

# MAY 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

## Older American Month Party (Champion Your Health)

Join us on Thursday, May 21 at 10:30 a.m. for the Older American Party. Angelo Phillips will be here to entertain us with a variety of guitar music. We will play bingo after lunch and have a 50/50 to benefit the Center. Lunch menu will be Philly steak subs, potato salad and dessert. Cost is \$5.00/person. Please sign up so we can plan accordingly for lunch. See you there!



### Stroke Awareness Month Health Speaker

Gina Klofft from the American Heart Association will be here on Wednesday, May 6 at 10:30 a.m. She will be discussing ways to help control your blood pressure and make you aware of stroke symptoms. Please join us and learn how you can better take care of yourself.



We are having TACO SALAD on Tuesday, May 5 (Cinco De Mayo Day). After lunch we will have a Special Bingo for prizes. Come and join in on the fun!



## Property Tax/Rent Rebate Program



Pennsylvania's Property Tax/Rent Rebate program is open. This program benefits income eligible Pennsylvanians age 65 and older, widows and widowers age 50 and older; and people with disabilities age 18 and older. Your income level must be \$48,110.00 or less. To apply you will need: your social security number, proof of income and proof of property tax paid in 2025 or rent paid. You can apply on line at [myPath.pa.gov](http://myPath.pa.gov). If you need assistance with applying for this rebate, contact Kathy.

<u>INCOME</u>	<u>MAXIMUM REBATE</u>
\$0 to \$8,550	\$1,000.00
\$8,551 to \$16,040	\$770.00
\$16,041 to \$19,240	\$460.00
\$19,241 to \$48,110	\$380.00

### VOLUNTEER'S NEEDED

"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 deserts, 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 aware that our dedicated teams, 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. Last year alone, our volunteers delivered 25,889 meals, served 130 seniors, and contributed over 1,750 hours of service—touching lives in ways that extend far beyond nutrition." Come Join Our Team!

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 MAY 2026 EVENTS



## BIRTHDAYS

	Mon	Tue	Wed	Thu	Fri	Sat
<b>7 Cynthia Walters</b>					9:00a Quilters 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	9:00 a.m. North East Crazy Quilters
<b>8 Patty Groves</b>						
<b>9 Joel Barnum</b>	4	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge 1:00op Bingo	9:30a Yoga 10:30a Special Speaker 10:30a Games 12:00p Lunch	10:00a Games 11:00a Tai Chi 12:00p Lunch 1:00 Bingo	9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	
<b>10 Sharon Tefft</b>						
<b>11 Keith Uhlman</b>	6:30 p.m.	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 Scrapbooking	9:00a Quilters 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	9:00 a.m. North East Crazy Quilters
<b>19 Bill Szyplik</b>	North East In Bloom Meeting					
<b>20 Marty Morris</b>						
<b>21 Janet Miller</b>	18	19	9:30a Yoga 10:30a Games 12:00p Lunch	10:30am NURSE and Older American Party	9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	
<b>24 Nancy Szyplik</b>						
<b>30 Zella Glover</b>	25	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 1:00p Scrap- booking	9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	





# GECAC NORTH EAST SENIOR CENTER May 2026 MENU



Tue	Wed	Thu	Fri
			<b>Tuna Salad Sandwich</b> <b>Baby Carrots</b> <b>Fruit Cup</b>
<b>Taco Salad</b> <b>Dessert</b>	<b>Goulash</b> <b>Tossed Salad</b> <b>Pudding Cup</b>	<b>Chicken Fettuccini</b> <b>Vegetables</b> <b>Fruit Cup</b>	<b>Hot Turkey Sandwich</b> <b>Diced Potatoes</b> <b>Peas</b> <b>Pudding Cup</b>
<b>Pork Roast</b> <b>Scalloped Potatoes</b> <b>Vegetables</b> <b>Fruit Cup</b>	<b>Stuffed Chicken Breast</b> <b>Sweet Potatoes</b> <b>Vegetables</b> <b>Fresh Fruit</b>	<b>Cheeseburger</b> <b>Steak Fries</b> <b>Coleslaw</b> <b>Fruit Cup</b>	<b>Chicken Ala King</b> <b>Green Beans</b> <b>Fruit Cup</b>
<b>Oven Fried Chicken</b> <b>Macaroni &amp; Cheese</b> <b>Brussel Sprouts</b> <b>Fruit Cup</b>	<b>Country Fried Steak</b> <b>Mashed Potatoes</b> <b>Broccoli</b> <b>Fruit Cup</b>	<b>Phillip Steak Sub</b> <b>Potato Salad</b> <b>Dessert</b>	<b>Salad Bar</b> <b>Dessert</b>
<b>Chicken Salad Pita</b> <b>Broccoli Soup</b> <b>Fruit cup</b>	<b>Swedish Meatballs</b> <b>Egg Noodles</b> <b>Peas</b> <b>Ice Cream</b>	<b>Ham</b> <b>Diced Potatoes</b> <b>Broccoli</b> <b>Pudding Cup</b>	<b>Meatball Sub</b> <b>Spinach Salad</b>