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At the Golden Connections, we know that a little luck goes a long way but it's the generosity of our amazing sponsors that truly brings the magic!

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GOLDEN CONNECTIONS COMMUNITY CENTER

MARCH 2025 NEWSLETTER



CENTER REMINDERS

- Consider following us on our Facebook page to stay up to date with center events and closures!
- Members should be checking into CoPilot during each visit in order to sign-up for classes and events.
- All members should be parking in designated parking spot without blocking the entrance and emergency routes.
- Ask staff about our upcoming fundraisers if interested in volunteering or providing a donation.

CENTER UPDATES

- Visit our new and improved information/Resource library! Filled with tons of resources for all members to explore and take advantage of.
- Check out our Craft Room, open Monday-Friday for members to enjoy!
- Adjacent to our Main Room, visit our Library/Lounge where members can find books to read, Brain worksheets to work on, or a quiet place to relax.

Contact Us

20 GOTHAM PLACE
RED LION PA 17356
717 244 7229

Up-coming Events

FUNDRAISERS

Line Dance Workshop

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 12th, 2025, 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. Pre-registration is required as space is limited. 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 your brand new to line dancing or looking to brush up on your skills, this workshop is for YOU! See you on the dance floor!

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 13th & 14th, 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@gcccenter.com.

2025 Golf Tournament

The Golden Connections Community Center is happy to announce the 2025 "Tee it High & Let it Fly" Annual Golf Tournament to be held on Saturday, May 17th, 2025, at Cool Creek Golf Club in Wrightsville, PA. Get ready to swing, relax, and enjoy a day in the sun at this fun-filled tournament, all while supporting an amazing cause. Whether you're a seasoned pro or a weekend warrior, it's about good times, great company, and maybe a little friendly competition! The Tournament format will be a team scramble – captain's choice. The GCCC is looking for sponsors to make this event even bigger and better – and golfers ready to take on the course. It's your chance to be part of a great day of fun, community and fabulous golf! Want in? Here's how: 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. You can also register online by visiting www.gcccenter.com. Come for the golf, stay for the laughs – we can't wait to see you there!

2025 Calendar of Events:

- 🍀 April 12: Line Dance Workshop
- 🍀 May 17: Golf Tournament
- 🍀 June 13 & 14: Community Yard Sale
- 🍀 August 30: Longaberger Basket Bingo
- 🍀 September 19: Open House & Health/Wellness Fair
- 🍀 October 18: Makers Market

New or 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

Floral Modge Podge Bird Houses on Friday March 7th at 10:00 a.m. \$3 Fee



Easter Table Decor on Friday March 21st at 10:00 a.m. \$4 Fee



Diamond Dots are available for purchase

Members can purchase diamond dots Mon-Fri. Diamond dots that are purchased at the center, can be worked on in the craft room anytime there isn't a craft class scheduled. Members can ask for kits with the necessary tools to work on their diamond dot however it should be returned by the end of the day. There is a **purchase limit of 5 Diamond Dots per person per day.**



Arts & Crafts Reminders

- All scheduled craft classes are sign-up mandatory and may require a small fee. All fees collected for these classes are NON-REFUNDABLE.
- Members are responsible for tidying any messes they made while utilizing the craft room.
- The Craft Room is available for member use every day. However, if a craft is being offered it is only available for members who signed up for the craft.





SPEAKERS

Question Persuade & Refer with Cindy Richard

QPR suicide prevention training, also known as gatekeeper training, teaches people without professional mental health backgrounds to recognize the signs that someone may be considering suicide, how to establish a dialogue, and guide the person to seek professional help. It can be a critical tool to save lives! Join us on **March 6th at 10:30 a.m.**

Understanding Depression During Retirement

Join us on **March 13th at 10:30 a.m.** for an insightful journey into the unique challenges and triumphs of retirement life with Jill Kaylor from Visiting Angels. Gain valuable insights and practical tips on maintaining emotional well-being, fostering resilience, and finding joy in this new phase of life.

Arthritis with Madden & Gilbert Physical Therapy

On **March 20th at 10:30 a.m.** Members can enjoy an informative and engaging presentation on arthritis with Megan from Madden & Gilbert Physical Therapy! Don't miss this opportunity to gain valuable knowledge and take steps toward better joint health!

The Golden Connections enjoys offering fun and educational presentations each Thursday at 10:30 a.m. Reach out to Amanda Pina Director of Social Services at socialservices@gcccenter.com if interested in providing a presentation!



UPCOMING EVENTS



Luck o' The Irish Casino Royal!

Get ready to test your luck at Golden Connections' St. Patrick's Day on **March 17th from 10:30–11:30 a.m.**, step into our Luck O' the Irish Casino Royale, where you'll roll the dice, take a chance, and maybe even strike it rich (in bragging rights, of course)! Our main event? The crowd favorite Left Center Right Game but with a fun twist! Choose your table and buy in at 25 cents, \$1, or \$5, then roll your way to victory and collect the pot! And that's not all—our gold-themed games will have you feeling like you've found the end of the rainbow. Whether you win big or just enjoy the thrill, this is one St. Patrick's Day celebration you won't want to miss! Will the luck of the Irish be on your side?



First Day of Spring Picnic Potluck



Spring has arrived, and we're celebrating with a picnic indoors! We're bringing all the joy of a classic spring picnic to the comfort of Golden Connections. Join us for delicious food, and cheerful company on **March 20th at 12 p.m.** A sign-up sheet will be available at the front desk with options on what you can bring. Below are examples of items we are accepting for our picnic.

- Pasta Salad
- Fresh cut Fruit
- Veggies & Dip
- Cheese & Crackers
- Deviled Eggs
- Chips
- Cookies
- Brownies



All members are welcome but must sign-up on CoPilot to participate.



Mocktail Hour on National Cocktail Day

Join us for a refreshing twist on Bingo as we celebrate *National Cocktail Day* with a special Mocktail Hour! On **March 24th at noon**, sip on our featured drink—the Citrus Sunrise, a delightful blend of orange juice, pineapple, and a splash of grenadine for a bright and sunny treat! All members are welcome to participate. No sign-up is required. If you're feeling generous, consider donating orange juice, pineapple juice, or maraschino cherries leading up to the event to help with ingredient costs.

☐ Don't forget to check in to our CoPilot system!! Checking in ensures you're signed up for lunches, transportation, classes & events.

HEALTH & WELLNESS Education

Superfoods for Seniors

Join us on **Monday, March 3rd at 10:30 a.m.** and discover how certain nutrient-packed foods can boost energy, support brain health, strengthen bones, and keep your heart happy! From berries and leafy greens to nuts and whole grains, we'll explore the best superfoods to help you feel your best at any age! Eating well doesn't have to be complicated! In this class, we'll discuss simple ways to incorporate superfoods into your everyday meals, no fad diets required. Join us for a fun and flavorful journey to better health!



The Role of Fiber in Digestion

If you've ever wondered how to improve digestion, prevent discomfort, or maintain a healthy gut, this class is for you! Visit the center on **Monday March 10th at 10:30 a.m.** to discuss simple ways to increase fiber intake without sacrificing flavor and bust common fiber myths along the way. Don't miss out on this essential guide to better digestion and well-being!



The Science on Sleeping

Why do we sleep, and how can we make the most of it? Join us on **Monday March 24th at 10:30 a.m.** for a fascinating Health & Wellness class where we'll explore the science behind sleep and why it's so important for your body and mind. Learn how sleep affects memory, mood, immune health, and even weight, plus discover tips for improving sleep quality—no counting sheep required! If you struggle with falling asleep, waking up during the night, or just want to feel more rested, this class is for you!



KITCHEN ACADEMY



This March, Kitchen Academy is baking up something special! These delightful muffins capture all the charm of traditional **Irish soda bread**, with a golden crust, a soft, hearty crumb, and just the right touch of sweetness. Made with simple ingredients and a bit of Irish magic, they're perfect with butter and jam or alongside a warm cup of tea. **Members must sign-up to participate with Amanda Director of Social Services. There is an ingredient cost of \$4 per person due at sign-up.**

Wednesday March 5th at 10a.m.

The Irish discovered and replicated the Native American process, and in turn soda bread became a staple food during the famine of the 1840s.



Armchair Travelers

Pack your imagination and get ready for a magical trip to Ireland—no passport required! Join us as we explore the Emerald Isle, a land of rugged landscapes, ancient castles, lively music, and rich traditions. From the breathtaking Cliffs of Moher to the charm of Dublin's streets, we'll take a virtual journey through Ireland's most iconic sights, stories, and culture.

Experience the spirit of Ireland with engaging activities, fun facts, and a taste of Irish hospitality on **Wednesday 19th at 10:30 a.m.** Whether you have Irish roots or just a love for adventure, this Armchair Travelers session is one you won't want to miss! Sign up on CoPilot is mandatory.

