

The Golden Eagle

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

VOLUME 42, No. 12

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the Director

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**From:
Stefanie, Lynn, Elaine, Julie, Joe,
Dan and Ray**

From the desk of the Director...

Another year has come and gone and now the joyous holidays approach. At this special time of year, the board, staff and volunteers of RCAC are very thankful for another year of friendship, support and growth. With the help of many supporters, donors and volunteers, RCAC proved once again that when we work hard together, we can accomplish spectacular goals.

Now it is time for us once again to appeal to you for support. This past year, we were able to provide approximately 12,000 home delivered meals and over 5,400 meals were served at the Center. Monthly, over 1,000 people came through our doors and we provided over 700 trips on the Twin Boro Bus. Our participants have also been busy this year. They are meeting monthly with the staff to plan activities. They have traveled to different events all over Pittsburgh, they learned line dancing, tai chi, Zumba, and many other classes. Others came to RCAC just to be with others, to play cards or make crafts.

With every donation, you are helping RCAC to continue to provide meals, socialization, recreation, friendship, help and much, much more to the seniors and everyone in our community. With less than half of our funding coming from Allegheny County, RCAC is responsible for raising over 50% of monies needed to operate. RCAC asks that you look deep into your hearts and remind yourself of the importance of your donation to RCAC and how much can be accomplished with your gift. With your help, we will be able to continue to expand services to meet the ever changing needs of the community.

Stefanie

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CENTER NEWS

CENTER CLOSURES

RCAC will be closed on the following days:

**Tuesday, December 24,
Wednesday, December 25**

And

Wednesday, January 1, 2020

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

****Please note:**

On **Tuesday, December 31, 2019** the Center will close at 1:00 pm. Lunch will be served.



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.

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!



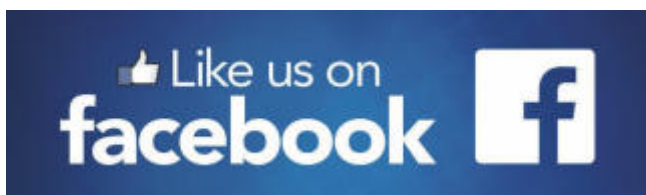
**Christmas Lunch
Wednesday, December 18 @ noon**

**Chicken Breast
Whipped Potatoes
Green Beans
Apple Pie**

**You MUST pre-register by
Wednesday, December 11, 2019**

REMINDER

Please 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.



UPCOMING EVENTS & FITNESS PROGRAMS

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

Ugly Sweater Party Friday, December 20

1:00 pm

Wear your 'sweater' and enjoy pizza and a movie.

Cost \$5/person

Sign up & pay by December 18



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.

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

Mondays

10:45 am—11:30 am

Wednesdays

11:10 am –12:00 pm

NO CLASS: Monday, Dec. 2, 2019

\$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

Please Note:

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

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

December Birthday Lunch

Thursday, December 19

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

Please RSVP December 17.

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.

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>2 6:30 PM: ZUMBA</p>	<p>3 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:30 PM: OPT TRIP- LIGHTHOUSE POINT</p>	<p>4 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>5 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 11:00 AM; OPT TRIP-THE HARTWOOD INN</p>	<p>6 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 1:00 PM: ORNAMENT CLASS RAFFLE DRAWING AT 7:00 PM PICK 3 LOTTERY</p>
<p>9 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: CENTER COUNCIL MEETING 6:30 PM: ZUMBA</p>	<p>10 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>11 9:30 AM: SIT AND KNIT 10:30 AM: JEWELRY CLASS 11:10 AM: LET'S GET MOVIN' 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>12 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: COOKIE EXCHANGE 6:30 PM: OPT TRIP-RIVER CITY BRASS BAND</p>	<p>13 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS 12:30 PM: WRITING CLASS 1:00 PM: COOKIE EXCHANGE</p>
<p>16 10:45 AM: 'LET'S GET MOVIN' 5:00 PM: CHRISTMAS PARTY</p>	<p>17 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:00 PM: BOOK CLUB</p>	<p>18 9:30 AM: SIT AND KNIT 11:10 AM: LET'S GET MOVIN' 12:00 PM: CHRISTMAS LUNCH 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>19 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 12:00 PM: BIRTHDAY LUNCH</p>	<p>20 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS 1:00 PM: UGLY SWEATER PARTY</p>
<p>23 10:45 AM: 'LET'S GET MOVIN' 6:30 PM: ZUMBA</p>	<p>24 CENTER CLOSED </p>	<p>25 CENTER CLOSED </p>	<p>26 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS</p>	<p>27 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS</p>
<p>30 10:45 AM: 'LET'S GET MOVIN' 6:30 PM: ZUMBA</p>	<p>31 9:30 AM: CRAFTS 9:30 AM: CARD MAKING Center Closes at 1:00 pm</p>	<p>1 JANUARY HAPPY NEW YEAR!! CENTER CLOSED</p>	<p>DECEMBER </p>	<p>* Shopping Trips Available to Giant Eagle Daily</p>

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
2 Pasta w/meat sauce Green beans Italian bread Apricots Milk	3 Swiss steak w/gravy Gourmet potatoes Tossed salad Rye bread Orange Milk	4 Cabbage roll Whipped potatoes Carrots Whole wheat bread Spice cake Milk	5 Chicken breast Yams Stewed tomatoes/zucchini Dinner roll Banana Milk	6 Baked cod Macaroni & cheese Broccoli & cauliflower Multi-grain bread Apple/graham crackers Milk
9 Teriyaki meatballs Scalloped potatoes Vegetable blend Wheat bread Pineapple/mandarin oranges Milk	10 Chicken breast sauce Potatoes Spinach Multi-grain bread Apple Milk	11 Apple & spice pork Noodles Beets Wheat bread Orange Milk	12 Roast beef w/gravy Whipped potatoes Peas Dinner roll Peaches/graham crackers Milk	13 Chili Brown rice Coleslaw Rye bread Banana Milk
16 Turkey w/gravy Gourmet potatoes Broccoli Wheat bread Apple Milk	17 Baked cod Au gratin potatoes Stewed tomatoes/zucchini Multi-grain bread Fruit cocktail Milk	18 Christmas lunch Chicken breast Whipped potatoes Green beans Dinner roll Apple pie Milk	19 Pasta w/meat sauce Tossed salad Italian bread Banana Milk	20 Beef stew Barley Rye bread Orange Milk
23 Chili w/macaroni Harvard beets Rye bread Pineapple Milk	24 CLOSED 	25 CLOSED  MERRY CHRISTMAS	26 Chicken w/Creole sauce Scalloped potatoes Cauliflower Wheat bread Peaches Milk	27 Meatloaf w/gravy Savory potatoes Carrots Honey wheat bread Banana Milk
30 Coney Island hot dog Peas Wheat bun Orange Milk	31 Boneless pork Savory potatoes Green beans Honey wheat Applesauce/cookie Milk	Jan. 1 CLOSED 	 DECEMBER	

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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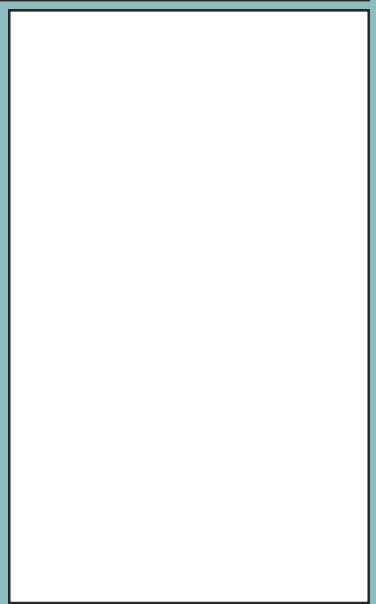
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UPCOMING EVENTS & PROGRAMS

<p style="text-align: center;">‘Let’s Get Movin’ Mondays, 10:45 am Wednesdays, 11:10 am Cost: \$1</p> <p style="text-align: center;">Zumba Mondays & Wednesdays, 6:30 pm Cost: \$5</p> <p style="text-align: center;">Crafts Tuesdays, 9:30 am</p> <p style="text-align: center;">Card Making Tuesdays, 9:30am</p> <p style="text-align: center;">Pinochle Tuesdays, 12:30 pm</p> <p style="text-align: center;">Tai Chi Tuesdays, 12:30 pm</p> <p style="text-align: center;">Scrabble Tuesdays, 2:30 pm (1st and 3rd)</p> <p style="text-align: center;">Sit & Knit Wednesdays, 9:30am-11:30 am</p> <p style="text-align: center;">BINGO Wednesdays at 1:00 pm</p> <p style="text-align: center;">Cards/Dominos Wednesdays at 1:00 pm</p> <p style="text-align: center;">Blood Pressures Thursdays at 10:00 am</p> <p style="text-align: center;">Art Class Thursdays & Fridays, 10:00 am</p> <p style="text-align: center;">Line Dancing Fridays, 10:00 am</p>	<p style="text-align: center;">MONTHLY ORNAMENT CLASS Friday, December 6 at 1:00 PM Class fee is \$5.00 Class limited to 8</p> <hr/> <p style="text-align: center;"><u>Center Council Meeting</u> 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.</p> <hr/> <p style="text-align: center;">Jewelry Class Wednesday, December 11 at 10:30am Cost—\$5 You will be making Earrings. <u>Class limit—10</u></p> <hr/> <div style="display: flex; align-items: center;">  <p style="text-align: center;">Writer’s Workshop Friday December 13 at 12:30 pm</p> </div> <hr/> <p style="text-align: center;">BOOK CLUB Tuesday, December 17 at 1:00 pm</p> <hr/> <p style="text-align: center;">MONTHLY CALLIGRAPHY CLASS Returns in January</p> <hr/> <p style="text-align: center;">SENIOR FRAUD Monday, January 13 at 1:00 pm Staff from the DA’s Office will be in to present a short program on this topic.</p>
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OPT TRIPS

Lighthouse Point Program

Johnny Angel Trio
Tuesday, December 3
1:30 pm—4:30 pm

Lunch Trip

The Hartwood Inn
Thursday, December 5
11am—1/1:30pm

Nationality Rooms Open House

Sunday, December 8
Noon—3:00 pm

River City Brass Band

Thursday, December 12
6:30 pm—9:30 pm

**We will not be ordering tickets; they may be purchased at the door

Katherine Hepburn Exhibit at The Frick

Tuesday, January 7
10:00 am—?

Cost-\$13/person

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

Center Council 2019-2020 Officers

Dianna McKeag and Cheryl Slipski,
President
Gerri Sollinger, Vice President
Edna Kalok, Secretary



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.



Elaine's Homemade Soup is Back!!

December 3—Beef Barley
December 10—Cheeseburger
December 17—Curry Chicken

EAT IN—\$3/8 OUNCE BOWL

TAKE OUT -\$7/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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