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**

TBD, Senior Center Director

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

MARCH 2025

UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- New year! New look! Check out our brand new floors!
- Senior Meet Up at Forever Curious Senior Festival at the Tom Ridge Environmental Center!
- St Patty's Party!
- Special Visit from GECAC CEO Dr. Ben Wilson!

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**

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

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.

UPCOMING EVENTS

Be sure to stop in and check out our brand-new, re-modeled floors this month!

GECAC CEO, Dr. Ben Wilson, to visit Tri-Boro on the Friday March 6th!

On Monday March 16th, our Senior Meet Up will be a local experience rather than a local restaurant. We will be meeting-up at the **Forever Curious Senior Festival** being held at the **Tom Ridge Environmental Center**! Join us as enjoy their activities as well as some fun & photos of our own!

Be sure to meet our new Senior Center Director as well! Have a great March, Tri-Boro 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@medicarerights.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	2		8				1	
7	1	8		4		3		5
3					5			4
8		7					2	1
							9	
9	4	3	2				7	
	3		5	8		1	4	7
		4	1	2			3	6
1	7		4	6				2

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 3×3 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.

MONTHLY JOKE

What's blue and doesn't weigh very much?

...Light Blue

BIRTHDAYS

- Sat. 3/14: Ed Ostrowski
- Mon. 3/16: Ginny Brown
- Wed. 3/18: Sally Senger
- Fri. 3/20: Ruth McCreary
- Thurs. 3/26: Sandy Rand
- Fri. 3/27: Denis Manross
- Tues. 3/31: Bill Sharrer
- **Birthday Dessert w/ lunch on Wednesday Friday March 27th! (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 MAR. '26 LUNCH MENU & EVENTS

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

Senior Meet Up at
The Tom Ridge Environmental Center! (FREE)

Meet us there at **10:30am** on **Monday March 16th!**

Senior Fair activities + Group Photo + More! **RSVP!**

St. Patty's Party on
Wed. March 25th!

$10.00 per person (due Fri. 3/20)

CLOSED ON MONDAYS

Tue.	Wed.	Thurs.	Fri.
3. Chicken Salad w/ Pita 9-10 Project Linus Crocheting 10:15-11:15 **Arts-&-Crafts w/ Kerry** 12-12:30 Lunch 12:30-3 Rummikub Freeplay	**4. Swedish Meatballs** 9-11 General Programming 11-11:30 **Tai Chi** 11:30 **Bingo** 12-12:30 Lunch 12:30-3 Rummikub Freeplay	**5. Ham** 9:30 **Chocolate Bingo (FREE)** 10:30 **Arthritis Exercise** 12-12:30 Lunch 12:30-1:30 **Magic Bingo** 1:30-3 Rummikub Freeplay	**6. Meatball Sub** **Visit from GECAC CEO Dr. Ben Wilson** 9-10:30 General Programming 10:30 **Wii Bowling on TV** 12-12:30 Lunch 12:30-3 Rummikub Freeplay
10. Beef Stew 9-10 Project Linus Crocheting 10:15-11:15 **Arts-&-Crafts w/ Kerry** 12-12:30 Lunch 12:30-3 Rummikub Freeplay	**11. Salisbury Steak** 9-11 General Programming 11:30 **Bingo** 12-12:30 Lunch 12:30-3 Rummikub Freeplay	**12. Chicken Cordon Bleu** 9:30 **Chocolate Bingo (FREE)** 10:30 **Arthritis Exercise** 12-12:30 Lunch 12:30-1:30 **Magic Bingo** 1:30-3 Rummikub Freeplay	**13. Beef Ravioli** 9-11:45 General Programming 10:00 **Yahtzee** 12-12:30 Lunch 12:30-3 General Programming **REMINDER: Senior Meet Up at the Tom Ridge Center at 10:30am (Forever Curious Senior Festival)**
17. Sausage Sub 9-10 Project Linus Crocheting 10:15-11:15 **Arts-&-Crafts w/ Kerry** 12-12:30 Lunch 12:30-3 Rummikub Freeplay	**18. Ox Roast** 9-11 General Programming 11-11:30 **Tai Chi** 11:30 **Bingo** 12-12:30 Lunch 12:30-3 Rummikub Freeplay	**19. Stuffed Cabbage** 9:30 **Chocolate Bingo (FREE)** 10:30 **Arthritis Exercise** 12-12:30 Lunch 12:30-1:30 **Magic Bingo** 1:30-3 Rummikub Freeplay	**20. Tuna Salad** **LAST DAY TO BUY PARTY TICKETS** 9-11:45 General Programming 10:00 Board Game Freeplay 12-12:30 Lunch 12:30-3 Rummikub Freeplay
24. Grilled Chicken Breast 9-10 Project Linus Crocheting 10:15-11:15 **Arts-&-Crafts w/ Kerry** 12-12:30 Lunch 12:30-3 Rummikub Freeplay	**25. ST PADDY'S PARTY** **Lunch:** Roast Beef, Mash, & Candied Carrots **Dessert:** Irish Cream Cheesecake (Chocolate) **Live music by Beggarman's Frolic w/ Randy Peters!** Free Donuts, Free Coffee, **Prize Bingo**, & more!	**26. Chicken Fettuccine** 9:30 **Chocolate Bingo (FREE)** 10:30 **Arthritis Exercise** 12-12:30 Lunch 12:30-1:30 **Magic Bingo** 1:30-3 Rummikub Freeplay	**27. Hot Turkey + Birthday Ice Cream** 9-11:45 General Programming 10:30 **Tabletop Bowling on Shuffleboard Table** 12-12:30 Lunch 12:30-3 Rummikub Freeplay
31. Pork Roast 9-10 Project Linus Crocheting 10:15-11:15 **Arts-&-Crafts w/ Kerry** 12-12:30 Lunch 12:30-3 Rummikub Freeplay	**April:** **1. Stuffed Chicken Breast** 9-11 General Programming 11-11:30 **Tai Chi** 11:30 **Bingo** 12-12:30 Lunch 12:30-3 Rummikub Freeplay	**2. Hamburger** 9:30 **Chocolate Bingo (FREE)** 10:30 **Arthritis Exercise** 12-12:30 Lunch 12:30-1:30 **Magic Bingo** 1:30-3 Rummikub Freeplay	**3. Chicken Ala King** 9-11:45 General Programming 10:30 **Wii Bowling on TV** 12-12:30 Lunch 12:30-3 Rummikub Freeplay

CLOSED SAT & SUN