WINTER 2025 COURSES
REGISTRATION OPENS DEC 2 AT 9AM

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 with the 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 Lifelong Learning Institute 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 a variety of life-enhancing 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 AND 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

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! Big thanks to 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

help introduce the valuable learning and connections we provide to seasoned adults "type 2 fun and better." Join 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!

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 250 – Various Courses Taught Online Via Zoom

Please read below for class times and check our website for detailed course descriptions. Winter courses for Osher Online will run from **Jan 14-Mar 30.** Registration deadline for these courses is **Dec 20.** Enrollment will be limited so be sure to register early! *A mandatory orientation will be required for all enrolled attendees. Special fee is attached are non-refundable.*

WINTER 2025 CLASSES

MON

Build Strength and Balance with Vivo for Seniors | 202-001	Vivo Fitness Team	8:00-8:45AM	Jan 27-Mar 17	Zoom	$99 special fee
Korean Ink - 20 Paintings for Osher's 20th Anniversary: Intermediate Learners | 124-501	Joon Bae	9:30-11:00AM	Jan 27-Mar 10 (no class Feb 17)	540 Aquarium Dr Room 152	$99 + $5 supply fee
Classical Guitar Level 3 | 61-001	Galina Flores	9:30-11:00AM	Jan 27-Mar 10 (no class Feb 17)	540 Aquarium Dr Room 154	$99
The Settlement of Utah: Conflict, Accommodation, and the Struggle for Statehood, 1847-1896 | 104-001	Fred Ralph	9:30-11:00AM	Jan 27-Mar 10 (no class Feb 17)	540 Aquarium Dr Room 332	$99
How to Change the World through Microcredit: Fighting Poverty with Compassion | 101-001	Warner Woodworth	9:30-11:00AM	Jan 27-Mar 10 (no class Feb 17)	540 Aquarium Dr Room 154	$99
Russian Consciousness in Context of Cultural History: 863-2024 BC | 78-001	Gene Fitzgerald	11:30AM-1:00PM	Jan 27-Mar 10 (no class Feb 17)	540 Aquarium Dr Room 232	$99
The Art of Change: 8 Weeks to Making a Meaningful Shift in Your Life | 68-001	Sandi Cameron-Greene	1:30PM-3:00PM	Jan 27-Mar 10	Zoom	$109
Marcia's Movie Club | 325-001	Marcia Colbert	1:45-4:30PM	Feb 3-Mar 17 (no class Feb 17)	Broadway Centre Cinemas	$109

SHORTER SESSIONS

Osher Behind the Scenes: Curriculum, Classes, and Instructors | 79-001	JAE Sabey & Lisa Schoenfeld	10:00-11:30AM	Feb 10	540 Aquarium Dr Room 238	FREE
Osher Ambassadors | 76-002	Jill E. Weyer, Lisa Ward Wheeler, Jan Bellows	1:30-3:00PM	Feb 24	540 Aquarium Dr Room 232	FREE
Osher Behind the Scenes: Special Events | 74-003	Sheila Jacobsen, Emily Miller & Volunteers	11:30AM-1:00PM	Mar 3	540 Aquarium Dr Room 138	FREE

TUES

Build Strength and Balance with Vivo for Seniors | 202-002	Vivo Fitness Team	8:00-8:45AM	Jan 21-Mar 11	Zoom	$99 special fee
Classical Guitar Level 2 | 191-001	Galina Flores	9:30-11:00AM	Jan 21-Mar 11	540 Aquarium Dr Room 154	$99
Christmas History Part II: Traditional Customs and Celebrations | 35-001	Larry Gerlach	9:30-11:00AM	Jan 21-Mar 25	540 Aquarium Dr Room 232	$99
Energy and Its Implications for Climate Change | 145-001	Matthew C McLeod	9:30-11:00AM	Jan 21-Feb 25	540 Aquarium Dr Room 238	$99
The US Supreme Court: Origins, Evolution, Future | 31-001	Kenneth Wishnia	9:30-11:00AM	Jan 21-Feb 25	Zoom	$99
Intuitive Painting | 991-001	Caro Nilsson	9:30-11:30AM	Jan 21-Mar 25	540 Aquarium Dr Room 152	$109 + $15 supply fee
Book Review: The Rise and Fall of Third Reich, Part One | 74-001	Stephen C. Hall	10:00AM-12:00PM	Jan 21-Feb 25	540 Aquarium Dr Room 138	$129
Wrkful Movement: Stretching and Qigong | 432-001	Nando Reynolds	10:00-11:30AM	Jan 14-Feb 4	Zoom	$69
Basic Leadership | 683-001	Chelle Wyatt	11:30AM-1:00PM	Jan 21-Feb 25	540 Aquarium Dr Room 154	$99
Cinematic Switching Places: Men playing Women, Women Playing Men | 39-001	Sharon Swensen	11:30AM-1:30PM	Jan 21-Feb 25	540 Aquarium Dr Room 232	$99
Writing the Memoirist | 134-001	Phyllis Barber	11:30AM-1:30PM	Jan 21-Feb 25	540 Aquarium Dr Room 238	$99
Lunch and Learn: Culture and Get Acquainted at Last! | 380-001	Jen Baker	11:30AM-1:00PM	Jan 21	Zoom	$19
Out of the Attic: The Rise of Christianity from the First Temple to Pope | 160-001	David Meier-Lee	11:30AM-1:30PM	Jan 21-Feb 25	Zoom	$103
Adult Dance Class for Body and Brain with Tanner Dance | 106-001	Jon Wilson	1:00-2:00PM	Jan 21-Feb 25	Tanner Dance Studio, 1721 E Cannon Capitol Drive	$79
Current Issues in American Public Affairs and Politics | 630-001	Tim Chambless	1:30-3:00PM	Jan 21-Feb 25	540 Aquarium Dr Room 154	$99
Beginning Bridge | 33-001	Charlie Belaus	1:30-3:00PM	Jan 21-Feb 25	540 Aquarium Dr Room 154	$99
The Ancient Art of Mesoamerica | 27-001	Hugh Lawson	1:30-3:00PM	Jan 21-Feb 25	Zoom	$99
Listening to Your Inner Voice: An Expressive Writing Workshop | 42-001	Debbie Leiman	1:30-3:30PM	Jan 21-Feb 11	540 Aquarium Dr Room 138	$89

SHORTER SESSIONS

Fused Glass Organic Bowl | 121-001	Sarinda Jones	1:00-4:00PM	Jan 7	422 W 900 S (Unit 107 SLC, UT 84101	$45 + $30 special fee
Fused Glass Stringer Plate | 121-002	Sarinda Jones	1:00-4:00PM	Jan 28	422 W 900 S (Unit 107 SLC, UT 84101	$45 + $25 special fee
Raspberry Cream Cheese | 114-001	Wendy Sandoval	1:00-3:00PM	Jan 9-31	422 W 900 S (Unit 107 SLC, UT 84101	$100 + $50 special fee
Utah Opera Preview: Humperdinck's Hansel & Gretel | 629-001	Carol Anderson	1:30-2:30PM	Jan 7	Utah Opera Studio	FREE
Utah Opera Preview: Leoncavallo's Pagliacci | 629-002	Carol Anderson	1:30-2:30PM	Feb 25	Utah Opera Studio	$18
A Trip to the Moon - Silent Films and Their Music | 92-001	Lucia de la Fuente	4:00-5:30PM	Feb 18	540 Aquarium Dr Room 154	$20

WED

Build Strength and Balance with Vivo for Seniors | 202-003	Vivo Fitness Team	8:00-8:45AM	Jan 22- Mar 12	Zoom	$99 special fee
The Weavers' Stories | 208-001	Linda Morris & Rodger Williams	9:30-11:00AM	Jan 22-Mar 5 (no class Feb 19)	540 Aquarium Dr Room 154	$99
Forgotten Women | 42-001	Chris Dyson	9:30-11:00AM	Jan 22-Mar 12	540 Aquarium Dr Room 232	$99
Mini Essentials | 666-001	Debbie White	9:30-11:00AM	Jan 22-Feb 26	Zoom	$99
FREE Lunch & Learn Lecture Series	Various Speakers	12:00-1:00PM	Jan 22-Feb 26	Zoom	FREE
Painting Art Studio | 22-001	Celia Ward	1:00-4:00PM	Jan 22-Feb 26	540 Aquarium Dr Room 152	$99
Gershwin Plus Ellington, American Songbook Revisited | 93-001	Wayne Egan	1:15-2:45PM	Jan 22-Feb 26	Monson Center	$99
The Great Orator: The Speeches of Sir Winston Churchill | 726-001	Bill Kimberly	1:30-3:00PM	Jan 22-Feb 26	540 Aquarium Dr Room 154	$99
21st Century Survey: Ancient Greece and Rome (2000 BCE to 476 AD) | 98-001	Rita Wright	1:30-3:00PM	Jan 22-Feb 26	540 Aquarium Dr Room 232	$99
Aging Gracefully | 890-001	Julie Howell	1:30-3:00PM	Jan 29-Mar 5	540 Aquarium Dr Room 238	$109

SHORTER SESSIONS

The Beat Goes On | 900-001	Le Ann B. Stanes	10:30-11:30AM	Jan 22-29	540 Aquarium Dr Room 238	$49
Landscape Photography | 840-001	El Vega	10:00-11:30AM	Jan 15-29	Zoom	$59
Lunar New Year Talk: The Year of the Wood Snake | 102-001	Chantal Papillon	1:30-3:00PM	Jan 29	540 Aquarium Dr Room 154	$99 special fee
Osher Behind the Scenes: Welcome New Members! | 71-004	Sandy Richards & Volunteers	11:30AM-1:00PM	Mar 5	540 Aquarium Dr Room 232	FREE
Let's Explore Old World Wine | 877-001	Linda Lewellyn LaSloop	3:30-5:00PM	Jan 22-Feb 5	540 Aquarium Dr Room 232 & Count Wine Bar	$45 + $15 special fee

THUR

Build Strength and Balance with Vivo for Seniors | 202-004	Vivo Fitness Team	8:00-8:45AM	Jan 23- Mar 13	Zoom	$99 special fee
Classical Guitar | 504-001	Galina Flores	9:30-11:00AM	Jan 23-Mar 13	540 Aquarium Dr Room 154	$99
The 20th Century Wars in Vietnam | 45-001	Walter Jones	9:30-11:00AM	Jan 23-Mar 13	540 Aquarium Dr Room 232	$99
Great Composers of Opera: Verdi Vs Kar Aging Process | 52-001	David Dereszes	9:30-11:00AM	Jan 23-Mar 27	Zoom	$99
How the Quakers Shaped the Nation | 129-001	Cynthia Perry	9:30-11:00AM	Jan 23-Mar 27	Zoom	$99 special fee
Writing Your Stories: For Everyone | 53-001	Terrell Dougan	11:30AM-1:00PM	Jan 23-Mar 27	540 Aquarium Dr Room 238	$99
Tai Chi Yang Style Part 2 | 8-001	Scott Williams	11:30AM-1:00PM	Jan 23-Mar 27	Sandy Center	$99
Armchair Traveler Series Visiting Utah's Fab Five | 32-001	Nicole Anderson	11:30AM-1:00PM	Jan 23-Mar 27	Zoom	$99
Advances in Biomedical Engineering | 38-001	Various Speakers	11:30AM-1:00PM	Jan 23-Mar 27	540 Aquarium Dr Room 238	$99
Qigong - A Mind-Body Spirit Practice | 190-001	Chantal Papillon	11:30AM-1:30PM	Jan 23-Mar 27	540 Aquarium Dr Room 154	$99
Beginning Fused Glass | 110-001 "Mindfu Sandy A Thursday	Sarinda Jones	1:00-4:00PM	Jan 9-31	422 W 900 S (Unit 107 SLC, UT 84101	$100 + $100 special fee
Great Decisions | 14-001	Susan Niblock	1:30-3:00 PM	Jan 23-Feb 13	540 Aquarium Dr Room 232	$79 + $25 special fee
Ukulele for Beginners | 63-001	Michael Louis Kallin	1:30-3:00PM	Jan 23-Feb 27	540 Aquarium Dr Room 154	$99 + $5 supply fee
I-Ching: Embracing Change | 81-001	Chantal Papillon	1:30-3:00PM	Jan 23-Feb 27	540 Aquarium Dr Room 238	$99
Kings and Queens of American Mystery | 37-001	Jennifer Dunne	1:30-3:00PM	Jan 23-Feb 27	Zoom	$99
Current Issues in American Public Affairs and Politics 630-002	Tim Chambless	1:30-3:00PM	Jan 16-Feb 20	Zoom	$99
Russia Beyond Russian: 20-001	Aqua Perethwog	2:00-3:30PM	Jan 23-Feb 27	Zoom	$99
The Great Orator: Churchill | 726-001	Bill Kimberly	3:00-4:30PM	Jan 23-Feb 27	540 Aquarium Dr Room 232	$99
Broadway Songwriters: A Focus on Their Lives and Music 631-001	Lee Kaufman	3:30-5:00PM	Jan 23-Feb 27	Zoom	$99
Understanding Middle East Politics | 327-001	Abdelnasser Kandil	5:00-6:30PM	Jan 23-Feb 27	Zoom	$99

SHORTER SESSIONS

Love Your Jordan River | 46-001	Erin Johnson & Kylee Greaves	9:30-11:30AM	Jan 30-Feb 6	Nature Center at Pio Decker Lake, 1965 S Decker Lake Blvd, South Salt Lake, UT 84119	$49
Google Maps: Become a Custom Map Maker | 469-001	Pat Lombardi	2:00-5:00PM	Feb 20-27	540 Aquarium Dr Room 249	$69

FRI

Build Strength and Balance with Vivo for Seniors | 202-005	Vivo Fitness Team	8:00-8:45AM	Jan 24- Mar 14	Zoom	$99 special fee
Fighting Slavery in Early America | 52-001	Richard Bell	9:30-11:00AM	Jan 24-Feb 28	Zoom	$99
History and Literature: The Liberator of Burned Books | 302-001	Diane & Stanley Henderson	11:00AM-1:30PM	Feb 21	Zoom	$29

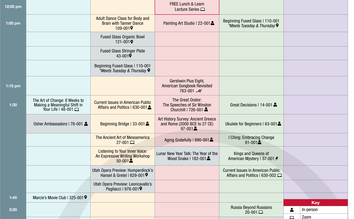
KEY Zoom lecture | Off-site location | 20th Anniversary Course | Sandy Center **FOLLOW US!** @OsherUtah | @osherutahmuse

OSHER ONLINE WITH NORTHWESTERN UNIVERSITY

A Tourist's Tour of the Winter Olympics | 760-002	Andrew Mellon
Buddhist Philosophy, Meditation, and Ritual: In India and Beyond | 760-003	Eileen Goddard
Color and Symbolism in Art History | 760-004	Kathleen Schaefer
Fred Astaire's Partners: Ginger Rogers | 760-005	Caroline Kappes
Much Ado About Nothing | 760-006	Jeffrey Kahane
Immigrants in America: Stories of Jazz, Blues, Rock, and Popular Culture | 760-007	Emanuel Ax/Jorvorski
Modern War: What Is It Good For? | 760-008	Jeff Rice
My Mother Lived in Memory: Stories of a Cuban Childhood | 760-009	Olivia Espin
Reclaiming Native Ground: Native America Since 1900 | 760-010	Matt Jennings
Science Everyone Needs to Know | 760-011	Kyr Hovhannisyan
Storytelling and Sard | 760-012	Jen Baker
The Next Generation's Legacy of the Holocaust | 760-013	Ruth Mizler, Jay Wolfe Dean & Rita Beno
The Secret Lives of Familiar Birds | 760-014	Elizabeth Blackstone
The World of Mozart Opera | 760-015	David Meier
Transparent Eyeballs: The Transcendentalists and Their Worlds, 1803-Present | 760-016	Anthony Arkinson/J
Whole-Person Health and Well-being: Innovative Care from the Cleveland Clinic for Integrative Health | 760-017	Lisa Howard
Wisdom | 760-018	David Smith

7:30			7:30-8:30AM	Build Strength & Fitness with Vivo for Seniors | 202-004
8:00	Build Strength & Fitness with Vivo for Seniors | 202-001	Build Strength & Fitness with Vivo for Seniors | 202-002	Build Strength & Fitness with Vivo for Seniors | 202-003	Build Strength & Fitness with Vivo for Seniors | 202-005
9:30	Korean Ink - 20 Paintings for Osher's 20th Anniversary: Intermediate Learners | 124-501	Classical Guitar Level 2 | 191-001	The Weavers' Stories | 208-001	Classical Guitar | 504-001
10:00	Classical Guitar Level 3 | 61-001	Christmas History Part II: Traditional Customs & Celebrations 35-001	Forgotten Women | 42-001	The 20th Century Wars in Vietnam 45-001
10:30	The Settlement of Utah: Conflict, Accommodation, and the Struggle for Statehood, 1847-1896 | 104-001	Energy and Its Implications for Climate Change | 145-001	Mini Essentials | 666-001	Developing Spiritual Maturity in Our Aging Process! 20-001
11:00	How to Change the World through Microcredit: Fighting Poverty with Compassion | 101-001	The US Supreme Court: Origins, Evolution, Future | 31-001	The Beat Goes On | 900-001	How the Quakers Shaped the Nation 129-001
11:30	Russian Consciousness in Context of Cultural History: 863-2024 BC | 78-001	Intuitive Painting | 991-001	Book Review: The Rise and Fall of Third Reich, Part One | 74-001	Lunch & Learn: Culture and Get Acquainted at Last! 380-001
12:00	Osher Behind the Scenes: Curriculum, Classes, Instructors | 79-001	Wrkful Movement: Stretching and Qigong | 432-001	Landscape Photography 840-001	Lunch & Learn Lecture Series
1:00		Basic Leadership | 683-001	Osher Behind the Scenes: Welcome New Members! | 71-004	Beginning Fused Glass | 110-001 "Mindfu Sandy A Thursday
1:15 pm			Gershwin Plus Ellington, American Songbook Revisited 93-001	
1:30	The Art of Change: 8 Weeks to Making a Meaningful Shift in Your Life | 68-001	Current Issues in American Public Affairs and Politics | 630-001	The Great Orator: The Speeches of Sir Winston Churchill | 726-001	Great Decisions | 14-001
2:00	Osher Ambassadors | 76-001	Beginning Bridge | 33-001	Art History Survey: Ancient Greece and Rome (2000 BCE to 27 CE) 98-001	Ukulele for Beginners | 63-001
2:30		The Ancient Art of Mesoamerica 27-001	Aging Gracefully | 890-001	I-Ching: Embracing Change 81-001
3:00		Listening to Your Inner Voice: An Expressive Writing Workshop 42-001	Lunar New Year Talk: The Year of the Wood Snake | 102-001	Kings and Queens of American Mystery | 37-001
3:30		Utah Opera Preview: Humperdinck's Hansel & Gretel | 629-001		Current Issues in American Public Affairs and Politics | 630-002
4:00		Utah Opera Preview: Leoncavallo's Pagliacci | 629-002		
4:30	Marcia's Movie Club | 325-001			
5:00				
5:30				
6:00				
6:30				
7:00				
7:30				
8:00				
8:30				
9:00				
9:30				
10:00				
10:30				

Key
- In-person
- Zoom
- Offsite Location
- Single or Double Session
- Special Osher 20th Anniversary Course
- Sandy Center: Sandy Center Theatre, 1021 Cabernet Parkway, Ste 160 Sandy, UT 84070
- Monson Center: 1353 S 1500 E, Salt Lake City, UT 84115



HELP OSHER THRIVE!

Donations to the University of Utah Osher Lifelong Learning Institute help keep costs lowing and offer scholarships for fellow generations of Osher's lifelong learners. **Join us in making a difference!**

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

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