

the vineyard

A Publication of Vintage, a Service of Familylinks.



Summer 2019, Jul. Aug. & Sept.

Vintage is CLOSED Thursday, July 4th for Independence Day, Monday, September 2nd for Labor Day, and Tuesday, September 10 for Familylinks Recovery Day



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, which allows 100% of the money raised by donors to go directly to their designated nonprofit agency. Vintage was one of 79 nonprofit agencies to participate in this year's walk, held on May 11, 2019. For the second year, Vintage held a "Class Challenge" where each class had a fundraising goal to reach as a group. The results of the class challenge helped Vintage to exceed our agency goal by raising a total of \$5,865!

I want to acknowledge all of the classes that participated in the Challenge, and extend my heartfelt gratitude and appreciation to every Vintage member and employee who donated.

THANK YOU!

- Bible Study
- House Council
- Silver Sneakers
- Billiards
- Line Dance (Beginners)
- Theatre Guild
- Bingo/Penny Bingo
- Line Dance (Soul)
- Twilighters
- Bridge
- Lunch
- Yoga
- Enhance Fitness
- Painting
- Zumba

Accredited by National Institute of Senior Centers

Give Meaningfully to



United Way of Southwestern Pennsylvania

Many thanks to 'The Vineyard' Newsletter SPONSOR



Senior Community Center Events

- Tuesday, August 13**..... Theater Guild, 1 p.m., Cost: \$2 (toward \$8 annual dues)
- Monday, September 16**..... Rite Aid Flu Shot Clinic, 10:00 – 12:00, RSVP + Paperwork at Front Desk.
- Thursday, September 19**..... Vintage Arts & Craft Show Reception, 3 – 5 p.m. (Watch for details)



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

DA VINCI: THE EXHIBITION

Date: Thursday, July 25
Time: OPT Pick-up: 10:00 a.m.
Place: Carnegie Science Center
Cost: \$8 / \$18 Nonmembers (must have 15)
Deadline: July 11

KENNYWOOD

Date: Wednesday, July 31
Time: OPT pick-up: 10:00 a.m.
Cost: \$25.99 Seniors 55+
\$11.99 Seniors 70+ (pay at park)
Deadline: August 8 (clipboard sign-up)

KIRK FRANKLIN KING OF URBAN GOSPEL

Date: Friday, August 2
Time: OPT pick-up 6:45 p.m.
Place: Byham Theater
Cost: \$47 / \$57 (balcony), \$77 / \$87 (orchestra)
Deadline: July 9

GATEWAY CLIPPER SUNDAY BRUNCH

Date: Sunday, August 11
Time: OPT pick-up 10:00 a.m.
Cost: \$41 / \$51 Nonmembers
Deadline: July 11

PITTSBURGH ZOO & PPG AQUARIUM

Date: Thursday, August 15
Time: OPT pick-up 10:30 a.m.
Cost: Free (no reserved tram)
Deadline: August 5 (clipboard sign-up)

GENTLE "NATURE WALK" WITH VENTURE OUTDOORS

Date: Tuesday, August 27
Time: OPT pick-up Noon
Place: Highland Park
Cost: Free
Deadline: August 21

THE LION KING

Date: Thursday, September 5
Time: OPT pick-up 11:45 a.m.
Place: Benedum Center
Cost: \$49 / \$59 (2nd Tier / limit 10)
\$94 / \$104 (Orchestra / limit 10)
Deadline: July 9 (must have 10 total)

ANNUAL POW WOW

Date: Saturday, September 28
Time: OPT pick-up 12:00 p.m.
Place: Dorseyville
Cost: \$4.00 (paid at pow wow)
Deadline: September 24 (clipboard sign-up)

RESPECT: A TRIBUTE TO ARETHA FRANKLIN

Date: Sunday, October 6
Time: OPT pick-up 1:15 p.m.
Place: Heinz Hall
Cost: \$26 / \$36 Nonmembers
Deadline: September 10 (limit 20)

SHOPPING & FIELD TRIPS

July (To be announced) – ALCOSAN Tour
Wed. July 24 – WalMart
Wed. Aug. 7 – Red White & Blue Thrift
Tue. Aug. 20 – Ross Park Mall
Fri. Sept. 6 – Hobby Lobby, West Mifflin
Wed. Sep. 18 – Kohl's & Red Lobster (North Hills)

LUNCHEON TRIPS

Wed. Jul. 17 – Bahama Breeze (Robinson)
Fri. Jul. 26 – Olive Garden (Monroeville)
Tue. Jul. 30 – IHOP (Homestead)
Thu. Aug. 8 – Cracker Barrel (Robinson)
Fri. Aug. 16 – Longhorn (Waterfront)
Fri. Aug. 30 – Fortune Star (Miracle Mile)
Thu. Sept. 12 – Applebee's (Edgewood)
Fri. Sept. 20 – Golden Corral (Robinson)
Mon. Sept. 30 – Texas Roadhouse (Bridgeville)



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. Starts August 26.
Instructor: Valerie Stagger

AARP Smart Drive Course

Wed. & Fri. September 18 & 20 (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.

CDC National Diabetes Prevention Program

Join a “Meet & Greet (date and time to be announced)” to learn more about this new program coming to Vintage. This is an evidence-based lifestyle change program to prevent or delay type 2 diabetes. We’ll focus on your overall health as well as lifestyle changes in diet, physical activity and weight loss. Participants work from a complimentary program guide, along with support from the group and facilitator. The program is a year-long. You meet every week for the first 16 weeks. During the next two months you meet twice a month. The last 6 months you meet once a month. Sign-up at the Front Desk to be notified when more details become available.

Computer Classes

Mike Smialek, Instructor

Mon. Noon – 2:30 p.m. Cost: \$5

- Computer Basics 2, Sept. 9 – 30
- Computer Basics 1, Nov. 4 – 25

Cooking Demonstration

Friday, August 9, 12:00 p.m. Bitzer Room. Hosted by the Vintage Weight Control Class. Chef Jayshri Pokharna returns to Vintage to make a healthy vegan buckwheat salad for your enjoyment.

Health Speakers – 11:15 a.m., Dining Room

- Fri. Jul. 5 “Traffic Safety,” Allegheny County Police Dept. & AAA East Central
- Mon. Jul. 8 “Avoid Surgery Reduce Pain with Regenerative Procedures,” Regenexx Pittsburgh
- Mon. Jul. 15 “Importance of Diet on Heart Health,” Complete Home Health Care
- Mon. Jul. 22 “Dementia Caregiving,” Dorothy Bradshaw, Vintage Participant
- Mon. Jul. 29 “Staying Safe in the Sun,” ManorCare
- Mon. Aug. 5 “Senior Fraud & Abuse,” District Attorney’s Office
- Mon. Aug. 12 “Medical Marijuana,” 4HumanKind
- Mon. Aug. 19 “Sleep and Brain Health,” University of Pittsburgh Psychologist
- Fri. Sept. 27 “Keeping up with Eating for Health,” Judith Dodd, MS, RDN, LDN

Jewelry Workshops

Jan Loney, Instructor

Tue. Jul. 16 & 30, Sept. 10 & 24. 12:00 p.m. - 2:00 p.m.
Projects to be announced. Cost: \$5 - \$20

“Let’s Go Fishing”

Tuesdays, July 23 & August 20. 1:00 p.m. Dining Room. Learn more about how local elders are inspiring urban youth with the joy of fishing.

Quilting Experienced (CCAC)

Thursdays, 9:30 a.m. Starts August 29.

Instructor: Debbie Bailey (Limit 15)

“Shape up with Stephanie” Fitness Class

- Thu. 9:00 a.m. Sept. 5 – 26. Stephanie Martin, Vintage Fitness Instructor, will help you transform your body using our Fitness Studio equipment.

University of Pittsburgh Sustain-DPP Research

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.



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Fax: 412-361-2737
Web Site: www.vintageseniorservices.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

A United Way Member
Code No. 105

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Welcome New Members

Fred Aikens	Elizabeth Cleveland	R. Lindsay Hargrove	Thomas A. McGuire	Diane C. Smart
Deborah R. Anthony	Georgia Darby	Gilda Hawkins	William G. Miller	Barbara Campsie Smith
Wendy A. Askerneese	Clovia L. Dorsey	Jean Hyman	Ronald Moten	Richard Sorce
Carol Johnson Banks	Rita Doyle	Barbara Johnson	Donna M. Nelson	Williams Thomas
Victor Brackett	Annastine Duncan	Horace C. Jones	Susan A. Nieser	Chrissoula Torlidas
Virginia Bria	Angela S. Farrell	Jeffrey P. Jones	Catherine Patterson	Janis Lynn Tracey
Edwin Grant Broadus	Sarah Freeman	Virginia Jones	Thomas Raith	Janice L. Ward
Shalana Broadus	Bobby J. Jones	Gloria Legare	Aaron Roger Scales	Ernest White
Shirley Caldwell	James E. Hamilton	Mellanie Looney	Mary Jeanne Schotts	Keith Woodruff
Charlene A. Chesaro	Ocie Hamlin III	Donna R. McGinnis	Eartha Sewell	Gwendolyn Young

Memberships through June 17, 2019 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.