

The Golden Eagle

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VOLUME 47, No. 5

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The National Aviary

Monday, May 13

Cost \$18

The National Aviary is America's only independent indoor nonprofit zoo. It is the home to more than 500 birds representing more than 150 species from around the world, many of them threatened or endangered in the wild.

The National aviary's large walk-through habitats create and experience unlike any other - an intimate, up-close interaction between visitors and free flying birds, including opportunities to hand-fee and meet many species rarely found in zoos anywhere else in the world.

Reservations and payment due by May 6
Bus leaves RCAC at 9:45am
Must have OPT/Access



*Volunteer Appreciation Luncheon
Tuesday, May 14
12pm*

RCAC could not do all that we do with out our precious volunteers. Pack & serve home delivered meals 3 days a week, serve congregate meals every-day, have all the wonderful exercise programs we offer and pick up and deliver the food we order from Greater Pittsburgh Food Bank.

Join us for a luncheon and presentation.
RSVP by Thursday, May 9.
Please make every attempt to attend.

Pickleball Anyone?

Friday, May 24

11:00 am

Verona Pickleball Courts

Pickleball is fun, social and friendly! Pickleball is a racket/paddle sport in which 2-4 players hit a hollow plastic ball over a net. The rules are simple and the game is easy for beginners to learn. We have a court reserved for 4 people. Equipment required.

Reserve your spot by May 17

Exercise classes

Your participation in the classes is so welcome but please be respectful of others.

If you are more than **10 minutes late** for a class please do not enter.

Thank you for your understanding

**HOME DELIVERED MEALS
DRIVERS NEEDED!**

If you have an hour once a week, every 2 weeks or once a month, please consider helping us out delivering meals. Contact Julie or LuAnne. We appreciate your assistance.



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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

**RCAC WILL BE CLOSED ON
MONDAY MAY 27, 2024**

**In Observance of Memorial Day
NO BUS SERVICE**

RCAC WALKING CLUB IS BACK!!

Wednesday’s at 10:30am

**Riverside Park
3rd Street, Oakmont, PA**

Join us for exercise, camaraderie, and fresh air as we walk around the track. Walk at your own pace as long as you want.

Look for the bright blue tee shirts, meet new friends and keep moving!

(walk will be cancelled if rain or inclement weather)

**MOVIE & POPCORN
Thursday, May 30
12:30 pm**

African Queen

Staring Humphery Bogart & Katharine Hepburn

In WWI East Africa, a gin-swilling Canadian riverboat captain is persuaded by a strait-laced English missionary to undertake a trip up a treacherous river and use his boat to attack a German gunship.

Come for lunch before the movie, RSVP by May 28

CCAC TECH TUTORING

You asked and we responded with more tutoring!!

**Thursday, May 16
Thursday, May 23
Thursday, May 30**

10:00 am – 12:00 pm

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

Make an appointment to get assistance

Call 412-828-1062

4 half hour appointments available for each day

EST. 1961
PEARLE VISION™
EYE GLASS CHECK

Thursday, May 9
1:00 pm

Pearl Vision is coming to the center to adjust, tighten screws, clean your glasses and answer any insurance questions you may have

Register by May 6

UPMC
LIFE CHANGING MEDICINE

Friday, May 17
12 noon

Fall Risk Assessments

Join UPMC St. Margaret’s Rehab Services who will provide fall risk assessments, home safety education, and use of adaptive equipment to increase ease with activities of daily living.

Register by May 14

Join us for lunch too!

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, May 2 @ 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
May 19 at 11:30am**

Love to read? Join Marsha and your friends to select books to read and discuss. May's book is *The Lions of Fifth Avenue* by Fiona Davis.

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



Blood Pressure

10:30-11:30 AM

Wednesday,
May 8 & 22

Free, no reservations necessary

Aging in Place

Alzheimer's, Dementia, Memory Care, and Hospice: Fact or Fiction?

**Thursday, May 16
1:00 pm**

Presented by Noralynn L. Mayer R.N, M.SN. and Gary P. Goerk will address misconceptions about Alzheimer's and Dementia, and Memory Care. Despite the growing acceptance of hospice care, the increased understanding of Alzheimer's and its dementia symptoms, and the availability of memory care support in senior healthcare settings, there are still popular myths surrounding these options. Noralynn and Gary will share informative insights and poignant stories based on their interactions with patients and questions often raised by families. The presentation will conclude with a Q&A session.

Register by May 13

Sign up for the Chicken Cordon Blue lunch before the presentation



May 21

12:30 pm

Cost \$3

Cash Prizes

Bunco is a fun easy dice game with 12 players, divided into groups of four, trying to score points while taking turns rolling 3 dice. Bunco is achieved when a person rolls 3 of a kind.
No experience necessary.

Sign up and make new friends by May 14.

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

Thursday, May 23

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 May 17

Wednesday Crafts 10:00 AM

May 1 - Clothespin Dragonfly

May 8 - Golf Ball Worm

May 15 - Tie-Dyed

May 23 - Popsicle Stick Wall Hanging

May 29 - Flower Spoons

***NEW:** Registration required.
Maximum 12 people

Classes are free!



If you are celebrating a birthday in May, join us as we celebrate on Tuesday, May 21. Make a reservation by Thursday, May 16

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EOE

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
 <p>6 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: WALMART 1:30 PM: TAI CHI</p>	 <p>7 9:30 AM: WALK 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>1 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 10:30 AM: WALKING CLUB 1:00 PM: BINGO</p>	<p>2 10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL</p>	<p>3 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: KENTUCKY DERBY PARTY</p>
<p>13 10:30 AM: CHAIR YOGA W/NANCY 10:30 AM: AVIARY 1:30 PM: TAI CHI</p>	<p>14 9:30 AM: WALK 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: VOLUNTEER LUNCHEON 12:30 PM: GAME DAY</p>	<p>8 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: KNIT, CROCHET, CRAFTS 10:30 AM: BLOOD PRESSURES 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 10:30 AM: WALKING CLUB 1:00 PM: BINGO</p>	<p>9 10:30 AM: SOMATICS 11:00 AM: RIVERS CASINO 1:00 PM: EYE GLASS MAINTENANCE CHECK</p>	<p>10 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>
<p>20 10:30 AM: CHAIR YOGA W/NANCY 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI</p>	<p>21 9:30 AM: WALK 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: BIRTHDAY LUNCH 12:30 PM: GAME DAY/BUNCO</p>	<p>15 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 10:30 AM: WALKING CLUB 1:00 PM: BINGO</p>	<p>16 10:00 AM: CCAC TECH CLASS 10:30 AM: SOMATICS 1:00 PM: AGING IN PLACE</p>	<p>17 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: UPMC PRESENTATION</p>
<p>28 9:30 AM: WALK 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>28 9:30 AM: WALK 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>22 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURES 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 10:30 AM: WALKING CLUB 1:00 PM: BINGO</p>	<p>23 10:00 AM: CCAC TECH CLASS 10:30 AM: SOMATICS 1:00-2:30 PM: CCAC MENTAL AEROBICS</p>	<p>24 10:00 AM: LINE DANCING 11:00 AM: PICKLEBALL 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: LUNCH WITH FRIENDS</p>
 <p>30 10:00 AM: CCAC TECH CLASS 10:30 AM: SOMATICS 12:30 PM: MOVIE & POPCORN 1:00 PM: BOWLING</p>	<p>29 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 10:30 AM: WALKING CLUB 1:00 PM: BINGO</p>	<p>26 10:00 AM: CCAC TECH CLASS 10:30 AM: SOMATICS 1:00-2:30 PM: CCAC MENTAL AEROBICS</p>	<p>30 10:00 AM: CCAC TECH CLASS 10:30 AM: SOMATICS 12:30 PM: MOVIE & POPCORN 1:00 PM: BOWLING</p>	<p>31 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</p>	<p>MAY</p> 	<p>Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie</p>	<p>Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Pear Chocolate Chip Cookie</p>	<p>Mojo Marinated Cod Fillet Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Clementine</p>
<p>Chicken Alfredo Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie</p>	<p>Firehouse Chili Saltine Crackers Broccoli/ Carrots Bread Cantaloupe</p>	<p>Classic Cobb Salad Salad Greens Bread & Margarine Fresh Orange</p>	<p>Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Greek Yogurt</p>	<p>Sausage & Peppers Diced Potatoes Peppers & Onions Hot Dog Roll Fresh Fruit Salad</p>
<p>Beef Stroganoff Cauliflower Peas Buttered Rotini Pound cake w/ Strawberries</p>	<p>Meatloaf w/ Gravy Mashed Potatoes Green Beans Bread Banana Bread</p>	<p>BBQ Turkey Flatbread Potato Salad Fresh Cantaloupe</p>	<p>Chicken Cordon Bleu Carrots Butternut Squash Soup Bread Strawberry Banana Applesauce</p>	<p>Swedish Meatballs Carrots Buttered Noodles Fresh Fruit Salad</p>
<p>Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe</p>	 <p>Penne w/ Meatballs & Marinara Sauce Broccoli Side Salad w/ Dressing Jello</p>	<p>Chicken BLT Salad Salad Greens Bread & Margarine Fresh Fruit Salad</p>	<p>Vegetable Lasagna Carrots Cauliflower Bread Yogurt</p>	<p>Pub Steakburger w/Cheese Broccoli w/ Ranch Dip Stuffed Pepper Soup Chocolate Pudding</p>
<p>Closed Memorial Day</p>	<p>Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Bread w/Margarine Chocolate Pudding</p>	<p>Ham Salad Sandwich Broccoli Slaw Fresh Grapes</p>	<p>Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread w/Margarine Oatmeal Cookie</p>	<p>Chicken Filet Parmesan Zucchini Parmesan Soup Penne with Sauce Strawberry Spinach Salad Chocolate Chip Cookie</p>

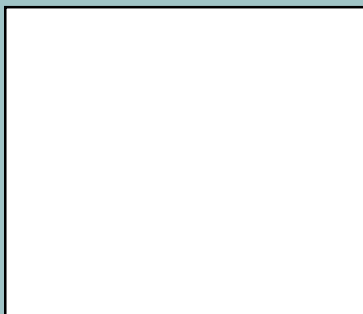
RCAC BUS SERVICE

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 9:45am

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

Legacy Lineup at Cumberland Woods

Saturday, June 22

2:00pm

This is Tom Jones

Dave LaFame's Tom Jones tribute show perfectly captures the glamour, excitement, and sizzle of one of the entertainment industry's brightest stars.

Cost \$28 per person

Reservations and payment due by May 3

Saturday, July 20

2:00 pm

The Sonny and Cher Show

Feel thrown back in time when bellbottoms and peace signs were all the rage. Kara Chandler and Marty Stelnick will amaze you with their authentic recreation of the "Sony & Cher Comedy Hour."

6 tickets available

Cost \$28

Reservations and payment due by May 31

MUST HAVE OPT/ACCESS

BOWLING at ZONE 28

Thursday, May 30

1:00 pm

Bring your friends and enjoy an hour of bowling. Cost will depend on the number of people and will range from \$5-\$10 per person.

Must have OPT/Access

Sign up by May 20,

4 people are required or the trip will be cancelled

Rivers Casino Trip

Thursday, May 9

Bus leaves RCAC at 11am

Play, have fun, and win a jackpot in the poker room or at one of the exciting slots or live-action table games! They have a wide selection of the exciting table games and the hottest slots, everything from penny games up to the big bills.

Must have OPT/Access

Reservations due by May 6

TRIPS

Lunch with Friends

Dick's Diner

Friday, May 24 12:00 pm

Please call the Center if you are planning on attending by May 16, so that we may make reservations.

Bus leaves RCAC at 11:30 am.

Monthly Shopping: Walmart at the Mills

May 6, 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, May 11

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 May 6

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RIVERVIEW COMMUNITY ACTION CORPORATION
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OAKMONT, PA 15139
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HOURS OF OPERATION: 8:00 AM – 4:00 PM
MONDAY THROUGH FRIDAY

May 2024

150th Running of the Kentucky Derby, \$5 million purse!!
Celebrate with us and cheer on your horse in our mock horse race.

Friday, May 3

12 noon

Wear your Derby attire, hats, top hats and ascots!

Cost \$6

Ham & cheese sliders, Pimento cheese sandwiches, deviled eggs, Crudit , Ice cream with pecans and caramel sauce, Mint lemonade and Iced tea

Reservation due by May 1

