

# 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

Alex Celeski, Senior Center Director

Taylor Billings, Senior Center Assistant & VOLUNTEERS like YOU!

## JANUARY 2026

### UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- Senior Meet Up at Union Club on Monday January 26th at 11:30am (Lunch w/ Discount + Cornhole Game Free-Play)!
- Guest Speakers: Becca Swick (Sight Center of NWPA), Alan McGill (PA Atty Gen Office), & John Rainey (Emergency Responder)!
- Morning TRIVIA, Tabletop Bowling, & 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

Project Linus



"Providing Security Through Blankets"

Thank you to our volunteers crocheting and donating materials for both

**Project Linus** & **Purple Threads of Hope**.



HAPPY  
NEW YEAR

# 2026



Join our **Private Facebook Group!**



SEARCH FOR AND REQUEST TO JOIN

"GECAC TRI-BORO SENIOR CENTER"

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

### 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**)

Monthly MEDICARE MINUTE and other HELPING SERVICES are on PAGE 2

Have questions about GECAC senior services?

**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.



Helping People. Changing Lives.



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



## THE MONTHLY UPDATE

Welcome to 2026, Tri-Boro Members!

### Happy New Year!

This January, we will have our floors updated by two contracted flooring companies. While ideally this should not affect our hours of operation, please stay tuned for possible schedule changes as certain aspects of construction are not fully predictable. Please look forward to a new, yet familiar, look for

Tri-Boro Senior Center in 2026! Thank you, Tri-Boro members, for your patience (and excitement)!

In terms of our regular programming, look forward to another game of TRIVIA this month, multiple guest speakers, our next Senior Meet Up at the Union Club, & (as always) much more! Welcome to 2026, members!

### How do 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.

### 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\***

#### 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**

### THE 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.

Information provided from  
[medicarewatch@medicarights.org](mailto:medicarewatch@medicarights.org)

### 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





## TRI-DOKU

(Our monthly Sudoku game!):

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

## 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**



## Sudoku Rules

- You can use only numbers from 1 to 9.
- Each  $3 \times 3$  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  $3 \times 3$  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.

## MONTHLY JOKE

**Why do you need a jeweler on New Year's Eve?**  
To ring in the new year.

## BIRTHDAYS



- Thurs 1/1: Niles Kelch
- Sat 1/3: Kathy Wetsell
- Tues 1/6: Hildy Robinson
- Sun 1/11: John Calvert
- Sat 1/17: Deb DiMarzo
- Fri 1/23: Linda Rakowski
- Fri 1/30: Linda Moore
- **Birthday Dessert w/ lunch on Friday January 16th! ( ice cream sundaes! )**

## (\$ 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.

# TRI-BORO'S JAN. '26 LUNCH MENU & EVENTS

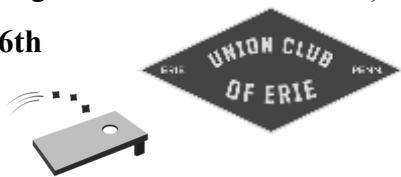
(Always Subject To Change ~ Check Local Weather Reports for Closures)

Senior Meet Up at The Union Club ( 3828 Washington Ave, Erie, PA 16509 )

Meet us there at 11:30am on Monday January 26th

FREE soda/coffee/tea with meal purchase!

While there, enjoy games of CORNHOLE too!



	Tue.	Wed.	Thurs.	Fri.	
C L O S E D O N M O N D A Y S	<u>December</u> 30. <b>CLOSED</b>	<b>31.</b> <b>CLOSED</b>	<u>January</u> (Happy New Year) 1. <b>CLOSED</b>	2. <b>CLOSED</b>	C L O S E D O N M O N D A Y S
	<b>6. Pork Roast</b> 9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;Crafts w/ Kerry</b> 12-12:30 Lunch 12:30-3 General Programming	<b>7. Stuffed Chicken Breast</b> 9-11 General Programming 11-11:30 <b>Tai Chi</b> 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30-3 General Program-	<b>8. Hamburger</b> 9:30 <b>Chocolate Bingo (FREE)</b> 10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo (4 magic numbers)</b> <b>Magic Money at \$86.00</b>	<b>9. Chicken Ala King</b> 9-10:30 General Programming 10:30 <b>Wii Bowling on TV</b> 12-12:30 Lunch 12:30-3 General Programming	
	<b>13. Chicken Legs</b> 9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;Crafts w/ Kerry</b> 12-12:30 Lunch 12:30 <b>SPEAKER: Becca w/ the Sight Center of NWPA</b> <b>TOPIC: Eye Nutrition</b>	<b>14. Country Fried Steak</b> 9-11 General Programming 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30-3 General Program-	<b>15. Chicken &amp; Noodles</b> 9:30 <b>Chocolate Bingo (FREE)</b> 10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo (3 magic numbers)</b> 1:30-3 General Programming	<b>16. Stuffed Pepper + Birthday Ice Cream</b>  9-11:00 General Programming 10:30 <b>TRIVIA GAME (in the morning)</b> 12-12:30 Lunch 12:30-3 Gen. Prog.	
	<b>20. Chicken Salad w/ Pita</b> 9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;Crafts w/ Kerry</b> 12-12:30 Lunch 12:30-3 General Programming	<b>21. Swedish Meatballs</b> 9-11 General Programming 11-11:30 <b>Tai Chi</b> 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30 <b>SPEAKER: Alan McGill w/ the PA Atty General's Office</b> <b>TOPIC: A.I. Fraud + Therapy Dog Visit</b>	<b>22. TACO SALAD!</b> 9:30 <b>Chocolate Bingo (FREE)</b> 10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo (3 magic numbers)</b> 1:30-3 General Programming	<b>23. Meatball Sub</b> 9-11:45 General Programming 10 <b>Yahtzee (Board Game)</b> 12-12:30 Lunch 12:30-3 General Programming	
	<b>27. Beef Stew</b> 9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;Crafts w/ Kerry</b> 12-12:30 Lunch 12:30 <b>SPEAKER: John Rainey</b> <b>TOPIC: More Info on Mass Shooter Safety</b>	<b>28. Salisbury Steak</b> 9-11 General Programming 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30-3 General Program-	<b>29. Chicken Cordon Bleu</b> 9:30 <b>Chocolate Bingo (FREE)</b> 10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo (3 magic numbers)</b> 1:30-3 General Programming	<b>30. Beef Ravioli</b> 9-10:30 General Programming 10:30 <b>Tabletop Bowling on Shuffleboard Table</b> 12-12:30 Lunch 12:30-3 General Programming <b>PRETZELS &amp; MUSTARD FOR SALE (\$2.00/each)</b>	

