



Open University

Winter Session 2019
January 14 - March 7

The Lifelong Learning
Program of The
Shepherd's Center of
Richmond

Mondays

St. Luke Lutheran Church

7757 Chippenham Parkway

Ooh-la-la! Intermediate French

9:45 - 10:45

The class will continue to read *Suivez la Piste*, a detective thriller in 25 short episodes. (Order used book from Amazon.) Gentle grammar review.

Newcomers who have had a little French are welcome.

Suzanne Wiltshire

1/14, 21, 28; 2/4, 11, 18, 25; 3/4

Memoir Writing

9:45 - 10:45

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

Meriah Crawford

1/14, 21, 28; 2/4, 11, 18, 25; 3/4

Genealogy

9:45 - 10:45

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

Terry Redding

1/14, 21, 28; 2/4, 11, 18, 25; 3/4

Visualizing America Through Art and Architecture

9:45 - 10:45

Explore America's landscapes, people, towns, design, and more through art and architecture.

Craig Reynolds

1/14, 21, 28; 2/4, 11, 18, 25; 3/4

A Wintry Mix: An Academic Special Topics Lecture Series

9:45 - 10:45

- The Luftwaffe in WWII: Germany's Air Force, Part 1
Fred Beck
01/14
- The Luftwaffe in WWII: Germany's Air Force, Part 2
Fred Beck
01/21
- The Luftwaffe in WWII: Germany's Air Force, Part 3
Fred Beck
01/28
- The Luftwaffe in WWII: Germany's Air Force, Part 4
Fred Beck
02/4
- The Ancient City of Dan in Israel
Ross Voss
02/11
- President Trump and the 116th Congress
Dan Palazzolo
02/18
- Egyptian Burial Practices from the Old Kingdom Through the New Kingdom
Kristina Donnally
02/25
- U.S. Presidential Policy Making and Its Pitfalls
Phil True
03/04



Opera

11:00 - 12:00

Watch DVD live productions of John Corigliano's *The Ghosts of Versailles* and Francesco Cilea's *Adriana Lecouvreur*.

Discussion follows. Synopsis and information provided.

Bob Jones

1/14, 21, 28; 2/4, 11, 18, 25; 3/4

Intermediate German Conversation

11:00 - 12:00

Topics of discussion include German culture, history, films and politics as well as reading short stories and some grammar exercises.

Kirsten Taranto

1/14, 21, 28; 2/4, 11, 18, 25; 3/4

Giants of Early Jazz

11:00 - 12:00

Explore the genius of Jelly Roll Morton, Bix Beiderbecke, and Louis Armstrong in the development of jazz.

Gene Anderson

1/14, 21, 28; 2/4, 11, 18, 25; 3/4

Special Topics Course on Medical Issues: MEDARVA Outreach

11:00 - 12:00

- Low Vision Problems
Dr. Suzanne Kim
01/14
- Smell and Taste
Dr. Richard Costanzo
01/21
- Orthopedics and Sports Medicine
Dr. Vivek Sharma
01/28
- Hand, Wrist, and Elbow
Dr. Ilvy Cotterell
02/04

- Ophthalmology 101
Dr. Bryan Brooks
02/11
- Colon and Rectal Health
Dr. Paul Charron
02/18
- The Retina
Dr. Suzette Rosen
02/25
- Upper Gastrointestinal Tract
Dr. Bimaljit Sandhu
03/04

Winter Blend: A General Interest Special Topics Lecture Series

11:00 - 12:00

- Church of the Nativity
Renovations in Bethlehem
Liz Yates
01/14
- Allure of Table Mountain and the Cape of Good Hope
Reingard Nethersole
01/21
- Prevention from Falling
Cas Overton
01/28
- Mindfulness for the Rest of Us: Your Starter's Guide
Dorothy Erlanger
02/4
- The Eviction Crisis: Addressing This New Housing Challenge
Monica Jefferson
02/11
- Today's RVA Senior Living Options
Lisa Isbell
02/18
- Wildlife Rehabilitation in Virginia (and Bats!)
Bonnie Miles
02/25
- I Can Hear You, but I Can't Understand You
Shantell Lewis
03/04



Lunch: Bring a sandwich. Coffee and dessert are available.
12:00 - 12:30

Lunch Speakers: Included with tuition or Shepherd's Center of Richmond membership. General public admission by donation.
12:30 - 1:15

Downtown's Transformation:
A Photographic Tour of Eight Things You Need to Know About Downtown's Revitalization

Lucy Meade, director of marketing and development, Venture Richmond
01/14

How the 1968 MLK Assassination, Riots, and the Poor People's Campaign Influenced My Career

Dr. John V. Moeser, VCU professor emeritus; retired U of R Bonner Center Scholar
01/21

Reflecting the Burning Issues of Our Day: The Jewish Foundation for Social Justice

Rabbi Gary Creditor, retired rabbi, Temple Beth-El
01/28

Change the World RVA: Supporting Richmond's Homeless High School Students

Natalie May, founder and director, Change the World RVA
02/04

How Data Helps Us End Homelessness in RVA

Kelly King Horne, Homeward
02/11

Making Your Community Stronger Through Engagement and Volunteerism

Chris Ruth, Chesterfield County Citizen Information and Resources
02/18

Why the Kitchen is the Most Intimate Room in the House
Laurel Herman, The Blissed Out Chef
02/25

Beyond Richmond's Mythic Past

Dr. Lauranett Lee, U of R Jepson School
03/04



Thursdays

First Presbyterian Church

4602 Cary Street Road

Controversies in the Early Church from Acts to Constantine

9:45 - 10:45

The time immediately after Jesus's death was filled with controversy as diverse groups struggled to persuade others of their interpretations of Jesus and His message. As the church grew, these groups represented a more diverse outlook than is commonly assumed today. We'll review some of the controversies and battles that occurred to solidify orthodoxy.

Hal Costley

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

Was ist los? Intermediate German

9:45 - 10:45

Free conversation über Gott und die Welt. Reading skills. Next collection of short stories by Andre Klein, *Digital in Dresden*. Some grammar. German Scrabble and/or a movie.

Sabine Horn

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

Intermediate Spanish

9:45 - 10:45

A continuing class for students who took the introductory course last year or have some knowledge of basic Spanish grammar and vocabulary.

Tim Martin

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

Introduction to Latin

9:45 - 10:45

An introductory course for students who are either new to Latin or wish to refresh their skills with a reading approach.

Lee Perkins

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

The Conversation YOU Need to Be Having: How Do I Get My Money to Outlive Me?

9:45 - 10:45

Knowing your options when it comes to Social Security, Health Care, Legacy Planning, Cybersecurity, and Investing is the first step to managing your retirement lifestyle.

Stephanie Churchill

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

The Darkest Moment: The Holocaust

11:00 - 12:00

The class will investigate Germany from post-World War I and the rise of Hitler continuing through the liberation of internment and death camps. Participants will discuss the ramifications of laws and government on targeted populations.

Rena Berlin

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

The Joys of Reading Latin

11:00 - 12:00

Note: Enrollment for this course is limited to students who have completed units 1, 2 and 3 of the first eleven stages of *The Cambridge Latin Course* and are ready to continue unit 4.

Lee Perkins

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

A Musical Potpourri

11:00 - 12:00

Popular composers and performers of the 20th century are featured and discussed.

Vaughan Gary and Rick Smith

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

Chair Yoga

11:00 - 12:00

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. Breathwork and final relaxation promote stress release.

Christine Thomas

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

A Wintry Mix: An Academic Special Topics Lecture Series

11:00 - 12:00

- Skepticism in Literature, Part 1
Lewis Lawson
1/17
- Skepticism in Literature, Part 2
Lewis Lawson
1/24
- Webster and the Invention of American English
Tony Pelling
1/31
- China since 1949, Part 1
John Herman
2/7
- China since 1949, Part 2
John Herman
2/14
- Can America Survive Without Religion? Answers from the 18th and 21st Centuries
Ellis West
2/21
- The Great Stink and the Making of Modern London
Tony Pelling
02/28
- The Placebo Effect in Medical Practice
Peter Goodman
3/7

Lunch: Bring a sandwich. Coffee and dessert are available.
12:00 - 12:30

Lunch Speakers: Included with tuition or free with Shepherd's Center of Richmond membership. General public admission by donation.

12:30 - 1:15

John Hager's Best Seat in the House - Life in the Game, Not on the Sidelines

The Hon. John Hager, former Lieutenant Governor of Virginia

1/17

Carter Family Cross-Country Bike Adventure

Jerry and LisaPage Carter and their sons, Russell, Douglas, and Avery

1/24

America's Favorite Flies: From Earl Hamner to Jimmy Carter

John Bryan, former head of fundraising, VCU; former head, Culture Works

1/31

Exercise and Aging

Susan Atkins, Children's Orthopedic Center

2/7

I Know Richmond: Faces and Places

Whitney Zahar, The Valentine Museum

2/14

Acupuncture: How it Works and its Health Benefits

Taylor Kraficik, RVA Acupuncture and Wellness Center

02/21

Power, Posture & Presence

Sara Sommers, Up & Up Health

2/28

Exploring the International Print Market Related to VMFA's Current Exhibit on Wenceslaus Hollar

Colleen Yarger, Department for European Art, VMFA

3/7

Konnichiwa

Low Intermediate Japanese

12:15 - 1:15

Speaking, reading, and listening skills. Grammar, kana and kanji, and more fun with Pimsleur. Textbook *Japanese for Busy People I*, romanized version. New students should have completed basic introductory course.

Sabine Horn

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

Feldenkrais

1:30 - 2:30

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.

Nancy Dawe, Jane McAllister, Mary Frances Hobbs, Cas Overton, and Vicki White

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

Kak dyela?

Beginning Russian II

1:30 - 2:30

Speaking and listening skills for everyday situations and culture. Reading and writing Cyrillic. Systematic grammar. Fun with Pimsleur. Russian Scrabble. Textbook: *Russian Face to Face, Level One*

Sabine Horn

1/17, 24, 31; 2/7, 14, 21, 28; 3/7

Weather Policy Has Changed!



If Richmond Public Schools are CLOSED for weather, then Open University classes are CANCELLED.

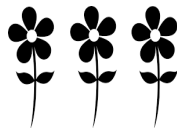
If Richmond Public Schools are DELAYED, then Open University is OPEN and classes start at the usual 9:45 am time.

Closing notices are posted on Channels 6 and 8 and on the TSCOR website.

If you haven't already done so, please enter your email address on the website to receive important announcements by email.
www.tscor.org

Spring Session:

March 25 - May 23



Open University
The Door to Learning
is Always OPEN.

Lunch and Life

A lecture series presented in partnership with St. Mary Catholic Church.

9505 Gayton Road

Free and open to the public.

Lunch

12:00 - 12:30

Bring a sandwich.

Beverages and desserts provided.

Lecture

12:30 - 1:15

Trump and the 2019 Congress

Dan Palazzolo, associate dean and professor of political science, U of R
1/16

A Simple Garment of Destiny: The Ups and Downs of One Theatre's Commitment to a Diverse Audience

Bruce Miller, former artistic director, VA Rep Theatre
1/23

Elder Law: When Should I Call an Attorney?

Paul Izzo, attorney-at-law, ThompsonMcMullan P.C.
1/30

Richmond's Top Ten Best-in-the-Nation Art Things

John Bryan, former head of fundraising, VCU; former head, Culture Works
2/6

Want to know more?

Visit us at:

www.TSCOR.org

Enter your email address to receive OU and TSCOR updates and learn more about volunteering, becoming a member, and taking part in group trips.

Instructors

Listed below are the instructors for this session. All Open University instructors and lunch speakers are volunteers recruited from Richmond's university and professional communities. We thank them for their contributions of time and talents.

Anderson, Gene: Professor emeritus of music, U of R

Beck, Fred: Former Department of Defense historian and chief editor of the U.S. Air Force History Program

Berlin, Rena: Retired CIA analyst, author, lecturer

Churchill, Stephanie: Financial advisor at Morgan Stanley

Costley, Hal: Retired engineer; board president of TSCOR; longtime student of church history

Crawford, Meriah: Writer, editor, private investigator; associate professor of research and writing, VCU

Dawe, Nancy: Guild certified Feldenkrais practitioner

Donnally, Kristina: VCU anthropology and history student

Erlanger, Dorothy: President and owner of Erlanger, Inc.; certified mindfulness meditation teacher

Gary, Vaughan: Retired RSVP director at United Way; H.S. drama, English, and speech teacher

Goodman, Peter: MD, retired gastroenterologist

Herman, John: Associate professor of history, VCU; visiting scholar, East Asia Center, UVA

Hobbs, Mary Frances: Guild certified Feldenkrais practitioner

Horn, Sabine: MA in Japanese and Russian, University of Marburg, Germany

Isbell, Lisa: Owner of Senior Care Authority; MA in history, U of R

Jefferson, Monica: Vice president and chief operating officer, Housing Opportunities Made Equal of VA, Inc. (HOME)

Jones, Bob: BFA in fine arts, theatre, Texas Christian University; retired, 30 yrs. from The Community Idea Stations; avid opera lover with acting and directing experience

Lawson, Lewis: Retired educator, Collegiate School

Lewis, Shantell: PhD in audiology, University of Florida; founder of Here2Hear

Martin, Tim: BA in Spanish, teaching certification; MS in secondary school counseling

McAllister, Jane: Guild certified Feldenkrais practitioner

Miles, Bonnie: Certified VA master naturalist; bat rehabilitator

Nethersole, Reingard: Assistant professor of English, U of R

Overton, Cas: Guild certified Feldenkrais practitioner and graduate of the L'an Ting Institute; teaching balance classes since 1967

Palazzolo, Dan: Associate dean and professor of political science, U of R

Pelling, Tony: Retired undersecretary, UK Department of the Environment

Perkins, Lee: Teacher of classical languages at St. Catherine's School; PhD, Harvard University

Redding, Terry: Frequent lecturer for TSCOR on research techniques

Reynolds, Craig: Curator, Capitol Square Preservation Council, Virginia State Capitol

Smith, Rick: Retired music and DVD manager at Barnes & Noble; music and culture aficionado

Taranto, Kirsten: Background in counseling and development; former academic advisor at George Mason University

Thomas, Christine: Yoga Alliance experienced registered yoga teacher; editor of two healthy eating cookbooks

True, Phil: Retired CIA analyst and manager; lecturer, U of R

Voss, Ross: Former lab director and archaeological excavations supervisor of Harvard University's Leon Levy Expedition to Ashkelon

West, Ellis: Emeritus professor of political science, U of R

White, Vicki: Guild certified Feldenkrais practitioner

Wiltshire, Suzanne: Retired French teacher and administrator

Yates, Elizabeth: Union Theological Seminary, Richmond; MDiv; retired Lutheran pastor

Frequently Asked Questions

What is Open University?

Open University (OU) is the lifelong learning program of The Shepherd's Center of Richmond (TSCOR). All OU teachers, lecturers and lunch speakers 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 non-profit, non-denominational, service and education organization for persons 50 and older. Its mission is to encourage older adults to remain active and independent through enrichment programs and volunteer service to their peers.

Where does OU meet? OU meets Mondays at St. Luke Lutheran Church on the South Side and Thursdays at First Presbyterian Church in the West End.

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 TSCOR member to attend OU? No, you do not have to become a member.

What are the costs and benefits of annual membership with TSCOR?

Tax-deductible membership is \$25 and runs from July through the following June. Membership benefits include:

- FREE Lunch Speakers
- Reduced OU tuition from \$75 to \$45 per session
- Reduced TSCOR group travel rates
- Support of TSCOR and its mission

How do I register?

You may register one of 3 ways:

- 1) mail your check and registration
- 2) register on site at either location
- 3) pay on line at www.TSCOR.org. We accept VISA, MasterCard, and Discover. Please consider making an additional donation to help cover administrative fees.

Can I attend just one course?

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

In the event of cancellations, are there make-ups or refunds?

Unfortunately, we are unable to offer make-up classes or refunds.

What if I'm unsure I'll like OU?

Anyone may attend one day for free. If you decide you would like to return, you can register on site.

What is Lunch & Life?

Lunch and Life is a lecture series presented in partnership with St. Mary Catholic Church. It is free and open to the public. See back of schedule for details.

Do you have questions, want more information or wish to volunteer?

Call us at 804-355-7282, Monday through Friday, 8:30 - 4:30 pm, or visit us on the web at www.TSCOR.org.

OPEN UNIVERSITY REGISTRATION Winter Session 2019

 Title First Name Middle Initial Last Name

 Street, City, State Zip Code

 Email Address Telephone

Mail your registration and check made payable to "The Shepherd's Center" to: TSCOR, 3111 Northside Ave, Suite 400, Richmond, VA 23228

You can also register on site at either location with cash, check or credit card, or pay online at www.TSCOR.org

I am enclosing (per person):

_____ \$25 TSCOR Annual Membership (7/1/18 - 6/30/19) *

_____ \$45 member tuition

_____ \$75 non-member tuition

_____ donation to TSCOR (optional)*

_____ **TOTAL**

_____ I NEED A NAMETAG

* tax-deductible

Credit card payments accepted on our website. www.TSCOR.org VISA, MasterCard, and Discover