



# In The Vineyard

A Publication of Vintage, Inc., Comprehensive Service

Centers for Senior Adults

Spring 2013  
April, May, June

Vintage will be **CLOSED**  
Monday, May 27th for  
Memorial Day and  
Thursday, July 4th  
for Independence Day

## Vintage Celebrates 40 Years of Service

**Attention Vintagers!!** Put Thursday, May 30th on your calendars. You are cordially invited to an OPEN HOUSE event to celebrate Vintage's 40th Anniversary and Older American's Month. The event takes place from 4:00 to 6:00 p.m. and requires a ticket. Tickets (\$1.00 members/\$6 non-members) go on sale at the Front Desk starting May 1st and should be purchased by May 24th. There will be activities to participate in and observe, catered appetizers, and a short program featuring entertainment by Vintage older adults. Come join the party as Vintage celebrates 40 years of senior center innovation and excellence!

## Congratulations!

Vintage participants won four medals in the CitiParks Senior Games Pool Tournament!

Russell Bowe – Gold  
Cecil Broadus – Gold  
David Rogers – Silver  
Paul Wahrhaftig – Bronze

## SENIOR COMMUNITY CENTER EVENTS

<b>Monday, April 1</b>	Golden Crossroads Open House, Noon – 1:30 p.m.
<b>Wednesday, April 10</b>	Consumer Protection Fair, 10 a.m. – 2 p.m.
<b>Saturday, April 27</b>	Rummage Sale with Junior League of Pittsburgh, 11:00 a.m. – 2:00 p.m.
<b>Friday, May 10</b>	Mother's Day Program, <i>Watch for details!</i>
<b>Tuesday, May 28</b>	Theater Trip Planning Meeting, 1 p.m., \$2
<b>Friday, June 14</b>	Father's Day Program, <i>Watch for details!</i>
<b>Tuesday, June 18</b>	Farmers Market Voucher Distribution Starts 8:15 a.m. <i>First come First serve!</i>

Many thanks to  
"In The Vineyard"  
Newsletter **SPONSOR:**



## HIGHMARK WALK FOR A HEALTHY COMMUNITY



## Vintage Joins Highmark for the 9th Year in Community Walk

The Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield benefits 68 South-western Pennsylvania health and human service agencies. Since Highmark Blue Cross Blue Shield underwrites the cost of the walk, 100 percent of the money raised by Vintage walkers stays at Vintage to support our services.

This year's walk will be on Saturday, May 18, 2013 at Stage AE on the North Shore. You can help raise funds for Vintage by joining

the Vintage Fundraising Team.

Fund-raising information kits are available in the Main Hall. If you would like to attend the Walk on May 18, see Rosemary DePhillips in the Trip Office for information about transportation. Those who attend the walk are eligible for one t-shirt from Highmark (you must attend the Walk and raise at least \$25) and one chance for raffle prizes for every \$50 that you donate or raise.





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

(IMPORTANT NOTE: All OPT customers must have an E-purse account to go on trips (tickets can no longer be used).

#### RIVERS CASINO

**Date:** Monday, April 15  
**Time:** OPT Pick-up: 10:00 a.m.  
**Cost:** Free  
**Deadline:** April 9 (Limit 40)

#### “FROM SLAVERY TO FREEDOM” & “1968: The Year that Rocked America”

**Date:** Wednesday, May 1  
**Place:** Heinz History Center  
**Time:** OPT Pick-up: 10:30 a.m.  
**Cost:** \$9 / \$14 Non-members  
 + Spaghetti Warehouse  
**Deadline:** April 26  
 (Limit 20)

#### Pittsburgh Public Theater “CLYBOURNE PARK”

**Date:** Thursday, May 16  
**Place:** O’Reilly Theater  
**Time:** OPT Pick-up: 1:00 p.m.  
**Cost:** \$19 / \$24 Non-members  
**Deadline:** April 8 (Limit 10)

#### PIRATES VS. CHICAGO CUBS

**Date:** Thursday, May 23  
**Place:** PNC Park  
**Time:** OPT Pick-up: 11:15 a.m.  
**Cost:** \$19 / \$24 Non-members  
 (Outfield Covered)  
**Deadline:** April 15 (Limit 15)

#### Pittsburgh Symphony POPS “CHRIS BOTTI WITH THE PSO”

**Date:** Sunday, June 16  
**Place:** Heinz Hall  
**Time:** OPT Pick-up: 1:15 p.m.  
**Cost:** \$36 / \$41 Non-members  
 (Orchestra)  
**Deadline:** May 8 (Limit 15)

#### Pittsburgh Public Theater “OTHER DESERT CITIES”

**Date:** Thursday, June 27  
**Place:** O’Reilly Theater  
**Time:** OPT pick-up: 1:00 p.m.  
**Cost:** \$18 / \$23 Non-members  
**Deadline:** May 15 (Limit 10)

#### ATTENTION:

Please arrive at least one-half hour before trip pick-up.  
 OPT departure times are subject to change without notification.  
 On occasion, additional trips may be posted in the Trip Office.

### SHOPPING TRIPS

Tuesday, April 30 – South Hills Village  
 Wednesday, May 29 – Pittsburgh Mills (need 8)  
 Wednesday, June 12 – Red, White & Blue Thrift (after lunch)  
 Wednesday, June 26 – Kohl’s & Red Lobster

#### OPT Pick-up & Return: TBA

Sign-up on the clipboards in the Trip Office

#### Craft Trips

**Place:** Hobby Lobby  
**Date:** Friday, April 19  
**Time:** OPT Pick-up: 11:15 a.m.  
 Return Pick-up: 2:00 p.m.

**Place:** Pat Catan’s & Golden Corral  
**Date:** Wednesday, May 8  
**Time:** OPT Pick-up: 9:30 a.m.  
 Return Pick-up: 2:00 p.m.

#### Luncheon Trips

**Times on all luncheon trips TBA  
 (To Be Announced)**

**Place:** Olive Garden  
**Date:** Thursday, April 11

**Place:** Hokkaido Seafood Buffet  
**Date:** Tuesday, April 23

**Place:** Longhorn Steak House  
**Date:** Monday, May 6

**Place:** Applebees  
**Date:** Tuesday, May 21

**Place:** Cracker Barrel  
**Date:** Thursday, June 6

**Place:** Golden Corral Robinson  
**Date:** Friday, June 21

#### Bowling Trips

**Place:** FunFest & Lunch  
**Dates:** Mondays, April 8,  
 May 13, June 10  
**Time:** OPT Pick-up: 9:30 a.m.  
 Return Pick-up: TBA

**Place:** Swissvale Lanes  
**Dates:** Every other Wednesday  
**Time:** 12:30 p.m. (No OPT)

Sign-up on the clipboards  
 in the Trip Office.

- ✦ **Aerobics** - Mondays, 9 a.m. 8-week series. March 25 – May 13. Cost: Wellness Passport (\$16 Members / \$21 Non-members) or free for SilverSneakers eligible participants (must swipe SilverSneakers card each visit). Sign-up at the Front Desk.
- ✦ **Arthritis Foundation Exercise Program** - Mondays & Wednesdays, 10:30 – 11:30 a.m., Bitzer Room, April 15 – June 24 (Note: The “Seated Exercise” class will transition to this program for spring). Designed for people with arthritis or arthritis-related conditions. A 10 week program that includes gentle, joint-safe exercises to help relieve stiffness and decrease arthritis pain. Can be taken either sitting or standing. Taught by Arthritis Foundation certified instructors Pat Wurz and Stephanie Martin. Call 412-383-1303 or sign-up at the Front Desk.
- ✦ **AARP Driver Safety Program** - Thursday & Friday, May 16 & 17 (must attend both), 9 a.m. to 1 p.m. Cost: \$14 (\$12 AARP members) check payable to AARP. Sign-up at the Front Desk or call (412) 361-5003. Limit 16
- ✦ **SilverSneakers Breakfast** - Friday, April 12, 9:00 a.m. Bloomfield Room. Topic: “Am I Experiencing a Senior Moment?” RSVP to the Front Desk or call (412) 361-5003 by April 10. Note: You do not have to belong to SilverSneakers to attend.
- ✦ **Better Choices, Better Health** - New revised curriculum! If you have a chronic condition such as high blood pressure, arthritis, diabetes, chronic pain or any other ongoing health concern, this free 6-week workshop will give you the support you need and practical self-management skills. Available throughout the community starting in April. Call (412) 361-5003 Ext. 104, pick up a class schedule at the Front Desk, or visit [www.AlleghenyBetterHealth.org](http://www.AlleghenyBetterHealth.org) on the web.
- ✦ **Highmark Walk for a Healthy Community** (See Page 1)

## Vintage Fitness Studio

- 3 Treadmills
- 2 Recumbent Bikes
- Elliptical Exercise Machine
- 3-station Multi-Gym
- **New! 6-Pack Trainer**

Cost: Now a benefit of basic Vintage \$25 membership. Also a SilverSneakers benefit. Sign-up for the Fitness Studio in Vintage’s Information & Referral Office.

**Fitness Studio Trainer available  
Mondays 11:30 a.m. - 1 p.m. &  
Wednesdays 9 - 10:30 a.m.**

### Free Wellness Activities

- ▶ Weekly Blood Pressure Checks by Nurse Mondays, 10:00 a.m. – Noon
- ▶ Free Blood Pressure Automated Machine & Digital Scale
- ▶ SilverSneakers® Fitness Program  
A free benefit of Security Blue, Freedom Blue, AARP Medicare Supplement Plan, and HOP. Mondays & Wednesdays, 8:00 a.m. Tuesdays & Fridays, 10:00 a.m.
- ▶ Most Vintage fitness activities are free for SilverSneakers®. See Program Director for details.
- ▶ Arthritis Foundation Exercise Program, Mondays & Wednesdays, 10:30 a.m.

### Community Speakers

- ◆ “Outsmarting Investment Fraud,” Better Business Bureau. Friday, May 17, 11:15 a.m., Dining Room
- ◆ “Am I Experiencing a Senior Moment?,” University of Pittsburgh, Friday, April 12, 9 a.m. Bloomfield Room. *Light breakfast refreshments served.* RSVP with the Front Desk or call (412) 361-5003 by April 10.

## Computer Classes

Classes begin week of April 15. Free information presentation on Friday, April 5th at Noon. Must pre-register and pre-pay with the Front Desk. Full course descriptions available at the Front Desk. Limit 6 per class (*Classes must have 4 students registered to take place*). Laptop computers for classroom use provided by instructor Dale Froling.

- ◆ **Computer Beginners**, 8 Tuesdays, 9:30 – 10:30 a.m., Wilkinsburg Room, Cost: \$20 Members / \$25 Non-members
- ◆ **Computer Beginners**, 8 Wednesdays, 9:30 – 10:30 a.m., Highland Park Room, Cost: \$20 Members / \$25 Non-members
- ◆ **Computer Beginners**, 8 Thursdays, 9:30 – 10:30 a.m., Wilkinsburg Room, Cost: \$20 Members / \$25 Non-members
- ◆ **Computer Intermediate**, 8 Wednesdays, 12:15 – 1:15 p.m., Highland Park Room, Cost: \$20 Members / \$25 Non-members
- ◆ **Computer Advanced**, 8 Wednesdays, 1:30 – 3:30 p.m., Highland Park Room, Cost: \$28 Members / \$33 Non-members



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 Web Site: www.vintageseniorservices.org

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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

- |                     |                   |                    |
|---------------------|-------------------|--------------------|
| Patricia Bardyguine | Lena Doubt        | Eleanor Littlejohn |
| John E. Brown       | Robert L. Flint   | Karl Mormer        |
| Tony S. Byrd        | Yolanda Gonzalez  | Rosemarie Parker   |
| Pauline Clausell    | Virginia Hochmuth | Amy Sample         |
| Brenda Davis        | Stella Hopewell   | Dorothy Snoe       |
| Charlotte Y. Davis  | Wanda Jackson     | Milona Wall        |
| Emily Davis         | Christine Jones   | Laura Wilkins      |
| Lorraine C. Dennis  | Henry Keen        | Vernon Williams    |
| Linda Dolphin       | William D. King   |                    |
| Richard Donatelli   | Louise Lassack    |                    |

### Memberships through March 8, 2013 are included.

Renewals are not included. **Basic** Vintage membership is **\$25 per year** (Basic membership now includes the Fitness Studio as a membership enhancement). **Giving Club** level annual membership is **\$50**. **Gold Sponsor** annual membership is **\$150+**. Members receive the quarterly newsletter mailed to their home and discounts on classes and trips. Membership brochures are located on the sign-in table by the Front Desk. **Remember...membership matters! Call 412-361-5003 ext. 102.**

### CCAC Classes at Vintage

Must pre-register with Front Desk or call (412) 361-5003.

- ◆ **Spanish Level I**, 6 Thursdays, April 4 – May 9, Noon to 1 p.m.
- ◆ **Spanish Level II**, 6 Thursdays, April 4 – May 9, 1:15 – 2:15 p.m.
- ◆ **Quilting**, 6 Fridays, April 5 – May 10, 9:30 – 11:30 a.m. *Materials list at Front Desk*



### 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.

### 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
- ◆ Medicare/health insurance counseling
- ◆ Senior Housing information
- ◆ Social Security information
- ◆ VITA Income Tax assistance
- ◆ Legal services and many other senior benefits