



## **Mondays**

At St. Luke Lutheran Church  
7757 Chippenham Parkway

### **A Potpourri of Important and Interesting Topics**

*8-week course: In person and via Zoom.*

1) Time: What Is It and Where Does It Go?  
2) Viruses and Other Deadly Emerging Diseases: Watch Out!  
3) Nuclear Power Plants and Nuclear War;  
4) Genetics, Ethics, and Ewe: Genetic Tests and Genetic Engineering; Clones; Stem Cells;  
5) Global Warming/Climate Change;  
6) The Brain and Neuroscience;  
7) Sci-Fi and Science: From Reel to Real, and Multiverses;  
8) AI: Artificial Intelligence

*Teacher: Fred Silva, MD, University of Oklahoma*

M • Jan 13 - Mar 3

9:30 - 10:30

### **More Movies of the 1930s**

*8-week course: In person and via Zoom.*

The class will look at five films of the 1930s and discuss the content and style of each, as well the ways they reflect the filmmakers' personalities. In addition, we will explore the movies as artistic, economic, political, and social reflections of their time. Can we understand these films by the ways they were created and the stories they tell?

*Teacher: Walter Schoen, associate professor of theatre, emeritus, University of Richmond*

M • Jan 13 - Mar 3

9:30 - 10:30

### **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 • Jan 13 - Mar 3

9:30 - 10:30

### **Genealogy for Beginners**

*8-week course: In person only.*

Basics of genealogical research, techniques with family records, and learning to use ancestry.com.

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

M • Jan 13 - Mar 3

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 • Jan 13 - Mar 3

9:30 - 10:30

### **Watercolor Painting**

*8-week course: In person only.*

Watercolors provide a means to slow down and see one's environment. This course will establish new skills or hone existing skills. Students will work from images and props provided by the teacher. No experience is required. Students may bring their own supplies or purchase a prepared kit at Plaza Art, 917 W. Grace St, Richmond.

**Limited to 10 students. Students must reserve a seat in the course by calling The Shepherd's Center office at 804-355-7282.**

*Teacher: Camden Whitehead, professor emeritus, interior design, Virginia Commonwealth University*

M • Jan 13 - Mar 3

9:30 - 10:30

*(Mondays continued next page)*

## **Mondays, continued**

### **Worldview and Issues of Interest**

*8-week course: In person and via Zoom.*

The class will examine the events of the world with a historical perspective and will delve into specific topics suggested by the class. Topics for examination will be the Supreme Court and its role today, the structure and history of the United Nations, immigration, world economies, and demographic changes.

*Teacher: Cary Blankenship, PhD, economic, diplomatic history*

M • Jan 13 - Mar 3

11:00 - 12:00

### **"Sojournals" of a Traveler's Soul**

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

Reflections on independently planned domestic and international excursions that eschew the pre-packaged tourist experience. Whether in the form of cross-country road trips dictated by the dartboard or goggle-eyed globetrotting, each journey represents a chapter of lifelong wish fulfillment of a young boy. The course is an electronic, apostolic homage to wonderment and wanderlust.

*Teacher: Mark Van Leuven, lifelong, world-wide traveler for personal and professional edification*

M • Jan 13 - Mar 3

11:00 - 12:00

### **Top Short Story Writers of the 20th Century**

*8-week course: In person only.*

Among the writers closely looked at are Mark Twain, Willa Cather, Herman Melville, Langston Hughes, Edgar Allan Poe, Jack London, Nathaniel Hawthorne, O. Henry, Ambrose Bierce, and others.

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

M • Jan 13 - Mar 3

11:00 - 12:00

### **Ciao, Bella! Beginning Italian, Continued**

*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. As this is a continuing course, new students should have some knowledge of basic vocabulary and present tense verbs. The following textbook is required: *Basic Italian (Premium Third Edition)*, Alessandra Visconti, ISBN 978-1-264-80780-2.

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

M • Jan 13 - Mar 3

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 • Jan 13 - Mar 3

11:00 - 12:00

## **Monday Lunch Speakers**

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

### **Mapping Richmond: Looking at Richmond from Above**

*Julian Hayter, PhD, associate professor of leadership, University of Richmond; author; historian*

M • Jan 13

12:30 - 1:30

### **Architecture Formed by Race**

*Burt Pinnock, FAIA, principal, board chair, Baskervill*

M • Jan 20

12:30 - 1:30

*(continued next page)*

## **Monday Lunch Speakers,** **continued**

### **Diagnostic Challenges in Medicine**

*Peter Goodman, M.D., FACP retired gastroenterologist*

M • Jan 27

12:30 - 1:30

### **Ten Things Every Educated Person Should Know**

*Mark J. La Fratta, retired partner, McGuire Woods LLP; BA, Notre Dame; JD, William & Mary*

M • Feb 3

12:30 - 1:30

### **Sing Your Way to Wellness**

*Joanne Sherman, artistic director, Joyful Voices Chorus*

M • Feb 10

12:30 - 1:30

### **Presidential Residential Design**

*Mimi Sadler, retired historical architect*

M • Feb 17

12:30 - 1:30

### **Using Your Resources to Enhance Your Community**

*Wortie Ferrell, II, managing director, Davenport & Company*

M • Feb 24

12:30 - 1:30

### **The Battle of the Bulge**

*James Triesler, director of education, Virginia War Memorial*

M • Mar 3

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 • Jan 14 - Mar 4

11:00 - 12:00

### **"Was ist los?" Intermediate German**

*8-week course: In person and via Zoom.*

Speaking skill: *Kaffeeklatsch*. Reading comprehension: *Momente in München* by Andre Klein. Some grammar. Students who want to freshen up their high school/college German are welcome.

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

Tu • Jan 14 - Mar 4

1:30 - 2:30

### **Genki? 日本語 Beginning Japanese Continued**

*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 • Jan 14 - Mar 4

3:00 - 4:00

## **Thursdays**

At Lakeside United Methodist Church  
2333 Hilliard Road

### **The History of Witchcraft**

*8-week course: In person and via Zoom.*

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 the 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 • Jan 16 - Mar 6

9:30 - 10:30

### **A History of Music**

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

This class covers the history of music, beginning with the music of ancient Rome, Greece and China, through the beginnings of written music with Gregorian chant and medieval music, and continuing through music of the Renaissance, the Baroque age, the Classical age, the Romantic age, and up through 20th century music including electronic music. This session we will include the first 8 of 12 classes. The remaining 4 classes will be offered in the spring session.

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

Th • Jan 16 - Mar 6

9:30 - 10:30

### **Modernist Painters**

*4-week course: In person only.*

Modernist painters emerged in the late 19th and early 20th centuries, breaking away from traditional forms and conventions in art. This movement was characterized by a desire to innovate and explore new techniques, subjects, and styles. We will highlight one artist each week.

*Teacher: Joyce Lancaster, CPA, Virginia Tech*

Th • Jan 16 - Feb 6

9:30 - 10:30

### **Becoming Better Storytellers**

*4-week course: In person only.*

Did you find yourself sharing stories with family and friends over the holidays? This course is designed to hone your storytelling skills for lasting impact - stories from your life experiences (and from literature) that can teach, entertain, and inspire.

*Teacher: John Countryman, retired theatre professor; gerontologist; storyteller*

Th • Feb 13 - Mar 6

9:30 - 10:30

### **Western Art through the Ages**

*8-week course: In person and via Zoom.*

Western art has historically influenced our lives. Using digital images, see an overview of art periods beginning with groundbreaking pieces from Ancient Greece through to Contemporary stylistic innovations of the 20th century. Local examples will be included each week.

*Teacher: Christine Murphy Richardson, M Ed, MS Ed; BA, art history; former museum guide, Philadelphia Museum of Art; retired university instructor*

Th • Jan 16 - Mar 6

11:00 - 12:00

### **Faith of Our Forefathers and Separation of Church and State**

*8-week course: In person and via Zoom.*

The course focuses on the personal religious beliefs and church involvement of six prominent founding fathers and their activities as public officials regarding religion and government. It begins with an introduction and overview of the course for the first session, then it devotes one session each to John Adams, Benjamin Franklin, Alexander Hamilton, Thomas Jefferson, James Madison and George Washington, with a final session being a discussion about church and state today.

*Teacher: Bernie Henderson, president emeritus, Woody and Nelson Funeral Homes*

Th • Jan 16 - Mar 6

11:00 - 12:00

### **A Medley of Great Modern Short Stories**

*8-week course: In person only.*

In this course we'll read and discuss 16-20 short stories by such acclaimed writers as James Joyce, George Saunders, Flannery O'Connor, and John Updike (a short collection of his stories that trace the



history of a marriage over two decades).  
*Teacher, Ray Hilliard, retired literature professor and chair of the English department, University of Richmond*  
Th • Jan 16 - Mar 6  
11:00 - 12:00

### **Your Muse Is You**

*8-week course: In person only.*  
However you may view your creative abilities, they are not limited to what you are able to do with a blank sheet of paper. This course was inspired by all those who have wondered about their creative abilities, and is intended to help you discover and enhance the innate creative abilities you may, or may not, believe you have.  
*Teachers: Jim Brown, retired coordinator of visual arts education, Wayne State University, with Peter Pettit, avid volunteer, student, board president, The Shepherd's Center of Richmond*  
Th • Jan 16 - Mar 6  
11:00 - 12:00

### **Learn to Love Your iPhone**

*2-week course: In person only.*  
Week one: settings (ringtones, notifications, location, screen display), Siri, face recognition, contacts, password managers, alarms, do not disturb, safety on the Web, calendar, reminders, cut, paste, and edit text. Week two: Taking photos and screen shots: simple editing, sending to contacts and social media. Favorite apps: read a book, listen to music, sing, study a language, identify birds, measure your room, drive to a location, find a restaurant or hotel. Read the day's news and weather forecast, take notes or journal, go paperless.  
*Teacher: Joanna Walker, retired salesperson, professional programming services*  
Th • Jan 16 - Jan 23  
11:00 - 12:00

### **Church and State in Nazi Germany**

*2-week course: In person.*  
The part organized religion played in the face of fascist regimes in the mid-twentieth century continues to prompt inquiry nearly a hundred years on. Cross and Crooked Cross is a two-part slide lecture that examines the reactions of the main faith traditions in Nazi Germany and the corresponding role of the papacy in Rome in that day. The

common roots of anti-Semitism are identified along with evolving relationships between church and state as the background to the Nazi state's policies on religion. The price of discipleship for the faithful who stood by principle becomes clear, as does the problematic performance of institutional elements of the Church writ large.  
*Teacher: Fred Beck, PhD, history, Georgetown University*  
Th • Jan 30 - Feb 6  
11:00 - 12:00

### **Richard Wagner, "Der Ring des Nibelungen," and the Nazis**

*4-week course: In person.*  
The legacy of Richard Wagner, one of greatest composers of the nineteenth century and the creator of the Ring Cycle, the most extensive artistic work by one person, was damaged by anti-Semitism during his lifetime and Nazism after his death. What is the truth of these associations and what evidence for them appears in the "Ring"?  
*Teacher: Gene Anderson, professor emeritus, music, University of Richmond*  
Th • Feb 13 - Mar 6  
11:00 - 12:00

## **Thursday Lunch Speakers**

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

### **Modern Gothic Horror: Not Stuck in the Past!**

*Barbra Salas, adult services librarian, Henrico County Public Library, North Park branch*  
Th • Jan 16  
12:30 - 1:30

### **Washington Crossing the Delaware in History and Popular Culture**

*Bill Welsch, current and founding president, American Revolution Round Table of Richmond*  
Th • Jan 23  
12:30 - 1:30

*(Thursdays continued next page)*

## **Thursday Lunch Speakers, Cont.**

### **Roll With It: Encountering Grins, Grace, Gridlock, and God in Everyday Life**

*Tom Allen, Faith & Values columnist for the Richmond Times-Dispatch*

Th • Jan 30

12:30 - 1:30

### **Advancing the Science: The Latest in Alzheimer's and Dementia Research**

*Lissa Greenlee, executive director, Alzheimer's Association, Greater Richmond Chapter*

Th • Feb 6

12:30 - 1:30

### **Written in Stone: A Short Course on Cemetery Iconography and Law**

*Joanna Wilson Green, archaeologist - cemetery preservation, Virginia Department of Historic Resources*

Th • Feb 13

12:30 - 1:30

### **A Brief History of Henrico County**

*Bob Lehr, recreation coordinator, Henrico County Recreation and Parks*

Th • Feb 20

12:30 - 1:30

### **Behind the Scenes of the Aging for All Podcast**

*Andrea Price, project specialist, Aging and Wellness Promotion, VCU College of Health Professions Virginia Center on Aging*

- with -

*Jennifer Yañez Pryor, gerontology program director, Virginia Commonwealth University College of Health Professions Department of Gerontology*

Th • Feb 27

12:30 - 1:30

### **The Henrico Citizen and the State of Local Journalism**

*Tom Lappas, founder, owner, Henrico Citizen*

Th • Mar 6

12:30 - 1:30

## **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.

### **Roll With It: Encountering Grins, Grace, Gridlock, and God in Everyday Life**

*Tom Allen, Faith & Values columnist for the Richmond Times-Dispatch*

Wednesday • Jan 15

12:30 - 1:30

### **Washington Crossing the Delaware in History and Popular Culture**

*Bill Welsch, current and founding president, American Revolution Round Table of Richmond*

Wednesday • Jan 22

12:30 - 1:30

### **Advancing the Science: The Latest in Alzheimer's and Dementia Research**

*Lissa Greenlee, executive director, Alzheimer's Association, Greater Richmond Chapter*

Wednesday • Jan 29

12:30 - 1:30

### **The U.S. Supreme Court: A Midterm Update**

*Lauren Bell, James L. Miller professor of political science, Randolph-Macon College*

Wednesday • Feb 5

12:30 - 1:30

## Open University Registration Winter 2025

☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms. \_\_\_\_\_  
first name middle initial last name

street address: \_\_\_\_\_

city, state, zip: \_\_\_\_\_

home phone: \_\_\_\_\_ cell phone: \_\_\_\_\_

email: \_\_\_\_\_

☐ \$50 member tuition

☐ \$80 non-member tuition

☐ Optional donation to TSCOR\* \$ \_\_\_\_\_

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

☐ Not sure if you've paid membership? Call

**TOTAL ENCLOSED: \$** \_\_\_\_\_

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 courses 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. Do I have to register for individual courses?

A. No, you do not have to register for individual courses or lunch talks. One tuition payment gives you access to everything in this schedule. Just register, show up, and enjoy!

#### 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!**

**Winter Session  
Jan 13 - Mar 6 , 2025**

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

*Details inside.*