

GECAC Erie West Senior Center
1210 West 8th Street, 16502 * 814-451-5634
March 2025 Newsletter

Dr. Ben Wilson, GECAC CEO
Ray Maholtz, GECAC Director Erie County Area Agency on Aging

Lisa Reynolds, Center Director
Maureen Trott, Center Assistant

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

Event Highlights and Reminders

- **Ray Maholtz, the Director of the Erie County Area Agency on Aging, will speak at a TOWNHALL meeting at our Center on Tuesday, March 25th at 10:00 a.m.**
- **Trivia with Oak St Health at 10:30 a.m. on Thursday, March 6th.**
- **Speaker—Adagio Health will be at the Center on Tuesday, March 11th at 10:30 am. The topic will be **Reach your goals step by step.****
- **Dave of Rep. Patrick Harkins office will be helping us with Property tax and Rent rebates. He will be at our Center **Tuesday (mornings), March 4th and 11th.** Remember to **bring proof of age, proof of income and proof of property taxes or rent paid.** For homeowners: This should be submitted in the form of receipted tax bills for the year being claimed. For renters: This can be a rent certificate completed by your landlord or their authorized agent, or if your landlord's signature cannot be obtained, a rent certificate with the affidavit notarized.**
- **"Bigi linn le haghaidh coisir La Fheile Padraig"! (translated from Irish to English) **"Join us for a Saint Patrick's day party"**! Get ready to do an Irish jig on **Thursday, March 13th** with **Peaceful Easy Feeling** The music will begin at **10:30 a.m.** Wear your **GREEN** cuz everyone's a wee bit Irish on St. Paddy's day!**
- The music continues on **Tuesday, March 18th** at 10:30 a.m. with **Kurt Novakowski** performing his tribute to **Elvis Presley.**
- Join the **NAMI art class** on **Thursday, March 20th at 10:00 a.m.** in our craft room. There is No fee. Craft: TBA
- Our **Center birthday party**, celebrating our members who were born in the month of March, will be on **Tuesday, March 25th.** Enjoy a slice of cake in honor of their special day!
- Play the **PRICE IS RIGHT GAME** with the **MANORS** on **Thursday, March 27th** at 10:30 a.m.

Tai Chi classes are held **every Tuesday at 9:30 am (at no cost).** If you would like to improve your balance, this class is for you! Tai Chi is known for its slow, intentional movements. This popular form of gentle exercise and moving meditation, benefits your mental and physical health. Ed Matthews—instructor.



An Irish Prayer:
 May God give you, for every storm, a rainbow,
 For every tear, a smile,
 For every care, a promise,
 And a blessing in each trial.
 For every problem life sends, A faithful friend to share,
 For every sigh, a sweet song,
 And an answer for each prayer.

How do your contributions and fundraised dollars help our Center?
 Meal Contributions help to off-set the cost of meals. On average the actual cost of a meal is over \$5.00. They help to maintain the building and maintain or replace needed equipment. Fundraising dollars and donations help to pay for parties, entertainment, snacks, and more. They also help to pay programming opportunities like exercise, craft classes, computer usage, and more. These dollars are vital to maintain our daily operations. While contributions and donations are voluntary; please continue to support our Center by whatever means you can. Our Centers and their services mean so much to so many, and your support goes a long way towards helping us offer programming and services.



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.






MARCH 2025

GECAC 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>CENTER</u> <u>CLOSED</u></p> <p><u>MUST PURCHASE</u> <u>Bingo by 11:00 AM</u></p>	<p>4 TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM BILLIARDS COMPUTER PUZZLES</p>	<p>5 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>6 TRIVIA—Oak St Health @ 10:30 am LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>7 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>10</p> <p><u>CENTER</u> <u>CLOSED</u></p>	<p>11 TAI CHI: 9:30 AM Property Tax/Rent Rebate help in the A.M. SPEAKER ADAGIO 10:30 AM –Reach your goals step by step LUNCH: 11:30 AM BINGO: 12:15 PM</p>	<p>12 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	 <p>Entertainment: 10:30 Peaceful Easy Feeling LUNCH: 11:30 A.M. BINGO: 12:15 P.M.</p>	<p>14 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>17</p> <p><u>CENTER</u> <u>CLOSED</u></p> 	<p>18 TAI CHI: 9:30 AM Entertainment- 10:30 a.m. ELVIS LUNCH: 11:30 AM BINGO: 12:15 PM BILLIARDS COMPUTER PUZZLES</p> 	<p>19 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>20 NAMI CRAFT 10:00 AM LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>21 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>24</p> <p><u>CENTER</u> <u>CLOSED</u></p>	<p>25 <u>TOWNHALL MEETING</u> @ 10:00 AM BIRTHDAY PARTY CENTER MEETING TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM</p>	<p>26 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>27 PRICE IS RIGHT GAME WITH THE MANORS @ 10:30 AM LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>28 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>
<p>31</p> <p><u>CENTER</u> <u>CLOSED</u></p>	<p>APRIL 1 SPEAKER: ADAGIO @ 10:30 AM CHALLENGES & SOLUTIONS TAI CHI: 9:30 AM LUNCH: 11:30 AM BINGO: 12:15 PM COMPUTER</p>	<p>APRIL 2 ARTHRITIS EXERCISE 10:30 AM CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>	<p>APRIL 3 LUNCH: 11:30 A.M. BINGO: 12:15 P.M. BILLIARDS COMPUTER PUZZLES</p>	<p>APRIL 4 CARDS: PINOCHLE & 500 LUNCH: 11:30 A.M. BILLIARDS COMPUTER PUZZLES</p>



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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><i>Lunch served at 11:30 am Suggested meal donation \$2.00 *Reservations required*</i></p>	<p style="text-align: center;">4</p> <p style="text-align: center;">SAUSAGE SUB ONIONS & PEPRS BAKED BEANS</p> <div style="text-align: center;"></div>	<p style="text-align: center;">5</p> <p style="text-align: center;">OX ROAST KAISER ROLL COLESLAW CALI MIX VEG JELLO</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">STUFF CABBAGE MASH POTATOES MIX VEG RYE BREAD PEACH CUP</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">TUNA SALAD ITALIAN BREAD LETTUCE TOMATO BABY CARROTS PINEAPPLE CUP</p>
<p>10 <i>CENTER CLOSED reservations for meals are sent to the GECAC kitchen 2 weeks in advance.</i></p>	<p style="text-align: center;">11</p> <p style="text-align: center;">CHIKN BREAST HASH BROWNS BABY CARROTS RYE BREAD ORANGE CUP PB COOKIE</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">GOULASH TOSS SALAD TOMATOES CHOC PUDDING</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">CHICKEN FETTUCCHINE CALI MIX VEG PEAR CUP</p> <div style="text-align: center;"></div>	<p style="text-align: center;">14</p> <p style="text-align: center;">TURKEY SLICE GREEN PEAS DICED POTATOES DINNER ROLL VANILLA PUDDING</p>
<p>17 <i>CENTER CLOSED</i></p> <div style="text-align: center;"></div>	<p style="text-align: center;">18</p> <p style="text-align: center;">PORK ROAST SCAL POTATOES ITALIAN STYLE ZUCCHINI RYE BREAD PINEAPPLE CUP</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">STUF CHIKN BRST MIX VEG MASH SWEET POTATOES WHEAT BREAD FRESH FRUIT CUP</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">CHEESEBURGER POTATO WEDGES APPLESAUCE</p> <div style="text-align: center;"></div>	<p style="text-align: center;">21</p> <p style="text-align: center;">CHIKN ALA KING SM BISCUIT GREEN BEANS MIX FRUIT CUP</p>
<p>24 <i>CENTER CLOSED</i></p>	<p style="text-align: center;">25</p> <p style="text-align: center;">CHICKEN LEGS MAC & CHEESE BRUSSEL SPRTS WHEAT BREAD PEAR CUP</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">CTY FRD STEAK MASH POTATOES BROCCOLI APPLESAUCE</p> <div style="text-align: center;"></div>	<p style="text-align: center;">27</p> <p style="text-align: center;">CHIKN NOODLE CASSEROLE CALI MIX VEG DINNER ROLL JELLO</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">STUFFED PEPPER TOSS SALAD BROWN RICE RYE BREAD VAN ICE CREAM</p>
<p>31 <i>CENTER CLOSED</i></p>	<p style="text-align: center;">APRIL 1</p> <p style="text-align: center;">CHICKEN SALAD WHEAT PITA LETTUCE TOMATO BROCCOLI SOUP PINEAPPLE CUP</p>	<p style="text-align: center;">APRIL 2</p> <p style="text-align: center;">SWED MEATBALL EGG NOODLES PEAS CHOC ICE CREAM</p>	<p style="text-align: center;">APRIL 3</p> <p style="text-align: center;">HAM BROCCOLI DICED POTATOES RYE BREAD VAN PUDDING</p>	<p style="text-align: center;">APRIL 4</p> <p style="text-align: center;">MEATBALL SUB SPINACH SALAD WITH TOMATO</p> <div style="text-align: center;"></div>