



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 NOVEMBER HIGHLIGHTS

NATURAL WONDERS

Presented by Presque Isle State Park

Thursday, November 6th

10:30am



THANKSGIVING DINNER

Thursday, November 20th

Meal served at 1130am

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.



Medicare Open Enrollment occurs from October 15th- December 7th annually. You can switch between Original Medicare and Medicare Advantage plans, change Medicare Advantage plans, or enroll in or change Part D prescription drug plans. The changes you may make will take effect on January 1st of the next year.

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

WHAT ARE SUPPLEMENTAL BENEFITS

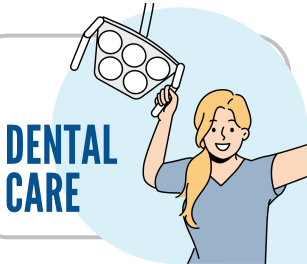
Medicare Advantage Plans may cover things that Medicare can't cover. These are called supplemental benefits.

WHAT ARE MEDICARE ADVANTAGE SUPPLEMENTAL BENEFITS?

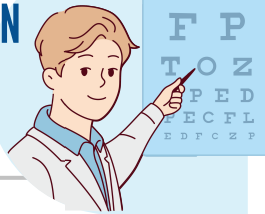
A supplemental benefit is an item or service covered by a Medicare Advantage Plan that is not covered by Original Medicare. These benefits do not need to be provided by Medicare providers or at Medicare-certified facilities. Instead, to receive these items or services, you need to follow your plan's rules.



Some commonly offered supplemental benefits are:



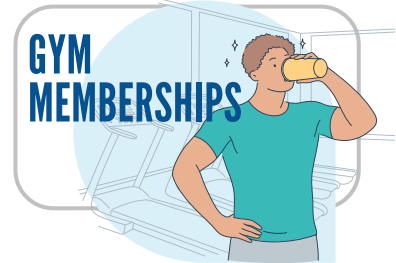
VISION
CARE



HEARING
AIDS



GYM
MEMBERSHIPS



Most supplemental benefits must be primarily health-related. These benefits can either be:

OPTIONAL meaning that they are offered to everyone who is enrolled in a plan, and you can choose to purchase the benefits if you want to

-OR-

MANDATORY meaning that they are covered for everyone enrolled in a plan and you cannot decline the coverage (even if you do not need the service).

NOTE: It is crucial to understand a plan's coverage rules regarding supplemental benefits. While a plan may state it covers "dental care," bringing to mind x-rays, fillings, crowns, and dentures, the coverage might only include routine cleanings or have usage restrictions. Always inquire for clarification, seek written answers, and carefully read coverage rules to fully understand the extent of benefits offered by a Medicare Advantage Plan.



SHIP

State Health Insurance
Assistance Program

Your local SHIP can help you learn about your coverage options and local resources available to you.

shiphelp.org

Hours:

Mon-Thurs 9am-3pm

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Tai Chi classes Mondays at 10am for 30min		ARTHRITIS EXERCISE CLASSES OFFERED Thursdays at 945am			1/2 CLOSED
3 10:30am Therapy dogs 12:00pm Wii Bowling	4 CLOSED 	5 10am Bingo	6 1030am NATURAL WONDERS- PI State Park 12:00pm Wii Bowling	7 CLOSED	8/9 CLOSED
10 1030am FIRE SAFETY -Kathi 12:00pm Wii Bowling	11 930am Exercise  Veteran's Day Celebration	12 10am Bingo BP Screenings	13 1030AM Gentiva Hospice-craft BP Screenings 12:00pm Wii Bowling	14 CLOSED	15/16 CLOSED
17 1030am Volunteer Appreciation 12:00pm Wii Bowling	18 10 am Exercise 1045am Bible study	19 10am Bingo	20 Thanksgiving Dinner 12:00pm Wii Bowling	21 CLOSED	22/23 CLOSED
24 1030AM AGENT MCGILL-Holiday Scams 12:00pm Wii Bowling	25 10 am Exercise 1045am Bible study	26 10am Bingo	27  CLOSED	28 CLOSED	29/30 CLOSED

Hours:

Mon-Thurs 9am-3pm

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3 Chicken and Biscuits Mashed potatoes Corn Fruit	4 ELECTION DAY  CLOSED	5 Boiled Dinner Rye Bread Apple sauce	6 Pulled pork sandwich French fries 3 Bean salad Pineapple	7 CLOSED	8/9 CLOSED
10 Spaghetti and meatballs Tossed salad Breadstick Dessert	11  Roast beef Mashed potatoes/ gravy Baby carrots Dessert	12 Battered fish sandwich Potato wedges Coleslaw Jello	13 Chicken alfredo Broccoli Dinner roll Fruit	14 CLOSED	15/16 CLOSED
17 Volunteer Appreciation Luncheon	18 Breakfast sandwich Hashbrowns Fruit	19 Baked chicken Sweet potatoes Beets Peaches	20 Thanksgiving Dinner Turkey Mashed potatoes Green bean casserole Stuffing	21 CLOSED	22/23 CLOSED
24 Chicken & rice Mixed veggies Mandarin oranges	25 Salisbury steak Diced potatoes Peas Dessert	26 Cheeseburger French fries Baked beans Jello	27  CLOSED	28 CLOSED	29/30 CLOSED
Suggested Meal Contribution \$2.00		LUNCH IS SERVED AT 11:30AM			