

The Golden Eagle

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139
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www.rcacorp.org

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the Director

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Gift Card Raffle

**Win \$500 of gift cards
from both local and
national restaurants and
stores.**

\$5.00 per ticket

Or

3 tickets for \$10.00

**Drawing will be based on
7:00 pm Pick 3 Lottery
on Friday, December 6,
2019**

**TICKETS ON SALE:
Monday, November 4,
2019**

From the desk of the Director...

I cannot believe I am about to say this but the Holiday season has arrived. You will see in our newsletter quite a few activities coming up to celebrate the season.

Also please watch your mail boxes at the end of November for our annual Mail Appeal letter. Please remember that it is up to RCAC to raise 40% of our operating income each year so every donation helps us towards that goal.

Last do not forget to buy your Gift Card Raffle tickets. You could win \$500.00 with of restaurant and store certificates. Good Luck!

Stefanie

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CENTER NEWS

CENTER CLOSURES

RCAC will be closed on **Thursday, November 28** and **Friday, November 29** for the Thanksgiving Holiday.

There will be no congregate or home delivered meals and the RCAC bus will not run those days.

‘The Forgotten People of Gettysburg’ Presented by Dick Williams

Monday, Nov 4 @ 10:00 am
Refreshments !!

CENTER POLLING STATION

RCAC will be a polling station Tuesday, November 5. All activities, including lunch, will be held in the ‘Bingo’ room.

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.



Thanksgiving Lunch

Wednesday, November 20 @ noon.

- Turkey with Gravy
- Whipped Potatoes
- Vegetables
- Bread Stuffing
- Pumpkin Pie
- Milk

You MUST pre-register by Wednesday, November 13

****PLEASE NOTE: BINGO will start at 1:30 pm.**

CARETAKER LIBRARY

We now have a resource library for those of you who are caretakers. Please stop in and check out the books.

We will be scheduling another ‘Caretaker Class’ later in the fall.

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.



SUNDAY, November 3, 2019

UPCOMING EVENTS & FITNESS PROGRAMS



RCAC Christmas Party

Monday, December 16 at 5:00 pm
Cost: \$20.00

Includes dinner, dessert and
entertainment
There will be a Chinese
Auction

Reservations must be made and paid
for by Monday,
December 9, 2019.

HOLIDAY COOKIE EXCHANGE

There will be a list on bulletin board to
sign your name & type of cookie.

**10 people to a group. You will
need to bring 6 dozen cookies on
your group's day/time. If you
cancel, you MUST find a
replacement.**

Group 1—Thursday, December
12 at 1:00 pm
Group 2—Friday, December 13 at
1:00 pm

'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.

****NO CLASSES: Monday,
November 11 and Wednesday,
November 20, 2019**

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
November Date: 14th

CRAFT ITEMS

Due to the increasing cost of materials, the cost of some items will be increasing. Find new prices below:
Scrubbies': \$3,
Small Microwave Cozy \$6
Large Microwave Cozy \$8

All orders for Christmas must be received by Monday, Dec 2
NO EXCEPTIONS

November Birthday Lunch

Thursday, November 21

There will be a birthday dessert for those having November birthdays.
Please RSVP November 19.

CCAC CLASSES

Healthy Cooking

Classes are on Tuesday,
November 5 and 12
at 1:00 pm

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.



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 care plan 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, email or call us today!

 **Dementia360@SrCare.org**
412.435.8950




 **Presbyterian SeniorCare NETWORK.** *A Dementia Care Center of Excellence*



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
				
<p>4 10:00 AM: SPEAKER-THE FORGOTTEN PEOPLE OF GETTYSBURG 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: PINOCHLE 1:00 PM: CCAC HEALTHY COOKING 1:30 PM: OPT TRIP- Lighthouse Pointe</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 9:00 AM: GAMBLING TRIP 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: CCAC CLASS: EXPLORING YOUR FAMILY HISTORY</p>	<p>1 10:00 AM: CCAC LINE DANCING 10:00 AM: ART CLASS</p>
<p>11 1:00 PM: CENTER COUNCIL MEETING 6:30 PM: ZUMBA</p>	<p>12 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:00 PM: CCAC HEALTHY COOKING</p>	<p>13 9:30 AM: SIT AND KNIT 10:30 AM: JEWELRY MAKING CLASS 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 10:30 AM: OPT TRIP-MUSIC 101 1:00 PM: CCAC CLASS: EXPLORING YOUR FAMILY HISTORY 6:30 PM: MEDITATION</p>	<p>15 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS 1:00 PM: ORNAMENT CLASS</p>
<p>18 10:45 AM: 'LET'S GET MOVIN' 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 1:30 PM: OPT TRIP- Lighthouse Pointe</p>	<p>20 9:30 AM: SIT AND KNIT 12:00 PM: THANKSGIVING LUNCH 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: CALLIGRAPHY CLASS 12:00 PM: BIRTHDAY LUNCH</p>	<p>22 10:00 AM: OPT TRIP-ROSS PARK MALL 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS</p>
<p>25 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 CENTER CLOSED</p>	<p>29 CENTER CLOSED</p>
				

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
				
<p>4 Hot dog w/chili Whipped squash Green beans Hot dog bun Orange Milk</p>	<p>5 Penne w/meatballs Tossed salad Italian bread Apple Milk</p>	<p>6 Stuffed pepper Whipped potatoes Mixed vegetables Wheat bread Banana Milk</p>	<p>7 Baked lemon cod Cabbage & noodles Peas & carrots Wheat bread Fruit cocktail Milk</p>	<p>1 Meatloaf w/gravy Whipped potatoes Cold beets Honey wheat bread Pears Milk</p>
<p>11 Pork loin w/gravy Cider yams Brussels sprouts Honey wheat bread Peaches Milk</p>	<p>12 Tuna salad Cherry tomatoes Coleslaw Rye bread Jelly roll Milk</p>	<p>13 Turkey w/gravy Noodles Green beans Dinner roll Apple Milk</p>	<p>14 Baked lemon cod Cheese tortellini Broccoli/cauliflower Wheat bread Banana Milk</p>	<p>15 Salisbury steak Scalloped potatoes Beets Dinner roll Orange Milk</p>
<p>18 Chicken breast Orzo w/peas & carrots Stewed tomatoes Multi-grain bread Pears Milk</p>	<p>19 Pasta w/meat sauce Tossed salad Wheat bread Orange Milk</p>	<p>20 <u>Thanksgiving Lunch</u> Turkey w/gravy Whipped potatoes Stuffing Vegetables Pumpkin pie Milk</p>	<p>21 BBQ beef Parsley potatoes Acorn squash Wheat bun Fruit cocktail Milk</p>	<p>22 Baked cod Au gratin potatoes Green & wax beans Honey wheat bread Pineapple/oatmeal cookie Milk</p>
<p>25 Beef tips w/gravy Orzo Carrots Rye bread Tangerine Milk</p>	<p>26 Chicken breast Butternut squash Green beans Multi-grain bread Pears Milk</p>	<p>27 Meatloaf w/gravy Whipped potatoes Vegetable medley Wheat bread Applesauce Milk</p>	<p>28 CLOSED </p>	<p>29 CLOSED </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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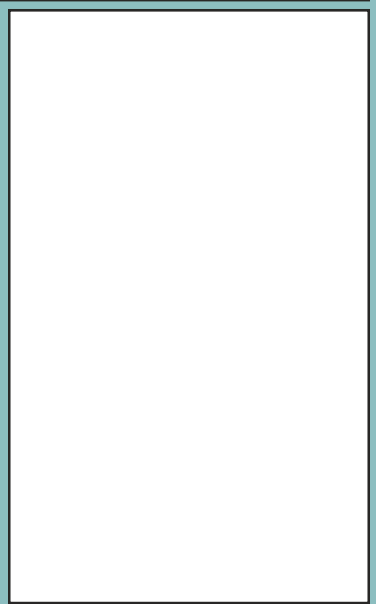
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UPCOMING EVENTS & PROGRAMS

‘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

Line Dancing
Fridays, 10:00 am



Writer’s Workshop
Friday November 8 at 12:30 pm

Center Council Meeting

Monday, November 11 @ 1:00 pm
Monday, December 9 @ 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.

Jewelry Class

Wednesday, November 13 at 10:30am
Cost—\$5
 You will be making Earrings.

Class limit—10

MONTHLY ORNAMENT CLASS

Friday, November 15 at 1:00 PM
 Class fee is \$5.00
 Class limited to 8

MONTHLY CALLIGRAPHY CLASS

Thursday, November 21 at 10:00 AM

BOOK CLUB

Monday, November 25 at 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.



OPT TRIPS

Lighthouse Point Programs

Tuesday, Nov 5—International Button
Box Club

Tuesday, Nov. 19 –Banjo Club

Tuesday, Dec. 3– Johnny Angel Trio

All trips 1:30pm—4:30pm

MUSIC 101

Pittsburgh Symphony

Thursday, November 14

10:30am—2:00 pm

Andrew Wickesburg—Viola

Order an \$11 lunch from the
Common Plea; call 412-561-5682 or
PSAmsic101@pittsburghsymphony.org

Shopping trip to Ross Park Mall

Friday, November 22

10:00 am—2:00 pm

Minimum of 7 people needed

Lunch Trip

The Hartwood Inn

Thursday, December 5

11:00 am—1:30pm

*Please Note: You must sign up for this
trip by Thursday, November 21st. The
trip is limited to 20 people.

Nationality Rooms Open House

Sunday, December 8

Noon—3:00pm

Free admission

MEADOWS TRIP

Thursday, November 7

9:00 am—4:00 pm

Cost: \$25/person

Receive \$25 in free play

Payment due when you sign up

CHECKS ONLY

Limit 24

RCAC Board of Directors 2019-2020 Board Members

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Nancy Carpenter, MD,
Vice President

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Elizabeth Rottschaefter

Bonnie Myers-Toward

Russ Truby

Thomas Whalen

Richard Williams

Honorary:

Kaaren Amodeo

Center Council 2019-2020 Officers

Dianna McKeag and Cheryl Slipski,
President

Gerri Sollinger, Vice President

Edna Kalok, Secretary



Elaine's Homemade Soup is Back!!

**Tuesday, November 12—Stuffed Pepper
Tuesday, November 19—Ham & Bean**

EAT IN—\$3/8 OUNCE BOWL

TAKE OUT -\$6/QUART

**TAKE OUT CONTAINERS WILL BE PROVIDED. PLEASE
DO NOT BRING IN CONTAINERS**

**** Please order your soup by the Friday before, this way
Elaine knows how much to make.**

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

November 2019



2019 Oakmont's Hometown Christmas

Saturday November 23, 2019

5pm to 9pm

The Oakmont-Verona Parade will start in Oakmont and end in Verona this year. After the Parade has come through town the festivities will officially start, kicking off the holiday season!