

**GECAC Erie West Senior Center**  
**1210 West 8<sup>th</sup> Street, 16502 \* 814-451-5634**

**Lisa Reynolds, Center Director**  
**Michele Myer-Knauer, Center Assistant**

**January 2026 Newsletter**

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

**Event Highlights and Reminders**

Our **Center** will be **closed on Wednesday, Jan. 1st** in celebration of the New Year.

**Entertainment: Todd Morton** will return on **Tuesday, Jan. 21st at 10:30 A.M.** He is a talented singer and guitarist, who performs an array of songs you're sure to love.

Our **January birthdays** will be celebrated on **Tuesday, Jan. 28th**. We will serve a birthday treat & members with birthdays in January will receive a coupon for a free lunch or bingo. The **Center meeting** will take place the same day at 11:30 a.m.

**Yellow Dot Event: Penndot and the LIFT** will be here on Jan. 22nd at 10:00 A.M. They will be here to tell you about programs they offer and answer any questions you may have.

**Speaker: Thursday, Jan 30th at 10:30 A.M.**

Monica, a PA-Medi Volunteer will give a presentation titled, **Medicare Fraud Patrol**.



**WHITE NOISE**

In all the world  
There's nothing like  
The sound of falling snow—  
The only noise  
I've ever known  
That makes the clocks move slow  
The only sound  
That sweeps away  
The din of city streets;  
And wraps around,  
In soft embrace,  
Most everyone it meets;  
A sound that's not  
A sound at all—  
A quiet, soft and dear,  
That comforts all  
The sleepy souls  
Who sit, and watch, and hear.

*By Don DeLillo*

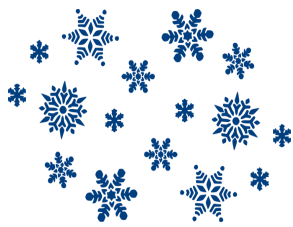
***I LOVE SNOW...***

*especially when it's through a window...  
and I am wrapped in a cozy blanket...  
sipping hot cocoa... Oh, ...with Marshmallows!*



Pennsylvania Department of Aging

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



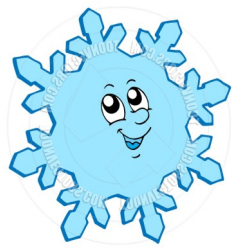
# JANUARY 2026

## ERIE WEST SENIOR CENTER

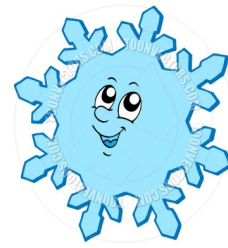
1210 W. 8th St., Erie Phone: (814) 451-5634  
Hours: Tuesday-Friday 9:00 a.m. to 3:00 p.m.



Mon	Tue	Wed	Thu	Fri
<p><b><u>MUST PURCHASE BINGO CARDS BY 11:00 AM TUES &amp; THUR</u></b></p>			<p>1 <b>CENTER CLOSED</b></p>	<p>2 <b>CENTER CLOSED</b></p>
<p>5  <b><u>CENTER CLOSED</u></b></p>	<p>6 TAI CHI: 9:30 A.M. LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>7 ARTHRITIS EXERCISE 1030 AM CARDS: PINOCHLE &amp; 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER</p>	<p>8 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>9 CARDS: PINOCHLE &amp; 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>12  <b><u>CENTER CLOSED</u></b></p>	<p>13 TAI CHI: 9:30 A.M. LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS</p>	<p>14 ARTHRITIS EXERCISE 1030 AM CARDS: PINOCHLE &amp; 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>15 NAMI CRAFT 10:00 AM LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>16 CARDS: PINOCHLE &amp; 500 LUNCH: 11:30 A.M.</p>
	<p>TAI CHI EXERCISES</p>			
<p>19  <b><u>CENTER CLOSED</u></b></p>	<p>20 TAI CHI: 9:30 A.M. SPEAKER: 10:00A.M. JACKIE WITH NATIONAL FUEL LUNCH: 11:30 A.M. BINGO: 12:15 P.M.</p>	<p>21 ARTHRITIS EXERCISE 1030 AM CARDS: PINOCHLE &amp; 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER</p>	<p>22 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>23 CARDS: PINOCHLE &amp; 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>26  <b><u>CENTER CLOSED</u></b></p>	<p>27 TAI CHI: 9:30 A.M. BIRTHDAY PARTY CENTER MEETING LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>28 ARTHRITIS EXERCISE 1030 AM CARDS: PINOCHLE &amp; 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>29 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>30 CARDS: PINOCHLE &amp; 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>



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**Hours: Tuesday-Friday 9:00 a.m. to 3:00**



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

*Lunch served at  
11:30 am  
Suggested meal  
donation \$2.00  
\*Reservations  
required\**



1

**CENTER  
CLOSED**



2

**CENTER  
CLOSED**

**WISHING YOU  
HEALTH &  
HAPPINESS!!!**

5

***CENTER  
CLOSED***

6

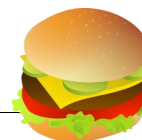
**PORK ROAST  
SCALLOPED POTATOES  
ITALIAN STYLE  
ZUCCHINI  
RYE BREAD  
PINEAPPLE CUP**

7

**STUFFED CHICKEN  
MIXED VEGGIES  
MASHED SWEET  
POTATOES  
WHEAT BREAD  
FRESH FRUIT**

8

**CHEESEBURGER  
COLE SLAW  
POTATO WEDGES  
APPLESAUCE**



9

**CHICKEN ALA KING  
GREEN BEANS  
BISCUIT  
MIXED FRUIT CUP**

12

***CENTER  
CLOSED***

13

**OVEN FRIED  
CHICKEN  
MAC & CHEESE  
BRUSSEL SPROUTS  
WHEAT BREAD  
PEAR CUP**



14

**COUNTRY FRIED  
STEAK  
WITH GRAVY  
MASHED POTATOES  
BROCCOLI  
APPLESAUCE**

15

**CHICKEN & NOODLES  
MIXED VEGGIES  
DINNER ROLL  
JELLO CUP**

16

**STUFFED PEPPER  
BROWN RICE  
TOSSED SALAD  
RYE BREAD  
ICE CREAM**

19

***CENTER  
CLOSED***

20

**CHICKEN SALAD PITA  
LETTUCE/TOMATO  
BROCCOLI SOUP  
PINEAPPLE CUP**

21

**SWEDISH MEATBALLS  
EGG NOODLES  
PEAS  
ICE CREAM**

22

**TACO SALAD  
WITH ALL  
THE FIXINS  
DESSERT**



23

**MEATBALL SUB  
SPINACH SALAD  
DESSERT**

26

***CENTER  
CLOSED***

27

**BEEF STEW  
SWEET POTATOES  
YELLOW BEANS  
CORN MUFFIN  
MANDARIN ORANGES**

28

**SALISBURY STEAK  
SEASONED POTATOES  
PEAS  
DINNER ROLL  
PUDDING CUP**

29

**CHICKEN CORDON  
BLEU  
BROCCOLI  
WHEAT BREAD  
SUGAR COOKIE**

30

**BEEF RAVIOLI  
TOSSED SALAD  
ITALIAN BREAD  
APPLESAUCE**