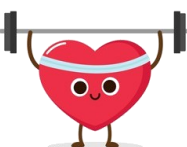


Alex Celeski, Center Director
Michele Knauer, Center Assistant

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.**

SEPTEMBER 2026

Healthy Aging Month!



GECAC's Medicare Minute

Annual Notice of Change for Advantage and Part D Plans

The Medicare Annual Notice of Change (ANOC) is one of the most important notices to look for in the mail each year. The ANOC tells you what changes to expect for your plan in the coming year. If you have an Advantage Plan (Part C)/Drug Plan, insurance companies are required to send the ANOC by September 30th each year. The ANOC is essentially the "what's changing?" document. The Evidence of Coverage provides the more detailed description of what the plan covers and what members pay. The Evidence of Coverage notice is sent by October 15th each year. Here's some of the important things to look for in your ANOC:

Cost. Your premium may go up, down, or stay the same. Look at costs associated with deductibles, copays and coinsurance, your Maximum Out-of-Pocket costs (MOOP), prescription costs, drug deductibles/ cost sharing, and extra benefits, their limits, and changes.

Network. Provider networks can change. Don't assume doctors you've seen for years are still in network because network changes can occur.

Covered Prescriptions. Verify your drugs are still covered. Check to see if drugs have been moved to a different tier, if costs have changed, if they will require prior authorization, if limits apply, and which pharmacies are preferred / in-network.

Changing or disappearing benefits. Extra benefits can be impacted. Check to see if any benefits have changed, or were removed, for example, dental, vision, hearing, transportation, gym benefits, and other extra benefits.

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.



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
Navigating Medicare

This publication is funded by a grant award totaling \$1.8 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**
-
- **September is National Healthy Aging Month!** You'll get to know our Exercise Instructors better this month. 
 - **A special Chair Yoga class in tandem with Alex's Wednesday Arthritis Exercise!**
 - **Sept. Birthday Party with live (anonymous member-donated) music by guitarist Todd Morton!** 
 - **Senior Planet Computer Classes return!**

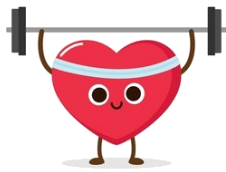
How do your contributions and fundraised dollars help our Center?

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



SEPTEMBER 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

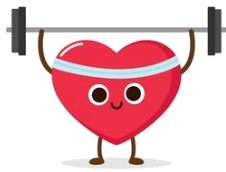


Thu

Fri



Lunch served from <u>11:30 am-11:50am</u> or until we run out. Suggested meal donation <u>\$2.00</u>	1 TAI CHI: 9:30am LUNCH: 11:30am BINGO: 12:15pm	2 ARTHRITIS EXERCISE: 10:30am CARDS LUNCH: 11:30am	3 LECOM FLU & COVID VACCINE CLINIC 9am-11am (<u>must</u> bring insurance card) LUNCH: 11:30am BINGO: 12:15pm	4 CARDS LUNCH: 11:30am
7 <i>CENTER CLOSED</i>	8 TAI CHI: 9:30am SPEAKER: 10:30am Becca w/ The Sight Ctr of NWPA (Eating Healthy) LUNCH: 11:30am BINGO: 12:15pm	9 ARTHRITIS EXERCISE: 10:30am CARDS LUNCH: 11:30am	10 SENIOR PLANET COMPUTER CLASS: 10:00am (in Library) LUNCH: 11:30am BINGO: 12:15pm	11 DIABETES PREVENTION PROGRAM: 10:00am CARDS LUNCH: 11:30am + POPCORN FRIDAY!
14 <i>CENTER CLOSED</i>	15 TAI CHI: 9:30am SPEAKER: 10:00am Ed Matthews (The Benefits Of Tai Chi) LUNCH: 11:30am BINGO: 12:15pm	16 CHAIR YOGA (Special Class with Amy, Alex, & the Arthritis Exercise Group) <u>10:30am</u> CARDS LUNCH: 11:30am	17 <u>BIRTHDAYS!</u> ART with  NAMI 10:00am Live Music by Todd Morton LUNCH: 11:30am + Birthday Cake!	18 CARDS LUNCH: 11:30am
21 <i>CENTER CLOSED</i>	22 TAI CHI: 9:30am LUNCH: 11:30am + BONUS DONATED DESSERT!!!! BINGO: 12:15pm	23 ARTHRITIS EXERCISE 10:30am CARDS LUNCH: 11:30am	24 <u>PRIZE DRAWING!</u> CHAIR YOGA w/ Amy Lynn: 9:30am LUNCH: 11:30am BINGO: 12:15pm	25 DIABETES PREVENTION PROGRAM: 10:00am CARDS LUNCH: 11:30am
28 <i>CENTER CLOSED</i>	29 TAI CHI: 9:30am GRUMPY BROS COMEDY: 10:30am LUNCH: 11:30am BINGO: 12:15pm	30 ARTHRITIS EXERCISE 10:30am CARDS LUNCH: 11:30am	<u>OCTOBER</u> 1 LUNCH: 11:30am BINGO: 12:15pm (Chair Yoga TBD)	2 CARDS LUNCH: 11:30am



SEPTEMBER 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



Lunch served from 11:30 am-11:50am or until we run out. Suggested meal donation <u>\$2.00</u>	1 SAUSAGE SUB BAKED BEANS PEPPERS & ONIONS	2 OX ROAST SANDWICH COLE SLAW CALI VEGGIES JELLO CUP	3 STUFFED CABBAGE MASHED POTATOES MIXED VEGGIES RYE BREAD PEACH CUP	4 TUNA SALAD BABY CARROTS ITALIAN BREAD PINEAPPLE CUP
7 CENTER CLOSED	8 GRILLED CHICKEN BREAST HASH BROWNS BABY CARROTS RYE BREAD PEACH CUP PB-COOKIE	9 GOULASH TOSSED SALAD ITALIAN BREAD PUDDING CUP	10 CHICKEN FETTUCCHINE CALI VEGGIES PEAR CUP	11 HOT TURKEY W/ GRAVY PEAS DICED POTATOES DINNER ROLL ICE CREAM CUP 
14 CENTER CLOSED	15 PORK ROAST SCALLOPPED POTATOES STEWED ZUCCHINI RYE BREAD PINEAPPLE CUP	16 STUFFED CHICKEN BREAST MIXED VEGGIES SWEET POTATO MASH WHEAT BREAD FRESH CUT FRUIT	17 <u>BIRTHDAYS!</u>  CHEESEBURGER COLE SLAW POTATO WEDGES APPLESAUCE CUP + BIRTHDAY CAKE	18 CHICKEN ALA KING GREEN BEANS BISCUIT MIXED FRUIT CUP
21 CENTER CLOSED	22 CHICKEN LEGS MAC & CHEESE BRUSSEL SPROUTS WHEAT BREAD PEAR CUP + BONUS DESSERT	23 COUNTRY FRIED STEAK BROCCOLI MASHED POTATO APPLESAUCE CUP	24 <u>PRIZE DRAWING!</u> CHICKEN &- NOODLES CALI VEGGIES DINNER ROLL JELLO CUP 	25 STUFFED PEPPER TOSSED SALAD BROWN RICE RYE BREAD VANILLA ICE CREAM
28 CENTER CLOSED	29 CHICKEN SALAD WITH PITA BROCCOLI SOUP PINEAPPLE CUP	30 SWEDISH MEATBALLS PEAS NOODLES ICE CREAM CUP	<u>1.</u> HAM BROCCOLI DICED POTATOES RYE BREAD PUDDING CUP	2 MEATBALL SUB & SPINACH SALAD