

The Golden Eagle

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

VOLUME 41, No. 9

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Riverview Community Action Corporation presents...
Second Annual
Take Time for Tea
Saturday, October 13, 2018
1:00 PM ~ 4:00 PM
Doors open at 12:30 pm
**No tickets will be sold at the door

**Tickets On Sale~
Tuesday,
September 4, 2018
\$20 per person**

**More Information,
call 412-828-1062.**

- Fabulously Decorated Tables
- Assorted Teas, Scrumptious
Sweets & Sandwiches
- Chinese Auction
- Entertainment
- Grab Bags

Proceeds benefit the programs and services
of Riverview Community Action Corporation
501 2nd Street, Oakmont, PA 15139

From the desk of the Director...

Here are a few updates:


1. Construction will start very soon. With this in mind, groups may have to share rooms. Please be courteous. Sometimes programs will run over their allotted time, please be patient.
2. Check out the new, free program “Everyone with Diabetes Counts!” This program begins on September 20, 2018.
3. Starting this month we will begin honoring a Volunteer of the Month. On page 4 of this newsletter you will find a ballot to cast your vote. At the beginning of the month we will announce the Volunteer of the Month here at the Center and an article will be included in the newsletter.
4. I also want to take a moment and thank the volunteers who have been providing the treats for our Birthday lunch. We appreciate your generosity!

Have a great month!

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:

Monday, September 3, 2018 in observance of Labor Day

There will be NO congregate or home delivered meals. The RCAC bus will not run.



Looking for a 'Bingo Caller' beginning in October.

Bingo is held on Wednesdays 1pm –3pm

Call the center if you're interested.

FOOD BANK DONATIONS NEEDED!!!

The food bank is in need of the following items:

- Cereal
- Soup
- Macaroni and Cheese
- Spaghetti Sauce
- Rice

Please leave a message!!. Our telephone system allows you to leave messages when all the lines are busy. Please leave a message instead of continuing to call back. This is very helpful in the morning as the phones are very busy with incoming calls for the bus.



EVERYONE WITH DIABETES COUNTS

FREE Program –Learn how to manage and live with diabetes and pre-diabetes

**Thursdays, September 20—
November 1**

**10:00 am—11:30 am
6 week program**

GOALS:

1. Improving and maintaining the quality of life of persons with pre-diabetes and existing diabetes
2. Preventing complications and incapacities
3. Improving eating habits and maintaining adequate nutrition
4. Increasing physical activity
5. Developing self-care skills
6. Improving the relationship between patients and health care providers
7. Utilizing available resources

Space limited, you must RSVP for this program, by calling the Center at 412-828-1062.



Verona's Farmers' Market

Thurs. 2:00 pm-7:00 pm

RCAC bus is available for transportation.

Last bus leaving Verona is 3:00 pm.

CENTER NEWS & ACTIVITIES

CCAC CLASSES

Chair Exercise

Tuesday, Sept. 11—Oct. 30
10:00 am—11:00 am

Boost Your Brain Health

Monday, Sept.24-October 8
1:00 pm—2:30 pm

Line Dancing

Friday, Sept 28-Nov 30
10:00 am

All classes are free

LEARN TO LINE DANCE

Step by step instruction for beginners continues Fridays in September .

**THIS CLASS WILL MEET AT
9:30 AM**

You will learn steps and put them together into the dances.
Come learn, dance, get fit and have fun.

Line Dancing with Bea

returns Friday, September 7
10:00 am

DONATE VIA AMAZON

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Riveview Community Action Corporation whenever you shop on AmazonSmile.



Flu Shots

Wed., September 19
9:00 am—1:00 pm

These Flu Shots are FREE with Medicare!

Please bring your insurance card with you.

Volunteer of the Month

We will ‘honor’ a Volunteer monthly.

The individual will be selected by ‘secret’ ballot and named on the first day of the next month. Use the ballot below and it return to the Front Desk at the center.

Please remember that volunteers perform many ‘jobs’ at RCAC including packing , serving and delivering meals, making/ selling craft items, front desk receptionist, and much more.

Please remember the ballot must be in the last business day of the month.

VOLUNTEER BALLOT

Nominee Name:

****This is the only ballot we will accept. It must come directly from the newsletter. No copies will be accepted. Should you receive your newsletter via e-mail or on the web, please stop by front desk for ballot.**



**September Birthday Lunch
Thursday, September 13**

There will be a birthday dessert for those having September birthdays.

Please RSVP at the front desk by September 11.



**ALTERNATE LUNCH
Monday, September 24
at 12:00 pm
\$5/PERSON**

Pizza Lunch

Sign up by Thursday, September 20

Payment due when you sign up

**Returning in September
with a new
Instructor...**



**Gentle Yoga
Mondays @ 9:30 am.
\$3/person**



**TAI CHI
Tuesdays, 12:30 pm
\$3/person**

NEW PROGRAM

**Sahaja Meditation
2nd and 4th Thursdays
6:30 pm-7:30 pm
September Dates: 13 & 27**



What is age?

It's the smile lines on your face.

*It's the joys, the wisdom, the moments
that shape us and define our journey in life.*

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SrCare.org/Moments



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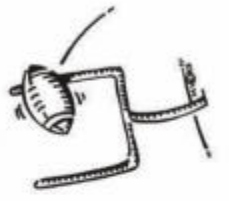

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>CENTER CLOSED HAPPY LABOR DAY!</p>	<p>4</p> <p>9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 AM: FITNESS 12:00 PM: OPT TRIP-MUSICAL CLUB 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>5</p> <p>9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS</p>	<p>6</p> <p>9:30 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 10:00 AM: FITNESS CLASS</p>	<p>7</p> <p>9:30 AM: BEGINNING LINE DANCING CLASS 10:00 AM: LINE DANCING 10:00 AM: ART CLASS</p>
<p>10</p> <p>9:30 AM: YOGA LITE 1:00 PM: CENTER COUNCIL MEETING</p>	<p>11</p> <p>9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 AM: CCAC-CHAIR EXERCISE 12:30 PM: PINOCHLE</p>	<p>12</p> <p>9:30 AM: SIT AND KNIT 10:30 AM: INFO TABLE 1:00 PM: BINGO 1:00 PM: CARDS</p>	<p>13</p> <p>9:00 AM: CRAFTING DAY 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 10:00 AM: FITNESS CLASS 12:00 PM: BIRTHDAY LUNCH 6:30 PM: SAHAJA MEDITATION</p>	<p>14</p> <p>9:30 AM: BEGINNING LINE DANCING CLASS 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 11:30 AM: OPT TRIP-RED ROBIN 1:00 PM: WRITER'S WORKSHOP</p>
<p>17</p> <p>9:30 AM: YOGA LITE 1:00 PM: 'CHECK YOUR BALANCE' PROGRAM</p>	<p>18</p> <p>9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 AM: CCAC-CHAIR EXERCISE 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>19</p> <p>9:00 AM: FLU SHOTS 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS</p>	<p>20</p> <p>10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 10:00 AM: FITNESS CLASS 10:00 AM: EVERYONE W/ DIABETES COUNTS</p>	<p>21</p> <p>9:30 AM: BEGINNING LINE DANCING CLASS 10:00 AM: LINE DANCING 10:00 AM: ART CLASS</p>
<p>24</p> <p>9:30 AM: YOGA LITE 12:00 PM: ALTERNATE LUNCH 1:00 PM: CCAC-BOOST YOUR BRAIN HEALTH</p>	<p>25</p> <p>9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 AM: CCAC-CHAIR EXERCISE 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>26</p> <p>9:30 AM: SIT AND KNIT 10:30 AM: HOW TO MAKE THE MOST OF YOUR DOWNSIZING 1:00 PM: BINGO 1:00 PM: CARDS</p>	<p>27</p> <p>10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 10:00 AM: FITNESS CLASS 10:00 AM: EVERYONE W/ DIABETES COUNTS 5:00 PM: OPT TRIP-ROCKY'S ROUTE 8 6:30 PM: SAHAJA MEDITATION</p>	<p>28</p> <p>9:30 AM: BEGINNING LINE DANCING CLASS 10:00 AM: CCAC-LINE DANCING 10:00 AM: ART CLASS</p>

****Wii Games Available Daily**
**** Shopping Trips Available to Giant Eagle Daily**



LUNCH MENU

Mon	Tue	Wed	Thu	Fri
 <p>3 CLOSED</p> 	<p>Meals are provided by 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 one day in advance for reservation</p> <p>4 Baked Round steak Italian green beans Yams Wheat bread Fruit cocktail Milk</p>	 <p>5 Turkey teriyaki meatballs Whipped potatoes Carrots Multi-grain bread Cherry coke Milk</p>	 <p>6 Chicken cacciatore Rice pilaf Spinach Dinner roll Apple Milk</p>	 <p>7 Cold roast beef/Swiss cheese Coleslaw White bean salsa Rye bread Plum Milk</p>
<p>10 Pork loin Whipped potatoes Midori vegetables Multi-grain bread Peaches Milk</p>	<p>11 Chicken salad Macaroni salad Cherry tomato salad Wheat bread Nectarine Milk</p>	<p>12 Swiss steak w/gravy Scalloped potatoes Italian green beans Dinner roll Cantaloupe Milk</p>	<p>13 Chicken leg & thigh Lemon potatoes Broccoli Honey wheat bread Plum Milk</p>	<p>14 Pasta w/meat sauce Green/wax beans Tossed salad Italian bread Fruit cocktail Milk</p>
<p>17 Stuffed cabbage Garlic potatoes Mixed vegetables Wheat bread Mandarin oranges/pineapple Milk</p>	<p>18 Baked cod Cheese tortellini Green beans Honey wheat bread Orange Milk</p>	<p>19 Turkey w/gravy Parsley noodles Stewed tomatoes Apple Milk</p>	<p>20 Tuna salad Potato salad Coleslaw Rye bread Plum Milk</p>	<p>21 Chef's salad w/chicken Chick pea salad Italian bread Watermelon Milk</p>
<p>24 Pepper steak w/gravy Whipped potatoes Wheat bread Fruit cocktail Milk</p> <p>ALTERNATE LUNCH—\$5</p>	<p>25 Chicken breast w/gravy Brown rice pilaf Broccoli Apple Milk</p>	<p>26 Baked cod Gourmet potatoes Stewed tomatoes/zucchini Multi-grain bread Cantaloupe Milk</p>	<p>27 BBQ pulled pork Au gratin potatoes Carrots Hamburger bun Nectarine Milk</p>	<p>28 Pasta w/meat sauce Mixed green salad Italian bread Banana 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** at least 1 hour before you want a ride at
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)

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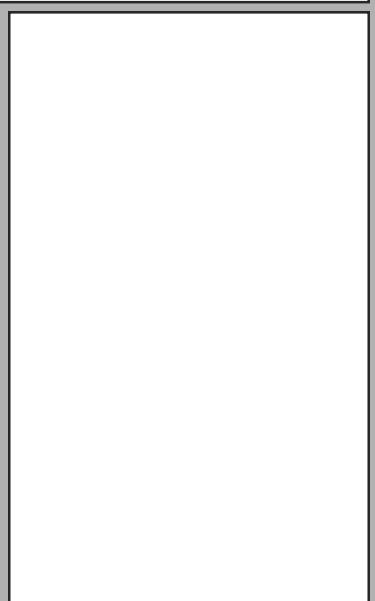
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UPCOMING EVENTS & PROGRAMS

Crafts
Tuesday, 9:30 am

Card Making
Tuesdays, 9:30am

Pinochle
Tuesdays, 12:30 pm

Tai Chi
Tuesdays, 12:30 pm

500 Bid
Tuesdays, 1:00 pm

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

BINGO
Wednesdays at 1:00 am

Fitness Class
Tuesdays and Thursdays,
10:00 am

Blood Pressures
Thursdays at 10:00 am

Art Class
Thursdays & Fridays, 10:00 am
**Beginning Line Dancing Class with
Bea**

Fridays, 9:30 am

Line Dancing with Bea
Fridays, 10:00 am

**PLEASE RSVP FOR ALL PROGRAMS/
ACTIVITIES BY EITHER SIGNING UP AT
CENTER OR BY CALLING THE CENTER .**

Center Council Meeting

Monday, September 10 @ 1:00 pm
**Monday, October 8 @ 10:00 am **Please
note time change**

If you have an idea for a program,
activity or a trip, please come to the
meetings. Meetings are open to
everyone.

Family Services of Western PA Informational Table

**Wednesday, September 12
10:30 am**

CRAFTING DAY

THURSDAY, September 13

9:00 am—?

Bring your UFO'S to finish or work on
something new.



Writer's Workshop
Friday, September 14
1:00 pm– 2:30 pm

Please Note:

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

'CHECK YOUR BALANCE' PROGRAM

UPMC Centers for Rehab Services
Monday, September 17 @ 1:00 pm

UPCOMING PROGRAMS & TRIPS

Braziel Benefits & Services
Independent Insurance Agent
presents...

MEDICARE EDUCATIONAL WORKSHOP

Tuesday, September 25 @ 1:30 pm

How to Make the Most of your Move when Downsizing

Wednesday, September 26 @
10:30am

Presented by:

Auction Your Possessions Today

When making a large or small move, it's important to consider 4 *What's - What to keep, What to sell, What to give and What to toss.*

Topics to be covered :

Which of my items have value to sell?

*How do I dispose of items such as paint and tv's?

*What are some charities that I can give to?

*How do I sell things on eBay or craigslist?

SENIOR FRAUD PROGRAM

Sponsored by Allegheny County
District Attorney

Wednesday, October 3
10:30 am

Tuesday Musical Club

Tuesday, Sept 4 noon—2:30pm
Pianist Michael Cerveris

An Affair in the Park– Mellon Park

Saturday, September 8
10:00 am—1:30 pm

Irish Festival

Sunday, September 9
1pm—5:30pm

(River City Brass Band @ 4:15 pm)
Admission—\$10/person

Lighthouse Pointe Programs

Tuesday, September 11—The Drewsman
Tuesday, September 25—Assassination of
Lincoln

LUNCH TRIP-RED ROBIN

Friday, September 14

DINNER TRIP –ROCKY'S ROUTE 8

Thursday, September 27
5:00 pm-8:00 pm

Music 101

Monday October 1
11:00 am—2:00 pm

Manfred Honek, Director
'Beyond the Baton'

to order a \$11 brown-bag lunch, call
412.904.3288, or email

PSAmusic101@pittsburghsymphony.org

Fall Festival

Depreciation Lands Museum
Saturday, October 6
11:00 am—3:00 pm
Admission—\$5/person

American Veterans Traveling Tribute

Vietnam Wall

October 10- 14
Murraysville

More details as they become available

**RCAC Board of Directors
2018-2019 Board Members**

Officers:

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Nancy Carpenter, MD,
Vice President
Maureen Hanekamp, Treasurer
Judy Ferguson, Secretary

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Adeline Brown
Susan Collins
Thomas Dinnin, Sr.
Fred Favo
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Elizabeth Rottschaefter
Bonnie Myers-Toward
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2018-2019 Officers**

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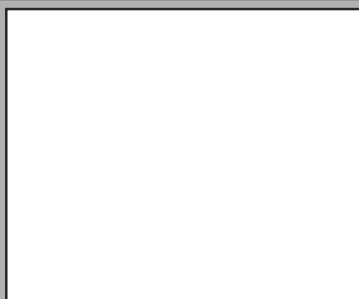
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HOURS OF OPERATION: 8:00 AM – 4:00 PM
MONDAY THROUGH FRIDAY

September 2018

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**Thomas W. Angerman
Memorial Golf Outing**

THANK YOU to everyone for
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All monies made from this event will
support program and services at the
Center.

