



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
- Activities Calendar
- Autumn Word Search 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.

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



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.)

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

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

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



GECAC's Medicare Minute

Navigating "Not Medically Necessary" Denials

Receiving notice that a service or test recommended by your doctor is deemed "not medically necessary" can be frustrating. However, this denial does not necessarily mean you're out of options. Here's a guide on how to navigate these denials effectively.

Options for non-covered services or tests:

-If your service or test was deemed not medically necessary, you can file a formal appeal within 120 days. This allows the decision to be reviewed at a higher level.

-You can ask your doctor to resubmit and provide additional supporting documentation. Often times the reason may not have been clearly justified and more documentation is needed to provide support.

-Review your ABN (Advance Beneficiary Notice). If you did not sign an ABN, you may not be liable for the cost.

-Confirm with the billing department that the test or service was coded correctly. Incorrect coding often results in denials.

-Review your MSN (Medicare Summary Notice). The MSN will provide a reason for the denial. This will help you learn how to respond.

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.



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.



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



October Birthdays

- 1st – Gene Loepp
- 3rd – Denise Ciacchini
- 6th – Marj Fowler
- 9th – Lauren Steele
- 12th – Julie Fuller
- 16th – Bob Martin
- 17th – Cindy Mehok
- 22nd – Joyce Licsko
- 28th – Karen Farley



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 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

Welcome October

Welcome to October! This month will be full of activities so please be sure to check out the October Activity Calendar. Here are a few of our upcoming events:

The Wii Bowling Tournament will be held on **Friday, October 2nd at 10:30 AM.**

Our cornhole competition is **Friday, October 9th, time TBD.**

LIFE NWPA will be hosting Music Bingo at our center on **Tuesday, October 6th at 12:30 PM.**

Our final Senior Meetup for 2026 will be held at **Mike N' Dangelo's in Girard on Monday, October 19th at 11:30 AM.** Pizza & salad buffet and drink for \$10+ tip per person!

Join us for Karaoke on **Friday, October 16th at 10:30 AM.**

Tri-Boro's Halloween Party is scheduled for **Thursday, October 29th.** The fun begins at 9:00 AM! **The cost to attend the party is \$5.00.** Costumes are encouraged!

October's Tabletop Bowling Tournament is **Friday, October 30th at 10:30.**



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 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**



Autumn Word Search

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

HINT: A FEW WORDS MAY SHARE LETTERS.

SEASONEDTIMES.COM

PIE
HARVEST
LEAVES
SCARECROW

CROW
HAYRIDE
MAPLE
CHESTNUT

THANKSGIVING
HALLOWEEN
TURKEY
CORN MAZE



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

October

ACTIVITY CALENDAR



Tuesday

Wednesday

Thursday

Friday



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

		1 9-11:30AM General Programming 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:30PM Chocolate Bingo 1-3PM Mix & Mingle	2 9-10:30AM General Programming 10:30AM Wii Bowling Tournament 12:00 Lunch 12:30PM-3:00PM Mix & Mingle
6 9-10:15AM Project Linus & General Programming 10:15AM Arts & Crafts w/Kerry 12:00PM Lunch 12:30PM Music Bingo w/ LIFE NW PA 2-3:00PM Mix & Mingle	7 9-11:30AM General Programming 10:30AM Chair Yoga 11:30AM Bingo 12:00 Lunch 1-3:00PM Mix & Mingle	8 9-11:30AM General Programming 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:30PM Chocolate Bingo 1-3PM Mix & Mingle	9 9:00 General Programming 10:30AM Cornhole Tournament 12:00PM Lunch 12:30PM-3:00PM Mix & Mingle
13 9-10:15AM Project Linus & Blood Pressure Monitoring 10:15AM Arts & Crafts w/Kerry 12:00PM Lunch 12:30PM Developing Resilience with Age w/ AHN 2-3:00PM Mix & Mingle	14 9-11:30AM General Programming 11:00AM Tai Chi 11:30AM Bingo 12:00PM Lunch 1-3PM Mix & Mingle	15 9-11:30AM General Programming 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:30PM Chocolate Bingo 1-3PM Mix & Mingle	16 9:00 General Programming 10:30AM Karaoke 12:00PM Lunch 1:00PM Team Trivia 2-3:00PM Mix & Mingle
20 9-10:15AM Project Linus & Blood Pressure Monitoring 10:15AM Arts & Crafts w/Kerry 12:00PM Lunch 1:00PM Team Trivia 2-3:00PM Mix & Mingle	21 9-10:30AM General Programming 10:30AM Chair Yoga 11:30AM Bingo 12:00 Lunch 12:30-3:00 Mix & Mingle	22 9-11:30AM General Programming 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:30PM Chocolate Bingo 1-3PM Mix & Mingle	23 9:00-10:30AM General Programming 10:30AM Karaoke 12:00PM Lunch 12:30PM-3:00PM Mix & Mingle
27 9-10:15AM Project Linus & General Programming 10:15AM Arts & Crafts w/Kerry 12:00PM Lunch 1:00PM Team Trivia 2-3:00PM Mix & Mingle	28 9-11:00AM General Programming 11:00AM Tai Chi 11:30AM Bingo 12:00PM Lunch 1-3PM Mix & Mingle	29 Halloween Party!  \$5.00 to attend	30 9-10:30AM General Programming 10:30AM Tabletop Bowling Tournament 12:00PM Lunch & Birthday Ice Cream 12:30PM-3:00PM Mix & Mingle





October LUNCH MENU

Tuesday	Wednesday	Thursday	Friday
		1 Ham Broccoli Florets Diced Potatoes Rye Bread Pudding Cup	2 Meatball Sub Spinach Salad
6 Beef Stew Sweet Potatoes Wax Beans Corn Muffin Mandarin Orange Cup	7 Salisbury Steak Green Peas Seasoned Diced Potatoes Dinner Roll Chocolate Pudding Cup	8 Chicken Cordon Bleu Broccoli Florets Whole Wheat Bread Sugar Cookie	9 Beef Ravioli Tossed Salad Italian Bread Applesauce Cup
13 Sausage Sub Pork and Beans Peppers & Onions	14 Ox Roast Sandwich Cole Slaw California Veggies Jello Cup	15 Suffed Cabbage Mashed Potatoes Mixed Veggies Rye Bread Peach Cup	16 Tuna Salad Sandwich Romaine Lettuce Baby Carrots Italian Bread Pineapple Cup
20 Grilled Chicken Breast Hash Browns Baby Carrots Rye Bread Peach Cup Peanut Butter Cookie	21 Goulash Tossed Salad Italian Bread Chocolate Pudding Cup	22 Chicken Fettuccini Casserole California Veggies Diced Pears	23 Hot Turkey Green Peas Seasoned Diced Potatoes Dinner Roll Vanilla Pudding Cup
27 Pork Roast Scalloped Potatoes Italian Style Zucchini Rye Bread Pineapple Cup	28 Stuffed Chicken Breast Mixed Veggies Mashed Sweet Potatoes Wheat Bread Fresh Cut Fruit	29 Party Day! Chicken Fajita Taco Salad	30 Chicken ala King Green Beans Biscuit Mixed Fruit Cup