

Welcome OCTOBER

Northwest Senior Center's The Academy Post News



Bridget Young
Center Director



Kathi Iverson
Assistant Center Director

TRICK
OR
TREAT



Welcome

Welcome, October! A month of cozy sweaters, warm beverages, and the beauty of change. Warm days and colder nights brings frost to the pumpkin. Don't forget to scrape your windshields before driving!



*Thanks for being part
of our family!*

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



Elvis Returns - Oct 19

Come sit and sing along with Elvis impersonator Kurt Zova at 10:30am.



Motivational Speaker Amy Bouvaird - Oct 22

Amy speaks on what it's like to be visually impaired and how a positive mind set makes all the difference.



Tamarack Wildlife Oct 26

Wings, Tails and Scales. Live ambassador animal presentation.



Halloween Party

Looking to have a ghoulishly good time? Get creative and join the pumpkin decorating and costume contest.

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 Orionids meteor shower peaks in mid-October. These bright meteors are pieces of debris left behind by Halley's Comet. Look to the sky in the predawn hours of Oct 21-23.
- Original jack-o'-lanterns: Traditional Irish and Scottish carvers originally used hollowed-out turnips and potatoes instead of pumpkins to ward off wandering spirits.

Important Dates



Fire Prevention Week



Columbus Day
We are open!



Halloween

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

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.*



National Fire Prevention Week

Fire Prevention & Safety

- Never leave stovetops, ovens, or grills unattended.
- Inspect fire extinguishers and remember the P.A.S.S. method (Pull, Aim, Squeeze, Sweep).
- Remove clutter from hallways, walkways, and around emergency exits.
- Keep space heaters at least three feet away from flammable items and turn them off when leaving the room.
- Test your smoke detectors.



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.

Breast Cancer Awareness



- About 1 in 8 women (13%) in the U.S. will develop invasive breast cancer over their lifetime.
- Early detection is key. Have your regular mammograms, clinical exams, and do self-checks.
- Yes! Although rare, men can develop breast cancer too.



Immunity-Focused Seasonal Eating

- Pumpkins, sweet potatoes, and carrots are rich in beta-carotene, which your body converts to vitamin A to fight off seasonal illness.
- Apples, pears, and root vegetables provide soluble fiber and potassium that help lower cholesterol and regulate blood pressure.
- Butternut, acorn, kabocha, and delicata are stars of the season. High in beta-carotene, squash supports vision, immunity, and skin health. Its slow-burning carbohydrates provide steady energy, and potassium supports hydration and muscle recovery. The seeds are mineral-rich powerhouses.



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.

Annual Open Enrollment Period

The Medicare Annual Open Enrollment Period (AOEP) runs October 15th through December 7th each year. Medicare recipients use this period to review their current plans and decide if they want to make changes to become effective January 1st of the following year. What Medicare recipients should know:

- Your current plan may no longer be your best fit. Medicare Advantage and Part D plans may change their costs including premiums, deductibles, copays, formularies, provider networks, pharmacies, extras, and more. Read your Annual Notice of Change (ANOC) mailed by plans by September 30th and your Evidence of Coverage (EOC) which is mailed by October 15th. Know what may have changed in your plan and be prepared to make changes if needed.
- Some Advantage plans may be eliminated going into the new year, while others may change significantly. If your plan is being eliminated, you may have new Guaranteed Issue rights to look at a Medigap. Be prepared to consider all plan options. You can change how you receive your Medicare coverage.
- During the AOEP, you can switch from Original Medicare and Medicare Advantage, change Medicare Advantage plans or Part D plans, subject to applicable rules. Plan changes are expected to be available by October 1st. The Medicare.gov Plan Finder and comparison tools will generally have the 2027 offerings by this date.

- Be prepared to compare others plans. When considering if
- you will want to make any changes, have handy your ANOC, EOC, current list of medications, a list of preferred doctors, specialists, hospitals, and pharmacies. It can be beneficial to know what your 2026 costs were for services and prescriptions. While not possible to predict, consider what you believe your 2027 healthcare needs may be.



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
Navigating Medicare

This publication is funded by a grant award totaling \$ 1.8 million (100%) from the U.S. Department of Health and Human Services.

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.



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**



OCTOBER 2026

Hours:
Mon-Thurs 9am-3pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	<i>SUGGESTED DONATION OF \$2.00 FOR MEALS</i>	<i>LUNCH IS SERVED AT 1130AM</i>	1 Ham Au gratin potatoes Broccoli Pineapple	2 CLOSED	3/4 CLOSED
5 Stuffed Cabbage Mashed potatoes Mixed veggies Pudding	6 Italian sausage sub Baked beans Peppers & onions Cookie	7 Chicken and stuffing Mashed potatoes Gravy Corn	8 Chicken cordon bleu Buttered noodles Green beans Dessert	9 CLOSED	10/11 CLOSED
12 Sausage gravy over biscuits Scrambled eggs Diced potatoes Fruit	13 Chicken parmesan Tossed salad Breadstick Dessert	14 Creamed chip beef over toast	15 Battered fish sandwich Tater tots Coleslaw Jello	16 CLOSED	17/18 CLOSED
19 Meatloaf Mashed potatoes Gravy Baby carrots Apple sauce	20 Pesto chicken over linguine with broccoli Dessert	21 Ox Roast sandwich Onion rings 3-bean salad Jello	22 Chicken and rice Mixed veggies Mandarin oranges	23 CLOSED	24/25 CLOSED
26 COOK'S  CHOICE	27 Pulled pork sandwiches Sweet potato fries Fruit	28 Goulash Italian bread Tossed salad Dessert	29 Halloween party  Mummy dogs	30 CLOSED	31 CLOSED 



OCTOBER 2026 ACTIVITIES



Hours:
Mon-Thurs 9am-3pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
			1 10:30 Exercise 12:00pm Wii Bowling	2 CLOSED	3/4 CLOSED
5 10:30 Life NW - trail mix Therapy Dogs 12:00pm Wii Bowling	6 10:00 Exercise	7 10:00 Bingo	8 10:30 Exercise 12:00pm Wii Bowling	9 CLOSED	10/11 CLOSED
12 10:30 Nutrition informational Speaker 12:00pm Wii Bowling	13 10:00 Exercise BP Screenings	14 10:00 Bingo BP Screening	15	16 CLOSED	17/18 CLOSED
19 1030am Elvis Returns! 1200pm Wii Bowling	20 10:00 Exercise 11:00 Bible Study	21 10:00 Bingo	22 1030am Amy Bovaird/ speaker	23 CLOSED	24/25 CLOSED
26 10:00am Tamarack Wildlife Center 12:00pm Wii Bowling	27 10:00 Exercise 11:00 Bible Study	29 10:00 Bingo	29  HALLOWEEN PARTY	30 CLOSED	31/01  CLOSED