

***The Golden Eagle***

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

**VOLUME 42, No. 2**

**Inside this issue...**

- Page 2: From the Desk of  
the Director
- Page 3: Center News
- Page 4: Upcoming Events/  
Fitness Programs
- Page 5: RCAC Bus Schedule
- Page 6: Activity Calendar
- Page 7: Lunch Menu
- Page 8: OPT Trips
- Page 9: Upcoming Events/  
Programs
- Page 10-11: Memorial  
Donations

**Wear red while taking part in a fitness class or health and wellness class and be entered into a drawing for a \$25 Target Gift Card.**



**Join us ...**

**Tuesday, February 12  
11:00 am –12:00 pm**

**Hypertension & Heart Health  
Program**

**Presented by  
Presbyterian SeniorCare**

### From the desk of the Director...

I wanted to give you a few updates and reminders:

1. First I want to take time to congratulate Gwen Allen the winner of the Gift Card Raffle.
2. Thank you to everyone who has sent in their donations for our annual Mail Appeal. Your support for our programs and services are invaluable to RCAC. We are beginning this month to list donations. This process will take quite a few months, so please be patient with us.
3. Please remember to watch KDKA when the weather is bad outside to make sure that RCAC is open for the day.
4. Last, remember as the days get colder to bring a sweater with you if you get cold easily. We keep the building at 70 degrees but sometimes it can be a little drafty.

Have a great February!

*Stefanie*

<p>Eileen Colianni, MS Ed  <b>Life Coach for Aging Well</b>  <i>consultations on the emotional and spiritual aspects of aging</i></p>  <p>Individual Sessions          Talks/Workshop          Retreats  <b>Phone:</b>  <b>412-860-0224</b></p>	<p>THIS SPACE IS  <b>AVAILABLE</b></p>	 <p><b>WE'RE HIRING          AD SALES EXECUTIVES</b></p>  <ul style="list-style-type: none"> <li>• Full Time Position with Benefits</li> <li>• Sales Experience Preferred</li> <li>• Paid Training</li> <li>• Overnight Travel Required</li> <li>• Expense Reimbursement</li> </ul> <p>CONTACT US AT  <b>careers@4LPi.com • www.4LPi.com/careers</b></p>
	<p><b>Meg L. Burkardt</b>  <i>Attorney at law</i>          Estates • Wills • Real Estate  <b>412.828.5040</b>  <b>OAKMONT</b>          meg@megburklaw.com</p>	<p><b>UPGRADE TO A          VIBRANT ad</b></p> <p>Contact us for details • 800-477-4574</p>

# CENTER NEWS

## CENTER CLOSURES

RCAC will be closed on the following days:

**Monday, February 18, 2019**

There will be no congregated or home delivered meals and the RCAC bus will not run that day.

## CLOSURE POLICY

The winter months are here, so tune into KDKA TV for RCAC closings/ delays.

If Pittsburgh Public Schools are closed, OPT/ACCESS does not run.

## COLD AND FLU SEASON

With cold and flu season upon us, please, if you are sick stay home!! We love that you enjoy the Center but we do not love the germs!



## **Volunteer of the Month... Roxanne Ferraco**

Roxanne has been volunteering in the dining room serving lunch at RCAC for over 6 years. She also helps to deliver meals when needed. Rox is a graduate of Plum High School and attends Art Classes at Duquesne and likes watching Penguins hockey. She enjoys going to the movies w/ her mom, Maria and sometimes, helping her dad, Sam with odd jobs. She has an older brother and older sister as well as 2 nephews & 3 nieces.



Looking for a 'Bingo Caller' for the First and Third Wednesdays from 1:00 pm-3:00 pm.

Call the center if you're interested.

## **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. Vote must be turned by the last day of the month.**



## UPCOMING EVENTS & FITNESS PROGRAMS

### CCAC CLASSES

#### **Line Dancing w/Roz**

Friday, February 22 at 10:00 am  
(8 weeks)

#### **-Boost Your Brain Health**

Monday, March 4 at 10:30 am  
(4 weeks)

### **In need of legal advice or consultation...**

Legal help is available from  
Neighborhood Legal Services; call  
RCAC to make an appointment.



### **February Birthday Lunch**

Thursday, February 21 There will  
be a birthday dessert for those  
having February birthdays.  
Please RSVP AT FRONT DESK  
By Feb. 15

### **PLEASE BE PATIENT WITH US**

From time to time you will be asked to  
update your center registration form;  
We are required by Allegheny County  
Area on Agency to have our records up  
to date. Funding can be withheld if we  
do not comply. Thank you for your  
cooperation.!

### Gentle Yoga

Mondays at 9:30 am.

### 'LET'S GET MOVIN' Exercise class for everyone!!

Mondays  
10:45 am—11:30 am  
\$1/Class  
You can sit or stand,  
just MOVE!!

Classes will concentrate on  
strength, endurance & balance.  
You are invited to observe or  
participate in the first class.

### ZUMBA Classes

Mondays & Wednesdays at 6:30 pm  
COST: \$5.00  
**No Age Limit.**

### TAI CHI

Tuesdays at 12:30 pm  
\$3/person

### EVENING YOGA STARTS

Tuesdays at 6:00 pm  
\$5/class

### Sahaja Meditation

2nd and 4th Thursdays  
6:30 pm-7:30 pm  
February Dates: 14 & 28



ALTERNATE LUNCHES

CELEBRATE THE CHINESE NEW YEAR

YEAR OF THE PIG

TUESDAY, FEBRUARY 5

AT 12:30PM

\$5/PERSON

SIGN UP AND PAY IN ADVANCE BY MONDAY, FEBRUARY 4. NO EXCEPTIONS !

MARDI GRAS LUNCH

TUESDAY, MARCH 5

\$7/PERSON

JAMBALAYA & DESSERT

PAJAMAS & A MOVIE

Monday, Feb 11 2pm

We'll be watching 'Momma Mia'

Bring your own snack!

Spring Quilt Class

Over the course of several weeks, we will make a spring wall-hanging.

**First class—Thursday, Feb 28 at 10:00 am.**

We will discuss materials and supplies that will be needed . There are only 6 sewing machines available.

Sample on display at center.

# 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.

Like you, everyone at Presbyterian SeniorCare Network has been shaped by our moments, continually etched by every smile we bring and every opportunity we bring to life.

**90 Years. Countless Moments**



Explore our rich history through photos, videos and personal stories.

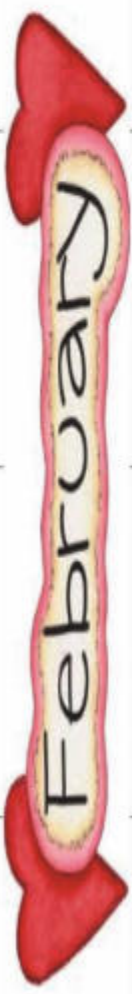



**SrCare.org/Moments**





90Years!  
Making Aging Easier.

# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
				
<p>4</p> <p>9:30 AM: YOGA LITE 10:45 AM: 'LET'S GET MOVIN' 6:30 PM: ZUMBA</p>	<p>5</p> <p>9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: ALTERNATE LUNCH 12:30 PM: PINOCHLE 6:00 PM: YOGA</p>	<p>6</p> <p>9:30 AM: SIT AND KNI 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>7</p> <p>10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 10:00 AM: FITNESS CLASS 10:00 AM: CALLIGRAPHY CLASS</p>	<p>1</p> <p>10:00 AM: LINE DANCING W/ BEA 10:00 AM: ART CLASS</p>
<p>11</p> <p>9:30 AM: YOGA LITE 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: CENTER COUNCIL MEETING 2:00 PM: PAJAMAS AND A MOVIE 6:30 PM: ZUMBA</p>	<p>12</p> <p>9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 AM: FITNESS CLASS 11:00 AM: SPEAKER: HYPERTENSION AND HEART HEALTH 12:00 PM: OPT TRIP: TUESDAY MUSIC CLUB 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 6:00 PM: YOGA</p>	<p>13</p> <p>9:30 AM: SIT AND KNI 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>14</p> <p>10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 10:00 AM: FITNESS CLASS 10:30 AM: OPT TRIP-PAMELA'S 6:30 PM: SAHAJA MEDITATION</p>	<p>15</p> <p>10:00 AM: LINE DANCING W/ BEA 10:00 AM: ART CLASS 12:30 PM: POWERFUL TOOLS FOR CAREGIVERS</p>
<p>18</p> <p><b>CENTER CLOSED</b> </p>	<p>19</p> <p>9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 1:00 PM: PINOCHLE 6:00 PM: YOGA</p>	<p>20</p> <p>9:30 AM: SIT AND KNI 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>21</p> <p>10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 10:00 AM: FITNESS CLASS 12:00 PM: BIRTHDAY LUNCH</p>	<p>22</p> <p>9:00 AM: CASINO TRIP 10:00 AM: CCAC LINE DANCING 10:00 AM: ART CLASS 12:30 PM: POWERFUL TOOLS FOR CAREGIVERS</p>
<p>25</p> <p>9:30 AM: YOGA LITE 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: BOOK CLUB 6:30 PM: ZUMBA</p>	<p>26</p> <p>9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 AM: FITNESS CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 6:00 PM: YOGA</p>	<p>27</p> <p>9:30 AM: SIT AND KNI 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>28</p> <p>10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 10:00 AM: FITNESS CLASS 10:00 AM: SPRING QUILT CLASS 6:30 PM: OPT TRIP-RIVER CITY BRASS BAND 6:30 PM: SAHAJA MEDITATION</p>	<p>**Wii Games Available Daily</p> <p>** Shopping Trips Available to Giant Eagle Daily</p>

# LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>4 Pulled pork w/wheat bun Parsley/chive potatoes Brussel sprouts Fruit cocktail Milk</p>	<p>5 Tuna salad Coyfetti rice salad Marinated cucumbers Dinner roll Orange Milk <b>ALTERNATE LUNCH—CHINESE—\$5</b></p>	<p>6 Stuffed pepper Whipped potatoes Carrots Rye bread Apple Milk</p>	 <p>7 Lemon pepper cod Cabbage &amp; noodles Green beans/stewed tomatoes Multi-grain bread Cherry cake Milk</p>	<p>1 Beef Stew Mexican vegetables Dinner roll Orange Milk</p>
<p>11 Salisbury steak Savory potatoes Carrots Honey wheat bread Orange Milk</p>	<p>12 Turkey w/gravy Scalloped potatoes Corn Dinner roll Pineapple Milk</p>	<p>13 Baked cod Gourmet potatoes Stewed tomatoes Multi-grain bread Peaches Milk</p>	<p>14 <b>VALENTINE'S DAY</b> Tuscan chicken breast Butternut squash Peas Italian bread Sugar cookies Milk</p>	<p>15 Baked ziti Spinach salad Green/wax beans Dinner roll Banana Milk</p>
<p>18 <b>CLOSED</b> </p>	<p>19 Chicken breast Whipped yams Cauliflower Wheat bread Pears Milk</p>	<p>20 Penne w/sauce &amp; meatballs Tossed salad Italian bread Apple Milk</p>	<p>21 Apple spice pork Whipped potatoes Italian green beans Honey wheat bread Apricots Milk</p>	<p>22 Tuna salad Potato salad Marinated vegetables Dinner roll Peaches Milk</p>
<p>25 Turkey patty Parsley potatoes Peas &amp; carrots Wheat bread Fruit cocktail Milk</p>	<p>26 Pepper steak Wild rice/orzo Multi-grain bread Tangerine Milk</p>	<p>27 BBQ pork w/wheat bun Savory potatoes Green beans Banana Milk</p>	<p>28 Teriyaki meatballs Whipped potatoes Pepper coleslaw Rye bread Apple Milk</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>



### OPT TRIPS

#### Pgh Opera—Brown Bag Concert

Saturday, Feb 9 11am—1:30pm  
Free concert— Bring your own lunch!

#### Tuesday Music Club

‘A Trio of Romantics—  
Brahms and the Schumanns’  
Tuesday, Feb 12 noon -2:30pm—  
Free concert

#### Lunch trip—Pamela’s in Millvale

Thursday, Feb 14 10:30am –1:30pm  
Reservations will be made on Feb 7

#### River City Brass Band

CELTIC CONNECTIONS III  
Thurs. Feb 28 6:30pm—9:45pm  
Tickets—\$15 must have 10  
Reservations will be made on Feb. 14

#### Pgh Home & Garden Show

Convention Center  
Tuesday, March 5 10am—2pm  
Ticket price not available at this time; (2018  
price—\$10)

#### Lunch trip—Claddagh Irish Pub

Thurs., March 14 11am—2:30pm

All times are subject to change  
depending on the OPT schedule.  
Please call before your trip to verify  
time.

\*\*In order to avoid any confusion,  
mistakes or cancellations, please sign  
yourself up for programs and trips.

*Burket - Truby* **FUNERAL HOME**  
Cremation & Alternative Services, Inc.



RUSSELL E. TRUBY, *Supervisor*  
SHEA E TRUBY, *Director*  
SEAN R. TRUBY, *Director*  
412-828-3535  
www.burket-truby.com  
*More Than A Name ... We Are Family!*



**HELP PROTECT  
YOUR FAMILY & HOME**  
CALL NOW! 1-888-331-6501




HOME SECURITY TEAM

**AVAILABLE  
FOR A LIMITED TIME**

**ADVERTISE YOUR  
BUSINESS HERE**

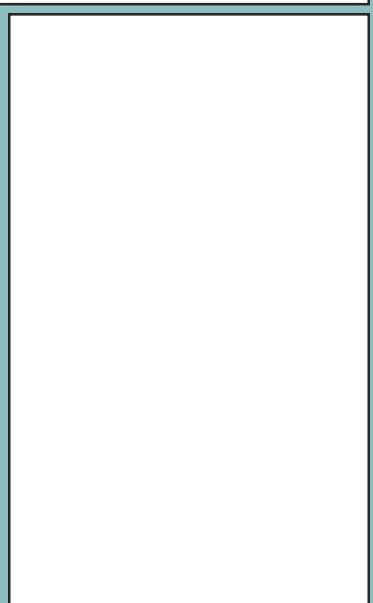
Contact **Jeff Richards** to place an ad today!  
jrichards@lpiseniors.com or (800) 477-4574 x6528

**BERKSHIRE  
HATHAWAY** | The Preferred Realty  
HomeServices

**Jocelyn Bosick**  
REALTOR®



The Preferred Realty  
1376 FREEPORT ROAD • PITTSBURGH, PA 15238  
Cell: 724.316.5006  
Office: 412.782.3700  
JBosick@ThePreferredRealty.com  
[www.JBosick.com](http://www.JBosick.com)  
A member of the franchise system of BHH Affiliates, LLC





## UPCOMING EVENTS & PROGRAMS

**Gentle Yoga**  
**Mondays, 9:30 am**  
**Cost: \$3.00**

**'Let's Get Movin'**  
**Mondays, 10:45 am**  
**Cost: \$1**

**Zumba**  
**Mondays & Wednesdays, 6:30 pm**  
**Cost: \$5**

**Crafts**  
**Tuesdays, 9:30 am**

**Card Making**  
**Tuesdays, 9:30am**

**Pinochle**  
**Tuesdays, 12:30 pm**

**Tai Chi**  
**Tuesdays, 12:30 pm**

**Yoga**  
**Tuesdays, 6:00 pm**  
**Cost \$5.00**

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

**BINGO**  
**Wednesdays at 1:00 pm**

**Fitness Class**  
**Tuesdays and Thursdays, 10:00 am**

**Blood Pressures**  
**Thursdays at 10:00 am**

**Line Dancing with Bea**  
**Fridays at 10:00 am**

**Art Class**  
**Thursdays & Fridays, 10:00 am**

### CALLIGRAPHY CLASS

Thursday, February 7  
 10:00 AM



**Writer's Workshop**  
 Friday, February 8  
 12:30 PM

### Center Council Meeting

**Monday, February 11 @ 1:00 PM**

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

Minutes from the previous meeting can be found on the Center bulletin board.

### MONTHLY ORNAMENT CLASS

Tuesday, February 19 at 1:00 PM

Class fee is \$5.00

Class limited to 8

### BOOK CLUB

Elaine will be starting a book club that will meet the 4th Monday of the month.

**Monday, February 25 at 1:00 PM**

Book Club is limited to 10. Please sign up at the Center

### **Please Note:**

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

**RCAC Staff and Board would like to thank everyone who has donated to our Annual Mail Appeal. Your support has been overwhelming. Over the next few months we will be listing those who have so generously donated to RCAC.**

**IN MEMORY/HONOR OF****DONATED BY**

Irene & Warren Heller  
 Dorothy & Tony Mrochek  
 Alva Dunmire  
 Andy & Ann Hands  
 Elizabeth Peneschi  
 Gerry Tumulty  
 Parker & Gladys Campbell  
 Walter & Lucille Kortze  
 M/M Pasquale Carlucci  
 John A. Siciliano  
 Katherine Landefeld  
 Martin Gillis  
 David & Buleah Wills  
 Vincent & Lucy Provenza  
 Saverio (Mac) Macaluso  
 Brian, Chris & Kelly Leasure  
 H. W. (Bill) Thomas  
 Ranie McGrath  
 Ann Kozlosky  
 Tony & Frances Kresevich  
 Jackie & Ralph Gilbert, Sr  
 M/M Jack Eaton  
 M/M Ed Connelly  
 Susan Schubert  
 Don Conte  
 Fred & Catherine Riefenach  
 Ed & Irene Oliver  
 Mary Ellen Lawrence  
 Patty Braden  
 Ron Skillen  
 Ruth Hawker  
 Helen R. Connell  
 Joan Fitzgerald  
 John & Margaret Lindsay  
 Kevin & Chris Moroney  
 Mary Ellen LoAlbo  
 Gladys Braden  
 George & Mary Patchan  
 Steve & Rachel  
 Guido & Ann Valenti  
 Elizabeth A. Flynn

Connie & Jared Heller  
 Connie & Jared Heller  
 Eleanor Dunmire  
 Richard & Dalene Hands  
 Richard & Dalene Hands  
 Joanne Weight  
 Walter & Gloria Kortze  
 Walter & Gloria Kortze  
 Donald Carlucci  
 Mom & Dad  
 M/M Frank Almendinger  
 Shelley Weiss & Marcie Gillis  
 David & Jean Wills  
 Vince & Dolly Provenza  
 Patricia Maluso  
 John & Mary Youk  
 Beryl Thomas  
 GPA Bill & GMA Jan McGrath  
 Tony Kozlosky  
 Dottie & Ralph Gilbert, Jr  
 Dottie & Ralph Gilbert, Jr  
 Sharon & Jack Eaton, Jr  
 Sharon & Jack Eaton, Jr  
 Mel Schubert  
 Catherine Conte  
 Dorothy Riefenach  
 Dianna McKeag  
 Majorie Scot  
 Shirley Fazio  
 Shirley Fazio  
 Margaret Mild  
 John H. Connell  
 Patti Boxwell  
 Doug Lindsay  
 Don & Donna Baer  
 Sandy Whitehouse  
 Gladus Vayda  
 Barbara Patchan  
 Rena Mae Poppish  
 Kathie Bonaroti  
 Kevin L. Flynn

**We apologize in advance for spelling errors.**

**IN MEMORY/HONOR OF**

**DONATED BY**

Walt & Marina Crnjarich  
 Carl Vinante  
 Edward Abzanka  
 Lawrence Kun  
 Loved Ones  
  
 Betty L. Steele  
 Irene Dinnin  
 Frances Stang  
 Bob McCandless  
 Ruth Herrle  
 Benny Dapra  
 Joanne Deakins  
 Josephine McDermott  
 Angelo & Mauro Palermo  
 Ed Mator & Family  
 Pernatozzi & Vita Family  
 Herman & Connie Santucci  
 Grace Campbell

Barb Crnjarich  
 Barb Crnjarich  
 Dorothy Abzanka  
 Rose Marie Kun  
 Rich & Mary Lear  
  
 Don Steele  
 Thomas R. Dinnin  
 Thomas R. Dinnin  
 Joe Cosnotti  
 Paul Herrle  
 Mary Dapra  
 Blakely Deakins  
 Mary Ann/Patrick McDermott  
 Lena Palermo  
 Lena Palermo  
 Carmella Vita  
 Donna Santucci  
 Eleanor M. Hitchak

We apologize in advance for spelling errors.

 <p><b>Natrona Heights</b>          1707 Freeport Road          (724) 224-7900</p> <p><b>Tarentum</b>          200 Boyd Street          (724) 224-9222</p> <p><b>Highland Integrity Alignment</b>          1701 Broadview Blvd.          (724) 224-5900</p>   <p><i>Your Hometown Tire &amp; Wheel Specialists</i>  <b>57 YEARS AND STILL ROLLING!</b></p>  <p><i>Service, Integrity, Price... We Deliver!</i>  <b>WWW.HIGHLANDTIRE.COM</b></p>	
---	--

	 <p><b>Free agent with every policy.</b></p> <p>Kelly Motter, Agent          1331 Freeport Road          Cheswick, PA 15024          Bus: 724-274-5445          www.agentkelly412.com</p> <p><b>Free Discount Double Check<sup>SM</sup> too.</b>          I'll make sure your auto coverage is the best fit, then show you all the State Farm<sup>®</sup> discounts you could be getting.  <b>Like a good neighbor, State Farm is there.<sup>SM</sup></b>  <b>CALL ME TODAY.</b></p>  <p><small>1003065.1 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL</small></p>	
--	--	--



**SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY**

PUBLISHED BY  
RIVERVIEW COMMUNITY ACTION CORPORATION  
501 SECOND ST., P.O. Box 437  
OAKMONT, PA 15139  
PHONE: (412) 828-1062  
Fax: (412) 828-6985  
Email [mail@rcacorp.org](mailto:mail@rcacorp.org)  
Website [www.rcacorp.org](http://www.rcacorp.org)

Non-Profit Organization  
U.S. Postage

PAID

Verona, PA 15147  
Permit No. 16

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

**February 2019**



FEBRUARY 5—NO  
SOUP –  
ALTERNATE  
LUNCH

FEBRUARY 12—  
BEEF BARLEY

FEBRUARY 19-CHICKEN  
NOODLE

FEBRUARY 26-VEGETABLE

EAT IN—\$3/8 OUNCE BOWL

TAKE OUT -\$6/QUART

TAKE OUT CONTAINERS  
WILL BE PROVIDED.  
PLEASE DO NOT BRING



**MEADOWS TRIP**

**FRIDAY, FEBRUARY 22**

**9:00 AM—4:00 PM**

**COST \$25/PERSON**

**RECEIVE \$25—FREE  
PLAY**