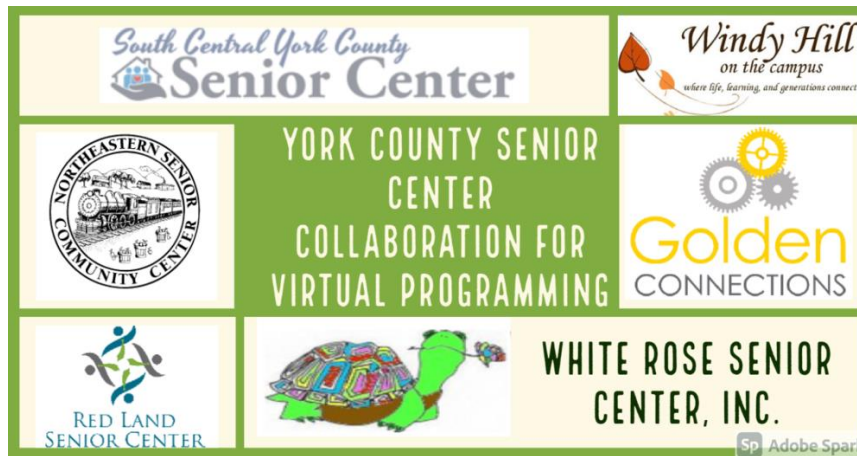




April 2021 York County Senior Center Virtual Programs – vol.4



Check Out the *APRIL VIRTUAL PROGRAMS* Being Offered by York County Senior Centers...

So More People Can Stay Connected!!!

Lisa Krout, from White Rose Senior Center, and Jenna Ericson from Windy Hill on the Campus are coordinating the links for this Pilot Project from the York County Senior Centers who would like to participate. Many Centers in York County are doing Zoom, Facebook Live, and other platforms and we have decided to collaborate together to offer more programs and possibilities for our Older Adults in York County who maybe homebound or possibly isolated.

Each Center who wants to participate email Lisa with their programs for the upcoming month. She compiles a brochure of activities and then sends it out to each Center to distribute to their members. Jenna uploads all of the activities from each Center to a landing page on Windy Hill's website ([Virtual Programs at Other Centers - Windy Hill On The Campus](#)). You can also find the information on the York County Area Agency on Aging's website and Facebook page as well as many York County Senior Center's sites.

We have noticed more attendees to the activities and like all good things, it takes time to grow! Please share this with any older adult you may know. We envision this project continuing even after the pandemic ends. We desire to connect to every 60-year-old in York County!

What do You Need to Participate in the Virtual Programs?

1. Either a computer, a tablet or a smart phone.
2. Internet connection.

If you do not have a device (computer or a tablet), **TECH OWL** offers **FREE** devices for loan. Call 717-737-3477 or 1-800-998-4827 for additional information.



**Borrow
an iPad,
a computer,
gadgets and more**

If you or someone you know:

- **lives in Pennsylvania and**
- **is a senior citizen, or**
- **has a disability**

TechOWL can help you try out new equipment for free.



Your local TechOWL specialist will:

- **Work with you to select the right device.**
- **Load the software and apps that you need and want.**
- **Support and teach you throughout the process.**

All devices can be borrowed for 4 weeks with an option for longer.

**Don't miss out on important visits with
your doctors, grandchildren and friends, especially during this time.**

**More information about the Assistive Technology Lending Library program
can be found on the TechOWL website:**

**More information about the Assistive Technology Lending
Library program can be found on the TechOWL website:**

<https://techowlpa.org/library/>

OR CONTACT: Tel 800-204-7428 (voice) Email

techOWL@temple.edu



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Baseball Opening Day: Share a picture to our Facebook Page showing off your favorite baseball team apparel. https://www.facebook.com/White-Rose-Senior-Center-239749906468113	
5	6	7	8	9
2:00 ZOOM: Spring Virtual Bingo (Prizes Awarded!) https://us02web.zoom.us/j/84128681089?pwd=bnRyOFMwYTJmZjI2OWFBWGNBNnpHUT09 Meeting ID: 841 2868 1089 Passcode: bingo <i>*Call WRSC to receive a Bingo Card. Can email card or you can pick one up.</i>	1:00 Facebook Live: The Price is Right https://www.facebook.com/White-Rose-Senior-Center-239749906468113	1:00 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3RmY2VXMKF6GdnhkTFNyTVViZmI0UT09 Meeting ID: 864 769 4924 Passcode: Dance 2:00 Facebook: Voting on Cherry Blossom Trees Begins https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:30 Facebook: Sibling Photo Contest Voting Begins	ALL DAY on Facebook: Voting on Cherry Blossom Trees & Sibling Photo Contest Voting https://www.facebook.com/White-Rose-Senior-Center-239749906468113	2:00 Facebook: Sibling Photo Contest Winner Announced, https://www.facebook.com/White-Rose-Senior-Center-239749906468113 1:00 ZOOM: Beginners Macrame Art w/ Brianna Heck https://us02web.zoom.us/j/82464060880?pwd=S2ZUcTBMVYVdLcUoxczJYT3JmTDxUT09 Meeting ID: 824 6406 0880 Passcode: art 2:00 Facebook: Cherry Blossom Tree Winner
12	13	14	15	16
	2:00 ZOOM: Beaded Dragonfly Tutorial https://us02web.zoom.us/j/89657719706?pwd=M0xgQXFMbnA5R2cyRTNtbkgwcGpZz09 Meeting ID: 896 5771 9706 Passcode: fly	1:00 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3RmY2VXMKF6GdnhkTFNyTVViZmI0UT09 Meeting ID: 864 769 4924 Passcode: Dance 2:00 Facebook: Board Game Trivia Winner Announced 3:00 Facebook: National Dolphin Day (Virtual Dolphin Show)	10:00 Facebook: Newsletter Trivia Winners Announced https://www.facebook.com/White-Rose-Senior-Center-239749906468113 2:00 ZOOM: Marbled Earth Day Jar Tutorial https://us02web.zoom.us/j/88202447351?pwd=YjFwYnhLcGdJQnBoOGRNMXNjZGRLQT09 Meeting ID: 882 0244 7351 Passcode: earth	11:30 Facebook Live: Baseball Race https://www.facebook.com/White-Rose-Senior-Center-239749906468113 1:00 ZOOM: Rock Picture Holders Art w/ Brianna Heck https://us02web.zoom.us/j/82464060880?pwd=S2ZUcTBMVYVdLcUoxczJYT3JmTDxUT09 Meeting ID: 824 6406 0880 Passcode: art
19	20	21	22	23
		2:00 ZOOM: Spring Virtual Bingo (Prizes Awarded!) https://us02web.zoom.us/j/81074934303?pwd=bDZidmZlZlNQ0h1QTRidzhmMm5HQQT09 Meeting ID: 810 7493 4303 Passcode: bingo <i>*Call WRSC to receive a Bingo Card. Can email card or you can pick one up.</i>		10:00 Facebook: Flashback Friday *1980* 1:00 ZOOM: Terracotta Pots Art w/ Brianna Heck https://us02web.zoom.us/j/82464060880?pwd=S2ZUcTBMVYVdLcUoxczJYT3JmTDxUT09
26	27	28	29	30
2:00 ZOOM: Mental Health Trivia w/ Prizes by Cigna w/ Kim Vilare Meeting ID: 943 2081 8131 Passcode: p74yEm 3:00 Facebook Live: Lisa Late Breaking Give Local Blurp https://www.facebook.com/White-Rose-Senior-Center-239749906468113	2:00 Facebook: Magazine Art Collage Voting Begins 3:00 Facebook Live: Lisa Late Breaking Give Local Blurp https://www.facebook.com/White-Rose-Senior-Center-239749906468113	Facebook: Magazine Art Collage Voting (All Day) 1:00 ZOOM: Zumba Gold® w/ Heather Cintron https://us02web.zoom.us/j/8647694924?pwd=d3RmY2VXMKF6GdnhkTFNyTVViZmI0UT09 Meeting ID: 864 769 4924 Passcode: Dance 3:00 Facebook Live: Lisa Late Breaking Give Local Blurp	Facebook: Magazine Art Collage Voting (All Day) 3:00 Facebook Live: Lisa Late Breaking Give Local Blurp https://www.facebook.com/White-Rose-Senior-Center-239749906468113	10:00 Facebook: Magazine Art Collage Winner Announced 1:00 ZOOM: Tissue Paper Flowers Art w/ Brianna Heck https://us02web.zoom.us/j/82464060880?pwd=S2ZUcTBMVYVdLcUoxczJYT3JmTDxUT09 Meeting ID: 824 6406 0880 Passcode: art 3:00 Facebook Live: Lisa Late Breaking Give Local Blurp



White Rose Senior Center, Inc.
27 S. BROAD ST. • YORK, PA. 17403
717-843-9704



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27 S. BROAD ST. • YORK, PA. 17403
717-843-9704

Monday-Friday 8:00-4:00

www.whiteroseseniorcenter.org

Virtual Programs

Thursday April 1st ALL DAY: Baseball Opening Day:

Share a picture to our Facebook Page showing off your favorite baseball team apparel. <https://www.facebook.com/White-Rose-Senior-Center-239749906468113>



Monday April 5th 2:00 ZOOM: Spring Virtual Bingo,

Meeting ID: 841 2868 1089

Passcode: bingo

**Call WRSC to receive a Bingo Card. Can email card or you can pick one up @ Center. (717-843-9704)*

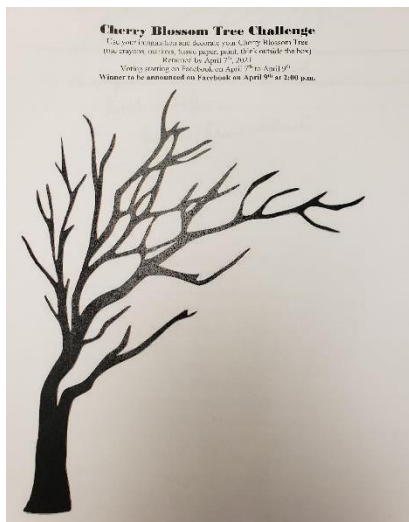
(Prizes will be awarded for those who participate!)



Tuesday April 6th, 1:00 Facebook Live: The Price is Right,

<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>

Wednesday April 7th, 2:00 Facebook: Voting on Decorated Cherry Blossom Trees Begins (If you would like a handout, pick yours up on Monday April 5th, or email jenna@whiteroseseniorcenter.org and we will email you a copy- please submit it to us by Wednesday April 7th)



Wednesday April 7th, 2:30 Sibling Photo Contest Voting Begins

(If you would like to participate, submit your photo by April 7th)

Monday April 12th, 2:00 Facebook Live: Baseball Trivia Winner Announced

(Trivia Pages to be distributed on Tuesday April 6th. If you would like to participate, email jenna@whiteroseseniorcenter.org and we will email you a copy! Due by noon on April 12th)



Tuesday April 13th, 2:00 ZOOM: Beaded Dragonfly Tutorial

<https://us02web.zoom.us/j/89657719706?pwd=M0xqQXFMRnAxR2cyRTNtbkgwY2pZz09>

Meeting ID: 896 5771 9706

Passcode: fly



Wednesday April 14th, 2:00 Board Game Trivia Winner Announced,

(Trivia to be distributed on Monday April 12th. If you would like to participate, email

jenna@whiteroseseniorcenter.org and we will email you a copy! Due by noon on April 14th)

Wednesday April 14th, 3:00 Facebook: National Dolphin Day, Virtual Dolphin Show. (Link to be provided at given time).

Thursday April 15th 2:00 ZOOM: Marbled Earth Day Bottle Tutorial

<https://us02web.zoom.us/j/88202447351?pwd=YjFwYnhLcGdjQnBoOGRNMXNjZGRLQT09>

Meeting ID: 882 0244 7351

Passcode: earth



Friday April 16th 11:30 Facebook Live: Baseball Race,

<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>



Wednesday April 21st 2:00 ZOOM: Spring Virtual Bingo,

(Prizes will be awarded for those who participate!)

Meeting ID: 810 7493 4303

Passcode: bingo

**Call WRSC to receive a Bingo Card. Can email card or you can pick one up @ Center. (717-843-9704)*



Friday April 23rd 10:00 Facebook: Flashback Friday *1980*,
<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>

Tuesday April 27th Magazine Art Collage Challenge Voting to begin on Facebook, <https://www.facebook.com/White-Rose-Senior-Center-239749906468113>. If you would like to participate, email jenna@whiteroseseniorcenter.org and we will email you a copy! Starts on Monday **April 19th**, and to be submitted by Monday April 26th. Winner Announced April 30th @ 10:00 on Facebook.



April 26th, 27th, 28th, 29th, 30th **3:00 Facebook Live:**
Give Local YORK Blurb “LISA LATEBREAKING”,
<https://www.facebook.com/White-Rose-Senior-Center-239749906468113>

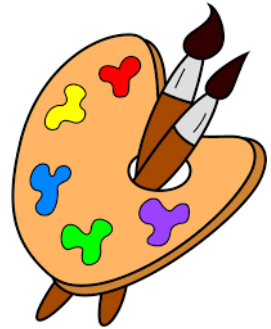
Wednesdays (7th, 14th, 28th) (ZOOM is cancelled on April 21st)
1:00 Zumba Gold® on ZOOM w/ Heather Cintron
Join Zoom Meeting
<https://us02web.zoom.us/j/8647694924?pwd=d3RMb2VXMkFGdnhkTFNyTVViZml0UT09>

Meeting ID: 864 769 4924

Passcode: Dance



Art w/ Brianna Heck
Every Friday, excluding GOOD Friday)
(9th, 16th, 23rd, 30th)
1:00 pm on Zoom:
Join Zoom Meeting:



<https://us02web.zoom.us/j/82464060880?pwd=S2ZUcTBMYVdLcUoxczJYT3JmTDAxUT09>

Meeting ID: 824 6406 0880

Passcode: art

*****If you need to pre-order a craft kit (no cost), PLEASE do so by each Wednesday before the Friday class*****

4/9: Macrame for Beginners

Supplies: 8-10 inch dowel, 22 pieces of 30 inch yarn.



4/16: Rock Picture Holders

- Small rock
- Roll of wire
- Small tube of black and white paint
- Small brush



4/23: Terracotta Pots

- small terracotta flower pot
- Small tube of black and white paint
- Small brush



4/30: Tissue Paper Flowers

- 5 x 7-inch canvas board (it's flatter than normal canvas, also in bulk at Michael's or similar)
- At least 4 different colored tissue papers



Monday, April 26, 2021 at 2:00

Mental Health Trivia w/ Prizes by Cigna w/ Kim Vilaire

Meeting ID: 943 2081 8131

Passcode: p74yEm



Take the first step toward a healthier life. Learn more about the topics that matter to you and the unique challenges you may have with health and wellness. Get information and support materials. We're here to help you every step of the way.

Mental Health Trivia

Monday April 26th @2:00 PM

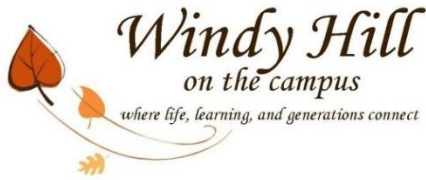
ZOOM:

Meeting ID: 943 2081 8131

Passcode: p74yEm

Together, all the way.®





Executive Director: Tammy Miller

Normal business hours:
Monday – Friday: 8:30 am – 2:30

1472 Roth's Church Road,
Spring Grove, PA 17362
717-225-0733

windyhillonthecampus.org

Facebook: facebook.com/windyhillotc

April Virtual Programs

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:30 am – Zoom Rock Steady Boxing Meeting ID: 327 891 3252 Passcode: 4xuDHP	9 am – Zoom Silver Sneakers Classic Meeting ID: 821 3661 1618 Passcode: 1472	9:30 am – Zoom Rock Steady Boxing Meeting ID: 327 891 3252 Passcode: 4xuDHP	9 am – Zoom Silver Sneakers Classic Meeting ID: 821 3661 1618 Passcode: 1472	9:30 am – Zoom Rock Steady Boxing Meeting ID: 327 891 3252 Passcode: 4xuDHP
10 am – Facebook Chair Exercise Facebook.com/windyhillotc	10 am – Zoom Prayer Group (13 th & 27 th) Meeting ID: 893 5301 5178 Passcode: 1472	10 am – Zoom Civil War Program (7 th , 14 th , 21 st) Meeting ID: 815 7247 5634 Passcode: 1472	12:30 pm – Zoom Hatha Yoga Meeting ID: 827 1847 4772 Passcode: 1472	
11 am – Zoom T'ai Chi Chih Meeting ID: 814 3316 9989 Passcode: 1472	11 am – Zoom Pastels with Sara (6 th & 13 th) Meeting ID: 876 2724 1177 Passcode: 1472	12:30 pm – Facebook Live Chair Exercise Facebook.com/windyhillotc	* April 8th only at 10 am Parkinson's Meeting ID: 846 9159 2329 Passcode: j4ywiZ	
* April 19th only at 9 am Mind Matters: Tips to help you save on your Energy Bills Meeting ID: 895 2450 7235 Passcode: 1472		* April 28th only at 10 am Backyard Geology Meeting ID: 837 0479 2934 Passcode: 1472	* April 15th only at 10 am Painting Class on Zoom Meeting ID: 843 3564 5505 Passcode: 1472	
			* April 29th only at 10 am Virtual Book Club on Zoom Meeting ID: 868 9917 2072 Passcode: 1472	



Windy Hill on the Campus's Regularly-occurring Program Descriptions

<p>Rock Steady Boxing (<i>Mon, Wed, Fri – 9:30 am</i>) Instructor: Lori DePorter -Non-contact, boxing-inspired fitness routine geared toward people with Parkinson's disease to lessen their symptoms and lead to a healthier/happier life. *No boxing experience is necessary, all ages are encouraged and invited to participate</p>	<p>Silver Sneakers Classic (<i>Tues & Thurs – 9 am</i>) Instructor: Tracy Schuman -45-60-minute low-intensity workout designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises and standing support. Exercises can be modified depending on fitness levels.</p>
<p>T'ai Chi Chih (<i>Mondays – 11 am</i>) Instructor: Jack Weaver -One hour of mindfulness moving meditation with soft, flowing and easy-to-learn movements/poses. Benefits include: peace of mind, improved health, and experiencing joy.</p>	<p>Prayer Group (<i>Tuesdays 4/13 & 4/27 – 10 am</i>) Facilitator: Nancy Foust-Wagner (Windy Hill staff member) -Weekly Zoom to encourage and inspire each other to do good in our lives. This is a great way to meet new people, and to work on lifelong learning and self-growth and reflection.</p>
<p>Chair Exercise (<i>Mondays 10 am & Wednesdays 12:30 pm</i>) Instructor: Risa Anderson (Windy Hill staff member) -30-minutes of low-impact exercise focusing on moving all the joints in your body to help ease pain and build stability and improve balance. You will need a sturdy chair (preferably without arms), hand weights, and a Pilates ring or throw pillow for resistance.</p>	<p>Pastels with Sara (<i>Tuesdays 4/6 & 4/13 – 11 am</i>) Facilitator: Sara – student of the arts completing internship -Starting in March Sara will meet weekly with our members and guests from other centers on Zoom to learn how to create drawings using oil pastels.</p>
	<p>Hatha Yoga (<i>Thursdays – 12:30 pm</i>) Instructor: Lori Houck-Ruffner -Hatha Yoga introduces basic yoga poses sequenced in a gentle stream of movements, focusing on: stretching, breathing practices, proper body alignment, and relaxation techniques.</p>

Windy Hill on the Campus's Special Program Descriptions

Civil War Open House (Wednesdays 4/7, 4/14, 4/21 - 10 am)



Facilitator: Jef Savage & Nancy Walker from Danza Antiqua
-Join Jef & Nancy on Zoom to explore the main topics that will be presented in the following weeks regarding Civil War Era topics. Starting in March there will be 7 weeks of programs each week specific to a Civil War Era topic. These sessions will take

place on Wednesdays at 10 am.

For more info you can watch their– [Promo Video](#)

Painting with Pat (Thurs, April 15th – 10 am)

Instructor: Pat Isch

-This month Pat will be teaching us how to paint a field of flowers using acrylic paints. For more information visit:

<https://windyhillonthecampus.org/paint-class-with-pat-isch>

Parkinson's (Thurs, April 8th – 10 am)



Presenter: Dr. Sam from Pivot Physical Therapy

-Dr. Sam will speak on the topic of Parkinson's Disease to help build awareness.



Virtual Book Club (Thurs, April 29th – 10 am)

Facilitator: Tracy Haper (Windy Hill staff member) & Glatfelter Memorial Library Staff Member

-In April the book of conversation will be: **The Huntress** by Kate Quinn.

[More Information](#)

Parkinson's Presentation

(Mon, April 26th – 9 am)

April is Parkinson's Awareness month and this presentation will help us to understand the disease better.

Backyard Geology (Wed, April 28th at 10 am)

Facilitator: Jeri Jones, esteemed Geologist

-Jeri will discuss what is just below our feet and how it got there over 10s of 1000s of years.



NORTHEASTERN SENIOR COMMUNITY CENTER

P.O. Box 386 131 Center Street Mount Wolf, PA 17347
(717) 266-1400

E-mail address: seniorstars@nassc.org

Website: [http:// www.mtwolf.org/SeniorCenter/](http://www.mtwolf.org/SeniorCenter/)

Facebook: www.facebook.com/Northeastern-Senior-Center

VIRTUAL PROGRAMS FOR APRIL 2021

Note: The center will begin "hybrid" programs that will include both Zoom and "in house" programs beginning April 1. This is a soft opening in which reservations, masks, and social distancing are required to join us here at the center. Additionally, we offer: Podiatry Appts. (Wednesdays) & Haircuts (\$10, first Monday of each month by appointment only).

Exercise Classes:

all Tuesdays in April except April 20, *note new time, 9:00am: **Zumba Gold** with Heather Cintron

Join Zoom Meeting

<https://us02web.zoom.us/j/8647694924?pwd=d3RMb2VXMkFGdnhkTFNyTVViZml0UT09>

Meeting ID: 864 769 4924

Passcode: Dance

all Tuesdays in April, 10:30am: **Gentle Yoga** with Anna Wagner

Join Zoom Meeting

<https://us02web.zoom.us/j/87546936133?pwd=WTQraDcwS0JJaURuVWh0NnlEdGE3Zz09>

Meeting ID: 875 4693 6133

Passcode: 653048

*Now on Thursdays in April, 9:30am: **Fitness Class** with Steve Newport

Join Zoom Meeting

<https://us02web.zoom.us/j/85064839671?pwd=RXgvRUxLUjlvVFFlaHRPTDRRV3lTQT09>

Meeting ID: 850 6483 9671

Passcode: 177662

Special entertainment:

Thursday, April 8, Jerry Overby entertainment 11am-12noon: Jerry performs favorite oldies from the "Rat Pack"

Join us @ www.facebook.com/Northeastern-Senior-Center

Health & Wellness:

Thursday, April 22, **Visiting Angels** presentation 11am-12noon, by Jill Kaylor, "The Benefits of Social Circles"

Join Zoom Meeting

<https://us02web.zoom.us/j/84591725309>

April Virtual Program Guide:

For questions or inquiries please contact South Central Senior Center-(717)235-6060 Facebook Page: SCYCSeniorCenter

Thursday 4/1 1pm- All things Easter Bunny! Join us a 1 pm for our Facebook Live Easter Bunny Race and then check back to our Facebook page at 2 pm for the "Where In the County Is Peter Cottontail?" post. Prize for first place in the race and for the first person to correctly identify Peter Cottontail's location.



Tuesday 4/6 1pm- Join us on Facebook to check out our coloring contest art gallery. Please go to the post on our page and vote by clicking the like button under your favorite picture. If you would like to enter the contest, coloring pages are available for pick up from South Central Senior Center M-F 8am-3pm and are due by Monday April 5, 2021.



Thursday 4/8 1pm-Spring is here, and we are holding our Higher/Lower pricing game with all items to make you think Spring! From cleaning to planting we will have all kinds of items for you to guess the prices of. The person who correctly guesses the price of each item will be the winner of that item. Tune in on Facebook to play along from home!



Friday 4/9 11 am- Join us for a game of Spring word scrabble. We will be posting mixed up Spring related words on Facebook for each word you unscramble first you get a point. The player with the most points wins! This is our first hybrid activity. You have 2 ways to play go from home. You may either to our Facebook page to play OR call (717)235-6060 by 10 am and give us your name and phone number to play by text. Messaging fees may apply from your phone provider. This will be played in a group text format so your number will be visible to all playing along.



Friday 4/16 10am- We are wrapping up our week of fishing fun here at South Central by asking everyone to show us their best catch. Not a fisherman? That's okay... perhaps your best catch is the one you fell for hook, line and sinker. So whether your best catch is your spouse or a salmon we want to see it! This is a just for fun post and a great place for you to brag about your partner or a perch.



Monday 4/19 10:15am- Ladies and gentlemen start your engines! We are hosting our Senior Speedster Race. You can join us in person and order a grab and go lunch to take home with you afterwards. Or you can play along on Facebook live. Prize for first place. Buckle up for fast approaching fun!



Thursday 4/29 1pm- Visit our Facebook page for some throwback questions from way back when. We will post 5 questions, the first person to correctly answer gets a point, the person with the most points wins!



717-938-4649 · rlscdirector@gmail.com · www.redlandseniorcenter.org

Please be sure to call or email the center to register for any of this month's programs. Upon registration, Jen will send you the Zoom link(s), or simply use the meeting IDs and passcodes listed below. As always, iPads with Zoom installed are available to borrow from the center. If you need help learning how to use Zoom, please call and we will get you set up.

Word Find - Pick up a word search on 4/6 during lunch or download a copy off our website under the programs tab.

Craft - We will make a spring garland on 4/12 at 9:00 AM. Come to the center to participate or hop on Zoom to join in. Meeting ID: 810 8490 2545 Passcode: 30061 Sign up by 4/6 so we may provide you with supplies.



Trivia w/ Jen - Trivia guru, Bob Reigh, has sent us lots of trivia to keep our brains in shape. Come to the center on 4/13 at 1:00 PM or join us on Zoom. Meeting ID: 813 2216 5564 Passcode: 469379 Sign up by 4/12.

WITF Mind Matters - Do you want to learn about the many Utility Programs and Services offered by your local Utility Company as well as ways you can save money on your home energy bills? Join us on Zoom 4/15 at 1:30 PM with presenters from the PA PUC's Consumer Education and Outreach Team to learn about these valuable programs - and to find out about low cost/no cost conservation tips to help you save on your energy bills! Meeting ID: 834 9904 3625 Passcode: 957141



April Coloring Contest - Our next coloring contest will be distributed on 4/21 during lunch or download it from the programs tab of our website. Be sure to turn in your entry by 4/28. Then go to our Facebook page to see the winner announced live at 6:30 PM!

Prize Bingo - Join us at the center for a few games of prize bingo on 4/27 at 1:00 PM. Or hop on Zoom to get in on the fun. Meeting ID: 852 1872 0086 Passcode: 678228 Sign up by 4/26.





Golden Connections Community Center Virtual Programs April 2021

Questions – Contact Golden Connections Community Center at 717-244-7229

Due to recent difficulty in having our exercise classes post to Facebook, the GCCC is going to host Monday exercise classes via Facebook and Wednesday Exercise classes via Zoom. We know not everyone is comfortable with Zoom or how to log into a Zoom call, so feel free to call us for assistance prior to the date and time of call. Depending on the success of each will determine how we proceed with future exercise classes and if we will be able to begin hosting Facebook/Zoom Line Dancing classes.

Monday, April 5, 12, 19, 26 of 2021 at 9:30 a.m. – **Facebook Live: Strength Training for Seniors Exercise Class:** <https://www.facebook.com/goldenconnectionscommunitycenter>

Wednesday, April 7, 14, 21, 28 of 2021 at 9:30 a.m. – **Zoom: Strength Training for Seniors Exercise Class**

Website: <https://zoom.us/join>

Zoom Meeting ID: 893 0713 2281

Zoom Passcode: **129497**

Monday, April 19 of 2021 at 12:00 p.m. – **Copilot Community Zoom Meeting:** Join us to learn how to register for Copilot Community! Copilot Community is a fun and interactive website for seniors. An added benefit to you for attending a center utilizing the Copilot Touchscreen system.

Website: <https://zoom.us/join>

Zoom Meeting ID: 813 8475 2737

Zoom Passcode: **071307**

Monday, April 26 of 2021 at 12:00 p.m. – **DIY Dollar Tree Topiary Video posts to Facebook:** Who doesn't like to craft and create from time to time, now imagine doing it for pennies on the dollar. Join the GCCC staff as they show you how to make decorative topiaries for your home with supplies you can find at your local Dollar Store.

<https://www.facebook.com/goldenconnectionscommunitycenter>

Thursday, April 29 of 2021 at 10:30 a.m. – **Facebook Live: Scams - What to look for and what to know:** Everyone is subject to scams and everyone has a fear of being scammed. As the years pass, we all hear about more and more, scammers are getting smarter and sneakier, and we as a community must stay diligent in protecting ourselves and each other by learning all we can to staying financially safe. So, consider joining us on April 29th for this free seminar.

<https://www.facebook.com/goldenconnectionscommunitycenter>