

801.581.6461 OSHER.UTAH.EDU

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 lifechanging 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.

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

ON)	MONDAY									
	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				
	Classical Guitar Level 3 61-002	Gabino Flores	9:30-11:00AM	Mar 24-Apr 28	540 Arapeen Dr Room 154	\$99				
new	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				
	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				
	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				
	Imprisoned Without Trial: Japanese Incarceration in WWII 393-001	Dennis Kato	10:00-11:30AM	Mar 24-Apr 14	Zoom	\$79				
new	Writing to Publish 221-001	David Tippetts	11:30AM-1:00PM	Mar 24-Apr 28	540 Arapeen Dr Room 238	\$99				
Ŷ	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				
	Atoms, Subatomic Particles & Quantum Mechanics 858-001	Robert Bigelow	11:30AM-1:00PM	Mar 24-Apr 14	540 Arapeen Dr Room 154	\$79				
	Becoming an Emotion Expert: Practical Approaches to Mental Health 468-001	Abigail McKenna Booth	11:30AM-1:00PM	Mar 24-Apr 14	Zoom	\$79				
new	Fifty Years of Stephen Sondheim 960-001	Shawna Stewart	11:30AM-1:00PM	Mar 24-Apr 28	540 Arapeen Dr Room 232	\$99				
	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				
	Einstein's Theories of Relativity 453-001	Robert Bigelow	1:30-3:00PM	Mar 24-Apr 14	540 Arapeen Dr Room 154	\$79				
	Utah and the Mountain Men: History of the Fur Trade in Utah 764-001	lan Wright	1:30-3:00PM	March 24-Apr 28	54 Arapeen Dr Room 232 & Field Trips TBA	\$99				
•	Marcie's Movie Club - With Captions 325-003	Marcie Collett	1:45-5:00PM	Mar 24-Apr 28	Broadway Centre Cinemas	\$109				
	Ancient Cities of Mesoamerica 86-001	Rick Paine	3:30-5:00PM	Mar 24-Apr 28	540 Arapeen Dr Room 232	\$99				
new 💭	Fun Basic Watercolor 282-001	Jennifer Love	5:30-7:00PM	Mar 24-Apr 28	Zoom	\$99				
	SHORTER SESSIONS									
new	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				
	Balance & Fall Prevention: Time for a Tune-up! 834-001	David Keyes	11:30AM-1:00PM	Apr 21	540 Arapeen Dr Room 154	\$29				
	Elephant in the Room: End of Life Planning 981-001	Dee Dee Firmage-Turpin	11:30AM-1:00PM	Mar 31-Apr 7	540 Arapeen Dr Room 138	\$49				
	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				

TUE	TUESDAY								
	Build Strength & Balance with Vivo for Seniors 202-007	Vivo Fitness Team	8:00-8:45AM	Mar 25-Apr 29	Zoom	\$79 special fee			
new	Happy Holidays 227-001	Larry Gerlach	9:30-11:00AM	Mar 25-Apr 29	540 Arapeen Dr Room 232	\$99			
new	"Evil" 277-001	Aaron Beasley	9:30-11:00AM	Mar 25-Apr 29	540 Arapeen Dr Room 152	\$99			
	Classical Guitar Level 2 191-002	Gabino Flores	9:30-11:00AM	Mar 25-Apr 29	540 Arapeen Dr Room 154	\$99			
	Let's Write! 287-001	Debbie Leaman	9:30-11:30AM	Mar 25-Apr 15	540 Arapeen Dr Room 238	\$69			
*	The Women in Shakespeare 682-001	Charles Boynton	10:00-11:30AM	Mar 25-Apr 29	Sandy Center	\$99			
	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			
new	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			
*	Connecting With Your Apple Watch 732-001	Debbie White	11:30AM-1:00PM	Mar 25-Apr 29	Sandy Center	\$99			
new	Beginning Bridge II 820-001	Charlie Belusa	11:30AM-1:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 154	\$99			
7	Reclaiming Peace through Self-Inquiry 751-001	Pamela Holman	1:30-3:00PM	Mar 25-Apr 29	Sandy Center	\$99			
new 💭	Beautiful Utah: The Geology Behind the Scenery 294-001	Mark Muir	1:30-3:00PM	Mar 25-Apr 29	Zoom	\$99			
new	Journalism in Crisis & A Nonprofit Future 813-001	Rone Tempest	1:30-3:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 238	\$99			
new	Improvisation/Dialogue/Settings/Writing 800-001	Caren Beeman	1:30-3:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 152	\$99			
	Current Issues in American Public Affairs & Politics 630-003	Tim Chambless	1:30-3:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 232	\$99			
9	Marcie's Movie Club - Without Captions 325-004	Marcie Collett	1:45-5:00PM	Mar 25-Apr 29	Broadway Centre Cinemas	\$109			
new	Utilizing Dignity: Engaging in Difficult Conversations 857-001	Susie Estrada	3:30-5:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 238	\$99			
new	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								
	Beginning Digital Photography 966-001	Eli Vega	10:00-11:30AM	Mar 25-Apr 8	Zoom	\$59			
	Mindful Movement: Stretching & Qigong 432-002	Nando Raynolds	10:00-11:30AM	Apr 8-29	Zoom	\$69			
new 🔲	The Art of Letting Go - Downsize & Simplify 666-001	Marla Dee	1:30-3:00PM	Apr 15-29	Zoom	\$59			
	The U-2 Dragon Lady 123-001	Frank Furr	1:30-3:00PM	Apr 1	540 Arapeen Dr Room 154	\$29			
	The SECRET War in Laos 933-001	Frank Furr	1:30-3:00PM	Apr 8	540 Arapeen Dr Room 154	\$29			
new 💡	Utah Opera Preview: Puccini's <i>Madame Butterfly</i> 6-001	Carol Anderson	1:30-2:00PM	Apr 22	Utah Opera Studios	\$19			
new	Mount Olivet Cemetery 955-001	Christine Fraizer	1:30-3:00PM	Apr 15	540 Arapeen Dr Room 154	\$29			

WED		WEDNESDAY							
		Build Strength & Balance with Vivo for Seniors 202-008	Vivo Fitness Team	8:00-8:45AM	Mar 26-Apr 30	Zoom	\$79 special fee		
new		A Brief History of the Middle East: Ottomans to the	David Meir-Levi	9:30-11:30AM	Mar 26-Apr 30	Zoom	\$109		
		Abraham Accords & Beyond 533-001 Forgotten Women 42-002	Chris Dyson	9:30-11:00AM	Mar 26-Apr 30	540 Arapeen Dr Room 232	\$99		
		Shakespeare: The Sonnets 34-001	Charles Boynton	9:30-11:00AM	Mar 26-Apr 30	540 Arapeen Dr Room 238	\$99		
new		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		
	*	Hearing Loss: Improve Your Communication 827-001	Chelle Wyatt	11:30AM-1:00PM	Mar 26-Apr 30	Sandy Center	\$99		
		FREE Lunch & Learn Lecture Series	Various Speakers	12:00-1:00PM	Mar 26-Apr 30	Zoom	FREE		
	<u></u>	This Week in Science 489-001	Alan Eastman	1:30-3:00PM	Mar 26-Apr 30	540 Arapeen Dr Room 232	\$99		
1	new	The Personalities of WWII 807-001 Everyday Mindfulness 62-001	Bill Hardesty Julie Howell	1:30-3:00PM 1:30-3:00PM	Mar 26-Apr 30	540 Arapeen Dr Room 238	\$99 \$99		
		Don't Just Retire — Refire! An In-Depth Discovery of Your			Mar 26-Apr 30	Sandy Center	· · ·		
*		Third Act of Life 650-001	Steve Wrigley	3:30-5:00PM	Mar 26-Apr 30	Sandy Center	\$99		
	new	Singing in Harmony 816-001	SHORTE Stacey Cole	R SESSION 10:00-11:00AM	S Apr 2-16	540 Arapeen Dr Room 154	\$49		
1			Sheila Jacobsen, Emily			·	· · · · · · · · · · · · · · · · · · ·		
		Osher Behind the Scenes: Special Events 74-002	Miller & Volunteers	10:00-11:00AM	Apr 16	540 Arapeen Dr Room 138	FREE		
		Osher Behind the Scenes: Welcome New Members! 71-002	Sandy Richards & Volunteers	10:00-11:30AM	Apr 30	540 Arapeen Dr Room 138	FREE		
	9	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		
	9	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		
	9	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		
	9	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		
ļ		Movement is Life, Introduction to the Feldenkrais Method 461-001	Carol Lessinger	1:30-3:00PM	Apr 2-16	Zoom	\$59		
		Google Maps Refresher 209-001	Pat Lambrose	2:30-5:30PM	Mar 26	540 Arapeen Dr Room 249	\$49		
		Google Tools Refresher 465-001	Pat Lambrose	2:30-5:30PM	Apr 2	540 Arapeen Dr Room 249	\$49		
new	9	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		
-		a casul while bai special lee							
	1	THURSDAY							
THUR	\mathcal{L}						\$79		
		Build Strength & Balance with Vivo for Seniors 202-009	Vivo Fitness Team	8:00-8:45AM	Mar 27-May 1	Zoom	special fee		
new		Climate Change in Person, Community & Planet 232-001	David Derezotes	9:30-11:00AM	Mar 27-May 1	Zoom	\$99		
	*	Classical Guitar 504-002	Gabino Flores	9:30-11:00AM	Mar 27-May 1	540 Arapeen Dr Room 154	\$99		
2	new	Origins of Modern Political Thought 3-001	Bruce Landesman	9:30-11:00AM	Mar 27-May 1	540 Arapeen Dr Room 232	\$99		
		Globetrotting with Uncle Sam: Our Foreign Service Stories 415-001	Susan Niblock & Paul Carpenter	11:30AM-1:00PM	Mar 27-May 1	540 Arapeen Dr Room 138	\$99		
		Qigong, A Mind-Body-Spirit Practice 166-002	Chantal Papillon	11:30AM-12:30PM	Mar 27-May 1	540 Arapeen Dr Room 154	\$79		
3	new	Aging & Mental Health: Gaining Independence & Confidence 474-001	Megan McKee	11:30AM-1:00PM	Mar 27-Apr 24	540 Arapeen Dr Room 238	\$89		
3	new	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		
new		Growing Up Western: Myths, Legends & the American Dream 224-001	James Pagliasotti	1:30-3:00PM	Mar 27-May 1	Zoom	\$99		
		Great Decisions - Part 2 14-002 *Part 1 is a prerequisite	Susan Niblock	1:30-3:00PM	Mar 27-Apr 17	540 Arapeen Dr Room 232	\$79		
3	new	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		
new		P. D. James; Or, Jane Austen Redux 809-001	Jeffrey Walker	1:30-3:00PM	Mar 27-May 1	Sandy Center	\$99		
new		Armchair Travelers' Series: Destination Egypt 810-001	Nicole Anderson	1:30-3:00PM	Mar 27-May 1	Zoom	\$99		
3	new	France Fantastique 815-001	Linda Bayes	1:30-3:00PM	Mar 27-May 1	540 Arapeen Dr Room 238	\$99		
]		Current Issues in American Public Affairs & Politics 630-004	Tim Chambless	1:30-3:00PM	Mar 27-May 1	Zoom	\$99		
		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		
· · · · · · · · · · · · · · · · · · ·	new	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		
new		Music of the Movies 570-001	Lee Kaufman	3:30-5:00PM	Mar 27-May 1	Zoom	\$99		
		Islamic Golden Age 275-001	Abdulnaser Kaadan	5:00-6:30PM	Mar 27-May 1	Zoom	\$99		
			SHORTE	R SESSION	S				
new	•	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		
new	**	Spring Bouquets 273-001	Lydia Jones	9:30-11:00AM	Mar 20	Sandy Center	\$29 special fee		
new		CEO of Your Own Healthcare 803-001	Cynthia Perry	9:30-11:00AM	Apr 10	Zoom	\$29		
	new	Tales of a Mud Brick City 822-001	Laurie Bryant	9:30-11:00AM	Apr 3	540 Arapeen Dr Room 238	\$29		

	FRIDAY							
	Build Strength & Balance with Vivo for Seniors 202-010	Vivo Fitness Team	9:00-9:45AM	Mar 28-May 2	Zoom	\$79 special fee		
	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		
•	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							
	Ranking the U.S. 2025: "Top 10" Lists! 255-001	Douglas Stowell	11:30AM-1:00PM	Apr 11	Zoom	\$29		
new	Understanding Artificial Intelligence (AI) for Everyday Life 946-001	Will West	11:30AM-1:00PM	Apr 4-11	540 Arapeen Dr Room 232	\$49		
	History & Literature: James 219-001	Diane & Stan Henderson	11:30AM-1:30PM	May 2	Zoom	\$29		

OSHER ON	LINE WITH NORTH	WESTERN UN	IVERSITY		
Bella Napoli: Italy's (Other) "Eternal City" 760-019	Anthony Antonucci & Hilary Haakenson	F, 11:00AM-12:30PM	April 11-May 16	Zoom	\$99 specia
Bonsai, An Ancient Art in Modern Times 760-020	Chris Baker	M, 5:00-6:30PM	March 31-May 5	Zoom	\$99 specia
Car Crazy: 1950s Onward 760-021	Pandora Paul	W, 5:00-6:30PM	April 9-May 14	Zoom	\$99 specia
Cinema in Transition: Exploring Change through Classic Films 760-022	Jeremy Fackenthal	T, 11:00AM-12:30PM	April 8-May 13	Zoom	\$99 specia
Crossword Puzzle Creation 760-023	Steve Weyer	W, 1:00-2:30PM	April 2-May 7	Zoom	\$99 specia
Future Proofing Your Healthspan & Longevity 760-024	Scott Fulton	W, 11:00AM-12:30PM	April 2-May 7	Zoom	\$99 specia
Jinas, Jîvas & The Three Jewels: The Jain Tradition & Its Legacy of Non-violence 760-025	Eileen Goddard	T, 1:00-2:30PM	April 1-May 6	Zoom	\$99 specia
Mainstreaming the Margins: A History of LGBTQ+ America 760-026	Adam Kocurek	T, 9:00-10:30AM	April 1-May 6	Zoom	\$99 specia
Neurology in a Nutshell: The Brain Explained 760-027	Paul Schanfield	Th, 1:00-2:30PM	April 10-May 15	Zoom	\$99 specia
Russia Beyond Russians 760-028	Asya Pereltsvaig	Th, 11:00AM-12:30PM	April 3-May 8	Zoom	\$99 specia
Science Charcuterie 760-029	Kjir Hendrickson	Th, 3:00-4:30PM	April 3-May 8	Zoom	\$99 specia
The Essential Jane Austen 760-030	Juliette Wells	M, 3:00-4:30PM	March 31-May 5	Zoom	\$99 specia
The Soundtrack of Rock & Pop in the 50s & 60s: The Magic of the Brill Building Era 760-031	Michael (Mike) Agron	T, 3:00-4:30PM	April 1-May 6	Zoom	\$99 specia
Virtuosos in Classical Music 760-032	Emanuel Abramovits	W, 3:00-4:30PM	April 16-May 21	Zoom	\$99 specia
Women: The Forgotten "Men" in History 760-033	Diana Carlin	M, 1:00-2:30PM	March 31-May 5	Zoom	\$99 specia

KEY Zoom lecture **Q** Off-site location **F** Sandy Center

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	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Build Strength & Fitness with Vivo for Seniors 202-006 🖵	Build Strength & Fitness with Vivo for Seniors 202-007 □	Build Strength & Fitness with Vivo for Seniors 202-008 🗖	Build Strength & Fitness with Vivo for Seniors 202-009 🗖	
9:00				Utah Symphony Finishing Touches Preview: Dvorak's Symphony No. 8 16-001 Q	Build Strength & Fitness with Vivo for Seniors 202-009 🗖
9:30	Classical Guitar Level 3 61-002 🗳	Happy Holidays 227-001 单	A Brief History of the Middle East: Ottomans to the Abraham Accords & Beyond 533-001 🗖	Climate Change in Person, Community & Planet 232-001 🗖	Fighting Slavery in the United States 247-001
	Introduction to German Lieder 427-001 🗳	"Evil" 277-001 Å	Forgotten Women 42-002 💄	Classical Guitar 504-002 💄	Becoming a Bird Watcher 868-001 <i>*Meets Mon & Fri</i> ♥
	Korean Ink Art: Brush to Rice Paper 7-001 🗳	Classical Guitar Level 2 191-002 🛋	Shakespeare: The Sonnets 34-001	Origins of Modern Political Thought 3-001	
	Becoming a Bird Watcher 868-001	Let's Write! 287-001 Å		Spring Bouquets 273-001 🛠	
	Osher Behind the Scenes: Volunteer Workshops 73-001			CEO of Your Own Healthcare 803-001 🖵	
				Tales of a Mud Brick City 822-001	
10:00	Imprisoned Without Trial: Japanese Incarceration in WWII 393-001	The Women in Shakespeare 682-001 米	Singing in Harmony 816-001		
		Book Review: The Rise & Fall of Third Reich, Part Two 794-001	Osher Behind the Scenes: Special Events 74-002		
		Beginning Digital Photography 966-001	Osher Behind the Scenes: Welcome New Members! 71-002		
		Mindful Movement: Stretching & Qigong 432-002			
11:00			Siberia: Russia's Frozen Wasteland or Its Economic Heartland? 186-001 🗖		
11:30	Writing to Publish 221-001	True Stories & Fables of the Old West 281-001 📤	Hearing Loss: Improve Your Communication 827-001 米	Globetrotting with Uncle Sam: Our Foreign Service Stories 415-001	Ranking the U.S. 2025: "Top 10" Lists! 255-001 🗖
	Into the Vault: The Marriott Library's Rare Books Collection 506-001 9	Connecting With Your Apple Watch 732-001 米		Qigong, A Mind-Body-Spirit Practice 166-002 🗳	Understanding Artificial Intelligence (AI) for Everyday Life I 946-001
	Atoms, Subatomic Particles & Quantum Mechanics 858-001	Beginning Bridge II 820-001 🖴		Aging & Mental Health: Gaining Independence & Confidence 474-001	History & Literature: <i>James</i> 219-001 🗖
	Becoming an Emotion Expert: Practical Approaches to Mental Health 468-001				
	Fifty Years of Stephen Sondheim 960-001				
	Balance & Fall Prevention: Time for a Tune-up! 834-001				
	Elephant in the Room: End of Life Planning 981-001				
2:00 pm			FREE Lunch & Learn Lecture Series 🗖		
1:00			Fused Glass: Stringer Plate 43-002 Q		
			Fused Glass: Organic Bowl 121-003 ♥		
	lump & Life Will Appear An Inch		Beginning Fused Glass 110-002♥	The Future of Health is Social:	
1:30	Jump & Life Will Appear, An Inch- by-inch Guide to Making a Major Change 237-001	Reclaiming Peace through Self-Inquiry 751-001 🛠	This Week in Science 489-001	Growing Up Western: Myths, Legends	
	Einstein's Theories of Relativity 453-001 Utah and the Mountain Men:	Beautiful Utah: The Geology Behind the Scenery 294-001	The Personalities of WWII 807-001	& the American Dream 224-001	
	History of the Fur Trade in Utah 764-001	Journalism in Crisis & A Nonprofit Future 813-001	Everyday Mindfulness 62-001 🛠	Great Decisions - Part 2 14-002 *Part 1 is a prerequisite	
	Masterpieces at the Met: 19th Century Movements 85-001	Improvisation/Dialogue/Settings/ Writing 800-001	A Practical Exploration of the World of Wine 940-001 ▲ ♥	Balance & Vitality: Exploring the Five Element Theory of Chinese Medicine 252-001	
		Affairs & Politics 630-003	Movement is Life, Introduction to the Feldenkrais Method 461-001	P. D. James; Or, Jane Austen Redux 809-001★	
		The Art of Letting Go - Downsize & Simplify 666-001		Armchair Travelers' Series: Destination Egypt 810-001	
		The U-2 Dragon Lady 123-001 The SECRET War in Laos		France Fantastique 815-001	
		933-001 & Utah Opera Preview: Puccini's		Affairs & Politics 630-004 🗖 Ukulele for Beginners 63-002 🗳	
		Madame Butterfly 6-001 Mount Olivet Cemetery 955-001			
1:45	Marcie's Movie Club - With Captions 325-003 ♥	Marcie's Movie Club - Without Captions I 325-004 ♥			Kau
2:30			Google Maps Refresher 209-001		Key In-person
2.00	Ancient Cities of Mesoamerica	Utilizing Dignity: Engaging in Difficult	Google Tools Refresher 465-001	Himalaya—Journeys into the	Zoom • • •
3:30	86-001 A	Conversations 857-001	Don't Just Retire — Refire! An In- Depth Discovery of Your Third Act of	World's Greatest Mountains 786-001 🗳 Music of the Movies 570-001 🗖	Single or Shorter SessionImage: Special Osher 20th Anniversary Course
5:00		Humankind 697-001 🗳	Life 650-00 🛠	Islamic Golden Age 275-001	Sandy Center One Sandy Center * 10011 Centennial Parkway,
5:30	Fun Basic Watercolor 282-001 🗖				Ste 100 Sandy, UT 84070



HELP OSHER THRIVE!

By donating to the University of Utah Osher Lifelong Learning Institute, you help create lasting opportunities for future generations of learners like you. Join us in making a difference.

Donate today at <u>bit.ly/ugive-osher</u>

QUESTIONS? Call 801-581-6461 or email osher@utah.edu

MEMBERSHIP IS JUST \$40 PER YEAR!



