

## SPECIAL POINTS OF INTEREST:

- **New Sunday hours from 10am to 6pm**
- **Save the Date for Gardenfest on May 12 and Celebrate the Center on September 15**
- **Summer Camp online registration begins February 15**

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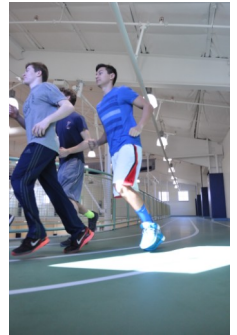
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## New Center Hours

Lauri Ann West Community Center will now be open one hour earlier on Sundays. Our new hours are:

**10:00am to 6:00pm.**

This gives you one more hour to workout in our Fitness Center, shoot hoops in the gym, or walk/run on our indoor track. It's another great way to get out of your house, get moving, and beat those winter blues!



## FLEX-Brain Study for Teens

**TEENS:** Do you want to be stronger, more athletic, more muscular?

If you answered yes to any of these questions, you may be eligible to participate in an innovative research study called FLEX-Brain. FLEX-Brain is a program run by internationally known experts from the University of Pittsburgh

and UPMC who are interested in better understanding the relationship between the brain and weight. As part of the program, a team of experts will



develop a personalized plan to help you become healthier, stronger and more fit. Kids ages 12-17 may be eligible to participate.

If interested, contact the Welcome Desk or Dr. Dana Rofey or Dr. Nermeen El Nokali at [412-383-8136](tel:412-383-8136) or email [elno-kaline@upmc.edu](mailto:elno-kaline@upmc.edu).

## Safety Committee State Certified

Lauri Ann West Community Center's Safety Committee has been state certified.

The department of Labor and Industry has approved our application for Certification

of our Workplace Safety Committee effective April 5, 2018. This certification serves as recognition of our efforts and initiative in establishing and maintaining this committee demonstrating our

strong commitment to workplace safety.



# Session II Programming Begins in March!

Winter/Spring Session II programming begins the first week of March. Sign up early to reserve your spot! See some highlights below.

## CERAMICS STUDIO

Come and play and create with clay! Learn skills and techniques to craft amazing animals, small bowls, vases and more. FCASD busing available.

- Ages 6-12
- Wednesdays from 4:00-5:00pm beginning March 7
- Member \$75/non-member \$92

## ASSEMBLE PITTSBURGH

Are you a creative time traveler? Join ASSEMBLE for a series of hands on STEAM (Science, Technology, Engineering, Art, Math) workshops exploring the future. FCASD busing available.

- Ages 6-9
- Tuesdays from 4:00-5:30pm beginning March 6
- Member \$115/non-member \$145

## LITTLE VET SCHOOL

Encourages young children to role play and discover the exciting world of Veterinarians. Using interactive demonstrations, crafts and games, kids learn how to take care of a pet and use instruments that real Veterinarians use. FCASD busing available.

- Ages 5-10
- Tuesdays from 4:00-5:00pm beginning March 6
- Member \$115/non-member \$145

## FLOOR HOCKEY

Shoot and score this fall as you play the fast and exciting game of floor hockey. Develop passing and teamwork skills during scrimmages and fun drills. FCASD busing available.

- Ages 6-11
- Wednesdays from 4:00-5:00pm beginning March 7
- Member \$90/non-member \$112

## Offering Arts and Enrichment Care for the FCASD Days off

Fox Chapel Area School District may be closed around Presidents' Day, but Lauri Ann West Community Center's Arts and Enrichment will be open!

Here is our schedule:

Thursday, February 15th– Half Day offered for \$50

Friday, February 16th– Half and Full Day sessions offered \$50/\$80

Monday, February 19th– Half and Full Day sessions offered \$50/\$80

Call us for info at 412-828-8566 and remember to pack lunch for your kiddos!



For the most up to date info and exciting news from the Center, follow us on Twitter and Facebook @lauriannwestcc

# Save the date for 2 fun events!



**LAURI ANN WEST  
COMMUNITY CENTER**

## 2018 Gardenfest & Artist Fair

A free springtime gardening, art & family festival!

**Saturday, May 12**  
**9:00 AM - 3:00 PM**

*Save the Date!*  
**Celebrate the Center**  
**Saturday, September 15, 2018**



Keith Fenton, Interim Executive Director.  
Keith and his wife, Lisa, are residents of O'Hara Township, have 4 children in the Fox

## Meet our new Interim ED

Chapel Area School District, and are regular visitors to the fitness center and gym. Keith recently retired from Eli Lilly and is a member of the Board of Directors here at the Center.

Originally from Latrobe, Keith graduated from Bucknell University with a BS in Business Management and earned an MBA from Carnegie Mellon Tepper School of Business. In high school, Keith led his Latrobe Wildcats to a WPIAL championship and then at

Bucknell, Keith was starting guard for the Division I Varsity Basketball Team.

Keith is "looking forward to working with our entire community to ensure that the Lauri Ann West Community Center continues to be the perfect place to learn, play and grow for all of our neighbors".

Stop by and say hello—Keith can't wait to see you at the Center!

## Pickleball and Open Gym hours

We now have set pickleball hours during the week. See our schedule below:

- Monday and Friday from 9am-1pm
- Wednesday from 11am-1pm
- Saturday 7am-9am
- Sunday 10am-11am

We also have open gym hours every day of the week. Check out our Daily Activity Updates and Open Gym hours posted on our website: [www.lauriannwestcc.org](http://www.lauriannwestcc.org)



## Summer Camp is coming!

Online registration for our Lauri Ann West Community Center Summer Camp will begin February 15th. We are offering full day camp for 5-12 year olds and half day camp for 3-5 year olds. Camp will be run by counselors Wade Kramm and Glenn Mannion who will fill the days with a variety of sports and arts enrichment. There will be new and exciting things to do every day. Sign up for just one week or the whole summer! Check out our website for more: <https://lauriannwestcc.org/classes-and-camps/>



LAURI ANN WEST  
COMMUNITY CENTER

# February 2018

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

|   |   |   |  |  |   |   |
|---|---|---|--|--|---|---|
|   |   |   |  | <b>1</b><br>Happy February!  | <b>2</b><br>Groundhog Day!<br>We hope Phil doesn't see his shadow | <b>3</b><br>Open Pickleball this morning from 7am to 9am                        |
| <b>4</b><br>Open at 10am today.<br>Super Bowl Sunday<br>Go Eagles!        | <b>5</b><br>Get centered in our Meditation class from 7:15 to 8pm       | <b>6</b><br>Weekly sanctioned Bridge Game 10:30       | <b>7</b><br>Rotary meeting 11:30 to 1pm  | <b>8</b><br>Register for our group exercise classes using the Mindbody App | <b>9</b><br>Try our new Cycling class starting Fridays at 6:15am  | <b>10</b><br>Check out our Session II programming online. Classes begin March 5 |
| <b>11</b><br>Remember we now open at 10am on Sundays                      | <b>12</b><br>Open Pickleball today from 9am to 1pm                      | <b>13</b><br>Essectrics exercise class tonight at 6pm | <b>14</b><br> | <b>15</b><br>Online registration begins today for our summer camps!        | <b>16</b><br>No school for FCASD but our A&E is open              | <b>17</b><br>Come work off that Valentine chocolate in our fitness center       |
| <b>18</b><br>Open pickleball from 10am to 11am                            | <b>19</b><br>Presidents' Day- No school for FCASD but our A&E is open   | <b>20</b><br>Weekly sanctioned Bridge Game 10:30      | <b>21</b><br>Register for Winter/Spring Session II programming now                               | <b>22</b><br>Yoga class tonight at 7pm!                                    | <b>23</b><br>Try Zumba tonight at 6pm                             | <b>24</b><br>Open Pickleball this morning from 7am to 9am                       |
| <b>25</b><br>Get to our Fitness Center an hour earlier for a good workout | <b>26</b><br>Pickleball Open Gym from 9am-1pm—first come, "first serve" | <b>27</b><br>Weekly sanctioned Bridge Game 10:30      | <b>28</b><br>Session II programming begins next week!  |  |   |   |