great edifices and opulent interiors were trying to achieve, and on what architectural precedents they were based.

R • Jun 26 • 10 AM-12 PM • \$20/Silver Leader: Ken Gallaugher

#### 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.

R • Jun 26 • 1-3 PM • \$20/Silver Leaders: Jill Schuler, Kate Ridgway

#### Understanding Grief: Insights into the Grieving Process

NEW Do you want to be there for a friend who is grieving but don't know how? Are you unsure of what to say or how to help? This presentation will cover: What grief is and how it affects individuals, Common myths and misconceptions about grief, Practical ways to offer support, and Do's and Don'ts when helping a grieving friend.

R • Jun 26 • 3:30-5 PM • \$20/Silver Leader: Jennifer Moss

### Perfecting Performance: In the Mind's Eye

**NEW** What's your game: pickleball, golf, piano, tennis, swimming, public speaking, or physical rehab? Experience the power of imagery as you practice proven techniques used by athletes and musicians to enhance performance. Not just for developing motor skills, imagery can also be useful in regulating stress and anxiety, achieving goals, building confidence, and more. Identify your interest and learn how you can train your brain to take your 'game' to the next level.

M • Jun 30 • 10 AM-12 PM • \$20/Silver Leader: Pamela Wiegardt

#### **Protecting Your Identity**

BACK BY POPULAR DEMAND
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 30 • 1-2:30 PM • Free to Members Leader: Sabrina Guerin



### What Can A Conservator Do for You?

#### **BACK BY POPULAR DEMAND** Ev-

eryone 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.

T • Jul 1 • 1-2:30 PM • \$20/Silver Leader: Kate Ridgway

### Hot Topics of the Day: A Potpourri of Science Today

**NEW** There are plenty of hot topics to explore, but here are the ones we'll take on this summer: Time (What is It and Where does it Go?); Viruses and Emerging Infectious Diseases (COVID and Beyond); Nuclear Reactors and Nuclear War; Global Warming/Warning; Genetics, Ethics and Ewe (Genetic Testing and Genetic Engineering - Cloning, Stem Cells, etc.); The Brain, Neuroscience and its Patients; Artificial Intelligence and Robots; Sci-Fi and Science (From Reel to Real) and Transhumanisms

W • Jul 2, 9, 16, 23, 30, Aug 6, 13, 20 • 1:30-3 PM • \$60/Silver Leader: Fred Silva

#### Heifetz Institute Sunday Matinee Concert

FIELD TRIP, DRIVE TO EVENT FIELD TRIP 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 6 • 2-4 PM • \$16/All Members Leaders: Benjamin Roe, Andrew Green

### Genealogy for Beginners – Getting Started

BACK BY POPULAR DEMAND 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 • Jul 7, 10, 14, 17 • 10 AM-12 PM • \$60/Silver Leader: Donna Shumate

# OUR OSHER SOCIALS CONTINUE!

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



#### **COFFEE CHATS**

At Tyler's in the Commons

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

June 4 • July 2 • Aug 6 • Sept 3



#### **HAPPY HOURS**

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

June 12 – Lewis Ginter Botanical Gardens

July 10 - World of Beers Aug 14 - Triple Crossing (Osher 20th Anniversary Event)

Sept 11 - TBD



#### **GAME DAYS**

Typically on the third Thursday every other month.

May 15 • July 10 • Sept 18 Locations announced via email blasts.

#### **Energy in the US**

**NEW** This course will provide a high-level look at energy production and consumption in the US, and the significant changes that have occurred in the past decade or so.

M • Jul 7 • 1-3 PM • \$20/Silver Leader: David Frimpter

### Vinyl Record Lovers SIG Open Meeting

**NEW** This Osher Vinyl Record Lover's Special Interest Group Meeting is open to any Osher members who register. Our members will discuss issues with vintage and modern equipment and spin and discuss cuts from jazz, classical, folk, and rock music on our Osher turntable and stereo system.

T • Jul 8 • 1-3 PM • Free to Members Leader: Murray Ellison

#### NATIONAL OSHER ONLINE

### The Economics of Public Policy Issues



Economics plays a central role in shaping every aspect of society. This course examines

a series of prominent policy issues with economics at their core. We will explore the origins of these issues, the underlying data and evidence, and the policy tools available to address them. Potential topics include climate change, healthcare economics, economic inequality, and more, with final selections based on the most relevant and timely issues at the start of the course.

T • Jul 8, 15, 22, 29, Aug 5, 12 • 1-2:30 PM • \$60/All Members Leader: Geoffrey Woglom

#### NATIONAL OSHER ONLINE

#### Behind Those Baby Blues: The Films of Paul Newman



Paul Newman, the embodiment of charisma, captivated movie audiences with his

iconic baby-blue eyes, striking features, and powerful screen presence. Known for his multiple Academy Award-nominated performances, Newman ultimately won an Oscar for 'The Color of Money,' the sequel to 'The Hustler.' Alongside his acting career, he pursued a parallel path as a racecar driver and dedicated significant time to entrepreneurial and philanthropic endeavors. This course will trace the timeline of Newman's remarkable career.

T • Jul 8, 15, 22, 29, Aug 5, 12 • 3-4:30 PM • \$60/All Members Leader: Arnold Blumberg

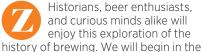
### Coral Reef 101: The Ocean's Forest

**NEW** Dive into the vibrant world of coral reefs and learn how to protect these essential ecosystems! This class explores the biology of coral reefs, the threats they face such as climate change and pollution, and the actions we can take to preserve them. Through interactive discussions, you'll gain the knowledge and tools to become an advocate for ocean conservation. Perfect for anyone passionate about marine life and environmental stewardship!

T • Jul 8 • 3:30-5 PM • \$20/Silver Leader: Conner Parrish

#### NATIONAL OSHER ONLINE

#### **History of Beer**



distant past with the invention of beer around 4000 BCE. Then we will journey through time to the modern rise of craft brewing. Along the way, we will dive into fascinating topics including medieval brewing, beer in Shakespeare's era, colonial brewing, Prohibition, indigenous brewing traditions worldwide, and the evolution of beer commercials.

T • Jul 8, 15, 22, 29, Aug 5, 12 • 7-8:30 PM • \$60/All Members Leader: Karl Brown



#### OSHER AT DARTMOUTH 2025 SUMMER LECTURE SERIES

### Preserving America's Four Freedoms: Lecture 1

NEW The Osher Institute at Dartmouth is offering its summer lecture via livestream to Osher colleagues across the nation. Lecture 1 is The Four Freedoms: History and Relevance to Today. The session begins with the lecture followed by a half-hour break, then Q&A.

W • Jul 9 • 9-11:30 AM • \$20/Silver Leader: Ronald Edsforth

#### NATIONAL OSHER ONLINE

#### Enjoying the Past and Present New York City: A History of Recreation in the Big Apple

This course will explore the history of Manhattan, emphasizing the unique traits that drew into its harbor millions of immigrants and millions more tourists seeking to enjoy its many resources, rich culture, and complex history. Together, we will trace the history of New York City's parks, city shopping, entertainment venues, museums, and concerts. We will also discuss the social and arts movements that grew out of the city.

W • Jul 9, 16, 23, 30, Aug 6, 13 • 11 AM-12:30 PM • \$60/All Members Leader: Adam Kocurek

#### Mindfulness I



The course will establish basic mindfulness meditation skills in an interactive class using a

variety of practices to relieve stress and to promote positivity, relaxation, calmness, and physical and emotional health and well-being. The goal for each participant is to unlock the body's healing potential and restorative power through a consistent, daily mindfulness practice and to be a part of a community that values the commitment to such a practice.

W • Jul 9, 16, 23, 30 • 12-1 PM • Free to Members Leader: Joseph Troncale

#### NATIONAL OSHER ONLINE

### Demystifying Energy Security



W • Jul 9, 16, 23, 30, Aug 6, 13 • 1-2:30 PM • \$60/All Members Leader: Beth Hill-Skinner

#### The 'Reel' Vietnam



W • Jul 9, 16, 23, 30 • 3:30-5 PM • \$60/Silver Leader: L. Jon Grogan

#### NATIONAL OSHER ONLINE

### Public Health Across the Lifespan





Join us for a comprehensive overview of key public health

topics across the human lifespan, from prenatal health to aging care. Through readings and case studies, we will examine major health challenges, interventions, and policies that impact individuals at each life stage. The focus on health disparities, preventive care, and the role of public health systems equips us with the knowledge and skills to understand health issues in diverse populations.

W • Jul 9, 16, 23, 30, Aug 6, 13 • 5-6:30 PM • \$60/All Members Leader: Michelle Bovd

#### **Wines of Bordeaux**

#### FIELD TRIP, DRIVE TO EVENT We

know French wines are among the best. This class will help us find value in France's storied wine region. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

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

#### NATIONAL OSHER ONLINE

#### Architectural Oddities: An Off-the-Beaten Path Look at Unconventional Architecture

Architectural history follows a canon of both traditional and eclectic styles from ancient to contemporary times. But what happens when a mix of whimsy, eccentricity, humor (and sometimes the creator's genius) insert themselves into the mix? Let's explore the myriad structures set against the backdrop of the societies in which they existed, the construction methods used, the patrons for whom these structures were constructed, and the notions of the builders and architects who created them.

R • Jul 10, 17, 24, 31, Aug 7, 14 • 1-2:30 PM • \$60/All Members Leader: Eleanor Schrader









#### 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:** Renee Purdy • renee.purdy@richmond.edu and Holly Blake • hblake@richmond.edu

Baseball: Dan Begley • osherbaseball@gmail.com

Birding with Audubon: Mary Elfner • melfner@gmail.com

**Bridge:** Bob Warwick • raw29@cornell.edu and Bill McGuire • wmcguire52@aol.com

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

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

**Golf:** Tom Cox • tcox.attorney@gmail.com and Pam Wiegardt • wiegar@gmail.com

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

Historically Speaking: Louis Cei • ceilb2@aol.com

**Knitting & Fiber Arts:** Bridget Westhoven • westhoven5@mac.com

No summer meetings

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

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

Love of Vinyl Records: Murray Ellison • ellisonms2@alumni.vcu.edu

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

**Mystery Lovers:** Nancy Newins • nnewins@verizon.net and Leigh McDonald • Imcdonal@richmond.edu

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

**Photography:** Peter Blankman • pblankman@gmail.com

 $\textbf{RVA Classics Book Club:} \ \, \textbf{Eric Holzwarth } \bullet \ \, \textbf{holzwarth.barash@gmail.com}$ 

**Theatre Lovers:** Janice Jones & Anne Wescott • oshertheater@gmail.com

**Travel:** Celeste Miller • OSHERtravel@gmail.com

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

#### NATIONAL OSHER ONLINE

# 100 Years of Magic: The Disney Legacy and Influence

How did Walt Disney's life and vision shape the creation of an entertainment empire? How did early challenges influence the company's identity and creative output? And how did Disney grow into a global powerhouse? This course explores these questions and more as we delve into the 100-year history of the Walt Disney Company, tracing its evolution from humble beginnings to a global entertainment giant.

R • Jul 10, 17, 24, 31, Aug 7, 14 • 7-8:30 PM • \$60/All Members Leader: Maria Massad

### Guided Tour of Northside Shalom Farms

**FIELD TRIP, DRIVE TO EVENT** Come explore Shalom Farms at its Northside location. This guided tour will include a short presentation on Shalom's mission, food justice, and how Shalom approaches distribution, programming, and community engagement. An experienced guide will then walk folks around the farm to look at what's in season, talk about Certified Naturally Grown growing practices, and taste some yummy summer vegetables. There will be plenty of time to ask questions and discuss!

F • Jul 11 • 9-10:30 AM • Free to Members Leader: Hannah Wittwer



#### NATIONAL OSHER ONLINE

#### The Rehnquist Court, 1986-2005: Moves Toward Small Federal Government

Chief Justice William Rehnquist led the US Supreme Court for nearly 19 years (1986-2005), overseeing cases on privacy, civil rights, the environment, the First Amendment, and states' rights. Under his leadership, the Court actively struck down federal statutes and precedent, often with conservative outcomes. However, as its composition shifted, some conservative rulings diminished.

M • Jul 14, 21, 28, Aug 4, 11, 18 • 11 AM-12:30 PM • \$60/All Members Leader: Lauren Anderson

#### **Cool Flicks**

**NEW** Join Dan in his quest for the funniest movies. We'll view these films: 1954 'Long Long Trailer' (Lucy and Desi go on a road trip); 1947 'The Bachelor and the Bobby Soxer' (Cary Grant and Shirley Temple team up for comedy); and 1959 'Pillow Talk' (Rock Hudson and Doris Day are feuding over a phone).

M • Jul 14, 21, 28 • 1-3 PM • \$60/Silver Leader: Dan Begley

### Estate Walking Tours at Maymont

#### FIELD TRIP. DRIVE TO EVENT This

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

T • Jul 15 • 1-3 PM • \$15/All Members Leader: Krista Weatherford

#### OSHER AT DARTMOUTH 2025 SUMMER LECTURE SERIES

### Preserving America's Four Freedoms: Lecture 2

NEW The Osher Institute at Dartmouth is offering its summer lecture via livestream to Osher colleagues across the nation. Lecture 2 is Immigration in 2025. The session begins with the lecture followed by a half-hour break, then Q&A.

W • Jul 16 • 9-11:30 AM • \$20/Silver Leader: Rachel Rosenbloom

#### NATIONAL OSHER ONLINE

### Stories of Adventure: The Norse Sagas



Are you interested in stories rich with murder, intrigue, and sharp wit? We will explore the

Norse sagas, which are medieval tales rooted in Old Norse mythology, written in Iceland centuries after the Viking era. These stories range from realistic travel chronicles to epic sword-and-sorcery adventures, and they offer a fascinating glimpse into 'Dark Age' swashbuckling. In this course we will also discuss how these stories continue to profoundly influence modern culture.

W • Jul 16, 23, 30, Aug 6, 13, 20 • 3-4:30 PM • \$60/All Members Leader: Victor Peterson

### Fifteen Easy Pieces for Piano

**NEW** Alan will perform and comment upon a program of piano pieces written for early intermediate students of all ages. The pieces will be familiar to anyone who has taken a few years of piano lessons or attended a recital by one's children or grandchildren. Each piece is chosen for its enduring musical interest and charm that transcends the technical limitations imposed upon the composers by the intended audience.

R • Jul 17 • 1-3 PM • \$20/Silver Leader: Alan Pollack

#### Osher Member Art Show Opening Night Gala



Join us for the opening night of our first ever Osher Member Art Show. With more than 30

Osher artists and a wide variety of art media, the show promises to be a great celebration of our talented members. The gala will be for our Osher members and invited guests, and the show will be open to the public on Saturday and Sunday.

F • Jul 18 • 4-7 PM • Free to Members Leaders: Osher Art Show Committee

### An Update on the Supreme Court's October Term

**NEW** This lecture will provide an update on the US Supreme Court's October 2024 term, which will conclude in late June or early July 2025. The lecture offers an overview of the Supreme Court's procedures and decision-making approaches and will analyze the major decisions reached by the Court in areas of the law including the First Amendment, Second Amendment, gender identity, and executive power.

M • Jul 21 • 10 AM-12 PM • \$20/Silver Leader: Lauren Bell

# Fun! Fun! The Music and Lives of the Beach Boys

**NEW** Brian Wilson started the Beach Boys in 1961. Inspired by Doo-Wop, their earliest songs were about themes of interest to California teens: cars, surfing, school, and love. Over the decades, they had 40 Billboard hits. Later, they introduced elements of jazz and progressive music, and their Pet Sounds album is one of the best ever. We will discuss the Beach Boys as a cultural phenomenon and groove to many of their greater and lesser-known songs.

T • Jul 22 • 2-4 PM • \$20/Silver Leader: Murray Ellison OSHER AT DARTMOUTH 2025 SUMMER LECTURE SERIES

### Preserving America's Four Freedoms: Lecture 3



W • Jul 23 • 9-11:30 AM • \$20/Silver Leader: Randall Balmer

#### **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.

R • Jul 24, 31 • 10 AM-12 PM • \$40/Silver Leader: Patricia Ryther

#### **Case Studies in Democracy**

BACK BY POPULAR DEMAND
This interactive class will use the Case Study methodology to study history via the book, 'Case Studies in Democracy,' by David Moss (2017). You will role-play the decision makers of the day, as you analyze problems that eventually led to momentous decisions in our nation's history. Experience history in a more immersive way, and emerge with a greater appreciation of the strengths, weaknesses and resilience of our American Democracy.

R • Jul 24, 31, Aug 7, 14, 21 • 1-2:30 PM • \$60/Silver Leader: Earl Richardson

#### Flavors of Portugal

of flavor, Peri-peri Chicken is known around the world! We will make Peri-peri Chicken and a delicious sauce for dipping. The perfect side for your Peri-peri is Portuguese Tomato Rice. Caldo Verde is a fantastic soup, light enough for warmer weather. Pastel de nata is the quintessential Portuguese dessert. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

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

### The UR Help Desk: All You Need to Know





BACK BY POPULAR DEMAND The UR Computer/Technolo-

gy 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.

R • Jul 24 • 3:30-5 PM • Free to Members Leader: Scott Tilghman

### Global Population: Bomb or Collapse?

**NEW** In 1968 Paul Ehrlich published The Population Bomb, an influential book warning of cataclysm and widespread famine in a few short years as a consequence of too many people on the planet. Since then, global population has increased from 3 to 8 billion and is still growing. Where are we headed now? We will investigate this question, relying on population experts who offer some possible answers based on current global demographic data and trends.

F • Jul 25, Aug 1 • 10 AM-12 PM • \$40/Silver Leader: Ned Armstrong

### Foot and Ankle Pain: It's All in the Calf



**NEW** From plantar fasciitis to bunions and growing pains, the calf muscles hold the key

to explaining and solving nearly all the causes of foot and ankle pain. Students will learn why these muscles cause so many problems, and take away some simple strategies for relieving foot and ankle pain.

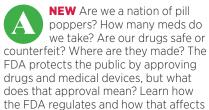
F • Jul 25 • 1-3 PM • \$20/Silver Leader: David Bass

#### **Upstanders Unveiled**

**NEW** You probably know what a bystander is. What about an 'upstander'? Hint: It's the exact opposite. In this class, you'll learn more about upstanders and their critical role throughout history, meeting upstanders like Oskar Schindler, who became famous for saving Jews from the Holocaust by recruiting them to work in his factory. But you'll also learn about less-known upstanders (some local) who made an impact on society, and sometimes saved lives and changed history.

M • Jul 28 • 10-11:30 AM • \$20/Silver Leader: Nancy Wright Beasley

#### How Safe are Our Drugs? Are We a Nation of Pill Poppers?



M • Jul 28 • 3:30-5 PM • \$20/Silver Leader: Jerri Perkins



### Dementia, Brain Change, and You



**NEW** This class explores brain changes related to aging and neurological conditions,

offering practical insights on how to support individuals with cognitive decline. Participants will learn effective communication strategies, caregiving techniques, and how to be a compassionate, proactive care partner. With a focus on understanding the emotional and physical needs of those with brain changes, this course equips you with the tools to provide optimal care and support.

T • Jul 29, Aug 5 • 10-11:30 AM • \$40/Silver Leader: Missy Harden

### Helping Others Through Grief



**NEW** Sometimes, we do not know how to help others experiencing grief. We will

focus on helping others who are experiencing grief, particularly what to say and what not to say. We will review how to help others experiencing grief. This presentation will be more conversational than a mere lecture.

T • Jul 29, Aug 5 • 1-2:30 PM • \$40/Silver Leader: Robert Odom

#### Passwords and Data Back-Ups: Are You Implementing These Correctly?



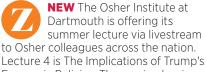


**NEW** Keeping your data secure is always a top priority. Let's

delve into the do's and don'ts of creating and storing passwords, as well as saving your data safely.

T • Jul 29 • 3:30-5 PM • Free to Members Leader: Scott Tilghman OSHER AT DARTMOUTH 2025 SUMMER LECTURE SERIES

### Preserving America's Four Freedoms: Lecture 4



Economic Policies. The session begins with the lecture followed by a half-hour break, then Q&A.

W • Jul 30 • 9-11:30 AM • \$20/Silver Leader: Matthew Slaughter

#### **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.

R • Jul 31 • 3-5 PM • Free to Members Leaders: Osher Leadership Council

### August

#### VCU Libraries Noteworthy Book Art Collection & Archives Tour

#### **NEW. 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: a nod to the library's namesake, James Branch Cabell, noted Richmond author and a grandfather of the fantasy fiction genre.

F • Aug 1 • 1:30-3:30 PM • Free to Members Leaders: Kelly Gotschalk, Sarah Scarr

### Getting the Most Out of Ancestry.com

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

M • Aug 4 • 9 AM-12 PM • \$20/Silver Leader: Donna Shumate

#### **Creative Thinking**

**NEW** What is creativity? Who has it? Where does it come from? How does one get it? This course is intended to open the mind, increasing awareness of all aspects of life and methods of thinking. Various forms of creativity will be explored as well as its application not only in the Arts but also in science, business, writing, music, and more. Shapes, colors, lighting, music, and abstract thinking will all be studied.

M • Aug 4, 11 • 1-2:30 PM • \$40/Silver Leader: Gordon Russell

#### From Magna Carta to 'We the People'

**NEW** I'm a classical liberal, focused on 'Human Rights,' the requirement of government to protect those rights, and the banning of government from stepping on them. Yet, to paraphrase Winston Churchill, 'British, Canadians, and Americans are separated by this common belief.' Let's study academic learnings that refuse to translate into an unambiguous understanding of Human Rights in today's media headlines.

M • Aug 4, 11 • 3-5 PM • \$40/Silver Leader: Bud (Alan) Taylor

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







NATIONAL OSHER ONLINE

## TWENTIETH TIDBIT We offer members 20 different special interest groups, all formed and led by Osher members.









### **Become an Osher Member**

You can become an Osher member at any time during the year for as little as \$75 per year. A summary follows of membership levels and benefits.

To become a member, visit our online registration portal at *sl.richmond.edu/tg* and create a new account. Once your account has been created and you are logged in, select the **MEMBERSHIPS & RENEWALS** category and purchase a new membership.

Your membership is valid for one year from the date you join.

#### MEMBERSHIP LEVELS

### Silver: \$75/year (Rolling 12-month)

Our Silver membership is the perfect get acquainted level for individuals who are interested in seeing what Osher has to offer. For a small annual fee, an individual receives a 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.

### Finding Passion In Photography

**NEW** The class explores those visional elements that influences how we feel and experience photography. We will examine photographs and those visual components that provoke our feelings both positive and negative.

T • Aug 5 • 3-5 PM • \$20/Silver Leader: Dan Walker

OSHER AT DARTMOUTH 2025 SUMMER LECTURE SERIES

### Preserving America's Four Freedoms: Lecture 5

NEW The Osher Institute at Dartmouth is offering its summer lecture via livestream to Osher colleagues across the nation. Lecture 5 is The Press and Politics in 2025. The session begins with the lecture followed by a half-hour break, then Q&A.

W • Aug 6 • 9-11:30 AM • \$20/Silver Leader: Nadine Strossen

#### **Beyond the Bounty**

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

W • Aug 6 • 11:30 AM-1 PM • Free to Members Leader: Carrie Ludovico

### Wine's Complex Journey from Grape to Glass

BACK BY POPULAR DEMAND Alcohol remains among the most heavily regulated consumer products in the US, governed by laws passed after Prohibition. Learn all that happens just to get a favorite wine into your glass.

W • Aug 6 • 3:30-5 PM • \$20/Silver Leader: Terri Cofer Beirne



### PFAS: Forever Chemicals and Our Health

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

R • Aug 7, 14 • 10 AM-12 PM • \$40/Silver Leader: Patricia Ryther

#### **Hidden Gems of Europe**

**FIELD TRIP, DRIVE TO EVENT** There are so many interesting wines from so many interesting places. We love Spain, France and Italy, but there is so much more wine in Europe to explore! Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

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

### Navigating the Healthcare Continuum

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

R • Aug 7 • 3:30-5 PM • \$20/Silver Leader: Jennifer Perry

#### Tariffs, Again

The political and popular rhetoric around international trade and tariffs has shifted drastically over the past decade. In this course we will examine both theory and data about US imports, exports, and trade policies in order to understand how higher tariffs are likely to impact the economy and the international trading system.

F • Aug 8, 15 • 10 AM-12 PM • Free to Members Leader: Maia Linask

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

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

F • Aug 8 • 1:30-3 PM • \$17/All Members Leader: Cece D'Arville

### Getting the Most Out of Familysearch.org

**NEW** Familysearch.org is the largest free genealogy database on the web and is an essential resource for family research. This is a hands-on class designed to maximize your efforts. Learn to navigate the site, explore the features and resources, sort out trusted information, find guides and training specific to your needs, and explore the new AI features that unlock data not available through standard searches. Bring your laptop or tablet to search the site in class.

M • Aug 11 • 9 AM-12 PM • \$20/Silver Leader: Donna Shumate

#### Landscape Plants for Year-Round Garden Interest

**BACK BY POPULAR DEMAND** This lecture covers herbaceous perennials, vines, shrubs, and trees that will enhance your property throughout the year, with emphasis on native species.

T • Aug 12 • 10 AM-12 PM • \$20/Silver Leader: Chris Catanzaro

# Bringing Local Resources to You: A Panel Discussion on Rightsizing



**NEW** We've assembled a team of experts in every aspect of downsizing: estate sales.

financial planning, home preparation (even if you're not selling), and more! Join us for a Q&A session where we bring the resources directly to you!

T • Aug 12 • 1-3 PM • \$20/Silver Leaders: Jaime Ebanks, Katie Hamann

### Estate Planning, Elder Law, IRAs



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 • Aug 12 • 3:30-5 PM • \$20/Silver Leader: Paula Peaden

OSHER AT DARTMOUTH 2025 SUMMER LECTURE SERIES

### Preserving America's Four Freedoms: Lecture 6



**NEW** The Osher Institute at Dartmouth is offering its summer lecture via livestream

to Osher colleagues across the nation. Lecture 6 is The Way Forward. The session begins with the lecture followed by a half-hour break, then Q&A.

W • Aug 13 • 9-11:30 AM • \$20/Silver Leader: Linda Fowler

## 2024 Osher Donor Honor Roll

Thank you to the 337 Osher members in 262 households who contributed \$57,812 to the Osher Institute's 2024 fundraising campaigns. This gift generosity and participation represents 52% over our dollar goal and 89% of our participation goal. We are grateful!

Becky Adams \* Colleen and Steve Anders \* Anonymous (4) Barbara and John Apostle\* Anne Arnold Sharon Arnold Lewis Avery \* Beth Williamson Ayers \* Deanne and John Bailey \* Wesley Ball Kathy and Steven Barley \* John Barnes, Jr. Mary Barrett William Bateman \* Bob Bayless <sup>1</sup> Dabney Beattie \* Romney and Courtenay Beebe Dan Begley Sharon Berry Kelly and Patrick Berryman \* Betsy Blevins ' Ruth Blevins \* Judy and Bill Boland Freddy and Frank Boon Linda Borland \* Carolyn and Ernie Bowen \* Marie Boylan \* Carol Boysen \* Margaret Bradley \* Barbara and Joe Brancoli \* Sonya Brockstein ' Pat and Dewey Brown \* Jeff Brownstein ' Joan and Ed Bruno \* Deana Buck Frona and Allan Buffenstein \* Richard Burton \* Catherine Bush Diane Bussee ' Linda and Harry Butler \* Rebecca Bynum Donna Callery \* Walter Calvin \* Christine Campbell \* Jim Carleton \* Chris Carney \* Bunny Caro-Justin \* Norma Caruso \* Lou Cei 3 Betsy and West Cobb \* Elaine Leggett and Jim Cobb\* Nancy and Ian Coddington \* Sandy and Alan Corbett Denise Costa \* Levonne Cousins \* Tom Cox\* Brenda and Steve Craig \* Donald Creach \* Teresa and Mike Cross \* Susan and Michael Cummings \* Beth Cuthbert \* Suzanne and Brad Davenport \* Cathy and Mark Devlin \* Tanya Parker Dolphin \*

Susan and Mike Donnell

David Dorfman \* Gloria Dunham \* Brenda and Bill Duttweiler \* Martha and Jim Easton Marlene and Richard Ebert \* Fran and Steve Ecker \* Amy and Jeff Edwards \* Catherine Englishman \* Marilyn Erickson Elsa and Marshall Ervine \* Pam Farnham ' Terry and Tom Fauerbach \* Joan Faulkner \* Elaine and David Fishman \* Don Fleming, Jr. \* Barbara and Horace Ford \* Ken Gallaugher Joyce Garner and Ray Sutton \* Shelia Garris-Wallace Cheryl Genovese \* Carol Gentry Ann and Peter Goodman \* Emily Goodykoontz \* Connie and Bill Gottwald Gail and Stuart Grandis \* Michael Grow Lisa and Rob Hafker \* Steve Hamilton \* Karen Hastings \* Carol Valentine and Robert Heilman \* George Hiller Susan and John Hilliard \* Deborah and Daniel Hocutt \* Karen and Barry Hofheimer Ellen and Richard Hollands \* Priscilla Horton ' Wendy and Randy Howard \* Kathie Howe \* Teesie and Chris Howell \* Becky and Tommy Hudson \* Anne and Charlie Huffstetler \* Margaret Hutchison \* Cathy Ireland \* Lisa Isbell \* Tracey and Robert Ivey \* Tobe and Jeff Jacoby ' Nancy and Tom Jennings \* Mimi Herington and Dave Johnson \* Kitty Johnson \* Janice Jones \* Marty Jones \* Barbara and Harry Kaplowitz \* Jeff Keil \* Kathy Kelley \* Katherine Kennedy \* Ralph Kidder Amy King ' Kay and Dennis King \*

Susan King \*

Kathy King \*

Brian Krach

Linda and Michael Koch \*

Karen and Fred Kraegel \*

Andi and Greg Kuhn \* Jeff Kuhn Jessica Kyles \* Annette Lacek Joan and Alan Langer \* Don Lee \* Judy Levine-Maizels \* Ben Lewis Trish Little-Taylor \* Barbara Lockard \* Terry Long Susan and Bart LoPresti \* Prakash Lothe \* Suzanne and Tim Lough Jean Lum Douglas Mack \* Debbie and John Mahone \* Amy and Rick Maitland Joan Maitre Ginnie Manuel \* Vivian Marcoccio Janet Marcus Sandi Markham \* Diane Mast ' Cheryl Matt Marybeth Matthews \* Marla and Bill McAllister \* Lynn McCashin \* Mike McCue \* Leigh McDonald Connie Harvey and Jim McNeil \* Joyce and Brian McNeil \* David Messenger \* Al Meyer Celeste and Don Miller \* Claire and Robert Mills Jan Mirmelstein \* Martha Moore Nancy and Russ Morrison \* Wanda Moser \* John and Katherine Munro \* Mary Murphy Janet and Donald Murray \* Bonnie and Jim Narduzzi \* Bobbette Newsome \* Linn and Bill Niehaus Jill Novak Ellen and Richard November \* Ann and David Oakes Candice O'Connor \* Pam and George Pangburn \* Mary Pasco Mary and Bill Pawelski \* Alison Shapiro and Dick Pennock Deborah Perkins \* Nancy and Bob Perrow \* Ray Pettway \* Sheryl Phillips \* Lee Ann and Bill Pickering \* Carol and Steve Pietryk Martha and George Pittaway \* Chaya and Alan Pollack \* Carol Rauschberg '

Lucretia McCulley and Daniel Ream \* Paula Rhoads Nan Riggs John Roberts \* Jacky Robinson \* Brenda and Aploonio Rosalez Mike Roscoe \* Sonnie Rosemond \* Carole Royall \* Gail Rucker Faith Sartoris \* Patricia and Hal Schilbe \* Toni Schmiegelow \* Anita Schneider Ruth and Mike Schoenhaut \* Jim Schuyler Jane and Maurice Schwarz \* Sharon Scinicariello Nancy and Tony Scrimizzi \* Bette Shiflett Anne and Bob Shotwell \* Ellen Shuler ' Peter Sizemore \* Nell and Chris Smith \* Laura Soles \* Anna Spencer Carolyn Spencer Lou Stafford Libby and Michael Stern Gregory Tait Catherine and Derek Taylor \* Doris Thrift \* Marina and John Treadway Mary-Jo Sisson Vaughan and Robert Vaughan Ann and Ralph Vazquez \* Ed Villanueva 3 Joan and Geoff Viol \* Alice and Chris Waagen \* Ellen Walk Tom Walsh Carol Wampler \* Sherrye Ward \* Anne Waring \* Vickie Warren Sandie and Bob Warwick \* Peggy and Bruce Watson\* Diane Weakley Anne and Bill Wescott \* Cathy White \* Jane Dowrick and Michael Whitlow \* Nanette and Richard Whitt \* Robb Wieczorek \* Pam Wiegardt \* Jack Williams Sara Wilson <sup>3</sup> Janet Winslow \* Joyce Winters Amelia Wolfe \* Susan and Tom Wood \* Elisabeth Wray \* Jerry Wyatt Peggy Young '



#### **Italian Summer Flavors**

#### **FIELD TRIP. DRIVE TO EVENT**

Celebrate summer with fresh Italia flavors. Spaghetti Carbonara is an Italian classic and should be in your regular rotation. Artichoke Bruschetta is simple and delicious. Lemon Ricotta cake with fresh berries is perfect for a summer picnic. Class may run over/under the allotted time. Fees are non-refundable unless we are able to fill your vacated slot.

R • Aug 14 • 1-3 PM • \$70/All Members Leader: Warren Haskell

### 20th Anniversary Brewery Event

Come join your Osher leaders for a fun evening of music, great food, and drinks. Osher Member and great musician Wade Reynolds will perform, and there will be plenty of pizza and cold beverages.

R • Aug 14 • 4-7 PM • \$15/All Members Leaders: Osher Leadership Council, Osher Staff

#### Osher Lunch and Learn

**NEW** Join UR's Madeline Nathe, Registered Dietitian at the Well-Being Center for a Lunch and Learn. Our menu will be Make Ahead Breakfast (which could also be a great lunch). Included will be frittata egg bites, energy bites, and whole wheat blueberry muffins.

F • Aug 15 • 12:30-1:15 PM • Free to Members Leader: Madeline Nathe

#### **Osher Lunch and Learn**

**NEW** Join UR's Madeline Nathe, Registered Dietitian at the Well-Being Center for a Lunch and Learn. Our menu will be Make Ahead Breakfast (which could also be a great lunch). Included will be frittata egg bites, energy bites, and whole wheat blueberry muffins.

F • Aug 15 • 1:45-2:30 PM • Free to Members Leader: Madeline Nathe

#### Write Your US Military Story with Artificial Intelligence



**NEW** Words of Veterans is a platform that helps US Veterans write down their

military stories with the help of Al technology. Al provides a unique opportunity to help younger and older generations sharpen their writing, technical, and storytelling skills. Come learn how it's done!

M • Aug 18 • 10-11:30 AM • \$20/Silver Leader: Alex Sebby



We show up! Thank you to all Osher Lifelong Learning Institute members who have made a gift to University of Richmond's Osher Institute year-to-date in 2025. Each year, the Osher Institute sets fundraising goals with the guidance of our Osher Leadership Council. Osher's 2025 annual fundraising goals are \$43,000 from 25% of current Osher membership.

#### Gifts to Osher

- allow us to offer some truly extraordinary events that enrich and enhance your membership,
- support 20th anniversary special events and programming,

- fund recognition events for instructors and volunteers, and
- ensure sustainability of our Osher Institute..

Many Osher members recently timed their gifts around UR Here Giving Day which was held April 9-10, 2025. Members' gift giving savvy timing ensured Osher received all \$5,000 match challenge dollars, provided by a generous Osher member for the UR Here Giving day campaign. More impact, more 'bang for the buck'!

Also noteworthy, Osher members often make gifts to Osher using tax saving ways including qualified

charitable distribution gifts and appreciated stock. Other members have purchased charitable gift annuities through the university. If you would like to explore the 'winwin' benefits of such gifting options, please reach out to Amy Edwards (aedwards@richmond.edu).

The Osher Institute, SPCS, and our greater University are thankful for each and every gift received all year long! If you have not made your gift to Osher in 2025, please join your fellow Osher members today and make a gift to support lifelong learning and our Osher Institute members and community!

### OSHER INSTITUTE MEMBER ART SHOW

# Opening Gala

- Friday, July 18, 2025
- 4-7 p.m.

The Osher Institute is launching its first-ever Member Art Show to celebrate its 20th Anniversary at Richmond! We're hosting a juried art show, inspired by our anniversary theme: Love of Lifelong Learning.

The Friday night event will be for the artists, Osher members, and invited guests only, with registration required. The show will then be open to the public on Saturday, July 19, 10 a.m.-3 p.m., and Sunday, July 20, 1-3 p.m.

Note: There will be no sales during the show. However, contact information for artists willing to sell their art will be available.

Come enjoy viewing the works of our talented Osher members!



### **Mobile-Optimized Web Interface**

Looking for a digital viewing experience?

Scan the QR code to view this schedule online.

Review the browsable catalog or download the PDF version.

Plus, check out mobile-optimized web versions – a convenient way to preview the term's schedule and see what we're offering each month.



# University of Richmond School of Professional & Continuing Studies

#### **RETURN SERVICE REQUESTED**

Osher Lifelong Learning Institute Special Programs Building 490 Westhampton Way University of Richmond, VA 23173

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





### CELEBRATING OUR L♥VE OF LIFELONG LEARNING

The Osher Lifelong Learning Institute combines intellectual stimulation and civic engagement with a vibrant community of like-minded students, age 50 and better. We offer an extensive array of programs in the liberal arts in the fall, spring, and summer semesters. There are no entrance requirements, no tests, and no grades. In fact, no college background is needed at all —it's your love of learning that counts.

Join the fun today and be a part of our 20th Anniversary celebration!