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Golden Connections Community Center
20 Gotham Place
Red Lion, PA 17356

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Golden CONNECTIONS

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

Monthly Newsletter

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Viola Boothe, Kitchen Supervisor



Upcoming Events for December

DECEMBER 6	EQUINE SINGERS PERFORM
DECEMBER 7	REMEMBERING PEARL HARBOR
DECEMBER 11	HAIR/NAIls w/ MISSY
DECEMBER 13	OUTREACH PROGRAM
DECEMBER 14	ARTS & CRAFT ~ SCENTED PINE CONE WREATH, PT.1
DECEMBER 19	ARTS & CRAFT ~ SCENTED PINE CONE WREATH, PT.2
DECEMBER 21	CHRISTMAS YANKEE SWAP
DECEMBER 21	CHRISTMAS CAROLING
DECEMBER 21	DESSERT POT LUCK
DECEMBER 21	THE 2017 SUBARU SHARE THE LOVE EVENT
DECEMBER 22	CENTER CLOSING AT 12:00 NOON
DECEMBER 25-26	CENTER CLOSED
DECEMBER 27	CRAFT w/ SENIOR COMMONS
DECEMBER 27	BLUEBIRDS
DECEMBER 29	NOON YEAR'S EVE PARTY
DECEMBER 29	CENTER CLOSING AT 12:00 NOON

FOR A FULL LIST OF NOVEMBER'S ACTIVITIES, PLEASE SEE THE ACTIVITIES CALENDAR LOCATED IN THE CENTER OF THE DECEMBER NEWSLETTER.



Happy Holidays everyone. I hope that you all had a wonderful Thanksgiving. Winter will officially begin this month and I hope that everyone is prepared. We have some new volunteers from Typical-Life, who have been gracious enough to donate their time to deliver for our meals on wheels program. These volunteers don't start delivering until a little later in the morning. With this being said there may be times when your meal doesn't reach you at your usual time, please be patient. If for some reason you have not received your meals by 1:00 p.m., then please contact me. We would like to both thank and congratulate Joni Weiss for two wonderful years of volunteer service. I can't even count the number of times that I have called at the last minute and she stopped whatever she had planned to deliver meals. Joni is a truly wonderful person with a heart of gold and we salute her.

Thanks,
Tanika Colson



Senior Commons is hosting a *Holiday Open House* on Sat. December 16, Noon-3 with holiday refreshments and musical performers throughout our festively-decorated community.

*FREE and open to the public but

RSVP requested by 12/8.



MELISSA RUFFING
REALTOR
717-205-6924
Ruffing.melissa@gmail.com
www.icanopendoors.com





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!*

Silver Donor

Mr. & Mrs. Robert & Brenda
Martin

Joanne Himes
Ms. Sandra Roberts
Donaleen Sheffer
St. John's United Church
Of Christ
Life Tributes by Olewiler
& Heffner

Mary Cahoon

Other Donor

Ruth Kelly
Jeanne Macaluso
Mr. & Mrs. Hennig
Eric Grim
Mary Runkle
Michael Freedman
Elwood Walker

Bronze Donor

Darothy Neff
Susan Bull
Law Offices of Andrea S. Anderson
Dean Seiple
David & Sharon Seiler
Gloria Bushong
Kaye Good

Thank You

for

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Yoe, PA 17313**

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Senior Center Sponsors

Why do we need Sponsors? Our mission is to make a positive difference in the lives of older adults living in our community. We accomplish this by offering interesting programs in a warm and welcoming setting. However, our membership is out growing our existing facility. This has led to the center to actively pursuing new building offers in our area.

To continue to offer vital services to everyone, we must expand the way we raise funds. Sponsorships will allow us to continue to provide the services our members have come to rely upon along with the ability to pursue building expansion opportunities, without asking for any out of pocket funds from them.

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

(Sponsors listed in the newsletter are paid advertisers. The center does not endorse any one sponsor.)

Inclement Weather Closures

*It is that time of year where we need to start thinking about weather conditions for travel. When winter weather does arrive remember **Golden Connections Community Center** will post all center closings on *WGAL-TV* and the *WGAL* website. Closures will also be listed on the center's Facebook Page.*

Pet Food Program



Pet Food will now be distributed
Monday, Tuesday, & Wednesday's
from the hours of
9:00 a.m. - 1:00 p.m.



Please see Brenda, the Receptionist, at the front desk to receive your Pet Food. Members are now provided 1 bag of dry & 1 bag of wet food for their pets. Please contact Kasie Ream, Director of Social Services, with any further questions at 244-7229.

SILVER SNEAKERS

The Golden Connections Community Center has submitted an application to become a Silver Sneaker Fitness Provider. Silver Sneakers has asked the center to have individuals call in to nominate our facility as a potential provider.

The center currently offers the following fitness programs: Zumba Gold, Line Dancing, Step Aerobics, Sit and Be Fit, Health Steps in Motion, Cardio Ball, Yoga and Tai Chi.

Please consider calling Silver Sneakers at 1-866-584-7389 to nominate the center to become a fitness facility for this program. Your support would be greatly appreciated.



F&S Orthodontics
— And Periodontics —



Thank you to F & S Orthodontics, Ashleigh Fishel, for joining us on November 14th for a presentation on "Implants, Dentures, & Some Common Pathologies" We enjoyed having you here and look forward to working with you in the future.

GCCC Celebrates Christmas with a Cause

December 21st, The GCCC will host a day full of *Christmas Festivities*. The day will begin with a Christmas Yankee Swap at 9:30 a.m. Those who plan to participate in this event are asked to bring a \$5 wrapped gift to swap. At 10:00 a.m. members will decorate their own Christmas cookies. (Volunteers are needed to assist in baking these cookies the day before, see Kasie Ream if you are interested in helping.) At 10:15 a.m. members will enjoy some down home Christmas Caroling with Becky Bailey and The Sing-A-Long Group.

Everyone has a little bit of a sweet tooth around the Holiday, so the GCCC will host a Dessert Pot Luck, so members can enjoy sharing their favorite desserts and trying some new ones. The Dessert Pot Luck is SIGN-UP MANDATORY event, and you must contribute to the program in order to participate. (See Brenda Herr, to sign up for this event.) After all those desserts, we want to give members the opportunity to burn off a few calories, so we will have a Holiday Line Dancing Session at 12:15p.m. Members can groove to a variety of holiday music and learn a few dances on the way.

Finally, to highlight one of the reasons behind this day full of holiday festivities, The GCCC is bringing awareness to our members and community, regarding the needs of our local home bound seniors and recipients of the Meals on Wheels Program. The Golden Connections Community Center has partnered with The 2017 Subaru Share the Love Event to help recruit volunteers for this worthwhile program and to ask members of the community to bring an item that day to donate towards Winter Survival Kits that will be distributed to our MOW Recipients.

For more information on this Donation Drive, please contact Kasie Ream, Director of Social Services.



Line Dancing Classes

The GCCC will begin offering Line Dancing Classes on Tuesday evening, from 6:00 p.m. – 7:00 p.m. Purchase your 6 week punch card in advance for \$30 or pay \$5 at the door. Walk ins are welcome. Bring your own water bottle or they can be purchased on-site for \$1.00.



The Golden Connections Community Center will be hosting a Holiday Festival to promote volunteer recruitment & to launch a Winter Survival Kit Donation Drive for our Meals on Wheels Program as part of The 2017 Subaru Share the Love Event. We encourage center members and members of the community to bring a donation item to assist our local home bound Meals on Wheels recipients, should they become stranded during a winter storm this season. Suggested donation items could be a non-perishable food item, gloves, winter hat, scarves, warm socks, batteries, flash lights, etc.

The 2017 Subaru Share the Love Event runs from November 16 – January 2nd. During this time period Subaru will donate \$250 for every new Subaru vehicle purchased or leased to the customer's choice of four national charities with a minimum guarantee of \$250,000.

If you are looking for a new vehicle this season, please take a look at your local Subaru Dealer. Our center received over \$18,000 as part of last year's event.

All money received supports programs and services for older adults living in our community.



TRIPS!

Golden Connections Community Center has collaborated 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

Tuesday, January 2, 2018 – Pittsburgh Penguins @ Philadelphia Flyers
-\$189pp

~More upcoming trips for the 2018 year are coming soon!

Pacesetters ~ 717-757-3209

~Pacesetters upcoming trips for the 2018 year are coming soon!

Bluebirds

The Bluebirds will get together for a Christmas lunch Wednesday, December 27 at 11:30 A.M. at Perkins Restaurant, 2500 E. Market St, York. Please bring a \$3.00 wrapped edible gift (candy, cookies, crackers etc.) No can goods. Please sign up and indicate if you need a ride. Any questions, please contact Ann Hetrick at 717-755-0804.

ALL LADIES WELCOME!!!

Technology at the GCCC

The GCCC computer classes have taken off and we are happy to what all of our participant have learned over the past few weeks. December's classes will offer the opportunity for participants to learn more of the basics; what is a mouse? How does it work? What can I do with the keyboard? Participants will also learn about computer maintenance to ensure your machine stays healthy and in working order and how to change and maintain passwords. And finally, Participants will explore the Internet, and learn more on how to proceed with Internet searches. It is never to late to join a class, so sign up today and plan to join the next I-pad or computer class. Sign-up is mandatory as space is limited.



More to look forward to ...

- **December 6th**, Golden Connections Community Center will welcome the *Equine Singers* back to perform their Holiday Concert. The performance is set to begin at **10:30 a.m.** We have thoroughly enjoyed every performance they have offered us, and we are excited to open our doors to them again this year. Mark your calendars now as this event will be here before you know it!



- Don't forget to take the time on **December 7th** to remember those who lost their lives or had their lives changed during Pearl Harbor Day. Members of the GCCC will take the time to *Remember Pearl Harbor* at **10:30 a.m.**, feel free to join us for a small Remembrance Event.



- The GCCC will host a two day Arts and Craft Program, instructed and led by Jessica Lowe. Members will have the opportunity to create a *Scented Pine Cone Wreath*. This craft will begin with the scenting process on **December 14th at 10:15 a.m.** and then members will complete the construction of the wreaths on **December 19th at 10:15 a.m.** This is a SIGN-UP MANDATORY event, as supplies need to be purchased ahead of time. Consider joining us, and creating a beautiful Holiday Wreath to enjoy or gift to a loved one.



- *Tried and True Recipes* is a new program, that gives members a chance to experiment with new recipes, share old ones, and simply enjoy the camaraderie shared in a down home kitchen setting. On **December 15th, at 1:00 p.m.**, participants will make a Diabetic Fudge recipe will receiving a few other easy diabetic candy recipes. This is also a SIGN-UP MANDATORY event, as space is limited and supplies must be purchased ahead of time.



- What better way to bring in the New Year than sharing it will friends. The GCCC will host a *Noon Year's Eve Party* on **Friday, December 29th at 10:15 a.m.** Members will count down to Noon, and enjoy music provided by Jerry Overby. Take the time that day to stop by and welcome a new year with us!



Christmas Word Search



r	c	i	v	y	w	a	d	v	e	n	t	d	b	k
e	h	p	s	n	o	w	m	a	n	r	w	e	q	t
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j	m	y	l	p	m	P	z	h	c	p	p	e	l	t
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Advent
Carols
Christmas
December
Elves
holly

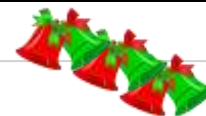
Ivy
jingle bells
Joy
Merry
North pole
peace

Reindeer
Rudolph
Santa
Sleigh
Snow
Snowman

Star
Stocking
Tinsel
Toys
Tree



December 2017



Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>December 1</p> Baked Salmon with Dill Sauce 1/2 cup Brown Rice 1/2 cup Green Beans White Bread 1/2 cup Pineapple Tidbits
December 4	December 5	December 6	December 7	December 8
BBQ Chicken Breast 1/2 cup Scalloped Potatoes 1/2 cup Sweet and Sour Coleslaw Wheat Bread Brownie	<p><u>December Birthdays</u></p> Veal Roulade 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 Birthday Cake	Tomato and White Wine Braised Chicken Thigh 1/2 cup Rice Pilaf 1/2 cup Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit	Porcupine Ball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Green Beans Dinner Roll 1/2 cup Cinnamon Apples	Cheeseburger with Lettuce and Tomato 1 cup Homemade Vegetable Soup with Crackers Hamburger Roll 1/2 cup Sliced Pears
December 11	December 12	December 13	December 14	December 15
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	1 cup Chili Con Carne 1 cup Tossed Salad with Tomato and Dressing 1/2 cup Baked Potato with Sour Cream Biscuit Mandarin Oranges	4 ounces Burgundy Beef with Mushrooms Served over 1/2 cup Egg Noodles 1/2 cup Yellow Beans Wheat Bread 1/2 cup Mixed Fruit Salad	1/2 cup Pizza Burger (Ground Beef, Marinara, Mozzarella) 1/2 cup Baked Sweet Potato Bites 1/2 cup Creamy Coleslaw Hamburger Roll 1/2 cup Ice Cream	Potato Crusted Pollock 1/2 cup Cheesy Shells 1/2 cup Stewed Tomatoes White Bread Fresh Seasonal Fruit
December 18	December 19	December 20	December 21	December 22
Kielbasa 1/2 cup Loaded Diced Potatoes 1/2 cup Baked Beans Hot Dog roll Fresh Seasonal Fruit	<p><u>Holiday Special</u></p> Chicken Cordon Bleu with Gravy 3 ounces Homemade Stuffing 1/2 cup Whipped Potatoes 1/2 cup Sweet Peas and Carrots Dinner Roll Boston Crème Pie	Pot Roast with 1 ounce Gravy 1/2 cup Baked Potato with Sour Cream 1/2 cup Sliced Carrots Italian Bread Sugar Cookie	1 cup Chicken Pot Pie with Mixed Vegetables 1/2 cup Coleslaw White Bread Fresh Seasonal Fruit	Beef Burrito 3 ounces Meat and Cheese with 1/4 cup Lettuce and Tomato 1/2 cup Warm Fiesta Corn 1/2 cup Spanish Rice Tortilla Shell 1/2 cup Baked Pineapple
December 25	December 26	December 27	December 28	December 29
<p>Merry Christmas</p>	Swiss Steak with 2 ounces Onion Gravy 1/2 cup Whipped Potatoes 1/2 cup Lima Beans Wheat Bread 1/2 cup Sliced Pears	Roasted Porkloin with 1 ounce Gravy 1/2 cup Rosemary Seasoned Redskins 1/2 cup Green Beans Biscuit with Apple Butter Fresh Seasonal Fruit	Baked Sweet Sausage Sandwich with 2 ounces Peppers & Sauce and 1/2 ounce Mozzarella Cheese 1 cup Cheesy Potato Soup with Crackers Hoagie Roll Peach Cobbler Delight	Baked Chicken Breast with Gravy 1/2 cup Blended Rice Pilaf 1/2 cup Oriental Vegetable Blend White Bread 1/2 cup Pineapple Delight

*** All meals are subject to change ***
 *** Served Daily: 8 ounces Milk and 1 teaspoon Margarine



December 2017

Home Delivered Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p align="right">December 1</p> Baked Salmon with Dill Sauce Brown Rice Green Beans White Bread Pineapple Tidbits
<p align="center">December 4</p> BBQ Chicken Breast Scalloped Potatoes Sweet and Sour Coleslaw Wheat Bread Brownie 	<p align="center">December 5</p> Tuna Salad Sandwich with Lettuce and Tomato Carrot Raisin Salad Pickled Beets Whole Wheat Bread Sliced Peaches 	<p align="center">December 6</p> Tomato and White Wine Braised Chicken Thigh Rice Pilaf Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit 	<p align="center">December 7</p> Turkey and Swiss Cheese Sandwich with Lettuce and Tomato Potato Salad Three-Bean Salad Whole Wheat Bread Cinnamon Apples 	<p align="center">December 8</p> Cheeseburger with Lettuce and Tomato Baked Beans Hamburger Roll Sliced Pears
<p align="center">December 11</p> Center Cut Pork Chop with Gravy Whipped Potatoes with Chives Braised Red Cabbage White Bread Apple Cranberry Crisp 	<p align="center">December 12</p> Grilled Chicken Filet Sandwich with Lettuce and Tomato Macaroni Salad Baked Beans Sandwich Roll Mandarin Oranges 	<p align="center">December 13</p> Burgundy Beef with Mushrooms Served over Egg Noodles Yellow Beans Baked Beans Mixed Fruit Salad 	<p align="center">December 14</p> Chef Salad (Ham, Turkey, Cheese, and Egg) with Lettuce, Tomato, and Dressing Beets Breadstick Sliced Pears 	<p align="center">December 15</p> Potato Crusted Pollock Cheesy Shells Stewed Tomatoes White Bread Fresh Seasonal Fruit
<p align="center">December 18</p> <p align="center">Holiday Special</p> Chicken Cordon Bleu with Gravy 3 ounces Homemade Stuffing 1/2 cup Whipped Potatoes 1/2 cup Sweet Peas and Carrots Dinner Roll Boston Crème Pie 	<p align="center">December 19</p> Club Sandwich (Ham, Turkey, and Cheese) with Lettuce and Tomato Cauliflower and Broccoli Salad Beets White Bread Applesauce 	<p align="center">December 20</p> Pot Roast with Gravy Baked Potato with Sour Cream Sliced Carrots Italian Bread Sugar Cookie 	<p align="center">December 21</p> Chicken Salad Sandwich with Lettuce and Tomato Carrot Salad Fruit Juice White Bread Fresh Seasonal Fruit 	<p align="center">December 22</p> Beef Burrito Meat and Cheese with cup Lettuce and Tomato Warm Fiesta Corn Spanish Rice Tortilla Shell Baked Pineapple
<p align="center">December 25</p> <p align="center">Merry Christmas</p>	<p align="center">December 26</p> Swiss Steak with Gravy Whipped Potatoes Lima Beans Wheat Bread Sliced Pears 	<p align="center">December 27</p> Roasted Porkloin with Gravy Rosemary Seasoned Redskins Green Beans Biscuit with Apple Butter Fresh Seasonal Fruit 	<p align="center">December 28</p> Chicken Caesar Salad (Chicken and Parmesan Cheese) Mixed Greens with Tomato Three-Bean Salad White Bread Chocolate Pudding 	<p align="center">December 29</p> Baked Chicken Breast with Gravy Blended Rice Pilaf Oriental Vegetable Blend White Bread Pineapple Delight

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

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

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Games 10:15 Aerobics 12:15 BINGO 1:00 Computers Class 1:00 Crochet Class w/ Jean
4 8:30 Wii 9:00 Games 9-11:00 Bowling Trip 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class	5 9:00 Games 9:15 CBS Class 10:30 Bean Bag Toss 10:30 A Christmas Carol Movie 12:15 Line Dancing	6 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:30 Equine Singers Perform 12:15 Penny BINGO 1:00 I-Pad/Computer Open Discussion	7 8:30 Wii 9 – 1:30 Chair Massages <i>~Appt. Necessary</i> 9:00 Games 9:15 CBS Class 10:30 Remember Pearl Harbor 10:15 Sing-A-Long 12:15 Line Dancing	8 9:00 Games 9:00 Sit & Be Fit 10:15 Aerobics 12:15 BINGO 1:00 Computers Class 1:00 Crochet Class w/ Jean
11 8:30 Wii 9:00 Games 9:00 Hair/Nails w/ Missy 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class	12 <i>Happy Hanukkah!</i> 9:00 Games 9:15 CBS Class 10:30 Blood Pressure Checks 10:30 Hanukkah Trivia 12:15 Line Dancing 	13 Outreach Program 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Christmas Puzzle 12:15 Penny BINGO 1:00 I-Pad/Computer Open Discussion	14 8:30 Wii 9:00 Games 9:15 CBS Class 10:15 Arts & Craft <i>~ Scented Pine Cone Wreaths w/ Jess, Pt. 1</i> 12:15 Line Dancing	15 9:00 Games 10:15 Aerobics 10:15 Dreidel Game 12:15 BINGO 1:00 Computers Class 1:00 Crochet Class w/ Jean 1:00 Tried and True Recipes 
18 8:30 Wii 9:00 Games 9-11:00 Bowling Trip 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class 	19 9:00 Games 9:15 CBS Class 10:15 Arts & Craft <i>~ Scented Pine Cone Wreaths w/ Jess, Pt. 2</i> 10:30 Bean Bag Toss 12:15 Line Dancing	20 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:00 Christmas Cookie Baking 12:15 Penny BINGO 1:00 I-Pad/Computer Open Discussion	21 Christmas Festivitz! 9 – 1:30 Chair Massages <i>~Appt. Necessary</i> 9:00 Games 9:15 CBS Class 9:30 Christmas Yankee Swap 10:00 Christmas Cookie Decorating 10:15 Sing-A-Long <i>~ Christmas Caroling</i> 11:00 Dessert Pot Luck 12:15 Holiday Line Dancing The 2017 Subaru Share the Love Event	22 9:00 Games 9:00 Sit & Be Fit 9:15 Scategories 10:15 Christmas Bingo 1:30 BINGO at the Villa Center Closing at 12:00 noon 
25 Center Closed Christmas Day 	26 Center Closed	27 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:00 Craft w/ Senior Commons 11:30 Bluebirds 12:15 NICKEL BINGO 1:00 I-Pad/Computer Open Discussion	28 8:30 Wii 9:00 Games 9:15 CBS Class 10:30 Blood Pressure Checks 12:15 Line Dancing	29 8:30 Wii 9:00 Games 9:15 Aerobics 9:30 New Year's Resolutions 10:15 Noon Year's Eve Party w/ live entertainment by Jerry Overby Center Closing at 12:00 noon 