

# the vineyard

A Publication of Vintage, a Service of Familylinks.



Fall 2023, Oct. - Dec.

## Vintage is CLOSED:

- **Thursday & Friday, November 23 & 24 for Thanksgiving**
- **Monday, December 25 for Christmas**
- **Monday, January 1 for New Years**

## Special Events

### Mon. Oct. 16

Oktoberfest w/ Myers Family Band & refreshments by Wellcare, Noon

**Mon. Oct. 16** Pumpkin Painting w/ HUMANA, 1 p.m. (Free/limit 20)"

### Wed. Oct. 18

COVID Booster/Flu Shot Vaccine Clinic w/ Shop N' Save, 10 a.m. – 3 p.m., RSVP Front Desk

### Wed. Nov. 15

Thanksgiving Luncheon & Entertainment, Noon. Sign-up Front Desk begins 11/1.

### Wed. Dec. 13

Holiday Luncheon & Entertainment, Noon, Sign-up Front Desk begins 12/1

### Fri. Dec. 29

New Year's Luncheon Party, 1 p.m., Purchase \$8 ticket at Front Desk 12/1-22

## A Message from the Executive Director

Did you know that approximately one in 10 Americans aged 60+ have experienced some form of elder abuse? Abusers are both women and men. Even more alarming is that in almost 60% of cases the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses. Abuse can be physical, sexual or emotional and can involve confinement, passive neglect, willful deprivation and financial exploitation. Elder abuse can also involve telephone and internet fraud and scams targeting seniors. Elders who have been abused have a 300% higher risk of death. If you suspect that that a senior you know is experiencing elder abuse, you can anonymously call the Allegheny County Area Agency on Aging Senior Line at 412-350-5460. Report frauds and scams to the Allegheny County District Attorney's Senior Justice Advocates at 412-983-0729. Medicare fraud can be reported to 1-800-633-4227. Throughout November, Vintage will have an information table devoted to Elder Abuse located near the front entry registration desk. Let's all do our part to learn how to prevent abuse and help our elders in need.

Warmly,  
Heather L. Sedlako  
Executive Director

## Workshops

### Computer Workshops

Tue. 1:00 – 3:30 p.m. Pre-register at Front Desk or call 412-361-5003. Membership required.

- Beginners – Oct. 10 & 17 (keyboard / mouse skills)
- Intermediate – Nov. 7, 14 & 21 (hardware, internet, email systems)
- Advanced – Dec. 5, 12 & 19 (Word & Excel basics, storage devices)

### CPR/ First Aid/AED

Thu., Nov. 2, 9:30 a.m. – 12 p.m.,  
Cost: \$10 (Limit 10)

## Many thanks to Vintage's 50th Anniversary Event Sponsors:



**\$5,000 Bronze Grape Sponsor**

**UPMC HEALTH PLAN**



**\$2,500 Grape Sponsor**





# FALL ACTIVITIES SCHEDULE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Bitzer Room**

10 Enhance Fitness  
1 Line Dance (Linda)  
2:30 Pilates

10 Silver Sneakers  
11:30 Tai Chi  
1 Yoga  
2:30 Line Dance (Linda)

10 Enhance Fitness  
12 Chair Exercise  
1 Line Dance (Stella)

10 Silver Sneakers  
11:30 Tai Chi  
1 Yoga  
2:30 Pilates

10 Line Dance (Linda)  
11:15 CCAC Aerobics  
12 Chair Exercise  
1 Line Dance (Stella)

**Wilksburg Room**

12 Mahjong

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)

12 Bridge Intro &  
Practice

**East Liberty Room**

10 Bible Study  
11:45 Vintage Choir  
1 Pumpkin Painting  
(10/16)  
1 Fairy Garden (11/20)

9:30 Quilting  
1 Pearls of Wisdom  
Discussion (Linda)

9:30 Hugh Lane  
LGBTQ Senior Group  
12 Music for the Mind

10:30 Familylinks  
CORE Classes  
12:30 Painting

12 Music for the Mind

**Homewood Room**

12 Bingo

10 Mega Morning  
Bingo

9:30 Smart Driver  
(12/6 & 7)  
12 Pokeno

9:30 Arts & Crafts  
(10/19 - 11/2)  
9:30 Mental Aerobics  
(11/9 - 11/16)  
1 Chronic Conditions

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**

10 Crochet

**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 Wii Bowling

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**

10 Ask The  
Dietitian  
(10/19 - 11/2)



# WELLNESS AND LIFE ENHANCEMENT NEWS

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

## AARP Smart Driver Course

Earn auto insurance discounts! Wed. & Thu. Dec. 6 & 7 (must attend both), 9:30 a.m. – 1:30 p.m., \$20 AARP members / \$25 nonmembers. Limit: 24

## Active Living with Chronic Conditions

Thu. Oct. 19 – Nov. 30, 1:00 – 3:30 p.m. In-Person Workshop at Vintage. Do you have an ongoing health condition that affects your daily life? This free program helps you solve problems, manage symptoms, set goals and more.

## Ask the Dietitian

Thu. Oct. 19 – Nov. 2, 10 – 11 a.m. Retired dietitian and University of Pittsburgh faculty Judy Dodd MS, RDN, LDN will answer your questions about food sensitivities and eating for longevity in a Q & A format on zoom.

## Bone & Joint Health Town Hall

Thu. Nov. 9, 9:30 a.m. – 12:30 p.m. Sponsored by the Center for Bone and Joint Health at UPMC Magee-Womens Hospital. Light lunch provided. Limit: 30. RSVP Front Desk.

## CarFit

Tue. Oct. 17, 10:30 a.m. – 12:30 p.m., Trained volunteers check your vehicle in Vintage's parking lot to ensure a proper fit inside your car for safe driving. Sponsored by University of Pittsburgh, Dept. of Occupational Therapy.

## CCAC Classes

- Aerobic Exercise, Fri. Oct. 20 – Dec. 15, 11:15 a.m.
- Arts & Crafts, Thu. Oct. 19 – Nov. 2, 9:30 a.m.
- Mental Aerobics / Boost Your Brain, Thu. Nov. 9 – 16, 9:30 a.m.

## Fairy Garden Class

Mon. Nov. 20, 1 p.m. Cost: \$20 (includes supplies) Limit: 20.

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

- Mon. Oct. 2, "Dealing w/ Dementia"
- Fri. Oct. 6, "Care Planning"
- Mon. Oct. 9, "Identity Theft"
- Fri. Oct. 13, "Mobility Equipment"
- Mon. Oct. 16, "Medicare 101"
- Mon. Oct. 23, "Improved Medicare Benefits for 2024"

- Fri. Oct. 27, "DNA Bingo"
- Mon. Oct. 30, "Adult Weight Management"
- Fri. Nov. 3, "Can We Talk program"
- Mon. Nov. 6 "Eat Health Smart This Holiday Season"
- Fri. Nov. 10 – "Make Giving Back Your Second Act!"
- Fri. Nov. 17 "In Service of Seniors"

## Technology Services

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

- One-on-one Technology Coaching
- Lending Library (Internet Service & Laptops)
- Tablet Lounge (Available without appointment)

Contact Michael Smith at 412-361-5003 ext. 108

## Trips

Sign-up for trips at the Front Desk or call (412) 361-5003. To participate in group transportation, you need to be 60+, registered with OPT, and have money in your epurse. See Cheryl Schell if you're not registered.

## Cultural Trips

- Wed. Oct. 25, Phipps Fall Flower Show. OPT Pick-up: 10 a.m. Cost: \$20.40 (paid at Phipps)
- Sun. Nov. 5, "The Whiz," Benedum Center. OPT Pick-up: 11:45 a.m. (1 p.m. show), Cost: \$38 (members only/orchestra seats). Limit: 30. Deadline: Oct.16 NOTE: Reduced price thanks to funding from the Allegheny County Area Agency on Aging.
- Tue. Nov. 14, McKeesport Regional History & Heritage Center & Tillies' Restaurant (Italian). OPT Pick-up: 9:45 a.m. Cost: Museum admission free

## Restaurant Trips (OPT Pick-up 11:15 a.m.)

- Tue. Oct. 31, Olive Garden (Monroeville)
- Wed. Nov. 8, Jimmy Wan's (Old Freeport Road)
- Tue. Nov. 21, Texas Roadhouse (Bridgeville)
- Thu. Dec. 7, Cracker Barrel

## Shopping Trips (OPT Pick-up 10:30 a.m.)

- Wed. Nov. 1, Red, White & Blue Thrift
- Mon. Nov. 27, Monroeville Mall
- Tue. Dec. 5, Hobby Lobby (McKnight Road)



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

## 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.



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## Welcome New Members

Memberships through September 14, 2023 are included. Vintage membership is \$25 per year including free exercise classes, fitness studio, technology center and other benefits. Remember... membership matters! Call 412-361-5003 ext. 102

Vera Hsu	David Collins	Shawn Johnston	Catherine Moran	Brenda Simmons	John Wesner
Carmella Anderson	Iona Comer	William Johnston	Jacqueline Morrow	Nadine Smith	Anna Whitaker
Nadine Banks	Carol Crystian	Antoinette Jones	Nancy Novak	David Sovereign	Stephanie White
Joan Baugh	Margaret Culliver	Marcia Jones	Patricia O'Kelley	Loretta Stanish	Mary Willard
Joyce Broa	Maureen Dobson	Monica Jones	Patricia Oliver	Loraine Taylor	Brady Williams Sr.
Cornell Brunson	Carrie Dorsey	Manuel Kalandula	Walter Oliver	Calvin Tucker	Carolyn Winbush
H. Retta Brunson	Ada Durham	Kathy Kokal	Monique Olivis	Rebecca Tucker	
Shirley Buckner	Christine Flamm	Meryl Lazar	Thelma Price	Lisa Vargo-Smith	
Julie Ann Caryl	Lorraine Gregg	Yvonne Lewis	Martha Puzio	Sandy Vansoch	
Stacey Chandler	Eleanora Harris	Althea McDaniel	Joni Rabinowitz	Alaina L. Vickers	
Belinda Chatman-	L. Rae Hodge	William McDaniel	Andrea Regan	Thekla Wainwright	
Edmonds	Charlene Johnson	Barbara McClain	Antoinette Rumble	Jeannette Ward	
Sheila Christian	Ronald Johnson	James Montgomery	Linda Shab	Melanie Washington	

## 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.