

the vineyard

A Publication of Vintage, a Service of Familylinks.



Fall 2021, Sept. - Dec.

CLOSINGS:

- **Labor Day, Mon. Sept. 6th**
- **Thanksgiving, Thu. & Fri. Nov. 25th & 26th**
- **Christmas, Fri. Dec. 24th**
- **New Years, Fri. Dec. 31st**



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National Institute of
Senior Centers



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Give Meaningfully to



A Message from the Executive Director

It was a very happy occasion to celebrate the reopening of Vintage! Although resuming our group activities in June was a positive step, much remains unknown about the future regarding COVID-19. The evidence has become clear that the Delta variant is much more contagious than the original strain of the virus. Current research indicates that both vaccinated and unvaccinated people may become infected with this strain and can spread it to others. However, an important distinction is that nationally the vast majority of those hospitalized with COVID-19 are unvaccinated individuals. Therefore, while a vaccinated person may become infected, they are very unlikely to become seriously ill or to die from the virus. If you are not yet vaccinated, please consider that the Pfizer vaccine now has full FDA approval and consult with your health care provider. For those vaccinated individuals, you may have heard that booster shots, administered 8 months after your original vaccination, will be available soon. We will post information about booster shots in the Center as it becomes available.

According to the Centers for Disease Control (CDC), the number of cases in Allegheny County placed our risk of community transmission in the High category as of mid-August. Updated information regarding our risk level will be posted on the Health and Safety bulletin board and can also be found on the CDC website. Vintage will continue to require that masks be worn in the building in keeping with the CDC recommendations. This practice will remain in place until the County is back in the Low risk category. We encourage each of you to continue the safe personal practices of frequent hand washing and maintaining social distance whenever possible. It is more important than ever to take care of yourself and of each other.

Ann Truxell
Executive Director

Program Updates

Hot Lunches: The Area Agency on Aging has announced that hot lunches will not resume until November at the earliest. Until then, frozen meals will continue to be available.

Trips: Vintage will not schedule day trips until Allegheny County is in the CDC Low risk category. We understand that members are interested in resuming restaurant and theatre outings, however health and safety concerns must receive priority consideration.

Special Events: It has long been a practice of Vintage to celebrate the holidays with a variety of luncheons and parties. Due to the risk presented by COVID-19, holiday plans cannot be announced at this time. We will post notices in the Center when and if we are able to schedule these social events. Private group parties at Vintage that include the sharing of food will require advance approval of the Program Director.



ACTIVITIES SCHEDULE

NOTE: *See Page 3 for start dates.
NOTE: Effective September 7, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	10 Enhance Fitness 11:30 Aerobics* (CCAC) 1 Line Dance (Linda)	10 SilverSneakers 12:30 Men's Exercise	10 Enhance Fitness 1 Line Dance (Stella)	10 SilverSneakers 11:30 Tai Chi 1 Yoga	10 Line Dance (Linda) 12 Chair Exercise* (CCAC) 1 Line Dance (Stella)
Homewood Room	12 Bingo	9:30 Family History* (CCAC) 10 Pearls of Wisdom Discussion* (Linda)	12 Pokeno	10 Needle Crafts 12:30 Penny Bingo	12 Bingo
Wilkinsburg Room	10 Bible Study	12 Bridge Club	10 Stroke Group (1st & 3rd) 1 Writing	11:30 Book Club (2nd Thu) 11:30 Ebony Pennies Club (4th Thu)	
Shadyside Room	9:30 Smart Driver* (AARP)	9:30 Quilting* (CCAC)	9:30 Smart Driver* (AARP)		
Technology Center	Individual Coaching (by appointment)	9:30 Intro to Computers* 1 Intro to Computers*	Individual Coaching (by appointment)	Individual Coaching (by appointment)	Individual Coaching (by appointment)
East Liberty Room	Games & Puzzles 9 a.m. – 11 a.m.	Games & Puzzles 9 a.m. – 11 a.m.	Games & Puzzles 9 a.m. – 11 a.m.	Games & Puzzles 9 a.m. – 11 a.m. 12:30 Painting	Games & Puzzles 9 a.m. – 11 a.m.
Fitness Studio	Exercise Equipment 9 a.m. – 4 p.m.	Exercise Equipment 9 a.m. – 4 p.m.	Exercise Equipment 9 a.m. – 4 p.m.	Exercise Equipment 9 a.m. – 4 p.m.	Exercise Equipment 9 a.m. – 4 p.m.
Larimer Room	Spinning Bikes 9 a.m. – 4 p.m.	Spinning Bikes 9 a.m. – 4 p.m.	Spinning Bikes 9 a.m. – 4 p.m.	Spinning Bikes 9 a.m. – 4 p.m.	Spinning Bikes 9 a.m. – 4 p.m.
Bloomfield Room	Cards 9 a.m. – 4 p.m.	Cards 9 a.m. – 4 p.m.	Cards 9 a.m. – 4 p.m.	Cards 9 a.m. – 4 p.m.	Cards 9 a.m. – 4 p.m.
Point Breeze I & II	Billiards 9 a.m. – 4 p.m.	Billiards 9 a.m. – 4 p.m.	Billiards 9 a.m. – 4 p.m.	Billiards 9 a.m. – 4 p.m.	Billiards 9 a.m. – 4 p.m.
Sidney Hills Room	TV Room 9 a.m. – 4 p.m.	TV Room 9 a.m. – 4 p.m.	TV Room 9 a.m. – 4 p.m. 12 Movie of the Week	TV Room 9 a.m. – 4 p.m.	TV Room 9 a.m. – 4 p.m.



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. & Wed. Oct. 25 & 27 (must attend both), 9:30 a.m. – 1:30 p.m.
- Mon. & Wed. Nov. 15 & 17 (must attend both), 9:30 a.m. – 1:30 p.m.
Cost: \$25 / \$20 (AARP members)

Active Living with Chronic Conditions

Do you have an ongoing health condition, such as arthritis, diabetes, high blood pressure, stroke, asthma, heart disease, chronic pain, cancer, depression or other condition(s) that affects your daily life?

This 'Self-Study' program will help you to solve problems, manage your symptoms, set and achieve goals, etc.

If interested, please contact Michael Smith @ 412-361-5003 ext. 108 or stop by his office to discuss and/or register for a Tool Kit.

CCAC Classes at Vintage

- Chair Exercise, Fri. 12:00 p.m. Oct. 1 – Nov. 19
- Explore Your Family History, Tue. 9:30 a.m. Oct. 5 - 19
- Quilting, Tue. 9:30 a.m. Sept. 28 – Nov. 16
- Soul Aerobics, Mon. 11:30 a.m. Sept. 27 – Nov. 15

Chatham Baroque Concert at Vintage

Tue. Oct. 19, 11:00 a.m. Dining Room. Limit 25.

Fitness & Spinning Studio Orientations

- Fitness Studio Orientation, Mon. Oct. 11, 11:30 a.m.
- Spinning Studio Orientation, Wed. Oct. 20, 11:30 a.m.

Health Screenings

- Blood Pressure Screening by Nurse, Mon. 10 a.m. – 12 p.m., Reading Room
- "HomeMeds" Medication Screening, Contact: Cheryl Schell, ext. 102
- "SilverScripts" Medication Screening, Fri. 10 a.m. – 12 p.m., Oct. 8 & Nov. 12

Lunch Speakers 11:15 a.m.

- Fri. Sept. 17, Aetna Health Insurance, Jane Miller
- Mon. Sept. 27, Fair Housing Partnership, Raymond Moore
- Fri. Oct. 1, Positive Thinking, Community Life
- Fri. Oct. 15, Sunshine Life & Health, John Odom
- Fri. Oct. 29, Aetna Health Insurance, Letha Poole
- Mon. Nov. 1 Eating Healthy in a Virtual Age, Shadeni Cargill, University of Pittsburgh
- Mon. Nov. 8, Funeral Planning, Allegheny Co. Funeral Director's Assoc.
- Mon. Nov. 15, Aetna Health Insurance, Letha Poole

National Senior Center Month Programs

- Tue. Sept. 14 – 28, 10 a.m., "Pearls of Wisdom" Discussion Leader: Linda Moore
- Mon. Sept. 20, 11:15 a.m., Healthy Cognitive Aging, Speaker: University of Pittsburgh
- Fri. Sept. 24, 11:15 a.m, Scams, Fraud & Senior Abuse, Speaker: District Attorney's Office

New!! Technology Center

- Grand Opening Open House, Fri. Oct. 1, Noon
- Beginning Computer Classes. Tue. Oct. 5 – 26, 9:30 a.m. – Noon or 1:00 – 3:30 p.m. Instructor: Michael Smialek. (Pre-registration required)
- Classes on other topics (to be announced)
- Individual Coaching (by appointment) Contact: Michael Smith, ext. 108

Technology Partnership with the United Way and Computer Reach

We are thrilled to partner with the United Way of Southwestern Pennsylvania and Computer Reach on a technology grant. The grant funding opportunity will provide Desktop computers to Vintage members who are interested in owning a computer and who also have a strong desire to build their technology skills.

All interested individuals should contact Michael Smith @ 412-361-5003 ext. 108. Deadline is September 30, 2021.



421 North Highland Ave.
Pittsburgh, Pennsylvania 15206
Telephone: 412-361-5003
TTD/TTY#: 412-362-2339

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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.



United Way of
Southwestern Pennsylvania

A United Way Member
Code No. 105

Welcome New Members

Nina Anderson
Michael Anderson
Sherry Anderson
John Baker
Annette Barnett
Robert Baynes
Frank Benning
Catherine Benton
Christine Beregi
Eva Betha
Tyrone Bey
Mary Alice Castelli
Walter Chambers

Shawn Clanagan
Michael Cobb
Donna Cooper
Dorine Daniels
Mareena Darkins
Marilyn Davidson
Carolyn Dean
Patricia Doss
Boguslaw Dudek
Basil Farris
Paula Guy
Suzanne Haupt
Joyce Heath

Helen Heggins
Patricia Herd
Barbara Irvin
Cecil Irvin
Mildred Jenkins
Clarence Johnson
Karen Johnson
Sherry Johnson
Josephine Jones
Antoinette Junazski
Dorota Jurczyk Dudek
Patricia Krimmel
Carol Lacy

Louise Malakoff
Michael Malakoff
Pamela Malone
Glenda Manuel
Linda Marshal
Phillip Martin
Donna McKinley
Joseph Miller
Helen Moran
Benita Morris
Zola Munter
Annasene Murphy
Susan Murry

Donna Nativio
Ralph Niederlander
Gaylene Obrien
Mayon Oliver
Darlene Patterson
William Patton
Marla Perlman
Julia Powell
Shirley Pryor
Roger Pryor
Agnes Reed
Larry Robinson
Caleb Scott

Judith Scott
Harriet Skundrich
Edith Smith
Debbie Studkey
Georgia Taylor
Debora Turner
Lazarus Underwood
Betty Vetter
Willie White
Verna White
Carla Wilson
Theodore Woodson
Jeanne Zell

Memberships through August 20, 2021 are included. Vintage membership is \$25 per year including free exercise classes, fitness studio, spinning studio, technology center 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 Sign-in Desk. House Council meets every other month and reviews your comments. You may also speak with staff or your House Council representatives.