



The Golden Eagle

September 2016

VOLUME 39, No. 9

PUBLISHED BY:

Riverview Community Action Corp.
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Oakmont, PA 15139
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www.rcacorp.org

Serving the Oakmont and Verona
Communities since 1966

FUNDING

Funding is partially provided by the Allegheny Area Agency on Aging. The rest of our funding is through program and services fee, fundraisers, and the generous donations from the community.

Inside this issue....

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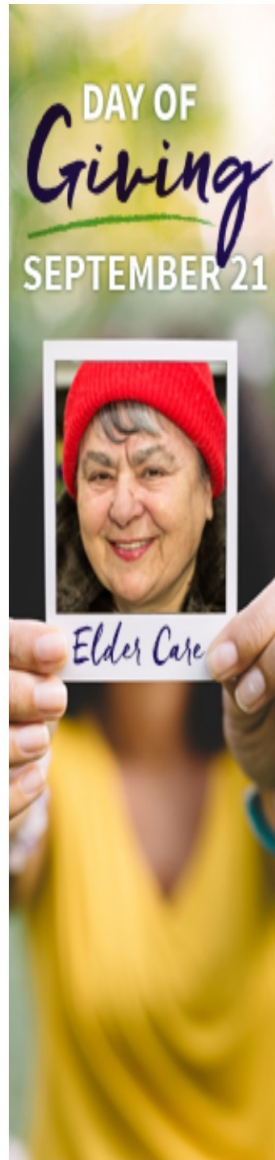
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Riverview Community Action Corporation will be participating in the *Day of Giving.*

What is the Day of Giving?

The Pittsburgh Foundation’s Day of Giving is a 16-hour, online giving event created to increase a collective culture of philanthropy in our region. The goal is simple—inspire Western Pennsylvanians to come together, show their pride in their communities, and contribute to support the life-changing work of local nonprofit organizations.

The Day of Giving will take place Wednesday, September 21st from 8:00 am to 11:59 pm. Donations will be accepted during this 16-hour period through www.pittsburghgives.org.



From the desk of the Director...

I cannot believe fall is just around the corner. Children are back in school and the leaves are about to change colors.

Here are a few updates:

1. We want to remind everyone who rides our bus of the 4 bag policy. This has become an issue over the last few months. We have instituted a new policy to try to remind people of this rule. We have a 4 bag limit to make sure there is room for all riders and items they bring, including walkers. This is a safety issue. Please read the policy carefully because it will take effect September 1.
2. Our annual Thomas Angerman Golf Outing was held on Friday, August 26th. We will have a full report on the event in next month's newsletter.
3. Remember to watch the lottery numbers at 7:00 pm to see if you have the winning RCAC raffle ticket.
4. Don't forget to sign up for your Flu Shots. They will be available at the Center on Wednesday, September 14th.
5. Starting in October our newsletter will have a new design and will be printed in color. We are very excited about the changes.

Remember my door is always open.
Have a great September !

Stefanie

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.

CENTER CLOSURE

RCAC will be closed on Monday, September 5 for Labor Day. There will be NO congregate or home delivered meals. NO RCAC bus

NO VAN SERVICE

There will be no van service on Thursday, September 8, due a scheduled maintenance. Please make plans accordingly

**POT LUCK SUPPER
Theme: Vegetables
Thursday, Sept 8 4:30pm**

Sign up in advance and let us know what you're bringing

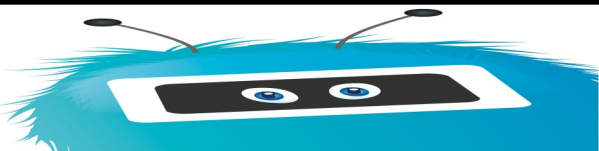
**ALTERNATE LUNCH
Breakfast for Lunch
TUESDAY, Sept 20 noon
Cost: \$3/person**

YOU MUST PAY WHEN YOU SIGNUP

**Verona Farmers' Market
Thursdays, 2pm—6pm**

4 BAG POLICY-RCAC VAN

You are permitted to bring 4 grocery size bags on the van. This policy has been in effect for many years . Sadly, some riders refuse to abide by this rule. Beginning Sept. 1, if you have more than 4 bags, you will be charged \$1 for each additional bag.



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

*Art With Romibo the Robot
And
Interactive Music With Nina*

When: Music: Sept 8 10am
Art: Sept 22 10am

Where: RCAC

If there is interest, we are able to have
6 monthly classes.

Line Dancing

Morning Line Dancing will return on
Friday, September 9, 2016 at 10:00 AM.

NEW Line Dancing Class

Starting Friday, September 9 at 6:30 p.m.
This class will be taught by Roz. The
cost is \$2.00 per person.

**RAD DAYS ARE BACK!
BEGINNING September 18**

**Free admission to several
attractions.**

**Stop into RCAC for a complete
list of dates/times.**

List available after Labor Day.



FALL CCAC CLASSES

Tai Chi for Arthritis

**Tuesday Sept 13– Nov 1
12:30pm**

Latin Inspired Fitness

**Monday, Sept 19— 9 am
Class designed for the
'over 60' crowd!**

Arts & Crafts

**Monday, Oct 10—24 1:30 pm
There is a small fee for the
Arts/Crafts class**

Healthy Cooking

**Thursday, Oct. 13—27 1pm
Please note: Classes were based
on results of CCAC center survey.**

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


Every time you attend a fitness class in
September, you will be entered into a
drawing for a \$25 Giant Eagle gift card.
Classes include: senior fitness, Tai Chi,
Zumba for seniors, bocce, meditation &
line dancing

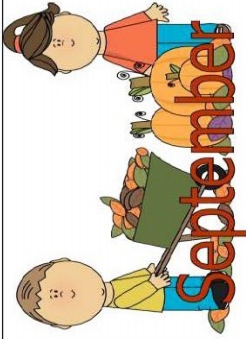


393 PLUM STREET
OAKMONT, PA 15139
412.828-4503

24 HOUR
EMERGENCY SERVICE
FULLY INSURED

Myers Electric Services, Inc.

RESIDENTIAL AND COMMERCIAL WIRING
SECURITY AND FIRE ALARM SYSTEMS
INSTALLATION AND REPAIR OF PARKING LOT LIGHTS

Mon	Tue	Wed	Thu	Fri
	SEPTEMBER 2016 **Wii Games Available Daily ** Shopping Trips Available to Giant Eagle Daily			
<p>5 CENTER CLOSED</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 9:00 AM: TRANQUILITY MEDITATION 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: MUSIC W/NINA 10:00 AM: FITNESS CLASS 4:30 PM: POTLUCK DINNER</p>	<p>9 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 6:30 PM: LINE DANCING WITH ROZ</p>
<p>12 1:00 PM: CENTER COUNCIL MEETING</p>	<p>13 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 12:30 PM: CCAC CLASS--TAI CHI 12:30 PM: PINOCHLE</p>	<p>14 9:00 AM: FLU SHOTS 9:30 AM: SIT AND KNIT 10:00 AM: UNITED HEALTH CARE-INFORMATION PROGRAM 1:00 PM: BINGO 1:00 PM: CARDS</p>	<p>15 9:00 AM: TRANQUILITY MEDITATION 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: FITNESS CLASS 3:00 PM: NEIGHBORHOOD LEGAL SERVICE</p>	<p>16 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 6:30 PM: OPT TRIP: SWING TIME 6:30 PM: LINE DANCING WITH ROZ</p>
<p>19 9:00 AM: CCAC CLASS-LATIN INSPIRED FITNESS 1:00 PM: UFO CLASS</p>	<p>20 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 10:30 AM: SARAH ADULT SERVICES 12:00 PM: ALTERNATE LUNCH -BREAKFAST FOR LUNCH 12:30 PM: CCAC CLASS- TAI CHI</p>	<p>21 DAY OF GIVING 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS</p>	<p>22 9:00 AM: TRANQUILITY MEDITATION 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART W/ ROMIBO 10:00 AM: FITNESS CLASS</p>	<p>23 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 6:30 PM: LINE DANCING WITH ROZ</p>
<p>26 9:00 AM: CCAC CLASS-LATIN INSPIRED FITNESS 1:00 PM: UFO CLASS</p>	<p>27 9:30 AM: CRAFTS 10:00 AM: FITNESS CLASS 10:00 AM: SENIOR ABUSE & FRAUD 12:30 PM: CCAC CLASS--TAI CHI 12:30 PM: PINOCHLE 1:30 PM: HEALTH SOUTH PRESENTATION</p>	<p>28 9:30 AM: SIT AND KNIT 1:00 PM: STAFF BINGO 1:00 PM: CARDS</p>	<p>29 9:00 AM: TRANQUILITY MEDITATION 9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: FITNESS CLASS</p>	<p>30 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 6:30 PM: LINE DANCING WITH ROZ</p>

Mon	Tue	Wed	Thu	Fri
	<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>1</p> <p>Pork w/gravy Lemon potatoes Stewed tomatoes Rye bread Cantaloupe Milk</p>	<p>2</p> <p>Meatloaf w/gravy Whipped potatoes Green & wax beans Wheat bread Apple Milk</p>
<p>5</p> <p>CENTER CLOSED</p> 	<p>6</p> <p>Baked cod Scalloped potatoes Broccoli Multi-grain bread Peaches Milk</p>	<p>7</p> <p>Cold roast beef & Swiss cheese Coleslaw White bean salsa Rye bread Plum Milk</p>	<p>8</p> <p>Italian seasoned chicken rice pilaf Spinach salad Dinner roll Apple Milk</p>	<p>9</p> <p>Turkey teriyaki meatballs Whipped potatoes Carrots German chocolate cake Milk Birthday lunch-special treat if you have a birthday this month</p>
<p>12</p> <p>Pork loin w/apple glaze Brown rice pilaf Vegetable Peaches Milk</p>	<p>13</p> <p>Chicken salad Macaroni salad Cherry tomato salad Wheat bread Nectarine Milk</p>	<p>14</p> <p>Pasta w/meat sauce Tossed salad Green & wax beans Italian bread Fruit cocktail Milk</p>	<p>15</p> <p>Chicken leg & thigh Lemon potatoes Cauliflower & carrots Honey wheat bread Plum Milk</p>	<p>16</p> <p>Swiss steak w/gravy Scalloped potatoes Italian green beans Multi-grain bread Cantaloupe Milk</p>
<p>19</p> <p>Turkey w/gravy, Noodles, Stewed tomatoes/zucchini, Apple ,Milk</p>	<p>20</p> <p>Baked Cod Cheese tortellini w/sauce Green beans Italian bread Orange Milk ALTERNATE LUNCH SEE INFO PG 2</p>	<p>21</p> <p>Stuffed cabbage Whipped potatoes Carrots Wheat bread Mandarin oranges/pineapple Milk</p>	<p>22</p> <p>Tuna salad Potato salad Coleslaw Rye bread Plum Milk</p>	<p>23</p> <p>Chef's salad w/chicken Chick pea salad Dinner roll Watermelon Milk</p>
<p>26</p> <p>Pepper steak w/gravy Whipped potatoes Wheat bread Fruit cocktail Milk</p>	<p>27</p> <p>Chicken breast w/gravy Brown rice Broccoli Pear Milk</p>	<p>28</p> <p>BBQ pulled pork Au gratin potatoes Snow peas & carrots Wheat pita pocket Nectarine Milk</p>	<p>29</p> <p>Baked cod Gourmet potatoes Stewed tomatoes & zucchini Multi-grain bread Cantaloupe Milk</p>	<p>30</p> <p>Pasta w/meat sauce Mixed greens salad Italian bread Peaches Milk</p>

UPCOMING EVENTS & PROGRAMS

Pinochle
Tuesdays at 12:30 pm

Tai Chi
Tuesdays at 12:30 pm
\$3/class

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

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

Fitness Class
Tuesday and Thursday 10 am

Meditation
Thursday 9 am

Blood Pressures
Thursdays at 10:00 AM

Line Dancing
Fridays, 10:00 AM

Art Class
Fridays, 10 am

UFO Class
Monday, Sept 19 & 26 at 1pm

Informational Programs
United HealthCare
Wed., Sept 14 10am

Sarah Adult Services
Tues. Sept 20 10:30am

Senior Abuse & Fraud
Tuesday, Sept 27 10 am
A representative from the District Attorney's office will present this program

Health South Presents....
Prescription & Over the Counter Drugs

Tuesday, Sept 27 1:30 pm
Refreshments will be served
RSVP by Monday, Sept 19

Center Council Meeting
Monday, September 12 at 1pm

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

Neighborhood Legal Services
Thursday, September 15
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.



MEG L. BURKARDT
ATTORNEY AT LAW
OAKMONT

ESTATES WILLS
REAL ESTATE

412. 828. 5040

MEGBURKLAW@AOL.COM

UPCOMING OPT TRIPS

OPT TRIPS

**Pittsburgh Irish Festival
@ Sandcastle**

Saturday, September 10
Noon—5pm

ADMISSION: \$8/seniors

Swing Time—Syria Mosque

Friday, September 16
6:30pm-9:45pm

Admission: \$5/person

Night Market Squirrel Hill

Saturday, September 17
5:30pm-9pm

**38th Annual Pow Wow
Council of 3 Rivers American
Indians**

Saturday, September 24
Noon—3pm

Admission—\$6/person

**Fall Festival—
Depreciation Lands Museum**

Saturday, October 1
11am—3pm

Admission: \$5

Dinner Trip—Hofbrauhaus

Thursday, Oct 6
4 pm—7:30pm

**WHEN THERE IS A FEE FOR A TRIP,
PAYMENT IS BY CHECK ONLY
No refund unless trip is cancelled**

**LIGONIER DAYS
SATURDAY, OCTOBER 15**

URSO BUS 9 AM—4 PM

COST: \$20/PERSON

**NEED 24 PEOPLE FOR TRIP
DEADLINE IS SEPTEMBER 9**

**This trip requires walking,
shuttles are available
Enjoy food, vendors and Fort Ligonier
Battle re-enactment.
Payment is by CHECK ONLY.**

**RIVER CITY BRASS BAND
CHRISTMAS SHOW**

**December 1, 2016
Linton Middle School**

**Tickets \$16.50/person
Need 10 people to get group rate**

**Deadline Sept 30, 2016
Payment is by CHECK ONLY.**



**NEW MAUSOLEUM IN
OAKMONT!**

**Contact Jacki Connell at
412. 828. 3434**

PUBLISHED BY

RIVERVIEW COMMUNITY ACTION CORPORATION

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Email mail@rcacorp.org

Website www.rcacorp.org

HOURS OF OPERATION: 8:00 – 4:00

MONDAY THROUGH FRIDAY

September 2016

Non-Profit Organization

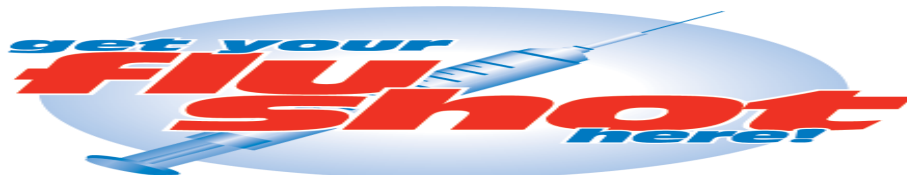
U.S. Postage

PAID

Verona, PA 15147

Permit No. 16

Return Service Requested



**WALGREEN'S PHARMACIST WILL BE
AT RCAC—WEDNESDAY, SEPTEMBER 14**

9 AM—1 PM

CALL TO RESERVE YOUR SPOT

**Seniors: bring your insurance cards,
including your Medicare card**