

August 2026

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



INDOOR PICNIC

Please join us on Thursday, August 20th at 10:30 a.m. for an indoor picnic.

Mike & Marie Miller will be here to entertain everyone. We will serve picnic style food. There will be a 50/50 drawing and Chinese auction to benefit the Center. We will also play BINGO for prizes after lunch. Cost is \$5.00/person



FMVP PRODUCE MARKET STAND

Adagio Health will be here August 11 and 26 in our little park outside our building around 9:30a.m. They will be bringing some fresh Pennsylvania vegetables and fruits for you to purchase. Come see what delicious produce they will have.



Through our Meals on Wheels Program, volunteers deliver nutritious, home-cooked meals to seniors across Erie County—many of whom live alone, face food insecurity, or struggle with social isolation. Erie County has ten food sites, seven in the City of Erie, leaving over 22,000 residents without easy access to healthy food. Additionally, 37% of seniors live alone, increasing their risk for malnutrition, health complications and loneliness. Volunteering with GECAC, you do more than deliver a meal—you provide a daily visit, a warm smile, and a watchful eye that can detect early health risks, prevent hospitalizations, and improve overall well-being. ***Come Join Our Team!***

SENIOR PLANET TALK

Please join Damali from GECAC on August 11th at 10:30 a.m. as she discusses “DIGITAL SKILLS FOR MANAGING YOUR HEALTH.” on your computers/phones. We have 10 laptop computers, which can be used in the Center during this class. Please sign up if you plan to join!

SCAM PRESENTATION

Officer Nicole Ludwig will be here on Wednesday, August 12 at 10:30 a.m. to do a presentation on SENIOR SCAMS. This has become a wide spread problem for everyone. Please join her and learn how you can protect yourself and your loved ones. See the flyer for more details.

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.

GECAC SENIOR HELPLINE

If you are in need of In-Home Services, Meals on Wheels, Older Adult Protective Services, Support for Caregivers please call (814) 459-4581 ext. 400 or AAA TOLL FREE: (800) 769-2436



GECAC NORTH EAST SENIOR CENTER AUGUST 2026 EVENTS



August Birthday's

7 Mary Demmick

8 Cathy
Bollheimer

21 Judy Stokes

26 Janet Frazer

29 Linda Byrnes

	Mon	Tue	Wed	Thu	Fri	Sat
						1
	3	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Exercise Class 10:30a Games 12:00p Lunch	10:00 Games 11:00a Tai Chi 12:00p Lunch 1:00p Bingo	9:00a Quilters 9:30a Arthritis Exercise Class 10:30a Games 12:00p Lunch	9:00a N..E. Crazy Quilters
N.E. in Bloom Meeting 6:30 p.m.	10	10:00a Computer 10:30a SCAM Talk 12:00p Lunch 12:00p Bridge	9:30a Yoga 10:30a SCAM TALK 12:00p Lunch	10:00a Games 11:00a Tai Chi 12:00p Lunch 1:00p Scrapbooking	9:30a Arthritis Exercise Class 10:30a Games 12:00p Lunch	15
	17	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga Class 10:30a Games 12:00p Lunch	10:30a Nurse 10:30a Indoor Picnic 1:00p Bingo	9:00a Quilters 9:30a Arthritis Exercise Class 10:30a Games 12:00p Lunch	9:00a N..E. Crazy Quilters
	24	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga Class 10:30a Games 12:00p Lunch	10:00a Games 11:00a Tai Chi 12:00p Lunch 1:00p Scrapbook-	9:30a Arthritis Exercise Class 10:30a Games 12:00p Lunch	29
	31					





GECAC NORTH EAST SENIOR CENTER AUGUST MENU 2026



Tue	Wed	Thu	Fri
Pork Roast Scalloped Potatoes Vegetables Fruit Cup	Stuffed Chicken Breast Sweet Potatoes Vegetables Fresh Fruit	Cheeseburger Steak Fries Coleslaw Fruit Cup	Chicken Ala King Green Beans Fruit Cup
Oven Fried Chicken Macaroni & Cheese Brussel Sprouts Fruit Cup	Country Fried Steak Mashed Potatoes Broccoli Fruit Cup	Chicken 'n' Noodles Mixed Vegetables Jell-o	Stuffed Pepper Brown Rice Toss Salad Ice Cream
Chicken Salad Pita Broccoli Soup Fruit cup	Swedish Meatballs Egg Noodles Peas Ice Cream	Hot Dogs Beans Macaroni Salad Dessert	Meatball Sub Spinach Salad
Beef Stew Sweet Potatoes Wax Beans Fruit Cup	Salisbury Steak Diced Potatoes Peas Pudding	Chicken Cordon Bleu Broccoli Cookie	Ravioli Toss Salad Fruit Cup



Hospital Admission Vs. Observation

When staying over in a hospital, there is a difference between being admitted and being under observation. Admitted means inpatient and your Part A hospital coverage is billed. You pay a \$1,736 per event deductible (period), then \$0 for 60 days. When you stay over for observation, you have an outpatient status, and your Part B is billed. The observation status often results in higher out-of-pocket expenses because you pay for individual services.

If you find yourself staying over in a hospital and are there for more than 24 hours, the hospital must provide you with a Medicare Outpatient Observation Notice (MOON). This notice will explain why you are considered outpatient. You can stay over multiple days and still be outpatient and under observation.

You can be proactive and ask if you are being admitted, or under observation. If under observation, you can ask more questions about that status and potentially have it changed if applicable.

PA MEDI Counselors can help you learn about Medicare, Preventive 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



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



Digital Skills for Managing Your Health

Date: Tuesday, August 11th, 2026

Time: 10:30 AM

Location: North East Senior Center

Discover how technology can help you make informed health decisions. Build confidence finding reliable information online, identifying trustworthy websites, and exploring digital tools that support your health and wellness. Start with the first workshop and continue the series to learn even more!

Sign Up Today!