



Newsletter April 2025

Special Announcements



Saturday, April 12

8am-2pm

RCAC Flea Market & Bake Sale

Flea Market is indoors come rain or shine!

501 2nd Street, Oakmont (Delaware Ave. entrance)

Cash and Credit Cards Accepted

Still in need of:

- ♦ Donated baked goods accepted Friday, April 11, 8am to 2pm.
- ♦ Clean, washed, not broken donations accepted now
Monday –Friday 8am–3pm
- ♦ Visit www.rcacorp.org for a list of acceptable items
- ♦ Looking for volunteers - Please call 412.828.1062

Weekday Parking

*RCAC has signed a lease agreement for people to use the
parking lot across the street at St. Paul Church
from April, 1 - November 30, 2025, Monday-Friday.*

RCAC - Riverview Community Action Corporation



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 April 1, 15, 22, 29
9am-11am & 1pm-2pm

Fridays, April 4, 18, 25 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



HomeMeds Medication Screening

Are you on top of your medications? Sign up for a HomeMeds medication screening!

HomeMeds is a consultation that addresses medication safety by identifying potential adverse medication effects due to duplication of medications. Medication errors can be serious, costly, common and preventable.

Next Steps:

- Call RCAC to make an appointment to get your medication reviewed
- Have your full list of medication available (drug name, dosage, etc. including over the counter)
- You will then be contacted by a pharmacist if they see any red flags.

Complete the screening and receive a \$10 Giant Eagle Gift Certificate in addition, RCAC receives money for each participant.

Call 412.828.1062 to schedule by April 28th.

CCAC Presents: Local Musicians

April 21

1:00 pm FREE

The Pittsburgh area has produced famous musicians in every genre of music including jazz, classical, pop and even rap. We will talk about individual artists and the effect each of them has had on music throughout the world.

Walking Club is Back!!

Wednesdays at 10:00 am

Riverside Park, 3rd Street, Oakmont

Join us for exercise, camaraderie, and fresh air as we walk around the track. Walk at your own pace for as long as you want. Look for the bright blue shirts, meet new friend and keep moving!

(walk will be cancelled if rain or inclement weather)

Richard Williams presents The Greatest Generation

Thursday, April 24 at 1 PM

Mr. Williams will describe the impact of the Great Depression and World War II on the generation born between 1901-1927. He will focus on "The Forgotten People of the Greatest Generation."

Register by April 21



**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, April 17

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 April 14



Blood Pressure

10:30-11:30 AM

Wednesday, April 2, 16 & 30

Free, no reservations necessary



CENTER ACTIVITIES

RCAC Membership Meeting

Everyone is welcome

Thursday, April 3 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

April 21st at 11:30am

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

April's book is *No One Can Know*
by Kate Alice Marshall

Book Club meets every month.

Call to reserve your spot.



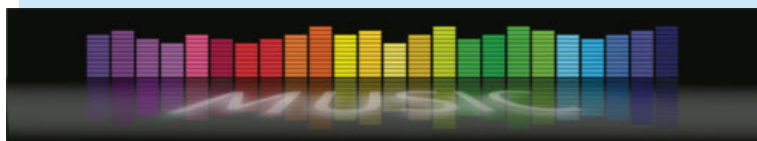
Flea Market

Pricing and organizing meeting

Tuesday, April 8

1:00pm

Call to let us know you are coming to help.



Encore Performance *HEY JOE!!!!*

Thursday, April 10 at 1 PM

RSVP & payment due by April 7

Cost \$5

Hey Joe! will be performing the upbeat dance party music from the 50s and 60s. Dance away or sit and enjoy!!

Wednesday Crafts

10:00 AM

April 2 - April Bulletin Board

April 9 - Bake Sale/Pretzels

April 16 - Easter Straw Craft

April 23 - Decoupage Glass Vases

April 30—Bottlecap Flowers

***NEW: Registration required.**

Classes are \$1.00 per person

A special thank you to Jim Broz for donating his time to repair the light fixture, faucet, screen and heating vent.



Tuesday, April 15

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 April 14 and join the fun!!

If you are celebrating a birthday in April, join us as we celebrate on Tuesday, April 22. Make a reservation by Friday, April, 18.



Please Note:

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CENTER ACTIVITY & TRIP

Movie & Popcorn

Monday, April 28, 1:00pm

"A Beautiful Day in the Neighborhood"

Tom Hanks portrays Mister Rogers in this story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.



Join us for lunch and stay to watch a few episodes of *The Golden Girls*

Monday, April 7
Monday, April 14

Glassblowing Demo & Tour at the Pittsburgh Glass Factory

June 24, 1:00 PM

Cost \$15

Bus leaves RCAC at 12:15 PM

Attend a glassblowing demo and watch expert artists create amazing glass art. Learn about Pittsburgh's lesser-known but incredibly rich glassmaking history & take a guided tour of art gallery.

The first 30 minutes of your experience will be the tour and there is a decent amount of walking and standing. However, chairs are available throughout the entire building and in all of the studios. For the 30 minute demonstration following the tour, you will be fully seated for the duration.

RSVP & Payment due by April 18.

Must have OPT/Access



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
 7 10:30 AM: CHAIR YOGA W/ NANCY 11:00 PM: WALMART 1:00 PM: GOLDEN GIRLS 1:30 PM: TAI CHI	1 9:15 AM:: DRUMS ALIVE W/ KAREN 10:30 AM: SS STABILITY & BALANCE W/KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY	2 8:45 AM: YOGA 1 W/NANCY 10:00 AM: SILVER SNEAKERS CIRCUIT W/ ALICE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO	3 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL MEETING	4 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 10:00 AM: PITT PHARMACY STUDENTS 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN
14 10:30 AM: CHAIR YOGA W/ NANCY 11:00 AM: RIVERS CASINO 1:00 PM: GOLDEN GIRLS 1:30 PM: TAI CHI	8 9:15 AM:: DRUMS ALIVE W/ KAREN 10:30 AM: SS STABILITY & BALANCE W/KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY 1:00 PM: FLEA MARKET MTG.	9 8:45 AM: YOGA 1 W/NANCY 10:00 AM: SS CIRCUIT W/ALICE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	10 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: HEY JOE!!	11 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN
21 10:30 AM: CHAIR YOGA W/ NANCY 11:30 AM: BOOK CLUB 1:00 PM: CCAC—LOCAL MUSICIANS PRESENTATION 1:30 PM: TAI CHI	22 9:15 AM:: DRUMS ALIVE W/ KAREN 10:30 AM: SS STABILITY & BALANCE W/KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY/BUNCO	16 8:45 AM: YOGA 1 W/NANCY 10:00 AM: SS CIRCUIT W/ALICE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO	17 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MENTAL AEROBICS	18 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN
28 10:30 AM: CHAIR YOGA W/ NANCY 1:00 PM: MOVIE 1:30 PM: TAI CHI	29 9:15 AM:: DRUMS ALIVE W/ KAREN 10:30 AM: SS STABILITY & BALANCE W/KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY	23 8:45 AM: YOGA 1 W/NANCY 10:00 AM: SS CIRCUIT W/ALICE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	24 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: THE GREATEST GENERATION PRESENTATION	25 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
				



LUNCH MENU

7

Mon	Tue	Wed	Thu	Fri
<div>1</div> <div>APRIL</div>	<div>1</div> <div>Chicken W/Gravy Broccoli & Cauliflower Roasted Potato Wedges Apple Lorna Doone</div>	<div>2</div> <div>Stuffed Cabbage Roll Mashed Potatoes Green Beans Greek Yogurt w/Berries</div>	<div>3</div> <div>Chicken Avocado Salad Stuffed Pepper Soup Fresh Fruit Salad</div>	<div>4</div> <div>Spanish Omelet Diced Potatoes w/ Peppers & Onions Croissant Fresh Fruit Salad</div>
<div>7</div> <div>Meatloaf w/Gravy Mashed Potatoes Carrots Banana Bread</div>	<div>8</div> <div>Chicken Cordon Blue Green Beans Vegetable Soup Strawberry Banana Applesauce</div>	<div>9</div> <div>Beef Stroganoff Tossed Salad Peas Rotini Pound Cake w/Berries</div>	<div>10</div> <div>BBQ Turkey Flatbread Potato Salad Fresh Cantaloupe</div>	<div>11</div> <div>Sweet & Sour Salmon Asian Vegetables Brown Rice Tropical Fruit</div>
<div>14</div> <div>French Onion Chopped Steak Mashed Potatoes Asparagus/Red Peppers Mini Choc. Chip Cookies</div>	<div>15</div> <div>Happy Birthday Raspberry BBQ Chicken Succotash Roasted Sweet Potatoes Fresh Cantaloupe</div>	<div>16</div> <div>Deli Plate Tuna & Egg Salad Lettuce, Cukes and Tomatoes French Onion Soup Orange & Cookies</div>	<div>17</div> <div>Swiss Steak Broccoli Mashed Potatoes Pear</div>	<div>18</div> <div>Stuffed Shells Green Beans Italian Seasoned Carrots Mandarin Oranges Chocolate Pudding</div>
<div>21</div> <div>Penne & Meatballs Broccoli Tossed Salad Jello</div>	<div>22</div> <div>Garlic Dijon Chicken Whipped Sweet Potatoes Spinach Diced Pineapple</div>	<div>23</div> <div>Pulled Pork Sandwich Coleslaw Chuckwagon Corn Cantaloupe</div>	<div>24</div> <div>Chicken BLT Salad Zucchini Parmesan Soup Fresh Fruit Salad Oreo Cookies</div>	<div>25</div> <div>Vegetable Lasagna Carrots Tossed Salad Garlic Knot Orange</div>
<div>28</div> <div>Maple Glazed Pork w/Gravy Roasted Sweet Potatoes Balsamic Brussels Sprouts Banana Pudding w/Graham Crackers</div>	<div>29</div> <div>Pub Steak Cheeseburger Broccoli w/Ranch Dip Tomato Soup Orange</div>	<div>30</div> <div>Ham & Cheese Frittata Greek Tossed Salad Roasted Red Potato Wedges Bread Greek Yogurt w/Berries</div>	<div></div> <div>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</div>	



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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SHEA E TRUBY, Director

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OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



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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

Wednesday 10:00 am

Fridays 11:15 am

**DAY
CHANGE**

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

Tuesday 10:30am

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

DONATED BY

Elaine Spiridonakos
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Home Not Alone Caregiver Services
Oakmont Lodge No. 1668 BPO Elks
Knights of Columbus - Holy Family Council 4242
The Somatics Class in honor of Tom Capriotti

We apologize in advance for any spelling errors

RCAC GOLF SCRAMBLE

Friday, August 22
Hill Crest Country Club



Join us for a fun filled day of
golf, food and prizes.
Click on the QR code
For registrations &
Sponsorships.
Invites will be in the mail soon



PITTSBURGH OPERA

Pittsburgh Opera's **free**, informal
SONG SHOP CONCERTS feature the resident
Artists of the 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, April 12

12 noon

Register by April 4

Bus leaves RCAC at 11 am

University of Pittsburgh Pharmacy Students

Friday, April 4
10am - Noon

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

Register by April 2.



CENTER TRIPS



Rivers Casino
Monday,
April 14

**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 April 8. Must have OPT/Access

Lunch with Friends

Rudy's Table, Lower Burrell

Friday, April 25

12:00 pm

Please call the center if you are planning on attending by April 18, so that we may make reservations.

Bus leaves RCAC at 11:15 am
Must have OPT/Access

Monthly Shopping: Walmart at the Mills

April 7, 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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Email mail@rcacorp.org
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HOURS OF OPERATION: 8:00 AM – 4:00 PM
MONDAY THROUGH FRIDAY

April 2025

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Permit No. 16

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



PIRATES BASEBALL GAME

Wednesday, June 11

Pirates vs. Marlins

Game time 12:35pm

Tickets \$30 per person includes a \$5 food voucher.

Must have 15 attend or price increases to \$37.

Reservations and payment due by April 28

Bus leaves RCAC at 11am

Must have OPT/Access

Legacy Lineup at Cumberland Woods

Saturday, July 12

2:00pm

Bus leaves RCAC at 1:00pm

Cost \$30 per person

Beach Party Boys

The Beach Party Boys have been described as the Ultimate Beach Party coming to life! The show is fast paced with lots of nostalgia to awaken the teenage hearts of those who carried a transistor radio in the 60s..

Tickets are selling Fast!!

**Reservations and payment due by
April 11th.**