





Golden CONNECTIONS

Community Center
Sponsors






LHM
PHYSICAL THERAPY INSTITUTE

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



Red Lion Clinic
3212 Cape Horn Road Unit 2
Call 717-225-8286 to get started!
LHMPHYSICALTHERAPY.COM



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



GOLD

Thank You for nominating us
BEST PHYSICAL THERAPIST!



IRON VALLEY
REAL ESTATE

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

OF YORK COUNTY

GOLD

Wendy Parde
REALTOR, SRES
Licensed in PA and MD

  Independently Owned and Operated

Golden CONNECTIONS

Community Center

MARCH 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.



HELLO March

SAVE THE DATES & HIGH LIGHTS:

- Don't Forget the GCCC will be closed on the following day:
Friday March 29th
- **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 **Friday March 15th and Thursday March 28th**

Inclement Weather Closures

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 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 3rd, 2024. If you are interested or would like more information regarding this event, please contact Kasie Ream, Executive Director at 717-244-7229.



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.

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

St. Patrick's Day Word Search

Words to Find:

rainbow	luck	green	pot
shamrock	jig	gold	Irish
leprechan	lucky		



Get N' Step

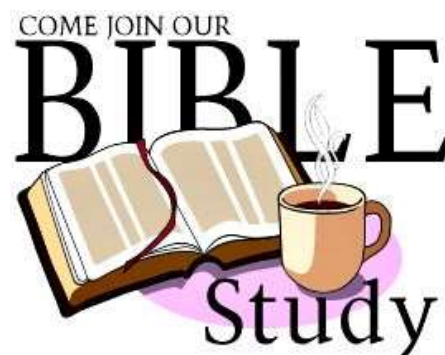
It's still too cold to exercise outside, but we can get a great workout indoors with Get N' Step. No experience needed, no special workout gadgets, just your feet and a pedometer! This 30-minute walking class every Thursday at 12 p.m. will get you up and movin'. Walk at your own pace for 30 minutes. 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 on Copilot. Any questions, please see Ami our Meal Coordinator.

Kitchen Academy is back with another delicious recipe to tackle! As we start welcoming spring, our Kitchen Academy has tasty recipes in store. **On Tuesday March 12th at 12 p.m.** we practice our puff pastry making skills! With Tomato Tartlets. Tomato tartlets are a flaky, cheesy appetizer, brunch treat, or snack! Each bite is a medley of flaky puff pastry, creamy ricotta, Italian herbs, and juicy tomatoes.



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 \$8. Sign-up is required for this event by Friday March 8th.**

The Golden Connections Community Center's Bible Study meets every **second and fourth Wednesday at**



10:15 a.m. We invite you to join us as we begin the examination of Romans 6-8 on **Wednesday March 13th at 10:15 a.m.**

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.



We're Changing it up! The Golden Connections Community Center is always on the lookout for new and fun games to expose our members to. This month we introduce some new group games, that'll get us laughing, moving, and at times even workout our brains!

Do you have a game in mind you think would be fun for us to offer? Leave a suggestion in our suggestion box by our receptionist desk in the Main Room.



THE MORE YOU KNOW

The Golden Connections Community Center will display a short video segment once a month that provides fascinating information on the world around us. This month we explore why Bees are so important to our ecosystem. The Video will be displayed in our Main Room **on Tuesday March 19th at 10:15 a.m.**



UPCOMING SPEAKERS FOR MARCH 2024:

Extending Your Life- Nutrition and Aging

The Golden Connections welcomes Jill Kaylor a Provider Relations Specialist from Visiting Angels. In this presentation Jill will discuss some of the research findings regarding nutrition and aging as well as talk about "MyPlate for Older Adults" (a practical way of determining what you should eat for every meal). She will also share ideas on how to eat nutritiously specifically as we get older and how eating healthy affects our health in a positive way. Finally, Jill will help participants get started on how to organize, plan your meals, and what to purchase in order to maintain a healthy diet. You won't want to miss this educational presentation on **Thursday March 7th at 10:15 a.m.**



Who was St. Patrick?

We all enjoy Saint Patrick's Day activities like wearing green, delighting in traditional Irish dishes and drinks, and having a great time on St. Patrick's Day themed parades and parties. But who started this tradition? Where did it originate from? **On Thursday March 14th at 10:15 a.m.** those questions will be answered! Join Amanda Pina Director of Social Services for this fun and educational view at who Saint Patrick was, his story, and why the three-leaflet shamrock is so prevalent to this holiday.



TRIVIA TIME!

Trivia challenges stimulate the brain, promoting cognitive functions and memory recall. Trivia can also serve as an informal educational tool, introducing participants to facts and information in an engaging and memorable way. **On Thursday March 21st at 10:15 a.m.** The Golden Connections welcomes Bella Bergey a Community Education Liaison from Homeland at Home, as she treats members to a fun game of trivia. See you there!

"March winds and April showers bring forth May flowers."

UPCOMING EVENTS

MOVIE OF THE MONTH

Robert DeNiro Ben Stiller

Meet the Parents

A young man's first visit to his girlfriend's parents' house turns out to be more nightmarish than he could ever have imagined. Hoping to use the weekend as a chance to propose to his girlfriend, he only succeeds in incurring the wrath of his prospective father-in-law and almost destroys their home in the process.

On Monday March 11th at 9:15 a.m. The Golden Connections Community Center is happy to offer a movie theater experience featuring a large projector screen, a quiet setting, and snacks available for purchase! Members can arrive in their comfy attire, blankets are welcome! Movie will start at 9:15 a.m. Try to arrive early to purchase snacks and 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 March 1st at 9:30 a.m. (Must register on CoPilot by February 29th)

Friday March 15th at 9:30 a.m. (Must Register on CoPilot by Thursday March 14th)

Arts & Crafts with Ami: (Sign-up sheet with Ami)

Tuesday March 5th at 10:30 a.m. ~ Bee Happy (fee of \$2) (Must sign-up by March 1st)

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

Friday March 8th at 9:30 a.m. ~ St. Patrick's Day Hanging Art (Must sign up by March 4th)

Friday March 22nd at 9:30 a.m. ~ Bumble Bee Wooden Art (Must sign up by March 15th)

Armchair Travelers

Swimming with pigs? You bet! This month's Armchair Travelers Class takes us 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 which live on the island.

It has become a tourist attraction in modern times. We'll swim with pigs, see some nurse sharks AND visit Thunder Grotto where two James bond movies were made.

Join us on **Wednesday April 3rd at 12 p.m.** Sign-ups are required by **March 29th** for this class. Limited space is available. **Register on CoPilot to secure your seat!**

"How present tests evaluate if you have signs of dementia"

Have you ever wondered about those dementia "tests" that ask a person to draw a clock or remember a list of words? Did you know that two people can have the same exact score on a test but one of them could be considered "normal" and the other one could have dementia? Explore more of this insight with Rick Julius as a Caregiver Class on **Thursday March 7th at 12 p.m.** Members must Sign-up on our Copilot System by Wednesday March 6th.

Garden Club

Spring is Almost here! And boy, are we excited! **Monday March 4th** members of this club will meet to get educated on what herbs and flowers to plant this spring. On **Monday March 18th at 10:30 a.m.** Members will get to put together Air Plant Creations! There is a cost with this craft. All members who would like to participate will have to pay a **fee of \$4 per person.** **Sign-ups are required by Monday March 11th.** See Kameryn our Programs Coordinator to sign up!

HAPPY Easter

"Easter is the only time when it's perfectly safe to put all your eggs in one basket".

The Golden Connections Community Center comes together to celebrate Easter! This Holiday lands on Sunday March 31st this year. But the GCCC gets a head start by hosting an Easter Party on **Thursday March 28th starting at 9:30 a.m.** Offering games, music, and an Egg Hunt! All members who would like to participate in our Egg Hunt, **Must Sign-up on our CoPilot System by Friday March 27th.** We hope you can join in on the festivities!

LEPRECHAUN HUNT

Help! The Leprechauns have escaped! They are now running rampant at The Golden Connections! We must work together to get rid of these mischievous gold obsessed Gremlins! **Friday March 15th at 11:00 a.m.** we get together and hunt them once and for all!

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