

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. 9

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End of Summer Celebration Luau!

Monday, September 16

12:00 pm

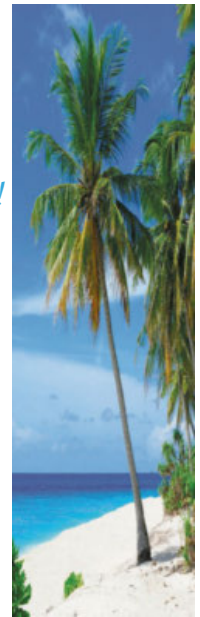
***Put on a flowered shirt and come
celebrate with friends & dance the Huhu!***

Menu:

***Hawaiian Meatballs & rice,
ham & cheese Hawaiian roll sandwiches,
pineapple salsa and chips, fruit kabobs,
pineapple upside down cake and punch.***

Cost \$6

RSVP by September 9



Steeler's Tailgate Party!!

1:00 pm

Sunday, September 8 and

Sunday, September 29

Sunday, September 8
Steelers vs. Atlanta Falcons

Register by September 5

Sign up and let us know what you are bringing for the Tailgate!

Sunday, September 29
Steelers vs. Indianapolis Colts

Register by September 26

From the desk of the Director...

Our daily attendance is growing and it's wonderful. We're excited to welcome new people to RCAC and thank those of you that have been coming on a regular basis. Encourage more of your friends to join our lively, fun and talented family.

RCAC's Board of Directors is looking for your assistance to help spread the word and improve some of the services RCAC offers. They are forming several committees and are looking for volunteers. The committees are:

***Program Development and Oversight** - will partner with management to create an annual plan for RCAC programs.*

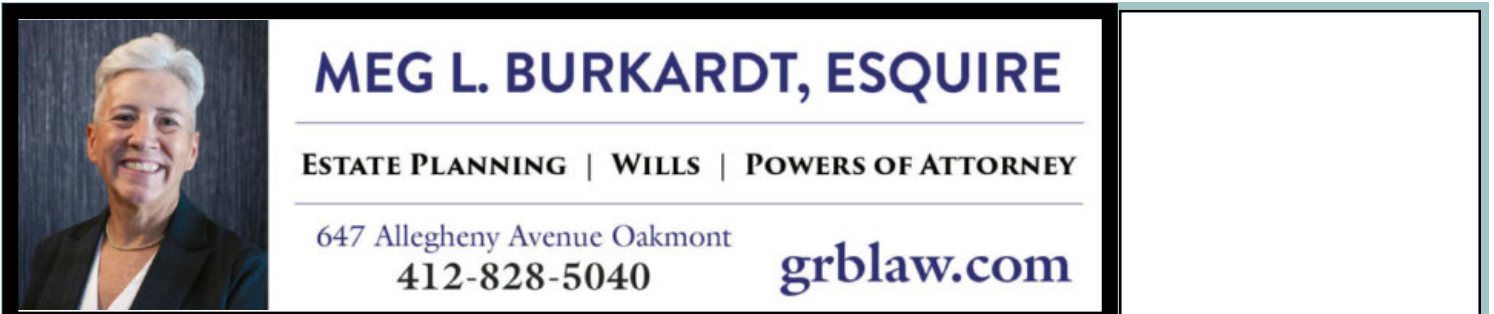
***Marketing & Communications** - will be responsible for developing a plan to raise the visibility and public awareness of RCAC in Oakmont, Verona, and surrounding communities.*

***Transportation** - will review the history of RCAC van service, recent and current policies, operations, and cost structure to develop a complete picture of the bus service.*

If you are interested in volunteering for any of these committees please let me know.

Thanks for being an RCAC member.

Mary Margaret



MEG L. BURKARDT, ESQUIRE

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CENTER ACTIVITIES

CCAC TECH TUTORING

Thursday, September 26

10am-12pm

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

Make an appointment to get one on one assistance.

4 half hour appointments available

RCAC WILL BE CLOSED

MONDAY, SEPTEMBER 2, 2024

In observance of Labor Day

NO BUS SERVICE

RCAC WALKING CLUB !!

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)



**GET YOUR FLU SHOT
BEFORE THE FLU GETS YOU!**

Tuesday, September 24, 2024

RCAC
12-2pm

Flu shots are free with most insurance
Bring your insurance card with you
No reservations necessary

Wednesday Crafts 10:00 AM

September 4 - Pine Cone Animals

September 11 - Bean Bird Art

September 18 - Fall Gnome wall Hanging

September 25 - Pumpkin Candlestick
Wine Glasses

***NEW: Registration required.**

Classes are \$1.00 per person



If you are celebrating a birthday in September, join us as we celebrate on Tuesday, Sept. 17. Make a reservation by Friday, September 13.

Movie & Popcorn Days!

1:00pm

Monday, September 9

Things That Aren't There Anymore

The WQED classic documentary about much loved places in Pittsburgh's history. This is a heartfelt tribute to great old places where people used to go to have fun.

Register by September 5.

Join us for lunch before the movie



Blood Pressure

10:30-11:30 AM

Wednesday, September 4 & 18

Free, no reservations necessary

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, September 5, 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 September 16 at 11:30am

Love to read? Join Marsha and your friends to select books to read and discuss.
September's book is *The Man from Moscow*
by
Philip McCutchan.
Book Club meets every month.



CCAC Mental Aerobics/Boost Your Brain

Thursday, September 19

1:00 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.

Reserve your seat by September 16

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."

MONDAY

SEPTEMBER 23

12:30 - 2PM



Schedule a 3-station balance screening with a physical therapist and receive a "scorecard" on your assessment.

Reserve your space by Thursday, September 19.



Tuesday, September 17

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 September 16 and join the fun!!

Please Note:

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CENTER ACTIVITIES

**Carnegie Museum of Natural History
Presents:**

**Spineless Wonders: The Surprising and
Not-So-Squishy World of Invertebrate Fossils**

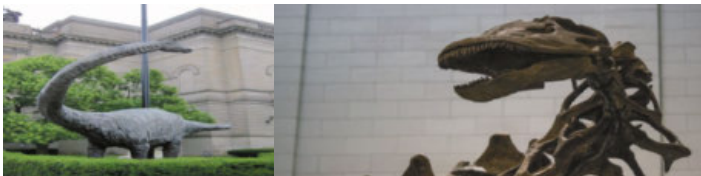
Thursday, September 26

1:00pm

Explore the realm of extinct boneless creatures like trilobites, ammonites, and eurypterids. Learn the important contributions that invertebrate fossils have made to science, culture.

CMNH will bring fossils from the Invertebrate Paleontology collection.

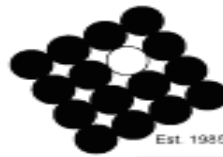
Reserve space by September 24



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TO LEARN MORE, ARRANGE A VISIT TODAY.

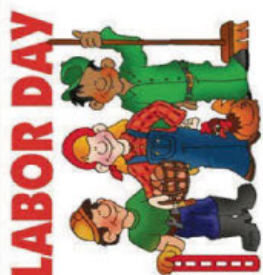



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ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>LABOR DAY </p> <p>10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: WALMART SHOPPING 1:00 PM: MOVIE & POPCORN 1:30 PM: TAI CHI</p>	<p>3 9:30 AM.: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>4 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 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO</p>	<p>5 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL</p>	<p>6 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN</p>
<p>9 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: WALMART SHOPPING 1:00 PM: MOVIE & POPCORN 1:30 PM: TAI CHI</p>	<p>10 9:30 AM.: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: GAME DAY</p>	<p>11 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>12 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS</p>	<p>13 9:45 AM: LINE DANCING 10:30 AM: SOERGEL ORCHARDS 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN</p>
<p>16 10:30 AM: CHAIR YOGA W/NANCY 11:30 AM: BOOK CLUB 12:00 PM: LUAU PARTY 1:30 TAI CHI (CANCELLED)</p>	<p>17 9:30 AM.: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 1:00 PM: GAME DAY/BUNCO</p>	<p>18 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 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO</p>	<p>19 9:00 AM: CHAIR YOGA 10:30 AM : SOMATICS 1:00 PM: CCAC MENTAL AEROBICS</p>	<p>20 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN</p>
<p>23 10:30 CHAIR YOGA W/NANCY 9:30 AM: HOBBY LOBBY 11:00 AM: RIVERS CASINO 12:30 PM: LIFELINE BALANCE SCREENING 1:30 TAI CHI</p>	<p>24 9:30 AM.: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: FLU SHOT CLINIC 12:30 PM: GAME DAY</p>	<p>25 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>26 9:00 AM: CHAIR YOGA 10:00 AM: TECH TUTORING 10:30 AM: SOMATICS 1:00 PM: CARNEGIE MUSEUM PRESENTATION 1:00 PM: BOWLING</p>	<p>27 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 11:30 AM: LUNCH WITH FRIENDS</p>
<p>30 10:30 CHAIR YOGA W/NANCY 12:00 PM COOKBOOK CLUB 1:30 TAI CHI</p>				

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
2 	3 Penne w/Meatballs Broccoli Carrot Coins Jell-O	4 Chicken BLT Salad w/Dressing Bread Fresh Fruit Salad	5 Vegetable Lasagna Carrots Roasted Red Peppers Bread Yogurt w/Berries	6 Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe
9 Chicken Filet Parmesan Zucchini Parmesan Soup Penne w/Sauce Strawberry Spinach Salad Chocolate Chip Cookie	10 Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Bread Chocolate Pudding	11 Ham Salad Sandwich Broccoli Slaw Fresh Grapes	12 Maple Glazed Pork w/Cider Gravy Sweet Potato Cubes Brussels Sprouts Bread Oatmeal Cookie	13 Pub Steakburger w/cheese Carrots w/Ranch Dip Stuffed Pepper Soup Chocolate Pudding
16 Mojo Marinated Cod Fillet Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Clementine	17  Broccoli & Cheese Stuffed Chicken Wax Beans Creamy Spinach Orzo Pasta Diced Mango, Sugar Cookie	18 Italian Sub Tossed Salad w/Dressing Apple	19 Petite Tenderloin Medallions Au Jus Mashed Potatoes Beets Pear Chocolate Chip Cookie	20 Stuffed Pepper Steamed Broccoli Mashed Potatoes Bread Pound Cake
23 Sausage & Peppers w/Hoagie Roll Diced Potatoes Peppers & Onions Fresh Fruit Salad	24 Firehouse Chili Broccoli Brown Rice Bread & Cantaloupe	25 Classic Cobb Salad Salad Greens Bread Fresh Orange	26 Stuffed Cabbage Roll Mashed Potatoes Green Beans Bread Yogurt with Berries	27 Chicken w/Gravy Normandy Veggie Blend Buttered Penne Apple Slices Chocolate Chip Cookie
30 Swiss Steak Mashed Potatoes Broccoli Bread Fresh Pear				MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062

RCAC BUS SERVICE

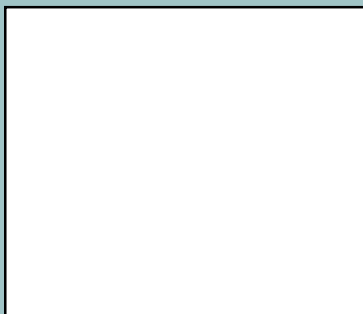
Riverview Community Action Corporation (RCAC) bus service for all Oakmont and Verona residents is in operation. Service is available by reservations Monday – Friday from 9:00 am –3:00 pm. The following rules and procedures are still in effect at this time.

- 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

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

SOERGEL ORCHARDS

Friday, September 13

*BUS: 10:30 am RCAC pick up
12:30 pm leaves Soergel*

By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful, and abundant food.

Shop for fresh produce, bakery items, home accents and enjoy lunch at the deli



*Register by
September 9*

*Must have
OPT/Access*



Hobby Lobby North Hills

Monday, September 23

Bus leaves RCAC at 9:30am

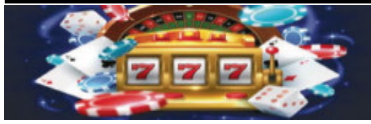
Picks up at Hobby Lobby 11:30am

Bring out the DIY in all of us with more than 70,000 arts, crafts, custom framing, floral, home décor, jewelry making, scrapbooking, fabrics, party supplies and seasonal products.

Register by Wednesday, September 18.

Join us for lunch when you get back.

TRIPS



Rivers Casino
Monday,
September 23

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 September 17. Must have OPT/Access

Monthly Shopping: Walmart at the Mills

September 9, 2024
11:00 am –2:00 pm

Bus will pick people up at their homes then proceed to the Mills. Return trip will pick up at The Mills, Walmart at 1:30 and drop people off at homes.

Lunch with Friends

KNEADS CAFE

Friday, September 27

12:00 pm

Please call the center if you are planning on attending by September 23, so that we may make reservations.

Bus leaves RCAC at 11:30 am
 Must have OPT/Access

BOWLING at ZONE 28

Thursday, September 26

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 **Monday, September 23**

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 our Newsletter!

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Brett Reineck

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Verona, PA 15147
Permit No. 16

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

September 2024



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, September 30
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 September the cookbook will be *Essentials of Italian*. Select the recipe you would like and record it on the list provided.

**Select your recipe and register by
Thursday , September 26**