SAVE the DATE
June 14, 2016
9:00 AM – 12:00 PM &
1:00 PM – 4:00 PM

Farmers’ Market Program
Check Distribution

Riverview Community Action Corporation

Eligibility Requirements:
Resident of Allegheny County
At least 60 years of age in 2016
At or below income level (self-declared)
1 Person $21,978 2 People $29,637

Proxy forms are available from
9:00 AM—3:00 PM Monday-Friday
at the Center.
From the Desk of the Director....

June is going to be a busy month here at the Center and in Oakmont.

1. The US Open will be at the Oakmont Country Club from June 13-19. With this in mind, the Center will run as normal.

The bus will run as normally scheduled but please be patient.

Please note: There will be NO parking available in the Church lot across the street.

2. The Senior Farmer Market Nutrition coupons will be passed out on Tuesday, June 14. Please remember that you will need your identification. Also if you need a proxy form they will be available at the Center from 9:00 am – 3:00 pm.

3. Do not forget to sign up for our HomeMeds program. This service can help you with your medication management and making sure that there are no drug interactions.

4. Just a reminder to all our bus riders: We have a 4 regular size grocery bag policy for the bus. This is for space and safety reasons.

Have a great June!

Sincerely,

Stefanie
Please Note:
All advertisers and speakers are offered to you for information only and RCAC does not endorse any company or product.

TRANQUILITY MEDITATION
by
Bhante Punna
Thursdays at 9am

This meditation will help lead you to tranquility of body and mind

HomeMeds
Medication Management

HomeMeds Medication Assurance, Partners in Care Foundation, is a Consultation that addresses medication safety by identifying potential adverse medication effects due to duplication of medications. Medication errors can be serious, costly, common and preventable.

• If you have multiple doctors prescribing medications
• If you use more than one pharmacy to fill your prescriptions
• If you take over-the-counter vitamins, minerals, herbal supplements, homeopathic remedies, creams, gels or lotions
• If you take any over-the-counter remedies with medications prescribed by a physician

You can have an assessment of your medications through the AgeWell Pittsburgh at Riverview Community Action Corporation!

Must be age 60 or older and live in Allegheny County to participate

Contact Riverview Community Action Corporation to make an appointment at 412-828-1062 for further details.

Upcoming dates: June 7 & 16
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<th>Mon</th>
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<tr>
<td>1:00 PM: <strong>PRICE IS RIGHT W/ HOME INSTEAD</strong></td>
<td>9:00 AM: <strong>HOME MEDS PROGRAM</strong>&lt;br&gt;9:30 AM: CRAFTS&lt;br&gt;10:00 AM: FITNESS CLASS&lt;br&gt;12:30 PM: TAI CHI&lt;br&gt;12:30 PM: PINOCHLE</td>
<td>9:30 AM: <strong>SIT AND KNIT</strong>&lt;br&gt;<strong>TRANQUILITY MEDITATION</strong>&lt;br&gt;9:30 AM-11:30 AM: BLOOD PRESSURES&lt;br&gt;10:00 AM: <strong>FITNESS CLASS</strong>&lt;br&gt;1:00 PM: <strong>AMP PROGRAM</strong></td>
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<td>10:00 AM: <strong>ART CLASS</strong>&lt;br&gt;10:00 AM: <strong>LINE DANCING CLASS</strong>&lt;br&gt;12:30 PM: <strong>MOVE-UP</strong></td>
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<td>10:00 AM: <strong>BOCCE BALL CENTER COUNCIL MEETING</strong></td>
<td>9:30 AM: SFMNP COUPON DAY&lt;br&gt;10:00 AM: CRAFTS&lt;br&gt;10:00 AM: FITNESS CLASS&lt;br&gt;12:30 PM: TAI CHI&lt;br&gt;12:30 PM: PINOCHLE</td>
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<td>10:00 AM: <strong>ART CLASS</strong>&lt;br&gt;10:00 AM: <strong>LINE DANCING CLASS</strong>&lt;br&gt;12:30 PM: <strong>MOVE-UP</strong></td>
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<td>1:00 PM: <strong>UFO CLASS</strong></td>
<td>9:30 AM: CRAFTS&lt;br&gt;10:00 AM: <strong>FITNESS CLASS</strong>&lt;br&gt;10:00 AM: <strong>UNCLE SAM CRAFT CLASS</strong>&lt;br&gt;12:30 PM: TAI CHI&lt;br&gt;12:30 PM: PINOCHLE</td>
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<td>10:00 AM: <strong>ART CLASS</strong>&lt;br&gt;10:00 AM: <strong>LINE DANCING CLASS</strong></td>
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<td>27</td>
<td>28</td>
<td>29</td>
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<td>June</td>
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<td>12:00 PM: <strong>PIZZA LUNCH</strong>&lt;br&gt;1:00 PM: <strong>UFO CLASS</strong></td>
<td>9:30 AM: CRAFTS&lt;br&gt;10:00 AM: <strong>FITNESS CLASS</strong>&lt;br&gt;12:30 PM: TAI CHI&lt;br&gt;12:30 PM: PINOCHLE&lt;br&gt;12:30 PM: <strong>FALL PREVENTION PROGRAM</strong></td>
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<td>8:30 AM: <strong>TARA LUNCH &amp; TOUR</strong>&lt;br&gt;9:00 AM: <strong>TRANQUILITY MEDITATION</strong>&lt;br&gt;9:30 AM-11:30 AM: BLOOD PRESSURES&lt;br&gt;10:00 AM: <strong>FITNESS CLASS</strong>&lt;br&gt;1:00 PM: <strong>AMP PROGRAM</strong></td>
<td>June 2016</td>
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<td>Mon</td>
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<td>Turkey w/gravy, parsley potatoes, Brussels sprouts, multi-grain bread, apple, milk</td>
<td>Creole chicken, brown rice, Italian green beans, wheat bread, pineapple, milk</td>
<td>Rigatoni w/meatballs, tossed salad, Italian bread, peaches, milk</td>
<td>Coney Island hot dog w/hot chili, peas, bun, banana, milk</td>
<td>Tuna salad, potato salad, marinated cucumbers, wheat bread, pineapple, milk</td>
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<td>Beef tips w/gravy, whipped potatoes, carrots, wheat bread, peaches, milk</td>
<td>Chicken breast w/gravy, au gratin potatoes, green beans, rice bread, pineapple &amp; mandarin oranges, milk</td>
<td>Boneless pork loin w/gravy, lemon potatoes, carrots, rye bread, orange, milk</td>
<td>Cabbage roll, whipped potatoes, carrots, wheat bread, fruit cocktail, milk</td>
<td>Meatloaf w/gravy, parsley potatoes, cauliflower, white bread, peas, milk</td>
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<td>Roast beef w/gravy, scalloped potatoes, Italian green beans, multi-grain bread, orange, milk</td>
<td>Crock pot lasagna, whipped potatoes, carrots, multi-grain bread, milk</td>
<td>Turkey la king, brown rice, vegetable medley, honey wheat bread, fruit cocktail, milk</td>
<td>Turkey w/gravy, rice pilaf, broccoli, multi-grain bread, apricots, milk</td>
<td>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 412-628-1062 on day in advance for reservations.</td>
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<td>Event</td>
<td>Time &amp; Details</td>
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<td><strong>UPCOMING EVENTS &amp; PROGRAMS</strong></td>
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<td><strong>Pinochle</strong></td>
<td>Tuesdays at 12:30 pm</td>
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<td><strong>Tai Chi</strong></td>
<td>Tuesdays at 12:30 pm, $3/class</td>
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<td><strong>Sit &amp; Knit</strong></td>
<td>Wednesdays, 9:30am—11:30 am, Donations of yarn are always appreciated</td>
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<td><strong>BINGO</strong></td>
<td>Wednesdays at 1:00 PM</td>
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<td><strong>Fitness Class</strong></td>
<td>Tuesday and Thursday 10 am</td>
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<td><strong>Meditation</strong></td>
<td>Thursday 9 am</td>
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<td><strong>Blood Pressures</strong></td>
<td>Thursdays at 10:00 AM</td>
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<td><strong>Line Dancing</strong></td>
<td>Fridays, 10:00 AM</td>
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<td><strong>Art Class</strong></td>
<td>Fridays, 10 am</td>
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<td><strong>UFO Class</strong></td>
<td>Monday, June 20 &amp; 27 at 1:00 PM, Bring your unfinished projects to work on.</td>
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<td><strong>THE PRICE IS RIGHT’</strong></td>
<td>Presented by Home Instead, Monday, June 6 at 1pm, Join the fun; win prizes! RSVP by June 1</td>
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<td><strong>Center Council Meeting</strong></td>
<td>Monday, June 13 at 1pm</td>
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<td><strong>Neighborhood Legal Services</strong></td>
<td>Thursday, June 16, 3:00 PM—4:00 PM, Call the Center for an appointment</td>
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<td><strong>UNCLE SAM CRAFT CLASS</strong></td>
<td>TUESDAY, JUNE 21 at 10 AM, COST—$8/PERS...</td>
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<td><strong>PIZZA LUNCH</strong></td>
<td>MONDAY, JUNE 27 at 12:00 PM, COST—$3 INCLUDES 2 SLICES OF PIZZA &amp; DRINK, SIGN UP BY June 23</td>
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<td><strong>FALL PREVENTION PROGRAM</strong></td>
<td>by HealthSouth, Tuesday, June 28 at 12:30pm, Lunch will be provided, RSVP by June 23</td>
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<td><strong>Staff Bingo</strong></td>
<td>Wednesday, June 29 at 1pm</td>
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**MEG L. BURKARDT**  
ATTORNEY AT LAW  
OAKMONT  
ESTATES  WILLS  
REAL ESTATE  
412, 828, 5040  
MEGBURK@AOL.COM
UPCOMING OPT TRIPS

OPT TRIPS
Three Rivers Arts Festival
Wed., June 8 11am—3pm

Rose Day at Renzie Park
Saturday, June 11 12:30 pm–4pm

Night Market – Squirrel Hill
Sat. June 18 5:30pm—9pm

Dinner Trip/
Evening Sightseeing Gateway
Clipper Cruise
Thursday, July 7 3:30pm –8pm
Have dinner at restaurant of your choice at Station Square; then board the boat for the 6:30 pm cruise
Cost of cruise ONLY—$10/person payable when you sign up
MUST SIGN UP BY JUNE 16

Pittsburgh Symphony Concert
Hartwood Acres
Sunday, July 3  7:00 pm-10:00 pm
Concert is free
Bring a chair or blanket

Pittsburgh's Bicentennial Festival at Point State Park
Saturday, July 9
Times to be announced

Oakmont-Verona Kennywood Day
Wednesday, July 13
Times to be announced

Pirates Game w/Fireworks
Thursday, July 21
Tickets—$33/person
6pm-10:30pm

TARA LUNCH & TOUR
Inspired by ‘Gone With The Wind’
Thursday, June 30
Cost—$59/person
Pick up at RCAC 8:30am
Return to RCAC 5pm
Times subject to change
Payable by check ONLY
NEED 20 PEOPLE OR TRIP WILL BE CANCELLED
MUST SIGN UP BY JUNE 16th

Call RCAC for more info
412-828-1062.
DEADLINE IS JUNE 10

NEW MAUSOLEUM IN OAKMONT!
Contact Jacki Connell at 412. 828. 3434
DID YOU KNOW?
There is no membership fee to join RCAC?
The only age requirement is that you have to be 60 to have lunch or receive home delivered meals?
You can sign up for ACCESS/OPT & PAT bus passes at RCAC?
Our website is www.rcacorp.org?
We have a Facebook page?
RCAC is available for rent during non-business hours?
More information is available by calling the center 412-828-1062.