

the vineyard

A Publication of Vintage, a Service of Familylinks.



Fall 2022, Oct. Nov. & Dec.

Vintage is CLOSED:

- **Thursday & Friday, November 24 & 25 for Thanksgiving**
- **Friday & Monday, December 23 & 26 for Christmas**
- **Monday, January 2 for New Year's**

Tablet Café at Vintage

Coming to a location near you! Look out for our new Tablet Café in December of 2022. Opportunities to socialize and engage in technology while using iPads, tablets and Grandpads. Discover blogs, cyber news, social media sites and more.



A Message from the Executive Director

Fall brings feelings of gratitude for me. In particular this year, I am feeling deep gratitude to Vintage's amazing volunteers. Some give their time daily, some weekly, some occasionally and everything in between. Did you know that in the last 12 months 53 individuals provided 4,073 volunteer hours, the equivalent of 2 full-time employees! Volunteers are very important to keep Vintage running. Volunteers help welcome visitors and answer phone calls, serve coffee and run the store in the Arbor Café, serve lunch, run activities and assist with special events like the annual Farmer's Market Voucher Distribution. MANY THANKS to those of you reading this who generously volunteer your time at Vintage. We sincerely appreciate you. If you are currently not volunteering, but are interested in learning more about how you can help, please talk with a staff member. Vintage is a large center with a lot of activity and we can use your help as a regular or occasional volunteer. Wishing you all a happy, healthy fall.

Warmly,

Heather L. Sedlacko
Executive Director

Senior Community Center Events

- Thu. Oct. 13.....**COVID Bivalent Booster & Flu Shot Vaccine Clinic with Shop N' Save, 9 a.m. – 12 p.m., RSVP Front Desk
- Thu. Nov. 17.....**Thanksgiving Luncheon Event & Fashion Show, Noon. Sign-up begins 11/1
- Wed. Dec. 21.....**Holiday Luncheon Event & Entertainment, Noon. Sign-up begins 12/5
- Fri. Dec. 30.....**New Year's Luncheon Party, 1 p.m. \$8 advance ticket by 12/28

Accredited by
National Institute of
Senior Centers





FALL ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	10 Enhance Fitness 1 Line Dance (Linda)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga (Leslie) 2:30 Line Dance (Linda)	10 Enhance Fitness 12 Chair Exercise 1 Line Dance (Stella)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga (Katrina)	10 Line Dance (Linda) 12 Chair Exercise 1 Line Dance (Stella)
Wilksburg Room	Open for Cards/games	12 Bridge Club	10 - Stroke Group (1st & 3rd) 12 - Bible Study 1 - Writing	11:30 Book Club (2nd Thur) 11:30 Ebony Pennies Club (4th Thur)	Open for cards/games
East Liberty Room	10 Bible Study 11:30 Open Seating for Lunch	9:30 Quilting 11:30 Open seating for Lunch 1 Pearls of Wisdom Discussion (Linda)	9:30 Matter of Balance (ends 11/9) 11:30 Open seating for Lunch	10 Needlework 11:30 Open seating for Lunch 12:30 Painting	11:30 Open seating for Lunch
Homewood Room	12 Bingo	10 Mega Morning Bingo	12 Pokeno	12:30 Penny Bingo	12 Bingo
Fitness Studio	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm
Larimer Room	Spinning Bikes 9 am - 4 pm	Spinning Bikes 9 am - 4 pm	Spinning Bikes 9 am - 4 pm	Spinning Bikes 9 am - 4 pm	Spinning Bikes 9 am - 4 pm
Point Breeze I & II	Billiards 9 am - 4 pm	Billiards 9 am - 4 pm	Billiards 9 am - 4 pm	Billiards 9 am - 4 pm	Billiards 9 am - 4 pm
Bloomfield Room	Cards 9 am - 4 pm	Cards 9 am - 4 pm	Cards 9 am - 4 pm	Cards 9 am - 4 pm	Cards 9 am - 4 pm
Sidney Hills Room	10 Blood Pressure by Nurse	1 Fun with Wii	12 Movie of the Week	TV Room 9 am - 4 pm	TV Room 9 am - 4 pm
Technology Center	Individual Coaching (by Appointment)	1 Computer Workshops	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)
Shadyside Room	9:30 Jewelry Class (10/17 & 24) 2:30 Grief Support Group (10/31-12/19)	Individual Coaching (by Appointment)	9:30 Hugh Lane LGBTQ Senior Group	Individual Coaching (by Appointment)	9:30 CPR/First Aid/AED (11/18)



WELLNESS AND LIFE ENHANCEMENT NEWS

RSVP for all classes with the Front Desk or call (412) 361-5003.
Free unless cost noted.

Computer Workshops

All computer classes meet Tuesdays from 1:00–3:30 p.m.
Pre-register at the Front Desk or call 412-361-5003.

- Intermediate, Oct. 4, 11 & 18
(hardware, Windows 10, internet, email)
- Advanced, Nov. 15, 22 & 29
(Microsoft Word/Excel/Windows storage management)
- No December Classes

CPR/First Aid/AED

- Fri. Nov. 18, 9:30 a.m. – 12:30 p.m., Cost: \$10
(Limit: 10)

Grief Support Group

- Mon. Oct. 31 - Dec. 19, 2:30 – 3:30 p.m.
Through this 8-session support group, we will have the opportunity to share our experiences of grieving, and offer each other support, encouragement and advice. Facilitator: John Benedict, (Limit: 10)

Health Speakers (11:15 a.m. Atrium)

- Mon. Oct. 10 – “Elder Abuse”, Allegheny County Area Agency on Aging
- Fri. Oct. 14 – “2023 Medicare Benefits”, Humana
- Mon. Oct. 17 – “2023 Medicare Benefits”, Aetna
- Fri. Oct. 21 – “Sleep & Brain Health”, University of Pittsburgh
- Mon. Oct. 24 – “How To Be Your Own Patient Advocate”, Jeff Weinberg, Caregiver Champion
- Mon. Nov. 7 – “Nutrition & Gut Health”, Judy Dodd RD
- Wed. Nov. 30 – “Hypertension – Prevention & Nutrition”, Carlow University, Nursing Students

Jewelry “Kumihimo Basics” Class

Mon. Oct. 17 & 24, 9:30 – 11:30 a.m. (must attend both). Cost: Materials Kit \$20 (students supply scissors & measuring tape). Class size limit: 10. Kumihimo is a traditional Japanese artform of making braids and cords. Instructor: Carmen Osborne

Technology Services

Are you interested in improving your computer skills? If so, Vintage would like to help.

- If you have a computer, internet access and/or a smart phone, please schedule an appointment with a Tech Coach.
- If you have a home computer, but don't have internet access, leave a message about Internet Services.
- If you don't have either a computer or internet access at home, inquire about our Computer Lending Library.

To learn more, contact Michael Smith at 412-361-5003 ext. 108.

Trips

Sign-up for trips at the Front Desk or call (412) 361-5003. In order to participate in group transportation, you need to be 60+, registered with OPT, and have money in your epurse. See Cheryl Schell if you are not registered. Please note that trips are subject to cancellation based on weather.

Cultural Trips

- Sunday, November 13, Pittsburgh Opera “The Marriage of Figaro”, OPT Pick-up: 1:00 p.m. Return Pick-up: To be announced. Cost: \$20 Members / \$25 Nonmembers (orchestra seats), Deadline: October 25 (Limit 10)

Restaurant Trips

- Tue. Oct. 18, Olive Garden (Monroeville)
- Thur. Nov. 10, Cracker Barrel (Robinson)
- Tue. Nov. 22, TGI Fridays (Monroeville)
- Mon. Dec. 5, Long Horn (Waterfront)

Shopping Trips

- Wed. Oct. 26, Kohls/Red Lobster (North Hills)
- Wed. Nov. 2, Ross Park Mall
- Wed. Nov. 16, Red, White & Blue Thrift
- Wed. Dec. 7, Hobby Lobby/Golden Corral (Robinson)



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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

Elizabeth Proctor-Allen	Leonard Carter	Renee C. Galloway	Rebecca Jefferies	Mary J. Price	Moses Simpkins
Joan J. Anson	Cyndie Carioli	Kathleen Gilbert	Robbin Johnson	Ellie Puskarich	Christine H. Smith
Gina Apparcio	Diane Cherry	Dannielle Goodson	Geneva Jordan Jones	Brian Rayne	Gregory Smith
Ariel Bartunek	Rhonda J. Dalton	Sharon L. Grandison	Annabelle Mensah	Arlene E. Robinson	Richard Stupka
Tracy Baton	Gloria Dorsett	Lynne Graves	Mona M. Morphis	Clayton D. Robinson	Paulette Tarrant
Debora Simpson	Linda Dorsey	Harry Hairston	Janice Nolting	Terry W. Robinson	Betty A. Walsh
-Buchanan	Gloria Heards Favor	Suzanne Hall	David M. Palmer	Velma Robinson	Sandra Weisberg
William L. Calhoun	Carolyn Henderson	Lynda Hamilton	Lorraine A. Penn	Arbella I. Salik	Cassandra E. Williams
Donna Carr	Linda Houston	Lucille Hopson	Constance L. Phillips	Donald G. Scanlon	Harriet Marshman Williams

Memberships through September 13, 2022 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
- Social Security information
- PACE prescription drug program
- VITA Income Tax assistance
- Senior Housing information
- Community resources
- Referral to legal services
- Health insurance information
- Assistance with benefits

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.