

The Golden Eagle

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

VOLUME 43, No. 2

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the Director

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**In Honor of
'Heart Healthy' Month
Wear **RED** on Friday, Feb 7
AND**

Join us at **12:00 pm** for a Pot Luck
'Healthy' Lunch. Sign up to bring either
soup or salad. Bring your own take out
containers!

There will be a bulletin board where you
can post your 'heart healthy' recipe .

From the desk of the Director...

Here are a few updates:

1. First, I wanted to let everyone know, we have a new exercise teacher. Her classes will begin Monday, February 24, 2020 at 10:00 am.
2. I again want to thank everyone who supported our Annual Mail Appeal. We have begun listing the many donations we received and will continue to do so through the next few months. I apologize in advance for any spelling errors.
Again thank you so much for your support!
3. A reminder to our home delivered meal clients: **You MUST be home to receive your meal. We cannot leave it.** Please do not place a box or cooler on your porch.
4. Remember to watch KDKA for Center Closing due to bad weather.

Have a great month!

Stefanie

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CENTER NEWS

CENTER CLOSURE

RCAC will be closed on the following days:

Monday, February 17, 2020 in honor of President's Day.

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!

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.



Celebrate Valentine's Day with an Ice Cream Social

Friday, February 14 at noon

Sign up for lunch and ice cream

Cost for ice cream—\$2/person



VINTAGE HAT SHOW

Join Jean Kanouff as she entertains us with her vintage hats.

Friday, February 21 1:00 pm

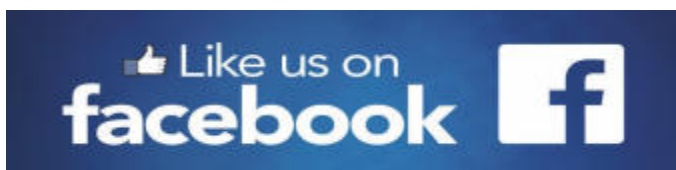
Cost—\$5/person

Light refreshments will be served. Don't forget to wear your favorite 'old' hat!

Reservations are required.

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.



UPCOMING EVENTS & FITNESS PROGRAMS

Learn Card Making

Tuesday, Feb. 4 9:30am
Cost—\$3/card

Make Your Own Valentine Earrings

Thursday, Feb 6 10:30 am
Cost-\$5/pair

Mesh Wreath Class

Tuesday, Feb. 25 at 1:00 pm
Bring a 12”-14” wire wreath and pipe
cleaners (can be purchased at dollar
stores) . Mesh fabric will be provided.

Canvas Zentangle Bag

Make a canvas bag and then
‘zentangle’ it!

Monday, March 2 at 1:00 pm &

Tuesday, March 3 at 9:30 am

Materials provided.

**PLEASE REGISTER IN ADVANCE
FOR ALL CRAFT CLASSES!**

CCAC CLASSES

1. Healthy Cooking

Tuesdays, Feb 18, March 3, 10,
& 17
1:00 pm

**** Please note there is no class on
Tuesday, February 25.**

2. Line Dancing

Begins Friday, Feb. 28
10:00 am

3. Table Talk

Begins Thursday, March 12
1:00 pm

**EXERCISE RETURNS MONDAY,
FEBRAURY 24, 2020!!**

LET’S GET PHYSICAL
Exercise class for everyone!!

**Mondays
10:00 am**

\$1/Class

**You can sit or stand,
just MOVE!!**

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
February 6, 13 and 27

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.

CLO THEATER TRIPS

CATS

Benedum Center

Saturday, February 29

1:00 pm– 5:00 pm

Cost—\$15

There are 10 tickets available and they will go on sale Feb. 10

The Book of Merman— Cabaret

Thursday, March 5

12:00 pm-4:00 pm

Cost—\$10

There are 10 tickets available they will go on sale Feb. 18

You must come to the center to purchase your own ticket. One ticket per person. We will not hold tickets

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!



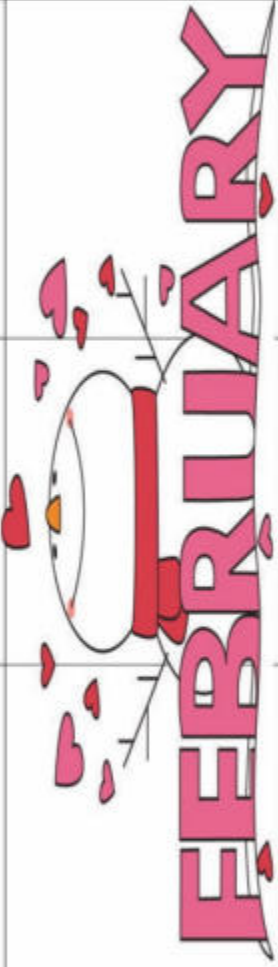
Dementia360@SrCare.org
412.435.8950









A Dementia Care Center of Excellence



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>3 6:30 PM: ZUMBA</p>	<p>4 9:30 AM: CRAFTS 9:30 AM: LEARN CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>5 9:30 AM: SIT AND KNIT 10:30 AM: MAKE YOUR VALENTINE EARRINGS 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>6 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: WII BOWLING TOURNAMENT 6:30 PM: MEDITATION CLASS</p>	<p>7 WEAR RED 10:00 AM: LINE DANCING 10:00 AM: ART CLASS 12:00 PM: HEART HEALTHY POT LUCK</p>
<p>10 1:00 PM: CENTER COUNCIL MEETING 6:30 PM: ZUMBA</p>	<p>11 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:00 PM: OPT TRIPS- TUESDAY MUSIC CLUB 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>12 9:30 AM: SIT AND KNIT 11:00 AM: OPT TRIP-MUSIC 101 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>13 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: WII BOWLING TOURNAMENT 6:30 PM: MEDITATION CLASS</p>	<p>14 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS 12:00 PM: ICE CREAM SOCIAL 12:30 PM: WRITING CLASS</p>
<p>17 CENTER CLOSED</p>	<p>18 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 12:30 PM: TAI CHI 12:30 PM: PINOCHLE</p>	<p>19 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>20 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: WII BOWLING TOURNAMENT</p>	<p>21 10:00 AM: LINE DANCING CLASS 10:00 AM: ART CLASS 1:00 PM: VINTAGE HAT SHOW</p>
<p>24 10:00 AM: EXERCISE CLASS 11:00 AM: BOOK CLUB 6:30 PM: ZUMBA</p>	<p>25 9:30 AM: CRAFTS 9:30 AM: CARD MAKING 10:00 PM: MESH WREATH CLASS 12:30 PM: TAI CHI 12:30 PM: PINOCHLE 1:00 PM: CCAC-HEALTHY COOKING</p>	<p>26 9:30 AM: SIT AND KNIT 1:00 PM: BINGO 1:00 PM: CARDS 6:30 PM: ZUMBA</p>	<p>27 10:00 AM-11:30 AM: BLOOD PRESSURES 10:00 AM: ART CLASS 1:00 PM: WII BOWLING TOURNAMENT 1:00 PM: CALLIGRAPHY CLASS 6:30 PM: MEDITATION CLASS</p>	<p>28 10:00 AM: CCAC-LINE DANCING CLASS 10:00 AM: ART CLASS 1:00 PM: HOME MEDS</p>
				<p>* Shopping Trips Available to Giant Eagle Daily</p>

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
 <p>3 Pulled Pork Wheat bun Parsley potatoes Brussel Sprouts Fruit cocktail Milk</p>	 <p>4 Tuna salad Confetti rice salad Marinated cucumbers Dinner roll Orange Milk</p>	 <p>5 Stuffed pepper Whipped potatoes Carrots Rye bread Cherry cake Milk</p>	 <p>6 Lemon pepper cod Cabbage & noodles Italian green beans Multi-grain bread Apple Milk</p>	 <p>7 Chili Macaroni Zucchini & yellow beans Italian bread Pineapple/mandarin oranges Milk</p>
<p>10 Salisbury steak Savory potatoes Carrots Honey wheat bread Orange Milk</p>	<p>11 Baked cod Bournet potatoes Peas Multi-grain bread Peaches Milk</p>	<p>12 Turkey w/gravy Scalloped potatoes Corn Dinner roll Pineapple Milk</p>	<p>13 Baked Ziti Spinach salad Green/wax beans Dinner roll Banana Milk</p>	<p>14 Tuscan chicken Butternut squash Beets Italian bread Sugar cookies Milk</p>
<p>17 CLOSED</p> 	<p>18 Honey mustard chicken Yams Cauliflower Wheat bread Pears Milk</p>	<p>19 Penne w/meatballs Tossed salad Italian bread Orange Milk</p>	<p>20 Apple spice pork Whipped potatoes Italian green beans Honey wheat bread Apricots Milk</p>	<p>21 Chicken salad Marinated vegetables Potato salad Dinner roll Peaches Milk</p>
<p>24 Turkey patty Parsley potatoes Peas & carrots Wheat bread Tangerine Milk</p>	<p>25 Pepper steak Whipped potatoes Multi-grain bread Fruit cocktail Graham crackers Milk</p>	<p>26 Baked cod Haluski Stewed tomatoes Wheat roll Banana Milk</p>	<p>27 Teriyaki meatballs Wild rice w/orzo Pepper coleslaw Apple Milk</p>	<p>28 Tuna salad Potato salad Marinated green beans Dinner roll Pineapple Milk</p>

OPT TRIPS

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

Carnegie Library—Oakland

Genealogy Research

Friday, March 13

9:30 am-2:00 pm

- PLEASE SIGN UP FOR TRIPS AT LEAST A WEEK IN ADVANCE FOR TRIPS.
- DO NOT ADD YOUR NAME TO A TRIP ONCE CLOSE HAS BEEN WRITTEN ON IT..
- ALL TIMES ARE SUBJECT TO CHANGE; CALL CENTER TO VERIFY

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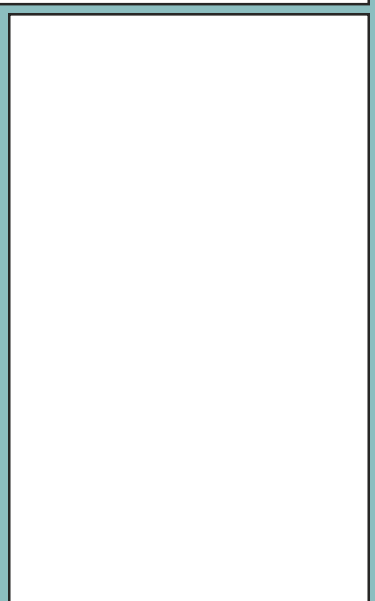
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UPCOMING EVENTS & PROGRAMS

‘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 February 14 at
1:00 PM

Center Council Meeting

Monday, February 10 @ 1:00 pm
Monday, March 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.

****Due to unforeseen issues the article by our Center Council was not available**

BOOK CLUB

Monday, February 24 at 11:00 am

MONTHLY CALLIGRAPHY CLASS

Thursday, February 27 at 1:00 pm

HOME MEDS

Friday, Feb. 28 at 1:00 pm

This program is designed to make certain all your medications (including vitamin & supplements) are compatible. Everything is thoroughly checked by a Giant Eagle Pharmacist and you are notified if there is a problem.

Please call the center to schedule an appointment

RCAC Staff and Board would like to thank everyone who has donated to our Annual Mail Appeal. Your support has been overwhelming. Over the next few months we will be listing those who have so generously donated to RCAC.

IN MEMORY OF**DONATED BY**

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James R Gillespie Sr	Betty M Schweitzer
Mary Ellen LoAlbo	Sandy Whitehouse

We apologize in advance for spelling errors.

RCAC Staff and Board would like to thank everyone who has donated to our Annual Mail Appeal. Your support has been overwhelming. Over the next few months we will be listing those who have so generously donated to RCAC.

IN MEMORY OF

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We apologize in advance for spelling errors.

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

February 2020



Homemade Soup

Tuesdays—noon

February 4— Stuffed Cabbage

February 11— Ham and Bean

February 18— No soup

February 25—Chicken & rice

\$3-bowl \$7-quart

You must order in advance by the Friday before Noon.