



SPRING

COURSES FOR AGES 50 & BETTER IN VISUAL ARTS, POLITICS, HISTORY, SCIENCE & TECHNOLOGY, FITNESS, LITERATURE, AND MUSIC!

REGISTRATION OPENS MARCH 1 AT 9:00AM | 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.

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. Membership is just \$40 per year.



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 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 allowing members from different states and institutions to learn and connect to each other.

OSHER 760 - Various Courses Taught Online Via Zoom

Please check our website for detailed class listings with topics, instructors, days, dates, and times. Spring courses will run from April 1-May 28. Enrollment will be limited so be sure to register early! A mandatory orientation will be required for all enrolled attendees. Special fees to attend are non-refundable. We hope you will enjoy being part of the fun!

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!



MONDAY SERIES

Course	Instructor	Time	Days	Location	Fee
Build Strength and Fitness with Vivo for Seniors 202-003	Vivo Fitness Team	8:00-8:45AM	Mar 25-May 2	Zoom	\$199 special fee
Build Strength and Fitness with Vivo for Seniors 202-004	Vivo Fitness Team	9:00-9:45AM	Mar 25-May 2	Zoom	\$199 special fee
Psychic Phenomena 762-002	Robert Faught	9:30-11:00AM	Mar 25-Apr 29	540 Arapeen Dr Room 248	\$99
Into the Vault: The Marriott Library's Rare Books Collection 506-001	Lyuba Basin	9:30-11:00AM	Mar 25-Apr 29	J. Willard Marriott Library	\$99
From St. Vladimir to Vladimir Putin: Understanding Russia Today Through Its History 290-001	Asya Pereltsvaig	11:00AM-12:30PM	Mar 25-Apr 29	Zoom	\$99
Graphic Memoir: Telling Your Story with Comics! 638-001	Max Barnewitz	11:30AM-1:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 138	\$99
Introduction to Astronomy 792-001	Robert Bigelow	1:30-3:00PM	Mar 25-Apr 29	540 Arapeen Dr Room 154	\$99
Marcie's Movie Club 325-002	Marcie Collett	1:45-4:30PM	Mar 25-Apr 29	Broadway Centre Cinemas	\$109
History Wars: The 1619 Project and Critical Race Theory 331-001	Richard Bell	3:30-5:00PM	Mar 25-Apr 29	Zoom	\$99
Southern Utah's 1857 Mountain Meadows Massacre and Its Aftermath 450-001	Barbara Jones Brown	5:00-6:30PM	Mar 25-Apr 29	Zoom	\$99
Watercolor Studio: Pattern, Texture, and Weaving 564-001	Jennifer Love	5:30-7:00PM	Mar 25-Apr 29	Zoom	\$99

SHORTER SESSIONS

Course	Instructor	Time	Days	Location	Fee
Google Maps Refresher 209-001	Pat Lambrose	2:30-5:30PM	Apr 8	540 Arapeen Dr Room 249	\$49
Einstein's Theories of Relativity 453-001	Robert Bigelow	11:30AM-1:00PM	Apr 8-29	540 Arapeen Dr Room 154	\$79
Masterpieces at the Met: The European Collection Reinterpreted 536-001	Margaret Landesman & Jill E. Meyer	11:30AM-1:00PM	Apr 15-29	540 Arapeen Dr Room 232	\$59
Balance and Fall Prevention: Time for a Tune-up! 834-001	David Keyes	11:30AM-1:00PM	Apr 22	540 Arapeen Dr Room 152	\$29
Balance and Fall Prevention: Time for a Tune-up! 834-002	David Keyes	11:30AM-1:00PM	Apr 29	Sandy Center	\$29
Death Education - It's Really About Living 552-001	Dee Dee Firmage-Turpin	11:30AM-1:00PM	Apr 22-29	540 Arapeen Dr Room 248	\$49



TUESDAY SERIES

Course	Instructor	Time	Days	Location	Fee
World War II in the Pacific 754-001	Stephen C. Hall	9:00-11:00AM	Mar 26-Apr 30 (no class Apr 9, makeup class held May 7)	540 Arapeen Dr Room 232	\$109
Healthy Aging: How Lifestyle and Nutrition Impact Functional Longevity 892-001	David Mastroianni	9:30-11:00AM	Mar 26-Apr 30 (no class Apr 9, makeup class held May 7)	540 Arapeen Dr Room 160	\$99
Power in Politics in Shakespeare's Plays 260-001	Charles Boynton	9:30-11:00AM	Mar 26-Apr 30	540 Arapeen Dr Room 248	\$99
Mindful Movement: Stretching and Qigong 432-002	Nando Reynolds	10:00-11:30AM	Apr 30-May 28 (no class May 14)	Zoom	\$69
Live Free of Clutter and Get Organized at Last! 380-001	Marla Dee	11:30AM-1:00PM	Mar 26-Apr 30	Zoom	\$99
Globetrotting with Uncle Sam: Our Foreign Service Stories 415-001	Susan Niblock & Paul Carpenter	11:30AM-1:00PM	Mar 26-Apr 30	540 Arapeen Dr Room 232	\$99
iPad and iPhone Basics for Beginners 443-001	Debbie White	11:30AM-1:00PM	Mar 26-Apr 30	Sandy Center	\$99
Telling Our Stories 473-001	Terrell Dougan	11:30AM-1:00PM	Mar 26-Apr 30	540 Arapeen Dr Room 248	\$99
Understanding Conflict: Group Coaching Course 344-001	Chris Wilson	11:30AM-1:00PM	Mar 26-Apr 30 (no class Apr 23, makeup class held May 7)	Zoom	\$99
American Troubadours Plus 435-001	Bill Hardesty	1:30-3:00PM	Mar 26-Apr 30	Sandy Center	\$99
Broadway Songwriters: A Focus on Their Lives and Music 631-001	Lee Kaufman	1:30-3:00PM	Mar 26-Apr 30	Zoom	\$99
Current Issues in American Public Affairs and Politics 630-003	Tim Chambless	1:30-3:00PM	Mar 26-Apr 30 (no class Apr 9, makeup class held May 7)	540 Arapeen Dr Room 232	\$99
Energy and Its Implications for Climate Change 445-001	Matthew C. DeLong	1:30-3:00PM	Mar 26-Apr 30	540 Arapeen Dr Room 248	\$99
Paper Pain to Power - Clutter Clear and Organize Your Paper! 295-001	Marla Dee	1:30-3:00PM	Mar 26-Apr 30	Zoom	\$99
The Sinatra-Effect 993-001	Wayne Egan	1:30-3:00PM	Mar 26-Apr 30	Monson Center	\$99
Cognition in the Wild 434-001	David Strayer & Amy McDonnell	3:30-5:00PM	Mar 26-Apr 30	540 Arapeen Dr Room 232	\$99
Introduction to Flamenco 440-001	Solange Gomes	3:30-5:00PM	Mar 26-Apr 30	540 Arapeen Dr Room 152	\$99

SHORTER SESSIONS

Course	Instructor	Time	Days	Location	Fee
Google Sites Refresher 584-001	Pat Lambrose	2:30-5:30PM	Apr 9	540 Arapeen Dr Room 249	\$49
Utah Opera Preview - Jules Massenet's Thaïs 629-001	Carol Anderson	1:30-2:30PM	Apr 23	Utah Opera Production Studios	\$19



WEDNESDAY SERIES

Course	Instructor	Time	Days	Location	Fee
Korean Ink - 20 Paintings for Osher's 20th Anniversary: Spring Blossoms 555-001	Joon Bae	9:30-11:00AM	Mar 27-May 1	540 Arapeen Dr Room 152	\$99
The 2024 Presidential Election and Democracy 338-001	Bruce Landesman	9:30-11:00AM	Mar 27-May 1	540 Arapeen Dr Room 232	\$99
FREE Lunch & Learn Lecture Series	Various Speakers	12:00-1:00PM	Mar 27-May 1	Zoom	FREE
Basic Lipreading 883-001	Chelle Wyatt	1:30-3:00PM	Mar 27-May 1	540 Arapeen Dr Room 232	\$99
Everyday Mindfulness 62-002	Julie Howell	1:30-3:00PM	Mar 27-May 1	540 Arapeen Dr Room 248	\$99
Meditation for Skeptics: Book Group and Unscientific Field Study 476-001	Pamela Holman	1:30-3:00PM	Mar 27-May 1	540 Arapeen Dr Room 152	\$99
Transitional Methods for Ukulele 545-002	Marci Villa & Bill Stoye	1:30-3:00PM	Mar 27-May 1	540 Arapeen Dr Room 154	\$99 + \$5 special fee
This Week in Science 489-001	Alan Eastman	1:30-3:00PM	Mar 27-May 1	Sandy Center	\$99
Don't Just Retire... Refire! An In-Depth Discovery of Your Third Act Life 650-001	Steve Wrigley	3:30-5:00PM	Mar 27-May 1	Sandy Center	\$99

SHORTER SESSIONS

Course	Instructor	Time	Days	Location	Fee
Feldenkrais® Fundamentals: Self-Healing Through Movement 461-001	Carol Lessinger	1:30-3:00PM	Apr 3-17	Zoom	\$59
Introduction to Pickleball 596-001	Julie Wissler	12:00-2:00PM	Apr 3-24	Club Pickleball USA	\$89 + \$48 special fee
Endangered Species of Utah: A Three-Day Course 259-001	Jane Yager	9:30-11:00AM	Apr 10-24	Zoom	\$59
Right Brain Photography 370-001	Eli Vega	10:00-11:30AM	Apr 17-May 1	Zoom	\$59
The Beat Goes On 900-001	Le Ann B. Stamos	9:30-11:00AM	Apr 17-24	540 Arapeen Dr Room 248	\$49
A Practical Exploration of the World of Wine 940-001	Linda Lawless LaStayo	3:30-5:00PM	Apr 24-May 1	540 Arapeen Dr Room 232 & Casot Wine Bar	\$49 + \$15 special fee



THURSDAY SERIES

Course	Instructor	Time	Days	Location	Fee
Build Strength and Fitness with Vivo for Seniors 202-003	Vivo Fitness Team	8:00-8:45AM	Mar 25-May 2	Zoom	\$199 special fee
Build Strength and Fitness with Vivo for Seniors 202-004	Vivo Fitness Team	9:00-9:45AM	Mar 25-May 2	Zoom	\$199 special fee
Becoming a Bird Watcher 868-001	Jeanne Le Ber	9:30-11:00AM	Mar 28-May 2	540 Arapeen Dr Room 248	\$99
Classical Guitar 504-002	Gabino Flores	9:30-11:00AM	Mar 28-May 2	540 Arapeen Dr Room 154	\$99
Transitioning from Employee into Retirement 397-001	David Deretzotes & Linda Dunn	9:30-11:00AM	Mar 28-May 2	Zoom	\$99
Cultural Geography 24-001	Chris Dyson	11:30AM-1:00PM	Mar 28-May 2	540 Arapeen Dr Room 154	\$99
Paris Olympic Attractions and Transformations: Why is Paris the Most Visited City in the World? 488-001	Linda Bayes	11:30AM-1:00PM	Mar 28-May 2	540 Arapeen Dr Room 248	\$99
The Short Novels of John Steinbeck 423-001	Sally Smith	11:30AM-1:00PM	Mar 28-May 2 (no class Apr 4, makeup class held May 9)	540 Arapeen Dr Room 232	\$99
Beginning Ukulele 595-002	Marci Villa	1:30-3:00PM	Mar 28-May 2	540 Arapeen Dr Room 154	\$99 + \$5 special fee
Current Issues in American Public Affairs and Politics 630-004	Tim Chambless	1:30-3:00PM	Mar 28-May 2	Zoom	\$99
First Person Americans 322-001	Jeffrey Walker	1:30-3:00PM	Mar 28-May 2	Sandy Center	\$99
Great Composers and Other Music 279-001	Morris Rosenzweig	1:30-3:00PM	Mar 28-May 2	540 Arapeen Dr Room 152	\$99
Exploring the History and Landscapes of Grand Teton National Park 559-001	Nicole Anderson	3:30-5:00PM	Mar 28-May 2	Zoom	\$99
Understanding Middle East Politics 327-001	Abdulnaser Kaadan	5:00-6:30PM	Mar 28-May 2	Zoom	\$99

SHORTER SESSIONS

Course	Instructor	Time	Days	Location	Fee
Healing with Horses 680-001	Giuliana Marple	3:30-5:00PM	Mar 28	540 Arapeen Dr Room 232	\$29
Goodbye Stuff! 463-001	Linda Hilton	9:30-11:00AM	Apr 11	540 Arapeen Dr Room 232	\$29
Goodbye Stuff! 463-002	Linda Hilton	9:30-11:00AM	Apr 25	540 Arapeen Dr Room 232	\$29



FRIDAY SESSIONS

Course	Instructor	Time	Days	Location	Fee
Utah Symphony Finishing Touches Preview: Danny Elfman's Percussion Concerto 546-001	Luca de la Florin	9:00-9:30AM	Mar 22	Abravanel Hall, First Tier Room	\$10
History and Literature: The Good Lord Bird 611-001	Diane & Stan Henderson	11:30AM-1:30PM	Apr 26	Zoom	\$29
Pundits, Polls & Politics: The 2024 Election! 637-001	Douglas Stowell	9:30-11:00AM	May 3	Zoom	\$29

KEY Zoom lecture Off-site location 20th Anniversary Course

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Build Strength & Fitness with Vivo for Seniors 202-003 <input type="checkbox"/>			Build Strength & Fitness with Vivo for Seniors 202-003 <input type="checkbox"/>	
9:00	Build Strength & Fitness with Vivo for Seniors 202-004 <input type="checkbox"/>	World War II in the Pacific 754-001		Build Strength & Fitness with Vivo for Seniors 202-004 <input type="checkbox"/>	Utah Symphony Finishing Touches Preview: Danny Elfman's Percussion Concerto 546-001 <input type="location"/>
9:30	Psychic Phenomena 762-002 <input type="location"/>	Healthy Aging: How Lifestyle and Nutrition Impact Functional Longevity 892-001 <input type="location"/>	Korean Ink - 20 Paintings for Osher's 20th Anniversary: Spring Blossoms 555-001 <input type="location"/>	Becoming a Bird Watcher 868-001 <input type="location"/>	Pundits, Polls & Politics: The 2024 Election! 637-001 <input type="location"/>
	Into the Vault: The Marriott Library's Rare Books Collection 506-001 <input type="location"/>	Power in Politics in Shakespeare's Plays 260-001 <input type="location"/>	The 2024 Presidential Election and Democracy 338-001 <input type="location"/>	Classical Guitar 504-002 <input type="location"/>	
			Endangered Species of Utah: A Three-Day Course 259-001 <input type="location"/>	Transitioning from Employee into Retirement 397-001 <input type="checkbox"/>	
			The Beat Goes On 900-001 <input type="location"/>	Goodbye Stuff! 463-001 <input type="location"/>	
				Goodbye Stuff! 463-002 <input type="location"/>	
10:00		Mindful Movement: Stretching and Qigong 432-002 <input type="checkbox"/>	Right Brain Photography 370-001 <input type="checkbox"/>		
11:00	From St. Vladimir to Vladimir Putin: Understanding Russia Today Through Its History 290-001 <input type="checkbox"/>				
11:30	Graphic Memoir: Telling Your Story with Comics! 638-001 <input type="location"/>	Live Free of Clutter & Get Organized at Last! 380-001 <input type="checkbox"/>		Cultural Geography 24-001 <input type="location"/>	History and Literature: The Good Lord Bird 611-001 <input type="checkbox"/>
	Einstein's Theories of Relativity 453-001 <input type="location"/>	Globetrotting with Uncle Sam: Our Foreign Service Stories 415-001 <input type="location"/>		Paris Olympic Attractions & Transformations: Why is Paris the Most Visited City in the World? 488-001 <input type="location"/>	
	Masterpieces at the Met: The European Collection Reinterpreted 536-001 <input type="location"/>	iPad and iPhone Basics for Beginners 443-001 <input type="location"/>		The Short Novels of John Steinbeck 423-001 <input type="location"/>	
	Balance and Fall Prevention: Time for a Tune-up! 834-001 <input type="location"/>	Telling Our Stories 473-001 <input type="location"/>			
	Balance and Fall Prevention: Time for a Tune-up! 834-002 <input type="location"/>	Understanding Conflict: Group Coaching Course 344-001 <input type="checkbox"/>			
	Death Education - It's Really About Living 552-001 <input type="location"/>				
12:00 pm			Lunch & Learn Lecture Series <input type="checkbox"/>		
			Introduction to Pickleball 596-001 <input type="location"/>		
1:30	Introduction to Astronomy 792-001 <input type="location"/>	American Troubadours Plus 435-001 <input type="location"/>	Basic Lipreading 883-001 <input type="location"/>	Beginning Ukulele 595-002 <input type="location"/>	
		Broadway Songwriters: A Focus on Their Lives and Music 631-001 <input type="checkbox"/>	Everyday Mindfulness 62-002 <input type="location"/>	Current Issues in American Public Affairs and Politics 630-004 <input type="checkbox"/>	
		Current Issues in American Public Affairs and Politics 630-003 <input type="location"/>	Meditation for Skeptics: Book Group and Unscientific Field Study 476-001 <input type="location"/>	First Person Americans 322-001 <input type="location"/>	
		Energy and Its Implications for Climate Change 445-001 <input type="location"/>	Transitional Methods for Ukulele 545-002 <input type="location"/>	Great Composers and Other Music 279-001 <input type="location"/>	
		Paper Pain to Power - Clutter Clear and Organize Your Paper! 295-001 <input type="checkbox"/>	This Week in Science 489-001 <input type="location"/>		
		The Sinatra-Effect 993-001 <input type="location"/>	Feldenkrais® Fundamentals: Self-Healing Through Movement 461-001 <input type="checkbox"/>		
		Utah Opera Preview - Jules Massenet's Thaïs 629-001 <input type="location"/>			
1:45	Marcie's Movie Club 325-002 <input type="location"/>				
2:00					
2:30	Google Maps Refresher 209-001 <input type="location"/>	Google Sites Refresher 584-001 <input type="location"/>			
3:30	History Wars: The 1619 Project and Critical Race Theory 331-001 <input type="checkbox"/>	Cognition in the Wild 434-001 <input type="location"/>	Don't Just Retire... Refire! An In-Depth Discovery of Your Third Act Life 650-001 <input type="location"/>	Exploring the History and Landscapes of Grand Teton National Park 559-001 <input type="checkbox"/>	
		Introduction to Flamenco 440-001 <input type="location"/>		Healing with Horses 680-001 <input type="location"/>	
			A Practical Exploration of the World of Wine 940-001 <input type="location"/>		
5:00	Southern Utah's 1857 Mountain Meadows Massacre and Its Aftermath 450-001 <input type="checkbox"/>			Understanding Middle East Politics 327-001 <input type="location"/>	
5:30	Watercolor Studio: Pattern, Texture, and Weaving 564-001 <input type="checkbox"/>				

Key In-person Zoom Offsite Location Single or Shorter Session Special Osher 20th Anniversary Course Sandy Center One Sandy Center 10011 Centennial Parkway, Ste 100 Sandy, UT 84070 Monson Center 411 E Temple St, Salt Lake City, UT 84111