

# SPONSORS

We're sending a big *sandy hug* and a *sunny thank-you* to our wonderful sponsors who help make our summer events possible. Your support keeps the good times rolling and the beach vibes strong at Golden Connections. We couldn't ride this wave without you!



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**COMMUNITY**  
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# GOLDEN CONNECTIONS COMMUNITY CENTER



## JUNE 2025

### Sizzling Summer Fun!

Summer is here, and we're making waves at Golden Connections! Get ready to soak up the fun, feel the sand between your toes (figuratively, of course!), and dive into a sea of exciting events, sunshine-filled gatherings, and tropical-themed fun all month long. Whether you're here for the laughter, the games, or just a cool breeze and good company, this June is packed with beachy vibes and memory-making moments. So, grab your flip-flops and let's make a splash! Know a neighbor, friend, or family member who could use a little sunshine? Bring them along and help spread the word about all the joy happening right here at the center. There's always room for more in our beach party crew—let's grow our Golden Connections family together.



- ❖ Mark your calendars for Special events and fundraisers!
- ❖ Visit the center on Tuesday June 10<sup>th</sup> at 10:30 a.m. for TECH TUESDAY! Garrett Kistler from Country Meadows visits the center to assist members with any tech related questions!
- ❖ Consider donating for the following events and initiatives:
  - Food Items for our BEACH BASH & Birthday Festivities such as: chips, sugar free drinks, & ice cream.
  - Summer Survival Items for the less fortunate such as: socks, body cleansing wipes, deodorants, small first aid kits, & bug spray of any kind.
  - Kitchen & Coffee Bar: Laundry & Dish Detergent, Coffee creamer.

**Contact us:**  
717-244-7229

**Visit us:**  
20 Gotham Place Red  
Lion Pa 17356





# FUNDRAISERS & UPCOMING EVENTS

## COMMUNITY YARD SALE EXTRAVANGANZA

Looking for a place to sell your treasures? We've got you covered! Join the GCCC for a yard sale in conjunction with the Red Lion Community Yard Sale event on **June 13<sup>th</sup> & 14<sup>th</sup>, 2025 from 8:30 a.m. – 2:00 p.m.!** Whether you're clearing out your attic, selling handmade goods, or just want to make some extra cash, our space is YOUR space! Indoor and outdoor spaces will be rented to community members for \$15 per 12 ft. x 12ft. space, perfect for those who don't have their own yard or driveway to sell from! Come for the deals – Stay for the Fun! Not only can you snag some amazing bargains, but you'll be part of a lively community event! Spots are filling up fast, so don't wait – Reserve your space today and be part of the *ultimate* yard sale weekend! If you are interested or would like more information regarding this event, please contact Amanda Pina, Director of Social Services at 717-244-7229 ext. 103 or by emailing [socialservices@gccccenter.com](mailto:socialservices@gccccenter.com).

## FARMERS MARKET VOUCHERS

Get ready to savor the flavors of summer at Golden Connections! On Friday, **June 27<sup>th</sup>, from 9–11am**, we're hosting our eagerly anticipated Farmers Market Voucher Day. This event is all about celebrating fresh, locally grown produce and supporting our community's farmers. Here's how it works: Each participating member will receive a \$25 veggie vouchers to use at various veggie stands across PA. It's a fantastic opportunity to stock up on delicious and nutritious produce!

## LONGABERGER BASKET BINGO

Join us at Golden Connections for your chance to win beautifully crafted, collectible Longaberger baskets—filled with goodies and surprises on August 30<sup>th</sup>! **Doors Open at noon, games begin at 2 p.m. \$15 for 20 games if purchased in advance, or \$20 if purchased the day of.** This is a perfect day out for all ages to enjoy the thrill of the game and the charm of these timeless treasures. Bring your good luck charms, gather your friends, and come support a great caus. Refreshments, raffles, and a whole lot of community spirit await!

## 2025 CALENDAR OF EVENTS

- June 13 & 14: Community Yard Sale
- August 30: Longaberger Basket Bingo
- September 19: Open House & Health/Wellness Fair
- October 18: Makers Market

*Used/like new donations needed for raffle/gift baskets. Please consider donating to help the GCCC find success in all our fundraisers and thank you for your kindness and generosity!*

# ARTS & CRAFTS



*We're delighted to announce that our craft room is now open every day for independent art sessions, even on dates when we don't host formal crafts! Whether you're painting, crafting, or exploring your creative side, feel free to use the space at your convenience. Please remember, our craft room operates on a self-service basis. We kindly ask everyone to clean up after themselves and keep track of their art projects. This helps us maintain a tidy and welcoming environment for all.*

Bring the beach to your home with our *Seashell Picture Frame* craft! Join us on **Friday, June 13<sup>th</sup> at 10:00 a.m.** to create a one-of-a-kind frame perfect for your favorite summer memory. Cost is just **\$6 per person** to cover supplies. Sign-up by contacting our Director of Social Services, Amanda Pina by **Tuesday June 10<sup>th</sup>**. Let's get crafty and coastal!

## DIAMOND DOT ART

Diamond Dot Art has taken over Golden Connections! This fun and easy craft has become a favorite around the center—relaxing, creative, and oh-so-satisfying. We offer a variety of Diamond Dot art for just \$2 each, and all the supplies you need to get started are available right here at the center. Stop by Monday through Friday between 8:30 AM and 2 PM to pick one up and join the sparkle-filled fun!





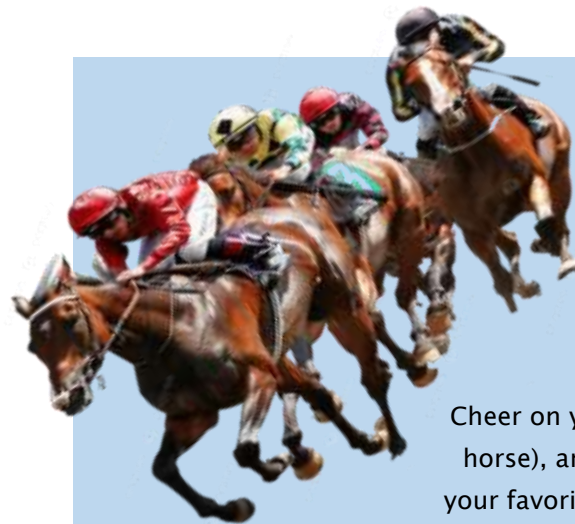


# Summer Fitness Challenge!

**How it works:**  
Simply show up and participate in as many of our fitness classes as you can throughout the challenge period. Whether it's Cardio drumming, Line Dancing, Strength Training, Walking club, or any of our other fun and energizing sessions— every class you attend counts! At the end of the challenge, we'll host a celebration on Wednesday September 3<sup>rd</sup> at 10:30 a.m. We'll tally up the numbers, and various members who attended the **most fitness classes** will win prizes and bragging rights as our **Summer Fitness Champions!** So grab your sneakers, water bottle, and your best moves and let's make this summer your healthiest yet!

*"You don't stop moving because you grow old. You grow old because you stop moving."  
— George Bernard Shaw*

# UPCOMING SOCIALS & CELEBRATIONS



## BELMONT STAKES

Get ready for a day of laughter, luck, and friendly competition as the Golden Connections hosts its very own **Belmont Stakes Horse Races – Member Edition** on **Friday, June 6<sup>th</sup> at 10:00 a.m.!** In this one-of-a-kind event, **YOU are the horses**—yes, really! Members will trot, gallop, or prance their way down our giant floor race map as the dice determine your moves.

Cheer on your fellow “thoroughbreds,” place your bets (just 25¢ per horse), and feel the excitement as you watch the race unfold. Pick your favorite steed, place your quarter, and let's see who crosses the finish line first! Prizes, bragging rights, and big laughs are all on the line in this light-hearted spin on the Belmont Stakes.

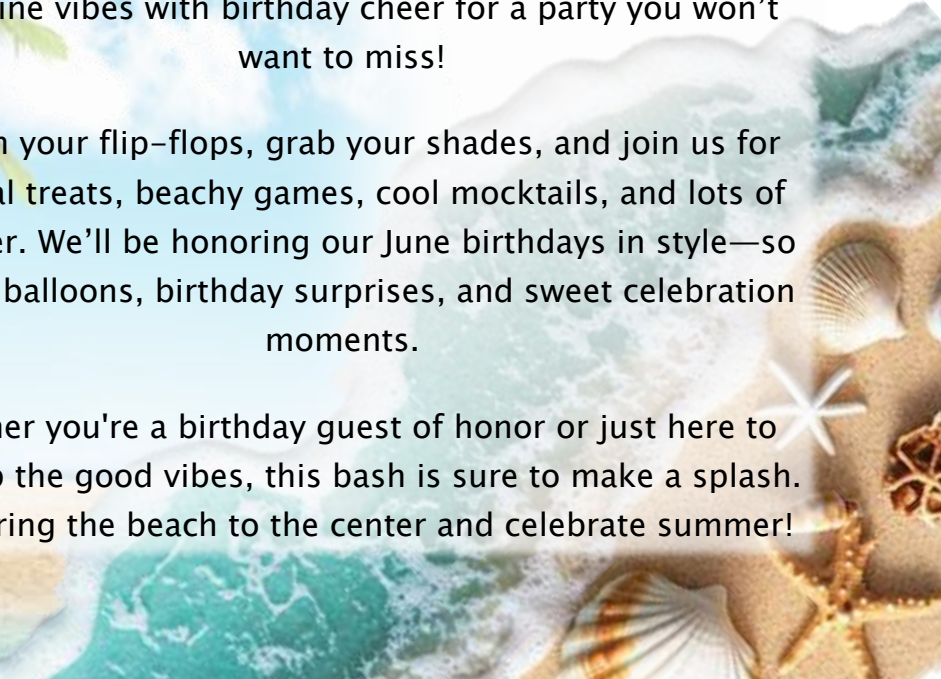


## BEACH BASH & BIRTHDAY FESTIVITIES

Summer fun is heating up at Golden Connections, and you're invited to our **Beach Bash & Birthday Celebration** on **Friday, June 20<sup>th</sup>** starting at 10:00 a.m. We're blending sunshine vibes with birthday cheer for a party you won't want to miss!

Slip on your flip-flops, grab your shades, and join us for tropical treats, beachy games, cool mocktails, and lots of laughter. We'll be honoring our June birthdays in style—so expect balloons, birthday surprises, and sweet celebration moments.

Whether you're a birthday guest of honor or just here to soak up the good vibes, this bash is sure to make a splash. Let's bring the beach to the center and celebrate summer!







# HEALTH & WELLNESS EDUCATION

# KITCHEN ACADEMY

## GRATITUDE IN ACTION

Health & Wellness class presents, *Gratitude in Action*, on **Monday, June 9<sup>th</sup> in the main room at 10:30 a.m.**, and will focus on the science and benefits of practicing gratitude in daily life. Gratitude isn't just a pleasant feeling—it's a powerful habit that has been shown to improve mental and physical health, boost mood, reduce stress, and strengthen relationships. During the class, members will learn how gratitude affects the brain and body, participate in simple interactive activities, and explore easy ways to turn appreciation into a daily wellness practice. Whether it's through journaling, mindful moments, or small acts of kindness, we'll discover how gratitude can shift our perspective and improve our overall sense of well-being. Participants will leave with a practical "Gratitude Toolkit" to help carry the positive energy forward.

## THE HEALING OF ART & MUSIC

Our next Health & Wellness class, *The Healing Art of Music*, is scheduled for **Monday, June 23<sup>rd</sup> in the main room at 10:30 a.m.**, and will explore how music can be more than just entertainment—it can be a powerful tool for healing and happiness. Research shows that music can reduce stress, boost memory, improve sleep, and even ease physical pain. In this uplifting session, we'll dive into the science behind how music affects the brain and body, and we'll enjoy a mix of listening, sharing, and light rhythm activities. Whether it's a favorite song from the past or a new melody that lifts your mood, music has a unique way of connecting us to joy, comfort, and each other. Come ready to tap your toes, reminisce, and experience firsthand the wellness benefits of sound.



### TROPICAL SHRIMP TACOS

Spice up your summer with a taste of the tropics! On **Wednesday, June 4<sup>th</sup> at 10:00 a.m.** members whip up **Tropical Shrimp Tacos**—a fresh, flavorful, and fun recipe you'll want to make all season long. Sign-up are required by Monday June 2<sup>nd</sup> with Amanda Pina, Director of Social Services. **Fee Per Cook: \$12**



### CUCUMBER CAPRESE SALAD

**Wednesday, June 11<sup>th</sup> at 10:30 a.m.** Join us for a deliciously refreshing session of Kitchen Academy as we whip up the perfect summer bite—Cucumber Caprese Salad! This cool twist on a classic Italian favorite combines crisp cucumbers, juicy cherry tomatoes, creamy mozzarella, with fresh herbs! **Fee Per Cook: \$5**



### TROPICAL SKEWERS

**NEXT MONTH: On Wednesday, July 2<sup>nd</sup> at 10:00 a.m.** members create **Tropical Chicken Skewers**—a sweet and savory summer favorite packed with island flavor. It's the perfect way to kick off July with delicious fun and good company! Sign-ups are required by Monday June 30<sup>th</sup> with Amanda Pina, Director of Social Services. **Fee Per Cook: \$10**

## ARMCHAIR TRAVELERS



## Hawaii

This June, pack your sunglasses and flip-flops (no passport needed!) as we set sail for a tropical paradise — Hawaii! Get ready to feel the island breeze and hear the sweet strum of ukuleles as we explore the rich culture, breathtaking landscapes, and warm spirit of Aloha that makes Hawaii so magical. Members can enjoy this virtual and hands on class on **Wednesday June 18<sup>th</sup> at 12 p.m.** Located in the main room. All members are welcome!!



## HYDRATION HACKS FOR THIS SUMMER

### ✓ BEST

- Naturally sparkling mineral water
- Spices like cinnamon, nutmeg and cloves
- Pomegranate juice
- Unsweetened cranberry juice
- Acai berry juice
- Noni juice
- Kombucha
- Green tea
- Coconut water
- Coconut milk
- Pieces of whole fruit or vegetables
- Fresh herbs like mint and basil
- Citrus peels and zest



### ✗ WORST

- Sodas of all kinds, especially diet soda
- Flavored "nutritional" waters
- Energy drinks
- Sweetened juices
- Tonic water (many people don't realize how high in sugar it is)
- Artificial flavors
- Artificial colors
- Sugar
- Corn syrup

## MOCKTAILS EDITION!

