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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** ☎

OCTOBER 2026



GECAC's Medicare Minute

Annual Open Enrollment Period

The Medicare Annual Open Enrollment Period (AOEP) runs October 15th through December 7th each year. Medicare recipients use this period to review their current plans and decide if they want to make changes to become effective January 1st of the following year. What Medicare recipients should know:



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
Helping Medicare

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- **Your current plan may no longer be your best fit.** Medicare Advantage and Part D plans may change their costs including premiums, deductibles, copays, formularies, provider networks, pharmacies, extras, and more. Read your Annual Notice of Change (ANOC) mailed by plans by September 30th and your Evidence of Coverage (EOC) which is mailed by October 15th. Know what may have changed in your plan and be prepared to make changes if needed.
- **Some Advantage plans may be eliminated going into the new year, while others may change significantly.** If your plan is being eliminated, you may have new Guarantee Issue rights to look at a Medigap. Be prepared to consider all plan options.
- **You can change how you receive your Medicare coverage.** During the AOEP, you can switch from Original Medicare and Medicare Advantage, change Medicare Advantage plans or Part D plans, subject to applicable rules. Plan changes are expected to be available by October 1st. The Medicare.gov Plan Finder and comparison tools will generally have the 2027 offerings by this date.
- **Be prepared to compare others plans.** When considering if you will want to make any changes, have handy your ANOC, EOC, current list of medications, a list of preferred doctors, specialists, hospitals, and pharmacies. It can be beneficial to know what your 2026 costs were for services and prescriptions. While not possible to predict, consider what you believe your 2027 healthcare needs may be.

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.

CENTER EVENT HIGHLIGHTS

(always subject to change):

- **Bingo (every Tues. & Thurs.)**
 - **Tai Chi (every Tuesday)**
 - **Arthritis Exercise (every Wednesday)**
 - **Chair Yoga (Thursdays - see calendar)**
 - **Blood Pressure Screenings**
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- **Halloween Party on Thurs. Oct. 29th!**
Costume contest, live 3-piece band, a special Chicken-Taco Salad lunch, cake, prizes, & MORE!!!
 - **NEW SPEAKER: Heather with Allegheny Health Network discusses the stigma surrounding Grief & Loss.**
 - **Our Diabetes Prevention Group continues + Becca from the Sight Center guest-speaks!**

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



ERIE WEST SENIOR CENTER

OCTOBER 2026 EVENTS

1210 W 8th St, Erie, PA 16502 | ☎ (814) 451-5634
open Tuesday → Friday from 9:00am → 3:00pm

UPCOMING
EVENTS

Mon	Tues *Bingo Sales End at 11:00am (Games start at 12:15pm)	Wed	Thurs *Bingo Sales End at 11:00am (Games start at 12:15pm)	Fri
<u>CENTER CLOSED</u> Lunch served from 11:30 am-11:50am <i>or</i> until we run out. Suggested Lunch Contribution is \$2.00	29 TAI CHI: 9:30am LUNCH: 11:30am BINGO: 12:15pm	30 ARTHRITIS EXERCISE: 10:30am CARDS LUNCH: 11:30am (Goodbye, September!)	OCT. 1 CHAIR YOGA: 9:30am LUNCH: 11:30am BINGO: 12:15pm HALLOWEEN PARTY TICKET SALE STARTS (\$2.00 each)	2 CARDS LUNCH: 11:30am
5 <u>CENTER CLOSED</u> When able, our volunteer, Dr. John Mingey, makes <u>surprise</u> Tuesday visits to offer free Blood Pressure Screenings!	6 TAI CHI: 9:30am SPEAKER: 10:30am Grief & Loss Stigma w/ Heather (AHN) LUNCH: 11:30am BINGO: 12:15pm	7 ARTHRITIS EXERCISE: 10:30am CARDS LUNCH: 11:30am	8 CHAIR YOGA: 9:30am LUNCH: 11:30am BINGO: 12:15pm	9 DIABETES PREVENTION GROUP: 10:00am CARDS LUNCH: 11:30am
12 <u>CENTER CLOSED</u>	13 TAI CHI: 9:30am SENIOR PLANET: 10:15am LUNCH: 11:30am BINGO: 12:15pm	14 ARTHRITIS EXERCISE: 10:30am CARDS LUNCH: 11:30am LAST DAY TO BUY HALLOWEEN PARTY TICKETS! (\$2.00 each)	15 <u>BIRTHDAYS!</u> ART with 10:00am LUNCH: 11:30am + Birthday Dessert! BINGO: 12:15pm	16 CARDS LUNCH: 11:30am
19 <u>CENTER CLOSED</u>	20 TAI CHI: 9:30am SPEAKER: 10:30am Healthy Diet Tips w/ Becca (Sight Center) LUNCH: 11:30am BINGO: 12:15pm	21 ARTHRITIS EXERCISE: 10:30am CARDS LUNCH: 11:30am	22 CHAIR YOGA: 9:30am LUNCH: 11:30am BINGO: 12:15pm	23 DIABETES PREVENTION GROUP: 10:00am CARDS LUNCH: 11:30am + POPCORN FRIDAY
26 <u>Seniors for Safe Driving</u> with the from 9:00am-1:00pm Costs \$17.00/senior! MUST call PennDOT at 1-800-559-4880 to sign- up! Class itself is HERE at Erie West.	27 TAI CHI: 9:30am LUNCH: 11:30am BINGO: 12:15pm	28 ARTHRITIS EXERCISE 10:30am CARDS LUNCH: 11:30am	29 <u>Monthly 50-50 Draw!</u> Erie West HALLOWEEN PARTY! MUST have ticket! ~COSTUME CONTEST! ~LIVE MUSIC by The Rich Wiler Trio! ~PRIZES ~CAKE! LUNCH: 11:30am BINGO: 12:15pm	30 CARDS LUNCH: 11:30am



ERIE WEST SENIOR CENTER

OCTOBER 2026 LUNCH MENU

1210 W 8th St, Erie, PA 16502 | ☎ (814) 451-5634

open Tuesday → Friday from 9:00am → 3:00pm



Mon	Tues 	Wed 	Thurs 	Fri 
<u>CENTER CLOSED</u> Lunch served from <u>11:30 am-11:50am</u> <i>or until we run out.</i> Suggested Lunch Contribution is <u>\$2.00</u>	29 CHICKEN SALAD WITH PITA BROCCOLI SOUP PINEAPPLE CUP	30 SWEDISH MEATBALLS PEAS NOODLES ICE CREAM CUP (Goodbye, September!)	<u>OCT. 1</u> STUFFED CABBAGE MASHED POTATOES MIXED VEGGIES RYE BREAD <u>PEACH CUP</u> Party Ticket Sale <u>STARTS!</u>	2 TUNA SALAD BABY CARROTS ITALIAN BREAD PINEAPPLE CUP
5 <u>CENTER CLOSED</u>	6 BEEF STEW SWEET POTATO MASH WAX BEANS CORN BREAD ORANGE CUP	7 SALISBURY STEAK PEAS DICED POTATOES DINNER ROLL PUDDING CUP	8 CHICKEN CORDON BLEU BROCCOLI WHEAT BREAD SUGAR COOKIE	9 BEEF RAVIOLI TOSSED SALAD ITALIAN BREAD APPLESAUCE CUP
12 <u>CENTER CLOSED</u>	13 SAUSAGE SUB BAKED BEANS PEPPERS & ONIONS	14 OX ROAST SANDWICH COLE SLAW CALI VEGGIES <u>JELLO CUP</u> <i>LAST DAY TO BUY HALLOWEEN PARTY TICKETS!</i>	15 <u>BIRTHDAYS!</u> STUFFED CABBAGE MASHED POTATOES MIXED VEGGIES RYE BREAD PEACH CUP + BIRTHDAY DESSERT	16 TUNA SALAD BABY CARROTS ITALIAN BREAD PINEAPPLE CUP
19 <u>CENTER CLOSED</u>	20 GRILLED CHICKEN BREAST HASH BROWNS BABY CARROTS RYE BREAD PEACH CUP P.B. COOKIE	21 GOULASH TOSSED SALAD ITALIAN BREAD PUDDING CUP	22 CHICKEN FETTUCCINE CALI VEGGIES PEAR CUP	23 HOT TURKEY W/ GRAVY PEAS DICED POTATOES DINNER ROLL PUDDING + POPCORN FRIDAY 
26 <u>CENTER CLOSED</u> (Except for PennDOT Class Participants—See Events -page on other side for details)	27 PORK ROAST SCALLOPED POTATOES STEWED TOMATOES & ZUCCHINI RYE BREAD PINEAPPLE CUP	28 STUFFED CHICKEN BREAST MIXED VEGGIES WHEAT BREAD FRESH-CUT FRUIT	29  Erie West HALLOWEEN <u>PARTY!</u> <u>New: CHICKEN- TACO SALAD</u> + CAKE 	30 CHICKEN ALA KING GREEN BEANS BISCUIT MIXED FRUIT CUP