

the vineyard

A Publication of Vintage, a Service of Familylinks.



Fall 2018, Oct. Nov. Dec.

Vintage is CLOSED Friday, October 12 for a PPG United Way Painting Day, Thursday & Friday, November 22nd & 23rd for Thanksgiving, December 24th & 25th for Christmas, and January 1st for New Year's Day.

PPG PAINTS VINTAGE!

Vintage has been selected to participate in the PPG Colorful Communities Project, a partnership between PPG and the United Way. PPG will provide all paint, supplies, equipment and volunteers to transform the interior of the building. Vintage will be closed on Friday, October 12 for the completion of this work. Vintage will reopen on Monday October 15 with a brand new look!

Accredited by 
National Institute of Senior Centers

Many thanks to 'The Vineyard' Newsletter SPONSOR



Restoring the Past Building the Future

A Message from the Executive Director

The 1970's was an exciting decade: the United States celebrated their Bicentennial Anniversary, Secretariat won the Triple Crown, Walt Disney World opened in Florida, the Wheel of Fortune premiered, the first mobile phone call was made, both Apple and Microsoft were founded, and Star Wars was released. During this same period, a small group of dedicated volunteers started a small non-profit agency named Vintage, with the mission of supporting older adults in the east end of Pittsburgh. This year, we recognize Vintage's 45th anniversary and celebrate the agency's continuing contributions to the community. Over the years, thousands of seniors have enjoyed the programs and services offered by Vintage. Today, an average of 129 people visits the Center each day, with more than 1,000 different participants using the Center each year. Vintage is one of only two nationally accredited Centers in western Pennsylvania and is considered a local model of excellence. Please join us for our 45th Anniversary Celebration on Saturday, October 27, 2018 from 2-5 pm. With support from a private donor, this event will include refreshments and entertainment. Tickets for this "Members Only Event" (\$25 annual dues must be current) are \$5 and are available at the Front Desk.

Senior Community Center Events

- Wed. Oct. 24**..... "Writers in Residence," Noon, Original poetry and stories by The Creative Writers
- Fri. Oct. 26**..... Tailgate Party, Noon, Atrium. Sponsor: Presbyterian Senior Care
- Sat. Oct. 27**..... 45th Anniversary Event. See article above for details.
- Thu. Nov. 8**..... Volunteer Luncheon (volunteers with 24+ hours of service receive mailed invitations)
- Tue. Nov. 13**..... Vintage Theater Guild, 1 p.m., Cost: \$2 (toward \$8 annual dues)
- Wed. Nov. 14**..... Thanksgiving Luncheon Event, Noon. Sign-up begins 11/1. \$2 advance donation
- Fri. Dec. 7**..... Holiday Cookies & Music, Noon, Arbor. Sponsor: American Senior Benefits.
- Tue. Dec. 10**..... Health Fair, 9:30 – 11:30 a.m., Atrium. Presented by West Penn Hospital School of Nursing.
- Wed. Dec. 19**..... Holiday Luncheon Event, Noon. Sign-up begins 12/3. \$2 advance donation
- Mon. Dec. 31**..... New Year's Luncheon Party, 1 p.m. \$7 advance ticket by 12/26



CENTER FOR ACTIVE ADULTS

TRIPS

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

LOCAL TRIPS

PITTSBURGH OPERA

“Madama Butterfly”

Date: Sunday, October 14

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

Place: Benedum Center

Cost: \$31/\$41 Nonmembers (orchestra)
\$15/\$25 (balcony)

Deadline: October 5

SOERGELS ORCHARD

Date: Tuesday, October 16

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

Deadline: October 10

PITTSBURGH PUBLIC THEATER

“Pride and Prejudice”

Date: Thursday, October 25

Time: OPT pick-up: 2:00 p.

Place: O'Reilly Theater

Cost: \$17 / \$27 Nonmembers

Deadline: October 10

PITTSBURGH MUSICAL THEATER

“Annie”

Date: Friday, October 26

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

Place: Byham Theater

Cost: \$13 / \$23 Nonmembers

Deadline: October 10

RIVERS CASINO

Date: Tuesday, October 30

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

Deadline: October 25 (limit 40)*

*Current ID required

CITY THEATER

“Pipeline”

Date: Wednesday, November 14

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

Cost: \$25 / \$35 Nonmembers

Deadline: October 15

PITTSBURGH SYMPHONY

“Music 101: Victoria Luperi Clarinet”

Date: Thursday, November 8

Time: OPT pick-up: 11:15 a.m.

Cost: Free

Deadline: November 2

PITTSBURGH MUSICAL THEATER

“In The Heights”

Date: Thursday, January 24

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

Place: Byham Theater

Cost: \$13/\$23 Nonmembers

Deadline: December 14

FUNFEST & LUNCH (bowling*)

Dates: Mondays, Oct. 8, Nov. 12, Dec. 10

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

*Also New Great Valley Lanes every other
Thursday (No OPT)

SHOPPING TRIPS

Wed. Oct. 10 – Red White & Blue Thrift

Thu. Oct. 18 – South Side Works

Fri. Nov. 16 – Ross Park Mall

Wed. Nov. 21 – Catan's & Fortune Star

Wed. Dec. 12 – Red White & Blue Thrift

Mon. Dec. 17 – WalMart North Versailles

LUNCHEON TRIPS

Fri. Oct. 5 – Bob Evans (Harmarville)

Thu. Oct. 11 – TGI Friday (Monroeville)

Tue. Nov. 6 – Outback (Monroeville)

Mon. Nov. 19 – Longhorn (Waterfront)

Thu. Nov. 29 – Cracker Barrel (Robinson)

Fri. Dec. 7 – Texas Roadhouse (Bridgeville)

Thu. Dec. 13 – TJ Buffet & Sushi (Pgh Mills)

Fri. Dec. 21 – Olive Garden (Monroeville)



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. 29 & 30 (must attend both)
9:30 a.m. – 1 p.m. Cost: \$20 / \$15 (AARP members)

New! Chronic Disease Support Group

Wed. Starting Oct. 3, Noon - 1:00 p.m.
Facilitated by Better Choices, Better Health graduates.

Computer Classes Mon. Noon – 2:30 p.m.

Cost: \$5, Instructor: Mike Smialek

- Computer Basics 1, Oct. 15 – Nov. 12
- Computer Basics 2, Nov. 19 – Dec. 10

Craft Workshops Tue. 12:30 – 2:00 p.m.

- Tue. Oct. 9 Fall Wreaths, Schenley Gardens
- Tue. Nov. 13 Bracelet Making, Schenley Gardens
- Tue. Nov. 27 Fall Craft, Presbyterian Senior Care
- Tue. Dec. 11 Snow Jar, Schenley Gardens

Environmental Workshops

Wed. Oct. 24 – Nov. 14, 12:30 – 2:00 p.m.
Do you want to make people and the environment healthier? Participants choose an environmental project to make communities healthy and sustainable. Sponsored by Pittsburgh Schweitzer Program.

Fine Art Tea Party Thu. Oct. 4, 1:00 – 2:30 p.m.

Come discuss ideas for new fine arts activities and short-term workshops. Light refreshments provided.

Fine Art Workshops

- “Wycinanki”, A Polish type of paper cutting that uses layers of vivid colored paper to make a unique and stunning style of folk art suitable for framing. 2 Tue. Oct. 16 & 23, 12:30 – 2:30 p.m. Cost: \$35. Instructor: Kathryn Carr
- “Cast Pewter Pendants/Earrings/Brooches”, Learn how to carve into natural cuttlefish bone and create a mold with exquisite natural texture for beautiful cast pewter jewelry. Tue. Oct. 30 & Nov. 6, 12:30 – 2:30 p.m. Cost: \$20. Instructor: Jan Loney

Memory Training Program

Wed. Oct. 10 – 31, 12:30 – 2:00 p.m.
Develop good memory habits and learn techniques to improve memory. Sponsored by AgeWell Pittsburgh.

Cooking Demonstrations

- Mon. Oct. 8, Noon. “Pad Thai Demo & Meal” Cost: \$5. Presented by Chef Jayshri Pokharna
- Fri., Nov. 2, 11:30 a.m. “Five Bean Soup” Demo & Take Home Bean Jar” Cost: \$3.50. Presented by Lisa Beilman, Dietetic Intern, University of Pittsburgh
- Nov. 26, Noon. “Quick and Easy Meals” Cost: Free. Presented by Pitt dietetic students

Health Speakers 11:15 a.m. Dining Room

- Mon. Oct. 8 “Medicare Education”
- Mon. Oct. 15 “Medicare Made Clear”
- Mon. Oct. 22 “Understanding Dementia”
- Mon. Oct. 29 “Benefits of Low Sodium Diets”
- Mon. Nov. 5 “Holiday Stress”, ManorCare
- Fri. Nov. 9 “Developing Tools to be a Better Caregiver”
- Mon. Nov. 12 “Brain Food”
- Mon. Dec. 17 “Understanding Long Term Care”

Health Screenings

- Fri. Oct. 5 & Nov. 2 SilverScripts Medication Screenings, 10:00 – Noon. University of Pittsburgh
- Thu. Nov. 8 & 15 Blood Pressure & Vascular Screenings, 1:00 – 4:00 p.m. Duquesne University

University of Pittsburgh Sustain-DPP Research

If you are overweight or obese and have risk factors for type 2 diabetes, but do not already have diabetes, you may be eligible to join a free program to prevent or delay diabetes development. Call: (412) 647-1845.

Pittsburgh Culture Discussions

- 1st Tue. 12:00 – 1:00 p.m. Leader: Theresa Isadora
- Oct. 2 “Pittsburgh Food,”
 - Nov. 6 “Pittsburgh Music”
 - Dec. 4 “Teenie Harris Photographer”

Sponsored Bingos

- Mon. Oct. 22, Nov. 19 & Dec. 3 Presbyterian Senior Care
- Mon. Nov. 5, American Senior Benefits

New! Talks Around The Table

Thu. Oct. 18 – Nov. 15, 10:00 – 11:30 a.m. Leader: Brenda McKinney. Life is better when you’re laughing! Join us as we meet, write, talk, and laugh together in a group designed to do just that!



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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

Beverly Beisgen	Priscilla Davis	Dolores Gaines	H. Dan Nester	Katie Shaw
Shawna Bridgett	Margaret Erario	Barry Givner	Nathaniel Pennybaker	Dorcas Stancile
Esther L. Brown	John Fischer	Joyce Givner	Margaret F. Rafalko	Ann Stunden
Lisa Bryant	Renaee Foreman	Victoria Grant	Meredith Recht	Sylvia K. Wade
Emma Campbell	Walter Fortson	C. Lamar Jackson	Patricia A. Richardson	Anna Wallace
Maureen Carr	Linda Foster	Simon Lewis	Allan Rosenfield	Ernestine Washington

Memberships through June 13, 2018 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 Lunch Registration Desk. House Council meets every other month and reviews your comments. You may also speak with staff or your House Council representatives.