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Golden CONNECTIONS
Community Center
OCTOBER 2024 NEWSLETTER

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COMMUNITY
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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 717-220-8286 to get started!

LHMPHYSICALTHERAPY.COM




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

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.



SAVE THE DATES & HIGH LIGHTS:

- The center will be closed on the following days:
 ~ Monday October 14th in observance of Columbus Day
 ~ Thursday October 17th Staff Training Day
- 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 October 11th

'TIS THE SEASON TO BE SPOOKY



Life-changing hearing care STARTS HERE

HearingLife is a national hearing care company that operates more than 600 hearing care centers across 42 states.



Complimentary services offered:

- Hearing assessments*
- Clean and check of current devices
- Personal demonstration of the latest technology

HearingLife
 2021 Springwood Rd., Ste. 2021, York, PA 17402
717.757.8414
hearinglife.com



Kathleen Scheydt
 Hearing Aid Fitter
 Lic. #F03676

*See office for details. Mention code AAAC-10 when calling

A HEARTFELT THANK YOU TO OUR WONDERFUL MEMBERS!

WE WANT TO EXPRESS OUR DEEPEST GRATITUDE TO EACH AND EVERY ONE OF YOU FOR YOUR UNWAVERING SUPPORT OF OUR FUNDRAISING EVENTS THROUGHOUT THE YEAR. THANKS TO YOUR INCREDIBLE GENEROSITY, WE'RE PROUD TO SHARE THAT 40-50% OF OUR CENTER'S FUNDING COMES DIRECTLY FROM THESE EVENTS, ALLOWING US TO CONTINUE PROVIDING THE PROGRAMS AND SERVICES YOU LOVE. WE'RE EXCITED TO INTRODUCE ONE OF OUR FINAL FUNDRAISERS OF 2024! THIS EVENT WILL BE CRUCIAL IN HELPING US MEET OUR ANNUAL GOALS, AND WE HOPE TO SEE YOU THERE.


Golden
CONNECTIONS
COMMUNITY CENTER

Makers Market

20 Gotham Place | Red Lion, PA 17356

Saturday
November 16th, 2024
10 AM — 3 PM

VENDORS
NEEDED!

Raffles. Food. and More!

Contact Kasie Ream, Executive Director,
for more information at 717-244-7229 or
executivedirector@gcccenter.com

UPCOMING SPEAKERS & ENTERTAINMENT

Halloween Trivia with Amanda Pina

ARE YOUR HALLOWEEN SMARTS SHARPER THAN A VAMPIRE'S FANGS? MEMBERS OF THE GCCC GET READY FOR A DAY OF KOOKY QUESTIONS AND SPOOKTACULAR FUN WITH OUR HALLOWEEN TRIVIA ACTIVITY! THIS EVENT WILL TAKE PLACE ON **OCTOBER 16TH AT 10:15 A.M.** LED BY AMANDA PINA DIRECTOR OF SOCIAL SERVICES. THIS EVENT IS GOING TO BE A SCREAM! JOIN US, OR RISK BEING HAUNTED BY REGRET!

SPOOKY SOUND BYTE BINGO W/ HEARING LIFE

Members of the Golden Connections can join us on **October 22nd at 10:15 a.m.** for a spooky experience! Hearing Life comes in hot with a game of Sound Byte Bingo! This game works out your hearing skills and competitive nature!

Memorial White Rose Hospice

THE GCCC INVITES ITS MEMBERS TO JOIN US FOR A SPECIAL TALK LED BY MEMORIAL WHITE ROSE HOSPICE ON **TUESDAY OCTOBER 29TH AT 10:15 A.M.** WHITE ROSE HOSPICE INVITES AN EXPERIENCED CHAPLAIN, WHO WILL DELVE INTO THE CRUCIAL ROLE OF SPIRITUAL CARE WITHIN HOSPICE.

THE CHAPLAIN WILL ALSO DISCUSS THE SIGNIFICANT BENEFITS OF BEREAVEMENT GROUPS AND SPACES WHERE THOSE WHO ARE GRIEVING CAN COME TOGETHER TO SHARE THEIR EXPERIENCES, SUPPORT ONE ANOTHER, AND BEGIN TO HEAL.

ALL MEMBERS ARE WELCOME TO JOIN!

POWERS OF ATTORNEY AND WILLS

J. Diane Brannon-Nordtomme is an attorney in York. On **October 14 at 10a.m.** she presents a discussion reviewing what is covered by these documents, what is probate and what are inheritance taxes. Diane also covers some myths about inheritance in Pennsylvania including spousal's not necessarily receiving everything you own when you die. Please note that the presentation is general in nature and not meant as legal advice regarding any specific situation or case.

walk 15

September was a full month of the GCCC's Walk 15 exercise class! Our members are such great sports when it comes to trying new things.

We are so grateful for their participation as we continue to offer fun, enriching classes to all who join our membership. Walk 15 is offered every 2nd, 3rd, & 4th Wednesday of every month at 9:15 a.m.



OCTOBER'S RECIPE: FRENCH ONION STUFFED SWEET POTATOES

DATE: WEDNESDAY OCTOBER 2ND
TIME: 9:30 A.M.

WE WELCOME FALL WITH A DELICIOUS AND CREATIVE FUSION DISH THAT COMBINES THE RICH, SAVORY FLAVORS OF FRENCH ONION SOUP WITH THE NATURAL SWEETNESS OF BAKED SWEET POTATOES. **SIGN-UPS ARE MANDATORY. CLASS FEE IS \$5 PER PERSON.**



NOVEMBER'S RECIPE: CHICKEN TIKKA MASALA

DATE: WEDNESDAY
NOVEMBER 6TH
TIME: 9:30 A.M.

LEARN TO MASTER THE ART OF MAKING CHICKEN TIKKA MASALA, A FLAVORFUL AND BELOVED DISH THAT'S SURE TO IMPRESS YOUR FAMILY AND FRIENDS.



UPCOMING SPEAKERS & ENTERTAINMENT

Get Your Home Ready for Winter Before Frost Bites!

WINTER IS LURKING JUST AROUND THE CORNER, AND IT'S TIME TO SCARE OFF THE CHILLS AND GHOST-PROOF YOUR HOME ON **OCTOBER 3RD AT 10:15 A.M.** WITH OUR PLATINUM SPONSOR GINNIE KITE! JOIN US FOR A FUN AND FRIGHTFULLY HELPFUL PRESENTATION. LEARN HOW TO KEEP THE COLD AT BAY AND AVOID THE NIGHTMARE OF FROZEN PIPES, DRAFTY WINDOWS, AND SPOOKY HEATING BILLS!

Join us at the Golden Connections Community Center for our latest tech workshop hosted by Garrett Kistler from Windy Hill on **Tuesday October 8th**. Whether you're new to tablets or looking to enhance your tech skills, Garrett will provide guidance and support for all your tech needs!

BOOKS & BANTER CLUB



Amanda Pina Director of Social Services offers a Book Club for book lovers! This Fall we are busy reading *The Best of Me* by Nicholas Sparks. Nicholas Sparks is a renowned American author best known for his romantic novels that often explore themes of love, loss, and redemption. Sparks has become a household name, particularly for his heart-wrenching love stories, many of which have been adapted into popular films. **Books & Banter meets every 2nd & 4th Friday of the month.** You must sign up as a book club member to participate.

Wii Bowling League

ROLL WITH THE BEST IN OUR ONGOING WII BOWLING LEAGUE TOURNAMENT! THE PINS ARE SET, THE COMPETITION IS FIERCE, AND THE FUN IS NON-STOP! BOWLERS ARE STRIKING OUT THE COMPETITION, AND THE LEADERBOARD IS HEATING UP! WHO WILL BE CROWNED THIS SEASON'S CHAMPIONS?

Axe Throwing with Jill Kaylor

From Visiting Angels

READY, AIM, THROW!

Feeling adventurous? It's time for members of the GCCC to channel their inner lumberjack and join us for an exciting morning of axe throwing at the senior center! No experience needed—just a willingness to have fun and try something new! This fun game will take place on **Thursday October 10th at 10:15 a.m.** with Jill Kaylor. All members are welcome to join!

VETERANS CAFE INTRODUCES DEALING WITH GRIEF

**TUESDAY OCTOBER 15TH
AT 10:15 A.M.
PRESENTED BY
LEANN BUCKWALTER &
BETTY FUNDALEWICZ**

1. MINI ASSORTED CANDY
2. AA & AAA BATTERIES
3. DISH DETERGENT
4. LAUNDRY DETERGENT
5. TEA & COFFEE KEURIG CUPS

Donations Needed



UPCOMING EVENTS

SPOOKY DOLLAR



Members of the Golden Connections can sign-up to play one of our favorite gambling games on **Tuesday October 1st at 10:15 a.m.** *Players pay one dollar per game.* This is a simple but fun game of chance! All members are welcome, but have to **sign-up on Co-Pilot by September 30th.**

NOW YOU HAVE IT NOW YOU DONT



Members of the GCCC can bring a wrapped gift and dive into a game where no present is safe! Will you hold on to your treasure, or will it be stolen right from under you? The only guarantee is a lot of laughter and surprises! **Our Now You Have It game will take place on the 3rd Wednesday of every month at 10:30 a.m.**



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.

Arts & Crafts with Amanda: (Sign-up on CoPilot)
 •Friday October 28th at 9:30 a.m. ~Wine cork Pumpkins (Register by October 27th)

Arts & Crafts with Ami: (Sign-up on CoPilot)
 •Friday October 11th at 9:30 a.m. ~ Fall Leaves Mason Jar (Register by October 8th)

Arts & Crafts with Claudia: (Sign-up on CoPilot)
 •Friday October 25th at 9:30 a.m. (Register by October 23rd)




HOPE


October's Class

This month's class is a special event. A dedicated breast cancer nurse advocate with years of experience on the front lines of patient care visits the GCCC. Melanie Thorn has been a tireless champion for breast cancer patients, providing critical support, education, and advocacy. Her insights into the healthcare system and her passion for patient care will leave you informed and inspired. Members of the GCCC can take part in this event on **Wednesday October 2nd at 12:15 a.m.**

Space is limited, **pre-registration is required** for this class.



Armchair Travelers




November's Class

Diwali Festival of Lights

Diwali isn't just a festival—it's an experience! It's about welcoming prosperity, cherishing time with loved ones, and embracing the triumph of light over darkness. Members of the GCCC can sign-up to join this fun Armchair destination experience on **Wednesday November 6th at 12:15 p.m.** Register on CoPilot by **November 5th.**

HALLOWEEN PARADE

The Red Lion Halloween Parade is upon us! If you are interested in participating, please see Ami Bernard, our Programs Coordinator. If transportation is an issue, talk with your fellow members, many may be carpooling! If you have already committed to participating, make sure to be available for important parade planning meetings! All hands on deck are needed to tie up any loose ends before the big day! **Parade is on October 27th at 7 p.m.** So, time is of the essence! Happy Spooky Season!



What is HOPE SQUAD?

The Golden Connections has a group of members that were voted in by their peers to be a part of a center-based peer support program designed to prevent suicide and promote mental health among members. Be on the lookout for Hope Squad members by the special Hope Squad lanyard they wear. Hope Squad members are individuals you can trust if you're feeling low, in need of a listening ear or most of all a friend.

NATIONAL SUICIDE PREVENTION LIFELINE: CALL 988

YOU'RE INVITED TO OUR SPOOKTACULAR HALLOWEEN PARTY!!

JOIN US FOR A FRIGHTFULLY FUN DAY

MEMBERS CAN GET READY FOR A HAUNTINGLY GOOD TIME. THE GCCC IS BREWING UP A DAY FULL OF FUN, FRIGHTS, AND FESTIVE CHEER, AND WE'D LOVE FOR YOU TO JOIN US!

- 10:00-11:30 GAMES & HAUNTED HOUSE
- 11:30 LUNCH
- 12:00 COSTUME CONTEST



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

