

the vineyard

A Publication of Vintage, a Service of Familylinks.



Winter 2023, January - March

Vintage is CLOSED:

- Monday, January 2 for New Year's
- Monday, January 16 for Martin Luther King Jr. Day

SNOW CLOSINGS

Vintage will close when Pittsburgh Public Schools close due to snow and inclement weather. If Pittsburgh Public Schools announce a 2-hour delay, Vintage will be open normal hours with modified activity (no classes with instructors and no trips). If you have any questions about Vintage being open, please call 412-361-5003.

INCOME TAX ASSISTANCE

Our VITA volunteers will be providing income tax assistance in-person at Vintage this year. Call 412-361-5003 ext. 103 starting January 3 to make your reservation. Leave a recorded message and calls will be returned within 5 business days.

A Message from the Executive Director

The New Year brings new opportunities and renewed energy.

I am proud to share that Vintage will be offering three-months of personal training starting in January provided by our friends from Move-Cor, a local non-profit committed to fitness. We are trying out this new service in response to your survey feedback. In the survey, members reported satisfaction with Vintage's fitness programming overall. However, there were some helpful suggestions for improvement, such as offering training on the exercise equipment. We are proud to be able to respond to this request, which is made possible from a generous grant from the William B. McLaughlin Charitable Trust. See page 3 of this newsletter to learn more about the service and how to sign up.

2023 is an important year in Vintage's history as we will be celebrating our 50th birthday! Stay tuned for more details about how we will be celebrating all year long. We will be asking for your favorite Vintage memories and photos over the years to help us honor the role that Vintage plays in all of our lives.

Wishing you a happy and healthy 2023!

Heather L. Sedlacko, Executive Director



Accredited by 
National Institute of Senior Centers



Special Events

- Wed. January 11.....11 a.m. Tablet Lounge Grand Opening
- Fri. January 13..... 12 p.m. Martin Luther King Jr. Observance
Braddock Male Choir
- Fri. February 10.....1 p.m. Valentines Line Dance Event
- February.....Black History Month Program (Date to be announced)



WINTER ACTIVITIES SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Bitzer Room

10 Enhance Fitness
1 Line Dance (Linda)

10 Silver Sneakers
11:30 Tai Chi
1 Yoga (Leslie)
2:30 Line Dance (Linda)

10 Enhance Fitness
12 Chair Exercise
1 Line Dance (Stella)

10 Silver Sneakers
11:30 Tai Chi
1 Yoga (Katrina)

10 Line Dance (Linda)
12 Chair Exercise
1 Line Dance (Stella)

Wilksburg Room

Open for Cards/games

12 Bridge Club

10 - Stroke Group (1st & 3rd)
12 - Bible Study
1 - Writing

11:30 Book Club (2nd Thur)
11:30 Ebony Pennies Club (4th Thur)

Open for Cards/games

East Liberty Room

10 Bible Study
11:45 Vintage Choir

9:30 Quilting
1 Pearls of Wisdom Discussion (Linda)

9:30 Hugh Lane LGBTQ Senior Group

12:30 Painting

Open for Cards/games

Homewood Room

12 Bingo

10 Mega Morning Bingo

12 Pokeno

12:30 Penny Bingo

12 Bingo

Fitness Studio

Exercise Equipment
9 am - 4 pm

Exercise Equipment
9 am - 4 pm

Exercise Equipment
9 am - 4 pm

Exercise Equipment
9 am - 4 pm

Exercise Equipment
9 am - 4 pm

Larimer Room

Spinning Bikes
9 am - 4 pm

Spinning Bikes
9 am - 4 pm

Spinning Bikes
9 am - 4 pm

Spinning Bikes
9 am - 4 pm

Spinning Bikes
9 am - 4 pm

Point Breeze I & II

Billiards
9 am - 4 pm

Billiards
9 am - 4 pm

Billiards
9 am - 4 pm

Billiards
9 am - 4 pm

Billiards
9 am - 4 pm

Bloomfield Room

Cards
9 am - 4 pm

Cards
9 am - 4 pm

Cards
9 am - 4 pm

Cards
9 am - 4 pm

Cards
9 am - 4 pm

Sidney Hills Room

10 Blood Pressure by Nurse

1 Wii Bowling

12 Movie of the Week

TV Room
9 am - 4 pm

TV Room
9 am - 4 pm

Technology Center

Individual Coaching (by Appointment)

1 Computer Workshops

Individual Coaching (by Appointment)

Individual Coaching (by Appointment)

Individual Coaching (by Appointment)

Shadyside Room

Individual Coaching (by Appointment)

Individual Coaching (by Appointment)

12 What We Wear (1/18 & 25)

Individual Coaching (by Appointment)

Individual Coaching (by Appointment)



WELLNESS AND LIFE ENHANCEMENT NEWS

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

Personal Fitness Training

Since Spring of 2022, Move-Cor, a health and wellness nonprofit, has offered seated exercise classes in a group setting at Vintage. Move-Cor will begin offering one-on-one personal, exercise training sessions in the Fitness Studio to interested members starting in January for a three-month trial period. The hope is to increase overall physical and mental health, strength and endurance, and independence with exercise. If you're interested please reach out to Move-Cor's executive director Cagney Sargent at (304) 633-7627 or email move-cor@outlook.com. Learn more about Move-Cor at <https://movecor.weebly.com>

On The Move

On the Move is an evidence-based group exercise program scientifically proven by physical therapists at the University of Pittsburgh. On the Move targets the timing and coordination of walking and is designed to improve mobility in older adults who feel they "just aren't walking like they used to." Classes are taught by exercise leaders, trained to individualize the program to each participant's needs, and features unique stepping and walking patterns that are goal-oriented and progressive. Vintage will host an On the Move class in the Spring as part of a University of Pittsburgh research study. If you are interested in being a participant, please email the study coordinators Kaitlin, kes250@pitt.edu or Gardenia, gaj34@pitt.edu to sign-up. For more information, please visit onthemove.pitt.edu or email contact@onthemove.pitt.edu.

"What We Wear"

Wed. Jan. 18 or Jan. 25, Noon. Cost: Free
Art and Reflection Group with Pitt Social Work Students
Do you have an outfit, piece of clothing or accessories that is so much more than something you wear?
Come participate and reflect on what we wear and how it makes us feel. Experiential and art activities will be provided to spark conversation and remember the best times.

Technology Services

Are you interested in improving your computer skills? If so, Vintage would like to help. Services include:

- One-on-one Technology coaching.
- Lending Library (Internet Service & Laptops)

Contact Michael Smith at 412-361-5003 ext. 108.

Computer Workshops

All computer classes meet Tuesdays from 1:00 - 3:30 p.m.
Pre-register at the Front Desk or call 412-361-5003.

- Beginners – Jan. 23 & 30 (keyboard/mouse skills)
- Intermediate – Feb. 7, 14 & 20 (hardware, Windows 10, internet, email)
- Advanced – Mar. 7, 14 & 23 (Microsoft Word/Excel/Windows storage management)

Trips

Sign-up for trips at the Front Desk or call (412) 361-5003. To participate in group transportation, you need to be 60+, registered with OPT, and have money in your epurse. See Cheryl Schell if you're not registered. Trips are subject to cancellation based on weather.

Cultural Trips NOTE: *Reduced trip prices thanks to funding from the Allegheny County Area Agency on Aging.*

- Wednesday, April 5, PNC Broadway, "Tina: The Tina Turner Musical", Benedum Center. OPT Pick-up: 6:15 p.m. Return Pick-up: To be announced. Cost: \$38 Members / \$48 Nonmembers (orchestra seats), Deadline: February 7 (Limit 23)
- Tuesday, May 9, Pittsburgh Dance Council, "Alvin Ailey American Dance Theater", Benedum Center. OPT Pick-up: 6:45 p.m. Return Pick-up: To be announced. Cost: \$10 Members / \$20 Nonmembers (orchestra seats), Deadline: March 7 (Limit 36)

Restaurant Trips

- Tue. Jan. 17, Patrons (East Liberty)
- Thur. Feb. 9, Cracker Barrel (Robinson)
- Mon. Mar. 6, Walnut Grill (Waterworks)
- Tue. Mar. 21, Red Lobster (Monroeville)

Shopping Trips

- Wed. Jan. 25, Mall at Robinson
- Wed. Feb. 8, Ross Park Mall
- Wed. Mar. 15, The Galleria of Mt. Lebanon
- Wed. Mar. 29, South Hills Village



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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

Memberships through December 15, 2022 are included. Vintage membership is \$25 per year including free exercise classes, fitness studio, technology center and other benefits. Remember....membership matters! Call 412-361-5003 ext. 102

Sherrie A. Abram	Mae Carlisle	Wendy L. Hall	Jackie Lane	Cordellia Ransom	Lauren R. Smith
Gaston Auguste	Y. Maxine Carpenter	Lorraine Hawkins	Denise Laprade	Rebecca Richardson	Barry Taylor
Hilarie Auguste	Marsha Clay	Denise Herndon	Michelle Laprade	Judith Roberts	Patricia Taylor
Mary E. Binder	Blanche Coley	Constance Hill	Ruth Ann Lehman	Eleanore Robins	Robert G. Tilliman
James Boanes	Jewel C. Davis	Lemont Hill	James P. Lucius	Pamela E. Robinson	Merlin D. Watson
Alison Bowen	Nancy A. Dean	Laury Hoose	Sandra M. Moore	Franklin D. Rose	Margo D. Williams
Dolores Bradley	Joann M. Dickerson	Clinton D. Jones	Charlotte Onyundo	Julia Robinson-Rose	Robert Williams
Gail M. Brennan	Lydia J. English	Mary F. Jonson	Russell Parkinson	Wanda Royall	Anne Windish
Stephanie E. Broadus	James E. Fitzpatrick	Sandra L. Kish	Jeffrey H. Pearson	Lynne Swan Sheppard	Dianna Wright
Darryl W. Brown	Peggy Fitzpatrick	John Kohl	Sheila Poole	Christine C. Smith	Alberto Yonan
Donna J. Brown	Francine Franklin	M. "Mimi" Lahoda	Stephan Pruchniewski	Gregory L. Emmett Smith	V. Vicki Young

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.