

***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. 3**

*Thank you!*

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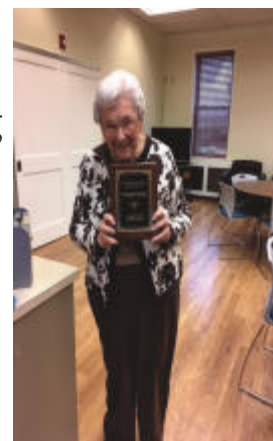
Riverview Community Action Corporation Staff and Board would like to thank the following for their generous donation to the Center.

1. Oakmont Elks Lodge #1668 for their donations to our Food Bank and Home Delivered Meal Programs



2. The Needs Knots Giving Circle for their donation of 99 Large Print Books and \$810 cash donation that helped to pay for the remodel of the library area.

3. The anonymous donation for the purchase of our dining room chairs in Honor of Imogene King.



**From the desk of the Director...**

1. I wanted to remind everyone to please push your chairs into the dining room tables when you get up, so that people do not trip over them. Also everyone needs to watch where they are going so as not to get hurt. Thank you!
2. Please if you sign up for lunch, please show up! We are having a problem with people signing up and not showing up. This means those meals are thrown away. Also know that we order only as many meals as those who have signed up, so make sure you check the day before by 12:00 pm that you have a reserved lunch.
3. 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.

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 style="text-align: center;"><b>THIS SPACE IS AVAILABLE</b></p>	 <p style="text-align: center;"><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 style="text-align: center;">CONTACT US AT  <a href="mailto:careers@4LPi.com">careers@4LPi.com</a> • <a href="http://www.4LPi.com/careers">www.4LPi.com/careers</a></p>
	<p style="text-align: center;"><b>Meg L. Burkardt</b>  <i>Attorney at law</i>          Estates • Wills • Real Estate  <b>412.828.5040</b>  <b>OAKMONT</b>  <a href="mailto:meg@megburklaw.com">meg@megburklaw.com</a></p>	<div style="background-color: black; color: white; padding: 10px;"> <p style="text-align: center;">UPGRADE TO A  <b>VIBRANT ad</b></p> <p style="text-align: center;">Contact us for details • 800-477-4574</p> </div>

# CENTER NEWS

## RENT REBATES

Friday, March 15  
9:00 am-1:00 pm

Staff from Rep. Dermody's office will be at RCAC to assist you w/rent rebates

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

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

## 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.

## 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!



## Volunteer of the Month... Dianna McKeag

Dianna has been volunteering for over 14 years, helping in the Home Delivered meals kitchen and food bank, delivering meals, and answering the phone.

She retired from the VA Hospital after 25 years of nursing.

Dianna loves to travel and has been to China, Russia, Paris, Hawaii and more.

She has 2 sons, 7 grandchildren and is expecting her first great grandchild in the spring.

## VOLUNTEER OPPORTUNITY

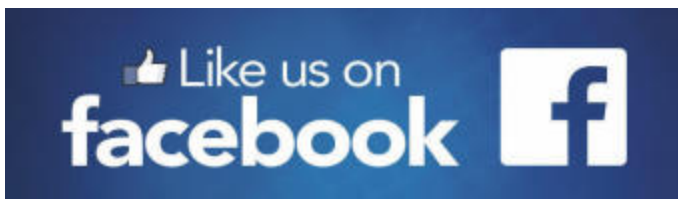
Looking for a 'Bingo Caller' for the First and Third Wednesdays from 1:00 pm-3:00 pm.



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**

Fridays 10:00 am

#### **Boost Your Brain Health begins**

Monday, March 4  
10:30am

\*Class is 4 weeks\*

#### **Nutrition Class**

Thursday, March 7 & 21 1:00 pm

#### **Stress Less**

Tuesday, April 2 & 9 1:00 pm

### **INFORMATIONAL TABLE RCAC DINING ROOM**

1. Belair Elder Care  
TUESDAY, March 12  
10:30am

2. Family Services  
WEDNESDAY, March 13  
11:00 am

### **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

#### **NEW CLASS ADDED**

**Wednesdays**

**11:10 am –12:00 pm**

\$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

### Sahaja Meditation

2nd and 4th Thursdays

6:30 pm-7:30 pm

March Dates: 14 & 28



**ALTERNATE LUNCH**  
**MARDI GRAS LUNCH**  
TUESDAY, MARCH 5  
\$7/PERSON  
JAMBALAYA & DESSERT



**March Birthday Lunch**  
Thursday, March 21 There will be a birthday dessert for those having March birthdays.  
Please RSVP AT FRONT DESK  
By March 19.

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

**Thursday, March 7 & 21**  
**at 10:00 am.**

**GERRI'S CARD CLASS**

Learn to make a 'POP-UP' greeting card.

**Monday, March 18 @ 1:00 pm**

**Cost of class and supplies:**  
**\$5/card**

# 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.

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**SrCare.org/Moments**






**90Years!**  
Making Aging Easier.

# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
				
<p>4 9:30 AM: YOGA LITE 10:30 AM: CCAC BOOST YOUR BRAIN HEALTH 10:45 AM: 'LET'S GET MOVIN' 6:30 PM: ZUMBA</p>	<p>5 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: ALTERNATE LUNCH 12:30 PM: PINOCHLE</p>	<p>6 9:30 AM: SIT AND KNIT 11:10 AM: LET'S GET MOVIN' 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>7 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: CCAC NUTRITION CLASS</p>	<p>8 10:00 AM: OPT TRIP-HOME AND GARDEN SHOW 10:00 AM: CCAC LINE DANCING 10:00 AM: ART CLASS 12:30 PM: POWERFUL TOOLS FOR CAREGIVERS</p>
<p>11 9:30 AM: YOGA LITE 10:30 AM: CCAC BOOST YOUR BRAIN HEALTH 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: CENTER COUNCIL MEETING 6:30 PM: ZUMBA</p>	<p>12 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:30 AM: INFO TABLE 12:00 PM: OPT TRIP-TUESDAY MUSIC CLUB 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:30 PM: OPT TRIP-NEIL DIAMOND TRIBUTE</p>	<p>13 9:30 AM: SIT AND KNIT 11:00 AM: OPT TRIP-MUSIC 101 11:00 AM: INFO TABLE 11:10 AM: LET'S GET MOVIN' 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>14 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 11:00 AM: OPT TRIP-CLADDAGH IRISH PUB 6:30 PM: SAHAJA MEDITATION</p>	<p>15 9:00 AM: RENT REBATES 10:00 AM: CCAC LINE DANCING 10:00 AM: ART CLASS</p>
<p>18 9:30 AM: YOGA LITE 10:30 AM: CCAC BOOST YOUR BRAIN HEALTH 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: GERRI'S CARD CLASS 6:30 PM: ZUMBA</p>	<p>19 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:00 PM: ORNAMENT CLASS</p>	<p>20 9:30 AM: SIT AND KNIT 11:10 AM: LET'S GET MOVIN' 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>21 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 10:00 AM: FITNESS CLASS 12:00 PM: BIRTHDAY LUNCH 1:00 PM: CCAC NUTRITION CLASS</p>	<p>22 10:00 AM: CCAC LINE DANCING 10:00 AM: ART CLASS</p>
<p>25 9:30 AM: YOGA LITE 10:30 AM: CCAC BOOST YOUR BRAIN HEALTH 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: BOOK CLUB 6:30 PM: ZUMBA</p>	<p>26 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>27 9:30 AM: SIT AND KNIT 11:10 AM: LET'S GET MOVIN' 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>28 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: CALLIGRAPHY CLASS 6:30 PM: SAHAJA MEDITATION</p>	<p>29 10:00 AM: CCAC LINE DANCING 10:00 AM: ART CLASS 5:00 PM: OPT TRIP-SUGAR AND SMOKE</p>

# LUNCH MENU

Mon	Tue	Wed	Thu	Fri
			<p><b>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</b></p>	<p><b>1</b> Chicken salad Marinated green beans Potato salad Dinner roll Pineapple Milk</p>
<p><b>4</b> Chicken breast w/gravy Brown rice pilaf Broccoli Multi-grain bread Apple Milk</p>	<p><b>5 MARDI GRAS</b> Roast beef w/gravy Whipped potatoes Carrots Rye bread Cookies Milk <b>ALTERNATE LUNCH - Jambalana ---\$5</b></p>	<p><b>6 ASH WEDNESDAY</b> Baked cod Haluski Stewed tomatoes Honey wheat bread Banana Milk</p>	<p><b>7</b> Meatloaf w/gravy Yams Cauliflower Italian bread Fruit cocktail Milk</p>	<p><b>8</b> Tuna salad Cucumbers Cottage cheese w/pineapple Wheat bread Orange Milk</p>
<p><b>11</b> Apple spice pork Rice pilaf Italian green beans Dinner roll Pears Milk</p>	<p><b>12</b> Chicken dinner salad Sliced beets Multi-grain bread Apple Milk</p>	<p><b>13</b> Salisbury steak Potatoes Vegetable medley Wheat bread Orange Milk</p>	<p><b>14</b> Corned beef w/cabbage Whipped potatoes Rye bread Sugar cookies Milk</p>	<p><b>15</b> Baked cod Au gratin potatoes Green beans Multi-grain bread Apricots Milk</p>
<p><b>18</b> Turkey w/gravy Yams Mixed vegetables Multi-grain bread Fruit cocktail Milk</p>	<p><b>19</b> Cold roast beef/Swiss cheese Tomatoes/cucumbers Potato salad Wheat bun Orange Milk</p>	<p><b>20</b> Stuffed cabbage Whipped potatoes Carrots Pineapple cake Milk</p>	<p><b>21 FIRST DAY OF SPRING</b> Chicken leg &amp; thigh Gourmet potatoes Broccoli Dinner roll Apple Milk</p>	<p><b>22</b> Tuna patty Macaroni &amp; cheese Stewed tomatoes Honey wheat bread Peaches/pears Milk</p>
<p><b>25</b> Beef chili Orzo Yellow beans/zucchini Orange Milk</p>	<p><b>26</b> Pork ala Pizzatola Lemon potatoes Broccoli Rye bread Fruit cocktail Milk</p>	<p><b>27</b> Turkey w/gravy Yams Midori vegetables Honey wheat bread Peaches Milk</p>	<p><b>28</b> Swiss steak w/gravy Whipped potatoes Carrots Apple Milk</p>	<p><b>29</b> Baked cod Scalloped potatoes Italian green beans Multi-grain bread Pineapple Fig newtons Milk</p>



**OPT TRIPS**

**Pgh Home & Garden Show**  
**Convention Center**

Friday, March 8 10am—2pm  
 Ticket price not available at this time; (2018 price—\$10)

**Pgh Opera—Brown Bag Concert**

Saturday, March 9 11:00 am—1:30 pm  
 Free concert— Bring your own lunch!

**Tuesday Music Club**

**‘American (Classical) Bandstand: Four-Hand Piano’**

Tuesday, March 12 noon -2:30pm  
 Free concert

**Neil Diamond Tribute**

**Lighthouse Pointe—Free concert**

Tuesday, March 12 1:30 pm-5:00 pm

**Music 101—Dennis O’Boyle, Violin**

Wednesday, March 13 11:00 am—2:00 pm  
 Order \$11 brown-bag lunch, call 412.904.3288

**LUNCH TRIP—Claddagh Irish Pub**

Thursday, March 14 11:00 am—2:30 pm

**DINNER TRIP**

**Sugar and Smoke-Bloomfield**

Friday, March 29 5:00 pm– 8:00 pm  
 Reservations will be made on March 18

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

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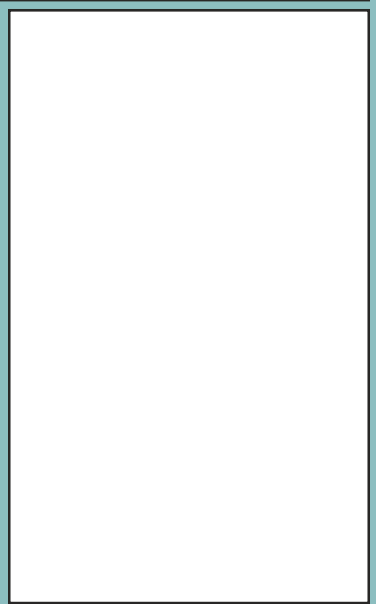
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## UPCOMING EVENTS & PROGRAMS

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

**'Let's Get Movin'**  
**Mondays, 10:45 am**  
**Wednesdays, 11:10 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**

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

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

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



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

### Center Council Meeting

**Monday, March 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, March 19 at 1:00 PM**  
 Class fee is \$5.00

### **BOOK CLUB**

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

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

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

### CALLIGRAPHY CLASS

**Thursday, March 28**  
**1:00 PM**

#### **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**

Mary Ann Kensinger  
 Patrick D. McQuillan  
 Margery Lawrence  
 Joseph L. Luciana, Jr  
 Margaret A. Gonano  
 Jane & Bob Pyle  
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**We apologize in advance for spelling errors.**

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We apologize in advance for spelling errors.

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

**March 2019**

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MARCH 5—NO SOUP –  
ALTERNATE LUNCH  
MARCH 12– CHEESEBURGER  
SOUP  
MARCH 19— SURPRISE

EAT IN—\$3/8 OUNCE BOWL

TAKE OUT -\$6/QUART

TAKE OUT CONTAINERS  
WILL BE PROVIDED.

PLEASE DO NOT  
BRING IN  
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**CLO CABARET—**

**'A Double-Threat Trio'**

Wednesday, March 20  
6:30 pm—10:00 pm

10 tickets available  
1 ticket/person  
Cost—\$10

**Tickets on sale Monday,  
March 4.** You must come  
to the center to purchase  
your own ticket.