

The Golden Eagle

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

VOLUME 43, No. 1

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the Director

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Welcome 2020!!!!

**The staff of Riverview Community
Action Corporation**

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

From the desk of the Director...

Welcome 2020! Here are a few updates:

1. I want to congratulate Gift Card Raffle Winner Barb Mullen for winning the \$500 in gift cards.
2. I want to thank everyone who supported our Annual Mail Appeal. We will begin listing the many donations we received and will continue to do so through the next few months. Again thank you so much for your support!
3. Also we wanted to remind everyone that if you need a ride on our bus, you only need to call one hour before your pick-up.
4. Remember to watch KDKA for Center Closing due to bad weather.
5. 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.

Have a great month!

Stefanie

THIS SPACE IS
AVAILABLE



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 Estates • Wills • Real Estate
412.828.5040
 OAKMONT
 meg@megburklaw.com



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CENTER NEWS

CENTER CLOSURES

RCAC will be closed on the following days:

**Wednesday, January 1, 2020
AND
Monday, January 20, 2020**

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

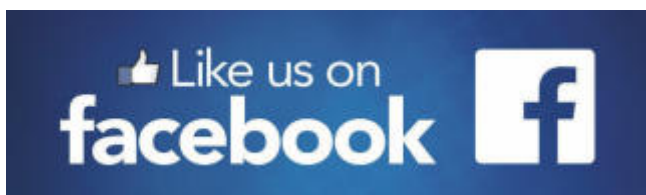
CLOSURE POLICY

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!



POT LUCK IS BACK!

**Friday, January 10
1:00pm**

Menu is soup & salad.

Please sign up and list what you are bringing

ALTERNATE LUNCHES



**Friday, January 24 at 12:00 pm
Cost—\$7/person**

Sign up by Thursday, Jan. 23



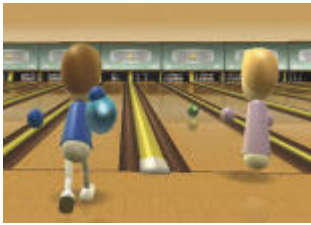
BROWN BAG LUNCH

**Wednesday, January 29 at
12:00 pm**

Bring a sandwich, chips & fruit in a brown bag. You will be sharing/switching lunches

Sign up by Monday, Jan. 27

UPCOMING EVENTS & FITNESS PROGRAMS



WII BOWLING TOURNAMENT

Begins Thursday,
January 16 1:00 pm

Sign up in advance so we can
schedule matches.

INFO TABLE HOME MEDS

Wednesday, January 8
11:00 am

Home Meds will be offered
monthly at RCAC beginning
Friday, January 24 at 1:00 pm

ARTHRITIS PROGRAM

Oakmont Orthopedic
Tuesday, January 21
1:00 pm

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.

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

Mondays
10:45 am—11:30 am

\$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

6:30 pm-7:30 pm
Schedule not available

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.

**RCAC Craft Ladies' Group
Tuesdays at 9:30 am**

Work on a group craft or bring your own UFO.

Birthday Lunch

Due to lack of interest, this program has been discontinued.

Please Note:

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

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





A Dementia Care Center of Excellence



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>January</p> <p>* Shopping Trips Available to Giant Eagle Daily</p>	<p>HAPPY NEW YEAR!! CENTER CLOSED</p>	<p>10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 11:00 AM: OPT TRIP-THE HARTWOOD INN</p>	<p>10:00 AM: LINE DANCING 10:00 AM: ART CLASS</p>	
<p>6 10:45 AM: 'LET'S GET MOVIN' 6:30 PM: ZUMBA</p>	<p>7 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 AM: OPT TRIP; KATHERINE HEPBURN 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:30 PM: OPT TRIP; LIGHTHOUSE POINTE</p>	<p>8 9:30 AM: SIT AND KNIT 11:00 AM: INFO TABLE; HOME MEDS 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>9 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS</p>	<p>10 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS 12:30 PM: WRITING CLASS 1:00 PM: POTLUCK</p>
<p>13 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: CENTER CLOUNCIL 6:30 PM: ZUMBA</p>	<p>14 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>15 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>16 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: Wii BOWLING TOURNAMENT 4:30 PM: DINNER TRIP</p>	<p>17 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS</p>
<p>20 CENTER CLOSED</p>	<p>21 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:00 PM: OAKMONT ORTHOPEDIC</p>	<p>22 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>23 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: Wii BOWLING TOURNAMENT</p>	<p>24 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS 12:00 PM: ALTERNATE LUNCH 1:00 PM: HOME MEDS</p>
<p>27 10:45 AM: 'LET'S GET MOVIN' 1:00 PM: BOOK CLUB 6:30 PM: ZUMBA</p>	<p>28 9:30 AM: CRAFTS 9:30 AM: CARD MAKING</p>	<p>29 9:30 AM: SIT AND KNIT 12:00 PM: BROWN BAG LUNCH 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>30 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: CALLIGRAPHY CLASS 1:00 PM: Wii BOWLING TOURNAMENT</p>	<p>31 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS</p>

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>1</p> 	<p>1</p> <p>CLOSED</p>	<p>2</p> <p>Turkey w/gravy Couscous Broccoli Multi-grain bread, Pears Milk</p>	<p>3</p> <p>Stuffed cabbage Whipped potatoes Carrots Rye bread Peaches Milk</p>	
<p>6</p> <p>Baked cod Au gratin potatoes Stewed tomatoes/green beans Multi-grain bread Fruit/grain bread Milk</p>	<p>7</p> <p>Turkey patty Haluski Spinach salad Wheat bread Fruit cocktail Milk</p>	<p>8</p> <p>Cider beef stew Brown rice Wheat roll Orange Milk</p>	<p>9</p> <p>Chicken breast Gourmet potatoes Italian green beans Wheat bread Peaches Milk</p>	<p>10</p> <p>Roast beef w/gravy Whipped potatoes Broccoli Dinner roll Apple/cookie Milk</p>
<p>13</p> <p>Boneless pork w/gravy Butternut squash Cauliflower Honey wheat bread Apple Milk</p>	<p>14</p> <p>Turkey w/gravy Spanish rice Carrots Wheat bread Orange Milk</p>	<p>15</p> <p>Pasta w/meatballs Mixed vegetables Italian bread Pineapple Milk</p>	<p>16</p> <p>Chicken w/mushroom gravy Parsley potatoes Broccoli Multi-grain bread Banana Milk</p>	<p>17</p> <p>Pepper steak w/gravy Whipped potatoes Dinner roll Applesauce cake Milk</p>
<p>20</p> <p>CLOSED</p> 	<p>21</p> <p>Shredded BBQ Beef Mixed vegetables Brown rice Wheat bun Orange Milk</p>	<p>22</p> <p>Meatloaf w/gravy Whipped potatoes Peas Rye bread Applesauce milk</p>	<p>23</p> <p>Chicken w/marinara sauce Scalloped potatoes Broccoli Dinner Banana Milk</p>	<p>24</p> <p>Lemon cod Macaroni & cheese Italian green beans Multi-grain bread Apple Milk</p>
<p>27</p> <p>Beef stew Dinner roll Orange Milk</p>	<p>28</p> <p>Roast beef w/gravy Whipped potatoes Green/yellow beans Wheat bread Apple Graham crackers Milk</p>	<p>29</p> <p>Turkey a la King Parsley potatoes Broccoli Honey wheat bread Banana Milk</p>	<p>30</p> <p>Pasta w/meat sauce Tossed salad Wheat roll Pineapple/mandarin oranges Milk</p>	<p>31</p> <p>Chicken breast w/gravy Savory potatoes Peas Multi-grain Apricots Fig newtons 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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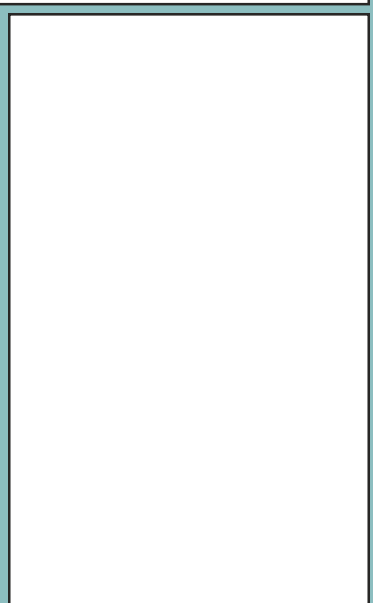
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UPCOMING EVENTS & PROGRAMS

‘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

Scrabble
Tuesdays, 2:30 pm (1st and 3rd)

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 January 10
12:30 PM

Center Council Meeting

Monday, January 13 @ 1:00 pm
Monday, February 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.

****NEW:** Starting in our February newsletter there will be a section written by the current Center Council Officers. This section could include reminders or other important information that they want to make sure everyone sees. Please check it out!!!

BOOK CLUB

Monday, January 27 at 1:00 pm

MONTHLY CALLIGRAPHY CLASS

Thursday, January 30 at 1:00 pm



OPT TRIPS

Katherine Hepburn Exhibit at The Frick

Tuesday, January 7
10:00 am—?

Cost-\$13/person

Lighthouse Pointe—Neil Diamond Tribute

Tuesday, Jan. 7
1:30pm—4:30pm

Dinner trip-Mighty Oak Barrel

Thursday, Jan 16 4:30pm

Transportation will be by RCAC
bus. Bus Limit is 12; if you are
driving yourself, you still have to
signup.

**Reservations will be made
January 8**

Tuesday Music Club

Tuesday, February 11
12:00 pm– 2:30 pm

‘Gifts from African/American
Composers’

Music 101-‘A Season’s Secret’

Wednesday, Feb. 12
11:00 am —2:00 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

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.



Responsibility!! It is your responsibility to sign up for lunch by noon the day before. We order only as many lunches for those who sign up in advance. We cannot guarantee that there will be extra food! Also please ONLY sign up for days you plan to attend. We have had a lot of NO SHOWS lately.

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.

Responsibility!! In order to avoid any confusion, mistakes or cancellations, please sign yourself up for programs and trips. Programs and trips may be cancelled due to lack of 'sign-ups'

<p>PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM</p>  <p>\$29.95/MO BILLED QUARTERLY</p> <p>PLUS SPECIAL OFFER</p> <p>CALL NOW! 1.877.801.7772 WWW.24-7MEDALARM.COM</p>	<p><i>Call today to connect with a</i> 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><i>There's no cost to you!</i> (888) 672-0689 <small>We're paid by our partner communities</small></p> <p>◀ Joan Lunden, journalist, best-selling author, former host of <i>Good Morning America</i> and senior living advocate.</p> <p><i>aPlace for Mom.</i></p>
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	<p>A good neighbor has your back.</p>  <p>Kelly Motter Ins Agcy Inc Kelly Motter, Agent 1331 Freeport Road Cheswick, PA 15024 Bus: 724-274-5445</p> <p>Life's a combination of good days and bad. I have your back for both. And who has my back? The company more people have trusted for 90 years. CALL ME TODAY.</p>  <p>1606040 State Farm Bloomington, IL</p>	
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HOURS OF OPERATION: 8:00 AM – 4:00 PM
MONDAY THROUGH FRIDAY

January 2020



Homemade Soup

Tuesdays—noon

January 7– No Soup

January 14– Pasta Fagioli

January 21– Loaded Baked Potato

January 28— Stuffed Pepper Soup

\$3-bowl \$7-quart

You must order in advance by the Friday before Noon.