

GECAC CORRY SENIOR CENTER

JULY 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

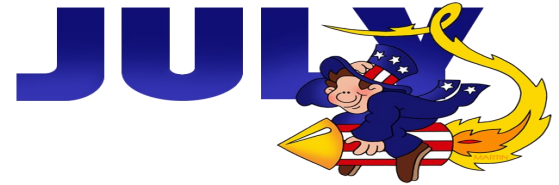
DATES TO REMEMBER

- 1ST BIBLE STUDY with Stephanie @10:30 AM
- 4TH CLOSED HOLIDAY HAPPY 4TH OF JULY!!!
- 8TH Community Nurses of NE @10:30 AM
Blood Pressure Screening

- 11TH SUMMERTIME PICNIC Raffle baskets 50/50
Lottery Tree Music by DJ Tom Lavery

BIRTHDAYS

- 15TH ADAGIO POP-UP MARKET 10:00 AM— Noon
- 22ND BIBLE STUDY with Stephanie @10:30 AM
- 30TH ADAGIO POP-UP MARKET 10:00 AM—Noon
SPEAKER: ADAGIO @11:00 AM Shopping
@ a Farmer's Market



BIRTHDAYS

- 7-1 Frank Schwabenbauer
- 7-12 Anne Rainesalo
- 7-14 Brian Mitchell
- 7-16 Roger Watrous
- 7-22 Pat Phillips
- 7-25 Jack Gill
Monica Vanderhoof
- 7-29 Lisa Eastman
- 7-31 Carol Johnson

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 ****

- JUN 11 Father's Day Party
Reservations Due by WED., MAY 28TH
- JULY 11 Summertime Party
Reservations Due by TUES., JULY 1ST
- OCT 31 Halloween Party
Reservations Due by WED., OCT. 15TH

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

JULY CALENDAR & MENU

MENU SUBJECT TO CHANGE

Tue	Wed	Thur	Fri
1 CHICKEN & BISCUITS 9:00 CARDS 10:30 BIBLE STUDY with Stephanie	2 SALISBURY STEAK 9:00 CARDS 12:30 BINGO	3 STUFFED CHICKEN 9:00 CARDS 11:00 EXERCISE	4 CLOSED HOLIDAY 
8 SAUSAGE SUB 9:00 CARDS 10:30 Blood Pressure Screening	9 OX ROAST 9:00 CARDS 12:30 BINGO	10 STUFFED CABBAGE 9:00 CARDS 11:00 EXERCISE	11 SUMMERTIME PARTY Lottery Tree 50/50 Wreath Raffle Basket BIRTHDAY'S 
15 MEATBALL SUB 9:00 CARDS 10—NOON POP UP FARMER'S MARKET	16 GRILLED CHICKEN 9:00 CARDS 12:30 BINGO	17 GOULASH 9:00 CARDS 12:30 BINGO	18 CHICKEN ALREDO 9:00 CARDS 12:30 BINGO
22 RAVIOLI 9:00 CARDS 10:30 BIBLE STUDY with Stephanie	23 PORK ROAST 9:00 CARDS 12:30 BINGO	24 CHEESEBURGER 9:00 CARDS 11:00 EXERCISE	25 CHICKEN ala KING 9:00 CARDS 12:30 BINGO
29 CHICKEN SANDWICH 9:00 CARDS	30 SLOPPY JOES 9:00 CARDS 11:00 SPEAKER: ADAGIO Shopping @ a Farmer's Market 10—NOON POP UP FARMER'S MARKET 12:30 BINGO	31 CHICKEN CASSEROLE 9:00 CARDS 11:00 EXERCISE	1 STUFFED PEPPER SOUP 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

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 \$7.00. 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.

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

500 CARD CLUB

HELD ON TUESDAYS

**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!

GAMES & WII ANY DAY!

The Corry Senior Center is operated by
the Greater Erie Community Action
Committee and funded in part by the
County of Erie, Area Agency on Aging.

Dr. Benjamin Wilson, CEO

Ray Maholtz, Director— Director of Erie
Area Agency on Aging

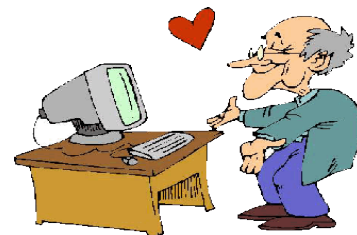


SOME REMINDERS FOR YOU Reminder that we do offer SNACKS, but they are not free. The Center has purchased these items for everyone. A donation of .50 cents per item can be put in the BOX provided beside the SNACKS. Thank you for those who donate snacks! **WE APPRECIATE YOU!!**

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...



MEDICARE MINUTE:

Medicare has four main parts:

- Part A covers hospital stays and skilled nursing facilities.
 - Part B takes care of outpatient services like doctor visits and preventive care.
 - Part C, or Medicare Advantage, combines Parts A and B through private insurers and often includes extra perks.
- Part D helps cover prescription drugs so you can afford your medications.

Understanding these parts is like building a toolbox—each tool plays a role in protecting your health.

Step 1: Assess Healthcare Needs

Step 2: Choose the Right Plan

Step 3: Navigate Enrollment Periods

Step 4: Understand Costs & Coverage Options

Step 5: Utilize Preventative Services

Step 6: Get Help with your Plan

Your Medicare journey does not have to be complicated.

Please talk to Rachael in the office if you need any guidance!



BEAT THE HEAT:

Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes



***** 2025 UPCOMING PARTY DATES *****

JULY 11 Summer Party

Reservations Due by TUES., JULY 1ST

OCT 31 Halloween Party

Reservations Due by WED., OCT 15TH

The **COST** for the parties will be **\$5.00** with the exception for July and December Parties.