



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



January 2026 Newsletter

REAP PROGRAM



We are re-introducing the REAP program this year. 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 the fifteen times. 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.

JANUARY BIRTHDAYS

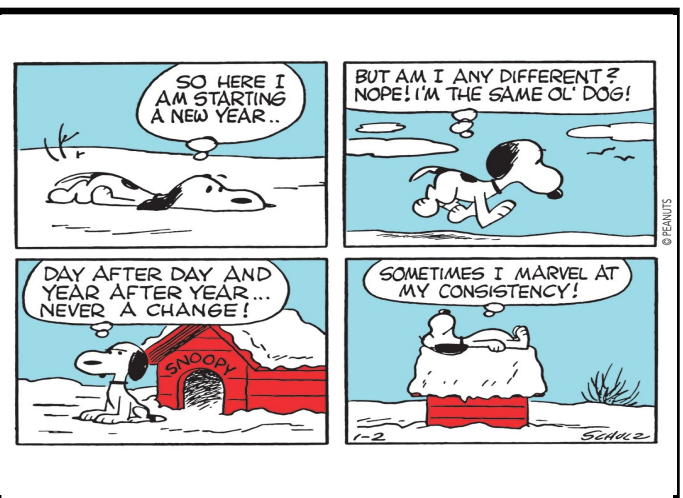
7th Kay Bowles
10th Debi Potts
13th Lewis Bielak
16th Jim Coates
17th Terri Vollentine
19th Russ Martin
Shirley Kerr
20th Dave Keiper
24th Jim Ross



HAPPY ANNIVERSARY

14th Bob & Sue Soliwoda

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



Medicare Minute....

Medicare Advantage Plan Open Enrollment begins on January 1st and ends on March 31st.

- You must already be enrolled in a Medicare Advantage Plan to make changes during this period.
- Switch to another Medicare Advantage Plan with or without drug coverage.
- Join a Medicare drug plan.

NEED ASSISTANCE MANAGING YOUR ENERGY BILL?

Low-Income Home Energy Assistance Program (LIHEAP) is now open. This federally funded program provides heating assistance to income eligible customers. See Laura or Michele in the office if you need assistance applying.

GECAC's Inclement Weather Protocol

Remember that during the winter months, if the Union City School District has a two hour delay or closes for the day; our Center will be Closed. Please Watch the local TV Stations (12, 24 or 35) to keep informed. There may be times when the school is open so please be sure to check your local listings.

Please remember to bring an extra sweater during the winter to help keep you warm in the Center. Also, we would appreciate it, if you would bring an extra pair of shoes, or, slippers and remove your boots at the door. This will help keep our floors dry/safe during the winter months.



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.



SNACKS & MORE

During all hours of operation, our center offers snacks, tea, and soda for just **50 cents each**. Coffee is available exclusively during morning hours at a cost of 50 cents for the day.

For your convenience, cash boxes are located beside the snack area and coffee machine for payment. We strive to keep these refreshments affordable for everyone.






JANUARY 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><u>ACTIVITIES RETURNING</u></p> <p>We are adding back into the schedule, crocheting, the second and forth Thursday at 12:30, and also, Jeopardy, on</p>	<p>1</p> <p>CENTER CLOSED</p> <p>Happy New Year!</p>
<p>5</p> <p>RAVIOLI</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p>6</p> <p>PORK ROAST</p> <p>9:00 Line Dance 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts</p>	<p>7</p> <p>CHICKEN & STUFFING</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p>	<p>8</p> <p>HAMBURGER</p> <p>9:15 Tai Chi 10:00 Line Dance 12:30 Crochet group</p>
<p>12</p> <p>STUFFED CABBAGE</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p>13</p> <p>CHICKEN</p> <p>9:00 Line Dance 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts</p>	<p>14</p> <p>MACARONI & CHEESE</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p>	<p>15</p> <p>MEATLOAF</p> <p>9:15 Tai Chi 10:00 Line Dance 11:00 Jeopardy</p>
<p>19</p> <p>CENTER CLOSED Martin Luther King, Jr. Day</p>	<p>20</p> <p>SWEDISH MEATBALLS</p> <p>9:00 Line Dance 10:00 Bible Study 10:00 BP Screening 12:30 Crafts</p>	<p>21</p> <p>CHICKEN SALAD</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p>	<p>22</p> <p>HAM</p> <p>9:15 Tai Chi 10:00 Line Dance 11:00 Family Feud 12:30 Crochet group</p>
<p>26</p> <p>BAKED POTATO & CHICKEN TORTELLINI SOUP</p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p>27</p> <p>BEEF STEW</p> <p>9:00 Line Dance 10:00 Bible Study 11:00 Speaker 12:30 Crafts</p>	<p>28</p> <p>SALISBURY STEAK</p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo</p>	<p>29</p> <p>CHICKEN CORDON BLEU</p> <p>9:15 Tai Chi 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.