



About Open University

One tuition payment gives you access to everything in this schedule. It is not necessary to register for individual courses or lunch talks.

No time for courses? Join us for lunch.

Monday and Thursday lunch talks are free for members of The Shepherd's Center. Membership is only \$25. Lunch talks are available in person and online via Zoom.

Open University meets at 3 locations:

Mondays at St. Luke Lutheran Church,
Thursdays at Lakeside United Methodist Church,
and Tuesdays & Fridays at 5101 Monument Ave.

Not sure if Open University is for you?

Attend one day for free!

If you decide to come back, you can register on-site.

See page 7 for more information.

Life: The Living Entities: How We Got to Here and Where We Are Going

8-week course: In person and via Zoom.

1) Existence; Why, How: The Big Bang and More;
2) Origin; Definitions; 3) Evolution; 4) Weird and Wonderful Life Forms; 5) Getting to Us: Humans;
6) The Brain; 7) Our Body; 8) Medicine

Teacher: Fred Silva, MD, University of Oklahoma

M • Sep 23 - Nov 11

9:30 - 10:30

Eight Pairs of 20th Century Architects Whose Genius Enriches Our Built Environment

8-week course: In person and via Zoom.

This course will examine the work of eight pairs of architects and designers whose collaborations were essential to the masterpieces they designed. These collaborations will include the work of William Lawrence Bottomley and Charles Gillette, Frank Lloyd Wright and Marian Mahoney Griffin, and Charles and Ray Eames.

Teachers: Mimi Sadler, historical architect, and Camden Whitehead, professor emeritus, interior design, Virginia Commonwealth University

M • Sep 23 - Nov 11

9:30 - 10:30

Genealogy for Beginners

8-week course: In person only.

Basics of genealogical research, techniques with family records and genealogy records, and forms.

Teacher: Terry Redding, retired program and sales manager, Stanley Works & Lists International

M • Sep 23 - Nov 11

9:30 - 10:30

Memoir Writing

8-week course: In person only.

Join us to write about your life or family history and learn some techniques to help you tell those stories better.

Teacher: Meriah Crawford, professor, Focused Inquiry, Virginia Commonwealth University

M • Sep 23 - Nov 11

9:30 - 10:30

(Mondays continued next page)

Mondays

At St. Luke Lutheran Church
7757 Chippenham Parkway

French for Seniors

8-week course: In person only.

Welcome to French I, a beginner's course designed for senior adults! This course offers a supportive environment for learning the basics of the French language. Whether you're planning to travel, interested in French culture, or simply looking to keep your mind active, this class is for you. You will learn to greet people, introduce yourself, ask and answer simple questions, and navigate everyday situations.

Teacher: Barrett Brown, volunteer ESL teacher, Sacred Heart Center

M • Sep 23 - Nov 11

9:30 - 10:30

Mondays, continued

Intermediate Spanish

8-week course: In person only.

A continuing class that emphasizes basic grammar and vocabulary with a focus on using them in everyday conversation. 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 • Sep 23 - Nov 11

11:00 - 12:00

Ciao, Bella! Beginning Italian

8-week course: In person only.

Study the basics of Italian, along with some social, historical, and cultural information to help with basic conversations in a variety of predictable situations - restaurants, hotels, shopping and travel. Previous experience with a Romance language is helpful, but there is no prerequisite. The following textbook is required:

Basic Italian (Premium Third Edition), Alessandra Visconti, ISBN 978-1-264-80780-2.

Teacher: Judy Buchanan, retired instructor, Italian and Spanish; MA in Italian, UNC-Chapel Hill; MA in Spanish, University of Iowa.

M • Sep 23 - Nov 11

11:00 - 12:00

Chaplin, Capra, Carole, and Casablanca

8-week course: In person and via Zoom.

The class will look at four classic films from the 1930's and 1940's: Chaplin's *City Lights*, Capra's *It Happened One Night*, *My Man Godfrey* starring Carole Lombard and *Casablanca*. We will discuss the content and style of each film as well as look at the way these films reflect the filmmakers' personalities and the times in which they were made.

Teacher: Dr. Walter Schoen, retired associate professor of theatre, University of Richmond

M • Sep 23 - Nov 11

11:00 - 12:00

Chair Yoga

8-week course: In person only.

This gentle yoga program targets strength, balance, flexibility, and stress release. Postures are performed while seated in a chair or standing using the chair for support. Breath work and final relaxation promote stress release.

Teacher: Christine Thomas, Yoga Alliance

experienced registered yoga teacher; editor of two cookbooks on healthy eating

M • Sep 23 - Nov 11

11:00 - 12:00

World View

8-week course: In person and via Zoom.

An examination of events around the world and the impact on America. The first class will be an introduction to the course taught by Richard Dagger, professor emeritus, political science, University of Richmond.

Teacher: Cary Blankenship, PhD Economic, Diplomatic History

M • Sep 23 - Nov 11

11:00 - 12:00

Monday Lunch Speakers

Free with Shepherd's Center membership.

Held in person and via Zoom.

Who Goes There? Tracking Animals In Your Environment

Chrystie Richards, certified master naturalist

M • Sep 23

12:30 - 1:30

Strategic Financial Planning for Retirement: Building Confidence in Your Financial Future

Mikhail Veselov, financial advisor

M • Sep 30

12:30 - 1:30

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

Lauren Bell, special asst. to the provost, James L. Miller professor of political science, Randolph-Macon College

M • Oct 7

12:30 - 1:30

Monday Lunch Speakers, **continued**

Free with Shepherd's Center membership.
Held in person and via Zoom.

The Global Patterns of a Few Acres in Shockoe - Race, Memory and Design

Burt Pinnock, FAIA, NOMA, chairman of the board, Baskervill

M • Oct 14
12:30 - 1:30

Redemption Defined by Biblical Women

Sylvia Wright, BS, management of communication systems; MS, special studies, Virginia Commonwealth University

M • Oct 21
12:30 - 1:30

Art Creates Culture. Culture Creates Community.

Paul Brohan, executive director, Modlin Center for the Arts

M • Oct 28
12:30 - 1:30

Epiphanies in Literature: Panaceas for Modern Angst

Lewis Lawson, retired teacher of English, Collegiate School

M • Nov 4
12:30 - 1:30

The Stuff Dreams Are Made On: The Entrepreneurial Miracle of the Virginia Renaissance Faire

Cornelia Miller Rutherford, CEO and founder, Out of the Woodwork Productions

M • Nov 11
12:30 - 1:30

Tuesdays

At The Shepherd's Center of Richmond
5101 Monument Ave., Suite 105

Beginning German

8-week course: In person only.

Starting with pronunciation practice, we will move as quickly as possible through various grammatical structures. Then we will see and hear them used in conversations, descriptive texts, poems, songs, aphorisms, and musical settings of numerous texts. The emphasis will be on language immersion.

Teacher: Gary Smith, PhD, German language and literature, 35-year teaching career at William and Mary

Tu • Sep 24 - Nov 12
11:00 - 12:00

Genki? 日本語 Beginning Japanese

8-week course: In person only.

Practical, easy, fast, and fun learning of the Japanese language with *Japanese In 10 Minutes a Day*, Kristine K. Kershul. ISBN 978-1-931873-38-3. Book includes digital download of fun, interactive software. Teacher will also introduce some grammar and the 3 Japanese writing systems. For listening and pronunciation practice, teacher will use *Pimsleur* audio CDs.

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

Tu • Sep 24 - Nov 12
3:00 - 4:00

Tuesdays

Online via Zoom Only

"Was ist los?" Advanced German

8-week course: Online only.

Free Conversation; Kaffeeklatsch über "Gott und die Welt." Reading material, *Lockdown in Liechtenstein*, Andre Klein. Some grammar.

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

Tu • Sep 24 - Nov 12
11:00 - 12:00

Thursdays

At Lakeside United Methodist Church
2333 Hilliard Road

The History of Witchcraft

8-week course: In person and via Zoom with a virtual instructor.

This course will investigate the history of western witchcraft from the ancient world up to the present day. Along the way, students will ponder the various theories of witchcraft, including beliefs about witches making pacts with the devil, as well as how circumstances and theory sometimes intersected in horrific witch hunts, including the Great European Witch Hunts of the 16th and 17th centuries which resulted in the executions of at least 30,000 people.

Teacher: Anne Throckmorton, associate professor, chair of history, Randolph-Macon College

Th • Sep 26 - Nov 14

9:30 - 10:30

Top U.S. Literary Journalists Writing in the mid-20th Century

8-week course: In person only.

Among the writers that we will take a close look at are Tom Wolfe, Joan Didion, John McPhee, Gay Talese, Truman Capote, Hunter Thompson, Jimmy Breslin, Sara Davidson, Norman Mailer, George Plimpton, Joseph Mitchell, and a number of others.

Teacher: Mike Spear, professor emeritus, journalism, University of Richmond

Th • Sep 26 - Nov 14

9:30 - 10:30

Bop and Beyond: Jazz in the 60's

8-week course: In person and via Zoom.

The bop revolution of the 1940s, enhanced by the 1950s, continues through the 1960's through the continued innovations of Miles Davis, Ornette Coleman, and John Coltrane, supplemented by Don Ellis, and Sun Ra, among others.

Teacher: Gene Anderson, professor emeritus, music, University of Richmond

Th • Sep 26 - Nov 14

9:30 - 10:30

Legacy and Obituary Writing Workshops

4-week course: In person only.

Week 1: How to Support a Friend in Grief: What to Say, What Not to Say, Tools and Tips. Week 2:

Legacy Writing Workshop. Week 3: Obituary Writing Workshop, Part 1. Week 4: Obituary Writing Workshop, Part 2

Teacher: Jennifer Moss, Bliley Funeral Home and Cremation Center

Th • Sep 26 - Oct 17

9:30 - 10:30

Perspectives on the Battle at Gettysburg

4-week course: In person only.

Assigned reading is the Pulitzer Prize-winning historical novel by Michael Shaara, *The Killer Angels*. The course compares Shaara's perspective with the historical record. It also studies Abraham Lincoln's famous "remarks" at the National Cemetery at Gettysburg, delivered four months after the battle.

Teacher: Al Goethals, E. Claiborne Robins Distinguished Professor in Leadership Studies, emeritus, University of Richmond

Th • Oct 24 - Nov 14

9:30 - 10:30

Poetry: Reading, Writing, and Reveling in the Written Word

8-week course: In person only.

A famous American poet once said we teach poetry all wrong. Rather than teaching it from the past (Beowulf) to the present, we should teach it from the present to the past. We will explore the written and spoken word. We will focus on the great poets and their poems, short in-class writing activities, and poetic tools that enrich the reader's experience.

Teacher: Nan Ottenritter, Richmond-based published poet and lover of the word

Th • Sep 26 - Nov 14

11:00 - 12:00

Medieval Ecclesiastical Lives: The Middle Ages through Ten Churchmen and Theologians

8-week course: In person and via Zoom with a virtual instructor.

The course, through biographies of ten exemplary churchmen and theologians, explores not only the church but medieval culture broadly from the fifth through the fifteenth centuries. The lives and times of Augustine of Hippo, Gregory the Great, Gregory VII, Urban II, Innocent III, Thomas Aquinas, Meister Eckhart, John XXII, William of Ockham, and Pius II will be examined.

Teacher: David Routt, PhD, adjunct professor, history, University of Richmond

Th • Sep 26 - Nov 14

11:00 - 12:00

Great Opera Scenes

8-week course: In person and via Zoom with a virtual instructor.

This course will consist entirely of video presentations of some of the best known scenes from some of the greatest operas ever written. Scenes will include arias from sopranos, mezzo-sopranos, tenors, baritones and basses, plus duets, ensembles (three or more singers), choral scenes, and even comic scenes. Zoom class.

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

Th • Sep 26 - Nov 14

11:00 - 12:00

Refusing to Fight in the Civil War

6-week course: In person only.

Learn about the underground railroad for Virginia Mennonites and Brethren who refused to fight in the Civil War. The instructor's ancestor, Peggy Rhodes, hid six men at a time in a secret cellar under a trapdoor in her bedroom. What started as an escape route for friends and family turned into a network that helped many refugees leave the Confederacy.

Teacher: Karl Rhodes, local author; senior manager, editor, research department, Federal Reserve Bank of Richmond (retired)

Th • Sep 26 - Oct 31

11:00 - 12:00

The Couple that Saved the British Monarchy: George VI and Elizabeth (the Queen Mother)

2-week course: In person only.

This mini-course examines the strategic marriage in 1923 between the future George VI (1895-1952, r. 1936-52) and Elizabeth Bowes-Lyon (1900-2002), known as the Queen Mother after the death of her husband. They were the parents of Queen Elizabeth II (1926-2022, r. 1952-2022), the longest reigning monarch in British history.

Teacher: John Gordon, professor emeritus, history and international studies, University of Richmond

Th • Nov 7 - Nov 14

11:00 - 12:00

Feldenkrais

8-week course: In person only.

The Feldenkrais Method™ is an education program which improves flexibility, range of motion, and general sense of well-being through a series of gentle, guided movements. Lessons are typically

done while lying on the floor. Participants should bring a thick mat to lie on, and a towel for head and neck support.

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

Th • Sep 26 - Nov 14

2:30 - 3:30

Thursday Lunch Speakers

Free with Shepherd's Center membership.
Held in person and via Zoom.

Historically Speaking: Railroads of Virginia

Donald Traser, writer, musician, and historian; CSX transportation engineer (retired)

Th • Sep 26

12:30 - 1:30

Podcasting in RVA

Richard Meagher, professor and director, Social Entrepreneurship, Randolph-Macon College

Th • Oct 3

12:30 - 1:30

Landscape Plants for Year-Round Garden Interest

Chris Catanzaro, teacher and researcher in agriculture; pets, genealogy and lifelong learning enthusiast; taught over 20 courses at Virginia State University

Th • Oct 10

12:30 - 1:30

Come to the Table: Spreading Nourishment and Hope with Feed More

Annabelle Bugay, coordinator of Volunteer Recruitment, Retention, and Recognition, Feed More

Th • Oct 17

12:30 - 1:30

Daylily Breeding and Hybridization: Replacing Tobacco Crops

Christopher Pantazis, science department chair and professor of biology, Brightpoint Community College

Th • Oct 24

12:30 - 1:30 (Thursdays continued next page)

Thursday Lunch Speakers, **continued**

Free with Shepherd's Center membership.
Held in person and via Zoom.

The Tri-State Gang in Richmond: Murder and Robbery in the Great Depression

Selden Richardson, author and local historian

Th • Oct 31

12:30 - 1:30

New Thoughts About Obesity: The Latest Drugs and Procedures

Peter Goodman, M.D., FACP retired gastroenterologist

Th • Nov 7

12:30 - 1:30

Managing Points of View with Family and Friends

Pamela Struss, executive director, Greater Richmond Community Mediation Center

Th • Nov 14

12:30 - 1:30

Fridays

At The Shepherd's Center of Richmond
5101 Monument Ave., Suite 105

Beginner's Mind: Seeing Beyond Your First Impressions of Art

8-week course: In person only.

This is a course that will teach new ways of understanding traditional art forms, by going to the Virginia Museum of Fine Arts to observe and dialogue about the art. All you need to bring is a mind that is open to engaging in objective observation and innovative thinking, and the ability to walk through the museum for an hour.

NOTE: The first class meets at 5101 Monument Ave., the remaining classes meet at the VMFA.

Teacher: Dr. Jim Brown, retired university professor with degrees in education, psychology, and fine arts

Fri • Sep 27 - Nov 15

1:00 - 2:00

Lunch & Life

Lunch & Life, a lecture series held on Wednesdays and in partnership with St. Mary's Catholic Church, is FREE AND OPEN TO THE PUBLIC; no registration or Shepherd's Center 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 is located at 9505 Gayton Road. Enter from the lower side parking lot. In person only; not available online via Zoom.

How Do You Create a New National Park for Women's Rights?

Judy Hart, author, retired park superintendent, National Park Service

Wednesday • Sep 25

12:30 - 1:30

Money During Times of Peace and War

James Triesler, director of education, Virginia War Memorial

Wednesday • Oct 2

12:30 - 1:30

Historic Records from the Virginia Untold Project at the Library of Virginia

Lydia Neuroth, project manager, Virginia Untold

Wednesday • Oct 9

12:30 - 1:30

A Teenage Congressional Mule in the Days of LBJ

Bernie Henderson, president emeritus, Woody and Nelson Funeral Homes

Wednesday • Oct 16

12:30 - 1:30

Open University Registration Fall 2024

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

street address: _____

city, state, zip: _____

home phone: _____ cell phone: _____

email: _____

☐ **\$160 Tuition Deal:** includes \$25 membership and 1 year tuition. (Current members need to pay only \$135.)

☐ \$50 member tuition ☐ Optional donation to TSCOR* \$ _____

☐ \$80 non-member tuition

☐ \$25 membership (7/1/2024 - 6/30/2025)* **TOTAL ENCLOSED: \$** _____

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

* tax-deductible

Make check payable to: **The Shepherd's Center**

Mail to: 5101 Monument Ave., #105, Richmond, VA 23230

To Register:

2 WAYS TO REGISTER

- 1 ONLINE:** tscor.org
- 2 MAIL:** Complete a registration slip, make check payable to *The Shepherd's Center*, and mail to: 5101 Monument Ave., #105, Richmond, VA 23230

To Get Zoom Links:

- 1) Register one week before the course or lunch speaker is scheduled.
- 2) An email from The Shepherd's Center is sent every Sunday evening containing the Zoom links for the following week.
- 3) If an email does not appear in the in-box, look in the spam and junk folders.

Frequently Asked Questions:

Q. What is Open University?

A. A lifelong learning program of The Shepherd's Center of Richmond.

Q. What is The Shepherd's Center of Richmond?

A. A volunteer-driven nonprofit, whose mission encourages older adults to remain active and engaged.

Q. When is Open University?

A. In the fall, winter and spring during 8-week sessions.

Q. Where is Open University?

A. At 3 separate locations: Southside, Lakeside and Monument Ave. See schedule for details.

Q. Can I register for one class?

A. It is not necessary to register for individual classes or lunch talks. One tuition payment gives you access to everything in this schedule.

Q. What does Open University cost?

A. For members of The Shepherd's Center, tuition costs \$50 per session. For non-members, it costs \$80 per session.

Q. Is membership required?

A. No, but if you would like to support the Center and enjoy a discount on tuition, membership is only \$25 for one year (July 1 through the following June 30). Lunch talks are free with membership.

Q. Can I try one day for free?

A. Yes! Attend one day of Open University free. If you decide to come back, you can register on-site.

To Contact The Shepherd's Center:

804-355-7282
tscor@tscor.org



The Shepherd's Center of Richmond
5101 Monument Ave., Suite 105
Richmond, Virginia 23230



OPEN UNIVERSITY

The Shepherd's Center of Richmond

FOUNDED IN 1984

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



**Scan to
learn about
Open
University!**

Fall Session

Sep 23 - Nov 15 , 2024

In-person, online, and hybrid
courses and lunch speakers.
Mondays through Fridays.

Details inside.