

***The Golden Eagle***

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

**VOLUME 45, No. 1**

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**Welcome 2022!!!!**

**The staff of Riverview Community Action  
Corporation**

**Stefanie, Elaine, Julie, Mary Margaret,  
Joe and Dan**

**From the desk of the Director...**

Happy New Year!!!!




1. I just wanted to let everyone know there is no membership fee to come to the Center. If you see an activity you would like to attend, please come on down.  
Everyone is Welcome!
2. Please remember to check the door to see our mask policy. Remember that the mask policy changes as the level of transmission changes in our area. I make sure to check the CDC Covid Tracker weekly. We do ask at this time that you **PLEASE** make sure to have a mask on when walking through the Center.
3. Just a reminder if you are using the RCAC bus to come to the Center it is **ONLY \$2.00 roundtrip!**
4. I wanted to thank everyone who has donated to our annual mail appeal. We will start listing our donors names in next month's newsletter.

Have a great month!

*Stefanie*

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## CENTER NEWS

### CENTER CLOSURES

RCAC will be closed on **Monday, January 17, 2022** in honor of Martin Luther King Day

There will be no 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!

### 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.



### **Covid -19 Booster Shot Clinic**

**Thursday, Jan. 20, 2022  
8:00 am-10am**

Regardless of which vaccine you received the Moderna booster is compatible. Bring your ID, all insurance cards including prescription and Medicare B along with your covid vaccination card.

Clinic is sponsored by the Medicine Shoppe in Oakmont.  
Registration suggested, walk-ins welcomed.

### **Western Division of the Pennsylvania Mainline Canal Pittsburgh to Johnstown**

Presented by Dick Williams  
**Thursday, January 27  
1:00 pm**

Come ride on a canal boat in the 1830s from Pittsburgh to Johnstown. You will meet several people of the time period such as Charles Dickins, John Roebling and Stephen Collins Foster. You will be introduced to towns like Pittsburgh, Etna, Oakmont, Verona and Freeport. Local history will be a big part of the presentation!

Cookies and beverages will be provided. Please RSVP by Monday, January 24th.

## LUNCH ACTIVITIES

### LUNCH WITH FRIENDS

#### Village Inn

**Friday, January 21 @ 12:00 pm**

Please call the Center if you are planning on attending so that we may make reservations.

Need a ride, give us a call and we will have the bus available to give you a ride. Cost is \$2.00 round trip and we can only take 6 people. The bus leaves the Center at 11:30 am

Please note: If using the bus a mask must be worn, even if vaccinated.



### RCAC offering Grab 'N Go meals

Riverview Community Action Corporation (RCAC) is offering Grab 'N Go meals for people 60 or older. Meals are sent to the Center in 5 day packs that must be picked up at the Center on Monday. Meals come with fruit juice and cheese sticks. We can also add milk at your request.

The meals are frozen and can be heated in the oven or microwave.

Suggested donation \$1.25 per meal.

**\*\*Please register by the Thursday before by calling the Center.**

### Lunch at the Center



**Lasagna**  
**Regular or Vegetable**  
**Wednesday, January 12**

**12:00 pm**

**\$6/ person**

Please register by  
Friday, January 7.



**Baked Potato Bar**  
**with all the fixings**

**Wednesday,**  
**January 26**

**12:00 pm**

**\$6/ person**

Please register by Friday, January 21.

### BOXED LUNCHES



**Friday, January 14:** Chicken Salad with cranberries/lettuce leaf on multi-grain bread, Tomatoes and Cucumbers with Italian dressing and Banana

**ORDER BY TUESDAY, JANUARY 4**

**Friday, January 28:** Cold Roast Beef w/Swiss cheese on wheat bun, Broccoli Slaw, Potato Salad and Apricot Halves  
**ORDER BY TUESDAY, JANUARY 18**

**Friday, February 11:** Tuna Salad, Israeli Salad, Vinegar and Dill Potato Salad, Dinner Roll and Sliced Pears  
**ORDER BY TUESDAY, FEBRAURY 1**

## CCAC CLASSES VIA ZOOM

### Chair Exercise with Chantel

Wednesdays at 10:00 am  
January 12-May 18

*Participants MUST to sign a waiver before your first class!*

**To Join Zoom class:**

**Phone:** 1-301-715-8592

**Password:** Chantel

**Meeting ID:** 995 3215 8162

**Link:** <https://bit.ly/CCACMarlon>

### Write Your Own Story

Wednesday, January 12 & 26 at 2:00 pm

**To Join Zoom Class**

**Phone** 1-301-715 8592

**Meeting ID** 988 5274 6716

**Password:** Write

**Link:** <https://bit.ly/CCACwrite>

### Cookin' With Hilary Winter Breakfasts

**Thursday, January 13 at 2:00 pm—**  
Hash Brown Casserole & Caramel

**Thursday, January 27 at 2:00 pm—**  
Sheet Pan Berry Pancakes & Muffin  
Tin Mini Quiches

**\*\*Contact RCAC for the recipes.**

**To Join Zoom Class**

**Phone** 1-301-715-8592

**Meeting ID** 956 0533 7679

**Password** Hilary

**Link:** <https://bit.ly/CookWithHilary>

Connected  
by Heart




From the **LOVE** emanating from our family video calls, our hearts have never been more sure that keeping our *Greatest Generation* safe and cared for is what we're meant to do. Connections like these are just some of the ways that our continuum of care and services are *making aging easier*® for you.



**OakmontSrCare.org**  
OAKMONT CAMPUS  
**1.877.740.2179**

Presbyterian  
**SeniorCare**  
NETWORK

## CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>3 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI</p>	<p>4 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE 12:30 PM: GAME DAY</p>	<p>5 10:00 AM: SIT, KNIT &amp; CROCHET 10:00 AM: CRAFTS- TEA CUP BIRD FEEDER 1:00 PM: BINGO</p>	<p>6 10:30 AM: SOMATICS 12:30 PM: CORNHOLE</p>	<p>7 10:00 AM: LINE DANCING W/ ROZ</p>
<p>10 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: CALLIGRAPHY 1:30 PM: TAI CHI</p>	<p>11 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE 1:00 PM: CENTER COUNCIL</p>	<p>12 10:00 AM: SIT, KNIT &amp; CROCHET 10:00 AM: CRAFTS-PAINTED WINE GLASSES 12:00 PM: LASANGA LUNCH 1:00 PM: BINGO</p>	<p>13 10:00 AM-11:00 AM: BLOOD PRESSURES 10:00 AM: OPT TRIP: FRICK MUSEUM 10:30 AM: SOMATICS 12:30 PM: CORNHOLE</p>	<p>14 10:00 AM: LINE DANCING W/ ROZ 12:00 PM: BOXED LUNCH</p>
<p>17 <b>CENTER CLOSED</b></p>	<p>18 10:30 AM: LETS GET MOVIN W/ KAREN 12:30 PM: PINOCHLE 12:30 PM: GAME DAY</p>	<p>19 10:00 AM: SIT, KNIT &amp; CROCHET 10:00 AM: CRAFTS-PINE CONE CANDLE HOLDERS 1:00 PM: BINGO</p>	<p>20 8:00 AM-10:00 AM: COVID BOOSTER CLINIC 10:30 AM: SOMATICS 12:30 PM: CORNHOLE</p>	<p>21 10:00 AM: LINE DANCING W/ ROZ 12:00 PM: LUNCH AT VILLAGE INN</p>
<p>24 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: CALLIGRAPHY 1:30 PM: TAI CHI</p>	<p>25 10:30 AM: LETS GET MOVIN W/ KAREN 12:30 PM: PINOCHLE 12:30 PM: GAME DAY</p>	<p>26 10:00 AM: SIT, KNIT &amp; CROCHET 10:00 AM: CRAFTS-UFOS 12:00 PM: BAKED POTATO LUNCH 1:00 PM: BINGO</p>	<p>27 10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS 1:00 PM: MAINLINE CANAL BY DICK WILLIAMS</p>	<p>28 10:00 AM: LINE DANCING W/ ROZ 12:00 PM: BOXED LUNCH</p>
<p>31 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI</p>				

## UPCOMING EVENTS

**Chair Yoga**  
Mondays at 10:30 am

**Tai Chi**  
Mondays at 1:30 pm

**Let's Get Movin with Karen**  
Tuesdays at 10:30 am

**Pinochle**  
Tuesdays at 12:30 pm

**Game Days**  
Tuesdays at 12:30 pm

**Sit, Knit & Crochet**  
Wednesdays at 10:00 am

\*Want to learn to Knit and Crochet please stop in and learn from the ladies

**Crafts**  
Wednesdays at 10:00 am

\*See calendar for this months projects

**BINGO**  
Wednesdays, 1:00pm

**Somatics**  
Thursdays, 10:30 am

**Corn Hole**  
Thursdays at 12:30 pm

**Line Dancing with Roz**  
Fridays, 10:00 am

**\*\*This schedule is subject to change!**

**Please Note:**

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



**Calligraphy Class**  
Monday, January 10 and 24  
11:30 am

Join Geri Sollinger as she teaches you the art of calligraphy.



**Blood Pressures**  
10:00 am –11:00 am  
Thurs., Jan. 13 and 27

**\*\*Please note date and time change**

**Center Council Meeting**

**Tuesday, January 11 @ 1:00 pm**  
**Tuesday, February 8 @ 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.

**Game Days**  
**Tuesday at 12:30 pm**

RCAC has a variety of games from Twister Trivia, Ladder Ball, assorted board games and cards. Come join the fun and choose the game of your choice.

**DONATE VIA AMAZON**

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to Riverview Community Action whenever you shop on AmazonSmile.

### Need help with utility bills this winter season?

Here are places to call to see if you qualify for assistance.

Duquesne Light – Universal Services and Payment Assistance Programs

412-393-7200

[www.duquesnelight.com/heretohelp](http://www.duquesnelight.com/heretohelp)

Water – PGH20 Cares Team

412-255-8800 ext. 3107

Peoples Gas – Peoples Universal Service Programs

1-800-400-9276

<http://www.peoples-gas.com/>

Columbia Gas

1-800-537-7431

[www.hardshiptools.org/myapp/](http://www.hardshiptools.org/myapp/)

AAA Senior Line

412-350-4234

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SHEA E TRUBY, *Director*

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14-1513



## FITNESS CLASSES AT THE CENTER

### Chair Yoga with Karen

Every Monday 10:30 am—11:15 am

This class involves moving through both seated and standing yoga poses to increase flexibility, balance, and range of motion.

Proper breathing & relaxation techniques will also be shared.

## Tai Chi

with Alice

Every Monday at 1:30 pm

### LET'S GET MOVIN' with Karen Exercise class for everyone!!

Every Tuesday 10:30 am-11:15 am

This 45 minute class focuses on 3 key fitness areas-cardiovascular, strength, & flexibility. Modifications are shown throughout the class.



All classes above are  
\$3.00 a piece

OR

Purchase a **Fitness Pass for \$60 for 25 classes.**  
(You get **5 FREE Classes** when you purchase a pass.)

### Somatics Class

**Thursdays at 10:30 am**

Most chronic pain, joint degeneration, and recurring injuries are caused by the way we use our bodies – the way we sit, stand, and move throughout our lives.

And our nervous system is responsible for telling us how to use our bodies. Our nervous system tells us which muscles to contract, when to release them, and how to hold our bodies when we're just sitting or standing still. Clinical Somatics engages the nervous system in an active learning process that consists of very slow, focused, conscious movements. The movement techniques used in Clinical Somatics teaches the nervous system how to release chronic muscle tension and stand and move in natural, efficient ways so that you aren't putting yourself in pain or doing damage to your body.

\*\*This class requires a yoga matt and the ability to get up and down from the floor without assistance.



### Line Dancing with Roz

**Fridays at 10:00 am**

**Cost: \$1.00**

## UPCOMING EVENTS & TRIPS

### January Crafts



**January 5 – Cup Bird Feeder:** Spring is around the corner having a teacup bird feeder in your yard is a great way to attract beautiful winged friends!

**January 12 – Painted Wine Glass:** Paint your own wine glasses. You decide the design and we'll provide the paint. Great for a gift or to use yourself.



**January 19 – Snowy Pinecone Candle Jars:** Make pretty winter luminaries that appear to be covered with freshly fallen snow. Gorgeous and perfect for the winter season and very easy to make.

**January 26 – Button Tree on Canvas:**

Make a beautiful piece of art with some paint and buttons. Bring in any buttons you may have to add that personal touch.



### Frick Museum

Victorian Radicals: From the Pre-Raphaelites to the Arts & Crafts Movement

**Thursday, Jan. 13, 2022 at 10:00 am**  
**Cost: \$13.00 per person**

In the second half of the 19th century, three generations of young, rebellious artists and designers revolutionized the visual arts in Britain by engaging and challenging the new industrial world around them. The Pre-Raphaelite Brotherhood and champions of the Arts & Crafts Movement offered a radical artistic and social vision inspired by the pre-industrial past. Their work deeply influenced visual culture in Britain and beyond.

**Please call Center to register.**  
**This is an OPT Trip**

### Oakmont Presbyterian Church Movie Night

“A Beautiful Day in the Neighborhood,”  
staring Tom Hanks as Mr. Rogers.

Friday, January 7, 2022  
Doors open at 6:30 pm  
Admission is FREE.

415 Pennsylvania Ave  
Oakmont, PA 15139  
412-828-5770

Like us on  
**facebook** 

## RCAC BUS SERVICE

Riverview Community Action Corporation (RCAC) bus service for all Oakmont and Verona residents is back in operation. Service is available by reservations Monday – Friday from 9:00 am –3:00 pm. The following rules and procedures are still in effect at this time.

- Reservations must be made 24 hours in advance by calling 412-828-1062
  - 3 people are allowed on the bus at a time.
- Face mask **MUST** be worn when on bus, no matter vaccination status.
  - Drivers may refuse service if they feel you are sick.
  - No one will be picked up without a reservation, no exceptions
    - **Trips to the Center are \$2.00 ROUND TRIP!!!**
- Please call us with your questions or more information at 412-828-1062.

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## ELAINE'S SOUP

THURSDAY, JANUARY 6— HAM AND BEAN SOUP

THURSDAY, JANUARY 13— STUFFED PEPPER SOUP

THURSDAY, JANUARY 20— POTATO SOUP

THURSDAY, JANUARY 27—VEGETABLE SOUP

**\*\*Please order your soup by Tuesday before 12:00 pm**

**\*\*Please arrive after 12:00 pm on Thursday to pick up your  
soup**

\$7 QUART

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

