

The Best is Yet to Come

Fall 2022 Courses for Ages 50 and Better



Courses in
Visual Arts • Politics • History
STEM • Fitness • Literature • Music

Registration Opens August 9
Visit osher.utah.edu



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Osher and Registration Offices
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A decorative banner at the top of the page features a close-up of vibrant pink flowers with green leaves.

Letter from the Director

Welcome Back!

Traditionally, fall is back-to-school time. And no one is more excited about back-to-school than a lifelong learner. If you are a new Osher member, welcome to our learning community. We hope that you will enjoy the magic that is Osher as you meet our passionate instructors, discover exciting new interests, and enjoy the company of like-minded new friends.

If you are a returning or long-time member, thank you for your ongoing support and contributions to this wonderful program. This community offers so many ways to stay engaged and connected. Each member brings something special and makes the program stronger. We look forward to seeing your friendly and familiar faces in class this fall!

Osher volunteers, instructors, and staff have been hard at work creating a fabulous fall catalog of courses designed especially for you. Turn the page to find your choice of 78 interesting, engaging fall classes. Of these, 40 are brand new! We are pleased to welcome 11 instructors who are completely new to teaching in our program. We are thrilled that they have discovered the joy that is Osher and so glad that they want to contribute.

We hope you will find there is truly something for everyone within these pages. For those who enjoy learning and teaching from the safety and comfort of home, 23 of our fall classes will meet on Zoom. For those who love taking classes from their long-time favorites, we are delighted to again host familiar returning instructors.

By special permission, out-of-state favorites Asya Pereltsvaig and David Meir-Levi are back again this fall. They will teach us about their respective specialties, the Soviet Union and the Holy Land. And Alessandro Achille Galvani Vecchiotti will Zoom in from Italy to regale us with stories of the Italian Renaissance.

If you want to get active this fall, try Beginning Line Dancing, Birdwatching trips, Feldenkrais Fundamentals, Yoga for Movement, stretching, or two new pickleball instructors at two different locations! If you desire a more sedentary hobby, we offer a new sewing class, two painting classes, singing, classical guitar, two levels of ukulele, three different writing options, and a new chess class, as requested by several Osher members.

It's a happy problem to have, trying to decide which classes you will NOT be able to take this term!

Our Special Events volunteers are busy planning fun events. Venues continue to open and are now ready to plan ahead. As Osher members become more comfortable gathering in person again, we will offer more options. Utah Museum of Fine Arts docents are eager to offer tours at the museum, after over two years on Zoom. We will be welcomed back to the Alumni House for another Homecoming event on September 27 so please save that date! Please check our website often for new events.

Our Lunch and Learn volunteer, Sandy Clark, skillfully designed another fantastic series of interesting lectures from a wide variety of community experts. These presentations will continue to be offered on Zoom this term to attract the largest audience possible. They are free and open to anyone. What a simple but perfect way to discover what we do here at Osher. Please invite a friend and enjoy!

—Jill E. Meyer, Director

Tricks of the Trade

Utilizing well-honed expertise and buoyant enthusiasm, Osher instructors engage students to facilitate robust and unfiltered discussion. Classes are taught with an exciting combination of detailed insights and exuberant passion, which provides you with knowledge that is relevant, meaningful, and unforgettable.

Jonathan Duncan

Osher Instructor



Fall 2022 Courses

A Brief History of the Holy Land from the Ottomans to the Abraham Accords

David Meir-Levi

In 634 CE, Mohammed's successors burst into Syria and soon conquered the entire Fertile Crescent. We will quickly review the rise and fall of successive Muslim dynasties, the Crusades, and their aftermath. Then we will focus on the rise and fall of the Ottomans, and segue to the modern era, from the resurgence of Jewish and Arab nationalism, through the role of the British and the two World Wars, to the re-creation of the state of Israel, the Arab-Israel conflict, and its potential for resolution in the Abraham Accords. In the process of this survey, we will analyze the conflicting narratives generated by both sides and test them against historical reality with the intention that an accurate, fact-based, comprehensive account of this era can emerge.

OSHER 533-001 | Monday 11:30 AM-1:30 PM
September 19-November 7, 2022
(no class on Sept 26 or Oct 10)
ZOOM | **\$109**

Adam Smith, Karl Marx, and John Maynard Keynes: Three Views of Capitalism

Emery Kay Hunt

Smith, Marx, and Keynes are the most famous theorists representing the three main divergent views on capitalism. This course examines the fundamental nature of capitalism from the point of view of these important theorists.

OSHER 542-001 | Thursday 1:30-3:00 PM
September 22-October 27, 2022
Room 232, 540 Arapen Drive, Salt Lake City 84108 | **\$99**

Amazing Archaeology and Pseudoscience!

Candice Cravins

Moundbuilders, Atlantis, and aliens, oh my! This course will introduce archaeology and some of the fantastic claims made about the human past. We will explore the basics of pseudoscience and why people believe weird things. We will examine some of the most well-known claims and case studies in the field of pseudo-archaeology.

We will dispel these archaeological myths and mysteries while gaining a solid foundational knowledge of the true science of archaeology and how archaeologists really work to try to tell the most accurate stories about the human past.

OSHER 544-001 | Thursday 3:30-5:00 PM
September 22-October 27, 2022
ZOOM | **\$99**

American Popular Song from 1955 to 1995

Wayne Egan

This class covers the American Songbook from 1955 to 1995, continuing the theme that Wayne Egan has previously taught for the Osher Lifelong Learning Institute. During these years, gifted songwriters added to the canon. The class will feature short introductions and live performances of many of their songs, performed on the Monson Center Steinway (often accompanied by string bass). The roster of first-rate songwriting talent will include Cy Coleman, Henry Mancini, Jule Styne, Johnny Mandel, Burton Lane, Tommy Wolf (often in

Courses

collaboration with lyricist Fran Landeman), Stephen Sondheim, Marvin Hamlisch, and Billy Joel. To round out the list, we will also listen to some non-American songs of the era, from composers Michel Legrand, Antonio Carlos Jobim, and Lennon and McCartney.

OSHER 557-001 | Wednesday 1:30-3:00 PM
September 21-November 2, 2022 (no class on Oct. 12)
The Thomas S. Monson Center, 411 E S Temple St,
Salt Lake City 84111 | **\$99**



Balancing Our Life in Retirement!

Debbie White

Just like we clear the clutter in our closets, we can cut through the clutter in our lives. It is the “stuff” that often keeps us from maintaining a sense of balance in our life. While our retirement should mean doing more of what we want, it often brings more stressors and expectations. Research tells us we should stay connected to others, be physically active, and continue to exercise our minds, in order to age gracefully. What does that really mean? This class will explore these concepts and more, using a variety of activities, discussions, and self-assessments, along with a multitude of resources focused on supporting a healthier, happier, and more balanced life.

OSHER 562-001 | Friday 9:30-11:00 AM
September 23-October 28, 2022
ZOOM | **\$99**

Beginning Line Dancing

Linda Wood and Ruth Palmer

Line dancing is a fun way for seniors to exercise in a relaxed social setting. Not only is line dancing good for your body, but it may also benefit balance, coordination, and memory. Each class will begin with basic beginner moves and gradually progress to improver level dances for those who want to be challenged a little bit. We will dance to a variety of musical genres including show tunes, classic Rock ‘N’ Roll, Latin-influenced, and Country. Wear comfortable clothes and shoes that support your feet but do not grip the floor. All skill levels are welcome.

OSHER 695-001 | Thursday 1:30-3:00 PM
September 22-October 27, 2022
Room 152, 540 Arapleen Drive, Salt Lake City 84108 | **\$99**

Beginning Ukulele

Marci Villa

Learning to play the ukulele is fun and easy. This versatile instrument can be played in any style from rock and roll to gospel, old classics to new songs. This course is for soprano, alto, and tenor C-tuned ukuleles. We will learn the various parts of the ukulele and their functions, how to play 12 ukulele chords, and how to strum simple songs. Music is provided.

OSHER 595-001 | Thursday 3:30-5:00 PM
September 22-October 27, 2022
Room 246, 540 Arapleen Drive, Salt Lake City 84108
\$99 + \$5 Special Fee

Bird Watching: Friday Field Trips!

Jeanne Le Ber

Enhance your bird-watching skills by participating in six half-day field trips. Participants develop skills that allow them to classify and identify birds based on the general impression of size and shape, plumage, song, behavior, habitat, and season. Participants should be willing to drive themselves. Please dress appropriately for the weather, wear comfortable walking shoes, and bring a drink and snack. Binoculars and a notepad to record sightings are essential.

OSHER 170-001 | Friday 8:00 AM-12:00 PM
September 23-October 28, 2022
Field trip locations will be provided to registered class members.
\$109



Caravaggio: Bad Boy of the Baroque Era

Jody Andes

Discover why Michelangelo Merisi da Caravaggio, though a troubled human being, is considered by some to be the greatest artist of all time. Learn about the Baroque period in art, which sprang from the events and ideas of the Counter-Reformation in seventeenth-century Italy. What legacy did Caravaggio leave behind that still lives on today in art and film? The class will conclude with a field trip to the Utah Museum of Fine Arts to view the work of followers of the artist.

OSHER 576-001 | Tuesday 11:30 AM-1:00 PM
September 27-November 8, 2022 (no class on Nov. 1)
Room 154, 540 Arapen Drive, Salt Lake City 84108 | **\$99**



Classical Guitar

Gabino Flores

Explore classical guitar techniques and beginner and intermediate repertoire. Discover classical guitar composers and classical guitar history. Learn to read musical notation. Even if you know music theory, learn how to apply it to playing the guitar.

OSHER 504-001 | Monday 11:30 AM-1:00 PM
September 19-October 24, 2022
Room 152, 540 Arapen Drive, Salt Lake City 84108 | **\$99**



Colored Pencil Workshop and Introduction to Two-point Perspective

Bill Laursen

This is a continuing course that will provide new and former students extra time to continue or finish previous projects and pursue new directions. The class will offer an opportunity to also engage in discovering the all-important principles of two-point perspective that are so necessary to understanding how artists create the illusion of depth in their paintings and drawings.

OSHER 556-001 | Tuesday and Thursday 12:30-2:00 PM
September 20-October 27, 2022
10th East Senior Center, 237 South 1000 East, Salt Lake City 84102 | **\$159**



Creative Visualization

Shelby Rickart

Creative visualization is the technique of using your imagination to create what you want in your life. It is your natural power of imagination, the basic creative energy of the Universe, which you use constantly, whether or not you are aware of it. This class will teach you how to access this amazing power within yourself through short meditations called journeys. You will find

yourself more relaxed and empowered. Anyone, of any age, can use this technique. Please join us!

OSHER 529-001 | Tuesday 9:30-11:00 AM
September 20-October 25, 2022
Room 160, 540 Arapen Drive, Salt Lake City 84108 | **\$99**

Current Issues in American Public Affairs and Politics

Tim Chambless

Examine current political and governmental issues breaking that day and week—locally, nationally, and internationally! This class is highly interactive. Controversial questions are scrutinized. Group discussions are encouraged. Readings from The New York Times and NPR, as well as local newspapers and Internet sources, will be provided. News articles and videos seed the discussion but often grow into entirely different topics based on student interest and participation. Students are encouraged to ask hard questions and to participate actively and respectfully in class discussions.

OSHER 630-001 | Tuesday 1:30-3:00 PM
September 27-November 1, 2022
Room 232, 540 Arapen Drive, Salt Lake City 84108 | **\$99**
(second section on next page)

Courses

OSHER 630-002 | Thursday 1:30-3:00 PM
September 29-November 3, 2022
ZOOM | **\$99**



Dickens in Serial

Jeffrey Walker

Dickens pioneered the method of publishing novels in serial. By writing and publishing a novel in 19 monthly or 36 weekly installments, Dickens could change his story, shared and shaped by the audience who read it, at any time, depending on what his readers liked or disliked. And he did. By reading “Great Expectations” (1861), his greatest weekly novel, in part-by-part installments, readers can weave Dickens’s fictional world into their own real world. As the story and characters develop and change over 36 weeks, so, too, does the reader’s own life. Readers see the changes in their lives through the lens of the fictional characters’ lives and, therefore, literature mirrors life.

OSHER 532-001 | Thursday 1:30-3:00 PM
September 22-October 27, 2022
Sandy Center | **\$99**

Digital Treasures at the Salt Lake County Library

Tina Bartholoma

Discover digital treasures available at The County Library that will make a positive difference in your everyday life. From eMagazines with adjustable font sizes to online classes available at any time on your device, libraries are more than just books, although our eBook collection is incredible. Going digital is not always easy, but librarians will show you exactly where to click to access the reading, listening, and viewing premium resources that are just right for you. All resources are free to Salt Lake County residents. Out-of-county cards are available for a moderate monthly fee.

OSHER 392-001 | Thursday 9:30-11:00 AM
September 22-October 27, 2022
ZOOM | **\$99**



Dissent and the Supreme Court: Its Role in History

Lauren Andersen

We read about dissents when the Supreme Court of the United States makes a controversial decision. We hear soundbites about justices using phrases like “angle-bargle” (Justice Scalia) or “throwing away your umbrella in a rainstorm because you are not getting wet” (Justice

Ginsburg), but because dissents have little legal holding, we do not give them much weight. This course will detail the history of dissent in the Supreme Court of the United States and discuss dissent’s place in history and the future. Join via Zoom to learn more about what dissenting justices achieve in their dissents.

OSHER 563-001 | Monday 11:30 AM-1:00 PM
September 19-October 24, 2022
ZOOM | **\$99**

Don’t Just Retire....Refire! An In-Depth Discovery of Your Third Act Life

Steve Wrigley

This class is designed not only to inspire people to explore their goals and passions, but also to give them an actionable plan on how to navigate a new and evolving life phase. Retirement is no longer a destination, it’s now a transition on a journey. It’s more important to think about what you’re retiring TO, rather than what you’re retiring FROM. Your third act is an opportunity for new goals, dreams, adventures, contributions, and personal reinvention with new interests, opportunities, explorations, relationships, and a new way of life. This class will help you move from a retired life to an inspired life. In the class, you will design a third act of life that is right for you by setting meaningful, attainable goals, and

you will learn how to take simple steps to reach them. The instructor, a board-certified life coach and certified retirement-transition, career, and relationship coach, will help class members navigate change and inspire them with new possibilities.

OSHER 650-001 | Wednesday 3:30-5:00 PM

September 21-October 26, 2022

Room 232, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

Embrace Aging

Anne Asman

Embrace Aging is a course designed to make you feel good and confident about aging. You will learn how to live a healthier, happier, and more well-prepared life as we face the challenges of aging. We will look at what is “normal” aging, and what is not; what impacts aging and how to cope with adaptation and change; how our attitudes can be detrimental or beneficial to aging; what ageism really means; and how to have peace of mind for ourselves and our families in preparing for our futures and theirs. We will look at how lifestyle, environment, technology, and decision-making can and will affect our lives. If you want to feel good about yourself and your future as you age, this is the course for you.

OSHER 979-001 | Monday 1:30-3:00 PM

September 19-October 24, 2022

ZOOM | **\$99**

Empire Falls: The Genius of Richard Russo

Sally Smith

Miles Roby has been slinging burgers at the Empire Grill for 20 years, a job that cost him his college education and much of his self-respect. What keeps him there? It could be his bright, sensitive daughter, Tick, who needs all his help surviving the local high school. Or Janine, Miles’s soon-to-be ex-wife, who has taken up with a noxiously vain health club proprietor. Or the imperious Francine Whiting, who owns everything in town—and believes that includes Miles himself. In *Empire Falls*, Richard Russo delves deep into the blue-collar heart of America in a work that overflows with hilarity, heartache, and grace. Russo won the 2002 Pulitzer Prize in Fiction.

OSHER 566-001 | Thursday 11:30 AM-1:00 PM

September 22-October 27, 2022

Room 232, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

Environmental Policymaking in the United States

Jane Yager

Environmental policymaking incorporates many approaches to address the effects of human activities on the natural world upon which all life depends. Every day, environmental policy is made, knowingly or ignorantly, by a variety of stakeholders: individuals, groups, communities, non-governmental organizations, tribes, governments, and businesses. The purpose of this course is to introduce the history, concepts, and analytical methods of environmental policymaking in the United States. This information will be presented using real-world examples of environmental policymaking, from global warming to species extinction. This course will also explore how environmental policymaking can be a deliberative process, a fluke, a sin of omission or commission, an unintended consequence, a tragedy, a success, or *c’est pire q’un crime, c’est un faute* (it’s worse than a crime, it’s a mistake). A policymaking framework will be provided to assist participants in applying the skills and concepts learned in this course to identify, discuss, analyze, and address a variety of environmental concerns.

OSHER 452-001 | Wednesday 9:30-11:00 AM

September 21-October 26, 2022

ZOOM | **\$99**

Courses

Everyday Mindfulness

Julie Howell

Osher members will experience the two complementary ways to practice mindfulness: learning the formal practice of meditation and the informal experience of letting mindfulness spill over into everyday life. This course will introduce the concept of mindfulness and will cover its history and benefits, as well as the science behind this age-old practice. When a practitioner pays attention to the present moment, mindfulness unfolds a whole new level of awareness. Meditation has been shown to have many beneficial effects, both mental and physical.

OSHER 62-001 | Thursday 11:30 AM-1:00 PM

September 29-November 3, 2022

Room 154, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

Feldenkrais Fundamentals: Self-Healing Through Movement

Carol Lessinger

This will be an inspirational two-day class to motivate yourself to practice gentle movements for self-healing. You will learn easy, intriguing movement sequences that lead to more pleasure in moving through your life. The key is using embodied self-awareness as a way to learn from the inside rather than from an outside source. Carol

brings heart and wisdom to teach you to become aware of movement in ways you might not expect. Everyone is welcome. When there are floor sequences, you may do the movements from your bed if you cannot get onto the floor. See www.feldenkrais.com for information about the method.

OSHER 461-001 | Wednesday 1:30-3:30 PM

September 21-28, 2022

ZOOM | **\$49**

Financial Fraud in the Twenty-first Century: Investment Scams, Detection, and Prevention

Francis Grayson

In 2009, Bernie Madoff was sentenced to 150 years in federal prison after masterminding and carrying out one of the largest Ponzi schemes in history. Losses to investors from Madoff's fraud exceeded \$60 billion and caused devastating residual effects beyond the financial cost. Each year, investors are defrauded out of millions of dollars in retirement assets and life savings by individuals that they have entrusted with their money. In this course, we will discuss how to detect red flags of financial frauds, including romance schemes, affinity frauds, and securities fraud, and ways you can protect yourself from becoming a victim. We will examine some of the largest securities frauds in U.S. history, including frauds perpetrated in Utah. We will read two literary works to

help guide our class discussions, *The Confidence Game* by Maria Konnikova, and *Why They Do It: Inside the Mind of the White-Collar Criminal* by Eugene Soltes. We will review real-life case scenarios investigated by the Utah Securities Division. Finally, you will obtain tools and resources to help you detect fraudulent schemes, and who to contact if you become an unfortunate victim of an investment scam.

OSHER 568-001 | Thursday 3:30-5:00 PM

September 22-October 27, 2022

Room 232, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

Finding the Fun in Robert's Rules!

Debbie White and Rita Heagren

Have you ever wondered how to stop a runaway meeting? Tried to get your group to make decisions? Keep discussions on the agenda? If so, this interactive class takes a dry topic and delivers it with humor and compassion. You will not be falling asleep as we dig into Robert's Rules of Order, providing you with a strong foundation and skills you can use anywhere. This three-week class will use activities, discussion, case studies, and lectures to create an enjoyable environment.

OSHER 561-001 | Monday 9:30-11:00 AM

October 10-24, 2022

Room 138, 540 Arapeen Drive, Salt Lake City 84108 | **\$59**

Grandparenting on Purpose

M. Winston Egan

This course uncovers essential principles and practices that contribute to the development of loving and enduring relationships with your grandchildren and their parents. Class explorations and discussions will center on discovering the needs of grandchildren and their parents; determining what grandchildren want from grandparents; connecting with grandchildren both near and far; addressing estranged children and their spouses; understanding and building family traditions and routines; creating, developing, and pursuing family themes; and nurturing spirituality in your grandchildren.

OSHER 433-001 | Wednesday 11:30 AM-1:00 PM
September 21-November 2, 2022 (no class on Oct. 12)
The Thomas S. Monson Center, 411 E S Temple St,
Salt Lake City 84111 | **\$99**

Great Decisions

*Utah Council for Citizen Diplomacy with Nilufer Leuthold,
Cultural Education Director*

Great Decisions, the United States' most extensive world affairs discussion group, examines the most critical global issues facing America today. Each week, class participants will hear from local subject matter experts

who explore these global topics and lead an in-depth conversation about how these topics affect Utah, the United States, and the world. This course explores twelve current world affairs topics a year; six new topics are taught each spring and fall. Topics for the fall 2022 term include: Changing Demographics, Race to Outer Space, Quad Alliance (U.S., Japan, Australia, and India Foreign Relations), Industrial Policy, Labour Rights, and the Refugee Crisis.

OSHER 14-001 | Wednesday 9:30-11:00 AM
September 21-October 26, 2022
Room 232, 540 Arapleen Drive, Salt Lake City 84108
\$99 + \$10 special fee

Hiking in the Wasatch

David R. Smith

This class will feature short hikes in several of the local canyons and foothills (exact locations to be announced to registered participants). The pace will be slow, to enable hikers to enjoy the environment of the area and view any wildlife that may be encountered, as well as socialize with other participants. The hikes will involve moderate elevation gains and will be on trails that may have uneven footing. Sturdy walking or hiking shoes are recommended, and trekking poles

may be helpful. Bring lunch (or a snack), a warm jacket or sweater, and rain gear. The scheduled hikes are subject to cancellation or rescheduling, based on weather conditions. Durations of hikes will vary based on the particular hike but plan on approximately four hours (including transportation). While the class is primarily an activity class, the required equipment for hiking will be identified and discussed. Individual pacing for efficient hiking will be demonstrated.

OSHER 26-001 | Tuesday 9:30 AM-1:30 PM
September 20-October 25, 2022

Hike locations will be provided to registered class members who will meet and carpool to the trailheads

\$109

Hot Rocks: An In-depth Look at the World of Gems and Precious Stones

Brent McMaster

Never look at gems or precious stones the same way again. This course will leave members with a working knowledge of the gem kingdom and an understanding of the identification and value components of gems and precious stones. Look closely into the microscope and gain some hands-on experience tinkering with some of the gemologist's tools. Members will also be exposed to

Learn the Bard Way

Although Shakespeare's language can be a challenge, his words—written over 400 years ago—provide keen insight into the psychology of the current moment. The intricacies of gender, family, political intrigue, fame, race, love, desire, envy, ambition, and honor are all nimbly explored and will inspire you to make meaning of your own experiences.

Charles Boynton

Osher Instructor



some of the curious folklore and history of mining and selling organizations.

OSHER 943-001 | Tuesday 9:30-11:00 AM

September 20-October 25, 2022

Room 154, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

How to Paint Like an Impressionist

Barbara Taylor

This course is designed for Osher members who have taken an art class before and have supplies ready to paint in their favorite medium. Class members may choose to paint in oil, acrylic, watercolor, gouache, or pastel. We will study the Impressionists, understand their philosophy, and then learn to paint in their style. Impressionists are the bridge from Renaissance to modern art. We will learn the new painting techniques they developed. By studying Cezanne, Van Gogh, Monet, Renoir, Pissarro, Morisot, and Seurat, we will learn techniques with picture planes, soft edges, medium values, and more. For those who like adventure, we will risk giving up our traditional painting style to try something new.

OSHER 419-001 | Tuesday 11:30 AM-1:00 PM

September 20-October 25, 2022

Room 138, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

Integral Psychology

Robert Faught

This course evaluates Ken Wilber's theory and book, *Integral Psychology*, which is an attempt to integrate science and spirituality. He does this by integrating the core perennial philosophy of the Great Chain of Being (matter, life, mind, soul, spirit) as represented in the premodern wisdom traditions (Christian Mysticism, Cabalistic Judaism, Yoga, Buddhism, Taoism, etc.) with the past hundred years of research on all the levels of human self-development in modern Western psychology. Wilber integrates Eastern and Western psychology by identifying ten levels (structures) of self-development from birth to enlightenment. Western psychology emphasizes the first six levels of healthy ego development, while Eastern psychology emphasizes the last four transpersonal levels of spiritual development. The goal of Integral Psychology is the unfolding of all levels (structures or stages) of consciousness within the physical form of the human being. This involves human evolutionary development within all quadrants of being and existence, including the physical, psychological, social, and cultural.

OSHER 537-001 | Monday 9:30-11:00 AM

September 19-October 24, 2022

Room 154, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

Internet Security - Get Empowered!

Debbie White

Personal information is in high demand. It is why we face threats from companies like Cambridge Analytica, Facebook, and even simple browsing, not to mention phone and email scams. All of these methods steal people's personal information and are a real threat to your life savings. This three-session course will take this challenging topic and break it down into some key concepts of what experts say are the best practices to be both an offensive and defensive user of the Internet, empowering you with knowledge and real-life easy solutions.

OSHER 51-001 | Thursday 9:30-11:00 AM

October 13-27, 2022

ZOOM | **\$59**

Introduction to Chess

Anil Cengiz

Welcome to the royal game! This introductory course will teach the rules of chess, fundamental checkmate ideas, and basic strategies regarding openings and middle-game. In each session, we will first discuss some of these concepts and then work in pairs to practice and learn

how to apply them in our games. The second part of the session will be mainly playtime, where you get a chance to play actual games with other students in the class and have some fun. In Blaise Pascal's words, "Chess is the gymnasium of the mind." So be ready to have a good mental workout!

OSHER 579-001 | Friday 9:30-11:00 AM

September 23-October 28, 2022

Room 238, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

Introduction to Islam

Serjeel Ahmed

This course offers an introduction to the religion of Islam. We will explore the key texts, central beliefs, and rituals and introduce the most important resources and methods to further guide students towards increasing their knowledge of the faith. Class members will be encouraged to bring their questions forward in an open and accepting environment.

OSHER 558-001 | Wednesday 3:30-5:00 PM

September 21-October 26, 2022

ZOOM | **\$99**

Courses

Introduction to Pickleball in Woods Cross

Britton Black

Welcome to the fastest-growing sport in America! This introductory course will teach the rules and proper etiquette of the game, positioning and basic strategy, the different types of shots, and when to use each shot. Each session will first discuss and demonstrate these aspects of the game, then perform drills to help you learn and practice. In the second half of class, you will play actual matches where you can implement the things you are being taught. Includes instruction, indoor court time, and use of provided pickleball racquets and balls. Be ready to learn and have the time of your life!

OSHER 527-001 | Wednesday 10:00 AM-12:00 PM

September 21-28, 2022

The Kitchen

1273 South 1800 West, Suite 9, Woods Cross 84087 | **\$89**



Introduction to Pickleball in Sandy

Kathleen Taylor

Looking for a great way to combine exercise and fun? Pickleball is the answer! Come and find out what all the hype is about, and learn the basics you need to get started with your new favorite pastime. Class members will learn the basic rules of play, strategies, and scoring. We will do

practice drills on various types of shots and when to use them. There will be time to play actual games at the end of both sessions. At the end of the class, you will have enough information and skills to play games at any of the many available venues. Pickleball paddles and balls will be provided as needed.

OSHER 596-001 | Wednesday 12:00-2:00 PM

October 5-12, 2022

Club Pickleball USA

203 W 9000 South, Sandy 84058 | **\$89**

Islamic Golden Age

Abdulnaser Kaadan

This course will cover the evolution and practice of the Islamic sciences, during the Islamic renaissance or Islamic Golden Ages, from its origins until the fall of the Islamic civilization. The goal of the course is to encourage the attendees to think about Islamic sciences from an historical perspective, and to appreciate how Islamic sciences can inform the study of history. This period is traditionally understood to have begun during the reign of the Abbasid caliph Harun al-Rashid (786 to 809) with the inauguration of the House of Wisdom in Baghdad, the world's largest city by then, where Islamic scholars and polymaths from various parts of the world with different cultural backgrounds were

mandated to gather and translate all of the world's classical knowledge into Arabic and Persian. Several historic inventions and significant contributions in numerous fields were made throughout the Islamic middle ages that revolutionized human history.

OSHER 275-001 | Thursday 5:00-6:30 PM

September 22-October 27, 2022

ZOOM | **\$99**



Italian Renaissance: Art, Culture, and Ethics after the Middle Ages

Alessandro Achille Galvani Vecchiatti

During the Renaissance, a new culture spread across Italy based on enjoyment, order, and beauty, happening despite numerous wars, epidemics, and unhinged rulers. Florence, for instance, under the rule of Lorenzo the Magnificent, a poet-banker who ran the state without being elected nor nominated, became one of the most splendid cities in Europe. Being the size of Ogden today, your neighbor could have easily been Leonardo da Vinci or the model for Michelangelo's David. At the local Town Hall, you could have met Botticelli and Simonetta Vespucci, the lady we now know—five hundred years later—simply as Venus. You would have seen in the streets Pico della Mirandola, an aristocrat who published 900 theses to reform the Catholic church, 30 years before

Luther published his 95, or Machiavelli who would publish the perfect self-help manual for poisoners and murderers. Milan, on the other hand, the biggest Renaissance court, hired Leonardo not as a painter or an architect but as the event planner for its Duke and hairstylist for the Duchess of Milan, successfully to the point people were still talking about Leonardo's "Feast of the Paradise" 10 years later. By exploring this complicated cultural system which also occurred in Venice, followed by Rome, Ferrara, Padua, Verona, and Naples, we will recreate the environment that gave birth to the most famous pieces of art in Western civilization.

OSHER 567-001 | Friday 9:30-11:00 AM
September 23-October 28, 2022
ZOOM | **\$99**

Jordan River Critters

Kylie Jones-Greenwood

Experience the wealth of plants and wildlife along the Jordan River in this exciting, active course! Each week, students will enjoy a nature walk along the Jordan River Parkway while discussing key plant or animal species that are representative of a trophic level of the Jordan River ecosystem. By the end of the course, students will be familiar with the entire ecosystem, from decomposers to apex predators. Instructors will provide a short weekly

reading to allow students to familiarize themselves with class content in advance.

OSHER 470-001 | Tuesday 11:30 AM-1:00 PM
September 20-October 25, 2022
Tracy Aviary's Jordan River
Nature Center
1125 W 3300 S, South Salt Lake, UT 84119 | **\$99**

Journeys in Eastern Philosophy

Jonathan Duncan

This course will provide a broad introduction to the core beliefs and teachings of Eastern philosophy, as well as open a portal into the sacred landscapes and architecture of Asia. The class will be half philosophy seminar and half travelogue. Each week we will focus on one of the great religions of the East, including Hinduism, Buddhism, Taoism, and Zen. We will then embark on a photographic safari through the landscapes, temples, and shrines held sacred in each tradition. The journeys will include a trip down the Ganges River, a visit to Bodh Gaya, an exploration of the monasteries of Ladakh and Sikkim, and a pilgrimage through the sacred mountains of China. There will be discussions on the history of each tradition: its art, sacred texts, core beliefs, and the geography and culture that inspired them.

OSHER 548-001 | Thursday 3:30-5:00 PM
September 22-October 27, 2022
Room 248, 540 Arapleen Drive, Salt Lake City 84108 | **\$99**

Korean Ink Painting: Let's Paint Grapes and Dragonflies

Joon Bae

Painting is a meditation on creating your own world. When you put a brush to rice paper, each brushstroke transforms your image and leaves a mark like a peaceful dream. You feel a new breath emerging from your body and heart. Outside stories fade away. You begin speaking the language of appreciating life. In this class, Osher members will learn to paint the colorful fall harvest subjects of grapes and dragonflies. Students will cultivate creativity, new mysterious ink painting ideas with rice paper, and radical constraint, but the brushwork remains in the heart as a story and symbol of things. With the diversity of so many creative brushstrokes, Asian ink paintings enable students to know and appreciate beautiful East Asian art. The methods help develop a better cultural exchange, understanding of culture, and respect for the diversity of lifestyles.

(course details on next page)

Courses

OSHER 543-001 | Wednesday 9:30-11:00 AM
September 21-October 26, 2022
Room 152, 540 Arapeen Drive, Salt Lake City 84108
\$99 + \$5 special fee

Let's Write!

Debbie Leaman

Do you want to write but you are having trouble getting started? Are you stuck, not knowing what to write about? This six-week workshop will help get your creative juices flowing. Unlock your “inner writer” through weekly writing prompts, tips, and short exercises. In a supportive environment, we will write, share and discuss the craft of writing. So, grab your laptop (or pen, pencil, and paper), get comfortable, and put your critical voice on hold. All writing levels are welcome.

OSHER 287-001 | Tuesday 1:30-3:00 PM
September 20-October 25, 2022
ZOOM | **\$99**

Live Free of Clutter and Get Organized at Last!

Marla Dee

How would it feel to have your home free of clutter & disorganization? In today's world, we are bombarded with information and stuff! So, there is clutter

everywhere—on our phones and computers, desktops and countertops, bedrooms and basements, closets and cupboards. We crave being free of the clutter and fantasize about being organized but it feels impossible. As a professional organizer for 22 years, Marla Dee has seen the pain and she's here to help. With contagious enthusiasm and stories from real clients, Marla will show you that living organized is a skill anyone can learn. Why bother learning the skill? Because getting organized frees you to be present for what matters most. Her Clear and Simple Steps teach where to start, what to do, and how to keep it up. If you are ready for a change, come get what you need to make it happen!

OSHER 380-001 | Tuesday 11:30 AM-1:00 PM
September 20-October 25, 2022
ZOOM | **\$99**

Marcie's Movie Club

Marcie Collett

Each week, Marcie's Movie Club will watch and then discuss a film at Salt Lake Film Society's Broadway Centre Cinemas. The class fee includes a movie ticket each week and free parking validation. If a class must be missed, class members will be offered complimentary tickets to watch the film on their own at another time. Osher members will connect

with one another over independent, first-run cinema, as well as with their fellow global citizens through documentary and international films. As Roger Ebert noted, movies are an empathy machine!

OSHER 325-001 | Monday 3:00-5:30 PM
September 19-October 24, 2022
Broadway Centre Cinemas, 111 East 300 South, Salt Lake City 84111 | **\$104**

Mindful Movement: Qigong and Stretching

Nando Raynolds

This class is an introduction to qigong and simple stretching patterns. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. No special clothing or experience is required, come as you are, and be ready to move about comfortably in your home space. We will be meeting over Zoom, and the class will include social time with other class members. A signed liability waiver will be required prior to the first class. The instructor will offer supporting resources of a suggested DVD available for purchase, free videos to view on YouTube, and ongoing virtual classes between Osher terms. This course is offered in conjunction with several other Osher Institutes across the country.

OSHER 432-001 | Tuesday 10:00-11:30 AM
October 25-November 15, 2022
ZOOM | **\$69**

Modernism on the Utah Landscape

Bim Oliver

In the middle of the twentieth century, a new set of visual architectural ideas appeared in Utah. Collectively termed Modernism, they represented a radical shift from the traditionalist architectural values that had dominated the landscape. In this class, we will assess Modernism's impacts on Utah architecture through lectures and brief walking tours. We will examine Modernism in the community, on campus, and in religion. We will conclude by looking at Modernism's lasting impacts on the Utah landscape.

OSHER 515-001 | Wednesday 9:30-11:00 AM
September 21-October 26, 2022
Room 154, 540 Arapleen Drive, Salt Lake City 84108
Note: *Class field trip on Oct 5 will meet at the Thomas S. Monson Center and do a walking tour of South Temple architecture* | **\$99**

Planning a Trip to Mars

Dennis Clark

For years, scientists have been working on going to Mars. As this trip becomes more possible, we will discuss the planning for the journey to the Red Planet. There are many components to making this happen, and each one must function as designed. We will discuss the myriad of challenges, including protection from radiation and growing food. We will also look at many NASA photos of the various planets in our solar system as well as in the Cosmos outside of our solar system. Two or three more years to blast off!

OSHER 578-001 | Thursday 11:30 AM-1:00 PM
September 22-October 27, 2022
ZOOM | **\$99**

Policing in America

Paul Cunningham

This course will explore the role of police in America, including a historical overview and explanations of jurisdiction. We will examine how police officers are selected, trained, and managed. After considering crime data, we will look at issues such as police use of force,

race, vehicle pursuits, body cams, and citizen review boards. One class will focus on Corrections. Each class will include 30 minutes dedicated to a discussion of police-related news of the past week.

OSHER 687-001 | Thursday 9:30-11:00 AM
September 22-October 27, 2022
Room 248, 540 Arapleen Drive, Salt Lake City 84108 | **\$99**

Re-Imagining Your Life: A Creative Aging Writing Workshop

Debbie Leaman

"Where do I belong? Who am I, now that I'm not who I used to be? What is my purpose?" These are common questions we all ask as we grow older. Expressive writing opens us up to new possibilities, helps unblock us, and reveals new pathways toward reinvention and discovery—it changes our perspective in ways that we might not have otherwise seen. Through guided writing prompts, readings, shared stories, and other creative means, you will uncover your own personal answers, helping you find purpose and meaning in life's next act.

OSHER 594-001 | Tuesday 9:30-11:30 AM
September 20-October 25, 2022
Room 138, 540 Arapleen Drive, Salt Lake City 84108 | **\$129**

Courses

Salty Science of Great Salt Lake

Jaimi Butler

The Great Salt Lake is a unique, understudied, and underestimated national landmark. As one of the most extreme ecosystems in the world, where life is tested at its limits, this lake provides new territory for exploration. Once an ancient inland sea, the Great Salt Lake has a rich history, both geological and human. Today it is a critical site for migratory birds, an important resource for industry and recreation, and a valuable laboratory for learning about the biology and chemistry of hypersaline environments.

Our goal is to connect each student to their own understanding of the lake through the interdisciplinary lenses of science, art, policy, and the humanities.

OSHER 342-001 | Tuesday 3:30-5:00 PM

September 20-October 25, 2022

ZOOM | **\$99**



SewFun

Sandy Connelly

Learn or re-learn how to use a sewing machine. Learn about the tools of the trade, terms, how to measure for projects, and understand directions. Put your new skills to work on a small project or bring an unfinished project

or a project you want to start. Class members can bring their own machine to class or possibly arrange to borrow one from the instructor, on a first-come, first-served basis. Please consult with Osher staff to request access to a sewing machine prior to registering, if one is needed.

OSHER 575-001 | Monday 11:30 AM-1:00 PM

September 19-October 24, 2022

Room 232, 540 Arapen Drive, Salt Lake City 84108 | **\$99**



Shakespeare: His Evil Characters

Charles Boynton

In this course, we will study six of Shakespeare's "evil" characters in six plays. Each one has a unique personal profile. The characters we will consider are Aaron in *Titus Andronicus*, Iago in *Othello*, Richard in *Richard III*, Macbeth and Lady Macbeth in *Macbeth*, Shylock in *The Merchant of Venice*, and Edmund in *King Lear*. We will analyze Shakespeare's powers of characterization in his incredible writings. Class members will read passages aloud, like a Shakespearean actor, for greatly enhanced understanding.

OSHER 572-001 | Wednesday 9:30-11:00 AM

September 21-October 26, 2022

Room 248, 540 Arapen Drive, Salt Lake City 84108 | **\$99**

Sing Freely! Vocal Play and Harmony

Stacey Cole

Free that wonderful unique voice of yours! Have you wondered, "How does that singer make a certain kind of sound?" Are you longing to learn HOW to sing a harmony part? Come explore vocal harmony, resonance, and vocal ornamentation with musician and vocal coach Stacey Cole. We will keep our brains sharp and hearts light while having fun singing together—virtually! You will learn short, wonderfully novel songs (novel as in "new," a song you've never heard on the radio) and you will learn harmony parts for each song. Audio files in MP3 format will be provided so that you can have access to the songs and parts for your own use. In addition, we will explore vocal resonance (chest voice, head voice, mixed voice, etc.) as well as vocal ornamentation (trills, "flipping," and sliding the voice). What have you got to lose? You will be able to do all of this from the privacy of your own space. This class is a great way to keep learning while making new discoveries with your voice. No previous singing experience is necessary.

OSHER 386-001 | Monday 1:30-2:30 PM

September 19-October 24, 2022

ZOOM | **\$69**

Six by Lincoln

L. Rex Sears

Together we will explore, educate, and savor the text, setting, ideas, and consequences of six of President Abraham Lincoln's greatest and most important addresses—one each week. Primary texts (in chronological order, not lecture order): Peoria (1854), House Divided (1858), Cooper Union (1860), July 4 address to Congress (1861), Gettysburg (1863), and Second Inaugural (1865).

OSHER 200-001 | Monday 9:30-11:00 AM

September 19-October 24, 2022

Room 232, 540 Arapleen Drive, Salt Lake City 84108 | **\$99**

Stretch Then Move

David Keyes

This course will open with thirty minutes of qigong, the exercise system from traditional Chinese medicine, for gentle, full-body stretching. The second thirty minutes will include shibashi, the Japanese blend of qigong and tai chi, and other easy tai chi forms, to help improve balance to prevent falls. Class to be held outdoors with a small group at a park in the Murray area, location to be announced to registered class members.

OSHER 817-001 | Tuesday 9:30-10:30 AM

August 30-October 4, 2022

TBA - Park near Murray, UT | **\$69**

The Films of Alfred Hitchcock, Part Two 1954-1960

Sharon Swenson

Alfred Hitchcock, a master of suspense, created over 50 films with remarkable similarities and differences in style, theme, and structure. This class will examine late films, selecting from *Rear Window*, *The Trouble with Harry*, *To Catch a Thief*, *Vertigo*, *North by Northwest*, and *Psycho*. Themes and motifs examined include chiaroscuro (play of light and dark), skillful cinematic creation of anticipation, icy blondes and dominating mother figures, the omnipresence of guilt, and the ability to shoot and edit film in a way that spectators become voyeurs, peering into the private lives of characters and experiencing pleasure and dread. Hitchcock's unique trademarks include cameo appearances in each film and soupcon of humor to increase the suspense.

OSHER 551-001 | Tuesday 11:30 AM-1:00 PM

September 20-October 25, 2022

Room 248, 540 Arapleen Drive, Salt Lake City 84108 | **\$99**

The Greatest Movies

Andrew Patrick Nelson

We have all heard certain films described as “the best” or “the greatest.” But what does it mean to call a film “the greatest”? How are these judgments made? Who makes them? And do they actually matter? In this engaging six-week course, we will answer these questions and more. Through an interactive exploration of six classic movies, learn some basic film studies terminology and concepts. Acquire skills needed to examine and appreciate movies from a range of perspectives: formal, thematic, historical, generic, and authorial. Explore and discuss the history and legacy of six significant motion pictures: *Citizen Kane*: The Greatest Film; *Vertigo*: The (New) Greatest Film; *The Passion of Joan of Arc*: The Greatest Silent Film; *Tokyo Story*: The Greatest Foreign Film; *The Searchers*: The Greatest Western; and (because we end close to Halloween) *The Exorcist*: The Scariest Movie Ever Made.

OSHER 582-001 | Thursday 1:30-3:30 PM

September 22-October 27, 2022

Room 154, 540 Arapleen Drive, Salt Lake City 84108 | **\$109**

Courses



The Soviet Union: An Insider's View

Asya Pereltsvaig

What was life in the Soviet Union like? This class combines history lectures with an insider's view of someone born and raised in the USSR. The Bolshevik Revolution, followed by several years of civil war and foreign intervention, changed not only the political structure of the country, but its economy, its social fabric, and even the nature of the most personal relationships among its citizens. In this course, we will consider the Soviet planned economy, its repressive dictatorial political regime, and its imperial nature. We will examine in what ways post-Soviet Russia continues with economic, political, and social models that were established by the Soviet regime. We will explore why the majority of Russians today admire Putin despite a growing economic crisis, why they are so intolerant of homosexuality, why Russian women hate feminism, and other similar issues that perplex a Western observer. By evaluating the balance sheets of the last century of Russian history, we will ponder the future of Russia and its role in international affairs.

OSHER 528-001 | Wednesday 1:30-3:00 PM

September 21-October 26, 2022

ZOOM | **\$99**



Transforming Our Global Challenges

David Derezotes

Today we are facing a convergence of interrelated global challenges, including: The differences between people that divide us, such as race, gender, nationality, politics, religion, and sexual preference. Climate change, loss of biodiversity, and pollution of water, earth, and air. COVID-19 pandemic and lack of equitable access to health care. War and preparations for war. High rates of human trauma, depression, and anxiety. In this class, we will explore how all of these global challenges are rooted in our own human psyche, including our ego-functioning, left-brain hemispheric dominance, and tendencies towards indifference and violence. We will also look at what we can all do to help create a healthier and more equitable, inclusive, and just world.

OSHER 535-001 | Thursday 9:30-11:00 AM

September 22-October 27, 2022

ZOOM | **\$99**



Transitional Methods for Ukulele

Bill Stoye and Marci Villa

This class will expand and improve upon known foundational skills to bridge between beginning and intermediate skill levels. Course requirements: the ability to transition to and from the chords of C, Am, F, G7, C7,

D7, A7, E7, G, D, A, and Dm without hesitation; ability to strum quarter notes and eighth notes on the beat. The goal of this class is to deepen your groove and connection with the music. Infusing new and simple ideas between right and left hands will breathe new life into your songs.

OSHER 545-001 | Tuesday 3:30-5:00 PM

September 20-October 25, 2022

Room 246, 540 Arapeen Drive, Salt Lake City 84108

\$99 + \$5 Special Fee



Utah's Mining History

Chris Merritt and Seth Button

Few visitors, and surprisingly even fewer residents, of Utah know the rich and storied mining history of the state. From the first explorations for gold and silver to the boom of copper and coal, and even to the post-World War II expansion of radioactive mineral mining, Utah has had a multi-billion-dollar mining industry since the 1860s. Through traditional history, music, and lots and lots of photos, come enjoy a tour of Utah's mining history and learn why mining in Utah was often called a big hole with a liar at the top.

OSHER 574-001 | Thursday 11:30 AM-1:00 PM

September 22-October 27, 2022

Room 248, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**



Utah's Rock Imagery: Fact and Fiction

Elizabeth Hora

Are you curious about the peoples and cultures behind prehistoric rock imagery (aka rock art) across Utah? Elizabeth has some answers...and some evasive maneuvers too. The most common question people ask when faced with prehistoric rock imagery is “What does this mean?” It is a question that archaeologists are uniquely ill-equipped to answer. Why is that? And who can we turn to for answers? We will dive into the challenge of interpretation, and you may be surprised where the conversations lead you!

OSHER 577-001 | Monday 9:30-11:00 AM

September 19-October 24, 2022

Room 248, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**



Victorian Renaissance Art: Painting Ritual and Religion in the Nineteenth Century

Rita Wright

The Victorian era was a time of shifting beliefs about the world and about religion. Artists responded to these changes by painting both pagan and early Christian rituals and history. From Pre-Raphaelite perspectives on medieval Christianity to the Olympian, classical masterworks depicting lush, ancient pagan processions,

artists created images of beauty, symbolism, and insight that continue to affect our perceptions of the past. These works will be analyzed for their impact on art and our ideas about religion and rituals as they were emerging during the nineteenth-century spread of Empire. The works of Dante Gabriel Rossetti, Frederic Leighton, John Everett Millais, John William Waterhouse, Evelyn De Morgan, Lawrence Alma-Tadema, John Singer Sargent, and many others will be presented within their artistic and religious backgrounds, along with their lasting cultural significance.

OSHER 547-001 | Thursday 9:30-11:00 AM

September 22-October 27, 2022

Room 232, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

West Side Stories: Utah History through Salt Lake City's Oldest International Neighborhood

Brad Westwood

This course is one of a three-part series (each a standalone course) to be held in fall, winter, and spring terms. Taking a chronological approach, the course will follow the 2020-2021 produced serial history blog entitled “Salt Lake City West Side Stories.” Through presentations, guest lecturers, readings, and site

visits, class members will delve into Utah history by way of Salt Lake City's oldest international, transportation, and industrial district. The city's original “west side” is known today as the Pioneer Park neighborhood. The boundaries are: North Temple Street, West Temple Street, 600 South, and to the west, the UTA and Union Pacific tracks and Interstate 15. Inhabited first by Utah's ancient and Native peoples, the area served as a base camp or distribution hub for nearly every immigrant group that settled in Utah or the Intermountain West, until the 1970s. In 1847, Mormon settlers laid claim to the region by first camping on Salt Lake City's original west side. Thereafter, other immigrants joined, including Jews from Germany and Russia, Chinese, Africans, Italians, Greeks, Eastern Europeans, Japanese, Syrians, and other refugees from the crumbling Ottoman Empire, Mexicans, and Latinx peoples. All made, or were pressured to make, the original west side their home. The area became a bastion of other religionists, mutual aid societies, and counterculture groups, and a gathering place for LGBTQ+ communities. It has also served as a place for beleaguered travelers and the homeless, ever since the first train entered the city. This course will tell the story, with your help, of one of Salt Lake Valley's most unique neighborhoods, a microcosm of Utah's not-so-often-told history, from its beginnings to the present.

(course details on next page)

Courses

OSHER 337-001 | Monday 3:30-5:00 PM

September 19-October 24, 2022

Room 248, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

What Is Art?

Bernadette Brown

What is considered “art” has changed throughout time. This course will explore how the definition of art has changed over various time periods. We will focus primarily on the nineteenth through the twentieth centuries—the centuries of the “isms”, beginning with Impressionism to Post Modernism. We will explore the relationships between culture and the art forms produced by that culture at a particular time. Some core questions will be “What are the events that shape artistic expression?” and “What constitutes ‘popular’ versus ‘academic’ art?”.

OSHER 549-001 | Tuesday 9:30-11:00 AM

September 20-October 25, 2022

Room 248, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

World War I: Mayhem Made Manifest

Stephen C. Hall

No war has been as devastating nor as avoidable as World War I. Statesmen created a diplomatic system of the most fragile sort, and in the process created consequences beyond comprehension. The Great War showcased the disparities between emerging technology and military doctrine. The frontal assault that had been the bedrock of military actions for centuries produced unimagined casualties when pitted against the technologies of machine guns, rapid-fire cannons, and airplanes. This lecture series focuses on specific events and campaigns, but even more on the decisions and their results. We will examine the pros and cons of the major decisions, the factors in play, and why the final decisions were as they turned out to be. Topics we will discuss include but are not limited to: The Roots of World War I; The Schlieffen Plan; Technologies and Tactics; The Yanks are Coming!; Major Campaigns, West and East; and Coda: Harvest and Seeds.

OSHER 47-001 | Tuesday 9:30-11:30 AM

September 20-November 1, 2022 (no class on October 4)

Room 232, 540 Arapeen Drive, Salt Lake City 84108 | **\$109**

Writing the Memorable

Phyllis Barber

This class is designed to help class attendees write moments from their lives that need to be recorded—for family, friends, and even a larger audience of readers. In six classes, we will write, critique, and rewrite to organize our memories and get the best from the material. Learn how rewriting is absolutely essential and fun. Join us.

OSHER 534-001 | Monday 11:30 AM-1:00 PM

September 19-October 24, 2022

Room 248, 540 Arapeen Drive, Salt Lake City 84108 | **\$99**

Yoga for Movement

Kelley Ingols

Yoga has become a great way to ease the mind and body. In this class, we will cover the basic, foundational yoga postures that are practiced to align, strengthen, and promote flexibility in the body. Full-body relaxation and balance are the goals, as we make a circuit of the body’s range of motion with standing postures, twists, backbends, forward folds, and hip openers.

OSHER 498-001 | Wednesday 5:00-6:00 PM

September 21-October 26, 2022

ZOOM | **\$69**



Anne Dolowitz, Osher Member
Marci Villa, Osher Ukulele Instructor

Lectures

Instructors present individual lecturers on a single topic



Future Perfect

Douglas W. Stowell

Remember the book 1984 when we thought THAT was the future? How about 2000, the new Millennium, and THAT was the future? We have lived through all of those futures, so, what is the next “future”? One thing we know, the pace of technological change has accelerated. Let’s look ahead, not too far—maybe 10 years. We will take a quick look back, just to set the stage. Remember how you did things prior to the Smart Phone? What is likely to happen by, say, 2030, driven by technology? We will look ahead at automobiles, airplanes, railroads, space travel, highways, healthcare, education, climate and environment, energy generation, etc. Will this be “Future Perfect”?

OSHER 531-001 | Friday 9:30-11:00 AM
October 21, 2022
ZOOM | **\$19**

Google Maps Refresher

Pat Lambrose

Discover new tips and tricks in Google Maps. Review navigation, create more lists, and customize your maps to share with friends and family. Expand your knowledge and confidence in using Google Maps through demos and hands-on activities. Bring your laptop or tablet to class. The prerequisite is the completion of the Osher course “Google Maps: Become a Custom Mapmaker.”

OSHER 209-001 | Wednesday 3:00-6:00 PM
October 26, 2022
Room 249, 540 Arapeen Drive, Salt Lake City 84108
\$39

Google Tools: Exploring Drive and Sites

Pat Lambrose

Discover how to use Google Drive to store documents, spreadsheets, slides, and forms in the cloud. Access your files on Drive anywhere using your mobile devices or desktop computers. Learn how to create, organize, and store your files about family events, travel, business, social activities, and much more. Work with new Google Sites to build websites quickly and easily. Google Sites is a free and easy way to create and share web pages. Bring your phone or tablet to class. We will have fun and get organized.

OSHER 120-001 | Thursday 3:00-6:00 PM
October 20-27, 2022
Room 249, 540 Arapeen Drive, Salt Lake City 84108
\$69

Have You Checked Your Personality Lately?

Douglas W. Stowell

Are you the same person you think you are? Are you the same person everyone else thinks you are? This one-day class will offer a few very short personality quizzes just for fun. There will be absolutely no real attempt to analyze you. And, you do not have to divulge the outcomes. Over an hour or so, we will do four or five exercises. These include the Sherwin Williams Color Preference, the short-form Enneagram, and even an old Myers-Briggs initial quiz. The classic Myers-Briggs profile can be completed prior to class via a link to their website, either with their free online version or in a lengthier test for an additional fee. Participation in this is strictly optional, but those who pay the fee will receive a very detailed report and analysis. We will discuss participants' reactions to the findings. The Myers-Briggs Test is not mandatory as we will conduct other exercises during the 90-minute session. We will poll the class to see the range of personas indicated. What fun!

OSHER 404-001 | Friday 9:30-11:00 AM

September 9, 2022

ZOOM | **\$19**



Utah Opera Preview: *The Flying Dutchman*

Paula Fowler

Attend this Preview session to learn more about Wagner's *The Flying Dutchman* and Utah Opera's October production of the work. The class is held in the Utah Opera Production Studios so that interested Osher members can remain after the class to observe the afternoon's staging rehearsal. Participating in this class is an excellent way to prepare for attending one of the evening performances of the opera in the following weeks.

OSHER 554-001 | Tuesday 1:30-2:30 PM

September 27, 2022

Utah Opera Production Studios

336 North 400 West, Salt Lake City 84103 | **\$19**



Utah Symphony Finishing Touches Preview: *Khachaturian's Violin Concerto*

Luca de la Florin

Oboist Luca de la Florin will present a half-hour preview of the music in the September 15 Finishing Touches Rehearsal of the Utah Symphony. The class takes place in the First Tier Room of Abravanel Hall before the rehearsal. Separate tickets are required to attend the actual rehearsal and can be purchased from the Utah Symphony Ticket Office at 801-533-6683. Tickets can also be purchased immediately after the class, in the half-hour before the rehearsal begins at 10:00 AM.

OSHER 553-001 | Thursday 9:00-9:30 AM

September 15, 2022

First Tier Room of Abravanel Hall

123 W S Temple, Salt Lake City 84101 | **\$10**

Highway to Happiness

One of the best feelings in life happens regularly in Osher classes. It's that moment when the meaning behind a challenging concept suddenly clicks in your brain and endorphins—the body's natural feel-good neurotransmitters—are released. It turns out that the fastest route to happiness may be to simply keep on learning.

Patricia Rothacher

Osher Member



Lunch and Learn

Fall 2022, All Six Lectures via Zoom

The Age Friendly University Network and the University of Utah

September 21, 2022

Ken Jameson, Emeritus Professor of Economics, the University of Utah and President of the Professors Emeriti Club

Katarina Friberg Felsted, Associate Professor in the Gerontology Interdisciplinary Program in the College of Nursing and Adjunct Associate Professor in the Department of Health and Kinesiology in the College of Health, the University of Utah

The Age-Friendly University (AFU) network consists of institutions of higher education around the globe that have committed themselves to becoming more age-friendly in their programs and policies. The AFU endorses 10 principles to identify distinctive contributions such institutions can make in response to the interests and needs of an aging population. This presentation will describe the 10 principles and draw on the experience of

other universities that have joined. We will summarize the current efforts to encourage the University of Utah to join the AFU through an official endorsement and what that commitment entails. We will examine where the initiative stands, and what remains to be done, along with a timeline for joining the Network. This will lead us to a group discussion of how we can see ourselves benefiting from the AFU and contributing to its realization at the University of Utah.

The Disease Everyone Has but Nobody is Talking About

September 28, 2022

Ryan Carver, Owner of Leverage Fitness Solutions

As the owner of a private personal training studio and former professional athlete, Ryan specializes in helping older adults defy the status quo around aging and

discover their own fountain of youth. He will discuss the deadliest disease that is affecting every single adult in the world: the loss of muscle mass as we age. He will describe its symptoms, related diseases, and most importantly how to prevent and reverse it.

Extreme Doctor Doolittle - Zoo Veterinary Medicine

October 5, 2022

Dr. Erika Crook, Director of Animal Health, Hogle Zoo

Dr. Erika will share what it's like to be a zoo veterinarian at Utah's Hogle Zoo. Her job is basically an extreme form of Dr. Doolittle! She provides medical care for hundreds of animals of different species, ranging from 1-gram dart frogs to 4000-pound rhinoceroses. It often takes research and ingenuity to treat even mild ailments.

Utah's Watersheds in a Climate Future

October 12, 2022

*Zachary Frankel, Executive Director and Founder,
Utah Rivers Council*

Utah is home to some of the most important watersheds in the American West, yet much of our political culture refuses to embrace the permanency of climate change. We will explore the future of Utah's two largest watersheds and the cultural and political challenges to embracing this future with courage and vision.

Influencing Change: Save Lives by Changing Behaviors

October 19, 2022

Dave Durocher, Executive Director, The Other Side Academy

Dave Durocher says he spent the first half of his life helping people die; he intends to spend the rest of it helping people live. He will take a dive into his past and share how he clawed his way from the depths of hell to a place of redemption. He will discuss the intersection between his life and The Other Side Academy, an innovative program for recovery from drug addiction and time spent in prison or living on the streets. He will talk about who they are, and more importantly, who they

are not, and what makes them different than everyone else. The Academy requires a two-year commitment and results in a 90%+ success rate for the individuals they serve. Dave will examine the principles of change and how they implement those principles. He will then gladly take any questions from the audience.

Why is Utah so Republican?

October 26, 2022

*Rod Decker, Author and Former Reporter for KUTV
and the Deseret News*

Rod Decker will review Utah's political history and demography. Members of The Church of Jesus Christ of Latter-day Saints influence Utah's largely Republican and conservative climate. Rod will show how changes in American sex-and-family morality likely influenced the majority of Latter-day Saints to become Republican and conservative.





Special Events

Special Events are a fantastic way to dip your toes into the eclectically exciting world of Osher. All of the events are created on a volunteer basis by dedicated Osher members willing to share their passions, talents, and community connections with their fellow members to facilitate unique opportunities and unforgettable experiences.

To learn more about upcoming special events and to register visit us at **osher.utah.edu** or email **osher@utah.edu**.

Standing Side-By-Side

Osher is a spirited group of like-minded individuals who come from all walks of life and bring a lifetime of unique experiences to the program. The always-lively classroom discussions crackle with energy as ideas are shared, friendships are formed, and newfound passions are set ablaze.

Charles Boynton, Mark Rothacher,
Marci Villa, Jonathan Duncan, and
Anne Dolowitz

Osher Members and Instructors



Instructor Bios

Abdulnaser Kaadan

Islamic Golden Age

Prof. Abdulnaser Kaadan is from Syria. He was an orthopedic surgeon, and received his Ph.D. in History of Medicine in 1993. He was the chairman in the History of Medicine Department at Aleppo University, and a professor of history of medicine and medical ethics. He now teaches as a visiting international professor at Weber State University's Department of History. His work and writing led him to be nominated for the Nobel Prize in 2012.

Alessandro Achille Galvani Vecchietti

Italian Renaissance: Art, Culture, and Ethics after the Middle Ages

Alessandro has a degree in education from the oldest university in the world, Bologna. He teaches the history of Italian civilisation, Romance languages, and how stereotypes about Italian creativity and messiness arose in the past. He used to run the Italian Center of the West in Salt Lake City and has taught a series of lectures on Italian history at Osher.

Andrew Patrick Nelson

The Greatest Movies

Andrew Patrick Nelson is an historian of American cinema and culture, film programmer, museum curator, and media commentator. He is Chair of the Department of Film & Media Arts and Associate Professor of Film Studies at the University of Utah.

Anil Cengiz

Introduction to Chess

Anil Cengiz is a third year Mathematics Ph.D. student at the University of Utah. He graduated from Pomona College in 2020 with majors in Mathematics and Economics. Anil started playing chess at the age of 10 at his local chess club, and he has not been able to stop since. He has played in numerous national and international chess tournaments in Turkey, where he grew up. Nowadays, he plays a lot of quick chess online

to procrastinate working on his mathematics research, and over-the-board at local tournaments and chess clubs with his friends.

Anne Asman

Embrace Aging

Anne Asman completed an MS in interdisciplinary gerontology from the University of Utah. She has received a Dementia Dialogues Certification as a trainer and a Utah Certificate of Palliative Care Education. She has worked with the State Office of Aging and Adult Services and is a co-chair of the Coordinating Council for the Utah State Plan for Alzheimer's Disease and Related Dementias. Anne has facilitated several presentations on advance directives and end-of-life planning. She is also an integral part of the committee with the Department of Psychiatry that is applying for a designated Geriatric Psychiatry Division. Anne has consulted with Community Nursing Services for the past five years.

Instructor Bios

Asya Pereltsvaig

The Soviet Union: An Insider's View

Asya Pereltsvaig received a Ph.D. in Linguistics from McGill University and taught at Yale and Stanford, and has been teaching in lifelong education programs since 2010. Her expertise is in language and history, and the relationship between them. Her most recent book, *Languages of the World: An Introduction*, 3rd edition (2020) was published by Cambridge University Press. Asya is a popular instructor for several Osher Lifelong Learning Institute programs around the country. She was the faculty host for a trip to the Baltic countries and St. Petersburg in July 2017.

Barbara Taylor

How to Paint Like an Impressionist

Barbara Taylor received a BA from the University of Utah and taught art in public schools. She then earned an MEd from University of Illinois and later an MSW from the University of Utah. She is a retired LCSW who has discovered the thrill of color. She has taught art at the Rescue Mission and recently won a blue ribbon in watercolor at the Utah State Fair.

Bernadette Brown

What Is Art?

Bernadette Brown worked as the curator of African, Oceanic, and New World Art at the Utah Museum of Fine Arts. She earned an MA in anthropology and a certificate in museum studies from New York University and a BA in anthropology with a minor in art history and archaeology from Hunter College.

Bill Laursen

Colored Pencil Workshop and Introduction to Two-point Perspective

Bill Laursen, a well-known Salt Lake-area artist and educator, has been painting and teaching for his entire career. His art credits include Best of Show from the Brigham City Museum Gallery, the Oneta J. Thorne Memorial Art Award for Outstanding Watercolor, and an Award of Merit from the Park City Arts Festival. Bill is a member of the Salt Lake County Art Selection Committee.

Bill Stoye

Transitional Methods for Ukulele

Bill Stoye has taken music theory and ear training at the University of Utah, played drum set and percussion for

over 40 years, and studied ukulele for eight years. He recently finished teaching a four-week course of Rhythm Ukulele through Salt Lake Community Education and has also taught four-week courses in Ear Training and Beginning Music Theory. He teaches for Osher and gives private lessons.

Bim Oliver

Modernism on the Utah Landscape

Bim Oliver researches, writes, and lectures about architecture. His publications include the book, *South Temple Street Landmarks: Salt Lake City's First Historic District*, as well as articles on Utah architecture in various local and national periodicals. Currently, he is working on a history of the Salt Lake airport.

Brad Westwood

West Side Stories: Utah History through Salt Lake City's Oldest International Neighborhood

Brad Westwood is the senior public historian with the Utah Department of Culture and Community Engagement. He was formerly the director of the Utah State Historical Society and was Utah's State Historic Preservation Officer. He also served as Manager of Acquisitions for the LDS Church History Department

(archives, library, and museum) and Chair of the L. Tom Perry Special Collections at BYU.

Brent McMaster

Hot Rocks: An In-depth Look at the World of Gems and Precious Stones

Brent McMaster has been the Vice President of retail operations for the O.C. Tanner Company for 30 years, with responsibility for the overall management and the procurement and marketing of diamonds, gemstones, fine jewelry, exclusive watches, and fine gifts. He is a graduate of the Gemological Institute of America and certified as a gemologist by the American Gem Society. He also serves on the Board of Directors for the Couture Jewelers of America.

Britton Black

Introduction to Pickleball

Britton Black is a native Utahn, who loves everything Utah...and sports. He became addicted to the sport of pickleball the first day he was introduced to it in 2018. Since then, it has become a real passion. In 2021, he decided to open his first indoor pickleball facility, called “The Kitchen”, located in the Woods Cross / North Salt

Lake area. It has been a great success and led to opening a second location in Kaysville on June 1, 2022. The pickleball community is very social and it is exciting to be a part of its growth. Britton loves teaching and bringing new people into the game!

Candice L. Cravins

Amazing Archaeology and Pseudoscience!

Candice L. Cravins is an archaeologist and museum professional, previously serving as the Executive Director of the John Wesley Powell River History Museum in Green River, Utah. She has been designing and implementing in-person and online educational programs for K-12 students and teachers, undergraduate university students, and adults in university museums in Utah, Texas, and Alabama since 2012. Candice has taught introductory courses in biological anthropology, museums, and museum methods in archaeology for undergraduates in the department of sociology, anthropology, and social work, as well as a course in southeastern archaeology and museums for the Odyssey lifelong learning program, at the University of South Alabama. She holds a BA in Anthropology from California State University, Bakersfield, and an MS in Archaeology and Cultural Resource Management from Utah State University.

Carol Lessinger

Feldenkrais Fundamentals: Self-Healing Through Movement

Carol Lessinger has been teaching Feldenkrais Awareness Through Movement® and doing hands on healing work in Salt Lake City since 1980. She studied directly with Dr. Moshe Feldenkrais, has taught at Esalen Institute in Big Sur CA, and has given workshops in many states in the United States and Europe. In her lifetime, the concept of Embodiment has evolved from a very obscure idea to becoming more prominent in public consciousness. She’s been at the forefront, each step of the way...studying many different Somatic modalities...the list is long. From these, Carol has created her own unique style of helping people to live a healthier, freer, and more joyful life.

Charles Boynton

Shakespeare: His Evil Characters

Charles Boynton has spent decades studying Shakespearean plays and sonnets, as well as examining the problem “Who wrote Shakespeare?” His expertise and enthusiasm are reflected in his involvement as past chair of the Marin Shakespeare Company and membership in the respected Shakespeare Oxford Society. Charles’s post-graduate education is in business.

Instructor Bios

Chris Merritt and Seth Button

Utah's Mining History

Chris Merritt received his Ph.D. from the University of Montana in Anthropology in 2010, focusing on the archaeological and historical investigations of the Overseas Chinese. Before that, he received an MS in industrial archaeology from Michigan Technological University where he studied the trade and consumption of Mormon-produced pottery in Utah. Since 2004, Merritt has worked in a variety of professional archaeological settings including the United States Forest Service in Utah and Nevada, private archaeological contracting in Salt Lake City, and finally as the State Historic Preservation Officer for the Utah Division of State History. In addition to his full-time employment with the State of Utah, he is Adjunct Faculty in Anthropology at Salt Lake Community College and an instructor for the Osher Lifelong Learning Institute.

Seth Button received his BA from Dartmouth College and his MA and Ph.D. from the University of Michigan at Ann Arbor. He has worked in Utah since about 2010, first as a consultant and then as an archaeologist and project manager with the Division of Oil, Gas, and Mining. In addition, he has taught intermittently at Salt Lake

Community College since 2016. Current research interests include industrial archaeology (particularly mining), memory, technology, and local environmental change.

David Derezotes

Transforming Our Global Challenges

David Derezotes earned his MSW at San Diego State University and his Ph.D. at the University of California, Berkeley. He worked as a social worker in inner city locations in Chicago, Boston, Oakland, San Francisco, and San Diego, providing counseling to youth, couples, and families and community mental health work to institutions and neighborhoods. Fondly known as Dr. Dave, his scholarship at the College of Social Work (CSW) at the University of Utah has included advanced generalist social work practice, community mental health, spirituality, deep ecology, and global survival. His publications include six textbooks that range from mental health practice to dialogue practice. His latest text is a novel that incorporates both mental health and peace-and-conflict studies content. He was appointed director of the Peace and Conflict Studies program in 2013, later becoming director of the Transforming Classrooms into Inclusive Communities program. He was given the CSW

Teacher of the Year Award six times and was awarded the University Distinguished Teaching Award in 2015. Dr. Dave has also served as Community Host for the weekly *Radical Middle* program on KRCL radio that seeks to help bridge the differences that currently divide our communities.

David Keyes

Stretch Then Move

David Keyes completed his yoga teacher training soon after retiring from the Salt Lake City School District. He teaches yoga, qigong, and other healthy living classes in the community. His interest in walking meditation began in earnest after attending a labyrinth workshop at Grace Cathedral in San Francisco.

David Meir-Levi

A Brief History of the Holy Land from the Ottomans to the Abraham Accords

David Meir-Levi is an American-born Israeli currently living in Palo Alto, CA. He holds a BA from Johns Hopkins University and an MA in Near Eastern studies from Brandeis University. He taught archaeology and

Near Eastern history at Hebrew University in Jerusalem and at the University of Tel Aviv in the '60s and '70s, during which time he completed his service in the Israeli military. Upon returning to the U.S., David worked as a professional Jewish educator. Most recently, he has lectured on the Middle East and Israel in the Department of History at San Jose State University, and on Biblical studies and archaeology at Lehrhaus Judaica in Berkeley, as well as at the Osher programs at San Jose State and Santa Clara University. David has lectured throughout northern California and abroad at synagogues, churches, high schools, universities, and service organizations on topics related to Biblical archaeology and modern Middle East history.

David R. Smith

Hiking in the Wasatch

David R. Smith has been hiking and skiing in the Wasatch Mountains for over 50 years. He is a Life Member of the Wasatch Mountain Club, and has organized many activities for them. He spent his professional life working in the mountain sports industry and enjoys having more time to hike and ski since he retired. He has a BSBA from Regis College in Denver, CO; and an MBA from Westminster College in Salt Lake City.

Debbie Leaman

Re-Imagining Your Life: A Creative Aging

Writing Workshop

Let's Write!

Debbie Leaman teaches various writing workshops including Writing Through Grief, Writing as a Tool to Cope With Anxiety, Let's Write!, Write Your Creative Aging Story: The Art of the Personal Essay, and Re-Imagining Your Life: A Creative Aging Writing Workshop. Her writing, including personal essays, has appeared in numerous local, national, and international magazines and on a variety of websites. Four years ago, she launched her blog, "Creative Aging: A Forum to Share Our Stories" as a platform for others to share personal essays on aging. As a writing instructor, Debbie listens deeply, helping others translate their thoughts, experiences, and feelings into words on the page. Debbie is also a Certified Grief Educator, completing a 12-week program with world-renowned grief expert David Kessler.

Debbie White

Internet Security - Get Empowered!

Balancing Our Life in Retirement!

Debbie White and Rita Heagren

Finding the Fun in Robert's Rules!

Debbie White has over 40 years of teaching experience (30 years in public education). Following her retirement, she spent four years as an Apple Product Professional and now is the owner of her own business, Art-Tech Vision, where she helps adults get the most out of their Apple computers, devices and software. Debbie also enjoys helping others explore topics such as Robert's Rules, creating a balanced life and ways to use Zoom!

Rita Heagren is a retired high school math teacher and currently an officer in the American Federation of Teachers Utah. She often serves as parliamentarian at AFT Utah's delegate assembly and for Utah AFL-CIO's annual convention.

Dennis Clark

Planning a Trip to Mars

Dennis Clark has a Ph.D. in management economics from Trinity University, a Master of Education in adult educational psychology from Westminster College, and a BS in business administration and economics from

Instructor Bios

Westminster College. He has taught at Weber State University, the Air Force Institute of Technology, George Washington University, and Utah State University.

Douglas W. Stowell

Future Perfect

Have You Checked Your Personality Lately?

Doug Stowell has been a national Osher Lifelong Learning Institute instructor since 2018. He was previously a director of market research for Xerox, a U.S. director for the U.K. firm National Opinion Polling, Ltd., and a senior consultant with Wirthlin Worldwide in Washington, D.C. Since opening his own firm in 2002, Doug has continued to conduct global surveys about consumer issues as well as political polls.

Elizabeth Hora

Utah's Rock Imagery: Fact and Fiction

Elizabeth Hora is the public archaeologist with the Utah State Historic Preservation Office in the Utah Division of State History. She has had a lifelong passion for archaeology that began when she was 11 years old, and she proved herself stubborn enough to make a living at it. Elizabeth obtained her MS in archaeology and cultural

resource management from Utah State University, where she specialized in understanding prehistoric Utahns' adaptations to environmental changes, especially during the latest "climate catastrophe" that happened in the era of the Fremont culture.

Emery Kay Hunt

Adam Smith, Karl Marx, and John Maynard Keynes: Three Views of Capitalism

E. K. (Kay) Hunt has a BS and Ph.D. in philosophy and economics from the University of Utah. In addition to teaching for 47 years at the University of Utah, he has taught at the University of Calgary; the University of California, Riverside; the University of California, Santa Barbara; Bangkok University; and the American University in Cairo. Kay has published over 50 articles in academic journals and seven books. He received the Distinguished Teaching Award and the Distinguished Research award from the University of Utah College of Social Science.

Francswai Grayson

Financial Fraud in the Twenty-first Century: Investment Scams, Detection, and Prevention

Francswai Grayson has worked at the Utah Securities Division for the past six years in various roles including: Securities Examiner, Enforcement Securities Analyst, and more recently the Communication and Outreach Manager. Prior to her time at the Division, she worked as a licensed securities agent with one of the largest financial firms in the U.S. She obtained bachelor's degrees in Finance and Political Science, as well as an MBA and JD from the University of North Carolina Law School. She lives in Salt Lake City, Utah with her husband and enjoys camping, hiking, and caring for over 100 house plants.

Gabino Flores

Classical Guitar

Gabino Flores has been teaching classical guitar for over 20 years, bilingually, as he is in fluent Spanish and English. He studied at the National Conservatory of Music in Mexico City. He has performed in Mexico, Europe, and throughout Utah. He currently teaches for the Harmony Hub program, part of the Mundi Project at the Sorenson Unity Center, and the Madeleine Choir School in Salt Lake City.

Jaimi Butler

Salty Science of Great Salt Lake

Jaimi Butler is the coordinator for the Great Salt Lake Institute at Westminster College. Since 1999, Jaimi has been working in and around the Great Salt Lake as a field and lab biologist for a variety of organizations. As the coordinator of GSLI, she manages undergraduate research and K–12 outreach, and does anything she can to spend as much time at the lake as possible. In the past year, she co-edited the book *Great Salt Lake Biology: A Terminal Lake in a Time of Change* and recently published a children’s book about the science of the Great Salt Lake.

Jane Yager

Environmental Policymaking in the United States

Formerly senior economist for the White House Council on Environmental Quality, Dr. Jane Yager has held several senior environmental conservation positions in the public and private sectors, as well as adjunct faculty positions in mid-career graduate programs with Johns Hopkins University and the University of Maryland University College. Currently, Jane is volunteering with the STEM Lab/Schools Program at the Natural History Museum of

Utah. She has a Ph.D. and an MS in marine-estuarine-environmental sciences from the University of Maryland and a BS in ecology and evolutionary biology from the University of Arizona.

Jeanne Le Ber

Bird Watching: Friday Field Trips!

Jeanne Le Ber has a BA in English Literature and a master’s degree in library and science. A passionate bird watcher since 1980, Jeanne has studied and birded with Terry Tempest Williams, Ella Sorenson, and Mark Stackhouse; current mentors include Ian Batterman, Cooper Farr, John Middleton, and Bryant Olsen. Jeanne regularly participates in local bird counts including the Tracy Aviary Breeding Season Surveys, the Salt Lake City Christmas Bird Count, the Jordan River Christmas Bird Count (as the lead compiler), and the Brighton Bird Count, held in July. She coordinates the Strawberry Valley Bluebird Box Trail, on which 100 nesting boxes are maintained in the Strawberry Valley. Jeanne was presented with the 2022 Birder of the Year award at the Great Salt Lake Bird Festival.

Jeffrey Walker

Dickens in Serial

Jeffrey Walker, emeritus professor of English at Oklahoma State University, authored a critical study of Revolutionary poet and traitor Benjamin Church, edited collections of essays on James Fenimore Cooper, co-edited the annual journal *Literature in the Early American Republic* and the first scholarly edition of Cooper’s 1821 bestseller *The Spy*, and is completing an edition of Cooper’s unpublished letters. A Fulbright lecturer in Norway and Belgium, he won the Phoenix Award for outstanding graduate teaching, the A&S Outstanding Professor Award, and the Regents Distinguished Teaching Award. His teaching interests include Charles Dickens, the history of the book, comedy, mystery, film, and radio, and American literature in general.

Jody Andes

Caravaggio: Bad Boy of the Baroque Era

Jody Andes has a BA in history and an MA in education from Michigan State University. In her 35+ years of teaching high school history, English, and communications, she has taught in six states and overseas. She has a great interest in art and is presently serving as a docent volunteer at the Utah Museum of Fine Arts.

Instructor Bios

Jonathan Duncan

Journeys in Eastern Philosophy

Jonathan Duncan is the creative director for the digital storytelling company Alpine Vision Media. He has served as the Global Studies Fellow and adjunct professor of Adventure Media at Westminster College, and currently teaches courses on Himalayan Geography, the Sacred Mountains of the World, the Idea of Wilderness, and Adventure Photography through the Osher Lifelong Learning Institute and the Lifelong Learning program at the University of Utah. He has also served on the faculty of The Art Institute of Portland and Western Washington University. His work has taken him through many of the sacred landscapes of Asia.

Joon Bae

Korean Ink Painting: Let's Paint Grapes and Dragonflies

Joon Bae received her BFA in visual arts with an emphasis in painting and drawing from the University of Utah. She began learning traditional Korean ink painting methods during her childhood. After a lifetime of practice and an exploration into Western forms of painting through her studies, she has found her rhythm as an East Asian ink painter. Her work has been collected internationally and exhibited in Utah at the Salt Lake City Library, the

University of Utah, the Springville Museum, the Jewish Community Center, and more. She has given countless demonstrations and was featured in the 2019 edition of Sunshine Artist magazine. She is excited to continue teaching and learning through storytelling by putting brush to rice paper.

Julie Howell

Everyday Mindfulness

Julie Howell is a certified mindfulness facilitator who trained at the Mindful Awareness Research Center within the Semel Institute for Neuroscience and Human Behavior at UCLA. She continues to enjoy a decades-long meditation practice. She previously worked at the Huntsman Cancer Institute facilitating mindfulness-based classes for patients and staff. Having personally experienced the benefits of a mindfulness practice, she delights in teaching the experiential practice of meditation and the practical application of mindfulness to everyday life.

Kathleen Taylor

Introduction to Pickleball

Kathleen Taylor moved to Utah in 1972. After she retired from a teaching career, she spent time doing yard work and reading detective novels but felt something was missing. Then...along came pickleball! Pickleball provided her with a fun and challenging way to stay active and meet friends. She loves teaching new players and sharing her passion for the game.

Kelley Ingols

Yoga for Movement

Kelley Ingols has been teaching yoga since 2004. She brings elements of joy through heart-themed classes, while paying close attention to how we align our bodies and minds through yoga practice. Kelley enjoys incorporating nature and the natural world into her classes, and teaching outdoors is one of her favorite practices. Her first years of teaching yoga took place on the South Rim of the Grand Canyon, which led to developing a variety of workshops, including guiding students to Phantom Ranch. She taught yoga and elementary school students in her hometown of Flagstaff, Arizona, and she has been teaching in Utah for the past

several years. A lifelong outdoors enthusiast, Kelley is deeply guided by the rhythms and flow of nature and the seasons, along with a deep reverence for Earth Wisdom.

Kylie Jones-Greenwood

Jordan River Critters

Kylie Jones-Greenwood, CIG (they/them) is Tracy Aviary's Jordan River Nature Center Manager. They have an educational and professional background in theater, elementary education, and wildlife biology. They are a Certified Interpretive Guide through the National Association of Interpretation (which basically means they're REALLY good at guiding educational experiences like this Osher class!) In 2019, they were honored as Utah's Informal Environmental Educator of the Year for work in improving accessibility in Tracy Aviary's educational programming. They are passionate about creating safe, inclusive spaces where all folx can learn, laugh, and grow, especially along the Jordan River Parkway! In their free time, Kylie loves knitting, baking, and birding.

L. Rex Sears

Six by Lincoln

After studying philosophy at the University of Utah (BS, MS) and Harvard (AM, Ph.D.), and law at the University of Chicago (JD), Rex Sears finally found an intellectual, moral, and political hero, reading the walls of the Lincoln Memorial on the National Mall in March 2005. He's been obsessed ever since.

Lauren Andersen

Dissent and the Supreme Court: Its Role in History

Lauren Andersen is the director of the Utah Judicial Institute. For two and a half years, Lauren practiced appellate law in the state of California and presented arguments to the California Supreme Court and the U.S. Supreme Court. During this time, Lauren closely studied the Roberts Court. She has lectured about the Supreme Court and the death penalty. Her opinions were quoted by *The New York Times* as well as the *ABA Journal*. She was previously the director of the Osher Lifelong Learning Institute at the University of Utah for four years.

Linda Wood and Ruth Palmer

Beginning Line Dancing

Linda Wood has been participating in and teaching line dancing in the Salt Lake Valley for over nine years. She was a long-time member of Young at Heart, a popular performance group that entertained audiences at local fairs, sporting events, and senior centers.

Ruth Palmer is happily retired. While exploring options to stay involved and healthy, she discovered and fell in love with line dancing. More than eight years later, she is a participant and teacher in a number of line dance classes for active seniors in the Salt Lake Valley.

Ruth and Linda are committed to sharing their skills and experience so that others can learn to love and enjoy line dancing as much as they do.

Instructor Bios

Luca de la Florin

*Utah Symphony Finishing Touches Preview:
Khachaturian's Violin Concerto*

Luca de la Florin is an active freelance oboist in Salt Lake City, Utah, and is on faculty with Utah Valley University and Snow College. Florin received his Bachelor's in Oboe Performance from Albion College, his master's in Oboe Performance from Western Michigan University, and will soon receive his Doctorate in Musical Arts, Oboe Performance from The University of Utah. His primary teachers have been Rebecca Van de Ven, Robert Stephenson, Gabriel Renteria, and Michael Miller and he has performed with orchestras across the United States. In addition to orchestral playing, he is an active chamber musician and soloist. He has recorded multiple times with the Naxos and Bridge labels. Florin is a sought-after teacher amassing a large private studio. As a skilled reed-maker, he also teaches clinics on reed-making and cane preparation.

M. Winston Egan

Grandparenting on Purpose

M. Winston Egan completed his Ph.D. at the University of Florida in special education and early childhood education. He has taught students of all ages—preschool through graduate school. His specialties include behavior disorders in children and youth, service-learning, and distance education. He has been honored by students and colleagues with several university teaching awards.

Marci Villa

Beginning Ukulele

Transitional Methods for Ukulele

Marci Villa is a self-taught ukulele player with a passion for the cheery little instrument whose Hawaiian name translates as “jumping flea,” and enthusiastically shares her love of the instrument and for music. Twenty years’ experience as a corporate trainer has honed her understanding of how people learn and given her an exceptional ability to teach new skills.

Marcie Collett

Marcie's Movie Club

Moving to Salt Lake City from Denver in 2005, Marcie has spent her professional and volunteer life working to advance film programs, the arts, health, and educational causes that serve the community. Her work includes organizations such as the American Cancer Society, the Leukemia and Lymphoma Society, the University of Utah, Utah Film Center, and the Utah Museum of Fine Arts. Since 2017, Marcie has been associate director of the Salt Lake Film Society, thrilled to advance their mission and programs through the Broadway and Tower cinemas, slfsathome.org, and the Studio Backlot Motor Cinema.

Marla Dee

Live Free of Clutter and Get Organized at Last!

Marla Dee has been a professional organizer for over 20 years and is an international speaker who has trained students from nine countries. With contagious enthusiasm and stories from real clients, Marla shares her belief that living organized is a skill anyone can learn. Marla has appeared on numerous TV, radio, and podcast programs. She is the author of *Get Organized, the Clear & Simple Way*;

The ART of Letting Go; and many other publications. If you are ready for a change, Marla will set you free of the clutter and chaos at last!

Nando Raynolds

Mindful Movement: Qigong and Stretching

Nando Raynolds, MA, has studied and taught tai chi, karate, Kenpo, escrima, qigong, massage, and contact improvisation dance over the last 30 years. He is a bestselling author in the martial arts field. He works in private practice as a psychotherapist with couples and adults. His classes through various Osher Lifelong Learning Institutes across the United States have an enthusiastic following.

Pat Lambrose

Google Maps Refresher

Google Tools: Exploring Drive and Sites

Pat Lambrose has a BA in recreation and youth leadership, a BA in education, and a Master of Education in technology and computers, all from the University of Utah. She taught in middle and high schools and was an instructional technology facilitator with the Salt Lake City School District. Pat coordinates statewide geospatial technology opportunities.

Paul Cunningham

Policing in America

Paul Cunningham was employed as a law enforcement officer with the Salt Lake County Sheriff's Office for 30 years. He worked on patrol, in juvenile investigations, in drug and alcohol enforcement, as a school resource officer, and in planning and research functions before becoming the Sheriff's Office personnel manager for ten years. He retired from law enforcement after a final ten years as the Corrections Bureau chief deputy, responsible for the Salt Lake County Jail. He then accepted employment with the city of South Jordan, first as the human resources director for five years and then as the city's chief of staff for five years. Paul holds a bachelor's degree in sociology with a minor in criminology and a master's degree in economics, both from the University of Utah. He attended the FBI National Academy. He has been an instructor at the Utah Police Academy, created the Utah high school Vocational Law Enforcement Program curriculum, and taught in the Criminal Justice Program at Salt Lake Community College. He is still certified as a senior professional in human resources.

Paula Fowler and Carol Anderson

Utah Opera Preview: The Flying Dutchman

Paula Fowler is the director of Education and Community Outreach for Utah Symphony | Utah Opera, a position she has held since the two companies merged in 2002. She was the education director for Utah Opera for five years before the merger. She helps oversee Utah Opera's resident artist program, manages outreach to schools and communities around the state, runs the company's classroom operas program, and enjoys creating music events for special populations.

Carol Anderson has been principal coach since 2003 for Utah Symphony | Utah Opera, where her duties include presenting the popular Opera Preludes before every Utah Opera performance. She serves as the official accompanist for both the Utah District Metropolitan Opera National Council Auditions and the MONCA Southeast Regional Auditions in Atlanta, and spends her summers on the music staff of the Santa Fe Opera.

Instructor Bios

Phyllis Barber

Writing the Memorable

Phyllis Barber is the award-winning author of six books, *And the Desert Shall Blossom* (a novel that won first place in the Utah Arts Council Literary Competition), *How I Got Cultured: A Nevada Memoir* (winner of the Associated Writing Program Award for Creative Nonfiction); *The School of Love* and *Parting the Veil* (short stories), and two juvenile books. Her seventh book, *Raw Edges*, was recently released from The University of Nevada Press. She has taught in the Vermont College MFA Writing Program for sixteen years, was a co-founder of the Writers at Work Conference, and was inducted into the Nevada Writers Hall of Fame in 2005.

Rita Wright

Victorian Renaissance Art: Painting Ritual and Religion in the Nineteenth Century

Rita R. Wright is currently the Director of the Springville Museum of Art in Springville, Utah. The Museum's collection focuses on Utah art with smaller collections of American and Russian art. She came to the Museum in October of 2012 from the LDS Church History Museum in Salt Lake City, Utah where she was the Curator of Art and Artifacts. She also served as Academic Programs Coordinator for Museum Education at the Brigham

Young University Museum of Art (MOA) and taught the Humanities History of Civilization courses at BYU. She received her Ph.D. at the University of Utah in European History with Ancient and Art History minors. Her dissertation subject focused on Victorian ritualism as it was manifested in the fine arts of the period. Her ongoing research includes the experience of art in religious and museum spaces, religious/interfaith art, and the artists working within these genres.

Robert Faught

Integral Psychology

Robert Faught received a BA in Psychology with a minor in Religious Studies from the University of California Riverside and an MA focusing on Clinical Psychology from Pepperdine University. He worked as a mental health therapist for the Riverside, California Mental Health Department. From an early age, he has been interested in Consciousness Studies, i.e., normal and altered states of consciousness, the mind-body problem, mysticism and religious experience, yoga and meditation, psychological and spiritual development, parapsychology, and transpersonal psychology. At age 13 he met and was initiated by the Maharishi Yogi into Transcendental Meditation. In the 1970s, during

his college years, he lived in an ashram in Pomona, California, following the Sikh Dharma and learning Kundalini Yoga from Guru Yogi Bhajan, Ph.D., a master Kundalini Yogi from India. After retirement, Robert studied western philosophy at the University of Utah until 2017. His current interest is in human psychological and spiritual development as explained in Patanjali's Yoga Sutras and Ken Wilber's Integral Psychology.

Sally Smith

Empire Falls: The Genius of Richard Russo

Sally Smith owned and operated A Woman's Place Bookstore for 10 years. She taught English literature for 22 years at Judge Memorial Catholic High School and West High School. She graduated from the University of Utah with a major in English and minors in history and French. Sally received the Brooke Hopkins Award for Excellence in Adult Teaching at the Osher Lifelong Learning Institute in 2018.

Sandy Connelly

SewFun

Sandy has BA in Graphic Art from the University of Central Oklahoma. She has been sewing her whole life. You name it, she has probably made

it, including everything from a Shakespearean costume, wedding and prom dresses, to chicken diapers. Sandy loves making costumes and recently finished seven dresses for a ballet production.

Serjeel Ahmed

Introduction to Islam

Serjeel is a missionary serving the Ahmadiyya Muslim Community. After completing a seven-year degree in Islamic theology, Serjeel has had the opportunity to serve in Canada, London, Sierra Leone, and Guatemala, and is currently serving under the Ahmadiyya Muslim Community in the Federated States of Micronesia. Serjeel loves interacting and learning from everyone he meets, and considers himself a lifelong learner.

Sharon Swenson

The Films of Alfred Hitchcock, Part Two 1954-1960

Sharon Swenson loves talking about films as much as watching them. She spent 30 years teaching film and found students' perspectives illuminating. Part of her research focused on spectatorship, and she enjoys learning about how others experience film and figuring out the ways "seeing is believing".

Shelby Rickart

Creative Visualization

Shelby Rickart has been studying and practicing creative visualization for thirty-six years. She has taught this technique to people ages 12-80. She incorporated journeys into her junior high English and creative writing classes to help facilitate descriptive writing and relaxation. Shelby was trained in the discipline by Joyce Winn, a student of Shakti Gawain, the guru of creative visualization.

Stacey Cole

Sing Freely! Vocal Play and Harmony

Stacey Cole is a voice coach, speech therapist, and singer, with a background in theatre and film. Until about seven years ago, she herself was a shy singer. Training with the Natural Voice Network (in the U.K.) and as a Fitzmaurice Voicework® teacher opened the door (to her surprise) to the discovery that she could sing. Now she sings in two choirs, performs in a band, and leads a local drop-in choir called CHOIR! CHOIR! SLC! Stacey has taught several inspiring singing courses through Osher, and she is dedicated to helping others experience vocal freedom and the fun of singing.

Stephen C. Hall

World War I: Mayhem Made Manifest

Stephen C. Hall (Col., USAF, retired) is a former senior fellow at L-3 Communications Systems-West, in Salt Lake City. He is a 1967 graduate of the Georgia Institute of Technology and received his master's degree in management from Troy State University in 1976. Col. Hall lectures on World War II history at Georgia Tech, Morehouse College, BYU, and Osher at the University of Utah.

Steve Wrigley

Don't Just Retire....Refire! An In-Depth Discovery of Your Third Act Life

Steve Wrigley is a board-certified life coach and certified retirement-transition, career, and relationship coach. He says his life has always been purpose-driven, giving dedicated effort to his family, employment, community, and a life of service. Six years ago, as he was considering retirement from an executive position within Utah state government, he had a desire to create his own fulfilling Encore Life. In his quest to discover how to do this, he started reading every book he could find about purpose-driven retirement. He became certified as an AARP Life

Instructor Bios

Reimagined group leader, helping people age 50 and over prepare for transitioning into their later years. He loved this work and found that was what he wanted to do, as part of his own Third Act Life.

Tim Chambless

Current Issues in American Public Affairs and Politics

Tim Chambless, Ph.D., has taught seven different courses for the University of Utah's Department of Political Science since 1987. He has also taught courses for the U's departments of Communication and History as well as the English Language Institute. Tim has worked for a mayor, a governor, a senator, and a congressional representative. He served for over 20 years on Salt Lake City's Planning Commission and Board of Adjustment, and he has participated in more than 30 political campaigns. Tim emphasizes current events and contemporary world problems in the study of American government as both an experiment in democracy and as a tool for solving societal problems. He has taught for Osher since 2007.

Tina Bartholoma

Digital Treasures at the Salt Lake County Library

Tina Bartholoma, MLS, M.Ed, is a Community Engagement Senior Librarian from Salt Lake County Library. She will be leading a team of professional librarians in teaching the classes for this course.

Utah Council for Citizen Diplomacy with Nilufer Leuthold, Cultural Education Director

Great Decisions

The Great Decisions course is taught by the Cultural Education Director at Utah Council for Citizen Diplomacy (UCCD). For 55 years, UCCD has been Utah's leading nonpartisan nonprofit in shaping foreign relations by fostering people-to-people connections. Its mission is to promote respect and understanding between the people of Utah and other nations. UCCD uses the guiding principle of Citizen Diplomacy to empower and educate people in Utah that they have the right, even the responsibility, to help shape foreign relations, and it's done as simply as one handshake at a time.

UCCD meets its mission by hosting elected officials, business leaders, nonprofit directors, and faith leaders from around the world in Utah for professional and cultural exchanges. These global leaders learn how Utah

is an economic, innovative, and cultural hub by meeting with hundreds of people who live, work, and play in our great state. UCCD also hosts cultural education programs and classes such as the World Affairs Speaker Series, Cultural Diplomacy Classes, and, of course, Great Decisions. Additionally, UCCD fosters Utah's future leadership through its Young Diplomats of Utah program that helps high school to college to career-ready students take their first steps as global citizens.

Wayne Egan

American Popular Song from 1955 to 1995

Wayne Egan earned a Ph.D. in German literature at the University of Texas at Austin 35 years ago. For over eight years Dr. Egan, a jazz pianist since junior high school, has been teaching classes for Osher Lifelong Learning on Broadway musicals and on appreciation for the American Songbook's contributions to American culture. Thus, experience, esprit, and verve are his essential credentials.



Grow Bold Together

While Osher classes and special events are awesome for individuals, they may be even better for couples. Drawing from a wide variety of interesting topics and a broad assortment of activities, you and your partner will find something that will ignite your relationship and spark excitement as you embark on a new adventure together.

Robert and Martina Auger

Osher Members

Fall 2022 Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00					- Birdwatching📍
9:00				- Utah Symphony 9/15📍	
9:30	- Utah's Rock Imagery	- Hot Rocks	- Shakespeare	- Digital Treasures📖	- Italian Renaissance📖
	- Roberts Rules 10/10-24	- What is Art?	- Great Decisions	- Victorian Ren Art	- Balancing Retirement📖
	- Six by Lincoln	- World War I	- Modernism	- Policing in America	- Beginning Chess
	- Integral Psychology	- Re-Imagining Your Life	- Korean Ink Painting	- Internet Security 10/13-27📖	- Future Perfect 10/21📖
		- Creative Visualization	- Environmental Policy📖	- Transform Global Challenges📖	- Have You Checked Personality 9/9📖
		- Hiking the Wasatch📍			
		- Stretch Then Move 8/30-10/4📍			
10:00		- Mindful Movement 10/25-11/15📖	- Pickleball in Woods Cross 9/21-28📍		
11:30	- Writing the Memorable	- Caravaggio	- Grandparenting @ Monson Center📍	- Empire Fall	
	- SewFun	- How to Paint Like Impressionist		- Utah's Mining History	
	- Classical Guitar	- Jordan River Critters📍		- Planning a Trip to Mars📖	
	- Dissent & Supreme Court📖	- The Films of Alfred Hitchcock		- Everyday Mindfulness 9/29-11/3	
	- A Brief History Holy Land📖	- Live Free of Clutter📖			
12:00 pm			- LUNCH & LEARN		
			- Pickleball in Sandy 10/5-12📍		

	Monday	Tuesday	Wednesday	Thursday
12:30 pm		- Colored Pencil @ 10th East Sr Ctr 📍		- Colored Pencil @ 10th East Sr Ctr 📍
1:30	- Embrace Aging 📺	- Current Issues	- The Soviet Union 📺	- Current Issues 📺
	- Sing Freely! Vocal Play and Harmony 📺	- Let's Write! 📺	- Feldenkrais 9/21-28 📺	- Line Dancing
		- Utah Opera 9/27 📍	- American Popular Song @ Monson Center 📍	- Adam Smith, Karl Marx
				- The Greatest Movies
				- Dickens in Serial 📍
3:00	- Marcie's Movie Club 📍		- Google Maps Refresher 10/26	- Google Tools 10/20-27
3:30	- Westside Stories	- Salty Science GSL 📺	- Intro to Islam 📺	- Journeys in Eastern Philosophy
		- Transitional Ukulele	- Don't Just Retire	- Financial Fraud
				- Beginning Ukulele
				- Amazing Archeology 📺
5:00			- Yoga for Movement 📺	- Islamic Golden Age 📺

Key	
👤	In-person
📺	Zoom
📍	Offsite Location

Share Osher

Invite a friend to class

What better way to show someone how great Osher is than inviting them to join you? Sharing the Osher experience is a win-win-win. The new member gains access to an amazing array of learning opportunities, the program becomes stronger with each new member, and you have the satisfaction of making a difference in someone's life (and possibly even gaining a companion with whom to take classes and attend special activities). Invite your friends to feel the energy of the members and catch a glimpse of the interesting classes and life-enhancing experiences that await them when they join the dynamic Osher community.

Note: Some people may like to sample the Osher experience before joining. Guests are welcome to sample Special Events and Courses on a space available basis with prior approval of the Osher office. E-mail the Osher office at osher@utah.edu to learn more.



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