



# 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**

## Open House and Showcase

**Open to the Public!**  
**Thursday, May 23rd**  
**from 8:30am - 1pm**

### Schedule for the day

8:30am-12pm-  
**Meet our Sponsors &  
program displays**

9am-  
**Live Demonstrations:**  
• Intro to Line  
Dancing  
• Tap Dancing

10am-  
**Wellness Presentation**  
7 Dimensions of  
Wellness

11am-  
**Entertainment**

12pm-  
**Lunch - Cheeseburger  
& Creamy Potato Soup**  
**Must preregister by  
5/21**

**Door prize winners will  
be announced at  
12:45pm in the  
cafeteria.**

**Windy Hill will be  
Closed:  
Monday, May 27, 2024**  
**In observance of  
Memorial Day**

**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 build-  
ing prior to 8:30 AM due  
to school traffic.**  
**Thank you!**

## Volume 3, Issue 5

May 2024



## Give Local York

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

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 are accepted now through May 3rd at 9 pm.** Make your donations by cash or check (checks made payable to "Windy Hill Senior Center" with "GLY" written on the memo line.) Online donations can be made Thursday May 2nd at 9 pm through Friday May 3rd at 9pm by using the QR code to the right.



Refer friends & family to donate to Windy Hill & have a chance to win Visa gift cards, valued at \$75 & \$100! Donation envelopes & flyers are available in the office.

Join us on Friday, May 3rd for a Give Local York Celebration as we collect donations to help us reach our goal. **We'll have Balloon art by "Balunguy" from 10:45 am - 11:45 am, music by DJ Chris Wagman at 11:30 am, bagged lunch & hot dogs on the grill- by reservation at 12 pm and Chair Volleyball at 12:30 pm.**

## Mother's Day Hawaiian Luncheon

**Wednesday, May 15th at 9:30 am**



Aloha! Join us for our Hawaiian themed Mother's Day celebration! This event will feature: A four-course Hawaiian style luncheon created by Windy Hill member Marsha Diehl-Poff, guest speaker Tracy Crouse from the Spring Grove Area Historical Preservation Society, butterflies knitted with love by our Windy Hill members (Trudy, Suzy & Vickie) and hand made centerpieces facilitated by Board Member/Windy Hill member Pat Isch, which will be raffled off at the end of the event! **Tickets are on sale now. \$10.00 each.** Please note: Tickets must be purchased in advance. We have a limited amount of tickets for sale, so get your tickets while they are still available. **Purchase your ticket by cash or check in the office.** (checks made payable to "Windy Hill Senior Center" with "Mother's Day luncheon" written on the memo line.)

## Welcome

## New Member Orientation

**Wednesday, May 29th at 12:30 pm**

We will be hosting a new member orientation to provide information about the history of Windy Hill, program offerings, how to use Copilot and more! Join us for lunch prior to orientation by making a reservation in advance by calling (717) 225-0733 ext. 105 or by pre-registering on Copilot.

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



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



# Donations

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

### Monetary Donations

Kay Arians  
 Smokey & Patty Barley  
 Joan Book  
 Borough of Spring Grove  
 Pauline Diehl  
 Pamela Goodling  
 Rick & Sandy Harmer  
 West Manchester Township  
 James & Sandra Miller  
 North Codorus Township  
 Diana Putman  
 Gen Reed  
 Terry & Don Reichard, *in memory of Fred Burns, Terry Lehr & Donna Hake*  
 Thelma Russell  
 Gene & Marilyn Saul  
 Mary Lou Sheppard  
 Pat & Bryan Smith, *in memory of Fred Burns*  
 St. Paul's UCC

### Item Donations

Larry & Carolyn Albright  
 Alvin & Theresa Bankert  
 Gail Baumgardner  
 Nancy Bishop  
 Bob & Maryann Breneman  
 Patricia Broadhurst-Stone  
 Bud & Wendy Bubb  
 Barbara Cosden  
 Allen & Janet Costella  
 Country Meadows  
 Carlos Cruz  
 Adeline Delaney  
 Bob & Marsha Poff  
 Rosemary Dow  
 Hal & Kay Edris  
 Arlene Fry  
 Gloria Goodling  
 Hazel Hamme  
 Ronald Harman & Dawn Dise-Harman  
 Deb Henry  
 James & Rita Hobday  
 Don & Dolores Hoover  
 Sue Howes

Pat Isch  
 Cheryl & Bill Knisley  
 Donna Krebs  
 Linda Krebs  
 Jeffrey Lauchman  
 Tom & Kathy Leese  
 W & P Lobodinsky  
 Katherine Lua-Hernandez  
 Susan Mayer  
 Joyce Meyer  
 Ed & Ruth Myers  
 Raymond & Charlotte Nace  
 Linda Ness  
 Wayne & Joanne Overmiller  
 Dawn Ness  
 Jim & Linda Pentz  
 Skip & Kim Poncavage  
 Ronald & Jill Priebe  
 Diana Putman  
 Timothy & Jane Reinaman  
 Joann Rohrbaugh  
 Gene & Marilyn Saul  
 Holly Senft  
 Nadine Siar  
 Daniel & Vera Slagle

Sandy Smith  
 Theresa Smith  
 Bettylou Smith  
 Roxanna Snyder  
 Glenn & Lois Snyder  
 Spring Grove Area SD  
 Mark Staub  
 Brian & Brenda Staub  
 Bob & Jan Szczechowiak  
 Helen Trimmer  
 Michael & Sharon Wagman  
 Nancy Wagner  
 Jeffrey Waybright  
 Marlys Wlodarski  
 Richard Ziegler

Thank you to all who donated baked goods for the Gift Card Bingo Event & those who donated their time to help with the event!

## 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 in members 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 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!***



### 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.*

### Welcome New Members!

Joseph A Becker	Lucinda J Heistand	Austin Parsons
Jeanne M Birrane	Carolyn S Hempfing	Gail M Pavoncello
Robert C Birrane	Linda L Hoffman	Eleanor J Redding
Michael J Bowman	Brenda M Hoke	Lurene H Reier
Lisa Briles	Yvonne A Holt	Debra A Riggleman
Sylvia L Britcher	James Hoover Jr.	Teena M Ruby
Saul Bund	Debra K Iozza	Nancy L Sanders
Joseph Calabrese	Valerie A Iwancio-York	Deborah Slawson
Karen J Calandrella	Cheryl D Jenkins	Victoria S Snyder
Russell B Cramer	Craig D Kessler	William G Snyder
Carol A Dyas	Dana L Lecrone	Annette K Staub
Melissa Erb	Jennifer L Lecrone	Joan Ann Truesdale
Geraldine Ernst	Greg H McCauley	Barry T Wert
Marilyn A Fiorenza	Kris C McGraw	Jerry L Wineholt
Richard C Fissel	Pat M Meyer	Karen J Wineholt
Sandra J Fissel	Rodger L Meyer	Charles A York
Anne M Gretz	Rita F Mozdy	
Ken E Hall	Janet A Panebaker	

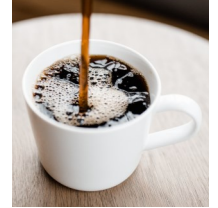
### Join Us for Breakfast!

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.**

### Coffee Bar

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

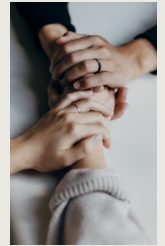
Coffee, hot tea, and hot chocolate are available for purchase during our coffee bar hours. **The cost is 50 cents per 12 oz. cup. Please place your payment by the register.**



### Prayer List

Barry Anderson  
John Basta  
Audrey Bierley  
Delores Brillhart  
Philip Carlise  
Rick & Alma Dibble  
Marlene Eline  
Hilda Grothey  
Loretta Hamme  
Pat Hoff

Anne Jones  
Shirley Mitzel  
Ella Murphy  
Debbie Nixon  
Holly Senft  
Shirley Sheaffer  
Brenda Shaffer  
Sam Thieret  
George Turner  
Tom Uffelman

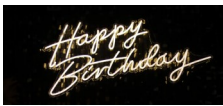


**If there is a member you'd like added to the prayer list, please contact Nancy.**

### 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)\*  
Cans of soda: Coke, Diet Coke, Pepsi, Diet Pepsi, Sprite, Orange, Root Beer\*  
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 & bingo

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



# May Birthdays



- 2 - Karen Ilgenfritz  
Phyllis Mathias  
Scott Miller  
Glenn Snyder  
Linda Fulmele  
Richard Brown  
Jean Ross  
Gladys Curry  
Barbara Cosden
- 3 - Rita Linebaugh
- 4 - Anna Foreman  
Sandra Mueller
- 5 - Cynthia Opong  
John Lingg  
Rolf Gay  
Michael Stewart  
Carl Paley  
Walter Jaworskyj  
Harold Klineyoung  
Roger Apple  
Robin Sterner  
Elizabeth Eberting
- 6 - Virginia Stultz  
William Zumburum  
Regina Dignan  
Jennifer Lecrone  
Susan Colehouse

- 7 - Jeff Lauchman  
Eddie Lofton  
Richard Garrison
- 8 - Russell Cramer  
Joanne Lain  
Randal Walton  
Robert Finke  
Lu Ann Stambaugh
- 9 - William Welsby  
Darlene Stauffer  
Kathryn Wilson
- 10 - Bart Smith
- 11 - Yvonne Holt  
Dennis Hoke  
Kris McGrew
- 12 - Joan Nolin
- 13 - Terry Bollinger  
Ellen Wyatt  
Ange-Aimee Schroll  
Brenda Staub  
Roxanna Snyder
- 14 - Mary Ruby  
Donna Krebs  
Lynn Edris  
Gerald Lewis
- 15 - Sue McCleaf  
Ruth Miller

- 16 - Cynthia Freeman  
Patricia Cutler
- 17 - Jo Nowakowski  
Richard Senft  
Michael Jones  
Dianne Oberdick  
Anthony Neiderer
- 18 - John Dickert  
Donna Fitzkee
- 19 - Olga Singleton  
Charles Paul  
Samuel Keiser  
Joseph Isch  
LaRue Wingler  
Linda Pentz  
Rebecca Thoman
- 20 - Scott Althouse  
Edwin Garman  
Phyllis Nace
- 21 - Rodney Anderson  
Gloria Kepler  
Bryan Smith  
Larry Zumburum  
Phyllis McElhinny
- 22 - Mary Jennings  
Randy Smith  
Lorraine Knaub  
Beverly Bish  
George Churchfield

- 23 - Lenore Johnson  
John Runkle  
Joann Harrold  
Margaret King  
Darlene Hoover
- 24 - David Gladfelter
- 25 - Rebecca Albright  
Michael Young
- 26 - Susan Summers  
Genevieve Reed  
Eva Weber  
Janice Drew
- 27 - Keith Spahr  
Lauretta Peterson  
Greg McCauley
- 28 - Karen Baum  
Richard Curry  
Marlene Grothey  
Glenn Bortner
- 29 - Dixie McMaster  
Robert Schuchart  
Rita Young
- 30 - Verdell Harmon  
David Auburger  
Mary Higgs  
James Miller
- 31 - Raymond Proctor

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

## Happy Anniversary to...

- Todd & Kristyn Stouch  
May 1, 1998
- Robert & Kathy Getz  
May 2, 1966
- Robert & Maryann Beaver  
May 3, 1970
- Robert & Jeanne Birrane  
May 3, 1975
- Edgar & Cherie Blevins  
May 3, 2023
- James & Connie Harvey  
May 3, 1997
- Bud & Wanda Brodbeck  
May 4, 1992
- Keith & Elaine Nafe  
May 4, 1974
- John & Jacqueline Dial  
May 5, 1962
- Daniel & Vera Slagle  
May 5, 1973
- Edward & Rosemary Stinebert  
May 5th

- Robert & Margaret Bennett  
May 6, 1961
- Mark & Cheryl Oliver  
May 7, 1976
- David & Deanne Bardo  
May 10, 2023
- John & Sally Hoover  
May 11, 1968
- Vernon & Nancy Livingston  
May 11, 1974
- Kevin & Karen Baum  
May 12, 1979
- Earl & Karen Watkins  
May 12th
- Harold & Ruth Miller  
May 13, 2006
- Dennis & Peggy Innerst  
May 14th
- Ralph & Anh Wright  
May 15th
- William & Phyllis Myers  
May 17, 2015

- William & Mary Jennings  
May 18, 1991
- Edward & Patricia Keister  
May 18, 1968
- Stanley & Carol Lenhart  
May 18th
- Ray & Huguette Caputo  
April 15, 2022
- Scott & Pamela Krebs  
May 19, 1979
- Eugene & Lisa Smith  
May 19th
- Dennis & Hannah Kessler  
May 20, 1978
- Lance & Diane Sprengle  
May 20, 1978
- Roger & Julie Eline  
May 21, th
- Barry & Angela Day  
May 22, 1198
- Phillip & Christine Wolfe  
May 22, 1987

- John & Jane Bailey  
May 23, 1986
- Thomas & Dominique Jones  
May 23, 1998
- Michael & Mary Muenz  
May 23, 1980
- Byron & Patsy Pomraning  
May 25, 1974
- Charles & Lenore Johnson  
May 26, 1973
- Dennis & Kay Stock  
May 26, 1974
- Robert & Donna Keith  
May 30th
- Richard & Louann Berg  
May 31st








MON	TUE	WED	THU	FRI
<p><i>Daily</i> 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room 8:30-2:30 - Billiards Room 11:30 - Grab &amp; Go Lunch 12 - Congregate Lunch</p>	<p>Mon &amp; Fri Beg. Pickleball 12:30 pm - 2:30 pm Mon / Wed - Open Gym - 60+ Basketball 8:30-10 Tues/Wed/Thurs. Int. Pickleball 12:30 pm - 2:30 pm *** GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am</p>	<p><b>1</b> 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ 9:45- Walking Club 10- 8-Ball Billiards 10- <b>Bible Study Discussion</b> 10- <b>Paint with Pat \$</b> 11- Chair Exercise 12:30- Chair Volleyball</p>	<p><b>2</b> 8 &amp; 9- Silver Sneakers Class \$ 9:30- <b>Card Making with Sue</b> 10- 500 Bid card game 10- Intro to Line Dancing \$ 11- Chair Volleyball 12:30- Yarn Workers Club 1:15- Hatha Yoga \$</p>	<p><b>3 Give Local York</b> 8:45- Chair Yoga \$ 9- Friday Bingo \$ 9:45- Walking Club 10- Tap Dancing \$ <b>10:45- Balloon Artist</b> 10:15- Drumming Exercise 11- Show me your Muscles 11:30- <b>Celebrate fea. DJ Chris</b> 12:30- <b>Chair Volleyball</b></p>  
<p><b>6</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- Intro to Line Dancing \$ 11- Chair Exercise</p>	<p><b>7</b> 8 &amp; 9- Silver Sneakers Class \$ 10- Pinochle 10- Now You Have It (\$5 Gift) 10- Beginner Line Dancing \$ 11- Line Dancing \$ 11- Chair Volleyball 1- <b>Diabetes Prevention</b></p>	<p><b>8</b> 8:30- Breakfast in the Café \$ 9- <b>Well-checks</b> 9- Chair Yoga \$ 9- PA MEDI (appt only) 9:45- Walking Club 10- 8-Ball Billiards 10- <b>Bible Study Discussion</b> 11- Chair Exercise 12:30- Chair Volleyball 1p- <b>Memory Café: Nixon Park</b></p>	<p><b>9</b> 8 &amp; 9- Silver Sneakers Class \$ 9:30-11:30- Quilts for Kids 10- 500 Bid card game <b>10-AARP: Imposter Scams</b> 10- Intro to Line Dancing \$ 11- Chair Volleyball 1:15- Hatha Yoga \$</p>	<p><b>10</b> 8:45- Chair Yoga \$ 9- <b>Parkinson's Exercise</b> 9- Friday Bingo \$ <b>9- Chair Volleyball w/ Students</b> 9:45- Walking Club 10- Tap Dancing \$ 10:15- Drumming Exercise 11- Show me your Muscles</p> 
<p><b>13</b> 8:30- Breakfast in the Café \$ 9- T'ai Chi Chih \$ 9- Chair Yoga \$ 9:45- Walking Club 10- <b>Covered Bridge Presentation</b> 10- Intro to Line Dancing \$ 11- Chair Exercise 5- Quilts for Kids</p>	<p><b>14 Mystery Trip</b> 8 &amp; 9- Silver Sneakers Class \$ 10- Pinochle 10- Word Link 10- Beginner Line Dancing \$ 11- Line Dancing \$ 11- Chair Volleyball 1- <b>Diabetes Prevention</b></p>	<p><b>15</b> 9- Chair Yoga \$ 9:30- <b>Mother's Day Hawaiian Luncheon \$</b> 9:45- Walking Club 10- 8-Ball Billiards 11- Chair Exercise 12:30- Chair Volleyball</p> 	<p><b>16</b> 8 &amp; 9- Silver Sneakers Class \$ 10- <b>Book Club</b> 10- <b>Wii Bowling</b> 10- 500 Bid card game 10- Intro to Line Dancing \$ 11- Chair Volleyball 12:30- Yarn Workers Club 1:15- Hatha Yoga \$</p>	<p><b>17</b> 8:45- Chair Yoga \$ 9- Friday Bingo \$ 9:45- Walking Club 10- Tap Dancing \$ 10:15- Drumming Exercise 11- Show me your Muscles <b>No Pickleball-Gym Closed</b></p> 
<p><b>20</b> 8:30- Breakfast in the Café \$ 9- T'ai Chi Chih \$ 9- Chair Yoga \$ 9:15- Monday Bingo \$ 9:45- Walking Club 10- <b>Scrapbooking with Bev</b> 11- Chair Exercise 5- Quilts for Kids</p> 	<p><b>21</b> 8 &amp; 9- Silver Sneakers Class \$ 10- Pinochle 10- <b>Grief &amp; Loss Support</b> 10- <b>Maximizing Social Security Benefits</b> 10- Beginner Line Dancing \$ 11- Line Dancing \$ 11- Chair Volleyball 1- <b>Diabetes Prevention</b></p>	<p><b>22</b> 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ 9- <b>Book Folding \$</b> 9:30- <b>Refuse to be a Victim</b> 9:45- Walking Club 10- 8-Ball Billiards 11- Chair Exercise 12:30- Chair Volleyball</p>	<p><b>23 Open House &amp; Showcase</b> 8:30- <b>Meet Our Sponsors &amp; Program Displays</b> 9- <b>Live Demonstrations</b> 10- <b>Wellness Presentation</b> 10- 500 Bid card game 11- <b>Entertainment</b> 12:45- <b>Door Prize Winners</b> 1:15- Hatha Yoga \$</p>	<p><b>24</b> 8:30- <b>Blood Pressure Checks</b> 8:45- Chair Yoga \$ 9- Friday Bingo \$ 9- <b>Parkinson's Exercise</b> 9:45- Walking Club 10- Tap Dancing \$ 10:15- Drumming Exercise 11- Show me your Muscles</p> 
<p><b>27</b></p> 	<p><b>28</b> 8 &amp; 9- Silver Sneakers Class \$ 10- Pinochle 10- Family Feud 10- Beginner Line Dancing \$ 11- Line Dancing \$ 11- Chair Volleyball 1- <b>Diabetes Prevention</b></p>	<p><b>29</b> 8:30- Breakfast in the Café \$ 8:30- <b>Chair Massage (\$ appt only)</b> 9- Chair Yoga \$ 9:45- Walking Club 10- 8-Ball Billiards 11- Chair Exercise 12:30- Chair Volleyball 12:30- <b>New Member Orientation</b></p>	<p><b>30</b> 8 &amp; 9- Silver Sneakers Class \$ 10- <b>Birthday/Anniversary Party fea. Wayne &amp; Gene</b> 10- 500 Bid card game 11- Chair Volleyball 1:15- Hatha Yoga \$</p> 	<p><b>31</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> 

\*Activities may change if conditions warrant.

# May 2024

York County

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>2</p> <p>Grilled Chicken Caesar Salad 1c Mixed Greens (Diced Chicken 1t Parmesan, Tomato, Croutons) 1c Cream of Broccoli Soup Dinner Roll 1/2c Blushed Pears</p>	<p>3</p> <p><b>Give Local York Celebration!</b> Italian Sandwich Bagged Lunch Pasta Salad Coleslaw 2 Slices of White Bread Fresh Fruit Iced Tea <b>Must RSVP by: 4/25/24</b></p>
<p>6</p> <p>Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Green Beans 1 Hot Dog Roll 1/2c Pineapple &amp; Mandarin Oranges</p>	<p>7</p> <p> Baked Salmon w/ White Wine Cream Sauce 1/2c White Rice 1/2c Island Blend Vegetables Wheat Bread 1/2c Cinnamon Applesauce</p>	<p>8</p> <p>Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread Seasonal Fresh Fruit</p>	<p>9</p> <p>Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Warm Beets 1 Wheat Bread 1/2c Gelatin</p>	<p>10</p> <p>Pesto Chicken 1/2c. Buttered Pasta 1c. Tossed Salad w/ tomato &amp; dressing Dinner Roll 1/2c Peach Crisp </p>
<p>13</p> <p>1c Pizza Casserole 1/2c Peas 1 White Bread Seasonal Fresh Fruit</p>	<p>14</p> <p>Baked Meatloaf w/ Gravy 1/2c Buttered Noodles 1c Tossed Salad 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>15</p> <p>Roast Pork w/ 2oz Sauerkraut 1/2c Whipped Potatoes w/ Chives 1/2c Mixed Vegetables 1 Wheat Bread Cookie</p>	<p>16</p> <p>Baked Pollock 1/2c Macaroni &amp; Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges</p>	<p>17</p> <p>Taco Bake (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple </p>
<p>20</p> <p>BBQ Pulled Pork Sandwich 1/2c Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie</p>	<p>21</p> <p> Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p>22</p> <p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>	<p>23</p> <p><b>Open House &amp; Showcase</b> Cheeseburger w/ Lettuce, Tomato 1c Creamy Potato Soup w/ Crackers 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>24</p> <p>Chicken, Spinach &amp; Cranberry Salad w/ Dressing (3oz chix, .5oz cheese, 1t. Cran) 1c. Mixed Greens &amp; Spinach 1/2c. Beets 1 Breadstick 1/2c Pears</p>
<p>27</p> <p><b>Memorial Day</b> </p>	<p>28</p> <p>Teriyaki Chicken 1/2c Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>29</p> <p>Sliced Ham w/ Pineapple Sauce 1/2c Whipped Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1 Cookie</p>	<p>30</p> <p>Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread 1/2c Peach Crisp  <i>*menu subject to change</i></p>	<p>31</p> <p>1/2c Tuna Salad Sandwich w/lettuce &amp; tomato 1/2c Broccoli Salad 1/2c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>

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, May 6th 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, May 1st & 8th 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.

**Chair Volleyball with Students**  
**Friday, May 10th at 9 am**  
 The 6th graders from Spring Grove Intermediate will be joining us for a final program before the end of the 2024 school year. We will be playing a game of Chair Volleyball. Come out to join us!

**Monday Bingo**  
**Monday, May 20th 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!



**May Birthday & Anniversary Party**  
**Thursday, May 30th from 10 am - 12 pm,**  
 featuring **Wayne & Gene**. 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 Orange glazed pork loin. Come on out to celebrate with us!

**Scrapbooking with Bev**  
**Monday, May 20th at 10 am**  
 We are pleased to welcome back Windy Hill member, Bev Strausbaugh, to lead the scrapbooking class. Reminder to bring your own photos. (Other materials are supplied) Please pre-register for this class under "Scrapbooking" on Copilot.

**Card Playing, in the Café**  
**Pinochle**—Tuesdays at 10 am  
**500 Bid card game**—Thursdays at 10 am & 12:30 pm



**Games: Tuesdays at 10 am, in the Cafeteria**  
**Now You Have It-** 5/7  
**Word Link-** 5/14  
**Family Feud-** 5/28


**8-Ball Billiards, in the Billiards Room**  
**Wednesdays at 10 am**

**Welcoming Committee**  
 We are looking for outgoing members to volunteer to help give tours & make new members feel welcome. We will be planning our next meeting in June. More details to come. Hope to see you there!

**Memory Café**  
**Wednesday, May 8th at 1 pm**  
 In May, this group will be taking a trip to Nixon Park for a guided tour of the park. If you would like to join us, contact a staff member for more information. *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, May 21st 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: The Secrets We Keep**  
 By Laura Prescott  
**Thursday, May 16th at 10 am**  
*The Secrets We Keep* is a thrilling tale of secretaries turned spies, of love and duty, and of sacrifice--inspired by the true story of the CIA plot to infiltrate the hearts and minds of Soviet Russia, not with propaganda, but with the greatest love story of the twentieth century: Doctor Zhivago.



Come on out to discuss this book with your Windy Hill Friends.  
*Pick up your copy 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 - 5/20)  
**11 am** - Chair Volleyball - Free  
**12:30 pm** - Intermediate Pickleball - Free  
**1:15 pm** - Hatha Yoga - \$5/\$2



## Fridays 5/17: No Pickleball/Gym Closed

**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 Dancing 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, May 8th from 9 am to 11 am & on Thursday May 23rd at our Open House**  
 Family First Health staff will be here to perform health checks. This is available by walk-in. They will be located in the conference room beside the office.

**Friday, May 24th at 8:30 am**

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

## 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. This class will be offered ongoing on Mondays at 10 am starting in June. Instructed by Sue Platt.

## Wii Bowling

**Thursday, May 16th at 10 am**

Wii bowling is back! Come on out for some friendly competition. This game is able to be played by all abilities, even seated.

## Refuse to be a Victim

**Wednesday, May 22nd at 9:30 am**

The York County Sherriff's Office will facilitate a 2 hour training to help protect our members from potential threats. Self-defense skills are not taught in this course. The focus is on how to prevent yourself from becoming a victim. Pre-register on Copilot for "Speaker".

## Senior Hope Squad

We are excited to announce a program that is intended to be prevent suicide and save lives. Hope Squad members are nominated by their Windy Hill friends as trustworthy peers and trained by advisors (Jenna, Alison, and Amanda) to assist with creating a positive environment for our center. Nominations will begin in May. More info to come soon!



## Chair Massages by Randy!

**Wednesday, May 29th, starting at 8:30 \$10 for 15 mins,**

**Appts required; last appt ends at 12pm.**

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

**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).**



### Paint with Pat

**Wednesday, May 1st at 10 am**

Pat Isch will be returning for an acrylic spring flowers painting class. The cost to participate is \$5 & includes all materials that you will need. Please pre-register on Copilot for "ARTS" to attend. Space is limited.

### Card Making with Sue

**Thursday, May 2nd at 9:30 am**

Windy Hill member, Sue Howes, will be instructing a class on making cards for Mother's Day & Father's Day. There is no cost to participate. Sign up on Copilot for "Stamping" to let us know you'll be joining.

### Yarn Workers Club

**Thursdays, May 2nd & 16th at 12:30 pm**

Bring whatever you're working on along, socialize with others & participate in community service opportunities as well. Sign up for "Needle Workers".

### Covered Bridge Presentation

**Monday, May 13th at 10 am**

Windy Hill member, Gloria Smedley will be presenting on Pennsylvania's Covered Bridges during "See Pennsylvania's Covered Bridges" Week. Sign up on Copilot for "Speaker".

### Quilts for Kids

**Mondays, May 13th & 20th - 5 pm - 8 pm and  
Thursday, May 9th - 9:30am - 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!**

### Maximizing Social Security Benefits

**Tuesday, May 21st at 10 am**

Chris Stock from Savant Wealth Management will present on best practices to pay minimal tax on your Social Security benefits & find ways to stretch your benefits for a lifetime. Sign up on Copilot for "Speaker".

### Book Folding

**Wednesday, May 22nd at 9:00 am**

Sign up in the Café by May 15th. Cost varied based on design chosen. A total of 5 designs to choose from: Star, Starfish, Sailboat, Anchor & Sea Turtle.

### May Newsletter Sponsors:

Sponsored by: **Deborah Davis Young**

**Vickie, Suzy & Trudy** - Happy Mother's Day to all the Windy Hill Mothers!

**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.

## Lifelong Learning

### PA MEDI (No 4th Monday this month)

**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 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.



### 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.**

#### 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.

#### May Newsletter Sponsors:

**Jeana (Graybill) McCaffrey**-In Honor of Dick & Joan Graybill's 70th Wedding Anniversary. They have 4 children (Allen, Jody, Jane, Jeana), 6 grandchildren, and 5 great grandchildren.





**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

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



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