

the vineyard

A Publication of Vintage, a Service of Familylinks.



Fall 2017, Oct., Nov. & Dec.

Vintage is CLOSED Thursday & Friday, November 23rd & 24th for Thanksgiving, December 25th for Christmas, and January 1st for New Year's Day.

Accredited by 
National Institute of Senior Centers

Virtual Senior Academy

Web-based classes developed by the Jewish Healthcare Foundation. Offered at Vintage. No computer experience needed.

Tue. Oct. 3, 1 p.m.

"Being your own Health Care Advocate"

Thu. Oct. 5, 1 p.m.

"A presentation by the Aging Institute"

Thu. Oct. 12, 26, Nov. 9, 10 a.m.

"Blood Pressure Control"

Thu. Oct. 12, 1 p.m.

"COPD presented by BreathPA"

Watch for additional programs advertised in the Center.

Many thanks to 'The Vineyard' Newsletter SPONSOR



Restoring the Past Building the Future

A Message from the Executive Director

Did You Know? Vintage has had a contract with the Allegheny County Area Agency on Aging for more than 40 years. We are very grateful to receive this public support, which totals \$200,000 annually. However, it costs triple that amount to operate our center for one year. Just like at home, we have utilities, insurance, supplies and food expenses – in addition to the staff salary expenses. As a community non-profit organization, Vintage depends on the generosity of donors for support. If you appreciate the services offered by Vintage, there are several ways that you can help:

- Keep your membership current – at only \$25 per year, it's one of the best bargains in town!
- Volunteer your time – it keeps our costs down when volunteers pitch in.
- Ask your family and friends to designate Vintage for their United Way giving (our code is 105).
- As the holidays approach, please consider a tax-deductible donation to Vintage.
- Spread the word! If you value your experience here, encourage others to join too.

On behalf of all of the staff and the Board of Directors, I want to thank you for your support and confirm our commitment to providing excellent programs and services.

Senior Community Center Events

Friday Oct. 27..... Flu Shot Clinic, 9:30 – 11:30 a.m. RSVP at Front Desk.
Sponsored by Walgreens.

Monday Oct. 30.... "Recollections of a Grandparent", 12:00 p.m.
Performed by Barbara C. Murphy (*appearing in costume*)

Tuesday Oct. 31... Halloween Day (*Wear a mask and receive a candy treat bag*)

Friday Nov. 3..... Volunteer Recognition Luncheon (*volunteers with 24+ hours of service receive mailed invitations*)

Friday Nov. 10..... Veteran's Day Tribute, Noon. Refreshments by Amedisys Home Health.

Monday Nov. 13... Steeler's Tailgate Party, Noon. Refreshments by United Healthcare.

Tuesday Nov. 14... Vintage Theater Guild, 1 p.m. \$2 (*toward \$8 annual dues*)

Wed. Nov.15..... Thanksgiving Luncheon & Fashion Show, Noon.
Sign-up begins 10/30. \$2 advance donation

Wed. Dec. 20..... Holiday Luncheon Party, Noon. Sign-up begins 12/4.
\$2 advance donation

Friday Dec. 29..... New Year's Luncheon Party, 1 p.m. \$7 advance ticket by 12/27



CENTER FOR ACTIVE ADULTS TRIPS

OPT Return Pick-up on all trips TBA

*NOTE: Please notice very early ticket deadlines. Don't delay!
Visit Trip Office for detailed performance descriptions.*

LOCAL TRIPS

SOERGEL ORCHARDS

Date: Friday, October 6
Time: OPT pick-up: 10:00 a.m.
Cost: Free Deadline: Oct. 3 (Must have 8)

"SCHOOL OF ROCK: THE MUSICAL"

Date: Sunday, October 22
Time: OPT pick-up: 11:45 a.m.
Place: Benedum Center
Cost: \$27 / \$37 Nonmembers (2nd Tier)
Deadline: Oct. 4 (Must have 10/Limit 16)

Pittsburgh Musical Theater

"BEAUTY AND THE BEAST"

Date: Thursday, October 26
Time: OPT pick-up: 9:00 a.m.
Place: Byham Theater
Cost: \$13 / \$23 Nonmembers Deadline: Oct. 13

RIVERS CASINO

Date: Friday, Oct. 27
Time: OPT pick-up: 10:00 a.m.
Cost: Free Deadline: Oct. 23 (Limit 40)

Pittsburgh Playhouse

"KISS ME, KATE"

(music by Cole Porter)
Date: Saturday, October 28
Time: OPT 1:00 p.m.
Cost: \$11 / \$21 Nonmembers Deadline: Oct. 12

August Wilson Center

"KYLE ABRAHAM: Abraham.In.Motion"

(Pittsburgh Dance Council)
Date: Friday, November 10
Time: OPT 6:45 p.m.
Cost: \$11 / \$21 Nonmembers
Deadline: Oct. 17 (Limit 10)

"MOTOWN: THE MUSICAL"

Date: Sunday, November 26
Time: OPT 11:45 a.m.
Place: Benedum Center
Cost: \$17 / \$27 Nonmembers (2nd Tier)
Deadline: Oct. 24 (Must have 10/Limit 26)

August Wilson Center

"NATHAN JAMES: GROWING PAINS"

Date: Saturday, December 9
Time: OPT 6:45 p.m.
Cost: \$11 / \$21 Nonmembers
Deadline: Nov. 14 (Limit 10)

Manchester Craftsmen's Guild

"STEPPIN' OUT WITH BEN VEREEN"

Date: Saturday, February 10
Time: NO OPT (8:00 p.m. show)
Cost: \$46 / \$56 Nonmembers
Deadline: Oct. 6 (Must have 10)

SHOPPING TRIPS

Wed. Oct. 11 & Dec. 13 – Red White & Blue Thrift
Tue. Oct. 24 – Ross Park & Cheesecake Factory
Wed. Nov. 8 – Pat Catan's & Golden Corral
Thu. Nov. 9 – South Hills Village
Mon. Dec. 18 – Ollie's & Bob Evans

LUNCHEON TRIPS

Time on all luncheon trips TBA (To Be Announced)

Tue. Oct. 10 – Olive Garden (Monroeville)
Fri. Oct. 13 – Fortune Star (Miracle Mile)
Mon. Oct. 23 – Smokey Bones (Pgh Mills)
Mon. Nov. 6 – Applebee's (Edgewood)
Tue. Nov. 21 – Bob Evans (Harmarville)
Wed. Nov. 29 – BJ's Brewhouse (McCandless)
Fri. Dec. 8 – Bonefish Grille (McCandless)
Fri. Dec. 15 – Cracker Barrel
Wed. Dec. 27 – Buffet Rivers Casino (no gambling)



WELLNESS AND LIFE ENHANCEMENT NEWS

RSVP for all classes with the Front Desk or call (412) 361-5003.
Free unless cost noted.

*NOTE: A complete schedule of all classes and activities is available
in the Information & Referral Office.*

AARP Smart Driver Course

Mon. & Tue. Oct. 23 & 24 (must attend both), 9:30 a.m. – 1 p.m. Cost: \$20/\$15 (AARP members).

Beginner Beginners Line Dance

New Tuesday, 1:30 p.m. in addition to Fridays, 10:00 a.m. Instructors: Elaine Younger & Linda Moore

Better Choices Better Health (Chronic Disease Self-Management Program)

6 Wed. Oct. 25 – Nov. 29, 9:30 a.m. – Noon

Carnegie Library Rotating Book Collection

Check out the new large print book collection located in shelves by the Front Entrance. Provided by Carnegie Library for the Blind and Physically Handicapped.

Ceramic Flower Workshop

Mon. Oct. 30, 1:00 – 3:00 p.m. Make ceramic flower lapel pins or magnets. Cost: \$3 (Limit 15). Special thanks to Union Project for collaborative assistance.

Computer Classes

Beginner, Intermediate, Workgroups available. Cost: \$60 (\$70 Nonmembers) for 4 two-hour classes

Fall Wreath Workshop

Tue. Nov. 7, 12:45 p.m. Free (limit 20). Sponsored by Schenley Gardens.

Health Screenings

- Fri. Oct. 20 10:00 a.m.– Noon “SilverScripts Medication Screening,” University of Pittsburgh
- Wed. Oct. 25 10:00 a.m. – Noon “Spinal Screening,” DeFillipo Chiropractic
- Wed. Nov. 8, 10:00 – 11:00 a.m. “Balance Screening,” PIVOT Physical Therapy
- Thur. Nov. 9 1:00 – 4:00 p.m. “Vascular Screening,” Duquesne University
- Thur. Nov. 16 9:00 a.m. – Noon “Vascular Screening,” Duquesne University
- Fri. Nov. 17 1:30 p.m. “Kidney Disease Screening,” Carnegie Mellon University

Health Speakers 11:15 a.m. Dining Room

- Mon. Oct. 2 “Food Safety and Sanitation Refresher”
- Fri. Oct. 6 “Give-a-way Auction”
- Mon. Oct. 9 “Medicare Fraud Prevention”
- Mon. Oct. 16 “Fall Prevention”
- Fri. Oct. 20 “Cancer Awareness”
- Mon. Oct. 23 “Medicare: New Plans/Lower Prices”
- Fri. Oct. 27 “Balance for Life”
- Mon. Nov. 6 “Hardening of the Arteries”
- Mon. Nov. 13 “Good Nutrition”
- Fri. Nov. 17 “10 Misconceptions About Aging”
- Mon. Nov. 20 “Dementia”
- Fri. Dec. 8 “Coping with Holiday Stress”
- Mon. Dec. 11 “Hypothermia”

Pittsburgh Glass Center Fieldtrip & Workshop

Tue. Oct. 24, OPT: 12:30 p.m. Tour, Demonstration & Project (make a paperweight). Cost: \$35. Deadline: Oct. 10 (must have 5 /limit 12)

Silk Flower Arranging Workshop

Tue. Oct. 31 & Nov. 7, 9:30 a.m.
Make autumn and Christmas flower arrangements.
Cost: \$5, Deadline: Oct. 27 (limit 10)

Sponsored Bingo Days 12:30 p.m., Dining Room

- Mon. Oct. 9 Sponsor: Artis Senior Living
- Mon. Oct. 16 & Dec. 11 Sponsor: Squirrel Hill Center for Rehabilitation & Healing

Weight Management Class

6 Tue., Oct. 10 – Nov. 14, 11:30 a.m. Instructor: Molly Vandora, University of Pittsburgh Dietetics Intern

Wellness Breakfast

Wed. Dec. 6, 9:30 a.m. “Wellness and Aging” Provided by PIVOT Physical Therapy



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Mission Statement

“To improve and influence the experience of aging in our community.”

Donations to Vintage Are Tax Deductible

A copy of the official registration and financial information or Vintage may be obtained from the PA Department of State by calling toll free, within Pennsylvania 800-732-0999. Registration does not imply endorsement.



United Way of
Southwestern Pennsylvania

A United Way Member
Code No. 105

Welcome New Members

Edna E. Bishop	John Conti	D. Michael Kyler	Nancy J. McIntyre	Sandra Sterner
Claessa Bratcher	Joy Conti	Richard Kuroski	Pal Pranab	Barbara Strohm
Deborah A. Brown	Ann Marie Filus	Willie Mae Johnson	Elba D. Rivera	Deborah Taylor
Roxanne Cain	Martha Glover	Charlene Joseph	Darlene J. Sanders	Christine M. Tice
Alivia F. Clark	Anne C. Handler	Barbara Lynum	Collus Smith	Linda L. Walker
Patricia Colonna	Susanna E. Hill	Daniel McIntosh	Joanne Smith	Donna J. Whiting
Marsha Comans	Odessa M. Hunter	Susan McIntosh	Elaine Snooks	

Memberships through September 5, 2017 are included. Vintage membership is \$25 per year including free exercise classes and Fitness Studio, class and trip discounts, and other benefits. Remember... membership matters! Call 412-361-5003 ext. 102

INFORMATION & REFERRAL

The Vintage Information & Referral Office provides seniors and their families with benefits and services available in the community. Drop by or call 412-361-5003.

Applications and assistance are available for:

- ACCESS, OPT & PAT bus passes
- PACE prescription drug program
- Senior Housing information
- Legal services and many other senior benefits
- Social Security information
- VITA Income Tax assistance
- Medicare / health insurance counseling

SUGGESTIONS OR COMMENTS?

Have thoughts about our services?

For your convenience, a Suggestion Box is located at the Registration Desk. House Council meets every other month and reviews your comments. You may also speak with staff or your House Council representatives.