



ON TOP OF

# Windy Hill

December 2020



1472 Roth's Church Road, Suite 103  
Spring Grove, PA 17362  
(717)225-0733  
windyhillonthecampus.org  
Email:  
info@windyhillonthecampus.org



Find us on Facebook  
Facebook.com/windyhillotc

## Windy Hill's Inclement Weather Policy

Due to current circumstances, Windy Hill will **no longer** be following Spring Grove Area School District's inclement weather schedule. In the event of inclement weather (Mon – Wed) Windy Hill will make a decision by 5:30 am, the morning of, whether or not we will be providing drive-thru meals. If the decision is made to cancel meals for the day, a message will be located on our phone greeting and also on our Facebook page. In the case of closure, that day's meal will no longer be available. We do have frozen meals available that can be used as emergency meals in the case of closure. If you're interested, please request these meals.

*You're  
Invited!*

December's Council Meeting  
Tues., December 8th at 12:30 pm  
on Zoom  
Zoom ID: **829 6776 4619**

## Message from the Director

Greetings,

Like many of you, I'm sure you are feeling discouraged and frustrated about having to endure more social distancing and mask mandates. Please keep in mind that they are in place to keep you safe. The staff and volunteers here at Windy Hill are also feeling the frustration of not being able to provide our fun holiday programs that we normally enjoy during this season. Some of you may also be feeling extremely lonely, and it is normal to feel that way.

However, there are ways in which you can stay connected and interact. The staff has been working very hard to create some new and interesting programs for you to enjoy and to brighten your day. We are offering some new virtual programs such as the Fireside Chat with Staff, virtual bingo and some very interesting speakers, including a former foreign diplomat and Miss Pennsylvania 2020. In addition, we are offering a Tech Time session on "How to host a virtual holiday party." If you do not have internet or technology capabilities, please remember that you can always call in to hear the program. We are here to help you stay connected!

Even though things are not the same as they may have been in the past, please take the time to be grateful for your blessings. Also, stay connected with family and friends via Zoom or phone calls. Remember that we are here for you and we care about you. Please do not hesitate to contact our office. We wish each of you a very special holiday!

Tammy Miller

## Help Windy Hill Staff Spread Cheer during the Holiday Season

Windy Hill staff members are currently seeking donations to create gift baskets to deliver to our homebound members and Home Delivered Meals consumers. We are hoping to raise the spirits of approximately 100 homebound community members through this donation drive. A

donation bin is located in front of Windy Hill's entrance & donations can be placed there. Monetary donations will also be accepted to use to purchase additional goods to be placed in the baskets. Please pass the word along to community members!

## Donations Needed:

Canned goods  
Snack foods  
Candy bars  
Individually wrapped snacks  
Mints  
Personal hygiene items  
Tissues  
Hand sanitizers  
Pens  
Puzzle books  
Socks  
Gloves  
Hats  
& more

**A sincere thank you goes out to each and every one of you who donated to our center in October and November. Every item donated, hour volunteered, and dollar donated makes a difference.**

### Item Donations

Tyrone Baltimore  
Bob & MaryAnn Brenneman  
Glenn Bortner  
Shirley Gastley  
Don & Dolores Hoover  
Lee Miller  
Betty Mitchell  
Byron & Pat Pomraning  
Shirley Shearer  
Lois Snyder  
Mike & Pat Strouse  
Bob & Jan Szczechowiak  
Nancy Wagner



### Monetary Donations

Adrienne Arnold  
Don & JoAnn Arnold  
Mark Bortner  
Jim & Sandy Decker  
Janice Drew  
Margaret Harrison  
Susan Howes  
Mary Jennings  
Gen Reed  
Michael Salloom  
Barb Senft  
Pat Broadhurt-Stone  
Tom Uffelman  
Chester Wolf

### Appeals Donations

Karen Baum  
Stephen Besecker  
Eugene Bixler  
Violet Bortner  
Connie Ferree  
Gloria Gross  
John Knaub  
Paul Krepps  
Beverly Krout  
Tammy Miller  
Barbara Moore  
Richard Scott  
Carole Smith  
Glenn Snyder  
Robert Spangler Jr.  
Donald Summers

*Also thank you to our anonymous donors. Although your name is not listed, you are appreciated just the same!*

## Prayer List



Linda Armstrong  
Harry Baer  
Alice Bortner  
Edith Brenneman  
Dale Brillhart  
Dolores Brillhart  
Philip Carlise  
Mary Coulson  
Rick Dibble  
Pauline Diehl  
Larry Grothey

Stan Kessler  
Bill Kirkwood  
Cathy Kuhn  
John McMaster  
Don Mitzel  
Shirley Mitzel  
Becky Myers  
Cathy Myers  
Sherry Panell  
Jane Reinaman  
Dolores Senft

James Senft  
Brenda Shaffer  
Claudette Shear  
Nancy Smith  
Emily Stewart  
Richard Stewart  
Clyde Stremmel  
Robert Thoman  
Wayne Winemiller

## Wish List

We are currently looking for donations of the following items:

Dawn Dish Detergent  
Gallon & Quart-sized Freezer bags  
Paper towels  
Postage Stamps

## December Newsletter Sponsors

**Susan Howes—**

In memory of my husband, Jim.



**Glenn Bortner—**

In honor of my daughter, Angela & Granddaughter, Mauryia

Are you interested in sponsoring a newsletter? The cost is \$25 to sponsor the newsletter for one month. You may sponsor the newsletter in dedication, honor, or in memory of anyone or any occasion that you wish. Contact Nancy for more information.

## LiHeap Applications Available

Applications for the Low-Income Home Energy Assistance Program (LIHEAP) are available now.

This program helps low-income families pay their heating bills through the use of grant funds.

Applications can be received from now through April 9, 2021. You do not have to be on public assistance or have unpaid heating bills to qualify.



**Types of Grants Available**  
**Cash Grants**—This is a one-time payment sent directly to your utility company or fuel provider to be credited to your bill. Cash grants range from \$200—\$1,000 and are based on household size, income, and fuel type.

**Crisis Grants**—This is available if you have an emergency situation and are in jeopardy of losing your heat. Crisis grants are awarded as needed during the season until a maximum benefit of \$800 is reached.

In order to qualify your household income must meet the following guidelines :

1 person household—\$19,140  
 2 people household—\$25,860

Applications are available at Windy Hill during business hours  
 online:

[www.compass.state.pa.us](http://www.compass.state.pa.us)  
 Or

Call: 1-866-857-7095

## Tech Resources

**Generations on Line**—Offers FREE help with how to use your tablet or smart phone. [generationsonline.org](http://generationsonline.org) and click on whichever type of device you have: Android, Apply, or Amazon Fire.

**Senior Planet**—Offers help with various topics through free courses and presentations. [Seniorplanet.org](http://Seniorplanet.org)

**Tech Boomers**—Offers 100+ Free courses, technology basics, useful websites, etc. [techboomers.com](http://techboomers.com)



## Hotspots for Rent

Glatfelter Memorial Library is now offering hotspots for rent. These act as wireless internet connections used to connect your devices and access the internet.

Requirements:



must have a library card in good standing



must present a valid ID and pay the rental fee.

The library system is renting them for \$20 for a four-week checkout (fee and checkout time may change in the future). No holds, no renewals, and they are hand-sanitizing each unit as it comes back in. Contact the library for more information.

## SOLO—Strengthening Older Lives Online

In mid-November the Pennsylvania Council on Aging (PCoA) released an interactive guide with information and resources to help you cultivate a healthy mind, body and spirit during the challenges of the COVID-19 pandemic.

The guide gives resources and examples of how to improve your mental health, spiritual strength, and physical strength.

The guide can be found on Windy Hill's website under the tab: Resources.

HEALTH



## Zoomin' through the Holidays

We know this holiday season is going to be difficult for many of us with restrictions on travel and gathering sizes. We'd like to help you be able to see you family members over the holidays.

Join Tracy and Jenna on Thursday, December 3rd at 10 am for an interactive, informative session to learn how to set up Zoom meetings so you can see and talk with your family members over the holidays.

**Zoom ID: 879 1847 4772**



## December Birthdays

12/1— Chester Wallick	12/11—William Altland Barbara Hudgins Bettylou Smith Nancy Smith	12/20—Sally Cushman-Chagnon Hilda Grothey Susan Kanwischer Nadine Siar Daniel Ustinovich
12/2— Louise Bushey Rita Forbes Pat Smith	12/12—Shirley Bortner Newell Devilbiss Anne Jones	12/21—Jane Bailey
12/3 - Dennis Mosebrook	12/13—Kathleen Barnhart Barbara DeCello Karen Spadafora	12/22—Thomas Hollabaugh Karen Sullivan
12/4— Marlene Eline Deanna Hunt Jacqueline Martin Roxanne Miller Larry Sheridan Charlie Ward	12/14—Ron Alphin Dolores Brandt Margie Leese	12/23—Paul Bortner
12/5— Mona Dutterer Holly King George Sweitzer Robert Yeater	12/15—Wayne Baublitz Dean Fuhrman Kathy Murphy Donna Zortman	12/24—Elizabeth Diehl Charlie Ferguson Sandra Karwacki
12/6— Brenda Keeney	12/16—Janice Bennett Linda Myers Paul Nell	12/25—Faith Fuhrman Donald Ilyes Richard Snyder
12/7— Carolyn Albright Linda Lauer Robert Shutt Beverly Strausbaugh Robert Strine Betty Yohe	12/17—Michael Baron Paula Sutherland	12/26—James Armstrong
12/9— James Hobday Robbie Rohrbaugh	12/18—Judith Barnhart Ruth Gruver Dick Hartsough David Miller Sherry Smith Roy Wardle	12/27—Edna McAbier Leo Reaver Tena Roach Jeffrey Waybright
12/10—Terry Alwine Jean Gross John McMaster Arlene Niedzielski	12/19—Dale Seaks Curtis Wolfe	12/28—Dennis Blum
		12/29—Carol Smith
		12/30—Lori Hoff Barbara Kephart Sandra Lange Elna Neal

*If we missed your birthday or anniversary, please contact the office at 717-225-0733.*



## Happy Anniversary to...

<i>Wayne &amp; Betty Holt</i> 12/2/1967	<i>Kane &amp; Diane Stambaugh</i> 12/15/1957	<i>Paul &amp; Cheryl Breault</i> 12/26/1968
<i>Philip &amp; Shelly Smith</i> 12/2/2017	<i>John &amp; Judy Knight</i> 12/20/1974	<i>Randall &amp; Nancy Walton</i> December 27th
<i>William &amp; Mary Gromen</i> 12/3/1983	<i>Jac &amp; Patricia Reichley</i> 12/20/1967	<i>Franklin &amp; Ingeborg Altland</i> 12/28/1960
<i>Robert &amp; Kay Riley</i> 12/3/1959	<i>Wayne &amp; Faye Winemiller</i> 12/21/1975	<i>Lester &amp; Susan Erlemeier</i> 12/28/1961
<i>Michael &amp; Betsy Sholly</i> 12/10/1988	<i>Sam &amp; Dorothy McCurry</i> 12/23/1967	<i>Ferry &amp; Gabriele Shearer</i> December 29th
<i>Gerald &amp; Brenda Hoover</i> 12/12/1959	<i>Bryan &amp; Pat Smith</i> 12/23/1978	<i>Kevin &amp; Claudia Summerson</i> 12/29/1979
<i>Earl &amp; Joy Strausbaugh</i> December 12th	<i>Salvatore &amp; Gloria Fama</i> 12/24/1959	<i>Michael &amp; Amanda Ferry</i> December 30th
<i>Richard &amp; Alma Dibble</i> 12/14/1957	<i>Samuel &amp; Paula Sutherland</i> 12/24/2005	<i>Greg &amp; Janice Smith</i> December 31st



## Guest Speakers Scheduled!

### Paul Berg: Food & Travel

Windy Hill is excited to announce we will have guest speaker, Paul Berg, join us on **Wednesday, December 16th at 10 am** on Zoom. Paul is the former Minister Counselor for Political Affairs at the US Embassy in Rome, Italy. He has traveled all over the world and has many stories to tell and pictures to show. During his travels he loves trying new foods and will speak with us about some of the different foods he has encountered in his travels. You won't want to miss this!

**Zoom ID: 863 3419 2299**

### Tiffany Seitz: Miss Pennsylvania

Guest speaker, Tiffany Seitz will be joining us through Zoom on **Monday, December 4th at 10 am**. Tiffany will speak with us about her experience as Miss Pennsylvania and how she came to be Miss Pennsylvania.

**Zoom ID: 832 3438 4668**



## Christmas Spirit Days!

12/7—Christmas Baby Picture

Send Jenna your Christmas Baby pictures or bring the picture in at drive-thru

12/8—Show us your inner elf

Dress like an elf!



12/14—Bring in a canned good for Meals on Wheels consumers

12/15—Ugly Christmas Sweater Day

12/21—Jingle Bells Day

Wear your jingle bells!



12/22—Crazy Christmas Hat Day



### Welcome New Members!

Judith Elicker  
Sandra Harmer  
Jim Loehwing  
Diane Rebert  
Cindy Sheffer

### New Year's Wishes

We're interested in what your New Year's wishes are for 2021. Contact us and let us know! Use email, Facebook messenger, or just jot them down and hand them to us during drive-thru service. We will be posting your wishes on Facebook on New Year's Eve!

### Christmas Craft with Jenna

Jenna is going to be leading a Christmas craft through Zoom on December 22nd at 10 am. This craft will make a lovely last-minute Christmas gift for someone. Craft kits can be picked up at Windy Hill to join along on Zoom. Sign up on Copilot or by calling Nancy.






**Zoom ID: 872 9873 8911**

### Fireside Chats with Tracy

Each Monday in December at 10 am you can join Tracy on Zoom for a fireside chat. There will be a different discussion topic each week to lead the conversation.

So, grab your device, a cup of coffee or hot chocolate, and sign on to the Zoom meeting.

**Zoom ID: 816 0663 6645**

MONDAY	TUESDAY	WEDNESDAY
	<p><b>December 1</b></p> <p>1/2 c. Chicken Taco w/Cilantro Lime Crème Sauce &amp; Lettuce 1/2 c. Seasoned Corn &amp; Black Beans Soft Tortilla Shell Fresh Fruit</p>	<p><b>December 2</b></p> <p>Baked Cabbage Roll/Porcupine Ball w/2 oz Tomato Sauce 1/2 c. Garlic Whipped Potatoes 1/2 c. Carrots Wheat Bread Sherbet</p>
<p><b>December 7</b></p> <p>Mushroom Cheese Burger Coleslaw Hamburger Roll Fresh Fruit</p> <p><i>Show us your Christmas Baby Pictures!</i></p>	<p><b>December 8</b></p> <p>Mango BBQ Chicken Breast 1/2 c. Brown Rice 1/2 c. Lima Beans Wheat Bread 1/2 c. Warm Apple Cranberry Crisp</p> <p><i>Dress like an elf!</i></p>	<p><b>December 9</b></p> <p>Swedish Meatballs (4) over 1/2 c. Egg Noodles 1/2 c. Peas Wheat Bread 1/2/ c. Mixed Fruit Salad</p> 
<p><b>December 14</b></p> <p>Baked Chicken w/Gravy 1/2 c. Parsley Potatoes 1/2 c. Green Beans 1/2 c. Applesauce</p>  <p><i>Bring in a canned food for HDM donation</i></p>	<p><b>December 15</b></p> <p><b><u>HOLIDAY SPECIAL</u></b></p> <p>Roast Turkey w/Gravy 2 oz Homemade Stuffing 1/2 c. Whipped Potatoes 1/2 c. Sweet Peas &amp; Carrots Dinner Roll &amp; Slice of Pie</p> <p><i>Ugly Christmas Sweater Day</i></p>	<p><b>December 16</b></p> <p>Baked Ham w/Raisin Sauce 1/2 c. Whipped Sweet Potatoes 1/2 c. Warm Beets White Bread Fresh Fruit</p>
<p><b>December 21</b></p> <p>Country Fried Chicken w/2 oz. Creamy Gravy 1/2 c. Ranch Potatoes 1/2 c. Mixed Vegetables Wheat Bread Fresh Fruit</p> <p><i>Wear your Jingle Bells!</i></p>	<p><b>December 22</b></p> <p>1/2 c. Sloppy Joe 1/2 c. Whipped Potatoes 1/2 c. Green Beans WG Sandwich Roll 1/2 c. Mandarin Oranges</p> <p><i>Crazy Christmas Hat Day</i></p>	<p><b>December 23</b></p> <p>1/2 Harvest Alfredo Chicken over 3/4 c. Bowtie Noodles 1 c. Tossed Salad w. Tomato &amp; Dressing Italian Bread 1/2 c. Pineapple Tidbits</p> 
<p><b>December 28</b></p> <p>Bratwurst 1/2 c. Scalloped Potatoes 1/2 c. Peas Hot Dog Roll 1/2 c. Pears</p> 	<p><b>December 29</b></p> <p>1/2 c. Creamy Chicken Divan over 1/2 c. White Rice 1 c. Tossed Salad 2/tomato &amp; dressing Breadstick 1/2 c. Warm Peaches</p>	<p><b>December 30</b></p> <p>1/2 c. Cottage Pie (Stewed beef &amp; vegetables in gravy topped w/buttery mash potatoes) 1/2 c. Coleslaw WG Biscuit 1/2 c. Warm Cinnamon Applesauce</p> <p><i>Tell us your wishes for 2021</i></p>

You can sign up for your meals online using the Copilot Community website: [community.copilot21.com](http://community.copilot21.com). Sign in using your email address and your Copilot ID number in the password field. If you need help with this, please call in and we can assist you! Please preregister for lunch by 8 am the day before.





Drive-thru service is available from 11 am—noon Monday—Wednesday at our loading dock on the side of our building by the kitchen.



1472 Roth's Church Road, Suite 103  
Spring Grove, PA 17362

WEEKDAYS 8:30-2:30  
717-225-0733

DECEMBER 2020

MON	TUE	WED	THU	FRI
<p><i>Activities may change as local conditions warrant. Check with the office if you have any questions.</i></p>	<p><b>1</b></p> <p>9...Silver Sneakers Classic - ZOOM 10...Civil War Zoom 10...Bible Study <b>11-12...Drive Thru Lunch</b> 12:30...Zoom "Come Decorate with us"</p>	<p><b>2</b></p> <p>8...Walking Club 9:30...Rock Steady Boxing <b>11-12...Drive Thru Lunch</b> 12:30...Chair Exercise - FB Live</p>	<p><b>3</b></p> <p>9-12...Chair Massage(Appt) 9...Silver Sneakers Classic - ZOOM 10...Tech Time - "How to host a Virtual Holiday Party" 12:30...Yoga - ZOOM</p>	<p><b>4</b></p> <p>8...Walking Club 9:30...Parkinson's Class/ Rock Steady Boxing 10...Tap Dance Class - Zoom 10...Miss Pennsylvania—Zoom</p>
<p><b>7</b> <i>Christmas Baby Pictures</i></p> <p>8...Walking Club 9:30...Rock Steady Boxing 10...Virtual Fireside Chat 11...T'ai Chi Chih - Zoom <b>11-12...Drive Thru Lunch</b> 12:30...Chair Exercise - FB Live</p>	<p><b>8</b> <i>Show us your inner elf</i></p> <p>9...Silver Sneakers Classic - ZOOM 10...Civil War Zoom 10...Bible Study - <b>11-12...Drive Thru Lunch</b> 12:30...Council Meeting ZOOM</p>	<p><b>9</b></p> <p>8...Walking Club 9:30...Rock Steady Boxing <b>11-12...Drive Thru Lunch</b> 12:30...Chair Exercise - FB Live</p>	<p><b>10</b></p> <p>9-12...Chair Massage (Appt) 9...Silver Sneakers Classic - ZOOM 10...Virtual Trivia- Zoom 10...Pivot 12:30...Yoga - ZOOM</p>	<p><b>11</b> </p> <p>8...Walking Club 9:30...Parkinson's Class/ Rock Steady Boxing 10...Tap Dance Class - Zoom <b>10...Bingo - Zoom</b></p>
<p><b>14</b> <i>Bring a canned good for HDM donation</i></p> <p>8...Walking Club 9:30...Rock Steady Boxing 10...Virtual Fireside Chat 11...T'ai Chi Chih - Zoom <b>11-12...Drive Thru Lunch</b> 12:30...Chair Exercise - FB Live</p>	<p><b>15</b> <i>Christmas Meal</i></p> <p>9...Silver Sneakers Classic - ZOOM 10...Bible Study <b>11-12...Drive Thru Lunch w/Santa</b>  <i>Ugly Christmas Sweater Day</i></p>	<p><b>16</b></p> <p>8...Walking Club 9:30...Rock Steady Boxing <b>10...Guest Speaker: Paul Berg -Food &amp; Travel—Zoom</b> <b>11-12...Drive Thru Lunch</b> 12:30...Chair Exercise - FB Live</p>	<p><b>17</b></p> <p>9...Silver Sneakers Classic - ZOOM 10...Virtual Christmas Party &amp; Singalong 12:30...Yoga - ZOOM</p>	<p><b>18</b> </p> <p>8...Walking Club 9:30...Parkinson's Class /Rock Steady Boxing 10...Tap Dance Class - Zoom <b>10...Bingo - Zoom</b></p>
<p><b>21</b> <i>Jingle Bells Day</i></p> <p>8...Walking Club 9:30...Rock Steady Boxing 10...Virtual Fireside Chat 11...T'ai Chi Chih - Zoom <b>11-12...Drive Thru Lunch</b> 12:30...Chair Exercise - FB Live</p>	<p><b>22</b> <i>Crazy Christmas Hat Day</i></p> <p>9...Silver Sneakers Classic - ZOOM 10...Christmas Craft w/Jenna - Zoom 10...Bible Study <b>11-12...Drive Thru Lunch</b></p>	<p><b>23</b></p> <p>8...Walking Club 9:30...Rock Steady Boxing <b>11-12...Drive Thru Lunch</b> 12:30...Chair Exercise - FB Live</p>	<p><b>24</b></p> <p></p>	<p><b>25</b></p> <p></p>
<p><b>28</b></p> <p>8...Walking Club 9:30...Rock Steady Boxing 10...Virtual Fireside Chat 11...T'ai Chi Chih - Zoom <b>11-12...Drive Thru Lunch</b> 12:30...Chair Exercise - FB Live</p>	<p><b>29</b></p> <p>9...Silver Sneakers Classic - ZOOM 10...Bible Study <b>11-12...Drive Thru Lunch</b></p>	<p><b>30</b> <i>Tell us your wishes for 2021</i></p> <p>8...Walking Club 9:30...Rock Steady Boxing <b>11-12...Drive Thru Lunch</b> 12:30...Chair Exercise - FB Live</p>	<p><b>31</b></p> <p><b>Closed for New Years Eve</b></p>	<p>Fitness Room open M-Th 8:30 - 10 am/ 11:30 - 2:00 pm Make an appointment with Nancy for a 30 min time slot.</p>



## Fitness News

### Reduce Loneliness & Social Isolation

A recent study conducted during the COVID-19 pandemic by Cedars-Sinai found that loneliness plays a role in higher rates of depression, anxiety and suicide. "Experts found that social isolation has the same impact on an older adult's health as smoking 15 cigarettes a day."

Participants in the study completed online exercise classes and were found to reduce the amount of social isolation and reduced the risk of falls during the study.

If you haven't already tried one of our virtual exercise classes, we are inviting you and encouraging you to try one out! We have quite a few members who do attend our exercise classes and have formed friendships with members while also reaping the benefits of a

healthier lifestyle. The classes we have available are listed below along with the Zoom ID number. You can also find links to click/tap on our website and each morning on Facebook.

If you need assistance with how to use Zoom, Windy Hill staff members would be more than happy to help out. You can also watch a tutorial with step-by-step instructions on our website under the tab: "**Virtual Tutorials**".

### Zoom Meeting IDs:

Silver Sneakers (T/TH: 9am) - 821 3661 1618

T'ai Chi Chih (M: 11 am) - 814 3316 9989

Yoga (TH: 12:30 pm) - 827 1847 4772

Rock Steady (M,W,F: 9:30 am) - 327 891 3252

Password: 4xuDHP



If you need help with how to use Zoom, please contact Jenna (extension 104) prior to the day of the program and she will walk you through how to use it.

### Chair Exercise

Sign in to Facebook Mondays and Wednesdays at 12:30 pm and go to Windy Hill's Facebook page to join Risa and Jenna for chair exercise. Don't forget to have a sturdy chair! We'll look forward to your comments and likes to know you're out there watching and exercising with us!



Facebook.com/windyhillotc



### The Fitness Room is Still Open

The fitness room is available for members to use **by appointment only**. The hours are Monday - Thursday 8:30 am - 10:30 am & 11:30 am - 2 pm. Only 1 person at a time may use the fitness room, unless you live with the other member, then a max of 2 members may use the fitness room. Call Nancy to schedule your time frame to use the fitness room. Members are required to wipe down all of the equipment used before leaving. The fitness room will be fogged regularly by Windy Hill staff.



### What's New?!

Fireside Chats with Tracy—  
Mondays at 10 am

Zoom: 816 0663 6645

Virtual Trivia Time— Thursday,  
December 10th at 10 am

Zoom: 863 8289 4300

Christmas Craft with Jenna -  
Tuesday, December 22nd at 10 am

Zoom: 826 5255 0486

Sowing Seeds with Nancy—  
Advent Series—Tuesdays at 10 am

Zoom: 893 5301 5178

### Chair Massages

Randy Walton will be available two dates in December from 9 am—noon for 15 minute chair massages here at the center. The cost is \$10 and is paid at the time of your visit. Members must preregister for an appointment by using the link found in the eNews or by calling Nancy.

**Thursday, December 3rd**

**Thursday, December 10th**

### Virtual Christmas Party & Sing-Along

Join Windy Hill Staff & friends for a fun-filled Christmas Caroling Sing-Along on Thursday,  
**December 17th at 10 am.**



We will be singing some of our favorite holiday songs to put all of us in the Christmas Spirit! This will be on Zoom. The link can be found in the eNews, on our website, and on Facebook.

We hope you'll join us!

Zoom ID: 845 5617 9862

### Civil War Era Dances & Social History

**"May I have the Pleasure of this Dance?"**

Nancy Walker and Jef Savage are specialists in ballroom dance, historical dance and dance history. They will be joining us for 2 sessions in December using Zoom. Each session will be an hour in length and include a video clip of a Civil War Dance.

**Tuesday, December 1st at 10 am -  
Civil War Fashions**

**Tuesday, December 8th at 10 am -  
Women & the Home Front**

The Zoom link will remain the same for all sessions:

**846 6090 3835**

### Christmas Lunch

### Christmas Lunch

Christmas lunch will be served **by Santa and his elves** drive-thru style Tuesday, December 15th from 11 am—noon. Preregistration is required. To preregister sign in on Copilot online (community.copilot21.com) using your email address and your Copilot ID in the password field or you can call Nancy.

### Menu

Roast Turkey with Gravy, Homemade Stuffing, Whipped Potatoes, Sweet Peas & Carrots, Dinner Roll & a slice of Pie



### Calling all Bingo Lovers

We miss having you at the center and decided to try out a virtual edition of Bingo. You can call in or join us by camera on Zoom to play. Tickets will be available for purchase during the drive-thru congregate meal service Mondays—Wednesdays from 11 am—noon, or by stopping in during normal business hours. We will be playing 20 games and the prizes have yet to be determined (this will be based on the number of people who sign up). Ticket prices will remain the same: 1 pack of 20 games for \$5, 2 packs for \$10, or 5 packs for \$20. Each pack contains 3 cards per game. Zoom link will be given at time of purchase.

**Fridays, December 11th & 18th at 10 am**



**Mission: The mission of Windy Hill on the Campus is to create a community of people dedicated to learning, growth, mutual support and social interaction.**

1472 Roth's Church Road, Suite 103, Spring Grove, PA 17362 | 717-225-0733

### 2021 Board of Directors

President - Sandy Sferrella-Taylor  
Vice President - Dave Brown  
Secretary - Tamara Ramer  
Treasurer - Tom Uffelman

### Directors

Dr. Terry Lehr  
Brenda Flory  
Michael Robinson  
Claudette Shear  
Chris Stock  
Dr. Dave Dietrich  
Laura Beck  
Pat Lobodinsky  
Atty. Jennifer Stetter

### Windy Hill Staff Members

	Ext.	Email Address
Risa Anderson - Programming Assistant	105	anderr@windyhillonthecampus.org
Jenna Ericson - Asst. Director of Operations, Marketing & HDMS	104	ericsonj@windyhillonthecampus.org
Tracy Haper - Asst. Director of Programming	102	hapert@windyhillonthecampus.org
Tammy Miller - Executive Director	103	millert@windyhillonthecampus.org
Nancy Wagner - Administrative Assistant / Receptionist	0	info@windyhillonthecampus.org

### Drive-thru Meals

Windy Hill continues to offer its congregate meal program for its members\*. Meals are available for pick-up at our side dock Mondays through Wednesdays from 11 am—noon. Members must preregister by 8 am the day before to reserve your meal. Meal donations are appreciated.

\*Membership to Windy Hill is free for adults aged 60 and older. Call for more details.

### Thank you to our Sponsors!



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