

# ***The Golden Eagle***

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139  
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[www.rcacorp.org](http://www.rcacorp.org)

**VOLUME 46, No. 9**

## **Inside this issue...**

Page 2: Desk of Director  
Page 3: Center Activities  
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: Center Activities  
Page 11: Trips



***Take me out to the ball park one more time!***

**PIRATES VS WASHINGTON NATIONALS**

**Thursday, September 14**

Game time 1:35pm

Cost \$18 per person  
which includes a \$5 complimentary  
food and beverage credit.

It's also \$1 Smithfield Hot Dogs at select  
Concession Stands  
(10 person minimum to receive this package)

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

Reservations and payment due by September 5

***Let's Go Buc's***

## From the desk of the Director...

The RCAC Board of Directors play a vital role in keeping the center running.  
Below are the 2023-2034 board members:




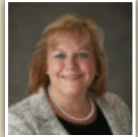
### Officers:

Tom Whalen - President  
Nancy Carpenter - Vice President  
Maureen Hanekamp - Treasurer  
JoAnn Dempler - Secretary

### Board Members:

Tom Dinnin	Betti Rottschaefer
Judy Ferguson	Dick Williams
John Kearns	Paul Winkler
Sylvia Provenza	Rhoda Worf

*Sincerely,  
Kristina*

<p><b>MEG L. BURKARDT ATTORNEY AT LAW</b> Estate Planning • Wills • Financial Power of Attorney • Healthcare Power of Attorney</p>  <p>CAFARDI FERGUSON WYRICK WEIS + GABRIEL LLC 647 Allegheny Avenue, Suite 100 Oakmont, PA 15139 www.cfwwg.com 412.828.5040</p>		
 <p><b>SUPPORT THE ADVERTISERS</b> that Support our Community!</p>		<p><b>BERKSHIRE HATHAWAY</b> The Preferred Realty HomeServices</p> <p><b>Jocelyn Bosick</b> REALTOR®</p>  <p><b>The Preferred Realty</b> 1376 FREEPORT ROAD • PITTSBURGH, PA 15238 <b>Cell: 724.316.5006</b> <b>Office: 412.782.3700</b> JBosick@ThePreferredRealty.com <b>www.JBosick.com</b> <small>A member of the franchise system of BHH Affiliates, LLC</small></p>

## 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!

(walk will be cancelled if raining)

### **GLOBAL LINKS Presentation**

**1:00 pm**

**Tuesday, September 19**

Global Links, a Pittsburgh based non-profit, collaborates with U.S. healthcare institutions and the community to rescue hundreds of tons of high-quality surplus medical materials every year. These materials are shared with public health facilities around the world and with non-profit organizations in Western Pennsylvania that are providing care for their community's most vulnerable people.

Most needed home medical equipment

- Knee scooters
- Walkers and rollator walkers
- Canes and quad canes
- Shower benches
- Wheelchairs (manual and transport)

**If you have any of the above equipment that is not in use please bring it to the presentation or drop it off between 12noon-2pm on Tuesday, September 19.**

**RSVP by September 14**

### **CCAC Tech Tutoring**

Thursday, September 21

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

### SENIOR CONNECT CARDS

**September 14**

**1:00 pm**

Rep. Joe McAndrew will be signing seniors up for free Senior Connect Cards which lets them ride the bus anywhere in the state for free! Participants must be 65 or older to receive a free bus pass. Senior Connect Cards are good for 4 years. They will also have some other services as well like Disability Placards, Illegible License Plate Forms and much more available. Come by and see what they have to offer.

**Call RCAC to register by Sept 11**

### **CCAC Healthy Cooking, Sam is back!**

**Tuesday, September 12**

**11:30 am-1:30 pm**

CCAC instructor, Sam, 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 September 6

## CENTER ACTIVITIES

### ART CLASS w/ Janet Carlisle

Every Monday in September

12:30 pm - 2:00pm

Cost \$5

Call to register



Part of Janet's art work is chairs. She finds used chairs on the street, in 2nd hand stores, in yard sales and each chair has a story that develops as she works on it.

Sometimes she uses the chair's existing character, its woodgrain, or its relief as a starting point. The result is a story from her artistic fantasy and creative imagination.

**RCAC will be displaying some of Janet's chairs during September. Stop in a take a look.**



### Book Club

**September 18 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 Pressure

**Time Change**

**10:30-11:30 AM**

Wednesday, September 13 & 27

Free, no reservations necessary

### Center Council Meeting

**New Date and Time**

**Thursday, September 7 @ 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.

Come talk and enjoy lunch with us.

Call to register.



### CPR Training Class

**September 15**

**12 noon**

**Cost \$17 per person**

CPR provides life saving skills for your family and community. Parkview EMS as well as St. Margaret's personnel will perform the training. They will address your questions and concerns so hopefully with your help expand the program to others. Upon completion you will receive a Heart Saver CPR/AED certification card good for 2 years.

**Register by September 7 and bring payment to class.**

### OCTOBERFEST PICNIC at the Park

**Tuesday, October 10**

**Bratwurst, Kielbasa, Sauerkraut, Mashed Potatoes, German Potato Salad, Apple Cobbler**

**Cost \$10 per person**

**Save the date, call to register**

### Please Note:

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



## CENTER ACTIVITIES



### CASA SAN JOSE' Presentation

**Tuesday, September 12  
1:00pm.**

**Join RCAC for a conversation with  
Sr. Janice on Immigration and how we may  
be able to assist**

Casa San Jose' is a Latino immigrant resource center, an outreach of the Sisters of St. Joseph, that advocates for and empowers Latinos by promoting integration and self-sufficiency in the Pittsburgh region.

Sister Janice Vanderneck is the founder of Casa San Jose'

**Call to register by September 7**

### Wednesday Crafts 10:00 AM

**September 6 - Straw Sunburst Wreath**

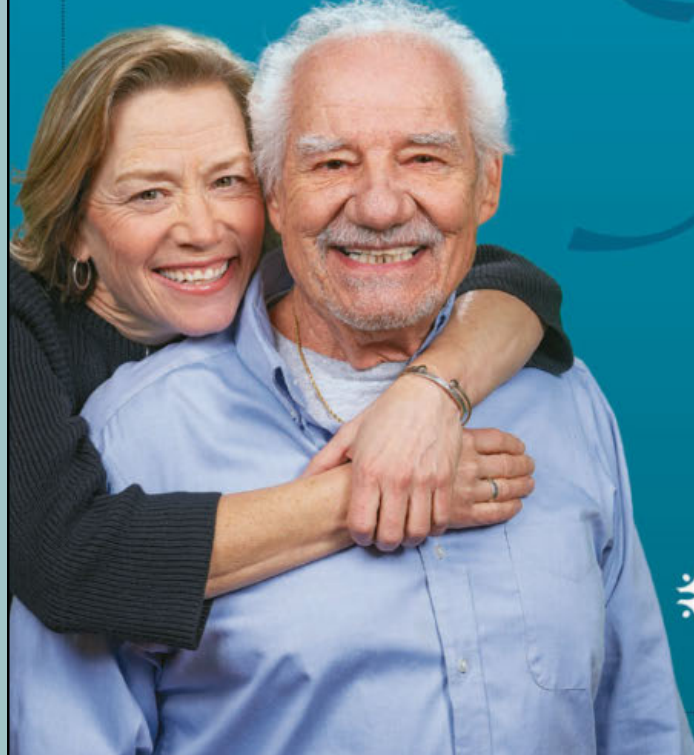
**September 13 - Paper Palm Leaves**

**September 20 - Table Runner**

**September 27 - Candy Corn Decor**

**\*\*NEW: Registration required.**





# 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
<p><b>goodbye, august</b> <b>hello, september</b></p>	<p>5 9:30 AM: Walk 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY</p>	<p>6 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO</p>	<p>7 10:30 AM: SOMATICS 11:45 AM: CENTER COUNCIL</p>	<p>1 10:00 AM: LINE DANCING 11:15 AM: LET'S GET MOVIN' W/ KAREN</p>
<p>11 10:30 AM: CHAIR YOGA W/ NANCY 12:30 PM: ART CLASS 1:30 PM: TAI CHI</p>	<p>12 9:30 AM: Walk 15 10:30 AM: PUMP YOU UP 11:30 AM HEALTHY COOKING 12:30 PM: PINOCHLE AND CARD DAY 1:00 PM: IMMIGRATION PRESENTATION</p>	<p>13 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURES 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO</p>	<p>14 10:30 AM: SOMATICS 12:00 PM: PIRATE GAME 1:00 PM: SENIOR CONNECT CARDS</p>	<p>15 10:00 AM: LINE DANCING 11:15 AM: LETS GET MOVIN' W/ KAREN 12:00 PM: CPR CLASS</p>
<p>18 10:30 AM: CHAIR YOGA W/ NANCY 11:30 AM: BOOK CLUB 12:30 PM: ART CLASS 1:30 PM: TAI CHI</p>	<p>19 9:30 AM: Walk 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY 1:00 PM: GLOBAL LINKS PRESENTATION</p>	<p>20 10:00 AM: SIT,KNIT,CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB 1:00 PM: BINGO</p>	<p>21 10:30 AM: SOMATICS 10:00AM: CCAC TECH TUTORING</p>	<p>22 10:00 AM: LINE DANCING 11:15 AM: LETS GET MOYN' W/ KAREN 12:00 PM: LUNCH WITH FRIENDS</p>
<p>25 10:30 AM: CHAIR YOGA W/ NANCY 12:30 PM: ART CLASS 1:30 PM: TAI CHI</p>	<p>26 9:30 AM: Walk 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY</p>	<p>27 10:00 AM: SIT,KNIT,CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURES 10:30 AM: WALKING CLUB 1:00 PM: BINGO</p>	<p>28 10:30 AM: SOMATICS</p>	<p>29 10:00 AM: LINE DANCING 11:15 AM: LET'S GET MOVIN' W/ KAREN</p>

# LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<b>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062 MENU SUBJECT TO CHANGE</b>				1 Asian-inspired Orange Chicken Broccoli Asian Cucumber Salad Vegetable Fried Rice Sugar Cookie
4 	5 Pesto Chicken Roasted Broccoli Buttered Farfalle Pasta Banana Shortbread Cookie	6 Herbed Petite Beef Tenderloin w/ Demi Glaze Roasted Sunset Blend Strawberry Spinach Salad Orzo Gelatin	7 Turkey & Cheddar Sandwich w/ Lettuce, Tomato & Mayo Three Bean salad Fresh Apple	8 Stuffed Cabbage Mashed Potatoes Zucchini Parmesan Soup Whole Wheat Bread Vanilla Greek Yogurt
11 Roast Pork Peas & Pearl Onions Cabbage & Noodles Whole Wheat Bread Watermelon	12 Chicken Marsala Mashed Potatoes Herbed Petite Green Beans Whole Wheat Bread Chocolate Pudding	13 Swedish Meatballs Buttered Noodles Tri-Color Carrots Fresh Fruit Salad	14 Summer Berry Salad w/ Chicken & Chow Mein Noodles Mango & Pineapple Salad Whole Wheat Bread Sugar Cookie	15 Pub Steakburger Diced Potatoes Broccoli Slaw Fresh Cantaloupe
18 BBQ Beef Brisket Herbed Petite Green Beans Mac & Cheese Berry Medley w/ Yogurt	19 Chicken Filet Parmesan Zucchini Parmesan Soup Strawberry Spinach Salad Penne w/ sauce Chocolate Chip Cookie	20 Turkey Sausage & Biscuits & Gravy Diced Potatoes w/ Peppers & Onions Fresh Apple	21 Tuna Club Sandwich w/ Lettuce & Tomato Broccoli Slaw Fresh Pear	22 Meatloaf Cheesy Mashed Potatoes Orange Herb Roasted Beets Whole Wheat Bread Gelatin
25 Chicken Tenders Cauliflower Cheddar Bisque Potato Wedges Bread Fresh Fruit Salad	26 Italian Sausage w/ Peppers Hot Dog Roll Sautéed Spinach Watermelon Salad Oatmeal Raisin Cookie	27 Beef Pot Pie Tri-Colored Carrots Mashed Potatoes Biscuit Vanilla Pudding	28 Ham & Swiss Sandwich on Whole Grain Roll Three Bean Salad Fresh Pineapple	29 Mahi Mahi Fish Sandwich Roasted Red Potatoes Tomato Basil Soup Fresh Honeydew



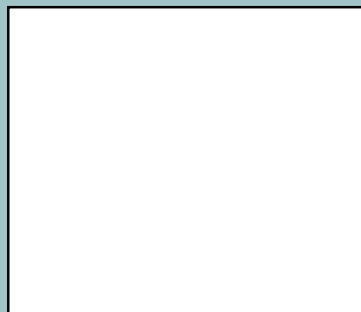
## RCAC BUS SERVICE

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 Nancy

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

### Walk 15

Every Tuesday 9:30am—10:15 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.

Body weight & dumbbell exercises are taught using proper form

### 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

Location: 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 ACTIVITIES



### ***RCAC HISTORY***

RCAC would like to write it's history and is seeking volunteers to help research and write our story.

If you are interested in volunteering please contact Mary Margaret at the center so we can embark on this exciting venture.

[mmfisher@rcacorp.org](mailto:mmfisher@rcacorp.org)  
412-828-1062

**FLU and COVID Booster Clinic**  
By the Medicine Shoppe Pharmacy

**Tuesday, October 3**  
12noon - 2pm

Bring your insurance cards including  
Medicare Part B Cards  
Shots are **FREE** with most insurance.  
\$45 without insurance

**Reservations not necessary but  
appreciated, call RCAC**



## TRIPS

**Lunch with Friends**  
**Rudy's Table - Lower Burrell**  
**Friday, September 22, 12:00 pm**

Please call the Center if you are planning on attending by September 14, so that we may make reservations.

Bus leaves RCAC at 11:30 am.

Must have OPT/Access

**Monthly Shopping: Waterworks Mall**

**September 11, 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.

**Brown Bag Concert now...**

**SONG SHOP CONCERTS**

**Saturday, September 30**

**12noon**

**Bus leaves RCAC at 11am**

**Must have OPT/Access**

Pittsburgh Opera continues its popular and free Brown Bag Concerts in 2023–24 under the new name of Song Shop Concerts. These informal performances feature the Resident Artists of Pittsburgh Opera. These one-hour performances are free and open to everyone.

The September Concert, will be Animated Arias featuring animations from Point Park University's Animation students paired with live opera performances.

Call RCAC for reservations by September 14

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 Advertise in  
 our Newsletter!

**CONTACT ME**  
**Christopher Nance**

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

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Kristen Lewis McCabe  
 M.S. CCC-A

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**LOCALLY**



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**PAID**

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

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

**September 2023**

**HORSESHOE CURVE TRIP**  
**Thursday, October 19, 2023**  
**See the fall foliage and Horseshoe Curve**

Includes: \*Amtrak Train Transportation from Greensburg to Altoona. RCAC will provide a continental breakfast for the trip. \*Deluxe Motorcoach Transportation in Altoona to local stops and transportation from Altoona back to Monroeville Mall. (also includes Driver Tip) \*Guided Tour of Railroaders Memorial Museum which houses a stunning example of railroad architecture and is a monument to the individuals who built it. Gift Shop on site. \*Lunch We will enjoy a nice lunch served to us at The Dream Restaurant! Also includes a beverage, dessert & meal gratuity. Bakery on site if you want to take some desserts home, too. (Feel free to bring a cooler/thermal bag with ice for under the bus). \*Stop at Boyer Candies Proud Creator of the Mallow Cup. \*Self-Guided Tour of World-Famous Horseshoe Curve Take a self-guided tour of the museum & sit outside on a bench to watch the trains come through Horseshoe Curve. Gift Shop on site.

Bus leaves RCAC at 6:15 am to go to Monroeville Mall to catch the tour bus at 6:45 am get on the train at 8:00 am and returns at 5:30 pm.



Must have OPT/Access

Reservations and payment due by  
September 8

Cost \$150.00 per person