

Golden CONNECTIONS

Community Center

JANUARY 2022 NEWSLETTER

Full Reopen Plan

The Golden Connections Community Center's initial plan to fully reopen on January 3rd, 2022, has been modified. With the steady rise in COVID cases in our community, the inability of Nutrition Group to provide hot meals on Thursdays and Fridays, and much deliberation by center administration, the GCCC has decided to Reopen to full days three days a week. What does this mean? This means hours of operation for the GCCC will be Monday – Wednesday from 8:30 a.m. – 2:30 p.m. Our indoor congregate meal program will also restart at this time. Members will be able to come inside and enjoy a meal with each other once again. Lunch will be served from 12:00 p.m. – 12:30 p.m., as it was pre-Covid. Those who participated in the drive thru meal service can now come inside and enjoy a meal or if you still are not ready to go back to congregating, feel free to come inside and grab a takeout order home with. The outdoor drive-up service will move indoors for takeout services. As we are excited to welcome members back, we would also like to remind Members to please stay home if you are not feeling well. Temperature checks will continue to take place at the door and if you are sick, coughing, congestion, etc. while at the center, you will be asked to leave and not return for a 24-hour period. We must all stay diligent in ensuring we are not spreading any sickness to each other. Looking forward to seeing you soon!



Inclement Weather Closures

The winter months are upon us and the GCCC has many options available to inform you that the center is closed due to inclement weather. Should we find ourselves facing inclement weather, your best options for senior center notifications of closure would be to tune into WGAL and watch the banner crawl at the bottom of the screen or check the WGAL website for closures. Center Closures will also be posted on the GCCC Facebook page.


Golden CONNECTIONS
 Community Center
 20 Gotham Place
 Red Lion, PA 17356
Contact GCCC Staff at
 717-244-7229
 Monday – Wednesday
 9 :00 a.m. – 12 :00 p.m.
www.gccccenter.com
Mission
 To assist and empower senior citizens to remain part of a thriving community environment.
Stay Connected
 Are you on email list? Call 717-244-7229 to make sure GCCC staff have your most recent contact information. Follow or like www.facebook.com/Goldenconnectionscommunitycenter on Facebook.

January 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Brain Games Station 9:30 Intuitive Art Residency 10:00 Pictionary 10:30 Get-n-Step 11:00 Penny BINGO 12:00 Congregate Meal <i>Distribution</i> 12:30 Stern: Fruit Battery Experiment	4 9:00 Brain Games Station 9:30 Wii 10:00 Scattergories 11:15 Six & Tones 12:00 Congregate Meal <i>Distribution</i> 12:30 Line Dancing	5 9:00 Brain Games Station 9:30 Giant Jenga 10:00 Early-Stage Support Group 10:15 "Art is Guided Meditation" 11:00 Strength Training for Sr. 12:00 Congregate Meal <i>Distribution</i> 12:30 Line Dancing		
10 9:00 Brain Games Station 9:30 Intuitive Art Residency 10:00 Blood Pressure Checks 10:30 Get-n-Step 11:00 Penny BINGO 12:00 Congregate Meal <i>Distribution</i> 12:30 Health & Wellness w/ Amn: "Importance of Walking"	11 9:00 Brain Games Station 9:30 Hot Toddy's (Virgin) 10:00 "What would you do for a Klondike Bar?" w/ Minnich's Pharmacy 11:15 Six & Tones 12:00 Congregate Meal <i>Distribution</i> 12:30 Line Dancing	12 9:00 Brain Games Station 9:15 Movie of the Month 10:00 Bubble Art 11:00 Strength Training for Sr. 12:00 Congregate Meal <i>Distribution</i> 12:30 Line Dancing		
17 Center Closed Martin Luther King Day	18 9:00 Brain Games Station 9:30 Wii 10:00 Penny Dice (Bring Penny's) 11:15 Six & Tones 12:00 Congregate Meal <i>Distribution</i> 12:30 Line Dancing	19 9:00 Brain Games Station 9:30 Popcorn Bonanza 10:00 Acrostic Art 11:00 Strength Training for Sr. 12:00 Congregate Meal <i>Distribution</i> 12:30 Line Dancing		
24 9:00 Brain Games Station 9:30 Intuitive Art Residency 10:00 Blood Pressure Checks 10:30 Get-n-Step 11:00 Penny BINGO 12:00 Congregate Meal <i>Distribution</i> 12:30 Food Around the World	25 9:00 Brain Games Station 9:30 Wii 10:00 I Pad Basics 11:15 Six & Tones 12:00 Congregate Meal <i>Distribution</i> 12:30 Line Dancing	26 9:00 Brain Games Station 9:30 Arts & Craft ~ Family Tree Wall Art 10:00 Mind Matters Video Pres. ~Enhancing Senior Safety 11:00 Strength Training for Sr. 12:00 Congregate Meal <i>Distribution</i> 12:30 Line Dancing		
31 9:00 Brain Games Station 9:30 Intuitive Art Residency 10:00 Family Feud 10:30 Get-n-Step 11:00 Penny BINGO 12:00 Congregate Meal <i>Distribution</i> 12:30				

Warding Off Jack Frost: The History of the Hot Toddy

By Nicky M. | Arcadia Staff
www.arcadiapublishing.com

When the cold weather demands a stiff drink, the perennial go-to is a Hot Toddy. A mixture of whiskey or rum with spices and hot water, this winter beverage has always been popular in the United States. But where did the Hot Toddy first come from? Today, we're exploring the history of this favorite cold weather drink and offering two recipes to try this winter season!

A Cold Day in Scotland... Or Maybe India?

The story of the Hot Toddy begins within the dampened streets of Edinburgh. As legend has it, the first hot toddies were made within Edinburgh's pubs by mixing Scotch whiskey with a splash of hot water. This water was said to have been sourced from Tod's Well, the largest well in the area, and giving the drink its name. These drinks were very popular during the 18th centuries, when they were used as a way to ward off the unrelenting Scottish cold.

Although this version of the legend seems quite plausible, it's more likely that hot toddies truly began in British-occupied India. The word "taddy" in Hindi, which referred to a beverage made from fermented palm sap, actually dates back to as early as the 1610s, long before the Scots began serving the drinks in their pubs. By the mid-18th century, a taddy in India had come to refer to a "beverage made of alcoholic liquor with hot water, sugar, and spices."

Whatever the actual origin may be, by the time the colonists were forced to brave the blustery New England winters, a Hot Toddy was considered the only acceptable remedy. The drink was typically served in large bowls to be shared by multiple patrons and piping hot. In the colonies, the traditional recipe morphed slightly, combining rum, sugar, and spices with water, rather than whiskey. And in some pubs, the recipe even featured a combination of egg yolks and rum.

Serving Up the Modern Hot Toddy

Today, there might just be as many Hot Toddy variations as there are bars. Chances are good that if you ask two bartenders for a Toddy, you're bound to receive two different versions of the classic drink. And in the newest additions to the recipe, you might even find a spritz of lemon juice.

As the cold weather slowly gears up across the country, consider joining the **Golden Connections Community Center** and make yourself a virgin Hot Toddy on **National Hot Toddy Day, Tuesday January 11th, 2022, at 9:30 a.m.**



Popcorn Bonanza

Did you know that the corn we eat and the corn we pop are two different varieties of maize? In fact, the corn you'd find on your dinner table is most likely unable to pop at all! Only one variety of corn is able to become popcorn: Zea Mays Everta. This particular corn variety has small ears, and the kernels burst when exposed to dry heat

In 1948, small heads of Zea mays everta were discovered by Herbert Dick and Earle Smith in the Bat Cave of west central New Mexico. Ranging from smaller than a penny to about two inches, the oldest Bat Cave ears were about 4,000 years old. Several individually popped kernels were also discovered, which have since been carbon dated and shown to be approximately 5,600 years old. There's also evidence of early use of popcorn in Peru, Mexico, Guatemala, as well as other places in Central and South America.

Aztecs used popcorn to decorate their clothes, create ceremonial embellishments and also for nourishment. Native Americans have also been found to consume and utilize popcorn in their day to day lives. In a cave in Utah, thought to be inhabited by Pueblo Native Americans, popcorn has been found that dates back to over 1,000 years ago. French explorers who traveled to the new world discovered popcorn being made by the Iroquois Natives in the Great Lakes region. As colonists moved around North America, and as the USA came to be, many people adopted popcorn as a popular and healthy snack.

Wednesday, January 19th is National Popcorn Day and the GCCC invites you to join us for a Popcorn Bonanza at 9:30 a.m. and enjoy different types of Popcorns and toppings.

January 2022 Congregate Meal Menu				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3 Potato Crusted Fish 1/2c Cheesy Potatoes 1/2c Stewed Tomatoes Wheat Bread Fresh Fruit	January 4 New Years Special!! Roasted Pork 1/2c Sauerkraut 1/2c Whipped Potatoes Dinner Roll Pineapple Upside Down Cake	January 5 Creamy Chicken Divan 1/2c White Rice 1c Tossed Salad Italian Breadstick 1/2c Mandarin Oranges	January 6 FROZEN	January 7 FROZEN
January 10 Baked Meatloaf w/ 2oz Gravy 1/2c Vegetable Rice Pilaf 1/2c Green Beans Wheat Bread Fresh Fruit	January 11 Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots Italian Bread Cookie	January 12 Chicken Bruschetta 1/2c Pesto Pasta 1c Mixed Greens Salad w/ Drs 1/2c Island Blend Vegetables Dinner Roll Angel Food Cake w/ Berries & Topping	January 13 FROZEN	January 14 FROZEN
January 17 Martin Luther King Day Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes Hot Dog Roll 1/2c Sliced Apples	January 18 BBQ Chicken Thigh 1/2c Bowtie Pasta 1c Tossed Salad Wheat Bread Fresh Fruit	January 19 Salisbury Steak w/ Gravy 1/2c Mashed Potatoes 1/2c Coleslaw Wheat Bread 1/2c Sliced Pears	January 20 FROZEN	January 21 FROZEN
January 24 Baked Ham Slice w/ Fruit Sauce or Raisins 1/2c Sweet Potatoes 1/2c Coin Carrots Wheat Bread 1/2c Sliced Pears	January 25 Baked Lasagna 1c Tossed Salad Garlic Breadstick 1/2c Cinnamon Applesauce	January 26 Pulled Turkey w/ Gravy 1/2c Mashed Potatoes 1/2c Green Beans Wheat Bread Cookie	January 27 FROZEN	January 28 FROZEN
January 31 Taco Salad w/ Lettuce & Tomato 1/2c Spanish Rice 1/2c Corn & Black Bean Salad Nacho Chips 1/2c Pineapple Delight				



The Golden connections Community Center is proud to have community partners who have become sponsors of the GCCC. Take the time to look for their logos or advertisements in this newsletter to see who our partners are. The GCCC couldn't be where we are now without their care and support.

Thank you GCCC Sponsors!

LIVING AT HOME
Your Goal, Our Priority

Senior LIFE (Living Independence for the Elderly) is state and federally funded Medicare and Medicaid Program that provides long-term care for seniors so that they can remain living at home and out of a nursing facility.

Senior LIFE has a dedicated staff of medical professionals including doctors, nurses, homecare coordinators, social workers, occupational physical, speech therapists, transportation and more. This dedicated staff, also known as the interdisciplinary team, is able to provide Senior LIFE members with an impressive list of medical care and homecare services, including:

- Medical care
- Transportation to medical appointments
- Medication management & home delivery
- Personal & in-home care
- Telehealth & wellness checks
- Access to the LIFE Health and Wellness Center

There are no costs for services for those who qualify, no copays, and no deductibles. Senior LIFE is a "one stop shop" model of care. Care is available 24 hours a day, 365 days a year. Applying is free. There is no obligation to enroll.

Call 717-757-8433 today for your FREE assessment and schedule a tour of our LIFE Health & Wellness Center.

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All services with the exception of emergency care are provided and/or coordinated by Senior LIFE. Participants are responsible for the cost of any unauthorized services used outside the network.



“Art is Guided Meditation”

Did you know that Art is a form of meditation? Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. ... Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions. Join the GCCC for an opportunity to combine Art and Meditation on **Wednesday, January 5th, 2022, at 10:15 a.m.**, and take a moment to read the article below to better understand the connection between art and meditation.



Many of us have heard about the benefits of meditation, but sometimes find it hard to do. Fewer of us know about the profound benefits of artistic expression. Creating art, however, is another way to access a meditative state of mind and the profound healing it brings.

“Art is a guarantee to sanity,” said Louise Bourgeois, a French-American artist who died in 2010 at the age of 98. She even went on to add, “...This is the most important thing I have said.” For Bourgeois, art — *making art* — was a tool for coping with overwhelming emotion. She says she remembers making small sculptures out of breadcrumbs at the dinner table when she was a little girl — as a way of dealing with her dominating father. Art was more than an escape — it kept her sane.

Art therapy has a healing effect for a variety of ailments, including depression, trauma, and illness. and is effective across age, gender, or ethnicity. In a recent study of cancer patients, an art therapy intervention — in conjunction with conventional treatments like chemotherapy and radiation — not only diminished symptoms typically associated with cancer such as pain, fatigue and anxiety, but also enhanced life expectancy. The study, its authors said, was based on the belief that “the creative process involved in the making of art is healing and life-enhancing. It is used to help patients, or their families, increase awareness of self, cope with symptoms, and adapt to stressful and traumatic experiences.”

Art is not only healing for individuals suffering from severe illness. Here are four reasons why creative activity is such a potent recipe for psychological well-being:

1. Art is a vehicle for meditation and self-connection

Most of us can understand that art provides an escape to a sometimes harsh reality, but where does art’s healing potential come from? It impacts the state of our minds: Enjoying emotional stability is largely about taking responsibility for how we feel.

[Research](#) has shown the power of meditation and the science behind it. One of the reasons it is so powerful is that it fosters acceptance. Creating art is a type of meditation, an active training of the mind that increase awareness and emphasizes acceptance of feelings and thoughts without judgment and relaxation of body and mind.

Art, like meditation, allows us to create space between our often negative, anxious thoughts and connect with our true selves — as opposed to with the fleeting or false sense of identity we sometimes have when we are caught up in our thoughts and emotions. Eckhart Tolle, spiritual teacher, writes: “Identification with thoughts and the emotions that go with those thoughts creates a false mind-made sense of self, conditioned by the past... This false self is never happy or fulfilled for long. Its normal state is one of unease, fear, insufficiency, and non-fulfillment.” Creating art is about reaching a state of consciousness and breaking free from the constant debilitating chatter of the mind.

2. Art provides a feeling of flow and freedom

Similarly, to meditation, art can help us tap into a deeper and more quiet part of ourselves. We enter into a state of flow and present-moment awareness. “All true artists, whether they know it or not, create from a place of no-mind, from inner stillness,” Tolle writes. Artists experience that creative activity has the potential to tap into a space of true consciousness of being, void of interpretation. In this space, there can be a sense of having no physical parameters; no body, or form to separate one from the other.

3. Art allows for true self-expression

The process of making art overrides the need for verbal communication. Creativity is its own language and enables humans to connect with one another — and themselves — on a non-verbal level. In therapy it can be an effective way of saying the unspeakable as is shown through the use of creative therapies with children. This also explains how we can be moved to the core when looking at a work of art, or even listening to music, without necessarily knowing the specifics about its origin. Art exists within its own non-verbal parameter and thus frees us up for unadulterated self-expression.

4. Art helps us become steady and centered

As a plus, it is interesting to note that Bourgeois, when asked to comment on her extensive body of work spanning her entire lifetime, says what impresses her most “is how constant [I] have been.” Perhaps we need to redefine what we consider to be a storybook happy ending. Happiness may be less a matter of experiencing sharp highs (often followed by deep lows), and more a matter of nurturing a space that provides stability and a constant connection to our true selves.

This article is republished from [Fulfillment Daily](#): Daily Science-Backed News for a Happier Life, founded by Stanford University psychologist Emma Seppala, who is also Associate Director of the [Center for Compassion and Altruism Research and Education](#) at Stanford’s School of Medicine.

From The Drayer Physical Therapy Team
We hope your Holiday season is full of happiness and good health!

WE ARE HERE FOR YOU
WE ARE HERE FOR THE COMMUNITY



Center Activities

LINE DANCING

The Golden Connections Community Center is happy to announce that **Evening Line Dance Classes have started again! Classes are held on Monday nights at 6:00 p.m.** The evening classes are open to the public with a \$3 charge for all participants, at the door. Please make a note, as the center is moving to opening full days, that **day Line Dance Classes are moving back to their pre-covid times, on Tuesdays and Wednesdays at 12:30 p.m. starting in January 2022.** Look for these changes in the activities calendar

I-PAD BASICS

As the GCCC continues to move towards operating as we did pre-covid, we are happy to begin restarting some of the Golden Connections programs that have been on hold for the past two years. One of those programs would be I-Pad Classes. This class is a basic class to offer participants the knowledge on how to use their I-Pads for social media, news, games, and more. If you don't have an I-Pad but would still like to learn more, the GCCC does have I-Pads for participants to use. **Feel free to join us on Tuesday, January 25th at 10:00 a.m. for I-Pad Basics.**

GCCC CRAFTING CORNER

The Golden Connections Community Center welcomes a new year and new art experiences. With the beginning of 2022, the GCCC is excited to start its new Art Residency partnership with Artist Cheryl Kugler to offer an intuitive art experience using pastels graphite, charcoal, and acrylic paint. **This class is offered every Monday and preregistration mandatory.**

With that being said, the GCCC is excited to offer different and out of the box type of art classes this January, in hopes that participants will enjoy getting creative in finding new ways to express themselves in the arts. The first class will be held on **Wednesday, January 12th at 10:00 a.m. (sign-up mandatory by Wednesday, January 5th, 2022)**, participants will learn to create art using bubbles and breathe. Then on **Wednesday, January 19th, at 10:00 a.m. (sign-up mandatory by Wednesday, January 12th, 2022)**, Members will have the opportunity to dabble in Acrostic Art. An example of Acrostic Art be taking your name and creating art/poem/verses using each letter in your name.

After experimenting with different forms of art the GCCC will end the month with creating a beautiful piece of home décor using our new Cricut machine and creating "Family Trees" for participants to display in their home. This class will be held on Wednesday, January 26th at 9:30 a.m. (sign-up mandatory by Wednesday, January 12th, 2022)

*Reminder that ALL Craft Classes are sign-up **mandatory** as time is needed to secure supplies for each class. Hope to see you at one of the many arts and craft classes this month!

The following pictures are examples only and not the exact project that will be completed



Minnich's Pharmacy will join the GCCC on **Wednesday, October 27th, at 10:00 a.m.**, to offer the presentation, **"What would you do for a Klondike bar"**. This educational presentation will touch on what to be aware of regarding your medications while offering participants the chance to win Klondike bars.



What is Mind Matters?

WITF, Central Pennsylvania's affiliate for PBS and NPR, is offering an exciting initiative for Pennsylvania Department of Aging (PDA) Senior Community Centers to access highly engaging educational programming. The project, called *MindMatters*, delivers a large series of intellectually stimulating lectures by knowledgeable presenters on topics of most interest to older adults. *MindMatters* lectures are presented by experts on subjects ranging from history to self-help, politics, and culture. The lectures cover subjects on a regional, national, and international scale, and encourage viewers to hold discussions where they can share their views. These compelling lectures are delivered via the web, allowing groups of attendees to attend from familiar surroundings and watch at times that are most convenient to them. The Golden Connections Community Center will offer the *MindMatters* presentation on **"Enhancing Senior Safety" on Wednesday, January 26th, 2022, at 10:00 a.m.** During this presentation Trooper Jessica L. Tobin, Community Affairs Officer, Pennsylvania State Police, engages with community members and organizations to collaboratively identify and problem-solve local challenges to increase the safety of residents, visitors, and law enforcement. Community Affairs Officers strive to develop relationships within underserved communities across the commonwealth. What are the best ways to protect yourself against theft and fraud? How can you identify scams that come to your home as innocent looking emails or friendly phone calls? Trooper Jessica Tobin will help you learn to recognize common signs of scams and frauds and shares some good agencies to notify when this issue occurs. Feel free to join the GCCC for this virtual presentation.

Brain Teaser:

I am all around you,
But you cannot see me.
I have no throat,
but you can hear me.
Valued during summer but despised in the winter

What am I?

Answer: The Wind

MOVIE OF THE MONTH



The GCCC's Movie of the Month, *Our Souls at Night* is set to show on **Wednesday, January 12th, 2022, at 9:15 a.m.** This film is about Addie Moore and Louis Waters, a widow and widower, who have lived next door to each other for years. When Addie tries to make a connection with her neighbor, the two begin sleeping in bed together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, however, they each deal with grief and loss, and a real romance begins to blossom.

Audience Reviews:

"About time someone made a movie about people living alone in their senior years & not one that's teary but truthful. This movie story line reveals what it's really like to be lonely & their families busy living their own lives far away..."

"This movie is so moving, so real and so empathetic towards old age. We think of being aged as having disabilities, but I love how the movie sets the mood for an old age couple romance..."