



## 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

MONDAY, MARCH 16<sup>TH</sup>

*BEGGARMAN'S FROLIC*

*10:30AM*

### 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





# forever curious FESTIVAL



*A day of fun and discovery for older adults!*

Warning! Not your typical senior fair. This one is for the forever curious crowd! Laugh, play, and learn at TREC with hands-on activities and discovery meant for life-experienced individuals. Step into the Big Green Screen Theater and experience our region's largest screen. The fun factor goes off the charts with the Grumpy Brothers Vintage Variety Show, they'll have you laughing about the good ol' days.

**Monday, March 16  
10am-2pm**

**Tom Ridge Environmental Center  
(301 Peninsula Drive)**

**For info &  
to RSVP**



Hosted by the Tom Ridge Environmental Center Foundation and the Presque Isle Neighborhood Network (PINN).





# GECAC's Medicare Minute

## Prevent Health Problems Before They Happen

Your health is important. You can stay healthy by visiting your health care provider regularly for preventive services.

Preventive services can keep you from getting sick and find health problems early. If you have Medicare, you can get many of these services for free. Anyone with Medicare can use them, and there is no need to sign up or apply.

### To help you stay healthy, Medicare covers many preventive services such as:

- Yearly "Wellness" check-ups
- Vaccinations for the flu, shingles, and COVID-19
- Screenings for cancer, diabetes, heart disease, and HIV
- Counseling to help you quit smoking
- Training on how to manage diabetes
- And more!

Our local team members can answer your questions about preventive services and how to use them. We can also provide information on other ways you can use your Medicare benefits. Our services are always free

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



**SHIP**  
State Health Insurance  
Assistance Program

Navigating Medicare

This publication is funded by a grant award totaling \$ 1.9 million (100%) from the U.S. Department of Health and Human Services.

Hours:

Mon-Thurs 9am-3pm

# MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p><b>2</b> 10-1130am Rent Rebate/ Rep. Brad Roae <b>10:30am</b> <i>Therapy dogs</i> 12:00pm Wii Bowling</p>	<p><b>3</b> <i>10 am Exercise</i>  1045am Bible study</p>	<p><b>4</b>  10am <b>Bingo</b></p>	<p><b>5</b>  930am- Agent McGill 12:00pm Wii Bowling</p>	<p><b>6</b>  <b>CLOSED</b></p>	<p><b>7/8</b>  <b>CLOSED</b></p>
<p><b>9</b> 12:00pm Wii Bowling</p>	<p><b>10</b> <i>10 am Exercise</i>  1045am Bible study</p>	<p><b>11</b> 10am <b>Bingo</b></p>	<p><b>12</b> 1030am- Gentiva/ St. Patty's Day craft  12:00pm Wii Bowling</p>	<p><b>13</b> <b>CLOSED</b></p>	<p><b>14/15</b> <b>CLOSED</b></p>
<p><b>16</b>  <b>1030am- Beggarmen's Frolic</b>  12:00pm Wii Bowling</p>	<p><b>17</b> <i>10 am Exercise</i>  1045am Bible study  <b>BP Screenings</b></p>	<p><b>18</b> 10am <b>Bingo</b>  <b>BP Screenings</b></p>	<p><b>19</b>  <b>1030am- Frank Magni/ Social Security presentation</b>  12:00pm Wii Bowling</p>	<p><b>20</b>  <b>CLOSED</b></p>	<p><b>21/22</b>  <b>CLOSED</b></p>
<p><b>23</b> <b>10:30 Elvis!</b>   1200pm- Wii Bowling</p>	<p><b>24</b> <i>10 am Exercise</i>  1045am Bible study</p>	<p><b>25</b> 10am <b>Bingo</b></p>	<p><b>26</b> <b>1030am Mind Matters</b>  12:00pm Wii Bowling</p>	<p><b>27</b> <b>CLOSED</b></p>	<p><b>28/29</b> <b>CLOSED</b></p>
<p><b>30</b> <b>1030am Adagio</b>  12:00pm Wii Bowling</p>	<p><b>31</b> <i>10 am Exercise</i> 1045am Bible study</p>				

# MARCH 2026

Hours:  
Mon-Thurs 9am-3pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>2</b> Chicken drumstick Mac-n-cheese Green beans Fruit	<b>3</b> COOKS CHOICE 	<b>4</b> Chicken alfredo Dinner roll Mixed veggies Dessert	<b>5</b> Cheeseburger Baked beans Potato salad Jello	<b>6</b> <b>CLOSED</b>	<b>7/8</b> <b>CLOSED</b>
<b>9</b> Boiled dinner Bread Apple sauce	<b>10</b> Chicken salad on croissant Broccoli cheese soup cookie	<b>11</b> Shepherd's Pie	<b>12</b> Country fried steak Diced potatoes Mixed veggies Dessert	<b>13</b> <b>CLOSED</b>	<b>14/15</b> <b>CLOSED</b>
<b>16</b> Breakfast sandwich Hashbrowns Fruit	<b>17</b> Reubens Potato Wedge Dessert	<b>18</b> Chicken casserole Dinner roll Mixed veggies Fruit	<b>19</b> Roast beef Mashed potatoes Baby carrots Dessert	<b>20</b> <b>CLOSED</b>	<b>21/22</b> <b>CLOSED</b>
<b>23</b> Hamburger gravy over rice Peas Pudding	<b>24</b> Pork loin Baby roasted potatoes Brussel sprouts Pears	<b>25</b> Lasagna Tossed salad Dessert	<b>26</b> Battered fish sandwich Coleslaw Tater tots	<b>27</b> <b>CLOSED</b>	<b>28/29</b> <b>CLOSED</b>
<b>30</b> Chicken parm Tossed salad Dessert	<b>31</b> Korean pork Rice Mixed veggies Fruit			<b>Lunch served at 1130am</b>	<b>\$2.00 suggested donation</b>