

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

Linda Reilly, Senior Center Assistant & VOLUNTEERS like YOU!

April 2025

UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- Senior Meet-Up at The Barracks Tavern on April 14th at 11:15am!
DEAL: free coffee, soda, tea!
- Sound Meditation with Danielle Marie
- Spring Fling Event (crafts, live music, cookies, & more!)
- Property Tax/Rent Rebate walk-in appts the PA Dept. of Revenue

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 & Lunch Meet-Ups AROUND ERIE COUNTY!

Project Linus



"Providing Security Through Blankets"

Thank you to our volunteers making blankets and donating materials for **Project Linus**.

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, Area Agency on Aging Division Mngr.



MONTHLY BOOK CLUB

April's Book: "Crying in H Mart"
by Michelle Zauner

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)
- Thank You Cards & Sympathy Cards
- New Batteries (AA, AAA, C, D, 9-Volt)
- Art Supplies for Crafts, Project Linus, or Yearbook

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**

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





UPCOMING EVENTS

Welcome to April, Tri-Boro Members!

This month Danielle returns for another relaxing sound meditation in our craft room, the PA Dept. of Revenue will be here helping folks file their Rent Rebates, and Tina from Help at Home will be guest speaking about how to stay fit and active as seniors!

At our **Spring Fling** (not a ticketed party, usual donations encouraged) with live music by David Devine and the Flying Cannonballs (folk band), trivia, crafts with Kerry, discounted coffee, and delicious homemade flower-cookies!

(See Page 4 for full calendar!)

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 \$5.00. 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, guided meditation sessions, 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:

ART 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

AOEP for Medicare Advantage Plans

The Annual Open Enrollment Period for Medicare Advantage Plans ended on March 31st. Next opportunity to change plans will be October 15th to December 7th unless, you have a Special Enrollment Period (SEP). A SEP is a period of time outside of the Open Enrollment period when you may be eligible to apply for a stand-alone prescription drug plan or a Medicare Advantage Plan or remain in Original Medicare with or without a prescription drug plan.

Situations that don't qualify for a Special Enrollment Period:

- Your COBRA coverage or retiree coverage ends.
- You missed your 8-month window to sign up when you stopped working or lost job-based coverage.
- You have or lose your Marketplace coverage.
- You have End-Stage Renal Disease (ESRD). –ESRD is when you have permanent kidney failure that requires a regular course of dialysis or a kidney transplant.

For more information go to [medicare.gov/basics](https://www.medicare.gov/basics)



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

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

What happened when it started raining coins? It started knocking some cents into the world.

BIRTHDAYS



- Thurs. 4/3—David Keefer
- Sat. 4/19—Linda Reilly (our very own!)
- Wed. 4/23—Karen Johnson
- Mon. 4/28 Dixie Huffman-Lapadat
- **Birthday Dessert w/ lunch on Wednesday 4/23! (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** for 25 cents. (must sign GECAC AAA Meal Agreement form prior)
 - **Bingo Daubers** for sale at \$1.00 each.
 - **Christmas-Cactus Seed Starters** at \$3.00 each.
- (ALL PROCEEDS GO TOWARDS FUN FUND)

TRI-BORO'S April '25 LUNCH MENU & EVENTS

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

Senior Meet-Up at The Barracks Tavern!
(10100 Ridge Rd, Girard PA—Route 20)

Meet us there at **Mon. April 14th at 11:15am!**

Deal: Free coffee, soda, tea! **Stop-in or call us to RSVP today!**



Healthy Steps for Older Adults:
Fall-Prevention Workshop!

Right here at Tri-Boro on

Mon. April 28th from 9:00am-

2:00pm. Hosted by GECAC Aging Staff

Must stop-in or call us to RSVP by 4-25-25!



C L O S E D M O N D A Y S	Tue.	Wed.	Thurs.	Fri.	C L O S E D S A T & S U N
	1. 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	2. Swedish Meatballs 9-11 General Programming 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	3. Taco Salad 9:30 Chocolate Bingo 10-10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo 1:30-3 Rummikub	4. Meatball Sub (Alex in Meeting most of morning) 9-10 General Programming 10:30 Wii Bowling on TV 12-12:30 Lunch 12:30-3 Rummikub	
	8. Beef Stew 9-10 Project Linus Crocheting 10:15-11:15 Mocktail Color-&Sip w/ Alex & Linda 12-12:30 Lunch 12:30-3 Rummikub	9. Salisbury Steak 9-11 General Programming 10:30 Sound Meditation w/ Danielle Marie 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	10. Chicken Parm w/ Pasta (Spring Fling!) 9-9:30 Spring Trivia, 25-cent Coffee, & Homemade Cookies 10:15 Special Craft w/ Kerry + Easter-Egg Claw-Machine 12-12:30 Lunch 12:15 LIVE FOLK BAND! David Devine and the Flying Cannonballs!	11. Breaded Cod 9-11:45 General Programming 10 Chickapig (Board Game) 12-12:30 Lunch 12:30-3 Rummikub Reminder: Senior Meet Up at The Barracks Tavern on Mon. 4/14	
	15. Ox Roast 9-10 Project Linus Crocheting 10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub	16. Stuffed Cabbage 9-11 General Programming 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	17. Sausage Sub 9:30 Chocolate Bingo 10-10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo 1:30-3 Rummikub	<div style="text-align: center;"> CLOSED for Good Friday </div>	
	22. Grilled Chicken Breast 9-10 Project Linus Crocheting 10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch 12:45 SPEAKER: Adagio Health "Healthy Snacks & Nutrition Facts"	23. Goulash + Birthday Dessert (Ice Cream)! 9-11 General Programming 11:30 Bingo 12-12:30 Lunch 12:45 SPEAKER: "Be Fit Be Active" Presentation by Tina w/ Help At Home THERAPY DOG (Annie) from 10am-1pm	24. Chicken Fettuccine <u>Rent Rebates</u> with PA Dept. of Revenue in Craft Room from 10:00am-1:00pm 9:30 Chocolate Bingo 10-10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo 1:30-3 General Programming	25. Hot Turkey (Last day to sign-up for Workshop! Sign-up today!) 9-10 General Programming 10:30 Tabletop Bowling 12-12:30 Lunch 12:30-3 General Programming Reminder: Fall Prevention Work- shop here on Mon. 4/28	
	29. Pork Roast 9-10 Project Linus Crocheting 10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub	30. Stuffed Chicken Breast 9-11 General Prog. 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	Start of May: 1. Hamburger 9:30 Chocolate Bingo 10-10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo 1:30-3 Rummikub	2. Chicken Ala King (Soft Pretzels for \$2/each) 9-10 General Programming 10 Yahtzee (Board Game) 12-12:30 Lunch 12:30-3 Rummikub	