

***The Golden Eagle***

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139  
412-828-1062 Fax: 412-828-6985  
[www.rcacorp.org](http://www.rcacorp.org)

**VOLUME 46, No. 1**

**Inside this issue...**

- Page 2: Desk of Director
- Page 3: Center News
- Page 4: Center Activities
- Page 5: Center Activities
- Page 6: Activity Calendar
- Page 7: Lunch Calendar
- Page 8: RCAC Bus
- Page 9: Fitness Classes
- Page 10: Trips
- Page 11: Utility Bill Help



To My Friends at RCAC:

I would like to take this opportunity to thank all of you for making my past ten years ones that I will always remember and cherish. The party, gifts and cards were so thoughtful and kind.

As we start a New Year, I sincerely want the very best for everyone at RCAC. I am hoping that this will be a bright and shiny year with each of you moving forward in positive ways.

Thank you so much for everything!

All the best!!!

## From the desk of the Director...

**Happy New Year!**

**As we begin 2023 let's wish for health, happiness and peace for friends and family including your RCAC family.**

**This is YOUR center so your input on what programs, activities, and trips that are planned is very important. Center Council meetings are the 1st Friday of every month at 12:30 where you can bring your ideas and meet other RCAC members.**

**Please mark your calendar to join us.**

**Remember the bus ride to the center is only \$2 a round trip so call if you need a ride. If you can't make the meeting, call or email your suggestions to [mmfisher@rcacorp.org](mailto:mmfisher@rcacorp.org).**

***Mary Margaret***

### MEG L. BURKARDT ATTORNEY AT LAW

Estate Planning • Wills • Financial Power of Attorney • Healthcare Power of Attorney



CAFARDI FERGUSON WYRICK WEIS + GABRIEL LLC

647 Allegheny Avenue, Suite 100  
Oakmont, PA 15139

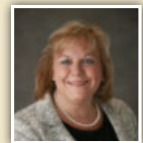
[www.cfwwg.com](http://www.cfwwg.com)  
412.828.5040



**SUPPORT THE  
ADVERTISERS  
that Support our  
Community!**

**BERKSHIRE  
HATHAWAY** The Preferred Realty  
HomeServices

**Jocelyn Bosick**  
REALTOR®



The Preferred Realty  
1376 FREEPORT ROAD • PITTSBURGH, PA 15238

**Cell: 724.316.5006**

**Office: 412.782.3700**

[JBosick@ThePreferredRealty.com](mailto:JBosick@ThePreferredRealty.com)

**[www.JBosick.com](http://www.JBosick.com)**

A member of the franchise system of BHH Affiliates, LLC

## CENTER NEWS

### CENTER CLOSURES

RCAC will be closed on **Monday, January 2** for the New Year's Holiday

The RCAC bus will not run that day.

RCAC will be closed on **Monday, January 16** in observance of Martin Luther King Day

The RCAC bus will not run that day.

### 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!



### CLOSURE POLICY

The winter months are here, so tune into KDKA TV for RCAC closings and delays

If Pittsburgh Public Schools are closed, OPT/ACCESS does not run.



**Lunch at the Center**  
**Wednesday, January 18**

**Chinese**

**Cost \$8 per person**

**Register by January 13**

**Arts Class sponsored by Aetna**

**Thursday, January 19**  
**1:00 pm**

Join Karen for painting ceramic figures that you may take home.

All materials will be provided.  
Class is limited to 12.

Call to reserve your space.  
412-828-1062

**DO YOUR HOLIDAY SHOPPING ON**  
**AMAZON SMILE**  
**And donate to RCAC.**

**Go to smile. Amazon.com and select**  
**Riverview Community Action Corpora-**  
**tion**  
**as your charity and RCAC will receive**  
**.05% of every purchase.**

## CENTER ACTIVITIES

### **Lunch with Friends—Leone's Friday, January 13 12:00 pm**

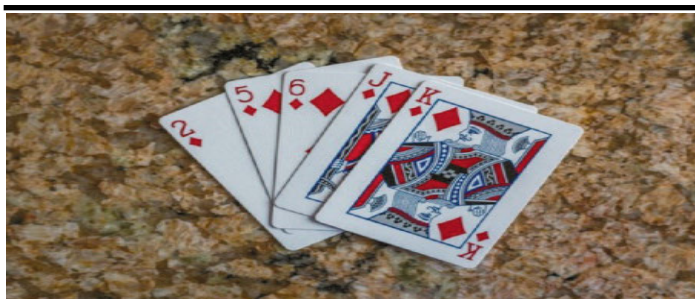
Please call the Center if you are planning on attending so that we may make reservations.

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.



### **Blood Pressures Thursday, January 5 & 19 10am-11am**

Free, no reservations necessary



### **Tuesday is CARD DAY**

**12:30 pm**

Like to play cards?  
Join your friends on Tuesday afternoons to play Pinochle, Poker, Euchre, 500 or a card game of your choice. Don't know how to play, we'll teach you.

### **Center Council Meeting**

**Friday, January 6 @ 12:30 pm**

If you have an idea for a program, activity or a trip please come to the meetings. Meetings are open to everyone. Come early for lunch.

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

**January 9, 2023**

**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.



### **Book Club January 23 at 12:00pm**

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

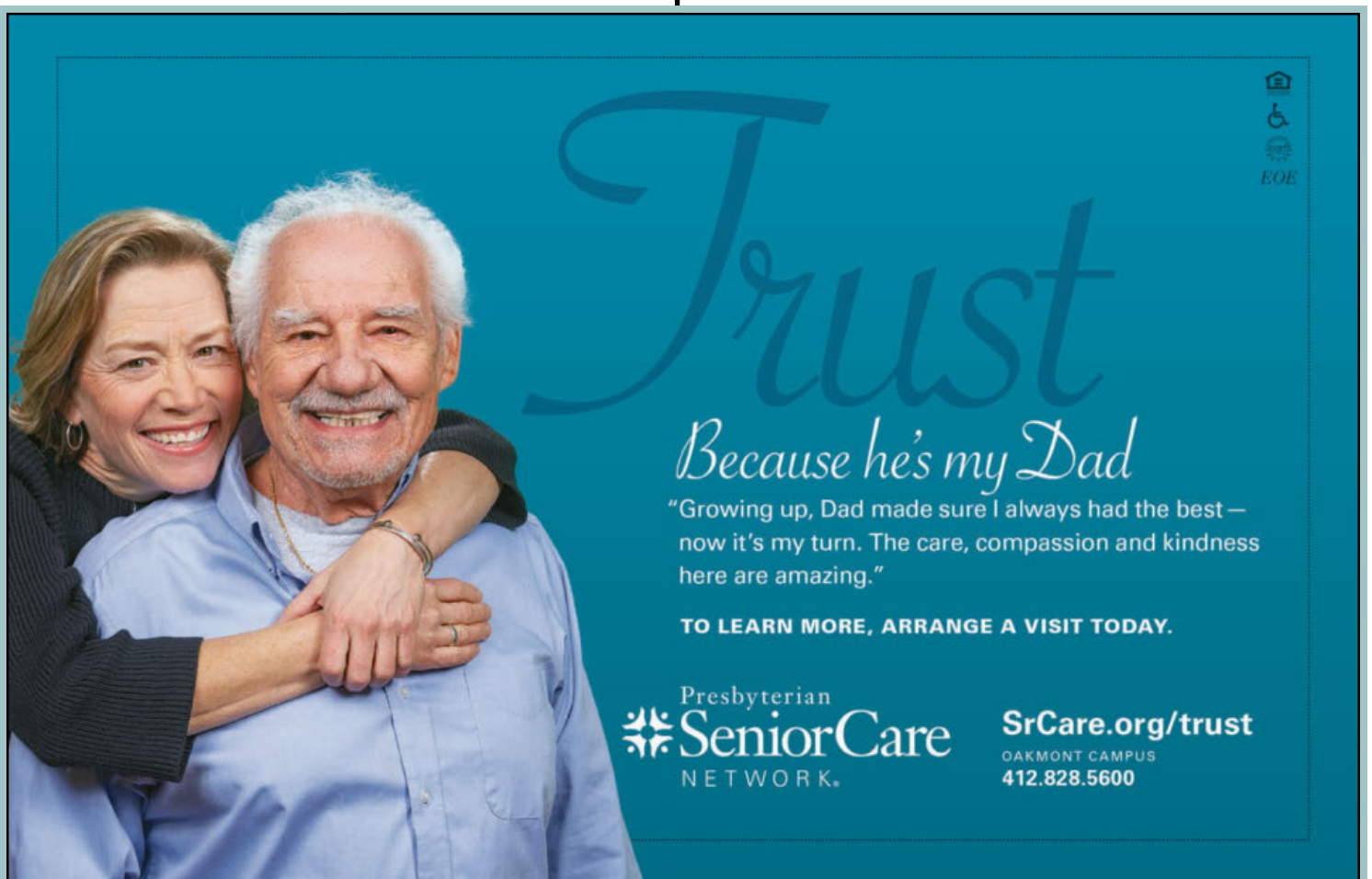
**January 4—Craft with Mary Helen**

**January 11—Lavender Sachet**

**January 18—Hand Painted Pot**

**January 25—Napkin Folding bring your own cloth napkins**

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



**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


EOE

# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
2  <b>CLOSED</b>	3 10:30AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE AND CARD DAY	4 10:00AM BIBLE STUDY 10:00AM SIT, KNIT & CROCHET 10:00 AM CRAFTS 1:00 BINGO	5 10:00 AM-11:00 AM: <b>BLOOD PRESSURES</b> 10:30 AM: SOMATICS	6 9:15 AM: LINE DANCING W/ DINELLE 10:00 AM: LINE DANCING W/ROZ 11:15 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: <b>CENTER COUNCIL MEETING</b>
9 10:30 AM: CHAIR YOGA W/ KAREN 11:00 AM: <b>WATERWORKS TRIP</b> 1:30 PM: TAI CHI	10 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE AND CARD DAY	11 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	12 10:30 AM: SOMATICS 11:00 AM: <b>RIVERS CASINO TRIP</b>	13 9:15 AM: LINE DANCING W/ DINELLE 10:00 AM: LINE DANCING W/ROZ 11:15 AM: LETS GET MOVIN' W/ KAREN 12:00 PM: <b>LUNCH W/ FRIENDS</b>
16  <b>CLOSED</b>	17 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE AND CARD DAY	18 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 12:00 PM <b>CHINESE LUNCH</b> 1:00 PM: BINGO	19 10:00 AM-11:00 AM: <b>BLOOD PRESSURES</b> 10:30 AM: SOMATICS 1:00 PM: <b>ART CLASS</b>	20 9:15 AM: LINE DANCING W/ DINELLE 10:00 AM: LINE DANCING W/ROZ 11:15 AM: LETS GET MOVIN' W/ KAREN
23 10:30 AM: CHAIR YOGA W/ KAREN 12:00 <b>BOOK CLUB</b> 1:30 PM: TAI CHI	24 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE AND CARD DAY	25 10:00 AM: BIBLE STUDY 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	26 10:30 AM: SOMATICS 12:00 PM: <b>HEINZ HISTORY CENTER</b>	27 9:15 AM: LINE DANCING W/ DINELLE 10:00 AM: LINE DANCING W/ROZ 11:15 AM: LETS GET MOVIN' W/ KAREN
30 10:30: AM CHAIR YOGA W/ KAREN 1:00 PM: <b>LEGACY MOVIE</b> 1:30 PM: TAI CHI	31 10:30 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: PINOCHLE AND CARD DAY	Happy New Year 2023		



# LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>MEALS PROVIDED BY ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES AREA OFFICE ON AGING NUTRITION PROGRAM. MEALS SERVED MON.-FRI AT 12:00 PM</p> <p>3</p> <p>Roast Beef w/ gravy Savory Potatoes Cooked Spinach Whole Wheat Bread Gala Apple</p>	<p>4</p> <p>Porcupine Meatballs w/Noodles &amp; Sauce Green Beans Honey Wheat Bread Orange</p>	<p>5</p> <p>Herb Baked Chicken w/Gravy Yams w/ Brown Sugar Brussels Sprouts Multi Grain Bread Fruit Cocktail Oatmeal Raisin Cookie</p>	<p>6</p> <p>Beef Hamburger &amp; Bun Baked Beans Carrots Tangerine</p>	
<p>9</p> <p>Chicken Breast w/ Piccata Sauce Gourmet Potatoes Peas Honey Wheat Bread Red Delicious Apple</p>	<p>10</p> <p>BBQ Lean Beef Whipped Potatoes Carrot Coins w/Parsley Wheat Bun Fruit Cocktail</p>	<p>11</p> <p>Boneless Pork Loin w/ gravy Lemon Potatoes Broccoli Florets Rye Bread Applesauce</p>	<p>12</p> <p>Springs w/Sauce &amp; Meatballs Italian Green Beans Italian Bread Orange</p>	<p>13</p> <p>Cod w/Creamy Dill Sauce Yams Italian Stewed Tomatoes Multi-Grain Bread Sliced Peaches Graham Crackers</p>
<p>16</p> <p>Chicken w/ gravy Bread Stuffing Roasted Potatoes Brussels Sprouts Apricots Fig Newtons</p>	<p>17</p> <p>Swiss Steak w/ Tomato-Onion Sauce Broccoli &amp; Cauliflower Barley Pears</p>	<p>18</p> <p>Cabbage Roll Whipped Potatoes Mixed Veggies Italian Bread Golden Delicious Apple</p>	<p>19</p> <p>Coney Island Hot Dog With Sauce Mexican Medley (corn/black beans/ Onions/red pepper) Hot Dog Bun Tangerine</p>	<p>20</p> <p>4 Cheese Baked Ziti w/Marinara Sauce Cooked Spinach Multi-Grain Dinner Roll Banana</p>
<p>23</p> <p>Open Face Meatloaf Sandwich w/ Gravy Scalloped Potatoes Carrots White Bread Pineapple Tidbits</p>	<p>24</p> <p>Pork Dijon w/ sauce Whipped Potatoes Stewed Tomatoes w/Zucchini Honey Wheat Bread Pear Cuts</p>	<p>25</p> <p>Italian Meatballs w/ Marinara Sauce Roasted Red Potatoes Italian Green Beans Hot Dog Bun Fudge Brownie w/ M&amp;M's</p>	<p>26</p> <p>Lemon Pepper Cod Macaroni &amp; Cheese Sliced Beets Rye Bread Orange</p>	<p>27</p> <p>Creole Chicken Broccoli Florets Brown Rice Wheat Bread Banana</p>
<p>30</p> <p>Beef Tips w/Gravy Whipped Horseradish Potatoes Peas Wheat Bread Peach Cuts</p>	<p>31</p> <p>Tuna Noodle Casserole Carrots Whole Grain Roll Tangerine Graham Crackers</p>	<p>Reservations must be made at least 24 hours in advance by calling 412-828-1062</p>		
				





## RCAC BUS SERVICE

Riverview Community Action Corporation (RCAC) bus service for all Oakmont and Verona residents is 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.

<p><b>Burket - Truby</b>  <b>FUNERAL HOME</b>          Cremation &amp; Alternative Services, Inc.          RUSSELL E. TRUBY, Supervisor          SHEA E TRUBY, Director          SEAN R. TRUBY, Director          412-828-3535  <a href="http://www.burket-truby.com">www.burket-truby.com</a>  <i>More Than A Name ... We Are Family!</i></p>		<p><b>truehold</b></p> <p><b>✗ MYTH</b>          Refinancing is the smartest option to access your home equity.</p> <p><b>✓ TRUTH</b>          Truehold's Sale-Leaseback is the most cost-effective way to access the equity in your home.</p> <p><b>Looking to unlock your equity?</b>          April Rainey, your Cincinnati Market Manager, is here to answer your questions today!  <a href="mailto:april@truehold.com">april@truehold.com</a> (513) 809-1738</p>
<p><b>Place Your Ad Here and Support our Community!</b>          Instantly create and purchase an ad with</p> <p><b>AD CREATOR STUDIO</b></p>  <p><a href="http://lpicommunities.com/adcreator">lpicommunities.com/adcreator</a></p>		
<p><b>NEVER MISS OUR NEWSLETTER!</b></p> <p><b>SUBSCRIBE</b></p> <p>Have our newsletter emailed to you.</p> <p>Visit <a href="http://www.mycommunityonline.com">www.mycommunityonline.com</a></p>		



## 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



### **Casino Trip**

**Thursday, January 12**

Bus leaves RCAC at 11am

Play, have fun, and win a jackpot in the poker room or at one of the exciting slots or live-action table games! They have a wide selection of the exciting table games and the hottest slots, everything from penny games up to the big bills.

Must have OPT/Access  
Reservations due by January 6

### **Legacy Matinee Movie—FREE**

**Monday, January 30**

#### **MIDWAY**

Starring Charlton Heston, Henry Fond and James Colburn

A dramatization of the battle that was widely heralded as a turning point of the Pacific Theatre of World War II.

Reservations due by January 20.

Bus leaves RCAC at 1:00pm  
Must have OPT/ACCESS

### **Heinz History Center**

**Thursday, January 26**

**Cost \$15 per person**

Bus leaves RCAC at 11:00 am

As Pittsburgh's "people museum," the History Center preserves and interprets the history of Western Pennsylvanians through six floors of interactive exhibitions that feature iconic artifacts like the TV set from "Mister Rogers' Neighborhood" and the world's oldest jeep. The Western Pennsylvania Sports Museum is located on the second and third floors of the History Center.

Reservations due by January 19

Must have OPT/ACCESS



**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

888-393-7600

[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

412-350-5460

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Duane Budelier**

[dbudelier@lpicommunities.com](mailto:dbudelier@lpicommunities.com)

(800) 950-9952 x2525

**THRIVE**  
**LOCALLY**

**R.W. PETRUSO**  
**HEARING & AUDIOLOGY**  
**CENTER INC.**

*Helping You Hear Life's  
Moments for 50 years!*

**OAKMONT (Fox Chapel Location)**

1250B Old Freeport Road

Suite B

Pittsburgh, PA 15238

Phone 412-406-8534



Kristen Lewis McCabe  
M.S. CCC-A



PUBLISHED BY  
RIVERVIEW COMMUNITY ACTION CORPORATION  
501 SECOND ST., P.O. Box 437  
OAKMONT, PA 15139  
PHONE: (412) 828-1062  
Fax: (412) 828-6985  
Email [mail@rcacorp.org](mailto:mail@rcacorp.org)  
Website [www.rcacorp.org](http://www.rcacorp.org)

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

**January 2023**

Non-Profit Organization  
U.S. Postage

**PAID**

**Verona, PA 15147**  
Permit No. 16



**ELAINE'S SOUP IS BACK!**

**Thursday, January 5-Vegetable Soup**

**Thursday, January 12-Wedding Soup**

**Thursday, January 19-Chili**

**Thursday, January 26-Cream of Mushroom Soup**

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