

Sustainability Focused (SF) or
Sustainability Related (SR)Winter
TermSummer
TermFall
TermSDG
Number

SDG Note

Course Description

Neuromodulation: A Drug-Free
Approach

x

3

health &
wellbeing

Chronic pain, Parkinson's disease, urinary incontinence, and other neurological disorders significantly limit people's daily activities and impact their quality of life. Neuromodulation may provide a drug-free option to help people manage their pain, control their trembling hands or avoid the embarrassment of an overactive bladder. This course will provide an introduction to Neuromodulation, commercially-available neurostimulation devices and a comparison of neurostimulators from major companies.

Dance Fitness Gold

2x

2x

3

health &
wellbeing

Geared for active older adults, Dance Fitness Gold combines international music, familiar dance steps, and easy-to-follow combinations. No experience is required; beginners get fit through guided, low-impact movements. Work all muscle groups while dancing the merengue, salsa, cumbia, Charleston, and lindy hop, among others. Optional light weights can be incorporated in several routines. Engage your mind through exercise and by learning a new formula designed to fit your needs.

Ethics in Healthcare

x

3

health &
wellbeing

Our healthcare system of patients, doctors, nurses, hospitals, and other caregivers is built upon an assumed foundation of trust, an ethical concept. Recent technologic, financial and political developments have strained the ethical underpinnings of healthcare, creating mistrust and divisiveness, and ever-rising costs, in an American critical life system. Many of these trends preceded and have been exacerbated by the COVID-19 pandemic. This course will explore the cultural roots of ethical theories, and apply both deontology and consequentialist approaches to several current ethical challenges, including reproductive technology, abortion, medical tourism and other global health problems, patient autonomy, enhancement, and the ethics of ICU beds and vaccination.

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Get Fit - A Fun Latin Cardio Workout	x	x	2x	3	health & wellbeing	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, towel or mat for floor exercises, and light hand weights. Try it — you'll like it!
Autism Spectrum Disorders And ADHD: What's New?	x			3	health & wellbeing	Everyone knows someone with autism or ADHD; these conditions are epidemic. What is happening? This course includes the latest information on possible causes and the concept of Total Load Theory. You will learn about commonalities of the biology of those diagnosed, the possible role of inflammation, the immune system, and other physical components. We will discuss sensory issues in autism and ADHD, and the important role of vision in behavior, language development, social skills, and learning. You will leave with knowledge of how individuals with autism and ADHD can lead productive, independent lives.
Better Balance! Steady And Strong	x		x	3	health & wellbeing	Work with a Physical Therapist to learn balance and core strengthening exercises. Learn a program designed to improve your posture and daily function while also decreasing your risk of falls and injury. No special equipment is necessary and all exercises are completed sitting or standing. This program is suitable for beginners yet appropriate for those with more exercise experience as it is able to be adapted to fit individual needs.

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Health Care Decisions - As Part Of A Retirement Plan	x			3	health & wellbeing	This presentation is an introduction to the issues and concerns faced by individuals regarding their health care benefits as they transition into what might be referred to as “retirement age.” The goal of the presentation is to provide a basic understanding of these health benefit options (with Medicare being an ultimate and essential component): We’ll look at the function, characteristics, and vocabulary of these options, how eligible individuals can utilize them most effectively, and we’ll explore the hidden problems and landmines associated with the transition process.
Move It Or Lose It	4x	4x		3	health & wellbeing	Enhance your own gift of movement with this class designed for the inner dancer hiding inside your mature body. Discover how attention to the way you move can increase your energy and make daily activities more comfortable. The focus is on breath, flexibility, coordination, and balance.
Preserving Your Vision As You Age			x	3	health & wellbeing	In this didactic and experiential course, we will dive into tools and techniques to preserve our eyesight in our elder years. We'll examine best nutrition practices for eye health and overall immunity boosting, lifestyle shifting for eyesight improvement, ocular anatomy, and tips for receiving the best eyeglass prescription. We will delve into the advantages of meditation and yoga to preserve our eyesight and we will practice these techniques throughout this experiential course.
Regenerative Medicine	x	x	x	3	health & wellbeing	Regenerative medicine provides the potential to repair or replace diseased or damaged tissues and organs in contrast with the current approach of treating the symptoms when the body is adversely affected by trauma, disease, or congenital deformities. Scientists and clinicians are evaluating various therapies such as using a patient’s own cells to help repair a disease or defect in the body. Advances are being made in the laboratory and in the translation of these novel therapies into clinical assessments.
Cancer Survivors Take On Life!			x	3	health & wellbeing	The course will touch on the history of cancer and its treatments. It will explore the health, educational, relationship and self-concept challenges that occur across the lifespan of individuals. It will offer general ideas about how to confront some of the challenges faced by survivors. It will also provide opportunities for those who wish to share their own cancer experiences.

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Bone Health! Steady And Strong			x	3	health & wellbeing	Did you know that half of all adults age 50 and older are at risk of breaking a bone and should be concerned about bone health? (National Osteoporosis Foundation 2016) Bone Health! Steady and Strong is a 6 week program designed for individuals with bone density concerns based on the principles of Too Fit to Fall or Fracture. Classes are taught by a licensed Physical Therapist certified in Bone Fit and incorporate strengthening, flexibility, balance and endurance exercises. Participants are also educated in how to safely modify daily activities for spine health.
Healthy Eating	x		x	3	health & wellbeing	Healthy eating involves thinking about what food does for your body rather than simply how it tastes or fills you up. Being mindful and aware of what you eat will help you feel and look better as well as become healthier. Although it is hard to break old habits, this course will help you think about eating as a key to becoming a better you. Through this interactive course, you will learn to modify your eating behaviors and make permanent lifestyle changes. This is a course which can be repeated.
Brain Health: Creating Habits For A Better Brain	x			3	health & wellbeing	This course explores how we can have an impact on our brain health by what we do daily. The past idea of a normal decline in Brain performance which was unalterable is now defunct. We can alter and change the decline curve of brain performance.
Senior Health Care			x	3	health & wellbeing	This series begins by looking at Social Security and ends by discussing how to choose a care facility. We look at Medicare and investigate Supplements, low income programs, Advantage and Drug Plans, healthcare reform, long term care insurance, legal documents, adult day care, home care services, hospice and palliative care.
Cannabis 101: A Scientific, Legal, And Medical Survey			x	3	health & wellbeing	This course will illustrate basic scientific, medical, and legal portraits of using cannabis in pursuit of a better quality of life. Lectures will include cannabis plant science, active ingredients, the diverse products manufactured, methods of ingestion, how cannabis products can be used medicinally, what research has been conducted, myth debunking, and non-scientific issues associated with medical cannabis reform such as firearms rights, DUI, employment rights, and public policy.

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Cognition And Aging			x	3	health & wellbeing	This seven-session course tells a story through lecture, short videos, and class discussion, which begins by considering questions such as “What is the mind?” “How does memory work?” and “How does aging affect memory?” and continues by considering how critical lifestyle activities - eating right, getting enough sleep, exercising mind and body, socializing, meditating, and being mindful - can help keep your mind sharp as you age.
The Function Of The Immune System And Your Health		x		3	health & wellbeing	The word ‘immunology’ has become a feature of many news programs and newspaper articles as a result of the COVID virus. We have suddenly been inundated by information on this previously poorly understood infectious disease, which has raised as many questions as it has answered. Therefore, this course will teach, at an understandable level, how the same immune system which works to keep us healthy can also cause devastating disease. The information you learn will help you understand how vaccines work, why the function of the immune system is so important to your lifelong health, and how you can engage in lifestyle practices that maintain the function of the immune system as you age.
Staying Healthy in a Toxic World-Part I		x		3	health & wellbeing	With increasing frequency, seniors are looking for new ways to enhance health and increase longevity. Epigenetics is the new science of how genetics and environment interact. The first four classes will focus on diet, nutrition, label reading, cooking and eating out; personal care and cleaning products, natural alternatives such as vitamins, supplements, acupuncture, homeopathy, massage, etc.; invisible dangers such as electromagnetic fields and toxic relationships. In class five, participants will develop a personalized Healthy Living Plan based on their questionnaires that encompass dietary changes, new product purchases, and possible new treatment options for diagnosed maladies that focus on underlying causes rather than mask symptoms.

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Staying Healthy in a Toxic World Pt. 2			x	3	health & wellbeing	Are you curious about the efficacy and healing power of alternative therapies? Based on the teachings of Dr. Dietrich Klinghardt MD, PhD, learn the Five Levels of Healing, which describes diagnostic and therapeutic techniques that are "outside the box" of traditional allopathic medicine. Learn different forms of "muscle testing" and other energetic therapies that are based on ancient Chinese medicine. Discover the role of your thoughts and beliefs in illness and wellness. Learn about resources in Pittsburgh that are respected and have shown benefit in working with different types of symptoms. Staying Healthy in a Toxic World is a prerequisite, and must be completed before taking this course, which is a sequel.
Trail Cycling For All Ages And What's a Recumbent			x	3	health & wellbeing	Why is cycling such a great exercise as we age, and how can we do it safely? We will spend time discussing the dedicated bike trails in and around Pittsburgh and beyond. We will also look at opportunities for longer bicycle touring trips and bike vacations.
A Woman For President?	x			5	gender equality & empowerment	The class will consider gendered concepts of leadership and the backgrounds of the women who have run for president or vice-president in the US since Victoria Woodhull in 1872. We will explore recent trends in public opinion, primaries, and in the efforts by political parties to recruit women to higher office. We will also consider whether or not electing women as leaders makes any difference in politics or policy, using examples from the US as well as other countries.
Women of the Bible: Portraits of Strength		x		5	gender equality & empowerment	Our opinions may differ on who wrote the Bible, but almost everyone agrees that it was written from a male perspective. The women's stories, if told at all, are usually abbreviated. However, when you dig deeper, the women portrayed in the Bible are strong and decisive, sometimes in stark contrast to their male counterparts. In this course, we will read the passages in which women appear, and discuss what the stories say about them and their influence as role models.
Women in the American Civil War			x	5	gender equality & empowerment	How did women participate in the American Civil War? The course will explore how race, class, and region affected the way women experienced this game-changing event in American history.

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Woman And Reform 1810-1850	x			5	gender equality & empowerment	Between 1810 and 1850 the world saw America not only as an experiment in a new form of government, but a new social experiment. The course will look at a number of reforms and social movements including temperance, peace, anti-slavery, and of course, women's rights as well as experiments in sexuality, dress, marriage, and religion that offered alternatives to mainstream American society.
The Politics of Reproduction			x	5	gender equality & empowerment	This class will consider how women's capacity for reproduction has been addressed by religious, legal, and political institutions since colonial times in the U. S. We will also discuss the current efforts to overturn Roe and further limit access to abortion and contraception.
Respect: Images of Women in Literature and life	x			5	gender equality & empowerment	Women are viewed as darlings, wives, mothers, bitches, goddesses, old maids, and as liberated! Examine these images through short stories together. Discuss how they are relevant in today's world.
What's the Big Deal about Infrastructure?		x	x	9	resilient infrastructure	How the United States has dealt with infrastructure in the past. Our successes and failures. Why the current crisis? What forces are shaping infrastructure needs and possibilities in the near future – From potholes and bridges to the grid, pipelines and ports? What decisions have to be made in the next few years to prepare for a more successful future?
After 70 Good Years, Rough Times Ahead	x			10	social justice	After World War II, change across many sectors of society was linear – gradual and predictable. Today we are moving rapidly into a world in which change in critical areas will be discontinuous, veering toward chaotic – chaotic in the sense of our being much less able to anticipate what is likely to happen next. Driven by technology, climate change and demography, many core assumptions about how the world works are coming undone, and we face rough times ahead as we have to relearn how things work and make profound adjustments in how individuals and institute try to meet the demands of this new era. Focusing on cases – automobiles, education and agriculture for example – the course examines where we have come from, and where we may be heading.

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Race, Class, And Education In Pittsburgh	x			10	social justice	From 1954 to the present, the City of Pittsburgh lost over 50% of its population and 70% of its student population. This course will study the great population migration out of Pittsburgh and its effect on public education over an extremely tumultuous period in our country's history. Through a series of case studies, we will examine a city that never fully came to grips with integration, the loss of the steel industry and issues of neighborhood, class, politics and racism common in most rust-belt cities.
Design By Nature: Beyond Sustainable Architecture	x			11	sustainable settlements	Since the first man-made shelters were built, architecture has protected us from the dangers of nature. Humans have been trying to stay warm, cool, dry, and safe for centuries by keeping nature as far as possible. Today, the average person spends around 90% of their time indoors - even before COVID-19 times. Yet, the majority of us are still attracted by nature and appreciate its wonders, whether in a private garden or in public parks. In a world where resources are running low and architecture strives to create more sustainable, comfortable, healthy homes, reconnecting with nature is not only inspiring but a moral imperative. The four sessions will explore the topics of sustainable architecture, biophilic design, biomimicry in architecture, and healthier environments.
Air Pollution, Health, And The Environment	x			11	sustainable settlements	How does air pollution impact your life? What about the lives of your children or grandchildren? Join GASP (Group Against Smog and Pollution) as we examine the effects of living with some of the most heavily polluted air in the nation. This course will include two classes. An introductory lecture will cover the basics, consisting of the history of air pollution in "The Smokey City," what kinds of air pollutants we worry about today, and the health concerns related to living in poor air quality. The second class will be a walk through Schenley Park as we learn about environmental impacts of air pollution followed by a discussion about what can, and is, being done locally to improve our air. In a time when government agencies are actively giving up the rights to protect our air quality, what will you do to make your voice heard?

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Understanding And Overcoming The Climate Challenge		x		13	climate change	Public and political dialog about human-caused climate change is shifting from debates about its reality to a quest for effective solutions. As the Biden administration works to fulfill its pledge to make climate a priority, how can we systematically evaluate various proposed climate solutions? What do climate models tell us and how reliable are they? What climate change impacts are of most concern? What are the primary sources of greenhouse emissions? What kinds of future energy mix are not only desirable but also feasible? How can each of us take meaningful action? In this course, we will examine these and related questions through lectures, selected videos, and class discussion.
Embracing a Green Lifestyle	x	x	x	13	climate change	Public and political dialog about human-caused climate change is shifting from debates about its reality to a quest for effective solutions. In December, Congress funded a promising set of initiatives, but sharp disagreement remains about needed future action. Some support only the classic renewables – solar, wind, and hydro. Others advocate broader solutions such as nuclear, bioenergy, and carbon capture and storage. As the Biden administration works to fulfill its pledge to make climate a priority, how can we systematically evaluate various proposed climate solutions? What do climate models tell us and how reliable are they? What climate change impacts are of most concern? What are the primary sources of greenhouse emissions? What kinds of future energy mix are not only desirable but also feasible? How can each of us take meaningful action? In this course, we will examine these and related questions through lectures, selected videos, and class discussion.
American Patriot	x			16	accountable institutions	The definitions of patriotism, nationalism, being wrapped in the flag, citizenship, residency, immigrant . . . are often up for grabs today. We will invite leaders from our Pittsburgh community to help guide us in hopeful conversations using long-held values as our compass. The focus of our discussions will be democracy, patriotism and citizenship through art and values. People of all backgrounds are welcome. Your participation in discussion will make this a richer experience for us all.

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Religion, Race, and Racism in America		x	x	16	cultural awareness	Religion and race have been influential factors in the social fabric of the United States since before the nation was formed. Their influence continues, even as both religion and the racial composition of the American population are changing. Religion has contributed to problems with race and racism, but it also has the capacity to address moral wrongs and ease racial tensions. This course will explore the history of religion and race in the US, examine some of sociological and psychological findings about religion and race, and consider the ways that religion can address racial injustice and contribute to easing racial tensions.

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Keeping the Keys and Safety Update			x	3	health & wellbeing	Keeping the Keys can help prolong your driving years This presentation is designed to help keep senior drivers on the road for as long and as safe as possible. The presentation is filled with tips and resources for older drivers. Along with information on pedestrian safety and an update on PA driving laws.
Humor And Human Life	x			3	health & wellbeing	What does humor tell us about ourselves, our society? This course introduces students to the philosophy, history, culture, and psychology of humor and laughter.
Intro To Medical Marijuana And Its Medicinal Value	x	x	x	3	health & wellbeing	On April 17, 2016, Pennsylvania Governor Tom Wolf signed the Medical Marijuana Act into law. The new set of laws made Pennsylvania the 24th state in the U.S. to legalize medical cannabis. Medical marijuana, also referred to as medical cannabis, can be an affordable, safe, and effective alternative for many expensive, ineffective, and highly addictive prescription medicines. Learn how medical marijuana patients are finding relief of health conditions by using the cannabis plant.
Negotiating for Life: From Real Estate to Relations	x			3	health & wellbeing	Negotiating has a significant impact on every aspect of our lives. The goal of this course is to enable participants to be more knowledgeable, confident and comfortable interacting with all types of people - from the mild mannered to the bully. Seven essential negotiating principles will be taught through discussions and role plays based on the instructor's and participants' real life experiences.
SarsCovid-19 and other Zoonoses		x		3	health & wellbeing	We will learn about the origins, international spread, and control of Covid-19. We'll touch on virology, viral mutations and their consequences, epidemiology, treatment, and the potential for future pandemic zoonoses.
Elder Law - Being Prepared As One Grows Older			x	3	health & wellbeing	Individuals can face a variety of legal issues as they grow older. It is important to be prepared for life's eventualities. This course will cover estate planning, which includes a discussion of wills, trusts, durable financial powers of attorney, healthcare powers of attorney and living wills and POLTS. There will be a discussion of the process of probate and estate administration as well as a discussion of long term care planning and asset protection planning. Health insurance coverage for long term care will be covered.

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I Am NOT Old: Why Do I Sound It?	x			3	health & wellbeing	How does voice "happen"? Why and how does the voice change as we age? What can and cannot be done to alter how we sound? You will learn about the complex physiology of voice production, with focus on sound generation from the larynx, pulmonary drive, and effects of frailty. Evaluation and treatment options will be explored within the context of quality of life.
Intermediate Spanish Conversation	x			4	lifelong learning	This course is designed to provide intermediate students of Spanish an opportunity to improve their ability to communicate in the spoken language. It focuses on intensive practice for improving pronunciation, increasing vocabulary and grammatical accuracy, and enhancing listening comprehension. We will use many resources as the basis for conversations, including short readings, newspaper and magazine articles, videos, songs, films, television, web sites, and social media.
Non-Fake News: An Insider's Tour of Journalism			x	4	lifelong learning	How does the news business work? What makes a story? How do journalists report the news? What about the conspiracy theories about fake news - is that true? Veteran journalist Kellie B. Gormly, who writes for The Washington Post and other national publications, will explore these topics and tell you about how the media work behind the scenes.
Engaging Learners In A Covid World	x			4	quality education	Before COVID-19 we had one notion on what learning meant, but the virus opened up new opportunities to rethink how we teach and learn. Discover how school districts redesigned their instructional programs. Explore robotics from a remote location. Investigate the virtual world of work. Explore your creativity virtually. Zoom into Tomorrow and think about what your virtual future might be.

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German for the Enlightened Traveler			x	4	lifelong learning	This course is designed to teach the Enlightened Tourist (i.e., the tourist who also wishes to benefit linguistically from his or her travels) useful German phrases and communications skills. Although it is true that English is understood by most everyone in Germany, it is always advantageous to show that one is making a genuine effort to understand more of the country and its culture than the average traveler: and speaking the language – even at a very basic level – helps one accomplish this. Some of the topics that will be covered are: arriving at the airport; transfer to the hotel by different means of transportation; purchasing tickets for shows, museums; ordering a meal in a restaurant; what to do in case of sickness or an accident. We will also create situations in which you will have to deal with complications (e.g., your hotel room is not what you expected).
Intermediate French Conversation	x	x	x	4	lifelong learning	We will practice French conversation at the intermediate level. To get started, we will read a text and analyze vocabulary, idioms, and a little grammar. People will be encouraged to bring in other materials for discussion. There will be no assignments; we plan to have fun! Basic knowledge of French is required.
Junk Science and Good Science		x		4	quality education	Science used to be broadly revered, and the opinions of scientists were highly valued. No more. In this course, we will explore the causes of the erosion of respect for science, analyze several examples of excellent and controversial science, and examine how concerned citizens can distinguish what is “good” science from what is “junk.”
Verbal Self Defense For Women			x	5	gender equality & empowerment	The purpose of this course is to provide a safe place for practicing how to say "No!" in a way that maximizes our chances for driving away the mugger.

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Found Treasures: Yiddish Women Tell Their Stories		x		5	gender equality & empowerment	What can we learn about women's life experiences from reading poems by acclaimed women writers--Maxine Kumin, Linda Pastan, Alicia Ostriker--that depict these experiences? Each class session will focus on a role--daughter, wife, mother, elder, citizen--as portrayed by these three poets. The class will then discuss selected poems and the light they shed on women's experience, the themes that emerge and the insights that arise. For example, motherhood poems show challenges, like the anger that mothers sometimes feel (but don't often acknowledge) toward demanding children. That late in life, poets still depict their parents at the age they knew them as children shows how profound an impact they had on us at that time. Poems on public subjects, not the traditional sphere of women writers, are surprisingly blunt and forceful, showing the courage that women can muster to protest war and racism and to use unconventional techniques to do so.
Conversations With Six Israeli Social Change Agents			x	5	gender equality & empowerment	This course will offer participants the opportunity to hear from six female Israeli activists working to meet the varied challenges of Israeli society. From a Bedouin doctor to an ultra-orthodox activist, from Israeli Arabs to Ethiopian advocates, these groundbreakers are making a difference in Israel. Barbara Burstin, one of the directors of the Rayah Fund, a philanthropic effort to support Israeli female changemakers, will moderate discussions with these recognized leaders in their fields.
Financial Success In Retirement	x			8	financial security	This course will focus on helping to identify the key elements a retiree should have in place to prepare for a financially successful retirement. We will focus on retirement income strategies; the proper way to invest our assets in retirement; identifying and protecting against certain risk factors in retirement; the advantages and disadvantages of certain insurance products; and estate planning concerns.
Health, Wealth and Inequality			x	8	economic equity	This course will discuss two books by Angus Deaton, The Great Escape and Deaths of Despair. Both books discuss the relationship between health, economic progress and inequality. While the first book covers a broad sweep of history, the second is addressed to the increase in death rates among white males with no more than a high school education in the United States.

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Wealth: Making The Complicated Simple	x			8	financial security	This course will take the confusion and mystery out of wealth planning by teaching Osher Members a process of success. We will discuss specific circumstances that may arise in one's life and eliminate the anxiety that might create. Questions regarding market volatility, gifting, and health care planning will be addressed and simplified.
Wealth: Let's Make it Simple		2x		8	financial security	The topic of financial planning & wealth management can be intimidating, frustrating, and confusing. In this course, the complicated will become simple and the boring will become fun. Discussions will include the foundations of financial planning, how to choose the best advisory path, and actionable steps to improve your financial life.
Understanding And Managing Your Personal Finances	x		x	8	financial security	This course will help you develop your ability to understand your personal finances and your confidence to make better financial decisions. The wide range of topics includes income (interest, dividends, IRAs, Social Security), expenses (budgeting), investments (stocks, bonds, money markets, mutual funds, stock market, asset allocation), estate planning (gifts, financial and health powers of attorney, wills, trusts), income taxes (income and deductions), and insurance (health, long-term care, life).
Trust And Property Rights: Foundation Of Economy	x			8	financial security	Why can strangers conduct business without legally enforceable contracts? Why did the Mafia and Standard and Poors betray the trust placed in them? Why are more firms choosing 'outsourcing'? Why did the cod disappear off Cape Cod? What does the great enclosure movement in English history and urban renewal in the United States have in common? Intellectual property raises issues of its own. Patents are intended to promote technical progress. We'll also consider the impact of digital technology on the future of copyright.
The Financial Journey Of Women	x			8	financial security	This course will discuss the unique financial opportunities and challenges that face women. We will cover how assets can be tailored to an individual's needs to plan for health care costs, estate planning, and ensuring control/independence through investing.

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It's Good To Be Queen! A Woman's Financial Reign		x		8	financial security	When it comes to your money and finances, are you a damsel in distress? If the whole idea of financial planning scares you, everything you need to know and do to reach your goals and reign supreme will be laid out in simple steps: from budgeting, determining your net worth, saving and staying debt-free to vetting qualified professionals, and protecting yourself and your assets with proper insurances. You'll master investment basics, industry terminology and learn how to build wealth over time. Financial planning is no more complicated than eighth-grade math. It's time to own your financial life just as you do your career and health. Regardless of whether you're single, married, divorced or widowed, making informed decisions about your short- and long-term financial security is critical to preserving your independence and expanding your options in life. Because today, happily ever after is not a fairy tale; it's a choice.
Seasoned Investors	x			8	financial security	This course can help both novice and advanced investors discover ways to sidestep major losses through modern investment techniques. Learn why stocks and mutual funds fluctuate in value and study various procedures to help you track your performance. This course is designed for both conservative and aggressive investors. Investment experience is required. Computer/Internet experience is preferred, but not required.
IRA Distribution Strategies	x		x	8	financial security	Diligent savers enter the second half of retirement with little insight into the complex tax and distribution planning dangers that can wipe away the sacrifice made during their working years. This course is designed to educate participants about how to keep more of their retirement savings by effective use of planning opportunities available under current tax laws.

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Estate Planning & Estate Administration		x		9	financial security	By use of practical information and useful anecdotes from the study leader and the group, this course will assist people who expect to have to administer a loved one's estate or who would like to make it easier for their families to administer their own estates. The focus will be on steps which can be taken to ameliorate common problems that arise over disagreements among heirs on how assets of an estate are distributed and to minimize inheritance taxes and expenses. The course has been slightly changed by the instructor's experience advising a client who is acting as executor for a neighbor whose heirs live in Germany and a recent proposal to require investment counsellors to act as Fiduciaries. The course's goal is to avoid future fractious events and/or unnecessary expenses. In other words, the emphasis will be on preserving families and their assets.
Inequality in America			x	10	social justice	Americans lived through a very special time during the "post-war" years. Ordinary people felt able to get a good education, to find a career with the prospect of getting ahead, and to enjoy a safety net that dealt with life's surprises. Suddenly, all this progress seems gone or at risk. What happened? Capital in the 21st Century provides an answer. Piketty's notable book is both highly entertaining and serious scholarship on a critical topic. In class, we will watch lectures by other heavyweight social scientists on the rising injustice caused by inequality trends. We will see how the U.S. stacks up against other societies, and likely be horrified by that picture. Root causes, including automation and globalization, will also be considered. Will young people who want to live the American Dream have to take the advice of our social scientists and move to Denmark? The course may convince you that inequality will worsen unless our democracy reasserts basic American values.

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Your Vote Counts. Doesn't It?			x	10	social justice	In the aftermath of the 2020 election, state legislators across the country have introduced hundreds of bills governing elections and access to voting. Under the guise of election security and prevention of voter fraud, many of these bills impose additional obstacles to voter registration, cutbacks on early voting, consolidation of polling places, elimination of mail-in ballots, and strict voter identification requirements. Each measure to restrict voting in some way disenfranchises some group of voters. This course surveys the current state of voting rights legislation and 2021 redistricting activity.
Transcending Tradition: Creating The Juvenile Justice Model Through Art		x		10	social justice	Studio Blue, a resident-run art space within the confines of Shuman Juvenile Detention Center in Allegheny County, Pennsylvania, uses art and the creative power of residents to inspire communities via courthouse exhibitions, public transportation, public advertising, and community sales. Studio Blue gives residents opportunities to give back to their communities while detained and in doing so are awarded community service credit for the first time while in a detention environment. Through a vast and growing network of partners, Studio Blue creates cutting edge interactive projects reaching thousands in their community and changing delinquency stereotypes so that at-risk youth face fewer challenges with less stigma when mainstreaming back into their neighborhoods.
Those Who Trespass Against Us - Introduction To Torts			x	10	social justice	By use of practical information, useful anecdotes, and The Restatement of Torts II, this course will explain some of the legal principles of Torts (civil wrongs) which serve as the focus for most civil law suits filed by individuals against their neighbors, other drivers, their doctors, and their merchants. The focus will be on basic principles, and steps you should take and expect your lawyer to take to protect your rights, to strengthen your case, and put the law on a human scale. The course will cover intentional interference with people, unintentional interference with people or property, including negligence, contributive and comparative negligence, proximate cause, assumption of risk, the impact of insurance on tort law, and damage to reputation. The application of tort principles to other less common torts may also be addressed.

Sustainability Focused (SF) or Sustainability Related (SR)	Winter Term	Summer Term	Fall Term	SDG Number	SDG Note	Course Description
Failure And Reform In The Criminal Justice System			x	10	social justice	In the 1960s, the American criminal justice system, albeit nestled within a society still struggling for equality, was widely seen as a model for the rest of the world. Within decades, its incarceration rates would increase sevenfold, its cost would balloon to \$80 billion annually, and it would be condemned as unjust and unfair. The trial of Derek Chauvin is but the latest episode in an ongoing saga. How did this happen and why has the war on crime failed so completely, both locally and nationally. This course will explore the failures of the criminal justice system and how it might be reformed.
Art And Politics: What Happened Between The Wars	x			10	social justice	Art is usually analyzed by formalistic considerations such as line, shape and color. This course will augment that trope by examining art as a socio-political phenomenon reflective of a time, place and society. That concept will be made clear by a study of representative objects throughout history, followed by a deep look at how art was used as a defining societal mechanism between the wars by Italy, Russia, and Germany.
Independence Corrupted: How America's Judges Really Make Their Decisions			x	10	social justice	Judge Schudson exposes the personal, professional, and political pressures threatening judicial integrity like never before. With scholarship and impassioned accounts of compelling cases, he brings us behind the trial bench to see judges analyzing actual trials and sentencings. He opens doors to appellate chambers to hear judges debating life and death, multimillion-dollar damages, and priceless civil rights. Independence Corrupted / How America's Judges Really Make Their Decisions -- for all concerned about the survival of judicial independence.
Emerging Legal Issues		x	2x	10	social justice	Choosing weekly topics reported in the national newspapers, each week the instructor will explore how the law struggles to keep pace with advances in science, technology, and social movements; in short, how the law reacts to our changing society and how our society responds to a changing legal landscape. Topics can include anything from recent SCOTUS opinions to private and governmental legal actions.

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AARP Smart Driver Virtual 8-Hour Initial Course		x		11	safety & security	The updated AARP Smart Driver Course features the most informative and relevant content from previous course editions—updated to reflect current state regulations and the latest driver safety and transportation innovations.
Urban Planning Choices: Post Covid			x	11	safe settlements	We will examine projects or concepts in the Pittsburgh metropolitan area that may have been affected by the Covid Crisis.
The Future of Cities	x			11	safety & security	The noted American urbanist Edmund Bacon wrote that “Cities are one of man’s greatest achievements.” This course will explore the future of cities. The first session will focus on “Remaking Post-Industrial Cities and the Pittsburgh Story.” The second session will be about “Smart Cities,” including the impact of technology and pandemics on city design.
Protect Your Identity: Identity Theft Protection		x	x	11	safety & security	Identity theft is quickly becoming one of the most common crimes, and seniors along with children, teen and college students are at a higher risk of identity theft scams. This class includes tips on the best types of passwords to use, how account holders can guard their mail and trash for identity thieves, how to prevent online identity theft and the do's and don'ts of e-commerce and much more!
AARP Smart Driver Virtual Refresher Course		x		11	safety & security	This course is indented for those who have taken an AARP Smart Driver Course within the past three years. The updated AARP Smart Driver Course features the most informative and relevant content from previous course editions—updated to reflect current state regulations and the latest driver safety and transportation innovations.
The Role of Zoos in Global Conservation		x		15	terrestrial ecosystems	Did you know that zoos play a huge role in global conservation efforts? In this class, go behind the scenes at the National Aviary to learn how zoos across the country collaborate to bring wildlife conservation to life. Through unique educational offerings, targeted breeding programs, and field conservation projects, zoos are true conservation heroes- and you can be too! Learn how to get involved and support your local zoos mission, and even participate in community science programs from home!

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Understanding World Cultures	x			16	cultural awareness	Culture is much more food, language, and the arts. It is a distinctive set of thought patterns, basic assumptions, and solutions to life's problems. Each culture has a logic of its own that explains practices that may seem strange to visitors. A global perspective also helps us to understand the origins of ethnic and racial conflict in the US and elsewhere. The course will feature in-depth studies of about a dozen specific countries on 6 continents.
A Journey Around the Mediterranean	x			16	cultural awareness	The history, geography, and points of interest in this region that was so important in the development of Western civilization and remains of great interest today.
A Journey Through Latin America		x		16	cultural awareness	Focus on Latin America's pre-history, history, cultures, and contemporary importance in the world. Often ignored, Latin America deserves greater attention because of its geographical proximity and because almost 20% of the U.S. population traces its heritage to the region.
Pope Francis and Strategies For Social Love			x	16	cultural awareness	The course will study the methodology of Pope Francis to achieve "Social love," review two of his key documents, the Encyclical, "Fratelli Tutti: Brothers and Sisters All," and the results of the Amazon Synod, "Querida Amazonia," and will practice the skills of "dialogue" and of "encounter," as well as explore Francis' concept of the Synodal way of accompaniment, or walking together.
Religion and Politics in 2020	x			16	cultural awareness	Religion and politics have a long history in American life. This course will explore that history and examine the initial findings about the religious preferences and the 2020 presidential election.
America From A Weak New Nation To An Imperial Power	x			16	accountable institutions	We will discuss how a very weak and new nation along the Atlantic coast grew to a world wide Imperial power in only one century. Also we will cover the Civil War and analyze the Constitution and its amendments.

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Reinhold Niebuhr: Philosophy, Politics, and Race			x	16	cultural awareness	This course will examine through lecture, discussion, and readings Reinhold Niebuhr's intellectual and political development into the current renaissance of his influence, particularly on President Barak Obama. Discussion will focus on his German origins and early work; socialism and economic thought; the World Wars and Christian Realism; thoughts on the Cold War, including the Vietnam War; prospects for democracy; his race relations work, including consideration of Martin Luther King, Jr. and James Cone; and final revisions in his thought, including criticism and response.
Overview of US Immigration Law and Policy			x	16	accountable institutions	Taught from the (practical) perspective of a practitioner, this two hour course will provide students with an overview of U.S. Immigration Law and Policy including both family based and employment based immigration, asylum and deportation/removal. We will also discuss "recent events" in immigration including changes experienced in the Trump/Biden administrations.
Liberty and No Excise!			x	16	cultural awareness	This was the rallying cry for the Whiskey Rebellion of 1794, the first test of the power of the federal government under the new U.S. Constitution, when the unpopular excise tax levied against frontier farmers incited them to violent protest. Session 1 is a seminar providing an overview of this insurrection. Historical context will be established through lecture and exploration of primary sources. Session 2 is a site visit to the Bradford House Museum, 175 South Main Street, Washington, PA, where participants will tour the beautifully restored and appointed National Historic Landmark home of Whiskey Rebellion leader David Bradford, and the Whiskey Rebellion Education & Visitor Center, 184 South Main Street, Washington, PA, where visitors will walk through an illustrated timeline of events and period displays.
The Death Penalty in America		x		16	social justice	In this course, we'll look at the history of executions in this country; review capital trial and post-trial legal processes focusing on who we choose to kill and how we choose to kill them; and explore arguments for and against the death penalty.

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War And Pieces: How Music Reacts To Conflict	x			16	cultural awareness	Throughout the history of classical and contemporary music, composers have reacted to conflict by crystalizing emotions for their audience in the language of music. For better or for worse, composers such as Beethoven and Shostakovich have distilled political and sometimes life-threatening events into memorable works of art.
Treaures Of Incredible India			x	16	cultural awareness	India has been the melting pot for cultures over the centuries. During this course we will tour through the length and breadth of the country and explore some of its forts, palaces, temples, monuments and learn a little bit about their history plus view their rich architecture, beauty and unusual features
The Rise and Fall of the Berlin Wall	x			16	cultural awareness	With the rise of the Berlin Wall sixty years ago this summer, the course of Germany's and especially of Berlin's history took a tragic turn. It would take 28 years for this cruel and inhuman symbol of Germany's division to come down, thus giving birth to yet another period in this European nation's remarkable evolution. Join German Historian and Ex-Berliner Anette Isaacs, M.A., as she presents you with a historical and political overview of this painful but also almost miraculous period in Berlin's captivating history.
The Palestinian Story: Hope and Sumude			x	16	peaceful societies	The course will deal with the history and current situation in Israel-Palestine from the perspective of the Palestinian people. The four primary components of the "peace process" will be the main focus: Right of return, Settlements, Boundaries and Jerusalem.
Taxation - History & Impact On American Society	x			16	accountable institutions	Through most of history, the arrangement of taxes, who pays and who benefits, has been one of the most important determinants of the relative economic and political standing of various classes. This course examines those relationships and attempts to characterize their structure and impacts within modern American society. We will review taxation in previous societies such as in France before the Revolution, Roman systems, etc., and how these systems supported the Class structures and relative well-being of the various groups in their societies. A final section will review current American taxation and how it contributes to the economic inequality that we are currently so concerned with.

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Prophets Of Islam: Abraham, Moses, Jesus & Muhammad	x			16	cultural awareness	This class will look at the concept of prophecy from an Islamic perspective, with special focus on the four major Prophetic figures of Abraham, Moses, Jesus and Muhammad. We look at the Quranic text and lessons drawn from the life of these Prophets, and how they influence Islamic thought.
The World Can Be Fixed . . . See How		x		16	accountable institutions	Accept that things are not “right.” Show examples of what may be “wrong.” Determine what steps could be taken to make it better. Present a plan for moving in the “right” direction, with facts and figures to back it up.
Pride and Prejudice in American History Part II	x			16	cultural awareness	This course, Part II, is a survey of selected periods in the development of America from the post Civil War Era up through the Civil Rights Era in the 1960's. It highlights various people, events and documents that have shaped our history and provided a vision for America. At the same time we will also look at the underside of our history, those realities that challenge the ideal vision of America. Th goal is not to denigrate America, but to recognize the challenges that still need to be met to make us "a more perfect union."
African Adventures: Traveling with a Medical Team			x	16	cultural awareness	This course will describe travels as a volunteer nurse with a surgical team to Senegal, Zambia and Mozambique. Our mission is to teach by providing the expertise of pediatric urology surgeons from the US. Information about the patients, their families as well as the nurses, doctors and the medical team.
North America Yesterday and Tomorrow	x			16	cultural awareness	This course will begin with a brief overview of North American history, focusing on how unlikely the emergence of these three separate nations was, and how close North America came to being a European battleground. We'll look at ways of seeing North America, in terms of historic, ethnic, environmental, and economic regions. We will view NAFTA in wider historic, economic and cultural frameworks, compare developments in North America to Europe and Asia, and finally try to step back and see where North America is now and what lies in its (our!) future.

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Introduction To Islam In India	x			16	cultural awareness	Introduction to Islam in India provides an historical view of Islam, and how it has influenced life in India. We'll begin with the Prophet Muhammad who lived in the 6th century, then it's on to the Golden Age of Islam, a period of creativity and scientific discovery. Muslims arrived in India as maritime traders in the 8th century. Starting in the 1500s, the Mughal Empire, governed by Muslim emperors, controlled India for almost 300 years. As European traders moved in, the Mughals gave way to the British government in the 1850s. The effects of the British Raj on Muslims, and their experience after Partition, will be examined. Note that the topic is Islam, not Islamism, widely believed to be a form of religionized politics. Islam is a faith; Islamism is political ideology. Islam provides us with a content-rich set of discoveries as we learn about India from this vantage point.
India: An Enigma - Understanding The Rich And Diverse Culture		x	x	16	cultural awareness	India is an ancient land with a diverse and rich civilization. Understanding India requires a study of history, conquests and colonization, freedom movement, diversity, and economic complexity. Indian civilization has survived in spite of major disruptions during Muslim invasions and British occupation. India is often viewed as an over-populated, chaotic region inhabited by many races, religions, cultures with a history of disunity, internal warfare, and continuous invasion by external forces. The nation is made up of many races: Aryans, Dravidians, Huns, Mongols, and Turks; many ethnic groups — Punjabis, Tamils, Marathas, Bengalis, Andhras; many religious groups — Hindus, Muslims, Sikhs, Christians, and Buddhists. Indian mythology, like the Ramayana and Mahabharata, and Indian philosophy sets the tone of people's outlook and is the common thread that holds them together. Freedom, democracy, and innovation define the Indian spirit, and we see the nation making progress in spite of its major problems and economic poverty.

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In The Footsteps Of The Harbor From The Holocaust	x			16	cultural awareness	This course will follow and expend on the narrative provided in the recently released WQED documentary "The Harbor From the Holocaust", that depicts the story of nearly 20,000 Jewish refugees fleeing Nazi-occupied Europe to the Chinese city of Shanghai. The documentary will be viewed as part of the course curriculum with discussions to follow. The rest of the course will be devoted to detailed descriptions of the Jewish emigres life in Shanghai and the active role played by Sephardic and Russian Jewish communities in their survival. Lives of the prominent members of the Jewish community will be presented as well.
How Do You Explain India?	x		x	16	cultural awareness	India the world's largest democracy and the second most populous nation in the world is a study in contrasts. It is a fascinating land of cultures, languages, religions, history, natural beauty among other things. It is developed and undeveloped, rich and poor, educated and illiterate, tolerant and intolerant, simple and confusing – all at the same time. During this course we will start by tracing Indian history to the present and discuss the diverse nature of the population, culture and country. We will conclude by discussing current day India its successes/failures and socio economic challenges.
History of the Soviet Union Part 2	x			16	cultural awareness	The 74-year lifespan of the Soviet state has been difficult but also extremely consequential and interesting. Immediately after its birth it endured a three-year civil war in which 7 million people died of starvation. Following this, the New Economic Policy of the Soviet state in the 20s made it the first state in history to have a 'mixed economy'--a strong state sector together with a strong capitalist sector. However, this economic policy could not overcome mass unemployment and was replaced with three Five-Year plans which industrialized the country and collectivized agriculture within the dozen years before they were attacked by the Nazis. We will also discuss the Soviet war experience and examine the leaders after Stalin until the Soviet collapse under Gorbachev in this 12-session, two-part series of lectures.

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History of the Soviet Union Part 1	x			16	cultural awareness	The 74-year lifespan of the Soviet state has been difficult but also extremely consequential and interesting. Immediately after its birth it endured a three-year civil war in which 7 million people died of starvation. Following this, the New Economic Policy of the Soviet state in the 20s made it the first state in history to have a 'mixed economy'--a strong state sector together with a strong capitalist sector. However, this economic policy could not overcome mass unemployment and was replaced with three Five-Year plans which industrialized the country and collectivized agriculture within the dozen years before they were attacked by the Nazis. We will also discuss the Soviet war experience and examine the leaders after Stalin until the Soviet collapse under Gorbachev in this 12-session, two-part series of lectures.
Germany Between the Wars			x	16	cultural awareness	This course will involve a discussion of important developments in the social, political, and economic life of Germany between the World Wars. It will include a discussion of the German Revolution of 1918, the failure of the Weimar Republic and the coming to power of Adolf Hitler, the making of the Third Reich, and the nature of the Third Reich.
Ethics in a Time of Polarization			x	16	accountable institutions	Our age of polarization affects no area more than ethics. We cannot agree on what we ought to do. Yet there is a long intellectual tradition that strives for rational and objective analysis of ethical issues. This course distills the best ideas from past ethical thinkers to develop a unified intellectual framework that could help us achieve some degree of consensus. It first dispels some popular misconceptions about ethics and traces the origins of our "post-truth age." It then derives ethical principles and applies them to a wide range of ethical dilemmas, particularly those that arise in everyday life. It avoids most hot-button political issues, because moving to these too soon interferes with the task of developing ethical brainpower. Rather, it provides the basic tools one needs to address the issues of our day. It also suggests how different cultural perspectives can be understood in an ethical framework.

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Contemporary Ireland: A Century After Independence	2x			16	cultural awareness	This three one-hour session offering will look at politics, economics, and society and culture in Ireland today; how seismic the change since Ireland wrested limited independence from Britain in 1921, through partition, a Civil War, becoming a republic, a member of the EU, and transitioning from an ultra-conservative church-dominated society to the first country in the EU to pass a referendum on same-sex marriage, a preferred location for international corporations, while continuing to punch way above its weight as a literary and artistic powerhouse.
City Of Asylum@Alphabet City: Pittsburgh Worldwide Hub Where Writers And Artists Convene	x		x	16	cultural awareness	City of Asylum is a sanctuary for writers from around the world under threat of persecution, as well as a presenting arts organization focused on giving voice to artists who are often excluded from traditional artistic spaces. In doing so, City of Asylum creates a thriving community of writers, readers, and neighbors. During this course, your group will learn how City of Asylum's unique model has helped anchor the development of the Garden Theater Block with a cultural center that includes a performance space, bookstore, and restaurant. It has built a diverse audience, and protects free expression while fostering cross-cultural exchange.
Challenges To Foreign Policy Today	x			16	accountable institutions	The course will be a lecture series on the challenges to making foreign policy today and will consist of six talks followed by discussion. The topics of those talks will be: 1. Why foreign policy is harder to make today; 2. Where ambassadors come from, where they go, and why they still matter; 3. Intelligence and foreign policy; 4. Domestic politics and foreign policy; 5. The Iran nuclear deal and what it says about how foreign policy is made; and 6. Why it's hard to have a treaty with anyone anymore.
Pride and Prejudice in American History-Part I	x			16	cultural awareness	This course, Part I, is a survey of selected periods in the development of America from colonial time up through the post Civil War era. It highlights various people, events and documents that have shaped our history and provided a vision for America. At the same time we will also look at the underside of our history, those realities that challenge the ideal vision of America. Th goal is not to denigrate America, but to recognize the challenges that still need to be met to make us "a more perfect union."

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