



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.)*



2200 Springwood Rd.  
York, PA 17403  
Phone: 717-356-2870  
[www.integracare.com/residence-fitz-farm/personal-care](http://www.integracare.com/residence-fitz-farm/personal-care)



**Personal Care Community**  
**YORK, PA**

The Residence at Fitz Farm is a state-of-the-art personal care community with thoughtfully designed amenities, activities and programs designed to improve the quality of life.

**Golden** CONNECTIONS  
*Community Center*  
**JUNE 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](http://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](https://www.facebook.com/Goldenconnectionscommunitycenter) on Facebook.



**SAVE THE DATES & HIGH LIGHTS:**

- Don't forget the GCCC offers monthly Blood Pressure checks. This month's checks will be held on Monday, June 12<sup>th</sup> & 26<sup>th</sup> at 10:00 a.m.
- The Golden Connections Community Center welcomes a Representative from Wendy Fink's Office to offer a community Outreach Program monthly. Assistance with property tax and rent rebates, limited notary services (we do not notarize wills/legal items, or title work for vehicles), PennDOT work, unemployment issues, general inquiries, etc. are available. **A representative will be available between the hours of 9:00 a.m. to 12:00 p.m. every second Wednesday of each month to meet with senior members at the GCCC.**
- Bring a \$5.00 wrapped gift for Now you have it, now you don't; on Wednesday, June 7<sup>th</sup> at 10:00 a.m.
- Socrates Café is hosted at the GCCC every third Wednesday of each month. 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. Consider joining the GCCC as we host our next *Socrates Café with mediator Joan Maruskin, on June 21<sup>st</sup> at 9:30 a.m.*
- Congregate **Take Out Meals** are distributed Monday through Friday from 11:00 a.m. – 12:30 p.m.




**Open House**

The Golden Connections Community Center is excited to open our doors to the community for our **2<sup>nd</sup> Annual Open House/Health Fair on Thursday, June 22, 2023, from 9:30 a.m. – 1:00 p.m.** The Community is invited to join us for the day to show case many of the center programs and services. Members of the community will be allowed to join us for a sample line dance class, and cardio drum class. The Community will also have the opportunity to walk through a Health Fair and participate in the senior center Silent Auction. Raffles and 50/50 will also be on site. Bring your friends and family and enjoy the day with your local senior population.

**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\*





# Upcoming Events



The Home Instead Senior Care Foundation is proud to present the eighth-annual GIVE65 fundraising event exclusively for senior-focused organizations like ours. This year, the event kicks off July 11<sup>th</sup> and runs through July 14<sup>th</sup>. We have a chance to receive up to \$5,000 in matching funds from the Home Instead Foundation. The live GIVE65 Event kicks off at 9 a.m. on July 12<sup>th</sup>. To make a gift and learn more about what we're raising funds for, please visit <https://www.give65.org/gcccenter>. Then, click the green "donate now" button to start the process of making your gift. If you need help making a gift or have any questions, please feel free to reach out to us. We would be happy to assist in any way we can. Now more than ever do we need your help to continue providing our services and programs to seniors in our community. Thank you for supporting our mission and bringing hope to seniors right here at home.

## 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. Some 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.

See below for a list of upcoming Art Programs:

- ❖ The GCCC is excited to offer our next Art Residency: Reptile Smile! Are you interested in creating some nature inspired art? Well, Reptile Smile is a mashup of reptiles and art! Participants will have the opportunity to engage with a certified art teacher as well as LIVE animal models for a unique art-making experience. **Reptile smile classes will be held on June 10, 16, 23, & August 11 & 18 from 10:00 a.m. - 11:30 a.m.** To preregister for this new art residency program, please sign up using the GCCC Copilot System.
- ❖ **Art with Ami: Wednesday, June 14<sup>th</sup> at 10:15 a.m.**
  - **Fairy Garden:** There is a small \$3.00 fee for this craft (Please see Ami Barnard, Meal Coordinator to sign up for this class. Participants must sign up by Friday, June 9<sup>th</sup>)
- ❖ **Arts with Audrey: Tuesday, June 27<sup>th</sup> and 28<sup>th</sup> at 9:30 a.m.**
  - **Paper Fan Making:** There is no fee for this craft (Participants must sign up by Friday, June 16<sup>th</sup> using the GCCC Copilot System)



## Navigating Financial Success and Cyber Security

The Golden Connections Community Center has partnered with George Dillman from the Pennsylvania Department of Banking and Securities throughout 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 2<sup>nd</sup> Thursday of each month at 10:30 a.m. On **June 8<sup>th</sup>, George will offer a Presentation on – 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. Then on **July 13<sup>th</sup>, a presentation will be offered on “Popular Scams And How To Avoid Them”** – Everyday people are getting scammed out of thousands of dollars by so called “professionals” looking to separate them from their hard-earned money. This presentation introduces us to commonly used tactics, what to look for and how to avoid them. This series is free to the community but does require preregistration. 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](mailto:socialservices@gcccenter.com).



## MANAGING YOUR PAIN

With Jill Kaylor from Visiting Angels

Managing pain is key to improving quality of life. Pain keeps people from doing things they enjoy. It can prevent them from talking and spending time with others. It can affect their mood and ability to think. With a proper pain management treatment plan, the stress and frustration can be alleviated. Join the GCCC in welcoming Jill Kaylor from the Visiting Angels to offer a presentation on **Thursday, June 15<sup>th</sup> at 10:30 a.m.** about “Managing your pain”. This presentation will educate participants to what pain is, the types of pain we may experience, causes and the impact on us, both physically and emotionally. Participants will also discuss ways to treat pain—both through medicines and alternative therapies. If you or someone you care about suffers from any form of pain, consider joining us for this presentation, as you may leave with the knowledge you need to relieve some of the suffering experienced from pain.



## 2023 SENIOR FARMERS MARKET NUTRITION VOUCHERS GOLDEN CONNECTIONS COMMUNITY CENTER

20-C Gotham Place, Red Lion PA

**Friday, June 16, 2023**

**9:30 am to 11:30 am**

Eligible seniors can receive free (\$50) for purchase of fresh fruit and vegetables, redeemable June 1 – November 30 at participating Farmers Markets throughout PA.

**\*\*Due to unforeseen circumstances at the printers, vouchers may need to be mailed to consumers after event. Consumers must still come to the event to submit information to receive a voucher and then voucher may be mailed to the consumer at a later date\*\***

### Eligibility:

**Must show proof of AGE & RESIDENCY at distribution site (Driver's license or PA ID are recommended)**

- Must be 60 years of age by December 31, 2023
- Must be a York County Resident
- 2023 Gross Annual Income must be no more than:
  - o \$26,973 (\$2,248/month) for individual
  - o \$36,482 (\$3,040/month) for a 2-person household
  - o \$45,991 (\$3,833/month) for a 3-person household

## What's on the tube?

Join members of the GCCC on Friday, June 2<sup>nd</sup> at 9:30 a.m. to enjoy the showing of *O Brother, Where Art Thou*. Disenchanted with the daily drudge of crushing rocks on a prison farm in Mississippi, the dapper, siler-tongued Ulysses Everett McGill busts loose. Except he's still shackled to his two chain-mates from the chain gang – bad-tempered Pete and sweet, dimwitted Delmar. With nothing to lose and buried loot to regain – before it's lost forever in a flood – the three embark on the adventure of a lifetime in this hilarious offbeat road picture. Filled with chases, close calls, near misses and betrayal that will leave you laughing at every outrageous and surprising twist and turn.



## 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 **Monday, June 26<sup>th</sup> at 12:30 p.m.** (signup by **June 16<sup>th</sup>**), to celebrate International Waterfall Day! Participants will visit some of the smallest, largest, and most beautiful falls in the world. 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.

## INDEPENDENCE DAY COOK-OUT

Join the GCCC to celebrate Independence Day on July 3<sup>rd</sup>! Members will enjoy a day of games, music, and a pot-luck cookout. A signup sheet for the pot-luck cookout will be posted at the front desk. Please contact Kasie Ream, Director of Social Services, for more information or with any questions.



## COUPON SWAP

A coupon swap can be a great way for couponers to get the coupons they need without having to go to extremes (like dumpster diving, etc.) The reason it works so well is each person has coupons they're looking for and ones they don't need. Being able to swap coupons allows everyone to stock their cabinets as much as they want. Clipping coupons can also get boring to do alone, so on **Monday June 5<sup>th</sup> at 10:00 a.m.** members of the GCCC are invited to bring in all their coupons and/or ad flyers and join in a coupon swap. Participants can trade or keep each other company while cutting out coupons from their ad flyers. This program could have the potential to become a monthly occurrence so feel free to share ideas or suggestions with Kasie Ream, Director of Social Services. Hope to see you all there!

## witf mind matters

Join the Golden Connections Community Center on **Monday, June 5<sup>th</sup> at 12:00 p.m.** for a showing of the Mind Matters Lecture regarding the Invasive Spotted Lanternfly. The spotted lanternfly is a pest of grapes, walnuts and other trees and is a nuisance in residential landscapes. This talk will focus on the biology, behavior, and management of this insect. You will hear about regulations in place to slow the spread, and some of the research that is taking place.