

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. 12

Annual Appeal

At this special time of year, the board, staff and volunteers of RCAC are thankful for another year of friendship, support, and growth.

Now it is time to once again appeal to you for support. This past year we provided over 12,000 home delivered meals for consumers in our community. Over 1,000 individuals a month visit RCAC to participate in fitness classes, crafts, educational presentations, bingo, lunches and much more. A record number of people in our area utilize the food pantry and use the Twin Boros Bus for transportation anywhere in Oakmont and Verona.

With every donation, you are helping RCAC to continue with our mission. Our goal is to raise \$30,000 by December 31, 2024. Allegheny County funds less than 50% of our operating costs. We ask you to look into your hearts and know the importance of your donation to RCAC and how much can be accomplished with your gifts.

You can donate by sending a check, logging on to www.rcacorp.org and clicking the donate tab

Thank You!

**HOLIDAY
PARTY**

Thursday, December 19

12 noon

Cost \$15 per person

Celebrate the holidays with your RCAC friends and family. Come dressed for the holidays and enjoy good food, music, games and a sing-along

&

A special recognition presentation

MENU

**Cheese and veggie tray
Chicken with a white wine
mushroom sauce
Stuffed shells
Broccoli
Salad, Rolls
Dessert**

RSVP and pay by December 12



Monday, December 23
1:00 pm

Bring a wrapped new or repurposed gift valued around \$20 - \$25. Each person will pick a number to see who selects a gift first and opens it.

The next person either steals the first person's gift or selects another gift. The game continues until all the gifts are opened.

Join the fun and register by
Friday, December 20

Sign up for lunch before the exchange.

What Is Vitamin D?

Vitamin D is a nutrient needed for health and to maintain strong bones. Vitamin D aids in the absorption of calcium and phosphorus in our bodies, helps bring calcium and phosphorus to our bones and teeth, and helps regulate how much calcium remains in our blood. Together with calcium, vitamin D helps protect against the loss of bone mass. Vitamin D's importance does not end there. It also helps muscles function and allows the brain and body to communicate through nerves. The immune system also uses vitamin D.

There are three ways to get vitamin D: from sunlight, through food and drinks or with supplements.

Jill Campbell, PDA Registered Dietitian



MEG L. BURKARDT, ESQUIRE

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CENTER ACTIVITIES



December Closures

RCAC will be closed on:

December 25
December 26
December 27
 &
January 1

In observance of the holiday season.

There will be **NO** bus service on those days.

New Fitness Classes Coming in January

Drums Alive® with Karen

Tuesdays 9:15-10:15 am

This is a Brain Body program that includes several aspects of good health and components of "Wellness" - physical, mental, emotional and social. Drums Alive® combines the rhythm of drums with the passion of movement. It allows expression and creativity, as well as an impressive degree of fitness: and most importantly it's FUN!

On the Move with Alice

Tuesdays 12:30-1:30 pm

On the Move is a proven exercise program to improve walking. People who participate in OTM may become more confident in their walking, walk farther without having to stop and rest, and walk faster, and find it easier to do daily tasks.

Yoga 1 with Nancy

Wednesdays at 9:00 - 9:45 am

This class includes breathing practices, and traditional sitting, standing, prone and supine poses, with variations and suggested modification. Bring a mat and a yoga block if you have one.

Wednesday Crafts

10:00 AM

December 4 - Holiday Bulletin Board

December 11 - Jenga Block Holiday Tree

December 18 - Holiday Ornaments

***NEW: Registration required.**

Classes are \$1.00 per person

Alzheimer's/Dementia Warning Signs

Friday, December 6

1:00 pm

Join us to learn about the 10 Warning Signs and major Risk Factors for Alzheimer's and the related dementias. Doreen C. Putnam, well know author and Certified Dementia practitioner, will present this important information.

Register by December 5

Movie & Popcorn Days!

1:00pm

Friday, December 20

It's a Wonderful Life

An angel is sent from heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

Starring Jimmy Stewart and Donna Reed

Sign up by Thursday, December 19



Blood Pressure

10:30-11:30 AM

Wednesday, December 11

Free, no reservations necessary

CENTER ACTIVITIES

Holiday Ornaments for Home Delivered Meals Clients

December 9

1:00 PM

RCAC volunteer have been busy making Christmas ornaments. Join us on Monday to help complete this project.

Center Council Meeting

Everyone is welcome

Thursday, December 5 at 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.

Come talk and enjoy lunch with us.

Book Club

December 16 at 11:30am

Love to read? Join Marsha and your friends to select books to read and discuss.

December's book is *Lessons in Chemistry* by Bonnie Garmus.

Book Club meets every month.

Call to reserve your spot.



**Cookie Exchange
Friday, December 20
12:30pm**

It's the time of year when the best cookies are made. Make extra to trade. Bring 3 dozen and take an

assorted 3 dozen home.

Register by
December 18



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."



**Join RCAC for Bingo every
Wednesday no registration needed.**

1:00 pm– 3:00 pm

**Price varies depending on the number
of cards.**

**9 games & 3 specials are played and a
Jackpot coverall.**



Tuesday, December 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 December 16 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

Pittsburgh Opera's free, informal **Song Shop Concerts** feature the Resident Artists of Pittsburgh Opera.

These one-hour performances are free, fun, and open to everyone. Guests are encouraged to bring a friend and bring a lunch.

Saturday, December 14

12 noon

Bitz Opera Factory in the Strip District

Register by December 9

Bus leaves RCAC at 11am

Must have OPT/ACCESS

Legacy Lineup at Cumberland Woods

Saturday, March 15

2:00 pm

Bus leaves RCAC at 1:00pm

Cost \$30 per person

PURE GOLD

Pure Gold is keeping the oldies alive with hit music from the 50s, 60s, and 70s as well as a blend of blues, standards and original material. Discover "The Pride of Pittsburgh" with this revitalized rendition of the band that has kept the city rocking since 1978!

Reservations and payment due by December 16

Must have OPT/Access

PITTSBURGH OPERA



Devoted

Because he's my Husband

"The terrific care he's getting here lets me focus full time on the promise I made to love, honor and cherish."

TO LEARN MORE, ARRANGE A VISIT TODAY.



SrCare.org/devoted




OAKMONT CAMPUS
412.828.5600



ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>2 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: WALMART SHOPPING 1:30 PM: TAI CHI</p>	<p>3 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 1:00 PM: GAME DAY</p>	<p>4 10:00 AM: SS STABILITY & BALANCE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>5 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL MEETING</p>	<p>6 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 1:00 PM: SPEAKER: ALZHEIMER/ DEMENTIA WARNING SIGNS</p>
<p>9 10:30 AM: CHAIR YOGA W/NANCY 10:30 AM ROSS PARK MALL SHOPPING 1:00 PM: CHRISTMAS ORNA- MENTS 1:30 PM: TAI CHI</p>	<p>10 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 1:00 PM: GAME DAY</p>	<p>11 10:00 AM: SS STABILITY & BALANCE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO</p>	<p>12 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS</p>	<p>13 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 12:00 PM: LUNCH W/FRIENDS</p>
<p>16 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: RIVERS CASINO 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI</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 10:00 AM: SS STABILITY & BALANCE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>19 12:00 PM HOLIDAY PARTY</p>	<p>20 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 12:30 PM: COOKIE EXCHANGE 1:00 PM: MOVIE & POPCORN</p>
<p>23 10:30 CHAIR YOGA W/NANCY 1:00 PM: WHITE ELEPHANT GIFT EXCHANGE 1:30 PM: TAI CHI</p>	<p>24 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN</p>		<p>26 CENTER CLOSED</p> 	<p>27 CENTER CLOSED</p>
<p>30 10:30 CHAIR YOGA W/NANCY 1:30 PM: TAI CHI</p>	<p>31 9:30 AM: Walk 15 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:00 PM: NEW YEARS PARTY</p>			

LUNCH MENU

Mon	Tue	Wed	Thu	Fri
2 Meatloaf w/Gravy Mashed Potatoes Carrots Bread Banana Bread	3 Chicken Cordon Bleu Green Beans Vegetable Soup Confetti Rice Strawberry Banana Applesauce	4 Beef Stroganoff Side Salad Peas Rotini Pound Cake w/Berries	5 BBQ Turkey Flatbread Potato Salad Cantaloupe	6 Sweet & Sour Salmon Asian Vegetables Brown Rice Bread Tropical Fruit
9 French Onion Chopped Steak Mashed Potatoes Asparagus/Red Peppers Bread Mini Choc Chip Cookies	10 Raspberry BBQ Chicken Succotash Roasted Sweet Potatoes Roll Watermelon	11 Swiss Steak Broccoli Mashed Potatoes Bread Pear	12 Chicken Avocado Salad Stuffed Pepper Soup Bread Fresh Fruit Salad	13 Teriyaki Meatballs Sesame Green Beans Veggie Fried Rice Mandarin Oranges Chocolate Pudding
16 Penne w/Meatballs Broccoli Side Salad w/Dressing Jell-O	17 Orange Chicken Stir Fry Veggie Blend Veggie Fried Rice Bread Diced Pineapple	18 Pulled Pork Sandwich Coleslaw Chuckwagon Corn Fresh Cantaloupe	19 Chicken BLT Salad Zucchini Parmesan Soup Bread Fresh Fruit Salad Oreo Cookie	20 Vegetable Lasagna Carrots Side Salad w/Dressing Garlic Knot Orange
23 Maple Glazed Pork w/Cider Gravy Roasted Sweet Potatoes Brussels Sprouts Bread Banana Pudding w/Nilla Wafers	24 Pub Steakburger w/cheese Broccoli w/Ranch Dip Tomato Soup Orange			27 CENTER CLOSED
30 Stuffed Pepper Steamed Broccoli Mashed Potatoes Bread Pound Cake W/ Peaches	31 SPECIAL LUNCH Kielbasa Haluski (cabbage, onions, noodles) Dilled Carrots Pumpkin Pie w/whipped Cream			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 effect:

- Reservations must be made by calling
 - **412-828-1062**
- We take same day reservations
- You must be able to get on and off the bus without assistance
- **Trips to the Center are \$2.00 ROUND TRIP!**
 - **All other rides are \$2.00 each way.**

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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

NEW TIME...Wednesdays 10am

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 DANCING

Line Dancing Classes with Roz and Dinelle

Fridays at 9:45am Cost \$1.00

Beginners Line Dancing

Fridays at 9:15 am

With Mary Lou

Cost \$1:00

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

Ross Park Mall
Pittsburgh's Premier Shopping Destination

Monday, December 9

**Bus leaves RCAC at 10:30 am and leaves
Ross Park Mall at 2:30 pm.**

Start or finish your holiday shopping.
With 170 stores, the mall features JCPenney,
Macy's, Nordstrom and Dick's House of Sport.

Register by December 4

Must have OPT/Access



River City Brass Band
Brasstacular

Thursday, December 5
7:30 pm

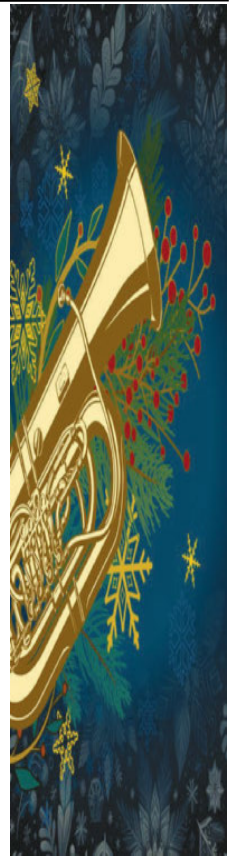
Linton Middle School

Cost \$20

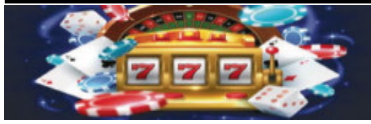
**Embrace the spirit of
Christmas with this seasonal
favorite. Featuring your
holiday favorites, as well as
Duke Ellington's rendition of
"The Nutcracker," arranged
with help from Pittsburger,
Billy Strayhorn.**

RSVP and pay by December 2

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



CENTER TRIPS



Rivers Casino
Monday,
December 16

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 December 12. Must have OPT/Access

Lunch with Friends

Narcisi Winery

Friday, December 13

12:00 pm

Please call the center if you are planning on attending by December 9, so that we may make reservations.

Bus leaves RCAC at 11:15 am

Must have OPT/Access

With deepest appreciation RCAC wants to thank the anonymous donors for the new carpeting on the stairs up to the activity room and the new carpet in the front office.

We appreciate you helping to keep RCAC looking good.

Monthly Shopping: Walmart at the Mills

December 2, 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.

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Website www.rcacorp.org

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Verona, PA 15147
Permit No. 16

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

December 2024



A Christmas Story
O'Reilly Theater
Saturday, December 21
2 pm
10 tickets available for \$10

**Don't like the movie? Don't worry
- you'll love this play!**
From the halls of the Parker
family home to the merry madness
of Higbee's department store, this
A++++ production boasts the
added charm of an all - star cast
ready to show you sides of these
iconic characters you've never
experienced.

Bus leaves RCAC at 1:00 pm
RSVP and pay by December 13
Must have OPT/Access

Join us for the game!!
Sunday, December 1
1:00 pm
Steelers vs. Bengals



**Watch the Steelers bring home a
victory against our a division rival on
our 60 inch big screen TV.**
Bring your friends and family.

**In football fashion it's a tailgate
party starting at 12:30pm.**

**Let us know what you will be bringing
to share as we cheer the Steelers on
to victory!**

Reserve your seat by November 27