

the vineyard

A Publication of Vintage, a Service of Familylinks.



Fall 2024, Oct. – Dec.

Vintage is **CLOSED**:

- Thu. & Fri., Nov. 28 & 29 for Thanksgiving
- Tue. Dec. 24 Early closure for Christmas Eve, 12:30 p.m.
- Wed. Dec. 25 for Christmas
- Wed. Jan. 1 for New Years

Special Events

Note: Events do NOT include lunch. Make lunch reservations on touchscreen as usual.

- **Thu. Oct. 3, 10 a.m.–Noon**

Updated COVID & Flu Clinic
w/ Giant Eagle

- **Mon. Oct. 21, Noon,**

Oktoberfest, Free

- **Thu. Oct. 31, Noon,**

Halloween Party sponsored by
Comfort Keepers, Free

- **Thu. Nov. 21, Noon,**

Thanksgiving Event sponsored by
MediConnect, \$2

- **Thu. Dec. 19, Noon,**

Holiday Event sponsored by Humana, \$2

- **Tue. Dec. 31, 1 p.m.**

New Year's Event, \$3

Many Thanks to the Giant Eagle Foundation for their generous support.

giant eagle Foundation

A Message from the Executive Director

As the seasons change from summer to fall, I am constantly reminded of what makes Vintage so special—the people. Vintage is serving the largest number of people in our 51-year history! Thank you for making new participants feel welcome and helping them get involved in the activities of the center. Please remember to sign in on the computer screen when you arrive at Vintage, this includes visitors who must sign in with the receptionist for every visit. I hope you enjoy the comforts of this fall season—cool weather, time with loved ones, and cheering on your favorite football team (Go Steelers!).

Warmly,
Heather

Trips Sign-up for trips at the Front Desk or call (412) 361-5003. Cultural trips are cash/check only. To participate in group transportation, you need to be 60+, registered with OPT, and have money in your purse. See Cheryl Schell if you're not registered. Limits: 24 (unless noted)

Cultural Trips

- Sun. Oct. 27, “Black Angels Over Tuskegee,” New Horizon Theater at Pittsburgh Public Theater. OPT Pick-up: 1:45 p.m. Cost: \$35 (paid at theater).
- Tue. Dec. 3, Frick Mansion “Clayton” Holiday Tour, OPT Pick-up: 11:45 a.m. Cost: \$20. Deadline: Oct. 30 (limit 10)
- Sat. Dec. 14, “A Musical Christmas Carol,” Byham Theater, OPT Pick-up: 12:45 p.m. Cost: \$9 (reduced ACAA price). Deadline: Oct. 25 (limit 24)

Restaurant Trips (OPT Pick-up 10:45 a.m.)

- Thu. Oct. 24, Texas Roadhouse (Bridgeville)
- Tue. Oct. 29, The Lot at Edgewater
- Tue. Nov. 19, Smokey Bones (Pgh Mills)
- Thu. Dec. 5, Cracker Barrel
- Tue. Dec. 10, Applebees (Edgewood)

Shopping Trips

- Tue. Oct. 22, Soergel Orchards
- Wed. Nov. 20, Walmart (North Versailles)
- Tue. Dec. 17, Hobby Lobby & Golden Corral



FALL ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	9:15 Walking Group 10 Enhance Fitness 12 IGIA Movement (8/19 - 10/14) 1 Line Dance (Begin)	9:15 Walking Group 10 Silver Sneakers 11:30 Tai Chi 1 Yoga 2:30 Line Dance (Begin)	9:15 Walking Group 10 Enhance Fitness 12 Chair Exercise 1 Line Dance (Adv)	9:15 Walking Group 10 Silver Sneakers 11:30 Tai Chi 1 Yoga	9:15 Walking Group 10 Line Dance (Begin) 11 Soul Aerobics 11:30 Your Health, Your Way (10/11-11/15) 1 Line Dance (Adv)
Wilksburg Room	10 Chess 12 Intro Mahjong	12 Bridge Club	10 Stroke Group (1st & 3rd) 12 Bible Study 1 Writing 2 Mahjong	11:30 Book Club (2nd Thur) 11:30 Ebony Pennies Club (3rd Thur)	12 Bridge Intro & Practice
East Liberty Room	10 Bible Study 11:45 Vintage Choir	9:30 Quilting 1 Pearls of Wisdom Discussion	11:30 Acting Class (10/9-12/11) 1 Balance/Mobility Exercise	9:30 Medicare Workshops (10/3,17,31, 11/14, 12/5) 12:30 Painting	10 Creative Spirit (11/8-22) 10 City Squeekers (10/4, 11/1, 12/6) 1 Balance/Mobility Exercise
Homewood Room	12 Bingo sponsored by MediConnect	10 Mega Morning Bingo sponsored by MediConnect	9:30 Chronic Conditions (10/30 - 12/4) 1 Familylinks CORE Classes	12 Diamond Painting 1 Beauty 101(11/7-14) 1:30 Cookie Decorating (12/5)	12 Bingo sponsored by MediConnect
Fitness Studio	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm 1-3 Equipment Assistance & Training	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm 1-3 Equipment Assistance & Training
Larimer Room		10 Jewelry (10/15,22,29)	12 Pokeno	10 Jewelry (10/17,24)	
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)	9:30 Chromebook Workshop (8/15-10/17) Individual Coaching (by Appointment)	Individual Coaching (by Appointment)
Shadyside Room			9:30 Smart Driver (12/11)	9:30 Smart Driver (12/12)	1 Table Talk Lectures 11/1-15
Hugh Lane Wing			10 Rainbow Trailblazers	6 Rainbow Trailblazers (2nd & 4th)	



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. 11 & 12 (must attend both), 9:30 a.m. – 1:30 p.m., \$20 AARP members / \$25 nonmembers. Limit: 24

Active Living with Chronic Conditions

Wed. Oct. 30 – Dec. 4, 9:30 – Noon. In-Person Workshop. 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.

Beauty 101 “The Basics”

Thu. Nov. 7 & 14, 1 p.m. Cost: \$5 supply fee. Learn about makeup/hair basics from Bridgett Anderson, Vintage Staff.

CCAC Classes (Watch for details)

- Exploring Your Creative Spirit, Fri. Nov. 8–22, 10 a.m.
- Table Talk Lectures, Fri. Nov. 1 – 15, 1 p.m.

City Squeakers Senior Social

A monthly meetup for caregivers with young children and Vintage seniors. (10-11 a.m. East Liberty Room)

- Fri. Oct. 4 “Pumpkin Painting”
- Fri. Nov. 1 “Thankfulness Jar Creation”
- Fri. Dec. 6 “Snowy Day” Book & Craft

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. Membership required.

- No October Classes
- Beginners – Nov. 12 & 19 (keyboard / mouse skills)
- Intermediate – Dec. 3, 10 & 17 (hardware, internet, email systems)
- Advanced – Jan. 7, 14 & 21 (Word & Excel basics, storage devices)

Cookie Decorating for the Holidays

Thu. Dec. 5, 1:30 p.m. Cost: \$4. Learn holiday sugar cookie decorating tips from Marissa Klein, Vintage Staff.

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

- Mon. Oct. 7 (+ 11/4, 12/2) – Humana
- Fri. Oct. 18 – In Service of Seniors
- Fri. Oct. 25 – Art Memory Making
- Mon. Oct. 28 – Nutrition Planning for the Holidays
- Fri. Nov. 8 – Dangers of Winter Isolation

Jewelry Making with Carmen

“Accessorizing for the Holidays” (Supply list available when fee is paid)

- Knotted Elegance Necklace, Tue. & Thu. Oct. 15 & 17, 10 a.m. Cost: \$25 (limit 8 / no experience)
- Japanese Braided Earrings, Tu. & Thu. Oct. 22 & 24, 10 a.m. Cost: \$10 (limit 8 / previous Kumihimo experience)
- Dangle Earrings, Tue. Oct. 29, 10 a.m. Cost: \$10 (limit 10 / no experience)

Medicare Workshops with MediConnect

Thu. Oct. 3, 17 31, Nov. 14, Dec. 5, 9:30 a.m.

Big changes are coming in 2025. Be prepared to make wise decisions.

Public Works with Pittsburgh Public Theater

Vintage is proud to be a partner in the creation of a Public Works pageant performance of Shakespeare’s Twelfth Night in June 2025. This is a unique performance on stage at the Pittsburgh Public Theater featuring community residents of all ages. Acting classes for seniors will be offered at Vintage and participants will have the opportunity to audition in the spring.

- Musical Theater Acting 101, Wed. Oct. 9 – Dec. 11, 11:30 a.m. This class provides beginner tools and techniques that prepare you for a stage debut. Combine singing, dancing and acting techniques to bring stories to life.

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 412-525-5591

Your Health, Your Way Returns!

- Fri. Oct. 11 – Nov. 15, 11:30 a.m. – 12:45 p.m. A program that promotes wellness through health education, goal-setting, and fun group movement. YHYW is designed for anyone experiencing joint pain and limited mobility.



421 North Highland Ave.
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 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.

Accredited by
 National Institute of Senior Centers



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Welcome New Members

Memberships through September 5 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

Michelle Allen	Marilyn Butler	Bettie Hawes	Laura Legnine	Georgia Paris-Ealy	Lamar Smith
Vickie Allstot	Darnell Cleveland	Catherine Haywood	John Ludwig	Joan Parr	Jane Stephen
Asha Bansal	Janie Cord	Patricia Ann Herd	Jeanne Manson-Gray	Kenneth Peterson	Ruth Still
Ram Bansal	Gloria Rollins Davis	Thelma Holmes	James McCauley	Yvonne Peterson	Deidra Thompson
Richard Alan Bava	Barbara Douglass	Philip Courtney Holt	Joann McCray	Barbara Pugh	Tywanna Washington
Alice Bean	Willa Ensuey	Michelle Hudson	Gregory McDonald	Doris Riddick	Jerome White
Tamara Benzo	Edith Olivia Green	Allyce James	John Mitchell	Warren Rush	Lynne Williams
Virginia Bowens	Katherine Green	Rainey Jones	James Olson	John Saban	Marla Woody
Gregg Broujos	Annie Grice	John Knight	Melanie Sue Olzewski	Janice Schuler	
Lionel Brown	Edward Guy Jr.	Brian Larman	Deborah Pakler	Arned Scoggins	
Gwendolyn Butler	Dolores Harris	John Leftwich	Howard Pannell	Walter Shaahid	

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
- AARP 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.