An Osher Technology Evolution is Under Way

Online Registration Begins August 15

FALL 2017
Make a Difference Today – Make a Monetary Gift to Osher!

Our Osher Institute is fortunate to have been awarded an Osher Foundation grant that supports fundraising, membership outreach, and other activities that help to strengthen and enhance their fiscal health, resiliency, and ability to respond to the increasing demand for enriching education services in their communities.

Why Donate and Make a Monetary Gift to Osher?

Your monetary gift will help:
• Keep Osher accessible to all by helping to keep membership fees and course fees low
• Meet current expenses not covered by Osher membership fees and course fees
• Offset funding in case of loss of earning in the endowment fund due to market downturns
• Ensure the quality programming and social interaction opportunities you enjoy today will be available for you and for others in the future.

Whether it’s $5 or $5,000, all gifts are important, add up, and make a difference. The percentage of Osher members participating and making gifts also matters.

If you are enjoying your experience at our Osher Life-long Learning Institute, please consider making a gift to Osher today by dropping off or mailing in a check or by visiting osher.richmond.edu/give.

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 120 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 on the beautiful University of Richmond campus. 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, mini-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.

Beyond the Classroom
The Osher Institute also offers cultural, service, and social events that help you to connect and engage with other Osher members, and with the University of Richmond community. From film screenings to walks around town, from book discussions to museum tours, the Osher Institute has a variety of events that will help you explore ideas, meet new people, and discover new interests.

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

Jeanne Clery Disclosure Statement
The University Police Department, in compliance with the Jeanne Clery Disclosure Act, publishes an annual report outlining its policies, functions, campus safety plans, prevention techniques, and tabulated statistics for the most recent three-year period. For a copy of the Department’s Annual Report, call (804) 289-8715, write the University of Richmond Police Department, att. Jeanne Clery Crime Statistician, Special Programs Building, 31 UR Drive, University of Richmond, VA 23173 or access the report online at police.richmond.edu.
Our most exciting news is that we’ve hired two new part-time staff members! This is good news indeed! You may have already met them, but please welcome Amy Edwards, our Stewardship Assistant, and Barbara Apostle, our Regirer Grant Program Assistant. Each is directly addressing the work requirements for our two recently awarded grants. Amy’s focus is on membership and fund raising, and Barbara is handling programming of courses that focus on health/wellness and financial/legal topics.

What else is new? We’re excited to kick off a new round of Osher courses and special events for fall! We hope you will like seeing your favorite instructors back and will look forward to attending courses on new topics with new leaders. We also have a day trip planned to the DC museums.

And . . . we have a brand new way of registering for fall courses. We are implementing an online registration system, beginning August 15. While you may still register using a paper form, we strongly encourage you to try the new system. We’re happy to help you become comfortable with the new system. You may contact us with your questions by email, phone, or in person.

As a Regirer Foundation grant recipient, the Osher Institute is excited to continue its new speaker series and to welcome our featured speaker, Dr. Linda Manning in October. On the faculty of the Osher Center for Integrative Health at Vanderbilt, Dr. Manning will address ‘Integrative Medicine: Treating the Whole Person.’

Come be an active part of the Osher Institute today! Become a member, sign up for classes, volunteer to serve on an Osher team, join an interest group! Get involved!
Where do I start?

1. **Sign up for an annual membership.**
   
   You can become an Osher member at any time during the year. We invite you to come and try out one of our many free Osher events before you join. Osher membership is required for all Osher programs except special events, which are free and open to the public and denoted in the schedule with a Se.

   **$75 – Silver Membership**
   
   Enjoy a wide array of member benefits & low course fees, plus the option to upgrade your membership.

   **$350 – Gold Membership**
   
   Enjoy a wide array of member benefits & unlimited free classes on campus.

   **$275 – Upgrade to Gold**
   
   Available to Silver members within first 6 months of joining.

   **$25 – UR Membership**
   
   For qualified UR faculty, staff or retirees, and spouses/partners. (Same benefits as Silver membership)

   **$325 – Upgrade to Gold**
   
   Available to UR members within first 6 months of joining.

   Member benefits are outlined on the back cover of this schedule. Complete details and membership forms are online at [osher.richmond.edu](http://osher.richmond.edu).

   A membership form is also included in the insert in this schedule. Contact the Osher Institute office with any question or to schedule a visit by calling (804) 287-6608.

2. **Register for classes.**
   
   We’ve organized this schedule of classes chronologically by start date to help members better plan their schedules. All Osher events are included in the program listing.

   Special events, talks and member bonus programs are designated with special icons. Mini-courses are not designated.

   Classes may change or be canceled after the printing version of this schedule.

   The University of Richmond designation identifies those offerings that have university-related subject matter and/or a UR faculty/staff course instructor.

   We encourage members to register online or complete the registration form in the insert in the middle of this schedule. Programs are listed in date order.

   If completing on paper, please mail, fax, or deliver your registration and any required payment. Most programs are free to Gold members. Fees for Silver/UR members are noted.

   Osher members interested in course audit opportunities should contact the Osher office. See page 9 for details.

   The UR Osher Institute offers need-based scholarships for Osher on-campus mini-courses and talks. To inquire about a scholarship, contact the Osher office.

3. **Don’t forget the extras.**
   
   Make the most of your Osher membership and your benefits and learn more about UR campus resources through a variety of bonus programs, which are all free to Osher members.

   This fall, bonus (free for members) programs, denoted with Bo, include:

   - Taking Your Passion to the Next Level: A Workshop for Developing and Leading Osher Courses
   - Bounty of Boatwright
   - Osher Member Orientation
   - UR Behind the Scenes: The Cannon Memorial Chapel

   And join us for several special events, free to Osher members and open to the public. They’re a great way to get friends and colleagues engaged with Osher. Special events, denoted with Se, include:

   - Osher Annual Fall Back-to-School Mixer

   - UR Campus Walk/Tour
   - UR Campus Museums Walk
   - Chasing Bugs Exhibition Opening
   - Integrative Medicine: Treating the Whole Person
   - Unexpected Smiles Exhibition Opening
   - What’s New in Tourism in RVA?
Launching our Osher Online Registration System

Effective with this fall schedule, we’re excited to launch our online registration system for Osher course registrations along with new and renewing membership purchases.

Access the online registration system through the Osher website at osher.richmond.edu/schedule. The online registration system will be available for use and registration starting on August 15, 2017.

Membership Accounts

Current Osher Institute members must follow these directions the first time they access the online registration system.

1. Create a new account using their 8-digit UR ID.
   a. Select the yellow Sign In/New Account button at the top of the page.
   b. Select the Create Account button on the Customer Account/Sign In page
   c. Complete the form including UR ID and Submit.

Prospective and New Osher Institute members should create their accounts first.

1. Create a new account.
   a. Select the yellow Sign In/New Account button at the top of the page.
   b. Select the Create Account button on the Customer Account/Sign In page
   c. Complete the form and Submit.

You’ll know you’ve succeeded when you see the yellow message “You Are Now Logged In, [Your Name]” at the top of the page.

2. Log out, then log back in using the yellow Sign In/ New Account button.
   a. Select My Account in the left menu.
   b. Confirm that your Membership Level and End Date are accurate.

If you see the correct membership level and end date, your account is set up and ready to go. If not, please contact the Osher office.

Registering for Classes

Once you have confirmed or purchased your membership, you may register for classes.

1. Confirm that you are logged in (“You Are Now Logged In, [Your Name]” appears at the top of the page)
2. Use the left menu to visit a category of interest.
3. Select the dates shown for a class for which you’d like to register.
4. When you see the session detail, only the price applicable for your membership level will be available.
5. Add the course to your cart, then Continue Checkout
   a. If required, provide additional information on the following screen, then Next
   b. Confirm order and continue to credit card processing if applicable (the interface will change)
6. Log out and check your email

You will receive several email messages from this transaction.

Within Minutes of Completing Your Transaction

1. A transaction confirmation listing all courses or membership purchased.
2. A receipt from Nelnet (our credit card processor), if your registration requires payment.

Day Of or Day After Registration at 4:30 p.m.

For every course or membership purchased, a registration confirmation with course or membership details.
Our Regirer Grant Courses and Special Events

Thanks to a generous grant from the Walter W. Regirer and Maria Teresa Regirer Foundation, the Osher Institute at the University of Richmond has an opportunity to focus on health and wellness, along with legal and financial topics especially for those ‘50 and better.’

While we have included courses on these and similar topics in the past, we are now intentional about highlighting them each semester. Each course or special event that addresses these areas will have the Re designation. On our web site, we have a section titled ‘Aging Well,’ which highlights the many courses and events that are offered in support of this grant. Visit http://spcs.richmond.edu/osher/schedule/aging-well.html to learn more.

We welcome our fall course leaders and special speakers who have agreed to offer classes and lectures that provide information and data we can use to make good decisions, live well, and age well.

We are particularly excited to welcome Dr. Linda Manning of Vanderbilt University on Thursday, October 12th. She is our featured national Regirer speaker this fall. An Assistant Professor of Clinical Psychiatry and Behavioral Sciences, Dr. Manning is a faculty member of the Osher Center for Integrative Health at Vanderbilt. This Center is one of five worldwide, funded by the same Bernard Osher Foundation that has endowed the 120 Osher Institutes across the U.S. Not only is Dr. Manning connected to us through the Osher Foundation, she grew up in Richmond and still has family here. We are excited to welcome her home!

AUGUST

Chasing Bugs Exhibition Opening

ART OPENING LECTURE

Ri Se The exhibition ‘Chasing Bugs: Insects as Subject and Metaphor’ opens with a lecture, followed by a reception.

W • Aug 30 • 6:00 PM–8:00 PM • Free, open to the public

SEPTEMBER

Osher Annual Fall Back-to-School Event

Se Thinking about joining the Osher Institute? Are you already an Osher member? Join us for this free meet-and-greet event with great food and spirits for members and ‘not yet’ members. Learn about our various interest groups, and hear how to get involved with our teams. We will also recognize our many wonderful Osher Institute volunteers. Dress is casual. Bring a friend. Please register by September 5th.

T • Sep 12 • 5:00 PM–6:30 PM • Free, open to the public

Osher Member Orientation

Ri Bo Learn from other Osher members how to access and fully enjoy the many benefits of being an Osher member and a member of the UR community.

W • Sep 13 • 10:00 AM–11:00 AM • Free to members

Leader: Osher Membership Team

Campus Walk/Tour

Ri Se Join us for a walking tour of the beautiful University of Richmond campus. Led by Osher members, the tour provides an orientation to important campus locations, including the Heilman Dining Center, One Card Office, Post Office, other food sites, and parking lots. Also included will be the locations of Osher member benefits, including the Modlin Center for Performing Arts and the Boatwright Library. We will begin our tour at the location of the Osher Member Orientation, as soon as it’s completed. Note: Good walking shoes are recommended.

M • Sep 18, 25, Oct 2 • 1:00 PM–3:00 PM • $60/silver

Leader: William Davis

Osher Breakfast Social and VMFA Talk

LECTURE

Bo Join us in the Heilman Dining Center’s Westhampton Room for fellowship, food, and a talk by the Virginia Museum of Fine Art’s staff and volunteers. Hear about the VMFA’s current and future exhibits, many of which are one-of-a-kind, exclusive shows. There is a meal fee for this program, which you will pay to the cashier as you enter. Go to dining.richmond.edu for menu and fees.

F • Sep 15 • 8:00 AM–10:00 AM

Free to members

Leader: Debra Stoss

Clutter or Vehicles of Meaning?

LECTURE, DISCUSSION

NEW How do we understand the role of ‘things’ in our lives? This course will compare the ideas of Marie Condo’s book, ‘The Life-Changing Magic of Tidying Up’ and Mihaly Csikszentmihalyi and Eugene Rochberg-Halton’s ‘The Meaning of Things.’

M • Sep 18 • 10:00 AM–12:00 PM • $20/silver

Leader: Judith Bailey

Beginning, Middle, and End: Moral and Legal Perspectives on War

LECTURE

NEW This course will investigate moral causes for going to war (‘jus ad bellum’), moral obligations during war (‘jus in bello’) and responsibilities after war (‘jus post bellum’).

M • Sep 18, 25, Oct 2 • 1:00 PM–3:00 PM • $60/silver

Leader: William Davis
Shocked Hill Cemetery: A Richmond Landmark History

Lecture, Book Sale/Signing

NEW The long-awaited book on Richmond's first public cemetery that was founded in 1822 has been written by University of Richmond instructor Alyson Lindsey Taylor-White. This book introduces those who are familiar or new to Richmond's diverse and fascinating history to a different perspective. Filled with images, most published for the first time, this informative book tells the story of the founding of this historic cemetery in 1822, and details some of its most famous, and some infamous, occupants. Stories about Chief Justice John Marshall, Federal Spy Elizabeth Van Lew, and most everyone Edgar Allan Poe ever loved (and some he did not love) are told, as well as how the city laid out and planned this first necropolis. Hear the author speak about the exciting adventure of researching and writing this book, and learn more about the local landmark that will soon celebrate its bicentennial.

T • Sep 19 • 10:00 AM–12:00 PM • $20/silver
Leader: Alyson Taylor-White

Understanding Opera, Part 1

Lecture

UPDATED This class introduces the first two productions of Virginia Opera's 2017-2018 season: Saint-Saëns' 'Six Thoroughbreds' and Puccini's 'The Girl of the Golden West.' Detailed discussions include video and audio excerpts. Suitable for opera lovers and beginners alike.

T • Sep 19, 26, Oct 3 • 1:00 PM–3:00 PM • $60/silver
Leader: Glenn Winters

Aging: Transitions, Stable Periods, Spiritual Tasks

Lecture, Q&A

NEW Join this class to discuss predictable stable periods and transitions beyond midlife, their spiritual tasks, and public ways (small group to congregational) to celebrate lives and name, grieve, and ritualize transitions.

T • Sep 19, 26 • 3:30 PM–6:30 PM • $40/silver
Leader: Henry Carl Simmons

The Monmouth Campaign: The Revolution in Microcosm

Lecture, Book Sale/Signing

NEW Building on the summer Osher course on the War for Independence, we will focus on the 1778 Monmouth campaign, examining the interplay of military, political, social, and personal (notably George Washington) factors in the outcome of the conflict. Prior to attending this course, students are encouraged to read 'Fatal Sunday: George Washington, the Monmouth Campaign and the Politics of Battle.' Copies will also be available for purchase and signing at the end of class.

W • Sep 20 • 10:00 AM–12:00 PM • $20/silver
Leader: Mark Lender

The Most Interesting People in the World: The Richmond Forum

Lecture, Book Sale/Signing

Bo NEW Sign up to hear about the public speaker forums in Richmond, beginning with the 19th Century Lyceum Movement and including three 20th Century forums, focusing on the current, 30-year Richmond Forum. This session will include photographs and information from the book, 'The Forum Files: The Stories Behind the Richmond Forum.'

W • Sep 20 • 1:30 PM–2:30 PM • Free to members
Leader: Ray McAllister

Edgar Allan Poe's Mysteries

Lecture, Discussion

NEW With the invention of detective fiction, Poe became the first American to create a new literary genre. The class examines Poe's mysteries, how he tried to solve a real murder, and the role Richmond played in the genre's origin.

W • Sep 20 • 3:30 PM–5:00 PM • $20/silver
Leader: Christopher Semtner

Reading the Ancient Past: Decipherment of Ancient Languages

Lecture

REPRISED There is a touch of mystery about unknown writing, especially when it comes from the remote past. Yet, it is the fate of writing systems (once they are no longer actively used) to be forgotten. This program explores the efforts of archaeologists and paleographers to decipher now-extinct scripts and examine the transmission of the alphabetic script into modern times.

R • Sep 21, 28, Oct 5, 12, 19, 26 • 9:30 AM–11:30 AM • $60/silver
Leader: Glenn Markus

The Medici: Lives, Times, Cultural and Scientific Legacies (1600-1743)

Lecture, Q&A

NEW This course offers an illustrated story of Florence and the Grand Dukes of Tuscany from 1600-1743, as well as cameos by Galileo, Torricelli, Cristoforo Cristofori, and Handel. We will discuss the artists Artemisia Gentileschi and Pietro da Cortona and take a look at Baroque ceiling frescoes in the Pitti Palace. We will review scientific innovations including the telescope, barometer, and thermometer, the discovery of Jupiter's largest moons, along with the invention of the piano. We will hear some of the earliest music written expressly for the piano and listen to music composed by Handel.

R • Sep 21, 28 • 1:00 PM–3:00 PM • $40/silver
Leader: Elizabeth Cuthbert

Earthquake in Peru

Lecture

REPRISED The 8.0 magnitude earthquake that struck the coastal region of Peru in 2007 killed more than a thousand people, and it left tens of thousands homeless. Come hear the story from Hans Oppe, who went with the Salvation Army into the region to assist those in need.

R • Sep 21 • 3:30 PM–4:30 PM • $20/silver
Leader: Hans Oppe

osherrichmond.edu • (804) 287-6608 | 7
The University of Richmond’s Weinstein Center for Recreation and Wellness offers selected classes to Osher members. Assistant Director of Wellness Heather Sadowski suggests these classes for Osher members:

- **Yoga Fundamentals**, offered Tuesdays and Thursdays, 10-11 am; no charge for Weinstein Center members, $10 per class for all others
- **Water Works** (water aerobics), offered Tuesdays, 5:30-6:15 pm; no charge for Weinstein Center members, $10 per class for all others
- **Tai Chi**, offered Fridays, 12:30-1:30 pm; no charge for Weinstein Center members, $10 per class for all others

For any of these classes, just come a bit early, and check in and/or pay at the front desk. The customer service representatives can direct you to locker rooms, if you need them and also to the class location.

Also, please remember that one-day use of the Weinstein Center for Recreation and Wellness is available to all Osher members for $10 per day. Within the center, you may use any of the equipment and take any class offered that day (there are no sign-ups, so it is first come, first served).

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**Preventing the Future From a Legal Perspective**

**Lecture, Q&A**

**NEW** Focused on daily concerns, most of us give little thought to the legacies we wish to leave when we are no longer here. Or, we may not plan adequately to care for aging loved ones or even for ourselves during our golden years: perhaps we don’t anticipate unforeseen circumstances such as becoming incapacitated. Learn the need-to-know basics of estate planning from a local trust/estate/elder law attorney who will discuss issues related to health care, long term care planning, guardianships, wills/trusts, housing, Social Security, Medicare/Medicaid, and special needs planning.

**F • Sep 22 • 10:00 AM–12:00 PM • $20/silver**
**Leader: Paula Peaden**

**Jimmy of the West**

**Movies, Discussion**


**F • Sep 22, 29, Oct 6, 13, 20, 27 • 1:00 PM–4:00 PM • $60/silver**
**Leader: Greg Hall**

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**The Effects of Eye Issues on Famous Artists and Their Works**

**Lecture**

**NEW** We’ll discuss how eye issues, such as cataracts, macular degeneration, bleeding inside the eye, and epiphora significantly changed the ability of famous artists (Munch, Monet, O’Keeffe) to function well in their profession.

**M • Sep 25 • 10:00 AM–12:00 PM • $60/silver**
**Leader: Shantaram Talegaonkar**

**Come and BeMoved!®**

**Activity**

**NEW** 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 can enrich 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 integrate the upper and lower body. The warm-up flows into dance styles inspired by a wide variety of musical genres. Different musical and dance style such as Bollywood, jazz, Latin and disco are used to inspire participants to embrace dance as a lifelong means to health, joy and fulfillment. Come each week and ‘get moving!’

**M • Sep 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 27 • 5:30 PM–6:30 PM • $100/silver and gold**
**Leader: Myra Daleng**

**Yin Yoga and Sound Meditation**

**Lecture, Activities**

**NEW** Learn techniques to slow down and calm your mind. This class is a fun way for beginners and seasoned yoga students to increase their health and well-being with tried-and-true yoga techniques. Students will need to dress comfortably and bring a blanket.

**T • Sep 26 • 10:00 AM–12:00 PM • $20/silver**
**Leader: Mary Elfner**

**Music and Culture in the Roaring 20’s**

**Lecture, Discussion**

**NEW** F. Scott Fitzgerald noted that ‘America was going on the greatest, gaudiest spree in history and there was going to be plenty to tell about it.’ In our first course of this series, we will view and ‘tell about’ the significance of the music, literature, and culture in the American ‘Jazz Age.’

**W • Sep 27 • 10:00 AM–12:00 PM • $20/silver**
**Leader: Murray Ellison**

**PBS and NPR Tour: Inside Your Community Idea Stations (WCVE)**

**Local Field Trip**

**REPRISED** Did you know that Sesame Street is right here in Chesterfield County? Learn all about what happens ‘behind the scenes’ at your local NPR/PBS affiliate, the Community Idea Stations. Presentations by the station managers of television and radio programming, representatives from the development and community engagement offices, and CEO Curtis Monk will be followed by a tour of the facilities. Learn about the history, the technology, and the challenges of your local public media company, whose goal is ‘to educate, entertain, and inspire.’ This class will be held at the station, located at 23 Sesame Street, Richmond, VA 23235, which is off Robious Road. Join your Osher friends to ‘chase the clouds away’!

**W • Sep 27 • 1:00 PM–3:00 PM • $20/silver**
**Leaders: Curtis Monk, Neziah Goodman**

**Chronic Disease Self-Management Program**

**Hands-on Workshop**

**NEW** This workshop is for those experiencing chronic conditions as well as their caregivers and family members. Participants will learn a variety of daily management skills to maintain and/or increase life’s activities to lead healthier, happier lives while dealing with chronic conditions. Developed by Stanford University, Chronic Disease Self-Management Program (CDSMP) offers tools and information to help...
people manage their chronic illnesses and participate more fully in life. Participants will receive a free book for attending four of the six sessions.

**FALL 2017 OSHER SCHEDULE OF CLASSES**

**Course Audit Opportunities**

Osher Institute members may request to audit University of Richmond credit classes, which meet for 15 weeks beginning at the start of each semester in fall and spring. Summer classes have shorter and more intense schedules and are not recommended for a first-time Osher audit student.

Osher members who are accepted or approved to audit credit classes do not participate in graded assignments or tests and are asked to be sensitive to the needs of the degree-seeking students.

Gold members pay no additional fees to audit credit classes. Silver members pay $100 for each audit class.

Contact Debra Guild at dguild@richmond.edu for registration procedures.

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**F • Sep 29, Oct 6, 13, 20, 27, Nov 3 • 10:00 AM–12:00 PM • $60/silver**

**Leaders: Kathy Brown, Joan Welch**

**The Consequences of War Reading, Discussion**

NEW Explore the consequences of war on human relationships and societies through the lens of two Vietnam War novels: ‘The Things They Carried’ by the American novelist Tim O’Brien, and ‘The Sorrow of War’ by the Vietnamese novelist Bao Ninh.

**F • Sep 29, Oct 6, 13, 27, Nov 3 • 10:00 AM–12:00 PM • $60/silver**

**Leader: Larry Braja**

**Taking Your Passion to the Next Level: A Workshop for Developing and Leading Osher Courses**

Are you contemplating teaching an Osher course? Facilitated by Osher members who lead courses, this session covers the ingredients of peer-led Osher Institute courses.

**F • Sep 29 • 1:00 PM–4:00 PM • Free to members**

**Leader: Bill Bailey**

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**OCTOBER**

**Tibet: Its Past and Present Lecture**

NEW Explore the history of this small, interesting region of China that sits on the lofty Tibetan Plateau on the northern side of the Himalayas.

**M • Oct 2 • 10:00 AM–12:00 PM • $20/silver**

**Leader: Shantaram Talegaonkar**

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**Life Before and After Communism Lecture, Q&A**

NEW Life behind the Iron Curtain changed dramatically ever since the regime change in Bulgaria on November 11, 1989. We will talk especially about how the lives and perspectives of ordinary people were affected.

**M • Oct 2, 9 • 5:00 PM–6:00 PM • $40/silver**

**Leader: Venilina Davidkova**

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**History of Music Part I: Medieval and Renaissance Lecture, Discussion**

REPRISED Why does Gregorian chant have that ethereal yet empty sound? What was the musical world like when there was no orchestra, no opera, no clarinets, and no violins? This class will be a multi-media exploration of early Western European music, and is part one of a three-part series. No musical background or experience is required.

**T • Oct 3, 10 • 9:30 AM–11:30 AM • $40/silver**

**Leader: Sheryl Smith**

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**History of Richmond Craft Beer Part 1: Strangeways Brewing Local Field Trip**

NEW This class begins with a brief review of craft beer in America, then focuses on the history of Strangeways. A tour of the brewery will follow, ending with an optional tasting at extra cost.

**T • Oct 3 • 4:00 PM–6:00 PM • $20/silver**

**Leader: Wade Reynolds**

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**Can Alzheimer’s Be Stopped? Lecture**

NEW This lecture will explore Alzheimer’s Disease from Dr. Alzheimer’s first patient 116 years ago to the important search for effective treatments taking place around the world as well as right here in Richmond to answer the all-important question: Can Alzheimer’s be stopped?

**W • Oct 4 • 8:30 AM–10:30 AM • $20/silver**

**Leader: Jim McKenney**
Common Ground
DISCUSSION
UPDATED Are you tired of the polar-  
ization on the major issues facing our  
country? Are there solutions that will  
meet the needs of the majority of us  
rather than one extreme or another?  
We’ll examine key issues of interest  
to participants, bring in data on the  
subject, and work to find practical so-

tions. Topics will be determined by  
participants. This is not a class to push 

your personal opinion, but one to find  
‘common ground.’
W • Oct 4, 18, Nov 1, 15, 29, Dec 13 •  
1:00 PM–3:00 PM • $60/silver
Leader: Don Miller

Born To Be Wild: Redis-
cover the Freedom of Fun
LECTURE, HANDS-ON
REPRISED For many of us, 

somewhere along the journey to becoming re-

ponsible adults, we have forgotten how 
to have fun. You may be someone who 
has let life’s responsibilities, hurts, and losses 
send your sense of joy underground. If so, 
you might be long overdue for this interactive 
course that invites you to take a 

journey through your own life. Here you’ll learn how to rediscover the 

freedom of fun and what’s inside you, 

just waiting to be resurrected, and by 

the end of our time together, you will 

have completed a custom-designed 

plan for bringing more celebration 

and adventure into your days. There 

is homework but, of course, it is fun!
W • Oct 4, 11, 18 • 3:30 PM–5:00 PM 
• $60/silver
Leader: Jill Baughan

Richmond Solar: A One 
Year Retrospective on An 
Innovative Solar Solution
LECTURE, Q&A, TOUR
NEW The Richmond Solar project, 
installed in May 2015 at 205 kilo-
watts, represents the first solar pow-
er purchase agreement since legisla-
tion was passed in 2013. Participants 
will visit the rooftop solar project on 
the University’s LEED-Gold certified 
Weinstein Center for Recreation and 
Wellness. Led by the CEO of Secure 
Futures, the project developer, par-
ticipants will learn how the project 
has performed during the first year 
of operation. The course will offer a 

live case study on the economic and 
political challenges, and innovative 
technical, financial, and partnership 
solutions, for making solar happen 
in Virginia.
R • Oct 5 • 1:00 PM–3:00 PM • 

$20/silver
Leader: Anthony Smith

Pollinators and Your 
Landscape: Caterpillars, 
Adults, Nectar and Host 
Plants
LECTURE, Q&A
NEW This class will focus on com-
mon Virginia butterflies, their life 
cycle (including migration for some), 
nectar and host plants that you 
should consider incorporating in your 
landscape. We will also view photos 
of the caterpillar and adult phases. 
Most of us see these insects every 
day—they are beautiful insects—but 
few realize they are threatened. We 
can create ‘corridors’ that may con-
tribute to their survival.
R • Oct 5, 12 • 3:30 PM–5:30 PM • 

$40/silver
Leader: Ted Hoagland

Religious Art of the Early 
Christian Period
LECTURE, DISCUSSION
NEW Join this class to peruse reli-
gious art of the early Christian period, 
through the eighth century. We will 
view Christian, Jewish, Islamic, and 
Buddhist art, and we’ll take a look at 
connections between art and culture.
R • Oct 5 • 6:00 PM–8:00 PM • 

$20/silver
Leader: Sandy Benoit

Kubla Khan in History and 
Poetry
LECTURE
NEW The Mongolian ruler and 
Emperor of China, Kubla Khan, be-
came the subject of one of Samuel 
Taylor Coleridge’s most famous 
poems. Who was this ruler? How did 
Coleridge create this poem?
M • Oct 9 • 10:00 AM–12:00 PM • 

$20/silver
Leader: Shantaram Talegaonkar

Chekhov Short Stories and 
a Play
LECTURE, DISCUSSION
NEW Anton Chekhov (1860-1904) has 
been called the father of the modern 
short story, master of the Russian short 
story, and among the greatest writers 
of short fiction. It was said that short 
stories ‘reached their apotheosis in 
Chekhov.’ His stories are said to be 
direct, ‘haunting,’ and ‘lyrical,’ and 
‘reaching the characters’ secret mo-
tives.’ Some of his most memorable 
stories are only three or four pages 
long. Virtually all of Chekhov’s stories

The Supreme Court’s Me-
andering Interpretation of 
the Establishment Clause
LECTURE, Q&A
NEW The First Amendment begins, 
‘Congress shall make no law respect-
ing an establishment of religion . . . .’ 
Since 1947 the Supreme Court has 
inconsistently interpreted this clause, 
sometimes saying it requires ‘separa-
tion of church and state,’ and some-
times government ‘neutrality’ toward 
religion. This course will critically ana-
lyze the Court’s decisions, primarily 
using the basis of the clause’s original 
meaning.
M • Oct 9, 16, 23, 30 • 1:30 PM–3:30 
PM • $60/silver
Leader: Ellis West

IPad Basics
LECTURE, HANDS ON, Q&A
REPRISED Are you getting the most 
out of your iPad? Learn shortcuts and 
tricks to make your iPad your own. We 
will provide an overview of basics, in-
cluding set up, apps, and more. There 
will be generous Q & A time, and 

email communication with instructor. 
This course is designed for students 
who own iPad 2nd generation and 

newer with OS 7.0+ software and are 

registered on UR network (instruc-
tions online at http://is.richmond.edu/
get-connected/mobile-devices/iOS-
wireless.html). You may also contact 
the course leader at ipadbasics@aol.
com for help related to the software 
update.
T • Oct 10, 17 • 1:00 PM–3:00 PM 

$40/silver
Leader: Betsy Y. Spath
can be found by searching for ‘201 Short Stories by Anton Chekhov.’ (Eldritch Press) We’ll read and discuss 10 or 15 stories, and perhaps ‘Uncle Vanya,’ one of his plays.

T • Oct 10, 24, 31, Nov 7 • 3:30 PM–5:30 PM • $60/silver
Leader: Riker Purcell

What Happened Next?

LECTURE

NEW Richmond has seen its fair share of catastrophes and tragedies. What happened to its citizens and the city in general after these pivotal events? Come hear the stories: the 1811 Theater Fire, the Capital Moves to Richmond during the War, the 1925 Train Tunnel Tragedy, Dueling Journalists, the 1925 Evacuation Fire, and Rebuilding the Postbellum City.

W • Oct 11 • 10:00 AM–12:00 PM • $20/silver
Leader: Alyson Taylor-White

Understanding The Different Housing And Care Options For Seniors

LECTURE, DISCUSSION

NEW Learn about the various types of care available to seniors, including assisted living and other types of residential communities, in-home care, adult day centers, and end of life/hospice care.

W • Oct 11 • 1:00 PM–3:00 PM • $20/silver
Leader: Lisa Hollier

Integrative Medicine: Treating the Whole Person

LECTURE, Q&A

NEW This lecture will explore the burgeoning world of Integrative Medicine. Mounting scientific evidence confirms that effective medical treatment is not limited to ‘pills and procedures.’ By using evidence-based approaches from both Western and Eastern traditions, Integrative Medicine supports healing for body, mind, and spirit.

R • Oct 12 • 1:00 PM–3:00 PM • Free, open to the public
Leader: Linda Manning

Understanding Long Term Care Planning and Insurance Options

LECTURE, Q&A

REPRISED After 17 years of specializing in long term care planning to include long term care insurance design and claim filing, the instructor will help you understand the core features and benefits of a policy as well as various funding options available. Long term care planning to include a long term care policy should be an informed and educated decision.

R • Oct 12 • 5:00 PM–7:00 PM • $20/silver
Leader: Linda Tsironis Caruthers

UR Campus Museums Walk

The campus walk will be combined with viewing of the current exhibits at the Harnett Museum of Art, the Lora Robins Gallery of Design from Nature, and an additional gallery to be determined.

M • Oct 16 • 10:00 AM–12:00 PM • Free, open to the public
Leaders: Marshall Ervine, Floyd Myers

Basic Conversation in Bulgarian

LECTURE ACTIVITIES

NEW Come and enjoy this introduction to the Bulgarian language that will enable you to conduct basic conversations and even make your way around Bulgaria.

M, R • Oct 16, 19, 23, 26, 30, Nov 2, 6, 9, 13, 16 • 5:00 PM–6:00 PM • $60/silver
Leader: Venilina Davidkova

Enjoy Live Classical Piano Music

LECTURE, RECITAL

NEW Based around live performance of piano compositions spanning two centuries you will learn how to listen more attentively to music and develop an awareness of the various ways in which it sets a mood, builds tension towards climax, and plays on our expectations. Over the course of three sessions, we will chronologically work our way from the Baroque period of Couperin, Bach, and Scarlatti, to the Classical Period of Haydn, Mozart, and Beethoven, through the Romantic period of Chopin, and finish up with the American Ragtime/Roaring Twenties sound of Joplin, Gershwin, and Confrey. Comments about each piece will include biographical tidbits and hints about what to listen for in particular. No musical background or experienced required.

T • Oct 17, 24, 31 • 10:00 AM–12:00 PM • $60/silver
Leader: Alan Pollack

Give a Gift of Membership

Anniversaries, birthdays, Valentine’s, Mother’s Day, Father’s Day, Christmas, and other celebrations are a great time to give the gift of Osher membership. This is SO much better than another sweater, candy, or a pair of socks! This is perfect for a spouse, partner, friend, parent, grandparent, or neighbor.

Osher membership offers great classes, wonderful benefits, and often leads to longtime friendships. Members may engage in interest groups, book clubs, courses, special events, and travel opportunities, as well as attend special lectures, musical performances, and art exhibit openings. Rather than giving something that is consumed or shoved in a closet, give this great gift of intellectual activities, social engagement, and fun!

For more information, contact Peggy Watson at margaret.watson@richmond.edu.
Osher Volunteer Leadership Opportunities

The Osher Lifelong Learning Institute depends on its members to volunteer to help with many aspects of the institute: serving as class assistant, leading an Osher class, and serving on Osher project teams and on the Osher leadership Council.

Leadership Council members for 2017 include:

Charlie Huffstetler, Chair
chas.huffstetler@gmail.com

Lee Ann Pickering, Vice-Chair
lapicker11@gmail.com

Landon Woody, Past Chair
landonhw@gmail.com

Ruth Blevins
Marlene Ebert
Peter Goodman
Jeff Keil

Don Miller
Bill Pawelski
Linda Ventura

Project teams include:

Development
Leadership Support
Marketing

Details of leadership opportunities are online at osher.richmond.edu.

Interested in serving?
Contact Peggy Watson at margaret.watson@richmond.edu.

Couples/Marriage/Relationships: What They Are All About, How Do They Work, and How to Prevent Problems

LECTURE, Q&A

NEW Most of us have had experience in a relationship or been committed to a marriage. This presentation will examine how relationships work, what the danger signs are for breakup, and how to assess for problems. Examples will be offered to illustrate the dynamics and the issues involved. Strategies to sustain and enhance a couple relationship will be offered.

T • Oct 17 • 3:30 PM–5:30 PM • $20/silver
Leader: Henry Morris

Medicare 101

LECTURE, Q&A

NEW Attend this class for a complete overview of Medicare including Original Medicare A & B, supplements, drug cards, and Medicare Advantage plans. We will also cover enrollment eligibility, timing, and processes.

W • Oct 18 • 9:30 AM–10:30 AM • $20/silver
Leader: Chris Lynch

Unexpected Smiles Exhibition Opening

ART OPENING LECTURE

The exhibition ‘Unexpected Smiles: Seven Types of Humor in Japanese Paintings’ opening will begin with a lecture, followed by a reception and preview of the exhibit.

W • Oct 18 • 6:00 PM–8:00 PM • Free, open to the public

Richmond Ballet Rehearsal Viewing of Gloria

FIELD TRIP

Visit Richmond Ballet to see what goes into its commitment to keep meaningful works of dance alive! Come enjoy this opportunity to observe Malcolm Burn, Ballet Master, and the professional dancers as they rehearse Vivaldi’s Gloria, last seen in Richmond in 1992. This local trip meets at Richmond Ballet in downtown Richmond, 407 East Canal Street. A tour of the facilities, including the costume shop, and Q & A with the Costume Director will follow the rehearsal.

R • Oct 19 • 11:45 AM–1:30 PM • $20/silver
Leader: Malcolm Burn

In Search of the Historical Jesus

LECTURE

NEW What can historians uncover about what Jesus likely said and did? How does the historical Jesus differ from the Jesus presented in the New Testament and in popular culture? Explore the continuing relevance of the historical Jesus.

R • Oct 19, 26, Nov 2, 9, 16 • 12:30 PM–1:45 PM • $60/silver
Leader: Ryan Ahlgrim

Drones, Practical Applications, and Laws That Affect Use

LECTURE, Q&A

REPRISED This course offers insights into the legal issues that confront the use of Drones/UAVs (Unmanned Aerial Vehicles) for real estate-related purposes and the various benefits of utilizing this technology.

R • Oct 19, 26, Nov 2 • 3:30 PM–4:30 PM • $40/silver
Leader: Gregory Mays

Getting to Know Poe

LECTURE

NEW Richmond hometown literary legend Edgar Allan Poe has been described as the American Shakespeare, and the Master of the Macabre. Get to know Poe and his many Richmond haunts in this creative look at one of our finest writers.

F • Oct 20 • 10:00 AM–12:00 PM • $20/silver
Leader: Alyson Taylor-White
FALL 2017 OSHER SCHEDULE OF CLASSES

The Reformation Crisis, 1517-1648
Lecture, Q&A
NEW 2017 marks the 500th Anniversary of the Reformation, an event that divided Christendom with a crash. This class will examine scholarly debates such as the causes of the crisis, its influence on the modern era, and recent ecumenical overtures.
M • Oct 23, 30 • 10:00 AM–12:00 PM
$20/silver
Leader: Louis Cei

From the Nest Egg to the Frying Pan: Beethoven and the Schuppanzigh Quartet
Lecture
NEW This lecture will focus on the leader of the most prominent string quartet in Europe in the early 19th Century, Ignaz Schuppanzigh and his Schuppanzigh Quartet, and their role in cultivating the string quartet (particularly the string quartets of Beethoven) as a viable medium of performance. Count Razamovsky engaged Schuppanzigh and his colleagues as the first professional string quartet in music history to play string quartets with him at his palace in 1808. Razamovsky, a patron of whom Beethoven was most fond, eventually relinquished his position as second violin in the quartet and engaged the quartet as a permanent ensemble with a lifetime contract. Often referred to as Beethoven's 'private quartet,' the musicians were put entirely at the composer's disposal. Almost all of Beethoven's 16 string quartets were first performed by Schuppanzigh and his colleagues. Through their association with Beethoven and Razamovsky, the Schuppanzigh Quartet became a well-known chamber ensemble in Vienna and gained distinction and acclaim throughout Europe. The lecture will include recorded examples.
T • Oct 24 • 1:00 PM–3:00 PM
$20/silver
Leader: Ronald Crutcher

Tales of F. Scott Fitzgerald's Jazz Age
Lecture Discussion
NEW F. Scott Fitzgerald captured the spirit of the 'Roaring 20s,' and popularized the term, 'The Jazz Age' in his short stories. We will discuss the tales which best depicted this period, like 'The Jelly Bean,' and 'Bernice Bobs Her Hair.' Prior reading of the stories will enhance the classroom experience.
W • Oct 25 • 10:00 AM–12:00 PM
$20/silver
Leader: Murray Ellison

Presidential Rhetoric
Lecture, Discussion
NEW Join us for this guided discussion of presidential discourse in the 21st Century and the symbolic nature of the American presidency.
W • Oct 25 • 1:00 PM–3:00 PM
$20/silver
Leader: Linda Hobgood

Your Complete Financial Journey—Understanding and Maximizing your Opportunities in the Global Investment Markets
Lecture, Q&A
NEW This course offers a comprehensive and in-depth examination of the global financial markets and how best to understand the opportunities and risks associated with today's worldly economic conditions.
W • Oct 25, Nov 1 • 3:30 PM–5:30 PM
$40/silver
Leaders: Clayton W. James, Ginger James

Saffron Installation Exhibition Opening
Art Opening Lecture
Artist Teresa Cole presents a lecture discussing her exhibition 'Teresa Cole: Saffron Installation.' The lecture will be followed by a reception in the Lora Robins Gallery.
R • Oct 26 • 6:00 PM–8:00 PM
Free, open to the public
Leader: Teresa Cole

Explore China: Terracotta Warriors
Lecture, Q&A
NEW In the first class, we will learn about Emperor Qin Shi Huangdi who is most famous for his tomb. Who was this man, what were his accomplishments and fetishes, and why did the scholars hate him? Royal tombs, their placement, and what was inside may surprise you. The second class session will focus on the pits and what they were hiding: chariots, weapons, and the infamous warriors. Learn about the construction, dress, and characteristics of the warriors. What will they tell us?
T • Oct 31, Nov 7 • 1:00 PM–3:00 PM
$40/silver
Leader: Donna Callery

NOVEMBER

Science of Cooking Series
Lecture, Discussion
NEW This course will allow students to improve their understanding of the scientific principles of food and cooking. We’ll talk about the components of food, taste and smell, elasticity, viscosity, and fermentation, to name just a few.
W • Nov 1, 15 • 11:00 AM–12:30 PM
$40/silver
Leader: Kristine Nolin

Remedial Singing 101
NEW Did your 4th-grade glee-club director quietly pull you aside and ask you just to mouth the words during the big school concert? Do even your closest friends wince when you serenade them with ‘Happy Birthday’? Well, don’t despair! Dr. Charles Staples can help channel your inner Pavarotti/Sills. As choir director, concert pianist, adjunct professor, and more, Charles has helped many a performer fine-tune his or her musical skills. In this class, Charles will describe what every singer needs to know. At the end of the class, attendees will be invited to join in a ‘group sing’ of a favorite 60’s song where everyone can apply their new-found skills. Good singers are also welcome to attend but are prohibited from smirking. Fun will be had by all!
R • Nov 2 • 10:00 AM–12:00 PM
$20/silver
Leader: Charles Staples

osher.richmond.edu • (804) 287-6608  |  13
Cool Flicks: More of the Greatest Comedies

MOVIES, DISCUSSION

UPDATED Join Dan Begley in the ongoing quest for the funniest movies of all time. This fall we will watch and discuss these classics: ‘Easy Living’ (1937), ‘20th Century’ (1934), and ‘Hail the Conquering Hero’ (1944).

F • Nov 3, 10, 17 • 1:00 PM–3:00 PM • $60/silver
Leader: Dan Begley

The American Education System: Success Story or Failed Institution?

Lecture, Q&A

NEW The course will address the history and current state of public education in America, the role of public schools in the struggle for social and racial justice, and past and present efforts at reforming the educational system.

M • Nov 6, 13, 20 • 9:30 AM–11:00 AM • $60/silver
Leader: Thomas Cox

Bounty of Boatwright

Leader: Carrie Ludovico
Members Free
M • Nov 6 • 3:00 PM–4:30 PM • $60/silver

Apple iPhone Essentials

Lecture, Hands on, Q&A

REPRISED Are you using an iPhone or thinking about buying one? This class will review the following: (1) physical features; (2) security, backup, and other key settings; (3) how to install, organize, and delete apps; (4) camera and photos apps; (5) using email and sharing photos; (6) messaging/texting; (7) playing and storing music; (8) how iCloud works; and (9) maps and navigation. If you plan on using your iPhone to follow along during class, your phone should be a model 5s or newer, updated to the latest iOS version, and you should know your Apple ID and password. You can email the course leader at westcobb@gmail.com with any questions regarding the course.

Leader: West Cobb

RMD / IRA Optimization Workshop

Lecture, Q&A

NEW Can you afford a 50% tax penalty on your IRA after age 70-1/2? Are you worried about rising future tax rates eating into your retirement funds? If you have questions about RMDs, 401ks, or IRAs, then this class will teach you everything you need to know.

T • Nov 7, 14 • 3:30 PM–5:00 PM • $40/silver
Leader: Jeremy Shipp, CLU, RICP, CFP

Smithsonian Museums Tour

Field Trip

NEW Do you enjoy the Smithsonian Museums but hate to drive on Interstate 95 and park near the Washington Mall? If so, please join your Osher colleagues for an all-day bus trip to the Smithsonian Museums. Upon arrival each Osher member will be free to browse the museums with friends or on your own. Prior to the trip, tour participants should go online and familiarize themselves with the names and locations of their favorite museums. Tour participants should also bring cash for lunch, onsite snacks/drinks, and any other museum expenses. Water and light snacks will be provided on the bus.

W • Nov 8 • 8:00 AM–6:30 PM • $85/silver and gold
Leader: Bill Seward

Mindfulness Meditation, Journey to a Happier Healthier Life

Lecture, Activity

NEW If you have never meditated and are curious, or you have meditated and want a refresher course, this one-hour talk will give you all that you...
need to understand Mindfulness and begin meditating. You will learn the science behind why it makes you healthier, how it improves your relationships and your focus, and gives you a happier brain.

R • Nov 9 • 2:15 PM–3:15 PM • $20/silver
Leader: Helen Landry, LCSW

**Your Personality: Fixed or Flexible?**

**Lecture, Activities**

NEW Our personality style forms from a biological underpinning and from patterned ways of thinking, feeling, and behaving. In this class you will learn nine distinct personality styles defined by the Enneagram system. In reality, we possess the characteristics of all nine styles, but overuse our preferred style. Join this class to learn the strengths and weaknesses of your personality style and how by flexibly incorporating the strengths of other styles, you can meet life’s challenges more effectively. No book is required for the class.

F • Nov 10, 17, Dec 1, 8, 15 • 10:00 AM–12:00 PM • $60/silver
Leader: Larry Braja

**The Extremes of Virginia - Continued**

**Lecture, Book Signing**

NEW This recap of my recent book 'The Extremes of Virginia' is updated with subsequent efforts to improve conditions in Southwest, Southside and the Eastern Shore of Virginia.

M • Nov 13, 20 • 11:45 AM–1:00 PM • $40/silver
Leader: August Wallmeyer

**Dissolute London: Prints by William Hogarth**

**Lecture**

NEW Explore the lascivious, greedy, and immoral world of 18th Century London through the eyes of master printmaker William Hogarth.

M • Nov 13 • 2:00 PM–4:00 PM • $20/silver
Leader: Martha Wright

**Poetry from the New Yorker**

**Discussion**

NEW Close, careful reading of poetry allows us to understand ourselves better by forcing us to participate in someone else’s thinking. Also, it’s a powerful logical, mental, and verbal exercise. Of the popular magazines that publish poetry in each edition, The New Yorker still selects the best challenging, contemporary poems. We’ll read and analyze each week’s new poems. Heavy class participation is expected.

T • Nov 14, 21, 28, Dec 12 • 3:30 PM–5:30 PM • $60/silver
Leader: Riker Purcell

**The Great Gatsby: F. Scott Fitzgerald’s American Classic**

**Lecture, Discussion**

NEW We will discuss Maureen Corrigan’s book, ‘So We Read On: How the Great Gatsby Came to Be and Why It Endures.’ We will also highlight the important themes of Gatsby and offer helpful close readings. Reading ‘The Great Gatsby’ before the class is highly recommended.

W • Nov 15, 29 • 10:00 AM–12:00 PM • $40/silver
Leader: Murray Ellison

**Fall Into Wellness: Healthy Body and Mind**

**Lecture, Activity**

NEW Join us for an interactive session to learn valuable information for your health and well-being! We may have a common goal to enjoy life experiences and be an active participant in our communities, but sometimes we feel as though we are spread too thin. We will discuss practical approaches to incorporate daily reflection and mindfulness activities to focus on our priorities and live more balanced lives. We will also discuss the importance of physical activity and incorporating daily movement. By actively practicing in mindfulness-based skills and integrating them into daily life, we can reduce stress, manage pain, enhance sleep, strengthen positive qualities, and improve overall quality of life.

R • Nov 16 • 2:30 PM–4:30 PM • $20/silver
Leaders: Heather Sadowski, Sarah Sheppard

**Analysis of the 2017 Elections and Forecast for the 2018 General Assembly**

**Lecture, Q&A**

NEW Come hear about this year’s statewide and General Assembly elections. Were there any surprises in this election cycle? Hear about the new members of the General Assembly, as well as a prognosis for 2018 General Assembly Session.

M • Nov 20 • 2:00 PM–4:00 PM • $20/silver
Leader: David Bailey

**Law, Religion, and Politics in Northern Ireland**

**Lecture**

NEW Come hear about the root causes of Northern Ireland’s ‘Troubles’ (1920-1998, with lingering occasional violence), the 1998 Good Friday Agreement, subsequent government actions, and Northern Ireland today.

T, W • Nov 21, 22 • 10:00 AM–12:00 PM • $40/silver
Leader: Carol Daugherthy Rasnic

**Hurricanes Strike the Gulf Coast**

**Lecture**

REPRISED Between 2005 and 2008 the Gulf Coast was struck by three major hurricanes: Katrina, Rita, and Ike. Hans Oppe will talk about the formation of hurricanes and the disaster relief work he was involved in after the hurricanes made landfall. Pictures from the Great Galveston Hurricane of September 1900 will also be included in the presentation.

T • Nov 21 • 1:30 PM–3:00 PM • $20/silver
Leader: Hans Oppe
Vietnam and the Gulf War: A Personal Look Back
LECTURE, DISCUSSION
NEW This lecture/discussion uses old photographs, journals, and other personal memorabilia to reflect on America’s two longest wars. Part One recounts a young Soldier’s experience in Vietnam (1969-70) and Part Two uses an information-collecting trip to Kuwait, Iraq and Afghanistan as a military historian forty years later (in 2009) to illustrate how perspectives on war change with maturity and the passing of time.
M • Nov 27, Dec 4 • 10:00 AM–12:00 PM • $40/silver
Leader: Steve Anders

Ending Childhood Hunger in Virginia
LECTURE, DISCUSSION
NEW The number of children in Virginia living in a household without consistent access to sufficient food is staggering. Nearly 42% of all public school students in the Commonwealth qualify for free and reduced meals at school. For the City of Richmond, the number is even higher. This class will focus on the private-public partnerships that are working together to bring an end to childhood hunger as well as discuss ways that participants can become involved as well. Our final class will be a field trip to Feedmore.
M • Nov 27, Dec 4, 11 • 12:30 PM–2:00 PM • $60/silver
Leader: Michael Welch

As You Age, Where Will You Live and Thrive?
LECTURE, Q&A
NEW Strategically, there are five options we will discuss: stay in place, move in with the kids, find a Continuing Care Retirement Community, join a ‘cooperative culture’ intentional community, or ‘progressive retreat,’ or stay put until you no longer are able and then make a pre-planned move.
M • Nov 27, Dec 4, 11 • 2:30 PM–4:30 PM • $40/silver
Leader: Henry Carl Simmons

A Visit to SouthWest Virginia
LECTURE, Q&A
NEW Learn about the scenic beauty and the opportunities to enjoy a visit to this area of Virginia. The area offers outdoor activities, history, culture, scenic drives, festivals, and most of all mountain music.
T • Nov 28 • 10:00 AM–12:00 PM • Free to members
Leader: Floyd Myers

What’s New in Tourism in RVA?
LECTURE, Q&A
NEW RVA is definitely on the map! Richmond is not just about history anymore. Yes, we have wonderful historic sites, dating back to early settlement days through the American Revolution, into the Civil War, and right up to current events. But we’re also all about sports, with great regional and national events, biking/walking trails, and the James River that lures us to the water. We’re definitely a foodie town. We have nationally acclaimed restaurants, wineries, and breweries right here. We have become a destination for visitors to try once; and then they often decide to return. Come hear how and why these positive changes have occurred and how they affect our economy.
T • Nov 28 • 1:00 PM–3:00 PM • Free, open to the public
Leader: Jack Berry

Prophets of Europe’s ‘Great Disillusionment’
LECTURE, DISCUSSION
NEW The carnage of World War I destroyed Europe’s belief in humanity’s inevitable ‘progress.’ But even before the war, artists sensed mankind’s potential for violence beneath the placid surface of bourgeois contentment. We will meet some artists and musicians and discuss prescient short novels.
R • Nov 30, Dec 7, 14 • 1:00 PM–3:00 PM • $60/silver
Leader: Bruce Birdsey

Spiders in the Kitchen
Join in this community exchange of recipes, entertaining, and cooking ideas shared among campus foodies. This will be held in the Richmond Room, on the lower level of the Heilman Dining Center. The menus will be announced three weeks before each event.
Date:
Tuesday September 26, 2017
Wednesday November 1, 2017
Wednesday February 14, 2018
Thursday March 29, 2018
Thursday June 7, 2018
Time: 11:30 am – 1:30 pm
Fee: $14.00 per person; reservations are required.
Contact Cindy Stearns at cstearns@richmond.edu or 804-289-8788 to reserve your spot.

Health Information for Seniors
LECTURE, Q&A
NEW Come learn the importance of and the details on health-related topics such as adult vaccinations, over-the-counter medications, supplements/vitamins, and cancer screening for those of us ‘50 and better.’
R • Nov 30 • 10:00 AM–12:00 PM • $20/silver
Leader: Lawrence Lewkow

Osher Member Orientation
Ri
Learn from other Osher members how to access and fully enjoy the many benefits of being an Osher member and a member of the UR community.
F • Dec 1 • 1:00 PM–2:00 PM • Free to members
Leader: Osher Membership Team

DECEMBER
Campus Walk/Tour

Join us for a walking tour of the beautiful University of Richmond campus. Led by Osher members, the tour provides an orientation to important campus locations, including the Heilman Dining Center, One Card Office, Post Office, other food sites, and parking lots. Also included will be the locations of Osher member benefits, including the Modlin Center for Performing Arts and the Boatwright Library. We will begin our tour at the location of the Osher Member Orientation, as soon as it’s completed. Note: Good walking shoes are recommended.

F • Dec 1 • 2:00 PM–3:30 PM • Free, open to the public
Leader: Osher Membership Team

Energy: It’s Complicated, Part I

LEcTure, Q&A
NEW Major upheavals are underway in the energy industry. Cheap natural gas is displacing coal and making several nuclear plants too expensive to run. The current administration is pushing back on environmental regulations. Wind and solar power is causing grid and price disruptions in Texas and California. Part 1 will focus on electricity: the fuels, technologies, emissions, and regulatory forces that drive relative economics.

T, W, R • Dec 5, 6, 7 • 10:00 AM–12:00 PM • $60/silver
Leader: David Frimpter

Writers Guild of Virginia

Lecture
NEW The Writers Guild encourages people over 50 to write. The Guild offers a variety of ways to enhance your editing, non-fiction writing, and memoir writing skills. The Guild also publishes a semi-annual literary journal.

T • Dec 5 • 1:00 PM–3:00 PM • $20/silver
Leaders: David Cariens, Gwen Keane

Lincoln’s Gamble: The Emancipation Proclamation

Lecture
NEW This course focuses on ‘The Real Abraham Lincoln’ and how the Civil War shifted from being about the restoration of the Union to the abolition of slavery. Lincoln authored the emancipation proclamation as an act of war. His prime issue with the South was over secession. Saving the union was first and foremost; abolishing slavery was intentionally gradual.

W • Dec 6 • 1:00 PM–2:30 PM • $20/silver
Leader: James Adler

The Post World War II Nuremburg and Japanese Trials: Were They Fair?

Lecture
NEW This course will address the Allied powers’ decision on how to deal with major actors among Axis governments in Germany and Tokyo/Philippines. Explanation will be offered on the trials, agreed upon procedures, and substantive law as drafted by the victorious governments.

W, R • Dec 6, 7 • 3:30 PM–5:00 PM • $40/silver
Leader: Carol Daugherty Rasnic

Understanding Long Term Care Planning and Insurance Options

Lecture, Q&A
REPRISED After 17 years of specializing in long term care planning to include long term care insurance design and claim filing, the instructor will help you understand the core features and benefits of a policy as well as various funding options available. Long term care planning to include a long term care policy should be an informed and educated decision.

R • Dec 7 • 10:00 AM–12:00 PM • $20/silver
Leader: Linda Tsironis Caruthers

Español en diciembre

Lecture, Activities
Welcome back to your Spanish journey! These sessions will offer additional practice in speaking and listening. We’ll watch scenes from ‘Mi Vida Loca,’ a short film series designed specifically for Spanish learners. Students from any previous classes are welcome, and new students with a basic knowledge.

¡Bienvenidos!

F • Dec 8, 15 • 10:00 AM–11:30 AM • $40/silver
Leader: Mary Catherine Raymond

Fracking in America

LEcTure, Q&A
The practice of hydraulic fracturing (fracking) for gas and oil recovery has dramatically changed the US energy picture over the last decade. Fracking has great promise but it also comes with controversy. In this class we will explore the geology, technology, economics, environmental impacts and regulation of fracking. Greg Kozera, an author and acknowledged expert with more than 35 years of experience in the field, will lead the class.

T, W, R • Dec 12, 13, 14 • 10:00 AM–12:00 PM • $60/silver
Leaders: George Pangburn, Greg Kozera
Osher Interest Groups

Formed and led by Osher members, our vibrant Osher interest groups are listed below. More details about interest groups are online at osher.richmond.edu. An Osher Institute membership is required for interest group participants.

Bicycling

This group will explore bike trails mainly in the Richmond area, with possible rides on trails around Virginia. Group members will use their personal bikes and helmets and provide their own transportation to the bike trails. Most rides will be on weekdays, of moderate difficulty, and several hours duration. The group coordinator is John Votta at johnjoy2you@verizon.net. All participants are required to sign a liability release form.

Bridge

The social/duplicate bridge group meets on the first Friday of each month at 1 PM. A short bridge lesson is taught at the beginning of each session. Please contact Ellen Hollands at efine98@aol.com or (804) 741-0221 if you are interested in joining. These are FUN groups. All levels are welcome!

Contemporary Issues

This discussion group, coordinated by Bill Pawelski, Alan Corbett, Janet Murray, Susan Phieffer, and John Schofield, centers on the free flow of information and ideas. Topics for each meeting will be chosen from recommendations made by participants. Various moderators will prepare an agenda for each meeting and share information, statistics, and resources on selected topics. UR faculty or students may be asked to present. Sessions will be interactive, with open discussions of the news of the day. Lively debate and a free flow of ideas and opinions will be encouraged, all done in a respectful and safe atmosphere. Some topics planned for fall include: impacts of federal healthcare policy on Virginia, 2017 state elections, and free speech. Sessions will be held the first Wednesday of each month. Classroom space is limited, so RSVP is requested for each session. To join, please email John Schofield at schofieldj@comcast.net.

Great Conversations

For the past nine years our group has been discussing short stories, essays and poetry, with a few novellas mixed in for flavor. We’ve even done a few documentary films. The subjects of our lively conversations? We floated deep into the Heart of Darkness with Joseph Conrad. We watched a Total Eclipse with Annie Dillard. We took a car ride with Flannery O’Connor’s grandmother who convinced us that A Good Man is Hard to Find. We observed the Century of Self through the lens of Freud’s nephew, Edward Bernays. We hope you’ll join us on the fourth Wednesday of every month from 2-4 pm at local libraries for sparkling, cordial conversations about shoes and ships and sealing wax, not to mention cabbages and kings—and who knows what else? If you’d like to join us, or if you have questions, please contact Vera Mulherin at paxvera@netscape.com. We look forward to hearing from you!

Hikers

Come with us and explore the wonders of nature: the breathtaking waterfalls, wildlife, various plants and vegetation, not to mention historic urban settings. Our hikes run from September through June and cover an array of venues from the Shenandoah National Forest to urban hikes, and all points in between. Our hikes generally run between four and seven miles in length with varying degrees of difficulty and elevation change. We generally leave campus around 8 AM and return by 5 PM. For more information, contact the group coordinator: Amelia Wolfe, awolfe@richmond.edu. All participants are required to sign a liability release form. Upcoming fall hikes include:

- Monday, September 11
  Holiday Lake
- Thursday, September 21
  DelFosse Winery
- Wednesday, October 11
  Ivy Creek Natural Area
- Monday, October 23
  Sherando Lake
- Thursday, November 16
  Petersburg Battlefield Park
- Thursday, December 14
  Fredericksburg Urban Hike
- Monday, January 15, 2018
  East Richmond Urban Hike
Investments
Raise your financial IQ. Join other members of the Osher Investment Interest Group once a month on the 3rd Friday from 10am – 12pm to hear and interact with guest experts in the field of investments and personal finance. Our speakers include the Robins School of Business students who manage part of the U of R endowment fund, professors, estate lawyers, and a variety of financial professionals, all of whom are available for you to ask questions and grow your financial IQ. Meetings held at the Robins School of Business.

For more information contact the coordinators: Diane Andrews, liasd1@gmail.com, Jerry Cooney, jerrycooney@gmail.com, and Dave Messenger, ddmessenger87@gmail.com.

Literary Dreamers
Osher members are welcome to join this group founded in 2001 by dedicated School of Professional and Continuing Studies students. Readings range from academic non-fiction to literary fiction to popular fiction. The group coordinator is Kelly Winters at kwpw79@gmail.com.

Unless otherwise specified, all meetings will be on the last Saturday of the month. The reading list for May through December is:

- Aug 26  Dead Wake by Eric Larson
- Sept 30  The Muse by Jesse Burton
- Oct 21  Big Little Lies by Lee Ann Moriarti
- Nov 18  The House with the Wrap Around Porch by Mary Pat Hylan
- Dec 2  Business meeting and 2018 book selection

Photography
The Osher Photography Interest Group provides the opportunity to gather in a supportive environment with others who share a curiosity and passion for photography. Members will have the chance to present their works with an emphasis on the ‘how’ and ‘why’ a photo (or portfolio) was created, while also sharing their knowledge and techniques. In this non-competitive environment, help, advice, and feedback will be stressed. Each month members may submit digital images for a theme segment or an open category. Images will be projected, and members may provide constructive critiques. Theme assignments could include, for example, a portrait using a wide angle and including a sense of place in the background; music, such as an instrument or performance; street photography of some sort; color (where the bulk of the image is a particular color); a pattern (e.g. repeating circles); and more. This group’s members could also create the opportunity to partner on photography shoots around Richmond and possibly beyond. If you would like to join this group, please email coordinator Peter Blankman at pblankman@gmail.com.

There is a wonderful social aspect to this group. When appropriate, we plan to gather after a performance for discussion and a meal. We also hope there will be occasions to go backstage and talk with local actors. To learn more and to join, please contact Linda Turner at lturner@richmond.edu.

Travel
Attention all travelers! Celeste Miller is spearheading the Osher special interest group for those who love to travel. The objectives of the group are to share information regarding trips taken and most importantly, to help coordinate future Osher travel. If you have interest in learning from fellow travelers, if you’d like to share your experiences, or if you are willing to help to lead the development of future Osher trips, this is the special interest group for you! We plan to focus on day trips and overnight excursions, as well as domestic and international travel. To join or to learn more, please email OsherTravel@gmail.com. Come join the fun and expand your experiences!

Upcoming Trip
Dec 3-11: Vienna and Christmas Markets River Cruise, featuring Rothenburg, Nuremberg, and six nights aboard the Amadeus Silver II

More details on trips are available at: http://spcs.richmond.edu/usher/schedule/travel.html.
Explore your love of learning at UR’s Osher Institute.

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

For more information, contact us today:
Margaret “Peggy” Watson, Director, W’76
margaret.watson@richmond.edu
(804) 287-6344
Debra Guild, Administrative Coordinator
dguild@richmond.edu
(804) 287-6608
Amy Edwards, L’97
Stewardship Assistant
aedwards@richmond.edu
(804) 287-1946
Barbara Apostle
Registrar Grant Program Assistant
bapostle@richmond.edu
(804) 289-8582

Member Benefits at a Glance

- Membership is good for 12 months from date you join
- Several membership options
- Free Osher member orientation and tour
- Osher members receive a discount at the Modlin Center for the Arts
- Free parking on UR campus
- Unlimited borrowing privileges at the UR’s Boatwright Library
- Access to the UR Technology Help Desk
- Use of more than 100 online databases at the UR Library
- UR ‘One Card’ used to access full privileges at the UR Library and discounts at some area retailers
- UR email address
- Daily ‘SpiderBytes’ email of UR campus programs and events
- Access to UR help center for preparing presentations
- Opportunity to audit credit classes
- Unlimited on-campus Osher classes for Gold members
- Free bonus classes and special events
**Member of Form & Registration Form and Calendar**

**Fall 2017**

**Register Online:** Create an account, then join or renew your membership through the Osher website at osher.richmond.edu/schedule. Once this is completed, you may register for classes online. Please see page 5 of the fall catalog for complete instructions.

**Or to complete a printed version:**

**Membership Form:** Please use black ink, print clearly and complete payment information.

**Registration Form and Calendar:** To register for a class check the box next to the classes you wish to attend. To register for an event, register at osher.richmond.edu.

**Mail:** Mail your registration form and payment to:
Osher Lifelong Learning Institute, Room 100
School of Professional and Continuing Studies
University of Richmond, VA 23173

**Fax:** Cut this insert in half on fold and fax to our secure fax (804) 287-1264.

**Deliver:** Deliver your registration form and payment to:
Osher Lifelong Learning Institute, Room 100
School of Professional and Continuing Studies (#31 on Campus Map)
University of Richmond, VA 23173
Membership Form Fall 2017

Member Information

Today’s Date

Name
Preferred Name

UR ID Number
Date of Birth / / 

Home Address
City
State
Zip Code

Telephone (Day)
(Evening)
(Cell)

Email

US Citizen q Yes q No
Gender q Male q Female

Prior or Current Occupation
Prior or Current Employer

Are you a UR Alumna/us? q Yes q No
Year of Graduation

Ethnicity/Race (Optional)

1. Are you Hispanic/Latino? q Yes, Hispanic or Latino q No
2. Regardless of your answer to the prior question, please select one from the following ethnicities that best describe you:
   q American Indian or Alaska Native q Asian q Black or African American
   q Native Hawaiian or Other Pacific Islander q White
3. Do you require any special accommodations to participate in our programs? __ Yes __ No
   If you answer Yes, Osher staff will contact you with further details.

Local emergency contact:
Name
Telephone Number

New/Renewing Membership Options

Please select your annual membership level. You may join at anytime during the year.
Your membership is valid for one year from the date you join. Member benefits are detailed inside front cover of this schedule and online at osher.richmond.edu.

- GOLD $350
  (Courses are free unless otherwise noted)
- SILVER $75
  (Fee is noted for each course)
- Upgrade $275
  From Silver to Gold
  (May upgrade within the first six months of annual membership)
- UR OSHER $25
  (Special Silver pricing for faculty, staff, retirees of UR, and their spouses/partners)
- Upgrade $325
  From UR Osher to Gold
  (May upgrade within the first six months of annual membership)

Please mail or fax your form to us:
Osher Lifelong Learning Institute
School of Professional and Continuing Studies
University of Richmond, VA 23173
SECURE FAX: (804) 287-1264

You may also drop off your form:
Osher Institute Office
Special Programs Building (#31 on UR Campus Map)
Room 100

Making a Gift to the Osher Institute

Osher Institute members and friends of the Osher Institute are encouraged to consider tax-deductible gifts to the Osher Institute. Your gift is a gift of education and exploration that helps us continue to provide excellent lifelong learning opportunities and to keep Osher Institute fees affordable. For details on making a gift, please contact the Osher Institute office at (804) 287-6344, or visit osher.richmond.edu/give.

Payment Information

Your payment MUST accompany this form.

Check. Please enclose check made payable to University of Richmond. WHEN PAYING BY CHECK, PAYMENT OF MEMBERSHIP FORM AND COURSE REGISTRATION MUST BE SUBMITTED ON SEPARATE CHECKS.

Credit Card. We accept VISA, MasterCard or American Express. (Credit card information is not retained.)

Please complete the following: Please charge my: q VISA q MasterCard q American Express

Account Number
Expiration Date

Cardholder’s Name: (as it appears on the card)

Signature
Amount to be Charged $
<table>
<thead>
<tr>
<th>Date Time/(Day of Week)</th>
<th>Fee</th>
<th>Title, Page Number</th>
<th>Date, Time/(Day of Week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug 30, 8:00 PM-9:00 PM(W)</td>
<td>Free, open to the public</td>
<td>Chasing Bugs Exhibit Opening, 6</td>
<td></td>
</tr>
<tr>
<td>Sep 12, 5:00 PM-6:30 PM(T)</td>
<td>Free, open to the public</td>
<td>Osher Annual Fall Back-to-School Event, 6</td>
<td></td>
</tr>
<tr>
<td>Sep 13, 10:00 AM-11:00 AM(W)</td>
<td>Free to members</td>
<td>Osher Member Orientation, 6</td>
<td></td>
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<tr>
<td>Sep 13, 11:00 AM-12:30 PM(W)</td>
<td>Free, open to the public</td>
<td>Campus Walk, 6</td>
<td></td>
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<tr>
<td>Sep 15, 8:00 AM-10:00 AM(F)</td>
<td>Free to members</td>
<td>Osher Breakfast Social and VMFA Talk, 6</td>
<td></td>
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<tr>
<td>Sep 18, 10:00 AM-12:00 PM(M)</td>
<td>$20/silver</td>
<td>Clutter or Vehicles of Meaning?, 6</td>
<td></td>
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<tr>
<td>Sep 18, 25, Oct 2, 1:00 PM-3:00 PM(M)</td>
<td>$20/silver</td>
<td>Beginning, Middle, and End: Moral and Legal Perspectives, 6</td>
<td></td>
</tr>
<tr>
<td>Sep 19, 10:00 AM-12:00 PM(T)</td>
<td>$20/silver</td>
<td>Shockoe Hill Cemetery - A Richmond Landmark History, 7</td>
<td></td>
</tr>
<tr>
<td>Sep 19, 26, Oct 3, 1:00 PM-3:00 PM(T)</td>
<td>$20/silver</td>
<td>Understanding Opera, Part 1, 7</td>
<td></td>
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<tr>
<td>Sep 19, 26, 3:30 PM-6:30 PM(T)</td>
<td>$20/silver</td>
<td>Aging: Transitions, Stable Periods, Spiritual Tasks, 7</td>
<td></td>
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<tr>
<td>Sep 20, 10:00 AM-12:00 PM(W)</td>
<td>$20/silver</td>
<td>The Monmouth Campaign: The Revolution in Microcosm, 7</td>
<td></td>
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<tr>
<td>Oct 19, 12, 29, 1:00 PM-2:30 PM(W)</td>
<td>Free to members</td>
<td>The Most Interesting People in the World: The Richmond Forum, 7</td>
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<tr>
<td>Oct 20, 3, 30, 1:30 PM-5:00 PM(W)</td>
<td>$20/silver</td>
<td>Edgar Allan Poe’s Mysteries, 7</td>
<td></td>
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<tr>
<td>Oct 21, 8, 15, 22, 9:30 AM-11:30 AM(R)</td>
<td>$50/silver</td>
<td>Reading the Ancient Past: Decipherment of ancient Languages, 7</td>
<td></td>
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<tr>
<td>Oct 21, 28, 1:30 PM-4:30 PM(F)</td>
<td>$50/silver</td>
<td>The Medici: Lives, Times, Cultural and Scientific Legacies, 7</td>
<td></td>
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<tr>
<td>Oct 22, 10:00 AM-12:00 PM(F)</td>
<td>$50/silver</td>
<td>Earthquake in Peru, 7</td>
<td></td>
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<tr>
<td>Oct 22, 29, Oct 31, 1:00 PM-3:00 PM(F)</td>
<td>$50/silver</td>
<td>Preparing for the Future From a Legal Perspective, 8</td>
<td></td>
</tr>
<tr>
<td>Oct 22, 29, 6, 13, 20, 27, 1:00 PM-4:00 PM(F)</td>
<td>$50/silver</td>
<td>Jimmy of the West, 8</td>
<td></td>
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<tr>
<td>Oct 23, 9, 16, 23, 30, Nov 6, 13, 20, 27, 5:30 PM-6:30 PM(M)</td>
<td>$50/silver</td>
<td>The Effects of Eye Issues on Famous Artists and Their Works, 8</td>
<td></td>
</tr>
<tr>
<td>Oct 24, 5:30 PM-7:00 PM(W)</td>
<td>$100/ silver and gold</td>
<td>Common Ground, 10</td>
<td></td>
</tr>
<tr>
<td>Oct 25, 11, 18, 25, Nov 13, 20, 27, 1:00 PM-4:00 PM(F)</td>
<td>$50/silver</td>
<td>Born To Be Wild: Rediscover the Freedom of Fun, 10</td>
<td></td>
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<tr>
<td>Oct 26, 10:00 AM-12:00 PM(M)</td>
<td>$20/silver</td>
<td>Yin Yoga and Sound Meditation, 8</td>
<td></td>
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<tr>
<td>Oct 27, 10:00 AM-12:00 PM(W)</td>
<td>$20/silver</td>
<td>Music and Culture in the Roaring 20’s, 8</td>
<td></td>
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<tr>
<td>Oct 27, 1:00 PM-3:00 PM(W)</td>
<td>$20/silver</td>
<td>PBS and NPR Tour: Inside your Community Idea Stations (WCVE), 8</td>
<td></td>
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<tr>
<td>Oct 29, 6, 13, 20, 27, Nov 3, 1:30 PM-4:00 PM(F)</td>
<td>$50/silver</td>
<td>Chronic Disease Self-Management Program, 8</td>
<td></td>
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<tr>
<td>Oct 29, 6, 13, 20, 27, Nov 3, 1:00 AM-12:00 AM(F)</td>
<td>$50/silver</td>
<td>The Consequences of War, 9</td>
<td></td>
</tr>
<tr>
<td>Oct 29, 9, 16, 23, 30, 1:30 PM-3:30 PM(M)</td>
<td>$50/silver</td>
<td>The Supreme Court’s Meandering Interpretation, 10</td>
<td></td>
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<tr>
<td>Oct 30, 17, 1:00 PM-3:30 PM(T)</td>
<td>$40/silver</td>
<td>Ipad Basics, 10</td>
<td></td>
</tr>
<tr>
<td>Oct 4, 11, 18, 3:30 PM-5:00 PM(W)</td>
<td>$50/silver</td>
<td>Richmond Solar: A One Year Retrospective, 10</td>
<td></td>
</tr>
<tr>
<td>Oct 5, 1, 10:00 AM-12:00 AM(M)</td>
<td>$40/silver</td>
<td>Pollinators and Your Landscape: Caterpillars, 10</td>
<td></td>
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<tr>
<td>Oct 5, 12, 3:30 PM-5:30 PM(R)</td>
<td>$20/silver</td>
<td>Religious Art of the Early Christian Period, 10</td>
<td></td>
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<tr>
<td>Oct 5, 6, 8:00 PM-9:00 PM(R)</td>
<td>$20/silver</td>
<td>Kubla Khan in History and Poetry, 10</td>
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</tr>
<tr>
<td>Oct 9, 1:00 AM-12:00 AM(M)</td>
<td>$50/silver</td>
<td>The Effects of Eye Issues on Famous Artists and Their Works, 8</td>
<td></td>
</tr>
<tr>
<td>Oct 9, 16, 23, 30, 1:30 PM-3:30 PM(M)</td>
<td>$40/silver</td>
<td>Clutter or Vehicles of Meaning?, 6</td>
<td></td>
</tr>
<tr>
<td>Oct 10, 17, 1:00 PM-3:30 PM(T)</td>
<td>$50/silver</td>
<td>Common Ground, 10</td>
<td></td>
</tr>
<tr>
<td>Oct 11, 10:00 AM-12:00 AM(W)</td>
<td>$20/silver</td>
<td>Understanding The Different Housing and Care Options, 11</td>
<td></td>
</tr>
<tr>
<td>Oct 11, 1:00 PM-3:00 PM(W)</td>
<td>Free, open to the public</td>
<td>Integrative Medicine: Treating the Whole Person, 11</td>
<td></td>
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<tr>
<td>Oct 12, 1, 1:00 PM-3:00 PM(W)</td>
<td>$20/silver</td>
<td>Understanding Long Term Care Planning and Insurance Options, 11</td>
<td></td>
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<tr>
<td>Oct 12, 5, 10:00 AM-12:00 PM(R)</td>
<td>Free, open to the public</td>
<td>UR Campus Museums Walk, 11</td>
<td></td>
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<tr>
<td>Oct 16, 10, 1:00 AM-12:00 AM(M)</td>
<td>$60/silver</td>
<td>Basic Conversation in Bulgarian, 11</td>
<td></td>
</tr>
<tr>
<td>Oct 16, 19, 23, 26, 30, Nov 2, 6, 9, 13, 16, 5:00 PM-6:00 PM(M, R)</td>
<td>$50/silver</td>
<td>Enjoy Live Classical Piano Music, 11</td>
<td></td>
</tr>
<tr>
<td>Oct 17, 24, 31, 10:00 AM-12:00 PM(T)</td>
<td>$20/silver</td>
<td>Couples/Marriage/Relationships: What They Are All About, 12</td>
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<tr>
<td>Oct 17, 3:30 PM-5:30 PM(T)</td>
<td>$20/silver</td>
<td>Medicare 101, 12</td>
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<tr>
<td>Oct 18, 9, 30 AM-10:30 AM(W)</td>
<td>Free, open to the public</td>
<td>Unexpected Smiles Exhibition Opening, 12</td>
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<tr>
<td>Oct 18, 6:00 PM-8:00 PM(W)</td>
<td>$20/silver</td>
<td>Richmond Ballet Rehearsal Viewing of Gloria, 12</td>
<td></td>
</tr>
<tr>
<td>Oct 19, 11:45 AM-1:30 PM(R)</td>
<td>$60/silver</td>
<td>In Search of the Historical Jesus, 12</td>
<td></td>
</tr>
</tbody>
</table>
| Oct 19, 26, Nov 2, 9, 16, 12:30 PM-1:45 PM(R) | **M**=Monday, **T**=Tuesday, **W**=Wednesday, **R**=Thursday, **F**=Friday, **S**=Saturday, **U**=Sunday
<table>
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<th>Fee</th>
<th>Title, Page Number</th>
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<tbody>
<tr>
<td>$20/silver</td>
<td>Getting to Know Poe, 12</td>
<td>Oct 20, 10:00 AM-12:00 PM</td>
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<tr>
<td>$40/silver</td>
<td>Drones, Practical Applications, and Laws That Affect Use, 12</td>
<td>Oct 19, 26, Nov 2, 9, 3:30 PM-4:30 PM(R)</td>
</tr>
<tr>
<td>$20/silver</td>
<td>The Reformation Crisis, 1517-1648, 13</td>
<td>Oct 23, 30, 10:00 AM-12:00 PM(M)</td>
</tr>
<tr>
<td>$20/silver</td>
<td>From the Nest Egg to the Frying Pan, 13</td>
<td>Oct 24, 1:00 PM-3:00 PM(T)</td>
</tr>
<tr>
<td>$20/silver</td>
<td>Tales of F. Scott Fitzgerald’s Jazz Age, 13</td>
<td>Oct 25, 10:00 AM-12:00 PM(W)</td>
</tr>
<tr>
<td>$20/silver</td>
<td>Presidential Rhetoric, 13</td>
<td>Oct 25, 1:00 PM-3:00 PM(W)</td>
</tr>
<tr>
<td>$40/silver</td>
<td>Your Complete Financial Journey-Understanding, 13</td>
<td>Oct 25, Nov 1, 3:30 PM-5:30 PM(W)</td>
</tr>
<tr>
<td>Free, open to the public</td>
<td>Saffron Installation Exhibition Opening, 13</td>
<td>Oct 26, 6:00 PM-8:00 PM</td>
</tr>
<tr>
<td>$40/silver</td>
<td>Explore China: Terracotta Warriors, 13</td>
<td>Oct 31, Nov 7, 1:00 PM-3:00 PM(T)</td>
</tr>
<tr>
<td>$40/silver</td>
<td>Science of Cooking Series, 13</td>
<td>Nov 1,15, 11:00 AM-12:30 PM(W)</td>
</tr>
<tr>
<td>$20/silver</td>
<td>Remedial Singing 101, 13</td>
<td>Nov 2, 10:00 AM-12:00 PM(R)</td>
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<tr>
<td>$60/silver</td>
<td>Cool Flicks: More of the Greatest Comedies, 14</td>
<td>Nov 3, 10, 17, 1:00 PM-3:00 PM(F)</td>
</tr>
<tr>
<td>$60/silver</td>
<td>The American Education System: Success Story, 14</td>
<td>Nov 6, 13, 20, 9:30 AM-11:00 AM(M)</td>
</tr>
<tr>
<td>Free to members</td>
<td>Bounty of Boatwright, 14</td>
<td>Nov 6, 3:00 PM-4:30 PM(M)</td>
</tr>
<tr>
<td>$60/silver</td>
<td>Apple iPhone Essentials, 14</td>
<td>Nov 7, 9, 14, 16, 9:30 AM-11:30 AM(T)</td>
</tr>
<tr>
<td>$40/silver</td>
<td>RMD / IRA Optimization Workshop, 14</td>
<td>Nov 7, 14, 3:30 PM-5:00 PM(T)</td>
</tr>
<tr>
<td>$85/silver and gold</td>
<td>Smithsonian Museums Tour, 14</td>
<td>Nov 8, 8:00 AM-6:30 PM</td>
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<td>$20/silver</td>
<td>Mindfulness Meditation, Journey to a Happier Healthier Life, 14</td>
<td>Nov 9, 2:15 PM-3:15 PM(R)</td>
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<tr>
<td>$60/silver</td>
<td>Your Personality: Fixed or Flexible?, 15</td>
<td>Nov 10, 17, Dec 1, 8, 15, 10:00 AM-12:00 PM(F)</td>
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<tr>
<td>$40/silver</td>
<td>The Extremes of Virginia - Continued, 15</td>
<td>Nov 13, 20, 11:45 AM-1:00 PM(M)</td>
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<td>$20/silver</td>
<td>Dissolute London: Prints by William Hogarth, 15</td>
<td>Nov 13, 2:00 PM-4:00 PM(M)</td>
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<tr>
<td>$60/silver</td>
<td>Poetry from the New Yorker, 15</td>
<td>Nov 14, 21, 28, Dec 12, 3:30 PM-5:30 PM(T)</td>
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<tr>
<td>$40/silver</td>
<td>The Great Gatsby: F. Scott Fitzgerald’s American Classic, 15</td>
<td>Nov 15, 29, 10:00 AM-12:00 PM(W)</td>
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<td>$20/silver</td>
<td>Fall Into Wellness: Healthy Body and Mind, 15</td>
<td>Nov 16, 2:30 PM-4:30 PM(R)</td>
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<tr>
<td>$20/silver</td>
<td>Analysis of the 2017 Elections and Forecast, 15</td>
<td>Nov 20, 2:00 PM-4:00 PM(M)</td>
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<td>$40/silver</td>
<td>Law, Religion, and Politics in Northern Ireland, 15</td>
<td>Nov 21, 22, 10:00 AM-12:00 PM(T, W)</td>
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<tr>
<td>$20/silver</td>
<td>Hurricanes Strike the Gulf Coast, 15</td>
<td>Nov 21, 1:30 PM-3:00 PM(T)</td>
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<tr>
<td>$40/silver</td>
<td>Vietnam and the Gulf War: A Personal Look Back, 16</td>
<td>Nov 27, Dec 4, 10:00 AM-12:00 PM(M)</td>
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<tr>
<td>$60/silver</td>
<td>Ending Childhood Hunger in Virginia, 16</td>
<td>Nov 27, Dec 4, 11, 12:30 PM-2:00 PM(M)</td>
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<tr>
<td>$40/silver</td>
<td>As You Age, Where Will You Live and Thrive?, 16</td>
<td>Nov 27, Dec 4, 11, 2:30 PM-4:30 PM(M)</td>
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<tr>
<td>Free to members</td>
<td>A Visit to SouthWest Virginia, 16</td>
<td>Nov 28, 10:00 AM-12:00 PM(T)</td>
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<tr>
<td>Free, open to the public</td>
<td>What’s New in Tourism in RVA?, 16</td>
<td>Nov 28, 1:00 PM-3:00 PM(T)</td>
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<tr>
<td>$20/silver</td>
<td>Health Information for Seniors, 16</td>
<td>Nov 30, 10:00 AM-12:00 PM(R)</td>
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<td>$60/silver</td>
<td>Prophets of Europe’s ‘Great Disillusionment’, 16</td>
<td>Nov 30, Dec 7, 14, 1:00 PM-3:00 PM(R)</td>
</tr>
<tr>
<td>Free to members</td>
<td>Osher Member Orientation, 16</td>
<td>Dec 1, 1:00 PM-2:00 PM</td>
</tr>
<tr>
<td>Free, open to the public</td>
<td>Campus Walk/tour, 17</td>
<td>Dec 1, 1:00 PM-3:00 PM(F)</td>
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<tr>
<td>$60/silver</td>
<td>Energy: It’s Complicated, Part I, 17</td>
<td>Dec 5, 6, 7, 10:00 AM-12:00 PM(T, W, R)</td>
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<tr>
<td>$20/silver</td>
<td>Writers Guild of Virginia, 17</td>
<td>Dec 5, 1:00 PM-3:00 PM(T)</td>
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<tr>
<td>$20/silver</td>
<td>Lincoln’s Gamble: The Emancipation Proclamation, 17</td>
<td>Dec 6, 1:00 PM-2:30 PM(W)</td>
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<tr>
<td>$40/silver</td>
<td>The Post World War II Nuremberg and Japanese Trials, 17</td>
<td>Dec 6, 7, 3:30 PM-5:00 PM(W, R)</td>
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<tr>
<td>$20/silver</td>
<td>Understanding Long Term Care Planning and Insurance, 17</td>
<td>Dec 7, 10:00 AM-12:00 PM(R)</td>
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<tr>
<td>$40/silver</td>
<td>Español en diciembre, 17</td>
<td>Dec 8, 15, 10:00 AM-11:30 AM(F)</td>
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<tr>
<td>$60/silver</td>
<td>Fracking in America, 17</td>
<td>Dec 12, 13, 14, 10:00 AM-12:00 PM(T, W, R)</td>
</tr>
</tbody>
</table>

**TOTAL DUE:**

M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=Saturday, U=Sunday

*Gold Member—no payment required except for programs where silver and gold is indicated.*

**PAYMENT**

You may mail, fax or deliver your registration form and payment to: Osher Lifelong Learning Institute, Room 100, School of Professional and Continuing Studies (#31 on Campus Map) University of Richmond, VA 23173, secure fax: (804)287-1264.

☐ Check. (separate from membership) payable to the University of Richmond

☐ Credit Card. We accept VISA, MasterCard or American Express. (Credit card information is not retained.)

Please charge my: ☐ VISA ☐ MasterCard ☐ American Express

<table>
<thead>
<tr>
<th>Account Number</th>
<th>Expiration Date</th>
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<tbody>
<tr>
<td>Cardholder’s Name: (as it appears on the card)</td>
<td></td>
</tr>
</tbody>
</table>

Signature

Amount to be Charged $