

The Golden Eagle

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

VOLUME 47, No. 2

Inside this issue...

- Page 2: Desk of Director
- Page 3: Center Activities
- Page 4: Center Activities
- Page 5: Center Activities/
Trips
- Page 6: Activity Calendar
- Page 7: Lunch Calendar
- Page 8: RCAC Bus
- Page 9: Fitness Classes
- Page 10: Mail Appeal
- Page 11: Trips



LET'S PLAY BINGO!

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

Join us every Friday in February

7pm-9pm

Verona Eagles

315 James Street

Verona, PA

**A portion of the proceeds and the money from
the gift baskets raffle 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...

Welcome to February! Will the groundhog see his shadow? I'm betting yes. This is Mary Margaret Fisher again coming to you as your new Executive Director. Kristina left at the end of December to pursue a full time career in real estate. We wish her much success and thank her for her contributions to RCAC.


As we move forward your help in volunteering to serve lunch and assist checking people in prior to exercise classes is greatly appreciated.

We will be looking to hire a new program coordinator in the very near future.

An anonymous donor purchased the new 65" screen TV now in the dining room and we look forward to watching sporting events and movies and possibly some tv game shows.

More new developments as 2024 progresses but for now stay safe and warm in this weather and join us at the center for exercise, lunch or an event and tell your friends.

*Sincerely,
Mary Margaret*

	<p>MEG L. BURKARDT, ESQUIRE</p> <hr/> <p>ESTATE PLANNING WILLS POWERS OF ATTORNEY</p> <hr/> <p>647 Allegheny Avenue Oakmont 412-828-5040</p> <p>grblaw.com</p>	
--	---	--



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

CENTER ACTIVITIES

CENTER CLOSURES

RCAC will be **closed** on
February 19 in observance of President's Day
RCAC BUS will not run on February 19, 2024

If RCAC would close due to weather
it would be listed on **KDKA TV**

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.

TAX INFORMATION

Free Income Tax Preparation (VITA) provides free
tax filing for households with incomes of \$57000 or
less. Trained volunteers assist to file federal and state
taxes. If you do not qualify for VITA, another filing
option is MyFreeTaxes.com

Help is available 24 hours a day, seven days a week
by calling 2 1 1 (or 1-888-553-5778). Or you can visit
PA 211's website and get a listing of a VITA location
near you.

Game Day

Tuesdays 1:00

Bring your friends and enjoy playing cards, board
games or coloring. A fun a relaxing time at RCAC.

All supplies are available at the center

No reservations necessary

*Welcome to our new bus driver
Mehdi Fashandi*

*and our new volunteer
Tori Bartanusz*

We're glad they are a part of RCAC

ART CLASSES

With Janet Carlisle
Have been postponed
until spring.



Keep looking in the newsletter for
updates



RCAC HISTORY PROJECT

RCAC will be 60
years old in 2026. It has quite a rich
history that has been captured in
photographs and news articles.
Currently, there are several binders of
materials, but this makes the information
fairly inaccessible. Maria Piantanida is
looking for several people to help go
through the binders and create a more
user friendly book. If you are interested
in helping please call or text Maria at
412-337-0832.

RENT REBATES

Mondays February 5 - April 29
(No February 19)

1:00 - 2:30 pm

Fridays February 9 - April 26

1:00 - 2:30 pm

Bring the following items with you:

- ◆ Income Verification, if other than Social Security
 - ◆ Rent Certificate or property tax receipts
 - ◆ Checking information for Direct Deposit
- Please call RCAC for an appointment

412-828-1062

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, February 1 @ 12:30 pm

If you have an idea for a program, activity, trip or ideas, suggestions to make the center better, please come to the meetings. Meetings are open to everyone.

Come talk and enjoy lunch with us.

Book Club

February 26 at 11:30am

Love to read? Join Marsha and your friends to select books to read and discuss. February's book is *West With Giraffes* by Lynda Rutledge

Book Club meets every month.
Call to reserve your spot.



Blood Pressure

10:30-11:30 AM

Wednesday, February 14 & 28

Free, no reservations necessary

***FAT TUESDAY
POT LUCK LUNCH***

Tuesday, February 13

12 NOON



Mardi Gras is French for "Fat Tuesday" reflecting the practice of the last night of eating rich, fatty foods before the ritual Lenten sacrifices and fasting of the Lenten season

Bring your indulgent dish and celebrate with your RCAC friends and family with music, games and prizes!

RSVP by February 7

HELP the University of Pittsburgh Pharmacy Students by participating in the Silver Scripts program

February 23

10 am-12 noon

It's a FREE medication review by the School of Pharmacy Students

Please register and bring a list of your current medications

Please Note:

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

CENTER ACTIVITIES / TRIPS

SONG SHOP CONCERT

Saturday, March 2

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 February 23

Wednesday Crafts 10:00 AM

February 7 - Heartfelt Wreath

February 14 - Upscale Oui jars

February 21 - Seashell Picture

**February 28 - Seashell Picture
Completed**

***NEW: Registration required.**

Classes are free!

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

Icons: Home, Wheelchair, Hearing Aid, EOE

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
				
<p>5 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM WALMART TRIP 1:30 PM: TAI CHI</p>	<p>6 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>7 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SLIVERSNEAKERS STABILITY & BALANCE 1:00 PM: BINGO</p>	<p>8 10:30 AM: SOMATICS</p>	<p>9 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: LUNCH WITH FRIENDS 7:00 PM- 9:00PM : BINGO EAGLES IN VERONA</p>
<p>12 10:30 CHAIR YOGA W/NANCY 1:30 TAI CHI</p>	<p>13 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: FAT TUESDAY POT LUCK 12:30 PM: GAME DAY</p>	<p>14 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</p>	<p>15 10:30 AM: SOMATICS</p>	<p>16 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 7:00 PM- 9:00PM : BINGO EAGLES IN VERONA</p>
<p>19 CLOSED PRESIDENT'S DAY</p>	<p>20 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY 1:00 PM: FIT 4 BOXING</p>	<p>21 10:00 AM: SIT,KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SLIVERSNEAKERS STABILITY & BALANCE 1:00 PM: BINGO 2:00 PM: CONCERT</p>	<p>22 10:30 AM: SOMATICS 11:00 AM: RIVERS CASINO</p>	<p>23 10:00 AM: LINE DANCING 10:00 AM: SILVERSCRIPTS 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 7:00 PM- 9:00PM : BINGO EAGLES IN VERONA</p>
<p>26 10:30 CHAIR YOGA W/NANCY 11:30 AM: BOOK CLUB 1:30 TAI CHI</p>	<p>27 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>28 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</p>	<p>29 10:30 AM: SOMATICS 7:30 PM: RIVER CITY CELTIC CONCERT</p>	

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>Happy Valentine's Day</p>	<p>LENT BEGINS FEBRUARY 14th</p>		<p>1</p>	<p>2</p>
<p>5</p> <p>Orange Chicken Stir Fry Vegetable Blend Vegetable Fried Rice Bread Diced Pineapple</p>	<p>6</p> <p>Chicken BLT Salad w/ Dressing Bread Fresh Fruit Salad</p>	<p>7</p> <p>Spaghetti w/ Meatballs Broccoli Salad Jello</p>	<p>8</p> <p>Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe</p>	<p>9</p> <p>Italian Asiago Stuffed Gnocchi Carrots Cauliflower Bread Greek Yogurt</p>
<p>12</p> <p>Maple Glazed Pork w/Cider Gravy Diced Sweet Potatoes Brussels Sprouts Bread Oatmeal Cookie</p>	<p>13</p> <p>Ham Salad Sandwich Broccoli Slaw Fresh Grapes</p>	<p>14</p> <p>Tri Color Tortellini w/ Sauce Mediterranean Veggie Blend Bread Fresh Orange</p>	<p>15</p> <p>Pub Steakburger Broccoli w/ Ranch Dip Stuffed Pepper Soup Chocolate Pudding</p>	<p>16</p> <p>Cheese Ravioli w/ Sauce Buttered Winter Veggie Blend Bread Mandarin Oranges</p>
<p>19</p> <p>CLOSED PRESIDENT'S DAY</p>	<p>20</p> <p>Italian Sub Tossed Salad w/Dressing Fresh Apple</p>	<p>21</p> <p>Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie</p>	<p>22</p> <p>Stuffed Pepper w/ Meat Sauce Steamed Broccoli Roasted Red Peppers Bread Pound Cake</p>	<p>23</p> <p>Mojo Marinated Cod Filet Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Fresh Clementine</p>
<p>26</p> <p>Chicken Alfredo Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie</p>	<p>27</p> <p>Classic Cobb Salad w/ Chicken Bread Fresh Orange</p>	<p>28</p> <p>Firehouse Chili Broccoli/ Carrots Bread Crackers Cantaloupe</p>	<p>29</p> <p>Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Greek Yogurt</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

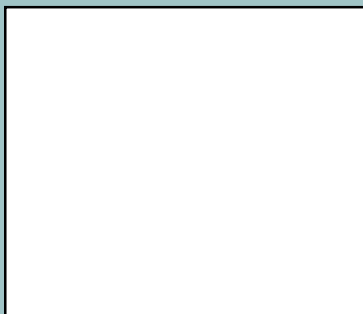
Riverview Community Action Corporation (RCAC) bus service for all Oakmont and Verona residents is in operation. Service is available by reservations Monday – Friday from 9:00 am –3:00 pm. The following rules and procedures are still in effect at this time.

- 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.

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!



NEVER MISS OUR BULLETIN!



SUBSCRIBE

Have our bulletin emailed to you every week.

Visit www.parishesonline.com

Place Your Ad Here and Support our Parish!

Instantly create and purchase an ad with

AD CREATOR STUDIO




4lpi.com/adcreator

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?




Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicomunities.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.

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.)

RCAC Staff and Board would like to thank everyone who has donated to our Annual Mail Appeal. Your support has been overwhelming. Over the next few months we will be listing those who have so generously donated to RCAC.

IN MEMORY OF	DONATED BY
First Responders	Jeffery Kline
Lawrence Kun	Rose Kun
Lynda Shane	Clara Oskin
James Vita	Carmela Vita
Elizabeth Flynn	Kevin L. Flynn
Tony and Frances Kresevich	Dottie and Ralph Gilbert Jr.
Jackie and Ralph Gilbert, Sr.	Dottie and Ralph Gilbert Jr.
Maria B. Santucci	George Santucci
Pasquale and Jennie Carlucci	Donald Carlucci
Betty Anderson	Mary Louise Kissane
Bryon Gee	Ruth Gee
Sam and Frosso Gemellas	Rhoda Worf
Jim Stapel	Marlene Stapel
Billy Peoples	Susan Peoples
Virginia "Ginger" Siciliano	Vincent Siciliano
Gerald Malky	Arlene Malky
Joseph L K Luciana, Jr.	June and Joseph Luciana III
George E Saxon	Frances Saxon
Bill and Peg Sand	Gerald Sand
Jo Dallas	Barbara Herman
Kennelly and Zacarri Families	Agnes and Anthony Zaccari
Mr. and Mrs. Herman Santucci	Donna Santucci
Russell E Truby	Jan Truby
Elizabeth A Flynn	H F Flynn Jr.
Lear Family members	Mary Catherine and Richard Lear
Catherine Leppoid	Cecilia Bradshaw
Patricia Yialouris	Lana and Elaine Yialouris
Jean Zagurski	Samual and Mariah Fortuna
Patricia Ruppel	Harold and Laura Adams
John and Ethel Garbo and Jane Schuster	Bill and Susan McHenry
Robert Purdy	Nancy Jane Purdy
Walter & Lucille Kortez, Parker & Gladys Campbell	Walt and Gloria Kortez
Nicholas Palermo	Lena Mator
Anna Fantozzi, Rose Intorre	Pasqua Molesan
Daniel Kinsey	Gloria Kinzey
Basil Ashi	Nadia Ashi
Elizabeth Antonucci	Anthony Antonucci
Joan Fitzgerald	Patricia Boxwell
Walter and Marina Crnjarich	Barbara Crnjarich
Phillip Joyce	Eileen Colianni
Al and Margaret Meyers	Doug Meyers
Larry Ferguson	Judy Ferguson
James Trangle	Grace Trangle

We apologize in advance for spelling errors

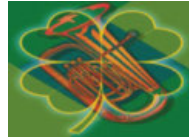
TRIPS

Lunch with Friends
Leone's

Friday, February 9, 12:00 pm

Please call the Center if you are planning on attending by February 2, so that we may make reservations.

Bus leaves RCAC at 11:30 am.



RIVER CITY BRASS
CELTIC CONNECTIONS

Thursday, February 29
Linton Middle School

7:30 pm

Bringing you Celtic favorites such as "The Gael", "Danny Boy", "Highland Cathedral", "Albannach Celtic Rock", and much more. Featuring the Pipes and Drums of Carnegie Mellon University and Irish dancers from the Bell School of Irish Dance.

10 people or more \$16.50 each
Less than 10 people \$21.00 each

Reservations and payment due by February 15

Must have OPT/Access
Bus leaves RCAC 6:45 pm

Monthly Shopping: Walmart at the Mills

February 5, 2024
11:00 am –2:00 pm

Bus will pick people up at their homes then proceed to the Walmart at the Mills. Return trip will pick up at Walmart at 1:30 and drop people off at homes.

LET'S GROW YOUR BUSINESS
Advertise in
our Newsletter!

CONTACT ME
Christopher Nance

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

WE'RE HIRING!
AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

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
51 years!

Ryan Sprouse
Au.D.



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574



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

Non-Profit Organization
U.S. Postage

PAID

Verona, PA 15147
Permit No. 16

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

February 2024

MOTOWN STYLINGS

By
Twan Moore

Wednesday, February 21

2:00 pm

Twan is the main vocalist of
THE MARCELS.

He will be singing songs from some of
Motown's greats such as Marvin Gaye,
Smokey Robinson, Michael Jackson, Sam
Cooke, Bruno Mars, The Temptations,
The Four Tops and more.

FREE CONCERT
Lighthouse Point Village

Register by February 14

Bus will leave RCAC at 1:15 pm.

Muar have OPT/Access

RIVERS CASINO TRIP

Thursday, February 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 February 15

Volunteers Needed

RCAC is looking for volunteers to help serve lunch
during the week. Only an hour and a half of your time,
a couple times a month.

Volunteers are also needed to help check people in
before exercise classes. If you are able to arrive 15
minutes before class and assist people we could use
your help.

Please talk with LuAnne, Julie or Mary Margaret if
you are able to help.