

RIVERVIEW Community Action Corporation

July
2023

The Golden Eagle

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139
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www.rcacorp.org

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Welcome
Kristina Waltman

Join us for a welcome reception

JULY 19

11:30am –1:00 pm

**Come and meet RCAC's new
Executive Director**

**Stop in for a few minutes for
refreshments, fruit and cookies or
stay and join us for lunch.**

**If you are joining us for lunch,
please RSVP by
Monday, July 17**

**No need for reservations if you
are just coming to meet and
welcome Kristina to the RCAC
family.**

We hope to see you there!

From the desk of the Director...

I have had the pleasure of meeting some of you at RCAC and am honored to serve as the Executive Director as of May 26, 2023. My background is in fundraising, government relations, marketing, and executive management. I'm thrilled to join a team of talented staff, board and volunteers at RCAC. My objectives are to increase awareness of RCAC and its programs, to bring in more fundraising revenue, and to subsequently enrich and expand services offered to Oakmont and Verona communities.

This month, we celebrate the Fourth of July, Independence Day. On this day, in 1776, the Declaration of Independence was approved by the Continental Congress. A friendly reminder that RCAC is closed in observance of the holiday on Tuesday, July 4. We will resume regular center hours on Wednesday, July 5. Please be safe.

Looking forward to serving you,

Kristina Waltman

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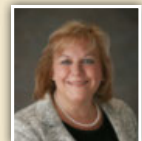


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CENTER ACTIVITIES

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)



PICKLEBALL DEMO

Come and see a demonstration of the fastest growing sport in the USA

Tuesday, July 18
1:00 pm

Pickleball is an indoor or outdoor racket/paddle sport in which two or four players hit a perforated hollow plastic ball over a 34-inch-high net using solid-faced paddles. Opponents on either side of the net hit the ball back and forth until one side commits a rule infraction.

Watch members of the Verona Pickleball group demonstrate how to play. There are great courts in Verona open to the public. Its for people of all ages. I hope this demo inspires you to play

RSVP by July 13



Temple University
College of Public Health

Please consider participating in this survey. RCAC will receive \$50 for each participant up to 18 people.

TIME SENSITIVE

Please call Mary Margaret if you are willing to participate by July 7th.

If you are 60 or older, and a Pennsylvania resident, The School of Social Work at Temple University is interested in learning about how you are managing through the COVID-19 pandemic!

Through this interview, we hope to learn what has helped you during this difficult period of history, as well as what has made it more challenging.

- ♦ The interview will take about 1 hour.
- ♦ It will take place by phone or video conference, at a time that works best for you!
- ♦ You will receive a \$20 gift card in exchange for your time!

All responses will be kept confidential, and will only be reported together with other responses.

OAKMONT SUMMER STREET SALE **Saturday, July 29**

10am-3pm

Stop by the RCAC booth

Looking for a day of great shopping, delicious food, fun children's activities, live music, raffles, demonstrations and much more? Visit the Oakmont Chamber Summer Street Sale. This popular event features 100+ vendors lined up along Allegheny River Blvd.

Many are selling wares while others are demonstrating their craft. There is a classic car show and live music.

CENTER ACTIVITIES

BAKERY SQUARE TRIP

Penn Ave, Pittsburgh

Monday, July 24

Bus leaves RCAC at 11:00 am, OPT/Access required

Enjoy shopping, dining and the Food Truck
Hibachi Lou will be there as well.

An Abandoned Bakery Transformed

Bakery Square was once home to the Nabisco Baking Factory that filled the air with delightful scents of their cookies throughout the neighborhood. After the bakery closed, the site was transformed and has grown organically into a bustling office district and hub of innovation where employees generate world changing ideas, as well as a vibrant shopping, dining and entertainment destination inviting Pittsburghers from near and far to enjoy the ambiance and community gathering spaces.

RSVP by July 19



Book Club

July 17 at 11:30pm

Love to read? Join Elaine and your friends to select books to read and discuss. Book Club



Blood Pressures Time Change

Wednesday, July 5 & 19
10:30-11:30 AM

Free, no reservations necessary

Center Council Meeting

New Date and Time

Thursday, July 6@ 11:45 am

If you have an idea for a program, activity, trip or issues to make the center better, please come to the meetings.

Meetings are open to everyone.

Enjoy lunch with us.

Coming in August

CPR Training Class

If you are interested in learning CPR please let Mary Margaret know so she can schedule the class. It will be the 1st week in August and the class would last a couple of hours.

Cost is \$17 per person and will be taught by personnel from St. Margaret's and Parkview EMS

NEW LUNCH MENU

Please take a look at the lunch menu as they are changing what they are offering.

On Thursdays it's going to be a lighter fare with salads and sandwiches.

Think about staying after exercise class and having a light lunch for only \$1.25.

Please reserve your lunch by 12 noon the day prior.

Please Note:

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

CENTER ACTIVITIES



KENNYWOOD DAY

Oakmont/Verona Kennywood Day is July 12th.

Tickets are \$41 for All-Day Pass.
(\$69.99 at the gate)

Kennywood is *not* offering senior tickets this year.

There is no bus going this year

Tickets will go on sale outside of the
Oakmont Library

Thursday, July 6, 10:00 am-2:00 pm & 4:00 pm
7:00 p.m.

Friday, July 7, 10:00 a.m. - 2:00 p.m.

Saturday, July 8, 10:00 a.m. - 2:00 p.m.

Monday, July 10, 10:00 a.m. - 2:00 p.m.

Wednesday Crafts
10:00 AM

July 5 - Pillows

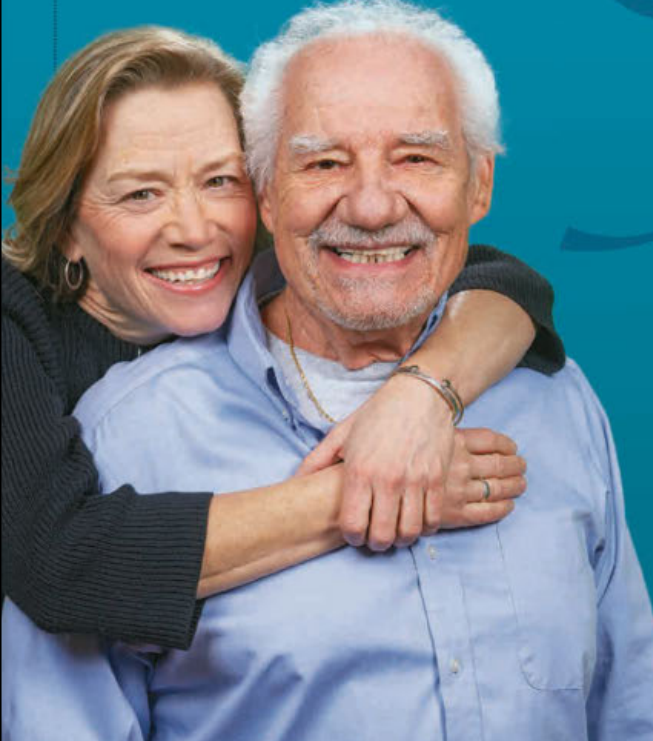
July 12 - Christmas in July Wreath


July 19 - Kleenex Box Cover

July 26 - Pom Pom Key Chain

****NEW: Registration required.**








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Trust

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SeniorCare

NETWORK


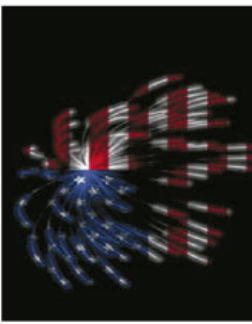
SrCare.org/trust

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412.828.5600

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
3 10:30 AM: CHAIR YOGA W/ KAREN 11:00AM: WATERWORKS TRIP 1:30 PM: TAI CHI	4 CLOSED	5 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM:-11:30 AM: BLOOD PRESSURES 10:30 AM: WALKING CLUB 1:00 PM: BINGO	6 10:30 AM: SOMATICS 11:45 AM: CENTER COUNCIL	7 10:00 AM: LINE DANCING AT RIVERSIDE PARK PAVILLION 11:15 AM: NO LET'S GET MOVIN' W/KAREN
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 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 10:00 AM: QUILT SHOW 10:30 AM: SOMATICS 12:00 PM: SENIOR GAMES	14 10:00 AM: LINE DANCING AT RIVERSIDE PARK PAVILLION 11:15 AM: LETS GET MOVIN' W/ KAREN 12:00 PM: LUNCH WITH FRIENDS
17 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI	18 9:15 AM: YOGA FLOW 9:45 AM: WALK 15 10:30 AM: PUMP YOU UP 11:00AM: RIVERS CASINO 12:30 PM: PINOCHLE AND CARD DAY 1:00 PM: PICKLEBALL DEMO	19 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURES 10:30 AM: WALKING CLUB RIVERSIDE PARK 11:30 AM: WELCOME RECEPTION 1:00 PM: BINGO	20 10:30 AM: SOMATICS	21 10:00 AM: LINE DANCING AT RIVERSIDE PARK PAVILLION 11:15 AM: NO LETS GET MOVIN' W/KAREN 4:30 PM: FRICK FRIDAY CONCERT
24 10:30 AM: NO CHAIR YOGA W/ KAREN 11:00 AM: BAKERY SQUARE 1:30 PM: TAI CHI	25 9:15 AM: NO YOGA FLOW 9:45 AM: NO WALK 15 10:30 AM: NO PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY	26 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB 1:00 PM: BINGO	27 10:30 AM: SOMATICS	28 10:00 AM: LINE DANCING AT RIVERSIDE PARK PAVILLION 11:15 AM: LETS GET MOVIN' W/ KAREN
31 10:30 AM: CHAIR YOGA W/ KAREN 1:30 PM: TAI CHI				
				

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
3 Nathan's Hot Dog Baked Potato Baked beans Watermelon	4 CLOSED	5 Swedish Meatballs Tri Colored Carrots Buttered Noodles Fresh Fruit Salad	6 Summer Berry Salad w/ chicken & Chow Mein Noodles Mango & Pineapple Salad Whole Wheat Bread Sugar Cookie	7 Pub Burger w/ Cheese Diced Potatoes Broccoli Slaw Whole Grain Sandwich Roll Fresh Cantaloupe
10 BBQ Beef Brisket Herbed Petite Green Beans Mac & Cheese Berry Medley w/ Yogurt	11 Chicken Parmesan Zucchini Parmesan Soup Strawberry Spinach Salad Whole Grain Penne w/ Sauce Chocolate Chip Cookie	12 Turkey Sausage, Biscuits & Gravy Diced Potatoes Peppers & Onions Whole Grain Biscuit & Gravy Apple	13 Tuna Club Sandwich w/ Lettuce and Tomato Whole Grain Sandwich Roll Broccoli Slaw Pear	14 Meatloaf Cheesy Mashed Potatoes Orange Herb Roasted Beets Whole Wheat Bread Jello
17 Chicken Tenders Cauliflower Cheddar Soup Potato Wedges Whole wheat Bread Fresh Fruit Salad	18 Italian Sausage w/ Peppers Sauteed Spinach Savory Watermelon Salad Whole Grain Roll Oatmeal Raisin Cookie	19 Beef Pot Pie Tri-Colored Carrots Mashed Potatoes Whole Grain Biscuit Vanilla Pudding	20 Ham & Swiss Sandwich on Whole Grain Roll Three Bean Salad Fresh Pineapple	21 Mahi Mahi Fish Sandwich on Whole Grain Roll w/ Tartar Sauce Roasted Red Potatoes Tomato Basil Soup Fresh Honey Dew
24 Vegetable Lasagna Balsamic Glazed Broccoli Romaine Mandarin Salad Whole wheat Bread Vanilla Greek Yogurt	25 BBQ Pulled Pork Fire Roasted Sweet Potato Coleslaw Whole Grain Sandwich Roll Fresh Fruit Salad	26 Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Chocolate Pudding	27 Spring Mix Salad w/ Turkey Whole Wheat Bread Fresh Clementines	28 Asian -Inspired Orange Chicken Broccoli Asian Cucumber salad Vegetable Fried Rice Sugar Cookie
31 Stuffed Pepper w/ Ground Beef Mashed Potatoes Grilled Vegetables Whole Wheat Bread Apricots		MEALS MUST BE ORDERED BY 12 NOON THE DAY BEFORE CALL 412-828-1062 MENU SUBJECT TO CHANGE	MEALS PROVIDED BY ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES AREA OFFICE ON AGING NUTRITION PROGRAM. MEALS SERVED MON.-FRI AT 12:00 PM	

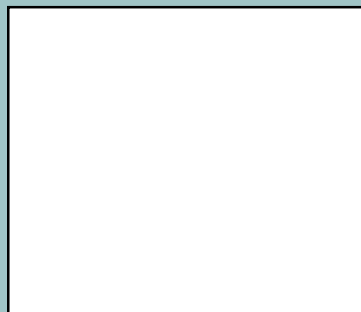
RCAC BUS SERVICE

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.

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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

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 Fridays at the Frick!

Friday, July 21

Free Concert by Pittsburgh Concert Chorale

Come hear Pittsburgh Concert Chorale sing the music of the 80's. The band will be rockin' as Bryan makes the piano dance and the drums and bass get in the groove.

Food trucks on site to purchase food or bring a picnic basket of your own. Take along a blanket or chair to sit on the lawn.

Bus leaves RCAC at 4:30 pm and leaves the Frick at 8:00 pm.

RSVP by July 14

Must have OPT/Access

2023 Quilt Company East Quilt Show

“GOING IN CIRCLES”

Thursday, July 13

Cost \$10, pay at the door

See all the beautiful quilts and talk with quilters about their techniques.

Christ the Divine Shepard Parish
Monroeville, PA

Bus Leaves RCAC at 10:00 am

Make your reservation by July 7, 2023
Must have 4 people or the trip will be cancelled

OPT/Access required.

Vanka Murals Tour

July 15, 2023

Cost \$14

Immerse yourself in the awe-inspiring murals of Croatian artist Maxo Vanka on a guided tour at the historic St. Nicholas Croatian Catholic Church in Millvale. Discover how these striking works were painted by Vanka in 1937 and 1941 to reflect the culture and lives of the working-class immigrant congregation. While on the tour, you'll see conservation in action as you learn about the stories behind the murals and their timeless messages.

Docent-led guided tours are 60 minutes.

Register and pay by Friday, July 7

Bus leaves RCAC at 11:45 am. Must have 5 people or trip will be cancelled. OPT/Access required



Distillery Tour, Strip District

Saturday July 22

Cost \$23

Join us for a tour and tasting. We'll walk you through how we start with organic, local grain to produce our award winning rye and bourbon whiskey, gin, rum, and other spirits. Throughout the tour we'll regale you with the true tale of the Pittsburgh's Whiskey Rebellion, one of the country's quirkiest and most pivotal events. The tour includes an explanation of our distillation process, a history of the Whiskey Rebellion told through the eyes of our namesake Philip Wigle, and a tasting of straight spirits. The total length of the tour is 1 hour.

Reservations and payment due by July 11
Bus leaves RCAC at 11:15 am
OPT/Access required

TRIPS

Lunch with Friends
Kneads Café
Friday, July 14, 12:00 pm

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

Bus leaves RCAC at 11:30 am.

Must have OPT/Access

Monthly Shopping: Waterworks Mall

July 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, July 18

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 July 13

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 M.S. CCC-A

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Website www.rcacorp.org

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

July 2023

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Permit No. 16



RCAC SCRAMBLE

Friday, August 25, 2023

Hill Crest Country Club

Join us for 18 holes of golf

Registration: 7:30 am - Shot Gun Start: 9:00 am

RSVP by August 6, 2023

\$550/foursome, \$150/ person

Includes:

18 holes including cart, Continental Breakfast,
Snack at the turn, 2 drink tickets
Lunch, raffles and awards provided after play

Send checks payable to:

RCAC, P.O. Box 437, Oakmont, PA 15139
or

Register, sponsor & pay online at

<https://events.golfstatus.com/event/2023RCACGolf/register>