

THE GOLDEN EAGLE

September 2009
VOLUME 32, NO. 9



UPCOMING TRIPS

OPT Shopping Trip – A trip to **Ross Park Mall** is scheduled for **Wednesday Sept 9th** and a trip to **Wal-Mart** in the Pittsburgh Mills is scheduled for **Friday Sept 18th**. Departure from RCAC is 10am, and the return trip is at 2pm. Please call the center to make a reservation.

This month's dinner trip is scheduled for **Wednesday Sept 16th**. This month's trip is to **Outback Steakhouse in Monroeville**. Transportation will be provided by the RCAC bus, the cost is \$2/pp. The bus leaves at 4pm. Seating is limited to 10 so please call early. 412-828-1062.

Have you been to the **Oakmont Library** lately? The library staff will conduct a short program at the library on **Monday Sept 21st at 2pm**. If you need a library card or would like to renew one, they will assist you. Also, there will be **a tour of the library** to show you there is more than just books to benefit from! **Please sign up** in advance and the RCAC bus can provide transportation to anyone that needs it. 412-828-1062

Our next gambling trip will be **Tuesday Sept 22nd to the Meadows**. The cost is \$22/pp (not including tip). The bonuses will be announced at a later date. Call or stop in the center to sign up. 412-828-1062 (We are currently working on a trip to the Rivers Casino with OPT in October)

OPT Trip – **Friday Oct 2nd** a trip to **The Andy Warhol Museum**. The cost is \$4.50/pp. The bus will leave RCAC at 4:30pm. Sign up at the center.

OPT Trip – **Heinz History Center & Western PA Sports Museum**. When: **Monday Oct 5th**, Cost: \$9.00, the bus will leave RCAC at 11am and return around 2pm

OPT Trip -- See the **'Rockettes Christmas Spectacular'** at the Benedum Center **Tuesday Dec. 1 at 2pm**. Tickets are \$31.00 each and must be paid for in advance. To order the tickets in time you must be signed up by Sept 25th. This will be an OPT Trip. Call the center with any questions.

CRAFTS UPDATES

This month's mystery craft class will be held on Tuesday Sept. 15th at 1pm. Cost of the class is \$3.00. We will be using the sewing machines so class size is limited. Please sign up at the center.

UFO Classes – this month's unfinished objects classes are scheduled **for Friday Sept 11th at 1pm** and **Monday Sept 21st at 1pm**.

FITNESS UPDATES

RCAC offers **fitness classes every Tuesday and Thursday**. The 1 hour sessions start at **8:45am**. The **'Sit & Be Fit' fitness class** is every **Wednesday at 9:30**. Please come and join us to help make these programs a success. We would love to keep it going on a full time basis. Rhonda Fiore will be instructing all the fitness classes now. Let's show her our support by joining these fantastic fitness classes. Call the center for more info on either of these classes. 412-828-1062

CENTER EVENTS & ANNOUNCEMENTS

BINGO is getting a great turn-out on Wednesdays! We would love to see more players. We start after lunch (12:45). We play 9 regular games, 3 specials and the jackpot. The magic number is worth **\$200** right now! Come and try your luck.

Charlene Jezik from **Rep. Frank Dermody's Office** will be at RCAC **the last Thursday** morning of every month. She can assist you with getting applications & filling out state forms of all kinds (PACE, voter registration, Property Tax/Rent Rebate and more) as well as disability parking placards, license plates, birth & death certificates, notary work and any problems with state government. Stop by and see if she can help.

We have some growing interest in the **Wii bowling**, therefore, we would like to start a **Wii bowling league**. We will need 2 'bowlers' for each team. Whether you play on Monday, Wednesday or Friday we will keep track of your team's scores and the team with the most points at the end of 4 weeks will win a prize. The teammates will be selected at random. We need at least 6-8 players to sign up so we can get started. Please contact the center to sign up. We will have a demonstration (for those new to the game) and go over the rules as a group on **Monday Sept 14th** at 1pm. It is great fun and we have some great prizes to give away....and it's free!

RCAC **will be closed on Monday September 7, 2009** in observance of Labor Day. **No home delivered meals or congregate meals** will be served and there will be **no RCAC bus** service. We hope everyone has a long relaxing holiday weekend and we will be back in business on Tuesday.

FYI—Due to our upcoming flea market & bake sale on Oct 2nd & 3rd all afternoon activities will be cancelled on **Thursday and Friday Oct 1st & 2nd**. Morning activities on Thursday are not cancelled. Lunch will still be served both days. We are sorry for the inconvenience but we need to start setting up for the sale. Thank you.

ATTENTION ALL CARD PLAYERS: 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. We also have a

500 card group that plays on Thursdays at 12:30 that is also looking for players.

We have also had some interest in **Texas Hold Em' Poker**. Sam will be 'teaching' Texas Hold Em' for anyone interested starting **Tuesday Sept. 8th at 1pm**. If there is a strong interest this will continue every Tuesday. Also, if there is a card group you would like to get started please let us know. We have the space and tables if you have the players. 412-828-1062

The line dancing classes will resume on Friday Sept 11th at 10am. For those of you who have never line danced before, Bea would like to have a **beginner's class**. We will see if there is an interest in the beginner's class and then we will schedule a time and date. Please contact the center if you are interested. 412-828-1062

Grandparents Day is Sunday Sept 13th and in honor of all of our wonderful grandparents we would love for you to **bring in a photo** of you and your grandchild or grandchildren. We are going to **make a colleague** of these photos to hang up at the center. Grandparents are wonderful people and mean so much to their families and this is our way of honoring them. We will start collecting photos now and the pictures will go on display on Monday Sept 14th. Happy Grandparents Day to everyone from RCAC!

The next **senior advisory** meeting will be held on **Tuesday September 15th at 11am** at RCAC. All are welcome to attend. Please come and share your ideas and suggestions.

We are planning a **'What Not To Wear' Fun Fashion Show/Tea Party** at RCAC on **Thursday, Sept. 17th at 1pm**. Come and join us for some crazy laughs, good company and wonderful refreshments. Please call the center if you are interested in attending. We will be serving tea and mini-sandwiches and dessert. The cost to attend is \$5.00 which includes the show, food and an entry for the door prizes. All proceeds from the show will benefit the RCAC. **MODELS ARE STILL NEEDED!!!** Yes, men can be models too. This event can not be successful without your participation. Please call the center to sign up. Ask for Lynn or Bea for information. 412-828-1062

Bob Cooper, a local attorney will present a short program on **'Living Wills'** on **Wednesday Sept 23rd at 11am**. There will be a Q&A period after the program. Light refreshments will be available. Register by calling the center. 412-828-1062

The second annual Dreher Memorial Dinner is going to be held on **Wednesday Sept 23rd at 4:30pm**. At 'Just My Cup of Tea' near Veltri's in Oakmont. As before, to attend the dinner you just need to make a donation in memory of a loved one. The Dreher's were dedicated volunteers to RCAC. Their memory lives on through this memorial dinner as can the memory of your loved one. Wonderful company, wonderful food and wonderful giveaways will be included!! Please call the center for questions or to sign up. The bus will also be available to ride anyone that needs it. We are starting the sign ups early to give the caterers enough notice. 412-828-1062

AARP '55 Alive' driving classes have been scheduled for **Tuesday Oct 13th** and Thursday Oct **15th from noon-4pm**. The cost is \$12/pp for AARP members and \$14/pp for non-members. A refresher course for those who have taken the above class within the past 3 years will be held on **Monday Oct 19th from 8:30am-12:30pm**. You must pre-register for either session by calling the center.

UPCOMING FUNDRAISER'S

RCAC is going to have a **Flea Market & Bake Sale** on **Friday October 2 from 9am-4pm** and on **Saturday from 9am-4pm**. We are asking for **donations of gently used items**. No clothing please. We are also in need of **donations for the bake sale**. Any and all types of desserts, breads and goodies would be great. Just drop your items off at the center or call and we may be able to help with other arrangements. All proceeds will benefit the RCAC programs and activities. We would love to see this event become successful, so we need all the help we can get. Thank you in advance for any tax deductible donations you can make. Please call the center if you have any questions 412-828-1062.

We have scheduled our next **Spaghetti Dinner** for **Friday October 23rd** from 5pm-7pm at St. Irenaeus Blough Hall. The cost of the tickets: **\$7.00** per person and include, salad, spaghetti, rolls, beverage

and dessert. We will also have a 50/50 raffle. Tickets must be purchased in advance. Once again we are asking for **dessert donations** of any type to help defray the cost of the dinner. To purchase tickets or to donate a dessert, please call the center at 412-828-1062. Thank you.

RCAC FOOD BANK IN NEED

This month's items are: **rice, boxed potatoes and items such as, 'hamburger helper'**. Thank you to everyone that supports our food bank every month, we couldn't do it without you!

VOLUNTEERS NEEDED!!!

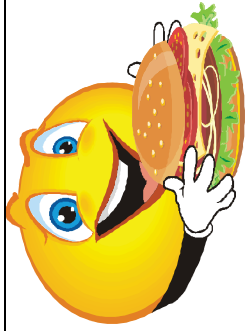
We are always looking for volunteers to deliver meals on wheels in Oakmont and Verona. It only takes 1 hour of your time. Even if you can only volunteer once a month we would love the help. If you are interested in volunteering please call RCAC at 412-828-1062.

OAKMONT ROTARY NEWS

Win a Day of Golf in 2010 at Oakmont Country Club. Hosted by Oakmont Rotary Club and Dr. Don Stoner. Tickets are \$10 and based on the PA 3 digit lottery number. The drawing will be on Oct 31, 2009. The golf package includes: Dinner at Hoffstot's or Chelsea Grille in Oakmont, B&B (2 rooms) at Doone's Inn at Oakmont, OCC practice areas on day of golf, a round of golf with Don Stoner, green fees, caddies, snack at #9 and lunch at the country club. Proceeds benefit Oakmont Rotary Charities. The ticket can be purchased in many locations including RCAC.

CHECK OUT MAE'S HALLMARK

Throughout the **Steelers season**, Mae's Hallmark at 502 Allegheny River Blvd, Oakmont will feature a wide variety of black & gold chocolates, with 20% of all **'Steelers' Chocolate** sales to benefit the RCAC Community bus. The black, gold and milk chocolate concoctions are freshly home-made weekly right here in Oakmont. Prices will fit all budgets starting with black, gold and milk chocolate party wafers available in any amount or mix. Please feel free to stop by Mae's Hallmark for free samples and to purchase some of **these terrific treats**.



Sept 7 Center Closed for Labor Day	Sept 1 Lemon chicken breast Tuscan veggie blend Garlic & butter rice Rye bread Grapes Milk	Sept 2 Beef stew w/potatoes, carrots, turnips & onions Spinach salad Dinner rolls Molasses cookies Milk	Sept 3 Turkey & cheese sandwich w/lettuce & tomato on multi grain bread cucumber & onion salad macaroni salad apple Milk	Sept 4 Stuffed cabbage roll Whipped potatoes Mixed vegetables Whole wheat bread Banana Milk
Sept 8 Cod w/salsa Parsley potatoes Baby carrots Honey wheat bread Orange Milk	Sept 9 BBQ beef Whipped potatoes Glazed fall vegetables Kaiser bun Fruit cocktail Milk	Sept 10 Oven baked chicken Au gratin potatoes Hot leaf spinach French bread Fudge cupcake w/frosting Milk	Sept 11 Porcupine meatballs Tossed salad Broccoli florets Whole wheat bread Vanilla pudding Milk	
Sept 14 Turkey breast w/gravy Oven browned potatoes Mixed vegetables Whole wheat bread Sugar cookies Milk	Sept 15 Stuffed shells in meat sauce Mixed green salad Italian bread Honeydew cubes Milk	Sept 16 Baked lemon chicken Broccoli florets Baked yam Dinner rolls Apple Milk	Sept 17 French market meatloaf Garlic whipped potatoes Carrot coins 9 grain bread Marble cake w/frosting Milk	Sept 18 Tuna salad Healthy bean salad Whole wheat bun Grapes Macaroni salad Milk
Sept 21 Dijon boneless pork loin French cut beans Yams Wheat bread Orange Milk	Sept 22 Crispy chicken breast Brussel sprouts Brown rice Honey wheat bread Canned pears Milk	Sept 23 Smothered Swiss steak Whipped potatoes Mixed vegetables Rye bread Molasses cookie Milk	Sept 24 Birthday lunch Lemon pepper baked cod Parsley roasted potatoes Broccoli florets 9 grain bread Pumpkin cupcake Milk	Sept 25 Fettuccine in meat sauce Tossed salad Italian bread Apple Milk
Sept 28 Chicken sandwich Cauliflower florets Candied yams Whole wheat bun Raisin cookies Milk	Sept 29 Roast beef w/gravy Au gratin potatoes Baby peas 9 grain bread Grapes Milk	Sept 30 Vegetarian chili Spinach salad Brown rice Honey wheat bread Apple 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
 HOURS OF OPERATION: 8:00 – 4:00
 MONDAY THROUGH FRIDAY
September 2009

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September

RCAC UPCOMING SCHEDULED ACTIVITIES

Welcome all new and current RCAC participants! 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

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

- *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.