



In The Vineyard

A Publication of Vintage, Inc., Comprehensive Service

Centers for Senior Adults

Spring 2007
April, May, June

Vintage is CLOSED
Monday, May 28th
for Memorial Day and
Wednesday, July 4th
for Independence Day



Membership Matters!

Many thanks to those who have supported Vintage with memberships at the "Special Friend" (\$100-\$249), "Benefactor" (\$250-\$499), & "Gold Sponsor" (\$500+) levels in the year 2006.

Albert Blumer
Norma Brown
Margaret Cannon
Mary Cole
Arlene Coles
Florence Danko
Sidney Hills
Richard Macklin
Jean Manders
H. Faye Wilson

Brochures describing the various levels and benefits of Vintage membership are located on the sign-in table by the Front Desk.



Vintage Joins Highmark for the 3rd Year in Community Walk

The Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield brings together 33 local non-profits who provide health and human services to the community.

Join the Excitement

Date: Saturday, May 19, 2007

Place: Heinz Field

Time 8:30 a.m.

Transportation to Event: OPT (Vintage pick-up 7:00 a.m.; Return pick-up 10:30 a.m.) Sign-up with Rosemary by May 11.

How to Register

- * If you are on a team, get a registration form from your team leader and return to your team leader
- * Pick-up a registration form at Front Desk and follow mailing instructions.
- * Register online at: www.walkforahealthycommunity.org

How to Raise Money for Vintage

- * Ask family/friends to pledge support (make checks payable to Vintage).
- * Support Team fundraisers in April and May. All monies earned by Vintage, as part of the Walk for a Healthy Community, come directly to Vintage.
- * Honor or remember a loved one or friend by purchasing a \$5.00 ad in the Program Booklet.



Presented by:



Walk Incentives

- * All registered walkers who donate to a participating organization will receive a t-shirt.
- * For every \$100.00 that you raise, you will receive one chance for raffle prizes valued at over \$500.00.

"Day Of" Information

- * Walk will be held rain or shine.
- * Walk route is accessible to strollers and wheelchairs.
- * Food, beverages, activities and raffle drawings will immediately follow the walk.

Questions: See any Team Captain or Marilyn Kraitchman or call 412-361-5003 Ext. 106.

SENIOR COMMUNITY CENTER EVENTS

Wednesday, April 4	Easter Basket Project, Noon, Dining Room
Thursday, April 12	Health Fair presented by Western Pennsylvania School of Nursing. 9:30 a.m. to 1:30 p.m.
Monday, April 16	Free Hearing Screening, 10:00 a.m. to Noon.
Wednesday, April 25	Line Dance Party with Peabody Students, 1 p.m. Auditorium, Free
Monday, May 7	Bingo Party with Peabody Students, 1 p.m. Auditorium, Free
Tuesday, May 8	Theater Trip Planning Group Meeting, Dining Room, 1:00 p.m.
Friday, May 11	Mother's Day Brunch, 10:00 a.m. \$1.00 advance purchase.
Monday, June 4	House Council Election, Auditorium, 12:30 p.m.
Thursday, June 14	Father's Day BBQ, Noon, \$1.50 advance purchase.
Thursday, June 28	Vintage Graduation Party, 12:30 p.m., \$2.00 advance purchase.



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

Phipps Conservatory “SPRING FLOWER SHOW”

Date: Friday, April 13
Place: Oakland
Time: 9:15 a.m.
Cost: \$8.00
Deadline: April 9

Dance Alloy Theater

Date: Monday, April 16
Place: New Hazlett Theater
Time: OPT Pick-up: 9:30 a.m.
Cost: \$3.00
Deadline: April 6

Pittsburgh Pirates vs. Chicago

Date: Wednesday, May 2
Place: PNC Park, Northside
Time: 11:15 a.m.
Cost: \$13.00 (Limit 16)
Deadline: April 18

New Horizon Theater “THE STYLISTICS”

A Musical Event
Date: Saturday, May 5
Place: Kelly-Strahorn Theater
Time: OPT Pick-up: 7:00 p.m.
Cost: \$40.00
Deadline: April 26

City Theatre “INTIMATE APPAREL”

Date: Wednesday, May 23
Place: South Side
Time: 11:45 a.m.
Cost: \$15.00 (Limit 20)
Deadline: May 23

Carnegie Science Center OMNIMAX “Hurricane on the Bayou”

Date: Tuesday, June 12
Place: North Side
Time: 11:15 a.m.
Cost: \$5.00
Deadline: June 5

Kennywood Park

Date: Friday, June 22
Time: OPT Pick-up: 10:00 a.m.
Cost: \$15.00 (Paid at park.)
Deadline: June 15

Gateway Clipper Luncheon “Afternoon with Frank Sinatra”

Date: Thursday, August 23
Time: 9:45 a.m.
Cost: \$29.00 (Limit 36)
Deadline: June 23

DOWNTOWN BROWN BAG LUNCHEONS

(Downtown Pittsburgh Vintage Opportunities for Active Older Adults)

Dates: Thursday, April 19 - Heinz Conference Rm.; Thursday, May 17 - Simmons Conference Rm.; Thursday, June 21 - Heinz Conference Rm.
Place: United Way (Downtown) **Time:** 11:30 a.m.
Cost: \$1.00 for dessert, coffee & door prize ticket. Optional \$1.00 for 50/50.

SeniorTours TRIPS

Vintage one-day and multi-day trips outside Allegheny County are provided by the SeniorTours travel agency. Information flyers on 2007 SeniorTours trips are available in the brochure rack in the Volunteer Center.

SHOPPING TRIPS

Thursday, April 26 –
 Red White & Blue Thrift
Friday, April 27 – Pittsburgh Mills
Tuesday, May 22 – Ross Park (& Cheesecake Factory)
Wednesday, June 27 – WalMart
Pick-up: 9:30 a.m.
 (Thrift Store Pick-up: Noon)
Return Pick-up: 2:30 p.m.
(4 OPT tickets required) Sign-up on the clipboards in the Volunteer Center

Craft Trips

Place: Catan's & Golden Corral (Monroeville)
Date: Wednesday, Apr. 11 & June 13
Time: Pick-up: 9:30 a.m.
 Return Pick-up: 2:00 p.m.

Luncheon Trips

Place: Bamboo Gardens
Dates: Thursday, April 19, May 17, June 21
Place: Cracker Barrel (Robinson)
Dates: Tuesday, April 24
Place: Golden Corral (Robinson)
Dates: Tuesday, May 15
Place: Red, Hot & Blue (Waterfront)
Dates: Thursday, May 24
Place: Ponderosa (Freeport Rd.)
Dates: Friday, June 8
Place: Olive Garden
Dates: Monday, June 18
Time: OPT Pick-up: 10:30 a.m.
 (Bamboo Pickup: 10:45 a.m.)
 Return Pick-up: 1:30 p.m.

Bowling Trips

Place: Swissvale Lanes
Dates: Fridays, April 6 & 20; May 4 & 18; June 1, 15 & 29
Time: 12:30 p.m. (No OPT)
Place: FunFest (Harmarville) & Lunch
Dates: Mondays, April 9, May 14, June 11
Time: OPT Pick-up: 9:30 a.m.
 Return Pick-up: 2:00 p.m.
Sign-up on the clipboards in the Volunteer Center. (4 OPT tickets required - 6 for Craft Trips).

CLASSES & ACTIVITIES

CLASS NEWS

Spring Quilting Class – Table Runner Project.
4 Wednesdays. Starting May 16, 12:30 p.m.
Instructor: Debbie Bailey Cost: \$10 (supplies NOT included). Register with Tom in Program Director's Office or call 412-361-5003 ext. 104. Materials list provided.



New Wellness Activities – See Page 4 for information on several new Wellness activities including: Laughter Club, Vintage Park Walkers, SilverSneakers® “YogaStretch” Demonstration, and “Stress and Your Health” Class Series.

Volunteer News

The Bulletin Board Honors:

April - VITA Income Tax & Clerical

May - Health & Wellness

June - Visitation & Food Bank

Interested in volunteering?

See Rosemary or call
412-361-5003 Ext 116

Welcome New Members

Rosemary Anderson	Charlene Halliburton	Byron Meyers
Vera E. Barksdale	Glen W. Houston	Doris Meyers
Lillie Beard	Donald E. Jackson	Irvin Moten
Thomas F. Birch	Arthur L. Johnson	Krishna Sharma
Dina Creighton	Norma Jean Johnson	Robert P. Smith
Beverly L. Darwin	Johnie Mae King	Blanche Thurman
Elizabeth J. Ferguson	Alice Lanntair	
Dorothy Godbolt	Geraldine Levite	

Memberships through March 16, 2007 are included. Renewals not included. Vintage membership is \$20 per year for individuals \$35 per year for couples. Giving Club level membership is \$50. Check out the 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.



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.

One Book One Community

The Allegheny County Library Association is pleased to announce their 5th annual One Book, One Community program.

One Book programs bring communities together for stimulating discussions, to challenge stereotypes and generate ideas. The 5th One Book selection is **The Glass Castle** by Jeannette Walls. This debut memoir centers on the trials and tribulations of a homeless family, told from the point of view of one of the children.

The Vintage PALS Book Club will be participating. Also, up to 12 copies of **The Glass Castle** are available on loan for other Vintagers to read. See Tom Sturgill, Program Director, for your copy or for more information about the Vintage PALS Book Club - a collaboration with The Carnegie Library of Pittsburgh, East Liberty Branch.

Information & Referral

The Vintage Information & Referral Office provides seniors and their families with benefits and services available in the community. Hours are **9:00 a.m. to 3:00 p.m. Monday - Friday**. 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



Wellness News

Sign-up at the Front Desk for the following activities:

- **New! “Laughter Club”** at Vintage. 1st & 3rd Fridays, Noon, Starting April 20. Cost: \$2.00 or one punch on your Vintage “Passport to Wellness.” Leader: David Russell. Laughter lifts your spirits and has many physical health benefits!
- **New! “Vintage Park Walkers”** – Would you enjoy taking weekly non-strenuous walks in Highland Park with your Vintage friends? Sound exciting? Initial training will be provided by “Venture Outdoors” – a local non-profit specializing in making the outdoors accessible to everyone. Free program.
- **SilverSneakers® “YogaStretch”** Free Demonstration –Wednesday, May 9, 9:15 a.m. A variety of safe and fun yoga postures and breathing exercises. Using a chair for support, participants work at their own pace.
- **“Neighborhood & Personal Safety”** – Monday, April 23, 12:15 p.m. Violence and crime is on the rise, and older adults are perceived as easy victims. Safeguard your home or apartment. Safely handle your money, your identity, even your phone conversations. Free program.
- **“Stress and Your Health”** – 3 Wednesdays, 11:45 p.m., Starting May 2nd Dr. Charlotte Brown from the University of Pittsburgh presents information about determining if you are experiencing stress or serious medical conditions and ways your physical health can be affected by your stress levels. Free program.
- **55 Alive Driving** – Earn auto insurance discounts with this AARP classroom course offered at Vintage on Tuesday and Wednesday, June 26 and 27 (must attend both) from 9 a.m. to 1 p.m. Cost: \$10 check payable to AARP on 1st day of class.

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.
- Arthritis Foundation Exercise Program
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) Sign-up in Vintage’s Information & Referral Office.



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TTD/TTY #: 412-362-2339
Fax: 412-361-2737
Web Site: www.vintageseniorservices.org

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

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