



# NEWSLETTER

# NEED A RIDE??

Call: 1-888-634-8773

SCHEDULE YOUR DOOR-TO-DOOR TRIP  
WITH THE  
**TWIN-BORO VAN SERVICE**

**SERVICE AREA:** VERONA, OAKMONT, VERONA HILLTOP  
**HOURS:** MONDAY THRU FRIDAY 9:00 AM TO 3:00 PM  
(EXCLUDING MAJOR HOLIDAYS)

**RESERVATIONS:** CALL ONE DAY IN ADVANCE, STATE YOU  
ARE A TWIN-BORO VAN RIDER. SAME DAY TRIPS MAY BE  
AVAILABLE.

**COST:** \$1 FOR EACH 1-WAY TRIP

**ELIGIBILITY:** INDIVIDUALS 60 YEARS AND OLDER.

**ACCESSIBILITY:** THE VAN IS FULLY HANDICAPPED  
ACCESSIBLE.

**ACCESS ACCOUNT:** IF YOU DON'T YET HAVE AN  
ACCOUNT, CALL 412.562.5353.

Spread the word! Tell friends and family about this great community service!



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

*Barbara Hill*  
RCAC Executive Director



# CENTER SERVICES



## FITNESS AND SILVERSNEAKERS

### DO YOU KNOW?

#### SilverSneakers Eligibility and Requirements

RCAC has partnered with SilverSneakers to provide free classes for individuals who are 65 years or older and carry Medicare Advantage or Medicare Supplement plans that include the SilverSneakers benefit. Some classes are specifically designated as SilverSneakers classes, and if you have SilverSneakers coverage, you are eligible to attend these classes at no cost. Members who do not have plans that offer this coverage must pay the appropriate fee.

RCAC must have your SilverSneakers ID on file to be eligible. If not, you must pay for the class or use your prepaid exercise pass.

If you have any questions regarding the SilverSneakers program or class eligibility, RCAC staff are available to assist you.



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# CENTER ACTIVITIES

## Ortho Bionomy - Gentle Body Work Tuesday, May 26

Tuesday, May 26 - 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

May 6 - Bulletin Board

May 13 - Jar Craft

May 20 - Rainbow Yarn Wreaths

May 27 - Pipe Cleaner Wreaths

**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. May 4 at 12:30 PM**

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

# HOMEMEDS™

## HomeMeds Medication Screening

**Are you on top of your medications? Medication errors can be serious, costly, common and preventable.**

**Next Steps:**

- Call RCAC to make an appt. to get your medication reviewed
- Have your full list of medications available (drug name, dosage, etc. including over the counter).

**Complete the screening and receive a \$10 Giant Eagle Gift Certificate, in addition, RCAC receives money for each participant.**

**Call 412.828.1062 to schedule by May 8.**



# CENTER ACTIVITIES

**UPMC**  
LIFE CHANGING MEDICINE

Join Elizabeth Schandlemeir, Social Worker and Senior Bereavement Counselor with Family Hospice, part of UPMC, for a grief talk. This session will explore the many types of loss seniors may experience, including the loss of spouse, friends, and changes in physical abilities and will offer compassionate insight and support.

May 15 at Noon - RSVP by May 13

**THURSDAY MAY 28 AT 12 PM - RSVP BY FRIDAY, MAY 22**

## Funeral Fraud & Bereavement Scams



### Funeral Fraud and Bereavement Scams

Losing a loved one is one of life's most difficult experiences—and sadly, it's also a time when scammers may try to take advantage of grief and vulnerability. This workshop sheds light on common funeral fraud and bereavement scams, from overpriced or unnecessary services to identity theft of the deceased. Participants will learn how to recognize red flags, protect themselves during this emotional time, and make informed decisions when navigating end-of-life arrangements.

Presented by Phil Little, Office of Public Engagement



**Tues., May 26 at Noontime Lunch**

Make reservation by May 22

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



### RCAC Book Club - Monday, May 18 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.**

**May's book is Demon Copperhead by Barbara Kingsolver.**

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



# CENTER ACTIVITIES

**Tuesday @ 1PM -  
May 5 and 26  
Cost \$3 - RSVP  
day before**

**Free Blood Pressure Screening**



**MOVIE & POPCORN DAY AT RCAC**  
Thursday, May 14 at 1 PM  
Register by Tuesday, May 12

**"Waking Ned Devine" - When word reaches Jackie O'Shea and Michael O'Sullivan, two elderly best friends, that someone in their tiny Irish village of 52 people has won the Irish National Lottery, they, along with Jackie's wife Annie, plot to discover the identity of the winner.**

**Wed., May 13 and 27 at RCAC**  
**No appt. Needed**

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.**

**Presbyterian SeniorCare NETWORK.**  
*Making Aging Easier.*

**SrCare.org/trust**  
OAKMONT CAMPUS  
412.828.5600

ACTIVITY CALENDAR



| Mon  | Tue  | Wed   | Thu   | Fri  |
|--|--|---|---|--|
|  |  |   |   | <p>1<br/>9:15 AM: BEGINNER'S LINE DANCING<br/>9:45 AM: LINE DANCING<br/>11:15 AM: EXERCISE WITH THE DIRECTOR</p>   |
| <p>4<br/>9:00 AM: FULL BODY CHAIR WORKOUT<br/>10:30 AM: CHAIR YOGA<br/>12:30 PM: ACTIVITY PLANNING<br/>1:00 PM: BRIDGE<br/>1:30 PM: SS ENERCHI</p>           | <p>5<br/>9:00 AM: FIT GROUP DRUMS<br/>10:00 AM: SS STABILITY &amp; BALANCE<br/>11:00 AM: ON THE MOVE<br/>1:00 PM: GAME DAY/BUNCO</p>   | <p>6<br/>8:45 AM: YOGA 1<br/>10:00 AM: SIT, KNIT, CROCHET<br/>10:00 AM: CRAFTS<br/>10:00 AM: SS CIRCUIT<br/>11:30 AM: CARDIO &amp; STRENGTH<br/>1:00 PM: BINGO</p>  | <p>7<br/>9:00 AM : CHAIR YOGA<br/>10:30 AM: SOMATIC'S<br/>1:00 PM: WILD LIFE PRESENTATION</p>               | <p>8<br/>9:15 AM: BEGINNER'S LINE DANCING<br/>9:45 AM: LINE DANCING<br/>11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS<br/>12:00 PM: LUNCH WITH FRIENDS</p> |
| <p>11<br/>9:00 AM: FULL BODY CHAIR WORKOUT<br/>10:30 AM: CHAIR YOGA<br/>11:00 AM: WALMART<br/>1:00 PM: BRIDGE<br/>1:30 PM: SS ENERCHI</p>                    | <p>12<br/>9:00 AM: FIT GROUP DRUMS<br/>10:00 AM: SS STABILITY &amp; BALANCE<br/>11:00 AM: ON THE MOVE<br/>1:00 PM: GAME DAY</p>        | <p>13<br/>8:45 AM: YOGA 1<br/>9:30 AM: WELLNESS FAIR<br/>10:00 AM: SIT, KNIT, CROCHET<br/>10:00 AM: CRAFTS<br/>10:00 AM: SS CIRCUIT<br/>10:30 AM: BLOOD PRESSURE<br/>11:30 AM: CARDIO &amp; STRENGTH<br/>1:00 PM: BINGO</p> | <p>14<br/>9:00 AM : CHAIR YOGA<br/>10:30 AM: SOMATICS<br/>1:00 PM: MOVIE<br/>1:00 PM: AARP SAFE DRIVING</p> | <p>15<br/>9:15 AM: BEGINNERS LINE DANCING<br/>9:45 AM: LINE DANCING<br/>11:15 AM: EXERCISE WITH THE DIRECTOR<br/>12:00 PM: UPMC—GRIEF TALK</p>           |
| <p>18<br/>9:00 AM: FULL BODY CHAIR WORKOUT<br/>10:30 AM: CHAIR YOGA<br/>W/ NANCY<br/>11:00 AM: RIVERS CASINO<br/>11:45 AM: BOOK CLUB<br/>1:00 PM: BRIDGE</p> |  | <p>20<br/>8:45 AM: YOGA 1<br/>10:00 AM: SIT, KNIT, CROCHET<br/>10:00 AM: CRAFTS<br/>10:00 AM: SS CIRCUIT<br/>11:30 AM: CARDIO &amp; STRENGTH<br/>1:00 PM: BINGO</p>   | <p>21<br/>9:00 AM : CHAIR YOGA<br/>10:30 AM: SOMATICS<br/>5:00 PM : DINNER WITH FRIENDS</p>                 | <p>22<br/>9:15 AM: BEGINNERS LINE DANCING<br/>9:45 AM: LINE DANCING<br/>11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS</p>                                  |
|  | <p>26<br/>9:00 AM: FIT GROUP DRUMS<br/>10:00 AM: SS STABILITY &amp; BALANCE<br/>11:00 AM: ON THE MOVE<br/>1:00 PM: GAME DAY/B UNCO</p> | <p>27<br/>8:45 AM: YOGA 1<br/>9:30 AM: ZOO<br/>10:00 AM: SIT, KNIT, CROCHET<br/>10:00 AM: CRAFTS<br/>10:00 AM: SS CIRCUIT<br/>10:30 AM: BLOOD PRESSURE<br/>11:30 AM: CARDIO &amp; STRENGTH</p>                              | <p>28<br/>9:00 AM : CHAIR YOGA<br/>10:30 AM: SOMATICS<br/>12:00 PM: BEREAVEMENT SCAMS</p>                   | <p>29<br/>9:45 AM: LINE DANCING<br/>11:15 AM: EXERISE WITH THE DIRECTOR</p>  |

LUNCH MENU



| Mon  | Tue  | Wed  | Thu   | Fri  |
|--|--|--|---|--|
| <p>shutterstock.com - 2142218617</p>   |  |  | <p><b>MEALS MUST BE ORDERED BY 12 NOON</b><br/> <b>TWO (2) DAYS BEFORE</b><br/> <b>CALL 412-828-1062</b></p>  | <p><sup>1</sup><br/>                     Deli Plate<br/>                     (Tuna &amp; Egg Salad)<br/>                     Sweet Potato Corn Soup<br/>                     Pound Cake w/Berries</p>  |
| <p><sup>4</sup><br/>                     Meatballs Rosini<br/>                     Cauliflower &amp; Peas<br/>                     Tossed Salad<br/>                     Penne w/Sauce<br/>                     Jell-O</p> | <p><sup>5</sup><br/>                     California Turkey Burger w/Roll<br/>                     Broccoli w/Ranch<br/>                     Fresh Watermelon</p> | <p><sup>6</sup><br/>                     Chicken Carnitas w/Tortilla<br/>                     Cabbage Slaw<br/>                     Mexican Rice<br/>                     Salsa<br/>                     Pears</p> | <p><sup>7</sup><br/>                     Honey Mustard Chicken Salad<br/>                     Zucchini Parmesan Soup<br/>                     Fresh Apple Slices</p>                      | <p><sup>8</sup><br/>                     Spanish Omelette<br/>                     Diced Potatoes<br/>                     Peppers &amp; Onions<br/>                     Croissant<br/>                     Greek Yogurt w/Berries</p>                           |
| <p><sup>11</sup><br/>                     Orange Pineapple Pork Loin<br/>                     Green Beans<br/>                     Baby Baked Potatoes<br/>                     Banana Pudding</p>                         | <p><sup>12</sup><br/>                     Greek Salad w/Salmon<br/>                     Garden Veggie Soup<br/>                     Fresh Orange</p>             | <p><sup>13</sup><br/>                     Crab Cake<br/>                     Tossed Salad<br/>                     Macaroni &amp; Cheese<br/>                     Diced Peaches</p>                                | <p><sup>14</sup><br/>                     Stuffed Pepper<br/>                     Carrots<br/>                     Mashed Potatoes<br/>                     Cinnamon Applesauce</p>       | <p><sup>15</sup><br/>                     Beef Barbacoa<br/>                     Black Beans &amp; Corn<br/>                     Vegetable Blend<br/>                     Brown Rice<br/>                     Guacamole<br/>                     Fruit Salad</p> |
| <p><sup>18</sup><br/>                     Raspberry BBQ Chicken Sandwich<br/>                     Broccoli &amp; Cauliflower<br/>                     Roasted Sweet Potatoes<br/>                     Oatmeal Cookie</p>   |  | <p><sup>20</sup><br/>                     Chicken Avocado Salad<br/>                     French Onion Soup<br/>                     Tropical Fruit</p>   | <p><sup>21</sup><br/>                     Cheesy Beef Macaroni<br/>                     Stewed Tomatoes<br/>                     Green Beans<br/>                     Fresh Pineapple</p> | <p><sup>22</sup><br/>                     Vegetable Lasagna<br/>                     Carrot Coins<br/>                     Tossed Salad<br/>                     Cantaloupe</p>  |
|  | <p><sup>26</sup><br/> <br/>                     Chicken Caesar Salad<br/>                     Tomato Soup<br/>                     Diced Pineapple</p>           | <p><sup>27</sup><br/>                     Stuffed Cabbage<br/>                     Mashed Potatoes<br/>                     Green Beans<br/>                     Greek Yogurt w/Peaches</p>                        | <p><sup>28</sup><br/>                     Chicken Parmesan<br/>                     Tossed Salad<br/>                     Penne w/Sauce<br/>                     Pound Cake w/Berries</p> | <p><sup>29</sup><br/>                     Pulled Pork sandwich w/BBQ Sauce<br/>                     Baked Beans<br/>                     Coleslaw<br/>                     Apple Slices</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: RCAC will be closed on May 19 and May 25**



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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® 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   |
|-------------------------------------|---|--------------------------------------|------------------------------|--|
| 9:00 AM<br>Cardio & Strength<br>\$3 | 9:00 AM<br>Fit Group Drums<br>\$3         | 8:45 AM<br>Gentle Yoga<br>\$3        | 9:00 AM<br>Chair Yoga<br>\$1 | 9:15 AM Beg. LineDance<br>9:45 AM LineDance<br>\$2               |
| 10:30 AM<br>Chair Yoga<br>\$3       | 10:00 AM<br>SS Stability & Balance<br>\$3 | 10:00 AM<br>SS Circuit<br>\$3        | 10:30 AM<br>Somatics<br>\$1  | 11:15 AM<br>May 1, 15 & 29<br>Exercise & Dance w/Director<br>\$0 |
| 1:30 PM<br>SS EnerChi<br>\$3        | 11:00 AM<br>On the Move<br>\$3            | 11:30 AM<br>Cardio & Strength<br>\$3 |                              | 11:15 AM<br>May 8 & 22<br>Relax/Coordination/Dance<br>\$3        |



# CENTER TRIPS



## PITTSBURGH ZOO SENIOR DAY

Thursday, May 28

Celebrate your health & wellness at the Zoo. Admission and activities are **FREE** to any guest age 60 or order. Get ready for a wild, fun and active day!!

RSVP by May 22

Bus leaves RCAC at 9:30 AM - Return bus at 1:15 PM.

Must have OPT/ACCESS

- Activities:**
- Fitness Demo
  - Line Dancing
  - Live Music
  - Caricature drawings
  - Free health screenings
  - Light refreshments

### LUNCH WITH FRIENDS



Verona

Friday May 8 at Noon  
RSVP by May 6

Meet at RCAC at 11:30 AM and ride the new Twin Boro Van. Return pick up at 1:45 pm. Must have OPT/Access

### DINNER WITH FRIENDS



TRATTORIA

938 Freeport Rd.  
Pittsburgh, 15238

Thurs. May 21 at 5 PM  
RSVP by May 14

OPT/Access bus available.  
Bus leaves RCAC at 4:15 PM  
returns at 6:45 PM



Rivers Casino Trip

Monday, May 18

RSVP by Mon. May 11

OPT/Access bus available.

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



Pittsburgh Opera  
Song Shop  
Concert  
**America - 250**

Get ready for a **star-spangled** Song Shop Concert!

These **FREE**, informal concerts feature Resident Artists of Pittsburgh Opera performing.  
Saturday May 9 at 12 PM

RSVP by May 4

Bus pick up at RCAC 11 AM - Return bus at 1:30 PM  
Must have OPT/ACCESS

**Walmart  
Shopping Trip**  
Mon. May 11  
11 AM to 2 PM

Call 1-888-634-8773 to schedule your  
**Twin-Boro Van  
Service on Friday,  
May 8**

# 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

**Deborah Peterson-Pryor**  
Center Assistant

## RCAC Board of Directors

Nancy Carpenter, President  
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**Email: mail@rcacorp.org**

**Website: www.rcacorp.org**

**HOURS OF OPERATION:**

**Mon-Thurs: 8:30 AM - 4 PM**

**Friday: 8:30 AM - 3 PM**

**Phones will be answered  
after 9 AM**

**MAY 2026**

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



**HUMANE  
ANIMAL  
RESCUE**  
of Pittsburgh

**Thursday, May 7 at 1 PM**

Have you ever wondered what it takes to rehab and release sick, injured, or orphaned native PA wildlife? This program will give you a behind-the-scenes look at all it takes for our Wildlife Rehabilitators to care for anything from an owl to an opossum. Donations to the Wildlife Rehab appreciated.

**RSVP by Wednesday, May 6th**



**Senior Justice & Wellness Fest**

Presented by Allegheny County District

Attorney, Stephen A. Zappala Jr.

May 13

Pittsburgh Shrine Center

Cheswick, PA

- Free Lunch
- Expert Speakers
- Health Screenings
- Prizes & Giveaways

RCAC Pick up at 9:30 AM - Return 1:15 PM

Register by May 4  
Must have OPT/Access