

THE GOLDEN EAGLE

November 2010
VOLUME 33, NO. 11



CENTER EVENTS AND ANNOUNCEMENTS

Our meals on wheels program is in need of **volunteers** for delivering meals to the Oakmont/Verona and the Cheswick/Springdale areas. We are in **serious need of volunteers** to deliver! If you can **help, please** call Lynn or Susan at the center. 412-828-1062

RCAC will be closed on Thursday Nov 25th & Friday Nov 26th for the Thanksgiving Holiday. No home delivered meals or congregate meals will be served. Have a nice holiday weekend and we will see you on Monday!

The next sing along at RCAC will be held on **Tuesday Nov 9th**. All are welcome to attend. The singing begins at 1pm.

Angel Food Ministries: All orders **must be in to the center by Friday Nov 5th** and **pick up** will be at RCAC on **Saturday Nov 20th** from 10:30am until 11:30am. Please call Susan at the center for more details or you can visit their website to place your order. www.angelfoodministries.com.

The next RCAC **senior advisory** meeting will be held on **Tuesday Nov 16th** at 11am in the dining room. All are welcome to attend.

This month's '**staff hosted bingo**', will be on **Wednesday Nov 17th** with a **Thanksgiving theme**. If you can, please bring a refreshment to share. Let's have a 'feast' and have a great day of bingo. If possible please sign up in advance if you are planning to attend. Thank you!

The Book Club selection for November is **The Help** by Kathryn Stockett. It is a story about the journey of some women that were black domestic servants working in white southern households in the early 1960's. Stop by the center and pick up the book. The group will get together to discuss the book on **Tuesday Nov 30th at 9:30** at the center. Questions contact Susan at the center.

Join us on **Thursday Nov 18th** for our special Thanksgiving **Lunch**. The menu includes: Turkey breast with gravy, cider glazed yams, broccoli florets & baby carrots, stuffing, dinner roll, cranberry relish, and pumpkin pie with whipped cream. If you would like to join us please make your reservations by Nov 12th. Call ASAP!

A representative from Golden Living in Oakmont will be here to present a '**Fall Prevention**' program on **Wednesday Nov 3rd** at 10am. Come and hear tips that will help to keep you safe this winter and that can help prevent dangerous falls. All are welcome. Please call the center to register.

'**55 Alive Classes**' are being offered again at RCAC: **Monday Nov 8th** and **Friday Nov 12th** from noon-4pm, AARP will host the 8 hour course (4 hours each day). The cost for AARP members is \$12, and non-members the cost is \$14. The refresher course is 4 hours and will be held on **Monday Nov 15th from 12-4**. (To be eligible for the refresher course you must have had the class within the past 3 years.) You must register in advance by calling RCAC. 412-828-1062

On **Tuesday Nov 30th** from 12:30-3pm a speaker from Allegheny County Dept of Human Services and Aging will be here to do a presentation on 'Healthy Eating Thru the Holidays' & 'My Pyramid for Older Adults'. Sign up for lunch and then join us for the presentation. Please sign up in advance.

Care Managers from Ursuline Senior Services will be here on Wednesday Nov 17th from 10am to noon to meet with individuals by appointment. The Care Managers will be able to talk to you about services available to you through the department of aging, general resources and you can discuss any other concerns that you may have. Please call the center to schedule and appointment. 412-828-1062

Mental Aerobics classes are back at RCAC! Don't let the cold weather keep you from learning new and exciting activities geared to 'warm up' your brain this winter. Resist the urge to hibernate and come to learn, socialize and have fun! Then go home to the comfort and warmth of your home armed with take-home activities. Jeanette will host the 3 part series of Winter Warm Up-Mental Aerobics on **Friday Nov 19th from 11:30-2pm**. You must sign up in advance because we are offering this as a luncheon series, so you can enjoy your lunch with the program. The cost of the class is \$5/pp. We have also scheduled a class for December and January. Call Lynn for info.

RCAC FOOD BANK

With the thanksgiving holiday quickly approaching the food bank usually sees a few more families than usual. If possible this month we would like to ask for the following donations: **cranberry sauce, stuffing, canned white potatoes and toilet paper**. Thank you in advance for your generosity.

UPCOMING TRIPS

FYI Reminder: There are **no refunds** on trips unless a replacement is found, (or insurance is taken). We have to be strict about this. We thank everyone for their cooperation and understanding.

The '**Monthly Dinner Trip**' will be held on **Monday Nov 22nd** and this time we are heading to the Longhorn Steakhouse at the Pittsburgh Mills. The trip is limited to 10 people. Please sign up at the center, the seats go quick!

OPT Local **Shopping Trips** – A trip to Wal-Mart is scheduled for **Friday Nov 12th**, and a trip to **Miracle Mile Shopping Center in Monroeville** is scheduled for **Monday Nov 15th**. Departure from RCAC is 10am, and the return trip is at 2pm. Please call the center to make a reservation.

OPT Trip – Get your Christmas shopping started early with a trip to **Macy's downtown** on Monday Dec 6th. The bus will leave RCAC at 10am and will pick up at the department store at 2pm. We need at least 4 people for this trip to go. Call the center to register. 412-828-1062

This month's gambling trip will be a little different this month. For November's trip we are heading to Wheeling Casino followed by a trip to Oglebay Festival of Lights. The trip is scheduled for **Friday Nov 19th**. The bus will leave RCAC at 10:30am. It will then leave the casino at 6pm and head to Oglebay before returning to the center around 9pm. The cost of the trip is \$25/pp and the bonus at Wheeling is \$20 in coin and \$5 in food. Now you can't beat that deal! **Payment must be made when making your reservation** and the trip is limited to 50. Please sign up at the center.

We are now taking reservations for the November '**Cine Brunch**'. The November movie is **The Wizard of Oz (1939)**. The cost is \$12.00. The date is Saturday **Nov 13th**. The tickets are limited. The brunch starts at 10am and the film is at 11am. The RCAC bus will provide transportation. Please sign up at the center if you are interested. FYI we will do this every month as long as there is interest. The December movie is **White Christmas (1954)** on Saturday Dec 11th. Please sign up at the center.

CRAFT CLASSES

UFO Classes – this month's unfinished objects classes are scheduled for: **Thursday Nov 11th** and **Tuesday Nov 16th** at 1pm.

Lynn has planned another '**sewing retreat**' for **Saturday Nov 13th** from 9am-3pm. We will be making a **reversible table runner** for the holidays. The supply list is at the front desk, please stop by and pick up the list. You must bring all supplies to the class. Class size is limited so please sign up soon. Also, **lunch will be provided** so please sign up in advance so we can order you a lunch.

Christmas craft – Join us to make a 10” ‘beanbag snowman’ on **Friday Dec 3rd** from 11am-3pm. Sewing machines will be used. All materials will be provided and the cost of the class is \$5/pp. The class is limited to 6, if needed a second class will be added on Friday Dec 10th.

UPCOMING FUNDRAISERS

First we would like to say **thank you** to everyone that attend the Fashion Show/Auction Dinner at the Oakmont Country Club last month. It was a huge success and a wonderful time was had by all.

It is that time of year again when RCAC will be sending out our **annual mail appeal letter**. We are asking everyone to please watch for it in their mail in the next coming weeks. We know times are tough and money can be tight, but please try to think of all the good RCAC does for the senior community and more. Without the **strong support of our community** and our generous friends, RCAC would not be able to provide the wonderful services that help people every day; services such as, a food bank, meals on wheels, congregate meals, trips, help during Christmas and many **senior activities**. We thank you in advance for your deep hearted generosity.

RCAC is selling **raffle tickets** for a chance to win a \$500 gift card to **Giant Eagle**. The drawing is based on the PA lottery evening daily number on Nov 23rd. Tickets are \$3 each and each ticket has 2 numbers. They may be purchased at the center or from any board member. All proceeds benefit RCAC programs.

We also have a beautiful handmade afghan that was donated anonymously to the center, being raffled at the center. Tickets are on sale at the center and tickets are \$1.00 for 3. The drawing will be held on **Tuesday Nov 23rd**.

‘**Light Up Night**’ in **Oakmont** is upon us once again. This year it will be held on Saturday Nov 20th. After the parade stop up and see all the wonderful booths and entertainment. RCAC will have a booth across from the Hallmark store, stop by and purchase some of our homemade cookies and candies. It is time to get out your aprons and

Oven-mitts because **we are looking for donations for our cookie/candy booth**. If you would like to donate something for our booth please give us a call, we are accepting all donations on Friday the 19th. The more we get the better. Help do your part in helping RCAC. All proceeds benefit RCAC.

NEW AROUND TOWN

Again this year, Burket-Truby Funeral Home will host a Veteran’s Day Service. It is scheduled for Saturday Nov 6th at 8:30am. If there is enough interest, the RCAC bus will provide transportation. You must call the center by Thursday Nov 4th if you need a ride. 412-828-1062.

New at RCAC: A Bereavement & Loss Support Group sponsored by St John the Evangelist Anglican Church. The group meets Sundays from 6:30pm-8:30pm at RCAC. All are welcome.

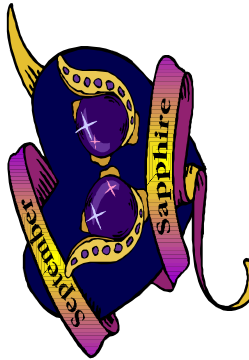

SHORT NOTES, FYI.....

The line dancing class that meets on Fridays is looking for more dancers. If you are interested please call the center on Tuesdays between 9am-noon and speak with Bea. 412-828-1062. The class meets every Friday from 10am-11am.

Celeste Burg is hosting Zumba classes at RCAC every Thursday from 5:30-6:30 and the cost is \$25/month. Please call Lynn at the center for more information.



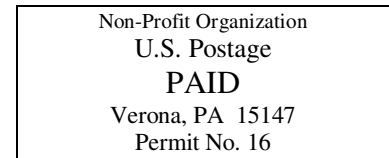
Thanksgiving

		<p>Sept 1 Beef stew w/potatoes, carrots, turnips & onions Spinach salad Dinner rolls Molasses cookies Milk</p> <p>Sept 8 Roast beef w/gravy Whipped potatoes Glazed fall veggies Multi grain bread Fruit cocktail Milk</p> <p>Sept 15 Baked chicken breast Broccoli florets Baked yam Dinner rolls Apple Milk</p> <p>Sept 22 Smothered Swiss steak Whipped potatoes Mixed vegetables Rye bread Molasses cookie Milk</p> <p>Sept 29 Chili Spinach salad Brown rice Honey wheat bread Apple Milk</p>	<p>Sept 2 Turkey & Cheese sandwich w/lettuce Cucumber & onion salad Macaroni salad Multi grain bread Apple Milk</p> <p>Sept 9 Baked chicken leg & thigh Hot leaf spinach Scalloped potatoes French bread Fudge cake w/frosting Milk</p> <p>Sept 16 French market meatloaf Garlic whipped potatoes Carrot coins 9 grain bread Pears Milk</p> <p>Sept 23 Birthday Menu Lemon pepper baked cod Parsley roasted potatoes Broccoli florets 9 grain bread Spice cake w/frosting Milk</p> <p>Sept 30 Turkey breast w/gravy Whipped potatoes Carrot coins & broccoli French bread Brownie milk</p>	<p>Sept 3 Stuffed cabbage Whipped potatoes Mixed vegetables Whole wheat bread Grapes Milk</p> <p>Sept 10 Porcupine meatballs Tossed salad Broccoli florets Whole wheat bread Vanilla pudding Milk</p> <p>Sept 17 Tuna salad Healthy bean salad Macaroni salad Whole wheat bun Grapes Milk</p> <p>Sept 24 Fettuccine in meat sauce Tossed salad Italian bread Apple milk</p>
<p>Sept 6 <u>Labor Day</u> <u>Center Closed</u></p>	<p>Sept 7 Baked cod w/tomato salsa Parsley potatoes Baby carrots Honey wheat bread Orange Milk</p> <p>Sept 14 Ricotta cheese stuffed shells w/meat sauce Mixed green salad Italian bread Honeydew cubes Milk</p> <p>Sept 21 Crispy chicken breast Brussels sprouts Brown rice Honey wheat bread Apricots Milk</p> <p>Sept 28 Roast beef w/gravy Au gratin potatoes Baby peas 9 grain bread Grapes Milk</p>	<p>Sept 1 Beef stew w/potatoes, carrots, turnips & onions Spinach salad Dinner rolls Molasses cookies Milk</p> <p>Sept 8 Roast beef w/gravy Whipped potatoes Glazed fall veggies Multi grain bread Fruit cocktail Milk</p> <p>Sept 15 Baked chicken breast Broccoli florets Baked yam Dinner rolls Apple Milk</p> <p>Sept 22 Smothered Swiss steak Whipped potatoes Mixed vegetables Rye bread Molasses cookie Milk</p> <p>Sept 29 Chili Spinach salad Brown rice Honey wheat bread Apple Milk</p>	<p>Sept 2 Turkey & Cheese sandwich w/lettuce Cucumber & onion salad Macaroni salad Multi grain bread Apple Milk</p> <p>Sept 9 Baked chicken leg & thigh Hot leaf spinach Scalloped potatoes French bread Fudge cake w/frosting Milk</p> <p>Sept 16 French market meatloaf Garlic whipped potatoes Carrot coins 9 grain bread Pears Milk</p> <p>Sept 23 Birthday Menu Lemon pepper baked cod Parsley roasted potatoes Broccoli florets 9 grain bread Spice cake w/frosting Milk</p> <p>Sept 30 Turkey breast w/gravy Whipped potatoes Carrot coins & broccoli French bread Brownie milk</p>	<p>Sept 3 Stuffed cabbage Whipped potatoes Mixed vegetables Whole wheat bread Grapes Milk</p> <p>Sept 10 Porcupine meatballs Tossed salad Broccoli florets Whole wheat bread Vanilla pudding Milk</p> <p>Sept 17 Tuna salad Healthy bean salad Macaroni salad Whole wheat bun Grapes Milk</p> <p>Sept 24 Fettuccine in meat sauce Tossed salad Italian bread Apple milk</p>
<p>MEALS ARE PROVIDED BY THE ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES/AREA AGENCY ON AGING AND ARE SERVED MONDAY THROUGH FRIDAY AT NOON IN OUR DINING ROOM BY RESERVATION. PLEASE CALL US AT 412-828-1062 BEFORE 12:30 AND AT LEAST ONE DAY IN ADVANCE TO ORDER A MEAL. YOU CAN REQUEST WHOLE, 2%, SKIM, CHOCOLATE (1%), OR BUTTERMILK WHEN MAKING RESERVATIONS.</p>				



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HOURS OF OPERATION: 8:00 – 4:00
MONDAY THROUGH FRIDAY
November 2010

November



Return Service Requested

NEW TRIPS FOR 2011 HAVE BEEN SCHEDULED

The following are some of the upcoming trips for 2011. All trips require a \$100 deposit when making your reservation and payments will be accepted after that. Travel insurance is available through the travel companies for those that may need it because once a trip is booked they are non-refundable. Also, all trips include taxes and gratuities. For questions or further details please call the center at 412-828-1062. The trips are as follows:

Las Vegas, NV March 8-12, 2011 \$645/pp \$795/single

5days/4nights includes: transportation to airport, airfare from Pittsburgh Int'l Airport, a transfer in Phoenix, staying at the Flamingo on the strip, includes all taxes, handling and fees. (\$100 deposits needed by Nov 15th)

Biloxi, MS & the Gulf Coast June 5-10, 2011 \$525/pp \$725/single

Overnight lodging to and from Biloxi, 3 nights lodging at a casino resort hotel, 5 breakfast, 3 full course dinners, including dinner at the New Orleans School of Cooking, Guided tour of New Orleans, including the French Quarter, Jax Brewery, & the Riverwalk, tours of Biloxi & Gulfport, and casino gambling in Biloxi.

Carnival Cruise – New England & Canada Fall Foliage Sept 10-17, 2011 start at \$740/pp

Includes transportation to Manhattan Pier and stops in Boston, MA, Portland, ME, St. John, New Brunswick and Halifax, Nova Scotia, and includes all meals. For an interior room \$740/pp, an ocean view room \$920/pp, and a balcony room \$1130/pp.

*please check in at the center for trip additions and updates, additional trips inside newsletter too.