

The Golden Eagle

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

VOLUME 46, No. 4

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Heritage Pot Luck Luncheon ***Thursday, April 13*** ***12 noon***



Remember those favorite dishes that have been handed down from generation to generation that are part of your heritage or nationality?

Come share them with your RCAC friends as we Celebrate heritage, and have fun. If you have a story about the dish please share.

Reservations and what you are bringing due by
Friday, April 7

From the desk of the Director...

Did you know??

- 1) RCAC is one of the senior centers that delivers Meals on Wheels. If you or someone you know is 60+, unable to cook or go grocery shopping, they may be eligible to receive meals. Please have the person contact the Senior Line at 412-350-5460 to see if they qualify so that we can get them the meals that they need.
- 2) Looking for a place to have a holiday party, baby shower, retirement or birthday party? The RCAC facility is available for rent on nights and weekends at reasonable rates. The entire facility holds 150, dining room 50, or the activity room 100. Please call us for more information and to book your next event.

We are looking for a part-time bus driver, please contact me if you are interested.

Have a wonderful month!

Mary Margaret

MEG L. BURKARDT ATTORNEY AT LAW

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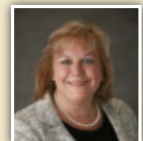


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CENTER NEWS

RENT REBATES

Every Monday, April 3 – April 27.

11:00 am - 2:30 pm

Every Wednesday, April 5 – April 26,

1:00 pm – 2:30 pm.

You will need to bring with you the following items:

- Income Verification, if other than Social Security
 - Rent Certificate or property tax receipts
 - Checking information for Direct deposit

Please call the Center for an appointment at 412-828-1062.

CCAC Tech Tutoring

Thursday, April 2

10:00 am—12:00 pm

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.

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.



Getting to the Root of It

A 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, April 25

Time Change 11:30am-12:30 pm

Cost \$10

Register by calling RCAC

412-828-1062

Location RCAC

Bring lunch if you would like or order lunch at the center

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

NEW RCAC WALKING CLUB

Beginning in April

Wednesdays at 10:30 am

Riverside Park

3rd Street, Oakmont, PA

Join us for exercise, camaraderie, and fresh air as we walk around the track. Walk at your own pace as long as you want. Look for the bright blue tee shirts, meet new friends and keep moving!

CENTER ACTIVITIES

Lunch with Friends –Vinnie’s Tavern

Friday, April 14

12:00 pm

Please call the Center if you are planning on attending by April 7, so that we may make reservations.

Bus leaves RCAC at 11:45am

Center Council Meeting

Friday, April 7 @ 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.

SCAMS

Thursday, April 13

1:00pm

Joe Giuffre from Allegheny County DA’s office will talk about scams. Chances are that someone sitting near you has been scammed and this presentation will educate you on what to look for so that it doesn’t happen to you.

Call to reserve space by Monday, April 10.

GOATS, GOATS, & GOATS

Thursday, April 27

1:00 pm

Join us for a presentation with Monica, the owner of the goats that are in Oakmont helping to control the vegetation. Hear about how the company Capricious LLC, came about and how goats can aid the community. She will be bringing along a goat for you to see up close and personal.

Reservations due by April 21.

Suggested donation \$5



Book Club

April 17 at 12:00pm

Love to read? Join Elaine and your friends to Select books to read and discuss. Book Club meets every month. Call to reserve your spot.



Blood Pressures

Day Change

Wednesday, April 5 & 19
10am-11am

Free, no reservations necessary

CCAC Healthy Cooking

Thursday, April 20

11:30 am-1:30 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 April 13

Please Note:

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

CENTER ACTIVITIES

HOME MEDS at RCAC

**Receive a Complimentary Assessment of
the medications You Take**

Avoid falls and stay out of the hospital!

Medication errors are serious, costly, common and preventable. HomeMeds Medication Assurance program is a consultation that addresses medication safety by identifying potential problems that can be caused by the following:

- If you have multiple doctors prescribing meds
- If you use more than one pharmacy
- If you take over-the-counter remedies along with medications prescribed by a physician

If you are 60 + and live in Allegheny County you are eligible for an assessment.

**Participating in this program helps
RCAC make money**

**Wednesday Crafts
10:00 AM**

April 5– Candy Basket

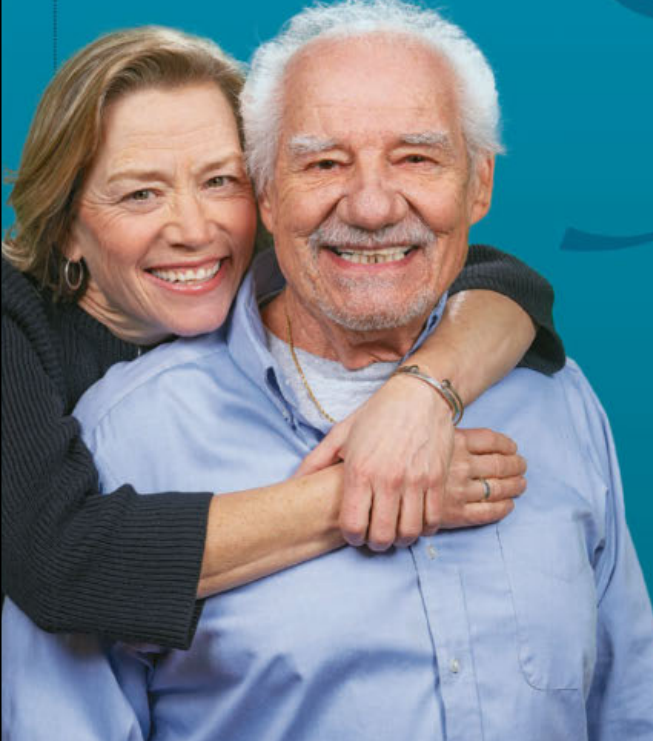
April 12 –Sun Catcher

April 19 –Picture Frame

April 26 - Trivet

****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
3 10:30 AM: CHAIR YOGA W/ KAREN 11:00 AM: WATERWORKS TRIP 1:30 PM: TAI CHI	4 9:15 AM: YOGA FLOW 9:45 AM: WALK 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY	5 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO	6 10:00 AM-11:00 AM: BLOOD PRESSURES 10:30 AM: SOMATICS	7 10:00 AM: LINE DANCING 11:15 AM: LETS GET MOVIN' W/ KAREN 12:30 PM: CENTER COUNCIL MEETING
10 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI	11 9:15 AM: YOGA FLOW 9:45 AM WALK 15 10:30 AM: PUMP YOU UP 11:00 AM: RIVERS CASINO 12:30 PM: PINOCHLE AND CARD DAY	12 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO	13 10:30 AM: SOMATICS 12:00 PM: ETHNIC POT LUCK 1:00 PM: PRESENTATION ON CURRENT SCAMS	14 10:00 AM: LINE DANCING 11:15 AM: LETS GET MOVIN' W/ KAREN 12:00 PM: LUNCH WITH FRIENDS
17 10:30 AM: CHAIR YOGA W/ KAREN 12:00 PM: BOOK CLUB 1:30 PM: TAI CHI	18 9:15 AM: YOGA FLOW 9:45 AM: WALK 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY	19 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO	20 10:00 AM-11:00 AM: BLOOD PRESSURES 10:00 AM: CCAC TECH 10:30 AM: SOMATICS 11:30 AM: CCAC HEALTHY COOKING	21 10:00 AM: LINE DANCING 11:15 AM: LETS GET MOVIN' W/ KAREN
24 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI	25 9:15 AM: YOGA FLOW 9:45 AM: WALK 15 10:30 AM: PUMP YOU UP 11:30 AM: GETTING TO THE ROOT OF IT 12:30 PM: PINOCHLE AND CARD DAY	26 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO 2:00 PM: CONCERT	27 10:30 AM: SOMATICS 1:00 PM: THE OAKMONT GOATS	28 10:00 AM: LINE DANCING 11:15 AM: LETS GET MOVIN' W/ KAREN

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>MEALS MUST BE ORDERED BY 12 NOON THE DAY BEFORE CALL 412-828-1062</p>		
<p>3</p> <p>Fajita Chicken Mixed Vegetables Brown Rice w/ Black Beans Dinner Roll Pineapple Cuts</p>	<p>4</p> <p>Roast Beef w/Gravy Savory Potatoes Cooked Spinach Whole Wheat Bread Gala Apple</p>	<p>5</p> <p>Porcupine Meatballs w/Noodles & Sauce Green Beans Honey Wheat Bread Orange</p>	<p>6</p> <p>Herbed Baked Chicken w/ Gravy Yams w/Brown Sugar/ Margarine Brussels Sprouts Multi-Grain Bread Fruit Cocktail Oatmeal Raisin Cookie</p>	<p>7</p> <p>4-Cheese Ziti Cooked Broccoli Multi-Grain Dinner Roll Banana</p>
<p>10</p> <p>Beef Hamburger w/Bun Baked Beans Carrots Tangerine</p>	<p>11</p> <p>BBQ Lean Beef Whipped Potatoes Cauliflower Wheat Bun Fruit Cocktail</p>	<p>12</p> <p>Boneless Pork Loin w/ Gravy Lemon Potatoes Broccoli Florets Rye Bread Applesauce</p>	<p>13</p> <p>Chicken Breast w/Piccata Sauce Gourmet Potatoes Peas Honey Wheat Bread Red Delicious Apple</p>	<p>14</p> <p>Cod w/ Creamy Dill Sauce Yams Italian Stewed Tomatoes Multi-Grain Bread Sliced Peaches Graham Crackers</p>
<p>17</p> <p>Chicken w/Gravy Bread Stuffing Roasted Potatoes Broccoli & Cauliflower Florets Apricots</p>	<p>18</p> <p>Swiss Steak w/ Tomato-Onion Sauce Brussels Sprouts Barley Pears</p>	<p>19</p> <p>Cabbage Roll Whipped Potatoes Mixed Veggies Italian Bread Golden Delicious Apple</p>	<p>20</p> <p>Coney Island Hot Dog w/Chili Hot Dog Bun Mexican Medley (Corn/Black Beans/Onions/Red Pepper) Tangerine</p>	<p>21</p> <p>Cheese Lasagna Cooked Spinach Whole Wheat Dinner Roll Banana</p>
<p>24</p> <p>Open Face Meatloaf Sandwich w/ Gravy Scalloped Potatoes Carrots White Bread Pineapple Tidbits</p>	<p>25</p> <p>Pork Dijon Whipped Potatoes Stewed Tomatoes w/Zucchini Honey Wheat Bread Pear Cuts</p>	<p>26</p> <p>Italian Meatballs w/Marinara Sauce Cubed Butternut Squash Yellow Beans Hot Dog Bun Fudge Brownie w/ M&M's</p>	<p>27</p> <p>Lemon Pepper Cod Macaroni & Cheese Sliced Beets Rye Bread Orange</p>	<p>28</p> <p>Creole Chicken Cauliflower Brown Rice Wheat Bread Banana</p>

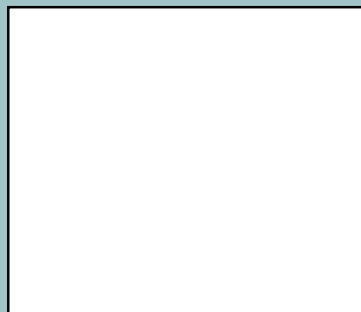
RCAC BUS SERVICE

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
 - 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.



with Alice

Every Monday at 1:30 pm

Yoga Flow

Every Tuesday 9:15 am– 9:45 am

30 minute class emphasizing correct breathing, balance, & stretching.

Walk 15

Every Tuesday 9:45am—10:30 am

45 minute indoor cardio workout set to fun, upbeat music. Based on beats per minute. Modifications shown throughout session.

Pump You Up

Every Tuesday 10:30am-11:15 pm

45 minute class focusing on overall strength & endurance.

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

Every Friday 11:15am-12:00 pm

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

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.**

Cost \$1.00

LINE DANCE CLASS



Line Dancing Classes
with Roz and
Dinelle

Fridays at 10am

Cost \$1.00

Great teachers for beginners or advanced dancers

All exercise classes are \$3.00 each
(unless otherwise noted)

OR

Purchase a Fitness Pass for \$60
for 25 classes.

(You get 5 FREE Classes when
you purchase a pass.)

RCAC Staff and Board would like to thank everyone who has donated to our Annual Mail Appeal. Your support has been overwhelming. Over the next few months we will be listing those who have so generously donated to RCAC.

IN MEMORY OF**DONATED BY**

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 Oakmont and Verona
 John and Jean Kearns

We apologize in advance for spelling errors.

TRIPS

SPRING CONCERT**Heinz Chapel Choir**

Sunday, April 23, 2023

3:00 PM Free

Join us to hear our spring concert program and acknowledge our graduating seniors as we herald the close of the 2022-23 academic year.

Must have OPT/Access, bus leaves at 2:00 pm
Reservations due by April 12

Monthly Shopping: Waterworks Mall**April 3, 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.

**Casino Trip****Tuesday, April 11**

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 April 5

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Advertise in our Newsletter!

CONTACT ME**Brian Oneill**

boneill@lpicommunities.com
(800) 888-4574 x3410

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501 SECOND ST., P.O. Box 437
OAKMONT, PA 15139
PHONE: (412) 828-1062
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Email mail@rcacorp.org
Website www.rcacorp.org

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

April 2023

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

Magic Moments Concert

Presented by UPMC Senior Communities

Wednesday, April 26
2:00PM
Free



Magic Moments has been performing for the last 25 years. They bring a wide variety of music with songs by Sinatra, Etta James, The Temptations and a variety of oldies.

Reservations due by April 17

Concert at Futules Harmar House
Must have OPT/Access

Learn about Lighthouse Point Village at Chapel Harbor



Kentucky Derby Party
Friday, May 4
12 noon
Cost \$6

Guys and gals wear your derby hat and attire
Come cheer your horse on at our race

Pimento Cheese sandwiches, deviled eggs, crudité,
Louisville Hot Brown sandwiches, Mint Julep Cake,
Hibiscus-Mint Lemonade, Mint Ginger Ale

Reservations due by April, 28