

RIVERVIEW Community Action Corporation

May
2023

The Golden Eagle

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139
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Join RCAC for the Pirates vs. the Braves on

Sunday, May 21

Game time 1:35

Cost \$28 per person
which includes a \$10 complimentary
food and beverage credit.
(10 person minimum to receive this package)

Bus will leave RCAC at 12:00 noon.
Must have OPT/Access

Reservations and payment due by May 9.

Let's Go Buc's

From the desk of the Director...

Did you know??

- 1) RCAC has an Exercise Room that you can use for FREE. We have a treadmill, exercise bikes and weights. Sign the release form and exercise, no reservations necessary.
- 2) 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.
- 3) 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.

Have a wonderful month!

Mary Margaret

CENTER ACTIVITIES

UPMC Presentation

Dementia

Friday, May 19

12:00 noon—1:00 pm

Dr. Elizabeth Mohan and Katie Guardino, LCSW from UPMC St. Margaret Geriatric Care Center, will be joining us to talk about what is dementia, what to expect, available treatments, and resources. Katie received her Master's in Social Work from the University of Pittsburgh and has been working in the field of geriatrics and dementia care for almost 13 years.

Join us for lunch and this great presentation
Register by May 12 FREE

CCAC AEROBICS

4 Weeks ONLY

Wednesdays, May 10, 17, 24, 31

10:00 - 11:00 AM

Aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness. It is also a great way to relieve tension.

Come join us!! No reservations necessary.

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, May 30

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

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!

(walk will be cancelled if raining)

CENTER ACTIVITIES

DESSERT TASTING

**Thursday, May 11
1:00**

Bring your favorite dessert to share with others and maybe swap recipes, unless there are **secret** ingredients. Join us for lunch before then onto desserts!!

Reservations by May 5



Center Council Meeting

Friday, May 5 @ 1:30 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.



Book Club

May 15 at 11:30pm

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, May 3 & 17
10am-11am**

Free, no reservations necessary

CCAC Healthy Cooking

**Thursday, May 18
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 May 11



Quilt Class w/ Lynn

1:00 pm

This class will run for 3 weeks

Thursday, May 11,

Thursday, May 18

Thursday, May 25

Materials provided

Cost \$10

Only 5 slots open

Register now

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**

May 3 - Derby Hats

May 10 - Spoon Flowers

May 17 - Memorial Day Decoration

May 24 - Burlap Flower Bag

May 31 - Coffee Filter Flowers


****NEW: Registration required.**



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
1 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI	2 9:15 AM: YOGA FLOW 9:45 AM WALK 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY	3 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:00 AM-11:00AM: BLOOD PRESSURES 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO	4 10:30 AM: SOMATICS	5 9:55 AM: LINE DANCING 11:15 AM: LET'S GET MOVIN' W/ KAREN 12:00 PM: KENTUCKY DERBY LUNCH & PARTY 1:30 PM: CENTER COUNCIL
8 10:30 AM: CHAIR YOGA W/ KAREN 11:00 AM: WATERWORKS TRIP 1:30 PM: TAI CHI	9 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	10 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:00 AM: CCAC AEROBICS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO	11 10:30 AM: SOMATICS 1:00 PM: DESSERT TASTING 1:00 PM: QUILT CLASS W/ LYNN	12 10:00 AM: LINE DANCING 11:15 AM: LETS GET MOVIN' W/ KAREN 12:00 PM: LUNCH WITH FRIENDS
15 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI	16 RCAC CLOSED PRIMARY ELECTION DAY	17 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:00 AM: CCAC AEROBICS 10:00 AM-11AM: BLOOD PRESSURES 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO	18 10:30 AM: SOMATICS 11:30 AM: CCAC HEALTHY COOKING 1:00 PM: QUILT CLASS W/ LYNN	19 10:00 AM: LINE DANCING 11:15 AM: NO LETS GET MOVIN' W/ KAREN 12:00 PM: UPMC DEMENTIA PRESENTATION
22 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI	23 9:15 AM: YOGA FLOW 9:45 AM: WALK 15 10:30 AM: PUMP YOU UP 11:30 AM: VOLUNTEER LUNCH & TRAINING 12:30 PM: PINOCHLE AND CARD DAY	24 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:00 AM: CCAC AEROBICS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO	25 10:30 AM: SOMATICS 1:00 PM: QUILT CLASS W/ LYNN	26 10:00 AM: LINE DANCING 11:15 AM: LETS GET MOVIN' W/ KAREN
30 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		31 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:00 AM: CCAC AEROBICS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO		SO MANY VALUABLE LESSONS THANKS FOR CARING MOM
EAT YOUR VEGETABLES DON'T RUN WITH SCISSORS LIFE ISN'T ALWAYS FAIR WASH BEHIND YOUR EARS THEY'RE JUST JEALOUS BE HOME BEFORE DARK YOU'RE NOT WEARING THAT ANYWHERE DON'T TELL YOUR FATHER				

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
1 Beef Tips w/Gravy Whipped Horseradish Potatoes Peas Wheat Bread Peach Cuts	2 Tuna Noodle Casserole Carrots Whole Grain Roll Tangerine Graham Crackers	3 Chicken Divan Brown Rice Broccoli Honey Wheat Bread Apricots	4 Rotini w/Meat Sauce Yellow Beans w/Mushrooms Italian Bread Orange	5 Salisbury Steak w/Gravy Savory Potatoes Brussels Sprouts Multi-Grain Bread Fruit Cocktail
8 Beef Chili w/Beans Carrots & Cauliflower Brown Rice Oyster Crackers Red Delicious Apple	9 Roast Beef w/Gravy Buttered Noodles Beets Multi-Grain Bread Orange	10 Chicken Breast w/ Mandarin Orange Glaze Gourmet Potatoes French Green Beans & Almonds Dinner Roll Pineapple	11 Meatloaf w/ Tomato Gravy Garlic Whipped Potatoes Peas White Bread Fruit Cocktail	12 Chicken Patty w/Mozzarella Cheese & Marinara Sauce Broccoli Italian Bread Banana
15 Swiss Steak w/Tomato/Onions Scalloped Potatoes Vegetable Medley Rye Bread Peaches	16 RCAC Closed Primary Election Day	17 Roast Beef w/Gravy Confetti Orzo Steamed Cabbage Yellow Delicious Apple	18 Stuffed Pepper Whipped Potatoes Yellow Beans Wheat Bread Jelly Roll	19 Hot Dog w/Sauce Mexican Corn Hot Dog Bun Tangerine
22 Chicken Breast w/ Gravy Mashed Potatoes Broccoli Florets Dinner Roll Yellow Delicious Apple	23 4 Cheese Baked Ziti Beets Rye Bread Orange	24 Meatloaf w/Tomato Gravy Cauliflower Florets Yams w/Brown Sugar Italian Bread Peaches	25 Baked Cod Florentine Haluski Stewed Tomatoes Wheat Roll Banana	26 Cowboy Burger w/ Mushrooms & Onions Whole Wheat Bun Low Sodium Baked Beans Tangerine
30 				31 Beef Meatballs w/ Sauce Pasta Springs Italian Green Beans Italian Bread Banana
MEALS MUST BE ORDERED BY 12 NOON THE DAY BEFORE CALL 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

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.
-

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

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.)

CENTER TRIPS



TUESDAY, MAY 16

COST \$17

Reservations and payment due
May 5, 2023*PITTSBURGH AND THE GREAT MIGRATION: BLACK MOBILITY AND THE AUTOMOBILE*

The automobile transformed the American landscape, and in doing so, it changed the lives of Black Americans. Two million African Americans courageously fled the South during the first wave of the Great Migration from 1916 to 1945. Pittsburgh neighborhoods like the Hill District became a haven for Black communities to thrive.

A guided tour of Pittsburgh and the Great Migration and discover the freedom and the challenges of automobile ownership for Black Americans seeking a better life in the first half of the 20th century. Guided tours provide an overview of the entire exhibition.

Must have OPT/Access

MILLIE'S HOMEMADE ICE CREAM**Factory Tour****Saturday, May 13****12:30 pm****Bus leaves RCAC at 11:30****Cost \$23****Includes tour, tastings and a pint to take home**

The Millie's story began back in the summer of 2014 when co-founder, Chad Townsend, decided it was time for a career change. After years of hustling as a renowned chef in the fast-paced world of fine dining, he was ready to leave it all behind. On a whim, he purchased a Paco-Jet™ – a fancy Swiss-made kitchen appliance that micro-purees deep-frozen foods to a fine texture to produce ice creams and sorbets. After stocking their home kitchen with deep freezers, Chad got to work concocting flavor recipes and generating some buzz around their new labor of love. Before long, the pair began a delivery service, packing tasty pints, and serving ice cream lovers each weekend. With time, they moved the operation out of their kitchen and together they built Millie's Ice Cream Works™.

Reservations and payment due May 5, 2023

Must have OPT/Access

TRIPS

**Lunch with Friends
North Park Lounge, Murrysville
Friday, May 12, 12:00 pm**

Please call the Center if you are planning on attending by May 12, so that we may make reservations.

Bus leaves RCAC at 11:30

Must have OPT/Access

Monthly Shopping: Waterworks Mall

**May 8, 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, May 9**

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 May 2

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Non-Profit Organization
U.S. Postage

PAID

Verona, PA 15147
Permit No. 16

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

May 2023



Kentucky Derby Party
Friday, May 5
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 May 2