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Golden Connections Community Center
20 Gotham Place
Red Lion, PA 17356

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Golden CONNECTIONS

20 Gotham Place
Red Lion, PA 17356
P:717.244.7229
www.gcccenter.com

Monthly Newsletter

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Kasie Ream, Director of Social Services
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Mark Innerst, Meal Coordinator
MealCoordinator@gcccenter.com

Viola Boothe, Kitchen Supervisor



Upcoming Events for July

July 4	CENTER CLOSED/ <i>Independence Day</i>
July 6	Art Studio with Jude
July 9	APPRISE
July 11	“Aging in Your Home” w/ Grane at Home
July 11	Outreach Program (by appt. ONLY)
July 18	“Living with Arthritis” w/ Drayer PT
July 23	Hair/Nails w/ Missy
July 25	Art Studio with Jude
July 27	Project with York Township Volunteers
July 27	Bingo at the Villa

For a full list of July's activities, please see the Activities Calendar located in the center of the July Newsletter.

* ATTENTION *

Center Hours are Changing

As of July 1st, 2018, the Golden Connections Community Center hours will be changing to

Monday - Friday
8:30 a.m. - 2:30 p.m.

Please make note of these changes.

Senior Center Sponsors

Why do we need Sponsors? Our mission is to make a positive difference in the lives of older adults living in our community. We accomplish this by offering interesting programs in a warm and welcoming setting.

To continue to offer vital services to everyone, we must expand the way we raise funds. Sponsorships will allow us to continue to provide the services our members have come to rely upon along with the ability to pursue building expansion opportunities, without asking for any out of pocket funds from them.

If you are interested in becoming a sponsor, please contact Heather Goebeler or Kasie Ream at 244-7229.

(Sponsors listed in the newsletter are paid advertisers. The center does not endorse any one sponsor.)

*The Following is a Current List of Center Sponsors,
who help make our programs possible:*

Founded on guiding principles and core values, our management team has fostered a mission-driven culture based on commitment and empowerment. Our reputation for best-in-class patient care and unparalleled customer service, combined with our local and

regional density make us the provider of choice for both patients and referral sources in the markets we serve. DPTI's services include a comprehensive offering of rehabilitative programs designed to treat sports-related injuries and orthopedic related disorders. We also offer preventative care and training as well as occupational health services in order to meet the diverse needs of our patient populations. To our patients, we commit to provide the most effective, clinically superior physical therapy humanly possible at a fair price. The measure of our success will be found in the trust we build and in the hearts of those we heal.





This year's GIVE65 Event begins July 10th and runs through July 12th. The Golden Connections Community Center plans to take the opportunity to raise funds through this event to improve and continue to grow our health and wellness programs. Everyone regardless of age should have the ability to become stronger

and healthier. The Golden Connections Community Center offers "basic" cardio, balance and strength training classes for older adults living in our community. The classes have grown over the years. Many of our basic class participants are ready to move on to a more "advance" exercise program, however the center does not have the exercise equipment needed to start these classes. The center would like to use this campaign to purchase the supplies needed to start and improve these classes. So, keep up in mind during this years Give 65 Event. Between July 10 - 12 for 65 hours, donations of \$10 or more give seniors hope! To make a donation go to www.give65.org and search for Golden Connections Community Center!

Golfers Needed for the "Tee it High & Let it Fly" Golf Tournament

The Golden Connections Community Center will be hosting its First "Tee it High & Let it Fly" Annual Golf Tournament in September 2018 at the Cool Creek Golf Club in Wrightsville, PA.

A foursome costs \$320 and includes a breakfast snack, greens fees, your golf cart and your lunch! Skills contest packages are also available for purchase. Please help support our center while having a fun day of golf!

Register today by calling Heather Goebeler, 717-244-7229 or online at <https://www.gcccenter.com/product/tee-high-let-fly-tournament-registration/>

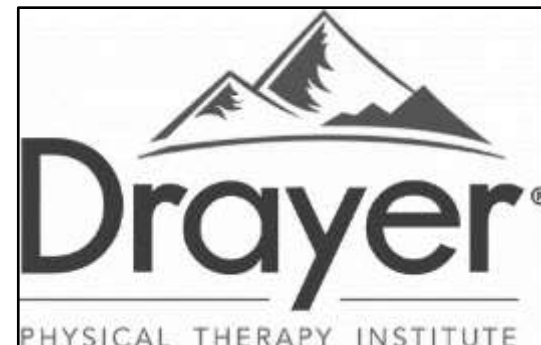
CENTER GUESTS

The Golden Connections Community Center is always fortunate to offer a variety of guests and that continues in July.



The Golden Connections Community Center will welcome **Brittany Klinger from Grane at Home on Wednesday, July 11th at 10:15 a.m.** She plans to discuss the trials and successes of "Aging in Your Home". This is definitely a topic that weighs on many of our minds, so mark those calendars and plan to attend this event.

On Wednesday, July 18th at 10:15 a.m. members of the GCCC will then welcome Drayer Physical Therapy back into our building to discuss "Living with Arthritis". For those living with arthritis, physical therapy can help you maintain quality of life by decreasing pain and improving function. By understanding your personal needs, physical therapists can create a customized exercise program. Join us for an interactive presentation that talks about the program goals and how you can continue to do what you love!



More to look forward to ...

Upcycling with York Township Volunteers

The Golden Connections Community Center is happy to welcome York Township Volunteers into our building to assist us on Friday, July 27th at 10:15 a.m. in learning how to and successfully creating upcycled projects and pieces of artwork using recycled toilet paper rolls and paper towel rolls. We ask members and friends to help us by donating your toilet paper rolls and paper towel rolls from now until July 27th. Please bring them in to Kasie Ream, Director of Social Services. And consider joining us to learn more about upcycling.



The Arts

Over the years members of the GCCC have enjoyed a variety of Arts & Craft opportunities. The GCCC plans to continue these opportunities as we close one door with completing another art residency, we will open a few more. The Golden Connections Community Center is excited to announce we have decided to welcome artist Jude Hawkins back into our building on a monthly basis as an art consult and Instructor for a new class, The Art Studio. Classes for July will be held **Friday, July 6th and Wednesday, July 25th at 10:15 a.m.** Class dates and times will vary month to month, so be sure to take note of these on a monthly basis. Jude will offer a variety of art experiences for our members to enjoy. Feel free to join us for any of these classes



BLUEBIRDS

THE BLUEBIRDS WILL BE GOING TO LUNCH ON WEDNESDAY, JULY 25TH, 2018 AT 11:30A.M. AT ISAAC (ON DECK), 2960 WHITEFORD RD., YORK. PLEASE SIGN UP AND INDICATE IF YOU NEED A RIDE. ANY QUESTIONS, PLEASE CONTACT KASIE REAM AT 717-244-7229.

ALL LADIES WELCOME!!!

Farmer's Market Vouchers 2018

The Golden Connections Community Center will hold its annual Farmers Market Vouchers event, provided by the York County Area Agency on Aging. Nutrition Vouchers can be used at local farm markets for fresh fruits & vegetables. The vouchers will be distributed at the center on Tuesday, August 7th from 9:30 a.m. to 11:30 a.m.

Eligibility Guidelines are as follows:

- 60 years of age or older, by Dec. 31, 2018 (Proof Required)
- York County Resident (Proof Required)
- Gross Annual Household income at or below \$22,459 for individual and \$30,451 for a couple

When picking up vouchers for another individual (including spouse), be sure to have on hand: the 2018 SFMNP Proxy Form, Proof of age and York County residency verification for the person you are picking up for, and a photo ID also required for the Proxy.

Each eligible person is qualified to receive one set of vouchers per year. Seniors who are living in a nursing home, personal care home, or other residential facilities where meals are provided are ineligible to receive vouchers. Please contact The Golden Connections Community Center if you have any further questions or need to pick up a Proxy form, 244-7229.



Pet Food Program

Pet Food will now be distributed
Tuesday's & Wednesday's ONLY
9:00 a.m. - 1:00 p.m.



Please see Brenda, the Receptionist, at the front desk to receive your Pet Food. Members are now provided 1 bag of dry & 1 bag of wet food for their pets. Please contact Mark Innerst, Meal Coordinator, with any further questions at 244-7229.

Trips

Golden Connections Community Center has collaborated with multiple travel companies to ensure our members are being offered a variety of trip opportunities. Feel free to contact our center directly for trip information or you may choose to contact the travel agency directly.

Krouse Travel Agency ~ 717-244-6410

- August 18, 2018 – **Little League World Series in Williamsport, Pa.** includes Admission to the World of Little League Museum, Guided Walking Tour of the Grounds, Reserved Seating for 2 Games, \$10 Food Voucher, WS Program and Pin, Goody Bag, Motor Coach and Escort for ~ \$149 pp
- September 13, 2018 – **“New” Museum of the Bible and the National Cathedral** in D.C. includes all Admissions, Guided tour of the National Cathedral, Luncheon and Tour of Buca-di-Beppo ~\$110pp
- September 20, 2018 – **Fallingwater and Flight 93 Memorial Plaza with Lunch** ~\$110pp
- September 22, 2018 – **Baltimore Orioles at Yankee Stadium + Tribute Day at the Yogi Berra Museum** in Montclair NJ. ~149pp



Step up with the Pacesetters ~ 717-757-3209

TOTEM POLE PLAYHOUSE “THE QUEENS OF BINGO” ~ \$92.00 - Wednesday, August 22nd
 This show is a cute comedy about two bored men who want to add excitement in their lives, so they dress up as two old ladies and decide to go play bingo. You’ll howl with laughter at their craziness. First, we will enjoy a delicious lunch at the popular *Hickory Bridge Farm Restaurant*. Bailey Coach will depart from rear parking lot behind Frank’s Theatre at 10:00
Deadline: July 20th

AMERICAN TREASURE TOUR ~\$65.00 - Thursday, September 20th
 Ride the tram through the gigantic warehouse and enjoy the guided tour where you will see all kinds of treasures which include old cars, dolls, animated figures, music boxes, organs, holiday and patriotic collections. We will be having lunch at Bob Evans along the way, however, cost of lunch is not included so you can choose from their menu. Bailey Bus will depart from the rear parking lot behind Franks Theatre’s at 7:45 A.M.
Deadline: August 16th


RAINBOW PLAYHOUSE “LOVE, LIES AND THE LOTTERY” ~ \$60.00 - Thursday, October 18th
 A delightful comedy about one winning ticket and 5 people who think they are the winners, BUT the ticket is missing. There will be a lot of laughing as we hear the people who love to tell lies for the millions of dollars. Rabbit bus will depart from opposite Infinito’s Pizza at Queen Street Plaza at 10:00. Start calling Rabbit on October 4th
Deadline: September 28th



SENIOR FOOD BOX PROGRAM (CSFP)

**Attention Senior Citizens
Want to receive
\$50 WORTH OF FREE FOOD EVERY MONTH???**

Register Today!
Do not miss this great opportunity!



Distributed at
Golden Connections
20 Gotham Place
Red Lion

Are you qualified?

Personal Requirements:
 60 years old
 Living in York County

Monthly Income Requirements

Household of 1: \$1,307
 Household of 2: \$1,760

For each additional household member, add \$453 per month



***Must have valid ID and proof of income (subsidy award letter)**

Each month you will receive:

- 4 cans of vegetables
- 2 cans of fruit
- 2 cartons of shelf-stable milk
- 2 bottles of juice
- 2 boxes of cereal
- 1 can of beef stew or chili
- 1 jar of peanut butter
- 2 bags of pasta
- 1 block of cheese (2lb)

Questions???
 Contact Mark Innerst
 (717)244-7229



\$50 WORTH OF FREE FOOD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>July 2</p> <p>Roasted Pork Loin with Gravy 1/2 cup Sauerkraut 1/2 cup Whipped Potatoes White Bread 1/2 cup Cinnamon Applesauce</p>	<p>July 3</p> <p><i>July Birthdays</i></p> <p>Chicken Parmesan with Marinara and Cheese Topping 1/2 cup Rotini Pasta with Sauce 1/2 cup Parmesan Zucchini and Corn Wheat Bread Fresh Seasonal Fruit <i>Birthday Cake-Yellow/Chocolate Icing</i></p>	<p>July 4</p>  <p>4th of July Special</p> <p>Pulled Pork Sandwich 1/2 cup Potato Salad 1/2 cup Baked Beans Sandwich Roll Watermelon</p>	<p>July 5</p> <p>Roast Beef with Gravy 1/2 cup Whipped Potatoes 1/2 cup Green Beans White Bread Brownie</p>	<p>July 6</p>
<p>July 9</p> <p>Spaghetti and Meatballs (4) 3/4 cup Pasta with Sauce and Parmesan Cheese 1/2 cup Italian Green Beans Italian Bread 1/2 cup Sliced Peaches</p>	<p>July 10</p> <p>Chicken Cobb Salad 1 cup Mixed Greens with 2 ounces Diced Chicken, Cucumber, Cheddar Cheese, 1/2 Egg, and Bacon Bits 1 cup Vegetable Noodle Soup with Crackers Wheat Bread 1/2 cup Pineapple Tidbits 2 Ranch Dressing Packets</p>	<p>July 11</p> <p>Baked Haddock with White Wine Sauce 1/2 cup Confetti Rice 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Cinnamon Applesauce</p>	<p>July 12</p> <p>Grilled Chicken Cordon Bleu Sandwich (with 1 piece each Chicken, Ham, Cheese) 1/2 cup Parmesan Potatoes 1/2 cup Tomato and Cucumber Salad Sandwich Roll Orange Dream Cake</p>	<p>July 13</p> <p>Chili Cheese Hot Dog with 2 ounces Chili and 1 ounce Cheddar 1/2 cup Sweet Potato Bites Hot Dog Roll Apricots with Oatmeal Topping</p>
<p>July 16</p> <p><i>Breakfast for Lunch</i></p> <p>Egg Omelet 1 Sausage Patty Whole Grain English Muffin with Jelly 4 ounces Orange Juice Fresh Banana</p>	<p>July 17</p> <p>Chicken Marsala 1/2 cup Buttered Bowties 1/2 cup Coin Carrots Wheat Bread 1/2 cup Sliced Pears</p>	<p>July 18</p> <p>Baked Chicken with Gravy 1/2 cup Stuffing 1/2 cup Whipped Potatoes 1/2 cup Green Beans Cookie</p>	<p>July 19</p> <p>Antipasto Salad with 1.5 ounces Ham/Salami, 2 Olives, and 1/2 ounce Mozzarella Cheese 1 cup Tossed Salad with Tomato 1 cup Wedding Soup with Crackers Breadstick 1/2 cup Sunset Pears 2 Italian Dressing Packets</p>	<p>July 20</p> <p>Potato Crusted Pollock 1/2 cup Cheesy Twists 1/2 cup Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit (Orange)</p>
<p>July 23</p> <p>Pineapple Glazed Ham 1/2 cup Whipped Sweet Potatoes 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Chocolate Pudding</p>	<p>July 24</p> <p>Chicken Caesar Salad 1 cup Mixed Greens with Parmesan, Croutons, and Caesar Dressing 1 cup Minestrone Soup with Crackers Breadstick 1/2 cup Sliced Peaches</p>	<p>July 25</p> <p>Beef Stroganoff with Gravy 1/2 cup Buttered Bowties 1/2 cup Mixed Vegetables Wheat Bread Fresh Seasonal Fruit (Melon)</p>	<p>July 26</p> <p>Turkey, Bacon and Cheese Jr. Club Sandwich with 2 1/2 ounces Turkey, 1/2 ounce Cheese, 1/2 ounce Bacon and Condiments 1 cup Cream of Broccoli Soup with Crackers Sandwich Roll 1/2 cup Applesauce</p>	<p>July 27</p> <p>Stuffed Pepper with Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Coin Carrots Wheat Bread Strawberry Shortcake</p>
<p>July 30</p> <p>Meatloaf with Gravy 1/2 cup Whipped Potatoes 1/2 cup Green Beans White Bread 1/2 cup Banana Pudding with 2 Nilla Wafers</p>	<p>July 31</p> <p>3 ounces Chicken, Spinach and 1 tablespoon Cranberry Sauced with Balsamic Dressing 1 cup Mixed Greens and Spinach with Cucumber 1/2 cup Pickled Diced Beets Breadstick Cookie</p>			

*** All meals are subject to change ***
*** Served daily: 8 ounces Milk and 1 teaspoon Margarine



York County Home Delivered Meal Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: right;">July 2</p> <p>Roasted Pork Loin with Gravy Sauerkraut Whipped Potatoes White Bread Cinnamon Applesauce</p>	<p style="text-align: right;">July 3</p> <p>Chicken Parmesan with Marinara and Cheese Topping Rotini Pasta with Sauce Parmesan Zucchini and Corn Wheat Bread Fresh Seasonal Fruit</p>	<p style="text-align: right;">July 4</p> 	<p style="text-align: right;">July 5</p> <p>Cold Meatloaf Sandwich Potato Salad Pickled Beets Sandwich Roll Watermelon</p>
<p style="text-align: right;">July 9</p> <p>Spaghetti and Meatballs Pasta with Sauce and Parmesan Cheese Italian Green Beans Italian Bread Sliced Peaches</p>	<p style="text-align: right;">July 10</p> <p>Chicken Cobb Salad Mixed Greens with Diced Chicken, Cucumber, Cheddar Cheese, 1/2 Egg, and Bacon Bits Three-Bean Salad Wheat Bread Pineapple Tidbits Ranch Dressing Packets</p>	<p style="text-align: right;">July 11</p> <p>Baked Haddock with White Wine Sauce Confetti Rice Mixed Vegetables Wheat Bread Cinnamon Applesauce</p>	<p style="text-align: right;">July 12</p> <p>Grilled Chicken Cordon Bleu Sandwich Mascaroni Salad Tomato and Cucumber Salad Sandwich Roll Fresh Fruit</p>
<p style="text-align: right;">July 16</p> <p style="text-align: center;"><i>Breakfast for Lunch</i></p> <p>Egg Omelet Sausage Patty Whole Grain English Muffin with Jelly Orange Juice Fresh Banana</p>	<p style="text-align: right;">July 17</p> <p>Egg Salad Sandwich with Lettuce and Tomato Potato Salad Carrot and Raisin Salad White Bread Sliced Pears</p>	<p style="text-align: right;">July 18</p> <p>Baked Chicken with Gravy Stuffing Whipped Potatoes Green Beans Cookie</p>	<p style="text-align: right;">July 19</p> <p>Antipasto Salad with Ham/Salami, Olives, and Mozzarella Cheese Tossed Salad with Tomato Beets Breadstick Sunset Pears Italian Dressing Packets</p>
<p style="text-align: right;">July 23</p> <p>Pineapple Glazed Ham Whipped Sweet Potatoes Creamy Coleslaw Wheat Bread Chocolate Pudding</p>	<p style="text-align: right;">July 24</p> <p>Chicken Caesar Salad Mixed Greens with Parmesan, Croutons, and Caesar Dressing Marinated Beans Breadstick Sliced Peaches</p>	<p style="text-align: right;">July 25</p> <p>Beef Stroganoff with Gravy Buttered Bowties Mixed Vegetables Wheat Bread Fresh Seasonal Fruit (Melon)</p>	<p style="text-align: right;">July 26</p> <p>Turkey, Bacon and Cheese Jr. Club Sandwich with Condiments Broccoli Salad Pasta Salad Sandwich Roll Applesauce</p>
<p style="text-align: right;">July 30</p> <p>Meatloaf with Gravy Whipped Potatoes Green Beans White Bread Banana Pudding with Nilla Wafers</p>	<p style="text-align: right;">July 31</p> <p>Chicken, Spinach and Cranberry Salad with Balsamic Dressing Mixed Greens and Spinach with Cucumber Pickled Diced Beets Breadstick Cookie</p>		

*** All meals are subject to change ***
*** Served daily: 8 ounces Milk and 1 teaspoon Margarine

