



Golden CONNECTIONS Community Center

Sponsors

What is the Golden Connections Community Center Sponsorship Program?

Businesses/Organizations in the community have the opportunity to purchase a Sponsorship from the GCCC and we will aid them in promoting their company within our center and activities. Profit from the sponsorship will go to benefit the centers programs.

(Sponsors listed in the newsletter are paid advertisers. The center does not endorse any one sponsor.)



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.

Golden CONNECTIONS

Community Center

FEBRUARY 2023 NEWSLETTER



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.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.



REMINDERS:

- The GCCC will be CLOSED February 20th.
- Bring a \$5.00 wrapped gift for Now you have it, now you don't; on Thursday, February 16th at 10:15 a.m.

Inclement Weather Closures

The Winter months are upon us and with it comes uncertainty with weather forecasts. The Golden Connections Community Center will close in the event of poor weather or driving conditions and will try to always err on the side of caution. 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.



Line Dance Classes



Every Monday

at the

Golden Connections Community Center

20 Gotham Place Red Lion, PA 17356

Every Monday Night

6:00 p.m. - 8:00 p.m.

\$3.00 per person/class

Pre-registration not required, walk-ins welcome



2023 "Tee it High & Let It Fly" Annual Golf Tournament

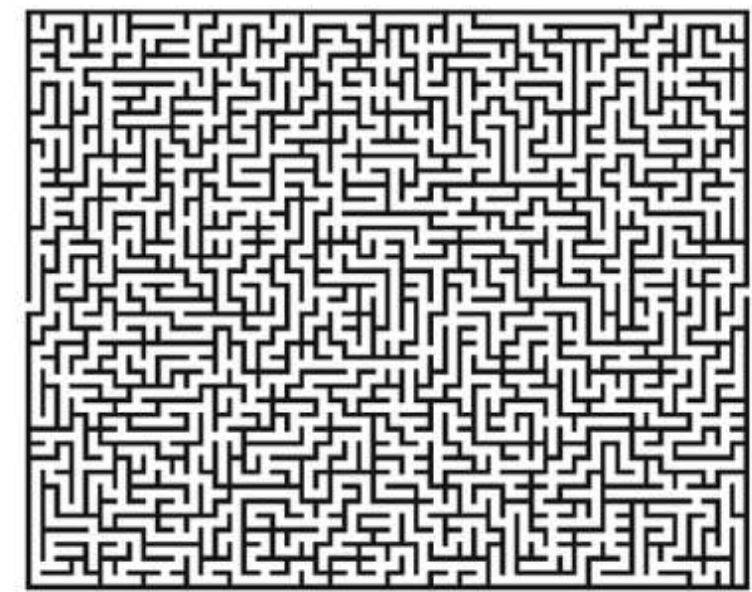
The Golden Connections Community Center is happy to announce plans for the 2023 "Tee it High & Let it Fly" Annual Golf Tournament to be held:



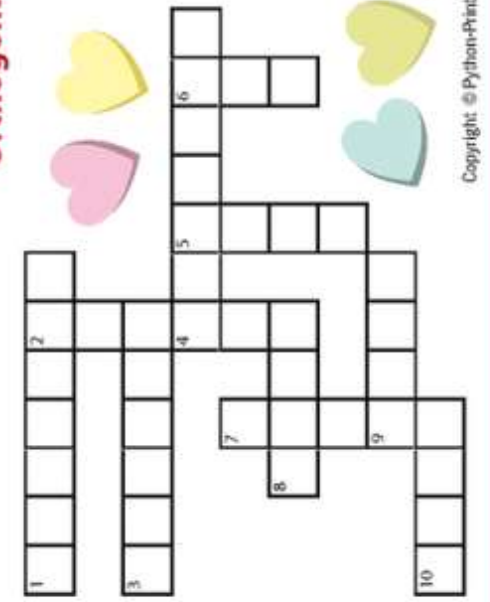
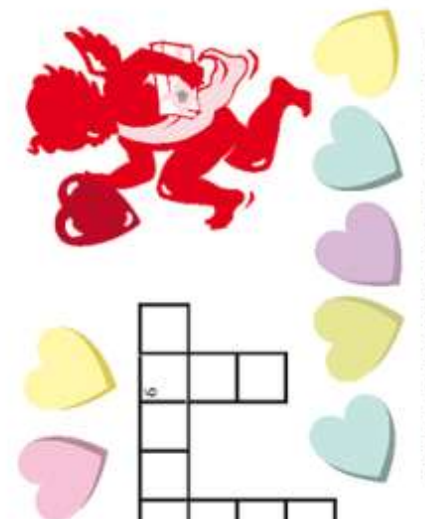
FRIDAY, APRIL 28, 2023
 PLEASANT VALLEY GOLF CLUB
 8467 PLEASANT VALLEY ROAD
 STEWARTSTOWN, PA 17363

This event will be held rain or shine!

The Tournament format will be a team scramble – captain's choice. The GCCC is looking for sponsors and golfers alike to join us for a day in the sun to relax and have fun. Registration deadline is April 14th, 2023. If you are interested or would like more information regarding this event, please contact Heather Goebeler, Executive Director at 717-244-7229.



Orthogonal Maze

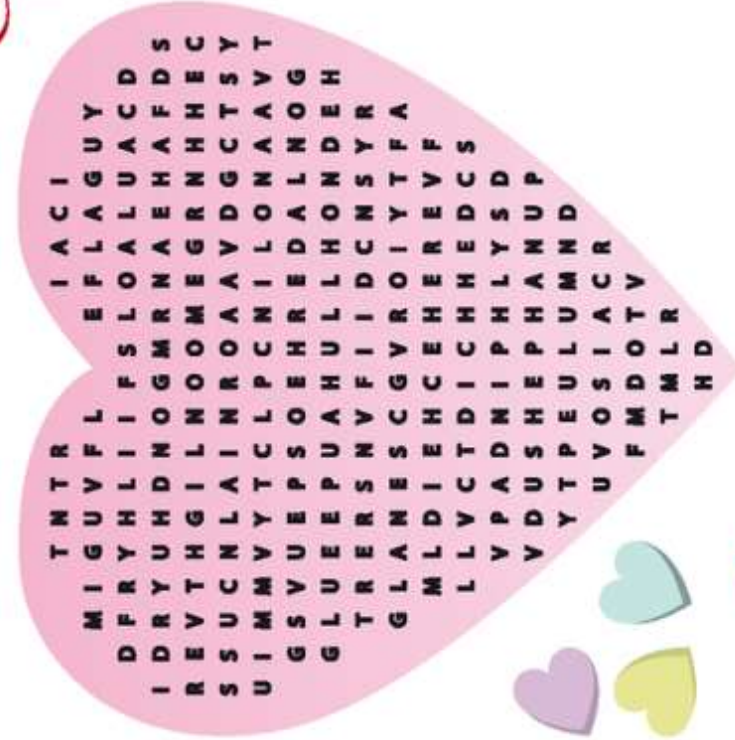


Valentine's Day

PUZZLES

Valentine's Day Word Search

- CHOCOLATES GREETINGS
- ROSES CANDY
- CANDELIGHT MOONLIGHT
- SUNSET GIFT
- SMOOCH LOVERS
- CUPID VALENTINE



Valentine's Day Song Lyrics Crossword

- Across**
- How can we be lovers if we can't be...
 - Love lifts us up where we...
 - You and me could write a bad...
 - You need another lover like you need a... in your head.
 - All you need is...
 - I never thought that I was gonna lose my...
- Down**
- Guilty of love in the first...
 - You are always on my...
 - I was losing the man that I love and all I could do was...
 - Love makes the... go round



Navigating Financial Success and Cyber Security

The Golden Connections Community Center will be partnering with George Dillman from the Pennsylvania Department of Banking and Securities in 2023 to offer a series of presentations to assist seniors in determining the difficult task of navigating financial success and cyber security.

This series of presentations will continue throughout the year every 2nd Thursday of each month at 11:00 a.m. with topics to be discussed such as:

- **February 9th – Working with the DOBS (Pennsylvania Department of Banking & Security):** This presentation helps participants understand the DOBS, the businesses they regulate; how people can work with the DOBS outreach staff, and consumer services team. (virtual session to be hosted at the GCCC)
- **March 9th – Banking Basics:** Overview of how banks and credit unions work, the differences between types of accounts; the importance of balancing accounts; what to do if you have had banking issues in the past; what types of questions you should ask before opening an account and what deposit insurance does and does not cover.
- **April 13th – Reverse Mortgages – What to Expect:** What is a reverse mortgage, what I need to qualify, what the procedures are for obtaining and retaining a reverse mortgage, financial requirements to obtain, alternative options to consider, what to avoid, drawbacks, your obligations and how you can repay the debt
- **May 11th – Fraud BINGO:** A fun and interactive presentation that teaches consumers how to protect themselves from investment fraud by playing a familiar game.
- **June 8th – Cybersecurity – Keeping Yourself Safe Online:** This presentation covers key topics like using secure websites, creating strong passwords, being aware of what you put on social media.
- **July 13th – Popular Scams & How to Avoid Them:** This presentation introduces us to commonly used tactics, what to look for and how to avoid them.
- **August 10th – Avoiding Identity Theft:** This presentation takes a look at ways people’s identities are stolen or compromised, what you can do if you find you have had your identity stolen, and how to stop theft from occurring.
- **September 14th – Fraud BINGO:** A fun and interactive presentation that teaches consumers how to protect themselves from investment fraud by playing a familiar game.
- **October 12th – Spending Plans – A Roadmap to Financial Success:** This presentation focuses on the need for a spending plan so that people can achieve their financial goals, setting SMART goals; creating a spending plan; putting the plan into action; as well as periodically reviewing goals and spending plans in order to ensure that you can stay on track.
- **November 9th – Cybersecurity – Tips for Online Shopping:** Online shopping has become very popular. Criminals know this are primed and ready to take advantage of our generosity. This presentation will provide tips for protecting your personal information while shopping safely online.

This series is free to the community but does require preregistration. Presentations that acquire less than 20 participants will be hosted with the Presenter Zooming in as a virtual presentation at the GCCC. Presentations that secure 20 or more participants will be hosted live with the presenter traveling to the GCCC. Please contact Kasie Ream, Director of Social Services, for more details about each presentation and to preregister, by calling 717-244-7229 ext. 103 or emailing socialservices@gcccenter.com.



Music Therapy Art Residency

The Golden Connections Community Center is excited to be hosting another Art Residency Program in our facility. This Art Residency will consist of 8 sessions of Music Therapy where participants will work with a board-certified music therapist to choose songs (or write them), rehearse, sing, play instruments and record them with professional audio equipment. The GCCC was chosen for this residency to help promote music therapy advocacy in PA by partnering with Studio 117 and York Music Therapy. The Music Therapy Art Residency will help aid in statewide incentives to get music therapy recognized/covered by health insurance carriers. The Studio 117/York Music therapy team is at the forefront of this effort and just by participating in this residency you would be helping them gather the research they need to take their work further. **Join the GCCC every Wednesday at 10:00 a.m., and take part in this free music therapy art residency.**



The Golden Connections Community Center will welcome Brandi Rendler from The Residence at Fitz Farm to host a **Chocolate Fondue Party for our GCCC Members on Monday, February 13th at 10:00 a.m.** The Residence at Fitz Farm is happy to announce that they now reside in the historic White Rose City. Filled with the storied history of the area, the community is a place where residents can celebrate their individual histories and forge new bonds. It’s a place where families and friends can connect. The Residence of Fitz Farm is excited to open its doors soon and welcomes the opportunity to build relationships with other organizations that share a common goal of maintaining a good quality of life for our aging population. To learn more about Fitz Farm, visit their website at www.integracare.com/residence-fitz-farm.

Senior care in the United States has consistently changed over the years. Some may view those changes as a positive and some may view them as negative, but either way we should all be educating ourselves on the senior care system and the changes through the years. By gaining that knowledge, you will learn how the changes in the past affected where we are now in senior care. **Join Jill Kaylor, from the Visiting Angels for a presentation on “The Evolution of Senior Care in the United States”, on Thursday, February 16th at 11:00 a.m.**



Upcoming Events

Arts & Crafts

The GCCC is happy to have the opportunity to offer a variety of Art Classes at this time. A few things to keep in mind are : All classes are sign-up mandatory and may require a small fee. All fees collected for these classes are NON-REFUNDABLE, projects must be completed on the date scheduled in the Activities Calendar, and dates will not be available to make-up missed projects. Class sizes are limited to 12 participants, first come first serve basis. Please keep this in mind and be sure you are available for classes prior to signing up.

Independent Art is now being hosted as a way for participants to express themselves creatively through unguided art. Members who participate in these sessions should come with the expectation that they will be working independently with the provided art supplies to create artwork on their own with little to no instruction. There is no charge for this class. Pre-registration is now required for these sessions, you may sign up for independent art sessions on the GCCC Copilot system.

Please contact Kasie Ream, DOSS to sign up for any of the following Arts & Crafts classes:

- ❖ **Arts & Crafts: Tuesday, February 14th at 9:30 a.m. – Birdhouse**
There is a small fee of \$5.00 for this class to be paid at time of sign-up. (Must sign up by Friday, January 20th)
- ❖ **Arts & Crafts: Tuesday, February 28th at 9:30 a.m. – Dream Catchers**
There is a small fee of \$5.00 for this class to be paid at time of sign-up. (Must sign up by Friday, January 27th)



What's on the tube?



Join the GCCC on Monday, February 6th at 12:30 p.m. for a showing of “Indescribable” by Louie Giglio. This Documentary is a humbling realization of just how physically insignificant we are compared to the size and grandeur of the universe. This video will leave you to walk more humbly than you’ve ever walked before.

On Tuesday, February 7th at 10:00 a.m., members can experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of “Grease”, the most successful movie musical of all time.



Armchair Travelers



Have you ever dreamed of traveling the world? Learning about different cultures? Join the GCCC monthly to do so from the comfort of the center. This month’s trip will be on **Friday, February 17th at 10:45 a.m. (signup by February 10th)**, as travelers explore Valentine’s in Paris. Members will visit the most romantic city in the world, stroll through the streets, enjoying the quaint little bakeries, cafés, and chocolate shops, all leading up to a moonlight visit to the Eiffel tower. Join us as we learn more about the culture and cuisine of each country we visit. This is a sign-up mandatory program as staff will need to plan accordingly for cuisine samplings. Signup using the GCCC Copilot System & see Ami Bernard, Meal Coordinator, with any questions regarding this program.

Golden Angels

The GCCC Golden Angels are currently making plans for future service projects to include making birthday cards for homeless children and creating care packages for a local women’s shelter. That being said, please consider donating **SMALL NEW** stuffed animals to accompany the birthday cards for homeless children or donating any of the following items to include in care packages for a local women’s shelter: hair care items, deodorant, skin care items, dental hygiene items, body wash, makeup, feminine care items, comfort blanket/something soft, books of inspiration, chocolates. All items donated should be **NEW**. Feel free to join the Golden Angels at any scheduled meeting to assist with these projects and Thank you to anyone who donates or takes the time to join us.

Socrates café

What is Socrates Café? Socrates Café is about discussing a topic, sharing our thoughts, our beliefs, our ideas, our experiences on that topic, and taking into consideration what other people in our group have to say, not debating it. It is about exploration of a topic. It is not about getting everyone to agree with or accept others’ opinions or thoughts. Nor is it a vehicle to push thoughts, beliefs, ideas, or an agenda on others. Most important, Socrates Café is open to every walk of life. In this setting everyone is included in the discussion, whether one wants to just listen or participate. Please remember, as a participant in Socrates Café we: Keep an open mind, suspending judgement the best we can, listen with respect, speak with heart and meaning, seek to understand, not persuade, invite, and honor diversity of beliefs and opinions, strive for honesty and depth. Socrates Café may not be for everyone, but if you would like to join peers for interesting and in-depth conversations, then consider joining the GCCC in the New Year as we host our monthly *Socrates Café with mediator Joan Maruskin, on February 21st at 9:30 a.m.*

GCCC EXERCISE PROGRAMS

The GCCC will be welcoming a few new exercise programs to the schedule this month and bidding farewell to others. One of the new classes to be offered on a trial basis is **BSC Class**, instructed by Jean Carter, this class is expected to run about 30minutes and will focus on Balance, Strength Training, and Core Exercise. Join Jean for the first class on **Friday, February 3rd at 10:15 a.m.**

Then join us for **Yoga** starting on **Friday, February 10th at 10:30 a.m.!** This class is designed for beginners and will focus on relaxation, flexibility, and balance by doing seated and standing yoga poses. Chair support help participants to safely perform these poses. No need to bring mats or other equipment as members will not do any moves that require to be on the ground. Pre-registration is required at this time using the GCCC Copilot System.

The GCCC will bid farewell to our 100 Mile Walk Challenge. That is correct, we began this challenge 1 year ago with a goal to walk 100 miles in a year. Anyone who signed up and participated in 80% of the 100 mile walk challenge is invited to the **100 Mile Walk Party on Wednesday, February 8th at 12:30 p.m.** There will be a special gift awarded to anyone who reached 100 miles. Every participant receives a certificate of completion, along with a memento from the challenge. And thank you to all who participated throughout the year, you all should be proud of yourselves.