



In The Vineyard

A Publication of Vintage, a service of Familylinks

Spring 2016
April, May, June

Vintage will be
CLOSED
Monday, May 30th
for Memorial Day and
Monday, July 4th for
Independence Day,

Exercise Classes To Be Included As A Membership!

Research tells us that regular exercise is essential for healthy aging and quality of life. To support our vision of promoting health and wellness for older adults, Vintage is pleased to announce our new structure for exercise classes. Effective May 2, 2016, all exercise classes and the fitness studio are included as a member benefit! That means your \$25 annual membership will entitle you to attend any exercise class that you wish (provided space is available). Available classes include Enhance Fitness, SilverSneakers, Soul Line Dance, T'ai Chi, Yoga and Zumba Gold. Participants of these classes will be required to have a current membership, but no additional class fee will be charged. Your first step is to make sure that your annual membership is current, or to join if you are not a current member. For those participants who are SilverSneakers members, please remember to scan your SilverSneakers card on every visit. If you are a Silver & Fit member, please see Tom Sturgill or Jennifer Collins to sign up with Vintage as your designated exercise location. It is very important that every person signs into Vintage for each visit, using the TouchScreen, and to select all activities that you plan to participate in for that day. For your convenience, we will be installing an additional TouchScreen (where you sign in to Vintage) and an additional SilverSneakers reader in both large exercise rooms. We think that Vintage membership is one of the best bargains in town – tell your friends!



Highmark is an Independent Licensee of the Red Cross and Blue Shield Association

The Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield benefits 72 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 14, 2016** at Stage AE on the North Shore. You can help raise funds for Vintage by joining the Vintage Fundraising Team. We encourage all Vintage

members to consider donating \$20 or more to support Vintage. Your name will be recognized with a personalized certificate posted in the senior center Atrium area.

Brochures are available at the Front Desk. If you would like to attend the Walk on May 14, 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 Walk and raise at least \$30) and one chance for raffle prizes for every \$50 that you donate or raise.

Many thanks to "In The Vineyard"
Newsletter SPONSOR



Accredited by
National Institute of
Senior Centers

Senior Community Center Events

- Friday, April 1** SilverScripts Medication & Supplement Screening, 10 a.m. - Noon
- Sunday, April 3** Flea Market to benefit 2016 Highmark Walk, 10 a.m. - 1 p.m.
- Wednesday, April 6** Health Fair by West Penn Hospital School of Nursing, 9:30 a.m. - Noon
- Monday, April 18** Men's Health Event (see pg. 3 for details)
- Friday, May 6** Mother's Day event
- Tuesday, May 10** Vintage Theater Guild, 10:00 a.m (note morning time), Bitzer Room, \$2
- Saturday, May 14** Highmark Walk for a Healthy Community (see article above)
- Tuesday, June 14** Farmer's Market Voucher Distribution, Starts 8:15 a.m. First Come, First Served
- Friday, June 17** Father's Day event
- Friday, June 24** Senior Prom, 5 to 8 p.m., Cost: \$25 (catered & bring a dessert) Tickets must be pre-purchased and go on sale in June (Limit 100) Dressy attire.
- Coming in July** Nutrition Education Fair, Free, Atrium & Bitzer Room



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

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

“RIVERS CASINO”

Date: Wednesday, April 27
Time: OPT pick-up: 10:30 a.m.
Cost: Free (Lunch on own at Casino)
Deadline: April 20 (Limit 40)

Pittsburgh Symphony POPS

“Cirque De la Symphonie:
 Amazing Feats of Wonder”

Date: Sunday, May 1
Place: Heinz Hall
Time: OPT pick-up: 1:30 p.m.
Cost: \$38 / \$43 Non-members
 (back orchestra)
Deadline: April 15 (Limit 15)

Pittsburgh Musical Theater

“RENT”
Date: Thursday, May 12
Place: Garago Theater (West End)
Time: OPT pick-up: 8:45 a.m.
Cost: \$11 / \$16 Non-members
Deadline: April 12

PNC Broadway

“MATILDA THE MUSICAL”
Date: Saturday, June 11
Place: Benedum
Time: OPT Pickup 1:00 p.m.
Cost: \$31 / \$36 Non-members (2nd Tier)
 * reduced with ACAA funding
Deadline: April 5
 (Must have 10/Limit 15)

Pittsburgh CLO

“CHICAGO”
Date: Saturday, June 25
Place: Benedum
Time: OPT pick-up: 1:00 p.m.
Cost: \$39 / \$44 Non-members (orchestra)
Deadline: May 13 (Must have
 10/limit 30)

Pittsburgh CLO

“AIDA”
Date: Saturday, July 30
Place: Benedum
Time: OPT pick-up: 1:00 p.m.
Cost: \$39 / \$44 Non-members (2nd Tier)
Deadline: May 13
 (Must have 10/limit 20)

Pittsburgh CLO

“SOUTH PACIFIC”
Date: Saturday, August 13
Place: Benedum
Time: OPT pick-up: 1:00 p.m.
Cost: \$39 / \$44 Non-members (2nd Tier)
Deadline: May 13
 (Must have 10/limit 20)

SHOPPING TRIPS

Wednesday, April 13 -
 Red, White & Blue Thrift (after lunch)

Friday, April 22 -
 WalMart

Thursday, June 9 - Ross Park Mall

Monday, June 20 -
 Red, White & Blue Thrift (after lunch)

OPT Pick-up & Return: TBA
Sign-up on the clipboards in the Trip Office

Craft Trips

Place: Catan's & Golden Corral
Date: Wednesday, May 11
Time: OPT Pick-up: 9:30 a.m.

Luncheon Trips

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

Place: Longhorn Steak House
Dates: Monday, April 4
Place: Peter's Place
Dates: Friday, April 15 (limit 20)
Place: Cracker Barrel
Dates: Monday April 18
Place: Red Lobster (Monroeville)
Dates: Friday, May 16 (limit 20)
Place: Outback Steakhouse
Dates: Wednesday, May 18
Place: Fortune Star (Miracle Mile)
Dates: Friday, May 27
Place: Olive Garden
Dates: Monday, June 6
Place: Bahama Breeze
Dates: Thursday, June 16
Place: Cracker Barrel
Dates: Tuesday, June 28

Bowling Trips

Place: FunFest & Lunch (TBA)
Dates: Mondays, April 11, May 9,
 June 13
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.

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

Mon, April 11 “Allergies” Speaker: Rite Aid Pharmacy
Fri, April 15 “Osteoporosis” Speaker: Dr. Matt, Allegheny
 Chesapeake Physical Therapy
Mon, April 18 “Free Large Print & Audio Books
 Mailed to Your Home”
 Speaker: Carnegie Library of Pittsburgh
Fri, April 22 “Beating the Blues”
 Speaker: Manorcare Pittsburgh & Shadyside
Mon, April 25 “SNAP (Supplemental Nutrition Assistance
 Program)” Speaker: Jewish Family &
 Children's Service of Pittsburgh
Fri, April 2 “Medication & Exercise for Late-life Depression”
 Speaker: University of Pittsburgh Brain Aging &
 Cognitive Health Lab

Mon, May 9 “Skin Care/Hydration”
 Speaker: Rite Aid Pharmacy
Fri, May 13 “Importance of Exercise for Healthy Aging”;
 Speaker: Dr. Matt, Allegheny Chesapeake
 Physical Therapy
Fri, June 10 “Total Hip & Knee Replacements”;
 Speaker: Dr. Matt, Allegheny Chesapeake
 Physical Therapy
Mon, June 13 Vaccines (Shingles & Pneumonia)
 Speaker: Rite Aid Pharmacy
Friday, May 20 “Envelope of Life”;
 Presenter: City of Pittsburgh Bureau of EMS



Wellness & Life Enhancement News

Pre-register at the Front Desk or call (412) 361-5003

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. Sign up on the website or call 412-361-5003 ext. 108. Project supported by United Way of Allegheny County, Highmark and the Allegheny County Medical Society.

- ❖ Vintage/East Liberty Chapter #2612 AARP Series, 6 Mondays, 9:30 a.m. - Noon, Starting April 25
Pre-register at (412) 361-5003 ext.104

Aging Mastery Program, National Council on Aging

- ❖ 11 Tuesdays, April 12 – June 21, 1:00 p.m., Dining Room. Free. The Aging Mastery Program encourages mastery – developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. Graduates who earn sufficient incentive points receive a \$25 gift card! Sign-up by April 5th. Space is limited.

Self-Defense Workshop

- ❖ Monday, May 16, 1:00 p.m., Bitzer Room. Free. Presented by the Allegheny County Area Agency on Aging.

Men's Health Event

- ❖ Monday, April 18, 4:00 – 6:00 p.m., Bitzer Room. Featuring the PBS film "Soul Food Junkies," Cost: \$3 for light meal (purchase ticket by 4/15)

Basic CPR Class

- ❖ Monday, May 9, 12:30 – 4:30 p.m., Bitzer Room, Cost \$5, Presented by Familylinks.

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

- ❖ One Day "Recertification" – Thu, May 12, 9:00 a.m. – 1:00 p.m., Wilkinsburg Room. Requires certificate from previous course.
- ❖ Two Day "Standard" – Wed & Thu, May 4 & 5 (must attend both), 9:00 a.m. – 1:00 p.m. For those who have never taken course.

French Language (Conversational)

- ❖ Tuesdays, May 3 – 24, 12:30 – 1:15 p.m., Shadyside Room, Free. Limit 16. Instructor: Sharon Smith, Vintage participant

Pop des Fleurs "Flower Craft"

- ❖ Tuesday, April 5, 1:00 p.m., Bitzer Room. Free. Presented by Carnegie Library of Pittsburgh, East Liberty Branch. "Pop des Fleurs" are public art installations of Winter flower gardens made from fiber arts materials. It's sponsored by the Fiberarts Guild of Pittsburgh. Learn to make artificial flowers from plastic table cloth, newspaper bags, recycled materials, etc. Final results will be temporarily displayed in the Vintage Arbor and parking lot areas.

CCAC CLASSES

- ❖ **Aerobics with Soul**, 8 Mondays, 10:00 a.m., Starting April 4, Homewood Room, Instructor: Valerie Stagger, Cost: Free
- ❖ **Quilting Experienced**, 8 Thursdays, 9:30 a.m., Starts April 7, Shadyside Room, Instructor: Debbie Bailey, Limit 10, Cost: Free
- ❖ **Beginning Spanish I**, 7 Thursdays, Noon, Starts April 7, Bloomfield Room, Instructor: Ann Marie Holot, Cost: Free
- ❖ **Beginning Spanish II**, 7 Thursdays, Noon, Starts April 7, Bloomfield Room, Instructor: Ann Marie Holot, Cost: Free

COMPUTER CLASSES

- ❖ Beginner, Intermediate, Windows 10, 1 on 1 Lessons and Workgroups available. Class & Workgroup Cost: \$60 members/\$65 non-members for 4 two-hour classes. 1 on 1 Lessons are \$15 members/\$20 non-members per lesson.

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
- ◆ Legal services and many other senior benefits.
- ◆ Senior Housing information
- ◆ Social Security information
- ◆ VITA Income Tax assistance



401 North Highland Avenue
Pittsburgh, Pennsylvania 15206
Telephone: 412-361-5003
TTD/TTY #: 412-362-2339
Fax: 412-361-2737
Web Site: www.vintageseniorservices.org

Non Profit Org.
U.S. Postage
PAID
Pittsburgh, PA
Permit 1829

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

Helen Ballariel	Catherine Hardy	Grace Johnson	Janice McKeag	Valerie C. Robinson
William R. Beck	Cynthia Haser	Scharon Johnston	Laura A. Meadows	William Savage
James Billota	Stanley Henderson	Shirley Jordan	Anita Melley	Bernice Steffen
Homer Carter	Joseph Highgate	Peter F. Kanakis	Vera Parker	Rosalynd Williams
Nancy Currie	Catherine D. Jackson	Ronald King	Deborah Pollard	Linda Wortham
Marguerite Eberhardt	Charles E. Jimick	Zenaida Lizarondo	James Randolph	Eleanor Zottola

Memberships through March 7, 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.**

Annual Evaluation & Quality Improvement

Each year, the Vintage senior center conducts an evaluation of our services. Evaluation results are then used as the basis of the annual Quality Improvement Plan. In 2015, Vintage successfully completed a self-assessment process resulting in National Accreditation through the National Council on Aging/National Institute of Senior Centers. We also conducted an external evaluation of our Better Choices, Better Health program with the University of Pittsburgh resulting in six-month and comprehensive reports. A copy of the 2015 Quality Improvement and Program Evaluation Final Report and the 2016 Quality Improvement and Program Evaluation Plan are available for review in Vintage’s Information & Referral 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.