TRI-BORO SENIOR CENTER
November 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
-Discover how to become a volunteer!
-Weekly Activities
-Monthly Menu
-Upcoming Events
-Autumn Puzzle Challenge
and more!

What We Offer:

- Lunch (Tuesday-Friday)
- Arts & Crafts
- Bingo (Wednesdays & Thursdays)
- Blood Pressure Monitoring
- Feelin' the Rhythm
- Tai Chi
- Chair Yoga
- Greenhouse (Year-Round)
- Farmer's Markets
- Guest Speakers & Therapy Dogs
- Team Trivia
- Parties, Events, & Senior Meet-Ups
- PA Medi (Medicare) Counseling Appts.

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!

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 Bowling & 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

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

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 may require pre-paid tickets

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

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

GECAC's Medicare Minute

2027 Out-of-Pocket Costs

Out-of-Pocket costs can include:
-A monthly premium - what you pay to maintain coverage.
-Deductible - the amount you may pay before your insurance starts to cover certain services.
-Co-payments and Coinsurance - depending on plan benefit structures, you may have a share in the cost of services, tests, and medications.
-Maximum Out-of-Pocket (MOOP) - Medicare Advantage plans have an annual limit on what you could pay out-ofpocket. The Maximum allowed in 2027 is $9,850, although some plans may have options for lower limits.

There are reported and projected changes for your 2027 Medicare Out-of-Pocket costs . While there are several, here are a few to note and watch for:
-The part D maximum annual deductible will be $700 and the Annual out-of-pocket limit for covered drugs will go up to $2,400.
-The part B premium is projected to go up to $209.50, and the deductible is projected to go up to $292. Actual costs should be announced by the Centers for Medicare and Medicaid within the next month or so.

If your income / resources are limited, you may be eligible to receive help:
-Extra Help can help reduce Part D premiums, deductibles, and copayments.
-Medicare Savings Program (Medicare Buy-In) may help pay for Part B premiums.
-Medicaid may provide additional help with health care costs.
-Senior Center staff will provide income and resource limits charts by request, and explain how to apply.

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 Agecny 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.

Pennsylvania Department of Aging

SHIP Navigating Medicare

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

HAPPY Birthday!

2nd Nancy Teribery
3rd James Sisak
7th Tom Snair
8th Katherine Meeker & Everett Wetsell
18th Kathy Dickinson & Wendy Loepp



Monthly Joke

What sound does a turkey's phone make?

Wing Wing!

We ♡ our Volunteers

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**)

Coffee



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

Tri-Boro will be CLOSED for Election Day on Tuesday, November 3rd. Don't forget to vote!

Welcome November

The Wii Bowling Tournament will be held on **Friday, November 6th at 10:30 AM.**

Linda Moore from the Sight Center of NWPA will be presenting on Aging Eyes & Nutrition on **Thursday, November 5th at 12:45 PM.**

Wednesday, November 11th is Veterans Day!

Please plan to stay after lunch on **Thursday, November 12th at 12:30 PM** to hear a presentation on Grief & Loss by Heather Gilman from AHN.

Tri-Boro's Thanksgiving Party is scheduled for **Thursday, November 19th!** Coffee and doughnuts will be available in the morning and a special meal will be served at Noon!

November's Tabletop Bowling Tournament is **Friday, November 20th @ 10:30 AM.**

Tri-Boro will be CLOSED for the Thanksgiving Holiday on Thursday, November 26th and Friday, November 27th. Happy Thanksgiving!

CHECK THIS OUT

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**



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.





NOVEMBER

ACTIVITY CALENDAR

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

Tuesday	Wednesday	Thursday	Friday
3 **CLOSED** 	**4** 9-11:30AM General Programming 10:30AM **Chair Yoga** 11:30AM Bingo 12:00 Lunch 1-3:00PM Mix & Mingle	**5** 9-11:30AM General Programming 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:45PM **'Aging Eyes & Nutrition' w/ the Sight Center of NWPA** 2-3PM Mix & Mingle	**6** 9-10:30AM General Programming 10:30AM **Wii Bowling Tournament** 12:00 Lunch 1:00PM **'His Girl Friday'** *Public Domain Movie* 
10 9-10:15AM **Project Linus, Blood Pressure Monitoring**, & General Programming 10:15AM **Arts & Crafts w/Kerry** 12:00PM Lunch 1:00PM **Team Trivia** 2-3:00PM Mix & Mingle	**11**  9-11:30AM General Programming 11:00AM **Tai Chi** 11:30AM Bingo 12:00PM Lunch 1-3PM Mix & Mingle	**12** 9-11:30AM General Programming 10:00AM Arthritis Exercise 11:00AM Chocolate Bingo 11:30AM Magic Bingo 12:00PM Lunch 12:30PM **'Grief & Loss' w/ Heather from AHN** 1-3PM Mix & Mingle	**13** 9:00AM General Programming 10:00AM **Trivia** 12:00PM Lunch 12:45PM **Feelin' the Rhythm** 1:45-3:00PM Mix & Mingle 
17 9-10:15AM **Project Linus** & General Programming 10:15AM **Arts & Crafts w/Kerry** 12:00PM Lunch 1:00PM **Cornhole Tournament**	**18** 9-10:30AM General Programming 10:30AM **Chair Yoga** 11:30AM Bingo 12:00 Lunch 1-3:00 Mix & Mingle	**19** **Tri-Boro Thanksgiving Celebration!** 	**20** 9:00AM General Programming 10:30AM **Tabletop Bowling Tournament** 12:00PM Lunch & **Birthday Ice Cream** 12:45PM **Feelin' the Rhythm** 1:45-3:00PM Mix & MIngle  
24 9-10:15AM **Project Linus, Blood Pressure Monitoring,** & General Programming 10:15AM **Arts & Crafts w/Kerry** 12:00PM Lunch 1:00PM **Team Trivia** 2-3:00PM Mix & Mingle	**25** 9-11:30AM General Programming 11:00AM **Tai Chi** 11:30AM Bingo 12:00PM Lunch 1-3PM Mix & Mingle	**26** **CLOSED**	**27** **CLOSED**



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

NOVEMBER LUNCH MENU

Tuesday	Wednesday	Thursday	Friday
3 **CLOSED**  	4 **Country Fried Steak** Broccoli Florets Mashed Potatoes Applesauce Cup	5 **Chicken & Noodles** California Mixed Veggies Dinner Roll Jello Cup	6 **Stuffed Pepper** Tossed Salad Brown Rice Vanilla Ice Cream
10 **Chicken Salad Pita** Cream of Broccoli Soup Pineapple Cup	11 **Swedish Meatballs** Peas Egg Noodles Chocolate Ice Cream	12 **Ham** Broccoli Florets Diced Potatoes Rye Bread Vanilla Pudding Cup	13 **Meatball Sub** Spinach Salad
17 **Beef Stew** Sweet Potatoes Wax Beans Corn Muffin Mandarin Orange Cup	18 **Salisbury Steak** Green Peas Seasoned Diced Potatoes Dinner Roll Chocolate Pudding Cup	19 **Tri-Boro Thanksgiving Celebration!** 	20 **Beef Ravioli** Tossed Salad Italian Bread Applesauce Cup
24 **Sausage Sub** Pork and Beans Peppers & Onions	25 **Ox Roast** Sandwich Cole Slaw California Veggies Jello Cup	26 **CLOSED** Happy Thanksgiving	27 **CLOSED**