



# GECAC UNION CITY SENIOR CENTER

27 Johnson Street, Union City PA, 16438—(814) 438-2146

Open Mon. through Thurs. 9 a.m. to 3p.m.

Laura Spaid, Senior Center Director  
Nancy Clabbatz, Senior Center Assistant



## April 2025 Newsletter

### APRIL HIGHLIGHTS

- 2nd Speaker, Adagio Health 11:30
- 10th Speaker, Dementia Friends 11:00
- 11th Safe Driving Class 9:00-1:00
- 17th Healthy Steps Workshop 9:00-2:00
- 21st Speaker, PA RELAY 11:00

### APRIL BIRTHDAYS

- 5th Karen Post
- 11th Bev Landers
- 16th Margay Webb
- 17th Marge Wienczkowski
- 22nd Nancy Maynard
- 23rd Jean Hyde
- 24th Cindy Proctor
- 25th Frank Hakel
- 30th Mary Lou Wright



If we have missed your birthday or anniversary please let us know so we can add you to our list!



### SENIORS FOR SAFE

#### DRIVING CLASS

A Seniors For Safe Driving workshop will be held on Friday, April 11th, from 9:00-1:00. This is PennDOT approved for drivers 55+ and offers a minimum of 5% discount depending on your auto insurance. Call your insurance agent for more information on the discount. Reservations for the workshop can be made by calling **1-800-559-4880** or by going online to **[www.seniorsforsafedriving.com](http://www.seniorsforsafedriving.com)**.

The cost is \$17.00 per person and payment is due upon registration. Refreshments will be available but lunch will NOT be provided.



### HEALTHY STEPS FOR OLDER ADULTS WORKSHOP

Please join us for a one day workshop that will educate you on fall risks. You will learn what resources are available to you and learn some tips to prevent falls. A free lunch will be provided by those that participate along with a gift. This workshop is scheduled for Thursday, April 17th, 9:00-2:00. Please sign up in the office or by calling 814-438-2146.



### **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)

### **VOLUNTEERS NEEDED**

**Are you looking to make a difference in your community?**

Have you thought about volunteering?

The Union City Senior Center is looking for individuals or couples that would be interested in delivering Home Delivered Meals. This is a small commitment of less than two hours per week. If you think this might be for you, please contact us by stopping in or by calling us at 814-438-2146.



### **REMINDERS**

Please sign in on the computer when you arrive to the center. This helps us track how many visitors we have each day. Also, Monday's are difficult to make change, please try to make sure you have one dollar bills.





# APRIL 2025



Monday	Tuesday	Wednesday	Thursday
<b>LUNCH IS SERVED AT 11:45</b>  <b>MENU IS SUBJECT TO CHANGE</b> <b>THANK YOU FOR UNDERSTANDING</b>	<b>1 CHICKEN SALAD</b>  9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	<b>2 SWEDISH MEATBALLS</b>  9:00 Fitness 9:30 Poker <b>11:30 Speaker "Challenges &amp; Solutions"</b> 12:30 Bingo <b>TAXES</b>	<b>3 HAM</b>  9:15 Tai Chi 10:00 Line Dance  <b>TAXES</b>
<b>7 CHICKEN &amp; BISCUIT</b>  9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	<b>8 TACO SALAD</b>  9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	<b>9 SALISBURY STEAK</b>  9:00 Fitness 9:30 Poker 12:30 Bingo  <b>TAXES</b>	<b>10 CHICKEN CORDON BLEU SANDWICH</b>  9:15 Tai Chi 10:00 Line Dance <b>11:00 Speaker "Dementia Friends"</b> <b>TAXES</b>
<b>14 STUFFED PEPPER SOUP &amp; SALAD</b>  9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	<b>15 SAUSAGE SUB</b>  9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	<b>16 OX ROAST</b>  9:00 Fitness 9:30 Poker 12:30 Bingo	<b>17 STUFFED CABBAGE</b>  9:15 Tai Chi 10:00 Line Dance  <b>HEALTHY STEPS WORKSHOP</b>
<b>21 MEATBALL SUB</b>  9:00 Fitness <b>11:00 Speaker PA Relay</b> 11:30 Bonanza Bingo 12:30 Bingo	<b>22 CHICKEN &amp; STUFFING</b>  9:00 Line Dance 10:00 Bible Study 12:30 Crafts	<b>23 GOULASH</b>  9:00 Fitness 9:30 Poker 12:30 Bingo	<b>24 CHICKEN FETTUCCINI</b>  9:15 Tai Chi 10:00 Line Dance 11:00 Family Feud
<b>28 SLOPPY JOES</b>  9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	<b>29 PORK ROAST</b>  9:00 Line Dance 10:00 Bible Study 11:00 Arthritis Exercise 12:30 Crafts	<b>30 BROCCOLLI STUFFED CHICKEN</b>  9:00 Fitness 9:30 Poker 12:30 Bingo	<b>1 HAMBURGER</b>  9:15 Tai Chi 10:00 Line Dance

## How Do Your Donations and Fundraised Dollars Help Our Center?

**Meal Donations** help to off-set the cost of meals. On average, the actual cost of the meal is over \$7.00. Meal donations also help to maintain the building and maintain or replace if needed, a stove, a refrigerator, or a freezer. These dollars are vital to maintaining the Center and its daily operations.

**Booster Donations and Fundraised Dollars** help to pay for parties, entertainment and more. They also help to pay for programming opportunities like exercise, craft classes, computer usage, and again, more. 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. The Centers and their services mean so much, to so many, and your support goes a long way towards helping your Center continue to offer programming and services. Would you like to make other donations? Ask us how you can help.

**WE APPRECIATE YOUR DONATIONS!**

The GECAC Union City Senior Center, Operated by Greater Erie Community Action Committee (GECAC), Area Agency On Aging, is funded in part by the Department Of Aging.



Dr. Benjamin Wilson, CEO



Ray Maholtz,  
AAA Division Manager