

THE GOLDEN EAGLE

October 2009
VOLUME 32, NO. 10



UPCOMING TRIPS

OPT Shopping Trips – A trip to **Wal-Mart** is scheduled for **Wednesday Oct 14th** and a trip to **The Pittsburgh Mills** is scheduled for **Thursday Oct 29th**. Departure from RCAC is 10am, and the return trip is at 2pm. Please call the center to make a reservation.

OPT Trip – **JoAnn Fabric's** in Monroeville on **Friday Oct 9th**. The bus will leave RCAC at 10am and return at 1pm. Please call the center to register.

OPT Trip – **Heinz History Center & Western PA Sports Museum**. When: **Saturday Oct 10th**. The admission is free. The bus will leave RCAC at 10am and return around 2pm. You must register in advance. 412-828-1062.

OPT Trip – To **The Pittsburgh Zoo** on **Sunday Oct 11th**. Admission is free. The bus will leave RCAC at 11am and pickup from the zoo at 3pm. Please register in advance. If you wish to ride the tram, you can purchase a wristband for \$1 from the train operator or at 'Safari Wheels'.

OPT Trip – **Station Square** featuring great restaurants, shopping, and more, including its unique Fountain at Bessemer Court. **Friday Oct 16th**. The bus will leave RCAC at 11am and return at 3pm. Call the center to sign up.

OPT Trip – **Pumpkin Festival at Soergel's Market** on **Sunday Oct 18th**. The bus will leave RCAC at 1pm and leave the farm at 4pm. There will be hay rides, music, and lots of pumpkin treats. This is

also a great opportunity to use your farmer's market vouchers before the season ends. Please call the center to register. 412-828-1062.

OPT Trip – To the new **Rivers Casino** on **Wednesday Oct 21st**. The bus will leave RCAC at 10am. You must be registered for OPT by Oct 9th to go on this trip. We can not take names for the trip after Oct 14th. The cost is 4 OPT tickets total. Call the center for details.

This month's dinner trip is scheduled for **Wednesday Oct 21st** to Ladles in New Kensington. 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.

A gambling trip has been scheduled for **Thursday Nov 12th 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

CRAFT UPDATES

A two day '**table runner**' class is scheduled for **Friday Oct 16th and Friday Oct 23rd, 1pm-3pm**. Class size is limited to 5 unless you bring your own sewing machine. Pick up the supply list at the front desk. A \$2.00 donation is requested. A second class will be held in November if there is interest.

UFO Classes – this month's unfinished objects classes are scheduled for **Thursday Oct 8th at 1pm** and **Monday Oct 26th at 1pm**. Get a jump start on your fall and holiday crafts.

CENTER EVENTS & ANNOUNCEMENTS

Note regarding the RCAC van: Until further notice the 12:30pm ride is being cancelled on Monday, Wednesday and Thursdays, due to a scheduling conflict. If you have any questions please contact Vanessa at the center. Thank you for your understanding.

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. Call the center for more info on either of these classes.

We have some growing interest in the **Wii bowling**, therefore, we have started a **Wii bowling tournament**. Whether you play on Monday, Wednesday or Friday we will keep track of your scores and the top 3 people with the most points at the end of 4 weeks will win a prize. Please contact the center to sign up. It is great fun and we have some great prizes to give away....and it's free!

Don't forget about the **RCAC bingo!** We have been getting a great turnout and would love to give away the \$200 magic number prize. Please join us every Wednesday afternoon at 12:45.

Rita is always looking for more students for the **Friday Art Class**. The class starts around 9:30 and goes until 11am. Some of the projects they work on are drawing and watercolors. If you have an interest in participating in the art class please call Lynn at the center for more details.

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.

On **Tuesday Oct 6th** at 12:30 a speaker will be here to talk about **PA Captioned Telephone Relay Service**. If you or a family member suffer from hearing loss or find it difficult to understand telephone conversations, this program may help to answer some of your concerns.

The Beginner's Line Dancing Class will start on Thursday **Oct 8th** at 10am. If you have ever wanted to try out line dancing, here is your chance to 'get your groove on'. Please call the center for details or to sign up.

The center will be closed on Monday Oct 12th in observance of Columbus Day. No home delivered meals or congregate meals will be served. We hope everyone has a nice long weekend and we will see you again on Tuesday the 13th.

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.

A program is scheduled for **Thursday Oct 15th** at 10am entitled **'The Flu'**. Learn more about the flu, symptoms and the H1N1 flu. Please RSVP to the center for any of the informative programs scheduled. 412-828-1062

The next **senior advisory** meeting will be held on **Tuesday October 20th at 11am** at RCAC. All are welcome to attend. Please come and share your ideas and suggestions.

CCAC is offering a 'lunch & learn' on Thursday **Oct 22nd** from 11:30 to 1:30. This will be a Harp music performance and information session. Lunch will be provided. Please call the center by Thurs Oct 15th to register. 412-828-1062. CCAC asks for a \$3.00 donation.

Flu shots will once again be available at RCAC. The arrangements are the same as last year as far as cost. The cost is covered by Medicare and some Aetna insurance plans. The cost is \$30 if you do not have Medicare. They will be given on Thursday **Oct 22nd and Friday Oct 23rd** from 9am-noon.

RCAC FOOD BANK IN NEED

The RCAC food bank has had a busy couple of weeks and with the holidays approaching we are in need of any non-perishable items and paper products. This month we are not narrowing it down

because **we can use everything!** (Examples: tuna, noodles, rice, canned fruit & cereals) Thank you to everyone that supports our food bank, we couldn't do it without you!

UPCOMING FUNDRAISER'S

PLEASE NOTE THE DATE CHANGE. There was a misprint in last month's newsletter.

Our next **Spaghetti Dinner is scheduled for Friday October 30th** 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.

THANK YOU, THANK YOU, THANK YOU

We are very thankful for all the donations that come into RCAC, sometimes we do not get to acknowledge them all in the newsletter, but everyone receives a thank you by mail. The Dreher Memorial Dinner is sponsored every year by the family of Bill and Fran Dreher, Nancy & Perrin Haft. We thank them for supporting RCAC in this way. At this time we would like to thank everyone that made a donation for the 2nd Annual Dreher Memorial Dinner!

The following is the list of memorial donations made at the Dreher Memorial Dinner:

<u>Donor</u>	<u>In Memory of</u>
Perrin & Nancy Haft	Bill & Fran Dreher
Edna Kalok	My Family
Vicki Vaughan	Valerie Vaughan
Elma Abt	William Abt Jr & William III
Marge Bawden	the Gibbons Family
Henrietta Luczak	Pat Robey & Ted Luczak Sr.
Betty Connolly	Ben Connolly
Mary Lou Earnest	Bob Earnest
Mary Earnest	Bob Earnest
Bill & Anna Waddell	Peggy Ann Waddell
Etta Knell	Charles Knell
Imogene King	John King & Nancy King
Joyce Campbell	Louise Russo
Carolyn Byrd	John Byrd
Jean Louise Jones	Dorothy Schweiger

Faye England
 Dorothy Riefenach
 Caroline Carroll
 Joan Murdy
 Catherine Young
 Patricia Yialouris
 Elaine Yialouris
 Lana Yialouris
 Julia Kokales
 Beartha Shearer
 Dorothy Schweiger
 My Parents
 Pearl Carroll
 John Murdy III
 Chester Young
 Mario Yialouris
 Mario Yialouris
 Mario Yialouris
 James Kokales
 Marge Bostjanick & Tina Whitehead

Rose Kun
 Bea Lauro
 Lawrence Kun
 Ralph Lauro, Mom & Dad
 Herrington, Herrington
 brother & sisters

All Stangl
 Mauro Palermo
 Lorraine Morgano
 Honey Abraham
 Marlene Martin
 Irene Farina
 Lorraine Morgano
 Isabel Kush
 Rosa Unik
 Clem Percell
 Frank & Rose Stangl
 the Palermo Family
 Rose Haft
 Terrance Tarasi
 Gerald Malky
 John & Susan Onifer
 Rose Haft
 Robert Morasco
 Nicol Percell
 Nicol Percell

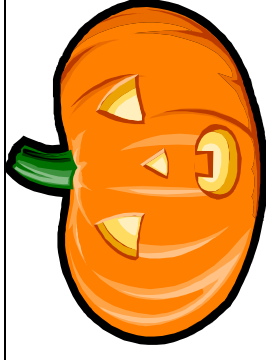
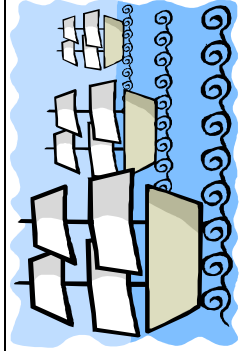
We would also like to thank Bea Oliver for putting together the fabulous 'what not to wear' fashion show last month. It was well attended and everyone had a great time. **Thanks again Bea!**

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 will feature a wide variety of black & gold chocolates, with 20% of all **'Steelers' Chocolate** sales to benefit the RCAC Community bus.



Oct 5 All beef hot dog Citrus salad Cabbage & noodles Wheat hot dog bun Oatmeal raisin cookie Milk	Oct 6 Turkey divan (turkey & broccoli in white sauce) 9 grain bread Brown rice Fresh pear Milk	Oct 7 Birthday lunch Classic meatloaf w/gravy Whipped potatoes Peas Whole wheat bread Marble cake w/choc icing Milk	Oct 8 Tuna salad Tomatoes & cucumbers Pasta primavera Rye bread Orange Milk	Oct 9 Pork chop w/gravy Oven roasted potatoes Mixed veggies Dinner rolls Pineapple tidbits Milk	Oct 10 Italian mac & cheese Health salad Green beans Dinner roll Plums Milk
Oct 12 CENTER IS CLOSED FOR COLUMBUS DAY	Oct 13 Roast beef w/gravy Broccoli florets Dinner roll Kaluski noodles Peach slices Milk	Oct 14 Baked cod w/lemon wedge Italian green beans White bread Tomato mac & cheese Apple Milk	Oct 15 Stuffed cabbage roll Whipped potatoes Tossed salad Honey wheat bread Apricots Milk	Oct 16 Creamed turkey Carrot coins Wheat bread Orange Oatmeal cookie Milk	Oct 17 Turkey w/gravy Whipped potatoes Carrots & broccoli French bread Brownie Milk
Oct 19 Teriyaki meatballs Scalloped potatoes Green beans Honey wheat bread Fruit cocktail Milk	Oct 20 Chicken w/marinara sauce Oven browned potatoes Spinach salad Dinner rolls Chocolate cupcake Milk	Oct 21 Salisbury steak Baby brussel sprouts White bread Kaluski noodles Grapes Milk	Oct 22 BBQ pork sandwich Coleslaw Peas & carrots Wheat bun Ginger cookie Milk	Oct 23 Roast beef w/gravy Broccoli & cauliflower 9 grain bread Brown rice Banana Milk	Oct 24 Turkey w/gravy Whipped potatoes Carrots & broccoli French bread Brownie Milk
Oct 26 Baked cod w/lemon pepper Au gratin potatoes Stewed tomatoes Rye bread Brownie Milk	Oct 27 Pulled turkey w/gravy Whipped potatoes Leaf spinach Multi-grain bread Apple Milk	Oct 28 Beef stew w/potatoes, onions, carrots & turnips Honey wheat bread Brown rice Lime Jell-O w/peaches Milk	Oct 29 Chicken paprika Mixed green salad Dinner roll Fettuccini noodles Pineapple & orange cuts Milk	Oct 30 Halloween Menu Stuffed pork chop w/gravy Baby peas Yams w/cinnamon Whole wheat bread Pumpkin cake milk	Oct 31 Turkey w/gravy Whipped potatoes Carrots & broccoli French bread Brownie 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
 TDD: (412) 828-5109
 Email mail@rcacorp.org
 Website www.rcacorp.org
 HOURS OF OPERATION: 8:00 – 4:00
 MONDAY THROUGH FRIDAY

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October 2009

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

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	‘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 9:30am 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.