



# *Newsletter*

## *May 2025*

### *Special Announcements*

*Thank you, Thank you, Thank you!*

*A huge thank you to everyone who received a survey, filled it out and returned it. Another thanks to the people who participated in our focus groups. RCAC garnered a lot of knowledge, information and ideas for how we can meet our communities' needs more effectively. The Board of Directors is working on implementing your feedback to make it a reality. Congratulations to our five Giant Eagle gift card winners: Ann Scully, Barbara Chilton, Eric Odinski, Judith Melvin and Vincent Flotta.*

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On April 12, 2025, RCAC held their 1st  
**FLEA MARKET & BAKE SALE**

The entire facility was packed full  
with tables of wonderful donated  
items.

It was a huge success!!

**THANK YOU** to the people who donated  
items and a **very special THANK YOU**  
to all the marvelous volunteers that  
made this happen.  
We couldn't have done it without you!



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### *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 BUS SERVICE**

RCAC bus service is for all Oakmont and Verona residents to grocery store and other appointments. Please allow a 15 minute window on either side for pick up.

Service is available by reservations

**call 412-828-1062**

Same day reservations available

**4 bag maximum from the grocery store**



**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 - Call for Appointment**

Tuesdays May 6,  
9am-11am & 1pm-2pm

Fridays, May 2, 9, 16, 23 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 May 9th.

### Pittsburgh Inventors - CCAC Presentation

**Tuesday, May 6**

**1:00 pm - Free**

There are many inventions 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 Thursday, May 2**

### 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)



### Kentucky Derby Party

**Friday May 2**

**12noon**

**Wear your Derby Attire!!**

**After lunch cheer on your horse  
in our mock horse race.**

**Register for lunch and the race by April 30**

**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!**

## UPMC | ST. MARGARET

### Infection Prevention

**Friday, May 16**

**12:00**

A Infection preventionist from UPMC St. Margaret will discuss hospital acquired infections.

The session will cover the signs and symptoms of infections as well as how to prevent them from occurring.

**RSVP by May 13**



### Blood Pressure

**10:30-11:30 AM**

**Wednesday, May 14 & 28**

**Free, no reservations necessary**





## CENTER ACTIVITIES

### RCAC Membership Meeting

**Everyone is welcome**

**Thursday, May 1 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**

**May 19th at 11:30am**

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

May's book is *Camino Ghosts* by John Grisham

Book Club meets every month.

Call to reserve your spot.



**If you are celebrating a birthday in May, join us as we celebrate on Tuesday, May 6. Make a reservation by Friday, May 2.**



*The Pittsburgh Doo Wop Ensemble*

**Thursday, May 29**

**1:00 pm**

*Come relax and enjoy the sounds of this popular band*

*RSVP by May 22*

### **Wednesday Crafts**

**10:00 AM**

**May 7 - May Bulletin Board**

**May 14 - Zentangle Art**

**May 21 - Material Sunflower**

**May 28 - Rock Painting**

**\*NEW: Registration required.**

**Classes are \$1.00 per person**



**Tuesday, May 27**

**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.



**BREAKFAST FOR LUNCH**

**TUESDAY, MAY 27**

**12:00**

*JOIN US FOR PANCAKES, SAUSAGE,  
BACON AND FRESH FRUIT*

**COST \$4**

**Register and payment due by May 22**

### **Please Note:**

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



## CENTER ACTIVITIES

### Movie & Popcorn

Monday, May 12, 1:00pm

#### *"Steel Magnolias"*

A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a group of women share a close bond of friendship and welcome her into the fold.

### *Common Birds of Western PA*

May 14, 1:00 PM

Free

#### **St. Joseph Church/School Cafeteria, Verona**

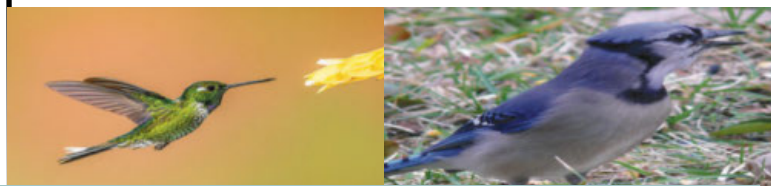
Chris Kubiak from the Audubon Society of Western PA, will be presenting an engaging and educational session on some of the common bird species you can find in our region. This session will include a broad overview of both resident and migratory species, along with tips on how to find and attract them to your surroundings.

**RSVP by May 9**

RCAC bus can take you to the presentation if needed

### ARE YOU AVAILABLE??

RCAC is looking for people who have a couple hours twice a month or more to volunteer. We are looking for people to help out at the front desk, teach one on one tech services, decorate the facility, plant flowers, etc. We definitely could use your talents. Call us to volunteer 412-828-1062.





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."

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# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>5</p>  <p>10:30 AM: CHAIR YOGA W/ NANCY 11:00 PM: WALMART 1:00 PM: GOLDEN GIRLS 1:30 PM: TAI CHI</p>	<p>6 9:15 AM: DRUMS ALIVE W/ KAREN 10:30 AM: SS STABILITY &amp; BALANCE W/KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY 1:00 PM CCAC PRESENTATION</p>	 <p>7 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</p>	<p>1</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: MEMBERS MEETING</p>	<p>2</p> <p>9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: NO SILVER SNEAKERS CIRCUIT W/KAREN 12:00 KENTUCKY DERBY PARTY</p>
<p>12</p> <p>10:30 AM: CHAIR YOGA W/ NANCY 11:00 AM: RIVERS CASINO 1:00 MOVIE 1:30 PM: TAI CHI</p>	<p>13</p> <p>9:15 AM: DRUMS ALIVE W/ KAREN 10:30 AM: NO SS STABILITY &amp; BALANCE W/KAREN 12:30 PM: NO ON THE MOVE W/ ALICE 1:00 PM: GAME DAY</p>	<p>14</p> <p>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</p>	<p>15</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: KERR MUSEUM</p>	<p>16</p> <p>9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN 12:00 PM UPMC PRESENTATION</p>
<p>19</p> <p>10:30 AM: CHAIR YOGA W/ NANCY 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI</p>	<p>20 CLOSED</p> 	<p>21</p> <p>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</p>	<p>22</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MUSIC THERAPY</p>	<p>23</p> <p>9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: NO SILVER SNEAKERS CIRCUIT W/KAREN</p>
<p>26 CLOSED</p> 	<p>27</p> <p>9:15 AM: DRUMS ALIVE W/ KAREN 10:30 AM: SS STABILITY &amp; BALANCE W/KAREN 12:30 PM: ON THE MOVE W/ ALICE 1:00 PM: GAME DAY/BUNCO</p>	<p>28</p> <p>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</p>	<p>29</p> <p>9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: DOO WOOP BAND</p>	<p>30</p> <p>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>



# LUNCH MENU

7

Mon	Tue	Wed	Thu	Fri
 5 Smothered Pork Roasted Sweet Potatoes Balsamic Glazed Brussels Sprouts Banana Pudding	 6 <b>Happy Birthday</b> Pub Steak Cheeseburger Broccoli w/Ranch Dip Roasted Potato Wedges Apple	<b>MEALS MUST BE ORDERED BY 12 NOON</b> <b>TWO (2) DAYS BEFORE</b> <b>CALL 412-828-1062</b>	1 Honey Mustard Chicken Salad Tomato Soup Fresh Fruit Salad	2 Spanish Omelet Diced Potatoes w/ Peppers & Onions Croissant Greek Yogurt w/Berries
12 Peppered Egg Salad Sandwich With Bell Peppers Baby Carrots Garden Veggie Soup Diced Peaches	13 Chicken Cordon Blue Peas & Pearl Onions Rosemary Roasted Potatoes Fresh Fruit Salad	14 Firehouse Chili Peppers & Onions Brown Rice Grapes	15 Stuffed Pepper Broccoli Mashed Potatoes Pound Cake w/Peaches	16 Vegetable Lasagna Cauliflower & Peas Tossed Salad Oatmeal Cookie
19 Breaded Dill Chicken Sandwich Tomato Cucumber Salad Chickpea, Kale, Edamame, Quinoa Blend Cantaloupe	 21 Chicken Avocado Salad Sweet Pepper & Beef Soup Diced Pineapple	22 Lemon Pepper Cod Broccoli Parmesan Penne Pasta Banana Bread Apple	23 Stuffed Cabbage Roll Mashed Potatoes Green Beans Greek Yogurt w/Peaches	29 Southern BBQ Chicken Sautéed Greens Macaroni & Cheese Peach Applesauce
 27 <b>Special Lunch</b> Pancakes, Bacon, Sausage and Fresh Fruit	28 Country Fried Steak Mashed Potatoes Maple Glazed Carrots Pound Cake w/Berries	29 Southern BBQ Chicken Sautéed Greens Macaroni & Cheese Peach Applesauce	30 Beef Barbacoa Black Bean & Corn Vegetable Blend Brown Rice Fresh Fruit Salad Guacamole	





## 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**

*Burket - Truby*

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## FITNESS CLASSES AT THE CENTER

### Chair Yoga with Nancy

**Monday 10:30 am—11:30 am**

**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.)**



## Center Activities

### **MUSIC THERAPY** **BACK BY POPULAR DEMAND**

Thursday, May 22  
1:00 PM

Rhiannon Rieger, a Board-certified music therapist and certified singing bowl expert will facilitate a drum circle that you can participate in using small percussion instruments. After the drum circle, relax with the soothing sounds of a sound bath. A sound bath can provide relaxation and a sense of calm, could reduce pain and anxiety, and can remove toxins from the body, promoting a greater sense of wellness.

RSVP and payment due by May 19

Cost \$10



**PA Office of the  
Attorney General**

**Top 10 Scams  
Against Seniors**

Thursday, May 8  
1 PM

RSVP by May 5

Scammers and fraudsters target Pennsylvanians every day in an effort to gain access to our money or personal information. They target our emotions in hopes that we will let our guard down and believe the scams they are perpetrating. From robocalls to social media messages, texts to emails, Pennsylvanians must be on the lookout for these “too good to be true” hoaxes. This presentation will break down the top 10 scams currently being used in PA.

**Presented by Phil Little**  
**Specialist, Pennsylvania Office of Attorney General**

**Get your foursomes together for the  
RCAC SCRAMBLE**

**Friday, August 22, 2025**

**Hill Crest Country Club, Lower Burrell**

**Registration 7:30 am  
Shot gun start 9:00 am**

**Register your team by August 8, 2025**



**Return this form with payment to RCAC, P.O. Box 437, Oakmont, PA 15139  
or pay online at [www.rcacorp.org](http://www.rcacorp.org) or scan the QR code**

**\$550/foursome \$150/person**

Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Players

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_





## CENTER TRIPS



### *Rivers Casino* Monday, May 12

**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 May 7. Must have OPT/Access**

### **Lunch with Friends**

**Tepache Mexican Restaurant—Fox Chapel**

**Friday, May 30**

**12:00 pm**

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

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

### **Monthly Shopping: Walmart at the Mills**

**May 5, 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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MONDAY THROUGH FRIDAY

**May 2025**

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



## ***THE KERR MEMORIAL MUSEUM***

**Thursday, May 15**

**1:00 PM**

**Cost \$13**

Experience the warmth and charm of life as it was lived by Dr. Thomas R. Kerr, his wife Jessie, and daughter Virginia. They lived in their gracious home in Oakmont, a quaint town outside of Pittsburgh that provided an escape from the often harsh conditions of life in the city. The museum portrays middle-class family life in the late nineteenth century. This period was marked by the extremes of fabulous wealth and grinding poverty, which overshadowed the emerging middle class.

**RSVP and payment due by May 8**

Museum is **NOT** handicap accessible  
RCAC bus will provide transportation

## ***WAITRESS***

### ***Pittsburgh Musical at Gargaro Theatre***

**(In the West End)**

**Saturday, May 24**

**1:30pm**

Jenna, a waitress and expert pie maker is stuck in a small town and a loveless marriage. Faced with an unexpected pregnancy, Jenna fears she may have to abandon the dream of opening her own pie shop until a baking contest & the town's handsome doctor offer her a tempting recipe for happiness. Supported by her quirky crew of fellow waitresses and loyal customers, Jenna summons the secret ingredient she's been missing all along - Courage.

**Cost \$39 per person (10+)**

**Cost \$50 (<10)**

**Payment due by May 5**

**Bus leaves RCAC at 12:15pm**

**Must have OPT/Access**