

the vineyard

A Publication of Vintage, a Service of Familylinks.



Winter 2020, Jan. Feb. & Mar.

Vintage is CLOSED on January 1st for New Year's Day, January 20th for Martin Luther King Jr. Day and February 17th 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.

A Message from the Executive Director

As we say goodbye to 2019 and welcome 2020, I'd like to reflect on the kindness of all those who support Vintage. As a non-profit organization, Vintage is dependent on the generosity of our members and donors. To each of you who support us through your membership, thank you! To the 115 volunteers who donate their time to us, thank you! To those of you who make additional donations to Vintage, please know that we are grateful for your generosity. I want to also acknowledge the corporations and foundations, listed below, who provided financial support to Vintage this past year.

We are getting better with age because of friends like you!

VINTAGE GRATEFULLY ACKNOWLEDGES OUR 2019 DONORS AND SPONSORS

- Aetna
- Andrew R. and Dorothy L. Cochrane Foundation
- Ann and Frank Cahouet Foundation
- Bank New York Mellon
- Big Burrito Restaurant Group
- Comcast
- East Liberty AARP Chapter
- Familylinks Foundation
- Fluor Corporation
- Giant Eagle Foundation
- Global Links
- Jefferson Regional Foundation
- Jendoco Construction Corporation
- Melinda Beard Memorial Fund
- Milton G. Hulme Charitable Foundation
- McKinney Charitable Foundation / PNC Charitable Trust
- Pennsylvania Department of Aging
- PPG Colorful Communities
- Rooney Family Revocable Living Trust
- The Anonymous Fund of The Pittsburgh Foundation
- The Jack Buncher Foundation
- The Ragsdale Family Fund of The Pittsburgh Foundation
- The Walt Disney Company
- United Way of Southwestern PA

Accredited by 
National Institute of Senior Centers



Senior Community Center Events

- Thu. Jan. 9..... Port Authority Connect Card Event, 10:00 a.m. – 12:00 p.m.
- Fri. Jan. 17..... Martin Luther King Jr. Program & Ice Cream Social, 12:00 p.m. Atrium, Cost: Free. Sponsor: Corner View Nursing & Rehabilitation Center
- Tue. Feb. 11..... Vintage Theater Guild, 1 p.m. Cost: \$2 (toward \$8 annual dues)
- Fri. Feb. 14..... Valentine Line Dance Party, 12:00 p.m. Cost: \$2
- Wed. Feb. 19..... Black History Month Program, 12:00 p.m., Cost: Free
- Tue. Feb. 25..... Mardi Gras "Fat Tuesday" Party, 12:00 p.m., Cost: Free
- Fri. Mar. 27..... Nutrition Fair, 11:00 – 1:30 p.m. Sponsor: University of Pittsburgh, Department of Sports Medicine and Nutrition



CENTER FOR ACTIVE ADULTS TRIPS

NOTE: Vintage accepts cash and check trip payments (no credit cards). Visit Trip Office for detailed performance descriptions and pick-up times.

LOCAL TRIPS * reduced priced with Area Agency on Aging funding

“THE BOOK OF MERMAN”

Date: Thursday, March 5
Time: OPT pick-up: 10:45 a.m.
Place: CLO Cabaret & Buffet
*Cost: \$31 / \$41 Nonmembers
Deadline: Jan. 30 (Limit 20)

“TUBMAN” STUDENT MATINEE

Date: Friday, February 21
Time: To be announced
Place: August Wilson Center
Cost: \$15 / \$25 Nonmembers

PGH SYMPHONY “MUSIC 101”

Dates: Wed. March 11 & Tue. April 28
Time: OPT pick-up: 11:30 a.m.
Place: Heinz Hall Regency Rooms
Cost: Free

“MUMMIES OF THE WORLD”

Date: Thursday, March 12
Time: OPT pick-up: 11:45 a.m.
Place: Carnegie Science Center
Cost: \$13 / \$23
Deadline: Mar. 4 (Must have 15)

“AMERICAN SON”

Date: Thursday, April 2
Time: OPT pick-up: 1:00 p.m.
Place: O’Reilly Theater
Cost: \$17/\$27 Nonmembers
Deadline: March 17 (Limit 10 / Must have 10)

“CARMEN” PGH OPERA

Date: Sunday, April 5
Time: OPT pick-up: 1:00 p.m.
Place: Benedum Center
Cost: \$31 / \$41 Nonmembers (orchestra)
\$15 / \$25 (balcony)
Deadline: March 12

“SUMMER: THE DONNA SUMMER MUSICAL”

Date: Saturday, April 11
Time: OPT pick-up: 12:45 a.m.
Place: Heinz Hall
*Cost: \$38 / \$48 Nonmembers (orchestra)
Deadline: February 11 (Limit 19/ Must have 10)

“UNTITLED: A NEW MUSICAL COMEDY ABOUT SERIOUS DRAMA”

Date: Thursday, April 23
Time: OPT pick-up:
Place: CLO Cabaret & Buffet
*Cost: \$31 / \$41 Nonmembers
Deadline: March 26 (Limit: 10)

“ALVIN AILEY”

Date: Tuesday, May 5
Time: OPT pick-up: 7:00 p.m.
*Cost: \$23 / \$33 Nonmembers (orchestra)
Deadline: March 4 (Limit 14 / Must have 10)

SHOPPING TRIPS

Wed. Jan. 22 – Hobby Lobby
Fri. Jan. 31 – WalMart / Cornbread Restaurant
(West Mifflin)
Wed. Feb. 12 – Red, White & Blue Thrift
Wed. Feb. 26 – Ross Park Mall
Wed. Mar. 25 – Kohls / Red Lobster (North Hills)

LUNCHEON TRIPS

Thu. Jan. 9 – Olive Garden (Monroeville)
Tue. Jan. 14 – Fortune Star (Miracle Mile)
Wed. Jan. 29 – Wahlbergers (North Hills)
Fri. Feb. 7 – Applebees (Edgewood)
Thu. Feb. 20 – Cracker Barrel (Robinson)
Fri. Feb. 28 – Longhorn (Waterfront)
Mon. Mar. 9 – IHOP (Homestead)
Fri. Mar. 20 – T.J. Buffet (Pgh Mills)
Tue. Mar. 31 – Golden Corral (Robinson)



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.

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Volunteer Income Tax Assistance

Our tax volunteers will be electronically filing income tax this season on Tuesdays and Fridays beginning February 4th through April 7th. Make appointments at the Front Desk starting January 2nd, 2020. Bring 2018 tax returns and all 2019 1099's from Social Security, interest, pensions, dividends, IRAs, mortgage statements, and real estate taxes paid. VITA will complete Federal, state and local income tax forms and the Property Tax Rent Rebate application.

New! Meditation & Relaxation Class

Wednesdays, 12:15 – 1:00 p.m., Ongoing starting January 8. Cost: Free, Instructor: Nick Antonov. Perfect for beginners!

University of Pittsburgh Sustain-DPP Research Study

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. See the flyer inserted into this newsletter. Call: (412) 647-1845.

Computer Classes

- Computer Basics 2, Mon. Jan. 6 – 27, Noon – 2:30 p.m. Cost: \$5, Mike Smialek, Instructor
- Computer Basics 1, Mon. Mar. 9 – 30, Noon – 2:30 p.m. Cost: \$5, Mike Smialek, Instructor
- Online Security Workshops, Fri. Jan. 17, Feb. 21, Mar. 20, 1:00 – 2:30 p.m. Cost: Free, Gabrielle Bucci, Carnegie Library, Instructor

Better Choices, Better Health

Chronic disease self-management 6-week class series offered throughout the region. A program of United Way of Southwestern Pennsylvania and supported by the Jefferson Regional Foundation in partnership with Vintage and CCAC. New class series starting in April 2020. For more information contact Michael Smith at (412) 361-5003 ext. 108.

CCAC Classes at Vintage

- Aerobics with Soul – Mon. 10 a.m. Starting March 16. Instructor: Valerie Stagger
- Quilting Experienced – Thu. 9:30 a.m. Starting March 19 (limit 15). Instructor: Debbie Bailey

AARP Smart Driver Course

Thu. & Fri. Mar. 26 & 27 (must attend both), 10:00 a.m. – 2:00 p.m. Cost: \$20 / \$15 (AARP members).



WELLNESS AND LIFE ENHANCEMENT



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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 Southwestern Pennsylvania

A United Way Member
Code No. 105

Welcome New Members

Stepanie Akers	Marva Gowder	Karen L. Longcrier	Nancy Powell	Michael Vick
Robert E. Booker III	Janet Green	Florence Manns	Patricia Peterson	Ezell Wallace Jr.
Sheila Brown	Hallie Harris	Laura R.Millsap	Margaret Reed	William J. Watkins
Mary Anne Cole	Gerald Johnson	Michael Mitchell	Mary Steffey Shade	Alexander Wilson
Priscilla Collier	Carolyn Jones	Louis Mudd	Herma Stewart	Margaret Woods
Donna DeMarco	Elisabeth Larman	Margaret Pereira	Horace Topeck	
Loretta Goodwin	Mary Lenox	William Perry	Joycette L. Trent	

Memberships through December 11, 2019 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.