

the vineyard

A Publication of Vintage, a Service of Familylinks.



Spring 2022, Apr. – Jun.

CLOSINGS:

- **Memorial Day**
Monday, May 30th

Program Updates

Hot Lunches: A date for resuming hot lunches is still unknown, but anticipated to resume by July. When hot meals do resume, Vintage will go back to requesting a suggested donation for lunch as we did before the COVID-19 closing in spring of 2020. The suggested donation will be \$1.00. These donations are a very important part of supporting the nutrition program that you enjoy at Vintage. Please donate as you are able.

A Message from the Executive Director

“Parting is sweet sorrow” perfectly describes my feelings as I leave Vintage and begin my retirement. To say that Vintage is special is an understatement, and I will miss all the happy noise and vibrant activity that defines our center. Fortunately, I am leaving you in excellent hands with the recent arrival of Vintage’s new executive director, Heather Sedlako. Heather joins us from her prior position at the United Way of Southwestern PA and has vast experience with services for older adults. She joins an exceptional team of staff members (Tom, Cheryl, Linda, Jennifer and Michael) and I have no doubt that Vintage will continue to flourish. I feel extremely fortunate to have been a part of this organization, and have many lovely memories to take with me. I want to extend my warmest wishes to each of you for health and happiness.

Ann Truxell
Executive Director

VINTAGE GRATEFULLY ACKNOWLEDGES OUR 2021-2022 DONORS AND SPONSORS



- Amazon
- Andrew R. and Dorothy L. Cochrane Foundation
- Ann and Frank Cahouet Foundation
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- Milton G. Hulme Charitable Foundation
- Pennsylvania Department of Aging
- PNC Charitable Trust
- The Pittsburgh Foundation
- The Ragsdale Family Fund of The Pittsburgh Foundation
- United Way of Southwestern PA
- William B. McLaughlin Charitable Trust

HIGHMARK WALK FOR A HEALTHY COMMUNITY

The Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield benefits 108 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 7, 2022 at Heinz Field, Gate A, 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 7, see the front desk.

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Many thanks to 'The Vineyard' Newsletter SPONSOR



Give Meaningfully to
United Way
United Way of Southwestern Pennsylvania



SPRING ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	10 Enhance Fitness 11:30 Lunch Pick up 1 Line Dance (Linda)	10 Silver Sneakers 11:30 Lunch Pick up 1 Yoga (Leslie) 2:30 Line Dance (Linda)	10 Enhance Fitness 11:30 Lunch Pick up 12 Chair Exercise (Chatham) 1 Line Dance (Stella)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga (Katrina)	10 Line Dance (Linda) 11:30 Lunch Pick up 12 Chair Exercise (CCAC) 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 (CCAC) 11:30 Open seating for Lunch 1 Pearls of Wisdom Discussion (Linda)	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	TV Room 9 am - 4 pm	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	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)	9:30 Hugh Lane LGBTQ Senior Group	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)



WELLNESS AND LIFE ENHANCEMENT NEWS

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

AARP Smart Driver Course

In-person classes have still not resumed. You can leave your name and phone number at our Front Desk or call 412-361-5003 to be put on a wait list and be notified when classes become available. On-line classes are available for a fee at www.aarpdriversafety.org

Ballroom Dancers Performance

The Pittsburgh Ballroom Dancers will perform at Vintage on Tuesday, April 12th at noon in the Bitzer Room.

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.

- Advanced, Apr. 5 – 19
(Microsoft Word/Excel/Windows storage management)
- Beginners, May 17 – 24
(keyboard/mouse skills)
- Intermediate, Jun. 7 – 21
(hardware/Windows 10/internet/email)
- Advanced, Jul. 12 – 26

Executive Director Farewell Reception

Join us for cake in the Atrium at noon on Monday, April 4th to thank departing Executive Director, Ann Truxell, for her 22 years of service to Vintage and to extend her warm wishes for a happy retirement.

A Message from Hugh Lane LGBTQ Partners

The Hugh Lane Wellness Foundation Senior LGBTQ Partners are thrilled to be meeting weekly at Vintage! We are very grateful to the Vintage staff for the welcome we have received. We meet on Wednesdays from 9:30 to 11:30. We welcome other LGBTQ seniors to join us.

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 computer at home, but do not have internet access, leave a message about Internet Services.
- If you do not have either a computer or internet access at home, inquire about our Computer Lending Library. We look forward to assisting you through the Senior Tech Support Program. Contact Michael Smith at 412-361-5003 ext. 108.

Trips

Now that COVID-19 positivity rates are significantly declining, Vintage is happy to reintroduce 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 purse. See Cheryl Schell if you are not registered. Note that future trip scheduling could be subject to change based on COVID-19 positivity rates.

Cultural Trips

- Saturday, May 21 – PNC Broadway, “Ain’t Too Proud: The Life And Times of the Temptations”, 2 p.m. show time (OPT Pick-up 12:30 p.m.). Cost: Orchestra tickets are free to 28 lucky raffle winners thanks to funding from the Allegheny County Area Agency on Aging provided to the Pittsburgh Cultural Trust. To take part in the raffle, call 412-361-5003 or see the front desk by Friday, April 22nd. A current Vintage membership is required to participate. Winners will be announced Tuesday, April 26th.
- Thursday, June 30 – Carnegie Museum of Art and Natural History, OPT Pick-up 10:30 a.m. Cost: Free to 11 participants with Vintage’s Organizational Outreach Membership.

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

- Tuesday, April 19, Cracker Barrel
- Wednesday, May 11, Applebees
- Monday, June 20, Smokey Bones

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

- Wednesday, April 27, Ross Park Mall
- Thursday, June 9, WalMart



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.



United Way of Southwestern Pennsylvania

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Welcome New Members

Mary Dean Aber	Kathryn J. Beach	Mary P. Connolly	Andrew Jackson	Darlene Morrone	Margaret Wood
Harvey W. Adams	Keith R. Beach	Carl Curbison	Helen Jackson	Joan Meadows	
Lucille Aiken	Kathi Boyle	Jan Dahl	Winifred Jones	Edith McCallum	
Carlagene Arter	Reginald L. Brown	Joyce Gaines	Mitchell Kardon	Elaine F. Scott	
Marilyn D. Arter	Helen J. Clark	Ruth Garner	Maryann Kukla	Nadine J. Thompson	
Roy Aiken	Jay Colosimo	Janet Hayes	Linda Lawson	Jeffery Weinberg	

Memberships through March 9, 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
- 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.