

# 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!

## June 2025

### UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- Senior Meet Up at Sara's ( 25 Peninsula Drive ) on **Monday June 16th** at **11:15am!**  
(Senior Deal: coupon for 1, free ice cream cone)
- Our first, ever **GREENHOUSE ROCK** event! 
  - Christmas Cactus Starters for sale (\$5.00 each)
  - The PA DCNR: Botanical Wonders of Presque Isle
  - Live Music by Justin Gray, Free Snacks, & More!
- GECAC's Spruce Up Erie comes to Tri-Boro!

### 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

June's Book: "**Before We Were Yours**"  
by Lisa Wingate

### 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, & Stamps
- 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 June, Tri-Boro Members!

This month to respect World Elder Abuse Awareness Day, GECAC's own Pasquale Casane (AAA Deputy Director) will be visiting us on **Thursday June 12th** to hold a brief but informative **Elder Exploitation & Scam Seminar**. Free snacks will be provided by GECAC and Marquette Savings Bank who will be providing some financial exploitation information as well.

On **Monday June 9th**, Tri-Boro will host our first **"Spruce Up Erie County"** event here giving out bags of cleaning supplies to families in need (1 per household) from **1pm-3pm**.

Also, be sure to help us plant-&-decorate some Christmas Cactus Starters for **GREENHOUSE ROCK** to benefit our FUN FUND! **ALL THIS & MORE** in this month!

### 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 Advantage and Part D Marketing Rules.**

Keep in mind that insurance companies selling Medicare private plans must follow certain rules when promoting their products.

These rules are meant to prevent plans from presenting misleading information about a plan's costs or benefits, also known as marketing violations. **There are things that agents cannot do:**

1. Call you if you did not give them permission to do so.
2. Visit you in your home, nursing home, or other place of residence without your invitation.
3. Provide gifts or prizes worth more than \$15 to encourage you to enroll. Gifts or prizes worth more than \$15 must be made available to the general public, not just people with Medicare.
4. Disregard federal and state consumer protection laws for telemarketing, the Nation Do-Not-Call registry, or do-no-call-again request.
5. Imply that they are calling on behalf of

**Medicare Information provided from medicare-**

**watch@medicarerights.org**

### 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!):

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

How do you organize a space-themed party?...  
...You planet!

### BIRTHDAYS

- Mon. 6/2: Char Sertz
- Wed. 6/25: Mike DiMarzo
- Thurs. 6/26: Judy Cousins
- Mon. 6/30 Maureen Lucas
- **Birthday Dessert w/ lunch on FRIDAY June 20th! ( SALAD BAR + CHEESECAKE! )**



### (\$ ) 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 \$5.00 each.
- (ALL PROCEEDS GO TOWARDS FUN FUND)



# TRI-BORO'S JUNE '25 LUNCH MENU & EVENTS

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

## Senior Meet Up at Sara's! ( 25 Peninsula Drive )

Meet us there at **11:15am** on **Monday June 16th!**











**Senior Deal:** coupon for one,  
FREE small ice cream cone!



## GREENHOUSE ROCK

at Tri-Boro Senior Center  
**Tuesday June 24th** from  
**9:00am-3:00pm**



C L O S E D	Tue.	Wed.	Thurs.	Fri.	C L O S E D
	<b>3. Grilled Chicken Breast</b>  9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;-Crafts w/ Kerry</b>  12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>4. Goulash</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>5. Chicken Fettuccine Casserole</b>  9:30 <b>Chocolate Bingo (FREE)</b> 10-10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo (with 3 magic numbers)</b> 1:30-3 Rummikub Free Play	<b>6. Hot Turkey</b>  9-10 General Programming 10:30 <b>Wii Bowling on TV</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play <b>REMINDER: Spruce Up Erie County event at Tri-Boro on Monday June 9th from 1pm-3pm!</b>	
O N	<b>10. Pork Roast</b>  9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;-Crafts w/ Kerry</b>  12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>11. Stuffed Chicken Breast</b>  9-11 General Programming 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>12. Hamburger</b>  9:30 <b>Chocolate Bingo (FREE)</b> 10-10:30 <b>Arthritis Exercise</b> 11 <b>Elder Exploitation &amp; Scam Seminar (by GECAC)</b>  12-12:30 Lunch 12:30-1:30 <b>Magic Bingo (with 4 magic numbers)</b>	<b>13. CLOSED</b>  <b>for Meeting/Training</b> <b>REMINDER: Senior Meet Up at Sara's on Monday June 16th at 11:15am!</b>	O N
M O N D A Y S	<b>17. Chicken Legs</b>  9-10 Project Linus Crocheting 10:15-11:15 <b>Arts-&amp;-Crafts w/ Kerry</b>  12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>18. Country Fried Steak</b>  9-11 General Programming 11-11:30 <b>Tai Chi</b>  11:30 <b>Bingo</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play <b>Therapy Dog 9am-1pm!</b>	<b>19. CLOSED for Juneteenth (Federal Holiday)</b>	<b>20. Salad Bar + Birthday Dessert ( Cheesecake! )</b>   9-11:15 General Programming 11:15 <b>Computer Help/Tips with Tri-Boro's own David K.!</b>  <b>(for those interested; he will be here to chat)</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play	S A T
	<b>24. GREENHOUSE ROCK</b>   <b>Lunch: Chicken Salad with Toasted Pita + Brownies for dessert</b> <b>( Christmas Cactus Starters on sale for \$5.00/each )</b> <b>9:00am - FREE SNACKS!</b> 10:15-11:00 <b>Special Arts-&amp;-Crafts w/ Kerry</b> 11-12 <b>Live Guitar by Justin Gray</b> 12-12:30 Lunch 12:45 <b>The PA DCNR Presents: "The Botanical Wonders of Presque Isle and Erie Bluffs"</b> 	<b>25. Swedish Meatballs</b>  9-11 General Programming 11:30 <b>Bingo</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play	<b>26. Meatloaf</b>  9:30 <b>Chocolate Bingo (FREE)</b> 10-10:30 <b>Arthritis Exercise</b> 12-12:30 Lunch 12:30-1:30 <b>Magic Bingo ( with 5 magic numbers !!!!! )</b> 1:30-3 Rummikub Free Play	<b>27. Meatball Sub</b>  <b>Soft Pretzels for \$2.00/each</b>   9-10:30 General Programming 10:30 <b>Tabletop Bowling on Shuffleboard Table</b> 12-12:30 Lunch 12:30-3 Rummikub Free Play 	S U N
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