

The Golden Eagle

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

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PIRATES BASEBALL GAME

Thursday, May 23

PIRATES VS GIANTS

Game Time 12:35 pm

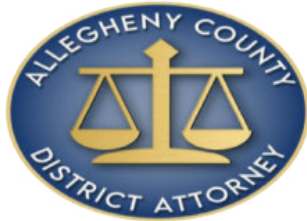
Tickets \$30 per person includes a \$10 food voucher

Reservations and Payment due by April 17

Bus leaves RCAC at 11:00am

Must have OPT/Access

LET'S GO BUCS!!!



“SENIOR JUSTICE” Presentation

What is Senior Justice?

What is Allegheny County doing to protect you?

What can you do to protect yourself?

Hear this and more

Thursday, April 11

1:00pm

Joe Giuffre

Senior Advocate presenting

Register by April 8

ESTATE PLANNING

Presented by Attorney Bob Cooper

Thursday, April 18

1:00 pm

Estate planning involves determining how an individual’s assets will be preserved, managed, and distributed after death. It also takes into account the management of an individual’s properties and financial obligations in the event that they become incapacitated. Contrary to what most people believe, this isn't a tool meant just for the ultra-wealthy. In fact, anyone can and should consider estate planning.

Please reserve your spot by April 15

No registration fee



MEG L. BURKARDT, ESQUIRE

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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

TUESDAY, APRIL 23, 2024

For PRIMARY ELECTIONS

NO BUS SERVICE

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, April 18

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

April 16

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 April 10

RENT REBATES

Mondays April 15 - April 29

1:00 - 2:30 pm

Fridays April 12 - 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, April 4 @ 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
April 15 at 11:30am**

Love to read? Join Marsha and your friends to select books to read and discuss. April's book is *Lady Tan's Circle of Women*, by Lisa See

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



Blood Pressure



10:30-11:30 AM

Wednesday,
April 10 & 24

Free, no reservations necessary

onthemove
Group Exercise for Improved Mobility in Older Adults®

**Tuesday, April 9
11:30 am**

MEET & GREET

Come hear what it's all about

On the Move (OTM) is a proven group exercise program to improve walking in older adults. The 12-week OTM program meets twice a week for 45 to 55 minutes per class. All classes are done to music and led by a trained OTM instructor. OTM has a warm-up period, progressive walking and stepping patterns, strength training exercises, and a cool-down period. OTM welcomes individuals who want to improve their walking or balance, are fearful of falling, have chronic conditions such as arthritis, heart disease, or diabetes, can walk on their own but may be unsteady or have some difficulty, and/or want to exercise and have fun. People who participate in OTM may become more confident in their walking, walk farther without having to stop and rest, walk faster, and find it easier to do daily tasks.

REGISTER BY APRIL 4

BAKED POTATO LUNCH

**Thursday, April 11
12 noon**

Baked potatoes with all the "fixins"
Butter, bacon, cheese, scallions, broccoli,
sour cream, mushrooms

Dessert

**Cost \$6
Register by April 5**



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, April 30

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 April 22

Please welcome Diana Bowser as your new Program Coordinator. We're excited to have her join the team!

HAPPY BIRTHDAY!

If you are celebrating a birthday in April, join us as we celebrate on Monday, April 22 make a reservation by Thursday, April 18

Wednesday Crafts 10:00 AM

April 3 - Woven Butterflies

April 10 - Fabric Woven Tote

April 17 - Doorknob Hanger

April 24 - Cutting Board Wall Hanging

*NEW: Registration required.

Classes are free!

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SrCare.org/devoted
OAKMONT CAMPUS
412.828.5600

EOE

ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri	
<p>1 10:30 CHAIR YOGA W/NANCY 11:00 AM WALMART TRIP 1:30 TAI CHI</p>	<p>2 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>3 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p>4 10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL</p>	<p>5 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>	
<p>8 10:30 AM: PHIPPS FLOWER SHOW 10:30 AM: CHAIR YOGA W/NANCY 1:30 PM: TAI CHI</p>	<p>9 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 11:30 AM: ON THE MOVE 12:30 PM: GAME DAY</p>	<p>10 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p>11 10:30 AM: SOMATICS 12:00 PM: BAKED POTATO LUNCH 1:00 PM: SENIOR JUSTICE</p>	<p>12 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>	
<p>15 10:30 CHAIR YOGA W/NANCY 11:30 AM: BOOK CLUB 1:30 TAI CHI</p>	<p>16 9:30 AM: Walk 15 10:00 AM: CCAC HEALTHY COOKING 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>17 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: BLOOD PRESSURES 1:00 PM: BINGO</p>	<p>18 10:00 AM: CCAC TECH CLASS 10:30 AM: SOMATICS 1:00 PM: ESTATE PLANNING</p>	<p>19 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: LUNCH WITH FRIENDS</p>	
<p>22 10:30 CHAIR YOGA W/NANCY 1:30 TAI CHI</p>	<p>23 CLOSED FOR ELECTIONS</p>	<p>24 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p>25 10:30 AM: SOMATICS 11:30 AM: ON THE MOVE BASE LINE TESTING</p>	<p>26 10:00 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>	
<p>29 10:30 CHAIR YOGA W/NANCY 1:30 TAI CHI</p>	<p>30 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>				

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Chicken Alfredo Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie</p>	<p>2</p> <p>Classic Cobb Salad Salad Greens Bread & Margarine Fresh Orange</p>	<p>3</p> <p>Firehouse Chili Saltine Crackers Broccoli/ Carrots Bread Cantaloupe</p>	<p>4</p> <p>Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Greek Yogurt</p>	<p>5</p> <p>Sausage & Peppers Diced Potatoes Peppers & Onions Hot Dog Roll Fresh Fruit Salad</p>
<p>8</p> <p>Beef Stroganoff Cauliflower Peas Buttered Rotini Pound cake w/ Strawberries</p>	<p>9</p> <p>BBQ Turkey Flatbread Potato Salad Fresh Cantaloupe</p>	<p>10</p> <p>Meatloaf w/ Gravy Mashed Potatoes Green Beans Bread Banana Bread</p>	<p>11</p> <p>Chicken Cordon Bleu Carrots Butternut Squash Soup Bread Strawberry Banana Applesauce</p>	<p>12</p> <p>Cheese Ravioli Alfredo Broccoli Side Salad w/ Dressing Bread Vanilla Pudding</p>
<p>15</p> <p>Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe</p>	<p>16</p> <p>Chicken BLT Salad Salad Greens w/ dressing Bread Fresh Fruit Salad</p>	<p>17</p> <p>Penne w/ Meatballs & Marinara Sauce Broccoli Side Salad w/ Dressing Jello</p>	<p>18</p> <p>Orange Chicken Stir Fry Veggie Blend Vegetable Fried Rice Bread Diced Pineapple</p>	<p>19</p> <p>Vegetable Lasagna Carrots Cauliflower Bread Yogurt</p>
<p>22</p>  <p>Pub Steakburger Broccoli w/ Ranch Dip Stuffed Pepper Soup Chocolate Pudding</p>	<p>23</p> <p>CLOSED FOR ELECTIONS</p>	<p>24</p> <p>Penne w/ Alfredo Sauce Mediterranean Vegetable Blend Fresh Orange</p>	<p>25</p> <p>Maple Glazed Pork w/ Cider Gravy Sweet Potato Cubes Brussels Sprouts Oatmeal Cookie</p>	<p>26</p> <p>Cheese Ravioli w/ Sauce Buttered Winter Vegetable Blend Bread Mandarin Oranges</p>
<p>29</p> <p>Stuffed Pepper Steamed Broccoli Roasted red Peppers Bread Pound Cake</p>	<p>30</p> <p>Italian Sub Tossed Salad w/ Dressing Fresh Apple</p>			<p>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</p>

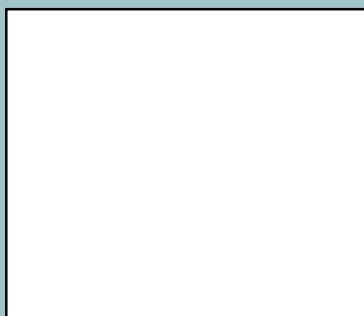
RCAC BUS SERVICE

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.)

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

Betty Anderson
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Joan Murdy
Joan Murdy
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Fraternal Order of the Eagles Ladies Auxiliary
Ladies of Holy Family Parish
Gladys Vayda

We apologize in advance for spelling errors

TRIPS

**Lunch with Friends
Whispers Café**

Friday, April 19 12:00 pm

Please call the Center if you are planning on attending by April 11, so that we may make reservations.

Bus leaves RCAC at 11:30 am.

Monthly Shopping: Walmart at the Mills

**April 1, 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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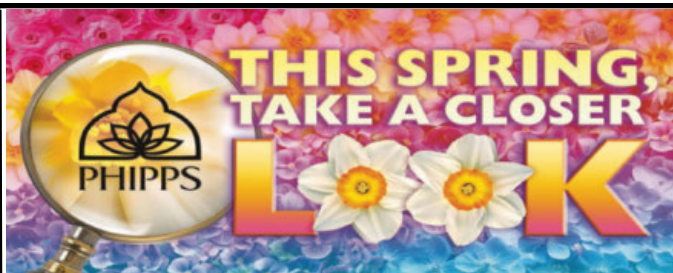
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HOURS OF OPERATION: 8:00 AM – 4:00 PM
MONDAY THROUGH FRIDAY

April 2024



PHIPPS SPRING FLOWER SHOW

Monday, April 8

10:30 am

Stunning displays are a must-see to jump-start your season of renewal. With magnifying glasses stationed throughout, you'll be able to admire the details of beautiful blooms in a rainbow of shades.

With fragrant flowers and serene sounds of the springtime, your senses are sure to be delighted!

COST \$21

Reservations and payment due by April 3

**Must have OPT/Access
Bus leaves RCAC at 9:45 am**

RIVER CITY BRASS BAND CONCERT

TANGO LATINO!

Thursday, May 2

\$16.50 if 10 or more people

\$21.50 if under 10 people

Celebrate the music of Latin America and the Caribbean.

Songs will include "Libertango", "The Girl from Ipanema", "La Bamba", "Oye Como Va", and more.

Payment and reservations due by April 19

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

Heinz Chapel Spring Concert

Sunday, April 21

FREE

3:00pm - 4:00pm

Register to hear the spring concert program,
Sing & Make Music by April 12

Must have OPT/Access
Bus leaves RCAC at 2:00pm