

Golden CONNECTIONS

Community Center

MARCH 2022 NEWSLETTER



Senior Scholarship Program

Throughout the year, the Golden Connections Community Center will offer programs that may require a small fee. We all know the past few years have been financially difficult for everyone including the GCCC, but we do not want that to stop us from offering programs that enrich our minds and lives. That being said, sometimes we may have a member who cannot afford the small fee. The GCCC will now offer a Scholarship Program, a member can offer to donate funds to the scholarship and then when a program that requires a fee is offered, if someone wants to join the program but can't afford the fee, then the scholarship program will assist in paying for that fee. All donations and recipients will stay anonymous. For more information or questions, please contact Kasie Ream, Director of Social Services.



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
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/Goldenconnectionscommunitycenter on Facebook.



March 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>IRISH-AMERICAN HERITAGE MONTH</p> <p>7 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 Lunch 12:30 Qigong</p>	<p>1 9:00 Brain Games Station 9:30 Wii 10:00 Press Your Luck 11:00 Basic Steps Line Dance 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>2 9:00 Brain Games Station 9:30 Arts & Craft ~ Terra Cotta Coasters 10:00 Early-Stage Support Group 10:00 Bean Bag Toss 11:00 Strength Training for Sr. 12:00 Lunch 12:30 Line Dancing</p>		
<p>14 9:00 Brain Games Station 9:30 Intuitive Art Residency 10:00 "Writing Your Story" 10:30 Get-n-Step 11:00 Penny BINGO 12:00 Lunch 12:30 Qigong</p>	<p>8 9:00 Brain Games Station 9:30 Wii 10:00 St. Patrick's Themed Jeopardy w/ Jill Kaylor from Visiting Angels 11:00 Basic Steps Line Dance 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>9 9:00 Brain Games Station 9:15 Movie of the Month 9:30 Arts & Craft ~ Wooden Shannock Decor 11:00 Strength Training for Sr. 12:00 Lunch 12:30 Line Dancing 12:30 Health & Wellness w/ Anni ~"Let's get Irish"</p>		
<p>21 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 Lunch 12:30 Qigong</p>	<p>15 9:00 Brain Games Station 9:30 Wii 10:00 St. Patrick's Themed Dictionary 11:00 Basic Steps Line Dance 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>16 9:00 Brain Games Station 9:30 Arts & Craft ~ Misc. Craft Day 10:00 How Lucky are you..... (Games) 11:00 Strength Training for Sr. 12:00 Lunch 12:30 Line Dancing</p>		
<p>National Write Your Story Day</p> <p>28 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 Lunch 12:30 Qigong</p>	<p>22 9:00 Brain Games Station 9:30 Wii 10:00 iPad Basics 11:00 Basic Steps Line Dance 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>23 9:00 Brain Games Station 9:30 Arts & Craft ~ Rock Cacti Garden Pot 10:00 Mind Matters Video Pres. ~Service Dogs 11:00 Strength Training for Sr. 12:00 Lunch 12:30 Line Dancing</p>		
	<p>29 9:00 Brain Games Station 9:30 Wii 10:00 Foods Around the World 11:00 Basic Steps Line Dance 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing</p>	<p>30 9:00 Brain Games Station 9:30 Arts & Craft ~ Misc. Craft Day 10:00 Bean Bag Toss 11:00 Strength Training for Sr. 12:00 Lunch 12:30 Line Dancing</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



SUB & SANDWICH FUNDRAISER R & K Subs



Studies have shown that older people who spend time socializing at senior centers live healthier lives. That evidence, unfortunately, doesn't come with a funding guarantee. The Golden Connections Community Center receives 40% of its normal operation budget from the York County Area Agency on Aging (YCAAA). The remaining portion of the budget comes from grants, donations, and other sources. The senior center is trying to raise additional funds by selling subs, sandwiches, from R & K Subs in Palmyra. All subs and sandwiches are made using quality meats and cheeses. All sandwiches will come with fresh lettuce, tomato, and onion. Please take the time to look at the Sub order form in this newsletter and consider placing an order or selling subs for the GCCC.

All orders and money must be submitted by 2 p.m. on **Tuesday, March 29th**. Checks can be made payable to: Golden Connections Community Center, Inc. Orders will be available for picked up at the center any time between 10:30 a.m. and 2 p.m. on **Tuesday, April 12th**. For questions regarding the fundraiser or to place an order please contact Heather Goebeler, Executive Director at (717) 244-7229.

FIRST AID FUNDRAISER

The Golden Connections Community Center is offering for the first time, a First Aid Fundraiser. First aid is needed everywhere! In the home, car, business, events...

You can't beat the price being offered in this fundraiser. Help the GCCC raise funds for our cause while we help you stay safe! Please consider purchasing or selling First Aid kits to benefit the GCCC. Take a moment to look at the flyer supplied in this newsletter, then placed orders should be filled out on the back of the flyer and turned back into the GCCC along with payment.

For questions regarding the fundraiser please contact Heather Goebeler, Executive Director at (717) 244-7229.



March 2022 Congregate Meal Menu

*menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes Hot Dog Roll 1/2c Sliced Apples</p>	<p>Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail</p>	<p>Ash Wednesday Crab Cake Slider 1/2c Parmesan Noodles 1/2c Baked Beans Dinner Roll 1/2c Mandarin Oranges</p>	<p>FROZEN Meal</p>	<p>FROZEN Meal</p>
<p>Roasted Pork w/ Apples 1/2c Parsely Potatoes 1/2c Mixed Vegetables Biscuit w/ Apple Butter Fresh Fruit</p>	<p>Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Mac Salad 2 Wheat Bread 1/2c Sliced Peaches</p>	<p>Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots Dinner Roll Cookie</p>	<p>FROZEN Meal</p>	<p>FROZEN Meal</p>
<p>Orange Glazed Pork Loin 1/2c Vegetable Rice Pilaf 1/2c Mixed Vegetables 1/2c Sliced Apples White Bread</p>	<p>Happy St Patrick's Day! 15 3/4c Corned Beef & Cabbage 1/2c Whipped Potatoes w/ Chives 1/2c Green Beans Dinner Roll 1/2c Pistachio Pudding</p>	<p>Pulled Turkey w/ Gravy 1/2c Stuffing 1/2c Mixed Vegetables Wheat Bread Cookie</p>	<p>FROZEN Meal</p>	<p>FROZEN Meal</p>
<p>Baked Meatloaf w/ Gravy 1/2c Ranch Potatoes 1/2c Green Beans White Bread 1/2c Sliced Peaches</p>	<p>Grilled Chicken Salad 1c Mixed Greens w/ Diced Chik Bacon Bits, Cheddar, 1/2 Egg 1/2c Potato Salad Dinner Roll 1/2c Peach Crisp</p>	<p>Taco Salad 1/2c Spanish Rice 1/2c Corn & Black Bean Salad Nacho Chips 1/2c Pineapple Delight</p>	<p>FROZEN Meal</p>	<p>FROZEN Meal</p>
<p>Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes Hot Dog Roll 1/2c Sliced Apples</p>	<p>Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail</p>	<p>Ash Wednesday Crab Cake Slider 1/2c Parmesan Noodles 1/2c Baked Beans Dinner Roll 1/2c Mandarin Oranges</p>	<p>FROZEN Meal</p>	<p>FROZEN Meal</p>

*** All meals are subject to change ***
*** Served daily: Milk and Margarine



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.

SeniorLIFE
 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.

SAFE SNOW SHOVELING

As the cold weather and snow approach us this winter season, it is important to take precautions to ensure you are safe from any sprains and strains, slips and falls. Shoveling snow and slippery sidewalks can cause injuries. Below are a few tips that can decrease chance of injury during shoveling.

- Warm up your muscles. Before heading outside, warm up your muscles with light exercises for about ten minutes. Push the snow, don't lift it. Push the snow to the side as much as possible, instead of lifting it. If you must lift, do it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist.
- Think small scoops. Small amounts of snow are easier to lift, and you're less likely to strain your back. Keep arms close to your body to avoid weight on your spine.
- Avoid twisting. Do not throw the snow over your shoulder or to the side. This twisting motion increases stress on your back.
- Remember to take rest breaks.
- Recognizing signs and symptoms of a cardiac event are also important. These include, chest pain and shortness of breath. Please seek medical attention if these occur.

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RE/MAX COMPONENTS

Qigong
 class beginning
March 7th, 2022
12:30 p.m.

And then will be offered weekly on Mondays. The Golden Connections Community Center is excited to begin offering Qigong Classes in March 2022. The GCCC is proud to welcome Qigong instructor, Rick Julius. Rick has been instructing Qigong for 40-years and is certified by the Qigong Institute. Rick has studied Tai Chi, Qigong, and Judo. Rick is a black belt in Judo and studied at Kodokan University in Japan. He also taught Tai Chi, Qigong, and Intro to Martial Arts at York College, PA, from 1985 – 1996.

What is Qigong? Qigong is a series of orchestrated practices including body posture/movement, breath practice, and meditation, all designed to enhance Qi function through the attainment of deeply focused and relaxed states. Qigong is a meditation and healing practice that has been part of traditional Chinese medicine for centuries. Benefits of qigong include lowered stress and anxiety, increased focus, and improved balance and flexibility. It may even reduce your risk of certain chronic diseases.

I CAN WALK CHALLENGE

Setting a goal to make physical activity part of your daily routine will help you to be successful in maintaining your mental and physical health. The Golden Connections Community Center invites you to join staff and members in our first I Can Walk Challenge. We challenge you to walk 100 miles in 1 year, which breaks down to 211,200 steps. Each week, participants of the I Can Walk Challenge can walk for up to 30 Minutes with the Get N Step Program at the GCCC, and then we will record their steps in the Walk Challenge Binder. To make it even more fun and challenging, set goals for yourself. Prizes will be awarded to top walkers on a monthly and quarterly basis. At the end of each quarter, participants who have 80% attendance will receive a Certificate of Completion for that quarter with a record of their step count. See Kasie Ream, Director of Social Services, or Ami Bernard, Meal Coordinator with any questions regarding this program.

HEALTH & WELLNESS W/ AMI

On Wednesday, March 9th, 2022, at 12:30 p.m., Meal Coordinator, Ami Barnard will host an Irish themed Health & Wellness session. The session will include learning an Irish dance, what is considered to be the healthy foods of Ireland, and more! Maybe you'll even learn how to catch a leprechaun!



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. The Golden Connections Community Center will offer the *Mind Matters* presentation, "Service Dogs: Helping to Change Lives" with Deb Tack, Executive Director, and Kelsey Parsons, Service Dog Training Director from Susquehanna Service Dogs, on Wednesday, March 23rd, 2022, at 10:00 a.m.

Deb ensures that SSD's mission to increase the independence of those in our community and surrounding area by training and placing highly skilled service dogs is met with the highest of standards.

Kelsey oversees SSD's advanced training program – training advanced tasks, assisting in matching dogs with partners on a waiting list, and ensuring SSD's service dogs meet the standards set by Assistance Dogs International. Kelsey graduated from the Karen Pryor Academy (KPA) and is a KPA Certified Training Partner. Kelsey is also an SSD volunteer puppy raiser. Assistance dogs give people the confidence to live more independently and do things they didn't think were possible. Susquehanna Service Dogs raises, trains, and places services dogs and hearing dogs, as well as facility dogs to assist children and adults with disability to become more independent. Learn about what goes into training dogs to assist their partners to live full, rich, meaningful lives.

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, March 2nd at 9:30 a.m. – Terra Cotta Coasters: 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, February 16th, 2022*)

Wednesday, March 9th at 9:30 a.m. – Wooden Shamrock Decor: 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, February 16th, 2022*)

Wednesday, March 23rd at 9:30 a.m. – Rock Cacti Garden Pot: 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, February 23rd, 2022*)

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*)

*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



Irish American Heritage Month

March is Irish-American Heritage Month, a chance for us to tip back a Guinness and contemplate the Irish blood that flows through the heart of America; From John F. Kennedy to Brad Pitt, some of the most famous, prolific, and influential Americans are of Irish descent. A huge volume of Irish people came to America in the 19th century. As many as 4.5 million Irish arrived between 1820 and 1930. About 32 million Americans – 9.7% of the total population – identified as being Irish in the 2019 American Community Survey conducted by the U.S. Census Bureau. The Irish who entered the United States from the sixteenth to twentieth centuries were changed by America, and also changed this nation.



The GCCC's Movie of the Month, *I'll See You In My Dreams* is set to show on **Wednesday, March 9th, 2022, at 9:15 a.m.** This film is about an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile, Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

Audience Reviews:

"A really fun movie! The songs are amazing thank to ABBA..."

"Sometimes you just need a trip to the Greek isles, some 70s pop, or maybe both to get into the summer mood."

"In the (slightly altered) words of ABBA, you can dance, you can jive, having the time of your life at Mamma Mia!"

"An absolutely hilarious, rousing and joyous celebrations that ought to have you dancing in the aisles."

St. Patrick's Word Scramble

1. CRLENPAEUH _____
2. AIOWRNB _____
3. AHSMKCRO _____
4. HMRAC _____
5. ARDLIEN _____
6. GNERE _____
7. CYLKU _____
8. ODRNCE BEEF _____
9. TPO FO DLGO _____
10. ONDRTIATI _____
11. DAPARE _____
12. IGJ _____



Food Around the World



Irish culture is steeped in myth, legend, fairytale, and folklore. It is not surprising that food and feasts play a central role in many of these tales as Ireland developed primarily as an agricultural society. Join the Golden Connections Community Center on **Tuesdays, March 29th, at 10:00 a.m.** as we attempt to recreate dishes from Irish culture and take a look at the places that Ireland draws its culinary traditions from, and what they've contributed to Irish cuisine.

