

Adventures in Lifelong Learning Summer Term Schedule – 2026 – as of April 28, 2026
1st Session – May 26-June 29
2nd Session – July 6-August 7

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Course Descriptions – Alphabetical Order

Acrylic Painting II

Patsy Taylor-Moore

Acrylic Painting II is for those who would like to expand their use and knowledge of acrylic paints. We will introduce some drawing, including centering and perspective. The focus of the four classes will be to focus on refining techniques introduced in Acrylics for Absolute Beginners class. We will explore more advanced methods and start to find our individual style. Pre-requisite for this class is Introduction to Acrylics, or pre-approval by instructor.

Students will need to bring/purchase art tools that can be obtained from an art and craft supply store or big box store. A supply list will be sent with confirmations.

Billy Joel Lyrics and The Cold War

Mark Macedonia

Beginning in 1945 and running through 1991, just about every aspect of society was utilized as propaganda by both the United States and the Soviet Union during their confrontation called, The Cold War. In this entertaining and informative class, the instructor will use the lyrics of contemporary music as tools in examining the chronology of the Cold War.

Book Babies

Kim Carhart

Calling all grandparents and caregivers: Learn how to instill a love of reading in your little ones. This class will discuss types of books, activities and helpful educational websites (for newborn babies up to the age of 10 years old). Library resources and the building blocks of reading will also be covered.

Courageous Conversations: A Practical Guide to Becoming a Justice Ally

Paul Spradley

We often hear the term "ally," but what does it actually look like to live that out in our neighborhoods today? Join us for a warm, open-hearted look at how we can support racial equity, accessibility, and justice for migrants and those facing poverty in 2026. We'll move from big ideas to everyday actions, using light role-play to practice navigating real-world moments—

whether you're at the grocery store, the coffee shop, or the Thanksgiving table. We'll wrap up our time together with a shared reflection, learning from each other's stories and heart for our community.

***Cup of Life* Book Discussion**

Amy Armanious

This class will provide time for self-reflection, learning, and fellowship opportunities to individuals who are interested in spiritual care and spiritual health. The group will gather for shared conversation and discussion. Attendees learn from the group facilitator and each other as they enhance their knowledge of self, Creator, and others especially for people in need throughout our communities. We will learn about spiritual listening and how to encourage one another's spiritual health through presence. Our sharing time is not for life problem-solving, but for promoting whole person health, which is balancing body, mind & spirit.

Each participant must purchase this book before the first session. Regular reading and being prepared before each group session are strongly encouraged. Other than the book, the only item that participants are asked to bring to the first session... is a cup of their choice.

End of Term Decisions and Stay Orders by the Supreme Court

Larry Palmer

As a class, we will discuss the Supreme Court Decisions now pending and to be released before the end of the current Court Term, set for early June of 2026. The Cases include, among others, the Birthright Citizens Case, the Louisiana Redistricting Case based upon race under the Voting Rights Act, and a Case to determine whether American Companies can sue Cuba for confiscation by Cuba of their property many decades ago.

Evolution of Pittsburgh as a Tourist Destination – Part 3 – 2000-Present

Bill Obenour

The presentations continue the history of Pittsburgh from year 2000 to present. Concentrations are on the development of tourist attractions and the visitor economy, including failed tourism developments along with integration of tourism research. The foci are listed below in the proposed sequence, although the time on each is determined by course participation and visual quantity such as videos and other media.

- Regional Asset Legislation - Development of the Stadia and new Convention Center and hotels expansion

- History and evolution of the Strip District area of Pittsburgh. Failed Fifth – Forbes Proposal
- Transportation infrastructure development of the Pittsburgh International Airport and selective Highways

- Gambling legislation and construction of Casino and related infrastructure

- Museums and similar attractions and Development of districts with concentration of cultural institutions such as National Aviary, Zoo and Aquarium, and children's museum, and Picklesburgh

Five Caribbean Women Writers

Gemma Stemley

Caribbean women writers have reshaped contemporary literature with explorations of identity, history, migration and belonging. This five-week discussion course introduces participants to selected short works by writers such as Jamaica Kincaid, Rosa Guy, Gemma Stemley, Ramabai Espinet and Merle Hodge. We will explore themes of mother-daughter relationships, cultural inheritance, exile, aging and resilience. Readings will be brief and distributed in class or in pdf to OneDrive. No textbook purchase required. The emphasis will be on shared reflection and dialog to discover how much we as a people share common aspects in our day-to-day lives, regardless of cultural upbringing. Hence, making the course accessible to experienced readers and those new to Caribbean Literature. Sessions will begin with a musical (3-5 minute) excerpt to contextualize cultural rhythms present in the Literature. They will feature the Calypso, Reggae, Mento, and the sounds of the steelpan which originated in Trinidad.

From Lyres to Synths: The Evolution of Western Classical Music

Lauretta Werner Merrimban

From Lyres to Synths: The Evolution of Western Classical Music offers a comprehensive survey of Western art music from antiquity to the modern era. Exploring the musical traditions across key Modern eras—students will examine the defining musical characteristics and practices that shaped each era. Emphasis is placed on understanding how these musical developments reflect broader cultural, intellectual, and political shifts in Western European history. Through critical listening of musical recordings, students will develop a deeper appreciation of classical music’s evolution and its influence in the modern era.

From Outsider to Insider: The Catholic Church in The United States

Ed Bobinchock

This course will examine the evolution of the Catholic Church in the United States from the colonial days to today. Special emphasis will highlight some of the personalities affecting that development.

I Just Retired – Now What?

Paul Kasunich

This five-week course will explore the challenges facing newly retired individuals. Topics will include the increasing influence of Artificial Intelligence (AI), the variety of lifestyle and health opportunities, the increasing options for filling the time that was allocated to work and finally the financial challenges facing newly retired individuals.

Intellectual Property (IP)

Mike McKeown

This course provides students with an overview of fundamental legal issues that are pertinent to the acquisition and deployment of information technology, especially Artificial Intelligence (AI) in the world of Intellectual Property (IP). There will be an overview of the quickly evolving local, federal and international legal systems as they relate to intellectual, civil and criminal legal principles as they apply to information technology in Intellectual Property.

Intermediate Crochet: Intermediate Stitches

Cheryl Butler

This class builds on the 5 basic stitches (slip knot, ch, sc, dc, hdc) called Ceres in the Introductory class. We will explore Ripple Stitch; Clusters; Crossed Stitch, and Shell. The last class will be practice, questions, and review.

Materials: Yarn of choice, Scissors, Yarn of choice, Corresponding Hook size, Yarn needle, Stuch markers, Tape measure

This is NOT a beginner class. You must have taken a crochet class before or have experience crocheting.

Introduction to Acrylic Painting for the Absolute Beginner

Patsy Taylor-Moore

Introduction to Acrylic Painting is for those who would like to try the medium of acrylic painting. It is for **the absolute beginner**. There is no requirement for any background in drawing, though we will discuss how design, centering and perspective effects the painting. The focus of the five classes will be to introduce the student to color theory, supplies needed for acrylic painting, painting techniques and we will complete four or five small acrylic paintings.

Students will need to bring/purchase basic art tools, all of which can be obtained from a Dollar Store, Dollar General, an art and craft supply store or big box store. A supply list will be sent with confirmations.

Introduction to Drawing

Maria Farina

Discover the joy of drawing! Intro to Drawing is the perfect class to build a strong artistic foundation while exploring your imagination. You'll learn core drawing techniques, including the elements of art and principles of design while you develop your power of observation. We will use the world around us to inspire our pencil exercises and drawings to bring animals, nature and creative ideas to life. Come ready to explore, experiment, relax and most of all, have fun! Supply list will be provided.

We will use a lottery to select the participants for this class. We will notify selected participants either way by May 19. Members can take one section of Introduction to Drawing, not both.

Introduction to the Sport of Fencing

Michael "Opie" Opferman

Learn the fun and challenging Olympic sport of fencing in an introductory setting. The introductory level instruction establishes & builds fundamental skills while incorporating exercise needed for recreational fencing while learning and having fun. Each class will consist of stretching, conditioning, technical instruction, and practice bouts by the end of the course. Students should expect to be of moderate physical fitness and balance level before starting the course.

Note: All essential fencing equipment will be provided by the instructors. Students will be

required to wear comfortable pants, athletic shoes, and are encouraged to bring an appropriately sized full fingered glove which will protect the hand and wrist (a gardening glove or supple leather glove usually work well). Please note shorts or jeans are discouraged.

We will use a lottery to select the participants for this class. We will notify selected participants either way by May 19.

iPhone Basics

Jennifer Engel

Join this low-pressure, hands-on class to learn how to use (and not use) your iPhone. The class will take participants through how-to videos, activities, and instructions on the various aspects of an iPhone. Ample time will be allotted for questions.

Participants must have their own iPhone, already use the phone, and bring the phone to each class. This class is ONLY for iPhone users, not other types of cell phones. Members who previously took an iPhone Basics course must wait until May 19 to register.

We will use a lottery to select the participants for this class. We will notify selected participants either way by May 19.

Law Enforcement & The Use of Force in Modern Society

Michael “Opie” Opferman

Students will learn and discuss relevant U.S. Supreme Court decisions governing the use of force under the 4th Amendment and 5th Amendment. Students will examine how use of force policies are established and how they have changed over time. Through the use of video and discussion, students will attempt to apply 4th and 5th Amendment rulings and agency policies to evaluate recent real-world use of force events.

“Mentality” – Mental Health Illness Documentaries

Carrie Flickinger

In this course, students examine the history and evolution of mental health treatment in the United States through three documentary films. The course begins with *Mentality* (2021), which contrasts early asylum practices with modern psychiatric care while exploring society’s changing perceptions of mental illness and ongoing gaps in treatment. Students will engage with firsthand accounts from individuals living with conditions such as depression, anxiety, bipolar disorder, and panic disorder, and critically question how much progress has truly been made. Additional films—*Anxiety Club* and *Suffering in Silence*—highlight hidden struggles, community-level crises, and the continuing lack of mental health resources, encouraging informed discussion and continued advocacy.

North American Archaeology

Michael Secilia

This is an interpretive survey of pre-colonial Indigenous histories and cultures. The geographical scope is immense, and students will explore the rich regional and cultural diversity of ancient North America. Some attention will be paid to local sites and cultures like the Meadowcroft Rockshelter, Moundbuilders, Monongahela Culture, and eastern Woodland cultures more generally.

North Park Hiking – Intermediate Level

Edna Spang

Join the instructor to explore different areas of North Park each week. Along the way we will talk about the different trees, plants, mushrooms and birdlife at the park. We will walk on trails that have rocks, roots, uneven terrain, and steep hills. **It is a steady paced 3–4-mile hike, intermediate level.**

Hiking or trail shoes are recommended. Also, hiking poles or a walking stick is helpful. Prepare for all weather conditions. Starting locations will be sent out with confirmations.

You can only take one section of the hiking/nature walk classes (either first or second session) and should select the one that meets your ability and mobility.

North Park Nature Walk – Beginner Level

Edna Spang

Join the instructor to explore different areas of North Park each week. Along the way we will talk about the different trees, plants, mushrooms and birdlife at the park. This walk will be 1-2 miles at an easy pace.

Sturdy shoes are recommended. Also, hiking poles or a walking stick is helpful. Prepare for all weather conditions. Starting locations will be sent out with confirmations.

You can only take one section of the hiking/nature walk classes (either first or second session) and should select the one that meets your ability and mobility.

Out Damn Spot! Understanding Blood and Body Fluid Evidence in the Crime Scene

Michael Hochrein

Perhaps the blood on Lady Macbeth's hands was not imaginary. If only MacDuff and Lennox had the benefit of modern crime scene forensics when they found King Duncan murdered in Macbeth's castle at Inverness. With presumptive tests to locate nearly invisible amounts of blood; and the application of trigonometry to interpret events behind patterns of blood spatter, the struggle between Macbeth and Duncan might have been reconstructed and a transfer of blood on to Lady Macbeth proven. If only those Shakespearian investigators had had access to The Adventures in Lifelong Learning course titled "Out Damn Spot! Understanding Blood and Body Fluid Evidence in the Crime Scene."

This course consists of five (5) 1.5-hour classes in which we will explore the history of blood and body fluids analyses in crime scene investigation, the methods used to recognize and collect such evidence from the crime scene, and how laboratories examine body fluids collected from a crime scene. Retired FBI Special Agent and Evidence Response Team member Michael Hochrein will lecture, and present case histories related to each topic. Attendees will also have the opportunity to try presumptive tests used by crime scene investigators and to analyze blood stain patterns. Warning: Images used during the discussion of case histories in this course are extremely graphic.

Body fluids are present at virtually every crime scene. From a pool and spatters of blood in a violent attack to the inadvertent sneeze or sweat deposited by a burglar, the presence of such biological evidence should be expected. Its recognition can be difficult given the trace amounts left behind, transparency, and the quality of drying to a different appearance. Since the thirteenth century the forensic significance of understanding the nature and context of body fluids in crime scene has been documented. Beginning in the mid-1800s, precise scientific laboratory tests were developed to identify the presence of blood in samples. And today we see the applications of artificial intelligence (AI) to DNA analyses and blood stain pattern examinations. This course will give attendees an appreciation of the historical development of forensic sciences around body fluid evidence and have them step into the shoes of crime scene investigators presented with such evidence.

Podcast Creation for Beginners

Carrie Flickinger

Have you ever wanted to create something that reflects your opinions, values, or beliefs? This beginner-friendly podcasting course guides students through developing a clear concept and niche, identifying their purpose and ideal audience, and choosing a strong podcast name and description. Students will learn how to plan and outline their first episodes while using accessible tools and basic equipment to record and share their show. With instructor guidance, participants will discover that podcasting is easier than it seems—and leave ready to launch a podcast that will impress friends, family, and beyond. Come join us in creating a PODCAST for beginners...it's easier than you THINK and you will WOW your friends, family, and grandkids!

Prepare Institute: Retirement Education Course

Walt West

Unlike financial programs that focus on a specific topic, this comprehensive course will help you see the “big picture.” It examines many aspects of personal finance and how they can work together to create a complete game plan for retirement. With constant tax law changes, an uncertain future for Social Security, the shift toward employee-directed retirement plans, and the probable onset of widespread changes in the U.S. government the need for sound retirement strategies has never been more paramount. Today’s retirement landscape is vastly different from decades past. Retirees today demand capital preservation with growth for income NOW and in the FUTURE.

The risks are abundant: sequencing risk, longevity risk, healthcare risk, inflation risk and market risk to mention a few amongst many others. This course is designed to deliver comprehensive and up-to-date information, education, and knowledge to assist you to accurately prepare a retirement plan in today's world.

This class will meet two days, July 10 and 24.

Quello che vediamo: Films of Italy

Michael Young

In this journey through both moments in Italy's history and how the country has been portrayed, we will watch a collection of both Hollywood and Italian movies all set in and about Italy. The movies will include *Ovo Vadis*, Rosellini's *Viva L'Italia/Garibaldi*, *The Scarlet and the Black*, *Rome Adventure*, and [Tornatore's Cinema Paradiso](#), all made at least in part in Italy. We will explore how America has shown Italy and how Italy has seen itself.

Reading a Medieval Cathedral: England's Lincoln Cathedral and France's Chartres Cathedral

Philip Maye

In the course "How to Read a Medieval Cathedral" you will, with the help of my photographs, learn to "read" a cathedral: paying attention to symbols, saints, stories in windows, stone and wood, as well as important architectural features both outside and inside the cathedrals. We will compare and contrast English and French Gothic styles and touch on the Romanesque origins of both cathedrals and the remaining features that survived the near simultaneous transition to Gothic of these two deservedly famous cathedrals. The course will encourage students to think critically about what is shown, in what material is it depicted and in what context it appears. The book, "How to Read a Church: A Guide to Symbols and Images in Churches and Cathedrals," by Richard Taylor will be encouraged for purchase but not required.

Sacraments of Healing and the Ritual Journey

Sr. Linda Gaupin

Sickness, suffering, dying and sinfulness are liminal experiences that deal with moments of transition and transformation. Rituals enable us to deal with liminal moments and move from one state of being to another. This course will explore the religious understanding of sickness, suffering, dying and sinfulness as they are conveyed in the Order of the Anointing of the Sick and of Their Pastoral Care, The Order of Christian Funerals, and The Order of Penance. Special attention is given to their religious understanding throughout history; the impact of the Second Vatican Council on the revision of rituals; and the importance of ritual within the human experience.

Singing for Fun I

Patsy Taylor-Moore

Singing for Fun is designed as a program for older adults that will include breathing exercises, vocal warm-ups that are adapted for mature voices, singing of a variety of songs, and incorporating some social and movement-based activities. You do not need to know how to read music, as we will focus on learning familiar tunes with the aid of digital music.

We will use a lottery to select the participants for this class. We will notify selected participants either way by May 19. Those who participated in Singing for Fun in the spring term can register for the lottery, but preference will be given to those who have not taken the class before.

Singing for Fun II

Patsy Taylor-Moore

Singing for Fun II is designed as a collaborative group program for older adults that will focus on building community, learning and developing breath control and sharing the joy of singing.

Each class will include breathing exercises, vocal warm-ups that are adapted for mature voices, singing of a variety of songs, and incorporating some social and movement-based activities.

Singing for Fun II will explore musical theme options like:

Sentimental journey- songs from the golden age of Hollywood movies

The Sunny Side of Life- upbeat show tunes and familiar Broadway favorites

Folk and Soft Rock- songs with the beat and the feeling of the 1960s and 1970s

You don't need to know how to read music, as we will focus on learning familiar tunes with the aid of digital music.

Prerequisite- having completed Singing for Fun I, or with instructor approval.

We will use a lottery to select the participants for this class. We will notify selected participants either way by June 15.

Tell Me a Story

Mary Beth Spor

Telling a story is giving a gift. Storytelling is a sharing experience. When we tell stories, we show our willingness to be vulnerable, to expose our deepest feelings and our values.

Enjoying a story together creates community. It establishes a happy relationship between the teller and the listener. This rapport carries over to other areas as well, for people tend to have confidence in the person who tells stories well.

In this class, as always, VERY low pressure, we will practice the art of storytelling, hopefully getting more confident with practice and feedback. We will discuss attributes of good storytellers, read some justifications for practicing storytelling (such an ancient art!), and appreciate the stories others bring to the class.

I hope that this late summer class is one of enjoyment and wonder, for we all tell stories, and we all enjoy listening to a good story.

The Art of Being “Better Strangers”: Shakespeare’s Comedies

Michael Young

Among the most famous and discussed plays of all time, Shakespeare’s stories of love, and often disguise, are woven deeply into our cultural fabric. In a few weeks’ time, we will explore Shakespeare’s theater, style, recurring themes, and five of his classics – from the magical to the problematic. We will see the challenges of romance, virtuous men, strong willed women, quick talking clowns, and a few nasty villains.

The plays will include *As You Like It* (where the quote in the course’s name comes from), *The Taming of the Shrew*, *Much Ado About Nothing*, *A Midsummer Night’s Dream*, and *All’s Well That Ends Well*. Our discussions will be supplemented with brief sections of filmed productions. A copy of each play will be available as a downloadable pdf.

The Art of the Pause: Redefining the Sabbath for Modern Life

Paul Spradley

In an age of "always-on" technology and endless to-do lists, the ancient concept of the Sabbath is more relevant than ever. We’ll begin by exploring the rich theological roots of this tradition before shifting into a practical, secular look at how rest serves our mental and physical well-being today. This course goes beyond "taking a day off" to view the Sabbath as a vital tool for renewal. Together, we will share ideas for modern practice and conclude by building a practical, step-by-step roadmap for incorporating intentional stillness into your own weekly rhythm.

The City by the Bay: Films Starring San Francisco

Michael Young

Set in a city filled with both grace and a sense of danger, we will view a variety of movies, from 1936’s *San Francisco*, through Bogart and Bacall in *Dark Passage*, Hitchcock’s *Vertigo*, Steve McQueen’s classic *Bullitt*, and the screwball comedy *What’s Up Doc?* While watching them, we will tour Fort Point, Lombard Street, Russian Hill, and more as we see the city’s history and it changes.

The Dismantling of Diversity Equity and Inclusion (DEI)

Jamaal Craig

This course introduces students to the field of study related to ethnicity and diversity. Students will explore the differences attributed to people based on age, race, gender, sexual orientation and identity, national origin, body adornment, physical ability, mental ability, or cultural background. These perceived differences are the social, emotional, cultural and historical forces that have shaped the development of America’s ethnic and minority groups over the last 500 years. Students will explore factors that create the attitudes and behaviors of Americans in relationship to those who are perceived to be different.

The Story of Pasta: From Hearth to Feast

Huck Beard

In this four-part beginner series, learn essential doughs, hand-shaped pastas, filled delicacies, and celebratory baked dishes — perfect for anyone ready to roll, shape, and share.

- **Week 1: The Rustic Table**
Start your pasta journey with the essentials. Learn to mix and knead fresh egg dough, roll silky sheets, and cut fettuccine, pairing with a simple sauce to highlight the pasta's flavor.
- **Week 2: The Creative Table**
After making our sfoglie (pasta sheets), we'll explore the elegance of hand-shaped pastas like garganelli and farfalle, and discover how Italian cooks turn dough scraps into culinary art.
- **Week 3: The Noble Table**
Step into Renaissance-inspired pasta traditions with luxurious ravioli and mezzelune. Make smooth egg dough, create flavorful fillings, and practice shaping techniques.
- **Week 4: The Family Table**
Bring it all together in a celebratory class! Roll wide sfoglie for lasagna or cannelloni, then bake abundant, hearty dishes perfect for sharing with friends and family. Mangia!

This class will have a materials fee of \$60 for the food and materials. You may take one section of this class. If space is still available after June 1, you can register (and pay) for a 2nd section in the 2nd session.

Topics of Culture and Society

Natasha Garrett

This class will explore the themes of culture and the way it shapes communication and society. We will discuss how culture shapes many forms of human expression (art, music, education, film) and sharpen our cultural competence and cross-cultural communication skills.

(True) Saltwater Stories Book Club

Natasha Garrett

The course isn't about writing the perfect story. It's about finding the story you didn't know you had in you. Open to anyone who has a passion for words and a willingness to share them. Set sail on a compelling literary journey that explores the human stories behind life on the water—where love, ambition, danger, and resilience collide. This book club brings together three powerful works: *Marriage at Sea* by Sophie Elmhirst, *The Seacaptain's Wife* by Tilar Mazzeo, and *The Gales of November* by John Bacon.

If you are interested in maritime history, human drama, memorable characters and great storytelling, join us as we explore these true stories of maritime adventure.

This class will meet three Fridays as listed with the title.

May 29 - *Marriage at Sea* by Sophie Elmhirst

June 12 - *The Seacaptain's Wife* by Tilar Mazzeo

June 26 - *The Gales of November* by John Bacon

Understanding Violence in America

Jamaal Craig

This course explores the history of violence in the United States of America. Students will examine theories relative to the historical development of violence among human beings. Violence used against women, Blacks, Native Americans, Asians and people of Spanish origin in the “settlement” of America is examined. Periodic use of violence to achieve national goals is explored. Violence found in nursery rhymes, children’s stories, games, movies and television programming is discussed. In addition, gender differences in encouraged violence as well as in child rearing practices are discussed and explored, along with economic and medical violence.

USA at 250: An Introspective Celebration of the United States after 250 Years – First Edition

Richard Grimes

U.S.A. at 250 is a 30-week course focusing on the significant issues, dramatic events, and pivotal figures that have shaped and defined United States history in the nation’s semi-quincentennial year. Structured around a top twenty-five to thirty list (my homage to David Letterman’s top ten list), this course will integrate historical narrative with examples from American literature, art, film, documentaries, and historiography (what historians have concluded and debated). The course will address how historical events, issues, and figures have influenced and created American intellectualism, legends of mythological proportions, and national ideals. The intent of the course is to reflect on the shortcomings of the United States throughout its history but to also offer academic balance by celebrating the achievements and triumphs of a nation as it enters its 250-year anniversary. Engaging visual support for course content and historical narrative will be offered through power point presentations and video documentaries.

Summer (One) 2026--Part Two: Growing Pains of a Nation

1. The Buffalo: America’s Animal
2. The Republic of Tejas and Independence
3. Holy Warriors: The Abolitionists
4. Western Expansion and Sectionalism
5. The Lincoln-Douglas Debates

Summer (Two) 2026--Part Two: Growing Pains of a Nation

1. “Secessionitis” and the Coming of the Civil War
2. Lincoln, Union, and the Army of the Potomac
3. Summer 1863: Victory at Gettysburg / Draft Riots in New York
4. The Sand Creek Massacre
5. Lincoln’s Struggle for the Thirteenth Amendment

There are two different classes offered in the summer term. In the first session, the class is repeated on Tuesday evenings and Wednesday mornings. In the second session, a different class is offered twice as well (Tuesday evenings and Wednesday mornings).

Watercolor I

Maria Farina

Due to its very nature, watercolor is a beautifully loose medium where control of water and pigment are key. In Watercolor 1, you will learn the basic washes and techniques to build gorgeous watercolor pieces of art. You'll also have a lot of fun along the way dabbling with different brush techniques and the different special effects other materials bring to the process. Practice and patience are key and with Maria's help, you'll become fluid in the fundamentals to enjoy this beautiful medium!

There are two sections of this course to choose from in the summer term and members may select one.

Watercolor II

Maria Farina

The combination of water and pigment is at the heart of the beautiful medium of watercolor. In Watercolor 2, we'll concentrate on the delicate balance of water and ink to gain more confidence in advancing in the watercolor process. We'll also delve more into the techniques and strengthen our knowledge and practice of the fundamentals. This class is for anyone who wants to continue their love affair with watercolor.

There are two sections of this course to choose from in the summer term and members may select one.

What's Happening This Week?

Paul Kasunich

This five-week course will focus on a different newsworthy topic each week. The topics will be chosen based on what is making headlines for that particular week. Topics could range from local to national to international, with an emphasis on providing unbiased analysis of the highlighted issue. Class discussion and readings will spotlight the weekly topic.

Wines of Spain and Portugal

Patty Jones

This class will explore wines from Spain and Portugal. Spain is the third largest wine producer by volume in the world and has the largest vineyard area in the world. Spain's neighbor Portugal, while much smaller, produces some unique wines using grapes that are indigenous to the country as well as some varieties that are also grown in Spain. In the class we will taste and compare a variety of wines from Spain and Portugal.

This course will have a course fee of \$50 to cover the cost of the wines. This course will meet for 3 weeks. Section 1 will meet June 4, 11, and 18. Section 2 will meet July 16, 23, & August 6.

Members can take one section of Wines of Spain and Portugal, not both.

Writing Club

Maria Simbra

Unlock your creative voice in a supportive environment with a workshop-style course designed for writers of all levels. Build consistent creative practice with guided narrative and collaborative feedback.

What to Expect:

- *Prompt-driven exploration.* Each session focuses on curated, thought-provoking writing prompts to spark stories and life reflections for immediate drafting.
- *Small group intimacy and interaction.* With the group capped at ten participants, you'll work in a tight-knit community where trust, vulnerability, and genuine connection flourish.
- *The art of sharing.* Practice sharing your fresh work in a low-stakes, supportive setting. Learn to give and receive constructive, craft-based encouragement.
- *Process over perfection.* Discover themes and styles that emerge naturally in your unrehearsed prose or poetry.

The course isn't about writing the perfect story. It's about finding the story you didn't know you had in you. Bring pen, paper, and your muse. Open to anyone who has a passion for words and a willingness to share them.

There are two sections of this course to choose from in the summer term and members may select one. After June 1, if space is still available, members can register for a second section.

One-Time and Special Events Descriptions (in order of date)

Many one-time and special events are open for guests as well. See description or registration forms for the events guests can attend.

ALL Summer Preview

Wednesday, April 30, 2026 – 2-3pm

La Roche University's Introcaso Center for Lifelong Learning invites adults 50 and better to explore upcoming courses at the ALL Summer Preview. The event will take place in the Conference Room of Kearns Spirituality Center on the Sisters of Divine Providence campus, next to La Roche University. Guests will learn about the various noncredit, short-term courses that are offered as a part of Adventures in Lifelong Learning (ALL), a membership-based program for retirement-aged individuals. If interested, participants will be able to become a member and register for Summer Term classes at this event. Current members of the program can bring friends and family who would like to learn more about the program.

ALL New Member Orientation

Monday, May 4, Wednesday, May 20, OR Monday June 1 – 2-4pm

This new program will allow new and newer members to the Adventures in Lifelong Learning program to learn the ins and outs of the program, take care of all the logistics of being a member, take a campus tour, and ask questions to the staff. New members do not have to attend, but this will be a great way to get started and take full advantage of the programs.

We plan to offer this program monthly throughout the year to ensure all new members have the opportunity to learn about the program and all its benefits.

Center for Lifelong Learning Closed May 9-May 18

***Shadow's in the Dragon's Lair* by Mark Macedonia Book Launch**

Wednesday, May 20, 4:30-5:30pm

Instructor Mark Macedonia has written and published his fifth novel and second in the trilogy involving the characters Dr. Francis Nash and Peggy Harrelson. Join us as we have a book launch for this exciting new novel!

Guests are welcome to attend but we ask that they register for the event.

Penn U Brew

Thursday, May 21, 11am-2pm

\$70

Earn your degree and become a master of beer! Penn Brewery brewmasters and staff will take you to class to learn about the science, history, and more about beer. The class will include some lecture, guided beer tasting, tour of the space, cooking with beer demonstration, full beer-themed lunch buffet, and a signed diploma once you complete the day.

The fee for this approximately 3-hour course includes various activities, two free pints of beer, beers for sampling, the beer-themed lunch, your diploma (if you earn it), and a folder of beer information includes a recipe booklet to keep.

Transportation is on your own. There is a parking lot on site. Guests are welcome to attend at the same rate. Cancellations after May 8 will not be refunded.

Do We Still Love Lucy? You Bet We Do: Lucille Ball Desi Arnaz Museum and National Comedy Center, Jamestown, NY

Friday May 22, 2026

7am-10pm

\$220 (Guests welcome at the same rate)

Get ready for a day filled with laughter, nostalgia, and a little bit of mischief as we celebrate the 75th Anniversary of *I Love Lucy*—one of the most beloved shows of all time!

This isn't your typical museum trip. Forget quiet galleries and whispered conversations—this is a full-on celebration of comedy. We'll laugh together, relive iconic moments, and immerse ourselves in the humor that shaped generations.

Step into the world of Lucille Ball and Desi Arnaz at the Lucille Ball Desi Arnaz Museum, where you'll explore recreated sets like *Lucy and Ricky's* New York apartment, view original costumes, and see memorabilia that brings television history to life.

Then, keep the laughs going at the National Comedy Center, an interactive, one-of-a-kind experience that traces comedy from vaudeville roots to today's stand-up stars.

And yes—there's even lunch in the famous Tropicana Room (yes, *that* Tropicana Room!).

Trip Highlights:

- Walk through iconic *I Love Lucy* sets
- Explore costumes, awards, and behind-the-scenes history
- Enjoy an interactive comedy experience spanning generations
- Take part in a guided "Lucytown" tour
- Dine in themed and local favorite spots
- Plenty of time for shopping and souvenirs

Itinerary:

- **7:00 AM** – Depart La Roche (rest stop en route)
- **10:00 AM** – Tour begins at the Lucille Ball Desi Arnaz Museum
- **11:30 AM** – Gift shop stop
- **12:00 PM** – Lunch in the Tropicana Room
- **1:00 PM** – Lucytown Tour
- **2:30 PM** – National Comedy Center
- **4:30 PM** – Gift shop & depart

- **5:00 PM** – Dinner at Landmark Restaurant
- **7:00 PM** – Depart for home

Whether you grew up watching Lucy stuff chocolates on a conveyor belt or you just love a good laugh, this trip promises a joyful, memory-filled day you won't want to miss.

Spots are limited—sign up today and come laugh with us!

Included in your fee: Admission to 2 museums, step-on guide for Lucytown Tour, tips for guides, catered lunch at Tropicana Room, dinner at Landmark Restaurant, meal gratuities, soft drinks, deluxe motor coach.

Not included: Specialty beverages including those with alcohol.

Senior Health and Fitness Day

Wednesday, May 27

Description TBA

CPR Training

Wednesday, May 27

Description TBA

The Lost Kingdom of Pittsburgh, A True Story of Art and Exile in the Steel City

Friday, May 29, 11am-12:30pm

Description TBA

Bio TBA

Walking Historical Oakmont

Friday, May 29 OR Monday, June 8, 9:30-11:30am

Jay Steele

Oakmont is more than the U.S. Open Golf (10 times) and the well-known bakery. It is a very charming town after separating from Verona in 1889. It was developed by Michael Bright in 1816 with his wife and 16 kids. We will look at the beautiful old Victorian homes, old places of worship, an old cemetery, a delightful main retail drag on Allegheny River Boulevard with wonderful unique stores and restaurants and so much more.

Transportation and parking is on your own. The location to meet will be sent with confirmations.

AARP Smart Driver Refresher Course

Saturday, May 30 OR Saturday, August 15, 9:30am-2pm

Martin Synder

Refresh your defensive driving skills with the AARP Smart Driver course and you could be eligible for a multi-year discount on auto insurance. Plus, AARP members save 20% on the classroom course!

This is a refresher course for those who have taken the AARP Smart Driver course within the last 3 years. Contact your insurance agent if you are unsure whether they require the 4-hour or the 8-hour version. Please bring a pen, your driver's license, AARP membership card (if you are a national member), and a check made payable to AARP.

Members pay \$20, others pay \$25. Registration is required. No additional discount for ALL members. Guests are welcome to register.

The certificates will be distributed at the end of class.

Walking Historical South Side Flats of Pittsburgh

Monday, June 1 OR Friday, June 5, 9:30-11:30am

Jay Steele

The party place of Pittsburgh on weekend evenings is so much more to it. It originally was called Birmingham in 1826. Then became part of the city of Pittsburgh in 1834. It was the ultimate melting pot with immigrants from England, Germany, and Eastern Europeans with their ethnic churches (18). It was very industrial with large glass, iron, and steel businesses with 12 inclines. We will meander between the main drag of East Carson into the side streets. We will look at bridges, schools, churches, bath house, firehouses, banks, murals, market house, hotel, department store, City theater, loft housing, old brewery, and yes, bars.

Transportation and parking is on your own. The location to meet will be sent with the confirmations.

AARP Smart Driver Course

Option 1 - Saturdays, June 6 AND 13, Option 2 – Saturdays, August 15 AND 22, 10am-2pm

Martin Snyder

Refresh your defensive driving skills with the AARP Smart Driver course and you could be eligible for a multi-year discount on auto insurance. Plus, AARP members save 20% on the classroom course!

Seats are limited. This is a full 8-hour course; both days are required to receive a certificate. Pre-registration is required. Please bring a pen, your driver's license, AARP membership card (if you are a national member), and a check, made payable to AARP.

AARP Members pay \$20, others pay \$25. Registration is required. No additional discount for ALL members. Guests are welcome to register.

Certificates will be distributed at the end of class on the second day.

The Marshmallow Challenge: Creativity, Collaboration, and Problem Solving

Friday, June 12, 11am-12:30pm

Sean McLaughlin

This class invites La Roche University's Lifelong Learners to participate in a lighthearted building challenge using dry spaghetti, tape, string, and a marshmallow. In each session, participants work in small teams to design and build structures, then reflect on what helped them succeed: communication, flexibility, humor, and willingness to experiment.

Walking Historical Manchester

Friday, June 12 OR Monday, June 22, 9:30-11:30am

Jay Steele

Manchester is one of 18 sections of the North Side. It was laid out by English immigrants in 1832 (like Liverpool and Sheffield Streets). Starting out as a borough in 1843 and then merged with the City of Allegheny in 1860's (which we call North Side today) and then became part of Pittsburgh in 1907. It was classified as one of the top 10 neighborhoods of Pittsburgh because it's close to everything, walkable, with public transportation and close to major roadways. We will explore the huge Victorian homes (some with ballrooms) and wide streets (unusual for Pittsburgh). We will look at the Colonial Anderson 31-room mansion. He used to let the young boys like Andrew and Tom Carnegie, Henry Oliver, and Henry Phipps use his library (rare in the day). This inspired Carnegie later in life to finance libraries throughout the world (mostly Western Pennsylvania).

Transportation and parking is on your own. The location to meet will be sent with confirmations.

Architecture, Nature & Iconic Design Fallingwater and Polymath Park Day Trip

Monday, June 15, 2026

7:30am-9pm

\$195 (Guests welcome at the same rate)

Step away from the everyday and immerse yourself in a day of breathtaking design, natural beauty, and architectural brilliance—all just a short trip from home. Join us for an unforgettable journey into the Laurel Highlands as we explore the genius of Frank Lloyd Wright and his lasting influence on modern architecture.

The centerpiece of the day is a guided visit to Fallingwater—Wright's most celebrated masterpiece. Built in 1935 and dramatically perched over a cascading waterfall, this extraordinary home is a stunning example of organic architecture, seamlessly blending structure and landscape. Now a museum, it holds the distinction of being both a UNESCO World Heritage Site and a National Historic Landmark—and it's right in our own backyard.

We'll also visit Polymath Park, where you'll enjoy a tour of these properties inspired by Wright and his protégé, offering a deeper look into the evolution of his architectural vision.

This thoughtfully planned day includes not only two tours, but also time to relax and connect—with a boxed lunch and a shared dinner at the charming Historic Summit Inn Resort.

What to Expect:

- Guided tours of Fallingwater and Polymath Park grounds
- Insight into Frank Lloyd Wright's revolutionary design philosophy
- A box lunch in the Laurel Highlands
- Dinner with the group at the Historic Summit Resort Inn (specialty beverages at your own expense)
- Comfortable coach transportation throughout
- All gratuities included

Itinerary:

- 7:30 AM – Depart La Roche
- 9:15 AM – Arrive at Polymath Park
- 10:00 AM – Guided tour begins
- 11:30 AM – Break & depart
- 12:00 PM – Boxed lunch (on coach or at a scenic picnic stop)
- 1:30 PM – Arrive at Fallingwater Visitor Center (shop, video, restrooms)
- 2:15 PM – Assemble for guided walking tour
- 2:30 PM – Tours begin (small groups)
- 4:45 PM – Tour concludes
- 5:15 PM – Dinner at Historic Summit Inn Resort
- 7:00 PM – Depart for home
- 8:30–9:00 PM – Return to La Roche

Whether you're an architecture enthusiast, a nature lover, or simply looking for a unique and enriching day trip, this experience offers something truly special.

Please note that the day requires significant walking and steps, and some uneven and unpaved surfaces, especially at Fallingwater. Additional information:

- Backpacks are prohibited at the sites (on the motorcoach is okay).
- Photography is limited.
- The Museum Shops are credit only--no cash.

Pittsburgh's Antique Skyscrapers

Friday, June 26, 11am-12:30pm

Mark Houser

Description TBA

Guests are welcome but must register.

ALL Update and Future Plans (and redo of our Anniversary Celebration)

Friday, July 17, 1-2:30pm

Four and a half years ago, on Monday, January 31, 2022, Adventures in Lifelong Learning officially launched as the first program of the (now) Introcaso Center for Lifelong Learning. The first term had 55 members and 12 classes. Since then, the program has offered hundreds of classes and events, has grown to over to 800 members and has evolved to meet the needs and interests of the members.

As the program and Center enters their fifth year, it is a great time to look back and look forward. Join Jennifer Engel, Executive Director of the Introcaso Center for Lifelong Learning, and look back at what has been done and more importantly, what is set to come. We will talk about the strategic priorities and values of the Center and program and some opportunities and challenges that will be dealt with as we move forward.

The event is free, but RSVPs are required. Light refreshments and celebratory cake will be provided.

QCDs, RMDs, IRAs—Oh My

Monday, July 20, 10-11am

Walt West

Description TBA

Suffs

Saturday, July 25, 1pm Show

Join ALL as we go to see the musical *Suffs* at the Benedum as part of the Pittsburgh CLO Summer Series.

Direct from Broadway, comes the acclaimed Tony Award®-winning musical *SUFFS* about the groundbreaking, passionate, and funny American women who fought tirelessly for the right to vote. Created by Shaina Taub, the first woman to ever independently win Tony Awards for Best Book and Best Score in the same season, this "thrilling, inspiring and dazzlingly entertaining" (Variety) new musical boldly explores the triumphs and failures of a struggle for equality that's far from over. Winner of the Outer Critics' Circle Award for Best New Musical.

Ticket price – TBA, Guests are welcome to attend at the same price but must register. Transportation and parking are on your own.

***Suffs* Talk-Back**

Monday, July 27, 10-11am

Sr. Rita Yeasted

Join Sr. Rita as she breaks down one of her favorite musicals.

Guests are welcome to attend but must register.

Pittsburgh's Phenomenal Studio Wrestling History

Monday, July 27, 11am-noon

Dave Creedon

Long before Wrestlemania, long before the Hulk Hogans, there existed here in Pittsburgh a phenomenon called Bruno Sammartino and WIIC Studio Wrestling. Pittsburgh became a mecca of professional wrestling and on Saturday night every TV in the tri-state area was on Channel 11 for 90 minutes of Unorganized Mayhem. This class will take you back to simpler times and amazing storyline!

Guests are welcome but must register.

Trip to Meadowcroft Rockshelter and Historic Village

Friday, July 31

Michael Secilia – Docent

Details and Cost TBA

Special Interest Groups Member Led Groups – Schedules Subject to Change

ALL Social Club

First Wednesday of the Month, 4-6:30pm, Location announced monthly.

Join fellow members at local restaurants for socializing and good food. Each month, members meet at a local area restaurant. There are individual checks, food and beverage specials, and a good time had by all.

Men's Breakfast Club Special Interest Group

Wednesdays, 9-10:15am

Looking for some good conversation to go with your morning coffee? Join our informal gathering of lifelong learning men's morning coffee group. We hope to have relaxed discussions on life, news, hobbies, and everything in between. The group decides the topics and discussions. No agenda. No membership. Just friendly faces, fresh coffee, and lively conversation. We hope the group will eventually meet on a regular basis to share stories, laughs, and ideas.

ALL Game Night

Third Wednesday of the Month, 6:30-8:30pm, Kearns Spirituality Center Dining Room

Join fellow members in the dining room of Kearns Spirituality Center and play games! Members can bring their own games and snacks. The event is alcohol free and there is no cash betting.

Fitness Class Descriptions

Cardio, Strength and Core (Intermediate to Advanced Fitness Class)

Edna Spang

This class focuses on strengthening your core, improving cardio fitness and toning muscles. Equipment will be provided.

This is a fast-paced, intermediate level exercise class. Participants must be able to handle physical activity and be able to move easily up and down from the floor. Wear tennis shoes, bring a towel, yoga mat and drink.

Chair Yoga

Emily Shimko, EdD

This form of yoga will be practiced both seated and standing using a chair for support. Chair yoga is an accessible option for beginners, those who may not be able to go to the floor, individuals recovering from an injury, or those who want to explore their yoga practice in a different way. Incorporating breath work and adapted yoga postures, practitioners can gain physical and mental benefits including improved stability, strength, flexibility and stress reduction.

Chairs will be provided. It is recommended to bring two yoga blocks. Mats are optional.

This class is for members who cannot participate in the other yoga classes we offer and who may struggle with other fitness courses.

Circuit Training (Intermediate to Advanced Fitness Class)

Edna Spang

This class will help improve your cardiovascular health and muscle strength. We will complete a circuit of cardio and strength exercises using a variety of equipment. 1-minute intervals will have your heart pumping and muscle burning.

This is a fast-paced, intermediate level exercise class. Participants must be able to handle physical activity and be able to easily go up and down from the floor. Wear tennis shoes, bring a towel, yoga mat and a drink.

Gentle Yoga

Kathryn Jolley

Ready for yoga? Whether you are new to yoga, returning to yoga after a long hiatus, or simply looking for a less strenuous yoga experience, Gentle Yoga may be for you. Step-by-step cues and instructor adjustments ensure proper alignment. Guidance through breathwork and an internal focus encourages the positive benefits of yoga: improved flexibility, greater strength and balance, reduced stress, and a positive spirit. Participants must be able to get up and down from the floor with guidance and should bring a yoga mat to each class.

Hatha Yoga (Intermediate)

Kathryn Jolley

This level yoga class builds on the basics learned and practiced in any beginner or Gentle Yoga class. Classes may include more variety and challenge in poses, some flow and a greater focus on integrating breath, mind and body. While a good understanding of basic yoga asanas (poses) is important, the focus on alignment and balance to prevent injury continues. More challenging asanas, movement from one pose to another and a slightly quicker pace make this a bit more demanding class. Some prior yoga experience and a bit more strength are helpful for this class. Participants should bring a yoga mat to each class.

Meditation Practice

Kathryn Jolley

Whether or not you have ever tried meditation, this practice may help you learn to meditate with positive benefits like reduced blood pressure, lower cholesterol, improved focus, less stress, improved sleep and may encourage many other benefits. Together, we will try a variety of types of meditation which may help you find a method that suits you well. Enjoy the community aspect of practicing meditation with others. This is not a history lesson; this is about PRACTICING meditation in community.

Muscle Conditioning- Strength and Endurance

Emily Shimko, Ed.D.

Build muscle strength and endurance in this group fitness class. We will use dumbbell weights and other equipment to move through a variety of muscle fitness exercises with little rest between exercises. Modifications and a range of weights will be offered. Participants should have adequate mobility for this class. Weights will be provided, but participants are advised to bring a mat and water.

Beginner does not require participants to get on the floor. The intermediate level requires participants to get down and up from the floor throughout the class.

On the Move

Assorted OTM Certified Instructors

On the Move (OTM) is a proven group exercise program to improve walking in older adults. All classes are done to music and led by a trained OTM instructor. OTM has a warm-up period, progressive walking and stepping patterns, strength training exercises, and a cool-down period. OTM welcomes individuals who want to improve their walking or balance, are fearful of falling, have chronic conditions such as arthritis, heart disease, or diabetes, can walk on their own but may be unsteady or have some difficulty, and/or want to exercise and have fun. People who participate in OTM may become more confident in their walking, walk farther without having to stop and rest, walk faster, and find it easier to do daily tasks.

Instructors TBA

Pilates

Abby Werner

Strengthen your core, improve your posture, and enhance flexibility with this low-impact, full-body workout. Pilates focuses on precise movements, breath control, and alignment using just your body weight and a mat. This course will help you build deep core strength, improve stability and leave you feeling balanced and energized.

Participants will need to bring a mat to each class.

Tai Chi - 24 Short Form (Beginner)

Sifu David Slaughter

Tai Chi is a low impact set of movements that benefits the mind and the body. Some of the benefits include improved balance and flexibility, better focus and concentration, stress reduction and overall well-being. The movements are done in a slow relaxed coordinated manner that helps increase circulation of the brain and the internal organs. Tai chi helps regulate the nervous system, which sends signals to the brain that enhances our reaction skills. Each movement has a specific name and purpose.

The classes will begin with working on the beginner 24 movement Tai chi form and progressing to the advanced 108 movement form. Chi kung, (breathing exercises) postures and footwork will be covered in each class. This is a general level fitness class.

Members may only take one of Sifu Slaughter's classes each week.

Tai Chi - 108 Long Form (Advanced Beginner/Intermediate)

Sifu David Slaughter

The 108 Long Form is an advanced sequence for people that are comfortable with the movements of the 24- short form. All the posture/movements in the 24 -short form, are in the 108 long form. Its structure features a series of postures and transitions, many with multiple repetitions, reflecting the flowing movements of Tai Chi at an advanced level. The form is divided into sections, each containing a variety of stances, turns, kicks, balances, and hand techniques, which makes it a fascinating way to work a more advanced method to improve balance, focus, and flexibility.

This class is NOT for beginners or those with little experience in the art and practice of Tai Chi.

Members may only take one of Sifu Slaughter's classes each week.

Vinyasa Yoga Flow

Emily Shimko, Ed.D.

Vinyasa yoga is a common style of yoga practice in Western Culture. This type of yoga links postures from one to the next, guided by the use of the breath. Postures and sequences vary from class to class. Benefits of regular Vinyasa yoga practice may include increased strength, flexibility, overall fitness and reduced feelings of stress. Modifications can be made during

practice, but participants should be in relatively good health and be able to move between the mat and standing postures. Please dress comfortably and bring a mat and water. You may also bring along your own blocks, towels, straps or any other items to support your practice.

Water Aerobics

Cathy Fodor

Join us for a low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Zumba Fitness

Joanna Dilley

Zumba is a Latin cardio dance-based workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. We mix low- and high-intensity moves for an interval style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called "exercise in disguise." These classes are perfect for everybody; no dance experience is needed! Zumba classes are designed to bring people together to dance, move and have fun!

Zumba Fitness is more intense than Zumba Gold.

Zumba Gold

Joanna Dilley

Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat and prepare to leave empowered and feel strong.

Zumba Gold is less intensive than Zumba Fitness.

Plus Members Open Times

Walking Track – Monday through Friday, 8:30am-6pm

Pool Hours – TBA

Program Offerings at Kearns Spirituality Center

These offerings are open to the public as well as ALL members.

Spiritual Direction[§]

Spiritual Direction is not counseling, nor is it about giving advice. A spiritual director is a skilled and compassionate listener who is trained in the art of helping another person to pay attention to the presence of God in prayer and life experiences. Staff at Kearns Spirituality Center will get you connected to a Spiritual Director, and you can meet in our facility if you wish. The typical cost is \$60 an hour.

Private Retreats[§]

A private retreat allows you time away from the busyness of daily life, for quiet and solitude, and to spend time with God in prayer and reflection. You provide your own material for prayer and meals and decide your own schedule. We can provide a private bedroom with a recliner and desk for your use along with the use of our kitchen. A typical donation of \$40 is offered for one day. If you would like to spend the night, it is \$75 for a single room and \$100 for a suite, which includes a private bath.

Labyrinth

Kearns Spirituality Center invites you to experience the beauty of its permanent outdoor labyrinth. The labyrinth is an ancient, sacred symbol found in many religious traditions throughout the world. During the Middle Ages, labyrinths were prominent in numerous cathedrals in Europe, where Christians walked floor labyrinths or traced their fingers along the carved ridges of wall labyrinths.

Designed and constructed in 2003, the labyrinth is located behind Kearns Spirituality Center. Individuals are welcome to walk the labyrinth. Groups larger than three are asked to contact Kearns to schedule their labyrinth walks. No charge.

Biographies of Instructors and Lecturers

Amy Armanious RN is a spiritual director at Samaritan Counseling, Guidance, Consulting.

Huck Beard is an obsessive sfogolino (pasta maker) who definitely knows the difference between tortellini and tortelloni. He teaches pasta classes in his home kitchen and at private parties and fundraisers. He is also the longtime Creative Director at Pittsburgh Magazine, a novelist, a photographer, and a professional musician. He and his husband, John, live in the North Hills with their ridiculous Portuguese Water Dog, Humphrey.

Ed Bobinchock, Ph.D., a recently retired professor of Religious Studies and Philosophy at La Roche University, has been an avid student of Vatican Council II since the early days of his theological studies at the Katholieke Universiteit Leuven, where several of his professors served as theological consultants at Vatican II and drafters of several of the sixteen documents promulgated by the council.

Cheryl Butler, a nurse by profession and a crafter by passion, incorporates the history of crochet with techniques for beginners in the fiber art. Experience includes 50 years of a variety of crochet projects, different crochet techniques, and awards for her creations. Teaching experience includes classes with multiple students at JoAnne Fabrics and individual lessons.

Kim Carhart is a retired Title I Reading Specialist and 4th grade teacher with a passion for literacy. She earned her Elementary Education degree from La Roche University and holds both a Reading Specialist Certification and an M.Ed. in Reading from the University of Pittsburgh. She believes every learner can read and comprehend with the right support.

Jamaal Craig is an Associate Professor at the Community College of Allegheny County where he teaches courses in Ethnic and Diversity Studies and Political Science. He holds a master's degree in public policy, from New England College and a BA in Political Science from the University of Tennessee as well as an associate's in science in Criminal Justice from the University of South Carolina. He has taught courses including Political Science 101, American Government, State and Local Government, and the U.S. Constitution. He is also the lead faculty of the Youth Civic Leadership Academy (YCLA), a program that partners with the City of Pittsburgh to help youth develop transferable skills, competencies, and experiential learning necessary to thrive as civic leaders, community stewards, and change makers.

In addition to his teaching experience Professor Craig has extensive experience working in government at the Federal, State, and Local levels.

Dave Creedon was all around the world of Wrestling, ringside photographer, knowing the grapplers and the behind-the-scenes stories. Born in Pittsburgh's North Side and raised in then the farming community of Cranberry Township (that's sure not true anymore) and raised his family and still lives in that community.

Joanna Dilley – Bio TBA

Jennifer Engel is the Executive Director of the Center for Lifelong Learning at LRU. As a member of the GenX generation, she remembers the time without computers and cell phones but has grown up using them. She has spent a great deal of time training and supporting people with the use of their iPhone and other forms of technology.

Maria Farina has been studying art for as long as she can remember. From a family of teachers and artists, Maria was raised to learn fundamentals and practice them to achieve her goals. Maria is thrilled to extend her knowledge of watercolor to her students so they may move forward with confidence to explore and practice this beautiful medium.

Carrie Flickinger earned a Bachelor of Arts in communications and a minor in English from Duquesne University. Furthering her education, she obtained an M.A. in corporate communication from Duquesne University and an M.S. in Applied Developmental Psychology from the University of Pittsburgh. She has extensive teaching experience teaching 6th and 7th grade English in MB, SC for 11 years, and has taught at local universities such as, Carlow, Chatham, Duquesne, and Coastal Carolina University in Myrtle Beach. She is currently an adjunct in the communications, media, and technology department at LaRoche University. In addition, she is pursuing her Ph.D. in communication and rhetorical studies with a focus on Cyberspace. She has a five-and-a-half-year-old son, Liam, with a lot of energy and zest for life and a new puppy, named Pauppie, who has kept her in shape!

Cathy Fodor has taught water aerobics, swimming lessons, lifeguarding, and many other Aquatic programs for over 30 years. She is a certified Silver Sneakers instructor and enjoys creating fun Water workouts for older adults.

Natasha Garrett holds a Ph.D. in international education from the University of Pittsburgh. She serves as the director of International Student Services and as an instructor in the International Studies and Communications Departments at La Roche. As a Macedonian in Pittsburgh, she is passionate about everything cross-cultural—education, literature, art, food/drinks and people.

Linda L. Gaupin, CDP, Ph. D is a Sister of Divine Providence from Pittsburgh, Pennsylvania. Linda has served as the Chairperson of the Theology Department at La Roche University, Pittsburgh; Director of Worship for the Diocese of Wilmington; the Associate Director of the Secretariat for the Liturgy for the United States Conference of Catholic Bishop, and Diocesan Director of Religious Education for the Diocese of Orlando. She holds a M.A. in Systematic Theology from Loyola University in Chicago and a M.A. and Ph.D in liturgy and catechesis from The Catholic University of America. She is a noted author and speaker on the topics of liturgy, catechesis, and sacramental catechesis. She is currently a member of the Board of Trustees for La Roche University.

Dr. Richard S. Grimes has taught Native American history and early American history for 25 years at West Virginia University, Carnegie-Mellon University, Duquesne University, and

LaRoche University. He currently teaches at Penn State University-Beaver. An active researcher and writer, his book *The Western Delaware Indian Nation, 1730–1795: Warriors and Diplomats* was published by Lehigh University Press, *Studies in the Eighteenth Century and the Atlantic World* (October 2017). He is currently working on a new book which focuses on the Cheyenne Dog Soldier (Hõtă'mittä'niu) military society and their role as tribal police, nomadic warriors, and defenders of Cheyenne culture and homeland on the Great Plains during the nineteenth century.

Michael Hochrein is an adjunct faculty for the Department of Justice, Law, and Security of La Roche University and a consultant for HD Forensics, Erie, Pennsylvania. He retired from the Federal Bureau of Investigation in 2017 after more than 29 years as a Special Agent. In his capacity as a Special Agent, he participated in the investigations of matters ranging from violent crimes, financial and government fraud, as well as child pornography. Former Agent Hochrein was a member of the F.B.I.'s Evidence Response Team (ERT) Program since its initiation in the mid-1990s. As a certified police instructor in various topics related to the collection of evidence and management of crime scenes, Mike developed and conducted training for local, state, and federal law enforcement as well as medico-legal practitioners and academic audiences ranging from high school to graduate school. Former Agent Hochrein was a contributor to the F.B.I.'s Evidence Response Team Field Reference Guide. He is also the author or co-author of several peer reviewed articles on topics of forensic archaeology and forensic geotaphonomy. In addition, Mike continues to compile, and update, an extensive bibliography for many aspects of crime scene investigation. He maintains memberships in American Academy of Forensic Sciences, the International Association for Identification, and the International Homicide Investigators Association.

Mark Howser – Bio TBA

Kathryn Jolley took her first yoga class in 1997, and it has been her passion ever since. She found strength and flexibility for her body, relaxation and focus on her mind and a sense of spirit in facing the world. Kathryn completed her 200-hour yoga training 12 years ago and has completed additional training in Mindfulness, Vinyasa (flow) and Student Adjustments through the Shambhava School in Houston, PA and Boulder, CO. Kathryn is a Reiki Level II practitioner and trained in Yoga Nidra, sometimes called “yogic sleep” and has been teaching meditation for the last five years. Kathryn has taught students from the ages of 6 and 85 and loves to help older adults become more attuned to their bodies in order to maintain and improve their lives.

Patty Jones has been an avid wine enthusiast for many years. She had a 35+ year career in technology / software development and decided several years ago to leave full-time employment in the technology field and pursue formal education and certification in Wine. Patty began courses through the Wine & Spirits Educational Trust (WSET). The WSET, a global organization founded in 1969, is headquartered in London and is generally regarded as one of the world's leading providers of wine education. Patty has achieved the WSET Level 3 award in wine and has been teaching wine classes at a local distributor/importer for the past 2 and a half years.

Paul Kasunich, EdD, has earned a B.S. in Economics, M.S. in Education, and an EdD. All his degrees are from Duquesne University. As well as teaching in the Doctoral program at Gwynedd, he serves as Dissertation Chair for several doctoral students. Dr. Kasunich is no stranger to LaRoche. From 2000-2006, he taught both Macro and Microeconomics in the Business School at LaRoche.

Mark Macedonia is a retired Social Studies teacher who taught for thirty-two years within the Seneca Valley School District, where he taught AP World History and United States History to High School Students. He holds a Bachelor of Arts Degree in communication from St. Bonaventure University, and a Master of Arts in Teaching Degree from the University of Pittsburgh. In the past five years, Mark has authored three books of historical fiction, *The Soles of Cyrus Eblis*, *Beneath a Crescent Moon*, and most recently, *Beware the Shifting Sands*.

Philip Maye has worked as an architectural photographer for 3 decades with a focus on photographing churches and cathedrals. He graduated from the University of Pittsburgh in 2005 with an Intensive Bachelor's Degree in the History of Art and Architecture. Significant projects include an intensive collection of photographs taken at Chartres Cathedral in France during a two-week study program available on the "Chartres: Cathedral of Notre-Dame" website hosted by University of Pittsburgh, along with churches and cathedrals in Paris and London. In 2024 he photographed Lincoln Cathedral when singing with the Calvary Church Choir for a week there, in addition to churches and cathedrals in England, France and Germany. His photographs of Calvary Episcopal Church, East Liberty were published in the book, "Calvary Episcopal Church, Pittsburgh, Pennsylvania: A Guide to the Art and Architecture" in 2008.

Mike McKeown is a recently retired Federal Bureau of Investigation (FBI) Supervisory Special Agent. He joined the FBI in 1997 and worked for the majority of his career on cyber investigations for the FBI. His cyber work for the FBI included working as a Cyber Assistant Legal Attache in Ukraine and at the European Union's Europol Center in The Hague, Netherlands. Following his retirement from the FBI, Mr. McKeown became an Assistant Professor at La Roche University.

Sean McLaughlin is a Senior Writer/Producer specializing in promotional, marketing, and original content for cable television and digital platforms. Since 2001, his award-winning campaigns and branded content have driven ratings and audience engagement for networks including Paramount/CBS, Discovery, Investigation Discovery, TV One, and National Geographic. His expertise spans creative strategy, content development, production, and cross-platform marketing, with a proven track record across broadcast, streaming, and digital media.

Sean is a graduate of North Allegheny High School and Ohio University's E.W. Scripps School of Journalism. He lives in McCandless and is the son of a current Lifelong Learner at La Roche University. He is a freelance commercial producer for Pittsburgh-area businesses and the host of "In the Know," airing weekly on WPXI-TV, and previously served as a producer for KDKA-TV's Pittsburgh Today Live.

Bill Obenour, PhD is a retired professor whose research focused on the meanings of the journey to long-term traveler, destination image, and sustainable tourism strategies. He taught at East Carolina University, Bowling Green University, and the University of North Carolina Greensboro. He earned his PhD in Parks Recreation and Tourism Management from Clemson University and his Med from Bowling Green State University. In his free time, he has traveled to approximately 45 countries and 47 of the 50 states.

Michael Opferman (Opie) has spent his career in federal law enforcement. He focused on immigration, customs, criminal fraud, human smuggling and trafficking, among others. He is currently an adjunct professor for La Roche's Criminal Justice Department. In his spare time, he teaches Olympic line fencing, chess, and defensive tactics. He is also an amateur photographer.

T. Lawrence Palmer is a distinguished attorney, educator, and military veteran with over six decades of service in law and public service. He graduated from Duquesne University in 1961 with a Bachelor of Arts in English, Political Science, and Philosophy, before going on to earn his LL.B. from Duquesne University School of Law in 1964, where he graduated first in his class and served as Editor-in-Chief of the Law Review. After further studies at the University of Wisconsin School of Law, Palmer's academic career was interrupted when he was called to active duty in the U.S. Army in 1965. He completed the Infantry Officers Course and Army Intelligence School before being honorably discharged as a Captain in 1967.

Palmer began his legal career in 1967, practicing civil trial law in state and federal courts across Pennsylvania and numerous other jurisdictions for over 50 years. He was appointed Senior Deputy Attorney General of Pennsylvania in 2000, a role he held until 2020. In addition to his legal career, Palmer served as an Adjunct Professor at LaRoche University from 2020 to 2024, sharing his extensive knowledge with law students. Throughout his career, Palmer has been recognized for his leadership, dedication to justice, and commitment to education, leaving a lasting impact on the legal community.

Michael Secilia is a born and bred Pittsburgher and a professor of History and Social Sciences. His research interests include Croatia & Croatian American History; Ireland, especially the diaspora; Native American History; and vernacular historiography. He volunteers as a docent at St. Nicholas Croatian Church and appreciates every opportunity to share and discuss the marvel of that sacred space.

Emily Shimko, Ed.D., is an associate professor in the Health Sciences Department at La Roche. She earned her Bachelor of Arts in dance from Slippery Rock University, and a Master of Science in exercise physiology and Ed.D. in healthy and physical activity both from the University of Pittsburgh.

Dr. Shimko Emily is a Certified Exercise Physiologist, a Certified Strength and Conditioning Specialist and Registered Yoga Teacher. Previously she worked as a personal trainer and loves teaching group fitness. She believes that taking classes is a great way to improve physical health and fitness as well as finding a supportive social environment to meet individual goals.

Maria Simbra is an author, journalist, and writing consultant. She helps writers achieve their goals through her company, Ironed Words Productions. She provides support via groups, retreats, and one-on-one coaching. Her writing roots are in memoir, with essays published in numerous lit mags and performed across the stages of Pittsburgh. Previously, she was a neurologist before becoming an award-winning on-air medical reporter for CBS Pittsburgh for 19 years. Her formal writing training includes a master's degree in journalism and mass communication.

Currently, she focuses on romance, writing as Em S. A'cor in the subgenres of medical romance and Gen X romance. Her books have hit the top ten on Amazon in medical romance and medical fiction. They've been recognized with a TAZ Award and multiple BookFest silver medals in 2024. You'll find her south of Pittsburgh, coffee in hand, taking on the world one word at a time.

Sifu David Slaughter began training in Chinese Martial arts at the early age of eight years old. Over decades of training and teaching, Sifu realized that learning, patience, and discipline pave the long path to wisdom. Sifu carries forward this philosophy – a philosophy that characterized traditional Chinese “closed school” systems – into an open school where his teaching style demonstrates that every student should be taught what the individual student is ready to learn. At the core of Sifu's teaching are two foundational elements: the training of the body, to build confidence in the individual's physical abilities, and training of the mind, to release personal ego that often gets us into trouble. Sifu Slaughter's reputation for sincerity, patience in teaching, and dedication to his art have become widely known and respected throughout the greater Pittsburgh area and beyond.

Martin Snyder is an AARP Volunteer State Coordinator, Data Manager, Tech Advisor, and Instructor. He has taught over 100 courses over 15 years. Prior to his volunteer role at AARP, he was in financial, IT and IS careers since 1965. He has a BS and MLA from Duquesne University.

Edna Spang is an outdoor and adventure enthusiast. She has been leading hikes, bike rides and adventures for 20 years. She is certified to identify wild mushrooms and plants for foraging. Edna is also a competitive athlete racing kayaks, triathlons, orienteering and trail running.

Mary Beth Spore, Ph.D., has been a faculty member and administrator at the University for Pittsburgh and Saint Vincent College for over 25 years. She has taught many courses in children's and young adult literature and criticism as well as writing and speech classes. She loves teaching and learning and seeks both in the classroom. She is a lover of children, dogs, reading, and storytelling. She is a native of western PA and received her Ph.D. in English Education from the University of Pittsburgh.

Paul David Spradley, Ed.D., is a social engineer, strategic leader, and Executive Director of the Ketteler Center at La Roche University. A member of the President's Executive Council and CEO of Spradley Solutions, LLC, Paul leverages nearly 20 years of experience and a unique faith lens to turn complex systemic challenges into mission-grounded results. A passionate communicator

and strategist, he specializes in moving both audiences and organizations from insight to measurable action.

Jay Steele is a retired professor of Health and Physical Education at CCAC. He is a Pittsburgh native born and raised in the Observatory Hill section of the North Side. He currently lives in Ross Township with his wife Carol and pug Charlie. He has also taught since 1998 community education walking courses/tours for CCAC, Pitt and CMU Osher, and Doors Open Pittsburgh. He has developed these walking tours/classes throughout the city of Pittsburgh and Allegheny County which combines his love of exercise, and Western Pennsylvania history and architecture.

Gemma Stemley is a writer, poet, retired College administrator, and musician, having played the flute for several years professionally. She emigrated to the US more than twenty-five years ago, having grown up on the island of Trinidad. As a poet and musician whose art reflects a deep connection to the land of her upbringing, she epitomizes the true Caribbean spirit. Her poetry explores the intimate emotions of having to call two places home. Gemma has performed on several college campuses, where she was hired to play her Caribbean music. She has also made appearances to read her poetry.

Gemma has a BS from the University of the West Indies and a master's degree from Clarion University in Library and Information Science. She is ABD (All but Dissertation) having completed coursework for her PhD in Literature and Criticism from Indiana University of Pa. She taught classes at both Clarion University and Cheyney University in International Women's literature while working as an administrator on both these campuses. Being an avid reader in world literature she is especially influenced by Caribbean, African, Indian and African American writers. She loves the poetry of Gwendolyn Brooks, Derek Walcott and Rabindranath Tagore.

Gemma has published two books, one of which received an award from the National Indie Book of Excellence. *Finding Home: A Sentimental Journey*, is an exploration of the meaning of home. Her most recent book- *Sharing Spaces: Poems of the Heart* is a collection of her poems.

Patsy Taylor-Moore has been an enthusiastic hobbyist artist in different mediums, for over 60 years. Known for her animal portraits, murals and landscapes, she enjoys painting with watercolors, acrylics, pen and ink and mixed medium. Though her formal training was in social sciences and long-term care, she has never stopped learning and attends continuing education classes in art and guitar. She is the director and choreographer for The Sassy Seniors of Pittsburgh, a senior citizen entertainment group that provides shows in assisted living and skilled nursing facilities, private venues and schools. She is also a 25-year member of the all-female Motor Maids, Inc (United States and Canada), and on her own motorcycles has toured 38 contiguous states and a good portion of Canada.

Kenneth Weiss – Bio TBA

Abby Werner is a certified Pilates instructor, who enjoys helping others become stronger and more flexible. Abby is a speech-language pathologist, who works in the early intervention

setting. Her hobbies include running marathons, traveling, and spending time with family and friends.

Dr. Laretta Werner Merriman is a performer and educator based in Pittsburgh, Pennsylvania. She taught at Longwood University as Assistant Professor of Violin/Viola, at West Virginia University as a Lecturer of Violin, and at institutions such as the Pittsburgh Music Academy, Hope Academy of Music and the Arts, Camp Encore/Coda, and Interlochen Summer Arts Camp. An active soloist and chamber musician, she regularly performs in regional concert series and international conferences, and as a conductor and adjudicator, she led events like the Henrico, Virginia All-County Orchestra and judged various music competitions. As a researcher, she focuses on applying mindfulness-based therapies and sport psychology models to benefit musicians and presents her research at international conferences often. Recognized for her dedication to teaching, she received awards at Longwood University, including the Citizen Leader Award, Princeps Honors Society Award, and the Assistant Professor of Excellence in Teaching and Scholarship.

Michael Young, PhD in Writing and Literature from the University of Cincinnati, has taught at schools such as the University of Nebraska – Lincoln, Kansas State University, Robert Morris University, and La Roche University. His master's is from Kansas State and bachelor's is from Duquesne University.

He is an award-winning teacher and author of creative non-fiction, along with publications as a poet and short story writer. Recently, he added professional educational consultant to his resume. In addition, he has many articles and essays in peer reviewed journals, anthologies, and encyclopedias – including a couple in the MLA Approaches to Teaching series. His scholarly works range from Writing Pedagogy, Shakespeare, American Literature, Canadian Literature, Pedagogy, to Media (Cinema and Television), plus presentations at more than 90 conferences – including those in History and Sociology – such as CCCC, NCTE, NEMLA, and MMLA. He has been awarded a number of grants, notably by the Canadian Government, and has been included in Who's Who in America.