

# In The Vineyard

A Publication of Vintage, a service of Familylinks.



**Winter 2017**  
January, February,  
March

Vintage is **CLOSED** on  
Monday, January 2nd  
for New Year's,  
Monday, January 16th  
for Martin Luther King  
Jr. Day, and  
Monday, February 20  
for President's Day.

## SNOW CLOSINGS



Vintage will NOT automatically close when City Schools close due to snow. Vintage will be open normal hours with modified activity (no classes and no trips) unless very unusual circumstances exist. If you have any questions about Vintage being open, please call 412-361-5003.

## Volunteer Income Tax Assistance

Our tax volunteers will be electronically filing income tax this season Tuesdays and Wednesdays beginning February 7 through April 5. Make appointments at the Front Desk starting January 3, 2017. Bring 2015 tax returns and all 2016 1099's from Social Security, interest, pensions, dividends, IRA's, mortgage statements, and real estate taxes paid. VITA will complete Federal, state and local income tax forms and the Property Tax Rent Rebate application.

## The Price of Success

We are aware that parking availability is sometimes quite tight. This is a reflection of the popularity of Vintage, and is impacted by our location and lot size. Please be aware that if our lots are full that there is free street parking on North Highland Avenue and East Liberty Boulevard. To comply with fire lane restrictions, no parking is permitted in the driveway at any time. The 'new' parking lot on Selma Street does not belong to Vintage; please do not park in the new lot (it has numbered parking spaces and belongs to Familylinks). Your cooperation would be greatly appreciated.

## Vintage Thanks the Following for their Generous Support



● Giant Eagle Foundation, Lead Corporate Sponsor

- Jack Buncher Foundation
- Jendoco Construction Corporation
- Milton G. Hulme Charitable Foundation
- Pennsylvania Department of Aging
- The Pittsburgh Foundation
- William B. McLaughlin Charitable Trust

Many thanks to "In The Vineyard" Newsletter SPONSOR

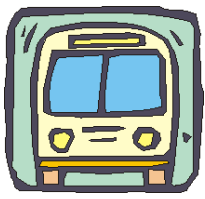


Accredited by   
National Institute of  
Senior Centers

## Senior Community Center Events

Events with fees require pre-paid tickets

- Friday, Jan. 13**..... Martin Luther King Program, 12:00 p.m., Light refreshments. Free
- Wednesday, Jan. 25**..... Health Fair by West Penn Hospital School of Nursing, 9 a.m. – Noon. Free
- Friday, Feb. 10**..... Valentine Line Dance "Blue Jean" Party, 12:30 p.m. Salad Luncheon, Prizes, 50/50. Cost: \$2
- Tuesday, Feb. 14**..... Vintage Theater Guild, 1 p.m., Cost: \$2 (toward \$8 annual dues)
- Friday, Feb. 24**..... Black History Month – Ethnic Food Samples 12:00 p.m., Cost: Free
- Friday, Mar. 27**..... Lip Sync Contest, 12:00 p.m., Hot Dogs, Cost: \$2
- Friday, Mar. 31**..... Nutrition Resource Fair, 11:00 a.m. – 2:30 p.m., Raffles, Games & Prizes, Free
- Friday, Apr. 14**..... Easter Dressy Hat Tea, 12:30 p.m., Luncheon, Cost: \$3



# Senior Community Center

# TRIPS

## LOCAL TRIPS – OPT Return Pick-up on all trips TBA

- Additional local trips may be posted in the Trip Office -

### New Horizon Theater

“JOSH: THE BLACK BABE RUTH”  
Date: Saturday, February 11  
Place: The Falk School / Univ. of Pgh  
Time: Showtime 3 p.m. (NO OPT)  
Cost: \$16 Members / \$26 Non-member  
Deadline: January 20

### Pittsburgh Musical Theater “DREAMGIRLS”

Date: Thursday, Mar. 9  
Place: Byham Theater  
Time: OPT pick-up: 8:45 a.m.  
Cost: \$11 Members / \$16 Non-members  
Deadline: February 9 (Limit 30)

### City Theatre

“WILD WITH HAPPY”  
Date: Wednesday, May 3  
Place: Southside  
Time: OPT pick-up: 11:45 a.m.  
Cost: \$29 Members / \$39 Nonmembers  
Deadline: April 3 (Limit 30)

### PNC Broadway

“AN AMERICAN IN PARIS”  
Date: Saturday, June 10  
Place: Benedum Center  
Time: OPT pick-up: 12:45 p.m.  
Cost: \$41 Members / \$51 Orchestra  
\$22 Members / \$32 2nd Tier  
Deadline: March 1 (Limit: 18 orch / 20 2nd T)

### Pittsburgh OPERA “SUMMER KING: JOSH GIBSON STORY”

Date: Sunday, May 7  
Place: Benedum Center  
Time: OPT pick-up: 1:45 p.m.  
Cost: \$31 Members / \$41 Orchestra  
\$15 Members / \$25 2nd Tier  
Deadline: April 7

### CLO Cabaret

“MISS ABIGAIL’S GUIDE TO DATING, MATING & MARRIAGE”  
Date: Thursday, June 22  
Place: Cabaret at Theater Square  
Time: OPT pick-up: 10:30 a.m.  
Cost: \$26 Members / \$27 Non-members - (Limit 30)

### Pittsburgh Symphony Orchestra MUSIC 101

Dates: February 1, March 17, April 18  
Place: Heinz Hall, Regency Rooms  
Time: OPT pick-up: 11:15 a.m.  
Cost: \$2 Admission (paid at program) + \$9 optional Brown Bag

## SHOPPING TRIPS

Thursday, January 12 – Ross Park Mall  
Friday, February 24 – Kohl / Red Lobster (North Hills)  
Monday, February 27 – Red, White & Blue Thrift  
Wednesday, March 29 – WalMart  
OPT Pick-up and Return: TBA

*Sign-up clipboards in the Trip Office*

## CRAFT TRIPS

Place: Catan’s & Golden Corral (Monroeville)  
Date: Wednesday, Jan. 11 & Mar. 8  
Time: OPT Pick-up: 9:30 a.m.  
Return pick-up: 2:00 p.m.  
Place: Hobby Lobby  
Date: Tuesday, Mar. 14  
Time: TBA

## LUNCHEON TRIPS

Time: Time on all luncheon trips  
TBA (To Be Announced)

Place: Bob Evans  
Date: Tuesday, January 17

Place: Bravo at Waterfront  
Date: Friday, January 20

Place: Bahama Breeze  
Date: Thursday, January 26

Place: Applebees  
Date: Friday, February 3

Place: Cracker Barrel  
Date: Wednesday, February 8

Place: Golden Corral (Robinson)  
Date: Tuesday, February 21

Place: Outback Steakhouse  
Date: Monday, March 6

Place: Fortune Star  
Date: Thursday, March 16

Place: Red Lobster (Monroeville)  
Date: Friday, March 24

## BOWLING TRIPS

Place: FunFest & Lunch (TBA)  
Dates: Mondays, Jan. 9, Feb. 13, Mar. 13  
Time: OPT pick-up: 9:00 a.m.

Place: Swissvale Lanes  
Dates: Every other Wednesday  
Time: 12:30 p.m. (No OPT)

*Sign-up clipboards in the Trip Office.*

### SUGGESTIONS OR COMMENTS? *Have thoughts about our services?*

For your convenience, a Suggestion Box is located across from the Front Desk. House Council meets every other month and reviews your comments. You may also speak with staff or your House Council representatives.



# Wellness & Life Enhancement

# NEWS

- RSVP for all classes with the Front Desk or call (412) 361-5003 -

**Meditation Group**, Wednesdays, February – April, 10 a.m. – Noon, Homewood Room, Free

Transmission Meditation is a simple yet very effective and powerful form of group meditation. Hosted by the Pittsburgh Transmission Meditation Group.

**Healthy Cooking Class**, 6 Wednesdays, Jan.18 – Mar. 22, Noon – 1 p.m., Bitzer Room. Free. Pre-register at Front Desk. Limit 20. Focus on older adult nutrition with an emphasis on easy low-cost meals. Instructor: Tawnee Cunningham, University of Pittsburgh Nutrition & Dietetics Intern.

**Basic Nutrition for Older Adults Class**, 3 Fridays, Mar. 3 – 17, 11:30 a.m. – 12:30 p.m., Shadyside Room. Free. Instructor: Tawnee Cunningham, University of Pittsburgh Nutrition & Dietetics Intern.

**Nutrition Coaching**, Vintage's Nutrition & Dietetics Intern, Tawnee, is available to help answer your questions about nutrition, weight management and healthy eating. Make ½ hour appointments at the front desk. Free to Vintage members.

**Crochet Workshop**, Thursdays, 12:00 p.m., Larimer Room, Free. Instructor: Sherrie Moore, Vintage participant

**Fine Art Miracles, Inc.**, offers the following activities:

- Art & Social Robotics – Romibo Robot helps an art instructor teach art, using examples of a master's artwork for inspiration.

Wednesdays, 12:00 – 1:30 p.m., March 1 & April 12

- Interactive Musical Event – Combines music from the 50s, 60s and 70s with dance, exercise, games and more. Wednesdays, 12:00 – 1:30 p.m., March 29 & April 26

## CCAC Classes

- Soul Aerobics, 8 Mondays, 10:00 a.m., Homewood Room, April 3 – May 22
- Quilting Experienced, 7 Thursdays, 9:30 a.m., Shadyside Room, March 23 – May 11
- Spanish, 7 Thursdays, Bloomfield Room, 12:00 p.m., March 23 – May 11

## New for 2017! NATIONAL HEALTH OBSERVANCES

- January – National Glaucoma Awareness Month – Information Table, Tue. Jan.10, 10 a.m. – Noon. & Lunch Speakers Jan. 9 & 10
- February – American Heart Month - Information Table & Lunch Speaker, Wed. Feb. 15, 10 a.m. – Noon.
- March – National Nutrition Month – NUTRITION RESOURCE FAIR – Fri. Mar. 31, 11 a.m. – 2:30 p.m. – Information Tables, Speakers, Games & Prizes!!!

## COMMUNITY SPEAKERS 11:15 a.m. Dining Room

- Monday, January 9, "Glaucoma", Speaker: Rite Aid Pharmacy
- Friday, January 20, "Final Expense Planning", Speaker: Lincoln Heritage
- Monday, January 30, "Indoor Exercise", Speaker: ManorCare Shadyside
- Friday, February 3, Speaker: Greater Pittsburgh Food Bank
- Friday, February 10, "Options Care", Speaker: Family Services of Western PA
- Monday, February 13, "Cervical Health", Speaker: Rite Aid Pharmacy
- Friday, February 24, "Health Awareness Series: Diabetes", Speaker: Gateway Health
- Monday, March 6, "Diabetes & High Cholesterol", Speaker: Healthsouth
- Friday, March 10, "Getting to Know Your Benefits", Speaker: Gateway Health
- Monday, March 13, "Alzheimer's", Speaker: Rite Aid Pharmacy
- Friday, March 24, "Disaster Preparation: For Seniors by Seniors", Speaker: American Red Cross



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## 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  
Allegheny County



A United Way Member  
Code No. 105

## Welcome New Members

Mattie Arnold	John T. Fitzpatrick	Clayton H. Hogan	Deborah L. Murphy	Susan Speicher
Jeanette Blackston	Willie Flucker	Valerie Holiday	Eugenia Newman	Marilyn Turner Tate
Diana Bloss	Rhonda Lynn Giddens	Constance Kimbrough	Bonnie Parks	Betty Tilman
Gregory Cain	Jean Golub	Christina Laporte	Sherman Mason Penn	Lorene Trent
Ethel Carter	Darnell Griffin-Benton	Margaret Ledbetter	Jack Philips	Shirley R. Turner
Emma J. Castaphney	Frances L. Hefflin	Dennis McKeag	Beverly Phillips	Sandra Foster-Watkins
Stephanie I. Christian	Jerry Hempfield	Louise McKinley	Debra Phillips	William Watkins
Elizabeth Dabney	Melony Hempfield	Kenith Meissner	Harold Phillips	John M. Williams
Paula B. Day	Tanya M. Hempfield	Solomin Milton	Mary Robinson	Carrie Wilson
Carl A. Faas	Helen Hobdy	Emma Mosley	Floyd Sloan	Brenda J. Younger

Memberships through December 13, 2016 are included. Vintage membership is \$25 per year including free exercise classes and Fitness Studio, class and trip discounts, 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
- PACE prescription drug program
- Medicare/health insurance counseling
- Senior Housing information
- Social Security information
- VITA Income Tax assistance
- Legal services and many other senior benefits