

GECAC RBW CENTRAL CITY SENIOR CENTER

SENIOR 2 SENIOR NEWSLETTER

APRIL 2025

APRIL IS NATIONAL HUMOR MONTH

When it comes to promoting good health we tend to think about diet, exercise, managing our mental health, not drinking and smoking. But how many times have you thought about relieving some of the stress that causes your blood pressure to rise, or gives you a nagging headache?

According to the Mayo Clinic, a good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do. The Mayo Clinic states, "laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. Laughter can also stimulate circulation and aid muscle relaxation, both of

which can help reduce some of the physical systems of stress."



Please enjoy a few jokes from the Laugh Factory.com

What do you call a guy that's really loud? Mike 😊

Never confide in a vacuum cleaner. They're always collecting dirt. 😊

Why should you never play poker at the zoo? Too many cheetahs 😊

Prayer List

Cleo Nickson

Jessie Stovall

Joe Odom

Megan's Family

Angela Johnson

Wanda's Family

Evelyn Carr

Nancy Sanders

Happy Birthday Seniors

FREDDY JONES 4

LEE EVANS 12

JOHNNIE CARTER 25





APRIL 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 INSPIRATION HOUR 11:00 ARTHRITIS CLASS 12:00 LUNCH 1:00 PUZZLE MANIA	2 10:00 SHOOT POOL 11:00 PUZZLE MANIA 12:00 LUNCH 1:00 LIVERPOOL CARDS	3 10:00 INSPIRATION HOUR 11:00 BID WHIST CARDS 12:00 LUNCH 1:00 PUZZLE MANIA	4 10:00 MUSIC JAM FRIDAY 12:00 LUNCH 1:00 RUMMIKUB
8 10:00 INSPIRATION HOUR 11:00 ARTHRITIS CLASS 12:00 LUNCH 1:00 RUMMYKUB	9 10:30 WII BOWLING 12:00 LUNCH 1:00 LIVERPOOL CARDS	10 10:00 INSPIRATION HOUR 11:00 PUZZLE TIME 12:00 LUNCH 1:00 BID WHIST CARDS	11 9:30 COMPUTER LAB OPEN 10:30 EXERCISE LAB OPEN 12:00 LUNCH 1:00 DOMINOS
15 10:00 INSPIRATION HOUR 11:00 ARTHRITIS CLASS 12:00 LUNCH 1:00 LIVERPOOL CARDS	16 10:30 VIDEO CROCHET CLASS 12:00 LUNCH 1:00 VIDEO LINE DANCING	17 10:00 INSPIRATION HOUR 11:00 SPEAKER- ADAGIO SESSION 2 CHALLENGES AND SOLUTIONS 12:00 LUNCH	18 CLOSED FOR GOOD FRIDAY
22 10:00 INSPIRATION HOUR 11:00 ARTHRITIS CLASS 12:00 LUNCH 1:00 RUMMIKUB	23 10:30 VIDEO CROCHET CLASS 12:00 LUNCH 1:00 BID WHIST	24 10:00 INSPIRATION HOUR 11:00 SPEAKER – PA RELAY 12:00 LUNCH	25 10:00 MUSIC JAM FRIDAY 12:00 LUNCH 1:00 KARAOKE
29 10:00 INSPIRATION HOUR 11:00 ARTHRITIS CLASS 12:00 LUNCH 1:00 BID WHIST	30 10:00 SCAM ALERT PRESENTATION 12:00 LUNCH	MAY 1ST 10:00 INSPIRATION HOUR 11:00 LIVERPOOL CARDS 12:00 LUNCH	MAY 2ND 10:00 MUSIC JAM FRIDAY 12:00 LUNCH 1:00 KARAOKE



HAPPY EASTER

HSOA AT RBW—May 29th 10am to 2:30pm

Healthy Steps for Older Adults (HSOA), is a program for adults ages 60 and better. The program is used to provide screening, assessment and education to reduce the incidence of falls. As we age we began to take notice of effortless task feeling like a choir. Something simple as getting up from a chair may be more difficult than you ever remembered.



By the time you complete the 4 hour program that will be divided up into 2 parts, a morning and an afternoon session, you will be able to identify your risk factors, highlight what you are doing well, and adopt new behaviors to reduce the risk of falling. Should you chose, you can have a healthy discussion with your physician regarding the outcomes from the workshop.

If you have not already done so, please make your reservation for the class today. A reservation is necessary for an accurate count of materials needed for the class. A special meal will be provided along with several opportunities to win some fun prizes. Please make your reservation by May 9th.



The deadline to file your Federal and State Taxes is Tuesday, April 15th. If you still need to have your taxes completed contact GANNON for an appointment today at 814-871-5783. YOU MUST HAVE A SCHEDULED APPOINTMENT!



Scammers target elder citizens with many of the following types of scams:

Home repair scam: Criminals appear in person and charge homeowners in advance for home improvement services that they never

provide.

Grandparent scam: A type of confidence scam where criminals pose as a relative—usually a child or grandchild—claiming to be in immediate financial need.

Family/caregiver scam: Relatives or acquaintances of the elder victims take advantage of hem or otherwise get their money.

SENIOR TIDBITS CONT...

How Do Your Contributions and Fundraised Dollars Help Our Centers?

Meal Contributions help to off-set the cost of meals. On average, the actual cost of the meal is over \$5. Meal contributions also help to maintain the building and maintain or replace equipment. For example we can maintain or replace if needed, a stove, a refrigerator, or a freezer. These dollars are vital to maintaining the Center and its daily operations.

Booster Contributions and Fundraised Dollars help to pay for parties, entertainment, snacks and more. They also help to pay for programming opportunities like exercise, craft classes, computer usage and again, more. These dollars are vital to your programming options and enjoyment of the Center.

Contributions and Fundraisers are all voluntary; however, please continue to support your Center by whatever means you are able. The Centers 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.

Laughter is the Best Medicine

Raise

Sam walks into his boss's office.

"Sir, I'll be straight with you, I know the economy isn't great, but I have over three companies after me, and I would respectfully ask for a raise."

After a few minutes of haggling the boss finally agrees to a 5% raise, and Sam happily gets up to leave.

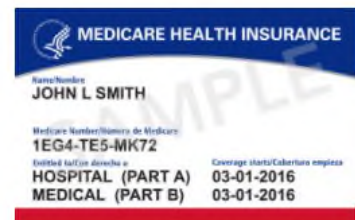
"By the way", asks the boss as Sam is getting up, "which three companies are after you?"

The electric company, water company and phone company", Sam replied.



MEDICARE MINUTE...

WHAT IS MIPPA?



The Medicare Improvements for Patients and Providers Act (MIPPA) of 2008 is a multi-faceted piece of legislation related to Medicare. Federal funding is provided to programs like PA MEDI to help low-income Medicare beneficiaries apply for programs that make Medicare affordable. These grants are administered by the U.S. Administration for Community Living (ACL).

MIPPA grantees specifically educate and assist low-income seniors and persons with disabilities to apply for two programs that help pay for their Medicare costs:

The Medicare Part D Extra Help/Low-Income Subsidy. (LIS/Extra Help), which helps pay for the Part D premium and reduces the cost of prescriptions at the pharmacy, and

The Medicare Savings Programs (MSPs), which help pay for the Medicare Part B premium.

MIPPA also allows grantees to conduct outreach activities aimed at preventing disease and promoting wellness through Medicare's preventative benefits.

For more information go to ncoa.org/article/mipppa. Information in this article is the property of NCOA.



Continued...

Sweepstakes/charity/lottery scam: Criminals claim to work for legitimate charitable organizations to gain victim's trust. Or they claim their targets have won a foreign lottery or sweepstake, which they can collect for a "fee."

Tech support scam: Criminals pose as technology support representatives and offer to fix non-existent computer issues. The scammers gain remote access to victims' devices and sensitive information.

Romance scams: Criminals pose as interested romantic partners on social media or dating websites to capitalize on their elderly victims' desire to find companions.

If you would like to learn how to protect yourself please join me on April 30th for a Scam Alert presentation. Thanks to FBI's Internet Crime Complaint Center at ic3.gov. for sharing this information to the public.

If you have any concerns you need answers to bring them with you on April 30th at 11am.

APRIL 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN SALAD ROMAINE LETTUCE CREAM OF BROCCOLI SOUP WHEAT PITA PINEAPPLE CUP	2 SWEDISH MEATBALLS PEAS NOODLES CHOCOLATE ICE CREAM	3 TACO SALAD CARROT CAKE	4 MEATBALL SUB SPINACH SALAD DICED TOMATOES
8 BEEF STEW SWEET POTATOES WAX BEANS CORN MUFFIN FRESH ORANGE	9 SALISBURY STEAK GREEN PEAS SEASONED POTATOES DINNER ROLL CHOCOLATE PUDDING	10 CHICKEN CORDON BLEU BROCCOLI FLORETS WHEAT BREAD SUGAR COOKIE	11 BEEF RAVIOLI TOSSED SALAD ITALIAN BREAD APPLESAUCE
15 SAUSAGE SUB PORK 'N BEANS PEPPERS & ONIONS ICE CREAM	16 OX ROAST COLE SLAW CALIFORNIA MEDLEY JELLO CUP	17 STUFFED CABBAGE MASHED POTATOES MIXED VEGETABLES RYE BREAD PEACH CUP	18 CLOSED GOOD FRIDAY
22 GRILLED CHICKEN BREAST HASH BROWNS BABY CARROTS RYE BREAD PEACH CUP	23 GOULASH TOSSED SALAD DICED TOMATOES ITALIAN BREAD CHOCOLATE PUDDING	24 CHICKEN FETTUCINI CALIFORNIA MEDLEY DICED PEARS	25 HOT TURKEY SANDWICH GREEN PEAS SEASONED POTATOES DINNER ROLL VANILLA PUDDING
29 PORK ROAST ITALIAN STYLE ZUCCHINI SCALLOPED POTATOES RYE BREAD	30 STUFFED CHICKEN BREAST MIXED VEGETABLES MASHED SWEET POTATOES FRESH CUT FRUIT	5/1 CHEESEBURGER COLE SLAW POTATO WEDGES APPLESAUCE	5/2 CHICKEN & BISCUIT GREEN BEANS MIXED FRUIT CUP



RBW members see Wanda for a bag. You can only pick up at **one** location!

SPRUCE UP ERIE COUNTY

**LAUNDRY DETERGENT
DISH SOAP
CLEANING SUPPLIES
HYGIENE PRODUCTS**



**MONDAY
MAY 5th
1- 3 PM**

(or until supplies last)

**ERIE WEST
SENIOR CENTER
1210 WEST 8th ST
ERIE**

FREE GIVEAWAY

FREE TO MEN, WOMEN & FAMILIES IN NEED



Dr. Ben Wilson, CEO



Ray Maholtz, AAA
Division Manager



Wanda Blakely, RBW Senior
Center Director

RBW SENIOR 2 SENIOR

Contact Us

Give us a call or visit our website for more information about our services and virtual programs.

**GECAC R. Benjamin Wiley
Central City Sr. Ctr.
823 Peach Street
Erie, PA 16501**

(814) 451-5633

Tues.—Fri 9am to 3pm

Visit us on the web at
www.gecac.org

**GECAC RBW CENTRAL CITY SENIOR CTR
823 PEACH STREET
ERIE, PA 16501**

PLACE
STAMP
HERE