

Wellness & Cultural Experiences in Pittsburgh this Weekend!

September 21-24, 2017

Title: Improv Pop-Up Night!	Website: http://arcadecomedytheater.com/events/
Date/Time: Thursday, September 21	Address: The 707 Academy 707 Penn Ave, Pittsburgh, PA
Description: Ever watch <i>Whose Line Is It Anyway</i> and wonder how they do it? Maybe you've been to a show at Arcade and thought "That looks like fun!" Well, now you can try out improv comedy without making a commitment to a 8-week class! This monthly, two-and-a-half-hour class is open to everyone and tailored specifically for those brand-new to improv. If you have never done (or even seen) improv before, this will allow you to dip your toes in the comedy water in a low-pressure environment. Starting with a social wine mixer with the instructors, you will learn what improv is, how it works, and have some fun while asking all the questions you have.	

Title: Sound Series: Selector Dub Narcotic with special guest STRANGEWAYS	Website: https://www.warhol.org/event/sound-series-selector-dub-narcotic-with-special-guest-strangeways/
Date/Time: Thursday, September 21 from 8:00pm- 10:30pm	Address: The Andy Warhol Museum 117 Sandusky Street, Pittsburgh, PA
Description: The Andy Warhol Museum welcomes back influential musician and producer Calvin Johnson with his new band, Selector Dub Narcotic, on tour supporting their new dance-friendly and beat-laden album. This Party Is Just Getting Started. As founder of K, a record label and media outlet based in Olympia, WA, Johnson has provided an essential platform for countless Northwest artists including Mirah, The Blow, Built to Spill, and the Make-Up, and is best known as a member of the indie, twee giants Beat Happening. The eclectic and high-energy Pittsburgh-based DJ collective STRANGEWAYS (Jesse Ley and Jeff Van Fossen) opens the show.	

Title: Flow into Fall: A Pop-up Yoga Experience	Website: http://www.heinzhistorycenter.org/events/flow-fall-pop-yoga-experience
Date/Time: Friday, September 22	Address: Heinz History Center 1212 Smallman Street, Pittsburgh, PA
Description: The fall equinox symbolizes the transition from a time of fruitfulness (summer) to harvest (fall). On this day, the entire world experiences a moment of balance and equanimity. It's a time for reflection, introspection, letting go, and resetting for the months ahead. Visit the Heinz History Center, in partnership with Pittsburgh Yoga Events and Studio AM, and for a unique and inspiring yoga experience to celebrate the fall equinox. Sarah Reed-Lieb, certified vinyasa yoga instructor, will lead you through a 75-minute all-levels flow set to live acoustic music by Pittsburgh musician and songwriter, 'Merrow. To prepare for the change in seasons, we will place a special emphasis on grounding postures. Following the class, enjoy a complimentary sampling of "The Light Switch" juice from Salud Juicery, while you enjoy browsing through locally-made wares from some of the most creative individuals in the city.	

Title: Gallery Crawl & Night Market	Website: https://culturaldistrict.org/event/2522/gallery-crawl-in-the-cultural-district
Date/Time: Friday, September 22	Address: Cultural District Pittsburgh, PA
Description: The Gallery Crawl is a free quarterly showcase of art and entertainment in the heart of the Cultural District. All events take place at a variety of galleries and spaces and are FREE and open to the public. The event is ongoing between 5:30 and 10:00 pm, and patrons may start at any location. There is also a special Night Market in Market Square that will bring an awesome outdoor pop-up shopping market and festival to Downtown! Night Markets are full of live music, jewelry, apparel, photography, art, accessories, home decor and more from some of Pittsburgh's best local independent vendors.	

Title: Saint-Saëns Thundering Organ Symphony	Website: https://culturaldistrict.org/production/52541
Date/Time: Friday, September 22 through Sunday, September 24	Address: Heinz Hall 600 Penn Ave, Pittsburgh, PA
Description: Fresh off a performance at the BBC Proms Festival, the Pittsburgh Symphony opens the 2017-2018 Mellon Grand Classic season with John Adam's jaunty <i>Lollapalooza</i> , in celebration of the groundbreaking former Pittsburgh Symphony Composer of the Year's 70th birthday. In honor of Manfred Honeck's 10th Anniversary season, the Pittsburgh Symphony will premiere the first of three works written for the occasion.	

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Title: Katie Westbrook 5k and Dog Walk	Website: http://law.duq.edu/student-life/student-organizations/katie-westbrook-5k-dog-walk
Date/Time: Saturday, September 23 starting at 9:00am	Address: Duquesne University School of Law 600 Forbes Ave, Pittsburgh, PA
Description: The Duquesne University School of Law student body dedicates this race in memory of Katie Westbrook, whose dream at age 13 was to become a lawyer. Unfortunately, she was diagnosed with a rare bone cancer, which took her life at age 15, just before she was to receive an honorary degree from Duquesne University School of Law. Although Katie was never able to fulfill her dream of becoming an attorney, we honor her memory and dream to become a Duquesne Lawyer through the SBA Centennial Endowed Fund, which provides scholarships to current law students and helps them realize their dreams of becoming attorneys. Last year's race raised \$5,000.00 with the proceeds benefiting the SBA Centennial Endowed Scholarship Fund	

Title: Meet, Play, Learn: A Gaming Meet Up!	Website: https://www.carnegielibrary.org/event/meet-play-learn-gaming-meet-2/
Date/Time: Saturday, September 23	Address: Carnegie Library of Pittsburgh - Main 4400 Forbes Ave., Pittsburgh, PA
Description: Looking for a way to have fun and learn something new? Check out this all-ages board gaming session. Enjoy playing and learning about new games with an instructor.	

Title: Applefest	Website: http://www.wtnorth.org/north-hills-campus-as-wt/campus-life/applefest
Date/Time: Saturday, September 23	Address: Winchester Thurston School 4225 Middle Road, Allison Park, PA
Description: Winchester Thurston School will hold its annual fall festival, Applefest, on Saturday, September 23, 2017 from 11:00 a.m. to 3:00 p.m. at the North Hills Campus at WT, located at 4225 Middle Road, Allison Park, PA 15101. Applefest is open to the public and features outdoor activities in a country atmosphere, including hay rides, live music, interactive classroom activities, and craft booths. The family fun continues with an obstacle course, raffle, potter demonstration, musicians, and a "fall market" offering apples, pumpkins, and baked goods.	

Title: RADical Days	Website: https://www.radworkshere.org/pages/radical-days
Date/Time: Friday, September 22 through Sunday, October 15	Address: Varies events, museums & More Pittsburgh, PA
Description: <i>RADical Days</i> is an annual event celebrating the assets with free admission , musical and dance performances and family activities offered by arts and culture organizations, parks and recreation, and sports and regional attractions that are funded by RAD. RADical Days 2017 will take place September 22-October 15: click here for the event list of dates and details! Join the email alert list for announcements about RADical Days 2017. You can also follow RAD and RADical Days announcements on Facebook and Twitter @radworkshere.	

Title: 2017 Friendship House Tour	Website: http://www.friendshiphousetour.com/
Date/Time: Sunday, September 24 at 11:00am	Address: Baum Grove 400 Roup Ave, Pittsburgh, PA
Description: Friendship is a vibrant neighborhood in Pittsburgh's East End. We look forward to sharing our homes and neighborhood with you for our annual house tour. Friendship boasts some of Pittsburgh's grandest houses, and several have exciting new renovations that you may observe firsthand. Please join us and find out for yourself what makes our neighborhood so special!	

Wellness & Cultural Experiences near UPMC Altoona
Explore Altoona (and surrounding areas) this Weekend!
September 21-24, 2017

Title: The Adventures of Huckleberry Finn	Website: http://mishlertheatre.org/
Date/Time: Thursday, September 21 through Sunday, September 24	Address: Mishler Theatre 1208 12 th Avenue, Altoona, PA
Description: Mark Twain's 1885 novel about friendship and freedom comes to life onstage, as a scrappy Huck Finn and a runaway slave named Jim experience hilarious and suspenseful adventures along the untamed Mississippi. With an Award-winning score by country-western mainstay Roger Miller that combines bluegrass, gospel and honkytonk, "Big River" is a jaunty journey of pure Americana.	

Title: 2017 Central PA Ragtime & American Music Festival	Website: http://bit.ly/CentralPARagtimeFestival
Date/Time: Friday, September 22 through Sunday, September 24	Address: Several locations in Altoona, PA
Description: The 2017 Central PA Ragtime & American Music Festival will be held September 22-24th in Rockhill Furnace PA. Founded in 2009, the Central Pennsylvania Ragtime Festival is an annual event bringing ragtime music to the twin boroughs of Orbisonia and Rockhill Furnace, Pa	

Title: 31st Annual Harvestfest	Website: http://www.mydelgrossopark.com/events/harvestfest/
Date/Time: Saturday, September 23 & Sunday, September 24	Address: Delgrosso's Park 4352 East Pleasant Valley Blvd., Tipton, PA
Description: Harvestfest is the Season Finale at DelGrosso's Amusement Park!! Enjoy great Craft and Food Vendors, Historic Civil War Encampment, and Entertainment throughout the Park! Entertainment: TBA Rides Park Open Weekends in September. Park Grounds Open at 8am Shopping Opens at 10am Rides Open at 11am All-Day Fun Pass Pricing: Harvestfest 2017 - September 24-25, 2017: \$6 Admission Includes Park Rides and Entertainment!	

Title: Heritage Hikes - Hollidaysburg Cana Basin Walk	Website: https://www.nps.gov/alpo/planyourvisit/calendar.htm
Date/Time: Sunday, September 24	Address: Allegheny Portage Railroad NHS 110 Federal Park Road, Gallitzin, PA
Description: Join a Park Ranger for a hike of the Hollidaysburg Canal Basin (free event but reservations required). For more details & a listing of more events please visit the website above!	

Check out this website for a listing of many more events!!!
<http://www.tribdem.com/events>

[Wellness & Cultural Experiences near UPMC Hamot](#)
Explore Erie, PA (and surrounding areas) this Weekend

September 21-24, 2017

Title: Gallery Night	Website: http://erieartmuseum.org/
Date/Time: Friday, September 22 from 7:00pm- 10:00pm	Address: Erie Art Museum 20 East 5th Street, Erie, PA
Description: Come explore the city's galleries at one of Erie's most unique Friday-night events! The Erie Art Museum, along with other independent galleries, will open their doors after-hours for a chance to explore the city's vibrant arts scene. Each gallery offers its own exhibitions, entertainment, refreshments and vibes.	

Title: Winefest 2017	Website: http://nechamber.org/pages/AboutWineFest
Date/Time: Friday, September 22 through Sunday, September 24	Address: Gravel Pit Park & Gibson Park North East, PA
Description: WineFest encompasses two parks: Gibson Park , one of the original downtown festival venues, and Gravel Pit Park , the largest festival site. Attendees can sample 100 different wines, enjoy the sounds of dozens of entertainers, try their luck at grape stomping, and meander through hundreds of exhibitor tents and more!	

Title: Applefest	Website: https://us.eventbu.com/lake-city/7th-annual-apple-festival/3472997
Date/Time: Saturday, September 23 from 10:00am- 4:00pm	Address: Camp Sherwin 8600 West Lake Road, Lake City, PA
Description: Celebrate apples and fall with family themed activities for all ages. Taste sweet apple treats including home made dumplings and cider. Admission: FREE although some activities have a small fee. Concessions available for purchase. Kids can enjoy hayrides around camp, visits with favorite farm animals, pumpkin decorating, rope spinning demo at Miracle Mountain and a donut eating contest and much more!	

Title: The Lights Fest	Website: https://www.facebook.com/events/341175536300882/
Date/Time: Saturday, September 23 from 4:00pm- 11:00pm	Address: Mason Dixon Fair Grounds Erie County Fairgrounds 13993 PA-8, Wattsburg, PA
Description: Welcome to The Lights Fest. The Lights Fest is an experience where thousands of friends and families gather to listen to live music, fill up on food trucks and light up life by sharing personal wishes, dreams and goals. At the perfect moment, everyone ignites their personalized sky lanterns with Tiki torches and lets them take flight.	

Title: Comicon Erie	Website: http://www.erieevents.com/events/comicon-erie/
Date/Time: Friday, September 22 through Sunday, September 24	Address: Bayfront Convention Center 1 Sassafras Pier, Erie, PA
Description: Join us for the 1 st Annual Comicon Erie! Check out the Guest Appearances, Artists Gallery, Comic Books & Toys, Costume Contests, Panels & Seminars, Meet & Greets, Special Promotions & Give-Aways!	

[Check out this website for a listing of many more events!!!](#)

<http://www.eriereader.com/calendar>

Wellness & Cultural Experiences near UPMC Horizon
Explore Farrell, PA (and surrounding areas) this Weekend!

September 21-24, 2017

Title: DEMOS PAPADIMAS	Website: https://www.facebook.com/MaennerchorPa/?rf=261947297245680
Date/Time: Friday, September 22, 8:00pm-11:00pm	Address: Maennerchor Club 391 S Dock St, Sharon, Pennsylvania
Description: Returning to the Club is Demos Papadimas kicking off a stunning weekend of great live entertainment! Demos skillfully intertwines American roots music with Mediterranean influences. Based in Northeast Ohio, Papadimas and his band consisting of Ralph Rich (drums), Dave Lynn (electric guitar), Corey Gray (Upright Bass), and Caitlin Hedge (violin) have received considerable attention and created a dedicated following largely through live performances at many of the region's best venues, and can now be heard getting regular airplay on The Summit (WKTL). Discussing his influences, Papadimas cites Dylan-esque balladry, Leonard Cohen's most recent touring ensembles, and string-band revivalists such as Old Crow Medicine Show as well as Greek Rembetiko—the "Greek blues."	

Title: Fall Garden Walk	Website: http://www.djsgreenhouse.com/
Date/Time: Saturday, September 23 10:00am	Address: 1004 East Lake Rd, Transfer PA
Description: Walking tour of the garden. Getting your garden ready for winter!	

Title: Waterfire	Website: http://www.waterfiresharonpa.org/waterfire-sharon-september-23-2017-details/
Date/Time: Saturday, September 23	Address: 7 State St, Sharon PA
Description: WaterFire is a world renowned, multi-sensory art event that can be experienced only in Providence, Columbus, Kansas City, Singapore, Rome and Sharon! Custom built floating braziers are anchored in the Shenango River in downtown Sharon, PA. The baskets are filled with wood and set ablaze at nightfall to produce a unique and compelling display. Enjoy music, food and more!	

Title: Fall Wine Olympics	Website: http://www.knockinnoggin.com/
Date/Time: Saturday, September 23 3:00pm-7:00pm	Address: 550 Main St, Volant PA
Description: There will be up to 10 teams of four people each participating in four different winery themed games: Three legged race, Picasso Paint, Mixology, Blind Tasting. The entry fee for each team will be \$100 (\$25 per person). Fall team registration fee tickets are on sale until September 1st. Teams will be first come first serve so make sure to sign your team up fast to ensure you get to compete!	

Title: Brunch on the Farm	Website: http://www.mercercountyagdevelopment.com/
Date/Time: Saturday, September 23 9:00am – 1:00pm	Address: Shenango Township Municipal Park 3439 Hubbard-West Middlesex Rd, West Middlesex, PA
Description: The Mercer County Agriculture presents "Brunch on a Farm," a chance to experience life on the farm. Visitors will meet at the Shenango Township Municipal Park for brunch, featuring a meal prepared with locally raised products. A bus will take you to Canon Dairy Farm in Hermitage for a tour of a working farm. There will be displays and demonstrations. Admission Free but ticket required: call 724-662-3141	

Check out this website for a listing of many more events!!!

<http://www.sharonherald.com/events>