



May 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 & Ambulance Coverage
- Discover how to become a volunteer!
- Weekly Activities
- Monthly Menu
- Sudoku 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 at 10:15 AM)
- Bingo (Wednesdays & Thursdays)
- Tai Chi (Every Other Wed at 11:00 AM)
- Greenhouse (Year-Round)
- Farmer's Markets (Summer)
- 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, 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

Join us on **Friday, May 1st** for Tri-Boro's 1st Annual Derby Day! We will have miniature horse racing, a hat competition, mocktail Mint Juleps, and FREE coffee, breakfast pastries, and snacks! A \$5 entry fee is required.

Taco Salad is back on the menu on **Tuesday, May 5th**! Trivia will take place after lunch at 12:30pm.

On **Tuesday, May 12th**, Damali Donovan will be here at 12:30pm to present an opportunity to volunteer with Meals on Wheels!

This month's **Senior Meet-Up is Monday, May 18th** at 11:30am at The Barrack's Tavern in Girard.

Celebrate our May birthdays on **Friday, May 22nd** with ice cream sundaes!

The Tabletop Bowling competition will take place on **Friday, May 29th** at 10:30am. Soft Pretzel Sticks will be available to purchase for \$1 each.

NEW this month: Chair Yoga! Come meet Amy on Wednesday, May 6th & 20th at 10:30am.

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, 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.

yum!

Lunch Info

Lunch is served @ 12:00 PM/NOON FOR SENIORS 60 YRS & OLDER.

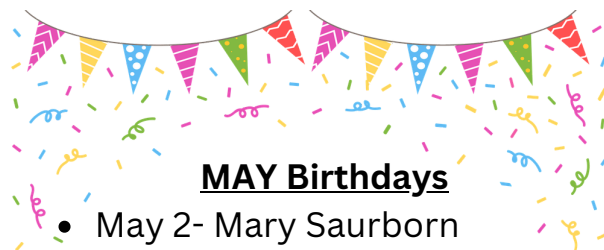
An anonymous \$2.00 donation is encouraged per visit. Please sign up for meals two weeks in advance.

Holiday parties require pre-paid tickets

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



MAY Birthdays

- May 2- Mary Saurborn
- May 4- Susan Shea
- May 7- Betty Rooney
- May 8- Brenda Scheuer
- May 10- Kay Lynne Picheco
- May 17- Barbara Beers
- May 20- Betsy Achille
- May 21- Samuel DeMichele
Robert Jacky
Rose Johnston
- May 22- Nancy O'Leary
- May 23- Susan Davis
- May 28- Joyce Mucha
Roger Thayer
- May 30- Patricia Wilder

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.

ALL PROCEEDS GO TOWARDS FUN FUND

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

**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**)

SPRING FLOWERS

WORD SEARCH

S	C	W	J	V	Y	E	M	Z	K	M	B	T	V	M
R	N	J	I	F	I	U	F	N	C	D	L	U	L	J
E	D	A	Q	I	I	O	C	R	P	O	U	L	D	U
D	H	F	P	L	X	A	L	O	X	G	E	I	W	K
B	U	H	L	D	S	B	R	E	N	W	B	P	A	B
U	P	I	Y	U	R	D	L	O	T	O	E	Y	R	U
D	R	A	C	A	W	A	I	A	V	O	L	A	F	T
T	N	O	N	O	C	L	G	Z	Z	D	L	Q	I	T
T	R	G	N	S	E	I	N	O	P	A	S	T	R	E
C	F	S	X	D	Y	I	N	E	N	J	L	M	I	R
P	Z	F	N	I	V	N	V	T	M	V	Q	E	S	C
H	D	A	F	F	O	D	I	L	H	T	G	H	A	U
L	D	G	Q	S	Z	M	A	G	N	O	L	I	A	P
O	Z	V	L	I	L	A	C	G	I	F	W	N	Y	C
X	R	O	Z	F	O	R	S	Y	T	H	I	A	C	V

AZALEA	DANDELION	LILAC	SNAPDRAGON
BLUEBELLS	DOGWOOD	MAGNOLIA	SNOWDROP
BUTTERCUP	DWARF IRIS	PANSY	TRILLIUM
CROCUS	FORSYTHIA	PHLOX	TULIP
DAFFODIL	HYACINTH	REDBUD	VIOLET

Monthly Joke

What do you say to someone who is trying to steal your cheese?



'Stop! That's nacho cheese!'



GECAC's Medicare Minute

Medicare and Ambulance Coverage

Many Medicare recipients who utilized ambulance services, find themselves with unanticipated charges. Here is what you may need to know. Medicare Part B helps cover ambulance services to hospitals, and skilled nursing facilities, generally when other transport options may pose a serious health risk. Medicare pays 80%, and the insured pays 20%, after the annual deductible. It is important to know that transport must be deemed medically necessary, the destination generally needs to be the closest facility, and nonemergency transport needs to be physician prescribed as medically necessary.

If your service provider believes your coverage will be denied by Medicare, they must provide you with an Advance Beneficiary Notice (ABN). If provided with an ABN, you will be asked to sign that you received the notice, thereby assuming liability to pay any uncovered costs.

If you have an Advantage Plan (Part C), or ambulance membership benefits, you may have different rules or additional transportation coverage options. Check with your insurer or membership details to verify.



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Medicare Education and Decision Insight

PA MEDI



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



Pennsylvania

Department of Aging



SHIP

State Health Insurance Assistance Program

Navigating Medicare

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**

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



Senior Meet-Up: **Monday, May 18th** at The Barrack's Tavern in Girard @ 11:30am!

May 2026











TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1 Tuna Salad Sandwich</p> <p>9-10:30 General Programming 10:30 Wii Bowling 12-12:30 Lunch 12:30-3 Rummikub Freeplay</p> 
 <p>5 Taco Salad Happy Cinco de Mayo!</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 12:30- TRIVIA 1-3 Rummikub & Board Games</p>	<p>6 Goulash</p> <p>9:00-10:30 General Programming</p> <p>NEW</p> <p>10:30 Chair Yoga w/ Amy 11:30 BINGO 12-12:30 Lunch 1-3 Rummikub & Board Games</p>	<p>7 Chicken Fettuccine Casserole</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1-30-3 Rummikub & Board Games</p>	<p>8 Hot Turkey</p> <p>9-12:00 General Programming Cornhole/Bocce 12-12:30 Lunch 12:30-3 Rummikub & Board Games</p>  
<p>12 Pork Roast</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 12:30 Meals On Wheels Volunteer Presentation w/ Damali Donovan 1-3 Rummikub & Board Games</p>	<p>13 Stuffed Chicken Breast</p> <p>9-11 General Programming 11-11:30 Tai Chi 11:30 BINGO 12-12:30 Lunch 1-3 Rummikub & Board Games</p>	<p>14 Hamburger</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:30-3 Rummikub & Board Games</p>	<p>15 Chicken ala King</p> <p>9-10:00 General Programming 10:00 Yahtzee 12-12:30 Lunch 12:30-3 Rummikub & Board Games</p> 
<p>19 Oven Fried Chicken Legs</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 1-3 Puzzle Races & Rummikub & Board Games</p>	<p>20 Country Fried Steak</p> <p>9-10:30 General Programming 10:30 Chair Yoga w/ Amy 11:30 BINGO 12-12:30 Lunch 1-3 Rummikub & Board Games</p>	<p>21 Chicken & Noodles</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:30-3 Rummikub & Board Games</p>	<p>22 Salad Bar & Birthday Ice Cream</p> <p>9-10:00 General Programming 10:00 Yahtzee 12-12:30 Lunch 12:30-3 Cornhole/Bocce & Rummikub & Board Games</p>  
 <p>26 Chicken Salad Pita</p> <p>9-10 Project Linus 10:15 Arts & Crafts w/Kerry 12-12:30 Lunch 1-3 Rummikub & Board Games</p>	<p>27 Swedish Meatballs</p> <p>9-11 General Programming 11-11:30 Tai Chi 11:30 BINGO 12-12:30 Lunch 1-3 Rummikub & Board Games</p>	<p>28 Ham</p> <p>9:30 Chocolate Bingo 10:30 Arthritis Exercise 12:30 Lunch 12:30 Magic Bingo 1:30-3 Rummikub & Board Games</p>	<p>29 Meatball Sub</p> <p>9-10:30 General Programming 10:30 Tabletop Bowling 12-12:30 Lunch 12:30-3 Rummikub & Board Games</p>  

Special Snacks for sale each Friday! *Benefits the FUN FUND*

HELP FEED SENIORS IN OUR COMMUNITY

Meals on Wheels Drivers Urgently Needed!



Meals on Wheels of Erie County is driven by one mission: to ensure that no senior goes hungry or feels alone.



Volunteer Qualifications

Must have a valid driver's license, insurance, reliable vehicle, and pass a background check — all for our seniors' safety



What You Will Do

Choose a delivery route, decide on delivery days, & provide nutritious meals during weekdays



What GECAC Will Do

Provide training, route details, packaged meals & mileage reimbursement. Drivers aged 55+ earn additional mileage, insurance, & senior volunteer recognition



Learn more by scanning the QR code.
www.gecac.org (814) 459-4581

