

***The Golden Eagle***

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[www.rcacorp.org](http://www.rcacorp.org)

**VOLUME 42, No. 7**

**Inside this issue...**

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

**Thomas W. Angerman Memorial Golf Outing**

Benefiting the Programs & Services of....  
Riverview Community Action Corporation

**Friday, August 23, 2019**

**Hill Crest Country Club**

Scramble format with Shot Gun Start at 9:00 AM  
Registration Starts at 7:30 AM  
Lunch and Raffles to Follow

**Foursome Golf Package: \$400.00**

Includes: Green Fees, Cart, Lunch, Prizes and  
2 Drink Tickets per Golfer

**Individual Golf Package: \$110.00**

Includes: Green Fees, Cart, Lunch, Prizes and 2 Drink Tickets

For more information on Sponsorships and Golf  
Packages, visit our website at [www.rcacorp.org](http://www.rcacorp.org) or  
contact Stefanie Woolford at 412-828-1062 or  
[swoolford@rcacorp.org](mailto:swoolford@rcacorp.org).

**Credit Card payments can be made online at  
[www.rcacorp.org](http://www.rcacorp.org)**

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

Happy July! I hope everyone is enjoying their summer. Here are a few updates:

1. Please consider attending one of our Center Council meetings. The next one is scheduled for Monday, July 8 at 1:00 pm. The meeting is where we discuss ideas for upcoming programs and trips.
2. When scheduling a bus ride early in the morning, please either leave a message on Elaine’s phone or the Front Desk/Operator phone. This way we can be sure to get it.
3. Please if you sign up for lunch and cannot come, please call and cancel. We have had quite a few no calls, no shows lately.
4. Check out the computer room for updated Senior Virtual Academy schedules. They will be posted on Wednesdays for the next week. If you are interested, please sign up and we will help you get ready for your class.

Have a great month!

*Stefanie*

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## CENTER NEWS

### CENTER CLOSURES

RCAC will be closed on:

**Thursday, July 4, 2019 in observance of 4th of July**

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

### RCAC'S CENTER COUNCIL

The purpose of RCAC's Center Council is to offer Center participants an opportunity to be involved in program and operational decision-making of the Center. The Center Council will meet at least 10 times per year on the Monday before the RCAC Golden Eagle newsletter is due. These meetings are open to all participants of the Center.



### **Looking for a gift or something for yourself?**

Come see the items the RCAC Craft Ladies have made including greeting cards. We now have a variety of red, white & blue items. All are reasonably priced.

### CENTER COUNCIL OFFICER POSITIONS

The Center Council will have 3 officers that will be elected every year. The officers are: Chairperson; Vice Chairperson and Secretary.

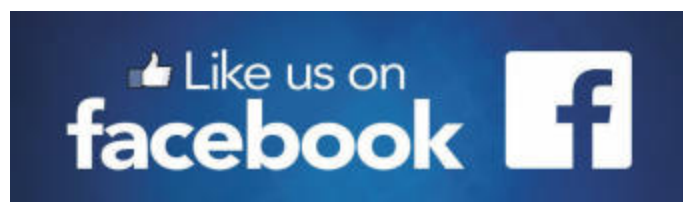
### CENTER COUNCIL ELECTIONS

**Center Council elections will be held July 15-19, 2019 by secret ballot (absentee ballots available upon request).**

The ballots will be counted by the Executive Director and Outreach Coordinator. The candidates with the highest votes will win the open seats on the council.

Check out the activities board at the Center for a list of nominees. **The list will be posted on Monday, July 1, 2019.**

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.



## UPCOMING EVENTS & FITNESS PROGRAMS

### Carnegie Science Center presents..

**“Liquid Nitrogen Ice Cream”**  
**Thursday, July 11 @ 1:00 pm**  
**Cost: \$5 per person**

See what happens when things get really cold! Samples included!!  
 Please sign up and pay in advance.

This event will be held at RCAC

### COMPUTER CLASSES

**Introduction to E-mail**  
**Friday, July 12**  
**9am-11am & 1pm-3pm**

You must sign up in Advance. Class is limited to 6 for each session.

If there is enough interest, we will schedule more

### **CROCKPOT POT LUCK**

**Thursday, July 25 @ 4:30pm**

If it fits/cooks in a crockpot, bring it for dinner

Please let us know what you're bringing.

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

Legal help is available from Neighborhood Legal Services; call RCAC to make an appointment. You must be 60 and over for this help.

### ‘LET’S GET MOVIN’ Exercise class for everyone!!

**Mondays**  
**10:45 am—11:30 am**

**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**  
**No Age Limit.**

### Sahaja Meditation

**2nd and 4th Thursdays**  
**6:30 pm-7:30 pm**  
**July Dates: 11 & 25**

### **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 Agency to have our records up to date. Funding can be withheld if we do not comply. Thank you for your cooperation!



**Alternate Lunch  
Salmon Salad  
Monday, July 22 @  
12:00 pm**

**Cost: \$6/ person**

Please register on Co-Pilot by  
July 18

**Verona Farmers' Market  
Opens Thursday, June 6  
2:00 pm-7:00 pm**

**NEW CRAFT GROUP/CLASS**

The existing members of the Craft Group have decided to change their format. One Tuesday a month (Craft Tuesday) , they will make items that will be sold on their craft table to benefit RCAC. The other Tuesdays will be 'UFO craft days' where they will work on 'unfinished items' of their choice.

**July Birthday Lunch  
Thursday, July 11**

There will be a birthday dessert for those having July birthdays.  
Please RSVP July 9.

**Dementia360**

A Presbyterian  
SeniorCare Network  
Program



**Overwhelmed by caregiving for someone who's living with dementia?**

**DEMENTIA360 CAN HELP!**

**Dementia360** is a new care management program designed to help you care for your loved one at home by better managing the symptoms and effects of Alzheimer's disease and related dementias. Your dedicated care coordinator is your link to a full circle of caregiver support, which includes an individualized road map based on an in-home assessment and connections to other resources and expertise. As a **Dementia Care Center of Excellence**, we developed **Dementia360** based on our decades of innovation and experience in caring for persons living with dementia.

**To learn more about program eligibility and participation in a special introductory offer, visit our website or call us today!**





**PSCNDementia360.org  
412.435.8950**





*A Dementia Care Center of Excellence*



# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>1 10:45 AM: 'LET'S GET MOVIN' 6:30 PM: ZUMBA</p>	<p>2 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 2:00 PM: SCRABBLE AND SNACKS</p>	<p>3 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>4 <b>CENTER CLOSED</b> </p>	<p>5 10:00 AM: ART CLASS</p>
<p>8 8:30 AM: TRIP-OAKMONT COUNTRY CLUB 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: CENTER COUNCIL 6:30 PM: ZUMBA</p>	<p>9 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:30 PM: OPT TRIP- LIGHTHOUSE POINTE</p>	<p>10 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>11 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 12:00 PM: BIRTHDAY LUNCH 1:00 PM: CARNEGIE SCIENCE CENTER PRESENTATION 6:30 PM: MEDITATION</p>	<p>12 9:00 AM: INTRODUCTION TO E-MAIL 10:00 AM: ART CLASS 12:30 PM: WRITING CLASS 1:00 PM: INTRODUCTION TO E-MAIL</p>
<p>15 10:45 AM: 'LET'S GET MOVIN' 6:30 PM: ZUMBA</p>	<p>16 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 2:00 PM: SCRABBLE AND SNACKS</p>	<p>17 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>18 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 5:00 PM: OPT TRIP-DINNER @ PUGLIANO'S</p>	<p>19 9:30 AM: OPT TRIP-SOERGEL'S ORCHARD 10:00 AM: ART CLASS</p>
<p>22 10:45 AM: 'LET'S GET MOVIN' 12:00 PM: ALT. LUNCH 6:30 PM: ZUMBA</p>	<p>23 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>24 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>25 9:30 AM: OPT TRIP-BREAKFAST TRIP 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: CALLIGRAPHY CLASS 4:30 PM: CROCKPOT POT LUCK 6:30 PM: MEDITATION</p>	<p>26 10:00 AM: ART CLASS</p>
<p>29 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: BOOK CLUB 6:30 PM: ZUMBA</p>	<p>30 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>31 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>		

# LUNCH MENU

Mon	Tue	Wed	Thu	Fri
1 Beef hamburger Baked beans Carrots Hamburger bun Cantaloupe	2 Creole chicken Brown rice Sliced beets Dinner roll Orange	3 Roast beef w/gravy Lemon potatoes Mixed vegetables Rye bread Watermelon	4 <b>CLOSED</b> 	5 Pasta w/meat sauce Green/wax beans Wheat bread Mandarin & pineapple Milk
8 Baked cod w/paprika Au gratin potatoes Broccoli Multi-0grain bread Apple Milk	9 Meatloaf w/gravy Yams Italian green beans Wheat bread Fruit cocktail Milk	10 Chicken cacciatore Buttered noodles Spinach Dinner roll Orange Milk	11 Cold roast beef & Swiss cheese Cole slaw White bean slasa Rye bread Plum	12 Turkey teriyaki meatballs Brown rice Carrots Angel food cake w/ straw- berries Milk
15 Pork loin w/apple glaze Whipped potatoes Peas & carrots Multi-grain bread Sliced peaches	16 Chicken salad Macaroni Salad Cherry tomato salad Dinner roll Nectarine	17 Salisbury steak w/gravy Scalloped potatoes Italian green beans Wheat bread Cantaloupe	18 Chicken breast w/mushroom gravy Lemon potatoes Broccoli Honey wheat bread	19 Baked cod Cheese tortellini Green beans 12-grain bread Orange
22 Turkey w/gravy Butternut squash Stewed tomatoes Multi-grain bread Apple/cookie	23 Tuna salad Potato salad Sweet/sour coleslaw Dinner roll Plum	24 Stuffed cabbage Whipped potatoes Mixed vegetables Honey wheat bread Mandarin oranges/pineapple	25 Pasta w/meat sauce Yellow beans Italian bread Orange Milk	26 Chef's salad w/chicken Chick pea salad Whole wheat bread Watermelon Milk
29 Pepper steak w/gravy Barley Wheat bread Fruit cocktail Milk	30 BBQ pork Au gratin potatoes Peas & carrots Hamburger bun Nectarine Milk	31 Chicken breast Brown rice pilaf Broccoli Dinner roll Apple Milk		

# 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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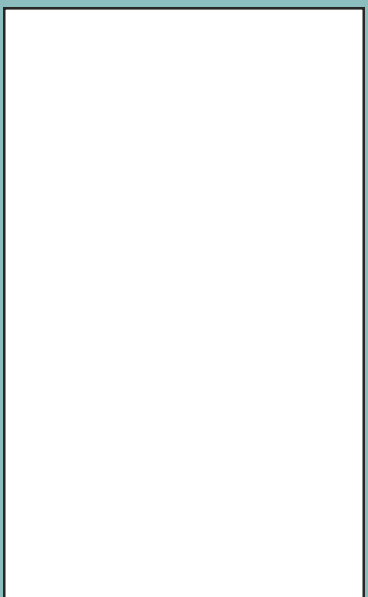
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## UPCOMING EVENTS & PROGRAMS

**‘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**

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

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

**Cards/Dominos**  
**Wednesdays at 1:00 pm**

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

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

**Please Note:**  
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**SCRABBLE AND SNACKS**  
**Tuesday, July 2 and Tuesday, July 16**  
**2:30pm—4pm**

Bring a friend and your Scrabble dictionary!!  
 A snack will be provided.

### Center Council Meeting

**Monday, July 8 @ 1:00 pm**  
**Tuesday, August 13 @ 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.



**Writer’s Workshop**  
**Friday July 12**  
**12:30 PM**

### **MONTHLY ORNAMENT CLASS**

**Tuesday, July 23 at 1:00 PM**  
 Class fee is \$5.00

### **MONTHLY CALLIGRAPHY CLASS**

**Thursday, July 25 at 1:00 PM**

### **BOOK CLUB**

**Monday, July 29 at 1:00 PM**

### **DONATE VIA AMAZON**

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

## OPT TRIPS

### Oakmont Country Club Historic Tour

Monday, July 8  
8:30am-10:30am

Limit 15

Transportation by RCAC bus—  
\$2/round trip

### **Lighthouse Pointe Free Concerts**

Tuesday, July 9: Cahal Dunne

Tuesday, July 23: Etta Cox

1:30pm—5pm

### **Depreciation Lands Museum Old Fashioned Ice Cream Social**

Sunday, July 14  
1:00 pm— 4:00 pm  
Cost—\$5/person

### **Dinner Trip to Pugliano's**

Thursday, July 18  
5:00 pm—7:30pm

### **Soergel's Orchards**

Friday, July 19  
9:30 am—12:30 pm

You can use your Farmers' Market  
Vouchers

### **Bayernhof Museum**

Thursday, August 8  
1:30pm—4:30/5pm

Cost is \$10/person Cash only  
Pay at the museum

Tour is 2 1/2 hrs and there are steps  
**Sign up by August 1, 2019**

### OPT TRIPS REMINDERS:

1. All times are subject to change depending on OPT scheduled. Call Center before your trip to verify times.
2. Please sign up for trips at least 4 days in advance.
3. You must be registered with OPT/ACCESS to go on these trips. If you are unsure, please call the Center to have a staff member check.
4. Please do not sign up for a trip once it says CLOSED. At the point of closure the trip has been sent to OPT and no additions can be made.
5. If you need to cancel a trip you signed up for and it has already been closed here at the Center, please call OPT and let them know.



**PLEASE LET US  
KNOW IF YOU  
CHANGE YOUR  
ADDRESS OR  
PHONE NUMBER.**

Also if you no longer wish to receive the newsletter please let us know.

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

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Nancy Carpenter, MD,  
Vice President  
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Judy Ferguson, Secretary

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**Center Council  
2018-2019 Officers**

Cheryl Slipski, President  
Gerri Sollinger, Vice President  
Edna Kalok, Secretary

**Remember!!** It is very important that you stop at the Front Desk and sign yourself in on Co-Pilot every time you come into the Center. This is a requirement of Allegheny County.

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

**July 2019**



**COMING SOON:**

Taste of Pittsburgh

Thursday, September 19

More information coming  
soon!