

SEPTEMBER 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!

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. Thank you for your co-operation!

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, Matthew Trott, AAA Division Manager.



Please join us for Kathy's retirement party on Thursday, September 3rd at 10:30 a.m. Todd Morton will be here to entertain us with guitar music. We are having taco salad and dessert for lunch. Bingo will be played after lunch. Please sign up so we can plan accordingly for food. Thank you!

Seniors for Safe Driving Course



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

This is for anyone age 55 plus. It is PennDOT 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.seniorsfor-safedriving.com to register. Cost is \$17.00 per student.



**American
Heart
Association.**

2026 Erie Heart Walk

The Heart Walk will be held Thursday, September 10th at Rebich Investments Amphitheatre at Liberty Park. Registration is at 5:00 p.m. Contact Gina Klofft at 814-572-1391 or at G.R.Klofft@heart.org if you have any questions.



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.

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 Nation Do-Not-Call registry, or do-no-call-again request
5. Imply that they are calling on behalf of Medicare

Information provided from medicarewatch@medicarerights.org

GECAC North East Senior Center September 2026 Events



September Birthday's

Mon	Tue	Wed	Thu	Fri	Sat
	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Exercise Class 10:30a Games 12:00p Lunch	10:30a Retirement Party 1:00p Bingo	9:00a Quilters 9:30a Arthritis Exercise Class 10:30a Games 12:00p Lunch	9:00 a.m. N.E. Crazy Quilters
04 Sally Carnahan					
11 Sheila Hiller	7	8	9	10	11
13 Mary Jean McEwen	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga Class 10:30a Games 12:00p Lunch	10:00 Games 11:00a Tai Chi 12:00p Lunch 1:00p Scrapbookers	9:30a Arthritis Exercise Class 10:30a Games 12:00p Lunch	
14 Larry Wagner					
25 Loretta Barnum	14	15	16	17	18
26 Bill Thompson	6:30 p.m. North East in Bloom	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga Class 10:30a Games 12:00p Lunch	10:00 Games 10:30a Nurse 11:00a Tai Chi 12:00p Lunch 1:00p Bingo	9:00a Quilters 9:30a Arthritis Exercise Class 10:30a Games 12:00p Lunch
28 Lynda Williams	21	22	23	24	25
	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga Class 10:30a Games 12:00p Lunch	10:00 Games 11:00a Tai Chi 12:00p Lunch 1:00p Scrapbookers	9:30a Arthritis Exercise Class 10:30a Games 12:00p Lunch	
	28	29	30		
	10:00a Computer 10:30a Games 12:00p Lunch 12:00p Bridge	9:30a Yoga Class 10:30a Games 12:00p Lunch			





GECAC NORTH EAST SENIOR CENTER SEPTEMBER 2026 Menu



Tue		Wed		Thu		Fri	
Grilled Chicken Breast Hash Browns Carrots Fruit Cup & Cookie	1	Goulash Toss Salad Pudding Cup	2	TACO SALAD DESSERT	3	Turkey Diced Potatoes Peas Pudding	4
Pork Roast Scalloped Potatoes Vegetables Fruit Cup	8	Stuffed Chicken Breast Sweet Potatoes Vegetables Fresh Fruit	9	Cheeseburger Steak Fries Coleslaw Fruit Cup	10	Chicken Ala King Green Beans Fruit Cup	11
Oven Fried Chicken Macaroni & Cheese Brussel Sprouts Fruit Cup	15	Country Fried Steak Mashed Potatoes Broccoli Fruit Cup	16	Chicken 'n' Noodles Mixed Vegetables Jell-o	17	Stuffed Pepper Brown Rice Toss Salad Ice Cream	18
Chicken Salad Pita Broccoli Soup Fruit cup	22	Swedish Meatballs Egg Noodles Peas Ice Cream	23	Ham Diced Potatoes Broccoli Pudding	24	Meatball Sub Spinach Salad	25
Beef Stew Sweet Potatoes Wax Beans Fruit Cup	29	Salisbury Steak Diced Potatoes Peas Pudding	30				