

RIVERVIEW Community Action Corporation

**August
2023**

The Golden Eagle

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

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**You're
Invited!**

**FRIDAY, AUGUST 25, 2023
HILL CREST COUNTRY CLUB
3411 LEECHBURG ROAD
LOWER BURRELL, PA 15068**

Join us for 18 holes including cart, continental
breakfast, snacks, drinks, lunch, raffles and
awards!

Registration: 7:30 a.m. - Shotgun Start: 9:00 a.m.

PLEASE RSVP BY 8/11/23

RCAC promotes services and programs to enhance
the quality of life of the residents of Oakmont,
Verona and the surrounding communities.

More details including sponsorship at
<https://events.golfstatus.com/event/2023RCACGolf>
or 412-828-1062



Riverview Community
Action Corporation
Serving Local Communities Since 1966



From the desk of the Director...

The August heat is no joke. Keep cool with us at RCAC and join us for our free and affordable programs at our air conditioned, accessible center!

For just \$1.25 we're offering congregate lunches **Monday –Friday** at noon at the center with Monday, Wednesday and Thursday the most popular. Please call us 48 hours in advance to order.

Enjoy chilled, filtered water from our bottle filler free of charge, and take advantage of our free activities like book club, card games, sit and knit, crafts, and more!

Our free computer lab is equipped with internet and Microsoft programs for your convenience, and our exercise room boasts three machines and other equipment for you to use.

Best of all, our air-conditioned bus is just \$2 round trip to the center, and we're available to transport you to the center Monday - Friday, 9 a.m. - 3p.m. Please call 24 hours in advance to reserve.

Give us a call at 412-828-1062 or stop into the center at 501 Second Street and stay for a while!

*Sincerely,
Kristina*

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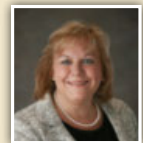
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CENTER ACTIVITIES

RCAC WALKING CLUB

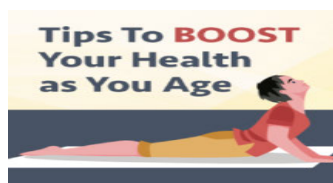
Wednesdays at 10:30 am

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)



Older Adults' Unique Nutrition Needs

National Institute on Aging

Simple adjustment can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes and heart disease. Choose foods with little to no added sugar, saturate fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.
- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with B12, such as some cereals, or talk to your doctor about taking a B12 supplement.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

UPMC Presentation

Friday, August 18

12 noon

OSTEOPOROSIS

Osteoporosis is a silent disease that can have profound and devastating effects on the injured person and those who care for them. Fortunately, there are interventions to reduce the risks associated with the disease. We welcome you to come and learn through an interactive game about osteoporosis including how to prevent it and the steps you can take to implement fall prevention in your home and everyday life. This activity will be presented by an orthopedic nurse and a physical therapist specializing in geriatric fractures.

Lisa Kolodziejski, MSN, RN

Orthopedic Nurse Navigator

**Join us for lunch and the presentation
Sign up by August 14**

Riverview High School Class of 1973

50th Reunion

October 27-29, 2023!

Celebration events include a Friday Night Happy Hour, Saturday morning tour of RHS, Coffee and Pastries Tailgate, and Noon RHS Football Game. The official reunion dinner is Saturday, October 28 from 5:30 p.m. to 10:30 p.m. at Futules Harmar House. To RSVP for the dinner on Saturday, please send a check for \$50 (per person), made out to Riverview 1973 50th Reunion, and mail to Riverview 1973 50th Reunion, 5151 Edloe Street, Apt. 12202, Houston, TX 77005. Donations to defray expenses are welcome, too. A Sunday Steeler Game Watch Party (location tbd) at 1:00 p.m. wraps up the weekend fun. For additional information, please contact the Reunion Committee at riverview73reunion@gmail.com.

CENTER ACTIVITIES

SUMMER LUNCHEON At RCAC

**Tuesday, August 22
11:45 am**

Join us for a fresh luncheon with your RCAC friends and bring along a guest to introduce them to the center.

MENU

Shrimp salad, Tuna salad, Tabbouleh salad served on a bed of greens, bread, ice cream and pink lemonade

Fun and games included!

Cost \$6

Register by August 16



**Book Club
August 14 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, August 2 & 16

Free, no reservations necessary

Center Council Meeting

New Date and Time

Thursday, August 3 @ 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

August 4

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 August 2 and bring payment to class.

CORN HOLE

Thursday, August 3

11:00 AM

You enjoyed playing corn hole at the picnic now come inside where its cool and play it again.

Stay afterwards for lunch.

Please sign up by August 1.

Please Note:

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

CENTER ACTIVITIES

We are looking for an intern!

Calling all people interested in marketing and fundraising! RCAC is looking for a Marketing & Development Intern. This is an excellent opportunity for someone to gain experience in the nonprofit field while making a positive impact for seniors. Preference given to candidates with relevant course experience in marketing, journalism, public health, or fundraising. The intern must be driven and work hard to produce quality, heart-felt work. If you're interested, please contact Kristina Waltman at kwaltman@rcacorp.org.

**Wednesday Crafts
10:00 AM**

August 2 - Bean Art

August 9 - Salt Painting

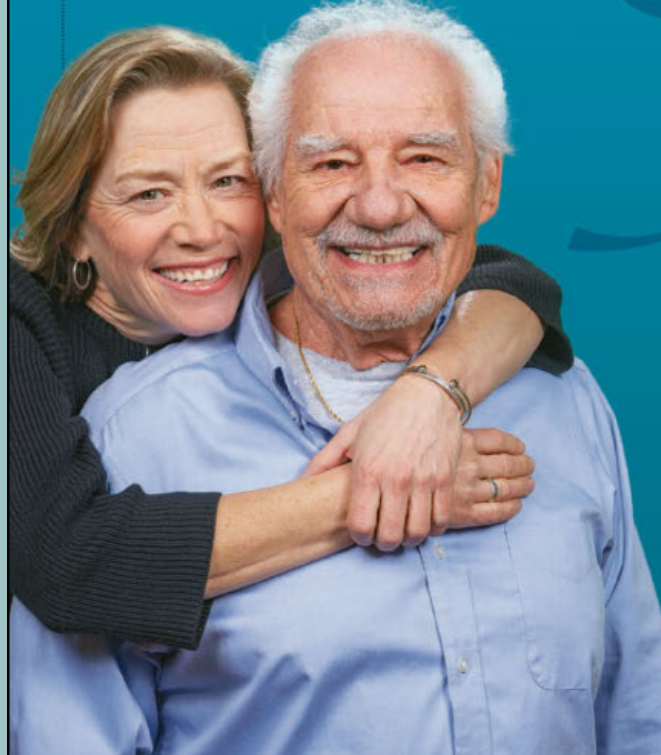
August 16 - Placemats

August 23 - Placemats for the Center

August 30 - Bubble Wrap Flowers

****NEW: Registration required.**





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412.828.5600




EOE

ACTIVITY CALENDAR

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|---|
|  <div>1 9:15 AM: YOGA FLOW 9:45 AM: WALK 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY</div> | <div>2 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</div> | <div>3 10:30 AM: NO SOMATICS 10:30 AM: CORN HOLE 11:45 AM: CENTER COUNCIL</div> | <div>4 10:00 AM: LINE DANCING 11:15 AM: LET'S GET MOVIN' W/ KAREN 12:00 PM: CPR CLASS</div> | |
| <div>7 10:30 AM: CHAIR YOGA W/ KAREN 12:30 PM: ART CLASS 1:30 PM: TAI CHI</div> | <div>8 9:15 AM: YOGA FLOW 9:45 AM: WALK 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY</div> | <div>9 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO</div> | <div>10 10:30 AM: SOMATICS</div> | |
| <div>14 10:30 AM: CHAIR YOGA W/ KAREN 11:30 AM: BOOK CLUB 12:30 PM: ART CLASS 1:30 PM: TAI CHI</div> | <div>15 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</div> | <div>16 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</div> | <div>17 10:30 AM: SOMATICS 11:00 AM: SOERGELS'S</div> | |
| <div>21 10:30 AM: CHAIR YOGA W/ KAREN 12:30 PM: ART CLASS 1:30 PM: TAI CHI</div> | <div>22 9:15 AM: YOGA FLOW 9:45 AM: WALK 15 10:30 AM: PUMP YOU UP 11:45 AM: ALTERNATE LUNCH 12:30 PM: PINOCHLE AND CARD DAY</div> | <div>23 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB 1:00 PM: BINGO</div> | <div>24 10:30 AM: SOMATICS 11:45 AM: HEINZ HISTORY CENTER</div> | |
| <div>28 10:30 AM: CHAIR YOGA W/ KAREN 12:30 PM: ART CLASS 1:30 PM: TAI CHI</div> | <div>29 9:15 AM: YOGA FLOW 9:45 AM: WALK 15 10:30 AM: PUMP YOU UP 12:30 PM: PINOCHLE AND CARD DAY</div> | <div>30 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB 1:00 PM: BINGO</div> | <div>31 10:30 AM: SOMATICS</div> | |
| | | | |  |

LUNCH MENU

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|---|
| MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062 MENU SUBJECT TO CHANGE | 1 Pesto Chicken Roasted Broccoli Buttered Farfalle Pasta Banana Shortbread Cookie | 2 Herbed Petite Beef Tenderloin w/ Demi Glaze Roasted Sunset Blend Strawberry Spinach Salad Orzo Gelatin | 3 Turkey & Cheddar Sandwich w/ Lettuce, Tomato & Mayo Three Bean salad Fresh Apple | 4 Stuffed Cabbage Mashed Potatoes Zucchini Parmesan Soup Whole Wheat Bread Vanilla Greek Yogurt |
| 7 Roast Pork Peas & Pearl Onions Cabbage & Noodles Whole Wheat Bread Watermelon | 8 Chicken Marsala Mashed Potatoes Herbed Petite Green Beans Whole Wheat Bread Chocolate Pudding | 9 Swedish Meatballs Buttered Noodles Tri-Color Carrots Fresh Fruit Salad | 10 Summer Berry Salad w/ Chicken & Chow Mein Noodles Mango & Pineapple Salad Whole Wheat Bread Sugar Cookie | 11 Pub Steakburger Diced Potatoes Broccoli Slaw Fresh Cantaloupe |
| 14 BBQ Beef Brisket Herbed Petite Green Beans Mac & Cheese Berry Medley w/ Yogurt | 15 Chicken Filet Parmesan Zucchini Parmesan Soup Strawberry Spinach Salad Penne w/ sauce Chocolate Chip Cookie | 16 Turkey Sausage & Biscuits & Gravy Diced Potatoes w/ Peppers & Onions Fresh Apple | 17 Tuna Club Sandwich w/ Lettuce & Tomato Broccoli Slaw Fresh Pear | 18 Meatloaf Cheesy Mashed Potatoes Orange Herb Roasted Beets Whole Wheat Bread Gelatin |
| 21 Chicken Tenders Cauliflower Cheddar Bisque Potato Wedges Bread Fresh Fruit Salad | 22 Italian Sausage w/ Peppers Hot Dog Roll Sautéed Spinach Watermelon Salad Oatmeal Raisin Cookie | 23 Beef Pot Pie Tri-Colored Carrots Mashed Potatoes Biscuit Vanilla Pudding | 24 Ham & Swiss Sandwich on Whole Grain Roll Three Bean Salad Fresh Pineapple | 25 CLOSED GOLF OUTING |
| 28 Vegetable Lasagna Balsamic Glazed Broccoli Romaine Mandarin Salad Whole wheat Bread Vanilla Greek Yogurt | 29 BBQ Pulled Pork Fire Roasted Sweet Potato Coleslaw Whole Grain Sandwich Roll Fresh Fruit Salad | 30 Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Chocolate Pudding | 31 Spring Mix Salad w/ Turkey Whole Wheat Bread Fresh Clementines |  |

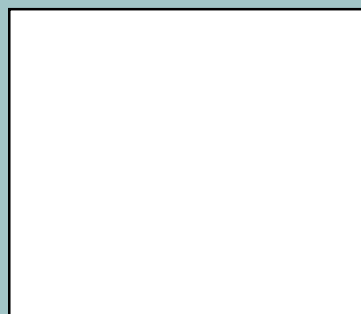
RCAC BUS SERVICE

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

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 TRIPS



HEINZ HISTORY CENTER

**Thursday,
August 24
FREE**

As Pittsburgh's "people museum," the History Center preserves and interprets the history of Western Pennsylvanians through six floors of interactive exhibitions that feature iconic artifacts like the TV set from "Mister Rogers' Neighborhood" and the world's oldest jeep.

Bus leaves RCAC at 11:45am
Reservations due by August 11
Must have OPT/Access

Soergel Orchards Thursday, August 17

Take a trip to this family owned business in Wexford, PA. They started selling just apples in the early 1900's but today they have local produce, a gift barn, bakery center, café, garden center, wine shop, ice cream and much more.

Farmers Market Vouchers Accepted

**Sign up by August 11
Must have OPT/Access
Bus leaves RCAC at 10:30 AM**



The Depreciation Lands Museum

.....a colonial village where history is real life!

Sunday, September 17

Cost \$10 per person

This will be a guided tour for an hour with benches along the way for you to rest

The coal fire of the Blacksmith's forge blends with the wood smoke of cooking fires. The bell of the school house breaks the stillness of the shady cemetery in the grounds of the 1837 Covenanter Church.

Costumed 18th century interpreters bring to life our settlers' world in this colonial village nestled on the edge of Route 8, just north of Pittsburgh, PA.

Reservations and payment due by **August 15**
Bus will leave RCAC at 12:30 PM Must have OPT/Access

TRIPS

**Lunch with Friends
Village Inn
Friday, August 11, 12:00 pm**

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

Bus leaves RCAC at 11:30 am.

Must have OPT/Access

Monthly Shopping: Waterworks Mall

**August 7, 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, August 15
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 August 10

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**THRIVE
LOCALLY**

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Website www.rcacorp.org

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

August 2023

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Verona, PA 15147
Permit No. 16

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