



Osher Lifelong Learning Institute  
540 Arapeen Dr. #210  
Salt Lake City, UT 84108  
801-581-6461

Nonprofit Organization  
U.S. Postage  
PAID  
Salt Lake City, Utah  
Permit Number 1529

OSHER.UTAH.EDU | 801.581.6461



# FALL 2023 COURSES

FOR AGES 50 & BETTER | REGISTRATION OPENS AUG 16



## BUILDING A COMMUNITY OF LEARNING

### A LIFE-ENHANCING, INTELLECTUAL COMMUNITY

At the University of Utah, we enjoy one of the largest and fastest-growing Osher Lifelong Learning Institutes in the country. Osher changes lives every day by offering more than continuing education courses. We support a community of curious adults who value education highly.

We are a community of peers, seasoned adults ages 50 and better, who bring a wealth of life experience and knowledge to the classroom and to this special program. We offer courses, lecture series, tours, and educational field trips during four terms each year, six weeks in fall, winter, spring, and summer.

### NURTURING RELATIONSHIPS AND CURIOSITY

Osher is built on special relationships. We support passionate instructors who give their time and expertise, sharing what they care about most. We benefit from the skills of dedicated volunteers who recruit instructors, create engaging activities for their fellow members, and help spread the word about this life-changing program.

### BUILD A NETWORK OF FRIENDS

If you are looking for a chance to become more actively engaged and involved in a vibrant community, Osher has an opportunity for you. From simply taking classes or volunteering as an assistant, to serving on an esteemed committee, or even teaching a course yourself to share your life's wisdom, there are many ways to meet new friends, have fun, and make a difference.

**Enrich your life by enrolling in one of Osher's engaging classes and events today. We would love to welcome you into our lifelong learning community. Let the learning and fun begin!**

### MORE INFORMATION

Please contact the Osher offices by calling **801-581-6461** or emailing **osher@utah.edu** to find out more about our wonderful program and the many benefits of membership.

### OSHER ONLINE WITH NORTHWESTERN UNIVERSITY

*A Program for Online Learning with the National Resource Center for Osher Institutes at Northwestern University*

The **Bernard Osher Foundation** will continue to offer Osher Online this fall! Run by the **National Resource Center (NRC) at Northwestern University**, this special program allows members from various Osher Lifelong Learning to participate in shared online courses. These courses are not meant to replace our locally offered in-person or online courses but rather to supplement our own local offerings. The very high-quality courses feature popular instructors from some of the 125 Osher Institutes across the country.

**Osher Online** allows Osher members from different states and institutions to learn with and connect to each other while maintaining membership at their own local Institutes. We hope you will enjoy being a part of the fun!

#### OSHER 760 - Various Courses Taught Online Via Zoom

Please check our website for detailed class listings with topics, instructors, days, dates, and times. This information and the registration deadline will be announced as this information becomes available to us. Enrollment will be limited so be sure to register early! *A mandatory orientation will be required for all enrolled attendees.*

### FRIDAYS

#### SERIES


**Bird Watching: Friday Field Trips!** 170-001 *Jeanne Le Ber* | 8:00 AM-12:00 PM | Sept 22-Oct 27 | TBA | \$99

#### SINGLE SESSIONS


**Utah Symphony Finishing Touches: Beethoven's Emperor Concerto** 914-001 *Luca de la Florin* | 9:00-9:30 AM | Sept 22 | First Tier Room, Abravanel Hall | \$10


**Utah Symphony Finishing Touches: Schumann's Rhenish Symphony** 918-001 *Luca de la Florin* | 9:00-9:30 AM | Dec 8 | First Tier Room, Abravanel Hall | \$10



MONDAYS	
SERIES	
 	Healthy Aging: How Lifestyle & Nutrition Impact Functional Longevity 892-001 <i>David Mastroianni</i>   9:30-11:00 AM   Sept 18-Oct 23   540 Arapeen Dr.   \$99
	Korean Ink Art: Let’s Paint Pomegranates 923-001 <i>Joon Bae</i>   9:30-11:00 AM   Sept 18-Oct 23   540 Arapeen Dr.   \$99 + \$5 special fee
	Medical Breakthroughs in Prosthetics, Bionics & Cybernetics: Science Fiction to Science Fact 832-001 <i>Cynthia Perry</i>   9:30-11:00 AM   Sept 18-Oct 9   \$69
	Connecting with Your Apple Watch 732-001 <i>Debbie White</i>   9:30-11:00 AM   Oct 9-23   \$59
	Basic Lipreading 883-001 <i>Chelle Wyatt</i>   11:30 AM-1:00 PM   Sept 18-Oct 23   540 Arapeen Dr.   \$99
	History of the Roaring Twenties & the Great Depression 889-001 <i>Walter Jones</i>   11:30 AM-1:00 PM   Sept 18-Oct 23   540 Arapeen Dr.   \$99
	Introduction to Astronomy 792-001 <i>Robert Bigelow</i>   11:30 AM-1:00 PM   Sept 18-Oct 23   540 Arapeen Dr.   \$99
	Writing the Memorable 534-001 <i>Phyllis Barber</i>   11:30 AM-1:00 PM   Sept 18-Oct 23   540 Arapeen Dr.   \$99
	Marcie’s Movie Club 325-001 <i>Marcie Collett</i>   2:00-4:30 PM   Sept 18-Oct 30 (No class on Oct 23) and 325-002   Nov 13-Dec 18   Broadway Centre Cinemas   \$109
 	Golden Years, Real Estate, and Hidden Treasures 903-001 <i>Ewa Wasilewska</i>   3:30-5:00 PM   Sept 18-Oct 23   540 Arapeen Dr.   \$99
	Watercolor Studio 872-001 <i>Jennifer Love</i>   5:30-7:00 PM   Sept 18-Oct 23   \$99
SINGLE SESSIONS	
	Balance and Fall Prevention: Time for a Tune-up! 834-001 <i>David Keyes</i>   9:30-11:00 AM   Sept 18   540 Arapeen Dr.   \$19
	Balance and Fall Prevention: Time for a Tune-up! 834-002 <i>David Keyes</i>   11:30 AM-1:00 PM   Sept 25   Sandy Center   \$19
TUESDAYS	
SERIES	
	World War II in Eastern Europe 862-001 <i>Steve Hall</i>   9:00-11:00 AM   Sept 19-Oct 31 (No class on Oct 24)   540 Arapeen Dr.   \$109
	China in Transition: Revolution, Modernization & Militarization 882-001 <i>Fred Esplin &amp; Cole Capener</i>   9:30-11:00 AM   Sept 19-Oct 24   540 Arapeen Dr.   \$99
 	Handbuilding Functional Ceramics with Horacio Rodriguez 864-001 <i>Laura Wilson</i>   9:30-11:30 AM   Sept 19-Oct 12   Education Classroom, Utah Museum of Fine Arts   \$89
	Islands of the Pacific 894-001 <i>Bernadette Brown</i>   9:30-11:00 AM   Sept 19-Oct 24   540 Arapeen Dr.   \$99
	Shakespeare & Human Nature: Philosophers Mirrored by Shakespearean Characters 939-001 <i>Charles Boynton</i>   9:30-11:00 AM   Sept 19-Oct 24   540 Arapeen Dr.   \$99
	The Good, the Wise, & the Lusty: Women in Boccaccio’s Decameron 777-001 <i>Irena Stanic Rasin</i>   9:30-11:00 AM   Sept 19-Oct 17   \$89
	Landscape Photography 848-001 <i>Eli Vega</i>   10:00 AM-12:00 PM   Oct 10-24   \$69
	Mindful Movement: Stretching and Qigong 432-001 <i>Nando Raynolds</i>   10:00-11:30 AM   Oct 17-Nov 7   \$69
	Classical Guitar 504-001 <i>Gabino Flores</i>   11:30 AM-1:00 PM   Sept 19-Oct 24   Sandy Center   \$99
	Laughing All the Way? Screwball Comedy Films: 1934-1945 908-001 <i>Sharon Swenson</i>   11:30 AM-1:00 PM   Sept 19-Oct 24   540 Arapeen Dr.   \$99
	Live Free of Clutter & Get Organized at Last! 380-001 <i>Marla Dee</i>   11:30 AM-1:00 PM   Sept 19-Oct 24   \$99
	Painting Your Way from Impressionism to Cubism 870-001 <i>Barbara Taylor</i>   11:30 AM-1:00 PM   Sept 19-Oct 24   540 Arapeen Dr.   \$99
	The Language of Flowers: Flowers as Symbols in World Cultures 863-001 <i>Jody Andes</i>   11:30 AM-1:00 PM   Sept 19-Oct 24   540 Arapeen Dr.   \$99
	Beginning Line Dancing 695-001 <i>Ruth Palmer &amp; Linda Wood</i>   1:30-3:00 PM   Sept 19-Oct 24   St. Paul’s Episcopal Church   \$99
	Current Issues in American Public Affairs & Politics 630-001 <i>Tim Chamblless</i>   1:30-3:00 PM   Sept 19-Oct 31 (No class on Oct 10)   540 Arapeen Dr.   \$99
 	Making Sense of the Climate Crisis Based on the Wake Up World Curriculum 874-001 <i>Anita Dygert-Gearheart</i>   1:30-3:00 PM   Oct 10-24, 2024   \$99
	Re-Imagining Your Life: A Creative Aging Writing Workshop 594-001 <i>Debbie Leaman</i>   2:00-4:00 PM   Sept 19-Oct 24   540 Arapeen Dr.   \$129
	The Idea of Wilderness 428-001 <i>Jonathan Duncan</i>   3:30-5:00 PM   Sept 19-Oct 24   540 Arapeen Dr.   \$99
	Transitional Methods for Ukulele 545-001 <i>Marci Villa &amp; Bill Stoye</i>   3:30-5:00 PM   Oct 17-Nov 7   540 Arapeen Dr.   \$59 + \$5 special fee
 	Amazing Archaeology and Pseudoscience! 544-001 <i>Candice Cravins</i>   5:00-6:30 PM   Sept 19-Oct 24   \$99
SINGLE SESSIONS	
	Churchill and FDR: Two Extraordinary Leaders with Secrets 871-001 <i>Frank“Fuzzy”Furr</i>   1:30-3:00 PM   Oct 10   540 Arapeen Dr.   \$29
	Eisenhower and the Espionage Establishment 723-001 <i>Frank“Fuzzy”Furr</i>   1:30-3:00 PM   Oct 17   540 Arapeen Dr.   \$29
 	Utah Opera Preview: Puccini’s La Bohème 911-001 <i>Carol Anderson</i>   1:30-2:30 pm   Sept 26   Utah Opera Production Studios, Third-floor Learning Center   \$19
WEDNESDAYS	
LUNCH & LEARN LECTURE SERIES   12:00-1:00 PM   SEPT 20-OCT 25   FREE!	
SERIES	
 	How I Beat My Genes! 879-001 <i>Jane Yager</i>   9:30-11:00 AM   Sept 27-Oct 11   \$54
	Intermediate Chess (Chess III) 910-001 <i>Anil Cengiz</i>   9:30-11:00 AM   Sept 20-Oct 25   540 Arapeen Dr.   \$99
	The Beat Goes On (900-001) <i>Le Ann B. Stamos</i> 9:30-11:00 AM   Oct 4-11   540 Arapeen Dr.   \$39
	Unburden Your Mind and Lighten Your Heart with the Practice of Inquiry 902-001 <i>Pamela Holman</i>   9:30-11:00 AM   Sept 20-Oct 25   540 Arapeen Dr.   \$99
 	American Troubadours: Their Life and Songs 901-001 <i>Bill Hardesty</i>   11:30 AM-1:00 PM   Sept 20-Oct 25   Sandy Center   \$99
 	Connecting with Grandchildren: Grandparent-Tested Practices and Traditions 884-001 <i>Winn Egan</i>   11:30 AM-1:00 PM   Sept 20-Oct 25   The Thomas S. Monson Center   \$99
	Introduction to Pickleball 596-001 <i>Kate Taylor</i>   12:00-2:00 PM   Sept 20-Oct 11   Club Pickleball USA   \$89 + \$48 special fee
 	Arlen, Mercer, Mancini, Sondheim, & Bacharach: Contrasting Styles 866-001 <i>Wayne Egan</i>   1:30-3:00 PM   Sept 20-Oct 25   The Thomas S. Monson Center   \$99
	Feldenkrais Fundamentals: Self-Healing Through Movement 461-001 <i>Carol Lessinger</i>   1:30-3:00 PM   Sept 20-Oct 4   \$54
 	From Russia With Love: Experiencing Russia Through Film 887-001 <i>Asya M Pereltsvaig</i>   1:30-3:00 PM   Sept 20-Oct 25   \$99
	Introduction to World Religions 701-001 <i>Chris Dyson</i>   1:30-3:00 PM   Sept 20-Oct 25   540 Arapeen Dr.   \$99
	Longevity: Building an Age-Friendly Lifestyle 861-001 <i>Anne Asman</i>   1:30-3:00 PM   Sept 20-Oct 25   540 Arapeen Dr.   \$99
	Moving Forward on Your Journey of Grief and Healing 847-001 <i>Carol Amzen</i>   1:30-3:00 PM   Sept 20-Oct 25   Sandy Center   \$99
 	A Practical Exploration of the World of Wine 940-001 <i>Linda Lawless LaStayo</i>   3:30-5:00 PM   Sept 20-27   The Thomas S. Monson Center   \$49 + \$15 special fee
	Don’t Just Retire...Refire! An In-Depth Discovery of Your Third Act of Life 650-001 <i>Steve Whigley</i>   3:30-5:00 PM   Sept 20-Nov 1 (No class on Sept 27)   540 Arapeen Dr.   \$99
	The Art of Mindfulness (905-001) <i>Julie Howell</i>   3:30-5:00 PM   Sept 27-Nov 1   540 Arapeen Dr. & Field Trips TBA   \$99
	Yoga for Movement and Flexibility 498-001 <i>Kelley Ingols</i>   5:00-6:00 PM   Sept 20-Oct 25   \$99
SINGLE SESSIONS	
	Future Perfect! Technology Trends by 2030 531-001 <i>Douglas Stowell</i>   9:30-11:00 AM   Nov 1   \$29
THURSDAYS	
SERIES	
 	Approaching the Inner Work of Aging: The “Higher Education” in Our Life - Part II 878-001 <i>David Derezotes</i>   9:30-11:00 AM   Sept 21-Oct 26   \$99
	Classical Guitar 504-002 <i>Gabino Flores</i>   9:30-11:00 AM   Sept 21-Oct 26   540 Arapeen Dr.   \$99
 	Exploring Pia Okwai, The Jordan River 895-001 <i>Anne Terry</i>   9:30-11:00 AM   Sept 21-Oct 26   Parks along the Jordan River   \$99
 	Handbuilding Functional Ceramics with Horacio Rodriguez 864-001 <i>Laura Wilson</i>   9:30-11:30 AM   Sept 19-Oct 12   Education Classroom, Utah Museum of Fine Arts   \$99
	The Art of Bird Feeding 359-001 <i>Jeanne Le Ber</i>   9:30-11:00 AM   Sept 21-Oct 26   540 Arapeen Dr.   \$99
 	The Colonial Art of Latin America 877-001 <i>Hugh Leeman</i>   9:30-11:00 AM   Sept 21-Oct 26   \$99
	Connecting With Your Apple Watch 732-002 <i>Debbie White</i>   11:30 AM-1:00 PM   Oct 12-26   Sandy Center   \$59
	East of Eden: The Brilliance of John Steinbeck 904-001 <i>Sally Smith</i>   11:30 AM-1:00 PM   Sept 21-Oct 26   540 Arapeen Dr.   \$99
	How Did I Get Here? Our Memories Through Writing 867-001 <i>Diane (Dinny) Thayne Trabert</i>   11:30 AM-1:00 PM   Sept 21-Oct 26   540 Arapeen Dr.   \$99
 	Critical Materials and the Green Energy Transition 869-001 <i>Alan Eastman &amp; Mark Muir</i>   11:30 AM-1:00 PM   Sept 21-Oct 26   \$99
 	Six Conundrums in the Archaeology of the Holy Land 912-001 <i>David Meir-Levi</i>   11:30 AM-1:30 PM   Sept 21-Oct 26   \$109
	Current Issues in American Public Affairs and Politics 630-002 <i>Tim Chamblless</i>   1:30-3:00 PM   Sept 21-Oct 26   \$99
 	Dickens in Serial 865-001 <i>Jeffrey Walker</i>   1:30-3:00 PM   Sept 21-Nov 2   Sandy Center   \$99
	Exploring the History and Landscapes of the Great Salt Lake 158-001 <i>Nicole Anderson</i>   1:30-3:00 PM   Sept 21-Oct 26   \$99
	Salt Lake Then & Now: A Look Through the Years 906-001 <i>Dennis &amp; Sandy Clark</i>   1:30-3:00 PM   Sept 21-Oct 26   540 Arapeen Dr.   \$99
	The Magic of Conflict Approach 909-001 <i>Linda Reed</i>   1:30-3:00 PM   Sept 21-Oct 26   540 Arapeen Dr.   \$99
 	Writing a “Legacy Letter” 876-001 <i>Jay Sherwin</i>   1:30-3:00 PM   Oct 5-26   \$79
	Google Tools: Exploring Drive and Sites 120-001 <i>Pat Lambrose</i>   2:30-5:30 PM   Oct 12-19   540 Arapeen Dr.   \$69
	Artistic Geniuses: Their Writings and Art 907-001 <i>Jennifer Brown</i>   3:30-5:00 PM   Sept 21-Oct 26   540 Arapeen Dr.   \$99
	Journeys into Eastern Philosophy 548-001 <i>Jonathan Duncan</i>   3:30-5:00 PM   Sept 21-Oct 26   540 Arapeen Dr.   \$99
	History of Medicine 41-001 <i>Abdulnaser Kaadan</i>   5:00-6:30 PM   Sept 21-Oct 26   \$99
SINGLE SESSIONS	
	History and Literature: Lincoln in the Bardo 891-001 <i>Diane &amp; Stan Henderson</i>   11:30 AM-1:30 PM   Nov 9   \$29

KEY

 Zoom lecture

 Off-site location

# FALL 2023 CALENDAR

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					- Bird Watching: Friday Field Trips!📍
9:00		- World War II in Eastern Europe👤			
9:30	- Healthy Aging: How Lifestyle & Nutrition Impact Functional Longevity👤	- China in Transition: Revolution, Modernization & Militarization👤	- How I Beat My Genes!📺	- Approaching the Inner Work of Aging: The “Higher Education” in Our Life - Part II📺	- Utah Symphony Finishing Touches: Beethoven’s <i>Emperor</i> Concerto (Single Session: Sept 22)📍
	- Korean Ink Art: Let’s Paint Pomegranates👤	- Handbuilding Functional Ceramics with Horacio Rodriguez📍	- Intermediate Chess (Chess III)👤	- Classical Guitar👤	- Utah Symphony Finishing Touches: Schumann’s <i>Rhenish</i> Symphony (Single Session: Dec 8)📍
	- Medical Breakthroughs in Prosthetics, Bionics & Cybernetics: Science Fiction to Science Fact📺	- Islands of the Pacific👤	- The Beat Goes On👤	- Exploring Pia Okwai, The Jordan River📍	
	- Connecting with Your Apple Watch📺	- Shakespeare & Human Nature: Philosophers Mirrored by Shakespearean Characters👤	- Unburden Your Mind and Lighten Your Heart with the Practice of Inquiry👤	- Handbuilding Functional Ceramics with Horacio Rodriguez📍	
	- Balance and Fall Prevention: Time for a Tune-up! (Single Session: Sept 18)👤	- The Good, the Wise, & the Lusty: Women in Boccaccio’s <i>Decameron</i> 📺	- Future Perfect! Technology Trends by 2030 (Single Session: Nov 1)📺	- The Art of Bird Feeding👤	
				- The Colonial Art of Latin America📺	
10:00		- Mindful Movement: Stretching and Qigong📺			
		- Landscape Photography📺			
11:30	- Basic Lipreading👤	- Classical Guitar📍	- American Troubadours: Their Life and Songs📍	- Connecting with Your Apple Watch📍	
	- History of the Roaring Twenties & the Great Depression👤	- Laughing All the Way? Screwball Comedy Films: 1934-1945👤	- Connecting with Grandchildren: Grandparent-Tested Practices and Traditions📍	- <i>East of Eden</i> : The Brilliance of John Steinbeck👤	
	- Introduction to Astronomy👤	- Live Free of Clutter & Get Organized at Last!📺		- How Did I Get Here? Our Memories Through Writing👤	
	- Writing the Memorable👤	- Painting Your Way from Impressionism to Cubism👤		- Critical Materials and the Green Energy Transition📺	
	- Balance and Fall Prevention: Time for a Tune-up! (Single Session: Sept 25)📍	- The Language of Flowers: Flowers as Symbols in World Cultures👤		- Six Conundrums in the Archaeology of the Holy Land📺	
				- History & Literature: <i>Lincoln in the Bardo</i> (Single Session: Nov 9)📺	
12:00 pm			- LUNCH & LEARN📺		
			- Introduction to Pickleball📍		
1:30		- Beginning Line Dancing📍	- Arlen, Mercer, Mancini, Sondheim, & Bacharach: Contrasting Styles📍	- Current Issues in American Public Affairs and Politics📺	
		- Current Issues in American Public Affairs and Politics👤	- Feldenkrais Fundamentals: Self-Healing Through Movement📺	- Dickens in Serial📍	
		- Making Sense of the Climate Crisis Based on the Wake Up World Curriculum📺	- <i>From Russia With Love</i> : Experiencing Russia Through Film📺	- Exploring the History & Landscapes of the Great Salt Lake📺	
		- Churchill and FDR: Two Extraordinary Leaders with Secrets (Single Session: Oct 10)👤	- Introduction to World Religions👤	- Salt Lake Then & Now: A Look Through the Years👤	
		- Eisenhower and the Espionage Establishment (Single Session: Oct 17)👤	- Longevity: Building an Age-Friendly Lifestyle👤	- The Magic of Conflict Approach👤	
		- Utah Opera Preview: Puccini’s <i>La Bohème</i> (Single Session: Sept 26)📍	- Moving Forward on Your Journey of Grief and Healing📍	- Writing a “Legacy Letter”📺	
2:00	- Marcie’s Movie Club📍	- Re-Imagining Your Life: A Creative Aging Writing Workshop👤			
2:30				- Google Tools: Exploring Drive and Sites👤	
3:30	- Golden Years, Real Estate, and Hidden Treasure👤	- The Idea of Wilderness👤	- A Practical Exploration of the World of Wine📍	- Artistic Geniuses: Their Writings and Art👤	
		- Transitional Methods for Ukulele👤	- Don’t Just Retire...Refire! An In-Depth Discovery of Your Third Act of Life👤	- Journeys into Eastern Philosophy👤	
			- The Art of Mindfulness👤		
5:00		- Amazing Archaeology and Pseudoscience!📺	- Yoga for Movement & Flexibility📺	- History of Medicine📺	
5:30	- Watercolor Studio📺				

Key

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In-person

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Zoom

📍

Offsite Location

Sandy

Sandy Center  
One Sandy Center  
10011 Centennial Parkway, Ste 100  
Sandy, UT 84070

Monson

Monson Center  
411 E S Temple St,  
Salt Lake City, UT 84111