



OPEN UNIVERSITY

The Shepherd's Center of Richmond

Fall Session
Sep 19 - Nov 10, 2022

ANNOUNCEMENTS!

- WE MEET IN PERSON! Open University meets in person on Mondays and Thursdays. Lunch & Life is also in person on Wednesdays.
- NEW THURSDAY LOCATION! Thursday Open University now meets at St. Luke Lutheran Church, 7757 Chippenham Parkway, 23225.
- NEW *HYBRID* LUNCH SPEAKERS AND COURSES! All of the Monday and Thursday lunch speakers and some of the classes will be "hybrid" - that is, offered in person AND streamed online via Zoom. See page 7 for details.
- COVID UPDATE: Individuals choosing to attend OU in person have the potential of being exposed to COVID. Those with weak or compromised immune systems may be at greater risk. If you are exhibiting symptoms, please stay home for the health and safety of all. TSCOR and Open University follow CDC recommended COVID guidelines. For the most recent guidelines visit [cdc.gov](https://www.cdc.gov). Masking is optional at OU, but encouraged in smaller classrooms. Please respect the masking decisions of others.

Mondays

St. Luke Lutheran Church
7757 Chippenham Parkway

Understanding the Built Environment

8-week course: Hybrid

We will provide students with 10 criteria for understanding and participating in their built environment. We will examine local, national, and international examples of architecture and design, with a goal of increasing appreciation and awareness of great design.

Teachers: Mimi Sadler, historical architect; Camden Whitehead, associate professor, interior design, VCU

M • Sep 19 - Nov 7

9:30 - 10:30

Jazz on Film: Swing Era

8-week course: In person

For the fabulous decade of 1935-45, jazz in the form of swing was America's popular music. The course traces the evolution of big bands beginning in the 1920's with Paul Whiteman, the "King of Jazz," and Fletcher Henderson, the "Black Paul Whiteman," culminating with Benny Goodman, the "King of Swing," and the inimitable Duke Ellington.

Teacher: Gene Anderson, retired music professor, UR

M • Sep 19 - Nov 7

9:30 - 10:30

(Mondays continued next page)

Genealogy

8-week course: In person

Research your family history through different sources, including Ancestry.com.

Teacher: Terry Redding, frequent lecturer for TSCOR on genealogy research techniques

M • Sep 19 - Nov 7

9:30 - 10:30

Overcoming Procrastination:

Evidence-Based Strategies

4-week course: In person

Learn research-based techniques to end procrastination. This hands-on workshop will examine how procrastination affects your life and teach you techniques that will help you avoid procrastination and get important tasks done.

Teacher: Jeff Clark, retired professor of psychology, VUU

M • Sep 19 - Oct 10

9:30 - 10:30

Dementia 101: Raising Awareness and Understanding

4-week course: In person

Learn basic information about dementia and Alzheimer's disease, including the 10 warning signs; learn about resources and services available in the community and how to access them; and hear about the latest research around brain health and dementia risk reduction.

Teacher: George Worthington, dementia services coordinator, Virginia Dept. for Aging and Rehabilitative Services

M • Oct 17 - Nov 7

9:30 - 10:30



Ooh-la-la! Intermediate French

8-week course: In person

The class will read *Cinq Contes* by Guy de Maupassant. Order Hachette LLF edition, level B1. ISBN: 978-2-01-155744-5. The recorded text is available online. We will also converse in French and do some gentle grammar review. Newcomers who have had French in the distant past are welcome.

Teacher: Suzanne Wiltshire, retired French teacher and administrator

M • Sep 19 - Nov 7

11:00 - 12:00

Travelogue

8-week course: In person

The first four weeks: Egypt, from the delta to the southern border, and the Palestinian Holy Land, focusing on sites such as Bethlehem.

Teacher: Barbara Goehle, former TSCOR board member; frequent OU travelogue speaker

The second four weeks: the sacred sites of Italy, a river cruise, the British Isles, and another *Travels with Granddad* to Florida.

Teacher: Hal Costley, retired engineer; longtime TSCOR volunteer

M • Sep 19 - Nov 7

11:00 - 12:00

Catching Up With the Supreme Court: Four Noteworthy Decisions

5-week course: Hybrid

We'll examine the Court's recent rulings on cases involving the free exercise of religion guaranteed by the First Amendment, the decision that overturned *Roe v. Wade*, the Second Amendment right of persons to carry firearms in public, and, in conclusion, discuss

(continued next page)

Does Something Need to Be Done About the Supreme Court?

Teacher: Ellis West, retired professor, political science, UR

M • Sep 19 - Oct 17

11:00 - 12:00

Tell Lachish, Israel - A Report from Recent VCU Excavations

3-week course: Hybrid

The finds and discoveries from the Hebrew University's six seasons of excavating Tell Lachish are truly exceptional and have helped recover remains dating to the elusive 11th and 10th centuries BCE, the period of the birth of the Judean Kingdom, led by Saul, David and Solomon. Join this update of recent contributions by excavation teams from VCU of the history of the second most important city outside of Jerusalem in the biblical period.

Teacher: Jon Waybright, assistant teaching professor, VCU School of World Studies, Religious Studies Program

M • Oct 24 - Nov 7

11:00 - 12:00

Monday Lunch Speakers

Keeping the Republic: The 235th Anniversary of the US Constitution

Dan Palazzolo, professor of political science; interim dean, Arts and Sciences, UR

M • Sep 19

12:30 - 1:30

Adaptive Technology Facts for Older Adults

Kimberly Rideout, fire and life safety educator, Chesterfield Fire and EMS

M • Sep 26

12:30 - 1:30

The U. S. Supreme Court: A "First Monday" Look at Cases to Watch

Lauren Bell, professor of political science and dean of academic affairs, RMC

M • Oct 3

12:30 - 1:30

Survey of the Planets

Henry Nebel, professor emeritus, physics, UR

M • Oct 10

12:30 - 1:30

Smart Phones and Tablets - The Simple Way To Use Technology

Chuck Renfro, chief executive officer, Thinking CAP Technologies

M • Oct 17

12:30 - 1:30

Human Trafficking in the Richmond Area and Safe Harbor's Response

Kallie Smith, director of education, outreach and community engagement, Safe Harbor

M • Oct 24

12:30 - 1:30

How Edgar Allan Poe Can Change Your Life

Catherine Baab-Muguira, author

M • Oct 31

12:30 - 1:30



Richmond Theatre: The State of the Art

Philip Crosby, executive director, Richmond Triangle Players

M • Nov 7

12:30 - 1:30

ALL Lunch Speakers on Mondays AND Thursdays are HYBRID!

Come see them in person, or enjoy them from the comfort of home.

Tuesdays

Courses Online Only

Intermediate Latin

An intermediate course for students who have knowledge of basic Latin grammar and vocabulary. This class is via Zoom only.

Teacher: Lee Perkins, PhD, Harvard University; classical languages teacher

T • Sep 20 - Nov 8

9:30 - 10:30

“Was ist los?” Advanced German

Free conversation über Gott und die Welt.

Reading skill with Andre Klein's

Heidis Frühstück (see last story in Baumgartner & Momsen). Some grammar. Worksheets supplied by the teacher. Book available through Amazon. This class is via Zoom only.

Teacher: Sabine Horn, German native; MA, Japanese and Russian, University of Marburg, Germany

T • Sep 20 - Nov 8

11:00 - 12:00

“Genki?” 日本語 Intermediate Japanese

Free conversation, songs, reading kana and kanji (Urashima Tarou); speaking skill with Pimsleur 1, (review 22), Units 23 - 25, audio CD. Some grammar. Dialogues and worksheets supplied by teacher. This class is via Zoom only.

Teacher: Sabine Horn, German native; MA, Japanese and Russian, University of Marburg, Germany

T • Sep 20 - Nov 8

12:30 - 1:30

The Joy of Reading Latin

Note: Enrollment for this course is limited to students who have completed the first 45 stages of the *Cambridge Latin Course*. This class is via Zoom only.

Teacher: Lee Perkins, PhD, Harvard University; classical languages teacher

T • Sep 20 - Nov 8

2:00 - 3:00

Wednesdays



Lunch & Life

Lunch & Life is a lecture series held in partnership with St. Mary's Catholic Church. It is free and open to the public; no registration or TSCOR membership required. Lunch is from 12:00 – 12:30. Speakers are from 12:30 – 1:30. Beverages and desserts are provided by the church. Please bring a sandwich. St. Mary's Catholic Church is located at 9505 Gayton Road. Lunch & Life meets in person.

Archaeology on the Rooftop of the World

Bernard Means, assistant professor, anthropology; director, Virtual Curation Laboratory, VCU

W • Sep 21

12:30 - 1:30

You CAN Sell Your House!! What You Need to Know About Millennial Buyers

Megan Shockley, realtor, Nestiny Realty

W • Sep 28

12:30 - 1:30

Your Guide to Aging Well with The VirginiaNavigator Family of Websites

Bonnie Scimone, lead community specialist and marketing assistant, VirginiaNavigator

W • Oct 5

12:30 - 1:30

Populism and Democratic Backsliding in Latin America: A Precautionary Tale

Jenny Pribble, associate professor, political science; coordinator, global studies, UR

W • Oct 12

12:30 - 1:30

Thursdays



St. Luke Lutheran Church
7757 Chippenham Parkway

Music and Lives of Great Composers, Part II

8-week course: Hybrid

Each class examines 2 composers and contains an explanation of their lives and influences, with a number of audio excerpts. Included are Handel, Vivaldi, Chopin, Mendelssohn, Smetana, Verdi, Bizet, Offenbach, Rimsky-Korsakov, Strauss (Johann Jr.), Saint-Saens, Strauss (Richard), Delius, Rachmaninoff, Barber and Adams (John).

Teacher: Don Dagenais, retired attorney; longtime lover of classical music and opera

Th • Sep 22 - Nov 10

9:30 - 10:30

History of Development of Judaism and Current Israeli Politics

8-week course: In person

Six sessions devoted to development of Jewish religion, beliefs and practices. Two sessions devoted to current Israeli politics.

Teacher: Gary Creditor, rabbi emeritus, Temple Beth-El

Th • Sep 22 - Nov 10

9:30 - 10:30

Beginning Spanish

8-week course: In person

An introduction to Spanish grammar, pronunciation and vocabulary. Students are encouraged to order a used copy of *Spanish for Mastery I: Que tal?* by Valette & Valette.

Teacher: Tim Martin, retired Spanish teacher, counselor

Th • Sep 22 - Nov 10

11:00 - 12:00

Orthodoxy and Dissent: Heresy and the Inquisition During the Middle Ages

8-week course: In person

Orthodoxy and Dissent examines the early Christian church's forging of orthodoxy, the emergence of heresy, and the development of tools to combat religious heterodoxy. Among the topics addressed will be doctrinal heresy, intellectual heresy, itinerant heretical preachers, anticlericalism, popular heretical movements, and the creation and operation of the medieval inquisition.

Teacher: David Routt, PhD, history, Ohio State University; instructor, UR, VCU

Th • Sep 22 - Nov 10

11:00 - 12:00

European Expressionism: Seeing Beyond Objective Reality

4-week course: Hybrid

An illustrated series of lectures on subjective, personal, spontaneous self-expression by a wide range of modern artists like Van Gogh, Munch, Kandinsky, Marc and Klee among others that inaugurated Modernism.

Teacher: Reingard Nethersole, retired professor of English, UR

Th • Sep 22 - Oct 13

11:00 - 12:00

Transportation, Recreation, and Memorialization - RVA's Landscape Gems

4-week lecture series: Hybrid

Week 1: RVA's Canals & Islands at the Falls

The James River, Kanawha Canal and Haxall Mill Race powered many 19th century industries. Follow the canals, see the industries, look at commemorative public artworks, and witness the transformation of islands from industrial sites into the James River Park system.

Week 2: Byrd Park, the Carillon & the Canals

Walk from the reservoir to the river as we

discuss the development of Byrd Park, the Carillon Tower neighborhoods, and the three canals and pump houses. Climb into the Carillon's belfry, sit at the Carillon's keyboard, wander through the Gothic pump house, and walk the tow path to the Washington arch. Learn why the canals were an important part of the park development.

Weeks 3 & 4: *Here I Lay My Burdens Down*

Explore RVA's historic African American burying grounds. Meet those who rose from poverty, enslavement and segregation, to become highly successful professionals, who made extraordinary contributions to their local and world communities. Visit the Burying Ground for Negroes at Lumpkins, Shockoe Hill African Burying Ground, Barton Heights, Woodland, and Mt. Olivet, followed by a trip to Evergreen and East End.

Teacher: Kathryn Whittington, Historic researcher; master guide, Valentine Museum

Th • Oct 20 - Nov 10

11:00 - 12:00

Feldenkrais

8-week course: Online only

The Feldenkrais Method can improve a person's movement repertoire by expanding and refining body awareness to reduce pain or limitations in movement and promote general well-being.

Teachers: Marianne Kaufman, Mary Frances Hobbs, Jane McAllister and Vicki White, guild certified Feldenkrais practitioners

Th • Sep 22 - Nov 10

1:45 - 2:45

Thursday Lunch Speakers

Who's the Bomb? George's Mom: How Archaeology Has Transformed Popular Histories of This Much-Maligned Mother

Laura Galke, chief curator, Virginia Department of Historic Resources

Th • Sep 22

12:30 - 1:30

Tales of the Medical Supply Chain: How Production Challenges Can Affect You

Jeff Shockley, associate professor, supply chain management and analytics, VCU

Th • Sep 29

12:30 - 1:30

Fools Rush In: Stories and Wisdom of Wise Fools

Judith Onesty and Les Schaffer, Two Tellers Telling

Th • Oct 6

12:30 - 1:30

The History and Mechanics of the Organ: One of the World's First Musical Machines

Scott Hayes, music director, All Saints Episcopal Church

Th • Oct 13

12:30 - 1:30

A Yankee in the South: Twenty Years of Trials, Tribulations, and Triumph in the World of Food

Christine Wansleben, owner, culinary director, Mise En Place

Th • Oct 20

12:30 - 1:30

Opening Minds through Art

Amy Holland, CFRE; director of development, The Cultural Arts Center

Th • Oct 27

12:30 - 1:30

The Branch Museum - "What Is This Place?"

Sarah Castle, marketing manager, The Branch Museum of Architecture and Design

Th • Nov 3

12:30 - 1:30

Alien Life: The Scientific View

Jack Singal, associate professor, physics, UR

Th • Nov 10

12:30 - 1:30

Open University Registration Fall 2022

☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms. _____
first name middle initial last name

street address: _____

city, state, zip: _____

home phone: _____ cell phone: _____

email: _____

☐ **\$150 Tuition Deal:** includes \$25 membership and 1 year tuition. (Current members need to pay only \$125.)

☐ \$45 member tuition ☐ Optional donation to TSCOR* \$ _____

☐ \$75 non-member tuition

☐ \$25 membership (7/1/2022 - 6/30/2023)*

TOTAL ENCLOSED: \$ _____

* tax-deductible

Make check payable to: **The Shepherd's Center**
Mail to: 3111 Northside Ave., #400, Richmond, VA 23228

Register

2 WAYS TO REGISTER

- 1 ONLINE:** TSCOR.org
- 2 MAIL:** Complete the registration slip, make check payable to *The Shepherd's Center* and mail to: 3111 Northside Ave., #400, Richmond, VA 23228

Mark your calendars!
OU winter session begins
Monday, January 9, 2023!



Hybrid & Online Classes

- NEW for fall 2022! We are offering some hybrid courses. This means you can attend in-person or online via Zoom.
- On Mondays and Thursdays all lunch speakers and some courses will be hybrid.
- Tuesday's courses are online only via Zoom.
- The type of course, whether it is hybrid, online only, or in person only, is noted with each course description.
- If you plan to attend virtually via Zoom, be sure to include your email address on the registration slip.

- Zoom links are sent to your email every Sunday evening.
- Check your spam and junk folders if you do not see the class links in your inbox.

New Thursday Location!

Because of changes following the pandemic, Open University will no longer meet at First Presbyterian Church on Thursdays.

Thursday OU has moved to St. Luke Lutheran Church, which is located at the corner of Custis Road and Chippenham Parkway between the Forest Hill Avenue and Huguenot Road exits; 7757 Chippenham Parkway, 23225. Join us! We'd love to see you.



The Shepherd's Center of Richmond
3111 Northside Ave., Suite 400
Richmond, Virginia 23228-5441



OPEN UNIVERSITY

The Shepherd's Center of Richmond

Fall Session
Sep 19 - Nov 10
2022

In person, hybrid, and online
courses and speakers offered on
Mondays, Tuesdays, Wednesdays
and Thursdays. Details inside.

The Shepherd's Center of Richmond
encourages older adults to remain
active and independent through
enrichment programs and volunteer
service to their peers.



OPEN UNIVERSITY

THE DOOR TO LEARNING IS ALWAYS OPEN.