

Indoor RE-Opening Guidance

(This does not pertain to our outdoor programming)

After a very long year, the Golden Connections Community Center has received guidance on reopening the Center in the near future. That being said, reopening at this time will be different than what we are used to. The GCCC has received guidance from both the local and state levels to come up with the plan included in this newsletter.

Once the center reopens, we will reopen in phases. There are currently going to be 3 phases: Level 1, Level 2, Level 3. Pandemic numbers will determine the duration of each phase...

Through further reading you will find that during Level 1 of the reopening, **the GCCC will ONLY be open Monday's, Tuesday's, and Wednesday's from 9:00 a.m. – 12:00 p.m.**, members will only be permitted to attend the center 1 day a week due to the fact that we are only permitted to have a total of 23 people in our building at a time due to social distancing guidelines, (the same programs will repeat over the course of the three days to ensure everyone has the opportunity to participate in activities they are interested in), you **MUST** sign up in advance using the GCCC Copilot system from home or by calling the GCCC to secure a seat in any particular activity. You may only attend the center if you are registered for an activity. If you are not registered for an activity you will not be admitted into the building. Unfortunately, there can be no congregating during Level 1 of the reopening. Meals will be available for take-out only.

The Golden Connections Community Center understands that all of this is not ideal and that some may have difficulty understanding some of the reopening processes, please be patient as this is new to all of us, and we are all trying to do our best to navigate through this pandemic. There is a light at the end of the tunnel, and we will continue to be here for all of you once we come out on the other side.

The following is a list of regulations and policies to be enforced during the Level 1 Phase of our reopening process...

LEVEL I: Partial “soft” opening of limited participation, programs, and restrictions

Member entry procedure:

- The GCCC will request that members sign a liability waiver upon re-opening.
- If members are sick, they should STAY HOME!
- The GCCC encourages members who have underlying comorbidities to consult with their healthcare provider before attending the center. These conditions may include but may not be limited to chronic lung disease, asthma, heart conditions, diabetes, immunocompromised, smokers, bone marrow or organ transplantation, HIV or AIDS, or medications causing immune weakening.
- Members must be pre-registered for activities before admittance is granted. Nonregistered participants will not be permitted entry to maintain social distancing guidelines. Pre-registration will be taken by phone or by using the Co-Pilot Community app. Due to social distancing guidelines members may only attend programs 1 day per week. They may continue to receive a congregate meal daily through the drive thru meal program.
- Members will enter and exit through one entrance only for check-in/check-out.
- Members are required to have a temperature screen and answer the COVID-19 Health Screening prior to admittance. Members testing 100 degrees+ or exhibiting any symptom including fever, cough, runny nose, eye irritation, skin rash; will not be permitted to enter the center. If any member exhibits any symptoms after entering the center they will be isolated to a designated “sick” room until they may safely exit the center
- Member’s attendance and activities will be recorded manually by GCCC staff. Members will not be using the Copilot touch screens to document attendance. They will be able to use the Copilot app on their own personal electronic devices to register for programs.
- The GCCC requires that members wear a face mask or shield during all GCCC sponsored activities.
- No congregating in any area will be acceptable in Level 1.
- Members are permitted one small purse-sized bag that must be taken home each day. No items are permitted to be left in the center. Any items left will be disposed of.
- No more than 2 members may be in the restrooms at any time. Members will be asked to clean/disinfect their stall after using the restroom. Cleaning items will be available for them to use in the restroom.
- Members may not donate any food/drink items at this time.
- Donation of supplies should be approved prior to bringing them into center.

Programming:

- Seating is available on a first-come, first-served basis.
- Members will be asked to clean/disinfect their table/chair/area before leaving.
- Congregate meal service will remain as take-out during this phase.
- Programming may be held inside/outside depending on weather conditions.

2021 SENIOR FARMERS MARKET NUTRITION PROGRAM

Due to the ongoing limitations for public gatherings, the 2021 vouchers

WILL BE DISTRIBUTED BY MAIL



\$24 WORTH OF FREE VOUCHERS

Each eligible person is allowed to receive ONE set of vouchers/ checks to purchase PENNSYLVANIA grown fruit and vegetables from participating PA Farmers' Markets.

CHECK WITH YOUR LOCAL FARMERS MARKETS FOR CURB-SIDE PICKUP OPTIONS

ELIGIBILITY GUIDELINES:
















- Must be 60 years of age or older by Dec. 31, 2021
- Must be a York County resident
- Gross Annual Household Income must be at or below:
 - \$23,828 for an individual OR
 - \$32,227 for a 2 person household (**Both may receive vouchers if eligible**)

TO OBTAIN AN APPLICATION:

- Download application at www.ycaaaa.org, OR
- Email: aging@yorkcountypa.gov (give your name, address (including zip code, and phone number) to have application mailed or emailed to you, OR
- Call (717) 771-9610 to have application mailed or emailed to you
- Contact your local Senior Center

Seniors who are living in a nursing home, personal care home, or other residential facility where meals are provided are NOT eligible to receive vouchers.

May 2021 Calendar

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3	4 9:15 Outdoor Line Dancing	5	6 9:15 Outdoor Line Dancing	7 
10	11 9:15 Outdoor Line Dancing 10:30 Vestibular Therapy Outdoor Presentation Posts to Facebook	12	13 9:15 Outdoor Line Dancing	14   
17	18 9:15 Outdoor Line Dancing	19 10:30 Navigating the Maze of Senior Living Outdoor Presentation Posts to Facebook	20 9:15 Outdoor Line Dancing	21   
24 10:30 Outdoor Craft "Garden Art Alliums"	25 9:15 Outdoor Line Dancing	26 10:30 Beat the Heat Outdoor Presentation Posts to Facebook	27 9:15 Outdoor Line Dancing	28   
31 Center Closed Memorial Day				31  

Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 3	May 4	May 5	May 6	May 7
Chili Cheese Hot Dog (2oz Chili, .5oz Cheddar) 1/2c Baked Potato 1/2c Green Beans Hot Dog Roll 1/2c Cinnamon Applesauce	1/2c. Beef Burgundy 1/2c Bowtie Noodles 1/2c Coin Carrots Wheat Bread Fresh Orange	Grilled Chicken Caesar Salad 1c Mixed Greens (3 oz Diced Chicken, Parmesan, Tomato, Croutons) 1/2 c. Pasta Salad WG Dinner Roll 1/2c Mixed Fruit	Orange Glazed Pork Loin 1/2c Blended Rice 1/2c California Blend Wheat Bread 1/2c Pineapple Tidbits	Western Omelet w/ Ham, Peppers, Onions, Cheese 1/2c. Breakfast Potatoes WG English Muffin w/ Jelly 4oz Orange Juice
May 10	May 11	May 12	May 13	May 14
Vegetable Lasagna 1oz Shredded Mozzarella 1c Tossed Salad w/ HB Egg Italian Bread 1/2c Warm Peach Crisp	Baked Meatloaf w/ 2 oz Gravy 1/2c Mashed Potatoes 1/2c Cream Corn Wheat Bread 1/2c Raspberry Sherbet	BBQ Glazed Turkey Burger w/ 1 oz Cheddar 1/2 c. Green Beans Sandwich Roll Fresh Fruit	Sweet & Sour Meatballs (4) 1/2c. Brown Rice 1/2c. Creamy Coleslaw Wheat Bread 1/2c. Mixed Fruit	Roasted Pork Loin w/ Gravy 3oz Stuffing 1/2c Whipped Potatoes 1/2c Mixed Vegetables 1/2c Sliced Apples
May 17	May 18	May 29	May 20	May 21
Salisbury Steak w/ 2 oz Gravy 1/2c Cheesy Potatoes 1/2c Corn & Pimentos White Bread 1/2c Pears	Potato Crusted Fish 1/2c Tuscan Mac & Cheese 1/2c Italian Green Beans Wheat Bread Fresh Fruit	Chicken Marsala w/ 2oz Gravy 1/2c Bowtie Noodles 1/2c Brussel Sprouts Wheat Bread 1/2c Mixed Fruit	Baked Porcupine Ball w/ Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots WG Dinner Roll Strawberry Shortcake	Mild Buffalo Chicken Salad Sandwich w/ Shredded Lettuce 1/2 c. Potato Salad Sandwich Roll Fresh Melon
May 24	May 25	May 26	May 27	May 29
Cheeseburger 1/2c BBQ Butterbeans 1/2c Macaroni Salad Sandwich Roll Fresh Cantaloupe	1/2c. Parmesan Chicken over 3/4 c. Lemon Asparagus Pasta 1c Tossed Salad w/ Tomato & Drs Italian Bread 1/2c Applesauce	1/2 c. Pot Roast 1/2c Whipped Potatoes w/ Gravy 1/2c Carrots Wheat Bread 1/2c Sliced Pears	Chicken Cobb Salad (Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c Mixed Greens) 1/2c. Three Bean Salad WG Dinner Roll 1/2c Sunset Peaches	Pulled Pork Sandwich 1/2c Hawaiiin Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie
May 31				
<p style="color: red; font-weight: bold;">Happy Memorial Day</p> 				

*** Served daily: Milk and Margarine