

the vineyard

A Publication of Vintage, a Service of Familylinks.



Summer 2018, Jul. Aug. & Sept.

Vintage is CLOSED Wednesday, July 4th for Independence Day, Monday, September 3rd for Labor Day, and Tuesday, September 25 for Familylinks Recovery Day

Vintage has a new website!
Check us out:
www.vintagepittsburgh.org

Accredited by 
National Institute of Senior Centers

Give Meaningfully to



United Way of Southwestern Pennsylvania

Many thanks to 'The Vineyard' Newsletter SPONSOR



Restoring the Past Building the Future

A Message from the Executive Director

The Highmark Walk for a Healthy Community is an annual fundraising walk that benefits local health and human service agencies. Highmark Inc. coordinates and underwrites the cost of the walk so that 100 percent of the money raised by walkers goes to the participating nonprofits. The primary goal of the walk is to help participating organizations raise money for their individual missions. Vintage was one of the 78 different nonprofits to participate in the Highmark Walk on May 12, 2018. Vintage exceeded its goal (\$5,250) by raising \$5,810! This year, Vintage held a "Class Challenge" where each class had a fundraising goal to reach as a group. The Class Challenge was a huge success, with many classes not only meeting, but beating, their goal! I want to acknowledge all of the classes that participated in the Challenge, and extend my gratitude and appreciation to every Vintage member and employee who donated,

THANK YOU!

- Bible Study
- Billiard
- Bingo
- Bridge
- Cards
- Crafts
- House Council
- Line Dance (Beginners)
- Line Dance (Soul)
- Lunch
- Painting
- Quilting
- Staff
- Tai Chi
- Theatre Guild
- Twilighters
- Yoga
- Zumba
- Enhance Fitness + SilverSneakers

Senior Community Center Events

- Tuesday, August 14**.....Theater Guild, 1 p.m.,
Cost: \$2 (toward \$8 annual dues)
- Monday, August 20**..... Indoor Picnic, 12:30 p.m.,
Cost: \$3 (watch for details)
- Wednesday, September 26**.....Flu Shot Clinic, 1:00 – 2:30 p.m.
RSVP + Paperwork at Front Desk.



CENTER FOR ACTIVE ADULTS TRIPS

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

LOCAL TRIPS

PITTSBURGH FESTIVAL OPERA "ARABELLA"

Date: Sunday, July 22
Time: 2:00 p.m. performance (No OPT)
Place: Winchester Thurston (Shadyside)
Cost: \$21/\$31 Nonmembers
Deadline: July 16 (must have 8)

KENNYWOOD

Date: Wednesday, August 15
Time: OPT pick-up 10:00 a.m.
Cost: \$19.99 Seniors 55+
\$9.99 Seniors 70+ (pay at park)
Deadline: August 8

PITTSBURGH ZOO & PPG AQUARIUM

Date: Friday, September 14
Time: OPT pick-up 10:30 a.m.
Cost: \$6 / \$16 Nonmembers (tram or no tram)
Deadline: September 7

GATEWAY CLIPPER SUNDAY BRUNCH

Date: Sunday, September 16
Time: OPT pick-up 10:00 a.m.
Cost: \$41 / \$51 Nonmembers
Deadline: July 11 (must have 15)

PITTSBURGH GLASS CENTER TOUR & DEMONSTRATION

Date: Thursday, September 20
Time: OPT pick-up: 9:45 a.m.
Cost: \$11/\$21 Nonmembers
Deadline: September 5 (must have 10)

FUNFEST & LUNCH (bowling)

Dates: Mondays, Jul. 9, Aug. 13, Sept. 10
Time: OPT pick-up: 9:00 a.m.

SHOPPING TRIPS

Wed. Jul. 11 – Pat Catan's & Golden Corral
Wed. Jul. 25 – Ross Park Mall
Wed. Aug. 8 – Red White & Blue Thrift
Tue. Aug. 28 – WalMart
Wed. Sept. 12 – Pat Catan's & Golden Corral
Tue. Sept. 18 – Kohl's & Red Lobster (North Hills)
Wed. Sept. 26 – Hobby Lobby, West Mifflin

LUNCHEON TRIPS

Thu. Jul. 12 – Eat'n Park (Waterfront)
Wed. Jul. 18 – Bahama Breeze (Robinson)
Fri. Jul. 27 – Olive Garden (Monroeville)
Tue. Jul. 31 – IHOP (Homestead)
Thu. Aug. 9 – Cracker Barrel (Robinson)
Fri. Aug. 17 – Longhorn (Waterfront)
Thu. Aug. 23 – Red Lobster (Monroeville)
Fri. Aug. 31 – Fortune Star (Miracle Mile)
Thu. Sept. 6 – Applebee's (Edgewood)
Fri. Sept. 21 – Golden Corral (Robinson)
Mon. Sept. 24 – Texas Roadhouse (Bridgeville)
Fri. Sept. 28 Hokkaido Seafood Buffet (Homestead)





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.*

Aerobics with Soul (CCAC)

Mondays, 10:00 a.m., September 10 – November 26
Instructor: Valerie Stagger

Art Workshops (watch for details)

- Tuesday, July 24, 12:30 – 2:00 p.m., pottery craft, Sponsor: Schenley Gardens
- Tuesday, August 28, 12:30 – 2:00 p.m., jewelry craft, Sponsor: Schenley Gardens
- Tuesday, September 11, 12:30 – 2:00 p.m., acrylic painting, Sponsor: Schenley Gardens
- Friday, September 28, 9:30 – 11:00 a.m., autumn craft, Sponsor: UPMC Community Health Choices

AARP Smart Driver Course

Mon. & Tue. September 17 & 18 (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. New class series starting in September. For more information call Michael Smith at (412) 361-5003 Ext. 108.

Computer Classes

- Internet Safety Classes
The Internet and mobile technologies come with many advantages but also some risks. Participants receive a \$5 Giant Eagle gift card and the booklet “Senior’s Guide to Online Safety”. Instructor: Mike Smialek. (Limit 15) Sponsor: Comcast Internet Essentials. Select one date only:
10:00 – 11:00 a.m., Tuesdays, July 24 or September 11
1:00 – 2:00 p.m., Thursdays, August 16 or September 20
- Computer Skills Level 2
Mon. July 9 – 30, 12:00 – 2:30 p.m., Cost: \$5 per series. Topics: Microsoft Word Basics; Microsoft Excel Basics; Storage Organization (libraries, folders & files); Overview Internet and Web Browsers. Course outline available at Front Desk. Instructor: Mike Smialek

- Computer Basics
Coming in October. If interested call 412-361-5003 ext. 104 for forthcoming details.

Environmental Workshop Series

Coming in October! Do you want to do more for the environment? Stay tuned for a hands on workshop to help people and the environment become healthier. The workshop’s project will be tailored to specific environmental interests of participants. Watch for details. Offered in collaboration with the Pittsburgh Schweitzer Program.

Health Speakers 11:15 a.m. Dining Room

- Mon. Jul. 9 “Staying Safe in the Sunshine,” ManorCare
- Fri. Jul. 13 “Top 20 Questions About Medicaid,” Western Southern Life
- Mon. Aug. 6 “Medicare Made Clear,” United Healthcare
- Mon. Aug. 20 “Fraud,” Allegheny Co. District Attorney’s Office

Healthy BP for All!

Coming in October. Do you or someone you love have high blood pressure? Learn how to check, change, and control high blood pressure. Watch for details. Sponsored by the American Heart Association & American Stroke Association.

Quilting Experienced (CCAC)

Thursdays, 9:30 a.m. September 6 – November 29
Instructor: Debbie Bailey (Limit 10)

University of Pittsburgh Sustain-DPP Research Study

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.

Virtual Senior Academy

Web-based classes offered at Vintage. Weekly program schedule is posted in Front Entry and Atrium.
Sponsor: Jewish Healthcare Foundation.



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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

Ursula T. Brown	Hermaine Delaney	Judith Hess	Jeannie Nelson	Cathy Singleton
Susan Cadenos	Darla L. Dowdell	Patricia Hickman	Christa Pappas	Nor Sullivan
Mary Carleton	Joanne East	Terry Hudon	Philip Pappas	James R. Taylor Sr.
James H. Clark	Carol Ann Fisher	Joyce F. Martin	Wanda Parks	
Darla E. Cohen	Diane Frye	Maureen McMahon	Ramona Segars	
Carmella Davidson	Rosemarie Gaines	Donna Naab	Madeline Simasek	

Memberships through June 13, 2018 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.