

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!

FEBRUARY 2025

UPCOMING EVENTS

(see Pages 2 & 4 for more details) :

- MONDAY MEET-UP AT MP Coney Island Hot Dog on 2-24 at 11:15am (10% off each order + FREE Coffee)!
- FREE-ENTRY VALENTINE'S DAY EVENT with Kerry from Arts & Crafts, cookies, games, & more!
- A special visit from GECAC's CEO Dr. Ben Wilson!!!
- Blood Pressure Screenings, guest speakers & 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)
- Greenhouse (Year-round) & Farmers' Markets (Summer)
- Guest Speakers & Therapy Dogs (see Page 4's calendar)
- Holiday Parties & Lunch Meet-Ups Around Town



MONTHLY BOOK CLUB

February's Book: "Born a Crime" by Trevor Noah

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!)
- Invite your friends or neighbors (over age 60)
- 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

Project Linus



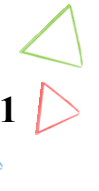
"Providing Security Through Blankets"

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.

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





UPCOMING EVENTS

Welcome to February, Tri-Boro Members!

This month we have a wide variety of guest speakers, another Monday Meet-up at MP Coney Island Hot Dog, a free-entry Valentines Day Event, and a very special visit from **new GECAC CEO**

Dr. Ben D. Wilson!!!

John Rainey will be here to discuss how to use our AED machine and share stories from emergency response, the Sight Center of NWPA will discuss Nutrition of the Eyes, **Jackie Spry** will give a **very special** presentation on Erie's Traffic Plan (Vision Zero), & **much MUCH more!**

(See calendar on PAGE 4 for dates/times)

How do our 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 and 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



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 Bingo @ 9:30am

Arthritis Exercise @ 10:30am

Magic Bingo ASAP after lunch



THE MEDICARE MINUTE

Medicare Advantage and Part D Marketing Rules.

Keep in mind that insurance companies selling Medicare private plans must follow certain rules when promoting their products. These rules are meant to prevent plans from presenting misleading information about a plan's costs or benefits, also known as marketing violations.

There are things that agents cannot do.

1. Call you if you did not give them permission to do so.
2. Visit you in your home, nursing home, or other place of residence without your invitation.
3. Provide gifts or prizes worth more than \$15 to encourage you to enroll. Gifts or prizes worth more than \$15 must be made available to the general public, not just people with Medicare.
4. Disregard federal and state consumer protection laws for telemarketing, the Nation Do-Not-Call registry, or do-no-call-again request.
5. Imply that they are calling on behalf of Medicare.

Information provided from
medicarewatch@medicarerights.org

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!):

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

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**

HOW TO PLAY

- 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

I'm writing a book about glue, but I'm stuck on the first chapter.

BIRTHDAYS



- Betty DeFelice—Wed. 2-19
- Char Eggleston—Thurs. 2-20
- **Birthday Dessert w/ lunch on Tuesday February 11th! (ice cream sundaes!)**

(\$ 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 FEB. '25 LUNCH MENU & EVENTS

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









Monday Meet-Up at MP Coney Island Hot Dog

at 6360 Sterrettania Rd, Fairview, PA 16415 (I-90 Exit 18)

MEAT us there at 11:15am on Mon. 2-24-2025!

They are offering **10% off + Free Coffee** to every Tri-Boro member!



	Tue.	Wed.	Thurs.	Fri.	
C L O S E D O N M O N D A Y S	<p>Reminder! Monday 2-3-25 MAKE-UP DATE for Main St Cakery Café @ 9:30am (must have bought tickets by end of day Fri. 1-31 to attend)</p> <p>4. Pork Roast 9-10 Project Linus Crocheting 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:45 The ABC's of AED's with John Rainey (Emergency Responder)</p> 	<p>5. Stuffed Chicken Breast</p> <p>9-11 General Program- ming 11-11:30 Tai Chi 11:30 Bingo 12-12:30 Lunch 12:30-3 General Pro- gramming</p>	<p>6. Hamburger</p> <p>9:30 Prize & Shine 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 Magic Numbers!) 1:30-3 General Program- ming</p>	<p>7. Chicken Ala King</p> <p>9-10:30 General Program- ming 10 CHICKAPIG (Board Game) <i>The infamous game of skill and thrill (and pigs) returns!</i> 12-12:30 Lunch 12:30-3 General Program- ming</p>	C L O S E D O N S A T & S U N
	<p>11. Chicken Legs + Birthday Ice Cream 9-10 Project Linus 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:45 Jackie Spry (w/ the <i>City of Erie</i>):</p>  <p>Vision Zero—Traffic Safety</p>	<p>12. Country Fried Steak</p> <p>9-11:30 General Pro- gramming 11:30 Bingo 12-12:30 Lunch 12:45 The Sight Center of NWPA: Nutrition of the Eyes</p> 	<p>13. Chicken & Noodles</p> <p>9:30 Prize & Shine 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo 1:30-3 General Program- ming</p>	<p>14. Taco Salad! 🍷❤️</p> <p>VALENTINES DAY EVENT!!!!!! 9 Cookies, Karaoke, & More! 10:15 Special Valentine's Craft with Kerry in Main Area 10:45 Worst Date Game 12-12:30 Lunch (Taco Salad!) 12:30-3 More Karaoke!</p>	
	<p>18. Chicken Salad w/ Pita</p> <p>9-10 Project Linus 10 Free Muffins from Christy w/ Niagara Village 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Gen. Prog.</p> 	<p>19. Swedish Meatballs</p> <p>9-10 Gen. Prog.  10-11 Visit from CEO Dr. Ben Wilson 11-11:30 Tai Chi 11:30 Bingo  12-12:30 Lunch 12:30-3 Gen. Prog.</p>	<p>20. Breaded Cod</p> <p>9:30 Prize & Shine 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo (3 Magic Numbers!) 1:30-3 Gen. Prog.</p>	<p>21. Meatball Sub (**Alex in meetings**) 9-10 General Programming 10:30 Wii Bowling on TV 12-12:30 Lunch 12:30-3 General Program- ming BLOOD PRESSURE SCREENINGS w/ LINDA</p> 	
	<p>24. Monday Meet-Up at Coney Island Hot Dog @ 11:15am !</p>  <p>25. Beef Stew 9-10 Project Linus 10:15-11:15 Arts-&-Crafts w/ Kerry 12-12:30 Lunch 12:30-3 Gen. Prog.</p>	<p>26. Salisbury Steak</p> <p>9-11:30 General Pro- gramming 11:30 Bingo 12-12:30 Lunch 12:30-3 General Pro- gramming</p>	<p>27. Chicken Cordon Bleu</p> <p>9:30 Prize & Shine 10:30 Arthritis Exercise 12-12:30 Lunch 12:30-1:30 Magic Bingo 1:30-3 General Program- ming</p>	<p>28. Beef Ravioli (Soft Pretzels for Sale \$2.00/each while supplies last) 9-10:30 Gen. Prog. 10:30 Tabletop Bowling on Shuffleboard 12-12:30 Lunch 12:30-3 General Program- ming</p> 