



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
Michele Rohrer, Assistant Director



April 2026 Newsletter

THIS MONTH'S HIGHLIGHTS

- 1st 11:00 Speaker "Heart Healthy Meals"
- 8th 11:00 Speaker "VA Services"
- 21st 10:00 Blood pressure screening
- 22nd 10:00 Smart Phones at a Glance
- 23rd 11:00 Family Feud

HAPPY BIRTHDAY

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



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

END OF TAX SEASON

Tax season is ending, here at the center, on Thursday, April 9th. This is the last year that we are offering income tax help as AARP will no longer be offering help with income tax returns.

BIBLE STUDY RETURNS

Bible study is returning to the schedule on Tuesday, April 21st, at 10:00! No need to reserve your seat

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 Mayoltz
AAA Division Manager

SENIORS FOR SAFE DRIVING CLASS



A Seniors For Safe Driving workshop will be held on Friday, May 1st, 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.

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

SPRING LIFESTYLE & WELLNESS

When winter is gone and spring is in the air we often try to focus on our wellness. Ways we can do that are;

Focus on outdoor activities like hiking or biking, these work great if you have a walking buddy to help hold you accountable.

Healthy spring recipes, is another great way to focus on what we are eating and keeping it healthy.

APRIL DAYS TO CELEBRATE

April 1st, is a fun day to try and fool our family and friends. Watch out for those that try to fool you!

April 1st-National Walking Day

Sunday, April 5th—Happy Easter

Saturday, April 11th—National Pet Day

Monday, April 13th—National Scrabble Day

April 15th—Last day for taxes

April 22nd—Earth Day

Friday, April 24th—Arbor Day

April is National Poetry Month, Stress Awareness Month, and Keep America Beautiful Month.

If you have a poem that you have written or just have a favorite to share bring it in and share it with us!

Did you know that exercise is a great way to beat stress? Join us for any of our exercise



REAP PROGRAM

REAP stands for Rewards Earned for Active Participation. This program was designed to encourage attendance throughout the year.

When you participate in classes offered, eat lunch, play cards, volunteer, or just come and visit friends you will indeed be supporting YOUR Senior Center.

By attending regularly you will also reap personal benefits. It is a proven fact that Seniors who are active and stay active live a longer, healthier and happier life.

One of the benefits to reap from this program will be a discounted ticket for the Thanksgiving and Christmas parties.

As we all know, nothing is really free and prices continue to rise on everything. The costs of the two parties mentioned above will be increasing and this is one way for you to get a lower cost ticket.

Start earning your rewards! Make sure you are a registered member, **this is required**, and make sure you participate at least fifteen times by the end of October. That is all there is to it.

The Co-pilot computer makes tracking you easy so be sure you are signing in when you arrive.



OLDER AMERICAN'S MONTH

May is Older American's month and we want to celebrate with you! There will be different things going on, throughout the month, so make sure you pay attention to the schedule for each day!

Each day we will have a drawing so be sure to sign a ticket to be entered in for the drawing.

We are updating our records and we need your help. Please see us to do that and we will enter your name in for another drawing.

On May 27th we will have a party with a cake and some Mocktails, DJ Mark Morris will be here, we will name the winner of the guessing game of pictures of you members, and as always a 50/50 raffle and \$5.00 bingo to close out the day.

COMMUNITY PHONE NUMBERS

GECAC AAA OFFICE: (814) 459-4581

AAA TOLL FREE: (800) 769-2436

AFTER HOURS CRISIS LINE

DAY (814) 451-4581 Ext. 400

EVENING (814) 451-1520

PACE-PACENET: (800) 225-7223

ERIE CO VETERAN'S AFFAIRS:

(800) 274-8387

SOCIAL SECURITY ADMINISTRATION

(877) 405-3543

GECAC AGENCY WEBSITE—www.gecac.org

PA AGING WEBSITE: www.aging.pa.gov

Looking to see if you are eligible for benefits
<https://www.pa-navigate.com/echeck>



APRIL 2026

Menu & Activities



Monday	Tuesday	Wednesday	Thursday
	<p>Lunch is served at 11:45.</p> <p>The menu is subject to change, thank you for understanding.</p>	<p>1 YUMMY CHICKEN</p> <p>9:00 Fitness 9:30 Poker 11:00 Speaker Heart Healthy Meals 12:30 Bingo TAXES</p>	<p>2 HAMBURGER</p> <p>10:00 Line Dance TAXES</p>
<p>6 LASAGNA ROLL UPS</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p>7 CHICKEN</p> <p>9:00 Line Dance 11:00 AEA Exercise 12:30 Crafts</p>	<p>8 MEATLOAF</p> <p>9:00 Fitness 9:30 Poker 11:00 Speaker VA Services 12:30 Bingo TAXES</p>	<p>9 TUNA NOODLE CASSEROLE</p> <p>10:00 Line Dance 12:30 Crochet group TAXES</p>
<p>13 CHICKEN TENDERS</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p>14 COMBO SUB</p> <p>9:00 Line Dance 11:00 AEA Exercise 12:30 Crafts</p>	<p>15 FISH</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p>	<p>16 SPAGHETTI & MEATBALLS</p> <p>10:00 Line Dance</p>
<p>20 BEEF STEW</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p>21 CHICKEN & BISCUIT</p> <p>9:00 Line Dance 10:00 Bible Study 10:00 BP Screening 11:00 AEA Exercise 12:30 Crafts</p>	<p>22 SALISBURY STEAK</p> <p>9:00 Fitness 9:30 Poker 10:00 Smart Phones At a Glance 12:30 Bingo</p>	<p>23 CHICKEN CORDON BLEU SANDWICH</p> <p>10:00 Line Dance 11:00 Family Feud 12:30 Crochet group</p>
<p>27 TUNA SALAD SANDWICH</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p>28 OX ROAST</p> <p>9:00 Line Dance 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts</p>	<p>29 STUFFED PEPPER</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p>	<p>30 SAUSAGE SUB</p> <p>10:00 Line Dance</p>

Please be sure to get your reservations in one week in advance so that we can be sure to have enough food for everyone. Thank you for your cooperation!



GECAC's Medicare Minute

Hospital Admission Vs. Observation

When staying over in a hospital, there is a difference between being admitted and being under observation. Admitted means inpatient and your Part A hospital coverage is billed. You pay a \$1,736 per event deductible (period), then \$0 for 60 days. When you stay over for observation, you have an outpatient status, and your Part B is billed. The observation status often results in higher out-of-pocket expenses because you pay for individual services.

If you find yourself staying over in a hospital and are there for more than 24 hours, the hospital must provide you with a Medicare Outpatient Observation Notice (MOON). This notice will explain why you are considered outpatient. You can stay over multiple days and still be outpatient and under observation.

You can be proactive and ask if you are being admitted, or under observation. If under observation, you can ask more questions about that status and potentially have it changed if applicable.

PA MEDI Counselors can help you learn about Medicare, Preventive Services, understand and enroll in your plan of choice, appeal Medicare decisions, and more. Help is available to low income Medicare recipients through the Medicare Savings Program and Extra Help Low Income Subsidy program to help pay for your Part B premium and prescription costs.

For help in understanding your options, contact your local
PA MEDI Office for More Information

GECAC Erie Area Agency on Aging * 814-459-4581 Ext. 400



Pennsylvania
Medicare Education
and Decision Insight



PA MEDI, available through your local Area Agency on Aging, offers free, confidential, unbiased, and easy-to-understand information to Medicare-eligible individuals, their families, and caregivers.

PA MEDI empowers seniors and people with disabilities to make informed decisions about Medicare health insurance.



Pennsylvania
Department of Aging



SHIP
State Health Insurance
Assistance Program

Navigating Medicare

This publication is funded by a grant award totaling \$ 1.9 million (100%) from the U.S. Department of Health and Human Services.