

Hello FALL

Northwest Senior Center's The Academy Post News



Bridget Young
Center Director



Kathi Iverson
Assistant Center Director

Welcome

Fall is here, and what a wonderful time of year it is! We are excited for another season of learning, laughter, and making memories together. From colorful leaves to acts of kindness, we are grateful for our amazing senior community.

*Thanks for being part
of our family!*

Senior Center Highlights



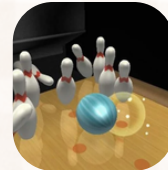
Exercise

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 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



Senior Planet - Sep 3

Laptop workshop. Learn how to navigate your computer with ease



It's a Hoedown - Sep 10

Get in the mood for the Albion Fair. Put on your dungarees, straw hat and boots and kick up your heels to DJ Todd Morton.



Albion Fair - Sep 16-19th

Senior Day is Sep 17 where seniors get in free. Stop down and see what fun the fair has to offer.



Attorney General's Office with Agent McGill - Sep 21

Learn how to keep yourself safe from scammers

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 classic movie *The Wizard of Oz* premiered in theatres on September 25, 1939.
- September is the only month with the same number of letters (nine) as its numerical position on the calendar (the ninth month).



Important Dates



Labor Day
Center is Closed



Patriot's Day



First Day of Fall

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

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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

- Clear wet leaves: Rake and remove dead leaves promptly from driveways and porches because wet leaves cause dangerous slips.
- Improve lighting: Replace burned-out exterior and interior bulbs with brighter LED options to handle shorter daylight hours.
- Check heating and detectors: Test smoke and carbon monoxide alarms, and service heating systems before freezing temperatures arrive.
- Wear proper footwear: Choose waterproof shoes or boots with strong rubber treads for traction on damp ground.

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.

Pastries for a Purpose



TUESDAY,
SEPTEMBER 29



1:00 PM TO
2:00 PM



NORTHWESTERN
SENIOR CENTER
9 ACADEMY STREET

LEARN ABOUT HOW YOU CAN SERVE YOUR COMMUNITY THROUGH
VOLUNTEERING OPPORTUNITIES:



CLASSROOM FOSTER
GRANDPARENT



MEALS ON
WHEELS



RSVP

ENJOY:



Coffee & Drinks



Pastries by
Toni-Lou Creations



Meet staff
and volunteers



Celebrate
community service



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.





SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
LUNCH IS SERVED AT 11:30AM	1 Lasagna Tossed Salad Italian Bread Dessert	2 Baked Chicken Sweet Potato Beets	3 Cheeseburger French Fries Cucumber/ Tomato Salad Peaches	4 CLOSED	5/6 CLOSED
7 LABOR DAY CLOSED	8 Baked Fish Baby Bakers Broccoli Fruit	9 Chili with Cornbread Salad Dessert	10 HOEDOWN! <i>Hot Dogs with the fixins' are provided.</i> <u>Bring a dish to share!</u>	11 PATRIOTS DAY CLOSED	12/13 CLOSED
14 Ravioli Caesar Salad Dessert	15 Breakfast Sandwich Hashbrowns Fruit	16 Chicken and Biscuits Mashed Potatoes Corn	17 Taco Salad Dessert	18 CLOSED	19/20 CLOSED
21 Kielbasa and Pierogies Peppers and Onions Applesauce	22 Chicken Drumstick Macaroni and Cheese Brussel Sprouts Fruit	23 Country Fried Steak Mashed Potatoes Peas Dessert	24 Chicken Salad on Croissant Broccoli Cheese Soup Cookie	25 CLOSED	26/27 CLOSED
28 Sweet and Sour Meatballs Mixed Veggies, Mandarin Oranges	29  COOKS CHOICE	30 Chicken Casserole Mixed Veggies Dinner Roll Fruit		SUGGESTED MEAL DONATION \$2.00	



SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	1 <i>10 am Exercise</i>	2 10am Bingo	3 <i>10:00am Senior Planet presentation</i> 1200pm Wii Bowling	4 CLOSED	5/6 CLOSED
7 	8 <i>10 am Exercise</i>	9 10am Bingo	10 <i>10am Exercise HOEDOWN!</i>  12:00pm Wii Bowling	11 CLOSED	12/13 CLOSED
14 <i>1030am Nutrition Informational Speaker</i> 12:00pm Wii Bowling	15 <i>10 am Exercise</i> BP Screenings	16 10am Bingo BP Screenings	17 <i>10am Exercise</i> <i>1030am Randy Peters</i> 12:00pm Wii Bowling	18 CLOSED	19/20 CLOSED
21 <i>1030am Agent McGill</i> 1200pm- Wii Bowling	22 <i>10 am Exercise</i>	23 10am Bingo	24 <i>10am Exercise</i> 12:00pm Wii Bowling	25 CLOSED	26/27 CLOSED
28 12:00pm Wii Bowling	29 <i>10 am Exercise</i>	30 10am Bingo			

Annual Notice of Change for Advantage and Part D Plans

The Medicare Annual Notice of Change (ANOC) is one of the most important notices to look for in the mail each year. The ANOC tells you what changes to expect for your plan in the coming year. If you have an Advantage Plan (Part C)/Drug Plan, insurance companies are required to send the ANOC by September 30th each year. The ANOC is essentially the "what's changing?" document. The Evidence of Coverage provides the more detailed description of what the plan covers and what members pay. The Evidence of Coverage notice is sent by October 15th each year. Here's some of the important things to look for in your ANOC:

Cost. Your premium may go up, down, or stay the same. Look at costs associated with deductibles, copays and coinsurance, your Maximum Out-of-Pocket costs (MOOP), prescription costs, drug deductibles/ cost sharing, and extra benefits, their limits, and changes.

Network. Provider networks can change. Don't assume doctors you've seen for years are still in network because network changes can occur.

Covered Prescriptions. Verify your drugs are still covered. Check to see if drugs have been moved to a different tier, if costs have changed, if they will require prior authorization, if limits apply, and which pharmacies are preferred / in-network.

Changing or disappearing benefits. Extra benefits can be impacted. Check to see if any benefits have changed, or were removed, for example, dental, vision, hearing, transportation, gym benefits, and other extra benefits.

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.



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

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