



NEWSLETTER



Good news for the community.

RCAC is introducing a new van service beginning April 1, 2026

In partnership with ACCESS, current and new RCAC van riders will enjoy these benefits:

- A new 12-passenger van that provides for wheelchair accessibility.
- Same weekday, point-to-point service throughout Oakmont and Verona boroughs, and the Verona Hilltop area.
- A direct phone number for making van reservations.
- A cashless system where one-way fares have been reduced to only \$1.
- Drivers who will assist with packages or mobility issues.
- RCAC staff assistance with first-time set-up of your ACCESS account for use of the new RCAC van service.

We are excited to be working with ACCESS, to create a better transportation experience for all of our riders. We look forward to signing up even more people from the community to ride the RCAC Twin-Boro Van.

- **If you already are an RCAC van rider**, we will assist you in setting up your Access account for use of the new van service, which begins April 1, 2026.
- **If you are not currently an RCAC van rider**, we can sign you up to become one and assist you in setting up your Access account for the new RCAC van.

For questions or assistance, please stop by the Center during our
OPEN HELP SESSIONS:

- Anytime between 1-3PM on Tuesday, February 24.
- Anytime between 1-3PM on Tuesday, March 10.



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

RCAC Executive Director



CENTER SERVICES



Current 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.

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



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.

For weather closings, check our website at www.rcacorp.org



CENTER ACTIVITIES

Ortho Bionomy - Gentle Body Work Tuesday, March 24

Tuesday, March 24 - **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, 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. Mar. 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

Mar 4 - Bulletin Board

Mar 11 - St. Patrick's Day Craft

Mar 18 - PomPom Art

Mar 25 - Palm Sunday Craft

Please register the Friday before so we can have enough supplies for everyone. Cost is \$2/class to cover cost of supplies.

www.rcacorp.org/events

St. Patrick's Day Party
Tues. Mar. 17 at noon

Loaded Baked Potato Bar

Baked Potatoes with all the fixings, broccoli, bacon, sour cream, cheese and more!!

Green Punch & dessert also!!

Cost \$6

RSVP & Payment due by March 13.



CENTER ACTIVITIES



Friday, March 27th at 12 PM

Join Betsy McCrann, social worker with Family Hospice, UPMC, for a helpful Memory Tips/Tricks Presentation. She will share practical strategies to reduce everyday forgetfulness-like walking into a room & forgetting why you're there or misplacing glasses -offering seniors simple, effective tools to support cognitive wellness.

Register by Tues., March 24 at rcacorp.org/events

DISCUSSION ON OVERCOMING LONELINESS IN SENIORS



Let's turn your frown into a smile!

Thursday, March 19 at 1PM

Register by Tues. Mar. 17 at www.rcacorp.org/events

Lisa Ashbaugh, the Business Development Advisor at Home Instead, Oakmont will lead a discussion on ways to overcome loneliness in seniors.

Lisa will share ideas that she's learned from other seniors and hopes that you will offer your advice too.

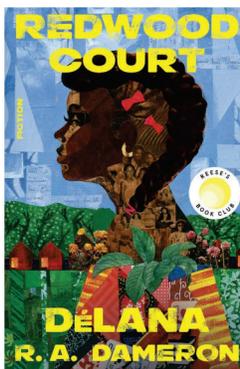
After the presentation, Lisa will share some desserts that will make you smile!



Tues., Mar. 24 at Noontime Lunch

Make reservation by Mar. 20

www.rcacorp.org/events



RCAC Book Club - Monday, Mar. 16 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.

March's book is Redwood Court by DeLana R.A. Dameron.

No need to register. Just show up. Lunch is available to participants who register for it two days in advance.



CENTER ACTIVITIES

Life is better

with **BUNCO**

**Tuesday @ 1PM -
Mar. 3 and 17
Cost \$3 - RSVP day
before**

MOVIE & POPCORN DAY AT RCAC
Thursday, March 26 at 12:30PM
Register by Tuesday, March 24



“The Color Purple” - A Tale spanning 40 years in the life of Celie, an African American women living in the south who survives incredible abuse and bigotry. Starring Danny Glover, Whoopi Goldberg and Oprah Winfrey.

Free Blood Pressure Screening



Wed., Mar. 4 and 18 at RCAC

No appt. Needed



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: SIT, KNIT, CROCHET 10:30 AM: CRAFTS 11:30 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: SIT, KNIT, CROCHET 10:30 AM: CRAFTS 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>12 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: SINGLE PAYER HEALTHCARE</p>	<p>13 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH MARYANN</p>	
<p>16 10:30 AM: CHAIR YOGA 11:30 AM: RIVERS CASINO 11:30 BOOK CLUB 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>17 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 12:00 PM: ST. PATRICK'S DAY PARTY 1:00 PM: GAME DAY/BUNCO</p>	<p>18 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:30 AM: CRAFTS 11:30 AM: BLOOD PRESSURE 1:00 PM: BINGO</p>	<p>19 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:30: OVERCOMING LONELINESS</p>	<p>20 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>	
<p>23 10:30 AM: CHAIR YOGA W/NANCY 12:00 PM: BOWLING & LUNCH 1:00 PM: BRIDGE 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: SIT, KNIT, CROCHET 10:30 AM: CRAFTS 11:30 AM: SS CIRCUIT 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 12:00 PM: UPMC MEMORY TIPS</p>	
<p>30 10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>31 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY 1:00 PM: FLEA MARKET PREP</p>				

LUNCH MENU



Mon	Tue	Wed	Thu	Fri
<p>2 Petite Beef Tenderloin Marsala Carrots Mashed Potatoes Pear</p>	<p>3 Chicken Caesar Salad Tomato Soup Croutons Diced Pineapple</p>	<p>4 Stuffed Cabbage Mashed Potatoes Green Beans Greek Yogurt w/Peaches</p>	<p>5 Chicken Parmesan Sandwich Tossed Salad Italian Baby Baked Potatoes Pound Cake w/Berries</p>	<p>6 Mojo Marinated Cod Filet Caribbean Veggie Blend Cilantro Lime Rice Orange</p>
<p>9 Turkey & Swiss Croissant Sandwich Coleslaw Mediterranean Veggie Soup Grapes</p>	<p>10 Korean Beef BBQ Stir Fried Veggies Vegetable Fried Rice Orange</p>	<p>11 Broccoli Cheese Stuffed Chicken Peas & Pearl Onions Rosemary Roasted Potatoes Applesauce</p>	<p>12 Swiss Steak Carrots Mashed Potatoes Chocolate Pudding</p>	<p>13 Baked Three Cheese Pasta Florentine Italian Normandy Blend Breadstick Mixed Fruit</p>
<p>16 Pub Steak Cheeseburger Broccoli & Ranch Dip Baked Beans Apple</p>	<p>17  St. Patrick's Day Baked Potato Bar</p>	<p>18 Meatloaf w/Gravy Mashed Potatoes Peas & Carrots Jello</p>	<p>19 Grilled Chicken Mornay Buttered Green Beans Pasta Shells w/Sauce Fresh Fruit Salad</p>	<p>20 Deli Plate (Tuna & Egg Salad) Sweet Potato Corn Soup Pound Cake w/Berries</p>
<p>23 Meatballs Rosini Cauliflower & Peas Tossed Salad Penne w/Sauce Jello</p>	<p>24  Happy Birthday Roast Turkey Honey Glazed Carrots Cranberry Cornbread Stuffing Mixed Fruit</p>	<p>25 Pork Carnitas w/Tortilla Cabbage Slaw Mexican Rice Salsa Mandarin Oranges</p>	<p>26 Honey Mustard Chicken Salad Zucchini Parmesan Soup Fresh Pear</p>	<p>27 Spanish Omelette Diced Potatoes Peppers & Onions Croissant Greek Yogurt w/Berries</p>
<p>30 Smothered Pork Roasted Sweet Potatoes Brussels Sprouts Banana Pudding</p>	<p>31 Beef Barbacoa Black Bean & Corn Veggie Blend Brown Rice Guacamole Fresh Fruit Salad</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 \$2
1:30PM SilverSneakers EnerChi with Alice \$3	10:00AM SilverSneakers Stability and Balance \$3	11:30AM SilverSneakers Circuit \$3	10:30AM Somatics \$1	11:15AM - Free Exercise with RCAC Director Mar. 6 & 20
SilverSneakers® membership covers cost of SilverSneakers Classes.	11:00AM On the Move with Alice \$3			11:15AM - \$3 Exercise with Maryann Mar. 13 & 27

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

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



Pittsburgh Opera Song Shop

Sat. April 4 at Noon
Bitz Opera Factory

These FREE informal Song Shop concerts feature the Resident Artists of Pittsburgh Opera performing some of the most popular arias, as well as a mix of Broadway musical theater & other surprises. OPT/Access bus available. Leaves 11AM, returns 1:15PM. **RSVP by March 27th**
www.rcacorp.org/events



Mon. Mar. 23 at Noon

Enjoy a fun afternoon of bowling and lunch. The \$10 fee includes 2 games of bowling & shoe rental. Lunch is an additional cost. Payment collected at Nesbit Lanes

RSVP by Fri. Mar. 13
OPT/Access bus available. Bus leaves RCAC at 11:15 AM, returns at 2:15 PM.



Rivers Casino Trip
Monday, Mar. 16
RSVP by Mon. Mar. 9
OPT/Access bus available.
Bus leaves RCAC at 11 AM and picks up at Rivers at 2:30 PM.



Thurs. March 25 at 5 PM
RSVP by March 17
www.rcacorp.org/events
151 Wildwood Rd
Verona, PA

Les Mis N'At
Thurs. April 9 at 7:30 PM
Linton Middle School, Penn Hills
Broadway favorites played by our River City Brass!
RSVP & Payment due March 20th
\$20 - 8 or more people - \$24 if less
OPT/ACCESS bus available.

Walmart Shopping Trip
Mon. Mar. 9th
11 AM to 2 PM
RSVP by Mar. 5th
to reserve your spot on the RCAC bus.

CENTER TEAM



TRIVIA

St. Patrick's Day Trivia

**St. Patrick was born in
Britain, not Ireland
St. Patrick came to
Ireland as a slave to
tend sheep
His real name was
Maewyn Succat
St. Patrick did not
banish snakes from
Ireland, the snakes
were a symbol for evil**

RCAC Staff

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

RCAC Board of Directors

Nancy Carpenter, President
Paul Winkler, Vice President
Thomas Whalen, Treasurer

Marsha Cuckler
JoAnn Dempler
Michael Federici
Lisa Fischetti
Nick Futules
Jeff Kline
Laurie Lesoon
Maria Piantanida
Elizabeth Rottschaefter
Dick Williams

PUBLISHED BY

Riverview Community Action Corporation
501 Second Street (Corner of Delaware & 2nd)
P.O. Box 437
Oakmont, PA 15139

Phone: 412-828-1062
Email: mail@rcacorp.org
Website: www.rcacorp.org

HOURS OF OPERATION:

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

MARCH 2026

Non-Profit Organization
U.S. Postage

PAID

Verona, PA 15147
Permit No. 16

If you no longer wish
to receive this
newsletter, please
contact us.

RCAC Flea Market and Bake Sale

Flea Market

Saturday April 18th 8 AM to 2 PM
A Fundraiser for RCAC!!

We will begin taking donations
starting Monday, March 16th. Visit
our website www.rcacorp.org or pick
up a a list of items to donate at the
RCAC front desk.

If you are interested in volunteering,
please let us know.

Organizing & Pricing
Tuesday, March 31 at 1 PM
Please let us know if you can help!

Thurs. March 12 at 1 PM

Join this educational presentation from
representatives from the **Western PA**
Coalition for Single Payer Healthcare on
the crises of the for profit American
Health care system.

They will explain how the foundation of the
current for profit healthcare delivery system
is not patient care, but the maintenance of
profits of insurers, PhRMA, and other industry
suppliers.

RSVP by Tues. March 10