OPEN UNIVERSITY

The Shepherd's Center of Richmond

FOUNDED IN 1984

Spring Schedule

Mar 23 - May 15, 2026

ONE TUITION PAYMENT
gives you access to all courses and lunch talks in this schedule.

Registration for individual courses is not necessary *unless noted in course description.*

Pay tuition, **choose** what you want to attend, **show up**, and **enjoy**!

Mondays

At St. Luke Lutheran Church
7757 Chippenham Parkway

Learn to Love Your iPhone
3-week course: In person only.
1) Settings: Siri, face recognition, contacts, alarms, do not disturb, calendar, reminders 2) Email: cut/paste, safety, passwords, shopping 3) Photos and screen shots: editing, sharing, and social media; Apps: books, music, languages, hobbies, directions, weather, news, notes, and journaling.
Teacher: Joanna Walker, retired salesperson, professional programming services
M • Mar 23 - Apr 6
9:30 - 10:30

How to Listen to Music
8-week course: In person only.
A music appreciation course based on active listening to examples in a variety of genres on the basis of rhythm, melody, form, timbre, harmony, texture, and style.
Teacher: Gene Anderson, professor emeritus, music, University of Richmond
M • Mar 23 - May 11
9:30 - 10:30

Well Said! The Art of Arguing Effectively In Our Public Expression
8-week course: In person and via Zoom.
Join us in this lively journey to explore precepts of rhetoric, beginning with scholars of Antiquity, and culminating in present day public speeches, featuring…YOU! Course participants can expect to prepare and deliver at least one presentation, following a self-introduction to the class early in the term. Members of the class will examine types of speeches and measures, traditional and more recent, by which we evaluate rhetoric and the quality of the spoken word across time.
Teacher: Linda Hobgood, retired director, University of Richmond Speech Center; faculty member, Rhetoric and Communication Studies
M • Mar 23 - May 11
9:30 - 10:30

French I for Seniors, Continuing
8-week course: In person only.
This beginner course offers a friendly, engaging space to learn basic French. Build essential vocabulary, grammar, and conversational skills for greetings, introductions, and simple daily situations. Enjoy speaking, listening, reading, and writing practice with cultural insights and multimedia resources. Textbook, *French the Easy Way,* Christopher Kendris, ISBN# 978081209505 0.
Limited to 12 students. Students must reserve a seat in the course by calling The Shepherd's Center office at 804-355-7282.
Teacher: Barrett Brown, Spanish and French teacher, Maggie Walker Governors School
M • Mar 23 - May 11
9:30 - 10:30

A Sense of Place
8-week course: In person and via Zoom.
What gives a place its unique identity? Included will be classes about river cities, Richmond and Savannah; summer retreats, Orkney Springs and Warm Springs; places defined by one man's vision, Taliesen West and Shobac; and the campuses of UVA and Virginia Tech. John Countryman will teach one class on Ireland's special character.
Teachers: Mimi Sadler, historic preservation architect; Camden Whitehead, architect and professor emeritus, VCU School of the Arts
M • Mar 23 - May 11
9:30 - 10:30

(Mondays continued next page)

Mondays, continued

The Human Body in Health and Disease
8-week course: In person and via Zoom.
A mini medical school primer/introduction/what you should know about yourself course.
1.) Medicine: an Overview-Introduction 2.) The Basics: DNA, Cells, Tissues, and Organs 3.) The Heart and Lungs: Cardiovascular and Pulmonary Systems 4.) The Gastrointestinal Systems: Gut, Liver, Gall Bladder, and Pancreas 5.) The Genio-Urinary Systems: Kidney, Ureter, Urinary Bladder, Male and Female Reproductive Tracts 6.) The Endocrine Systems; The Breast 7.) The Musculo-Skeletal Systems; The Skin 8.) The Brain and Nervous Systems. This will cover the anatomy (structure) and physiology (function) of the organ systems in health and major diseases. It will generically cover these entities and is not meant to take the place of your own health care provider. No personal information will be given to the attendees' health care; that needs to come to you from your own health care providers.
Teacher: Fred Silva, MD, University of Oklahoma
M • Mar 23 - May 11
11:00 - 12:00

Films From the 1960's
8-week course: In person and via Zoom.
Before the decade started to "swing" with The Beatles and before hippies started to "turn on, tune in, and drop out," movies still commanded attention. We will be watching films from this early part of the decade. Most will be familiar from television or from movie theatres. We will explore how these films were made and learn about the people who made them. In the process, we will determine whether these films continue to entertain or if they are just cultural relics from the past. Films will be *The Apartment*, *Psycho, To Kill a Mockingbird,* and *Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb.*
Teacher: Walter Schoen, associate professor of theatre emeritus, University of Richmond
M • Mar 23 - May 11
11:00 - 12:00

Intermediate Italian
8-week course: In person only.
Students should have at least 24 hours of familiarity with basic Italian grammar and vocabulary. This experience could be from travel, living abroad, a college course, or studying online. In this course students will continue to study classified vocabulary and will study future and conditional tenses, along with several compound tenses. We will focus on conversation for travel, food and drink, shopping, and sightseeing. There will be a brief assigned reading each week, the introduction of a new grammar item, and an occasional review of a past item, at the request of the class.
Teacher: Judy Buchanan, MA, Italian language and literature, UNC Chapel Hill; studied and traveled in Italy for two summers with Fulbright Grants for teachers
M • Mar 23 - May 11
11:00 - 12:00

Intermediate Spanish (Continuing)
8-week course: In person only.
A continuing class that emphasizes basic grammar and vocabulary with a focus on using them in every day conversation. Students are encouraged to order a used copy of *Spanish for Mastery 2: Entre nosotros* by Valette & Valette ISBN-13: 9780669313413, **and**, *Practice Makes Perfect: Complete Spanish Grammar*, 4th ed. by Gilda Nissenbaum, PhD (can be ordered from Amazon).
Teacher: Tim Martin, retired school counselor, former Spanish and French teacher
M • Mar 23 - May 11
11:00 - 12:00

Spanish in 8 Weeks
8-week course: In person only.
A dynamic, immersive, and highly engaging course crafted specifically for adult beginners, designed to maximize your Spanish learning through real-life communication, interactive activities, and a supportive community. Real conversations, cultural insights, and practical tools (instead of the pressure of memorization and grammar drills) will have you speaking Spanish in a fun, relaxed environment that encourages participation and builds confidence.
Limited to 15 students. Students must reserve a seat in the course by calling The Shepherd's Center office at 804-355-7282.
Teachers: Javier Petriz, Spanish language facilitator; BS Industrial Engineering, Mexico City; with Meyber Nazaros, MS Financial Systems Audit and Data Security, Caracas, Venezuela; volunteer teacher, Virginia Housing
M • Mar 23 - May 11
11:00 - 12:00

Monday Lunch Speakers

At St. Luke Lutheran Church
7757 Chippenham Parkway
Included with Open University tuition.
Free with $25 Shepherd's Center membership.
Held in person and via Zoom.

The 2026 Midterm Elections
Dan Palazzolo, professor of Political Science, UR
M • Mar 23
12:30 - 1:30

Give Me Liberty: Virginia and the Forging of a Nation
Sam Florer, director of Public Programs, Virginia Museum of History and Culture
M • Mar 30
12:30 - 1:30

Dublin: Easter Monday, 1916 - the Rising
John Countryman, retired theatre professor, gerontologist, Irish Studies scholar
M • Apr 6
12:30 - 1:30

Adventure Greenland - A Dog Sled Trip Over the Sea Ice
Lynda Richardson, professional photographer
M • Apr 13
12:30 - 1:30

Firehouse Theatre: Creating New Plays and Serving the Creative Community
Nathaniel Shaw, producing artistic director, Firehouse Theatre
M • Apr 20
12:30 - 1:30

Spring Birthdays: Michelangelo, Leonardo da Vinci, and Raphael - Iconic Artists of the Renaissance
Christine Richardson, BA, Art History; former Museum Guide, Philadelphia Museum of Art
M • Apr 27
12:30 - 1:30

Saving Backyard Butterflies: Observing Their Life Cycle and Behaviors
Jean Carter, nature lover and lecturer; former teacher
M • May 4
12:30 - 1:30

The Port of Cherbourg, France 1944: A Centerpiece of the Plan to Defeat Germany in Europe
Bob Schulz, MA, Military History
M • May 11
12:30 - 1:30

Tuesdays

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

Intermediate French
8-week course: In person only.
In addition to reading French literature excerpts, students will practice speaking, sharpen grammar, and expand vocabulary. Students should read *DJODJO* from *Le Petit Nicolas* before the first class. A free pdf of this story is available online at Archive.org.
Teacher: Chantal Maréchal, professor emerita, Virginia Commonwealth University
Tu • Mar 24 - May 12
9:00 - 10:00

Beginning German
8-week course: In person only.
Students will read and listen to conversations, descriptive texts, poems, songs, aphorisms, and music lyrics, with English translations. These components will serve as starting points for pronunciation practice and vocabulary building, and for explanation of the grammatical structures they illustrate. Emphasis will be on language immersion and conversational practice.
Teacher: Gary Smith, PhD, German language and literature; 35-year teaching career at William and Mary
Tu • Mar 24 - May 12
10:30 - 11:30

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: Judy Buchanan, MA, Italian language and literature, UNC Chapel Hill; studied and traveled in Italy for two summers with Fulbright Grants for teachers
Tu • Mar 24 - May 12
12:00 - 1:00

(Tuesdays continued next page)

Tuesdays, continued

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

"Was ist los?" Intermediate German
8-week course: In person and via Zoom.
Free conversation "Über Gott und die Welt." Reading skill with Andre Klein's *Schlamassel in Stuttgart.* For students with some knowledge of basic grammar and vocabulary. Worksheets supplied by the teacher. Book available through Amazon.
Teacher: Sabine Horn, German native; MA, Japanese and Russian, University of Marburg, Germany
Tu • Mar 24 - May 12
1:30 - 2:30

"Genki?" 日本語 Japanese for Beginners II
8-week course: In person only.
Free conversation, grammar, and reading skills. Textbook *Japanese for Busy People 1*, Romanized version. Listening skills with *Pimsleur* audio. Continued study of the 2 syllable writing systems hiragana ひらがな and katakana カタカナ. Some kanji 漢字. Class material available through Amazon.
Teacher: Sabine Horn, German native; MA, Japanese and Russian, University of Marburg, Germany
Tu • Mar 24 - May 12
3:00 - 4:00

Thursdays

At Lakeside United Methodist Church
2333 Hilliard Road

Vietnamese Language and Culture
4-week course: In person only.
Week 1: the history and geography of Vietnam Week 2: language and literature Week 3: traditions (customs , religions, festivals, and cuisine Week 4: Vietnamese American literature of the diaspora highlighting works by authors like Ocean Vuong, Andrew Lam, and Viet Thanh Nguyen.
Teacher: My Guidarelli, adjunct faculty, French, VCU, School of World Studies
Th • Mar 26 - Apr 16
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: Emily Walls Ray, MFA, creative writing, VCU; retired English teacher; author
Th • Mar 26 - May 14
9:30 - 10:30

Dawn of Investigative Journalism in the US during the Gilded Age of 1890-1915
8-week course: In person and via Zoom.
Reading and discussing the emergence of investigative journalism in America through widely read articles in magazines and books during the Gilded Age of 1890-1915. These publications exposed critical social and economic realities based on in-depth research and a hard-hitting tone toward the corruption and venality uncovered in much of government, industry, and commercial dealings of the day. Drawing on selected works by four leading *muck-rakers*: Ida Tarbell ("*History of the Standard Oil Company*"), Upton Sinclair ("*The Jungle*"), Lincoln Steffens ("*Folk's Fight for Missouri*") and Ray Stannard Baker ("*The Right to Work*"). Observations on the impact of their writings on reform-focused initiatives at the time, and in later periods, will also be discussed.
Teacher: Dana Rabhar-Daniels, former adjunct professor of Adult Learning, VCU; retired partner, KPMG and Mercer Consulting
Th • Mar 26 - May 14
9:30 - 10:30

Orthodoxy and Dissent
8-week course: In person and via Zoom.
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, adjunct professor of history, University of Richmond
Th • Mar 26 - May 14
11:00 - 12:00

The Revival in Irish Literature and Culture
8-week course: In person and via Zoom.
The Revival in Irish Literature and Culture (late 19th - early 20th century) was a pivotal movement to

restore Irish heritage - language, literature, sports, and arts - reversing the impact of British cultural repression. Key initiatives included the Gaelic League (1893) and the literary works of W.B. Yeats, which fostered a distinct national identity that helped drive the Irish independence movement.
Teacher: John Countryman, retired theatre professor; gerontologist; storyteller
Th • Mar 26 - May 14
11:00 - 12:00

Moving and Dancing
8-week course: In person only.
This class is for adults with or without dance training who would enjoy a lively and expressive movement class that encourages body awareness and flow. A good fitness level and ability to sustain a one-hour class is recommended. Goals are to have fun, develop clarity and efficiency, move from one's core, develop breath awareness, and coordinate performance with music and rhythm. Participants should wear sneakers/rubber soled shoes and clothing that allows for freedom of movement. All are welcome.
Teacher: Judy Steel, associate professor emerita, Dept. of Dance and Choreography, VCU
Th • Mar 26 - May 14
11:00 - 12:00

Seeing Traditional Art for the First Time - At the Virginia Museum of Fine Arts (VMFA)
8-week course: In person only.
There is a huge difference between looking at art and really seeing what is intended by an artist. This course teaches new ways of understanding traditional art forms using a simplified phenomenological analysis and by going to the Virginia Museum of Fine Arts to observe and dialogue about the traditional and ancient arts we see. 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 VMFA for an hour. Parking at the museum or on-street.
NOTE: The first class meets at 5101 Monument Ave., the remaining classes meet at the VMFA.
Teacher: Jim Brown, retired coordinator of Visual Arts Education, Wayne State University
Th • Mar 26 - May 14
11:00 - 12:00

Thursday Lunch Speakers

At Lakeside United Methodist Church
2333 Hilliard Road
Included with Open University tuition.
Free with $25 Shepherd's Center membership.
Held in person and via Zoom.

Disasters I Have Known
Bill Leighty, former professor, Public Administration, VCU; former Chief of Staff to two VA governors
Th • Mar 26
12:30 - 1:30

From the Lighthouses: A Cruise from Cape Henry to the Western Coastline of France
Chantal Maréchal, former French professor, VCU
Th • Apr 2
12:30 - 1:30

Music and Mathematics
Gene Anderson, retired music professor, University of Richmond
Th • Apr 9
12:30 - 1:30

George Wythe: An Unsung Founding Father
Jeffrey Clark, retired professor of Psychology, Virginia Union University
Th • Apr 16
12:30 - 1:30

Thinking Your Way Through Plein Air Painting
Linda Hollett-Bazouzi, landscape painter
Th • Apr 23
12:30 - 1:30

Urban Wildlife of Richmond and the James River
Bill Draper, nature photographer
Th • Apr 30
12:30 - 1:30

Commonalities Among the World's Religions
Hal Costley, retired engineer
Th • May 7
12:30 - 1:30

A Tale of Two Cities: Why Baltimore's Homicide Rate Went Down While Richmond's Didn't
Herb Loveless, MD, clinical pharmacology
Th • May 14
12:30 - 1:30

Fridays - New Location!

At Avery Point
1000 Avery Point Way
Richmond, VA 23233

Biblical Biographical Perspectives
4-week course: In person and via Zoom.
The course will review the life and traditions associated with four Biblical characters: Melchizedek, James (leader of the early Jerusalem church), the apostle Paul, and Mary Magdalene. Details concerning the first two are relatively sparse in the Biblical record so we will cover much interesting historical data. Paul the Apostle and Mary Magdalene are well-known, but there is much additional historical information of interest that will be reviewed. If you plan to attend in-person at Avery Point as a non-resident, please email the instructor before March 25 at halcostley@aol.com for specific information regarding directions.
Teacher: Hal Costley, retired engineer; active driver, instructor, board member, and treasurer, Shepherd's Center of Richmond
Fri • Mar 27; Apr 3; May 8, 15
1:00 - 2:00

Core of the Apple
4-week course: In person and via Zoom.
This class is an introduction to Buddhist principles and practices. Each of the four classes will discuss the important, basic concepts and practices of Buddhist philosophy. Buddhist teachings create perspectives that can render greater meaning in our lives.
If you plan to attend in-person at Avery Point as a non-resident, please email Hal Costley before April 4 at halcostley@aol.com for specific information regarding directions.
Teacher: Jim Brown, retired coordinator of Visual Arts Education, Wayne State University
Fri • Apr 10,17, 24; May 1,
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.

Disasters I Have Known
Bill Leighty, former professor, Public Administration, VCU; former Chief of Staff to two VA governors
Wednesday • Mar 25
12:30 - 1:30

Creating the Panama Canal, 1904-1914
Al Goethals, E. Claiborne Robins Distinguished Professor in Leadership Studies Emeritus, University of Richmond
Wednesday • Apr 1
12:30 - 1:30

Spring Birthdays: Michelangelo, Leonardo da Vinci, and Raphael - Iconic Artists of the Renaissance
Christine Richardson, BA, Art History; former Museum Guide, Philadelphia Museum of Art
Wednesday • Apr 15*
12:30 - 1:30

How to Create Great Restaurant Lists So You Can Make Good Recommendations in a Pinch!
Meredith Lindemon, food and drink reporter for the Richmond Times-Dispatch
Wednesday • Apr 22
12:30 - 1:30

* There is no Lunch & Life on Wed., Apr 8th.

Open University Tuition Spring 2026

☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms. _____

first name middle initial last name

street address: _____

city, state, zip: _____

home phone: _____ cell phone: _____

email: _____

☐ $25 Shepherd's Center membership (7/1/2025 - 6/30/2026)*

☐ $55 member tuition

☐ $85 non-member tuition

Optional donation to The Shepherd's Center* $ _____

TOTAL ENCLOSED: $ _____

☐ *I do NOT give The Shepherd's Center permission to use my photo for promotional materials.*

* tax-deductible

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

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

Can't remember if you paid membership?

Call and ask! 804-355-7282

To Pay Tuition:

2 Ways to Pay Tuition

1. **ONLINE:** tscor.org

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

To Get Zoom Links:

1) Pay tuition one week before the courses or lunch speaker is scheduled.

2) An email from The Shepherd's Center of Richmond is sent to your email every Sunday evening containing Zoom links for the following week.

3) If an email does not appear in your in-box, look in your 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 4 separate locations: Southside, Lakeside, Monument Ave., and Avery Point. See schedule for details.

Q. Do I have to register for individual courses?
A. No, you do not.* One tuition payment gives you access to everything in this schedule. Just pay tuition, choose what you want to attend, and enjoy!
* Some courses may have a student limit. If so, this will be noted in the course description.

Q. What does Open University cost?
A. For members of The Shepherd's Center, tuition costs $55 per session.
For non-members, it costs $85 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 for free. If you decide you want to come back, you can pay tuition on-site at that time.

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

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

FOUNDED IN 1984

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

Spring 2026 Session:
Monday, March 23 - Friday, May 15

Details inside.

Attend **ALL COURSES** and **LUNCH TALKS** in this schedule for just **ONE tuition payment!**

Registration for individual courses not required unless noted in the course description.

Scan to learn more about Open University!