

TOWER NOTES



Tower Amenities: YMCA at the Tower



Atop the list of reasons why many people don't exercise is that they just can't find the time. At the tower, it's easy to work in your exercise with the YMCA right on site.

Located on the Concourse level, the YMCA at the tower is open from 5 a.m. until 8 p.m. weekdays and offers a full range of classes, including express classes for busy professionals, as well as cardiovascular and weight training equipment, running clubs, locker rooms, shower facilities and more.

All memberships at the YMCA, including corporate memberships, offer reciprocity in the Greater Pittsburgh area. For tenants, that means you don't have to skip a weekend workout because you're not downtown. You can take advantage of the facilities and amenities like childcare, saunas, a pool and more at surrounding YMCAs.

Best of all, while you're getting in your exercise, you're also supporting the community. As a non-profit business, a portion of your membership dollars help support community programs, including a food bank and healthy living programs for underserved residents.

If you're thinking about trying it out, the tower's YMCA is offering tenants a \$0 enrollment fee through February 15th and special referral incentives. Stop by to learn more – living healthy couldn't be more convenient.

Daffodil Days Are Coming

Daffodil Days is coming back to the tower! On March 25th and 26th, representatives from the American Cancer Society will bring their colorful fundraising campaign to the Lower Lobby.

You can place individual or company orders in advance by contacting Dawn Keefer at dawn.keefer@cancer.org or 724-834-5116 before February 23rd, or you can purchase directly from the lobby on March 25th and 26th, while supplies last.

A bunch of 10 daffodils will be available for \$10, a bunch of 10 assorted color tulips for \$15, and a mini potted daffodil for \$15. You can also give a Gift of Hope – flowers delivered to local cancer centers – for \$25. All proceeds benefit cancer research, patient services and the programs of the American Cancer Society.

Sustainability Committee News

The first Tenant Sustainability Committee meeting of the year will be on February 12th in Conference Room 33C-12. Join us for a discussion about Urban Systems & Ecodistricts, including a discussion of community-scale environmental systems, such as energy, food, mobility, water and air quality. We will also share a local example, the world's first certified EcoDistrict - Etna, PA.

For questions about the meeting or the building's Sustainability Committee, contact Ramona Cain at rcain@winthropgh.com or 412-553-8800. Meetings are from 12-1 p.m. on the 33rd floor, facilitated by evolveEA, and lunch is provided. If attending, please RSVP to Ramona by February 10th.



FEBUARY

2020 Concierge Calendar

Toastmasters in the Tower

Thursdays, 12-1 pm, Rm. 33C-12

Do you need to develop confidence in your "on-the-job" presentation and communication skills? Sit in on some Toastmaster meetings, with no obligation, to see how fun and painless it can be.

National Wear Red Day

Feb. 7, 11:30 am - 1:30 pm, Concourse

The American Heart Association and UPMC are offering several free health screenings, informative literature, giveaways and a fun photo area.

Sweetheart Sale

Feb. 10-14, 8 am-3 pm, Concourse

Baby it's cold outside! So, shop in the Concourse where you can surprise your valentine with a lovely gift from vendors including Unforgettable Creations, Dorothy's Candies, Z Silver, Happiness Is Homemade, Floral King and Paws in the Sand.

Lunch 'n Learn

100 Things to do in Pittsburgh Before You Die

Feb. 18, 12-1 pm, Rm. 33C-12

Meet Rossilynne Skena Culgan, the food and culture editor for The Incline, a Pittsburgh news website, and also the author of this wonderful guidebook. Enjoy the presentation, discover some surprising tips and itineraries, and register to win a free book! Dessert will be served. RSVP to Barbara Stull, 412-553-8803, by Feb. 17.

One sweet Friday!

Girl Scout Cookie Sale with BOB FM 96.9 Radio

Feb. 28, 10 am-2pm, Concourse

Stock up on your favorite Girl Scout Cookies and check out the new flavor – crisp and delicious Lemon-Ups! Join us and 96.9 BOB FM RADIO staff who are lending their help to support the "cookie bosses" as they learn money management and essential life skills. Cash and credit cards accepted.

Ticket Offers

Contact the Concierge, Barbara Stull, at 412-553-8803, for best available seats, many at discounted rates.

Little Shop of Horrors

Through Feb. 23, O'Reilly

This Pittsburgh Public Theater production will satisfy your thirst for amazing music, incredible performances and an experience like you've never had before. This hilariously harrowing musical is a tender love story featuring rock, R&B, 60's girl group music and a carnivorous carnival of fun!

Blockbuster Broadway

Feb. 7-9, Heinz Hall

The only thing better than spending an evening at a hit Broadway show is spending an evening with ALL of them! Enjoy the Pittsburgh Symphony POPS and celebrate *Wicked*, *Jersey Boys*, *The Lion King*, *The Phantom of the Opera*, *Annie* and more, featuring top vocalists and the Hamlich -Paige Student Choir.

Pittsburgh Ballet Theater presents.

Beauty and the Beast

Feb. 14-16 & 20-23, Benedum

Beauty comes from within – so does the nature of the Beast. See both sides of the story and a glimpse of unexpected romance, heartbreak and the power of love through striking scenery and stunning choreography.

Liberty Magic presents

Anna Deguzman is the Queen of Cardistry

Feb. 20 - March 29, 811 Liberty Ave.

What Anna Deguzman can do with a deck of cards will make your head spin! Be amazed as cards are manipulated into 3-D configurations, and watch as Anna cuts, flings, flips, rotates, juggles and shuffles cards along train tracks!

Cats

Feb. 25 - March 1, Benedum

Andrew Lloyd Webber picked up a book of poems in an airport bookstore and then created a musical about cats that has become one of the longest-running shows in Broadway history! Enjoy this winner of seven Tony Awards and 20 of Webber's timeless melodies.

"You
change your Life
by changing your heart."

– Max Lucado