

August 2025

GECAC NORTH EAST SENIOR CENTER

50 East Main Street, North East, PA 16428 (814) 725-5195

CENTER HOURS

Tuesday thru Friday

9:00 a.m. to 3:00 p.m.

Lunch Served at

12:00 Noon

(\$2.00 Donation/person)



Daily Lunches

GECAC provides lunches for Seniors 60 and older Tuesday through Friday at our Center. We serve promptly at 12:00 noon on those days. Meal Donation is \$2.00 per person\ per day. *This fee does not apply to special events.* We are asking that you sign up on the sheets near the front entrance two weeks in advance. This will help the kitchen staff plan better for our daily numbers. If you sign up and can't attend, please give us a call. Our preference is to have too many meal versus not enough. We order a few extra meals each day to cover for visitors. If you forget to sign up when you are at the Center, just give us a call and we will be glad to add you to the list.

How Do Donations and Fundraised Dollars Help Our Center

Meal Donations help to off-set the cost of meals. On average, the actual cost of the meal is over \$5.00. Meal donations also help maintain or replace equipment. These dollars are vital to maintaining the Center and its daily operations. Booster and Fundraiser Donations help pay for parties, entertainment, snacks and more. They also help pay for programming like exercise, craft classes, computer usage and more. These dollars are vital to your programming options and enjoyment of the Center. Donations and Fundraisers are all voluntary; however please continue to support your Center by whatever means you are able. The Center 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

AUGUST 14, 2025

INDOOR PICNIC

We will be having an indoor picnic on Thursday, August 14 at 10:30 a.m. There will be entertainment, a 50/50, bingo and good food and fellowship.

Angelo Phillips will be here to entertain us on his guitar for an hour. The lunch menu will be hotdog w/bun, macaroni salad, baked beans and dessert and drink.

Cost is \$5.00 per person. Please sign up by August 7 if you plan to attend this fun event.



NUTRITION TALK

On Wednesday, August 20, 2025 we will be hosting a special speaker from Interim Healthcare. They will be sharing some valuable nutrition information. Please join us at 10:30a that day for this informative meeting.

REMINDER TO EVERYONE

HANDICAP PARKING

Please leave the handicap parking spots for individuals who truly need them. This includes using the area near the grass next to the benches. We have several consumers that have difficulty walking into the building and may not have a HANDICAP placard for their vehicle, but need to park close to the door. Thank you for your co-operation!

The GECAC North East Senior Center, Operated by Greater Erie Community Action Committee Area Agency on Aging, is funded in part by PA Dept. of Aging: Dr. Ben Wilson GECAC CEO, Ray Maholtz AAA Division Manager.



MEDICARE

MINUTE

Keep in mind that insurance companies selling Medicare private plans must follow certain rules when promoting their products. These rules are meant to prevent plans from presenting misleading information about a plan's costs or benefits, also known as marketing violations.

There are things that agents cannot do.

1. call you if you did not give them permission to do so.
2. Visit you in your home, nursing home, or other place of residence without your invitation.
3. Provide gifts or prizes worth more than \$15 to encourage you to enroll. Gifts or prizes worth more than \$15 must be made available to the general public, not just people with Medicare.
4. Disregard federal and state consumer protection laws for telemarketing, the National Do-Not-Call registry, or do-no-call-again request.
5. Imply that they are calling on behalf of Medicare. Information provided from medicarewatch@medicarerights.org

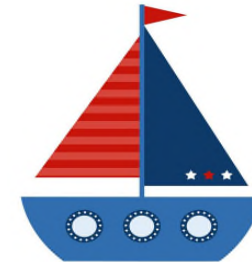
ERIE GIVES DAY

Erie Gives Day is an opportunity for funds to be donated to local non-profits. GECAC is one of those non-profits that would benefit from your donation. Ways to give: either On-line visit ErieGives.org by using a credit card. Minimum donation is \$25.00 OR call 814-454-0843 between hours 8:00 a.m. to 8:00 p.m. on Tuesday, August 12, 2025. Please consider donating to GECAC.

Thank you in Advance!



GECAC NORTH EAST SENIOR CENTER AUGUST 2025 EVENTS



August Birthday's

2 Mary Triana

7 Mary Demmick

8 Cathy
Bollheimer


16 James Snyder

21 Judy Stokes

26 Janet Frazer

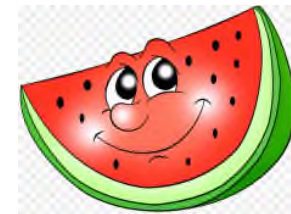
29 Linda Byrnes



Mon	Tue	Wed	Thu	Fri	Sat
				1	2
4	5 10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	6 9:30a Yoga 10:30a Games 12:00p Lunch	7 10:00a Games 11:00a Tai Chi 12:00p Lunch 1:00p BINGO	8 9:00a Quilters 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	9 9:00a.m. North East Crazy Quilters
11 6:30 p.m. North East in Bloom Meeting	12 10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	13 9:30a Exercise 10:30a Games 12:00p Lunch	14 10:30 a.m. Indoor Picnic Sign up by 8/7/25 	15 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	16
18	19 10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	20 9:30a Yoga 10:30a Nutrition Talk 12:00p Lunch	21 10:00a Games 11:00a Tai Chi 12:00p Lunch 1:00p BINGO	22 9:00a Quilters 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	23 9:00a.m. North East Crazy Quilters
25 6:30 p.m. Powerful Pink Warriors Meeting	26 10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	27 9:30a Exercise 10:30a Games 12:00p Lunch	28 10:00a Games 11:00a Tai Chi 12:00p Lunch 12:30p Scrapbooking	29 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	30



GECAC NORTH EAST SENIOR CENTER AUGUST 2025 MENU



Tue	Wed	Thu	Fri
			Stuffed Pepper Rice Toss Salad Ice Cream 1
Broccoli Soup Chicken Salad Pita Fruit Cup 5	Swedish Meatballs Egg Noodles Peas Ice Cream 6	Ham Diced Potatoes Broccoli Pudding Cup 7	Meatball Sub Spinach Salad 8
Beef Stew Sweet Potatoes Wax Beans Corn Muffin & Fruit Cup 12	Salisbury Steak Diced Potatoes Green Peas Pudding Cup 13	Hot Dog w/ bun Macaroni Salad Baked Beans Dessert 14	Beef Ravioli Toss Salad Fruit Cup 15
Sausage Sub w/Pepper & Onions Pork 'n' Beans 19	Ox Roast Sandwich Mixed Vegetables Coleslaw Jell-o 20	Stuffed Cabbage Roll Mashed Potatoes Mixed Vegetables Fruit Cup 21	Tuna Salad Sandwich Baby Carrots Fruit Cup 22
Grilled Chicken Breast Hash Browns Baby Carrots Fruit Cup 26	Goulash Salad Pudding 27	Chicken Fettuccini Vegetables Fruit Cup 28	Turkey Diced Potatoes Peas Pudding 29