

The Golden Eagle

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www.rcacorp.org

VOLUME 47, No. 7

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Picnic in the Park

Friday, July 26

12pm

Riverside Park Rotary Pavilion

**Join RCAC for a picnic in the park.
Invite your friends and family to come
and enjoy good food, games, music
and fun.**

**Menu:
Hamburgers, Hot Dogs, Potato Salad,
Pasta Salad, Baked Beans, Chips,
Cookies,
Watermelon and Beverages**

Cost \$6

**Reservations and payment due
by July 19**

Rain location RCAC



From the desk of the Director....

Hello everyone, we've had so many activities to put in the newsletter I haven't been able to reach out. More events is a good thing and I'm happy to see so many of you participating. Please remember to tell your friends about what's going on here at RCAC and invite them to join us.

FYI, with increased use of credit cards to pay for activities, RCAC is adding a small service charge to any credit card payment. Depending on the amount charged it should range between \$1-\$3.

Happy summer! Mary Margaret

CHAIR YOGA Class with Nancy

Added to Thursdays

9:00am– 9:45 am

Starting August 1

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.

Exercise classes

Your participation is wonderful but please be respectful of others. If you are more than 10 minutes late for class please do not enter as it disrupts the flow of the class



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CENTER ACTIVITIES



Lifeline Physical Therapy

Tuesday, July 23

1:00pm

Cracking the Code on Dizziness

Feeling dizzy? Does the room spin sometimes? Dr Rachel Long, physical and vestibular therapist will discuss common causes of vertigo and dizziness and ways that your symptoms can be managed and resolved.

Register by July, 19

RCAC WILL BE CLOSED ON

Thursday, July 4, 2024

In Observance Independence Day

NO BUS SERVICE

RCAC WALKING CLUB IS BACK!!

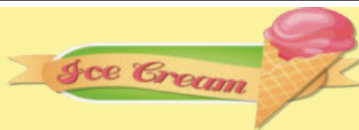
Wednesdays at 10:00

**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)



Thursday, July 18

1:00pm

Sponsored by Aetna Insurance

*Have your questions answered regarding
Medicare benefits
Register by July 15*

Wednesday Crafts

10:00 AM

July 3 - Coffee Cup Painting with Flowers

July 10 - Butterfly Tissue Art

July 17 - Dog and Cat Seashells

July 24 - Barn Quilting

July 31 - Boho Popsicle and Yarn Wall Hanging

***NEW: Registration required.
Classes are \$1.00 per person**



If you are celebrating a birthday in July, join us as we celebrate on Tuesday, July 23. Make a reservation by Thursday, July 18.

Movie & Popcorn Days!

1:00pm

Thursday, July 11

Kennywood Memories

A WQED classic documentary about one of America's greatest amusement parks, right in our back yard.

National Lampoon's Vacation

Thursday, July 25

The Griswold family, starring Chevy Chase, takes a cross-county trip to amusement parks and various locations and the hijinks that occur along the way.

Join us for lunch before the movie
Sign up for the movie 3 days prior

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

New day
Monday, July 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 **July 15 at 11:30am**

Love to read? Join Marsha and your friends to select books to read and discuss. July's book is *Crying in H Mart* by Michelle Zauner.

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



Blood Pressure



10:30-11:30 AM

Wednesday,
July 10 & 24

Free, no reservations necessary

NOTARY SERVICE now available at RCAC

Simple Document Service

Call LuAnne for more information and to schedule an appointment.

Small fee associated
412-828-1062

"I am not an attorney licensed to practice law in this Commonwealth. I am not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee for those activities."

Game Day - Golf with cards

Tuesday, July 2

1:00pm

Golf (also known as Polish Polka, Polish Poker, Turtle, Hara Kiri and Crazy Nines) is a card game where players try to earn the lowest number of points (as in golf, the sport) over the course of nine deals (or "holes").

\$1.00 bet per game

Sign up by July 1



July 16

12:30 pm

Cost \$3

Cash Prizes

Bunco is a fun easy dice game played at tables of four people, 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 by July 15 and join the fun!!

Please Note:

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

CENTER TRIPS

MAD HATTERS TEA PARTY Garden Club of McKeesport

Thursday, September 12

Bus leaves RCAC at 11:45am

Leaves to return at 2:00pm

Join us for this Alice in Wonderland adventure. Wear your silly hat and enjoy sandwiches, scones, fruit and desserts.

Cost \$25

Reservations and payment due by July 22
Must have OPT/Access



Outdoor concerts - FREE

Tall Tree Amphitheater

Monroeville Community Park

Concerts 6:30 –8:30 pm

July 7 - Bastard Bearded Irishmen

Traditional and contemporary Celtic music, mixed with punk, gypsy and high-energy rock n' roll!

Sign up by July 3

July 21 - Jason Kendall

Pittsburgh's premier event band, brings a variety of styles, from smooth jazz to pop, classic rock, and today's top hits.

Guaranteed to get you dancing!

Sign up by July 17

Some benches are available but it is recommended that you bring chairs or a blanket.

Must have OTP/Access



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TO LEARN MORE, ARRANGE A VISIT TODAY.



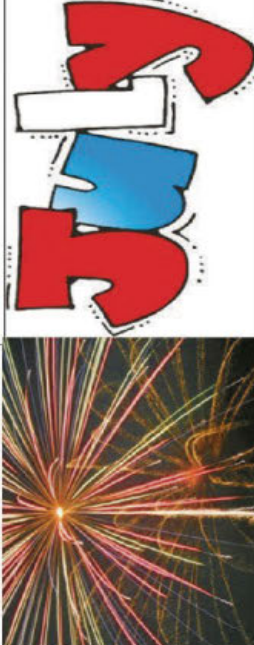
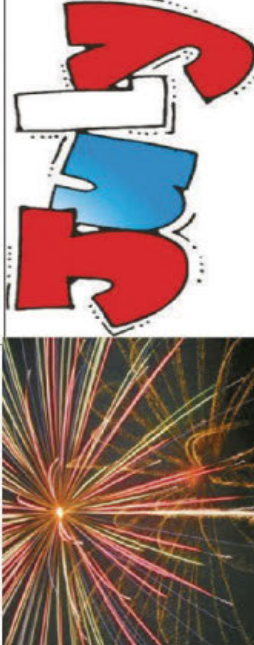


SrCare.org/devoted




OAKMONT CAMPUS
412.828.5600



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>1 10:30 CHAIR YOGA W/NANCY 11:00 AM: WALMART TRIP 12:30 PM: CENTER COUNCIL 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/GOLF</p>	<p>3 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p>5  9:45 AM: LINE DANCING</p>	
<p>8 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: RIVERS CASINO 1:30 PM: TAI CHI</p>	<p>9 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>10 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: WALKING CLUB 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 10:30 AM: BLOOD PRESSURES 1:00 PM: BINGO</p>	<p>11 10:30 AM: SOMATICS 1:00 PM: MOVIE & POPCORN</p>	<p>12 9:45 AM: LINE DANCING</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 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY/BUNGO</p>	<p>17 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p>18 10:30 AM: SOMATICS 1:00 PM: AETNA ICE CREAM SOCIAL/MEDICARE QUES- TIONS</p>	<p>19 9:45 AM: LINE DANCING</p>
<p>22 10:30 CHAIR YOGA W/NANCY 1:30 TAI CHI</p>	<p>23 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY 1:00 PM: LIFELINE VERTIGO PRESENTATION</p>	<p>24 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: WALKING CLUB 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p>25 10:30 AM: SOMATICS 1:00 PM: MOVIE & POPCORN 1:00 PM: BOWLING</p>	<p>26 9:45 AM: LINE DANCING 12:00 PM PICNIC IN THE PARK </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 11:30 AM: RED, WHITE & BLUE THRIFT STORE 12:30 PM: GAME DAY</p>	<p>31 9:30 AM: SS STABILITY & BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY & BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p></p>	<p></p>

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Chicken Filet Parmesan Zucchini Parmesan Soup Penne w/Sauce Strawberry Spinach Salad Chocolate Chip Cookie</p>	<p>2</p> <p>Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Bread Chocolate Pudding</p>	<p>3</p> <p>Ham Salad Sandwich Broccoli Slaw Fresh Grapes</p>	<p>5</p> 	<p>Pub Steakburger w/Cheese Carrots w/Ranch Dip Stuffed Pepper Soup Chocolate Pudding</p>
<p>8</p> <p>Mojo Marinated Cod Fillet Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Clementine</p>	<p>9</p> <p>Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach, Orzo Pasta Diced Mango Sugar Cookie</p>	<p>10</p> <p>Italian Sub Tossed Salad w/Dressing Apple</p>	<p>11</p> <p>Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Pear Chocolate Chip Cookie</p>	<p>12</p> <p>Stuffed Pepper Steamed Broccoli Mashed Potatoes Bread Pound Cake</p>
<p>15</p> <p>Sausage & Peppers W/Hoagie Roll Diced Potatoes Peppers & Onions Fresh Fruit Salad</p>	<p>16</p> <p>Firehouse Chili Broccoli Brown Rice Bread Cantaloupe</p>	<p>17</p> <p>Classic Cobb Salad Salad Greens Bread Fresh Orange</p>	<p>18</p> <p>Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Greek Yogurt w/Berries</p>	<p>19</p> <p>Chicken w/Gravy Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie</p>
<p>22</p> <p>Swiss Steak Mashed Potatoes Broccoli Bread Fresh Pear</p>	<p>23</p>  <p>Meatloaf w/ Gravy Mashed Potatoes, Green Beans, Bread Banana Bread</p>	<p>24</p> <p>BBQ Turkey Flatbread Potato Salad Cantaloupe</p>	<p>25</p> <p>Chicken Cordon Bleu Carrots Buttermut Squash Soup Strawberry Banana Applesauce</p>	<p>26</p> <p>Beef Stroganoff Side Salad Peas Buttered Rotini Pound cake w/ Strawberries</p>
<p>29</p> <p>Orange Chicken Stir Fry Veggie Blend Vegetable Fried Rice Bread Diced Pineapple</p>	<p>30</p> <p>Penne w/Meatballs Broccoli Side Salad Jello</p>	<p>31</p> <p>Chicken BLT Salad Bread & Margarine Fresh Fruit Salad</p>		<p>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</p>

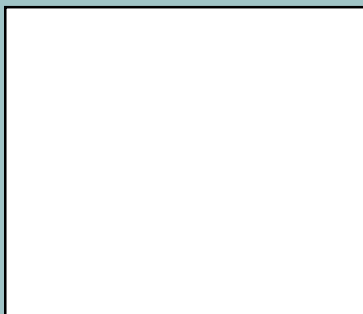
RCAC BUS SERVICE

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

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



Pittsburgh Pirates vs. Chicago Cubs
Wednesday, August 28
Game time 12:35pm

Tickets \$29 per person includes a
\$10 food voucher

Reservations and payment due by July 19

Bus leaves RCAC at 11:00am

Must have OPT/Access

The Legacy Lineup at Cumberland Woods
Saturday, September 14
2:00pm

Yesterday Once More
A Tribute to The Carpenters

This outstanding performance will take you back in time when The Carpenters were indeed "On Top of The World." Experience their iconic look, voice, and music with this amazing tribute.

Cost \$28
Only 5 tickets available
Must have OPT/Access, bus leaves RCAC at 1:00

Oakmont Annual Street Sale

Saturday, July, 27

11am- 3pm

Come visit RCAC's booth
50/50 raffle

TRIPS



Rivers Casino
Monday, July 8

Bus leaves RCAC at 11am, leaves casino at 2:30

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.

Register by July 3. Must have OPT/Access

Monthly Shopping: Walmart at the Mills

July 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.

Tuesday, July 30

Bus leaves RCAC
11:30am

Return leaves 1:45pm



A box lunch will be provided

Thousands of items and new inventory daily at all of our stores. Amazing selection of clothing, shoes, accessories, household goods, furniture, kitchenware and more. Discover the latest fashion trends and find treasures for your home and family.

RSVP by July 23, Must have OPT/Access

BOWLING at ZONE 28

Thursday, July 25
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.

Transportation is on your own
Sign up by July 19

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our Newsletter!

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

July 2024



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pay online at www.rcacorp.org

\$550/foursome \$150/person

Name: _____ Team Name: _____
Address: _____ City: _____ State: _____ Zip: _____
Email: _____ Phone: _____

Players

1. _____ 2. _____
3. _____ 4. _____