



In The Vineyard

A Publication of Vintage, Inc., Comprehensive Service

Centers for Senior Adults

Winter 2014

January, February, March

Vintage is CLOSED on Wednesday, January 1st for New Year's and on Monday, January 20th in observance of Martin Luther King Jr. Day

SNOW CLOSINGS

Vintage will CLOSE when Pittsburgh Public Schools close. If Pittsburgh Public Schools announce delays, we'll be OPEN



regular hours. If you have any question about whether Vintage is open, we suggest that you call us at 412-361-5003.

Welcome to Vintage House Council

Ella (Mickey) McLemore
Naomy Tallon

Many thanks to "In The Vineyard" Newsletter SPONSOR



Have a Healthy New Year in 2014

Vintage is all about active aging! We are committed to helping you enhance your social, emotional and physical wellbeing. We can help you keep that New Year's resolution to exercise with our very affordable Fitness Studio (a \$25 Annual Membership benefit) and fitness classes galore! SilverSneakers, Zumba Gold, Aerobics, Soul Line Dancing, Seated Exercise, Tai Chi and Yoga are great places to meet new friends while exercising your way to better health! Another way to optimize wellbeing is to volunteer. Research shows that volunteers have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Many Vintage activities are free thanks to volunteer leaders. Do you have a special talent or interest that you could share by leading either a short term or ongoing activity? If so, call (412) 361-5003 ext. 104 and pre-register for our "Volunteer Leader Information Session" on Thursday, Jan. 23rd at 10 a.m.

Volunteer Income Tax Assistance

Our tax volunteers will be electronically filing income tax this season on Tuesdays and Wednesdays beginning February 4 through April 9. Make appointments at the Front Desk starting January 2, 2014. Bring 2012 tax returns and all 2013 1099's from Social Security, interest, pensions, dividends, IRA's, mortgage statements, and real estate taxes paid. VITA will complete Federal, state and local income tax forms and the Property Tax Rent Rebate application.

Senior Community Center Events & New Classes

Thursday, Jan. 9	Zumba Gold returns! 1 p.m., 8-weeks, Wellness Passport fee
Friday, Jan. 17	Martin Luther King Program, Atrium, Noon, Free
Wednesday, Jan. 22	Health Fair by West Penn Hospital School of Nursing, 9 a.m. – Noon
Monday, Feb. 10	Computer Classes (winter term) begins (sign-up in Tom's office)
Tuesday, Feb. 11	Theater Trip Planning Committee, 1 p.m., \$2
Friday, Feb. 14	Valentine's Day Bingo, Noon, \$1
Friday, Feb. 28	SilverScripts medication review, 10 a.m.– Noon (Sign-up at Front Desk)
Thursday, Feb. 27	Black History Month Program (Watch for details)
Monday, Feb. 3	CCAC Aerobics begins, 9:30 a.m., 6-weeks, Free
Thursday, Mar. 6	CCAC Spanish I & II, Noon & 1 p.m., 8-weeks, Free
Coming in April	CCAC Quilting, Thursdays, 9:30 a.m., 6-weeks, Materials Fee

Vintage Thanks the Following for their Generous Support

The Giant Eagle Foundation ♦ McKinney Charitable Foundation through the PNC Charitable Trust
William B. McLaughlin Charitable Trust ♦ Jendoco Construction Corporation
Andrew R. and Dorothy L. Cochrane Foundation ♦ Jack Buncher Foundation

WELCOME NEW MEMBERS!

Edward L. Blalock	Barbara J. Gale	Joyce "Zoe" Johnson	Gloria L. Smith
Jacqueline Brown	Lynne A. Gottesman	Frankie A. Jones	Abraham Taylor
William Clayton	Judith Griffin	Leslie M. Jones	Barbara Thomas
George E. Coleman	Walter Griffin	Sherdina G. Jones	Leo H. Thomas
Chevette L. Davis-Martin	Paula A. Helsel	Mary "Molly" Knox	Leroy R. Tillman
Marian Dawson	Darlene Henderson	Vikki Malloy	Anna Whalen
Ethel McCoy Deiullis	Lillie Hill	Leslie C. Moore	Frances S. Wilkinson
Arnold Devereaux	Pat Holston	Cheryl Porter	Carolyn R. Williams
Sean Dengler	Barbara A. Jenkins	Catherine Pusateri	
Irene Fulton	Emma L. Johnson-Byas	Vincent Pusateri	

Memberships through Dec. 12, 2013 are included. Renewals are not included. Vintage membership is \$25 per year including Fitness Studio and other benefits. Remember...membership matters! Call 412-361-5003 - ext. 102.





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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 for 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

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

“LADYSMITH BLACK MAMBAZO” Cohen & Grisby Trust

“DAVID GARRETT”
Date: Wednesday, January 29
Place: Byham Theater
Time: OPT pick-up: 6:15 p.m.
Cost: \$21 Members/\$26 Non-members
Deadline: January 8 (Limit 16)

Date: Friday, March 21
Place: Benedum Center
Time: OPT Pick-up: 6:45 p.m.
Cost: \$18 Members/\$23 Non-members
Deadline: February 19 (Limit 10)

Pittsburgh Public Theater
“COMPANY: A MUSICAL COMEDY” (SONDHEIM)

Date: Thursday, February 20
Place: O’Reilly Theater
Time: OPT pick-up: 1:00 p.m.
Cost: \$26 Members/\$31 Non-members
Deadline: February 3 (Limit 14)

Pittsburgh Musical Theater
“LES MISERABLES”

Date: Thursday, March 27
Place: Byham Theater
Time: OPT pick-up: 9:00 a.m.
Cost: \$11 Members/\$16 Non-members
Deadline: February 27 (Limit 10)

“SOWETO GOSPEL CHOIR”

Date: Thursday, February 27
Place: Byham Theater
Time: OPT pick-up: 6:15 p.m.
Cost: \$20 Members/\$25 Non-members
Deadline: January 28 (Limit 26)

Prime Stage Theatre
“THE IMPORTANCE OF BEING ERNEST”

Date: Thursday, March 13
Place: New Hazlett Theater
Time: OPT pick-up 9:00 a.m.
Cost: \$11 Members/\$16 Non-members
Deadline: February 12 (Limit 10)

PNC Broadway
“ONCE”

Date: Saturday, March 15
Place: Benedum Center
Time: OPT pick-up: 12:45 p.m.
Cost: \$16 Members/\$21 Non-members
Deadline: : February 5 (Limit 10)

SHOPPING TRIPS

Wednesday, January 15 –
 Red, White & Blue Thrift
 (after lunch)

Tuesday, January 21 –
 Ross Park Mall

Wednesday, February 12 –
 Kohl’s & Red Lobster

Wednesday, March 19 –
 South Hills Village

OPT Pick-up & Return: TBA
Sign-up on the clipboards
in the Trip Office.

Craft Trip

Place: Catan's & Golden Corral
Date: Wednesday, Jan. 8 & Mar.12
Time: Pick-up: 9:30 a.m.
 Return Pick-up: 2:00 p.m.

Luncheon Trips

Times on all luncheon trips TBA
(TBA = To Be Announced)

Place: Cracker Barrel
Dates: Friday, January 10
Place: Bahama Breeze
Dates: Tuesday, January 28
Place: Golden Corral
Dates: Thursday, February 6
Place: Longhorn Steak House
Dates: Monday, February 17

Place: Olive Garden
Dates: Thursday, March 6
Place: Fortune Star
Dates: Tuesday, March 25

Bowling Trips

Place: FunFest & Lunch (TBA)
Dates: Mondays, Jan. 13, Feb. 10,
 Mar. 10
Time: OPT Pick-up: 9:30 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.