



# Windy Hill on the campus

where life, learning, and generations connect

1472 Roth 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

### Bingo for a Cause

**Saturday, September 6th**  
**Doors open at 12:30 pm**

Join us for **Windy Hill Senior Center's Bingo for a Cause** event in

September! This will be an exciting afternoon of BINGO where stakes are higher and the prizes are even sweeter! Win cash prizes & gift cards, and be sure to stick around for our raffle prizes! **Doors will open at 12:30 pm**, this event is open to the public, so your friends and family (ages 18+) can purchase tickets to sit in on the fun!

**\$20 for 20 games**, seats are limited so get your tickets while they last!

**Proceeds from this event support the programs and services that our nonprofit center provides for local older adults.**

### **We are in need of volunteers for this event!**

If you are interested in volunteering with Windy Hill for our September Bingo Event, please see a staff member!

See **Page 3** for our  
**NEW**  
**limited time**  
breakfast options!



*Please only park in designated parking spaces. Do not park in the fire lane, grass, or spaces reserved for construction. Thank you!*

## Volume 4, Issue 8

August 2025

### Ornament Planning and Craft

**Monday, August 4th at 10 am**

Windy Hill has our very own tree at this year's Christmas Magic at Rocky Ridge and we want your creative ideas to help make it magical! Join us as we design and craft special ornaments that reflect the heart of Windy Hill. Sign up on Copilot under "**Craft**" to join us!



### Intergenerational Day

**Wednesday, August 13th from 9:30 am—2:30 pm**

Join us at Windy Hill on the Campus for Intergenerational Day, a special event designed for grandparents and their school-aged grandchildren (completed k-12th grade age) to enjoy together! Spend quality time making memories with a day full of fun activities including **crafts, games, and chair volleyball!** Lunch will be provided. Registration forms are available in the Windy Hill on the

Campus front office and can also be found online via our website ([www.windyhillonthecampus.org](http://www.windyhillonthecampus.org)). **Sign up no later than August 6th to participate!**



### Driver's Safety Class

**Thursday, August 14th starting at 8:30 am**

Stay safe on the road with our Driver's Safety Class at Windy hill instructed by Officer Kevin Mengel of Northern York Regional Police Department. This will be a free 4-hour class, attendees are given a certificate of completion at the end of the course. Most auto insurance companies will offer a discount for completing this course. Refresh your skills, learn new driving tips, and stay confident behind the wheel. Sign up in the office to attend, **you must present your license at the time of sign-up.**



### Veteran's Storytelling

**Monday, August 25th at 10 am**

We invite our Veteran members to share their experiences, memories, and reflections in this special Veteran's Storytelling event led by Patti from Veterans Affairs along with the Suicide Prevention of York. All branches and eras of service are welcome to attend and reflect. Sign up on copilot "**Veteran Program**"

### Vendors Needed for our 2nd Annual Craft Show!

**Craft Show is on Saturday, November 15th!**

Windy Hill on the Campus is hosting a Craft Show on **Saturday, November 15th** and we are looking for talented artisans and crafters to showcase their handmade goods as vendors in our event. If you would like to be a vendor in this year's craft show, registration forms are available online at our website ([www.windyhillonthecampus.org](http://www.windyhillonthecampus.org)), paper forms are also available in the Windy Hill on the Campus front office located at **1472 Roth Church Road, Suite 103 in Spring Grove, Pennsylvania.**



You may also scan the QR code shown to register. If you have any questions about being a vendor in this event, please email **Jenna Lawrence** at [Lawj@windyhillonthecampus.org](mailto:Lawj@windyhillonthecampus.org)

Stay Connected:  
[windyhillonthecampus.org](http://windyhillonthecampus.org)



Email: [info@windyhillonthecampus.org](mailto: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 June. Your support of our mission is truly appreciated.

### Monetary Donations

Borough of Spring Grove  
Visiting Angels Foundation  
White Rose Leadership Institute  
Mary Lou Ball  
Smokey & Patty Barley  
Joan Book  
Pat Fromme  
Mike & Deb Gardner  
Thrivent - Patricia Hegberg  
*In honor of Glenn Snyder*  
Scott & Amy Meyer  
Dan & Brenda Miller  
Gene & Marilyn Saul  
George Smith, Jr.  
Alan Thomas  
Michael & Sharon Wagman  
Claire Wentz

### Item Donations

Alvin & Theresa Bankert  
Randal & Donna Barshinger  
Jeanne Benner  
Bernard Breighner  
Dave & Tina Brown  
Ed Bubb and Susan Mayer  
Gillian Colley  
Ethel Donner  
Michael & Deborah Fake  
Donna Fitzkee  
John & Deb Freed  
Don & Dolores Hoover  
Sue Howes  
Larry Kress

Ken & Bonna Krout  
Sharon Madenfort  
Lucinda Peterson  
Byron & Patsy Pomraning  
Leo & Sandy Reaver  
Frances Ryer  
Joan Shearer  
Karen Shifflet  
Mike & Sharon Slagel  
Daniel & Vera Slagle  
Elaine Smeigh  
Sandy Smith  
Susan Stough  
Bob & Jan Szczechowiak  
Jack & Rebecca Thoman

Nancy Wagner  
Barbara Walker  
Jeffrey Waybright

### The Crab Feast Cruise: Suicide Bridge Restaurant

*Bagged Lunch Included*

**Wednesday, September 3rd, 2025**

Cost: \$130

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

Includes: Bus fare, crab feast, cruise & all taxes and gratuity. *Cash bar only!*

### Noah at Sight and Sound Theatre

*Bagged Lunch Included*

**Tuesday, December 9th, 2025**

Cost: \$170

Depart WH: 11:00 am

Return WH: 7:15 pm

Includes: lunch at Hershey Farms, show, bus fare, bagged lunch, and all gratuities.

### More bus trips to be announced!



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.

### Copilot From Home

Did you know you can preregister for programs from home? Visit [community.copilot21.com](http://community.copilot21.com). Enter your email address and use your Copilot barcode alphanumeric code as the password.

### Volunteers needed

**Interested in becoming a volunteer?** We are currently re-vamping our volunteer program. One opportunity we're currently seeking is Office Volunteers and Home Delivered Meals drivers for Mondays, Wednesdays & Fridays. **Check at the volunteer table in the lobby for volunteer opportunities for specific events.**

Disinfectant Wipes\*  
Clorox bleach bottles\*  
Tissues\*  
Toilet Paper  
Paper Towels\*  
13 Gallon Garbage Bags\*  
Bottled water\*  
Sticks of butter (salted)\*  
Heavy Duty dessert plates (8 in.)\*  
Plastic Forks\*  
Postage Stamps\*  
Hand Sanitizer\*

### Wish List



Hand Soaps  
Printer paper\*  
Cans of soda: Coke\*, Diet Coke, Pepsi, Diet Pepsi, Sprite, Orange, Root Beer\*  
Snacks & Chocolate for vending machines\*  
Sandwich-sized Ziplock bags\*  
Gallon-sized Ziplock bags\*  
Quart-sized Ziplock bags\*  
Snacks to share for parties & bingo



### RaiseRight

We're excited to share a new and easy way you can support Windy Hill just by purchasing gift cards or shopping online for your everyday needs or as gifts for others! Go to <https://www.raiseright.com/enroll/H38F8WDINFVS> to create your RaiseRight profile and start shopping with purpose. Every card you buy helps support the programs and services you love at Windy Hill!



### Join Us for Breakfast!



NEW

Breakfast in the Café is available **Monday & Wednesday** mornings from **8:30 to 9:30 am**. Currently, we are offering egg sandwiches with bacon, cheese or sausage for \$2.50 and fruit & yogurt parfaits for \$2.50.

**\*New!** We will be serving **Maple flavored and Strawberry Lemon flavored Breakfast Biscuits** for a **limited time!** Biscuits are \$2 per biscuit. **Sign up is located on the clipboard on the table in the Café. Payment due upon receipt.**



### Coffee Bar

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

Coffee, hot tea, and hot chocolate are available for purchase during our coffee bar hours. Please use the cups provided, even if you need to use it to fill the reusable cup you bring. **The cost is 50 cents per 12 oz. cup that is provided in the coffee bar area. Please place your payment by the register.**



### Join Us for Lunch!

**Lunch is served Monday through Friday at noon** in our cafeteria. 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**. Grab & Go Meals will be held for those who preregistered until noon, unless we are notified that you will be late to arrive. 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 two days 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!***



### Lucky Lunch

**Monday - Friday at 12:15pm**

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. Who will be our next big winner?!*

Barry Anderson

Kay Arians

Rich Arnold

Robert Brenneman

Stu Burns

Rick & Alma Dibble

Pete Erdman

Roger Gardner

Hilda Grothey

Loretta Hamme

### Prayer List

Rick Harmer

Pat Hoff

Val Iwancio-York

Anne Jones

Lorraine Knaub

Walter Lobodinsky

Barbara Miller

Sandra Miller

Mary Morgan

Kass Moubrey

Ella Murphy

Darlene Redding

Kay Riley

Brenda Shaffer

Frank Sheridan

Nancy Smith

Janice Smith

Sam Thieret

George Turner

Tom Uffelman

Mae Wagner

Claire Wentz

Richard Ziegler

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

### Memorials

Kathy DeCello 06/27  
Cordelia Harrold 06/18  
Jan Hersh 07/18



*The families & loved ones of these members are in our thoughts and prayers.*

In an effort to inform our Windy Hill family of the passing of our members, we will now be placing names of those who we're aware have passed in our monthly newsletter. Please let Nancy know if we missed someone. Thank you.

### August Newsletter Sponsors:

**Joan Shearer** - In Memory of Jerry Lucabaugh and John Gunnet

**Henry & Caroline Duncan** - In honor of our wedding anniversary

*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.*

### Welcome New Members!

Barbara Aldrich

Geraldine Brodie

Lynn Campbell

Janet Cavey

Donna Colwell

Pamela Ferreira

Patty Hubbard

Barbara Jobst

Mary Leonard

Edith Lockamy

JoAnn MacFarlane

Robin Orlando

Scott Ott

Donna Plonk

Donna Rohrbaugh

Mary Santana

Edward Schell

Brenda Searle

Dennis Searle

Gregory Singley

Jane Tighe

Lawrence Whytsell

### Windy Hill Membership

Membership to Windy Hill is **FREE** and open to **active, independent Spring Grove & surrounding community members ages 60+.** Visit our website for more information: [windyhillonthecampus.org](http://windyhillonthecampus.org), stop in for a tour, or call 717-225-0733.

*We look forward to meeting you!*

### Check Out The New Wellness Room!

We're thrilled to share our Wellness Room is getting a fresh new look and even more services! Thanks to a generous grant from Future Leaders of York and the York County Community Foundation, we've been able to update the space with new flooring and we are planning to roll out a variety of wellness services. **We are looking for licensed practitioners to provide the following services on site: Toenail cuttings, haircuts, manicures, and chair massages!** If you or someone you know is interested in bringing a service to Windy Hill, please inform Jenna at [lawj@windyhillonthecampus.org](mailto:lawj@windyhillonthecampus.org)

# August Birthdays

**1st-** Michael Gardner  
Mary Hortch  
Elise Roth  
Lucinda Shenberger

**2nd-** Franklin Busch  
Connie Hoffacker  
Lyndora Miller  
Sharon Whitney

**3rd-** Joyce Gemmill  
Peggy Haley  
Anna Murphy  
Michael Rupp, Jr

**4th-** Hilda Eyster  
Norma Furst  
Louis Lippi

**5th-** William Dignan Jr  
Larry Eichelberger  
David Fetters  
Thomas Seidenstricker

**6th-** Mary Jo Runk  
Marilyn Shultz  
Carole Smith

**7th-** Michael Black  
Alice Esh  
Naomi Shearer  
David Wilhelm  
Keith Witmer

**8th-** Dolores Hoover  
Joann Sterner

**9th-** Dale Geiman  
Sandra Grimes  
Kenneth Krout  
Samuel Leese  
Michael Stambaugh

**10th-** Robert Abreght  
Robert Bennett  
Marian Kessler  
Darlene Leib  
Janet Maher  
Shirley Sidenstricker  
Victoria Snyder

**11th-** Donna Dubs  
Jeffrey Hall  
Donna Rupp  
Karen Rutter  
Shirley Toomey

**12th-** Karen Calandrelle  
Cecelia Dubs  
Cynthia Wietry

**13th-** Lois Baumgardner  
Judith Churchfield  
Phyllis Lawrence  
Judith Reed  
Dale Smith

**14th-** Bertha Hammer  
Lawrence Lawson  
Cynthia Rife  
Ronald Ruman  
Mikele Stillman

**15th-** Janet Costella  
Dora Esbenschade  
Warren Kellenbenz  
Karen Lippy  
Robert Nye

**16th-** Alma Dibble  
Daniel Madison

**17th-** Bonnie Calhoun  
Karen Leppo  
Mary Morris  
Anna Smith

**18th-** Lori Buffington  
Nancy Clagg  
Bradley Kile  
Shane Lawson  
Saundra Miller  
Deborah Slawson

**19th-** Deborah Brogan  
Betty Hughes  
William Rambo  
Annette Staub

**20th-** Conrad Eiben

Sharon Kessler  
Katherine  
Lua-Hernandez  
Teresa Luckenbaugh  
Renee Seidenstricker

**21st-** Rosemary DiCesare  
Barbara Walton  
Jack Weaver

**22nd-** Alvin Bankert  
Patty Barley  
Cindy Jacoby  
Joann (Ethel) Nace  
Cindy Selby

**23rd-** Doris Goodling  
Kim Poncavage  
Phillip Wolfe

**24th-** Maryann Brenneman  
Beverly Dunkerly  
Mary Kushla  
Thomas Marshall  
Steve Senft  
Darlene Zuercher

**25th-** Carol Drueckhammer  
Gary Grim  
William Harris  
Deborah Sobeck

**26th-** Susan Allshouse

Linda Krebs  
Christine Luckenbaugh  
Patricia Miller  
Edward Sauter  
Mary Lou Sheppard

**27th-** Anna Hoffman  
Karl Jacoby  
Kelly Radcliffe  
Fred Shultz  
Edward Stinebert  
Marlys Wlodarski

**28th-** Nita Althouse  
Edgar Blevins  
Sylvia Elliott  
Hannah Kessler

**29th-** Mary Ann Berrian  
Mark Bortner  
Rita Buschman  
Charles Neff

**30th-** Sandra Brenneman  
James Dietrich, Jr  
Wesley Eyer Sr.  
Christine Hamaker  
Robert Murray  
Carmel Smith  
Doris White

**31st-** Lynn Campbell  
Jeanne Grogg  
John Shearer

## Happy Anniversary to...

*David & Betsy Roth*  
August

*Barbara & Mark Schumacher*  
August

*Michael & Carol Black*  
August 1st, 2023

*Linda & Randy Pearson*  
August 1st

*Cecile & David Fetters*  
August 2nd, 1969

*Bruce & Deborah Stambaugh*  
August 2nd, 1969

*William & Linda Zumbrum*  
August 2nd

*Sharon & Thomas Harman*  
August 3rd, 1969

*Sharon & Stanley Kessler*  
August 3rd, 1973

*Carolyn & Larry Albright*  
August 4th, 1973

*Bruce & Marianne Harbold*  
August 4th, 1979

*Charles & Erma Ness*  
August 4th, 2023

*Ronald & Rosalie Dinges*  
August 6th, 1972

*Gregory & Mary Jo Runk*  
August 6th, 1977

*Conrad & Susan Eiben*  
August 7th

*Dean & Joyce Meyer*  
August 7th, 1965

*Cindy & Scott Ott*  
August 7th

*Elizabeth & Marshall Williams*  
August 7th, 1992

*Kevin & Joanne Lain*  
August 8th, 2018

*Wendy & Lloyd III Bubb*  
August 9th, 1975

*Larry & Jeannette Sprengle*  
August 9th, 1980

*Gregory & June Birk*  
August 10th

*David & Fabienne Gladfelter*  
August 11th

*Norman & Virginia Adams*  
August 12th, 1967

*Eugene & Judith Hahn*  
August 12th

*Stephanie & Mark Jacoby*  
August 12th, 2006

*Connie & Ronald Chronister*  
August 13th, 1994

*Debbie & Kenneth McGlaughlin*  
August 14th, 1992

*Deborah & Jay Bigelow*  
August 15th, 1987

*Connie & Willis Emory*  
August 15th, 1964

*Michael & Donna Rupp*  
August 15th, 1970

*Kenneth & Sharon Gladfelter*  
August 16th, 1967

*Melanie & Marty Mitchell*  
August 16th, 1980

*Diana & Raymond Putman*  
August 16th, 1975

*Jimmy & Betty Hughes*  
August 18th, 1973

*Mary Keller & Roy Wardle*  
August 18th, 2001

*Diane & Mark Nenninger*  
August 18th, 2012

*James & Pamela Kimber*  
August 20th, 1983























































*Barry & Barbara Wert*  
August 23rd, 1975




*Elaine & David Snedeker*  
August 25th

*Donald & Patricia Crumble*  
August 26th

*William & Emma Ely*  
August 26th, 1990

*Anne & Jeffrey Jones*  
August 27th, 1977

Mon	Tue	Wed	Thu	Fri
<b>LEGEND:</b>  = Sign up REQUIRED A = Auditorium, C = Café, CA = Cafeteria, CO = Conference Room, D-CA = Dance Floor of CA, CR = Craft Room, G = Glass Room, W = Wellness Room	<b>DAILY</b> 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room <i>(Located inside of the Cafeteria)</i> 11:30 - Grab & Go Lunch 12 - Congregate Lunch Pool table is located in the Café	<b>GLATCO Credit Union</b> Mini Branch Open Thursdays 9:30-11:30 am <u>Located in the Wellness Room</u>   = Sign up REQUIRED- Identifying programs for Intergenerational Day.	<div style="border: 2px solid black; padding: 5px; text-align: center;"> The Auditorium will be closed  for construction during the  month of August.  At this time, we have tempo-  rary access to the Lobby for  select programming.  Thank you for working with us  during this time. </div>	 8:45- Chair Yoga \$ /Lobby 9- Friday <b>Bingo</b> \$ /CA 9- <b>Parkinson's Exercise</b> /G 10:15- Drumming Exercise /G
<b>4</b> 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- <b>Ornament Planning &amp; Craft</b> /CA  11:15- Chair Exercise /Lobby <b>12:30-2:30-Matter Of Balance</b> /CA 	<b>5</b> 8:30-Silver Sneakers \$/D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- <b>Word Link</b> /CA 10- <b>Int. Line Dancing</b> \$ /D-CA 11- <b>Adv. Line Dancing</b> \$ /D-CA 11- <b>Dominoes</b> /CA 11:15- Chair Volleyball /Lobby 12:30- <b>Diabetes Prevention</b> /G  1- Hatha Yoga \$ /D-CA  <b>6-8 National Night Out at Spring Grove Alliance Church</b>	<b>6</b> 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9:30- <b>Card Making w/ Sue</b> /CA 10:15- <b>Bible Study Disc.</b> /G 10:15- Walking Club /C 10:15- Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 12:30- Chair Volleyball /Lobby	<b>7</b> 8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- <b>Music &amp; Movement</b> /G 10- <b>"The Moulstown Affair"</b> /CA 11:15- Chair Volleyball /Lobby <b>12:30-2:30-Matter Of Balance</b> /CA  12:30- <b>Yarn Workers Club</b> /C	<b>8</b>  8:45- Chair Yoga \$ /Lobby 9- Friday <b>Bingo</b> \$ /CA 10:15- Drumming Exercise /G
<b>11</b> 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 10- <b>Coffee &amp; Discussion</b> /CA 11:15- Chair Exercise /Lobby <b>12:30-2:30-Matter Of Balance</b> /CA 	<b>12</b> 8:30-Silver Sneakers \$/D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- <b>Safety Planning</b> /C  10- <b>Int. Line Dancing</b> \$ /D-CA 11- <b>Adv. Line Dancing</b> \$ /D-CA 11- <b>Dominoes</b> /CA 11:15- Chair Volleyball /Lobby 12:30- <b>Diabetes Prevention</b> /G  1- Hatha Yoga \$ /D-CA 	<b>13</b> <b>Intergenerational Day!</b>   9- <b>PA MEDI (appt only)</b>  9- Chair Yoga \$ /Lobby 9:30- <b>Sign-in: Intergenerational Day/L</b>  10- <b>Crafts/Games: Intergenerational Day/CA</b>  10:15- <b>Devotions</b> /CO 12:30- <b>Ch. Volleyball: Intergenerational Day/Lobby</b> 	<b>14</b> 8:30- <b>Driver's Safety Course</b> /CA  8:30- Silver Sneakers \$ /Lobby  9:30-11:30- <b>Quilts for Kids</b> /C 10- 500 Bid Card Game /C 10- <b>Basics of Sign Language</b> /G 11:15- Chair Volleyball /Lobby <b>12:30-2:30-Matter Of Balance</b> /CA  1- <b>Silver Triangle Meeting</b> /G	<b>15</b>  8:45- Chair Yoga \$ /Lobby 9- Friday <b>Bingo</b> \$ /CA 10:15- Drumming Exercise /G
<b>18</b>  8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9:15- <b>Monday Bingo</b> \$ /CA 10- <b>Scrapbooking with Bev</b> /CR 11:15- Chair Exercise /Lobby	<b>19</b> 8:30-Silver Sneakers \$/D-CA  8:30- Tai Chi Chih \$ /Lobby  10- Pinochle /C 10- <b>Family Feud</b> /CA 10- <b>Int. Line Dancing</b> \$ /D-CA 11- <b>Adv. Line Dancing</b> \$ /D-CA 11- <b>Dominoes</b> /CA 11:15- Chair Volleyball /Lobby 12:30- <b>Diabetes Prevention</b> /G  1- Hatha Yoga \$ /D-CA 	<b>20</b> 8:30- Breakfast in the Café \$  8:30- <b>Wellness Check's</b> /W  9- Chair Yoga \$ /Lobby 9:30- <b>Paint with Pat</b> \$ /CA  10- <b>Basics of Sign Language</b> /G 10:15- <b>Devotions</b> /CO 10:15- Walking Club /C 10:15- Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 12:30- Chair Volleyball /Lobby	<b>21</b> 8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- <b>Book Club</b> /CO 10- <b>Death Rituals Around the Globe presentation</b> /CA 11:15- Chair Volleyball /Lobby 12:30- <b>Yarn Workers Club</b> /CA	<b>22</b>  8:45- Chair Yoga \$ /Lobby 9- Friday <b>Bingo</b> \$ /CA 9- <b>Parkinson's Exercise</b> /G 10:15- Drumming Exercise /G
<b>25</b> 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9- <b>PA MEDI (appt only)</b> 10- <b>Veteran's Storytelling</b> /CA 11:15- Chair Exercise /Lobby	<b>26</b> 8:30-Silver Sneakers \$/D-CA  8:30- Tai Chi Chih \$ /Lobby  8:30- <b>Veteran's Outreach</b> (by appt)  10- Pinochle /C 10- <b>Grief &amp; Loss Support</b> /G 10- <b>Now You Have It (\$5 Gift)</b> /CA 10- <b>Int. Line Dancing</b> \$ /D-CA 11- <b>Adv. Line Dancing</b> \$ /D-CA 11- <b>Dominoes</b> /CA 11:15- Chair Volleyball /Lobby 12:30- <b>Diabetes Prevention</b> /G  1- Hatha Yoga \$ /D-CA 	<b>27</b> 8:30- Breakfast in the Café \$  9- Chair Yoga \$ /Lobby 9- <b>Trivia Challenge</b> /CA  10:15- <b>Devotions</b> /CO 10:15- Walking Club /C 10:15- Chair Exercise /D-CA 11:15-Show Me Your Muscles/D-CA 12:30- Chair Volleyball /Lobby 12:45- <b>New Member Orientation</b> /CA 	<b>28</b> 8:30- Silver Sneakers \$ /D-CA  10- 500 Bid Card Game /C 10- <b>Birthday/Anniversary Party</b> fea. <b>DJ Chris Wagman</b> /CA  <b>12:30- Chair Volleyball /Lobby</b> 1- <b>Silver Triangle Meeting</b> /G	<b>29</b>  8:30- <b>Blood Pressure Checks</b> 8:45- Chair Yoga \$ /Lobby 9- Friday <b>Bingo</b> \$ /CA 10:15- Drumming Exercise /G

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>*menu subject to change</i></p>	<p>Make your reservation on Copilot 2 days before you plan to join us (unless indicated otherwise) using the QR code and entering your email address and Copilot barcode letters and numbers as the password *menu subject to change based on availability or call 717-225-0733 ext. 105. See a staff member with questions.</p>			<p>1</p> <p>1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Warm Applesauce</p>
<p>4</p> <p>Baked Fish 1/2c Macaroni &amp; Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>5</p> <p>Pasta &amp; Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit Salad</p>	<p>6</p> <p>3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Spinach Dinner Roll 1/2c Blushed Fruit</p>	<p>7</p> <p>Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple</p>	<p>8</p> <p>1c Pizza Casserole 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread 1/2c Pudding</p>
<p>11</p> <p>Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple &amp; Mandarin Oranges</p>	<p>12</p> <p>3oz Sliced Turkey w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>	<p>13</p> <p>4oz Chicken Salad Sandwich 1c Cream of Potato Soup 1/2c Pickled Beets Hamburger Bun Fresh Fruit</p>	<p>14</p> <p>Chicken, Spinach &amp; Cranberry Salad w/ Dressing (3oz Chicken) 1c. Mixed Greens &amp; Spinach 1/2c Broccoli Salad 1 Breadstick 1 Piece Cake</p>	<p>15</p> <p>BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Green Beans 1 Sandwich Roll 1/2c Pineapple Delight</p>
<p>18</p> <p>3oz Sliced Ham 1/2c Tri Color Sweet Potatoes 1/2c Peas 1 Dinner Roll 1 Cookie</p>	<p>19</p> <p>3oz Roast Beef w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Baby Carrots Dinner Roll Cup Cake</p>	<p>20</p> <p>3oz Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage &amp; Noodles 1/2c Green Beans Wheat Breat 1/2c Pineapple Deligl</p> <p><b>NEW ITEM</b></p>	<p>21</p> <p>Chicken Philly Cheesesteak 1c Cream of Spinach Soup 1/2c Coleslaw 1 Hoagie Roll 1/2c Gelatin</p>	<p>22</p> <p>Swedish Meatballs (4) 1/2c White Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Fresh Melon</p> <p><b>NEW ITEM</b></p>
<p>25</p> <p>BBQ Chicken Breast 1/2c Country Collard Greens 1/2c Baked Beans 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>26</p> <p>Western Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>27</p> <p>Lasagna w/ Meat Sauce 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread Seasonal Fresh Fruit</p>	<p>28</p> <p>Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>29</p> <p>3oz Breaded Pork Cutlet w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp</p>

## Socialization Opportunities



### Coffee & Discussion

**Monday, August 11th at 10am**

Join us for our monthly Coffee & Discussion. 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. Sign up on Copilot for **"Coffee & Conversation"**.

### Bible Study Discussion

**Wednesday, August 6th at 10:15am**

Pastor Josh Trojak from CABC leads this group's discussion. Members of all denominations are welcome to attend.

Sign up on Copilot for **"Bible Study"** to attend.

### National Night Out at Spring Grove Alliance

#### Church - 213 N Main St, Spring Grove

**Tuesday, August 5th at 6 pm—8 pm**

Come visit amazing community resources all in one spot, and there will be free food, a mobile food pantry New Hope Ministries in Pennsylvania, free school supplies for school aged children, Friendship Hose Company #1 will have some of their apparatus, and learn more about Spring Grove Celebrates 250th. **Scan the QR Code to Learn more.**



### Family Feud

**Tuesday, August 19th at 10 am**

Survey says...It's time for Family Feud at Windy Hill! Get ready to bring your game face and join us for a fun-filled round of Family Feud here at Windy Hill on the Campus. Gather your friends, form a team, and test your knowledge against survey questions. Will your team have what it takes to come out on top? Sign up on Copilot for **"Family Feud"** to attend.

### Devotions Group

**Wednesdays, August 13th, 20th, and 27th at 10:15 am**

As a continuation of the Bible Study discussion, this group will meet for a time of prayer, devotions, scripture, hymn singing, and other topics related to religion and spirituality. Sign up on Copilot for **"Prayers & Devotions"**.

### New Member Orientation

**Wednesday, August 27th at 12:45 pm**

Our Executive Director, Jenna, will be providing information about the history of Windy Hill, program offerings, how to use Copilot and more! This is open to all members. Join us for lunch prior to orientation by making a reservation in advance by calling (717) 225-0733 ext. 5 or by pre-registering on Copilot.



### Book Club: The House in the Pines

**By: Ana Reyes**

**Thursday, August 21st at 10am**

Armed with only hazy memories, a woman who long ago witnessed her friend's sudden, mysterious death, and has since spent her life trying to forget, sets out to track down answers. What she uncovers, deep in the woods, is hardly to be believed....Come on out to discuss this book with your Windy Hill Friends.

*Pick up your copy in the office!*

### Games in the Café

**Pinochle—Tuesdays at 10am**

**500 Bid card game—Thursdays at 10am**



### Games: Tuesdays in the Cafeteria

**Word Link - 08/05 at 10 am**

**Now You Have It (\$5 gift) - 08/26 at 10am**

**Dominoes - Tuesdays at 11am**

Sign up on Copilot to attend.



### Bingo

**Monday Bingo**

**Monday, August 18th at 9:15am**

*\$10 for a pack of 30 games*

**Friday Bingo every Friday starting at 9:00am**

*\$10 for a pack of 40 games*

*(3 cards per game)*

Cash payout - 41st game jackpot prize!

Sign up on Copilot to attend.

### Trivia Challenge



**Wednesday, August 27th at 9 am**

Test your knowledge and have some fun at Trivia! Gather your friends, form a team, and compete to see who can claim a title as a trivia champion. There will be a variety of categories, it is the perfect way to spend an engaging morning. Sign up on Copilot **"Trivia Challenge"** to preregister.

### Tracy Crouse with SGAHPS Presents:

**The Moulstown Affair: The Murder of**

**Christianna Harman**

**Thursday, August 7th at 10 am**

The presentation focuses on the brutal murder of a Moulstown mother of two, whose body was found on December 8, 1878 on the Moulstown Road. The events leading up to the murder will be examined.

The persons and motives presented in the court trial of April, 1879 will be reviewed and we'll discuss the verdict and connect the lingering superstitions to the facts.

### August's Birthday & Anniversary Party

**Thursday, August 28th from 10am - 12pm,**

featuring **Chris Wagman**. 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 that day will be **Grilled Chicken Salad**.



## Fitness & Wellness



### Mondays

**9 am** - Chair Yoga - \*\$2/Free  
**9:30 am** - Basketball at CABC - \$3/\$1  
**11:15 am** - Chair Exercise\*\* - Free

### Tuesdays


**8:30 am** - Silver Sneakers\*\* \*\$2/free    
**8:30 am** - T'ai Chi Chih - \*\$5/\$2  
**10 am** - Intermediate Line Dancing - \$2 Located on the Cafeteria Dance Floor  
**11 am** - Advanced Line Dancing - \$2 Located on the Cafeteria Dance Floor  
**11:15 am** - Chair Volleyball - Free  
**1 pm** - Hatha Yoga - \$5/\$2 



### Wednesdays

**9 am** - Chair Yoga - \*\$2/Free  
**9:30 am** - Basketball at CABC - \$3/\$1  
**10:15 am** - Walking Club - Free  
**10:15 am** - Chair Exercise - Free  
**11:15 am** - Show Me Your Muscles - Free  
**12:30 pm** - Chair Volleyball\*\* Free

### Thursdays

**8:30 am** - Silver Sneakers\*\* - \*\$2/Free   
**11:15 am or 12:30 pm** - Chair Volleyball - Free



### Fridays

**8:45 am** - Chair Yoga - \$2/Free  
**9 am** - Parkinson's Exercise (8/1 & 8/22)-Free  
**10:15 am** - Drumming Exercise - Free

### Fitness Room & Billiards Table

**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 table is located in the café & our fitness equipment is located in the cafeteria storage area.**

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

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

**Please note:** Please see the program calendar insert for dates, times, and locations of classes. Thank you for understanding and your patience with us during this transition!

**Attention fitness members with Highmark insurance! Please see the front office to verify your insurance information as your insurance has now become part of Silver Sneakers!**

### What's New?

Have you changed your phone number? Moved?  
 Want to update your Emergency Contact? Any changes to your insurance benefits?  
 For any updates or changes to information you have shared with us on your intake form when joining Windy Hill, please stop by the office & let us know!

## Grief & Loss Support Group



**Tuesday, August 26th at 10am**

Jamie, a Social Worker from VNA of Hanover & Spring Grove, will be here to facilitate the group. This group is intended to help people who have experienced grief from the loss of a loved one.

Sign up on Copilot for "**Grief & Loss**" to attend.



## Music & Movement

**Thursday, August 7th at 10 am**

Taylor Hood/Notes of Healing, a board-certified music therapist returns to lead us in musical movements to memorable tunes that have the power to enhance our quality of life.

Sign up on Copilot for "**Music & Movement**" to attend.

## Safety Planning for Veterans

**Tuesday, August 12th at 10 am**

Veteran members, join us in safety planning with the Windy Hill Hope Squad along with Suicide Prevention of York. Create personalized safety plans, develop coping strategies, and establish support systems in this important discussion.

Sign up on Copilot "**Veteran Program**"



## Silver Triangle Support Group



**Thursdays, August 14th & 28th at 1pm**

Attendees will have the opportunity to discuss personal experiences & challenges related to aging with Pride. What is said in group stays in group. This group is in partnership with Rainbow Rose Center. Sign up on Copilot for "**Silver Triangle**" to attend.

## Parkinson's Exercise

**Fridays, August 1st & 22nd at 9am**

Country Meadows fitness instructor, Vickie Bailey, will be here to lead the Parkinson's Exercise class. Sign up on Copilot for "**Parkinson's**" to attend.

## Family First Health Wellness Checks

**Wednesday, August 20th from 8:30—10:30 am**

Family First Health has returned to Windy Hill on the Campus to conduct free Wellness Checks for our members, including blood pressure checks, assessments, and providing referrals.

## Blood Pressure Checks



**Friday, August 29th at 8:30am**

Jill Kaylor from Visiting Angels will conduct blood pressure checks in the cafeteria.

## Diabetes Prevention Program

**Every Tuesday in August at 12:30pm**

Take charge of your health in this free and informative year-long class facilitated by Ann Tyndall from the YMCA. Learn about healthy eating, physical activity, and practical steps to improve your well-being.

Insurance information is required for sign-up. Preregister on Copilot for "**Diabetes Prevention.**"



## Lifelong Learning

### Card Making with Sue

**Wednesday, August 6th at 9:30 am**

Bring your creativity to life and use Sue's expert guidance to help you create stunning, personalized cards for a variety of holidays or special occasions! Sessions will meet in the glass room. Sign up on Copilot for "**Stamping**".

### Yarn Workers Club

**Thursdays, August 7th and 21st at 12:30pm**

Do you love knitting, crocheting, or working with yarn? Join the Yarn Workers Club! Whether you're a seasoned pro or just starting out, this group is the perfect place to share your passion. Sign up on Copilot for "**Needlework Club**".



### Quilts for Kids

**Thursday, August 14th at 9:30 am**  
**Located in the Café!**

This group is always looking for more help to make a difference for those in need by making quilts, walker bags, etc. No experience necessary. Sign up on Copilot for "**Quilts for Kids**".

### Scrapbooking with Bev

**Monday, August 18th at 10 am**

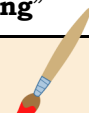
Scrapbooking with Bev is back at Windy Hill! Windy Hill member, Bev Strausbaugh, will lead the scrapbooking class. Please remember to bring your own photos (Other materials are supplied free of charge). Sign up on Copilot for "**Scrapbooking**".



### Paint with Pat

**Wednesday, August 20th at 9:30 am**

This month Pat will be leading the class in painting a **flamingo** painting. The cost of the class is \$5. All supplies and materials are included in the cost. Limited seating-Max of 20 participants. Sign up on Copilot for "**Paint with Pat**".



### Basics of Sign Language

**Thursday, August 14th & Wednesday, August 20th at 10 am**

Through guided instruction, learn the basics of Sign Language in this interactive class designed for true beginners. Sign up on Copilot for "**Lifelong Learning**".



### Death Rituals Around the Globe

**Thursday, August 21st at 10 am**

Jill Kaylor from Visiting Angels will present on the complex and sensitive topic of death and dying, offering essential insights into the natural process and its emotional, psychological, and social impact on individuals and families. We'll examine how cultural and religious beliefs shape attitudes, rituals, and grieving practices around the world, highlighting the diverse ways societies honor life and cope with loss. Sign up on Copilot under "**Speaker**" to attend!

## Resources



### PA MEDI

**Wednesday, August 13th & Monday, August 25th**

If you're getting ready to turn 65 it's a great idea to have someone help you understand Medicare and the variety of supplements that are available. Appointments are held here at Windy Hill with trained volunteers to help navigate the options available. **Call our office to schedule your appointment.** Please bring with you an identification card, your current health insurance, and your current list of medications.

### Senior Hope Squad

Senior Hope Squad is a group of Windy Hill members, led by Alison and Jenna, trained in best practices to be active, compassionate listeners. They're here to offer support during times of need. If you're feeling overwhelmed or just need someone to talk to, reach out to a Senior Hope Squad member — you're not alone.

### Community Aid



Windy Hill is a proud partner organization of Community Aid. Please consider donating your gently used items to Community Aid and a portion will be donated back to Windy Hill. Make sure to use the partner code **50190** to give credit to Windy Hill. Stickers with the code are available in the office. Thank you for your support!



### Free Transportation

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

### Veterans Outreach



**Tuesday, August 26th Sign-Ups are Available!**  
**The 4th Tuesday of every month** Veterans Affairs will be at Windy Hill to provide and talk through the resources available to Veterans! These could include **surviving spouse benefits, local discounts, VA health care enrollment, connections for local food and housing, claim denials, national cemetery burial information, education benefits, property and school tax exemption, and more!** If you're a Veteran, you'll want to learn the benefits that are potentially available to you. Schedule your appointment in the Windy Hill front office today, appointments are available from 8:30 am - 11:30 am.

### Eyeglasses Donations



**Windy Hill is a drop-off location for Spring Grove Lions Club's Recycle for Sight program.** Used eyeglasses are sent to optical missions around the world. We're happy to allow our community to support this program.



**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 participants.

**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

Scan Below to make a donation to show your support of Windy Hill!



**Glatco Credit Union Mini-Branch**



**Hours at Windy Hill**  
**Thursdays from**  
**9:30 am - 11:30 am**  
**in Windy Hill's Wellness Room**

**Thank you to our Sponsors!**



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



**Edward Jones**



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Dr. Steven Guadagnino	

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