

RIVERVIEW Community Action Corporation

*January
2024*

The Golden Eagle

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

VOLUME 47, No. 1

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**We're starting 2024 off with a BINGO
Fundraiser benefitting RCAC**

**Join us every Friday in February
7pm-9pm
at the Verona Eagles
315 James Street
Verona, PA**

**A portion of the proceeds and the money from
the gift baskets benefit RCAC**

**Bring your friends and family for BINGO. Pick a
date or join us every Friday.
February 2, 9, 16 & 23**

Donations of items for gift baskets are welcome.



From the desk of the Director...

RCAC Family

Happy New Year! I hope that 2024 brings happiness and health to all of you. We've all got different traditions in the new year. My family eats sauerkraut and pork on New Year's Day for good luck. Here are a few new different traditions from various cultures to try:

Eat 12 Grapes! Yes, exactly 12, one at each stroke of midnight to represent each month of the New Year. Eating one grape at each of midnight's 12 clock chimes guarantees you a lucky year.

Find Your Love! The Irish believe that if you put a sprig of mistletoe (or holly or ivy) under your pillow on December 31, you'll dream of your future partner. Now that's what we call sweet dreams.

Decorate Your Front Door with Onions! To Greeks, onions are a symbol of good luck and fertility, because they sprout even when no one is paying attention to them. On New Year's Eve, families in Greece hang bundles of onions above their doors as a means of inviting that prosperity into the home. On New Year's Day, parents also wake up their children by gently bonking their kids on the head with the onions that were outside.

Keep the windows open. Doors too! It's a common superstition that opening the doors and windows will let the old year out, and the new year in unimpeded.

Eat long food for a long life! In Japan, it's traditional to eat "toshikoshi soba," a dish with long, buckwheat noodles that's served hot or cold. The noodles symbolize longevity, and the hearty buckwheat plant represents resilience.

We are thrilled with everyone who has responded to the mail appeal so far and look forward to listing tribute donations in the next newsletter.

Kristina



MEG L. BURKARDT, ESQUIRE

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CENTER ACTIVITIES

CENTER CLOSURES

RCAC will be **closed** on
January 1 in observance of New Years Day &
January 15 in observance of Martin Luther
King Day

RCAC BUS will not run on January 1 & 15, 2024

IT's COLD, FLU and COVID season.
If you are not feeling well,
please stay home.

If you do come and are coughing and
sneezing we will require you to wear a
mask.

RCAC FOOD PANTRY

RCAC has a Food Pantry that assists people with
food insufficiency. Call to make an appointment
and staff will gather food items that may be picked
up. Paperwork needs to be completed during the
initial visit.

People may visit the Food Pantry twice a month.

We continuously accept donations for the Food
Pantry. Non perishable, unexpired food items are
welcome. Frequently requested items: pasta, pasta
sauce, fun cereal for kids, cans of ravioli,

SpaghettiOs's, Tuna, beans, canned fruit, jelly,
mac n' cheese, applesauce, crackers, cookies, soup.

Frozen veggies, frozen pizza, paper towels, pet
food and whatever else you would like to donate.

Your contributions are greatly appreciated.



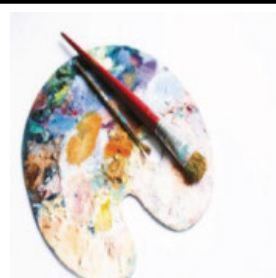
ART CLASS

With Janet Carlisle
Mondays in January

12:30 pm - 2:30 pm

Cost \$5

Call to Register



RCAC HISTORY

Tuesday, January 16
1:00 pm

Maria Piantanida has volunteered to
spearhead this endeavor. Bring any
knowledge and or photos you may have.
Thanks to the people that are interested
in helping with our history.

Please register by calling the center.

Estate Planning with
Attorney Bob Cooper

Thursday, January 18
1:00 PM

Attorney Bob Cooper will be on-site
presenting topics related to ensuring your
Estate Plan is up to date & benefits
you. Planned Topics include Wills,
Powers of Attorney, how the use of joint
accounts and beneficiary designations
affect your Will, how being prepared can
avoid probate & the benefits of creating a
Trust. Situated on Allegheny River Blvd in
Oakmont, Attorney Cooper has 40+ years of
experience in Elder Law, Estate Planning
and Probate. Bring your
questions and let's kick-off 2024 prepared!

Reserve your space by January 12

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, January 4 @ 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

January 15 at 11:30pm

Love to read? Join Marsha and your friends to select books to read and discuss. January's book is *Her Hidden Genuis* by Marie Benedict.

Book Club meets every month.



Blood Pressure

10:30-11:30 AM

Wednesday, January 3, 17 & 31

Free, no reservations necessary



LUNCH AT THE CENTER

Thursday, January 11

12PM

Cost \$6

*QUICHE - Crustless Broccoli & Cheese
and Spinach & Cheese
Rolls
Cookies*

RSVP by Monday, January 8

COMING IN JANUARY!

**A NEW SilverSneakers Class
Starting Wednesday, January 3
10 AM**

**A Stability and Balance class will be
taught by Karen.**

**You DO NOT have to be SilverSneakers
member to attend this class
Cost \$3 if not SilverSneakers member**

Please Note:

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CENTER ACTIVITIES/

SONG SHOP CONCERT

**Saturday, February 3
12 noon**

Bus leaves RCAC at 11am

Must have OPT/Access

Pittsburgh Opera's popular Brown Bag concerts have a new name for 2023-24 to honor the Bitz Opera Factory's industrial heritage – Pittsburgh Opera's Song Shop concerts. The free, informal Song Shops feature the Resident Artists of Pittsburgh Opera. These one-hour performances are free, fun, and open to everyone.

Call RCAC for reservations by January 26

**Wednesday Crafts
10:00 AM**

January 3 - Tree Wall Hanging

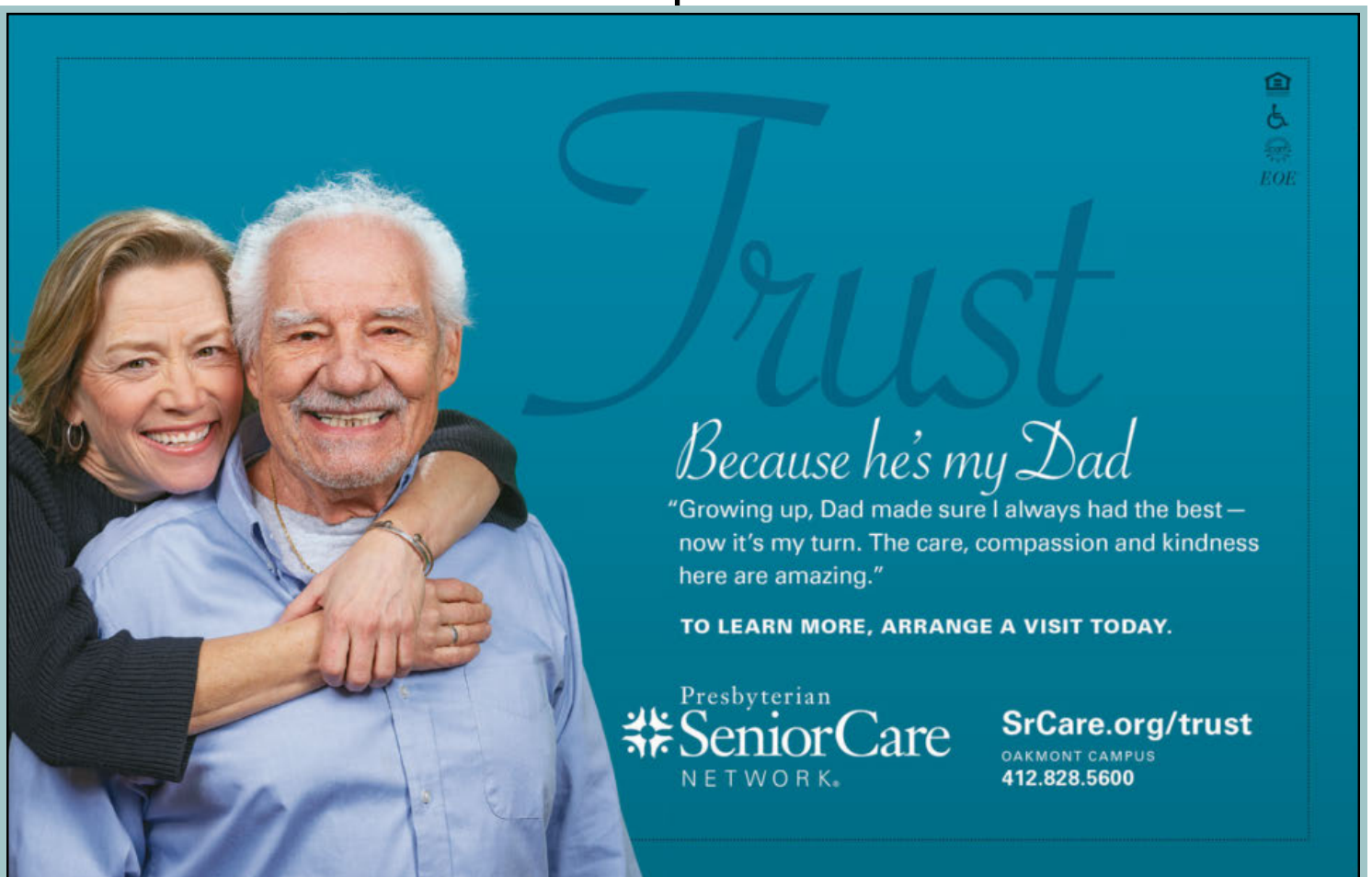
January 10 - Snowball Wreath

**January 17 - Mini Winter Hat
Garland**

January 24 - Pinecone Ball

January 31 - Puzzle Hearts

****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.

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NETWORK



SrCare.org/trust
OAKMONT CAMPUS
412.828.5600

EOE

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
 2 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: PINOCHLE AND CARD DAY	3 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SLIVERSNEAKERS STABILITY & BALANCE 10:30 AM BLOOD PRESSURES 1:00 PM: BINGO	4 10:30 AM: SOMATICS	5 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN	
8 10:30 AM: CHAIR YOGA W/ NANCY 11:00 PM WATREWORKS TRIP 12:30 PM: ART CLASS 1:30 PM: TAI CHI	9 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: PINOCHLE AND CARD DAY	10 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SLIVERSNEAKERS STABILITY & BALANCE 1:00 PM: BINGO	11 10:30 AM: SOMATICS 12:00 PM: QUICHE LUNCH 12:00 PM: LUNCH WITH FRIENDS	
15 CLOSED MARTIN LUTHER KING DAY	16 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: PINOCHLE AND CARD DAY	17 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SLIVERSNEAKERS STABILITY & BALANCE 10:30 AM BLOOD PRESSURES 1:00 PM: BINGO	18 10:30 AM: SOMATICS 1:00 PM: ELDER LAW PRESENTATION	
22 10:30 AM: CHAIR YOGA W/ NANCY 11:00 AM: RIVERS CASINO 12:30 PM: ART CLASS 1:30 PM: TAI CHI	23 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: PINOCHLE AND CARD DAY	24 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SLIVERSNEAKERS STABILITY & BALANCE 1:00 PM: BINGO	25 10:30 AM: SOMATICS 1:00 PM: MIRACLE EAR HEARING PRESENTATION	
29 10:30 CHAIR YOGA W/ NANCY 12:30 PM: ART CLASS 1:30 TAI CHI	30 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: HIBERNATION PARTY 12:30 PM: PINOCHLE AND CARD DAY	31 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SLIVERSNEAKERS STABILITY & BALANCE 10:30 AM: BLOOD PRESSURES 1:00 PM: BINGO	26 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN	
				

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
	2 Pulled Pork Sandwich Cole Slaw Chuckwagon Corn Cantaloupe	3 Orange Chicken Stir Fry Veggie Blend Vegetable Fried Rice Bread Diced Pineapple	4 Chicken BLT Salad w/ Dressing Bread Fresh Fruit Salad	5 Italian Asiago Stuffed Gnocchi Carrots Cauliflower Bread Greek Yogurt
8 Maple Glazed Pork w/Cider Gravy Diced Sweet Potatoes Brussels Sprouts Bread Oatmeal Cookie	9 Pub Steakburger Broccoli w/ Ranch Dip Stuffed Pepper Soup Chocolate Pudding	10 Tri Color Tortellini w/ Sauce Mediterranean Veggie Blend Bread Fresh Orange	11 Ham Salad Sandwich Broccoli Slaw Fresh Grapes	12 Cheese Ravioli w/ Sauce Buttered Winter Veggie Blend Bread Mandarin Oranges
15 CLOSED MARTIN LUTHER KING DAY	16 Stuffed Pepper w/ Meat Sauce Steamed Broccoli Roasted Red Peppers Bread Pound Cake	17 Petite Tenderloin Medallion Mashed Potatoes Beets Bread Fresh Pear Chocolate Chip Cookie	18 Italian Sub Tossed Salad w/Dressing Fresh Apple	19 Mojo Marinated Cod Filet Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Fresh Clementine
22 Firehouse Chili Broccoli/Carrots Cantaloupe Saltine Crackers	23 Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Greek Yogurt	24 Chicken Alfredo Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie	25 Classic Cobb Salad w/ Chicken Bread Fresh Orange	26 Sausage & Peppers w/ Roll Peppers & Onions Diced Potatoes Fresh Fruit Salad
29 Meatloaf w/Gravy Mashed Potatoes Green Beans Bread Banana Bread	30 Chicken Cordon Bleu Carrots Butternut Squash Soup Bread Strawberry Banana Applesauce	3 Beef Stroganoff Cauliflower/ Peas Buttered Rotini Pound Cake w/ Strawberries		MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062 MENU SUBJECT TO CHANGE

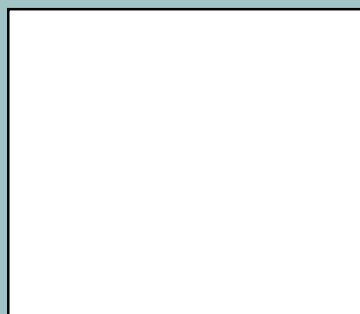
RCAC BUS SERVICE

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.

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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.



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.

SilverSneakers Stability and Balance

Wednesdays 10:00 am

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

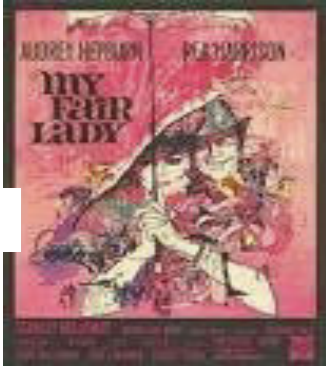
All exercise classes are \$3.00 each
(unless otherwise noted)

OR

Purchase a Fitness Pass for \$60
for 25 classes.

(You get **5 FREE Classes** when
you purchase a pass.)

CENTER TRIPS



MY FAIR LADY

Sunday, February 4

1:00 pm

6 Tickets available

Cost \$8

RSVP by January 22

In 1910s London, snobbish phonetics professor Henry Higgins agrees to a wager that he can make crude flower girl, Eliza Doolittle, presentable in high society.

Bus leaves RCAC at 12 pm
And returns from Benedum at 4:00 pm
Must have OPT/Access



RIVERS CASINO TRIP

Monday, January 22

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 January 16

Must have 4 people or trip will be cancelled.

TRIPS

**Lunch with Friends
Kneads Cafe**
Friday, January 19, 12:00 pm

Please call the Center if you are planning on attending by January 12, so that we may make reservations.

Bus leaves RCAC at 11:30 am.

Must have OPT/Access

Monthly Shopping: Waterworks Mall
**January 8, 2024
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.

LEGACY LINE UP at Cumberland Woods
**Saturday, March 24, 2:00pm
The New Pure Gold**

The New Pure Gold is keeping oldies alive! Music from the '50s, '60s, & '70s.

**Saturday, April 20, 2:00pm
Scott KEO**
A MICHAEL BUBLE TRIBUTE

Bus leaves RCAC at 1:00 PM
Must have OPT /ACCESS

Cost \$28 each

Reservations and payment due by January 22
Tickets are selling out quickly

Must have 5 people or trip will be cancelled

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Website www.rcacorp.org

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

January 2024

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**Educational Program &
Hearing Screenings**

**Thursday, January 25
1:00 pm**

Join us to hear about:

- Are all hearing losses the same?
- What causes hearing loss?
- What are the symptoms and early warning signs?
- What can be done to help someone hear better

**Reserve your seat by calling the office
January 18**

HIBERNATION PARTY!!

**Tired of being cooped up in the winter
weather? Join your RCAC friends for
Pizza and a Movie**

Tuesday, January 30

12:30 PM

Cost \$6

**Wear your favorite PJ's to settle in and
watch the movie "Groundhog Day"**

RSVP and pay by January 24

