



In The Vineyard

A Publication of Vintage, Inc., Comprehensive Service

Centers for Senior Adults

Fall 2010

September, October,
November, December

Vintage will be CLOSED

September 6th

November 25th & 26th

December 23rd, 24th & 31st

January 17th

United Way of
Allegheny County



AWARD FOR EXCELLENCE
IN HEALTH AND HUMAN SERVICES

Give Meaningfully to the United Way

Please share the following information with family and friends so that they can support Vintage during employee giving campaigns this fall:

- United Way Contributor Choice #105 or Impact Fund
- State Employee Combined Appeal (SECA) #4601-0043
- Combined Federal Campaign (CFC) #83114

These campaigns provide needed resources for Vintage services.

Thank you for giving meaningfully to the United Way!



In April, Comcast Cares Day was held with 20 volunteers completing painting projects and outdoor clean-up. In July, Vintage was featured on the Comcast Newsmakers cable program. The Comcast Foundation also provided a grant to Vintage in support of our programs. We would like to recognize and thank Comcast for their generous support.

Many thanks to "In The Vineyard"
Newsletter SPONSOR



www.jendoco.com



SENIOR COMMUNITY CENTER EVENTS

- | | |
|---------------------------|---|
| Thursday, Oct. 7 | Steelers Tailgate COOKOUT Party (\$2) & Bingo, Noon |
| Wednesday, Oct. 13 | Pittsburgh Foundation's Day of Giving 2010. Make a gift to Vintage online at www.pittsburghgives.org . The Foundation is allotting \$500,000 in matching dollars for donations made to local non-profits. Give anytime between 12:00 a.m. and 11:59 p.m. <i>Thank you!</i> |
| Friday, Oct. 15 | Pgh. Symphony at E. Liberty Presbyterian Church, 7 p.m. (senior tickets on sale at Vintage) |
| Friday, Oct. 29 | Halloween Line Dance Cabaret, 12:30 to 4:00 p.m., \$4 |
| Tuesday, Nov. 9 | Theater Trip Planning Meeting, 1 p.m., \$1 |
| Thursday, Nov. 18 | Thanksgiving Luncheon & Entertainment, Noon. Sign-up begins 11/1 (\$2 advance donation) |
| Tuesday, Dec. 7 | Theater Planning Group Christmas Party, 1 p.m., \$6 Advance ticket required by 11/30. Must be a Group member. |
| Wednesday, Dec. 15 | Holiday Luncheon & Entertainment, Noon. Sign-up begins 11/29 (\$2 advance donation) |
| Thursday, Dec. 30 | New Year's Luncheon Party, 1 p.m. (\$5 paid to Front Desk by 12/28) |

Take a Healthy VIEW on Diabetes!

Do you have diabetes? Are you pre-diabetic? Join us for our free 6-week Diabetes Self-Management course designed by Stanford University. The classes for older adults will meet on Fridays from 9:30 until Noon, October 8 - November 12. Space is limited and preregistration is required. Please call **412-361-5003 ext. 106**.



LOCAL TRIPS – OPT Return Pick-up on all trips TBA

~ Additional local trips posted on Volunteer Center bulletin board ~

“SOERTEL ORCHARDS”

Date: Tuesday, October 5
Place: North Hills
Time: OPT pick-up 10:00 a.m.
Cost: Free
Deadline: September 28 (Must have 8)

Pittsburgh Musical Theater “PHANTOM OF THE OPERA” (Student Edition)

Date: Thursday, October 21
Place: Byham Theater
Time: OPT pick-up: 9:00 a.m.
Cost: \$10/\$15 Non-members
Deadline: September 20 (Limit 10)

CLO Cabaret at Theater Square “TRIPLE ESPRESSO” & Buffet

Date: Thursday, October 28
Place: Downtown
Time: OPT pick-up: 11:00 a.m.
Cost: \$41/46 Non-members
Deadline: September 9 (Must have 10)

PNC Broadway “SOUTH PACIFIC”

Date: Tuesday, November 2
Place: Benedum Center
Time: OPT pick-up: 6:30 p.m.
Cost: \$14/\$19 Non-members
Deadline: September 9 (Limit 16)

Kuntu Repertory Theater “HARRIET TUBMAN LOVED SOMEBODY”

Date: Thursday, November 11
Place: Pittsburgh Playwriters (Downtown)
Time: OPT Pick-up: 10:00 a.m.
Cost: \$11
Deadline: November 3

EXPO Pittsburgh: Journey to Better Health (formerly Diabetes/ Healthy 4 Life Expo)

Date: Saturday, November 6
Place: D. L. Lawrence Conv. Center
Time: OPT pick-up: 10:00 a.m.
Cost: Free
Deadline: November 1 (Limit 20)

Pittsburgh Musical Theater “A LYRICAL CHRISTMAS CAROL”

Date: Friday, December 17
Place: Hazlett Theater
Time: OPT pick-up: 9:00 a.m.
Cost: \$10
Deadline: November 16 (Limit 16)

Pittsburgh Musical Theater “CATS”

Date: Thursday, January 27
Place: Byham Theater
Time: OPT pick-up: 9:00 a.m.
Cost: \$10
Deadline: December 21 (Limit 10)

SHOPPING TRIPS

*Pick-up: 9:30 a.m. (except Thrift Store
 11:45 a.m.) Return pickup TBA)*

Thursday, Sept. 9 - WalMart

Wed., Sept. 22 & Dec. 8 -
 Red, White & Blue Thrift
 Store (Avalon)

Friday, Oct. 15 - Pittsburgh Mills

**Wed, Nov. 17 - Kohl's / Target/
 Red Lobster**

Tuesday, Dec. 14 - Ross Park Mall

**Sign-up on the clipboards in the
 Volunteer Center**

*(6 OPT tickets required -
 9 for Kohl's)*

DOWNTOWN BROWN BAG LUNCHEONS

(Downtown Pittsburgh Vintage Opportunities for Active Older Adults)

Dates: Thursdays, 9/16 & 10/21 & 12/2 (Christmas Party.
 See Rosemary for details).
Place: One Smithfield Street (Downtown) **Time:** 11:30 a.m.
Cost: \$1.00 for dessert, coffee & door prize ticket. Optional \$1.00 for 50/50.

Craft Trips

Place: Catan's & Golden Corral
 (Monroeville)
Date: Wednesday, 9/8, 11/10
Time: Pick-up: 9:30 a.m.
 Return Pick-up: TBA

Luncheon Trips

Time: OPT Pick-up: 10:30 a.m.
 (Bamboo & Smokey Bones
 Pick-up: 10:45 a.m.)
 Return Pick-up: TBA

Place: Olive Garden
Dates: Friday, September 10

Place: Cracker Barrel
Dates: Tuesday, September 21

Place: Ponderosa
Dates: Monday, October 11

Place: Hokkaido Seafood Buffet
Dates: Thursday, October 14

Place: KFC Buffet
Dates: Tuesday, October 19

Place: Bambo Gardens
Dates: Thursdays - 9/16, 10/21, 12/16

Place: Spaghetti Warehouse
Dates: Monday, November 22

Place: Golden Corral (Robinson)
Dates: Friday, December 10

Place: Smokey Bones (Pgh Mills)
Dates: Monday, December 20

Bowling Trips

Place: FunFest (Harmarville) & Eat
 N Park

Dates: Mondays, Sept. 13, Nov. 8,
 Dec. 13 (None in Oct.)

Time: OPT Pick-up: 9:30 a.m.
 Return Pick-up: TBA.

Place: Swissvale Lanes
Dates: Every Other Wednesday
 (TBA)

Time: 12:30 p.m. (No OPT)

**Sign-up on the clipboards in the
 Volunteer Center. (6 OPT tickets
 required - 9 for Craft & FunFest)**

CLASSES & ACTIVITIES

“Caring for Family Members with Memory Impairment”

Are you caring for a spouse, family member or friend who suffers from memory impairment? Join us for our free 3-week course designed to provide valuable information that can help you better understand memory impairment, community resources that are available to help, and the important role that you can play in supporting your loved one, while keeping your peace of mind. A different community speaker each week will address your concerns and questions. The course will meet on Thursdays from Noon until 1 p.m., October 14 – 28. Space is limited and preregistration is required. Please call 412-361-5003 ext. 104.

Wish List for Adult Day Services

Don't forget our Amazon Wish List on the internet! Go to www.amazon.com and click on the Wish List button. Type in Vintage and you'll see some of the things that we'd really love to have to make our program just a little better. There's a price for everyone starting at a mere \$8.00. Amazon will ship directly to Vintage with a note of who so kindly purchased the item or you can have it shipped to your home to bring to us personally. Thanks to everyone who gives that little extra to help us out – We have so many angels in our extended family!

Welcome New Members

Larry Cook	Sheila Johnson	Sylvester Taylor
Rosezella Dreisach	Laura McCullough	Thomasina West
Anne Louise Feeny	Rosalie Palmer	George Wilkes
Janice Ferguson	Annie Parks	Wilbert Wiggins
Geraldine Gilbert	Darla Saunders	
Cynthia Jefferson	Janice Simpkins	

Memberships through August 12, 2010 are included. Renewals are not included. Vintage membership is \$20 per year for individuals \$35 per year for couples. *Giving Club* level membership is \$50. New Fitness Club level membership for \$50. Other membership levels are also available. Brochures are located on the sign-in table by the Front Desk.
Remember...membership matters! Call 412-361-5003.

CCAC Classes at Vintage

Quilting - Tuesdays, Sept. 14 - Oct. 19, 12:45 to 2:45 p.m. Limit 15, Cost: \$3*

Computers II - Tuesdays, Oct. 5 - Nov. 23, 12:30 to 2:30 p.m. Limit 4

Soul Line Dance - Wednesdays, Sept. 15 - Nov. 3, 1:00 to 3:00 p.m.

Healthy Cooking the Gourmet Weight Wise Way - Thursdays, Oct. 21 - Nov. 4, 9:30 to 11:30 a.m. Limit 15

Watercolor Painting - Thursdays, Sept. 16 - Oct. 21, 12:45 to 2:45 p.m. Limit 15, Cost: \$3*

Restoration & Relaxation - Thursdays, Oct. 28 - Dec. 2, 12:45 to 2:15 p.m.

Pre-register for all CCAC classes at the Front Desk (not necessary for Line Dance).

**Cost for classes free unless noted. Voluntary fees must be a check made out to CCAC.*

Friday Community Speaker Series

- **Sept. 17** “Upcoming Changes in Medicare & Social Security,” Alliance for Retired Americans, 11:15 a.m. Dining Room
- **Sept. 24** “S.P.R.I.N.G. into Action. Explore new ways to embrace the day. Give yourself a smile as you learn to: Be a Super Starter; Find Purpose in Your Day; Reach Out to Others; Take Internal Inventory; Say “No!” to Negativity; Grow in Good Soil”, VITAS Innovative Hospice Care, 11:15 a.m. Dining Room
- **Oct. 22** “Breast Care – You Are Your Best Defense,” Greater Pittsburgh YMCA Encore Plus Program, Noon, Bloomfield Room
- **Nov. 12** “Avoiding the Winter Blues,” Unison Health Plan of PA, Noon, Bloomfield Room

SUGGESTIONS OR COMMENTS?

Have thoughts about our services?



For your convenience, a Suggestion Box is located across from the Front Desk. House Council meets each month and reviews your comments. You may also speak with staff or your House Council representatives.

VOLUNTEER NEWS

The Bulletin Board Honors

September 2010 Volunteer Luncheon Awardees

October Group & Committee Leaders

November House Council

December Performing Groups

Call Rosemary at 412-361-5003 Ext. 116 for other volunteer opportunities.

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
- ◆ Medicare/health insurance counseling
- ◆ Senior Housing information
- ◆ Social Security information
- ◆ VITA Income Tax assistance
- ◆ Legal services and many other senior benefits



401 North Highland Avenue
Pittsburgh, Pennsylvania 15206
Telephone: 412-361-5003
TTD/TTY #: 412-362-2339
Fax: 412-361-2737
Web Site: www.vintageseniorservices.org

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Mission Statement

To positively 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.



Big issues. Bigger answers.
A United Way Member
Code No. 105



Wellness News

- **Take a Healthy View on Diabetes!** (see Page 1)
- **Healthy Cooking the Gourmet Weight Wise Way** (see CCAC Page 3)
- **Yoga** – The Tuesday 11:15 a.m. Yoga class will add a 2nd day on Fridays at 11:15 a.m. for a 6 week trial September 17 - October 22. If participation is sufficient, Friday classes will continue after the trial. If you've never tried Vintage yoga before, your first day of class is free. Then purchase a "Wellness Passport" for future classes or use your SilverSneakers card if eligible. "Wellness Passport" information is available in the I & R Office.
- **AARP Driver Safety Program** - Thursday & Friday, December 2 & 3 (must attend both), 9 a.m. to 1 p.m. Cost: \$14 (\$12 AARP members) advance check payable to AARP. Sign-up at Front Desk or call 412-361-5003.
- **CCAC Restoration & Relaxation**, Thursdays, Oct. 28 - Dec. 2, 12:45 – 2:15 p.m., Shadyside Room, Free, Sign-up at Front Desk.
- **Upcoming Changes in Medicare & Social Security**, September 17, 11:15 a.m. Presented by Alliance for Retired Americans.
- **S.P.R.I.N.G. into Action**, September 24, 11:15 a.m. Explore new ways to embrace the day (See Page 3 for details). Presented by VITAS Innovative Hospice Care.
- **Breast Care – You Are Your Best Defense**, October 22, Noon. Presented by Greater Pittsburgh YMCA Encore Plus Program
- **Avoiding the Winter Blues**, November 12, Noon. Presented by Unison Health Plan of PA
- **Personalized Rehab Consultants** – If you have rehab needs, call 412-361-5003 ext. 111. Therapy services can be provided at Vintage when appropriate.

Free Wellness Activities

- Weekly Blood Pressure Checks
Mondays, 10:00 a.m. – Noon
- SilverSneakers® Fitness Program
A free benefit of Security Blue, MediGap Blue, Freedom Blue & HOP.
Mondays & Wednesdays, 8:00 a.m.
Tuesdays & Fridays, 10:00 a.m.
- Most Vintage fitness activities are free for SilverSneakers®. See Program Director for details.
- Seated Exercise, Mon & Wed, 10:30 a.m.
- "Stroke Survivors Group"
Mondays, 11:30 a.m. to 2 p.m.
- Walking Club - Mon through Fri, 9 a.m.
- Men's Exercise, Thursdays, 1:00 p.m.

Vintage Fitness Studio

- 2 Treadmills
- 2 Recumbent Bikes
- A 3-station Multi-Gym

Annual Cost: \$50 (includes \$20 basic membership); Free for SilverSneakers. Sign-up in Vintage's Information & Referral Office.