

GECAC RBW CENTRAL CITY SENIOR CEN-

SENIOR 2 SENIOR NEWSLETTER

November 2025

EXERCISE YOUR RIGHT TO VOTE!

Do you remember the 3 branches of government?

- **Legislative:** Makes laws
- **Executive:** Enforces laws
- **Judicial:** Interprets laws

Protect your voting rights. Get out and vote. If you need a

ride to the polls call your parties number listed here: Erie County Democratic Party 814-790-5408 / Erie County Republican Part 814-636-5051.

Election Day is Tuesday, November 4th. The GECAC Senior Center's will be closed at all locations.

The GECAC RBW Senior Center will re-open on Wednesday, November 5th @ 9 AM.



Diabetes is a serious chronic condition that affects millions of people worldwide. Early detection and management of diabetes can help prevent complications such as heart disease, stroke, kidney failure, and blindness.

Remember the 4 T's

Get screened
Make lifestyle changes



Support your loved ones!

Add exercise to your daily routine. Join GECAC's arthritis exercise classes. RBW offer's it on Tuesdays at 11AM. Please check our 6 other locations for other options after 12/23/2025.

Happy Birthday Seniors



Jessie Stovall 11/2



Prayer List

Evelyn Carr

Nancy Sanders

Joe Odom

Mary Coleman

Angela Johnson

Hattie Johnson



NOVEMBER 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 CLOSED FOR ELECTION DAY 	5 10:00 BILLARDS/POOL 11:00 PUZZLE MANIA 12:00 LUNCH 1:00 LIVERPOOL CARDS	6 10:00 INSPIRATION HOUR 11:00 CENTER MEETING 12:00 LUNCH 1:00 CROCHET WITH MARK	7 9:30 COMPUTER LAB OPEN 10:00 MUSIC JAM FRIDAY 11:00 PUZZLE MANIA 12:00 LUNCH 1:00 LIVERPOOL CARDS
11 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 LIVERPOOL CARDS	12 10:00 KINGS CORNER CARDS 11:00 RIGHT, LEFT, CTR GAME 12:00 LUNCH 1:00 BID WHIST	13 10:00 INSPIRATION HOUR 11:00 NUTRITION EDUCATION 12:00 LUNCH 1:00 BID WHITS	14 9:30 MUSIC JAM FRIDAY 10:00 MUSIC JAM FRIDAY 11:00 EXERCISE LAB OPEN 12:00 LUNCH 1:00 RUMMIKUB
18 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 RUMMIKUB	19 9:30 MEMBERS CHOICE 11:00 CROCHET WITH MARK 12:00 LUNCH 1:00 LINE DANCING	20 10:00 INSPIRATION HOUR 11:00 BILLIARDS 12:00 LUNCH 1:00 BID WHIST	21 9:30 MUSIC JAM FRIDAY 10:00 KARAOKE 11:00 DOMINOS 12:00 LUNCH 1:00 KARAOKE CONT.
25 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 LIVERPOOL CARDS	26 9:30 LIVERPOOL CARDS 11:00 UNO CARDS 12:00 LUNCH 1:00 ANYTHING GOES	27 CLOSED  THANKSGIVING HOLIDAY	28 CLOSED  THANKSGIVING HOLIDAY

DURING THE ANNUAL OPEN ENROLLMENT PERIOD MEMBERS CAN CHOOSE THEIR ACTIVITY IF ONE IS NOT LISTED!

The Low-Income Home Energy Assistance Program—LIHEAP 2025

LIHEAP is a federal program that provides help with home energy bills. This year's season will be delayed due to the federal government shutdown. Pennsylvania is delaying the start of its 2025-2026 program from early November to at least December 3rd. If the federal government does not reopen or funding is not released to states, Pennsylvania will be unable to begin the normal LIHEAP season until funding is received.

Regular LIHEAP Cash and Crisis applications will not be accepted until the season opens. If you have participated in the LIHEAP program in the past, you may have received an application through the mail. Once/ IF the program is up and running again your heating source will be notified and sent payment. LIHEAP helps income-eligible customers pay winter heating bills. It is not necessary to be on public assistance or to have unpaid bill, and customers can rent or own the home. In most cases, payment is sent directly to the utility company and credited to a customer's bill. The cash benefit for regular assistance can range from \$200 to \$1,000, depending on your circumstances. The crisis component in some areas may be capped at a maximum of \$1,000. Call 866-857-7095.

For additional information go to <https://www.pa.gov/en/agencies/dhs/resources/liheap.html>

The Dollar Energy Fund—The Dollar Energy Fund offers financial assistance to help qualified customers in hardship situations maintain utility service after all other assistance has been exhausted. Income guidelines apply. Community-based organizations in our service areas administer the program, and funding is provided by contributions from company stockholders, employees and customers. Visit dollerenergy.org and click on "Agency Finder" to find a location near you.

For more information about energy assistance, visit firstenergycorp.com/billassisthttps

- **Rent/Property Rebate** assistance is still available by appointment by calling 814-451-5633. Remember to have proof of all sources of income and a PA Rent Certificate completed by the landlord. If you are a property owner you must have your property taxes paid for the 2024 tax year. Deadline is 12/31/2025.

DAYLIGHT SAVINGS TIME ENDS NOVEMBER 2nd



In 2025 Daylight Saving Time ends at 2 am on Sunday November 3rd. That will put us back into Standard Time and end Daylight Savings Time.

A good rule of thumb is to use this time of year to change the batteries in your smoke alarms and carbon monoxide detectors. Use safety first and have someone else to climb on ladders to change the batteries!

SENIOR TIDBITS CONT...

Get your free annual credit report from all 3 credit bureaus.

By law, you can get a free credit report each year from the three credit reporting agencies (CRAs). These agencies include Equifax, Experian, and TransUnion.

AnnualCreditReport.com is the only website authorized by the federal government to issue free, annual credit reports from the three CRAs. You may request your reports:

Online by visiting AnnualCreditReport.com

- By calling 1-877-322-8228 (TTY: 1-800-821-7232)

By filling out the [Annual Credit Report request form](#) and mailing it to:

- Annual Credit Report Request Service PO Box 105281 Atlanta, GA 30348-5281

Equifax—1 (888) 378-4329

Experian—1 (888) 397 3742

TransUnion— 1 (800) 916-8800



The GIVING TREE PROGRAM

Hello Center Members,

If you have not completed your Giving Tree request please see me immediately! Time is running out. A request can include up to 3 gifts per person for no more than \$30 each.

The person purchasing the gifts will purchase at least 1 gift, but you may receive all three. A request can include 1 \$25 gift card.

Each person in the **household** may request a gift.

Your application must be in by October 31st.

Dates to Remember:

11/2: Reset your clock—time “falls back.”

11/4: Go VOTE! The center will be closed.

11/27th—28th: Closed for the Thanksgiving Holiday

12/23: RBW's farewell party.... More information to come.

How Do Your Contributions and Fundraised Dollars Help Our Centers?

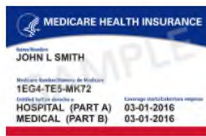
Meal Contributions help to off-set the cost of meals. On average, the actual cost of the meal is over \$5. Meal contributions also help to maintain the building and maintain or replace equipment. For example we can maintain or replace if needed, a stove, a refrigerator, or a freezer. These dollars are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

8 easy tips for healthy holiday eating

1. Eat wisely—Practicing mindful eating every day can help prevent overindulging while also increasing enjoyment. Be mindful of those hunger cues. Eat slowly and savor each bite.
2. Portion Control—This is key to enjoying holiday foods without feeling deprived. Use a smaller plate that allows for less food on your plate and aids in portion control.
3. Fill up on fiber-rich foods—These help satisfy hunger and are lower in calories.
4. Don't skip meals—When you skip a meal earlier in the day, you are more likely to overeat at dinner.
5. Reflet on your favorite holiday foods—Make sure to incorporate them while also avoiding the foods that do not bring enjoyment.
6. Don't deprive yourself of every treat—Enjoying a sweet treat each day while also choosing healthier snacks is a great way to have balance and not fill up on empty calories.
7. Incorporate vegetables—Keep a bag of fruit and veggies with cheese, yogurt, or hummus available to enjoy for a snack. Or make a large salad with colorful assortment of favorite fruits and vegetables.
8. Maintain an exercise routine—Aim for 30 to 60 minutes of physical activity each day to help you feel healthier during the holiday season.



MEDICARE MINUTE...

Each year the Medicare Part B premium, deductible, and coinsurance rates are determined by The Social Security Administration and the Centers for Medicare and Medicaid. The standard monthly premium for Medicare Part B enrollees will increase from \$185 to \$206 in 2026. There will also be an increase in the Part D deductible to \$615.

With increasing cost beneficiaries should speak with a PA MEDI counselor to see if they are eligible for programs to lower the cost of their Part B and D premiums and deductibles.

State Buy-In: Pays for Part A and/or B premiums. This program helps to pay cost for beneficiaries who have both Medicare and Medicaid, referred to as dually eligible.

Extra Help, also known as the Low Income Subsidy (LIS), helps with the cost of your prescription drugs. Extra Help/LIS will help to cover the cost of your deductibles, premiums and copays.

Medicare Part B covers preventive and screening services to help you stay healthy. Preventive services include exams, shot, lab tests, and screenings. They also include programs for health monitoring, counseling and education to help you take care of your own health. Your Medicare.gov account is where you can check your preventative services.

LAUGHTER IS THE BEST MEDICINE

Jokes are the property of the laughfactory.com



This is the true story of George Phillips of Meridian, Mississippi, who was going to bed when his wife told him that he'd left the light on in the shed. George opened the door to go turn off the light but saw there were people in the shed in the process of stealing things. He immediately phoned the police, who asked, "Is someone in your house?" and George said, "No," and explained the situation. Then they explained that all patrols were busy, and that he should simply lock his door and an officer would be there when available. George said, "Okay," hung up, counted to 30, and phoned the police again. "Hello, I just called you a few seconds ago because there were people in my shed. Well, you don't have to worry about them now because I've just shot them all." Then he hung up. Within five minutes three squad cars, an Armed Response unit, and an ambulance showed up. Of course, the police caught the burglars red-handed. One of the policemen said to George, "I thought you said that you'd shot them!" George said, "I thought you said there was nobody available!"

NOVEMBER 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 CLOSED ELECTION DAY 	5 SALISBURY STEAK GREEN PEAS SEASONED POTATOES DINNER ROLL CHOCOLATE PUDDING	6 CHICKEN CORDON BLEU BROCCOLI FLORETS WHOTE WHEAT BREAD SUGAR COOKIE	7 BEEF RAVIOLI TOSSED SALAD DICED TOMATOES ITALIAN BREAD APPLESAUCE CUP
11 SAUSAGE SUB PEPPERS & ONIONS PORK N' BEANS	12 OX ROAST COLE SLAW CALIFORNIA MEDLEY JELLO CUP	13 STUFFED CABBAGE MASHED POTATOES MIXED VEGETABLES RYE BREAD PEACH CUP	14 TUNA SALAD ROMAINE LETTUCE BABY CARROTS ITALIAN BREAD PINEAPPLE CUP
18 GRILLED CHICKEN BREAST HASH BROWNS BABY CARROTS RYE BREAD PEACH CUP	19 GOULASH TOSSED SALAD DICED TOMATOES ITALIAN BREAD CHOCOLATE PUDDING	20 CHICKEN FETTUCCINI CALIFORNIA MEDLEY DICED PEARS	21 TACO SALAD DESSERT
25 PORK ROAST SCALLOPED POTATOES ITALIAN STYLE ZUCCHINI RYE BREAD PINEAPPLE CUP	26 STUFFED CHICKEN BREAST MIXED VEGETABLES MASHED SWEET POTATOES WHEAT BREAD FRESH CUT FRUIT	27 CLOSED  FOR THANKSGIVING HOLIDAY	28 CLOSED  FOR THANKSGIVING HOLIDAY