pers at 8:15 p.m. tomorrow at Carnegie Lecture Hall. Admission is free. Call 247-1801. Oakland - In its season opener, the Three Rivers Lecture Series will welcome novelist Leon Uris to the podium at 7:30 p.m. Monday in Carnegie Music Hall. Also on the fall schedule are Sen. John Kerry Oct. 5, novelist Tom Wolfe Oct. 20, columnist Andrew Tobias Nov. 10, journalist Jamaica Kincaid Nov. 24 and humorist Garrison Keillor Dec. Call 622-8866. Monroeville - The Racquet Club of Pittsburgh and CORE Physical Thorany will offer advice or