

July 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



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!

Tai Chi Class

Come join our Tai Chi Class on Thursday mornings at 11:00 a.m. led by Ed Matthews. This type of exercise can help improve balance, reduce stress and alleviate chronic pain without straining your joints. Come and experience another form of exercise which can help you feel and move better.

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.

NUTRITION TALK

On Wednesday, July 8th at 10:30 a.m. Megan from Adagio Health will be here to discuss cooking and seasoning with herbs and other dietary facts. Please join in on this educational class.

FMVP PRODUCE MARKET STAND

Adagio Health will be here July 8, 21 and August 11 and 26 in our little park outside our building. They will be bringing some fresh Pennsylvania vegetables and fruits for you to purchase. Come see what delicious produce they will have.

AEA EXERCISE CLASS

If you would like to enjoy a more active lifestyle and experience some health benefits in a welcoming, supportive and fun environment, come join us every Friday morning at 9:30 a.m. This exercise class is done at a slower pace with gentle exercises to help keep you moving. It will increase your range of motion and flexibility. It can also assist in maintaining normal joint movement and enhance mobility required for daily living. Come see what our arthritis exercise class is all about.



COMPUTER CLASS

Do you want to understand how to create an email, Facebook, save photos, search through the internet, or have other computer questions come join us Tuesday mornings at 10:00 a.m. Steve LeVan is here to help guide you as you learn to navigate on a computer.



GECAC NORTH EAST SENIOR CENTER July 2026 Events




Mon	Tue	Wed	Thu	Fri	Sat
<p>July Birthday's</p> <p>5-Melissa Duda</p> <p>8-Mary Kuna</p>		<p>9:30a Yoga 1</p> <p>10:30a Games</p> <p>12:00p Lunch</p>	<p>10:00a Games 2</p> <p>11:00a Tai Chi</p> <p>12:00p Lunch</p> <p>1:00p BINGO</p>	<p>CLOSED FOR HOLIDAY 3</p>	<p>4</p> 
<p>9-Joe Reynolds</p> <p>12-Joyce Mosier</p> <p>15-Ginny Madonia</p>	<p>6</p> <p>10:00a 7</p> <p>Computer</p> <p>10:30a Games</p> <p>12:00p Lunch</p> <p>12:00p Bridge</p>	<p>9:30a Exercise 8</p> <p>10:30a Adagio</p> <p>Health Speaker</p> <p>12:00p Lunch</p>	<p>10:00a Games 9</p> <p>11:00a Tai Chi</p> <p>12:00p Lunch</p> <p>12:30p</p> <p>Scrapbooking</p>	<p>9:00a Quilters 10</p> <p>9:30a Arthritis</p> <p>Exercise</p> <p>10:30a Games</p> <p>12:00p Lunch</p>	<p>11</p> <p>9:00 a.m.</p> <p>North East</p> <p>Crazy Quilters</p>
<p>18-JeanSelkregg</p> <p>25-Sue Spacht</p>	<p>10:00a 14</p> <p>Computer</p> <p>10:30a Games</p> <p>12:00p Lunch</p> <p>12:00p Bridge</p>	<p>9:30a Yoga 15</p> <p>10:30a Games</p> <p>12:00p Lunch</p>	<p>10:00a Games 16</p> <p>10:30 NURSE</p> <p>11:00a Tai Chi</p> <p>12:00p Lunch</p> <p>1:00p BINGO</p>	<p>9:30a Arthritis 17</p> <p>Exercise</p> <p>10:30a Games</p> <p>12:00p Lunch</p>	<p>18</p>
<p>31-Pattie Stempka</p>	<p>20</p> <p>9:00a.m. Pro- 21</p> <p>duce Stand</p> <p>10:30a Games</p> <p>12:00p Lunch</p> <p>12:00p Bridge</p>	<p>9:30a Exercise 22</p> <p>10:30a Games</p> <p>12:00p Lunch</p>	<p>10:00a Games 23</p> <p>11:00a Tai Chi</p> <p>12:00p Lunch</p> <p>12:30p</p> <p>Scrapbooking</p>	<p>9:00a Quilters 24</p> <p>9:30a Arthritis</p> <p>Exercise</p> <p>10:30a Games</p> <p>12:00p Lunch</p>	<p>25</p> <p>9:00 a.m.</p> <p>North East</p> <p>Crazy Quilters</p>
	<p>27</p> <p>10:00a 28</p> <p>Computer</p> <p>10:30a Games</p> <p>12:00p Lunch</p> <p>12:00p Bridge</p>	<p>9:30a Yoga 29</p> <p>10:30a Games</p> <p>12:00p Lunch</p>	<p>10:00a Games 30</p> <p>11:00a Tai Chi</p> <p>12:00p Lunch</p>	<p>9:30a Arthritis 31</p> <p>Exercise</p> <p>10:30a Games</p> <p>12:00p Lunch</p>	



GECAC NORTH EAST SENIOR CENTER JULY 2026 MENU



	Tue	Wed	Thu	Fri
		Country Fried Steak Mashed Potatoes Broccoli Fruit Cup	Chicken 'n' Noodles Vegetables Jell-o	Closed for July 4th Holiday
6	Chicken Salad Pita Broccoli Soup Fruit Cup	Swedish Meatballs Over Egg Noodles Peas Ice Cream	Ham Diced Potatoes Broccoli Pudding Cup	Meatball Sub Spinach Salad
3	Beef Stew Sweet Potatoes Wax Beans Corn Muffin & Fruit Cup	Salisbury Steak Diced Potatoes Peas Pudding Cup	Chicken Cordon Bleu Broccoli Cookie	Beef Ravioli Toss Salad Fruit Cup
0	Sausage Sub w/Peppers & Onions Pork 'n' Beans	Ox Roast Sandwich Cole Slaw Vegetables Jell-o	Stuffed Cabbage Rolls Mashed Potatoes Vegetables Fruit Cup	Tuna Salad Sandwich Baby Carrots Fruit Cup
7	Grilled Chicken Breast Hash Browns Carrots Fruit Cup & Cookie	Goulash Toss Salad Pudding Cup	Chicken Fettuccini Vegetables Fruit Cup	TACO Salad Dessert 

Prior Authorizations & Your Rights

Many Medicare beneficiaries are surprised when physician recommended services require prior approval from their insurance company. While it is more common for Medicare Advantage Plans to require prior approvals, in some instances, they may also be required for those who have Original Medicare A and B only, and A/B with a supplemental, or Medigap Plan. Prior approval requirements can be applicable to imaging, rehabilitation, skilled nursing care, certain procedures, medical devices, testing, prescriptions, and more.

Know your appeal rights. Beneficiaries should not accept a verbal denial without requesting a formal written notice. You have the right to an explanation and to appeal. You are entitled to receive a written explanation stating:

- What was denied
- Why it was denied
- The specific rule or policy used
- How to appeal
- Applicable deadlines

If you are going to appeal, know your specific deadlines and plan to file timely. You may want to enlist the help of your physician's office to explain denials and to provide documentation support if needed.

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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