

# THE GOLDEN EAGLE

May 2009  
VOLUME 32, NO. 5



## UPCOMING TRIPS

OPT Shopping Trip – A trip to **Wal-Mart on Thursday May 14<sup>th</sup>** is scheduled and a trip to **Waterworks Shopping Center is planned for Friday May 29<sup>th</sup>**. Departure from RCAC is 10am, and the return trip is at 2pm. Please call the center to make a reservation. 412-828-1062

OPT Trip -- **Carnegie Museum** of Art and Natural History is hosting its annual **‘May Celebration for Seniors’**. Senior citizens will enjoy free admission, guided tours, light refreshments, and entertainment. The trip is scheduled for Monday **May 4<sup>th</sup>**. The bus will leave RCAC at noon and return around 4pm. Please call the center to make a reservation.

A dinner trip is planned for **Wednesday May 20<sup>th</sup> to The Longhorn Steakhouse** at the Pittsburgh Mills. 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 \$2.00. If you would like to register for this trip please call the center. 412-828-1062

OPT Trip – **‘Senior Celebration in the Park’**, on **Thursday May 21<sup>st</sup>**. Please note the back page of the newsletter or the insert card for information. Please call the center to register. The pick up time has not yet been announced but the pick up will be from RCAC. Please call the center for details, 412-828-1062. You do not have to be registered for OPT, but you do have to be at least 60 years of age.

The May trip to the Meadows is scheduled for **Thursday May 28<sup>th</sup>** The cost is \$23/pp. Please

call the center to register and for the bonuses, (they were not available yet). Payment is due when making your reservation. Good Luck!

On Sunday May 17<sup>th</sup> the group leaving for **Wildwood, New Jersey** will depart from the parking lot of the old Oakmont Giant at 8am, please arrive by 7:30 and park to the far right by the building. A full itinerary will be given to everyone along with luggage tags when they arrive. We will be staying at the El Coronado Resort in the Wildwood Crest. If you have any questions please call Vanessa at the center at 412-828-1062.

Plan ahead!! **Plan to join us in New York City!** We have scheduled a trip to New York City in **November**. At print the date was not set but the cost is \$435/person and includes 2 nights lodging, 2 breakfasts, 1 dinner, a tour of Radio City Music Hall and tickets to the Holiday Spectacular Show, a guided tour of Manhattan, and more. Get a jump start on your holiday shopping in New York’s Macy’s. Due to the high cost we will start taking reservations now with a down payment of \$100. Questions please call the center 412-828-1062.

We are now taking **suggestions** for other trips for the summer, so if there is a trip you would like to see please let Vanessa or Lynn know and we will try and work on it.

We are trying to get a trip to Pittsburgh for the **Ducky Tours**. If this is something you would be interested in please give us a call at the center and we will get that trip going. Thank you in advance for your help. Call the center at 412-828-1062

## CRAFTS, CRAFTS AND MORE CRAFTS

**UFO Classes** – this month's unfinished objects classes are scheduled for **Monday May 11<sup>th</sup>** and **Tuesday May 19<sup>th</sup>**, from 1pm-3pm.

**'Make a Plastic Bag Holder'**. The class will be **Friday May 22<sup>nd</sup>** from 1pm-3:30pm. You will need to bring ½ yard of cotton fabric and thread; this will make two bags. Other sewing supplies will be provided. Sewing machines will be used. Cost of the class is \$1/person. Due to a limited number of machines we may have to add additional classes in the upcoming weeks. Call the center to register.

**Quilt Sampler Wall hanging class.** This will be a six week class starting **Monday June 1<sup>st</sup>** from 1pm-3:30pm. Sewing machines, rotary cutters, and mats will be used for this project. Class size is limited to 5 unless you bring your own machine. A second class will be scheduled so if you do not get into the first please sign up for the class that will start in July. Call the center to register and to get your list of supplies. 412-828-1062

**We are still in need of sewing machines** that are in GOOD, WORKING, condition. Our sewing classes have waiting lists they are getting so large. 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.

## QUICK NOTES

**RCAC will be closed 2 days in May. The days are Thursday May 21<sup>st</sup> for Celebration in the park and Monday May 25<sup>th</sup> for Memorial Day. No congregate or home delivered meals will be served on these days.** We are open on Friday May 22<sup>nd</sup>.

We would like to send a **big thank you** out to Rob, Ralph, Walt and Vic for providing the volunteer income tax assistance again this year. They saw over 400 people this year. Thanks guys and we will see you again next year! Also, Rob will be here on **Friday May 15<sup>th</sup> at 9am** for anyone that still needs help with rent or property rebates. They are due by June 30, 2009. To sign up please call the center.

We would also like to send a big thank you out to Lynn for working hard to get a variety of craft classes off the ground. The attendance in her classes has been amazing. If there is a type of craft class or idea for something you would like to learn how to make please let her know and we will see what we can do. KUDOS Lynn!

## MORE CENTER EVENTS & ACTIVITIES

**RCAC offers fitness classes** every Tuesday and Thursday. The 1 hour sessions start at 8:45am. The **'Sit & Be Fit' fitness class** is Wednesday's at 9:30. Come and join one or both of our classes. Call the center for more info on either of these classes. 412-828-1062

## FITNESS UPDATE

Starting June 2, the 'Sit & Be Fit' class will be moved to Tuesdays at 10am. This will be the time for the summer; we will probably move it back to Wednesday in the fall. Rhonda will be teaching the regular fitness class and the 'sit & be fit' this summer. If you have any questions please give her a call, she is at the center in the mornings. We are open to any fitness class ideas you may like to see starting in September, please give us a call 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.

Please note the date change, due to a schedule conflict the meeting has been moved to a Friday this month. The next **senior advisory** meeting will be held on **Friday May 15<sup>th</sup> at 11am** at RCAC. All are welcome to attend. Please come and share your ideas and suggestions.

The **Wii** is available for play on Mondays anytime and Wednesday mornings and Friday afternoons. Please come and give it a shot, you will love it!

The line dancing class is having a summer show! Come and join us on Friday June 12<sup>th</sup> at 10am for the show and refreshments. After the show Vanessa will give an update on the Farmer's Market check distribution. The distribution date will be July 7, 2009.

## UPCOMING SPEAKERS & PROGRAMS

**AARP '55 Alive'** A 4 hour refresher class will be held on Monday **May 4<sup>th</sup>** at 8:30-12:30. You must have taken the 8 hour class within the last 3 years to be eligible for the refresher class. You must pre-register by calling RCAC at 412-828-1062. The cost for the class is \$12/person if you present your AARP membership card, if you do not have a membership card the cost is \$14.00 The '55 Alive' classes can help to get you a discount on your car insurance. Please check with your insurance agent for detail on the deduction.

**Friday May 8<sup>th</sup>** at 11am representatives from **APPRISE** (Pa. State Health Insurance Assistance Program) will give a short talk on Medicare, Medicaid, PACE and other related health insurance topics. This is a great opportunity to get answers to your questions. Call the center to register.

**Tuesday May 26<sup>th</sup>** at 10:30am the Allegheny County Police will present a program on '**Senior Safety**'. In conjunction with the Allegheny County Health Dept, they are looking to establish 'senior safety committees' and welcome your input. There will be a 'walk smart/drive smart bingo with prizes. Refreshments will be served. Please call the center to register. 412-828-1062.

Join us at the center on **Wednesday May 27<sup>th</sup>** from 9am-noon to celebrate '**National Senior Health & Fitness Day**'. It is being sponsored by Home Instead Senior Care and will feature demonstrations, health screenings, games, giveaways, refreshments and more. Please join us for this exciting 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, and other special projects. If you are interested in volunteering please call RCAC at 412-828-1062.

## RCAC FOOD BANK

This month we are asking for donations of **beverage products and muffin mixes, biscuit mixes** etc. Also, RCAC would like to thank the **local boy scouts** from troop #854 for the great job

they did collecting food outside the Verona Giant Eagle on April 18<sup>th</sup>. They really helped to stock our shelves. Thank you boys!

## COMMUNITY NEWS

The Oakmont Chamber of Commerce Newsletter is getting a great response. Remember you can pick up a copy of the newsletter at RCAC. Also, the Chamber has offered to send a copy of the newsletter to the Oakmont & Verona residents that receive meals on wheels. **We thank them** for thinking of those that can not always get out to pick up a copy.

The Chamber has also brought a **Farmer's Market** to Oakmont! They will be at **the Clock Tower** on Allegheny River Blvd. on **Thursdays from 3-7pm** and on **Saturdays from 8am-1pm**. Please stop by for some great produce, Amish jarred goods, snack mixes and seafood. Also, some of the local Restaurants have joined in on Thursdays by offering **Thursday evening dinner specials**. They are as follows: What's Cookin' At Casey's will have an all-you-can-eat spaghetti special for \$9.95. Hoffstot's will have 10 meals for under \$10. Mirabelle Restaurant will feature a 3 course meal for \$25 with produce fresh from the farmer's market, Café Vita will open on Thursday evenings and feature three entrees for \$10 using produce from the farmers as well. The Mighty Oak Barrel and Boulevard Bistro will also have Thursday evening specials. This is another great way the Oakmont Chamber of Commerce is working to support our local business district.

The **Oakmont Carnegie Library** and Silver Scholars are continuing its computer training for boomers & beyond. The classes that will be available in May are: Basic Computers 3&4 using XP, and Word 1&2 using Microsoft 2003. To register, call 412-283-0105. Classes are \$37 and include 2 two hour sessions and a booklet.

The **Oakmont Street Sale** will be held on July 25<sup>th</sup> from 10am-4pm. One of the features will be a **CAR SHOW**. No registration necessary just come and join the fun. There will be a cash prize for the two best in show cars. Cars can begin arriving at 9am. Further information about the street sale will be announced in upcoming issues of the Golden Eagle.

					<b>May 1<sup>st</sup> is Older Americans Lunch</b>	
May 1 Boneless pork loin w/gravy Gourmet potatoes French cut green beans Dinner rolls Angel food cake w/berries Milk						
May 4 Lemon pepper cod Scalloped potatoes Stewed tomatoes Multi-grain bread Canned plums Milk	May 5 <b>Birthdays lunch</b> Open face hot turkey sandwich w/gravy Whipped potatoes Mixed vegetables Whole wheat bread Jelly roll Milk	May 6 Porcupine meatballs Broccoli florets Kaluski noodles Rye bread Pineapple cuts Milk	May 7 BBQ country ribs Dilled potatoes w/scallions Carrots Honey wheat bread Oatmeal raisin cookies Milk	May 8 Tuna noodle casserole w/red pepper Tossed salad Italian green beans French bread Apple Milk		
May 11 Roast beef w/gravy Whipped horseradish potatoes Vegetable medley 9 grain bread Apricots Milk	May 12 Ham balls w/glaze Coleslaw Whipped yams Whole wheat bread Sugar cookie Milk	May 13 Tuna baby pea salad Italian tomatoes Dinner roll Cherry gelatin w/fruit Oatmeal raisin cookie Milk	May 14 Chicken leg & thigh Broccoli florets Au gratin potato Multi-grain bread Red grapes Milk	May 15 Fettuccini w/meat sauce Tossed salad Italian bread Apple Milk		
May 18 Roast turkey breast Baby Brussels sprouts Glazed yams Dinner rolls Sliced pears Milk	May 19 Pasta & cheese Tossed salad Italian bread Apricots & oranges Milk	May 20 Classic meatloaf w/gravy Garlic whipped potatoes Carrot coins Honey wheat bread Watermelon Milk	May 21 <b>Center will be closed for Senior Celebration in the Park</b>	May 22 Honey chicken salad Overnight slaw Basil cherry tomatoes Whole wheat bread Banana crumb cake Milk		
May 25 <b>Center will be closed for Memorial Day</b>	May 26 Baked cubed round steak Capri blend vegetables Honey wheat bread Rice pilaf Orange Milk	May 27 Baked chicken leg & thigh Warm potato salad Broccoli florets Whole wheat bread Chocolate wafer cookies Milk	May 28 Stuffed cabbage Whipped potatoes Tossed salad 9 grain bread Apple Milk	May 29 Snow white turkey salad Cucumber spears Confetti pasta salad Semi hard roll Fruit medley 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  
**May 2009**

Non-Profit Organization U.S. Postage <b>PAID</b> Verona, PA 15147 Permit No. 16
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### **NOTES FROM THE DIRECTOR**

Allegheny County ‘**Senior Celebration in the Park**’ will be held at South Park Fairgrounds from 10am-2pm on Thursday **May 21<sup>st</sup>**. To emphasis attendance at the event many senior centers in Allegheny County will be closed. Transportation will be provided to and from the event as well. Therefore, I wanted to take a few moments to give you further information about the event, what to expect and the changes in the RCAC schedule for that day.

First, RCAC **will be closed** on Thursday May 21<sup>st</sup>; however those consumers that receive meals on wheels will receive 2 meals on Wednesday May 20<sup>th</sup>. A hot meal and a box lunch that way you will have a meal for the day we are closed. If anyone has a question about that please feel free to call the center at 412-828-1062.

Next, ACCESS **will** be providing transportation to and from the park. You will be picked up and dropped off at RCAC. You must sign up at RCAC by May 14<sup>th</sup> if you would like a ride. You do not have to be registered for OPT/ACCESS to ride, but you must be at least 60 years old. Also, if you have you own means of transportation **still sign up** at the center because a free lunch is going to be provided and we need a head count. Once again if you have any questions about the transportation or the lunch, please call the center 412-828-1062.

Now, what does this event include? The celebration **will include live** entertainment, vendors, health screenings, physical activities and games, a light breakfast, a box lunch and other activities at no charge to attendees. Some of the vendor booths and activities that will be there are: WQED Cooks will have a cooking demonstration, health screenings that will include: sleep apnea, saturation, bone density, hearing, eye, heel, blood pressure, grip tests and much more. They will have vendors about housing, insurance, life enhancement, supportive services, human services, legal assistance, money and the Pittsburgh Cultural experience.

It is sure to be a fun filled day for all. Lynn, Sam and I will be working at the event as well so keep your eyes out for us! We hope to see you all there for ‘Senior Celebration in the Park’!

See ya there! ☺