

**GECAC Senior Centers are great places for seniors 60 years and better to visit and they are right here in your community**



**Meals, fitness classes, health speakers**

**Parties, bingo, cards, games, classes**

**Volunteering, enjoy other seniors' company**



## **Program Spotlights**

**The Arthritis Foundation Exercise classes helps seniors increase strength, balance, range of motion and endurance.**

**The Arthritis Foundation Walk With Ease classes help improve balance, endurance, strength, and overall wellness.**

**Healthy Steps for Older Adults workshops educate seniors on how to lower their risk for falls. See below for the next workshop in your area.**

### **CALL TO LEARN MORE**

#### **GECAC Senior Centers:**

<b>Corry</b>	<b>25 S. First Ave.</b>	<b>Corry</b>	<b>814-664-2477</b>
<b>Erie West</b>	<b>1210 West 8th St.</b>	<b>Erie</b>	<b>814-451-5634</b>
<b>North East</b>	<b>50 E. Main St.</b>	<b>North East</b>	<b>814-725-5195</b>
<b>Northwestern</b>	<b>9 Academy St.</b>	<b>Albion</b>	<b>814-756-5373</b>
<b>RBW Central City</b>	<b>823 Peach St.</b>	<b>Erie</b>	<b>814-451-5633</b>
<b>Tri-Boro</b>	<b>7555 W. Ridge Rd.</b>	<b>Fairview</b>	<b>814-474-2211</b>
<b>Union City</b>	<b>27 Johnson St.</b>	<b>Union City</b>	<b>814-438-2146</b>