



ON TOP OF

Windy Hill

May 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

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 or
call **717-225-0733**.

Please note: Newsletters are
completed by the 15th 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.

May, 2021

Message from the Director

So, we have Sprung into Spring!

Windy Hill will be continuing with limited in-person programming through the month of May. Starting in May, we will be allowing no more than 30 members to eat inside the dining room for lunch at noon. This will be provided on a first-come, first-serve basis. Therefore, you will need to pre-register just as you are doing for the other programs. We will continue to provide the take-out meals as well. Please note the change in time for our take-out meals. In addition, the outdoor café area will be available for lunch dining as well.

We need to keep in mind that the cases in our community are higher than when we were closed last May. The local cases have spiked again and the hospital is seeing a surge of COVID patients (mainly unvaccinated older adults). Since we are not permitted to inquire as to whether or not members are vaccinated, we will need to be vigilant about keeping the same safety protocols in place.

This means that you must wear a mask (over your mouth and nose) at all times in the center. The only exception is when you are in the fitness room or participating in an exercise class and you are properly distanced. As soon as you finish the activity, you need to, immediately, put your mask back on properly. Masks may be removed for eating and drinking, but members must be properly distanced from other members. Please do not move or add chairs to tables. The tables and chairs are set up to allow the proper distancing requirements.

This has been a really hard year for everyone, but we are anxious to resume our activities even though things may look different. The last thing we want to do is close the center again. Please help us keep everyone safe by following the guidelines. In addition, the staff has been really stretched throughout the whole year, and we need your patience and understanding as we allow members back into the building. We need everyone working together to make this work.

See you at the center!

Tammy Miller

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.

Wish List

It's time to fill the soda and snack machines in anticipation of our opening. We need:

Coca Cola, Diet Coke, Pepsi, Diet Pepsi,
Sprite, Orange, Root beer cans
Snack bags: chips, pretzels, tasty cakes,
chocolate bars, etc.
Paper plate, dessert plates

Postage Stamps
Toilet Paper
Tissues

Antibacterial Clorox Wipes
Sandwich, Quart and Gallon Zip top bags
Regular Kitchen-sized Trash Bags
Bottled water

**Monday, May
31st**
Center Closed



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

Monetary Donations

William & Peggy Altland
Wayne & Peggy Baublitz
Steve & Valetta Baumgardner
Barry & Jane Black
Linda Bosley
Loretta & David Bowers
Katherine Conco
Iris Diaz
Cynthia & Donald Elicker
Ned & Judy Enslinger
Michael & Brenda Flory
Bill Fox Auto Sales
Gerald Groves
Margaret Harrison
Charles & Joanne Harrold
Richard Hartsough
Robert & Jan Hersh
Susan Howes
Phyllis Kaltreider
Richard & Esther Kipple
Sam & Dorothy McCurry
Lee Miller
Scott & Tammy Miller
Ella Murphy
Gerald Myers
John & Phyllis Nace
Carl Paley
Leo & Sandy Reaver
Barbara Redding
Genevieve Reed
Dixie Reed
Deborah Rentschler

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



Ray Riley
John Runk
Mary Sauble
Shirley Shearer
Frank & Linda Sheridan
Robert & Florence Shutt
Larry & Bonnie Slagle
Edward & Denise Smith
June & Robert Stine
Sybella Stough
Nancy Wagner
Harold Warner
Patricia Warner
Charles Zinn
Donna Zortman

Appeals

John Hall
Patricia Stonesifer

Item Donations

Alice Bortner
Glenn Bortner
Robert & Maryann Brenneman
Jaymie Campbell
James & Sandra Decker
Janice Drew
Harold & Kay Edris
Gerald Groves
Donald & Dolores Hoover
Susan Howes
Phillip & Debra Keener
Larry Kress
Patricia & Walter Lobodinsky
Lee Miller
Betty Mitchell
Wayne & Joanne Overmiller

Byron & Patsy Pomraning
Barry & Beverly Strausbaugh
Samuel Thieret
Nancy Wagner
Charles Zinn

Country Meadows
Minuteman Press - Hanover
Pivot Physical Therapy
Spring Grove Regional Parks & Rec.
Theatre Arts For Everyone

Special 'Thank You' to Susan Howes for providing the staff with handmade masks for every holiday! From Santa to Easter Bunnies, she always has us festive!

Thank you to Spring Grove Area School District for providing fearless traffic controllers during this past year's Wednesday early-dismissal days.

Welcome New Members!

Steve & Tena Albin
John Bacon
Michael Bouchard
Cindy Christensen
Paul Clark
Susan Covert
Christine Craver
Mitchell Diviney
Samuel & Janet Ellis
David Heisey
Robert & Jan Hersh
Curt Hoffheins
Wayne & Joy Laughman
Stanley Lenhart
Terry Lenhart
Roger & Karen Leppo
Don Martin
Albert & Patricia Maul
Gerald Myers
Sydney Nell
Russell & Ange-Aimee Schroll
Allen Smeltzer
Jean Weidler

Prayer List

Peggy Bender	Shirley Mitzel
Edith Brenneman	Becky Myers
Dale Brillhart	Cathy Myers
Dolores Brillhart	Dolores Senft
Philip Carlise	James Senft
Mary Coulson	Brenda Shaffer
Larry Grothey	Emily Stewart
Pat Hoff	Richard Stewart
Don Mitzel	Wayne Winemiller

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

Bible Group

May 25; 10 am.



Pastor Allison from St. Paul's Lutheran in Spring Grove will lead the group.

Quilts for Kids

Monday, May 10th at 5 pm

The ladies are always looking for help with cutting, sewing and creating wonderful quilts for sick kids. If you are interested, please contact Nancy.





APPRISE is the Pennsylvania State Health Insurance Assistance Program.

APPRISE volunteers are specially trained to answer your questions about Medicare, Medicaid, Medigap, prescription drugs, preventive care, and to assist you with your paperwork.

The counselors have direct access to State and Federal Medicare information and resources.

Currently, all appointments are being conducted over the phone or virtually.

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

Hotspots for Rent

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

Requirements:

- ➡ must have a library card in good standing
- ➡ must present a valid ID and pay the rental fee.

The library system is renting them for \$20 for a four-week checkout (fee and checkout time may change in the future). No holds, no renewals, and they are hand-sanitizing each unit as it comes back in. Contact the library for more information 717-225-3220.



Jewelry Making

Monday, May 3rd 10 am \$5

Easy start to jewelry making. We will be making a bracelet for you or as a gift for Mother's Day. Please preregister. Max 12 people.

Tech Resources

Generations on Line—Offers FREE help with how to use your tablet or smart phone. generationsonline.org and click on whichever type of device you have: Android, Apple, or Amazon Fire.

Senior Planet—Offers help with various topics through free courses and presentations. Seniorplanet.org

Tech Boomers—Offers 100+ Free courses, technology basics, useful websites, etc. techboomers.com



Flower Pot Decorating Craft

Monday, May 17th 10 am \$5

Decorate a flower pot with paint, paper and Mod Podge. Then plant it with seeds and let it grow! Let's be creative for Spring. 15 people, inhouse only.

Concert featuring Wayne & Gene

Thursday, May 27th from 10 am—noon

On the Patio at Windy Hill



\$ by donation. We'll be breaking out the grill and cooking up the hotdogs! Bring your lawn chair! Remember to wear your mask until you get to your seat. If it rains this concert will be moved indoors with social distancing. Please RSVP so we make sure we have enough hotdogs.

Windy Hill's Drive-thru Lunch Program

Changes for May:
Drive-thru Lunch Pickup will continue on Monday, Tuesday and Wednesday with frozen for Thursday and Friday. The time is changing to 11:30 am-12:30 pm. Reservations for in-center dining (30 members) will be taken for Monday, Tuesday and Wednesday at noon. On Wednesday, members will continue to receive frozen for Thursday and Friday.

Pick up at our side dock **Monday, Tuesday, and Wednesday from 11:30 am until 12:30 pm.** The cost for the lunch for seniors 60 and older is by donation (*recommended donation is \$2.00*). Those 59 and younger pay \$3.75. Windy Hill receives funding through the York County Area Agency on Aging 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 **8 am the day before** you desire to eat lunch. Please remember to cancel your lunch as soon as you realize that you are unable to attend.



May Birthdays

1	Peter Kaiser	12	Jane Fissel		Mary Jennings
	Gary Richardson		Robert Greiner	23	Joann Harrold
2	Gladys Curry		Joan Nolin		Marilyn Stahl
	Kathleen Hill		John Trostle	24	Sharon Forney
	Scott Miller	13	Rodney Altland		Raymond Traylor
	Glenn Snyder		Diane Jenkins	25	Stephen Grogg
4	Irene Bixler		Ange-Aimee Schroll		Albert Hufnagel
	Anna Foreman	14	C.H. Ayers		Michael Young
5	Roger Apple		Stewart Burns	26	Janice Drew
	Walter Jaworskyj		Donna Krebs		Tina Price
	Gary Leinart		Gerald Lewis		Genevieve Reed
	Carl Paley	15	Ruth Miller		Carol Strout
6	Jane Perash	16	Patricia Cutler	27	Lauretta Peterson
	Janet Ruhland		Sandra Reck		Keith Spahr
7	Richard Garrison	17	Jo Nowakowski	28	Karen Baum
	Eddie Lofton		Dianne Oberdick		Glenn Bortner
	Frederick Young		Richard Senft		Marlene Grothey
8	Anita Dahms	18	John Dickert		Joyce Lentz
	Robert Finke	19	Paul Fontaine	29	Sharon Krebs
	Susan Mundis		Joseph Isch		Dixie McMaster
	Juanita Routson		Linda Pentz		Robert Schuchart
	Randal Walton		Deborah Smyser		Rita Young
9	Margaret Knee	20	Rebecca Thoman	30	Dean Artz
	Sharon Moore		Leonard Freed		Mary Higgs
	Darlene Stauffer		Donald Golden		James Miller
	William Welsby		Phyllis Nace	31	Thomas Ream
10	Gary Spangler	21	Bryan Smith		
	Nina Hammond	22	Beverly Bish		
11	Joan Brose		David Heisey		

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

Happy Anniversary to...



Todd & Kristyn Stouch	Donald & Shirley Mitzel	Scott & Pamela Krebs	
05/01/1998	05/09/1958	05/19/1979	
Robert & Gloria Kramer	Fred & Ellen Shultz	Lisa & Gene Smith	John & Jane Bailey
05/02/1953	05/10/1975	05/19/1978	05/23/1986
Maryann & Robert Beaver	Kevin & Karen Baum	Harry & Shirley Wildasin	Byron & Patsy Pomraning
05/03/1970	05/12/1979	05/19/1956	05/25/1974
James & Connie Harvey	Harold & Ruth Miller	Dennis & Hannah Kessler	Steven & Linda Bankert
05/03/1997	05/13/2006	05/20/1978	05/26/1994
Keith & Elaine Nafe	William & Deborah Burger	Lance & Diane Sprenkle	Edward & Pamela Merrell
05/04/1974	05/14/2016	05/20/1978	05/26
David & Ruth Heisey	Philip & Susan Covert	Merv & Sharon Daneman	Wayne & Fay Wagaman
05/05/1973	05/17/1964	05/21	05/27/1961
Edward & Rosemary Stinebert	William & Mary Jennings	Roger & Julie Eline	Joseph & Rebecca Senft
05/05	05/18/1991	05/21	05/29/1982
Dale & Linda Thoman	Stanley & Carol Lenhart	Philip & Christine Wolfe	
05/08	05/18	05/22/1987	

Give Local York

**Friday, May 7th
Midnight—11:59 pm
Givelocalyork.org**

We have a lot of excitement planned for May 7th, starting with:

Leo's Breakfast 8:30—9:30 (Tickets \$5)
Contact Nancy to purchase a ticket.

Sweet Life Concert 10 am —noon with the Spring Grove Lions Club onsite grilling up some hotdogs to raise money for their club.

We'll have hourly updates on Facebook Live, live-feeds from our events, videos from special guests, and more!

Don't miss out! Help us to reach our goal of **\$30,000 & 300 donors in 24 hours!**



**Donate online on May 7th:
Givelocalyork.org and
search for Windy Hill
Senior Center.**

**Thank you to everyone who has shown
their support of Windy Hill!**

May's Council Meeting

Monday, May 10th at 10 am

on Zoom & Facebook Live

We will be allowing **up to 30 people** in-person. Contact Nancy or sign up on Copilot to attend in-person or sign up on Copilot

Zoom ID: **829 6776 4619**

Passcode: **1472**

Nutrition Video Presentation

**Thursday, May 6th at 10 am – via Zoom and
20 people in house**

“Why We Eat What We Do”

by Professor Roberta Anding

This 30-minute video will highlight how what foods we've eaten over the years has changed and why. This is one in a series that will continue over the coming months. We will have discussion after. Meeting ID: **880 7606 7485** Passcode: **1472**



**History Video Series WWI –
Wednesdays at 10 am in the Café**

Join us for this weekly video series that explains and explores the Great War. This video series presents the war in a college course format with different aspects presented and discussed each week. It is suggested that you plan to watch each Wednesday to get the complete course. Preregistration needed.

Painting with Pat Zoom Class

Thursday, May 20; 10 a.m.

Tune in rain (or snow) or shine to try your hand at a new hobby. Art kits will be available for purchase at the main office. They will include a hard canvas, primary color paints, and brushes for \$10. Contact Nancy to arrange pick up of the kit. Register for the class using the registration link in the eNews.

Pat Isch has been teaching folks to paint for many years. She's the perfect teacher to help aspiring or experienced painters express their creativity.



Zoom ID: **843 3564 5505**
passcode: **1472**

Coffee on the Patio

Tuesdays and Thursdays at 8:30 am, join us for a cup of joe. In wet and cold weather, we will move inside to the Café area. Maybe Frankie, our favorite froggy mascot, will come out of hibernation to greet us! Coffee is \$0.50 per cup and we'll have regular and decaf available.

Chair Massages

Randy Walton will be available on **Thursday, May 6th AND Thursday, May 20th** from **9 to noon** to provide 15-minute chair massages.

Have arthritis, swollen fingers? Randy does hand massages too, just ask! Cost is \$10 and pre-registration and payment are required. \$20 for 30 minutes. Use the sign up links found on our website and in the eNews or contact Nancy.



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

Pickleball

Tuesdays and Thursdays at 1 pm; 60 years +. Cost is \$3 per person/session or if you have Silver Sneakers \$1 to play. This program is being shared by Windy Hill and Parks & Rec.



Basketball

Mondays and Wednesdays; 8:30 am – 10:00 a.m. 60 years + This is open gym only.

Game play is reserved for 10 am – 12 pm and this is a Parks and Rec program with a \$3 per person fee. Windy Hill members are invited to pay the fee and play during the 10 am -12 pm time slot.

***Line Dancing begins on Tuesdays at 11 am. \$2** Let Nancy know if you are interested.

Fitness Classes:

Mondays:

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

9:00 Walking Club

9:30 Shadow Boxing with Lori DePorter – Zoom ID#**327 891 3252** passcode **4xuDHP**

10:00 - 12:00 P&R Basketball Game Play \$3

11:00 Chair Exercise with Risa – Facebook

11:00 T'ai Chi Chih with Jack W *\$5/\$2

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

Tuesdays:

9:00 Silver Sneakers Classic with Tracy Schuman
Zoom ID#**821 3661 1618** passcode **1472**

(\$2, Free to Silver Sneakers members)

11:00 Line Dancing \$2

1:00 Pickleball \$3/\$1

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

Sam from Pivot

Presents on “**Strokes**”

Thursday, May 13th; 10 a.m.

We will be allowing up to 20 members to attend this presentation in person.

Contact Nancy for more information and to pre-register.

Zoom Meeting ID: **846 9159 2329**

Passcode: **j4ywiZ**

Wednesdays:

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

9:00 Walking Club

9:30 Shadow Boxing with Lori DePorter – Zoom ID#**327 891 3252** passcode **4xuDHP**

10:00 - 12:00 P&R Basketball Game Play \$3

11:00 Chair Exercise with Risa– Facebook

Thursdays:

9:00 Silver Sneakers Classic with Tracy S \$2
Zoom ID#**821 3661 1618** passcode **1472**

11:00 Chair Volleyball (except May 27th)

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

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

1:00 Pickleball *\$3/\$1

Fridays:

9:00 Walking Club

9:30 Parkinson's/Rock Steady Boxing with Lori DePorter - Zoom ID#**327 891 3252**
passcode **4xuDHP**

10:00 Tap Dance with Charlee at the YARD starting 6/18 Tap Dance will be at Windy Hill!

*** The fitness room is open Monday – Thursday from 8:30 am - 2:30 pm. Groups of 4 at this time, max. Appointments may be made by contacting Nancy at 717-225-0733 ext 100.*

Health Presentation: “Guide to Pain Relief”

Monday, May 24th 10 am via Zoom & up to 35 people in-person

Zoom ID: **818 7903 4379** Passcode: **1472**

Queen Esther

On **Thursday, December 2nd** we are heading to Sight and Sound Theater for a showing of **Queen Esther** with lunch at Hershey Farms. The bus will leave Windy Hill at 11:15 am and will return at 7:30 pm. The cost is \$99, which includes: bus fare, admission to theater, lunch at Hershey Farms and tips/gratuity. Contact Nancy to sign up. Payment is required at sign up.



Suicide Bridge Crab Cruise

We are heading south to Herlock, MD on **Thursday, July 22nd** for a crab feast cruise aboard a riverboat at Suicide Bridge Restaurant. The bus will leave Windy Hill at 6:30 am and return at 8:30 pm. The cost is \$110, which includes: bus fare, bagged lunch for the bus, crab cruise and tips/gratuity. Contact Nancy to sign up. Payment is required at sign up.



Game Wednesdays

Every Wednesday at 9 am. Word Link, Trivia, Pokeno, and Family Feud are on the schedule for Wednesdays. In-house only – up to 20 people. Also “Now You Have It...” is back on May 26th. Register to play.



Quarter Bingo -

Fridays, starting May 14th at 9:15 am Leo Reaver will be calling 40 games. No food sharing. Bingo cards purchased at the door. Call or sign up on Copilot to reserve a spot. Up to 35 members in-person. Cost: \$10 per 3 card pack of 40 games



Dime Bingo Mondays are Back!

9 am currently only 1 hour;

We will allow 25 people in house, contact Nancy for registration.

Congratulations to our Bingo Winners from March's Drive-thru Bingo:

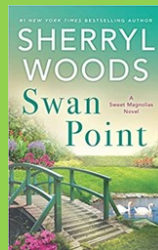


**Ronald Smith
Pauline Diehl
Shirley Sheaffer**

The Windy Hill Book Club!

Thursday, May 27th at 10 am on Zoom

Swan Point by Sherryl Woods



Determined to build a new life for her family after her divorce, Adelia Hernandez has bought a home in the historic Swan Point neighborhood of Serenity. Promoted to manager of Main Street's most fashionable boutique, she feels revitalized and ready for a fresh start as a single mom. But barely into this new independent phase, she crosses paths with the sexiest man to hit Serenity in years.

Gabe Franklin, back in town to make amends for past mistakes, has no intention of settling down, but Adelia's proving irresistible. Cheered on by their friends “the Sweet Magnolias,” Gabe is bringing long-absent passion and laughter into Adelia's life. To his surprise—and hers—sometimes a rolling stone is just what it takes to build the rock-solid foundation of a family.

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.

**Zoom Meeting ID: 868 9917 2072
Passcode 1472**

May 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.

* **Krystin Stouch**

* **Michael Saloom—In Honor of Frances Noel & In Memory of Cyril “Moe” Noel**

* **Kay Edris & Susan Howes—In Memory of our Mother, Lottie Trone**

* **Robert Stine—In Memory of my Mother for Mother's Day, Mae Romaine (Riley) Stine**

* **Connie Fackler & Jim Burgard—In Memory of Terry Fackler**



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



Save the Date!
Give Local York
Friday, May 7th
midnight—11:59 pm
Givelocalyork.org

US Postage

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.

Thank you to our Sponsors!



Directors

2021 Board of Directors
President - Sandy Sferrella-Taylor
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Brenda Flory
Michael Robinson
Claudette Shear
Chris Stock

Dr. Dave Dietrich
Laura Beck
Pat Lobodinsky
Atty. Jennifer Stetter

Windy Hill Staff Members

	Ext.	Email Address
Risa Anderson - Programming Assistant	105	anderr@windyhillonthecampus.org
Jenna Ericson - Asst. Director of Operations, Marketing & HDMs	104	ericsonj@windyhillonthecampus.org
Tracy Haper - Asst. Director of Programming	102	hapert@windyhillonthecampus.org
Tammy Miller - Executive Director	103	millert@windyhillonthecampus.org
Nancy Wagner - Administrative Assistant / Receptionist	0	info@windyhillonthecampus.org
Sharon Madenfort—Food Services Coordinator	107	madenforts@windyhillonthecampus.org

MON

TUE

WED

THU



FRI

<p>3</p> <p>9...Walking Club 9...Dime Bingo 9:30...Rock Steady Boxing 10...Jewelry Making - Bracelet \$ 11...Chair Exercise 11...T'ai Chi Chih 11:30...Drive Thru Lunch 12... Congregate Lunch</p>	<p>4</p> <p>8:30...Coffee on the Patio 9...Silver Sneakers Classic 11...Line Dancing 11:30...Drive Thru Lunch 12...Congregate Lunch 1...Pickleball</p>	<p>5</p> <p>9...Walking Club 9...Word Link 9:30...Rock Steady Boxing 10...Video Series -WWI 11...Chair Exercise 11:30...Drive Thru Lunch 12...Congregate Lunch</p>	<p>6</p> <p>8:30...Coffee on the Patio 9-12...Chair Massage (Appt) 9...Silver Sneakers Classic 10...Nutrition Video Presentation 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>7 Give Local York</p> <p>8:30...Leo's Breakfast \$ 9...Walking Club 9:30...Parkinson's Class/ Rock Steady Boxing 10...Tap Dance Class @ Charlee's Studio 10...Entertainment w/ Sweet Life</p>
<p>10</p> <p>9...Walking Club 9...Dime Bingo 9:30...Rock Steady Boxing 10...Council Meeting 11...Chair Exercise 11...T'ai Chi Chih 11:30...Drive Thru Lunch 12...Congregate Lunch 5...Quilts for Kids</p>	<p>11</p> <p>8:30...Coffee on the Patio 9...Silver Sneakers Classic 11...Line Dancing 11:30...Drive Thru Lunch 12...Congregate Lunch 1...Pickleball</p>	<p>12</p> <p>9...Walking Club 9...Family Feud 9:30...Rock Steady Boxing 10...Video Series - WWI 11...Chair Exercise 11:30...Drive Thru Lunch 12...Congregate Lunch</p>	<p>13</p> <p>8:30...Coffee on the Patio 9...Silver Sneakers Classic 10...Pivot Presents 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>14</p> <p>9...Walking Club 9:15...Quarter Bingo 9:30...Parkinson's Class /Rock Steady Boxing 10...Tap Dance Class @ Charlie's Studio</p> 
<p>17</p> <p>9...Walking Club 9...Dime Bingo 9:30...Rock Steady Boxing 10...Flower Pot Painting \$ 11...Chair Exercise 11...T'ai Chi Chih 11:30...Drive Thru Lunch 12...Congregate Lunch</p>	<p>18</p> <p>8:30...Coffee on the Patio 9...Silver Sneakers Classic 11...Line Dancing 11:30...Drive Thru Lunch 12...Congregate Lunch 1...Pickleball</p>	<p>19</p> <p>9...Walking Club 9...Pokeno 9:30...Rock Steady Boxing 10...Video Series - WWI 11...Chair Exercise 11:30...Drive Thru Lunch 12...Congregate Lunch</p>	<p>20</p> <p>8:30...Coffee on the Patio 9-12...Chair Massage(Appt) 9...Silver Sneakers Classic 10...Painting Class 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>21</p> <p>9...Walking Club 9:15...Quarter Bingo 9:30...Parkinson's Class/ Rock Steady Boxing 10...Tap Dance Class @ Charlee's Studio</p> 
<p>24</p> <p>9...Walking Club 9...Dime Bingo 9:30...Rock Steady Boxing 10...Presents "Guide to Pain Relief" 11...Chair Exercise 11...T'ai Chi Chih 11:30...Drive Thru Lunch 12...Congregate Lunch</p>	<p>25</p> <p>8:30...Coffee on the Patio 9...Silver Sneakers Classic 10...Bible Study w/Pastor Allison 11...Line Dancing 11:30...Drive Thru Lunch 12...Congregate Lunch 1...Pickleball</p>	<p>26</p> <p>9...Walking Club 9...Now You Have It... 9:30...Rock Steady Boxing 10...Video Series - WWI 11...Chair Exercise 11:30...Drive Thru Lunch 12...Congregate Lunch</p>	<p>27</p> <p>9...Silver Sneakers Classic 10... 'Wayne & Gene' Outside Concert 10...Book Club 12:30...Yoga 1...Pickleball</p>	<p>28</p> <p>9...Walking Club 9:15...Quarter Bingo 9:30...Parkinson's Class /Rock Steady Boxing 10...Tap Dance Class @ Charlee's Studio</p> 
<p>31</p> <p>Memorial Day</p> 		<p>"Summertime is always the best of what might be." -Charles Bowden</p>	<p>Fitness Room open M-Th 8:30 - 2:30 pm. 4 people max. Make an appointment with Nancy for a 30 min time slot.</p> <p>Mon / Wed - Open Gym - 60+ Basketball 8:30-10</p>	<p><u>In Person - Call to sign up</u> T'ai Chi Chih - 8 people Silver Sneakers - 20 people Chair Exercise - 20 people Yoga- 8 people Parkinson Class - 8 people Walking Club - Inside 10/Outside No Limit Classes will also Zoom or FB Live</p>

* Activities may change if conditions warrant.



May 2021 Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili Cheese Hotdog (2 oz Chili, 0.5 oz Cheddar) 1/2 cup Baked Potato 1/2 cup Green Beans Hotdog Roll 1/2 cup Cinnamon Applesauce	4 1/2 cup Beef Burgundy 1/2 cup Bowtie Noodles 1/2 cup Coin Carrots Wheat Bread Fresh Orange	5 Grilled Chicken Caesar Salad 1 cup Mixed Greens (3 oz Diced Chicken, Parmesan, Tomato, Croutons) 1/2 cup Pasta Salad WG Dinner Roll 1/2 cup Mixed Fruit	6	7
10 Vegetable Lasagna 1 oz Shredded Mozzarella 1 cup Tossed Salad w/ HB Egg Italian Bread 1/2 cup Warm Peach Crisp	11 Baked Meatloaf w/ 2 oz Gravy 1/2 cup Mashed Potatoes 1/2 cup Cream Corn Wheat Bread 1/2 cup Raspberry Sherbet	12 BBQ Glazed Turkey Burger w/ 1 oz Cheddar 1/2 cup Green Beans Sandwich Roll Fresh Fruit	13	14
17 Salisbury Steak w/ 2 oz Gravy 1/2 cup Cheesy Potatoes 1/2 cup Corn & Pimentos White Bread 1/2 cup Pears	18 Potato Crusted Fish 1/2 cup Tuscan Mac & Cheese 1/2 cup Italian Green Beans Wheat Bread Fresh Fruit	19 Chicken Marsala w/ 2 oz Gravy 1/2 cup Bowtie Noodles 1/2 cup Brussel Sprouts Wheat Bread 1/2 cup Mixed Fruit	20	21
24 Cheeseburger 1/2 cup BBQ Butterbeans 1/2 cup Macaroni Salad Sandwich Roll Fresh Cantaloupe	25 1/2 cup Parmesan Chicken over 3/4 cup Lemon Asparagus Pasta 1 cup Tossed Salad w/ Tomato & Dressing Italian Bread 1/2 cup Applesauce	26 1/2 cup Pot Roast 1/2 cup Whipped Potatoes w/ Gravy 1/2 cup Carrots Wheat Bread 1/2 cup Pears	27	28
31 	*Menu Subject to Change	 <small>chibird.tumblr.com</small>		

*** Served daily: Milk and Margarine

Sign up for meals on Copilot (community.copilot21.com) or by calling in to Nancy. Meals are served Mondays - Wednesdays from 11 am - Noon in the drive-thru line by the loading dock on the side of the building. All members are eligible to sign up! Must preregister by 8 am the day prior.