



NEWSLETTER

You are amazing people, and I am very happy that RCAC is a part of my life.

I hope 2026 brings everyone good health, laughter, and sunshine. But, if that isn't the case, I pray that you will have the strength and courage to move forward.

As the years pass, we face challenges that sometimes seem daunting... **with a little luck and a lot of faith we can conquer anything.**



We are the generation that were raised by the **greatest generation**, they don't call us boomers for nothing.

There is a Josh Groban song that reminds me of why we need to hang in there: **"Never take a single breath for granted."**

*If you have a dream, go chase it
If you feel hope, don't waste it
If you find love, embrace it
And never take a single breath for granted*

*If you have a light, go find it
The story's yours, go write it
Our days are counted on this planet
So never take a single breath
Take a single breath for granted*

– Josh Groban

**Barbara Miller,
RCAC Executive Director**

JOIN US FOR MORE FITNESS, FUNCTIONS, FUN AND FRIENDSHIP IN 2026!



www.rcacorp.org



412-828-1062



501 Second Avenue, Oakmont, 15139

CENTER SERVICES



RCAC Bus Service

Available to Oakmont and Verona borough residents for trips to grocery store and local appointments. Maximum of 4 bags from the grocery store. Please allow a 15-minute window on either side for pick-up. You must be able to get on and off the bus without assistance. **Service is available by reservations only. Call 412-828-1062.**

(Same day service may be available.)

Trips to RCAC only
\$2.00/ROUND TRIP!
All other rides are
\$2.00 each way. Bus
passes available.



Notary Service

NOTARY SERVICE for simple documents available by appointment at RCAC for a small fee.

Call us at 412-828-1062 and ask to speak with LuAnne to schedule an appointment.

PLEASE NOTE: LuAnne is not an attorney licensed to practice law in this Commonwealth, nor is allowed to draft legal records, give advice on legal matters (including immigration), or charge for these activities.

RCAC be closed January 1, 2 and 19 for the holidays.



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CENTER ACTIVITIES

Ortho Bionomy - Gentle Massage

Tuesday, January 13 - We have 8 appointments available for 30-minute sessions. Two sessions available each at 12:30, 1:15, 2:00 and 2:45 PM.

Sessions provided by Lynn Wray, RN, and Renee Stevenson, RN, GCFP, members of Society of Ortho Bionomy.

Ortho Bionomy is a system of working with the body's reflexes to bring about a better sense of balance, wellbeing and personal integration.

The technique is gentle and non-forceful, helping to educate your body to use its natural corrective instincts to bring awareness of holding patterns and motivate change and balance in the body to heal itself. A massage table and chair are used. No need to remove clothing.

Reservations and payment due prior to session. \$25 per session (cash only).

Phone Reservations only:
412-828-1062.

Soup and Salad Day

THURS. JAN. 22 @ NOON
Register by Jan. 15
COST \$ 3.00



Homemade Vegetable and Chicken Dumpling Soups



BRIDGE Mondays at 1 PM
Sign-up 2 Days Prior
www.rcacorp.org/events

ACTIVITY PLANNING MEETING

Mon. Jan. 5 at 12:30 PM

Join us to kick-off the New Year by sharing your ideas and suggestions for RCAC trips, events and activities. All are welcome.

ARTS AND CRAFTS Wednesdays @ 10 AM

- Jan 7** Bulletin Board
- Jan 14** Museum Trip or easy craft
- Jan 21** Painting or Japanese Stab Binding

Join instructor Pam Morrison to learn Stab Binding. Make a booklet using colorful heavier weight paper. These can be used for recording notes, quotes, random thoughts, small sketches, etc. Stab binding class is limited to 10. Some hand dexterity necessary.

- Jan 28** Paper Angel
- Please register the Friday before so we can have enough supplies for everyone.

Cost is \$1/class.
www.rcacorp.org/events



CENTER ACTIVITIES



DO YOU LIKE TO PLAY GAMES?

TUESDAY, JANUARY 27 AT 1 PM

Join us to play a fun and engaging game – game will be chosen based on the number of people that sign up.

RSVP by Thursday January 22.

LEARN ABOUT ESTATE PLANNING

Thurs., Jan. 8 from Noon to 1PM at RCAC

Register by Wed. January 7

Speaker: Attorney Eric Beinhart

G·R·B LAW
Straightforward Thinking.

Attorney Eric Beinhart along with Senior Attorney Meg Burkardt and the GBR Law team of attorneys specialize in estate planning, estate administration, and guardianships. Counseling services for estate planning ranges from simple wills, powers of attorney (POA) and healthcare directives to more complex matters such as trust and tax consequences. GBR Law represents executors and administrators through the process of estate administration, including gathering assets, addressing creditors and claims, and paying inheritance taxes. Eric and the GBR Law team also will assist family members and loved ones of those who may not have the capacity to handle their own affairs through the pursuit of court-appointed guardianships.

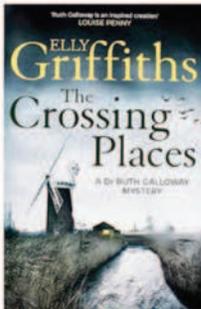


Tues., Jan. 20 at Noontime Lunch

Make reservation by Jan. 16 at Noon

www.rcacorp.org/events

RCAC Book Club - Monday, Jan. 26 at 11:30 AM



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

Book Club meets every month, now in the conference room. January's book is *The Crossing Places* by Elly Griffiths. No need to register. Just show up.



CENTER ACTIVITIES

2nd ANNUAL RCAC FLEA MARKET

After the great success of our first Flea Market, we are planning the next one for April - date to be determined. Start to gather all your unwanted treasures. We will start accepting donations in March.

Free Blood Pressure Screening



Wed., Jan. 7 and 21 at RCAC

No appt. Needed

MOVIE & POPCORN DAY AT RCAC

Thursday, January 29 at 12:30PM

Register by Tuesday, January 27



A WALK IN THE WOODS is based on Bill Bryson's true story and follows his real attempt to hike in the Appalachian Trail. The 2015 biographic stars Robert Redford and Nick Nolte in the main roles. It follows their journey together, an adventure that throws obstacles at them, as they don't know what to expect.



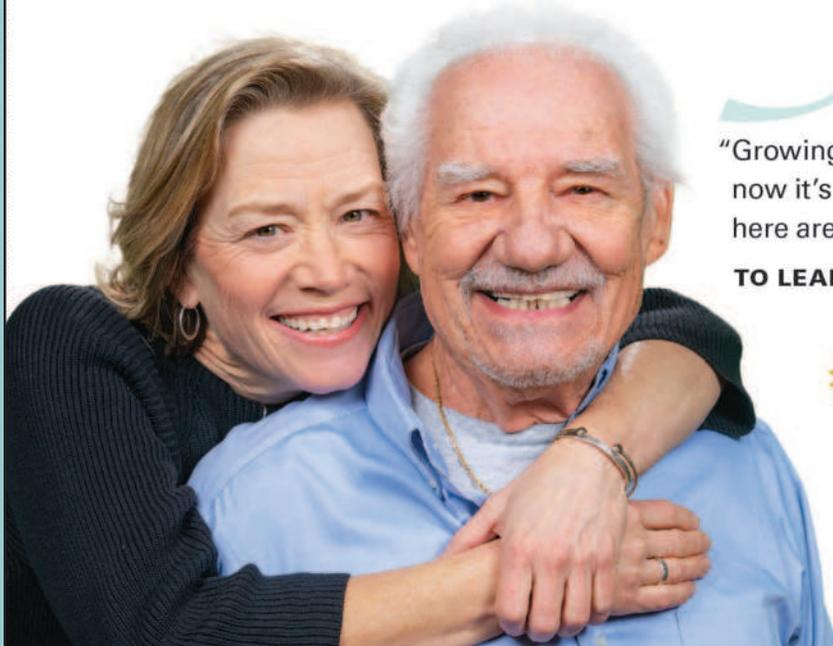
EOE

Because he's my Dad

Trust

"Growing up, Dad made sure I always had the best — now it's my turn. The care, compassion and kindness here are amazing."

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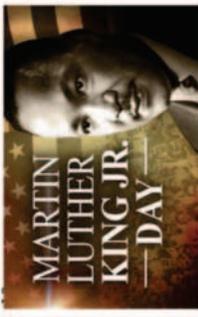
SrCare.org/trust

OAKMONT CAMPUS
412.828.5600



ACTIVITY CALENDAR



Mon	Tue	Wed	Thu	Fri
 <p>5 10:30 AM: CHAIR YOGA 12:30 PM: ACTIVITY PLANNING MEETING 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p><i>hello January</i></p> <p>6 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO</p>	<p>7 8:45 AM: YOGA I 10:00 AM: SS CIRCUIT 10:00 AM: SIT, KNIT, CROCHET 10:30 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO</p>	 <p>8 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: ESTATE PLANNING</p>	<p>9 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>12 10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>13 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY</p>	<p>14 8:45 AM: YOGA I 10:00 AM: SS CIRCUIT 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: CARNEGIE MUSEUM 1:00 PM: BINGO</p>	<p>15 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS</p>	<p>16 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH MARYANN</p>
 <p>MARTIN LUTHER KING JR. DAY</p> <p>26 10:30 AM: CHAIR YOGA W/ NANCY 11:30 AM: RIVERS CASINO 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>20 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 12:00 PM: HAPPY BDAY LUNCH 1:00 PM: GAME DAY/BUNCO</p>	<p>21 8:45 AM: YOGA I 10:00 AM: SS CIRCUIT 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 1:00 PM: BINGO</p>	<p>22 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: SOUP AND SALAD DAY</p>	<p>23 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR 12:00: LUNCH WITH FRIENDS</p>
<p>27 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY</p>	<p>27 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY</p>	<p>28 8:45 AM: YOGA I 10:00 AM: SS CIRCUIT 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>29 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: MOVIE & POPCORN</p>	<p>30 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH MARYANN 1:00 PM: INFO MEETING</p>

LUNCH MENU



Mon	Tue	Wed	Thu	Fri
<p>JANUARY</p> <p>5 Smothered Pork Roasted Sweet Potatoes Brussels Sprouts Banana Pudding</p>	<p>JANUARY</p> <p>6 Beef Barbacon Black Bean & Corn Veggie Blend Brown Rice Guacamole Fruit Salad</p>	<p>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</p> <p>7 Crab Cake Tossed Salad Macaroni & Cheese Diced Peaches</p>	<p>Happy New Year</p> <p>8 Stuffed Pepper Casserole Green Beans Mashed Potatoes Cinnamon Applesauce</p>	<p>9 Greek Salad w/Salmon Garden Veggie Soup Fresh Orange</p>
<p>12 Raspberry BBQ Chicken Roasted Sweet Potatoes Broccoli & Cauliflower Roll Oatmeal Cookie</p>	<p>13 Sausage & Peppers w/Hoagie Roll Diced Potatoes Peppers & Onions Jell-O</p>	<p>14 Chicken Avocado Salad Sweet Pepper & Beef Soup Bread Tropical Fruit</p>	<p>15 Firehouse Chili Corn Brown Rice Pineapple</p>	<p>16 Vegetable Lasagna Carrot Coins Tossed Salad Cantaloupe</p>
<p>19 Martin Luther King, Jr. Day</p> <p>26 Turkey & Swiss Croissant Sandwich Coleslaw Mediterranean Veggie Soup Grapes</p>	<p>20 Happy Birthday Chicken Caesar Salad Tomato Soup Diced Pineapple</p>	<p>21 Stuffed Cabbage Casserole Mashed Potatoes Green Beans Greek Yogurt w/Peaches</p>	<p>22 Special Lunch Soup and Salad Day</p>	<p>23 Mojo Marinated Cod Filet Caribbean Veggie Blend Cilantro Lime Rice Fresh Orange</p>
<p>26 Turkey & Swiss Croissant Sandwich Coleslaw Mediterranean Veggie Soup Grapes</p>	<p>27 Korean Beef BBQ Stir Fried Veggies Vegetable Fried Rice Fresh Orange</p>	<p>28 Broccoli Cheese Stuffed Chicken Rosemary Roasted Potatoes Peas & Pearl Onions Applesauce</p>	<p>29 Swiss Steak Mashed Potatoes Carrots Chocolate Pudding</p>	<p>30 Baked Three Cheese Pasta Florentine Italian Normandy Blend Garlic Breadstick Mixed Fruit</p>

CENTER FITNESS CLASSES

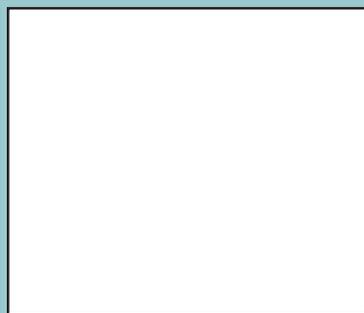


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30-11:30AM Chair Yoga with Nancy \$3	9:00AM Fit Group Drums \$3	8:45-9:45AM Gentle Yoga 1 with Nancy \$3	9-10:00AM Chair Yoga with Nancy \$1	9:45AM Line Dancing Class with Roz & Dinelle \$1
1:30PM SilverSneakers EnerChi with Alice \$3	10:00AM SilverSneakers Stability and Balance \$3	10:00AM SilverSneakers Circuit \$3	10:30AM Somatics \$1	11:15AM - Free Exercise with RCAC Director Jan. 9 & 23 only
Thanks Cheryl Callahan for jumping in to help teach.	11:00AM On the Move with Alice \$3	SilverSneakers® membership covers cost of SilverSneakers Classes.	NEW	11:15AM - \$3 Exercise with Maryann Jan. 16 & 30 only

Purchase a \$60 RCAC Fitness Pass for 25 Classes, receive 5 FREE Classes with your Pass.

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CENTER FITNESS CLASSES



Beginner's Line Dancing (ON HOLD TILL SPRING)

Line dancing is a fun and enjoyable form of exercise that can provide a variety of health benefits. It's a good option you're looking to improve your cardiovascular health, lose weight, or simply have a good time.

Chair Yoga

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

Exercise with RCAC Director or Maryann

Join in these low-impact exercises, which are effective in helping you to stay active, maintain independence, and improve your quality of life. These joint-friendly exercises help you build strength, improve balance, and boost cardiovascular health without putting excessive stress on your body. Growing older doesn't have to mean declining physical fitness; in fact, it's the perfect time to invest in your health.

Fit Group Drums

Fit Group Drums is a training program designed to teach Cardio Drumming, a form of fitness that combines rhythm, energy, and results. The program is adaptable to a variety of ages and fitness levels.

Gentle Yoga 1

Includes traditional poses, movements and breathing practices. Suggested modifications and variation are provided. Bring a mat and yoga block if you have one.

Line Dancing

Gentle on the joints, line dancing is a low-impact workout while still providing a full-body workout. You learn to perform multiple steps in a specific order, often in sync with the rhythm of the music. This has a lot of health benefits, such as improving cardiovascular fitness, improving coordination and balance, increasing flexibility, muscle strength, and weight management. It also helps stimulate the mind, reduce stress, foster social connections, and boost your self-confidence.

On the Move

Proven exercise program to improve walking. Participants become more confident in their walking. Typically you will be able to walk faster and farther without having to stop and rest, as well as find it easier to do daily tasks.

SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. Great for nearly every fitness level, and your instructor can adapt exercises based upon varying skill levels.

SilverSneakers® Stability and Balance

Experience the benefits of improved coordination, increased lower body strength, and enhanced cognitive function. By utilizing a chair for support, you can safely engage in a variety of training exercises that promote muscular endurance, cognitive function, and essential skills for reducing the risk of falls.

SilverSneakers® EnerChi

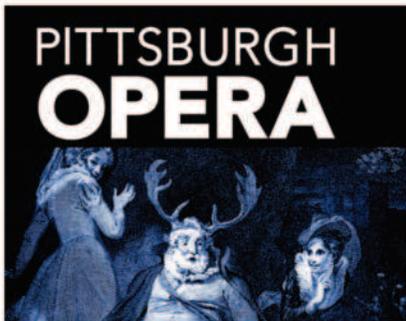
Comprised of easy-to-learn, modified Tai Chi forms aimed at improving overall well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance, and focus. Chair support can be used to facilitate standing stability and seated exercise options. Builds strength, stability and balance, endurance and core strength, as well as improves sleep.

Somatics

Engages the nervous system in active learning process that consists of very slow, focused, conscious movements. Teaches the nervous system how to release chronic muscle tension and stand and move in natural, efficient ways so that you are not putting yourself in pain or doing damage to your body. It is important to bring a Yoga mat and have the ability to get up and down from the floor without assistance.



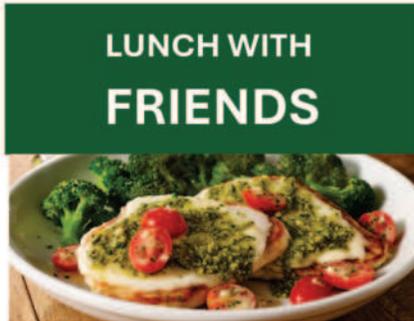
CENTER TRIPS



FALSTAFF OPERA
Sun. May 3 at 3PM
Benedum Center

\$15 - Limited Tickets Available at this Price
Must have OPT/Access

Falstaff is a 1893 comic opera in 3 acts by Italian composer Giuseppe Verdi. It tells a story of a fat knight's attempt to get money by promising his heart and status to two wealthy women.



LUNCH WITH FRIENDS

Friday, Jan. 23 at Noon
11:30AM - RCAC Bus Pick-up
RSVP by Friday, Jan. 16



Walmart Shopping Trip
Mon., Jan. 12 - 11 AM to 2 PM
Register by Thurs. Jan. 8
www.rcacorp.org/events
or call 412-828-1062
for your spot on RCAC Bus.



Rivers Casino Trip
Monday, Jan. 26
RSVP by Tues. Jan. 20
OPT/Access Required
Bus leaves RCAC at 11 AM and Pick-up at Rivers at 2:30 PM.



CARNEGIE MUSEUM OF ART AND NATURAL HISTORY



Wed., January 14
10AM Bus leaves RCAC
2PM Bus Pick-up
NO CHARGE
Must have OPT/Access
Learn about dinosaurs, plants, birds, art and more!
Register by Wed., Jan. 7

4400 Forbes Avenue
Pittsburgh, PA 15213

PITTSBURGH SYMPHONY YOUTH ORCHESTRA

Sun. Feb. 15
at 7:30PM
No Cost
RSVP by Jan. 9

Must have OPT/Access
6:30PM Bus Leaves RCAC



Program includes this year's Concerto Competition winner, Karin Hoppo, performing the 1st movement of Sibelius' Violin Concerto in D Minor, Beethoven's "Leonore Overture No. 3, Op. 72b," Mozart's "Symphony No. 31 in D Major 'Paris'" and Richard Strauss' "Don Juan, Op. 20."

CENTER TEAM



NEW YEAR WISHES

Happy New Year!

May your troubles be less, and your blessings be more, and nothing but happiness come through your door!



RCAC Staff

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 Diana Bowser, Program Coordinator
 LuAnne Nelson, Outreach Coordinator
 Dan Hammel & Mehdi Fashandi, Bus Drivers

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Friday: 8 AM - 3 PM

JANUARY 2026

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Mahler's Resurrection Symphony
Sunday, March 15 at 2:30 PM
Heinz Hall

Bus pickup at 1:30 PM
Return bus at 5:00 PM

Tickets – Orchestra Seating (side)
\$25 - if 10 people or more
\$32 – if less than 10

Some pieces of music are so engaging, so electrifying that audiences are transfixed by their inherent emotional power. Mahler's passionate and tempestuous Second Symphony – about humanity's search for meaning in life and death – is such a work.

Register by Friday, January 9.
OPT/Access Required



Tuesday @ 1PM - Jan. 6 and 20
Cost \$3 - RSVP day before

RCAC INFO MEETING

Friday, January 30 at 1 - 2PM

All welcome to come and learn about our center's goals and plans for the new year as we work together to improve services that promote good health, fun and friendship.
RSVP by Wed. Jan. 28.