



Mondays

At St. Luke Lutheran Church
7757 Chippenham Parkway

How Buildings Work: A Survey of Building Materials and Systems

8-week course: In person and via Zoom.

This course is a survey of the major materials used in building construction and the systems necessary for those buildings to best serve their occupants. The course will use both modern and historic precedents to illustrate these materials and systems.

Teachers: Mimi Sadler, historical architect; and Camden Whitehead, architect; professor emeritus, VCUarts, Department of Interior Design, VCU

M • Sept 22 - Nov 10

9:30 - 10:30

French for Seniors

8-week course: In person only.

Welcome to French I, a beginner's course designed for senior adults! This course offers a supportive environment for learning the basics of the French language. Whether you're planning to travel, interested in French culture, or simply looking to keep your mind active, this class is for you. You will learn to greet people, introduce yourself, ask and answer simple questions, and navigate everyday situations.

Teacher: Barrett Brown, Spanish and French teacher, Maggie Walker Governors School; volunteer ESL teacher, Sacred Heart Center

M • Sept 22 - Nov 10

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: Meriah Crawford, professor, Focused Inquiry, Virginia Commonwealth University

M • Sept 22 - Nov 10

9:30 - 10:30

'The White House Said Today:' Rhetoric of the Executive Branch

4-week course: In person and via Zoom.

We analyze the rhetoric of America's chief executive, from its Constitutional conception and limitations, to appointive prerogatives, responsibilities alongside the other branches of government, and relationships as they have evolved with press and public. From candidate to chief executive, diplomat, negotiator, spouse, parent, grandparent, artist, musician, occasional golfer or baseball pitcher, consoler in tragedy, and exemplar as elder statesman, we conclude with an assessment of what the office of the Chief Executive says about "we, the people."

Teacher: Linda Hobgood, retired director, University of Richmond Speech Center; faculty member, rhetoric and communication studies

M • Sept 22, 29; Oct 6, 13

9:30 - 10:30

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 • Sept 22, 29; Oct 6

9:30 - 10:30

Top Tips to Downsize & Live in a Smaller Home

2-week course: In person only.

Cut the Clutter RVA will share a roadmap for decluttering and downsizing. We'll break it into manageable do-it-yourself steps, aimed at overcoming overwhelm and making the most of your smaller space. We'll share tips about purging items you no longer need, maximizing your storage spaces, maintaining your trouble

Mondays, continued

spots, and much more.

*Teachers: Gretchen Moen and Lynda Reider,
Chief Clutter Cutters, Cut the Clutter RVA*

M • Oct 13, 20

9:30 - 10:30

Spanish I for Senior Adults

8-week course: In person only.

Bienvenidos a Español I. This is a beginners course designed for senior adults in a supportive environment for learning the basics of Spanish. You will learn to introduce yourself, greet people, ask and answer simple questions, and learn to navigate everyday situations. Each class meeting will offer practice in the four basic skills: reading, writing, speaking and listening. For those who are planning travel, interested in Hispanic culture or simply interested in keeping an active mind, this is the class for you.

Teacher: Barrett Brown, teacher of Spanish and French, Maggie Walker Governors School; volunteer ESL teacher, Sacred Heart Center

M • Sept 22 - Nov 10

11:00 - 12:00

Intermediate Spanish

8-week course: In person only.

A continuing class emphasizing basic grammar and vocabulary with a focus on everyday conversation. Textbooks: *Spanish for Mastery I: ¿Que Tal?* by Valette & Valette; and *Practice Makes Perfect: Complete Spanish Grammar*, 4th ed. by Gilda Nissenbaum

Teacher: Tim Martin, retired school counselor, former Spanish and French teacher

M • Sept 22 - Nov 10

11:00 - 12:00

Four Films from the Forties

8-week course: In person and via Zoom.

Moving on to a new decade, we will continue to look at critically successful and popular films. We will discuss the content and style of each movie as well as the ways they reflect the filmmakers' personalities. Also, we will take the time to discuss what elements made them successful in their own times and if their acclaim is still worthy today. The films we will look at are: *His Girl Friday*, *The Grapes of Wrath*, *The Lady Eve*, and

The Maltese Falcon.

Teacher: Walter Schoen, associate professor of theatre emeritus, University of Richmond

M • Sept 22 - Nov 10

11:00 - 12:00

Critical Thinking in This Age of Politics and AI

8-week course: In person and via Zoom.

In this age of politics and misinformation and disinformation we need to be able to think critically; there are such things as facts, evidence, and truth. We will discuss not what to think, but how to think.

1.) Critical Thinking: Introduction: Why Is It Important Now? 2.) Conspiracy Theories 3.) The Brain: What It Can and Can't Do 4.) Science: The Epitome of Critical Thinking 5.) Logic 6. and 7.) Fallacies 8.) Solutions: Where and How to Look

Teacher: Fred Silva, MD, University of Oklahoma

M • Sept 22 - Nov 10

11:00 - 12:00

Intermediate Italian

8-week course: In person only.

As this is a class that follows Beginning Italian, it is expected that students have at least 24 hours of familiarity with basic Italian grammar and vocabulary. This experience could be from having travelled, studied or lived abroad for a period of time, studied a college course, or spent the equivalent number of hours reading or studying online lessons. Textbook: *Basic Italian, Premium Third Edition*, Alessandra Visconti.

Teacher: Judith O. Buchanan, retired instructor, Italian and Spanish; MA in Italian, UNC-Chapel Hill; studied and travelled in Italy for two summers with Fulbright Grants for teachers

M • Sept 22 - Nov 10

11:00 - 12:00

Monday Lunch Speakers

Free with Shepherd's Center membership.
Held in person and via Zoom.

Spy Pilot: The U-2 Incident and Controversial Cold War Legacy

Francis Gary Powers, Jr., MPA, MA, U.S. History; founder, interim chairman The Cold War Museum

M • Sept 22

12:30 - 1:30

Monday Lunch Speakers, Cont.

Virginia at Center Stage - The State's National Election for Governor

Jeff Schapiro, retired journalist, Richmond-Times Dispatch

M • Sept 29

12:30 - 1:30

The U.S. Supreme Court: A 'First Monday' Look at Cases to Watch

Lauren Bell, associate provost and James L. Miller professor of political science, R-MC

M • Oct 6

12:30 - 1:30

Modlin Center for the Arts: Unique to Richmond's Culture

Paul Brohan, executive director, Modlin Center for the Arts, University of Richmond

M • Oct 13

12:30 - 1:30

Creating the Panama Canal, 1904 - 1914

Al Goethals, E. Claiborne Robins Distinguished Professor in Leadership Studies Emeritus, UR

M • Oct 20

12:30 - 1:30

Reimagining Richmond's Public Landscapes

Tyler Silvestro, registered landscape architect, partner, Marvel

M • Oct 27

12:30 - 1:30

From Picasso to Warhol: 20th Century Modern Masters

Christine Richardson, former museum guide, Philadelphia Museum of Art

M • Nov 3

12:30 - 1:30

Willie Black and Richmond: A Mystery Writer's Dynamic Duo

Howard Owen, retired journalist; author of 24 novels

M • Nov 10

12:30 - 1:30

Tuesdays

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

Ciao, Bella! Beginning Italian

8-week course: In person only.

Study the basics of Italian, with social, historical, and cultural information for basic conversations about restaurants, hotels, shopping, and travel. Textbook: *Basic Italian, Premium Third Edition*, Alessandra Visconti. Teacher: *Judith O. Buchanan, retired instructor, Italian and Spanish; MA in Italian, UNC-Chapel Hill; studied and travelled in Italy for two summers with Fulbright Grants for teachers*

Tu • Sept 23 - Nov 11

9:30 - 10:30

Beginning German

8-week course: In person only.

Students begin with pronunciation and move through grammatical structures, then see and hear conversations, descriptive texts, poems, songs, aphorisms, and musical settings of numerous texts. 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 • Sept 23 - Nov 11

11:00 - 12:00

"Was ist los?" Intermediate German

8-week course: In person and via Zoom.

Kaffeeeklatsch about "Gott und die Welt." Some grammar. German literature with Andre Klein's *Zurück in Zürich*.

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

Tu • Sept 23 - Nov 11

1:30 - 2:30

Intermediate Japanese 日本語 "Genki? げんき?"

How are you?

8-week course: In person only.

Practical, fun, and easy learning of the Japanese language with *Japanese in 10 Minutes a Day*, Kristine K. Kershul. Includes digital download of interactive software. Introduction to grammar and the three Japanese writing systems. Listening and pronunciation practice with *Pimsleur* audio CDs.

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

Tu • Sept 23 - Nov 11

3:00 - 4:00

Thursdays

At Lakeside United Methodist Church
2333 Hilliard Road

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 • Sept 25 - Nov 13

9:30 - 10:30

Birth of the Blues

8-week course: In person and via Zoom.

Although blues describing an emotional state dates back to Chaucer, blues as a musical term only emerged in the early twentieth century. Since then it has pervaded all styles of American music - classical, pop, country, folk, rock - and particularly jazz. The course surveys the influence of the blues from its origin to the present day.

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

Th • Sept 25 - Nov 13

9:30 - 10:30

Royal France

8-week course: In person and via Zoom.

During the seventeenth and eighteenth centuries, France reached the zenith of its royal power during the rule of the Bourbon kings. The reign of Louis XIV represented the apotheosis of absolute monarchy in Western Europe. Every other nation and monarch envied and feared France and tried to emulate it. Louis XIV did not create this seeming monolith from whole cloth. The state he crafted was the culmination of centuries of gains and losses by the French Crown. Nonetheless, what the Capetian, Valois, and Bourbon kings had so painstakingly built was dismantled in a matter of weeks during the summer and fall of 1789. Many historians would argue that prior to 1789, the king was France and that France did not become a nation until it was besieged on all sides by European armies. In this course we will study the origins of the French monarchy and explore the construct of "France."

Teacher: Anne Throckmorton, associate professor, chair of history, Randolph-Macon College

Th • Sept 25 - Nov 13

9:30 - 10:30

Aging and Ageism in Society and Self

4-week course: In person only.

Though the older adult years are meant to be rich and meaningful, they present unique circumstances that can be challenging. In this discussion-based class, students will share their wisdom and insights as we explore the benefits of and the tools for aging positively into elderhood. We will also discuss the systemic presence of ageism in society and the negative effects which this "ism" can have on one's aging process. The content for this class is taken from the writings of gerontologists and other experts in the field and based on scientific studies conducted with older persons.

Teacher: Wayne Swatowski, retired minister; nonprofit service worker

Th • Sept 25 - Oct 16

9:30 - 10:30

Stay Alert! Probing the Power of Peer Pressure

4-week course: In person only.

Learn about the extraordinary degree to which people can be influenced by their peers in making judgments as trivial as how much a dot of light moves or how long a line is to more consequential questions such as whether, following the War of the Worlds broadcast in 1938, Martians are really invading New Jersey, or years later whether flying saucers are really coming to Chicago to rescue a devoted group of true believers. In addressing such questions, we explore classic psychological studies of social influence.

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

M • Oct 23 - Nov 13

9:30 - 10:30

Intermediate French

8-week course: In person only.

In addition to reading French literature excerpts, students will practice speaking, refresh knowledge of grammatical structures, and enrich vocabulary. Students will read short stories/excerpts of novels by Voltaire, Honoré de Balzac, Gustave Flaubert, Paul Claudel, André Gide, Francois Mauriac, Simone de Beauvoir, and Marcel Aymé. Texts will be scanned and shared with students prior to each class.

Teacher: My Guidarelli, adjunct faculty, French, VCU, School of World Studies

Th • Sept 25 - Nov 13

11:00 - 12:00

Jane Eyre, An Autobiography

8-week course: In person and via Zoom.

Jane Eyre combines aspects of autobiography, Gothic suspense, Byronic lawlessness, and social commentary. Initially derided as "coarse" for its depiction of religious hypocrisy, class-consciousness, and sexuality, the novel remains popular as a romance, but also as a narrative reflecting the struggles of persons constrained by imperialist and patriarchal structures. Text required: Norton or Penguin editions recommended for their footnotes.

Teacher: Maria Scott, PhD, English language and Literature; professor emeritus, Randolph-Macon College

Th • Sept 25 - Nov 13

11:00 - 12:00

Ireland's Offshore Islands

8-week course: In person and via Zoom.

What distinguishes life on an Irish island? Of Ireland's 23 inhabited islands, I have visited and studied 18. This course is a glimpse at a few of the most intriguing. The themes we'll consider include island topography, flora and fauna, history and heritage, folklore and literature, resilience and sustainability, isolation and connection, island personalities, and the impact of tourism.

Teacher: John Countryman, retired theatre professor; gerontologist; storyteller

Th • Sept 25 - Nov 13

11:00 - 12:00

The Art and Science of Friendship

4-week course: In person only.

The surgeon general has said that loneliness is the greatest threat to our health and happiness. Friends change, and so do we, yet it is social connection that extends life and makes it rich. Discover what friendship means to you now and how to practice it as an art and science.

Teacher: Felicia C. Logan, MA, leadership and communication, UVA; lead faculty, Federal Executive Institute; adjunct faculty, UVA

Th • Sept 25; Oct 2, 16, 23 (no class 10/9)

11:00 - 12:00

Core of the Apple: Essences of Buddhism

3-week course: In person only.

Core of the Apple is an introduction to Buddhist principles and practices for those curious about this philosophical and psychological approach to living. Each of the three classes will offer some of

the most important, basic concepts and practices which are a path to walk rather than an immediate destination. Buddhist practice is a journey both inward and outward, that can render greater meaning to the steps we tread on earth.

Teacher: Jim Brown, retired coordinator of visual arts education, Wayne State University

Th • Oct 30; Nov 6 and 13

11:00 - 12:00

Thursday Lunch Speakers

Free with Shepherd's Center membership.

Held in person and via Zoom.

Campus Landscapes Designed by Charles Gillette

Mimi Sadler, historical architect; and Camden Whitehead, architect; professor emeritus, VCUarts, Department of Interior Design, VCU

Th • Sept 25

12:30 - 1:30

Ten Things I've Learned About Autism That Can Be Helpful To Retirees

John Bryan, author, artist

Th • Oct 2

12:30 - 1:30

Private Investigators: What They Really Do, How They Do It, and Why It's So Important

Meriah Crawford, professor, Focused Inquiry, Virginia Commonwealth University

Th • Oct 9

12:30 - 1:30

Capitol Secrets

Bill Leighty, former professor, Public Administration, VCU; former chief of staff for two Virginia Governors

Th • Oct 16

12:30 - 1:30

A Brief History of Henrico County

Bob Lehr, recreation coordinator, Henrico County Recreation and Parks

Th • Oct 23

12:30 - 1:30

(Thursdays continued next page)

Thursday Lunch Speakers, Cont.

Wrecked Hopes: Two British Shipwrecks from the American Revolution

*Katherine Ridgway, State Archaeological Conservator, VA Dept. of Historic Resources; and
Brendan Burke, State Underwater Archaeologist, VA Dept. of Historic Resources*

Th • Oct 30

12:30 - 1:30

Aging Well: County Services and Support for Individuals 60+

Ashlee Giles, advocate for the aging, Henrico County Outreach and Engagement Agency

Th • Nov 6

12:30 - 1:30

The Bauhaus: How a Small School Changed the World

Jim Brown, retired coordinator of visual arts education, Wayne State University

Th • Nov 13

12:30 - 1:30

Fridays

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

Seeing Traditional Art for the First Time

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

Fri • Sept 26 - Nov 14

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.

Willie Black and Richmond: A Mystery Writer's Dynamic Duo

*Howard Owen, retired journalist;
author of 24 novels*

Wednesday • Sept 24

12:30 - 1:30

Connecting Communities: Bridging Voices and Vision

Jelisa Turner, director, Henrico County Outreach and Engagement Agency

Wednesday • Oct 1

12:30 - 1:30

Campus Landscapes Designed by Charles Gillette

Mimi Sadler, historical architect; and Camden Whitehead, architect; professor emeritus, VCUarts, Department of Interior Design, VCU

Wednesday • Oct 8

12:30 - 1:30

Based on a True Story: The Franklin Expedition

Phil Ford, mobile library services, Henrico County Public Library

Wednesday • Oct 15

12:30 - 1:30

Open University Tuition Fall 2025

☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms. _____
first name middle initial last name

street address: _____

city, state, zip: _____

home phone: _____ cell phone: _____

email: _____

☐ **\$175 Tuition Deal:** includes \$25 membership and 1 year tuition. (Current members pay only \$150.)

☐ \$55 member tuition

☐ \$85 non-member tuition

☐ \$25 membership (7/1/2025 - 6/30/2026)*

Optional donation to TSCOR* \$ _____

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**

Can't remember if you paid membership?

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

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 3 separate locations: Southside, Lakeside, and Monument Ave. 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.

Fall 2025 Session:
Monday, Sept. 22 -
Friday, Nov. 14

Details inside.

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

*Registration for individual
courses not required.*



Scan to learn
more about
Open University!