



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 AUGUST HIGHLIGHT

Join us for a 70s Party!

With David Devine

Dress in your best 70s costume, “TURN THE BEAT AROUND”, and become a “DANCING MACHINE”

We will enter our video to be played at the Pennsylvania Association of Senior Centers Conference in State College October 23rd -24th !!

And we will have a chance to win \$250 for our Booster Account!

Thursday, September 25th

10:30am

“ALL RIGHT NOW” let’s “SHINE A LITTLE LOVE”. We’ll see you on the dance floor for “THE LOCOMOTION”

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'S OPEN ENROLLMENT PERIOD

Medicare's Open Enrollment, also called the Annual Election Period or Fall Open Enrollment, happens every year from October 15 to December 7. During this time, you can change your health insurance plans. Even if you're happy with your current coverage, it's a good idea to review and compare your options to ensure they meet your needs for the next year.

Changes you can make during Open Enrollment include:

Joining
a new
Medicare
Advantage
Plan



Joining
a new
Part D
prescription
drug plan



Switching
from Original Medicare to
Medicare Advantage



Switching
from Medicare
Advantage to
Original Medicare (with
or without a Part D plan)

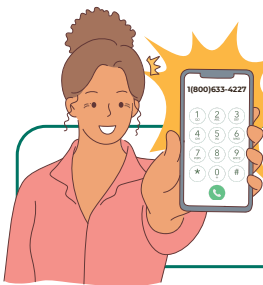


You might be able to get a Medigap policy, which helps cover costs not paid by Original Medicare, depending on where you live. There are rules about who can buy a Medigap policy and when. For more information about state specific rights, contact your local **State Health Insurance Assistance Program (SHIP)** or State Department of Insurance.



You can make as many changes as you want during this period. The last change you make will take effect on January 1, 2026.

It is usually best to call **1-800-Medicare** or visit **Medicare.gov** to make any changes to your health and/or drug coverage.



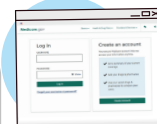
Before choosing your 2026 coverage, consider the Medicare health and drug plan options in your area. You may be able to get the same or better coverage at a more affordable price. For example, even if you're happy with your current Medicare Advantage or Part D plan, you should check to see if there's another plan in your area that offers the same health or drug coverage at a better price.



SHIP

State Health Insurance
Assistance Program

SHIP counselors can help you review your options and pick a plan that meets your needs. SHIP counselors provide trusted, unbiased, and individualized Medicare help. Visit shiphelp.org for more information!



You can use Medicare's Plan Finder tool to compare plans at [Medicare.gov/plan-compare/](https://www.medicare.gov/plan-compare/) or by calling **1-800-Medicare**

Hours:

Mon-Thurs 9am-3pm

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1  	2 <i>10 am Exercise</i> 1045am Bible study	3 10am Bingo	4 <i>10:30am</i> GAMES 12:00pm Wii Bowling	5 CLOSED	6/7 CLOSED
8 <i>10:30am</i> <i>Therapy dogs</i> 12:00pm Wii Bowling	9 <i>10 am Exercise</i> 1045am Bible study	10 10am Bingo	11 12:00pm Wii Bowling	12 CLOSED	13/14 CLOSED
15 <i>1030am</i> Beggarman's Frolic 12:00pm Wii Bowling	16 <i>10 am Exercise</i> 1045am Bible study BP Screenings	17 10am Bingo BP Screenings	18 <i>10:30am</i> Gentiva Hospice/ craft 12:00pm Wii Bowling	19 CLOSED	20/21 CLOSED
22 <i>10:30 Yellow Dot Program</i> <i>Mike Tautin</i> 12:00pm Wii Bowling	23 <i>10 am Exercise</i> 1045am Bible study	24 10am Bingo	25  70s PARTY! <i>10:30am</i> <i>David Devine</i>	26 CLOSED	27/28 CLOSED
29 <i>1030am LIFE/ Music BINGO</i> 12:00pm Wii Bowling	30 <i>10 am Exercise</i> 1045am Bible study			Tai Chi classes Mondays at 10am for 30min	ARTHRITIS EXERCISE CLASSES OFFERED Thursdays at 945am

Hours:

Mon-Thurs 9am-3pm

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 	2 Stuffed pork chops Baby roasted potatoes Green beans Pears	3 Tuna Melt Tomato Soup Cookie	4 Chicken Cordon Bleu Buttered noodles Broccoli Dessert	5 CLOSED	6/7 CLOSED
8 Baked Chicken Sweet potatoes Beets Peaches	9 Taco salad Dessert	10 Chicken salad Croissant Broccoli cheese soup Fruit	11 Hamburger gravy over rice Peas Pudding	12 CLOSED	13/14 CLOSED
15 Kielbasa & Pierogis Peppers & Onions Fruit	16 Country Fried Steak Diced potatoes Pudding	17 Chicken casserole Mixed veggies Dinner roll Mixed fruit	18 Lasagna Tossed salad Breadstick Dessert	19 CLOSED	20/21 CLOSED
22 Chicken & stuffing Mashed potatoes Corn	23 BBQ Ham French fries Jello	24 Meatball sub Tossed salad Dessert	25 Pizza Party 	26 CLOSED	27/28 CLOSED
29 Scrambled eggs Bacon Diced potatoes Fruit	30 Hot turkey sandwich Mashed potatoes Mixed veggies Dessert		LUNCH IS SERVED AT 11:30AM	Suggested meal contribution \$2.00	