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Golden Connections Community Center
Formerly The Red Lion Area Senior Center
20 Gotham Place
Red Lion, PA 17356

RETURN SERVICE REQUESTED



Golden CONNECTIONS

20 Gotham Place
Red Lion, PA 17356
P:717.244.7229
www.gcccenter.com

Monthly Newsletter

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Upcoming Events for October

OCTOBER 5	CHAIR MASSAGE
OCTOBER 6	BLOOD PRESSURE CHECKS
OCTOBER 9	CENTER CLOSED/ COLUMBUS DAY
OCTOBER 11	OUTREACH PROGRAM
OCTOBER 11	SITAR GUITARIST
OCTOBER 12	VETERAN'S ASSISTANCE
OCTOBER 16	BOWLING TRIP
OCTOBER 17	CENTER CLOSED/ STAFF TRAINING DAY
OCTOBER 19	CHAIR MASSAGE
OCTOBER 19	"TEETH FOR HEALTH" W/ KARA KOLLER
OCTOBER 20	SOS MINI HEALTH FAIR
OCTOBER 23	HAIR/NAILS W/ MISSY
OCTOBER 28	LONGABERGER BASKET BINGO FUNDRAISER ~ SEE HEATHER GOEBELER FOR DETAILS
OCTOBER 30	BOWLING TRIP
OCTOBER 31	HALLOWEEN BASH !!!
OCTOBER 31	HALLOWEEN COSTUME CONTEST
OCTOBER 31	HALLOWEEN DANCE WITH DJ TOMMY



Fall is officially here! I may have touched on this briefly last month but I would like to reiterate the need to keep driveways and walkways clear of leaves and debris. I know that it may be difficult to keep up with the flow of leaves that will be falling but it could be hazardous to many of the volunteers who are attempting delivery.

We would like to welcome aboard two new Drivers, **Jeanette Bell**, and **Denise Fair**. These ladies are excited to volunteer and I know that they will be great contributors to the success of the Meals on Wheels program.

Last month two veteran drivers decided to abstain from volunteering here at Golden Connections and we would like to wish them well. **Jamie Frey** and **Gay Casagrande** have delivered for many years and they will truly be missed. We thank them for their many years of excellent service.

Thanks,
Tanika Colson

"No act of kindness, no matter how small is ever wasted."

- Aesop

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Senior Commons at Powder Mill will be hosting a German Octoberfest featuring a beer garden experience from 4 p.m. – 5 p.m. followed by a meal and music. Enjoy pork and sauerkraut while listening to the festive accordion music of Sterling Lamm.

Seating is limited! Please RSVP by September 30th to Michele or Kelly by calling 717-814-5262



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If you are interested in becoming a sponsor, please contact Heather Goebeler or Kasie Ream at 244-7229.
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THANK YOU

FOR BELIEVING IN OUR CENTER

The following individuals have made monetary donations to the center.

Donations are now categorized by levels:

Platinum Donors \$1,000 or more, **Gold Donors** \$500 - \$999,
Silver Donors \$100-\$499, **Bronze Donors** \$50-\$99, and **Other Donors** \$49 or less

Again, Thank You **ALL**
For Your Generosity!

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Charles Zimmerman
Viking Athletic Association
Kenneth & Barb Hardy
Linda Gallagher

Other Donor

Ruth Kelly
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Norma Wise

*This is not a full list of donors. Donors are entered in the newsletter as space permits.

No act of kindness,
no matter how small,
is ever wasted.
- Aesop

Veteran's Assistance Program

The *Golden Connections Community Center Veteran's Assistance Program* is now based out of Stan Saylor's office, on 100 Redco Avenue, Red Lion, every 2nd Monday of the month. *Rep. Stan Saylor, the American Legion Dept. of Pennsylvania, and the Golden Connections Community Center have collaborated to offer assistance to Veterans of the 94th District in the Red Lion District Office.*

Areas of interest include: compensation and pension claims, education benefits, enrollment in the VA Health Care system, burial and survivor benefits, state benefits, military personnel, and medical records. *To make an appointment please call:*

(717) 244-9232 or (717) 382-4595.



Community Outreach Program

The Golden Connections Community Center has joined with Rep. Stan Saylor's Office to offer a community Outreach Program. Assistance with property tax rebates, registration renewals, limited notary services (we do not notarize wills/legal items), Pace Applications, Liheap Applications, etc. are available. The Outreach Program will be based out of the Golden Connections Community Center. Appointments are available between the hours of 9:00 a.m. to 12:00 p.m. every second Wednesday of each month. If you are interested in making an appointment, please call 244-7229.



Bluebirds

The Bluebirds will be going to lunch Wednesday, October 25th at 11:30 a.m., at Red Lobster, 2555 East Market St., York. Please sign-up and indicate if you need a ride. Any questions, please contact Ann Hetrick at 755-0804.

ALL LADIES WELCOME !!!

Technology at the GCCC

The GCCC is happy to welcome our new Technology Consultant, Tawanya Rather. Tawanya will be taking over all I-Pad and Computer classes as of October 2nd. The following is the new class schedules to be offered effective October 2nd.

I-Pad Class ~ Mondays at 1:00 p.m.

I-pad & Computer Class
Open Discussion ~ Wednesdays
at 1:00 p.m.

Computer Class ~ Fridays at 1:00 p.m.

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Guests in Our Center

- ❖ Golden Connections Community Center has invited Kara Koller, RDH, a public health dental hygiene practitioner, to discuss dental education for the aging patient, with a presentation titled "Teeth for Health". Come join us on Thursday, October 19th at 10:00 a.m.
- ❖ We would like to welcome Senior Commons back once again on Tuesday, October 24th at 10:00 a.m. Members have enjoyed monthly activities with Senior Commons and we are eager to enjoy another craft project with Laura. Mark your calendar's and plan to attend for fun with old friends and to make new friends. See you there!



Art Residency Program

The GCCC is excited to launch our next Art Residency Program titled, "Around the World in 60 Days". Seniors will have the opportunity to travel the world right here in our center. Exploring different cultures through fine arts, music, film, food, & more. Members will "visit" India on **October 4, 6, 18, & 20, at 10:00 a.m.**, by creating artwork inspired by India. Then the GCCC will welcome John Protopapas, a Sitar Guitarist, on **October 11th at 10:15 a.m.**, to perform forms of music often found in India. Then members will travel on to Mexico on **October 25 & 27 at 10:00 a.m.** Feel free to drop in to any class or event & come explore with us at the Golden Connections Community Center!



Hair and Nails with Missy has undergone a little makeover...



Trimmer's Hair & Nail Shop

Mens Cut.....	\$8
Womens Cut.....	\$10
Womens Cut & Style.....	\$12
Manicure.....	\$10
Waxing.....	\$8

Suggested Tip

Certified Cosmetologist, Missy Trimmer visits the Golden Connections Community Center on a monthly basis, to offer her services to local seniors at their convenience. Seniors have the opportunity to get a cut, style, manicure or wax at the GCCC. If a member would like further services such as a perm or color treatment, Missy can provide those services in the privacy of your own home, just schedule with her directly by calling 246-4844. Prices are Low! And Walk in's are welcome! Missy will be seeing clients at the GCCC on Monday, January 23rd between the hours of 9:00 a.m. and 11:00 a.m. Please make appointments ahead of time by contacting the Golden Connections Community Center at 244-7229.



TRIPS!

Golden Connections Community Center collaborates with multiple travel companies to ensure our members are being offered a variety of trip opportunities. Feel free to contact our center directly for trip information or you may choose to contact the travel agency directly.

Krouse Travel Agency ~ 717-244-6410

Fri thru Sunday, Oct. 20-22 – The Creation Museum and Noah's Ark + Dinner Cruise
- \$595

Thursday, Oct. 26 – Penn's Peak Luncheon + "The Glenn Miller Orchestra" - \$120

Thursday, Nov. 2 – Hands-On Cooks Adventure (Cooking Class) - \$135

Wednesday, Nov. 8 – "Frankie Vallie & the Four Seasons Tribute" at Mt. Airy Resort
- \$105

Thursday, Nov. 29 – Radio City "Christmas Spectacular" in New York City - \$185

Tuesday, Dec.5 – "The Coasters Christmas Show" at Mt. Airy Resort and Casino - \$105

Mon-Wed, Dec. 11-13 – Christmas in Wheeling, Oglebay Lights and Dickens Village
- \$549

Thursday, December 14 – The American Music Theater Christmas Show with lunch
- \$115

Pacesetters ~ 717-757-3209



BIRD-IN-HAND RESTAURANT ~ *The Magic and Wonder Show*, Wednesday, November 15th \$56.00. We had the pleasure of seeing this magician last year and thoroughly enjoyed him. He has a new show and we won't know how he does any of it, we will be surprised and entertained. But first, as above, we will have fun choosing the wonderful food at the lunch buffet they have. Rabbit bus will depart from Windsor Commons at 10:00 a.m. Deadline to reserve seating is October 11th.

CHRISTKINDL MARKETPLACE ~ Friday, December 8th \$72.00

We will take a short visit to a candy company, eat a delicious lunch at the Country Cupboard, enjoy some time at the Christkindl Marketplace, the event also features entertainment. We then stop off at a candle company. The Bailey bus will depart from the rear parking lot behind Frank's theatre at 8:00. Deadline to reserve seating is November 3rd.



More to look forward to ...

- The Golden Connections Community Center is happy to announce that member, Mick Hivner, graciously took the time and thought to build us our first ever, pumpkin catapult. Mick then took it a step further and brought in all of the materials we will need to build two additional catapults! Members will have the chance to assist in the *construction of these catapults* on **October 3rd at 10:15 a.m.** Then members will enjoy *painting these catapults* for our upcoming Halloween party on **October 10th at 10:15 a.m.** Thank you, Mick, for doing all you do for us here at the GCCC!!
- October is *National Breast Cancer Awareness Month*, and the GCCC asks all members to **Wear Pink** on **October 13th and 27th**, to help bring awareness to this tragic disease. To assist with bringing awareness to this disease, members will view a brief documentary titled "Cristina", on **October 13th at 10:00a.m.** This Documentary is about a 37-year-old woman who valiantly battles breast cancer while doing all she can to encourage others to live in the moment. Please plan to attend or participant in at least one of these events. We all have been touched in some way by someone suffering, we can all take a moment to let them know we are here and ready to support them however we can!
- **Friday, October 20th**, Golden Connections Community Center welcomes *Visiting Angels representative, Jill Kaylor*, back to hold our annual **SOS Mini Health Fair, from 9:00 a.m. – 11:00 a.m.** There are currently 20 vendors who plan to attend this year's fair. Stop by, and take a moment to receive information you may need now or in the future, and of course we always enjoy the freebies!
- **Thursday, October 26th** the GCCC will ask members to assist in preparation for the Longaberger Basket Bingo Fundraiser, by holding a **baking for BINGO** event. Members are asked to help cook baked goods to be sold at the Longaberger Basket Bingo Fundraiser. Thank you in advance to all who help make our center fundraisers successful.

Longaberger Basket Bingo Fundraiser

The Golden Connections Community Center is hosting a Basket Bingo fundraiser on Saturday, October 28th at the center's facility in Red Lion. Doors will open at 12:00 p.m. and the bingo will start at 2:00 p.m. The cost for the ticket will be \$12 in advance or \$15 at the door. Tickets can be purchased in advance by calling Heather Goebeler, Executive Director, at 717-244-7229. Your ticket cost will include 20 games of regular bingo. Special Games, raffle tickets, and small games of chance will also be available for purchase. All proceeds from the bingo and the concessions will be used to support programs and services that benefit older adults in our community.



Paint Night Fundraiser

The Golden Connections Community Center is proud to be hosting its first Paint Night Fundraiser. Community Members can come and enjoy a relaxing evening of wine and painting on Friday November 17th from 6:00 p.m. to 9:00 p.m. The painting that will be painted will be released at a later date. Ticket costs are \$40 for a single and reduced to \$35 each if bought in pairs. Tickets are on sale now. Call The GCCC for more information or to purchase tickets at 717-244-7229. Tickets can also be purchased on our website at www.gcccenter.com. We are depending on our community to help us make this event a success. All proceeds will go to future center growth.



Halloween Bash!!!

Come out and join us for our Halloween Event on October 31st from 9:30 a.m. to 1:00 p.m. The day's events will include, but are not limited to:

Pumpkin Catapulting
Candy Corn Guess
Pumpkin Trivia
Pass the Pumpkin
Poke a Pumpkin
Costume Contest
Halloween Dance

And More!!!

Hope to see you HERE!
And Don't Forget to Dress UP!!!





October 2017
Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2	October 3 <i>October Birthdays</i>	October 4	October 5	October 6
3 ounces Roasted Pork Loin with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Sliced Carrots White Bread Spice Cake with Icing	3/4 cup Baked Ziti with Meatballs (3) with Marinara Sauce with 1 ounce Cheese Topping 1 cup Caesar Salad Italian Bread <i>Birthday Cake</i>	Breaded Chicken Cutlet 1/2 cup Au Gratin Potatoes 1/2 cup Sweet Peas Wheat Bread 1/2 cup Mandarin Oranges	Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Seasonal Fruit	3 ounces Baked Salmon with 1 ounce Teriyaki Glaze 1/2 cup Brown Rice 1/2 cup Broccoli White Bread 1/2 cup Pineapple Tidbits
October 9	October 10	October 11	October 12	October 13
	BBQ Beef Ribette 1/2 cup Cheesy Hashbrowns 1/2 cup Green Beans White Bread 1/2 cup Sliced Peaches	Baked Ham with Raisin Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Cauliflower White Bread 1/2 cup Mixed Fruit Salad	Chicken Philly Pita with Onions, Peppers, and Cheese 1 cup Creamy Potato Soup with Crackers Pita Bread 1/2 cup Blushed Pears	Breaded Lemon Pepper Pollock 1/2 cup Wild Rice 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Applesauce
October 16	October 17	October 18	October 19	October 20
4 ounces Pocupine Ball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Dinner Roll 1/2 cup Cinnamon Apples	3 ounces BBQ Chicken Breast 1/2 cup Scalloped Potatoes 1/2 cup Sweet and Sour Coleslaw Wheat Bread Brownie	Beef Brascoile with Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots White Bread 1/4 cup Cottage Cheese with 1/2 cup Sliced Peaches	Tomato and White Wine Braised Chicken Thigh 1/2 cup Rice Pilaf 1/2 cup Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit	Breaded Fish Sandwich with Cheese 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Hamburger Roll 1/2 cup Sliced Pears
October 23	October 24	October 25	October 26	October 27
1/2 cup Burgundy Beef with Mushrooms Over 1/2 cup Egg Noodles 1/2 cup Broccoli and Carrots Wheat Bread 1/2 cup Mixed Fruit Salad	1 cup Chicken and White Bean Chili 1 cup Tossed Salad with Tomato and Dressing 1/2 cup Baked Potato Biscuit Mandarin Oranges	Pizza Burger 1/2 cup Baked Sweet Potato Bites 1/2 cup Creamy Coleslaw Hamburger Roll 1/2 cup Sherbet	3 ounces Center Cut Pork Chop with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Braised Red Cabbage White Bread 1/2 cup Apple Cranberry Crisp	Baked Crab Cake 1/2 cup Cheesy Shells 1/2 cup Sweet Peas White Bread 1/2 cup Tropical Fruit
October 30	October 31			
3 ounces Pot Roast with 1 ounce Gravy 1/2 cup Baked Potato 1/2 cup Sliced Carrots Italian Bread Sugar Cookie	1 cup Ghostly Chili 1/2 cup Ant and Finger Salad 4 ounces Hocu Pocus Juice Moldy Biscuit Spooky Pumpkin Potion <i>HALLOWEEN</i>			

*** All meals are subject to change ***



















*** Served Daily: 8 ounces Milk and 1 teaspoon Margarine



October 2017

Home Delivered Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>October 2</p> <p>Roasted Pork Loin with Gravy Whipped Potatoes with Chives Sliced Carrots White Bread Spice Cake with Icing</p> 	<p>October 3</p> <p>Baked Ham and Cheese Sandwich with Lettuce and Tomato Beets Macaroni Salad White Bread Mixed Fruit Salad</p>	<p>October 4</p> <p>Breaded Chicken Cutlet Au Gratin Potatoes Sweet Peas Wheat Bread Mandarin Oranges</p>	<p>October 5</p> <p>Old Fashion Spread Sandwich with Lettuce and Tomato Broccoli Salad Pineapple Salad White Bread Applesauce</p> 	<p>October 6</p> <p>Baked Salmon with Teriyaki Glaze Brown Rice Broccoli White Bread Pineapple Tidbits</p> 
<p>October 9</p> 	<p>October 10</p> <p>BBQ Beef Ribette Cheesy Hashbrowns Green Beans White Bread Sliced Peaches</p> 	<p>October 11</p> <p>Baked Ham with Raisin Sauce Whipped Sweet Potatoes Cauliflower White Bread Mixed Fruit Salad</p> 	<p>October 12</p> <p>Grilled Chicken Pita with Lettuce, Tomato, and Cheese Potato Salad Baked Beans Pita Bread Blushed Pears</p>	<p>October 13</p> <p>Breaded Lemon Pepper Pollock Wild Rice Creamy Coleslaw Wheat Bread Applesauce</p> 
<p>October 16</p> <p>Pocupine Ball with Tomato Sauce Garlic Whipped Potatoes Corn Dinner Roll Cinnamon Apples</p> 	<p>October 17</p> <p>Grilled Chicken Filet Sandwich with Lettuce and Tomato Macaroni Salad Baked Beans Sandwich Roll Mixed Fruit Salad</p>	<p>October 18</p> <p>Beef Brasciole with Gravy Mashed Potatoes Coin Carrots White Bread Cottage Cheese with Sliced Peaches</p>	<p>October 19</p> <p>Egg Salad Sandwich with Lettuce and Tomato Macaroni Salad Marinated Beans White Bread Fresh Seasonal Fruit</p> 	<p>October 20</p> <p>Breaded Fish Sandwich with Cheese Macaroni and Cheese Stewed Tomatoes Hamburger Roll Sliced Pears</p> 
<p>October 23</p> <p>Burgundy Beef with Mushrooms Over Egg Noodles Broccoli and Carrots Wheat Bread Mixed Fruit Salad</p>	<p>October 24</p> <p>Chef Salad with Ham, Turkey, Cheese, and Egg Cottage Cheese and Peaches with Crackers Breadstick Marinated Oranges</p> 	<p>October 25</p> <p>Pizza Burger Baked Sweet Potato Bites Creamy Coleslaw Hamburger Roll Lemon Pudding</p> 	<p>October 26</p> <p>Tuna Salad Sandwich with Lettuce and Tomato Carrot Raisin Salad Pickled Beets Whole Wheat Bread Applesauce</p>	<p>October 27</p> <p>Baked Crab Cake Cheesy Shells Sweet Peas White Bread Tropical Fruit</p> 
<p>October 30</p> <p>Pot Roast with Gravy Baked Potato Sliced Carrots Italian Bread Sugar Cookie</p> 	<p>October 21</p> <p>Ghostly Chili Ant and Finger Salad Hocus Pocus Juice Moldy Biscuit Spooky Pumpkin Potion</p> 	  		

*** All meals are subject to change ***

*** Served Daily: 8 ounces Milk and 1 teaspoon Margarine



October 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 Wii 9:00 Games 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class	3 9:00 Games 9:15 CBS Class 10:15 Catapult Building 10:00 Pinochle 12:15 Line Dancing	4 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:00 Art Residency ~ India 12:15 Penny BINGO 1:00 I-Pad/Computer Open Discussion	5 8:30 Wii 9:00 Games 9 – 1:00 Chair Massage 9:15 CBS Class 10:15 Pictionary 12:15 Line Dancing 	6 9:00 Games 10:00 Art Residency ~ India 10:15 Aerobics 10:30 Blood Pressures 12:15 BINGO 1:00 Computers Class
9 Center Closed Columbus Day Fire Prevention Week	10 9:00 Games 9:15 CBS Class 10:00 Pinochle 10:15 Catapult Painting 12:15 Line Dancing 	11 Outreach Program 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Sitar Guitarist John Protopapas 12:15 Penny BINGO 1:00 I-Pad/Computer Open Discussion	12 8:30 Wii 9:00 Games 9:15 CBS Class 10:15 Sing-A-Long 11:00 Fire Safety 12:15 Line Dancing <i>Veteran's Assistance Program Based out of Stan Saylor's Office</i>	13 9:00 Games 10:00 Cristina Documentary on Breast Cancer Awareness 10:15 Aerobics 12:15 BINGO 1:00 Computers Class <i>Wear Pink for Breast Cancer Awareness</i>
16 8:30 Wii 9:00 Games 9 – 11:00 Bowling Trip 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class	17 Center Closed Mandatory Staff Training Day	18 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:00 Art Residency ~ India 10:30 Staff Report 12:15 Penny BINGO 1:00 I-Pad/Computer Open Discussion	19 8:30 Wii 9:00 Games 9 – 1:00 Chair Massage 9:15 CBS Class 10:00 Presentation on "Teeth for Health" w/ Kara Koller 12:15 Line Dancing	20 9:00 Games 9 -11:00 SOS Mini Health Fair 10:00 Art Residency ~ India 10:15 Aerobics 10:30 Blood Pressures 12:15 BINGO 1:00 Computers Class
23 8:30 Wii 9:00 Games 9-11:00 Hair/Nails w/ Missy 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class	24 9:00 Games 9:15 CBS Class 10:00 Pinochle 10:00 Craft w/ Senior Commons 12:15 Line Dancing	25 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:00 Art Residency ~ Mexico 11:30 Bluebirds 12:15 Nickel BINGO 1:00 I-Pad/Computer Open Discussion	26 8:30 Wii 9:00 Games 9:15 CBS Class 10:00 Baking for BINGO 10:15 Sing-A-Long 12:15 Line Dancing	27 9:00 Games 10:00 Art Residency ~ Mexico 10:15 Aerobics 12:15 BINGO 1:00 Computers Class 2:00 BINGO at the Villa <i>Wear Pink for Breast Cancer Awareness</i>
30 8:30 Wii 9:00 Games 9 – 11:00 Bowling Trip 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class 	31 Halloween Bash ! 9:00 Games 9:30 – 11:00 Halloween Games 10:00 Pinochle 11:00 Costume Contest 12:00 Halloween Dance w/ DJ Tommy 	National Breast Cancer Awareness Month 		