

GECAC RBW CENTRAL CITY SENIOR CENTER

SENIOR 2 SENIOR NEWSLETTER

September 2025



The GECAC R. Benjamin Wiley Central City Senior Center Is Closing Their Doors for Good!

On August 15, 2025 the Director of the Area Agency on Aging, Ray Maholtz explained to the center members the hard to hear news that the senior center is closing for good. On December 30, 2025, our senior center will come to the end of an era.

It has been an honor and a privilege to be the Senior Center Director of the GECAC R. Benjamin Wiley Central City Senior Center for 26 years. The memories that I will take with me are priceless. Please know that you have been more than just members of the center; you have been my extended family!

My employment with GECAC has been a happy and productive one. I've seen this position grow and evolve over the years. I have worked with some wonderful assistants including our latest assistant Jennifer (Megan) Cessna, who has been a delight to work with.

The GECAC Area Agency on Aging, wants all of you to continue going to a senior center of your choice. The good news that many of you may not be aware of is that you can belong to as many senior centers as you like. For those of you who are considering joining a new senior center and travel by the LIFT, you will need to let's us know which one you plan to go to. If, it is not the closest one to your home, you will be "grandfathered," in. This will prevent you from experiencing any additional costs. For example, if you live on Buffalo Road your closest senior center would be the JFK Senior Center. An exception would be made for you to attend the GECAC Erie West Senior Center because of the GECAC RBW Senior Center closing. If you are not signed up for the LIFT and would like to be, please see Wanda or Megan as soon as possible to get this coordinated for you.

Thank you for everything: every word of encouragement, every time you volunteered, every donation of any kind, and most of all, your presence! You are what makes GECAC able to "help people and change lives!"

HAPPY BIRTHDAY MEMBERS

Alice Jones 2

Lula Mickel 6

Constance Burnett 30



WELCOME NEW MEMBERS

Mark Cabisca

Dulajav (DUKA) Nomkhon

GET WELL SOON

Joe Odom, Angela Johnson,

Mary Coleman, Connie Burnett



SEPTEMBER 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 INSPIRATION HOUR 11:00 NO EXERCISE TODAY 12:00 LUNCH 1:00 BID WHIST CARDS	3 10:00 LIVERPOOL CARDS 12:00 LUNCH 1:00 PUZZLE MANIA	4 10:00 INSPIRATION HOUR 11:00 POOL TABLE OPEN 12:00 LUNCH 1:00 Wii	5 10:00 POOL TABLE OPEN 11:00 MUSIC JAM FRIDAY 12:00 LUNCH 1:00 POOL TABLE FUN CONT.
9 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 BID WHIST CARDS	10 10:00 SIP & PAINT 12:00 LUNCH	11 10:00 INSPIRATION HOUR 11:00 NUTRITION EDUCATION 12:00 LUNCH	12 10:00 MUSIC JAM FRIDAY 12:00 LUNCH 1:00 KARAOKE
16 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH	17 10:30 CROCHET CLASS 11:00 PUZZLE MANIA 12:00 LUNCH 1:00 POKENO	18 10:00 INSPIRATION HOUR 11:00 RUMMY 500 12:00 LUNCH 1:00 BID WHIST CARDS	19 10:00 MEMBER'S CHOICE 12:00 LUNCH
23 10:00 INSPIRATION HOUR 11:00 AE EXERCISE CLASS 12:00 LUNCH 1:00 CENTER BINGO	24 10:30 CROCHET CLASS 12:00 LUNCH 1:00 CASINO CARD GAME	25 10:00 INSPIRATION HOUR 12:00 LUNCH 1:00 LIVERPOOL CARDS	26 10:00 RUMMYKUB 11:00 MEMBER'S CHOICE 12:00 LUNCH
30 10:00 INSPIRATION HOUR 11:00 NO EXERCISE CLASS 12:00 LUNCH 1:00 RUMMYKUB	OCT. 1 ST 9:30 PUZZLE MANIA 11:00 LIVERPOOL 12:00 LUNCH	OCT. 2 ND 10:00 INPIRATION HOUR 11:00 DOMINOS 12:00 LUNCH 1:00 DOMINOS	OCT. 3 RD 10:00 MUSIC JAM FRIDAY 11:00 RUMMYKUB 12:00 LUNCH

August was Make-A-Will Month

























Did you miss out on the opportunity to create a will during the month of August? No worries, The National Council on Aging has partnered with FreeWill to ensure that making a will is both accessible and 100% free for our community. The service is user friendly. For most users one can complete a simple will in about 20 minutes. freewill.com



Falls Prevention Awareness Week 2025 will take place from September 22-26, 2025. According to goggle.com AI Overview, this week is dedicated to raising awareness about the importance of preventing falls, especially among older adults.

Allow me to take this opportunity to remind our seniors that use assistive devices to make sure they use them when attending the senior center. This is also the perfect time to take a quick assessment of your home to make sure there are no safety hazards that could cause a slip, trip or falls.

DON'T FORGET TO USE YOUR VOUCHERS BY NOVEMBER 30TH!

					
APPLES	BEETS	BELL PEPPERS	BLACKBERRIES	BRUSSELS SPROUTS	RASPBERRIES
					
CARROTS	CAULIFLOWER	CORN	CUCUMBERS	EGGPLANT	ZUCCHINI
					
FIGS	GRAPES	GREEN BEANS	MELONS	PEACHES	SWEET POTATOES
					
PEARS	PERSIMMONS	PLUMS	POTATOES	PUMPKINS	WINTER SQUASH

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.



The CDC recommends that everyone 6 months and older in the United States get a flu vaccine every year, with some rare exceptions. The flu shot is typically given between October and December, and it takes up to two weeks to take effect. The protection lasts for about six months.

Older adults are at a higher risk of serious flu complications, including pneumonia and hospitalization. The flu can also increase the risk of heart attack and stroke by 3–5 times and 2–3 times, respectively, in the first two weeks of infection for people 65 and older. The risk remains elevated for several months.

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People 65 and older may have a weaker response to vaccination due to immune system changes that happen as they age. The enhanced vaccine may result in more temporary, mild side effects, such as pain, redness, or swelling at the injection site, headache, muscle ache, and fatigue. Symptoms typically clear up within one to three days.

If you have questions about which flu vaccine is best for you, you can talk to your health care provider.



Medicare Minute....

If you're in a Medicare plan, your plan will send you an Annual Notice of Change letter. It is often referred to as an ANOC. These letters are mailed in the month of September. You should receive it by September 30th, each year. This notice is sent out by your plan. The ANOC includes any changes in coverage, costs, and more that will be effective in January.

Information released in July 2025 ...expect changes for 2026 Medicare Part D drug plan premiums. Expect to see an increased number of lower-premium Prescription Drug Plans (PDP) that offer basic Part D coverage and higher premiums for Medicare drug plans offering enhanced coverage features, such as \$0 deductibles and fixed drug copays.

- **Increase in drug deductible.** The standard Part D Initial Deductible will increase 4.24% from \$590 to \$615.
- **Increase in Rx out-of-pocket spending limit.** Medicare beneficiaries will stay in the Initial Coverage phase until their out-of-pocket spending for Part D formulary drugs ([TrOOP](#)) reaches the maximum out-of-pocket spending limit for Part D formulary drugs ([RxMOOP](#)) - which is set at [\\$2,100](#) for 2026 up 5% from \$2,000 in 2025.
- **First round of federal government (HHS) negotiated drug prices.** Newly negotiated prices will take effect in 2026 for the following ten Medicare Part D drugs: Eliquis, Enbrel, Entresto, Imbruvica, Januvia, Jardiance, Stelara, Xarelto, and Farxiga, Fiasp; Fiasp FlexTouch; Fiasp PenFill; NovoLog; NovoLog FlexPen; NovoLog PenFill. Average negotiated retail drug prices can be viewed across Medicare drug plans in our Q1Rx Drug Finder ([Q1Rx.com](#)).
- **Insulin copay may be less than \$35.** Insulin covered by a Medicare Part D plan will cost the lesser of the \$35 copay or 25% of the retail price (as negotiated by the plan or by HHS).

Medicare Part D coverage remaining unchanged from 2025

- **No copay (\$0) after reaching the RxMOOP.** After reaching the 2026 RxMOOP, Medicare Part D beneficiaries enter Catastrophic Coverage and have a \$0 copay (no additional costs) for all formulary Medicare Part D drugs through the remainder of the year.

Bottom line:

If you qualify for Medicare Part D Low-Income Subsidy (Extra Help) and enroll in a basic (DS, AE, or BA) Medicare Part D plan with a monthly premium at or below your state's LIS premium benchmark, you should have a \$0 monthly premium for your Part D drug coverage.

Retired Senior Volunteer Program



On October 2, 2025, GECAC will honor all their dedicated men and women who provide selfless service to our community. These individuals have given their time, sweat, and yes, even tears to fill in the gaps where needed. We could not afford to put a monetary value to all that you do. We say thank you for all your acts of kindness and service.

This year's celebratory luncheon will be held at the Erie Yacht Club (1 Ravine Dr.) at 11am.

I am please to announce RBW's 2025 Volunteer of the Year is Lula Mickel.

When you see her please offer your congratulations for a job well done!



Laughter is the best medicine.

So two Irishmen are traveling to Australia. Before they home, one of their dads gives them both a bit of advice: "You watch the Aussie cab drivers. They'll rob you blind.. Don't you go paying them what they ask. You haggle." At the Sydney airport, the Irishmen catch a cab to their hotel. When they reach their destination, the cabbie says, "That'll be twenty dollars, lads." "oh no you don't! My dad warned me about you. You'll only be getting fifteen dollars from me, " says one of the men. "And you'll only be getting fifteen from me too," adds the other.



Rusti Stronzo

9/22 Erie West Senior Center Last Trip of the Year!

Please join the Erie West Senior Center on 9/22, going to Seneca Alleghany Casino in Salamanca, NY. The cost of the trip is \$45 per person. Seats are limited. Patrons are required to pay for seats at the time of reservation. Payments can be made at the Erie West Senior Center, 1210 West 8th Street or the RBW Senior Center 823 Peach St. CHECKS ARE NOT ACCEPTED.

SEPTEMBER 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PORK ROAST SCALLOPED POTATOES ITALIAN STYLE ZUCCHINI RYE BREAD PINEAPPLE CUP	3 STUFFED CHICKEN BREAST MASHED SWEET POTATOES MIXED VEGETABLES WHEAT BREAD FRESH FRUIT CUP	4 CHEESE HAMBURGER COLE SLAW POTATO WEDGES APPLESAUCE	5 CHICKEN ala KING GREEN BEANS MIXED FRUIT CUP
9 OVEN FRIED CHICKEN MACARONI CHEESE BRUSSEL SPROUTS WHEAT BREAD DICED PEAR CUP	10 COUNTRY FRIED STEAK/GRAVY BROCCOLI FLORETS MASHED POTATOES APPLESAUCE	11 TACO SALAD DESSERT	12 STUFFED PEPPER TOSSED SALAD BROWN RICE RYE BREAD VANILLA ICE CREAM
16 CHICKEN SALAD ROMAINE LETTUCE CREAM OF BROCCOLI SOUP PINEAPPLE CUP	17 SWEDISH MEATBALLS EGG NOODLES PEAS CHOCOLATE ICE CREAM	18 HAM BROCCOLI FLORETS DICED POTATOES RYE BREAD VANILLA PUDDING	19 MEATBALL SUB SPINACH SALAD DICED TOMATOES
23 BEEF STEW SWEET POTATOES WAX BEANS CORN MUFFIN MANDARIN ORANGES	24 SALISBURY STEAK GREEN PEAS SEASONED DICE POTATOES DINNER ROLL CHOCOLATE PUDDING	25 CHICKEN CORDON BLEU BROCCOLI FLORETS WHOLE WHEAT BREAD SUGAR COOKIE	26 BEEF RAVIOLI TOSSED SALAD DICED TOMATOES ITALIAN BREAD APPLESAUCE
30 SAUSAGE SUB PEPPERS & ONIONS PORK n BEANS ICE CREAM	Oct. 1 OX ROAST COLE SLAW CALIFORNIA MEDLEY JELLO CUP	Oct. 2 STUFFED CABBAGE MASHED POTATOES MIXED VEGETABLES RYE BREAD PEACH CUP	Oct. 3 TUNA SALAD ROMAINE LETTUCE BABY CARROTS ITALIAN BREAD PINEAPPLE CUP



2ND ANNUAL Remote Area Medical® Clinic

FREE HEALTH CARE services. All are welcome.
No ID required. First-come, first-served.



DENTAL

Cleanings | Fillings |
Extractions | X-rays



VISION

Eye exams | Prescriptions |
Glasses made on site



MEDICAL

Physicals | Women's health |
Medication consults



Saturday, Sept. 13
Sunday, Sept. 14



Parking lot opens at 11:59 PM
Sept. 12. Clinic opens at 6AM



Clinic Location:
ECAT Wayne
650 East Ave.
Erie, PA 16503



Park and Register:
East Middle School
1001 Atkins St.
Erie, PA 16503



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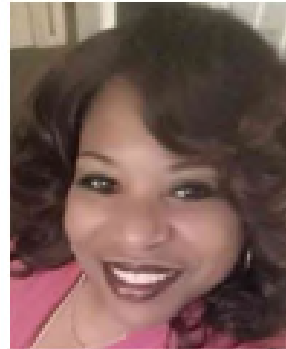




Dr. Benjamin Wilson, CEO



Ray Maholtz, AAA
Division Manager



Wanda Blakely, RBW Senior
Center Director

RBW SENIOR 2 SENIOR

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Contact Us

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

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Visit us on the web at
www.gecac.org

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