

**GECAC Erie West Senior Center
1210 West 8th 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!



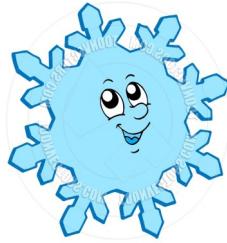
Pennsylvania Department of Aging

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.

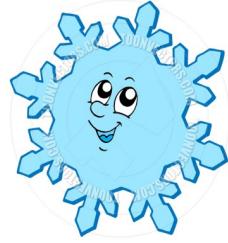
JANUARY 2026
ERIE WEST SENIOR CENTER
1210 W. 8th St., Erie Phone: (814) 451-5634
Hours: Tuesday-Friday 9:00 a.m. to 3:00 p.m.



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



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Mon

Tue

Wed

Thu

Fri

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|---|---|--|---|---|
| <p><i>Lunch served at <u>11:30 am</u> Suggested meal donation <u>\$2.00</u> *Reservations required*</i></p> |  | |  | |
| 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 |