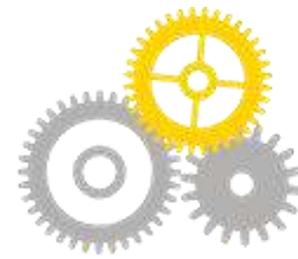


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Golden CONNECTIONS

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

Monthly Newsletter

Heather Goebeler, Executive Director
ExecutiveDirector@gcccenter.com

Kasie Ream, Director of Social Services
SocialServices@gcccenter.com

Mark Innerst, Meal Coordinator
MealCoordinator@gcccenter.com

Viola Boothe, Kitchen Supervisor



UPCOMING EVENTS FOR DECEMBER

- December 4 Suburban Bowlorama Trip
- December 4 2018 Share the Love Empty Bowl Bagging Event
- December 5 Art Studio w/ Jude
- December 5 2018 Share the Love Empty Bowl Distribution
- December 7 GCCC Give Back Planning Event
- December 11 Gourdy2Shoes
- December 12 Outreach Program
- December 12 Card Making
- December 14 GCCC Give Back Planning Event
- December 17 Hair/Nails w/ Missy
- December 17 Essential Oils 101
- December 18 Wegman's Trip
- December 19 Art Studio w/ Jude
- December 19 GCCC Give Back Event at Victorian Villa
- December 20 Equine Singers
- December 24 Christmas BINGO
- December 25 CENTER CLOSED/Christmas Day
- December 26 CENTER CLOSED

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



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. Our Voice Messaging center
3. Our Facebook Page



Marlin R Bollinger
Agent

55 South Main Street
Red Lion, PA 17356-21132
Bus 717-246-2602 Fax 717-246-9056
marling.bollinger.bu41@statefarm.com

Office Hours

*Mon. – Fri. 9:30 a.m. to 5:00 p.m.
Evenings by Appointments*

Our mission is to help people manage the risks of everyday life, recover from the unexpected and realize their dreams.

There when things go wrong.
Here to help life go right.™



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.

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.)

***The Following is a Current List of Center Sponsors,
who help make our programs possible:***



Founded on guiding principles and core values, our management team has fostered a mission-driven culture based on commitment and empowerment. Our reputation for best-in-class patient care and unparalleled customer service, combined with our local and regional density make us the provider of choice for both patients and referral sources in the markets we serve. DPTI's services include a comprehensive offering of rehabilitative programs designed to treat sports-related injuries and orthopedic related disorders. We also offer preventative care and training as well as occupational health services in order to meet the diverse needs of our patient populations. To our patients, we commit to provide the most effective, clinically superior physical therapy humanly possible at a fair price. The measure of our success will be found in the trust we build and in the hearts of those we heal.



Holiday Parties

The Golden Connections Community Center welcomes all members to join us for this years Christmas Party on Thursday, December 20, 2018. We will begin the day with a

Christmas Card Swap beginning at 9:30 a.m. and running throughout the morning hours, so feel free to bring those Christmas cards and hand them out to those you hold dear to your heart this holiday season. Then at 9:45 a.m., members can enjoy a playful Yankee Christmas Swap. Those who would like to participate should bring a \$5.00 - \$10.00 gift for the exchange. Starting at 10:00 a.m. members will have the opportunity to join in on a Hot Cocoa and Cookie Bar. Please see Kasie Ream Director of Social Services to sign up to bring your favorite holiday cookie! GCCC Members will round out the morning hours by welcoming the Equine Singers for their Holiday performance.

And finally, to end out our day, we will enjoy an afternoon of Holiday Line Dance Lessons with our very own Jean Carter.

But the celebrations do not end there, GCCC members are then encouraged to join us on New Year's Eve for a morning of festive activities to begin by center members being asked to dress for their favorite decade. This will be a way for members to celebrate a favorite time in their life as we look back over the years. Then members will enjoy looking back at last year's resolutions and playing a fun New Year's version of one of our old-time favorite games, New Year's Liar Liar. And just before we ring in our New Year and early Closure, participants will have the opportunity to add a small token to a Senior Center Time Capsule. This capsule will be sealed and held until the next years New Year. Your token to include could be something to remind you of an event from 2018, a poem, a note to a loved one for the future, or even a note to your future self. You have time so put some thought in it and consider something that will be meaningful to you. We are looking forward to sharing both of these eventful days with you all and hope to see you here!



More to look forward to ...

Essential Oils 101

Essential Oils 101 classes have proven to encourage participants to make life changes and attempt to become healthier in many different ways. The GCCC has embraced the education offered to assist each participant to learn more about oils. Recent classes have focused primarily on “make and takes” where members had the opportunity to make items to take home and experience firsthand. We will now dive back into the educational aspects of essential oil usage. Essential oils classes can offer an abundance of information and give those who attend an opportunity to ask questions regarding oils and what they offer. The next GCCC Essential Oils 101 class is scheduled for Monday, Dec. 17th at 12:15 p.m.



Photography Club

The Golden Connections Community Center has recently jumpstarted a new Photography Club for Members to learn more about their camera's/smartphones picture taking capabilities along with different techniques and how to take those great shots we all shot for. November's class gave participants the time needed to get to know their device a little better, we will continue that learning at the next meeting, along with exploring some photography techniques. We encourage anyone interested to attend and don't forget to bring those instruction manuals to assist with the learning process. The next club meeting will be December 28th, at 12:15 p.m.



Pet Food Program

Pet Food will now be distributed
Tuesday's & Wednesday's ONLY
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 Mark Innerst, Meal Coordinator, with any further questions at 244-7229.

Bluebirds

The Bluebirds will be going to lunch on Wednesday, December 19th, 2018 at 11:30 a.m. to the Red Lobster, 2555 East Market St., York. Don't forget to bring a \$3.00 edible gift for the gift swap. Please sign up and indicate if you need a ride. Any Questions, Please contact: Tisha Eckenrode 717-586-5936 or Isabel Murphy 516-641-4076.



ALL LADIES WELCOME!!!



Line Dance



The Golden Connections Community Center is excitedly preparing for the next session of *Evening Line Dance classes to begin on January 8th every Tuesday night from 6:00 p.m. - 7:00 p.m.* These evening classes are open to EVERYONE in the community, young or old. We encourage all who attend to bring a friend, child, sibling, or grandchild. It is a wonderful opportunity to connect with friends and family, have fun and get a little exercise in the process.

For center members who would like to stay fresh and keep up with their line dance skills, *the GCCC will continue to hold lessons every Tuesday and Thursday at 12:15 p.m.* Please see the Centers Activity Calendar for any possible class schedule changes due to the upcoming Holiday Season. For more information contact the GCCC at 717-244-7229.

Golden Connections Giving Back

IT'S TIME TO GIVE BACK! Members have spent the past few months working hard to make handmade holiday stockings to give out this holiday season to residents at a local nursing center. As the holiday season has now arrived and the final touches are being put on the stockings, it is time for us to reach out to our fellow center members. This year we wanted to take the opportunity to give back and now we **NEED YOUR HELP!** The GCCC is now asking for members to donate their time on **Wednesday, December 19th at 2:00 p.m.** We are asking members to car-pool to the Victorian Villa to distribute these stockings and participate in a little Christmas Caroling to lift the holiday spirit. Our next Giving Back Planning Events are scheduled for Friday, December 7th and 14th at 12:15 p.m. to put the final touches on our Stockings. Please consider joining us on any or all of these dates to give back to a community that has given us so much!



Art Studio



The Golden Connections Community Center has been so fortunate to be able to continue to offer Art Classes with Artist Judeth Hawkins. She continues to offer us unique and exciting projects every month and December proves to be no different. On December 5th at 10:15 a.m. participants will Create Holiday Pop Up Cards to hand out to family and friends. Then participants will make Natural Gifts, (Orange Clove Pomanders and Pine Cone bird feeders) on December 19th at 10:15 a.m. Feel free to join us on either or both of those dates, as the Art Studio Class continues to open our eyes to the wonderful world of the Arts!



Kasie's Crafting Corner

Golden Connections Community Center has always offered a variety of crafting projects from upcycled ideas to gift projects. We are eager to try new things and experiment with everything. Sometimes it works out great! Sometimes it doesn't.

On **December 4th at 10:15 a.m.** participants will make paper Poinsettia's to help us all get into the Holiday Spirit. Then on **December 12th at 10:15 a.m.** we will continue with the Card Making fun from the Art Studio class the previous week and make Holiday Cards for participants to hand out during our Christmas party. Feel Free to join us for any of our Crafting explorations and get creative with us!



The 2018 Subaru Share the Love Event is about to kick off and we are reaching out to our center and community members alike for help with this year's event. The GCCC will hold an Empty Bowl non-perishable food collection drive for snow emergencies for our Meals on Wheels Program as part of The 2018 Subaru Share the Love Event. We encourage Center members and members of the community to bring in donation items to assist our local home bound Meals on Wheels recipients, should snow emergency occur this winter season. These items are scheduled to be **distributed on December 4th.**

The 2018 Subaru Share the Love Event runs from November 15 – January 2. 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 \$8,000 as part of last year's event. All money received supports programs and services for older adults living in our community.

CENTER GUESTS

Gourdy2shoes

The Golden Connections Community Center is excited to welcome Gourdy2shoes back into our building. Participants from the spring workshop had a blast and were eager for a return visit, and here it is! Members of GCCC will have the opportunity to create a Holiday Gourd Centerpiece as pictured, using locally grown gourds. This workshop is scheduled for Tuesday, December 11th and will run from 10:30 a.m. to 1:30 p.m. with a break for lunch at 11:30 a.m. Costs for this workshop is \$20.00 per person, but the GCCC will cover half the costs for its members. Members will pay \$10.00 per person and The GCCC will pay \$10.00 per person. This workshop will cap out with a MAXIMUM number of 10 participants, on a first come, first serve basis. Contact Kasie Ream, Director of Social Services, at 717-244-7229 or socialservices@gcccenter.com, with any further questions or to sign up for this workshop.



Community Outreach Program

The Golden Connections Community Center Welcome's a Representative from 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 contact Kasie Ream, Director of Social Services, at 717-244-7229 or socialservices@gcccenter.com.

Upcoming 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

Step up with the Pacers ~ 717-757-3209

As the year is quickly coming to a close, we look forward to a list of new trips to be published in early 2019. So, stay tuned for the trip list in the coming year and feel free to contact either travel agency to see if any last-minute trips may have been planned



The Golden Connections Community Center is excited to announce that we have had great success in recently planned center trips. Therefore, we hope to get a few more trips done before the winter weather arrives.

Suburban Bowlorama offers Senior Discounts every Tuesday, with that in mind, on Tuesday, December 4th members have the opportunity to put those Wii Bowling skills to the test with a planned trip to Suburban Bowlorama. The bus will be scheduled to leave the center at 9:30 a.m. with an approximate return time of 12:30 p.m. More information will be available along with bus fare as the date approaches.

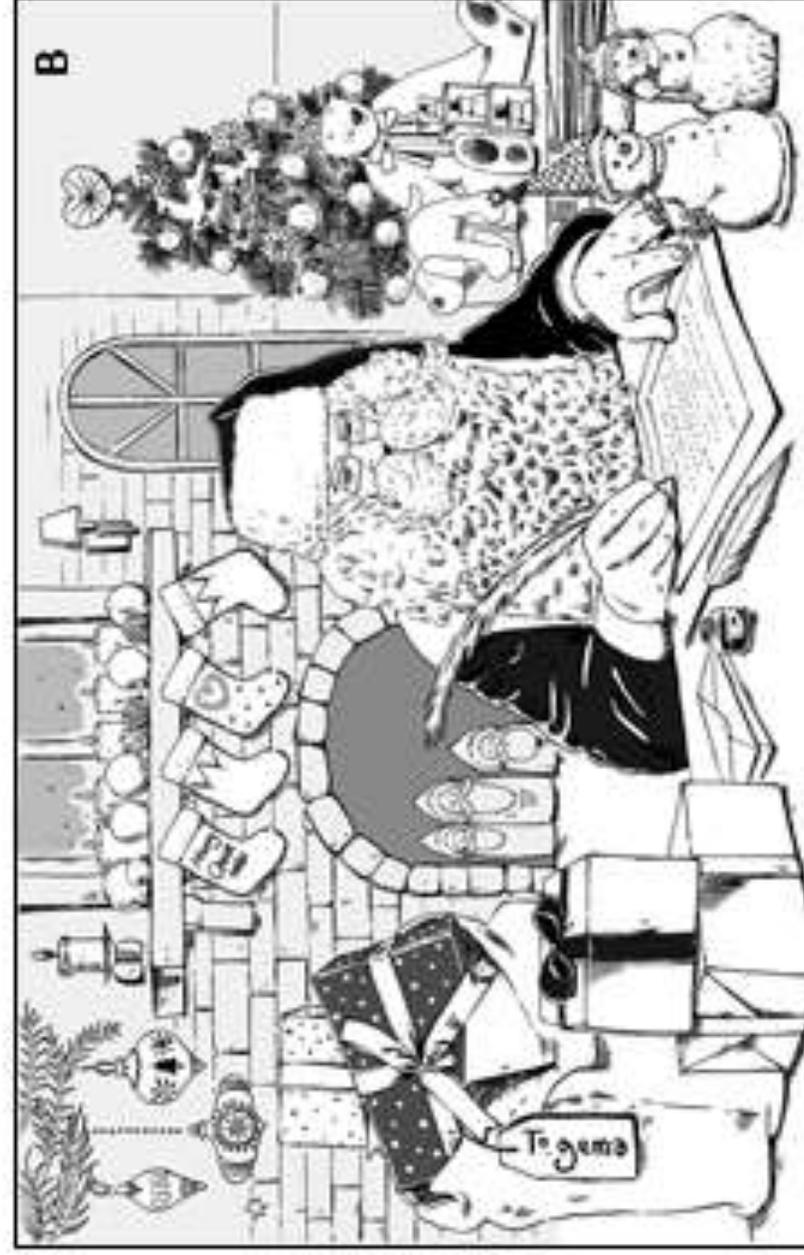
For all of you who have been requesting, here it is, a trip to the new Wegmans Store in Lancaster! This trip will be scheduled for Tuesday, December 18th with an expected departure time from the center of 9:45 a.m. and an approximate return time of 1:15 p.m. Again, more information will be available along with bus fare as the date approaches.

To RSVP for your seat on either of these trips as seating will be limited, please contact Kasie Ream, Director of Social Services, 717-244-7229. All Trips are subject to changes as the planning process is still taking place.

SPOT THE DIFFERENCES

CHRISTMAS

- Find all seven differences in the pictures.





December 2018



Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 3	December 4	December 5	December 6	December 7
Center Cut Pork Chop with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Lima Beans White Bread 1/2 cup Sliced Apples	Reuben Wrap (2½ ounces Corned Beef, 2 ounces Sauerkraut, 1 slice Swiss Cheese) with condiments 1/2 cup Hot Potato Salad Honey Wheat Tortilla Wrap 1/2 cup Warm Peaches	Lemon Pepper Chicken 1/2 cup Wild Rice 1/2 cup Brussel Sprouts Wheat Bread Fresh Fruit	Turkey and Provolone Sandwich (2½ ounces Turkey and ½ ounce Sliced Cheese) with Lettuce, Tomato, Condiments 1 cup Creamy Broccoli Soup with Crackers Whole Grain Pretzel Roll Fresh Fruit	Baked Porcupine Ball with 2 ounces Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Cinnamon Raisin Bread Pudding
December 10	December Birthdays December 11	December 12	December 13	December 14
Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Fruit	Mango BBQ Chicken Breast 1/2 cup Brown Rice 1/2 cup Creamy Coleslaw Wheat Bread Birthday Cake	Pot Roast with 1 ounce Gravy 1/2 cup Baked Potato with Margarine 1/2 cup Green Beans Italian Bread Cookie	Roasted Turkey with 1/2 cup Gravy 1/2 cup Whipped Potatoes 1/2 cup Carrots Dinner Roll Cranberry Sauce 1/2 cup Vanilla Ice Cream	Crab Cake 1/2 cup Cheesy Twists 1/2 cup Baked Beans Whole Grain Dinner Roll 1/2 cup Mandarin Oranges
December 17	Holiday Special December 18	December 19	December 20	December 21
Burgundy Meatballs (4) with Mushrooms Over 1/2 cup Egg Noodles 1/2 cup Carrots Wheat Bread 1/2 cup Mixed Fruit Salad	Chicken Cordon Bleu 3 ounces Homemade Stuffing 1/2 cup Whipped Potatoes with Gravy 1/2 cup Peas and Carrots Dinner Roll Boston Crème Pie	Warm Ham and Cheese on Ciabatta (2½ ounces Sliced Ham, and ½ ounce Sliced Cheese) 1 cup Creamy Tomato Bisque with Crackers Whole Grain Ciabatta Roll Fresh Fruit	Kielbasa 1/2 cup Cheesy Potatoes 1/2 cup Sweet Peas Hot Dog Roll Fresh Seasonal Fruit	Baked Chicken with Gravy 1 cup Tossed Salad with Tomato and Dressing 1/2 cup Baked Potato with Margarine Whole Grain Mini-Biscuit Cookie
December 24	Merry Christmas! December 25	December 26	December 27	December 28
Country Fried Chicken with 2 ounces Creamy Gravy 1/2 cup Whipped Potatoes 1/2 cup Peas and Carrots Whole Grain Mini-Biscuit Fresh Fruit		Sloppy Joe 1/2 cup Ranch Seasoned Potatoes 1/2 cup Green Beans Whole Grain Sandwich Roll Cookie	Chicken Picatta 1/2 cup Bowties 1 cup Tossed Salad with Tomato and Dressing Italian Bread 1/2 cup Sliced Peaches	3 ounces Warm Roast Beef Sandwich with Cheese and Au Jus 1 cup Homemade Vegetable Soup with Crackers Sandwich Roll 1/2 cup Pineapple Tidbits
Happy New Year! December 31				
Salisbury Steak 1/2 cup Creamed Potatoes and Peas Hot Dog Roll 1/2 cup Warm Cinnamon Applesauce				

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

*** Served daily: Milk and Margarine



December 2018

Home Delivered Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 3	December 4	December 5	December 6	December 7
Center Cut Pork Chop with Gravy	Cold Meatloaf Sandwich	Lemon Pepper Chicken	Turkey and Provolone Sandwich with Lettuce, Tomato, Condiments	Baked Porcupine Ball with Tomato Sauce
Whipped Potatoes with Chives	Potato Salad	Wild Rice	Beets	Garlic Whipped Potatoes
Lima Beans	Three-Bean Salad	Brussel Sprouts	Macaroni Salad	Corn
White Bread	White Bread	Wheat Bread	Whole Grain Pretzel Roll	Cinnamon Raisin Bread Pudding
Sliced Apples	Cookie	Fresh Fruit	Fresh Fruit	
December 10	December 11	December 12	December 13	December 14
Mushroom Swiss Burger	Old Fashion Spread Sandwich with Lettuce and Tomato	Pot Roast with Gravy	Taco Salad with Meat and Cheddar Cheese	Crab Cake
Seasoned Potatoes	Broccoli Salad	Baked Potato with Margarine	Tossed Salad with Tomato	Cheesy Twists
Cauliflower	Pineapple Salad	Green Beans	Seasoned Corn and Black Beans	Baked Beans
Hamburger Roll	White Bread	Italian Bread	Nacho Chips	Whole Grain Dinner Roll
Fresh Fruit	Cookie	Cookie	Pineapple	Mandarin Oranges
December 17	December 18	Holiday Special		December 21
Burgundy Meatballs with Mushrooms	Tuna Salad Sandwich with Lettuce and Tomato	Chicken Cordon Bleu	Chef Salad (Ham, Turkey, Cheese, and Egg) with Lettuce and Tomato and Dressing	Baked Chicken with Gravy
Over Egg Noodles	Pasta Salad	Homemade Stuffing	Beets	Tossed Salad with Tomato and Dressing
Carrots	Three-Bean Salad	Whipped Potatoes with Gravy	Italian Bread	Baked Potato with Margarine
Wheat Bread	Sandwich Roll	Peas and Carrots	Tropical Fruit	Whole Grain Mini-Biscuit
Mixed Fruit Salad	Mixed Fruit	Dinner Roll		Cookie
		Boston Crème Pie		
December 24	Merry Christmas! December 25	December 26	December 27	December 28
Country Fried Chicken with Creamy Gravy		Sloppy Joe	Egg Salad Sandwich with Lettuce and Tomato	Warm Roast Beef Sandwich with Cheese
Whipped Potatoes		Ranch Seasoned Potatoes	Pasta Salad	Seasoned Potatoes
Peas and Carrots		Green Beans	Carrot and Raisin Salad	Mixed Vegetables
Whole Grain Mini-Biscuit		Whole Grain Sandwich Roll	White Bread	Sandwich Roll
Fresh Fruit		Cookie	Sliced Peaches	Pineapple Tidbits
Happy New Year! December 31				
Salisbury Steak				
Creamed Potatoes and Peas				
Hot Dog Roll				
Warm Cinnamon Applesauce				

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

*** Served daily: Milk and Margarine

