

Alex Celeski, Center Director
Michele Knauer, Center Assistant

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

- **Thank you once more for welcoming me into your center! I look forward to us all making many fun memories together!**
-Alex Celeski (new Erie West Senior Center Director)
- On **April 7th** we will also have a speaker from **Adagio Health** to present on a good nutrition topic at 10:30am!
- **NEW, FUN EXERCISE ACTIVITY: Try out CHAIR YOGA with instructor Amy Lynn on Thursday April 23rd at 9:30am!** If you, the Erie West members, enjoy it we can add it to our monthly schedule!
- **ALSO NEW TO ERIE WEST: Glasses Cleaning/Minor-Repairs** with Lori on **Tuesday April 14th from 9:00am-11:30am!**
- **Dave of Rep. Patrick Harkins office** will be helping us with **Property tax and Rent rebates.** He will ALSO be at our Center **Tuesday April 14th starting at 10:00am.** Remember to **bring proof of age, proof of income and proof of property taxes or rent paid.** For homeowners: This should be submitted in the form of receipted tax bills for the year being claimed. For renters: This can be a rent certificate completed by your landlord or their authorized agent, or if your landlord's signature cannot be obtained, a rent certificate with the affidavit notarized.
- The **NAMI Craft day** is **Thursday April 16th, at 10:00 a.m.**
- Our **Center birthday party**, celebrating our members who were born in the month of March, will be on **Thursday April 30th.** Enjoy a dessert in honor of their special day!

Tai Chi classes are held **every Tuesday at 9:30 am (at no cost).**

If you would like to improve your balance, this class is for you! Tai Chi is known for its slow, intentional movements. This popular form of gentle exercise and moving meditation, benefits your mental and physical health. Ed Matthews—instructor.

Our **AEA Arthritis Exercise Classes** will take place on Wednesdays at 10:30 as staffing and scheduling permits. **Stay active & join us!**

THE APRIL MEDICARE MINUTE:

Hospital Admission Vs. Observation

When staying over in a hospital, there is a difference between being admitted and being under observation. Admitted means inpatient and your Part A hospital coverage is billed. You pay a \$1,736 per event deductible (period), then \$0 for 60 days. When you stay **over** for observation, you have an outpatient status, and your Part B is billed. The observation status of-

ten results in higher out-of-pocket expenses because you pay for individual services.

If you find yourself staying over in a hospital and are there for more than 24 hours, the hospital

must provide you with a Medicare Outpatient Observation Notice (MOON). This notice will explain why you are considered outpatient. You can stay over multiple days and still be outpatient and under observation.

You can be proactive and ask if you are being admitted, or under observation. If under observation, you can ask more questions about that status and potentially have it changed if applicable.

How do your contributions and fundraised dollars help our Center?







Meal Contributions help to off-set the cost of meals. On average the actual cost of a meal is over \$5.00. 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, computer usage, and more. 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.



APRIL 2026 ~ EVENTS

GECAC 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><i>Lunch served from 11:30 am-11:50am.</i> <i>Suggested meal donation \$2.00</i> <i>*Reservations required*</i></p>	<p>31 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM BILLIARDS COMPUTER PUZZLES</p>	<p>APRIL 1 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p> 	<p>2 Music by Rich Wiler at 10:30am Bingo at 12:15pm (Bingo sales end at 11:00am)</p> 	<p>3</p> <p style="font-size: 1.5em;">CLOSED</p> <p style="font-size: 1.5em;">for Holiday</p>
<p>6 <i>CENTER CLOSED</i> <i>reservations for meals are sent to the GECAC kitchen 2 weeks in advance.</i></p>	<p>7 TAI CHI: 9:30 AM SPEAKER: 10:30am (AdagioHealth Nutrition) LUNCH: 11:30 AM BINGO: 12:15 PM BILLIARDS COMPUTER PUZZLES</p>	<p>8 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>9 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>10 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p> 
<p>13 <i>CENTER CLOSED</i></p>	<p>14  <u>NEW</u>: Glasses Cleaning w/ Lori 9:00-11:00am TAI CHI: 9:30 AM Property Tax/Rent Rebate Help-10:00 AM LUNCH: 11:30 AM BINGO: 12:15 PM</p>	<p>15 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>16 NAMI CRAFT 10:00 AM  LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>17 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>20 <i>CENTER CLOSED</i></p>	<p>21 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM BILLIARDS COMPUTER PUZZLES</p>	<p>22 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>23 <u>NEW</u>: CHAIR YOGA w/ Amy Lynn 9:30am LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p> 	<p>24 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>27 <i>CENTER CLOSED</i> <i>EXCEPT for <u>Senior for Safe Driving Class</u> \$17.00 per senior! Sign up via PennDOT at 1-800-559-4880 and then notify Alex.</i></p>	<p>28 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM BILLIARDS COMPUTER PUZZLES</p>	<p>29 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>30 BIRTHDAY PARTY! CENTER MEETING 11:00am LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>MAY 1 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>

APRIL 2026 ~ LUNCH
GECAC 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><i>Lunch served from 11:30 am-11:50am.</i> <i>Suggested meal donation \$2.00</i> <i>*Reservations required*</i></p>	<p>31 PORK ROAST SCALLOPED POTATOES TOMATO/ZUCCHINI RYE BREAD PINEAPPLE</p>	<p>APRIL 1 STUFFED CHICKEN BREAST MIXED VEGGIES SWEET POTATOES WHEAT BREAD FRESH FRUIT</p>	<p>2  EASTER CELEBRATION (Must have signed up 2 weeks in advance to receive lunch) Lunch: Cheeseburger! Music by Rich Wiler</p>	<p>3 CLOSED for Holiday</p>
<p>6 CENTER CLOSED <i>reservations for meals are sent to the GECAC kitchen 2 weeks in advance.</i></p>	<p>7 CHICKEN LEGS MAC & CHEESE BRUSSEL SPROUTS WHEAT BREAD PEAR CUP</p>	<p>8 COUNTRY FRIED STEAK BROCCOLI MASHED POTATOES APPLESAUCE</p>	<p>9 CHICKEN & NOODLES CALI VEGGIES DINNER ROLL JELLO CUP</p>	<p>10 STUFFED PEPPER TOSSED SALAD BROWN RICE RYE BREAD VANILLA ICE CREAM CUP</p>
<p>13 CENTER CLOSED</p>	<p>14 CHICKEN SALAD w/ PITA BREAD LETTUCE CHEESE-&- BROCCOLI SOUP PINEAPPLE CUP</p>	<p>15 SWEDISH MEATBALLS EGG NOODLES PEAS CHOCOLATE ICE CREAM</p>	<p>16 TACO SALAD!!!</p>	<p>17 MEATBALL SUB & SPINACH SALAD</p>
<p>20 CENTER CLOSED</p>	<p>21 BEEF STEW SWEET POTATOES YELLOW BEANS CORN MUFFIN MANDARIN ORANGES</p>	<p>22 SALISBURY STEAK PEAS SEASONED POTATOES DINNER ROLL PUDDING CUP</p>	<p>23 CHICKEN CORDON BLEU BROCCOLI WHEAT BREAD SUGAR COOKIE</p>	<p>24 BEEF RAVIOLI TOSSED SALAD ITALIAN BREAD APPLESAUCE</p>
<p>27 CENTER CLOSED</p>	<p>28 SAUSAGE SUB ONIONS&PEPPERS BAKED BEANS FRUIT</p>	<p>29 OX ROAST SANDWICH COLE SLAW MIXED VEGGIES JELLO</p>	<p>30 STUFFED CABBAGE MASHED POTATOES MIXED VEGGIES PEACH CUP</p>	<p>MAY 1 TUNA SALAD SANDWICH LETTUCE TOMATO CARROTS PINEAPPLE</p>

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If you find yourself staying over in a hospital and are there for more than 24 hours, the hospital must provide you with a Medicare Outpatient Observation Notice (MOON). This notice will explain why you are considered outpatient. You can stay over multiple days and still be outpatient and under observation.

You can be proactive and ask if you are being admitted, or under observation. If under observation, you can ask more questions about that status and potentially have it changed if applicable.

PA MEDI Counselors can help you learn about Medicare, Preventive Services, understand and enroll in your plan of choice, appeal Medicare decisions, and more. Help is available to low income Medicare recipients through the Medicare Savings Program and Extra Help Low Income Subsidy program to help pay for your Part B premium and prescription costs.

**For help in understanding your options, contact your local
PA MEDI Office for More Information**

GECAC Erie Area Agency on Aging * 814-459-4581 Ext. 400



Pennsylvania
Medicare Education
and Decision Insight



**PA MEDI, available through
your local Area Agency
on Aging, offers free,
confidential, unbiased, and
easy-to-understand
information to Medicare-
eligible individuals,
their families, and caregivers.**

**PA MEDI empowers
seniors and people with
disabilities to make
informed decisions
about Medicare
health insurance.**



Pennsylvania
Department of Aging



State Health Insurance
Assistance Program
Navigating Medicare