



Golden CONNECTIONS

Community Center
Sponsors



LHM
PHYSICAL THERAPY INSTITUTE

Lighting the way to a healthier you.

Ready to serve your outpatient physical therapy needs with personalized care.



Red Lion Clinic
3232 Cape Horn Road Unit 2
Call 717-320-8286 to get started!
LHMPHYSICALTHERAPY.COM

f i in



Rehab safely at home.



Powerback
Rehabilitation *to you*

We bring outpatient Physical, Occupational, and Speech Therapy to you so you can rehab safely at home within your community.

Call (232) 299-1162 or (844) 570-5714
powerbackrehabtoyou.com
or scan the QR code




The RESIDENCE
at FITZ FARM

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.



Drayer | PHYSICAL THERAPY



Thank You for nominating us
BEST PHYSICAL THERAPIST!



IRON VALLEY
REAL ESTATE

OF YORK COUNTY

Cell: 717.870.6162
Office: 717.316.8777
wparde@comcast.net
WendyPardeRealtor.com
2641 Carnegie Road
York, PA 17402

Wendy Parde
REALTOR, SRES
Licensed in PA and MD

  Independently Owned and Operated

Golden CONNECTIONS

Community Center

JANUARY 2024 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.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.



SAVE THE DATES & HIGH LIGHTS:

- Don't Forget the GCCC will be closed on the following dates:
 - **Monday January 1st**
 - **Monday January 15th**
- Congregate **Take Out Meals** are distributed Monday through Friday from 11:00 a.m. – 12:30 p.m. We thank all of our members for their continued patience with lunch distribution, and we are so grateful for the volunteers that assist with the preparation of it all.

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.

Golden Connections Community Center Fundraisers

The GCCC is planning a variety of new and old fundraisers for this new year and ask members to help support the GCCC by participating. Participation can include making a purchase or donation through our fundraisers or assisting in the sales and promotion of the event. The GCCC asks members to remember that 40 – 50 % of our funding is through fundraising, therefore your participation is vital to the center. Fundraising successes are not just a success for the GCCC, but it is also a success for our members and senior community. Take a look below for more information regarding upcoming fundraisers and how you may be able to help:

Valentine's Dance & Dinner Fundraiser

Join the Golden Connections Community Center On **Friday, February 9th** 6:00 p.m. – 9:00 p.m.
Dinner served 6:00 p.m. – 7:30 p.m. ONLY. Music to follow.

for an evening of food and fun.
Tickets on SALE NOW!

\$15.00 per person
Purchase tickets by contacting the GCCC at 717-244-7229 or online at <https://www.gcccenter.com/shop/>

Music provided by Jean Carter.
Raffles and small games of chance will be available for purchase.

All proceeds will benefit the Golden Connections Community Center.



Dinner Menu

Spaghetti Dinner
Garlic Bread
Drinks
Desserts



WINTER WORD SEARCH



W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
A	N	S	L	I	D	E	I	S	S	L	U	E	W	S
M	G	W	J	C	D	L	L	A	W	J	M	D	S	W
W	W	X	I	D	S	N	O	W	X	I	R	B	U	X
O	C	C	U	F	D	D	P	C	C	U	A	D	D	C
N	V	D	O	M	G	G	N	I	D	D	E	L	S	D
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

1. Snow

2. Snowman

3. Winter

4. Weather
5. Shovel

6. Cold

7. Freezing

8. Snowflake
9. Slippery

10. Slide

11. Sledding

12. Skating
13. Scarf

14. Hat

15. Earmuffs

16. Mittens



Get N' Step

It's too cold to exercise outside, but we can get a great workout indoors with Get N' Step. No experience needed, no special workout gadgets, just your feet and a pedometer! This 30-minute walking class will get you up and movin'. Walk at your own pace for 30 minutes. At the end of each walk, we'll track how many steps you've achieved, so you can try to increase it each week. Sign up is required by January 11th. Any questions, please see Ami our Meal Coordinator.

Fever, cough, or sneeze? Stay home, please!

Public places can be environments where viruses, including respiratory viruses like the flu or the common cold, can spread. Take precautions, and stay home if you have any symptoms.



"New Year, New Possibilities" is a sentiment that captures the spirit of fresh beginnings and the potential for positive change. It is a time to reflect on the past, set new goals, and embrace the opportunities that this new year brings. May this new year be filled with exciting possibilities, personal growth, and moments of joy and success for all our members. Cheers to the journey ahead and all the wonderful experiences waiting to unfold!



WHAT DO YOU WANT?

It's a new year here at the Golden Connections Community Center and along with it comes new inspiration! The GCCC staff is excited to explore new avenues and ideas for a more inclusive and fun senior center. We want to hear from you! What classes would you like added to our current selection? Are there activities, games, or events that you'd like to see us implement? The Golden Connections is only as successful as our participation! Your opinions and ideas are very valuable to us. Any and all ideas are welcome in our suggestion box located on the receptionist desk in our main community room.



UPCOMING SPEAKERS FOR JANUARY 2024:

JOIN US!

FOR A FREE SPECIAL EVENT

Tue., 1/9, 10:30-11:30AM

Spending Plans - A Roadmap to Financial Success - Senior Edition

Presented By: George Dillman - PA Dept. of Banking & Securities



Many of us have heard the cliché, "laughter is the best medicine", but did you know there's actual research behind that statement that proves its true? The GCCC welcomes Jill Kaylor from *Visiting Angels* on **Thursday January 11th at 10:15 a.m.** Jill treats us to a presentation that will show how incorporating laughter and joy in our lives can help our physical, emotional and mental health in a profound way. She will talk about these benefits and the things we can do to bring more laughter into our daily routines.



"THE BEST VIEWS, COME AFTER THE HARDEST CLIMB"

-Debbie Lane Hewett

Damien Scott is a multifaceted individual known for his extraordinary achievements as an inspirational speaker, entrepreneur, and mountaineer. Born with unwavering spirit of determination and a relentless pursuit of greatness. Damien has touched the lives of countless people worldwide through his inspiring talks in Africa, Argentina, Mexico, and the United States. Damien's beginnings did not begin without mountains to climb. Born into a family which gave him up for adoption at 13, Damien had to overcome many obstacles to become the person he is today. His life story is a testament to the power of perseverance, compassion, and a human spirit's capacity to reach new heights. The Golden Connections is so excited to have such an inspirational speaker at our center. Please welcome him on **Tuesday January 16th at 10:15 a.m.**

Loving Eyes Seeing Eye Puppy Club

Seeing eye dogs, also known as guide dogs, are specially trained dogs that assist individuals who are blind or visually impaired in navigating their surroundings and performing daily tasks. These dogs play a crucial role in enhancing the independence and mobility of people with visual impairments. Seeing eye dogs have a profound impact on the lives of those with visual impairments, offering increased mobility, independence, and companionship. The GCCC welcomes this wonderful club and its furry friends for their presentation scheduled on **Tuesday January 23rd at 10:15 a.m.** Members of the GCCC won't want to miss this!



What is happiness? What do consistently happy people know? How can we work towards increasing our happiness? Bella Bergey from Homeland at Home treats members of the Golden Connections to an insightful presentation exploring the journey of this lifelong pursuit. Members can mark their calendars for **Thursday January 25th** and be present for this event at **10:15 a.m.**



UPCOMING EVENTS



The Golden Connections Senior Hope Squad gears up for a fun-filled Snow Day! The members of this initiative have a calling to be a light for our center during hard times and good times, spreading hope and love to all members of our center. The GCCC Hope Squad has come together and planned a series of games and festivities for the day. Along with music and dancing, members of the GCCC can enjoy a hot chocolate bar, delicious snowball creations and much more! Join us on Wednesday January 24th to participate in all the fun!

Sr HOPE SQUAD

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:

Arts & Crafts with Kam:

Friday January 3rd at 9:30 a.m. ~ Altered Books: Winter Wonderland

Wednesday January 10th at 10:30 a.m.~ Soda Can Snowman

Friday January 19th at 9:30 a.m. ~Altered Books: New Year New Me

Wednesday January 31st at 12:00 p.m.~ Paintbrush Gnomes

Arts & Crafts with Amanda:

Friday January 12th at 9:30 a.m. ~ Snowboarding Smores

Friday January 26th at 9:30 a.m.~ Winter Picture Frames



This month we take a small pause with our Armchair Travelers class, but members of the GCCC need not worry, because Armchair Travelers will return in **February**! Forget those winter coats, multi layers of clothing, and single digit temperatures. Instead, lets head to the Canary Islands where it's between 71-73 degrees during the day and 57 degrees at night. Some say it's the best stargazing place in Europe! We will visit a wind cave, beautiful beaches, an eternal spring, and of course sample some of the local cuisine! Goodbye snow, hello sunshine and swimsuits. Sign-up is required, there is a maximum of participants able to join. See you there!



Armchair Travelers



The GCCC's Golden Angels have had such a wonderful year helping the community in several ways. As we start this new year, there's no doubt that the Golden Angels have more in store for us! This month, they work on making and sending cards to a selected nursing home. Sending cards to nursing homes is a thoughtful and meaningful way to brighten the days of residents, many of whom may be experiencing feelings of isolation or loneliness. The Golden Angels will also work together to create coupon binders. With living costs increasing day by day, coupon binders can be beneficial to keep useful coupons handy to help with the costs of purchases.

"I wonder if the snow loves the trees and fields that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, 'Go to sleep, darlings, till the summer comes again.'"

- LEWIS CARROLL



Cocktails with Cupid



Hearts and Flowers, hugs and Kisses
Let's get together to give Valentine wishes!
Members of the Golden Connections Community Center are invited to our annual Valentines Day Party! Festivities include Live music, games, raffles and a little bubbly! Members can enjoy signature alcohol-free cocktails during the event. Party is scheduled on Wednesday February 14th.
Event begins at 10:00 a.m.

A snowflake can take up to two hours to fall from a cloud to the ground.

Line Dance Classes



Every Monday
at the

Golden Connections Community Center

20 Gotham Place Red Lion, PA 17356

Every Monday Night

5:30 p.m. - 6:30 p.m. Basic Step Class

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

\$3.00 per person/class

Pre-registration not required, walk-ins welcome