



# NEWSLETTER

While the first day of Spring is March 20<sup>th</sup> this year, March can sometimes be deceptive. By the time April rolls around we can really start to feel the warmth in the air, see the little bit of green in the lawn, and enjoy the promise of no coats, no hats, no gloves.

When I was young, I started counting the days till school was out. It never occurred to me that at some point in my life I would never wish time away. This is my first spring here with you in Oakmont, and I am genuinely looking forward to being here and experiencing new programs and meeting more folks from Oakmont and Verona now that snow is behind us.

**Frogs croak  
Rains soak  
Chicks peep  
Crickets leap  
Bees hum  
Robins come  
Birds sing  
It's Spring**

- Author unknown

**Please feel free to get in touch with me if there are any new ideas or adventures that you would like us to offer.** My door is always open, and all suggestions will be considered.

One of the activities we are starting with is the **Sunrise Springtime Brunch on April 2<sup>nd</sup>**. We will celebrate this beautiful time of the year with a sweet and savory meal together as a community. There will be a nod to the April Fools, the Full Moon and a remembrance of Easter.

**There will be some great buys and wonderful goodies at our 2nd Annual Indoor Flea Market and Bake Sale from 8am to 2pm on Saturday, April 18th. Thanks to our neighbors - St. Paul Baptist Church and Nugo Nutrition, off-street parking is available. See you soon.**



**Here's to a wonderful 60th birthday  
year of exciting, new possibilities!**

**RCAC Executive Director**



# CENTER SERVICES



## New Twin-Boro Van Service Begins April 1, 2026

RCAC is pleased to introduce our new **Twin-Boro Van** service for **any resident 60 years of age or older**. Operated by ACCESS, the RCAC Twin-Boro Van is **wheelchair accessible** and **only costs \$1 each way**. And, there's a new cashless fare system.



Heather Kwiatek, ACCESS, and Barbara Miller, RCAC.

The Twin-Boro Van provides point-to-point transportation **weekdays between 9am and 3pm** throughout the **boroughs of Oakmont and Verona as well as the Verona Hilltop area**.

**It is easy to become a rider of the new Twin-Boro Van service.** Stop by the Center during the week or call us at 412-828-1062. Or visit [rcacorp.org/bus](http://rcacorp.org/bus). There's no cost to register.



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# CENTER ACTIVITIES

## Ortho Bionomy - Gentle Body Work Tuesday, April 21

Tuesday, April 21 - **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.

## ARTS AND CRAFTS Wednesdays @ 10 AM

**Apr 1 - Bulletin Board**

**Apr 8 - Glass Gem Craft**

**Apr 15 - Desserts for Flea Market**

**Apr 22 - Straw Wreaths**

**Apr 30 - Tea Light Candle Holder**

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

**[www.rcacorp.org/events](http://www.rcacorp.org/events)**



**BRIDGE Mondays at 1 PM  
Sign-up 2 Days Prior  
[www.rcacorp.org/events](http://www.rcacorp.org/events)**

## ACTIVITY PLANNING MEETING

**Mon. April 6 at 12:30 PM**

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



## Sunrise Spring Lunch

**Thurs. April 2 at 12 PM**

### Menu:

**Pancakes**

**French Toast**

**Bacon & Sausage**

**Fruit Cup**

**Juice & Coffee**

**Warm Maple Syrup & Butter**

**COST \$6**

**RSVP by March 30**



# CENTER ACTIVITIES

## University of Pittsburgh Pharmacy Students

Friday, April 3 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 April 2

**TUESDAY, APRIL 14 AT 1 PM - RSVP BY FRIDAY, APRIL 10**



### A WINDOW INTO SELF-PUBLISHING DRAMA Janice McKenzie, RN, BSN, MA

Untangling the threads of self-publishing is an immense ordeal. Come for a discussion on the process, made simplified by someone who has learned the hard way and join in the fun for a short reading of love poems through her book *Talking Hearts, Whispering Love* as it unravels the various phases of love.

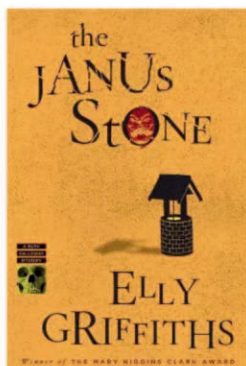
**LIGHT REFRESHMENTS INCLUDED.**



**Tues., April 21 at Noontime Lunch**

**Make reservation by April 17**

[www.rcacorp.org/events](http://www.rcacorp.org/events)



### RCAC Book Club - Monday, April 20 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.**

**April's book is *The Janus Stone* by Elly Griffiths. No need to register.** Just show up. Lunch is available to participants who register for it two days in advance.



# CENTER ACTIVITIES



**Tuesday @ 1PM -  
Apr. 7 and 21  
Cost \$3 - RSVP  
day before**

**Free Blood Pressure Screening**



**MOVIE & POPCORN DAY AT RCAC**  
Thursday, April 23 at 1 PM  
Register by Tuesday, April 21



**"Mannequin" - Jonathan Swicher (Andrew McCarthy), an unemployed artist, finds a job as an asst. window dresser for a dept. store. When Jonathan happens upon a beautiful mannequin he previously designed, she springs to life and introduces herself as Emmy (Kim Cattrall), an Egyptian under an ancient spell.**

**Wed., Apr. 1, 15 and 29 at RCAC**  
**No appt. Needed**

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# ACTIVITY CALENDAR



Mon	Tue	Wed	Thu	Fri
<p><b>APRIL</b></p> <p>10:30 AM: CHAIR YOGA 11:00 AM: WALMART 12:30 PM: ACTIVITY PLANNING 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY &amp; BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO</p>	<p>8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: SUNRISE SPRING BRUNCH</p>	<p>9:45 AM: LINE DANCING 10:00 AM: UNIV. OF PITT PHARMACY STUDENTS 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>10:30 AM: CHAIR YOGA 11:00 AM: RIVERS CASINO 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY &amp; BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY 1:00 PM: SELF PUBLISHING PRESENTATION</p>	<p>8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: FLEA MARKET PREP</p>	<p>9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR 1:00 PM: FLEA MARKET PREP</p>
<p>10:30 AM: CHAIR YOGA W/NANCY 11:30 AM: BOOK CLUB 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY &amp; BALANCE 11:00 AM: ON THE MOVE 12:00 PM: HAPPY BDAY LUNCH 1:00 PM: GAME DAY/BUNCO</p>	<p>8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 12:30 PM: MOVIE &amp; POPCORN 5:00 PM DINNER WITH FRIENDS</p>	<p>9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>9:30 AM: ANDY WARHOL MUSEUM 10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY &amp; BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY</p>	<p>8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:30 AM: BLOOD PRESSURE 11:30 AM: SS CIRCUIT 1:00 PM: BINGO</p>	<p>9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: WHAT MEDICARE DOESN'T COVER</p>	

# LUNCH MENU



Mon	Tue	Wed	Thu	Fri
<p></p> <p>6 Raspberry BBQ Chicken Sandwich Broccoli &amp; Cauliflower Roasted Sweet Potatoes Oatmeal Cookie</p>	<p>7 Sausage &amp; Peppers w/tomato sauce &amp; Hoagie Roll Diced Potatoes Jell-O</p>	<p>1 Crab Cake Tossed Salad Macaroni &amp; Cheese Diced Peaches</p>	<p>2 <b>SUNRISE LUNCH</b> </p>	<p>3 Greek Salad w/Salmon Garden Veggie Soup Fresh Orange</p>
<p>13 Petite Beef Tenderloin Marsala Carrots Mashed Potatoes Pear</p>	<p>14 Chicken Caesar Salad Tomato Soup Diced Pineapple</p>	<p>8 Chicken Avocado Salad Sweet Pepper &amp; Beef Soup Tropical Fruit</p>	<p>9 Firehouse Chili Corn Brown Rice Fresh Pineapple</p>	<p>10 Vegetable Lasagna Carrot Coins Tossed Salad Mixed Fruit</p>
<p>20 Turkey &amp; Swiss Croissant Sandwich Coleslaw Mediterranean Veggie Soup Grapes</p>	<p>14 Chicken Ceasar Salad Tomato Soup Diced Pineapple</p> <p>21  Korean Beef BBQ Stir Fried Veggies Vegetable Fried Rice Orange</p>	<p>15 Stuffed Cabbage Mashed Potatoes Green Beans Greek Yogurt w/Peaches</p>	<p>16 Chicken Parmesan Sandwich Tossed Salad Italian Baby Baked Potatoes Pound Cake w/Berries</p>	<p>17 Mojo Marinated Cod Filet Caribbean Veggie Blend Cilantro Lime Rice Orange</p>
<p>27 Pub Steak Cheeseburger Broccoli &amp; Ranch Dip Baked Beans Apple</p>	<p>28 BBQ Chicken Breast Sautéed Greens Chuckwagon Corn Diced Pears</p>	<p>22 Broccoli Cheese Stuffed Chicken Peas &amp; Pearl Onions Rosemary Roasted Potatoes Applesauce</p>	<p>23 Swiss Steak Carrots Mashed Potatoes Chocolate Pudding</p>	<p>24 Baked Three Cheese Pasta Florentine Italian Normandy Blend Breadstick Mixed Fruit</p>
<p>27 Pub Steak Cheeseburger Broccoli &amp; Ranch Dip Baked Beans Apple</p>	<p>29 Meatloaf w/Gravy Mashed Potatoes Peas &amp; Carrots Jello</p>	<p>30 Grilled Chicken Mornay Buttered Green Beans Pasta Shells w/Sauce Fresh Fruit Salad</p>	<p><b>MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062</b></p>	

# CENTER ACTIVITIES



## **AARP DRIVER SAFETY COURSE AT RCAC FOR 55+**

This driver improvement course has been designed specifically for Pennsylvania seniors 55 years of age and older. This is a good opportunity to refresh your driving techniques, regain confidence, and foster a positive driving attitude.

Upon completion of the seminar, **you may qualify for a 5% or higher car insurance discount** that lasts for 3 years; as mandated by PA State Law.

**Seniors For Safe Driving is PennDOT approved** and is accepted by all insurance companies in Pennsylvania (State Farm, Nationwide, Erie, Geico, Progressive, USAA, Travelers, etc.).

**THURSDAY  
MAY 14  
1 to 5 PM  
Cost \$17**

**Call to register at  
800-559-4880 or  
RCAC: 412-828-1062.**



**REMINDER: STOP BY OUR INDOOR FLEA MARKET - Sat. April 18 from 8AM to 2PM**

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# CENTER FITNESS CLASSES

**Beginner's LineDancing (On Hold Until May)**

A good option for improving cardiovascular health, losing weight, or simply having a good time.

**ChairYoga**

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

**Exercise and Dance with RCAC Director**

These low-impact, joint-friendly moves help you build strength, boost cardiovascular health, and improve balance without over-stressing your body.

**Fit Group- Drums**

You will learn Cardio Drumming, a form of fitness that combines rhythm, energy, and results.

**GentleYoga 1**

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

**Line Dancing**

Gentle on the joints, and low-impact while still providing a full-body workout, steps are taught in a specific order, to sync with the rhythm of the music.

**On the Move**

Proven exercise program to improve walking.

**SilverSneakers® Circuit**

Standing, low-impact choreography alternated with standing upper-body strength work.

**SilverSneakers® Stability and Balance**

Utilizing a chair for support, you can safely engage in exercises that promote muscular endurance, cognitive function, and essential skills for reducing the risk of falls.

**SilverSneakers® EnerChi**

Easy-to-learn, modified Tai Chi forms are aimed at improving overall well-being. Low-impact movements are done in a slow, flowing sequence to progress strength, balance, and focus.

**Somatics**

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.

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 & Dance with RCAC Director
	11:00AM On the Move with Alice \$3			

**Clean yoga mats and blocks are available for Member's use at the Center. SilverSneakers® membership covers cost of SilverSneakers Classes.**



# CENTER TRIPS



## PITTSBURGH PIRATE GAME

**Thursday, June 25**  
**Pirates vs. Mariners**  
**Game time 12:35 PM**

Tickets \$35 - Includes a \$5 food voucher  
Must have 15 attend or price increases to \$44

Reservation and Payment due by April 15.

Bus Leaves RCAC at 11 AM.

OPT/ACCESS AVAILABLE

## LET'S GO BUCS

LUNCH WITH FRIENDS

**HARTWOOD**  
RESTAURANT  
3400 Harts Run Rd.  
Glenshaw, PA

**Friday April 10 at Noon**  
**RSVP by Fri. Apr 3**

*OPT/Access bus available.*  
**Bus leaves RCAC at 11:30 AM, returns 2:15 PM.**

DINNER WITH FRIENDS

**EIGHTY ACRES**  
KITCHEN & BAR

1910 New Texas Rd., Plum

**Thurs. April 23 at 5 PM**  
**RSVP by April 16**

*OPT/Access bus available.*  
**Bus leaves RCAC at 4:15 PM returns at 7:00 PM.**



**Rivers Casino Trip**  
**Monday, Apr. 13**

**RSVP by Mon. Apr. 6**  
*OPT/Access bus available.*  
**Bus leaves RCAC at 11 AM and picks up at Rivers at 2:30 PM.**



**Andy Warhol Museum**

Mon. April 27

117 Sandusky St.

Pittsburgh

NO COST

**Admission includes all permanent and special exhibitions, daily film screenings and gallery talks.**

RSVP by April 20

**Bus pick up at RCAC 9:30 AM - Return bus at 12 PM**  
*OPT/ACCESS bus available.*

**Walmart Shopping Trip**  
**Mon. Apr. 6**  
**11 AM to 2 PM**

**Call 1-888-634-8773 to schedule your Twin-Boro Van Service on Friday, April 3.**

# CENTER INFORMATION



## Notary Service

**NOTARY SERVICE** available for simple documents by appointment at RCAC for a small fee. To schedule, call 412-828-1062 and ask to speak with LuAnne.

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 Staff

**Barbara Miller**  
Executive Director

**Diana Bowser**  
Program Coordinator

**LuAnne Nelson**  
Outreach Coordinator

## RCAC Board of Directors

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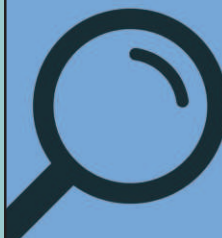


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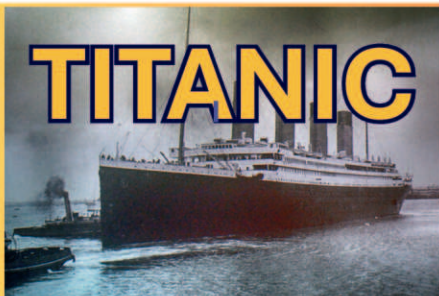
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**Thursday, April 9 at 1 PM**

Join Dick Williams for his presentation on the Titanic! He will get you involved in the story by displaying a 3 foot model of the ship and give you a Boarding Pass. You will investigate the passengers, the crew, the building of the vessel and why the **UNSINKABLE TITANIC** sank.

**RSVP by Tuesday April 7**

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**PLANNING FOR WHAT  
MEDICARE DOESN'T COVER.**

**Thursday, April 30 at 1 PM**

**RSVP by Monday, April 27**

**[rcacorp.org/events](http://rcacorp.org/events)**



Join us for a Conversation,  
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