

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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**THANKSGIVING POT
LUCK!!**

**Tuesday, November 21
12 PM**

**Join your RCAC friends and
family for a Thanksgiving
Feast.**

**RCAC will provide the
Turkey and you bring the
sides and desserts**

RSVP by November 14

FUN & GAMES AS WELL

Sunday, November 5, 2023



From the desk of the Director...

RCAC Family

The idea of giving thanks comes to us throughout the year, but especially during Thanksgiving. This year I am very thankful for the friends I have made at RCAC, and even more excited to celebrate this holiday season with you! Thanks to our Center Council members, Mary Margaret has gotten lots of feedback on activities you'd like to do, and the month of November is packed with fun activities for you to take part in. Come celebrate a pre-Thanksgiving potluck with us at RCAC on Tuesday, November 21, at noon! You can share your family's favorite dish or keep it simple with a store-bought treat. If you pass me at RCAC, I'd love to hear what you're thankful for this year.

*Sincerely,
Kristina*



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CENTER ACTIVITIES

CENTER CLOSURES

**RCAC will be closed on
November 7 - for Elections**

**November 23 & 24 - in observance of
the Thanksgiving Holiday**

RCAC Bus will not run on these days

ART CLASS

**With Janet Carlisle
Monday's in November**



12:30 pm– 2:30 pm

**Cost \$5
Call to register
No class November 13**



**TAILGATE PARTY
and watch the game!**

Sunday, November 12

12:30 pm

RCAC Dining room

Steelers vs. Packers

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 November 6 and let us know
what you will be bringing**

LET'S GO STEELERS!

CCAC Tech Tutoring

Thursday, November 16

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

NEIGHBORHOOD LEGAL SERVICES PRESENTATION

Thursday, November 9

1:00 PM

**Attend this talk to learn what
Neighborhood Legal Services (NLS)
can provide. He will answer your
questions and direct you to the proper
place to help your situation.**

Register by November 3

CCAC Healthy Cooking, Sam is back!

Tuesday, November 14

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 November 9

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.

Center Council Meeting

Thursday, November 2 @ 12:30 pm

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.

Book Club

November 13 at 11:30pm

Love to read? Join Marsha and your friends to select books to read and discuss. November's book is *Steeped in Evil* (A Tea Shop Mystery.)

Book Club meets every month.

Call to reserve your spot.



Blood Pressure

10:30-11:30 AM

Wednesday, November 8 & 22

Free, no reservations necessary

Let's Talk Turkey: Does it make you Sleepy?

If you've ever curled up on the couch after a Thanksgiving feast to catch a few winks, you may have also wondered about that old holiday rumor about turkey: The bird contains tryptophan, which appears to be some kind of natural sleep aid.

But is there anything to the turkey-tryptophan-tired idea, or is it a Thanksgiving-themed myth to justify avoiding the post-meal cleanup?

The short answer is no, a few slices of turkey aren't enough to knock you out. The science of sleepiness after a Thanksgiving meal is a little more complicated. In addition to the effect that consuming a lot of carbs and calories in a short time has on your body, the time of year plays a role in your holiday sleep cycle, too.

But fighting off the zzz's this Thanksgiving or any day that features plenty of food and drink can be done pretty simply—it just take a little planning and self-control.

Article from HEALTHLINE

Medicare Open Enrollment

Runs through December 7, 2023 for changes to take place in January 2024.

Contact your healthcare provider to see if there are changes you would like to make.

Please Note:

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

CENTER ACTIVITIES/

SONG SHOP CONCERTS

**Saturday, November 4
12 noon**

Bus leaves RCAC at 11am

Must have OPT/Access

Pittsburgh Opera continues its popular and free concerts under the new name of Song Shop Concerts. These informal performances feature Resident Artists of the Pittsburgh Opera. These one hour performances are free and open to everyone. The November Concert they will partner with the Violins of Hope of Greater Pittsburgh

Call RCAC for reservations by October 30

**Wednesday Crafts
10:00 AM**

- November 1 - Yarn Pumpkins**
- November 8 - Pine Cone Turkey**
- November 15 - Glass Bead Holiday Tree**
- November 22 - UFO's**
- November 29 - It's a Surprise**
- **NEW: Registration required.**

RIDE THE RCAC BUS IN THE OAKMONT HOMETOWN CHRISTMAS PARADE

**Saturday, November 18
From 4-7pm**

If you are interested in riding the bus with RCAC contact Mary Margaret by November 11.

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>NOV. 11</p> <p>VETERANS</p> <p>HONORING</p> <p>WHO ALL WHO SERVED</p>	<p>7</p> <p>ELECTION DAY OFFICE CLOSED</p>	<p>1</p> <p>10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>2</p> <p>10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL</p>	<p>3</p> <p>10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>
<p>6</p> <p>10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: WATERWORKS TRIP 12:30 PM: ART CLASS</p>	<p>7</p>	<p>8</p> <p>10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM BLOOD PRESSURES 1:00 PM: BINGO</p>	<p>9</p> <p>10:30 AM: SOMATICS 1:00 PM: NEIGHBORHOOD LEGAL SERVICES PRESENTATION</p>	<p>10</p> <p>10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>
<p>13</p> <p>10:30 AM: CHAIR YOGA W/NANCY 11:00 AM RIVERS CASINO 11:30 AM: BOOK CLUB 12:30 PM: NO-ART CLASS</p>	<p>14</p> <p>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</p>	<p>15</p> <p>10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>16</p> <p>10:30 AM : SOMATICS 10:00 AM: CCAC TECH TUTORING 1:00 PM: HIMALAYN SALT CAVE</p>	<p>17</p> <p>10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: LUNCH WITH FRIENDS</p>
<p>20</p> <p>10:30 AM: CHAIR YOGA W/NANCY 12:30 PM: ART CLASS 1:00 PM: ROSS PARK MALL</p>	<p>21</p> <p>9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM THANKSGIVING POT LUCK 12:30 PM: PINOCHLE AND CARD DAY</p>	<p>22</p> <p>10:00 AM: SIT,KNIT,CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURES 1:00 PM: BINGO</p>		
<p>27</p> <p>10:30 AM: CHAIR YOGA W/ NANCY 12:30 PM: ART CLASS</p>	<p>28</p> <p>9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT 12:30 PM: PINOCHLE AND CARD DAY</p>	<p>29</p> <p>10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>30</p> <p>10:30 AM: SOMATICS 11:00 AM: DOWNTOWN HOLIDAY FESTIVITIES 6:45 PM: RIVER CITY BRASS BAND</p>	

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
 <p>6</p> <p>Vegetable Lasagna Balsamic Glazed Broccoli Romaine Mandarin Salad Whole Wheat Bread Vanilla Greek Yogurt</p>	<p>7</p> <p>BBQ Pulled Pork on Whole Grain Roll Fire Roasted Sweet Potato Coleslaw Fresh Fruit Salad</p>	<p>1</p> <p>Hann & Swiss Sandwich w/ Lettuce and Tomato Three Bean Salad Fresh Pineapple</p>	<p>2</p> <p>Beef Stew Baby Carrots Mashed Potatoes Vanilla Pudding</p>	<p>3</p> <p>Lennon Pepper Cod w/ Tartar Sauce Brown Rice Pilaf Tomato Basil Soup Whole Wheat Bread Fresh Honeydew</p>
<p>13</p> <p>Stuffed Pepper w/ Ground Beef Mashed Potatoes Grilled Vegetables Whole Wheat Bread Apricots</p>	<p>14</p> <p>Pesto Chicken Roasted Broccoli Buttered Farfalle Pasta Banana Shortbread Cookie</p>	<p>8</p> <p>Spring Mix Salad w/ Turkey w/ Dressing Whole Wheat Bread Fresh Clementines</p>	<p>9</p> <p>Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Chocolate Pudding</p>	<p>10</p> <p>Asian-inspired Orange Chicken Broccoli Asian Cucumber Salad Vegetable Fried Rice Sugar Cookie</p>
<p>20</p> <p>Roast Pork Roasted Sweet Potatoes Cabbage & Noodles Whole Wheat Bread Watermelon</p>	<p>21</p> <p>Chicken Marsala Mashed Potatoes Herbed Petite Green Beans Whole Wheat Bread Chocolate Pudding</p>	<p>15</p> <p>Roast Turkey w/ Gravy & Bread Stuffing Mashed Potatoes Green Beans Pumpkin Pie w/ Whipped Topping</p>	<p>16</p> <p>Herbed Petite Beef Tenderloin w/ Demi Glaze Roasted Sunset Blend Strawberry & Lettuce Salad Orzo Gelatin</p>	<p>17</p> <p>Stuffed Cabbage Mashed Potatoes Zucchini Parmesan Soup Whole Wheat Bread Vanilla Greek Yogurt</p>
<p>27</p> <p>BBQ Beef Brisket Herbed Petite Green Beans Mac & Cheese Berry Medley w/ Yogurt</p>	<p>28</p> <p>Chicken Filet Parmesan Zucchini Parmesan Soup Strawberry Spinach Salad Penne w/ sauce Chocolate Chip Cookie</p>	<p>22</p> <p>Summer Berry Salad w/ Chicken & Chow Mein Noodles Mango & Pineapple Salad Whole Wheat Bread Sugar Cookie</p>	 <p>Happy Thanksgiving!</p>	
<p>30</p> <p>Tuna Club Sandwich w/ Lettuce & Tomato Broccoli Slaw Fresh Pear</p>	<p>29</p> <p>Chicken Filet Parmesan Zucchini Parmesan Soup Strawberry Spinach Salad Penne w/ sauce Chocolate Chip Cookie</p>	<p>30</p> <p>Turkey Sausage & Biscuits & Gravy Diced Potatoes w/ Peppers & Onions Fresh Apple</p>	<p>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062 MENU SUBJECT TO CHANGE</p>	

RCAC BUS SERVICE

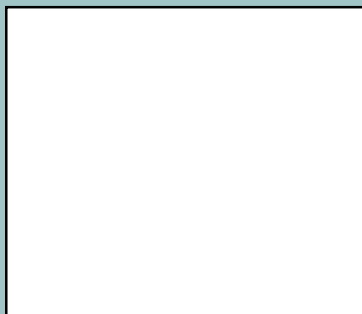
Riverview Community Action Corporation (RCAC) bus service for all Oakmont and Verona residents is in operation. Service is available by reservations Monday – Friday from 9:00 am –3:00 pm. The following rules and procedures are still in effect at this time.

- 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 **Cancelled until December**
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 TRIPS



**DOWNTOWN HOLIDAY
FESTIVITIES**

Thursday, November 30

Bus leaves RCAC at 11:00 AM

Shop at the Peoples Gas Holiday Market in Market Square, see the Gingerbread House display in the PPG lobby and City County Building, have lunch at the various restaurants in the area. You will have 3 hours to shop, dine and explore.

Reservations due by November 20

RIVERS CASINO TRIP

Monday, November 13

Bus leaves RCAC at 11am and returns at 2:30pm

Play, have fun and win a jackpot in the poker room or at one of the exciting slots or live-action table games!

**Must have OPT/Access
Reservations due by November 8**

**ROSS PARK MALL
Shopping Trip**



Monday, November 20

**Bus Leaves RCAC at 12pm
Leaves the mall at 3pm.**

**Reservations due by November 14
Must have OPT/Access**

TRIPS

**Lunch with Friends
Zen Chinese Restaurant
Friday, 17, 12:00 pm**

Please call the Center if you are planning on attending by November 10, so that we may make reservations.

Bus leaves RCAC at 11:30 am.

Must have OPT/Access

Monthly Shopping: Waterworks Mall

**November 6, 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.



**RIVER CITY
BRASS**

**CHRISTMAS
BRASSTACULAR**

**Thursday, November 30
7:30 pm**

Embrace the spirit of Christmas with this seasonal fan favorite! Including popular Christmas songs such as "The Little Drummer Boy" and "You're a Mean One, Mr. Grinch", plus your favorite carols. Regional choirs will be joining River City Brass for this celebration of Christmas.

Bus leaves RCAC at 6:45pm

Cost \$16.50 per person with a group of 10
Reservations and payment due by November 16.

Must have OPT/Access

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our Newsletter!

**CONTACT ME
Christopher Nance**

cnance@lpicommunities.com

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M.S. CCC-A

**THRIVE
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PHONE: (412) 828-1062
Fax: (412) 828-6985
Email mail@rcacorp.org
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HOURS OF OPERATION: 8:00 AM – 4:00 PM
MONDAY THROUGH FRIDAY

November 2023



Peace



Love

&



Zen

Himalayan Salt Cave Calming Salt Therapy

Thursday, November 16

1:00 pm

Enjoyed by Europeans for centuries, salt therapy (halotherapy) is becoming recognized in the U.S. as a natural, drug-free supplement or alternative to common medical treatments. Simply put, halotherapy emulates the conditions inside a natural salt cave by infusing the air with tiny particles of pharmaceutical-grade salt. These particles are not only safe to breathe but also have been shown to alleviate symptoms of various ailments.

Cost \$20 per person for a group of 10

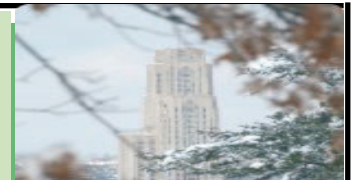
Payment and reservations due by Nov. 9

Must have OPT/Access

Nationality Rooms Holiday Open House

Sunday, December 3

Bus leaves RCAC at 11:30am



In the spirit of an open house tradition members of the Nationality and Heritage Room Committees will welcome guests into the Cathedral of Learning for an afternoon of exploration and engagement.

Guests will be invited into the Nationality and Heritage Rooms which will be decorated for the holiday season. Guests will have the opportunity to participate in traditional crafts and cultural demonstrations to learn about the rooms and the Nationality and Heritage Room

Committees and their ethnic communities and traditions. In the Cathedral of Learning Commons, guests will enjoy traditional foods and baked goods as they listen to world and holiday music and shop for handcrafted and cultural wares and other items that represent the cultural diversity of the Nationality and Heritage Rooms.

Reservations due by November 22