

# 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

TBD, Senior Center Assistant & VOLUNTEERS like YOU!

## July 2025

### UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- July's Senior Meet Up / Tri-Boro Summer Picnic at St. Francis Ushers Club (Upstairs Banquet Hall)  
Senior Savings: Complimentary Lunch! (Please Tip)  
(Lunch at 12:00p/Noon) (Prize Bingo at 1:30p)  
Must RSVP by Friday July 18th!
- Indoor Farmers' Market hosted by Adagio Health
- Alan McGill with the PA Atty General's Office returns!

### 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!

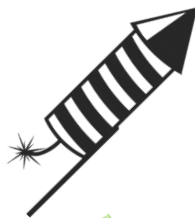
#### Project Linus



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

July's Book: "The Invisible Kingdom"  
by Megan O'Rourke

### 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 **JULY**, Tri-Boro Members!

This month we have on of the most generous **Senior Meet Up** deals yet! The board that runs the St. Francis Ushers Club has generously offered to give us a **complementary** lunch in their upstairs, banquet hall on **Monday July 21st at 12:00p/Noon!** You must RSVP by the Friday beforehand, and we still of course encourage you to tip your waiters/waitresses. Then we will play **Prize Bingo at 1:30p** to close out the Senior Meet Up! This is going to be our **Summer Picnic**, so we encourage all Tri-Boro members to RSVP and come have fun with us! **THIS SHOULD BE A GREAT ONE!**

Beyond this, we have Adagio Health's Indoor Farmers' Markets, many guest speakers, & more this July!

### 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:

**Crafts 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

### Medicare Part B (Medicare Insurance):

**Medicare Part B** will cover diagnostic hearing and balance exams if your Medicare enrolled doctor or health care provider orders them to find medical treatment. You can also see an audiologist once every 12 months without an order from your health care provider, but only for:

- Non-acute hearing conditions (like hearing loss that occurs over many years)
- Diagnostic services related loss that's treated with surgically implanted hearing devices

To find out how much your test, item or service will cost, talk to your doctor or health care provider. The specific amount you'll owe may depend on several things, like:

- Other insurance you may have
- How much your doctor charges
- If your doctor accepts assignment
- The type of facility
- Where you get the test, item or service

Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare does not cover. If this happens, you may have to pay some or all of the costs. Ask questions so you understand why your doctor is recommending certain services and if, or how much Medicare will pay for them. Medicare Part B does not cover hearing aids or exams for fitting hearing aids.

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

## 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 do you call a line of men waiting to get haircuts?

...A *barber*-queue.

## BIRTHDAYS

- Tues 7/1 Debbie Turos
- Tues 7/8: Wayne Wilkins
- Wed 7/9: Dennis Bernardini
- Wed 7/30: Robin Green
- **Taco Salad & Birthday Ice Cream Bar on Friday July 18th!**



## (\$ 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 July '25 LUNCH MENU & EVENTS

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

**Senior Meet Up / Tri-Boro Summer Picnic** ( 9085 Main St, McKean, PA at St. Francis Ushers Club's Banquet Hall! Monday, July 21st !!! Route 99)

**LUNCH at 12:00pm/Noon ~ PRIZE BINGO at 1:30pm \*MUST RSVP\***

Senior Savings: **Complimentary Meal!** ( Please tip waiters/waitresses! )



C L O S E D  O N  M O N D A Y S	Tue.	Wed.	Thurs.	Fri.	C L O S E D  O N  S A T U R D A Y S
	<b>1. Beef Stew</b> 9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;Crafts</b> w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>2. Salisbury Steak</b> 9-11 General Programming 11-11:30 <b>Tai Chi</b> 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>3. Chicken Cordon Bleu</b> 9:30 <b>Chocolate Bingo (FREE)</b> 10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo</b> ( 3 magic numbers ) 1:30-3 Rummikub Free Play	<b>4. CLOSED</b> <b>(4th of July)</b> <u>Reminder:</u> Tri-Boro's <b>PUBLIC Distribution of our</b> <b>Farmers' Market Vouchers is on</b> <b>Monday July 7th from 9am-3pm</b>	
	<b>8. Sausage Sub</b> 9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;Crafts</b> w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>9. Ox Roast</b> 9-11:30 Gen. Prog. 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>10. Stuffed Cabbage</b> 9:30 <b>Chocolate Bingo (FREE)</b> 10:30 <b>Arthritis Exercise</b> 11 <b>Speaker:</b> Kristina Cotton— "Purple Threads of Hope" <b>Stitching for SBS Awareness</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo</b> ( 3 magic numbers )	<b>11. Tuna Salad</b>  <b>(Director in Morning Meetings)</b> 9-10:30 General Programming 10:30 <b>Wii Bowling on TV</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play	
	<b>15. Goulash</b> 9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;Crafts</b> w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>16. Grilled Chicken Breast +</b> <b>INDOOR FARMERS' MARKET</b> <b>from 11am-1pm !</b> 9-11 Gen. Prog. 11-11:30 <b>Tai Chi</b> 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30-1 <b>Nutrition Talk</b> <b>THERAPY DOG 10am-2pm !</b>	<b>17. Chicken Fettucine Casserole</b> 9:30 <b>Chocolate Bingo (FREE)</b> 10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo</b> ( 3 magic numbers ) 1:30-3 Rummikub Free Play	<b>18. Taco Salad + Birthday Ice Cream</b> <b>w/ Toppings-Bar</b> 9-10 Board Game Free Play 12-12:30 Lunch 12:30-3 Rummikub Free Play <u>Reminder:</u> <b>Senior Meet Up</b> <b>at St. Francis Ushers Club</b> <b>on Monday July 21st !!!</b>	
	<b>22. Pork Roast</b> 9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;Crafts</b> w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>23. Stuffed Chicken Breast</b> 9-11:30 Gen. Prog. 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30 <b>Speaker:</b> Mike Tautin <b>(Highway Safety Network)—</b> <b>"Yellow Dot" Safe Driving</b> <b>Program Discussion</b>	<b>24. Hamburger</b> 9:30 <b>Chocolate Bingo (FREE)</b> 10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo</b> ( 3 magic numbers ) 1:30-3 Rummikub Free Play	<b>25. Chicken Ala King</b> 9-10:30 General Programming 10:30 <b>Tabletop Bowling</b> <b>on Shuffleboard Table</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play <b>( Soft Pretzels w/ Cheese</b> <b>for sale \$2.00/each )</b>	
	<b>29. Stuffed Pepper</b> 9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;Crafts</b> w/ Kerry 12-12:30 Lunch 12:30 <b>Speaker:</b> Bhakti Chhetri— <b>(National Direct Home Care LLC)</b> <b>"Home Safety" Discussion</b>	<b>30. Country Fried Steak</b> 9-11 General Programming 11-11:30 <b>Tai Chi</b> 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30 <b>Speaker:</b> Alan McGill <b>(PA Atty Gen. Office)</b> <b>UNDER COVER STORIES</b>	<b>31. Chicken &amp; Noodles</b> 9:30 <b>Chocolate Bingo (FREE)</b> 10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo</b> ( 5 magic numbers! ) 1:30-3 Rummikub Free Play	<u><b>August:</b></u> <b>1. Oven Fried Chicken Legs</b> 9-11:45 General Programming 10 <b>Yahtzee (Board Game)</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play	