



Newsletter February 2025

Special Announcements

CPR Certification Class

For residents of Oakmont & Verona and surrounding communities

Saturday, March 22

10am-2pm

Cost \$30

Presented by

Lower Valley Ambulance Service

A CPR class teaches how to perform cardiopulmonary resuscitation (CPR), a life-saving technique used when someone's heart has stopped beating, by providing them with the knowledge to recognize cardiac emergencies, initiate chest compressions and possibly use an automated external defibrillator (AED), allowing them to provide immediate care until medical help arrives.

This class covers procedures for adult, children and infant CPR and choking.

Register by March 14, 2025 by calling
412-828-1062

Class will be held at RCAC
(Riverview Community Action Corporation)
501 Second Street, Oakmont

Entrance is on Delaware under the green awning.



RCAC FUNDRAISER



Every Friday in February

7pm-9pm

Verona Eagles 1635

315 James Street

We're starting 2025 off with a BINGO

Fundraiser benefitting RCAC

A portion of the proceeds and money from the gift basket raffles benefit RCAC.

Bring your family and friends for BINGO.

Pick a date or join us every Friday in February 7, 14, 21, 28

Donations of items for gift baskets are welcome.



RCAC BUS SERVICE

RCAC bus service is for all Oakmont and Verona residents for grocery shopping, medical appointments, beauty appointments, etc.

Service is available by reservations 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 RCAC are \$2.00 ROUND TRIP!

All other rides are \$2.00 each way.

RENT REBATES

Tuesdays February 4 & 11, 9am-11am & 1pm-2pm

Fridays, February 7 & 14th, 1pm - 2pm

Bring the following items with you:

- ◆ Income Verification and end of year Social Security information
- ◆ Rent Certificate or property tax receipts
- ◆ Checking information for Direct Deposit

Please call RCAC for an appointment 412-828-1062

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."



MEG L. BURKARDT, ESQUIRE

ESTATE PLANNING | WILLS | POWERS OF ATTORNEY

647 Allegheny Avenue Oakmont
412-828-5040

grblaw.com

SUPPORT THE ADVERTISERS that Support our Community!





CENTER ACTIVITIES

FLEA MARKET Planning Meeting Tuesday, February 4 1:00pm

RCAC will be holding a Flea Market in April to benefit the center. Would you like to be on the committee? We will need help planning, pricing, advertising, set up and tear down. If you are interested in being on the committee call and let us know, 412-828-1062 or come to the meeting. Start collecting clean items to donate. Examples of items are household items, tools, toys, kitchen items, jewelry, **NO CLOTHING**. We will start collecting items here at the center mid-March until then, keep them at your home.

Create your own Vision Board

Tuesday, February 11
1:00pm

Tara Conroy, a Certified Holistic coach will help you create your own “vision board” to remind you of what things bring you joy and what some of your future goals and aspirations are.

All supplies will be provided.

Join us for this fun activity.

Sign up by Wednesday, February 5th!

Special Valentines Day Menu and Movie

Friday, February 14, 12 noon

Beef tenderloin marsala, broccoli w/red peppers, mashed potatoes, bread and Berry Crisp

Cost \$1.25

Register by February 7

Movie—PRETTY WOMEN

A romantic comedy starring Julia Roberts and Richard Gere. The story revolves around their unlikely encounter and the effect it has on both of their lives.

Dress for the occasion—wear your red or pink!

Wednesday Crafts

10:00 AM

February 5 - Valentine’s Bulletin Board

February 12 - Valentine Bouquet

February 19 - Pine Cone Snowy Owls

February 26 - Popsicle Stick House

***NEW: Registration required.**

Classes are \$1.00 per person

*Would you like to receive the
RCAC Newsletter via email
instead of through the mail and get it quicker*

*Please contact Diana at
dbowser@rcacorp.org
With newsletter in the subject line.*

Thank you!

CCAC Mental Aerobics Boost Your Brain

Thursday, February 13
1:00-2:30pm

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.

RSVP by February 10



Blood Pressure

10:30-11:30 AM

Wednesday, February 5 and 19th

Free, no reservations necessary



CENTER ACTIVITIES

RCAC Membership Meeting

Everyone is welcome

Thursday, February 6 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.

Call to register by February 4th!

Book Club

February 10th at 11:30am

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

February's book is *Upside down* by Danielle Steele

Book Club meets every month.

Call to reserve your spot.



University of Pittsburgh Pharmacy Students

Friday, February 28
10am - noon

Bring your list of medications and have them reviewed by the School of Pharmacy Students. Training for the students and good review for you. Register by February 27.

Jewelry Exchange Party Monday, February 24 1:00pm

Bring a necklace, bracelet, or earrings, new or something you don't wear.

Value at least \$20. Play a fun game of trade and steal!

Register by February 20.



February Closures

RCAC will be closed on:

**Monday, February 17
in observance of
Presidents Day**

There will be NO bus service on those days.

CLOSURE POLICY

The winter months are here, tune into KDKA TV for RCAC closings and delays



Tuesday, February 18

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 February 17 and join the fun!!

If you are celebrating a birthday in February, join us as we celebrate on Tuesday, February 18. Make a reservation by Friday, February, 14.



Please Note:

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



CENTER ACTIVITY & TRIP

CCAC Presentation

The Amish

Thursday, February 20

1:00pm

Learn about the origin of the two different Amish movements, where they settled in the United States and their basic differences. For instance, Old Order Amish are known for simple living, plain dress, and reluctance to adopt many conveniences of modern technology. Other Amish sects have adopted more modern lifestyles including the use of automobiles and using electricity.

Free to attend

Register by Tuesday, February 18

Heinz Chapel Chamber Choir Festival

Sunday, February 16

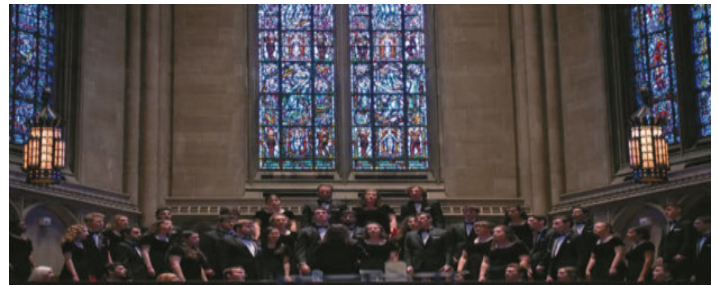
FREE

Heinz Chapel host chamber choirs from three regional high schools in the 33rd anniversary of this event.

Bus leaves RCAC at 2:45pm and leaves Heinz Chapel at 5:30pm

RSVP by February 11

Must have OPT/Access



EOE

*Because she's
my Mom*

Love

"After Dad passed away, Mom needed more support with daily living. She's happy here, and I can rest easy knowing she feels at home, and her caregivers are like family."

TO LEARN MORE, ARRANGE A VISIT TODAY.

Presbyterian
SeniorCare *Making Aging Easier.*
NETWORK.


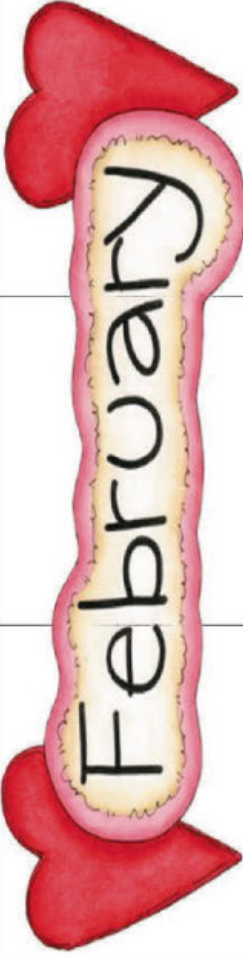

SrCare.org/love

OAKMONT CAMPUS
412.828.5600





ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>3 10:30 AM: CHAIR YOGA W/NANCY 11:00: WALMART 1:30 PM: TAI CHI</p>	<p>4 9:15 AM:: DRUMS ALIVE W/ KAREN 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY 1:00 PM: FLEA MARKET COM-MITTEE</p>	<p>5 8:45 AM: YOGA I W/NANCY 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>6 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL MEETING</p>	<p>7 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN</p>
<p>10 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: RIVERS CASINO 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI</p>	<p>11 9:15 AM:: DRUMS ALIVE W/ KAREN 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY 1:00 PM: VISION BOARD</p>	<p>12 8:45 AM: YOGA I W/NANCY 10:00 AM: SS STABILITY & BALANCE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>13 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MENTAL AEROBICS</p>	<p>14 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 12:00 PM: VALENTINE'S DAY PARTY AND MOVIE</p>
<p>24 10:30 AM: CHAIR YOGA W/NANCY 1:00 PM: JEWELRY EX-CHANGE PARTY 1:30 PM: TAI CHI</p>	<p>18 9:15 AM:: DRUMS ALIVE W/ KAREN 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY/BUNCO</p>	<p>19 8:45 AM: YOGA I W/NANCY 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>20 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: CCAC/AMISH PRESENTATION</p>	<p>21 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>25 10:30 AM: CHAIR YOGA W/NANCY 1:00 PM: JEWELRY EX-CHANGE PARTY 1:30 PM: TAI CHI</p>	<p>25 9:15 AM:: DRUMS ALIVE W/ KAREN 10:30 AM: SILVER SNEAKERS CIRCUIT w/ KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY</p>	<p>26 8:45 AM: YOGA I W/NANCY 10:00 AM: SS STABILITY & BALANCE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>27 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS</p>	<p>28 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 10:00 AM: PITT PHARMACY 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN</p>
				



LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Maple Glazed Pork w/Cider Gravy Sweet Potatoes Balsamic Glazed Brussels Spouts Banana Pudding</p>	<p>4</p> <p>Pub Steak Cheeseburger Broccoli w/Ranch Dip Tomato Soup Orange</p>	<p>5</p> <p>Ham & Cheese Frittata Greek Tossed Salad Roasted Red Potato Wedges Bread Greek Yogurt w/Berries</p>	<p>6</p> <p>Orchard Salad w/Chicken Garlic Knot Yogurt w/Berries</p>	<p>7</p> <p>Macaroni & Cheese Strawberry Spinach Salad Garlic Green Beans Fig Newton Cookie</p>
<p>10</p> <p>Stuffed Pepper Broccoli Mashed Potatoes Bread Pound Cake w/Peaches</p>	<p>11</p> <p>Broccoli & Cheese Stuffed Chicken Green Beans & Tomatoes Creamy Spinach Orzo Fresh Fruit Salad</p>	<p>12</p> <p>Petite Beef Tenderloin Medallions Dilled Carrots Mashed Potatoes Bread Pear</p>	<p>13</p> <p>Italian Hoagie Tossed Salad Apple</p>	<p>14</p> <p>SPECIAL LUNCH HAPPY VALENTINE'S DAY Beef Tenderloin Marsala Broccoli w/Red Peppers Mashed Potatoes Berry Crisp (must order by 2/7)</p>
<p>17</p> <p>HAPPY PRESIDENTS DAY!</p>	<p>18</p> <p>Happy Birthday Chicken w/Gravy Broccoli & Cauliflower Roasted Potato Wedge Apple Lorna Doone</p>	<p>19</p> <p>Stuffed Cabbage Roll Green Beans Mashed Potatoes Bread Yogurt w/Berries</p>	<p>20</p> <p>Chicken Avocado Salad Stuffed Pepper Soup Bread Fresh Fruit Salad</p>	<p>21</p> <p>Spanish Omelette Diced Potatoes Peppers & Onions Croissant Fresh Fruit Salad</p>
<p>24</p> <p>Meatloaf w/Gravy Mashed Potatoes Carrots Bread Banana Bread</p>	<p>25</p> <p>Chicken Cordon Bleu Green Beans Vegetable Soup Strawberry Banana Applesauce</p>	<p>26</p> <p>Beef Stroganoff Side Salad Peas Rotini Pound Cake w/Berries</p>	<p>27</p> <p>BBQ Turkey Flatbread Potato Salad Cantaloupe</p>	<p>28</p> <p>Sweet & Sour Salmon Asian Vegetables Brown Rice Bread Tropical Fruit</p>
<p>17</p> <p>HAPPY FEBRUARY</p>				<p>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</p>





FITNESS CLASSES AT THE CENTER

Fitness Classes

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!

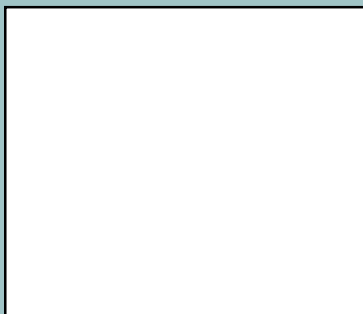
Yoga 1 with Nancy

Wednesdays, at 8:45- 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.

Burket - Truby
FUNERAL HOME
 Cremation & Alternative Services, Inc.
 SEAN RUSSELL TRUBY, SUPERVISOR
 SHEA E TRUBY, Director

412-828-3535
 www.burket-truby.com
More Than A Name ... We Are Family!

Local help with your Medicare questions.



Ralph Witcher
 Licensed Sales Agent
 (610)393-4366,
 TTY 711

ralph@witcher.com
 www.witcherwaywellness.com




Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO




lpicommunities.com/adcreator

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

[Visit lpicommunities.com](http://lpicommunities.com)





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

On the Move with Alice

Tuesday, 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.

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 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.)



RCAC Staff and Board would like to thank everyone who has donated to our Annual Mail Appeal. Your support has been overwhelming. Over the next few months we will be listing those who have so generously donated to RCAC.

10

IN MEMORY OF**DONATED BY**

Bill Peoples
Dr. Abraham Sudilovski
James Kozub
Russ Truby
Elizabeth A. Flynn
Norm Slipski
Albert & Margaret Meyers
Gerald W. Malky
Frances & Tony Kreservich, Jackie & Ralph Gilbert
Charles J. Oyler
Janice Christy
Family
Robert Alexander
Ted & Henrietta Luczak
Jonathan Michael Lear
Fredrick W. Crock, MD
Wife
Catherine Leppold
Wallace D. Edsall
Jack Murphy
Russ Truby
Crnjarich & Vinante Families
Daniel Kinsey
Dan Molcsan, Anna Fantozzi, Rose Intorre
Pasquale, Jennie, Richard Calucci
Laura Burgess
Fritz & Josette Niesemann
John & Ethal Garbo, Jane Schuster
George Saxon
Jo Davis
John Portera
Zig & Grace Milos
Michael Kane
Herman & Connie Santucci
Parker & Gladys Campbell, Walter & Lucille Kortze
James Trangle
Angelo & Angeline Cassano
Elizabeth Antonucci
Those in Munroe Tower
Valerie Sousa
Mary Colette Giconi
Patricia Yialouris
Basil Ashi

Susan Peoples
Zulma Zattoni sudilovsky
Collen Kozub
Jan Truby
Kevin Flynn
Cheryl Slipski
Doug Meyers
Arlene Malky
Dorothy & Ralph Gilbert
Donna Oyler
Joseph Christy
Gladys Ferrante
Marilyn Alexander
Stanley & Jay Luczak
Mary & Rich Lear
Kathleen Crock
William Petitto
Cecilia Bradshaw
JoAnn Dempler
Irene Yankowski
Burket Truby Funeral Home
Barbara Crnjarich
Gloria Kinzey
Pasqua Molcsan
Donald Carlucci, Carlucci Construction
Patricia Burgess
Katherine Ferguson
Bill & Susan McHenry
Frances Saxon
Barbara Dallas Herrman
Rosemary Portera
Doug & Jean Robinson
Judy Kane
Donna Santucci
Gloria Kortze
Grace Trangle
Concetta Cassano
Anthony Anonucci
Janet Devinney
Ida Sousa
Mario Giconi
Lana & Elaine Yialouris
Nadia Ashi

IN HONOR OF**DONATED BY**

Tom Whalen
Volunteers
Nancy Angerman
First Responders
Tom Cipprani

Donna Deturck
John & Jean Kearns
Sue Flanagan
Jeff Kline
Rose Wood

We apologize in advance for any spelling errors



CENTER TRIPS



Rivers Casino
Monday,
February 10

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

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 February 4. Must have OPT/Access

Lunch with Friends
Taipei Chinese Restaurant - Fox Chapel
Friday, February 21

12:00 pm

Please call the center if you are planning on attending by February 14, so that we may make reservations.

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

Monthly Shopping: Walmart at the Mills
February 3, 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.

LET'S GROW YOUR BUSINESS
Advertise in
our Newsletter!

CONTACT ME
Robert Ferjanic

rferjanic@4LPi.com
(800) 477-4574 x1885

WE'RE HIRING!
AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

R.W. PETRUSO
HEARING & AUDIOLOGY
CENTER INC

OAKMONT (Fox Chapel Location)

1250B Old Freeport Road

Suite B

Pittsburgh, PA 15238

Phone 412-406-8534



Helping You
Hear Life's
Moments for
52 years!

Ryan Sprouse
Au.D.



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574



PUBLISHED BY
RCAC - RIVERVIEW COMMUNITY ACTION CORPORATION
501 SECOND ST., P.O. Box 437
OAKMONT, PA 15139
PHONE: (412) 828-1062
Email mail@rcacorp.org
Website www.rcacorp.org

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

February 2025

Non-Profit Organization
U.S. Postage

PAID

Verona, PA 15147
Permit No. 16

If you no longer wish to receive this newsletter please call us at 412-828-1062



HEINZ History Center

Saturday, February 8

Cost \$18

**Bus leaves RCAC at 10:00am and leaves
History Center at 2:00pm**

As Pittsburgh's "people museum," the History Center preserves and interprets the history of Western Pennsylvanians through six floors of interactive exhibitions that feature iconic artifacts like the TV set from *Mister Rogers Neighborhood* and the world's oldest jeep. The Western Pennsylvania Sports Museum is located on the second and third floors of the History Center.

Elevators are available, but a lot of walking is required. Lunch is available at the Café.

Special Exhibit—A Woman's Place:
How Women Shaped Pittsburgh.

**Payment and reservations due by
Monday, February 3**

Must have OPT/Access

Legacy Lineup at Cumberland Woods

Saturday, April 12

2:00pm

Bus leaves RCAC at 1:00pm

Cost \$30 per person

Chicago Transit

The Chicago Transit Band is the Best of Chicago! This band is the first and longest running tribute to the band CHICAGO in the world. You will hear "Make Me Smile", "25 or 6 to 4", "Saturday in the Park", "Color My World" and many more hits spanning the 60s, 70s, and 80s.

**Reservations and payment due by
February 10th.**

Must have OPT/Access