

Mind/Body/Spirit Series:

This summer, Cooper-Siegel Community Library and the Lauri-Ann West Community Center have partnered to offer you events for all ages all about our minds, bodies and spirits! We'll get you feeling, thinking and moving this summer! Special thanks to UPMC's St. Margaret's Foundation.

Please register for all events.

Register for Cooper-Siegel events at:
coopersiegelcommunitylibrary.org

Register for Lauri Ann West events at:
laurianwestcc.org

Location Key



Cooper-Siegel Community Library



Lauri Ann West Community Center

UPMC | ST. MARGARET

Events at a Glance

- 6/7-7/19 Pittsburgh Ballet Classes |
(various times) \$\$
- 6/8 Design Your Life 6pm \$\$
- 6/15-6/29 & 7/13-7/27 Mah Jongg | 1pm \$\$
- 6/16 Classics Book Club | 11am
- ▲ 6/16 Grown-Ups Reading Children's Books
| 7pm
- ▲ 6/17, 7/15 & 8/19 Poetry Workshop |
1:30pm
- 6/18 Touch an Ambulance/Build a First Aid
Kit/Rescue Dogs Food Truck | 11am
- 6/25 & 7/16 Swing Dance Workshop | 1pm
\$\$
- ▲ 7/5 Cosplay Workshop | 3pm
- 7/12 Soccer Shots | 12pm & 12:45pm
- ▲ 7/12 Relaxing the Body and Mind | 6:30pm
- 7/14-8-4 Pickleball | 9:00am & 10:15am
- 7/15 Stretching Before Exercise 2pm
- ▲ 7/16 Meditation Exploration | 1pm
- ▲ 7/19 Summer Grilling | 6:30pm



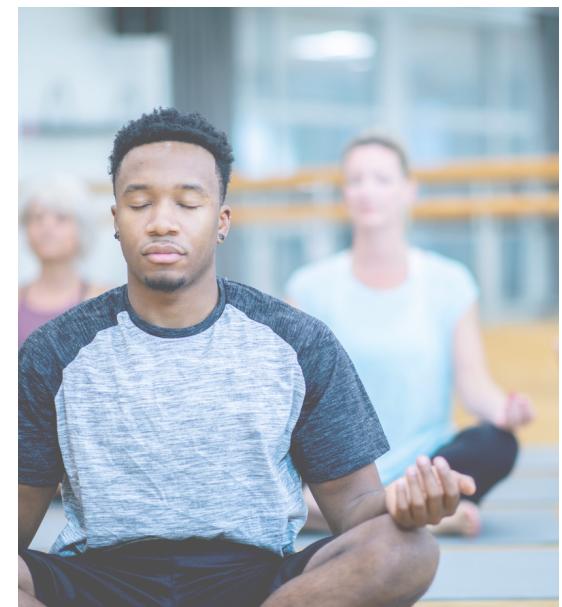
Expand your summer with our **MIND/BODY/SPIRIT SERIES**

A Partnership of Lauri Ann West
Community Center and
Cooper-Siegel Community Library

Cooper-Siegel
COMMUNITY LIBRARY



LAURI ANN WEST
COMMUNITY CENTER



Series Events this Summer

6/7-7/19 Pittsburgh Ballet Theatre (various times for different ages) ■

Explore imagery, imagination, and self-expression in these beginning ballet classes. No pre-evaluation or placement class required. \$\$

6/15-6/29 & 7/13-7/27 Mah Jongg 1pm ■

Bring your National Mah Jongg League card and play and learn with other fans! \$\$

6/16, 6/23 & 6/30 Classics Book Club 11am ■

Pride and Prejudice is our first book. Join us to rethink the old classics!

6/17, 7/15, 8/19 Poetry Workshop 1:30pm ▲

This monthly workshop focuses on nourishing and sustaining your creative practice. We'll spend time writing together in response to prompts chosen to help you amplify your voice. Expect to receive and share meaningful, positive feedback to your work.

6/18 Touch an Ambulance/Build a First Aid Kit 11am ■

Great family event! Explore a real ambulance, create your own first aid kit and get a bit to eat with Rescue Dogs Food Truck serving hot dogs, mac-n-cheese and fries and benefitting Light of Life Rescue Mission. Sponsored by UPMC St. Margaret's Foundation.

6/25 and 7/16 Swing Dance Workshop 1pm ■
Come learn to dance East Coast Swing. ECS is one of the more common forms of this very fun social dance. We'll cover the basics, good leading and following techniques and several fun dance moves. This class is for everyone! \$\$

7/5 Cosplay Workshop 3pm ▲

Learn how to make cosplay or further your skills with the Cosplay Workshop! Run by our cosplay veteran, Finley, you'll learn all sorts of tips and tricks for cosplay and work on your own cosplay!
Both tweens and teens (ages 9-18) are welcome.

7/12-8/16 Soccer Shots 12pm (3-5 YOs) and 12:45pm (5-8 YOs) ■

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles using creative and imaginative games to focus on basic soccer skills. \$\$

7/12 Inner-Sourcing: Relaxing the Body and Mind 6:30pm ▲

Learn holistic techniques to support you in calming your nervous system, relaxing your mind, and feeling more comfortable in your body. Through centering and grounding exercises, we'll clear the mind of stressful thoughts,

7/14 - 8/4 Pickleball 9am and 10:15am ■

Come hone your skills in the fastest growing sport in southwestern Pennsylvania! The class will include strategy, drills, and coached playtime. Class format will be ~30 minute lessons followed by 30 minutes of coached play. \$\$

7/15 Stretching Before Exercise 2pm ■

Learn about the importance of stretching before doing any kind of exercise to avoid injury and undue strain. There will be a presentation and a demonstration as well as a chance for everyone to get up and get moving!

7/16 Meditation Exploration 1pm ▲

Join local meditator, Tracy O'Neill for an hour of being present with yourself through meditation. You'll learn 3 different types of meditation practices (10-15 minutes each). Meditation in all its forms has been shown to reduce stress, lower blood pressure and ignite more feelings of well-being. No previous experience needed.

7/19 Summer Grilling: Beyond Burgers 6:30pm ▲

Join us in the garden for a grilling demo with chef Zach Johns. Enjoy seasonal favorites and discover new grilling approaches and foods that go beyond your basic burger. Zach will share tips and tricks to liven your summer grilling and participants will enjoy tasty samples!

