

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**.

JULY 2026



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, Preventative 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, 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.



This publication is funded by a grant award totaling

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**
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- **Diabetes Prevention Group hosted by the Sight Center of NWPA (every Friday)**
 - **Tie-dyeing with NAMI! (pend. weather)**
 - **Summer Picnic at Erie Yacht Club on Thursday July 9th! (ticket required)**
 - **Outdoor Farmers' Markets hosted by Adagio Health!**
~SFMNP Vouchers are accepted!
~Indoors in Library if weather is bad!

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. 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.

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



JULY 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



Mon

Tue

















Wed



Thu

Fri



<p>Lunch served from 11:30 am-11:50am or until we run out.</p> <p>Suggested meal donation \$2.00</p>	<p>30</p> <p>TAI CHI: 9:30am</p> <p>LUNCH: 11:30am</p> <p>BINGO: 12:15pm</p>	<p>JULY 1</p> <p>ARTHRITIS <u>EXERCISE 10:30am</u></p> <p>CARDS</p> <p>LUNCH: 11:30am</p>	<p>2</p> <p>CHAIR YOGA w/ Amy Lynn: 9:30am </p> <p>LUNCH: 11:30am</p> <p>BINGO: 12:15pm</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>FINAL MORNING TO PURCHASE YOUR SUMMER PICNIC TICKET FROM MICHELE</p> </div>	<p>3</p> <p style="text-align: center;">CLOSED for July 4th Weekend!</p> 
<p>6</p> <p style="text-align: center;"><i>CENTER CLOSED</i></p>	<p>7</p> <p><u>TAI CHI: 9:30am</u></p> <p>SPEAKER: 10:00am</p> <p>Adagio Health (Healthy Food Tips)</p> <p><u>LUNCH: 11:30am</u></p> <p><u>BINGO: 12:15pm</u></p> <p>OUTDOOR PRODUCE  9:30am-1pm</p>	<p>8</p> <p>ARTHRITIS EXERCISE 10:30am</p> <p>CARDS</p> <p>LUNCH: 11:30am</p>	<p>9</p> <p>ERIE WEST SUMMER PICNIC!!!  (Theme: LAKE PARTY!) at the ERIE YACHT CLUB!</p> <p style="text-align: center;">9am-2pm</p> <p>(<u>must</u> have purchased ticket by morning of July 2nd to attend)</p>	<p>10</p> <p> DIABETES PREVENTION PROGRAM at 10:00am</p> <p>CARDS</p> <p>LUNCH: 11:30am</p>
<p>13</p> <p style="text-align: center;"><i>CENTER CLOSED</i></p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Sr Ctr Director (Alex) will be out of town this whole week. —></p> </div>	<p>14</p> <p>TAI CHI: 9:30am</p> <p>LUNCH: 11:30am</p> <p>BINGO: 12:15pm</p>	<p>15</p> <p><u>NO EXERCISE CLASS</u> (Director Out of Town. Sorry! Back next week.)</p> <p>CARDS</p> <p>LUNCH: 11:30am</p>	<p>16</p> <p>ART with NAMI:  10:00am</p> <p>Tie-Dying! (Bring your own, older shirt to tie-dye outside!)</p> <p>LUNCH: 11:30am</p> <p>BINGO: 12:15pm</p>	<p>17</p> <p> DIABETES PREVENTION PROGRAM at 10:00am</p> <p>CARDS</p> <p>LUNCH: 11:30am</p>
<p>20</p> <p style="text-align: center;"><i>CENTER CLOSED</i></p>	<p>21</p> <p>TAI CHI: 9:30am</p> <p>LUNCH: 11:30am</p> <p>BINGO: 12:15pm</p>	<p>22</p> <p>ARTHRITIS <u>EXERCISE 10:30am</u></p> <p><u>CARDS</u></p> <p><u>LUNCH: 11:30am</u></p> <p>OUTDOOR PRODUCE  9:30am-1pm</p>	<p>23 <u>BIRTHDAYS!</u> </p> <p>CHAIR YOGA w/ Amy Lynn: 9:30am </p> <p>LUNCH: 11:30am + Birthday Dessert</p> <p>BINGO: 12:15pm</p>	<p>24</p> <p> DIABETES PREVENTION PROGRAM at 10:00am </p> <p><u>CARDS</u></p> <p>LUNCH: 11:30am + POPCORN FRIDAY!</p>
<p>27</p> <p style="text-align: center;"><i>CENTER CLOSED</i></p>	<p>28</p> <p>TAI CHI: 9:30am</p> <p>LUNCH: 11:30am</p> <p>BINGO: 12:15pm</p>	<p>29</p> <p>ARTHRITIS EXERCISE 10:30am</p> <p>CARDS</p> <p>LUNCH: 11:30am</p>	<p>30 <u>PRIZE DRAWING!</u></p> <p>LUNCH: 11:30am</p> <p>BINGO: 12:15pm</p> 	<p>31</p> <p> DIABETES PREVENTION PROGRAM at 10:00am</p> <p><u>CARDS</u></p> <p>LUNCH: 11:30am</p>



JULY 2026 **LUNCH**

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
<p>Lunch served from <u>11:30 am-11:50am</u> or until we run out.</p> <p>Suggested meal donation <u>\$2.00</u></p>	<p>30</p> <p>CHICKEN LEGS MAC & CHEESE BRUSSEL SPROUTS WHEAT BREAD PEAR CUP</p>	<p><u>JULY 1</u></p> <p>COUNTRY FRIED STEAK BROCCOLI MASHED POTATO APPLESAUCE</p>	<p>2</p> <p>CHICKEN &- NOODLES CALI VEGGIES DINNER ROLL JELLO CUP</p>	<p>3</p> <p>CLOSED FOR 4TH OF JULY WEEKEND</p> <p style="text-align: center;"></p>
<p><i>CENTER CLOSED</i></p> <p>*Sign-ups for meals are sent to the GECAC kitchen 2 weeks in advance*</p>	<p>7</p> <p>CHICKEN SALAD WITH PITA BROCCOLI SOUP PINEAPPLE CUP</p>	<p>8</p> <p>SWEDISH MEAT- BALLS PEAS NOODLES CHOCOLATE ICE CREAM CUP</p>	<p>9</p> <p style="text-align: center;"> CLOSED for Summer Picnic at Erie Yacht Club: 1 Ravine Dr, Erie, PA 16505; <u>ticket required</u></p>	<p>10</p> <p>MEATBALL SUB & SPINACH SALAD</p>
<p>13</p> <p><i>CENTER CLOSED</i></p> <p>(Sr Ctr Director, Alex, will be out of town this week.)</p>	<p>14</p> <p>BEEF STEW SWEET POTATO MASH WAX BEANS CORN BREAD ORANGE CUP</p>	<p>15</p> <p>SALISBURY STEAK PEAS DICED POTATO DINNER ROLL CHOCOLATE PUDDING</p>	<p>16</p> <p>CHICKEN CORDON BLEU BROCCOLI WHEAT BREAD COOKIE</p>	<p>17</p> <p>BEEF RAVIOLI TOSSED SALAD ITALIAN BREAD APPLESAUCE</p>
<p>20</p> <p><i>CENTER CLOSED</i></p>	<p>21</p> <p>SAUSAGE SUB BAKED BEANS PEPPERS & ONIONS</p>	<p>22</p> <p>OX ROAST SANDWICH CALI VEGGIES JELLO CUP</p>	<p>23</p> <p>STUFFED CABBAGE MASHED POTATO MIXED VEGGIES RYE BREAD PEACH CUP (July Birthday Party Dessert)</p> <p style="text-align: right;"></p>	<p>24</p> <p>TUNA SALAD BABY CARROTS ITALIAN BREAD PINEAPPLE CUP</p> <p>POPCORN FRIDAY</p> <p style="text-align: right;"></p>
<p>27</p> <p><i>CENTER CLOSED</i></p>	<p>28</p> <p>GRILLED CHICKEN BREAST HASHED BROWNS RYE BREAD PEACH CUP COOKIE</p>	<p>29</p> <p>GOULASH TOSSED SALAD ITALIAN BREAD CHOCOLATE- PUDDING</p>	<p>30</p> <p>CHICKEN FETTUCCINE CALI VEGGIES PEAR CUP</p>	<p>31</p> <p>TACO SALAD! (BEEF, LETTUCE, CHEESE, CHIP-STRIPS & MORE!)</p>