



In The Vineyard

A Publication of Vintage, Inc., Comprehensive Service

Centers for Senior Adults

Fall 2009

September, October,
November, December

Vintage will be CLOSED

September 7th

November 26th & 27th

December 24th & 25th

January 1st & 18th



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

- ◆ United Way Contributor Choice #105
- ◆ 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.



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 Tuesdays from 9:00 until 11:30 a.m., November 3 - December 8. Space is limited and preregistration is required. Please call 412-361-5003 ext. 106.

Signing in Properly

Congratulations to Vintage participants for adjusting so well to the new SCE Touch Screen sign-in system. We still need your help to get more accurate activity records for our funders. Please make sure to put a check mark on "every" activity that you participate in. This is especially important for health and fitness activities (including blood pressure). Also, SilverSneakers participants must swipe their cards on every health related visit in order for Vintage to get paid for your participation. For internet users, an added benefit of the new SCE system is the ability to access the Vintage class schedule on line at www.sce21.com and select Allegheny County and Vintage. Thanks for your help. *Signing in properly is very important to Vintage's funding.*

SENIOR COMMUNITY CENTER EVENTS

"Black & Gold" Fridays – Support the Steelers by wearing black & gold every Friday!

- Wednesday, Sept. 23** Baby Doll Baby Shower, Noon.
- Friday, Oct. 9** SilverSneakers OPEN HOUSE, 9:30 a.m. - 1:30 p.m.
- Tuesday, Oct. 13** AT&T and OASIS "Cell Phone" Assistance Event, Noon -2:30 p.m., Vintage Auditorium (watch for details!)
- Wednesday, Oct. 21** Twilighters Dinner Event, 10:30 a.m. \$4.00 advance ticket.
- Friday, Oct. 30** FALL Festival – fun activities & prizes, Noon, Atrium
- Tuesday, Nov. 10** Theater Trip Planning Meeting, 1 p.m. \$1
- Wednesday, Nov. 11** America the Beautiful Veteran's Celebration, VITAS, Noon
- Saturday, Nov. 14** Pgh. Symphony at E. Liberty Presbyterian Church, 7 p.m. (senior tickets on sale at Vintage)
- Thursday, Nov. 19** Thanksgiving Luncheon & Fashion Show, Noon. Sign-up begins 11/2 (\$2 advance donation)
- Tuesday, Dec. 1** Theater Planning Group Christmas Party, 1 p.m. \$6.00 Advance ticket required by 11/24. Must be Group member.
- Tuesday, Dec. 15** Holiday Luncheon & Entertainment, Noon. Sign-up begins 11/30. (\$2.00 advance donation)
- Thursday, Dec. 31** New Year's Party, 1 p.m., \$5.00 paid to Front Desk by 12/29.



Be a 6th Grade Mentor

Turns out, you can change the world. In an hour a week! Share your knowledge, time and career experience with a kid and you'll both gain something important along the way.

Somewhere between elementary school and high school, 60% of kids lose interest. You can help them find it! The United Way of Allegheny County is mobilizing hundreds of mentors for 6th grade students in Pittsburgh Public Schools. Mentors will give one hour a week from October to May and assist their assigned students in a structured career interest exploration provided by Pittsburgh Public Schools. More information is available online at bea6thgradementor.org. To join the Vintage team of mentors see Tom Sturgill, Vintage Program Director or call (412) 361-5003 ext. 104.



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

~ Additional local trips posted on Volunteer Center bulletin board ~

August Wilson Center
“PITTBURGH JAZZ ORCHESTRA with SEAN JONES”
Date: Thursday, October 8
Place: Downtown
Time: OPT pick-up: 7:00 p.m.
Cost: \$15 (\$28 value) (Limit 10)

“THE RIVERS CASINO”
Date: Tuesday, October 27
Place: North Shore
Time: OPT pick-up 10:00 a.m.
Deadline: October 20

Pittsburgh Musical Theater
“LES MISERABLES”
Date: Friday, October 30
Place: Byham Theater
Time: OPT pick-up: 9:00 a.m.
Cost: \$10 (Limit 10)
Deadline: September 28

August Wilson Center
“THE WOMEN OF THE HILL”
Date: November (to be determined)
Time: (to be determined)
Cost: \$14 (\$28 value) (Limit 20)

Pittsburgh Public Theater
“THE LITTLE FOXES
Date: Thursday, December 10
Place: O’Reilly theater
Time: OPT pick-up: 1:00 p.m.
Cost: \$18 (Limit 10)
Deadline: November 24

August Wilson Center
“FAMILY HOLIDAY SHOW”
Date: Sunday, December 20
Time: OPT pick-up: 2:00 p.m.
Cost: \$11 (\$22 value) (Limit 20)

PNC Broadway
“DREAM GIRLS”
Date: Sunday, January 3
Place: Heinz Hall
Time: OPT Pick-up: Noon
Cost: \$60 (Limit 10)
Deadline: December 11

Pittsburgh Musical Theater
“RENT”
Date: Thursday, January 28
Place: Byham Theater
Time: OPT pick-up: 9:00 a.m.
Cost: \$10 (Limit 15)
Deadline: December 16

August Wilson Center
“TRIBUTE TO PHYLLIS HYMAN”
Date: Friday, February 19
Time: OPT pick-up: 7:00 p.m.
Cost: \$16 (\$33 value) (Limit 20)

SHOPPING TRIPS

Pick-up: 9:30 a.m. (except Thrift Store 11:45 a.m.) All shopping trips 2:30 p.m. return pickup)

Monday, Sept. 21 – Pittsburgh Mills

Wednesday, Sept. 23 – Red, White & Blue Thrift Store (Avalon)

Monday, Oct. 19 – Ross Park Mall

Monday, Nov. 23 – WalMart

Wednesday, Dec. 2 – Kohl/Target/Red Lobster
 (6 OPT tickets required)

Sign-up on the clipboards in the Volunteer Center
 (4 OPT tickets required)

DOWNTOWN BROWN BAG LUNCHEONS

(Downtown Pittsburgh Vintage Opportunities for Active Older Adults)

Dates: Thursdays, 10/15 & 12/3 (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, 9/9, 11/11
Time: Pick-up: 9:30 a.m.
 Return Pick-up: 2:00 p.m.

Luncheon Trips

Place: Kentucky Fried Chicken Buffet
Dates: Tuesday, September 15

Place: Bambo Garden
Dates: Thursdays - 9/17, 10/15, 12/17

Place: Cracker Barrel
Dates: Wednesday, September 30

Place: Hokkaido Seafood Buffet (Waterfront)
Dates: Wednesday, October 14

Place: Olive Garden
Dates: Thursday, October 22

Place: Uno Chicago Grill (Waterfront)
Dates: Friday, November 13

Place: Smokey Bones
Dates: Tuesday, November 17

Place: Ponderosa
Dates: Thursday, December 10

Place: Golden Corral (Robinson)
Dates: Tuesday, December 29

Time: OPT Pick-up: 10:30 a.m. (Bamboo & Smokey Bones Pick-up: 10:45 a.m.)
 Return Pick-up: 1:30 p.m.

Bowling Trips

Place: Swissvale Lanes
Dates: Fridays, Sept. 11 & 25; Oct. 9 & 23; Nov. 6 & 20; Dec. 4 & 18
Time: 12:30 p.m. (No OPT)

Place: FunFest (Harmarville) & Ponderosa
Dates: Mondays, Sept. 14, Oct. 12, Nov. 9, Dec. 14
Time: OPT Pick-up: 9:30 a.m.
 Return Pick-up: 2:30 p.m.

Sign-up on the clipboards in the Volunteer Center. (4 OPT tickets required - 6 for Craft & FunFest)

CLASSES & ACTIVITIES

Welcome New Members

| | | |
|------------------------|-----------------------|-------------------------|
| Floyd Beard | Arden Ann Harrell | William Patterson |
| Christine Brown | Gladys Holt | Louise Powe |
| Gloria Butler | Carrie Horne-Williams | Dolores Rhodes |
| Robert Comer | Andrea Houston | Barbara A. Stewart |
| Edward Crosby | Morris E. Hundley | Hally Tann |
| Annette Curry | C. Ruth Johnson | Elena Tumolo |
| Dolores Davis | Paul R. Jones | Dolores Walker |
| Ogle Burks Duff | Godfrey Mills | Constance J. Washington |
| Ruth Farris | Rosalind Mills | Elizabeth A. Wells |
| Helen Finch | Vhastia A. Moreland | Audrey E. Williams |
| Muriel Floyd | Mona Lisa Murray | James Williams |
| Margaret C. Halterlein | Sara Page | Jacqueline Williams |
| Donald J. Hall | Patsy Patterson | |

Memberships through August 13, 2009 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

“Don’t Toss My Memories” Lunch & Learn, Monday, Sept. 14, 11:30 a.m.

Quilting- 6 Tuesdays, Starts Sept. 15, 12:45 p.m. Limit: 15, Cost: \$3*

Soul Line Dance – 8 Wednesdays, Starts Sept. 16, 1:00 p.m.

Watercolor Painting – 6 Thursdays, Starts Sept. 17, 12:45 p.m. Limit 15, Cost: \$3*

Painting on China & Glass – 3 Fridays, Starts Oct. 23, 9:30 a.m. Limit 15, Cost: \$3*

Restoration & Relaxation – 5 Thursdays, Starts Oct. 29, 12:45 p.m.

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

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

Lunchtime Speaker Series

Fridays, 11:15 a.m. Dining Room – *You do not have to eat lunch to attend.*

- September 11 “How to Make the Right Move”, Riverview Towers
- September 18 “Loving Life”, VITAS Innovative Hospice Care
- October 16 “Help Paying Your Electric Bill”, CAP (Customer Assistance Program)
- October 23 “Avoid the Flu”, Unison Health Plan
- November 13 “Understanding the Funeral Arrangement Process, Samuel Coston Funeral Home
- December 4 “Making a Difference” – cultural programs geared towards helping youth throughout the world, Stella Williams

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 | 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



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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 One)
- **SilverSneakers OPEN HOUSE**, Friday, October 9, 9:30 a.m. – 1:30 p.m.
- **“Precious Presents”** – support and strengthen family members meeting needs of sick loved ones. VITAS Innovative Hospice Care, Monday, October 12, 11:15 a.m.
- **AARP Driver Safety Program** – Thursday & Friday, October 15 & 16 (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.
- **Information Event – “Why is health information hard to understand? What you need to know before you visit the doctor.”** Sponsored by Gateway Health Plan, Greater Pittsburgh Literacy Council & West Penn Allegheny Health System. Monday, Oct. 19, 12:30 – 3 p.m. RSVP: 412-918-8440.
- **“Avoid the Flu,”** Unison Health Plan, Friday, Oct. 23, 11:15 a.m.
- **CCAC Restoration & Relaxation Class**, 5 Thursdays, Starts October 29, 12:45 p.m.
- **Personalized Rehab Consultants** – Stop in and visit us at our location within Vintage. For more information call 412-361-5003 ext. 111

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.
Mondays & Wednesdays, 8:00 a.m.
Tuesdays & Fridays, 10:00 a.m.
- ▶ Seated Exercise,
Mondays & Wednesdays, 10:30 a.m.
- ▶ Health Hope Network
“Stroke Survivors Connection”
Mondays, 11:30 a.m. to 2:00 p.m.
- ▶ Walking Club
Monday through Friday, 9:00 a.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.