



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.)



# Golden CONNECTIONS

Community Center

## APRIL 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.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](http://www.facebook.com/Goldenconnectionscommunitycenter) on Facebook.

HELLO  
april

## SAVE THE DATES & HIGH LIGHTS:

- Don't Forget the GCCC will be closed on the following day:  
~Tuesday April 23<sup>rd</sup>
- **Congregate Take Out Meals are distributed Monday through Friday from 11:00 a.m. – 12:30 p.m.** We thank all 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.
- Bagged lunches will be offered on **Thursday April 18<sup>th</sup> and Thursday April 25<sup>th</sup>.**
- **Parking:** Please make sure you are parking in a designated parking spot. Be sure to not obstruct access to our garbage receptacle or emergency service routes.






**IRON VALLEY**  
REAL ESTATE

OF YORK COUNTY

Cell: 717.870.6162  
Office: 717.316.8777  
[wparde@comcast.net](mailto:wparde@comcast.net)  
[WendyPardeRealtor.com](http://WendyPardeRealtor.com)  
2641 Carnegie Road  
York, PA 17402

**Wendy Parde**  
REALTOR, SRES  
Licensed in PA and MD






A full service outpatient physical therapy provider dedicated to personalized care.





**Red Lion Clinic**  
3212 Cape Horn Road Unit 2  
Call 717-220-8286 to get started!

[LHMPHYSICALTHERAPY.COM](http://LHMPHYSICALTHERAPY.COM)







## Golden Connections Community Center Fundraisers

The GCCC is planning a variety of new and old fundraisers for this 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:



### 2024 “Tee it High & Let It Fly” Annual Golf Tournament

The Golden Connections Community Center is happy to announce plans for the 2024 “Tee it High & Let it Fly” Annual Golf Tournament to be held:

FRIDAY, MAY 17, 2024  
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 May 3<sup>rd</sup>, 2024. If you are interested or would like more information regarding this event, please contact Kasie Ream, Executive Director at 717-244-7229.

*thank you*

*To all who have taken the time to assist in any way with the Golden Connections Community Center Fundraisers. We genuinely appreciate your kindness. You make these events possible!*

### Upcoming Fundraisers

- ❖ **May 17, 2024**  
*2024 “Tee it High & Let It Fly” Annual Golf Tournament*
- ❖ **June 14 & 15, 2024**  
*Community Yard Sale*
- ❖ **August 10, 2024**  
*Silent Auctions in conjunction with the Red Lion Street Fair*
- ❖ **September 12, 2024**  
*GCCC Open House*
- ❖ **September 21, 2024**  
*Annual Basket Bingo Fundraiser*
- ❖ **November 16, 2024**  
*Community Craft Fair*

All fundraisers are subject to changes. For more information regarding any of the listed fundraisers, please contact the GCCC at 717-244-7229.

# Spring Word Search

BLOSSOM

BLOOM

FLOWERS

RAIN

SHOWERS

EASTER

SPRING BREAK

GRASS

HATCH

BIRDS

SUNSHINE

SEASON

MARCH

APRIL

MAY

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



## Spring Walk

### Get N' Step

New season, new walk challenge! All winter long members of the GCCC did laps around our Main Room. Now that spring is here, we get to enjoy moving our bodies outdoors! Join us every Thursday at 12:00 p.m. to walk 30 minutes and track our steps! At the end of the challenge, everyone who has 80% attendance will receive a certificate of completion. Along with a party that will be held in July to celebrate your accomplishments!! **Happy Walking!!**



**Ham and cheese pinwheels** are a popular appetizer or snack made with savory ham and cheese then brushed with a Dijon glaze garnished with poppy seeds and baked until golden. This recipe is perfect for any occasion! Join **Kitchen Academy** on **Tuesday April 9th at 12:00 p.m.** Members of the GCCC can sign up for this class with **Amanda Pina Director of Social Services.** There is a cost with all Kitchen Academy classes. **Class cost for this month is \$5. Sign-up is required for this event by Friday April 5th.**



## UPCOMING SPEAKERS AND ENTERTAINMENT:

### Creatures Great and Small Traveling Petting Zoo

A traveling petting zoo with a wide variety of animals will visit The GCCC and bring along birds, small mammals, reptiles, and bugs! During this event, they share facts about the different types of animals they have with them.



Creatures Great and Small Zoo will provide demonstrations and allow members the time to interact with these furry friends! Enjoy all the fun on **Thursday April 4th at 10:15 a.m.** This is a free event open to all members of our center.



April's caregiver class will consist of two parts. Part 1, is based upon the question "Is Lying to someone with Dementia Bad"? This is hard for those who have deep religious beliefs and those who just feel it is a moral decision. Part 2 is a short video segment based upon the book, that can be found in our GCCC Library called "Unbreakable Brain" written by Dr. Will Mitchell. All members interested in participating in this class on **Thursday April 11th at 12:00 p.m. MUST register on Co-pilot by Tuesday April 9th!**

### 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.



*Here at The Golden Connections Community Center, we want to thank all of our volunteers for the amazing work they do all throughout the year. We have volunteers for Meals On Wheels, Senior Hope Squad, Board members, and our members that help within the center. Each of you are so appreciated!*



### THE MORE YOU KNOW Spring Equinox



The GCCC continues its monthly installment of video segments that provide fascinating information on the world around us. **The spring equinox also known as the vernal equinox, is our next topic.** The Spring Equinox is an astronomical event that marks the beginning of spring in the Northern Hemisphere. It occurs when the tilt of the Earth's axis is neither inclined away from nor towards the Sun, resulting in nearly equal lengths of day and night all around the world. Join us on **Thursday April 18th at 10:00 a.m.**

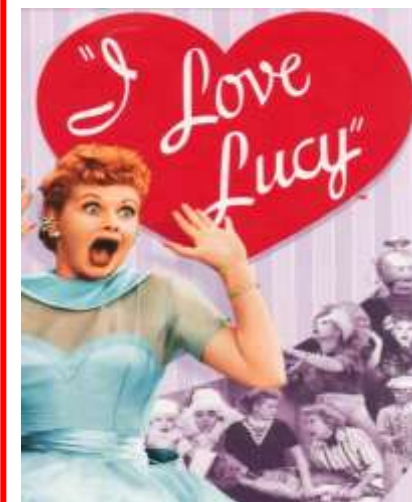
**Dehydration** occurs when your body loses more fluids than it takes in, leading to an imbalance in the body's electrolytes (minerals like sodium, potassium, and chloride) and affecting normal bodily functions. Water is essential for various physiological processes, including regulating body temperature, transporting nutrients and oxygen to cells, lubricating joints, and removing waste. To prevent dehydration, it's essential to stay adequately hydrated by drinking enough fluids, especially during hot weather or when engaging in physical activity.

**On Tuesday April 16th at 10:15 a.m.** The Golden Connections Community Center welcomes **Isabel Bergey from Homeland at Home** to discuss what the role of water is in your body, how dehydration can affect the body, and who may be at risk.



### Feeling Stronger As You Age

Feeling stronger as you age is absolutely achievable with the right approach to fitness and health! Feeling stronger is not just about physical strength but also about overall well-being, including mental and emotional resilience. On **Thursday April 25th at 10:15 a.m.** The GCCC Bronze Sponsor, **LHM** will be hosting an informative presentation on how eating a balanced diet rich in nutrients, staying hydrated, and getting enough sleep are crucial for maintaining strength and overall well-being as you age.



"I Love Lucy" is a classic American television sitcom that originally aired from 1951 to 1957. Created by Lucille Ball and Desi Arnaz, the show starred Lucille Ball, Desi Arnaz, Vivian Vance, and William Frawley. It is widely regarded as one of the greatest and most influential sitcoms in television history. **Members of the Golden Connections can sign-up on CoPilot to join our I Love Lucy Watch Party! On Tuesday April 30th at 10:15 a.m.**



# UPCOMING EVENTS

## MOVIE OF THE MONTH

### THE LAST LAUGH



The story follows talent manager Al Hart and retired talent agent Buddy Green who reunite after many years. Al convinces Buddy to come out of retirement for one last comedy tour, during which they embark on a cross-country journey to perform at various comedy clubs. As they travel together, old memories are revisited, and they encounter both challenges and adventures along the way. The film explores themes of friendship, aging, and the pursuit of dreams, with plenty of comedic moments sprinkled throughout. Join us for the full theatre experience, decked with a large projector screen, snacks available for purchase and a quiet dark setting. **On Monday April 8<sup>th</sup> at 9:45 a.m.** Dress cozy and arrive early to scout out the perfect seat!

## 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:

**Independent Art:** An opportunity to revisit unfinished projects and continue your Altered Book creations.

- Friday 5<sup>th</sup> at 9:30 a.m. ( Register on CoPilot by April 4<sup>th</sup>)
- Friday 19<sup>th</sup> at 9:30 a.m. (Register on CoPilot by April 18<sup>th</sup>)

**Arts & Crafts with Kam:** (Sign-up on CoPilot)

- Friday April 12<sup>th</sup> at 9:30 a.m.~ Pinecone Art (Register by April 5<sup>th</sup>)
- Friday April 26<sup>th</sup> at 9:30 a.m.~ Cactus Rock in Terra Cota (Register by April 19<sup>th</sup>)

**Arts & Crafts with Amanda:** (Sign-up on CoPilot)

- Monday April 22<sup>nd</sup> at 10:15 a.m.~ Pressed Flower Bookmarks (Register by April 19<sup>th</sup>)

**Arts & Crafts with Kam & Ami:** (Sign-up on CoPilot)

- Wednesday May 3<sup>rd</sup> at 9:30~Kentucky Derby Hats (Register by April 26<sup>th</sup>)



April 12<sup>th</sup>      April 26<sup>th</sup>      April 22<sup>nd</sup>      May 3<sup>rd</sup>

## This month's Armchair Travelers Class:

We journey to Pig Beach! Located on Big Major Cay, a beach on an uninhabited island located in Exuma, the Bahamas. The island takes its unofficial name from the fact that it is populated by a colony of feral pigs! It has become a tourist attraction in modern times. We will swim with pigs, see some nurse sharks, AND visit Thunder Grotto where two James bond movies were made. Join us on **Wednesday April 3<sup>rd</sup> at 12:15 p.m.** Sign-ups are required by **March 29<sup>th</sup>** for this class. Limited space is available. **Register on CoPilot to secure your seat!**



## Armchair Travelers



## May's Armchair class:

Coming up is a very special event for our **ladies!** Participants will sample teas, and visit some famous tea rooms. Gals are encouraged to wear a fancy hat and dress up for the event! All ladies are welcome! But **members MUST register on our Copilot system.** Registration is required by **April 29<sup>th</sup>.** This event will be held on **Wednesday May 8<sup>th</sup> at 10:00 a.m.**

*Happy Sampling!*



**New Game Alert** at the Golden Connections Community Center! I know, Penny and Quarter Bingo has our hearts. But The GCCC now introduces LCR (Left Center Right Game) This is a fun group game of chance! Players start off with 3 equal amounts of coins, or dollars. Players take turns rolling the LCR dice, depending on your draw you either pass your coins to the person to your left, to the center bank pile, or the person to your right. Game ends when only one player is left with coins, that player takes home the bank pile! **On Tuesday April 2<sup>nd</sup> at 10:30 a.m.** join us for a game of **Dimes LCR!** All participants must bring **3 dimes each!**



The Golden Connections Community Center introduces **Early Bird Stix & Tones!** The GCCC Stix & Tones class has become a popular staple here at the center. Space and equipment is limited, leaving some members unable to join in on the fun. Because of this we decided to add **Early Bird Stix & Tones** in addition to our regularly scheduled class. This class will be held **every Tuesday 9:00 a.m. to 9:30 a.m.** Members **MUST** register for this class on Co-Pilot. **Members can only participate in one class per day.**



## 2024 Senior Farmers Market Nutrition Program

**Eligible seniors can receive \$50 worth of vouchers to buy fresh fruit and vegetables at participating farmers markets throughout PA.** The Senior Farmers Market Nutrition Program (SFMNP) is a federally funded program in the United States that provides low-income seniors with coupons that can be exchanged for eligible foods at farmers' markets, roadside stands, and community-supported agriculture programs.

**Join The Golden Connections Community Center on Friday, June 21, 2024, 9:00 am – 11:30 am to receive your voucher!**

**ID verifying York County residency and 60 years of age IS REQUIRED**



## 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\*

