Weekly Newsletter

Information coming soon regarding the reopening of the GCCC.

A few Holidays to know in July

- July 4: Independence Day
- July 7: World Chocolate Day
- July 11: 7-Eleven Day
- July 13: National French Fry Day
- July 19: National Ice Cream Day
- July 30: International Day of Friendship

Golden Connections
Community Center Staff
While wearing one of his famous disguises, Sherlock Holmes followed a suspect through London’s busy streets. The suspect entered two shops. In order not to look suspicious, Holmes purchased an item in each of the shops. In the first shop Holmes spent one-fourth of all his money, and in the second shop he spent one-fourth of what remained.

If Holmes spent 21 pounds in total, how much did he have to begin with?

Answer to Last week’s Crime Mystery:

PUZZLE 2

Fish: 22 Years, Hill: 33 years, Giles: 66 Years
Changeover #2

Anagrams are words in which the letters of one word are shuffled around to make a new word, like DANGER and GARDEN. Find the anagrams to all the listed words, then read down the first letter of each new word to find two things that you are often changing. Write the answers on the lines below each list. Note: Each new word will start with a different letter than the original word.

1. GABLE _______________ 1. DOOR _______________
2. CADET _______________ 2. LUMP _______________
3. WORTH _______________ 3. CHIN _______________
4. SHEET _______________ 4. EARN _______________
5. HEART _______________ 5. DICE _______________
6. DIRE _______________ 6. ROVE _______________
7. CHIT _______________ 7. STUN _______________
8. LEASE _______________ 8. KISS _______________
9. WORDS _______________

Answer: _______________  Answer: _______________

Answers to last week’s puzzles:

Worthwhile Wordy Workout Pt. 2

1. Offense
   Offhand
   Office
2. Retire
   Retriever
   Return
3. Rook
   Rookie
   Rooster
4. Tangerine
   Tanker
   Tantrum
5. Telescope
   Teller
   Telstar
6. Tomorrow
   Tomato
   Tombstone
7. Wrench
   Wreck
   Wrestling

Did You Know...

- 500 seeds of 5 different types of seeds were taken into orbit around the moon, and later planted around the U.S. as well as a few countries. They were called Moon Trees.
- In order to protest the high tariffs enforced by a U.K. censorship board, a filmmaker sent in a 10 hour “movie” of white paint drying. They had to watch the entire film.
- 50% of apartments in Los Angeles don’t come with a fridge. This is legal, as fridges are considered an “amenity”, and therefore landlords are not required to provide one.
- Norway has a 25-year statute of limitation on murder. This means if the murder happened more than 25 years ago, they cannot be charged.
- Several of the facts on Snapple caps have been found to be outdated, incorrect or exaggerated.
- Both drummers from Queen and Duran Duran had the same name – Roger Taylor.
- There is a company in the U.K. that offers “being hungover” as a valid reason for calling off work. They are allotted four hangover days per year.
- The majority of blind people in the U.S. and the U.K. cannot read braille. Statistically, less than 1% of blind in the U.K., and under 10% in the U.S.
- It’s not just humans who are right or left-handed. Most female cats prefer using their right paw and males are more likely to be left-pawed.
- Over 290 people have died climbing Mount Everest since 1922. Most deaths occur because of avalanches, and not all bodies have been recovered.

Journaling Prompt

Write about a favorite place you like to visit.
Exercise & Line Dance Class

The Golden Connections Community Center is happy to announce that we have begun offering Outdoor Exercise and Line Dance Class. The GCCC has coordinated with our Fitness Consultant, Jean Carter, and the next outdoor class is schedule for, Tuesday, July 7th.

Outdoor classes at the GCCC will run every Tuesday, with Exercise classes to begin at 9:00 a.m. and Line Dance Classes to begin at 10:15 a.m., in hopes of beating the heat.

A few things to know before you come to our classes:

- There will be NO ACCESS to the inside of the building, NO EXCEPTIONS, so please remember to use the bathroom before you come.
- Don’t forget sunscreen and plenty of water to stay hydrated!
- Bring a lawn chair to use during class or for breaks.
- Please bring a mask to utilize during breaks or between classes, if you choose to not wear a mask during the classes then you must practice social distancing of 6 feet apart.
- All participants are required to sign a liability waiver prior to class or admittance to the class will be denied.
- All classes will be held in the MOW parking lot.

Recipe of the Week

The Golden Connections Community Center recently received a copy of a Recipe book that was created by Senior Center Members some years ago as a fundraiser. Members shared family recipes in this book and now the GCCC is proud to share them once again with members new and old. Look for a new recipe to be highlighted every week! We hope you enjoy!

Montgomery Pie

(Two 9-inch pies or 3 smaller ones)

Ingredients for Bottom:
1 c. molasses
1 c. cold water
1 c. brown sugar
1 lemon (rind and juice)

Ingredients for Top:
1 ½ c. sugar
1 egg
2 ½ c. flour
¼ c. butter and Crisco
1 c. thick milk or buttermilk
1 tsp. soda (put soda in buttermilk)

Put lemon in hot water first for easier grating and more juice. Pour on top part, putting around the edge first. Bake at 425 degrees for 15 minutes, then at 350 degrees for approximately 45 minutes. (for Pyrex pans, try 25 degrees lower each time.)

This recipe was share by Mildred Barshinger
The Home Instead Senior Care Foundation is proud to present the fifth-annual GIVE65 Event, a 65-hour online fundraising event exclusively for senior-focused organizations like ours. This year, the event kicks off July 15 and runs through July 17. We have a chance to receive up to $5,000 in matching funds from the Home Instead Foundation. To have the best chance of receiving matching funds, we are encouraging donors to schedule a gift on July 13 or 14. Scheduled gifts are the first to be processed and the first to be matched. Scheduling your donation increases our chance of taking home matching grants. Plus, you can check “make a donation” off your to-do list early. If you cannot schedule a gift, the live GIVE65 Event kicks off at 5 a.m. (CDT) on July 15. To make a gift and learn more about what we’re raising funds for, please visit https://www.give65.org/gcccenter. Then, click the pink “donate now” button to start the process of making your gift. If you need help making a gift or have any questions, please feel free to reach out to us. We would be happy to assist in any way we can. Now more than ever we need your help to continue providing our services and programs to seniors in our community. Thank you for supporting our mission and bringing hope to seniors right here at home.

Upcoming Trip

Pacesetters is planning an upcoming trip for Thursday, September 10th to Sight & Sound Theatre for Queen Esther. More information will be available in future Newsletters as it is provided or feel free to contact Pacesetters at xxx-XXXX, to receive more information or to secure a seat.
Terra-Cotta Pot Wind Chimes

Materials and Tools:

Scissors
Ruler
Blunt-end needle (with a hole of a suitable diameter for string or line, and that will fit through hole in small terra-cotta pots.)

3 ½ inch terra cotta pot
(3) 1 ½ inch terra cotta pots
3 beads for rings

Welcome spring breezes with these fun wind chimes made from terra-cotta pots. The kids will love painting the “flowers” and ringing the “bells.” You can also try using a real plant instead of faux flowers! Choose small, drought-tolerant plants like succulents and use moisture-retentive potting soil.

Step 1
Paint the Flowers + Pots ~ Paint the flower petals, centers, and stems, as well as the beads and terra-cotta pots as desired, then glue the flower centers to the petals and allow to dry according to the glue directions. Glue the stems to the blossoms and allow to dry. For stronger weather resistance or a gloss finish, spray the flowers, beads, and pots with acrylic sealer outdoors and allow to dry.

Step 2
Create the Hanger, Part 1 ~ Measure five 40-inch pieces of string, four for the hanger and one for the chimes. Thread the four pieces of string halfway through a washer and knot securely, creating 8 equal pieces of string on both sides. Tie the last piece of string to the washer. Thread the strings through the bottom of the large terra-cotta pot so that the washer remains inside, and the string comes out of the drainage hole. Turn the pot upside down and thread another washer on the longest piece of string, then run it back through the drainage hole to keep it out of the way while you construct the hanger.

Step 3
Create the Hanger, Part 2 ~ Arrange the remaining string into four pairs and tie a knot in each pair 2.5 inches from the hole. Next, take two adjacent pieces of string from two different pairs and tie a knot an inch down from the first knot, keeping them level. Repeat, creating four new pairs.

Step 4
Create the Hanger, Part 3 ~ Using the washer on the outside, pull the chime string out of the pot again and let it dangle down as you gently turn your pot over, holding the hanger strings up in one hand. Even them so the pot hangs level and secure them by knotting them together about 4-6 inches up, depending on the height of your flowers. Set the washer aside for a moment; you’ll need it again for the chime assembly. At the desired height for hanging, tie a knot around your hook, or an extra dowel or a stick, and trim excess string.

Step 5
Assemble the Chimes ~ With your hanger now secure, lay the pot on its side again. Make your first ringer by threading a little pot upside-down onto the chime string. Push it up all the way up so it is bottom-to-bottom with the larger pot. Thread a washer onto the string up to the rim of the little pot and knot – the placement of the washer is where the little pot will actually hang. Note: If using a larger diameter line, you may not need a washer, as a strong knot will hold the pot in place. Thread a bead onto the line a few inches from the washer and knot. Beads with large holes may need to be double-knotted or glued. The placement between the bead and the washer will vary between bead sizes – the bead should protrude slightly from the pot, so it rings against the rim. Repeat these steps with the second and third pots.

Step 6
Finishing Touches ~ Thread your remaining beads and decorations 2–3 inches below the last bead for your final ringer. Trim away excess string. Even the ringer beads and secure all knots with a drop of glue if necessary. Put the flowers into the pot, using pea gravel to hold the arrangement in place.

Hang and enjoy the music!