



NEWSLETTER

Although I'm still fairly new to Oakmont and Verona, I have been impressed by the strong sense of community expressed by so many residents. I've come to appreciate the role that RCAC has played in the "twin boroughs" over the past 60 years. Formally incorporated in 1966 by a dedicated group of volunteers, RCAC has grown through ten decades—responding to changing community needs with creativity, flexibility, and commitment. This spirit of community growth and innovation has led to two exciting new program developments at RCAC.

June 11 marks the beginning of our Men's Coffee & Donuts meet-up. These informal gatherings will be held the second Thursday of each month from 9:00 - 10:00 am in the Community Room. We are hoping to welcome more gentlemen in to our center by providing a place where they can relax, have a cup of coffee and talk about the events of the day.

In honor of our 60th birthday, we are launching a new Thursday afternoon program called Tea Talks. Don't worry if tea isn't really "your cup of tea"; there will be coffee as well (and perhaps a treat or two). The real purpose of these monthly gatherings is conversations about a variety of topics we might not normally have a chance to hear about. Each session will begin with an informal short presentation by a Conversation Guest. Participants will then have a chance to ask questions and discuss points that have piqued their interest. Mark your calendar for August 20 (2:00 - 3:00) and watch for details in up-coming newsletters.

As our country celebrates its 250th birthday, let's add our own celebration of RCAC's 60 years of caring for community.



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

Barbara Hill
RCAC Executive Director



www.rcacorp.org



412-828-1062



501 Second Street, Oakmont, 15139

CENTER SERVICES



A Note of Thanks

As a member of the RCAC's board of directors, I want to give a big THANK YOU to the staff and volunteers who made the flea market a success. Through an amazing amount of effort, this event raised close to \$7,000 to support Center activities and services.

From those who sorted and priced donations to those who made and packaged delicious goodies to those who greeted and assisted flea market visitors, each person made a vital contribution. It was a privilege to work alongside individuals who committed their time, energy, and caring to this event.

In The Know

If you're interested in tracing your family history, the Carnegie Library of Pittsburgh and Allegheny County Public Libraries offer access to valuable genealogy resources. You can use the Ancestry Library Edition for free, including at the Oakmont Library. This service is available for in-library use only—you must be physically present to access it on a library computer. This provides a helpful opportunity for genealogy enthusiasts to explore records and build family trees with the support of local library staff and resources.



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CENTER ACTIVITIES

Ortho Bionomy - Gentle Body Work Tuesday, June 23

We have 8 appointments available for 30-minute sessions. Two sessions available each at 12:15, 12:55, 1:35 and 2:15 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.

ACTIVITY PLANNING MEETING Mon. June 1 at 12:30 PM

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

June 15 at 1:30 PM
Healthy Cooking with Alice
Healthy Sweets with Protein!
Cost \$3 - RSVP by June 9

INTRODUCING ART- MAKING BEYOND BASIC CRAFTS WEDNESDAYS 9:30 AM TO 11:30 AM

We are pleased to announce a series of workshops facilitated by Teaching Artists - students who are studying Art & Design and Art Education at Carlow University. These fun & creative sessions provide connections to artists and artworks through guided discussion and demonstrations. The Teaching Artists will create a welcoming space for conversation, exploration and making art together. Participants are invited to discover something new about the arts, themselves and one another through the creative process. Owen Robb, a senior Art Education Student will be running this workshop. The first workshop - Pittsburgh Memories - participants will create a collage inspired by memories, stories and places connected to Pittsburgh. The workshop encourages storytelling and conversation. Discover collage art by Romare Beardon that shares stories of community, memory and everyday life.

Registration is required
Cost \$2

June 3 - Pittsburgh Collage
June 10 - Collage Cards
June 17 - Air Dry Sculpture
June 24 - Paint Sculpture



CENTER ACTIVITIES



How to Manage Your Emotions, So They Don't Manage You!

Presented by Eileen Colianni

Thursday June 18th at 1 PM - RSVP by June 15

Every emotion, every moment of anger, sorrow, fear and joy holds a message from you, to you, about you. Emotions play a pivotal role in your growth and well-being, impacting body, mind and spirit.

Learn how to expand awareness of your emotional patterns and how to respect each emotion by expressing it constructively and gleaming its message. The rewards of managing your emotions are truly transformative!

Tuesday June 23 at Noon



Learn about:

- Sleep Apnea
- COPD
- Asthma
- Smoking Cessation
- Patient Assistance

Get help with:

- Respiratory Medication Costs
- Pulmonary Rehab Co-pays
- Sleep Apnea Supply Costs

RSVP by Monday June 22

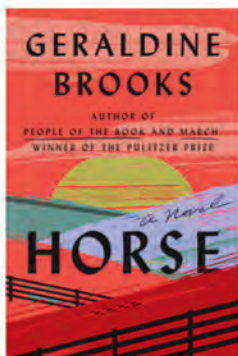
Thursday June 25 at 11:30AM to 1 PM



Lifeline
PHYSICAL THERAPY

Join Rachael Long, PT, DPT for a fitness Clinic for a comprehensive education presentation and knee screening designed specifically for seniors to access joint health and help manage arthritis and pain in the knee.

Space is limited. Please sign up ASAP for your time slot



RCAC Book Club - Monday, June 15 at 11:45 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.

June's book is Horse by Geraldine Brooks. No need to register. Just show up. Lunch is available to participants who register for it two days in advance.



CENTER ACTIVITIES



BUNCO

Tuesday @ 1PM -
June 2 and 30
Cost \$3 - RSVP
day before

Blood Pressure
Wed., June
10 and 24
at RCAC
10 am -11 am



Bridge Tournament
June 22
1 to 3:30 PM
Cost \$2
RSVP by June 15

BRIDGE
Mondays
at 1 PM
Sign-up 2
Days Prior



Happy Birthday Lunch
Tues. June 23
Make reservation by
June 19

Happy Birthday



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Oakmont](http://SrCare.org/Oakmont)

 EOE





ACTIVITY CALENDAR



Mon	Tue	Wed	Thu	Fri
<p>1 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 12:30 PM: ACTIVITY PLANNING 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC</p>	<p>2 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>3 8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>4 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS</p>	<p>5 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>8 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC</p>	<p>9 11:30 AM VOLUNTEER LUNCH (invitation only)</p>	<p>10 8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:30 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>11 9:00 AM: CHAIR YOGA 9:00 AM: MEN'S COFFEE & DONUTS 10:30 AM: SOMATICS 1:00 PM: NEW HORIZONS BAND</p>	<p>12 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS</p>
<p>15 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: RIVERS CASINO 11:45 AM: BOOK CLUB 1:00 PM: BRIDGE 1:30 PM: COOKING W/ALICE</p>	<p>16 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>17 8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>18 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: HOW TO MANAGE EMOTIONS 5:00 PM: DINNER WITH FRIENDS</p>	
<p>22 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA W/NANCY 1:00 PM: BRIDGE TOURNE-MENT 1:30 PM: SS CLASSIC</p>	<p>23 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 12:00 PM: BREATHE PA 1:00 PM: GAME DAY</p>	<p>24 8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:30 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>25 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: LIFELINE—KNEE SCREENING</p>	<p>26 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS 1:00 PM: LUNCH WITH FRIENDS</p>
<p>29 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC</p>	<p>30 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 10:00 AM: BAYERNHOF MUSEUM 1:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO</p>			

LUNCH MENU



Mon	Tue	Wed	Thu	Fri
<p>1 Turkey & Swiss Croissant Sandwich Coleslaw Mediterranean Veggie Soup Grapes</p>	<p>2 Korean BBQ Beef Stir-Fried Veggies Veggie Fried Rice Orange</p>	<p>3 Broccoli Cheese Stuffed Chicken Peas & Pearl Onions Mashed Potatoes Chocolate Pudding</p>	<p>4 Meatball Stroganoff Carrots Buttered Egg Noodles Applesauce</p>	<p>5 Baked Three Cheese Pasta Florentine Italian Normandy Blend Garlic Breadstick Mixed Fruit</p>
<p>8 Pub Steak Cheeseburger Broccoli w/ranch Baked Beans Apple</p>	<p>9 BBQ Chicken Sautéed Greens Buttered Chuckwagon Corn Diced Pears</p>	<p>10 Deli Plate (Tuna & Egg Salad) Sweet Potato Corn Soup Pound Cake w/Berries</p>	<p>11 Lemon Dill Grilled Chicken Italian Veggie Blend Buttered Brown Rice Fresh Fruit Salad</p>	<p>12 Meatloaf w/Gravy Mashed Potatoes Peas & Carrots Jell-O</p>
<p>15 Meatballs Rosini Cauliflower & Peas Tossed Salad Penne w/Sauce Jell-O</p>	<p>16 California Turkey Burger w/Roll Broccoli w/Ranch Fresh Watermelon</p>	<p>17 Chicken Carnitas w/Tortilla Cabbage Slaw Mexican Rice Salsa Pears</p>	<p>18 Honey Mustard Chicken Salad Zucchini Parmesan Soup Fresh Apple Slices</p>	<p>JUNETEENTH Celebrate Freedom JUNE 19</p>
<p>22 Orange Pineapple Pork Loin Green Beans Baby Baked Potatoes Banana Pudding</p>	<p>23  Greek Salad w/Salmon Garden Veggie Soup Fresh Orange</p>	<p>24 Crab Cake Tossed Salad Macaroni & Cheese Diced Peaches</p>	<p>25 Stuffed Pepper Carrots Mashed Potatoes Cinnamon Applesauce</p>	<p>26 Beef Barbacoa Black Beans & Corn Vegetable Blend Brown Rice Guacamole Fruit Salad</p>
<p>29 Raspberry BBQ Chicken Sandwich Broccoli & Cauliflower Roasted Sweet Potatoes Oatmeal Cookie</p>	<p>30 Sausage & Peppers Diced Potatoes Peppers & Onion Hoagie Roll Jell-O</p>			

MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062



CENTER TRIPS



**PARROTS OF THE CARIBBEAN
(Jimmy Buffet Tribute)
Saturday June 13 at 2 PM**



**DISCO NIGHTS
(Saturday Night Fever Tribute)
Saturday August 22 at 2 PM**

Cumberland Woods Village
Legacy Line Up
700 Cumberland Woods Dr
Allison Park, PA 15101

Tickets \$30

OPT/Access available
Bus leaves RCAC at 1 PM, returns at 3:15PM

RSVP by June 2

REMINDER: RCAC will be closed on June 19



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CENTER FITNESS CLASSES

Beginner's Line Dancing

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

Cardio & Strength

A variety of cardio and strength exercises using free weights, balls, and chair for all levels of physical fitness

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.

Full Body Chair Workout

Cardiovascular workout, upper-body strength with free weights, abdominal conditioning for all levels of physical fitness

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.

Relaxing-Coordination-Activity Class

Relaxing dancing, coordination of movement, physical and mental activity class for all levels of physical fitness

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® Classic Seated

This class is designed for light cardio, weight training with resistance bands and flexibility with small ball. Start your week with uplifting Christian music!

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
9:00 AM Cardio & Strength \$3	9:00 AM Fit Group Drums \$3	8:45 AM Gentle Yoga \$3	9:00 AM Chair Yoga \$1	9:15 AM Beg. LineDance 9:45 AM LineDance \$2
10:30 AM Chair Yoga \$3	10:00 AM SS Stability & Balance \$3	10:00 AM SS Circuit \$3	10:30 AM Somatics \$1	11:15 AM June 5 Exercise & Dance w/Director \$0
NEW 1:30 PM SS Seated \$3 (except 6/15)	11:00 AM On the Move \$3	11:30 AM Cardio & Strength \$3		11:15 AM June 12 & 26 Relax/Coordination/Dance \$3



CENTER TRIPS



Three Rivers Art Festival

Friday June 12

(let's hope for a sunny day)

The 2026 Festival will mark the grand opening of Arts Landing - the transformative outdoor civic space in Pittsburgh's Cultural District, invisioned and operated by the Pittsburgh Cultural Trust, that will serve as the iconic Festival's long-term home!

Bus leaves RCAC at 11:15 AM

Return Pickup at 2:30 PM

RSVP June 5

Must have OPT/ACCESS

LUNCH WITH FRIENDS



Old Freeport Rd, Fox Chapel

Friday June 26 at 1 PM

RSVP by June 18

Bus leaves RCAC at 12:30 PM

returns at 2:30 PM

OPT/Access bus available

DINNER WITH FRIENDS



938 Freeport Rd.
Pittsburgh, 15238

Thurs. June 18 at 5 PM

RSVP by June 11

OPT/Access bus available.

Bus leaves RCAC at 4:15 PM

returns at 6:45 PM



Rivers Casino Trip

Monday, June 15

RSVP by Mon. June 8

OPT/Access bus available.

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



Bayernhof Museum

Tuesday June 30 at 10 AM

This extremely unique, 19,000 sq. ft. museum houses a world-class collection of music boxes and other antique automatic music machines, as well as many other fascinating items.

Tour last approx. 2 ½ hours and is not handicap accessible - there are stairs and narrow spaces to walk through.

RSVP by June 23

Bus pick up at RCAC 9:15 AM - Return bus at 1:00 PM

Must have OPT/ACCESS

Walmart Shopping Trip

Mon. June 8
11 AM to 2 PM

Call 1-888-634-8773 to schedule your Twin-Boro Van Service on Friday, June 5

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 & Finance

LuAnne Nelson
Center Specialist & Kitchen Manager

Deborah Peterson-Pryor
Center Assistant

FARMERS MARKET

Distribution will be via U.S. Mail only-NO in person. You must complete a 2026 application and mail it in to Allegheny County Area on Aging. Once received, the AAA will mail vouchers directly to your home. Applications are available at Senior Centers, Legislators' Offices, Senior News, other community locations, or online at <https://connect.alleghenycounty.us/>

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HOURS OF OPERATION:

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Friday: 8:30 AM - 3 PM

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JUNE 2026

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**MEN'S MONTHLY
COFFEE & DONUTS**

**June 11 at 9 AM
at the RCAC Community Room**

RSVP by June 9th



Thursday June 11 at 1 PM

**A Community Band of Adult Beginners
and Refreshers**

**Spend a fun afternoon dancing along,
either on the floor or from your seat.**

RSVP by June 8th

