## **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

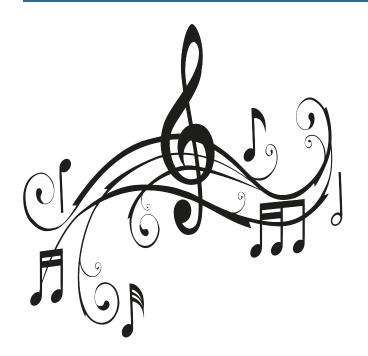


### TAI CHI EVERY MONDAY

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.



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### 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.

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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 <u>free</u> 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



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#### Hours:





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

## **JULY 2025 MENU**

Hours:

Mon-Thurs 9am-3pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY S	AT/SUN
Suggested meal donation \$2.00	Meatloaf Mashed potatoes Baby carrots applesauce	Chicken Alfredo Broccoli Breadstick Pudding	3 Pulled pork Sandwiches Potato wedges Cole slaw	4	5/6 CLOSED
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 CLOSED	12/13 CLOSED
Ham & Cheddar on pretzel bun Ambrosia salad cookie	Chicken & Biscuits Corn Applesauce	16 Ox Roast Sandwiches Onion rings 3 bean salad Jello	17 Sweet & sour meatballs Mixed veggie Mandarin oranges	18 CLOSED	19/20 CLOSED
21 Salisbury steak Mashed potatoes Peas Pudding	22 Sauerkraut Kielbasa Potatoes	23 Grilled chicken sandwich Pasta salad	24 Greek Souvlaki	25 CLOSED	26/27 CLOSED
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	Lunch is served at 11:30am	