

the vineyard

A Publication of Vintage, a Service of Familylinks.



Winter 2018, Jan. Feb. & Mar.

Vintage is CLOSED on January 1st for New Year's Day, January 15th for Martin Luther King, Jr. Day and February 19th for President's Day.

Accredited by 
National Institute of Senior Centers

SNOW CLOSINGS

Vintage will NOT automatically close when City Schools close due to snow. Vintage will be open normal hours with modified activity (no classes and no trips) unless very unusual circumstances exist. If you have any questions about Vintage being open, please call 412-361-5003.

A Message from the Executive Director

While the weather outside might be frightful, it is the perfect time to stay indoors and work on your personal fitness goals for 2018. A new government study estimates that only 20% percent of adult Americans get the recommended amounts of exercise each week, potentially setting themselves up for years of health problems. The Center for Disease Control recommends the following for older adults:

- 5 days per week of moderate aerobic activity – such as a 30 minute brisk walk
- 2 days per week of strength building activity – such as arm and leg exercises

Vintage members have access to a wide variety of fitness classes: SilverSneakers, Enhance Fitness, Line Dancing, Aerobics, Yoga, Zumba, Men's Exercise and Tai Chi, in addition to the fitness studio. Many people think it's hard to get started, but all journeys start with that first step. Try a few different classes until you find the one that is right for you; visit the fitness studio on Monday between 11:30 am and 1:00 pm and have the trainer help you set up an appropriate strength-training program. If you start now, by the spring you will be well on your way to a healthier you!

Vintage Thanks the Following for their Generous Support



- Giant Eagle Foundation, Lead Corporate Sponsor
- Andrew & Dorothy Cochrane Foundation
- Comcast
- Jack Buncher Foundation
- Jefferson Regional Foundation
- Jendoco Construction Corporation
- Milton G. Hulme Charitable Foundation
- The Pittsburgh Foundation
- United Way of Southwestern PA
- William B. McLaughlin Charitable Trust

Many thanks to 'The Vineyard' Newsletter SPONSOR



Restoring the Past Building the Future

Senior Community Center Events

- Friday, Jan. 12.....Martin Luther King Jr. Program, 12:00 p.m. Light refreshments.
Cost: Free
- Tuesday, Feb. 13.....Vintage Theater Guild, 1 p.m.
Cost: \$2 (toward \$8 annual dues)
- Wednesday, Feb. 14.....Valentine's Day Line Dance Party, 1:30 – 3:00 p.m. Hot Dog & Drink,
Cost: \$2
- Wednesday, Feb. 28.....Black History Month - Ethnic Food Samples, 11:30 a.m.- 12:30 p.m.,
Cost: 50 cents
- Wednesday, Mar. 21.....321: "Spring into Nutrition" Fair, 12:00 – 1:30 p.m.,
Cost: Free



CENTER FOR ACTIVE ADULTS TRIPS

OPT Return Pick-up on all trips TBA

*NOTE: Please notice very early ticket deadlines. Don't delay!
Visit Trip Office for detailed performance descriptions.*

LOCAL TRIPS

Pittsburgh Symphony Orchestra

MUSIC 101

Dates: Wednesdays, Jan. 31, Mar. 14

Place: Heinz Hall Regency Room

Time: OPT pick-up: 11:15 a.m.

Cost: Free + \$10 optional Brown Bag

Prime Stage Theatre

"I KNOW WHY THE CAGED BIRD SINGS"

Date: Thursday, March 15

Time: OPT pick-up: 9:00 a.m.

Place: New Hazlet Theater (North Side)

Cost: \$11 / \$21 Nonmembers

Deadline: February 23 (Limit 30)

THE TEMPTATIONS & FOUR TOPS

Date: Sunday, March 11

Show Time: 7:00 p.m. (No OPT)

Cost: \$47 / \$57 Nonmembers (Gallery)

\$62 / \$72 Nonmembers (Orchestra)

Limit: 20 Gallery / 20 Orchestra

Deadline: January 19 (Must have 15)

Pittsburgh Playwrights Theater

"IN THE HEAT OF THE NIGHT"

Date: Sunday, March 4

Show Time: 3:00 p.m. (No OPT)

Cost: \$21/\$31 Nonmembers

Deadline: February 26

CLO Cabaret & Buffet

"PERFECT WEDDING"

Date: Thursday, May 24

Time: OPT pick-up: 10:45 a.m.

Cost: \$21 / \$31 Nonmembers*

Deadline: April 10 (Must have 10/Limit 24)

*reduced price with ACAA funds

FUNFEST & LUNCH (bowling)

Dates: Mondays, Jan. 8, Feb. 12, Mar. 12

Time: OPT pick-up: 9:00 a.m.

SHOPPING TRIPS

Wed. Jan. 10 – Pat Catan's & Golden Corral

Tue. Jan. 16 – Kohls & Red Lobster

Thur. Feb. 8 – Walmart (North Versailles)

Wed. Feb. 21 – Red White & Blue Thrift

Tue. Mar. 20 – Ross Park Mall

LUNCHEON TRIPS

Time on all luncheon trips TBA (To Be Announced)

Tue. Jan. 23 – Fortune Star (Miracle Mile)

Fri. Jan. 26 – Bahama Breeze (Robinson)

Tue. Jan. 30 – Longhorn (Waterfront)

Tue. Feb. 6 – Olive Garden (Monroeville)

Fri. Feb. 16 – Texas Roadhouse (Bridgeville)

Tue. Feb. 27 – Applebee's (Edgewood)

Wed. Mar. 7 – Cracker Barrel (Robinson)

Thur. Mar. 22 – Red Lobster (Monroeville)

Tue. Mar. 27 – Outback (Monroeville)





WELLNESS AND LIFE ENHANCEMENT NEWS

RSVP for all classes with the Front Desk or call (412) 361-5003.
Free unless cost noted.

*NOTE: A complete schedule of all classes and activities is available
in the Information & Referral Office.*

Volunteer Income Tax Assistance

Our tax volunteers will be electronically filing income tax this season Tuesdays and Wednesdays beginning February 6 through April 11. Make appointments at the Front Desk starting January 2, 2018. Bring 2016 tax returns and all 2017 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.

AARP Smart Driver Course

Mon. & Tue. Mar. 26 & 27 (must attend both), 9:30 a.m. – 1:00 p.m. Cost: \$20/\$15 (AARP members).

Aerobics with Soul (CCAC)

Mondays, 10:00 a.m. March 5 – May 21. Instructor: Valerie Stagger

New! Current Events Discussion*

Fri. Jan. 26, 11:15 a.m. (bring your lunch), Shadyside Room, Cost: Free, Leader: Michael Smialek

*The group will continue once monthly if there is sufficient interest.

Health Screenings

- Wed. Jan. 24, 10:00 – 11:00 a.m. "Balance Screening" PIVOT Physical Therapy
- Fri. Feb. 16, 10:00 a.m. – Noon "SilverScripts Medication Screening," University of Pittsburgh
- Wed. Feb. 28, 10:00 – 11:00 a.m. "Injury Screening," PIVOT Physical Therapy

Health Speakers 11:15 a.m. Dining Room

- Fri. Jan. 5 "SNAP Program," Just Harvest
- Mon. Jan. 8 "Crohn's Disease," Rite Aid Pharmacy
- Fri. Jan. 19 "Getting Your Financial House in Order"
- Mon. Jan. 22 "How Vitamins Help Your Body," ManorCare
- Mon. Feb. 12 "Scoliosis," Rite Aid Pharmacy
- Fri. Feb. 23 "Hypothermia," UPMC for Life
- Fri. Mar. 2 "Healthy Eating," University of Pittsburgh
- Mon. Mar. 12 "COPD," Rite Aid Pharmacy
- Fri. Mar. 16 "Community Health Choices," UPMC for Life (11:45 a.m.)
- Fri. Mar. 23 "Fall Prevention," UPMC for Life

Internet Safety Classes

Sponsored by Comcast Internet Essentials. Coming early in 2018. Watch for details. Cost: Free.

NOTE: Regularly scheduled computer classes will resume in March.

Quilting Experienced (CCAC)

Thursdays, 9:30 a.m. March 1 – May 17 (limit 10). Instructor: Debbie Bailey

Sponsored Bingo Days

Mon. Feb. 12, 12:30 p.m

Sponsor: Squirrel Hill Center for Rehabilitation & Healing

Valentine Silk Flower Workshop

Tue. Feb. 6, 9:30 a.m. Shadyside Room, Cost: \$5, Deadline: Jan. 30 (limit 10), Leader: Jessie Lewis

Virtual Senior Academy

Web-based classes developed by the Jewish Healthcare Foundation. Offered at Vintage. No computer experience needed. Watch for details on specific programs.





421 North Highland Ave.
 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 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.



United Way of
 Southwestern Pennsylvania

A United Way Member
 Code No. 105

Welcome New Members

Eldora Barrow	Martin Peter Cava	Mary H. Jones	Lavetta D. Morris	Bonnie S. Squires
Harold Benton	Sarah Davis	Theodore E. Jones	Ambrose Nyandemoh	Karen Stanton
Timothy Benton	John Fitzpatrick	Lee Kiburi	Karen Nyandemoh	Ramana K. Surampudi
Donna Brevard	Norma Fitzpatrick	Avis Kotovsky	Reggie Reed	Tsuey C. Tam
Marion Bridges-Mosby	Clyde Freeman	Adelaida S. Lansang	Bobby H. Scales	Carmen Tursich
Johnnie Mae Brown	Linda Hall	Linda Macklin	Barbara E. Scott	Carl Vitti
Eldenita R. Capillan	Yvette Harris	Warner Macklin	Ellen K. Slak	Frances Vitti
Ubaldo Castanon	Linda M. Holley	Bonnie Martin	Deidre Sledge	Sidney D. Wilson Jr.
Chiyoko Castillo	Beatrice L. Johnson	Elmira Meggett	Janice L. Smith	Leona Woods

Memberships through December 18, 2017 are included. Vintage membership is \$25 per year including free exercise classes and Fitness Studio, class and trip discounts, and other benefits. Remember... membership matters! Call 412-361-5003 ext. 102.

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

SUGGESTIONS OR COMMENTS?

Have thoughts about our services?

For your convenience, a Suggestion Box is located at the Registration Desk. House Council meets every other month and reviews your comments. You may also speak with staff or your House Council representatives.