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Golden Connections Community Center

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COMMUNITY
Benefits Solutions, LLC

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PHYSICAL THERAPY INSTITUTE



Welcome
April 2026

at the


*Golden Connections
Community Center*



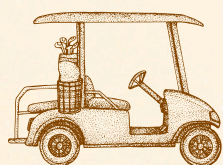
*Contact us: 717-244-7229
20 Gotham Place Red Lion
PA 17356*



FUNDRAISERS



Get ready to step, stomp, and shuffle your way into a great time! The Golden Connections Community Center is thrilled to partner once again with Jean Carter to bring you a Beginner/Improver Line Dance Workshop on Saturday, April 18th, 2026, from 10:00 AM – 2:00 PM! Here is what's in store: doors will open at 9:30 a.m. and step sheets will be provided. Learn from the best – Jean has been lighting up dance floors for 20+ years! Beginners are welcome. Space is limited, so reserve your place now with a \$20 pre-registration! The event is open to the public and should prove to be fun for all ages. Refreshments will be available for purchase, along with raffles and 50/50 tickets. For more information or to pre-register, contact Kasie Ream, Executive Director, at executivedirector@gcccenter.com or 717-244-7229 ext. 106. You can also register online by visiting www.gcccenter.com. Don't miss your chance to dance, laugh, and make memories! Whether you're brand new to line dancing or looking to brush up on your skills, this workshop is for YOU! See you on the dance floor!



GOLF TOURNAMENT



The Golden Connections Community Center is thrilled to announce the 2026 “Tee it High & Let it Fly” Annual Golf Tournament on Friday, May 1, 2026, at Cool Creek Golf Club in Wrightsville, PA. Come swing, relax, and soak up a sunny day of golf, all while supporting a cause that truly matters. Whether you're a seasoned pro or a weekend warrior, it's about fun, community, and a little friendly competition in a team scramble (captain's choice) format.

This year, our tournament is part of Give Local York, York County's 24-hour giving extravaganza hosted by the White Rose Leadership Institute. By playing (or sponsoring), you're not just teeing off, you're helping GCCC maximize its impact through Give Local York's bonus stretch funds and cash-prize opportunities. (givelocalyork.org)

We're looking for players, sponsors, and community partners to make this day even bigger and better. Your participation helps us raise critical support for our programs and services.


Want in? Contact Kasie Ream, Executive Director, at 717-244-7229 ext. 106 or email executivedirector@gcccenter.com. Come for the golf, stay for the laughs, and support local giving. We can't wait to see you there!

DONATIONS NEEDED:

- NEW OR LIKE NEW ITEMS FOR RAFFLE BASKETS!
- READYMADE RAFFLE BASKETS!

WE ARE ALWAYS INCREDIBLY GRATEFUL FOR THE GENEROSITY AND SUPPORT OF OUR WONDERFUL COMMUNITY AT THE GCCC. DONATIONS AND MEMBER CONTRIBUTIONS TRULY MAKE A DIFFERENCE, HELPING US CONTINUE TO BRING ENGAGING PROGRAMS, CREATIVE EXPERIENCES, AND FUN-FILLED EVENTS TO LIFE.

COMMUNITY YARD SALE EXTRAVAGANZA



Looking for a place to sell your treasures? We've got you covered! Join the Golden Connections Community Center for a yard sale in conjunction with the Red Lion Community Yard Sale event on June 12th & 13th, 2026 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 a 10 ft. x 10ft. 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 Kasie Ream, Executive Director, at 717-244-7229 ext. 106 or by emailing executivedirector@gcccenter.com.



FREE FOODIE SOCIALS!

The Breakfast Club
April 13th from 9am-10:00am



GCCC Breakfast!

Enjoy breakfast with your fellow members. Donations of the following will be appreciated:

- Orange Juice
- Any seasonal fruits
- Egg Dishes (casseroles/ scrambled eggs)
- Precooked sausages (We will heat them in the roaster)
- Complete Pancake Mix
- Sugar Free Syrup

Banana Smoothies
for Banana Day!
April 15th from
10am-11am

Members can enjoy banana smoothies while supplies last!

**Donations of
milk & bananas
are needed!**



Ice cream Social with
Gold Sponsor, Jolynn
Holtzman! April 23rd
from 10am-11am

Join us for a sweet treat and great company at our Ice Cream Social with Gold Sponsor Jolynn Holtzman! Stop by to enjoy delicious ice cream, mingle with friends, and help us thank Jolynn for her generous support of Golden Connections.

Don't miss this fun and refreshing gathering. Mark your calendars!



KITCHEN ACADEMY

Wednesday April 1st



SOLD OUT

Caprese Pasta

Time: 10:00 a.m.

\$10 Ingredient Fee

Our Kitchen Academy program has been cooking up excitement with a wide variety of recipes from different cultures and cuisines. From sweet treats to savory meals, we've explored countless flavors, techniques, and traditions, each class offering something new and delicious. Kitchen Academy is all about learning, sharing, and enjoying the joy of cooking together. If you've never joined us before, now is the perfect time to grab an apron and see what all the buzz is about!!

Wednesday April 8th



Avocado & Chickpea Salad

Time: 10:00 a.m.

\$5 Ingredient Fee

Register with payment
by, April 6th.

LOOKING AHEAD TO MAY:

Wednesday May 6th



Strawberry & Cream Cheese Puff Pastry Tarts

Time: 10:00 a.m.

\$10 Ingredient Fee

Register with payment by, May 1st

Wednesday April 22nd



Summer Rolls w/ PB Sauce

Time: 10:00 a.m.

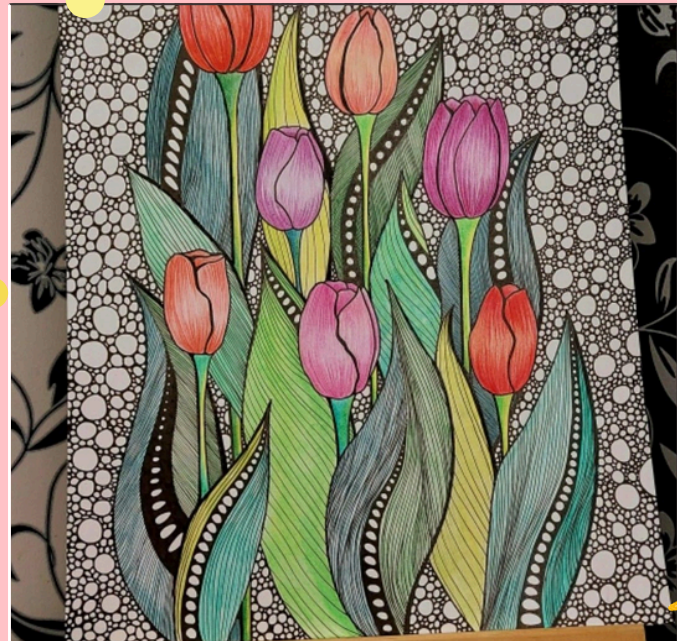
\$5 Ingredient Fee

Register with payment
by, April 20th

ARTS & CRAFTS



APRIL 10TH AT 10:00 A.M.
WATER COLOR PAINTING
SIGN-UP ON COPILOT BY APRIL 7TH



APRIL 24TH AT 10:00 A.M.
ZENTANGLE ART
SIGN-UP ON COPILOT BY APRIL 21ST

CRAFT PHOTOS ARE PROVIDED AS INSPIRATION. FINAL PROJECTS MAY VARY BASED ON MATERIALS AND PERSONAL CREATIVITY.

APRIL'S SPECIAL GUESTS:

**Hunger
Free York**
York County Food Bank



APRIL 28TH AT 10:00 A.M.
LYDIA GIVES INSIGHT ON YORK COUNTY FOOD
BANK AS WELL AS SENIOR FOOD BOXES!



APRIL 29TH AT 10:00 A.M.
SOUND THERAPY WITH JENN PAGE FROM A
UNIFIED MIND!



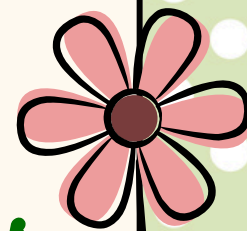
←
SOUND THERAPY IS A
WELLNESS PRACTICE
THAT USES CALMING
SOUNDS, VIBRATIONS, OR
MUSIC TO HELP RELAX
THE MIND, REDUCE
STRESS, AND PROMOTE
EMOTIONAL AND
PHYSICAL BALANCE.



LINE DANCING



THE GOLDEN CONNECTIONS



after Hours

Golden Connections brings the fun on Monday nights with line dancing classes offered at various times.

Basic Step class is held at 5:30 p.m.- 6:30 p.m.
Beginner Class is held at 6:00 p.m. – 8:00 p.m.

There is a fee of **\$3 per person/class**. Pre-registration is not required, walk-ins are welcome!



Garden Club Adventures!




Spring is here, and so is our Garden Club! Join us for hands-on planting, fun garden education, and tips to grow your own veggies.

Here's what we have growing this month:

- **April 6, 10:30 AM – Planting Herbs:** Get your hands dirty and plant some tasty herbs!
- **April 10, 9:30 AM – Healthy Soil 101:** Learn how soil nutrients keep our plants happy and strong.
- **April 20, 9:30 AM – Planting Carrots & Spinach:** Grow crisp carrots and fresh spinach for an easy, cool-season harvest.
- **April 24, 9:30 AM – Natural Pest Control:** Discover safe, simple ways to keep your garden healthy and thriving.
- **April 27, 10:30 AM – Planting Bush Green Beans & 2nd round of Lettuce:** Finish the month strong with these container-friendly favorites. Come grow, learn, and share the joy of gardening with friends.
Gardening is more fun together!



April

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>1 Florentine Omelet w/ Creamed Spinach & Cheese 1/2c Breakfast Potatoes 1 Biscuit w/ Jelly 1/2c Spiced Fruit</p> 	<p>7 Happy Easter!</p> <p>3oz Baked Ham w/ Raisin Sauce 1/2c Whipped Sweet Potatoes 1/2c Beets 1 Dinner Roll 1 Cookie</p> 	<p>1</p> <p>3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables White Bread 1/2c Peaches</p>	<p>2</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Bagged Lunches</p> </div>	<p>3 Good Friday Closed</p>
<p>13</p> <p>Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1 Garlic Breadstick Fresh Fruit</p>	<p>14</p> <p>Meatball Hoagie w/ Mozzarella Cheese 1c Pasta Fagioli Soup 1c Side Salad w/ Dressing Fresh Fruit Hot Dog Bun</p>	<p>8</p> <p>3oz Chicken Cutlet 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Peas Wheat Bread 1/2c Blushed Fruit</p>	<p>9</p> <p>3oz Pepper Steak w/ 1oz Tomato, Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Gelatin</p>	<p>10</p> <p>Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) Lettuce & Tomato 1/2c Broccoli Salad 1/2c Diced Beets 2 White Bread Fresh Fruit</p>
<p>20</p> <p>Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll Fresh Fruit</p>	<p>21</p> <p>Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Gelatin</p>	<p>15</p> <p>3oz Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots Breadstick 1/2x Mixed Fruit</p>	<p>16</p> <p>Cheeseburger 1/2c Seasoned Potatoes 1 Hamburger Bun 1c Tossed Salad w/ Tomato 1/2c Mandarin Oranges</p>	<p>17</p> <p>3oz Turkey w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>
<p>27</p> <p>Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>28</p> <p>Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn 1/2c Pineapple</p>	<p>22</p> <p>Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Green Beans 1 Dinner Roll 1/2c Applesauce</p>	<p>23</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Bagged Lunches</p> </div>	<p>24</p> <p>3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie</p> 
<p>27</p> <p>Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>29</p> <p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit Salad</p>	<p>23</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Bagged Lunches</p> </div>	<p>30</p> <p>Chicken Philly Sandwich 1c Cream of Potato Soup 1/2c Coleslaw Hot Dog Bun, Margarine Cookie</p>	

APRIL 2026

Mon

Tue

Wed

Thu

Fri

Symbol Meanings:

🌸 : Highlighted Events

Program Updates:
 Golden Beats now at 9am
 Get n' Step Mondays @ 11am
 Blood Pressure Checks on
 Wednesdays @ 10:30am

6 9:00 Sip & Solve
 9:00 CBS with Jean
 10:30 Garden Club: Planting Day
 ~Herbs & Carrots
 11:00 Get n' Step!
 12:00 PENNY BINGO!

13 9:00 Sip & Solve
 9:00 CBS with Jean
 9:00-10:00 The Breakfast Club
 10:30 Spanish 101
 11:00 Get n' Step!
 12:00 PENNY BINGO!

20 9:00 Sip & Solve
 9:00 CBS with Jean
 9:30 Garden Club: Planting Day
 ~Carrots & Spinach
 10:30 Spanish 101
 11:00 Get n' Step!
 12:00 PENNY BINGO!

27 9:00 Sip & Solve
 9:00 CBS with Jean
 10:30 Garden Club: Planting Day
 ~Bush Green Beans & Lettuce
 11:00 Get n' Step
 12:00 PENNY BINGO!

7 9:00 Sip & Solve
 9:00 Golden Beats
 10:00 Bird seed Bird houses
 with Margie Hennessy
 10:30 Garden Maintenance
 10:30 Basic Step
 12:00 Line Dancing

14 9:00 Sip & Solve
 9:00 Golden Beats
 9:00-11:00 Emerald Creative
 Studios: Paint Party with Mocktails!
 10:30 Tech Tuesday
 10:30 Basic Step
 10:30 Cornhole Outdoors!
 12:00 Line Dancing

21 9:00 Sip & Solve
 9:00 Golden Beats
 10:00 Pelvic floor & Core w/ LHM
 10:30 Basic Step
 12:00 Line Dancing
 12:00 Garden Maintenance

28 9:00 Sip & Solve
 9:00 Golden Beats
 10:00 Lydia from York Food Bank
 10:30 Basic Step
 12:00 Outdoor Bocce Ball!
 12:00 Garden Maintenance
 12:00 Line Dancing

1 9:00 Sip & Solve
 10:00 Kitchen Academy
 ~Caprese Pasta
 10:30 Blood Pressure Checks
 12:00 Golden Angels
 12:00 Qigong

8 9:00 Sip & Solve
 9:15 Strength Training
 10:00 Kitchen Academy
 ~ Avocado & Chickpea Salad
 10:30 Blood Pressure Checks
 10:15 Bible Study
 12:00 Qigong

15 9:00 Sip & Solve
 9:15 Strength Training
 10:00 Banana Smoothie Social
 10:30 Banana Trivial
 10:30 Blood Pressure Checks
 12:00 Now You Have It Game
 12:00 Qigong

22 9:00 Sip & Solve
 9:15 Strength Training
 10:00 Kitchen Academy
 ~Summer Rolls w/ PB Sauce
 10:15 Bible Study
 10:30 Blood Pressure Checks
 12:00 Earth Day Festival!
 12:00 Qigong

29 9:00 Sip & Solve
 9:15 Strength Training in
 Main Room!
 10:00 Sound Therapy w/
 Jenn Page
 10:30 Blood Pressure Checks
 12:00 Armchair Travelers
 ~Netherlands Tulip Season!
 12:00 Qigong

2 9:00 Sip & Solve
 9:00 Golden Beats!
 10:00-12:00 Easter Potluck!
 10:30 Easter Themed Relay!
 12:00 Easter Egg Hunt!
 12:00 Line Dancing in Main Room
 12:00 Wii Bowling

9 9:00 Sip & Solve
 9:00 Golden Beats!
 10:00-12:00 Spring Fling Dance
 10:30 Basic Step in Main Room
 12:00 Line Dancing in Main Room
 12:00 Wii Bowling

16 9:00 Sip & Solve
 9:00 Golden Beats!
 10:00 Game with
 Jamey Adams from
 Adam Insurance
 10:30 Basic Step
 12:00 Line Dancing
 12:00 Wii Bowling

23 9:00 Sip & Solve
 9:00 Golden Beats!
 10:00 Chair Volleyball &
 Ice Cream Social
 with Jolynn Holtzman
 10:30 Line Dance VIDEO
 12:00 Wii Bowling

30 9:00 Sip & Solve
 9:00 Golden Beats VIDEO
 9:30 JIM MACK'S: Mini Golf
 & Ice Cream Fieldtrip!
 10:00 Jewelry Making
 w/ Jill Kaylor from
 Visiting Angels
 10:30 Basic Step
 12:00 Line Dancing
 12:00 Wii Bowling

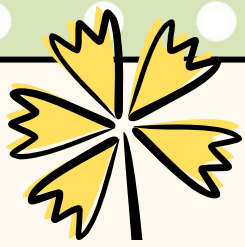
3 **CLOSED FOR
 GOOD FRIDAY**

10 9:00 Sip & Solve
 9:00 CBS with Jean
 9:30 Garden Upkeep
 & Education: Healthy Soil
 10:00 Mixed Media Art
 Journaling ~Watercolor Art
 10:30 Spanish 102
 12:00 QUARTER BINGO

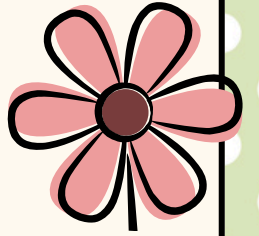
17 9:00 Sip & Solve
 9:00 CBS with Jean
 9:00-11:00 Coffee & Convos
 with State Rep. Wendy Fink!
 10:00 Brain Games with
 Platinum Sponsor Ginnie Kite!
 12:00 QUARTER BINGO

24 9:00 Sip & Solve
 9:00 CBS VIDEO
 9:30 Garden Upkeep
 & Education: Natural
 Pest Control
 10:00 Mixed Media Art
 Journaling~ Zentangle w/ Kasie &
 The Dallastown Mayor
 10:30 Spanish 102
 12:00 QUARTER BINGO

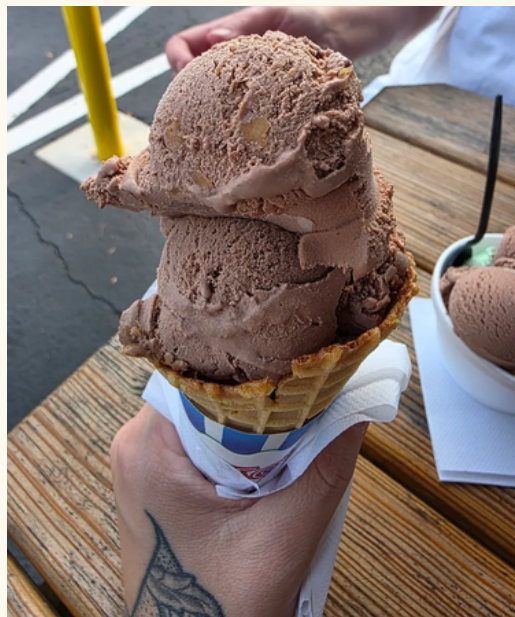




GOLDEN CONNECTIONS EXCURSIONS!!



**JIM MACK'S ICE
CREAM & MINI
GOLF**
5745 LINCOLN HWY,
YORK, PA 17406
THURSDAY APRIL 30TH



PICK-UP: 9:30 A.M.

RETURN TO CENTER: 2:00 P.M.

RABBIT FARE: \$9 ROUNDTRIP

FOOD SPECIALS:

- CHOICE OF HOT DOG, HAMBURGER OR CHEESEBURGER
+CHIPS & ICECREAM= \$11.99

FOOD & GOLF SPECIALS:

- 1 ROUND OF GOLF+ SMALL DRINK & ICECREAM= \$9.99

ROUND OF GOLF SPECIALS:

*****IF 10 OR MORE MEMBERS SIGN-UP: \$4.25 PER PERSON.**

LOOKING AHEAD: MAY'S FIELDTRIP

**HERSHEY GARDENS
& BUTTERFLY
ATRIUM
MAY 12TH**

PICK-UP: 9:00 A.M.

RETURN TO CENTER: 2:30 P.M.

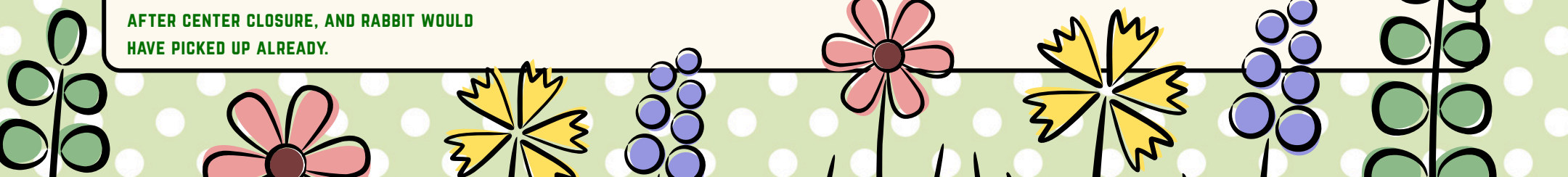
RABBIT FARE: \$15 ROUNDTRIP

GARDEN & ATRIUM FEE: \$16.50

****BAGGED LUNCHES WILL BE PROVIDED.**

THIS OUTING WILL REQUIRE A LOT OF WALKING! **

**MEMBERS WHO TAKE RABBIT HOME MUST HAVE A
RIDE BACK HOME DUE TO US ARRIVING CLOSE OR
AFTER CENTER CLOSURE, AND RABBIT WOULD
HAVE PICKED UP ALREADY.**





UPCOMING EVENTS



Easter Potluck!



Bring a spring themed dish on April 2nd from 10am-12pm
All members are welcome!

& Egg Hunt



Enjoy an adult egg hunt! Look out for the golden eggs that hold special prizes! April 2nd starting at 12pm.

Spring Fling Dance

April 9th from 10am-12pm
Join us for a spring celebration!
All members are welcome!
Donations of drinks & snacks are appreciated.



Earth Day Festival!

April 22nd from 12pm-1pm



Recycled Can Wind Chimes!

Members MUST bring their own emptied/rinsed can.

All members are welcome to join!
The center will provide paint, string & beads! Drink & snack donations are appreciated.

Coffee & Conversation with Our State Representative, Wendy Fink!
Friday April 17th from 9am-11am



& ACTIVITIES

\$7 Birdseed Birdhouses with Margie Hennessy
April 7th from 10am-11am

****Register by April 1st****



Welcome spring and invite some feathered friends to your yard! Join Margie Hennessy for a fun, hands-on class where you'll create your own charming birdhouse and bird seed treat! Perfect for adding a little nature and beauty to your outdoor space.

Sign-ups with Amanda Pina with payment are required by April 2nd to reserve your spot!

April 14th
9am-11am

***Register by April 8th**

SPRING INTO CREATIVITY WITH A

Paint Party
with Mocktails!

\$20 Per Person



Brain Games with Platinum Sponsor, Ginnie Kite!
April 17th from 10am-11am

Give your brain a fun workout! Join Ginnie Kite, for engaging brain games designed to keep your mind sharp, active, and alert. It's a great way to challenge your thinking, boost brain function, and have fun with friends!



FREE Jewelry Making with Jill Kaylor
April 30th
10am-11am

