NOVEMBER 2026
GECAC NORTH EAST SENIOR CENTER

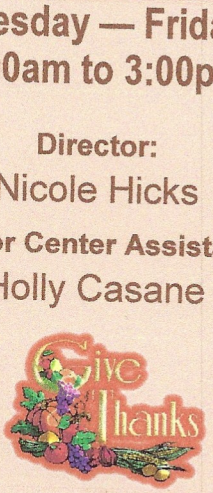
50 East Main Street, North East, PA 16428 (814) 725-5195

Join us!

CENTER HOURS:
Tuesday — Friday
9:00am to 3:00pm

Director:
Nicole Hicks

Senior Center Assistant:
Holly Casane





DAILY SENIOR LUNCHES

For Seniors 60 years of age and older, GECAC's North East Senior Center (NESC) provides hot nutritious lunches every Tuesday through Friday promptly at 12:00 noon. Meals are $2 contribution. Please register for lunches two weeks in advance on the sign-up sheets near the front entrance. If you sign up and can't attend, or forget to sign-up, please give us a call at (814) 725-5195 and we'll gladly assist you.

Upcoming Party Dates

Nov. 19 **THANKSGIVING PARTY**
Cost: $5.00
Reservations due by Nov. 12th

Dec 16 **CHRISTMAS PARTY**
Cost: $5.00
Reservations due by Dec. 9th

All reservations are due by the date given—no exceptions!



BIRTHDAYS

Nov. 1 Geraldine Luke
Nov. 1 Fawn Murray
Nov. 8 Lori Synder
Nov. 11 Alison Schmidt
Nov. 14 Rebecca Groves
Nov. 16 Beatrice Parker
Nov. 23 Bonnie Bucheral
Nov. 25 Marie Rys
Nov. 26 Jeannette Griffiths
Nov. 26 Virginia Macdonald
Nov. 27 Wendy Cole

Please see Nicole or Holly for your Birthday Voucher which entitles you to a free lunch!

GECAC SENIOR HELPLINE

If you're in need of In-Home Services, Meals on Wheels, Older Adult Protective Services, Support for Caregivers, or PA-MEDI, please call:

(814) 459-4581 ext. 400

Mulled Apple Cider



8 whole allspice berries
Orange peel from 1 orange
Lemon peel from 1 lemon
1/2 cup maple syrup
6 cups apple cider or freshly squeezed apple juice
Apple slices and orange twists, for serving

In a medium saucepan, place the cinnamon sticks, ground cloves, allspice berries, orange peel, and lemon peel. Pour in the maple syrup and apple cider, then bring to almost a boil. Reduce the heat to low and simmer for 30 minutes. Remove from the heat and serve in mugs with apple slices and orange twists. You can also add a splash of rum for an "adults-only" version!

Yum, yum, yum.

COMMUNITY PHONE NUMBERS:

GECAC Area Agency on Aging (AAA)	(814) 459-4581
GECAC AAA Toll Free	(800) 769-2436
GECAC Adult Protective Services	(814) 459-4581 ext. 205
After hours and weekends:	(814)451-1520
GECAC Senior Helpline	(814) 459-4581 ext. 400
GECAC After Hours (Crisis Line)	
Days:	(814) 451-4581 ext. 400
Evenings:	(814) 451-1520
GECAC North East Senior Center	(814) 725-5195
Erie County Assistance Office	(814) 461-2000
Erie County Veteran's Affairs	(800) 274-8387
Erie Metro. Transit Authority (Senior Bus Passes)	(814)459-8922 ext. 101
EMTA LIFT	(814) 456-2299 or (800) 932-4600
LIFE NWPA	(844) 456-5433
Medicare Help Line	(800) 633-4273
North East Police Department	(814) 725-4407
PA LINK to Aging & Disability Resources	(800) 753-8827
Pharmaceutical Assistance (PACENET)	(800) 225-7223
SNAP (Supplemental Nutritional Assistance Program)	(814) 461-2000
Social Security Administration	(877) 405-3543

MEALS on WHEELS ERIE COUNTY

Through our Meals on Wheels Program, GECAC volunteers deliver nutritious, home-cooked meals to seniors across Erie County — many of whom live alone, face food insecurity, or struggle with social isolation. 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!

NESC MEMBERSHIP

Membership at GECAC Senior Centers is completely free for area residents aged 60+ and their spouses. Most activities are free, with occasional nominal fees for specific instructors or shared material costs. Stop by for a visit and don't forget to check us out on Facebook!

The GECAC North East Senior Center, operated by Greater Erie Community Action Committee (GECAC) Area Agency on Aging (AAA), is funded in part by the PA Dept. of Aging.

Dr. Ben Wilson, GECAC CEO
Ray Maholtz, GECAC AAA Division Manager

AmeriCorps Seniors

GECAC Community Action

BECOME A CLASROOM FOSTER GRANDPARENT!

- Are you 55+ years of age or older?
- Tutor and mentor at-risk children in the classroom
- Receive a stipend for volunteering without affecting your benefits
- Make a difference in a child's life

Call (814) 459-4581 ext. 462 or go to www.gecac.org

pennsylvania DEPARTMENT OF AGING

GECAC NORTH EAST SENIOR CENTER
NOVEMBER 2026 EVENTS

GECAC community Action
GREATER ERIE COMMUNITY ACTION COMMITTEE
Helping People. Changing Lives.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Closed for Election Day	4 9:30am Exercise with Theresa 10:30am Games 12:00pm Lunch	5 9:30am Mat Yoga 10:30am Games 11:00am Tai Chi 12:00pm Lunch 1:00pm BINGO	6 9:00am NE Quilters 9:30am Arthritis Exercise 10:30am Games 11:00am Chi Kung 12:00pm Lunch	7 9:00am North East Crazy Quilters
8	9 6:30pm NE in Bloom Meeting	10 9:30am Mat Yoga 10:00am Computers 10:30am Games 12:00pm Lunch 12:00pm Bridge	11 9:30am Chair Yoga 10:30am Games 12:00pm Lunch 12:00pm Bridge	12 9:30am Mat Yoga 10:30am Games 11:00am Tai Chi 12:00pm Lunch 12:00pm Scrapbookers	13 9:30am Arthritis Exercise 10:30am Games 11:00am Chi Kung 12:00pm Lunch	14
15	16	17 9:30am Mat Yoga 10:00am Computers 10:30am Games 12:00pm Lunch 12:00pm Bridge	18 9:30am Exercise with Theresa 10:30am Games 12:00pm Lunch	19 9:30am Mat Yoga 10:30am Nurse 10:30am PARTY 1:00pm BINGO	20 9:00am NE Quilters 9:30am Arthritis Exercise 10:30am Games 11:00am Chi Kung 12:00pm Lunch	21 9:00am North East Crazy Quilters
22	23	24 9:30am Mat Yoga 10:00am Computers 10:30am Games 12:00pm Lunch 12:00pm Bridge	25 9:30am Chair Yoga 10:30am Games 12:00pm Lunch	26 Closed for Thanksgiving	27	28
29	30					

North East Senior Center

NOVEMBER 2026 MENU

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  	4 Country Fried Steak Broccoli Florets Mashed Potatoes Applesauce	5 Chicken & Noodles California Mixed Vegetables Jell-O Cup	6 Stuffed Pepper Tossed Salad Brown Rice Vanilla Ice Cream
10 Chicken Salad Pita w/ Lettuce & Tomatoes Cream of Broccoli Soup Pineapple Cup	11 Swedish Meatballs Green Peas Egg Noodles Chocolate Ice Cream	12 Ham Broccoli Florets Diced Potatoes Vanilla Pudding Cup	13 Meatball Sub Sandwich Spinach Salad
17 Beef Stew Sweet Potatoes Wax Beans Mandarin Oranges Cup	18 Salisbury Steak Green Peas Seasoned Diced Potatoes Chocolate Pudding Cup	19  	20 Beef Ravioli Tossed Salad Applesauce
24 Sausage Sub Sandwich w/ Peppers & Onions Pork & Beans	25 Ox Roast Sandwich Cole Slaw California Vegetables Jell-o Cup	**Closed for Thanksgiving**	

"November is chill, frosted mornings with a silver sun rising behind the trees, red cardigans, and the smell of warm bread."

Charmaine J. Ford

GECAC's Medicare Minute

2027 Out-of-Pocket Costs

Out-of-Pocket costs can include:

- **A monthly premium - what you pay to maintain coverage.**
- **Deductible - the amount you may pay before your insurance starts to cover certain services.**
- **Co-payments and Coinsurance - depending on plan benefit structures, you may have a share in the cost of services, tests, and medications.**
- **Maximum Out-of-Pocket (MOOP) - Medicare Advantage plans have an annual limit on what you could pay out-of-pocket. The Maximum allowed in 2027 is $9,850, although some plans may have options for lower limits.**

There are reported and projected changes for your 2027 Medicare Out-of-Pocket costs . While there are several, here are a few to note and watch for:

- **The part D maximum annual deductible will be $700 and the Annual out-of-pocket limit for covered drugs will go up to $2,400.**
- **The part B premium is projected to go up to $209.50, and the deductible is projected to go up to $292. Actual costs should be announced by the Centers for Medicare and Medicaid within the next month or so.**

If your income / resources are limited, you may be eligible to receive help:

- **Extra Help can help reduce Part D premiums, deductibles, and copayments.**
- **Medicare Savings Program (Medicare Buy-In) may help pay for Part B premiums.**
- **Medicaid may provide additional help with health care costs.**
- **Senior Center staff will provide income and resource limits charts by request, and explain how to apply.**

Pennsylvania
Medicare Education
and Decision Insight



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

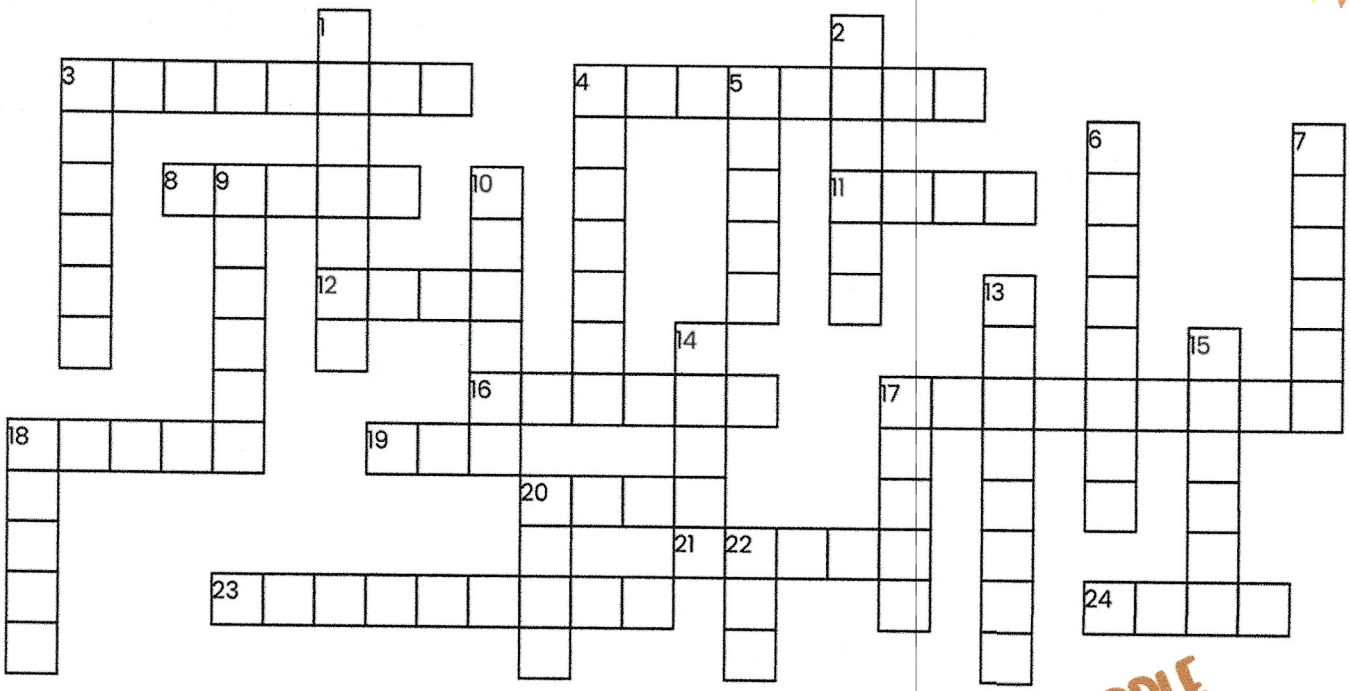
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PA MEDI Counselors can help you learn about Medicare, Preventative Services, understand and enroll in your plan of choice, appeal Medicare decisions, and more. Help is available to low income Medicare recipients through the Medicare Savings Program and Extra Help Low Income Subsidy program to help pay for your Part B premium and prescription costs.

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

Happy Thanksgiving Crossword





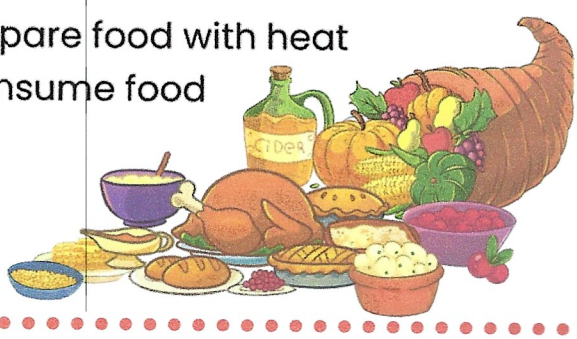
ACROSS

3. Thanksgiving Day game
4. Mashed root vegetables
8. Sauce for mashed potatoes
11. Cook in an oven
12. Blend ingredients
16. Thanksgiving mealtime
17. Red, tart fruit
18. Furniture to eat around
19. Fruit baked in crust
20. Maize
21. Bring food to the table
23. Baked covered dish
24. Harvest season

DOWN

1. Gather ripe produce
2. Turkey vocalization
3. Group of related people
4. Orange hard shell fruit
5. Popular pie fruit
6. Second to last month
7. Traditional Thanksgiving bird
9. Food preparation guide
10. Thanksgiving morning television
13. Showing gratitude
14. Popular casserole vegetable
15. Journey for Thanksgiving holiday
17. Pressed apple juice
18. Flavor of food
20. Prepare food with heat
22. Consume food





Thanksgiving

T W X U H R E M T H P F U V P O F V P I L Z B E
M M Y J Q A G H M D T Q J Q G X T T D A J F F G
D F N A T I V E A M E R I C A N Q X U W S E H T
W W V K R W J J Y O G N I F F U T S I C V E C R
P M U Y N N M Z F W F R I E N D S H I P I B N A
W B W E K R D O L Y W O J G V D V B E Q U H W D
E Y M K Q O Q H O S D K M H Y C P T Y Q N P J I
O I Z R R C T K W A H C I K A O N J Z Q U V Q T
C R T U F E I H E I D R R P M U Z A V L O Y J I
N T S T E S V X R P R M G A S B E T W U P B R O
U H A J G I U X J O J M L N N A E T X C N K E N
O A E T H C E Y A C I V I O Q B B L I A W U H D
L N F Q G N O M W U M B P H M Y E W Z T Y V T H
X K M T O R L O J N G P U J P M E R R M M K A Z
A S L J R C A U B R V D Y O N B O T R Q W R G F
P G Y G I D O T A O R O C K E M H P J I V T B F
T I P D T O G T E C I X E S Z A Q I P E E E Q K
Y V B U V Y I N I F Z B E L N I H E S O C S Y X
X I O T D T P N I Z U P K K S V G T K D N L T L
V N F W U D K N L Z D L F N V W X R S C I G U G
S G W D Y Z I Z K F Z U L P U C I U A M S E G B
N H E J F F E N I I L Q M W J W D D A V M W K T
K I V P Y G X H G W B B O F B K U F P C Y T J C
I W Y Q G O B B L E M F Y L Y W X P Q H U U Z M

Native American
Friendship
Grateful
Pilgrim
Gobble
Corn

Thanksgiving
Gratitude
Stuffing
Pudding
Turkey
Yams

Cranberries
Mayflower
Thankful
Family
Feast
Pie

Cornucopia
Tradition
Harvest
Gather
Gravy