

Academy Street Post

NORTHWESTERN SENIOR CENTER,
9 ACADEMY STREET, ALBION, PA 16401

814-756-5373



OUR HOURS

Hours of operation:

Mondays- Thursdays

9am- 3pm

Lunch is served at 11:30am daily

Suggested donation is \$2.00 for a meal





NWSC event highlights

Monday, January 13th

10:30am

Stroke Awareness

Kathi Iverson- Camp

EXERCISES EVERY TUESDAY

Every Tuesday at 10am we have exercise class with Charlyne. The exercises are gentle and consist of stretching to assist in movement and muscle strength. They can also be completed seated in a chair.



HOW DO OUR CONTRIBUTIONS AND FUNDRAISED DOLLARS HELP OUR CENTER?

MEAL CONTRIBUTIONS help to off- set the cost of meals. On average, the actual cost of the meal is over \$5. Meal Contributions also help maintain the building and maintain or replace needed equipment. These dollars are vital to maintaining the Center and its daily operations.

Fundraised Dollars and Donations help pay for parties, entertainment, snacks, and more. They also help pay for programming opportunities like exercise, craft classes, computer usage, and more. These dollars are vital to your programming options and enjoyment of the center.

While Contributions and donations are voluntary, 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.



Effective July 1, 2021, APPRISE is now Pennsylvania Medicare Education and Decision Insight, PA MEDI - Same Program, Same Services for Pennsylvania's Medicare Beneficiaries, now with a New Name.

Pennsylvania Medicare Education and Decision Insight (PA MEDI) offers free Medicare counseling to older Pennsylvanians. PA MEDI Counselors are specially trained to answer your questions and provide you with objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance.

PA MEDI Counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choice about the Medicare options available to you.

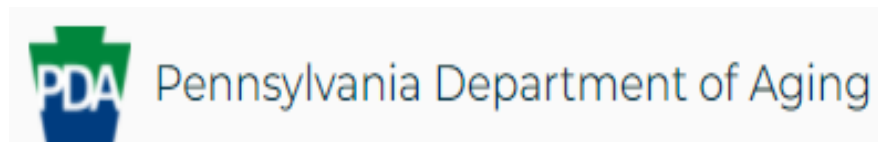
Contact Bridget Young, Director Northwestern Senior Center for additional information (814) 756- 5373.

AREA AGENCY ON AGING

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

Dr. Ben Wilson, GECAC CEO

Ray Maholtz, AAA Division Manager



Hours:

Mon-Thurs 9am-3pm



JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
		1 CLOSED 	2 12:00pm Wii Bowling	3 CLOSED	4/5
6 <i>10:30am Therapy dogs</i> 12:00pm Wii Bowling	7 <i>10 am Exercise</i> 1045am Bible study	8 10am Bingo	9 <i>10:30am Peaceful, Easy Feeling Musical entertainment</i> 12:00pm Wii Bowling	10 CLOSED	11/12
13 <i>1030am Stroke Awareness- Kathi</i> 12:00pm Wii Bowling	14 <i>10 am Exercise</i> 1045am Bible study	15 10am Bingo	16 12:00pm Wii Bowling	17 CLOSED	18/19 
20 CLOSED 	21 <i>10 am Exercise</i> 1045am Bible study	22 10am Bingo	23 <i>10:30am Mind Matters/ TBA</i> 12:00pm Wii Bowling	24 CLOSED	25/26
27 <i>10:30am Wheel of Fortune</i> 12:00pm Wii Bowling	28 <i>10 am Exercise</i> 1045am Bible study	29 10am Bingo	30 12:00pm Wii Bowling	31 CLOSED	

MENU SUBJECT TO CHANGEplease CALL 24 HOURS IN ADVANCE TO RESERVE A MEAL**
814.756.5373

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January 2025 MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			CLOSED	CHICKEN CASSEROLE GREEN BEANS FRUIT	CLOSED	CLOSED
5	6	7	8	9	10	11
CLOSED	TUNA MELT TOMATO SOUP FRUIT COOKIE	GOULASH TOSSED SALAD ITALIAN BREAD	CHICKEN AND BISCUITS VEGGIE DESSERT	BOILED DINNER FRUIT BREAD	CLOSED	CLOSED
12	13	14	15	16	17	18
CLOSED	SWEET AND SOUR MEATBALLS RICE FRUIT	OX ROAST SANDWICH POTATO WEDGES 3-BEAN SALAD	CHICKEN PARM CEASAR SALAD BREAD DESSERT	BAKED FISH BAKED POTATO VEGGIE	CLOSED	CLOSED
19	20	21	22	23	24	25
CLOSED	CLOSED MARTIN LUTHER KING DAY	CHICKEN SANDWICH TATER TOTS FRUIT DESSERT	CHILI AND CORN BREAD	SAUSAGE SUB BAKED BEANS ONIONS AND PEPPERS	CLOSED	CLOSED
26	27	28	29	30	31	
CLOSED	CHICKEN CORDON BLEU	SLOPPY JOES GREEN BEANS APPLE SAUCE	PANCAKES BACON EGGS FRUIT	HOT DOGS BAKED BEANS HOME-MADE MACARONI SALAD	SUGGESTED MEAL DONATION \$2.00	