

# the vineyard

A Publication of Vintage, a Service of Familylinks.



Summer 2022, Jul. Aug. & Sept.

## **Vintage is CLOSED:**

- **Monday, July 4th for Independence Day,**
- **Monday, September 5th for Labor Day, and**
- **Tuesday, September 20th for Familylinks Recovery Day**



## **A Message from the Executive Director**

So far in 2022, change has been the norm, but Vintagers, staff and volunteers alike have remained flexible and adaptable to meet our shared goal that Vintage remains open despite the ups and downs of Covid-19. In January, the center remained open for lunch, but the programming was paused due to the Omicron Variant of Covid-19. In February, we restarted classes but with limits on the number of participants. In March, we were able to lift the class size limits and masking requirements as the Covid spread decreased. And, as I am writing this article, we are continually monitoring the virus and adjusting as needed. Through it all, Vintage's dedicated staff, volunteers and attendees have provided consistency and strength, helping Vintage remain as a place where people enjoy coming for fitness, learning, leisure, food and friendship.

Covid-19 wasn't the only change at Vintage so far this year. In April, long-time executive director Ann Truxell retired and I took over. I am sincerely grateful for the warm welcome I have received. I've enjoyed meeting so many of you and hearing why you attend Vintage, what works well, where we can improve, and most of all, why Vintage is special to you. For those I haven't met yet, please say hi and tell me a little about yourself. I look forward to a fun summer where we all keep working together to ensure that Vintage remains a thriving center of activity in a time of change.

Heather L. Sedlako  
Executive Director

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# SUMMER ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Bitzer Room</b>	10 Enhance Fitness 1 Line Dance (Linda)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga (Leslie) 2:30 Line Dance (Linda)	10 Enhance Fitness 12 Chair Exercise 1 Line Dance (Stella)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga (Katrina)	10 Line Dance (Linda) 12 Chair Exercise 1 Line Dance (Stella)
<b>Wilksburg Room</b>	Open for Cards/games	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)	Open for cards/games
<b>East Liberty Room</b>	10 Bible Study 11:30 Open Seating for Lunch	9:30 Quilting 11:30 Open seating for Lunch 1 Pearls of Wisdom Discussion (Linda)	11:30 Open seating for Lunch	10 Needlework 11:30 Open seating for Lunch 12:30 Painting	11:30 Open seating for Lunch
<b>Homewood Room</b>	12 Bingo	10 Mega Morning Bingo	12 Pokeno	12:30 Penny Bingo	12 Bingo
<b>Fitness Studio</b>	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
<b>Larimer Room</b>	Spinning Bikes 9 am - 4 pm	Spinning Bikes 9 am - 4 pm	Spinning Bikes 9 am - 4 pm	Spinning Bikes 9 am - 4 pm	Spinning Bikes 9 am - 4 pm
<b>Point Breeze I &amp; II</b>	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
<b>Bloomfield Room</b>	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
<b>Sidney Hills Room</b>	TV Room 9 am - 4 pm	1 Fun with Wii	12 Movie of the Week	TV Room 9 am - 4 pm	TV Room 9 am - 4 pm
<b>Technology Center</b>	Individual Coaching (by Appointment)	1 Computer Workshops	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)
<b>Shadyside Room</b>	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)	9:30 Hugh Lane LGBTQ Senior Group	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)



# 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

Thu. & Fri. September 15 & 16 (must attend both),  
9:30 a.m. – 1 p.m. Cost: \$20 / \$15 (AARP members).

## A Matter of Balance

Wed. September 21 – November 9, 9:30 – 11:30 a.m.  
Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults who are concerned about falls.

## 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.

- Advanced, Jul. 12 – 26  
(Microsoft Word/Excel/Windows storage management)
- No August Classes
- Beginners, Sept. 6 & 13  
(keyboard/mouse skills)
- Intermediate, Oct. 4 – 18  
(hardware/Windows 10/internet/email)

## Dinner Dance

Save the Date: Friday, September 16, 4 – 7 p.m.  
Attire: Purple & White Vintage Logo T-Shirts  
Watch for details on cost and ticket sales.

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

- Fri. July 22 – “Diabetes 101”, Highmark Wholecare
- Mon. July 25 – “Healthy Eating”, Aetna
- Fri. July 29 - “Medicare 101”, Humana
- Fri. Aug. 12 – “Health Research Registry”,  
University of Pittsburgh
- Mon. Aug. 22 – “Nutrition & Inflammation Links”,  
Judy Dodd RD
- Fri. Aug. 26 – “Importance of Everyday Joy”,  
Comfort Keepers

## Technology Services

Are you interested in improving your computer skills?  
If so, Vintage would like to help.

- If you have a computer, internet access and/or a smart phone, please schedule an appointment with a Tech Coach.
- If you have a computer at home, but do not have internet access, leave a message about Internet Services.
- If you do not have either a computer or internet access at home, inquire about our Computer Lending Library.

We look forward to assisting you through the Senior Tech Support Program. Contact Michael Smith at 412-361-5003 ext. 108.

## Trips

Sign-up for trips at the Front Desk or call (412) 361-5003. In order to participate in group transportation, you need to be 60+, registered with OPT, and have money on your epurse. See Cheryl Schell if you are not registered.

## Cultural Trips

- Wed. August 4, Pittsburgh Pirates vs. Brewers  
“Senior Day” OPT Pick-up 10:30 a.m. Pre-Game Event 11:00 a.m., 12:35 p.m. game  
Cost: \$20 members/\$25 nonmembers, Deadline: July 5
- Tuesday, August 23, Rivers Casino  
OPT Pick-up 10 a.m. Return Pick-up 3:30 p.m.

## Restaurant Trips (OPT Pick-up 10:30 a.m.)

- Tuesday, July 26, Bob Evans
- Thursday, August 11, Cracker Barrel
- Monday, September 12, IHOP

## Shopping Trips (OPT Pick-up 10:00 a.m.)

- Wednesday, July 27, Red, White & Blue Thrift
- Wednesday, August 17, Monroeville Mall
- Wednesday, September 21, Ross Park Mall



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.



United Way of Southwestern Pennsylvania

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**Welcome New Members**

Dale Adams	Brenda Cheeks	Daniel A. Jones	Patricia Lutz	Andrew Scales	Lucy Ware
Allie Andrews	Jeanne Christian	William Fetter	Diana Marsh	Earlene Smith	Cordelia Weatherspoon
Geraldine Baynes	Shirley Colcombe	Betty Hairston	Cindy McVay	M. Antoinette Thomas	Kevin White
Mary Louise Benedetti	Palma “Pam” Cook	J. Coe High	Robert Mollett	Barbara Thompson	
Judith Olywn Best	Natalie Cowley	John Richard Jennings	James Orange Jr.	Ulla Tolliver	
Carol Bronaugh	Susan Gordan	Eleanor Kelly	Regina Reid	Paula Tyler	
Betty Brown	Sharon Greene	Reginald Kelly	Isabel Sanchez	Joanne Washington	

Memberships through June 6, 2021 are included. Vintage membership is \$25 per year including free exercise classes, fitness studio, spinning studio, technology center 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
- 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.