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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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FEBRUARY 2019

Upcoming Events for February

February 1	Super Bowl Predictions
February 4	Super Bowl Predictions Reveal
February 5	Upcycle w/ Kasia
February 6	Art Studio with Jude
February 11	APPRISE
February 13	Heart Healthy Living w/ Drayer Physical Therapy
February 13	Outreach Program
February 18	CENTER CLOSED/President's Day
February 19	Upcycle w/ Kasia
February 20	Fall Prevention w/ Martin Foot & Ankle
February 25	Hair/Nails w/ Missy
February 25	Essential Oils Class
February 26	Golden WINGS Meeting

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



Love Your Heart

Heart Healthy Tips from Drayer Physical Therapy

Start with a few of these small changes to create a healthier eating style:

1. Make half your plate fruits and vegetables
2. Focus on whole fruits
 - o Choose fresh over canned or dried
3. Vary your veggies
 - o Choose a variety of colors (dark green, orange, red, yellow)
4. Make half your grains whole grains
 - o Whole grain rice, whole grain breads, rolls, whole grain pasta
5. Move to low-fat and fat-free dairy
 - o Low fat cheeses, milk, yogurt, cottage cheese
6. Vary your protein routine
 - o Choose a variety of lean proteins including chicken, turkey, beans/lentils, tuna, tofu
7. Eat and drink the right amount for you
 - o Portion size is important

Reasons to exercise 30 minutes every day (walking, swimming, biking, light weight lifting).

- Decreased blood pressure which decreases risk for heart disease
- Lowers risk for Type 2 Diabetes or blood sugar levels if you are diabetic
- Improves immune system function (less likely to get sick)
- Decreases risk of arthritis (improves bone health)
- Improves sleep and energy level
- Lowers risk for dementia by increasing blood flow to brain
- Improves breathing and activity tolerance

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:

Should I Stay or SHOULD I Go?

Please join me for my first FREE discussion of 2019. Learn the best way to evaluate the benefits of downsizing vs. staying in your current residence for the long term. You have options. Which one is the right one for YOU?

March 28, 2019 from 6:00 - 7:00 pm
Golden Connections Community Center
20C Gotham Drive in Red Lion, PA 17356

Complimentary light refreshments will be served.
Please RSVP to RSVPtoMelissaRuffing@gmail.com.

Golden Connections Sponsor



REMAX Patriots
1770 East Market Street
York, PA 17402

Melissa Ruffing
Realtor®, SRES
Licensed in MD & PA

Office: (717) 840-4848
Cell: (717) 205-6924
ruffing.melissa@gmail.com



icanopendoors.com



In observance of American Heart Month, the Golden Connections Community Center encourages you to pledge to make decisions that encourage optimal heart health. The following are just a few ideas of things you could increase or decrease to reach your heart health goals.



I ♥ Your Heart



Take The Pledge

Less	More
Salt	Fiber
Junk Food	Exercise
Second Hand Smoke	Fish
Television	Fruits
Electronics	Veggies
Stress	Whole Grains
Stagnation	Low Fat Dairy
Saturated Fats	Nuts
Weight Gain	Legumes
Alcohol Intake	Meditation
High Fat Foods	Vitamins

Essential Oils 101

The GCCC has embraced the education offered by our Essential Oils 101 classes, to assist & encourage each participant to make life changes and attempt to become healthier in many different ways.

Recent classes have been focused primarily on education. Participants have been provided with an abundance of information. It has been brought to our attention that maybe to much information. We want to make sure that participants don't just receive the information provided, but also understand the value of it all as well. So, February we will take a step back and break the information down, we will go more in depth and assist members with more guidance during their essential oils journey. The next Essential Oils Class will be held on Monday, February 25th at 12:15 p.m. All are welcome, so feel free to join us!



Get-n-Step

WAY TO GO GCCC!!!

Members have done a great job this past month launching our Get – n – Step Program! One of the best ways to get healthier is to get moving, and moving could mean something as simple as walking for even 15 minutes a day. Those 15 minutes a day could completely change your life! That is why the GCCC started a new program called Get-n-Step. Every Monday and Friday at 12:15 p.m. members are encouraged to get up and move, even if it is only for 15 minutes. And they have! The GCCC has had huge success with getting members moving, we are so proud of everyone who has committed and stuck with it. We hope this will help to inspire participants to continue this movement every day, as it is so important for us all to continue to move towards healthier lives. So please join us in a year-long commitment to Get-n-Step and get healthier.

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, February 20th, 2019 at 11:30 a.m. to the Corner Stables Restaurant, 2575 S. Queen ST., York. 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!!!



The 2019 year has begun and we are happy to announce that Golden Connection Community Center's Evening Line Dance classes have begun. Evening classes are **every Tuesday night from 6:00 p.m. - 7:00 p.m.** Classes are \$3.00 per person or \$5.00 per couple. 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 FREE 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.

CENTER SPEAKERS



This month the Golden Connections Community Center will welcome Drayer Physical Therapy and Martin Foot and Ankle for two different presentation opportunities.

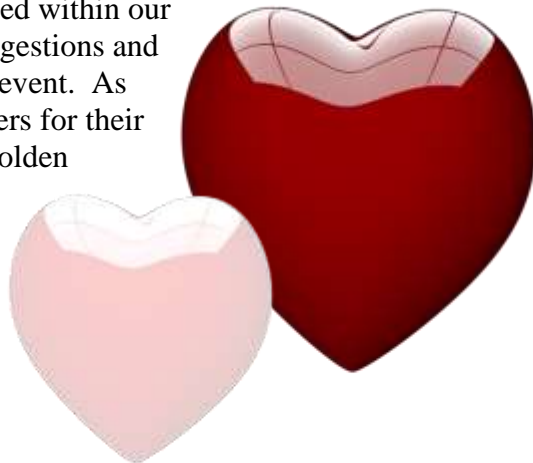
We will start with a presentation on ***Heart Healthy Living w/ Drayer Physical Therapy, on Wednesday, February 13th at 10:15 a.m.*** February is

American Heart Month, and in observation of that we want to make sure we are offering members with the

information to make heart healthy life decisions. So feel free to join us as we welcome this health conscious presentation.

Next, we will welcome Martin Foot & Ankle to offer a presentation on ***Fall Prevention on Wednesday, February 20th at 10:15 a.m.*** As the Winter months are slipping by, we still want to emphasize the importance of being safe and preventing falls, as the older population is most at risk of suffering from this. We hope to see you there!

The Golden Connections Community Center always offers a variety of presentations, workshops, and seminar. That being said we are also always open to all suggestions. If you have an idea or would like to see a specific topic discussed within our center, then please share your suggestions and staff will look into scheduling an event. As always we thank all of our members for their participation and support at the Golden Connections community center.



Art Studio



The Golden Connections Community Center is always grateful for having the opportunity to welcome so many talented people into our facility to share their knowledge and specialties. Our Art Studio program never disappoints as Judith continues to offer us unique and exciting projects every month. Wednesday, February 13th at 10:15 a.m. members will practice using chalk pastel as they learn about the different kinds of clouds and study the work of artist John Constable. Then on Wednesday, February 27th at 10:15 a.m. members will sculpt small animals from clay. Feel free to join us 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 **Tuesday, February 5th at 10:15a.m.** participants will upcycle newspaper to make Newspaper Rosettes to help prepare for Valentines Day. Then on **Tuesday, February 19th at 10:15 a.m.** participants will make heart shaped baskets to create beautiful pieces of art work as pictured here. We do ask members to sign up, using our Copilot system, for these events to assist with preparation. Feel Free to join us for any of our Crafting explorations and get creative with us!



Golden WINGS

WIDOWS IN NEED OF GREIF SUPPORT

You plan to spend your life with one person, you start a family with one person, you plan a future with one person, and then one day even though you want to believe that day is no where in the near future, they are gone....

Now, you feel alone and lost, what are you supposed to do now, how does your life move forward without them... you may feel hurt, pain, helplessness, anger. How do I know this...because I have lived this, I have felt this, I know this, and there are many more who have gone through or are currently going through this. And now we will all stand together to support each other.

The Golden Connections Community Center will hold its first Golden WINGS Meeting on Tuesday, February 26th at 10:30 a.m. This meeting will give those who attend the chance to connect with others and share stories if they choose to. We will also discuss goals for the group and plans for the future.

If you are alone... if you are scared... if you need a friend... if you need to talk...then please join us for our first meeting and be a part of the start, of something good for all of us.

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 Pacesetters ~ 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

Happy Valentines Day



Brain Fitness

Modern-day neuroscience has established that our brain is a far more plastic organ than was previously thought. In the past it was believed that an adult brain can only lose nerve cells and cannot acquire new ones. Today we know that new neurons – and new connections between neurons – continue to develop throughout our lives, even well into advanced age. This process is called neuroplasticity. Thanks to recent scientific discoveries, we also know that we can harness the powers of neuroplasticity in protecting and even enhancing our minds at every stage of life – including our advanced years. Stay tuned to the next newsletter to find out more about Brain Fitness. Please take a few moments each month to work on your brain fitness by completing the exercises provided in this newsletter. Enjoy! And More info is to come...

LAST MONTH'S BRAIN FITNESS ANSWERS:

Rhyme Time

- | | |
|--------------|----------------|
| 1. Hot tot | 5. Back rack |
| 2. Red sled | 6. Bear chair |
| 3. Ace place | 7. News views |
| 4. Fake cake | 8. Funny money |



TURNING ON YOUR ENGINE

Finding You

Level 1 : Language Attention Visual Search

Ignoring spaces and punctuation, underline all 12 occurrences of the consecutive letters Y-O-U in the paragraph below.

Young Yoda found a yo-yo under your Christmas tree. He tried to use it, but he looked like a monkey out of his tree. After hitting his head, he called his youthful friend Yoric and said, “Hurry, ouch!” Yoric rode the Tokyo Underground all the way to Youngstown, whistling the ditty “O Ulysses.” “You’re in luck, Yoda,” said Yoric, “I’m a yo-yo user, too.” Yoric taught Yoda to yo-yo, and in appreciation Yoda took some candy out and gave it to his friend.





**February 2019
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				February 1 Beef Burrito Bowl <i>(3 ounces Meat and Cheddar Cheese)</i> 1/2 cup Seasoned Corn and Black Beans 1/2 cup Cilantro Rice 1/2 cup Pineapple Tidbits Taco Sauce and Sour Cream
February 4 Hot Dog 1/2 cup Cheesy Potatoes 1/2 cup Sweet Peas Hot Dog Roll Fresh Seasonal Fruit	Happy Birthday February 5 Vegetable Lasagna with Parmesan Cream Sauce 1 cup Tossed Salad with Hardboiled Egg, Cucumber, and Dressing Breadstick Cottage Cheese and Diced Peaches Birthday Cake	February 6 1 cup Chili Con Carne 1/2 cup Baked Potato with Margarine Whole Grain Mini Biscuit 1/2 cup Warm Apples	February 7 Warm Ham and Cheese on Ciabatta <i>(2 ½ ounce sliced Ham and ½ ounce sliced Cheese)</i> 1 cup Creamy Tomato Bisque with Crackers Whole Grain Ciabatta Roll Fresh Fruit	February 8 Burgundy Meatballs (4) with Mushrooms over 1/2 cup Egg Noodles 1/2 cup Carrots Wheat Bread 1/2 cup Mixed Fruit Salad
February 11 1/2 cup Pulled Turkey with Gravy 1/2 cup Whipped Potatoes 1/2 cup Green Beans Wheat Bread 1/2 cup Applesauce	February 12 1/2 cup Sloppy Joe 1/2 cup Ranch Seasoned Potatoes 1/2 cup Coleslaw Whole Grain Sandwich Roll Cookie	February 13 Hawaiian Pork Chop 1/2 cup Blended Rice Pilaf 1/2 cup Mixed Vegetables White Bread Fresh Fruit	Valentine's Day Special February 14 Chicken Rosa Baked Potato with Sour Cream 1/2 cup Sweet Peas and Onions Dinner Roll Strawberry Fluff	February 15 Warm Roast Beef Sandwich <i>(3 ounces Roast Beef and Au Jus)</i> 1 cup Homemade Vegetable Soup with Crackers Sandwich Roll 1/2 cup Pineapple tidbits
February 18 President's Day	February 19 Bratwurst 1/2 cup Sauerkraut 1/2 cup Whipped Potatoes Hot Dog Roll 1/2 cup Warm Cinnamon Applesauce Mustard Packet	February 20 Baked Meatloaf Marinara with Mozzarella Topping 1/2 cup Garlic Whipped Potatoes 1/2 cup Parmesan Corn Wheat Bread 1/2 cup Banana Pudding	February 21 Greek Chicken Salad <i>(3 ounces Chicken, Black Olives, Red Onions, Tomato, and Mozzarella Cheese)</i> 1 cup Mixed Greens with Dressing 1 cup Bean Soup with Crackers Dinner Roll Cookie	February 22 Baked Ham with Raisin Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Harvard Beets White Bread Fresh Fruit
February 25 Pork Ribette 1/2 cup Seasoned Potatoes 1/2 cup Baked Beans Dinner Roll 1/2 cup Sliced Peaches	February 26 3/4 cup Baked Ziti(3/4c.) w/Meatballs (3) with Meatballs (3), Marinara Sauce, and ½ ounce Cheese Topping Marinara Sauce &.5 oz Cheese Topping 1 cup Caesar Salad Garlic Breadstick 1/2 cup Mixed Fruit Salad	February 27 Swiss Steak with 2 ounces Onion Gravy 1/2 cup Cabbage and Noodles 1/2 cup Diced Carrots Wheat Bread 1/2 cup Pineapple Delight	February 28 Grilled Chicken Bacon Swiss Club <i>(Chicken, Bacon, Cheese (1 piece each) with Lettuce, Tomato, and Condiments)</i> 1 cup Creamy Potato Soup with Crackers Sandwich Roll 1/2 cup Blushed Pears	

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








**February 2019
Home Delivered Meal Menu**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								February 1	
								Beef Burrito Bowl <i>(Meat and Cheddar Cheese)</i> Seasoned Corn and Black Beans Cilantro Rice Pineapple Tidbits Taco Sauce and Sour Cream	
February 4		February 5		February 6		February 7		February 8	
Hot Dog		Tuna Salad Sandwich with Lettuce and Tomato		Chili Con Carne		Ham and Cheese on Ciabatta <i>(Sliced Ham and Cheese)</i>		Burgundy Meatballs with Mushrooms over Egg Noodles	
Cheesy Potatoes		Pasta Salad		Baked Potato with Margarine		Broccoli Salad		Carrots	
Sweet Peas		Three-Bean Salad		Whole Grain Mini Biscuit		Peaches		Wheat Bread	
Hot Dog Roll		Sandwich Roll		Warm Apples		Whole Grain Ciabatta Roll		Mixed Fruit Salad	
Fresh Seasonal Fruit		Tropical Fruit				Cookie			
February 11		February 12		February 13		February 14		Valentine's Day Special February 15	
Pulled Turkey with Gravy		Egg Salad Sandwich with Lettuce and Tomato		Hawaiian Pork Chop		Roast Beef and Cheese Sandwich		Chicken Rosa	
Whipped Potatoes		Macaroni Salad		Blended Rice Pilaf		Potato Salad		Baked Potato with Sour Cream	
Green Beans		Marinated Beans		Mixed Vegetables		Beets		Sweet Peas and Onions	
Wheat Bread		Wheat Bread		White Bread		Sandwich Roll		Dinner Roll	
Applesauce		Orange Juice		Fresh Fruit		Pineapple Tidbits		Strawberry Fluff	
February 18		February 19		February 20		February 21		February 22	
	President's Day			Baked Meatloaf Marinara with Mozzarella Topping		Greek Chicken Salad <i>(Chicken, Black Olives, Red Onions, Tomato, and Mozzarella Cheese)</i>		Baked Ham with Raisin Sauce	
			Sauerkraut		Garlic Whipped Potatoes		Mixed Greens with Dressing		Whipped Sweet Potatoes
			Whipped Potatoes		Parmesan Corn		Beets		Harvard Beets
			Hot Dog Roll		Wheat Bread		Dinner Roll		White Bread
			Warm Cinnamon Applesauce		Banana Pudding		Cookie		Fresh Fruit
		Mustard Packet							
February 25		February 26		February 27		February 28			
Pork Ribette		Old Fashioned Spread Sandwich with Lettuce and Tomato		Swiss Steak with Onion Gravy		Cold Grilled Chicken Bacon Swiss Club <i>(Chicken, Bacon, Cheese with Lettuce, Tomato, and Condiments)</i>			
Seasoned Potatoes		Pasta Salad		Cabbage and Noodles		Potato Salad			
Baked Beans		Marinated Beans		Diced Carrots		Sandwich Roll			
Dinner Roll		White Bread		Wheat Bread		Plushed Pears			
Sliced Peaches		Mixed Fruit		Pineapple Delight		Cookie			

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

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Games 9:15 Strength Training for Seniors 10:30 BINGO 11:15 Super Bowl Predictions & Trivia 12:00 Get-n-Step 12:15 Seasonal Decorating & Cleaning <i>National Wear Red Day</i>
4 9:00 Games 9:15 Strength Training for Seniors 10:30 BINGO 11:15 Super Bowl Predictions Revealed 12:00 Get-n-Step	5 9:00 Games 9:15 ABC's of Fitness 10:00 Wii 10:15 Upcycle with Kasie 12:00 Beginners Line Dance 12:15 Line Dancing	6 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Art Studio w/ Jude 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	7 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Blood Pressure Checks 12:00 Beginners Line Dance 12:15 Line Dancing <i>Taxes</i>	8 9:00 Games 9:15 Strength Training for Seniors 10:30 BINGO 12:00 Get-n-Step 12:15 Pictionary 
11 9:00 Games 9:15 Strength Training for Seniors 10:00 APPRISE 10:30 BINGO 12:00 Get-n-Step <i>National Make a Friend Day</i> 	12 9:00 Games 9:15 ABC's of Fitness 10:00 Wii 10:30 Love Your Heart 12:00 Beginners Line Dance 12:15 Line Dancing 	13 9:00 Games 9:00 Zumba 9:00 Outreach Program w/ Rep. from Stan Saylor's Office 9:30 Scrabble Club 10:15 Heart Healthy Living w/ Drayer Physical Therapy 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	14 9:00 Games 9:15 ABC's of Fitness 10:00 Valentine's Day Games 10:15 Sing-along 12:00 Beginners Line Dance 12:15 Valentine's Line Dancing <i>Taxes</i>	15 9:00 Games 9:15 Strength Training for Seniors 10:30 BINGO 12:00 Get-n-Step 12:15 Family Feud
18 Center Closed <i>President's Day</i>	19 9:00 Games 9:15 ABC's of Fitness 10:00 Wii 10:15 Upcycle with Kasie 12:00 Beginners Line Dance 12:15 Line Dancing 	20 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Fall Prevention w/ Martin Foot & Ankle 11:30 Bluebird 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A <i>National Love Your Pet Day</i>	21 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Blood Pressure Checks 12:00 Beginners Line Dance 12:15 Line Dancing <i>Taxes</i>	22 9:00 Games 9:15 Strength Training for Seniors 10:30 BINGO 12:00 Get-n-Step 12:15 Catch Phrase
25 9:00 Games 9:15 Strength Training for Seniors 10:00 Hair/Nails w/ Missy 10:30 BINGO 12:00 Get-n-Step 12:15 Essential Oils Class	26 9:00 Games 9:15 ABC's of Fitness 10:00 Wii 10:30 Golden WINGS Meeting 12:00 Beginners Line Dance 12:15 Line Dancing	27 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Art Studio w/ Jude 12:15 Nickel BINGO 1:00 I-Pad/Computer Q & A	28 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:15 Sing-along 12:00 Beginners Line Dance 12:15 Line Dancing <i>Taxes</i> 