

The Golden Eagle

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139
412-828-1062 Fax: 412-828-6985
www.rcacorp.org

VOLUME 45, No. 7

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RCAC Scramble

Benefiting the Programs & Services of
Riverview Community Action Corporation

Friday, August 26, 2022

Hill Crest Country Club

Registration Starts at 7:30 AM

Scramble format with Shot Gun Start at 9:00 AM

Lunch and Raffles to Follow

Foursome Golf Package: \$500.00

Includes: Green Fees, Cart, Lunch, Prizes and
2 Drink Tickets per Golfer

Individual Golf Package: \$125.00

Includes: Green Fees, Cart, Lunch, Prizes and 2 Drink Tickets

For more information on Sponsorships and Golf Packages, **Scan QR
Code below to navigate to the RCAC Scramble Registration Site
on Golf Status**



Or visit our website at www.rcacorp.org or contact Stefanie Woolford at
412-828-1062 or swoolford@rcacorp.org.

From the desk of the Director...

Welcome Summer!

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.
2. Just a reminder if you are using the RCAC bus to come to the Center it is **ONLY \$2.00 roundtrip!**
3. Is there an activity that you want to see at the Center or do you have a group of friends who want to play cards but no place to have it. Call us and we will help!
4. Please remember that if you sign up for lunch and cannot make it, you need to give us a call.

Have a great month!

Stefanie

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CENTER NEWS

CENTER CLOSURES

RCAC will be closed on:

Monday, July 4, 2019 in observance of 4th of July

There will be NO congregate or home delivered meals. The RCAC bus will not run.

HOT LUNCH CONGREGATE MEALS

Hot congregate meals have returned to RCAC. The menu Can be found on page 7 of this newsletter.

As in the past, reservations must be made at least 24 hours in advance by NOON. Remember it is your responsibility to make sure you are signed up. We only order as many lunches as are signed up. There is no extra food.

Reminder if you are unable to attend, please let us know.

10 meals must be reserved for us to order for the day.

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.

Monthly Shopping:

Waterworks Mall

Monday, July 11*

(*Please note date change)

Monday, August 1, 2022

11:00 am –2:00 pm

Bus will pick people up at their homes then proceed to the Waterworks Mall. Return trip will pick up at Waterworks at 1:30 and drop people off at home.

Maximum 6 people

History of the Edgewater Development **A Dick Williams Presentation** **Thursday, July 21, 1:00pm**

It all began in 1834 with James Crossan at the Monongahela House in Pittsburgh. Then he moved along the Allegheny River to where the Gate house used to be (where First National Bank is being built) it was the oldest building in Oakmont. He then built Edgewater Steel Plant, more transition to today's Edgewater Community.

Register by Friday, July 15.

Please Note:

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

CENTER ACTIVITIES

Center Council Meeting – A meeting for EVERYONE

Friday, July 1, 2022
12:30 pm

Join us for lunch and tell us what ideas you have for a program, activity or trip for RCAC.

Meeting are open to everyone. Suggested donation for lunch is \$1.25.

Bible Study

Starting Wed., July 6 at 10:00 am

John Kerns will be leading a weekly hour long Bible study discussion. The first session will include an introduction to the Bible by providing background to the development of Holy Scripture. All faiths welcome.



Center Picnic at RCAC
Thursday, July 7
12:00 pm- 2:00pm
Cost \$6

Hot Dogs, homemade potato salad, Corn on the cob, baked bean & Watermelon

Make your reservations and pay to join us by Tuesday, July 5. Play Corn Hole and Golf Pool just for fun!

WEDNESDAY CRAFTS

July 6 – Ukraine Memorial Wreath



July 13 – Bird Seed Ornaments

July 20 – Faux Stained Glass Butterflies



July 27 – Watermelon Painted Terracotta Coasters

****There is not cost to make these crafts**

Oakmont Country Club Historic Tour
Monday, August 1 at 8:45 am
Bus leaves RCAC at 8:30 am

This is a FREE two hour tour. The first hour of the tour is conducted indoors and is a walking tour through the Clubhouse. The outdoor portion (weather permitting) consists of a ride on a 6-seater golf cart for a short tour of the course.

Reservations are due by Monday, July 18.

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ELDER LAW PROJECT/ LUNCH AT THE CENTER

Elder Law Project is a FREE neighborhood legal service (NLS) for residents 60 and older. If you have a legal question or problem call NLS at 866-761-6572 or online at www.nlsa.us/request-legal-help/. NLS handles and or advises of cases relating to Housing/rental problems, Public benefits, Debt cases/bankruptcy, Criminal expungements, Family law (custody/visitation of children, protection from abuse.) If you have other concerns not mentioned, call them to see if they can assist or direct you to an organization that can.



Lunch at the Center

Wednesday, June 20 at
12:00 pm

Cost \$6

Crustless Quiche

Register and pay by Friday, June 15

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.

Trust
Because he's my Dad


"Growing up, Dad made sure I always had the best — now it's my turn. The care, compassion and kindness here are amazing."

TO LEARN MORE, ARRANGE A VISIT TODAY.

Presbyterian
SeniorCare
 NETWORK.

SrCare.org/trust
OAKMONT CAMPUS
412.828.5600

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>4</p> <p>CENTER CLOSED</p>  <p>Fourth of July</p>	<p>5</p> <p>10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE</p>	<p>6</p> <p>10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>7</p> <p>10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS 12:00 PM: CENTER PICNIC</p>	<p>8</p> <p>10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: CENTER COUNCIL MEETING</p>
<p>11</p> <p>10:30 AM: CHAIR YOGA W/ KAREN 11:00 AM: SHOPPING TRIP TO WATERWORKS 1:30 PM: TAI CHI</p>	<p>12</p> <p>10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE</p>	<p>13</p> <p>10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>14</p> <p>10:00 AM: OPT TRIP- SORGELS 10:30 AM: SOMATICS</p>	<p>15</p> <p>10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVIN' W/ KAREN</p>
<p>18</p> <p>9:00 AM: RIVERS CASINO TRIP 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI</p>	<p>19</p> <p>10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE</p>	<p>20</p> <p>10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 12:00 PM: LUNCH: CRUSTLESS QUICHE 1:00 PM: BINGO</p>	<p>21</p> <p>10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS 1:00 PM: DICK WILLIAMS PRESENTATION-HISTORY OF EDGEWATER</p>	<p>22</p> <p>10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVIN' W/ KAREN 12:00 PM: LUNCH W/FRIENDS @ HARTWOOD CAFE</p>
<p>25</p> <p>10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI</p>	<p>26</p> <p>10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE</p>	<p>27</p> <p>10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>28</p> <p>10:30 AM: SOMATICS</p>	<p>29</p> <p>10:00 AM: LINE DANCING W/ ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVIN' W/ KAREN</p>

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>4</p> <p>CENTER CLOSED Happy 4th of July</p>	<p>5</p> <p>BBQ Beef Whipped Potatoes Carrot Coins Wheat Bun Fruit Cocktail Milk</p>	<p>6</p> <p>Boneless Pork Loin w/ Gravy Lennon Potatoes Broccoli Florets Rye Bread Applesauce</p>	<p>7</p> <p>Springs with Meatballs and Sauce Italian Green Beans Italian Bread Milk</p>	<p>8</p> <p>Cod w/ Creamy Dill Sauce Yams Italian Stewed Tomatoes Multi Grain Bread Sliced Peaches Graham Crackers Milk</p>
<p>11</p> <p>Turkey with Gravy Bread Stuffing Brussel Sprouts Orange Fig Newtons Milk</p>	<p>12</p> <p>Swiss Steak w/ Tomato-Onion Sauce Barley Broccoli & Cauliflower Florets Pears Milk</p>	<p>13</p> <p>Cabbage Roll Whipped Potatoes Mixed Vegetable Italian Bread Apple Milk</p>	<p>14</p> <p>Coney Island Hot Dog Mexican Mix Vegetables Tangerine Milk</p>	<p>15</p> <p>4 Cheese Baked Ziti Spinach Multi Grain Roll Milk</p>
<p>18</p> <p>Creole Chicken Broccoli Florets Brown Rice Wheat Bread Pear Cuts Milk</p>	<p>19</p> <p>Pork Dijon Whipped Potatoes Sliced Beets Honey Wheat Bread Orange Milk</p>	<p>20 BIRTHDAY LUNCH Italian Meatballs w/Marinara Sauce Roasted Italian Potatoes Italian Green Beans Hot Dog Bun Fudge Brownie w/ M&M's Milk</p>	<p>21</p> <p>Cod w/Lennon Pepper Seasoning Macaroni & Cheese Stewed Tomatoes w/ Zucchini Rye Bread Milk</p>	<p>22</p> <p>Open Face Meatloaf Sandwich Scalloped Potatoes Carrots Pineapple Tidbits Milk</p>
<p>25</p> <p>Beef Tips w/ Gravy Whipped Horseradish Potatoes Peas Wheat Bread Peach Cuts Milk</p>	<p>26</p> <p>Cod English Style Au Gratin Potatoes Carrots Dibber Roll Apple Milk</p>	<p>27</p> <p>Turkey Divan Broccoli Brown Rice Honey Wheat Bread Apricots Oatmeal Raisin Cookie Milk</p>	<p>28</p> <p>Rotini in Meat Sauce Yellow Beans w/ Mushrooms Italian Bread Orange Milk</p>	<p>29</p> <p>Chicken Breast w/Gravy Savory Potatoes Brussel Sprouts Multi Grain Bread Milk</p>




RESERVATIONS MUST BE MADE AT LEAST 24 HOURS IN ADANCE BY
CALLING 412-828-1062.

MEALS PROVIDED BY
ALLEGHENY COUNTY
DEPARTMENT OF HUMAN
SERVICES AREA OFFICE ON
AGING NUTRITION
PROGRAM. MEALS SERVED
MON.-FRI AT 12:00 PM



Verona Farmers Market

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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

ADDITIONAL CLASS ADDED:
Every Friday 11:15 am –12:00 pm

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

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 DANCE CLASSES

Line Dancing with Roz

Fridays at 10:00 am

Cost: \$1.00

**NEW PLACE FOR THE
SUMMER: RIVERSIDE PARK
PAVILLION. (If raining class will
meet at RCAC.)**

**Wednesday Line Dancing is taking a
summer vacation and will return in
September.**

**Join the Friday Line Dancing class
at 10am and keep dancing!**

TRIPS

THOMAS TOURS	OPT TRIPS
<p>Rivers Casino Monday, July 18 at 8:45am</p> <p>Thomas Tours will leave from the parking lot by Target in Harmarville at 9:00 am to the Rivers Casino. Arrive by 8:45 am.</p> <p>Cost is \$30 and you will receive \$10 in slot play when you get to the casino.</p> <p>Reservations must be made and paid for by July 7. Bus leaves the casino at 3:30 pm and will return to Target at 4:15 pm.</p> <p>You must provide your own transportation to Target and back home</p>	<p>Trip to Sorgel Orchards, a Family Farm, a Country Store and so much more. Fresh local produce, baked goods, plants and unique gifts.</p> <p style="text-align: center;">Thursday, July 14 at 10:00 am</p> <p>Reservation deadline July 8. Must have OPT/Access.</p>
	<p>Lunch with Friends July 22 at 12:00 pm Hartwood Café 3400 Harts Run Road Glenshaw</p> <p>Make your reservation by Friday July 15 and let us know if your need a ride or will be driving yourself.</p>
<p>Bus Tour to Flight 93 and QueCreek Mine Shanksville, PA Tuesday, September 13 Cost \$102</p> <p>Flight 93 crashed in Shanksville, PA on 9/11, see the Tower of Voices with 40 chimes for the people who died. Lunch included at the Coal Miners Café then visit the QueCreek Mine where 9 miners were rescued after being buried underground for 77 hours</p> <p>Thomas Tours bus leaves Target parking lot in Harmarville at 7:00am and returns at 5:00pm. You need to provide your own transportation to Target and back home. Please wear comfortable shoes.</p> <p>Reservations due by Thursday, July 14 and payment by August 5.</p>	<p>Pirate Baseball Game – Senior Days Thursday, August 4 Game time 12:35pm Tickets \$19 each</p> <p>You will have the opportunity to meet Pirates alumni, take pictures with the Parrot, win prizes and enjoy a day of baseball.</p> <p>Bus leaves RCAC at 10:00 am</p>
	<p>OPT and Access Phone Number Change</p> <p>The bus company that provides OPT and Access has changed but they will still provide the same services. The new company is PRN Health Services, and the new phone number is 1-888-634-8773.</p>

LEGACY LINE UP AT CUMBERLAND WOODS



Saturday, July 23 at 2:00pm
The Wichita Lineman – A tribute to Glenn Campbell

Saturday, August 6 at 2:00 pm
Beach Party Boys – A tribute to the Beach Boys

Transportation will leave RCAC at 1:00pm. Must have OPT or Access
Must have at least 5 people to attend each concert.

Cost is \$19 per concert.

Reservations must be made by July 7 and paid in full by July 11. If paying by credit card a fee will be charged.

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501 SECOND ST., P.O. Box 437
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PHONE: (412) 828-1062
Fax: (412) 828-6985
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HOURS OF OPERATION: 8:00 AM – 4:00 PM
MONDAY THROUGH FRIDAY

July 2022



110th Oakmont/Verona Kennywood Picnic

Wednesday July 13, 2022

\$31 Ride All Day Pass (\$49.99 at gate)

\$27 Senior Citizen Ride All Day Pass (55+)

Tickets are available for purchase at the Chamber Office
Monday-Thursday 1:00 p.m. to 3:00 p.m.
PLEASE CALL FIRST BEFORE COMING TO THE OFFICE.

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Questions: Call 412-828-3238

Outside the
OAKMONT LIBRARY
Ticket Sale
Schedule:

Wednesday, July 6th
10 a.m. to 2 p.m.

Thursday, July 7th
10 a.m. to 2 p.m.
6 p.m. to 8 p.m.

Friday, July 8th
10 a.m. to 2 p.m.

Saturday, July 9th
10 a.m. to 2 p.m.

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