



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
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Summer 2025, Jul. – Sept.

A Message from the Program Manager

It’s said the only constant in life is change. When giving tours I always boast that Vintage is constantly changing and growing. I also boast that we mostly have a long-tenured staff. Yet even that is changing!

This article is being written by me because Executive Director Heather Sedlacko has returned to her previous employer United Way of Southwestern Pennsylvania to become the Executive Director of the 211 health and human services helpline. Over the last three years, Heather has led us through unprecedented expansion in daily participation numbers, facility improvements and the creation of the Wise Neighbor project! Her bright smile, contagious laugh and enthusiastic leadership will be greatly missed, and we wish her well!

After decades of writing your newsletter, this will be my last issue as I am retiring after 34 years of service. Cheryl Schell, our Information and Referral Specialist, is also retiring after an amazing 45 years of service! We both say a fond and bittersweet farewell as we leave with wonderful memories and an enduring love for Vintage. I’m pleased to announce that Jennifer Collins has been promoted to Associate Director! After two decades of working side-by-side with four different Executive

Directors, you are in capable hands as Vintage searches for Heather’s replacement.

Joining Jennifer in guiding Vintage forward is long-tenured Project Coordinator Michael Smith along with Jenn Englert, Marissa Klein and Valerie Stagger who are newer to Vintage but quickly established themselves as highly capable and enthusiastic team members. I’m also excited to announce that new staff will be joining the Vintage team. I couldn’t be more pleased that Nicole Irwin, a former student intern, is joining us as our new Program Manager! Nicole has a warm and bubbly personality and brings with her excellent experience in both aging and social work. Also, after four years of excellent service by Front Desk volunteers, Vintage will soon be hiring a paid receptionist. I know you will warmly welcome our new staff!

In closing, the strength of Vintage has always been the older adults that we serve and fondly call “Vintagers.” Vintage will always prosper because of you and your dedication to embracing the fun, fitness and friends that can be found in our beautiful center every day!

Wishing the best for Vintage always,
Tom Sturgill

Welcome New Members

Memberships through May 31st 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 for more information.

Andrew Allen II	Lisa Dennis	Wendy S. Green	James S. Miller	Zandra Specter
Charles F. Anderson	Oliver J. Dent	Rebecca K. Hauser	L. Shelby Moore	Winifred Spivey-Hinton
Melissa L. Anderson	Thomasina M.	William J. Hawthorne	Sharon M. Moore	Darlene Tanner
Patricia J. Bercik	Devereaux	Betty J. Holmes	Willie Morris	Deena Thomas
Ann Betters	Anthony A. Dixon	Cheryl A. Hudgins	Margaret A. Palumbo	Jennifer Thomas
Deborah L. Bogen	Wayne L. Dixon	Deborah A. Hurrell	Daphne D. Pappas-Anderson	Maggie Thomas
Harry L. Broadus	Marlana D. Edge	Debra Ann Hutchinson	Dennis A. Pelmon	Beverly Thornton-Coleman
Yvonne Brown	Darlene M. Epps	Valerie M. Johnson	Harold Pettway	Roxann M. Timpano
Carmen D. Bruce	Lorene Denise Evans	Stephanie D. Kenney	Harry L. Rice	Kale Tuedhope
Sheila Burdge	Velma L. Fellings	Alrica L. Knight	Prevan L. Roberson	Karl A. Wade
Sabrina Burnett	Nancy L. Finch	Barbara A. Koval	Grace E. Robinson	Cheryl A. Walker
Debra Canada	Robert C. Finch	Linda A. Kukulski	Enis A. Rose	Daniel A. Wallace
Dianne W. Carter	Jacqueline Ganaway	Judie L. Lai	Sydney S. Rosen	Joyce C. Wallace
Mary E. Clark	Adeli Garcia	Sandy R. Leo	Cynthia C. Ross Katz	Pauline D. Washington
Elizabeth A. Conley	Dianne D. Glave	Nathaniel Lofton	Rosa Lee Sampson	Alfonso Webb
George N. Cotton	Glenda O. Glenn	Patricia A. Lujetic	Olivia Schmidt	Joyce N. Weber
Stanford D. David	Jacqueline A. Gray	Joan E. Maser	John E. Shreck	Marc Woody
Sharon L. Davis	Rita M. Gray	Lynne E. Mcghee	Valeria C. Sloan	
Terri J. Denmon	Carl Green	Annie L. McGowan		

INFORMATION & REFERRAL The Vintage Information & Referral Office provides seniors and their families with benefits and services available in the community. Call 412-361-5003 to schedule an appointment. Applications and assistance are available for:

- ACCESS, OPT & PAT bus passes
- Referral to legal services
- AARP Income Tax assistance
- PACE prescription drug program
- Health insurance information
- Social Security information
- Senior Housing information
- Assistance with benefits
- Community resources

SUGGESTIONS OR COMMENTS?

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.

Vintage is CLOSED:

- **Fri. July 4th for Independence Day**
- **Mon. September 1st for Labor Day**

THANK YOU!

We are so excited that we exceeded our Spring fundraiser goal! With your generosity we raised \$3,139! A big thank you to all who donated!



Special Events

Mark your calendars, more details to be announced

- **Wed. Jul 30th** 10am-3pm UPMC Mobile Eye Services Exam Clinic, Homewood Room, Cost: Free (please bring your insurance card, if possible) Make appointments at the Vintage Front Desk.
- **Tues. Aug 19th** 2pm-3:30pm - Summer Concert with Norman Nardini. Sponsored by Community Life. Cost: \$3. Limit: 125. Purchase tickets at the Vintage Front Desk.
- **Thurs. Sept 25th** 2pm-3:30pm - Healthy Cooking with Chef Kevin Join Chef Kevin as he teaches us how to make a quick and healthy meal! Ticket Required, Limit 30, Cost: \$5



WELLNESS AND LIFE ENHANCEMENT NEWS

Cultural Trips

- Sat. Jul. 26th “Sistas: The Musical” New Horizon Theater, Kelly Strayhorn Theater, OPT Pick-up: 2 pm Cost: \$35 / \$45 nonmembers
- Fri. Aug. 22nd, “Fences,” Pittsburgh Playwrights Theatre, August Wilson House (outdoors). OPT Pick-up: 5:45 p.m. Cost: \$38 Deadline: July 31st
- Weds. Sept. 17th, Pittsburgh Pirates vs. Chicago Cubs, PNC Park, OPT Pick-up: 11:15am Cost: \$32 / \$42 includes \$5 Concession credit on ticket. Deadline: September 2nd (Limit 25)
- Sat. & Sun. Sept. 27th & 28th, “Pow Wow,” OPT Pick-up: 11:30 am Cost: \$4 (paid at event) Limit: 24. Deadline: Sept. 17th

Restaurant Trips (OPT Pick-up 10:45 am)

- Fri. Jul. 25th & Aug. 1st Fortune Star (Monroeville)
- Weds. Aug. 20th & 27th Texas Roadhouse
- Thurs. Sept. 4th & 11th Cracker Barrel
- Thurs. Sept. 18th & 25th The Lot at Edgewater

Shopping Trips (OPT Pick-up 10:45 am)

- Weds. July 23rd, Red, White & Blue Thrift
- Fri. Aug. 15th & 22th, Ross Park Mall
- Tues. Sept. 9th, Walmart (North Versailles)

Computer Workshops

All computer classes are on Wednesdays from 12 pm – 2 pm Pre-register at the Front Desk or call 412-361-5003. Membership is required.

- Computer Basics Beginner – Oct 7th & 14th. (Keyboard & mouse skills)
- Computer Basics Intermediate – Nov. 4th, 11th & 18th. (Hardware, internet, email systems)
- Computer Basics Advanced – Dec. 2nd, 9th, & 16th (Word & Excel basics, storage devices)

Chromebook Workshop

- Thurs., 9:30 am – 11:30 am - Sept. 4th - Nov. 6th. Class Limit: 12. Technology Center. Presented by the Anna M. Waite Learning Center.

Lunch Speakers (11:15am Atrium)

- Mon. July 7th Humana
- Mon. July 14th Seniors Helping Seniors (SHS)-preventing slips and falls

Meditation for Active Seniors

Vedic Meditation for beginners can help lower blood pressure and increase energy, decrease stress and anxiety and more! Instructor: Adrienne Brown, Vintage volunteer

- Tue. & Wed. 9:15 am – 10:00 am. July 8th - Aug 13th, Wilkinsburg Room

Hip Hop Chair Exercise

- Tue. Aug. 19, 11:30 am – 12:15 pm, Homewood Room

Memory Café

- Thurs. 1:00 pm-2:30 pm – July 10th & August 7th

The Memory Café is a meeting space for those living with memory loss or dementia and their care partners to socialize with others living a similar journey. Registration is required contact Jennifer Englert to register 412.361.5003 – jenglert@familylinks.org.

B-I-N-G-O

- Friday, July 11th & 25th, 1:00 pm – 2:30pm Atrium
- Friday, Aug 8th & 22th, 1:00 pm – 2:30pm Atrium
- Friday, Sept 12th & 26th, 1:00 pm – 2:30pm Atrium

AARP Smart Driver Course

Earn auto insurance discounts! \$20 AARP members / \$25 nonmembers. Limit: 24 *Sign up at front desk, money due day of class.

- Weds. & Thurs. Sept. 10th & 11th First Time Participants - (must attend both), 9:30 am - 1:30 pm, Homewood Room

Tai Chi

- We have two Tai Chi classes every week – Tuesday and Thursday.

Medicare New Enrollee Information Session

- Tue. Sept. 16th, 12:30 pm Homewood Room.

Are you new to enrolling in Medicare? If so, MediConnect, Pittsburgh's largest and highest-rated independent Medicare advisory firm is able to help. As a proud partner of Vintage, MediConnect provides a Medicare Made Simple platform for our clients to thrive with your healthcare decisions. Sign up at the Vintage front desk or call 412-852-4352.

**As a fully independent advisory firm, we work with every major insurance company in Western PA without bias or influence. Our loyalty is to the clients we serve, not the insurance carriers, at no cost to you.*

Trips: Sign-up for trips with Valerie Stagger in the Information & Referral Office or call (412) 361-6280. Cultural trips are cash/check only. To participate in group transportation, you need to be 60+, registered with OPT, and have money in your e-purse. See Valerie Stagger if you're not registered. Limits: 24 (unless noted) **If you must cancel, it is very important that you let us know, ideally 24 hours in advance, and never just “no show.” Multiple “no shows” by the same person puts your riding privileges in jeopardy.**



SUMMER ACTIVITIES

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	10 Enhance Fitness 12 IGIA Movement 1 Line Dance (Begin) 2:30 On the Move (6/16-8/4)	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	10 Line Dance (Begin) 11 Soul Aerobics 1 Line Dance (Adv)
Wilkinsburg Room	10 Chess 12 Intro Mahjong	12 Bridge Club	12 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 1 Diamond Painting	9:30 Quilting 1 Pearls of Wisdom Discussion	1 Balance / Mobility Exercise 2 Parkinson's Support (7/2, 8/6, 9/3)	12:30 Painting	1 Balance / Mobility Exercise
Fitness Studio	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm 1-3 Equip't Training (7/15, 8/12, 9/16)	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm	Exercise Equipment 9 am - 4 pm
Larimer Room			1 Writing	10 Needlepoint/Crochet	
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)	Individual Coaching (by Appointment)	Individual Coaching (by Appointment)
Hugh Lane Wing			10 Rainbow Trailblazers	6 Rainbow Trailblazers (2nd & 4th)	