



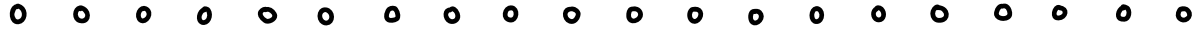
Tri-Boro Senior Center

August 2026 Newsletter

814-474-2211

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

7555 WEST RIDGE RD
FAIRVIEW, PA 16415



Mason Reininger, Senior Center Director

Taylor Billings, Senior Center Assistant &
Volunteers like YOU!

Inside:

- Medicare Minute: Rules of Medicare Marketing
- Discover how to become a volunteer!
- Weekly Activities
- Monthly Menu
- August Activities Calendar
- 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.

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

What We Offer:

- Lunch (Tuesday-Friday)
- Arts & Crafts (Tuesdays @ 10:15 AM)
- Bingo (Wednesdays & Thursdays)
- Blood Pressure Monitoring (Aug. 4th & 25th)
- Feelin' the Rhythm (Aug. 21st @ 12:45)
- Tai Chi (Aug. 5th & 19th @ 11:00AM)
- Chair Yoga (Aug. 12th & 26th @ 10:30AM)
- Greenhouse (Year-Round)
- Farmer's Markets (Aug 5th & 20th)
- Guest Speakers & Therapy Dogs
- Team Trivia (Aug. 7th, 11th, & 21st)
- 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

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



Join our Private Facebook Group!

Search for:

GECAC TRI-BORO SENIOR CENTER
and request to join!

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

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

August Farmer's Markets are **Wednesday, August 5th & Thursday, August 20th**. The markets begin at 9:30AM and end around Noon or until the produce is gone.

The August Wii Bowling Tournament will be held on **Friday, August 7th at 10:30AM**.

Our Senior Meet-Up this month is **Monday, August 17th** at the St. Francis Ushers Club at **11:00AM**. Join us for good food, bingo games, and great company!

Katie with NWPA will be presenting again on **Wednesday, August 19th at 12:30PM**. We will be decorating farmer's market tote bags and learning how LIFE-NWPA may be able to help you stay living in your own home!

National Senior Citizen's Day is **Friday, August 21st** and we will celebrate with a Pizza Party for lunch! This lunch is FREE but **please** sign up by **Friday, August 14th** if you plan to attend!

Friday, August 28th will feature Table Top Bowling at **10:30AM** and Birthday Ice Cream after lunch!

****LECOM's Flu Shot Day is Friday, September 4th. More information will be announced soon!****

UPCOMING
EVENTS



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.



GECAC's Medicare Minute

Rules of Medicare Marketing

Insurance companies are subject to extensive federal rules when they market Medicare plans. These rules govern the content, timing, and appearance of the materials they send out.

Mailed materials must:

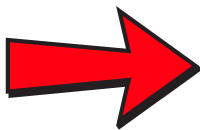
- Be accurate and not misleading
- Clearly identify the insurance company
- Avoid confusing beneficiaries into thinking the mail came from the government
- Include required disclaimers & contact information
- Present information that complies with all Centers for Medicare and Medicaid (CMS) standards

CMS Prohibits marketing that could mislead someone into believing a private company is sending an official Medicare notice, or that it is coming from the Federal Government. They are not to make false statements of exaggerated claims about savings, omit limitations or eligibility requirements, or claim Original Medicare will be lost if you don't respond immediately. State Laws are in place that prohibit false advertising, use unfair or deceptive marketing practices, and from misrepresenting policy benefits.

If you believe you were improperly marketed to by mail, in-person, by phone, or other manner, you may contact 1-800-MEDICARE (1-800-622-4227), the PA State Department of Insurance 1-877-881-6388, and for specific concerns of fraud, the Senior Medicare Patrol 1-877-808-2468. You may also call your local SHIP/ PA MEDI office.

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.

Check
this
out



This publication is funded by a grant award totaling \$ 1.8 million (100%) from the U.S. Department of Health and Human Services.

Coffee Prices & More

During all hours of operation, our center offers:

- **A FREE snack bag** (1 per day) for each senior.
- **Coffee or Tea** (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.
- Special Snacks for sale each Friday!
-

ALL PROCEEDS GO TOWARDS FUN FUND



August Birthdays

3rd John Litzel

10th Connie Eagley

11th Christene Keefer &
Gail Miller

18th Paul Grunauer

31st Richard Lapadat

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:

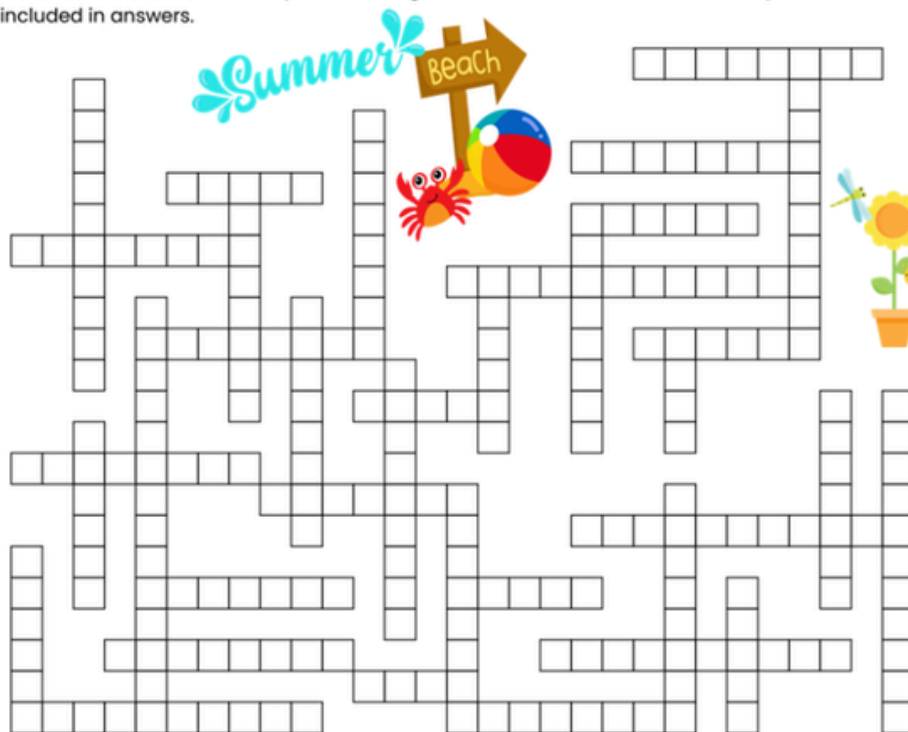
- Computer & WIFI internet access
- Tabletop & Wii Bowling
- Arts & Crafts (we have many crafting materials which are free to use any time outside of our scheduled Craft Day)
- Crocheting Blankets (This includes those donated to Project Linus- ask for more details).
- Play a tune on our Electric Organ!
- Board Games & Card Games
- A large selection of Puzzles
- Greenhouse and/or Volunteer Work



August Word Fill In



Write the words in the correct place on the grid based on the number of letters. Spaces included in answers.



4 letters

fair

pool

5 letters

fruit

coach

rides

beach

6 letters

garden

eight

summer

sports

snores

7 letters

hottest

cookout

canning

8 letters

vacation

aquapark

teachers

dog days

students

perseids

practice

swimming

football

corn dog

carnival

backpack

campfire

9 letters

preserves

10 letters

sunflowers

hurricanes

vegetables

lazy river

11 letters

water slide

funnel cake

12 letters

ferris wheel

14 letters

back to school

August

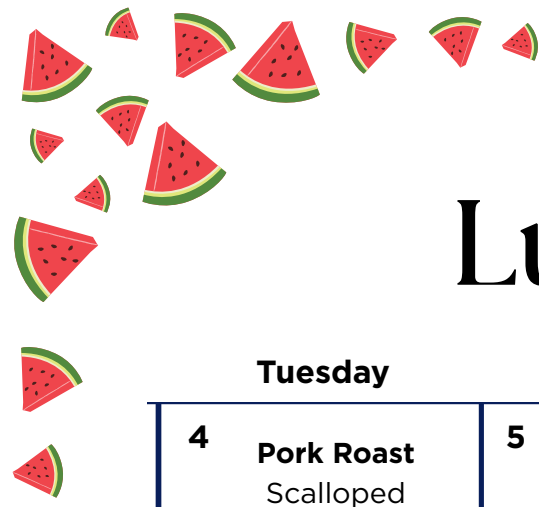


*We ♥ our
Volunteers*

**HELP
NEEDED**

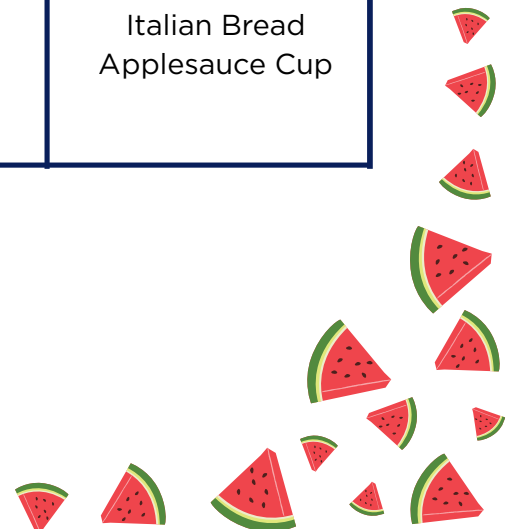
HOW YOU CAN HELP

- **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**)



August Lunch Menu

Tuesday	Wednesday	Thursday	Friday
4 Pork Roast Scalloped Potatoes Italian Style Zucchini Pineapple Cup	5 Stuffed Chicken Breast Mixed Veggies Mashed Sweet Potatoes Wheat Bread Fresh Cut Fruit	6 Hamburger Coleslaw Potato Wedges Applesauce	7 Chicken ala King Biscuit Green Beans Mixed Fruit Cup
11 Oven Fried Chicken Legs Mac & Cheese Brussel Sprouts Wheat Bread Pear Cup	12 Country Fried Steak Broccoli Mashed Potatoes Applesauce	13 Chicken and Noodles California Mixed Veggies Dinner Roll Jello Cup	14 Stuffed Pepper Tossed Salad Brown Rice Rye Bread Vanilla Ice Cream
18 Chicken Salad Pita Cream of Broccoli Soup Pineapple Cup	19 Swedish Meatballs Peas Egg Noodles Chocolate Ice Cream	20 Ham Broccoli Diced Potatoes Rye Bread Vanilla Pudding Cup	21 Pizza Party!! 
25 Beef Stew Sweet Potatoes Wax Beans Corn Muffin Mandarin Orange Cup	26 Salisbury Steak Green Peas Seasoned Diced Potatoes Dinner Roll Chocolate Pudding Cup	27 Chicken Cordon Bleu Broccoli Whole Wheat Bread Sugar Cookie	28 Beef Ravioli Tossed Salad Italian Bread Applesauce Cup



Senior Meetup:
Our Senior Meet-Up this month is Monday, August 17th at the St. Francis Ushers Club at 11:00AM.

August Activity Calendar

Tuesday	Wednesday	Thursday	Friday
4 9-10:15AM Project Linus & Blood Pressure Monitoring 10:15AM Arts & Crafts w/Kerry 12:00PM Lunch 1-3:00PM Puzzle Races and Mix & Mingle	5 9:30AM Adagio Health Farmer's Market 11:00AM Tai Chi 11:30AM Bingo 12:00PM Lunch 12:30-3:00PM Mix & Mingle	6 9-10:30AM General Programming 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:30PM Chocolate Bingo 1-3PM Mix & Mingle	7 9-10:30AM General Programming 10:30AM Wii Bowling Tournament 12:00 Lunch 12:30 Team Trivia 2-3:00PM Mix & Mingle
11 9-10:15AM Project Linus 10:15AM Arts & Crafts w/Kerry 12:00PM Lunch 1-3:00PM Music Trivia and Mix & Mingle	12 9-10:30AM General Programming 10:30AM Chair Yoga 11:30AM Bingo 12:00 Lunch 12:30-3:00PM Mix & Mingle	13 9-10:30AM General Programming 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:30PM Chocolate Bingo 1-3PM Mix & Mingle	14 9:00AM Karaoke & General Programming 10:00AM Bingo w/Elevate Church 12:00PM Lunch 12:30-3PM Cornhole Tournament and Mix & Mingle
18 9-10:15AM Project Linus 10:15AM Arts & Crafts w/Kerry 12:00PM Lunch 1-3:00PM Mix & Mingle	19 9-11:00AM General Programming 11:00AM Tai Chi 11:30AM Bingo 12:00PM Lunch 12:30 LIFE-NWPA 1-3PM Mix & Mingle	20 9:30AM Adagio Health Farmer's Market 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:30PM Chocolate Bingo 1-3PM Mix & Mingle	21 9-10:00AM General Programming 11:00AM Team Trivia 12:00PM Pizza Party 12:45-1:45PM Feelin' the Rhythm 2-3:00PM Mix & Mingle
25 9-10:15AM Project Linus & Blood Pressure Monitoring 10:15AM Arts & Crafts w/Kerry 12:00PM Lunch 1-3:00PM Mix & Mingle	26 9-10:30AM General Programming 10:30AM Chair Yoga 11:30AM Bingo 12:00 Lunch 12:30-3:00PM Mix & Mingle	27 9-10:30AM General Programming 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:30PM Chocolate Bingo 1-3PM Mix & Mingle	28 9-10:30AM General Programming 10:30AM Tabletop Bowling Tournament 12:00PM Lunch 12:30 Birthday Ice Cream 1-3:00PM Mix & Mingle

Please note: the activities calendar is subject to change due to human error or out of necessity. Thank you for your patience and understanding!

Special snacks available for purchase every Friday!
Proceeds benefit the FUN FUND.