

SPRING TERM SESSION 1: FEB. 3-MARCH 7

Fitness classes will not meet week of March 10.

MONDAYS

- **Basic Astronomy: Section A:** 10 a.m.–noon
- **Topics of Culture & Society:** 10:30 a.m.–12:30 p.m.
- **French Culture & Cuisine:** \$ **Section A:** 12:15–1:45 p.m.
Section B: 2–3:30 p.m.
- **Migration & U.S. Border Issues:** 2:15–3:45 p.m.
- **Vinyasa Yoga Flow:** * 4:30–5:30 p.m.

TUESDAYS

- **America's Antebellum Anxiety:** 9:30–11 a.m.
- **The Gospel of John: The Maverick Gospel?:** 11 a.m.–12:30 p.m.
- **Water Aerobics:** ** **Section A:** Noon–12:45 p.m.
Section B: 1–1:45 p.m. | **Section C:** 2–2:45 p.m.
- **Victorian Poets:** 2–3:30 p.m.
- **Demystifying AI:** 2:15–3:45 p.m.
- **Gentle Yoga: Section A:** 3:30–4:30 p.m.
- **Fearsome Villainous Character Writing – How to create a villain in storytelling:** 4–6 p.m.
- **Intermediate Hatha Yoga:** * **Section A:** 4:45–5:45 p.m.
- **Digital Photography: Unlocking the Basics for Stunning Photos:** 6–7:30 p.m.

WEDNESDAYS

- **Balance & Stability: Section A:** 9–9:45 a.m.
Section B: 10–10:45 a.m.
- **Water Aerobics:** ** **Section A:** 10–10:45 a.m.
Section B: 11–11:45 a.m.
- **Women's Awareness with Emotion of Anger – Part 2:** 10–11:30 a.m.
- **Senior Mat Core:** 11–11:45 a.m.
- **Historical Fiction for Children:** 11 a.m.–12:30 p.m.
- **Tai Chi: Section A:** 12:30–1:30 p.m.
Section B: 1:30–2:30 p.m.
- **The Modern Chapter 11 Business Reorganizations – Who Wins, Who Loses & Who Suffers:** 2–3:30 p.m.
- **Muscle Conditioning: Strength & Endurance Intermediate: Section A:** 2:30–3:30 p.m.
Beginner: Section A: 3:30–4:30 p.m.
- **Functional Fitness: Intermediate:** 4–5 p.m.
- **The Wine in Your Glass:** \$ 4–5:30 p.m.
(Three weeks, begins Feb. 12)

THURSDAYS

- **Muscle Conditioning – Strength & Endurance Intermediate: Section B:** 8–9 a.m.
- **Intermediate Hatha Yoga:** * **Section B:** 9–10 a.m.
- **Etymologies Everywhere:** 9:30–11 a.m.
- **Gentle Yoga: Section B:** 10:15–11:15 a.m.
- **American Bureaucracy I: Campaign Pledges & the Transition of Power:** 11 a.m.–12:30 p.m.

THURSDAYS (continued)

- **Loom Knitting II:** 11 a.m.–12:30 p.m.
- **Advanced Beginner Knitting:** 11 a.m.–12:30 p.m.
- **Meditation Practice:** 11:30 a.m.–noon
- **Muscle Conditioning: Strength & Endurance: Beginner: Section B:** 12:45–1:45 p.m.
- **Acrylic, Oil & Water Painting for the Intermediate to Advanced Artist:** 1–3 p.m.
- **Pursuit of Happiness in the Era of Climate Action:** 2–3:30 p.m.
- **What's Happening This Week?:** 4–5:30 p.m.
- **The Road to Revolution: The Origins of the American Revolution (Enhanced) – Section A:** 6–7:30 p.m.

FRIDAYS

- **Core Strength & Stability: Intermediate:** 8–9 a.m.
- **Let's Get Metaphysical: What is Reality and How Do We Know?:** 9:30–11 a.m.
- **Learn German:** 11 a.m.–noon
- **Water Aerobics:** ** **Section A:** 11–11:45 a.m.
Section B: 12–12:45 p.m.
- **The Road to Revolution: The Origins of the American Revolution (Enhanced) – Section B:** 11 a.m.–12:30 p.m.
- **Beginner Swim Lessons for Adults:** + 12:45–1:30 p.m.
- **Book Club: Nonfiction:** 1–3 p.m. *(Feb. 7 and 28)*
- **Stroke Refinement:** + 1:30–2:15 p.m.
- **Memoir Writing:** 2–4 p.m.

UPCOMING EVENTS: SESSION 1

- **Members' Preparation Week:** Wednesday, Jan. 22: 1–3 p.m. | Thursday, Jan. 23: 10 a.m.–noon
- **Spring Kickoff with La Roche President Dr. Christina Clark:** Friday, Jan. 24: 10:30 a.m.–noon
- **New Member Tours:** Tuesday, Jan. 28: 2 p.m. Thursday, Jan. 30: 1 p.m.
- **Social Committee Meeting:** Tuesday, Jan. 28: 1–2:30 p.m.
- **Class Recruitment Committee Meeting:** Wednesday, Jan. 29: 2–4 p.m.
- **ALL Third Anniversary Celebration:** Friday, Jan. 31: Details TBA
- **Strategic Planning Meeting:** Friday, Jan. 31: 1–4 p.m. Help create a three–five year plan for the Center and its programs. All members are invited.

PLUS MEMBER BENEFITS

- **Open & Lap Swim:** + Days and times to be announced.
- **Kerr Fitness & Sports Center Walking Track:** + Monday through Friday, 8:30 a.m.–6 p.m. *Hours may vary due to academic calendar and athletic events.*
- **Private Swim Lessons by Appointment***

+ Class for Plus Members only. | * Open for members and community. May have additional cost. See website for details. | \$ Additional cost. Schedule as of Jan. 21. Schedule is subject to change.



SPRING TERM SESSION 2: MARCH 17-APRIL 28

No classes April 14-21.

MONDAYS

- Basic Astronomy: Section B: 10 a.m.–noon
- Spring Gardening: Starting Now for a Great Season: 10:30 a.m.–12:30 p.m.
- Master Rendition: 1–3 p.m.
- Visio Divina with the St. John's Bible: 2–3 p.m.
- Nature & Garden Sessions from Penn State Cooperative Extension: 2–3:15 p.m.
- French Culture & Conversation: 2–3:30 p.m.
- Vinyasa Yoga Flow (cont.): 4:30–5:30 p.m.

TUESDAYS

- Unweaving the Web of World War I: 9:30–11 a.m.
- Beginning Crochet: 11 a.m.–12:30 p.m.
- North Park Hiking: 11:30 a.m.–1 p.m.
- Water Aerobics (cont.):⁺^{*} Section A: Noon–12:45 p.m. Section B: 1–1:45 p.m. | Section C: 2–2:45 p.m.
- Theater in the City: 2–3:30 p.m.
- Gentle Yoga (cont.): Section A: 3:30–4:30 p.m.
- Examining Cultures through Film – How films inform us about cultural differences: 4–6 p.m.
- Intermediate Hatha Yoga (cont.):^{*} Section A: 4:45–5:45 p.m.

WEDNESDAYS

- Balance & Stability (cont.): Section A: 9–9:45 a.m. Section B: 10–10:45 a.m.
- Water Aerobics (cont.):⁺^{*} Section A: 10–10:45 a.m. Section B: 11–11:45 a.m.
- Antietam Campaign: 10 a.m.–noon
- iPhone Basics: 10 a.m.–noon
- Senior Mat Core (cont.): 11–11:45 a.m.
- Fitness Testing & Prescription: 11 a.m.–12:30 p.m.
- Knitting for Beginners: 11 a.m.–12:30 p.m.
- Tai Chi (cont.) Section A: 12:30–1:30 p.m. Section B: 1:30–2:30 p.m.
- Dancing in the Rain: 2–3:30 p.m.
- Muscle Conditioning: Strength & Endurance (cont.) Intermediate: Section A: 2:30–3:30 p.m. Beginner: Section A: 3:30–4:30 p.m.
- Functional Fitness: Intermediate/Advanced (cont.): 4–5 p.m.
- Theories of Criminal Deviance: 4–5:30 p.m.
- Our Nation's National Security Strategy: 6–7:30 p.m.

THURSDAYS

- Muscle Conditioning: Strength & Endurance: Intermediate: Section B (cont.): 8–9 a.m.
- Intermediate Hatha Yoga (cont.):^{*} Section B: 9–10 a.m.

THURSDAYS (continued)

- American Bureaucracy II: First 90 Days: 11 a.m.–12:30 p.m.
- Loom Knitting I: 11 a.m.–12:30 p.m.
- Meditation Practice (cont.): 11:30 a.m.–noon
- Muscle Conditioning: Strength & Endurance: Beginner: Section B (cont.): 12:45–1:45 p.m.
- Faith on Film: 1–4 p.m.
- Intro to Watercolor: 2–3:30 p.m.
- Enhancing Personal Economic Literacy: 4–5:30 p.m.
- The American Revolution & Birth of the American Republic (Enhanced): Section A: 6–7:30 p.m.

FRIDAYS

- Core Strength & Stability: Intermediate/Advanced (cont.): 8–9 a.m.
- Water Aerobics (cont.):⁺^{*} Section A: 11–11:45 a.m. Section B: 12–12:45 p.m.
- The American Revolution & Birth of the American Republic (Enhanced): Section B: 11 a.m.–12:30 p.m.
- The Game's Afoot: A Primer for Sherlock Holmes' Mysteries: 12:30–2 p.m.
- Beginner Swim Lessons⁺ (cont.): 12:45–1:30 p.m.
- Book Club (cont.): 1–3 p.m. (April 4 and May 2)
- Stroke Refinement for Adults⁺ (cont.): 1:30–2:15 p.m.

UPCOMING EVENTS: SESSION 2

- Pathways to Wellness: Thursday, March 13
Intro to Reflexology: 10 a.m.–noon
Intro to Self-Massage: 1–3 p.m.
- Guided Trip to the Charles "Teenie" Harris Archive at the Carnegie Museum of Art: Monday, April 14:
Time and cost TBA

PROGRAM OFFERINGS AT KEARNS SPIRITUALITY CENTER

- Spiritual Direction^{\$} • Private Retreats^{\$} • Labyrinth
- Massage Therapy^{\$} • Reiki^{\$}

Open to the public and ALL members.
Contact 412-366-1124 or kearns@cdpsisters.org to learn more.

PLUS MEMBER BENEFITS

- Open & Lap Swim:⁺ Days and times to be announced.
- Kerr Fitness & Sports Center Walking Track:⁺ Monday through Friday, 8:30 a.m.–6 p.m.
Hours may vary due to academic calendar and athletic events.
- Private Swim Lessons by Appointment^{*}

⁺ Class for Plus Members only. | ^{*} Open for members and community. May have additional cost. See website for details. | ^{\$} Additional cost.
Schedule as of Jan. 21. Schedule is subject to change.

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