



Mondays

Rembrandt Everlasting

9:30 - 10:30

17th century Dutch artist Rembrandt van Rijn has commanded attention for 400 years. This course examines his career and his legacy's evolution. Special attention will be paid to his cult-like status during the international Etching Revival (ca. 1860-1930).

Teacher: Colleen Yarger, assistant curator for European art and the Mellon Collections, VMFA

4-week course

MON • Mar 28 - April 18

Local Politics Matters

9:30 - 10:30

Politics may seem like a mess. But in LOCAL politics, one person CAN make a difference. This class teaches you about local government, where and how to have impact, and that sometimes, in politics, there ARE right answers.

Teacher: Rich Meagher, professor, political science, VCU, UR, R-MC

4-week course

MON • Apr 25 - May 16

Films of Louis Armstrong, Part Three

9:30 - 10:30

Armstrong's movies from the 1950s-60s, which feature performances by Danny Kaye, Jimmy Stewart, Paul Newman, Bing Crosby, Frank Sinatra, and Sammy Davis Jr.

Teacher: Gene Anderson, retired music professor, UR

8-week course

MON • Mar 28 - May 16



**Take a peek at what
we offer!**

The fall 2022 schedule will be
published late August!

The Holistic Health Approach to Life: Natural Pain Relief, Natural Stress Relief, and CBD Side Business

11:00 - 12:00

Week 1: Easy ways to prepare whole herbs for improved health. Week 2: Herbalism for pain relief. Week 3: Better digestion with herbal nutrition. Week 4: The A - Z of the best and easiest herbs you can grow yourself. Week 5: Starting your side business with CBD or herbal-based products.

Teacher: Laura Baum, business coach; founder, Laura's Botanicals; holistic health and alternative medicine enthusiast

5-week course

MON • Mar 28 - Apr 25

How Should American History Be Taught in Schools?

11:00 - 12:00

Partially because of the debate over whether critical race theory should be taught in the public schools, there is now a debate over how American history should be taught: should the "bad" part of our history be emphasized or de-emphasized?

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

1-day lecture

MON • May 2

MONDAYS, continued next page

Medicare

11:00 - 12:00

Learn about Medicare costs, coverage, and enrollment. Find out about programs available for eligible individuals to save on Medicare costs and where you can find the answers to your Medicare questions.

Teacher: Heather Fortune, director of support services and engagement, Senior Connections

2-week course

MON • May 9, May 16

National Museum of the US Army

Virtual Field Trips

11:00 - 12:00

4-week lecture series

MON • Mar 28 - Apr 18

- Defining American: Native American Soldiers in World War I and the Path to Citizenship
Caitlin Healy, Museum Education Specialist
MON • Mar 28
- The Question of What If? The U.S. Army During the Cold War
Museum Education Specialist, TBA
MON • Apr 4
- The Accomplishment of the ENIAC and the Women Computing Pioneers
Museum Education Specialist, TBA
MON • Apr 11
- Our Girls Over There: The Hello Girls of World War I
Jen Dubina, Museum Educator
MON • Apr 18

Travelogue

11:00 - 12:00

April 25: Israel/Jordan Part 1. May 2: Israel/Jordan Part 2. May 9: Bhutan. May 16: Cuba
Teacher: Barbara Goehle, retired Chesterfield County HS science and math teacher

4-week course

MON • Apr 25 - May 16

Monday Lunch Speakers

Digital Kin: How the Internet of Things Is Reshaping Native America's Past/Present/Future

Gregory Smithers, professor of history, eminent scholar, VCU

MON • Mar 28

12:30 - 1:30

Plague

Richard Brown, Norfolk native; retired international physician; professor of global medicine

MON • Apr 4

12:30 - 1:30

The Long Walk Home

Danita Rountree Green, co-founder, CEO, Coming to the Table RVA

MON • Apr 11

12:30 - 1:30

Defying Dementia One Song at a Time

Joanne Sherman, artistic director, Joyful Voices Chorus

MON • Apr 18

Caring for Elder Parents

Lisa Vernon Sparks, opinions co-editor, RT-D

MON • Apr 25

12:30 - 1:30



Lunch Speakers continued next page

Monday Lunch Speakers, continued

GRTC Overview

Ashely Mason, manager, organizational advancement, Greater Richmond Transit System (GRTC)

MON • May 2

12:30 - 1:30

Marijuana in Virginia: Challenges of Legalization and Commercialization

Mary Crozier, substance abuse prevention volunteer; teacher; author of articles on addiction

MON • May 9

12:30 - 1:30

Chilean Democracy at the Crossroads: A New Constitution and a New Generation in Power

Jenny Pribble, associate professor, political science; coordinator, global studies, UR

MON • May 16

12:30 - 1:30



Tuesdays

Intermediate Russian РУССКИЙ "Kak dela?"

9:30 - 10:30

Free conversation, songs, continued work on reading Cyrillic and on speaking skill with Pimsleur 1, units Units 21 - 24 audio/CD. Dialogues supplied by student, worksheets by teacher. Basic grammar with textbook, *Russian Face to Face 1*. Materials available on Amazon. *Teacher: Sabine Horn, German native; MA, Japanese and Russian, University of Marburg, Germany*

TUES • Mar 29 - May 17

Intermediate Latin

9:30 - 10:30

An intermediate course for students who have knowledge of basic Latin grammar and vocabulary.

Teacher: Lee Perkins, PhD, Harvard University; classical languages teacher

TUES • Mar 29 - May 17

Advanced German "Wie geht's?"

11:00 - 12:00

Free conversation about "Dies und Das." Continued reading skill with Andre Klein. Reading *Lockdown in Liechtenstein*. More basic grammar. Worksheets supplied by teacher. Book available on Amazon.

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

TUES • Mar 29 - May 17

Intermediate Japanese 日本語 "Genki?"

12:30 - 1:30

Free conversation, songs, reading kana and kanji; speaking skill with *Pimsleur 1, Units 21-24*, audio CD. Dialogues and worksheets supplied by teacher. Basic grammar with *Japanese for Busy People 1*, romanized version. Materials available on Amazon.

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

TUES • Mar 29 - May 17

The Joy of Reading Latin

2:00 - 3:00

Note: Enrollment is limited to students who have completed the first 45 stages of the *Cambridge Latin Course*.

Teacher: Lee Perkins, PhD, Harvard University; classical languages teacher

TUES • Mar 29 - May 17

Wednesdays



Lunch & Life

Virginia Needs to Reinstate Parole and Geriatric Release

Harvey Yoder, licensed professional counselor; Mennonite pastor; criminal justice advocate

WED • Mar 30

12:30 - 1:30

Modern Richmond 101

Mimi Harding Sadler, programs chair, Modern Richmond; Helen Reed, past chair and marketing director, Modern Richmond

WED • Apr 6

12:30 - 1:30

Who Are Your People and Where Are They from? The Importance of Telling Family Stories

Judith Onesty and Les Schaffer, Two Tellers Telling

WED • Apr 13

12:30 - 1:30

Virginia's Champion Trees

Joel Koci, Virginia cooperative extension associate, Urban Forestry, VSU

WED • Apr 20

12:30 - 1:30

Mark your calendar for
Wednesday, April 27

12:30 - 1:30

when TSCOR and St. Mary's Catholic Church partner to present

Father Michael Renninger
pastor, St. Mary's Catholic Church,
for an in-person presentation.

Join us at St. Mary's as we take this rare opportunity to celebrate spring together.

Details TBA

Thursdays

Music and Lives of the Great Composers

9:30 - 10:30

Why is the music of Bach different from the music of Mozart, or Tchaikovsky, or Prokofiev? It helps to understand a bit about the times in which these composers lived and the influences upon their careers. The idea behind this course is to explore the lives and music of a number of composers from different eras.

Teacher: Don Dagenais, retired attorney; instructor, Shepherd's Center of Kansas City; classical music and history aficionado

8-week course

THUR • Mar 31- May 19

Selected British Royal Properties: Hampton Court, Brighton, Sandringham

9:30 - 10:30

A look at the royals who acquired and developed Hampton Court Palace, Brighton Pavilion, and Sandringham House. Attention also will be given to the architecture and decoration of the properties and their evolution over time.

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

4-week course

THUR • Mar 31 - Apr 21

Final Farewells to Presidents Jefferson, Madison, Monroe, and Jackson

9:30 - 10:30

This course focuses on deaths and funerals of four prominent 19th century presidents.

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

4-week course

THUR • Apr 28 - May 19

Thursdays continued next page

Thursdays, continued

Medieval Monastic Biographies: The Middle Ages Through Ten Monks and Nuns

11:00 - 12:00

This course, through biographies of exemplary monks and nuns, explores not only monasticism but also medieval culture broadly from the fourth through fourteenth centuries. The lives and times of Antony the Great, Benedict of Nursia, Hildegard of Bingen, Heloise and Abelard, Bernard of Clairvaux, Samson of Bury St. Edmunds, Francis of Assisi, Bernard Gui, and Catherine of Siena will be examined.

Teacher: David Routt, PhD, history, Ohio State University; professor, UR, VCU

8-week course

THUR • Mar 31- May 19

What to Love About Mystery Fiction

11:00 - 12:00

Virginia mystery authors explain the appeal of mystery fiction and why the genre accounts for twenty-five to forty percent of all fiction



book sales. With sub genres from historical, cozy, private eye, police procedurals, heists, and more, mystery fiction has something for everyone. Is it the puzzle aspect readers like? The usual ending where good triumphs over evil? And, what are the differences among mysteries, thrillers, and suspense?

Teachers: Week 1 - Amy Lilly, author and librarian, MLS, SUNY Buffalo

Week 2 - Mollie Cox Bryan, bestselling mystery author of 19 novels; Daphne & Agatha Award finalist

2-week course

THUR • Mar 31, Apr 7

American Art Selections

11:00 - 12:00

Week 1: Heroic and Inspiring - Neoclassical Art in America. Week 2: John Singer Sargent - Portraits of High Society

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

2-week course

THUR • Apr 14, Apr 21

Social Media Q & A

11:00 - 12:00

Come with your questions on how to navigate Facebook, Instagram, YouTube, and WhatsApp.

Teachers: Megan Shockley, historian; realtor, Nestiny Realty. Julie Adams-Buchanan, executive director, TSCOR.

1-day workshop

THUR • April 28

Gabriel's Rebellion and other Early Richmond Biographies

11:00 - 12:00

In 1800, an enslaved man named Gabriel attempted a daring revolt in Richmond. Stymied by a severe thunderstorm and betrayals, his story was consigned as a minor failure for centuries, largely forgotten. Today, however, the narrative around Gabriel's Rebellion is being reclaimed and re-evaluated, thanks to the Sacred Ground Historical Reclamation Project that helped bring his story back to prominence.

Teacher: Ana Edwards, education program manager, American Civil War Museum; public historian; chair, Sacred Ground Historical Reclamation Project

2-week course

THUR • May 5, May 12

Thursdays continued next page

Casablanca - 80 Years and Still Loved

11:00 - 12:00

A review of Noah Isenberg's book *We Will Always Have Casablanca* which looks at the movie's cast, script, and historical setting and its relevance over time. *Casablanca* may not be the best movie ever made, but there may not be any better-loved movie, even 80 years after its premiere.

Teacher: Jane McNeil, masters, Theological Studies, Wesley Theological Seminary

1-day lecture

THUR • May 19



Feldenkrais

1:45 - 2:45

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.

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

8-week course

THUR • Mar 31- May 19

Thursday Lunch Speakers

What AARP-VA Is Doing About Out-of-Control Prescription Drug Costs

Natalie Snider, state advocacy director, AARP-VA

THUR • Mar 31

12:30 - 1:30

Mentoring in a Post-Pandemic World

Sarah Wilkinson, programs manager, MENTOR Virginia; Tiara Whitfield, training and DEI programs manager, MENTOR Virginia.

THUR • Apr 7

12:30 - 1:30

Vested Virginia: Glenn Youngkin's First 100 Days

Rich Meagher, professor, political science, VCU, UR, R-MC

THUR • Apr 14

12:30 - 1:30

America's Founding Monsters: A Graphical Approach to the Founding Fathers' Obsession with Ice Age Megafauna

Bernard Means, assistant professor, anthropology; director, Virtual Curation Laboratory, VCU

THUR • Apr 21

12:30 - 1:30

Both Sides Now: Writing History and Historical Fiction

David Stewart, author of five works of American history and six historical novels

THUR • Apr 28

12:30 - 1:30

Wait...All I Need is a Library Card?

Matt Phillips, outreach coordinator, Henrico County Public Library

THUR • May 5

12:30 - 1:30

Inequity in Higher Education: Past & Present

Barrett Bogue, president, founder, Evocati; LeNaya Hezek, founder, CEO, NayceQuest

THUR • May 12

12:30 - 1:30

Botetourt County: 250 + 1 Years of Delight

Ashley Webb, curator of collections and exhibitions, Historical Society of Western Virginia

THUR • May 19

12:30 - 1:30

Frequently Asked Questions

What is Open University?

Open University (OU) is the lifelong learning program of The Shepherd's Center of Richmond (TSCOR). All 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 by, for and about older adults. 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 and Thursdays at St. Luke Lutheran Church on the South Side.

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.

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.

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.

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

Membership is not required.

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

Membership is \$25 and runs from July 1 through June 30 of the following year.

Membership benefits:

- free attendance to all lunch speakers
- reduced Open University tuition
- reduced group travel rates
- invitation to Annual Celebration

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

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

Questions? Call 804-355-7282.