

# the vineyard

A Publication of Vintage, a Service of Familylinks.



Winter 2025, Jan. – Mar.

## Vintage is CLOSED:

- **Wed. Jan. 1 for New Years Day**
- **Mon. Jan. 20 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 morning instructors and no trips). If you have any questions about Vintage being open, please call 412-361-5003.

## INCOME TAX ASSISTANCE



Vintage will be providing in-person income tax assistance with AARP Foundation Tax-Aide volunteers instead of VITA volunteers. Many thanks to Mary Lou and Debbie who have retired after over two decades of VITA volunteer service. Call 412-361-5003 ext. 103 starting January 2 to make your reservation by leaving a recorded message.

## A Message from the Executive Director

Happy New Year!

Vintage operates in a 20,000 square foot building that was renovated over 30 years ago. We are continually improving the building – both structurally and aesthetically. In 2024, we replaced the entrance which involved extensive pavement work, a total rebuild of the glass vestibule, and interior/ exterior drainage work to remediate ongoing water problems. We also replaced the 30-year-old flooring in Vintage’s Arbor Café, hallways and 3 activity rooms. The exterior landscaping was all replaced to allow more walkway space and the crumbling far parking lot wall was replaced with shrubs.

Renovation efforts will continue in 2025. Many of you have heard in the news that Vintage was a recipient of \$325,000 in Local Share Agreement funds from the state. We were so grateful to be awarded these dollars which are to be used to make even more essential building improvements. Our highest priority is updating all the lights throughout the building to move to LEDs. Stay tuned for more details on how these funds will be used. We hope you continue to enjoy Vintage throughout 2025 and for many years to come!

Warmly,

Heather Sedlacko

## Special Events

- **Friday, January 17.....12 p.m.** Martin Luther King (MLK) Jr. Observance, Cost: Free
- **Friday, February 14.....1 p.m.** Valentine’s Line Dance Party, Cost: Free (light refreshments / sponsored by PA Health & Wellness)
- **Thursday, February 27...2:00 p.m.** Black History Month Celebration & Soul Food Dinner, Cost: \$15
- **Thursday, March 27.....10 a.m.** Women’s History Month Program (morning refreshments), Cost: \$3



# WELLNESS AND LIFE ENHANCEMENT NEWS

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

## Trips

Sign-up for trips with Valerie Stagger in the Information & Referral Office or call (412) 361-5003 ext. 101. Cultural trips are cash/check only. To participate in group transportation, you need to be 60+, registered with OPT, and have money in your purse. See Cheryl Schell or Valerie Stagger if you're not registered. Limits: 24 (unless noted)

**IMPORTANT MESSAGE TO TRIP PARTICIPANTS:** Recently, Vintage has experienced a high number of trip "no shows" which creates a serious problem for transportation carriers. Vintage typically requires two vans for trips however sometimes only enough people for one van show up. This means that carriers, who have a limited number of vans and drivers, are turning down other important senior requests such as doctor visits to reserve a van that is no longer needed. **If you must cancel, it is very important that you let us know, ideally 24 hours in advance, and never just "no show". Multiple "no shows" by the same person also puts your riding privileges in jeopardy.** Some seniors centers have had trip privileges withdrawn for repeated violation of this policy. Cancellations on the day of a trip, while still important, aren't as helpful because two vans have already been scheduled. Please put trips you sign up for on your personal calendars so you don't forget and watch the weather in advance if that is a concern for you.

## Cultural Trips

- Sun. Feb. 16, "FEED THE BEAST: The Tuskegee Experiment on the Negro Male," New Horizon Theater at Pittsburgh Public Theater. OPT Pick-up: 1:45 p.m. Cost: \$35 (paid at theater). Limit: 24, Deadline: Feb. 10
- Thu. Feb. 20, "TROUBLE IN MIND," + Broadway Brunch (included in price). Pittsburgh Public Theater, OPT Pick-up: 10:45 a.m. Cost: \$46 (reduced price with Area Agency on Aging funding). Limit: 30, Deadline: Jan. 16
- Sun. Mar. 30, "MADAMA BUTTERFLY," Pittsburgh Opera, Benedum Center. OPT Pick-up: 12:45 p.m. Cost: \$25 (reduced price with Area Agency on Aging funding). Limit: 17, Deadline: Mar. 10
- Tue. Apr. 8, THE THORN, Benedum Center. OPT Pick-up: 5:45 p.m. Cost: \$44 (1st Tier/ reduced price with Area Agency on Aging funding). Limit: 50, Deadline: Feb. 28

## Restaurant Trips (OPT Pick-up 10:45 a.m.)

- Wed. Jan. 22 & 29, Walnut Grill (Fox Chapel)
- Thu. Feb. 6 & 13, IHOP (Homestead)
- Thu. Mar. 6 & 13, Cracker Barrel
- Wed. Mar. 19 & 26, Longhorn (Pittsburgh Mills)

## Shopping Trips (OPT Pick-up 10:45 a.m.)

- Tues. Jan. 28 & Feb. 4, Ross Park Mall
- Wed. Feb. 19, Red, White & Blue Thrift
- Tue. Mar. 25, Walmart (N. Versailles)

## AARP Smart Driver Course

Earn auto insurance discounts! Mon. & Tue., Mar. 3 & 4 (must attend both), 9:30 a.m. – 1:30 p.m., \$20 AARP members / \$25 nonmembers. Limit: 24

## Acting for Staged Readings

- Wed. Feb. 5 – Apr. 23, 11:30 a.m. – 12:30 a.m. East Liberty Room, RSVP: Vintage Front Desk or call 412-361-5003

Presented by Pittsburgh Public Theater and Public Works Pittsburgh, this class focuses on vocal performance and character interpretation without costumes or sets. Students develop skills in vocal delivery, pacing, and emotional expression through scene analysis, improvisation, and reading plays aloud. By the end, participants will be able to create dynamic performances using only their voice and presence.

Vintage is proud to partner in the creation of a Public Works pageant performance of Shakespeare's Twelfth Night in June 2025. This is a unique performance on stage at the Pittsburgh Public Theater featuring community residents of all ages. Acting classes are offered at Vintage and participants will have the opportunity to audition in the spring.

## Anna's Afternoon Bible Discussions

- Fri., 1:00 p.m. Larimer Room  
January – Flawed People in the Bible; February – People of Color in the Bible; March – The Bible Today. Instructor: Ann Tucker

## ATTENTION, ATTENTION

Looking for lightly used smart phones and flip phones with charging cords and if possible protective cases. Please donate to Michael in the Tech Center. **The center reserves the right to accept phones based on their integrity and functionality!** Thank You...

### 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.

- Advanced – Jan. 7, 14 & 21 (Word & Excel basics, storage devices)
- No February classes
- Beginners – Mar. 4 & 11 (keyboard / mouse skills)
- Intermediate – Apr. 8, 15 & 22 (hardware, internet, email systems)

### Chromebook Workshop

• Thu., 9:30 – 11:30 a.m., Jan. 23 – Mar. 27, Limit: 12, Technology Center. Presented by the Anna M. Waite Learning Center.

### East End Parkinson's Support Group

- 1st Wed. of each month (except January will be Jan. 8), 2 p.m. Homewood Room

This group is open to all affected by Parkinson's and provides a positive and practical way to cope with the disease. Questions? Call Wes Johnson: 412-465-1116

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

- Mon. Jan. 13 "Setting 2025 Food & Nutrition Goals"
- Fri. Jan. 17 "Can We Talk" Black Women's Support Group
- Mon. Mar. 10 "State of Pittsburgh Water," Pittsburgh Water & Sewer Authority

### Memory Café

- Thu., Jan. 9, Feb. 6, Mar. 6, Apr. 3, 1:00 – 2:00 p.m. Homewood Room

The Memory Café is a monthly meeting for those living with cognitive impairment or dementia and their care partners to socialize with others living a similar journey. Registration is required, see Front Desk. *Note: The Memory Café is not a respite service, but rather a place to spend time with others living a similar journey.*

### 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 412-525-5591.

### The Wise Neighbor Project

- Wed. Jan. 22, 12:00 – 1:00 p.m. Information Session, Shadyside Room

Last year, The Wise Neighbor Project launched as a partnership between Vintage and Macedonia Family and Community Enrichment Center (FACE) with support from the Henry L. Hillman Foundation. The Wise Neighbor Team is able to assist homebound older adult residents 60 years of age and older in zip codes 15206, 15208, or 15219. The Wise Neighbor staff provide support with:

- Addressing issues or barriers that make it challenging to live independently
- Encouraging good health and nutrition
- Connecting to resources such as food, healthcare, housing, transportation, and others

All services are provided at no cost and there are no income requirements. A membership or affiliation with Vintage is not needed. For more information, contact Marissa Klein at 412-361-5003.

### Your Health, Your Way Returns!

- Fri. Mar. 7 – Apr. 11, 11:45 a.m. – 12:45 p.m., Bitzer Room
- A program that promotes wellness through health education, goal-setting, and fun group movement. YHYW is designed for anyone experiencing joint pain and limited mobility.







421 North Highland Ave.  
 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.



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## Welcome New Members

Memberships through December 10 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

Bonnie Adelson	Patricia Day	Donna Jones	Allen Mendoza	Carla Rouse	Robert Thompson
Cherrita Allen	Betty Dell	Roxanne Jones	Timothy Moore	Kimberley Rouse	Kimberlee Tyler
Michael Appel Sr.	Eugenia Desmone	Mary Keane	Donna Mosbrucker	Marlene Saban	Edwin Waller
Linda Archinaco	Joann Dume'	Richard Keith	Kim Mudd	Belva Salik	Wenona Watkins
Jay Asher	Ronald Fuchs	Bruce Klotz	Virginia Norku	Velma Sami	Jonelle Watson
Cheryl Borus	Cindy Haigh	Mary Korytkowski	Carol Payne	Pamela Scoggins	Mary Etta Johnson
Beverly Brown	Kevin Harvey	Lewis Kwett	Tracie Penn	Cindra Slaughter	Whitehead
Mary Brugger	Geraldine Hines	Mary Lippert	Penny Perlman	Karen Soltis	Rosalynn Williams
Theresa Campbell	Deloris Jackson	Jacqueline McCollum	Al Perry	Jo Tavener	Gerald Winslow
Irene Clark	Concha Jefferson	Robert McSorley Jr.	Cheryl Richardson	Yvette Taylor	Katherine Winslow
James Clark	Yo-Fat Jewel	Ceola Melvin	Pamela Robinson	Margaret Thompson	Lorna Yonan

### 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
- AARP 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.