

GECAC RBW CENTRAL CITY SENIOR CENTER

SENIOR 2 SENIOR NEWSLETTER

JUNE 2025

2025 SENIOR FARMER'S MARKET NUTRITION PROGRAM



The Senior Farmer's Market Nutritional Program (SFMNP), will kick off this year's distribution at the Bayfront Convention Center on Monday, June 30th—9am to 4pm.

I must regretfully inform you that this year's program funding for the Senior Farmer's Market Nutritional Program has been cut. Erie County will not receive the number of vouchers we were anticipating. If you are not an active member of the GECAC RBW Central City Senior Center, I would advise you to make sure that you don't ignore the city distribution date of Monday, June 30th at the Bayfront Convention Center from 9am to 4pm.

Vouchers will be issued on a first come, first serve basis.

As you may remember, last year eligible recipients received \$50 in vouchers. This increase was due to funding provided from COVID. Those monies are no longer available. The program has gone back to the regular distribution amount of \$25. Before COVID eligible recipients received \$24 dollars.

1 PERSON—\$28,953 2 PEOPLE—\$39,128 3 PEOPLE—\$49,303 4 PEOPLE—\$59,478

Again, the checks are available on a first come first serve basis. If you are unable to pick up the vouchers in person, you may assign a proxy to pick up on your behalf. Your proxy will need to have in their possession at the time of pickup, a completed and signed proxy form. The proxy will also need to show ID for you, the recipient, and themselves. A proxy cannot pick up for more than 4 people. If you have a POA, you must have the document with you at the time of pickup.

This program will start in June. Recipients are issued one set of 5/\$5 vouchers per person for the 2025 program year. Duplicate vouchers cannot be issued. It is your responsibility to keep up with your vouchers. **VOUCHERS WILL NOT BE MAILED.**

VOUCHERS WILL ONLY BE ISSUED ON THE DATES AND TIMES DESIGNATED. THE MAIN OFFICE OF GECAC WILL NOT HAVE VOUCHERS! I would like to remind you that the program ran out of vouchers last year. Please do not let this happen to you! See page 3 for more information.



JUNE 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 INSPIRATION HOUR 11:00 AEA EXERCISE CLASS 12:00 LUNCH 1:00 DOMINOS	4 10:00 BID WHIST 12:00 LUNCH 1:00 SHOOT POOL	5 10:00 INPIRATION HOUR 11:00 LIVERPOOL CARDS 12:00 LUNCH 1:00 UNO CARDS	6 10:00 BLOOD PRESSURE ✓ 11:00 MUSIC JAM FRIDAY 12:00 LUNCH
10 10:00 INSPIRATION HOUR 11:00 AEA EXERCISE CLASS 12:00 LUNCH 1:00 BID WHIST CARDS	11 10:00 RUMMIKUB 11:00 SPEAKER- MARQUETTE BANK 12:00 LUNCH 1:00 BID WHIST CARDS	12 10:00 INPIRATION HOUR 11:00 SPEAKER- ADAGIO HEALTH 12:00 LUNCH 1:00 UNO CARDS	13 CLOSED STAFF IN-SERVICE DAY
17 10:00 INSPIRATION HOUR 11:00 AEA EXERCISE CLASS 12:00 LUNCH 1:00 DOMINOS	18 10:00 MEMBER'S CHOICE 12:00 LUNCH	19 CLOSED JUNETEENTH HOLIDAY	20 10:00 RUMMIKUB 12:00 LUNCH 1:00 LIVERPOOL CARDS
24 10:00 INSPIRATION HOUR 11:00 AEA EXERCISE CLASS 12:00 LUNCH 1:00 DOMINOS	25 10:00 CRAFT CLASS W/MEGAN 12:00 LUNCH 1:00 LIVERPOOL CARDS	26 10:00 INPIRATION HOUR 11:00 LIVERPOOL CARDS 12:00 LUNCH 1:00 BID WHIST CARDS	27 10:00 LINE DANCING 12:00 LUNCH 1:00 BID WHIST CARDS

TO ALL OUR DADS...HAPPY FATHER'S DAY

Senior Tidbits

Another successful in year in the books! Congratulations to all the participants of the 2025 Healthy Steps for Older Adults Workshop. I was excited to see new faces in the class this year. I am always please to see our returning participants! Our goal for the participants is to identify the safety risks in our everyday day to day activities. We hope that you gained a new perspective on the ways we normalize everyday activities that may cause a falls risk. We now understand that that beautiful area rug that is not tacked down may not be necessary to complete our living room ensemble.

Sit to stand demonstration



You also learned some impressive things about yourselves when completing the falls risk exercises. You all did amazing! Yes, I know some may have opted out of doing an exercise because it would have been unsafe to do. Understanding your limitations is part of what this class was designed to help you recognize.

The workshop has a 4-week follow-up component. I will be contacting the participants from the workshop to complete the questionnaire June 26th—30th.



The Juneteenth flag is a red, white, and blue flag with a white starburst in the center. It is often associated with Juneteenth, a holiday that commemorates the end of slavery in the United States. The starburst and arc on the flag symbolize a new beginning and new horizons for African Americans. The colors, red, white, and blue, are the same as the American flag, signifying that formerly enslaved people and their descendants are Americans.

*Information gathered from google.com AI

Juneteenth falls on Thursday, June 19th. The senior center will be closed for the holiday. The center will also be closed on the following day, Friday, June 13th, for an Aging all-staff in-service training. RBW will re-open on Tuesday, June 24th at 9am.

Continued from Page 1.

There will be a hold on registering memberships at the RBW until July 8th. You are still allowed to participate in activities and meals during this time. Active RBW members will receive their vouchers before June 30th. More details to follow once the vouchers come in.

More good news. RBW will have an on-site Farmer's Market in the senior center again this year! See attached flyer.

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 \$7. 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.

Contributions are low...please remember your senior center when looking to give support!

Laughter is the Best Medicine

There were two hunters in the forest on a very hot day, and suddenly one of them collapsed. His friend started to panic, and dialed 911 to ask for help. They picked up and asked “what seems to be the emergency?”



He replied, “my friend’s collapsed and he’s not breathing, I think he’s dead!”

The operator replied, “well before we do anything else, you need to make *sure* he’s dead.”

The operator heard a gunshot from the other side of the phone, and the hunter said “now what?”

Mark your Calendars

June 6th—Blood Pressure Screenings with the Life Program @ 10:00 (Snacks provided)

June 11th—Marquette Bank Presents –Scam presentation

June 12th—Adagio Health—Session 4 East Smart, Spend Less!

June 13th—Senior Center is Closed for staff in-service day.

June 19th—Senior Center is Closed for Juneteenth Holiday.

June 26th—HSOA 4 week follow-up

MEDICARE MINUTE...

Medicare Part B (Medicare Insurance)



Medicare Part B will cover diagnostic hearing and balance exams if your Medicare enrolled doctor or health care provider orders them to find medical treatment.

You can also see an audiologist once every 12 months without an order from your health care provider, but only for:

- Non-acute hearing conditions (like hearing loss that occurs over many years)
- Diagnostic services related loss that's treated with surgically implanted hearing devices

To find out how much your test, item or service will cost, talk to your doctor or health care provider. The specific amount you'll owe may depend on several things, like:

- Other insurance you may have
- How much your doctor charges
- If your doctor accepts assignment
- The type of facility
- Where you get the test, item or service

Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare does not cover. If this happens, you may have to pay some or all of the costs. Ask questions so you understand why your doctor is recommending certain services and if, or how much Medicare will pay for them.

Medicare Part B does not cover hearing aids or exams for fitting hearing aids.

Get Well Soon



Nancy Sanders

Joe Odom

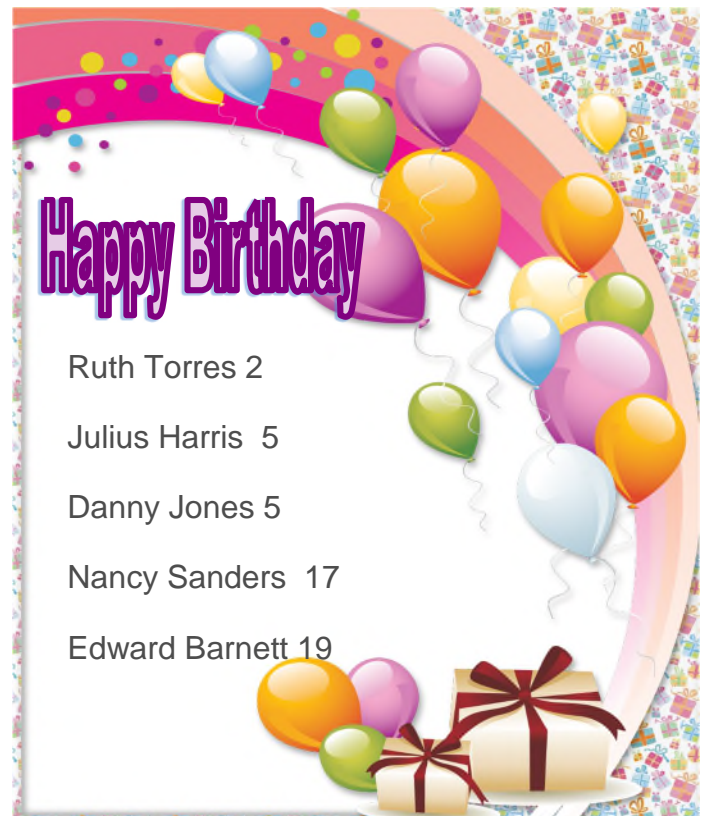
Mary Coleman

Cassandra Lockett

Edward Barnett

Welcome Back

Angela Johnson



JEOPARDY!

and

LIFE-NWPA INFORMATION



**Grab a snack, play Jeopardy and learn how
LIFE-NWPA may be able to help you stay living in your
own home!**

**RBW Senior Center
Friday, June 6th
10:00 a.m.**

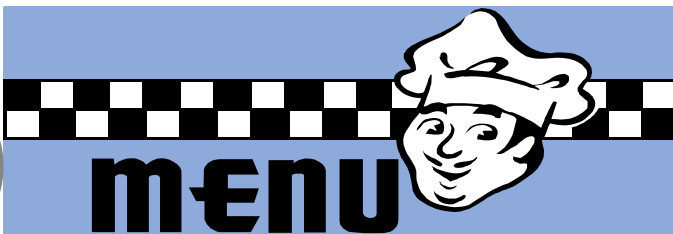


LIFE
NORTHWESTERN PA

Helping Seniors Live at Home

THIS ACTIVITY IS FREE TO ALL WHO PARTICIPATE WITH NO OBLIGATION TO ENROLL IN LIFE-NWPA

JUNE 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 GRILLED CHICKEN BREAST HASH BROWNS BABY CARROTS RYE BREAD PEACH CUP PEANUT BUTTER COOKIE	4 GOULASH TOSSED SALAD DICED TOMATOES ITALIAN BREAD CHOCOLATE PUDDING	5 CHICKEN FETTUCCINI CALIFORNIA MEDLEY DICED PEAR	6 HOT TURKEY GREEN PEAS SEASONED POTATOES DINNER ROLL VANILLA PUDDING
10 PORK ROAST SCALLOPED POTATOES ITALIAN STYLE ZUCCHINI RYE BREAD PINEAPPLE CUP	11 STUFFED CHICKEN BREAST MIXED VEGETABLES MASHED SWEET POTATOES WHEAT BREAD FRESH CUT FRUIT	12 HAMBURGER CHEESE SLICE POTATO WEDGES APPLESauce	13 CLOSED IN-SERVICE TRAINING
17 OVEN-FRIED CHICKEN MACARONI & CHEESE BRUSSEL SPROUTS WHEAT BREAD PEAR CUP	18 COUNTRY FRIED STEAK BROCCOLI FLORETS MASHED POTATOES APPLESauce	19 CLOSED JUNETEENTH HOLIDAY	20 CHEF'S SALAD CHEESECAKE
24 CHICKEN SALAD ROMAINE LETTUCE CREAM OF BROCCOLI SOUP WHOLE WHEAT PITA PINEAPPLE CUP	25 SWEDISH MEATBALLS NOODLES PEAS CHOCOLATE ICE CREAM	26 HAM BROCCOLI FLORETS DICED POTATOES RYE BREAD VANILLA PUDDING CUP	27 MEATBALL SUB SPINACH SALAD DICED TOMATOES



WORLD ELDER ABUSE AWARENESS DAY



World Elder Abuse Awareness Day is every June 15th.

GECAC Older Adult Protective Services and Marquette Savings Bank welcomes you to an Elder Exploitation and Scam Seminar at a GECAC Senior Center near you during the month of June 2025.

Northwestern Senior Center	9 Academy Street, Albion PA 16401	June 9th, 10:00am
Erie West Senior Center	1210 West 8th Street, Erie PA 16502	June 10th, 10:00am
Union City Senior Center	27 Johnson Street, Union City PA 16438	June 10th, 11:00am
R. B. Wiley Senior Center	823 Peach Street, Erie PA 16502	June 11th, 11:00am
Tri-Boro Senior Center	7555 West Ridge Road, Fairview PA 16415	June 12th, 11:00am
Corry Senior Center	25 South First Ave, Corry PA 16407	June 18th, 10:00am
North East Senior Center	50 East Main Street, North East PA 16428	June 18th, 10:30am

We hope that you will join us!

FARMERS MARKET

Adagio Health is partnering with Greater Erie Community Action Committee to bring pop-up farmers markets right to your Senior Center!

RBW CENTRAL CITY CENTER

July 9th 10:00-12:00pm

July 23rd 10:00-12:00pm

August 13th 10:00-12:00pm

August 27th 10:00-12:00pm





Dr. Benjamin 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