

## Academy Street Post

NORTHWESTERN SENIOR CENTER,  
9 ACADEMY STREET, ALBION, PA 16401

814-756-5373



## OUR HOURS

*Hours of operation:*

Mondays- Thursdays

9am- 3pm

Lunch is served at 11:30am daily

Suggested donation is \$2.00 for a meal



## ***TAI CHI EVERY MONDAY***

Every Monday at 10am join us with Jim Montgomery for TAI CHI and learn the benefits of this exercise. The exercises are gentle and consist of movement to assist in mobility and muscle strength. They can also be completed seated in a chair.





## NWSC JULY HIGHLIGHT

### ***ELVIS RETURNS!***

Musical entertainment

Thursday, July 17<sup>th</sup>

Starting at 1030am

## HOW DO OUR CONTRIBUTIONS AND FUNDRAISED DOLLARS HELP OUR CENTER?

***MEAL CONTRIBUTIONS*** help to off- set the cost of meals. On average, the actual cost of the meal is over \$5. Meal Contributions also help maintain the building and maintain or replace needed equipment. These dollars are vital to maintaining the Center and its daily operations.

***Fundraised Dollars and Donations*** help pay for parties, entertainment, snacks, and more. They also help pay for programming opportunities like exercise, craft classes, computer usage, and more. These dollars are vital to your programming options and enjoyment of the center.

While Contributions and donations are voluntary, please continue to support your Center by whatever means you are able. The Centers and their services mean so much to so many and your support goes a long way towards helping your Center continue to offer programming and services.



Effective July 1, 2021, APPRISE is now Pennsylvania Medicare Education and Decision Insight, PA MEDI - Same Program, Same Services for Pennsylvania's Medicare Beneficiaries, now with a New Name.

Pennsylvania Medicare Education and Decision Insight (PA MEDI) offers free Medicare counseling to older Pennsylvanians. PA MEDI Counselors are specially trained to answer your questions and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance.

PA MEDI Counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choice about the Medicare options available to you.

Contact Bridget Young, Director Northwestern Senior Center for additional information (814) 756- 5373.

#### AREA AGENCY ON AGING

The GECAC Northwestern Senior Center, operated by Greater Erie Community Action Committee, Area Agency on Aging is funded in part by the PA Department of Aging.

Dr. Ben Wilson, GECAC CEO


Ray Maholtz, AAA Division Manager



Pennsylvania Department of Aging

Hours:

Mon-Thurs 9am-3pm**JULY 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>Tai Chi classes Mondays at 10am for 30min</b>	<b>1</b> 10 am <i>Exercise</i> 1045am Bible study	<b>2</b> 10am <b>Bingo</b>	<b>3</b> <i>10:00 AEA Exercises</i>  12:00pm Wii Bowling	<b>4</b> 	<b>5/6</b>
<b>7</b> <i>10:30am Therapy dogs</i>  12:00pm Wii Bowling	<b>8</b> <i>Farmer's Market 930a-12p</i> 10 am <i>Exercise</i> 1045am Bible study	<b>9</b> 10am <b>Bingo</b>	<b>10</b> <i>10:30am Avoiding Scams Monica Contreras</i>  12:00pm Wii Bowling	<b>11</b> <b>CLOSED</b>	<b>12/13</b>
<b>14</b> <i>10:30am American Heart Association</i>  12:00pm Wii Bowling	<b>15</b> 10 am <i>Exercise</i> 1045am Bible study <b>BP Screenings</b> <b>**CAR FIT**</b> <b>10AM-1PM-RSVP</b>	<b>16</b> 10am <b>Bingo</b>  <b>BP Screenings</b>	<b>17</b> <i>10:30am Elvis Returns!</i>  12:00pm Wii Bowling	<b>18</b> <b>CLOSED</b>	<b>19/20</b>
<b>21</b> <i>10:30 Mind Matters presentation</i> 12:00pm Wii Bowling	<b>22</b> 10 am <i>Exercise</i>  1045am Bible study	<b>23</b> 10am <b>Bingo</b>	<b>24</b> <i>10:30am David Devine</i>  12:00pm Wii Bowling	<b>25</b> <b>CLOSED</b>	<b>26/27</b>
<b>28</b> <i>10:30 Agent McGill</i>  12:00pm Wii Bowling	<b>29</b> 10 am <i>Exercise</i>  1045am Bible study	<b>30</b> 10am <b>Bingo</b>	<b>31</b> <i>Farmer's Market 930a-12p</i> <i>10:30 Adagio</i>  12:00pm Wii Bowling		<b>Arthritis Exercises offered Thursdays at 9:45am</b>

Hours:

Mon-Thurs 9am-3pm

# JULY 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>Suggested meal donation \$2.00</b>	1 Meatloaf Mashed potatoes Baby carrots applesauce	2 Chicken Alfredo Broccoli Breadstick Pudding	3 Pulled pork Sandwiches Potato wedges Cole slaw	4 	5/6 <b>CLOSED</b>
7 Baked fish Baked potatoes Mixed veggie Fruit	8 Sloppy joe Tater tots Green beans Ice cream	9 Baked chicken Sweet potatoes Beets Peaches	10 Pancakes Scrambled eggs Sausage Fruit	11 <b>CLOSED</b>	12/13 <b>CLOSED</b>
14 Ham & Cheddar on pretzel bun Ambrosia salad cookie	15 Chicken & Biscuits Corn Applesauce	16 Ox Roast Sandwiches Onion rings 3 bean salad Jello	17 Sweet & sour meatballs Mixed veggie Mandarin oranges	18 <b>CLOSED</b>	19/20 <b>CLOSED</b>
21 Salisbury steak Mashed potatoes Peas Pudding	22 Sauerkraut Kielbasa Potatoes	23 Grilled chicken sandwich Pasta salad	24 Greek Souvlaki	25 <b>CLOSED</b>	26/27 <b>CLOSED</b>
28 Chicken casserole Mixed veggie Dinner roll Fruit	29 Spaghetti & meatballs Tossed salad Italian bread Pudding	30 Ham Au gratin potatoes Mixed veggie Pineapple	31 Sausage sub Baked beans Peppers & onions Cookie	<b>Lunch is served at 11:30am</b>	