



GECAC SENIOR HELPLINE: If you are in need of In-home Services, Meals on Wheels, Older Adult Protective Services, Support for Caregivers, CALL (814) 459-4581 ext. 400.

Event Highlights and Reminders

- We will have a **Nutrition Talk** on Tuesday, September 9th at 10:30



- **Oak St. Health** will play a game of **Trivia** with us on Thursday, September 11th at 10:00 a.m. Could you be the next champion, join us and find out!
- **NAMI** (National Alliance on Mental Illness) will lead a **craft class** in our craft room on Thursday, September 18th at 10:00 a.m. Project: To Be announced!
- Our **September Birthday Party & Center Meeting** will be Tuesday, September 23rd! **Entertainer Todd Morton** will be here to get the party started at 10:30 a.m.! Celebrate the members who were lucky enough to be born in the month of September! A special treat will be provided!
- Alyssa with the Manors will be here on Thursday, September 25th at 10:30 am. Stop in and hear the useful educational material she will share with us!
- Looking ahead—As a fundraiser for the Center, Kelly, one of our members will be hosting a **JEWELRY EVENT** on Tuesday, Oct. 21st, Wednesday, Oct. 22nd, and Thursday, Oct. 23rd. It's been said "Diamonds are a girl's best friend", stop in and view our collection!
- We are a great place to meet friends and have some fun!!!



SENECA ALLEGHANY CASINO TRIP!

Seats are going fast for the bus trip to Salamanca, NY on Monday, September 22nd! Tickets are \$45.00 each and the Casino Bonus is \$25.00—Slots and \$5.00—Food. The bus leaves the center at 9:00am and returns at 5:30 pm. Contact the Center at (814) 451-5634 to make your reservation!




WWW.SENIORPLANET.ORG is an on-line tech help site for seniors. They offer 1 on 1 tech help, and an array of free on-line classes, like mindful meditation, chair yoga, virtual museum tours, Gmail tips & tricks, intro to social media, and chat groups on aging and finance. They are partnered with AARP. If you need help joining a class, call the free Senior Planet Hotline: 888-713-3495



SEPTEMBER 2025

GECAC ERIE WEST SENIOR CENTER

1210 W. 8th St., Erie Phone: (814) 451-5634

Mon	Tue	Wed	Thu	Fri
<p><u>CENTER CLOSED</u></p> <p><u>MUST PURCHASE BINGO CARDS BY 11:00 AM ON TUES & THURS</u></p>	<p>2 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER PUZZLES</p> 	<p>3 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 AM BILLIARDS COMPUTER PUZZLES</p>	<p>4 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p> 	<p>5 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p> 
<p>8 <u>CENTER CLOSED</u></p>	<p>9 TAI CHI: 9:30 AM NUTRITION TALK-10:30 LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER PUZZLES</p> 	<p>10 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>11 OAK STREET TRIVIA-10:00 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>12 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p> 
<p>15 <u>CENTER CLOSED</u></p>	<p>16 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER PUZZLES</p>	<p>17 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>18 NAMI CRAFT—10:00 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p> 	<p>19 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p> 
<p>22 <u>CENTER CLOSED</u></p> <p>SENECA ALLEGHANY CASINO TRIP-8:30AM</p>	<p>23 BIRTHDAY PARTY! & CENTER MEETING! TAI CHI: 9:30 AM ENTERTAINMENT-10:30 TODD MORTON LUNCH: 11:30 AM BINGO: 12:15 AM</p> 	<p>24 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS</p>	<p>25 ALYSSA WITH THE MANORS-10:30 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>26 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER</p> 
<p>29 <u>CENTER CLOSED</u></p> 	<p>30 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER PUZZLES</p>	<p>OCTOBER 1 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>OCTOBER 2 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>OCTOBER 3 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p> 



SEPTEMBER 2025
GECAC ERIE WEST SENIOR CENTER
1210 W. 8th St., Erie Phone: (814) 451-5634

Mon	Tue	Wed	Thu	Fri
<p><i>Lunch served at 11:30 am</i> <i>Suggested meal Contribution \$2.00</i> <i>*Reservations required*</i></p>	<p>2 PORK ROAST SCAL POTATOES ITAL ZUCCHINI RYE BREAD PINEAPPLE CUP</p>	<p>3 STUF CHIK BRST MIX VEG SWEET POTATOES WHEAT BREAD FRESH FRUIT CUP</p>	<p>4 CHEESEBURGER COLE SLAW POTATO WEDGES APPLESAUCE</p> 	<p>5 CHICKEN ALA KING GREEN BEANS BISCUIT MIX FRUIT CUP</p> 
<p>8 CENTER CLOSED</p>	<p>9 CHICKEN LEGS MAC AND CHEESE BRUSSEL SPROUTS WHEAT BREAD PEAR CUP</p>	<p>10 CNTY FRD STEAK BROCCOLI MASH POTATOES APPPLESAUCE</p> 	<p>11 TACO SALAD WITH ALL THE FIXINS! DESSERT</p>	<p>12 STUF PEPPER TOSS SALAD BROWN RICE RYE BREAD VAN ICE CREAM</p>
<p>15 CENTER CLOSED</p>	<p>16 CHIKN SALAD WHOLE WHEAT PITA LETTUCE & TOM BROCCOLI SOUP PINEAPPLE CUP</p>	<p>17 SWEDISH MTBLS PEAS EGG NOODLES CHOC ICE CREAM</p>	<p>18 HAM BROCCOLI DICED POTATOES RYE BREAD PUDDING CUP</p>	<p>19 MEATBALL SUB SPINACH SALAD FRUIT CUP</p> 
<p>22 CENTER CLOSED</p>	<p>23 BEEF STEW SWEET POTATOES WAX BEANS CORN MUFFIN ORANGE CUP</p>	<p>24 SALISBURY STEAK GREEN PEAS DICED POTATOES DINNER ROLL CHOC PUDDING</p>	<p>25 CHIKN CORDON BLEU BROCCOLI WHEAT BREAD SUGAR COOKIE</p>	<p>26 BEEF RAVIOLI TOSS SALAD ITAL BREAD APPLESAUCE CUP</p> 
<p>29 CENTER CLOSED</p>	<p>30 SAUSAGE SUB PEPPERS & ONION BAKED BEANS FRUIT CUP</p>	<p>OCTOBER 1 OX ROAST COLE SLAW CALI VEG JELLO CUP</p> 	<p>OCTOBER 2 STUF CABBAGE MASH POTATOES MIX VEG RYE BREAD PEACH CUP</p>	<p>OCTOBER 3 TUNA SALAD ITAL BREAD LETTUCE BABY CARROTS PINEAPPLE CUP</p>



Medicare Minute....

If you're in a Medicare plan, your plan will send you an Annual Notice of Change letter. It is often referred to as an ANOC. These letters are mailed in the month of September. You should receive it by September 30th, each year. This notice is sent out by your plan. The ANOC includes any changes in coverage, costs, and more that will be effective in January.

Information released in July 2025 ...expect changes for 2026 Medicare Part D drug plan premiums. Expect to see an increased number of lower-premium Prescription Drug Plans (PDP) that offer basic Part D coverage and higher premiums for Medicare drug plans offering enhanced coverage features, such as \$0 deductibles and fixed drug copays.

- **Increase in drug deductible.** The standard Part D Initial Deductible will increase 4.24% from \$590 to \$615.
- **Increase in Rx out-of-pocket spending limit.** Medicare beneficiaries will stay in the Initial Coverage phase until their out-of-pocket spending for Part D formulary drugs ([TrOOP](#)) reaches the maximum out-of-pocket spending limit for Part D formulary drugs ([RxMOOP](#)) - which is set at [\\$2,100](#) for 2026 up 5% from \$2,000 in 2025.
- **First round of federal government (HHS) negotiated drug prices.** Newly negotiated prices will take effect in 2026 for the following ten Medicare Part D drugs: Eliquis, Enbrel, Entresto, Imbruvica, Januvia, Jardiance, Stelara, Xarelto, and Farxiga, Fiasp; Fiasp FlexTouch; Fiasp PenFill; NovoLog; NovoLog FlexPen; NovoLog PenFill. Average negotiated retail drug prices can be viewed across Medicare drug plans in our Q1Rx Drug Finder ([Q1Rx.com](#)).
- **Insulin copay may be less than \$35.** Insulin covered by a Medicare Part D plan will cost the lesser of the \$35 copay or 25% of the retail price (as negotiated by the plan or by HHS).

Medicare Part D coverage remaining unchanged from 2025

- **No copay (\$0) after reaching the RxMOOP.** After reaching the 2026 RxMOOP, Medicare Part D beneficiaries enter Catastrophic Coverage and have a \$0 copay (no additional costs) for all formulary Medicare Part D drugs through the remainder of the year.

Bottom line:

If you qualify for Medicare Part D Low-Income Subsidy (Extra Help) and enroll in a basic (DS, AE, or BA) Medicare Part D plan with a monthly premium at or below your state's LIS premium benchmark, you should have a \$0 monthly premium for your Part D drug coverage.