



GECAC Erie West Senior Center

1210 West 8th Street, 16502 | (814) 451-5634

AUGUST 2026 NEWSLETTER



Pennsylvania Department of Aging

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**.

AUGUST 2026



GECAC's Medicare Minute

Rules of Medicare Marketing

Insurance companies are subject to extensive federal rules when they market Medicare plans. These rules govern the content, timing, and appearance of the materials they send out.

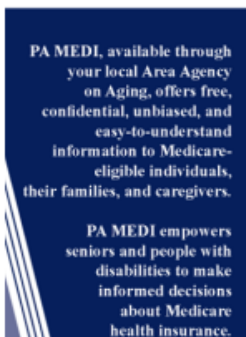
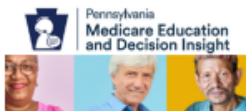
Mailed materials must:

- Be accurate and not misleading
- Clearly identify the insurance company
- Avoid confusing beneficiaries into thinking the mail came from the government
- Include required disclaimers & contact information
- Present information that complies with all Centers for Medicare and Medicaid (CMS) standards

CMS Prohibits marketing that could mislead someone into believing a private company is sending an official Medicare notice, or that it is coming from the Federal Government. They are not to make false statements of exaggerated claims about savings, omit limitations or eligibility requirements, or claim Original Medicare will be lost if you don't respond immediately. **State Laws** are in place that prohibit false advertising, use unfair or deceptive marketing practices, and from misrepresenting policy benefits.

If you believe you were improperly marketed to by mail, in-person, by phone, or other manner, you may contact 1-800-MEDICARE (1-800-622-4227), the PA State Department of Insurance 1-877-881-6388, and for specific concerns of fraud, the Senior Medicare Patrol 1-877-808-2468. You may also call your local SHIP/ PA MEDI office.

PA MEDI Counselors can help you learn about Medicare, Preventive Services, understand and enroll in your plan of choice, guide you Medicare appeal 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 GECAC Erie Area Agency on Aging PA MEDI office for more information at 814-459-4581 Ext. 400.



This publication is funded by a grant award totaling \$ 2.8 million (200%) from the U.S. Department of Health and Human Services.

CENTER EVENT HIGHLIGHTS

(always subject to change):

- Bingo (every Tues. & Thurs.)
 - Tai Chi (every Tuesday)
 - Arthritis Exercise (every Wednesday)
 - Chair Yoga Classes (see calendar)
 - Blood Pressure Screenings
-
- Diabetes Prevention Groups hosted by the Sight Center of NWPA (Fridays)
 - Outdoor Farmers' Markets hosted by Adagio Health!
~SFMNP Vouchers are accepted!
~Indoors in Library if weather is bad!
 - NAMI hosts another Art/Craft session!
 - Seneca Allegany Casino Bus Trip!*
- *(must have pre-purchased ticket in July)

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 \$9.00. These 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.

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.

Dr. Ben Wilson, GECAC CEO
Ray Maholtz, GECAC Erie Co. Area Agency on Aging Division Manager



AUGUST 2026 **EVENTS**

GECAC ERIE WEST SENIOR CENTER

1210 W. 8th St., Erie, PA | Phone: (814) 451-5634
Hours: Tuesday-Friday 9:00am to 3:00pm

UPCOMING
EVENTS

Mon

Tue



Wed



Thu

Fri



Lunch served from
11:30 am-11:50am
or until we run out.

Suggested meal
donation **\$2.00**

4
TAI CHI: 9:30am
SPEAKER: 10:00am
ADAGIO HEALTH
LUNCH: 11:30am
BINGO: 12:15pm
OUTDOOR
PRODUCE
9:30am-1pm



5
ARTHRITIS
EXERCISE 10:30am

CARDS

LUNCH: 11:30am

6
CHAIR YOGA
w/ Amy Lynn:
9:30am
LUNCH: 11:30am
BINGO: 12:15pm



7
DIABETES
PREVENTION
PROGRAM: 10:00am

CARDS

LUNCH: 11:30am



10 **CENTER CLOSED**
Erie West / Tri-Boro
Seneca Allegany Casino
Bus Trip!
Must arrive here before
8:30am. **SOLD OUT TRIP!**
Thanks for the support!



11
TAI CHI: 9:30am

LIVE MUSIC by
COUNTRY BLUE
BAND: 10am-11am

LUNCH: 11:30am
BINGO: 12:15pm



12
SENIOR PLANET
COMPUTER CLASS:
10:00am
in MAIN AREA
(due to special
guests)
ARTHRITIS
EXERCISE 10:30am
CARDS
LUNCH: 11:30am



13
CHAIR YOGA
w/ Amy Lynn:
9:30am

LUNCH: 11:30am

BINGO: 12:15pm



14
DIABETES
PREVENTION
PROGRAM: 10:00am

CARDS

LUNCH: 11:30am
+ POPCORN
FRIDAY!



17
CENTER CLOSED

18
TAI CHI: 9:30am
SPEAKER: 10:00am
ADAGIO HEALTH
LUNCH: 11:30am
BINGO: 12:15pm
OUTDOOR
PRODUCE
9:30am-1pm



19
ARTHRITIS
EXERCISE 10:30am

CARDS

LUNCH: 11:30am

20 **BIRTHDAYS!**

ART with **NAMI**
10:00am

LUNCH: 11:30am
+ Birthday Cake!

BINGO: 12:15pm



21
DIABETES
PREVENTION
PROGRAM: 10:00am

CARDS

LUNCH: 11:30am



24
CENTER CLOSED

25
TAI CHI: 9:30am

LUNCH: 11:30am
BINGO: 12:15pm

26
ARTHRITIS
EXERCISE 10:30am

CARDS

LUNCH: 11:30am

27 **PRIZE DRAWING!**

LUNCH: 11:30am
BINGO: 12:15pm



28
DIABETES
PREVENTION
PROGRAM: 10:00am

CARDS

LUNCH: 11:30am





AUGUST 2026 **LUNCH MENU**
GECAC ERIE WEST SENIOR CENTER
1210 W. 8th St., Erie, PA | Phone: (814) 451-5634
Hours: Tuesday-Friday 9:00am to 3:00pm



Mon	Tue	Wed	Thu	Fri
Lunch served from 11:30 am-11:50am or until we run out. Suggested meal donation <u>\$2.00</u>	4 PORK ROAST SCALLOPPED POTATOES STEWED ZUCCHINI RYE BREAD PINEAPPLE CUP	5 STUFFED CHICKEN BREAST MIXED VEGGIES SWEET POTATO MASH WHEAT BREAD FRESH CUT FRUIT	6 CHEESEBURGER COLE SLAW POTATO WEDGES APPLESAUCE CUP	7 CHICKEN ALA KING GREEN BEANS BISCUIT MIXED FRUIT CUP
10 <u>CENTER CLOSED</u> Erie West / Tri-Boro Seneca Allegany Casino Bus Trip! Must arrive here <u>before</u> 8:30am. <u>SOLD OUT TRIP!</u> Thanks for the support! 	11 CHICKEN LEGS MAC & CHEESE BRUSSEL SPROUTS WHEAT BREAD PEAR CUP	12 COUNTRY FRIED STEAK BROCCOLI MASHED POTATO APPLESAUCE CUP	13 CHICKEN &- NOODLES CALI VEGGIES DINNER ROLL JELLO CUP	14 STUFFED PEPPER TOSSED SALAD BROWN RICE RYE BREAD VANILLA ICE CREAM + POPCORN  FRIDAY
17 <i>CENTER CLOSED</i>	18 CHICKEN SALAD WITH PITA BROCCOLI SOUP PINEAPPLE CUP	19 SWEDISH MEAT- BALLS PEAS NOODLES CHOCOLATE ICE CREAM CUP	20 HAM BROCCOLI DICED POTATOES RYE BREAD VANILLA ICE CREAM +  BIRTHDAY CAKE	21 MEATBALL SUB & SPINACH SALAD
24 <i>CENTER CLOSED</i>	25 BEEF STEW SWEET POTATO MASH WAX BEANS CORN BREAD ORANGE CUP	26 SALISBURY STEAK PEAS DICED POTATO DINNER ROLL CHOCOLATE PUDDING	27 CHICKEN CORDON BLEU BROCCOLI WHEAT BREAD COOKIE	28 BEEF RAVIOLI TOSSED SALAD ITALIAN BREAD APPLESAUCE

