



Tri-Boro Senior Center

September 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
- Activities Calendar
- Autumn CrossWord Puzzle and more!

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

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.



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 require pre-paid tickets

Thank you to our volunteers for crocheting and donating materials for both Project Linus & Purple Threads of Hope!



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

Annual Notice of Change for Advantage and Part D Plans

The Medicare Annual Notice of Change (ANOC) is one of the most important notices to look for in the mail each year. The ANOC tells you what changes to expect for your plan in the coming year. If you have an Advantage Plan (Part C)/Drug Plan, insurance companies are required to send the ANOC by September 30 each year. The ANOC is essentially the "what's changing?" document. The Evidence of Coverage provides the more detailed description of what the plan covers and what members pay. The Evidence of Coverage notice is sent by October 15th each year. Here's some of the important things to look for in your ANOC:

Cost. Your premium may go up, down, or stay the same. Look at costs associated with deductibles, copays and coinsurance, your Maximum Out-of-Pocket costs (MOOP), prescription costs, drug deductibles/ cost sharing, and extra benefits, their limits, and changes.

Network. Provider networks can change. Don't assume doctors you've seen for years are still in network because network changes can occur.

Covered Prescriptions. Verify your drugs are still covered. Check to see if drugs have been moved to a different tier, if costs have changed, if they will require prior authorization, if limits apply, and which pharmacies are preferred / in-network.

Changing or disappearing benefits. Extra benefits can be impacted. Check to see if any benefits have changed, or were removed, for example, dental, vision, hearing, transportation, gym benefits, and other extra benefits.

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.

UPCOMING EVENTS

Welcome Autumn! September will be full of activities so please be sure to check out this month's Activity Calendar. Here are a few of our upcoming events:

LECOM's Flu Shot Clinic is **Friday, September 4th from 12:30-2:00PM.** ***Please bring your photo ID and your primary insurance card.***

The September Wii Bowling Tournament will be held on **Friday, September 4th @ 10:30AM.**

Join us for a Wild West Party on **Friday, September 18th!** Western attire is encouraged!



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

JOKE

Q: What did the tree say to Autumn?

A: Leaf me alone!



September Birthdays

6th Dean Bretz
8th Carole Hrinda
11th Sue Peterson
20th Michael Bonanti
22nd Deanna Dzeskewicz
24th Barb Petak
25th Barb Brennan & Verna Homan
28th Ron Osiecki

Tom Atkins will be visiting Tri-Boro on **Tuesday, September 22nd at 1:00PM.**

Pastries For A Purpose will return on **Wednesday, September 23rd at 1:00PM.** Please plan to stay after lunch to learn more about how you can serve your community through volunteering opportunities with Meals on Wheels, RSVP, and as a classroom foster grandparent. Free coffee and desserts will be provided.

Friday, September 25th we will feature our Table Top Bowling Competition at 10:30AM and Birthday Ice Cream after lunch!

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



CHECK IT 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



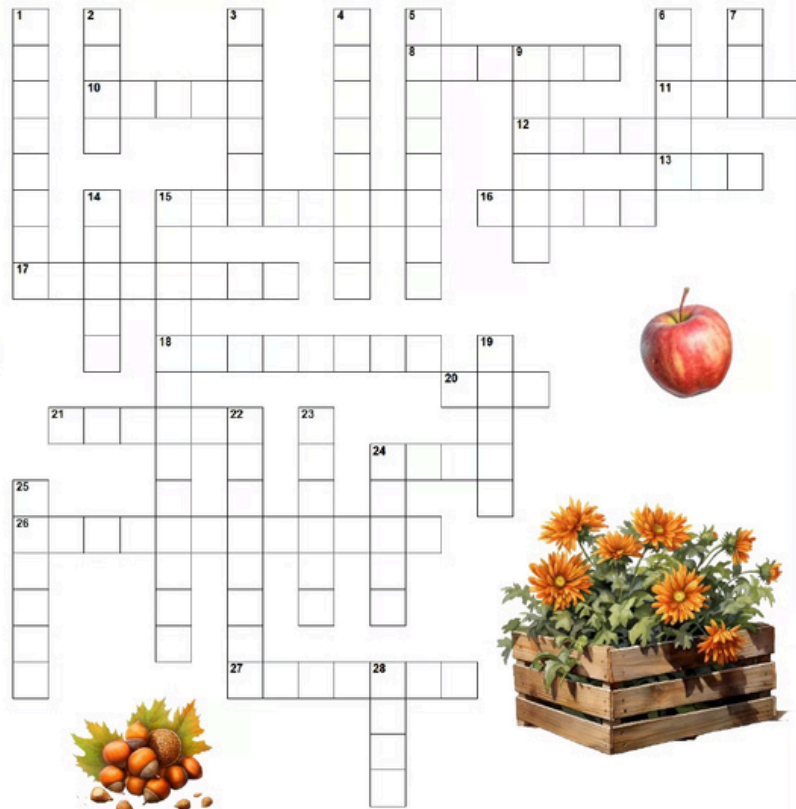
How do your donations and fundraising dollars help support our center?

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.

September Crossword



Across

8. Traditional school break
10. Type of flower that blooms in September
11. Piece of furniture where students sit
12. Fruit often associated with fall
13. One of the primary color of autumn leaves
15. Traditional fall activity involving walking through fields of tall plants
16. Type of nut often found in desserts
17. Holiday to honor the workforce
18. Birthstone for September
20. Type of tree known for its acorns
21. Sport played on a court with a net
24. Material used for making warm clothing
26. Traditional September activity involving picking ripe fruit
27. Type of insect commonly seen in September

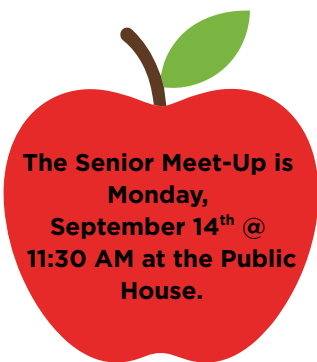
Down

1. Popular sport that begins in September
2. Type of bird that migrates in September
3. Food often cooked on a grill
4. Symbol of back-to-school season
5. Type of snack often enjoyed during school
6. Traditional beverage made from apples
7. Type of school transportation
9. Tool used to remove pencil marks
14. Bird known for its distinctive red breast
15. Fall flower often found in gardens
19. Tree that often changes color in September
22. Animal that gathers nuts for winter
23. Type of clothing worn in cooler weather
24. Type of weather often seen in fall
25. Activity of gathering fallen leaves
28. Structure on a farm used to store harvested crops



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**)



September

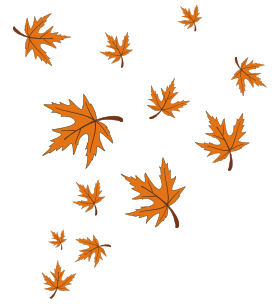
ACTIVITY CALENDAR

1 9-10:15AM Project Linus 10:15AM Arts & Crafts w/Kerry 12:00PM Lunch 1-3:00PM Mix & Mingle	2 9-11:00AM General Programming 11:00AM Tai Chi 11:30AM Bingo 12:00PM Lunch 1-3PM Mix & Mingle	3 9-11:30AM General Programming 10:00AM Arthritis Exercise 11:30AM Magic Bingo 12:00PM Lunch 12:30PM Chocolate Bingo 1-3PM Mix & Mingle	4 9-10:30AM General Programming 10:30AM Wii Bowling Tournament 12:00 Lunch 12:30-2:00PM Flu Shot Clinic 2PM-3:00PM Mix & Mingle 
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September

LUNCH MENU



1 Sausage Sub Pork & Beans Peppers & Onions	2 Ox Roast Sandwich Coleslaw California Vegetables Jello Cup	3 Stuffed Cabbage Mashed Potatoes Mixed Veggies Rye Bread Peach Cup	4 Tuna Salad Sandwich Lettuce Tomato Baby Carrots Pineapple Cup
8 Grilled Chicken Breast Hashbrowns Baby Carrots Rye Bread Peach Cup PB Cookie	9 Goulash Tossed Salad Italian Bread Pudding Cup	10 Chicken Fettuccini Casserole California Veggies Pear Cup	11 Hot Turkey Green Peas Seasoned Diced Potatoes Dinner Roll Pudding Cup
15 Pork Roast Scalloped Potatoes Italian Style Zucchini Rye Bread Pineapple Cup	16 Stuffed Chicken Breast Mixed Veggies Mashed Sweet Potatoes Wheat Bread Fresh Cut Fruit	17 Hamburger Cole Slaw Potato Wedges Applesauce Cup	18 Chicken ala King Biscuit Green Beans Mixed Fruit Cup
22 Oven Fried Chicken Legs Mac & Cheese Brussel Sprouts Wheat Bread Diced Pear Cup	23 Country Fried Steak Broccoli Florets Mashed Potatoes Applesauce Cup	24 Chicken & Noodles California Mixed Veggies Dinner Roll Jello Cup	25 Stuffed Pepper Tossed Salad Brown Rice Rye Bread Vanilla Ice Cream
29 Chicken Salad Pita Lettuce & Tomatoes Cream of Broccoli Soup Pineapple Cup	30 Swedish Meatballs Egg Noodles Peas Chocolate Ice Cream	1 OCTOBER Ham Broccoli Florets Diced Potatoes Rye Bread Pudding Cup	2 Meatball Sub Spinach Salad