

the vineyard

A Publication of Vintage, a Service of Familylinks.



Winter 2022, Jan. – Mar.

CLOSINGS:

- **Martin Luther King Jr. Day**
Monday, January 17th



Program Updates

Hot Lunches: The Area Agency on Aging has announced that hot lunches will not resume until March at the earliest. Until then, frozen meals will continue to be available.

Trips: Vintage will not schedule day trips until Allegheny County is in the CDC Low risk category. We understand that members are interested in resuming restaurant and theatre outings, however health and safety concerns must receive priority consideration.

Income Tax Assistance: Due to COVID-19, our VITA volunteers will once again be providing income tax assistance remotely. At this time, priority consideration will be given to those who received 2020 tax preparation assistance from Vintage. A waiting list will be kept for Vintage members in the event that additional appointments become available. Call 412-361-5003 ext. 103 starting January 3rd to make your reservation.

A Message from the Executive Director

It is with mixed emotions that I am announcing my planned retirement to be effective in April 2022. I started with Vintage more than 20 years ago, and have served as executive director since 2010. It has been a true pleasure to lead this agency for the past 11 years, and leaving will be bittersweet. Without question, what I will miss most is all the people who make Vintage such a special place. Familylinks serves as the parent organization for Vintage, and they will lead the recruitment and hiring of the new executive director. The plan is for the new director to work directly with me for several weeks, which will allow for a smooth transition. Vintage is fortunate to have an exceptional group of employees and a highly engaged and dedicated board of directors. I have no doubt that the existing staff, board, and Familylinks will continue to maintain and expand Vintage's reputation of excellence.

In the past when I thought about retiring, I never imagined that my final two years would be during a pandemic. As I find myself once again addressing the COVID-19 crisis, it continues to be with optimism that, if we all work together, we can get to a better place. As I am certain you are aware, we are not yet out of the woods with this virus. Locally, our number of reported cases and our number of hospitalizations are up. As this newsletter goes to print, the positivity rate in Allegheny County is over 12%, a figure that matches pre-vaccine levels. Nationally, we have lost more than 800,000 citizens to this health crisis with an average nearly 2,000 new deaths every single day. Vaccinations are the answer to changing this, and yet only 70% of adults in the United States are fully vaccinated. This unvaccinated rate gives the virus the opportunity it needs to continue to mutate, with each variant being more frightening than the one before. The Centers for Disease Control now recommends that all adults receive a booster shot once they are eligible (for Moderna and Pfizer, it's 6 months after your second shot and for Johnson & Johnson it's 2 months after the single shot). If you need to schedule a vaccination or booster shot, visit www.vaccines.gov, or see any Vintage staff member for assistance. Together, we can make a difference.

Ann Truxell
Executive Director

Accredited by
National Institute of
Senior Centers





ACTIVITIES SCHEDULE

NOTE: *See Page 3 for start dates.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bitzer Room	10 Enhance Fitness 1 Line Dance (Linda)	10 SilverSneakers	10 Enhance Fitness 12 Chair Exercise* (Chatham) 1 Line Dance (Stella)	10 SilverSneakers 11:30 Tai Chi 1 Yoga	10 Line Dance (Linda) 12 Chair Exercise* (CCAC) 1 Line Dance (Stella)
Homewood Room	12 Bingo		12 Pokeno	12:30 Penny Bingo	12 Bingo
Wilkinsburg Room	10 Bible Study	12 Bridge Club	10 Stroke Group (1st & 3rd) 12 Bible Study 1 Writing	11:30 Book Club (2nd Thu) 11:30 Ebony Pennies Club (4th Thu)	
Shadyside Room	Technology Appointments	Technology Appointments	Technology Appointments	Technology Appointments	Technology Appointments
Technology Center	Individual Coaching (by appointment)	1 Computer Basics*	Individual Coaching (by appointment)	Individual Coaching (by appointment)	Individual Coaching (by appointment)
East Liberty Room		9:30 Quilting (CCAC)* 1 Pearls of Wisdom Discussion (Linda)		12:30 Painting	10 SilverScripts (Feb. 18 & Mar 25)
Fitness Studio	Exercise Equipment 9 a.m. – 4 p.m.	Exercise Equipment 9 a.m. – 4 p.m.	Exercise Equipment 9 a.m. – 4 p.m.	Exercise Equipment 9 a.m. – 4 p.m.	Exercise Equipment 9 a.m. – 4 p.m.
Larimer Room	Spinning Bikes 9 a.m. – 4 p.m.	Spinning Bikes 9 a.m. – 4 p.m.	Spinning Bikes 9 a.m. – 4 p.m.	Spinning Bikes 9 a.m. – 4 p.m.	Spinning Bikes 9 a.m. – 4 p.m.
Bloomfield Room	Cards 9 a.m. – 4 p.m.	Cards 9 a.m. – 4 p.m.	Cards 9 a.m. – 4 p.m.	Cards 9 a.m. – 4 p.m.	Cards 9 a.m. – 4 p.m.
Point Breeze I & II	Billiards 9 a.m. – 4 p.m.	Billiards 9 a.m. – 4 p.m.	Billiards 9 a.m. – 4 p.m.	Billiards 9 a.m. – 4 p.m.	Billiards 9 a.m. – 4 p.m.
Sidney Hills Room	TV Room 9 a.m. – 4 p.m.	TV Room 9 a.m. – 4 p.m.	TV Room 9 a.m. – 4 p.m. 12 Movie of the Week	TV Room 9 a.m. – 4 p.m.	TV Room 9 a.m. – 4 p.m.



WELLNESS AND LIFE ENHANCEMENT NEWS

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

AARP Smart Driver Course

In-person classes will resume in spring 2022. Dates and times will be announced in the spring newsletter. On-line classes are available for a fee at www.aarpdriversafety.org

Valentine's Program

Pittsburgh Ballroom Dancers Performance,
Fri. Feb. 11, 12:00 p.m. Bitzer Room

Chair Exercise

- Wednesdays, 12:00 p.m. Feb. 2 – Apr. 20,
Instructor: Chatham University
- Fridays, 12:00 p.m. Feb. 4 – May 27
Instructor: CCAC

Health Screenings

- Blood Pressure Screening by Nurse,
Mon. 10 a.m. – 12 p.m., Reading Room
- “SilverScripts” Medication Screening,
Fri. 10 a.m. – 12 p.m., Feb. 18 & Mar. 25,
Dining Room

Quilting

Tuesdays, 9:30 a.m. Mar. 1 – May 17
Instructor: CCAC

Computer Basics Classes

All computer classes meet Tuesdays
from 1:00 – 3:30 p.m.

- Beginners, Jan. 18 – 25
(keyboard/mousing skills)
- Intermediate, Feb. 1 – 15
(hardware/Windows 10/internet/email)
- Advanced, Feb. 22 – Mar. 8
(Microsoft Word/Excel/Windows storage
management)
- Individual coaching is available by
appointment. Contact: Michael Smith, 412-361-5003
ext. 108.

Computer Equipment Available

Vintage's partnership with the **United Way of Southwestern Pennsylvania** and **Computer Reach** on a technology grant continues into 2022. The grant funds will provide Desktop computers to Vintage members who are interested in owning a computer and who also want to build their technology skills. Get connected digitally to family and friends!

Interested individuals should stop by Michael's office for details. Applications can also be taken by phone, 412-361-5003 ext. 108.





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 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.



United Way of Southwestern Pennsylvania

A United Way Member
 Code No. 105

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Welcome New Members

Willadean Bailey	Claudia Davis	Ngozi Izuogu	Carmen Osborne	Anthony Thomas	Leslie Wilson
Connie Barren- Wells	Karma Davis	Darlene Kelley	Lori A. Parker	Robert C. Thomas	Dianne Young
Delores Bragg	Donna Fitch-Hardy	Carolyn J. Locust	Claudine Perry	Robert A. Vastine	Dulmazhab Zhalsanova
Charlotte Calderone	Robertha Gethers	Eleanor F. Lowry	Melvin C. Robinson	Dee Weinberg	
Dianna Cervi	Jerome Griggs	Selina Martin	Nancy T. Smith	Dorothy Wilcox	
William Cobb Jr.	Darcell L. Hanner	Gregory Mims	Arlene P. Snipe	Carole Wilczek	
Charles Crosby	Darlene Hart	Jacob Notovitz	Lorraine Taylor	Sandra L. Williams	

Memberships through December 10, 2021 are included. Vintage membership is \$25 per year including free exercise classes, fitness studio, spinning studio, technology center 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
- Social Security information
- PACE prescription drug program
- VITA Income Tax assistance
- Senior Housing information
- Community resources
- Referral to legal services
- Health insurance information
- Assistance with benefits

SUGGESTIONS OR COMMENTS?

Have thoughts about our services?

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.