

# the vineyard

A Publication of Vintage, a Service of Familylinks.



Winter 2024, Jan. – Mar.

## Vintage is CLOSED:

- **Monday, Jan. 1 for New Year's Day**
- **Tuesday, Jan. 2 for Building Floor Repair**
- **Monday, Jan. 15 for Martin Luther King Jr. Day**

## CLASS & ACTIVITY DISRUPTIONS

In our Executive Director's Message, you'll read about building improvements being made while we're closed between Christmas and New Years. When we reopen in January, there could be class and activity disruptions due to work still in progress. While we don't know what these will look like, expect that there could be room, activity and class changes so watch for signage.

## 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 remotely again 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

Vintage's 50th Anniversary year has come to a close. It is with a warm heart that I thank each of you and our anniversary year sponsors for making this such a memorable year! We celebrated our actual birthday in May with a special party for our older adults followed by an evening Wine & Tapas event in September for community friends and funders of Vintage. "Community Legacy Forward" was our theme for the year and these three words perfectly describe what we value....the community we are honored to serve, the legacy we are proud to have, and the vision to move forward in new and innovative ways that Vintage has a reputation for!

As we begin a new year, we're excited to have a fresh start with some much needed and costly building improvements made possible by generous donors. Our 28-year old flooring in the main hall and Bitzer Room is being replaced. The registration desk, Atrium island and magazine rack wall are being removed to more comfortably accommodate our ever growing membership. The front entry which has been prone to flooding is being totally rebuilt. Change is in the air as it always is at Vintage. We do expect that there will be temporary inconveniences for permanent improvements. Please be patient with us if there are space or activity disruptions that accompany the completion of this work. On behalf of our staff, Board of Directors, and House Council members we wish each and every one a wonderful 2024!

Warmly,  
Heather L. Sedlacko  
Executive Director

## Special Events

- **Fri. January 12**.....12 p.m. Martin Luther King (MLK) Jr. Observance
- **Fri. January 19**.....MLK Day of Service (watch for details)
- **Fri. February 9**.....1 p.m. Valentines Line Dance Party, Cost: Free (light refreshments)
- **Thu. February 29**.....2:30 p.m. Black History Month Celebration & Soul Food Dinner, Cost: \$15
- **Thu. March 28**.....10. a.m. Women's History Month Program (morning refreshments), Cost: \$3, Sponsored by Community Life



# WINTER ACTIVITIES SCHEDULE

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Bitzer Room**

10 Enhance Fitness  
1 Line Dance (Linda)  
2:30 Pilates

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

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

10 Silver Sneakers  
11:30 Tai Chi  
1 Yoga  
2:30 Pilates

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

**Wilksburg Room**

10 Chess  
12 Intro Mahjong

12 Bridge Club

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

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

12 Bridge Intro &  
Practice

**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 Music for the Mind

12:30 Painting

12 Music for the Mind

**Homewood Room**

12 Bingo

10 Mega Morning  
Bingo

1 Familylinks CORE  
Classes

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  
10 & 11 Equipment  
Orientation (1/18,  
2/15, 3/21)

Exercise Equipment  
9 am - 4 pm

**Larimer Room**

12 Pokeno

10 Crochet

**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**

9:30 Smart Driver  
(3/6)

9:30 Smart Driver  
(3/7)



# WELLNESS AND LIFE ENHANCEMENT NEWS

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

## AARP Smart Driver Course

Earn auto insurance discounts! Wed. & Thu. Mar. 6 & 7 (must attend both), 9:30 a.m. – 1:30 p.m., \$20 AARP members / \$25 nonmembers. Limit: 16

## 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. Membership required.

- Beginners – Mar. 5 & 12 (keyboard / mouse skills)
- Intermediate – Apr. 9, 16 & 23 (hardware, internet, email systems)
- Advanced – May 7, 14 & 21 (Word & Excel basics, storage devices)

## FamilyLinks CORE Program

Wed. 1 p.m. The CORE Conversation Group is an open space for members to share and process feelings and experiences. We aim to create Community, Opportunity, Resources, and Engagement.

## Fitness Studio Equipment Orientation

Thu. Jan. 18, Feb. 15, Mar. 21, 10 a.m. – 12 p.m.  
Personal Fitness Trainer: Albert Garcia. Sponsored by ameriCARE Pittsburgh. RSVP Front Desk.

## Grief and Loss Support

Familylinks will offer a 6-week support group focused on experiences of grief and loss. This group has limited spots. More details will be coming soon. If you're interested, contact Tom Sturgill, Senior Program Manager.

## Health Speakers, (11:15 a.m. Atrium)

- Mon. Jan. 8 Feb. 26 & Mar. 11, "Brain & Cognitive Health"
- Fri. Jan. 26, "Advantages of Being with Humana"
- Mon. Jan. 29, "Neighborhood Legal Services"
- Mon. Feb. 5, "Beating the Blues"
- Mon. Feb. 12, "Heart Health"
- Mon. Feb. 19, "Fall Prevention"
- Mon. Mar. 4, "Celebrate National Nutrition Month"

## Parkinson's Disease Lunch & Learn

Fri. Mar. 22, 11:30 a.m. Sponsored by The Parkinson's Foundation. Light lunch provided. Limit 30.

## Parkinson's Exercise Class

Starting in February. Sponsored by The Parkinson's Foundation of Western PA.

## 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)
- Tablet Lounge (Available without appointment)

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

## 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.

- Tue. Jan. 30, "Great Migration, Black Mobility and the Automobile," Frick Car & Carriage Museum. OPT Pick-up: 12:30 p.m. Cost: \$9 (paid at museum)
- Sat. Feb. 3, "Lift Every Voice," Pittsburgh Symphony, Heinz Hall. OPT Pick-up: 5:45 p.m. Cost: \$23
- Mar. 20, "Fat Ham," City Theater & Grand Concourse dinner, OPT Pick-up: 11:45 a.m. Cost: \$25 (performance only / dinner on own). Limit: 20  
Deadline: Feb. 12

## Restaurant Trips (OPT Pick-up 11:15 a.m.)

- Mon. Jan. 22, Outback Steakhouse (Monroeville)
- Wed. Feb. 7, Blue Sky (East Liberty)
- Tue. Feb. 20, Cracker Barrel
- Thu. Mar. 14, Golden Corral (Robinson)

## Shopping Trips (OPT Pick-up 10:30 a.m.)

- Wed. Jan. 31, Ross Park Mall
- Wed. Feb. 14, Red, White & Blue Thrift
- Tue. Mar. 25, Walmart (Pittsburgh Mills)



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 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.



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## Welcome New Members

Memberships through December 14, 2023 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

Myrann Adger	Charles Brown	Irene Finke	Eileen Kraus-Dobratz	Shannon Morris	Jacqueline Trent
Rose Alexander	Michelle Brown	Betty Fisher	Teresa Lee	Sharon Nasir	Frankie Walker
Janice Anderson	Darlene Buckner	Charles Franklin III	Gwendolyn Levert	Ronald Nesbit	Geraldine Washington
Felicia Anderson-Howard	Timothy Burke	Cynthia Franklin	Robyn Macklin	Janet Ritter	Cynthia White
Adrienne Brown	Jay Carleton	Kimberly Garrett	Constance Martin	Marlene Robinson	Richard White
Carol Bauerle	Elbert Carver	Donald Henning	Judith McKeag	Barbara Russell	Gail Wilson
Phyllis Bender	James Carver	Cheryl Hill	Robert McKeag	Neelima Saraf	Edie Wilson-Hill
Rita Bhutta	Melissia Council	Kate Jeter	Linda Melada	Howard Scott	Vivian Young
Rita Bhutta	Dorothy Drennen	Dion Jones	Stasia Miaskiewicz	Deno Stathopoulos	
Diane Briston	Toni Federline	Nellie Kirk	Dorothy Mickens	Mary Thompson	

## 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.