



NEWSLETTER

"60 for 60 for Riverview Community Action Center"

2026 marks the 60th anniversary of the founding of Riverview Community Action Corporation (RCAC). Over these past six decades, RCAC has served countless individuals and families, and has become a critical partner and part of the fabric of our broader community.

You are aware of the funding cuts that have been unfolding at the federal and state levels. These cuts have become a reality for our Center support and Meals on Wheels program, and you may have recently heard about financial challenges with Allegheny County Area Agency on Aging, the largest funder of RCAC's operating budget. These additional cuts will have immediate negative impact on our new budget year that begins on July 1.

In this spirit of partnership, we ask you to join us in our "60 for 60" appeal, by contributing \$60 for 60 years of service, both to celebrate this milestone as well as to help ensure that we will continue to be a critical local resource for the next 60 years. We know not everyone is able to make this level of financial commitment, so we ask you to consider doing whatever your circumstances allow.

Thank you in advance for your important show of support to RCAC. Please use the QR code to go directly to our website to donate or mail check to RCAC, 501 Second St., Oakmont, PA 15139.



RCAC FUNDRAISER AT THE PUB AT 333
Tuesday July 28th from 11:30 AM to 10 PM
333 Allegheny Ave. Oakmont Pa



20% of your final bill will be donated to RCAC!

Includes food, drinks and alcohol

Must bring in this coupon

Dine in or take out



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



Introducing Monthly Afternoon "Tea Talks" – Where Neighbors Become Friends

Take a break. Sit down. Stay awhile. Join us for a warm and welcoming no-pressure gathering the 3rd Thursday of every month at 2PM. You don't have to know anyone to belong. Come as you are and feel free to bring a friend. Enjoy a cup of tea and learn something new as you engage with others. During each "Tea Talk," a Conversation Guest with special expertise or experience on a topic will offer conversation-starters. Our series will cover a wide range of topics, but, appropriately enough, our first talk will be about – you guessed it - tea. On **Thursday, August 20 at 2:00 PM**, we have invited Bonnie S. to launch the "Tea Talk" series with a conversation, "A Brief History of Tea." What are the main types of tea? Where does tea come from? Are there health benefits? You, too, can become a tea connoisseur as you sample a variety of teas. Look for more details in August.

In The Know

Every time you sign in at RCAC, you are helping support the programs & services we provide. The Area Agency on Aging helps fund RCAC based on the number of seniors served, so each visit you register at the front desk kiosk—even if you are only stopping by briefly—helps us!

Another helpful reminder is not all classes are SilverSneakers. If you do not have SilverSneakers, or if a class is not designated as SilverSneakers, payment is required. Most classes are \$3, Thursday Chair Yoga & Somatics are \$1, & Line Dancing is \$2. Also, please remember to sign in on the sheet at the front of each class & note whether you are using a Center pass, paying cash or using Silversneakers if applicable.

Also, starting July 1, a suggested donation for Congregate Lunch will be \$2.



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CENTER ACTIVITIES

Ortho Bionomy - Gentle Body Work Tuesday, July 28

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.

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.

Registration is required - Cost \$2

July 1 - Paint Flower Pots

July 8 - Drawing Nature

July 15 - Finger Weaving

July 22 - Texture Painting

July 29 - Summer Bulletin Board

ACTIVITY PLANNING MEETING

Mon. July 6 at 12:30 PM

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

Healthy Cooking with Alice

July 20 at 1:30 PM

Healthy Snacks

Cost \$3 - RSVP by July 16



Movie & Popcorn

Thursday July 2 at 1 PM

RSVP by July 1

Think your family is weird? Get ready to snap your fingers! The Addams Family in their first animated comedy about the kookiest family on the block.



Walking Club

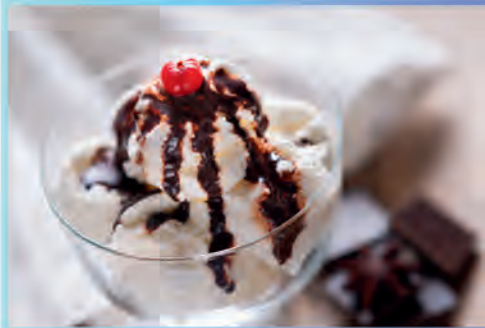
Wednesdays at 10 am

Riverside Park, Oakmont

Join us for exercise & fresh air as we walk around the track. Meet new friends and keep moving! Look for the bright blue shirts.



CENTER ACTIVITIES



Ice Cream Sundaes

Thursday, July 16 at 1 PM

**Enjoy a cool treat of ice cream or sherbet
with all the toppings**

RSVP by Monday July 13

Treats generously provided by Bob Dow



Thursday July 9 at Noon - RSVP by July 7

**Join Jennifer Miller, Community Liaison for Bridges Hospice,
for a informative and compassionate presentation about
hospice care, how it improves quality of life and the support
available for patients and families.**

ClearCaptions®

Thursday July 23 at 11:30 AM

Having trouble hearing on your home phone? ClearCaptions delivers captions on the phone so you won't miss a word. See every word your callers say at no cost to you.

RSVP by Wednesday July 22.

**Presented by Phil Little, Office of
Public Engagement**

**July 27 at Noon RSVP by July 23
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.

Funeral Fraud & Bereavement Scams



RCAC Book Club - Monday, July 20 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. July's book is The Guernsey Literary and Potato Peel Pie Society. No need to register. Just show up. Lunch is available to participants who register for it two days in advance.

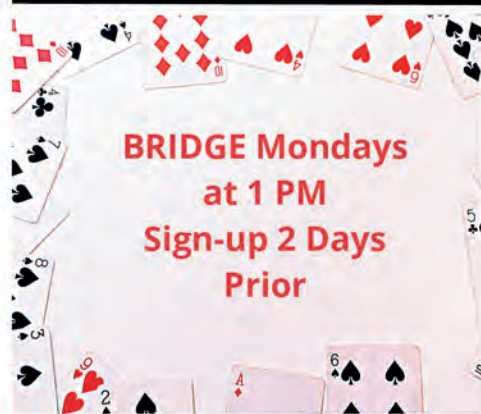
CENTER ACTIVITIES



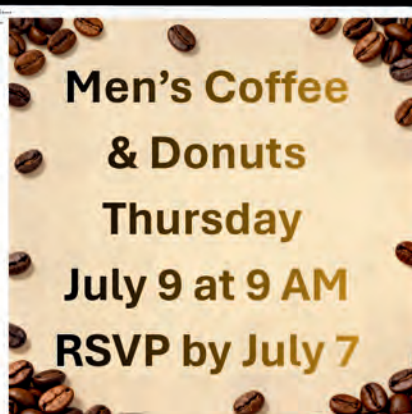
BUNCO

Tuesday @ 1PM -
July 14 and 28
Cost \$3 - RSVP
day before

Blood Pressure
Wed., July
8 and 22
at RCAC
10 am -11 am



BRIDGE Mondays
at 1 PM
Sign-up 2 Days
Prior



**Men's Coffee
& Donuts**
Thursday
July 9 at 9 AM
RSVP by July 7



Happy Birthday Lunch
Tues. July 14
Make reservation by
July 10
Happy Birthday



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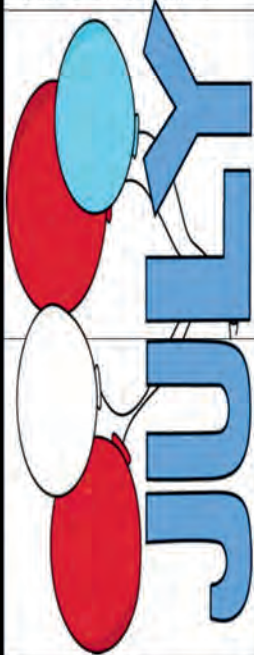
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Campus
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**SrCare.org/
Oakmont**

 EOE

ACTIVITY CALENDAR



Mon	Tue	Wed	Thu	Fri
 6 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	7 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY	1 8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	2 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MOVIE	 10 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR
13 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 10:30 AM: PHIPPS FLOWER SHOW 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	14 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO	15 8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	 16 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: ICE CREAM SUNDAES	17 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS
20 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: HEALTHY COOKING	21 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 12:00 PM: PICNIC 	22 8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:00 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	23 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 11:30 AM: CLEARCAPTIONS 5:00 PM: DINNER W/ FRIENDS	24 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS
27 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 12:00 PM: PHIL LITTLE 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	28 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 12:00 PM: LUNCH W/FRIENDS 1:00 PM: GAME DAY/BUNCO	29 8:45 AM: YOGA I 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	30 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MEMORIES ARE MADE OF THIS	31 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS

LUNCH MENU



Mon	Tue	Wed	Thu	Fri
	MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062 <i>Cont S2</i> Lunch at noon except Wednesdays at 11:30 AM	1 French Onion Beef Patty w/Onion Gravy Mashed Potatoes Peas & Carrots Roll Chocolate Pudding	2 Chicken Tenders BBQ Sauce Sweet Potatoes Green Beans Orange	
6 Sweet & Sour Chicken Asian Veggie Blend Buttered Brown Rice Clementine Sugar Cookie	7 Swiss Steak w/ Tomato Gravy Mashed Potatoes Peas Jello	8 Italian Chicken Capri Veggie Blend Buttered Penne Orange Fig Newton	9 Breaded Pollock w/Cheese Sandwich Roll Tartar Sauce Lemon Pepper Potatoes Diced Peaches	10 BBQ Chicken Salad Roll Fresh Melon
13 Meatloaf w/Gravy Mashed Potatoes Corn Oatmeal Cookies	14  Stuffed Chicken Breast Diced Potatoes Peas & Pearl Onions Roll Clementine	15 Cheeseburger Cole Slaw Baked Beans Mixed Fruit	16 Baked Ham Sweet Potatoes Mixed Veggies Cantaloupe Vanilla Pudding	17 Fajita Chicken w/peppers/onions/salsa Chuckwagon Corn Buttered Brown Rice Mandarin Orange
20 Chicken w/Creamy Mushroom Gravy Peas & Pearl Onions Mashed Potatoes Applesauce	21 	22 California Turkey Burger w/Swiss & Avocado Broccoli w/Ranch Zucchini & Parm Soup Apple	23 Stuffed Pepper Carrot Coins Mashed Potatoes Vanilla Greek Yogurt	24 Turkey & Gouda Sandwich Cucumber Slices Mixed Fruit Cookie
27 Lemon Butter Chicken Rosemary Roasted Potatoes California Blend Jello	28 BBQ Pork Riblet Sandwich Sweet Potatoes Baked Beans Cantaloupe	29 French Onion Beef Patty w/Onion Gravy Mashed Potatoes Peas & Carrots Roll	30 Chicken Tenders BBQ Sauce Sweet Potatoes Green Beans Orange	31 Baked Ziti & Cheese Salad Buttered Italian Veggies Roll Diced Pears

CENTER ACTIVITIES



MEMORIES ARE MADE OF THIS

Thursday, July 30 at 1 PM - RSVP by July 28

Have you ever passed someone at the Center and wondered about the journey that brought them here and the experiences that shaped their life? If so, please join our writing and oral history group, where we'll share stories from our younger years, life adventures, and the moments that helped make us who we are today.

This is a wonderful chance to get to know one another better, celebrate our memories and enjoy meaningful conversation.



Summer Fair

Sat. July 25

11 am - 3 pm

Meet up with RCAC & other organizations, vendors & community members on The Boulevard

Please let us know if you would like to volunteer at our booth.

REMINDER: RCAC will be closed on July 3rd



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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.

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 Spiritual 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 July 10 Exercise & Dance w/Director \$0
NEW 1:30 PM SS Seated \$3 (except 7/20)	11:00 AM On the Move \$3	11:30 AM Cardio & Strength \$3		11:15 AM July 17, 24 & 31 Relax/Coordination/Dance \$3



CENTER TRIPS



Disney's The Lion King

Benedum Center

Thursday September 10 at 1 PM

Cost \$102 (Orchestra Right)

Pittsburgh's best-loved musical returns to the Benedum Center, winner of 6 Tony Awards, including Best Musical. This landmark musical event brings together one of the most imaginative creative teams on Broadway filled with hope and adventure set against an amazing backdrop of stunning visuals.

Bus leaves RCAC at 11:45 AM

Return Pickup at 3:45 PM

RSVP & Payment due July 10

Must have OPT/ACCESS

LUNCH WITH FRIENDS



RCAC
FundRaiser

Tuesday July 28 at Noon
RSVP by July 21

Call Access on Monday to reserve your Twin -Boro Van
Return at 1:30 PM
20% of bill to RCAC
Must have coupon

DINNER WITH FRIENDS



112 Westinghouse Ave.
Wilmerding

Thurs. July 23 at 5 PM
RSVP by July 16

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



Rivers Casino Trip
Monday, July 20

RSVP by Mon. July 13
OPT/Access bus available.
Bus leaves RCAC at 11 AM and picks up at Rivers at 2:30 PM.



Phipps - Summer Flower Show: Alice's Adventures in Wonderland Monday, July 13

\$19 for 15 people - \$21 if less than 15

You are invited to a journey down the rabbit hole for an unforgettable adventure with beloved story book scenes brought to life in each room. Explore a whimsical wonderland of iconic characters, fascinating features and bizarre botanicals.

RSVP by July 6

Bus pick up at RCAC 10:30 AM
Return bus at 1:15 PM
Must have OPT/ACCESS



Walmart Shopping Trip Mon. July 13 11 AM to 2 PM

Call 1-888-634-8773 to schedule your
Twin-Boro Van
Service on Friday,
July 10

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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Riverview Community Action Corporation
501 Second Street (Corner of Delaware & 2nd)
Oakmont, PA 15139

Phone: 412-828-1062

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

JULY 2026

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



RCAC
PICNIC &
BINGO

Tuesday, July 21 - 12 PM

Riverside Park Rotary Pavilion

Bring your family and friends for a picnic in
the park

Menu:

Hamburgers, Hot Dogs, Potato and Pasta
Salads, Baked Beans, Chips, Watermelon
Dessert and Beverages.

Cost \$10 (Bingo Extra)

Payment & RSVP by July 14



Saturday October 24 at 7 PM

Byham Theater

Cost \$58

Prepare to have your MIND BLOWN!!

Mike has taken the performance of magic to new
levels! He has created a show with jaw dropping
magic & illusion, combined with side-splitting
humor, energetic music & audience interaction.
Mike Super is the WINNER of NBC's Hit TV Show
Phenomenon and a Top Finalist on America's Got
Talent!

Bus pick up at RCAC at 5:45 PM

Return Pick up at 8:45 PM

RSVP by July 31st

Must have OPT/ACCESS