

GECAC Erie West Senior Center
1210 West 8th Street, 16502 * 814-451-5634

Lisa Reynolds, Center Director
Maureen Trott, Center Assistant

January 2025 Newsletter

GECAC SENIOR HELPLINE: If you are in need of In-home Services, Meals on Wheels, Older Adult Protective Services, Support for Caregivers, or PA-MEDI, CALL (814) 459-4581 ext. 400.

Event Highlights and Reminders

Our **Center** will be **closed on Wednesday, Jan. 1st** in celebration of the New Year.

Entertainment: Todd Morton will return on **Tuesday, Jan. 21st at 10:30 A.M.** He is a talented singer and guitarist, who performs an array of songs you're sure to love.

Our **January birthdays** will be celebrated on **Tuesday, Jan. 28th**. We will serve a birthday treat & members with birthdays in January will receive a coupon for a free lunch or bingo. The **Center meeting** will take place the same day at 11:30 a.m.

Yellow Dot Event: Penndot and the LIFT will be here on Jan. 22nd at 10:00 A.M. They will be here to tell you about programs they offer and answer any questions you may have.

Speaker: Thursday, Jan 30th at 10:30 A.M.

Monica, a PA-Medi Volunteer will give a presentation titled, **Medicare Fraud Patrol**.



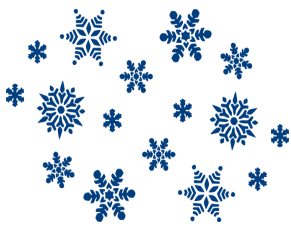
WHITE NOISE
In all the world
There's nothing like
The sound of falling snow—
The only noise
I've ever known
That makes the clocks move slow
The only sound
That sweeps away
The din of city streets;
And wraps around,
In soft embrace,
Most everyone it meets;
A sound that's not
A sound at all—
A quiet, soft and dear,
That comforts all
The sleepy souls
Who sit, and watch, and hear.
By Don DeLillo

I LOVE SNOW...
especially when it's through a window...
and I am wrapped in a cozy blanket...
sipping hot cocoa... Oh, ...with Marshmallows!



Pennsylvania Department of Aging

The GECAC Erie West Senior Center, operated by the Greater Erie Community Action Committee (GECAC, Area Agency on Aging, is funded in part by the PA Department of Aging.



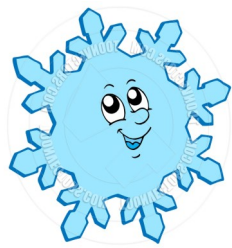
JANUARY 2025

ERIE WEST SENIOR CENTER

1210 W. 8th St., Erie Phone: (814) 451-5634
Hours: Tuesday-Friday 9:00 a.m. to 3:00 p.m.





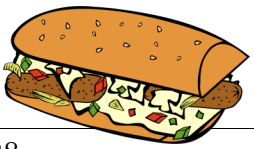



Mon	Tue	Wed	Thu	Fri
<p><u>MUST PURCHASE BINGO CARDS BY 11:00 AM TUES & THUR</u></p>	<p>Dec 31 CENTER CLOSED</p> <p style="text-align: center;">HAPPY★NEW★YEAR</p>	<p>1 CENTER CLOSED</p>	<p>2 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>3 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>6 <u>CENTER CLOSED</u></p>	<p>7 TAI CHI: 9:30 A.M. LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>8 ARTHRITIS EXERCISE 1030 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>9 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p> 	<p>10 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>13 <u>CENTER CLOSED</u></p>	<p>14 TAI CHI: 9:30 A.M. LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS</p>  <p>TAI CHI EXERCISES</p>	<p>15 ARTHRITIS EXERCISE 1030 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>16 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>17 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M.</p> 
<p>20 <u>CENTER CLOSED</u></p>	<p>21 TAI CHI: 9:30 A.M. ENTERTAINMENT TODD MORTON AT 10:30 A.M. LUNCH: 11:30 A.M. BINGO: 12:15 P.M.</p> 	<p>22 PENNDOT & LIFT EVENT 10:00 A.M. ARTHRITIS EXERCISE 1030 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS</p>	<p>23 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>24 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>27 <u>CENTER CLOSED</u></p>	<p>28 TAI CHI: 9:30 A.M. BIRTHDAY PARTY CENTER MEETING LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p> 	<p>29 ARTHRITIS EXERCISE 1030 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>30 SPEAKER: MEDICARE FRAUD PATROL AT 10:30 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p> 	<p>31 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>



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Mon	Tue	Wed	Thu	Fri
<p><i>Lunch served at 11:30 am</i> <i>Suggested meal donation \$2.00</i> <i>*Reservations required*</i></p>	<p>DEC 31 CENTER CLOSED </p>	<p>1 CENTER CLOSED </p>	<p>2 CHICKEN NOODLE CASSEROLE CALI MIX VEG DINNER ROLL JELLO CUP</p>	<p>3 STUFF PEPPER BROWN RICE TOSS SALAD RYE BREAD VAN ICE CREAM</p>
<p>6 CENTER CLOSED</p>	<p>7 CHICKEN SALAD PITA LETTUCE & TOM BROCCOLI SOUP PINEAPPLE CUP</p>	<p>8 SWEDISH MEATBALLS EGG NOODLES PEAS CHOC ICE CREAM</p>	<p>9 HAM SLICE BROCCOLI DICED POTATOES VAN ILLA PUDDING</p>	<p>10 MEATBALL SUB SPINACH SALAD </p>
<p>13 CENTER CLOSED</p>	<p>14 BEEF STEW SWEET POTATOES WAX BEANS CORN MUFFIN ORANGE CUP</p>	<p>15 SALISBURY STEAK DICED POTATOES GREEN PEAS CHOC PUDDING</p>	<p>16 CHIKN CORDON BLEU BROCCOLI SUGAR COOKIE </p>	<p>17 BEEF RAVIOLI TOSSED SALAD ITAL BREAD APPLESAUCE</p>
<p>20 CENTER CLOSED</p>	<p>21 SAUSAGE SUB PEPPERS & ONIONS PORK & BEANS </p>	<p>22 OX ROAST SANDWICH COLE SLAW CALI VEGGIES JELLO CUP</p>	<p>23 STUFFED CABBAGE MASH POTATOES MIXED VEGGIES PEACH CUP</p>	<p>24 TUNA SALAD SANDWICH ON ITAL BREAD LETTUCE & TOM BABY CARROTS PINEAPPLE CUP</p>
<p>27 CENTER CLOSED</p>	<p>28 GRILLED CHIC BREAST HASH BROWNS BABY CARROTS PEACH CUP & COOKIE</p>	<p>29 GOULASH TOSS SALAD ITAL BREAD CHOC PUDDING </p>	<p>30 CHICKEN FETTUCCINI CALIFORNIA MIX VEGETABLES DICED PEARS</p>	<p>31 HOT TURKEY GREEN PEAS DICED POTATOES DINNER ROLL VANILLA PUDDING</p>