

GECAC CORRY SENIOR CENTER

AUGUST 2025 NEWSLETTER

25 FIRST AVENUE, CORRY, PA 16407 (814) 664-2477

OPEN TUESDAY—FRIDAY 9 A.M. TO 3 P.M.

Rachael Price, Senior Center Director

Valeri Raymond, Senior Center Assistant

DATES TO REMEMBER

- 5TH SPEAKER: LIFE NWPA @10:30 AM Summer hydration drinks
- 6TH SPEAKER: CRI @10:30 AM Tech Owl presentation
- 8TH BIRTHDAYS
- 12TH Community Nurses of NE @10:30 AM
Blood Pressure Screening
- 13TH ADAGIO POP-UP MARKET 10:00 AM—Noon
- 19TH BIBLE STUDY with Stephanie @10:30 AM
- 26TH ADAGIO POP-UP MARKET 10:00 AM—Noon
SPEAKER: ADAGIO @11:00 AM Proper storing of fresh produce



BIRTHDAYS

- 8-08 DIANNE(LINDA) REDFIELD
LINDA YEANEY
- 8-09 MICHELLE CONDA
- 8-10 SONNEY LUND
MARTHA FREEMAN
- 8-13 LORI KUZMA
- 8-14 EVELYN (Jeanne) HIGBY
- 8-17 KAREN O'DANIEL
- 8-23 BOB BROOKS
- 8-24 MARY ANN WATROUS

JOIN US FOR BIRTHDAY CAKE !

REMEMBER TO VISIT YOUR LOCAL FARMER'S MARKET AND ENJOY THE BENEFITS OF THE PA FARMER'S MARKET NUTRITION VOUCHERS!!! THEY ARE SET TO EXPIRE NOVEMBER 30, 2025!!!



**** UPCOMING DATES ****

- OCT 31 Halloween Party
Reservations Due by WED., OCT. 15TH
- NOV 19 Thanksgiving Party
Reservations Due by WED., NOV 12TH
- DEC 10 Christmas Party
Reservations Due by FRI., DEC. 5TH

ALL PARTY RESERVATIONS ARE DUE BY THE DATE GIVEN FOR EACH PARTY!! NO EXCEPTIONS!!

AUGUST CALENDAR & MENU

MENU SUBJECT TO CHANGE

Tue	Wed	Thur	Fri
29 CHICKEN SANDWICH 9:00 CARDS 10:30 BIBLE STUDY with Stephanie	30 SLOPPY JOES 9:00 CARDS 12:30 BINGO	31 CHICKEN CASSEROLE 9:00 CARDS 11:00 EXERCISE	1 STUFFED PEPPER SOUP & SALAD 9:00 CARDS 12:30 BINGO
5 SWEDISH MEATBALLS 9:00 CARDS 10:30 SPEAKER: LIFE NWPA Summer hydration drinks	6 CHICKEN SALAD 9:00 CARDS 10:30 SPEAKER: CRI Tech Owl Presentation 12:30 BINGO	7 BBQ HAM 9:00 CARDS 11:00 EXERCISE	8 PHILLY CHEESESTEAK SUB 9:00 CARDS 12:30 BINGO BIRTHDAY'S 
12 BEEF TIPS & RICE 9:00 CARDS 10:30 Blood Pressure Screening	13 STUFFED CHICKEN 9:00 CARDS 12:30 BINGO 10—NOON POP UP FARMER'S MARKET	14 SALISBURY STEAK 9:00 CARDS 11:00 EXERCISE	15 TACO SALAD 9:00 CARDS 12:30 BINGO
19 MEATBALL SUB 9:00 CARDS 10:30 BIBLE STUDY with Stephanie	20 OX ROAST 9:00 CARDS 12:30 BINGO	21 BAKED POTATO & VEGGIE SOUP 9:00 CARDS 11:00 EXERCISE	22 CHICKEN TENDERS 9:00 CARDS 12:30 BINGO
26 CHICKEN FETTUCCINI 9:00 CARDS 11:00 SPEAKER: ADAGIO Proper storing of fresh produce 10—NOON POP UP FARMER'S MARKET	27 GOULASH 9:00 CARDS 12:30 BINGO	28 CHEF'S SALAD 9:00 CARDS 11:00 EXERCISE	29 COMBO SUB 9:00 CARDS 12:30 BINGO

COMMUNITY PHONE NUMBERS

GECAC AAA OFFICE: (814)459-4581

AAA TOLL FREE: (800)769-2436

AFTER HOURS (CRISIS LINE)

Day (814)451-4581 Ext 400

Evening (814) 451-1520

PACE-PACENET: (800)225-7223

ERIE CO VETERAN'S AFFAIRS:

(800)274-8387

SOCIAL SECURITY ADMIN:

(877)405-3543

AGENCY WEBSITE: www.gecac.org

PA AGING WEBSITE: www.aging.pa.gov



MONTHLY ACTIVITIES

LUNCH IS SERVED @ NOON FOR

SENIORS 60 YRS & OLDER.

MEALS ARE \$2.00 CONTRIBUTION

PLEASE MAKE YOUR MEAL
RESERVATIONS

2 WEEKS IN ADVANCE

PARTIES WILL BE \$5.00, UNLESS

STATED OTHERWISE

BINGO IS PLAYED ON WEDNESDAYS & FRIDAYS @ 12:30. We have LOTS OF FUN, so come join us!!!

TAI CHI EXERCISE THURSDAYS!

Let's be healthy!

The GECAC Corry Senior Center, operated by Greater Erie Community Action Committee (GECAC), Area Agency on Aging, is funded in part by the Department Of Aging.



Dr. Benjamin Wilson, CEO



Ray Maholtz, AAA Division Manager

How do our contributions and fundraising dollars help our center?

Meal Contributions help to off-set the cost of the center meals. On average, the actual cost of the meal is over \$9.00. Meal contributions also help to maintain the building, maintain and/or replace a stove, a refrigerator or a freezer, if necessary. These dollars are vital to maintaining the Center and its daily operations.

Booster Contributions and Fundraising Dollars help to pay for our parties, entertainment, snacks and more. They also help to pay for programming opportunities, like exercise, craft classes, computer usage, and again, more. These dollars are vital to your programming options and enjoyment of the Center.

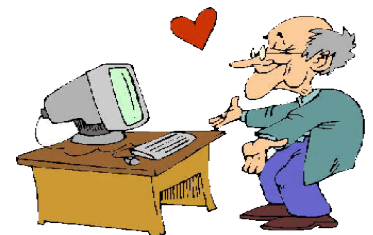
Contributions and Fundraisers are all voluntary; however, please continue to support your Center by whatever means you are able. The Centers and their services mean so much, to so many and your support goes a long way towards helping your Center continue to offer programming and services.



WI-FI is available FREE TO OUR SENIORS!!

Prior to using the WI-FI, members will need to sign the GECAC POLICY AGREEMENT .

Please see RACHAEL OR VALERI FOR ASSISTANCE



JOIN OUR FACEBOOK GROUP!!!

You can find us through the Group Search. Type in “**GECAC CORRY SR CTR**” and ask to join. There are a few questions to answer and you’ll need to agree to the Group rules, but it’s easy and it’s for your protection.

We will be posting our newsletters, upcoming events, weather updates and some other activities for you to be able to participate in at the Senior Center. Talk with other current and active members and perhaps meet some of the new members that have joined us.

GREAT RESOURCES:

GECAC has a website!! Check out www.gecac.org to see all that we do to help the community!

Pennsylvania 211:
Get Connected. Get Help.™



What is 211 used for in PA?

Every day, clients contact 211 to access **free and confidential information**. If you need to connect with resources in your community, but don't know where to look, PA 211 is a great place to start. From help with a utilities bill, to housing assistance, afterschool programs for kids, and more, **you can dial 211 or text your zip code to 898-211 to talk to a resource specialist**. Our specialists will listen to your needs, and give you information on programs in your community that might be able to help.

Visit www.pa211.org to explore programs available in your community by categories such as financial assistance, housing, and food.

LIHEAP: Need help with heating bills?

LIHEAP can help. Call 1(877) 443-2743

or visit www.LIHEAPhelps.com to sign up!

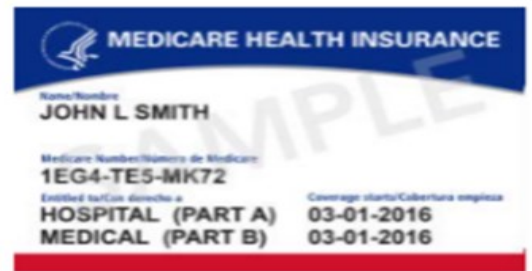


SNAP/EBT (food stamps) can make online purchases and have delivered to their home, as per attached and same information below.

Resources For Online SNAP Purchases

In Pennsylvania, residents who receive SNAP/EBT are now able to buy SNAP eligible foods and drinks online through Walmart and Amazon. These benefits can also be used to buy plants and seeds to grow food at home. This is a great way to get the food if you lived in a food desert or are unable to make it to the nearest grocery store.

MEDICARE MINUTE...



Know Your Rights

You have the right to be treated fairly, understand the information you get, and keep your personal information safe.

If you have Medicare

You have the right to be:

Treated with courtesy, dignity and respect at all times.

Protected from discrimination. Every company or agency that works with Medicare must obey the law. They can't treat you differently because of your race, color, national origin, disability, age, religion, or sex.

You have the right to have:

- Your personal and health information kept private.
Access to doctors, specialists, and hospitals for medically necessary services.

You have the right to get:

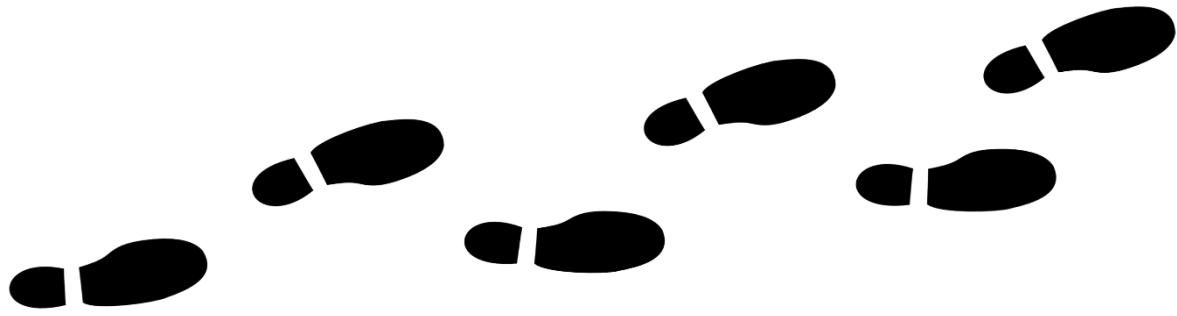
- Medicare-covered services in an emergency.
- Information in a way you understand from Medicare, health care providers, and, under certain circumstances, contractors.
- Information about your treatment choices in clear language that you can understand, and participate in treatment decisions.
- Medicare information and health care services in a language you understand.
- Your Medicare information in an accessible format, like braille or large print.
- Answers to your Medicare questions.
A decision about health care payment, coverage of items and services, or drug coverage.

If you need plan information in a language other than English, or in an accessible format, contact your plan.

When you or your provider files a claim, you'll get a notice letting you know what will and won't be covered. This notice may come from:

- Medicare
- Your Medicare Advantage Plan (Part C) or other Medicare health plan
- Your Medicare drug plan

If you disagree with the decision on your claim, you have the right to file an appeal.



HEALTHY STEPS FOR OLDER ADULTS CLASS

DATE: Monday, Sept. 15, 2025

PLACE: Corry Senior Center

TIME: 9 am – 2 pm

FREE LUNCH !!



**Bring a non-senior center member friend and
get entered to win a gift card!**





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DEC 10 Christmas Party

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August is the slow, gentle
month that stretches out the
longest across the span of a
year. It yawns and lingers on
with the light in its palms.

VICTORIA ERICKSON

AUGUST