

The Golden Eagle

P.O. Box 437 • 501 Second St. • Oakmont, PA 15139
412-828-1062 Fax: 412-828-6985
www.rcacorp.org

VOLUME 47, No. 8

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**It's time to tee up!
Register for the RCAC Scramble**

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

Register by August 14

**Registration 7:30 am
Shot Gun Start 9:00 am**

**Return this form with payment to
RCAC P.O. Box 437
Oakmont, PA 15139
Or online at www.rcacorp.org**

Name: _____ Team Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Players

1. _____ 2. _____

3. _____ 4. _____

\$550/foursome \$150/person

From the desk of the Director...

Where has this summer gone? The heat has been stifling but we've made it through. Please know that RCAC is open to anyone that needs a cool place for the day. The bus will pick you up and bring you to the center. Here you can play games, read, watch tv, have lunch and socialize, all while staying cool.

RCAC will be doing a monthly 50/50 raffle. Tickets will be sold at the front desk from the first of the month until the last day of the month when a winner will be drawn. Tickets are \$1 each, 6 for \$5 and 12 for \$10. You can play as many times as you would like to increase your chances of winning and the size of the pot!

Here are some fun facts about August: In a standard year, no other month starts on the same day as August. But in a leap year, August begins on the same day as February. The first sandwich was made on August 6, 1762, when the Earl of Sandwich asked for a dish with meat between two pieces of bread.

Enjoy the rest of the summer!!

Mary Margaret

CENTER ACTIVITIES

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
Thank you for your understanding.

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, August 1
11:00 am**

There are many expenses associated with any lung disease, including sleep apnea. **Breath PA is an organization that can assist you with some of the costs.**

A representative will be here for one on one consultations and help completing the Patient Assistance Program Application.
Call the office to register.

Wednesday Crafts 10:00 AM

August 7 - Wooden Spoon People

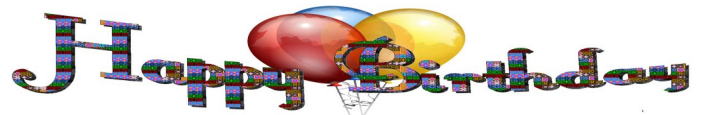
August 14 - Bee & Lady Bugs

August 21 - Tea Cup Gnomes

August 28 - Ice Cream Cone Wall Hanging

***NEW: Registration required.**

Classes are \$1.00 per person



If you are celebrating a birthday in August, join us as we celebrate on Tuesday, August 20. Make a reservation by Friday, August 16.

Movie & Popcorn Days!

1:00pm

Thursday, August 8

The Strip Show

A 1996 WQED documentary is a tour of the strip including big breakfasts, shopping, warehouses, churches and nightclubs, along with some amazing history.

Thursday, August 22

Overboard - Goldi Hawn & Kurt Russell

A cruel but beautiful heiress mocks and cheats a hired carpenter. When she gets amnesia after an accident, he decides to introduce her to regular life by convincing her that they're husband and wife.

Join us for lunch before the movie

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, August 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.

Call to register.

Book Club

August 19 at 11:30am

Love to read? Join Marsha and your friends to
select books to read and discuss. August's
book is *The Thursday Murder Club* by
Richard Osman.

Book Club meets every month.

Call to reserve your spot.



Blood Pressure

10:30-11:30 AM

Wednesday,
August 7 & 21

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."



Friday, August 9

12:00 pm

FREE SCREENING

OSTEOPOROSIS

Osteoporosis is a silent disease that can have pro-
found and devastating effects on the injured person
and those who care for them. Fortunately, there are
interventions to reduce the risks associated with the
disease. A discussion on how to prevent osteoporosis
and the steps you can take to implement fall
prevention in your home and everyday life.

Register by August 5 and sign up for lunch.



Tuesday, August 13

1:00 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 August 9 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 ACTIVITIES

Healthy Living Presentation
Thursday, August 15
1:00 pm

Join us for a Healthy Living presentation tailored for seniors, focusing on the essentials of maintaining an active lifestyle. We'll explore the importance of good nutrition, tips for preventing dehydration, and the benefits of range of motion exercises to keep you flexible and mobile. Learn practical advice on ensuring safety while staying active, empowering you to enjoy a vibrant and healthy life. This session is designed to provide valuable insights and actionable steps to enhance your overall well-being.

Presented by Dr. Abhi Mundade
From Right at Home.

Register by August 12

Scriptless in Seattle
(comedy show)
Oaks Theatre

Friday, August 2

7:30pm

*Senior rate \$10 sponsored by Gross
Funeral Home*

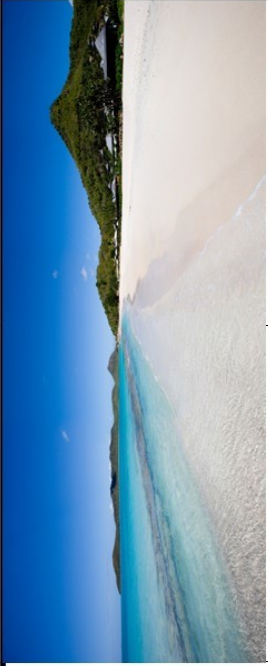
Scriptless in Seattle is a one-of-a-kind, interactive comedy show which there is no script. No two shows are ever the same, ensuring an evening filled with surprises, laughter and memorable moments.

Register and pay by August 1
Only 10 tickets available.



Must have your own transportation



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p><i>hello august</i></p> <p>5 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: WATERWORKS SHOPPING 1:30 PM: TAI CHI</p>	 <p>6 9:30 AM.: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>7 9:30 AM: SS STABILITY & BALANCE <i>ADVANCED</i> 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: WALKING CLUB 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & BALANCE <i>INTERMEDIATE</i> 10:30 AM: BLOOD PRESSURES 1:00 PM: BINGO</p>	<p>8 9:00 AM : CHAIR YOGA 10:30 AM: <i>SOMATICS</i> <i>CANCELLED</i> 1:00 PM: MOVIE & POPCORN</p>	<p>9 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 7:30 PM: SCRIPTLESS IN SEATTLE—OAKS THEATRE</p>
<p>12 8:30 AM: OAKMONT CC TOUR 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: RIVERS CASINO 1:30 PM: TAI CHI</p>	<p>13 9:30 AM.: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 1:00 PM: GAME DAY/<i>BUNCO</i></p>	<p>14 9:30 AM: SS STABILITY & <i>BALANCE ADVANCED</i> 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY & <i>BALANCE INTERMEDIATE</i> 1:00 PM: BINGO</p>	<p>15 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: RIGHT AT HOME/ HEALTHY LIVING</p>	<p>16 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 11:30 AM: LUNCH WITH FRIENDS</p>
<p>19 10:30 AM: CHAIR YOGA W/NANCY 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI</p>	<p>20 9:30 AM.: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>21 9:30 AM: SS STABILITY & <i>BALANCE ADVANCED</i> 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: WALKING CLUB 10:00 AM: CRAFTS 10:30 AM: SS STABILITY & <i>BALANCE INTERMEDIATE</i> 10:30 AM: BLOOD PRESSURES 1:00 PM: BINGO</p>	<p>22 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MOVIE & POPCORN</p>	<p>23 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN</p>
<p>26 10:30 AM: CHAIR YOGA W/NANCY 12:00 PM <i>COOKBOOK CLUB</i> 1:30 PM: TAI CHI</p>	<p>27 9:30 AM.: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>28 9:30 AM: SS STABILITY & <i>BALANCE ADVANCED</i> 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: WALKING CLUB 10:30 AM: SS STABILITY & <i>BALANCE INTERMEDIATE</i> 1:00 PM: BINGO</p>	<p>29 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 11:00 AM: HILLCREST SHOPPING CENTER 1:00 PM: BOWLING</p>	<p>30 9:45 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>1 Vegetable Lasagna Carrots Roasted Red Peppers Bread Yogurt w/Berries</p>	<p>2 Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe</p>
<p>5 Chicken Filet Parmesan Zucchini Parmesan Soup Penne w/Sauce Strawberry Spinach Salad Chocolate Chip Cookie</p>	<p>6 Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Bread Chocolate Pudding</p>	<p>7 Ham Salad Sandwich Broccoli Slaw Fresh Grapes</p>	<p>8 Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread Oatmeal Cookie</p>	<p>9 Pub Steakburger w/cheese Carrots w/Ranch Dip Stuffed Pepper Soup Chocolate Pudding</p>	
<p>12 Mojo Marinated Cod Fillet Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Clementine</p>	<p>13 Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango Sugar Cookie</p>	<p>14 Italian Sub Tossed Salad w/Dressing Apple</p>	<p>15 Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Pear Chocolate Chip Cookie</p>	<p>16 Stuffed Pepper Steamed Broccoli Mashed Potatoes Bread Pound Cake</p>	
<p>19 Sausage & Peppers w/Hoagie Roll Diced Potatoes Peppers & Onions Fresh Fruit Salad</p>	<p>20  Firehouse Chili Broccoli Brown Rice Bread & Cantaloupe</p>	<p>21 Classic Cobb Salad Salad Greens Bread Fresh Orange</p>	<p>22 Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Yogurt with Berries</p>	<p>23 Chicken w/Gravy Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie</p>	
<p>26 Swiss Steak Mashed Potatoes Broccoli Bread Fresh Pear</p>	<p>27 Meatloaf w/ Gravy Mashed Potatoes, Green Beans, Bread Banana Bread</p>	<p>28 BBQ Turkey Flatbread Potato Salad Cantaloupe</p>	<p>29 Chicken Cordon Bleu Carrots Butternut Squash Soup Bread Strawberry Banana Applesauce</p>	<p>30 Beef Stroganoff Side Salad Peas Buttered Rotini Pound cake w/ Strawberries</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
-

FITNESS CLASSES AT THE CENTER

Chair Yoga with Nancy

Every Monday 10:30 am—11:15 am

New class Thursdays 9:00am - 9:45am

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.

SilverSneakers Stability and Balance

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

You do NOT have to be a SilverSneakers member to attend.

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



**Oakmont Country Club
Historic Tour - Free**
Monday, August 12
8:45-10:30 am
Bus leaves RCAC 8:30am

Join the Oakmont Country Club archives Committee on a walk through the historic golf course and clubhouse. It's a one-of-a-kind tour you can only experience at Oakmont.
Register by August 5, only 10 spots available.

Lunch with Friends
Friday, August 16
12:00 pm
Monroeville

FORTUNE STAR

BUFFET & GRILL
Chinese

Please call the center if you are planning on attending by August 13, so that we may make reservations.
 Lunch buffet \$11.95
 Bus leaves RCAC at 11:30 am

The Legacy Lineup at Cumberland Woods
Saturday, October 5
2:00pm

Ruby Shooz Oldies Band

Revisit the 50s and 60s with Ruby Shooz Oldies. This classic rock'n'roll show band guarantees a fun trip down memory lane.

Cost \$28
Only 5 tickets available

Saturday, November 2
2:00pm

The Corvettes Doo Wop Revue

In the tradition of legendary doo wop revivalists, Sha Na Na, every Corvettes Doo Wop revue show is more than a concert, it's an all-out Doo Wop celebration!

Cost \$28
Only 4 tickets available

Must have OPT/Access, bus leaves RCAC at 1:00

TRIPS



**Rivers Casino
Monday, August 12**

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 August 6. Must have OPT/Access

**Hillcrest Shopping Center
Lower Burrell**

Thursday, August 29

Shop at Rose's Discount Store, Shoe Sensation and Community Market. Enjoy lunch at either Rudy's Table or Subway.

Bus leaves RCAC at 11am and leaves the shopping center at 2pm.

Register by August 14, must have OPT/Access

Monthly Shopping: Waterworks Mall

**August 5, 2024
11:00 am - 2:00 pm**

Bus will pick people up at their homes then proceed to the Waterworks Mall. Return trip will pick up at Waterworks at 1:30 and drop people off at homes.

BOWLING at ZONE 28

Thursday, August 29

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 August 26

PUBLISHED BY
RIVERVIEW COMMUNITY ACTION CORPORATION
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OAKMONT, PA 15139
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Email mail@rcacorp.org
Website www.rcacorp.org

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

August 2024

Non-Profit Organization
U.S. Postage

PAID

Verona, PA 15147
Permit No. 16



Free Lunch
or
Exercise Class

If you have not been to RCAC in over a year or are a first time visitor, we invite you to come see what you are missing. Join us for lunch or an exercise class. Bring this newsletter to qualify.

Lunch must be reserved 2 days ahead call 412-828-1062 no reservations needed for exercise

**NEW
COOKBOOK CLUB**

**Monday, August 26
12 PM**

If you love to cook and try new recipes the Cookbook Club is the right place for you. Each month a cookbook will be selected and everyone will prepare a recipe from that cookbook and bring it to the monthly luncheon.

For August the Cookbook is “Taste of Home” Annual Recipes available at RCAC

Select your recipe and register by
Thursday, August 22