Hello NOVEMBER

Northwest Senior Center's The Academy Post News

Bridget Young
Center Director

Kathi Iverson
Assistant Center Director

Welcome

Seasons come and seasons go
with the last red berries and the
first white snow.
With night coming early and
dawn coming late, there's ice in
the bucket and frost by the gate.
The fires burn and the kettles
sing, and earth sinks to rest
Until next spring.

Elizabeth Coatsworth

Senior Center Highlights



Exercise

We offer exercise every Tuesday and Thursday. Gentle and consistent movements to assist in mobility and muscle strength. They can also be completed while seated.



Lunch

Lunch is served at 11:30am. The suggested donation for meals is $2.00 for ages 60+. Rachel and Debbie prepare all meals on site with love!



Games

From Wii Bowling to Pictionary, Wheel of Fortune, board or card games. Keep your mind sharp and laughter light with fun competitiveness.

This Month's Activities Snapshot

Ornament Making - Nov 2

Help decorate the Govenor's Christmas Tree by making homemade ornaments 12:30pm

Warming Erie County - NOV 13

Free gloves, coats, boots , hats tand scarves for anyone in need. 1-3 or while supplie last.

Honoring our Veterans - Nov 11

Today we honor all those Veterns who have served. Key note speaker starts at 11:00am

Thanksgiving Dinner - NOV 19

Turkey dinner with all the fixins! RSVPs are required. See the directors.

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

Did you know?

- The Gettysburg Address was given on November 19, 1863.
- The full moon in November is called the Beaver Moon.
- On November 9, 1989, the Berlin Wall was taken down marking the end of the Cold War.

Important Dates

NOV 3RD — **Election Day**
CENTER CLOSED

NOV 11TH — **Veteran's Day**
We are open!

NOV 26TH — **Thanksgiving**
CENTER CLOSED

This is Us!

Northwest Senior Center
9 Academy Street
Albion, PA 16403
(814) 756-5373
GECAC Main: (814) 459-4581
Open Monday - Thursday
9:00am-3:00pm
Closed Fridays

The Academy Post News page 2

Curious about volunteering?

Visit our website, scan the QR Code, or give us a call.

gecac.org/get-involved/volunteer

(814) 459 - 4581 EXT. 481

ddonovan@gecac.org

YOUR TIME.
YOUR TALENTS.
YOUR COMMUNITY.

Because strong communities are built by neighbors helping neighbors.

Safety First!

- Maintain indoor heat: Keep your thermostat set to a steady range of 65°F to 68°F or higher to prevent hypothermia
- Layer your clothing: Wear thermal base layers, wool socks, and sweaters indoors, and keep an extra blanket nearby.
- Avoid dangerous heating methods: Never use a gas oven or stove to heat your home, and keep portable space heaters away from curtains or bedding.
- Service heating systems: Have a professional inspect your furnace, chimney, and vents before turning them on for the season

Funding

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 so much 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 our Center by whatever means you are able. The Center and our services mean so much to so many. Your support goes a long way towards helping our Center continue to offer programming and services.



Get Moving!

- Chair Yoga & SilverSneakers: Keep joints flexible on chilly mornings with gentle, seated stretching and mindful breathing exercises.
- Mindfulness Meet-ups: Organize a quiet circle focused on light meditation and casual social interaction to combat seasonal blues.
- Crisp Foliage Walks: Take advantage of clear, sunny November days for brief, scenic walks through local parks or paths to enjoy the fresh autumn air.

Immunity-Focused Seasonal Eating

- November is a transition month where cold and flu season ramps up, making immunity-focused nutrition vital for seniors. As the body ages, the immune system naturally weakens (immunosenescence), and nutrient absorption can decrease. Focusing on seasonal, nutrient-dense foods helps fortify the body's natural defenses.
- Citrus fruits: Grapefruit, oranges, and clementines come into peak season.
- Cruciferous vegetables: Brussels sprouts, broccoli, and cabbage are abundant and nutrient-rich.
- Fortified foods: Vitamin D is harder to absorb from the sun in November; look for fortified milks and cereals.

pennsylvania
Medicare Education and Decision Insight

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.

GECAC community Action

WARMING ERIE COUNTY



COATS
GLOVES
SOCKS HATS
SCARVES

NOVEMBER 13
1 PM - 3 PM
NORTHWESTERN SENIOR CENTER
9 ACADEMY STREET, ALBION

NOVEMBER 30
1 PM - 3 PM
CORRY SENIOR CENTER
25 SOUTH FIRST AVENUE, CORRY

GIVEAWAY

*OR UNTIL SUPPLIES RUN OUT

FREE TO MEN, WOMEN, AND CHILDREN IN NEED OF WARMTH

Northwestern Senior Center

Honoring our Veterans

NOVEMBER 11, 2026

A Veteran is someone who, at one point in their life wrote a blank check made payable to The United States of America, for an amount up to and including their life.

Freedom is Not Free and those whom have defended it have paid the ultimate price in blood.

THANK YOU FOR YOUR SERVICE!

Gary Blood
Dennis Brooks
John Conley
Robert Kovacs
Dennis Long
Bill Nass
Pat Podoll
Gary Williams
Kim McCaslin-Staff
Tyrell Davis - Staff
Junius Johnson - GECAC Board President

Jay Ledden
Grant Marshall
Nicole Hicks - Staff

Jack Hull
Jim Mitchell
Ben Smith
Kathi Iverson - Staff
Brian Young - Staff

Richard Aguilera
Matt Tuzynski
Phil Smith
Valerie Raymond - Staff



GECAC's Medicare Minute

2027 Out-of-Pocket Costs

Out-of-Pocket costs can include:

- **A monthly premium - what you pay to maintain coverage.**
- **Deductible - the amount you may pay before your insurance starts to cover certain services.**
- **Co-payments and Coinsurance - depending on plan benefit structures, you may have a share in the cost of services, tests, and medications.**
- **Maximum Out-of-Pocket (MOOP) - Medicare Advantage plans have an annual limit on what you could pay out-of-pocket. The Maximum allowed in 2027 is $9,850, although some plans may have options for lower limits.**

There are reported and projected changes for your 2027 Medicare Out-of-Pocket costs . While there are several, here are a few to note and watch for:

- **The part D maximum annual deductible will be $700 and the Annual out-of-pocket limit for covered drugs will go up to $2,400.**
- **The part B premium is projected to go up to $209.50, and the deductible is projected to go up to $292. Actual costs should be announced by the Centers for Medicare and Medicaid within the next month or so.**

If your income / resources are limited, you may be eligible to receive help:

- **Extra Help can help reduce Part D premiums, deductibles, and copayments.**
- **Medicare Savings Program (Medicare Buy-In) may help pay for Part B premiums.**
- **Medicaid may provide additional help with health care costs.**
- **Senior Center staff will provide income and resource limits charts by request, and explain how to apply.**

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.

PA MEDI Counselors can help you learn about Medicare, Preventative 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

November

WORD SEARCH DIRECTIONS:Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

A T Y L A F L Q E V A V Z F F R I E R G R
G T M I H C E Y G M E D I R Y A H S S J G
R D T J N F A M I L Y H D A V T F T X T Z
U A Q R A P A I W I L D L C H I L L Y S N
J F U E C I I C B A D Q I S R I H S K E A
E Z Q M E V A L G C G C O J M Y Z E L V T
D E V E P V S Y G N O V E M B E R V L R I
U F E M N D Z A R R I M Z H J A I A A A V
T S T B G K C U K G I V T S W K U E B H E
I T E R F I W T Y Z S M I M W R D L T U A
T U R A M T L U B K N P F G I E A D O A M
A F A N Z V X M T R U I H C S C A J O Y E
R F N C U U G N O Q O B Z H K K M T F E R
G I S E B A K C U K D C Q F M N N O E K I
F N G S Y D A M W Y V A R G R S S A A R C
I G U Z Q I U X F F H I E L B B O G H U A
A P P L E C I D E R D B O N F I R E B T N
D L C C B M I G R A T O R Y B I R D S X T
B B C L Z H C D Y C R A N B E R R Y X A S
A I P O C U N R O C Z L E X N B C G R Q H
T S A E F P U M P K I N C K K S U E Q W R

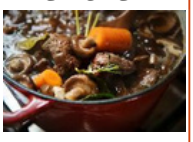
ACORN, APPLE CIDER, AUTUMN, BLACK FRIDAY, BONFIRE, CHILLY, CORNUCOPIA, CRANBERRY, FAMILY, FEAST, FOOTBALL, GOBBLE, GRATITUDE, GRAVY, HARVEST, HAYRIDE, LEAVES, MIGRATORY BIRDS, NATIVE AMERICAN, NOVEMBER, PECAN, PILGRIM, PUMPKIN, REMEMBRANCE, SCARF, STUFFING, SWEATER, THANKSGIVING, TURKEY, VETERANS

Northwestern Senior Center, 9 Academy Street, Albion, PA 16401 (814) 756-5373

NOVEMBER2026

Hours:
Mon-Thurs9am-3pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2 Chicken casserole Mixed veggies Dinner roll Fruit	3 CLOSED 	4 Tuna melt Tomato soup Cookie	5 Garlic parm drumsticks Baby bakers Tossed salad Fruit	6 CLOSED	7/8 CLOSED
9 Meatball sub Tossed salad Fruit	10 Soup & Salad	11 ***VETERAN'S DAY*** Stuffed pork chop Mashed potatoes Green beans Desert	12 Hamburg gravy over rice Peas Pudding	13 CLOSED ***WARMING EVENT*** ***1-3pm***	14/15 CLOSED
16 Breakfast sandwich Hash browns Fruit	17 Chicken Dijon Roasted potatoes Vegetables	18 Lasagna Salad Breadstick Pudding	19 **Thanksgiving Dinner** 	20 CLOSED	21/22 CLOSED
23 Ham salad on croissant Bean soup Cookie	24 Beef tips over noodles	25 Boiled dinner Apple sauce	26 CLOSED 	27 CLOSED	28/29 CLOSED
30 ***COOK'S CHOICE*** 		***SUGGESTED DONATION OF $2.00 FOR MEALS***		***LUNCH IS SERVED AT 1130AM***	

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NOVEMBER2026

Hours:
Mon-Thurs9am-3pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2 **1030am Loss & Grief/ AHN** *Therapy Dogs* 1200pm Wii Bowling *12pm Capitol ornament decorating*	3 CLOSED 	4 10am Bingo	5 ***1030am Exercise*** 1200pm Wii Bowling	6 CLOSED	7/8 CLOSED
9 *1030 am Agent McGill* 12pm Wii Bowling	10 *10 am Exercise* 1045am Bible study ***1230pm Crochet/ crafting***	11  **9:30am** Bingo **11am** **Honoring our Veterans** ***12pm Lunch***	12 ***9:45am Exercise*** **1030amDavid Devine** 12:00pm Wii Bowling	13 CLOSED ***WARMING EVENT*** 1PM-3PM	14/15 CLOSED
16 ***1030am Exercise*** ***1100AM Nutrition Informational Speaker*** 12:00pm Wii Bowling	17 *10 am Exercise* 1045am Bible study **BP Screenings** ***1230pm Crochet/ crafting***	18 10am Bingo **BP Screening**	19 ***1030am Exercise*** 12:00pm Wii Bowling	20 CLOSED	21/22 CLOSED
23 ***1030am Exercise***	24 *10 am Exercise* 1045am Bible study ***1230pm Crochet/ crafting***	25 10am Bingo	26 CLOSED 	27 CLOSED	28/29 CLOSED
30 ***1030am Randy Peters*** 12:00pm Wii Bowling		***SUGGESTED DONATION OF $2.00 FOR MEALS***		***LUNCH IS SERVED AT 1130AM***	