

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

Michele Knauer, Senior Center Assistant & VOLUNTEERS like YOU!

OCTOBER 2025

UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- Halloween Party on Friday October 24th!
- Senior Meet Up at Avonia Tavern on Monday October 27th at 12:15pm!
Senior Savings: FREE SODA/COFFEE/TEA!
Address: 7321 W Lake Rd, Fairview, PA 16415
- Guest Speaker: Devon Haemer w/ the PA Bureau of Blindness & Visual Services!

MEAL DONATIONS

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

WHAT WE OFFER

- Affordable Lunch (4 Days Per Week)
- 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!

Project Linus



"Providing Security Through Blankets"

Thank you to our volunteers crocheting and donating materials for both

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



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**

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

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





UPCOMING EVENTS

Welcome to October, Tri-Boro Members!

This month we trick, we treat, we go to Senior Meet Ups and EAT!

Another fun month planned at Tri-Boro as we enter the (oh boy here it comes) HOLIDAY-PARTY SEASON! *Mwhuahahaha!* Yes, be sure to buy your Halloween Party ticket by end-of-day Friday October 17th so that you may attend our **prize-&-music packed Halloween Party on Friday October 24th!**

Side note: Senior Center Director, Alex, will be out of town at a PA Senior Centers conference from October 21st-23rd.

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, 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

Traveling with Medicare

How does Medicare work while you are traveling? This is a good question to ask yourself when you are making travel plans. You will want to consider what type of Medicare plan you have.

Original Medicare covers emergency care in the U.S. and its territories, including Puerto Rico and the U.S. Virgin Islands. It also covers some international health care in limited circumstances, such as if you're traveling between Alaska and another U.S. state through Canada and a Canadian hospital is closer than the nearest U.S. hospital. Medicare determines what qualifies as "without unreasonable delay" on a case-by-case basis.

If you have a Medicare Advantage Plan, your plan may or may not cover care outside of its service area. Some plans may cover providers that are out-of-network or out of your service area, but with higher cost-sharing (copayments, coinsurances). Your plan may also impose other rules or restrictions (like prior authorization). Contact your plan to see what rules and costs apply when you travel within the U.S.

Medicare will pay for medical care you get on a cruise ship if you get the care while the ship is in U.S. territorial waters. This means the ship is in the U.S. port or within six hours of arrival at or departure from a U.S. port.

Information copied from

www.pw.aging.gov

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!):

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

How do you mend a jack-o'-lantern?
With a pumpkin patch.



BIRTHDAYS

- Thurs. 10/9: Lauren Steele
- Fri. 10/10: Ken Barton
- Sun. 10/12: Al Farley
- Wed. 10/22: Joyce Licsko
- Tues. 10/28: Karen Farley
- **Birthday Dessert w/ lunch on Friday October 17th! (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 Oct. '25 LUNCH MENU & EVENTS

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

Senior Meet Up at Avonia Tavern!

RSVP and then MEET US there on

Monday Oct. 27th at 12:15pm!

Plus **50/50** drawing (\$1.00 each; 6 for \$5.00)!



**Halloween Party on
Friday October 24th!**



\$10.00/person due Fri. Oct. 17th

C L O S E D O N M O N D A Y S	Tue.	Wed.	Thurs.	Fri.	C L O S E D O N S A T & S U N
	30. Sausage Sub (Director in Meetings All Morning) 9-10 Project Linus Crocheting 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub	October 1. Ox Roast 9-11 General Programming 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	2. Stuffed Cabbage 9:30 Chocolate Bingo (FREE) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 magic numbers) 1:30-3 Rummikub	3. Tuna Salad 9-11:45 General Programming 10-11:45 Board Game Freeplay 12-12:30 Lunch 12:30-3 Rummikub	
	7. Grilled Chicken Breast 9-10 Project Linus Crocheting 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub	8. Goulash 9-11 Gen. Prog. 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30 SPEAKER: Devon with 	9. Chicken Fettuccine Casserole 9:30 Chocolate Bingo (FREE) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (1 magic number) 1:30-3 Rummikub	10. Hot Turkey 9-11:45 General Programming 10:30 Wii Bowling on TV 12-12:30 Lunch 12:30-3 Rummikub	
	14. Pork Roast 9-10 Project Linus Crocheting 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub	15. Stuffed Chicken Breast 9-11 General Programming 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub Therapy Dog (Anne!)	16. Hamburger 9:30 Chocolate Bingo (FREE) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 magic numbers) 1:30-3 Rummikub	17. Chicken Ala King + Birthday Ice Cream (LAST DAY TO BUY TICKETS FOR NEXT-FRIDAY'S PARTY!) 9-11:45 Gen. Prog. 10 Yahtzee 12-12:30 Lunch 12:30-3 Rummikub	
	21. Chicken Legs (Director at Conference this week. Returning on Friday in-time for party.) 9-10 Project Linus Crocheting 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub	22. Country Fried Steak 9-11 Gen. Prog. 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	23. Chicken & Noodles 9:30 Chocolate Bingo (FREE) 9:30-12 General Programming NO Arthritis Exercise this week 12-12:30 Lunch 12:30-1:30 Magic Bingo (1 magic number) 1:30-3 Rummikub	24. HALLOWEEN PARTY! (must have ticket!) Philly Cheesesteak Subs! 9 Free Coffee & Donuts 11:15 Prize Basket Bingo 12-12:30 Lunch + Dessert 12:30 Live Music from David Devine & Friends + Costume Contest all-day REMINDER: Senior Meet Up at Avonia Tavern on Monday Oct 27th	
	28. 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	29. Swedish Meatballs 9-11 General Programming 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	30. Breaded Cod 9:30 Chocolate Bingo (FREE) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 magic numbers) 1:30-3 Rummikub	31. Meatball Sub 9-10:30 General Programming 10:30 Tabletop Bowling on Shuffleboard Table + Halloween Treats 12-12:30 Lunch 12:30-3 Rummikub	