

RIVERVIEW Community Action Corporation

October
2022

The Golden Eagle

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

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**Tuesday, October 18, 2022
12:00 pm
Cost: \$10.00 per person**

**MEAL INCLUDES:
Bratwurst, Sauerkraut,
Potato Pancakes, Apple Cider
and Pumpkin Cookies**

**After lunch enjoy a concert by
Chris Hannigan.**

**Reservations due by Thursday,
October 13, 2022. Call
412-828-1062 to RSVP.**

Chris is Pittsburgh acoustic-based singer/songwriter and performer who will perform music by James Taylor, The Beatles, Elvis and more of your favorites.
Join us for a musical afternoon.

CENTER NEWS

CONGREGATE MEALS

Hot congregate meals have returned to RCAC. 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.

Center Council Meeting – A meeting for **EVERYONE**

Friday, October 7, 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.

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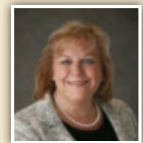


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CENTER NEWS



FREE Flu Shot & COVID Booster Clinic By The Medicine Shoppe Pharmacy

Wednesday, October 12
10:00 AM-12:00 PM

No appointment necessary
Please bring your insurance card.



Getting to the Root of It

A new monthly interactive gathering to discuss women related issues presented by Karen McCue (credentials below). Topics will include stress management, nutrition, meditation, balance, sleep, & redefining yourself through life changes.

Tuesday, October 4

6pm-7:30pm

Cost \$10

Register by calling or texting Karen at 412-638-3090

Location RCAC

Other dates are: November 1,
December 6

Karen McCue MS, BS, AS, ACE-PT, COTA/L
Master's Degree in Organizational Leadership
Bachelor's in Health Services
Associate Degree in Occupational Therapy
American Council on Education-Personal Trainer
American Council on Education-Fitness Nutrition
Specialist

Group Fitness Instructor-10+ years
Works in the field of Occupational Therapy for the
last 28 years

UPMC Presents— Let's Talk About Food

Friday, October 21
12:00 pm

Courtney Riedel, a dietitian from UPMC St. Margaret, will be joining us to talk about grocery shopping on a budget, resources for getting assistance with food, and meal prep for one or two. Courtney received her Master's in Nutrition and Dietetics from the University of Pittsburgh and has been working at UPMC St. Margaret for almost 5 years. For over 15 years she has been cooking for two, with some of that time on a very tight budget.

Sign up for lunch and the presentation by Friday, October 14.

Dick Williams Presents – Monuments of South Dakota

Thursday, October 27
1:00 pm

A presentation on the Monuments of South Dakota, Mt. Rushmore, Statue of Crazy Horse, and a statue inspired by the woman, Sacagawea. The history and construction of these monuments represent a history of the treatment of the Native Americans in this country.

Reservations due by Friday, October 21.

CENTER ACTIVITIES

CCAC Tech Tutoring Tuesday, October 11 1:00pm – 3:00pm

Have questions about how to use any of your electronic devices such as an i-phone, tablet, computer, etc? Make an appointment to get assistance.

Call 412-828-1062, only 4 time slots available.

CCAC Healthy Cooking Thursday, October 11 1:00 pm-3:00 pm

A CCAC instructor will teach how to prepare your favorite foods in ways that improve nutrition and keep the flavor. This class will help increase your “nutrition IQ” as you learn how to prepare food in more healthy ways for 1-2 people. Learn how to read food labels and shop for foods wisely. A cooking demo and tasting is included. Reservations are due by September 15.

CCAC Presents “Fashion Through the Ages” Thursday, October 13 1:00 pm

Fashion over the years including styles for both men and women. Share photos of yourself over the years in outrageous or beautiful clothes, hairstyles, etc.

Register by October 7th.

‘Easy Half Square Triangles’ Quilt Class with Lynn Tuesday, October 25 1:00 pm

Learn to make half squares triangles that can be used in wall hangings, pillows, centerpieces, etc. Fabric will be provided unless you want to bring your own.

Limit 6 people.

Medicare Open Enrollment Questions Answered Friday, October 28 12:30pm

Dinnin & Parkins Associates will present the changes and answer questions about what Medicare has to offer in 2023.

Come hear an unbiased presentation on the options so you can make an informed choice for what plan is the best option for you.

Please reserve your seat by October 21.

You may want to join us for lunch prior to the presentation, its open-faced meatloaf.

Please Note:

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

CENTER ACTIVITIES

Bible Study Wednesdays at 10:00 am

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

NO CLASS OCTOBER 19.

Wednesday Crafts 10:00 AM

All Craft Class are free!

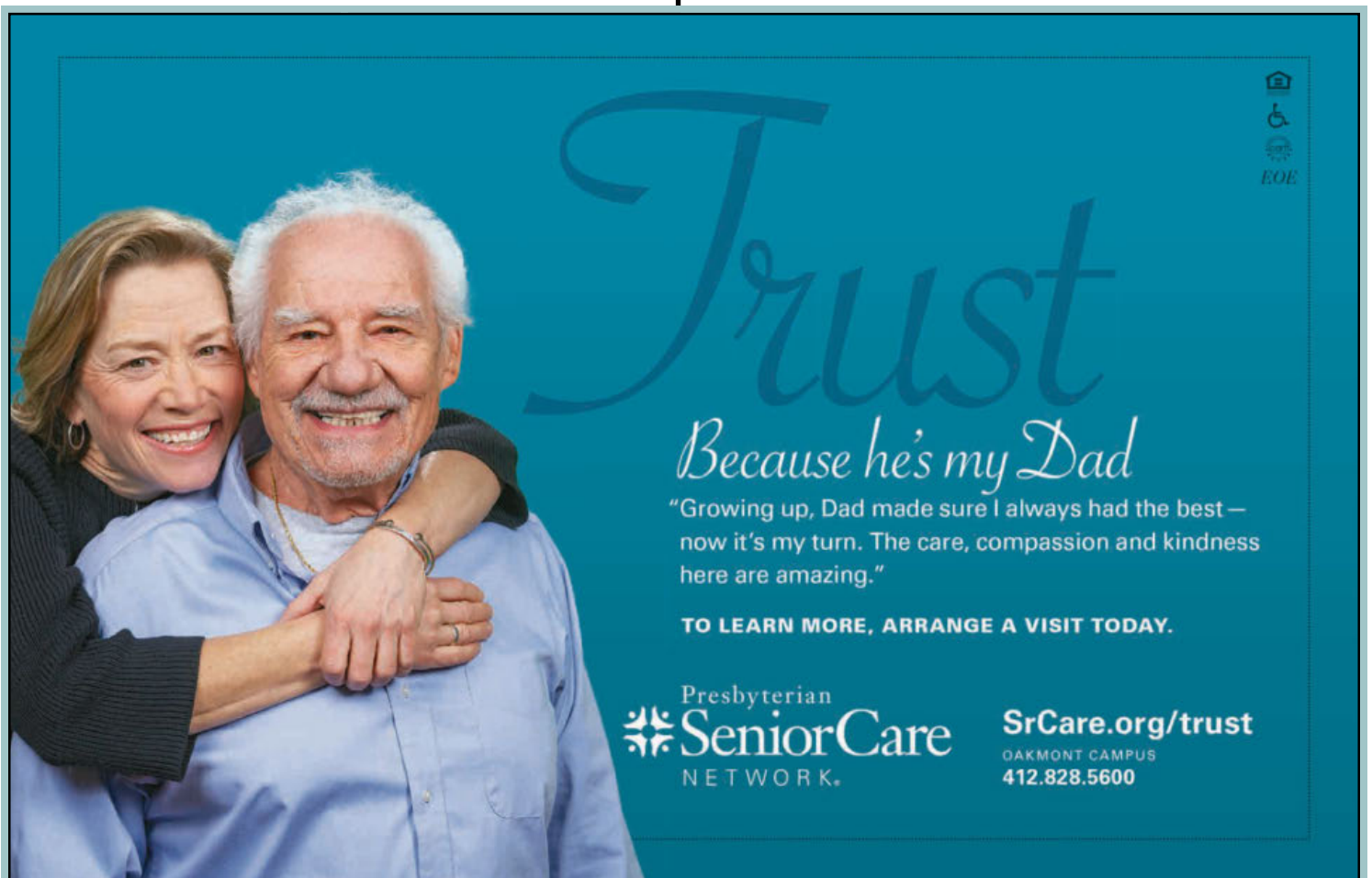
October 5: Homemade Greeting Cards with Mary Helen Hough

October 12: Painted Pumpkin Donuts

October 19: Fall Leaf Garland

October 26: Gnome Pumpkins

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



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TO LEARN MORE, ARRANGE A VISIT TODAY.

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EOE

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
3 10:30 AM: CHAIR YOGA W/ KAREN 11:00 AM: WATERWORKS TRIP 1:30 PM: TAI CHI	4 10:30 AM: LETS GET MOVN' W/ KAREN 12:30 PM: PINOCHLE 6:00 PM: GETTING TO THE ROOT OF IT	5 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	6 10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS	7 9:15 AM: LINE DANCING W/ DINELLE @ RIVERSIDE PARK 10:00 AM: CCAC LINE DANCING W/ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVN' W/ KAREN 12:30 PM: CENTER COUNCIL
10 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI	11 10:30 AM: LETS GET MOVN' W/ KAREN 12:30 PM: PINOCHLE 1:00 PM: CCAC HEALTHY COOKING CLASS 1:00 PM-3:00 PM: CCAC TECH TUTORING	12 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:00 AM: FLU & COVID SHOT CLINIC 1:00 PM: BINGO	13 10:30 AM: SOMATICS	14 9:15 AM: LINE DANCING W/ DINELLE @ RIVERSIDE PARK 10:00 AM: CCAC LINE DANCING W/ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVN' W/ KAREN 12:00 PM: LUNCH W/ FRIENDS
17 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI	18 10:30 AM: LETS GET MOVN' W/ KAREN 12:00 PM: OCTOBERFEST LUNCH W/MUSIC CONCERT	19 NO BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	20 10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS	21 9:15 AM: LINE DANCING W/ DINELLE @ RIVERSIDE PARK 10:00 AM: CCAC LINE DANCING W/ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVN' W/ KAREN 12:00 PM: UPMC PRESENTATION
24 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI	25 10:30 AM: LETS GET MOVN' W/ KAREN 12:30 PM: PINOCHLE 1:00 PM: QUILT CLASS W/ LYNN	26 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	27 10:30 AM: SOMATICS 1:00 PM: DICK WILLIAMS PRESENTATION- MONUMENTS OF SOUTH DAKOTA	28 9:15 AM: LINE DANCING W/ DINELLE @ RIVERSIDE PARK 10:00 AM: CCAC LINE DANCING W/ROZ @ RIVERSIDE PARK 11:15 AM: LETS GET MOVN' W/ KAREN 12:30 PM: MEDICARE SPEAKER
26 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI				

LUNCH MENU

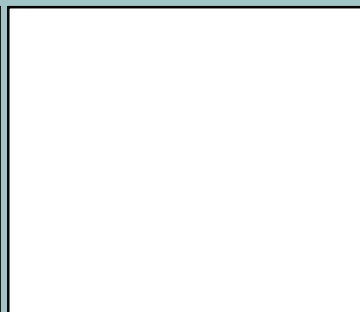
Mon	Tue	Wed	Thu	Fri
3 Sliced Pork w/ Gravy Whipped Potatoes Mixed Veggies Dinner Roll Milk	4 Roast Beef w/ Gravy Savory Potatoes Cooked Spinach Whole Wheat Bread Gala Apple Milk	5 Porcupine Meatballs w/ Noodle & Sauce Green Beans Honey Wheat Bread Orange Milk	6 Herb Baked Chicken Breast Yams w/ Brown Sugar & Margarine Brussel Sprouts Multi Grain Bread Fruit Cocktail Oatmeal Raisin Cookie Milk	7 Hamburger Baked Beans Carrots Tangerine Milk
10 Chicken Breast w/ Piccata Sauce Gourmet Potatoes Peas Honey Wheat Bread Red Delicious Apple Milk	11 BBQ Beef Whipped Potatoes Carrot Coins Wheat Bun Fruit Cocktail Milk	12 Boneless Pork w/ Gravy Lemon Potatoes Broccoli Florets Rye Bread Applesauce Milk	13 Springs w/ Sauce & Meatballs Italian Green Beans Italian Bread Orange Milk	14 Cod w/ Creamy Dill Sauce Yams Italian Stewed Tomatoes Multi Grain Bread Sliced Peaches Graham Crackers Milk
17 Turkey w/ Gravy Bread Stuffing Brussels Sprouts Orange Fig Newtons Milk	18 Swiss Steak w/ Tomato-Onion Sauce Broccoli & Cauliflower Barley Pears Milk	19 Cabbage Roll Whipped Potatoes Mixed Vegetables Italian Bread Golden Delicious Apple Milk	20 Coney Island Hot Dog Mexican Medley Tangerine Milk	21 4 Cheese Baked Ziti Cooked Spinach Multi Grain Roll Banana Milk
24 Creole Chicken w/ Sauce Broccoli Florets Brown Rice Wheat Bread Pear Cuts Milk	25 Pork Dijon w/ Sauce Whipped Potatoes Sliced Beets Honey Wheat Bread Orange Milk	26 BIRTHDAY MENU Italian Meatball Subs w/ Marinara Sauce Roasted Red Potatoes w/ Italian Seasoning Italian Green Beans Fudge Brownie w/ M&M's Milk	27 Lemon Pepper Cod Macaroni & Cheese Stewed Tomatoes w/ Zucchini Rye Bread Banana Milk	28 Open Face Meatloaf Sandwich w/ Gravy Scalloped Potatoes Carrots White Bread Pineapple Tidbits Milk
31 Beef Tips w/ Gravy Whipped Horsedish Potatoes Peas Wheat Bread Peach Cuts Pumpkin Cookie Milk				MEALS PROVIDED BY ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES AREA OFFICE ON AGING NUTRITION PROGRAM. MEALS SERVED MON.-FRI AT 12:00 PM
RESERVATIONS MUST BE MADE AT LEAST 24 HOURS IN ADVANCE BY CALLING 412-828-1062.				

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
 - 4 people are allowed on the bus at a time.
 - 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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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 each
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.

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 mat and the ability to get up and down from the floor without assistance.**



LINE DANCE CLASSES

NEW!!!

Beginner Line Dancing with Dinelle

Fridays at 9:15am

Cost \$1.00

Followed by:

Line Dancing with Roz

Fridays at 10:00 am.

Cost: \$1.00

Classes at the Riverside Park Pavilion.
If inclement weather, class will meet at RCAC.

TRIPS

Monthly Shopping: Waterworks Mall

October 3, 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 homes.

Maximum 6 people

Lunch with Friends—Brick & Barrel Cross Keys

599 Dorseyville Road
Friday, October 14
12:00 pm

Bus leaves RCAC at 11:30am
Make your reservation by Friday, October 7 and let us know if you will need a ride or driving yourself.

Must have OPT/Access and minimum 4 people required.

Sogerel's Fall Festival Saturday, October 22

Bus Leaves at 10:00 am

The festival will be offering games and activities, tractor rides, pumpkins & apples, great food, and Arsenal cider. The market, gift barn, greenhouse and natural food store are all open and the Fall Festival is free to attend!

Must have OPT/Access and minimum 4 people required.

Register by October 13

Pittsburgh Opera The Marriage of Figaro Sunday, November 13 2:00 pm \$10 per person

Mozart's *The Marriage of Figaro* is one of the most popular comic operas of all time. Filled with amusing cases of mistaken identity and romantic subterfuge, plus music by a Mozart at the height of his powers, *The Marriage of Figaro* has stood the test of time for centuries.

Reservations and payment due by
October 21

Must have OPT/Access
Minimum 4 people to attend

Christmas Brasstacular Thursday, December 1 Linton Middle School Price \$21 per person

This seasonal concert has become a popular holiday tradition that brings comfort and joy to southwestern Pennsylvanians. It will awaken the magic of the season in all of us with popular Christmas songs from around the world.

Reservations and payment due by Thursday, November 17. Bus leaves RCAC at 6:45pm and will return by 10 pm. Minimum 4 people required for this trip.

**Oglebay Festival of Lights
Dinner and Holiday Show
Wednesday, November 30
Cost \$139**

This is a Thomas Tours Trip which includes: time to explore the Hill Top Shops – Fiestaware, Carriage House Shoppes, Homemade ice cream and chocolates plus lots of gift items and crafts.

Glessner Auditorium in Wilson Lodge – Enjoy the sumptuous holiday buffet and show.

Oglebay Festival of Lights Tour – Marvel at the award winning 6-mile drive through the spectacular display covering 300 acres and includes 90 lit-up attractions.

Bus departs Target parking lot in Harmarville at 12:15 pm and returns at 11:45 pm.

Must provide own transportation to Target and back home.

Reservations and payment are due by Friday, November 4.

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Website www.rcacorp.org

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

October 2022

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Permit No. 16

**Legacy Line up at Cumberland
Woods**

Saturday, December 3 at 2:00 pm
**A Very Merry Sinatra and
Streisand Christmas**

Transportation will leave RCAC at
1:00 pm. Must have OPT/Access
Cost 5-9 people - \$29
Cost 10+ people - \$24

Must have 5 people or the trip will be
cancelled.

Reservations must be made and paid
in full by
November 16.



Elaine's Soup is Back!

Thursday, October 27
Stuffed Pepper
Thursday, November 3
Loaded Potato

Please order by Tuesday before 12
noon
\$7 a quart

****Please note:** Elaine will provide
each person a container for soup the
first time they order. We asked that
you bring back that container each
time you order soup. If you forget the
container you will be charged \$0.50
for a replacement

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