



NEWSLETTER

It's our 60th anniversary year and RCAC continues to thrive thanks to the generous support of so many. As I reflect on RCAC's history, I admire how the center has continued to evolve to meet the changing needs of the community.

It started when resident, Betty Raphael, held a public meeting on February 23, 1966, to help the disadvantaged in Oakmont.

Using her own money, a \$5,440 Federal Grant, and contributions solicited from others, Betty lead a group of women in starting the Oakmont Action Committee. The first task of the Committee was to **provide job training to the unemployed**, and it assisted 137 in the first year to find a job,



- In June, the group started the **“Oak-A-Club” for students in grades 4-6.**
- In September, **school lunch program and a local Meals on Wheels service** was formed.
- In October, the **Oak-A-Bus shuttle service** began with the purchase of a Volkswagen bus.
- In November, they **established a senior citizen program** called the “Young Seniors,” which grew to 147 members by spring of 1967.

1968 -Oakmont Action Committee assisted Verona in setting up a similar group.

1970 -January began with the formation of **Allegheny Valley Counseling Service** to address alcoholism, drug addiction, suicide and mental health issues. Through a partnership with the Bradley Home and Point Park College, the Valley Child Care Center opened on January 19, 1970. Shortly afterward, it became a separate entity and renamed **Riverview Childcare Center.**

1972 -Oakmont and Verona Action Committees merged to form Riverview Community Action Corporation (RCAC), following the creation in 1970 of Riverview School District.

1976 -RCAC leased the old St Irenaeus school building on 4th Street for a senior center and partnered with the Allegheny County Dept. of Aging to provide daily meals.

1982 -RCAC opened its food pantry and also partnered with **Community College of Allegheny County to offer classes** at the center from cooking and travel to foreign languages.

2001 -RCAC purchased the former St. Irenaeus Church at Delaware and Second.

2002 -A kitchen and dining/activity room were constructed by adding to the rear of the building.

2015 -A PA Grant funds **construction of 2nd floor offices** above the former sanctuary area.

While we look different today, our tradition of community service remains strong. We plan to keep up with the times and provide programs and partnerships that support our current members while attracting new people who also can benefit from all RCAC has to offer.



Here's to a wonderful anniversary year of exciting, new possibilities!

RCAC Executive Director



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

RCAC will be closed February 16 in honor of Presidents' Day.



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CENTER ACTIVITIES

Ortho Bionomy - Gentle Body Work Tuesday, February 10

Tuesday, February 10 - **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.



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

ACTIVITY PLANNING MEETING

Mon. Feb. 2 at 12:30 PM

Join us by sharing your ideas and suggestions for RCAC trips, events and activities. All are welcome.

ARTS AND CRAFTS Wednesdays @ 10 AM

- Feb 4 Bulletin Board**
- Feb 11 Valentine Craft**
- Feb 18 Button Tree**
- Feb 25 Painted Vase - Floral Design**

Please register the Friday before so we can have enough supplies for everyone. Cost is \$1/class to cover cost of supplies.

www.rcacorp.org/events

Happy MARDI GRAS

PIZZA PARTY

Tuesday, February 17 at Noon

RSVP & Payment of \$6 Due by Monday, February 9

Pizza, Salad, Mardi Gras King Cake and Beverages!

www.rcacorp.org/events

Masks, Beads and Jazz!





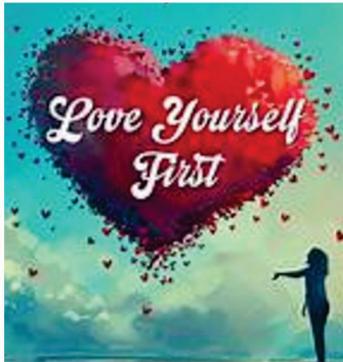
CENTER ACTIVITIES

UNIVERSITY OF PITTSBURGH PHARMACY STUDENTS

Friday, Feb. 27th from 10 AM to 12 PM

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

Register by Thursday, Feb. 26 at rcacorp.org/events



LEARNING TO LOVE YOURSELF...more completely

Join speaker and counselor Eileen Colianni

Thursday, February 12 at 1PM at RCAC

Register by Mon., Feb. 9 at www.rcacorp.org/events

Everyone is born inherently good, lovable, and worthwhile. Self-esteem blossoms when given enough loving attention during childhood.

Sadly though, despite the best intentions of most parents, many of us did not receive enough nurturing to enable our self-esteem to thrive.

Instead, a core of insecurity may have developed.

GOOD NEWS!! It's never too late to reclaim our birthright: a self who's grounded in the Truth that we are intrinsically loveable, valuable, worthy.

"It's never too late to become who you might have been."

- MaryAnn Evans (aka George Eliot)

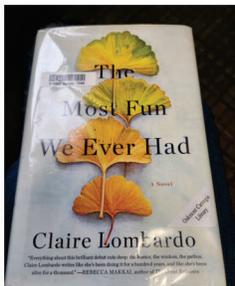


Tues., Feb. 24 at Noontime Lunch

Make reservation by Feb 20

www.rcacorp.org/events

RCAC Book Club - Monday, Feb. 23 at 11:30 AM



Love to read? Join Marsha and friends to select books to read and discuss the current month's selection.

Book Club meets every month in the conference room.

February's book is *The Most Fun We Ever Had* by Claire Lombardo. No need to register. Just show up. Lunch is

available to participants who register for it two days in advance.



CENTER ACTIVITIES

FLEA MARKET PLANNING MEETING

Monday, February 23 at 1 PM

We will need help planning, pricing, advertising, setting up and tearing down. We will start collecting items in mid-March. Let us know if you are interested in helping!

Free Blood Pressure Screening



Wed., Feb. 4 and 18 at RCAC

No appt. Needed

MOVIE & POPCORN DAY AT RCAC

Thursday, February 26 at 12:45PM

Register by Tuesday, February 24



MY BEST FRIEND'S WEDDING - Julia Roberts plays a young woman who discovers that her longtime friend is engaged to a much younger woman. With only days before the wedding, she realizes she loves him and sets out to prevent the two from getting married.



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."

TO LEARN MORE, ARRANGE A VISIT TODAY.

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Making Aging Easier.

SrCare.org/trust

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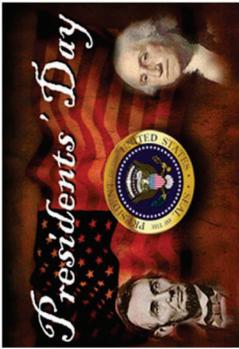
ACTIVITY CALENDAR



Mon	Tue	Wed	Thu	Fri
<p>2 10:30 AM: CHAIR YOGA 12:30 PM: ACTIVITY PLANNING MEETING 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>3 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>4 8:45 AM: YOGA 1 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>5 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS</p>	<p>6 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>9 10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>10 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>11 8:45 AM: YOGA 1 10:00 AM: SS CIRCUIT 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>12 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: LEARNING TO LOVE YOURSELF</p>	<p>13 9:45 AM: LINE DANCING 10:30 PM: MOONSHOT MUSEUM 11:15 AM: EXERCISE WITH MARYANN</p>
	<p>17 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 12:00 PM MARDI GRAS PARTY 1:00 PM: GAME DAY/BUNCO</p>	<p>18 8:45 AM: YOGA 1 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>19 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:00: PREVENT & RESOLVE SENIOR BULLYING</p>	<p>20 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR 12:00: LUNCH WITH FRIENDS</p>
<p>23 10:30 AM: CHAIR YOGA W/NANCY 11:00 AM: RIVERS CASINO 11:30 AM: BOOK CLUB 1:00 PM: BRIDGE 1:00 PM: FLEA MKT MTG. 1:30 PM: SS ENERCHI</p> 	<p>24 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</p>	<p>25 8:45 AM: YOGA 1 10:00 AM: SS CIRCUIT 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 1:00 PM: BINGO</p>	<p>26 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: MOVIE & POPCORN 5:00 PM DINNER WITH FRIENDS</p>	<p>27 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH MARYANN 10:00 AM: SILVER SCRIPTS</p>
				

LUNCH MENU



Mon	Tue	Wed	Thu	Fri
<p>2 Pub Steak Cheeseburger Broccoli & Ranch Dip Baked Beans Apple</p>	<p>3 BBQ Chicken Breast Sautéed Greens Chuckwagon Corn Diced Pears</p>	<p>4 Meatloaf w/Gravy Mashed Potatoes Peas & Carrots Jello</p>	<p>5 Grilled Chicken Momay Buttered Green Beans Pasta Shells w/Sauce Fresh Fruit Salad</p>	<p>6 Deli Plate (Tuna & Egg Salad) Sweet Potato Corn Soup Pound Cake w/Berries</p>
<p>7 Meatballs Rosini Cauliflower & Peas Tossed Salad Penne w/Sauce Jello</p>	<p>10 Roast Turkey Honey Glazed Carrots Cranberry Cornbread Stuffing Cantaloupe</p>	<p>11 Pork Carnitas w/ Tortilla Cabbage Slaw Mexican Rice Salsa Mandarin Oranges</p>	<p>12 Honey Mustard Chicken Salad Zucchini Parmesan Soup Fresh Pear</p>	<p>13 Spanish Omelette Diced Potatoes Peppers & Onions Croissant Greek Yogurt w/Berries</p>
<p>23  Presidents' Day</p> <p>Raspberry BBQ Chicken Roasted Sweet Potatoes Broccoli & Cauliflower Roll Oatmeal Cookie</p>	<p>17  Mardi Gras Pizza Party</p>	<p>18 Crab Cake Tossed Salad Macaroni & Cheese Diced Peaches</p>	<p>19 Stuffed Pepper Casserole Mashed Potatoes Green Beans Cinnamon Applesauce</p>	<p>20 Greek Salad w/Salmon Garden Veggie Soup Fresh Orange</p>
<p>24  St. Patrick's Day Sausage, Peppers and Onions on Hoagie Roll Diced Potatoes Jello</p>	<p>25 Chicken Avocado Salad Sweet Pepper & Beef Soup Bread Tropical Fruit</p>	<p>26 Firehouse Chili Corn Brown Rice Pineapple</p>	<p>27 Vegetable Lasagna Carrot Coins Tossed Salad Cantaloupe</p>	<p>30 MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</p>
				

CENTER FITNESS CLASSES

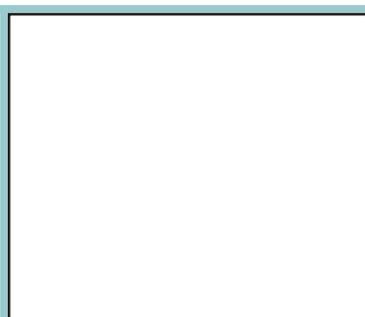


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30-11:30AM Chair Yoga with Nancy \$3	9:00AM Fit Group Drums \$3	8:45-9:45AM Gentle Yoga 1 with Nancy \$3	9-10:00AM Chair Yoga with Nancy \$1	9:45AM Line Dancing Class with Roz & Dinelle \$1
1:30PM SilverSneakers EnerChi with Alice \$3	10:00AM SilverSneakers Stability and Balance \$3	10:00AM SilverSneakers Circuit \$3	10:30AM Somatics \$1	11:15AM - Free Exercise with RCAC Director Feb. 6 & 20
SilverSneakers® membership covers cost of SilverSneakers Classes.	11:00AM On the Move with Alice \$3		NEW	11:15AM - \$3 Exercise with Maryann Feb. 13 & 27

Purchase RCAC Fitness Pass for \$60/25 Classes and 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

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 low-impact 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. 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 an 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.

Clean yoga mats and blocks are available for Member's use at the Center.



CENTER TRIPS



CHICAGO TRANSIT

Tribute to Chicago
Sat, March 28 at 2 pm
Cumberland Woods Village

700 Cumberland Woods Dr.
Allison Park, 15101

\$30

OPT/Access bus available.
Leaves 1PM, returns
3:15PM.

RSVP and payment of \$30 due by Feb. 5

www.rcacorp.org/events

Enjoy the best of CHICAGO! including: Color my World, Feeling Stronger Every Day and many more hits from the 60's, 70's and 80's.

LUNCH WITH FRIENDS

Friday, Feb. 20 at Noon



Chinese Buffet, Monroeville
RSVP by Fri. Feb. 13

OPT/Access bus available.
Bus leaves RCAC at 11:30AM,
returns at 1:30PM.

DINNER WITH FRIENDS



Thursday, Feb., 26 at 5PM

RSVP by Thurs., Feb. 19

www.rcacorp.org/events

608 Allegheny River Blvd.

Oakmont 15139

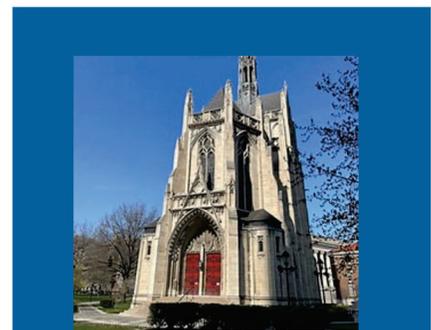


Rivers Casino Trip

Monday, Feb 23

RSVP by Tues. Feb 17
OPT/Access bus available.

Bus leaves RCAC at 11 AM and picks up at Rivers at 2:30 PM.



HEINZ CHAPEL CHAMBER CHOIR FESTIVAL

Sun., Feb. 23 at 3:30 PM

NO CHARGE

OPT/Access bus available if needed. Bus leaves RCAC 2:30PM, returns 5:30PM.

Heinz Memorial Chapel hosts chamber choirs from 3 regional high schools in this 34th anniversary event.

Register by Feb. 9th

www.rcacorp.org/events

S. Bellefield Ave. Oakland



FRI. FEB. 13 AT 10:30 AM



Find Your Place in Space at Pittsburgh's newest museum!

Visitors have an unprecedented opportunity to get up close and behind the scenes of the 21st century space industry.

Register by Thurs. Feb. 5, Pay \$10 at Entrance.

OPT/ACCESS bus available.

Bus leaves RCAC at 9:15AM, return pick-up at Noon.

1016 N. Lincoln Ave, Pittsburgh PA 15233



CENTER TEAM

RCAC Donates Toys to Riverview Children's Center -Thanks for your contributions.



RCAC Staff

Barbara Miller, Executive Director
Diana Bowser, Program Coordinator
LuAnne Nelson, Outreach Coordinator
Dan Hammel & Mehdi Fashandi, Bus Drivers

Did You Know?

RCAC served 773 individuals who participated in a total of 15,517 activities in Fiscal Year 2025 (July 1, 2024 - June 30, 2025)

RCAC Board of Directors

Nancy Carpenter, President
Paul Winkler, Vice President
Thomas Whalen, Treasurer
JoAnn Dempler, Secretary

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PUBLISHED BY

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Website: www.rcacorp.org

HOURS OF OPERATION:

Mon-Thurs: 8 AM - 4 PM
Friday: 8 AM - 3 PM

FEBRUARY 2026

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Pennsylvania Office of the Attorney General



THURS. FEB. 19 AT NOON
Prevent and Resolve
Senior Bullying
Register by Fri. Feb. 13

Phil Little, Office of Public Engagement

Bullying doesn't stop at ANY age.

As we grow older, some don't always

"grow up." This interactive program is designed to educate individuals on senior bullying and includes: types of bullying, why people bully, and what an individual can do to help themselves or others in a bullying situation. It will help provide you with confidence to report the problem. It also helps caregivers recognize bullying issues.



Tuesday @ 1PM - Feb 3 and 17

Cost \$3 - RSVP day before

Walmart Shopping Trip

Mon. Feb. 9th 11 AM to 2 PM

RSVP by Feb. 5th to reserve your spot on the RCAC bus.

Many thanks to Clark Manny for using his skills to produce the revised Evacuation Plan diagrams posted throughout RCAC. Clark is a volunteer extraordinaire, working mostly with the nonprofit, Three Rivers Adaptive Sports, as a certified ski instructor and bowling program coordinator.