



In The Vineyard

A Publication of Vintage, Inc., Comprehensive Service

Centers for Senior Adults

Fall 2011

September, October,
November, December

Vintage will be CLOSED

September 5th

November 24th & 25th

December 23rd & 26th

January 2nd & 16th

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!

SENIOR COMMUNITY CENTER EVENTS

Friday, Sept. 9	9/11 10th Anniversary Observance, 12:15 p.m., Atrium
Monday, Oct. 31	Halloween Refreshments, Noon, Atrium
Thursday, Nov. 3	Annual Volunteer Luncheon (invitations mailed to volunteers with 24+ hours of service)
Tuesday, Nov. 8	Theater Trip Planning Meeting, 1 p.m., \$1
Friday, Nov. 11	Veteran's Day Observance, 12:15 p.m., Atrium
Thursday, Nov. 17	Thanksgiving Luncheon & Fashion Show, Noon. Sign-up begins 11/1 (\$2 advance donation)
Tuesday, Dec. 13	Theater Planning Group Christmas Party, 1 p.m., \$6 Advance ticket required by 12/6. Must be a Group member.
Thursday, Dec. 22	Holiday Luncheon & Sing-a-Long, Noon. Sign-up begins 12/1 (\$2 advance donation)
Friday, Dec. 30	New Year's Luncheon Party, 1 p.m. (\$5 paid to Front Desk by 12/28)

Many thanks to "In The Vineyard" Newsletter SPONSOR



Take a Healthy VIEW on Diabetes!

Do you have diabetes? Are you pre-diabetic? Join us for our 6-week Diabetes Self-Management course designed by Stanford University. The classes for older adults will meet on Wednesdays from Noon until 2:30 p.m., October 12 – November 16. 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 ~

CONSOL Energy Center “TOUR”

Date: Thursday, September 22
Time: OPT pick-up 1:00 p.m.
Cost: \$6/\$11 Nonmembers
Deadline: September 8

Council of Three Rivers American Indian Center “ANNUAL POW WOW”

Date: Saturday, September 24
Place: Dorseyville
Time: OPT pick-up: 11:30 a.m.
Cost: \$4 (paid at Pow Wow)
Deadline: September 20 (Limit 20)

“SOERTEL ORCHARDS”

Date: Tuesday, October 11
Place: North Hills
Time: OPT pick-up: 10:00 a.m.
Cost: Free
Deadline: October 5 (Must have 8)

Pittsburgh Symphony POPS “BALLROOM WITH A TWIST”

Date: Sunday, October 16
Place: Heinz Hall
Time: OPT pick-up: 1:30 p.m.
Cost: \$25/\$30 Nonmembers
Deadline: September 15

Pittsburgh Public Theater “SOPHOCLES ELECTRA”

Date: Saturday, October 22
Place: O’Reilly Theater
Time: OPT pick-up: 1:00 p.m.
Cost: \$16/\$21 Nonmembers
Deadline: October 10

Kuntu Repertory Theater “LITTLE WILLIE ARMSTRONG JONES”

Date: Thursday, October 27
Place: To be determined
Time: OPT Pick-up: 10:00 a.m.
Cost: \$12/\$17 Nonmembers
Deadline: October 19

“RIVERS CASINO”

Date: Tuesday, November 1
Place: North Shore
Time: OPT pick-up: 10:00 a.m.
Cost: Free
Deadline: October 25 (Limit 40)

“DIABETES EXPO”

Date: Saturday, November 5
Place: David L. Lawrence Convtn Cntr
Time: OPT pick-up: 10:00 a.m.
Cost: Free
Deadline: November 1

Frick Art Museum “FABERGE” Exhibit

Date: Tuesday, November 15
Place: Point Breeze
Time: OPT pickup: Noon
Cost: \$7.50 (paid at Frick)
Deadline: November 9

PNC Broadway “MEMPHIS”

Date: Tuesday, December 27
Place: Heinz Hall
Time: OPT pick-up: 6:15 p.m.
Cost: \$44/\$49 Nonmembers
Deadline: November 16 (Limit 25)

Pittsburgh Musical Theater “SPRING AWAKENING”

Date: Thursday, January 26
Place: Byham Theater
Time: OPT pick-up: 9:00 a.m.
Cost: \$11/\$16 Nonmembers
Deadline: December 20 (Limit 10)

PNC Broadway “BILLY ELLIOT: The Musical”

Date: Thursday, February 2
Place: Benedum Center
Time: OPT pick-up: 12:45 p.m.
Cost: \$28/\$33 Nonmembers
Deadline: December 19 (Limit 15)

SHOPPING TRIPS

Pick-up: 9:30 a.m. (except Thrift Store 11:45 a.m.) Return pickup 2:30 p.m.

Tues., Sept. 13 - WalMart, N.Versailles
Wed., Oct. 19 -

Red, White & Blue Thrift Store

Wed., Nov. 30 - Kohl’s / Red Lobster

Thurs., Dec. 8 - Ross Park Mall

Sign-up on the clipboards in the Trip Office

Craft Trips

Place: Catan's & Golden Corral
Date: Wednesday, 9/14, 11/9
Time: Pick-up: 9:30 a.m.
Return Pick-up: 2:00 p.m.

Luncheon Trips

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

Place: Bambo Gardens
Dates: Thursdays - 9/15, 10/20,
(No Nov.) 12/15

Place: Cracker Barrel
Dates: Friday, September 16

Place: TGI Friday’s (Waterfront)
Dates: Thursday, October 6

Place: Golden Corral (Robinson)
Dates: Monday, October 17

Place: Olive Garden
Dates: Friday, November 11

Place: “Steak & Shake” (Waterfront)
Dates: Monday, November 28

Place: IHOP
Dates: Monday, December 5

Place: Spaghetti Warehouse
(\$4.99 Meals)
Dates: Wednesday, December 14

Bowling Trips

Place: FunFest /Lunch
Dates: Mondays, 9/12, 10/10, 11/14,
12/12

Time: OPT Pick-up: 9:00 a.m.
Return Pick-up: TBA.

Place: Swissvale Lanes
Dates: *Every Other Wednesday*
Time: 12:30 p.m. (No OPT)

Sign-up on the clipboards in the Trip Office. (8 OPT tickets required - 12 for Craft & FunFest)

SCANNING, SWIPING & PUNCHING:

Why It's Required and Necessary?

Scanning your Co-Pilot "touchscreen" key tag, swiping your SilverSneakers card (if you're SilverSneakers eligible), and punching your Wellness Passport card for Tai Chi, Yoga and SilverSneakers (unless SilverSneakers eligible) on EVERY VISIT is vital to Vintage funding. These simple actions enable Vintage to stay open to serve you.

The amount of funding Vintage receives from the Area Agency on Aging is expected to be based on the number of participants served each day. The more participants we serve, the more funding we receive. It's critical that we get credit for every person served. Our policy is that you cannot enter the building without correctly scanning your key tag. *To correctly scan, it is very important that you (1) select your day's activities, and (2) touch the GREEN "Accept" and "Yes" buttons to verify your selections.*

The amount of funding Vintage receives from SilverSneakers depends on the number of swipes that we receive each month. SilverSneakers eligible participants must

swipe their SilverSneakers card (in addition to their key tag scan) on each health-related visit. Failing to swipe is the same as failing to pay for your class/activity that day. All Vintage participants with Highmark Security Blue, Freedom Blue & HOP health insurance should register for Silver Sneakers in the Program Director's or I&R office.

Finally, if you participate in Tai Chi, Yoga or SilverSneakers and you are not SilverSneakers eligible you must purchase a Wellness Passport and have your card punched at every class you attend. These are fee-based classes and failure to have your card punched for a class visit means that Vintage has not been paid for that class visit.

In these tough economic times, with state funding for human services on the decline, it is more important than ever that we receive the funding needed so that we can be here to serve you for many years to come. So remember, scan, swipe and punch on every visit!

Welcome New Members

Anthony Henry	Eleanor R. Harrison	Gwendolyn Bryant
Lennie Henry	Toney Smith	Jan B. Jones
Robert L. Jordan	Shirley P. Smith	Ronald G. Harris, Sr.
Audrey McFadden	Stephanie Jenks	Eunice Ellard
Mary Saunders	Patricia A. Jacobs	

Memberships through August 11, 2011 are included. Renewals are not included. Vintage membership is \$25 per year for individuals, \$45 per year for couples. **Giving Club** level membership is \$50. Fitness Club level membership for \$55. 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.

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.

CCAC Classes at Vintage

Look for the following CCAC Classes coming this Fall to Vintage. Dates and times are yet to be determined. Call (412) 361-5003 to register. You will be notified when details become available.

- ◆ Aerobic Exercise
- ◆ Exercise is Fun with Wii
- ◆ Healthy Cooking the Gourmet Weight Wise Way
- ◆ Quilting

Friday Community Speaker Series

- **Sept. 30 - "Know Where To Turn When Dealing With Loss,"**
UPMC Aging Institute, 11:15 a.m. Dining Room
- **Oct. 14 - "Preventing Falls, Saving Lives,"** *UPMC Aging Institute, 11:15 a.m., Dining Room*
- **Oct. 28 - "When to Say When / Seeking Help With Addiction,"**
UPMC Aging Institute, 11:15 a.m., Dining Room
- **Nov. 4 - "Breast Care -You Are Your Best Defense,"** *ENCORE Plus Program, Greater Pittsburgh YWCA, Noon, Bloomfield Room*

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



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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.



A United Way Member
Code No. 105



Wellness News

- **“Scanning, Swiping & Punching: Why It’s Required and Necessary”** – Please read this very important article on Page 3.
- **Take a Healthy VIEW on Diabetes!** (See Page 1)
- **Motor Scooter** – For your safety and convenience, Vintage now has one handicapped motor scooter which is available for use at Vintage on a limited reservation basis. See staff in the Information & Referral Office for details.
- **AARP Driver Safety Program** – Thursday & Friday, Sept. 22 & 23 (must attend both), 9 a.m. to 1 p.m. Cost: \$14 (\$12 AARP members) check payable to AARP. Sign-up at the Front Desk or call 412-361-5003.
- **New Aerobic Exercise “Trial Class Series”** (see CCAC Page 3)
- **Exercise is Fun with Wii** (see CCAC Page 3)
- **Healthy Cooking the Gourmet Weight Wise Way** (see CCAC Page 3)
- **“Know Where To Turn When Dealing with Loss”** (see Community Speakers Page 3)
- **“Preventing Falls, Saving Lives”** (see Community Speakers Page 3)
- **“When to Say When / Seeking Help With Addiction”** (see Community Speakers Page 3)
- **“Breast Care- You Are Your Best Defense”** (see Community Speakers Page 3)
- **Stoke Support Group** – Mondays, 11:30 a.m. to 2 p.m., Cost: \$25/\$30 Nonmembers for 10-week series. *Please call Instructor, Penny Lock, at (412) 825-4216 before coming in to participate in this group.*

Free Wellness Activities

- Weekly Blood Pressure Checks
Mondays, 10:00 a.m. – Noon
- SilverSneakers® Fitness Program
A free benefit of Security Blue, Freedom Blue and 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,
Mondays & Wednesdays, 10:30 a.m.
- Men’s Exercise, Thursdays, 1:00 p.m.

Vintage Fitness Studio

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

Annual Cost: \$55 (includes \$25 basic membership); Free for SilverSneakers®. Sign-up in Vintage’s Information & Referral Office.