



# ALL MEMBER NEWSLETTER



## Upcoming Events & Opportunities For Members and the Community



◆ **First Aid, CPR & AED Certification**  
Saturday, October 10th, 9am-Noon  
\$25 per person—Please register by 10/7

◆ **FREE FLU Shots (first come first serve)**  
Monday Oct 19th, 10am-1pm  
Hosted by Eastern Area Pre-Hospital Services  
**IN LOWER PARKING LOT**

◆ **SWIM INSTRUCTION CLASSES**  
New session begins Oct 26th—Dec 19th  
Registration begins October 12th

◆ **SAFE DRIVING FOR SENIORS**

A four hour *non-driving instruction* designed for those 55 & older  
Wednesday, October 21, 1-5:00pm  
Call 1-800-559-4880 to register

◆ **WCC GARDEN CLUB**

**(In memory of Kenneth W. Riling)**  
Join us as we “*Spruce-up*” the grounds around the WCC. Help weed, trim & plant new shrubby in Ken’s memory.  
Friday evenings from 6pm—dark

## VIRTUAL Interactive Series & Education Programs

For those who are still uncomfortable or too busy to come to the WCC, we will continue to offer a series of FREE webinar opportunities to keep you active and informed. Special thanks to UPMC and Allegheny Health Network for providing the following during the month of October.

*Simply log onto our website ([www.wilmerdingcommunitycenter.org](http://www.wilmerdingcommunitycenter.org)) for a link to both webinars*

### Virtual Learning Series

*Sponsored by UPMC Centers for Rehab Services*

**It’s “BACK” Again: Understanding Low Back Pain & Your Options**

Tuesday October 6th at 10:00 am  
SPEAKER: Tom O’Malley PT

**Why Your Mother Always Told You to Stand Up Straight: Poor Posture & How to Improve It**

Tuesday October 13th at 10:00 am  
SPEAKER: Tiffany Sabo DPT, OCS, CSCS

**To join in, simply visit the WWC website for LINK [www.wilmerdingcommunitycenter.org](http://www.wilmerdingcommunitycenter.org)**

### Medicare Solutions

*Sponsored by Forbes Hospital & AHN*

**Join us Thursday, October 29th at 10:00am** for a webinar on Medicare Solutions by Susan Soltis

- Help you to gain a better understanding of Medicare and what YOU need to do before turning 65
- Review Important dates and gain better knowledge of plans & coverage

**To join in, simply visit the WWC website for LINK [www.wilmerdingcommunitycenter.org](http://www.wilmerdingcommunitycenter.org)**

## LUNCH & LEARNS at the WCC

### FREE SEMINARS with LUNCH

Seating is limited for safe social distancing and masks are required except for Lunch. Register at the front desk OR sign up at the Educational Bulletin Board in lobby

### Declutter to Live a Simpler Life

October 13th — Noon to 1pm

Thinking of moving into a smaller home or apartment? Maybe you just need to “declutter” some of the stuff you currently have. Whatever the reason, you need to join us as Sandy Kutchman, Professional Organizer from Discover Organizing Inc. as she shows you how to take the stress and anxiety out of the process. Discover what resources are available to help you turn household treasures into cash. Take home tips and ideas from staging to minor makeovers.

### Navigating through the Health Care Continuum

October 28th - Noon to 1pm

Join Amy Rabo, Director of Referral Development and certified Dementia Practitioner for Presbyterian Senior-Care Network who will discuss the various levels of care. From senior community based homes to in-home services, Amy will walk you through the health care continuum and explain the differences between skilled nursing and personal care as well as who pays for these services and what to expect during times of Covid-19.

*Lunch & Learns*

*Sponsored by Life Options Pittsburgh*



**MXM research** shows health and fitness clubs are not contributing to the spread of COVID-19. More than 2.8 thousand fitness facilities took part in the ‘visit-to-virus’ ratio tracker. Those locations recorded 49.4 million-member check-ins and reported 1,155 instances of a member or an employee testing positive for the virus—none of which were contracted at the facility. **The results are equivalent to a 0.0023% infection rate.**

**MXM is the World’s leading Experts on Operational Member Experience Management**



The WCC provides a variety of Silver Sneaker approved & certified programs such as SS Classic Aerobics, Yoga Stretch, and Silver Splash, all designed to increase your overall flexibility and cardiovascular. In addition, there are also Spin Classes, Pickelball, Cycling, Drums Alive, Zumba and deep & shallow water aerobics, etc., that Silver Sneakers can also participate in. As always, it is recommended that you check with your Doctor before embarking on any fitness plan.



### WELCOME NEW Fitness Center Staff Member, Lamont Stone



We are pleased to welcome Lamont with all his fitness & nutrition experience to the WCC. His story is a personal one having battled weight gain and physical limitations by literally turn his life around through proper eating & training.

Lamont can craft meal plans and fitness routines for people of all ages and looks forward to working with you for better health.

**Please welcome Lamont to the WCC TEAM!  
Monday & Thursday 5:30-8pm in Fitness Center.**

**Our NEW Staff Spotlight each month will introduce you to a new staff member!!**



**Beginning November 1st, the WCC will OPEN on SUNDAYS from 11am-4pm.**

*Watch for NEW Classes, Schedules and Programs coming this Winter on our website  
[www.wilmerdingcommunitycenter.org](http://www.wilmerdingcommunitycenter.org)*