



OSHER
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LEARNING
INSTITUTE

Fall 2026

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OSHER
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To make a contribution to the Osher at CMU Endowment — Fund For the Future, please call the office at 412-268-7489, go through your Osher Augustsoft account with a credit card, or mail a check to the office. Thank you in advance for your generosity.

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ON THE COVER

Front Cover Photo: Baker Hall, CMU Campus photo by CMU

Last year, Carnegie Mellon University celebrated its 125th anniversary. Since 1900, CMU community members have brought their individual talents and determination collectively to bear on the most complex issues facing our world. From life-saving medical devices to next-gen AI to performances that encapsulate the human experience, CMU's legacy can be found in every corner of the globe and in every part of our daily lives.

Additional catalog images courtesy of Karen Krieger, Matt Todd, Justin Merriman or Pittsburgh Ballet Theatre, Deborah Lange, Wikimedia Commons, Pexels, Upsplash, and Carnegie Mellon University.

AT A GLANCE

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SESSION DATES

Session One: August 31 - October 23

Session Two: October 26 - December 18

SKIP DATES

Courses are not held on the following dates:

- Mon., Sep. 7 — *Labor Day*
- Tue., Nov. 3 — *Election Day*
- Wed., Nov. 25 — *Thanksgiving Wednesday*
- Thu., Nov. 26 — *Thanksgiving Day*
- Fri., Nov. 27 — *Thanksgiving Friday*

Look for the 64 **NEW! courses
being offered this term!**

Save The Date!

The Osher at CMU 2026 Annual Meeting will be held on Thursday, September 24th.

OSHER AT CARNEGIE MELLON | Fall 2026

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The course descriptions and biographies have been edited with an eye to preserving the voice and spirit of our study leaders.

EMPOWER LIFELONG LEARNING:

Support Our Million Dollar Endowment Campaign Today!

As members we know that continuous learning and social engagement are essential for personal fulfillment and well-being. While the Osher Lifelong Learning Institute (OLLI) at Carnegie Mellon University stands out as a beacon for adults seeking to enrich their lives, the future of this invaluable resource hinges on one critical factor: financial support from its members.

The Lifeblood of Educational Innovation

At the heart of OLLI's mission is its commitment to providing diverse and multiple educational opportunities. Financial contributions to our endowment will help Osher at CMU remain financially viable for our current and future generations of learners.

Expanding Access Through Diverse Learning Formats

Accessibility and inclusivity are fundamental principles at OLLI. Financial contributions are crucial in keeping program costs manageable. OLLI at CMU offers a variety of learning formats, including both in-person and Zoom courses, ensuring that all members can participate in ways that suit their preferences and circumstances. Whether it's a one-time workshop/tour/lecture/class or a series of courses that span up to six classes, OLLI caters to a wide range of interests and commitments. This flexibility allows members to engage with the material at their own pace and fosters a greater sense of community among participants, regardless of how they choose to attend.

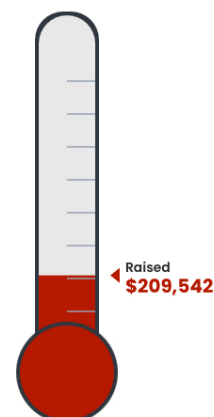
Building a Connected Community

Osher at CMU is not merely an educational institution; it is a thriving community that encourages relationships among its members. Loneliness is a significant concern for many older adults and OLLI actively combats this by creating spaces for social interaction. Programs that encourage active participation, such as Special Interest Groups (SIGs) and discussion forums, not only enhance learning but also help build lasting friendships.

Please Help Us Reach Our Endowment Goal of \$1M

Contributing to the Osher Lifelong Learning Institute at CMU's endowment is more than just a donation; it is an investment in a vibrant, learning-oriented community that nurtures the intellectual and social well-being of all of us. By contributing financially, you play a pivotal role in sustaining an environment where lifelong learning can flourish. Your support empowers members to explore new ideas, build connections, and engage actively in the Osher community. Our goal is to raise \$1 Million. Please contribute to this worthy cause as you register for your next set of courses. Together, we can ensure that Osher at CMU remains a vital part of the fabric of lifelong learning, fostering growth and connection for years to come.

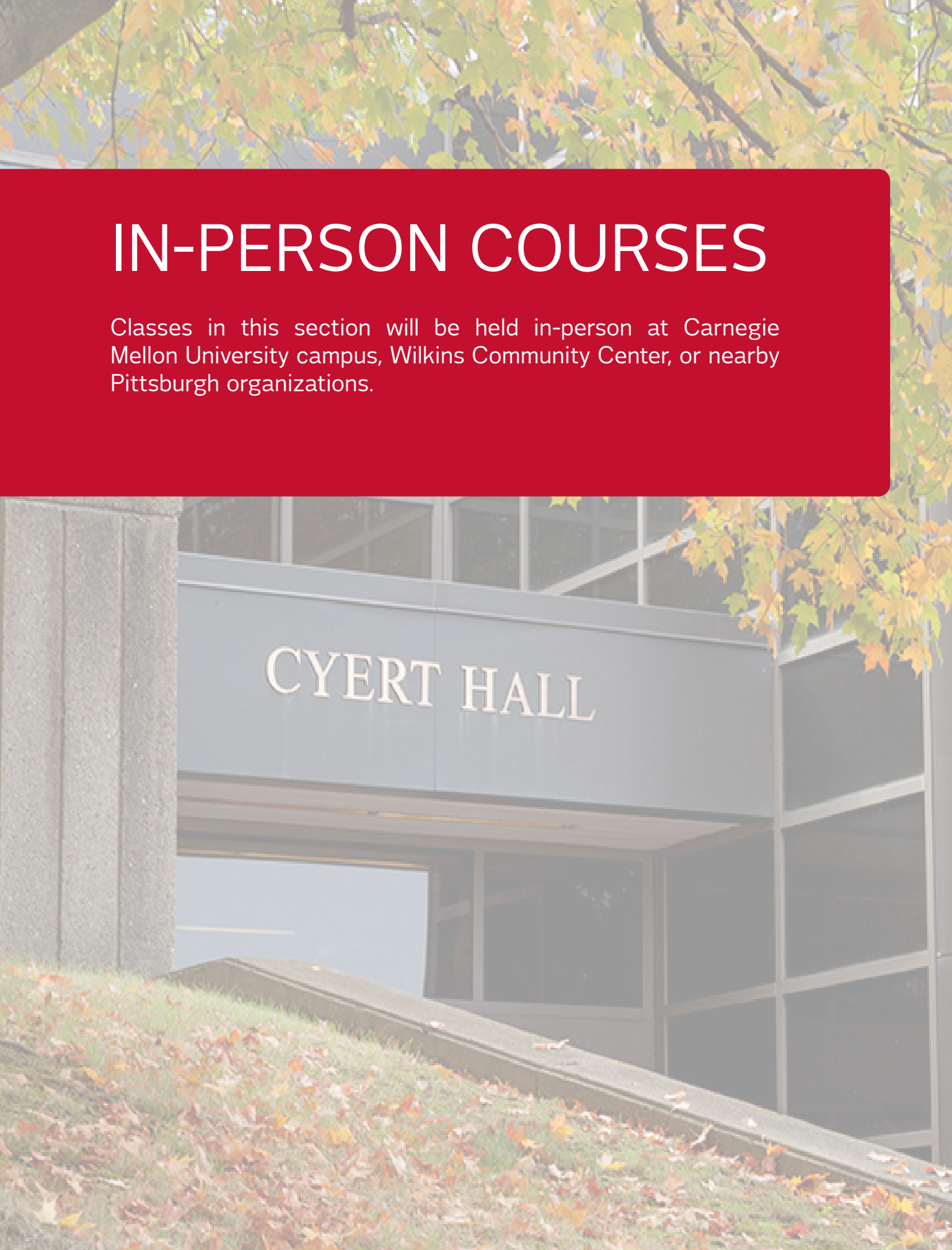
Osher at CMU
\$1,000,000



total as of 6/25/26

IN-PERSON COURSES

Classes in this section will be held in-person at Carnegie Mellon University campus, Wilkins Community Center, or nearby Pittsburgh organizations.



CYERT HALL

ARTS & HUMANITIES

Art | Cinema/Film | Literature | Music

ART

An Artist Miscellany

Study Leader: Rebecca Carpenter

- 4 Classes: Sep. 2 – Sep. 23 *Class ID:* 5952
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

NEW!

Monet? Picasso? O’Keeffe? Not exactly, although they are certainly superstars! But this class will look at a dozen or so artists whom you might not have heard of, but whom you will hopefully find intriguing and exciting. The artists are mostly contemporary, from diverse countries, cultures, and “schools” of art. Some of the artists we will be learning about include Mark Tobey (Northwest School), Wifredo Lam (Afro-Cuban), George Morrison and Allan Houser (Native American), Leonora Carrington (surrealism), Salah Elmur (Sudan), Dorothy Napangardi (Aboriginal), Nikolai Astrup (Norway), and Gabriel Chaile, Martin Puryear, and Marisol Escobar (sculpture). In addition to their works, these artists are all important figures in the movements of art both within their respective media as well as in the art that followed.

Rebecca Carpenter has been an educator for 40 years. She taught English literature and writing in both public and private high schools, college, and graduate school. In addition, she taught English in Duquesne University’s School of Leadership and Professional Advancement’s Saturday program for 25 years. After 19 years, she retired from Literacy Pittsburgh where she taught adult literacy classes, trained volunteers, and developed and managed special projects, including Health Literacy.



CINEMA/FILM

Iconic Movie Stunts

Study Leader: Ron Backer

- 2 Classes: Oct. 20 and Oct. 27 *Class ID:* 5971
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

NEW!

**TWO
DAY**

One of the joys of movie-going, past and present, is to watch a stunt person perform a delightful, daring, and sometimes dangerous stunt without the assistance of tech support. To illustrate the point, we will review in detail the creation of eleven of the most iconic stunts in film history, including the car chase in *Bullitt*, the ski jump off a mountain in *The Spy Who Loved Me*, Harold Lloyd climbing the outside of a skyscraper in *Safety Last!*, and the chariot race in *Ben-Hur*. After viewing clips of each stunt, we will look at the back-story of how each stunt was conceived and produced, including viewing, when available, clips from documentaries, all with the purpose of providing a unique look at some of the best movie stunts of all time.

Ron Backer, an attorney in Pittsburgh for over 45 years, has written five books on the movies. Ron has contributed articles about baseball and the movies to publications of SABR (the Society for American Baseball Research). He has previously taught courses for Osher at CMU about movies, television, and sports.

***Blazing Saddles:* A Great American Satire?**

Study Leader: Joseph Givvin

- 2 Classes: Oct. 22 and Oct. 29 Class ID: 6032
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

NEW! **TWO DAY**

What is satire? What is the purpose of satire? Is satire an attempt to be funny or cruel? Is satire a powerful form of moral criticism? Can satire be universal, say something about the human experience? Or is satire limited by history and geography? Does satire test the limits of free speech? Is Jonathan Swift correct in writing: "Satire is a kind of glass, wherein beholders do generally discover everybody's face but their own?" To try to answer these questions, this class will focus on Mel Brook's 1974 film *Blazing Saddles*. Our first class will discuss satire as a comedic form and discuss the background of this film and view the opening scenes of *Blazing Saddles*. Our second class will continue viewing the film followed by a class discussion.

Joseph Givvin, Ph.D. has returned to live in the Pittsburgh area after 33 years of teaching at Mount Mercy University, Iowa, where he is Professor Emeritus. He has been a member of the American Association of Philosophy Teacher's (AAPT) since 1984 and has presented 12 workshops on teaching philosophy at AAPT conferences. He has also chaired two conferences sponsored by the AAPT. As a result of his work for the AAPT, he was presented an "Award of Merit for Outstanding Leadership and Achievements in the Teaching of Philosophy." He greatly enjoys the opportunity to teach Osher classes at Carnegie Mellon and to engage with the curious minds of the members in thoughtful conversation, especially about philosophy and happiness.

Monkeying With The Scopes Trial

Study Leader: Robert Hoover

- 4 Classes: Nov. 10 – Dec. 1 Class ID: 5985
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

NEW!

In 1955, the play *Inherit the Wind* opened on Broadway and was later turned into a film in 1960. It is a fictionalized account of the 1925 "Scopes Monkey Trial" which challenged the teaching of evolution. This course will show how the play took liberties with the truth. The film will be shown and discussed. The course will place the trial in the context of the 1920s and the play in the 1950s.

Robert Hoover is the retired book and drama editor of the *Pittsburgh Post-Gazette*. He has researched and reviewed the play and read several accounts of the trial.

Respond to the Monkey in your email!

We are sometimes asked why we keep offering that boring, mediocre course. The answer is, we didn't know it was. The students of Osher at CMU decide which courses continue and which don't! To get everyone's feedback, we use a system called Survey Monkey. We are now asking for feedback on all new courses, problem courses, and random, frequently offered courses. Your opinion really counts. If you didn't get a Survey Monkey or want to comment on a course, send an email to the office. Thank you for your input!

LITERATURE

Classic And Contemporary Short Stories

Study Leader: Nancy Quick Langer

- 5 Classes: Nov. 10 – Dec. 8 *Class ID:* 6077
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Hawkins Conference Room

The magic of the short story is right in its name: it tells us a story, usually in one sitting. A good story holds our attention with a unity of focus. It connects us to a person or place or unmistakable feeling. The best short stories end only on the page. We keep thinking about them. In this class, we will read and discuss some classics of the form alongside contemporary stories. We'll look at influences, techniques, and themes across the decades of English literature. For those of you who have taken this course before, please join us again: there will be all new stories. Expect lively discussion!

Nancy Quick Langer is a writer, a teacher, an avid gardener, and an embroidery artist. She has taught English literature and writing for over 25 years at Boston College, Carlow University, CCAC, and Duquesne University's School of Leadership and Professional Advancement. Her creative nonfiction has appeared in *Watershed Review*, *Santa Ana River Review*, and most recently, *Meditating on What Matters*. In addition to writing essays, Nancy records the progress of her botanically inspired hand embroidery projects on her Instagram (@nancy_ql). Her embroidery pieces have been part of several local juried art exhibitions, including the Three Rivers Arts Festival.



Queens And She-Wolves

Study Leader: Joan Cucinotta

- 5 Classes: Sep. 1 – Sep. 29 *Class ID:* 6074
- Tuesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B

Before Queen Elizabeth I, the path to the throne for a female monarch was almost impossible. Men traditionally had the natural right to kingly power, but for a woman, accession to the throne required great influence, intelligence, and strategic thinking. This course will look at some of the “she-wolves” most instrumental in paving the way to the queen-ship for Elizabeth I: Empress Matilda, Eleanor of Aquitaine, Isabella of France (named a she-wolf by Shakespeare), Margaret of Anjou, Margaret Beaufort and the War of the Roses, Jane, Mary I, and Elizabeth I. This course will explore the cultural, and legal limitations that restricted a woman's right to the throne and what empowered the women who tried. We will also see much medieval artwork to illustrate the women's lives and life in the Middle Ages in general.

Joan Cucinotta earned a Ph.D. in English from Duquesne University and taught at Sewickley Academy for almost forty years. As the chair of the English department there, she developed coursework related to required courses in American and World Literature. She also ran the Chinese exchange there and taught English at a high school in Wuhan, China. Since she retired, she has been writing book reviews for the League of Women Voters' Book Club in addition to volunteering at EngIn, a nonprofit that pairs Ukrainians with English speakers for online language instruction.

Caribbean Women: Voice, Memory And Power

Study Leader: Gemma Stemley

- 5 Classes: Sep. 2 – Sep. 30 *Class ID:* 5949
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

NEW!

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, Claudia Rankine, Ramabai Espinet and Merle Hodge. We will explore themes of mother-daughter relationships, cultural inheritance, exile, aging and resilience. Readings will be distributed in class and no textbook purchase is 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.

Gemma Stemley is an author, poet, musician (Flute and Steelpan) and cultural educator who was born in Trinidad and Tobago. While working as an administrator at both Clarion University and Cheyney University she taught a class in Caribbean Women's Literature and Third World Women's Literature. As both a literary and performing artist, Gemma has designed a program - Poetic Soundscape- to inform and facilitate discussion on Caribbean culture and music. She takes her flute and steelpan to Community Centers, Independent Living Facilities, Libraries and several of the Local Universities such as Clarion, Edinboro, Lock Haven, and La Roche College to perform and read some of her written work. She believes Literature offers, along with music, an insight into history and communal understanding.



About Sherlock Holmes

Study Leader: Edward Zuckerman

- 5 Classes: Oct. 28 – Dec. 2* *Class ID:* 6021
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

NEW!

**Note: Class will not meet on Nov. 25*

Everyone knows Holmes, but there is so much more to learn and enjoy. In the first of five classes, we will explore his context and style. Arthur Conan Doyle set his 56 stories and 4 novels (The Canon) in London from 1890 to 1904, a time of huge scientific progress and changing social classes and roles. But Doyle was not alone; dozens of writers were creating detectives (The Rivals) and similar crime stories with female detectives, on railroads, etc. In Doyle after Sherlock, he created similar stories (Professor Challenger), wrote medical mysteries, historical novels, and explored communicating with the dead. Our fourth class will survey the thousands of pastiches (Sherlock after Doyle) with the beloved characters and set all over the world and in all times. Our last class will examine Holmesian thinking from several perspectives, from which we may profit. We will read the best for each class.

Edward Zuckerman found his life's direction as a psychiatric aide at New York's Bellevue Hospital in the 1960s and, by error, came to study, work, and live happily in Pittsburgh. He's a Pitt PhD in clinical psychology and a licensed psychologist. Ed has worked with adults in a variety of clinical contexts and has created effective practice tools for clinicians on writing reports, operating an independent practice, complying with HIPAA, and using the ICD-10. Ed taught undergraduate human sexuality and psychology courses at Pitt and CMU for over twenty years. He has presented dozens of workshops to mental health professionals and courses at Osher on apologizing, stupidity, and critical thinking. As you can see, he loves to show off/share what he knows.

Yiddish Voices, Soviet shadows: Shira Gorshman's Stories

Study Leader: Lois Rubin

- 5 Classes: Nov. 10 – Dec. 15 Class ID: 6075
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

NEW!

*Note: Class will not meet on Nov. 24

Like their American sisters in the 1970s who discovered unknown women writers from the past, Jewish feminists in the 1990s recovered the untranslated stories of earlier Yiddish women writers. They especially needed to rescue the work of those from the Soviet Union where Jewish writers had been repressed. Among these repressed writers was Shira Gorshman. A dynamo, she moved from childhood in a Lithuanian shtetl, to young adulthood among socialists in Kovno, to communes in Palestine and Crimea. After taking refuge from Nazis in Kyrgyzstan, she lived in Moscow until she made Aliyah to Israel at the age 85. Like their creator, Gorshman's characters live in different locales and survive oppressive Soviet life, and like her, they are also feisty and resourceful. Her partially autobiographical stories reveal a woman's life behind the iron curtain: how women endure and build relationships despite hardship. Each class will consist of a short, historical lecture and discussion of two Gorshman stories from her collection *Meant to Be*.

Lois Elinoff Rubin taught composition and literature for thirty-one years at Penn State New Kensington after receiving a Doctor of Arts Degree from Carnegie-Mellon University. Since retirement she has been an instructor for CMU and Pitt Osheers for ten years, teaching courses on multi-cultural and women's literature and Yiddish women's literature in translation. Lois also authored a dozen articles on composition and literature, edited the collection *Connections and Collisions: Identities in Contemporary Jewish-American Women's Writing*, and is completing the manuscript entitled *Writing the Life Cycle: Poetry of Maxine Kumin, Linda Pastan and Alicia Ostriker*. Lois is married to Ira Rubin, and the couple has two grown children and five grandchildren.

Poems And Paintings: Together At Once!

Study Leader: Judith Robinson

- 3 Classes: Oct. 28 – Nov. 11 Class ID: 5968
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

NEW!

The itch to make dark marks on white surfaces is shared by writers and visual artists, said John Updike, and so say I. Join me in reading *The Painted Poem*, 65 pages of original paintings based on original poems, as well as the reverse-poems based on paintings. This is an exploration of what happens when pen and brush come together " . . . the two muses marry and create a glorious wedding feast for the viewer/reader" (Grace Cavalieri, *The Poet and The Poem* from The Library of Congress). The Greeks had a name for it: ekphrasis! In addition, participants will also have the opportunity to write their own poems based on visual materials. Writing is an option, listening and seeing, a pleasure.

Judith R. Robinson is an editor, teacher, fiction writer, poet and visual artist. A summa cum laude graduate of the University of Pittsburgh, she is listed in the Directory of American Poets and Writers. She has published 100+ poems, five poetry collections, one fiction collection; one novel; edited or co-edited eleven poetry collections: Newest poetry collection is *The Painted Poem*, 2026; Newest edited collection is *Speak, Speak*, the poetry of Gene Hirsch, 2020; Holocaust Exhibit was "The Numbers Keep Changing," at The Pittsburgh Holocaust Center, April -June, 2019; Newest Gallery Exhibit: The Art of Friendship, with Kara Snyder, Jewish American Museum, Pgh. Pa., 2024; Newest Award: First Prize, The Reuben Rose International Poetry Competition, Voices Israel, 2024.

Introduction To JRR Tolkien's Middle-Earth

Study Leader: Allison Thompson

- 3 Classes: Sep. 1 – Sep. 15 *Class ID: 5947*
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room **NEW!**

Tolkien has been called THE author of the 20th century, producing a ground-breaking fantasy work that includes at least six invented languages, some of which are not translated, poetry, and artwork. A philologist (a linguistic and literary profession that no longer exists) and a devout Catholic, he once described *The Lord of the Rings* as “profoundly Christian.” In this course we’ll explore his world, addressing topics such as the nature of evil (does the Ring amplify the evil that lies within its wearer, or does it actually make the wearer evil?), what heroism looks like (are heroes born or made?), the “interlacements” of plot that make his story and his world so rich, the importance of language, and the meanings of certain words that we gloss over today. We’ll be referring to both *The Hobbit* and *LOTR*, and familiarity with these books is helpful but not required.

Allison Thompson became Pippin in seventh grade and has been rereading Tolkien’s works ever since. She has taught many courses on Jane Austen for CMU’s Osher program and is excited to be now sharing the very first of her fandoms. Elen síla lúmen! omentielvo! (A star shines upon the hour of our meeting!)

Golden Age Mystery Fiction

Study Leader: Mark Banister

- 4 Classes: Nov. 10 – Dec. 1 *Class ID: 6026*
- Tuesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room A

The Golden Age of Mystery Fiction is typically defined as the era of detective stories which follow the established conventions of fair play, clear plotting and clue presentation, and frequent surprising endings. Though this is usually thought to include stories written between World War I and World War II, we will look at influences prior to that time and also works of the genre after it. Since many of the authors have had their works dramatized for TV or movies, we will look at those as well. Some, but not much will be discussed of the grand dame of the Golden Age, Agatha Christie, as she gets a class of her own! There will be new material and discussion updating this class since its last presentation in 2021.

Mark Banister has been a ravenous reader of Golden Age Mystery fiction for decades and has a shocking number of books, TV shows and movies related to them. He retired in 2017 from Carnegie Mellon’s office of Environmental Health and Safety, where his mystery-solving skills were occasionally used. Though not for murder.

Donate to the Osher at CMU Endowment — Fund For the Future!

We invite you to make a meaningful difference by supporting the Osher at CMU Endowment - Fund For the Future. With a goal of raising \$1 million, your contribution will have a lasting impact, ensuring the sustainability of the organization while helping to lower future operational costs. It is the generosity of others that has made Osher possible, and now you can continue that tradition.

As you register for your courses, please consider donating to the endowment to secure Osher at CMU’s future success and growth for generations to come. Together, we can build a legacy of support and opportunity.



MUSIC

Maurice Ravel-Audience Dream, Musicians Nightmare

Study Leader: James Gorton

- 4 Classes: Nov. 10 – Dec. 1
- Tuesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room B

Class ID: 6090

NEW!

Maurice Ravel's music is sumptuous, exciting and a favorite of audiences. We will explore why playing his music is a nightmare for musicians. Guests from Carnegie Mellon and the Pittsburgh Symphony will come to classes for demonstrations.

James Gorton retired from the Pittsburgh Symphony Orchestra after more than forty years as Co-Principal Oboe. He currently teaches in the music schools of Carnegie Mellon University and Duquesne University.

Deconstructing Music

Study Leader: Flavio Chamis

- 3 Classes: Sep. 2 – Sep. 16
- Wednesday, 2:45 PM - 4:45 PM
- Cyert Hall, Osher Room B

Class ID: 6085

NEW!

This course explores the art of musical composition through an examination of the formal structures that composers employ to shape their masterworks. Particular attention will be given to the ways in which musical ideas are organized, developed, and transformed within diverse compositional frameworks. At the same time, the course offers a comparative study of multiple interpretations of the same musical works, investigating how performers and conductors bring their own artistic perspectives to a score. Through this process, students will examine the dynamic relationship between a composer's written intentions and the creative insights that artists contribute within the parameters of the musical text.

Flavio Chamis, a native of Brazil, studied conducting and composition in Germany, Austria and Israel. Chamis recorded for RIAS Berlin and Radio France. In Europe he conducted concerts, among many others, at the Musikverein in Vienna, the Wiener Festwochen and the Royal Festival Hall in London. In 1985, Flavio became conducting assistant to Leonard Bernstein in preparation for tours of the Israel and London Symphony Orchestra among others. Chamis returned to Brazil as Music Director of the Porto Alegre Symphony Orchestra. As a composer, his works embrace a wide range of styles, from classical to jazz. *Especiaria*, a CD with Mr. Chamis Brazilian Jazz compositions was nominated for a Latin Grammy. Flavio Chamis received the International Press Award as Outstanding Brazilian Musician in the U.S.

LEARN BY DOING

Art | Crafts/Hobbies | Culinary | Dance/Exercise | Games | Language | Wellness | Writing



ART

Better Pictures With Your Phone Camera

Study Leader: David Bangley

- 1 Class: Oct. 21
- Wednesday, 1:00 PM - 3:00 PM
- Cyert Hall, Osher Room A

Class ID: 6025

NEW!

ONE DAY

Bring your phone and practice taking better pictures indoors and out. Learn how to use the strengths and avoid the weaknesses of phone cameras. Rediscover existing light techniques from the film camera days. Portraits, still life subjects, and landscape scenes will be practiced. Be prepared to hike about a mile around the CMU campus.

David Bangley is a former television producer/director. David has worked with film, analog television, digital television, and digital photography.

The “ART” Of Healing Series

Study Leader: Gerry Florida

Materials Fee: \$20*

- 2 Classes: Sep. 17 and Sep. 24
- Thursday, 10:30 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

Class ID: 5998

TWO DAY

This is a 2-session easy watercolor class where students set aside the challenges and uncertainty of everyday living and journey into creative development. Students will work through basic watercolor composition techniques as they divert daily anxieties-stressors and learn ways to cope, re-focus, and relax through the creative process. As an artist who has experienced unpredictable outcomes, Gerry believes that diversion, creative self-reflection, and instant gratification through imaginative practice develops a resilient character through newly acquired skills. Discussions will center around coping skills, acceptance, and empowerment in dealing with the challenges of daily life and the uncertain outcomes that follow. Gerry has chosen to share her recovery insights to those suffering from life-changing circumstances who experience the mental/physical challenges, social stigma, and uncertainty that an unpredictable life journey can otherwise bring. The class is open to those wanting to adopt healthier attitudes to live in more resilient, creative, and effective ways.

Gerry Florida is an award-winning-artist, who spent much of life in recovery. It was the isolation between diagnosis to recovery that Gerry mastered ways to distract herself through art, enabling her to re-design a future under new terms and regain control of her life. Her successful work with Highlands Detention-Adelphoi gives insight to the therapeutic effects of art. She uses her recovery experience to help others find ways to creatively live through the healing process with more dignity, acceptance, and hope. She has devoted her life working on behalf of at-risk populations to include special needs, seniors, and at-risk youth, and helps students discover their creative potential and ease transitions from life events to well-being or simply for those wanting ways to refocus and relax.

**Materials fee information located on page 79.*

Art Journaling

Study Leader: Betsy Banglely

Materials Fee: \$10*

- 4 Classes: Nov. 10 – Dec. 1 Class ID: 6035
- Tuesday, 10:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

NEW!

Explore the open-ended possibilities of art journaling for creativity, personal expression and self-care. There are no rules in this intuitive process! Express yourself, tell your story and process emotions through the written word, collage, drawing, painting, and layering techniques. Bring a mixed media sketchbook, pencil or pen, and any collection of the following: colored pencils, pastels, watercolor paints, or other art supplies of your choice. Bring ephemera from your daily life including maps, ticket stubs, photos, receipts, etc. Materials fee of \$10 per person provides glue and shared class supplies.

Betsy Banglely has had a lifelong love of drawing. She has kept a nature journal of sketches and observations for over 20 years, and currently teaches drawing, watercolor painting, art journaling, and other courses in the arts and humanities at the Community College of Beaver County through the Continuing Education and Workforce Development Department.

*Materials fee information located on page 79.

CRAFTS/HOBBIES

American Model Trains: All Aboard!

Study Leader: David Cannon

- 3 Classes: Sep. 1 – Sep. 15 Class ID: 6006
- Tuesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room A

This course will examine the rise, fall, and revival of toy and model trains in the United States. We will start with the early twentieth century emergence of domestic manufacturers and products, discussing the histories, innovations, and successes of toy entrepreneurs, especially Joshua Lionel Cowen, Alfred Carlton Gilbert, and Louis Marx who widely popularized Lionel, American Flyer, and Marx trains respectively. Next, we will discuss the post-World War II surge in popularity. Class will then move to the economic and cultural trends of the late 20th century leading to the industry's decline and financial struggles, with a focus on changing cultural tastes, company bankruptcies and individual company struggles to survive. We will then examine the current state of the hobby, and the newly emerging, streamlined toy and model train industry along with the cultural, economic, and international trade trends that have altered its face in the early 21st century.

David Cannon, a Pittsburgh native, is a retired attorney and executive whose forty-year career focused on environmental law and policy and included experience in the Justice and Interior Departments and in several major Pittsburgh area corporations. Since retiring, he has revived his childhood model train hobby, creating a modest basement operating layout and a growing collection of American Flyer and other S scale trains as well as participating in local model train clubs and shows.

Single Signature Books- Decorative Stitching

Study Leader: Lily Hoy

Materials Fee: \$20*

- 2 Classes: Oct. 20 and Oct. 27 **Class ID: 6066**
- Tuesday, 2:45 PM - 4:45 PM
- Cyert Hall, Olmsted Activity Room

NEW! TWO DAY

This course will explore decorative spine stitching for single signature books on soft and hard covers. The use of various stitches on the spine of a simple book adds an element of design to a plain cover, makes it a more personalized item and expands the possibilities for adding more artistic features.

Lily Hoy decided to use the right side of her brain when exploring calligraphy and design classes as electives. Although her BS in mathematics at CMU was just the start of her professional career in operations research and financial information systems, she continued to study calligraphy and book design as creative outlets. Her handmade books combining calligraphy and book-making have been seen in *Bound & Lettered* and are in several private collections across the states.

*Materials fee information located on page 79.

So You Want To Learn Crochet

Study Leader: Kathleen McIntyre-Seltman

- 6 Classes: Oct. 28 – Dec. 9* **Class ID: 6088**
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Hawkins Conference Room

NEW!

*Note: Class will not meet on Nov. 25

Crochet may have an “old lady” reputation, but it can be used to create so much more than doilies! With simple stitches, you can make scarves and shawls, lovely sweaters, shaped hats and 3D stuffed animals and sculptures. Come and be introduced to beautiful craft in a supportive environment. We will start with absolute basics and build our skills with additional stitches, increasing and decreasing, and pattern reading. I will supply crochet hooks and yarn for the first class.

Kathy McIntyre-Seltman began to crochet in her late 40’s when cross stitch challenged her middle aged eyes. She is happily retired and enjoys all sorts of fiber-related activities, especially spinning and crochet.



Paper Play

Study Leader: Karen Krieger

Materials Fee: \$10*

- 3 Classes: Sep. 3 – Sep. 17 **Class ID: 6068**
- Thursday, 10:30 AM - 12:30 PM
- Cyert Hall, Hawkins Conference Room

NEW!

As the digital world expands, paper remains a ubiquitous material with unlimited possibilities for affordable artistic expression. This series of workshops will introduce participants to the use of paper as a creative and accessible material. Over the three sessions we will play with single sheets of paper to create small books and book forms, we will practice the basics of sewing on paper using simple embroidery (no experience required!), and we will explore both basic and more advanced paper weaving techniques. Participants will leave with models, sample projects, and skills to transform all the beautiful bits of paper that come your way into something personal, creative and decorative.

Karen Krieger creates hand-stitched, three-dimensional paper sculpture, inspired by the current social and political climate. She is influenced by all forms of graphics including maps, vintage books and calendars, and ephemera. Her artwork has been exhibited in the American Museum of National Jewish History, the Muskegon Art Museum and the Museum of Craft and Design in San Francisco. Her work has been included many times in *Fiber Art Now* magazine and *Basketry+*, a publication of the National Basketry Organization.

*Materials fee information located on page 79.

CULINARY

Italian Wine In Depth: Part V

Study Leader: Barb Pezze, Ken Argentieri

Materials Fee: \$40*

- 4 Classes: Nov. 10 – Dec. 1 Class ID: 6013
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Olmsted Activity Room

NEW!

Italy is comprised of 20 Regions. Each Region has its own culture, food traditions and wine. This course will take an in-depth study of each region primarily through its wines. This semester we will study the wines of Sardinia, Basilicata, Calabria, and Sicily. Future courses will study additional Regions until the entire country has been reviewed and we have sampled a large portion of the many wonderful Italian wines! During each of the four classes we will taste three wines from the region, sample some food, and dive into geeky details about the wine industry, major producers, culture, and food.

Barb Pezze retired from Alcoa after 31 years. Since retiring, Barb obtained WSET I, II, and Italian Wine Scholar certifications. Barb and her husband have since started VinoNomad, a wine education business. Today they hold wine classes for small groups in the home or at events.

Ken Argentieri is a retired Trial Attorney and a lover of Italian wine. He has taken multiple wine education courses including WSET II and the Wine Scholar Guild's Italian Wine Essentials. Currently he is studying for an Italian Wine Scholar certificate. Ken has traveled to most of the 20 Italian Regions, enjoying the food, wine and culture of each Region.

*Materials fee information located on page 79.

DANCE/EXERCISE

Sacred Circle Dancing

Study Leader: Alice Carnes

- 5 Classes: Nov. 5 – Dec. 10* Class ID: 6087

- Thursday, 12:45 PM - 2:45 PM
- Cyert Hall, Olmsted Activity Room

*Note: Class will not meet on Nov. 26

Many of the dances are very old and have their roots in Greece, Turkey, Romania, Bulgaria, and Macedonia. The benefits of Sacred Circle Dance include balance, coordination, flexibility, and self-acceptance. If you think you are not a dancer or that you have two left feet you might be amazed that after some practice you will experience a whole new possibility. Through the simple act of holding hands in a circle and dancing, easy to learn steps, we create a powerful connection with each other. When we hold hands, our personal energy combines and connects with everyone in the circle. Through sacred circle dance, we integrate mind, body, spirit and heart. Dancing reduces our stress, increases health and is fun. As we learn new patterns, rhythms, and music we increase the neuroplasticity in our brains. We dance to ground and center ourselves. Our sacred circle dance movements become a healing meditation.

Alice Carnes was introduced to Sacred Circle dance in 2010, at UUWomenspirit, a spiritual retreat. When the dancers held hands to form a circle and then began moving to the music, she was transported. Alice knew she wanted to immerse herself in Sacred Circle Dance. When she retired in 2013, as a Disability Counselor at a Community College in Charlotte, NC, she began dancing at workshops and camps around the U.S. Her dance journey has taken her to Mexico to the Danza Circulares Festival, to Findhorn, Scotland, the birthplace of Sacred Circle Dance, and to Lesbos, Greece, to study traditional women's dances with Lauren Shannon. Alice says, "When I dance, I continue to be transported. Sacred circle dancing allows me to experience peace and healing."

Hatha Yoga

Study Leader: Loretta Barone

Materials Fee: \$20*

- 9 Classes: Sep. 17 – Nov. 19* Class ID: 5941
- Thursday, 10:00 AM - 12:00 PM
- Dance Alloy Studio,
5530 Penn Ave, East Liberty

*Note: Class will not meet on Sep. 24

This class will involve gentle, sensible, challenging exercises. Each week participants will be performing classical postures of stretching and strengthening in accordance with the course objectives, which are to increase flexibility, to gain strength, to learn correct breathing techniques, to promote better body alignment, to learn deep relaxation techniques, and to manage stress and tension better. Exercises can be adapted for those with a variety of abilities. Participants will need a mat or pad to sit/lie on (a carpet strip, foam pad, or blanket is fine) and will need to wear loose, non-binding clothing.

Please note: For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity. New students welcome; Must attend the yoga orientation, 30 minutes before the first class.

Loretta Barone took her first yoga class in 1966. She's been practicing and teaching yoga ever since. Her class is a melding of all the best things she has learned from a variety of yoga teachers, disciplines, and practices. She began teaching in her son's kindergarten class when she realized that five-year-olds could not bend down and touch their toes. In 1978, she began teaching in the adult program of the Dade County Public Schools, Florida. After 10 years, she moved on to teaching privately. All in all, she taught for 20 years in Miami and has taught here since 1998.

*Materials fee information located on page 79.

Get Fit: A Fun Latin Cardio Workout

Study Leader: Connie Pollack

Materials Fee: \$20*

- 8 Classes: Sep. 2 – Oct. 21 Class ID: 6040
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom,
2nd Fl, 5915 Beacon St, Sq. Hill

- 7 Classes: Oct. 28 – Dec. 16* Class ID: 6041
- Wednesday, 1:15 PM - 2:30 PM
- Beth Shalom, Hyman Ballroom,
2nd Fl, 5915 Beacon St, Sq. Hill

*Note: Class will not meet on Nov. 25

Are you looking for a new way to jazz up your exercise routine? Come groove to an energetic mix of hip-hop, international, and Latin-inspired music, and dance movements like the cha-cha, salsa, samba, and more. This class embraces all levels of ability by providing step-by-step instruction, demonstration, and modified moves. No prior experience is necessary! This class is like no other because it gives you a full-body workout that incorporates aerobic dance movements, muscle toning, stretching, and relaxation exercises. It's a great way to build your cardio fitness while having fun, and is perfect for both men and women who enjoy being active. Each session consists of warm-up exercises, Latin cardio dance segments, weights, stretching, and cool down. Please wear comfortable shoes and bring a water bottle and light hand weights. Try it - you'll like it!

Please note: Please note: For physical activity courses we encourage everyone to consult with a physician who can help assess fitness for participation. Please be aware that we do not have trained medical personnel on the premise during any courses with physical activity.

Connie Pollack has been teaching aerobic dance classes to adults for over two decades at Congregation Beth Shalom. She loves singing and dancing to music and enjoys choreographing energetic and fun routines. With a degree in health and physical education, she taught physical education to students of all ages for 15 years before obtaining her master's degree in school counseling and transitioning to the field of college consulting. Currently, she works as a private college counselor in Squirrel Hill and helps students with their college or graduate school selection and application process, and tutors students in English, writing, reading, and test prep. She has always been passionate about teaching, encouraging fitness and exercise, and volunteering in her community.

*Materials fee information located on page 79.

GAMES

Become A Strong Declarer At Bridge*Study Leader:* Richard Finberg

- 6 Classes: Sep. 1 – Oct. 6 *Class ID:* 6027
- Tuesday, 2:45 PM - 4:45 PM
- Cyert Hall, Olmsted Activity Room **NEW!**

This course teaches you how to be a strong declarer in bridge. Let's face it. Bidding to the right contract is satisfying, but good bidding is useless if you don't know how to make your contract. And winning more tricks always scores better than winning less tricks. The confidence of knowing you play the cards well puts you at ease in all aspects of the game. Your instructor, Richard Finberg, is an expert card player who has tutored players at all levels, from beginners to Life Masters. He has also written about the game. In this course, you will learn how to play common suit combinations, how to plan the play of the hand, how to establish more winners, when and how to finesse, and how to avoid finesses when possible. Lessons will include lectures, discussion and a chance to practice what you are learning.

Please note: *This course is for intermediate or advanced bridge players.*

Richard Finberg is one of Pittsburgh's best bridge players. He has won a National championship, along with two second place finishes in National events. He is also a Certified Online Teacher by the American Contract Bridge League (ACBL). He has given hundreds of bridge lessons in the last five years. He has also written numerous bridge articles, including bridge columns featured in the *ACBL Bridge Bulletin*.

Beginning Bridge: Bidding And Play*Study Leader:* Chris Rasmussen

- 6 Classes: Nov. 5 – Dec. 17* *Class ID:* 6038
 - Thursday, 10:30 AM - 12:30 PM
 - Cyert Hall, Olmsted Activity Room **NEW!**
- *Note: Class will not meet on Nov. 26*

Bridge is more than a card game-it's a lively blend of logic, strategy, and partnership. For those who enjoy puzzles, language, or problem-solving, bridge offers endless mental stimulation in a welcoming social setting. Studies in cognitive science suggest that engaging in complex, interactive activities like bridge can support memory, attention, and overall mental agility as we age. Just as importantly, it fosters fun and friendly social connection-something strongly linked to well-being and longevity. While learning bridge is a worthwhile undertaking, it's also fun from day one! You don't need prior experience-just an interest in learning, a willingness to think, and perhaps a sense of humor. There is an accompanying text called *Bridge Basics I* that will support your learning. No previous bridge experience is necessary.

Chris Rasmussen is a passionate bridge player and teacher from Monroeville, PA. As an NABC bridge master, he is a lifelong teacher and student of the game, stressing fun and enjoyment for dozens of new players each year. Chris brings the perspective of a strong, practical player who understands the challenges beginners face and knows how to guide them through the learning process with clarity and patience. In March 2026, Chris and his bridge partner represented the Western Pennsylvania area in the North American Bridge Championships in St. Louis Missouri. In 2025 he also won the local Mini-McKenney and Ace of Clubs Masterpoint races for his bracket.

Trivia Jeopardy! Style

Study Leader: Howard Seltman

- 2 Classes: Oct. 22 and Oct. 29 *Class ID:* 6079
- Thursday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room A

**TWO
DAY**

Do you remember who were the stars of African Queen? Do you know the capital of Canada? Would you recognize the theme song to the Andy Griffith Show? If so, then you will have fun playing Osher Jeopardy. Similar to the popular TV show, three contestants at a time are in a friendly competition to press the buzzer and give the correct response. Unlike the TV show, there are no time limits and categories like rap songs are off the table. We have lots of fun with new categories each time, whether you want to play or just cheer on your friends.

Howard Seltman is a retired Clinical Pathologist and Statistician, who loves learning new things from any field of human knowledge.

LANGUAGE

Intermediate French Conversation

Study Leader: Veronique Schreurs

- 5 Classes: Nov. 6 – Dec. 11* *Class ID:* 5972
- Friday, 1:00 PM - 3:00 PM
- Veronique Schreurs' Home

**Note: Class will not meet on Nov. 27*

It is a cooperative class, to keep up and improve your conversational skills in French. Every student has the opportunity to tell a little 5-minute piece in French, a personal story or a piece about a subject of interest to them. Students may also ask each other questions after each presentation. We have had some lively, interesting, and fun discussions!

Veronique Schreurs has a B.S. degree from the University of Leuven, Belgium. She has experience teaching French both one-on-one and in-group settings. She is a retired software developer. She is active in the blind community as a sighted guide/participant.



WELLNESS

Working Toward Wellness

Study Leader: Jessica Rea

- 1 Class: Oct. 20 Class ID: 5957
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

NEW! **ONE DAY**

Working toward wellness is a supportive, practical course designed for older adults who want to feel more confident making everyday food choices. Led by a registered dietitian, the class explores how to balance meals in a way that supports energy, strength, and overall wellbeing, while introducing simple “smart swaps” that boost the nutrient density of familiar foods. Participants learn approachable tricks of the trade for planning meals, choosing satisfying snacks, and navigating restaurant menus with ease, all with an emphasis on flexibility rather than restriction.

Jessica Rea, MS, RDN, LD is a nationally recognized and award winning Registered Dietitian Nutritionist. She serves as the Program Director of Nutrition for Carnegie Mellon University.

The Relationship Between Religion/Spirituality & Health

Study Leader: Bruce Rabin

- 2 Classes: Oct. 22 and Oct. 29 Class ID: 6002
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

TWO DAY

There is a relationship between an individual’s participation in religious or spirituality activities (R/S) and the quality of their health. This two session Osher class will provide the best scientific information documenting the effect of R/S on mental and physical health and engage in discussion of interesting and unexplainable testimonies that suggest there may be something beyond our understanding. The term for this is ‘transcendence.’ I will include several concepts, but my primary focus will be on R/S as a countermeasure to stress and a factor that encourages healthy lifestyle behaviors. The information discussed will be applicable to all faiths. When we finish, do not anticipate any consensus other than that there is a relationship between R/S and health and that awareness of this can benefit those who recognize its existence.

Bruce Rabin, is Emeritus Professor at the University of Pittsburgh. With a career that spanned 45 years his work has advanced awareness of the interaction between the mind and body. He has developed programs designed to help people identify, learn and adhere to behaviors that will maintain their wellness and lower their risk of developing serious and potentially life-threatening diseases. As a result of his work, people of all ages, socioeconomic levels, educational backgrounds and lifestyle - are learning how to effectively cope with the stress in their lives; new approaches to disease have been understood; mind-body connections are more widely and universally recognized; and innovative approaches to health care management have emerged.



Meditation For The Uninitiated And Skeptical

Study Leader: Roland Vendeland, Shawn Fertitta

- 5 Classes: Nov. 5 – Dec. 10* *Class ID:* 6036
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

NEW!

*Note: Class will not meet on Nov. 26

This course is appropriate for those seeking to participate in meditation. It is specifically designed for those who know not where to begin or have had disappointment with prior meditation experiences. The course instructors, who come to meditation from very different perspectives, present a broad overview of meditation styles. They provide rationales, techniques, and opportunities to practice various styles of meditation. Instructors encourage participants to choose a preferred style and develop a meditation practice either solo or within a group setting.

Roland Vendeland has successfully incorporated meditation to alleviate stress, muscular tension, and headaches in his personal life. As part of his psychotherapy practice, Roland has assisted clients via meditation to regulate emotions, stress, and focus. Roland's cynical perspective directs him to conclude that those who look to others to solve their problems have created their own problems.

Shawn Fertitta has successfully used meditation to relieve himself of depression and anxiety. As a meditation guide, mindfulness coach, sound therapist, and Reiki Master, Shawn has assisted others to heal themselves physically, emotionally, and spiritually. Shawn's nonjudgemental approach guides him to accept that the positive energy within the universe is available to each of us in our search for harmony and tranquility within our own lives.

WRITING

Poetry 101.1: Ars Poetica

Study Leader: Laura McGinnis

- 2 Classes: Oct. 14 and Oct. 21 *Class ID:* 6028
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

NEW! **TWO DAY**

This class will look at Ars Poetica - Poetry about Poetry. The first known example of someone writing poetry about writing poetry was the Roman poet Horace, ca. 19 BCE. Since then, poets have contemplated and written about the art and craft of poetry. In Session 1, this class will look at examples of Ars Poetica throughout history, and then you will have a chance to draft your own poems about making poetry. In Session 2, we will discuss and possibly workshop the poems you have drafted, and then look at some opportunities to submit work to be published. Finally, time permitting, we will look at some examples of Artificial Intelligence engineering that attempt to write poetry. Prior poetry writing (e.g. Poetry 101) is not required but you will be encouraged to write using provided prompts.

Laura McGinnis is a retired project manager who, through Osher, found a love of writing buried beneath a previous life of technology. Her poems have been published in several small-press anthologies. She has had two chapbooks (small poetry collections) published. She is currently working on memoir-based poems to capture the stories of her personal history.

How To Tell Your Own Story

Study Leader: James Hagerty

- 3 Classes: Oct. 28 – Nov. 11 Class ID: 5940
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Hawkins Conference Room

Having written more than 1,000 obituaries for the *Wall Street Journal* and the *New York Times*, Hagerty can tell you why and how to write your own story, in long or short form. Don't leave that project to family members or friends. They lack the details and insights that only you can provide. Generalities and platitudes won't do. You probably have told them many stories, but they weren't taking notes and won't get everything right. So, let's figure out how to write at least a brief summary of what mattered most to you. Then we can consider going on to a longer story about what you are trying to do with your life, why and how it's working out. We will discuss what to include, what to leave out, and how to make your story fun and readable. That's right, fun. Hagerty's motto: If obituaries can't be fun, what's the point of dying?

James R. Hagerty, known to friends as Bob, has been a reporter and editor for the *Wall Street Journal* for more than 40 years. During that period, he has lived in London, Brussels, Hong Kong, New York, Atlanta and (saving the best for last) Pittsburgh. For the past eight years, he has specialized in obituaries. He also has contributed articles to the *New York Times* and *Washington Post*, among other publications. He grew up in North Dakota and studied economics at the University of North Dakota. In recent years he has served as a senior softball coach and English-language tutor for immigrants. He is the author of *Yours Truly*, a guide to writing life stories, which won praise from the *Washington Post* and *New York Times*.

Adventures In Memoir Writing

Study Leader: Molly Bain

- 5 Classes: Oct. 28 – Dec. 2* Class ID: 6055
- Wednesday, 10:45 AM - 12:45 PM
- Cyert Hall, Olmsted Activity Room

NEW!

*Note: Class will not meet on Nov. 25

This course offers supportive space and inspiration aplenty to dabble and “dazzle gradually,” as Emily Dickinson called it, in the processes of explorative memoir writing. Together we'll try out and on various approaches to and entries into memory, place, detail, image, and creative autobiography. In each class session, we'll read short pieces of writing that showcase various memoir forms, structures, and styles, which will serve as diving boards into our own adventures on the page. All that is required is to come to each session ready to read, contemplate, explore, and write.

Molly Bain is a writer, teacher, and performer. She's written librettos, monologues, and one-woman shows, and her essayistic work has appeared in Jezebel's *FlyGirl*, *Creative Nonfiction*, and *PassagesNorth*. She holds an M.A. from Carnegie Mellon University in Literary and Cultural Studies and an M.F.A. from University of Pittsburgh in Creative Nonfiction. She grew up on the shores of Lake Superior and now lives on the other end of the iron ore line, in Pittsburgh.

Family History Made Easy

Study Leader: Anita Kulina

- 1 Class: Oct. 22
 - Thursday, 9:30 AM - 12:30 PM
 - Cyert Hall, Olmsted Activity Room
- Class ID: 6019

NEW! **ONE DAY**

This one-day workshop will show you how to turn memories into meaningful stories. The method is simple and fun, and the only skill required is the ability to write a sentence. We'll discuss how to choose stories for your family history. We'll explore simple recall techniques for exploring long-ago memories. You'll learn how to transform your memories into opportunities to connect with your family and friends. By the time we reach the end of this workshop, you'll be ready to share your first story with your family.

Anita Kulina has been writing family history for herself and others for over thirty years. She grew up in Pittsburgh's Greenfield neighborhood, where her father was a laborer at U.S. Steel Homestead Works and her mother chased around their six children. Anita's latest book is *Write Your Family Story: Even If You're Not a Writer, You Don't Have Time, and You Don't Know Where to Start*.

Writers' Workshop

Study Leader: Thalia Snyder

- 6 Classes: Sep. 2 – Oct. 7
 - Wednesday, 10:30 AM - 12:30 PM
 - Cyert Hall, Hawkins Conference Room
- Class ID: 5956

Would you like to connect to fellow classmates through your writing? This workshop will get your creative juices flowing. We will begin each session with an in-class writing exercise. In addition, you will be asked to submit a writing assignment in the form of essay, poetry, memoir, fiction, or creative nonfiction each week, which will be discussed the following week. You will discover what your classmates appreciated about your piece, what they didn't understand, and how you might improve your writing. We support and encourage each other in the process of putting words on paper.

Please note: *This course requires that a piece of writing, limited to 1200 words, be submitted to the study leader each week. Please register only if you can attend 5 of the 6 sessions and can limit your weekly writing submission to 1200 words. The study leader will email you prior to the start of the course. You must reply to this email to confirm your participation and receive the first assignment.*

Thalia Snyder is a writer, actor, retired dentist and language enthusiast. She studied theater at Northwestern University where she graduated with a B.A. in Russian language and literature. From the University of Pittsburgh, she earned an MA in Slavic Languages and literature as well as a DMD and MS in prosthodontics. She taught at the University of Texas School of Dentistry in Houston and worked in private practice. She narrates books as a voiceover artist at Library of Accessible Media for Pennsylvanians (LAMP). She writes poetry and memoir. Her work was published in *Signatures* (Osher Lifelong Learning Institute at Carnegie Mellon University, 2016). Thalia has been a joyful member of Writers' Workshop for many years.

ARCHITECTURE

Carlo Scarpa: Architectural Magician

Study Leader: David Schwing

- 1 Class: Oct. 22 *Class ID:* 6015
- Thursday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room B

NEW! ONE DAY

Italian Architect Carlo Scarpa was a distinguished and influential designer who practiced in Northern Italy in the Twentieth Century. Scarpa's work fuses the past with a futuristic vision that eludes time or place. Students, professionals, and film set designers from around the world have made pilgrimages to his projects that he left behind. Innovative details, masterful use of materials, and disorienting spatial manipulation have captivated visitors with an otherworldly experience. This presentation will introduce you to Carlo Scarpa's creative genius and his unique aesthetic that cannot be adequately expressed in words.

Retired architect **David "Chip" Schwing** is enjoying a renewed sense of discovery in the classroom. After a career of looking down at a drafting board, he now focuses his attention on the architectural treasures (and oddities) around us and digs into historical research to shine a light on the contributions and creations of others.



The Once And Future CMU Campus

Study Leader: Bob Reppe

- 3 Classes: Sep. 2 – Sep. 16 *Class ID:* 6008
- Wednesday, 2:45 PM - 4:15 PM
- Cyert Hall, Osher Room B

Carnegie Mellon University has a long history of thoughtful planning and deliberate execution. This course will explore past campus growth patterns that are shaping the future of the university. The course will be three parts with discussions of both planning and design themes. Part 1 will be introducing neo-classicism and early campus initiatives. Part 2 will focus on modernism and new thinking in design. Part 3 will explore a new century of design and the campus of the future.

Bob Reppe, a University Architect at CMU, oversees the planning and design of the campus. During his two decades, he has completed two Master Plans and led the design of projects including Scott Hall, the Tepper School of Business and the Highmark Center. Bob is currently managing the design of the Richard King Mellon Hall of Sciences and is a member of the Design Review and Universal Access Committees. Bob also serves as Secretary on the Pittsburgh Planning Commission. Prior to joining CMU, Bob was the Zoning Administrator for Pittsburgh City Planning and managed Development Review and Historic Preservation. Bob received his Masters of Science in Urban Design from the University of Texas and his Bachelors of Arts in Urban Planning from the University of Minnesota.



Religious Architecture In Pittsburgh

Study Leader: Paul Tellers

- 3 Classes: Oct. 28 – Nov. 11 *Class ID:* 6033
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

NEW!

The city of Pittsburgh has a remarkable abundance of religious architecture and art. Immigrants came from around the globe to find work and to seek prosperity in our industrial city. They brought with them a multitude of religious traditions. Immigrants built religious structures that not only accommodated their religious practices but also served as centers for their communities and a haven for new arrivals. Religious architecture and art were and are expressions of faith and ethnic pride. This lecture series will be a tour of churches, synagogues, and temples illustrating the creativity and design skills of the architects and craftsmen who made them.

Paul Tellers is an architect and planner. He was the University Architect at Carnegie Mellon University, the Director of Planning at WTW Architects, Facilities Planning Director for a CUNY college in New York, and a Project Manager for the Pittsburgh Cultural Trust. Paul currently serves as a guide for historical Pittsburgh tours for Pittsburgh History & Landmarks Foundation, Rivers of Steel, and Bike the Burgh. Paul teaches lifelong learning courses at Carnegie Mellon University, the University of Pittsburgh, and La Roche University. Paul is a docent at the Carnegie Museum of Art and a member of the Bach Choir of Pittsburgh.

MATH

Art, Architecture, Kidney Stones . . . And Mathematics

Study Leader: Richard Wertheimer

- 5 Classes: Oct. 28 – Dec. 2* *Class ID:* 6016
- Wednesday, 10:30 AM - 12:30 PM
- Cyert Hall, Osher Room B

**Note: Class will not meet on Nov. 25*

Great architecture, works of art, and natural phenomena all have a foundation in mathematics. Sadly, many of us are afraid of math . . . some have even been scarred by their experience with math. This course makes the basic mathematics behind great achievements accessible to everyone. We will look at the Golden Ratio and its applications in Art, Architecture, and Nature. We will study Frank Lloyd Wright's Fallingwater, the Guggenheim Museum in New York, Notre Dame Cathedral in Paris, the art of M.C. Escher, the Pantheon in Rome, the famous Guastavino stairway at CMU's Baker Hall and an elegant cure for kidney stones. The only prerequisite for this course is a desire to understand and appreciate the world around us.

Richard Wertheimer retired as the Co-Founder, CEO and Principal of City Charter High School in 2012. He spent 25 years in the Pittsburgh Public Schools as a mathematics teacher and supervisor, and Coordinator of Instructional Technology. He was the Education Project Manager and a Principal Investigator of Common Knowledge: Pittsburgh, a National Science Foundation testbed for implementing the Internet into the Pittsburgh Public Schools. Dr. Wertheimer has a B.A. in Mathematics from Carnegie Mellon University (1975) and an M.Ed. in Rehabilitation Counseling (1978) and an Ed.D. in Instruction and Learning (2001) from the University of Pittsburgh. In retirement, his areas of interest vary from the future of public education to the application of mathematics and technology in art, architecture and bridges.

MEDICAL

Regulate Your Nervous System, Build Resilience

Study Leader: Ellen Smith

- 6 Classes: Oct. 28 – Dec. 9* Class ID: 6054
- Wednesday, 9:00 AM - 10:00 AM
- Cyert Hall, Olmsted Activity Room

NEW!

*Note: Class will not meet on Nov. 25

Regulate your nervous system, build resilience will start with an overview of how our nervous systems work including fight, flight and freeze as well as polyvagal theory. From there we dive deeper into neuroception and co-regulation, as well as a brief discussion of how trauma affects the nervous system. Subsequently we will review research on resilience, and you will have the opportunity to build your own personal resilience plan, that if reviewed at least monthly will support you toward growing resilience and clarity. The format will be teaching followed by discussion and working on your personal resilience plan. No textbook is needed, but I will provide information about interesting books and articles.

Ellen Smith, MD retired after 30 years of teaching and practicing Family Medicine in the Harrisburg area. Since retiring, she has studied adversity, how our nervous systems work including after trauma, and how to bounce back and become more resilient. She is passionate and appreciative of the opportunity to educate thousands of people about these topics over the years. She has developed a tool called the Personal Resilience Planner© which takes the above concepts and provides a practical way to observe our strengths, responses, and resilience, and how to grow over time.

The Art Of Eight Healing Movements - Discover Baduanjin

Study Leader: Wendy Ye

Materials Fee: \$20*

- 2 Classes: Sep. 30 and Oct. 7 Class ID: 5978
- Wednesday, 10:00 AM - 11:00 AM
- Wilkins Community Center,
7604 Charleston Ave, Swissvale

NEW! TWO DAY

Baduanjin, meaning “Eight Silken Movements,” is a traditional form of Chinese exercise that dates back nearly a thousand years. In this class, you will learn a sequence of eight simple yet powerful movements designed to improve flexibility, balance, and circulation. Each movement is associated with specific organs and energy pathways in the body, helping to reduce stress, enhance vitality, and support long-term health. This practice is suitable for individuals of all ages and fitness levels. Whether you are looking to improve physical strength, manage stress, or explore traditional mind-body practices, Baduanjin offers a safe and accessible way to cultivate both body and mind. Throughout the course, we will focus on proper posture, alignment, and coordinated breathing, as well as an understanding of the health benefits behind each movement. No prior experience is required. Participants should wear comfortable, loose-fitting clothing suitable for bending and stretching.

Wendy Ye is the Managing Editor of *IEEE Reviews in Biomedical Engineering*. She began her career at the Harvard-MIT Division of Health Sciences and Technology and later worked at the Harvard Medical School VA Medical Center. She also served as a Principal Specialist at Medtronic Neuromodulation and as Managing Editor for *IEEE Transactions on Biomedical Engineering*. Wendy began studying Baduanjin in both the United States and China about 10 years ago and has practiced ever since. She is passionate about sharing this traditional mind-body exercise and helping others experience its many health benefits.

*Materials fee information located on page 79.

SCIENCE

Great Migrations By Sky, Land & Sea

Study Leader: Harry Back

- 3 Classes: Sep. 1 – Sep. 15 *Class ID:* 6022
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

Many animals travel long distances, on circular routes, to and from a remote destinations each year. They migrate thousands of miles to locations where the weather is better, food is more abundant, offspring are more likely to survive, and they are less threatened by predators. There are numerous great annual migrations, and we will discuss a trio of them in three separate classes: Herds of wildebeests and their companions who travel overland in East Central Africa. Humpback whales who swim in the North Pacific. Monarch butterflies who fly between the U.S. and Mexico. We will learn about the animals who travel, where they migrate, the challenges they face enroute, how they cooperate and navigate, and current and future threats to these migrations. These grand adventures will be illustrated with pictures, videos, maps and charts. To preview of the kinds of topics covered you are invited to watch at youtube.com/watch?v=MI_ZA3M9zO0.

Harry Back had two concurrent careers during his working years, as a management scientist and analyst at major Pittsburgh corporations and as a faculty member teaching quantitative methods and analysis at regional business schools. But he also has had a long-term interest in the natural sciences. So when he retired in 2008, he decided to start another career: volunteering to teach science to children in Pittsburgh area schools, libraries and hospitals. Harry would like to share with other lifelong learners some of the fascinating topics about nature that he has studied and taught. Harry Back's formal education is a B.S. in Electrical Engineering from MIT and an MSIA and PhD in System Sciences from CMU.

Holography: The Science And The Art

Study Leader: Tom Cvetkovich

- 1 Class: Oct. 29 *Class ID:* 5981
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

NEW! ONE DAY

The fascinating (and surprising) concepts behind holography are explained in a historical context of man's understanding of light. The making of holography is explained and illustrated with an emphasis on where most people get confused. Laser viewable examples, which are rare to see first-hand, will be displayed. The second half of the talk will focus on artists who have specialized in holographic art. This presentation was originally given at the Butler Institute of American Art in 2024 and at the 2012 Symposium of Display Holography at MIT.

Tom Cvetkovich has a BA from Kent State University and an MFA from the School of the Art Institute of Chicago. He also pursued studies in applied optics and holography and was a frequent contributor to the Lake Forest Holography workshops and International Holography Symposiums. Mr. Cvetkovich has produced every major kind of hologram for applications as diverse as atomic reactions for Fermi National Laboratories to DVD covers for Disney. Notable projects include three US postage stamps, numerous packaging applications; General Foods, Nike, HBO, etc. Mr Cvetkovich produced fine art through out, having a few showings at the Butler and holographic art group exhibits internationally. "I am not essentially a tech artist, I just happen to be doing a lot of it this life time."

Plate Tectonics: A Moving Experience

Study Leader: Barbara Manner

- 4 Classes: Nov. 10 – Dec. 1 *Class ID:* 6024
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

The lithosphere of the earth is divided into a number of plates which float on and travel independently over the asthenosphere. Plates interact with each other at their boundaries, causing seismic and volcanic activity. The class will look at the development of this theory from the early mapmakers to the 1970s and also what happens as the plates move.

Barbara Manner received her B.S. degree in biology from the College of Wooster and her M.S. degree in earth science, Ph.D. degree in geology, and secondary education from the University of Akron. She taught science in the Akron public schools and geology classes at the University of Akron before moving to Pittsburgh and joining the faculty of Duquesne University. Before her retirement in 2008, Dr. Manner taught geology classes at both the undergraduate and graduate levels in the Bayer School of Natural and Environmental Sciences and science methods in classes in the School of Education. She has traveled extensively and has spent time in the 40 national parks.

TECHNOLOGY

Artificial Intelligence: Use It And Understand It

Study Leader: Randal Bryant

- 3 Classes: Sep. 23 – Oct. 7 *Class ID:* 5995
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

In the past decade, artificial intelligence (AI) has become an integral part of our daily lives. From responding to voice commands and guiding drivers around traffic delays to composing our music playlists, AI technology powers tools we use routinely. It also continues to spark debate, with experts expressing both enthusiasm and caution about its future. This course provides a comprehensive overview of AI—its capabilities, limitations, and implications. Participants will engage in lectures and hands-on exploration of AI tools. No prior technical background is required. The course aims to provide participants with a practical understanding of how AI works, experience in applying AI tools to everyday tasks, and the ability to engage in meaningful discussions about the impact of AI on society.

Randal E. Bryant is a Founders University Professor of Computer Science Emeritus at Carnegie Mellon University. He has served on the CMU faculty for over 40 years, including five as department head and 10 as Dean of the School of Computer Science. In that role, he oversaw CMU's world-leading efforts in artificial intelligence, robotics, computer science, and human-computer interaction.

The Cloud And The QR Code

Study Leader: James Russ

- 1 Class: Oct. 21
 - Wednesday, 1:00 PM - 2:30 PM
 - Cyert Hall, Osher Room B
- Class ID: 5943

NEW! **ONE DAY**

When I put data in the cloud, what does that mean? Where is the cloud? Is my data secure? Can I get my data back from the cloud? Who else can see it? Who pays for the cloud? It's a story about how the modern computing world deals with resources like internet restrictions, limits on computing power and data storage limits owned by one group. QR codes have taken over all kinds of advertising and information transfer. This story starts with the question of how price tags disappeared from grocery items. Their replacement, the bar code, allowed computers to replace people in taking inventory and changing prices. THEN the ubiquity of the smart phone and cheap fast data storage led to the QR codes that are everywhere. These are examples of technology feeding on itself to create something new . . . with human help.

James Russ is Emeritus Professor of Physics, Carnegie Mellon University (52 years). He taught all levels of classes from freshman to grad students, plus outreach courses to adults and high school students about nuclear physics, particle physics, and neutrino astrophysics. He is an experimental particle physicist, using large accelerators around the world, currently in the CMS experiment at the CERN Large Hadron Collider in Geneva, Switzerland. Education: Indiana University BS; Princeton University: MS and PhD. He has led particle physics experiments involving up to 500 people from 12 countries.

Weekly Essentials

The weekly email for all things Osher at CMU!

Every Friday, our electronic newsletter the *Weekly Essentials*, or “*The WE*” is sent to you.

This email is your one-stop-shop for all the happenings at Osher at CMU. The WE often includes:

- Catalog and registration announcements
- Events and lectures by Osher and CMU
- Participation in CMU research projects
- Course changes
- Volunteer opportunities
- Member benefits and discounts
- Technology tips and tricks
- Osher class photos
- Articles by Osher members

Members are automatically signed up for these emails, and we ask you do not “unsubscribe” as they will be your gateway to the most important updates from the Osher office. In addition to the email, all of the information is posted on the homepage of our website under the “Weekly Essentials” section.

If you have not received these emails, contact the Osher office.

SOCIAL SCIENCES

Archeology | Contemporary Topics/Sociology | History | Pittsburgh | Politics/Government | Psychology

ARCHEOLOGY

The Ohio Hopewell Moundbuilders

Study Leader: Sarah Neusius

- 4 Classes: Dec. 1 – Dec. 22 *Class ID:* 6067
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

The people known to archaeologists as the Ohio Hopewell built large numbers of earthen constructions including mounds, enclosures, and roads in Ohio and adjacent areas. Their sites which date between 200 BC and AD 450 have been said to be mysteries, but archaeology has shown how they fit into the indigenous past. These people had a mixed economy relying on wild foods as well as gardening, and they also made finely crafted pottery, beautiful smoking pipes, and other interesting artifacts. They traded with other people throughout much of North America, and they practiced elaborate rituals. Who were these people and what have archaeologists learned about their beliefs and lifestyle? Eight of the most significant Ohio Hopewell sites were enrolled as World Heritage sites by UNESCO in 2023. This course will be an introduction to Ohio Hopewell archaeology and cultural reconstruction as well as to the recent World Heritage designation.

Sarah Neusius is Professor Emeritus of Anthropology, Indiana University of Pennsylvania, where she taught archaeology and anthropology for over 30 years, and a Research Associate in Anthropology at the Carnegie Museum of Natural History. She is the current President of the Allegheny Chapter of the Society for Pennsylvania Archaeology, Book Review Editor for the journal *The Pennsylvania Archaeologist*, and Past President of both the Pennsylvania Archaeological Council and the Society for Pennsylvania Archaeology (statewide). Her training is in North American archaeology and zooarchaeology. In Pennsylvania, her research has focused on the period between ca. AD 1000-1650 before Europeans arrived. Both the archaeological story about the past and the practice of archaeology as it intersects with ethical and human rights issues fascinate her.



CONTEMPORARY TOPICS/ SOCIOLOGY

Fundamentals Of Personal Wealth

Study Leader: Benjamin Gongaware, Lacey Thurner

- 6 Classes: Sep. 1 – Oct. 6 *Class ID:* 5951
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

A deep look into the nuances and intricacies of fostering and growing personal wealth. We focus on everything from investment strategies to financial and estate planning. The goal of this class is to provide students with a deeper understanding of how to manage their financial life in a way that creates a comfortable retirement and an opportunity for generational wealth.

Benjamin Gongaware has worked closely with clients for nearly a decade to develop and maintain comprehensive financial strategies focused on holistic wealth management in his primary role at UBS. Through his work, he supports clients in investment management, financial & estate planning, as well tax strategy, alongside CPA partners. In addition, he has deep knowledge of banking and lending, providing clients with solutions and strategies to fit their needs.

Lacey Thurner has been providing expertise to clients in her role at UBS for over 10 years. In a similar capacity to Ben, she works closely with clients to provide holistic financial advice. As a planning specialist, she leads the financial planning practice analyzing clients' financial pictures to develop in-depth plans and deliver data-driven guidance.

Early Career Research At CMU: LCAL

Study Leader: Howard Seltman, Joseph Garcia, Devon Renfroe

- 1 Class: Sep. 3 Class ID: 6081
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

NEW! **ONE DAY**

Did you ever wonder about the research happening on our campus? In this course, two PhD students from the CMU Department of Languages, Cultures, and Applied Linguists will present their research. Joseph Garcia will present his investigation of study-abroad learners in Morocco and how the identities, ideologies, and sociolinguistic competence of five sojourners transformed over their year abroad. Devon Renfroe noticed that many second language speakers are afraid of making mistakes in the second language that will cause offense to first language speakers. She will present her study of what happens when second-language Korean speakers make “mistakes” with speech style in real-time interactions with Koreans.

Howard Seltman will moderate the presentations.

Joseph Garcia is a Ph.D. student in Applied Linguistics and Second Language Acquisition at CMU.

Devon Renfroe is a Ph.D. candidate in Second Language Acquisition and Applied Linguistics at CMU.



Pennsylvania's Volunteer Wildlife First Responders - WIN

Study Leader: Julia Meredith

- 1 Class: Dec. 2 Class ID: 6089
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

NEW! **ONE DAY**

Wildlife in Need — WIN — is a volunteer group of nature lovers dedicated to educating Pennsylvanians how to help wildlife in emergencies. Sometimes help is just “watchful waiting” or it may require safe capture and transport for care at qualified rehabilitation facilities. What should you do if you see a fawn alone? An injured fox? Birds? Other mammals? Is there anything you can (or should) do besides call for help? How can you help educate friends and neighbors when you see wildlife in distress? Come hear WIN volunteer Julia Meredith provide a fascinating overview of the WIN organization, stories of amazing rescues, and important information for saving Pennsylvania wildlife in need.

Julia Meredith received a Bachelor of Science degree in Environmental Science in 1992. She worked in the environmental field for nine years, helping to preserve environmental and habitat quality for the benefit of humans and animals alike. After retiring from a 20 year detour into federal law enforcement, she returned to her original love of wildlife. Building upon her prior bird rescue experience gleaned while she was still working, Julia has volunteered with WIN and a local wildlife rehab center since 2024. She obtained her wildlife capture and rescue permit from the Pennsylvania Game Commission in March and is looking forward to continuing her life's passion.

Green Burial: The Way To Go

Study Leader: Laura Faessel, Deanna Mance

Materials Fee: \$5*

- 3 Classes: Sep. 3 – Sep. 17 *Class ID:* 6086
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A,
& 266 Kansas Street, Verona

MULTI
SITE

Are you curious about green burial? Join us for a fun and enlightening course exploring the world of green burial and how eco-friendly approaches to end-of-life choices benefit our planet and those who inhabit it. In week one, we'll delve into the history of burial traditions and funeral customs, uncovering how practices have evolved over time. In week two, we'll focus on end-of-life planning, offering tools to help you envision your last wishes and create a meaningful ceremony. In week three, we'll visit Pennsylvania's first and only exclusively green cemetery, Penn Forest Natural Burial Park located in Verona. Enjoy a guided walking tour, meet members of the Penn Forest community, and see how green burial harmonizes with nature's cycles of life and renewal. This thought-provoking course provides the opportunity to reflect on our finite lives and break the taboo of discussing death and dying in a supportive, open environment.

Please note: *The last class will be held at the cemetery and the \$5 material fee is due at this time (cash preferred).*

Laura Faessel, manager of Penn Forest Natural Burial Park, holds a bachelor's in environmental studies from Slippery Rock University, where she studied burial practices across five cultures, igniting her passion for green burial. She has embraced all that running a green cemetery has to offer and has spoken at prestigious conferences such as Phipps Native Plant and Sustainability Conference and Green Burial Council Conferences.

Deanna Mance, an abstract artist, began integrating her passion for art with end-of-life care in 2012 as a life enrichment coordinator. A certified death doula since 2018 and co-founder of Pittsburgh Community Deathcare, she now serves as Assistant Manager at Penn Forest Natural Burial Park. Deanna is passionate about destigmatizing death and dying as a radical form of celebrating life.

**Materials fee information located on page 79.*

Book Design: A Cultural History

Study Leader: Jon Klancher

- 5 Classes: Sep. 2 – Sep. 30 *Class ID:* 6076
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

Only a few years ago we were asking: does the new digital world really mean “the death of the book?” Today we can luckily say no, books are clearly still thriving in both old and new ways. But having feared we would lose it, we've started to ask how we got this marvelous invention in the first place. What makes the book so different than the scroll long ago, or the e-book today? How do typefaces, printing methods, page-layouts, bindings, illustrations, and other design features work to shape the ways we read books? How are books read differently-now and in past centuries-in terms of gender and class? A highlight of the course will be a visit to the Hunt Rare Books archive on CMU campus so that students can handle priceless rare books in a guided setting to learn how they were made and used.

Jon Klancher (PhD, UCLA 1981) is retired after teaching 42 years at Carnegie Mellon, Boston University, and other schools. He has held Guggenheim and NEH fellowships, published three books, and authored many essays. His area of study has been book, print, and reading history from the eighteenth to the twenty-first centuries. He has also taught in a range of adult schools beyond regular university courses in Los Angeles and Boston. At Osher he has offered previous classes on Romantic poetry, book history, film, and public library issues.



12 Myths Of The Funeral Industry

Study Leader: Stephen Christian-Michaels

- 1 Class: Oct. 27 *Class ID:* 5964
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

**ONE
DAY**

The history of funerals will be presented including the origins of present day funeral practices that started during the Civil War. Some of the myths involve embalming, concrete vaults, natural burials, home funerals, cremation etc. You will be surprised by many of the myths and reality.

Stephen Christian-Michaels is the President of the Funeral Consumers Alliance of Western Pa whose mission is to educate and advocate for advance planning for your end. FCAWP also advocates funeral related public policy. Previously Stephen was the CEO of Family Services of Western PA and Chief Strategy Officer for Wesley Family Services.

Managing Our Minds In Mayhem

Study Leader: Arthur (Skip) Reed

- 4 Classes: Oct. 28 – Nov. 18 *Class ID:* 6084
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Hawkins Conference Room

NEW!

My bright interest these waning days of 2026 remains the dynamics of our brain lateralization as those dynamics continue to evolve in our age of outrage. In this vein, I keenly appreciate the works of neuroanatomist Jill Bolte Taylor, neuroscientist Iain McGilchrist and psychologist Julian Jaynes. The combined contributions of these 3 will be interwoven in a strange kind of map I will use to explore the promising resource(s) available to us modern persons in search of a way forward - a way forward that will help us navigate the terrains & temporalities we are inhabiting. In *Managing Our Minds in Mayhem*, I aim to offer an opportunity to collaborate in conversation around the topic of how the plane of our consciousness can be effectively understood, creatively deployed, and gratefully equipped with attendant wonder at the overwhelming challenges we face in our contemporary age.

Arthur Campbell Reed Jr's. journey could be characterized in the terminology of the 'trades': a journeyman whose mastery is entirely attributable to the realm he inhabits. Delighting in reading, reflecting, conversation, and learning, for Arthur, conversation is an art form through which we can make discoveries - most especially, discoveries through which we may change our minds. Minds that, in Arthur's case, resists change rather fiercely . . . Arthur is a retired custom woodworker and pastor - 2 folios in the same working person for 35 of his 75 years. So very glad to be retired... Arthur loves the Osher at CMU courses he's taken - fascinating subjects, generous instructors, lifelong learners.

The Nobel Prize

Study Leader: Donald Carter

- 1 Class: Nov. 18
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

Class ID: 6071

NEW! **ONE DAY**

The first Nobel Prizes were awarded 125 years ago in 1901. Since then prizes have been awarded to 1,026 laureates - 930 men, 68 women, and 28 organizations. This one-session class will cover: the creation of the prize by Alfred Nobel, the inventor of dynamite; how the laureates are chosen; the medal, the diploma, and the monetary award; the award ceremonies; deserving and un-deserving laureates; snubs; and past and present controversies.

Don Carter is a retired architect, urban designer, and educator. His last position was as a Senior Research Fellow at the Remaking Cities Institute at Carnegie Mellon University where he was Director from 2009 to 2019. He also taught in the School of Architecture until 2019. Prior to joining CMU in 2009, Don was President of Urban Design Associates in Pittsburgh where for over thirty-six years he led many of the firm's most complex projects in the US and abroad. Don served on the boards of the Pittsburgh Cultural Trust, The Andy Warhol Museum, Pittsburgh Zoo, Pittsburgh Public Theater, and Leadership Pittsburgh. Don earned a Bachelor of Architecture degree from CMU and did post-graduate study in urban design at the University of Edinburgh, Scotland.

Urban Planning Choices

Study Leader: Ruth Cooper Reidbord, Todd Reidbord

- 5 Classes: Sep. 1 – Sep. 29
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

Class ID: 6003

The class will focus on current projects and issues affecting the city, county, and region. Emphasis is on the relationship among the public, private, non-governmental agencies, and, of course, residents, in the planning and development of projects and proposals. Focus will be on governance issues as they affect urban planning. Class participation is welcome and is always spirited

Ruth Cooper Reidbord is a retired urban planner who worked in local government and consulted with the Southwestern Pennsylvania Commission as well as local governments and developers. She is a graduate of Carnegie Mellon University, Margaret Morrison College and of the University of Pittsburgh Graduate School of Public and International Affairs from which she received a Masters in Urban and Regional Planning. She is a resident of Pittsburgh.

Todd E. Reidbord is a Pittsburgh native whose career has spanned many facets of the real estate profession. He is a graduate of Mt. Lebanon High School, the Wharton School of the University of Pennsylvania and the University of Pittsburgh School of Law. He started his career as a commercial banker in Los Angeles CA, then after law school practiced real estate law in Pittsburgh before joining 84 Lumber focusing on new store development. In 1998, he co-founded Walnut Capital, a Shady-side based real estate development and management company. Mr Reidbord was vice-chair of the City of Pittsburgh Planning Commission for 8 years and is active in a number of charitable and volunteer organizations.

Special Interest Groups (SIGs)

Special Interest Groups (SIGs) are member-formed informal groups focused on a particular interest. These groups are independent of regular Osher classes and are organized and run by the group's members. They offer a chance to socialize and share common interests. Some SIGs meet regularly, others occasionally. SIGs are a benefit of membership.

For detailed descriptions and meeting information, please visit our website cmu.edu/osher/courses-and-sigs.

If you have an idea for a SIG and are willing to get it going, please contact the Osher Office.

Telling Your Personal Story

Study Leader: Norton Gusky

- 5 Classes: Sep. 2 – Sep. 30 *Class ID:* 5970
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Olmsted Activity Room

How can you use the creative arts to tell your story? In this class you'll have a chance to hear from a variety of experts on how to use a variety of media - text, photos, cardboard, music, and video - to share a story. Subjects will include: telling stories using text; combining text and graphics, using cardboard and found objects to tell a personal story; creating personal stories about family and personal travels using photos; and sharing a personal interest or passion using music and/or video. The experts will provide insights that work for any person. During the five week class you'll have an option to share your own creation with the participants and a guest expert to get feedback.

Norton Gusky has demonstrated in his teaching the power of technology as a tool for empowering kids, educators, and communities for over forty years. Norton worked as a classroom teacher then a technology coordinator. For over ten years, Norton has been an educational technology broker. He works on a variety of educational projects with schools, non-profits, and small businesses. Norton believes in empowering educators and adults. Norton has taught graduate level courses at West Virginia University, the University of Pittsburgh, and Carnegie Mellon University. Norton has served as a study leader for Osher classes at both Carnegie Mellon and the University of Pittsburgh. During Covid, Norton returned to his love for photography and film. His work can be seen online at his website - nortongusky.com

HISTORY

Women Scientists Who Should Be Famous: Pt. 2

Study Leader: Randy Weinberg

- 2 Classes: Oct. 20 and Oct. 27 *Class ID:* 5984
- Tuesday, 2:45 PM - 4:15 PM **NEW!** **TWO DAY**
- Cyert Hall, Osher Room B

This course surveys the lives, times, and accomplishments of a wide variety of remarkable women scientists from the past. Each of these trailblazers made significant discoveries and breakthroughs in their respective fields, defying the odds and overcoming numerous challenges. Living and working across different parts of the world from the 1600s to the mid-20th century, they often encountered formidable obstacles, including limited access to education, uncertain job prospects, limited support, hostility, and discrimination. Their work was often overshadowed by their male colleagues and collaborators. Despite these hurdles, they demonstrated a steadfast passion for discovery, extraordinary courage and perseverance. Their contributions should be widely recognized and celebrated. These women of science should be famous!

Randy Weinberg is a retired professor of Information Systems at Carnegie Mellon University. He has been a regular study leader for Osher at CMU and is currently the chair of the Osher Study Leader Support Group. He is originally from Minnesota and completed his undergraduate and graduate studies in Mathematics and Operations Research at the University of Minnesota.

The Legacy Of George Westinghouse

Study Leader: David Bear

- 3 Classes: Nov. 10 – Nov. 24 *Class ID:* 5994
- Tuesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

Although arguably the most impactful person to ever call Pittsburgh home, inventor and industrialist George Westinghouse (1842 - 1914) is much less appreciated than other figures of his day. Granted 361 patents in his lifetime, the innovative ideas that flowed from Westinghouse's mind revolutionized rail travel everywhere, pioneered the use of natural gas as a fuel source, and perfected AC electricity and institutionalized it around the world. Of the 60 businesses he personally founded, half a dozen still remain, three as Fortune 500 corporations. Unlike others of his time, Westinghouse was also a progressive employer, humane, humble, and deeply committed to making the world a better place. So revered was he by his employees that a decade after he died, 50,000 of them chipped in to create a memorial in his honor. This two-session course will cover Westinghouse's past and The Westinghouse Legacy.

David Bear, founding President of The Westinghouse Legacy (TheWestinghouseLegacy.org), has spent his professional career as a writer. As the *Pittsburgh Post-Gazette* travel editor for a decade, he was also the creative force behind *The Traveler's Journal* (travelersjournal.com), the series of "audio postcards" heard daily on public radio stations across the country. He also produced and hosted other public radio series, including *A Century of Heroes* for the Carnegie Hero Fund, and *Dinosaurs and More* for the Carnegie Museum of Natural History. During a fellowship at CMU's Studio for Creative Inquiry, Bear conceptualized and organized the High Point Pittsburgh Investigation. His eclectic resume also includes stints as a travel agent, tour guide, sales executive for a European travel company, and a researcher for the Loch Ness Investigation Bureau.



My Hero Ernie Pyle

Study Leader: Robert Bukk

- 2 Classes: Oct. 14 and Oct. 21 *Class ID:* 6000
- Wednesday, 9:15 AM - 10:45 AM
- Cyert Hall, Osher Room A

NEW! **TWO DAY**

This series of classes will tell the story of Ernie Pyle, considered by many to be the most recognized and greatest war correspondent in history. This class will be conducted in two sessions, with the first class covering Pyle's early life growing up on a farm in Dana, Indiana, to his rise as a roving reporter, copy editor, and then aviation columnist for the *Scripts Howard's Washington Daily News*. There will be selected readings throughout the class, some of which will be his observations from his several visits to the Pittsburgh area. Week two also features selected videos and readings that cover Pyle's storied career as a WWII Correspondent covering the war in Europe and in Asia, where he was killed in action on the island of Ie Shima.

Robert Bukk is a freelance writer and raconteur. He is a World War II historian and former Executive Director of the Southwest Pennsylvania World War II Memorial Fund. He also serves as a judge for the Pittsburgh Regional Science and Engineering Fair. Bob holds an associate degree in journalism from the Community College of Allegheny County - South Campus and a bachelor's degree in library and information science from the University of Pittsburgh. He resides in Squirrel Hill with his wife, Jane, and their English Cocker Spaniel, Spanky.

Shackleton: Heroic Antarctic Explorer

Study Leader: Barbara Manner

- 1 Class: Oct. 20 Class ID: 6023
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

ONE
DAY

From the late 19th century until the end of WWI, Antarctica was the focus of international and scientific exploration. Among the explorers was Ernest Shackleton, an Ireland-born explorer who led three British expeditions to Antarctica. This class will focus on his life and the ill-fated Trans-Antarctic Expedition of 1914-1917 aboard his ship the *Endurance*.

Barbara Manner received her MS and PhD from the University of Akron in Geology and Secondary Education. She taught geology and environment classes at the University of Akron and Duquesne University. She has had a long-time interest in Sir Ernest Shackleton and taught a class about his exploration at Duquesne. Recently, during a trip to Antarctica, she visited Grytviken on South Georgia Island where he is buried.

Victorian Jewelry: Insights Into Victorian Society

Study Leader: Ronaele Novotny

- 6 Classes: Sep. 2 – Oct. 7 Class ID: 6057
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Olmsted Activity Room

NEW!

Jewelry is a cultural artifact, so the study of jewelry provides insight into the society that produced it. We will examine jewelry of the Victorian era and learn what it teaches about aspects of life during this time. We will discuss Queen Victoria's role as an international influencer for jewelry fashion, and how the Victorians defined "jewelry." We will explore the cultural symbols encoded in jewelry pieces, filling jewelry with commonly understood meaning. We will identify how scientific discoveries influenced the designs of Victorian jewelry. We will discover how the Victorians' access to travel created jewelry souvenirs and popularized certain jewelry types. We will consider the Victorians' "mourning jewelry" culture as a response to the prevalence of death at this time. We will conclude with discussion of the democratization of jewelry: how new materials and technologies made jewelry more available to the fast-growing Victorian middle and working classes.

Ronaele Novotny's passions for teaching and Victorian England continued through both of her careers. As a graduate student in Pitt's English Department, she spent eight years as a Teaching Fellow. Ronaele's love of novels led her to choose Victorian Literature as an area of specialization for her Ph.D. But with few job opportunities available, Ronaele left academia and began a 30-year career at the State's Welfare Department. As a caseworker she conducted training for union activists. As a supervisor Ronaele trained caseworkers. And as a Director of a county office, she designed trainings for her 100-person staff. With retirement, Ronaele has become an avid collector of Victorian jewelry. This avocation allows her to reconnect with a period she has loved for decades.

Frontier Women

Study Leader: Joan Gundersen

- 5 Classes: Sep. 1 – Sep. 29 *Class ID:* 5965
- Tuesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room B

Waves of new settlers exploited the geographic region now known as the U.S. We will explore the roles of women living in the dynamic and constantly moving zone of contact between indigenous people and the settlers, missionaries, farmers, trappers, miners, ranchers and the military who reshaped that landscape. While acknowledging the role of legendary women such as Pocahontas, Sacagawea and Calamity Jane, we will also look at the many lesser-known women who left a record of their experiences as captives, on the Overland trail, in mining camps, western forts, ranches and sod houses.

Joan Gundersen is professor emeritus of history at California State University San Marcos. Author of seven history books and numerous scholarly articles, she taught women's history and early American history for more than 30 years at a variety of institutions, including Vanderbilt University, St. Olaf College, CSU San Marcos, and Elon University. She came to Pittsburgh in 2000 as a senior administrator for Chatham University, and later worked for the Episcopal diocese. Recipient of several awards for teaching and writing, she enjoys sharing the fascinating world of women's history with others.

PITTSBURGH

Growing Up Yinzer: Pittsburgh's Cultural Identity

Study Leader: Richard Roberts

- 1 Class: Oct. 14 *Class ID:* 5977
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room A

ONE
DAY

The term “Yinzer” is more than just a quirky nickname for the citizens of Pittsburgh, it is a badge of honor that represents the unique culture, history, and spirit of this vibrant city. With a blend of proud steel traditions, a distinct dialect, a deep loyalty to neighborhoods, and a love for local sports teams, the Yinzer identity stands out as an integral part of Pittsburgh's heritage. While the Pittsburghese accent is a key element, Yinzer culture encompasses a broader sense of identity and shared experiences. Many Pittsburghers, regardless of whether they speak with a thick accent, use the term “Yinzer” to self-identify and express their connection to the city and its culture. Yinzer culture is captured in the best-selling book, *Growing Up Yinzer*, that chronicles how the city shaped the very character of 50 well-known native Pittsburghers including Mark Cuban, Bill Cowher, Jeff Goldblum, Joe Namath, and John Calipari.

Dick Roberts grew up hooked on TV news. Growing up in Ligonier, Pennsylvania, his favorite TV shows were newscasts, and over the years, this obsession with news media evolved into a passion for storytelling, public relations and corporate communications, and its potential to help shape how people perceive the world. Following graduation from Duquesne University with a B.A. Degree in Journalism, Roberts began his career as an entertainment promoter with Dick Clark Concerts. On the belief that a company's most important asset is its reputation, he became a trusted adviser and strategic communications professional with the J. Walter Thompson Company and his name-sake firm, Roberts Communications USA. Roberts authored his first book, *Growing Up Yinzer*, in 2023.

Pittsburgh Real Estate Development Trends

Study Leader: Todd Reidbord

- 5 Classes: Sep. 1 – Sep. 29
 - Tuesday, 2:45 PM - 4:15 PM
 - Cyert Hall, Osher Room B
- Class ID:* 6004

NEW!

This course will examine the current trends and practices for commercial real estate development in the Pittsburgh region, focusing on office, retail and apartment projects. We will have industry and sector specific guest speakers from both the private and public sectors-the people actually doing the projects in our region.

Todd E. Reidbord is a Pittsburgh native whose career has spanned many facets of the real estate profession. He is a graduate of Mt. Lebanon High School, the Wharton School of the University of Pennsylvania and the University of Pittsburgh School of Law. He started his career as a commercial banker in Los Angeles CA, then after law school practiced real estate law in Pittsburgh before joining 84 Lumber focusing on new store development. In 1998, he co-founded Walnut Capital, a Shady-side based real estate development and management company. Mr Reidbord was vice-chair of the City of Pittsburgh Planning Commission for 8 years and is active in a number of charitable and volunteer organizations.

CMUAA: Raymond Viner Hall

Study Leader: CMUAA

- 1 Class: Oct. 5
 - Monday, 11:00 AM - 12:30 PM
 - Hunt Library, TBA
- Class ID:* 6064

NEW!

ONE DAY

Architect Raymond Viner Hall is an under-appreciated mid-century architect who lived and worked along the upper Allegheny River in Port Alleghany, PA. His father, Walter J. Hall, served as builder and chief stonemason of Fallingwater, Frank Lloyd Wright's masterpiece. It should not surprise us that Wright's influence is evident in Raymond's designs. Archivist Lynn Kawaratani is welcoming us to visit CMU Architectural Archives at Hunt Library to see examples of his drawings and documents from Hall's career. Additionally, Wright site researcher and Hall enthusiast Fred Zelt will share insights into Raymond Viner Hall's design ethos and construction methods that produced a very impressive body of work in the Western Pennsylvania region.

This course will be led by a docent of the **CMU Architectural Archives**.

CMUAA: Benno Janssen

Study Leader: CMUAA

- 1 Class: Sep. 21
 - Monday, 10:30 AM - 12:30 PM
 - Hunt Library, TBA
- Class ID:* 6065

NEW!

ONE DAY

Architect Benno Janssen is among Pittsburgh's most influential and prolific architects. Beaux Arts trained Janssen was a master of styles enabling him to design beautiful buildings in any setting, always appropriate to its use. Archivist Lynn Kawaratani is welcoming us to visit CMU Architectural Archives at Hunt Library to see examples of his drawings and documents from his career. A retrospective of Benno's life will showcase a range of buildings he designed and will allow you to appreciate his influence on our city and how he reflected the times he lived in. Insight into his design process and the expanse of his stylistic legacy will allow you to appreciate his dedication and perfection of his architectural talent.

This course will be led by a docent of the **CMU Architectural Archives**.

Visit To Hunt Botanical Institute

Study Leader: Hunt Botanical

- 1 Class: Oct. 19 Class ID: 6063
- Monday, 10:30 AM - 12:30 PM
- Hunt Library, NEW! ONE DAY
Hunt Botanical Institute, 5th Floor

Founded in 1961 by Rachel McMasters Miller Hunt, The Hunt Institute for Botanical Documentation is housed in CMU's Hunt Library. It certainly deserves to be included in a list of world-class institutions in our region. Rachel's lifelong love of the natural world, rare books, and artwork is reflected within the collection that she bequeathed. During this visit to the HIBD, Senior Curator of Art and Research Scholar Carrie Roy will share details about Rachel's life and her work as a scholar and leader in the field of botanical research. In addition, Curators from Archives, Art and Library Departments will present some of the highlights of the collection and speak about the legacy and future goals of HIBD. Whether you are an art lover, enjoy gardening, are interested in ecology, or appreciate how one woman has shared her passions with generations to come, this visit will be a rare opportunity for all.

This course will be lead be a docent from **Hunt Institute for Botanical Documentation**.

Pittsburgh's Two Renaissances

Study Leader: Howard Voigt

- 3 Classes: Sep. 2 – Sep. 16 Class ID: 6029
- Wednesday, 11:00 AM - 12:30 PM NEW!
- Cyert Hall, Osher Room B

By the end of WWII Pittsburgh was an exhausted city. A 1944 *Wall Street Journal* survey gave Pittsburgh a "class D rating, having a bleak future with little promise for growth". But not only did we survive, we thrived. Witness: Gateway Center, Point State Park, Mellon Square, the Civic Arena, Heinz Hall, and the US Steel Building. Then in the late 70's/early 80's, Renaissance I summarily collapsed with 18% unemployment and the loss of 158,000 local manufacturing jobs. But wait, Renaissance II, seemingly out of the blue, provided renewed vitality through six new downtown skyscrapers, five massive infrastructure projects, the development of the North Shore, and the creation of the Cultural District. Through apt photos and lucid text we will describe each element of these two phenomenal city rebirths.

Howard Voigt is a native Pittsburgher with a BA in history from Notre Dame and a law degree from the University of Cincinnati. After practicing law for forty years, mainly in Pittsburgh in the corporate sector, he spent his first years of retirement leading weekly walking tours in downtown Pgh and Oakland under the auspices of the Pittsburgh History and Landmarks Foundation. More recently he has served as an Osher study leader and has made presentations at local retirement communities, always focusing on Pittsburgh history and its landmark buildings and remarkable sites.



The Pittsburgh Ballet Theatre Performs *Giselle*

Study Leader: Pittsburgh Ballet

Materials Fee: \$40*

- 2 Classes: Oct. 7 and Oct. 24 Class ID: 6020
- Wednesday, 1:00 PM - 2:00 PM **NEW! TWO DAY**
- Pittsburgh Ballet Theatre, 2900 Liberty Ave, Strip District, & 237 7th St, Downtown **MULTI SITE**

Join us for a rare opportunity to observe a studio rehearsal and to attend a matinee performance of one of ballet's most haunting and romantic masterpieces, *Giselle*. The Pittsburgh Ballet Theatre invites us to experience a luminous tale of love, betrayal, and forgiveness. Experience this timeless classic with Adolphe Adam's sweeping score performed live by the PBT Orchestra.

Please note:

Oct. 7, 1:00 pm – 2:00 pm: Class held at Pittsburgh Ballet Theatre in the Strip District.

Oct. 24, 2:00 pm – 4:00 pm: Performance of *Giselle* at The Benedum Center. Cost of ticket included in material fee.

This course will be led by a docent of the **Pittsburgh Ballet Theatre**.

*Materials fee information located on page 79.

These Walls Can Talk: Immigration Tour At The Vanka Murals

Study Leader: Maxo Vanka Murals

Materials Fee: \$18*

- 1 Class: Aug. 31 Class ID: 6050
- Monday, 11:00 AM - 12:30 PM **NEW!**
- St. Nicholas Croatian Catholic Church, 24 Maryland Ave, Millvale **ONE DAY**

This 90-minute guided tour with Director of Education & Interpretation, Becky Gaugler, offers a deeper dive into the history and lived experiences of the congregation of St. Nicholas Croatian Catholic Church. Participants will explore why people immigrated to Pittsburgh and how they built new lives in America while maintaining strong cultural connections. Rich in detail, the tour weaves together oral histories, archival photographs, and a close interpretation of select Maxo Vanka murals-situating them within broader world events and the cherished recollections of parishioners. Whether you've visited the Vanka Murals before or are seeing them for the first time, this one-of-a-kind experience offers something new to discover.

Becky Gaugler is the Director of Education & Interpretation at the Society to Preserve the Millvale Murals of Maxo Vanka. She holds degrees in art history and has been working in museum education for almost 20 years. Becky previously worked as the Manager of School & Teacher Programs at Carnegie Museum of Art and most recently as a freelance consultant with a variety of area museums and nonprofits, including the Heinz History Center, the Arts Education Collaborative, and the Children's Museum of Pittsburgh.

*Materials fee information located on page 79.

Birding At Beechwood Farms

Study Leader: Birding at Beechwood

Materials Fee: \$15*

- 1 Class: Oct. 16 Class ID: 6047
- Friday, 9:00 AM - 11:00 AM
- Beechwood Farms, **NEW!** **ONE DAY**
Audubon Society of Western PA,
614 Dorseyville Rd, Fox Chapel

Our birding at Audubon Headquarters, Beechwood Farms Nature Preserves, continues with new presentations! This outing is intended for birders of all levels of experience. The more you bird, the more you enjoy! This class will include a bird walk followed by expert presentation, and time for additional birding if desired on the property. Chris Kubiak, Education Director at the Audubon Society of Western PA, is our presenter for the fall sessions. Chris has taught thousands of beginning and experienced birders; Western PA is an exceptional place to learn.

Please note: Free parking is available on site and binoculars are provided for those who do not have their own.

This course will be led by **Chris Kubiak**, Education Director at the Audubon Society of Western PA.

*Materials fee information located on page 79.



Classes At The National Aviary

Study Leader: National Aviary

Materials Fee: \$24*

- 1 Class: Oct. 7 Class ID: 6046
- Wednesday, 10:00 AM - 12:30 PM
- National Aviary, **ONE DAY**
700 Arch St, North Side

Join us for an on-site tour and education program at the National Aviary. The presentation with the National Aviary staff will take approximately 45 minutes followed by the guided tour. America's only independent indoor non-profit zoo dedicated to birds, the Aviary is home to more than 500 birds and other animals representing more than 150 species from around the world, many of them listed as threatened or endangered in the wild. If you have never been to the Aviary, or even if you have visited multiple times, this program and tour promises to be an extraordinary and unforgettable afternoon!

Please note: Parking is available in the Aviary parking lot at 700 Arch Street, Pittsburgh 15212.

This course will be led by a docent of the **National Aviary**.

*Materials fee information located on page 79.



Make And Take!

Study Leader: Deborah Lange

Materials Fee: \$30*

- 3 Classes: Oct. 30 – Nov. 13 *Class ID:* 5990
- Friday, 1:00 PM - 3:00 PM
- Protohaven,
214 N Trenton Ave, Point Breeze

There is tremendous joy and satisfaction to be had in making something with your own hands. Through three sessions at Protohaven, Pittsburgh's premier makerspace, we'll give you a chance to share in that feeling by guiding you on your own creative journey. We will set you up with some small projects that you can attempt and allow you to tailor with your own creative flair. This is the high school shop class you've never had — or you want to revisit. Our volunteers will provide instruction on three pieces (one per session) of equipment and guide you as you bring your idea to life. Take-away items could include: an ornament made on the wood lathe, a forged steel spoon, a laser-cut and etched plaque, a small quilted item, or a 3D printed fidget spinner!

Deborah Lange, PhD, PE (ret). Deb is a civil/environmental engineer, retired from Carnegie Mellon. In her third act, she applies her maker energies to engineering outreach, particularly for middle and high school students.

**Materials fee information located on page 79.*

Wake And Make!

Study Leader: Deborah Lange

Materials Fee: \$10*

- 1 Class: Oct. 23 *Class ID:* 5991
- Friday, 1:00 PM - 3:00 PM
- Protohaven,
214 N Trenton Ave, Point Breeze

**ONE
DAY**

Join us for a tour of Protohaven, the Pittsburgh region's premier makerspace. Located in the East End, our 12,000-square-foot facility houses a wide variety of tools and equipment, all available for member use. If you can think of it, you can make it at Protohaven. The tour will introduce participants to our facility, which includes a wood shop, a metal shop, a laser-cutting studio, a jewelry studio, a 3D printing bank, a textiles studio and so much more! After the tour, join us for coffee and conversation with a few of our resident creatives, who will talk about the work that they do at Protohaven and help you make your very own take-away, such as a coffee cup with a dye sublimated image.

Deborah Lange, PhD, PE (ret). Deb is a civil/environmental engineer, retired from Carnegie Mellon. In her third act, she applies her maker energies to engineering outreach, particularly for middle and high school students.

**Materials fee information located on page 79.*

The City-County Building In-Depth

Study Leader: Patricia DiRienzo, Sandy Preuhs

- 1 Class: Nov. 5 Class ID: 6010
- Thursday, 10:00 AM - 12:00 PM
- Allegheny County Courthouse,
436 Grant St, Pittsburgh

ONE
DAY

You may have been in the City-County Building to conduct business in a city or county row office. On this tour, we will visit some grand spaces that are not regularly frequented - City Council chambers; the Mayor's suite; city archives and others. Join us for this in-depth look at this beautiful Civic building.

Please note: *This is a walking tour and there will be steps. Also, we must pass through security, so be prepared to carry as little as possible with you.*

Patricia DiRienzo spent her working career in social services and public education. She worked in drug and alcohol prevention programs, schools, Pennsylvania Department of Education, and Allegheny Intermediate Unit. She holds a BA from Marywood University, M.Ed. from Penn State, and Ed.D. from Temple. She has been a docent for Pittsburgh History & Landmarks Foundation since 2016, leading tours for children and adults, and developing new tours.

Sandy Preuhs earned a B.A. from Carnegie-Mellon, M.A. from Pitt, and J.D. from Duquesne. She joined the Allegheny County District Attorney's Office in 1986, retiring in 2018. Her practice was exclusively in the Pennsylvania Superior and Supreme Courts. She achieved two retirement goals: let her hair go grey and became a docent for Pittsburgh History & Landmarks Foundation.

Behind The Science Tour Of Magee-Womens Research Institute

Study Leader: Magee Womens Hospital

- 1 Class: Oct. 14 Class ID: 5982
- Wednesday, 5:30 PM - 7:30 PM
- Magee-Womens Research Institute,
1st Floor Conference Rm,
204 Craft Ave, Pittsburgh

ONE
DAY

During a behind-the-science tour at Magee-Womens Research Institute, attendees will tour the laboratories, learn about our transformative research directly from the scientists, and hear the latest from Magee-Womens Leadership. Attendees will learn how we are solving real-world problems, impacting better outcomes, and driving the future of women's health. Complimentary valet parking and refreshments will be provided.

Magee-Womens Research Institute are leaders in research that informs women's health care all over the world. We are fighters for more women in clinical trials and more research dedicated to women's health and reproductive biology. We are changemakers, transforming women's lives and creating a better future for us all. Our Research spans a women's lifetime, from the first 9 months to 90-plus years. The understanding of the very beginning of life fuels and informs every area of our research-and will change lives and create a better future for us all.

Tour: Byham Theater

Study Leader: Byham Theatre

Materials Fee: \$10*

- 1 Class: Sep. 14
- Monday, 10:00 AM - 11:30 AM
- Byham Theater,
101 6th St, Pittsburgh

Class ID: 5954

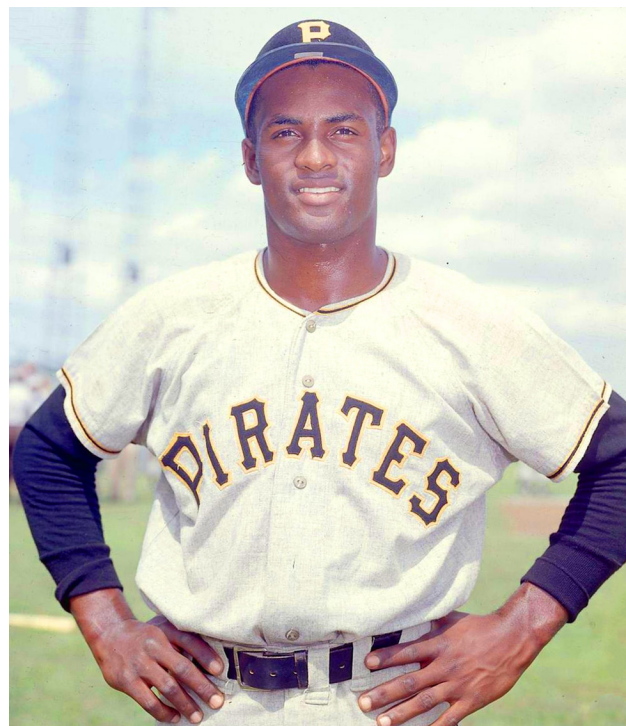
NEW! **ONE DAY**

Take a private behind-the-scenes of the Byham Theater! Led by passionate guides, each tour is a unique experience enhanced by personal stories and exclusive insights. Explore every facet of this cultural landmark, from the mechanics backstage to the grandeur of the stage itself. Participants will meet in front of the theater at 9:45 the main doors under the marquee. The actual tour begins at 10:00 and will be 45 to 60 minutes long.

Please note: If wheelchair accommodation is needed, please notify the office at least one week before the class.

This course will be led by a docent of **The Byham Theatre**.

*Materials fee information located on page 79.



Osher Visits The Roberto Clemente Museum

Study Leader: Clemente Museum

Materials Fee: \$21*

- 1 Class: Nov. 5
- Thursday, 10:00 AM - 11:30 AM
- Roberto Clemente Museum,
3339 Penn Ave, Lawrenceville

ONE DAY

Join us for a guided tour of the Roberto Clemente Museum (3339 Penn Ave., Pittsburgh 15201). Located in a historic firehouse, the Executive Director and Curator, Duane Rieder, has meticulously renovated Engine House 25 to showcase the world's largest exhibited collection of baseball artifacts, works of art, literature, photographs, memorabilia, and related materials which focus on Roberto Clemente, his teammates, his personal life, and his humanitarian causes. This tour is a moving testament to Roberto Clemente but also an extraordinary experience of Pittsburgh history. Parking is available next to the museum. Tour space is limited.

This course will be led by a docent of **The Clemente Museum**.

*Materials fee information located on page 79.

Peopling Of The Americas

Study Leader: Heinz History Center

- 1 Class: Oct. 23 Class ID: 6031
- Friday, 10:30 AM - 12:00 PM
- Heinz History Center, **NEW!** **ONE DAY**
1212 Smallman St, Strip District

When and how did humans first arrive in the Americas? Join us at the Heinz History Center to learn about various lines of evidence, including Western Pennsylvania's contributions to this debate as well as the latest discoveries made throughout the hemisphere.

Please note: Admission to the museum will be free for participants on the day of the class.

Lloyd Black is a museum educator at the Heinz History Center. Passionate about looking at history through an interdisciplinary lens, he has a BA in Anthropology, an MSc in Evolutionary Anthropology, a GCert in Cognitive Science, and an MSc in International Relations.

A Behind-The-Scenes Look At City Theatre

Study Leader: City Theatre Company

- 1 Class: Sep. 28 Class ID: 5980
- Monday, 1:00 PM - 2:30 PM
- City Theatre, **ONE DAY**
1300 Bingham St, South Side

This course is a behind-the-scenes look at City Theatre Company. City Theatre Company is a mid-size regional theatre in Pittsburgh that is committed to producing five bold, contemporary plays every year. The course will focus on a particular aspect of theater production and provide an in-depth look into our creative process. Students will meet a member of the creative team and participate in a Q&A.

This course will be led by a docent of City Theatre Company.

Visit To Franco Harris Sports Museum

Study Leader: Heinz History Center

Materials Fee: \$14*

- 1 Class: Aug. 31 Class ID: 6061
- Monday, 10:00 AM - 11:30 AM
- Heinz History Center, **NEW!** **ONE DAY**
Franco Harris Sports Museum

Tailgates, Sunday afternoons, trips to the stadiums and arenas, cheering on our local athletes: sports have long been an important aspect of life in Pittsburgh. Pittsburgh's Heinz History Center houses the Franco Harris Sports Museum. We are lucky to have Anne Madarasz, Chief Historian and Director of the Franco Harris Sports Museum, to lead a personalized tour of the museum and share insights on its collection. Anne will be able to provide additional context and detail to the stories showcased in the museum. You will hear the stories of legends and unsung heroes, the almost forgotten and the forgettable, and come to understand how Pittsburgh built an identity as the City of Champions.

This course will be led by **Anne Madarasz**, the Chief Historian and Director of the Franco Harris Sports Museum.

*Materials fee information located on page 79.

Archive Deep Dive: WWII

Study Leader: David Schwing

- 1 Class: Nov. 2 Class ID: 6062
- Monday, 9:15 AM - 11:15 AM
- Heinz History Center,  1212 Smallman St, Strip District

Eighteen-year-olds left home to save the world. During this visit to the Heinz History Center, Archivist Sierra Green will pull materials from more than a dozen collections to paint a picture of life during World War II. Topics will range from how neighborhoods and families are affected by world events, how businesses and industry responded, and how institutions, places of worship and cultural groups provided support. Pittsburghers from every background stepped forward to serve. We will hear their stories of selfless bravery and heroism - and pain and loss. Class members will break into groups to participate in a hands-on examination of archived materials to learn and report observations and pose questions. Along the way we will use resources to seek out historical details about individuals, area institutions, and neighborhoods to aid in your own research efforts.

This course will be led by a docent of the **Heinz History Center**.

Creating Winter Interest In The Garden

Study Leader: Pittsburgh Botanic Garden

- 1 Class: Oct. 22 Class ID: 5969
- Thursday, 11:00 AM - 12:30 PM
- Pittsburgh Botanic Garden,  799 Pinkerton Run Rd, Oakdale

Is there anything worse than looking out into your garden in winter and seeing dead, brown nothing? Jazz up your landscape by easily incorporating winter interest. Join Dr. Mark Miller, Education & Exhibits Director as he explores the concepts of seasonal interest, describes ways to add color, texture and form to your established landscape, and provides aesthetically pleasing examples. Stave off the winter doldrums with fun and pleasing additions. A ppt lecture will be followed by a walk around the Garden to point out plants, structures and treatments that provide interest during even the grayest of weather.

Mark A. Miller is the Education & Exhibits Director for Pittsburgh Botanic Garden. He completed a B.S. in Horticulture, an M.S. in Agricultural Education, and a Ph.D. in Environment & Natural Resources at The Ohio State University. Mark has enjoyed a long, varied work history: landscape designer in DC, San Antonio and Ohio; educator in the US Peace Corps; vocational horticulture instructor at the Ohio Reformatory for Women; program associate for the Ohio Cooperative Extension Service; Director of Horticulture/Co-Director of Education for the American Horticultural Society (AHS); Content Director for gardening websites: learn2grow.com and growums.com and Outreach Education Manager at Franklin Park Conservatory & Botanical Gardens. His current position allows him to create and manage education programs, garden-wide interpretation, and artist exhibitions at the Garden.

POLITICS/GOVERNMENT

**Dirty Tricks:
The Follies Of Watergate***Study Leader:* Don Goughler

- 3 Classes: Nov. 5 – Nov. 19 *Class ID:* 6017
- Thursday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

This course examines the personal manipulation of power that led to the resignation of President Nixon. An awkward and whimsical burlesque of high ranking officials conducted a strategy of dirty tricks, endorsed by the president; who, subsequently, engaged in a cover up to save his office. In particular, we will learn where and how these, seemingly zany, activities originated and trace how they evolved among individuals who held and misused the most powerful positions in government leading to a series of criminal acts...And, finally, we explore...why the coverup?

Don Goughler has enjoyed a fifty-year career of management in the field of social services, dealing with both government and nonprofit sectors. This included President/CEO roles over 26 years with Southwestern Pennsylvania Human Services and Family Services of Western Pennsylvania. Goughler earned degrees from both Westminster College and the University of Pittsburgh, where he later served as an Adjunct Professor of Social Work for twenty-five years and taught graduate courses in social services management. Most recently, Goughler was Executive in Residence for the Forbes Funds, a supporting organization of the Pittsburgh Foundation, where he co-developed and operated an executive coaching program that served local nonprofit executives and board leaders. Goughler served in the U.S. Army from 1968-71.

**Silent Voices
Of The American Founding***Study Leader:* David Chambers

- 4 Classes: Nov. 5 – Dec. 17 *Class ID:* 6082
- Thursday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

NEW!

Americans look upon the events surrounding the founding of our Republic with reverence and awe. The men responsible for that founding are revered for their extraordinary vision, wisdom, and sagacity. While we may know the men, we have little appreciation for the voices of the largely forgotten members of the founding generation - women, slaves and native Americans. What sort of impact, if any, did those voices have on the founding of the American republic. This is the question we will examine during this course. Class members will read two books by modern historians that analyze the complexities of the founding era and focus specifically on the influence of women, slaves and native Americans. We will read these books together in an effort to piece together the impact of these forgotten voices on founding of the country.

Please note: *Course will meet only meet on the following dates — Nov. 5, Nov. 12, Dec. 3 and Dec. 17.*

Dr. David D. Chambers has a Ph.D. in Political Science with a specialization in American Public Policy from the University of Illinois at Champaign-Urbana (1990) and a Master of Arts degree in Public Administration from Idaho State University (1980). He recently retired from Indiana University of Pennsylvania after 35 years of service. While at IUP he served as chair of the Political Science department for twelve years. Dr. Chambers' teaching and research interests include: the American Presidency, the behavioral foundations of public policy, public perceptions of bureaucracy, and, more recently, the importance of civil discourse in a democratic society.



The Great Chief Justice John Marshall

Study Leader: Sara Grove

- 1 Class: Oct. 14 Class ID: 5979
- Wednesday, 1:00 PM - 2:30 PM
- Cyert Hall, Osher Room B

NEW! ONE DAY

John Marshall, the fourth Chief Justice of the United States Supreme Court, is memorialized as the “Great Chief Justice” for his lengthy tenure and for his effort to make the Court a co-equal branch of the national government. The author of more than 500 opinions, Chief Justice Marshall is best remembered for his opinion in *Marbury v. Madison*, 5 U.S. 137 (1803), which created the power of judicial review for the Court. This session will assess Chief Justice Marshall’s ideology and its translation into opinions during his three decades of service. There will be an opportunity for question and answer at the conclusion of the program.

Sara Grove is a Distinguished Visiting Scholar at the Thomas R. Kline School of Law at Duquesne University and Associate Director for the Pre-Law Program. Sara earned her Ph.D. in Political Science from the University of North Carolina at Chapel Hill and her J.D. from the Dickinson School of Law of The Pennsylvania State University. Sara taught at Shippensburg University from January 1992 through August 2023, primarily in the Department of Political Science. During sabbatical and educational leaves, Sara worked in the Governor’s Office of General Counsel and for the Pennsylvania Superior and Supreme Courts. She also served as the Elsie Hillard Hillman Chair in Politics at Chatham University. Sara has taught courses for Elderhostel and at the Institute for Retired Persons in Chambersburg.

PSYCHOLOGY

Uncovering The World Of Friendships

Study Leader: John McCarthy

- 1 Class: Oct. 21 Class ID: 5974
- Wednesday, 11:00 AM - 12:30 PM
- Cyert Hall, Osher Room A

NEW! ONE DAY

Friendships are the key ingredient to social wellness, yet just why are certain other people our friends? This course examines survey findings about friendship in America before looking at Dunbar’s (2021) “seven pillars of friendship.” Research has shown that friendships are associated with positive effects on physical health, while loneliness can have detrimental impacts. Finally, ideas for healthy social engagement will be reviewed.

John McCarthy earned his PhD in Counseling Psychology from the University of Missouri-Kansas City and had the joy of teaching for 30+ years both in the US and internationally. He has 30 journal publications and over 60 professional presentations across 14 countries. His professional writings have been featured in *The Pittsburgh Post-Gazette*, *Huffpost.com*, *The Buffalo News*, *Cleveland.com*, *Counseling Today*, and *The Psychotherapy Networker*. John is the author of two books, *The Innovator Next Door* and *Driving Forward in Reverse*, that address creative thinking and problem-solving. He blogs for *PsychologyToday.com* and shares other writings at *creativestrengths.com*. He will be releasing a book on the history of St. Bonaventure University men’s basketball in the Fall.

CMU CAMPUS

Parking & Transportation

MINI PARKING LEASES

Osher at CMU members are now able to purchase a limited number of mini parking leases for the open-air Morewood Parking Lot, located directly across from Cyert Hall next to the Tepper School on Forbes Ave, or the Collaborative Innovation Center (CIC) covered parking garage located off S. Neville Street. (check Google Maps or the CMU transportation website).

Each lease provides 10 passes per Osher term. Each pass grants all-day parking access (without in-and-out privileges). If more passes are needed, a second 10-pass lease can be purchased. Each use-or-lose lease expires at the end of the Osher terms (April, August, and December). If a garage is noted closed, you can still access parking as a Mini-Lease holder.

CIC Garage (\$110 / 10 passes)
Morewood Lot (\$60 / 10 passes)

For more information or to apply for the parking pass, please visit our website here: <https://www.cmu.edu/osher/about/parking.html>

ADDITIONAL PARKING OPTIONS ON CAMPUS

Up-to-date parking rates and garage hours can be found on the CMU Transportation Website here: [cmu.edu/environment/transportation/](https://www.cmu.edu/environment/transportation/)

East Campus Garage: 5040 Forbes Ave., Pittsburgh, PA 15213.
The CMU East Campus Garage is usually not a good option. It fills up early, and it may close on days when the University hosts special events. It is also closed to "Non-leaseholders" until 9AM. The garage is no longer free after 5pm and weekends. This garage is considered expensive.

Gates Garage: 409 S. Neville St., Pittsburgh, PA 15213.
Continue right on access road past the CIC Garage.

DROP OFF AREA

A drop off location is available on Forbes Ave. in front of Cyert Hall. From there, the building is accessible by stairs or ramp. You will enter on Floor A. To get to the Osher Cyert Learning Center, take the stairs or elevator down one floor to Floor B.

Access to the parking lot behind Cyert Hall is no longer accessible for parking or drop off.

PUBLIC TRANSPORTATION

If you are 65 or older, you can use all Pittsburgh Regional Transit busses and the "T" at no cost. A transit card is required to do so. It can be obtained from the Transit Authority, downtown, or from any state representative's and offices. Several bus routes serve the campus.

ZOOM COURSES

Classes in this section will be held online via Zoom.

Zoom access codes will be sent in the 7-day course reminder email. The same code will be used for the duration of the course. Please retain this information for use each week.

For Zoom directions, visit support.zoom.com



ARTS & HUMANITIES

Cinema/Film | Literature



CINEMA/FILM

A Night At The Movies: New York, New York

Study Leader: Jeffrey Swoger

- 6 Classes: Sep. 1 – Oct. 6
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

Class ID: 5944

NEW!

While Hollywood is the movie capital of the world, and the location of many an award-winning film, our nation's largest, and most diverse city, New York, has been home to many outstanding movies as well. This course will reprise some of the study leader's favorite New York-based movies. Not surprisingly, crime plays its part. But so does humor, romance, the fantastical, and music. In other words, New York on film. Students will view the film on their own prior to each class and be prepared to discuss it during the Zoom class. Streaming outlets will be supplied as part of the schedule of movies.

Jeffrey Swoger has taught a wide range of arts and humanities courses in music, architecture, film and design.

A Night At The Movies: Oh, Those Kids

Study Leader: Jeffrey Swoger

- 6 Classes: Nov. 10 – Dec. 15
- Tuesday, 3:15 PM - 4:45 PM
- Online Course, Zoom

Class ID: 5945

NEW!

All of us have memories of growing up - happy ones, sad ones, and regretful ones. Young folk are usually portrayed in movies either as bothersome addenda to the adult stars, as comic relief. And yet, there is a whole genre of films that take young people, and the painful process of growing into adulthood seriously, even if there are comedic episodes along the way. The films in this course will explore the various stages of becoming an adult, the oddities that arise, and the joys of finding one's self along the way. Students will view the film on their own prior to each class and be prepared to discuss it during the Zoom class. Streaming outlets will be supplied as part of the schedule of movies.

Jeffrey Swoger has taught a wide range of arts and humanities courses in music, architecture, film and design.

Looking At Movies Like A Writer

Study Leader: Steven Cherry

- 5 Classes: Oct. 28 – Dec. 2* Class ID: 6007
- Wednesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

**Note: Class will not meet on Nov. 25*

All storytellers use - and have always used, from The Iliad to Spiderman - the same building blocks: plot, characters, descriptive details, dialogue, action, narrative, conflict, and subtext. This is true for all manner of stories, films or novels, long or short, fact or fiction, comedy or tragedy. Our movie-watching experience is enhanced by understanding how each of these building blocks contributes to the story. We'll see them at work in four classic films: *Thelma & Louise* (1991), *Moonlight* (2016), *Casablanca* (1942), and *Pride & Prejudice* (2005).

Steven Cherry is a writer, editor, and podcaster who lives in New York's Hudson Valley but until recently was based in Pittsburgh and still returns frequently. He was a staff editor for *IEEE Spectrum* from 2001 to 2013 and his work has also appeared in *New Scientist*, *Interactive Week*, and *National Public Radio*. He has taught writing, journalism, and film at the University of Pittsburgh and previously at NYU. From 2014 to 2020, he was the director of TTI/Vanguard, a small think tank based in Santa Monica. In his spare time, he fiddles with screenplay adaptations of obscure novels and is a certified rock-climbing guide and instructor.

LITERATURE

Short Stories: "The Good Stuff"

Study Leader: Helen-Faye Rosenblum

- 5 Classes: Aug. 31 – Oct. 12 Class ID: 6048
- Monday, 1:00 PM - 3:00 PM
- Online Course, Zoom

**Note: Class will not meet on Sep. 7 or Sep. 21*

Practitioners and students of the art and craft of short fiction often ask themselves (and each other) where stories begin and end. How do we draw the line between truth and fact, fiction and memoir, fantasy and memory? In this course, participants will use a variety of contemporary short stories to address the questions. The answers may be elusive, but the quest will be gripping. We will use fresh stories every term, so that the course description is the same, but the content is always fresh.

Please note: Purchase one paperback, to be announced, for approximately \$15.00

Helen-Faye Rosenblum, a Phi Beta Kappa graduate of Chatham College, also received undergraduate and graduate education at Barnard College and the University of Pittsburgh. She is the author of two novels published by Putnam with further work in progress. Her first novel, *Minerva's Turn*, won the Ohioana State Library Award for fiction. She has reviewed books and the arts for the *Cleveland Plain Dealer*, the *Pittsburgh Press* and numerous smaller publications and radio stations. She has taught and lectured in many venues, from universities and public schools to the US Correctional System in Ohio. She is a past president of A.L.L. (Osher at CMU).

Missed your Zoom Course this week? Request the Recording!

We have started recording some of our Zoom courses on a weekly basis. If you have missed a week of class, here's how you can request a recording:

- Send an email to osher@cmu.edu with the title and date of the course you've missed. *Please send your request AFTER the missed date.*
- You must be registered for the course.
- If a recording is available, the office will send you a link to view the recording.
- The recording is available for one week from the date of the missed course.

Please note: Class participants will be able to request only one recording per course. We want to respect the time and efforts of our Study Leaders by encouraging participants to be present in all live Zoom courses.

Great And Notable Novels Read And Revisited

Study Leader: Mary Schinhofen, Ken Joseph,
Helen-Faye Rosenblum, Gloriana St. Clair

- 6 Classes: Sep. 3 – Nov. 12 *Class ID:* 5967
- Thursday, 1:00 PM - 3:00 PM
- Online Course, Zoom

With an emphasis upon earlier works and canonical selections, the Great Novels study group will read and discuss significant novels of the 18th, 19th, 20th, and occasionally the 21st centuries. From the vantage point of age and experience, what insights can we share now that were not available during a previous reading? This course provides opportunities to read novels that we may have “saved for later” or ones that we never knew existed. Class members are encouraged to lead a book discussion session. The class meets on alternate weeks.

Please note: *Course will meet every two weeks: Sep 3 & 17, Oct 1, 15, & 29, Nov 12*

Mary Schinhofen earned a B.A. degree in literature and philosophy and went on to raise a family and teach English literature at the University School in Shadyside. She has since retired in order to devote more time to reading, writing, and watercolor painting. An Osher member, she is deeply and passionately committed to the continuing education of everyone, especially those who have purportedly reached the age of wisdom. Teaching this class fulfills a lifelong dream of hers.

Ken Joseph is a graduate of St. John's College (Annapolis) and the Duquesne University School of Law. He spent most of his working life as an attorney and has always enjoyed reading and discussing good literature.

Helen-Faye Rosenblum, a Phi Beta Kappa graduate of Chatham College, also received undergraduate and graduate education at Barnard College and the University of Pittsburgh. She is the author of two novels published by Putnam with further work in progress. Her first novel, *Minerva's Turn*, won the Ohioana State Library Award for fiction. She has reviewed books and the arts for the *Cleveland Plain Dealer*, the *Pittsburgh Press* and numerous smaller publications and radio stations. She has taught and lectured in many venues, from universities and public schools to the US Correctional System in Ohio. She is a past president of A.L.L. (Osher at CMU).

Gloriana St. Clair served as the Dean of University Libraries at Carnegie Mellon University from 1998 to 2014. She also served as the University liaison with Academy for Lifelong Learning and subsequently Osher Lifelong Learning at Carnegie Mellon University. She holds a B.A. and Ph.D. in literature from the University of Oklahoma; a master's degree in library science from the University of California, Berkeley; and an M.B.A. from the University of Texas.

“Such Friends”: James Joyce, Sylvia Beach, and *Ulysses*

Study Leader: Kathleen Dixon Donnelly, Lisa Reznik

- 3 Classes: Nov. 10 – Nov. 24 *Class ID:* 6043
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

NEW!

In Paris in the 1920s, James Joyce could find no publisher to bring out his scandalous novel, *Ulysses*. Sylvia Beach and her bookstore, Shakespeare and Company, took on the challenge. We'll look at the many characters in Paris at the time and the important role women played in the story of *Ulysses'* publication. Two sessions of lecture and questions will be followed by a screening and discussion of the new documentary *Left Bank: The Women Who Rescued James Joyce's Ulysses*, led by the director Lisa Reznik. *Left Bank* tells the story of the pioneering women who helped shape and publish *Ulysses* when censorship laws prevented publication of Joyce's masterpiece. Thanks to their belief in Joyce's genius, *Ulysses* became a best-selling international classic and a triumph of modernist literature.

Please Note: *There is no need to have read Ulysses to enjoy these sessions. But if you want to give it a try.*

Kathleen Dixon Donnelly, Ph.D., retired as Senior Lecturer at Birmingham [UK] City University to relocate to her hometown of Pittsburgh. The topic of her research for her degree from Dublin City University was early 20th century writers' salons in Dublin, London, Paris and New York City. She has given presentations about the writers in lifelong learning programs in both the UK and the US. Kathleen regularly posts a blog, *Such Friends: 100 Years Ago* at www.suchfriends.wordpress.com, which has been collected into the series, *Such Friends: The Literary 1920s*. Volumes I through V covering 1920 through 1924 are available on Amazon. Her book *Virginia Woolf and the Bloomsbury Group in the Literary 1920s* has been published by Pen and Sword Books.

Lisa Reznik is an award-winning filmmaker and dedicated storyteller who specializes in uncovering overlooked narratives to spark global dialogue. With a rich background in documentary production and community engagement, her work has been recognized at over 30 international film festivals and private screenings. Her current project, *Left Bank: The Women Who Rescued James Joyce's Ulysses*, is the culmination of a decade of meticulous research, highlighting her commitment to in-depth exploration and historical nuance. Lisa's approach is deeply informed by her academic foundation in European Cultural Studies and Politics from Brandeis University and a Master's in Journalism from NYU. Her professional journey—from the “mean streets” of New York to the intellectual landscapes of Paris—has honed her ability to extract compelling human stories and navigate complex cultural dynamics.

LEARN BY DOING

Art

ART

Creating The Juvenile Justice Model

Study Leader: Gerry Florida

- 1 Class: Oct. 26 *Class ID:* 5997
- Monday, 11:00 AM - 12:30 PM
- Online Course, Zoom

ONE
DAY

During this course, Study Leader Gerry Florida will discuss Studio Blue, a resident-run art space within the confines of a Pittsburgh area detention center. Studio Blue uses art and the creative power of its residents to inspire both the detainee and the public via exhibitions and on public transportation, and through artist sales. Studio Blue offers its resident artists opportunities to give back to their communities while detained in the criminal justice system and in doing so are awarded community service credit. Through a vast and growing network of partners, Studio Blue creates cutting edge interactive projects that reach thousands in our Pittsburgh community while changing delinquency stereotypes.

Gerry Florida is an award-winning-assemblage-artist who refers to herself as a “Master of Imperfection.” Her creations deliver underlying messages of rebirth, recovery, and reclamation through an array of salvaged, recycled, and contemporary materials that she employs in her work. Her intrigue with the “beauty of imperfection” has led her to work on behalf of at-risk populations locally and nationally, fostering the belief that integrating failures, accepting imperfections, and embracing differences is the path to living in harmony with the real world and the one we can create. Adelphoi is a leading provider of services for youth and families in Southwestern Pennsylvania committed to transforming the lives of at-risk youth and their families by providing outcome-based treatment that fosters resilience, independence, and hope for the future.

Osher at CMU Endowment Fund For the Future!

We invite you to make a meaningful difference by supporting the Osher at CMU Endowment - Fund For the Future. With a goal of raising \$1 million, your contribution will have a lasting impact, ensuring the sustainability of the organization while helping to lower future operational costs. It is the generosity of others that has made Osher possible, and now you can continue that tradition.

As you register for your courses, please consider donating to the endowment to secure Osher at CMU's future success and growth for generations to come. Together, we can build a legacy of support and opportunity.

MEDICAL

Med-Mal 101: Observations Of An Expert Witness

Study Leader: Richard Daffner

- 4 Classes: Nov. 2 – Nov. 23 *Class ID:* 5948
- Monday, 9:15 AM - 10:45 AM
- Online Course, Zoom

Medical malpractice (med-mal) is an unfortunate occurrence in our society. However, not all unsatisfactory medical results are due to negligence. This course will define the Standard of Care obligation that all physicians have and will explore all the elements encountered in the world of med-mal, illustrated with actual cases from the study leader's experience over 30 years as an expert witness in radiology. The course will be divided into three parts: Part 1 will define malpractice and applicable legal terms; Part 2 will review the four key elements that define med-mal: the physician-patient relationship; actual injury or harm; breach of the Standard of Care (negligence) by the provider; and direct causal relationship between the negligence and the outcome; Part 3 will have the class participants act as the jury as illustrative cases are presented. Each case will undergo a "root cause analysis." In addition, the points of law that affected the outcome will be demonstrated.

Dr. Richard Daffner is a retired diagnostic radiologist, who is also an amateur historian. He is the author of nine textbooks.

Weekly Essentials

*The weekly email for
all things Osher at CMU!*

Every Friday, our electronic newsletter the *Weekly Essentials*, or "The WE" is sent to you.

This email is your one-stop-shop for all the happenings at Osher at CMU. The WE often includes:

- Catalog and registration announcements
- Events and lectures by Osher and CMU
- Participation in CMU research projects
- Course changes
- Volunteer opportunities
- Member benefits and discounts
- Technology tips and tricks
- Osher class photos
- Articles by Osher members

Members are automatically signed up for these emails, and we ask you do not "unsubscribe" as they will be your gateway to the most important updates from the Osher office. In addition to the email, all of the information is posted on the homepage of our website under the "Weekly Essentials" section.

If you have not received these emails, contact the Osher office.

SOCIAL SCIENCES

Contemporary Topics/Sociology | History | Pittsburgh | Psychology | Religion/Philosophy

CONTEMPORARY TOPICS/ SOCIOLOGY

Demographics: An Emerging Global Crisis

Study Leader: Stephen Blank

- 2 Classes: Oct. 20 and Oct. 27 *Class ID:* 5973
- Tuesday, 10:30 AM - 12:30 PM
- Online Course, Zoom

**TWO
DAY**

Changes in demographics are creating a global crisis. The crisis is not the declining global population — though this is much bruited about. The real crisis is the growing asymmetry between countries whose population is increasing rapidly and those whose population is falling equally rapidly, and between those whose population is aging and those whose population is much younger. This course will examine these asymmetries and their impact on global economics, politics and welfare. The growing number of people on the move, seeking economic opportunities or fleeing political, economic and climate disruption. Intensity global demographic disorder. Our course will seek to illuminate these developments, suggest costs and threats and possible values and rewards. The aim is to heighten our understanding of this escalating national and global challenge.

Stephen Blank's career has spanned the academic, business and not-for-profit communities. Blank began teaching international business at Pitt in 1967 and had the opportunity to follow changing patterns of international business issues at teaching gigs in Japan, Germany, Mexico, Canada and the US. From 1985 to 2007, he headed the International Business Center at Pace University. He was the co-founder of MultiNational Strategies, a consulting firm that worked with international firms and government agencies. A member of the Council on Foreign Relations, he was awarded L'Ordre National du Quebec by the Government of Quebec. He serves as Senior Fellow of the Institute for Science, Society and Policy at the University of Ottawa. Blank was educated at Dartmouth, Cambridge University and Harvard.

Medicare Made Simple

Study Leader: Sean Horn

- 2 Classes: Oct. 19 and Oct. 26 *Class ID:* 5961
- Monday, 9:15 AM - 10:45 AM
- Online Course, Zoom

NEW! **TWO
DAY**

Medicare. That one word may cause you to feel overwhelmed, confused or frustrated. You're far from alone. In fact, at MediConnect we believe Medicare is made far more confusing than is necessary — which is why we are proud to offer this course, Medicare Made Simple. Cut through all of the noise and clutter. Learn about all parts of Medicare and why the market is constantly changing!

Sean Horn is the Director of Strategic Partnerships with MediConnect Insurance, which is one of the highest-rated and largest independent Medicare insurance firm in the tri-state region. Sean is a co-host on KDKA-AM's *The Inside Connection* at 9AM every Saturday morning and author of the free e-book *The 5 Biggest Medicare Mistakes You Can Make . . . And How To Avoid Them*, while enjoying a 15+ year career in the Medicare industry.

Literacy Pittsburgh: Adult Education that Serves our Neighbors

Study Leader: Lisa Morse

- 1 Class: Sep. 14
- Monday, 11:00 AM - 12:30 AM
- Online Course, Zoom

Class ID: 5962

NEW! **ONE DAY**

Spend some time with program coordinator Lisa Morse as she dives into Literacy Pittsburgh. The largest adult education non-profit in Pennsylvania, Literacy Pittsburgh provides free classes and tutoring that helps men and women gain the skills and knowledge they need to create a more secure future for themselves and their children. From English Language Learning to GED preparation, from College Pathways to basic computer classes, Literacy Pittsburgh provides a wide array of learning options. With the encouragement of our staff and volunteers, students increase self-confidence and grow as parents, workers, and neighbors. Learn about the need for adult education in the area, the demographics of Literacy Pittsburgh students, and how Literacy Pittsburgh creates Better Lives Through Learning in the region.

Lisa Morse is the Pittsburgh East Program Coordinator for Literacy Pittsburgh. She has been matching adult students with individual volunteers for 10 years in the Shadyside and Eastern area of Pittsburgh. With a background in English as a Second Language Teaching, she brings hands-on experience with the population she serves and the volunteers who work with them. Lisa has experience with over 150 tutors, and in addition to her current role, has worked as the tutor trainer for the agency in the past.

Encore Career Blueprint: Reinventing Work & Purpose

Study Leader: Sharonda Hagans

- 6 Classes: Sep. 3 – Oct. 8
- Thursday, 11:00 AM - 12:30 PM
- Online Course, Zoom

Class ID: 5963

NEW!

This course helps participants design meaningful second act careers-whether in consulting, entrepreneurship, or community work-by translating their expertise into purposeful action. Many adults approach midlife or retirement with the desire to stay engaged, continue contributing, and build work that reflects their values. However, the transition to an “encore career” can feel uncertain without a clear plan. This course provides a structured, supportive roadmap to help learners reflect on their experiences, identify passions and transferable skills, and create a personalized blueprint for moving confidently from intention to impact.

Dr. Sharonda Hagans-Jones is an accomplished educator, consultant, and curriculum designer with over 18 years of experience in instructional leadership and workforce development. As the Founder and Principal Consultant of Hagans-Jones Consulting LLC, she specializes in helping individuals and organizations design customized training solutions, career readiness programs, and entrepreneurial pathways.

Joint courses with American University

Osher at CMU has partnered with OLLI at American University to share Zoom courses! These courses are available at no additional fee to those who have paid the \$60 Osher at CMU registration fee.

New courses will be offered each term and will be advertised in the Weekly Essentials email. To view current offerings or for more information, visit our website at cmu.edu/osher/courses-and-sigs/.

HISTORY

Art In Captivity: Japanese Incarceration Camps Of WWII

Study Leader: Denny Kato

- 1 Class: Oct. 19
- Monday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 5992

NEW! **ONE DAY**

Imagine being wrongfully imprisoned for nearly four years and you turn to art to help you describe, remember, and cope with being in prison for 'looking like the enemy'. Explore the artists and their works, arts and craft, photography, sculptors, and delve into the vocational skills made available in the ten camps. Learn more about the artists who survived the camp and later became famous in their respective fields after the war. GAMON - endure with dignity.

Denny Kato has been researching the history and events of the Japanese relocation and the incarceration camps in WWII for 12 years. He and his wife Janet have visited all ten major camp locations doing this research project. Over the past seven years, Denny has been giving lectures on the history of the camps, nationwide via ZOOM for OLLI (Osher Lifelong Learning Institute) for twenty-eight or so campus locations. Additionally, he has given live presentations for several venues, notably the Harriet Beecher Stowe House, the Art Institute of Cincinnati, and the Japan America Society. Most recently he gave a presentation for a class at the University of Florida, in Gainesville. He has also been the subject of several video profiles, articles, and radio interviews.

Paul Revere's Ride Into History

Study Leader: Tom Call

- 1 Class: Oct. 14
- Wednesday, 9:15 AM - 10:45 AM
- Online Course, Zoom

Class ID: 5996

NEW! **ONE DAY**

On that April night in 1775 . . . What if militiamen had not met the British at dawn in Lexington and Concord? What if the British had successfully surprised the Americans during the dark of night and seized the hidden stores of gunpowder and ammunition? What if Samuel Adams and John Hancock (hiding in Lexington) had been captured? We have an image of Paul Revere riding alone on his horse alerting the countryside — an event that kicked off the American Revolution. Except he was not alone. And it was not his horse. And he was captured and interrogated by the British. And it was not the only time he rode. This class will go beyond Henry Wadsworth Longfellow's romantic portrayal of Paul Revere.

Tom Call has had a lifelong interest in history. He was born outside of Boston, Massachusetts and raised near other historical places, such as Morristown, NJ and Philadelphia, PA. He received a BA in governmental administration from Shippensburg University and a MA in history from Notre Dame of Maryland University. After a stint in the U.S. Army, Tom spent most of his work life creating and organizing analytical studies. In retirement, Tom has taught at CMU Osher and at the Institute for Learning in Retirement at Slippery Rock, PA.

PITTSBURGH

Astounding Opera Quartets And Their Composers

Study Leader: Pittsburgh Opera

- 5 Classes: Sep. 2 – Sep. 30
- Wednesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 6051

NEW!

What could theater audiences understand if four different characters were saying different words simultaneously in a play? Probably not much—it would sound like cacophony. In opera, however, there are numerous examples of quartets when characters sing different words at the same time to express conflicting emotions. A famous example is the *Rigoletto* quartet by Verdi, when the Duke, Madalena, Gilda, and Rigoletto express contrasting emotions of seduction, laughter, regret, and despair. Two opera composers, Giuseppe Verdi and Wolfgang Amadeus Mozart, were masters of ensemble writing. Learn to appreciate the brilliance of quartets in *La traviata*, *Nabucco*, *The Magic Flute*, *Don Giovanni*, and *The Marriage of Figaro*. This course will explore opera quartets in depth by examining the musical score, by watching videos of masterful singers, and learning about harmonic composition.

Marilyn Michalka Egan, Ph.D., Pittsburgh Opera Director of Education, enjoys opening new doors to opera for students of all ages. She will be joined by staff members and opera artists who will share their specific areas of expertise about opera.

The History Of Pittsburgh's City Steps

Study Leader: Laura Zurowski

- 1 Class: Oct. 27
- Tuesday, 1:00 PM - 2:30 PM
- Online Course, Zoom

Class ID: 5950

**ONE
DAY**

Pittsburgh has the largest number of public stairways in the country, nearly 900 — more than Los Angeles, San Francisco, and Seattle. Built during the city's population heyday as a cost-effective measure to move 700,000 people from their homes on the hills to the mills lining the three rivers, city steps offered a free and efficient way to get around. This course will provide a historical overview of the city's outdoor stairways and the residents who used them, illustrate the various construction styles, and provide an update on the condition of the city's steps.

Laura Zurowski is co-author of *The City Steps of Pittsburgh: A History & Guide*. Since 2017, she has written about and studied the history of Pittsburgh's city steps and their neighborhoods and offers vigorous yet entertaining walking tours of these unique infrastructure constructions.

Respond to the Monkey in your email!

We are sometimes asked why we keep offering that boring, mediocre course. The answer is, we didn't know it was. The students of Osher at CMU decide which courses continue and which don't! To get everyone's feedback, we use a system called Survey Monkey. We are now asking for feedback on all new courses, problem courses, and random, frequently offered courses. Your opinion really counts. If you didn't get a Survey Monkey or want to comment on a course, send an email to the office. Thank you for your input!

PSYCHOLOGY

Cognition And Visual Art

Study Leader: John Mullennix

- 5 Classes: Nov. 2 – Nov. 30 *Class ID:* 6009
- Monday, 11:00 AM - 12:30 PM
- Online Course, Zoom

NEW!

This course will provide insight into the perceptual and mental processes used to create a visual aesthetic experience. The course begins with defining art appreciation. Next, the visual and perceptual processes involved in looking at art are covered. This is followed by a discussion of contemporary scientific research on the conscious and unconscious mental processes used during art appreciation. Neural responses to visual art will be delineated. Finally, personality variables and contextual factors that affect preference for certain types of art will be examined. The course ends with a discussion of AI and art appreciation in the future.

Dr. John Mullennix is an Emeritus Professor of Psychology at the University of Pittsburgh. During his academic career, his research areas encompassed psycholinguistics and empirical aesthetics (the scientific study of art). Dr. Mullennix has published numerous scholarly books, book chapters, and scientific articles on these topics over the years. In particular, his work examined the cognitive basis of art appreciation, the effects of context on evaluation of art, and the role of expertise in judging art.

RELIGION/PHILOSOPHY

Francis, Leo And Catholic Teaching Today

Study Leader: James McCarville

- 5 Classes: Sep. 1 – Oct. 6 *Class ID:* 6011
- Tuesday, 11:00 AM - 12:30 PM
- Online Course, Zoom

NEW!

**Note: Class will not meet on Sep. 22*

Pope Leo has written a document on “Safeguarding the Human Person in the Time of Artificial Intelligence.” It is titled, *Magnifica Humanitas*. Students will read or listen to a Chapter each week and discuss its contents, challenges, guidance, its concrete implications for our daily and societal life; and what we may do in response. Leo examines a plethora of new and disrupting technologies including artificial intelligence, nuclear energy, biotechnology, information technology, and DNA knowledge, giving special attention to what we may or may not be able to control about it. But then he draws from a wealth of “Catholic Social Doctrine,” to guide and challenge us; and to redirect the efforts of the Church to concrete issues of care for the poor, care for creation, the conduct of just war, and the common good, etc. At essence he poses questions like, “What does it mean to be human?” and “Are we worth more than the value of our production? and, interestingly, “Is it our limitations that give us value?” If so, then, “What does that mean for how we treat each other?” It is interesting and thought-provoking subject. Contrary views will be introduced, accepted, and discussed.

Jim McCarville has taught Osher classes on current topics in the Catholic Church, US Foreign Policy and Our Three Rivers. He serves on the Board of Directors for the Association of Pittsburgh Priests (Lay Member) and Catholics for Change in our Church and previously served on the Board of the Thomas Merton Center. He spent 40 years working in ports and waterways in the US and Latin America, where he also served in the Peace Corps. He has a Master of Philosophy from Roosevelt University and a Master's in Foreign Service from Georgetown University.

TRAVEL WITH OSHER AT CMU

We are happy to work with Collette Travel and Tours to offer small group tours specifically designed for Osher at CMU members and the CMU community.

CHARMS OF QUÉBEC

(October 1 – 8, 2027 • 8 Days • 10 Meals)

Discover the charms of the Canadian province of Quebec, encountering its people and a blend of traditions old and new as you journey through the natural beauty and enchanting cities of the region. From the buzz of Montreal and romance of Quebec City to the farms of Charlevoix, embrace Quebec at its best.

For detailed information and pricing, please visit:
<https://groups.gocollette.com/en-US/link/1451873>



COLORS OF MOROCCO

(March 16 – 29, 2028 • 14 Days • 24 Meals)



Discover the vibrant culture and colorful backdrops that are distinctively Morocco. Immerse yourself in Morocco's deep history and unique atmosphere and encounter welcoming people on an unforgettable journey.

For detailed information and pricing, please visit:
<https://groups.gocollette.com/en-US/link/1445970>

collette

MONDAY | Session ONE / August 31 - October 23

[illegible]

TUESDAY | Session ONE / August 31 - October 23

[illegible]

WEDNESDAY | Session ONE / August 31 - October 23

TIME	COURSE TITLE	CLASS ID	CAMPUS	PRIMARY SL	PG #
9:15 AM - 10:45 AM	My Hero Ernie Pyle	6000	CMU	Bukk	37
	Paul Revere's Ride Into History	5996	Zoom	Call	60
10:00 AM - 11:00 AM	The Art Of Eight Healing Movements	5978	Community Site	Ye	27
10:00 AM - 12:30 PM	Classes At The National Aviary	6046	Community Site	Aviary	43
	Writers' Workshop	5956	CMU	Snyder	24
11:00 AM - 12:30 PM	An Artist Miscellany	5952	CMU	Carpenter	7
	Telling Your Personal Story	5970	CMU	Gusky	36
	Pittsburgh's Two Renaissances	6029	CMU	Voigt	41
	Artificial Intelligence: Use It And Understand It	5995	CMU	Bryant	29
	Poetry 101.1: Ars Poetica	6028	CMU	McGinnis	22
	Uncovering The World Of Friendships	5974	CMU	McCarthy	50
	The Pittsburgh Ballet Theatre Performs Giselle	6020	Community Site	Ballet	42
	1:00 PM - 2:00 PM				
	1:00 PM - 2:30 PM				
	Caribbean Women: Voice, Memory And Power	5949	CMU	Stemley	10
1:00 PM - 2:30 PM	Book Design: A Cultural History	6076	CMU	Klancher	33
	Victorian Jewelry: Insights Into Victorian Society	6057	CMU	Novotny	38
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	Growing Up Yinzer: Pittsburgh'S Cultural Identity	5977	CMU	Roberts	39
	The Great Chief Justice John Marshall	5979	CMU	Grove	50
	The Cloud And The Qr Code	5943	CMU	Russ	30
	1:00 PM - 3:00 PM				
	1:15 PM - 2:30 PM				
	2:45 PM - 4:15 PM				
	2:45 PM - 4:45 PM				
5:30 PM - 7:30 PM	Better Pictures With Your Phone Camera	6025	CMU	Bangley	14
	Get Fit: A Fun Latin Cardio Workout	6040	CMU	Pollack	18
2:45 PM - 4:15 PM	The Once And Future Cmu Campus	6008	CMU	Reppe	25
	Deconstructing Music	6085	CMU	Chamis	13
5:30 PM - 7:30 PM	Behind The Science Tour Of Magee-Womens . . .	5982	Community Site	Magee	45

THURSDAY | Session ONE / August 31 - October 23

[illegible]

FRIDAY | Session One / August 31 - October 23

[illegible]

MONDAY | Session TWO / October 26 - December 18

[illegible]

TUESDAY | Session TWO / October 26 - December 18

[illegible]

WEDNESDAY | Session TWO / October 26 - December 18

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THURSDAY | Session TWO / October 26 - December 18

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FRIDAY | Session TWO / October 26 - December 18

[illegible]

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OSHER AT CARNEGIE MELLON | Values and Expectations

The mission of Osher at CMU is to provide its members with learning and social enrichment opportunities that increase their knowledge, enhance skills and interactions with peers, and increase cultural and social awareness, complementing CMU's leading role in educational, intellectual, and cultural life in the Pittsburgh region.

Osher at CMU's vision is to be a premier quality source of lifelong learning for its members through cost effective, short-term, non-credit courses, lectures, field trips, special interest groups, and other events supporting its mission.

Diversity, equity and inclusion guide our values and are critical to academic excellence and innovation.

Values: Osher at CMU provides a dynamic, intellectually stimulating, and participative environment of continuous learning and social interaction. To ensure the effectiveness of that environment, we highly value:

- mutual respect,
- personal and academic integrity, and
- civil discourse.

Expectations and Actions: Osher at CMU expects its participants (members, study leaders, staff, volunteers and prospects) to observe our values. Participants agree:

1. To treat all others with respect and dignity.
2. To embrace diverse perspectives in an accepting environment, thereby ensuring vitality, relevance, and further learning.
3. To ensure that discourse and interactions are focused on the course and not the individual.
4. To respect all study leaders and members through consistent attendance, only at courses for which registered.

Osher at CMU holds a high behavioral standard including, but not limited to, not tolerating personal attacks or other behavior that fails to meet these expectations. Examples are denigrating other's views or opinions, threatening behaviors, use of offensive or abusive language, disruptive classroom conduct, and sexual harassment or discrimination.

Anyone who disregards the values and expectations of Osher at CMU may be subject to corrective actions, up to and including denial of course and/or activity participation, and/or discontinued membership.

We encourage participants in the Osher at CMU community to notify the Executive Director or the Board President if they experience or observe behavior that is inconsistent with our Values and Expectations.

We are committed to fostering a community environment of lifelong learning.

Revised: December 14, 2023

GENERAL INFORMATION & POLICIES

CLASSROOM LOCATIONS

If you are not familiar with the Carnegie Mellon campus, we strongly advise you to plan a visit to locate parking and the Osher Institute in Cyert Hall before the first day of classes. You'll find the campus map for CMU at the end of its section. For specific page numbers, please see the front of the catalog.

PHOTOS AND VIDEOS

Photos and videos are taken at many Osher events/classes to be used on the website and in promotional materials. If you do not wish to have your photo taken, please advise the photographer before the picture is taken, otherwise your picture will be included. If you are taking pictures in class, please ask permission first.

For privacy and copyright laws, we do not allow our Zoom courses to be recorded by anyone.

CLASSROOM ETIQUETTE

All of Osher's instructors are volunteering their time and talents. We are respectful of our course Study Leaders and fellow participants by:

- attending only course(s) we are registered for. Please DO NOT share Zoom codes and passwords with anyone.
- arriving to class just before class starts. Remember: 7 mins in, 7 out.
- wearing a name tag when attending in-person classes.
- raising your hand to be recognized before speaking. On Zoom, be sure to have your full name entered so you can be appropriately called on.
- staying on topic during discussions and taking turns when speaking.
- on Zoom, staying muted when not speaking so background sound from your space won't be shared with the rest of your classmates.
- muting or turning off your phone.
- dressing appropriately when in Zoom classes.

BAD WEATHER DAYS

All in-person classes will be canceled if Pittsburgh Public Schools are closed for inclement weather. No notice will be sent out. **Zoom classes will still be held. Staff assistance may be limited.**

If the Pittsburgh City Schools have a 2-hour delay, classes will operate as normal unless a study leader chooses to cancel their class. Please use common sense when venturing out.

If classes are canceled due to weather mid-day, you will receive both an email and a robocall alerting you to the cancellation from the Osher office.

CHECK YOUR SCHEDULE

The most up-to-date information about all classes is always available at cmu.edu/osher. Click on the Google calendar or go to Member Sign In and enter the course ID. It is important to note course locations on your calendar.

NON-DISCRIMINATION

Osher at CMU welcomes everyone regardless of gender, race, religion, sexual orientation, political affiliation, socio-economic status, or other identification markers. We respect all beliefs, perspectives, abilities, and experience. Actions such as bullying, hateful comments, or disrespectful behaviors are never tolerated.

SCHOLARSHIPS

Don't let finances stop you from participating in Osher classes. Full and partial scholarships are available through a simple, friendly, and confidential process. Contact the Osher office for details.

CONTROVERSIAL SPEAKERS

On occasion, the sentiments and beliefs of a speaker or study leader may be controversial or divisive. To ensure the inherent rights of free speech and freedom of expression, the Osher Lifelong Learning Institute at Carnegie Mellon does not censor or limit any materials or opinions expressed by persons involved in our courses or lectures. However, it should be noted that those opinions may not reflect the philosophical perspective of our organization.

EMAIL NOTIFICATIONS

Study Leaders will frequently email handouts, assignments, and class notices to their students. It is important that we have your current email address:

- The *Weekly Essentials* newsletter is sent every Friday to notify you of upcoming Osher and CMU activities. Please do not opt out.
- The Osher office will send email notices for important course changes. If the change has been made less than 24 hours before the scheduled event, a robo call/text will also be sent.
- While the internet has a lot of fun and thoughtful "stuff" to share, it is important for you to know that who you are sending stuff to is a friend and that they want to receive what you want to share. Using Osher members' emails for non-Osher stuff is not appropriate. Please ask permission first; to not do so goes against the Osher Privacy Policy.

OSHER EMAIL ADDRESSES

The following email addresses are used to disseminate information to our students. Please add the following addresses to your email address book so you won't miss important information:

- osher@cmu.edu
- osher-email-to-students@andrew.cmu.edu
- osher-general@andrew.cmu.edu

READY TO REGISTER?

CHECK YOUR CALENDAR

As you are picking your courses, please be sure none of your classes conflict with your family events, holidays, trips, or other important events. Please only register for courses you will be able to attend. A list of official non-class dates is located below. Osher at CMU follows the CMU calendar. Once course dates are established, they will not be changed unless there is an emergency.

OBSERVED 2026 OFFICIAL OSHER SKIP DAYS

Osher Lifelong Learning Institute at CMU is a nonsectarian organization. The organization follows the CMU holiday calendar. Once a course schedule is set by the study leader and the Registrar, no changes are permitted unless there is an emergency.

Osher at CMU is closed and staff are unavailable on the following days:

Jan. 19:	<i>Martin Luther King Jr. Day</i>
May 25:	<i>Memorial Day</i>
Jun. 19:	<i>Juneteenth</i>
Jul. 4:	<i>Independence Day</i>
Nov. 3:	<i>Election Day</i>
Sep. 7:	<i>Labor Day</i>
Nov. 25:	<i>Thanksgiving Wednesday</i>
Nov. 26:	<i>Thanksgiving Day</i>
Nov. 27:	<i>Thanksgiving Friday</i>
Dec. 24 - Jan. 4:	<i>Winter Break</i>

CMU Carnival will be held April 9th - 11th
and no on-campus classes will be held.

ZOOM CODES

Zoom codes are sent out in the 7-day class reminder emails. If you can't find this email, please check your junk or spam folder. If you still cannot locate the email, please contact the Osher Office by emailing osher@cmu.edu and ask for it to be resent.

CONFIRMATION LETTERS

A "confirmation of class registration" will be automatically emailed to you for each course you enroll in. Should a course not be listed, it means that you are on the waiting list and you will receive a separate waitlist email. You will be notified via email, or phone, if and when you are enrolled in a wait listed class. Please do not attend any classes for which you do not have a confirmation.

ATTENDANCE POLICY

Your attendance in class is very important. Attendance is automatically recorded for Zoom classes. For in-person courses, please sign in for each class attended. If you find you have signed up for a course you can no longer attend, please drop the course by using the "Drop My Course" button on your registration account. By failing to drop courses you don't attend, you risk the chance to register for courses when registration opens.

MATERIALS FEES

Materials fees are due at the time of registration unless otherwise stated. For many off campus courses, a \$20 material fee is charged to help cover the cost of the rental space.

REFUND POLICY

MATERIAL FEES/BUILDING FEES

If a student drops a course at least three full business days before the first day of the course, and the Executive Director has not paid out the material fee/building fee to the Study Leader or Institution, Osher will refund the material fee/building fee minus a \$10.00 administrative fee.

If Osher cancels a course before it has begun, and members paid a material fee/building fee, Osher will refund the full amount of material fee/building fee.

REGISTRATION FEES

If a student drops ALL their courses at least three full business days before the first day of the first course, and the Executive Director has not paid out any material fees/building fees to the Study Leaders or Institutions, Osher will refund that term's registration fee and the building and/or material fees paid, minus a \$10.00 administrative fee.

If Osher cancels a course before it has begun, and it was the only course a member was registered for during the term, Osher will refund the registration fee (plus any collected material fee/building fee).



Carnegie Mellon University
Osher at Carnegie Mellon University
5000 Forbes Avenue
Pittsburgh, PA 15213-3815

Join us!



Each image represents
a course offered inside.
Can you figure out which?



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osher@cmu.edu