

# July 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

**SAVE THE DATE**  
**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. More details to come.



**CELL PHONE USE**



Please be respectful of others while in the Center and turn your phones on silent or vibrate, especially while you are in classes. 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.

**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!



**MEDICARE**  
**MINUTE**

**Traveling with Medicare**

How does Medicare work while you are traveling? This is a good question to ask yourself when you are making travel plans. You will want to consider what type of Medicare plan you have.

Original Medicare covers emergency care in the U.S. and its territories, including Puerto Rico and the U.S. Virgin Islands. It also covers some international health care in limited circumstances, such as if you're traveling between Alaska and another U.S. state through Canada and a Canadian hospital is closer than the nearest U.S. hospital. Medicare determines what qualifies as "without unreasonable delay" on a case-by-case basis.

If you have a Medicare Advantage Plan, your plan may or may not cover care outside of its service area. Some plans may cover providers that are out-of-network or out of your service area, but with higher cost-sharing (copayments, coinsurances). Your plan may also impose other rules or restrictions (like prior authorization). Contact your plan to see what rules and costs apply when you travel within the U.S.

Medicare will pay for medical care you get on a cruise ship if you get the care while the ship is in U.S. territorial waters. This means the ship is in the U.S. port or within six hours of arrival at or departure from a U.S. port.





# GECAC NORTH EAST SENIOR CENTER JULY 2025 EVENTS




<u>July Birthday's</u>	Mon	Tue	Wed	Thu	Fri	Sat
5-Melissa Duda		10:00a Computer	9:30a Yoga	10:00a Games	9:00a Quilters	9:00 a.m.
6-Joy Breegle		10:30a Games	10:30a Games	11:00a Tai Chi	9:30a Arthritis	North East
8-Mary Kuna		12:00p Lunch	12:00p Lunch	12:00p Lunch	Exercise	Crazy Quilters
		12:00p Bridge		1:00p BINGO	10:30a Games	
					12:00p Lunch	
9-Joe Reynolds	7	10:00a	9:30a Exercise	10:00a Games	9:30a Arthritis	12
12-Joyce Mosier		Computer	10:30a Games	11:00a Tai Chi	Exercise	
12-Joe Waskiewicz		10:30a Games	12:00p Lunch	12:00p Lunch	10:30a Games	
		12:00p Lunch		12:30p	12:00p Lunch	
		12:00p Bridge		Scrapbooking		
13-Esther Northrup	14	10:00a	9:30a Yoga	10:00a Games	9:00a Quilters	19
15-Ginny Madonia	6:30 p.m.	Computer	10:30a Games	10:30a Nurse	9:30a Arthritis	North East
18-Jean Selkregg	North East in	10:30a Games	12:00p Lunch	11:00a Tai Chi	Exercise	Crazy Quilters
	Bloom	12:00p Lunch		12:00p Lunch	10:30a Games	
	Meeting	12:00p Bridge		1:00p BINGO	12:00p Lunch	
21-Nancy Dodd	21	10:00a	9:30a Exercise	10:00a Games	9:30a Arthritis	26
31-Pattie Stempka		Computer	10:30a Games	11:00a Tai Chi	Exercise	
		10:30a Games	12:00p Lunch	12:00p Lunch	10:30a Games	
		12:00p Lunch		12:30p	12:00p Lunch	
		12:00p Bridge		Scrapbooking		
	28	29	9:30a Yoga	31		
			10:30a Games			
			12:00p Lunch			





# GECAC NORTH EAST SENIOR CENTER JULY 20925 MENU



Tue		Wed		Thu		Fri		
Beef Stew Sweet Potatoes Wax Beans Fruit Cup		1	Salisbury Steak Diced Potatoes Peas Pudding Cup	2	Chicken Cordon Bleu Broccoli Cookie	3	CENTER CLOSED FOR HOLIDAY	4
Sausage Sub w/ peppers and onions Pork 'n' Beans		8	Ox Roast Sandwich Cole Slaw Vegetables Jell-o	9	Stuffed Cabbage Mashed Potatoes Vegetables Fruit Cup	10	Tuna Salad Sandwich Baby Carrots Fruit Cup	11
Grilled Chicken Breast Hash Browns Baby Carrots Fruit Cup		15	Goulash Salad Pudding	16	Chicken Fettuccini Vegetables Fruit Cup	17	TACO SALAD DESSERT 	18
Pork Roast Scalloped Potatoes Zucchini Fruit Cup		22	Stuffed Chicken Breast Sweet Potatoes Vegetables Fruit	23	Cheeseburger Potato Wedges Coleslaw Fruit Cup	24	Chicken Ala King Over Biscuit Green Beans Fruit Cup	25
Oven Fried Chicken Macaroni 'n' Cheese Brussel Sprouts Fruit Cup		29	Country Fried Steak Mashed Potatoes Broccoli Florets Fruit Cup	30	Chicken 'n' Noodles Mixed Vegetables Jell-o	31		