

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 MARCH HIGHLIGHT

THURSDAY, APRIL 9TH

1030AM

MARK MORRIS

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



WILDFLOWER SEED BOMBS

JOIN US TO FIND OUT MORE ABOUT
LIFE NWPA AND MAKE DIY WILDFLOWER SEED
BOMBS TO CELEBRATE SPRING!

ALBION SENIOR CTR.

APRIL 6
10:30 A.M.



LIFE
NORTHWESTERN PA

Helping Seniors Live at Home

This activity is free to all who participate with no obligation to enroll in LIFE-NWPA

Hospital Admission Vs. Observation

When staying over in a hospital, there is a difference between being admitted and being under observation. Admitted means inpatient and your Part A hospital coverage is billed. You pay a \$1,736 per event deductible (period), then \$0 for 60 days. When you stay over for observation, you have an outpatient status, and your Part B is billed. The observation status often results in higher out-of-pocket expenses because you pay for individual services.

If you find yourself staying over in a hospital and are there for more than 24 hours, the hospital must provide you with a Medicare Outpatient Observation Notice (MOON). This notice will explain why you are considered outpatient. You can stay over multiple days and still be outpatient and under observation.

You can be proactive and ask if you are being admitted, or under observation. If under observation, you can ask more questions about that status and potentially have it changed if applicable.

PA MEDI Counselors can help you learn about Medicare, Preventive Services, understand and enroll in your plan of choice, appeal Medicare decisions, and more. Help is available to low income Medicare recipients through the Medicare Savings Program and Extra Help Low Income Subsidy program to help pay for your Part B premium and prescription costs.

**For help in understanding your options, contact your local
PA MEDI Office for More Information**

GECAC Erie Area Agency on Aging * 814-459-4581 Ext. 400



Pennsylvania
Medicare Education
and Decision Insight



**PA MEDI, available through
your local Area Agency
on Aging, offers free,
confidential, unbiased, and
easy-to-understand
information to Medicare-
eligible individuals,
their families, and caregivers.**

**PA MEDI empowers
seniors and people with
disabilities to make
informed decisions
about Medicare
health insurance.**



Pennsylvania
Department of Aging




State Health Insurance
Assistance Program
Navigating Medicare

Hours:

Mon-Thurs 9am-3pm

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		1 10am Bingo	2 Easter Celebration! Dyeing eggs 	3 CLOSED	4/5 CLOSED
6 1030am Therapy Dogs 1030am LIFE- seed bombs 12:00pm Wii Bowling	7 <i>10 am Exercise</i> 1045am Bible study	8 10am Bingo	9 1030am Mark Morris 12:00pm Wii Bowling	10 CLOSED	11/12 CLOSED
13 1030am Wheel of Fortune 12:00pm Wii Bowling	14 <i>10 am Exercise</i> 1045am Bible study BP Screenings	15 10am Bingo BP Screenings	16 1030am Ice Breaker 12:00pm Wii Bowling	17 CLOSED	18/19 CLOSED
20 1030am Adagio 1200pm- Wii Bowling	21 <i>10 am</i> <i>Exercise</i> 1045am Bible study	22 10am Bingo	23 1030am Games 12:00pm Wii Bowling	24 CLOSED	25/26 CLOSED
27 1030am Corn hole 12:00pm Wii Bowling	28 <i>10 am</i> <i>Exercise</i> Volunteer Appreciation Luncheon	29	30		

Hours:

Mon-Thurs 9am-3pm



APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Lunch served at 1130am	\$2.00 suggested donation	1 Stuffed peppers Tossed salad Bread	2 Easter Dinner 	3 CLOSED	4/5 CLOSED
6 Chicken Cordon Blue Buttered noodles Green beans	7 Italian sausage sub Peppers & Onions Baked beans Jello	8 Baked fish Baked Potato Broccoli Fruit	9 Beef stew Tossed salad Corn bread	10 CLOSED	11/12 CLOSED
13 Meatloaf Mashed potatoes Baby carrots Apple sauce	14 Sweet & Sour meatballs Rice Mixed veggies Mandarin oranges	15 Sausage Scrambled eggs Hashbrowns Fruit	16 Crispy chicken sandwich Waldorf salad Pudding	17 CLOSED	18/19 CLOSED
20 Sloppy joe Tater tots Green beans jello	21 Soup & Salad bar	22 Chicken & stuffing Mashed potatoes	23 Kielbasa & Pierogis Peppers & Onions Apple sauce	24 CLOSED	25/26 CLOSED
27 Crispy chicken salad Breadstick Fruit	28 COOKS CHOICE 	29 Hot dogs Baked beans Macaroni salad Jello	30 Chicken piccata over Linguine Dessert		