

# THE GOLDEN EAGLE

April 2010  
VOLUME 33, NO. 4



## CENTER EVENTS AND ANNOUNCEMENTS

Our card groups are looking for players!! If you play **pinocle**, join us on **Tuesdays** at 12:30 and if you like **'500'**, they are in need of players on **Thursdays** at 12:30. Come for lunch and then stay for cards and enjoy some great company.

We want to thank everyone that participated in the **Coffee Exchange** last month. The coffee exchange **will be an on-going thing**. Every time you donate a can of coffee you will be able to choose an 'egg'....see what treasure will be inside. It is our fun way of saying thank you. We hope this program **will help save us over \$1000 a year!** If you have any questions please call the center.

An FYI reminder – An attorney from **Neighborhood Legal Services** visits RCAC on the 3<sup>rd</sup> Wednesday of each month. Please call ahead because **you must** have an appointment. Please call the center to make an appointment. 412-828-1062

In observance of **Good Friday, April 2<sup>nd</sup>**, the center will **close at 1pm**. Congregate meals and Home Delivered meals will be served.

**RCAC has joined up with Angel Food Ministries**, a fabulous organization that allows individuals the opportunity to purchase food at a much lower price. 'If you eat, you qualify'. For those that are interested in placing an **order**, they **must be in to the center by April 9<sup>th</sup>** and **pick up** will be at RCAC on **Saturday April 17<sup>th</sup>** from 11 until 12:30pm Please call Susan at the center for

more details or you can visit their website at [www.angelfoodministries.com](http://www.angelfoodministries.com).

Join us for a CCAC **'Lunch & Learn'** on **Tuesday Apr 13<sup>th</sup>** at 11:30am. Enjoy a lunch of BBQ ribs and more while listening to some wonderful guitar music. There is no charge for this program, but you must register by Friday Apr 9<sup>th</sup>.

Spring Has Sprung! No better time to get in shape for the summer! We invite you to our **Fitness Open House** on Tuesday **Apr 13<sup>th</sup>** at 10am. You will learn about the classes we offer on Tuesdays and Thursdays. – 8:45-9:45am – aerobics & strength training using hand weights – 10-11am – seated aerobics and strength training with hand weights. **Come and give it a try....**the only thing you have to loss is weight!

The volunteers from **VITA** will continue to be at RCAC **until April 15<sup>th</sup>!!** They will be here to help with simple tax returns and rent/property rebates. They will be here **Monday-Thursday from 9am-1pm**. Remember this is for simple returns only. Be considerate of those waiting. It is first come, first serve.

After Apr 16<sup>th</sup> we will start accepting items for the **next RCAC flea market and bake sale**. It will be held at the center on **Friday Jun 4<sup>th</sup> from 10am-4pm** and **Saturday Jun 5<sup>th</sup> from 9am-4pm**. We accept most 'gently used' items and new items, but please no clothing. Please call the center if you have any questions. 412-828-1062.

**Attention all Volunteers:** April is National Volunteer Appreciation Month! RCAC will be hosting a **volunteer appreciation** lunch on **Friday Apr 23<sup>rd</sup>** at the center. Anyone that has generously of their time to RCAC is invited. We will also be sending out invitation letters. Reservations must be made by April 13<sup>th</sup>. Please call Lynn at the center to make a reservation or for details. 412-828-1062

Several people have expressed an interest in forming a book club. We are able to get books through the Allegheny County Library Association. The book for April is **A Walk in the Woods**, and we will have 12 copies. Susie will be 'hosting' the club and will have the books at the center on **Tuesday Apr 13<sup>th</sup>**. Please sign up by Apr 9<sup>th</sup> and then you can pick up your book any time on or after the 13<sup>th</sup>. The book club will then meet with Susie on **Friday Apr 30<sup>th</sup>** at 10am to discuss the book. Call the center to sign up. 412-828-1062

The next **senior advisory** meeting for RCAC will be held on **Tuesday April 20<sup>th</sup>** at 11am in the RCAC dining room. All are welcome to attend.

'55 Alive' **Driving classes** are back. The schedule is as follows: **Tuesday April 27<sup>th</sup> and Thursday April 29<sup>th</sup>**, from noon-4pm. A refresher course will be held on **Monday April 26<sup>th</sup>**, from 8:30-12:30 for those who have had the class within the past 3 years. The cost is \$12 for AARP members and \$14 for non-members. Please call the center to register.

We are still in need of 5 ladies to volunteer for this spring's 'Fun Fashion Show'. It will be on **Thursday May 13<sup>th</sup>** at 1pm at RCAC. In order to make it happen we need your help. **Please sign up** at the center or speak with Bea Oliver on Tuesday mornings or Lynn for details.

### **UPCOMING TRIPS**

OPT Shopping Trips – A trip to **The Pittsburgh Mills** is scheduled for **Monday Apr 12<sup>th</sup>**, and a trip to **Waterworks Mall** is scheduled for **Thursday Apr 22<sup>nd</sup>**. Departure from RCAC is 10am, and the return trip is at 2pm. Please call the center to make a reservation. We must have at least 4 riders for the trip to go. 412-828-1062.

OPT Trip – To the **Spring Flower Show at Phipps, Friday Apr 9<sup>th</sup>**. The bus will leave RCAC at 12:30

and leave Phipps at 3:30pm. You can make reservations to eat lunch at the center before you go by calling the day before. Please call to sign up.

OPT Trip – To the **Three Rivers Quilt Show on Thursday Apr 15<sup>th</sup>**. The bus will leave RCAC at 10am and leave the show at 2pm. Admission is \$7/pp and there is food available at the show. Please call the center to sign up.

OPT Trip – A trip to **The Pittsburgh Zoo & PPG Aquarium** is planned for **Friday Apr 16<sup>th</sup>**. The bus will leave RCAC at 9am and it will leave the zoo at 3pm. Admission to the zoo is \$6/pp. Please call the center to sign up. 412-828-1062

This month's dinner trip is scheduled for **Tuesday Apr 20<sup>th</sup> to Ladles** Restaurant in Springdale for their 'pasta night'. Transportation will be provided by the RCAC bus, the cost is \$2.00. The bus leaves at 3:45pm. Seating is limited to 10.

This month's gambling trip will be to **The Meadows on Thursday April 29<sup>th</sup>**. The cost is \$24/pp. The bus leaves RCAC at 9am and leaves the Meadows at 6:30pm. You must pay by check when signing up in case you need to cancel. The perks are \$25 in coin or \$20 in coin and \$5 for buffet. Please stop in to sign up by Apr 22<sup>nd</sup>.

'**Celebration in the Park**' sponsored by Allegheny County Area Agency on Aging is going to be on **Wednesday May 5<sup>th</sup>** from 10am-2pm. Like last year, the celebration is free to all seniors in the county. There is a signup sheet at RCAC. You must sign up by Apr 23<sup>rd</sup>. Transportation is free & will be provided by ACCESS. Lunch will be provided. Please call the center for more details.

### **CRAFT CLASSES**

**Our 'Sit and Knit' group** continues to meet every Wednesday morning. The ladies are making lap afghan's for the veterans. If you have any full skeins of yarn that you would like to donate please let us know. All are welcome.

**UFO Classes** – this month's unfinished objects classes are: **Friday Apr 9<sup>th</sup> and Monday Apr 19<sup>th</sup>** at 1pm. We have sewing machines on site if you need one for your project.

**'Block(s) of the Month'** quilt class will be **Tuesday Apr 20<sup>th</sup>** at 1pm. A sample block will be on display at the center. Bring 3-4 fabrics (at least ¼ yard of each), along with thread and basic sewing supplies. Call the center to register. Limit 6 people.

Moon Rise Beads in Oakmont will have a **'Basic Beading Class'** for RCAC on **Thursday Apr 22<sup>nd</sup>** at their shop on Allegheny River Blvd. The cost of the class is \$15 + your supplies. You may bring ONE piece of 'old' jewelry and purchase beads/supplies to make something new. Call the center to make a reservation. The RCAC bus will also be able to provide transportation.

**Mystery Craft class is back!** The class will be held on **Thursday April 29<sup>th</sup>** at 1pm. Sewing machines will be used and the class is limited to 6 people. Supplies needed are: 3 fat quarters (a fat quarter measures 18"x 22"), 3 yards of ¼"-1/8" ribbon or cording, and a 18"x 22" piece of light colored flannel or very thin batting and thread. If you have any questions please call Lynn at the center. 412-828-1062.

### **RCAC FOOD BANK**

A big thank you to everyone that has donated in the past month, it has been great. **This month's items are: canned meat and boxed rice and potatoes.**

### **MANY THANKS**

RCAC is very lucky to have such wonderful support from our seniors, local business and the community as a whole. At this time we would like to thank everyone that helped make our **Second Annual Dinner Dance a huge success.** The following made donations: the RCAC board of directors and RCAC staff, Burket-Truby Funeral Home, Attorney Bob Cooper, Domer Chiropractic, Mollie's Lollies, English Funeral Home, Home Instead Senior Care, Veltre's/Just My Cup of Tea, Kerr Museum, Mae's Hallmark, Military Connections, Moon Rise Bead Co., Oakmont Deli, Gary Rodgers, Service Point for Seniors, Sparkle Cleaners, State Farm, Tomanetti's Pizza, Trib Total Media, 2010 U.S. Women's Open, Fedarko's, Verona Eagles Ladies Auxiliary, and those we may not have mentioned. We **thank Nick Futule's and the Harmar House** for helping to make our jobs easier by providing a beautiful set up and fantastic food. A GIANT thank you goes out to

**The Pittsburgh Doo Wop Big Band;** their entertainment made the night perfect and helped us to raise a lot of money!! Again thank you to everyone, we could not have done it without you!!

We would like to send out a great big thank you to the Verona Fall Festival Committee, once again they made us the recipients of some of their festival proceeds. This year they made a \$500 donation to be used for gas for the RCAC van! This is one of our largest expenses and we are so thankful for the help. Thanks again.

I also want to thank all the seniors from the center that help fold the Oakmont Chamber newsletter every month! The Oakmont Chamber thanks you, I thank you and the community thanks you!

-Vanessa

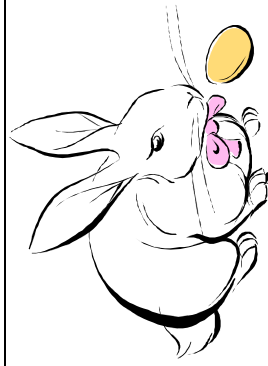
### **MAIL APPEAL DONORS**

RCAC received many wonderful donations this year for the annual appeal – **totaling over \$13,000!** Thank you, Thank you, and Thank you!! The following individuals that made straight donations are continued from last month:

Stephen Barker	M/M William Craig
Jane Duch	M/M Dom Viale
Carolyn Davis	Robert Stuchell
Eileen Tuccillo	Lia DiPietro
Susan Murphy	Tom Dinnin Jr.
Janet Parkins	M/M Stan Kushner
George Wood	M/M Bob Steinmeyer
Louise Sayre	Fred Sasinowski
M/M Alfred LoAlbo	Connie Cassano
M/M Sam Amodeo	Patrick McDermott
M/M Richard Dominiak	

### **ALSO AT RCAC**

**Zumba Fitness** – At RCAC, every Thursday from 5:30-6:30pm. 4 weeks sessions are \$20 and walk-ins are \$7. Come join the party and dance your way to a fitter and healthier you. Zumba is an exciting and unique way of exercising with Latin music, moves and rhythms. Zumba is for all ages. Wear comfortable shoes and bring water. For more information call Celeste at 412-638-4360.



Apr 5 Boneless pork loin w/gravy Vegetable medley Basil & bowties Rye bread Plums Milk	Apr 6 Stuffed pepper Whipped potatoes Italian green beans 9 grain bread Pineapple chunks Milk	Apr 7 Chef's salad w/chicken stripes, cheddar cheese, mixed green, & tomatoes Whole wheat bread Orange Milk	Apr 8 Birthday Lunch Salisbury steak w/gravy Oven browned potatoes Mixed veggies Honey wheat bread Chocolate chip cake Milk	Apr 9 Spaghetti & meat sauce Tossed salad Italian bread Cantaloupe cubes Milk	Apr 1 Sliced turkey w/gravy Whipped potatoes Beets w/chives Multi-grain bread Cherry gelatin w/pears Milk	Apr 2 Tuna salad Italian rice salad Small bag of carrots Honey wheat bread Macintosh apple Milk
Apr 12 Herb baked chicken breast Broccoli florets 9 grain bread Orzo in broth Fruit salad ambrosia Milk	Apr 13 BBQ country ribs Whipped potatoes Green beans w/red peppers Honey wheat bread Sliced peaches Milk	Apr 14 Baked cod w/lemon Scalloped potatoes Peas & carrots Whole wheat bread Brownie Milk	Apr 15 Roast beef w/gravy Tossed salad Brown rice pilaf Semi hard roll Apple Milk	Apr 16 Sliced turkey w/gravy Leaf spinach Baked yam Dinner rolls Chocolate chip cookies Milk	Apr 15 Roast beef w/gravy Tossed salad Brown rice pilaf Semi hard roll Apple Milk	Apr 16 Sliced turkey w/gravy Leaf spinach Baked yam Dinner rolls Chocolate chip cookies Milk
Apr 19 BBQ pork in sauce Roasted potato wedges Broccoli florets Wheat Kaiser roll Orange Milk	Apr 20 Honey turkey salad Potato salad Sweet & sour cucumbers Dinner rolls Biscotti Milk	Apr 21 Springs in pasta sauce Meatballs Tossed salad Italian bread Apple Milk	Apr 22 Roasted chicken breast Green beans w/tomatoes Brown rice pilaf Whole wheat bread Banana Milk	Apr 23 Classic meatloaf w/gravy Whipped potatoes Baby peas & carrot coins Multi-grain bread Tapioca pudding Milk	Apr 22 Roasted chicken breast Green beans w/tomatoes Brown rice pilaf Whole wheat bread Banana Milk	Apr 23 Classic meatloaf w/gravy Whipped potatoes Baby peas & carrot coins Multi-grain bread Tapioca pudding Milk
Apr 26 Smothered Swiss steak Brussels sprouts Kaluski noodles French bread Pineapple cuts Milk	Apr 27 Baked chicken leg & thigh Spinach salad Yams Whole wheat bread Mixed fruit Milk	Apr 28 Stuffed peppers Whipped potatoes Carrot coins Rye bread Molasses cookie Milk	Apr 29 Turkey burger Herbed potato wedges White corn & red peppers Wheat bun Peach slices Milk	Apr 30 BBQ country ribs Potatoes w/scallions Broccoli florets Honey wheat bread Oatmeal raisin cookies milk	Apr 29 Turkey burger Herbed potato wedges White corn & red peppers Wheat bun Peach slices Milk	Apr 30 BBQ country ribs Potatoes w/scallions Broccoli florets Honey wheat bread Oatmeal raisin cookies milk

**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.**

RIVERVIEW COMMUNITY ACTION CORPORATION  
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 Website [www.rcacorp.org](http://www.rcacorp.org)  
 HOURS OF OPERATION: 8:00 – 4:00  
 MONDAY THROUGH FRIDAY  
**April 2010**

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**RCAC UPCOMING SCHEDULED ACTIVITIES**

The following is a daily schedule of activities at RCAC. Additional activities are listed in the newsletter. We will continue to keep everyone updated on schedule changes and updates. The following is a brief schedule. Call Lynn @ 412-828-1062 with any questions or suggestions. **\*VITA—volunteer income tax assistance – last day Thursday April 15th**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VITA 9-1pm Poker 12:30-3pm  Wii games 1pm	VITA 9-1pm  Fitness 8:45-9:45 Sit & Fit 10:00-11:00  Crafts 9:30-11:30am Pinochle 12:30-3pm	VITA 9-1pm  Wii games 10am  Bingo 12:45pm  Poker 12:30-3pm	VITA 9-1pm  Fitness 8:45-9:45 Sit & Fit 10:00 -11:00 BP screenings 9:30-11:30  500 cards 12:30-3pm	Line Dancing 10am  Art class 9:30am  Poker 12:30-3pm

- \*Lunch is served daily at noon; a reservation must be made for lunch 1 day in advance by calling the center.
- \*Please check the newsletter for the special events that are scheduled throughout the month.
- \*Anyone interested in starting an activity at RCAC, we would love to hear from you.