

# the vineyard

A Publication of Vintage, a Service of Familylinks.



Summer 2023, July – Sept.

## *Vintage is CLOSED:*

- **Monday-Friday, July 3-7**  
for Vintage entrance construction.
- **Monday, September 4**  
for Labor Day



## *A Message from the Executive Director*

Summer has arrived in Pittsburgh and with it comes many exciting things to do at Vintage and in our communities! Inside this issue you'll find trips to Kennywood, the Pittsburgh Pirates and the Rivers Casino, as well as a summer jazz concert here at Vintage. Pittsburgh also has the honor of hosting this year's National Senior Games from July 7th through the 18th! The National Senior Games have grown to become the largest qualified, multisport event in the world for adults ages 50 and older. Games such as archery, badminton, basketball, bowling, and swimming will take place at various locations throughout the county. Vintage is very excited that one of our members, 89-year-old John Erario, has qualified for and will be competing in the Male 85-89 Long Jump and 50 Meter Sprint at the South Fayette High School Track & Field Stadium! John and his wife Margaret are both very active Vintage members. Good luck John! We wish you well and we wish all of our older adults a wonderful summer!

Warmly,

A handwritten signature in purple ink that reads "Heather L. Sedlacko".

Heather L. Sedlacko  
Executive Director

## **Special Events**

- **Wed. Jul. 12...** 12:30 p.m. "A Summer Not Forgotten" – a new play about childhood memories written and performed by Vintage's Tuesday afternoon Writer's Class.
- **Mon. Aug. 7...** 12:30 p.m. Summer Craft, presented by HUMANA (free/limit 25)
- **Fri. Aug. 11.....** 4 – 6 p.m. Senior Jazz Connection Concert w/ Tony Campbell (RSVP 412-361-5003)
- **Mon. Aug. 14...** 12 – 12:45 p.m. "Bocce Ball" in the Bitzer Room, led by Special Olympics PA (for all ability levels)
- **Thu. Aug. 24....** 9 a.m. – 12 p.m. Flu Shot Clinic, Presented by Shop N' Save
- **Thu. Sept. 28....** 5 – 7 p.m. 50th Anniversary Wine & Tapas Fundraiser, Cost: \$50



# SUMMER ACTIVITIES SCHEDULE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Bitzer Room**

10 Enhance Fitness  
1 Line Dance (Linda)  
2:30 Pilates

10 Silver Sneakers  
11:30 Tai Chi  
1 Yoga  
2:30 Line Dance (Linda)

10 Enhance Fitness  
12 Chair Exercise  
1 Line Dance (Stella)

10 Silver Sneakers  
11:30 Tai Chi  
1 Yoga  
2:30 Pilates

10 Line Dance (Linda)  
12 Chair Exercise  
1 Line Dance (Stella)

**Wilksburg Room**

12 Mahjong

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)

12 Bridge Intro & Practice

**East Liberty Room**

10 Bible Study  
11:45 Vintage Choir  
1:30 On The Move  
2:30 On The Move

9:30 Quilting  
1 Pearls of Wisdom Discussion (Linda)

9:30 Hugh Lane LGBTQ Senior Group  
1:30 On The Move  
2:30 On The Move

10 Crochet  
12:30 Painting

12 "Doctor's Visit" Class Series (7/14 - 8/4)

**Homewood Room**

12 Bingo

10 Mega Morning Bingo

9:30 Smart Driver (9/13)  
12 Pokeno

9:30 Smart Driver (9/14)

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

Exercise Equipment  
9 am - 4 pm

**Larimer Room**

**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)

Individual Coaching (by Appointment)

Individual Coaching (by Appointment)

Individual Coaching (by Appointment)

Individual Coaching (by Appointment)

**Shadyside Room**

10 Familylinks CORE Classes (8/7 - 9/14)

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# 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. Sept. 13 & 14 (must attend both), 9:30 a.m. – 1:30 p.m., \$20 AARP members / \$25 nonmembers. Limit: 24. Instructor: Linda Wortham

## Familylinks CORE Class Series

Mon. & Thu. Aug. 7 – Sept. 14, 10 a.m. – 11 a.m.  
"The Familylinks Prevention Program offers CORE (Community, Options, Resources, Engagement) weekly classes focusing on promoting positive lifestyles with topics such as integrating technology, resource sharing, social connections, physical and mental wellness, financial decision making, and more!"

## "Getting The Most Out of Your Doctor's Visit"

Four Fridays, Noon, Class Series Topics: "Medical Terminology" (7/14); "How to Talk to Physicians" (7/21); "Advance Directives" (7/28); "Social Determinates of Health" (8/4). Instructor: Roderick Williams, Pittsburgh Community Service, Inc.

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

- Mon. July 24 - "Leaving a Legacy," Western & Southern Life
- Fri. July 28 - "Importance of Daily Doses of Joy," Comfort Keepers In-Home Care Services
- Mon. July 31 - "Low Sodium Eating & Recipes," UPMC Living-at-Home Program
- Fri. Aug. 4 - "Wheel of Fortune" Game, Suncrest Hospice
- Mon. Aug. 7 - "Sleep & Brain Health," UPMC Center for Sleep & Circadian Science
- Mon. Aug. 14 - "Nutrition: Diabetes & Heart Disease," Judy Dodd MS, RDN, LDN
- Mon. Aug. 28 - "Advance Directives," UPMC Living-at-Home Program
- Fri. Sept. 1 - "Medicare & You - A Tailored Experience with Jackie Sell," Humana
- Mon. Sept. 18 - "Supports for Blindness & Low Vision," PA Bureau of Blindness & Visual Services
- Mon. Sept. 25 - "Heart Health," UPMC Living-at-Home Program

## Intro to Bridge & Practice New!

- Fri. 12 – 4 p.m.  
Learn to play the game of Bridge or practice your skills. Instructor: Maralyn Smith

## 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)
- Computer Workshops (no classes until October)  
Contact Michael Smith at 412-361-5003 ext. 108

## 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 purse. See Cheryl Schell if you're not registered.

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

- Thu. July 27, Kennywood, OPT Pick-up: 10:45 a.m.  
Cost: \$45 Deadline: July 20
- Thu. Aug. 10, Pittsburgh Pirates vs. Braves, OPT Pick-up: 11:15 a.m. (12:35 p.m. game) Cost: \$28 members / \$25 nonmembers, Deadline: July 11
- Wed. Sept. 20, Rivers Casino OPT Pick-up: 9:30 a.m.

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

- Wed. July 19, Bahama Breeze (Robinson)
- Mon. Aug. 21, P.F. Chang's (Waterfront)
- Thu. Sept. 7, Cracker Barrel
- Mon. Sept. 18, Longhorn Steakhouse (Waterfront)

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

- Mon. July 31, WalMart – Pittsburgh Mills
- Wed. Aug. 16, Bakery Square (shops & eateries)
- Wed. Sept. 13, South Hills Village
- Tue. Sept. 26, 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.



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## Welcome New Members

Memberships through June 8, 2023 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

Terrence Adams	Janice Dawkins	Ernestine Gunn	Kathleen Mehler	Patricia Sallie	Roy Twyman
Jennifer Barren	James Dingle	Essie W. Hall	Angela M. Mendoza	Roland Slade	Kirk Tyrone
Deborah Bell	Marilyn Dunson	Carlene Harris	Kristine Miller	Shirley Slade	Anita Ward
Marion D. Bennett	Debra K. Dyer	Sheryl Hooper	Scarlet Morgan	Mary Sims	Cherry Warren
Wayne Biggs	Suzanne K. Fanelli	Leo Jackson Sr.	Alva Nunly	Gerald Sokol	Freeman Weatherspoon
Victoria Binion	Sheila Finch	Ronald L. Jackson	Mukesh Parikh	Josephine Sokol	Herbert Wedge
Jewell Bishop	Helen Flowers	Debra Jefferson	Mary M. Patton	Tajuana Stephenson	Beverly M. Wright
Roderick Blair	Bobby D. Foote	Barbara J. Kline	Vivian Picart	Audrey Taylor	Reginald E. Wright Sr.
Joyce Boyd	Janet Frahm	Clayton Lilly	Mary Pipkin	Claudette Taylor	Renae D. Young
Marsha A. Boyden	Linda L. Frazier	Robert R. Long	Rutha B. Price	Nanette E. Tedesco	Gary B. Zimmerman
K. Gloria Brockington	Maria Garstenslager	Linda Loving	Michelle Reese	Alberta Tempalski	Katsue Zimmerman
Edward M. Chambers	Richard Garstenslager	Alexis L. Mahone	Edna Rhodes	Clarice Tolliver	
Barbara A. Dalee	Yvonne Godbolt	Linda McDonald	Allison Reddick	Denise Trigalet	

### 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
- Community resources
- Social Security information
- Referral to legal services
- PACE prescription drug program
- Health insurance information
- VITA Income Tax assistance
- Assistance with benefits
- Senior Housing information

### 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.