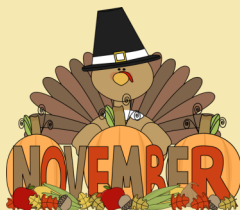




ON TOP OF

# Windy Hill

November 2021



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/windyhillote



Center Office  
Hours

Monday - Friday  
8:30 am - 2:30 pm

**The Center will be closed on Thursday, November 11th in observance of Veterans Day & November 25th—26th for the Thanksgiving holiday.**

Please note: Newsletters are completed by the 15<sup>th</sup> of the month prior to the month it's published. There is a lag time of 1 month before names will appear in our acknowledgement list. For instance, donations in January will be listed in March's newsletter, donations in February will be listed in April, etc. Thank you for understanding.

## Message from the Director

November, 2021

*"Reflect upon your present blessings—of which every man has many—not on your past misfortunes, of which all men have some."*

—Charles Dickens



It's that time of the year to sit back, reflect and be grateful! These are just a few things that we are thankful and grateful for at Windy Hill:

- ♦ We are thankful to see many of our members return and to see so many new faces who have joined us over the past 18 months.
- ♦ We are grateful to hear the laughter and see the smiles as members participate in all of the fun activities.
- ♦ We are thankful for all of our many volunteers who help with our café/coffee bar, our front desk, our apple dumpling fundraiser, our Home Delivered Meal program and our dependable volunteers who are always available to do some of the more "heavy lifting" around the facility. Also, we are grateful for our dedicated board and committee members who are willing to do a Zoom meeting at a moment's notice.
- ♦ We are thankful for our committed donors who provided, much needed, donations during COVID and continue to support the center with their gifts.
- ♦ We are thankful for the wonderful, dedicated staff, who work so hard to carry-out our mission and to make Windy Hill the best senior center.

**What are you thankful and grateful for?**

***We wish everyone a very Happy and Thankful Thanksgiving!***

See you at the Center!

Tammy



Windy Hill Staff recognizes and honors our 250+ members who served in the United States Armed Forces.

***Thank you for your service!***

**Note:** Please update your emergency contact information with Nancy. Using your spouse as your contact in an emergency does no one any good when your spouse is here with you at the center or on a trip.

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

### Monetary Donations

Don & Joann Arnold  
Bailey Family of Companies  
Maryann Beaver  
Bob & Maryann Brenneman  
Patricia Broadhurst-Stone  
Cindy Christensen  
Christopher Daniels  
Liz Daniels  
Richard Hartsough  
Jo Ann Kirkwood  
Jane Matott  
Kimberly McNamara  
Robert McWilliams  
Doris Meckley & Charles Ward  
Paul Miller II  
Katherine Moubrey  
Cathy & Gerald Myers  
John & Phyllis Nace  
Carl & Karen Norris  
Byron & Pat Pomraning



Barbara Redding  
Gen Reed  
Deb Rentschler  
Joan Rohrbaugh  
Edward Ross  
Greg & Mary Jo Runk  
Thelma Russell  
James Senft  
Nancy Smith  
Bob & Jan Szczechowiak  
Twila Wege  
Chester Wolf  
Vicki Wynegar

### Item Donations

Michael Baron  
Bob & Maryann Brenneman  
Patricia Broadhurst-Stone  
Dave & Christina Brown  
Pat Callahan  
Kelly & Betsy Garrett

Linda Krebs  
Jane Matott  
Dan & Brenda Miller  
Betty Mitchell  
Katherine Moubrey  
Wayne & Joanna Overmiller  
Byron & Pat Pomraning  
Joan Shearer  
Linda Six  
Daniel & Vera Slagle  
Lu Ann Stambaugh  
Cathleen Wagaman  
Nancy Wagner  
Country Meadows  
Rotary International of Hanover  
Seven Valleys Borough

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

### **Prayer List**

Edith Brenneman  
Dolores Brillhart  
Philip Carlise  
Mary Coulson  
Rick & Alma Dibble  
Lucy Glatfelter  
Hilda Grothey  
Dee Heiner  
Pat Hoff  
Doris Meckley

Don Mitzel  
Shirley Mitzel  
Cathy Myers  
Gary Rohrbaugh  
Dolores Senft  
James Senft  
Brenda Shaffer  
Larry Sheridan  
Richard Stewart  
George Turner

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



### **Bible Study**

**Tuesday, November 23  
10 am**

Pastor Alison from St. Paul Evangelical Lutheran Church will be onsite to lead a bible study. All members are welcome to join.

Membership to Windy Hill is **FREE** and open to active, independent Spring Grove area community members aged 60+. Visit our website for more information: [windyhillonthecampus.org](http://windyhillonthecampus.org) stop in for a tour, or call

**717-225-0733 ext. 0** to speak with Nancy. We look forward to meeting you!

### **Wish List**

**Coca Cola, Diet Coke, Pepsi, Diet Pepsi, Sprite, Orange, Root Beer cans**  
**Snack bags: chips, pretzels, tasty cakes, etc.**  
**Dinner-sized paper plates\***  
**Antibacterial Hand Soaps**  
**Postage Stamps\***  
**Tissues**  
**Quart and gallon-sized zip top bags**  
**Regular kitchen-size trash bags**  
**Bottled water\***  
**Printer paper**  
**Sticks of butter**  
**Salad dressings**  
**Disinfecting wipes**

*welcome*

*New Members*

Donna Becker  
Sandra Brenneman  
Judith Churchfield  
Cathy Dietrich  
Carolyn Everard  
Russell Flickinger  
Roselda Hastings  
Patricia Kammerer  
Deborah Kellenbenz  
Warren Kellenbenz

Juliann Langeheine  
Mary Muenz  
Carl Norris  
Andrew Seidel  
Claude Smith  
Tiny Stewart  
Ronald Swartz  
Kathryn Wilson  
Karen Yingling  
Thomas Yingling

## APPRISE is now Pennsylvania Medicare Education and Decision Insight, PA MEDI

*Same Program, Same Services for Pennsylvania's  
Medicare Beneficiaries, now with a New Name.*

PA MEDI offers FREE Medicare counseling to older Pennsylvanians. Volunteers are specially trained to answer your questions about Medicare, Medicaid, Medigap, prescription drugs, preventive care, and to assist you with your paperwork.

PA MEDI Counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choice about the Medicare options available to you.

Call the York County Area Agency on Aging at  
(717) 771-9008 or 1-800-632-9073.

The PA MEDI Helpline is also available at 1-800-783-7067 from 8 a.m. to 5 p.m. Monday-Friday.

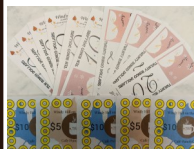
### Property Tax/Rent Rebates

**1st Tuesday of each month**

**9 am—9:45 am**

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. No walk-ins allowed. Call 717-767-3947 to schedule your appointment. Appointments will be held here at Windy Hill.

### Gift ideas for the Holidays!



With the holiday season around the corner we are making gift-giving for your Windy Hill friends easier. We are offering:

-Bingo Dollars—in denominations of \$10 & \$20, which can be used to purchase bingo games here at Windy Hill

-Café Punch Cards—in denominations of \$5 & \$10 to be used for coffee bar and breakfast purchases (does not include Leo's Breakfast)

### Windy Hill Received Rotary Grant

Windy Hill was the recipient of a grant from Rotary Club of Hanover & Rotary International to update kitchen equipment, including the purchase of a new commercial freezer & food carts. Thank you to Rotary for awarding Windy Hill the funds to make these purchases!

### Memory Café News

Our Memory Café is a "safe" environment for people living with dementia and their caregivers to socialize and get support.

#### Upcoming Dates:

**Thursday, November 4th—1 pm**

**Topic: Managing Stress/**

**Mindfulness ~ Lori Houck-Ruffner**

**Thursday, November 18th—10 am**

**Birthday/Anniversary Party**

*Contact Tammy for more information.*

## Windy Hill's Lunch Program

**Drive-thru Lunch Pickup will continue on Monday, Tuesday and Wednesday. The drive-thru time will remain from 11:30 am-12:30 pm.**

**Reservations for in-center dining at noon will be taken for Mondays, Tuesdays and Wednesdays. Sign up for "Regular Lunch" on Copilot to reserve your in-person space.**

**On Wednesdays, members will continue to receive frozen meals for Thursday and Friday.**

The cost for lunch is by donation for seniors 60 and older (*recommended donation is \$2.00*). Those 59 and younger pay \$3.75.

Windy Hill's funding from the York County Area Agency on Aging is solely based on the members who join us for lunch each day. Please consider signing up for lunch so that we can be compensated by the Agency on Aging and, thus, support

the daily operation of Windy Hill on the Campus.

Please be advised that lunch reservations **must** be made no later than **2 days before** you desire to eat lunch.

Also, please remember to cancel your lunch as soon as you realize that you are unable to attend so we may use the meals for other members who may have been placed on a wait list. Thank you for your support!



# November Birthdays



|  |   |   |   |
|--|---|---|---|
| 1— Sandy Decker<br>Paul Mummert<br>Lyn Overmiller  | 10- Donald Crumble<br>Sandra Ruppert  | 19- Leonard Meckley<br>Donald Rodgers   | Tammy Tasker<br>Stanley Wakeling  |
| 2- Linda Bean<br>Glenn Myers   | 11- Susan Rankin<br>Barry Strausbaugh   | 20- Cynthia Elicker<br>Cecile Feters  | 28- Idaleen Bankert<br>Doris Gladfelter   |
| 3- Michael Forry<br>Deborah Henry<br>Susan Howes   | 12- Mary Doan<br>Karen Reaver<br>Richard Santel<br>Paul Webb                        | 21- Ellen Shultz<br>22- Michael Bouchard<br>Roslyn Chew<br>Catherine Clarton<br>William Knisley<br>Sara Rudolph | Steve Myers<br>28- Jo Ann Pauline<br>29- Audra Cothran<br>Judie Rider<br>Sandy Wagner<br>Joan Wolfe |
| 4- Jean Baker  | 14- Lillian Grove<br>Nancy Miller<br>William Myers<br>Robert Sullivan<br>Gary Toner | 23- Sharon Dougherty<br>24- Norman Adams<br>Bob Breneman<br>Roselda Hastings<br>Robert Hersh<br>James Senft     | 30- Christina Brown<br>Dean Rohrbaugh   |
| 5- Jeffrey Hertz<br>Brenda Linebaugh<br>Debra Nixon<br>Barbara Pauley                        | 15- Louise Bortner<br>Paula Knouse<br>Ralph Warner, Jr.<br>Arthur Welliver          | 25- Rodger Dubbs<br>26- Karen Miller<br>Randy Senft<br>Wayne Wagaman  |   |
| 6- Carole Lightner   | 16- Sandy Kreiner<br>Vicki Wynegar  | 27- Nancy Kulp<br>Leo Nolin<br>Gene Ruby<br>Phyllis Steiner   |   |
| 7- Cheryl Breault<br>Richard Dibble<br>Hope Herrington<br>Karen Magalski<br>Patricia Wilhide | 17- Richard Harmer<br>Joyce Keefauver<br>Jane Reinaman<br>Rosella Weaver            | 27- Rita Steinour   |   |
| 8- Christine Pownell<br>Merton Smith<br>Faye Winemiller                                      | 18- Steven Baumgardner<br>Joann Rohrbaugh   |   |   |
| 9- Amanda Forry<br>Theresa Klineyoung<br>Candace Kopp  | 18- Ruth Wagner   |   |   |
| 9- Phyllis Spahr   |   |   |   |

## Happy Anniversary to...

Thomas & Elaine Phillips  
November 4, 1967  
William & Mona Callender  
November 7, 1964  
Randy & Rita Steinour  
November 8, 1986  
Kenneth & Barbara Kephart  
November 11, 1967  
Timothy & Jane Reinaman  
November 11, 1967  
Jerry & Mary Jane Overby  
November 12, 1996  
Gary & Linda Ronan  
November 14, 1959  
James & Linda Pentz  
November 17, 1995  
Thomas & Karen Seier  
November 18, 1967

Barry & Risa Anderson  
November 18, 2004  
George & Joyce McDermitt  
November 18, 1989  
Ronald & Sandra James  
November 19, 1966  
Albert & Mary Kufnagel  
November 20, 1971  
Andrew & Marian Luther  
November 21, 1981  
Ronald & Linda Swartz  
November 21, 1963  
Edward & Karen Magalski  
November 24, 1984  
John & Corinne Mayhorne  
November 24, 2020  
Gary & Carol Richardson  
November 26, 1965

## November's Birthday & Anniversary Party Thursday, November 18th 10 am—noon

Featuring  
entertainment by:  
**Leo DiSanto**  
Join us for dancing,  
food, socializing, and  
dessert!

RSVP to attend on  
Copilot by registering  
for "Party" & sign up for  
a "Bagged Lunch" if  
you're interested in  
lunch that day.

Joseph & Pat Isch  
November 28, 1986  
Daniel & Helen Ustinovich  
November 29th



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














MON

TUE

WED




THU

FRI

|   |  |   |  |   |
|---|--|---|--|---|
| <p><b>1</b></p> <p>9...T'ai Chi Chih<br/>9:15...Dime Bingo<br/>10...Walking Club<br/>11...Chair Exercise</p>   | <p><b>2</b> <i>Ice Cream after Lunch</i></p> <p>8 &amp; 9...Silver Sneakers Classic<br/>10...Bridge<br/>10...Aging &amp; Meds Presentation<br/>11...Line Dancing<br/>11...Chair Volleyball<br/>1...Pickleball<br/>1...Ballroom Dancing</p>  | <p><b>3</b></p> <p>8:30...SG EMS Well Checks<br/>9...Chair Yoga<br/>10...Poker<br/>10...Walking Club<br/>10...Dancing thru the Decades<br/>11...Chair Exercise</p>  | <p><b>4</b></p> <p>8 &amp; 9...Silver Sneakers Classic<br/>8:30-12...Chair Massage (apt req)<br/>9...Lucky Bingo<br/>10...Painting w/Pat<br/>11...Chair Exercise<br/>12:30...Yoga<br/>1...Pickleball<br/>1...Memory Café - RSVP</p>  | <p><b>5</b></p> <p>8:30...Shuffleboard<br/>9...Quarter Bingo<br/>9:30...Parkinson's Class<br/>10...Tap Dance Class<br/>10...Walking Club<br/>10:15...Boogie &amp; Boxing<br/>11...Chair Exercise</p>                                     |
| <p><b>8</b></p> <p>9...T'ai Chi Chih<br/>10...Walking Club<br/><b>10...Council Meeting w/Jerry Overby</b><br/>11...Chair Exercise<br/>5...Quilts for Kids</p>  | <p><b>9</b></p> <p>8 &amp; 9...Silver Sneakers Classic<br/>10...Bridge<br/>10...Family Feud<br/>11...Line Dancing<br/>11...Chair Volleyball<br/>1...Pickleball<br/>1...Ballroom Dancing</p>  | <p><b>10</b></p> <p>9...Chair Yoga<br/>10...Poker<br/>10...Walking Club<br/>10...Dancing thru the Decades<br/>11...Chair Exercise</p>   | <p><b>11</b> <i>Center Closed for</i></p>   | <p><b>12</b></p> <p>8:30...Shuffleboard<br/>9...Quarter Bingo<br/>9:30...Parkinson's Class<br/>10...Tap Dance Class<br/>10...Walking Club<br/>10:15...Boogie &amp; Boxing<br/>11...Chair Exercise</p>                                    |
| <p><b>15</b></p> <p>9...T'ai Chi Chih<br/>9:15...Dime Bingo<br/>10...Stamping w/Sue<br/>10...Walking Club<br/>11...Chair Exercise</p>                         | <p><b>16</b> <i>Thanksgiving Meal</i></p> <p>8 &amp; 9...Silver Sneakers Classic<br/>10...Bridge<br/>10...Pokeno<br/>11...Line Dancing<br/>11...Chair Volleyball<br/>1...Pickleball<br/>1...Ballroom Dancing</p>   | <p><b>17</b></p> <p>9...Chair Yoga<br/>10...Poker<br/>10...Walking Club<br/>10...Dancing thru the Decades<br/>11...Chair Exercise</p>   | <p><b>18</b></p> <p>8 &amp; 9...Silver Sneakers Classic<br/>10...Book Club<br/><b>10...Birthday/Anniversary Party</b><br/><b>fea. Leo DiSanto</b><br/>11...Chair Volleyball<br/>12:30...Yoga<br/>1...Pickleball</p>  | <p><b>19</b></p> <p>8:30...Blood Pressure Checks<br/>8:30...Shuffleboard<br/>9...Quarter Bingo<br/>9:30...Parkinson's Class<br/>10...Tap Dance Class<br/>10...Walking Club<br/>10:15...Boogie &amp; Boxing<br/>11...Chair Exercise</p>  |
| <p><b>22</b></p> <p>9...T'ai Chi Chih<br/>9:15...Dime Bingo<br/>10...Scrapping w/Bev<br/>10...Walking Club<br/>11...Chair Exercise</p>                       | <p><b>23</b></p> <p>8 &amp; 9...Silver Sneakers Classic<br/>10...Bridge<br/>10...Bible Study w/Pastor Allison<br/>11...Line Dancing<br/>11...Chair Volleyball<br/>1...Pickleball<br/>1...Ballroom Dancing</p>  | <p><b>24</b></p> <p>9...Chair Yoga<br/><b>10...Dessert Auction</b><br/>10...Poker<br/>10...Walking Club<br/>11...Chair Exercise</p>  | <p><b>25</b> <i>Center Closed for</i></p>   | <p><b>26</b> <i>Center Closed for</i></p>    |
| <p><b>29</b></p> <p>9...T'ai Chi Chih<br/>10...Health Presentation: Exercise &amp; Relaxation<br/>10...Walking Club<br/>11...Chair Exercise</p>   | <p><b>30</b></p> <p>8 &amp; 9...Silver Sneakers Classic<br/>10...Bridge<br/>10...Now You Have It...<br/>11...Line Dancing<br/>11...Chair Volleyball<br/>1...Pickleball<br/>1...Ballroom Dancing</p>  | <p><i>In the event of inclement weather (Mon – Wed) Windy Hill will make a decision by 5:30 am whether or not we will be providing drive-thru meals. Check Facebook or call in for the message.</i></p>                   | <p><u>Mon, Tues, Wed</u><br/>11:30 - Drive Thru Lunch<br/>12 - Congregate Lunch<br/><u>Everyday</u><br/>8:30-2:30 - Fitness Room<br/>8:30-10:00 - Coffee Bar<br/>8:30-2:30...Pool Room</p>   | <p><i>Mon / Wed - Open Gym - 60+ Basketball 8:30-10</i></p> <p><i>Thursdays - Breakfast in the Café 8:30-9:30</i></p>   |

\* Activities may change if conditions warrant.

## November 2021 Congregate Meal Menu

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| <b>1</b><br>Baked Meatloaf w/ Gravy<br>Baked Potato w/ Margarine<br>1/2 cup Green Beans<br>White Bread<br>1/2 cup Sliced Peaches          | <b>2</b><br>Pineapple Glazed Ham<br>1/2 cup Sweet Potatoes<br>1/2 cup Peas & Carrots<br>Wheat Bread<br>Fresh Fruit   | <b>3</b><br>Chicken Marsala w/ 2 oz Sauce<br>1/2 cup Rice Pilaf<br>1/2 cup Broccoli & Cauliflower<br>Wheat Bread<br>1/2 cup Mixed Fruit | <b>4</b>  | <b>5</b>   |
| <b>8</b><br>Chicken & Dumplings<br>1/2 cup Pepper Slaw<br>Whole Grain Buttermilk Biscuit<br>1/2 cup Applesauce                            | <b>9</b><br>BBQ Pork Ribette<br>1/2 cup Sweet Potato Bites<br>1/2 cup Green Beans<br>Wheat Bread<br>1/2 cup Pineapple Delight<br>Birthday Cake   | <b>10</b><br>Bacon Bleu Cheeseburger<br>w/ Bacon, Lettuce, Tomato<br>Potato Salad<br>Hamburger Roll<br>Fresh Fruit                      | <b>11</b><br>                                  | <b>12</b>  |
| <b>15</b><br>Swiss Steak<br>w/ 2 oz Onion Gravy<br>1/2 cup Ranch Potatoes<br>1/2 cup Diced Carrots<br>Wheat Bread                         | <b>16</b><br><u><b>Thanksgiving Special</b></u><br>Roast Turkey w/ Gravy<br>2 oz Stuffing<br>1/2 cup Whipped Potatoes<br>1/2 cup Mixed Vegetables<br>Dinner Roll<br>Pumpkin Pie w/ Whipped Topping | <b>17</b><br>1 cup Chili<br>1 oz Cheddar Cheese<br>1 cup Tossed Salad<br>Cornbread<br>1/2 cup Applesauce                                | <b>18</b><br>Birthday/Anniversary<br>Party<br> | <b>19</b>  |
| <b>22</b><br>Roasted Pork<br>w/ Dijon Mushroom Sauce<br>1/2 cup Vegetable Rice Pilaf<br>1/2 cup Green Beans<br>Wheat Bread<br>Fresh Fruit | <b>23</b><br>Chicken Brushetta<br>1/2 cup Pesto Pasta<br>1 cup Mixed Greens Salad w/ Dressing<br>1/2 cup Island Blend Veggies<br>Dinner Roll<br>Angel Food Cake w/ Berries                         | <b>24</b><br>Pot Roast with Gravy<br>1/2 cup Mashed Potatoes<br>1/2 cup Coin Carrots<br>Italian Bread<br>Cookie                         | <b>25</b><br>                                  | <b>26</b>  |
| <b>29</b><br>Hotdog<br>2 oz Sauerkraut<br>1/2 cup Cheesy Potatoes<br>Hotdog Roll<br>1/2 cup Sliced Apples                                 | <b>30</b><br>BBQ Chicken Thigh<br>1/2 cup Bowtie Pasta<br>1 cup Tossed Salad<br>Wheat Bread<br>Fresh Fruit   |   |   | *Menu Subject to<br>Change due to supply<br>shortages out of our<br>control. |

\*\*\* Served daily: Milk and Margarine

Sign up for meals on Copilot ([community.copilot21.com](http://community.copilot21.com)) or by calling in to Nancy. Meals are served Mondays - Wednesdays from 11:30 am - 12:30 pm in the drive-thru line by the loading dock on the side of the building. All members are eligible to sign up! Must preregister two days prior. We are now serving congregate meals inside for a limited number of members. Sign up on Copilot for "Regular Lunch" to reserve your spot inside.

### Stepping Out in Time: Dancing Thru the Decades

**Wednesdays at 10 am**, join Jef Savage and Nancy Walker of Danza Antiqua as we journey through 100 years of change from the 1880s-1970s. You'll learn about dance, music, art, food, fashion, economics, new inventions, famous personalities and social customs from each decade. You won't want to miss this exciting opportunity!

To attend, sign up on Copilot by choosing "ARTS".

### Dessert Auction

**Wednesday, November 24th  
10 am**

Calling all bakers...bake a dessert and bring it to Windy Hill on the morning of the 24th to be auctioned off during our Dessert Auction. Our very own, Leo Reaver, will be the auctioneer.

The auction is being held the day before Thanksgiving, so skip baking dessert and head on over to Windy Hill to purchase a dessert for the holidays!

### Stamping with Sue

**Monday, November 15th at 10 am**

This month the focus will be on Christmas cards! All materials will be provided for you. Make cards for loved ones or to donate back to Windy Hill.



### Scrapping with Bev

**Monday, November 22nd at 10 am**

Bring your photos and enthusiasm! Bev will help you to turn your memories into beautiful works of art. Supplies will be provided.

### Quilts for Kids

**Monday, November 8th**

The group will meet at **5 pm**. All members welcome to attend. Help make quilts for children in local hospitals. No experience necessary!



### November's Council Meeting

**Monday, November 8th at 10 am**

In-person only. All members are invited to attend. Be the first to know what's happening at the Center!

Entertainment to follow the meeting by:  
**Jerry Overby!**

### Paint with Pat

**Thursday, November 4th at 10 am**

Join Pat to paint a wooden Christmas wreath.

Cost is \$5 to participate. Sign up on Copilot for "Craft" to attend. This class is limited in size, so sign up soon!



### Thanksgiving Meal

Windy Hill will be serving our Thanksgiving meal with homemade stuffing balls on

**Tuesday, November 16th**, so make sure to sign up on Copilot to reserve your meal! Regular lunch is served in our cafeteria starting at noon, and the drive-thru option is packaged and ready for pick-up between 11:30 am and 12:30 pm.



### LIHEAP

#### Energy Assistance Program

York County Assistance Office is once again offering Low-Income Home Energy Assistance Program (LIHEAP) to help pay for heating bills. Income guidelines: 1-person: \$19,320/year; 2-person: \$26,130/year.

Apply online: [compass.state.pa.us](http://compass.state.pa.us) or ask at our front desk for a paper application.

### What Would You Do For a Klondike Bar?

**Wednesday, November 2nd**

**10 am**

Minnich's

Pharmacy will be onsite

presenting on things to remember about medications...and they will have ice cream with them!



Your Health  
Advocates.



### Fitness Insurance Updates:

Anyone whose Silver & Fit or Silver Sneakers\* program has changed or those who now have United Healthcare's ReNew Active please notify Nancy to provide your new ID number.

 **RenewActive**  
by UnitedHealthcare

### Pfizer Boosters

Windy Hill will be offering a COVID Booster Clinic soon. WellSpan Health will be onsite to administer the booster vaccines.

More information to follow!

### Fitness Room & Pool Room

Open Mondays through Fridays

8:30 am—2:30 pm

Free



### Chair Yoga

**Wednesdays at 9 am**

For all ability levels! \$2 per class/  
Free for SilverSneakers cardholders

## Fitness Classes & Activities:

### Mondays:

**8:30—10:00** Open Gym Basketball—**No games**

**9:00** T'ai Chi Chih with Jack W \*\$5/\$2

Zoom ID: **814 3316 9989** passcode **1472**

**9:30** Rock Steady Boxing—Zoom

ID: **327 891 3252** passcode: **4xuDHP**

**10:00** Walking Club

**11:00** Chair Exercise with Risa – Facebook

### Tuesdays:

**8 & 9** Silver Sneakers with Tracy Schuman \*\$2/free

Zoom ID#**821 3661 1618** passcode **1472**

**11:00** Chair Volleyball

**11:00** Line Dancing \$2

**1:00** Ballroom Dancing \$2

**1—2:30 pm** Pickleball

### Wednesdays:

**8:30 - 10** Open Gym Basketball - **No games**

**9:00** Chair Yoga \$2/free

**9:30** Rock Steady Boxing—Zoom

ID: **327 891 3252** passcode: **4xuDHP**

**10:00** Walking Club

**11:00** Chair Exercise with Risa— Facebook

### Thursdays:

**8 & 9** Silver Sneakers with Tracy S \*\$2/free

Zoom ID#**821 3661 1618** passcode **1472**

**11:00** Chair Volleyball

**12:30** Yoga 101 with Lori Houck-Ruffner \*\$5/\$2

Zoom ID#**827 1847 4772** passcode **1472**

**1—2:30 pm** Pickleball

### Fridays:

**8:30** Shuffleboard

**9:30** Parkinson's/Rock Steady Boxing Inhouse

ID#**327 891 3252** passcode **4xuDHP**

**10:00** Walking Club

**10:00** Tap Dance with Charlee \$5

**10:15** Boogie & Boxing

**11:00** Chair Exercise

**\*Cost without SilverSneakers/cost with SilverSneakers**

**\*\*If you have Silver Sneakers as part of your insurance, make sure to sign in for Silver Sneakers on Copilot if you're doing something active!**

### Exercise & Relaxation

**Monday, November 29th 10 am**

Join us for a health video presentation focused on exercise & relaxation.

Sign up on Copilot for "Health Speaker" to attend.



### Chair Massages!

**Thursday, November 4th**

Randy Walton will be onsite to perform chair massages from 8:30 am—noon. Cost is \$10 for a 15-minute massage or \$20 for a 30-minute massage.

Sign up using the link in the eNews.

### Blood Pressure Checks

**Wednesday, November 3rd—8:30 am** Spring Grove EMS

**Friday, November 19th —8:30 am** VNA of Spring Grove & Hanover



See Nancy at the front desk for more information and to sign up to attend a trip!



Sight & Sound Theatre: **Queen Esther**  
December 2nd  
Cost \$99  
A second bus was added!

Newly Added!!



Dutch Apple Dinner Theatre  
**Beehive the '60s Musical**  
Thursday, February 17th  
Matinee & Lunch: \$90

## Game Day Tuesday!

11/9—10 am—Family Feud  
11/30—10 am—Now you Have it

## Quarter Bingo -



**Fridays, starting at 9 am**  
Bingo cards purchased at the door. Call or sign up on Copilot to reserve a spot.  
Cost: \$10 per 3 card pack of 40 games

## Dime Bingo!

**Mondays, November 1st, 15th & 22nd**  
**9:15 am—11 am**  
\*Bring your dimes!  
10 cents per game to play!

## Lucky Bingo

**Thursday, November 4th at 9 am**

## Casino Bingo Bonanza!

Save the Date: **December 12, 2021**  
More Information to come!

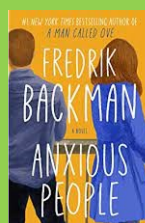
## Coffee Bar

**Mondays through Fridays at 8:30 am**, join us for a cup of joe on our patio by the front entrance or in the café. Coffee is \$0.50 per cup and we'll have regular and decaf available.

## Breakfast

**Thursdays from 8:30 am—9:30 am**  
Sign ups for breakfast are located on a table in the café.

**The Windy Hill Book Club!**  
**Thursday, November 18th at 9 am**  
**In person Only**  
**Anxious People**  
**By: Fredrik Bachman**



Looking at real estate isn't usually a life-or-death situation, but an apartment open house becomes just that when a failed bank robber bursts in and takes a group of strangers hostage. The captives include a recently retired couple who relentlessly hunt down fixer-uppers to avoid the painful truth that they can't fix up their own

marriage. There's a wealthy banker who has been too busy making money to care about anyone else and a young couple who are about to have their first child but can't seem to agree on anything, from where they want to live to how they met in the first place. Add to the mix an eighty-seven-year-old woman who has lived long enough not to be afraid of someone waving a gun in her face, a flustered but still-ready-to-make-a-deal real estate agent, and a mystery man who has locked himself in the apartment's only bathroom, and you've got the worst group of hostages in the world.

The Glatfelter Memorial Library will bring a limited number of books to the center, if you have an eReader or tablet, it is recommended that you set up a Hoopla account and borrow the book electronically. Contact the center if you need assistance.

## Card Playing

**Tuesdays at 10—Bridge** \*This is New!!  
**Wednesdays at 10—Poker**

All members are welcome to join in on the fun!



**Volunteers Needed: Thursday, Dec. 9th**  
**Apple Dumpling Making - Join the Fun!**  
**Sign up in the front office.**

## November Newsletter Sponsors

We need newsletter sponsors – 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 information.

\* **Laverne Bortner ~ In memory of his wife, Maureen Bortner**

\* **Jenna Lawrence ~ Happy Birthday, Mom! (Karen Miller)**

\* **Sponsored by: Bob Strine**

\* **Sponsored by: Kristyn Stouch, Realtor with House Broker Realty, LLC.**



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

**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.

### Holiday Cheer Baskets

We are once again looking for donations for our home-delivered meals consumers! We will be making up 60 bags, and need the following donations:

Pocket-sized tissues  
Hand sanitizer bottles  
Toothbrushes  
Toothpaste  
Socks—Male & Female  
Individual-sized Snacks  
Notepads & Pens  
Puzzle books



*Thank you in advance for helping to make the holidays a little brighter for those in need!*

## Thank you to our Sponsors!

**DARRELL M. SIPE**  
Opticians and Hearing Aids



**UPMC Pinnacle**

Hanover



**GLATCO**  
CREDIT UNION

Visiting Nurse Association of Hanover & Spring Grove



### Secret Santa

More info coming soon!  
Info will be posted on the bulletin board in the Center, so check back often!

### Directors

**2021 Board of Directors**  
President - Sandy Sferrella-Taylor  
Vice President - Dave Brown  
Secretary - Tamara Ramer  
Treasurer - Tom Uffelman

Laura Beck  
Crawford Dennard  
Dr. Steven Guadagnino  
Dr. Terry Lehr  
Pat Lobodinsky

Scott Miller, R.Ph.  
Nadine Siar  
Atty. Jennifer Stetter  
Chris Stock

| Windy Hill Staff Members  | Ext. | Email Address                        |
|---|------|--------------------------------------|
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| Tracy Haper - Asst. Director of Programming                     | 102  | hapert@windyhillonthecampus.org      |
| Margo Ilgenfritz—Bookkeeper                                     |      | ilgenfritzm@windyhillonthecampus.org |
| Jenna Lawrence - Asst. Director of Operations, Marketing & HDMs | 104  | lawj@windyhillonthecampus.org        |
| Sharon Madenfort—Food Services Coordinator                      | 107  | madenforts@windyhillonthecampus.org  |
| Tammy Miller - Executive Director                               | 103  | millert@windyhillonthecampus.org     |
| Nancy Wagner - Administrative Assistant / Receptionist          | 0    | info@windyhillonthecampus.org        |