

GECAC TRI-BORO Senior CENTER

7555 West Ridge Road, Fairview, PA 16415 – Phone: (814) 474-2211

Open **Tuesday** through **Friday** from **9:00am-3:00pm**

Mason Reininger, Senior Center Director

Taylor Billings, Senior Center Assistant & **VOLUNTEERS** like **YOU!**

April 2026

UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- Closed Friday, April 3rd for Good Friday.
- SENIOR MEET UP on Monday, April 20th at the Avonia Tavern @ Noon.
- Spring Fling on Thursday, April 16th.
- Nutritional Guest Speaker: Adagio Health on Wednesday, April 1st @ 12:30pm.
- TABLETOP BOWLING & MUCH MORE!

MEAL CONTRIBUTIONS

An **anonymous \$2.00 contribution** is encouraged **per visit** (see Pages 2 & 3 for more details).

WHAT WE OFFER

- Lunch (Tuesday-Friday)
- Arts & Crafts (Every Tuesday at 10:15am)
- Bingo (Wednesdays and Thursdays)
- Tai Chi (Every-Other Wednesday at 11:00am)
- Greenhouse (Year-round) & Farmers' Markets (Summer)
- Guest Speakers & Therapy Dogs (see Page 4's calendar)
- Parties, Events, & Meet Ups **AROUND ERIE COUNTY!**
- PA Medi (Medicare) Counseling Appointments

Join our **Private Facebook Group!**

SEARCH FOR AND REQUEST TO JOIN

"GECAC TRI-BORO SENIOR CENTER"

(be safe and ask for help, where needed).



Monthly **MEDICARE MINUTE** on **PAGE 5**
other **HELPING SERVICES** are on **PAGE 3**.



GECAC SENIOR HELPLINE: If you are in need of In-Home Services, Meals on Wheels, Older Adult Protective Services, Support for Caregivers, or PA-MEDI, call **(814) 459-4581 ext. 400**

All seniors (age 60 or older) living in any part of Erie County, PA may utilize this center's services.

Project Linus



"Providing Security Through Blankets"

Thank you to our volunteers crocheting and donating materials for both Project Linus & **Purple Threads of Hope.**



The GECAC Tri-Boro Sr. Center, Operated by Greater Erie Community Action Committee (GECAC), Area Agency On Aging, is funded in part by PA Department of Aging.

Dr. Ben D. Wilson, GECAC CEO

Ray Maholtz, Director, Erie County Area Agency on Aging



UPCOMING EVENTS

Welcome to April, Tri-Boro Members!
Adagio Health will be our guest speaker on Wednesday, April 1st at 12:30pm! Please plan to stay after lunch to hear their presentation on nutrition! Please note: the center will be closed on Friday, April 3rd in observance of Good Friday. Our Spring Fling will be Thursday, April 16th. Come celebrated Spring, play cornhole, and enjoy Taco Salad for lunch! This month's Senior Meet-Up is scheduled for Monday, April 20th at the Avonia Tavern at Noon. Join us for good food, lots of laughs, and a free drink with your meal purchase (soda, coffee, or tea)!



yum!

LUNCH INFO

LUNCH IS SERVED @ 12:00pm/NOON
FOR SENIORS 60 YRS & OLDER.
A \$2.00 DONATION IS ENCOURAGED.
**PLEASE SIGN UP FOR MEALS
TWO WEEKS IN ADVANCE.**
*HOLIDAY PARTIES REQUIRE
PRE-PAID TICKETS*



How your donations and fundraising dollars help our center?

Meal Donations ("FOOD" bin at sign-in station) help to offset the cost of meals. On average, the actual cost of the meal is over \$9.00. Meal donations also help to maintain kitchen appliances and other emergency repair costs. All donations of any kind are greatly appreciated.

Booster Donations / Fundraising Dollars ("FUN" bin at sign-in station) help to pay for parties, snacks, entertainment, Tai Chi classes, guided meditation sessions, and more. They also help to pay for various programming opportunities and related expenses.

These dollars are vital to your programming options and enjoyment of the Center.

Donations and Fundraisers are all voluntary. However, please continue to support your Center by whatever means you are able. Our Senior Centers and their services mean so much to so many seniors. Your support goes a long way towards helping your Center continue to offer programming and services.



HA HA HA
HA HA HA

MONTHLY JOKE

**If April showers bring May
flowers, what do May
flowers bring?**
Pilgrims

Tuesdays:

Crafts with Kerry @ 10:15am

Wednesdays:

Tai Chi @ 11:00 (alternating)

Bingo @ 11:30am (11:15 cutoff)

Thursdays:

Chocolate Bingo @ 9:30am

Arthritis Exercise @ 10:30am

Magic Bingo ASAP after lunch



HOW YOU CAN HELP

- **Volunteer!** (Ask us about our **RSVP Program!**)
- Cans of Soda (Diet, Regular, Zero Calorie)
- Snacks (Party-size bags or pre-packaged)
- Greeting Cards (Birthday, Get Well, etc.)
- New Batteries (AA, AAA, C, D, 9-Volt)
- Art Supplies for Crafts or our TSC Yearbook
- Crocheting for Project Linus
- **& Purple Threads of Hope**
- Invite your friends to Tri-Boro or a Senior Meet Up
- Donations to our Booster Fund (a.k.a. **FUN FUND**)
-

TRI-DOKU
(Our monthly **Sudoku** game!):

9			5		8			7
	8		3		2	9		5
	5	4					8	
	7		6	8			3	2
1					4			8
5			2	1	9		6	
			9		6			1
7	2	6			1		4	
		1	4	7			5	6

Sudoku Rules

- You can use only numbers from 1 to 9.
- Each 3×3 block can only contain numbers from 1 to 9.
- Each vertical column can only contain numbers from 1 to 9.
- Each horizontal row can only contain numbers from 1 to 9.
- Each number in the 3×3 block, vertical column or horizontal row can be used only once.
- The game is over when the whole Sudoku grid is correctly filled with numbers.

OUR GENERAL PROGRAMMING HOURS

Our **general programming** hours are essentially hours without set-events or guest speakers. However, they are great hours for socializing over coffee with other seniors or utilizing our center's other features at your leisure!

These other features include:

- Computer & WiFi Internet Access
- Treadmill (**must** sign form)
- Shuffleboard & Tabletop Bowling
- Arts & Crafts (we have many crafting materials which are free to use any time outside of our scheduled crafts)
- Crocheting Blankets (This includes those donated to Project Linus—stop inside for more details).
- Play a tune on our Electric Organ!
- Board Games & Card Games
- A Selection of 300-Plus-Piece Puzzles
- **Greenhouse** and/or **Volunteer Work**

April Birthdays

- 3rd: Sherrie Foy & David Keefer
- 19th: Linda Reilly
- 20th: Gail Czarnecki
- 23rd: Karen Johnson
- 28th: Dixie Huffman

Happy BIRTHDAY

(\$ COFFEE PRICES & MORE (\$)

During all hours of operation, our center offers:

- **A FREE snack bag per-day** for each senior.
- **Coffee** (regular or decaf) for 50 cents per cup.
- **Soda** (diet, regular, or zero calorie) for \$1.00 per can.
- **Styrofoam To-Go Boxes** are free of charge, **BUT** you must sit with us for a congregate meal to take leftover food home, and all boxes must be dated.
- **Bingo Daubers** for sale at \$1.00 each.
- **Christmas-Cactus Seed Starters** at \$3.00 each.

(ALL PROCEEDS GO TOWARDS FUN FUND)

CHECK IT OUT

SOME HELPING SERVICES IN ERIE COUNTY:

The EMTA Senior LIFT.....**814-456-2299**
 Fairview Fire & Rescue.....**814-474-5091**
 The Independent Council on Aging.....**814-835-7485**

April 2026

Senior Meet-Up on
Monday, April 20th
at the Avonia Tavern
@ Noon!

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Stuffed Chicken Breast</p> <p>9-11 General Programming 11-11:30 Tai Chi 11:30 BINGO 12-12:30 Lunch 12:30 Adagio Health 1-3 Rummikub Freeplay</p>	<p>2 Hamburger</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:30-3 Rummikub Freeplay</p>	<p>3</p> <p style="text-align: center; border: 2px solid black; border-radius: 50%; padding: 10px;">Closed</p>
<p>7 Oven Fried Chicken Legs</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 1-3 Rummikub Freeplay</p>	<p>8 Country Fried Steak</p> <p>9-11 General Programming 11:30 BINGO 12-12:30 Lunch 1-3 Rummikub Freeplay</p>	<p>9 Chicken & Noodles</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:30-3 Rummikub Freeplay</p>	<p>10 Stuffed Pepper</p> <p>9-10:30 General Programming 10:30 Wii Bowling 12-12:30 Lunch 12:30-3 Rummikub Freeplay</p>
<p>14 Chicken Salad Pita</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 1-3 Rummikub Freeplay</p>	<p>15 Swedish Meatballs</p> <p>9-11 General Programming 11-11:30 Tai Chi 11:30 BINGO 12-12:30 Lunch 1-3 Rummikub Freeplay</p>	<p>16 Taco Salad</p> <p style="text-align: center;">SPRING FLING!</p> 	<p>17 Meatball Sub</p> <p>9-10:00 General Programming 10:00 Yahtzee 12-12:30 Lunch 12:30-3 Rummikub Freeplay</p>
<p>21 Beef Stew</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 1-3 Rummikub Freeplay</p>	<p>22 Salisbury Steak</p> <p>9-11 General Programming 11:30 BINGO 12-12:30 Lunch 1-3 Rummikub Freeplay</p>	<p>23 Chicken Cordon Bleu</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:30-3 Rummikub Freeplay</p>	<p>24 Beef Ravioli & Birthday Ice Cream</p>  <p>9-10:30 General Programming 10:30 Tabletop Bowling 12-12:30 Lunch 12:30-3 Rummikub Freeplay</p>
<p>28 Sausage Sub</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 1-3 Rummikub Freeplay</p>	<p>29 Ox Roast Sandwich</p> <p>9-11 General Programming 11-11:30 Tai Chi 11:30 BINGO 12-12:30 Lunch 1-3 Rummikub Freeplay</p>	<p>30 Stuffed Cabbage</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:30-3 Rummikub Freeplay</p>	<p>1 MAY Tuna Salad Sandwich</p> <p>9-10:30 General Programming 10:30 Wii Bowling 12-12:30 Lunch 12:30-3 Rummikub Freeplay</p>





GECAC's Medicare Minute

Hospital Admission Vs. Observation

When staying over in a hospital, there is a difference between being admitted and being under observation. Admitted means inpatient and your Part A hospital coverage is billed. You pay a \$1,736 per event deductible (period), then \$0 for 60 days. When you stay over for observation, you have an outpatient status, and your Part B is billed. The observation status often results in higher out-of-pocket expenses because you pay for individual services.

If you find yourself staying over in a hospital and are there for more than 24 hours, the hospital must provide you with a Medicare Outpatient Observation Notice (MOON). This notice will explain why you are considered outpatient. You can stay over multiple days and still be outpatient and under observation. You can be proactive and ask if you are being admitted, or under observation. If under observation, you can ask more questions about that status and potentially have it changed if applicable.

PA MEDI Counselors can help you learn about Medicare, Preventive Services, understand and enroll in your plan of choice, appeal Medicare decisions, and more. Help is available to low income Medicare recipients through the Medicare Savings Program and Extra Help Low Income Subsidy program to help pay for your Part B premium and prescription costs.

For help in understanding your options, contact your local PA MEDI Office for More Information
GECAC Erie Area Agency on Aging * 814-459-4581 Ext. 400



PA MEDI, available through your local Area Agency on Aging, offers free, confidential, unbiased, and easy-to-understand information to Medicare-eligible individuals, their families, and caregivers.

PA MEDI empowers seniors and people with disabilities to make informed decisions about Medicare health insurance.



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DEPARTMENT OF AGING

This publication is funded by a grant award totaling \$ 1.9 million (100%) from the U.S. Department of Health and Human Services.