

The Golden Eagle

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Farmers Market Vouchers **Thursday, June 22, 2023**

9am—noon
&
1-3pm



The annual Senior Farmers Market Nutrition Program is for eligible seniors across Allegheny County. Any eligible senior may receive one set of vouchers to be spent at participating farmers markets. One set of vouchers is worth \$50.00

Eligibility:

- ♦ **Allegheny County resident**
 - ♦ **60 years of age or older (by December 31, 2023)**
 - ♦ **Meet the income guidelines (self-reported):**
 - **One person household: At or below \$26,973**
 - **Two-person household: At or below \$36,482***
 - ♦ **Older adults living in a residential facility that provides meals are not eligible to receive vouchers**
- *Married couples may receive one set of vouchers for each individual

Eligible seniors who are unable to get to a senior center may designate a proxy to pick up their vouchers. An individual can be a proxy for up to four (4) eligible seniors. Proxy forms must be completed and signed by the senior and the Proxy.

Available at RCAC

From the desk of the Director...

For those of you who have met me you know that I love trivia and fun facts so below are some fun facts for June:

June 5 is **World Environment Day**, a day meant to raise environmental awareness across the globe.

June 14 is **Flag Day**. Be sure to raise the flag!

June 18 is **Father's Day** this year.

June 19 is **Juneteenth** (also known as **Freedom Day** or **Emancipation Day**). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating enslaved people in the state, which had thus far been beyond control of the Union Army.

June 21 is the **summer solstice**, which heralds the start of summer in the Northern Hemisphere. It's the day with the most hours of daylight, so enjoy!

June 28 is the anniversary of the 1969 Stonewall Riots—a watershed moment for LGBT rights in the United States. June is designated as **Pride Month**.

Mary Margaret

CENTER ACTIVITIES

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!

Tee shirts available for sale at RCAC.

(walk will be cancelled if raining)

CCAC AEROBICS

4 Weeks ONLY

Wednesdays, May 24, 31, June 7, 14

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.

Discovering Gouache Watercolor Painting

Monday June 5 & 12

1:00-2:30 pm

2 week workshop

1. We will first draw with pencil an object of your choice such as a plant or something else.
2. A technique of pencil shading will be introduced.
3. Gouache paint will be applied to your drawing, including shading using the paint.
4. You will take home your finished work of art!

The workshop is being led by local artist Janet Carlisle.

Class size is limited to 5. Cost \$5
Materials will be supplied.



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, June 27

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

SAVE THE DATE

FRIDAY, AUGUST 25, 2023
RCAC GOLF SCRAMBLE

**Hill Crest
Country Club
9am shotgun
start**



CENTER ACTIVITIES

Coasters and Corn Dogs

Presentation by Steve Cicero



Tuesday, June 13

1:00 pm

Amusement Parks. How did these iconic places from our childhood come into being? Why did so many, such as Alameda Park, Luna Park, and West View disappear? How do the survivors, like Kennywood and Idlewild, remain relevant in the modern world of cable television and smartphones.

Steve Cicero is a former history instructor in the Butler Area School District. He is active with a number of historical organizations in Western PA as a part time teacher or volunteer.

Reservations due by June 8
\$5 donation



Book Club
June 26 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
Time Change

Wednesday, June 7 & 21
10:30-11:30 AM

Free, no reservations necessary

Center Council Meeting

Friday, June 2 @ 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.

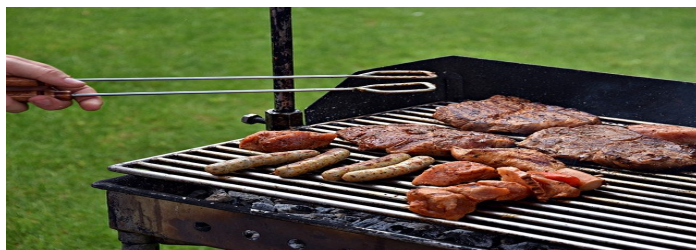
RCAC PICNIC

Thursday, June 15

12 noon

Riverside Park Rotary Pavilion

Bring your friends and family and join the RCAC family as we celebrate summertime and enjoy the outdoors.



On the menu: grilled hamburgers and hot dogs, baked beans, homemade potato salad, chips, watermelon, lemonade, iced tea and sodas.

Play corn hole or take a walk around the park.

Reservations due by June 8
Cost \$6

Rain location RCAC

Please Note:

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

CENTER ACTIVITIES

**Glen's Mini
Golf**
Springdale location
Friday, June 9
11:00 am
Cost \$6



Hit the links at Glen's Frozen Custard's mini golf course! No windmills or giant hippos to putt through on this course – only nature at it's best! Enjoy putting over the greens and staying out of the rough – but watch out for that 15 foot water-fall! Its rapid river will swallow your ball if you're not careful!

Reservations due by June 6

Must have 5 people or trip will be cancelled

Pay at the golf course
OPT/Access required

Wednesday Crafts
10:00 AM

June 7 - Bird Feeder

June 14 - Pen/Pencil Holder




June 21– 4th of July decoration

June 28 - Painting on a glass frame


****NEW: Registration required.**



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
 5 10:30 AM: CHAIR YOGA W/ KAREN 11:00 AM: WATERWORKS TRIP 1:00-2:30 PM: ART CLASS 1:30 PM: TAI CHI	 6 9-15 AM: YOGA FLOW 9-45 AM: WALK 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY	 7 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	1 10:30 AM: SOMATICS	2 10:00 AM: LINE DANCING AT RIVERSIDE PARK PAVILLION 11:15 AM: LET'S GET MOVIN' W/ KAREN 12:30 PM: CENTER COUNCIL
12 10:30 AM: CHAIR YOGA W/ KAREN 1:00-2:30 PM: ART CLASS 1:30 PM: TAI CHI	13 9-15 AM: YOGA FLOW 9-45 AM: WALK 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY 1:00 PM: PRESENTATION: COASTERS & CORN DOGS	14 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	15 10:30 AM: SOMATICS 12 NOON - RCAC PICNIC RIVERSIDE PARK PAVILLION	16 10:00 AM: LINE DANCING AT RIVERSIDE PARK PAVILLION 11:15 AM: LETS GET MOVIN' W/ KAREN
19 CLOSED	20 9-15 AM: NO YOGA FLOW 9-45 AM: NO WALK 15 10:30 AM: NO PUMP YOU UP 11:00 AM: RIVERS CASINO 12:30 PM: PINOCHLE AND CARD DAY	21 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM:-11AM: BLOOD PRESSURES 10:30 AM: WALKING CLUB 1:00 PM: BINGO 6:00 PM ACOUSTICS IN THE PARK	22 9:00 AM - 12:00 NOON FARMERS MARKET VOUCHERS 1:00 - 3:00 PM FARMERS MARKET VOUCHERS	23 10:00 AM: LINE DANCING AT RIVERSIDE PARK PAVILLION 11:15 AM: LETS GET MOVIN' W/ KAREN 12 NOON: LUNCH WITH FRIENDS
26 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI	27 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	28 10:00 AM: SIT, KNIT & CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO	29 10:30 AM: SOMATICS 2:00 PM: GATEWAY CLIPPER RIVER CRUISE	30 10:30 AM: SOMATICS

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
	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	1 Lemon Pepper Cod Macaroni & Cheese Stewed Tomatoes 12 Grain Bread Fuji Apple	2 Chicken Breast w/ Lemon Cream Sauce Gourmet Potatoes Peas w/Pearl Onions Honey Wheat Bread Orange
5 Cowboy Hamburger Baked Beans Sautéed Mushrooms & Onions Whole Wheat Bun Tangerine	6 Creole Beef w/Tomato & Onion Sauce Barley Broccoli & Cauliflower Italian Bread Peaches	7 Cabbage Roll Whipped Potatoes Carrot Coins w/ Parsley Little Debbie Cupcake	8 Chicken Breast w/ Gravy Potatoes w/Chives & Parsley Midori Blend Honey Wheat Bread Strawberry Fruit & Grain Bar	9 4-Cheese Ziti Summer Squash & Yellow Beans 12 Grain Bread Banana
12 White Bean, Turkey & Corn Chili Cooked Baby Carrots Brown Rice Italian Bread Pineapple & Mandarin Oranges	13 Open Face Meatloaf Sandwich w/ Gravy Roasted Potatoes Cauliflower, Carrot & Red Pepper 12 Grain Bread Tropical Fruit Mix	14 Chicken Divan w/ Egg Noodles Broccoli Spears Whole Wheat Dinner Roll Apple	15 Roast Beef Cabbage w/ Caraway Seeds Whipped Horseradish Potatoes Dark Rye Bread Pears	16 Tuna Noodle Casserole w/ Peas Stewed Tomatoes Honey Wheat Bread Banana
19 CLOSED	20 Turkey Breast w/Gravy & Stuffing Cranberry Sauce Broccoli Pears Fig Newtons	21 Stuffed Pepper Garlic Whipped Potatoes Yellow Beans Italian Bread Apple	22 Baked Cod w/ Dill Sauce Au Gratin Potatoes French Cut Green Beans Multi-Grain Bread Orange Fruit & Grain Bar	23 Pork Loin w/ Mustard Glaze Yams w/ Brown Sugar & Margarine Brussels Sprouts Dinner Roll Applesauce
26 Beef Meatballs w/ Teriyaki Sauce Scalloped Potatoes Broccoli Dinner Roll Apricots	27 Chicken Patty w/ Marinara & Mozzarella Cheese Peas w/Pearl Onions Italian Bread Tangerine	28 Stuffed Cabbage Garlic Whipped Potatoes Carrot Coins Wheat Bread Peach Cuts	29 Roast Beef w/Gravy Brown Rice Beets Multi-Grain Bread Orange Graham Crackers	30 4-Cheese Baked Ziti w/Marinara Sauce Cooked Spinach Rye Bread Banana

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.**

LINE DANCE CLASS

Line Dancing Classes with
Roz and Dinelle

Fridays at 10am

Cost \$1.00



Location: Riverside Park Pavilion, if raining at RCAC

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

Summer Concert Series

Presented by Monroeville Recreation & Parks

Sunday, June 11

6:30 - 8:30pm

FREE

Christian Beck

Christian Beck is a rocking country music performer and songwriter originally from Freedom, PA.

Reservations due by June 6

Bus will leave RCAC at 5:45 pm.

Must have 5 people or trip will be cancelled

OTP/Access required

Haunted Pittsburgh's Halloween in JUNE**Saturday, June 24**

7:30pm

The Oaks Theater**Doors open at 6:30****Cost \$17**

It's Halloween in June! One night only, Haunted Pittsburgh, the curators of Pittsburgh's nightmare, the archivists of its fears, and the trustees of all things that go "bump in the night" in Western PA, bring the region's greatest ghost stories to the Oaks Theater.

Reservations and payment due by June 14**Transportation is on your own.****Acoustics in the Park****Wednesday, June 21, 6:00 pm**

Free

Katie Simone

A great voice can make a listener jump for joy, provide comfort during tough times, pique their curiosity about the world around them, and even transport them back to another place and time. All of this and more can be said about Pittsburgh vocalist Katie Simone.

Hartwood Acres Sculpture Garden

Join us for live acoustic music in unique park settings! Each performance is free and includes a short trail-walk by our own Park Rangers. Don't feel like walking? Simply bring a chair and enjoy great local talent. Food trucks will also be onsite for snacks and beverages.

Reservations due by June 14

OTP/Access required

Must have 5 people or trip will be cancelled.

Gateway Clipper Sightseeing Cruise**Thursday, June 29****2:00 pm****Cost \$32**

The only way to see the City and truly learn about her past, present, and future is aboard one of our Pittsburgh river cruises. Your one hour tour begins on the Monongahela River and continues on both the Allegheny and Ohio Rivers, all while our captain and narrator relay the interesting facts, tales, and river lore that make Pittsburgh and Western Pennsylvania so special!

Reservations and payment due by June 15

OTP/Access required

Must have 5 people or trip will be cancelled.



TRIPS

**Lunch with Friends
Narcisi Winery
Friday, June 23, 12:00 pm**

Please call the Center if you are planning on attending by June 15, so that we may make reservations.

Bus leaves RCAC at 11:30

Must have OPT/Access

Monthly Shopping: Waterworks Mall

**June 5, 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, June 20**

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 June 13

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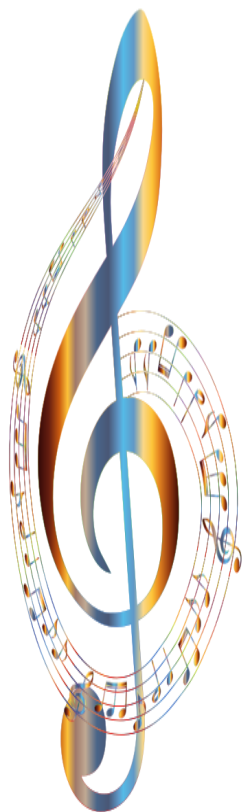
HOURS OF OPERATION: 8:00 AM – 4:00 PM
MONDAY THROUGH FRIDAY

June 2023

Non-Profit Organization
U.S. Postage

PAID

Verona, PA 15147
Permit No. 16



LEGACY LINE UP at Cumberland Woods

Saturday, July 22 at 2:00 pm

BEACH PARTY BOYS
Tribute to the BEACH BOYS

Saturday, August 19 at 2:00 pm

ELTON JOHN
A Tribute by Jeff Scott

Transportation will leave RCAC at 1:00 pm
Must have OPT/Access

Cost 5-9 people - \$32 each
Cost 10+ people - \$27 each

Reservations must be made and paid in full by
June 22, 2023