



Windy Hill on the campus

where life, learning, and generations connect



1472 Roth's Church Rd,
Suite 103,
Spring Grove, PA 17362
(717) 225-0733

Normal Business Hours:
Monday through Friday
8:30 AM - 2:30 PM

Windy Hill's Annual Fred Burns Memorial Raffle

**Get your tickets while
they're still available!**
\$10 per ticket

For those who knew Fred,
you knew his passion for
finding creative ways to
fundraise for Windy Hill. In
2018, Fred created our
annual 50/50 to provide
financial support for
programs that we offer at
the center.

Each member is asked to
sell a minimum of 5 tickets
to help support our center.
If all 1,000 tickets are sold,
the \$5,000 payouts will be
as follows:

One 1st prize @ \$2,000

One 2nd prize @ \$1,000

Three 3rd prizes @ \$500

Two 4th prize @ \$250

Winners will be announced
on Thursday, March 28th
at 2 pm at our annual
Wellness Fair. **You do not
need to be present to win.**

Pancake Breakfast

Fundraiser

Wednesday, April 10th

Windy Hill staff will be
hosting this popular
fundraiser. Pancakes,
sausage links, orange juice,
and coffee will be served
during this breakfast.

**Tickets are \$5
and are on sale
now in the
office.**



Windy Hill will be closed:

Friday, March 29th
Happy Easter

**Please do not park in the
fire lane or coned off spaces
reserved for child pickup, or
along the curb on the side
of the building prior to 8:30
AM due to school traffic.**
Thank you!

Volume 3, Issue 3

March 2024

St. Patrick's Day Party

Thursday, March 14th at 10:30 am

Join us for a sensational St. Patrick's Day party featuring musical entertainment and dancing by Clann Redmond. The father and daughters group will perform traditional Irish folk music. Join us for laughter, camaraderie, and the joy of celebrating together as a community.

Lunch this day will be Winter Beef Stew. *Please preregister for the party and lunch on Copilot.*



Cash & Gift Card Bingo Event

Saturday, March 16th doors open at 12:30 pm

Windy Hill and Spring Grove Lions Club are once again collaborating for a bingo fundraiser event. Doors will open at 12:30 with the first game starting at 2 pm.

Tickets are sold out! We are looking for volunteers to help during the event.

If you're interested in volunteering, please see Jenna.

11th Annual Wellness Fair sponsored by:

UPMC
LIFE CHANGING MEDICINE

Thursday, March 28th at 8:00 am - 2:00 pm

With over 35 vendors, you won't want to miss this exciting event!

Here is the schedule for the day:

8:30 - Noon - Meet the vendors

9:00 am - Free Gift Card Bingo in the Cafeteria. Sponsored by:

GLATCO
CREDIT UNION

Glatco Credit Union

10:30 am- UPMC presentation in the Auditorium "Healthcare Update - UPMC Hanover"

12 pm- Bagged Lunch (must preregister by calling 717-225-0733 x 105)

1 pm- Free Concert featuring The LeBlancs. Sponsored by:

DARRELL M. SIPE
Opticians and Hearing Aids

Darrell M. Sipe Opticians & Hearing Aids

2 pm- Drawings for raffles, Fred Burns Memorial 50/50, & door prizes.

Dates to Remember:

3/4 - Wii Bowling

3/6- Book Folding w/
Dawn

3/5- Game Time Student

3/6 - iPad Class

(also on 3/13, 3/20, 3/27)

3/7- AARP Income Tax Prep
(also on 3/14 & 3/21)

3/7- Virtual Reality

3/11- Monday Bingo

(also on 3/25)

3/12- Re/Max Presentation

3/13- Wellness Checks &
Memory Café

3/14- St. Patrick's Day
Party & Book Club

3/16- Cash & Gift Card
Bingo (**Saturday**)

3/18- Coffee & Discussion

3/19 - Grief & Loss Support

3/20 - Paint w/ Pat

3/21- Birthday/Anniversary
Party fea. Leo Reaver

3/22- BP Checks

3/26 - Dementia Friends

3/27 - Watercolor w/ Katie

3/28 - Wellness Fair

3/29 - Center Closed

HAPPY EASTER

Save the Dates:

4/10- Pancake Fundraiser

4/19- Food Truck Event

Stay Connected:

windyhillonthecampus.org



Email: info@windyhillonthecampus.org

Facebook: [Facebook.com/windyhillotc](https://www.facebook.com/windyhillotc)

Donations

Thank you to those listed below and the anonymous donors who made donations during the month of **January**. Your support of our mission is truly appreciated.

Monetary Donations

Joan Book, in Memory of
Peter & Mariane Book
Bob & Maryann Brenneman
Sterling Feeser
Rick & Sandy Harmer
Richard Hartsough
Kennie's Markets, Inc.
Corrine Mayhorne
James & Sandra Miller
Leo & Sandy Reaver
Richard J. Gross VFW Post 8896
Sharan Rinehart
Steve Sterner
UPMC Pinnacle
VFW Post 5265 Auxiliary

Item Donations

William & Deborah Allen
Michael Baron
Alice Bortner
Patricia Broadhurst-Stone
Dave & Tina Brown
Country Meadows
Rosemary Dow
John & Deb Freed
Arlene Fry
Sue Howes
Linda Krebs
Donna Krebs
Jane Matott
Ed & Ruth Myers
Linda Ness

Wayne & Joanne Overmiller
Byron & Patsy Pomraning
SGASD Maintenance Dept
Mike & Sharon Slagel
Glenn & Lois Snyder
Roxanna Snyder
Mark Staub
Helen Trimmer
Sue Wolfe

thank you

Ways you can help Windy Hill through Community Partnerships

Target Circle - Nonprofit Partner—Windy Hill is one of the featured nonprofit partners this quarter. Every time you shop at Target using the circle app on your smartphone (online, pickup, or in-store), you receive 1 vote to use to nominate a chosen nonprofit. Votes will be accepted through March 31st. Please consider using your votes to vote for Windy Hill! **Steps to vote:** 1. Open your Target Circle App, 2. Tap "My Target", 3. Tap "Votes Available", 4. Tap "Vote for nonprofits", 5. Tap "Windy Hill", 6. Award us your votes. Please share this with friends and family who shop at Target. Thank you!

Community Aid - Virtual Partner - Windy Hill is now a virtual partner with Community Aid. Each time you take donations to a Community Aid location, please use the code: **50190** to allow Windy Hill to receive a donation based on the weight of the goods donated. Windy Hill will receive a donation check after each quarter.

Bus Trips

DC Cherry Blossom

Bus Trip

Bagged Lunch Included

Thursday, April 4th, 2024

Cost: \$85

Depart WH: 7:00 AM, Return WH: 8:00 PM

Mystery Bus Trip

Bagged Lunch Included

Tuesday, May 14th, 2024

Cost: \$85

Depart WH: 8:00 AM, Return WH: 5:00 PM

What you need to know:

- Lunch at a restaurant is included in this price.
 - There is not a lot of walking.
 - It is a trip close to home!

Choptank Riverboat Crab Cruise

Bagged Lunch Included

Wednesday, July 17th, 2024

Cost: \$130

Depart WH: 7:30 AM, Return WH: 8:00 PM

Includes: Bus fare, crab feast, cruise & all taxes and gratuity.

Bring cash if you plan to consume alcohol. Cash bar only.



Penn's Peak:

Carpenters Tribute

Bagged Lunch Included

Tuesday, October 22nd, 2024

Cost: \$100

Depart WH: 7:15 am, Return WH: 7:30 pm

If you are interested in attending one or multiple bus trips, please see the table in the front office for the payment envelopes and the turn in bin. Bus trip policy manuals can be found in the office by the bus trip payment turn-in bin.

Volunteers Needed!

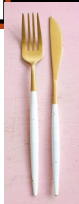
Windy Hill is currently seeking volunteers to help with giving tours of the center, assist with checking members in on Copilot, help in the kitchen, help make check-in phone calls to members, and more. Sign up to become a volunteer in the office.

Join Us for Lunch!

Lunch is served Monday through Friday at noon in our dining room. All members are encouraged to take advantage of our lunch program. **Windy Hill's only funding received from the county is based on the number of members who eat meals each day.**

Grab & Go Meals to take home are available in the office **Monday through Friday from 11:30 am—noon.** Those who wish to participate in our lunch program must **preregister by using Copilot or by leaving a message on extension 105** with your name, the dates you would like to join us for lunch and if you'd like grab & go or dine-in. Registration is required no later than 7 am the day before you plan to join us.

There is **no charge** for lunch here at Windy Hill, but donations are appreciated and encouraged. *Our lunch program is an important part of what makes Windy Hill such a special place. **Please consider your part in donating today!***



Join Us for Breakfast!

Breakfast in the Café is now available **Monday & Wednesday** mornings from **8:30 to 9:30 am.** Currently, we are offering egg sandwiches with bacon, cheese or sausage for \$2 and fruit & yogurt parfaits for \$2. **Sign up is located on the clipboard on the table in the Café.**

Coffee Bar

**Mondays - Fridays
from 8:30 am - 11 am**

Coffee, hot tea, and hot chocolate are available for purchase during our coffee bar hours. **The cost is 50 cents per 12 oz. cup. Please place your payment by the register.**



Prayer List

Barry Anderson
John Basta
Audrey Bierley
Delores Brillhart
Maureen Butterworth
Phillip Carlise
Rick & Alma Dibble
Hilda Grothey
Loretta Hamme
Pat Hoff

Anne Jones
Terry Miller
Shirley Mitzel
Ella Murphy
Holly Senft
Shirley Sheaffer
Brenda Shaffer
George Turner
Shirley Wildasin

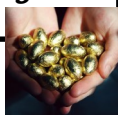


If there is a member you'd like added to the prayer list, please contact Nancy.

Lucky Lunch

Monday—Friday at 12:15 pm

All active members within the past year are in the drawing to win, but **only those who pay 50 cents and join us for lunch (Regular or Grab & Go) will be eligible to win!** Sign up in the dining room at the back table.



Welcome New Members!

Rudolph Aukschun	Dennis Hoke	Gloria Sanok
Patricia Bentzel	Kevin Lain	Sally Shoemaker
Louann Boyer	Denise Markle	Steven Shoemaker
Peggy Diffenderfer	Rodney Markle	Patricia Simpson
Michael Dubbs	Thomas Marshall	Vickie Storm
Caroline Duncan	Herlinda Martinez	David White
Henry Duncan	Victoria Masek	Peggy Wilkinson
Dora Esbenschade	Anita Meyers	Elaine Wilson
Wayne Esbenschade	Martha Miller	Samuel Yohe
Charles Ford	Bryan Monroe	Sue Yohe
Cheryl Frey	Penny Monroe	Dave Yutzy
Steven George	Frances Nace	Jennifer Yutzy
Marianne Harbold	Ralph Nace	James Zartman
Joanne Harner	Anthony Neiderer	Sara Zartman
Joan Helm	Allen Onelius	
Thelma Hershey	Cheryl Onelius	
Angela Hoke	Linda Pearson	

Wish List

- Tissues*
- Toilet Paper**
- Paper Towels
- 13-Gallon Garbage Bags*
- Bottled water*
- Sticks of butter (salted)*
- Heavy Duty dinner plates*
- Bottles of Maple Syrup*
- Heavy Duty dessert size plates (6-8 inch)*
- Salad Dressings (1,000 Island, Bleu Cheese, Honey Mustard, etc.)*
- Coca Cola, Diet Coke, Pepsi, Diet Pepsi, Sprite, Orange, Root Beer cans*
- Snacks & Chocolate for vending machines*
- Postage Stamps*
- Hand Soaps
- Printer paper
- Sandwich-sized Ziplock bags*
- Plastic Easter eggs for community service project
- Candy to fill Easter eggs.



***Denotes items of greater need.**



March Birthdays



1st - Franklin Altland Keith Fishel Kervin Hoover Debra Kapp Marlin Miller Barbara Vain Wayne Winemiller	8th - Lowell Hanna Donna Reaver Charles Rinehart	16th - Barry Miller Patricia Simpson Margaret Turner	24th - Dennis Myers David Nobers Sharon Panell Cindy Sheffer
2nd - John Anschuetz Larry Kress James Mummert Allen Onelius Doris Updegraff	9th - Alice Bortner Lloyd "Ed" Bubbs Jr Barbara Crawford Susan Dickensheets Betty Sterenberg	17th - Patricia Harron Katie Reiss David Yohe	25th - Regina Williams Linda Zumbrum
3rd - Donald Arnold Richard Arnold Ethel Donner John Villarose, IV	10th - Marsha Diehl-Poff Arthur "Otts" Dwyer Connie Wolfe	18th - John Hall Cathy Morcomb Diana Rohrbaugh Ronald Sollenberger	26th - Jan Cramer Corrine Mayhorne Charlotte Nace Elaine Ruhl William Thorro
4th - Wendy Diviney Richard Krout Sharon Madenfort Charles Ness Susan Rowland	11th - Diana Fitzkee Judith McWilliams	19th - Susan Berwager John Hoover	27th - Louise Slade
5th - Raymond Emig Ned Ensminger Lenora Haney Mary Sauble Thomas Uffelman II	12th - Geneva Epley Connie Fackler Deborah Glatfelter Jo Ann Henry Jolene McDonald Michael Williams	20th - Cecelia Helwig Donna Lynch Ruth Myers Norman Platt Sandra Smith Kay Stock	28th - Eugene Goodling Suzanne Seeger
6th - Virginia Adams Gene Cypriach Kim Leber Mary Muenz Allen Smeltzer	13th - Brinda Blevins Shirley Hartnett Richard Newcomer James Pittman Kevin Shenk Bonita Smith Carol Sollenberger	21st - Kay Dubbs Cathy Myers Catharine Neiderer Barbara Schumacher	29th - Kenneth Duncan Donna Knaub Anna Kraft Denise Smith
7th - Pat Henry Joan Orndorff Sally Shoemaker Thomas Yingling	14th - William Aversa Launa Bender Richard Kipple Michael Sloan	22nd - Grace Angotti Catherine Arians Richard Graybill Thelma Russell Steven Sterner	30th - Tena Albin Carol Bechtel Monroe Busch Willis Emory Connie Harvey Lillian Hicks Francis Sanders Larry Shearer Freda Stump Tammy Wetzel
	15th - Gordon Sauble Pauline Senft Kathy Sloan Virginia Soule	23rd - Barbara Ball Francis Eyler Bonita Grant Vonnie Mahon Sandra Storm	31st - Debra Auburger Joanne Garner Gale Marsiglia Vicki Miller
	16th - Jane Funt	24th - Margaret Hilbert Stan Kessler Juliann Langeheine	

If we missed your birthday or anniversary, please contact the office!



Happy Anniversary to...

Frederick & Terry Bollinger

March 2, 1974

Kim & Lance Leber

March 5, 1977

Ralph & Fran Nace

March 8, 1969

Thomas & Karen Yingling

March 10, 1984

Bill & Sandy Harris

March 12, 1966

Tony & Kimberly Soistman

March 13th

James & Joan Messinger

March 14, 1964

George & Margaret Turner

March 14, 1953

Larry & Diana Fitzkee

March 16, 1975

Jim & Darlene Pittman

March 16, 1957

Dennis & Sharon Myers

March 17, 1973

Gloria & Mearl Gross

March 20, 1957

Paul & Sydney Nell

March 20, 1999

John & Theresa Sprenkle

March 20, 1976

Samuel & Donna Marquet

March 21st

Michael & Gail Stambaugh

March 22, 1975

Scott & Connie Boeckel

March 24, 1979

Richard & Cynthia Newcomer

March 24, 1973

Ed & Isabel Darragh

March 25, 1995

William & Donna Dubs

March 28, 1972










Paul & Darlene Webb

March 28, 1964

Jim & Joanne Garner

March 30, 2013



MON	TUE	WED	THU	FRI
<p><u>Daily</u></p> <p>8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room 8:30-2:30...Billiards Room 11:30 - Grab & Go Lunch 12 - Congregate Lunch</p>	<p>Mon / Wed - Open Gym - 60+ Basketball 8:30-10 Mon. & Fri. Beg. Pickleball 1-2:30 pm Tues/Wed/Thurs. Int. Pickleball 1 pm ***</p> <p>GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am</p>			<p>1</p> <p>8:45...Chair Yoga (\$) 9...Quarter Bingo (\$) 9:45...Walking Club 10...Tap Dancing (\$) 10:15...Drumming Exercise 11...Show Me Your Muscles</p> 
<p>4</p> <p>8:30...Breakfast in the Café (\$) 9...T'ai Chi Chih (\$) 9...Chair Yoga (\$) 9:45...Walking Club 10... Wii Bowling 11...Chair Exercise</p>	<p>5</p> <p>8 & 9...Silver Sneakers Class (\$) 9...Game Time w/ Students 10...Pinochle 10... Now You Have It... 10...Beginners Line Dance (\$) 11...Line Dancing (\$) 11...Chair Volleyball</p>	<p>6</p> <p>8:30...Breakfast in the Café (\$) 9... Book Folding (\$) 9...Chair Yoga (\$) 9...iPad Class 9:45...Walking Club 10...8 Ball Billiard 10...Bible Study Discussion 11...Chair Exercise 12:30.. Chair Volleyball</p>	<p>7</p> <p>8 & 9...Silver Sneakers Class (\$) 8:30...AARP Income Tax Prep 9:30-11:30...Quilts for Kids 10... Virtual Reality 10...500 Bid Card Game 11...Chair Volleyball 12:30...Yarn Workers 1:15... Yoga (\$)</p>	<p>8</p> <p>8:45...Chair Yoga (\$) 9...Quarter Bingo (\$) 9... Parkinson's Exercise 9:45...Walking Club 10...Tap Dancing (\$) 10:15...Drumming Exercise 11...Show Me Your Muscles</p> 
<p>11</p> <p>8:30...Breakfast in the Café (\$) 9...T'ai Chi Chih (\$) 9...Chair Yoga (\$) 9:15...Monday Bingo (\$) 9:45...Walking Club 11...Chair Exercise 1...Intro to Diabetes Prevention 5...Quilts For Kids</p> 	<p>12</p> <p>8 & 9...Silver Sneakers Class (\$) 10...Pinochle 10... RE/MAX Presentation & Bingo 10...Beginners Line Dance (\$) 11...Line Dancing (\$) 11...Chair Volleyball</p>	<p>13</p> <p>8:30...Breakfast in the Café (\$) 9...Well-checks 9...PA MEDI (appt only) 9...Chair Yoga (\$) 9...iPad Class 9:45...Walking Club 10...Bible Study 11...Chair Exercise 12:30... Chair Volleyball 1... Memory Café Easter Eggs</p>	<p>14</p> <p>8 & 9...Silver Sneakers Class (\$) 8:30...AARP Income Tax Prep 10...Book Club 10...500 Bid Card Game 10:30...St. Patrick's Day Party fea. Clann Redmond 11...Chair Volleyball 1:15...Yoga (\$)</p> 	<p>15</p> <p>8:45...Chair Yoga (\$) 9...Quarter Bingo (\$) 9:45...Walking Club 10...Tap Dancing (\$) 10:15...Drumming Exercise 11...Show Me Your Muscles</p> 
<p>18</p> <p>8:30...Breakfast in the Café (\$) 9...T'ai Chi Chih (\$) 9...Chair Yoga (\$) 9:45...Walking Club 10...Coffee & Discussion 11...Chair Exercise 5...Quilts for Kids</p>	<p>19</p> <p>8 & 9...Silver Sneakers Class (\$) 10...Pinochle 10...Word Link 10... Grief & Loss Support 10...Beginners Line Dance (\$) 11...Line Dancing (\$) 11...Chair Volleyball</p>	<p>20</p> <p>8:30...Breakfast in the Café (\$) 9...Chair Yoga (\$) 9... iPad Class 9:45...Walking Club 10...Paint w/ Pat (\$) 11...Chair Exercise 12:30... Chair Volleyball</p> 	<p>21</p> <p>8 & 9...Silver Sneakers Class (\$) 8:30...AARP Income Tax Prep 10...Birthday/Anniversary Party fea. Leo Reaver 11...Chair Volleyball 12:30...Yarn Workers 1:15... Yoga (\$)</p> 	<p>22</p> <p>8:30...Blood Pressure Checks 8:45...Chair Yoga (\$) 9...Quarter Bingo (\$) 9... Parkinson's Exercise 9:45...Walking Club 10...Tap Dancing (\$) 10:15...Drumming Exercise 11...Show Me Your Muscles</p> 
<p>25</p> <p>8:30...Breakfast in the Café (\$) 9...T'ai Chi Chih (\$) 9...Chair Yoga (\$) 9...PA Medi (appt only) 9:45...Walking Club 10...Washington DC Video Tour 11...Chair Exercise</p>	<p>26</p> <p>8 & 9...Silver Sneakers Class (\$) 10...Pinochle 10... Boggle 10...Beginners Line Dance (\$) 11...Line Dancing (\$) 11...Chair Volleyball 12:30...Become a Dementia Friend!</p>	<p>27</p> <p>8:30...Breakfast in the Café (\$) 8:30-12...Chair Massage (\$ appt) 9...Chair Yoga (\$) 9... iPad Class 9:30... Watercolor w/ Katie (\$) 9:45...Walking Club 11...Chair Exercise 12:30... Chair Volleyball</p>	<p>28 <i>Wellness Fair</i></p> <p>8:30-noon...Meet the Vendors 9-10...Free Gift Card Bingo 10:30...UPMC Presentation 1-2...Entertainment fea. The LeBlancs 1:15...Yoga (\$) 2...Door Prize & 50/50 Drawings</p>	<p>29 <i>Center Closed</i></p> 

*Activities may change if conditions warrant.



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

Lunch Served: Mon—Fri
Grab & Go Takeout - 11:30—noon
Congregate eat-in - Noon

March 2024



MON

TUE

WED

THU

FRI

All members are eligible to sign up! Must preregister by 7 am the day prior to coming into the center. Sign up on Copilot ("Grab & Go" to get a takeout meal or "Regular Lunch" for congregat meal) or by leaving a message on the machine at 717.225.0733 ext 105.

4
1/2 c Pot Roast w/ Gravy
1/2 c Parsley Potatoes
1/2 c Coin Carrots
1 Italian Bread
1/2 c Peach Crisp

5
Chicken Marsala w/
2 oz Mushroom Sauce
1/2 c Blended Rice
1/2 c Green Beans
1 Breadstick
1/2 c Applesauce

6
Pasta & Meatballs (4)
1/2 c Pasta w/ Marinara
1 c Tossed Salad w/ Tomato
1 Garlic Breadstick
1/2 c Mixed Fruit Salad

7
Pepper Steak
w/ Onions & Peppers
1/2 c Whipped Potatoes
1/2 c Diced Carrots
1 Wheat Bread
1/2 c Blushed Pears

8
Creamy Egg Salad Sandwich
w/ Lettuce & Tomato
1 c Tomato Soup w/ Crackers
2 Whole Wheat Bread
1/2 c Cinnamon Applesauce

11
BBQ Pulled Pork
1/2 c Creamy Coleslaw
1/2 c Green Beans
1 Sandwich Roll
Seasonal Fresh Fruit

12
Cheeseburger Stroganoff
1/2 c Green Beans
1 Breadstick
Fresh Fruit

13
Chicken Cobb Salad
3 oz Diced Chicken, Egg,
Bacon Bits, Cheddar, over
1 c. Mixed Greens
1/2 c Diced Beets
1 Dinner Roll
1/2 c Pudding

14 St. Patrick's Day Party
1 c. Winter Beef Stew
1/2 c Mixed Veggies
Cornbread
1/2 c Apple Crisp



15
Vegetable Lasagna
Topped w/ Cream Sauce
1 c Tossed Salad w/ Dressing
1 Garlic Bread
1/2 c Fruit Cocktail

18
Honey Rosemary Chicken
1/2 c Diced Potatoes
1/2 c Green Beans
1 White Bread
1/2 c Peaches

19
1 c Pizza Casserole
1 c Tossed Salad
1/2 c Coin Carrots
1 White Bread
1/2 c Pudding

20
Baked Meatloaf w/ Gravy
Baked Potato w/ Margarine
1/2 c Peas
1 White Bread
Seasonal Fresh Fruit

21 Party Day!
Open-Faced Turkey
Sandwich w/ Gravy
1/2 c Whipped Potatoes w/
Chives
1/2 c Corn
1 White Bread
1 Cookie



22
1/2 c Tuna Salad
w/ Lettuce & Tomato
1 c. Cream of Potato Soup
2 White Bread
Fresh Orange

25
BBQ Chicken Breast
1/2 c Sweet Potatoes
1/2 c Green Beans
1 Dinner Roll
Seasonal Fresh Fruit

26
Grilled Chicken Salad
2 oz Chicken, 1 oz Cheddar,
over 1 c. Mixed Greens w/
Tomato
1 c Vegetable Soup
1 Dinner Roll
1/2 c Gelatin

27
Swedish Meatballs (4)
1/2 c Rice
1/2 c Mixed Veggies
1 Wheat Bread
1/2 c Pears

28 Wellness Fair!
Sliced Turkey
Lettuce & Tomato
Potato Salad
2 Whole Wheat Bread
Fresh Fruit
Brownie
Lemonade
Reserve by: 3/20

29 Center Closed

Good Friday!

Served Daily: Milk and Margarine. *Menu Subject to Change.

Socialization Opportunities

We kindly request that all participants refrain from wearing heavy fragrances. We strive to create the most inclusive, accommodating environment for everyone involved. We appreciate your understanding!

Bible Study Discussion

Wednesday, March 6th & 13th at 10 am

Pastor Josh Trojak leads this group's discussion. Members of all denominations are welcome to attend. This group typically meets 1st & 2nd Wednesday of each month at 10 am.

Coffee & Discussion

Monday, March 18th at 10 am

Join us for our monthly **Coffee & Discussion group**. This will be a time to socialize with staff and members to learn more about the behind-the-scenes of our organization. This is a wonderful way to stay connected to the mission and vision of Windy Hill. **Please note:** the date for this month's meeting had to change due to staffing availability to run the meeting.

Grief & Loss Support Group

Tuesday, March 19th at 10 am

On the third Tuesday of each month, Jamie, a social worker from VNA of Hanover & Spring Grove, facilitates this group at Windy Hill. This is a confidential, safe space for those of us who experience grief from loss.



Bingo

Monday Bingo

Monday, March 11th at 9:15 am

Quarter Bingo

Fridays starting at 9:00 am

\$10 for a pack of 40 games

(3 cards per game)

Cash payout - 41st game jackpot prize!

March Birthday & Anniversary Party

Thursday, March 21st from 10 am - 12 pm,

featuring entertainment by **Leo Reaver**.

Enjoy cupcakes courtesy of Country Meadows.

RSVP to attend on Copilot by registering for "Birthday/Anniversary" & sign up for a "Regular Lunch" if you're interested in lunch that day. Lunch will be an Open-Faced Turkey Sandwich.

Come celebrate with us!

Card Playing In the Cafe



Pinochle—Tuesdays at 10 am

500 Bid card game—Thursdays at 10 am & 12:30 pm

Games: Tuesdays at 10 am

In the Cafeteria

Now You Have It... - 03/05

Word Link - 03/19

Boggle - 03/26

8-Ball Billiards, In the Billiards Room

Wednesdays at 10 am

Game Time with Students!

Tuesday, March 5th at 9 am

Join us for our last session with **Spring Grove Area School District sixth graders** until May!

Book Club: Homegoing

By Yaa Gyasi

Thursday, March 14th at 10:00 am

Homegoing is a novel that explains slavery's troubled legacy both from those who were taken and who stayed. The novel follows the parallel paths of sisters and their descendants through eight generations.

Come on out to discuss this book with your Windy Hill Friends.



Community Service Project

Wednesday, March 13th at 1:00 pm

The Memory Café group will be putting together plastic Easter eggs for the Spring Grove Regional Parks and Recreation Easter egg hunts. The group is looking for donations of plastic Easter eggs and snack-sized candies to put into the eggs.

Memory Café meets monthly on the second Wednesday at 1 pm. Memory Cafes offer people with dementia and their care partners the opportunity to enjoy regular, enjoyable social interaction with others in similar circumstances in a safe, welcoming environment.

Become a Dementia Friend

Tuesday, March 26th at 12:30 pm

Join Windy Hill staff as we receive training to become a dementia-friendly center. We encourage all to attend this training to promote understanding and support for those living with dementia. This program will be instructed by Tammy Miller.

Inclement Weather Policy:

In the event of inclement weather, Windy Hill will make a decision by 5:30 am the morning of as to whether or not the center will be open. If the decision is made to close, a message will be located on our phone greeting, WGAL, our website & our Facebook page.



Fitness & Wellness

Mondays

8:30 - 10 am - Open Gym Basketball—Free
9 am - T'ai Chi Chih** - *\$5/\$2
9 am - Chair Yoga - *\$2/Free
9:45 am - Walking Club - Free
11 am - Chair Exercise** - Free
1 pm - Beginner Pickleball - Free

Tuesdays

8 am - Boom Muscle—*\$2/Free
9 am - Silver Sneakers** *\$2/free
10 am - Beginner Line Dancing - \$2
11 am - Line Dancing - \$2
11 am - Chair Volleyball - Free
1 pm - Intermediate Pickleball - Free



Wednesdays

8:30 - 10 am - Open Gym Basketball - Free
9 am - Chair Yoga - *\$2/Free
9:45 am - Walking Club - Free
10 am - 8-Ball Billiards - Free
10. am - Putting Practice - Free
11 am - Chair Exercise** - Free
12:30 pm - Chair Volleyball** Free **NEW!**
1 pm - Intermediate Pickleball - Free



Thursdays

8 am - Boom Muscle - *\$2/Free
9 am - Silver Sneakers**- *\$2/Free
11 am - Chair Volleyball - Free
1 pm - Intermediate Pickleball - Free
1:15 pm - Yoga - \$5/\$2 **NEW!**



Fridays

8:45 am - Chair Yoga - \$2/Free **NEW!**
9 am - Parkinson's Exercise -*\$2/Free
9:45 am - Walking Club - Free
10 am - Tap Dance Class - \$5
10:15 am - Drumming Exercise - Free
11 am - Show Me Your Muscles - Free
1 pm - Beginner Pickleball - Free



Fitness Room & Billiards Room

Every day from 8:30 am—2:30 pm

Our Fitness Room features ellipticals, treadmills, weights, stationary bike, etc. It is free to use. The Billiards Room features two pool tables to use during our hours of operation.

***Cost without Silver Sneakers /Renew or One Pass Insurance/Cost with Silver Sneakers Insurance**

****Offered on Zoom/Facebook Live**

Well-Checks

Wednesday, March 13th at 9 am to 11 am

Family First Health staff will be here to perform health checks. This is available by walk-in.

Friday, March 22nd at 8:30 am

Jill Kaylor from Visiting Angels will conduct blood pressure checks.



Wii Bowling

Monday, March 4th at 10 am

By popular request, we will be having Wii Bowling! You can either stand or sit in a chair to play. Join us for a friendly games of bowling.

Country Meadows Programs

Parkinson's Exercise

Vickie from Country Meadows will be here **Fridays, March 8th & 22nd** at 9 am. Please signup in CoPilot if you are interested.

Virtual Reality

Thursday, March 7th at 10 am

This is a FREE program where you can explore using Rendevar virtual reality! You can experience anywhere in the world during this program.

Diabetes Prevention

Monday, March 11th at 1 pm

Ann with the YMCA will be here to do an introductory presentation on ways to prevent type 2 Diabetes.

Come out to learn more about an exciting, life-changing program that will be offered at Windy Hill in the near future. This program is intended for people who are diagnosed as pre-diabetic.

Sign up in Copilot for "Speaker."

Gentle Hatha Yoga

Thursdays at 1:15 pm

We're happy to once again offer yoga on Thursdays. This class is instructed by Cindy from Your Yoga.

Chair Massages by Randy!

Wednesday, March 27th, starting at 8:30

\$10 for 15 mins, Appts required; last appt ends at 12:00 pm.

Please limit yourself to only one appointment time, to allow everyone to have an opportunity to de-stress. **Sign up using the link in the eNews.**



Fitness Participants: Please make sure you are tapping the activities you're here to participate in and the insurance benefit you have: SilverSneakers, Renew Active, or Silver & Fit (if you have one).

Lifelong Learning

Paint with Pat

Wednesday, March 20th at 10:00 am

Join Pat and friends to paint a beautiful portrait of Willow the Barn Owl that visited Windy Hill in January! The class is **available by donation** and limited to 20 people max.

Please preregister on Copilot for "ARTS" to secure your spot in the class. All materials needed are supplied.



Resources

Free Transportation

Did you know free, door-to-door transportation is **available for people ages 65+ through RabbitTransit?** Save gas money and ride the Rabbit. Call Windy Hill to get more details about this service.

Yellow Dot Program

The yellow dot alerts responders to check your glovebox in case of a car accident for important medical & health information. **Stop in the office to get your pamphlet.**

Property Tax/Rent Rebates

1st Tuesday of the month from 9 - 9:45 & Thursdays during tax season

Schedule an appointment with a representative from Rep. Seth Grove's office for assistance with filling out the application for property tax or rent rebates.

Appointments are required.
Call 717-767-3947 to schedule.

Copilot from Home

Did you know you can preregister for lunches and activities on Copilot from home? Visit **community.copilot21.com**, enter your email address and use your Copilot ID as the password.

This will only work if we have your email address on file. If you do not have your email address on file, please see a WH staff member to have them enter this information so you can access this from home.

If you have a topic or interest you'd like to present or instruct, please let Jenna know.

We'd love to have our members share what they're passionate about.

Quilts for Kids

Thursday, March 7th - 9:30 am-11:30 am & Mondays, March 11th & 18th from 5-7 pm

Join this opportunity to design and sew quilts for children who are admitted to local hospitals.

No experience is necessary; all are welcome!

To Move or Not to Move

Tuesday, March 12th at 10 am

Ginny from RE/MAX will discuss reasons to stay in your home, circumstances for moving, and potential places to move.

Along with the presentation, she will also be having some games of bingo to play with prizes! Sign up for "Speaker" in Copilot.



Yarn Workers Club

Thursdays, March 7th & 21st at 12:30 pm

Bring whatever you're working on along, socialize with others & participate in community service opportunities as well.

The Great Tours: Washington DC

Monday, March 25th at 10 am

Join us for informational videos about Washington DC before the bus trip in April! Learn about the "How Washington DC Came to Be", "Veterans Memorials on the Mall", and more. Sign up on Copilot for "Lifelong Learning".

Watercolor with Katie

Wednesday, March 27th at 9:00 am

Participants will be creating a beautiful Easter bunny painting. This class is \$10. Please bring materials including: watercolor paint, paper, brushes, and a pencil. No experience is necessary to participate in this class!



Sign up in Copilot for "Watercolor."

Eyeglasses Donations

Windy Hill is a drop-off location for Spring Grove Lions Club's Recycle for Sight program. The box is located in the reception area beside the Copilot kiosk.



March Newsletter Sponsor:

Sponsored by: **Donna Adams**

We need newsletter sponsors each month. Help us to offset the cost of printing our newsletter. The cost is \$25 each month that you choose to dedicate or honor anyone or any occasion that you wish. Contact Nancy for more info.



Mission: The mission of Windy Hill on the Campus is to create a diverse and supportive community dedicated to lifelong learning, social interaction, and the well-being of its members.

Vision: To be a vibrant, inclusive, sanctuary that supports our members' independence and living their best life.

Our Core Values:

Socialization
Healthy Lifestyle
Intergenerational Programming
Lifelong Learning
Dignity
Independence
Diversity

Glatco Credit Union Mini-Branch

Hours at Windy Hill
Thursdays from
9:30 am - 11:30 am



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