



# OSHER

SPRING COURSES RUN MAR 16-MAY 1, 2026 | REGISTRATION OPENS MAR 5 AT 9AM OSHER.UTAH.EDU | 801.581.7155

## 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.

## 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.

## MEMBERSHIP IS JUST \$40 PER YEAR!

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. **REGISTRATION OPENS MAR 5 AT 9AM.**

## Osher Online™

in collaboration with Northwestern University School of Professional Studies

This Spring the 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 124 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 Mar 30 - May 23, 2026. Registration deadline: **Mar 15, Orientation: Mar 24 at 12PM (MT).** A mandatory orientation will be required for all enrolled attendees. Enrollment will be limited so register early!

**Special fees to attend are non-refundable.**

## 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 Scan QR code or visit [bit.ly/give-2-osher](https://bit.ly/give-2-osher)



## SPRING 2026 CLASSES

### MONDAY

| Course   | Instructor           | Time           | Dates         | Location                                  | Special Fee             |
|--|----------------------|----------------|---------------|---|-------------------------|
| Build Strength & Fitness with Vivo for Seniors   202-006                   | Vivo Fitness Team    | 8:00-8:45AM    | Mar 23-Apr 27 | Zoom                                      | \$105                   |
| Classical Guitar Level 3   61-002  | Gabino Flores        | 9:30-11:00AM   | Mar 23-Apr 27 | Zoom                                      | \$99                    |
| iPhone & iPad Essentials   709-001   | Debbie White         | 9:30-11:00AM   | Mar 23-Apr 27 | Sandy Center                              | \$99                    |
| Exploring Iconic Brands   118-001  | Nancy Schmitt        | 9:30-11:00AM   | Mar 23-Apr 27 | 540 Arapeen Dr Room 154                   | \$99                    |
| The Operas of Giacomo Puccini   236-001                                    | Alex Harrelson       | 9:30-11:00AM   | Mar 23-Apr 27 | 540 Arapeen Dr Room 238                   | \$99                    |
| Becoming a Bird Watcher   868-002  | Jeanne Le Ber        | 9:30-11:00AM   | Mar 23-Apr 10 | 540 Arapeen Dr Room 138 & Field Trips TBA | \$99                    |
| Salt Lake City Past and Present   146-001                                  | Sandy & Dennis Clark | 11:30AM-1:00PM | Mar 23-Apr 27 | 540 Arapeen Dr Room 238                   | \$99                    |
| Introduction to Astronomy   792-001  | Robert Bigelow       | 11:30AM-1:00PM | Mar 23-Apr 27 | 540 Arapeen Dr Room 154                   | \$99                    |
| Muslims in Russia   60-001   | Asya Pereltsvaig     | 11:30AM-1:00PM | Mar 23-Apr 27 | Zoom                                      | \$99                    |
| Connecting with Your Apple Watch   732-001                                 | Debbie White         | 11:30AM-1:00PM | Mar 23-Apr 27 | Sandy Center                              | \$99                    |
| The Clean Water Act   101-001  | Wesley Peebles       | 11:30AM-1:00PM | Mar 23-Apr 27 | 540 Arapeen Dr Room 232                   | \$99                    |
| Poetry Workshop   141-001  | Paul Ford            | 11:30AM-1:00PM | Mar 23-Apr 27 | 540 Arapeen Dr Room 138                   | \$99                    |
| Count Them! Tony Awards—Best of the Best   251-001                         | Shawna Stewart       | 1:30-3:00PM    | Mar 23-Apr 27 | 540 Arapeen Dr Room 232                   | \$99                    |
| Pointed Pen Calligraphy   256-001  | Janet Stewart        | 1:30-3:00PM    | Mar 23-Apr 27 | Sandy Center                              | \$99 + \$20 special fee |
| Atoms, Subatomic Particles, and Quantum Mechanics   858-001                | Robert Bigelow       | 1:30-3:00PM    | Apr 6-27      | 540 Arapeen Dr Room 154                   | \$79                    |
| Wagner on Love: <i>Tannhauser, Lohengrin, Tristan and Isolde</i>   391-001 | Mike Cena            | 1:30-3:00PM    | Mar 23-Apr 27 | 540 Arapeen Dr Room 238                   | \$99                    |
| Marcie's Movie Club - With Captions   325-003                              | Marcie Collett       | 1:45-5:00PM    | Mar 23-Apr 27 | Broadway Centre Cinemas                   | \$109                   |
| Unlocking Creative Writing through Journaling   802-001                    | Jenmarie Martin      | 3:30-5:00PM    | Mar 23-Apr 27 | 540 Arapeen Dr Room 238                   | \$99                    |
| Watercolor Studio   872-001  | Jennifer Love        | 5:30-7:00PM    | Mar 23-Apr 27 | Zoom                                      | \$99                    |

### SHORTER SESSIONS

|   |              |               |           |                         |                         |
|---|--------------|---------------|-----------|-------------------------|-------------------------|
| Three Years in Afghanistan   57-002                   | John Wecker  | 9:30-11:30AM  | Apr 6     | 540 Arapeen Dr Room 155 | \$29                    |
| American Civil War Artists and Illustrators   211-001 | Walter Jones | 9:30-11:00AM  | Mar 23    | 540 Arapeen Dr Room 232 | \$29                    |
| Korean Ink Painting: Vegetables   17-001              | Joon Bae     | 9:30AM-2:00PM | Mar 16    | 540 Arapeen Dr Room 152 | \$49 + \$10 special fee |
| AARP Smart Driver Course   156-001                    | Tauna Toole  | 1:00-5:00PM   | Apr 27    | 540 Arapeen Dr Room 120 | \$29                    |
| Hearing Loss: Improve Your Understanding   827-002    | Chelle Wyatt | 1:30-3:30PM   | Mar 23-30 | 540 Arapeen Dr Room 155 | \$49                    |

### TUESDAY

| Course  | Instructor                  | Time            | Dates                           | Location                | Special Fee              |
|---|-----------------------------|-----------------|---------------------------------|-------------------------|--------------------------|
| Build Strength & Fitness with Vivo for Seniors   202-007  | Vivo Fitness Team           | 8:00-8:45AM     | Mar 24-Apr 28                   | Zoom                    | \$105                    |
| Active and Able with Arthritis   610-002  | Susan Carter                | 9:30-11:00AM    | Mar 24-Apr 28                   | 540 Arapeen Dr Room 154 | \$99                     |
| Classical Guitar Level 2   61-002   | Gabino Flores               | 9:30-11:00AM    | Mar 24-Apr 28                   | Zoom                    | \$99                     |
| Free Will and Shakespeare   253-001   | Charles Boynton             | 9:30-11:00AM    | Mar 24-Apr 28                   | 540 Arapeen Dr Room 155 | \$99                     |
| Women Artists: Impressionists to Modernists   106-001   | Kathryn MacKay              | 9:30-11:00AM    | Mar 24-Apr 28                   | 540 Arapeen Dr Room 232 | \$99                     |
| Happy Holidays: New Year's to Kwanzaa   241-001   | Larry Gerlach               | 9:30-11:00AM    | Mar 24-Apr 28                   | 540 Arapeen Dr Room 238 | \$99                     |
| Mindful Movement: Stretching and Qigong   432-002   | Nando Reynolds              | 10:00-11:30AM   | Apr 7-28                        | Zoom                    | \$69                     |
| World War II in the Pacific   754-001   | Steve Hall                  | 10:00AM-12:00PM | Mar 24-May 5 (no class Mar 31)  | Sandy Center            | \$109                    |
| Qigong: A Mind-Body-Spirit Practice   166-002   | Chantal Papillon            | 11:30AM-12:30PM | Mar 24-Apr 28                   | 540 Arapeen Dr Room 154 | \$79                     |
| The Books of David McCullough   152-001   | JoDene Arakelian            | 11:30AM-1:00PM  | Mar 24-Apr 28                   | 540 Arapeen Dr Room 238 | \$99                     |
| Landmarks of a Life: Memoir Writing Through Nature and Place   216-001                                    | Nicole Anderson             | 11:30AM-1:00PM  | Mar 24-Apr 28 (no class Mar 31) | Zoom                    | \$99                     |
| Air Pollution - Measurements, Health Effects, and Solutions   187-001                                     | Daniel Mendoza              | 11:30AM-1:00PM  | Mar 24-May 5 (no class Apr 28)  | 540 Arapeen Dr Room 232 | \$99                     |
| Current Issues in American Public Affairs and Politics   630-003  | Tim Chambliss               | 1:30-3:00PM     | Mar 24-Apr 28                   | 540 Arapeen Dr Room 232 | \$99                     |
| Beginning Bridge   133-001  | Charlie Belusa              | 1:30-3:00PM     | Mar 24-Apr 28                   | 540 Arapeen Dr Room 154 | \$99                     |
| Exploring Libraries Throughout the World, Then and Now   11-001   | Gladys Webb                 | 1:30-3:00PM     | Mar 24-Apr 28                   | 540 Arapeen Dr Room 238 | \$99                     |
| Zentangle®: Basics & Beyond   154-001   | Susan McFarlane             | 1:30-3:30PM     | Mar 24-Apr 28                   | 540 Arapeen Dr Room 152 | \$109 + \$25 special fee |
| Six Conundrums in the Archaeology of the Holy Land and Their Resolution with the Aid of Science   912-001 | David Meir-Levi             | 1:30-3:30PM     | Mar 24-Apr 28                   | Zoom                    | \$109                    |
| Marcie's Movie Club - Without Captions   325-004  | Marcie Collett              | 1:45-5:00PM     | Mar 24-Apr 28                   | Broadway Centre Cinemas | \$109                    |
| Poetry and Prose Workshops   160-001  | Benedicte Dandis            | 3:30-4:30PM     | Mar 17-Apr 21                   | 540 Arapeen Dr Room 154 | \$79                     |
| The Power of Myth   171-001   | Jonathan Duncan             | 3:30-5:00PM     | Mar 24-Apr 28                   | 540 Arapeen Dr Room 232 | \$99                     |
| 1939 to 1945: A Breakdown of World War Two   177-001  | Benedicte & Isabelle Dandis | 4:30-6:00PM     | Mar 17-Apr 21                   | 540 Arapeen Dr Room 154 | \$99                     |

### SHORTER SESSIONS

|   |                         |                |           |                               |      |
|---|-------------------------|----------------|-----------|-------------------------------|------|
| Artificial Intelligence 101: Hands-On Exploration for Curious Minds   526-001 | Cynthia Perry           | 9:30-11:00AM   | Mar 24-31 | Zoom                          | \$49 |
| Artificial Intelligence: Life Coaching at Your Fingertips   691-002           | Cynthia Perry           | 9:30-11:00AM   | Apr 7-14  | Zoom                          | \$49 |
| Osher Behind the Scenes: Curriculum, Classes, and Instructors   72-002        | Jill Meyer & Anne Terry | 10:00-11:00AM  | Apr 7     | 540 Arapeen Dr Room 138       | FREE |
| The Fire of Frederick Douglass   94-001                                       | Richard Bell            | 11:30AM-1:00PM | Mar 31    | Zoom                          | \$39 |
| Utah Opera Production Studios Tour   788-001                                  | Kevin Nakatani          | 12:30-1:30PM   | Apr 28    | Utah Opera Production Studios | \$19 |
| Utah Opera Preview: Verdi's <i>La Traviata</i>   6-001                        | Kevin Nakatani          | 1:30-2:30PM    | Apr 28    | Utah Opera Production Studios | \$19 |

### WEDNESDAY

| Course  | Instructor         | Time           | Dates         | Location                    | Special Fee              |
|---|--------------------|----------------|---------------|-----------------------------|--------------------------|
| Build Strength & Fitness with Vivo for Seniors   202-008  | Vivo Fitness Team  | 8:00-8:45AM    | Mar 25-Apr 29 | Zoom                        | \$105                    |
| Political Theory Part 1: Traditional Conservatism   607-002   | Robert Faught      | 9:30-11:00AM   | Mar 25-Apr 29 | 540 Arapeen Dr Room 154     | \$99                     |
| Landscape Design and Refresh   218-001  | Bruce L. Maw       | 9:30AM-12:00PM | Mar 25-Apr 15 | 540 Arapeen Dr Room 152     | \$109 + \$35 special fee |
| Forgotten Women   142-001   | Chris Dyson        | 9:30-11:30AM   | Mar 25-Apr 29 | 540 Arapeen Dr Room 238     | \$109                    |
| Into the Vault: The Marriott Library's Rare Books Collection   506-002                                      | Lyuba Basin        | 11:30AM-1:00PM | Mar 25-Apr 29 | J. Willard Marriott Library | \$99                     |
| Science and the Search for Reality   90-001   | Gary Dixon         | 11:30AM-1:00PM | Mar 25-Apr 29 | 540 Arapeen Dr Room 232     | \$99                     |
| The Art of Civil Dialogue: Learning to Communicate with Peace and Productivity   471-001                    | Merinda Cutler     | 11:30AM-1:00PM | Mar 25-Apr 29 | Sandy Center                | \$99                     |
| FREE Lunch & Learn Lecture Series   | Various Speakers   | 12:00-1:00PM   | Mar 25-Apr 29 | Zoom                        | FREE                     |
| Exploring the Themes of <i>The Correspondent</i> by Virginia Evans: An Expressive Writing Workshop   93-001 | Debbie Leaman      | 1:30-3:30PM    | Mar 25-Apr 22 | 540 Arapeen Dr Room 138     | \$104                    |
| Art History: Early Medieval European, Romanesque European, and Gothic Art   189-001                         | Rita Wright        | 1:30-3:00PM    | Mar 25-Apr 29 | 540 Arapeen Dr Room 232     | \$99                     |
| The Declaration of Independence: The Golden Apple Encased in a Frame of Silver   250-001                    | Jim Brusatto       | 1:30-3:00PM    | Mar 25-Apr 29 | Sandy Center                | \$79                     |
| Broadcasting Underground: Radio and the Era of Rock Music   92-001  | James Pagliassotti | 1:30-3:00PM    | Mar 25-Apr 22 | Zoom                        | \$89                     |
| Aging Gracefully   890-001  | Julie Howell       | 1:30-3:00PM    | Mar 25-Apr 29 | 540 Arapeen Dr Room 238     | \$99                     |
| Age Performance - The Gateway to Longevity   217-001  | Paul Holbrook      | 2:30-4:00PM    | Mar 25-Apr 15 | Age Performance             | \$79                     |

### SHORTER SESSIONS

|  |                                  |               |              |                         |      |
|--|----------------------------------|---------------|--------------|-------------------------|------|
| Osher Behind the Scenes: Special Events   74-003                                       | Sheila Timberlake & Emily Miller | 10:00-11:00AM | Apr 15       | 540 Arapeen Dr Room 232 | FREE |
| Healthcare in the Age of AI: A Guide for Curious Healthcare Consumers   1381-001       | Beth Ann Frier                   | 3:30-5:00PM   | Mar 25-Apr 8 | Zoom                    | \$59 |
| Dressing for Revolution: The Fashions of the Philippines   168-001                     | Isabelle Dandis                  | 3:30-5:00PM   | Mar 18-Apr 1 | 540 Arapeen Dr Room 154 | \$59 |
| Fashion, Work, & Passion: How the "Modern Girl" Revolutionized Women in Asia   179-001 | Isabelle Dandis                  | 3:30-5:00PM   | Apr 8        | 540 Arapeen Dr Room 154 | \$29 |
| Protecting Art & Artifacts: How to Improve Your Art and Artifacts at Home   184-001    | Isabelle Dandis                  | 3:30-5:00PM   | Apr 15       | 540 Arapeen Dr Room 154 | \$29 |
| Welcome New Members   71-003   | Sandi Green                      | 1:30-3:00PM   | Apr 22       | 540 Arapeen Dr Room 155 | FREE |

### THURSDAY

| Course   | Instructor                    | Time           | Dates                         | Location                | Special Fee |
|--|-------------------------------|----------------|-------------------------------|-------------------------|-------------|
| Build Strength & Fitness with Vivo for Seniors   202-009   | Vivo Fitness Team             | 8:00-8:45AM    | Mar 26-Apr 30                 | Zoom                    | \$105       |
| Classical Guitar   504-002   | Gabino Flores                 | 9:30-11:00AM   | Mar 26-Apr 30                 | Zoom                    | \$99        |
| Travel Photography   249-001   | Eiri Vega                     | 9:30-11:00AM   | Mar 26-Apr 30                 | Zoom                    | \$99        |
| What's the Buzz About Psychedelics? The Hype, Misunderstandings, and Potential   145-002           | Milan Kaiyo                   | 9:30-11:00AM   | Mar 26-Apr 30                 | 540 Arapeen Dr Room 232 | \$79        |
| What is Love?   144-001  | David Derezotes               | 9:30-11:00AM   | Mar 26-Apr 30                 | Zoom                    | \$99        |
| Beginning Bridge   133-002   | Charlie Belusa                | 9:30-11:00AM   | Mar 26-Apr 30                 | 540 Arapeen Dr Room 154 | \$99        |
| Open Bridge Play   303-002   | Charlie Belusa                | 11:30AM-1:00PM | Mar 26-Apr 30                 | 540 Arapeen Dr Room 154 | \$99        |
| Nuclear Energy: Birth to Renaissance and Beyond   214-001  | Bob Bader                     | 11:30AM-1:00PM | Mar 26-Apr 30                 | 540 Arapeen Dr Room 155 | \$99        |
| A Separate Peace   266-001   | Sally Smith                   | 11:30AM-1:00PM | Apr 16-May 7                  | 540 Arapeen Dr Room 232 | \$59        |
| From Paganism to Christianity: The Evolution of Religions and Rituals in Medieval Europe   204-001 | Lillu Hansen                  | 11:30AM-1:00PM | Mar 26-Apr 30                 | 540 Arapeen Dr Room 238 | \$99        |
| Current Issues in American Public Affairs and Politics   630-004                                   | Tim Chambliss                 | 1:30-3:00PM    | Mar 26-Apr 30                 | Zoom                    | \$99        |
| This Week in Science   489-001   | Alan Eastman & David Stillman | 1:30-3:00PM    | Mar 19-Apr 16                 | 540 Arapeen Dr Room 232 | \$89        |
| Beginning Line Dancing   695-001   | Ruth Palmer & Linda Wood      | 1:30-2:30PM    | Mar 26-May 7 (no class Apr 2) | Jewish Community Center | \$79        |
| The Sound of Silents   79-001  | Jeffrey Walker                | 1:30-3:00PM    | Mar 26-Apr 30                 | Sandy Center            | \$99        |
| Anasazi Culture in Utah   132-001  | Brian Jones                   | 1:30-3:00PM    | Mar 26-Apr 30                 | 540 Arapeen Dr Room 238 | \$99        |
| A Stroll Through Utah Architecture: Understanding the Evolution of Architectural Ideas   118-001   | Oliver Jones                  | 3:30-5:00PM    | Mar 26-Apr 30                 | 540 Arapeen Dr Room 232 | \$99        |
| Beginning French Conversation   1-002  | Rusty Vetter                  | 3:30-5:00PM    | Mar 26-Apr 30                 | 540 Arapeen Dr Room 238 | \$99        |
| Islamic Golden Age   275-001   | Abdulnaser Kaadan             | 5:00-6:30PM    | Mar 26-Apr 30                 | Zoom                    | \$99        |

### SHORTER SESSIONS

|   |                                 |                |           |                         |      |
|---|---------------------------------|----------------|-----------|-------------------------|------|
| Osher Behind the Scenes: Special Events   74-004                            | Edee Burton                     | 9:30-11:00AM   | Mar 26    | 540 Arapeen Dr Room 238 | FREE |
| Osher Ambassadors: Greeters and Classroom Ambassadors   76-002              | Quincy Jackson & Sandy Richards | 10:00-11:30AM  | Mar 19    | 540 Arapeen Dr Room 138 | FREE |
| Digital Storytelling with ArcGIS StoryMaps   199-001                        | Candice Cravins                 | 11:30AM-1:00PM | Mar 26    | Zoom                    | \$29 |
| Elephant in the Room: End-of-Life Planning   981-001                        | Dee Dee Firnagge-Turpin         | 11:30AM-1:00PM | Apr 2-9   | 540 Arapeen Dr Room 138 | \$49 |
| Traillblazing Women: Stories of Courage, Strength, and Resilience   265-001 | Sharon Spaulding                | 1:30-3:00PM    | Apr 23    | 540 Arapeen Dr Room 232 | \$29 |
| Google Apps: Drive & Maps Refresher   209-001                               | Pat Lambrose                    | 2:30-5:30PM    | Apr 23-30 | 540 Arapeen Dr Room 249 | \$79 |

### FRIDAY

| Course   | Instructor        | Time         | Dates         | Location                                  | Special Fee |
|--|-------------------|--------------|---------------|---|-------------|
| Build Strength & Fitness with Vivo for Seniors   202-010 | Vivo Fitness Team | 9:00-9:45AM  | Mar 27-Apr 1  | Zoom                                      | \$105       |
| Becoming a Bird Watcher   868-002                        | Jeanne LeBer      | 9:30-11:00AM | Mar 23-Apr 10 | 540 Arapeen Dr Room 138 & Field Trips TBA | \$99        |

### SHORTER SESSIONS

|   |                        |                 |        |                          |                         |
|---|------------------------|-----------------|--------|--------------------------|-------------------------|
| The Dark Treason of Benedict Arnold   100-001   | Richard Bell           | 9:30-11:00AM    | Apr 24 | Zoom                     | \$39                    |
| Hoof Prints & Heartstrings: The Profound Connection Between Horses & Humans   638-002 | Giuliana Marple        | 10:00AM-12:00PM | Apr 10 | SLC (exact location TBA) | \$69 + \$49 special fee |
| History & Literature: <i>Horse</i>   219-001  | Diane & Stan Henderson | 1:30-3:30PM     | May 1  | Zoom                     | \$29                    |
| The Restless Genius of Benjamin Franklin   99-001                                     | Richard Bell           | 1:30-3:00PM     | Apr 17 | Zoom                     | \$39                    |

## OSHER ONLINE™ WITH NORTHWESTERN UNIVERSITY

|                                   |              |                |
|-----------------------------------|--------------|----------------|
| A History of Street Art   760-022 | Scott Fulton | Th, 9:00-10:30 |
|-----------------------------------|--------------|----------------|