

THE GOLDEN EAGLE

March 2010
VOLUME 33, NO. 3



CENTER EVENTS AND ANNOUNCEMENTS

With March quickly approaching we **welcome spring**, and we welcome a lot of new excitement at RCAC. We welcome all new consumers to come and visit and see what we are all about. Give us a call or just stop by, we would love to hear from you.

Our **Wii bowlers** had a great showing this month. The winners were: 1st place—Caroline Carroll, 2nd place – Henrietta Luczak, & 3rd place – Darlene McCauley. **Great job ladies!**

Our card groups are looking for players!! If you play **pinochle**, 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 are in **need of volunteers** to help in our congregate dining room during the noon lunch. If you have 2 hours to spare we would love to have you. Please give us a call. 412-828-1062

The volunteers from **VITA** will continue to be at RCAC this month 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. We do not take reservations it is first come, first serve. While you wait please stop by our craft tables to see what the ladies are selling.

We wanted to thank everyone for their understanding during the installation of the **new**

doors. We know it was cold but the end product will be well worth it. Thanks again.

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 March 12th** and pick up will be at RCAC on Saturday March 20th from 10 until noon. Please call the center for more details or you can visit their website at www.angelfoodministries.com.

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

On **Wednesday March 17th** starting at 11am we will have a presentation by **Duquesne Light** about updates on energy conservation. Those who register in advance will receive a **free gift** at the presentation. Call the center to sign up.

Join us on **Wednesday March 17th for a St. Patrick's Day Lunch**. The menu includes: Corned beef & cabbage, whipped horseradish potatoes, cabbage w/caraway seeds, raisin bread, lime sherbet, sugar cookie w/green sprinkles and your choice of milk. Please make your reservation by March 10th. 412-828-1062

March is Nutrition Month: Students from the University of Pittsburgh's Nutrition department will be here on **Tuesday March 23rd at 10:30** to help us celebrate nutrition month. They will have

informative displays and will host a nutrition talk before lunch.

With the increasing cost of coffee and the increased amount of coffee drinking we have going on here at **RCAC we have come up with a little creative fundraising.** On **Wednesday March 24th** we will be having a **'Coffee Exchange Party'** during lunch. We are asking everyone interested in participating to bring in 1 can (at least 1 pound), of coffee and then you will get something in exchange. For example: a voucher for a free lunch, free bingo, a free ride on the bus, free 50/50 tickets and much more. This will not take much time and we are looking for a great attendance **so we can continue to offer coffee** everyday here at the center. (We can also accept \$10 donations if you can not bring in coffee). For questions please call the center.

Please see the attached flyer in this month's Golden Eagle with the details about our upcoming fundraiser: **The 2nd Annual Dinner Dance** on Friday March 19th at Futules' Harmar House in Cheswick. All proceeds benefit RCAC. We hope to see you all there. **Tickets are on sale now** at RCAC. We are also accepting donations for the Chinese auction.

In observance of **Good Friday, April 2nd**, the center will **close at 1pm**. Congregate meals and Home Delivered meals will be served. Happy Easter!!

We wanted to get the word out early about the upcoming **'55 Alive' Driving classes**. It is as follows: '55 Alive' driving classes have been scheduled for **Tuesday April 27th and Thursday April 29th**, from noon-4pm. A refresher course will be held on **Monday April 26th**, 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 in **desperate need** of volunteers for this spring's 'Fun Fashion Show'. It will be on **Thursday May 13th** at 1pm at RCAC. In order to make it happen we need your help. We will need 6 men and as many women as would like to participate. If we do not have enough volunteers we will have to cancel this wonderful event. **Please sign up** at the center or speak with Bea or Lynn for details.

STAFF ANNOUNCEMENT

Thanks to a lot of hard work and dedicated endless hours, **RCAC** has increased its' **staff**. At the center **Vanessa, Lynn, Rhonda and Susan** are here to help. Providing bus transportation we have our three dedicated drivers, **Sam, John and Ray**. Together we are working hard to meet the needs of the seniors in our community.

Who is that new face at the front desk and the new voice on the phone? That is **Susan Brinker**, the newest addition to the RCAC staff. Susan is born and raised in Oakmont, and now lives in Plum. She is also the daughter of our newest bus driver Ray Rogers Sr. Susan is getting her feet wet learning the many responsibilities at the **front desk**. She is also in charge of our Angel Food Ministry program. If you have any questions about the program please contact Susan. We are very excited to welcome her to RCAC!

UPCOMING TRIPS

OPT Shopping Trips – A trip to **Wal-Mart** is scheduled for **Friday March 12th**, and a trip to **Target** is scheduled for **Monday March 22nd**. 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 – We will be taking an OPT trip to **The North Pittsburgh Quilt Guild's** show on Friday March 19th. The bus will leave at 10am and pick up will be at 2pm. Admission is \$6/pp and there is **not** food available at the show, but there is a lobby and you can bring a snack.

This month's dinner trip is scheduled for **Wednesday March 24th to Taipei Chinese** restaurant. Transportation will be provided by the RCAC bus, the cost is \$2.00. The bus leaves at 3:45pm. Seating is limited to 10.

The RCAC bus will be providing transportation to **The Grove City Outlets** on Saturday March 27th. The van will leave RCAC at 9am and return around 5pm. The cost of the trip is \$5.00/pp and is limited to 8 people. If you are interested please call the center to sign up. 412-828-1062.

We are heading to Wheeling on **Thursday March 25th**. The cost is \$22/pp. The bus leaves RCAC at 9am and leaves Wheeling at 6:30pm. You must pay by check when signing up in case you need to cancel. The perks will be announced at a later date. Please stop in to sign up by March 18th.

If you are thinking of joining our trip to the Amish lands of PA, all reservations must be in by March 16th, if we do not have enough participants we will have to cancel.

Attention everyone that is going on the cruise:

The balance of the cruise is due into RCAC by Friday March 26th. If you need your balance please call Vanessa at the center. Thank you.

CRAFT CLASSES

Our 'Sit and Knit' group continues to meet every Wednesday morning. The ladies are making lap afghan's for the veterans. The yarn, along with great company and conversation is included. Afterwards, stay for lunch. All are welcome.

UFO Classes – this month's unfinished objects classes are: **Thursday March 11th** and **Thursday March 25th** at 1pm. We have sewing machines on site if you need one for your project.

A **sewing class** has been scheduled for Monday **March 15th** starting at 9am. We will be sewing bags for walkers. **Fabric will be provided.** Stop in any time during the day, they will be here until 3pm. The bags will be donated to various nursing homes in the area. Contact Lynn for info.

'Block(s) of the Month' quilt class will be **Tuesday March 16th** 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. Again, call the center to register. Limit 6 people.

RCAC FOOD BANK

A big thank you to everyone that has donated in the past month, it has been great. **St. Irenaeus** you were the shining star this month – Thank you. This month's requested item is: rice and noodles.

MAIL APPEAL DONORS

RCAC received many wonderful donations this year for the annual appeal – **totaling over \$13,000!** And we are so grateful to each and every donor. With the economy the way it is we are so happy that so many individuals thought of RCAC as a recipient of a donation. Thank you, Thank you, and Thank you!! Some individuals that made straight donations, not in memory of someone are listed below:

M/M John Kearns	M/M Mark Steele
Susan Balkovec	Betty Mayhorn
The Oakmont Spade & Trowel Garden Club	
Arlene Hill	M/M Brian Duncan
Oakmont United Methodist Church Women's Club	
Milton Ertel	Oakmont Realty Co.
Val Parise	George Santucci
Riverview Real Estate	Gina Elisco
Anna Voytek	Mary Molyneaux
M/M Kevin Sontheimer	Richard Lear
M/M Bill Coleman	Richard Boulden
Dave Davis	Jim Roddey
M/M Ed Scatena	M/M Jeff Kline
Mary Scuro	Knights of Columbus
Oakmont Presbyterian Church	
Patricia Boxwell	Marian Williams
M/M Richard Cichoski	Paula Calabrese
M/M Robert McDermott	Eleanor Hitchak
Louis DiMasi	Rich Space
M/M Allan Zoller	Alex Frisenda
M/M Jason Mastrocesare	M/M Steve Shreve
M/M Joe Schiffgens	Domenic Dozzi
M/M Ralph Arlotti	Emma Rickard
M/M Quentin Hartwig	M/M John Conner
Susan Collins	Doris Calfo
Irene Arcuri	M/M Edward McCall
Carlucci Construction Co.	James Eiler Jr.
M/M John Yohe	Linda Ashbaugh
M/M Bob Doman	Billet Family
Harold Mauro	M/M Michael Clista
Regina Kennedy	Marlene Hennings
Robert Whitney	Karen Roach
M/M Bob Stewart	Mary Jones
M/M Chris Checkle	Gus Brancati
Sharon DeLuca	Patricia Slinger
M/M Frank Almendinger	Esie Baksis
Marrienne Melle	Eugene Vandergrift
Catherine Garrison	M/M Daniel Moore
Phyllis Grine	Jean Rodman
Jan Trapletti	Dolores Zangrille

TO BE CONTINUED.....

Mar 1 Hamburger on whole wheat bun Paprika roasted potatoes Butternut squash cubes Plums Milk	Mar 2 Turkey Divan w/broccoli Brown rice Honey wheat bread Apricots Sugar cookies Milk	Mar 3 Birthday Lunch Baked round steak Whipped potatoes Green & wax beans Dinner rolls Cherry cobbler cake Milk	Mar 4 Spaghetti & meatballs Tossed salad w/Romaine, cabbage & cucumber Italian bread Apple milk	Mar 5 Macaroni & cheese Spinach salad w/red onion & water chestnuts Multi-grain bread Orange Milk
Mar 8 BBQ country ribs Vegetable medley Parsley potatoes 9 grain bread Sliced peaches Milk	Mar 9 Chicken Waldorf Salad Broccoli slaw Tomato wedges Honey wheat bread Chocolate cake w/frosting Milk	Mar 10 Philly cheese steak hoagie Sautéed mushrooms, onion & green peppers Confetti pasta salad Orange Milk	Mar 11 Meatball sandwich Whipped potatoes Tossed salad w/spinach, radishes & cucumbers Banana Milk	Mar 12 Baked lemon pepper cod Au gratin potatoes Peas Rye bread Chocolate chip cookies Milk
Mar 15 Chicken breast w/bone Broccoli florets Two rice pilaf Honey wheat bread Plums Milk	Mar 16 Meatloaf w/tomato gravy Peas Baked yam French bread Pineapple chunks Milk	Mar 17 St. Patrick's Day Menu See newsletter for details	Mar 18 BBQ pork Scalloped potatoes Hot leaf spinach Whole wheat bun Brownie Milk	Mar 19 Tuna salad Pasta primavera Carroteenies Whole wheat bread Banana Milk
Mar 22 Hamburger Parsley potatoes Green beans Whole wheat bun Pineapple cuts Milk	Mar 23 Ginger glazed pork chop Brussel sprouts Brown & wild rice Honey wheat bread Peach slices Milk	Mar 24 Pepper steak au jus Whipped potatoes Tomatoes & onions Whole wheat bread Tapioca pudding Milk	Mar 25 Chicken dinner salad w/spinach, & cucumbers Carrot & cabbage slaw Dinner rolls Chocolate chip cookies milk	Mar 26 Cheese tortellini w/pasta sauce Mixed greens Italian bread Banana milk
Mar 29 Baked chicken leg & thigh Broccoli florets Orzo w/veggie broth Dinner roll Plums Milk	Mar 30 Roast beef on whole wheat w/onion & lettuce Tomatoes & cucumbers Baby corn & pea salad Angel food cake milk	Mar 31 Stuffed cabbage Parsley potatoes Italian green beans White bread Molasses cookie 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
501 SECOND ST., P.O. BOX 437
OAKMONT, PA 15139
PHONE: (412) 828-1062
TTY: (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 2010

March

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A Quick Reminder of our upcoming Trips.

For complete details and information contact the center. We are taking reservations and deposits for all trips at this time. The April trips needs to be paid in full by March 15th, the September trips needs a \$150 deposit and the November trips needs a \$100 deposit. Planning ahead helps us to organize the trips better, so please feel free to sign up at any time. Trips will be cancelled if the minimum number is not met. Thank you!

First Trip: Amishlands of Pennsylvania April 13-14th Cost \$215/pp double occupancy
Includes: 1 breakfast, 1 family-style dinner, guided tour of Amish Countryside, with stops at an Amish Craft Farm & bake shop, “Joseph” at the Millennium Theatre, Kitchen Kettle Village & Rockvale Square Outlets.

Third Trip: Asheville & the Biltmore in NC Sept 9-12th Cost \$390/pp double occupancy
Includes: 3 breakfasts, 3 dinners including dinner w/entertainment at the Fiddlin’ Pig & dinner at Harrah’s Cherokee Casino, tour of Asheville, Harrah’s Cherokee Casino, Qualla Arts & Crafts, Museum of the Cherokee Indian, Biltmore Estate, and Gardens & Winery tour, Grove Arcade, St. Lawrence Basilica, & Folk Art Center.

Fourth Trip: Christmas at Virginia Beach Nov 27-29th Cost \$290/pp double occupancy
Includes: 2 breakfasts, 2 dinners, Dickens-style Christmas at the Boxwood Inn, Norfolk’s Garden of Lights tour, Holiday Lights at the Beach, Virginia Air & Space Museum, Christmas IMAX Movie, Virginia Living Museum, Newport News Parks Celebration in Lights, Planetarium Show, & Colonial Williamsburg tour.