

September 2026

UPMC Health Plan Neighborhood Center | Erie

803 East Ave. | Erie, PA 16503

Monday through Friday 8:30 a.m. to 4:30 p.m.

814-871-6675 | upmchealthplan.com/neighborhoodcenter

Please attend our events! All are welcome.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	*IU5 ESL Class 9am - 11:30am	GED Prep Class 9am - 12pm Housing First Erie 9am - 10:30am	*IU5 ESL Class 9am - 11:30am *New Choices 1pm - 3:30pm	Retina Screenings 8:30am - 11:30am
7	8	9	10	11
Labor Day Neighborhood Center Closed	*IU5 ESL Class 9am - 11:30am Beginner Strength with Bands 1pm - 2pm	Games Galore 3:30 - 4:30pm Nursing School Info. Session 9am - 12pm	*IU5 ESL Class 9am - 11:30am *New Choices 1pm - 3:30pm	
14	15	16	17	18
GED Prep Class 9am - 12pm *Cancer Wellness Class 10am - 11am	*IU5 ESL Class 9am - 11:30am Mobile Banking 1pm - 2pm	GED Prep Class 9am - 12pm Housing First Erie 9am - 1:30pm	*IU5 ESL Class 9am - 11:30am *New Choices 1pm - 3:30pm	Retina Screenings 8:30am - 11:30am expERIENCE Children's Museum 3:30pm - 4:30pm
21	22	23	24	25
GED Prep Class 9am - 12pm	*IU5 ESL Class 9am - 11:30am Foster Grandparents 9am - 12pm Dementia Friends 1pm - 2pm	GED Prep Class 9am - 12pm Eating on a Budget 12:30m - 1:30pm	*IU5 ESL Class 9am - 11:30am *New Choices 1pm - 3:30pm	
28	29	30		
GED Prep Class 9am - 12pm *Cancer Wellness Class 1pm - 2pm Rental Basics 3pm - 5pm	*IU5 ESL Class 9am - 11:30am PA Property Tax and Rent Rebate 11am - 3pm	GED Prep Class 9am - 12pm Crime Victim Center Agency Overview 1:30pm - 3:30pm		

Calendar subject to change

***Pre-registration is required**

Workforce Development:

GED Prep Class - This class by GECAC helps Erie County residents earn a high school equivalency credential.

***IU5** - Provides English as a Second Language classes to help students who are learning English. Please see front desk to learn more about signing-up.

***New Choices Career Development** - This career program provided by GECAC helps you get ready for a job. You will learn how to look for work, do well in interviews, set goals, and feel confident so you can succeed.

Nursing School Info. Session - Information for Nursing school at the UPMC Jameson School of Nursing

Nutrition, Health, & Wellness:

Retina Screenings - Eye exams will be done by the Erie Retina Research team.

***Cancer Wellness Class** - This class by Erie Cancer Wellness Center helps people with cancer improve their balance. We will do easy exercises to make your core stronger so you can move safely.

Housing First Erie - The program by Safe Harbor Behavioral Health helps people who do not have a home apply for housing. It also supports them with their health and well-being. Housing First Erie uses a model called *Cultivating Health for Success* to help people stay healthy and keep their homes.

Eating on a Budget - Learn how to eat healthy without spending a lot of money. We will talk about simple ways to save money on food and enjoy a tasty recipe that is healthy and low-cost.

Senior Wellness Series: Programming every Tuesday from 1-2pm

Foster Grandparents - Learn more about this GECAC program and how becoming a member helps support children through one-on-one academic and behavioral assistance in schools.

Beginner Strength with Bands - Build strength, improve balance, and increase confidence with this beginner-friendly workout using resistance bands by the YMCA of Greater Erie.

Mobile Banking - Learn how to use mobile banking safely with PNC. This workshop will go over the good and bad parts of using mobile banking and compare it to going to the bank in person.

Dementia Friends - Learn what dementia is, how to communicate effectively with someone living with dementia, and learning about how to become a Dementia Friend with UPMC Community HealthChoices.

Supportive Resources:

Games Galore - Come hang out and play board games with Ms. Libby the librarian from the Erie County Public Library. Play a familiar game or maybe learn a new one!

expERIENCE Children's Mobile Museum - The Mobile Museum brings a fun museum experience to you. The expERIENCE Children's Museum team turns any place into a hands-on learning space with cool exhibits and activities.

Rental Basics - Basic information by GECAC about renting a home, learning how to spot unfair loans, and knowing your rights as a renter, including fire safety and housing rules.

PA Property Tax and Rent Rebate Program - The Department of Revenue's Property Tax/Rent Rebate program helps older adults and people with disabilities who are 18 or older get money back. Brought to you by Senator Dan Laughlin's office.

Crime Victim Center Agency Overview - Free and private help by the Crime Victim Center for people who have been hurt or harmed. Services include counseling, help with court, and programs that teach people how to stay safe and healthy.

All programs/events offered at the
Neighborhood Center come at
NO COST!