

THE GOLDEN EAGLE

March 2009
VOLUME 32, NO. 3



UPCOMING TRIPS

OPT Shopping Trip – 2 Trips – **Wal-Mart on Friday March 13th**. **The Waterworks Shopping Center on Monday March 23rd**. Departure from RCAC is 10am, and the return trip is at 2pm. Please call the center to make a reservation for either or both of these trips. 412-828-1062. It only takes 3 people for an OPT trip.

A dinner trip is planned for **Wednesday March 18th to Charlie O's Restaurant** on Rte. 909. The RCAC van will be used for this trip, so the number is limited to 10. The van will leave the center at **3:45pm**. The charge for the trip is \$1.00. If you would like to register for this trip please call the center. 412-828-1062. If this dinner trip works out we will try one every month.

OPT Trip – to the '**Spring Flower Show**' at Phipps Conservatory on **Friday March 27th**. The OPT bus will leave RCAC at 10am & pick up from the show is 1pm. The cost is \$9/person. You must register at the center by March 24th. 412-828-1062.

Don't forget.....The bus is filling up fast for this trip **Wildwood, NJ – May 17-20, 2009, cost: \$300pp**. The 3 nights, 4 days trip includes: transportation, taxes, lodging, gratuities and luggage handling. 3 nights lodging in Wildwood, 3 breakfasts, 1 dinner in Wildwood, 1 dinner, entertainment & tour at the Renault Winery, a boat cruise around the area, a day trip to Atlantic City, a visit to Historic Smithville and Cape May and much, much more. A \$100 deposit is needed to keep your reservation. Contact RCAC at 412-828-1062.

CRAFTS, CRAFTS AND MORE CRAFTS

We have had such a great response to the different craft classes and activities. The following is a schedule of upcoming craft projects:

UFO Classes – this month's unfinished objects classes are scheduled for **Monday March 9th**, and **Thursday March 19th** from 1pm-3pm.

A spring '**Mystery Craft**' class will be held on **Friday March 20th**, from 1pm-3pm. You must register in advance and the cost is \$2/person.

A third '**quilted purse class**' has been requested. The class is two days: **Monday March 23rd & Monday March 30th from 1pm-3:30pm**. You must call the center to register and get your supply list. All supplies must be purchased in advance. Sewing machines will be used; so class size is limited to 5 people. 412-828-1062

One of the RCAC 'craft ladies' will be teaching a class on how to make the '**nylon net scrubbies**', that everyone loves. We can't keep them in stock on the craft table. You must know how to crochet and bring a size 'K' crochet hook. The netting will be provided. The class will be held on **Tuesday March 24th from 1pm-3:30pm**. Cost is \$1.00. Please register at the center.

STAY FIT, STAY HEALTHY

Don't forget RCAC offers fitness classes every Tuesday and Thursday. The 1 hour sessions start at 8:45am.

The **'Sit & Be Fit' fitness class** has changed times again. Due to the cancellation of the Tai Chi Chuan class we are moving 'sit & be fit' back to Wednesday's at 9:30. Come and join the class. Call the center for more info on either of these classes. 412-828-1062

CCAC is hosting a class at the center **starting Wednesday April 8th** from 10-11:30. The class is **Restoration & Relaxation**. This 5 week class helps to lower your stress level and increase your mental clarity with gentle relaxation techniques. The fee for the class is \$3.00. The class is limited so please the center to reserve a spot. 412-828-1062

QUICK NOTES AND CENTER EVENTS

For the gamblers out there...The monthly trip has been cancelled for March, we will resume again in April.

Due to the VITA volunteers being here to help with tax preparation we will have to adjust the **Wii game** times. The **Wii** will be available anytime that we do not have a crowd, due to the fact we had to move one of the VITA offices into that area. Please check at the center to see if it is available. There are no preparers here on Friday's so the game is available until noon. We are very sorry for the inconvenience and appreciate everyone's understanding.

We are in need of sewing machines that are in GOOD, WORKING, condition. If you have a machine that is less than 20 years old and is not being used, consider donating it to RCAC, we will put it to great use. Call Lynn at the center for more information 412-828-1062.

The **Tuesday Pinochle Group** is looking for more players. They start at 12:30 every Tuesday. Join us for lunch and then stay for cards.

March 12th, 10:30-11:30am -- Everyone has a story to tell! RCAC & VITAS will present the program **'Loving Life'**. Seniors are invited to share and remember their lives and write it down for future generations. What a great gift for your family. Refreshments will be served. Call RCAC by March 10th to register.

The **Friday afternoon Bridge** group is ready to start up again on **Friday March 13th**. Please arrive early because the game starts promptly at **12:30pm**.

The next **senior advisory** meeting will be held on **Tuesday March 17th at 11am** at RCAC. All are welcome to attend. Please come and share your ideas and suggestions.

Join us on **Tuesday March 17th for a great St. Patrick's Day Lunch**. The menu is as follows: Corned Beef & Cabbage, whipped horseradish potatoes, raisin bread, lime sherbet and milk.

CCAC is offering an **'Ask the Attorney'** class on **Tuesday March 31st** from 1pm-3pm. This course helps to address the question, "Is the family aware of my wishes?" It can help answer your questions on wills, living wills, advance directives, etc. Please call the center register. 412-828-1062

The **AARP '55 Alive' driving classes** will be held again at RCAC on April 20th & 22nd. More information will be available in the April newsletter or you can call the center for information.

SENIOR CELEBRATION IN THE PARK

Allegheny County is sponsoring **'Senior Celebration in the Park'**, on **Thursday May 21, 2009 at the South Park Fairgrounds from 10am-2pm**. This fantastic event will feature: live entertainment, physical activities, health screenings, games, and cooking demonstrations, county, state and local organizations will also be on hand to provide information. A free lunch will be provided as well as free transportation. A free ACCESS trip will be organized out of RCAC, if you are interested in attending please call the center.

The RCAC as well as many other county senior centers will be closed this day allowing for not just seniors, but for center staff to participate as well. If you are over 60 and interest in participating you can call RCAC at 412-828-1062, this trip is not limited. (We will continue to keep this notice in the newsletter for the next couple of months.)

VITA IS BACK!!

VITA Program (Volunteer Income Tax Assistance), will continue to be here until

Wednesday April 15th. They will help with SIMPLE tax returns, rent rebates, etc. They are here **Monday – Thursday from 9am-1pm**. No appointments, they see everyone on a first come first serve basis. There are only 2 preparers each day, so your understanding is appreciated if there is a wait. Thank you.

THANK YOU'S

A great big thank you goes out to everyone that helped to make the **1st annual RCAC dance** a success!! We want to thank everyone that donated items for the Chinese Auction and Bloomer's Floral Studio for the fantastic centerpieces. The Tuesday Night Do Wop/Big Band was fantastic. The Greek Orthodox Church Hall was decorated beautifully and the food was fantastic. We have already had requests for the next dance. We will let everyone know when that will be. **Thanks again** to everyone for coming and supporting what we hope will become a yearly event.

ATTENTION VOLUNTEERS

Volunteers are our most valuable resource. Volunteers are needed for services such as Congregate Meals, preparing and delivering Home Delivered Meals, mailing the newsletter, answering phone calls and other special projects. If you are interested in volunteering please call RCAC at 412-828-1062.

RCAC FOOD BANK

Even though times are tough for many we are overwhelmed with the response our food bank has been receiving. We are currently in need of any **soups and crackers**. Thank you so much to everyone that has donated.

COMMUNITY NEWS

Save the Date: **The fifth Annual Kerr Museum Antiques Show!! Saturday, March 7, and Sunday March 8**, at the Oakmont Country Club. Admission to the show is \$10. Lunch may be purchases at the club. There will be a Preview Party on the evening of Friday, March 6, with a fee of \$65 per person. Preview party tickets will also provide admission to the show on Saturday and Sunday. For further information, please call the

Kerr Museum's office at 412-826-9295 or check the website at kerrmuseum.com. Proceeds benefit the Museum. Actually owned by Oakmont Borough, this Oakmont treasure, a "1900 House", is maintained by contributions and volunteers.

The **Oakmont Chamber of Commerce** is working hard on its new newsletter to help get information shared with the community. The second issue will be available for **pick up** at various locations around town, including RCAC. The second issue should be available the last week in February.

As we all know the **Lions Club collects old/used glasses to be recycled**. They have boxes available in many locations for people to drop off glasses; one of those locations is RCAC. Please feel free to take advantage of our convenient location.

Learn to use your personal computer with the **Oakmont Carnegie Library & Silver Scholars**. They are offering a number of computer classes for Boomers & Beyond. The classes are on Thursday afternoons from 1:30-3:30. Classes are \$37.00 and include two, two hour sessions and a booklet. For a list of classes and to register for classes that start as early as March 5 please **call 412-283-0105**. The list of classes will also be available at RCAC.

The Oakmont/Verona Rotary is looking for new members. The Rotary motto is: Service Above Self. Rotarians develop community service projects that address many of today's most critical issues, such as children at risk, poverty and hunger, the environment, illiteracy, and violence. They also support programs for youth, educational opportunities and international exchanges for students, teachers and other professionals. Some of **the local community projects** include: Dictionary Project, Ethics Symposium, and Floats in the local parades and in the Pittsburgh Holiday parade, Gateway Teen Institute, Key Club Mini-Lock In, Scholarships, World Affairs Institute and more. They also participate in international projects; such as, the RI Student Exchange Program. If you are interested in becoming a member or being a guest to see what Rotary is all about please feel free to contact Bill Harvanek at 412-828-2233 Rotary also offers guest speaker programs at their meetings, if you would like to speak about your business, organization or an activity you are involved in please contact Vanessa DuVall at 412-828-1062.

March 2 Hamburger on wheat bun Paprika potatoes Honey baked squash Plums Milk	March 3 Turkey divan Brown rice Honey wheat bread Apricots Sugar cookie Milk	March 4 Birthday Menu Baked round steak Whipped potatoes Green & wax beans Dinner rolls Cherry cobbler cake Milk	March 5 Spaghetti & meatballs Tossed salad Italian bread Apple Milk	March 6 Crab cake Old bay potatoes Spinach salad Multi-grain bread Lime gelatin Milk
March 9 BBQ Country Ribs Vegetable medley Parsley potatoes 9 grain bread Choc. Chip cookies Milk	March 10 Philly cheese steak w/sautéed onions, peppers, & mushrooms on a hoagie bun Pasta salad Orange milk	March 11 Chicken Waldorf Salad Broccoli slaw Carroteenies Honey wheat bread Chocolate cake Milk	March 12 Meatball sandwich on wheat hot dog bun Whipped potatoes Tossed salad Banana Milk	March 13 Baked cod w/lemon Creamy coleslaw Mixed vegetables Rye bread Apple Milk
March 16 Chicken breast w/bone Broccoli florets 2 rice pilaf Honey wheat bread Plums Oatmeal cookie milk	March 17 <i>ST. Patrick's Day Lunch</i>	March 18 Meatloaf w/tomato gravy Peas Baked yam French bread Pineapple chunks Milk	March 19 BBQ Pork on wheat bun Scalloped potatoes Hot leaf spinach Banana Milk	March 20 Tuna salad Pasta primavera w/springs, broccoli & cherry tomatoes Wheat bread Apple Milk
March 23 Hamburger on wheat bun Parsley potatoes Green beans Peach slices Milk	March 24 Chicken dinner salad on spinach w/cucumbers & peppers Milk Dinner rolls Tapioca pudding	March 25 Pepper steak au jus w/tomatoes, onions & green peppers Whipped potatoes Whole wheat bread Banana Milk	March 26 Ginger glazed pork chop Brussels sprouts Brown & wild rice Honey wheat bread Pineapple bits Milk	March 27 Cheese tortellini w/sauce Mixed greens salad Italian bread Orange Milk
March 30 Baked chicken leg Broccoli florets Baked yam Dinner rolls Plums Milk	March 31 Cold roast beef on wheat bun Tomatoes & cucumbers Vidalia onion salad Angel food cake 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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PHONE: (412) 828-1062
TDD: (412) 828-5109
Fax: (412) 828-6985
Email mail@rcacorp.org
Website www.rcacorp.org
HOURS OF OPERATION: 8:00 – 4:00
MONDAY THROUGH FRIDAY
March 2009

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NOTES FROM THE DIRECTOR

Can you believe it is March already! Hopefully that means spring is right around the corner. As the weather starts to brighten the attendance at RCAC usually increases....This is a wonderful thing! Therefore, we are asking consumers, "What would you like to see at RCAC?" Is there a program, a class or trip you would like to try? We are going to try to use the RCAC van for some local evening trips. If anyone has suggestions please let us know at the center. We are open to your ideas and we will work hard to try and make them happen. (As long as it is within our means) Please call or stop in and see Lynn, our program coordinator or any other staff member, and we will try to get some new things on the agenda or maybe bring back something from yesterday.

Another new adventure for RCAC is the new quality standards for 2009. This year one of our standards involves the volunteer program at RCAC. This new direction will help to make the volunteering experience even better at the center. We are going to work to improve the process. This will help organize and manage the volunteer program. We hope it will also bring in some new volunteers with untapped talents. Volunteers are a vital part of RCAC's existence, so we want to help volunteers to develop and learn the best ways we know how. I will keep you updated on how this QIP standard progresses. Updates will also be available at the senior advisory meetings, where all are welcome to attend.

The next upcoming fundraiser is scheduled for June 26, 2009, the 13th Annual RCAC golf outing. This years outing will be at Oak Lake Golf Course in New Kensington and will feature 18 holes of golf and a hot lunch. More details regarding the outing will be available in the next few issues and at the center.

Until April ☺ !!!!! ☺