

# 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



## May 2026 Newsletter

### OLDER AMERICAN'S MONTH

It is Older American's month and we want to celebrate with you! This year's theme is **Champion Your Health!** As you know, socialization, nutrition and exercise are very important in maintaining your wellness. Please join us in a variety of classes that we offer here at the center. There is a class for everyone from walking, low impact fitness class to chair exercises and Tai Chi. Join us anytime, we would love to have you!

There will be different things going on during the month, such as;

- 1st Safe Driving class
- 7th Pizza Day
- 11th Hawaiian day
- 19th Mismatch your clothes day
- 20th Last day to submit your guess for the picture matching.
- 25th Center Closed—Memorial Day
- 27th Party Day with DJ Mark Morris

We will have daily drawings at lunch time.

Come and join us!

### HAPPY BIRTHDAY

- 8th Mary Kightlinger
- 14th Chuck Blakeslee
- 28th Janet Keiper
- 30th Phid Webb
- 30th Elaine Morton



### HAPPY ANNIVERSARY

- 4th Noah & Dorothy Shrock

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

May is here —

Blooming with the full splendor of spring and radiating an uplifting energy that encourages us to relish every blossoming tree and bright, sunny day! It's a month of colorful renewal, continued growth, and the heartwarming promise of sunny days ahead.



# HAPPY OLDER AMERICAN'S MONTH!



## 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.



## 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)

## FARMER'S MARKET

### NUTRITION PROGRAM

Vouchers will be on their way soon!

More information to come!



## Urgent Need

“Through our Meals on Wheels Program, volunteers deliver nutritious, home-cooked meals to seniors across Erie County—many of whom live alone, face food insecurity, or struggle with social isolation. Erie County has ten food deserts, seven in the City of Erie, leaving over 22,000 residents without easy access to healthy food. Additionally, 37% of seniors live alone, increasing their risk for malnutrition, health complications and loneliness. Volunteering with GECAC, you do more than deliver a meal—you provide a daily visit, a warm smile, and a watchful eye that can detect early health risks, prevent hospitalizations, and improve overall well-being. Last year alone, our volunteers delivered 25,889 meals, served 130 seniors, and contributed over 1,750 hours of service—touching lives in ways that extend far beyond nutrition.”

This is a great way to serve your community or a neighboring community. If you are interested, please contact Kyle Hagstrom at 814-459-4581 ext. 457 or Damali Donovan at 814-459-4581 ext. 481.



# MAY 2026

## Menu & Activities

Monday	Tuesday	Wednesday	Thursday
<b>4</b> <b>MEATBALL SUB</b> 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	<b>5</b> <b>TACO SALAD</b> 9:00 Line Dance 11:00 AEA Exercise 12:30 Crafts	<b>6</b> <b>GOULASH</b> 9:00 Fitness 9:30 Poker 12:30 Bingo	<b>7</b> <b>PIZZA</b> 9:15 Tai Chi 10:00 Line Dance 11:00 Trivia
<b>11</b> <b>BBQ PORK</b> 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	<b>12</b> <b>RAVIOLI</b> 9:00 Line Dance 11:00 AEA Exercise 12:30 Crafts	<b>13</b> <b>CHICKEN &amp; STUFFING</b> 9:00 Fitness 9:30 Poker 11:00 <b>Speaker</b> Cooking w/Seasonings & Herbs 12:30 Bingo	<b>14</b> <b>FISH</b> 9:15 Tai Chi 10:00 Line Dance 12:30 Crochet group
<b>18</b> <b>STUFFED CABBAGE</b> 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	<b>19</b> <b>CHICKEN SANDWICH</b> 9:00 Line Dance 11:00 AEA Exercise 12:30 Crafts	<b>20</b> <b>MEATLOAF</b> 9:00 Fitness 9:30 Poker 12:30 Bingo	<b>21</b> <b>CHICKEN &amp; NOODLES</b> 9:15 Tai Chi 10:00 Line Dance 11:00 Family Feud
<b>25</b> <b>CENTER CLOSED</b>	<b>26</b> <b>CHICKEN SALAD</b> 9:00 Line Dance 10:00 Bible Study 10:00 BP Screening 11:00 Speaker "Jeopardy" 12:30 Crafts	<b>27</b> <b>OLDER AMERICAN'S MONTH PARTY</b>  With DJ Mark Morris	<b>28</b> <b>CHEESEBURGER</b> 9:15 Tai Chi 10:00 Line Dance 11:00 Family Feud 12:30 Crochet group
Lunch is served at <b>11:45.</b>  The menu is subject to change, thank you for understanding.	 		

# MAY 2026

## Celebrating Older American's Month

Monday	Tuesday	Wednesday	Thursday
4	5 <b>CINCO DeMAYO</b>  <b>TACO SALAD DAY</b>	6	7  <b>PIZZA DAY</b>
11  <b>DRESS HAWAIIAN</b>	12	13	14
18	19  <b>MISMATCH DAY</b>	20 Last day to submit your answers for the picture matching.  Winner will be named on party day!	21
25  <b>CENTER CLOSED</b>	26	27  <b>PARTY DAY With DJ "Mark Morris"</b>	28

Be sure you are signed into the Co-Pilot computer to be entered in for a daily drawing.

You can only win one time for the month. You must be present to win.

We will continue with our regular programming throughout the month.

**The 20th is the last day to get your guesses in for the guessing game.**