




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



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
MAY 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.



May Flowers



Open House

The Golden Connections Community Center is excited to open our doors to the community for our **2nd 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

SAVE THE DATES & HIGH LIGHTS:

- Don't forget the GCCC offers monthly Blood Pressure checks. This month's checks will be held on Monday, May 8th & 22nd at 10:00 a.m.
- Members of the GCCC can enjoy learning how to make mocktails each month. The next "Monthly Mocktails" will be held on Wednesday, May 24th at 10:30 a.m.
- Bring a \$5.00 wrapped gift for Now you have it, now you don't; on Wednesday, May 10th at 10:30 a.m.
- Everyone enjoys a little pampering from time to time. Members of the GCCC can have mini manicures during "Nail Art" on Thursday, May 25th at 12:00 noon (those who plan to participate must have nails clean of any polish or debris prior to nail sessions)
- Coming this June, New Art Residency: Reptile Smile. Members can enjoy participating in art projects that combine creativity and critters in one. More information coming soon...
- Congregate **Take Out Meals** are distributed Monday through Friday from 11:00 a.m. – 12:30 p.m.



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 11th and runs through July 14th. 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 12th. 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. 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: Friday, May 5th at 9:30 a.m.**
– **Kentucky Derby Hats:** There is no charge for this craft. (Must sign up by Wednesday, May 3rd)
- ❖ **Arts & Crafts: Friday, May 12th at 9:30 a.m.**
– **Rock Painting:** There is no charge for this craft. (Must sign up by Friday, May 5th)
- ❖ **Arts & Crafts: Friday, May 19th at 9:30 a.m.**
– **Candy Dish:** There is a small \$3.00 fee for this craft (Must sign up by Friday, May 12th)
- ❖ **Arts & Crafts: Friday, May 26th at 9:30 a.m.**
– **Modern Floral Wreath:** There is an \$5.00 fee for this craft (Must sign up by Friday, May 12th)



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 2nd Thursday of each month at 10:30 a.m. On **May 11th**, George will offer a **Fraud BINGO:** A fun and interactive presentation that teaches consumers how to protect themselves from investment fraud by playing a familiar game. Then a presentation **June 8th on Cybersecurity – Keeping Yourself Safe Online will be offered at 10:30 a.m.** This presentation covers key topics like using secure websites, creating strong passwords, being aware of what you put on social media. 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.



FOSTER GRANDPARENT PROGRAM

Could you use an extra \$250 - \$600 per month tax free? Want to make a difference in your community? Do you enjoy being with children? If you answered yes to these questions, then you may be perfect for the Foster Grandparent Program. The Foster Grandparent Program is a team of volunteers ages 55 years and older who work with children of all ages at schools and educational facilities across York County. The Foster Grandparent Program provides opportunities for older adults to tutor, mentor, and comfort children, while remaining physically and mentally active through community service. To learn more about this program, please register to attend an upcoming presentation at the GCCC on Thursday, May 18th at 10:30 a.m. Contact Kasie Ream, Director of Social Services, to register or with any questions.



MEMORIAL DAY...

...Is the day that's set aside to remember with gratitude and pride all those who served and died for our country and our freedom. May your day be filled with memories and peace.

GOD BLESS AMERICA

Gift Card BINGO

The Golden Connections Community Center will welcome Senior Commons at Powder Mill to host a Gift Card & Goodies BINGO on **Monday, May 22nd at 10:30 a.m.** This BINGO will be free to members of the GCCC and offer a variety of regular and specialty BINGO Games. We hope you can join us for this month's Specialty BINGO!



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, May 19th at 10:30 a.m.** (signup by **May, 15th**), as travelers explore Holland for the Tulip Festival. Wear your favorite garden party attire as members will be enjoy a morning tea and goodies while taking a stroll through miles of beautiful, flower gardens. 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.

Community Outreach Program

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. The Outreach Program will be based out of the Golden Connections Community Center. 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.

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.

****Distribution will be IN-PERSON ONLY, NO vouchers will be mailed, NO applications****

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

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. 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 as we host our monthly *Socrates Café with mediator Joan Maruskin, on May 17th at 9:30 a.m.*