

JANUARY 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



We are having TACO SALAD on Thursday, January 22, 2026.

After lunch we will have a Special Bingo Day for prizes. Come and join in on the fun!

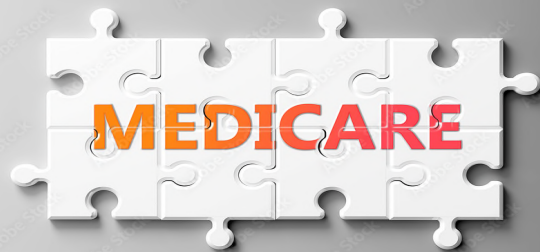


GECAC's Inclement Weather Protocol

Remember that during the winter months, if the North East School District has a two hour delay, or, closes for the day; our Center will be Closed. Please Watch TV Stations (12, 24 or 35) to keep informed.

Please remember to bring an extra sweater during the winter to help keep you warm in the Center. Also, we would appreciate it, if you would bring an extra pair of shoes, or, slippers and remove your boots at the door. This will help keep our floors dry/safe during the winter months.
Thank you!

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 OPEN ENROLLMENT

Medicare Advantage Plan Open Enrollment begins January 1st and ends March 31st. Must already be enrolled in Medicare Advantage Plan to make changes during this period. Please see Kathy to make an appointment if you need to make changes. You can...

Switch to another Advantage Plan with or without drug coverage.

Drop your Medicare Advantage Plan and return to original Medicare.

Or join a Medicare Drug Plan.



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!

GECAC NORTH EAST SENIOR CENTER JANUARY 2026 EVENTS



JANUARY BIRTHDAY'S

1 Bruce
Kaltenbaugh

7 Gail Johnson

11 Shirley
Nollinger

15 Jera Krebs


26 Patricia Mining

29 Karen Wagner

Birthday cupcakes



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| Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|--|--|--|---|
| | |  | CLOSED FOR HOLIDAY 1 | CLOSED FOR HOLIDAY 2 | 9:00 a.m. North East Crazy Quilters 3 |
| 5 10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge | 6 | 7 9:30a Exercise 10:30a Games 12:00p Lunch | 8 10:00a Games 11:00a Tai Chi 12:00p Lunch 12:30p Scrap-booking | 9 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch | 10 |
| 12 10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge | 13 | 14 9:30a Yoga 10:30a Games 12:00p Lunch | 15 10:00a Games 10:30a NURSE 11:00a Tai Chi 12:00p Lunch | 16 9:00a Quilters 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch | 17 9:00 a.m. North East Crazy Quilters |
| 19 10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge | 20 | 21 9:30a Exercise 10:30a Games 12:00p Lunch | 22 10:00a Games 11:00a Tai Chi 12:00p Lunch 12:30p Scrap-booking | 23 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch | 24 |
| 26 10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge | 27 | 28 9:30a Yoga 10:30a Games 12:00p Lunch | 29 10:00a Games 11:00a Tai Chi 12:00p Lunch | 30 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch | 31 |





GECAC NORTH EAST SENIOR CENTER JANUARY 2026 MENU



| Tue | Wed | Thu | Fri |
|---|---|--|--|
| | | CLOSED FOR HOLIDAY  | CLOSED FOR HOLIDAY  |
| Pork Roast Scalloped Potatoes Zucchini Fruit Cup | Stuffed Chicken Breast Sweet Potatoes Vegetables Fruit Cup | Cheeseburger Potato Wedges Coleslaw Fruit Cup | Chicken ala King Biscuit Green Beans Fruit Cup |
| Oven Fried Chicken Macaroni 'n' Cheese Brussel Sprouts Fruit Cup | Country Fried Steak Mashed Potatoes Broccoli Fruit Cup | Chicken and Noodles Mixed Vegetables Jell-o | Stuffed Pepper Brown Rice Toss Salad Ice Cream |
| Broccoli Soup Chicken Salad Pita Fruit Cup | Swedish Meatballs Noodles Peas Ice Cream | Taco Salad Day Dessert | Meatball Sub Spinach Salad |
| Beef Stew Sweet Potatoes Wax Beans Fruit Cup | Salisbury Steak Diced Potatoes Green Peas Pudding Cup | Chicken Cordon Bleu Broccoli Cookie | Beef Ravioli Toss Salad Fruit Cup |