



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, February 12th

11:30am

Valentines' Dinner

Please RSVP

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



Medicare and Skilled Nursing Facility Care

SNF MEDICARE FRAUD, ERRORS, & ABUSE

SNFs are an important part of many patients' recovery after a hospital stay. Unfortunately, some facilities (even some associated with national chains) have taken to fraudulent billing. SNFs can use fraudulent billing practices to make more money than they've earned from Medicare or from the patients themselves.

EXAMPLES OF POTENTIAL SKILLED NURSING FACILITY (SNF) FRAUD:

Learning that your Medicare was charged for:

- Services that your doctor did not deem medically necessary
- Services that you never received
- More expensive services than what you received
- A greater quantity of services than what you received
- SNF services for dates after you were released from the SNF
- Being forced to stay in a SNF until your Part A benefits have expired, even though your condition has improved and you wish to change to home health care services.



YOU CAN STOP SNF FRAUD BY:

- Reading your Medicare statements to compare the services you received with the services Medicare was charged.
- Reporting any charges on your Medicare statements that are not accurate to your local **Senior Medicare Patrol (SMP)**.
- Working with your doctor to enroll in SNF services.
- Not accepting gifts or money in return for choosing a SNF.
- Signing forms only once you have understood them.
- Reporting potential fraud to your local **SMP**.
- Reporting quality-of-care complaints to the BFCC-QIO (visit [commencehealthqio.cms.gov](https://www.commencehealthqio.cms.gov) to find your BFCC-QIO).

YOU SHOULD REPORT POTENTIAL MARKETING VIOLATIONS



SMP

Senior Medicare Patrol

smpresource.org | 877.808.2468



SHIP

State Health Insurance Assistance Program

shiphelp.org | 877.839.2675

To your local **Senior Medicare Patrol (SMP)** or **State Health Insurance Assistance Program (SHIP)**. Your local SMP or SHIP can help you review the incident, report it to the correct authorities, and continue spotting marketing violations

Hours:

Mon-Thurs 9am-3pm

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p>Tai Chi classes Mondays at 10am for 30min</p>					<p>1</p> <p>CLOSED</p>
<p>2</p> <p>10:00am Tai Chi</p> <p>10:30am</p> <p>Therapy dogs</p> <p>10:30 LIFE-Spice blending</p> <p>12:00pm</p> <p>Wii Bowling</p>	<p>3</p> <p><i>10 am Exercise</i></p> <p>1045am</p> <p>Bible study</p>	<p>4</p> <p>10am</p> <p>Bingo</p>	<p>5</p> <p>12:00pm</p> <p>Wii Bowling</p>	<p>6</p> <p>CLOSED</p>	<p>7/8</p> <p>CLOSED</p>
<p>9</p> <p>10:00am Tai Chi</p> <p>12:00pm</p> <p>Wii Bowling</p>	<p>10</p> <p><i>10 am Exercise</i></p> <p>1045am</p> <p>Bible study</p> <p>BP Screenings</p>	<p>11</p> <p>10am</p> <p>Bingo</p> <p>BP Screenings</p>	<p>12</p> <p>12:00pm</p> <p>Wii Bowling</p>	<p>13</p> <p>CLOSED</p>	<p>14/15</p> <p>CLOSED</p>
<p>16</p> <p>CLOSED</p> <p><i>Happy Presidents Day</i></p> 	<p>17</p> <p><i>10 am Exercise</i></p> <p>1045am</p> <p>Bible study</p>	<p>18</p> <p>10am</p> <p>Bingo</p>	<p>19</p> <p><i>10:30 Adagio</i></p> <p>12:00pm</p> <p>Wii Bowling</p>	<p>20</p> <p>CLOSED</p>	<p>21/22</p> <p>CLOSED</p>
<p>23</p> <p>10:00am Tai Chi</p> <p>12:00pm</p> <p>Wii Bowling</p>	<p>24</p> <p><i>10 am Exercise</i></p> <p>1045am</p> <p>Bible study</p>	<p>25</p> <p>10am</p> <p>Bingo</p>	<p>26</p> <p><i>10:30 Country Blue Band</i></p> <p>12:00pm</p> <p>Wii Bowling</p>	<p>27</p> <p>CLOSED</p>	<p>28</p> <p>CLOSED</p>

Hours:

Mon-Thurs 9am-3pm

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Lunch served at 1130am	\$2.00 suggested donation				1 CLOSED
2 Ground Hog Day! Philly Cheese Steaks and French Fries	3 Pizza Day 	4 Ham and Au gratin Potatoes Mixed Veggies Pineapple	5 Goulash Salad Bread Dessert	6 CLOSED	7/8 CLOSED
9 Baked Chicken Sweet Potatoes Beets and Peaches	10 Beef Tips over Noodles Green Beans Dessert	11 Open Faced Turkey Sandwich Mashed Potatoes and Gravy Corn Applesauce	12 Valentines' Dinner Stuffed Pork Chops Baby Roasted Potatoes Brussel Sprouts Dessert	13 CLOSED	14/15 CLOSED
16 CLOSED 	17 Chinese New Year! Chicken and Rice Mixed Veggies Mandarin Oranges	18 Meatball Sub Sandwiches Pasta Salad Pudding	19 Chicken Pot Pie Fruit	20 CLOSED	21/22 CLOSED
23 Tuna Melt and Tomato Soup Cookie	24 Tater Tot Casserole Dinner Roll Dessert	25 Scrambled Eggs Bacon Diced Potatoes Fruit	26 Chicken Noodle Soup Tossed Salad Bread Dessert	27 CLOSED	28 CLOSED