



WCC MEMBER NEWSLETTER

FREE Senior Fitness Clinic *Presented by Lifeline Physical Therapy*

Come join us on Monday, October 16th from 12:00pm-1:00pm for a FREE Clinic that will assess your current physical condition through a series of strength & agility tests. Participants will partake in a variety of carefully crafted assessments that include:

- Lower & Upper Body Strength*
- Aerobic Endurance*
- Lower Body Flexibility*
- Shoulder Elasticity*
- Agility & Dynamic Balance*



Space is limited to 40 participants so **PLEASE RSVP by Thursday, October 12th** by registering at the Front Desk or calling the WCC at 412-520-7946

COMMUNITY EVENTS

PUMPKIN CHASE 5K & 1 Mile Fun Run— Saturday, October 21st 9:00am start

Awards for top finishers in all age groups *Family friendly costumes are encouraged Refreshments and snacks provided after race*



YOU can Register ONLINE at the following
Getmeregistered.com/WCCPumpkinChase

FALL CRAFT SHOW—Open to everyone
Sunday, November 5th from 10am-3pm
Come join us for crafts, food, Chinese Auction, 50/50 raffle & a good old time.

Vendor Spots available by calling 412-520-7946

TAI CHI CLASSES *(NEW FALL SESSION)*

Class 1— Tai Chi for Beginners
(11:30-Noon in the Gym or Downstairs)
This class focus is on the 3 principles of Tai-Chi (Movement Control/Body Structure & Internal Components of breathing & relaxing the joints.

Class 2—Tai Chi for Health & Balance
(10:45—11:25am in the Gymnasium)
Focus on Energy along with initial Qigong exercises for enhancing body movement

Class 3—SUN 73 Form Study
(10am-10:30 Downstairs Room)
Only available for students that have completed Health and Balance.

Check the front desk for dates



LIFEGUARDING CLASSES (Weekend of 12/29 & 12/30)



If you are looking to become a Certified Lifeguard OR re-new your current certification then these classes are for you.

Class is held in our pool FOR ages 15 and up— LIMITED ENROLLMENT call WCC for dates

REGISTER at the ALLEGHENY COUNTY WEBSITE or pick up info at the front desk

Email-lifeguards@alleghenycounty.us

SWIM LESSONS— (Nov 6th—Dec 22nd) Tuesday & Wednesday Evenings & Saturday mornings



We have swim lessons for all age groups—6 months to Adults. Private & Semi-private lessons are also available.

EARLY SIGN UPS are encouraged as classes fill up. Call 412-520-SWIM (7946)

Did you know?

- ⇒ The WCC has an **average daily attendance of 175** with some days swelling to over 200
- ⇒ Mike Reid is a volunteer Pickleball instructor **who will teach you the finer parts of how to play this fun and invigorating game.** Check the front desk for more info
- ⇒ **On-Going Maintenance**—The WCC has been making some great strides **re-investing in our aging building.** Over the past several month we have upgraded the shower facilities in the Family/Special Needs changing room and, put new treds on the steps leading up to the pool from the locker rooms.

Seniors for Safe Driving

This is a CLASSROOM instruction only and there is NO on-the-road driving or classroom testing.



New classes begin October 11 & Dec 13th From 1:00pmm—5:00pm and are held at the WCC—NO ON THE ROAD DRIVING

Participants will receive a 5% discount on their Auto Insurance for 3 years

Call 1-800-559-4880 to register or for more info visit www.Seniorsforsafedriving.com

POOL & GYM PARTIES



The WCC has a variety of packages of to fit your needs for Birthday parties to sport league celebrations to block parties. **You can**

choose from SWIM & GYM time to just all gym or all swim times with our popular bundles that can include the community room for refreshments & food.

Please contact the Front Desk for more info



Over the Counter (OTC) - Do you get the Health Care benefit of the Quarterly Supplies Allowance?

If your Health Care Provider provides OTC items that you can get “free of charge” and don’t use all your “Quarterly Benefits” **then please consider ordering some Gloves, Band-Aides, Gauze pads & wraps, Splints, Ace Bandages, etc. for the WCC.**