

VINTAGE WILL REOPEN ON MONDAY, JUNE 21!

Dear Members,

Vintage has received approval from the Allegheny County Department of Human Services/Area Agency on Aging to reopen effective June 21, 2021. We understand that many of you are anxious to resume your activities and we are very much looking forward to seeing you! Below you will find important information related to our reopening, and our initial class schedule is enclosed as a handout.

SCHEDULE

Vintage will be open Monday to Friday, 9 am to 4 pm, starting Monday June 21.

We will be closed on Monday, July 5th for the holiday.

ACTIVITIES

The fitness studio, card room, pool rooms and our new spinning (bicycle) room will all be available during normal operating hours (9am-4pm). Some adjustments to these rooms and to the restrooms may be made to promote social distancing. We will be phasing in our exercise classes over the first couple of months, based on the interest of our members and the availability of instructors. Please see the attached Class Schedule for our initial calendar. We will not be scheduling group trips over the summer and will evaluate starting trips in the fall based on health and safety considerations.

LUNCH

Initially, hot lunch will not be available in the center. The decision to resume the hot lunch program rests with the Allegheny County Area Agency on Aging. You may register to pick up a frozen meal to take home with you, and of course you may bring lunch from home if you wish.

MASKS and HEALTH SCREENINGS

In regard to masks and other mitigation strategies, Vintage will be guided by the Pennsylvania Department of Health and the Allegheny County Health Department. If you are vaccinated, wearing a mask indoors at Vintage is recommended but not required. We believe that the vast majority of our members are vaccinated.

All individuals who are not vaccinated are required to wear a mask. Because we want you to feel comfortable returning to the building, we are voluntarily disclosing that all Vintage staff are vaccinated.

We will not be requiring a health screening, such as temperature checks, at the front entry. However, a self-serve temperature kiosk will be available at the front entrance and all visitors are encouraged to check their temperature upon arrival. You are advised to stay home if you are ill, and to practice social distancing and safe hygiene practices, such as frequent hand washing, while visiting the Center. Dispensers for disinfectant wipes and hand sanitizer have been installed throughout the building. As we start back toward "normal", let's all take care of ourselves and take care of one another.

Best Regards, *Vintage Staff*

See Enclosed Flyers For Other Important Information

Vintage Classes *June 21 – Sept 3, 2021*

		Monday	Tuesday	Wednesday	Thursday	Friday
Bitzer Room	AM	10 Exercise	10 Exercise	10 Exercise	10 Exercise	10 Line Dance (Linda)
	PM	1 Line Dance (Linda)		1:00 Line Dance (Stella)		1:00 Line Dance (Stella)
Homewood Room <i>(Behind the Arbor)</i>	AM				10:00 Tai Chi (Mike)	
	PM				12:30 Yoga (Katrina)	
Fitness Studio <i>Membership Benefit!</i>		OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.
East Liberty <i>Dining Room</i>	AM		10 Needle Crafts	10 Educational Video	10 Needle Crafts	
	PM	12:30 Bingo	1 Writing	12 Movie of the Week	12:30 Painting	12:30 Bingo
Larimer Room <i>Spinning Room</i>		OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.
Sidney Hills Room <i>TV Room</i>		OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.
Wilkinsburg Room	AM	10 Bible Study				
	PM		12 Bridge Club	12 Bible Study		
Bloomfield Room <i>Card Room</i>		OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.
Point Breeze I & II <i>Pool Rooms</i>		OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.
Computer Nook		OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.	OPEN 9 a.m. – 4 p.m.
Atrium					12 Penny Bingo	

Additional classes will be added based on interest and availability of instructors.

WHILE YOU WERE GONE ...

Although the Vintage building has been closed for group activities since the start of the COVID-19 crisis, we want you to know that the staff have continued to work hard on your behalf. Although we had no way of knowing how long it would be before we opened, we did understand the importance of continuing to think about the future. We are pleased to share some of our accomplishments over these many months.

NATIONAL ACCREDITATION

We are pleased and proud to announce that Vintage was awarded continued accreditation status by the National Council on Aging/National Institute of Senior Centers. Our accreditation is valid through January, 2026. Accreditation is a benchmark of excellence and only 2% of senior centers in the United States have met these stringent performance standards.

NEW TECHNOLOGY CENTER

With grant support from the Pennsylvania Department of Aging, Vintage is renovating space in the building to create a designated technology center. Located in the back right corner of the building (immediately to the right of the ramp), the technology center will be a place for computer classes and one-on-one coaching. The renovation work is currently underway and is expected to be finished this summer.

NEW SPINNING ROOM

A spin bike is a type of stationary bike and is said to provide a full-body workout and is very effective at strengthening the hips, thighs, calves, abs, and shoulders. With support from the Ann and Frank Cahout Foundation, Vintage has created a new spinning room, located in the main hall directly across from the Fitness Studio. Soon we will be installing a screen in this room so you can watch virtual biking tours while you spin.

ENHANCED FITNESS STUDIO

Many people fell out of their exercise habits during the pandemic. The Vintage Fitness Studio now features 4 treadmills, 3 elliptical machines, 3 stationary bikes and a new rowing machine. There has never been a better time to resume your fitness routine!

SERVICES PROVIDED DURING THE SHUT DOWN

Vaccination Registration: Vintage participated in 9 distinct vaccination registration events, 5 of which were held at the Vintage facility. In total, 710 vaccine appointments were completed (435 of those at Vintage).

Information Services/Wellness Calls: 2,889 completed calls to 800+ persons

Resource Assistance/Monthly Mailings: 7,389 informational mailings to 800+ persons

Food / Dry Goods Distribution: 5,240 distributions to 185 persons

Chronic Disease Self-Study Tool Kit: 133 persons completed 6 week self-study course

Income Tax Preparation: 136 unduplicated persons received tax preparation assistance

Computer Lending Library and one-on-one coaching: 78 persons served