

OCTOBER 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

GECAC North East Senior Center (NESC) provides hot nutritious lunches every Tuesday through Friday promptly at 12:00 noon. Please register for lunches two weeks in advance on the sign-up sheets near the front entrance. This will help the kitchen staff more accurately plan for our daily meal needs. If you sign up and can't attend, or forget to sign-up, please give us a call at (814) 725-5195 as we'll gladly assist you.

Suggested meal donation per person is \$2.00 per day

Donations and Fundraised Dollars Help Our Center

The NESC means so much to our local community and your support goes a long way towards helping NESC continue to offer programming, expand services, and strengthen community connections. For example, Meal Donations help to off-set the cost of meals and sustain and/or replace equipment. Booster and Fundraiser Donations help pay for parties, entertainment, snacks. They also help pay for programming like exercise, craft classes, computer usage — and more. Please know these donations and fundraisers are all voluntary; however, we ask that you continue to support your Center by whatever means you are able.

We're thankful for your contributions as these dollars are vital to maintaining its daily operations and overall enjoyment of the Center!

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 tour!

What's offered?

- **Activities:** Socialization, games, exercise, and conversation!
- **Programs:** Leisure, cultural and educational programs, support groups, bus trips, and special events.
- **Resources:** Staff assistance and access to PA Medi Counselors for Medicare education and guidance.



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!



HANDICAP PARKING REMINDER

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 NESC consumers that have difficulty walking into the building.

Thank you for your cooperation!

The GECAC North East Senior Center, operated by Greater Erie Community Action Committee Area Agency on Aging (AAA), is funded in part by PA Dept. of Aging: Dr. Ben Wilson, GECAC CEO, and Matthew Trott, GECAC AAA Division Manager.

SENIORS FOR SAFE DRIVING COURSE



GECAC's North East Senior Center is offering a Seniors for Safe Driving Course on Friday, October 30, 2026 from 9:30am until 1:30pm. The center is located at 50 East Main Street in North East.

This PennDOT approved training is for anyone age 55+. You will receive a 5% discount for three (3) years on your car insurance. No exams will be given. Please call SFSD at 1-800-559-4880 or visit www.seniorsforsafedriving.com to register. Tuition fee is \$17.00 per student. Join now!



AmeriCorps
Seniors



BECOME A CLASSROOM 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**



Lake Erie Lights of PA will be hosting the Land Lighthouse Fall Fest on Saturday, October 10, 2026 from 12:00 PM to 5:00 PM. There is no admission fee for entry.

For more information visit:

www.presqueisleighthouse.org/events/fallfest

GECAC NORTH EAST SENIOR CENTER OCTOBER 2026 EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
~ October Birthday Celebrations ~ 5 Charlotte Dilmone 12 Charles Wagner 20 Rose Born 6 Gladys Ferko 16 David Uglow 25 Peg Counasse 6 Mary Ann Weber 19 Mary K. Weber 29 William Minnig						
4	5	6	7	8	9	10
		10:00am Computer 10:30am Games 12:00pm Lunch 12:00pm Bridge	9:30am Exercise 10:30am Games 12:00pm Lunch	10:30am Games 11:00am Tai Chi 12:00pm Lunch 12:30pm Scrap bookers	9:30am Arthritis Exercise 10:30am Games 12:00pm Lunch	
11	12	13	14	15	16	17
12:00pm GECAC Workshop 6:30pm NE in Bloom Meeting	10:00am Computer 10:30am Games 12:00pm Lunch 12:00pm Bridge	9:30am Exercise 10:30am Games 12:00pm Lunch	10:30am NURSE 10:30am Games 11:00am Tai Chi 12:00pm Lunch 1:00pm BINGO	9:00am NE Quilters 9:30am Arthritis Exercise 10:30am Games 12:00pm Lunch	9:00am North East Crazy Quilters	
18	19	20	21	22	23	24
12:00pm GECAC Workshop	10:00am Computer 10:30am Games 12:00pm Lunch 12:00pm Bridge	9:30am Exercise 10:30am Games 12:00pm Lunch	10:30am Games 11:00am Tai Chi 12:00pm Lunch 12:30pm Scrap bookers	9:30am Arthritis Exercise 10:30am Games 12:00pm Lunch		
25	26	27	28	29	30	31
12:00pm GECAC Workshop	10:00am Computer 10:30am Games 12:00pm Lunch 12:00pm Bridge	9:30am Exercise 10:30am Games 12:00pm Lunch	10:30am Games 11:00am Tai Chi 12:00pm Lunch	9:30am Safe Driving Course 10:30am Games 12:00pm Lunch		

GECAC NORTH EAST SENIOR CENTER

OCTOBER 2026 MENU

Tuesday	Wednesday	Thursday	Friday
6 Beef Stew Sweet Potatoes Wax Beans Mandarin Orange Cup	7 Salisbury Steak Green Peas Seasoned Diced Potatoes Chocolate Pudding Cup	1 Ham Broccoli Florets Diced Potatoes Vanilla Pudding Cup	2 Meatball Sub Sandwich Spinach Salad
13 Sausage Sub Sandwich Pork and Beans Peppers and Onions	14 Ox Roast Sandwich Cole Slaw California Vegetables Jello Cup	8 Chicken Cordon Bleu Broccoli Florets Sugar Cookie	9 Beef Ravioli Tossed Salad Applesauce Cup
20 Grilled Chicken Breast Hash Browns Baby Carrots Peach Cup	21 Goulash Tossed Salad Chocolate Pudding Cup	15 Stuffed Cabbage Mashed Potatoes Mixed Vegetables Peach Cup	16 Tuna Salad Sandwich Baby Carrots Pineapple Cup
27 Pork Roast w/ Gravy Scalloped Potatoes Italian Style Zucchini Pineapple Cup	28 Stuffed Chicken Breast Mixed Vegetables Mashed Sweet Potatoes Fresh Fruit	22 Chicken Fettuccini California Vegetables Diced Pears	23 Hot Turkey Green Peas Seasoned Diced Potatoes Vanilla Pudding
		29 Fajita Chicken Taco Salad Dessert	30 Chicken Ala King Green Beans Mixed Fruit Cup

"Bittersweet October. The mellow, messy, leaf-kicking, perfect pause between the opposing miseries of summer and winter."

-Carol Bishop Hippen



GECAC's Medicare Minute

Annual Open Enrollment Period

The Medicare Annual Open Enrollment Period (AOEP) runs October 15th through December 7th each year. Medicare recipients use this period to review their current plans and decide if they want to make changes to become effective January 1st of the following year. What Medicare recipients should know:

- **Your current plan may no longer be your best fit.** Medicare Advantage and Part D plans may change their costs including premiums, deductibles, copays, formularies, provider networks, pharmacies, extras, and more. Read your Annual Notice of Change (ANOC) mailed by plans by September 30th and your Evidence of Coverage (EOC) which is mailed by October 15th. Know what may have changed in your plan and be prepared to make changes if needed.
- **Some Advantage plans may be eliminated going into the new year, while others may change significantly.** If your plan is being eliminated, you may have new Guaranteed Issue rights to look at a Medigap. Be prepared to consider all plan options.
- **You can change how you receive your Medicare coverage.** During the AOEP, you can switch from Original Medicare and Medicare Advantage, change Medicare Advantage plans or Part D plans, subject to applicable rules. Plan changes are expected to be available by October 1st. The Medicare.gov Plan Finder and comparison tools will generally have the 2027 offerings by this date.
- **Be prepared to compare others plans.** When considering if you will want to make any changes, have handy your ANOC, EOC, current list of medications, a list of preferred doctors, specialists, hospitals, and pharmacies. It can be beneficial to know what your 2026 costs were for services and prescriptions. While not possible to predict, consider what you believe your 2027 healthcare needs may be.



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.



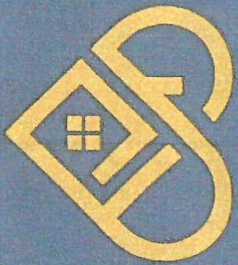
Pennsylvania
Department of Aging



SHIP
Navigating Medicare

This publication is funded by a grant award totaling \$1.8 million (100%) from the U.S. Department of Health and Human Services.

PA MEDI Counselors can help you learn about Medicare, Preventive Services, understand and enroll in your plan of choice, guide you Medicare appeal 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 GECAC Erie Area Agency on Aging PA MEDI office for more information at 814-459-4581 Ext. 400.



GECAC
HOUSING

**GECAC SELF -
SUFFICIENCY
WORKSHOPS**

RENTAL WORKSHOPS

**INTAKE REQUIRED TO
DETERMINE ELIGIBILITY!**

JOIN NOW

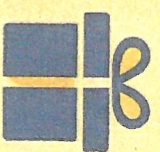
WORKSHOPS HELD FROM 12:00-2:00 PM



**3 RENTAL WORKSHOPS
OCTOBER 2026**



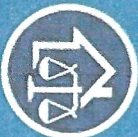
**CALL 814-459-4581 EXT. 502
FOR MORE INFORMATION**



**INCENTIVES PROVIDED
TO WORKSHOP
PARTICIPANTS!**



**WORKSHOP 1 - OCTOBER 12, 2026 | 12:00-2:00 PM
FINANCIAL LITERACY AND CREDIT
FOR HOUSING STABILITY**



**WORKSHOP 2 - OCTOBER 19, 2026 | 12:00-2:00 PM
FAIR HOUSING RIGHTS AND
NAVIGATING THE RENTAL PROCESS.**



**WORKSHOP 3 - OCTOBER 26, 2026 | 12:00-2:00 PM
PREDATORY LENDING, FINANCIAL SCAMS
AND CONSUMER PROTECTION**

Seniors For Safe Driving

Mature Driver Improvement Course

This course could lower the cost of your car insurance!



pennsylvania
DEPARTMENT OF TRANSPORTATION

- PennDOT Approved
- For drivers 55+
- Minimum 5% discount for 3 years
- Discount mandated by PA State Law
- No exam will be given
- Classroom instruction only

There's a Seniors For Safe Driving Event Near You!!

GECAC North East Senior Center

50 E Main St
North East, PA 16428

Date

October 30, 2026

Time

9:30am - 1:30pm

Course Tuition

\$17 per student payment due upon registration

To Register or Find Additional Courses

Visit: www.seniorsforsafedriving.com
Call: 1-800-559-4880

FALL WORD SEARCH

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

ACORN

APPLES

AUTUMN

CANDY

CIDER

FOOTBALL

HALLOWEEN

HARVEST

HAYRIDE

LEAVES

NOVEMBER

OCTOBER

PUMPKIN

RAKE

SCARECROW

SEPTEMBER

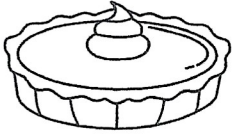
SUNFLOWER

SWEATER

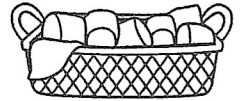
THANKSGIVING

TURKEY

Autumn Sudoku

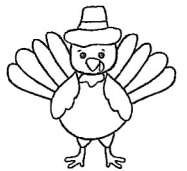


Fill each row, column, and block with unique numbers from 1 to 9



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Thanks

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Scan for solution

