

GECAC Erie West Senior Center
1210 West 8th Street, 16502 * 814-451-5634

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

NOVEMBER 2025 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

- The Center will be **CLOSED** on **Tuesday, Nov. 4th** as we are a voting site.
- **Entertainment**— We welcome **Craig Casler** to our Center on **Thursday, Nov. 14th at 10:30 am**. Craig will be playing his singing bowls.
- **NAMI** (National Alliance on Mental Illness) will lead a **craft class** in our craft room on **Thursday, Nov. 21st at 10:00 a.m.** **Craft—TBA**
- **Speaker**— The Sight Center of Northwest Pennsylvania on **Thursday, Nov. 21st at 10:30 a.m.**
Topic: Nutrition for the eyes.
- Our **November Birthday party & Center meeting** will be **Tuesday, Nov. 26th**. Celebrate the members who are thankful to be born in the month of November! A special treat will be provided.
- **CENTER CLOSING:** Our Center will be **CLOSED on Thursday, Nov. 28th and Friday, Nov. 29th** due to the Thanksgiving holiday. We will reopen on Tuesday, December 3rd at 9:00 a.m.

How your contributions & fundraised dollars help our Centers?

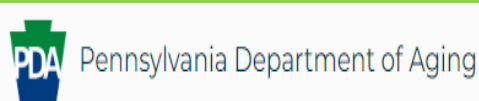
Meal Contributions help to off-set the cost of meals. On average the actual cost of a meal is over \$9.00. They help to maintain the building, and maintain or replace needed equipment. Fundraising dollars and donations help to pay for parties, entertainment, snacks, and more. They also help to pay programming opportunities like exercise, craft classes, and computer usage. These dollars are vital to maintain our daily operations. While contributions and donations are voluntary; please continue to support our center by whatever means you can. Our Centers and their services mean so much to so many, and your support goes a long way towards helping us offer programming and services.



I LOVE FALL!
I love fall! Fall is exciting!
It's apples and cider.
It's an airborne spider.
It's pumpkins in bins.
It's burrs on dog's chins.
It's wind blowing leaves.
It's chilly red knees.
It's nuts on the ground.
It's a crisp dry sound.
It's green leaves turning
And the smell of them burning.
It's clouds in the sky.
It's fall. That's why...
I love fall.



Thank you
for your support throughout the
year. Have a blessed and
Happy Thanksgiving!



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.



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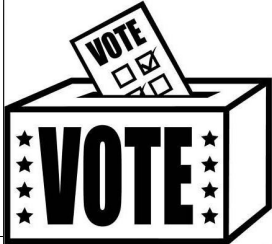
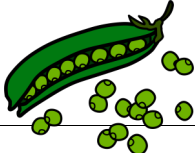
Mon	Tue	Wed	Thu	Fri
<u>CENTER CLOSED</u> <u>MUST PURCHASE BINGO CARDS BY 11:00 AM ON TUES & THURS</u>				
3 <u>CENTER CLOSED</u>	4 <u>CENTER CLOSED</u> 	5 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES	6 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES 	7 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES 
10 <u>CENTER CLOSED</u>	11 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER PUZZLES	12 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES	13 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES 	14 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES 
17 <u>CENTER CLOSED</u> Warm Up Erie County! Coats-Hats-Gloves Giveaway 1:00-3:00 or until supplies last!	18 TAI CHI: 9:30 AM SPEAKER-10:00 AM PA CAPTION TELEPHONE JEWELRY FUNDRAISER! LUNCH: 11:30 AM BINGO: 12:15 AM COMPUTER 	19 JEWELRY FUNDRAISER! ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. COMPUTER PUZZLES	20 NAMI CRAFT-10:00AM JEWELRY FUNDRAISER! LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES	21 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER 
24 <u>CENTER CLOSED</u>	25 BIRTHDAY PARTY CENTER MEETING TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 AM BILLIARDS COMPUTER PUZZLES 	26 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES	27 <u>CENTER CLOSED</u> 	28 <u>CENTER CLOSED</u> 



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Mon	Tue	Wed	Thu	Fri
<i>Lunch served at 11:30 am Suggested meal donation \$2.00 *Reservations required*</i>				
3 CENTER CLOSED <i>Reservations for meals are sent to the GECAC kitchen 2 weeks in advance.</i>	4 CENTER CLOSED 	5 SALISBURY STEAK GREEN PEAS SEASONED POTATOES PUDDING DINNER ROLL	6 CHICKEN CORDON BLEU BROCCOLI SUGAR COOKIE WHEAT BREAD	7
10 CENTER CLOSED	11	12	13	14
17 CENTER CLOSED	18 	19 	20 CHICKEN NOODLE CASSEROLE CALI MIX VEG DINNER ROLL JELLO CUP	21 STUF PEPPER TOSSED PEPPER BROWN RICE RYE BREAD VAN ICE CREAM
24 CENTER CLOSED	25 CHICKEN SALAD WHOLE WHEAT PITA LETTUCE & TOM BROCCOLI SOUP PINEAPPLE CUP	26 SWED MEATBALL EGG NOODLES PEAS CHOC ICE CREAM 	27 CENTER CLOSED 	28 CENTER CLOSED 

MEDICARE MINUTE...



Each year the Medicare Part B premium, deductible, and coinsurance rates are determined by The Social Security Administration and the Centers for Medicare and Medicaid. The standard monthly premium for Medicare Part B enrollees will increase from \$185 to \$206 in 2026. There will also be an increase in the Part D deductible to \$615.

With increasing cost beneficiaries should speak with a PA MEDI counselor to see if they are eligible for programs to lower the cost of their Part B and D premiums and deductibles.

State Buy-In: Pays for Part A and/or B premiums. This program helps to pay cost for beneficiaries who have both Medicare and Medicaid, referred to as dually eligible.

Extra Help, also known as the Low Income Subsidy (LIS), helps with the cost of your prescription drugs. Extra Help/LIS will help to cover the cost of your deductibles, premiums and copays.

Medicare Part B covers preventive and screening services to help you stay healthy. Preventive services include exams, shot, lab tests, and screenings. They also include programs for health monitoring, counseling and education to help you take care of your own health. Your Medicare.gov account is where you can check your preventative services.

