

Golden CONNECTIONS

Community Center

MAY 2022 NEWSLETTER



VOLUNTEERS NEEDED!

Looking for a great volunteer opportunity? 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@gccccenter.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.

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

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Brain Games Station 9:15 Strength Training for Seniors 9:30 Intuitive Art Residency 10:45 Intro to Garden Club 12:00 Lunch 12:45 Penny BINGO	3 9:00 Brain Games Station 9:15 Giant Jenga 10:00 Circus Res. Intro. ~Prop Making 11:00 Basic Steps Line Dance 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing 12:45 Wii	4 9:00 Brain Games Station 9:30 Arts & Craft ~Dried Flower Making 10:00 Early-Stage Support Group ~Dementia Friends 10:45 Qigong 12:00 Lunch 12:45 Get-n-Step	5 9:00 Brain Games Station 9:15 Papel Picado ~Traditional Mexican Paper Craft 10:00 Mexican Hat Dance 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing 12:45 Wii Cinco de Mayo	6 9:00 Brain Games Station 9:15 Strength Training for Seniors 10:30 Blood Pressure Checks 11:00 STEM Project 12:00 Lunch 12:45 Regular BINGO
9 9:00 Brain Games Station 9:15 Strength Training for Seniors 9:30 Intuitive Art Residency 10:45 Garden Club 12:00 Lunch 12:45 Penny BINGO	10 9:00 Brain Games Station 9:15 Coloring Contest 10:00 Tech Tuesday w/ Garrett 11:00 Basic Steps Line Dance 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing 12:45 Wii	11 9:00 Brain Games Station 9-12:00 Outreach Program w/ Rep. from Sen Senior's Office 9:30 Arts & Craft ~Jewelry Making 10:45 Qigong 11:45 Get-n-Step Quarterly Ack. 12:00 Lunch 12:45 Get-n-Step	12 9:00 Brain Games Station 9:15 Ladder Golf 10:15 Games with Jill Kaylor from Visiting Angels 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing 12:45 Wii	13 9:00 Brain Games Station 9:00 Movie of the Month 9:15 Strength Training for Seniors 11:00 Health & Wellness w/ Ami ~Ack. Arthritis & Fibromyalgia 12:00 Lunch 12:45 Regular BINGO
16 9:00 Brain Games Station 9:15 Aerobic Video 9:30 Intuitive Art Residency 10:45 Garden Club 12:00 Lunch 12:45 Penny BINGO	17 Center Closed Election Day 	18 9:00 Brain Games Station 9:30 Arts & Craft ~Photo Collage Wooden Tray 10:00 Mind Matters ~What is Time? 10:45 Qigong 12:00 Lunch 12:45 Get-n-Step	19 9:00 Brain Games Station 9:15 Yahrzee 10:00 Eat Healthy Workshop 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing 12:45 Wii	20 9:00 Brain Games Station 9:15 Strength Training for Seniors 10:30 Blood Pressure Checks 10:45 Musical Entertainment w/ Bill Anderson & the Invincible Band 12:00 Lunch 12:45 Regular BINGO
23 9:00 Brain Games Station 9:15 Strength Training for Seniors 9:30 Intuitive Art Residency 10:45 Garden Club 12:00 Lunch 12:45 Quarter BINGO	24 9:00 Brain Games Station 9:15 Giant Kerplunk 10:00 What is "Senior Life"? 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing (video) 12:45 Wii	25 9:00 Brain Games Station 9:30 Misc. Art 10:00 Sherry's Garden Art Class 10:45 Qigong 12:00 Lunch 12:45 Get-n-Step	26 9:00 Brain Games Station 9:15 Ladder Golf 10:00 Sherry's Garden Art Class 10:15 Eat Healthy Cooking 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing (video) 12:45 Wii	27 9:00 Brain Games Station 9:15 Strength Training for Seniors 10:45 Make your own Poppy 11:15 "A Million Thanks" ~Letter Writing Event 12:00 Lunch 12:45 Regular BINGO National Poppy Day
30 Center Closed Memorial Day 	31 9:00 Brain Games Station 9:15 Penny Dice 10:00 Tech Tuesday (refresher) 11:15 Six & Tones 12:00 Lunch 12:30 Line Dancing (video) 12:45 Wii			

REMEMBERING MEMORIAL DAY

The Golden Connections Community Center will honor Memorial Day this year by taking the time on **Friday, May 27th at 10:45 a.m. to make our own Poppies**. These colorful flowers are worn on Memorial Day to honor and memorialize fallen soldiers. The red poppy officially became the national emblem of remembrance in 1920. They have grown in the most inhospitable of landscapes – including the war-torn battlefields in 1915. Even though the landscapes were left devastated, red poppies arose from the wreckage come Spring, like tiny beacons of hope.

As we remember fallen soldiers on this day, members will take part in **“A Million Thanks – Letter Writing Event” at 11:00 a.m.** Participants will take part in writing letters to soldiers actively serving in our military. We can use this event to remember those who have given their lives to serve and show gratitude to those still serving. These letters, once completed, will be taken to a drop-off location that acts as a collection site for these letters to then be turned over for distribution to active military. Consider joining us this day in remembering what so many have sacrificed for our freedoms.

Eat Healthy * Be Active Workshop

The Golden Connections Community Center plans to embark on a 6-month journey with members by hosting monthly Eat Healthy and Be Active Workshops. The Dietary Guidelines for Americans and Physical Activity Guidelines for Americans were combined to form this program to provide science-based advice to promote health and reduce obesity and risk for major diseases. Together, these two important publications provide guidance on the importance of being physically active and selecting nutritious foods for living a long and healthy life. The two guidelines go hand-in-hand and together provide important information for developing and maintaining a healthy lifestyle. They are the basis for the Eat Healthy * Be Active Workshops.

The first Eat Healthy * Be Active Workshop will be Thursday, May 19th at 10:00 a.m. This month's topic of discussion will be “Enjoy Healthy Food that Tastes Great”. The objectives for this session will include learning small changes you can make to choose healthier fats, less salt, and less added sugars; food substitutions and using spices, herbs, and salt-free seasonings that will give you new ways to eat healthfully; and ideas for recipe modifications and cooking techniques to reduce calories, solid fats, sodium, or added sugars.

Then **on Thursday, May 26th at 10:15 a.m.**, members use some of what was learned during the workshop at the **Eat Healthy Cooking Session**. Join the GCCC and let's eat healthy and be active together!



May 2022 Congregate Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May 2 3 oz Warm Roast Beef & Cheddar Sandwich 1/2 c. Corn Sandwich Roll Seasonal Fresh Fruit	May 3 1 c. Baked Cabbage Casserole w/ 2oz Tomato Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Cookie	May 4 Stadium Hot Dog 2oz Sauerkraut 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	May 5 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin	May 6 Fiesta Chicken Burrito Bowl (3oz Chicken Breast/1oz Salsa 5oz Cheddar Jack) 1/2c Cilantro Lime Rice 1/2c Black Beans 1/2c Mandarin Oranges NEW ITEM
May 9 Happy Mother's Day! Vegetable Lasagna w/Parmesan Cream Sauce Tossed Salad with Tomato, Hard Boiled Egg, and Dressing Garlic Breadstick Lemon Meringue Pie	May 10 1/2 c. Fresh Egg Salad Sandwich Lettuce & Tomato 1/2c Tomato and Cucumber Salad 2 Wheat Bread 1/2c. Cinnamon Applesauce NEW ITEM	May 11 Roasted Turkey w/ Gravy 1/2 Mashed Potatoes 1/2c Corn 1 Wheat Bread Cookie	May 12 Hearty Beef Stroganoff 1/2 c. 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Seasonal Fresh Fruit	May 13 Roasted Pork w/ Apples 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Mini Biscuit w/ Apple Butter Seasonal Fresh Fruit
May 16 Honey Garlic Pork Loin 1/2c Vegetable Rice Pilaf 1/2c Mixed Vegetables 1/2c Sliced Apples 1 Wheat Bread 1 Cookie NEW ITEM	May 17 Meatball Hoagie (4) 1/2c Parmesan Noodles 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	May 18 1 c. Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 White Bread Fresh Fruit	May 19 Chef Salad 1c Mixed Greens w/ Ham, Tomato, Cheddar, 1/2 Egg 1/2c. Three Bean Salad 1 Dinner Roll 1/2c. Peach Crisp	May 20 1/2 c. Smothered Roast Beef 1/2c Scalloped Potatoes 1/2c Peas & Onions 1 White Bread 1/2c Mandarin Oranges
May 23 Baked Meatloaf w/ Gravy 1/2c Ranch Potatoes 1/2c Beets 1 White Bread Seasonal Fresh Fruit	May 24 Happy Memorial Day! Cheeseburger Lettuce & Tomato BBQ Butterbeans Macaroni Salad Hamburger Bun Fresh Melon & Ice Cream Cup	May 25 Glazed Ham w/ Raisin Sauce 1/2c Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1/2c Pudding	May 26 1c Supreme Pizza Casserole 1c Tossed Salad 1/2c Green Beans 1 White Bread 1/2 Applesauce	May 27 Homemade Tuna Salad Sandwich 1/2 c. w/ Lettuce & Tomato 1/2c Three Bean Salad 2 White Bread Seasonal Fresh Fruit
May 30 HAPPY MEMORIAL DAY!!!! 	May 31 BBQ Pork Ribette 1/2c Sweet Potato Bites 1/2c Green Beans 1 Wheat Bread 1/2c Pineapple Delight		* menu subject to change	

*** 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.

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.



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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 of 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 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



01

Chronic Ankle Sprains

- 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

01

Intervention May Include:

- Neuromuscular and balance training
- Joint mobility
- Flexibility
- Taping or other modalities as needed

02

Plantar Fasciitis

- 1 in 10 people will develop heel pain
- Patients who are referred to physical therapy recover faster

02

Intervention May Include:

- Joint and soft tissue mobilization
- Specific flexibility exercises
- Strengthening exercises to reduce foot pronation
- Use of orthotics
- Taping or other modalities as needed

03

Arthritis

- Arthritis in the foot and ankle most commonly affects the tarsometatarsal 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 problem

03

Intervention May Include:

- Strength training
- Endurance training
- Joint mobilization
- Balance training
- Gait training

04

Nerve Disorders

- 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

04

Intervention May Include:

- Nerve and soft tissue mobilization
- Strengthening to improve lower extremity biomechanics
- Balance training
- Taping or other modalities as needed

05

Tendinitis

- 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

05

Intervention May Include:

- Eccentric loading program
- Iontophoresis
- Flexibility exercises
- Exercise for lower extremity
- Taping or other modalities as needed

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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, May 11th at 9:00 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 Services, 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 Steve. To make an Appointment, please contact Kasie Ream, Director of Social Services.

Coloring Contest

The GCCC will host a **Coloring Contest on Tuesday, May 10th.** Participants will be given a color page to decorate as they wish. Pictures will be displayed anonymously for center members, staff, and volunteers to vote on their favorites. And a winner will be announced later in the week with a small prize to be awarded.

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. All Art Class Sign ups have closed for the month of May, but feel free to take a look below at what we have to offer in June, and be sure to sign up for all classes you are interested in attending by the mandatory sign up date.

Friday, June 3rd at 10:30 a.m. – 3-D Circus Lettering : There will be NO CHARGE with this project. This project will be used as a backdrop for the centers Circus Dreams Art Residency. Please sign up for this class using the GCCC Copilot System. (*sign-up mandatory by Wednesday, May 18th, 2022*)

Friday, June 10th at 10:30 a.m. – Watercolor Painting : There will be NO CHARGE with this project. Please sign up for this class using the GCCC Copilot System. (*sign-up mandatory by Wednesday, May 25th, 2022*)

Friday, June 17th at 10:30 a.m. – Oil Pastels : There will be NO CHARGE with this project. Please sign up for this class using the GCCC Copilot System. (*sign-up mandatory by Wednesday, May 25th, 2022*)

Friday, June 24th at 10:30 a.m. – Circus Masks : There will be NO CHARGE with this project. This project compliments the centers Circus Dreams Art Residency. Please sign up for this class using the GCCC Copilot System. (*sign-up mandatory by Wednesday, June 1st, 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 is happy to be hosting our weekly BINGO Programs again. **Regular BINGO is every Friday 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 will take all of the money. *BINGO Cards will be available for sale after lunch, at 12:30 p.m.* **Penny BINGO will be held every Monday at 12:45 p.m.** *BINGO cards will be available for pick up at after lunch at 12:30 p.m.* The GCCC will now host a **QUARTER BINGO**, once a month in place of the Penny BINGO. The Quarter BINGO will be played similar to Penny BINGO with the exception of you simply pay 1 quarter per game and winner of that game receives all quarters for the game.

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.

Garden Club



As the weather is warming and the days are growing longer the Golden Connections Community Center is excited to spend a little more time this year tending to our gardens and more time exploring the many opportunities a garden club can offer. Participants will not only tend the gardens here at the GCCC, but they will also have the opportunity to participate in Garden crafts, learn more about our environment, try their hand at floral design, learn about horticulture, landscape design, and more! Join the GCCC Gardeners for any of our upcoming Garden club meetings. Dates and times for meetings will be posted in the monthly Activities Calendar.

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



witf mind matters
Live inspired!

What Time is it?

What Time is it is hosted by Lou Thieblemont. Lou worked for 37 years as a commercial airline pilot. Since retirement, Lou has served as mayor and is now actively volunteering in his hometown of Camp Hill, Pennsylvania. He has served as vice president of the Astronomical Society of Harrisburg and is a member of the board of directors of the Museum of Scientific Discovery in Harrisburg. When not in PA, Lou can be found giving his informative talks on cruise ships around the world. A fun, fast moving discussion on how we measure time and how our present calendar has been developed over the ages. Learn how the Earth's orbit makes timekeeping very difficult and discover why George Washington's birthday may not be on the day we think it is. **Join the GCCC on May 18th at 10:00 a.m. for this virtual presentation.**

Movie of the Month



The GCCC's Movie of the Month, *Murder Mystery* is set to show on **Friday, May 13th, 2022, at 9:00 a.m.** *Murder Mystery* is about a New York cop and his wife going on a European vacation to reinvigorate the spark in their marriage. A chance encounter leads to them being framed for the murder of an elderly billionaire. With starring actors Adam Sandler and Jennifer Aniston, you are sure to find comedy that will leave you on the edge of your seat.