

***The Golden Eagle***

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

**VOLUME 47, No. 6**

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**Farmers Market Vouchers  
Thursday, June 25, 2024  
9am-noon & 1pm-3pm**

The annual Senior Farmers Market Nutrition Program is available to eligible seniors across Allegheny County. Any eligible senior may receive one set of vouchers to be spent at participating farmers markets. One set of vouchers is worth \$50.00

**Eligibility:**

- Allegheny County resident
- 60 years of age or older (by December 31, 2024)
- Meet the income guidelines (self-reported):
- One person household: At or below \$27,861
- Two-person household: At or below \$37,814\*
- \*Married couples may receive one set of vouchers for each individual
- Older adults living in a residential facility that provides meals are **not eligible** to receive vouchers

Eligible seniors who are unable to get to a center may designate a proxy to pick up vouchers. An individual can be a proxy for up to four (4) eligible seniors. Proxy forms must be completed and signed by the senior and the proxy. Available at RCAC.



CENTER ACTIVITIES

**Eat Smart, Stay Sharp**

By Leslie Goldman, *Eating Well Magazine*

Brain food is very real, helping to shape your ability to remember simple things, like where you put your darn keys, as well as fighting serious memory related disorders.

Texas-based researchers found that falling short on vitamin D was linked to a 25% increased risk of cognitive impairment in older adults. Up your vitamin D with fortified dairy, fatty fish and certain mushrooms including morel, oyster and maitake. Ask your doctor about a supplement to help you get to the recommended daily 600-800 IU (depending on age and gender).

**FIRE SAFETY TIPS**

**June 20**

**1:00 pm**

Meet local volunteer fireman and learn important tips on kitchen hazards, smells in the house, sleeping with closed doors and smoke detectors.



**FIRE SAFETY**



**Register by June 18.**

Come early for lunch, register by the 18th!

**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  
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.**



**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

Wednesday, June 19, 2024

In Observance of Juneteenth

NO BUS SERVICE

### RCAC WALKING CLUB IS BACK!!

Wednesday's 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)

**MOVIE & POPCORN**  
Thursday, June 27  
12:30 pm

### *Driving Miss Daisy*

Staring **Morgan Freeman, Dan Aykroyd and Jessica Tandy**. An old Jewish woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years.

Come for lunch before the movie, RSVP by June 25

### Wednesday Crafts 10:00 AM

June 5 - Mexican Sun Yarn Art



June 12 - Painted Rock Garden

June 26 - 4th of July Wreath

\*NEW: Registration required.  
Classes are free!



If you are celebrating a birthday in June, join us as we celebrate on Tuesday, June 18. Make a reservation by Thursday, June 13.



### BREATH PA

Tuesday, June 18

1:00 pm

Breathe Pennsylvania is all about breathing! The goal is to empower you and your family members to breathe better and live healthier lives through lung health education and awareness. Information will be provided on lung health, focusing on sleep apnea and COPD. They will also talk about help for seniors to purchase medications, CPAP machines and supplies.

**Register by June 14**

Join us for lunch before the presentation.

## 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, June 6 @ 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  
June 17 at 11:30am**

Love to read? Join Marsha and your friends to select books to read and discuss. June's book is *Hello Beautiful* by Ann Napolitano.

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



**Blood Pressure**

**10:30-11:30 AM**

Wednesday,  
June 12 & 26

Free, no reservations necessary



**NOTARY SERVICE now available at RCAC**

**Simple Document Service  
Call LuAnne for more information and to  
schedule an appointment  
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."

***PUB PARTY!!***

**Friday, June 28**

**12 noon**

**Cost \$5**

Enjoy the regular menu of a pulled pork sandwich with our additions: french fries, boneless wings, mini hot dogs, brownies, chips, pretzels and popcorn.  
Beer will be available for an additional cost.

Stay for the games of roulette, darts, corn hole and blackjack.

**RSVP by June 25**



**June 11**

**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 June 4 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

### Let's Groove Tonight: Motown and the Philly Sound at Heinz Hall

Sunday, June 23

Cost \$33



Chester Gregory, Ashley Jayy and Brik Liam headline this evening full of classic hit songs made famous by *The Spinners, The Stylistics, The Temptations, Marvin Gaye, Diana Ross, Lou Rawls and Percy Sledge*. Philly Sound hit songs include "Ain't No Stopping Us Now," "Love Train," "I Heard It Through the Grapevine," and many more.

**Register and pay by June 6**

**Bus leaves RCAC at 1:30 pm**

**Must have OPT/Access**

### Vermeer, Monet, Rembrandt: Forging the Frick Collections in Pittsburgh & New York

June 13

Cost \$20



The Frick Pittsburgh and New York Museums are uniting the collections of Henry Frick and his daughter Helen Frick for the first time.

The exhibit features masterworks by Titian, Rembrandt, Monet, Degas, Whistler, El Greco, Ingres, and Vermeer—one of only 36 known works by the artist in the world.

This is a once in a lifetime opportunity to see these artworks together.

**Register and pay by June 6**

**Bus leaves RCAC at 12:30 pm**

**Must have OPT/Access**

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# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
				
<p>3 10:30 AM: CHAIR YOGA W/NANCY 11:00: AM WALMART 1:30 PM: TAI CHI</p>	<p>4 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>5 9:30 AM: SS STABILITY &amp; BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY &amp; BALANCE INTERMEDIATE 1:00 PM: BINGO</p>	<p>6 10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL</p>	<p>7 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>
<p>10 10:30 AM: CHAIR YOGA W/NANCY 10:00 AM: ROSS PARK MALL 1:30 PM: TAI CHI</p>	<p>11 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY/BUNCO</p>	<p>12 9:30 AM: SS STABILITY &amp; BALANCE ADVANCED 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY &amp; BALANCE INTERMEDIATE 10:30 AM: BLOOD PRESSURES 1:00 PM: BINGO</p>	<p>13 10:30 AM: SOMATICS 12:30 PM: FRICK ART COLLECTION</p>	<p>14 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: LUNCH WITH FRIENDS</p>
<p>17 10:30 AM: CHAIR YOGA W/NANCY 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI</p>	<p>18 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: BIRTHDAY LUNCH 12:30 PM: GAME DAY 1:00 PM: BREATHE PA</p>	<p>19 CLOSED </p>	<p>20 10:30 AM: SOMATICS 1:00 PM: FIRE SAFETY</p>	<p>21 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: LUNCH WITH FRIENDS</p>
<p>24 10:30 AM: CHAIR YOGA W/NANCY 1:30 PM: TAI CHI</p>	<p>25 FARMERS MARKET VOUCHER PICKUP 9:00 AM—12:00 PM 1:00 PM—3:00 PM</p>	<p>26 7:00 AM: ROCKY GAP 9:30 AM: SS STABILITY &amp; BALANCE ADVANCED 10:00 AM: CRAFTS &amp; CROCHET 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY &amp; BALANCE INTERMEDIATE 10:30 AM: BLOOD PRESSURES 1:00 PM: BINGO</p>	<p>27 10:30 AM: SOMATICS 12:30 PM: MOVIE &amp; POPCORN</p>	<p>28 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: PUB PARTY</p>





# LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p><b>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</b></p>				
<p>3</p> <p>Mojo Marinated Cod Fillet Coleslaw Corn &amp; Sweet Potato Soup Cilantro Lime Brown Rice Clementine</p>	<p>4</p> <p>Broccoli &amp; Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango</p>	<p>5</p> <p>Italian Sub Tossed Salad w/Dressing Apple</p>	<p>6</p> <p>Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Pear Chocolate Chip Cookie</p>	<p>7</p> <p>Stuffed Pepper Steamed Broccoli Roasted Red Peppers Bread Pound Cake</p>
<p>10</p> <p>Sausage &amp; Peppers W/Hoagie Roll Diced Potatoes Peppers &amp; Onions Fresh Fruit Salad</p>	<p>11</p> <p>Firehouse Chili Broccoli Brown Rice Bread Cantaloupe</p>	<p>12</p> <p>Classic Cobb Salad Salad Greens Bread Fresh Orange</p>	<p>13</p> <p>Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Greek Yogurt w/Berries</p>	<p>14</p> <p>Chicken w/Gravy Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie</p>
<p>17</p> <p>Swiss Steak Mashed Potatoes Broccoli Bread</p>	<p>18</p>  <p>Meatloaf w/ Gravy Mashed Potatoes, Green Beans, Bread Banana Bread</p>	<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>Chicken Cordon Bleu Carrots Butternut Squash Soup Strawberry Banana Applesauce</p>	<p>21</p> <p>Beef Stroganoff Side Salad Peas Buttered Rotini Pound cake w/ Strawberries</p>
<p>24</p> <p>Orange Chicken Stir Fry Veggie Blend Vegetable Fried Rice Bread Diced Pineapple</p>	<p>25</p> <p>No Lunch Farmer's Market Voucher Pick up</p> 	<p>26</p> <p>Chicken BLT Salad Salad Greens Bread &amp; Margarine Fresh Fruit Salad</p>	<p>27</p> <p>Vegetable Lasagna Carrots Roasted Red Peppers Bread Yogurt w/Berries</p>	<p>28</p> <p>Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe</p>

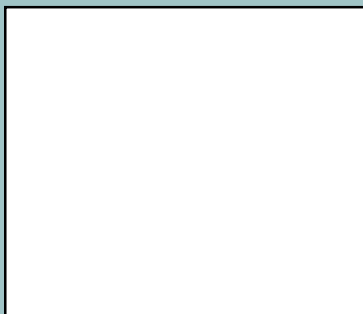
## RCAC BUS SERVICE

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

### Summer Concerts at the Benedum Center

**Cost \$10 for each show**

Only 8 tickets available for each show.

Reserve and pay by June 14.

**Saturday, June 29**

**THE COLOR PURPLE**

A story of hope, a testament to the healing power of love and a celebration of life.

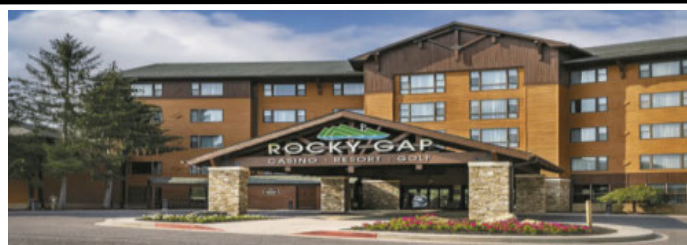
**Saturday, July 13**

**THE MUSIC MAN**

A fast talking salesman cons the people of River City to buy instruments with plans to skip town before they arrive. Things change when he falls for the Librarian.

Bus leaves RCAC at 1:00pm for each show.

Must have OPT/Access



### Rocky Gap Casino Trip

**Wednesday, June 26**

**Cost \$35**

Bus will depart Denny's Restaurant in Harmarville at 7:30am and return around 7:00pm. Transportation to the bus and back home is on your own.

Rocky Gap Casino is located in Rocky Gap State Park near Cumberland, Maryland. Rocky Gap has a walking trail, beautiful views of the lake and mountains plus two restaurants and a deli.

**Reservations and Payment due June 13**

TRIPS

Lunch with Friends

DiAnoia’s Eatery—Strip District

Friday, June 21, 12:00 pm

Please call the Center if you are planning on attending by June 13, so that we may make reservations.

Bus leaves RCAC at 11:30 am.

Monthly Shopping: Walmart at the Mills

June 3, 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.

DISCOVER ROSS PARK MALL



Monday, June 10

Pittsburgh’s premier shopping destination featuring 150+ stores.

Reserve your seat by Monday, June 3

Bus leaves RCAC at 10 am and will leave Ross Park Mall 1:30 pm.

Must have OPT/Access

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MONDAY THROUGH FRIDAY

**June 2024**

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## Save The Date! RCAC Scramble

Benefitting the programs and services of  
Riverview Community Action Corporation

**Friday, August 23, 2024**  
**Hill Crest Country Club**

Registration 7:30am Shotgun start 9:00am  
Lunch, skill prizes and raffles to follow



Scan the QR code for  
registration and sponsorship  
opportunities