

RIVERVIEW Community Action Corporation

**October
2023**

The Golden Eagle

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

VOLUME 46, No. 10

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



TUESDAY, OCTOBER 10

12 Noon

RIVERSIDE PARK PAVILION

COST \$10 per person

**Bring your friends and family and enjoy the
fall outdoor weather.**

**Listen to music and play a last game of
cornhole.**

At RCAC if inclement weather.

MENU

**Bratwurst, Kielbasa, Hot Dogs, German Potato
Salad, Mashed Potatoes, Sauerkraut, Apple
Cobbler and Apple Cider.**

RSVP and pay by October 5

From the desk of the Director...

October is an exciting time in my house. My husband, Lance, and I have two boys, Miles (8) and Charlie (5), and the start of the holidays and family traditions in fall and winter are a welcomed reminder of my childhood. It's funny how certain traditions like going to my hometown's fall street fair as a child stick with me overtime. I can still taste and smell the deep-fried Oreos encased in crispy, warm funnel cake and cool, sweet, powdered sugar.

All my happy memories and the traditions I'm creating with my family involve good food, love, and laughter. The excuse to "snuggle up" (as I say to my kids) after a big day, and a hot meal. I hope that my kids remember these times long after I'm gone.

My wish for you is that you have happy memories and traditions which come to you as the seasons change, and that RCAC is a place for you to create new connections, come together, laugh, and feel loved through our programs, daily congregate meals, and through our staff who care deeply about you.

We've got lots of fun programs in store in October, and I'm hoping to see you all soon at RCAC. Don't forget we have lunch every day, now, and we'd love to have you! Please call at least 2 days in advance to order (412-828-1062) before noon.

*Sincerely,
Kristina*



MEG L. BURKARDT, ESQUIRE

ESTATE PLANNING | WILLS | POWERS OF ATTORNEY

647 Allegheny Avenue Oakmont
412-828-5040 grblaw.com



**SUPPORT THE
ADVERTISERS**
that Support our
Community!

**BERKSHIRE
HATHAWAY** The Preferred Realty
HomeServices

Jocelyn Bosick
REALTOR®



The Preferred Realty
1376 FREEPORT ROAD • PITTSBURGH, PA 15238
Cell: 724.316.5006
Office: 412.782.3700
JBosick@ThePreferredRealty.com
www.JBosick.com
A member of the franchise system of BHH Affiliates, LLC

CENTER ACTIVITIES

SILVER SNEAKERS Lunch & Learn

**Friday, October 20
12pm**

Join Karen for lunch as she teaches us about Silver Sneakers, the difference in the program levels and what she is going to be teaching.

You do NOT have to be a Silver Sneakers member to attend this presentation or any of the classes.

All are welcome.

RSVP by Oct. 17 and sign up for lunch as well



**TAILGATE PARTY
and watch the game!**

**Sunday, October 8
12:30 pm**

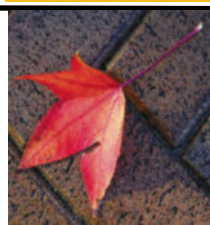
RCAC Dining room

**Steelers vs. Ravens
1:00 pm**

**Join your RCAC family and friends for a
pot luck tailgate party and watch the game
to help cheer the Steelers to
Victory!**

**Register by October 4 and let us know what
you will be bringing**

LET'S GO STEELERS!



**Oakmont Fall Festival
Saturday, October 28
10am-4pm
Come visit our booth**

CCAC Tech Tutoring

**Thursday, October 19
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

FLU and COVID Booster Clinic

By the Medicine Shoppe Pharmacy

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

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**

CCAC Healthy Cooking, Sam is back!

Tuesday, October 17

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 October 10

CENTER ACTIVITIES

Want to receive the RCAC Newsletter Via e-mail?

Please e-mail Mary Margaret at
mmfisher@rcacorp.org
with newsletter in the subject line.

Table Runner Quilt w/ Lynn

Tuesday, October 17

1:00 pm

Cost \$5, six people only

Make a reversible quilted table runner
Reservations due by October 10



Book Club

October 16 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

10:30-11:30 AM

Wednesday, October 18 & 25

Free, no reservations necessary

Center Council Meeting

Thursday, October 5 @ 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.



Musical Fun

Thursday,

October 5

1:00pm

The WPCA Academy Adult String Ensemble
Come and enjoy an interactive concert
presented by our orchestra musicians! We will
not only be playing music that is
familiar to the listeners, but we are going to
have a "Name That Tune" contest based on t.v.
and movies from the 1960's, 70's, 80's and
90's. Prizes will be awarded for the
winners. How well do you know your
entertainment themes? You can't win if you
don't attend!

Register by October 2

Elaine's Soup coming in November

November 2 - Stuffed Pepper Soup

Cost \$8 per quart

Order by noon on October 31

Please Note:

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

CENTER ACTIVITIES



Tuesday, October 31
12 pm
\$2 per person

Join us for the RCAC lunch and the movie
Edward Scissorhands

We will have cookies, cupcakes, popcorn, virgin
Bloody Mary's and Apple Cider during the movie

Costumes suggested
Reservations due by October 26

**Wednesday Crafts
10:00 AM**

October 4 - Fall Leaf Suncatchers

October 11 - Tiered Tray Pumpkin

October 18 - Paper Pumpkins

October 25 - Mystery Pumpkin Treats

****NEW: Registration required.**

SENIOR FAIR

Thursday, October 12

10am - 12pm

Greek Orthodox Social Hall

Washington Ave., Oakmont

Sponsored by

Representative Joe McAndrew and

Senator Jay Costa

A large advertisement for "Trust" by Presbyterian SeniorCare Network. It features a photograph of an elderly couple smiling and embracing. The background is a solid teal color. The word "Trust" is written in a large, elegant script font. Below it, the phrase "Because he's my Dad" is written in a smaller script font. A quote from a woman is included: "Growing up, Dad made sure I always had the best — now it's my turn. The care, compassion and kindness here are amazing." Below the quote, it says "TO LEARN MORE, ARRANGE A VISIT TODAY." At the bottom, the Presbyterian SeniorCare Network logo is shown, along with the website "SrCare.org/trust" and the phone number "412.828.5600". In the top right corner, there are icons for accessibility and a small "EOE" logo.

Trust

Because he's my Dad


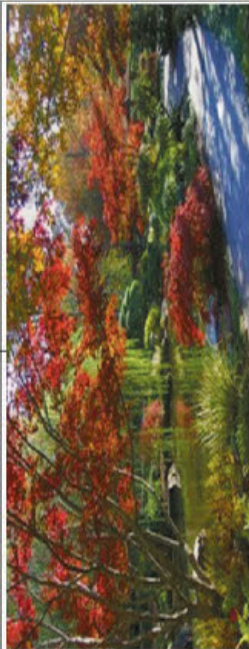
"Growing up, Dad made sure I always had the best — now it's my turn. The care, compassion and kindness here are amazing."

TO LEARN MORE, ARRANGE A VISIT TODAY.


Presbyterian
SeniorCare
NETWORK.

SrCare.org/trust
OAKMONT CAMPUS
412.828.5600

ACTIVITY CALENDAR

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
| 2 10:30 AM: CHAIR YOGA W/ NANCY 1:30 PM: TAI CHI | 3 9:30 AM: Walk 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00PM—2:00 PM: COVID & FLU CLINIC 12:30 PM: PINOCHLE AND CARD DAY | 4 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO | 5 10:30 AM: SOMATICS 11:45 AM: CENTER COUNCIL 1:00 PM: CONCERT | 6 10:00 AM: LINE DANCING 11:15 AM: NO SILVER SNEAKERS CIRCUIT w/ KAREN |
| 9 10:30 AM: CHAIR YOGA W/ NANCY 1:30 PM: TAI CHI | 10 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12 NOON: OCTOBERFEST RIVERSIDE PARK | 11 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: WALKING CLUB RIVERSIDE PARK 1:00 PM: BINGO | 12 10:30 AM: SOMATICS 1:00PM: GENEALOGY PRESENTATION | 13 10:00 AM: LINE DANCING 11:15 AM: NO SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: UPMC STROKE PRESENTATION |
| 16 10:30 AM: CHAIR YOGA W/ NANCY 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI | 17 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 11:30 AM HEALTHY COOKING 12:30 PM: PINOCHLE AND CARD DAY 1:00 PM: QUILT CLASS | 18 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 | 19 10:30 AM: SOMATICS 10:00 AM: CCAC TECH TUTORING | 20 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 NOON: LUNCH & LEARN SILVER SNEAKERS |
| 23 10:30 AM: CHAIR YOGA W/ NANCY 1:30 PM: TAI CHI | 24 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: PINOCHLE AND CARD DAY 1:00 PM: AVAIRY PRESENTATION | 25 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURES 10:30 AM: WALKING CLUB 1:00 PM: BINGO | 26 10:30 AM: SOMATICS | 27 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/ KAREN 12:00 PM: LUNCH WITH FRIENDS |
| 30 10:30 AM: CHAIR YOGA W/ NANCY 1:30 PM: TAI CHI | 31 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT 12:30 PM: PINOCHLE AND CARD DAY 12:00 NOON: HALLOWEEN PARTY AND MOVIE |  | | |
|  | | | | |

LUNCH MENU

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|---|
| 2 Vegetable Lasagna Balsamic Glazed Broccoli Romaine Mandarin Salad Whole Wheat Bread Vanilla Greek Yogurt | 3 BBQ Pulled Pork on Whole Grain Roll Fire Roasted Sweet Potato Coleslaw Fresh Fruit Salad | 4 Spring Mix Salad w/ Turkey w/ Dressing Whole Wheat Bread Fresh Clementines | 5 Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Chocolate Pudding | 6 Asian-inspired Orange Chicken Broccoli Asian Cucumber Salad Vegetable Fried Rice Sugar Cookie |
| 9 Stuffed Pepper w/ Ground Beef Mashed Potatoes Grilled Vegetables Whole Wheat Bread Apricots | 10 Pesto Chicken Roasted Broccoli Buttered Farfalle Pasta Banana Shortbread Cookie | 11 Turkey & Cheddar Sandwich w/Lettuce, Tomato & Mayo Three Bean salad Fresh Apple | 12 Herbed Petite Beef Tenderloin w/ Demi Glaze Roasted Sunset Blend Salad Orzo Gelatin | 13 Stuffed Cabbage Mashed Potatoes Zucchini Parmesan Soup Whole Wheat Bread Vanilla Greek Yogurt |
| 16 Roast Pork Soup Cabbage & Noodles Whole Wheat Bread Watermelon | 17 Chicken Marsala Mashed Potatoes Herbed Petite Green Beans Whole Wheat Bread Chocolate Pudding | 18 Summer Berry Salad w/ Chicken & Chow Mein Noodles Mango & Pineapple Salad Whole Wheat Bread Sugar Cookie | 19 Swedish Meatballs Buttered Noodles Tri-Color Carrots Fresh Fruit Salad | 20 Pub Steakburger w/ Cheese Diced Potatoes Broccoli Slaw Fresh Cantaloupe |
| 23 BBQ Beef Brisket Herbed Petite Green Beans Mac & Cheese Berry Medley w/ Yogurt | 24 Chicken Filet Parmesan Zucchini Parmesan Soup Strawberry Spinach Salad Penne w/sauce Chocolate Chip Cookie | 25 Tuna Club Sandwich w/ Lettuce & Tomato Broccoli Slaw Fresh Pear | 26 Turkey Sausage & Biscuits & Gravy Diced Potatoes w/ Peppers & Onions Fresh Apple | 27 Meatloaf Cheesy Mashed Potatoes Orange Herb Roasted Beets Whole Wheat Bread Gelatin |
| 30 Chicken Tenders Cauliflower Cheddar Bisque Potato Wedges Bread Fresh Fruit Salad | 31 Italian Sausage w/ Peppers Hot Dog Roll Sautéed Spinach Watermelon Salad Oatmeal Raisin Cookie |  | | |
|  | | | | |
| MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062 MENU SUBJECT TO CHANGE | | | | |

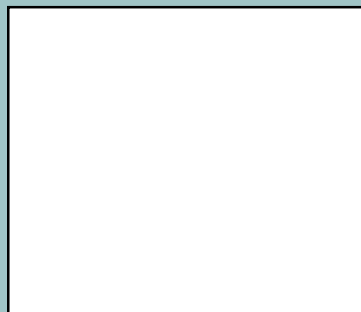
RCAC BUS SERVICE

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.

Burket - Truby
FUNERAL HOME
 Cremation & Alternative Services, Inc.
 SEAN RUSSELL TRUBY, SUPERVISOR
 SHEA E TRUBY, Director

412-828-3535
www.burket-truby.com
More Than A Name ... We Are Family!

truehold

✗ MYTH

Refinancing is the smartest option to access your home equity.

✓ TRUTH

Truehold's Sale-Leaseback is the most cost-effective way to access the equity in your home.

Looking to unlock your equity?

April Rainey, your Cincinnati Market Manager, is here to answer your questions today!

april@truehold.com (513) 809-1738

Place Your Ad Here and Support our Community!
 Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

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.



SilverSneakers Circuit

Exercise Classes

Tuesdays 10:30 am

Fridays 11:15 am

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

**You do NOT have to be a SilverSneakers member to attend.
EVERYONE WELCOME!**

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

Intro to Genealogy

By Bobby Egelston

Thursday, October 12

1:00 PM

**How to Get Started
Recording Your
Family's Data**

An explanation of the basic forms used by genealogists: the Ancestor Chart and Family Group Sheet and how to fill them out.

Bobby has taught genealogy methods for the Western PA Genealogical Society, the Adult Education program for Fox Chapel School District, Hampton Library and Cooper Siegel Community Library.

Register by October 9

**Stroke and Stroke Awareness Presented
by Experts from UPMC St. Margaret**

Friday, October 13

12pm

Stroke is the 5th leading cause of death and primary cause of disability in the United States. Please join us on Friday, October 13th in learning more about stroke signs/symptoms and what happens after you call 911 for stroke symptoms. We will also cover treatment options, risk factors and prevention. The information will be presented as if you were a stroke patient here at the hospital.

RSVP by October 6 and register for the RCAC lunch as well, it's stuffed cabbage

TRIPS

**Lunch with Friends
Mohan's**
Friday, October 27, 12:00 pm

Please call the Center if you are planning on attending by October 19, so that we may make reservations.

Bus leaves RCAC at 11:30 am.

Must have OPT/Access

Monthly Shopping: Waterworks Mall
**October 2, 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.

**Pittsburgh Opera Presents
"THE BARBER OF SEVILLE"
Sunday, October 22
2:00pm**

With scissors as sharp as his wits, the cunning barber **Figaro** is the go-to neighborhood trickster capable of solving any problem. When Count Almaviva finds himself smitten with the charming and clever Rosina, Almaviva knows exactly who to call to help him out. Through disguises and distraction, schemes and subterfuge, Figaro and Almaviva team up to outwit the dastardly Dr. Bartolo who would have Rosina, and her large fortune, for his own.

Seven tickets available, register by Oct. 16
NO COST

Must have OPT/Access
Bus leaves RCAC at 1:00 pm

LET'S GROW YOUR BUSINESS
Advertise in
our Newsletter!

CONTACT ME
Christopher Nance

cnance@lpicommunities.com
(800) 477-4574 x6107

R.W. PETRUSO
HEARING & AUDIOLOGY
CENTER INC.

OAKMONT (Fox Chapel Location)

1250B Old Freeport Road

Suite B

Pittsburgh, PA 15238

Phone 412-406-8534

*Helping You Hear Life's
Moments for 50 years!*



Kristen Lewis McCabe
M.S. CCC-A

**THRIVE
LOCALLY**

PUBLISHED BY
RIVERVIEW COMMUNITY ACTION CORPORATION
501 SECOND ST., P.O. Box 437
OAKMONT, PA 15139
PHONE: (412) 828-1062
Fax: (412) 828-6985
Email mail@rcacorp.org
Website www.rcacorp.org

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

October 2023

Non-Profit Organization
U.S. Postage

PAID

Verona, PA 15147
Permit No. 16



NATIONAL AVIARY

AVAIARY PRESENTATION

October 24

1:00pm

Cost \$8

Birds and Conservation

Approximately 40% of the world's bird populations are declining. As of 2018, one in eight bird species are now considered to be endangered species.

Explore the role human and environmental factors play on the decline of various species. Discover how the conservation efforts of zoos, scientists and everyday community members have led once endangered species to make a comeback.

Includes a visit from one of the National Aviary Animal Ambassadors.

RSVP by October 18

Legacy Lineup at Cumberland Woods

Saturday, December 9

2:00pm

Johnny Angel Christmas

Cost \$35

Kickoff your holiday season with Johnny Angel and the Halos! Share a Pittsburgh holiday moment with this legendary band as they cover decades of the city's holiday history in their own special way. This show will rock your stockings!

Transportation will leave RCAC at 1:00pm

OPT/Access required

Must have 5 people or the trip will be cancelled

**Reservations due and paid in full by
October 31.**