A Message from the Executive Director

Did You Know? In the United States, 92% of older adults have at least one chronic disease, and 77% have two or more. Chronic diseases include diabetes, hypertension (high blood pressure), arthritis, depression, heart disease and many other conditions that are long-term in nature. Vintage offers a workshop program, Better Choices, Better Health, which helps people with chronic conditions learn how to manage and improve their health. The program focuses on problems that are common among these individuals – such as pain management, nutrition, exercise, medication use, emotions, and communicating with physicians. New classes will start in September - look for announcements posted in the center or contact Michael Smith at 412-361-5003 ext. 108. This program is supported by the United Way of Southwestern Pennsylvania and the Jefferson Regional Foundation.

Vintage is committed to supporting health and wellness for adults across the age span; our center offers a wide variety of classes and activities to keep us all socially and physically active and engaged. Under our new “Free Exercise Classes with Membership” model, think about trying something new: SilverSneakers, Enhance Fitness, Line Dancing, Aerobics, Men’s Exercise, Yoga, Zumba Gold, or Tai Chi. Speaking of membership, please keep your membership current. At only $25 per year, it’s one of the best bargains available for a community center.

As we enter our new fiscal year, I would like to recognize Jendoco Corporation for their continued sponsorship of The Vineyard newsletter which now has a whole new “look” that we hope you will enjoy! The Jendoco Corporation has been a corporate supporter of Vintage for many years and, on behalf of the entire organization, I want to recognize their generosity.

Many thanks to ‘The Vineyard’ Newsletter SPONSOR

Senior Community Center Events

Monday, July 3..... Ice Cream Social, 12:00 p.m., Vintage Arbor, Sponsored by Highland Park Care Center
Tuesday, August 8..... Vintage Theater Guild, 1 p.m., Cost: $2 (toward $8 annual dues)
Saturday, August 19..... Veteran’s Breakfast Club, Vintage Veterans are invited to attend. See Front Desk to register.
Monday, August 28..... “Hot Fun in the Summertime”, 11:00 a.m. – 1:00 p.m. Games, food, entertainment! Cost: Small fees for food and games (pay day of event/RSVP Front Desk).
Monday, August 28..... Flu Clinic, 10:00 a.m. – Noon. RSVP at Front Desk. Sponsored by Rite Aid.
LOCAL TRIPS
Pittsburgh Festival Opera
“A GATHERING OF SONS”
A “jazz opera” directed by Mark Clayton Southers
Date: Saturday, July 8
Time: OPT pick-up 6:45 p.m.
Place: Winchester Thurston (Shadyside)
Cost: $21 / $31 Nonmembers
Deadline: July 5

KENNYWOOD
Date: Thursday, July 13
Time: OPT pick-up 10:00 a.m.
Cost: $21.99 seniors (pay at park)
Deadline: July 10

CARNEGIE SCIENCE CENTER
Date: Tuesday, August 1
Time: OPT pick-up: 10:30 a.m.
Cost: $5 Senior Tuesdays (pay at door)
(exhibits only/OMNIMAX closed for upgrades)
Deadline: July 27

GATEWAY CLIPPER
SUNDAY BRUNCH
Date: Sunday, August 13
Time: OPT pick-up 10:00 a.m.
Cost: $41 / $51 Nonmembers
Deadline: July 10

PITTSBURGH ZOO & PPG AQUARIUM
Date: Thursday, September 7
Time: 10:30 a.m.
Cost: $6 / $16 Nonmembers (tram or no tram)
Deadline: August 30

SHOPPING TRIPS
Thursday, July 20 - Kohl & Red Lobster (North Hills)
Wednesday, August 9 - Red, White & Blue Thrift
Thursday, August 24 – WalMart
Wednesday, September 20 - Mall at Robinson

CRAFT TRIPS
Place: Catan’s & Golden Corral (Monroeville)
Date: Wednesdays, July 12 & September 13

Place: Hobby Lobby
Date: Thursday, September 28

LUNCHEON TRIPS
Time on all luncheon trips TBA (To Be Announced)

Place: Cracker Barrel
Date: Friday, July 7

Place: Applebees (Edgewood)
Date: Friday, July 14

Place: IHOP
Date: Monday, July 24

Place: Longhorn
Date: Thursday, August 3

Place: Red Lobster (Monroeville)
Date: Wednesday, August 16

Place: TGI Friday
Date: Tuesday, August 29

Place: Fortune Star
Date: Friday, September 15

Place: Texas Roadhouse
Date: Friday, September 22

Place: Cracker Barrel
Date: Tuesday, September 26

BOWLING TRIPS
Place: FunFest & Lunch (TBA)
Dates: Mondays, 7/10, 8/14, 9/11

Place: New Great Valley Bowling
Dates: Every other Thursday
Time: 12:30 p.m. (No OPT)
“Paint”spiration  
Tue. Aug. 22, 12:45 p.m.  A little paint, a little wine (nonalcoholic) and a whole lot of fun!  Art materials provided.  Beginners welcome.  RSVP required (Limit 25).  Sponsored by Schenley Gardens

UCLA Longevity Center “Memory Training Program”  
4 Wed. 12:30 p.m. Starting Sept. 6.  
Sponsored by AgeWell Pittsburgh

Quilting Experienced (CCAC)  
12 Thur. 9:30 a.m. Starting Sept. 7.  
Instructor: Debbie Bailey

Aerobics with Soul (CCAC)  
12 Mon. 10:00 a.m., Starting Sept. 11.  
Instructor: Valerie Stagger

Personal Safety & Self-Defense Workshop  
Mon. Sept. 25, 12:00 p.m. Bitzer Room.  
Presented by Allegheny County Area Agency on Aging

Injury Screening Q & A  
Fri. Sept. 29, 11:00 a.m.  Sign-up for a 15 min. appointment to discuss ailments or ask questions with a Physical Therapist.  Sponsored by PIVOT Physical Therapy

AARP Smart Driver Course  
Two Day Course – Mon. & Tue. Oct. 23 & 24 (must attend both), 9:30 a.m. – 1 p.m.  Cost: $20/$15 (AARP members), Limit 15

Computer Classes  
Beginner, Intermediate, Workgroups available.  No August classes.  Cost: $60 ($70 Nonmembers) for 4 two-hour classes.

Transmission Meditation  
3rd Wed. 10:00 a.m.  For all levels of meditators.  Beneficial for physical, emotional, mental and spiritual health.  A universal meditation for people of all faiths.

Health Speakers  
11:15 a.m. Dining Room
  Speaker: Rite Aid Pharmacy
  Speaker: Tawnee Cunningham, Area Agency on Aging
- Fri. Jul. 21 “Hydration”  
  Speaker: Tawnee Cunningham, Area Agency on Aging
- Fri. Jul. 28 “10 Things that make you feel old and what to do about them”  
  Speaker: Mike Smialek, Vintage participant
- Fri. Aug. 4 “Exercise and Older Adults”  
  Speaker: ManorCare Shadyside
- Mon. Aug. 14 “Influenza”  
  Speaker: Rite Aid Pharmacy
- Fri. Sept. 1 “Alzheimers”  
  Speaker: District Attorney’s Office
- Fri. Sept. 8 “Spine Health”  
  Speaker: DeFilippo Chiropractic
- Mon. Sept. 11 “Sickle Cell”  
  Speaker: Rite Aid Pharmacy
- Fri. Sept. 22 “15 Most common health concerns for seniors”  
  Speaker: Mike Smialek

Sponsored Bingo Days  
12:30 p.m. Dining Room
- Mon. Jul. 3 Sponsor: Highland Park Care Center
- Mon. Sept. 18 Sponsor: Squirrel Hill Center for Rehabilitation & Healing

NATIONAL HEALTH OBSERVANCES  
Information Tables, Atrium
- Jul. 10-14 National UV Safety Month
- Aug. 7-11 National Immunization Month
- Sept. 11-15 National Sickle Cell Month

AARP Chapter #2612  
Meets every 3rd Tue. 12:45 p.m. For more information: (412) 441-3873
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.

Welcome New Members

Vivian D. Archer   Kimberly Joyce   Bethel   Eddie L. Buckner   David Butler   Christine Carter   Sherida M. Dudley   Joel Ghafoor   Toni Ghafoor   Joseph Guthre   Wanda Guthre   Betty Hanigan   Jacqueline Hogan

Memberships through June 12, 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 across from the Front Desk. House Council meets every other month and reviews your comments. You may also speak with staff or your House Council representatives.