

The Golden Eagle

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

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April Lottery Raffle

Benefitting

Riverview Community Action Corporation

Drawing based on first official drawing at 7:00pm
PA Daily Lottery Pick 3
First number only



1 Ticket for \$5.00

3 Tickets for \$10.00

PAYS: \$25 each day

Except

Monday, April 15th
pays \$250

All Other Mondays –pays \$50

Everyday pays \$10 for the number in reverse

Example:

If the number on April 7th was 405, exact number pays \$25,
504 would pay \$10

**Tickets on sale STARTING FRIDAY,
MARCH 1st at RCAC FRONT DESK**

All unsold tickets become the property of
Riverview Community Action Corporation

UPMC Presentation

Palliative Care

Friday, March 15, 12:00 pm

Learn what Palliative Care is, symptoms commonly treated, advance care planning, code status and goals of care presented by Lia M. Gallagher, CRNP. After the presentation, Becky Rudy, LCSW will be available for questions or concerns related to hospice or other social work questions. Lia and Becky are from UPMC St. Margaret and the Palliative & Supportive Institute.

RSVP for lunch and presentation by March 8

Lunch & a Movie

“Back to the Future”

Thursday, March 28

Lunch 12:00 pm - Petite Tenderloins

Movie 12:30

RSVP by March 25



Presentation

Thursday, March 14

1:00 pm

We are Rock Steady Pittsburgh, and we fight back against Parkinson’s Disease. Rock Steady Boxing is a rigorous and emotional exercise program designed to not only help improve symptoms of Parkinson’s and other neurological disorders, but to help curve and slow progression of such and similar diseases. We also offer non contact fitness boxing classes for diverse groups including seniors ages 60+, adults, and children. The boxing workout is Fit 4 EveryBODY, and sure to be a challenging but doable workout to help improve quality of life through healthy weight loss, coordinative training, and balance improvement.

RSVP by March 8



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CENTER ACTIVITIES

Additional SILVERSNEAKERS Stability & Balance Class

Due to the popularity and varying skill sets of the participants there will be 2 different SilverSneakers Stability & Balance Classes

Wednesday 9:30-10:15 Advanced

Wednesday 10:30 –11:15 Intermediate

Please talk with Karen for guidance on which class to attend

**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

CCAC TECH TUTORING

Thursday, March 7

10:00 am – 12:00 pm

Have questions about how to use any of your electronic devices such as an i-phone, tablet or computer, etc.?

Make an appointment to get assistance
Call 412-828-1062.

Only 4 half hour appointments available

CCAC Healthy Cooking

Thursday, March 21

10:00 am - 12:00 pm

Join us as a new CCAC instructor will teach how to prepare 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 March 15

RENT REBATES

Mondays March 4 - April 29

1:00 - 2:30 pm

Fridays March 8 - 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, March 7 @ 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

March 18 at 11:30am

Love to read? Join Marsha and your friends to select books to read and discuss. March's book is *Beyond That, The Sea*, by Laura Spence-Ash

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



Blood Pressure



10:30-11:30 AM

Wednesday,
March 13 & 27

Free, no reservations necessary



Pot Luck

Thursday, March 14

12:00 PM

Join RCAC as we celebrate the
"Luck of the Irish"

RCAC will provide ham for the main course.

There will be music, games and prizes.

Please make reservations by Thursday, March 8 and let us know what you will be bringing.

Stay for the Fit 4 Boxing presentation following lunch

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

March 29

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

Mental Aerobics/ Boost Your Brain

Tuesday, March 26

1:00 –2:30 pm

Did you know that keeping your brain mentally fit is important to healthy aging? Enjoy fun games and activities that help improve memory, increase attention and broaden thinking skills.

RSVP by March 20

Join Lynn to make this adorable Bunny

March 5, 1:00pm

Cost \$7

5 people maximum

RSVP by March 1



Wednesday Crafts 10:00 AM

March 6 - Pot of Gold Hanging Mobile

March 13 - Leprechaun Gnome

March 20 - Wash Cloth Bunny

March 27- Easter Decoration

*NEW: Registration required.

Classes are free!

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TO LEARN MORE, ARRANGE A VISIT TODAY.




Presbyterian
SeniorCare
NETWORK.

SrCare.org/devoted
OAKMONT CAMPUS
412.828.5600

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>Will March come in like a LION and go out like a lamb? <small>Make this Lion and Lamb meal for your family.</small></p> 				
<p>4 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM WALMART TRIP 1:30 PM: TAI CHI</p>	<p>5 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY 1:00 PM: CRAFTS w/ LYNN</p>	<p>6 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNI, CROCHET 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p>7 10:00 AM: CCAC TECH CLASS 10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL</p>	<p>1 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>
<p>11 10:30 CHAIR YOGA W/NANCY 1:30 TAI CHI</p>	<p>12 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>13 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNI, CROCHET 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 10:30 AM: BLOOD PRESSURES 1:00 PM: BINGO</p>	<p>14 10:30 AM: SOMATICS 12:00 PM: ST. PATRICK'S DAY POT LUCK 1:00 PM: FIT 4 BOXING</p>	<p>15 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: UPMC PRESENTATION</p>
<p>18 10:30 CHAIR YOGA W/NANCY 11:30 AM: BOOK CLUB 1:30 TAI CHI</p>	<p>19 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>20 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNI, CROCHET 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p>21 10:00 AM: CCAC HEALTHY COOKING 10:30 AM: SOMATICS 11:00 AM: RIVERS CASINO</p>	<p>22 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>
<p>25 10:30 CHAIR YOGA W/NANCY 1:30 TAI CHI</p>	<p>26 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY 1:00 PM: CCAC MENTAL AEROBICS</p>	<p>27 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNI, CROCHET 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 10:30 AM: BLOOD PRESSURES 1:00 PM: BINGO</p>	<p>28 10:30 AM: SOMATICS 12:00 PM: CONGREGATE LUNCH & MOVIE</p>	<p>29 10:00 AM: LINE DANCING 10:00 AM: SILVERSCRIPTS 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>4</p>  <p>Beef Stroganoff Cauliflower & Peas Buttered Rotini Pound Cake w/ Strawberries</p>	<p>5</p>  <p>BBQ Turkey Flatbread Potato Salad Fresh Cantaloupe</p>	<p>6</p>  <p>Meatloaf w/ Gravy Mashed Potatoes Green Beans Bread Banana Bread</p>	<p>7</p> <p>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</p> <p>Chicken Cordon Bleu Carrots Butternut Squash Soup Bread Strawberry Banana Applesauce</p>	<p>8</p> <p>Spanakopita Egg White Casserole Breakfast Potatoes Peppers & Onions Whole Grain Biscuit Fresh Fruit Salad</p> <p>Cheese Ravioli Alfredo Broccoli Salad w/ Dressing Bread Vanilla Pudding</p>
<p>11</p> <p>Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe</p>	<p>12</p> <p>Chicken BLT Salad w/ Dressing Bread Fresh Fruit Salad</p>	<p>13</p> <p>Penne w/ Meatballs Broccoli Salad Jello</p>	<p>14</p> <p>Orange Chicken Stir Fry Vegetable Blend Vegetable Fried Rice Bread Diced Pineapple</p>	<p>15</p> <p>Vegetable Lasagna Carrots Cauliflower Bread Greek Yogurt</p>
<p>18</p> <p>Pub Steakburger Broccoli w/ Ranch Dip Stuffed Pepper Soup Chocolate Pudding</p>	<p>19</p> <p>Ham Salad Sandwich Broccoli Slaw Fresh Grapes <i>First Day of Spring!</i></p>	<p>20</p> <p>Penne w/ Alfredo Sauce Mediterranean Veggie Blend Bread Fresh Orange</p>	<p>21</p> <p>Maple Glazed Pork w/ Cider Gravy Diced Sweet Potatoes Brussels Sprouts Bread</p>	<p>22</p> <p>Cheese Ravioli w/ Sauce Buttered Winter Veggie Blend Bread Mandarin Oranges</p>
<p>25</p> <p>Stuffed Pepper w/ Meat Sauce Steamed Broccoli Roasted Red Peppers Bread Pound Cake</p>	<p>26</p> <p>Italian Sub Tossed Salad w/ Dressing Fresh Apple</p>	<p>27</p> <p>Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie</p>	<p>28</p> <p>Petite Tenderloin Medallion Mashed Potatoes Beets Bread Fresh Pear Chocolate Chip Cookie</p>	<p>29</p> <p>Mojo Marinated Cod Filet Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Fresh Clementine</p>

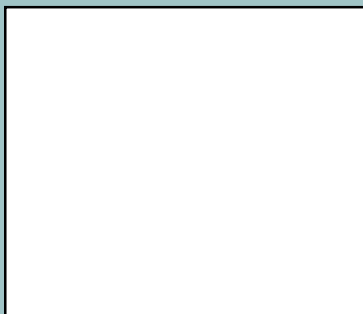
RCAC BUS SERVICE

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
 - You must be able to get on and off the bus without assistance
 - 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.

CLASS ADDITION

SilverSneakers Stability and Balance

Wednesdays **9:30 am - Advanced**
10:30 - Intermediate

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
Sidney & Marty Gillis	Shelley Weiss
John F. Murphy	Irene Yankowsky
Betty Anderson	Ray Rogers
Angelo & Angeline Cassano	Concetta Cassano
Betty Anderson	Lions Club of Oakmont

IN HONOR OF	DONATED BY
Judy Ferguson	Mr. & Mrs. Paul Winkler

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Janet Parkins	Shirley Fazio
Dorothy Nixon	Edmund & Patricia Appleby
Mary Dorencamp	Richard Williams
Daniel Wright	Margaret Beilby
Mr. & Mrs. Williams	Sam & Dixie Anderson

We apologize in advance for spelling errors

TRIPS

**Lunch with Friends
Freedom Diner
Friday, March 8, 12:00 pm**

Please call the Center if you are planning on attending by March 4, so that we may make reservations.

Bus leaves RCAC at 11:30 am.

Monthly Shopping: Walmart at the Mills

**March 4, 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.

**SONG SHOP
CONCERT**

**Saturday, April 13
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 April 5

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Christopher Nance**

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

March 2024

Riverview High School Musical Presents...

**JOSEPH and THE AMAZING
TECHNICOLOR
DREAMCOAT**

Saturday, March 9

2:00 pm

10th Street School Auditorium

A lively and colorful journey through Ancient Egypt, Joseph and the Amazing Technicolor Dreamcoat follows the rags to riches story of Joseph, his eleven brothers and the coat of many colors

Tickets for senior 62+ \$10

Payment and reservations due by March 4

No transportation provided

RIVERS CASINO TRIP

Thursday, March 21

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 March 14

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.