

GECAC CORRY SENIOR CENTER

JUNE 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

- 3RD BIBLE STUDY @ 10:30 AM
- 6TH SPEAKER: ADAGIO @11:00 AM Eat smart , spend less
- 10TH Community Nurses of NE @10:30 AM
Blood Pressure Screening
- 11TH FATHER'S DAY PARTY 50/50 Lottery Tree
BIRTHDAYS
- 13TH CLOSED FOR STAFF MEETING
- 18TH SPEAKER: ADULT PROTECTIVE SERVICES
@11:00 AM World Elder Abuse Day
- 19TH CLOSED HOLIDAY JUNETEENTH
- 23RD FARMER'S MARKET VOUCHER DISTRIBUTION
9:00 AM—3:00 PM @ GECAC Corry Senior Center
ADAGIO POP-UP MARKET 9:00 AM—1:30PM
- 25TH SPEAKER: CORRY MANOR @11:00 AM Fall Risk
- 30TH FARMER'S MARKET VOUCHER DISTRIBUTION
@ Bayfront Convention Center

June

BIRTHDAYS

- 6-09 Skip Lindsey
- 6-17 Linda Ploss
- 6-20 Barb Kornikoski
- 6-27 Barb Neckers
- 6-28 Judy Lindhom

JOIN US FOR BIRTHDAY CAKE !

**** 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!!



JUNE CALENDAR & MENU

MENU SUBJECT TO CHANGE

Tue	Wed	Thur	Fri
3 GRILLED CHICKEN 9:00 CARDS 10:30 BIBLE STUDY with Stephanie	4 GOULASH 9:00 CARDS 12:30 BINGO	5 CHICKN FETTUCINI 9:00 CARDS 11:00 EXERCISE	6 TURKEY 9:00 CARDS 11:00 SPEAKER: ADAGIO Eat smart, spend less 12:30 BINGO
10 PORK ROAST 9:00 CARDS 10:30 Blood Pressure Screening	11 FATHER'S DAY PARTY Lottery Tree 50/50 <i>Raffle basket</i> BIRTHDAY'S 	12 CHEESEBURGERS 9:00 CARDS 11:00 EXERCISE	13 CLOSED FOR STAFF MEETING
17 OVEN FRIED CHICKEN 9:00 CARDS	18 COUNTRY FRIED STEAK 9:00 CARDS 11:00 SPEAKER: ADULT PROTECTIVE SERVICES World Elder Abuse Day 12:30 BINGO	19 CLOSED HOLIDAY JUNETEENTH	20 STUFFED PEPPERS 9:00 CARDS 12:30 BINGO
24 CHICKEN SALAD 9:00 CARDS	25 SWEDISH MEATBALLS 9:00 CARDS 11:00 SPEAKER: CORRY MANOR Fall prevention 12:30 BINGO	26 HAM 9:00 CARDS 11:00 EXERCISE	27 MEATBALL SUB 9:00 CARDS 12:30 BINGO
ATTENTION: JUNE 23, 2025 OUR FARMER'S MARKET VOUCHER DISTRIBUTION 9:00 AM—3:00 PM @ GECAC Corry Senior Center with ADAGIO POP-UP MARKET 9:00 AM—1:30PM			

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

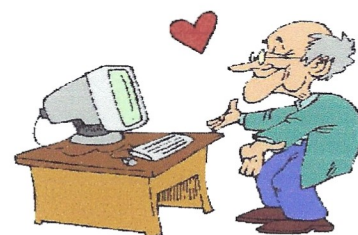


SOME REMINDERS FOR YOU Reminder that we do offer SNACKS, but they are not free. The Center has purchased these items for everyone. A donation of .50 cents per item can be put in the BOX provided beside the SNACKS. Thank you for those who donate snacks! **WE APPRECIATE YOU!!**

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!

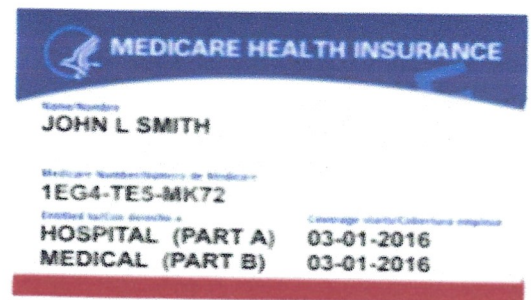


SNAP/EBT (food stamps) can make online purchases and have delivered to their home, as per attached and same information below.

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...



YEARLY “WELLNESS” VISITS...

If you’ve had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly “Wellness” visit to develop or update your personalized plan to help prevent disease or disability, based on your current health and risk factors. **The yearly “Wellness” visit isn’t a physical exam.**

Your first yearly “Wellness” visit can’t take place within 12 months of your Part B enrollment or your “Welcome to Medicare” preventive visit. However, you don’t need to have had a “Welcome to Medicare” preventive visit to qualify for a yearly “Wellness” visit.

YOUR COSTS IN ORIGINAL MEDICARE...

You pay nothing if your doctor or other health care provider accepts assignment. The Part B deductible doesn’t apply. However, you may have to pay coinsurance, and the Part B deductible may apply if your health care provider performs additional tests or services during the same visit that Medicare doesn’t cover under this preventive benefit.

If Medicare doesn’t cover the additional tests or services (like a routine physical exam), you may have to pay the full amount.

WHAT IT IS...

Your provider will ask you to fill out a questionnaire, called a “Health Risk Assessment,” as part of this visit. Answering the questions can help you and your doctor develop or update a personalized prevention plan to help you stay healthy and get the most out of your visit. Your visit may include:

- Routine measurements (like height, weight, and blood pressure)

- Health advice

- A review of your medical and family history

- A review of your current prescriptions

- Personalized health advice

- [Advance care planning](#)

- A screening schedule (like a checklist) for appropriate preventive services

- An optional “[Social Determinants of Health Risk Assessment](#)” to help your provider understand your social needs and their impact on your treatment



SUMMER
IS TIME FOR WARM NIGHTS
WATERMELON
BARE FEET AND BARBEQUES
SWEET CORN SUNFLOWERS
RIP EPICNICS CAMPFIRE
TOMATOES LEMONADE
LIGHTENING STORMS LOVE