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

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20 Gotham Place
Red Lion, PA 17356
P:717.244.7229
8:30 a.m. – 2:30 p.m.
www.gcccenter.com

Monthly Newsletter

Heather Goebeler, Executive Director
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Michelle Lebow, Meal Coordinator
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Viola Boothe, Kitchen Supervisor

*April
Showers...*



2019

Upcoming Events for April

- April 1 Garden Preparations
- April 3 Plant Gardens
- April 5 TAFE Introduction
- April 9 “Let’s Get Moving for Better Health”
w/ Robert Fawcett, MD
- April 10 Outreach Program w/ Representative
From Stan Saylor’s Office
- April 10 Art Studio w/ Jude
- April 15 Outdoor Gardening
- April 16 Easter Carnival
- April 17 Gourdy2Shoes
- April 17 Bluebirds
- April 18 TAFE Class
- April 19 CENTER CLOSED/Good Friday
- April 22 Hair/Nails w/ Missy
- April 22 Essential Oils 101
- April 23 Golden WINGS
- April 24 Art Studio w/ Jude
- April 24 NICKEL Bingo
- April 25 TAFE Class
- April 25 Volunteer Appreciation Luncheon
- April 29 Introduction to Senior Life
- April 30 Dessert Pot Luck

For a full list of April’s activities, please see the Activities Calendar located in the center of the April Newsletter



SeniorLIFEPA.com

Home is where your heart is.

Call to learn how your existing benefits can provide access to care in your home and how you can get both **medical and prescription drug coverage for \$0 per month!**

Learn what services may be available to you at **NO COST!**

SeniorLIFE

Home Today. Home for LIFE.

Senior LIFE York: (717) 757-5433

No Cost to Those Who Qualify

An Approved Medicare and Medicaid Provider

No Co-Pays

Should I Stay or Go?

SHOULD I

Go?

PART 2!

Please join me & a guest expert in the field of lending for a FREE seminar designed to help you evaluate your best financing option when downsizing or staying in your current residence for the long term.

April 11, 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 Ruffing.Melissa@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



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:*



April is National Parkinson's

Disease Awareness Month

Provided by Drayer Physical Therapy

Rehabilitation and Parkinson's Disease

Although physical therapy cannot cure Parkinson's disease, Drayer Physical Therapy Institute recognizes that exercise and learning based memory activities can improve independence and quality-of-life, including benefits for emotional health, in addition to slowing progression of the disease. There is increasing evidence to support that aerobic exercise and movements that challenge an individual to change direction, and tempo are key.

Physical Therapy for Parkinson's will address Symptoms associated with the disease including:

- Declining gait speed and shuffling pattern
- Poor balance and risk of falls
- Decline in mobility, stiffness, and posture
- Overall decrease in independence and function

Treatment will consist of:

- Comprehensive movement evaluation
- Falls prevention screen
- Individual treatment program may include, balance, gait, and transfer training, manual therapy for mobility, flexibility and range of motion, posture training, strength, coordination, endurance and cardiovascular exercise and development of a home exercise program including caregiver education.



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 more trip information or you may choose to contact the travel agency directly.

Krouse Travel Agency ~ 717-244-6410

Tuesday – April 23 – Falling water and Flight 93 Memorial Plaza with Lunch \$115 pp

Wednesday – April 24 – **The Museum of the Bible** - Includes admission to the Museum of the Bible and a family style Italian Lunch. \$110 pp

Tuesday – May 7 – **Penn's Peak – The Ultimate Johnny Cash Tribute** – includes a delicious family style luncheon plus afternoon concert \$110pp

Saturday – May 11 – **Celebrate Mother's Day with Lititz Tea Tour with Chocolates!** Includes a stop at Wilbur Store in Lititz, High Tea Luncheon at the Tea Affair Tea Room and Shop plus free time in downtown Lititz, Pa. \$105pp

Step up with the Pacesetters ~ 717-757-3209

Thursday – April 25 – **Welcome Spring at Shady Maple** – Cost of meal is \$15.90 payable in advance to Pacesetters. Rabbit Bus can be arranged for an additional \$14.00. Deadline: April 19th

Sunday – April 28 – **The Doo Wop Project at the Pullo Center in York** – This is a carpool trip, there will be no transportation available. Seat reservations limited. Featuring current and former members of Broadway's smash hits Jersey Boys and Motown: The Musical. Tickets must be paid for in advance. \$32.00 pp Deadline: March 15th

Thursday - May 30 – **Dutch Apple "Camelot"** – Lunch Buffet included with show. \$70.00 pp Deadline: April 18th

Thursday – June 20 – **Rainbow Comedy Playhouse "Divorce Southern Style"** - \$70.00 pp Deadline: May 6th

MORE TO LOOK FORWARD TO...

GCCC Art Programs

The Golden Connection Community Center is always looking for new and interesting art programs. April will offer a few of these opportunities to members. First, the GCCC will offer one last chance for those who still needed to finish their "Spoon Wreaths" on **Tuesday, April 2nd at 10:15 a.m.** Then the Golden Connections Art Studio program will offer an Oil Pastels Class on **Wednesday, April 10th at 10:15 a.m.** The GCCC is excited to welcome back Gourdy2Shoes, on **Wednesday, April 17th at 10:30 a.m.,** for yet another gourd craft, where members will turn locally grown gourds into birdhouses. This event is a sign-up mandatory event. The Gourd class cost is \$20 but the GCCC will cover half of the class for each participant. So each participant will pay \$10 at time of sign-up. Please see Kasie Ream, Director of Social Services for more information or to sign up. Finally, The Golden Connections Art Studio Program will take the opportunity to learn the Japanese art of origami with fun and easy step by step instructions and big beautiful paper on **Wednesday, April 24th at 10:15 a.m.** Feel free to join as all of our Art Programs continue to open our eyes to the wonderful world of the Arts!



CENTER GUESTS

This month the Golden Connections Community Center will offer multiple different presentation opportunities.

We will start the month with an **Introduction to TAFE on Friday, April 5th at 11:15 a.m.** TAFE (Theatre Arts for Everyone) is a 8-10 week residency program. Each week participants will experience an art form that allows them to use their life experiences, creativity, imagination, and observation skills while having fun and working with others. Members will learn more about the program at this introduction and will then have an opportunity to attend this residency starting **Thursday, April 18th at 10:00 a.m.,** feel free to join us as we welcome this new and exciting program at the GCCC.

Next, we will welcome retired physician, **Dr. Robert Fawcett, MD for his seminar, "Lets Get Moving for Better Health" on Tuesday, April 9th at 10:15 a.m.** Dr. Rob Fawcett will share information on the many health benefits of exercise and physical activity. Dr. Fawcett's open and lively approach is both motivational and inspiring. Health experts agree that adults should be active every day to maintain their health. Fortunately, there are many ways to be physically active. Learn about the ways you can be active that suit your lifestyle, interests, health, and budget. Consider these benefits: Helps improve mood and attitude, Helps with mental focus, Increases energy and ability to complete tasks, Assists with weight loss, Strengthens bones, increases muscle tone and flexibility, Reduces the risk of certain diseases and poor health conditions. As you consider those benefits we hope you can plan to attend this Health conscious presentation!

Finally, on **Monday, April 29th at 10:30 a.m.** members will welcome Senior Life as our newest Center Sponsors. **Bryan Ek, from Senior Life,** will speak with members to share information about Senior Life and what his plan is for the year with the new GCCC Sponsorship. The GCCC is always so grateful to all our sponsors for all they do and hope you can attend this introduction to help us show our appreciation.

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.



Dessert Pot Luck



It's been a looong winter... and spring has finally sprung! So just as a little pick me up to welcome a new season, the GCCC will host a Dessert Pot Luck on Tuesday, April 30 at 10:30 a.m. Feel Free to bring your favorite dessert to share with your friends here at Golden Connections.

Bluebirds

The Bluebirds April Luncheon will be on Wednesday, April 17th at 11:30 a.m., at Cheddars, 1540 Toronita & Rt. 30, York. Any Questions, please contact: Tisha Eckenrode 717-586-5936 or Isabel Murphy 516-641-4076.



ALL LADIES WELCOME!!!

Easter Carnival

The GCCC will celebrate the upcoming Easter Holiday by hosting our Annual Easter Carnival, on Tuesday, April 16th. The Carnival will begin at 10:00 a.m. with game booths distributed throughout the building with the opportunity to win raffle tickets. Later in the morning raffles will be drawn for prizes, the more tickets you earn the more chances you will have to win the prizes. Then at 10:45 a.m. members will enjoy an Easter Egg Hunt outside and around our building. Sign-up is mandatory for the Egg Hunt. We hope you can join us this year for all the games and fun!



Longaberger Basket BINGO!

The Golden Connections Community Center is hosting a Longaberger Basket Bingo fundraiser on Saturday, May 11th at its facility, located at 20 Gotham Place in Red Lion. Doors will open at 12:00 p.m. and the bingo will start at 2:00 p.m.

The cost for a 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 or online at <https://www.gcccenter.com/shop/>.

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. Come hungry because food products will also be sold.



LAST MONTH'S BRAIN FITNESS ANSWERS:

Simply Sudoku

3	5	1	7	8	9	2	6	4
4	2	7	6	3	5	8	9	1
6	9	8	1	4	2	7	3	5
2	7	4	9	6	3	5	1	8
9	3	5	4	1	8	6	7	2
1	8	6	5	2	7	9	4	3
5	4	9	8	7	1	3	2	6
7	6	2	3	5	4	1	8	9
8	1	3	2	9	6	4	5	7

Brain Fitness



How do we know that different cognitive challenges exercise different components of the brain? We've learned this by combining experiments created from real-life circumstances with neuroimaging. Some say that these technologies have done for our understanding of the brain what the invention of the telescope has done for our understanding of the planetary systems. Thanks to these technologies, particularly MRI, we know that certain parts of the brain exhibit an increased size in those who use these parts of the brain more than most people. For example, researchers found that the hippocampus, the part of the brain critical for spatial memory, was larger than usual in London cab drivers, who have to navigate and remember complex routes in a huge city. Studies revealed that the so-called Heschl's gyrus, a part of the temporal lobe of the brain involved in processing music, is larger in professional musicians than in musically untrained people. And the angular gyrus, the part of the brain involved in language, proved to be larger in bilingual individuals than in those who speak only one language.

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...

Name Calling

Attention

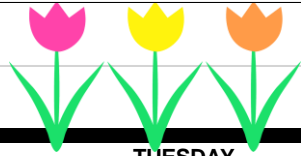
Visual Search

Decipher the encoded word in the quip below using the numbers and letters on the phone pad. Remember that each number can stand for 3 or 4 possible letters.

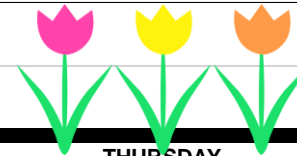
Money is the root of

All 9-3-2-5-8-4.

1	2	3
	ABC	DEF
4	5	6
GHI	JKL	MNO
7	8	9
PQRS	TUV	WXYZ
	0	

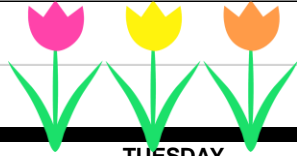


April 2019 Congregate Meal Menu



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

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










April 2019
Home Delivered Meal Menu



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

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

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Games 9:15 Strength Training for Seniors 10:30 Garden Preparations 12:15 Get N Step 12:15 Everybody Knows 	2 9:00 Games 9:15 ABC's of Fitness 10:00 Wii 10:15 Rescheduled Crafting ~Pt. 3 Spoon Wreath 12:15 Beginners Line Dancing 12:30 Line Dancing <i>6:00 p.m. Evening Line Dance Classes</i>	3 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:15 Plant Gardens 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	4 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Blood Pressure Checks 12:15 Beginners Line Dancing 12:30 Line Dancing Taxes 	5 9:00 Games 9:15 Strength Training for Seniors 10:30 BINGO 11:15 TAFE Introduction 12:15 Get N Step 1:00 I-Pad/Computer Q & A
8 9:00 Games 9:15 Strength Training for Seniors 10:00 APPRISE 12:15 Get N Step 12:15 Who Wants To Be A Millionaire 	9 9:00 Games 9:15 ABC's of Fitness 9:15 Wii 10:15 "Lets Get Moving for Better Health" w/ Robert Fawcett, MD 12:15 Beginners Line Dancing 12:30 Line Dancing <i>6:00 p.m. Evening Line Dance Classes</i>	10 9:00 Games 9:00 Zumba 9-12:00 Outreach Program w/ Rep. from Stan Saylor's Office 9:30 Scrabble Club 10:15 Art Studio w/ Jude 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	11 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:30 Mind Matters 12:15 Beginners Line Dancing 12:30 Line Dancing Taxes	12 9:00 Games 9:15 Strength Training for Seniors 10:30 BINGO 12:15 Get N Step 1:00 I-Pad/Computer Q & A 
15 9:00 Games 9:15 Strength Training for Seniors 10:30 Outdoor Gardening 12:15 Get N Step 12:15 Pictionary 	16 9:00 Games 9:15 ABC's of Fitness 10:00 Easter Carnival 12:15 Beginners Line Dancing 12:30 Line Dancing <i>6:00 p.m. Evening Line Dance Classes</i>	17 9:00 Games 9:00 Zumba 9:30 Scrabble Club 10:30 Gourdy2Shoes 11:30 Bluebirds 12:15 Penny BINGO 1:00 I-Pad/Computer Q & A	18 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:00 TAFE 12:15 Beginners Line Dancing 12:30 Line Dancing	19 <h2 style="text-align: center;">Center Closed</h2> <p style="text-align: center;"><i>Good Friday</i></p> 
22 9:00 Games 9:15 Sweat into the Oldies (Video) 10:00 Hair/ Nails w/ Missy 12:15 Get N Step 12:15 Essential Oils 101 Earth Day 	23 9:00 Games 9:15 ABC's of Fitness 10:15 Golden WINGS 10:30 Blood Pressure Checks 12:15 Beginners Line Dancing 12:30 Line Dancing <i>6:00 p.m. Evening Line Dance Classes</i>	24 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	25 9:00 Games 9:15 ABC's of Fitness 9:30 Wii 10:00 TAFE 10:15 Sing A Long 12:15 Beginners Line Dancing 12:30 Line Dancing Volunteer Appreciation Luncheon 	26 9:00 Games 9:15 Strength Training for Seniors 10:30 BINGO 12:15 Get N Step 1:00 I-Pad/Computer Q & A Arbor Day
29 9:00 Games 9:15 Strength Training for Seniors 10:30 Introduction to Senior Life w/ Bryan Ek 12:15 Get N Step 12:15 Deal or No Deal	30 9:00 Games 9:15 ABC's of Fitness 10:30 Dessert Pot Luck 12:15 Beginners Line Dancing 12:30 Line Dancing <i>6:00 p.m. Evening Line Dance Classes</i> 