

the vineyard

A Publication of Vintage, a Service of Familylinks.



Summer 2024, Jul. – Sept.

Vintage is **CLOSED**:

- **Thursday, July 4**
for Independence Day
- **Monday, September 2**
for Labor Day

Special Events

- **Thu. Aug. 29....3 p.m.**
Afternoon Jazz Concert
(Artist to be announced),
Sponsored by Community Life,
Cost: \$3 / Limit: 125
- **Thu. Sept. 19...12:30 p.m.**
Vintage Talent Show
Cost: \$2 / Limit: 125 (Interested
performers should see Tom.)

A Message from the Executive Director

If you're a regular at Vintage, you know that the Center has been very busy this year! We are averaging 136 people per day and are on track to have the highest participation that we can remember!

On behalf of the staff I want to say THANK YOU to all who helped make the spring fundraiser a huge success! Together, we raised over \$3,800—exceeding our goal of \$2,500. Your generosity makes a difference in our ability to keep things going at Vintage and it also makes the staff feel appreciated for the work we do each day.

We hope you will enjoy being at Vintage this summer. There are new programs and more building improvements on the horizon that will make Vintage an even more welcoming place to be. We're glad you're here!

Warmly,
Heather

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 epurse. See Cheryl Schell if you're not registered.

- Wed. July 31, Woodville House Tour / Napoli Restaurant (Bridgeville), OPT Pick-up: 9:30 a.m.
Cost: \$5 (paid at Woodville) + lunch on your own.
Limit: 12. Deadline: July 23
- Wed. Aug. 7, Rivers Casino OPT Pick-up: 9:30 a.m.
Limit: 24. Deadline: July 30
- Wed. Sept 11, Pittsburgh Pirates vs. Miami Marlins, PNC Park, OPT Pick-up: 11:15 a.m. Cost: \$28 / \$38 Nonmembers.
Limit: 20. Deadline: July 29
- Sat. Sept. 28, "Pow Wow," OPT Pick-up: 11:30 a.m.
Limit: 24. Deadline: Sept. 18
- Fri. Nov. 29, PNC Broadway, "MJ the Musical (Michael Jackson)," Benedum Center, OPT Pick-up: 11:45 a.m.
Cost: \$89 / \$99 Nonmembers (1st Tier).
Limit: 50. Deadline: Sept. 8

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

- Fri. July 26, Fortune Star (Monroeville)
- Aug. 12-18 Pittsburgh Restaurant Week (To Be Announced)
- Wed. Aug. 21, Asti's Italian Steakhouse (Grand View Golf Club)
- Thu. Sept. 5, Cracker Barrel
- Tue. Sept. 17, Bonefish Grill (McCandles)

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

- Wed. July 24, Red, White & Blue Thrift
- Fri. Aug. 16, Ross Park Mall
- Tue. Sept. 10, Walmart (North Versailles)



SUMMER ACTIVITIES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	10 Enhance Fitness 12 IGIA Movement (8/19 - 10/14) 1 Line Dance (Begin) 2:30 Pilates	10 Silver Sneakers 11:30 Tai Chi 1 Yoga 2:30 Line Dance (Begin)	10 Enhance Fitness 12 Chair Exercise 1 Line Dance (Adv)	10 Silver Sneakers 11:30 Tai Chi 1 Yoga 2:30 Pilates	10 Line Dance (Begin) 11 Soul Aerobics (7/12 - 8/30) 12 Chair Exercise 1 Line Dance (Adv)
Wilkinsburg Room	10 Chess 12 Intro Mahjong	12 Bridge Club	10 Stroke Group (1st & 3rd) 12 Bible Study 1 Writing 2 Mahjong	11:30 Book Club (2nd Thur) 11:30 Ebony Pennies Club (3rd Thur)	12 Bridge Intro & Practice
East Liberty Room	10 Bible Study 11:45 Vintage Choir	9:30 Quilting 1 Pearls of Wisdom Discussion	1 Balance/Mobility Exercise	12:30 Painting	1 Balance/Mobility Exercise
Homewood Room	12 Bingo	10 Mega Morning Bingo	1 Familylinks CORE Classes	12 Parkinsons Workshops (7/11-25)	12 Bingo
Fitness Studio	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm 1 Strength Training 2 Equipment Orientation	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm 1 Strength Training 2 Equipment Orientation
Larimer Room			12 Pokeno	12 Diamond Painting	
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)	1 Computer Workshops	Individual Coaching (by Appointment)	9:30 Chromebook Workshop (8/15-10/17) Individual Coaching (by Appointment)	Individual Coaching (by Appointment)
Shadyside Room			9:30 Smart Driver (9/11)	9:30 Smart Driver (9/12)	
Atrium				12 Penny Bingo (2nd & 4th)	
Hugh Lane Wing			9:30 LGBTQ Senior Group		



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. 11 & 12 (must attend both), 9:30 a.m. – 1:30 p.m., \$20 AARP members / \$25 nonmembers. Limit: 16. Instructor: Linda Wortham, Vintage Member

Chromebook Workshop

Presented by the Anna M. Waite Learning Center.

- Thursdays, 9:30 – 11:30 a.m., Aug. 15 – Oct. 17, Limit: 12 (watch for details)

CLP101

Presented by Carnegie Library of Pittsburgh. Learn more about the services the library has to offer.

- Thursday, July 25, 12:00 – 1:00 p.m. Tech Center

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. Membership required.

- Intermediate – July 9, 16 & 23 (hardware, internet, email systems)
- Advanced – Aug. 6, 13 & 20 (Word & Excel basics, storage devices)
- No September & October Classes (watch for details on November Beginners class)

Cooking Demonstrations

Presented by Just Harvest & Phipps Conservatory.

- Fri. July 5, Aug. 2, Sept. 6, 9:30 – 10:45 a.m

Diamond Painting New!

- Thu. 12 p.m. Larimer Room. If you would like to learn a relaxing, calming, and stress-relieving craft, join fellow members who love diamond art. It is the process of applying tiny rhinestones (known as “diamonds”) to a pre-printed design onto an adhesive canvas to create sparkling, vibrant and uplifting pieces of mosaic-style art. Cost: Kits available for purchase (approximately \$5).

Fitness Studio / Personal Trainer Programs

- Tue. & Fri. 1 – 2 p.m. Strength Training Class with Eli (Limit: 6)
- Tue. & Fri. 2 – 3 p.m. Equipment Orientation & Personal Training (Drop in)

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

- Mon. July 15 – “Basics of Life Insurance & Annuities”
- Fri. July 19 – “Can We Talk”
- Mon. July 22 – “Right at Home”
- Mon. Aug. 5 – “Diabetes & Heart Disease Nutrition”
- Mon. Aug. 12 – “Osher Lifelong Learning Institute”
- Mon. Aug. 19 – “Harmony Senior Services”
- Fri. Aug. 23 - “Alzheimers & Dementia Impact”
- Mon. Aug. 26 – “Senior Safety,” Sheriff Allegheny County
- Mon. Sept. 9 - “CCAC Life Long Learning Opportunities”

IGIA Movement Returns!

- Mon. Aug. 19 – Oct. 14, 12:00 p.m. Drawing from somatic practices including yoga, meditation, Hanna Somatics and dance, IGIA navigates the power of movement sensed within, and stimulates neural pathways.

Medicare & Breakfast

Learn about Medicare with PA Medi (Limit 40 each).

- Thu. July 25, 10 – 11:30 a.m., Homewood Room
- Thu. Sept. 26, 10 – 11:30 a.m., Homewood Room

Parkinson’s “Training Your Brain” Series

- Thu. July 11, Noon, “Swallowing Safety & Voice Volume”
- Thu. July 18, Noon, “Communication & Thinking”
- Thu. July 25, 10:00 a.m. “Watercolors”

Soul Aerobics with Valerie

- Fri. 11 a.m., July 12 – Aug. 30

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)

Contact Michael Smith at 412-525-5591.

Your Health, Your Way Returns!

- Fri. Oct. 11 – Nov. 15, 11:30 a.m. – 12:45 p.m. A program that promotes wellness through health education, goal-setting, and fun group movement. YHYW is designed for anyone experiencing joint pain and limited mobility.



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.



A United Way Member
 Code No. 105

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Welcome New Members Memberships through June 14, 2024 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

Cyphus Alston Raymond Anthony Cynthia Ash Mary Aston Billy Banks Irwin Banks Carol Biler Robert Binnie Christine Blanchard Louise Broujos Denise Brown Beth Buchwach Elaine Marie Burkley Gertrude Burrell Alice Carnes	Gail Faye Crawford Ethel Crystian-Nunley Madaline Darnell Vickie Davis Martha Dixson Cathy Carpenter Chester Dodson Jr. Carol Emmett Claudia French Amatta Barbara Glover Claire Guenin Michael Guenin Myriam Gumerman Linda Hartwell Marilyn Harvey	Renee Herring Susanne Hershey Elissa Hirsh Cecelia Horne Joann Marie Hutch Rochell Bernice Jackson Cynthia Jenning-Davis Janet Johnson Darcell Jones Solomon Kamara Karen Katunich Diane Kramer Dolores Kaufmann Pamela Lang Velma Leocardio	Jeffrey Lesak Jean McCorkle Linda McDougald Daniel McKinley Jillane McKinley Ginger Merko Linda Kay Miller Manella Mitchell Robert Molyneaux Diane Jo Penatzer Joseph Pierchalski Elizabeth Prunty Barbara Rabner Leroy Ramsey Jr. Leslie Allen Regan	Edith Rhines Keith Richardson Kim Robinson Pamela Robinson Tanya Ross Joanne Russell Robert Russell Toni Sandidge Robin Santhouse Judith Saunders Ronald Saunders Randa Shannon Nancy Staresinic Frances Sumpter Constance Toter-Holtz	Eva Tamez-Trevino Judith Ellen Trupin Monica Tyler Frances Watkins Jackson Nancy Wellons-Stewart Diana Williams Debra Ann Williams-Drowell Thomas Williams Yolande Williams Darvella Winslow
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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.