



OSHER

OSHER.UTAH.EDU

801.581.6461

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.

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.

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.

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.

MEMBERSHIP IS JUST \$40 PER YEAR!

LUNCH & LEARN LECTURES

TEST DRIVE US FOR FREE!

Each term Osher offers an engaging, interesting series of six speakers for our members and for the wider community via Zoom Webinar. These FREE talks help introduce the valuable learning and connections we provide to seasoned adults "age 50 and better!" Join us and invite a friend. Sessions are recorded, kept on our website archives, and freely available to all. Help spread the word about this valuable opportunity to learn new things each week at Osher, simply for the joy and fun of it!

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 spring! Run by the **National Resource Center (NRC) at Northwestern University**, this special program allows members from various Osher Lifelong Learning Institutes to participate in shared online courses. These courses are not meant to replace our in-person or online courses, but rather to supplement our local offerings. High-quality courses featuring popular instructors from some of the 125 Osher Institutes across the country allow members from different states and institutions to connect.

OSHER 760 - Various Courses Taught Online Via Zoom

Please read below for class listings and check our website for detailed course descriptions. Spring courses for Osher Online will run from **March 31 to May 21**.

Registration deadline: **March 18**. Orientation: **March 25 at 12pm**. Enrollment will be limited so register early!
A mandatory orientation will be required for all enrolled attendees. Special fees to attend are non-refundable.

SPRING 2025 CLASSES

MONDAY						
<input type="checkbox"/>	Build Strength and Balance with Vivo for Seniors 202-006	Vivo Fitness Team	8:00-8:45AM	Mar 24-Apr 28	Zoom	\$79 special fee
<input type="checkbox"/>	Classical Guitar Level 3 61-002	Gabino Flores	9:30-11:00AM	Mar 24-Apr 28	540 Arapeen Dr Room 154	\$99
<input type="checkbox"/>	Introduction to German Lieder 427-001	Alexander Harrelson	9:30-11:00AM	Mar 24-Apr 28 (no class Apr 14, makeup class May 5)	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	Korean Ink Art: Brush to Rice Paper 7-001	Joon Bae	9:30-11:00AM	Mar 24-Apr 28	540 Arapeen Dr Room 152	\$99
<input type="checkbox"/>	Becoming a Bird Watcher 868-001 *Meets Mon & Fri	Jeanne Le Ber	9:30-11:00AM	Mar 31-Apr 18	540 Arapeen Dr Room 138 & Field Trip Locations TBA	\$99
<input type="checkbox"/>	Imprisoned Without Trial: Japanese Incarceration in WWII 393-001	Dennis Kato	10:00-11:30AM	Mar 24-Apr 14	Zoom	\$79
<input type="checkbox"/>	Writing to Publish 221-001	David Tippetts	11:30AM-1:00PM	Mar 24-Apr 28	540 Arapeen Dr Room 238	\$99
<input type="checkbox"/>	Into the Vault: The Marriott Library's Rare Books Collection 506-001	Lyuba Basin	11:30AM-1:00PM	Mar 24-Apr 28	J. Willard Marriott Library Rare Books Classroom, Level 4	\$99
<input type="checkbox"/>	Atoms, Subatomic Particles & Quantum Mechanics 858-001	Robert Bigelow	11:30AM-1:00PM	Mar 24-Apr 14	540 Arapeen Dr Room 154	\$79
<input type="checkbox"/>	Becoming an Emotion Expert: Practical Approaches to Mental Health 468-001	Abigail McKenna Benth	11:30AM-1:00PM	Mar 24-Apr 14	Zoom	\$79
<input type="checkbox"/>	Fifty Years of Stephen Sondheim 960-001	Shawna Stewart	11:30AM-1:00PM	Mar 24-Apr 28	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	Jump & Life Will Appear, An Inch-by-Inch Guide to Making a Major Change 237-001	Sandi Cameron-Greene	1:30-3:00PM	Mar 24-Apr 28	Zoom	\$99
<input type="checkbox"/>	Einstein's Theories of Relativity 453-001	Robert Bigelow	1:30-3:00PM	Mar 24-Apr 14	540 Arapeen Dr Room 154	\$99
<input type="checkbox"/>	Utah and the Mountain Men: History of the Fur Trade in Utah 764-001	Ian Wright	1:30-3:00PM	March 24-Apr 28	54 Arapeen Dr Room 232 & Field Trips TBA	\$79
<input type="checkbox"/>	Marcie's Movie Club - With Captions 325-003	Marcie Collett	1:45-5:00PM	Mar 24-Apr 28	Broadway Centre Cinemas	\$109
<input type="checkbox"/>	Ancient Cities of Mesoamerica 86-001	Rick Paine	3:30-5:00PM	Mar 24-Apr 28	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	Fun Basic Watercolor 282-001	Jennifer Love	5:30-7:00PM	Mar 24-Apr 28	Zoom	\$99
SHORTER SESSIONS						
<input type="checkbox"/>	Osher Behind the Scenes: Volunteer Workshops 73-001	Jill E. Meyer, Osher Staff & Volunteers	9:30-11:00AM	Mar 10	540 Arapeen Dr Room 238	FREE
<input type="checkbox"/>	Balance & Fall Prevention: Time for a Tune-up! 834-001	David Keyes	11:30AM-1:00PM	Apr 21	540 Arapeen Dr Room 154	\$29
<input type="checkbox"/>	Elephant in the Room: End of Life Planning 981-001	Dee Dee Fierme-Turpin	11:30AM-1:00PM	Mar 31-Apr 7	540 Arapeen Dr Room 138	\$49
<input type="checkbox"/>	Masterpieces at the Met: 19th Century Movements 85-001	Margaret Landesman & Jill E. Meyer	1:30-3:00PM	Mar 24-Apr 7	540 Arapeen Dr Room 238	\$59

TUESDAY						
<input type="checkbox"/>	Build Strength & Balance with Vivo for Seniors 202-007	Vivo Fitness Team	8:00-8:45AM	Mar 25-Apr 29	Zoom	\$79 special fee
<input type="checkbox"/>	Happy Holidays 227-001	Larry Gerlach	9:30-11:00AM	Mar 25-Apr 29	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	"Evil" 277-001	Aaron Beasley	9:30-11:00AM	Mar 25-Apr 29	540 Arapeen Dr Room 152	\$99
<input type="checkbox"/>	Classical Guitar Level 2 191-002	Gabino Flores	9:30-11:00AM	Mar 25-Apr 29	540 Arapeen Dr Room 154	\$99
<input type="checkbox"/>	Let's Write! 287-001	Debbie Leaman	9:30-11:30AM	Mar 25-Apr 15	540 Arapeen Dr Room 238	\$69
<input type="checkbox"/>	The Women in Shakespear 682-001	Charles Boynton	10:00-11:30AM	Mar 25-Apr 29	Sandy Center	\$99
<input type="checkbox"/>	Book Review: The Rise & Fall of Third Reich, Part Two 794-001	Stephen C. Hall	10:00AM-12:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 138	\$129
<input type="checkbox"/>	True Stories & Fables of the Old West 281-001	Dennis & Sandy Clark	11:30AM-1:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	Connecting With Your Apple Watch 732-001	Debbie White	11:30AM-1:00PM	Mar 25-Apr 29	Sandy Center	\$99
<input type="checkbox"/>	Beginning Bridge II 820-001	Charlie Belusa	11:30AM-1:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 154	\$99
<input type="checkbox"/>	Reclaiming Peace through Self-Inquiry 751-001	Pamela Holman	1:30-3:00PM	Mar 25-Apr 29	Sandy Center	\$99
<input type="checkbox"/>	Beautiful Utah: The Geology Behind the Scenery 294-001	Mark Muir	1:30-3:00PM	Mar 25-Apr 29	Zoom	\$99
<input type="checkbox"/>	Journalism in Crisis & A Nonprofit Future 813-001	Rone Tempest	1:30-3:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 238	\$99
<input type="checkbox"/>	Improvisation/Dialogue/Settings/Writing 800-001	Caren Beeman	1:30-3:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 152	\$99
<input type="checkbox"/>	Current Issues in American Public Affairs & Politics 630-003	Tim Chambliss	1:30-3:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	Marcie's Movie Club - Without Captions 325-004	Marcie Collett	1:45-5:00PM	Mar 25-Apr 29	Broadway Centre Cinemas	\$109
<input type="checkbox"/>	Utilizing Dignity: Engaging in Difficult Conversations 857-001	Susie Estrada	3:30-5:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 238	\$99
<input type="checkbox"/>	SAPIENS—A Brief History of Humankind 697-001	Jonathan Duncan	3:30-5:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 232	\$99
SHORTER SESSIONS						
<input type="checkbox"/>	Beginning Digital Photography 966-001	Eli Vega	10:00-11:30AM	Mar 25-Apr 8	Zoom	\$69
<input type="checkbox"/>	Mindful Movement: Stretching & Qi Gong 432-002	Nando Reynolds	10:00-11:30AM	Apr 8-29	Zoom	\$59
<input type="checkbox"/>	The Art of Letting Go - Downsize & Simplify 666-001	Marla Dee	1:30-3:00PM	Apr 15-29	Zoom	\$59
<input type="checkbox"/>	The U-2 Dragon Lady 123-001	Frank Furr	1:30-3:00PM	Apr 1	540 Arapeen Dr Room 154	\$29
<input type="checkbox"/>	The SECRET War in Laos 933-001	Frank Furr	1:30-3:00PM	Apr 8	540 Arapeen Dr Room 154	\$29
<input type="checkbox"/>	Utah Opera Preview: Puccini's Madame Butterfly 6-001	Carol Anderson	1:30-2:00PM	Apr 22	Utah Opera Studios	\$19
<input type="checkbox"/>	Mount Olivet Cemetery 955-001	Christine Fraizer	1:30-3:00PM	Apr 15	540 Arapeen Dr Room 154	\$29

WEDNESDAY						
<input type="checkbox"/>	Build Strength & Balance with Vivo for Seniors 202-008	Vivo Fitness Team	8:00-8:45AM	Mar 26-Apr 30	Zoom	\$79 special fee
<input type="checkbox"/>	A Brief History of the Middle East: Ottomans to the Abraham Accords & Beyond 533-001	David Meir-Levi	9:30-11:30AM	Mar 26-Apr 30	Zoom	\$109
<input type="checkbox"/>	Forgotten Women 42-002	Chris Dyson	9:30-11:00AM	Mar 26-Apr 30	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	Shakespeare: The Sonnets 34-001	Charles Boynton	9:30-11:00AM	Mar 26-Apr 30	540 Arapeen Dr Room 238	\$99
<input type="checkbox"/>	Siberia: Russia's Frozen Wasteland or Its Economic Heartland? 186-001	Asya Pereltsvaig	11:00AM-12:30PM	Mar 26-Apr 23 (makeup class May 7)	Zoom	\$99
<input type="checkbox"/>	FREE Lunch & Learn Lecture Series	Chelle Wyatt	11:30AM-1:00PM	Mar 26-Apr 30	Sandy Center	FREE
<input type="checkbox"/>	This Week in Science 489-001	Various Speakers	12:00-1:00PM	Mar 26-Apr 30	Zoom	FREE
<input type="checkbox"/>	The Personalities of WWII 807-001	Alan Eastman	1:30-3:00PM	Mar 26-Apr 30	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	Everyday Mindfulness 62-001	Bill Hardesty	1:30-3:00PM	Mar 26-Apr 30	540 Arapeen Dr Room 238	\$99
<input type="checkbox"/>	Don't Just Retire — Refire! An In-Depth Discovery of Your Third Act of Life 650-001	Julie Howell	1:30-3:00PM	Mar 26-Apr 30	Sandy Center	\$99
<input type="checkbox"/>	Steve Wrigley	3:30-5:00PM	Mar 26-Apr 30	Sandy Center	\$99	
SHORTER SESSIONS						
<input type="checkbox"/>	Singing in Harmony 816-001	Stacey Cole	10:00-11:00AM	Apr 2-16	540 Arapeen Dr Room 154	\$49
<input type="checkbox"/>	Osher Behind the Scenes: Special Events 74-002	Sheila Jacobsen, Emily Miller & Volunteers	10:00-11:00AM	Apr 16	540 Arapeen Dr Room 138	FREE
<input type="checkbox"/>	Osher Behind the Scenes: Welcome New Members! 71-002	Sandy Richards & Volunteers	10:00-11:30AM	Apr 30	540 Arapeen Dr Room 138	FREE
<input type="checkbox"/>	Fused Glass: Stringer Plate 43-002	Sarinda Jones	1:00-4:00PM	Mar 12	422 W 900 S Unit 107 SLC, UT 84101	\$49 + \$25 special fee
<input type="checkbox"/>	Fused Glass: Organic Bowl 121-003	Sarinda Jones	1:00-4:00PM	Mar 19	422 W 900 S Unit 107 SLC, UT 84101	\$49 + \$30 special fee
<input type="checkbox"/>	Beginning Fused Glass 110-002	Sarinda Jones	1:00-4:00PM	Apr 2-23	422 W 900 S Unit 107 SLC, UT 84101	\$109 + \$100 special fee
<input type="checkbox"/>	A Practical Exploration of the World of Wine 940-001	Linda Lawless LaStayo	1:30-3:00PM	Mar 26-Apr 2	540 Arapeen Dr Room 154 & Casot Wine Bar	\$49 + \$15 special fee
<input type="checkbox"/>	Movement is Life, Introduction to the Feldenkrais Method 461-001	Carol Lessinger	1:30-3:00PM	Apr 2-16	Zoom	\$59
<input type="checkbox"/>	Google Maps Refresher 209-001	Pat Lambrose	2:30-5:30PM	Mar 26	540 Arapeen Dr Room 249	\$49
<input type="checkbox"/>	Google Tools Refresher 465-001	Pat Lambrose	2:30-5:30PM	Mar 26	540 Arapeen Dr Room 249	\$49
<input type="checkbox"/>	Let's Explore Sparkling Wine Around the World 700-001	Linda Lawless LaStayo	3:30-5:00PM	Mar 26-Apr 2	540 Arapeen Dr Room 154 & Casot Wine Bar	\$49 + \$15 special fee

THURSDAY						
<input type="checkbox"/>	Build Strength & Balance with Vivo for Seniors 202-009	Vivo Fitness Team	8:00-8:45AM	Mar 27-May 1	Zoom	\$79 special fee
<input type="checkbox"/>	Climate Change in Person, Community & Planet 232-001	David Derezotz	9:30-11:00AM	Mar 27-May 1	Zoom	\$99
<input type="checkbox"/>	Classical Guitar 504-002	Gabino Flores	9:30-11:00AM	Mar 27-May 1	540 Arapeen Dr Room 154	\$99
<input type="checkbox"/>	Origins of Modern Political Thought 3-001	Bruce Landesman	9:30-11:00AM	Mar 27-May 1	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	Globetrotting with Uncle Sam: Our Foreign Service Stories 415-001	Susan Nillock & Paul Carpenter	11:30AM-1:00PM	Mar 27-May 1	540 Arapeen Dr Room 138	\$99
<input type="checkbox"/>	Qi Gong, A Mind-Body-Spirit Practice 166-002	Chantal Papillon	11:30AM-12:30PM	Mar 27-May 1	540 Arapeen Dr Room 154	\$79
<input type="checkbox"/>	Aging & Mental Health: Gaining Independence & Confidence 474-001	Megan McKee	11:30AM-1:00PM	Mar 27-Apr 24	540 Arapeen Dr Room 238	\$89
<input type="checkbox"/>	The Future of Health is Social: Building Relationships & Communities 569-001	Lisa West	1:30-3:00PM	Mar 27-May 1	540 Arapeen Dr Room 138	\$99
<input type="checkbox"/>	Growing Up Western: Myths, Legends & the American Dream 224-001	James Pagliasotti	1:30-3:00PM	Mar 27-May 1	Zoom	\$99
<input type="checkbox"/>	Great Decisions - Part 2 14-002 *Part 1 is a prerequisite	Susan Nillock	1:30-3:00PM	Mar 27-Apr 17	540 Arapeen Dr Room 232	\$79
<input type="checkbox"/>	Balance & Vitality: Exploring the Five Element Theory of Chinese Medicine 252-001	Chantal Papillon	1:30-3:00PM	Mar 27-May 1	540 Arapeen Dr Room 154	\$99
<input type="checkbox"/>	P. D. James, Or, Jane Austen Redux 809-001	Jeffrey Walker	1:30-3:00PM	Mar 27-May 1	Sandy Center	\$99
<input type="checkbox"/>	Armchair Travelers' Series: Destination Egypt 810-001	Nicole Anderson	1:30-3:00PM	Mar 27-May 1	Zoom	\$99
<input type="checkbox"/>	France Fantastique 815-001	Linda Bays	1:30-3:00PM	Mar 27-May 1	540 Arapeen Dr Room 238	\$99
<input type="checkbox"/>	Current Issues in American Public Affairs & Politics 630-004	Tim Chambliss	1:30-3:00PM	Mar 27-May 1	Zoom	\$99
<input type="checkbox"/>	Ukulele for Beginners 63-002	Michael Louis Austin	1:30-3:00PM	Mar 27-May 1	540 Arapeen Dr Room 152	\$99 + \$5 special fee
<input type="checkbox"/>	Himalaya—Journeys into the World's Greatest Mountains 786-001	Jonathan Duncan	3:30-5:00PM	Mar 27-May 1	540 Arapeen Dr Room 232	\$99
<input type="checkbox"/>	Music of the Movies 570-001	Lee Kaufman	3:30-5:00PM	Mar 27-May 1	Zoom	\$99
<input type="checkbox"/>	Islamic Golden Age 275-001	Abdulnasser Kaadan	5:00-6:30PM	Mar 27-May 1	Zoom	\$99
SHORTER SESSIONS						
<input type="checkbox"/>	Utah Symphony Finishing Touches Preview: Dvorak's Symphony No. 8 16-001	Luca de la Florin	9:00-9:40AM	Mar 20	First Tier Room, Abravanel Hall	\$15
<input type="checkbox"/>	Spring Bouquets 273-001	Lydia Jones	9:30-11:00AM	Mar 20	Sandy Center	\$29 special fee
<input type="checkbox"/>	CEO of Your Own Healthcare 803-001	Willia Perry	9:30-11:00AM	Apr 10	Sandy Center	\$29
<input type="checkbox"/>	Tales of a Mud Brick City 822-001	Cynthia Bryant	9:30-11:00AM	Apr 3	540 Arapeen Dr Room 238	\$29

FRIDAY						
<input type="checkbox"/>	Build Strength & Balance with Vivo for Seniors 202-010	Vivo Fitness Team	9:00-9:45AM	Mar 28-May 2	Zoom	\$79 special fee
<input type="checkbox"/>	Fighting Slavery in the United States 247-001	Richard Bell	9:30-11:00AM	Mar 28-May 2 (no class Apr 18, makeup class May 9)	Zoom	\$99
<input type="checkbox"/>	Becoming a Bird Watcher 868-001 *Meets Mon & Fri	Jeanne Le Ber	9:30-11:00AM	Mar 31-Apr 18	540 Arapeen Dr & Field Trip Locations TBA	\$99
SHORTER SESSIONS						
<input type="checkbox"/>	Ranking the U.S. 2025: "Top 10" Lists 255-001	Douglas Stowell	11:30AM-1:00PM	Apr 11	Zoom	\$29
<input type="checkbox"/>	Understanding Artificial Intelligence (AI) for Everyday Life 946-001	Diane West	11:30AM-1:00PM	Apr 4-11	540 Arapeen Dr Room 232	\$49
<input type="checkbox"/>	History & Literature: James 219-001	Will & Stan Henderson	11:30AM-1:30PM	May 2	Zoom	\$29

OSHER ONLINE WITH NORTHWESTERN UNIVERSITY						
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