



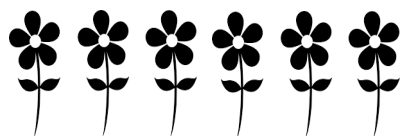
OPEN UNIVERSITY

The Shepherd's Center of Richmond

Spring Session
Mar 20 - May 11, 2023

ANNOUNCEMENTS

- MONDAYS continue IN PERSON at St. Luke Lutheran Church. All lunch speakers and some classes are hybrid (held in person and also via Zoom.)
- THURSDAYS meet ONLINE ONLY.
- **NEW!** Feldenkrais has moved from Thursday afternoon to Wednesday morning at 10:00 a.m.
- *Lunch & Life* continues IN PERSON on Wednesdays at St. Mary's Catholic Church. **NOTE - *Lunch & Life* begins on Wednesday, March 29th, one week after the start of Open University.**
- 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

At St. Luke Lutheran Church
7757 Chippenham Parkway

Murder, Madness & Music

8-week course: In person only.

From Carlo Gesualdo, Prince of Venosa, to John Lennon of the Beatles, the course examines the relationship of music to madness and murder in opera, musicals, and real life.

Teacher: Gene Anderson, retired professor of music, UR

M • Mar 20 - May 8

9:30 - 10:30

Ooh-la-la: Intermediate French

8-week course: In person only.

The class will read *Le médecin malgré lui* by Molière. Order Hachette LLF edition, level B1. ISBN: 978-2-01-155970-8. Version audio offerte. 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 • Mar 20 - May 8

9:30 - 10:30

Review of The World's Religions

8-week course: Held in person and via Zoom.

This course will review important elements that each of the listed major religious traditions follows and why they are important: Hinduism, Buddhism, Judaism, Christianity, and Islam. The course is based upon Huston Smith's book *The World's Religions*, as well as other sources familiar to the presenter.

Teacher: Hal Costley, retired engineer; past and current president, TSCOR

M • Mar 20 - May 8

9:30 - 10:30

(Mondays continued next page)

Mondays, continued

John Leland, Grandfather of the First Amendment's Guarantee of Religious Freedom

1-week lecture: Held in person and via Zoom.

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

M • Mar 20

9:30 - 10:30

The Universe, Life and Everything (with apologies to Douglas Adams)

7-week course: Held in person and via Zoom.

The Big Bang: origins of stars, galaxies, and planets; *Sculpting the Universe:* atoms, quantum physics, and Einstein's relativity; *The Dark Forces:* initial darkness, dark matter, dark energy, the final darkness; *Life:* origin, definition, extremophiles, exoplanets etc.; *Life:* development of life on earth, evolution; *Life:* on the way to humans; *Viruses:* the edge of life.

Teacher: Fred Silva, MD, University of Oklahoma

M • Mar 27 - May 8

9:30 - 10:30

Beginning Italian, Part II

8-week course: In person only.

For students who completed Part I in the winter term or the equivalent. A continuing introduction to Italian language and culture, including phrases for shopping, ordering meals, checking in and out of hotels, and other basic vocabulary and structures. The course will also include assigned reading. Please obtain a copy of *Short Stories in Italian, Vol. 1*, by Olly Richards, 2018. ISBN: 978-1-473-68332-7. (A used copy is fine.)

Teacher: Judy Buchanan, retired instructor, Italian and Spanish; recipient of two Fulbright grants to study language, history, and culture in Italy

M • Mar 20 - May 8

11:00 - 12:00

Beginning Spanish

8-week course: In person only.

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

M • Mar 20 - May 8

11:00 - 12:00

America: Who Are We?

4-week course: Held in person and via Zoom.

An historical look at the people that came to America and their impact on America and the future.

Teacher: Cary Blankenship, PhD, economic and diplomatic history

M • Mar 20 - Apr 10

11:00 - 12:00

Charles Darwin: A Life

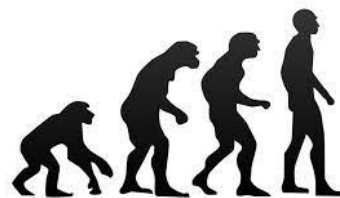
4-week course: Held in person and via Zoom.

This course details the unexpectedly rich and unusual life of Charles Darwin. There are four parts: The Formative Years, The Beagle Years, The Origin Years, and After the Origin. No knowledge of science needed. Students will gain an appreciation for Darwin's great intelligence, insight, and influence on modern biological thinking.

Teacher: Harry Wistrand, professor emeritus, biology, Agnes Scott College, Decatur, GA; PhD, Arizona State University

M • Mar 20 - Apr 10

11:00 - 12:00



(Mondays continued next page)

Mondays, continued

Genealogy

4-week course: In person only.

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

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

M • Apr 17 - May 8

11:00 - 12:00

British Explorers of Africa in the Victorian Period

4-week course: Held in person and via Zoom.

This course provides an historical examination of the personalities, careers, motivations, and accomplishments of British explorers of the interior of Africa in the Victorian period. Key players to be considered included Sir Richard Francis Burton, John Hanning Speke, Sir Samuel White Baker, and David Livingstone.

Teacher: John Gordon, professor emeritus, history and international studies, UR

M • Apr 17 - May 8

11:00 - 12:00

Monday Lunch Speakers

Held in person and via Zoom.

A History of Modern Architecture Illustrated by Chairs, Stools, Chaises Longues, and Sofas

Mimi Sadler, historical architect

Camden Whitehead, associate professor, interior design, VCU

M • Mar 20

12:30 - 1:30

Top Ten Ways for Persons of All Ages and Abilities to Enjoy Richmond's James River

John Bryan, author, "The James River in Richmond" (2023)

M • Mar 27

12:30 - 1:30

Wacky and Wonderful Facts from American History

Jeff Clark, retired professor, psychology, VUU

M • Apr 3

12:30 - 1:30

Preservation Virginia: A Voice for Historic Places Since 1889

Meika Downey, education manager, Preservation Virginia

M • Apr 10

12:30 - 1:30

Saving Lives with CPR and AED

Ben Rose, Jr., retired RN; CPR instructor, American Heart Association

M • Apr 17

12:30 - 1:30

The Future of Henrico

Krista Rodgers, marketing and communications manager, Henrico Economic Development Authority

M • Apr 24

12:30 - 1:30

A Missionary's Experience with Culture, Construction, and Chaos in Africa

Kip Robinson, retired missionary and African mission team leader

M • May 1

12:30 - 1:30

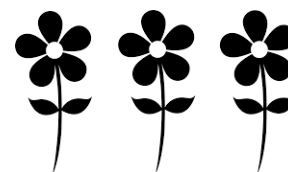
Why Would You Say This Is Elegant? A Discussion of Architecture and Good Proportions

Mimi Sadler, historical architect

Camden Whitehead, associate professor, interior design, VCU

M • May 8

12:30 - 1:30



Tuesdays

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 • Mar 21 - May 9

9:30 - 10:30

“Was ist los?” Advanced German

Free conversation über Gott und die Welt. Reading skill with Andre Klein's *Sturm auf Sylt*. 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 • Mar 21 - May 9

11:00 - 12:00

“Genki?” 日本語 Intermediate Japanese

Free conversation, songs, reading kana and kanji (Urashima Tarou); speaking skill with *Pimsleur 1, Units 29-31* audio CD. Some grammar. Dialogues and worksheets supplied by the teacher. This class is via Zoom only.

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

T • Mar 21 - May 9

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 • Mar 21 - May 9

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. The church is located at 9505 Gayton Road. *Lunch & Life* meets in person.

NOTE - *Lunch & Life* begins on Wednesday, March 29th, one week after the start of Open University.

Wacky and Wonderful Facts from American History

Jeff Clark, retired professor of psychology, VUU

W • Mar 29

12:30 - 1:30

The Virginia Amendments Project: Virginia's Constitutional History

Richard Meagher, professor, political science, RMC

W • Apr 5

12:30 - 1:30

NOTE - There is no *Lunch & Life* on April 12th. The church is closed for Easter week.

Bewitched, Bothered, and Bewildered? How to Spot and Avoid Scams

Laura Koch, attorney-at-law

W • Apr 19

12:30 - 1:30

Top Ten Ways for Persons of All Ages and Abilities to Enjoy Richmond's James River

John Bryan, author, “The James River in Richmond” (2023)

W • April 26

12:30 - 1:30

Wednesdays, Cont.

Feldenkrais - New Day & Time!!!

8-week course: Online Only

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

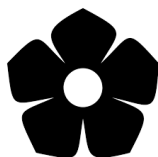
Teachers: Marianne Kaufman, Mary Frances Hobbs, Jane McAllister, and Vicki White, guild certified Feldenkrais practitioners

W • Mar 22 - May 10

10:00 - 11:00

Thursdays

Online Only



One-Hit Wonders

8-week course: Online Only

Prior classes covered a number of prominent composers and their works; this course features composers who wrote just one or two great works. We will cover far more composers than discussed in the Great Composers series, all of them "new."

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

Th • Mar 23 - May 11

9:30 - 10:30

Secretariat

2-week course: Online Only

As America approaches another racing season, it is worth looking back upon Virginia thoroughbred, Secretariat (1970-1989), who continues to remain the gold-standard of horseracing excellence. Though we are 50 years removed from his sensational Triple Crown wins (1973), as time has elapsed their reality has become almost legendary.

Teacher: Colleen Yarger, George L. Ohrstrom, Jr. Curator of Library Collections, National Sporting Library & Museum, Middleburg, VA

Th • Mar 23 and Mar 30

9:30 - 10:30

Modernism in Art History

2-week course: Online Only

4/6 - Henry Ossawa Tanner: Modern Spirit

4/13 - Modern Painting: Selections from the St. Louis Art Museum

Teacher: Betsy Solomon, MA; executive director, Shepherd's Center, St. Louis, MO

Th • Apr 6 and Apr 13

9:30 - 10:30

Essential Books: To Kill a Mockingbird

4-week course: Online Only

To Kill a Mockingbird, by Harper Lee, was voted America's favorite book in a recent PBS reader's poll. We will consider how and why it was chosen and discuss what makes this book a classic. We will also examine the book's major themes, characters, and issues, view selected film clips, and compare it to another book published by Lee. It is recommended that participants read or re-read the book for the discussion.

Teacher: Murray Ellison, retired English professor

Th • Apr 20 - May 11

9:30 - 10:30

England in the Early Middle Ages

8-week course: Online Only

The course examines the arrival and interaction of the many peoples who settled in Britain during the early medieval era and created the mature English medieval civilization. Among the topics addressed will be: Celtic Britain; Roman Britain; Adventus Saxonum; the Germanic incursions; conversion of the English; English society and culture; the Viking incursions; and Viking England.

Teacher: David Routt, PhD, history, Ohio State University; taught at UR and VCU

Th • Mar 23 - May 11

11:00 - 12:00

(Thursdays continued next page)

Thursdays, continued

The History of Jackson Ward from the 19th-21st Centuries

4-week course: Online Only

Learn about the neighborhood once known as "The Harlem of the South," from its inception as a vibrant, integrated working-class neighborhood, to its zenith as the home of Maggie Walker and other notable Black residents, to its decline and rebirth in the twentieth and twenty-first centuries.

Teacher: Megan Shockley, retired professor, Clemson University; realtor

Th • Mar 23 - Apr 13

11:00 - 12:00

"We, Too, Are Americans:" Black Women's Activism in Richmond, 1940-1954

4-week course: Online Only

Black women stood at the vanguard of the civil rights movement in twentieth-century Richmond, as they supported the war effort while pointing out inequities in American society. Learn about their efforts in this four-week course.

Teacher: Megan Shockley, retired professor, Clemson University; realtor

Th • Apr 20 - May 11

11:00 - 12:00

Feldenkraus

This class has moved from Thursdays at 1:45 to Wednesdays at 10:00 a.m. See page 5 for details.

Thursday Lunch Speakers

Online only.

William Darke: 18th Century Virginia Warrior of Four Conflicts

Gabe Neville, historian, author, and blogger, Revolutionary War era in Virginia, Pennsylvania, and the frontier

Th • Mar 23

12:30 - 1:30

James River Women Whitewater Paddlers

Jennifer Jimenez, board member, James River Outdoor Coalition; program director, James River Women; guided boating program director, Riverside Outfitters

Th • Mar 30

12:30 - 1:30

Family Genealogy Basics: Using the Internet to Access Records

JoAnn Meaker, award-winning author, genealogist, Civil War enthusiast and researcher

Th • Apr 6

12:30 - 1:30

The Hummingbird Service: Learning How to Be Your Own Best Advocate in Healthcare

Andrea Le Blanc, chief project manager, Bayada Home Health

Th • Apr 13

12:30 - 1:30

Owning Household Pets as a Hobby in the Early American Republic

Sarah Meacham, associate professor, history, VCU

Th • Apr 20

12:30 - 1:30

Germanna: A Crossroads of History in Virginia's Piedmont

Jennifer Hurst-Wender, executive director, The Germanna Foundation

Th • Apr 27

12:30 - 1:30

Health and the Power of Humor

Brenda French, RN, MSN

Th • May 4

12:30 - 1:30

Mindful Eating in a Busy World

Cheri Anthony, licensed professional counselor, adjunct professor, Bon Secours

Th • May 11

12:30 - 1:30

Open University Registration Spring 2023

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

street address: _____

city, state, zip: _____

home phone: _____ cell phone: _____

email: _____

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

☐ \$75 non-member tuition

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

Not sure if you've paid membership? Call us and ask! 804-355-7282

* 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 Calendar!
OU fall session begins
Monday, Sept. 18, 2023!



Frequently Asked Questions

What is Open University?

OU is the lifelong learning program of The Shepherd's Center of Richmond. Instructors are volunteers recruited from Richmond's university and professional communities.

What is The Shepherd's Center of Richmond?

The Shepherd's Center of Richmond (TSCOR) is a nonprofit organization whose mission is to encourage older adults to remain active and independent.

What does OU cost? There are three sessions in one academic year. The cost is \$45 per session (not per class) for TSCOR members and \$75 per session for non-members.

Do I have to become a member of TSCOR to attend OU?

No, membership is not required.

What does membership cost?

Membership is \$25 and runs from July through the following June.

One great membership benefit:

FREE ATTENDANCE to ALL Monday and Thursday lunch speakers for one year. That's \$25 for 48 speakers! (Does not include admission to courses.)

Can I attend just one course?

You may attend just one class or as many classes as you like for the full tuition cost. We do not charge per individual course, but for the entire 8-week session.

Does OU meet in person?

OU meets in person on Mondays at St. Luke Lutheran Church, and on Wednesdays at St. Mary's Catholic Church for *Lunch & Life*. We do not meet in person on Thursdays this session.

Does OU offer online classes?

Yes, some Monday classes and all Tuesday and Thursday classes meet online via Zoom. All Monday and Thursday lunch speakers are online. Please see individual class listing for details.

Questions?

Call the office at 804-355-7282 or visit us on the web: tscor.org



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



OPEN UNIVERSITY

The Shepherd's Center of Richmond

Spring Session **Mar 20 - May 11, 2023**

In-person, online, and hybrid
courses and lunch speakers.

Held 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.