



MARCH 2024

Tower Notes

Wiener World and Deli Coming this Spring



Winthrop Management is excited to announce that Wiener World and Deli, the most popular local hot dog and sandwich shop in Pittsburgh, is moving up Strawberry Way to 600 Grant Street, concourse level, this spring. Get your taste buds ready for delicious hot dogs, Kielbasa, fish and chicken sandwiches. The Deli will feature deli sandwiches, fresh salads and more. If you're a regular at the Smithfield Street location, you can look forward to the same great menu, friendly staff and quick service that you've come to know downtown.

Watch next month's Tower Notes, the annunciator boards and the U. S. Steel Tower app for the latest info and grand opening details. Then get ready for the true taste of Pittsburgh.



Pittsburgh Pirates Take Over the Upper Lobby

Representatives from the Pittsburgh Pirates will be here on Wednesday, April 3rd, from 11 am to 1 pm for a fun Pirate adventure! Meet the Pirate Parrot, Jalapeno Hannah, and win autographed items, Pirates swag and tickets. Don't miss out! This is your chance to purchase discounted Pirate tickets and score some awesome giveaways.



Get Your Daffodils

Don't forget your daffodils! The American Cancer Society will be in the lower lobby on Wednesday, March 20th, from 11:30 am to 5 pm for pickup of pre-ordered daffodils.

Didn't order daffodils? No problem! You can choose from a limited number of daffodil bunches, potted daffodils and tulips for purchase. You can also stop by to give the Gift of Hope (your flowers will be donated to a local health organization care facility) or make a donation.

Water Cooler Wednesdays

Get to know your fellow tenants on Wednesdays, from 2 to 3 pm in The Hub.

- March 6** – National Oreo Cookie Day
March 13 – Sullivan's Mashed Potato Bar
March 20 – Spring Equinox Treat – Community Kitchen's Ravioli Primavera
March 27 – Popcorn & the Cultural Trust – World Theater Day

Women's History Month Jeopardy

Celebrate Women's History Month: Join Our Jeopardy Game! Women's History Month is a time to honor the contributions and achievements of women throughout history. Our Jeopardy game offers a unique opportunity to celebrate these remarkable individuals while engaging in a fun and educational activity. Gather your team, register for the game, and join us as we celebrate the past, present and future of women's empowerment. Let's make this Women's History Month one to remember!

When: Thursday, March 7th at 11:30 am

Where: Game Room, 28th floor

RSVP: Register with your team's name by Tuesday, March 5th, on the U. S. Steel Tower app

The winning team gets a pizza party!

STEELFIT

March Features

Members Only: Fuel + Recover with Toni & Frank

Join Toni and Frank in The Hub on Wednesday, March 20th, from 12 to 1:30 pm for an interactive and informative session making delicious smoothies and discussing the best foods to fuel your body post workout.

Open to all Tenants: Quickdrip IV

Stop by SteelFit this Wednesday, March 6th, from 11 am to 2 pm to learn how you can recover fast and boost your energy with Quickdrip IV.

Check out the team's menu of quick drips and health drips and flexible scheduling options. Members get 20% off a bag of their choice. Scan the QR code to register.



Open to all Tenants: National Nutrition Month Webinars

We're excited to celebrate National Nutrition Month with a series of webinars open to all tenants. Click the link for the webinars in each series that interest you. All webinars begin at 1 pm Eastern Time.

To register for any or all of the webinars below, [click here:](#)

- **Tuesday, March 5th:** Goal Setting and Building Habits that Last
- **Thursday, March 7th:** Meal Prep and Planning
- **Tuesday, March 12th:** How Stress and Sleep Affect our Health
- **Thursday, March 14th:** Carbohydrates Myth Busting
- **Tuesday, March 19th:** Heart Healthy Habits
- **Thursday, March 21st:** Building a Balanced Plate with the Hunger Crushing Combo

To register for any or all of the webinars below, [click here:](#)

- **Tuesday, March 26th:** Superfoods Uncovered
- **Wednesday, March 27th:** Nutrition and Energy; Fueling Your Workday for Successes
- **Thursday, March 28th:** Sustainability Savvy: Nourishing Your Body and the Planet
- **Friday, March 29th:** Mindful Eating

Want to learn more about eating well in 2024? Check out our free Eat Well program [here](#).

March Madness Viewing Party – March Madness games will be broadcast on the TVs in the lobbies, The Hub and Thirty-Five.