

GECAC TRI-BORO SENIOR CENTER

7555 West Ridge Road, Fairview, PA 16415 – Phone: (814) 474-2211

Open Tuesday through Friday from 9:00am-3:00pm

Alex Celeski, Senior Center Director

Linda Reilly, Senior Center Assistant & VOLUNTEERS like YOU!

MARCH 2025

UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- Senior Meet Up at All Aboard Dinor on Monday March 10th at 11:15am! (Senior Discount: 10% off)
- ST PADDY'S PARTY on Thurs. March 20th
- Guest Speakers on "Heart Health" & "Fall Prevention"
- Board games, Wii Bowling, Tabletop Bowling & more!

MEAL DONATIONS

An **anonymous \$2.00 donation** is encouraged per visit (see Pages 2 & 3 for more details).

WHAT WE OFFER

- Affordable Lunch (4 Days Per Week)
- Arts & Crafts (Every Tuesday at 10:15am)
- Bingo (Wednesdays and Thursdays)
- Tai Chi (Every-Other Wednesday at 11:00am)
- Blood Pressure Screenings each month (see Page 4)
- Greenhouse (Year-round) & Farmers' Markets (Summer)
- Guest Speakers & Therapy Dogs (see Page 4's calendar)
- Parties & Senior Meet-Ups AROUND ERIE COUNTY!

Project ♥ Linus



"Providing Security Through Blankets"

Thank you to our volunteers making blankets and donating materials for **Project Linus**.

The GECAC Tri-Boro Sr. Center, Operated by Greater Erie Community Action Committee (GECAC), Area Agency On Aging, is funded in part by PA Department of Aging.

Dr. Ben D. Wilson, GECAC CEO
Ray Maholtz, Area Agency on Aging Division Mngr.



MONTHLY BOOK CLUB

March's Book: "The Removed" by Brandon Hobson

Join our Private Facebook Group!



SEARCH FOR AND REQUEST TO JOIN

"GECAC TRI-BORO SENIOR CENTER"

(be safe and ask for help, where needed).

HOW YOU CAN HELP

- Volunteer! (Ask us about our RSVP Program!)
- Cans of Soda (Diet, Regular, Zero Calorie)
- Snacks (Party-size bags or pre-packaged)
- Thank You Cards & Sympathy Cards
- New Batteries (AA, AAA, C, D, 9-Volt)
- Art Supplies for Crafts, Project Linus, or Yearbook

Monthly MEDICARE MINUTE and other HELPING SERVICES are on PAGE 2 →
Have questions about GECAC senior services? →



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**

All seniors (age 60 or older) living in any part of Erie County, PA may utilize this center's services.





UPCOMING EVENTS

Welcome to March, Tri-Boro Members!

This month we'll *Meet Up* at *All Aboard Dinor* for some delicious, local breakfast/lunch.

Our **St. Paddy's Party** is just around the corner too! We'll have a live Celtic music (guitar and fiddle) from Beggarman's Frolic, Reuben Sandwiches, Prize Bingo, & more! Tickets just \$10.00 per person due by Friday March 14th (party on Thurs. March 20th).

We'll also have **guest speakers** Jaime from *AmeriHealth Caritas* on "Heart Health", Tina from *Help At Home* on "Fall Prevention", & MUCH MORE! (See Page 4 for dates/times)

How do your donations and fundraising dollars help our center?

Meal Donations ("FOOD" bin at sign-in station) help to offset the cost of meals. On average, the actual cost of the meal is over \$5.00. Meal donations also help to maintain kitchen appliances and other emergency repair costs. All donations of any kind are greatly appreciated.

Booster Donations / Fundraising Dollars ("FUN" bin at sign-in station) help to pay for parties, snacks, entertainment, Tai Chi classes, guided meditation sessions, and more. They also help to pay for various programming opportunities and related expenses.

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. Our Senior Centers and their services mean so much to so many seniors. Your support goes a long way towards helping your Center continue to offer programming and services.



LUNCH INFO

LUNCH IS SERVED @ 12:00pm/NOON

FOR SENIORS 60 YRS & OLDER.

A \$2.00 DONATION IS ENCOURAGED.

PLEASE SIGN UP FOR MEALS

TWO WEEKS IN ADVANCE.

*HOLIDAY PARTIES REQUIRE

PRE-PAID TICKETS*

Tuesdays:

ART with KERRY @ 10:15am

Wednesdays:

TAI CHI @ 11:00 (alternating)

BINGO @ 11:30am (11:15 cutoff)

Thursdays:

Prize & Shine @ 9:30am

Arthritis Exercise @ 10:30am

Magic BINGO ASAP after lunch



THE MEDICARE MINUTE

Are you planning on starting Medicare this year? Here is what you need to know. Once ready to start Original Medicare with parts A (hospital) and / or part B (Medical), you will have options on how you want to receive your coverage. With Original Medicare, Medicare pays 80% and you pay 20% of your health care costs. That 20% can get expensive considering the Out of Pocket costs of deductibles, co-pays, and co-insurance. While some Medicare recipients opt to have coverage from Original Medicare and prescription coverage, many recipients choose coverage from private insurance such as Advantage Plans, also known as Part C, or through Medicare Supplements, also known as Medigaps. Recipients must have parts A and B to enroll in these plans.

Advantage plans bundle parts A, B, and often part D, which is prescription coverage, into one plan. These plans can help lower your out of pocket costs. The cost for Advantage plans starts at \$0 a month with an average cost of \$17. Advantage Plans work within specific regions/networks, and many offer extra benefits that are not part of Original Medicare, for example, help with vision, hearing, dental, and Over the Counter expenses.

Another popular way Medicare recipients choose their coverage is through a Medicare Supplement, or Medigap. Medigap plans are standardized plans providing coverage anywhere in the US where Medicare is accepted. The cost of Medigaps in PA ranges, however the average cost is around \$150. Medigaps are designed to cover more of your Out of Pocket costs. Unlike many Advantage Plans that roll your Part D coverage into one bundled plan, Medigaps do not include Part D coverage, therefore recipients pick up a Stand-Alone Part D Prescription Plan. These plans also have a range in cost with an average monthly premium around \$41 (call [GECAC Senior Helpline](#) for appts).

SOME HELPING SERVICES IN ERIE COUNTY:

The EMTA Senior LIFT.....814-456-2299

Fairview Fire & Rescue.....814-474-5091

The Independent Council on Aging.....814-835-7485





TRI-DOKU

(Our monthly **Sudoku** game!):

6		2	5	4	1		8	9
				7				
			9	6				
9			1		4		7	
3	7		6	2	5	9	4	8
8	5		7				6	2
1						3	2	5
2			3	1			9	
4					7		1	

OUR GENERAL

PROGRAMMING HOURS

Our **general** programming hours are essentially hours without set-events or guest speakers. However, they are great hours for socializing over coffee with other seniors or utilizing our center's other features at your leisure!

These other features include:

- Computer & WiFi Internet Access
- Treadmill (**must** sign form)
- Shuffleboard & Tabletop Bowling
- Arts & Crafts (we have many crafting materials which are free to use any time outside of our scheduled crafts)
- Crocheting Blankets (This includes those donated to **Project Linus—stop inside for more details**).
- Play a tune on our Electric Organ!
- Board Games & Card Games
- A Selection of 300-Plus-Piece Puzzles
- **Greenhouse and/or Volunteer Work**

Sudoku Rules

- You can use only numbers from 1 to 9.
- Each 3×3 block can only contain numbers from 1 to 9.
- Each vertical column can only contain numbers from 1 to 9.
- Each horizontal row can only contain numbers from 1 to 9.
- Each number in the 3×3 block, vertical column or horizontal row can be used only once.
- The game is over when the whole Sudoku grid is correctly filled with numbers.

MONTHLY JOKE

Rest in peace, Boiling Water. You will be *MIST*.

BIRTHDAYS



- Ed Ostrowski—Fri. 3/14
- Ruth McCreary—Thurs. 3/20
- Sandy Rand—Wed. 3/26
- Denis Manross—Thurs. 3/27
- Herb Armes—Fri. 3/28
- Bill Sharrer—Mon. 3/31
- **Birthday Dessert w/ lunch on Tues. 3/25!**
(**Vanilla ice cream sundaes with optional Irish Mint Chocolate Cookie!**)

(\$) COFFEE PRICES & MORE (\$)

During all hours of operation, our center offers:

- **A FREE snack bag per-day** for each senior.
 - **Coffee** (regular or decaf) for 50 cents per cup.
 - **Soda** (diet, regular, or zero calorie) for \$1.00 per can.
 - **Styrofoam To-Go Boxes** for 25 cents. (must sign GECAC AAA Meal Agreement form prior)
 - **Bingo Daubers** for sale at \$1.00 each.
 - **Christmas-Cactus Seed Starters** at \$3.00 each.
- (ALL PROCEEDS GO TOWARDS FUN FUND)

TRI-BORO'S MARCH '25 LUNCH MENU & EVENTS

(Always Subject To Change ~ Check Local Weather Reports for Closures)

Senior Meet-Up at All Aboard Dinor!

Meet us there at 11:00am on Mon. 3-10-25
at 2203 Rice Ave, Lake City, PA 16423










Deal: 10% OFF (serving both breakfast & lunch)

ST. PADDY's PARTY on Thurs. 3-20-2025!



\$10.00 per person (due Fri. 3-14)

C L O S E D O N M O N D A Y S	Tue.	Wed.	Thurs.	Fri.	C L O S E D O N S A T & S U N
	4. Sausage Sub 9-10 Project Linus Crocheting 10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch 12:30-3 General Programming	5. Ox Roast Sandwich 9-11 General Programming 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 General Programming	6. Stuffed Cabbage 9:30 Prize & Shine 10-10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 Magic Numbers!) 1:30-3 General Programming	7. Tuna Salad 9-10:30 General Programming 10:30 Wii Bowling returns! (For real this time!) 12-12:30 Lunch 12:30-3 General Programming	
	11. Grilled Chicken Breast 9-10 Project Linus Crocheting 10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch 12:45 Speaker: Jaime w/ Ameri-Health Caritas "Heart Health" 	12. Goulash 9-11:30 General Programming 11:30 Bingo 12-12:30 Lunch 12:30-3 General Programming	13. Chicken Fettuccine Casserole 9:30 Prize & Shine 10-10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo 1:30-3 General Programming	14. Hot Turkey  (Last day to purchase ticket for St. Paddy's Party) 9-10 General Programming 10 Yahtzee (Board Game) 12-12:30 Lunch 12:45 Free BLOOD PRESSURE SCREENINGS with Linda 	
	18. Pork Roast 9-10 Project Linus Crocheting 10 Free Muffins from Christy w/ Niagara Village  10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch 12:30-3 General Programming	19. Stuffed Chicken Breast 9-11 General Programming 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 General Programming	20. ST. PADDY's PARTY Reuben Sandwiches! (Must buy ticket by Friday 3-14-25 to attend) 9 Free Coffee & Donuts 10-11 Live Music by Beggarman's Frolic  11:15 Prize Bingo 12-12:30 Lunch + Dessert (Irish Cream Cheesecake) 1:00 Lucky Leprechaun Raffle	21. Chicken Ala King 9-10 General Programming 10 Chickapig (Board Game) (Back by popular demand!) 12-12:30 Lunch 12:30-3 General Programming	
	25. Chicken Legs + Birthday Dessert (Ice Cream Sundaes)  9-10 Project Linus Crocheting 10:15-11:15 Arts-&Crafts w/ Kerry 12-12:30 Lunch 12:30-3 General Programming	26. Country Fried Steak 9-11:30 General Programming 11:30 Bingo 12-12:30 Lunch 12:30-3 General Programming	27. Chicken & Noodles 9:30 Prize & Shine 10-10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 Magic Numbers!) 1:30-3 General Programming	28. Stuffed Pepper (Soft Pretzels for Sale \$2.00/each)  9-10:30 General Programming 10:30 Tabletop Bowling on Shuffleboard Table 12-12:30 Lunch 12:30-3 General Programming	