

the vineyard

A Publication of Vintage, a Service of Familylinks.



Spring 2023, April – June

Vintage is CLOSED:

- Monday, May 29 for Memorial Day
- Tuesday, July 4 for Independence Day

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

- Sat. May 6, New Horizon Theater concert, "Russell Thompkins Jr. & The New Stylistics", OPT Pick-up: 6:45 p.m. Cost: \$40
- Wed. May 18, Pittsburgh Opera, "We Shall Not Be Moved," August Wilson African American Cultural Center. OPT Pick-up: 9:15 a.m. Cost: \$8 Members / \$18 Nonmembers (orchestra seats), Deadline: April 18. NOTE: Reduced price thanks to funding from the Allegheny County Area Agency on Aging.
- Sat. June 10, New Horizon Theater, "Chicken & Biscuits." OPT Pick-up: 2:00 p.m. Cost: \$20

Restaurant Trips

- Wed. Apr. 19, Bravo! Italian Kitchen (North Hills)
- Mon. May 15, Fortune Star (Monroeville)
- Thur. Jun. 8, Cracker Barrel (Robinson)
- Mon. Jun. 19, The Lot at Edge Water (Oakmont)

Shopping Trips

- Tue. Apr. 25, Walmart (North Versailles)
- Wed. May 10, Red, White & Blue Thrift (Avalon)
- Wed. Jun. 14, Hobby Lobby / Golden Corral (Robinson)
- Tue. Jun. 27, Target / Red Lobster (North Hills)

A Message from the Executive Director

Happy Golden Anniversary to Vintage Center for Active Adults!

Vintage began on May 30, 1973 in a church basement in East Liberty. And 50 years later, we continue to hold a special place in the lives of active adults who gather for fitness (of body and mind), fellowship and fun! As you can see from our special 50th Anniversary logo, we are focused on legacy and community forward. YOU are our community. And YOU are our legacy. I hope you will join us for a dessert and entertainment reception on May 30, 2023 to celebrate! This free event will feature some special guests, along with entertainment from JazzJudi and of course, birthday cake! Please RSVP by calling 412-361-5003 (Limit: 175)

Thank you for being a part of the Vintage community. We look forward to seeing you soon.

Warmly,

Heather L. Sedlacko
Executive Director



Special Events

- **Wed. Apr. 5**.....10 a.m.– Noon, Health Fair by Carlow University Nursing
- **Mon. Apr. 17**.....Noon. Annual Volunteer Recognition Luncheon
(Volunteers with 24+ hours of yearly service will be mailed invitations.)
- **Thu. May 11**.....10 a.m. Mother's Day Breakfast w/ Myers Family Band
- **Wed. May 24**.....10 a.m. – 2 p.m., Open House (RSVP: 412-361-5003)
- **Tue. May 30**..... Noon. 50th Anniversary Party w/ JazzJudi
(RSVP: 412-361-5003 / Limit 175)
- **Fri. June 16**.....1 p.m. Father's Day Cookout
- **Thu. June 22**.....8:15 a.m. – 1:00 p.m. Senior Farmer's Market Voucher Distribution
- **Fri. June 30**.....4 – 7 p.m. Evening Dinner Dance (watch for details)



SPRING ACTIVITIES SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Bitzer Room

10 Enhance Fitness
1 Line Dance (Linda)
2:30 Pilates (4/24-6/5)

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 African Drumming (4/13-6/8)

10 Line Dance (Linda)
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 Mahjong

East Liberty Room

10 Bible Study
11:45 Vintage Choir

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

9:30 Hugh Lane LGBTQ Senior Group
12 Grief Support Group (4/19-5/31)

10 Crochet
12:30 Painting

Open for Cards/games

Homewood Room

12 Bingo

10 Mega Morning Bingo

12 Pokeno

12:30 Penny Bingo (Atrium)

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
9:30 & 10 Ride with Pat

Spinning Bikes
9 am - 4 pm

Spinning Bikes
9 am - 4 pm
9:30 & 10 Ride with Pat

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 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

9:30 Jewelry (5/1-6/5)

9:30 Smart Driver (5/24)

9:30 Smart Driver (5/25)



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

Earn auto insurance discounts! Wed. & Thu. May 24 & 25 (must attend both), 9:30 a.m. – 1:30 p.m., \$20 AARP members/\$25 nonmembers. Limit: 16

African Drumming New!

Learn to play African Drums for fun and stress relief.

- Mon. Apr. 10, Noon – Demonstration
- Thu. Apr. 13 – Jun. 8, 2:30 – 3:30 p.m. – Classes
Instructor: Haley Welsh

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 classes July – September)

- Beginners – Apr. 18 & 25 (keyboard/mouse skills)
- Intermediate – May 9, 16 & 23 (hardware, internet, email systems)
- Advanced – Jun. 6, 13 & 20 (Word & Excel basics, storage devices)

Health Speakers

- Mon. Apr. 3 – “All of Us” Study, University of Pittsburgh
- Mon. Apr. 24 – “Fraud & Scams”, District Attorney’s Office
- Mon. May 1 – “Keeping Food Safe & Health Smart”, Judy Dodd MS, RDN, LDN
- Fri. May 5 – “Insurance, Retirement & Investments”, Western & Southern Life
- Mon. May 8- “UPMC Health Plan Neighborhood Center”
- Fri. May 19 – “Safe at Home”, Suncrest Hospice
- Mon. May 22 – “Fall Prevention” & UPMC Living-at-Home Program

Kumihimo Jewelry Class

Part 1 (no experience): Mon. May 1 & 8. Part 2 (previous experience): May 15 & 22. 9:30 a.m. – 11:30 a.m. Cost: Materials Kit \$20 Part 1/\$25 Part 2. Show & Share Meet-up (all previous students): June 5, 11 a.m. – Noon. Class size limit: 10. Kumihimo is a traditional Japanese artform of making braids and cords. Instructor: Carmen Osborne

Grief Support Group

Wed. Apr. 19 – May 31, 12:00 – 1:00 p.m.

A support group to help with grieving the loss of a loved one, grieving an imminent loss that hasn’t yet occurred, and even grieving the shortening of our own lives.

Facilitator: John Benedict (Limit 10)

Mahjong New!

Mon. & Fri. Noon – 3:30 p.m.

A Chinese game played, usually by four people, with rectangular pieces called tiles.

Pilates New!

Mon. 2:30 – 3:30 p.m. April 24 – June 5.

Exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

Instructor: Cleo Zell

On The Move

- Fri. Apr. 21, 11:15 a.m. – Program Overview Presentation
- Fri. Apr. 28, 11 a.m. – 1 p.m. Base-Line Testing (by appointment)
- Classes will be on Monday and Wednesday afternoons starting in July. You must be part of the base-line testing on April 28 to participate. “On the Move” is an evidenced-based 12-week group exercise class scientifically proven by physical therapists at the University of Pittsburgh. The classes target the timing and coordination of walking and is designed to improve mobility in older adults who feel they “just aren’t walking like they used to.”

Ride with Pat (Spinning Studio)

- Mon. & Wed. 9:30-10 a.m.; 10-10:30 a.m.
Group Leader: Patricia Taylor (Limit 3 per ½ hour session)

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



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.

Accredited by 
 National Institute of Senior Centers



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Welcome New Members

Memberships through March 15, 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

Augustine E. Andrews	Arthur Collier	Renee E. Grimes	Carolyn B. Kirsopp	Celestra Powell	Minnie Swindle
Yvonne C. Armes	Kimberly A. Cook	Michele R. Guy	Marcella Looney	Rosalyn Y. Price	Walter Story
Mary Beth Bawden	Annie G. Cope	Renay M. Guy	Shirley Luck	Debora O. Reddish	Ronald Tann
Diane C. Bennett	Samuel L. Duah	Karyn Harris	Yvonne P. Matthews	Gayle Reddish	Carol A. Thomas
David Bogere	Garbie Dukes	Wanda Henderson	Kimberly Mays	Richard Reed	Jeanine Thompson
Rhonda Bonner	Reba Edwards	Deborah Hickman	Sharon P. McDonald	Ramon Reid	Elizabeth Urbaitis
William Burris	Florence L. Fancher	Nancy H. Hoffman	Wanda Wynn-McGinnis	Valentino Rhea	Patricia Walker
Rosa M. Burgess	Katherine Fields	Robin E. Hopkins	M. Ursula McKenzie	Jo-Ann Smith	Mark A. Wilkes
Esther Bush	D. Maggie Fitzpatrick	Savanna Jamerson	Freda Meadows	Abraham Singleton	Harriet Wilson
Alan E. Carlson	Lisa Foster	Gill Jethroe	Rosemarie Meadows	Marjorie Spenser	
Yong-Ui Choi	Angie L. Fudco	Henry King	Dennis Morgan	Robin Spencer	
Ann Clothey	Patricia A. Grabowski	Otis King Jr.	Harvey Moore	Aretta Smith	
David Coleman	Glenda Stridiron-Graham	Albert W. Kirsopp	Loretta Portuphy	Clarence Swindle	

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.