

# the vineyard

A Publication of Vintage, a Service of Familylinks.



Spring 2019, Apr. May & Jun.

*Vintage is CLOSED on May 27th for Memorial Day and July 4th for Independence Day.*



The Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield benefits 79 Southwestern Pennsylvania health and human service agencies. One hundred percent of the money raised by Vintage walkers stays at Vintage to support our services. This year's walk will be on Saturday, May 11, 2019 at Stage AE on the North Shore starting at 9:00 a.m. We encourage all Vintage members to consider donating \$20 or more to support Vintage. If you would like to attend the Walk on May 11, see Rosemary DePhillips in the Trip Office for information about transportation.

Accredited by   
National Institute of Senior Centers

Many thanks to 'The Vineyard' Newsletter SPONSOR



## A Message from the Executive Director

In the early 1970's, a small group of volunteers wanted to "do good for the neighborhood". They determined that the community needed services for seniors, and the idea for Vintage was born. The organization was officially founded in May of 1973 and has been a fixture in East Liberty since.

Today, Vintage is a nationally accredited senior center welcoming more than 1,000 participants annually. The Center offers a wide array of high quality activities with a focus on pro-active health and wellness, such as yoga and tai chi, dance and art classes, travel to museums and live performances, computer classes, health screenings, informational speakers and daily meals. Vintage is a licensed provider of the Chronic Disease Self-Management Program that was originally designed by Stanford University. It is an evidenced-based program for adults to learn management strategies for conditions such as heart disease, arthritis, diabetes, cancer and other ongoing health issues.

**Please join us on Friday, June 28th, from 5-8 pm for our 46th Anniversary Celebration.**

This event is generously sponsored by The Melinda Beard Memorial Fund. Melinda was a founder of Vintage and past Board Chair; her passion and vision were instrumental to Vintage's success over the years.

## Senior Community Center Events

- Wednesday, April 17.....Veteran's Breakfast Club at Vintage, 8:30 a.m., Cost: FREE
- Monday, April 22.....Earth Day Event (watch for details)
- Friday, May 10.....Mother's Day "Morning Breakfast," 9:30 – 10:30 a.m., Atrium, Cost: \$3
- Saturday, May 11.....Highmark Walk for A Healthy Community, 9 a.m. (see left column article)
- Tuesday, May 14.....Vintage Theatre Guild, 1 p.m., Cost: \$2 (toward \$8 annual dues)
- Wednesday, May 15.....Area Agency on Aging Older Americans Month Event, Boyce Park (see page 2)
- Tuesday, June 11.....Farmer's Market Voucher Distribution, Starts 8:15 a.m. First Come, First Served
- Friday, June 14.....Father's Day "Afternoon Cook-In", 1:00 – 2:00 p.m., Back Hall, Cost: \$2
- Friday, June 28.....46th Anniversary Black & White Attire Dinner Dance, 5:00 – 8:00 p.m., Cost: \$5 + Bring a dessert



# CENTER FOR ACTIVE ADULTS TRIPS

OPT Return Pick-up on all trips TBA

*NOTE: Please notice very early ticket deadlines. Don't delay!  
Visit Trip Office for detailed performance descriptions.*

## LOCAL TRIPS

*\*reduced price with Area Agency on Agency funding*

### RIVERS CASINO

Date: Tuesday, April 23

Time: OPT pick-up: 10:00 a.m.

Cost: Free (lunch on own at casino)

Deadline: April 17 (Limit 40)

### "DOUBLE THREAT-TRIO"

Date: Thursday, April 25

Time: OPT pick-up: 10:45 a.m.

Place: CLO Cabaret & Buffet

\*Cost: \$20 / \$30 Nonmembers

Deadline: April 5 (Limit 12)

### OLDER AMERICANS MONTH EVENT

Date: Wednesday, May 15

Time: 11:00 a.m. – 2:00 p.m. (OPT: TBA)

Place: Boyce Park

Cost: Free OPT (must be registered)

Deadline: May 8

### NEW HORIZON THEATER

#### "THE NEW STYLISTICS"

Date: Saturday, May 25

Time: 7:30 p.m. (show time/no OPT)

Place: Kelly Strayhorn Theater

Cost: \$41 / \$51 Nonmembers

Deadline: May 17

### NEW HORIZON THEATER

#### "FREEDA PEOPLES"

Date: Sunday, June 2

Time: 3:00 p.m. (show time/no OPT)

Place: Carnegie Library, Homewood

Cost: \$16 / \$26 Nonmembers

Deadline: May 24

### BEETHOVEN'S NINTH

Date: Sunday, June 9

Time: OPT pick-up: 1:15 p.m.

Place: Heinz Hall

Cost: \$23 / \$33 Non-members (orchestra)

Deadline: May 28 (Limit 16)

## VENTURE OUTDOORS NATURE HIKES

Dates: Wednesday, April 17 – Montour Trail

Wednesday, June 19 – Highland Park

Time: 1:00 – 3:00 p.m. OPT Pick-up: 11:45 a.m.

Cost: Free

Deadline: One week before trip.

### "SPAMILTON"

Date: Thursday, June 20

Time: OPT pick-up: 10:45 a.m.

Place: CLO Cabaret & Buffet

\*Cost: \$20 / \$30 Nonmembers

Deadline: May 8 (Limit 12)

### PITTSBURGH SYMPHONY POPS

#### "NAT & NATALIE: UNFORGETABLE"

Date: Sunday, June 23

Time: OPT pick-up: 1:15 p.m.

Place: Heinz Hall

Cost: \$27 / \$37 Nonmembers

Deadline: June 10 (Limit 16)

## SHOPPING & FIELD TRIPS

Thu. Apr. 4 – WalMart

Wed. Apr. 10 – Red White & Blue Thrift

Wed. May 1 – Ross Park Mall

Wed. Jun. 12 – Red White & Blue Thrift

Wed. Jun. 19 – Kohl & Red Lobster

## LUNCHEON TRIPS

Mon. Apr. 8 – Texas Roadhouse (Bridgeville)

Thu. Apr. 18 – Applebees (Edgewood Town Center)

Tue. Apr. 30 – Outback (Monroeville)

Fri. May 3 – T.J. Buffet & Sushi (Pittsburgh Mills)

Mon. May 20 – Smokey Bones (Pittsburgh Mills)

Wed. May 29 – Longhorn (Waterfront)

Thu. Jun. 6 – Ichiban Steak & Sushi (Waterworks)

Fri. Jun. 14 – Cracker Barrel (Robinson)

Tue. Jun. 25 – Fortune Star (Miracle Mile)



# 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

- Wed. & Fri. May 1 & 3 (must attend both),  
9:30 a.m. – 1 p.m. Cost: \$20/\$15 (AARP members).

## 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. Call Michael Smith at (412) 361-5003 Ext. 108. A Vintage series will be offered:

- 6 Tue. May 21 – June 25, 9:30 a.m. – 12:00 p.m. Space limited. Pre-register: (412) 361-5003 Ext. 104

## Computer Classes,

Mike Smialek, Instructor

Mon. Noon – 2:30 p.m. Cost: \$5

- Computer Basics 2, Apr. 8 – 29 (Smialek)
- Facebook for Beginners, April (date TBA). Learn how to use this social media website to stay in touch with friends and family. (Gabrielle Bucci, Carnegie Library of Pittsburgh – East Liberty, Instructor)
- Computer Basics 1, Jun. 3 – 24 (Smialek)

## Gardening Basics Class

Jill Behrmann, Chatham University, Instructor

- Fri. Apr. 19, 10:00 – 11:30 a.m. This refresher class will go over everything you need to know to maintain a garden. Free seeds to those who attend.

## Health Speakers - 11:15 a.m., Dining Room

- Mon. Apr. 8 “Ombudsman Program,” Allegheny County Area Agency on Aging
- Mon. Apr. 15 “Pedestrian Safety,” Allegheny County Police Dept. & AAA East Central
- Fri. Apr. 26 “Understanding Medicare,” Insurance Services LLC
- Mon. Apr. 29 “Help with Hearing Aides,” Pittsburgh Hearing and Deaf Services
- Fri. May 10 “Final Expenses,” Lincoln Heritage
- Mon. May 13, “Healthy Ride Bike Share,” Pittsburgh Bike Share

## Jewelry Workshops

Jan Loney, Instructor

- Tue. Apr. 9 & 30, May 21, June 4 & 18. 12:30 – 2:00 p.m. Projects to be announced. Cost: \$5 - \$20

## “Let’s Go Fishing”

Rev. Spencer Simon, Jr., Presenter

- Thu. Apr. 25, 3:30 p.m. Spend some relaxing time teaching urban youth how to fish at Highland Park’s Lake Carnegie this summer! Come find out more at this inspirational and informative presentation.

## Make Your Own Greeting Card Workshop

Jan Sturgill, Instructor

- Tue. Apr. 23, 1:00 - 2:00 p.m. Cost: \$2

## Memory Training “Booster”

Ellie Bruner, Agewell Pittsburgh, Instructor

- Wed. May 1, 8 & 22, 12:30 – 2 p.m. Refresher program for graduates of last fall’s Memory Training Program.

## Safety Skills Workshop

Instructor: Mona MacDonald, Lioness Martial Arts

- Mon. May 20, 12:00 p.m. Cost: \$5 (must have 10). Improve your confidence and personal safety in all kinds of situations. Explore awareness skills, projecting a confident image, the power of your voice, and few simple but effective physical defenses.

## “Shape up with Stephanie” Fitness Class

- Thu. 9:00 a.m. Apr. 11 – May 2; June 6 – 27. Stephanie Martin, Vintage Fitness Instructor, will help you transform your body using our Fitness Studio equipment. Free for Vintage dues paying members.

## Sponsored Bingos

- Mon. Apr. 12, Presbyterian Senior Care

## 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.



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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.



A United Way Member  
Code No. 105

## Welcome New Members

Lawrence Alexander  
Marcene Benton  
Sarah J. Brown  
Pamela Buffington  
Donald Cabbagestalk  
Sydney Carter  
Lana Couzzens

Richard A. Covington  
Illisa Darkins-Johnson  
Mark Desiderio  
Judith Dickson  
Deborah Ellenbogen  
Barbara Fotta  
Arlene E. Gordon

Russell Johnson  
Joan King  
Teresa Hickman  
Martin Horst  
Elizabeth Liberman  
Nira A. Madison  
Gale Marrow

Ruth Milliones  
Gwendolyn Minshall  
Barbara Mosley  
Betty Rieley  
Adrienne Smith  
Daniel Webster  
Richard Witt

Memberships through March 18, 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.