

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. 8

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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 or
contact Stefanie Woolford at 412-828-1062 or
swoolford@rcacorp.org.

**Credit Card payments can be made online at
www.rcacorp.org**

From the desk of the Director...

Welcome August! Here are a few updates:

1. In next months newsletter, you will find the name of the Officer for 2019-2020 Center Council. The vote for President was not completed before the newsletter was going to print.
2. Check out the back of the newsletter for information on our upcoming Taste of Pittsburgh on September 19, 2019.
3. Reminder that the Center will be closed on Friday, August 23 for the Thomas Angerman Memorial Golf Outing. This is a fundraiser for the Center.
4. 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.
5. 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.

Have a great month!

Stefanie

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CENTER NEWS

CENTER CLOSURES

RCAC will be closed on:

Friday, August 23, 2019 for the Thomas Angerman Memorial Golf Outing.

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

RCAC will also be closed on:

Monday, September 2, 2019 in observance of Labor Day.



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.

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.

Sampler Quilt Class

There will be 8—10 classes; you will make a different quilt square(s) learning a new technique each class. At the end, you will have enough squares for a lap-sized quilt.

Classes will be limited to 8; you may bring your own machine.

First class—Mon., August 19 @ 1:00 pm;

Second class—Mon., August 26 @ 1:00 pm

RCAC Board of Directors 2019-2020 Board Members

Officers:

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

Members:

Thomas Dinnin, Sr.
Fred Favo
John Kearns
Sylvia Provenza
Elizabeth Rottschaefter
Bonnie Myers-Toward
Russ Truby
Thomas Whalen
Richard Williams

Honorary:

Kaaren Amodeo

UPCOMING EVENTS & FITNESS PROGRAMS

CCAC CLASSES

Lecture Series
Thursday, Sept. 5 @ 10:30am
** Topic will be available soon.

Line Dancing W/Roz
Begins Friday, Sept 13 @ 10:00 am
Class is 8 weeks

Please sign up for these classes at
RCAC.

Upcoming Classes:

- Exploring Your Family History
- Healthy Cooking

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.

Looking for a gift or something for yourself?

Come see the items the RCAC Craft
Ladies have made including greeting
cards. All are reasonably priced.



'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
August Dates: 8 and 22

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

Tuesday, August 13 @
12:00 pm

Cost: \$5/ person

Includes: Hoagie, Chips and a Drink

Please register on Co-Pilot by August 6.

August Birthday Lunch

Thursday, August 15

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

Please RSVP August 13.

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.

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>AUGUST</p>  <p>5 10:45 AM: 'LET'S GET MOVIN' 6:30 PM: ZUMBA</p>	<p>6 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>* Shopping Trips Available to Giant Eagle Daily</p> <p>7 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>1 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS</p>	<p>2 10:00 AM: ART CLASS</p>
<p>12 10:00 AM: OPT TRIP- SOLDIERS AND SAILORS 10:45 AM: 'LET'S GET MOVIN' 6:30 PM: ZUMBA</p>	<p>13 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:00 PM: ALTERNATE LUNCH 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:00 PM: CENTER COUNCIL MEETING</p>	<p>14 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>15 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 12:00 PM: BIRTHDAY LUNCH 1:00 PM: CALLIGRAPHY CLASS</p>	<p>16 10:00 AM: ART CLASS</p>
<p>19 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: SAMPLER QUILT CLASS 6:30 PM: ZUMBA</p>	<p>20 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 6:00 PM: OPT TRIP-PIRATES GAME</p>	<p>21 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>22 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 11:00 AM: OPT TRIP-MARKET SQUARE 6:30 PM: MEDITATION</p>	<p>23 CENTER CLOSED THOMAS ANGERMAN GOLF OUTING </p>
<p>26 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: SAMPLER QUILT CLASS 6:30 PM: ZUMBA</p>	<p>27 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>28 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>29 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 5:00 PM: OPT TRIP-ANCHOR INN</p>	<p>30 10:00 AM: ART CLASS</p>

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
 <p>AUGUST</p>				
<p>5 BBQ beef Parsley potatoes Green/wax beans Whole wheat bun Orange</p>	<p>6 Chicken paprika Brown rice Mixed vegetables Dinner roll Nectarine</p>	<p>7 Pasta w/meat sauce Mixed greens salad Italian bread Watermelon Milk</p>	<p>8 Chipped turkey breast Zippy maters Pasta salad Rye bread Plum</p>	<p>9 Hot Dog w/chili Peas Bun Apple Graham crackers</p>
<p>12 Pork loin w/apple glaze Whipped potatoes Peas & carrots Multi-grain bread Sliced peaches Milk</p>	<p>13 Turkey burger w/bun Spinach salad Broccoli Nectarine Milk ALTERNATE LUNCH—\$5</p>	<p>14 Cider beef stew Beets Brown rice Orange Milk</p>	<p>15 White turkey salad Corn/black bean salsa Tomatoes/cucumbers Cocoa crème cake Milk</p>	<p>16 Chicken Alfredo w/pasta Brussels sprouts Multi-grain bread Apple Milk</p>
<p>19 Meatball sandwich Scalloped potatoes Broccoli Bun Pineapple Milk</p>	<p>20 Tuna salad Marinated green beans Couscous Honey wheat bread Nectarine Milk</p>	<p>21 Stuffed cabbage roll Whipped potatoes Yellow beans & squash Dinner roll Apple Milk</p>	<p>22 Baked lemon cod Savory potatoes Peas & carrots Multi-grain bread Orange Milk</p>	<p>23 CLOSED - Thomas W Angerman Golf Outing</p>
<p>26 Beef hamburger Baked beans Beets Bun Cantaloupe Milk</p>	<p>27 Creole chicken Brown rice Carrots Dinner roll Orange Milk</p>	<p>28 Pork w/gravy Lemon potatoes Mixed vegetables Rye bread Mandarin oranges/pineapple Milk</p>	<p>29 Turkey /provologne sandwich Potato salad Zippy maters Wheat bun Nectarine Milk</p>	<p>30 Meatloaf w/gravy Whipped potatoes Green/wax beans Wheat bread Apple 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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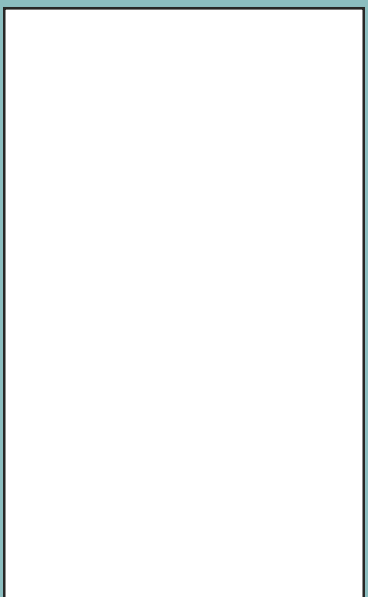
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UPCOMING EVENTS & PROGRAMS

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

SCRABBLE AND SNACKS

The group will be taking a break in August. See you in September



Writer’s Workshop
Friday August 9
12:30 PM

Center Council Meeting

Tuesday, August 13 @ 1:00 pm***
Monday, September 10 @ 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.

*****Please note change in day for August**

MONTHLY CALLIGRAPHY CLASS

Thursday, August 15 at 1:00 PM

MONTHLY ORNAMENT CLASS

Tuesday, August 27 at 1:00 PM
 Class fee is \$5.00

BOOK CLUB

The Club will begin meeting again in September

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

National Senior Day Soldiers & Sailors Museum

Monday, August 12
10am—1pm
Free Admission—55+

Little Italy Days
Friday, August 16
5:00 pm—8/9pm



TAKE ME OUT TO THE BALL GAME!!!

Pirates—Nationals Game
Tuesday, August 20
6:00 pm—10:30 pm
Tickets—\$34
10 tickets available

Market Square Farmers' Market

Thursday, August 22
11:00 am—2:00 pm

Dinner trip—Anchor Inn

Natrona Heights
Thursday, August 29
5:00 pm—7:30 pm

Make Your Own Candle Candle Lab—Lawrenceville

Tuesday, Sept. 10
10:30 am—1:30/2:00 pm
**Cost will depend on the supplies you
choose**

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.

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.



Everyday Matters

“You Matter unless you multiply yourself by the speed of light then You Energy”.

Advice Column

Dear Granny Sizzlebottom:

Do you think I watch too much tv?

Fluffernut

I see by your signature you like commercials! Fluffernutters are a gooey and delicious treat.

So lets go over what you get out of watching tv...visiting places and people you probably would never meet otherwise. Learning how big and small minds solve problems and make problems for others. Finding new skills and DIY projects demonstrated before you decide if you want to spend the money and time doing them yourself. See very creative ideas on make-up, hairstyles, clothing, paint colors, etc. Hearing a conversation masters speak.

Visit architecture, landscapes, antiques, animals in the wild.

You get to be scared, amazed, angry ,inspired and fall in love with celebrities on the safety of your couch. You can feel the souls through the eyes of complex people you’d probably never get as close otherwise.

Heck no, I don’t think you watch too much tv!

Now get up and walk once around the block.

Written by: Mary Doman

<p>HIGHLAND TIRE</p> <p>Natrona Heights 1707 Freeport Road (724) 224-7900</p> <p>Tarentum 200 Boyd Street (724) 224-9222</p> <p>Highland Integrity Alignment 1701 Broadview Blvd. (724) 224-5900</p>  <p>Find us on facebook</p> <p><i>Your Hometown Tire & Wheel Specialists</i> 57 YEARS AND STILL ROLLING!</p> <p>HANKOOK driving emotion</p> <p>Service, Integrity, Price...We Deliver! WWW.HIGHLANDTIRE.COM</p>	<p>Call today to connect with a SENIOR LIVING ADVISOR INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE</p>  <p>A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.</p> <p>◀ Joan Lunden, journalist, best-selling author, former host of <i>Good Morning America</i> and senior living advocate.</p> <p><i>There's no cost to you!</i> (888) 672-0689 <small>We're paid by our partner communities</small></p> <p><i>aPlace for Mom.</i></p>
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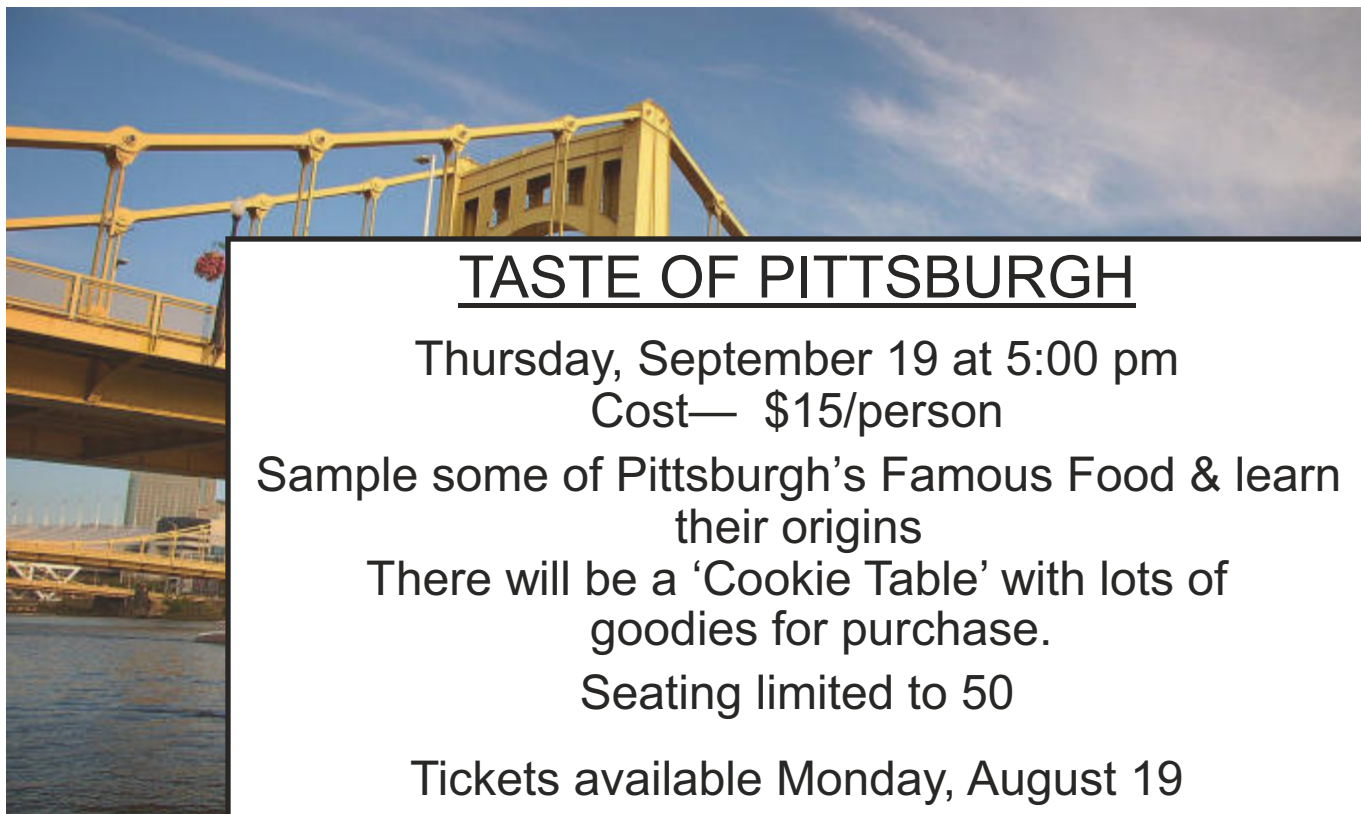
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TASTE OF PITTSBURGH
Thursday, September 19 at 5:00 pm
Cost— \$15/person
Sample some of Pittsburgh's Famous Food & learn
their origins
There will be a 'Cookie Table' with lots of
goodies for purchase.
Seating limited to 50
Tickets available Monday, August 19