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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 February

February 1	Chair Massages
February 6	Taking Control – living/working with difficult people with Jill Kaylor from Visiting Angels
February 7	Art Residency Begins
February 9	Clothing Swap
February 12	APPRISE
February 13	Organ Donation Presentation with Jess
February 14	Stan Saylor's Outreach Program
February 14	Getting to know my Valentine Game
February 15	Chair Massages
February 16	Tried & True Recipes
February 19	CENTER CLOSED/Presidents Day
February 20	Winter Games w/ Jess
February 22	Eye Care America w/ Kasie
February 23	Medal Presentations w/ Jess
February 26	Hair & Nails w/ Missy
February 27	Penny Dice w/ Heather
February 28	Bluebirds

For a full list of February's activities, please see the Activities Calendar located in the center of the February Newsletter.



I would like to address a few things that have been brought to my attention concerning Meals on Wheels delivery. If you are unable to be home for a scheduled delivery, please contact me to make alternate arrangements. Our drivers are **not** permitted to leave meals in coolers **nor** are they permitted to enter your residence and leave meals in your refrigerator, when you are not home. This is for the safety and protection of you, as well as our drivers.

Also, we have already experienced center closures due to inclement weather. If the center is closed on a scheduled Meals on Wheels delivery day, you should expect a meal delivery on the next day that the center is open. Everyone should have received an emergency frozen meal box that is to be used as a supplement in the event that meal delivery was canceled due to inclement weather. There will be more boxes delivered over the course of the next two weeks as a precautionary measure in case we receive more snow. If you have any questions concerning this, please contact me.

Safety is also very important during this time of year. We want to make sure that our volunteers are safe when making deliveries. Please make sure that all sidewalks, walkways, driveways, etc. are cleared of snow and ice. Finally, the GCCC is currently working on a March for Meals Event. We ask our MOW recipients to submit a verbal testimonial that we can use during this event, by calling the center at 717-244-7229, to let us know how the MOW program has benefited you.

Thanks, **Tanika Colson**

Talking REAL ESTATE

What's a CMA?

Whether you're a buyer or seller, your agent will prepare a comparative market analysis (CMA) based on similar homes within a given search area, using size, age, features, condition and location, whether the homes have sold recently, and which are currently on the market. Buyers use CMAs to help them make offers while sellers use CMAs to help them price their homes for sale or to adjust the price. As soon as a home sells or a new home comes on the market, the previous CMA is no longer relevant, and your agent can generate a new one for you. Prices may vary widely - even between identical homes. One property may offer better drive-up appeal or more extensive updates. CMAs differ widely by search perimeters like number of bedrooms, views, swimming pools, or a broader search area. There's no knowing why a seller undersells, or a buyer overpays. Family pressures, corporate relocations, and other reasons won't be in the CMA. Instead, consider how quickly homes are selling, whether they sold for list price or above, or whether homes are experiencing price reductions. Your agent will explain how home sales are trending and what strategies may work best for you.

Please call me for a current CMA of your home.

MELISSA RUFFING

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"Tee it High & Let it Fly"

The Golden Connections Community Center will be hosting its First "Tee it High & Let it Fly" Annual Golf Tournament in September 2018 at the Cool Creek Golf Club in Wrightsville, PA. In conjunction with that event the center will be holding a 50/50 cash raffle. Tickets for this raffle are on sale NOW! All of the money received between now and September will be tracked, and the winner will be announced at the Awards and Prize Ceremony for the Golf Tournament. You DO NOT have to be present to win! Tickets are \$5.00 for 1 ticket or \$10.00 for 3 tickets. Take a chance at one of the biggest 50/50 cash raffles we have ever hosted! To purchase tickets, contact the GCCC at 717-244-7229.



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.)



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!*

Platinum Donor

Helen Hughes

Bronze Donor

Dorothy Neff
William Runkle
Jane Tucker
Nancy Beward
Steven & Susan Schirk

Other Donor

Ruth Kelly
Joan Runkle
Mr. & Mrs. Barbour
Belmed Inc.
Charles & Hilda Fink
Lois & Richard Snyder
Robert & Beverly Markel Jr.

Silver Donor

Emanuel Lutheran Church,
Freysville

Kathleen Ray
St. John's United Church of
Christ

Todd Shenberger
Margaret Schuhly

Thank You

for

Your Support!



Inclement Weather Closures

The GCCC has many options available to inform you that the center is closed due to inclement weather. Here is where you can find this information:

1. WGAL website
2. ABC 27 news
3. ABC 27 website
4. Our Voice Messaging center
5. Our Facebook Page



Pet Food Program

Pet Food will now be distributed
Tuesday's & Wednesday's ONLY
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 Tanika Colson, Meal Coordinator, 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.



SPEAKER

The Golden Connections Community Center is always fortunate to offer a variety of speakers and/or informational presentations. And that continues in February. We all have to deal with difficult people in our everyday lives, and sometimes it can be a struggle to deal with these awkward situations ...that being said, **on Tuesday, February 6th at 10:15 a.m.**, Jill Kaylor from Visiting Angels will offer a presentation to members titled "*Taking Control – Living/Working with difficult people*". We encourage all who can attend to take the time to join us for this presentation.

Organ Donations save lives and we often forget or do not think about this life saving decision until we are put into a situation where we are or know someone who needs an organ donation. **On Tuesday, February 13th at 12:00 p.m.**, Jessica Lowe will offer a presentation and information on the importance of organ donation, how it saves, and how you can choose to become an organ donor.

Eye Care of America has provided the GCCC with a variety of information regarding how to protect your sight as you age. Kasie Ream, Director of Social Services, will offer a presentation with all of this information on Thursday, February 22nd at 12:00 p.m.

The GCCC will host its annual Spring Gertrude Hawk Fundraiser, sale set to begin February 2nd.

Jessica Lowe will be leading the Chocolate sales this year and we will have catalogs available at the reception desk.



Sales will end on February 20th and all orders and money must be turned in to Jessica or before that date. We are expecting orders to be ready for pick up at the center on March 14th. For more information or questions, please contact Jessica Lowe at 717-244-7229.



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

March 18, 2018 – **The Philadelphia Flower Show** admission, escort, and motor coach. ~ \$110 pp

~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 lunch Wednesday, February 28th, at the Meadow Hill Family Restaurant, 2935 East Prospect Rd., York. Please sign up and indicate if you need a ride. Any questions, please contact Ann Hetrick at 717-755-0804.

LINE DANCING CLASSES

The New Year has arrived and we have made our resolutions. The GCCC can help many of us with one particularly popular resolution, to lose a few pounds. One sure and fun way to drop a few pounds is to dance and at The Golden Connections Community Center, Line Dancing Classes are offered every Tuesday night from 6:00 p.m. – 7:00 p.m. Purchase your 6 week punch card now for \$25 by contacting Kasie Ream, Director of Social Services, at 717-244-7229, or pay \$5 at the door. Walk ins are welcome. Bring your own water bottle or you can purchase one on-site for \$1.00. All proceeds from Line Dancing will be used to support programs and services that benefit older adults in our community.



More to look forward to ...

- ♥ The GCCC has rescheduled the center *Clothing Swap* for **Friday, February 9th at 10:00 a.m.** Participants have the opportunity to bring in clothes they no longer need or want to get rid of. Tables will be available for members use. Any clothing left on the tables after 11:00 a.m. will be placed in the Community Donation Bin on the far side of the parking lot. Staff and members alike thank all those who participate and donate. 
- ♥ What better way to spend Valentine's Day than getting to better know those you spend time with every day. On **February 14th at 10:00 a. m.,** members will spend time playing a game known as "*Getting to know you*" There will be a sequence of steps taken during this game to get better acquainted with our friends and let those we spend time with know how much they mean to us.
- ♥ Members of the GCCC are excited to welcome Artist Jude Hawkins back into our building to continue the *Art Residency Program*. Jude will be taking us to China, through the art, we will experience Chinese culture, music, and art. We encourage all who can, to attend any of these classes which will be held on **Wednesdays and Fridays at 10:15 a.m.**
- ♥ The Golden Connections Community Center Arts & Craft Program has rescheduled the Dream Catchers Craft for Thursday, February 15th at 10:15 a.m. We ask all who had previously signed up to do so again. On Tuesday, February 6th at 9:30 a.m., Kitchen Volunteers will have the opportunity to Decorate their own Kitchen Volunteer Hat. We often purchase Hair Nets for Volunteers to wear but have decided to move in a different direction. For more information, please contact Kasie Ream, Director of Social Services, at 717-244-7229. 
- ♥ The 2018 Winter Olympics begin February 4th, and to recognize this event, members of the GCCC will enjoy our own version of the Winter Games. Members will participate in "*Winter Games*" on **Tuesday, February 20th beginning at 10:15 a.m.** Winners will be determined and then The Golden Connections Community Center will hold a *Medal Ceremony* on **Friday, February 23rd at 11:00 a.m.** Consider joining in on the FUN!
- ♥ Members always enjoy one-on-one time with our very own Director, Heather Goebeler, and on Tuesday, February 27th at 10:15 a.m. Heather has decided to share a family tradition with our members. She has brought in a game we are calling Penny Dice, where members will make Penny bets on rolling dice. Any members who would like to play should plan on bringing in pennies from home to wager. We hope you enjoy this new game!





February 2018

Congregate Meal Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



February 1
 Tomato and White Wine Braised
 Chicken Breast
 1/2 cup Rice Pilaf
 1/2 cup Mixed Bean Medley
 Wheat Bread
 Fresh Seasonal Fruit

February 2
 Breaded Fish Sandwich with Cheese
 1/2 cup Macaroni and Cheese
 1/2 cup Stewed Tomatoes
 Hamburger Roll
 1/2 cup Sliced Pears

February 5
 Pizza Burger
 1/2 cup Baked Sweet Potato Bites
 1/2 cup Creamy Cole Slaw
 Hamburger Roll
 1/2 cup Sherbet

February Birthdays
February 6
 1 cup Chicken and White Bean Chili
 1 cup Tossed Salad
 with Tomato and Dressing
 1/2 cup Baked Potato
 Biscuit
 Mandarin Oranges
Birthday Cake

February 7
 Burgundy Beef with Mushrooms
 over 1/2 cup Egg Noodles
 1/2 cup Carrots
 Wheat Bread
 1/2 cup Mixed Fruit Salad

February 8
 Center Cut Pork Chop
 with 2 ounces Gravy
 1/2 cup Whipped Potatoes with Chives
 1/2 cup Sweet Peas
 White Bread
 1/2 cup Apple Cranberry Crisp

February 9
 Chicken Alfredo
 1/2 cup Penne Pasta with Sauce
 1/2 cup Italian Green Beans
 Garlic Breadstick
 Fresh Seasonal Fruit

February 12
 Pot Roast
 with 1 ounce Gravy
 1/2 cup Baked Potato
 1/2 cup Sliced Carrots
 Italian Bread
 Sugar Cookie

February 13
 Turkey Roll Up
 with Stuffing and Gravy
 1/2 cup Whipped Potatoes
 1/2 cup Mixed Vegetable Medley
 White Bread
 1/2 cup Applesauce

Valentine's Day Special
February 14
 Chicken Rosa
 Baked Potato with Sour Cream
 1/2 cup Peas and Onions
 Dinner Roll
 Strawberry Fluff

February 15
 Beef Burrito
 (3 ounces Meat, Cheese, Lettuce, Tomato)
 1/2 cup Warm Fiesta Corn
 1/2 cup Spanish Rice
 Tortilla Shell
 1/2 cup Baked Pineapple

February 16
 Potato Crusted Pollock
 1/2 cup Cheesy Shells
 1/2 cup Sweet Peas
 White Bread
 Fresh Seasonal Fruit

February 19

Senior Center Closed
President's Day

February 20
 Baked Sweet Sausage Sandwich
 with 2 ounces Peppers and Sauce
 with 1/2 ounce Mozzarella Cheese
 1 cup Creamy Potato Soup
 with Crackers
 Sausage Roll
 Peach Cobbler Delight

February 21
 Roasted Porkloin
 with 1 ounce Gravy
 1/2 cup Rosemary Seasoned Redskins
 1/2 cup Green Beans
 Biscuit with Apple Butter
 Fresh Seasonal Fruit

February 22
 Warm Roast Beef Sandwich
 with Cheese and Au Jus
 1 cup Vegetable Soup
 with Crackers
 Sandwich Roll
 Fresh Seasonal Fruit

February 23
 Vegetable Lasagna
 with Parmesan Cream Sauce
 1 cup Tossed Salad with Tomato Wedge
 and Hardboiled Egg
 Garlic Breadstick
 4 ounces Orange Juice

February 26
 Bratwurst
 1/2 cup Seasoned Potatoes
 1/2 cup Peas and Onions
 Hotdog Roll
 Sugar Cookie
 Mustard Packet

February 27
 Chicken Marsala
 1/2 cup Garlic and Parmesan Pasta
 1 cup Tossed Salad
 with Tomato and Dressing
 Wheat Bread
 1/2 cup Mandarin Oranges

February 28
 Baked Meatloaf with gravy
 1/2 cup Whipped Potatoes
 1/2 cup Creamed Corn
 Wheat Bread
 1/2 cup Sliced Apples



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

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



February 2018

Home Delivered Meal Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																									
					February 1		February 2																										
					Old Fashioned Spread Sandwich with Lettuce and Tomato	Broccoli Salad	Pineapple Salad	White Bread	Mandarin Oranges	Fresh Seasonal Fruit	Breaded Fish Sandwich with Cheese	Macaroni and Cheese	Stewed Tomatoes	Hamburger Roll	Sliced Pears																		
February 5		February 6		February 7		February 8		February 9																									
Pizza Burger	Baked Sweet Potato Bites	Creamy Cole Slaw	Hamburger Roll	Lemon Pudding	Chicken Caesar Salad with Chicken and Parmesan Cheese	Mixed Greens with Tomato	Three-Bean Salad	White Bread	Mandarin Oranges	Burgundy Beef with Mushrooms over Egg Noodles	Carrots	Wheat Bread	Mixed Fruit Salad	Baked Ham and Cheddar Sandwich with Lettuce and Tomato	Beets	Macaroni Salad	White Bread	Sliced Peaches	Chicken Alfredo	Penne Pasta with Sauce	Italian Green Beans	Garlic Breadstick	Fresh Seasonal Fruit										
February 12		February 13		February 14		February 15		February 16																									
		<p style="text-align: center;">Valentine's Day Special</p>		<p style="text-align: center;">February 14</p>		<p style="text-align: center;">February 15</p>		<p style="text-align: center;">February 16</p>		Pot Roast with Gravy	Baked Potato	Sliced Carrots	Italian Bread	Sugar Cookie	Chef Salad with Ham, Turkey, Cheese, and Egg with Lettuce, Tomato, and Dressing	Beets	Breadstick	Applesauce	Chicken Rosa	Baked Potato with Sour Cream	Peas and Onions	Dinner Roll	Strawberry Fluff	Egg Salad Sandwich with Lettuce and Tomato	Macaroni Salad	Marinated Beans	White Bread	Pineapple Tidbits	Potato Crusted Pollock	Cheesy Shells	Sweet Peas	White Bread	Fresh Seasonal Fruit
										February 19		February 20		February 21		February 22		February 23															
<p style="text-align: center;">President's Day Frozen Meal</p>		<p style="text-align: center;">February 20</p>		<p style="text-align: center;">February 21</p>		<p style="text-align: center;">February 22</p>		<p style="text-align: center;">February 23</p>		Baked Sweet Sausage Sandwich with Peppers and Sauce with Mozzarella Cheese	AuGratin Potatoes	Green Beans	Sausage Roll	Peach Cobbler Delight	Roasted Porkloin with Gravy	Rosemary Seasoned Redskins	Green Beans	Biscuit with Apple Butter	Fresh Seasonal Fruit	Grilled Chicken Filet Sandwich with Lettuce and Tomato	Potato Salad	Baked Beans	Sandwich Roll	Applesauce	Vegetable Lasagna with Parmesan Cream Sauce	Tossed Salad with Tomato Wedge and Hardboiled Egg	Garlic Breadstick	Orange Juice					
										February 26		February 27		February 28																			
<p style="text-align: center;">February 26</p>		<p style="text-align: center;">February 27</p>		<p style="text-align: center;">February 28</p>								Bratwurst	Seasoned Potatoes	Peas and Onions	Hotdog Roll	Cookie	Mustard Packet	Club Sandwich with Ham, Turkey, and Cheese with Lettuce and Tomato	Cauliflower and Broccoli Salad	Beets	Wheat Bread	Mandarin Oranges	Baked Meatloaf with gravy	Whipped Potatoes	Creamed Corn	Wheat Bread	Sliced Apples						

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

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

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Taxes</i> 8:30 Wii 9:00 Games 9:00 Chair Massages 9:15 CBS Class 10:15 Super Bowl Trivia 12:15 Line Dancing	2 9:00 Games 9:00 Aerobics 10:30 Blood Pressures 12:15 BINGO 1:00 Computers Class 1:00 Crochet Class Ground Hogs Day
5 8:30 Wii 9:00 Games 9:00 Sit & Be Fit 9-11:00 Bowling Trip 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class	6 9:00 Games 9:15 CBS Class 9:30 Arts & Crafts ~ <i>Kitchen Vol. Hats</i> 10:15 Taking Control - living/working with difficult people - Jill Kaylor 12:15 Line Dancing	7 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Art Residency - China 12:15 Penny BINGO 1:00 I-Pad/Computer Open Discussion 	8 <i>Taxes</i> 8:30 Wii 9:00 Games 9:00 CBS Class 10:15 Sing A Long 12:15 Line Dancing	9 9:00 Games 9:00 Aerobics 10:00 Clothing Swap 10:15 Art Residency - China 12:15 BINGO 1:00 Computers Class 1:00 Crochet Class 
12 8:30 Wii 9:00 Games 9:00 Sit & Be Fit 10:00 APPRISE 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class 	13 9:00 Games 9:15 CBS Class 10:15 King's Cake Video And Sampling 12:00 Organ Donations Presentation w/ Jess 12:15 Line Dancing Fat Tuesday	14 Happy Valentine's Day 9:00 Games 9:00 Zumba 9-12:00 Outreach Program (by appt.) 9:30 Scrabble Club 9:30 Getting to Know My Valentine 10:15 Art Residency - China 12:15 Penny BINGO 1:00 I-Pad/Computer Open Discussion	15 <i>Taxes</i> 8:30 Wii 9:00 Games 9:00 Chair Massages 9:15 CBS Class 10:15 Arts & Craft ~ <i>Dream Catchers</i> 12:15 Mind Matters - Be a Spring Chicken Stay Young Forever	16 9:00 Games 9:00 Aerobics 10:15 Art Residency - China 10:30 Blood Pressures 12:15 BINGO 1:00 Computers Class 1:00 Crochet Class 1:00 Tried & True Recipes 
19 Center Closed Presidents Day	20 9:00 Games 9:15 CBS Class 9:30 Pictionary 10:15 Winter Games w/ Jess 12:15 Line Dancing	21 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Art Residency - China 12:15 Penny BINGO 1:00 I-Pad/Computer Open Discussion	22 <i>Taxes</i> 8:30 Wii 9:00 Games 9:15 CBS Class 10:15 Sing A Long 12:15 Line Dancing 12:00 Eye Care America w/ Kasie	23 9:00 Games 9:00 Aerobics 10:15 Art Residency - China 11:00 Medal Presentations w/ Jess 12:15 BINGO 1:00 Computers Class 1:00 Crochet Class 1:30 Bingo at the Villa
26 8:30 Wii 9:00 Games 9:00 Sit & Be Fit 9-11:00 Bowling Trip 9:00 Hair & Nails w/ Missy 10:15 Aerobics 12:15 BINGO 1:00 I-Pad Class	27 9:00 Games 9:15 CBS Class 10:15 Penny Dice w/ Heather 12:00 Seasonal Cleaning & Decorating 12:15 Line Dancing	28 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Art Residency - China 11:30 Bluebirds 12:15 Nickel BINGO 1:00 I-Pad/Computer Open Discussion		