



ADVENTURES IN LIFELONG LEARNING

SPRING TERM SESSION 1: FEB. 2-MAR. 6

Spring Term Fitness Classes are listed on a separate page.

MONDAYS

- **Therapeutic Massages – Reflexology, Oncology, Trigger Point, Swedish:** 10–11:30 a.m.
(no class Feb. 9, end on Mar. 9)
- **Gettysburg Campaign:** 10 a.m.–noon
- **Theater in the City:** 2–3:30 p.m.

TUESDAYS

- **Astronomy in Culture:** 10–11:30 a.m.
- **Spiritual Journey through the Chakras:** 10–11:30 a.m.
(6 weeks)
- **Evolution of Pittsburgh as a Tourist Destination, Part 1: The Foundation til 1970:** 11 a.m.–12:30 p.m.
- **Introduction to Crochet:** 11 a.m.–12:30 p.m.
- **French Films of the Early 2000s:** 1–2:30 p.m.
- **Watercolor I: A:** 2–3:30 p.m.

WEDNESDAYS

- **Beyond the Veil II:** 11 a.m.–12:30 p.m.
- **La Roche Writing Club: A:** 11 a.m.–12:30 p.m.
- **La Roche Writing Club: B:** 1–2:30 p.m.
- **Contemporary Art, Really!:** 2–3:30 p.m.
- **The Indian Wars:** 2–3:30 p.m.
- **Wines and Grapes of Burgundy:** \$ 4–5:30 p.m. (Feb. 11-25)

THURSDAYS

- **American Courts: Continuing Discussion:** 11 a.m.–12:30 p.m.
- **Knitting for Beginners:** 11 a.m.–12:30 p.m.
- **Google Sheets:** * 2–3:30 p.m.
- **“In the Absence of the Ordinary: Soul Work for Times of Uncertainty” Book Discussion Group:** 2–3:30 p.m.
- **Watercolor II: A:** 2–3:30 p.m.
- **Economics of Aging:** 4–5:30 p.m.

FRIDAYS

- **USA at 250: An Introspective Celebration – Part 1:** 11 a.m.–12:30 p.m.
- **Power of the Written Word Book Club:** 1:30–3:30 p.m.
(Feb. 6, Mar. 6, Mar. 20, Apr. 24)
- **Hands-on iPhone Advanced Security:** * 2:30–4 p.m.

ONE-TIME AND SPECIAL EVENTS: SESSION 1

- **ALL Spring Preview:** Wednesday, Jan. 14: 11 a.m.–12:30 p.m.
- **Campus Tour for New and Prospective Members:** Wednesday, Jan. 14: 1:30–3 p.m.
- **26th Annual Dr. Martin Luther King Jr. Unity Breakfast: Building Community, Uniting a Nation the Nonviolent Way:** \$ Monday, Jan. 19: 8–10:30 a.m.
- **Southern Italy Trip Info Session:** Wednesday, Jan. 28: 11 a.m.–noon
- **New Member Orientation:** Wednesday, Jan. 28: 1–3:30 p.m.
- **ALL Spring Kickoff and Anniversary Celebration:** Friday, Jan. 30: 10 a.m.–noon
- **Operation Monarch:** Friday, Mar. 6: 1–2:30 p.m.

SPECIAL INTEREST GROUPS: SESSION 1

Led by Members, schedules subject to change
(No need to register)

- **Men’s Coffee Special Interest Group:** Wednesdays, 9–10:15 a.m. (Kearns Spirituality Center Lounge)
- **ALL Social Club:** First Wednesday of the month, 4–6:30 p.m. (Location varies and rotates)

PROGRAM OFFERINGS AT KEARNS SPIRITUALITY CENTER

- **Spiritual Direction** \$ • **Private Retreats** \$ • **Labyrinth**

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.–5 p.m.
Hours may vary due to academic calendar and athletic events.
- **Private Swim Lessons by Appointment** *

+ Class for Plus Members only. | * Lottery. | ** Open for guests and non-members. | \$ Additional cost.

Our fitness classes are now reserved for members. To learn more about becoming a member, visit laroche.edu/adventures.

Schedule as of Jan. 14. Schedule is subject to change.



SPRING TERM SESSION 2: MAR. 16-APR. 27

*No classes Mar. 30–Apr. 6.
Spring Term Fitness Classes are listed on a separate page.*

MONDAYS

- Astronomy in Culture: B: 10–11:30 a.m.
- Intro to Acrylic Painting for the Absolute Beginner: 11 a.m.–noon
- Why?: 11 a.m.–12:30 p.m.
- Acrylic Painting II: 1–2:30 p.m. (4 weeks)
- Pennsylvania in the American Revolution: 2–3:30 p.m.

TUESDAYS

- Exploring the Origins of 9/11: 9:30–11 a.m.
- Crochet a Granny Motif: Square and Round: 11 a.m.–12:30 p.m.
- Vatican Council II – Sixty Years Later: 11 a.m.–12:30 p.m.
- Dancing in the Rain Revisited: 1–2:30 p.m.
- Life Writing: Stories Worth Telling in Prose and Poetry: 2–3:30 p.m.
- Watercolor I: B: 2–3:30 p.m.
- Digital Photography: 4–5:30 p.m.
- Movies and Mental Illness: 4–6 p.m.

WEDNESDAYS

- Singing for Fun: 10–11 a.m.
- Faith in Action, Rooted in Grace: An Intro to Catholic Social Teaching: 11 a.m.–12:30 p.m.
- Fitness Testing and Prescription:* 11 a.m.–12:30 p.m. (6 weeks)
- Trump & Supreme Court: Round 2: 11 a.m.–12:30 p.m.
- Colonies and Territories and Possessions – Oh My! A History of U.S. Colonial Rule: 12:30–2 p.m.
- The Story of Pasta: From Hearth to Feast:\$ 1–4 p.m.
- How to Garden and Have Fun Too: 2:30–4 p.m.

THURSDAYS

- American Courts – What’s Next?: 11 a.m.–12:30 p.m.
- Evolution of Pittsburgh as a Tourist Destination, Part 2: Evolution 1970 til Now: 11 a.m.–12:30 p.m.
- Knitting for Beginners: Level 2: 11 a.m.–12:30 p.m.
- Poverty in America: 11 a.m.–12:30 p.m.
- Art of Storytelling II: 1:30–3:30 p.m. (4 weeks)
- Faith on Film: 1:30–4 p.m.
- Watercolor II: B: 2–3:30 p.m.
- What’s Happening This Week: 4–5:30 p.m.

FRIDAYS

- Exploring Your Wisdom Self: 10–11:30 a.m.
- USA at 250: An Introspective Celebration – Part 2: 11 a.m.–12:30 p.m.
- Power of the Written Word Book Club (continued): 1:30–3:30 p.m. (Mar. 20, Apr. 24)

ONE-TIME AND SPECIAL EVENTS: SESSION 2

- Neuroscience and Well-Being: How Spirituality Affects Our Health:\$ Wednesday, Mar. 25: 6:30–8:30 p.m.
- Spiritual Practices to Nurture Our Brains and Bodies:\$ Wednesday, Apr. 22: 6:30–8:30 p.m.
- Walking Historic Lawrenceville: Tuesday, Apr. 28 or Wednesday, Apr. 29 – 9:30–11:30 a.m.
- I Didn’t See That Coming: Preparing Documents for a Life Event: Monday, May 4: 9:30–11:30 a.m.
- That’s Not What I Expected: Informative and Entertaining Revelations on Widowhood: Monday, May 4: 1–3 p.m.
- Walking Historic Point Breeze: Thursday, Apr. 30: 9:30–11:30 a.m. or 1–3 p.m.
- Four Essential B’s: How Beliefs Affect Our Bodies, Brains and Bonds:\$ Wednesday, May 6: 6:30–8:30 p.m.

SPECIAL INTEREST GROUPS: SESSION 2

Led by Members, schedules subject to change. No need to register.

- Men’s Coffee Special Interest Group: Wednesdays, 9–10:15 a.m. (Kearns Spirituality Center Lounge)
- ALL Social Club: First Wednesday of the month, 4–6:30 p.m. (Location varies and rotates)
- Yarn Circle: Thursdays: 1:30–3 p.m. (Mar. 19, 26, Apr. 9, 16, 23)

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