



# In The Vineyard

A Publication of Vintage, a service of Familylinks

**Summer 2016  
July & August**

*Vintage will be  
CLOSED on Monday,  
July 4th for  
Independence Day and  
Monday, September 5th  
for Labor Day,*



## **Vintage Recognizes Corporate and Individual Donors**

Like most non-profits, Vintage is dependent upon donations in order to meet their agency mission: *to improve and influence the experience of aging in our community.* As fiscal year 2015-2016 has just recently closed, Vintage wishes to acknowledge the generous contributions of the Giant Eagle Foundation, our long-term corporate supporter. Additional public support was received from the Jendoco Corporation, The Milton G. Hulme Charitable Foundation, The Jack Buncher Foundation, and The Andrew and Dorothy Cochrane Foundation. Vintage also wishes to acknowledge the many donations made by individuals, including board members, staff, Vintage members and other community supporters. All donors will be listed in the Vintage Annual Report.

## **Summer Events and Programs**

**Life Reinvented**, Mondays, July 18 & August 15, 12:00 p.m. Shadyside Room.

*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? Maybe it could even earn you some income. What would your relationships look like? Would you pursue new ones or nurture and grow existing ones? 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.*

**Stroke & Brain Injury Support & Activities Group**, Wednesdays, 1st & 3rd, 12:00 – 2:30 p.m., Highland Park Room.

Free wellness program called "PECS" (Physical, Emotional, Cognitive, Social) for survivors, caregivers and families of stroke, brain injury and other neurological issues. Join us for a fun approach to recovery. Sign-up at 724-914-2435. Presented by The Brain Recovery Crew, [www.brainrecoverycrew.org](http://www.brainrecoverycrew.org)

**MindMatters**, Audiovisual Presentations, 11:15 a.m., Dining Room. Presented by PA Department of Aging & WITF public television

- \* Wednesday, July 13 "Food Glorious Food: Satisfaction without any Guilt!"
- \* Wednesday, July 27 "Be a Spring Chicken. Stay Young Forever"
- \* Wednesday, August 10 "The Climate of Belief: American Public Opinion on Climate Change"
- \* Wednesday, June 8 "The Science of Dreams"

**Summer Nutrition Speakers**, 11:15 a.m. Dining Room. Presented by the Dietetic & Nutrition Team, University of Pittsburgh

- \* Friday, July 22 "Making Healthy and Safe Food Choices Over the Summer"
- \* Friday, August 12 "Cooking for the Season with Seasonal Foods"

**Lunch Speakers**, 11:15 a.m. Dining Room

- \* Friday, July 8, "Exercise Recommendations for Aging." Presented by Allegheny Chesapeake Physical Therapy
- \* Monday, July 18 "Big Ideas for Organizing Small Spaces." Presented by HealthAmerica
- \* Monday, July 25 "Hearing Loss and Aging." Presented by Costco Hearing Aid Center
- \* Friday, July 29 "Is This Normal?" Presented by the Alzheimer's Disease Research Center, University of Pittsburgh
- \* Friday, August 5, "Fall Risk Prevention." Presented by Allegheny Chesapeake Physical Therapy
- \* Monday, August 22, "Low Back Pain", Presented by SI-BONE

**Men's Exercise with John Wood**, Thursdays, 12:00 p.m., Bitzer Room. Starts July 7.

**Silk Flower Arranging with Jessie Lewis**, Wednesdays, August 3 & 10, 10:00 – 11:30 a.m., Shadyside Room.

Cost: \$5 materials fee (sign-up at Front Desk / provide your own container)

**Vintage Theatre Guild Events**, 1:00 p.m., Bitzer Room

- \* July 12 "Christmas in July Party", Cost: \$8 (Tickets must be purchased from Rosemary in Trip Office by July 6 /yearly Guild dues must be paid in full)
- \* August 9 "Trip Planning Meeting", Cost: \$2. RSVP to Rosemary by August 5.

*Many thanks to "In The Vineyard"  
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