



# *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**

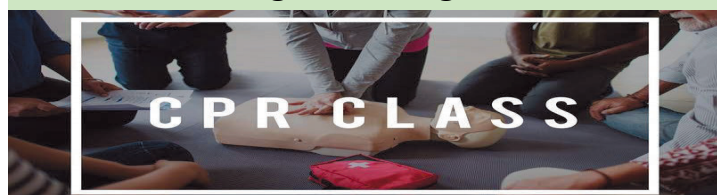
A CPR class teaches how to perform cardiopulmonary resuscitation (CPR), a life-saving technique used when someone's heart has stopped beating, by providing them with the knowledge to recognize cardiac emergencies, initiate chest compressions and possibly use an automated external defibrillator (AED),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



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## 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](mailto: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**

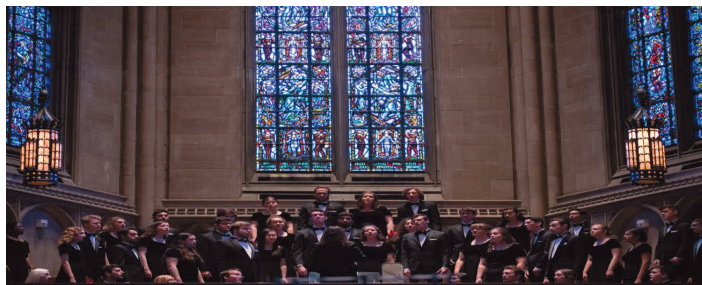
**FREE**

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



*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**

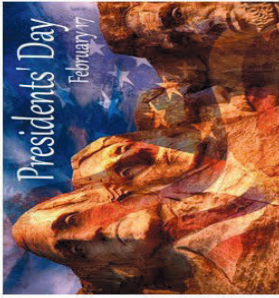

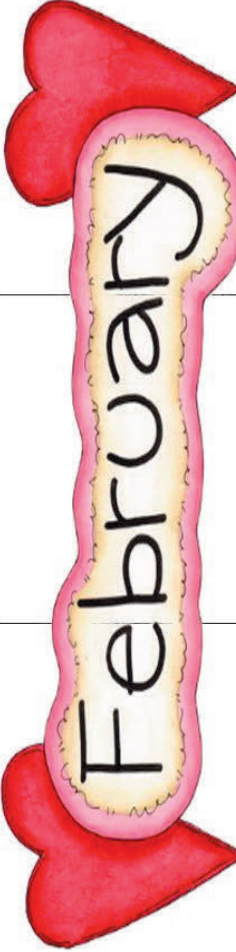

OAKMONT CAMPUS  
412.828.5600







# ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
3 10:30 AM: CHAIR YOGA W/ NANCY 11:00: WALMART 1:30 PM: TAI CHI	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	5 8:45 AM: YOGA 1 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	6 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: CENTER COUNCIL MEETING	7 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: SILVER SNEAKERS CIRCUIT W/KAREN
10 10:30 AM: CHAIR YOGA W/ NANCY 11:00 AM: RIVERS CASINO 11:30 AM: BOOK CLUB 1:30 PM: TAI CHI	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	12 8:45 AM: YOGA 1 W/NANCY 10:00 AM: SS STABILITY & BALANCE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	13 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MENTAL AEROBICS	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
 Presidents Day February 17	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	19 8:45 AM: YOGA 1 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	20 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: CCAC/AMISH PRESENTATION	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
24 10:30 AM: CHAIR YOGA W/ NANCY 1:00 PM: JEWELRY EX-CHANGE PARTY 1:30 PM: TAI CHI	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	26 8:45 AM: YOGA 1 W/NANCY 10:00 AM: SS STABILITY & BALANCE 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO	27 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS	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
				



# LUNCH MENU

7

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 &amp; 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 &amp; 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 &amp; Cheese Stuffed Chicken Green Beans &amp; 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><b>SPECIAL LUNCH</b> <b>HAPPY VALENTINE'S DAY</b> Beef Tenderloin Marsala Broccoli w/Red Peppers Mashed Potatoes Berry Crisp <b>(must order by 2/7)</b></p>
<p>17</p> <p><b>HAPPY PRESIDENTS DAY!</b></p>	<p>18</p> <p><b>Happy Birthday</b> Chicken w/Gravy Broccoli &amp; 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 &amp; 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 &amp; Sour Salmon Asian Vegetables Brown Rice Bread Tropical Fruit</p>
<div>  </div>				
<div>  </div>				
<p><b>MEALS MUST BE ORDERED BY 12 NOON</b> <b>TWO (2) DAYS BEFORE</b> <b>CALL 412-828-1062</b></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

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SEAN RUSSELL TRUBY, SUPERVISOR  
SHEA E TRUBY, Director

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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**

### ***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**

<hr/>	
IN MEMORY OF	DONATED BY
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Tom Cipprani	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.

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

**February 2025**

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*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