

Golden CONNECTIONS

Community Center

APRIL 2022 NEWSLETTER



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

Contact GCCC Staff at
717-244-7229
Monday – Wednesday
8:30 a.m. – 2:30 p.m.

www.gcccenter.com

Mission
To assist and empower
senior citizens to remain
part of a thriving
community environment.

Stay Connected
Are you on the email list?
Call 717-244-7229 to make
sure GCCC staff have your
most recent contact
information. Follow or like
[www.facebook.com/
Goldenconnections
communitycenter](https://www.facebook.com/goldenconnectionscommunitycenter)
on Facebook.








VOLUNTEERS NEEDED!

Looking for a great volunteer opportunity in 2022? Do you want to make a positive difference in many seniors' lives? Do you like putting smiles on people's faces? If you're able to donate a few hours a month in the mornings, Meals on Wheels would be perfect for you! The GCCC is in need of caring volunteers to help deliver meals to our local seniors. These seniors rely on our services, as sometimes the only food they get is what we bring them. Volunteers are an integral part of this program. Without them, we couldn't provide these much-needed services. For more information, please contact Ami Barnard, Meal Coordinator, at Golden Connections Community Center at 717-244-7229 or mealcoordinator@gcccenter.com

Senior Scholarship Program

Community Members who would like to make a donation to the Senior Scholarship Program, to assist a Center Member with participation in a fee-based program, please contact Kasie Ream, Director of Social Services. Center Members who would like to check eligibility to access the Senior Scholarship Program must meet poverty guidelines. Please contact Kasie Ream, Director of Social Services, to secure these funds for a program. The GCCC Senior Scholarship Program donations and recipients will stay anonymous.

April 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>9:00 Brain Games Station 9:30 Intuitive Art Residency 10:00 Blood Pressure Checks 10:45 Penny BINGO 12:00 Lunch 12:30 Qigong</p>  <p><i>Easter is</i></p>	<p>5</p> <p>9:00 Brain Games Station 9:30 Wii 10:00 BINGO w/ Senior Life 11:00 Basic Steps Line Dance 11:15 Stix & Tones 12:00 Lunch 12:30 Line Dancing</p> <p><i>meant to be a symbol of hope, renewal, and new life.</i></p>	<p>6</p> <p>9:00 Brain Games Station 9:30 Arts & Craft ~ Bee Cutting Board 10:00 Early-Stage Support Group ~ Dementia Friends 10:45 Strength Training for Sr. 12:00 Lunch 12:30 Indoor/Outdoor Games</p> <p><i>~ Author Unknown ~</i></p>	<p>7</p> <p>9:00 Brain Games Station 9:30 Wii 10:00 Indoor/Outdoor Games 11:15 Stix & Tones 12:00 Lunch 12:30 Line Dancing</p> 	<p>1</p> <p>Center Closed</p>
<p>11</p> <p>9:00 Brain Games Station 9:30 Intuitive Art Residency 10:00 I-Pad Basics 10:45 Penny BINGO 12:00 Lunch 12:30 Qigong</p>	<p>12</p> <p>9:00 Brain Games Station 9:30 Wii 10:00 Indoor/Outdoor Games 11:00 Basic Steps Line Dance 11:15 Stix & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>13</p> <p>9:00 Brain Games Station 9:15 Movie of the Month 9:30 Arts & Craft ~ Bleeding Tissue Paper 10:00 Outreach Program w/ Rep. from Sen. Seiler's Office 10:45 Strength Training for Sr. 12:00 Lunch 12:30 Health & Wellness w/ Ami ~Spring into a Happy, Healthy You!</p>	<p>14</p> <p>9:00 Brain Games Station 9:30 Wii 10:15 "SCAMS: What to look for & what to know", w/ Jill Kaylor from Visiting Angels 11:15 Stix & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>15</p> <p>Center Closed</p> <p><i>Good Friday</i></p> 
<p>18</p> <p>9:00 Brain Games Station 9:30 Intuitive Art Residency 10:00 Blood Pressure Checks 10:45 Penny BINGO 12:00 Lunch 12:30 Qigong</p>	<p>19</p> <p>9:00 Brain Games Station 9:30 Wii 10:00 11:00 Basic Steps Line Dance 11:15 Stix & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>20</p> <p>9:00 Brain Games Station 9:30 Arts & Craft ~ Teacup Bird Feeder 10:00 Indoor/Outdoor Games 10:45 Strength Training for Sr. 12:00 Lunch 12:30 STEM Project</p>	<p>21</p> <p>9:00 Brain Games Station 9:30 Wii 10:00 Indoor/Outdoor Games 11:15 Stix & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>22</p> <p>9:00 Brain Games Station 9:15 Garden Clean-up 10:00 Hanging Garden Pt. 1 11:15 Get-n-Step 12:00 Lunch 12:45 Regular BINGO</p> <p><i>Earth Day</i></p>
<p>25</p> <p>9:00 Brain Games Station 9:30 Intuitive Art Residency 10:00 I-Pad Basics 10:45 Penny BINGO 12:00 Lunch 12:30 Qigong</p> 	<p>26</p> <p>9:00 Brain Games Station 9:30 Wii 10:30 Circus Res. Intro ~ Prop Making 11:00 Basic Steps Line Dance 11:15 Stix & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>27</p> <p>9:00 Brain Games Station 9:30 Arts & Craft ~ Misc. Craft Day 10:00 Mind Matters Video Pres. ~ Evaluating Dietary Supplements for Seniors 10:45 Strength Training for Sr. 12:00 Lunch 12:30 Food Around the World</p>	<p>28</p> <p>9:00 Brain Games Station 9:30 Wii 10:00 "Staying fit while you Sit" w/ Angela McCullough from Country Meadows 11:15 Stix & Tones 12:00 Lunch 12:30 Line Dancing</p> 	<p>29</p> <p>9:00 Brain Games Station 9:15 Gardening 10:00 Hanging Garden Pt. 2 11:15 Get-n-Step 12:00 Lunch 12:45 Regular BINGO</p> <p><i>Arbor Day</i></p>

Line Dance Class

Benefitting Golden Connections Community Center

SATURDAY, APRIL 23RD, 2022

1:00 p.m. – 5:00 p.m.

\$20.00 per registration

Preregistration is required. Space is limited
Refreshments for sale at event, Raffles, 50/50

DOORS OPEN AT 12:30 P.M. !!!
 The GCCC is proud to Welcome award winning Line Dance instructor Michael Diven to host a Beginners Line Dance Class. Michael has choreographed dances to a variety of genres, has been on the dance floor for over 36 years, and instructed classes all over the world. The GCCC is honored to welcome him and excited to offer this experience to our community. Go to www.gccccenter.com or contact Kasie Ream, Director of social services at 717-244-7229 or socialservices@gccccenter.com, to register to attend.



Paint Party Fundraiser

Benefitting Golden Connections Community Center

Sunday, May 15th, 2022
 2:00 p.m. – 4:00 p.m.
 20 Gotham Place
 Red Lion, PA 17356
 \$20.00 per Ticket

Pre-registration is required. Tickets will go fast, so please contact Ami Bernard, Meal Coordinator, to reserve your seats! 717-244-7229











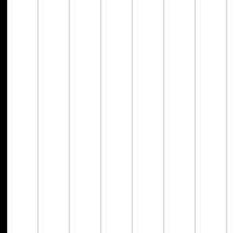

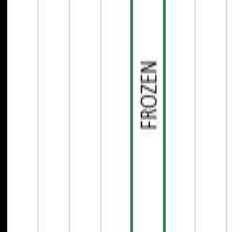
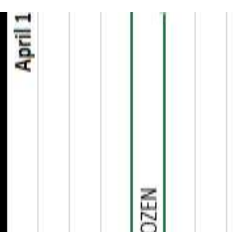



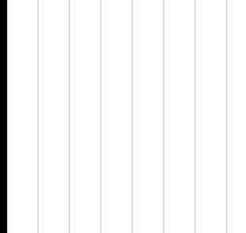

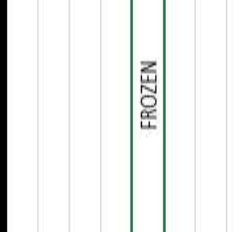
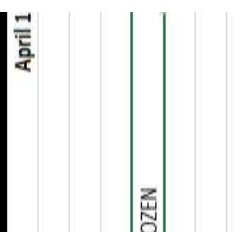



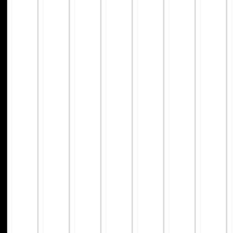

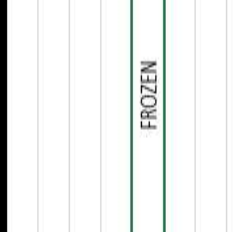
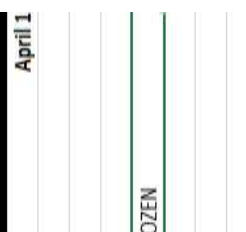



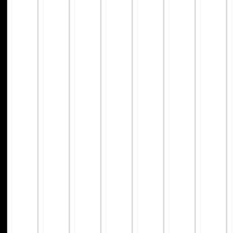

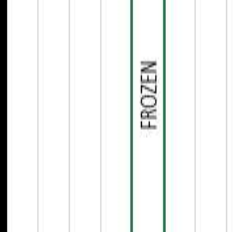
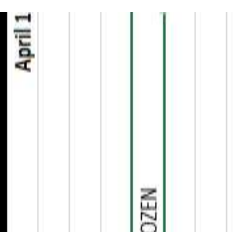
Golden Connections Volunteers

Most people lead super busy lives, the idea of volunteering – giving your time and energy to a cause without financial reward – may seem an impossible task. I mean, how can we fit anything else into our already jam-packed schedules? However, volunteering is important for many reasons and doesn't have to take up too much time. And, in fact, the benefits of volunteering are vast for the volunteer – not just the community, individual or organization receiving their assistance. April is National Volunteer Month, and the Golden Connections Community Center would like to highlight the impact volunteers have on our lives and encourages active volunteerism in generations to come. The Golden Connections volunteers generously donate a part of their lives, their time assisting the GCCC to maintain programs and day to day operations. Weather its delivering meals to homebound seniors who are unable to get out and secure food in their home or leading a program for center members to enjoy, our volunteers are greatly appreciated. This month, we salute them for their unwavering services to businesses and communities and hold aloft their examples to inspire all towards volunteerism.

GCCC Volunteers:

Herb Schreck	Cinda Nease	Betsy Seitz	Rex Wise	Tom Goebeler
Able Services	Jerry BARbor	Elaine Charest	Kevin Lightner	Betsy & Mike Page
Typical Life Corp.	Donna Pittman	Wendy Pittman	Mary Beth Callow	Mark & Kathy Foltz
Manu Patel	Brenda Herr	Rick Julius	John & Jean Carter	

Thank you from the bottom of our hearts!

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
April 2022 Congregate Meal Menu	April 5	April 6	April 7	April 8	April 9	April 10
						
						
April 4	April 5	April 6	April 7	April 8	April 9	April 10
Baked Meatloaf w/ Gravy 1/2c Ranch Potatoes 1/2c Beets 1 White Bread Seasonal Fresh Fruit	Sweet & Sour Chicken w/ Zoz Sauce 1/2c White Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Mixed Fruit	Glazed Ham w/ Raisin Sauce 1/2c Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1/2c Pudding	1c Supreme Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 White Bread 1/2c Applesauce	1/2c. Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Three Bean Salad 2 White Bread Seasonal Fresh Fruit		
April 11	April 12	April 13	April 14	April 15	April 16	April 17
						
April 11	April 12	April 13	April 14	April 15	April 16	April 17
Creamy Chicken & Biscuit (3oz Chicken & 1 Biscuit) 1/2c Mixed Vegetables Fresh Fruit Cookie	BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans 1 Wheat Bread 1/2c Pineapple Delight	Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	Creamy Vegetable Lasagna 1oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit			
April 18	April 19	April 20	April 21	April 22	April 23	April 24
						
April 18	April 19	April 20	April 21	April 22	April 23	April 24
Swedish Meatballs (4) 1/2c Rice 1/2c Roasted Brussel Sprouts 1 Italian Breadstick 1/2c Mandarin Oranges	HAPPY EASTER!! Baked Ham w/ Raisin Sauce Sweet Potatoes Green Beans Wheat Bread Cookie	Pepper Steak w/ Zoz Gravy 1/2c Mashed Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	Baked Lemon Pepper White Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	Hawaiian Pork Loim 1/2c Buttered Noodles 1/2c Island Blend Vegetables Strawberry Shortcake w/ 1/2c Fresh Strawberries		
April 25	April 26	April 27	April 28	April 29	April 30	May 1
						
April 25	April 26	April 27	April 28	April 29	April 30	May 1
Beef Taco Salad 1c Lettuce/Tomato 1/2c. Spanish Rice 1/2c Corn Tortilla Chips 1/2c Pineapple Delight	1/2c. Homestyle Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 White Bread Cookie	Teriyaki & Lemon Grass Chicken Dumplings 1/2c Vegetable Rice Pilaf 1/2c Green Beans 1 Wheat Bread Seasonal Fresh Fruit	Penne & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad 1 Garlic Breadstick 1/2c Mixed Fruit Salad	Egg Omelet w/ Cheese 2 Sausage Links 1/2c Breakfast Potatoes 1 Wheat English Muffin w/ Jelly Seasonal Fresh Fruit		

*** Served daily: Milk and Margarine



Golden CONNECTIONS 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.

\$0

CO-PAY
DEDUCTIBLES
PRESCRIPTION DRUG COVERAGE

Call 717-757-5433 today for your FREE assessment and schedule a tour of our LIFE Health & Wellness Center.

Senior LIFE
Home Today. Home for LIFE.
SeniorLIFEPA.com

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.




icanopendoors.com

Melissa Ruffing

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RE/MAX COMPONENTS

Circus Dreams Art Residency

No matter what our age, most of us have a memory of the circus coming to town. There is something about the circus that draws us back every time and it's not a big secret, it's simple, the circus is fun. The Golden Connections Community Center is excited to announce a new Art Residency partnership with Artists Chris Tamburro and Jenny Hill.

Chris Tamburro is a multi-talented circus performer who specializes in juggling and fire performance. He began his circus journey in 2013 and in 2015 he ran away with a circus to Thailand to work with Burmese refugees. Chris taught circus skills to most of the people he met through body language and sound effects if he didn't speak their language. What he learned is that we can communicate a lot through our body and that it also communicates with us. Juggling and circus arts have been his preferred way to relieve stress and give his anxious mind something else to focus on while learning a new skill. Movement is essential to our mental and physical wellbeing and he's here to teach us some fun ways to remain active.

Jenny Hill is a performer, published poet, and arts educator who has worked as a teaching artist with the PA Council on the Arts for 21 years. She has studied clowning and movement theatre with Nose to Nose of North America, The LA Clown School, and Movement Theatre Studio in New York City. She studied multi-hooping with the awe-inspiring Miss Saturn and has been performing circus acts on various stages for ten years. She collaborates with a group of clowns called The Foolbright Scholars. As a teaching artist, she works to create an open and safe space where students of all abilities feel empowered and playful. Students hone their instincts with language, storytelling, and movement, find the places where storytelling and movement intersect, collaborate with others, trust in their own unique and inherent gifts, work at their own level and pace to find their sense of mastery, and find inspiration in the process of creating. Jenny runs variety shows and cultural programming at The Wunderbarn, a theatre space she created out of a 19th century barn. When she isn't performing, teaching, or creating, she can be found in the company of fourteen ducks, two goats, two sheep, two cats, one husband, and one daughter (not necessarily in that order). You can find her online at actsofjennius.com.

Staying active is important for health and learning circus technique will keep you moving and also a great way to keep our minds sharp. In this 14-week program you'll learn theatrical clowning, juggling, hooping, feats of balance, and poi spinning from circus artists Jenny Hill and Chris Tamburro. **Participants will have the opportunity to take part in creating their own props to practice with and keep on April 26th, 2022, at 10:30 a.m. and May 3rd, 2022 at 10:30 a.m.** Those who plan to participate, we ask to bring in any old t-shirts you may have laying around that you no longer use or want. Props will be made and then kept at the GCCC for the duration of the residency.

The Circus Dreams Art Residency will bring us all together to learn something new and engaging through the spirit of play and collaboration. This inspiring circus experience culminates in a group sharing atmosphere that demonstrates the joy, dedication, and collaborative effort that is inherent in circus arts. We will finish out this circus experience in August of 2022 with a show that will be open to the attendance of family, friends, and community members. If you are interested in attending the Circus Dreams Art Residency, please contact Kasie Ream, Director of Social Services, to sign-up. Be sure to wear comfortable clothing and shoes for movement. For the full circus experience, we recommend you attend all sessions.

We look forward to meeting you under the Big Top at Golden Connections Community Center!

Sessions are the following Wednesday's at 10:30 a.m.:

June 1, 8, 15, 22, 29
July 6, 13, 20, 27
August 3, 10, 17,



How Physical Therapy Can Help

RECURRENT AND CHRONIC FOOT AND ANKLE PAIN



<p>01</p> <p>Chronic Ankle Sprains</p> <ul style="list-style-type: none"> • Functional instability following an ankle sprain can persist in up to 25% of people at 3 years following an initial injury • 73% of people are likely to experience recurrent injuries 	<p>02</p> <p>Plantar Fasciitis</p> <ul style="list-style-type: none"> • 1 in 10 people will develop heel pain • Patients who are referred to physical therapy recover faster 	<p>03</p> <p>Arthritis</p> <ul style="list-style-type: none"> • Arthritis in the foot and ankle most commonly affects the talaronavicular joint, the calcaneus, and the great toe • Over 50% of ankle arthritis is post-traumatic and up to 90% of individuals with rheumatoid arthritis have foot and ankle problems 	<p>04</p> <p>Nerve Disorders</p> <ul style="list-style-type: none"> • Nerve entrapment can create persistent foot and ankle pain • Persistent nerve issues can develop after an injury or with repetitive loading of the foot and ankle 	<p>05</p> <p>Tendinitis</p> <ul style="list-style-type: none"> • Achilles tendinitis is one of the most common over-use foot and ankle injuries in sports • Good long-term outcomes have been shown in patients that completed a 3-month eccentric training program
<p>01</p> <p>Intervention May Include:</p> <ul style="list-style-type: none"> • Neuromuscular and balance training • Joint mobility • Flexibility • Taping or other modalities as needed 	<p>02</p> <p>Intervention May Include:</p> <ul style="list-style-type: none"> • Joint and soft tissue mobilization • Specific flexibility exercises • Strengthening exercises to reduce foot pronation • Use of orthotics • Taping or other modalities as needed 	<p>03</p> <p>Intervention May Include:</p> <ul style="list-style-type: none"> • Strength training • Endurance training • Joint mobilization • Balance training • Gait training 	<p>04</p> <p>Intervention May Include:</p> <ul style="list-style-type: none"> • Nerve and soft tissue mobilization • Strengthening to improve lower extremity biomechanics • Balance training • Taping or other modalities as needed 	<p>05</p> <p>Intervention May Include:</p> <ul style="list-style-type: none"> • Eccentric loading program • Iontophoresis • Flexibility exercises • Exercise for lower extremity • Taping or other modalities as needed

Center Activities

Outreach Program

The Golden Connections Community Center is happy to welcome back Steven Pugh, a Representative from State Representative Stan Saylor's Office starting on **Wednesday, April 13th at 10:00 a.m.** Steven will visit the GCCC every 2nd Wednesday of each month to assist members with a variety of tasks such as filling out a PA Property Tax and Rent Rebates, Notary Public, State Forms and Applications, Voter Registration forms and Absentee Ballot Applications, Birth and Death Certificate applications, PACE and PACENET applications, among other things. Appointments are required to meet with Steven. To make an Appointment, please contact Kasie Ream, Director of Social Services.

Plastics Collection

The GCCC will be upcycling plastic containers at the end of April to create a hanging garden on our back porch for members to enjoy this summer season. We are asking for members to help collect and /or donate plastic containers, (ex. Large Yogurt containers, Large Cottage Cheese containers) to assist with this upcycle project. Please bring all containers in washed and dried to Kasie Ream, Director of Social Services.



GCCC CRAFTING CORNER

The Golden Connections Community Center enjoys offering a variety of Arts and Crafts. With that being said, the GCCC is excited to offer different and out of the box type of art classes every month, in hopes that participants will enjoy getting creative in finding new ways to express themselves in the arts.

Wednesday, April 6th, at 9:30 a.m. – Bee Cutting Board Décor: There will be a charge of \$3 per person for supplies used with this project. Payment must be made at time of sign-up. Please see Kasie Ream, Director of Social Services, to register for this class. (*sign-up mandatory by Wednesday, March 9th, 2022*)

Wednesday, April 13th at 9:30 a.m. – Bleeding Tissue Paper Art: There will be a charge of \$3 per person for supplies used with this project. Payment must be made at time of sign-up. Please see Kasie Ream, Director of Social Services, to register for this class. (*sign-up mandatory by Wednesday, March 16th, 2022*)

Wednesday, April 20th at 9:30 .m. – Teacup Bird Feeder : There will be a charge of \$3 per person for supplies used with this project. Payment must be made at time of sign-up. Please see Kasie Ream, Director of Social Services, to register for this class. (*sign-up mandatory by Wednesday, March 23rd, 2022*)

Wednesday, May 4th at 9:30 .m. – Dried Flower Making : There will be a charge of \$3 per person for supplies used with this project. Payment must be made at time of sign-up. Please see Kasie Ream, Director of Social Services, to register for this class. (*sign-up mandatory by Wednesday, April 6th, 2022*)

Wednesday, May 11th at 9:30 .m. – Jewelry Making : There will be a charge of \$3 per person for supplies used with this project. Payment must be made at time of sign-up. Please see Kasie Ream, Director of Social Services, to register for this class. (*sign-up mandatory by Wednesday, April 13th, 2022*)

Wednesday, May 18th at 9:30 .m. – Photo Collage Wooden Try : There will be a charge of \$5 per person for supplies used with this project. All participants must also bring in pictures they would like to use for this project. The pictures will be copied, so the originals will not be damaged. Payment must be made at time of sign-up. Please see Kasie Ream, Director of Social Services, to register for this class. (*sign-up mandatory by Wednesday, April 20th, 2022*)

Wednesday, May 25th at 9:30 .m. – Sherry's Garden Art : Center Member, Sherry Swartzwelder has offered to host a class teaching members how to use household items to make garden art. Participants will create hummingbirds out of things you may find in your kitchen. There will be a charge of \$3 per person for supplies used with this project. Payment must be made at time of sign-up. Please see Kasie Ream, Director of Social Services, to register for this class. (*sign-up mandatory by Wednesday, April 27th, 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



The Golden Connections Community Center will begin hosting our weekly Regular BINGO program, starting **Friday, April 8th at 12:45 p.m.** Participants can purchase a BINGO Card for \$1.25 and will have the opportunity to play 5 variety games of BINGO. The last game played will cost an additional \$1.00, as this game will be a coverall and the winner take all. *BINGO Cards will be available for sale after lunch, at 12:30 p.m.*

As we all know, the center was closed for nearly 2 years due to the pandemic, and most of our BINGO prizes were food items that either expired during the closure or were close enough to expiration that the center opted to donate the items to members in need rather than letting them spoil. The center now has the task of rebuilding our BINGO stock, therefore, the center will now be accepting donations for the BINGO program. In the past, along with purchasing prizes for the program, the center has heavily depended on member/community donations to assist with the prizes. If you have items you no longer need and want to donate, please consider donating to the GCCC. We ask that you remember that once donated items are received by the GCCC, they become the property of the Golden Connections Community Center and can be used in any way that benefits the centers mission. We look forward to welcoming this program back to our activities calendar.

Stix 'N Tones Cardio Drumming

Stix 'N Tones Cardio Drumming Classes have proven to be a hit here at the GCCC! So much that our classes are busting at the seams. This is great news, and staff are happy that members are enjoying this new program so much. The popularity of this class has presented a few challenges as on a few occasions we have run out of equipment. Due to this, all of the Stix 'N Tones classes will now require preregistration using the COPILOT system. This will ensure that no member shows up for a class and then is unable to attend due to running out of equipment. Each class will accept a maximum of 16 participants. Each participant may only sign up for 1 class a week to ensure everyone has an opportunity to attend each week. For questions, please see Ami Barnard, Meal Coordinator. We look forward to growing in this program with you all!

Easter Carnival

The GCCC will celebrate the upcoming Easter Holiday by hosting our Annual Easter Carnival, on Friday, April 8th. The Carnival will begin at 10:00 a.m. with game booths distributed throughout the building offering the opportunity for members 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!



witf mind
Live inspired! matters

Evaluating Dietary Supplements for Seniors

Lynn James, MS, RDN, LDN Senior Extension Educator with Penn State Extension, provides educational programs for organizations and the community on improving nutrition, health, and food safety. Her program focus is community nutrition research and program development in food and culture, family chronic disease prevention, Type 2 Diabetes, and food safety. Did you know seniors can be at risk for spending their limited income on supplements they might not even need? Dietary supplements aren't regulated like foods, and some can be unsafe and/or not do what they promise. We'll help you determine whether a supplement has been found to be effective and safe and identify sources of credible information for dietary supplements.

Movie of the Month



The GCCC's Movie of the Month, *Mamma Mia 2* is set to show on **Wednesday, April 13th, 2022, at 9:15 a.m.** Join the celebration, sing and dance, and discover how it all began! Ten years after *Mamma Mia!* *The Movie* premiered, you're invited back to the magical Greek island of Kalokairi in an all-new musical sequel based on the songs of ABBA. Sophie (Amanda Seyfried) is now pregnant, and like her mother Donna (Meryl Streep), she'll need to take risks. The film's original cast returns, with new additions including Lily James as a young Donna, Andy Garcia and Oscar® winner Cher.