



July 2026 Newsletter

Mason Reininger, Senior Center Director

Taylor Billings, Senior Center Assistant &
Volunteers like YOU!

814-474-2211

OPEN TUESDAY-FRIDAY
9:00 AM-3:00 PM

7555 WEST RIDGE RD
FAIRVIEW, PA 16415

Inside:

- Medicare Minute: Prior Authorization & Your Rights
- Discover how to become a volunteer!
- Weekly Activities
- Monthly Menu
- Summer CrossWord Puzzle and more!

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



Join our Private Facebook Group!
Search for:
GECAC TRI-BORO SENIOR CENTER
and request to join!
(Be safe and ask for help, where needed.)

What We Offer:

- Lunch (Tuesday-Friday)
- Arts & Crafts (Tuesdays @ 10:15 AM)
- Bingo (Wednesdays & Thursdays)
- Feelin' the Rhythm (Alternating Fri @ 12:45)
- Tai Chi (Every Other Wed @ 11AM)
- Chair Yoga (Alternating Wed @ 10:30AM)
- Greenhouse (Year-Round)
- Farmer's Markets (July 7th & Aug 5th & 20th)
- Guest Speakers & Therapy Dogs
- Parties, Events, & Senior Meet-Ups
- PA Medi (Medicare) Counseling Appts.



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, please call (814) 459-4581 ext. 400

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



The GECAC Tri-Boro Senior Center, Operated by Greater Erie Community Action Committee (GECAC), Area Agency On Aging, is funded in part by the PA Department of Aging.
Dr. Ben Wilson, GECAC CEO
Ray Maholtz, Director, Erie County Area Agency on Aging

Upcoming Events

Friday, July 3rd, Tri-Boro will be CLOSED in observance of Independence Day.

Adagio Health is partnering with GECAC to bring pop-up farmers markets to our senior center! The first one is scheduled for **Thursday, July 9th** beginning at 9:30am.

Join us for coffee, pastries, and conversation on **Thursday, July 9th** for Pastries for a Purpose at 3:00pm. Learn about how you can serve your community through volunteering opportunities with Meals on Wheels, RSVP, and as a classroom foster grandparent.

Our July party date is **Tuesday, July 14!** Come hungry! We will have FREE coffee, doughnuts, watermelon, a special lunch, and entertainment provided by Angelo Phillips! ****The cost is \$10 per person.****

This month's Senior Meet Up is at the All Aboard Dinor in Lake City on **Monday, July 27th at 11:30am**. Free coffee & tea with a meal purchase!

Please be sure to check out the **Erie Philharmonic's FREE outdoor summer concert series!** All of the info can be found at the end of the newsletter.

Lunch

Lunch is served @ 12:00 Noon for SENIORS 60 Years & Older
An anonymous \$2.00 donation is encouraged per visit. Please sign up for meals two weeks in advance!

Holiday parties require pre-paid tickets



How do your donations and fundraising dollars help support 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, Yoga classes, 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.



July Birthdays

- July 1st Deb Turos
- 9th Dennis Bernardini
- 11th Bob O'Connell
- 16th Donna Felege
- 26th Kirstin Martinez
- 28th Sue Ellen Wojciechowski
- 30th Lance Frey & Robin Green
- 31st Russell Beers

Coffee Prices & More

During all hours of operation, our center offers:



- **A FREE snack bag** (1 per day) for each senior.
- **Coffee** (regular or decaf) for .50 cents per cup.
- **Soda** (diet, regular, or zero calorie) for \$1 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 each.
- **Christmas Cactus Seed Starters** at \$3 each.
- Special Snacks for sale each Friday!

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

HELP 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, eC, 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 Fun (aka **FUN FUND**)

Monthly Joke

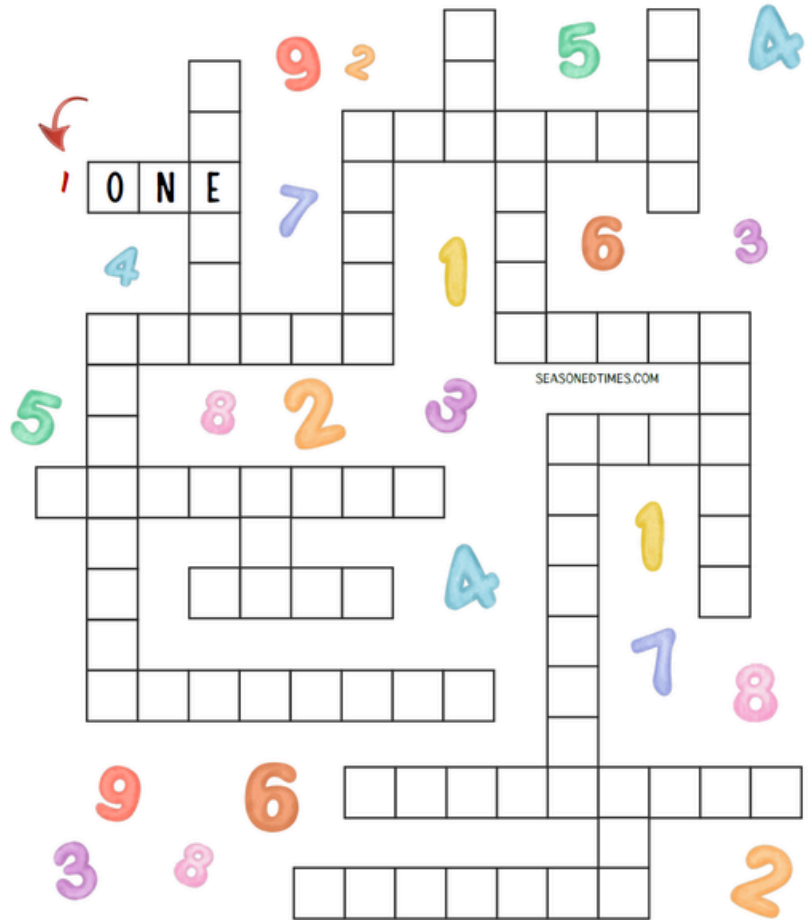
Q: What do ducks love about July 4th?

A: Fire Quackers!



1 - 20 CROSSWORD

Fill in numbers 1 through 20 as they fit into the crossword puzzle.



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 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 Craft Day)
- Crocheting Blankets (This includes those donated to Project Linus- ask for more details).
- Play a tune on our Electric Organ!
- Board Games & Card Games
- A large selection of Puzzles
- Greenhouse and/or Volunteer Work

Senior Meetup:

Monday, July 27th @ 11:30am
at the All Aboard Dinor.
FREE Coffee & Tea with a meal
purchase!

JULY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



	<p>1 Country Fried Steak</p> <p>9-10:30 General Programming 10:30 Chair Yoga 11:30 BINGO 12-12:30 Lunch 1-3 Mix & Mingle</p>	<p>2 Chicken and Noodles</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:00-3 Mix & Mingle</p>	<p>3  CLOSED</p> <p>Happy Independence Day!</p>
<p>7 Chicken Pita Salad</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 1-3 Mix & Mingle</p>	<p>8 Swedish Meatballs</p> <p>9-11 General Programming 11-11:30 Tai Chi 11:30 BINGO 12-12:30 Lunch 1-3 Mix & Mingle</p>	<p>9 Ham</p> <p>9:30 Adagio Health Farmer's Market 10:00 Arthritis Exercise 11:00 Magic Bingo 11:30 Chocolate Bingo 12:00 Lunch 1:00-3 Mix & Mingle 3-4 Pastries w/ A Purpose</p>	<p>10 Meatball Sub</p> <p>9-12:00 General Programming & Karaoke 12-12:30 Lunch 12:45-1:45 Feelin' the Rhythm 2-3 Mix & Mingle</p> 
<p>14 Party Day! Chicken Caesar Salad</p> <p>9-10 Project Linus & Blood Pressure Testing 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 12:30-2 Angelo Phillips 1-3 Mix & Mingle</p> 	<p>15 Salisbury Steak</p> <p>9-10:30 General Programming 10:30 Chair Yoga w/ Amy 11:30 BINGO 12-12:30 Lunch 1-3 Mix & Mingle</p>	<p>16 Chicken Cordon Bleu</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:00-3 Mix & Mingle</p>	<p>17 Beef Ravioli</p> <p>9-10:30 General Programming 10:30 Wii Bowling 12-12:30 Lunch 12:30-3 Mix & Mingle</p> 
<p>21 Sausage Sub</p> <p>9-10 Project Linus & Blood Pressure Testing 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 1-3 Mix & Mingle</p>	<p>22 Ox Roast Sandwich</p> <p>9-11 General Programming 11-11:30 Tai Chi 11:30 BINGO 12-12:30 Lunch 1-3 Mix & Mingle</p>	<p>23 Stuffed Cabbage</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:30-3 Mix & Mingle</p>	<p>24 Tuna Salad Sandwich</p> <p>9-12:00 General Programming & Karaoke 12-12:30 Lunch 12:45-1:45 Feelin' the Rhythm 2-3 Mix & Mingle</p> 
<p>28 Grilled Chicken Breast</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 12:30 TRIVIA 1-3 Mix & Mingle</p>	<p>29 Goulash</p> <p>9-10:30 General Programming 10:30 Chair Yoga w/ Amy 11:30 BINGO 12-12:30 Lunch 1-3 Mix & Mingle</p>	<p>30 Chicken Fettuccini Casserole</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:30-3 Mix & Mingle</p>	<p>31 Taco Salad & Birthday Ice Cream</p> <p>9-10:00 General Programming 10:15 Tabletop Bowling 12-12:30 Lunch 12:30-3 Mix & Mingle</p>  



FREE Outdoor Summer Concert Series!

Daniel Meyer's Patriotic Pops

Maestro Meyer leads a program celebrating American tradition and innovation with everything from Sousa marches and an Armed Forces Salute to John Williams cinematic hits, familiar Broadway favorites, and the enduring themes of the Dean of American Composers, Aaron Copland.

Saturday, July 4 @ 2:30PM –

Bayview Park, Erie

Wednesday, July 8 @ 7:00PM –

Gibson Park, North East

Thursday, July 9 @ 7:30PM –

Downtown Park, Corry

Friday, July 10 @ 7:30PM –

PennWest University, Edinboro

Saturday, July 11 @ 7:00PM –

Diamond Park, Meadville

Erie Philharmonic Family Concert

It's an animal extravaganza as Concertmaster Emeritus Ken Johnston returns to lead our Erie Philharmonic Octet in a howling good time! From Prokofiev's Peter and the Wolf to a stampede of other favorite themes from the animal kingdom is sure to be a hit with the young and young at heart. Plus, enjoy free interactive music and craft activities open to all!

Wednesday, July 22 @ 7:00PM –

Gibson Park, North East

Thursday, July 23 @ 6:30PM –

McLane Church, Edinboro

Erie Philharmonic Brass Ensemble

Back by popular demand! Erie Philharmonic Principal Tuba and Brass Ensemble Director Ken Heinlein takes up the baton once again for one of our most-beloved summer traditions. From classic patriotic marches and symphonic masterworks, you'll experience an All-American hit parade without having to leave your seat!

Monday, July 27 @ 7:00PM – Pleasant Ridge Park, Fairview/Girard

Wednesday, July 29 @ 7:00PM – Gibson Park, North East

Thursday, July 30 @ 7:00PM – Ice House Park, Conneaut Lake



GECAC's Medicare Minute

Prior Authorizations & Your Rights

Many Medicare beneficiaries are surprised when physician recommended services require prior approval from their insurance company. While it is more common for Medicare Advantage Plans to require prior approvals, in some instances, they may also be required for those who have Original Medicare A and B only, and A/B with a supplemental, or Medigap Plan. Prior approval requirements can be applicable to imaging, rehabilitation, skilled nursing care, certain procedures, medical devices, testing, prescriptions, and more.

Know your appeal rights. Beneficiaries should not accept a verbal denial without requesting a formal written notice. You have the right to an explanation and to appeal. You are entitled to receive a written explanation stating:

- What was denied
- Why it was denied
- The specific rule or policy used
- How to appeal
- Applicable deadlines

If you are going to appeal, know your specific deadlines and plan to file timely. You may want to enlist the help of you physician's office to explain denials and to provide documentation support if needed.

PA MEDI Counselors can help you learn about Medicare, Preventive Services, understand and enroll in your plan of choice, guide you Medicare appeal 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 GECAC Erie Area Agency on Aging PA MEDI office for more information at 814-459-4581 Ext. 400.



Pennsylvania
Medicare Education
and Decision Insight

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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NAVIGATING MEDICARE

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