

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

Michele Knauer, Senior Center Assistant & VOLUNTEERS like YOU!

September 2025

UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- **Senior Meet Up** at Beechwood Golf Club's Restaurant **DINNER** at 4:00pm on Mon. Sept. 22nd
Senior Savings: No charge for Soda / Coffee / Tea
Address: 6401 Gorski Rd, Fairview, PA 16415 (Exit 18)
- **SING'TEMBER Karaoke Event** here (all morning)!
Dress like you did as a teen & have Mocktail-Mimosas!
+LECOM Vaccine Clinic (12:30-2) all on Fri. Sept. 12th
- Guest Speakers, Therapy Dogs, & More!

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, Events, & Meet Ups AROUND ERIE COUNTY!

Project ♥ Linus



"Providing Security Through Blankets"

Thank you to our volunteers crocheting and donating materials for both

Project Linus & **Purple Threads of Hope.**



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)
- Greeting Cards (Birthday, Get Well, etc.)
- New Batteries (AA, AAA, C, 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 Fund (a.k.a. **FUN FUND**)

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**

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

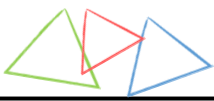
Ray Maholtz, Director, Erie County Area Agency on Aging

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



pennsylvania
DEPARTMENT OF AGING





UPCOMING EVENTS

Welcome to September, Tri-Boro Members!

This month we sing out the last days of Summer with some Karaoke at our **SING'tember Karaoke Event!** While not required, we encourage you to dress like you did as a teenager, drink some non-alcoholic mimosas with us, and pick your favorite karaoke song to jam out to! OR just watch Alex (Senior Center Director) sing and embarrass himself for **your** entertainment. ALSO, on the same day from 12:30pm-2:00pm, LECOM will host a Flu & Covid Vaccine clinic for those interested (bring insurance card).

We welcome back **Anne the Therapy Dog** and, additionally, welcome a **NEW** friend/Therapy Dog to our Senior Center: **Finnigan the Goldendoodle!**

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 \$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, 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.

Information provided from medicarewatch@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!):

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

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 (This includes items donated to **Project Linus** or **Purple Threads of Hope**).
- 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 it you call a cold day in September?
Septem-BRRRRR.

BIRTHDAYS



- Sat. 9/6: Dean Bretz
- Thurs. 9/11: Sue Peterson
- Sun. 9/21: Mary Trace
- Mon. 9/22: Deanna Dzeskewicz
- Wed. 9/24: Barb Petak
- Thurs. 9/25: Barb "Stitch" Brennan
- Sat. 9/28: Kerry from Arts-&-Crafts
- **Birthday Dessert w/ lunch on Wednesday 9/24! (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** 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 \$1.00 each.
- **Christmas-Cactus Seed Starters** at \$3.00 each.

TRI-BORO'S SEPT. '25 LUNCH MENU & EVENTS

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

Senior Meet Up (DINNER) at 6401 Gorski Rd

Beechwood Golf Club's Restaurant 

Meet us there at 4:00pm on Mon. Sept. 22nd

Savings: NO CHARGE FOR SODA, COFFEE, TEA !










SING'TEMBER Karaoke Event all morning!



DRESS LIKE YOU DID AS A TEEN !

+ LECOM Vaccine Clinic* 12:30pm-2:00pm! on Fri. Sept. 12th! (*bring insurance card)



C L O S E D	Tue.	Wed.	Thurs.	Fri.	C L O S E D
	(We hope you had a fun Labor Day!) 2. Pork Roast 9-10 Project Linus Crocheting 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub	3. Stuffed Chicken Breast 9-11 Gen. Prog.  10:45 Brief Visit from the Albion Fair Committee 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	4. Hamburger 9:30 Chocolate Bingo (FREE) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 magic numbers) 1:30-3 Rummikub	5. Chicken Ala King 9-10 General Programming 10 Yahtzee (Board Game) 12-12:30 Lunch 12:30-3 Rummikub	
O N	9. Chicken Legs 9-10 Project Linus Crocheting 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub	10. Country Fried Steak 9-11 General Programming 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	11. Chicken & Noodles 9:30 Chocolate Bingo (FREE) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (1 magic number) 1:30-3 Rummikub	12. Stuffed Pepper SING'tember Karaoke Event! 9-11:45 Karaoke & Mocktail-Mimosas! 12-12:30 Lunch 12:30-2:00 LECOM Vaccine Clinic 	O N
M O N D A Y	16. 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	17. Swedish Meatballs 9-11 Gen. Prog. 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	18. Breaded Cod 9:30 Chocolate Bingo (FREE) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 magic numbers) 1:30-3 Rummikub	19. Meatball Sub 9-10:30 General Programming 10:30 Wii Bowling on TV 12-12:30 Lunch 12:30-3 Gen. Prog.  Therapy Dog! (Finnigan) REMINDER: Beechwood on Monday at 4:00pm	S A T
	23. Beef Stew + Birthday Ice Cream 9-10 Project Linus Crocheting 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub 	24. Salisbury Steak 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 SPEAKER:  Senior Medicare Patrol— "Medicare Fraud" Therapy Dog! (Anne) 	25. Chicken Cordon Bleu 9:30 Chocolate Bingo (FREE) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (1 magic number) 1:30-3 Rummikub	26. Beef Ravioli 9-10:30 General Programming 10:30 Tabletop Bowling on Shuffleboard 12-12:30 Lunch 12:30-3 Rummikub	S U N
	30. Sausage Sub (ALEX IN MEETING MOST OF MORNING) 9-10 Project Linus Crocheting 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Rummikub	October: 1. Ox Roast 9-11 Gen. Prog. 11:30 Bingo 12-12:30 Lunch 12:30-3 Rummikub	2. Stuffed Cabbage 9:30 Chocolate Bingo (FREE) 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 magic numbers) 1:30-3 Rummikub	3. Tuna Salad 9-11:45 General Programming 10-11:45 Board Game Freeplay 12-12:30 Lunch 12:30-3 Rummikub	   4