

OCTOBER 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



Seniors for Safe Driving Course

We are offering a Seniors for Safe Driving Course on Friday, October 24, 2025 at 9:30 a.m. until 1:30 p.m.

This is for anyone age 55 plus. It is Penn-DOT approved. You will receive a 5% discount for 3 years on your car insurance. No exam will be given. Please call us at 1-800-559-4880 or visit : www.seniorsforsafedriving.com to register. Cost is \$17.00 per student.

SENIOR EDUCATION ON OPIOIDS AND OTHER DRUGS

Lisa Boyd will be here on Wednesday, October 22 at 10:03a.m. to discuss the concerns about opioids and other illegal drugs taken by our loved ones. She will discuss what to look for and will present options for getting help for those in need.

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 cooperation!

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.



We will be having our Annual Christmas Party on Wednesday, December 10, 2025 at 10:30 a.m. here at the Center

Our meal will be catered by St. Joes Club. There will be entertainment at 10:30a.m. and bingo after lunch. More details to come!



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.



Cooking class is being held on Tuesday, October 14 at 1:00 p.m. Tammy Mason will be making a Zucchini Lasagna for this class. Please sign up so we may plan accordingly. Thank you!

Cost: \$3.00/person.

Medicare's Annual Open Enrollment Period

is around the corner, 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.



pennsylvania
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 OCTOBER 2025 EVENTS



October Birthday's

5 Charlotte Dilimone

6 Gladys Ferko

6 Mary Ann Weber

12 Charles Wagner

16 David Uglow

19 Mary K. Weber

20 Rose Born

25 Peg Counasse

29 William Minnig



Mon	Tue	Wed	Thu	Fri	Sat
		9:30a Yoga 10:30a Games 12:00p Lunch	10:30a Games 11:00a Tai Chi 12:00p Lunch 1:00p BINGO	9:00a Quilters 9:30a Arthritis Exercise 10:30a Games 12:00 Lunch	9:00a.m. N.E. Crazy Quilters
6	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga 10:30a Games 12:00p Lunch	10:30a Games 11:00a Tai Chi 12:00p Lunch 12:30p Scrap- bookers	9:30a Arthritis Exercise 10:30a Games 12:00 Lunch	
6:30 p.m. N.E. in Bloom Meeting	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Exercise 10:30a Games 12:00p Lunch	10:30a NURSE 10:30a Games 11:00a Tai Chi 12:00p Lunch 1:00p BINGO	9:00a Quilters 9:30a Arthritis Exercise 10:30a Games 12:00 Lunch	9:00a.m. N.E. Crazy Quilters
20	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga 10:30a Special Speaker 12:00p Lunch	10:30a Games 11:00a Tai Chi 12:00p Lunch 12:30p Scrap- bookers	9:30a Seniors For Safe Driving Class 12:00p Lunch	
27	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Exercise 10:30a Games 12:00p Lunch	10:30a Games 11:00a Tai Chi 12:00p Lunch	9:30a Arthritis Exercise 10:30a Games 12:00 Lunch	





GECAC NORTH EAST SENIOR CENTER OCTOBER 2025 MENU



Tue	Wed	Thu	Fri
	Ox Roast Sandwich Mixed Vegetables Coleslaw Jell-o	Stuffed Cabbage Roll Mashed Potatoes Mixed Vegetables Fruit Cup	Tuna Salad Sandwich Baby Carrots Fruit Cup
Grilled Chicken Breast Hash browns Carrots Fruit Cup	Goulash Salad Pudding	Chicken Fettuccini Vegetables Fruit Cup	Turkey Green Peas Diced Potatoes Pudding Cup
Pork Roast Scalloped Potatoes Zucchini Fruit Cup	Stuffed Chicken Breast Sweet Potatoes Vegetables Fruit	Cheeseburger Potato Wedges Coleslaw Fruit Cup	Chicken Ala King Over Biscuit Green Beans Fruit Cup
Oven Fried Chicken Macaroni 'n' Cheese Brussel Sprouts Fruit Cup	Country Fried Steak Mashed Potatoes Broccoli Florets Fruit Cup	Chicken 'n' Noodles California Vegetables Jell-O Cup	Stuffed Peppers Brown Rice Tossed Salad Ice Cream
Broccoli Soup Chicken Salad Pita Fruit Cup	Swedish Meatballs Egg Noodles Peas Ice Cream	Ham Diced Potatoes Broccoli Pudding Cup	Meatball Sub Spinach Salad

