

# 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



## March 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 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.

### MARCH BIRTHDAYS

20th Cathy Anthonly  
21st Nancy Franczkowski  
24th Steve Zielinski  
29th Kay Birch  
30th Rich Durning



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

### 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.



## OLDER AMERICAN'S MONTH

May is Older American's month and we want to celebrate with you! There will be different things going on, and most will be announced at a later date, so make sure you pay attention to the schedule for that day!

We are also taking this opportunity to update your information that we keep on file. Everyone that completes this task will be put in for a drawing.

**GUESSING GAME** We are asking for older pictures of yourself. Please write your name on the back of your pictures and put it in an envelope and bring it into the office.

**SILLY OUTFIT DAY** We are hoping that you will have fun dressing in mismatched clothes or just plain silly.

**MORE SURPRISES PLANNED!**

## FREE TABLE RULES

Our free table is the opportunity to offer items that you no longer use that another person would appreciate. If you bring items in please keep this in mind.

- All items must be clean, with no chips or cracks.
- Medications will **NOT** be accepted.
- Less than five items can be brought in at a time.
- Bring it in early in the week and if it is still on the table later in the week please take it back home.

## 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](http://www.gecac.org)

PA AGING WEBSITE: [www.aging.pa.gov](http://www.aging.pa.gov)



## IRISH BLESSING

"May God grant you always. . .

A sunbeam to warm you, a  
moonbeam to charm you, a  
sheltering Angel so nothing  
can harm you.

Laughter to cheer you.

Faithful friends near you.

And whenever you pray,

Heaven to hear you"





# GECAC's Medicare Minute

## Prevent Health Problems Before They Happen

Your health is important. You can stay healthy by visiting your health care provider regularly for preventive services.

Preventive services can keep you from getting sick and find health problems early. If you have Medicare, you can get many of these services for free. Anyone with Medicare can use them, and there is no need to sign up or apply.

### To help you stay healthy, Medicare covers many preventive services such as:

- Yearly "Wellness" check-ups
- Vaccinations for the flu, shingles, and COVID-19
- Screenings for cancer, diabetes, heart disease, and HIV
- Counseling to help you quit smoking
- Training on how to manage diabetes
- And more!

Our local team members can answer your questions about preventive services and how to use them. We can also provide information on other ways you can use your Medicare benefits. Our services are always free

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.

## 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

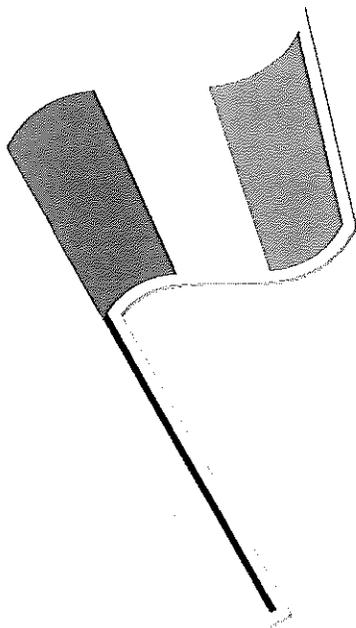


Ray Maholtz,  
AAA Division Manager

# Saint Patrick's Day

## March 17th

DIRECTIONS:  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.



BLARNEY

GOLD

LUCK

CHARM

GREEN

MARCH

CLOVER

IRELAND

PARADE

DANCE

ISLE

RAINBOW

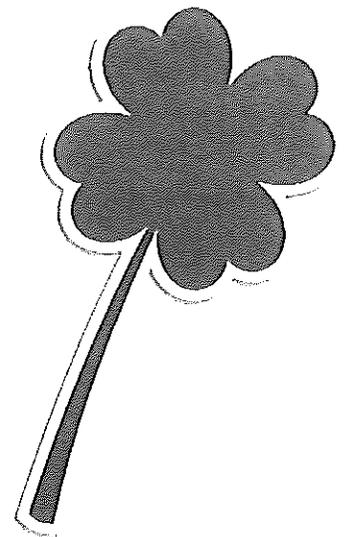
DUBLIN

LEPRECHAUN

SHAMROCK

EMERALD

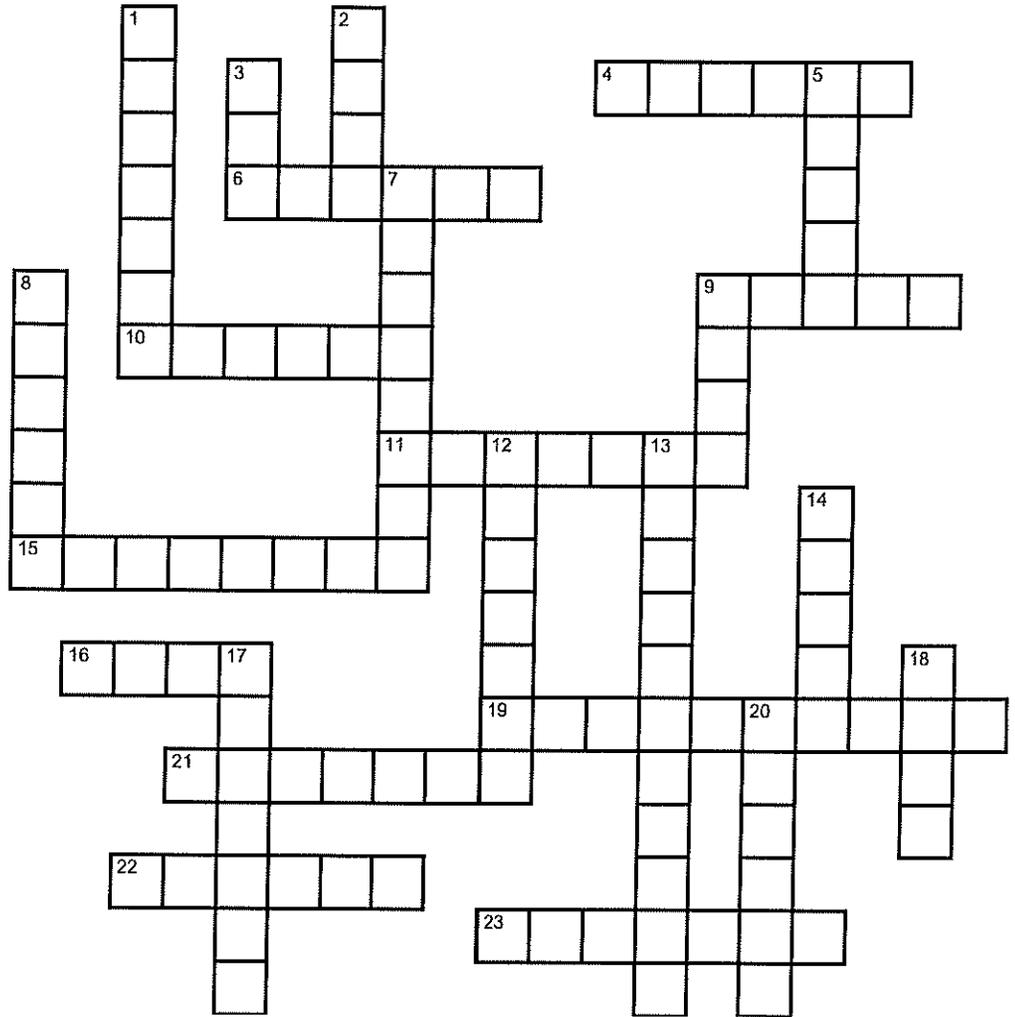
LIMERICK



# Saint Patrick's Day

## ACROSS

- 4. Historically important vegetable in Ireland.
- 6. Native language of Ireland.
- 9. What color are the hills of Ireland?
- 10. The Irish flag is green, white and . . .
- 11. St. Patrick is the patron saint of which country?
- 15. Used by St. Patrick to represent the Christian Holy Trinity.
- 16. Number of leaves on a lucky piece of clover.
- 19. A trickster with a pot of gold.
- 21. If you don't wear green on March 17th, you might get . . .
- 22. Capital city of Ireland.
- 23. Saint Patrick's birthplace.



## DOWN

- 1. This city dyes its river green to celebrate St. Patrick's Day.
- 2. Color originally associated with St. Patrick's Day.
- 3. Name for the leprechaun's dance.
- 5. Number of leaves on a shamrock.
- 7. A funny poem with five lines.

8. According to legend, St. Patrick chased these out of Ireland.

9. It is the pot at the end of a rainbow.

12. Ireland nickname: The \_\_\_\_ Isle.

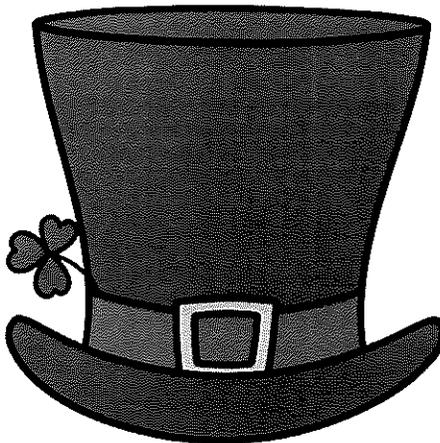
13. Saint Patrick's Cathedral location.

14. Month in which we celebrate Saint Patrick's Day.

17. Arch of colors in the sky.

18. Good fortune.

20. Ancient culture of Ireland.





# MARCH 2026



## Menu & Activities

Monday	Tuesday	Wednesday	Thursday
 <p><b>Sunday, March 8th</b></p>	<p>Lunch is served at 11:45.</p> <p>The menu is subject to change, thank you for understanding.</p>		
<p><b>2</b></p> <p><b>STUFFED PEPPER</b></p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p><b>3</b></p> <p><b>CHICKEN SALAD SANDWICH</b></p> <p>9:00 Line Dance 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts</p>	<p><b>4</b></p> <p><b>SWEDISH MEATBALLS</b></p> <p>9:00 Fitness 9:30 Poker 11:00 Speaker 12:30 Bingo <b>TAXES</b></p>	<p><b>5</b></p> <p><b>HAM</b></p> <p>9:15 Tai Chi 10:00 Line Dance 12:30 Crochet group <b>TAXES</b></p>
<p><b>9</b></p> <p><b>CHICKEN &amp; BISCUIT</b></p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p><b>10</b></p> <p><b>BEEF STEW</b></p> <p>9:00 Line Dance 11:00 AEA Exercise</p>	<p><b>11</b></p> <p><b>MEATLOAF</b></p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo <b>TAXES</b></p>	<p><b>12</b></p> <p><b>CHICKEN CORDON BLEU</b></p> <p>9:15 Tai Chi 10:00 Line Dance 11:00 Trivia <b>TAXES</b></p>
<p><b>16</b></p> <p><b>SPANISH RICE</b></p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p><b>17</b></p> <p><b>SAUSAGE SUB</b></p> <p>9:00 Line Dance 10:00 BP Screening 11:00 AEA Exercise 12:30 Crafts </p>	<p><b>18</b></p> <p><b>FISH</b></p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo <b>TAXES</b></p>	<p><b>19</b></p> <p><b>STUFFED CABBAGE</b></p> <p>9:15 Tai Chi 10:00 Line Dance 11:00 Family Feud 12:30 Crochet group <b>TAXES</b></p>
<p><b>23</b></p> <p><b>SPAGHETTIE &amp; MEATBALL</b></p> <p>9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo</p>	<p><b>24</b></p> <p><b>BBQ CHICKEN</b></p> <p>9:00 Line Dance 11:00 AEA Exercise 12:30 Crafts</p>	<p><b>25</b></p> <p><b>SHEPHERDS PIE</b></p> <p>9:00 Fitness 9:30 Poker 12:30 Bingo <b>TAXES</b></p>	<p><b>26</b></p> <p><b>CHICKEN STUFFED SHELLS</b></p> <p>9:15 Tai Chi 10:00 Line Dance <b>TAXES</b></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!