

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

September 2026 Newsletter

REAP PROGRAM



The REAP program helps us track how many times you visit the Senior Center.

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.

HAPPY BIRTHDAY

2nd Deb Reynolds
Jeanne Mancino
Kathy Henry
3rd Merv Troyer
5th Steve Daley
11th Dorothy Rhodes
13th Laura Daszynicz
14th Margaret Crocker
16th Jill Tonelli
22nd Valerie Downor
24th Susan Nelson
27th Gayle Amann
29th Monica Stowe
30th Anna Gruber
Shirley Seidler



HAPPY ANNIVERSARY

1st Margay & Gary Webb

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

UPCOMING PARTIES

Harvest Fest—Join us on Wednesday, October 14th, as we welcome in Fall.

Thanksgiving Party—We will be celebrating Thanksgiving on Tuesday, November 10th, with entertainment by DJ Mark Morris. Reservations are due no later than, Thursday, October 29th.

Christmas Party—We will be celebrating Christmas on Wednesday, December 9th. Entertainment by Bill Beggs Band. Reservations due Dec. 1st.

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!

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 aware that our dedicated teams, 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.



SEPTEMBER 2026

Menu & Activities

Monday	Tuesday	Wednesday	Thursday
MENU IS SUBJECT TO CHANGE THANK YOU FOR UNDERSTANDING	1 STUFFED PEPPERS 9:00 Line Dance 10:00 Tai Chi 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts	2 CENTER PICNIC	3 GOULASH 9:00 Line Dance 10:00 Tai Chi
7 CENTER CLOSED	8 MEATBALL SUB 9:00 Line Dance 10:00 Tai Chi 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts	9 CHICKEN SALAD 9:00 Fitness 9:30 Poker 12:30 Bingo	10 SWEDISH MEATBALLS 9:00 Line Dance 10:00 Tai Chi 11:00 Trivia
14 SPAGHETTI 9:00 Fitness 9:00 Putt Putt Golf 11:30 Bonanza Bingo 12:30 Bingo	15 CHICKEN & BISCUIT 9:00 Line Dance 10:00 Tai Chi 10:00 Bible Study 10:00 BP Screening 11:00 AEA Exercise 12:30 Crafts	16 SALISBURY STEAK 9:00 Fitness 9:30 Poker 12:30 Bingo	17 CHICKEN CORDON BLEU 9:00 Line Dance 10:00 Tai Chi
21 TUNA SALAD 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	22 BREAKFAST QUICHE 9:00 Line Dance 10:00 Tai Chi 10:00 Bible Study 11:00 AEA Exercise 11:00 Life Speaker 12:30 Crafts FLU SHOTS 9-11:30	23 SAUSAGE SUB 9:00 Fitness 9:30 Poker 12:30 Bingo	24 OX ROAST 9:00 Line Dance 10:00 Tai Chi 11:00 Family Feud
28 FRENCH TOAST BAKE 9:00 Fitness 11:30 Bonanza Bingo 12:30 Bingo	29 CHICKEN & NOODLES 9:00 Line Dance 10:00 Tai Chi 10:00 Bible Study 11:00 AEA Exercise 12:30 Crafts	30 TACO SALAD 9:00 Fitness 9:30 Poker 12:30 Bingo	1 HOT TURKEY 9:00 Line Dance 10:00 Tai Chi



MEDICARE MINUTE:

Medicare Advantage and Part D Marketing Rules.

Keep in mind that insurance companies selling Medicare private plans must follow certain rules when promoting their products. These rules are meant to prevent plans from presenting misleading information about a plan's costs or benefits, also known as marketing violations.

There are things that agents cannot do.

1. call you if you did not give them permission to do so
2. Visit you in your home, nursing home, or other place of residence without your invitation
3. Provide gifts or prizes worth more than \$15 to encourage you to enroll Gifts or prizes worth more than \$15 must be made available to the general public, not just people with Medicare.
4. Disregard federal and state consumer protection laws for telemarketing, the Nation Do-Not-Call registry, or do-no-call-again request
5. Imply that they are calling on behalf of Medicare

Information provided from medicarewatch@medicarerights.org