

NOVEMBER 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

HEALTHY STEPS FOR OLDER ADULTS WORKSHOP



Please join us for a one day workshop that will educate you on fall risks. You will learn the resources available to you and learn some tips to prevent falls. A free lunch will be provided for those attending. This workshop is scheduled for Monday, November 10th, at 9:00 a.m. until 1:00 p.m. Please let Kathy or Rosan know if you are interested in attending or call (814) 725-5195.

PA RELAY PHONE SYSTEMS

Thad Graham will be here from PA Relay Phone Systems on Wednesday, November 19 at 10:30 a.m. He will explain the benefits of using the caption telephones for those who are deaf, hard of hearing or who are speech impaired. Come and hear how this might help you or a friend that could benefit from this program.



CELL PHONE CLASS

Nicole from GECAC will be here on Thursday, November 6 at 9:30 a.m. to teach a class about cell phone use. This class will help you better understand how to use your personal phones. She will address your personal questions during the class.

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.



ANNUAL CHRISTMAS PARTY

Tickets are now on sale for our Christmas party which will be held on Wednesday, December 10th at 10:30 a.m. here at the Center. Dan Hogan will entertain us with a variety of Christmas music. Food will be catered by St. Joe's Club. We will have baked chicken, ham, au gratin potatoes, fettuccini alfredo, green beans, toss salad rolls, dessert & drinks.

We will have a 50/50 raffle tickets which will cost \$1.00/3tickets. BINGO for prizes will be played following lunch.

Cost for this event would have been \$35.00 per member, but our gift to you will make them \$20.00/person; as long as you have attended at least twelve times by the end of November. The discount will take place of a gift certificate this year. If you have not supported the Center during the past year the cost is \$35.00/person.

Please sign up by Tuesday, December 2nd so we can plan appropriately for the Caterer. If you have any questions, please see Kathy or Rosan



Cooking class is being held on Tuesday, November 11th at 1:00 p.m. Tammy Mason will be making a Creamy Butternut Squash Soup. Please sign up so we may plan accordingly. Cost: \$3.00/person.

Medicare's Annual Open Enrollment Period

is HERE - October 15 through December 7th. Any plan changes will start January 1st.

Make sure you receive and review your current Advantage / Drug plan Annual Notice of Change (ANOC). Your ANOC will inform you of any changes you can expect from your plan. ANOC's should be received by September 30th.

In addition to plan details, verify your physicians and care facilities are still in network. Also verify the medications you expect to be covered are still covered. Formularies can change from year to year.

Switch from Original Medicare to a Medicare Advantage Plan or from a Medicare Advantage Plan to Original Medicare

Join, drop, or switch to another Medicare drug plan if in you're in Original Medicare

PA MEDI Counselors can help you learn about Medicare, your Preventative Services, understand and enroll in your plan of choice, appeal Medicare decisions, apply for cost savings programs, and more.



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Medicare Education and Decision Insight

PA MEDI



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.



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DEPARTMENT OF AGING



SHIP

State Health Insurance Assistance Program

Navigating Medicare



For help in understanding your options, contact your local PA MEDI Office for More Information

GECAC Erie Area Agency on Aging 814-459-4581 Ext. 400

GECAC NORTH EAST SENIOR CENTER NOVEMBER 2025 EVENTS



November Birthday's

1 Gerri Luke
8 Lori Snyder
11 Allison Schmitt
16 Bea Parker
21 Cynthia Corbelli
25 Mary Rys
26 Jeannette Griffiths
27 Wendy Cole



Mon	Tue	Wed	Thu	Fri	Sat
					1 9:00 a.m. North East Crazy Quilters
3	CLOSED 4 	9:30a Yoga 5 10:30a Games 12:00p Lunch 12:00p Special Bridge	10:00a Games 6 11:00a Tai Chi 12:00p Lunch 1:00p Bingo	9:30a Arthritis 7 Exercise 10:30a Games 12:00p Lunch	8
9:00a Healthy 10 Steps Class 6:30 pm North East in Bloom Meeting	10:00a Computer 11 10:30a Games 12:00p Lunch 12:00p Bridge 1:00 Cooking Class	9:30a Exercise 12 Class 10:30a Games 12:00p Lunch	10:00a Games 13 11:00a Tai Chi 12:00p Lunch 12:30p Scrap- booking	9:00a Quilters 14 9:30a Arthritis Exercise 10:30a Games 12:00p Lunch	15 9:00 a.m. North East Crazy Quilters
17	10:00a 18 Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga 19 10:30a Games 12:00p Lunch	10:00a Games 20 10:30a Nurse 11:00a Tai Chi 12:00p Lunch 1:00p Bingo	9:30a Arthritis 21 Exercise 10:30a Games 12:00p Lunch	22
24	10:00a 25 Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Exercise 26 Class 10:30a Games 12:00p Lunch	CLOSED 27	CLOSED 28	29
					



GECAC NORTH EAST SENIOR CENTER NOVEMBER 2025 MENU



Tue	Wed	Thu	Fri
CLOSED  4	Salisbury Steak Diced Potatoes Green Peas Pudding Cup 5	Chicken Cordon Bleu Broccoli Cookie 6	Beef Ravioli Toss Salad Fruit Cup 7
Sausage Sub w/Pepper & Onions Pork 'n' Beans 11	Ox Roast Sandwich Mixed Vegetables Coleslaw Jell-o 12	Stuffed Cabbage Roll Mashed Potatoes Mixed Vegetables Fruit Cup 13	Tuna Salad Baby Carrots Fruit Cup 14
Grilled Chicken Breast Hash browns Carrots Fruit Cup 18	Goulash Salad Pudding 19	Chicken Fettuccini Vegetables Fruit Cup 20	TACO SALAD BROWNIES  21
Pork Roast Scalloped Potatoes Zucchini Fruit Cup 25	Stuffed Chicken Breast Sweet Potatoes Vegetables Fruit 26	27	28
		 CLOSED FOR THANKSGIVING	