

LAURI ANN WEST COMMUNITY CENTER



# Lauri Ann West Community Center

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## You Belong Here This Fall

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The Lauri Ann West Community Center is the place to be this fall! Not only do we have our most exciting season of programming starting in September, there are a number of events and activities planned for everyone in the community!

**Celebrate the Center – 7-10 PM on Saturday, September 24** will be the very first fundraising event at the new Lauri Ann West Community Center! An adult-evening with a carnival theme, the event will feature strolling entertainers, music and an open bar with fun, carnival-themed food. Tickets are \$75 each and all proceeds will benefit the Center's programming for the young and young-at-heart.

**Flea Market:** Scheduled for both Saturday, September 17 and Saturday, October 15 from 7 AM-2 PM, this traditional flea market will take place in the parking lot at the Lauri Ann West Community Center.

**Art Bazaar:** Art Bazaar presents a festive opportunity for artists to showcase their handmade objects of distinction just in time for those last minute holiday gifts. There are two opportunities to shop at this year's Art Bazaar: Friday, December 16 from 7-9 PM or Saturday, December 17



from 9 AM-3 PM. More information on the events, and how to get involved, are available on our website at [www.lauriannwestcc.org](http://www.lauriannwestcc.org). We hope to see you soon!

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## New September Group Exercise Schedule

**September Group Exercise Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5-11 AM</b> Open House 11-11:30 AM Meditation 11:30 AM-12:00 PM Yoga 12:00-1:00 PM Lunch 1:00-1:30 PM Meditation 1:30-2:00 PM Yoga 2:00-3:00 PM Lunch 3:00-4:00 PM Meditation 4:00-5:00 PM Yoga 5:00-6:00 PM Lunch	<b>6:30-7:00 AM</b> Open House 7:00-7:30 AM Meditation 7:30-8:00 AM Yoga 8:00-9:00 AM Lunch 9:00-10:00 AM Meditation 10:00-11:00 AM Yoga 11:00-12:00 PM Lunch 12:00-1:00 PM Meditation 1:00-2:00 PM Yoga 2:00-3:00 PM Lunch 3:00-4:00 PM Meditation 4:00-5:00 PM Yoga 5:00-6:00 PM Lunch	<b>6:30-7:00 AM</b> Open House 7:00-7:30 AM Meditation 7:30-8:00 AM Yoga 8:00-9:00 AM Lunch 9:00-10:00 AM Meditation 10:00-11:00 AM Yoga 11:00-12:00 PM Lunch 12:00-1:00 PM Meditation 1:00-2:00 PM Yoga 2:00-3:00 PM Lunch 3:00-4:00 PM Meditation 4:00-5:00 PM Yoga 5:00-6:00 PM Lunch	<b>6:30-7:00 AM</b> Open House 7:00-7:30 AM Meditation 7:30-8:00 AM Yoga 8:00-9:00 AM Lunch 9:00-10:00 AM Meditation 10:00-11:00 AM Yoga 11:00-12:00 PM Lunch 12:00-1:00 PM Meditation 1:00-2:00 PM Yoga 2:00-3:00 PM Lunch 3:00-4:00 PM Meditation 4:00-5:00 PM Yoga 5:00-6:00 PM Lunch	<b>6:30-7:00 AM</b> Open House 7:00-7:30 AM Meditation 7:30-8:00 AM Yoga 8:00-9:00 AM Lunch 9:00-10:00 AM Meditation 10:00-11:00 AM Yoga 11:00-12:00 PM Lunch 12:00-1:00 PM Meditation 1:00-2:00 PM Yoga 2:00-3:00 PM Lunch 3:00-4:00 PM Meditation 4:00-5:00 PM Yoga 5:00-6:00 PM Lunch	<b>6:30-7:00 AM</b> Open House 7:00-7:30 AM Meditation 7:30-8:00 AM Yoga 8:00-9:00 AM Lunch 9:00-10:00 AM Meditation 10:00-11:00 AM Yoga 11:00-12:00 PM Lunch 12:00-1:00 PM Meditation 1:00-2:00 PM Yoga 2:00-3:00 PM Lunch 3:00-4:00 PM Meditation 4:00-5:00 PM Yoga 5:00-6:00 PM Lunch	<b>6:30-7:00 AM</b> Open House 7:00-7:30 AM Meditation 7:30-8:00 AM Yoga 8:00-9:00 AM Lunch 9:00-10:00 AM Meditation 10:00-11:00 AM Yoga 11:00-12:00 PM Lunch 12:00-1:00 PM Meditation 1:00-2:00 PM Yoga 2:00-3:00 PM Lunch 3:00-4:00 PM Meditation 4:00-5:00 PM Yoga 5:00-6:00 PM Lunch

Check out the latest Group Exercise Schedule for September, featuring a new Active Adult Living class on Monday and Wednesday mornings (beginning September 12) at 10:30.

More information on all of the group exercise classes is available at [www.lauriannwestcc.org](http://www.lauriannwestcc.org). Or, pick up your copy at the Welcome Desk.

# Back to School Workout

## Tabata Exercise 8 MINUTES OF EXERCISE NO EXCUSES

2 rounds : 20 seconds of exercise and 10 seconds of rest

- Mountain Climbers
- Pushups
- Speed Skaters
- Plank
- Burpees
- Squats
- High Knees
- Tricep Dips

We all know that back to school can be the busiest time for parents. Getting out of the laid back summer routines and back into those busy school schedules, running from practice to games and all of the other after school activities. So we have provided some effective workouts for you that can fit right into those busy new schedules. That way your own physical fitness doesn't get left out in all of the chaos. You can even give your kids a brain break from all of that homework and have them do it with you. So grab some soup cans or water bottles, turn on some music and begin your workout because you could have been done with your workout by time you came up with your best excuse not to do it!

### Upper Body 3 x 10 repetitions of each exercise

- Back Extensions
- Walkouts

Stand straight up, bend over and place both hands on the floor. Walk your hands forward until you have reached an up plank position. Now walk your hands back and stand back up. Repeat.

- Plank Shoulder Taps

Modification: Plank on Knees

- Pushups

Modification: Knee Pushups or Incline Pushup on couch or chair

- Tricep Dips

Can be done on the floor or use a chair or the couch.

### Lower Body 3 x 10 repetitions of each exercise

- Squats
- Reverse Lunges
- Glute Bridges
- Calf Raises
- Burpees

Modification: Step back each leg instead of jumping back. Hold the jump at the end if needed.

### Total Body 3 x 10 repetitions of each exercise

- Jump Squats
- Bird / Dog
- Side Leg Raises
- Pushups
- Burpees

### Weighted Upper Body 3 x 10 repetitions of each exercise.

- Bent Over Row
- Front Raise
- Lying Chest Fly
- Bicep Curls
- Tricep Extensions

Not sure how to do any of these exercises? Just ask our Fitness Center Floor Staff—they'll be happy to help!

# Maker's Studio is Here!

You may have noticed the emergence of a new Maker's Studio at the Lauri Ann West Community Center. This area, modeled after the popular curriculum at The Children's Museum, will be a space for our A&E students to make, play and design using "real stuff" – the same materials, tools and processes used by professional artists, builders, programmers and creators of all kinds.

It is a place where physical materials and digital media resources intersect; where students will be encouraged to be curious, creative, experimental and innovative.

We need your help to better furnish and fully implement the Maker's Studio here at the Lauri Ann West Com-



munity Center. If you are able to donate any of the following items, please contact Monica Gay or Cindy Schade at 412-828-8566 or by email [atmgay@lauriannwestcc.org](mailto:atmgay@lauriannwestcc.org) or [cschade@lauriannwestcc.org](mailto:cschade@lauriannwestcc.org).

## Immediate Needs

2 Laptops

A printer

A Web Cam

## Maker's Studio Material Donations

### Fiber art materials

Most fabrics, felt, yarn, sewing needles, ribbon, string, thread, embroidery materials, buttons.

### Jewelry art materials

Beads, Wire, Clasps.

Wood scraps

### Recycled/recyclable materials

Cardboard Tubes – paper towel tubes, toilet paper tubes, gift wrapping tubes.

Thin cardboard – cereal and granola bar boxes.

Miscellaneous or odd items (corks, bottlecaps, clothespins, etc)

### Art Supplies

Paint, pencils, markers, paint brushes, paper, etc

Wood Scraps, craft sticks, dowel rods

### Take Apart

Old electronics (stereos, walkmans, DVD players, etc)

Old toys (electronic and stuffed)

### Tools

Hand Tools, drill, sander, sand paper, rasps, files, clamps, screw drivers, drill bits.

### We cannot accept

Electronics with glass components (televisions, scanners, etc)

Microwaves

Dirty or unwashed items (food containers, fiber, etc)

Very large quantities of items

Mdf or Pressure treated wood

Milk cartons

## Pickleball

Starting after Labor Day, the Lauri Ann West Community Center will host Pickleball Open Gym times on Mondays and Fridays from 9-11 AM. The gym will be set for Pickleball and players are welcome to come and enjoy this great sport! Space on the courts is available on a first-come-first-serve basis.



**Community Corner** collections for the month of September include Maker's Studio furnishings, coat drive for the North Hills Community Outreach and tennis shoes for Fox Chapel Garden Club. More information on all of these can be found on our website at [www.lauriannwestcc.org](http://www.lauriannwestcc.org).



LAURI ANN WEST  
COMMUNITY CENTER

# September 2016

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

				<b>1</b> Fall Programs Begin Next Week! Register Today!	<b>2</b> Have you seen the new Maker's Studio at the Community Center?	<b>3</b> Participate in coat collection for North Hills Community Outreach
<b>4</b> Get a Holiday Weekend workout in today	<b>5</b> <b>Labor Day</b> <b>The Center is Closed</b>	<b>6</b> Fall Programs Session One Begins this Week!	<b>7</b> The Gym is Open! Check out our Open Gym schedule for more information.	<b>8</b> Consider hosting your holiday party at the Lauri Ann West Community Center	<b>9</b> Pickleball Open Gym is available from 9-11—first come, "first serve"	<b>10</b> SilverSneakers is Here! Find out more at the Welcome Desk
<b>11</b> Participate in the Community Collection to help furnish the new Makers Space	<b>12</b> Monday Fall Programs Session One Begins Today. Pickleball 9-11	<b>13</b> Weekly Sanctioned Bridge Game 10:30	<b>14</b> Fitness Members—take advantage of Child Watch for your little ones	<b>15</b> Hold your child's next birthday at the Lauri Ann West Community Center!	<b>16</b> Pickleball Open Gym is available from 9-11—first come, "first serve"	<b>17</b> <b>Flea Market 7AM-2PM</b> <b>Ballroom Pgh's Ballroom Dance 8-10:30</b>
<b>18</b> Have you scheduled your wellness orientation?	<b>19</b> Pickleball Open Gym is available from 9-11—first come, "first serve"	<b>20</b> Weekly Sanctioned Bridge Game 10:30	<b>21</b> Get an Olympic Championship workout—ask about personal training	<b>22</b> The Gym is Open! Check out our Open Gym schedule for more information.	<b>23</b> Pickleball Open Gym is available from 9-11—first come, "first serve"	<b>24</b> <b>Celebrate the Center 7-10 PM</b>
<b>25</b> SilverSneakers is Here! Find out more at the Welcome Desk	<b>26</b> Pickleball Open Gym is available from 9-11—first come, "first serve"	<b>27</b> Weekly Sanctioned Bridge Game 10:30	<b>28</b> Fitness Members—take advantage of Child Watch for your little ones	<b>29</b> Check out our group fitness class schedule!	<b>30</b> Pickleball Open Gym is available from 9-11—first come, "first serve"	