



# OPEN UNIVERSITY

The Shepherd's Center of Richmond  
CELEBRATING 40 YEARS!

Spring Session  
April 1 - May 24, 2024

## ANNOUNCEMENTS

- **New Friday Art Class!** Learn how to see and understand contemporary art forms through discussion and by visiting local galleries. See page 6.
- **Feldenkrais Meets In Person** in the multi-purpose room at the office of The Shepherd's Center of Richmond, 5101 Monument Ave., suite 105. Limited to 10 participants. See page 3.
- **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

### **Much Ado About Dr. Faustus**

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

Preview Richmond Shakespeare's summer offerings at Agecroft Hall in the summer of 2024. Get to know the ins and outs of Shakespeare's *Much Ado About Nothing* and Marlowe's *Doctor Faustus* before going to see them.

*Teacher: Maria Scott, retired English professor, Randolph-Macon College*

M • Apr 1 - May 20

9:30 - 10:30

### **Bop and Beyond: Jazz in the 1950's**

*8-week course: In person only.*

In the 1950's harmony came under siege. Regular chord changes of a given melody at the beginning of the decade were either subsumed into a single harmonic zone or drastically reduced in modal jazz by the end of the decade and made completely irrelevant in free jazz at the beginning of the following decade, while descriptively-titled subgenres of "cool" and "hard bop" identified alternate responses to bop's intrusive legacy.

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

M • Apr 1 - May 20

9:30 - 10:30

### **Our Weird and Wonderful Universe: Things That Go Bump in the Night**

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

Existence – Creation: Quantum Foam and The Big Bang. 1. Visiting Our Solar System (The Planets et al.) 2. Stars: Our Sun, Supernovae, Neutron Stars and Black Holes. 3. The Dark Forces: Dark Matter, Dark Energy, and the Final Darkness. 4. Sculpting the Universe: Einstein and General/Special Relativity. 5. From Small Things - Quantum Physics: (You can't trust an atom - they make up everything!) 6. Exoplanets (Searching for Earth 2.0). 7. Extraterrestrials (ET); Aliens, Abductions and Area 51: Looking for Intelligent Life. 8. A tour through the weird and wonderful Universe of ours: Wanna take a trip?

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

M • Apr 1 - May 20

9:30 - 10:30

*(Mondays continued next page)*

## Mondays, continued

### **Intermediate 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 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 • Apr 1 - May 20

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. As this is a continuing course, new students should have some knowledge of basic vocabulary and verb tenses. 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 • Apr 1 - May 20

11:00 - 12:00

### **Western Art Through the Ages**

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

Using visual presentations, this class will present an overview of periods in Western art from ancient Greece and Rome to the Modern and Contemporary movements of the 20th century. The progression and appeal of styles will be discussed and how art reflects culture. *Teacher: Christine Murphy Richardson, former museum guide, Philadelphia Museum of Art; retired university instructor of history and humanities.*

M • Apr 1 - May 20

11:00 - 12:00

## **Theatre/Art/Entertainment**

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

The theatre has been an enduring form of entertainment for centuries. How do its foundational elements, when combined, make it a collaborative art form as well? The discussions will consider such backstage elements as how an actor creates a role, how designers create theatrical worlds, how directors collaborate with other artists, and how playwrights provide foundations for all the other artists participating in a production. Finally, the course will explore the theatre's position between the worlds of art and entertainment.

*Teacher: Dr. Walter Schoen, retired associate professor of theatre, University of Richmond*

M • Apr 1 - May 20

11:00 - 12:00

## Monday Lunch Speakers

**Held in person and via Zoom.**

Free with Shepherd's Center membership.

### **The Changing Tide of War**

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

M • Apr 1

12:30 - 1:30

### **Virginia's Huguenot Heritage**

*Dr. Ann Woodlief, retired emeritus associate professor of English at VCU, former officer/librarian, Manakin Huguenot Society*

M • Apr 8

12:30 - 1:30

### **Plant-Based Eating: A Path to Health and Planetary Healing (Not Just a Diet!)**

*Joanne Kong, DMA, director of accompaniment, dept. of music, University of Richmond*

M • Apr 15

12:30 - 1:30

### **How Seniors Can Support Animal Rescue in their Community**

*Melissa Golden, volunteer manager, Henrico Humane Society*

M • Apr 22

12:30 - 1:30 (Mondays continued next page)

## Mondays, continued

### **What You Can Really Do With a Political Science Degree**

*Susan Clarke Schaar, clerk of the Senate of Virginia, Virginia General Assembly*

M • Apr 29

12:30 - 1:30

### **Wilfred Emory Cutshaw, the One-Legged Visionary Who Changed the Face of Richmond**

*Mimi Sadler, historical architect, and Camden Whitehead, professor emeritus, interior design, Virginia Commonwealth University*

M • May 6

12:30 - 1:30

### **How I Listen to Music**

*Clarke Bustard, host, Letter V: the Virginia Classical Music Blog*

M • May 13

12:30 - 1:30

### **Why Arts and Culture Matter and How to Get Connected!**

*Scott Garka, president, CultureWorks*

M • May 20

12:30 - 1:30

## Tuesdays - In Person

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 *La tête d'un homme* by the great detective fiction writer Georges Simenon. Order Hachette B2. ISBN: 978-2-01-155756-8. Audio text is available online. There will also be vocabulary study and gentle grammar review.

*Teacher: Suzanne Wiltshire, retired French teacher and administrator*

Tu • Apr 2 - May 21

11:00 - 12:00

## Tuesdays - Online Only

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

Kaffeeklatsch on "Gott und die Welt." Play on words, high frequency phrases and colloquialisms promote free and easy going conversation. Book: "Plötzlich in Palermo," Author Andre Klein, Amazon: ISBN: 13: 978-1518674334. This class is via zoom only.

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

Tu • Apr 2 - May 21

11:00 - 12:00

### **"Genki?" 日本語 Intermediate Japanese**

Free conversation. Work on grammar in current textbook *Japanese for Busy People*. Listening comprehension with Pimsleur. 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 • Apr 2 - May 21

12:30 - 1:30

## Wednesdays - In Person

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

### **Feldenkrais**

*6-week course: In person 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. Enrollment is limited to 10 participants and is available on a first-come, first-served basis. Reserve your space by calling the Center's office at 804-355-7282.

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

W • Apr 3 - May 8

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 Changing Tide of War**

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

W • Apr 10

12:30 - 1:30

#### **The James River Park System: Yesterday and Today**

*Giles Garrison, 4th superintendent, James River Park System*

W • Apr 17

12:30 - 1:30

#### **Opening Day of Congress - 1969**

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

W • Apr 24

12:30 - 1:30

#### **Prayers in the Cherry Tree: Experiencing God in Unexpected Places**

*Michael Renninger, pastor, St. Mary's Catholic Church*

W • May 1

12:30 - 1:30

## Thursdays

At Lakeside United Methodist Church  
2333 Hilliard Road

#### **The Six Wives of Henry VIII**

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

Henry VIII looms large in history—literally and figuratively. Much of the reason for his stature stems from the many women he married, two of whom he discarded quite violently. Who were these supporting players in the life of this charismatic and Janus-faced king? During this course we will explore the lives of Catherine of Aragon, Anne Boleyn, Jane Seymour, Anne of Cleves, Katheryn Howard, and Katherine Parr, the women who shared the same husband but who were remarkable individuals in their own right. While analyzing these women, we will also investigate how they each in their own way breached the traditional boundaries that limited women's lives during the early modern period.

*Teacher: Anne Throckmorton, associate professor, chair of History, Randolph-Macon*

Th • Apr 4 - May 23

9:30 - 10:30

#### **Biblical Biographical Perspectives**

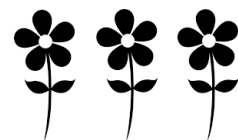
*8-week course: In person and via Zoom.*

Review of eight Biblical persons with unique information about each that many find unfamiliar. We will review Abraham, Enoch, Melchizedek, Hannah, Paul, Lydia & Priscilla, James and Mary Magdalene.

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

Th • Apr 4 - May 23

9:30 - 10:30



*(Thursdays continued next page)*

**Introduction to Journalism: How to Write Clearly, Concisely, and Correctly**

*8-week course: In person only.*

The course examines the profession of journalism and characteristics of good writing.

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

Th • Apr 4 - May 23

9:30 - 10:30

**What's On Your Mind? Open Discussion of Topics That Matter**

*4-week course: In person only.*

Your views about topics of importance to us in later life will be given voice in open discussions led by a moderator. Topics may include transitions, relationships, resilience, and the future.

*Teacher: John Countryman, gerontologist*

Th • Apr 4 - April 25

9:30 - 10:30

**Words of Comfort: Crafting Legacies, Obituaries, and Supporting Friends in Times of Grief**

*4-week course: In person only.*

Week 1: How to support a friend in grief: what to say, what not to say, tools and tips. Week 2: Legacy Writing Workshop. Week 3: Obituary Writing Workshop. Week 4: Obituary Writing Workshop Part 2.

*Teacher: Jennifer Moss, outreach and education director, Bliley Funeral Home and Cremation Center*

Th • May 2 - May 23

9:30 - 10:30

**Conversational Spanish Basics**

*8-week course: In person only.*

Learn pronunciation of vocabulary and grammar related to greetings, location, dining, shopping, etc.

*Teacher: Thea Paul, director, Language Institute of Virginia*

Th • Apr 4 - May 23

11:00 - 12:00

**Creative Writing for Listeners and Writers**

*8-week course: In person only.*

This course provides up to eight participants an opportunity to be part of a community that shares their writings, provides feedback, and celebrates their stories. Reserve your spot by calling the Center's office at 804-355-7282.

*Teacher: Nan Ottenritter, Richmond-based published poet and lover of the word*

Th • Apr 4 - May 23

11:00 - 12:00

**The Eternal City: A Biography of Rome**

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

The course offers a history of the city of Rome in its manifold aspects from its origins through the Renaissance. Among the topics addressed will be prehistoric Rome, the mythical and monarchical city, the Republican city, the Imperial city, the Christian city, the medieval city, and the Renaissance city.

*Teacher: David Routt, PhD, adjunct professor, history, University of Richmond*

Th • Apr 4 - May 23

11:00 - 12:00

**Presidential Leadership**

*8-week course: In person only.*

A study of presidential leadership and presidential campaigning. We examine several approaches to assessing presidential leadership and specific examples of what various presidents have accomplished.

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

Th • Apr 4 - May 23

11:00 - 12:00



*(Thursdays continued next page)*

## **Thursday Lunch Speakers**

Held in person and via Zoom.

Free with Shepherd's Center membership.

### **19th Century Health: Hospitalization to Hot Springs**

*Jacqueline Drayer, city historian, The Valentine*

Th • Apr 4

12:30 - 1:30

### **Peggy's War: Mennonite Refugees at Richmond's Castle Thunder**

*Karl Rhodes, local author and Federal Reserve Bank of Richmond (retired)*

Th • Apr 11

12:30 - 1:30

### **More than Ellen Glasgow: Women Writers Buried in Virginia**

*Sharon Pajka, professor of English, Gallaudet University*

Th • Apr 18

12:30 - 1:30

### **Beyond Needs: Building Resilient Communities with Asset-Based Community Development**

*The Rev. Katherine Gooch, ordained United Methodist pastor, B.A. in public policy and political science; Masters of Divinity, Duke University*

Th • Apr 25

12:30 - 1:30

### **Fulfilling the Promise of Brown v. Board of Education – Green v. New Kent County (1968)**

*Brian Daugherty, professor of history, Virginia Commonwealth University*

Th • May 2

12:30 - 1:30

### **Top Tips for Downsizing and Living in a Smaller Home**

*Gretchen Moen, marketing communications director-turned-professional-organizer and business strategist*

Th • May 9

12:30 - 1:30

### **The Canals of Mars and the Gastrointestinal Tract: A Journey from the Mouth to the 'End' with Discussion of Common Gastric Diseases Occurring En Route**

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

Th • May 16

12:30 - 1:30

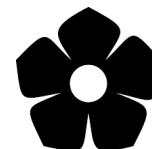
### **Historic Records from the Virginia Untold Project at the Library of Virginia**

*Lydia Neuroth, project manager, Virginia Untold*

Th • May 23

12:30 - 1:30

## **Fridays - NEW!**



### **Seeing Modern Art for the First Time**

*8-week course: In person only.*

Contemporary art forms are frequently misunderstood and judged lacking because their content is not readily recognizable. This course teaches new ways of seeing and understanding contemporary arts by going to local galleries and the Virginia Museum of Fine Arts where we will observe and dialogue about what we see. The content includes initial lectures on ways of seeing and understanding Visual Arts, then proceeds to discussions the students co-create. All you need to bring is a mind that is open to challenging ideas. The first two classes meet at The Shepherd's Center office: 5101 Monument Ave, suite 105.

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

Fri • Apr 5 - May 24

1:00 - 2:00

# Open University Registration Spring 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 Friday. 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!**  
Fall session begins  
Monday, Sept. 23, 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!**

## Spring Session

**Apr 1 - May 24 , 2024**

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

*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.**