

June 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

SENIOR CENTER BUS TRIP

June 9, 2025

Let us travel back in time with toys we grew up with and the ones from this generation. The National Toy Hall of Fame is a collection of toys collected by a woman named Margaret Strong. During her lifetime she along with her parents traveled to several countries where she collected toys. When she passed, she left all her collections plus financial resources for a museum which was started in 1982. We will tour the Margaret Woodbury Strong Museum in downtown Rochester plus enjoy a butterfly garden. Lunch is at Golden Corral Buffet - cost on your own. Then we will be off to visit two stores, the Marilla Store and Vidlers. Both are mom and pop stores, each having their own unique items. **We will be leaving from the Center at 7:45 a.m. so please be here no later than 7:30 a.m. Ticket needs to be paid for in advance.**



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!

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!

EXPLOITATION AND SCAM PRESENTATION

The Elder Justice Committee is teaming up Marquette in celebration of World Elder Abuse Awareness Day and will be coming to our Center to discuss exploitation and scams relevant to each of us. Please plan to attend this informative presentation on Wednesday, June 18th at 10:30 a.m.

MEDICARE MINUTE

Medicare Advantage and Part D Marketing Rules. 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.

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 North East Senior Center Events June 2025



JUNE BIRTHDAYS

01 June Peterson

05 Judy Rodgers

10 Sandy Lee

11 Kathleen
Johnson

14 Marilyn Bendig

14 Lois Lafuria

17 Carl Huck

19 Cheryl
Burgess

26 Dianne
Stanton




Mon	Tue	Wed	Thu	Fri	Sat
	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga 10:30a Games 12:00p Lunch	10:00a Games 11:00a Tai Chi 12:00p Lunch 1:00p BINGO	9:00a Quilters 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	9:00 a.m. North East Crazy Quilters
6:30 p.m. North East In Bloom Meeting	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Exercise 10:30a Games 12:00p Lunch	10:00a Games 11:00a Tai Chi 12:00p Lunch 12:30p Scrapbooking	CENTER CLOSED FOR ALL STAFF GECAC MEETING	
	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga 10:30a SCAM Presentation 12:00p Lunch	CLOSED FOR JUNETEENTH HOLIDAY	9:00a Seniors for Safe Driving Class 9:00a Quilters 10:30a Games 12:00p Lunch	9:00 a.m. North East Crazy Quilters
9:00a-1:00p FARMERS MARKET VOUCHER DISTRIBUTION NE SENIOR CENTER	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Exercise 10:30a Games 12:00p Lunch	10:00a Games 11:00a Tai Chi 12:00p Lunch 12:30p Scrapbooking	9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	
9:00a -4:00P FARMERS MARKET VOUCHER DISTRIBUTION @ BAYFRONT CONVENTION CENTER					



GECAC NORTH EAST SENIOR CENTER JUNE 2025 MENU



Tue	Wed	Thu	Fri
Grilled Chicken Breast 3 Hash Browns Baby Carrots Fruit Cup	Goulash 4 Salad Pudding	Chicken Fettuccini 5 Vegetables Fruit Cup	Turkey 6 Diced Potatoes Peas Pudding
Pork Roast 10 Scalloped Potatoes Zucchini Fruit Cup	Stuffed Chicken 11 Breast Sweet Potatoes Vegetables	Cheeseburger 12 Cole Slaw Potato Wedges Fruit Cup	CENTER CLOSED 13 FOR ALL STAFF GECAC MEETING
Oven Fried Chicken 17 Macaroni 'n' Cheese Brussel Sprouts Fruit Cup	Country Fried Steak 18 Mashed Potatoes Broccoli Florets Fruit Cup	CLOSED 19 FOR JUNETEENTH HOLIDAY	Special 20 Salad Bar Dessert 
Broccoli Soup 24 Chicken Salad Pita Fruit Cup	Swedish Meatballs 25 Egg Noodles Peas Ice Cream	Ham 26 Diced Potatoes Broccoli Pudding Cup	Meatball Sub 27 Spinach Salad