



ON TOP OF

# Windy Hill

October 2021



1472 Roth's Church Road, Suite 103  
Spring Grove, PA 17362  
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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  
Monday, October 11th in  
observance of Columbus Day  
& Friday, October 15th for  
Staff Training**

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

October, 2021

Happy Fall!

It's October and time for cooler temperatures, football, and Windy Hill's World-Famous Apple Dumplings! Our dedicated apple dumpling professionals will be making a few hundred dumplings on Thursday, October 14, to sell at the **Pumpkin Trail on Saturday, October 16**, from 6-9 p.m. at Little Creek Park/Golf Course on Rt. 116. Please sign up to help on the sheet in the reception area. Unfortunately, we will not be taking orders for dumplings for this sale, but you can pick some up at the Pumpkin Trail for \$4 each. We are hoping to have a public sale sometime before the end of the year.

Other events happening in October include our Memory Café Thursdays, October 7 and 21 at 1:00 p.m. Windy Hill created the Memory Care program back in 2019 to provide education, support and interaction for people living with dementia and their caregivers. During the pandemic several of our staff became Certified Dementia Practitioners. If you are aware of someone who needs this support, please have them contact our office.

In addition, there are a few opportunities to put your dancing shoes on and move to your favorite tunes. John Pepsin will entertain us after the Council Meeting on the 4<sup>th</sup> and we are happy to have D.J. Pebbles back on the 28<sup>th</sup> for our birthday/ anniversary party.

Hope to see everyone at the Center!

Tammy

**Flu Shot Clinic**  
**Wednesday, October 13**  
**9 am—noon**  
See Nancy to register  
*\*Must register in advance!*



**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 August. Every item donated, hour volunteered, and dollar donated makes a difference.**

### **Monetary Donations**

AmazonSmile Foundation  
Don & JoAnn Arnold  
Kathryn Butera  
Beatrice Garvick  
George & Bev Glatfelter  
Bertha Hammer  
Margaret Harrison  
Richard Hartsough  
Sue Howes  
United Way of Lancaster  
County  
Nancy McIntyre  
Lee Miller  
Katherine Moubrey  
Cathy & Gerald Myers  
Glenn Myers  
Barbara Redding  
Gen Reed  
Barry & Bonnie Riddle



Thelma Russell  
Barb & Richard Senft  
Shirley Shearer  
Greg & Janice Smith

### **Item Donations**

John Basta  
Barry & Jane Black  
Glenn Bortner  
Janice & Michael Drew  
Hal & Kay Edris  
Gerald Groves  
Sue Howes  
Gwen Lehr  
Jill Little & Merton Smith  
Pat & Walter Lobodinsky  
Jane Matott  
Ruth McClelland  
Lee Miller  
Betty Mitchell

Katherine Moubrey  
Raymond & Charlotte Nace  
Byron & Pat Pomraning  
Merle Raubenstine  
Edward & Deborah Robbins  
Thelma Russell  
George Smith, Jr.  
Alice Stauffer  
Bob & Jan Szczechowiak

*Country Meadows  
Hardee's—Spring Grove  
Hillandale Farms East*

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

### **Wish List**

### **Prayer List**

Edith Brennehan	Cathy Myers
Dolores Brillhart	Gary Rohrbaugh
Philip Carlise	Dolores Senft
Mary Coulson	James Senft
Lucy Glatfelter	Brenda Shaffer
Hilda Grothey	Larry Sheridan
Dee Heiner	Richard Stewart
Pat Hoff	George Turner
Don Mitzel	
Shirley Mitzel	

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



### **Bible Study**

**Tuesday, October 19  
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!

**Coca Cola, Diet Coke, Pepsi, Diet Pepsi, Sprite, Orange, Root Beer cans**

**Snack bags: chips, pretzels, tasty cakes, etc.**

**Dinner-sized paper plates\***

**Hand soap—Antibacterial**

**Postage Stamps**

**Tissues**

**Quart and gallon-sized zip top bags**

**Regular kitchen-size trash bags**

**Bottled water**

**Printer paper**

**Sticks of butter**

**Condiments—ketchup, mustard, dressings**

*welcome  
New Members*

Jane Bankert  
Robert Bennett  
Tanya Brunner  
Karen Burd  
Gordon & Carol Byer  
Edwin & Carolyn Calhoun  
Gail Carroll  
Roslyn Chew  
Catherine Clarton  
Patricia Crumble  
James Euclide

Donna Flickinger  
Roberta Heisler  
Donald & Lu Ann Hess  
John Kaplan  
Robert King  
Kim Leber  
Karen Leppo  
Nancy Lippi  
Ruth McClelland  
Pamela Meckley  
Kenneth & Conchita Watts

## 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 Logo Wear Sale—coming this month! Watch the eNews, Facebook, and the bulletin boards for more information!



### 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, October 7th—1 pm**

"A Beautiful Day in the Neighborhood"  
movie showing & discussion

**Thursday, October 21st—1 pm**

Topic: Hydration

*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!

# October Birthdays



- |                                                                                         |                                                                                       |                                                                                                          |                                                                                   |
|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 1- Clifford Bennett<br>Sharon Holtzapple<br>Sally Miller                                | 11- Barry Anderson<br>Evangeline Dacheux<br>Pat Isch                                  | 17- Michael Robinson<br>Bonnie Sweitzer                                                                  | 24- John Hammond<br>Elsie Wagner                                                  |
| 2- James Biery<br>Benn Miller                                                           | Janis Mitchell<br>Jane Thomas                                                         | 18-Gail Carroll<br>Jan Ruman<br>Janice Smith                                                             | 25-Julie Eline<br>Cordelia Harrold<br>Curt Hoffheins<br>Pamela Morrison           |
| 3- Geffie Baker<br>Mary Finch<br>John Mayhorne                                          | 12-Robert Dahms<br>Nancy McIntyre<br>James Pressel                                    | 19-Marie Chapman<br>Donald Hoover<br>Bonita Kern                                                         | 26-Dennis R. Myers<br>Carol Richardson<br>Cheryl Yohe                             |
| 4- Jane Bankert<br>Edward Duttera<br>Gregory Smith<br>Phyllis Smith<br>Thomas Uffelman  | 13-Sandra Bosserman<br>Caroline Grove<br>Alice Jones<br>John Knaub<br>Robert Oberdick | 20-Arlene Landis<br>Rebecca Senft<br>Jean Zorbaugh                                                       | 27-William Crumrine<br>Steven Hudgins<br>Sally Schill                             |
| 5- Darlene Rodgers<br>Michael Salloom<br>Richard Scott<br>Joseph Senft<br>Charles Zinn  | 14-Barbara Hale<br>Glenn Hummell<br>Barbara Scott<br>Doris W. White<br>James Wright   | 21-Donald Dunkerly<br>Kay Edris<br>Stephen Hoke<br>Patricia Rollman<br>Doreen Snyder<br>Helen Ustinovich | 28-Sherill Armstrong<br>Darlene Bowman<br>Sharon Myers                            |
| 6- Donna Eby                                                                            | 15-Jacqueline Good<br>Jerry Overby<br>Elizabeth Sholly                                | 22-Rita Bingaman<br>Donna Flickinger<br>Dorothy McCurry<br>Russell Snyder                                | 29-Stanley Lenhart                                                                |
| 7- Barbara Moore<br>Ella Murphy                                                         | 16- Ruth McClelland<br>Susan Shue<br>Patricia L. Smith                                | 23-Jane Black<br>James Haley<br>James Harvey<br>Beverly Jacobson<br>Larry Lentz<br>Andrew Strausbaugh    | 30-Jackie Buchanan<br>Anna Diehl<br>Diane Rebert<br>Vera Slagle<br>Kane Stambaugh |
| 8- Peggy Baublitz<br>Leroy Heiner<br>Pamela Merrell<br>Lisa Smith<br>Geraldine Spangler | 17-Jenna Lawrence<br>Marian Luther<br>Betty McCoy<br>Roberta Noel                     | 24-Michelle Crumrine                                                                                     | 31-Elizabeth Gladfelter<br>Gabriele Shearer                                       |
| 10-Gerald Groves<br>Robert Kuhn                                                         |                                                                                       |                                                                                                          |                                                                                   |





## Happy Anniversary to...

- |                                           |                                             |                                                 |
|-------------------------------------------|---------------------------------------------|-------------------------------------------------|
| Keith & Phyllis Spahr<br>October 1, 2005  | Jim & Cathy Dietrich<br>October 11, 1980    | James & Linda Freed<br>October 18, 1969         |
| Clair & Kay Kessler<br>October 2, 1971    | Edward & Ruth Myers<br>October 11, 1997     | Bill & Wendy Leahy<br>October 18, 1980          |
| Dean & Faith Fuhrman<br>October 4, 1975   | Don & Dolores Hoover<br>October 13, 1956    | Robert & Lyn Overmiller<br>October 19, 1968     |
| Harold & Betsy Diehl<br>October 6, 2006   | Gary & Susan Allshouse<br>October 14, 1972  | William & Peggy Allland<br>October 20, 1967     |
| Barry & Terri Miller<br>October 7, 1977   | Tom & Bonnie Slagle<br>October 14, 1962     | Wayne & Joanne Overmiller<br>October 20, 1973   |
| Wayne & Hanna Triplett<br>October 7, 2005 | Samuel & Janet Ellis<br>October 15, 1976    | Scott & Linda Carter<br>October 22nd            |
| Tom & Cathy Neiderer<br>October 8, 1999   | Donald & Lu Ann Hess<br>October 16, 1976    | Gerald & Cathy Myers<br>October 22, 1966        |
| Allen & Janet Costella<br>October 9, 1971 | David & Christina Brown<br>October 18, 1975 | Gene & Mary Ruby<br>October 22, 1994            |
| David & Tammy Miller<br>October 9, 1982   | Richard & Carol Brown<br>October 18, 1985   | William & Michelle Crumrine<br>October 25, 1985 |
|                                           |                                             | Kenneth & Conchita Watts<br>October 25, 1963    |

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



# October 2021 Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
Egg Omelet w/ Cheese 1 Sausage Patty 1/2 cup Breakfast Potatoes Wheat English Muffin w/ Jelly Fresh Fruit	Pot Roast w/ Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots Italian Bread Cookie	Roasted Pork w/ Dijon Mushroom Sauce 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread Fresh Fruit		<b>8</b>
	BBQ Chicken Thigh 1/2 cup Bowtie Pasta 1 cup Tossed Salad Wheat Bread Fresh Fruit	Porcupine Ball w/ 2 oz Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Carrots Dinner Roll Fresh Fruit		<b>15</b>
Baked Ham Slice w/ Fruit Sauce or Raisins 1/2 cup Sweet Potatoes 1/2 cup Coin Carrots Wheat Bread 1/2 cup Sliced Pears	Roast Beef & Dumplings 1/2 cup Creamy Coleslaw Whole Grain Buttermilk Biscuit 1/2 cup Cinnamon Applesauce	Roasted Turkey w/ Gravy 1/2 cup Mashed Potatoes 1/2 cup Mixed Vegetables Wheat Bread Cookie		<b>22</b>
Taco Salad 1/2 cup Spanish Rice 1/2 cup Corn & Black Bean Salad Nacho Chips 1/2 cup Pineapple Delight	Crispy Chicken Salad 1 cup Mixed Greens w/ Diced Chicken Bacon Bits, Cheddar, 1/2 Egg Three Bean Salad Dinner Roll 1/2 cup Warm Peach Crisp	1 cup Ghostly Chili 1/2 cup Fingers & Ant Salad 4 oz Hocus Pocus Juice Moldy Biscuit 1/2 cup Pumpkin Potion	<b>Birthday/Anniversary Party</b> 	<b>29</b>  *Menu Subject to Change

\*\*\* 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 11:30 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.














MON

TUE

WED

THU

FRI

<p><u>Mon, Tues, Weds</u> 11:30 - Drive Thru Lunch 12 - Congregate Lunch <u>Monday thru Friday</u> 8:30-2:30 - Fitness Room 8:30-10:00 - Coffee Bar 8:30-2:30...Pool Room</p>	<p><i>Mon / Wed - Open Gym - 60+ Basketball 8:30-10</i></p> <p>Thursday Morning - 8:30 to 10 - Breakfast in the Café (except 10/14 &amp; 10/21 - Buy a ticket for Leo's Breakfast!)</p>		<p> "Autumn is a second spring when every leaf is a flower." -Albert Camus</p> 	<p><b>1</b> 8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class 10:15...Boogie &amp; Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p><b>4</b> 9...T'ai Chi Chih 10...Walking Club <b>10...Council Meeting w/John Pepsin</b> 11...Chair Exercise</p> 	<p><b>5</b> 8 &amp; 9...Silver Sneakers Classic 10...Family Feud 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p><b>6</b> 8:30...SG EMS Well Checks 9...Card Playing 9...Chair Yoga 9:30...WWI (last) 10...County Nutritionist 10...Poker 10...Walking Club 11...Chair Exercise</p>	<p><b>7</b> 8:30-12...Chair Massage (apt req) 8 &amp; 9...Silver Sneakers Classic 10...Pinochle 10...Craft 11...Chair Volleyball 12:30...Yoga 1...Pickleball <b>1...Memory Café - RSVP</b></p>	<p><b>8</b> 8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class 10:15...Boogie &amp; Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p><b>11</b> Center Closed for</p> 	<p><b>12</b> 8 &amp; 9...Silver Sneakers Classic 10...Emergency Preparedness Speaker 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing 5...Quilts for Kids</p>	<p><b>13</b> UPMC FLU CLINIC 9-12...Flu Clinic Call for Appt 9...Card Playing 9...Chair Yoga 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p>	<p><b>14</b> Apple Dumplings <b>NO BREAKFAST</b> 8 &amp; 9...Silver Sneakers Classic 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball <b>Penn's Peak Trip</b></p>	<p><b>15</b> Center Closed for</p> 
<p><b>18</b> 9...T'ai Chi Chih 9...Halloween Movie- "Cruella" 9:30...Dime Bingo 10...Walking Club 11...Chair Exercise</p> 	<p><b>19</b> 8 &amp; 9...Silver Sneakers Classic 10...Bible Study w/Pastor Allison 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p><b>20</b> 9...Card Playing 9...Chair Yoga 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p> 	<p><b>21</b> Leo's Breakfast \$5 8:30 am 8:30-12...Chair Massage (apt req) 8 &amp; 9...Silver Sneakers Classic 10...Book Club 10...Pinochle 11...Chair Volleyball 12:30...Yoga-Cx 1...Pickleball <b>1...Memory Café - RSVP</b></p>	<p><b>22</b> 8:30...Blood Pressure Checks 8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class 10:15...Boogie &amp; Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p><b>25</b> 9...T'ai Chi Chih 10...Scrapping with Bev 10...Health Video: Building a Pain Management Team 10...Walking Club 11...Chair Exercise</p>	<p><b>26</b> 8 &amp; 9...Silver Sneakers Classic 10...Now You Have It... 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p><b>27</b> 9...Card Playing 9...Chair Yoga 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p>	<p><b>28</b> 8 &amp; 9...Silver Sneakers Classic <b>10...Birthday/Anniversary Party fea. DJ Pebbles</b> 12:30...Yoga 1...Pickleball</p> 	<p><b>29</b> 8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class 10:15...Boogie &amp; Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 

\*Activities may change if conditions warrant.

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

**Wednesdays at 10 am in October**

(starting October 13th), 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". We'll look forward to you joining us!

### **Leo's Breakfast Fundraiser**

**Thursday, October 21st**

**8:30 am—9:30 am**

Tickets cost \$5 & include: eggs, sausage, biscuit, hot potatoes, juice and coffee.

Purchase your ticket from Nancy in the front office.

### **October's Birthday & Anniversary Party**

**Thursday, October 28th**

**10 am—noon**

Featuring entertainment by:

**DJ Pebbles**

Join us for dancing, food, socializing, and dessert!

RSVP to attend on Copilot by registering for "Party" or by using the registration link in the eNews/website/Facebook page.

### **Scrapping with Bev**

**Monday, October 25th 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**

**Tuesday, October 12**

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



### **October's Council Meeting Monday, October 4 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:

**John Pepsin!**

### **Craft with Tracy**

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

Join Tracy to create a craft that's TBD at this point. This craft will most likely be fall-related.

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

### **Halloween Movie—Cruella**

**Monday, October 18th 9 am**

Join us for a showing of "Cruella" in our auditorium to get in the mood for Halloween! We will have popcorn available, and the movie will be shown on the big screen!



### **Nutritionist Presentation**

**Wednesday, October 6th**

**10 am**

York County Area Agency on Aging's nutritionist, Lexi Nusbaum, will be joining us to discuss nutrition. She will be able to address questions you may have about congregate meal menus and dietary needs.

### **Emergency Preparedness**

**Tuesday, October 12th**

**10 am**

Guest speaker, Ted Czech, Public Information Officer at York County Office of Emergency Management will be here to present on ways you can prepare for potential emergencies.

This is sure to be interesting and insightful! Sign up for "Guest Speaker" to let us know you're attending!

### 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

### Boogie & Boxing Fridays at 10:15 am



In October we will be having a Boogie & Boxing class each week. This is open to all members.

No boxing experience required.

### 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! Free classes this month!

## 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

**9:30** Rock Steady Boxing—Zoom

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

**10:00** Walking Club

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

### "Building a Pain Management Team"

**Monday, October 25th 10 am**

Join us for a health video presentation focused on support for pain management.

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

### 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**

**(Class cancelled 10/21)**

**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!**

### Chair Massages are Back!

**Thursdays, October 7th & 21st**



Randy Walton will return in October 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, October 6th—8:30 am** Spring Grove EMS

**Friday, October 22nd—8:30 am** VNA of Spring Grove & Hanover



## Bus Trips

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



Lunch & a Show  
Hank Williams Sr Tribute by David Church  
October 14th  
Cost \$85



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

## Socialization

### Game Day Tuesday!

10/5—10 am—Family Feud  
10/26—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!

**Monday, October 18th**

**9:30 am—11 am**

\*Bring your dimes!  
10 cents per game to play!

### 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—10 am**

\*No Breakfast will be available on 10/14  
Each Thursday we will also have breakfast options. Sign ups for breakfast are located on a table in the café.

### Card Playing

**Wednesdays at 9—Card Playing**  
**Wednesdays at 10—Poker**  
**Thursdays at 10—Pinochle**



All members are welcome to join in on the fun!

### The Windy Hill Book Club!

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

**In person Only**

**The Dutch House**

**By: Ann Patchett**



Set over the course of five decades, *The Dutch House* is a dark fairy tale about two smart people who cannot overcome their past. Despite every outward sign of success, Danny and Maeve are only truly comfortable when they're together. Throughout their lives they return to the well-worn story of what they've lost with humor and rage. But when at last they're forced to confront the people who left them behind, the relationship between an indulged brother and his ever-protective sister is finally tested.

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.

## October 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.

\* **Bailey Coach**

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\* **Dennis & Beverly Krout ~ In Memory of Janice Floyd**

\* **Vicki Wynegar ~ In Memory of Ron Wynegar on his birthday—Oct. 30th**



1472 Roth's Church Road, Suite 103,  
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**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.



**Tuesday, October 26**  
**1 pm—5 pm**

**Spring Grove Chamber Hiring  
Fair at Windy Hill**  
More information to come!

## Thank you to our Sponsors!

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