

CLASS SCHEDULE

Osher Session 2 Class Schedule at a Glance

Mondays March 28-May 2	Tuesdays March 29-May 3	Wednesdays March 30-May 4	Thursdays March 31-May 5
10:00 AM-12:00 PM	9:30-11:15 AM	9:45-11:45 AM	9:30-11:15 AM
Controversial Issues in American Politics	Learn to Use a Computer - and Love it!	Demystifying the Middle East	Learn to Use a Computer - and Love it!
12:30-2:00 PM	11:30 AM-1:15 PM	12:15-1:45 PM	10:00-10:30 AM
Psychological Prosperity - Cultivating Greater Life Satisfaction as We Age	Using Windows XP	Italian Renaissance Art	Music: Variations on a Theme
1:30-3:00 PM	12:30-2:00 PM	1:30-3:00 PM	11:30 AM-1:15 PM
Law, Society, and Aging: What You Need to Know to Plan Ahead	Beginning Spanish	Tai Chi-Chi Kung	Using Windows XP
	1:00-2:30 PM	1:30-5:00 PM	12:30-2:00 PM
	Personal Resilience	Wildflowers of the Wasatch	Beginning Spanish
	1:30- 3:15 PM		1:30-3:00 PM
	Microsoft Word Intro		Recording Life Stories
			1:30-3:15 PM
			Microsoft Word Intro

SPECIAL EVENTS

Citizenship in a Scientific and Technical Society

Thursday, March 31, 2005 • 9:00-10:00 AM
Commander's House • Ft. Douglas
Meet and hear Professor of Bioengineering and Chair of the Leonardo Center Joe Andrade. The creator of the popular tele-course Science Without Walls, Joe's always got a lot of fascinating educational topics and projects on his mind.

A Meeting for the Mind

Monday, April 25 • 1:00-5:00 PM
Commander's House • Ft. Douglas
Find out something new and different about the brain and behavior, memory, aging and exciting brain-related research at the University of Utah. This special event will also preview the summer "brain and mind" class coming to the Osher Lifelong Learning Institute. Please RSVP at 585-5442.

Hallmarks of Lifelong Learning: Traits and Tricks for Thinkers

Monday, May 9 • 9:00-11:30 AM
Commander's House • Ft. Douglas
The Osher Institute has invited two veteran lifelong learners, Kaye Chaterton and Linda Alder to facilitate this creative workshop. The day will feature some terrific tips on planning educational travel and other exciting learning endeavors.

ALSO COMING TO CAMPUS IN SPRING 2005

Fine Arts Lecture Series – Maya Chachava

Wednesday, March 23 • 1:00-2:00 PM
Dumke Auditorium • Utah Museum of Fine Arts
Maya Chachava, assistant professor of painting and drawing, discusses how

experiences of visual art, music, movies and literature provide sources of both inspiration and imagery, but only after they evolve into poetic "blood memories."

UMFA Film Series - Joan Miro, Constellations: The Color of Poetry

Saturday, March 26 • 2:00-3:00 PM
Dumke Auditorium • Utah Museum of Fine Arts
This film profiles the diverse 65-year career of Joan Miró, including a tour of the artist's studio and a performance by the La Claca Theater Group in costumes designed by Miró.

Utah Museum of Natural History Quest for African Dinosaurs

Friday, April 1 • 12:00-1:00 PM
Utah Museum of Natural History • Room 319
Dr. Scott Sampson, world-renowned

paleontologist and Chief Curator at UMNH, will review some of the adventures and results of his exciting recent expedition to Kenya. Discoveries include fragmentary remains of several kinds of dinosaurs and some giant crocodiles. Please RSVP to 585-5442 by March 30

Middle East Center Distinguished Lecture

Tuesday, April 5 • 3:00-4:30 PM
Dumke Auditorium • Utah Museum of Fine Arts
Ambassador Edward P. Djerejian, founding director of the James A. Baker III Institute of Public Policy at Rice University will speak on U.S. public diplomacy in the Middle East. This is part of the distinguished lecture series presented by The University of Utah's Middle East Center.

CONTINUING
EDUCATION
AT THE



Osher Lifelong Learning
1901 E South Campus Drive, Rm. 1175
Salt Lake City, Utah 84112-9359



**Save the Date! Fall
OPEN HOUSE & REGISTRATION**

Featuring University of Utah President Michael K.
Young, speaking at 11:00 AM

Wednesday, August 31 • 10:00 AM-1:00 PM
The Commander's House in Fort Douglas
1965 de Trobriand Street • Building #620 • Campus

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THE AGE OF ADVENTURE



WELCOME



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Friends:

One of the most marvelous things about coming to the University of Utah has been the constant reminders that learning is a lifetime pursuit. Wherever I go, University friends and graduates corner me to tell me of this extraordinary place.

Being around the University makes you feel like you're 18 years old, with an emergent mind tempting you to explore exciting new directions. That is the sensation some of the charter members of the Osher Lifelong Learning Institute also have described. They are falling in love with learning all over again.

In Osher Institute classes, students over the age of 50 are investigating intellectual topics, creative interests, current events, wellness, and life transitions with our distinguished faculty. Without the pressures of grades, students are making all sorts of connections with the U, whether with our Brain Institute or our neighbors at the I. J. and Jeanné Wagner Jewish Community Center, this program is constantly creating worthwhile community partnerships. It is truly a unique and expanding dimension of Continuing Education.

I encourage your participation in a community of learners that is integrating new information with existing knowledge and experience. What an exciting reflection on who you are, and what you are coming to be.

Sincerely,

A handwritten signature in black ink that reads "Michael K. Young". The signature is written in a cursive, flowing style.

Michael K. Young
President

MEMBERSHIP/BENEFITS

Wisdom is woven thread by thread into the fabric of our lives. The more experiences life spins out for us, the more complex and unique the patterns. Indeed, knowledge should not be judged by quantity alone but by how it is applied in day-to-day life. Knowledge should be shared to expand horizons, increase understanding and refresh perspectives. Every course offered by Osher Lifelong Learning is an oasis of thought, discussion and collaborative learning. There is something to be learned from and by everyone.

OSHER MEMBERSHIP - JOIN THE CLUB

Membership in the Osher Lifelong Learning Institute means you join a dynamic community of adults 50 years and older who understand that life is best enjoyed through learning.

Osher members will find the Commander's House in Fort Douglas to be a unique place to gather to converse, laugh, and cultivate relationships with new friends.

Get involved—a one-year membership costs \$400*, or you can pro-rate your membership with a \$150 installment payment per session. Your membership allows you to choose from a diverse set of thought-provoking courses taught by current and emeritus University of Utah faculty members and renowned content experts from the professional community. Enjoy the convenience of having instructors and program staff provide all the texts and materials you'll need.

*University of Utah Alumni Association members pay just \$375.

MEMBERSHIP BENEFITS

- Take up to three courses in each of the three sessions for a total of nine courses a year. (Typically, a year's worth of courses costs \$900, so your Osher membership saves you \$500.)
- University of Utah Student Identification Card granting the following privileges:
- Full Library Access
- Free Access to Campus Recreation Facilities
- Free Parking at the Commander's House
- Free Access to Campus Computer Labs
- Discounts available at Kingsbury Hall with your student U-Card
- Students may take advantage of the student meal plan for breakfast, lunch, or dinner buffets at the Peterson Heritage Commons
- Free Access to Museums of Fine Arts and Natural History

In addition, Osher members may take advantage of the Campus Recreation Program with exercise classes, weight room, and swimming.

"I love coming to the University of Utah and Fort Douglas—it is such a beautiful place. I took two classes with two friends and we are anxious to take more. The instructors were outstanding, well prepared, and very thorough."

—Jeri Beckstrom



GET A LITTLE HELP FROM YOUR FRIENDS

I've been practicing my golf swing for over 40 years, but that doesn't mean it's perfect yet. Not a round goes by that I don't pick up a tip from a playing partner. I find that this principle works in a lot of situations. Sharing experiences, perspectives and methods with teammates, colleagues, and friends is the best way to learn new things.



FACULTY

Our exceptional team of instructors is made up of hand-selected current and emeritus faculty members as well as content experts from the professional community.

Kathy Bell

Psychological Prosperity – Cultivating Greater Life Satisfaction as We Age

Kathy is an expert presenter on family relations, including communicating and connecting between family members throughout life. After 15 years of ski vacations in Utah. She and her husband recently moved to Salt Lake City. Kathy is an adjunct psychology professor at the University of North Carolina-Greensboro and has also taught at Texas Tech, the University of Virginia (where she earned her doctorate) and George Washington University. A former administrator at the U.S. Department of Education, she also directed education at the Springfield Library and Museum Association in Springfield, Massachusetts.

Margaret “Meg” Brady

Recording Life Stories

Meg is a renowned folklorist and professor at the University of Utah, who loves teaching people how to begin collecting their family stories. She has been director of composition and associate chair of the English Department. Meg has given many talks to community groups throughout Utah on American Indian literature, folk narrative, and women in the west. She received her formal education from the University of Texas at Austin.

Mary Jane Ciccarello

Law, Society and Aging: What You Need to Know to Plan Ahead

An attorney specializing in elder law and a founding member of Henry & Ciccarello, LLC, Mary Jane writes and lectures regularly on law and aging. She received a bachelor's degree *magna cum laude* from Barnard College, a master of arts and philosophy from Columbia University and a juris doctorate from the University of Utah S. J. Quinney College of Law. She has served in a variety of prestigious advocate capacities and as dean of students at the University of Utah S. J. Quinney College of Law. Mary Jane is a member of the National Academy of Elder Law Attorneys and a Registered Guardian of the National Guardianship Foundation, as well as other elder advisory assignments.

Vicki Curry

Music: Variations on a Theme

Vicki is an accomplished and dedicated music theorist with a doctorate in music composition and a knack for teaching music appreciation. She redesigned the Musicianship Program for the U and developed a music minor for Westminster College. She received the “Student Choice for Excellence in Teaching” award. Vicki is currently a professor-lecturer for the U of U.

William R. Gray

Spring Wildflowers of the Wasatch

Biology Professor Emeritus William R. Gray taught at the U for 27 success-

ful years, where he received teaching awards from the College of Science and the Biology Department. Since retiring in 1997, he has developed new tools for identifying our local plants, including interactive CD-Roms with more than 2,500 photographs he has taken. Bill has led many wildflower walks for the Great Salt Lake Audubon Society, Save Our Canyons, and the Utah Native Plants Society. He was educated at Cambridge University, England.

Ellie Ienatsch

Tai Chi-Chi Kung – Gentle Movement & Meditation for Health and Healing

Ellie, a lifelong teacher, has taught Hiking the Wasatch for University of Utah Lifelong Learning. She has taught Tai Chi-Chi Kung at the Yoga Center and the Holladay-Lions Fitness Center. Ellie was first introduced to the ancient healing exercises and moving meditation forms 35 years ago when she studied Daoyin (now called Chi Kung) with a Chinese master in Peru. Since that time, she has continued her study of Tai Chi-Chi Kung through numerous classes and workshops. She retired in 1998 after 36 years as a public school teacher.

David M. Jabusch

Controversial Issues in American Politics

David led a distinguished teaching and administrative career at the U before retiring in 1996. He is the co-author of *Elements of Speech Communication*, coached the Men's Debate team for

six years, and frequently ponders the relationship between rhetoric and civil society today. In the late '60s he was Dean of Summer School at the U, so he knows what makes great continuing education course material. David is a Professor Emeritus of Communication.

Paul S. Johnson

Learn to Use a Computer – and Love it!, Using Windows XP to Run Your Computer and Microsoft Word Intro

Paul has taught dozens of computer classes for community and adult education programs, including University of Utah Lifelong Learning. His customer service experience troubleshooting computer issues makes him an expert listener and problem-solver. Paul has taught computer teaching and training for more than four years. He has taught computing workshops through Utah Valley State College's “Elder Quest.” Paul is a certified Microsoft Office specialist. In addition, he worked as a departmental trainer at Disneyland for five years and knows how to create and maintain “a happy place.”

Jorge Paez

Beginning Conversational Spanish

Jorge is a native Spanish speaker who teaches literature and cultural studies in the Department of Language and Literature and Lifelong Learning at the U. His wide-ranging cultural studies have led to conference presentations on the psychology of writer Jules Verne and colonial propaganda in the letters of a Peruvian woman. He is the Editor of the Utah Foreign Language Association.

Glenn E. Richardson**Personal Resilience and Health: Optimal Mental, Physical, and Spiritual Health**

Glenn is a professor and director of the Integrative Health Program in the Department of Health Promotion and Education in the U's College of Health. He co-founded the Resiliency Foundation. Its function is to help people discover their potential, identify their dreams, and learn to live them. Glenn is former chair of the Department of Health Promotion and Education. Educated at three Utah universities, he has also taught at the University of Kentucky and Texas A&M.

Martha “Marty” Seiner**Italian Renaissance Art:****Masterworks - Florence and Rome**

Marty, a former school teacher, is an art lover who loves to teach. She has taught for University of Utah Lifelong Learning, the Department of Art History and for Westminster College. Marty has been a guest lecturer for docents at the Utah Museum of Fine Arts. She is also active in service to the Cathedral of the Madeleine in Salt Lake City, where she is involved in the selection and presentation of art objects. Her own lifelong learning has included art studies in Greece, Florence, Paris, Venice, Oxford, and Cambridge.

Ewa Wasilewska**Demystifying the Middle East**

Ewa is an instructor/lecturer at the University of Utah who frequently conducts discussions for general audiences. She has more than 25 years' experience working on different aspects of both the ancient and modern Middle East and Central Asia. Ewa has conducted fieldwork in Egypt, Iraq, Iran, Jordan, Syria, Turkey and in China, Kazakhstan, Kyrgyzstan, Mongolia, and Uzbekistan. Her formal education includes master's degrees in Middle Eastern studies, archaeology and history and a doctorate in anthropology. She will be joined in teaching this course by Middle East Center Director Ibrahim Karawan.

*“Excellent instructors, class topics
and opportunity to meet new people.
I learned that new ideas and skills
can be accessed after many years
away from formal schooling.”*

—Joyce Man

COURSES

Controversial Issues in American Politics

How much can we tell from the past about the present? This course is designed to examine controversial issues in American politics by studying the greatest and most eloquent advocates of different points of view in American history. We will look at the methods and criteria for evaluating public discourse before analyzing issues of people's relationship to government as articulated in great debates and speeches. Students will gain insight into contemporary problems by examining historical issues, evaluating public dialogue, and reflecting upon the eloquence of arguments in American history. In this class, thoughtful discourse by participants is not only encouraged, it is practically required. Source material includes speeches by Patrick Henry, James Madison, Thomas Jefferson, Daniel Webster, William Jennings Bryan, Franklin Delano Roosevelt, Ronald Reagan, Barbara Ward, and contemporary advocates of differing political viewpoints.

DATE: March 28-May 2
Monday, 6 class sessions
TIME: 10:00 AM-12:00 PM
LOCATION: Commander's House
Ft. Douglas
INSTRUCTOR: Emeritus Professor
David Jabusch
TEXT: The instructor will prepare a set of required readings.
SPECIAL FEE: \$10

Psychological Prosperity - Cultivating Greater Life Satisfaction as We Age

Most people acknowledge the importance of taking care of physical health and financial planning for the future. However, recent research has shown that feelings of happiness and fulfillment as we age are not necessarily tied to these tangible things. In this course participants will be introduced to theories of adult development and exposed to different empirically supported perspectives on what it means to age well. More importantly, learners will have the opportunity to apply these lessons to their lives and to formulate personal plans for creating greater life satisfaction as they age. Participants will become familiar with theory and scientific research on the psychological and social factors that contribute to aging well. Students will be guided through the development of a personal plan to cultivate skills to increase life satisfaction. Participants will learn to recognize and develop strategies for dealing with resistance to putting plans into action.

DATE: March 28-May 2
Monday, 6 class sessions
TIME: 12:30-2:00 PM
LOCATION: Commander's House
Ft. Douglas
INSTRUCTOR: Associate Professor
Kathy Bell
TEXT: *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*, Seligman, Martin E.P. (2002). Free Press, New York.
Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study

of Adult Development Valliant, George E. (2002). Little Brown and Co., New York.
SPECIAL FEE: \$40

Law, Society, and Aging: What You Need to Know to Plan Ahead

Being practical about aging requires keeping up with rapidly changing laws and social issues. These are crucial to the social and health needs of older persons and their families. How can we navigate successfully through programs such as Medicare, Medicaid, Social Security, Veterans Affairs, or pension benefits? How can we maintain personal and financial autonomy and stability as we age and face the increasing risk of physical and mental impairment? Living in a mobile and diverse society, how can we provide, or receive, care giving for/from family members, often living at great distances and in a variety of living situations? What do we need to know and do about distributing our estate to our heirs? Some laws and issues that will be explored in this course include those affecting retirement income rights and benefits, Social Security, housing options, health care decision making, and end-of-life issues. Students will gain exposure to the issues of aging in our society through an understanding of our legal rights alongside of our literary, visual, and other media images of aging.

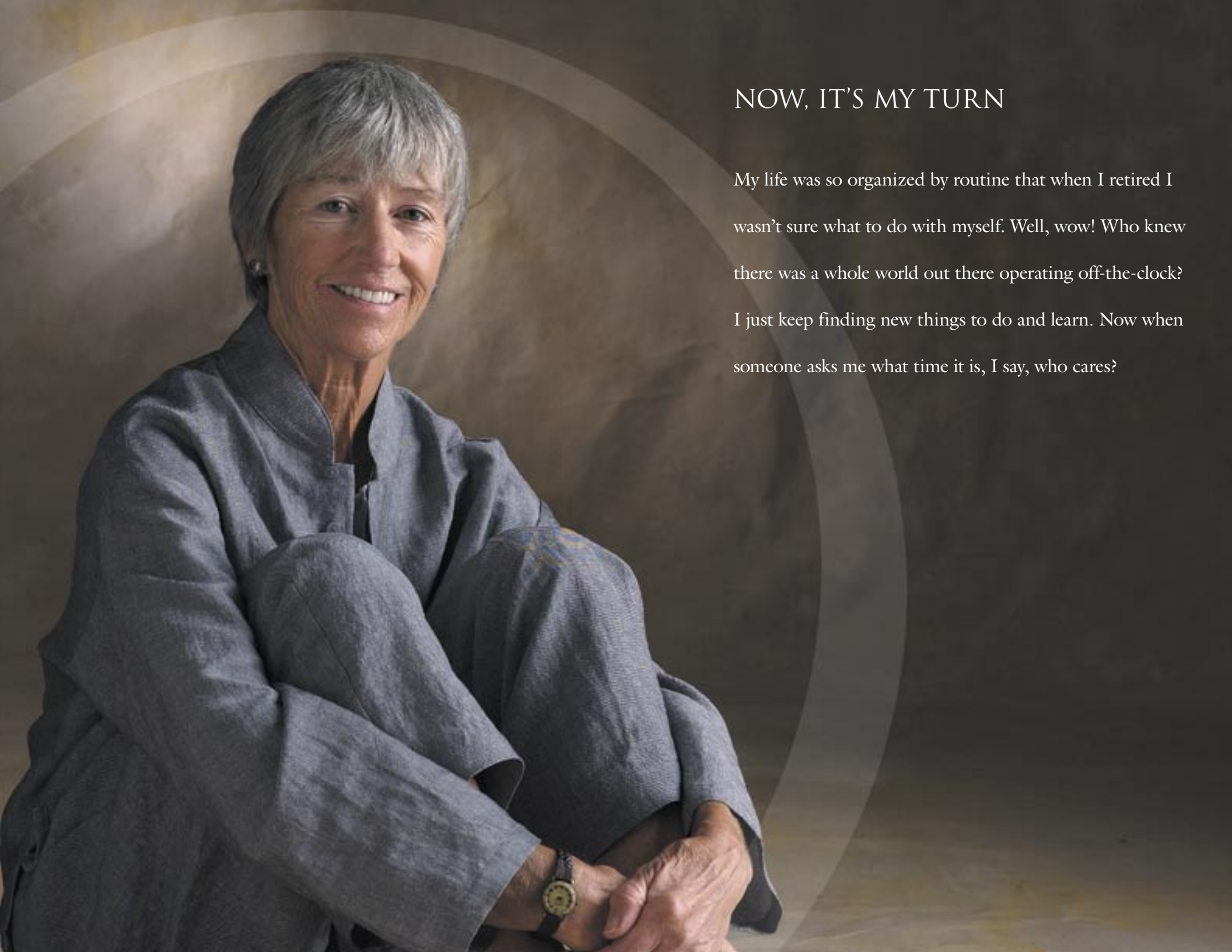
DATE: March 28-May 2
Monday, 6 class sessions
TIME: 1:30-3:00 PM
LOCATION: I. J. and Jeanné Wagner Jewish Community Center, Boardroom

INSTRUCTOR: Former Associate
Dean of Law Mary
Jane Ciccarello

TEXT: While materials are not required, the course syllabus will list at least one book to read per week, as well as movies and other materials. The books will range from literary texts that address aging issues (e.g. Philip Roth's, *Patrimony* and Julian Barnes' *The Lemon Table*) to nonfiction texts that examine specific issues (e.g. *The Forgetting*, which addresses Alzheimer's disease, and *Long Goodbye*, which examines the Nancy Cruzan case and related end-of-life issues). Movies will range from documentaries to Hollywood productions. Other resources listed on the syllabus, but not required, are a wide variety of Internet sites and materials available for downloading.

Beginning Conversational Spanish

Spanish...it's not just for ordering breakfast anymore! This class will NOT be like the foreign language classes you might have sampled during college. It focuses on the most common situations you can encounter in everyday life, right here in Salt Lake City. You will learn the basics of Spanish pronunciation, vocabulary, culture, and grammar. Whether you are planning a trip to Mexico, or want to communicate with Spanish-speaking people, it's just the ticket. Participants will learn conversational Spanish in a relaxed atmosphere in order to communicate successfully. In other palabras: to speak the language well enough to satisfy immediate needs, handle social transactions, and talk about a variety of topics of common interest. Students



NOW, IT'S MY TURN

My life was so organized by routine that when I retired I wasn't sure what to do with myself. Well, wow! Who knew there was a whole world out there operating off-the-clock? I just keep finding new things to do and learn. Now when someone asks me what time it is, I say, who cares?

will practice reading magazines and popular literature. And, this class will help students develop a cultural awareness about every day life in the Spanish speaking world, as manifested in music, pop culture texts, geography, video, art, and food. Yum!

DATE: March 29-May 5
Tuesday & Thursday,
12 class sessions
TIME: 12:30-2:00 PM
LOCATION: Commander's House
Ft. Douglas
INSTRUCTOR: Associate Instructor
Jorge Paez

TEXT: A suggested but optional textbook is *Panorama Introducción a la Lengua Española-Blanco*, Dellinger, Donley, Garcia.

Learn to Use a Computer and Love it!

This course is designed for students who want to start at the beginning with computers. The class combines demonstrations, hands-on exercises, and discussion to improve skills and reduce computer-related anxiety. Students learn the essential vocabulary used with computers, word processing fundamentals, how to surf the Net, how to communicate on the Web (e-mail!), and how to keep track of addresses and other lists. Students will learn what a mouse is and how to properly use it. Find out how to open, close and work with program "windows." The small class size (no more than 12 students) allows for a high level of student interaction, and the instructor is renowned for his ability to

communicate without the technobabble. This course will help participants learn the difference between a typewriter and a computer keyboard. If you have never touched a computer and don't want to be left behind, or have worked with a computer but would like a solid introduction to what it can do, this class is for you.

DATE: March 29-May 5
Tuesday & Thursday,
12 class sessions
TIME: 9:30-11:15 AM
LOCATION: Peterson Heritage
Center Computer
Laboratory
Ft. Douglas

INSTRUCTOR: Associate Instructor
Paul S. Johnson

TEXT: The instructor has prepared a course reader.

SPECIAL FEE: \$10

Using Windows XP to Run Your Computer

Windows XP is one of the most user-friendly operating systems ever, yet can still seem a little overwhelming if you were used to Windows 98 or are new to computers. In this class, students will learn the layout of Windows XP, how to move around the desktop and start menu, work with files, folders and disks, keep yourself and your data safe, and other basic concepts. This is an ideal follow-up to the "Learn to Use a Computer - and Love It!" class, or a great orientation for anyone who would like to work with Windows efficiently. Objectives of the class include teaching students about creating a data storage system with files and folders, using

backups to prevent loss of information, and updating, maintaining, and customizing various Windows components.

DATE: March 29-May 5
Tuesday Thursday,
12 class sessions
TIME: 11:30 AM- 1:15 PM
LOCATION: Peterson Heritage
Center Computer
Laboratory. Ft.
Douglas

INSTRUCTOR: Associate Instructor
Paul S. Johnson

TEXT: The instructor has prepared a course reader.

SPECIAL FEE: \$10

Microsoft Word Intro

Microsoft Word is one of the most commonly used word processors, and can be considered a standard on both the Macintosh and Windows platforms. Discover all the basic word processing tools and procedures using Microsoft Word. You will learn how to create, edit, format, save, and print various documents. In addition to the usual word processing, Word can also be used to create and edit text documents with its included desktop publishing features. Whether you are new to Word or have used it for some time, you'll find out how to be more productive and make Word more enjoyable! Students in this course will learn how to use Word's editing and formatting tools and options. Then, use the program to generate professional-looking documents using spell check, grammar check, print preview and print features.

DATE: March 29-May 5
Tuesday & Thursday,
12 class sessions
TIME: 1:30-3:15 PM
LOCATION: Peterson Heritage
Center Computer
Laboratory
Ft. Douglas

INSTRUCTOR: Associate Instructor
Paul S. Johnson

TEXT: The instructor has prepared a course reader.

SPECIAL FEE: \$10

DATE: April 1-May 6 • Friday
TIME: 9:00-11:00 AM
LOCATION: U of U Bountiful
75 E 200 S • Bountiful
FEE: \$85 for non-members

Tai Chi-Chi Kung - Gentle Movement & Meditation for Health and Healing

In this six-week session, the class will explore the discipline of Chi Kung. This ancient Chinese healing method involves slow circular movements, deep breathing, and a relaxed mind, in combination with meditation and self-massage. When the movements of Chi Kung are combined in sequence, the result is Tai Chi. A sequenced set of movements is called a Tai Chi form and becomes a moving meditation. In this session, the class will practice both the Yang-style and Sun-style short form. Tai Chi and Chi Kung together are designed to heal the body and quiet the mind. Gentle exercise, deep breathing, and thoughtful contemplation combine to open the paths of

energy throughout the body. Tai Chi and Chi Kung facilitate relaxation and improve breathing, range of motion, balance, and posture. They teach a simple philosophy emphasizing a deep connection with nature, a realization that life needs both sun and rain to be whole, and that life is without stress when we flow with it like water moving gently down a stream. This class is suitable for newcomers and those who have practiced the Sun-style.

DATE: March 30-May 4
Wednesday 6 class sessions
TIME: 1:30– 3:00 PM
LOCATION: I. J. and Jeanné Wagner Jewish Community Center
INSTRUCTOR: Ellie Ienatsch

Personal Resilience and Health: Optimal Mental, Physical and Spiritual Health

Resilience is a concept that looks at health from an inside-out approach and provides students an opportunity to access many skills to become more resilient.

This class will guide students through an introspective journey into the origins of, nature of, drives of and means to fulfill their personal mind, body, and spirit needs. The course will follow experientially through the resiliency process, driving forces within each person, the optimization of the mind, and the fortification of the body. Students will have the opportunity to revisit their innate dreams and consider ways to overcome “shadow” behaviors and bad habits. They will explore who they are and how they

can feel healthier. Emphasis will be on the control, power, and choice that can result in life events. Students will recognize the driving forces that come from their innate resilience, and learn skills of several forms of complementary healing strategies to enhance their resilience. Participants will learn mental and physical enrichment strategies that embody lifestyle and complementary healing skills, and ways to overcome their bad habits. The nature of the journey to resilience is a disruptive and reintegrative process. This includes being disrupted by change, opportunities, adversity, stressors, or challenges and, after some chaos, accessing personal gifts and strengths (resilience) to grow stronger through the disruption.

DATE: March 29-May 3
Tuesday, 6 class sessions
TIME: 1:00-2:30 PM
LOCATION: Commander’s House
Ft. Douglas

INSTRUCTOR: Glenn Richardson
MATERIALS: Each student will receive a workbook for each of the six modules. Customized to address issues of maturity, these will be based upon the Corporate Personal Resilience Workbooks services available from The Human Experience Institute.
SPECIAL FEE: \$6.25

Demystifying the Middle East

The Middle East has been a region of great political, economic, and religious importance. All of the three revealed world religions—Christianity, Islam, and Judaism—came into being in the Middle East. It has also been an area of

political instability and turmoil, conflicting nationalism, and historically fraught with conflict. Demystifying the Middle East is intended to explain various aspects of the modern Middle East using historical and anthropological perspectives, as well as personal experiences of the instructor. Each class meeting will address different topics: people and cultures, social issues focusing on families and the status of women, how ancient beliefs shaped both the *Bible* and the *Quran*, and the consequences of selective “memories” of ancient concepts. With two course meetings dedicated to case studies of Iraq and Iran, participants will gain the insight to understand the Middle East and its peculiarities, and to formulate their own opinions about the present situation in the area.

DATE: March 30-May 4
Wednesday, 6 class sessions
TIME: 9:45- 11:45 AM
LOCATION: Commander’s House
Ft. Douglas
INSTRUCTOR: Anthropology Professor Ewa Wasilewska

TEXT: The instructor has prepared a course reader
SPECIAL FEE: \$20

Italian Renaissance Art: Masterworks - Florence and Rome

In the arts and sciences as well as society and government, Italy was the major catalyst for progress during the rich period of development that occurred in Europe at the end of the Middle Ages. The goal of this course is to provide an overview of art during this “Italian Re-

naissance.” Masterpieces stand as silent witnesses to the cultural and intellectual developments of the societies that created them. This will include an examination of works of painting, sculpture, and architecture created in Florence and Rome during the fifteenth and sixteenth centuries. Chronology will serve as the course’s framework. Students will learn to appreciate and enrich their experience of viewing any given masterpiece due to their understanding of the background of the artist who created it, as well as having a sense of the context and culture of that time. This course, therefore, will be dedicated to exploring the rich environments that produced artists like Michelangelo, Leonardo da Vinci, and Raphael.

DATE: March 30-May 4
Wednesday, 6 sessions
TIME: 12:15-1:45 PM
LOCATION: Commander’s House
Ft. Douglas
INSTRUCTOR: Martha A. “Marty” Seiner

Spring Wildflowers of the Wasatch

The Salt Lake City area is amazingly diverse in its plant life, with more than 1,000 species. Most amateurs are overwhelmed when trying to identify all but the most showy and abundant plants. This course will focus on getting people into the field to look at plants firsthand, and learning key characteristics of the main groups. Wildflower walks will start at the lower elevations and move higher as the season advances, thus covering different habitats. Each class will include

written materials describing the week's locale, with checklists of plants likely to be seen. Students will be encouraged to keep systematic records, including digital photographs. Collection of plant materials will be discouraged. Professor Gray's CD-Rom "Plants of the Central Wasatch Front" will be used as secondary material, but not required. With this, students will learn different approaches to identification, and have a complete reference to local plants. Objectives of the class include familiarization with our most important native plants, and the roles they play in the ecology of the various habitats, recognizing some of the many nonnative plants that have become established here, including serious pests and relatively benign naturalized species, and appreciation for the ways that human activities impact the viability of native plant communities along the Wasatch Front.

DATE: March 30-May 4
Wednesday, 6 class sessions
TIME: 1:30-5:00 PM
LOCATION: Commander's House, Computer Lab, and Wasatch foothills
INSTRUCTOR: Professor Emeritus William Gray
SPECIAL FEE: \$22.50, for those who purchase a wildflower CD-Rom

Recording Life Stories

Ever toyed with writing a memoir? Want license to snoop through a family member's colorful past? In this course we will be engaged in an interdisciplinary project

on life story, personal experience, and memoir. After discussing the genre of life story narratives, students will learn, from a professional folklorist' methods for interviewing friends and family in order to elicit the fullest and most complete life stories. Techniques of recording and transcribing oral histories will allow students to produce full life stories that can be bound in book form. Classroom instruction will be enriched by hands-on interview experiences and practice in using the actual techniques of oral history and personal experience narrative collection. Students in this class will have the opportunity to produce at least one life story, while learning the value of reminiscence in the aging process.

DATE: March 31-May 5
Thursday, 6 class sessions
TIME: 1:30- 3:00 PM
LOCATION: Commander's House, Ft. Douglas
INSTRUCTOR: Margaret "Meg" Brady
TEXT: *The Ageless Self*, by Sharon Kaufman
SPECIAL FEE: \$15

Music: Variations on a Theme

This session's variation is subtitled "The art of listening." It is an introductory course in music for those of us who aspire toward becoming professional "listening" musicians. Following a brief philosophical discussion of music, the course will concentrate on developing listening skills and learning the accompanying vocabulary necessary to experience the "art" of listening. The end of the course will be devoted to using critical thinking and listening skills to explore the concept of

musical styles in Western art music (also known as "classical" music). As students practice the art of listening, expect to experience greater pleasure from all styles of music—popular and art, old and new, Western and non-Western, religious and secular—more than ever before.

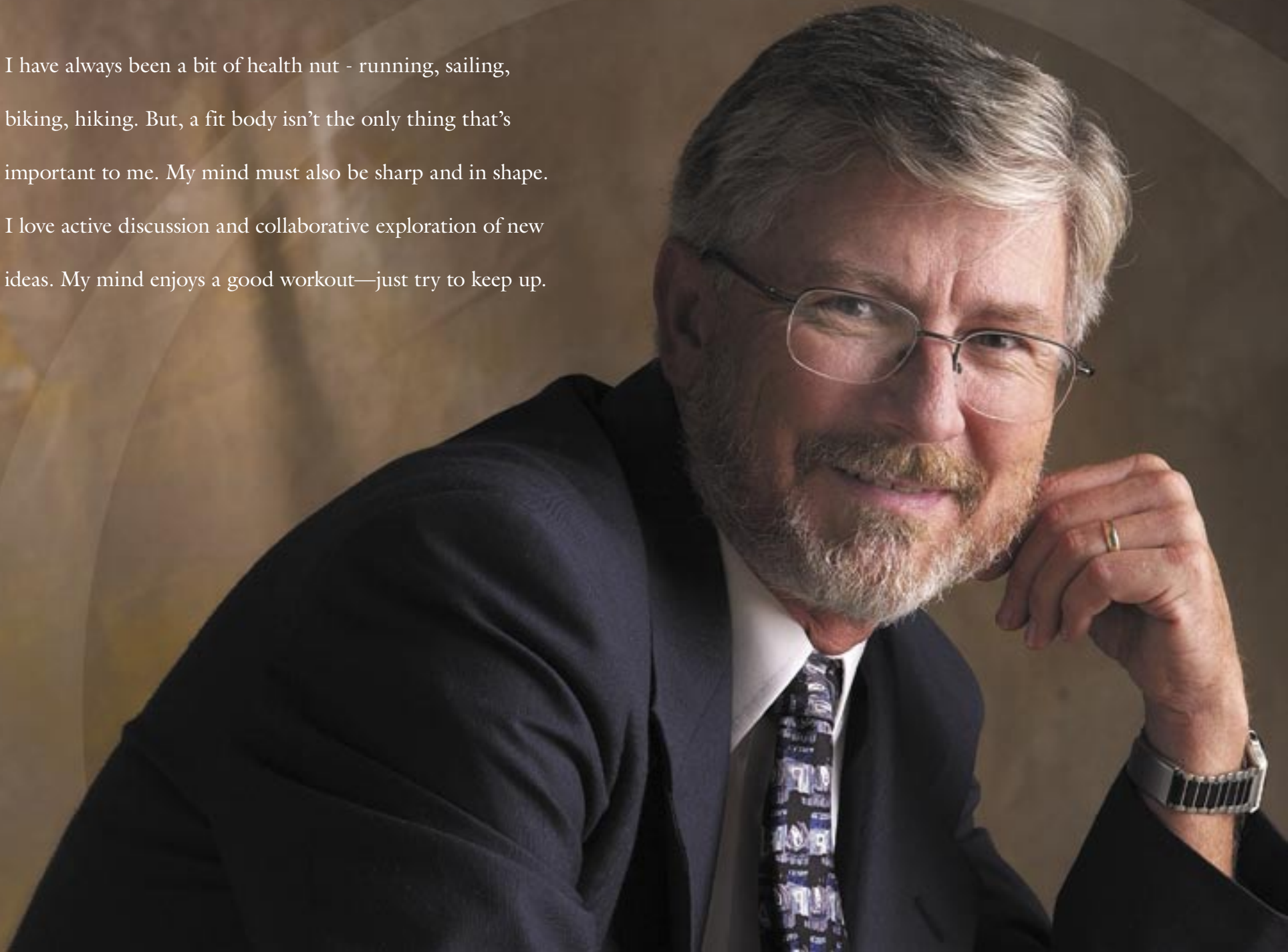
DATE: March 31-May 5
Thursday, 6 class sessions
TIME: 10:00-11:30 AM
LOCATION: Gardner Hall Room 270
INSTRUCTOR: Professor Vicki Curry

*"It is a pleasure to learn with others
whose life experiences are similar."*

—Karen M. Wadsworth

A WORKOUT FOR THE MIND

I have always been a bit of health nut - running, sailing, biking, hiking. But, a fit body isn't the only thing that's important to me. My mind must also be sharp and in shape. I love active discussion and collaborative exploration of new ideas. My mind enjoys a good workout—just try to keep up.



SPECIAL EVENTS

OSHER EVENTS

Osher membership gives you access to special University events and activities. This spring you can enjoy some unique offerings coming to the Osher Lifelong Learning Institute.

Citizenship in a Scientific and Technical Society

Thursday, March 31, 2005
9:00-10:00 AM

Commander's House • Ft. Douglas
Meet and hear Professor of Bioengineering and Chair of the Leonardo Center Joe Andrade. The creator of the popular tele-course Science Without Walls, Joe's always got a lot of fascinating educational topics and projects on his mind.

A Meeting for the Mind

Monday, April 25 • 1:00-5:00 PM
Commander's House • Ft. Douglas
Find out something new and different about the brain and behavior, memory, aging and exciting brain-related research at the University of Utah. This special event will feature four 30-minute talks given by University of Utah Brain Institute presenters, a researchers' perspective on autobiographical remembering, information about the summer "brain and mind" class coming to the Osher Lifelong Learning Institute, refreshments and a reception with the experts. Guests welcome. Please RSVP at 585-5442. Sponsors include the Brain Institute and the Utah Addiction Center.

Hallmarks of Lifelong Learning: Traits and Tips for Thinkers

Monday, May 9 • 9:00-11:30 AM
Commander's House • Ft. Douglas
Ready to really think about the traits of lifelong learning: complex thinking, effective communication, desire to collaborate, curiosity about the world, and an interest in others? The Osher Institute has invited two veteran lifelong learners, Kaye Chaterton and Linda Alder to facilitate this creative workshop. The day will feature some terrific tips on planning educational travel and other exciting learning endeavors. Bring a brown bag and stay late to talk with new friends about all the places you'd love to go to learn.

ALSO COMING TO CAMPUS IN SPRING 2005

Fine Arts Lecture Series – Maya Chachava

Wednesday, March 23 • 1:00-2:00 PM
Dumke Auditorium • Utah Museum of Fine Arts
Maya Chachava, assistant professor of painting & drawing, discusses how experiences of visual art, music, movies and literature provide sources of both inspiration and imagery, but only after they evolve into poetic "blood memories." See Maya's exhibit of recent works at the Museum, January 23-March 21.

UMFA Film Series-Joan Miro, Constellations: The Color of Poetry

Saturday, March 26 • 2:00-3:00 PM
Dumke Auditorium • Utah Museum of Fine Arts
This film profiles the diverse 65-year career of Joan Miró, including a tour of the artist's studio and a performance by the La Claca Theater Group in costumes designed by Miró.

Utah Museum of Natural History Quest for African Dinosaurs

Friday, April 1 • 12:00-1:00 PM
Utah Museum of Natural History, Room 319
Dr. Scott Sampson, world-renowned paleontologist and Chief Curator at UMNH, will review some of the adventures and results of his exciting recent expedition to Kenya (the first dinosaur expedition in the history of that country). Discoveries include fragmentary remains of several kinds of dinosaurs and some giant crocodiles. Please RSVP to 585-5442 by March 30.

Middle East Center Distinguished Lecture

Tuesday, April 5 • 3:00-4:30 PM
Dumke Auditorium • Utah Museum of Fine Arts
Ambassador Edward P. Djerejian, founding director of the James A. Baker III Institute of Public Policy at Rice University will speak on U.S. public diplomacy in the Middle East. This is part of the distinguished lecture series presented by the University of Utah's Middle East Center.

"The program is a great experience and a way to exercise one's mind."

—Bob Meredith

SPONSORS

By helping to provide the resources and support necessary for a successful program, community partners are vital to the Osher Lifelong Learning Institute. Through the help of our partners, we are able to bring together a community of adult learners who share a passion for intellectual, social, and civic engagement.



The I. J. and Jeanne Wagner Jewish Community Center is designed to cater to all life stages, with facilities and programs that have enriched the lives of individuals and families in the Salt Lake community for 80 years.



The mission of the University of Utah Alumni Association is to serve alumni by encouraging them to maintain a meaningful lifelong relationship with the University and to make significant contributions to the University and its students.

MASTER SPONSORS



The University of Utah Health Sciences Center brings together the education, research, and patient care programs of the University. The Health Sciences Center includes the School of Medicine, College of Nursing, College of Pharmacy, College of Health, Eccles Health Sciences Library, and the University Health System composed of three hospitals and nine community health centers annually serving the needs of 850,000 inpatients and outpatients who reside in the Intermountain West.



Utah Educational Savings Plan

What could provide a higher return than investing in a child's future? Administered by the Utah State

Board of Regents/Utah Higher Education Assistance Authority, the Utah Educational Savings Plan is Utah's official college savings plan.

BACHELOR'S SPONSORS



The Utah Museum of Natural History illuminates the natural world and the place of humans within it. Along with our exhibits, the Museum currently provides a multitude of natural-science classes, lectures and workshops for students and adults of all ages.



The Utah Museum of Fine Arts engages visitors in discovering meaningful connections with the artistic expressions of the world's cultures. We fulfill our mission by serving as a teaching, learning, and research resource for the University of Utah, the greater educational community, and the general public.



Give the gift of learning. Osher gift certificates can be purchased for any of our course offerings or towards membership in the program. For more information, please (801) 585-5442.

OSHER REGISTRATION FORM

Personal Information:

First Name	Last Name	Middle Initial
Home Address	City	State
Telephone	E-mail Address	Social Security No.
Occupation or Past Occupation	Birthdate	
How did you hear about us? _____	Are you a U of U Alumni Association Member? Yes <input type="radio"/> No <input type="radio"/>	

Payment Method:

Check/money order payable to the University of Utah	Card # _____
<input type="radio"/> Visa <input type="radio"/> MasterCard <input type="radio"/> Discover Card <input type="radio"/> American Express	_____ Cardholder's Signature Expiration Date
I agree to abide by the deadlines and policies governing these courses and am responsible for all course fees. I understand special fees may change depending on course availability.	

Membership Fee

Annual Membership <i>This fee entitles you to register for up to three courses.</i>	\$400 (\$375 for U of U Alumni Members)
_____	_____
Course Title	Special Fee (see course information)
_____	_____
Course Title	Special Fee (see course information)
_____	_____
Course Title	Special Fee (see course information)
One-year unlimited UTA and TRAX pass <i>(Optional)</i>	\$37.50 <i>Optional Fee</i>

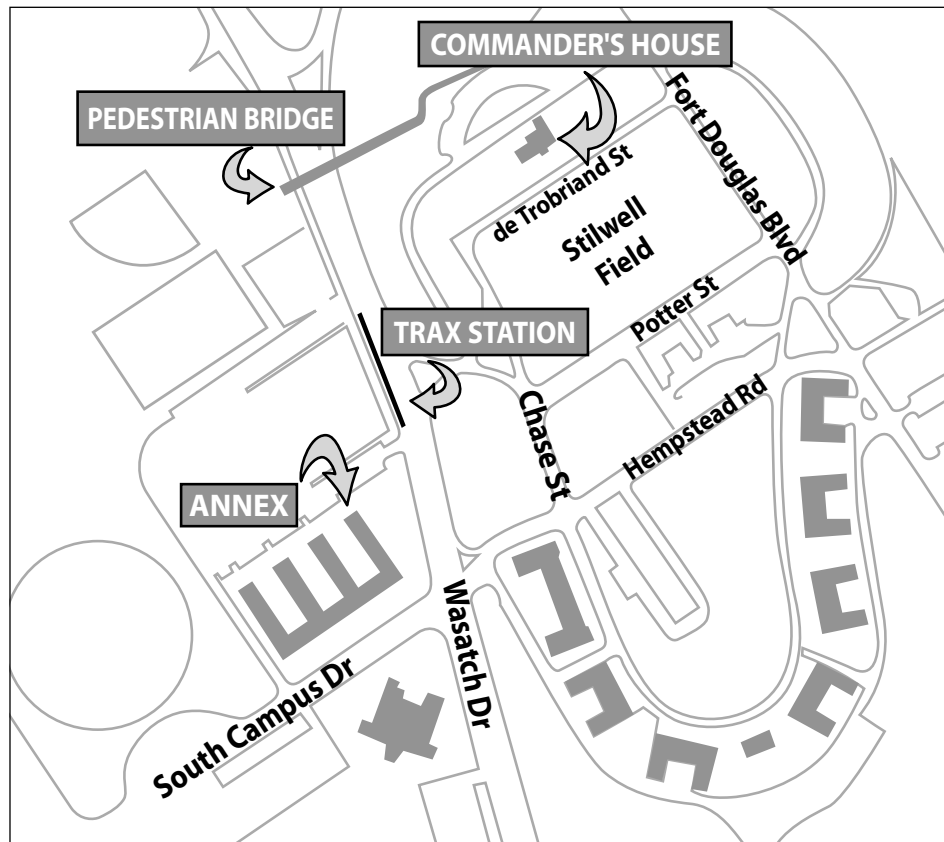
Mail registration form with payment to:
 Academic Outreach and Continuing
 Education Registration
 1901 E. South Campus Drive, Room 1215
 Salt Lake City, UT 84112

Phone registration available, call:
801-581-7155

*Additional courses can be added for \$50 each.
 Please call 581-7155 to check on space availability
 before sending in additional fees. You will receive
 confirmation of your courses by mail.*

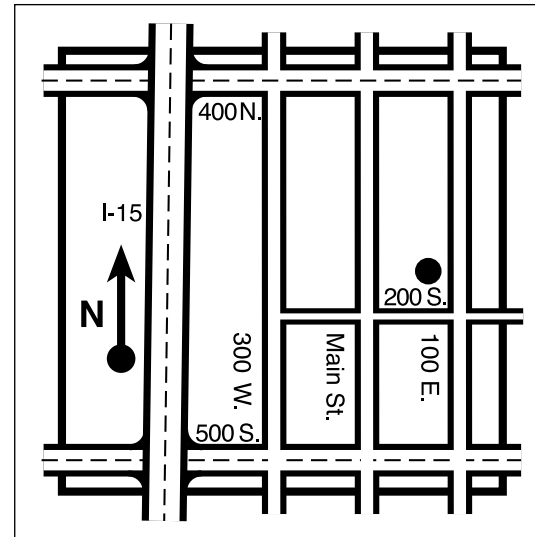
NOTE: Enter \$150 for spring session if you opt to pro-rate your membership fee. TOTAL _____

MAPS & DIRECTIONS



Directions

Enter gates of Ft. Douglas from South Campus Drive. Left at first stop sign. Continue left on the one-way street immediately before the Officer's Club. Park.



Bountiful

75 East 200 South

Time from exit: 5 minutes

Exit I-15 at 500 South (Exit 320). Go east to Main Street; turn left (north) to 200 South; turn right (east). Bountiful U of U is on the left.