



OPEN UNIVERSITY

The Shepherd's Center of Richmond
CELEBRATING 40 YEARS!

Winter Session
Jan 15 - Mar 7, 2024

ANNOUNCEMENTS

- **Ooh-la-la: Intermediate French**, taught by Susie Wiltshire, is now on Tuesdays at the new office of The Shepherd's Center of Richmond, located at 5101 Monument Ave., suite 105. The office features a large, sunlit room for classes and activities!
- **Registering by mail? Be sure to send your registration to our NEW office address:** 5101 Monument Ave., Suite 105, Richmond, VA, 23230.

Mondays

At St. Luke Lutheran Church
7757 Chippenham Parkway

Bop and Beyond. The Forties: Creation of Modern Jazz

8-week course: In person only.

In the mid-1940s jazz went from America's popular music with millions of dancing fans to America's classical music with only a select group of non-dancing adherents, where it has remained ever since. The course traces the evolution of bop as a continuation of the jazz tradition and how the interaction of socio-economic factors during WWII induced a handful of young black musicians to create a new jazz idiom.

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

M • Jan 15 - Mar 4

9:30 - 10:30

Critical Thinking: How to Think, Not What to Think; How We Are Manipulated by Politicians and the Media and How to Remedy That!

8-week course: In person and via Zoom.

1) Introduction: Why is it important? 2) Conspiracy Theories: Why do we have them and who is susceptible? 3) The Brain: Advantages and problems - what it can and cannot do. 4) Science: The epitome of critical thinking. 5) Logic: Uses in critical thinking. 6 & 7) Logical Fallacies: Parts 1 and 2. 8) Solutions: Fact-checking - where to look, how to solve the problem.

Teacher: Fred Silva, MD, University of Oklahoma

M • Jan 15 - Mar 4

9:30 - 10:30

The Golden Mean, Utopia, and Other Ideals in American Architecture

8-week course: In person and via Zoom.

The class will explore ideals that are represented in American architecture. We will discuss the golden mean, the architectural representation of ideals like Democracy, Justice and Equity, the idealization of the Lost Cause, and the creation of utopian communities like Pleasant Hill, KY and Reston, VA. We welcome input from class attendees, especially at the beginning of each class.

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

M • Jan 15 - Mar 4

9:30 - 10:30

How to Use Good English with Confidence

8-week course: In person only.

This course will go into detail about correct everyday English usage as it involves spelling, grammar, usage, numbers, and accuracy.

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

M • Jan 15 - Mar 4

9:30 - 10:30

(Mondays continued next page)

Mondays, continued

D-Day and the Normandy Campaign

8-week course: In person and via Zoom.

We'll begin with a brief review of the situation in 1943, Allied and German command structure, and training for the operations; discuss the landings on all the beaches and troop movements from June 7 on; highlight combat for Caen, Carentan, Cherbourg, St. Lo, Operation Cobra, Falaise Pocket and others; and end with a review of the last, but controversial landing in the south of France at the end of August 1944.

Teacher: Jackie Eberstein, amateur Civil War historian; former president, New York Civil War Roundtable

M • Jan 15 - Mar 4

11:00 - 12:00

Worldview: World Events and How They Fit into American Diplomatic, Economic, Political, and Social Policy

8-week course: In person and via Zoom.

A week-by-week examination of world events and how they fit into American diplomatic, economic, political, and social policy. Individual topics, such as the issue of separation of church and state and the evolution of the U.S. Supreme Court will also be examined.

Teacher: Cary Blankenship, PhD, economic and diplomatic history

M • Jan 15 - Mar 4

11:00 - 12:00

Advanced Beginning Spanish

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 new to the class should have an understanding of basic vocabulary for greetings and numbers 0 through 100. Students are encouraged to order a used copy of *Spanish for Mastery I: ¿Qué Tal?* by Valette & Valette.

Teacher: Tim Martin, retired Spanish teacher, counselor

M • Jan 15 - Mar 4

11:00 - 12:00

Beginning Plus Italian

8-week course: In person only.

For beginners and those with some knowledge of the language and culture. Learn practical vocabulary as we introduce and review basic grammar. Converse and read about typical situations - restaurants, tourism, and shopping.

Text: Basic Italian, premium 3rd edition, Alessandra Visconti, McGraw-Hill 2023. 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 • Jan 15 - Mar 4

11:00 - 12:00

Monday Lunch Speakers

Held in person and via Zoom.

Free with Shepherd's Center membership.

A King's Lament: Apology, Forgiveness, and the Road to Healing

Danita Rountree Green, co-founder, executive director, Coming Together Virginia

M • Jan 15

12:30 - 1:30

For the People, For the Country: Patrick Henry and a Loyal Opposition

John Ragosta, historian, Robert H. Smith International Center for Jefferson Studies at Monticello; fellow, Virginia Humanities

M • Jan 22

12:30 - 1:30

Who Killed Sammox Rossdeitcher? Or, A Great-Great-Daughter's Rediscovery Of A Sensational Cold-Case Murder Mystery That Captivated Richmond In 1890

Cara F. Griggs, CA, reference archivist, Library of Virginia

M • Jan 29

12:30 - 1:30

Why Pharmaceuticals Charge So Much For Their Products

Herbert Loveless, MD, with a career in clinical pharmacology

M • Feb 5

12:30 - 1:30

(continued next page)

Mondays, continued

The Canals of Mars and the Gastrointestinal Tract

Peter Goodman, M.D., FACP retired gastroenterologist

M • Feb 12
12:30 - 1:30

Seeking Better Relations Between Christians and Muslims - from the Experience of a Missionary Professor

The Rev. Dr. Peter Ford, assistant professor of Islamic studies, Near East School of Theology, Beirut, Lebanon (retired)

M • Feb 19
12:30 - 1:30

The Virginia Fusion Center and the VFC Shield Program

Special Agent Dante Robinson, training and outreach, Virginia Fusion Center, Virginia State Police

M • Feb 26
12:30 - 1:30

Resettlement 101: Welcoming Refugees and Immigrants to Richmond

Malaz Elamin, community sponsorship coordinator, International Rescue Committee

M • Mar 4
12:30 - 1:30

Tuesdays - NEW!

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

Ooh-la-la: Intermediate French

8-week course: In person only.

The class will read an adapted text of *Maigret tend un piège* by the great detective fiction writer Georges Simenon. Order Hachette B2. ISBN: 978-2-01-155755-1. Audio text is available online. There will also be vocabulary study and gentle grammar review.

Teacher: Suzanne Wiltshire, retired French teacher and administrator

Tu • Jan 16 - Mar 5
11:00 - 12:00

Tuesdays - Online Only

Intermediate Latin

An intermediate course for students who have knowledge of basic Latin grammar and vocabulary. This class is via Zoom only.

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

Tu • Jan 16 - Mar 5
9:30 - 10:30

“Was ist los?” Advanced German

Free conversation - Kaffeeklatsch über "Gott und die Welt". German Literature with Wolfgang Hildesheimer's humorous *Lieblose Legenden* (available from Amazon). Some grammar. This class is via zoom only.

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

Tu • Jan 16 - Mar 5
11:00 - 12:00

“Genki?” 日本語 Intermediate Japanese

Work on grammar in current textbook *Japanese for Busy People*. Listening comprehension with Pimsleur (available from Amazon). Continued study of the 3 writing systems: kanji 漢字,

hiragana ひらがな, and katakana カタカナ. This class is via Zoom only.

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

Tu • Jan 16 - Mar 5
12:30 - 1:30

Wednesdays - Online Only

Feldenkrais

6-week course: Online only.

The Feldenkrais Method improves 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

W • Jan 17 - Feb 21
10:00 - 11:00

Wednesdays



Lunch & Life

Lunch & Life is a lecture series held in partnership with St. Mary's Catholic Church. It 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.

Lunch & Life meets in person only. It is not available online via Zoom.

The Many Facets of Arthritis

Nancy Springman, RN, MS, FCN; parish nurse, St. Mary's Catholic Church

W • Jan 17

12:30 - 1:30

Get Busy Living or Get Busy Dying: An Author's Journey from Grief to Mindfulness and Joy

Suzanne Munson, author, historian, lecturer

W • Jan 24

12:30 - 1:30

A Teenager Goes to Congress

Bernie Henderson, president emeritus, Woody and Nelson Funeral Homes

W • Jan 31

12:30 - 1:30

Seeking Better Relations Between Christians and Muslims - From the Experience of a Missionary Professor

The Rev. Dr. Peter Ford, assistant professor of Islamic studies, Near East School of Theology, Beirut, Lebanon (retired)

W • Feb 7

12:30 - 1:30

Thursdays

At Lakeside United Methodist Church
2333 Hilliard Road

Controversies in the Early Christian Church

8-week course: In person and via Zoom.

The early Christian Church was much more diverse in viewpoints than many are aware. We will discuss many of those diverse views and schools of thought, including early Jewish rules, Gnostic ideas, dealing with Roman persecution, and the development of the Nicene Creed.

Teacher: Hal Costley, retired engineer; active driver, instructor, The Shepherd's Center of Richmond

Th • Jan 18 - Mar 7

9:30 - 10:30

Short Stories from Contemporary Ireland: William Trevor and Claire Keegan

8-week course: In person only.

In this course we'll read and discuss two short collections of short stories by William Trevor (*After Rain*) and Claire Keegan (*Walk the Blue Fields*). These short books can be purchased as paperbacks or on Kindle at Amazon.com

Teacher: Ray Hilliard, retired literature professor and chair of the English department, University of Richmond

Th • Jan 18 - Mar 7

9:30 - 10:30

Chair Exercise and Gentle Aerobics

8-week course: In person only.

In each class attendees will be guided through a gentle progression of stretching and strength-building exercises. Exercises will be mostly seated with a few standing next to a chair for balance. There will be short periods of simple aerobics.

Teacher: Carol Pettit, former water aerobics teacher, Midlothian YMCA

Th • Jan 18 - Mar 7

9:30 - 10:30

(Thursdays continued next page)

Great Women Composers

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

Many of the women composers throughout history wrote works which are underperformed and underappreciated. This course will explore many of these composers including Hildegard von Bingen, Barbara Strozzi, Clara Schumann, Fanny Mendelssohn, Ethel Smyth and several contemporary composers.

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

Th • Jan 18 - Feb 15

9:30 - 10:30

Decision Making by Principal Commanders in the Eastern Theater of the Civil War: A Cognitive Model

3-week course: In person and via Zoom.

Decisions made in the heat of battle are not always grounded in rational thought. A decision-making model based on cognitive psychology can show how decisions were made by principal army commanders on both sides of the Civil War.

Teacher: Herbert Loveless, MD, with a career in clinical pharmacology

Th • Feb 22 - Mar 7

9:30 - 10:30

Presidential Leadership

8-week course: In person only.

This course examines selected theories and studies of presidential leadership and presidential campaigning and the lives and administrations of selected presidents. It considers an eclectic set of materials contributed by psychologists, political scientists, historians, biographers and journalists. Our goal is to review varied approaches to understanding presidential leadership and apply those treatments to understanding the careers of specific presidents.

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

Th • Jan 18 - Mar 7

11:00 - 12:00

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 of focused inquiry, Virginia Commonwealth University

Th • Jan 18 - Mar 7

11:00 - 12:00

Pursuit of Meaning in Art

8-week course: In person only.

An interactive course exploring the questions of what our species finds meaningful, historical sources of meaning, and ways to find and enhance meaning in our lives. There will be presentations on indigenous wisdom, European and Eastern philosophy and religion, and the experiences of people to consider beyond our own. A list of recommended out-of-class readings and video (available on YouTube) will be provided in the syllabus.

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

Th • Jan 18 - Mar 7

11:00 - 12:00

Introduction to Gardening

6-week course: In person and via Zoom.

Learn the fundamentals of gardening, including soils and fertilization. Learn different methods to propagate and grow plants in containers and in-ground. Course also covers various types of plants and their uses.

Teacher: Chris Cantanzaro, teacher and researcher of agriculture

Th • Jan 18 - Feb 22

11:00 - 12:00

(Thursdays continued next page)

Thursdays, continued

Journey to Japan - From Tokyo to Kyoto

2-week course: In person and via Zoom.

Photos and stories from a trip to Japan with the Virginia Museum of Fine Arts. Experiences include visiting the Imperial Gardens, seeing a Kabuki theatre in Tokyo, spending the night in a ryokan in Hakone, participating in a cooking class in Takayama, eating conveyor belt sushi in Kanazawa, and seeing the Golden Temple in Kyoto.

Teacher: Jamie Coomer, retired IT professional; enthusiastic traveler

Th • Feb 29, Mar 7

11:00 - 12:00

Thursday Lunch Speakers

Held in person and via Zoom.

Free with Shepherd's Center membership.

Richmond's Public Art

Dr. Susan Glasser, secretary, Public Art Commission, City of Richmond

Th • Jan 18

12:30 - 1:30

Learn About a Local Dog Rescue (Great Pyrenees), the Breed, and Some "Happy Tails"

Celeste Miller, VP and CFO, Appalachian Great Pyrenees Rescue

Th • Jan 25

12:30 - 1:30

Get Busy Living or Get Busy Dying: An Author's Journey from Grief to Mindfulness and Joy

Suzanne Munson, author, historian, lecturer

Th • Feb 1

12:30 - 1:30

100 Things to Do in Richmond Before You Die

Annie Tobey, editor, Boomer Magazine; freelance writer

Th • Feb 8

12:30 - 1:30

Black Banking in Richmond and the US in the Early 20th Century

Ben Anderson, park guide, Maggie L. Walker National Historic Site

Th • Feb 15

12:30 - 1:30

The Accidental Journalist and The Accident That Wasn't

Patty Kruszewski, managing editor, Henrico Citizen

Th • Feb 22

12:30 - 1:30

The Eruption of Mount Vesuvius and the Destruction of Pompeii in AD79

David Kitchen, PhD, associate dean, associate professor, School of Professional and Continuing Studies, University of Richmond

Th • Feb 29

12:30 - 1:30

The Many Facets of Arthritis

Nancy Springman, RN, MS, FCN; parish nurse, St. Mary's Catholic Church

Th • Mar 7

12:30 - 1:30



Open University Registration Winter 2024

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 (7/1/2023 - 6/30/2024)*

TOTAL ENCLOSED: \$ _____

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

* tax-deductible

NOTE NEW ADDRESS!

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

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

Register

Q & A's

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

Zoom links are sent every Sunday evening via email.

Check your spam and junk folders if you don't find the links.

Need Zoom Help?

Contact John Countryman, lifelong learning coordinator, 804-355-7282
countryman@tscor.org

Q. What is Open University?

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

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

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

Q. When is Open University?

A. It is held in the fall, winter and spring during three 8-week sessions. A variety of classes and lunch speakers is offered Monday through Thursday. See schedule for details.

Q. Where is Open University?

A. The Shepherd's Center partners with churches for onsite locations. We also have online options! See schedule for details.

Q. Can I attend just one class?

A. Tuition is a flat fee. It gives you access to everything in the

schedule, at all locations, and on Zoom. We do not charge for individual classes or lunch talks.

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 on the house. If you like it and want to return, you can register on site.

Other Questions?

804-355-7282
tscor@tscor.org



Mark Your Calendar!
Spring session begins
Monday, April 1, 2024!



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



OPEN UNIVERSITY

The Shepherd's Center of Richmond

CELEBRATING 40 YEARS!

Winter Session

Jan 15 - Mar 7, 2024

In-person, online, and hybrid
courses and lunch speakers.

Held Mondays, Tuesdays,
Wednesdays, and Thursdays.

Details inside.

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



OPEN UNIVERSITY

THE DOOR TO LEARNING IS ALWAYS OPEN.