



In The Vineyard

A Publication of Vintage, a service of Familylinks

Fall 2016

September, October,
November, December

Vintage will be CLOSED

September 5

November 24 & 25

December 26

January 2

Vintage's "Old Building" Has New Purpose



The stone mansion building, located on the corner of N. Highland and Rippey, is nearing the end of a comprehensive renovation period. The building dates to the mid 1800's and was part of the original Negley Plantation. Originally built as a private home, the building was owned by B'nai Israel of Pittsburgh, T.B. Moreland Funeral Home, American Red Cross and the East End Gospel Tabernacle Church before being purchased by Vintage in 1976. The property is now owned by Familylinks, the parent organization of Vintage, and will be used as their administrative headquarters. Familylinks will be moving into the building sometime in September, 2016.

Fall Events and Programs

- Fri, Sept. 16** Rite Aid Flu Clinic, 11:30 a.m. – 1:30 p.m., Bloomfield Room.
Please sign-up at the Front Desk the week before to receive advance paperwork.
- Sat, Oct. 22** "Veteran's Breakfast Club" Event. Sponsored by Leadership Pittsburgh Inc.
Members of Vintage who are veterans are welcome, see Tom Sturgill to register.
- Thurs, Oct. 27** Vintage Art Show by Thursday Watercolor Class, 12:30 p.m.
- Fri, Oct. 28** Autumn Festival & Masquerade Party, Noon. Entertainment in Arbor plus light refreshments, \$2 advance ticket purchase by 10/26. (Optional: Wear a fancy mask, dress-up like someone famous, or wear any fun costume).
- Tues, Nov. 1** Annual Volunteer Recognition Luncheon (volunteers with 24+ hours of service will receive invitations in the mail.)
- Tues, Nov. 8** Vintage Theatre Guild "Trip Planning Meeting", 1 p.m., Cost: \$2 (unless dues prepaid), RSVP to Rosemary by Nov. 4.
- Wed, Nov. 9** "Food Assistance Fair", 10 a.m. – 1 p.m. Fun games, prizes, information, and resources on a variety of topics surrounding food! Atrium & Bitzer Room
- Fri, Nov. 11** Veteran's Day Tribute Program, Noon, Atrium
- Wed, Nov. 16** Thanksgiving Luncheon Program. Sign-up begins 10/31, \$2 advance donation
- Tues, Dec. 6** Vintage Theatre Guild Holiday Party, 1 p.m., \$8 Advance ticket required by 11/28. (must have 2016 dues paid in full)
- Wed, Dec. 21** Holiday Luncheon Program, Sign-up begins 12/1, \$2 advance donation
- Fri, Dec. 30** New Year's Luncheon Party, 1 p.m., \$6 paid to Front Desk by 12/23.

Many thanks to "In The Vineyard" Newsletter SPONSOR



Give Meaningfully to the United Way

Please share the following information with family and friends so that they can support Vintage during employee giving campaigns this fall:

- United Way Contributor Choice #105 or Impact Fund
- State Employee Combined Appeal (SECA) #4601-0043
- Combined Federal Campaign (CFC) #83114

These campaigns provide needed resources for Vintage services.
Thank you for giving meaningfully to the United Way!





LOCAL TRIPS – OPT Return Pick-up on all trips TBA

~ Additional local trips may be posted in the Trip Office ~

Pittsburgh Playhouse

“WIG OUT!”

Date: Saturday, September 17

Place: Oakland

Time: OPT pick-up: 1:00 p.m.

Cost: \$16 / \$26 Non-members

Deadline: September 9

“ANNUAL POW WOW”

Date: Saturday, September 24

Place: Dorseyville

Time: OPT pick-up: 11:30 a.m.

Cost: \$4 (paid at PowWow)

Deadline: September 19

Heinz History Center “PITTSBURGH:

A TRADITION OF INNOVATION

Date: Tuesday, September 27

Place: Stript District

Time: OPT pick-up: 12:00 p.m.

Cost: \$11 / \$21 Non-members

Deadline: September 20

(Must have 10 / Limit 15)

City Theater

“HAND TO GOD”

Date: Wednesday, October 12

Place: Southside

Time: OPT pick-up: 11:45 a.m.

Cost: \$29 / \$39 Non-members

Deadline: September 14

(Must have 10 / Limit 10)

“SOERGEL ORCHARDS”

Date: Thursday, October 13

Place: North Hills

Time: OPT Pickup 10:00 a.m.

Cost: Free

Deadline: October 7 (Must have 8)

“RIVERS CASINO”

Date: Friday, October 28

Place: North Shore

Time: OPT pick-up: 10:00 a.m.

Cost: Free

Deadline: October 21 (Limit 40)

Pittsburgh Opera

“LA TRAVIATA”

Date: Sunday, October 16

Place: Benedum Center

Time: OPT pick-up: 1:00 p.m.

Cost & Deadline (To be announced)

Pittsburgh Musical Theater

“JEKYLL & HYDE”

Date: Thursday, October 20

Place: Byham Theater

Time: OPT pick-up: 9:00 a.m.

Cost: \$11 / \$21 Non-members

Deadline: September 21

Pittsburgh Public Theater

“THE FANTASTICKS”

Date: Thursday, October 27

Place: O’Reilly Theater

Time: OPT pick-up: 1:00 p.m.

Cost: \$22 / \$32 Non-members

Deadline: September 27

Prime Stage Theater

“TO KILL A MOCKINGBIRD”

Date: Thursday, November 10

Place: New Hazlett Theater

Time: OPT pick-up: 9:00 a.m.

Cost: \$11 / \$21 Non-members

Deadline: October 10

Pittsburgh Opera

“SALOME”

Date: Sunday, November 12

Place: Benedum Center

Time: OPT pick-up: 1:00 p.m.

Cost & Deadline (To be announced)

SHOPPING TRIPS

Friday, September 16 -

Ross Park Mall

Wednesday, October 26 -

Kohl’s/Red Lobster (North Hills)

Tuesday, November 15 -

Mall at Robinson

Wednesday, December 14 -

WalMart (N. Versailles)

OPT Pick-up & Return: TBA

Sign-up on the clipboards in the Trip Office

Craft Trips

Place: Catan’s & Golden Corral (Monroeville)

Date: Wednesday, Sept 14 & Nov 9

Time: OPT Pick-up: 9:30 a.m.
Return pick-up: 2:00 p.m.

Luncheon Trips

Time: Times on all luncheon trips
TBA (To Be Announced)

Place: Applebees (Edgewood Town Ctr)

Dates: Tuesday, September 13

Place: TGI Friday (Monroeville)

Dates: Friday, September 23

Place: Olive Garden (Monroeville)

Dates: Tuesday, October 11

Place: Outack Steakhouse (Monroeville)

Dates: Friday, October 21

Place: Cracker Barrel (Robinson)

Dates: Friday, November 11

Place: Red Lobster (Monroeville)

Dates: Monday, November 21

Place: Fortune Star (Miracle Mile)

Dates: Tuesday, December 8

Place: Longhorn (Waterfront)

Dates: Monday, December 19

Bowling Trips

Place: FunFest & Lunch (TBA)

Dates: Mondays, Sept 12, Oct 10,
Nov 14, Dec 12

Time: OPT Pick-up: 9:00 a.m.

Place: Swissvale Lanes

Dates: Every other Wednesday

Time: 12:30 p.m. (No OPT)

Sign-up on the clipboard in the Trip Office.



SUGGESTIONS OR COMMENTS?

Have thoughts about our services?

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



Wellness & Life Enhancement News

RSVP for all classes with the Front Desk or call (412) 361-5003

New! Fine Art Miracles, Inc. offers 2 new activities at Vintage. It's a nonprofit organization that provides the cognitive, social and emotional benefits of fine art lessons, art & music therapy and social robot enhanced learning to a wide variety of populations!

- ❖ **Art & Social Robotics** – Romibo Robot helps an art instructor teach art, using examples of a master's artwork for inspiration. Wednesdays, 12:00 – 1:30 p.m., Sept. 14, Oct. 12, Nov. 9, Dec. 14
- ❖ **Interactive Musical Event** – combines music from the 50s, 60s and 70s with dance, exercise, games and more. Wednesdays, 12:00 – 1:30 p.m., Sept. 28, Oct. 26, Nov. 30, Dec. 28

CCAC CLASSES

- ❖ **Soul Aerobics**, 8 Mondays, 10:00 a.m., Homewood Room, September 26 - November 14
- ❖ **Quilting Experienced**, 8 Thursdays, 9:30 a.m., Shadyside Room, September 29 - November 17
- ❖ **Beginning Spanish I**, 7 Thursdays, 1:15 p.m., Bloomfield Room, September 29 - November 10
- ❖ **Beginning Spanish II**, 7 Thursdays, 12:00 p.m., Bloomfield Room, September 29 - November 10

French Language (Conversational)

- ❖ Tuesdays, Oct 4 - 25, 12:30 – 1:15 p.m., Shadyside Room, Free. Limit 16. Instructor: Sharon Smith, Vintage participant

AARP Smart Driver Course – Cost: \$20/\$15 (AARP members). Limit 16.

- ❖ One Day “Recertification” - Thu, Oct 13, 9:00 a.m. - 1:00 p.m., Wilkinsburg Room. Requires certificate from previous course.
- ❖ Two Day “Standard” - Wed & Thu, Oct. 19 & 20 (must attend both), 9:00 a.m. – 1:00 p.m. For those who have never taken course.

“Straight From the Heart” Screening, 2 Thursdays, Nov. 10 & 17, 1:00 – 4:30 p.m. Free. Individualized screening for risk factors and peripheral vascular disorders. Presented by Duquesne University Department of Physical Therapy

Memory Training Booster, 3 Wednesdays, Sept. 21 & 28, Oct. 5 (must attend all), 12:30 p.m. Homewood Room. Must be a graduate of the “Memory Training Program” offered previously at Vintage.

Life Reinvented, Mondays, Sept. 26, Oct. 17, Nov. 21, Dec. 19.

Have you ever dreamed of reinventing your life after age 60? Do you have a hidden passion, talent or skill you would like to pursue? Would you like to serve your community and world in ways that are uniquely you? If you'd like to explore this idea further in a monthly educational discussion group, sign-up at (412) 361-5003 Ext. 104. Limit 15. Group Facilitator: Tom Sturgill

SilverScripts Senior Medication Reviews, Fridays, Oct. 14 & Nov. 11, 10 a.m. – 12:00 p.m., Bloomfield Room, Presented by University of Pittsburgh, School of Pharmacy

COMMUNITY SPEAKERS 11:15 a.m. DiningRoom (unless otherwise noted)

- ❖ **Friday, September 2 - “Low Back Pain / Sciatica”** Speaker: Dr. Matt Caster, Pivot Physical Therapy
- ❖ **Friday, September 9 - “Influenza and Flu Vaccine”** Speaker: Rite Aid Pharmacy
- ❖ **Monday, September 12 - “Supplemental Nutrition Assistance Program”**
Speaker: Squirrel Hill Community Food Pantry
- ❖ **Monday, September 19 - “APPRISE” Medicare Counseling Program**
Speaker: Family Services of Western Pennsylvania
- ❖ **Friday, October 7 - “Allegheny County Area Agency on Aging Services”** Speaker: Cheryl Schell, Vintage
- ❖ **Monday, October 10 - “Diabetes Awareness and Prevention”** Speaker: Rite Aid Pharmacy
- ❖ **Friday, October 14 - “Joint Replacement Surgery”** Speaker: Dr. Matt Caster, Pivot Physical Therapy
- ❖ **Friday, November 4 - “Staying Active in Cooler Weather”** Speaker: ManorCare Health Services
- ❖ **Friday, November 11 - “Osteoarthritis”** Speaker: Dr. Matt Caster, Pivot Physical Therapy
- ❖ **Monday, November 14 - “Skin Protection from Cold Weather”** Speaker: Rite Aid Pharmacy
- ❖ **Friday, December 2 - “Fall Risk Prevention”** Speaker: Dr. Matt Caster, Pivot Physical Therapy
- ❖ **Friday, December 9 - “Secrets of Medicare”** Speaker: Mike Smialek, Vintage participant
- ❖ **Monday, December 12 - “Stress Awareness and Prevention”** Speaker: Rite Aid Pharmacy



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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.



A United Way Member
Code No. 105

Welcome New Members

Suzanne B. Baker	Eileen Gavin	Ethel Lee Grisom	Bertha Morimoto	Deborah N Swat
Cecilia Besares	Bryan Glass	David A. Eichelberger	Hideo Morimoto	Paul Tomasovich
Jeanette Blackston	Brenda Glenn	Sarah J. Heppenstall	Deborah Moore	JoAnn Tracktenberg
Linda J. Brown	Yvonne Glover	Anna L. Hill	Alva Owens	Rochelle Turner
Ethan Coane	Allie H. Gooden	Frank J. Hill	George Pender	Henrietta Jean Winton
Joanne Davie	Thomas Gorman	Marc Levine	Odessa Robinson	Patricia A. Whatley

Memberships through August 10, 2016 are included. Renewals are not 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.

Better Choices, Better Health –

Do you have an ongoing health condition such as arthritis, diabetes, heart disease, asthma, cancer or any other condition that affects your daily life? This free 6-week course, designed by Stanford University, is offered by Vintage and CCAC throughout Allegheny County, including a series at Vintage. A list of all locations is available on the web at www.alleghenybetterhealth.org. A free on-line workshop series is also available so you can take classes from the convenience of your home at times that suit you! Sign-up on our website or call 412-361-5003 ext. 108. Project supported by United Way of Allegheny County, Highmark and the Allegheny County Medical Society.

◆ Vintage Series, 6 Mondays, 9:30 a.m. - Noon, Starting Oct. 17. Pre-register at (412) 361-5003 ext. 104.

New! Nutrition & Dietetics Graduate Student Intern, University of Pittsburgh.

Have questions on food... on nutrition???? Help is available! Graduate Student **Tawnee** will be on site beginning in September. Please let her know your interests for classes, small group discussions, food demonstrations, etc. You can also give your suggestions to Tom in the Program Director's Office or email at nutrition@shrs.pitt.edu