

the vineyard

A Publication of Vintage, a Service of Familylinks.



Winter 2019, Jan. Feb. & Mar.

Vintage is CLOSED on January 1st for New Year's Day, January 21st for Martin Luther King, Jr. Day and February 18th for President's Day.

Accredited by 
National Institute of Senior Centers

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.

A Message from the Executive Director

As part of Vintage's commitment to excellence, the organization completes an annual internal program evaluation. The evaluation for calendar year 2018 included: 7-year demographic analysis, 5-year utilization analysis, satisfaction survey, and review of the Better Choices, Better Health project, the Comcast Cyber Security project, and the 2017 Quality Improvement Plan. The following strengths have been identified:

- Positive growth in comparison to senior center network (+6% growth for Vintage vs -26% decline for all other centers).
- Success in attracting diverse users across race and age.
- Wide array of program offerings particularly in health and wellness.
- Success in replicating Better Choices, Better Health positive results in the South Hills through the Jefferson Regional Foundation grant.
- Success with new initiatives, such as the Cyber Security for Seniors Program.
- Success with annual Quality Improvement Planning process.
- Significant increase in fitness units.

A copy of the full report is posted on the agency's website:
vintagepittsburgh.org

VINTAGE GRATEFULLY ACKNOWLEDGES OUR 2018 DONORS AND SPONSORS

- Aetna Insurance Company
- Andrew R. and Dorothy L. Cochrane Foundation
- Ann and Frank Cahouet Foundation
- Comcast
- Giant Eagle Foundation
- Jefferson Regional Foundation
- Jendoco Construction Corporation
- Melinda Beard Memorial Fund
- Milton G. Hulme Charitable Foundation
- McKinney Charitable Foundation through the PNC Charitable Trust
- Pennsylvania Department of Aging
- PPG Colorful Communities Project
- The Jack Buncher Foundation
- The Pittsburgh Foundation
- United Way of Southwestern Pennsylvania
- United Way Falk Facilities and Technology Improvement Fund
- William B. McLaughlin Charitable Trust

Many thanks to 'The Vineyard' Newsletter SPONSOR



Senior Community Center Events

- Fri., Jan. 4.....New Year's Refreshments, 12:00 p.m., Sponsor: Presbyterian Senior Care
- Fri., Jan. 18.....Martin Luther King Jr. Program, 12:00 p.m. Light refreshments.
- Fri., Feb. 1.....Super Bowl Refreshments, 12:00 p.m., Sponsor: Presbyterian Senior Care
- Tue., Feb. 12.....Vintage Theater Guild, 1 p.m. Cost: \$2 (toward \$8 annual dues)
- Wed., Feb. 13.....Valentine Line Dance Party, 12:00 p.m. Cost: \$2
- Mon., Feb. 18.....Black History Month Program, Noon, Cost: Free
- Fri., Mar. 29.....Nutrition Fair, 11:00 – 1:30 p.m. Cost: Free



CENTER FOR ACTIVE ADULTS TRIPS

OPT Return Pick-up on all trips TBA

*NOTE: Please notice very early ticket deadlines. Don't delay!
Visit Trip Office for detailed performance descriptions.*

LOCAL TRIPS

**reduced price with Area Agency on Agency funding*

PITTSBURGH SYMPHONY MUSIC 101

Dates: Wed. Feb. 7 & Mar. 13, Tue. Apr. 23

Time: OPT pick-up: 11:30 a.m.

Place: Heinz Hall Regency Room

Cost: Free Deadline: One week before.

KENNETH "BABYFACE" EDMUNDS

Date: Saturday, February 9

Time: No OPT (Showtime 8:00 p.m.)

Place: Heinz Hall Deadline: Jan. 11

Cost: \$51 / \$61 (orchestra/limit 6)

\$38 / \$48 (gallery L-Q/limit 6)

\$24 / \$34 (gallery R-W/limit 6)

"CHICAGO"

Date: Thursday, February 21

Time: OPT pick-up: 9:00 a.m.

Place: Pittsburgh Musical Theater

Cost: \$13 / \$23 Deadline: Jan. 18

"PHANTOM OF THE OPERA"

Date: Thursday, February 21

Time: OPT pick-up: 11:45 a.m.

Place: Benedum Center Deadline: Jan. 15

*Cost: \$34 / \$44 Nonmembers (orchestra /limit 8)

\$15 / \$25 (balcony/limit 6)

PITTSBURGH SYMPHONY "LIFT EVERY VOICE"

Date: Saturday, March 2

Time: No OPT (Showtime 8:00 p.m.)

Place: Heinz Hall Deadline: Feb. 5

Cost: To Be Announced (orchestra/limit 10)

"IN THE TIME OF THE BUTTERFLIES"

Date: Thursday, March 14

Time: OPT pick-up: 9:00 a.m.

Place: New Hazlett Theater Deadline: Feb. 18

Cost: \$11 / \$21 Nonmembers (limit 10)

THE ROOMMATE"

Date: Wednesday, March 20

Time: OPT pick-up: 11:45 a.m.

Place: City Theatre Deadline: Feb. 19

Cost: \$25 / \$35 Nonmembers (must have 10)

"THE DRIFTERS, COASTERS, THE PLATTERS"

Date: Thursday, April 11

Time: OPT pick-up: 6:45 p.m.

Place: Benedum Deadline: Feb. 12

*Cost: \$45 / \$55 (orchestra/limit 12)

"BOOK OF MORMON"

Date: Wednesday, April 17

Time: OPT pick-up: 6:15 p.m.

Place: Heinz Hall Deadline: Feb. 19

*Cost: \$30 / \$40 Nonmember (orchestra/limit 6)

\$15 / \$25 (gallery/limit 8)

SHOPPING & FIELD TRIPS

Wed. Jan. 9 – Catan's & Golden Corral

Thu. Jan. 17 – Ross Park Mall

Wed. Feb. 13 – Red White & Blue Thrift

Wed. Feb. 20 – Kohls & Red Lobster

Wed. Mar. 13 – Catan's & Fortune Star

Fri. Mar. 15 – Mall at Robinson

To Be Announced – Recycling Center Field Trip

LUNCHEON TRIPS

Fri. Jan. 11 – Smokey Bones (Pittsburgh Mills)

Wed. Jan. 23 – Red Lobster (Monroeville)

Tue. Jan. 29 – Longhorn (Waterfront)

Mon. Feb. 11 – Ichiban Hibachi Steakhouse (Waterworks)

Fri. Feb. 22 – TGI Friday (Monroeville)

Thu. Feb. 28 – Bahama Breeze (Robinson)

Thu. Mar. 7 – Cracker Barrel (Robinson)

Thu. Mar. 21 – Fortune Star (Miracle Mile)

Fri. Mar. 29 – Hokkaido Seafood Buffet (Homestead)



WELLNESS AND LIFE ENHANCEMENT NEWS

RSVP for all classes with the Front Desk or call (412) 361-5003.
Free unless cost noted.

*NOTE: A complete schedule of all classes and activities is available
in the Information & Referral Office.*

Volunteer Income Tax Assistance

Our tax volunteers will be electronically filing income tax this season Tue. and Wed. beginning Feb. 5 through Apr. 10. Make appointments at the Front Desk starting Jan. 2, 2019. Bring 2017 tax returns and all 2017 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.

"Shape up with Stephanie" Fitness Class

Thur., 9:00 a.m. Jan. 24 – Feb. 14. In this new 4-week class, Stephanie Martin, Personal Fitness Trainer, will help you transform your body for 2019 using Vintage's Fitness Studio equipment. Free for Vintage dues paying members. Note: This trial class replaces Monday morning fitness trainer availability.

Nutrition Workshops, Lisa Beilman, Dietetic Intern

- "Heart Healthy" Food Demo, Fri. Feb. 8, Noon
- "Modify Your Favorite Recipe for Better Health", Fri. Mar. 1 & 8, Noon
- "Nutrition Fair", Fri. Mar. 29, 11:00 – 1:30 p.m.

Nutrition Project with Chatham University

- Chatham students are looking for your recipes and stories for a Vintage cookbook. Seniors meet with students over three sessions to tell stories about foods, families and cultures. To participate call (412) 361-5003 Ext. 104.

University of Pittsburgh Sustain-DPP Research

If you are overweight or obese and have risk factors for type 2 diabetes, but do not already have diabetes, you may be eligible to join a free program to prevent or delay diabetes development. Call: (412) 647-1845.

Fine Art Workshops, Tue. 12:30 p.m.

NOTE: All jewelry classes instructed by Jan Loney

- Wire Jewelry - Feb. 15. Cost: \$10.
- Stamping in Metal Jewelry - Jan. 29. Cost: \$10.
- Valentine's Day Heart Pendants - Feb. 5. Cost: \$10.
- Enameled Jewelry - Feb. 19. Cost: \$15.

- Stone Set Pendants – Mar. 5. Cost: \$20 plus small material fee depending on choice of stone.
- To Be Announced w/ Schenley Gardens- Mar. 12.
- Sculptural Drinking Vessels - Mar. 19. Cost: \$25 (must have 8). Instructor: Union Project Staff
- To Be Announced Jewelry – Mar. 26

Computer Classes

Mon. Noon – 2:30 p.m. Cost: \$5, Instructors: Mike Smialek & Michael White, AmeriCorp

- Computer Basics 1, Feb. 4 – 25 (Smialek)
- Computer Usage Fundamentals, Mar. 4 – 25 (White)
- Computer Basics 2, Apr. 8 – 29 (Smialek)

CCAC Classes at Vintage

- Aerobics with Soul - Mon., 10:00 a.m. Mar. 4 – May 20. Instructor: Valerie Stagger
- Quilting Experienced (CCAC) - Thur., 9:30 a.m. Mar. 7 through May 16 (limit 10). Instructor: Debbie Bailey.

AARP Smart Driver Course

Mon. & Tue. Mar. 11 & 12 (must attend both), 9:30 a.m. – 1:00 p.m. Cost: \$20/\$15 (AARP members).

Health Speakers 11:15 a.m. Dining Room

- Mon., Jan. 7 "Winter Safety", ManorCare
- Fri., Jan. 18 "Bone Health", Lisa Beilman
- Fri., Feb. 1 "Nutrition Supplements," Lisa Beilman
- Tue., Mar. 5 "Food Sensitivities," Lisa Beilman

Health Screenings

- Fri., Feb. 22 & Apr. 5, SilverScripts Medication Screenings, 10:00 – Noon, University of Pittsburgh School of Pharmacy
- Wed., Mar. 13, 10:00 a.m. – Noon, Valentine's Heart Screening, Christian Group Home Health

Sponsored Bingos

- Mon. Jan. 14, Feb. 11, Mar. 18, Presbyterian Senior Care
- Mon. Mar. 4, Christian Group – a skilled home health agency



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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.



A United Way Member
Code No. 105

Welcome New Members

Brenda Jo Accoo	George Bullock	Shirley Chelli	Sidney Holyfield	Annie Rhodes	Edward Thompson
Alva Allie	Valeria Bullock	Carl Christian	Deborah A. Horwitz	David Roberts	Neal J. Timon
Cecelia Armstead	Nancy Burrows	Neera Datta	Karen Kirby-Scott	Veronica A. Scott	Danny Trevathan
Sheryl Austin	William Burrows	Pauline Davis	Sandra Jordan	Lydia Scott	Ruthie Trevathan
Blanche Bennett	Paul Cabell	Leslie Dobbs	Kathleen Miller	Walter Scott	Lynn Waters
Leon Blackston	Irether Mae Carter	Barbara Donley	Deborah Moran	Angela Slocum	Valerie Waters
Lorraine Brown	Richard Cash	Antonio Eberhardt	Clarence Rhodes	Jane Tahir	
Robert M. Brown	Mariano Chelli	Patricia Hoffman		Jacquelin Thierstein	

Memberships through December 14, 2018 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
- Senior Housing information
- Legal services and many other senior benefits
- Social Security information
- VITA Income Tax assistance
- Medicare / health insurance counseling

SUGGESTIONS OR COMMENTS?

Have thoughts about our services?

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