



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

- **Oak St. Health** will host a Tea Party for us on October 14th at 10:00.



- We are celebrating Oktoberfest on October 16th. There will be entertainment at 10:30!



- We will have a **Halloween Pizza Party and Costume Contest on October 30th**, Tickets are \$2 and need to be purchased in advance.
- Looking ahead—As a fundraiser for the Center, Kelly, one of our members will be hosting a **JEWELRY EVENT**. This event was scheduled for October but now will be postponed until November. Stayed tuned for those dates. 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!!!



Come Meet The New Erie West Senior Center Assistant!

Please join us in welcoming **Michele Myer-Knauer** as the new Center Assistant. If you have not already met her, come in, say hello, and introduce yourself!

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



OCTOBER 2025

GECAC ERIE WEST SENIOR CENTER

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

Mon	Tue	Wed	Thu	Fri
<u>CENTER CLOSED</u> <u>MUST PURCHASE BINGO CARDS BY 11:00 AM ON TUES & THURS</u>		1 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 AM BILLIARDS COMPUTER PUZZLES	2 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES	3 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES
6 <u>CENTER CLOSED</u>	7 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER PUZZLES 	8 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES	9 BIRTHDAY PARTY! CENTER MEETING! LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES 	10 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES
13 <u>CENTER CLOSED</u>	14 TEA TIME WITH OAK ST. HEALTH-10:00 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER PUZZLES	15 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES 	16 OCTOBERFEST!!! ENTERTAINMENT-10:30 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES	17 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES
20 <u>CENTER CLOSED</u>	21 TAI CHI: 9:30 AM JEWELRY FUNDRAISER! LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER 	22 ARTHRITIS EXERCISE 10:30 AM JEWELRY FUNDRAISER! CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER	23 JEWELRY FUNDRAISER! LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTE PUZZLES 	24 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER
27 <u>CENTER CLOSED</u>	28 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER PUZZLES	29 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES	30 HALLOWEEN PARTY! COSTUME CONTEST! LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES 	31 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER



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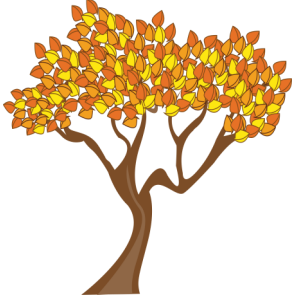
Mon

Tue

Wed

Thu

Fri

<i>Lunch served at <u>11:30 am</u> Suggested meal Contribution <u>\$2.00</u> *Reservations required*</i>		1 OX ROAST SANDWICH COLE SLAW CALIFORNIA VEGGIES JELLO CUP	2 STUFFED CABBAGE ROLLS MASHED POTATOES MIXED VEGGIES RYE BREAD PEACHES 	3 TUNA SALAD SANDWICH LETTUCE/TOMATO BABY CARROTS PINEAPPLE
6 CENTER CLOSED	7 GRILLED CHICKEN HASH BROWNS CARROTS RYE BREAD PEACHES PEANUT BUTTER COOKIE	8 GOULASH TOSSED SALAD ITALIAN BREAD CHOCOLATE PUDDING 	9 CHICKEN FETTUCCHINI CASSEROLE CALIFORNIA VEGETABLES PEAR CUP	10 HOT TURKEY GREEN PEAS SEASONED POTATOES DINNER ROLL VANILLA PUDDING
13 CENTER CLOSED	14 PORK ROAST SCALLOPED POTATOES TOMATO/ZUCCHINI RYE BREAD PINEAPPLE CUP	15 STUFFED CHICKEN MIXED VEGGIES SWEET POTATOES WHEAT BREAD FRESH CUT FRUIT	16 BRAT SANDWICH PRETZEL ROLL SAUERKRAUT GERMAN POTATO SALAD APPLESAUCE PUMPKIN SPICE CAKE 	17 CHICKEN ALA KING GREEN BEANS BISCUIT MIXED FRUIT CUP
20 CENTER CLOSED	21 OVEN FRIED CHICKEN LEGS MAC AND CHEESE BRUSSEL SPROUTS WHEAT BREAD PEAR CUP	22 COUNTRY FRIED STEAK BROCCOLLI MASHED POTATOES APPLESAUCE	23 CHICKEN NOODLE CASSEROLE CALIFORNIA MIXED VEGGIES DINNER ROLL JELLO CUP	24 STUFFED PEPPER TOSSED SALAD BROWN RICE RYE BREAD VANILLA ICE CREAM
27 CENTER CLOSED	28 CHICKEN SALAD PITA LETTUCE/TOMATO BROCCOLI SOUP PINEAPPLE CUP	29 SWEDISH MEATBALLS EGG NOODLES PEAS ICE CREAM	30 SPECIAL LUNCH! MUST PURCHASE A PARTY TICKET—\$2.00 	31 MEATBALL SUB SPINACH SALAD DESSERT 