



Dear Members,

As you might imagine, we are receiving numerous questions about when and how Vintage will reopen. While we had originally hoped that we could reopen in August, that schedule is no longer possible. We are waiting for direction and clarification from the Allegheny County Area Agency on Aging regarding reopening procedures and requirements.

A Reopen Announcement will be mailed to all members once our plans are finalized and approved.

Although we cannot set a definite reopen date, we do know some things about how the Center will operate once we reopen which we can share at this time:

- ☐ **Reduced Attendance Based on Available Space:** For Vintage, the maximum number of people permitted in the building has been calculated at 56 members. This is about half of our normal attendance number.
- ☐ **Advance Registration Required:** Due to the limitation on attendance, anyone wishing to come to Vintage must register in advance. Details on how to register will be sent to all members with the Reopen Announcement.
- ☐ **Limited Activities:** Initially, only lower-risk activities will be scheduled. For example, exercise classes will not use weights or balls, no line dancing, and group trips will continue to be on hold. The activity schedule will be included in the Reopen Announcement.
- ☐ **Required Screening:** Everyone will be required to complete a health screening questionnaire prior to entry.
  - Are you experiencing symptoms of COVID-19?
  - Have you, or someone you live with/have contact with, been diagnosed with or suspected of having COVID-19?
  - Have you, or someone you live with/have contact with, been asked to self-quarantine?
  - Have you, or someone you live with/have contact with, traveled out of state in the past 14 days?
- ☐ **Requirement to Wear a Mask:** Everyone in the building will be required to wear a mask; please be aware that temperature checks may also be conducted.
- ☐ **Social Distancing Requirement:** The Center will be arranged to comply with social distancing requirements. For example, tables will be spaced apart and each room will have a maximum number of people permitted.
- ☐ **Alternative Lunch Service:** Hot lunch will not be provided. Instead, anyone interested in lunch will have the option to register in advance for a frozen meal to take home with them.
- ☐ **Cleaning and Disinfecting:** Vintage will be following the guidelines from the Centers for Disease Control and the Pennsylvania Department of Health regarding cleaning protocols. Hand sanitizers will be available throughout the building. Members are responsible to follow the recommendations for frequent hand washing, using hand sanitizer and disinfectant wipes/spray as needed.

While we understand that everyone wants to “get back to normal”, we are also aware that COVID-19 poses specific risk for older adults, minorities and people with underlying health conditions. As you consider venturing out, please be aware of the risks and proceed with care.

*Best Regards, Vintage Staff*

**See Enclosed Flyers For Other Important Information**



## ONLINE RESOURCES

Locally, it appears that most citizens - and particularly older adults - are following the recommendations regarding social distancing. While this is the best practice to reduce our risk of exposure to COVID-19, many people are struggling with boredom and isolation after more than 3 months at home. If you have a smartphone or a computer with internet access, please check out some of the online resources listed below. For those without online access, please see the enclosed flyer about Senior Tech Support.

### WELLNESS & STAYING FIT

- ☐ **SilverSneakers Videos:**  
<https://tools.silversneakers.com/>
- ☐ **National Institute of Health Exercise Video:**  
<https://www.youtube.com/watch?v=Ev6yE55kYGw>
- ☐ **YouTube Fitness Channel for Seniors:**  
<https://living.medicareful.com/5-great-youtube-fitness-channels>
- ☐ **Yoga Videos:**  
<https://www.womenshealthmag.com/fitness/g29264172/best-yoga-videos/>
- ☐ **Tai Chi Videos:**  
[https://www.youtube.com/watch?v=pa\\_I5NAOW4k&feature=youtu.be](https://www.youtube.com/watch?v=pa_I5NAOW4k&feature=youtu.be)
- ☐ **SixtyandMe Brain Games** (Free, contains ads)  
<https://games.sixtyandme.com/>
- ☐ **Sudoku**  
<https://www.seniorsonline.vic.gov.au/services-information/games/sudoku>
- ☐ **Mahjong**  
<https://www.mahjong-game.com/>
- ☐ **AARP Smart Driver online course** (\$24.95)  
<https://www.aarpdriversafety.org>
- ☐ **Brain Recovery Crew Stroke Support & Recovery Groups** (via zoom & teleconference)  
Contact: [recoverycrew12@gmail.com](mailto:recoverycrew12@gmail.com), (724) 914-2435



## FOR FUN AND ENTERTAINMENT

- ☐ **Virtual Senior Academy** (Join for Free – a wide variety of online classes)  
[www.virtualsenioracademy.org](http://www.virtualsenioracademy.org)
- ☐ **Harvard and MIT EdX Classes:** Browse more than 2,500 free courses available on [www.edx.org](http://www.edx.org). With subjects ranging from computers to arts and humanities, there's something for everyone.
- ☐ Explore **Zoos and Aquariums** across the country including Smithsonian's National Zoo.  
(<https://nationalzoo.si.edu/education/educational-activities-you-can-do-home>)
- ☐ Enjoy **Artwork From Around the World**  
(<https://artsandculture.google.com/partner?hl=en>). Thousands of museums and galleries have partnered with Google Arts & Culture for virtual tours.
- ☐ Tour one of the many **National Parks** offering digital tours and experiences.  
(<https://www.nationalparks.org/connect/blog/take-virtual-visit-national-park>)

## MISS THE THEATRE?

- ☐ **Pittsburgh Public Theatre's Play Time Series** (Thursday and Friday evenings)  
[www.ppt.org/playtime](http://www.ppt.org/playtime)
- ☐ **City Theatre** (Go to website and Click "CT Online")  
[www.citytheatrecompany.org](http://www.citytheatrecompany.org)
- ☐ **Alphabet City** (Go to the website and Click "the Show Must Go OnLine")  
[www.alphabetcity.org](http://www.alphabetcity.org)
- ☐ **MCG Jazz & WZUM Radio Jazz Spotlight Hour** (Fridays, 6 p.m.)  
WZUM Radio 101.1 FM
- ☐ **Pittsburgh Cultural Trust**  
-Facebook: "Like" the Pittsburgh Cultural Trust's page  
-YouTube: PGH Cultural Trust, and "Subscribe"

*Would you like this flyer sent to you via email so you can easily access the links?*

*Please message: [vintageinfo@vintageseniorservices.org](mailto:vintageinfo@vintageseniorservices.org)*

Are you a Theatre Lover interested in receiving email updates about upcoming virtual performances? Message us: [vintageinfo@vintageseniorservices.org](mailto:vintageinfo@vintageseniorservices.org)

# ENGAGE VIRTUALLY



## SOCIALIZE

- Stay in touch with friends and loved ones, or even reconnect with people you haven't seen in years, through social media platforms like [Facebook](#), [Twitter](#), and [Instagram](#).
- Check out video call platforms such as [Skype](#), [FaceTime](#), and [Google Hangouts](#), so you can see the faces of family and friends while you talk to them.



## EXPLORE

- Browse more than 2,500 free courses available on [edX](#). With subjects ranging from computer science to arts and humanities to foreign languages, there's something for everyone.
- Explore zoos and aquariums across the country, including [Smithsonian's National Zoo](#), through virtual behind the scenes tours and lessons. Many have live webcams so you can watch the animals any time.
- Enjoy artwork from around the world. Thousands of museums and galleries have partnered with [Google Arts & Culture](#) to display their collections through virtual tours.
- Tour one of the many [national parks](#) offering digital tours and experiences that you can access anytime.
- Learn from the pros. [MasterClass Live](#) is currently offering one free streaming class per week.



## UNWIND

- Check your library's free e-books and audiobooks you can borrow without leaving home. Consider joining a virtual book club to connect with others enjoying the same book.
- Host dinner or a game night with friends over video chat. Good Housekeeping has [10 game ideas](#) to get you started.
- Catch free theater or opera performances online. [The New York Metropolitan Opera](#) is streaming a different encore performance from their Live in HD series every day, and the UK's [National Theatre](#) streams a different play on YouTube every Thursday.



## CONNECT

- The [Eldercare Locator](#), a public service of ACL, is a nationwide service that connects older adults and their caregivers with trustworthy local support resources. Whether you are looking for help with services like meals and home care, or you want to learn more about caregiver education and respite, the Eldercare Locator can point you in the right direction.

## Want something lower tech?

*Watch a TV show or movie while talking to a friend on the phone. Many streaming services are offering free trials or certain shows and movies at no charge.*

*Write a letter to a friend and reminisce about one of your favorite memories of them. Ask them to write back and share their own favorite memory.*

*Keep up to date with current events and stay connected to neighbors by reading local newspapers and community bulletins.*



## **ARE YOU INTERESTING IN IMPROVING YOUR COMPUTER SKILLS?**

### ***SIGN UP FOR FREE SENIOR TECH SUPPORT LESSONS!***

During the COVID-19 crisis, it has become clear to us how critical it is to have access to online resources, such as email, online shopping and online banking. If you would like to learn or improve your computer skills as a way to stay connected and to access services and resources, Vintage would like to help.

- ☐ **IF YOU HAVE BOTH A COMPUTER AND INTERNET ACCESS AT HOME**
  - Call 412-361-5003 ext. 108 and ask for a Tech Coach.
  - We will schedule an appointment to work with you individually.
  - Your individual lessons will be held remotely, but don't worry we will give you step-by-step directions for how to log in to your lesson!
  
- ☐ **IF YOU HAVE A COMPUTER AT HOME, BUT DO NOT HAVE INTERNET ACCESS**
  - Call 412-361-5003 ext. 108 and ask about Internet Services.
  - We will tell you about Comcast Internet Essentials, which is offering 2 months of free internet services.
  - If you decide to get the free internet, we can then schedule an appointment for a Tech Coach to work with you individually.
  
- ☐ **IF YOU DO NOT HAVE EITHER A COMPUTER OR INTERNET ACCESS AT HOME**
  - Call 412-361-5003 ext. 108 and ask to be on the Wait List for our Computer Lending Library. We are in the process of getting this set up!