



**RIVERVIEW
Community Action Corp.**

**November
2016**

The Golden Eagle

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

VOLUME 39, No. 11

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Director

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RIVERVIEW COMMUNITY ACTION CORPORATION

GIFT CARD RAFFLE

WIN \$500.00 OF GIFT CARDS

\$5.00 PER TICKET

OR

3 TICKETS FOR \$10.00

DRAWING WILL BE HELD ON
FRIDAY, DECEMBER 9, 2016 AT

12:00 pm

TICKETS ON SALE AT RCAC BEGINNING
MONDAY, NOVEMBER 7



From the desk of the Director...

Let the Holiday Season begin!

I feel like it was just yesterday that I was putting away my Christmas decorations and it is getting close to being that time again. I wanted to give a few updates:


1. The Annual Mail Appeal Letter will be heading to your mailbox at the end of November. Your support of this appeal means the world to RCAC.
2. Starting Friday, November 9, we will begin selling raffle tickets for our \$500.00 Gift Card Tree. Remember you cannot win if you do not play!!!!
3. RCAC's Christmas Party is scheduled for Thursday, December 8th. This year's event will be one you do not want to miss. Our entertainment this year will be provided by The Chiodi Trio. This trio is part of the Pittsburgh Banjo Club and they will be providing us with lots of great music. Sign up early because space is limited!

Happy Thanksgiving!

Stefanie

THIS SPACE IS AVAILABLE

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



Meg L. Burkardt
Attorney at law
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CENTER NEWS

RCAC will be a polling station on Tuesday, Nov. 8

WE WILL BE OPEN!

All activities and lunch will be served in the upper room. Home delivered meals & RCAC bus will not be affected

CENTER CLOSURES

RCAC will be closed on **Thursday, November 24 and Friday, November 25** for the Thanksgiving Holiday.

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

STOCKINGS FOR VETERANS

Everyone is welcome, whether you can sew or not. Cheryl will find a job for you!

Mondays, 9am –11:30pm & Fridays, 1pm—3:30pm

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, nail files, deodorant, body wash—NO GLASS

Thanksgiving Lunch
Wednesday, November 16 @ noon.

Turkey with Gravy
Whipped Potatoes
Italian Green Beans
Bread Stuffing
Pumpkin Pie
Milk

You MUST pre-register by Wednesday, November 9

****PLEASE NOTE: BINGO will start at 1:30 pm.**



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.

RSVP by November 30
Payment due when you sign up.

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

TRANQUILITY MEDITATION
 By Bhante Punna
 Thursdays at 9:00 AM

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

NEW Line Dancing Class

Fridays at 6:30 p.m.

This class will be taught by Roz. The cost is \$2.00 per person.

****WIN A GIFT CARD****

Every time you attend a fitness class in November you will be entered into a drawing for a \$25 Giant Eagle gift card. Classes include: senior fitness, Tai Chi, Latin-Inspired Fitness Class, meditation & line dancing

Fine Art Miracles, Inc. & RCAC present:

Art With Romibo the Robot
And
Interactive Music With Nina

Music: Nov. 10 10:00 AM
Art: Nov. 18 10:00 AM

Carnegie Museum of Natural History presents...
American Indians Adventures

Tuesday, November 15 at 1:00 PM

Cost: \$5.00 per person

Please RSVP by Wednesday, November 9, 2016. Payment due at time of sign up.

RCAC Board of Directors
2016-2017 Board Members

Officers:

Susan Collins, Board President

Rhoda Worf, Vice President

Maureen Hanekamp, Treasurer

Sylvia Provenza, Secretary

Members:

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Adeline Brown

Nancy Carpenter, MD

Thomas Dinnin, Sr.

Fred Favo

Judy Ferguson

Nicholas Futules

Elizabeth Rottschaefter

Russ Truby

Thomas Whalen

Emeritus: Richard Boulden

HOMEMADE SOUP IS BACK!

\$3/BOWL

November 1—Zesty Vegetable Beef Soup

November 8—NO SOUP-ELECTION DAY

November 15—Harvest Soup

November 22— Stuffing Dumpling Soup

November 29— Dijon Chicken Soup

PLEASE RSVP THE FRIDAY BEFORE



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Explore careers at
www.srcare.org/careers




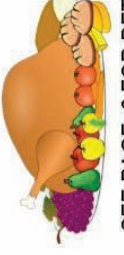
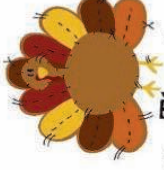

OAKMONT CAMPUS
OakmontSrCare.org • 1.877.740.2179



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
NOVEMBER 2016 	1 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: CCAC CLASS--TAI CHI CHI 12:30 PM: PINOCHLE	2 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS	3 9:00 AM: TRANQUILITY MEDITATION 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: FITNESS CLASS 4:00 PM: OPT TRIP--P F CHANGS	4 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 1:00 PM: STOCKINGS FOR VETERANS 6:30 PM: LINE DANCING WITH ROZ
7 9:00 AM: STOCKINGS FOR VETERANS 9:15 AM: LATIN INSPIRED FITNESS 10:00 AM: THANKSGIVING CRAFT CLASS 1:00 PM: ZENTANGLE CLASS	8 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE	9 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS	10 9:00 AM: TRANQUILITY MEDITATION 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: FITNESS CLASS 10:00 AM: INTERACTIVE MUSIC W/NINA	11 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 1:00 PM: STOCKINGS FOR VETERANS 6:30 PM: LINE DANCING WITH ROZ
14 9:00 AM: STOCKINGS FOR VETERANS 9:15 AM: LATIN INSPIRED FITNESS 1:00 PM: ZENTANGLE CLASS 2:00 PM: CENTER COUNCIL MEETING 3:00 PM: URSO TRIP--FESTIVAL OF LIGHTS	15 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:00 PM: CARNEGIE MUSEUM OF NATURAL HISTORY	16 9:30 AM: SIT AND KNIT 12:00 PM: THANKSGIVING LUNCH 1:00 PM: CARDS 1:30 PM: BINGO	17 9:00 AM: TRANQUILITY MEDITATION 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: FITNESS CLASS 3:00 PM: NEIGHBORHOOD LEGAL SERVICE	18 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 10:00 AM: ART WITH ROMBO 1:00 PM: STOCKINGS FOR VETERANS 6:30 PM: LINE DANCING WITH ROZ
21 9:00 AM: STOCKINGS FOR VETERANS 9:15 AM: LATIN INSPIRED FITNESS 9:30 AM: OPT TRIP--STRIP DISTRICT 1:00 PM: ZENTANGLE CLASS	22 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE	23 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS	24 CENTER CLOSED 	25 CENTER CLOSED
28 9:00 AM: STOCKINGS FOR VETERANS 9:15 AM: LATIN INSPIRED FITNESS 1:00 PM: ZENTANGLE CLASS	29 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE	30 9:30 AM: SIT AND KNIT 10:30 AM: OPT TRIP--MUSIC 101 1:00 PM: BINGO 1:00 PM: CARDS	**Wii Games Available Daily ** Shopping Trips Available to Giant Eagle Daily	

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>1</p> 	<p>7</p> <p>Chicken leg & thigh Brown rice pilaf Broccoli White bread Apple</p>	<p>2</p> <p>Chili w/macaroni Green beans Rye bread Pineapple</p>	<p>3</p> <p>Open face turkey sandwich Savory potatoes Carrots Multi-grain bread Tangelo</p>	<p>4</p> <p>Meatloaf w/tomato/basil Whipped potatoes Beets Honey wheat bread Pears</p>
<p>7</p> <p>Lemon cod Cabbage & noodles Carrots Wheat bread Fruit cocktail Milk</p>	<p>8</p> <p>Turkey w/gravy Whipped squash Green beans Multi-grain bread Orange Milk</p> 	<p>9</p> <p>Penne w/meatballs Mixed greens salad Italian bread Apple Milk</p>	<p>10</p> <p>Chicken dinner salad Coleslaw Dinner roll Gingerbread Milk</p>	<p>11</p> <p>Stuffed pepper Whipped potatoes Mixed vegetables Grapes Milk</p> 
<p>14</p> <p>Pork loin w/gravy Yams Mixed vegetables Honey wheat bread Peaches Milk</p>	<p>15</p> <p>Tuna salad Corn & black bean salsa Coleslaw Rye bread Apple Milk</p>	<p>16</p> <p>THANKSGIVING LUNCH</p>  <p>SEE PAGE 3 FOR DETAILS</p>	<p>17</p> <p>Baked Lemon Cod Cheese tortellini Beets Wheat bread Orange Milk</p>	<p>18</p> <p>Salisbury steak w/gravy Scalloped potatoes Broccoli & cauliflower Dinner roll Banana Milk</p>
<p>21</p> <p>Chicken leg & thigh Whipped potatoes Broccoli Multi-grain bread Pears Milk</p>	<p>22</p> <p>Bow tie pasta w/meat sauce Tossed salad Wheat bread Orange Milk</p>	<p>23</p> <p>BBQ beef Parsley potatoes Green & wax beans Wheat bun Pineapple Milk</p>	<p>24</p>  <p>Happy Thanksgiving</p>	<p>25</p> <p>CENTER CLOSED</p> 
<p>28</p> <p>Beef tips w/gravy Noodles Carrots Rye bread Orange Milk</p>	<p>29</p> <p>Chicken breast w/gravy Squash Stewed tomatoes/zucchini Multi-grain bread Pears Milk</p>	<p>30</p> <p>Meatloaf w/gravy Whipped potatoes Vegetable medley Wheat bread Applesauce Milk</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.</p> <p>Call 412-828-1062 on day in advance for reservation</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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THE NEW MAUSOLEUM IN OAKMONT

Contact Jacki Connell at **412.828.3434**

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

Meditation
Thursdays, 9 am

Blood Pressures
Thursdays at 10:00 AM

Line Dancing
Fridays, 10:00 AM

Art Class
Fridays, 10:00 AM

Line Dancing with Roz
Fridays, 6:30 PM

ZENTANGLE CLASS
MONDAY, NOVEMBER 7 1:00 pm
This is a 5 week course.



LIMITED TO 10 STUDENTS
SIGN UP IN ADVANCE
BRING PLAIN WHITE PAPER AND PENCIL TO FIRST CLASS

Center Council Meeting
Monday, Nov. 14 2:00 pm

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

Neighborhood Legal Services
Thursday, November 17
3:00 PM—4:00 PM

Call the Center for an appointment.

Please Note:

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



UPCOMING TRIPS

OPT TRIPS

Dinner trip—P F Changs Waterfront

Thursday, November 3 4pm-7pm

If you're not in the mood for Chinese, there are several other places to eat nearby.

Bridge to Wellness-Diabetes Expo Convention Center Saturday, Nov 5 10am—2pm

Opera Brown Bag Lunch Saturday, November 12 11am—3pm

You will have time to visit the Strip

Strip District Monday, November 21 9:30 AM –1:30 PM

PGH. Symphony Music 101 Wed. Nov 30 10:30am—1pm John Moore—"It's All About the Bass" Admission-\$2/person

Order a \$9 brown-bag lunch from The Common Plea
412.904.3288.

PPG Wintergarden & Holiday Market Monday, Dec 12 10:30am-2:30pm

URSO TRIP



FESTIVAL OF LIGHTS OGLEBAY

**Monday, November
14, 2016**

**Bus leaves RCAC
at 3pm and
return to RCAC
around 8:30pm**

**Cost is \$35/
person**

**Includes Dinner @
Perkins, Festival
of Lights,
& gratuity**

**WHEN THERE IS A
FEE FOR A TRIP,
PAYMENT IS BY
CHECK ONLY**



The Oakmont Chamber of Commerce Presents

2016 Oakmont's Hometown Christmas

Schedule of Events

Saturday November 19th, 2016

- 4:45pm Dance Performance By Kelsey's Dance & Fitness Center
- 5:00pm St. I's Pre-School Carolers
- 5:00pm Christmas Parade—Begins in Oakmont & Ends in Verona
Don't miss Santa, marching bands, lighted floats, horses, & a fantastic cast of characters
- 6:15pm Winner of Float Contest Announced
- 6:30pm Musical Performances at the Clock Tower Stage featuring Redeemer Lutheran School
- 7:00pm Dance Performance by Sherry's School of Dance
- 7:30pm Greater Harmony Chorus
- 7:45pm Christmas Tree Lighting and Announcements
Musical Performance featuring Riverview Jazz Band
- 8:20pm Fireworks—sponsored by Peoples Natural Gas

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Fax: (412) 828-6985
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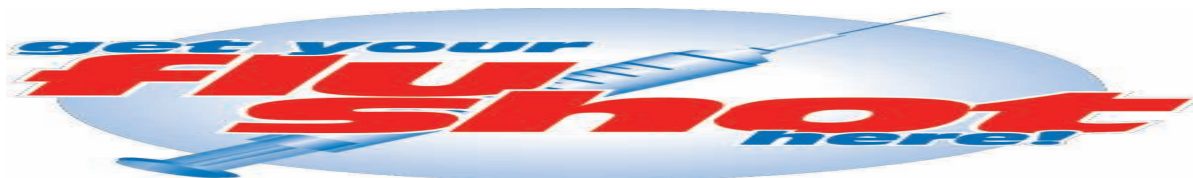
HOURS OF OPERATION: 8:00 – 4:00
MONDAY THROUGH FRIDAY

November 2016

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WALGREEN'S PHARMACIST WILL BE AT

RCAC

WEDNESDAY, NOVEMBER 9

9AM—1PM

CALL TO RESERVE YOUR SPOT

**Seniors: bring your insurance cards,
Including your Medicare Card**