

# the vineyard

A Publication of Vintage, a Service of Familylinks.



Summer 2017, July, Aug. & Sept.

Vintage is CLOSED Tuesday, July 4th for Independence Day and Monday, September 4th for Labor Day

Accredited by   
National Institute of Senior Centers

## Give Meaningfully to the United Way

Please share the following information with family and friends so that they can support Vintage during employee giving campaigns this fall:

- United Way Contributor Choice #105 or Impact Fund

Thank you for giving meaningfully to the United Way!



Many thanks to 'The Vineyard' Newsletter SPONSOR



## A Message from the Executive Director

Did You Know? In the United States, 92% of older adults have at least one chronic disease, and 77% have two or more. Chronic diseases include diabetes, hypertension (high blood pressure), arthritis, depression, heart disease and many other conditions that are long-term in nature. Vintage offers a workshop program, *Better Choices, Better Health*, which helps people with chronic conditions learn how to manage and improve their health. The program focuses on problems that are common among these individuals – such as pain management, nutrition, exercise, medication use, emotions, and communicating with physicians. New classes will start in September - look for announcements posted in the center or contact Michael Smith at 412-361-5003 ext. 108. This program is supported by the United Way of Southwestern Pennsylvania and the Jefferson Regional Foundation.

Vintage is committed to supporting health and wellness for adults across the age span; our center offers a wide variety of classes and activities to keep us all socially and physically active and engaged. Under our new “Free Exercise Classes with Membership” model, think about trying something new: SilverSneakers, Enhance Fitness, Line Dancing, Aerobics, Men’s Exercise, Yoga, Zumba Gold, or Tai Chi. Speaking of membership, please keep your membership current. At only \$25 per year, it’s one of the best bargains available for a community center.

As we enter our new fiscal year, I would like to recognize Jendoco Corporation for their continued sponsorship of *The Vineyard* newsletter which now has a whole new “look” that we hope you will enjoy! The Jendoco Corporation has been a corporate supporter of Vintage for many years and, on behalf of the entire organization, I want to recognize their generosity.

## Senior Community Center Events

**Monday, July 3**.....Ice Cream Social, 12:00 p.m., Vintage Arbor,  
Sponsored by Highland Park Care Center

**Tuesday, August 8**.....Vintage Theater Guild, 1 p.m., Cost: \$2 (toward \$8 annual dues)

**Saturday, August 19**.....Veteran’s Breakfast Club, Vintage Veterans are invited to attend.  
See Front Desk to register.

**Monday, August 28**.....“Hot Fun in the Summertime”, 11:00 a.m. – 1:00 p.m. Games, food, entertainment! Cost: Small fees for food and games (pay day of event/RSVP Front Desk).

**Monday, August 28**....Flu Clinic, 10:00 a.m. – Noon. RSVP at Front Desk.  
Sponsored by Rite Aid.



# CENTER FOR ACTIVE ADULTS TRIPS

OPT Return Pick-up on all trips TBA

*NOTE: Please notice very early ticket deadlines. Don't delay!*

## LOCAL TRIPS

Pittsburgh Festival Opera

### "A GATHERING OF SONS"

*A "jazz opera" directed by*

*Mark Clayton Southers*

Date: Saturday, July 8

Time: OPT pick-up 6:45 p.m.

Place: Winchester Thurston (Shadyside)

Cost: \$21 / \$31 Nonmembers

Deadline: July 5

## KENNYWOOD

Date: Thursday, July 13

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

Cost: \$21.99 seniors (pay at park)

Deadline: July 10

## CARNEGIE SCIENCE CENTER

Date: Tuesday, August 1

Time: OPT pick-up: 10:30 a.m.

Cost: \$5 Senior Tuesdays (pay at door)

(exhibits only/OMNIMAX closed for upgrades)

Deadline: July 27

## GATEWAY CLIPPER SUNDAY BRUNCH

Date: Sunday, August 13

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

Cost: \$41 / \$51 Nonmembers

Deadline: July 10

## PITTSBURGH ZOO & PPG AQUARIUM

Date: Thursday, September 7

Time: 10:30 a.m.

Cost: \$6 / \$16 Nonmembers (tram or no tram)

Deadline: August 30

## SHOPPING TRIPS

Thursday, July 20 - Kohl & Red Lobster (North Hills)

Wednesday, August 9 - Red, White & Blue Thrift

Thursday, August 24 - WalMart

Wednesday, September 20 - Mall at Robinson

## CRAFT TRIPS

Place: Catan's & Golden Corral (Monroeville)

Date: Wednesdays, July 12 & September 13

Place: Hobby Lobby

Date: Thursday, September 28

## LUNCHEON TRIPS

*Time on all luncheon trips TBA (To Be Announced)*

Place: Cracker Barrel

Date: Friday, July 7

Place: Applebees (Edgewood)

Date: Friday, July 14

Place: IHOP

Date: Monday, July 24

Place: Longhorn

Date: Thursday, August 3

Place: Red Lobster (Monroeville)

Date: Wednesday, August 16

Place: TGI Friday

Date: Tuesday, August 29

Place: Fortune Star

Date: Friday, September 15

Place: Texas Roadhouse

Date: Friday, September 22

Place: Cracker Barrel

Date: Tuesday, September 26

## BOWLING TRIPS

Place: FunFest & Lunch (TBA)

Dates: Mondays, 7/10, 8/14, 9/11

Place: New Great Valley Bowling

Dates: Every other Thursday

Time: 12:30 p.m. (No OPT)



# 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.*

## “Paint”spiration

Tue. Aug. 22, 12:45 p.m. A little paint, a little wine (nonalcoholic) and a whole lot of fun! Art materials provided. Beginners welcome. RSVP required (Limit 25). Sponsored by Schenley Gardens

## UCLA Longevity Center “Memory Training Program”

4 Wed. 12:30 p.m. Starting Sept. 6.  
Sponsored by AgeWell Pittsburgh

## Quilting Experienced (CCAC)

12 Thur. 9:30 a.m. Starting Sept. 7.  
Instructor: Debbie Bailey

## Aerobics with Soul (CCAC)

12 Mon. 10:00 a.m., Starting Sept. 11.  
Instructor: Valerie Stagger

## Personal Safety & Self-Defense Workshop

Mon. Sept. 25, 12:00 p.m. Bitzer Room.  
Presented by Allegheny County Area Agency on Aging

## Injury Screening Q & A

Fri. Sept. 29, 11:00 a.m. Sign-up for a 15 min. appointment to discuss ailments or ask questions with a Physical Therapist. Sponsored by PIVOT Physical Therapy

## AARP Smart Driver Course

Two Day Course – Mon. & Tue. Oct. 23 & 24 (must attend both), 9:30 a.m. – 1 p.m. Cost: \$20/\$15 (AARP members), Limit 15

## Computer Classes

Beginner, Intermediate, Workgroups available. No August classes. Cost: \$60 (\$70 Nonmembers) for 4 two-hour classes.

## Transmission Meditation

3rd Wed. 10:00 a.m. For all levels of meditators. Beneficial for physical, emotional, mental and spiritual health. A universal meditation for people of all faiths.

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

- Mon. Jul. 10 “ALS – “Lou Gehrig’s Disease”  
Speaker: Rite Aid Pharmacy
- Mon. Jul. 17 “Vintage Volunteer Video 2016”
- Fri. Jul. 21 “Hydration”  
Speaker: Tawnee Cunningham, Area Agency on Aging
- Fri. Jul. 28 “10 Things that make you feel old and what to do about them”  
Speaker: Mike Smialek, Vintage participant
- Fri. Aug. 4 “Exercise and Older Adults”  
Speaker: ManorCare Shadyside
- Mon. Aug. 14 “Influenza”  
Speaker: Rite Aid Pharmacy
- Fri. Sept. 1 “Alzheimers”  
Speaker: District Attorney’s Office
- Fri. Sept. 8 “Spine Health”  
Speaker: DeFilippo Chiropractic
- Mon. Sept. 11 “Sickle Cell”  
Speaker: Rite Aid Pharmacy
- Fri. Sept. 22 “15 Most common health concerns for seniors”  
Speaker: Mike Smialek

## Sponsored Bingo Days 12:30 p.m. Dining Room

- Mon. Jul. 3 Sponsor: Highland Park Care Center
- Mon. Sept. 18 Sponsor: Squirrel Hill Center for Rehabilitation & Healing

## NATIONAL HEALTH OBSERVANCES

Information Tables, Atrium

- Jul. 10-14 National UV Safety Month
- Aug. 7-11 National Immunization Month
- Sept. 11-15 National Sickle Cell Month

## AARP Chapter #2612

Meets every 3rd Tue. 12:45 p.m. For more information:  
(412) 441-3873





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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.



United Way of  
Southwestern Pennsylvania

A United Way Member  
Code No. 105

## Welcome New Members

Vivian D. Archer	Joel Ghafoor	Reginald J. Howze	Thomas A. O'Connor	Winifred Spivey-Hinton
Kimberly Joyce	Toni Ghafoor	Maryanne Hugo	Joann Owens	Rachel Taber
Bethel	Joseph Guthre	Kay D. Jennings	Peter Patten	Sandra Thomas
Eddie L. Buckner	Wanda Guthre	Kathryn Jones	Roulette Price	Jeffrey L. Varion
David Butler	Carol Hale	Rose Mae King	Simone Saint-Esprit	Juanita Wood
Christine Carter	Betty Hanigan	Queenie Kirkland	Richard M. Sieg	
Sherida M. Dudley	Jacqueline Hogan	Melvin Marshall		

Memberships through June 12, 2017 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 across from the Front Desk. House Council meets every other month and reviews your comments. You may also speak with staff or your House Council representatives.