



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

\$2.00 suggested contribution 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 DECEMBER HIGHLIGHT

Thursday, December 18th

10:30am

Join us for our annual Christmas Party

Music, games, dinner, and fun!

Please RSVP for the event

****GECAC OFFICES AND SENIOR
CENTERS WILL BE CLOSED FROM
DECEMBER 24, 2025-**

JANUARY 2, 2026.

**GECAC OFFICES AND
NORTHWESTERN SENIOR CENTER
WILL REOPEN**

MONDAY, JANUARY 5, 2026

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.

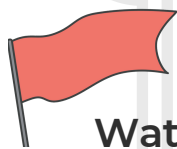
AREA AGENCY ON AGING

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





MEDICAL IDENTITY THEFT

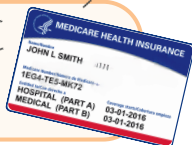
Watch out for people trying to steal your medical identity!

Medical identity theft is when someone fraudulently gets and uses your personal information, like your:



Name or address

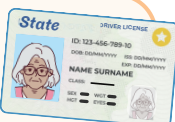
Medicare Number



Social Security Number



Driver's license Number



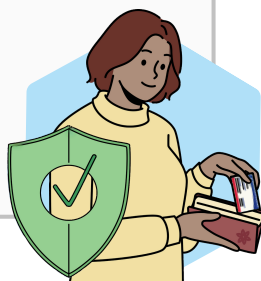
Fraudsters use this stolen information to:

- Get medical treatment
- Buy medical equipment
- Get prescriptions
- Submit claims to your health insurance



How to protect yourself from medical identity theft

- Be cautious about sharing personal information.
- Do not provide your Medicare number in response to unexpected contacts.
- Store medical information securely.
- Be aware of common fraud schemes targeting personal information.



REMEMBER:

Medicare and Social Security will never reach out to you to ask for your personal information.

Identify the signs of medical identity theft:

Charges and providers on your Medicare statements that you don't recognize

Contact from a debt collector regarding a bill you don't owe.

Shipments of unrequested back or knee braces, test kits, or supplies.

Medicare and/or your Medicare Advantage (MA) plan denies or limits your coverage or benefits due to a non-existent medical condition or claim you received a service that you did not.



If you gave out your Social Security number, report it to Social Security and make a recovery plan using the Federal Trade Commission's tips at

[IdentityTheft.org](https://www.IdentityTheft.org) | [SSA.gov](https://www.SSA.gov)

If you've experienced potential medical identity theft call your
Senior Medicare Patrol (SMP)



SMP
Senior Medicare Patrol
[smpresource.org](https://www.smpresource.org)

For more help or one-on-one Medicare counseling,
State Health Insurance Assistance Program (SHIP)



SHIP
State Health Insurance Assistance Program
[shiphelp.org](https://www.shiphelp.org)

Hours:

Mon-Thurs 9am-3pm

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 10AM TAI CHI 10:30am Therapy dogs 12:00pm Wii Bowling 12:00pm Gentiva/Pillow craft	2 <i>10 am Exercise</i> 1045am Bible study	3 10am Bingo	4 10:30AM <i>Justified by Faith Choir</i> 12:00pm Wii Bowling	5 CLOSED	6/7 CLOSED
8 10AM TAI CHI 12:00pm Wii Bowling	9 <i>10 am Exercise</i> 1045am Bible study	10 10am Bingo	11 1030am <i>Beggarman's Frolic</i> 🎵 12:00pm Wii Bowling	12 CLOSED	13/14 CLOSED
15 10AM TAI CHI 1030am ELVIS! 🎵 12:00pm Wii Bowling	16 <i>10 am Exercise</i> 1045am Bible study BP Screenings	17 10am White Elephant Bingo BP Screenings	18 1030AM Christmas Party 🎵 🎅 🎄 12:00pm Wii Bowling	19 CLOSED	20/21 CLOSED
22 10AM TAI CHI <i>Reindeer games, Christmas sweaters, and hot cocoa</i> 12:00pm Wii Bowling	23 <i>10 am Exercise</i> 1045am Bible study	24 CLOSED 	25 CLOSED 	26 CLOSED	27/28 CLOSED
29 CLOSED HOLIDAY BREAK	30 CLOSED HOLIDAY BREAK	31 CLOSED HOLIDAY BREAK	1/1/2026 	GECAC OFFICES & SENIOR CENTERS WILL BE CLOSED FOR THE HOLIDAY FROM 12/24/2025-01/02/2026	

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DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 Lasagna Tossed salad Italian bread	2 Chicken cordon blue Buttered noodles Green beans Dessert	3 Cheeseburger French fries Baked beans Jello	4 Pork loin Baby roasted potatoes Brussel sprouts Pears	5 CLOSED Lunch served at 1130am \$2 suggested donation	6/7 CLOSED
8 Chicken salad croissant Broccoli cheese soup Fruit Cookie	9 Hamburger gravy over rice Peas Pudding	10 Kielbasa & Pierogies Peppers & Onions Apple sauce	11 Country fried steak Diced potatoes Broccoli Fruit	12 CLOSED	13/14 CLOSED
15 Stuffed shells Caesar salad Bread Dessert	16 Sloppy Joes Tater tots Green beans cookie	17 Chicken casserole Mixed veggies Dinner roll Fruit	18 Christmas dinner 	19 CLOSED	20/21 CLOSED
22 Pancakes Sausage links Scrambled eggs Fruit	23 Cook's Choice 	24 CLOSED 	25 CLOSED 	26 CLOSED	27/28 CLOSED
29 CLOSED HOLIDAY BREAK	30 CLOSED HOLIDAY BREAK	31 CLOSED HOLIDAY BREAK	1/1/2026 	GECAC OFFICES & SENIOR CENTERS WILL BE CLOSED FOR THE HOLIDAY FROM 12/24/2025-01/02/2026	