

***The Golden Eagle***

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139  
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[www.rcacorp.org](http://www.rcacorp.org)

**VOLUME 45, No. 11**

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**Pot Luck  
Thanksgiving  
Friday,  
November 18  
12:00 pm**

Have a Thanksgiving meal with your friends.

RCAC will provide the Turkey and you bring the side dishes.

A sign up sheet will be on the bulletin or you may call.

Reservations due by November 11, 2022



## From the desk of the Director...


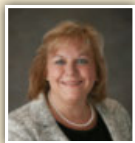
By the time this newsletter reaches your mail box most of you will know that I have resigned as the Director of RCAC. It has been my honor to work and meet all of you over the past 11 years.

When I arrived from Ohio you gave me a warm welcome even though I was a Cleveland Browns fan. A lot of you made my son, Nathan, a grandson. You will never know how wonderful this made me feel.

Please know even though I am no longer an employee of RCAC this does not mean you cannot give me a call or you never know I might stop in every now and then.

Again thank you so much for the honor! I will miss every single one of you!

*Stefanie*

<p><b>MEG L. BURKARDT ATTORNEY AT LAW</b>  Estate Planning • Wills • Financial Power of Attorney • Healthcare Power of Attorney</p> <p><b>CAFARDI FERGUSON WYRICK WEIS + GABRIEL llc</b></p> <p>647 Allegheny Avenue, Suite 100  Oakmont, PA 15139</p> <p>www.cfwwg.com  412.828.5040</p>		
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## CENTER NEWS

### CENTER CLOSURES

RCAC will be closed on **Tuesday, November 8 for Election Day.**

The RCAC bus will not run that day.

RCAC will be closed on **Thursday, November 24 and Friday, November 25 for Thanksgiving**

The RCAC bus will not run those days



### **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, November 1**

**6pm-7:30pm**

**Cost \$10**

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

**Location RCAC**

**Next Class: 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



### **SAVE THE DATE...**

**RCAC Holiday Party  
Thursday, December 15**

More Information coming in  
December newsletter.



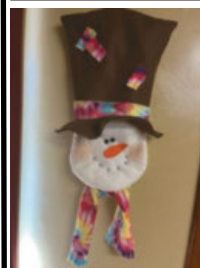
**Join us Every Friday Evening in  
December for Verona Eagles Bar  
Bingo.**

Each month a charity is chosen to  
receive the proceeds for their Friday  
night Bingo and December the money  
will come to RCAC.

Bingo is held from 7:00 pm –9:00 pm

**Verona Eagles 1634  
315 Jones Street**

**We hope to see everyone there!!**



### **Craft Class With Lynn**

**Felt Snowman**

**Tuesday, November 15  
1:00 pm**

Learn to make this  
adorable felt snowman.  
The cost is \$6.00.

Limit 6 people.



## CENTER ACTIVITIES

### CCAC Tech Tutoring Tuesday, November 15 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, November 10 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 November 4.

### CCAC Presents...

#### “Unsolved Mysteries” Thursday, November 17 1:00pm

Famous artists, actors, musicians, and politicians who died in mysterious or odd ways. Marilyn Monroe, Elvis, The Black Dahlia.... Participants can share what they remember including the Kennedy assassinations.

Free, call to reserve your seat.

### Braddock’s Battlefield Thursday, November 10 1:00pm

An Epic Turning Point in Colonial America’s History the **Battle of the Monongahela** — better known as “Braddock’s Defeat” took place in North Braddock. It is the most widely recognized battle of the French and Indian War (1754-1763) which developed into the first world-wide great powers conflict, the Seven Years’ War (1756-63). This battle was crucial to the military education of a young George Washington and helped inform his destiny as commander of the Continental Army in the American Revolution.

Shawn MacIntyre, the manager of the history center will take you through the battle and how it plays a part in the history of the US.

Free, reservations recommended. Please call to reserve your seat by Nov 7.

### Book Club November 21

Love to read? Join Elaine and your friends to select books to read and discuss. Book Club meets every month. Please call and reserve your spot.

#### 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.

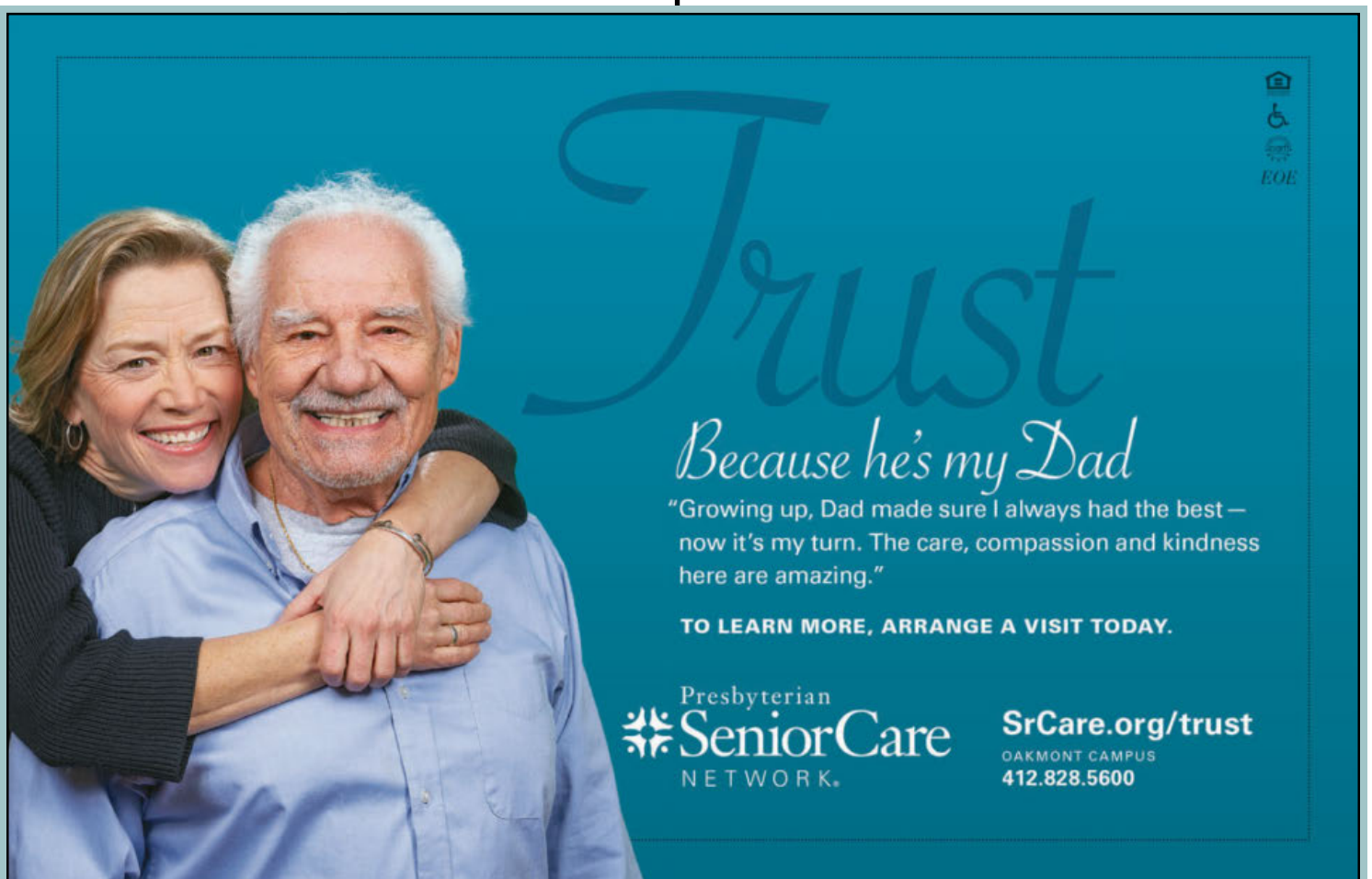
**Remember!!** It is very important that you stop at the Front Desk and sign yourself in on Co-Pilot every time you come into the Center. This is a requirement of Allegheny County.

### Wednesday Crafts 10:00 AM

**November 2** – Holiday Ornaments  
**November 9** – Salt Dough Ornaments  
**November 16** – Felt Poinsettia  
**November 23** – UFO  
**November 30** – Gingerbread Houses

**\*\*NEW: Registration required. 8 people maximum**

All crafts are free!



**Trust**  
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"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

EOE

# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<b>1</b> 10:30 AM: LETS GET MOVN' W/ KAREN 12:30 PM: PINOCHLE 6:00 PM: GETTING TO THE ROOT OF IT	<b>2</b> 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	<b>3</b> 10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS	<b>4</b> 9:15 AM: LINE DANCING W/ DINELLE 10:00 AM: CCAC LINE DANCING W/ROZ 11:15 AM: LETS GET MOVN' W/ KAREN 12:30 PM: CENTER COUNCIL	<b>5</b> 9:15 AM: LINE DANCING W/ DINELLE 10:00 AM: CCAC LINE DANCING W/ROZ 11:15 AM: LETS GET MOVN' W/ KAREN 12:30 PM: LUNCH W/ FRIENDS
<b>7</b> 10:30 AM: CHAIR YOGA W/ KAREN 11:00 AM: WATERWORKS TRIP 1:30 PM: TAI CHI	<b>8</b> CENTER CLOSED	<b>9</b> 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	<b>10</b> 10:30 AM: SOMATICS 11:00 AM: CCAC HEALTHY COOKING 1:00 PM: SPEAKER BRADDDOCK BATTLEFIELD	<b>11</b> 9:15 AM: LINE DANCING W/ DINELLE 10:00 AM: CCAC LINE DANCING W/ROZ 11:15 AM: LETS GET MOVN' W/ KAREN 12:30 PM: LUNCH W/ FRIENDS
<b>14</b> 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI	<b>15</b> 10:30 AM: LETS GET MOVN' W/ KAREN 11:00 AM: OPT TRIP-SECRET PITTSBURGH 12:30 PM: PINOCHLE 1:00 PM: CRAFT W/LYNN 1:00 PM-3:00 PM: CCAC TECH TUTORING	<b>16</b> 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	<b>17</b> 10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS 1:00 PM: CCAC UNSOLVED MYSTERIES	<b>18</b> 9:15 AM: LINE DANCING W/ DINELLE 10:00 AM: CCAC LINE DANCING W/ROZ 11:15 AM: LETS GET MOVN' W/ KAREN 12:00 PM: THANKSGIVING POTLUCK
<b>21</b> 10:30 AM: CHAIR YOGA W/ KAREN 12:30 PM: BOOK CLUB 1:30 PM: TAI CHI	<b>22</b> 10:30 AM: LETS GET MOVN' W/ KAREN 12:30 PM: PINOCHLE	<b>23</b> 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	<b>24</b> CENTER CLOSED 	<b>25</b> CENTER CLOSED
<b>28</b> 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI	<b>29</b> 10:30 AM: LETS GET MOVN' W/ KAREN 12:30 PM: PINOCHLE 1:00 PM: OPT TRIP- PEACE, LOVE & ZEN	<b>30</b> 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	<b>NOVEMBER</b> 	

# LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<b>MEALS PROVIDED BY ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES AREA OFFICE ON AGING NUTRITION PROGRAM. MEALS SERVED MON.-FRI AT 12:00 PM</b>  1  Lemon Pepper Cod Au Gratin Potatoes Carrots Dinner Roll MacIntosh Apple Graham Crackers Milk	2  Turkey Divan Brown Rice Broccoli Honey Wheat Bread Apricots Oatmeal Raisin Cookie Milk	3  Rotini with Meat Sauce Yellow Beans w/ Mushrooms Italian Bread Orange Milk	4  Chicken Breast w/ Gravy Savory Potatoes Brussels Sprouts Multi-Grain Bread Fruit Cocktail Milk	
7  Salmon Patty Carrots & Cauliflower Buttered Noodles Wheat Bread Red Delicious Apple Milk	8  <b>Center Closed</b>	9  Chicken Breast w/ Mandarin Orange Glaze Gourmet Potatoes French Cut Green Beans & Almonds Pineapple Milk	10  Meatloaf w/ Gravy Garlic Whipped Potatoes Peas Wheat Bread Fruit Cocktail Milk	11  Chicken Patty w/ Mozzarella Cheese & Marinara Sauce Broccoli Dinner Roll Banana Milk
14  Swiss Steak w/ Tomato-Onion Sauce Scalloped Potatoes Veggie Medley Rye Bread Peaches Milk	15  Pork Loin w/Teriyaki Sauce Brown Rice Pilaf Broccoli Florets Multi-Grain Bread Pineapple Tidbits Milk	16  Roast Beef w/ Gravy Confetti Couscous Steamed Cabbage Whole Wheat Bread Yellow Delicious Apple Milk	17  Herb Baked Chicken Breast w/ Gravy & Stuffing Roasted Potatoes Green Beans Pears Cranberry Orange Sauce Milk	18  <b>BIRTHDAY MENU</b> Stuffed Peppers Whipped Potatoes Yellow Beans Wheat Bread Jelly Roll Milk
21  Pork Loin w/Gravy Whipped Potatoes Mixed Veggies Dinner Roll Pineapple Cuts Milk	22  Tuna Casserole w/Peas Beets Rye Bread Orange Milk	23  Porcupine Meatballs w/ Noodles & Sauce Broccoli Florets Honey Wheat Bread Milk	24  <b>Center Closed</b> 	25  <b>Center Closed</b>
28  Lemon Pepper Cod Macaroni & Cheese Stewed Tomatoes Honey Wheat Bread Fuji Apple Milk	29  BBQ Beef Haluski Orange Glazed Carrot Coins Wheat Bun Fruit Cocktail Milk	30  Boneless Pork Loin w/ Dijon Sauce Lemon Potatoes Broccoli Florets Rye Bread Applesauce Milk	 <b>RESERVATIONS MUST BE MADE AT LEAST 24 HOURS IN ADVANCE BY CALLING 412-828-1062.</b>	

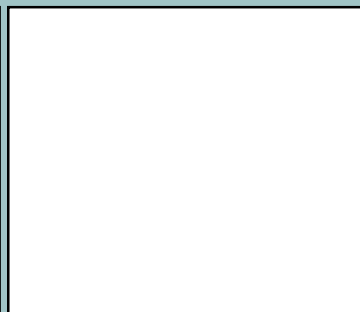


## RCAC BUS SERVICE

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

Like us on  
**facebook**



## TRIPS

### **Monthly Shopping: Waterworks Mall**

**November 7, 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.

### **Lunch with Friends—Village Inn Friday, November 11 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.

### **Peace, Love & Zen 6023 Broad Street**

### **Himalayan Salt Cave, Calming Salt Therapy**

**Tuesday, November 29 at 1:00 pm**

Salt therapy is becoming recognized in the U.S. as a natural, drug-free supplement or alternative to common medical treatments.

Simply put, salt therapy emulates the conditions inside a natural salt cave by infusing the air with tiny particles of pharmaceutical-grade salt. These particles are not only safe to breathe but also have been shown to alleviate symptoms of various ailments.

**Cost \$15**

Must have OPT/Access. Bus leaves RCAC at 12 noon. Must have 4 people to attend.

### **Secret Pittsburgh: A Guide to the Weird, Wonderful, and Obscure**

**Tuesday, November 15 at 11:00 am  
Legacy Theater**

Presenter: Karyn Locke, Author and Travel Writer

With tales of culture, history and the bizarre, Karyn will delve into what makes Pittsburgh unique. Secret Pittsburgh is all about the stuff you simply can't make up but would make for amazing fiction if it wasn't.

**Free**

Must have OPT/Access and minimum of 4 people.

Bus will leave RCAC at 10am

**Call to reserve your seat by Wednesday,  
November 9.**

### **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.**

**\*\*Checks made payable to Thomas Tours**

## LET'S GROW YOUR BUSINESS

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

**November 2022**

Non-Profit Organization  
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**Verona, PA 15147**  
Permit No. 16

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**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.

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**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.



**Elaine's Soup is Back!**

**Thursday, November 3**  
Loaded Potato

**Thursday, November 10**  
Ham & Bean Soup

**Thursday, November 17**  
Chicken Noodle

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