



# ALL MEMBER NEWSLETTER

## FIVE YEARS AND STILL GOING STRONG

Hard to believe that it has been 5 years since we opened the doors to the NEW *Wilmerding Community Center*, and thanks to you, *we are still growing & improving all the time!*

Over the past 5 years we have made several **UPGRADES** and **IMPROVEMENTS** to the WCC facility that has only enhanced the participant experience. *From LED Lighting throughout the building & parking lot, to new HVAC in the pool area and new shower facilities to the Family/Special Needs Changing room, to the NEW outdoor walking track and pickleball courts*, the WCC continues to Invest in YOUR Community Center.

We are **PROUD** of our accomplishments and continue to **THANK** our Partners who **BELIEVE** in the important work we are doing for the good of the community. *Our FUTURE is BRIGHT because of you, our supporters & the community at large!*

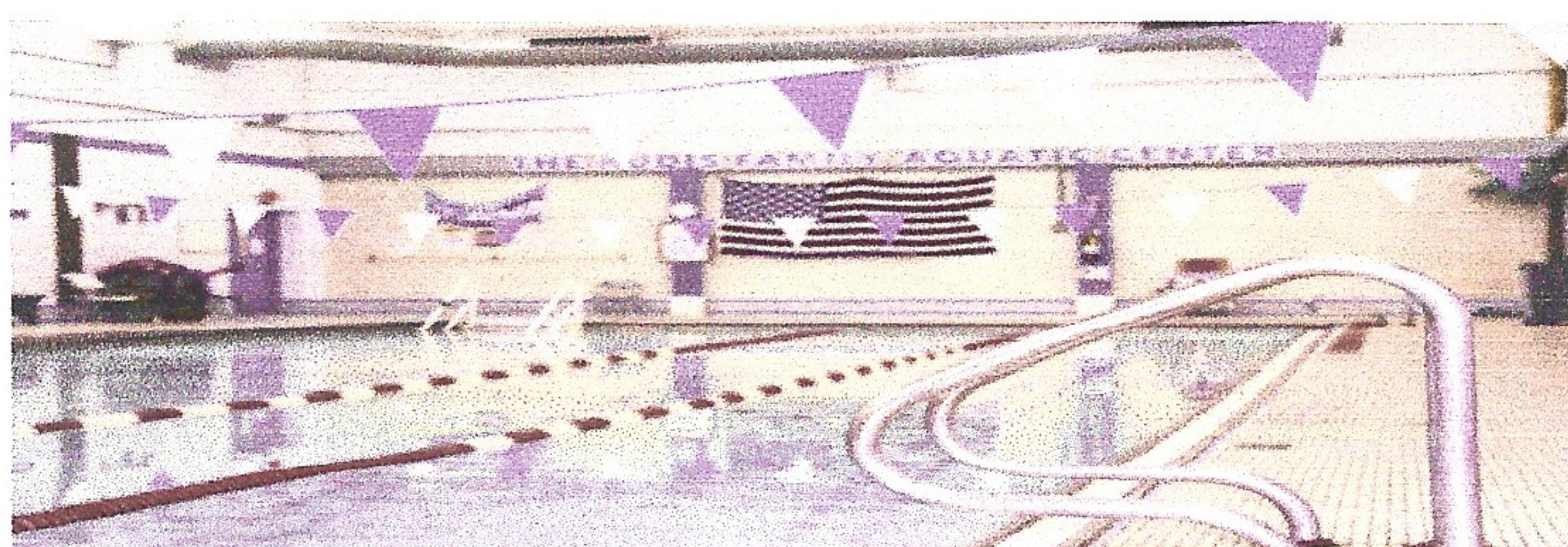


## KUDIS FAMILY AQUATIC CENTER

The KUDIS Family Aquatic Center is the *Heart & Soul* of the WCC and *we are extremely PROUD to have some of the BEST Instructors in Western PA teaching at our facility.*

From *Aerobic Exercise to Arthritic Programs to Youth and Adult Swim classes*, the KFAC boasts one on the **ONLY** warm water swimming pools in the local area.

In-addition, *the WCC teaches WATER SAFETY and Lifeguarding Certification* throughout the year as a community service and is a **LEADER** in Silver Sneakers Classes & Programs



## WHAT'S NEW (New Programs & Classes)

### TAI CHI EXERCISES for ARTHRITIS & FALL PREVENTION—

(Fridays at 10am, starting September 6th)

Join us for a 12 week program that introduces participants to **CORE** and **EXTENSION** movements. **SEATED TAI CHI** is an option for those more comfortable using a chair.



### MIDDAY MOVEMENT & MEDITATION

Wednesdays from 11-12noon. Conscious relaxation has a balancing effect on the systems of your body.

### EVENING ZUMBA CLASSES at 6pm with

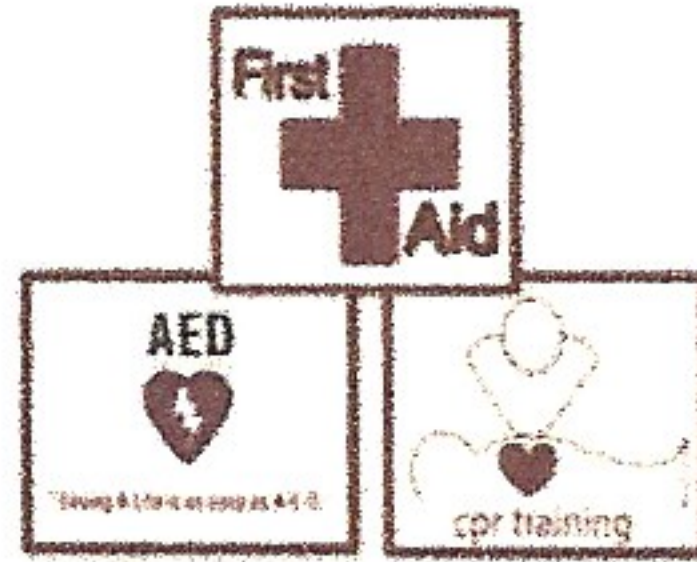
Mary Ellen Cooper Latin-Inspired cardio-dance workout that infuses lively music for an overall **FITNESS PARTY** atmosphere.



## LIFESAVING OPPORTUNITIES

**AHA Certified CPR, AED & 1st Aid**  
*Call for time & date of next session*

Space limited to 15 total and fills up  
\$40 WCC Members \$60 Non-Membs  
(Class taught by Eastern Area Prehospital Services)



**SWIM LESSONS—FALL 1 SESSIONS ARE FILLED**  
**FALL 2 SESSIONS BEGINS OCT 20TH.** We have lessons for all age groups—6 months to Adults. Private & Semi-private lessons available.

**EARLY REGISTRATION** encouraged as classes fill up. *Call 412-520-SWIM*

**Before & After Child Care**  
(For Students in the EA School District)



*The School Age Enrichment Program offers combination of child-choice and teacher directed Activities with a curriculum that includes home work support, literacy, fitness activities, recreational games and art projects.*

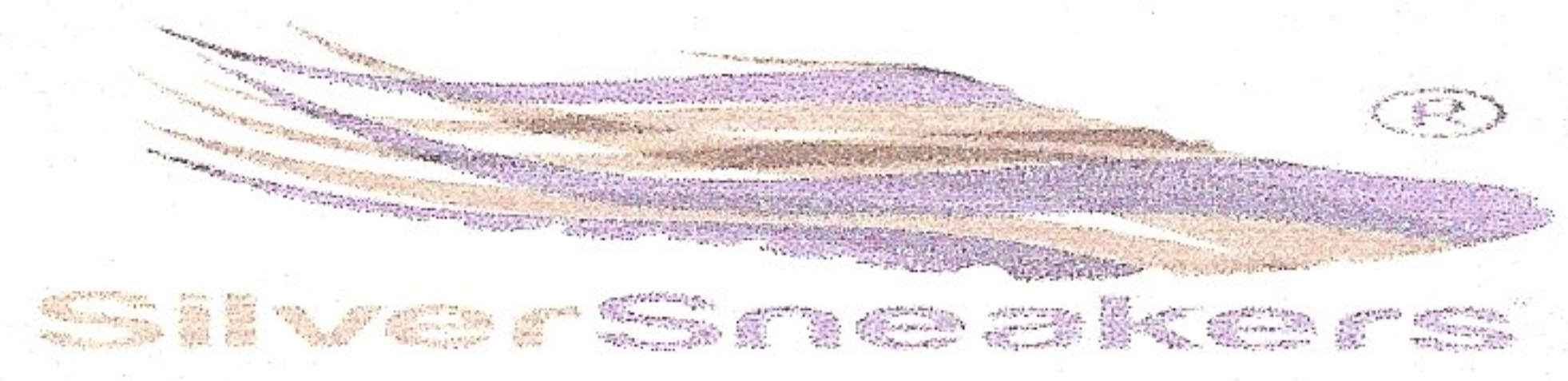
*Children can enroll 1-5 days per week for either Before OR just After School or BOTH programs*

*For more info, please call the WCC at 412-520- 7946*

**SAFE DRIVING CLASSES**  
November 20th from 1-5pm  
(This is a CLASSROOM ONLY Instruction and there is NO on the road driving).



Call 1-800-559-4880 to register or visit their Website at [www.seniorsforsafedriving.com](http://www.seniorsforsafedriving.com)



## Help Loved Ones with College Tuition

Did you know that as a Silver Sneaker participant you can **EARN POINTS** *that convert to actual dollars* to help your grandchildren and other loved ones with COLLEGE TUITION.

Silver Sneakers has teamed up with SAGE Scholars to help you build up a POINTS that can be used to offset College Tuition at over 400 Colleges & Universities.

You **MUST SIGN** up using the website below:  
**[www.SilverSneakers.TuitionRewards.com](http://www.SilverSneakers.TuitionRewards.com)**



**3rd Annual PUMPKIN CHASE**  
**SATURDAY, October 19th @ 9:00am**  
**5K and 1 Mile FUN RUN**

### THREE WAYS to Register

- \*By Mail
- \*In Person
- \*Online

*Refreshments & Snacks will be provided after the race and **FAMILY FRIENDLY COSTUMES ARE WELCOMED.***

*Sponsorships AND Volunteers are needed Race Day, for more info call Pete At (412-520-7946)*