



NEWSLETTER

I can't speak for everyone but I sure am enjoying the beautiful, warm, sunny days of summer. I want to thank all of you for helping me celebrate my 76th birthday. It was lovely!! I'm already planning for my 77th!

July was a very busy month and moving forward RCAC is going to keep the momentum going....

August brings several opportunities for fun. Our fitness roster has something for everyone; it doesn't matter if you are a former cheerleader, a marathon runner or a couch potato, we cover anything.

For those of you who like a murder mystery, Agatha Christie is waiting for you. I could go on and on ... my point being RCAC tries very hard to offer a variety of activities.

In order for us to keep flourishing, we need to do fundraising and in order to do fundraising, we need your help.

On September 12th, we are holding a BIG BINGO at the Elks in Oakmont. There are several ways you can help – we need baskets, gift cards, volunteers and of course BINGO PLAYERS!



You have heard the expression "It takes a village", for this Bingo to be a success, that is exactly true.

Let's keep RCAC running full steam.



**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

In The Know

THUNDER THURSDAYS - FREE SUMMER MUSIC SERIES SYRIA SHRINE PAVILLION - CHESWICK PA

Looking for a fun way to enjoy summer evenings? Join folks every Thursday - rain or shine-. Gates open at 6 PM, the bands play from 7 PM to 11 PM, parking is free, and there's no cover charge. Food from Starlite Lounge in Blawnox and drinks from the bar are available for purchase. No outside food or beverages permitted.



August 6 - Pittsburgh Transit Authority
August 13 - Steel Mill Rising Eagles Tribute Show
August 20 - Honky Tonk Heros
August 27 - Shelley Duff Band
September 3 - Recycled Vinyl
September 10 - AC & The Risistors



Whether you listen, sing along, or hit the dance floor, Thunder Thursdays are a wonderful way to spend a summer evening together!



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CENTER ACTIVITIES

Ortho Bionomy - Gentle Body Work Tuesday, August 18

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.



Healthy Cooking with Alice
August 17 1:30 PM
Healthy Snacks
Cost \$3 - RSVP by Aug 13

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

Registration is required - Cost \$2

Craft Projects will be announced at a later date.



Tea Talks!

August 20 at 2 PM

RSVP August 18



A \$5 donation is requested to support RCAC programming.

Please join world-traveler, Bonnie for our first ever "Tea Talk". During her career with the Dept. of Army and Army Corps of Engineers, Bonnie traveled to many countries. As she says, "They paid me to leave the county." During her travels, she has spent a great deal of time in Thailand, cultivating her appreciation for tea and its many variations. How fitting that she is willing to launch our Tea Talk series by spilling the beans-or rather the tea-from the origins of the tea trade in the Golden Triangle up to a daily cup of Lipton's. Bonnie has discovered that tea is ever present, not only in our culture, but in every culture she has encountered. We will have a chance to sample teas from around the world as we learn about the history of this popular beverage.



Movie & Popcorn
Thursday
Aug. 6 at 12:30 PM
RSVP by Aug. 5

"True Grit" - John Wayne earned an Academy Award for his larger-than-life performance as a drunken, uncouth and totally fearless one-eyed US Marshal.



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



STAY HEALTHY IN THE HEAT!

Friday August 21 at Noon

RSVP by August 20

Join us for an informative session on Proper Hydration and Staying Healthy in the Heat. Learn practical tips to stay safe, avoid dehydration and feel your best.

Guest speaker Alicia Beattie, MSN, RN, OCN, clinical prevention Nurse Specialist will share helpful insights and answer your questions.



Tuesday August 18 at Noon - RSVP by August 17

Chase Community & the Verona Branch invites RCAC seniors to a free educational session on recognizing common financial scams and fraud and taking simple steps to help protect your money and accounts. We'll cover practical safety habits, common scam tactics and red flags, and what to do if you think you've been targeted.



TOGETHER
for Mental Health

Thursday, August 27 at 1 PM

Let's talk about mental health. Meet your local NAMI Keystone advocate, ask questions, and learn about resources that can help you recognize concerns, find support, and build connections.

RSVP by August 25



Emerald Home Health has served the Pittsburgh area families with a simple commitment - provide clinical excellence in the place people are most comfortable - HOME.

Thursday August 13 at 12 PM

RSVP by August 11

Services Include:

Skilled Nursing
Physical Therapy
Occupational Therapy

Speech Therapy
Wound Care
COPD Programs
Diabetes



RCAC Book Club - Monday, August 17 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.

August's book is The Nature of Fragile Things by Susan Meissner.

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

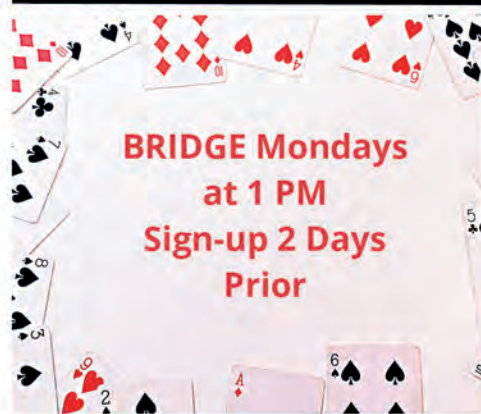
CENTER ACTIVITIES



BUNCO

Tuesday @ 1PM -
August 25
Cost \$3 - RSVP
day before

Blood Pressure
Wed. Aug.
5 and 19
at RCAC
10 am -11 am



BRIDGE Mondays
at 1 PM
Sign-up 2 Days
Prior



**Men's Coffee
& Donuts**
Thursday
Aug. 13 at 9AM
RSVP by Aug.11



Happy Birthday Lunch
Tues. Aug. 11
Make reservation by
August 7
Happy Birthday



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  EOE

ACTIVITY CALENDAR



Mon	Tue	Wed	Thu	Fri
3 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	4 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT! 1:00 PM: GAME DAY	5 8:45 AM: YOGA 1 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	6 9:00 AM: CHAIR YOGA 10:00 AM: ROSS PARK MALL 10:30 AM: SOMATICS 12:30 PM: MOVIE	7 9:45 AM: LINE DANCING 11:15 AM: RELAX- COORDINATION-ACTIVITY CLASS
10 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	11 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT! 1:00 PM: SOUND BATH 1:00 PM: GAME DAY	12 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	13 9:00 AM: CHAIR YOGA 9:00 AM: MEN'S COFFEE & DONUTS 10:30 AM: SOMATICS 12:00 PM: EMERALD HOME HEALTH	14 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR 12:00 PM: LUNCH WITH FRIENDS
17 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: RIVERS CASINO 11:45 PM: BOOK CLUB 1:00 PM: BRIDGE 1:30 PM: HEALTHY COOKING	18 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT! 12:00 PM: CHASE BANK 1:00 PM: GAME DAY	19 8:45 AM: YOGA 1 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	20 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 2:00 PM: TEA TALKS	21 9:45 AM: LINE DANCING 11:15 AM: RELAX- COORDINATION-ACTIVITY CLASS 12:00 PM: STAY HEALTHY IN THE HEAT
24 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 12:30 PM: MOVIE 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC	25 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: JUST MOVE IT! 1:00 PM: GAME DATE/BUNCO	26 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 9:30 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO	27 9:00 AM: CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: KEYSTONE 1:00 PM: MEMORIES 5:00 PM: DINNER W/ FRIENDS	28 9:45 AM: LINE DANCING 11:15 AM: RELAX- COORDINATION-ACTIVITY CLASS
31 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC 2:00 PM: ART SHOW				

LUNCH MENU



Mon	Tue	Wed	Thu	Fri
4 Sweet & Sour Chicken Asian Veggie Blend Buttered Brown Rice Clementine Sugar Cookie	5 Swiss Steak w/ Tomato Gravy Mashed Potatoes Peas Jello	6 Italian Chicken Capri Veggie Blend Buttered Penne Orange Fig Newton	7 Breaded Pollock w/Cheese Sandwich Roll Tartar Sauce Lemon Pepper Potatoes Diced Peaches	8 BBQ Chicken Salad Roll Fresh Melon
11 Meatloaf w/Gravy Mashed Potatoes Corn Oatmeal Cookies	12 <i>Slappy Birthday</i> Stuffed Chicken Breast Diced Potatoes Peas & Pearl Onions Roll Clementine	13 Cheeseburger Cole Slaw Baked Beans Mixed Fruit	14 Baked Ham Sweet Potatoes Mixed Veggies Cantaloupe Vanilla Pudding	15 Fajita Chicken w/peppers/onions/salsa Chuckwagon Corn Buttered Brown Rice Mandarin Orange
18 Chicken w/Creamy Mushroom Gravy Peas & Pearl Onions Mashed Potatoes Applesauce	19 Pasta w/Meat Sauce Salad Roll Orange	20 California Turkey Burger w/Swiss & Avocado Broccoli w/Ranch Zucchini & Parm Soup Apple	21 Stuffed Pepper Carrot Coins Mashed Potatoes Vanilla Greek Yogurt	22 Turkey & Gouda Sandwich Cucumber Slices Mixed Fruit Cookie
25 Lemon Butter Chicken Rosemary Roasted Potatoes California Blend Jello	26 BBQ Pork Riblet Sandwich Sweet Potatoes Baked Beans Cantaloupe	27 French Onion Beef Patty w/Onion Gravy Mashed Potatoes Peas & Carrots Roll Chocolate Pudding	28 Chicken Tenders BBQ Sauce Sweet Potatoes Green Beans Orange	29 Baked Ziti & Cheese Salad Buttered Italian Veggies Roll Diced Pears
MEALS MUST BE ORDERED BY 12 NOON TWO (2) DAYS BEFORE CALL 412-828-1062 Cost \$2 Lunch at noon except Wednesdays at 11:30 AM				
HELLO AUGUST				
Sweet & Sour Chicken Asian Veggie Blend Buttered Brown Rice Clementine Sugar Cookie				

CENTER ACTIVITIES



MEMORIES ARE MADE OF THIS

Thursday August 27 at 1 PM - RSVP by Aug. 24

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.

**RCAC
Art Show
Mon. Aug. 31 at 2 PM**

Please join our talented RCAC Artists for an exhibit of art they created over the summer. Bring a friend, enjoy some refreshments and chat with the artists who have brought a creative spark to the Center.



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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.

Just Move It!

NEW! A great program to get started in your fitness journey. Enjoy walking, stretching, and balance in the A/C.

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.

Relaxation-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	9:45 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 August 14 Exercise & Dance w/Director \$0
1:30 PM SS Seated \$3 (except 8/17)	NEW 11:00 AM Just Move It! \$3	11:30 AM Cardio & Strength \$3		11:15 AM Aug 7, 21 & 28 Relax/Coordination/Dance \$3

CENTER TRIPS



Thursday August 6
Bus leaves RCAC at 10 AM
Return Pick up at 2 PM
Must have OPT/Access



AGATHA CHRISTIE
THE MURDER OF ROGER
ACKROYD

August 29 at 1 PM
Kinetic Theatre, 25 W. Main St., Carnegie
Cost \$35

RSVP & Payment due by August 6
Must have OPT/Access

Bus leaves RCAC at 11:45 AM - Pickup at 3:30 PM

Celebrating the Centenary of the greatest whodunnit ever written! In this thrilling adaptation of Agatha Christie's novel, the tiny village of King's A"bbot is rocked by scandal when the wealthiest man in town is found dead shortly after the apparent suicide of his fiancée.



Friday August 14 at Noon
RSVP by Aug. 7
Call Access on Thurs. to reserve your Twin -Boro Van
Return at 1:30 PM



4578 Gibsonia Road
Gibsonia, PA
Thurs. Aug. 27 at 5 PM
RSVP by Aug 20
OPT/Access bus available.
Bus leaves RCAC at 4:15 PM
returns at 7:00 PM



Rivers Casino Trip
Monday, August 17
RSVP by Mon. Aug. 10
OPT/Access bus available.
Bus leaves RCAC at 11 AM and picks up at Rivers at 2:30 PM.

Allegheny County Observatory
Friday September 11
from 8 PM to 10 PM
No Charge but limited tickets available



Enjoy astronomy, history, art and architecture with a docent-led tour of the building. Star gazing included weather permitting. This historic building is not handicapped accessible.

RSVP ASAP
Bus leaves RCAC at 7:15 PM
- Return pickup at 10 PM

Must have OPT/ACCESS

Walmart
Shopping Trip
Mon. August 10
11 AM to 2 PM

Call 1-888-634-8773 to schedule your Twin-Boro Van Service on Friday, August 7

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

LuAnne Nelson
Center Specialist &
Kitchen Manager

Deborah Peterson-Pryor
Center Assistant

NEW INSTRUCTOR

We want to welcome Natalia to our instructor team? Natalia is an ACE (American Council on Exercise) certified group fitness instructor who brings energy, encouragement and a passion for helping every participant feel stronger. Members who are taking Natalia's classes are impressed by her dedication and up-lifting coaching style. Her goal is to assist members of varying ages and fitness levels build confidence, progress safely and reach meaningful goals.

Her Current Schedule:

Monday - 9 am - Cardio & Strength

Wednesday - 11:30 am Cardio & Strength

Friday (Most) - 11:15 am

Relaxation/Coordination/Dance

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Friday: 8:30 AM - 1:30 PM

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after 9 AM**

AUGUST 2026

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to receive this
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contact us.**



Thursday September 17 at 12:35 PM

Pittsburgh vs. Milwaukee Brewers

Tickets \$35 - includes \$5 Food Voucher

RSVP and payment due August 13

Bus leaves RCAC at 11 AM - Pick up at 3:30 PM

Must have OPT/Access



RELAX & REJUVENATE
Sound Bath

August 11 at 1PM

**Join Melissa Carey, BS in Music Therapy for a gentle
experience of music and vibration. Crystal bowls,
chimes and soft rhythmic tones weave a calming
soundscape that melts stress and leaves you
feeling refreshed and uplifted. Get comfortable
and let the soothing harmonies do the rest.**

Cost \$10

RSVP & Payment due by August 5.

