

Lisa Reynolds/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

Event Highlights and Reminders

- **Alex Celeski will be the new Erie West Director! His first day at the Center will be March 10th! Please give him a warm welcome!**
- **Dave of Rep. Patrick Harkins office will be helping us with Property tax and Rent rebates.** He will be at our Center **Tuesday March 10th** starting at 10:00. 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.
- On March 10th we will also have a speaker from Adagio to present on a good nutrition topic. This will take place at 10:30.
- The Saint Patrick's Day party is Thursday March 12th. You must have a ticket to attend. Randy Peters will be entertaining us with music! See Alex or Michele for more details.
- The NAMI Craft day is Thursday March 19th, at 10:00 a.m.
- Our **Center birthday party**, celebrating our members who were born in the month of March, will be on **Tuesday, March 31st.** Enjoy a slice of cake 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. Check in with Alex or Michele for confirmed dates.



An Irish Prayer:
 May God give you, for every storm, a rainbow,
 For every tear, a smile,
 For every care, a promise,
 And a blessing in each trial.
 For every problem life sends, a faithful friend to share,
 For every sigh, a sweet song,
 And an answer for each prayer.



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.



MARCH 2026

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>2</p> <p><u>CENTER</u> <u>CLOSED</u></p> <p><u>MUST PURCHASE</u> <u>Bingo by 11:00 AM</u></p>	<p>3</p> <p>SPECIAL EVENT! MUST PURCHASE A TICKET!!!</p>	<p>4</p> <p>CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>5</p> <p>SPEAKER-10:00 NATIONAL FUEL LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>6</p> <p>CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>9</p> <p><u>CENTER</u> <u>CLOSED</u></p>	<p>10</p> <p>TAI CHI: 9:30 AM Property Tax/Rent Rebate Help-10:00 AM SPEAKER -10:30 AM ADAGIO LUNCH: 11:30 AM BINGO: 12:15 PM</p>	<p>11</p> <p>ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>12</p> <div style="text-align: center;">  </div> <p>Entertainment: 10:30 RANDY PETERS <u>MUST HAVE A TICKET!</u> LUNCH: 11:30 A.M. BINGO: 12:15 P.M.</p>	<p>13</p> <p>CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>16</p> <p><u>CENTER</u> <u>CLOSED</u></p> <div style="text-align: center;">  </div>	<p>17</p> <p>TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM BILLIARDS COMPUTER PUZZLES</p>	<p>18</p> <p>ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>19</p> <p>NAMI CRAFT 10:00 AM LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>20</p> <p>CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>23</p> <p><u>CENTER</u> <u>CLOSED</u></p>	<p>24</p> <p>TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM COMPUTER</p>	<p>25</p> <p>CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>26</p> <p>LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>27</p> <p>CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>30</p> <p><u>CENTER</u> <u>CLOSED</u></p>	<p>31</p> <p>TAI CHI: 9:30 AM BIRTHDAY PARTY! CENTER MEETING-11 LUNCH: 11:30 AM BINGO: 12:15 PM COMPUTER PUZZLES</p>	<p>APRIL 1</p> <p>ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>APRIL 2</p> <p>LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>APRIL 3</p> <p>CENTER CLOSED! HAPPY EASTER!</p> <div style="text-align: right;">  </div>



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GECAC ERIE WEST SENIOR CENTER

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Hours: Tuesday-Friday 9:00 a.m. to 3:00 p.m.

Mon	Tue	Wed	Thu	Fri
<p><i>Lunch served at <u>11:30 am</u> Suggested meal donation <u>\$2.00</u> *Reservations required*</i></p>	<p>3 SPECIAL EVENT MUST HAVE A TICKET!!!</p>	<p>4 SWEDISH MEATBALLS EGG NOODLES PEAS ICE CREAM</p>	<p>5 HAM BROCCOLI DICED POTATOES RYE BREAD PUDDING</p>	<p>6 MEATBALL SUB SPINACH SALAD FRUIT</p> 
<p>9 <i>CENTER CLOSED</i> <i>reservations for meals are sent to the GECAC kitchen 2 weeks in advance.</i></p>	<p>10 BEEF STEW SWEET POTATOES YELLOW BEANS CORN MUFFIN MANDARIN ORANGES</p>	<p>11 SALISBURY STEAK PEAS SEASONED POTATOES DINNER ROLL PUDDING CUP</p>	<p>12 SPECIAL EVENT MUST HAVE A TICKET!!!</p>	<p>13 BEEF RAVIOLI TOSSED SALAD ITALIAN BREAD APPLESAUCE</p>
<p>16 <i>CENTER CLOSED</i></p> 	<p>17 SAUSAGE SUB ONIONS&PEPPERS BAKED BEANS FRUIT</p>	<p>18 OX ROAST SANDWICH COLE SLAW MIXED VEGGIES JELLO</p>	<p>19 CABBAGE ROLL MASHED POTATOES MIXED VEGGIES PEACH CUP</p> 	<p>20 TUNA SALAD SANDWICH LETTUCE TOMATO CARROTS PINEAPPLE</p>
<p>23 <i>CENTER CLOSED</i></p>	<p>24 CHIKN BREAST HASH BROWNS BABY CARROTS RYE BREAD ORANGE CUP PB COOKIE</p>	<p>25 GOULASH TOSSED SALAD TOMATOES PUDDING</p>	<p>26 CHICKEN FETTUCCINI CASSEROLE MIXED VEGGIES PEARS</p>	<p>27 HOT TURKEY SEASONED POTATOES PEAS DINNER ROLL PUDDING</p>
<p>30 <i>CENTER CLOSED</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>APRIL 2 CHEESEBURGER COLE SLAW POTATO WEDGES APPLESAUCE</p>	<p>APRIL 3 <u>CENTER CLOSED</u> HAPPY EASTER!</p> 



GECAC's Medicare Minute

Prevent Health Problems Before They Happen

Your health is important. You can stay healthy by visiting your health care provider regularly for preventive services.

Preventive services can keep you from getting sick and find health problems early. If you have Medicare, you can get many of these services for free. Anyone with Medicare can use them, and there is no need to sign up or apply.

To help you stay healthy, Medicare covers many preventive services such as:

- Yearly "Wellness" check-ups
- Vaccinations for the flu, shingles, and COVID-19
- Screenings for cancer, diabetes, heart disease, and HIV
- Counseling to help you quit smoking
- Training on how to manage diabetes
- And more!

Our local team members can answer your questions about preventive services and how to use them. We can also provide information on other ways you can use your Medicare benefits. Our services are always free

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



SHIP
State Health Insurance
Assistance Program

Navigating Medicare

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