

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



EXERCISE EVERY TUESDAY & THURSDAY

Join us for 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 AUGUST HIGHLIGHT

Monday, August 24th

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.

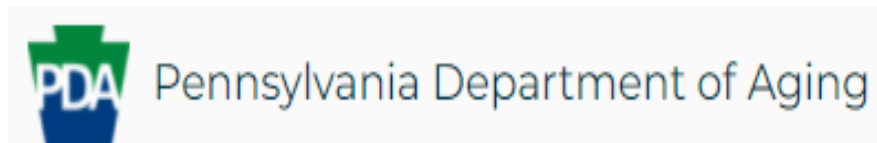
Contact Bridget Young, Director Northwestern Senior Center for additional information (814) 756- 5373.

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



Rules of Medicare Marketing

Insurance companies are subject to extensive federal rules when they market Medicare plans. These rules govern the content, timing, and appearance of the materials they send out.

Mailed materials must:

- Be accurate and not misleading
- Clearly identify the insurance company
- Avoid confusing beneficiaries into thinking the mail came from the government
- Include required disclaimers & contact information
- Present information that complies with all Centers for Medicare and Medicaid (CMS) standards

CMS Prohibits marketing that could mislead someone into believing a private company is sending an official Medicare notice, or that it is coming from the Federal Government. They are not to make false statements of exaggerated claims about savings, omit limitations or eligibility requirements, or claim Original Medicare will be lost if you don't respond immediately. State Laws are in place that prohibit false advertising, use unfair or deceptive marketing practices, and from misrepresenting policy benefits.

If you believe you were improperly marketed to by mail, in-person, by phone, or other manner, you may contact 1-800-MEDICARE (1-800-622-4227), the PA State Department of Insurance 1-877-881-6388, and for specific concerns of fraud, the Senior Medicare Patrol 1-877-808-2468. You may also call your local SHIP/ PA MEDI office.

PA MEDI Counselors can help you learn about Medicare, Preventive Services, understand and enroll in your plan of choice, guide you Medicare appeal 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 GECAC Erie Area Agency on Aging PA MEDI office for more information at 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



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LIFE NWPA PRESENTS

FARMER'S MARKET TOTE BAG CRAFT & LIFE INFORMATION

JOIN US TO DECORATE A FARMER'S MARKET TOTE BAG AND LEARN HOW LIFE-NWPA MAY BE ABLE TO HELP YOU STAY LIVING IN YOUR OWN HOME!

ALBION SENIOR CTR.

AUGUST 3
10:30 AM



LIFE
NORTHWESTERN PA

Helping Seniors Live at Home

THIS ACTIVITY IS FREE TO ALL WHO PARTICIPATE WITH NO OBLIGATION TO ENROLL IN LIFE-NWPA

Hours:

Mon-Thurs 9am-3pm

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3 <i>1030am</i> <i>LIFE w/</i> <i>farmers mkt</i> <i>bag craft</i> <i>Therapy Dogs</i> 1200pm Wii Bowling	4 <i>10am exercise</i> 1045am Bible Study	5 BINGO 10AM	6 <i>10am Exercise</i> <i>1030am Adagio</i> <i>*Farmers Mkt.</i> 1200pm Wii Bowling	7 CLOSED	8/9 CLOSED
10 <i>1030am</i> <i>Damali</i> <i>Donovan/ Vol.</i> <i>Coordinator</i> 1200pm Wii Bowling	11 <i>10am Exercise</i> 1045am Bible Study	12 BINGO 10AM	13 LUAU <i>10am Exercise</i> 1200pm Wii Bowling	14 CLOSED	15/16 CLOSED
17 1200pm Wii Bowling	18 <i>10am Exercise</i> 1045am Bible Study BP SCREENINGS	19 BINGO 10AM <i>*Farmers</i> <i>market</i> BP SCREENINGS	20 <i>10am</i> <i>Exercise</i> 1200pm Wii Bowling	21 CLOSED	22/23 CLOSED
24 <i>1030am</i> <i>Mark Morris</i> 1200pm Wii Bowling	25 <i>10am Exercise</i> 1045am Bible Study	26 BINGO 10AM	27 <i>1030am Cpl.</i> <i>Nicole Ludwig</i> <i>Scams/ Fraud</i> 1200pm Wii Bowling	28 CLOSED	29/30 CLOSED
31 1200pm Wii Bowling					

Hours:

Mon-Thurs 9am-3pm

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3 Chicken casserole Mixed veggies Dinner roll	4 Garlic parm drumsticks Baby bakers Tossed salad Fruit	5 Beef stew Tossed salad Corn bread	6 Tuna melt Tomato soup	7 CLOSED	8/9 CLOSED
10 Pancakes Sausage Scrambled eggs Fruit	11 Chicken cordon blue Buttered noodles Green beans Dessert	12 Hamburger gravy over mashed potatoes Peas Pudding	13  LUAU <i>BBQ ribs</i> <i>Sweet potatoes</i> <i>Roasted veggies</i>	14 CLOSED	15/16 CLOSED
17 Spaghetti with meat sauce Tossed salad Italian bread Dessert	18 Turkey & swiss on pretzel bun Ambrosia salad	19 Pork loin Baked potato Brussel sprouts Pears	20 Beef tips over noodles Peas Pudding	21 CLOSED	22/23 CLOSED
24 Korean pork Rice Mixed veggies Fruit	25 Chicken & veggies over linguine	26 BBQ ham sliders Onion rings Fruit	27 Stuffed peppers Mashed potatoes Dessert	28 CLOSED	29/30 CLOSED
31  COOKS CHOICE		Lunch is served at 11:30am		Suggested meal donation \$2.00	