



Alex Celeski, Center Director
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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

- **Dave is making ONE LAST/EXTRA VISIT to us on Tuesday May 12th starting at 10:00am! (Thank you, Dave!!!)**
Dave of Rep. Patrick Harkins office will be helping seniors with **PROPER-TY TAX & RENT REBATES** at our Center.
 Remember to **bring proof of age, proof of income and proof of property taxes or rent paid.**
- On Tues. **May 12th** we will also have a speaker from **Adagio Health** to present on a nutrition topic at 10:30am!
- **NEW: The Sight Center of NWPA** will be hosting a **Diabetes Prevention Program (free group meetings/course)** here on Friday mornings starting on **Fri. May 22nd at 10:00am** in our multi-purpose room to discuss health & nutrition. They will provide some light, healthy snacks & occasionally give away prizes as well! Join before Session 3 in June in order to complete the full program & win more prizes, but feel free to join-in & learn from any meeting as well.
- **NEW/Returning: Senior Planet (Computer & Smartphone) Classes** start again on **Wednesday May 13th at 12:15pm** (right after lunch)!
 These will be ran by **GECAC's own Damali Donovan** who many members may have met at our last RSVP Volunteer Luncheon or during our first/test Senior Planet class several months ago. This intro class will focus on Smartphones, so just bring your smartphone with you (we will focus on Android/Google-brand phones as more people tend to have these brand-smartphones).
- **NEW/Returning: CHAIR YOGA** with instructor **Amy Lynn RETURNS on both Thursday May 7th at 9:30am AND Thursday May 14th at 9:30am!** For now, Chair Yoga will be held on the first, two Thursdays of each month. We will have sign-up sheets out on Wednesdays the week before each class and we'll be capping classes at 20 seniors due to space/popularity. Hence, IF you sign up but cannot make it PLEASE call us & cancel because we can give your spot to another senior if they're interested. *Thank you and enjoy!*
- The **NAMI Craft day** is **Thursday May 21st, at 10:00 a.m.!**
- Our **Center birthday party**, celebrating our members who were born in the month of **May**, will be on **Thursday May 21st**. Enjoy a dessert with lunch in honor of their special day! Same day as our **Center Meeting**.

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!
 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!**

MAY 2026 | MEDICARE MINUTE:

Navigating “Not Medically Necessary” Denials

There are times people learn that a doctor recommended service or test they received was not medically necessary and therefore Medicare will not cover the cost. These three words do not necessarily mean you are out of options.

Options for non-covered services or tests:

- If your service or test was deemed not medically necessary, you can file a formal appeal within 120 days. This allows the decision to be reviewed at a higher level.
- You can ask your doctor to resubmit and provide additional supporting documentation. Often times the reason may not have been clearly justified and more documentation is needed to provide support.
- Review your ABN (Advance Beneficiary Notice). If you did not sign an ABN, you may not be liable for the cost.
- Confirm with the billing department that the test or service was coded correctly. Incorrect coding often results in denials.
- Review your MSN (Medicare Summary Notice).
- The MSN will provide a reason for the denial. This will help you learn how to respond.

This publication is funded by a grant award totaling \$ 1.8 million (100%) from the U.S. Department of Health and Human Services.

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.

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



MAY 2026 **EVENTS**

GECAC ERIE WEST SENIOR CENTER
 1210 W. 8th St., Erie, PA | 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>5 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM</p>	<p>6 ARTHRITIS <u>EXERCISE 10:30 AM</u> CARDS LUNCH: 11:30 A.M.</p>	<p>7 CHAIR YOGA w/ Amy Lynn 9:30am <u>(MUST sign up)</u> LUNCH: 11:30 A.M. BINGO: 12:15 P.M.</p>	<p>8 CARDS LUNCH: 11:30 A.M.</p>
<p>11 CENTER CLOSED</p>	<p>12 TAI CHI: 9:30 AM Property Tax/Rent Rebate Help-10:00 AM SPEAKER: 10:30am (AdagioHealth Nutrition) LUNCH: 11:30 AM BINGO: 12:15 PM</p>	<p>13 ARTHRITIS <u>EXERCISE 10:30 AM</u> CARDS LUNCH: 11:30 AM <u>NEW! SENIOR PLANET CLASS!</u> at 12:15 PM (Intro Class & Android Smartphones)</p>	<p>14 CHAIR YOGA w/ Amy Lynn 9:30am <u>(MUST sign up)</u> LUNCH: 11:30 A.M. BINGO: 12:15 P.M.</p>	<p>15 CARDS LUNCH: 11:30 A.M.</p> <p style="text-align: center;">POPCORN FRIDAY! (Popcorn machine!)</p>
<p>18 CENTER CLOSED</p>	<p>19 CENTER CLOSED for Election Day</p>	<p>20 ARTHRITIS <u>EXERCISE 10:30 AM</u> CARDS LUNCH: 11:30 A.M.</p>	<p>21 NAMI CRAFT 10:00 AM LUNCH: 11:30 A.M. BINGO: 12:15 P.M. CENTER MEETING + BIRTHDAY PARTY</p>	<p>22 DIABETES PREVENTION PROGRAM (Meeting / Intro Session) <u>at 10:00am</u> CARDS LUNCH: 11:30 A.M.</p>
<p>25 CENTER CLOSED</p>	<p>26 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM</p>	<p>27 ARTHRITIS <u>EXERCISE 10:30 AM</u> CARDS LUNCH: 11:30 A.M.</p>	<p>28 SPRING FLING PARTY! LIVE MUSIC by Justin Gray on guitar! We will crown a SPRING QUEEN who will also win a prize! LUNCH: 11:30 A.M. BINGO: 12:15 P.M.</p>	<p>29 DIABETES PREVENTION PROGRAM (Meeting / Session 1) <u>at 10:00am</u> CARDS LUNCH: 11:30 A.M.</p>



MAY 2026 **LUNCH**

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Mon	Tue	Wed	Thu	Fri
<p><i>Lunch served from 11:30 am-11:50am. Suggested meal donation \$2.00 *Reservations required*</i></p>	<p>5 TACO SALAD! A special lunch just to celebrate</p> 	<p>6 GOULASH SALAD ITALIAN BREAD PUDDING</p>	<p>7 CHICKEN FETTUCCINE CASSEROLE CALI VEGGIES PEAR CUP</p>	<p>8 HOT TURKEY PEAS DICED POTATOES DINNER ROLL PUDDING</p>
<p>11 CENTER CLOSED (Reservations for meals are sent to the GECAC kitchen 2 weeks in advance.)</p>	<p>12 PORK ROAST SCALLOPED POTATOES RYE BREAD PINEAPPLE CUP</p>	<p>13 STUFFED CHICKEN BREAT MIXED VEGGIES SWEET POTATO MASH WHEAT BREAD FRUIT BOWL</p>	<p>14 HAMBURGER COLE SLAW POTATO WEDGES APPLESAUCE</p>	<p>15 CHICKEN ALA KING WAX BEANS BISCUIT MIXED FRUIT CUP</p>
<p>18 CENTER CLOSED</p>	<p>19 CENTER CLOSED for Election Day</p> 	<p>20 COUNTRY FRIED STEAK BROCCOLI MASH POTATOES APPLESAUCE</p>	<p>21 CHICKEN & NOODLES CALI VEGGIES DINNER ROLL JELLO CUP (& birthday dessert)</p> 	<p>22 SALAD BAR! Make your own salad!</p> 
<p>25 CENTER CLOSED</p>	<p>26 CHICKEN SALAD w/ PITA CREAM OF BROCCOLI SOUP PINEAPPLE CUP</p>	<p>27 SWEDISH MEATBALLS PEAS NOODLES ICE CREAM CUP</p>	<p>28  FLING PARTY! Lunch: Steak Subs! Tri-Color Potato Salad Fruit Bowl Cupcakes for Dessert</p>	<p>29 MEATBALL SUB & SPINACH SALAD</p>