

# Windy Hill on the campus

where life, learning, and generations connect

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

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

## Food Truck Event

**Friday, April 19th  
from 4 pm - 7 pm**

Come out on Friday, April 19th to show your support of Windy Hill & Spring Grove Regional Parks & Recreation Center. This event will be located in front of the clubhouse at Little Creek Community Park with entertainment by DJ Chris Wagman.

The food trucks who will be in attendance are:

- **Bebo's Mac Shack**
- **Bricker's French Fries**
- **Farm Show Milkshakes**
- **Killer Eats**
- **Kokua Shaved Ice**
- **Rita's Italian Ice**
- **Pretzel Lady**
- **Shorty's Funnel Cakes**
- **Taco Bus**
- **Travelin' Tom's Coffee Truck**
- **Food Adventures**

Come out to show your support of Spring Grove nonprofit organizations that serve our community. We hope to see you all there!

### Normal Business Hours:

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

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

## Volume 3, Issue 4

April 2024

### Staffing Update

We're thrilled to announce some incredible staffing changes that will further elevate our community and enhance our services here at Windy Hill on the Campus!

First and foremost, please join us in congratulating Jenna Lawrence on her well-deserved promotion to the role of Executive Director! Jenna has been an integral part of our team for the past 5 years, demonstrating exceptional leadership, dedication, and a deep commitment to serving our seniors and the community. Her passion for our mission and her visionary approach will undoubtedly lead us to even greater heights.

Additionally, we're excited to announce that Tammy Miller will be transitioning into the role of Development Director. Tammy has been an invaluable asset to our organization over the last 17+ years, and has transformed our center into the vibrant center it is today. We're confident that her expertise and passion for fundraising will play a crucial role in continuing to advance our mission and supporting the growth and sustainability of Windy Hill on the Campus.

Please join us in congratulating Jenna and Tammy on their new roles! We're incredibly fortunate to have such talented and dedicated individuals leading our team, and we look forward to the positive impact they will continue to make.

Tammy and Jenna will be available for a Q&A session during the Coffee & Discussion on Monday, April 1st at 10 am. Come out to ask any questions you may have about the transition.

Also, please welcome new staff member, Alison Mummert. She is the full-time Program Manager here at Windy Hill. See her for any programming suggestions.

### National Volunteer Week - April 14th-20th

Our volunteers here at Windy Hill are a huge part of the center's ability to operate and make it such a fun place for all to come. We can't begin to thank our volunteers enough for all their hard work, time and dedication to our community! Volunteers are invited to join us for an appreciation breakfast on **Monday, April 22nd at 8:30 am.**

Please RSVP to Jenna.

We ♥ our volunteers!



### Give Local York

**Thursday & Friday, May 2-3 from 9 pm-9pm**

For those who aren't familiar with Give Local York, it's Windy Hill's largest fundraiser of the year and York County's largest 24-hour span of giving. We'll be having special events at the center on Friday, May 3rd, including DJ Chris Wagman to help us celebrate! Save the date, and come over to celebrate with us!

**Donations to go toward our goal of \$50,000 can start being accepted on April 1st.** Checks made payable to "Windy Hill Senior Center" with "GLY" written on the memo line.

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



**Email:** [info@windyhillonthecampus.org](mailto:info@windyhillonthecampus.org)  
**Facebook:** [Facebook.com/windyhillotc](https://www.facebook.com/windyhillotc)

thanks!

## Donations

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

### Monetary Donations

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

### Item Donations

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

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

*thank you*

### Windy Hill Membership

Membership to Windy Hill is **FREE** and open to **active, independent Spring Grove area 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!*

### Copilot from Home

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

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

## Bus Trips

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.



### Mystery Bus Trip

*Bagged Lunch Included*

**Tuesday, May 14th, 2024**

Cost: \$85

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

#### What you need to know:

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

### Choptank Riverboat Crab Cruise

*Bagged Lunch Included*

**Wednesday, July 17th, 2024**

Cost: \$130

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

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

*Cash bar only!*



### Penn's Peak:

### Carpenters Tribute

*Bagged Lunch Included*

**Tuesday, October 22nd, 2024**

Cost: \$100

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

### Volunteers Needed!

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

### Join Us for Breakfast!

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

### Join Us for Lunch!

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

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

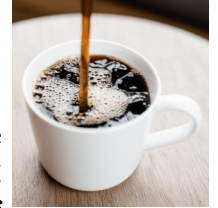
There is **no charge** for lunch here at Windy Hill, but donations are appreciated and encouraged. *Our lunch program is an important part of what makes Windy Hill such a special place. **Please consider your part in donating today!***



### Coffee Bar

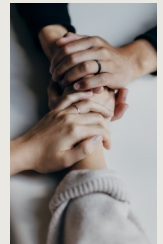
**Mondays - Fridays  
from 8:30 am - 11 am**

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



### Prayer List

Barry Anderson	Pat Hoff
John Basta	Anne Jones
Audrey Bierley	Terry Miller
Delores Brillhart	Shirley Mitzel
Maureen Butterworth	Ella Murphy
Philip Carlise	Holly Senft
Rick & Alma Dibble	Shirley Sheaffer
Marlene Eline	Brenda Shaffer
Hilda Grothey	George Turner
Loretta Hamme	

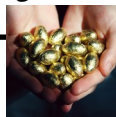


**If there is a member you'd like added to the prayer list, please contact Nancy.**

### Lucky Lunch

**Monday—Friday at 12:15 pm**

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



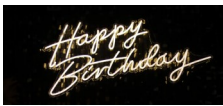
### Wish List

- Tissues\*
- Toilet Paper
- Paper Towels
- 13-Gallon Garbage Bags\*
- Bottled water
- Sticks of butter (salted)\*
- Heavy Duty dessert size plates (6-8 inch)\*
- Coca Cola, Diet Coke, Pepsi, Diet Pepsi, Sprite, Orange, Root Beer cans\*
- Snacks & Chocolate for vending machines\*
- **Postage Stamps\*\***
- Hand Soaps
- Printer paper
- Sandwich-sized Ziplock bags
- Gallon-sized Ziplock bags\*
- Dawn Dish Soap\*
- Snacks to share for parties and bingo

### Welcome New Members!

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

**\*Denotes items of greater need.**



# April Birthdays



- 1 - Sandra Bigsby  
Yvonne Geiger  
Daniel Miller  
Melanie Mitchell  
Carolyn Politano  
Roberta Rishel  
Rosemary Stinebert
- 2 - Judith Grudi
- 3 - Terry Emig  
Kathleen Jones  
Robert Stine
- 4 - Barry Black  
Diane Bortner  
Charles Fissel  
Paula Glassman  
Lois Ruhland  
Philip Stambaugh
- 5 - Susan Boal  
David Brown  
Rita Clayton  
Gloria Myers  
Frances Nace  
Eugene Smith, Jr.
- 6 - Sandra Allie  
Denise Bosley  
Rose Mohr  
Claude Smith  
Helen Torres
- 7 - JoAnn Arnold  
Jean Cornillon
- 8 - Judy Cornbower  
Carl Diehl
- 9 - Lois Atwood

- 9 - Milton "Bud" Buschman  
Laura Connor  
Larry Slagle
- 10 - Linda Armstrong  
Teresa Jenness  
MiMi Knaub  
Gail Moscarell  
Keith Nafe  
Samuel Thieret
- 11 - Mary Ellen Gochenauer  
Donna Keith  
Raymond Nace  
Paula Nivens  
Louis Reifsnider  
Theresa Smith  
Dale Stough  
Karen Young
- 12 - Douglas Altland  
Mitchell Diviney  
Lois Zartman
- 13 - Donna Harlacher  
Kathleen Markle  
Kathy Marshall  
Kirk McClelland  
Jane Salvarola  
Michael Staub
- 14 - Violet Bortner  
Robert Kimmey
- 15 - Jane Myers
- 16 - Denise Garman  
Gary Hortch  
Amy Meyer  
Shirley Tolley

- 16 - Edward Wagaman
- 17 - Harold Edris  
Joan Graybill  
Sarah Housman  
Margaret Hull
- 17 - Barbara Lombardo  
Samuel Sutherland  
Nancy Watson
- 18 - Suzanne Brown  
Carol Kimmey  
Mark Kohr  
Trudy Murray  
Jerry Wineholt
- 19 - Martin Antkowiak  
Pamela Krebs  
Barbara Miller  
Regina Swords
- 20 - Bonnie Caster  
Rena Efford  
Janice Hoke
- 21 - Steven George  
William Kassakatis  
Grace Montagna  
Susan Nenstiel  
Derondia Roberts  
Lois Snyder
- 22 - Louann Berg  
Carol Bowers  
Randy Lentz  
Cecelia Sell  
Gloria Smedley
- 23 - Anita Meyers
- 24 - Phyllis Fuhrman

- 24 - Wanda Shivery
- 25 - James Decker  
Katherine Moubrey  
Holly Senft
- 26 - Joyce Danneker  
Edna Kling  
Victoria Masek  
Joan Miller
- 26 - Brenda Stough
- 27 - Robert Diehl  
Faye Edsall  
Nick Gentile  
Linda Pearson
- 28 - Raymond Danneker  
Nancy Gillespie  
Kellie Kern  
Daniel Noel
- 29 - David Bardo  
Rosettia Barron  
Nancy Bishop  
William Emig  
Joan Farence  
Barbara Faulkner  
George Myers  
Dorothy Virden
- 30 - Patricia Golden  
Genevieve Green  
Phillip Keener  
David Loeffler  
James Papoutsis  
Donald Smith  
Gloria Sterner

## Happy Anniversary to...

- Edwin & Carolyn Calhoun*  
April 2, 1972
- Kelly & Sharon Garrett*  
April 3, 1976
- Allen & Susan Smeltzer*  
April 3rd
- Robert & Janet Szczechowiak*  
April 3, 1980
- Harold & Theresa Klineyoung*  
April 4, 1981
- John & MiMi Knaub*  
April 4, 1970
- Brian & Cindy Selby*  
April 4, 1981
- John & Jane Trostle*  
April 4, 1979
- Edward & Cathleen Wagaman*  
April 4, 1981
- Thomas & Cecilia Williams*  
April 4, 2023
- Norman & Susan Platt*  
April 5, 1969

- Anna & Larry Diehl*  
April 6, 1973
- Doug & Louise Slade*  
April 6th
- Thomas & Gloria Sterner*  
April 6th
- Robert & Lisa Byerts*  
April 7, 1984
- Russell & Donna Flickinger*  
April 8, 1989
- Frank & Jacqueline Martin*  
April 8, 1960
- Roland & Sandra Riebling*  
April 9, 2016
- Warren & Deborah Kellenbenz*  
April 10th
- Steve & Susan Myers*  
April 10, 1971
- Robert & Selinda Clancy*  
April 12, 1975
- Richard & Sandra Harmer*  
April 12th

- Thomas & Patricia Orndorff*  
April 14, 1956
- Robert & Sandra Palmer*  
April 14, 2006
- Richard & Margaret Germeten*  
April 15, 1963
- Donald & Patricia Renoll*  
April 15, 2022
- Leroy & Darlin Heiner*  
April 18, 1986
- Wayne & Freda Stump*  
April 20, 1957
- Bertha & Robert Hammer*  
April 22nd
- Bruce & Carole Lightner*  
April 22, 1967
- Michael & Rosemary Williams*  
April 22, 1961
- Bob & Marsha Poff*  
April 24, 2010
- Richard & Joan Graybill*  
April 24, 1954

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

- William & Jane Bankert*  
April 25th
- David & Deborah Kaczynski*  
April 25, 1970
- Susan & Charles Boal*  
April 26, 1986
- Michael & Rita Young*  
April 26th
- Robert & Maryann Brenneman*  
April 27, 1968
- Patricia & Michael Heidlebaugh*  
April 29, 2006
- Raymond & Charlotte Nace*  
April 29, 1961
- Steven & Lucinda Sterner*  
April 29, 1995




























































**MON**

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<p><b>1</b> 8:30... Breakfast in the Café (\$)  9...T'ai Chi Chih (\$)  9...Chair Yoga (\$)  9:45...Walking Club 10...<b>Coffee &amp; Discussion</b> 10:30...<b>Jackson Twp Tax Collection</b> 11...Chair Exercise</p>	<p><b>2</b> 8 &amp; 9...Silver Sneakers Class (\$)  10...Word Link 10...Beginners Line Dance (\$)  10...Pinochle 11...Line Dancing (\$)  11...Chair Volleyball</p>	<p><b>3</b> 8:30...Breakfast in the Café (\$)  8:30...<b>Scavenger Hunt w/ FLY</b> 9...Chair Yoga (\$)  9:45...Walking Club 10...Bible Study Discussion 10...8-ball Billiards 10...<b>Stress Prevention UPMC</b> 11...Chair Exercise 12:30... Chair Volleyball</p>	<p><b>4 DC Bus Trip</b> 8 &amp; 9...Silver Sneakers Class (\$)  8:30...AARP Income Tax Prep 10...500 Bid Card Game 10...<b>Emergency Preparedness</b> 11...Chair Volleyball 12:30...Yarn Workers 1:15...Yoga (\$) </p>	<p><b>5</b> 8:45...Chair Yoga (\$)  9...Friday Bingo (\$)  9:45...Walking Club 10...Tap Dancing (\$)  10:15...Drumming Exercise 11...Show Me Your Muscles</p>
<p><b>8</b> 8:30... Breakfast in the Café (\$)  9...T'ai Chi Chih (\$)  9...Chair Yoga (\$)  9:45...Walking Club 10...<b>Country Meadows Tour</b> 11...Chair Exercise 5...Quilts for Kids</p>	<p><b>9</b> 8 &amp; 9...Silver Sneakers Class \$  10...Pinochle 10...<b>Celtic Knot Drawing</b> 10...Beginners Line Dance (\$)  11...Line Dancing (\$)  11...Chair Volleyball</p>	<p><b>10 Pancake Fundraiser</b> 9 am...<b>Well-checks</b> 9...Chair Yoga (\$)  9...PA MEDI (appt only) 9:45...Walking Club 10...8-Ball Billiards 10...Bible Study Discussion 11...Chair Exercise 12:30... Chair Volleyball 1...Memory Café</p>	<p><b>11</b> 8 &amp; 9...Silver Sneakers Class (\$)  8:30...AARP Income Tax Prep 9:30-11:30...Quilts for Kids 10...500 Bid Card Game 10... <b>Virtual Reality</b> 11...Chair Volleyball 1:15...Yoga (\$) </p>	<p><b>12</b> 8:45...Chair Yoga (\$)  9...Friday Bingo (\$)  9...Parkinson's Exercise 9:45...Walking Club 10...Tap Dancing (\$)  10:15...Drumming Exercise 11...Show Me Your Muscles</p>
<p><b>15</b> 8:30... Breakfast in the Café (\$)  9...T'ai Chi Chih (\$)  9...Chair Yoga (\$)  9:15...<b>Monday Bingo (\$)</b> 9:45...Walking Club 10...<b>Intro to Line Dancing (\$)</b> 11...Chair Exercise 5...Quilts for Kids </p>	<p><b>16</b> 8 &amp; 9...Silver Sneakers Class \$  10...Pinochle 10...<b>Grief and Loss Support</b> 10...Beginners Line Dance (\$)  11...Line Dancing (\$)  11...Chair Volleyball 1...<b>Diabetes Prevention</b></p>	<p><b>17</b> 8:30...Breakfast in the Café (\$)  9...Chair Yoga (\$)  9...<b>Paint w/ Pat Centerpiece</b> 9:45...Walking Club 10...8-Ball Billiards 11...Chair Exercise 12:30...Chair Volleyball</p>	<p><b>18</b> 8 &amp; 9...Silver Sneakers Class \$  9...<b>SGASD Strings Performance</b> 10...Book Club 10...<b>OSS- Bone Health</b> 10...500 Bid Card Game 10...<b>Intro to Line Dancing (\$)</b> 11...Chair Volleyball 12:30...Yarn Workers 1:15...Yoga (\$) </p>	<p><b>19 Food Truck Event</b> 8:45...Chair Yoga (\$)  9...Friday Bingo (\$)  9:45...Walking Club 10...Tap Dancing (\$)  10:15...Drumming Exercise 11...Show Me Your Muscles 4-7...<b>Food Truck Event at Little Creek Comm. Park</b></p>
<p><b>22</b> 8:30...<b>Volunteer Appreciation</b> 9...T'ai Chi Chih (\$)  9...Chair Yoga (\$)  9...PA MEDI (appt. only) 9:45...Walking Club 10...<b>Intro to Line Dancing (\$)</b> 11...Chair Exercise</p>	<p><b>23</b> 8 &amp; 9...Silver Sneakers Class \$  10...<b>Now You Have It...</b> 10...Pinochle 10...Beginners Line Dance (\$)  11...Line Dancing (\$)  11...Chair Volleyball 1...<b>Diabetes Prevention</b></p>	<p><b>24</b> 8:30...Breakfast in the Café (\$)  8:30-12...Chair Massage (by appt) 9...Chair Yoga (\$)  9...<b>Notes of Healing</b> 9:45...Walking Club 10...8-Ball Billiards 10...<b>Being a Caregiver</b> 11...Chair Exercise 12:30.. Chair Volleyball</p>	<p><b>25</b> 8 &amp; 9...Silver Sneakers Class \$  10...<b>Birthday/Anniversary Party fea. Chris Wagman</b> 10...500 Bid Card Game 10...<b>Intro to Line Dancing (\$)</b> 11...Chair Volleyball  1:15...Yoga</p>	<p><b>26</b> 8:30...<b>Blood Pressure Checks</b> 8:45...Chair Yoga (\$)  9...Friday Bingo (\$)  9...Parkinson's Exercise 9:45...Walking Club 10...Tap Dancing (\$)  10:15...Drumming Exercise 11...Show Me Your Muscles</p>
<p><b>29</b> 8:30... Breakfast in the Café (\$)  9... T'ai Chi Chih (\$)  9... Chair Yoga (\$)  9:15... <b>Monday Bingo (\$)</b> 9:45... Walking Club 10...<b>Intro to Line Dancing (\$)</b> 11.... Chair Exercise</p>	<p><b>30</b> 8 &amp; 9...Silver Sneakers Class \$  10...Boggle 10...Pinochle 10...Beginners Line Dance (\$)  11...Line Dancing (\$)  11...Chair Volleyball 1...<b>Diabetes Prevention</b></p>	<p><i>Thank you to the many volunteers who give their time and talents to our center each month! We couldn't do all of this without you!</i></p>	<p><u>Daily</u> 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room 8:30-2:30...Pool Room 11:30 - Takeout Lunch 12 - Congregate Lunch</p>	<p>Mon &amp; Fri- Beg. Pickleball 12:30 pm Mon / Wed - Open Gym - 60+ Basketball 8:30-10 Tues/Wed/Thurs. Int. Pickleball 12:30 *** GLATCO Credit Union Mini Branch at Windy Hill Thursdays 9:30-11:30 am</p>

\*Activities may change if conditions warrant.


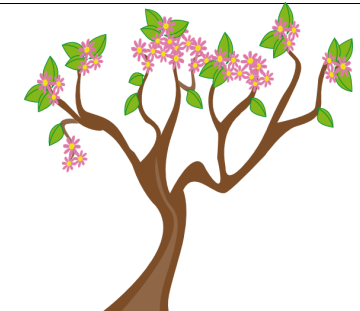
**MON**

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<p><b>1</b> 4 oz BBQ Pulled Pork 1/2 c Hawaiian Coleslaw 1/2 c Ranch Potatoes 1 Sandwich Roll Cookie</p>	<p><b>2</b> Baked Beef Ravioli (6) w/ 1 oz Shredded Cheese 1 c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p><b>3</b> Open-Faced Turkey Sandwich w/ Gravy 1/2 c Whipped Potatoes w/ Chives 1/2 c Sweet Corn 1 White Bread 1 Cookie</p>	<p><b>4</b> Cheeseburger w/ Lettuce &amp; Tomato 1 c Creamy Potato Soup w/ crackers 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p><b>5</b> Chicken &amp; Cranberry Salad w/ Dressing (3 oz chicken, .5 oz cheese, 1 t. Cranberry) 1 c. Mixed Greens &amp; Spinach 1/2 c Beets 1 Breadstick 1 Piece of Cake</p>
<p><b>8</b> Teriyaki Chicken 1/2 c Vegetable Rice Pilaf 1/2 c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p><b>9</b> Roast Beef w/ Gravy 1/2 c Mashed Potatoes 1/2 c Mixed Veggies 1 White Bread 1/2 c Pudding</p>	<p><b>10</b> Sliced Ham w/ Pineapple Sauce 1/2 c Whipped Sweet Potatoes 1/2 c Green Beans 1 Dinner Roll Fresh Orange</p>	<p><b>11</b> Orange Glazed Pork Loin 1/2 c Buttered Pasta 1/2 c California Blend 1 Wheat Bread 1/2 c Peach Crisp</p>	<p><b>12</b> 1/2 c Tuna Salad w/ Lettuce &amp; Tomato 1/2 c Broccoli Salad 1/2 c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>
<p><b>15</b> BBQ Ribette 1/2 c Rice 1/2 c Mixed Veggies 1 Wheat Bread Seasonal Fresh Fruit</p>	<p><b>16</b> Parmesan Chicken over 1/2 c Lemon Asparagus Pasta 1 c Tossed Salad w/ Tomato 1 Breadstick 1/2 c Mandarin Oranges</p>	<p><b>17</b> 1 c Stuffed Pepper Casserole 1/2 c Wax Beans 1/2 c Peas &amp; Carrots 1 White Bread 1/2 c Pudding</p>	<p><b>18</b> Turkey Chef Salad (2 oz Turkey, 1 oz Cheddar, 1 c Mixed Greens w/ Tomato) 1 c Vegetable Soup w/ Crackers 1 Dinner Roll Cookie</p>	<p><b>19</b> 4 oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>
<p><b>22</b> Swiss Steak w/ 2 oz Onion Gravy 1/2 c Whipped Potatoes 1/2 c Carrots 1 Wheat Bread 1/2 c Blushed Pears</p>	<p><b>23</b> Creamy Vegetable Lasagna .5 oz Shredded Mozzarella 1 c Tossed Salad 1 Garlic Bread 1/2 c Peaches w/ 1/4 c Cottage Cheese</p>	<p><b>24</b> Creamy Garlic Chicken Breast 1/2 c Buttered Pasta 1/2 c Spinach 1 Wheat Bread 1/2 c Apple Crisp</p>	<p><b>25</b> Baked Lemon Pepper Fish 1/2 c Rice Pilaf 1/2 c California Blend Veggies 1 Dinner Roll Seasonal Fresh Fruit</p> 	<p><b>26</b> Baked Meatloaf w/ Gravy 1/2 c Mashed Potatoes 1/2 c Peas 1 White Bread Cookie</p>
<p><b>29</b> Creamy Parmesan Pork Chop 1/2 c Diced Redskin Potatoes 1/2 c Green Beans 1 Dinner Roll 1/2 c Pineapple Tidbits Cookie</p>	<p><b>30</b> Pasta &amp; Meatballs (4) 1/2 c Pasta w/ Marinara 1 c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2 c Mixed Fruit Salad</p>	<p>All members are eligible to sign up! Must preregister by 7 am the day prior to coming into the center. Sign up on Copilot (“Grab &amp; Go” to get a takeout meal or “Regular Lunch” for congregare meal) or by leaving a message on the machine at 717.225.0733 ext 105.</p>		

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

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

## Socialization Opportunities

### Coffee & Discussion

**Monday, April 1st at 10 am**

Join us for our monthly **Coffee & Discussion time**. 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.

### Bible Study Discussion

**Wednesday, April 3rd & 10th at 10 am**

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

### Scavenger Hunt w/ Future Leaders

**Wednesday, April 3rd at 8:30 am**

Join us in the café as Leadership York's Future Leaders of York (FLY) group visits us to complete a scavenger hunt where the high school students get to learn more about us and our life experiences.

This is always a great time! We encourage any member who is available to join us and meet these future leaders.

### Monday Bingo

**Mondays, April 15th & 29th at 9:15 am**

\$10 for a pack of 30 games



### Friday Bingo

**Fridays starting at 9:00 am**

\$10 for a pack of 40 games

(3 cards per game)

Cash payout - 41st game jackpot prize!

### April Birthday & Anniversary Party

**Thursday, April 25th from 10 am - 12 pm,**

featuring **DJ 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 Baked Lemon Pepper Fish. Come on out to celebrate with us!

### Tour Country Meadows

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

Would you like to see the facilities at Country Meadows? Now is the perfect time. Country Meadows will be providing transportation. Along with a tour, those who attend will get to go home with dessert! Sign up in the office for the tour. The group will leave from Windy Hill. Limited spaces available! Sign up today!

### Card Playing In the Cafe



**Pinochle**—Tuesdays at 10 am

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

### Games: Tuesdays at 10 am

*In the Cafeteria*

**Word Link...** - 04/02

**Now You Have It...** - 04/23

**Boggle...** - 4/30

### 8-Ball Billiards, In the Billiards Room

**Wednesdays at 10 am**

### Memory Café

**Wednesday, April 10th at 1 pm**

In April, this group will be seeing a presentation of pictures and have a conversation about the Bubb's trip to Ireland that they recently went on!

*Memory Cafes offer people with dementia and their care partners the opportunity to enjoy regular, enjoyable social interaction with others in similar circumstances in a safe, welcoming environment.*

### Grief & Loss Support Group

**Tuesday, April 16th at 10 am**

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. They meet each month on the third Tuesday at 10 am.

### Book Club: Horse

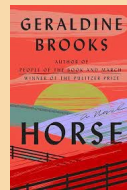
By Geraldine Brooks

**Thursday, April 18th at 10:00 am**

*Horse* is a novel about an enslaved groom named Jarret and a foal that form a bond carrying the horse to record-setting victories across the South. When the nation erupts in civil war, a young artist who has made his name on paintings of the racehorse takes up arms for the Union.

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

*Pick up your copy in the office!*



### Pancake Breakfast Fundraiser

**Wednesday, April 10th at 8:30 am**

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

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

# Fitness & Wellness

## Mondays

**8:30 - 10 am** - Open Gym Basketball—Free  
**9 am** - T'ai Chi Chih\*\* - \*\$5/\$2  
**9 am** - Chair Yoga - \*\$2/Free  
**9:45 am** - Walking Club - Free  
**10 am** - Intro to Line Dancing—\$2 (4/15 - 5/20)  
**11 am** - Chair Exercise\*\* - Free  
**12:30 pm** - Beginner Pickleball - Free

## Tuesdays

**8 am** - Boom Muscle—\*\$2/Free  
**9 am** - Silver Sneakers\*\* \*\$2/free  
**10 am** - Beginner Line Dancing - \$2  
**11 am** - Line Dancing - \$2  
**11 am** - Chair Volleyball - Free  
**12:30 pm** - Intermediate Pickleball - Free



## Wednesdays

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



## Thursdays

**8 am** - Boom Muscle - \*\$2/Free  
**9 am** - Silver Sneakers\*\* - \*\$2/Free  
**10 am** - Intro to Line Dancing - \$2 (4/18 - 5/16)  
**11 am** - Chair Volleyball - Free  
**12:30 pm** - Intermediate Pickleball - Free  
**1:15 pm** - Yoga - \$5/\$2



## Fridays

**8:45 am** - Chair Yoga - \$2/Free  
**9 am** - Parkinson's Exercise - Free (2nd & 4th Fri.)  
**9:45 am** - Walking Club - Free  
**10 am** - Tap Dance Class - \$5  
**10:15 am** - Drumming Exercise - Free  
**11 am** - Show Me Your Muscles - Free  
**12:30 pm** - Beginner Pickleball - Free



### Fitness Room & Billiards Room

**Every day from 8:30 am—2:30 pm**

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

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

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

## Well-Checks

**Wednesday, April 10th at 9 am to 11 am**

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

**Friday, April 26th at 8:30 am**

Jill Kaylor from Visiting Angels will conduct blood pressure checks.

## Virtual Reality w/ Country Meadows

**Thursday, April 11th at 10 am**

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

## OSS—Bone Health Presentation

**Thursday, April 18th at 10 am**

Sarah, a Physician Assistant from OSS, will be presenting about the Bone Health Clinic located at OSS. Sarah helped to develop the Bone Health Clinic that started in Fall 2022. Sign up for "Health Speaker" to attend.

## Being a Caregiver-Caring for Yourself While You Care for Others

**Wednesday, April 24th at 10 am**

It is important that while you are caring for your loved one, that you make sure that you are taken care of as well. Join Jill Kaylor with Visiting Angels as she gives information on caring for yourself while you care for others. This is a highly encouraged presentation for caregivers to attend.

*Please sign up in Copilot under "Health Speaker."*

## Music Therapy

**Wednesday, April 24th at 9 am**

Taylor Hood from Notes of Healing Music Therapy will be here to enhance overall quality of life through music! Come out and see what this program has to offer to you!

*Please preregister on Copilot for "Activity".*



## Chair Massages by Randy!

**Wednesday, April 24th, starting at 8:30 \$10 for 15 mins, Appts required; last appt ends at 12:00 pm.**



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

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



### Emergency Preparedness

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

This will be a Mind Matters video presentation by PA Emergency Management Agency (PEMA). This workshop will guide you through how to be ready and safe when disasters strike.

### Paint with Pat—Centerpieces

**Wednesday, April 17th at 9:00 am**

The class is free this month. Come on out to help us make flower centerpieces for Windy Hill's Mother's Day Event.

### Intro to Line Dancing

**Mondays & Thursdays at 10 am**

**Starting April 15th—May 20th**

This class is intended for those new to line dancing. The cost is \$2 per class. Instructed by Sue Platt.

### Resources

#### Free Transportation

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

#### Yellow Dot Program

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

#### Jackson Township Tax Collection

**Monday, April 1st from 10:30—11 am**

Jeanne Grogg will be onsite to offer tax collection for members with Jackson Township property taxes.

#### Property Tax/Rent Rebates

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

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

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

## Lifelong Learning

### Quilts for Kids

**Mondays, April 8th & 15th - 5 pm - 8 pm,**

**Thursday, April 11th - 9:30 - 11:30 am**

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

**No experience is necessary; all are welcome!**

### UPMC Stress Relief Presentation

**Wednesday, April 3rd at 10 am**

Stress is a normal part of life. However, stress that remains unchecked and becomes chronic can cause a negative impact on our mental and physical well being. Come out to learn the differences between good and bad stress, learn to recognize the signs and symptoms and learn strategies on how to manage stress. This is highly recommended for all members to attend! *Please sign up in Copilot under "Health Speaker."*

### Celtic Knot Drawing

**Tuesday, April 9th at 10 am**

Windy Hill member, Anita, will be teaching this class on how to draw the popular Celtic knot. This class is free and limited to 10 participants. Sign up for "ARTS" on Copilot to register.

### Yarn Workers Club

**Thursdays, April 4th & 18th at 12:30 pm**

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

### PA MEDI

**2nd Wednesday & 4th Monday at 9 & 10 am**

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 twice per month 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 medication.

### 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.

### April Newsletter Sponsors:

**Dick Graybill**-In Honor of my wife, Joan for putting up with me for 70 years. I love you.

**Bob & Maryanne Brenneman** - In Honor of our Anniversary.

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



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

**Glatco Credit Union Mini-Branch**

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



**Thank you to our Sponsors!**

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**M<sup>1st</sup> MEMBERS 1<sup>st</sup>**  
 FEDERAL CREDIT UNION

**OSS Health**

**SAVANT**  
 WEALTH MANAGEMENT  
 EST. 1988  
 Visiting Nurse Association of Hanover & Spring Grove

**ma**  
 For Us, It's Personal

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- Vice President** - Scott Miller, R.Ph.
- Secretary** - Ron Ruman
- Treasurer** - Sharon Kebil-Whisler

**Directors**

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- Joan Book
- Crawford Dennard
- Dr. Steven Guadagnino
- Pat Isch
- Betty Markle
- Sharon Myers
- Tamara Ramer
- Sandy Sferrella-Taylor
- Ambassador:** Tom Uffelman

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<b>Amanda Fair</b> - HDM Coordinator/ General Asst.	<b>105</b>	faira@windyhillonthecampus.org
<b>Margo Ilgenfritz</b> - Bookkeeper	<b>101</b>	ilgenfritzm@windyhillonthecampus.org
<b>Jenna Lawrence</b> - Executive Director	<b>103</b>	lawj@windyhillonthecampus.org
<b>Sharon Madenfort/Connie Hemingbrough</b> - Food Services Coordinators	<b>107</b>	
<b>Tammy Miller</b> - Development Director	<b>102</b>	millert@windyhillonthecampus.org
<b>Alison Mummert</b> - Program Manager	<b>104</b>	mummerta@windyhillonthecampus.org
<b>Nancy Wagner</b> - Administrative Assistant / Receptionist	<b>0</b>	info@windyhillonthecampus.org