



Newsletter March 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.



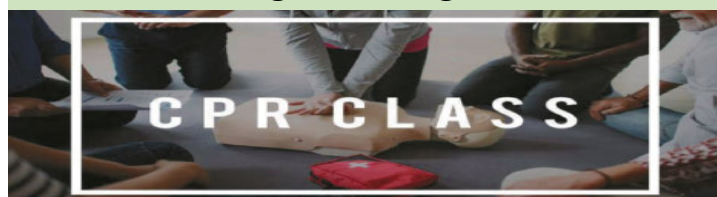
Saturday,
April 12
8am-2pm

RCAC Flea Market & Bake Sale A fundraiser for RCAC

We will begin taking donations on Monday, March 17. No clothing, shoes or large furniture. Go to our website www.rcacorp.org or pick up a list of items to donate at the front desk.

We need **Volunteers** to help with:

- ◆ Set up
 - ◆ Tear down
 - ◆ Staffing Tables
 - ◆ Advertising
 - ◆ Donating baked goods
- Call to sign up 412-828-1062





RCAC BUS SERVICE

RCAC bus service is for all Oakmont and Verona residents for grocery shopping, medical appointments, beauty appointments, etc. Please allow a 15 minute window on either side for pick up. Service is available by reservations by

calling 412-828-1062

Same day reservations available



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 March 4, 11, 18, 25
9am-11am & 1pm-2pm

Fridays, March 7, 14, 21, 28 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

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."



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CENTER ACTIVITIES



Lifeline Physical Therapy

Monday, March 10
11:00 - 12:30 pm

Do you have hip, shoulder or knee arthritis pain? Sign up for the Senior Fitness Clinic to assess your arthritis pain. Rachel Long, PT, DPT from Lifeline Physical Therapy, will be doing a comprehensive health screening designed specifically for seniors to assess joint health and manage arthritis. Early detection and personalized recommendations can make all the difference in maintaining mobility and quality of life.

Space is limited - sign up for an appointment by March 6.

UPMC Presentation Friday, March 21 12:00



Do you find it challenging to manage your medications at home. Do you find yourself forgetting your medication at times or overwhelmed by your medication?

Your local pharmacist is here to help!

Learn tips and tricks on how to manage your medications from a pharmacist. We will discuss different strategies for medication organization, including pill organizers, medication adherence packaging and medication lists.

There will be prize giveaways!

Register by Tuesday, March 18



Presentation here at
RCAC
Gilded, Not Golden!

Thursday, March 20
1:00pm
Cost \$7

Take an armchair version of the signature tour, *Gilded, Not Golden!* The Gilded Age was an era of immense wealth and progress, rapid industrialization, unprecedented immigration, and labor strife. Explore this pivotal time in our nation's history at Clayton, the only remaining fully preserved Gilded Age mansion in Pittsburgh. A Frick educator will share stories of the Frick family and other Pittsburghers, and how the legacy of the Gilded Age continues to affect us today.

RSVP and payment due by March 12

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, March 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 March 10

CCAC Presents: Pittsburgh Inventors March 27

1:00 pm FREE

There are many invention "firsts" which were developed by Pittsburghers. This talk will include areas of industry, medicine, entertainment and the arts. Pittsburgh inventors have covered every walk of life.

Register by Tuesday, March 25



Blood Pressure
10:30-11:30 AM

Wednesday, March 5 and 19th

Free, no reservations necessary



CENTER ACTIVITIES

RCAC Membership Meeting

Everyone is welcome

Thursday, March 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 March 4th!

Book Club

March 17th at 11:30am

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

March's book is *Raven Black* by Ann Cleeves

Book Club meets every month.

Call to reserve your spot.



Flea Market

Pricing and organizing meeting

Tuesday, March 25

1:00pm

Call to let us know you are coming to help.

Food Sources of Iron

Iron Helps carry oxygen throughout your body and getting enough is important for growth and development. Iron comes from many different food groups some examples are:

Protein: Bison, sardines, clams, turkey leg, sesame seeds and cashews

Gains: Fortified ready to eat or cooked cereals

Vegetables: dark green veggies such as spinach & kale, soybeans, chickpeas, beets, green peas

Fruits: 100% prune juice

From MyPlate.gov.

Wednesday Crafts

10:00 AM

March 5 - March Bulletin Board

March 12 - CCAC Gnome

March 19 - Round Welcome Sign

March 26 - Easter Magnets

***NEW: Registration required.**

Classes are \$1.00 per person

A special thank you to Russ and Rusty Anderson for removing the Bingo machine from the activity room.



Tuesday, March 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.

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



Please Note:

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CENTER ACTIVITY & TRIP



Special Lunches for March

Mardi Gras Pizza Party

Tuesday, March 4

12 noon, Cost \$6

Masks, beads and Jazz!

Pizza, Salad, Mardi Gras King Cake, Beverages

RSVP and payment due by March 3.

Special St. Patrick's Day Lunch

Monday, March 17

12 noon

Cost \$1.25

Time to put on your green and celebrate!

Ham & Cabbage, Parslied Potatoes, bread, fruit cup and fudge sandwich cookie

RSVP by March 10

Pop Goes the Brass!

April 3

7:30 pm, Cost \$20

If you remember the Beatles, Rolling Stones and The Beach Boys, this show is for you! The Brass will perform hits by Earth, Wind & Fire, Sir Elton John, Lionel Richie and more!

Must have OPT/Access

Reservations and payment due by March 21

Bus leaves RCAC at 6:45 pm



Movie & Popcorn

Friday, March 28, 1:00pm

"The Bucket List"

A comedy-drama film starring Jack Nicholson and Morgan Freeman as two terminally ill men who escape from a cancer ward and embark on a road trip with their "bucket list" before they die.

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 12:00 PM: MARDI GRAS PARTY 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY</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 11:00 AM: LIFELINE SCREENING 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</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</p>
<p>17 10:30 AM: CHAIR YOGA W/NANCY 11:30 AM: BOOK CLUB 12:00 PM: ST. PATRICKS DAY 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: FRICK 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: UPMC 12:00 PM: LUNCH W/FRIENDS</p>
<p>24 10:30 AM: CHAIR YOGA W/NANCY 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 1:00 PM: FLEA MARKET MTG. 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 1:00 PM: CCAC/PITTSBURGH INVENTORS</p>	<p>28 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 1:00 PM: MOVIE & POPCORN</p>
<p>31 10:30 AM: CHAIR YOGA W/NANCY 1:30 PM: TAI CHI</p>				



LUNCH MENU

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>French Onion Chopped Steak Mashed Potatoes Asparagus/Red Peppers Mini Choc. Chip Cookies</p>	<p>4</p> <p>SPECIAL LUNCH Mardi Gras Party Pizza, Salad, and Dessert Cost \$6</p>	<p>5</p> <p>Deli Plate Tuna & Egg Salad Lettuce, Cukes and Tomatoes French Onion Soup Orange & Cookies</p>	<p>6</p> <p>Swiss Steak Broccoli Mashed Potatoes Pear</p>	<p>7</p> <p>Stuffed Shells Green Beans Italian Seasoned Carrots Mandarin Oranges Chocolate Pudding</p>
<p>10</p> <p>Penne & Meatballs Broccoli Tossed Salad Jello</p>	<p>11</p> <p>Garlic Dijon Chicken Whipped Sweet Potatoes Spinach Diced Pineapple</p>	<p>12</p> <p>Pulled Pork Sandwich Coleslaw Chuckwagon Corn Cantaloupe</p>	<p>13</p> <p>Chicken BLT Salad Zucchini Parmesan Soup Fresh Fruit Salad Oreo Cookies</p>	<p>14</p> <p>Vegetable Lasagna Carrots Tossed Salad Garlic Knot Orange</p>
<p>17</p> <p>SPECIAL LUNCH HAPPY ST. PATRICK'S DAY Ham & Cabbage Parslied Potatoes Fruit Cup & Fudge Cookie (must order by 2/10)</p>	<p>18</p> <p>Happy Birthday Pub Steak Cheeseburger Broccoli w/Ranch Dip Tomato Soup Orange</p>	<p>19</p> <p>Ham & Cheese Frittata Greek Tossed Salad Roasted Red Potato Wedges Bread Greek Yogurt w/Berries</p>	<p>20</p> <p>Orchard Salad w/Chicken Garlic Knot Yogurt w/Berries</p>	<p>21</p> <p>Macaroni & Cheese Strawberry Spinach Salad Garlic Green Beans Fig Newton Cookie</p>
<p>24</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>26</p> <p>Petite Beef Tenderloin Medallions Dilled Carrots Mashed Potatoes Pear</p>	<p>27</p> <p>Italian Hoagie Tossed Salad Apple</p>	<p>28</p> <p>Mojo Marinated Cod Filet Coleslaw Corn & Sweet Potato Soup Cilantro Lime Brown Rice Orange</p>
<p>31</p> <p>Firehouse Chili Broccoli Brown Rice Cantaloupe</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

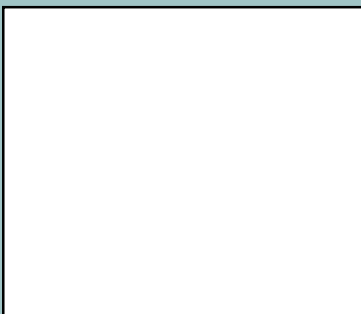
This class includes traditional poses, movements and breathing practices. Suggested modifications and variation are given. Bring a mat and a yoga block if you have one.

Cost \$3 per class except for Drums Alive talk with Karen about pricing

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FITNESS CLASSES AT THE CENTER

Chair Yoga with Nancy

Every Monday 10:30 am—11:30 am

New class Thursdays 9:00am - 10:00am

Students will move through both seated and standing poses to increase flexibility, balance and range of motion. Proper breathing and relaxation practices are included.

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

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We apologize in advance for any spelling errors



CENTER TRIPS



Rivers Casino
Monday,
March 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 March 4. Must have OPT/
Access

Lunch with Friends

David's Diner - Springdale

Friday, March 21

12:00 pm

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

Bus leaves RCAC at 11:30 am

Must have OPT/Access

Monthly Shopping: Walmart at the Mills

March 3, 2025

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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our Newsletter!

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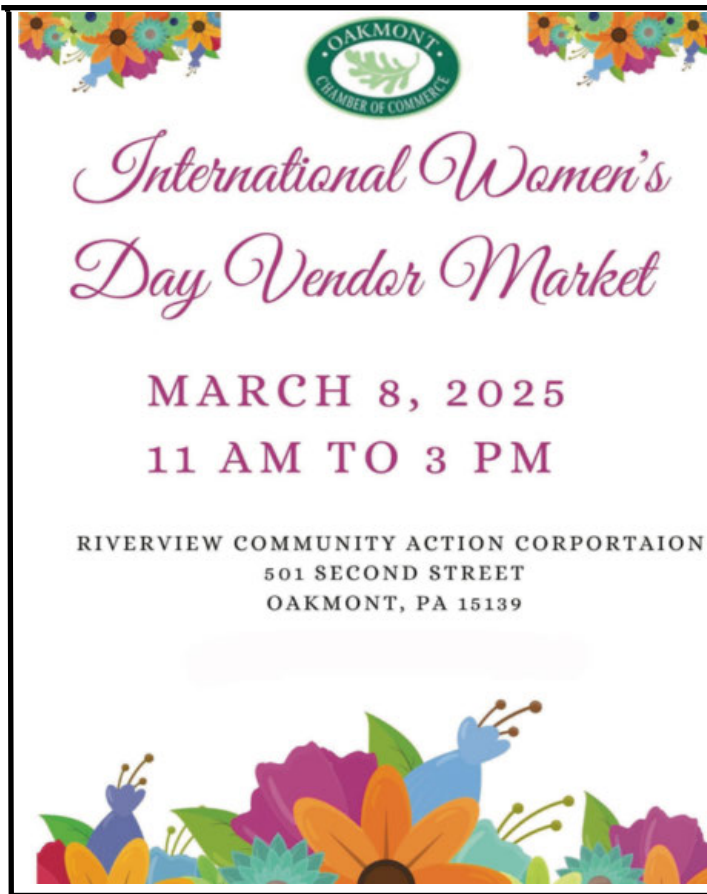
March 2025

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*International Women's
Day Vendor Market*

**MARCH 8, 2025
11 AM TO 3 PM**

RIVERVIEW COMMUNITY ACTION CORPORAION
501 SECOND STREET
OAKMONT, PA 15139

Legacy Lineup at Cumberland Woods

Saturday, December 6

2:00pm

Bus leaves RCAC at 1:00pm

Cost \$30 per person

Pure Gold Christmas

Listen to the "Pride of Pittsburgh" as they perform your Christmas favorites that is sure to get you in the holiday spirit.

Tickets are selling Fast!!

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

Must have OPT/Access