

the vineyard

A Publication of Vintage, a Service of Familylinks.



Fall 2019, Oct. Nov. & Dec.

Vintage is CLOSED Thursday & Friday, November 28th & 29th for Thanksgiving, Wednesday, December 25th for Christmas, and Wednesday, January 1st for New Year's Day.



Accredited by 
National Institute of Senior Centers

Give Meaningfully to



United Way of Southwestern Pennsylvania

Many thanks to 'The Vineyard' Newsletter SPONSOR



A Message from the Executive Director

Changes are coming in regard to identification used for free senior Port Authority bus travel, and it's important to understand how these changes might affect you. Starting January 1, 2020, the Port Authority will no longer accept a Medicare card for a free bus or light rail ride. Instead, you must show either your yellow (for women) or blue (for men) Bus Pass, or show the new Senior Citizen Connect Card with photo id. If you already have a yellow or blue bus pass, you can continue to use it. If you do not, and are age 65 or older, you have two choices. You can apply for a bus pass, which can be done through the Vintage Information Office. The other option is to apply for the Senior Citizen Connect Card. Local offices currently processing these applications include:

- Port Authority Downtown Service Center, 623 Smithfield St., Downtown, Pittsburgh
- Rep. Dan Deasy, 436 South Main St., West End, Pittsburgh
- Rep. Sara Innamorato, 5154 Butler St., Lawrenceville, Pittsburgh
- Rep. Jake Wheatley, 2015-2017 Centre Ave., Hill District, Pittsburgh
- Rep. Summer Lee, 501 Braddock Ave., Suite 105, Braddock
- Sen. Jay Costa, 1501 Ardmore Blvd., Suite 403, Forest Hills

Happy Travels!



Senior Community Center Events

- Thu. Nov. 7**.....Volunteer Luncheon (volunteers with 24+ hours of service receive mailed invitations)
- Tue. Nov. 12**.....Vintage Theater Guild, 1 p.m., Cost: \$2/toward annual dues
- Wed. Nov. 20**....Thanksgiving Luncheon Event, Noon. Sign-up begins 11/1
- Wed. Dec. 18**....Holiday Luncheon Event, Noon. Sign-up begins 12/2
- Tue. Dec. 31**.....New Year's Luncheon Party, 1 p.m. \$7 advance ticket by 12/27



CENTER FOR ACTIVE ADULTS

TRIPS

NOTE: Vintage accepts cash and check trip payments (no credit cards). Visit Trip Office for detailed performance descriptions and pick-up times.

LOCAL TRIPS

CLEO PARKER ROBINSON DANCE ENSEMBLE

Date: Friday, October 4
Time: OPT pick-up: 9:15 a.m.
Place: August Wilson African American
Cultural Center
Cost: \$11 / \$21 Nonmembers
Deadline: October 2

SOERGELS ORCHARD

Date: Thursday, October 10
Time: OPT pick-up: 10:00 a.m.
Deadline: October 7

COWBOY

Date: Saturday, October 19
Time: 3:00 p.m. Showtime (no OPT)
Place: Kelly Strayhorn Theater
(New Horizon Theater)
Cost: \$21 / \$31 Nonmembers
Deadline: October 17

RIVERS CASINO

Date: Tuesday, October 29
Time: OPT pick-up: 10:00 a.m.
Deadline: October 23 (limit 40)

THE SCARLET LETTER

Date: Wednesday, November 6
Time: OPT pick-up: 9:00 a.m.
Place: New Hazlett Theater
Cost: \$13 / \$23 Nonmembers
Deadline: October 11

ONE NIGHT IN MIAMI.... CASSIUS CLAY, MALCOLM X, SAM COOKE, JIM BROWN

Date: Wednesday, November 27
Time: OPT pick-up: 11:45 a.m.
Place: City Theatre
Cost: \$25 / \$35 Nonmembers (must have 10)
Deadline: October 29

SCHOOL GIRLS; OR, THE AFRICAN MEAN GIRLS PLAY

Date: Thursday, Dec. 5
Time: OPT pick-up: 1:00 p.m.
Place: O'Reilly Theater
Cost: \$16 / \$26 Nonmembers (must have 10)
Deadline: November 14

CARNEGIE LIBRARY, EAST LIBERTY EVENTS

Dates: Thursday, Nov. 7, Edgewood Symphony
Thursday, Dec. 5, Holiday Craft Fair
Time: Nov. 7, OPT pick-up: 6:00 p.m.
Dec. 5, OPT pick-up: 5:30 p.m.
Cost: Free Deadline: (Monday before each event)

SHOPPING TRIPS

Wed. Oct. 9 – Red White & Blue Thrift
Tue. Oct. 17 – WalMart (West Mifflin)
Mon. Nov. 11 – Ross Park Mall
Fri. Nov. 22 – Hobby Lobby
Wed. Dec. 11 – Red White & Blue
Fri. Dec. 13 – Ollies (& JoAnn Fabric)

LUNCHEON TRIPS

Mon. Oct. 21 – Fortune Star (Miracle Mile)
Thu. Oct. 24 – Bahama Breeze (Robinson)
Thu. Oct. 31 – Longhorn (Waterfront)
Fri. Nov. 15 – TJ Buffet (Pgh Mills)
Mon. Nov. 18 – Cracker Barrel (Robinson)
Tue. Nov. 26 – Outback (Monroeville)
Tue. Dec. 3 – Smokey Bones (Pgh Mills)
Mon. Dec. 9 – Red Lobster (Monroeville)
Fri. Dec. 20 – Texas Roadhouse (Bridgeville)





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

Fri. & Mon. Oct. 25 & 28 (must attend both) or Dec. 6 & 9, 10:30 a.m. – 2:30 p.m. Cost: \$20 / \$15 (AARP).

Art & Craft Projects

- Ceramic Jewelry, Tue. Nov. 5 Cost: \$10.
Union Project Instructor
- Carnegie Library, East Liberty, Independent art projects (ex. adult coloring, calligraphy, origami).
Wed. Oct. 16, 23, 30; 12:30 – 2:15 p.m.
OPT pick-up: 12:00 p.m.
- Jewelry Workshops, Tue. Oct. 1, 15 & 29, Nov. 19 & 26. Projects to be announced. Cost: \$5 - \$20,
Jan Loney, Instructor

Better Choices, Better Health

Chronic disease self-management 6-week class series offered throughout the region. A program of United Way of Southwestern Pennsylvania and supported by the Jefferson Regional Foundation in partnership with Vintage and CCAC.

- 6 Fri. Oct. 18 – Nov. 22, 9:30 a.m. – 12:00 p.m.
Pre-register: (412) 361-5003, Ext. 104

CCAC Classes at Vintage

- Explore Your Family History, Tue. Oct. 22 – Nov. 26, 10:00 – 11:30 a.m.
- Stress Less, Tue. Dec. 3 & 10, 10:00 – 11:30 a.m.

Computer Classes

- Computer Basics 1, Mon. Nov. 4 – 25, Noon – 2:30 p.m. Cost: \$5, Mike Smialek, Instructor
- Computer Basics 2, Mon. Jan. 6 – 27, Noon – 2:30 p.m. Cost: \$5, Mike Smialek, Instructor
- Facebook Workshop, Thu. Oct. 17, Nov. 21 or Dec. 12, 1:00 – 2:30 p.m. Cost: Free, Gabrielle Bucci, Carnegie Library, Instructor

Cookbook Project

The Vintage Generations Cookbook project continues with an online blog that complements the cookbook created last spring. Caprice Williams, Chatham University intern, will help Vintage participants to

Cookbook Project (cont.)

write and publish new recipes, photos, stories, and more! To purchase a \$5 copy (one per person) of the cookbook see Tom Sturgill. For more information, visit www.blogs.chatham.edu/vintage or email caprice.williams@chatham.edu.

Fitness Studio Orientation

- Thu. 9:00 a.m. Oct. 31 – Nov. 21.
Stephanie Martin, Fitness Instructor, will show you how to safely and effectively use the Fitness Studio equipment. Free for current Vintage members.

HealthSlate Diabetes Prevention Program

Wed. 12:15 – 1:15 p.m. Starting Oct. 16. Join us for a lifestyle change program (at no cost with some health plans!). You'll work together to eat healthier, be more active, and reduce your risk of type 2 diabetes. Call 877-790-6720 to see if you qualify.

Health Screenings

- “Siverscripts” Medication Screening, University of Pittsburgh, School of Pharmacy, Fri. Oct. 11 & Nov. 8, 10:00 a.m. – 12:00 p.m.
- Vascular & Blood Pressure Screenings, Duquesne University, School of Physical Therapy, Wed. Nov. 13, 9:00 a.m. – 12:00 p.m.; Thu. Nov. 14, 1:00 – 4:00 p.m.

Health Speakers – 11:15 a.m., Dining Room

- Fri. Oct. 4 “All of Us Pennsylvania” Research Study
- Fri. Oct. 11 “So What is Plant-Based Eating?”
- Mon. Oct. 14 “Medicare Made Easy”
- Fri. Oct. 18 “Traffic Safety”
- Fri. Nov. 1 “All of Us Pennsylvania”
- Fri. Nov. 8 “Community Life Programs”
- Mon. Dec. 2 “Post Traumatic Stress Disorder”

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.



421 North Highland Ave.
 Pittsburgh, Pennsylvania 15206
 Telephone: 412-361-5003
 TTD/TTY#: 412-362-2339
 Fax: 412-361-2737
 Web Site: www.vintagepittsburgh.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.



United Way of
 Southwestern Pennsylvania

A United Way Member
 Code No. 105

Welcome New Members

Roderick Alston	Lucille Dunson	Lolita Jones	Sharon Mosley	Spencer Simon
Cassandra Mae	Kathleen Eckert	Luvenia Jones	Anthony Nevels	Celia Stock
Augustus	Dorothy Fields	Alfreda Kerley	Deborah Nevels	Trudy E. Williams
Jacqueline Mitchell- Bey	Ludwina Frohnapfel	William Kerley	Martha L. Poellnitz	Annie L. Winbush
Albert Bolden	William Griffin	Brenda Kilson	William Henry Reese	Joann Younger
Karen Bolden	Sherri Harding	Carol McFadden	Marsha A. Robinson	
Gail Boyd	Lisa Herring	Karen Montgomery	Ernestine Russell	
Sandra Few-Carter	Priscilla Hunter	Jerome Morris	Claudia Saulsbury	
Rosetta Clark	Mary A. Johnson	Marcy L. Morse	Lynn Scott	

Memberships through September 9, 2019 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.