



# OSHER

SUMMER 2026

AT THE UNIVERSITY OF RICHMOND

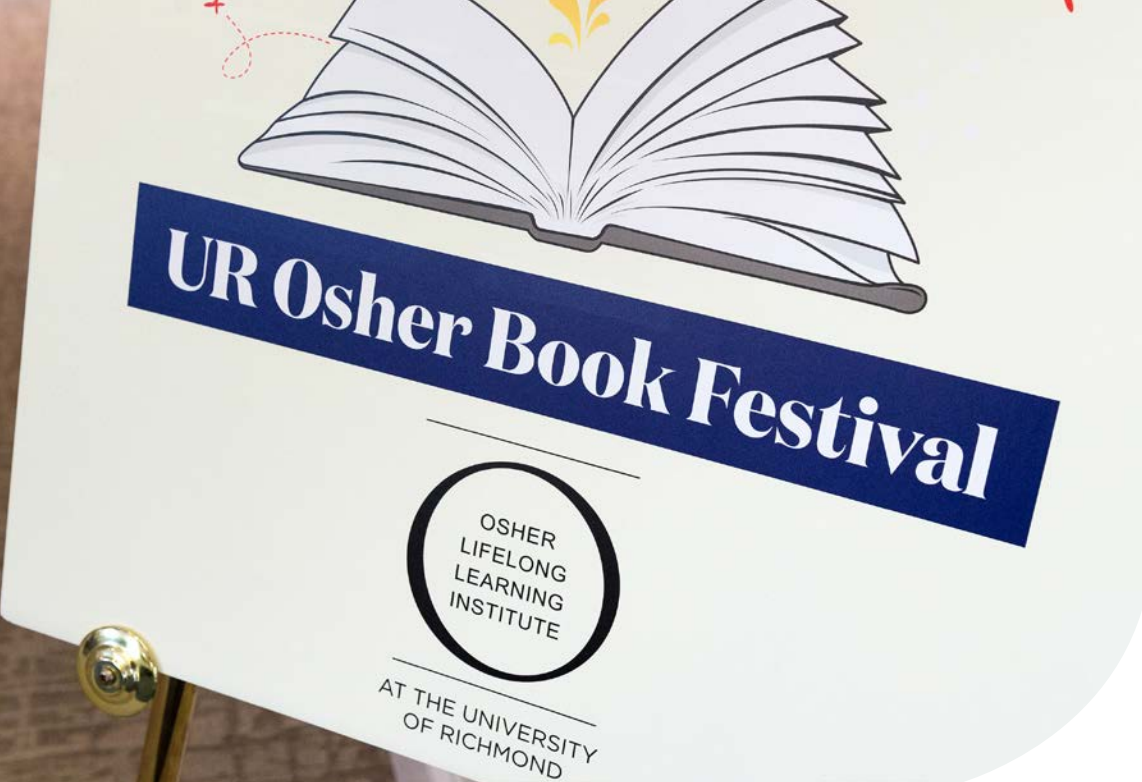


## MAKING Connections

ACROSS CAMPUS



**Osher Members are Making**



**FROM THE COVER:**

The 2026 UR Osher Book Festival, held in March, featured faculty members Dr. Kelly Lambert, Dr. Jullian Hayter, and Dr. Thad Williamson along with historian and UR alum Dr. Nelson Lankford, R'70.

They are pictured with several Osher members. Front (L to R): Lambert, Hayter, Lankford. Back (L to R): Candance O'Connor, Williamson, Steve Anders, Lynn McCashin.

# Connections Across Campus

**THIS YEAR**, in our fall and spring catalogs, we've celebrated our Osher members who have volunteered across campus and those who have supported Spider Athletics. We continue to acknowledge the many ways that UR welcomes Osher members and the multi-faceted avenues our members pursue to engage in our university community.

We volunteer, we cheer for the Spiders, and we also appreciate a deeper dive into learning by connecting with our faculty. We are grateful each time a faculty or staff member teaches for us or when an academic department invites us to a special lecture. We love when Osher is asked to help sponsor a film series or contribute to educational community-wide events, such as ChinaFest.

Engagement runs both ways. We appreciate when Osher members challenge themselves by auditing classes and interacting with our professors and degree-seeking students. We see members participate in campus events such as Q Camp (now Robins PRO Conference) and serve on expert panels and academic committees.

Osher members and the Osher Institute are woven into the fabric of the University. We are grateful to all within the University community who welcome our Osher members, and we applaud our members for participating and contributing to UR in meaningful ways. We love every single one of these connections!

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# WHERE DO I START?

## ONLINE REGISTRATION

- Log in to the online registration portal by visiting [osher.richmond.edu](https://osher.richmond.edu) and clicking on the red “Registration Portal” button located in the center of the screen, to access. Once logged in, your name will appear at the top of the page.
- Confirm your membership is active. Select **My Account** once logged in. Click on **My Orders** and search for your last Membership transaction.
  - Not yet a member? Need to renew?  
Select **MEMBERSHIPS & RENEWALS**.
- Preview classes starting **May 11**. Register starting **May 19 at 9 AM**.
- Your shopping cart will hold up to 10 class registrations at a time. Then, you must check out and pay, if required. You may fill up your cart and check out as many times as needed to register for all desired classes.
- If a class is full, it is important to add the class to your cart to place your name on the waitlist. Staff actively manage waitlists all semester.

## FOR REMOTE CLASSES

### For UR Osher Courses:

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

### For National Osher Online Courses:

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

## FOR IN-PERSON CLASSES

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

## ID & PASSWORD REMINDERS

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

**June**

**Storytelling in Poetry: From the Personal to the Universal**

**NEW** In this reading and generative workshop, fellow Osher member Beverly Cartwright will share selections from her debut collection, 'Intact': a book that explores themes of loss and grief, memory and domestic history, and also reflects on the resilience of human nature and the grace we find in continuing to move forward. There will be time for Q&A, and participants will be given several prompts with the objective to write your own poem.

**M • Jun 1 • 10 AM-12 PM • \$20/Silver**  
**Leader: Beverly Cartwright**

**Stronger Bones, Stronger You**

**NEW** Take charge of your bone health with this comprehensive, physician-led course. You'll learn the difference between osteopenia and osteoporosis, review the latest US statistics, identify common risk factors, and explore proven strategies to maintain strength as you age.

**M • Jun 1 • 1 PM-2:30 PM • \$20/Silver**  
**Leader: Anna M. Dumont**

**Part II Learning About the Holocaust in Today's World**

**BACK BY POPULAR DEMAND** Examine several of the Nuremberg Trials, including the Doctors' trial and the Einsatzgruppen Trial, and learn how the world reacted to the convictions of the captured Nazi leaders.

**M • Jun 1, 8, 15, 22 • 3 PM-5 PM**  
**• \$60/Silver**  
**Leader: Rena Berlin**

**Come . . . and BeMoved®!**



**BACK BY POPULAR DEMAND**

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

**M • Jun 1, 8, 15, 22, 29, Jul 6, 13, 20, 27, Aug 3, 10, 17, 24 • 5:30 PM-6:30 PM**  
**• \$120/All Members**  
**Leader: Myra Daleng**

**'Easy Death' by Adi Da: Conversations About Life and Death**



**NEW** 'Easy Death' provides insight and understanding of the death process whether approaching one's own death, serving a loved one in the death process, or simply suffering one's own sense of mortality. The pages of 'Easy Death' by Adi Da Samraj offer a most extraordinary and unique help: real help given as and in wisdom, and not merely as consolation or impermanent philosophy.

**T • Jun 2, 9 • 10 AM-11:30 AM**  
**• Free to Members**  
**Leader: Joseph Troncale**

**Famous Philosophy Quotes: The Unexamined Life is Not Worth Living**

**NEW** Socrates was notorious for asking prominent Athenians ethical questions they could not answer. Eventually some retaliated by prosecuting him. At trial, he argued that everyone aspiring to lead a good life should ask such questions of themselves and others. In this class we will explore the 'Socratic method' and how Socrates inspired the young Plato to develop Socrates' questions into the major philosophical movement we now call Platonism.

**T • Jun 2 • 1 PM-2:30 PM**  
**• Free to Members**  
**Leader: Ladelle McWhorter**

**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 2 • 3 PM-5 PM**  
**• Free to Members**  
**Leaders: Osher Leadership Council, Osher Staff**

**Ecological Gardening 101**

**NEW** Learn how to create a thriving, resilient garden that works with nature rather than against it. In this workshop, we'll explore how to design gardens that support pollinators, beneficial insects, birds, and soil life while still producing beautiful, abundant plantings. We'll cover companion planting, habitat layering, soil stewardship, water-wise practices, and how to encourage natural balance so your garden becomes healthier and more self-sustaining over time. Ideal for gardeners of all experience levels.

**W • Jun 3 • 10 AM-11:30 AM**  
**• \$20/Silver**  
**Leader: Conner Parrish**

**PLEASE REVIEW SEVERAL IMPORTANT POLICY UPDATES ON PAGE 26 THAT GO INTO EFFECT WITH THE SUMMER 2026 SEMESTER.**

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



ZOOM CLASS



REGIRER AGING WELL SERIES



CELEBRATING AMERICA'S 250TH BIRTHDAY

NATIONAL OSHER ONLINE



### Film Noir: Four Wednesday Films

**NEW FILMS** This semester we will view four great movies of the 'Film Noir' genre. We'll start with two lesser known films: 'Where the Sidewalk Ends,' starring the inimitable Dana Andrews and Gene Tierney, and 'The Verdict' with the Peter Lorre and Sydney Greenstreet. Then we'll move to the classic film 'Laura' (again with Andrews and Tierney), and end with 'Witness for the Prosecution,' a justifiably famous movie with fine performances from Charles Laughton and Marlene Dietrich.

**W • Jun 3, 10, 17, 24 • 1 PM-3:30 PM**  
**• \$60/Silver**

**Leaders: Anne Barash, Eric Holzwarth**

### Risotto and Tiramisu

**NEW, FIELD TRIP, DRIVE TO EVENT** Risotto and Tiramisu are two classic Italian dishes that everyone should know how to make! Learn the ways of the Zabayon to take your Tiramisu to the next level and a classic Risotto Milanese. Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

**R • Jun 4 • 1 PM-3 PM**  
**• \$75/All Members**

**Leader: Warren Haskell**

### Bounty of Boatwright

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

**R • Jun 4 • 3:30 PM-5 PM**  
**• Free to Members**

**Leader: Carrie Ludovico**

### Give Me Liberty or Give Me Death! and Oh Henry! A Revolutionary Life

**250 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 argue over the Second Virginia Convention, leading to Patrick Henry's immortal words 'Give me liberty or give me death!' The reenactment will be followed by the program 'Oh Henry! A Revolutionary Life.' **Note: The new refund policy applies.**

**U • Jun 7 • 1:30 PM-3:30 PM**  
**• \$25/All Members**

**Leader: Sarah White**

### The ICE Surge in Minnesota and Charting a Path Forward Across Political Divides

**Z NEW** Come engage in discussion about a Richmond native's lived experience of the ICE Surge in Minnesota. We will explore how the ICE surge impacted daily life and the local economy, and the debate it ignited over due process, safety, federal power, protest, and community organizing.

**M • Jun 8 • 10 AM-11:30 AM • \$20/Silver**  
**Leaders: Kate Davenport, Brad Davenport**

### Building Brain-Healthy Habits

**Z A BACK BY POPULAR DEMAND** June is Alzheimer's and Brain Awareness Month. This course focuses on lifestyle changes that anyone can put into their daily lives for better brain health and overall health. We will also take a deeper look at the recent US Pointer Study.

**M • Jun 8 • 12:30 PM-2 PM • \$20/Silver**  
**Leader: Rachel Lawson**



### Paul Sachs and the Development of the 20th Century American Art Museum

**NEW** From 1921 to 1948, Paul Sachs offered a yearlong program in museum training at Harvard University's Fine Arts Department. This class will explore his 'Museum Course' curriculum and how Sachs and his students shaped the development and character of art museums in the 20th century.

**T • Jun 9 • 1 PM-2:30 PM • \$20/Silver**  
**Leader: James Schuyler**

### How to Make an Impact in Richmond with a 100% Volunteer-led Organization

**NEW** If you want to make a difference in the Richmond and surrounding areas AND in someone's life, come hear about Impact 100. This course will show how a volunteer-led, women-driven organization can help make a difference by providing funds to local non-profits.

**T • Jun 9 • 3 PM-4:30 PM • \$20/Silver**  
**Leaders: Elizabeth Ryan, Emily Millhiser**

### Microgreens 101

**A NEW** Learn how to grow fresh, nutrient-dense microgreens right at home in this hands-on workshop. We'll cover seed selection, growing mediums, lighting, watering, harvest timing, and how to prevent common issues like mold or legginess. You'll also learn how to maximize flavor, nutrition, and yield. Perfect for beginners and experienced growers alike.

**W • Jun 10 • 10 AM-11:30 AM**  
**\$20/Silver**  
**Leader: Conner Parrish**

### Creating Space for What Matters

**NEW** Learn how to let go of excess and hold onto what's meaningful through a thoughtful, organized, and stress-reducing downsizing process.

**R • Jun 11 • 10 AM-12 PM • \$20/Silver**  
**Leaders: Jaime Ebanks, Katie Hamann**

### Wine and Cheese Pairing

**FIELD TRIP, DRIVE TO EVENT** Back as our now bi-annual event, join Diane and Maggie (of Truckle Cheesemongers) to sample and learn about six wine and cheese pairings. Class may run over/under the allotted time. **Note: The new refund policy applies.**

**R • Jun 11 • 1 PM-3 PM**  
**• \$50/All Members**  
**Leader: Warren Haskell**

### Farm Tour of VSU's Land Grant Research Farm

**NEW, FIELD TRIP, DRIVE TO EVENT** Explore VSU's Land Grant Research Farm through guided stops highlighting innovative research, hands-on demonstrations, and real-world agricultural practices. Learn how land-grant institutions partner with Cooperative Extension to support farmers, communities, and sustainable agriculture across Virginia.

**F • Jun 12 • 10 AM-12 PM • Free to Members**  
**Leader: Rachel Lawmaster**

### Art of the American Revolution

**Z 250 NEW** Come celebrate the 250th Anniversary of the founding of our nation with a program focusing on a retrospective look on the birth of our country. Using artworks produced from the early 19th to the early 21st centuries, we will explore how artists have depicted the people and events of the Revolutionary War period.

**M • Jun 15 • 10 AM-11:30 AM**  
**• \$20/Silver**  
**Leaders: Alice Waagen, Ralph Kidder**

# 2026 Osher Leadership Council

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

Members of our 2026 Council include:

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

**Pam Wiegardt, Vice Chair**  
wiegard@gmail.com

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

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

**Steve Anders**      **Linda Borland**

**Belva Collins**      **Chris Hook**

**Lynn McCashin**      **Sherrye Ward**

**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](mailto:osher@richmond.edu).

## Secrets of the Killing State: The Untold Story of Lethal Injection

**Z** **NEW** In the popular imagination, lethal injection is a slight pinch and a swift nodding off to forever-sleep, performed by well-qualified medical professionals which is regulated and carefully conducted, and certainly the most 'humane' form of capital punishment. In reality, not one of these statements is true. Lethal injection is nothing like what people think. This is its untold story.

**M • Jun 15, 22, 29, Jul 6, 13, 20**  
**• 1 PM-2 PM • Free to Members**  
**Leader: Corinna Lain**

## Mindfulness with a Purpose

**A** **NEW** This course is designed for those who would like to enhance their meditation skills or are new to meditation. You will learn various techniques on how to meditate successfully anytime and anywhere in order to manage everyday stresses and move beyond any blocks that keep you stuck in old patterns of thinking and behavior.

**T,R • Jun 16, 18, 23, 25 • 10 AM-12 PM**  
**• \$60/Silver**  
**Leader: Marc McGahee**

## The Texas Creation Myth and Why It Matters

**NEW** The Texas Creation Myth begins with the Alamo trinity (Jim Bowie, William B. Travis, and Davy Crockett) who, according to the mythology, sacrificed themselves at the Alamo on March 6, 1836. We will explore how these figures are presented in the mythology as well as two female figures, Susanna Dickenson and Emily 'Morgan' West. The template created in this creation myth is currently being used to determine how history will be presented at Alamo Plaza.

**T • Jun 16 • 1 PM-2:30 PM • \$20/Silver**  
**Leader: Holly Brear**

## Baba Yaga: The Feminist, Mother and Crone Colliding with Modernity

**NEW, AUTHOR'S BOOK TALK** Darkness, fear, and instability sometimes inundate our daily lives, but folktale figures like Baba Yaga speak to the dichotomies of our existence: the hope and the horror, the magic and the mundane. She is at once a hag and an enchantress, a demon and a wish granter, a feminist and a fairytale. Understanding ourselves can sometimes be only a matter of turning to a bony-legged old woman who lives deep in the Eastern European woods.

**T • Jun 16 • 3 PM-4:30 PM • \$20/Silver**  
**Leader: Kris Spisak**

## Virginia Military Veterans – Some Stories Are Too Important To Lose

**Z** US veterans living in Virginia: don't let your story fade away. The Virginia Department of Veterans Services has awarded Words of Veterans grants to help Veterans like you keep your story alive! Let's talk about how you can contribute.

**T • Jun 16 • 4 PM-5:30 PM**  
**• Free to Members**  
**Leader: Alex Sebbly**

## Dahlia Flowers 101

**NEW** Discover the art of growing breathtaking organic dahlias in this hands-on workshop. We'll explore soil preparation, planting techniques, feeding schedules, harvesting for long vase life, and how to properly lift, divide, and store tubers for years of continued growth. Perfect for gardeners of all experience levels, this class includes a live demonstration and Q&A session.

**W • Jun 17 • 10 AM-11:30 AM**  
**• \$20/Silver**  
**Leader: Conner Parrish**

## Risotto and Tiramisu

**NEW, FIELD TRIP, DRIVE TO EVENT** Risotto and Tiramisu are two classic Italian dishes that everyone should know how to make! Learn the ways of the Zabayon to take your Tiramisu to the next level and a classic Risotto Milanese. Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

**R • Jun 18 • 1 PM-3 PM**  
**• \$75/All Members**  
**Leader: Warren Haskell**

## Beyond the Bounty

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

**R • Jun 18 • 3:30 PM-5 PM**  
**• Free to Members**  
**Leader: Carrie Ludovico**

## What is Behind the Installation of the Barbara Johns Statue in the US Capitol?

**NEW** Join this class to explore the life of Barbara Johns. We will uncover the circuitous path to finally placing her statue in the US Capitol this January. We will also focus on the backstory with Johns as the student leader of the successful strike at the Prince Edward County, Robert Russa Moton High School. How did a 16-year-old African American girl have the courage to lead a peaceful revolt that changed America?

**M • Jun 22 • 10 AM-12 PM • \$20/Silver**  
**Leader: John Festa**

## What is Modern Science?

**BACK BY POPULAR DEMAND** In today's society, Science has become controversial and people often find it difficult to define. This seminar traces Science from its pre-historic beginnings through epochs of missteps, stagnation, and near-extinction up to the present day and, while doing so, highlights the critical steps involved in the development of Science. This evolution was undirected and resulted in an institution unique among human endeavors.

**T • June 23 and 30 • 1 PM-2:30 PM • \$40/Silver**  
**Leader: Alex Meredith**

## Eating for Brain Health



**NEW** Discover the optimal foods that evidence-based research suggests you eat every day to strive for optimal brain health. You will learn what these foods are, what serving sizes you should consume daily, and how to make meals out of these brain-nourishing foods. This is valuable information for anyone wanting to prevent and halt brain diseases via lifestyle choices and those new to whole food, plant-based eating.

**T • Jun 23 • 3 PM-4:30 PM • \$20/Silver**  
**Leader: Denise Rose**

# SUMMER Office Hours

**Beginning the week of June 1, the Osher Institute Office in the Special Programs Building will be closed on Fridays.**

All Friday Osher courses in June, July, and August are tours or other events that are off campus. Osher staff will be working remotely and will be available to answer questions via email at [osher@richmond.edu](mailto:osher@richmond.edu).

We will resume regular, in-person office hours on Friday, September 4th.

## 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 24 • 10 AM-12 PM • \$20/Silver**  
**Leader: Linda Tsironis Caruthers**

## Gershwin at the Keyboard

**BACK BY POPULAR DEMAND** Who doesn't love Gershwin tunes? Let's enjoy hearing - and maybe even singing along - to our favorite show tunes. Alan will also include the Rhapsody in Blue for piano solo. This course was previously offered via Zoom in 2022. This time, it will be live with song lyrics included with the program notes for a real 'sing along with Alan' experience. Offered twice; please sign up for only one.

**R • Jun 25 • 1 PM-3 PM • \$20/Silver**  
**Leader: Alan Pollack**

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



ZOOM CLASS



REGISER AGING WELL SERIES



CELEBRATING AMERICA'S 250TH BIRTHDAY

NATIONAL OSHER ONLINE

# Osher Online™

in collaboration with Northwestern University  
School of Professional Studies

The University of Richmond Osher Institute is again offering National Osher Online™ courses offered through the Osher National Resource Center (NRC).

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

- History of Signs: How Signs Tell America's Story
- The Indispensable Founder: George Washington
- The Digital Shift: How Computing Remade Media
- Threads of History: The World of Oriental Rugs
- Deaf Culture and History
- Endless Grounds: Coffee's Social, Economic, and Cultural Life
- Revolutionary Echoes in Washington DC
- Broadway Musicals: A Fascinating History
- Protecting Yourself as a Patient
- Children's Literature: The Development of a Genre
- Discovering Portugal
- Horticulture A-Z
- Hindu Traditions: Ritual, Knowledge, Devotion
- Women Architects and Designers
- Canals and the Making of the Modern World

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.

## Agecroft Hall and Gardens Tour and Demonstration

### NEW, FIELD TRIP, DRIVE TO EVENT

Take a guided tour of the historic house museum and gardens focusing on life in a 16th century manor. Then stay for a garden distilling demonstration. This tour is offered twice; please register for only one. **Note: The new refund policy applies.**

**F • Jun 26 • 1 PM-3 PM**

**• \$20/All Members**

**Leader: Katie Reynolds**

## American Iconography



**NEW** Come celebrate the 250th Anniversary of the founding of our nation with a program focusing on those symbols, themes and imagery that speak to American values. Using artworks from the Smithsonian American Art Museum and the VMFA, this session explores how artists use symbols, themes, and imagery within works of art, focusing on the meaning and interpretation behind visual representations.

**M • Jun 29 • 10 AM-11:30 AM**

**• \$20/Silver**

**Leaders: Alice Waagen, Ralph Kidder**

## Cybersecurity Essentials: What People Over 50 Need to Know



**NEW** Older adults are prime targets for cybercriminals, losing billions annually to scams and fraud. This practical course demystifies cybersecurity and provides essential protection strategies. Learn to identify phishing emails, phone scams, and online fraud. Discover how to secure passwords, shop safely online, and protect your financial information. Through real-world examples and interactive exercises, you'll gain confidence navigating the digital world safely. No technical background is required, just a willingness to learn protective strategies that work.

**M • Jun 29, Jul 6 • 3 PM-5 PM**

**• Free to Members**

**Leader: Lionel Mew**

## The Founding Father You Didn't Know You Didn't Know: Francis Hopkinson

**250** **NEW** While we celebrate our nation's 250th year, learn about a critical and fascinating figure. Benjamin Franklin's protégé, he was an inventor, from a new quill for the harpsichord to a national identity. He designed the images printed on our currency and the Stars and Stripes itself. He initiated an art music tradition, was the de facto first Secretary of the Navy, a federal judge, and a signer of the Declaration of Independence. Meet Francis Hopkinson.

**T • Jun 30 • 10 AM-12 PM**

• **Free to Members**

**Leader: April Greenan**

## Medicare ABNs: What am I Signing and Why?

**A** **NEW** Have you ever been asked to sign a Medicare ABN, particularly when having laboratory testing performed? This seminar explains what the form represents, why it's generated, the financial implications to you, and how it can be avoided.

**T • Jun 30 • 3 PM-5 PM • \$20/Silver**

**Leader: Mary Ratto**

**July**

## Our Brains: Asleep, Awake, and Renewing

**A** **NEW** New research shows that sleep isn't the mind's off switch, but instead a complex and dynamic process that impacts both our physical and mental health. Our modern lifestyle damages the 24 hour wake/sleep cycle and hinders our brain's ability to maintain and regenerate itself. We'll discuss some important and useful new research findings, and share ideas for practical strategies to protect and improve our brain health.

**R • Jul 2, 9, 16 • 10 AM-12 PM**

• **\$60/Silver**

**Leader: Patricia Ryther**

## All About Sauces

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

Learn about the classic French Mother Sauces and how to make two of them: Bechamel and Sauce Tomate and a classic French 'small' sauce Beurre Blanc. Then turn those sauces into delicious dishes. All About Sauces 2 will be offered in the Fall to compliment this course. Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

**R • Jul 2 • 1 PM-3 PM • \$75/All Members**

**Leader: Warren Haskell**

## Give Me Liberty or Give Me Death!

### **250 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!' **NOTE: The new refund policy applies.**

**S • Jul 4 • 1:30 PM-2:30 PM**

• **\$15/All Members**

**Leader: Sarah White**

## Heifetz Institute Sunday Matinee Concert

**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. **Note: The new refund policy applies.**

**U • Jul 5 • 2:00 PM-4:00 PM**

• **\$16/All Members**

**Leaders: Benjamin Roe, Andrew Green**

## Great Scientists and Their Science (Cosmology, Quantum, Relativity, Life)

**NEW** We'll begin each session with the biographies of the great scientists who started revolutions in cosmology, quantum physics, relativity and biology/evolution. The second hour will detail what the science itself is, where it has come from, and where we now are in the realm of that science.

**M • Jul 6, 13, 20, 27 • 10 AM-12 PM**

• **\$60/Silver**

**Leader: Fred Silva**

**NATIONAL OSHER ONLINE**

## Threads of History: The World of Oriental Rugs

**Z** What makes an Oriental rug so captivating: the elegant design, intricate pattern, or mysterious origins? Join us to discover the stories woven into these textiles. We will trace the history and artistry of carpet weaving across Asia and North Africa, with examples spanning over two millenia. Using expert insights and vivid images, we will explore carpet-making from Anatolia, Iran, Transcaucasia, North Africa, and Central Asia, learning to spot weaving traditions, historical periods, purposes, and production. **Note: The new refund policy applies.**

**M • Jul 6, 13, 20, 27, Aug 3, 10**

• **3 PM-4:30 PM • \$60/All Members**

**Leader: Sumru Krody**

## For the Love of Books

**NEW** The definition of 'book' has evolved dramatically in our digital era. This course explores books through four essential perspectives: their physical form (materials, structure), their content (how they are written, read, collected, and sometimes banned), their technology (from Gutenberg's printing press to today's e-readers), and their artistic value. By studying how information sharing has transformed over centuries, participants will gain insight into the enduring impact of books on culture, literacy, and society.

**T • Jul 7, 14, 21, 28 • 10 AM-12 PM**

• **Free to Members**

**Leader: Lynda Kachurek**

## NATIONAL OSHER ONLINE

**Children's Literature: The Development of a Genre**

**Z** In this course, we will trace the evolution of literature written specifically for children, from its earliest forms to the modern era. We will begin with oral traditions that underpin all storytelling, then shift toward published works created specifically with young readers in mind. We will survey key moments and turning points that shaped the growth of children's literature as a distinct field. We will conclude by analyzing how children's literature has evolved over time. **Note: The new refund policy applies.**

**T • Jul 7, 14, 21, 28, Aug 4, 11**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Blake Regnier**

## NATIONAL OSHER ONLINE

**Discovering Portugal**

**Z** Explore how tiny Portugal played an outsized role in world history. We will examine its 15th and 16th century maritime expansion and central role in the transatlantic slave trade. We will trace Portugal's rise as the Iberian Peninsula's only independent kingdom, its global reach from Brazil to Japan, and its later decline into twentieth-century poverty under Europe's longest dictatorship. We will see how democracy reshaped Portuguese culture and survey its landscape, art, architecture, and food. **Note: The new refund policy applies.**

**T • Jul 7, 14, 21, 28, Aug 4, 11**  
**• 1 PM-2:30 PM • \$60/All Members**  
**Leader: Alison Roberts**

**Researching at the Library of Virginia**

**FIELD TRIP, DRIVE TO EVENT** The Library of Virginia (LVA) is a key resource for Virginia genealogy research and for many surrounding states. The LVA has the most comprehensive collection of Virginia genealogy materials ranging from the earliest colonial times to the present. This class is designed to give you a foundational understanding of the LVA's collections (online and on-site) and suggest how to focus your research, and it includes a tour and hands-on research at the LVA.

**T,R • Jul 7, 9 • 1 PM-3 PM • \$40/Silver**  
**Leader: Donna Shumate**

**How to Regain Your Health with the New 2026 Dietary Guidelines**

**A NEW** The newly published 2026 Dietary Guidelines have turned the old 1980 Food Pyramid on its head: literally. This presentation explains why 75% of Americans are overweight and sick following the old dietary advice. Your journey starts with our hominin beginnings, when we ate a diet natural to humans, through the 'franken-foods' we consume today. Learn the benefits of the new guidelines and how you can restore your health.

**T • Jul 7 • 3:30 PM-5 PM • \$20/Silver**  
**Leader: Ray DeStephen**

## NATIONAL OSHER ONLINE

**Horticulture A-Z**

**Z** In this course, we will explore a wide range of horticultural practices with something to offer no matter our experience level or where we live. We will cover container gardening, aquatic gardens, ornamental and fruiting plants, bonsai, landscape design, and pest management. Each week, we will focus on a theme and examine design ideas, plant choices, and long-term care practices for success. Wherever we garden, we can find plenty to learn and enjoy in horticulture. **Note: The new refund policy applies.**

**T • Jul 7, 14, 21, 28, Aug 4, 11**  
**• 7 PM-8:30 PM • \$60/All Members**  
**Leader: Chris Baker**

OSHER AT DARTMOUTH 2026  
SUMMER LECTURE SERIES**How is Artificial Intelligence Transforming America? Lecture 1**

**Z** The Osher Institute at Dartmouth is offering its summer lecture via livestream to Osher colleagues across the nation. Lecture 1 is 'What Can the Declaration of Independence Teach Us About Artificial Intelligence.' The session begins with the lecture, is followed by a half-hour break, then resumes with Q&A.

**W • Jul 8 • 9 AM-11:30 AM • \$20/Silver**  
**Leader: Brinnae Bent**

## NATIONAL OSHER ONLINE

**Canals and the Making of the Modern World**

**Z** When the Erie Canal opened in 1825, it revolutionized American travel and transportation: but it was inspired by Europe's earlier canal networks. In this course, we will trace French, British, and Irish canals of the 17th and 18th centuries, then follow the story into the 19th century as we examine American canals, especially in New York and Pennsylvania. We will explore how canals reflect politics and ambitions and why they remain vital to shipping today. **Note: The new refund policy applies.**

**W • Jul 8, 15, 22, 29, Aug 5, 12**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: W. Bernard (Bernie) Carlson**

## Thomas Jefferson and the Virginia Statute for Religious Freedom



Prior to his death, Thomas Jefferson left behind specific instructions for the monument that was to mark his grave. He requested the following epitaph: 'Here was buried Thomas Jefferson, Author of the Declaration of American Independence, of the Statute of Virginia for Religious Freedom and Father of the University of Virginia.' These contributions were, in his words, the 'testimonials that I have lived, I wish most to be remembered.' Historian Michael Aubrecht tells the remarkable tale of the creation of the Virginia Statute for Religious Freedom and the impact it continues to have today.

**W • Jul 8 • 12 PM-1 PM • \$20/Silver Leader: Michael Aubrecht**

### NATIONAL OSHER ONLINE

## Endless Grounds: Coffee's Social, Economic, and Cultural Life



Coffee will be our lens on climate change, social life, health, North/South dynamics, social and economic justice, tourism, and slavery. We will trace coffee's journey from planting through its arrival in our cups. We will explore coffee's history, its shift from elite beverage to everyday staple, and research on health, income, and climate resilience. The instructor will share experiences from coffee farms around the world, discuss different brewing methods, and demonstrate how coffee is brewed.

**Note: The new refund policy applies.**

**R • Jul 9, 16, 23, 30, Aug 6, 13 • 11 AM-12:30 PM • \$60/All Members Leader: Robert Thurston**

# OSHER SOCIALS

We're excited to announce our summer 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

**NEW**

First Wednesdays  
8:30-9:30 AM

**Jun 3  
Jul 1  
Aug 5  
Sept 2**

Third Tuesdays  
9-10:30 AM

**Jun 16  
Jul 21  
Aug 18  
Sept 15**



## GAME DAYS

Third Thursday every month.

**June 18 • July 16 • August 20**

**September 3: Trivia Afternoon**

*This will be a special Game Day activity, and registration is required. Just register for this as you would any Osher class.*

Location TBA



## HAPPY HOURS

Second Thursday of each month  
starting at 4:30 PM

**June 11 - Lewis Ginter**

*(There is a cost to attend, but Lewis Ginter Members are free.)*

**July 9 - Brass Tap**

**August 13 - World of Beer**

**September 10 - Waygone Brewery**



## LUNCH BUNCH

**NEW**

11:30 AM - 1 PM

Heilman Dining Center -  
3rd Dining Room

Last Wednesdays

**Jun 24 • July 29**

**Aug 26 • Sept 30**



## OSHER SPECIAL INTEREST GROUPS

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

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

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

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

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

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

**Fab and Fit Spiders:** Brenda Davis • [BDavis@agesmartva.org](mailto:BDavis@agesmartva.org)

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

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

**Golf:** Tom Cox • [tcox.attorney@gmail.com](mailto:tcox.attorney@gmail.com), Pam Wiegardt • [wiegar@gmail.com](mailto:wiegar@gmail.com) and Steve Tamaro • [stevetamaro@outlook.com](mailto:stevetamaro@outlook.com)

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

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

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

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

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

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

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

**Mystery Lovers:** Leigh McDonald • [lmcdonal@richmond.edu](mailto:lmcdonal@richmond.edu)

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

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

**RVA Classics Book Club II:** Prakash Lothe • [prakashlothe@aol.com](mailto:prakashlothe@aol.com)

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

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

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

### NATIONAL OSHER ONLINE

## Revolutionary Echoes in Washington, D.C.



The Declaration of Independence shaped Americans

long after the Revolution. This course will examine how people in Washington, D.C. invoked the Declaration and its ideas after independence: from city planners shaping the capital to Union soldiers defending it during the Civil War. We will explore how the Declaration was used to advance causes and define the nation's identity. Featuring museum artifacts from the Albert H. Small Washingtoniana Collection, this course will trace D.C.'s early history.

**Note: The new refund policy applies.**

**R • Jul 9, 16, 23, 30, Aug 6, 13**

**• 1 PM-2:30 PM • \$60/All Members**

**Leader: Kasey Sease**

## Wines of Tuscany

### NEW, FIELD TRIP, DRIVE TO EVENT

Explore the wines of Tuscany with Diane and the Kitchen Classroom! We will sample and discuss eight wines, with light fare provided to enjoy while tasting and learning. Class may run over/under the allotted time. **Note: The new refund policy applies.**

**R • Jul 9 • 1 PM-3 PM • \$50/All Members**

**Leader: Warren Haskell**

### NATIONAL OSHER ONLINE

## Deaf Culture and History



Let's study the Deaf Culture in the United States and explore what defines this community as a cultural minority. We will examine cultural identity, group norms, social interaction, values, and traditions, while emphasizing awareness, diversity, and language preservation. We will investigate how modern technology shapes community life, along with emerging issues, trends, and advocacy. We will also discuss communication, terminology, educational alternatives, legislation, and community resources.

**Note: The new refund policy applies.**

**R • Jul 9, 16, 23, 30, Aug 6, 13**

**• 5 PM-6:30 PM • \$60/All Members**

**Leader: Matthew Cooper**



## Osher Member Art Show Opening Night Gala

Join us for the opening night of our Osher Member Art Show. Our Osher artists offer beautifully different pieces, so 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. **Note: The new refund policy applies.**

**F • Jul 10 • 4 PM-7 PM**  
**• \$45/All Members**  
**Leader: Osher Art Show Committee**

### NATIONAL OSHER ONLINE

## The Indispensable Founder: George Washington

**Z** As America celebrates 250 years of independence, let's look at our indispensable founder, George Washington: his life, political leadership, and roles as farmer, entrepreneur, and architect. We will also explore the groundbreaking Mount Vernon Ladies' Association, which has owned and managed Mount Vernon since 1858, launching the American historic preservation movement. **Note: The new refund policy applies.**

**M • Jul 13, 20, 27, Aug 3, 10, 17**  
**• 1 PM-2:30 PM • \$60/All Members**  
**Leader: Petri Dede**

## Emily Dickinson: American Poet

**NEW** Emily Dickinson is America's most beloved poet, even though her life and poetry are enigmatic even after 150 years of her death. This seminar will examine some of the 'theories of interpretation' concerning her poetry, e.g., Puritanism and Transcendentalism, against the background of her tragic life experiences and consider the nature of the poetry itself. The reading for the seminar is George Frisbie Whicher's 'This Was a Poet: A Critical Biography of Emily Dickinson.'

**M • Jul 13, 20, 27 • 3 PM-5 PM**  
**• \$60/Silver**  
**Leader: Jack Kangas**

## Cool Flicks

**NEW FILMS** Join Dan in his quest for the funniest movies. We'll view these films: 'Ball of Fire' (1940) directed by Howard Hawks and written by Billy Wilder; 'Charade' (1963) with fun, romance and mystery in France, starring Cary Grant and Audrey Hepburn; and 'I Love You Again' (1941), MGM's screwball comedy featuring William Powell and Myrna Loy.

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

## Finances Across Generations

**A** **NEW** Let's explore how money, housing, education, debt, and career opportunities have evolved from the Baby Boomer era to Generation Z. Through data, real-world comparisons, and guided discussion, participants will examine shifting costs of living, technological changes, and economic events that shaped financial realities as we foster insight, reflection, and meaningful intergenerational dialogue.

**T • Jul 14 • 3:30 PM-5 PM • \$20/Silver**  
**Leader: Sabrina Guerin**

### OSHER AT DARTMOUTH 2026 SUMMER LECTURE SERIES

## How is Artificial Intelligence Transforming America? Lecture 2

**Z** The Osher Institute at Dartmouth is offering its summer lecture via livestream to Osher colleagues across the nation. Lecture 2 is 'Can AI Think Like a Doctor?' The session begins with the lecture, is followed by a half-hour break, then resumes with Q&A.

**W • Jul 15 • 9 AM-11:30 AM • \$20/Silver**  
**Leader: Adam Rodman**

## Virginia's Indigenous Peoples: From Ancient Times to Modern Resilience

**NEW** Prior to 'First Contact' with Europeans, the land now called Virginia was highly populated and had a strong societal hierarchy. Let's explore the arrival, development and way of life of the early inhabitants of Tsenecomoco, the Algonquin name for Virginia. We'll address historical relations between Europeans and the Indigenous residents since 'First Contact' through modern times.

**W • Jul 15, 22 • 12:30 PM-2 PM**  
**• \$40/Silver**  
**Leader: William Leighty**

### NATIONAL OSHER ONLINE

## Women Architects and Designers

**Z** Often overlooked in traditional design and architecture courses, 20th century women designers profoundly shaped how we perceive and experience built environments, interiors, and decorative objects. We will touch on Elsie de Wolfe, Eileen Gray, Lilly Reich, Charlotte Perriand, Dorothy Draper, Ray Eames, and Zaha Hadid and consider their lives and enduring designs within social and political contexts. **Note: The new refund policy applies.**

**W • Jul 15, 22, 29, Aug 5, 12, 19**  
**• 1 PM-2:30 PM • \$60/All Members**  
**Leader: Eleanor Schrader**

## The Buried Cause Book Talk

**NEW, BOOK TALK** 'The Buried Cause: Unearthing Hidden History in the Lee Monument Cornerstone' is about the stories uncovered after the boxes under the Lee monuments were opened. Hears stories about the people who donated objects, who was not included, and a book found in the box placed by the builder of the monument. The editors will be happy to sign books you bring with you (available through Amazon), but there will be no sales at this lecture.

**W • Jul 15 • 3 PM-4:30 PM • \$20/Silver**  
**Leaders: Kate Ridgway, Elizabeth Moore**

NATIONAL OSHER ONLINE

## Hindu Traditions: Ritual, Knowledge, Devotion

**Z** Explore Hindu traditions from classical to contemporary times, emphasizing ritual, knowledge, and devotion. We'll begin with South Asian roots in the Vedic tradition and key religious foundations, move to early and classical Hindu thought through the concept of dharma, then explore major deities through their narratives, practices, and iconography. We will examine the six major schools of Hindu philosophy, consider bhakti (devotion), and conclude with sacred spaces and pilgrimage practices. **Note: The new refund policy applies.**

**W • Jul 15, 22, 29, Aug 5, 12, 19**  
**• 3 PM-4:30 PM • \$60/All Members**  
**Leader: Eileen Goddard**

## Gershwin at the Keyboard

**BACK BY POPULAR DEMAND** Who doesn't love Gershwin tunes? Let's enjoy hearing - and maybe even singing along - to our favorite show tunes. Alan will also include the Rhapsody in Blue for piano solo. This course was previously offered via Zoom in 2022. This time, it will be live with song lyrics included with the program notes for a real 'sing along with Alan' experience. Offered twice; please sign up for only one.

**R • Jul 16 • 1 PM-3 PM • \$20/Silver**  
**Leader: Alan Pollack**

## All About Sauces

### NEW, FIELD TRIP, DRIVE TO EVENT

Learn about the classic French Mother Sauces and how to make two of them: Bechamel and Sauce Tomate and a classic French 'small' sauce Beurre Blanc. Then turn those sauces into delicious dishes. All About Sauces 2 will be offered in the Fall to compliment this course. Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

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

## Curated Tour of Maymont Mansion

**FIELD TRIP, DRIVE TO EVENT** Enjoy a Curator-led tour the Maymont Mansion. This in depth tour will explore the history of Maymont, the Dooleys, and the Gilded Age. This tour is offered twice; please register for only one. **Note: The new refund policy applies.**

**F • Jul 17 • 9:45 AM-11:15 AM**  
**• \$25/All Members**  
**Leaders: Kathy Garrett-Cox, Haley Barber**

## Virginia's MIA: The Search Continues

**FIELD TRIP, DRIVE TO EVENT** Tour the Virginia War Memorial to learn about the more than 1,200 Virginia veterans still missing in action (MIA). This exhibit will feature photos, letters, and other materials related to those Virginians still MIA. Additionally, the exhibit will explore the scientific process behind searching for and recovering the remains of those individuals by the Defense POW/MIA Accounting Agency (DPAA).

**F • Jul 17 • 1:30 PM-3:30 PM**  
**• Free to Members**  
**Leader: Elizabeth Oglesby**

NATIONAL OSHER ONLINE

## The Digital Shift: How Computing Remade Media

**Z** Streaming music, swiping photos, consuming real-time news, reading e-books: all these activities have been transformed by digital technology. Let's explore how media is created, stored, and experienced in a digitized world. We will demystify fundamentals like text files, encoding, pixels, and algorithms in easy-to-understand ways: no prior computer knowledge needed. Each session examines a different medium, contrasting our analog past with the digital present. Topics will include text, images, music, social media, and media ownership. **Note: The new refund policy applies.**

**M • Jul 20, 27, Aug 3, 10, 17, 24**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Rafael Davis Portela**

NATIONAL OSHER ONLINE

## Protecting Yourself as a Patient

**Z** This course will help us keep ourselves and our loved ones safer in today's complex healthcare system. Medical harm (often unintentional yet preventable) injures and kills hundreds of thousands of patients each year. We will learn how to reduce risk from common problems such as medication errors, care accidents, infections, diagnostic mistakes, and procedural or surgical complications. Through presentations, videos, and discussions, patient safety experts and advocates will share practical strategies, tactics, and resources. **Note: The new refund policy applies.**

**T • Jul 21, 28, Aug 4, 11, 18, 25**  
**• 3 PM-4:30 PM • \$60/All Members**  
**Leader: Singh Hardeep**

## Creative Thinking

**BACK BY POPULAR DEMAND** 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.

**T • Jul 21, 28 • 3:30 PM-5 PM**  
**• \$40/Silver**  
**Leader: Gordon Russell**

NATIONAL OSHER ONLINE

## Broadway Musicals: A Fascinating History

**Z** Musicals have shaped American theater, from Tin Pan Alley-driven comedies of the early twentieth century to the integrated classics of midcentury. We will explore book musicals, concept musicals, and the rise of European mega-productions, then spotlight influential composers, lyricists, writers, choreographers, directors, and performers. We'll touch on landmark shows including Oklahoma!, My Fair Lady, Show Boat, Guys and Dolls, Hair, Cabaret, Rent, Wicked, Hamilton, and more. **Note: The new refund policy applies.**

**T • Jul 21, 28, Aug 4, 11, 18, 25**  
**• 5 PM-6:30 PM • \$60/All Members**  
**Leader: Emanuel Abramovits**

OSHER AT DARTMOUTH 2026  
 SUMMER LECTURE SERIES

## How is Artificial Intelligence Transforming America? Lecture 3

**Z** The Osher Institute at Dartmouth is offering its summer lecture via livestream to Osher colleagues across the nation. Lecture 3 is 'Environmental Impact.' The session begins with the lecture, is followed by a half-hour break, then resumes with Q&A.

**W • Jul 22 • 9 AM-11:30 AM**  
**• \$20/Silver**  
**Leader: Dan Reicher**



## Interested in giving back to the University of Richmond and the Osher Institute?

**Volunteer when it suits your schedule and interests, meet other Osher members, and connect with UR students! It is also fun!**

There are many places where Osher members contribute: Our own Osher special events, Modlin Center performances, holiday concerts, textbook distribution and holiday gift wrapping at the SpiderShop, UR alumni events, SPCS graduation, Spider 5K Race, Business School career-readiness activities, and much more!

E-mail Amy Edwards at [aedwards@richmond.edu](mailto:aedwards@richmond.edu) to opt in to the e-mail list for volunteer opportunities or to get more information.

## Ikebana Ohara Floral Arranging

**BACK BY POPULAR DEMAND** The Japanese characters forming the word 'ike-bana' can be best translated as 'living flowers.' However, ikebana has become generally accepted as meaning the art form of Japanese flower arrangement. Watch a demonstration then create your own arrangement, using materials and flowers provided. Bring a flower snipping tool and a bucket to take home your flowers. You will keep the suiban container, kenzan spiky frog, handouts, flowers, and branch material to re-create your arrangement at home. **NOTE: The new refund policy applies.**

**W • Jul 22 • 10 AM-12 PM**  
**• \$35/All Members**  
**Leader: Marty Jones**

## An Afternoon at VFMA

**FIELD TRIP, DRIVE TO EVENT** This guided tour will include early foundational pieces through to recent acquisitions, all supporting the museum's mission to 'collect, preserve, exhibit, and interpret art, to encourage the study of the arts, and thus to enrich the lives of all.' Stay afterward to socialize in the Best Cafe.

**W • Jul 22 • 3 PM-5 PM • \$20/Silver**  
**Leader: Terry Morgerson**



## Become an Osher Member

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

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

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

### MEMBERSHIP LEVELS

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

Our Silver membership is the perfect get acquainted level for individuals who are interested in seeing what Osher has to offer. For a small annual fee, an individual receives a University of Richmond One Card and e-mail address, parking pass, full use of the library including access to online databases while on campus and access to register for Osher courses. However, Silver members pay for each course in which they enroll, \$100 to audit available semester-long credit courses, and special course fees.

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

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

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

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

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

#### Upgrading Your Membership

Are you a Silver member who is wondering if an all-inclusive Gold membership is right for you? Silver members may upgrade at any time during the first six months of their membership year. Upgrades will not change the membership term dates. When upgrading, the \$75 Silver membership fee will be applied to the upgrade.

### 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.

R • Jul 23 • 10 AM-12 PM • \$20/Silver  
Leader: Chris Catanzaro

### Case Studies in Democracy

**Z NEW CASE STUDIES** This interactive class will use case study methodology to study history via the book 'Democracy: A Case Study' 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.

R • Jul 23, 30, Aug 6, 13, 20  
• 1 PM-2:30 PM • \$60/Silver  
Leader: Earl Richardson

### Flavors of Morocco

**NEW, FIELD TRIP, DRIVE TO EVENT** Learn about the bright and bold flavors of Morocco, including how to sear and braise chicken 'tagine' with preserved lemon, make a bright and (mildly) spicy carrot salad, and prepare herbaceous couscous. A light, not-too-sweet lemon cake is a perfect end to the meal. Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

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

## Curated Tour of Maymont Mansion

**FIELD TRIP, DRIVE TO EVENT** Enjoy a Curator-led tour the Maymont Mansion. This in depth tour will explore the history of Maymont, the Dooleys, and the Gilded Age. This tour is offered twice; please register for only one. **Note: The new refund policy applies.**

**F • Jul 24 • 9:45 AM-11:15 AM**  
**• \$25/All Members**  
**Leaders: Kathy Garrett-Cox, Haley Barber**

### NATIONAL OSHER ONLINE

## History of Signs: How Signs Tell America's Story

**Z** Explore a century of American history through objects often taken for granted in everyday life: signs. This course introduces the American Sign Museum's origins and features a conversation with its founder about why signs matter. We will examine how signs have evolved due to trends in commerce and technology and explore case studies. In the final session, we will take a virtual visit to ASM's neon shop to see how a neon sign is made. **Note: The new refund policy applies.**

**F • Jul 24, 31, Aug 7, 14, 21, 28**  
**• 11 AM-12:30 PM • \$60/All Members**  
**Leader: Erin Holland**

## Guided Tour of the Poe Museum

**FIELD TRIP, DRIVE TO EVENT** Book a guided tour of the world's finest collection of Edgar Allan Poe's artifacts and personal items. Learn about Poe's tragic life and how it influenced his famous tales of terror. Leave with a greater understanding of the Master of the Macabre and his literary legacy. **Note: The new refund policy applies.**

**F • Jul 24 • 1:30 PM-3 PM**  
**• \$12/All Members**  
**Leaders: Emma Clark, Christopher Semtner**

## Immigration Policy: Exploring A Changing Landscape

**NEW** This offering adopts a hybrid structure. Several weeks before the in-person session, participants will receive a link to a video presentation. After watching the video on their own time, participants will use a simple Google form to share any questions about recent shifts in immigration policy and the impacts of those shifts. The instructor will use these questions to organize the 90-minute in-person session, which will be a mixture of presentation, discussion and joint exploration.

**M • Jul 27 • 1 PM-2:30 PM**  
**• Free to Members**  
**Leader: Grant Rissler**

### OSHER AT DARTMOUTH 2026 SUMMER LECTURE SERIES

## How is Artificial Intelligence Transforming America? Lecture 4

**Z** The Osher Institute at Dartmouth is offering its summer lecture via livestream to Osher colleagues across the nation. Lecture 4 is 'What Will be the Economic Impacts of AI?' The session begins with the lecture, is followed by a half-hour break, then resumes with Q&A.

**W • Jul 29 • 9 AM-11:30 AM • \$20/Silver**  
**Leader: Patrick Wheeler**

## Washington in Our Wallets

**Z** **BACK BY POPULAR DEMAND** First offered in 2017, Washington in our Wallets returns, with new material examining the Trump tax changes. After examining Britain's attempts to tax the colonists and 19th century attempts at taxation, we'll trace the development of the income tax from essentially a supplementary tax on a relatively few high income taxpayers to a more broadly based tax that accounts for the bulk of federal tax revenue, concluding with the 2017 and 2025 legislation.

**W • Jul 29, Aug 5, 12 • 1 PM-2:30 PM**  
**• \$60/Silver**  
**Leader: Robert Warwick**

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

**Z** **A** 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.

**W • Jul 29 • 3 PM-4:30 PM**  
**• Free to Members**  
**Leader: Scott Tilghman**

# TRIVIA *afternoon*

## OSHER IS HAVING ITS OWN TRIVIA NIGHT - BUT IN THE AFTERNOON

Come join us for this fun event. We are bringing in the local expert, Ball of Fire, to run the event, and we'll have snacks and beverages to sustain you when the competition gets tough! Come join us!

- Thursday, September 3
  - 4-6 p.m.
  - \$15 for all members
- Registration required – register as you would for a regular Osher class.



# Osher Dance Party

**NEW!**

**Hot Fun in the Summertime: Party with the Music You Love**

- Tuesday, August 11
- 5:30-8 p.m.
- \$30 for all members

*Registration required – register as you would for a regular Osher class*

Join Osher Member Chris Waagen as he spins the tunes of our generation. In addition to familiar music by a great DJ, there will be plentiful libations and delicious food! Join your fellow Osher members and dance the night away! Note: The music will be loud, but you'll love singing along!

## Adult and Pediatric CPR/ AED Certification



**BACK BY POPULAR DEMAND, 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. **Note: The new refund policy applies.**

**R • Jul 30 • 8:45 AM-12 PM**  
• \$45/All Members  
**Leader: Pamela Wiegardt**

## Flavors of Morocco

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

Learn about the bright and bold flavors of Morocco, including how to sear and braise chicken 'tagine' with preserved lemon, make a bright and (mildly) spicy carrot salad, and prepare herbaceous couscous. A light, not-too-sweet lemon cake is a perfect end to the meal. Class may run over/under the allotted time. Offered twice; please register for only one session. **Note: The new refund policy applies.**

**R • Jul 30 • 1 PM-3 PM**  
• \$75/All Members  
**Leader: Warren Haskell**

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

**FIELD TRIP, DRIVE TO EVENT** This exhibition explores the many people who, over centuries, have made Virginia the unique place it is in America and in the world, and discusses the dramatic impact of the immigrant experience throughout Virginia's history as people arrived from the four corners of the globe. **Note: The new refund policy applies.**

**F • Jul 31 • 1 PM-2:30 PM**  
• \$20/All Members  
**Leader: Grace Powers**

## August

## The Paradox of Caribbean Wealth

**NEW** From 1500 to 1850 the Americas channeled wealth through the Caribbean to Europe. This wealth enriched the elite of Europe and built imperial empires, but it hollowed out the Caribbean. For the past 200 years it has been the hopeful resilience of the Caribbean people that has kept them looking for a solution to this paradox.

**M • Aug 3, 10 • 10 AM-12 PM**  
• \$40/Silver  
**Leader: Bud (Alan) Taylor**

## Disasters I Have Known

Join this 'behind the scenes' look at disaster management through lens of the Office of the Governor of Virginia. From school shootings to hurricanes and other natural disasters to snipers and mass shootings, we'll look closely at the roles, responsibilities and actions of senior leadership during major emergencies.

**M • Aug 3 • 1 PM-2:30 PM • \$20/Silver**  
**Leader: William Leighty**

## Emerson and American Transcendentalism

**NEW** This seminar focuses on the life and thought of Ralph Waldo Emerson, America's greatest philosopher, and in particular his writings on the school of thought known as American Transcendentalism. The relevance of this school of thought to contemporary America will be examined in the seminar. The reading for the seminar is Philip F. Gura's 'American Transcendentalism: A History.'

**M • Aug 3, 10, 17 • 3 PM-5 PM**  
• \$60/Silver  
**Leader: Jack Kangas**

## Family Tree Maker – The Basics

**NEW** This class is for individuals who have Family Tree Maker (FTM) and want a better understanding of the software and to build skills. The following will be covered: overview of features (including the 2024 version); techniques on navigating and using FTM to create, edit and manage trees; interfacing with Ancestry.com for hints; importing data; and syncing trees. Students should bring their laptops with FTM installed for use in class.

**T,R • Aug 4, 6 • 10 AM-12 PM**  
**• \$40/Silver**  
**Leader: Donna Shumate**

## How to Organize Your Financial Records

**BACK BY POPULAR DEMAND** 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.

**T • Aug 4 • 1 PM-2:30 PM • \$20/Silver**  
**Leader: Sabrina Guerin**

## Mahjong: Introduction to the Game

**NEW, HANDS ON** Are you curious about Mahjong? Mahjong is a tile-based game that was developed in the 19th century in China and has spread throughout the world. Join us to learn how to play this game of skill, strategy, and luck.

**T • Aug 4, 11, 18, 25 • 3 PM-5 PM**  
**• \$60/Silver**  
**Leaders: Laura Schooley, Laura Soles, Janice Jones**

# 2026

## OSHER INSTITUTE GIVING

### THANKS FOR YOUR CONTINUED SUPPORT

Thank you to all Osher Lifelong Learning Institute members who have made a gift to the University of Richmond's Osher Institute so far in 2026. Each year, with guidance from our Osher Leadership Council, we set annual fundraising goals that help sustain and strengthen the programs our community values. For 2026, our goals are **\$50,000 in support from 25% of current Osher members.**

Your generosity directly supports Osher's mission by helping us:

- offer special programs and events,
- plan and underwrite signature experiences such as the Osher Book Festival, Women's Basketball Terrace Event, Trivia Afternoon, Receptions with Student Performances, and the upcoming Dance Party and Osher Member Art Show, and
- recognize our dedicated instructors and volunteers.

Many Osher members chose to make their gifts during **UR Here**, UR's annual online giving day held April 8-9, 2026. Thanks to your thoughtful timing

and enthusiastic participation, Osher played a meaningful role in unlocking UR Here matches and challenges for Osher and for SPCS, and successfully secured all **\$5,000 in Osher match-challenge funds**, provided by a generous Osher member. Bragging rights repeat another year for Osher. Osher finished #1 for participation on the Unit Leaderboard once again, earning Osher additional bonus dollars.

The Osher Institute, SPCS, and the broader University of Richmond extend heartfelt appreciation for every gift made throughout the year. If you have not had a chance to make your 2026 gift, we invite you to join fellow Osher members in supporting lifelong learning and the vibrant community that makes our Institute so special.

If you would like to explore the "win win" benefits of giving options such as qualified charitable distributions, please reach out to **Amy Edwards** via email at **aedwards@richmond.edu**.

OSHER AT DARTMOUTH 2026  
SUMMER LECTURE SERIES**How is Artificial Intelligence Transforming America? Lecture 5**

The Osher Institute at Dartmouth is offering its summer lecture via livestream to Osher colleagues across the nation. Lecture 5: 'Is AI Leading Us Toward a More Dangerous World Disorder?' The session begins with the lecture, is followed by a half-hour break, then resumes with Q&A.

**W • Aug 5 • 9 AM-11:30 AM • \$20/Silver**  
**Leader: Michele Flournoy**

**Sake 101!****NEW, FIELD TRIP, DRIVE TO EVENT**

Most of us have little experience with sake, but it is a complex, diverse, and delightful beverage! Local expert Robert Jones will take us through different sakes to showcase the variety of styles and flavors they contain. While we sip, we will learn about how it is made, the various styles and flavor profiles, and how to serve it. Light fare will be provided to nibble while tasting. Class may run over/under the allotted time. **Note: The new refund policy applies.**

**R • Aug 6 • 1 PM-3 PM**  
**• \$50/All Members**  
**Leader: Warren Haskell**

**West by Water:  
Richmond's James River  
and Kanawha Canal**

**FIELD TRIP, DRIVE TO EVENT** Join Valentine museum staff for a guided tour of West by Water: Richmond's James River and Kanawha Canal. Featuring photographs from Richmond photographer John Henley and descriptions from writer Harry Kollatz, Jr., the exhibit explores the city's historic canal system, which even after two centuries remains elusive and mysterious to resident and visitor alike. This tour is offered twice; please register for only one. **Note: The new refund policy applies.**

**F • Aug 7 • 10 AM-11:30 AM**  
**• \$10/All Members**  
**Leader: Sophia McCrimmon**

**West by Water:  
Richmond's James River  
and Kanawha Canal**

**FIELD TRIP, DRIVE TO EVENT** Join Valentine museum staff for a guided tour of West by Water: Richmond's James River and Kanawha Canal. Featuring photographs from Richmond photographer John Henley and descriptions from writer Harry Kollatz, Jr., the exhibit explores the city's historic canal system, which even after two centuries remains elusive and mysterious to resident and visitor alike. This tour is offered twice; please register for only one. **Note: The new refund policy applies.**

**F • Aug 7 • 1 PM-2:30 PM**  
**• \$10/All Members**  
**Leader: Sophia McCrimmon**

**The End of WWII and the  
Origins of the Cold War**

**NEW, BOOK TALK** The End of WWII and Origins of the Cold War program will provide an overview of key WWII dates and events including the Tehran Conference, Yalta Conference, Potsdam Conference, VE Day, VJ Day, and related activities followed by a general discussion of the Berlin Airlift, US propaganda cartoons, Duck and Cover drills, the Korean War, the election of president Eisenhower, and the Hungarian Revolution. A book signing will follow.

**M • Aug 10 • 1 PM-2:30 PM • \$20/Silver**  
**Leader: Francis Gary Powers Jr.**

**Around the World in  
Mysteries: New Zealand  
and Australia**

**NEW** For readers who want to expand their literary horizons, international crime fiction represents an extraordinary journey: one that provides a rich exploration of human nature, social dynamics, and how different cultures understand crime, justice, and redemption. This course will look in depth at a 'Baker's Dozen' of the best crime writers from Australia and New Zealand.

**T • Aug 11, 18 • 10 AM-11:30 AM**  
**• \$40/Silver**  
**Leader: Peter Blankman**

**Let's Write a Poem!**

**NEW** 'Twinings,' my first book of poems, was published in 2023. Now I want to challenge myself and you to create a poem. I have found that in writing poetry, one goes even deeper into answering life's questions. And isn't that what poetry is all about? The course will include techniques, styles, and examples. Using prompts, we will write poems. Everyone will leave with at least one poem they've created.

**T • Aug 11 • 12:30 PM-2:30 PM**  
**• \$20/Silver**  
**Leader: Julie Fritz**


**Hot Fun in the Summer-  
time: Party with the  
Music You Love**

Join Osher Member Chris Waagen as he spins the tunes of our generation. In addition to familiar music by a great DJ, there will be plentiful libations and delicious food! Join your fellow Osher members and dance the night away! Note: The music will be loud, but you'll love singing along! **Note: The new refund policy applies.**

**T • Aug 11 • 5:30 PM-8:00 PM**  
**• \$30/All Members**  
**Leader: Chris Waagen**

**OSHER AT DARTMOUTH 2026  
SUMMER LECTURE SERIES**

**How is Artificial Intelligence Transforming America? Lecture 6**

 The Osher Institute at Dartmouth is offering its summer lecture via livestream to Osher colleagues across the nation. Lecture 6 is 'Morality, Ethics, Equality, Justice, and the Need for Regulation.' The session begins with the lecture, is followed by a half-hour break, then resumes with Q&A.

**W • Aug 12 • 9 AM-11:30 AM**  
• \$20/Silver

**Leader: Walter Sinnott-Armstrong**

**After Death Communications (ADC): Fact or Fiction**

**NEW** Learn about the worldwide phenomenon of After Death Communications, the various types, induced vs. spontaneous ADC, when they occur, and who typically experiences them. We will offer a safe space to share personal experiences.

**W • Aug 12 • 3 PM-5 PM • \$20/Silver**

**Leader: Mary Ratto**

**The Strategic Triad: Nuclear Deterrence During the Cold War**

**NEW** This course will survey the elements of the strategic nuclear triad used by both the US and USSR during the Cold War to maintain peace through deterrence. The course will examine respective triad concepts, organization, benefits, and limitations, along with a survey of the systems (aircraft, missiles, and ballistic missile submarines) used by the US during the Cold War. The course will also survey US defenses deployed to counter elements of the Soviet nuclear triad.

**R • Aug 13 • 10 AM-12 PM • \$20/Silver**  
**Leader: Randall Lanning**

**Wines of New Zealand and Australia**

**NEW, FIELD TRIP, DRIVE TO EVENT** Explore the wines of New Zealand and Australia and learn that there is more than just Shiraz and Sauvignon Blanc to enjoy! We will sample eight wines with light fare provided to enjoy while tasting and learning. Class may run over/under the allotted time. **Note: The new refund policy applies.**

**R • Aug 13 • 1 PM-3 PM**  
• \$50/All Members

**Leader: Warren Haskell**

**Guided Tour of Northside Shalom Farms**

**BACK BY POPULAR DEMAND, 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.

**F • Aug 14 • 10 AM-11:30 AM**  
• Free to Members


**Leaders: Hannah Wittwer, Marc Charbonier**

**Slow Looking at Art at the VMFA**

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


**F • Aug 14 • 1 PM-2:30 PM • \$20/Silver**  
**Leader: Elizabeth Schlatter**

**New Thoughts on the Problem of Obesity**

 **NEW** A PEW research study showed that a large percentage of Americans believe that obesity is caused by lack of will power. According to the New England Journal of Medicine, obesity is a disease, and heredity is a contributing factor in a majority of cases. New thoughts and medications in the treatment of obesity will be discussed as well as case presentations.

**M • Aug 17 • 10 AM-12 PM • \$20/Silver**  
**Leader: Peter Goodman**


**Emergency Preparedness**

 **NEW, HANDS ON** This interactive, confidence-building class is designed specifically for Osher students who wants to feel more prepared, informed, and empowered during emergencies. Participants will learn practical steps to stay safe before, during, and after a variety of events, including severe weather, power outages, medical emergencies, and unexpected disruptions. Attendees will leave with a clear, customized preparedness plan and the knowledge needed to respond calmly and effectively. This class prioritizes accessibility, practical skills, and peace of mind.

**M • Aug 17 • 1 PM-2:30 PM**  
• Free to Members

**Leader: Maribel Street**

**Staying Safe in Your Home**

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

**T • Aug 18 • 12:30 PM-2 PM • \$20/Silver**  
**Leader: Jaime Smiley**

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



ZOOM CLASS



REGIER AGING WELL SERIES



CELEBRATING AMERICA'S 250TH BIRTHDAY

NATIONAL OSHER ONLINE



## Osher Member Art Show Opening Gala

FRIDAY, JULY 10 • 4-7 P.M.

*\$45 for all members • Registration required – register as you would for any Osher class*

Now in its second year, the Osher Institute's Member Art Show has already become an annual, much anticipated event!

The theme of the 2026 show, Friendship, was the unanimous choice of our Art Exhibition committee. Everyone felt that our Osher Institute is so much more than classes and events — we are a community. Friendships have been formed, long-term bonds have been created. We want to celebrate these wonderful and special connections!

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 11, 10 a.m.-3 p.m., and Sunday, July 12, 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!

## News from the Microbiome



### BACK BY POPULAR DEMAND

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

W,R • Aug 19, 20 • 10 AM-12 PM  
• \$40/Silver

Leader: Patricia Ryther

## Boss Rule: One City's Story

**NEW** This is the story of New Jersey Mayor Frank 'I Am the Law' Hague, one of the 20th century's most powerful politicians. Hague built his organization on kickbacks and gambling, but also on his voters' appreciation for safe streets and free healthcare. Hague gained FDR's protection through remarkable election pluralities, but his successors, though equally canny and corrupt, were unable to avoid federal prosecution.

W • Aug 19 • 1 PM-3:30 PM • \$20/Silver  
Leader: Peter Begans

## Taking Care of Your Treasures



### NEW Do you want to learn ways that you can take care of your family treasures? Join this conservator whose 29-year career has involved taking care of decorative arts, cultural heritage, and archaeological artifacts. She will use her wealth of experience to teach you some basic ways that you can care for your own treasures at home and give you advice on how to find the right archival materials and information for your family treasures.

Join this conservator whose 29-year career has involved taking care of decorative arts, cultural heritage, and archaeological artifacts. She will use her wealth of experience to teach you some basic ways that you can care for your own treasures at home and give you advice on how to find the right archival materials and information for your family treasures.

R • Aug 20 • 1 PM-2:30 PM • \$20/Silver  
Leader: Kate Ridgway

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



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

This exhibition explores the many people who, over centuries, have made Virginia the unique place it is in America and in the world, and discusses the dramatic impact of the immigrant experience throughout Virginia's history as people arrived from the four corners of the globe. **Note: The new refund policy applies.**

F • Aug 21 • 10 AM-11:30 AM  
• \$20/All Members

Leader: Grace Powers

## Agecroft Hall and Gardens Tour and Demonstration

### NEW, FIELD TRIP, DRIVE TO EVENT

Take a guided tour of the historic house museum and gardens focusing on life in a 16th century manor. Then stay for a garden distilling demonstration. This tour is offered twice; please register for only one. **Note: The new refund policy applies.**

F • Aug 21 • 12-2 PM  
• \$20/All Members

Leader: Katie Reynolds

## Osher Member Orientation

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

M • Aug 24 • 10 AM-12 PM  
• Free to Members

Leaders: Osher Leadership Council, Osher Staff

## The Art of Chocolate: Ritual, Design, and Desire

**NEW** Let's explore chocolate beyond a mere sweet treat. From sacred cacao vessels in Mesoamerica to European luxury objects and contemporary art installations, this lecture traces how chocolate has shaped (and been shaped by) ritual, empire, science, and aesthetics. Through object-based analysis and cultural history, we'll consider chocolate as a material that carries meaning, power, and desire.

M • Aug 24 • 12:30 PM-2 PM  
• \$20/Silver

Leader: Elizabeth Schlatter

## Grief's Far Reach



**NEW** Join this conversation about types of grief, ways of comforting grieving people, and community resources for griever. Topics will include impacts of loss on function and health, anticipatory grief, maladaptive grief responses, and concrete ways of supporting people experiencing loss. While this session is not a support group, resources for griever will be provided.

M,T • Aug 24, 25 • 2:30 PM-4:30 PM • \$40/Silver

Leader: Jennifer Jurlando

## 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.

T • Aug 25 • 12:30 PM-2 PM • \$20/Silver  
Leader: Jaime Smiley

## Osher Trivia Afternoon

Osher is having its own Trivia Night — but in the afternoon. Come join us for this new, fun event. We are bringing in the local expert, Ball of Fire, to run the event, and we'll have snacks and beverages to sustain you when the competition gets tough! Come join us! **Note: The new refund policy applies.**

R • Sept 3 • 4-6 PM • \$15/All Members  
Leader: Osher Member Connections Team

## IMPORTANT OSHER INSTITUTE POLICY UPDATES

### Osher Policies for Course Management

Our institute is growing with more members, more courses, and more special events. To ensure fairness for all, including Osher staff, we have revised our policies on managing our courses. Please take a minute to read these new business practices.

### Course Cancellation Policy

The Osher Institute reserves the right to cancel a course due to low enrollment, inclement weather, instructor's request, or other circumstances beyond its control.

If the Osher Institute cancels a class, registered members will be refunded the applicable course fees.

### Withdrawal and Refund Policy

The Osher Institute does not refund the fees for field trips, cooking/wine classes, museum tours, national Osher Online courses, special Osher events (receptions, concerts, mixers, athletics functions, trivia nights, etc.), and other courses that carry class fees for all students. Typically, these events involve advance contractual commitments and payments.

For other classes, the Osher Institute refunds class fees in the following circumstances:

- When a class is cancelled by the Osher Institute
- When a member withdraws at least seven (7) calendar days prior to the scheduled start date of the course

***No refunds will be provided for courses that have already begun.***

### Weather Policy

Personal safety is important for all members, instructors, and guests. In the event of weather or other emergencies, the Osher Institute follows all University of Richmond decisions, including closures, early closures, or delayed openings. You may sign up for weather and other alerts at:

***alert.richmond.edu***

We defer to each individual member's personal decision regarding travel in certain conditions. When possible, make up classes will be scheduled, and registered students will be notified by email.



### 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.

## MEMBER BENEFITS AT A GLANCE

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

Osher Lifelong Learning Institute  
Special Programs Building  
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.



## EXPLORE YOUR LOVE OF LIFELONG LEARNING

The Osher Lifelong Learning Institute combines intellectual stimulation and civic engagement with a vibrant community of like-minded students, age 50 and better. We offer an extensive array of programs in the liberal arts in the fall, spring, and summer semesters. There are no entrance requirements, no tests, and no grades.

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

Join the fun today and be a part of our lifelong learning community!