

# GECAC RBW CENTRAL CITY SENIOR CENTER

SENIOR 2 SENIOR NEWSLETTER

October 2025



GECAC R Benjamin Wiley Central City Senior Center members, please join me on Thursday, October 30, 2025, at the Bayfront Convention Center from 5 pm to 7 pm, as we honor the thousands of lives GECAC has impacted. The tickets are \$60 per person at the Bayfront Convention Center. Your ticket includes carving and food stations, cocktail, history exhibit, speakers, videos, awards, and Dr. Wilson's vision for the future. The dress code is business or business casual.

I am excited about this celebration in particular. As you all know the GECAC R Benjamin Wiley Central City Senior will close its doors on December 23, 2025 for the last time. Under GECAC's umbrella we have accomplished so many great things together. GECAC will continue impacting the lives of many

through the multitude of services they offer.

Allow me to highlight some of the great work that is accomplished by the dedicated employees at GECAC day after day, year after year, through the wonderful programs listed below.

- PA MEDI—PA Medicare Education and Decision Insight
- 7 Senior Centers to combat hunger, isolation, depression, financial exploitation, health issues and more.

- Support for Caregivers
- The OPTIONS Program
- Adult Basic Education
- Upward Bound
- Housing and Rental Assistance
- Property/Rent Rebate Assistance

- Foster Grandparents
- HOMEPLUS on-site services
- Older Adult Protective Services
- Digital Literacy
- Utility Assistance
- Senior Farmer's Market Nutritional Program

Learn more and get your ticket here: <https://www.gecac.org/events/60th-anniversary-celebration>

## HAPPY BIRTHDAY MEMBERS

Doris Evans 11

Mary Pullium 19

Minnie Parker 20

Rene' Johnson 28

## WELCOME NEW VISITOR

Marla Roebuck

## PRAYER LIST

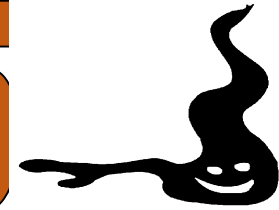
Joe Odom, Hattie Johnson


Nancy Sanders, Connie Burnett



**\*DON'T FORGET TO USE YOUR FARMER'S MARKET VOUCHER BY 11/30/2025!**

# OCTOBER 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 10:00 PUZZLE MANIA 11:00 LIVERPOOL 12:00 LUNCH	<b>2</b> 11:00 RSVP LUNCHEON AT THE YATCH CLUB <b>10:00 INSPIRATION HOUR</b> <b>12:00 LUNCH</b>	<b>3</b> 10:00 SHOOT POOL 11:00 BID WHIST CARDS 12:00 LUNCH
<b>7</b> 10:00 INSPIRATION HOUR 11:00 ARTHRITIS EXERCISE 12:00 LUNCH	<b>8</b> 10:00 CRAFT CLASS 12:00 LUNCH	<b>9</b> RBW CLOSED FOR THE DAY JOIN US AT THE JFK SENIOR CENTER! 2021 E 20 <sup>TH</sup> ST.	<b>10</b> 9:30 LIVERPOOL CARDS 11:00 MUSIC JAM FRIDAY 12:00 LUNCH
<b>14</b> 10:00 INSPIRATION HOUR 11:00 ARTHRITIS EXERCISE 12:00 LUNCH	<b>15</b> 10:00 SIP & PAINT 12:00 LUNCH	<b>16</b> RBW CLOSED FOR THE DAY JOIN US AT THE ERIE WEST SENIOR CENTER! 1210 W 8 <sup>TH</sup> ST.	<b>17</b> 10:00 MUSIC BINGO 12:00 LUNCH 1:00 SHOOT POOL
<b>21</b> 10:00 INSPIRATION HOUR 11:00 ARTHRITIS EXERCISE 12:00 LUNCH	<b>22</b> 10:00 BID WHIST 11:00 12:00 LUNCH 1:00 BILLIARDS	<b>23</b> 10:00 INSPIRATION HOUR 11:00 RUMMYKUB 12:00 LUNCH	<b>24</b> 9:30 LIVERPOOL CARDS 11:00 MUSIC JAM FRIDAY 12:00 LUNCH
<b>28</b> 10:00 INSPIRATION HOUR 11:00 ARTHRITIS EXERCISE 12:00 LUNCH 1:00 RUMMYKUB	<b>29</b> 10:00 DOMINOS 11:00 LIVERPOOL CARDS 12:00 LUNCH	<b>30</b> 10:00 INSPIRATION HOUR 11:00 MEMBER'S CHOICE 12:00 LUNCH <b>GECAC'S 60<sup>TH</sup> ANNIVERSARY!</b>	<b>31</b> 10:00 WII BOWLING 11:00 MUSIC JAM FRIDAY 12:00 LUNCH 1:00 KAREOKE

Afternoons are member's choice during the Open Enrollment Period for Medicare! Have it your way at more than just Burger King!©

# Senior Tidbits

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## Prepare Yourself for The Change of Seasons

As we enter into the fall and winter season remember to dress accordingly. You many wish to bring a sweater or jacket with you to wear in the center. Some days the senior center will feel warmer than others. Dressing in layers is always the best policy. If you get too warm you can remove a layer!



## LIHEAP—Low-Income Home Energy Assistance Program



The 2025-2026 LIHEAP Season has an anticipated opening date of November 3, 2025. The proposed closing date is April 3, 2026. The program may be extended or shortened depending on the availability of funds.

Stay tuned for more information from the Department of Human Services.

## Senior Center Visits

GECAC wants to make your transition to another senior center an easy one. Seniors are allowed to join as many senior centers as they want. From my survey I discovered that many are interested in visiting the John F. Kennedy Senior Center at 2021 Buffalo Road, on Thursday, October 9th. If you are a LIFT rider you will need to tell them you are going to a different senior center for the day.

We will visit the GECAC Erie West Senior Center on Thursday, October 16th.

Please plan to spend the day and have lunch at both centers. RBW will be **closed for the day** on both of these dates.

## Breast Cancer Awareness Month



- |                     |                                   |
|---------------------|-----------------------------------|
| 1. Know your risk   | 4. Make healthy lifestyle choices |
| 2. Get Screened     | 5. Take Action                    |
| 3. Know your normal |                                   |

Early detection can save your life. Know your family history and discuss it with your doctor. Every year make sure to have a mammogram performed. Knowing your normal will help you to detect when something does not feel right. Making healthy choices with your diet, weight and alcohol intake can lower your risk of breast cancer. Take action, become a supporter for the cause!

# 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.

## Dates to Remember:

**10/2** AMERICORPS RSVP luncheon at the Yacht Club

**10/9** Visit to the JFK Senior Center for the day

**10/15** AEOP Starts (Can make changes to Medicare plans)

**10/16** Visit to the Erie West Senior Center for the day

**10/17** Speaker—Music Bingo with Katie Keenan of the Life Program

**10/30** GECAC's 60th Anniversary

## Lights, camera, action...



Members take pictures on **November 6th**. Members will be able to purchase a group and self portrait for \$10. More information to come...

# YOUR MEDICARE MINUTE...

October 15th to December 7th is the Annual Open Enrollment Period for Medicare. This is the time of year that beneficiaries can make changes to their Medicare health and drug plans.



By September 30th your health and drug plan should have mailed you either the Evidence of Coverage and/or an Annual Notice of Change. If there are changes in your plan this document details changes to coverage and cost for the following year.

Medicare projected cost for 2026 include a higher Part D prescription drug cost at \$2100, up from \$2000 in 2025. The Part B premium is projected to increase to \$206.50. This is a an increase of \$21.50. The insulin cost cap of \$35/month or less is still in place due to the Inflation Reduction Act of 2022.

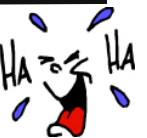
There are concerns about a 4% reduction in Medicare funding due to new federal budget rules. This could lead to reduced access to providers, increased out-of-pocket costs, and limitations on certain services.

According to CMS.gov, a proposed rule would revise Medicare Advantage (Part C), Medicare Prescription Drug Benefit (Part D), Medicaid, Medicare cost plan, anti-obesity medications may be used for the treatment of weight loss and maintaining weight reduction long-term.

One of the easiest ways to keep up with your Medicare plans is to set up a Medicare.gov account. This website provides resources, allows you to compare health and drug plans, find a provider and so much more. Should you decide that you would like to have a Medicare.gov account you will need an email account, or you will need to set up one if you do not already have one. The good news is, at this time anyone with a Medicare.gov account already established an email account is not necessary.

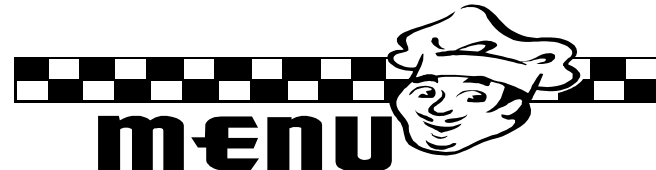


Jokes are the property of reddit.com





# OCTOBER 2025



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 OX ROAST COLE SLAW CALIFORNIA MEDLEY JELL-O CUP	2 STUFFED CABBAGE MASHED POTATOES MIXED VEGETABLES RYE BREAD PEACH CUP	3 TUNA SALAD BABY CARROTS ROMAINE LETTUCE RYE BREAD PINEAPPLE CUP
7 GRILLED CHICKEN BREAST HASH BROWNS BABY CARROTS RYE BREAD MANDARIN ORANGE CUP PEANUT BUTTER COOKIE	8 GOULASH TOSSED SALAD DICED TOMATOES ITALIAN BREAD CHOCOLATE PUDDING	9 CHICKEN FETTUCCINI CALIFORNIA MEDLEY PEAR CUP	10 HOT TURKEY GREEN PEAS SEASONED POTATOES DINNER ROLL VANILLA PUDDING
14 PORK ROAST W/GRAVY SCALLOPED POTATOES ITALIAN STYLE ZUCCHINI RYE BREAD PINEAPPLE CUP	15 STUFFED CHICKEN BREAST MIXED VEGETABLES MASHED SWEET POTATOES WHEAT BREAD FRESH CUT FRUIT	16 CHEESEBURGER COLE SLAW POTATO WEDGES APPLESAUCE	17 CHICKEN ALA KING GREEN BEANS SMALL BISCUIT MIXED FRUIT CUP
21 OVEN FRIED CHICKEN MACARONI AND CHEESE BRUSSEL SPROUTS WHEAT BREAD DICED PEAR CUP	22 COUNTRY FRIED STEAK BROCCOLI FLORETS MASHED POTATOES APPLESAUCE	23 CHICKEN AND NOODLES CALIFORNIA MEDLEY DINNER ROLL JELL-O CUP	24 STUFFED PEPPER TOSSED SALAD BROWN RICE RYE BREAD VANILLA ICE CREAM
28 CHICKEN SALAD ROMAINE LETTUCE TOMATOES CREAM OF BROCCOLI SOUP WHEAT PITA PINEAPPLE CUP	29 SWEDISH MEATBALLS PEAS EGG NOODLES CHOCOLATE ICE CREAM	30 HAM BROCCOLI FLORETS DICED POTATOES RYE BREAD VANILLA PUDDING	31 MEATBALL SUB SPINACH SALAD DICED TOMATOES



# WARMING ERIE COUNTY



**COATS  
GLOVES  
SOCKS HATS  
SCARVES**

NOVEMBER 7

1 PM - 3 PM

UNION CITY SENIOR CENTER

27 JOHNSON STREET

NOVEMBER 10

1 PM - 3 PM

FAIRVIEW SENIOR CENTER

7555 WEST RIDGE RD

NOVEMBER 17

1 PM - 3 PM

ERIE W SENIOR CENTER

1210 W 8TH ST

## GIVEAWAY

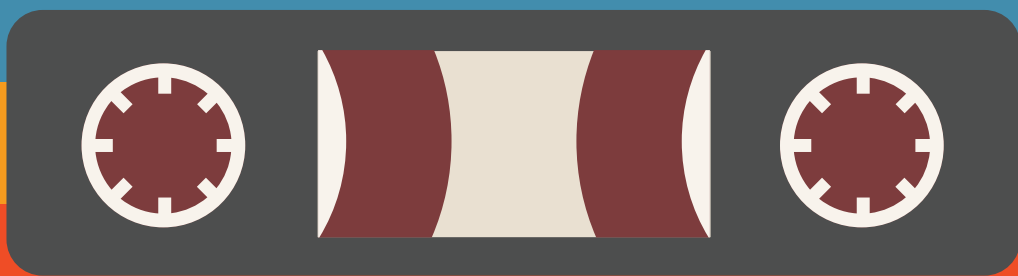
\*OR UNTIL SUPPLIES RUN OUT

**FREE TO MEN, WOMEN, AND  
CHILDREN IN NEED OF WARMTH**

LIFE NWPA Information &

# MUSIC

- *Bingo* -



Join us to play bingo with hit songs from the 50's, 60's and 70's and learn how LIFE-NWPA may be able to help you stay living in your own home!



*RBW Senior Center*

**Friday, October 17, 2025**

**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





Enjoying senior center activities!



RBW SENIOR 2 SENIOR

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

## Contact Us

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

**GECAC R. Benjamin Wiley  
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Erie, PA 16501**

(814) 451-5633

Visit us on the web at  
[www.gecac.org](http://www.gecac.org)

PLACE  
STAMP  
HERE