

GECAC Senior Centers are more than just a place for seniors 60 and better to visit; they're a vibrant part of your community



Meals, fitness classes, health speakers

Parties, bingo, cards, games, classes

Volunteering, enjoy other seniors' company



Program Spotlights

The Arthritis Foundation Exercise classes helps seniors increase strength, balance, range of motion and endurance.

Healthy Steps for Older Adults workshops educate seniors on how to lower their risk for falls.

The Arthritis Foundation Walk With Ease classes help improve balance, endurance, strength, and overall wellness.

CALL TO LEARN MORE

GECAC Senior Centers:

Corry	25 S. First Ave.	Corry	814-664-2477
Erie West	1210 West 8th St.	Erie	814-451-5634
North East	50 E. Main St.	North East	814-725-5195
Northwestern	9 Acadmey St.	Albion	814-756-5373
Tri-Boro	7555 W. Ridge Rd.	Fairview	814-474-2211
Union City	27 Johnson St.	Union City	814-438-2146