



**RIVERVIEW
Community Action Corp.**

**December
2016**

The Golden Eagle

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139
412-828-1062 Fax: 412-828-6985
www.rcacorp.org

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From the desk of the Director...

I cannot believe another year has come and gone and we are preparing for another holiday season. I wanted to give everyone a few updates:

1. Our Center Christmas Party is scheduled for Thursday, December 8 and reservations are needed. Join us for a delicious dinner.
2. Remember to buy your raffle tickets for your chance to win a \$500.00 Gift Card Tree. Remember you cannot win if you do not play!
3. Our annual mail appeal letter will be arriving in your mail boxes any day. We know that at this time of year you are bombarded with organizations asking for money but we hope that you will find it in your hearts to send RCAC a donation. All donations are used for programs and services here at the Center.


Please remember that RCAC is responsible for raising more than 50% of its funding every year so every little bit helps!

I want to wish you all a very Happy Holiday Season!

Stefanie

THIS SPACE IS AVAILABLE

Call LPi at **1.800.477.4574** for more information.



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CENTER NEWS

CENTER CLOSURES

RCAC will be closed on the following days:

**Monday, December 26
and
Monday, January 2, 2017**

There will be no congregate or home delivered meals and the RCAC bus will not run those days.

STOCKINGS FOR VETERANS

Please bring in any items for the stockings by **Friday, December 2**. Cheryl's crew will begin assembling them on Friday, December 2 and they will be completed by Friday, December 9.

Items needed for stocking:
Items needed to fill stockings:
Men's/ladies' socks, t-shirts, sweatshirts, puzzle books, combs, (NO rattails), playing cards, hair brushes, writing tablets, small tissues, deodorant, body wash—NO GLASS BOTTLES

RCAC Bus Passes

Remember that RCAC Bus Passes make great holiday gifts! Call Center for more information!

Bus Pass Prices:
40 rides - \$60
20 rides - \$33
10 rides - \$18



Christmas Lunch
Wednesday, Dec. 21 @ noon

**Chicken Breast
Whipped Potatoes
Green Beans
Bread Stuffing
Apple Pie**

You MUST pre-register by
Wednesday, Dec. 14



RCAC CHRISTMAS PARTY
Thursday, December 8
5:00pm

Cost—\$15/person

Includes dinner catered by Michael A's, entertainment provided by The Chiodi Trio & a Chinese auction.

**PARTY LIMITED TO FIRST 65
PEOPLE WHO SIGN UP AND
PAY**

CENTER NEWS & ACTIVITIES

LATIN—INSPIRED FITNESS CLASS
MONDAYS, 9:15 AM
COST IS \$3.00 PER SESSION

Tai Chi
Tuesdays—12:30 PM– 1:30 PM

The cost of the class is \$3.00 per session

Line Dancing Class

Fridays at 6:30 p.m.

This class will be taught by Roz. The cost is \$1.00 per person.

***Fine Art Miracles, Inc. & RCAC
 present:***

Interactive Music With Nina

"Could you guess the biggest-selling Christmas song of all time? Join us for Christmas music trivia with live music for a Holly Jolly Christmas celebration!"

Music: Dec. 8 10:00 AM

Art With Romibo the Robot

Art: Dec. 16 10:00 AM

REMINDER:

Please make sure that you sign in for every activity in copilot; if you just stop in to say 'hello', you must sign in 'just visiting'. Also sign in for every activity you are participating in for the day.

Allegheny County Area Agency on Aging

Do you need help caring for a loved one? Don't wait until you're stressed. We have a variety of resources and information available.

Call Jenni Sestina 412-350-7228

RCAC Board of Directors 2016-2017 Board Members

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Emeritus: Richard Boulden



HOMEMADE SOUP
\$3/BOWL

December 6— Stuffed Pepper Soup
December 13— Loaded Baked Potato Soup
December 20— Pork & Roasted Onion Soup
December 27— NO SOUP

PLEASE RSVP THE FRIDAY BEFORE



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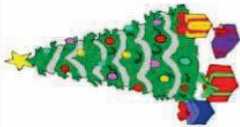



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ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>DECEMBER 2016</p>  <p>9:00 AM: STOCKINGS FOR VETERANS 9:15 AM: LATIN INSPIRED FITNESS 1:00 PM: ZEN/ANGLE CLASS</p>	<p>**Wii Games Available Daily ** Shopping Trips Available to Giant Eagle Daily</p> <p>9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS</p>	<p>9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: FITNESS CLASS</p>	<p>10:00 AM: LINE DANCING 10:00 AM: ART CLASS 1:00 PM: STOCKINGS FOR VETERANS 6:30 PM: LINE DANCING WITH ROZ</p>
<p>5 9:15 AM: LATIN INSPIRED FITNESS 10:30 AM: OPT TRIP—PPG WIN-TERGARDEN</p>	<p>6 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>7 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS</p>	<p>8 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: FITNESS CLASS 10:00 AM: INTERACTIVE MUSIC W/NINA 5:00 PM: RCAC CHRISTMAS PARTY</p>	<p>9 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 1:00 PM: STOCKINGS FOR VETERANS 6:30 PM: LINE DANCING WITH ROZ</p>
<p>12 9:15 AM: LATIN INSPIRED FITNESS 10:30 AM: OPT TRIP—PPG WIN-TERGARDEN</p>	<p>13 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 10:00 AM: CRAFT CLASS- HOLIDAY SLATE PAINTING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>14 9:30 AM: SIT AND KNIT 1:00 PM: CARDS 1:30 PM: BINGO</p>	<p>15 9:30 AM-11:30 AM: BLOOD PRESSURES 9:30 AM: OPT TRIP—WAL-MART AT PGH. MILLS 10:00 AM: FITNESS CLASS 3:00 PM: NEIGHBORHOOD LEGAL SERVICE</p>	<p>16 10:00 AM: ART CLASS 10:00 AM: ART W/ROMBO THE ROBOT 6:30 PM: LINE DANCING WITH ROZ</p>
<p>19 9:15 AM: LATIN INSPIRED FITNESS 1:00 PM: SPEAKER: BEING PREPARED IN AN EMERGENCY/DISASTER 1:45 PM: CENTER COUNCIL MEETING</p>	<p>20 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>21 9:30 AM: SIT AND KNIT 12:00 PM: CHRISTMAS LUNCHEON 1:30 PM: BINGO 1:00 PM: CARDS</p>	<p>22 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: FITNESS CLASS</p>	<p>23 10:00 AM: ART CLASS 6:30 PM: LINE DANCING WITH ROZ</p>
<p>26 CENTER CLOSED </p>	<p>27 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>28 9:30 AM: SIT AND KNIT 1:00 PM: STAFF BINGO 1:00 PM: CARDS</p>	<p>29 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: FITNESS CLASS 11:00 AM: OPT TRIP—LUNCH TRIP-LUKE & MIKE'S</p>	<p>30 10:00 AM: ART CLASS 6:30 PM: LINE DANCING WITH ROZ</p>

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>1</p>  <p>Meals are provided by the Allegheny County Dept. of Human Services/Area Agency on Aging. Meals are served Mon-Fri at noon in our dining room. Call 412-828-1062 on day in advance for reservation.</p>	<p>2</p> <p>Roast beef w/gravy Parsley potatoes Carrots Rye bread Orange Milk</p>	<p>7</p> <p>Cabbage roll Whipped potatoes Tossed salad Confetti cake Milk</p> 	<p>1</p> <p>Boneless pork Scalloped potatoes Mixed vegetables Honey wheat bread Banana Milk</p>	<p>2</p> <p>Turkey Divan Broccoli Brown rice Pears & peaches Milk</p>
<p>5</p> <p>Rotini w/meat sauce Italian green beans Italian bread Fruit cocktail Milk</p>	<p>6</p> <p>Roast beef w/gravy Parsley potatoes Carrots Rye bread Orange Milk</p>	<p>7</p> <p>Cabbage roll Whipped potatoes Tossed salad Confetti cake Milk</p> 	<p>8</p> <p>Chicken breast w/gravy Yams Broccoli & cauliflower Banana Milk</p>	<p>9</p> <p>Baked cod Macaroni & cheese Stewed tomatoes & zucchini Multi-grain bread Apple Milk</p>
<p>12</p> <p>Teriyaki meatballs w/sauce Scalloped potatoes Green beans Wheat bread Pineapple & mandarin oranges Milk</p>	<p>13</p> <p>Apple & spice pork Noodles Beets Wheat bread Orange Milk</p>	<p>14</p> <p>Chicken marinara Oven browned potatoes Spinach salad Multi-grain bread Peaches Milk</p>	<p>15</p> <p>Roast beef w/gravy Whipped potatoes Peas & carrots Dinner roll Peaches Milk</p>	<p>16</p> <p>Chili Brown rice Coleslaw Rye bread Apricots Milk</p>
<p>19</p> <p>Turkey w/gravy Gourmet potatoes Broccoli Wheat bread Apple Milk</p>	<p>20</p> <p>Baked lemon cod Au gratin potatoes Stewed tomatoes & zucchini Multi-grain bread Fruit cocktail Milk</p>	<p>21</p> <p>CHRISTMAS LUNCH SEE PAGE 3</p> 	<p>22</p> <p>Bow tie pasta w/meat sauce Tossed salad Italian bread Banana Milk</p>	<p>23</p> <p>Beef stew Barley Rye bread Pineapple Milk</p>
<p>26</p> <p>CENTER CLOSED</p> 	<p>27</p> <p>Chicken leg & thigh Brown rice pilaf Broccoli Multi-grain bread Apple Milk</p>	<p>28</p> <p>BBQ boneless ribs Scalloped potatoes Cauliflower Wheat bread Fruit cocktail Milk</p>	<p>29</p> <p>Open face turkey sandwich Whipped potatoes Green beans Multi-grain bread Tangelo Milk</p>	<p>30</p> <p>Chili w/macaroni Italian green beans Rye bread Pineapple Milk</p>

RCAC BUS INFORMATION

Pick up times in Oakmont: 8:30, 9:30, 10:30, 11:30, 1:30, 2:30, 3:30

Pick up times in Verona: 9, 10, 11, 1, 2, 3

RCAC bus runs Monday – Friday no weekends

You MUST CALL RCAC 1 hour before you want a ride 412-828-1062

THERE IS NO BUS AT NOON OR 12:30PM

COST OF A ONE-WAY RIDE - \$2/PERSON

Purchase a bus pass at the center. Present the pass at the time of the ride; if you do not have your pass, the ride is \$2/each way

Bus Pass: 40 rides - \$60 (\$1.50/ride) 20 rides - \$33 (\$1.65/ride)

10 rides - \$18 (\$1.80/ride)

PLEASE NOTE: IF YOU GO TO GIANT EAGLE AT 10:30 AM, THE EARLIEST BUS FOR RETURN IS 1:00 PM.

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UPCOMING EVENTS & PROGRAMS

Latin-Inspired Fitness
Mondays, 9:00 am

Pinochle
Tuesdays, 2:30 pm

Tai Chi
Tuesdays, 12:30 pm

Sit & Knit
Wednesdays, 9:30am-11:30 am

BINGO
Wednesdays at 1:00 PM
Staff Bingo—last Wed. of the
month

Fitness Class
Tuesdays and Thursdays, 10 am

Blood Pressures
Thursdays at 10:00 AM

Line Dancing
Fridays, 10:00 AM
****December 2 and 9 only**
Returns January 6

Art Class
Fridays, 10:00 AM

Line Dancing with Roz
Fridays, 6:30 PM

Birthday Lunch- Wed., Dec 7

Special treat if you have birthday this month

CRAFT CLASS

Holiday Slate Painting
 Tuesday, December 13 10 am
 Cost—\$6/person

All materials provided
 Limit 10

Neighborhood Legal Services

Thursday, December 15
 3:00 PM—4:00 PM

Call the Center for an appointment

‘Being Prepared in an
Emergency/Disaster

Presented by Bill Albright,
 Oakmont’s Emergency
 Management Coordinator

Monday, Dec 19 1pm—1:30pm

Center Council Meeting
Monday, Dec. 19 at 1:45 pm

THIS IS YOUR OPPORTUNITY TO
 SUGGEST ACTIVITIES/TRIPS & VOICE ANY
 IDEAS/CONCERNS

Staff Bingo
Wednesday, December 28

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CHRISTMAS WORD SEARCH

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 E V D V L I I A B S O P O Z O
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 S D R A C F U T T I G R L H B

Bells	Cards	Decorations	Gift	Mistletoe	Pie	Reindeer	Tinsel	Wreath
Candles	Celebrate	Eggnog	Holiday	Noel	Poinsettia	Ribbon	Tree	
Candy	Cookies	Fruitcake	Holly	Ornament	Presents	Stockings	Wrap	

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OPT TRIPS

Holiday Opera Brown Bag Lunch

Saturday, December 10

11am—3pm

You will have time to visit the Strip

PPG Wintergarden & Holiday Market

Monday, December 12

10:30am-2:30pm

Wal-Mart—Pgh Mills

Thursday, December 15

9:30am—12:30pm

Lunch trip—Luke and Mike's Frontporch Grille

Thursday, December 29

11:00 am

UPCOMING TRIPS AND PROGRAMS 2017

- Potluck Dinner

Thursday, January 12 at 4:30 PM

Everyone attending should bring a dish. Sign up at the Center and include item you will be bringing.

-Bodyworks at Carnegie Science Center

-French class

-Make Valentine Candy



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December 2016

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DRAWING WILL BE HELD ON
**FRIDAY, DECEMBER 9, 2016 AT
12:00 pm**

**TICKETS ON SALE AT RCAC BEGINNING
MONDAY, NOVEMBER 7**

