

the vineyard

A Publication of Vintage, a Service of Familylinks.



Spring 2024, Apr. – Jun.

Vintage is CLOSED:

- Monday, May 27 for Memorial Day
- Thursday, July 4 for Independence Day

Special Events

- Wed. Apr. 17...10 a.m. CarFit
- Tue. Apr. 30...1 p.m., Annual Volunteer Recognition Luncheon (Volunteers with 24+ hours of yearly service will be mailed invitations.)
- Thu. May 9...10 a.m. Mother's Day Event (Watch for details)
- Fri. June 14...1 p.m. Father's Day Event (Watch for details)
- Wed. Jun. 19...Noon, Juneteenth Program

A Message from the Executive Director

There are no ends or beginnings, just transitions that take us where we're meant to go next.

For the last 30 years, Linda Moore has graced the halls of Vintage. Her position at Vintage has changed throughout the years, but her dedication to Vintage and its participants has only grown with time. This spring marks the end of an era as Linda has officially retired from Vintage. She was known by her coworkers and participants alike as someone who made people feel special. Whether it was through line dancing, cards, celebrations for birthdays, Mother's Day Breakfast, Father's Day Hot Dog Party, and much more, she wanted us all to have some fun. She is perhaps most widely known for her tireless work organizing the annual Dinner Dance complete with entertainment, raffles, prizes, good food and the largest collection of delicious desserts all in one space! We thank Linda for all she has done for Vintage and wish her good health and happiness in her next life chapter.

Warmly,
Heather

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.

- Sun. May 5, Pittsburgh Opera, "The Passion of Mary Cardwell Dawson (founder of Pittsburgh's historic National Negro Opera Company)," Byham Theater, OPT Pick-up: 1:45 p.m. Cost: \$18 / \$28 Nonmembers. Limit: 36. Deadline: Apr. 24
- Wed. Jun 19, Pittsburgh Pirates vs. Cincinnati Reds, PNC Park, OPT Pick-up: 11:15 a.m. Cost: \$20 / \$30 Nonmembers. Limit: 20. Deadline: May 6
- Sat. Jun 22, Pittsburgh CLO, "Lady Day (Billie Holiday)," Greer Cabaret Theater, OPT Pick-up: 12:45 p.m. Cost: \$52 / \$62 Nonmembers. Limit: 40. Deadline: May 22

- Sat. Jun 29, Pittsburgh CLO, "The Color Purple," Benedum Center, OPT Pick-up: 12:45 p.m. Cost: \$28 / \$38 Nonmembers. Limit: 40. Deadline: May 29
- Wed. Jul 10, Gateway Clipper, "Dixieland Luncheon," OPT Pick-up: 10:45 a.m. Cost: \$63 / \$73 Nonmembers. Limit 40. Deadline: June 6

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

- Tue. Apr. 16, Storming Crab (Waterfront)
- Thu. May 2, IHOP (Homestead)
- Wed. May 15, Ichiban Hibachi & Sushi Bar (Waterworks)
- Thu. Jun. 13, Cracker Barrel

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

- Mon. Apr. 29, Robinson Town Center
- Thu. May 23, Waterfront (Homestead)
- Tue. Jun. 4, Walmart (Pittsburgh Mills)



SPRING ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	10 Enhance Fitness 12 CCAC Aerobics (4/7-5/27) 12 IGIA Movement (6/3-7/8) 1 Line Dance (Begin) 2:30 Pilates	10 Silver Sneakers 11:30 Tai Chi 1 Yoga 2:30 Line Dance (Begin)	10 Enhance Fitness 12 Chair Exercise 12 CCAC Chair Exercise (4/23-5/21) 1 Line Dance (Adv)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga 2:30 Pilates	10 Line Dance (Begin) 11:30 Your Health Your Way (4/12-5/17) 12 Chair Exercise 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 1 Latin Dance (4/29-5/20)	9:30 Quilting 1 Pearls of Wisdom Discussion	12 Music for the Mind 1 Balance/Mobility Exercise	12:30 Painting	12 Music for the Mind 1 Balance/Mobility Exercise
Homewood Room	12 Bingo	10 Mega Morning Bingo	1 Familylinks CORE Classes	9:30 Boost Your Brain (4/25-5/16) 1 Cookie/Cake Decorating (5/9-16)	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 10 & 11 Equipment Orientation (4/18,5/16,6/20)	Exercise Equipment 9 am - 4 pm
Larimer Room			12 Pokeno	10 Crochet 12 Discussion Group	
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 Smart Driver (6/5)	9:30 Smart Driver (6/6)	
Atrium				12 Penny Bingo (2nd & 4th)	
Hugh Lane Wing			9:30 LGBTQ Senior Group		



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. June 5 & 6 (must attend both), 9:30 a.m. – 1:30 p.m., \$20 AARP members / \$25 nonmembers. Limit: 16. Instructor: Linda Wortham, Vintage Member

Your Health Your Way (YHYW)

Fri. 11:30 a.m. – 12:45 p.m., Apr. 12 – May 17. Your Health, Your Way (YHYW) is 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. We will discuss Osteoarthritis: Prevention and Treatments, Building Strong Bones to Prevent Osteoporosis, Don't Let Pain Control Your Life – Managing Pain from OA, Nutrition for Healthy Bones and Joints, Preventing Falls, and The Mind-Body Connection. We hope that you find valuable information and a supportive community so that you can build and keep new healthy habits.

CCAC Classes

- Aerobics, Mondays, Apr. 7 – May 27, 12 p.m.
- Chair Exercise, Wednesday, Apr. 23 – May 21, 12 p.m.
- Boost Your Brain, Thursdays, Apr. 25 – May 16, 9:30 a.m.

Cookie & Cake Decorating Class

- Cookie Decorating, Thursday, May 9, 1 p.m. Cost: \$4. Instructor: Marissa Klein, Vintage Staff
- Cake Decorating, Thursday, May 16, 1 p.m. Cost: \$4. Instructor: Cathie Huber, Vintage Member

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.

- Intermediate – Apr. 9, 16 & 23 (hardware, internet, email systems)
- Advanced – May 7, 14 & 21 (Word & Excel basics, storage devices)
- Beginners – Jun. 11 & 18 (keyboard / mouse skills)
- Intermediate – July 9, 16 & 23
- Advanced – August 6, 13 & 20

Discussion Group

Thu. 12 p.m. Topics vary by week. Instructor: Ann Tucker, Vintage Member

Elder Abuse Lunch Series (11:15 a.m. Atrium)

- Wed. May 8 “Financial Exploitation”
- Wed. May 15 “Physical, Emotional & Sexual Abuse”
- Wed. May 22 “Self & Caregiver Neglect”

Elevate your Well/Being with IGIA Movement for Health. Perfect for Seniors!

Mon. Jun 3 – Jul 8, 12:00 p.m. Drawing from multiple somatic practices including yoga, meditation, Hanna Somatics® and dance, IGIA navigates the power of movement sensed from within, stimulates new neural pathways, and opens the mind's regulation over postures and emotion. IGIA movement practices can be experienced both seated and standing. <https://igiamovement.com/>

Fitness Studio Equipment Orientation

Thu. Apr. 18, May 16, June 20, 10 a.m. – 12 p.m. Learn how to use our exercise equipment safely and effectively. Personal Fitness Trainer: Albert Garcia

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

- Fri. Apr. 5 “Blind & Vision Services”
- Mon. Apr. 8 “Smoking Cessation”
- Fri. Apr. 12 “Healthy Aging”
- Mon. Apr. 15 “Money Saving Tips for Seniors”
- Wed. Apr. 17 “Estate Planning” (12 p.m.)
- Fri. Apr. 19 “Healthy Eating”
- Mon. Apr. 22 “Heart Health”
- Mon. May 6 “Spring Into Nutrition”
- Mon. May 13 “Skin Cancer”
- Mon. Jun. 17 “Men's Health”

Latin Dance Class

Mon. Apr. 29 – May 20, 1 p.m. Instructor: Vivian Picart, Vintage Member

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



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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.



A United Way Member
 Code No. 105

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Welcome New Members

Memberships through March 14, 2024 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

George Angell	Phyllis Copeland-	Curtis Hefflin	Ella Lipchik	D. Michaeline Reed	Rani Sue Wedner
Alicia Banks	Mitchell	Karen Hill	Sandra Magaw	Ronald Sallie	Scott Wedner
Cecil Barry	Edward Dinnen	Maribeth Hook	Elizabeth Martin	Diana Scott	Judith Weinberg
Helen Bauer	Deborah Dunton	John Howard	Thomas Mason	Debra Short	Merrille Weissman
Michelle Bisceglia	James Foley	David Hurlbert	Charmaine Matthews	Gail Shrott	Adam Wells
Michele Bonaventura	Robert Foster	David Johnson	Paulette Michel	Charles Slayton	Elaine Warton
Raymond Byrne	Thomas Fouch	Selma Johnson-	Sheila Milnes	Molly Taleb	Clara Wilburn
Timotheus Carter	Janet Fromkin	Jackson	Sheila Molyneaux	Marna Taylor	Prince Williams Jr.
Thomas Caruso	Suzanne Garges	Sharon Jones	Marlene Moore	Byron Tielsch	Diane Woods
James Clark	Kathleen Gilbert	Donna Kirkland	Linda Parks	Magslyn Thompson	Iris Woodson
Audrey Clay	Richard Green	Anita Landreau	Edward Powell	Arlene Tyler	Terri Zuckerman
Jeannie Comer	Mary Ann Hardiman	Linda Lewis	Linda Prepelka	Rhonda Wasserman	

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.