



# On Top of Windy Hill

December 2021



1472 Roth's Church Road, Suite 103  
Spring Grove, PA 17362  
(717)225-0733  
windyhillonthecampus.org  
Email:  
info@windyhillonthecampus.org



Find us on Facebook



Center Office  
Hours

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

**The Center will be closed on  
December 24th–27th &  
December 31st to observe the  
Christmas and New Year's  
holidays.**

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.

December, 2021

***Hands up if you are looking forward to a more “normal”  
looking holiday this year?  
All of our Windy Hill staff, volunteers and members have  
their hands in the air!!!!***

We are looking forward to having some of our familiar celebrations offered again at Windy Hill:

December 1<sup>st</sup> – Help us decorate the center and put up the tree

December 9<sup>th</sup> – Volunteer to assist in our apple dumpling making day

December 14<sup>th</sup> – Join all of your friends for our Christmas party/meal with Santa and music by Jerry Overby

December 16<sup>th</sup> - Create a holiday picture with “Painting with Pat”

December 20<sup>th</sup> – Watch “Miracle on 34<sup>th</sup> Street” in the Café

December 23<sup>rd</sup> – Collect your “Secret Santa” gift from Santa (pre-registration required)

December 30<sup>th</sup> – Celebrate our December birthdays and anniversaries and “Ring in the New Year” with DJ Pebbles

We look forward to seeing all of you at the center, and don't forget to sign up!

**Happy Holidays!!!**

Tammy

*May you and your loved ones be filled with warmth and joy this  
yuletide season.*



*Happy Holidays from the Staff at Windy Hill!*

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

### Monetary Donations

Don & JoAnn Arnold  
Patricia Broadhurst-Stone  
Pat Callahan  
Rosie Collins  
John David

Margaret Harrison  
Richard Hartsough  
Ed Hengst  
Sue Howes

J. William Warehime Foundation  
Terry Lehr

Terry & Nancy Miller  
Katherine Moubrey  
Cathy & Gerald Myers  
Barbara Redding  
Gen Reed  
Deb Rentschler

*~In memory of: Deborah McMillan*



Greg & Mary Jo Runk  
Thelma Russell  
Michael Salloom  
Carol E Smith  
Phyllis Smith  
Steve Sterner  
Patricia Stonesifer

### Item Donations

Linda Armstrong  
Bob & Maryann Brenneman  
Hal & Kay Edris  
Sara Eisenhart  
Handy Upscale Angels  
Cordelia Harrold  
Shirley Hartnett  
Donald & Dolores Hoover  
Sue Howes  
Brent & Jenna Lawrence  
Terry Lehr  
Katherine Moubrey

Diana Putman  
Wayne & Rita Smeltzer  
Alice Stauffer  
Phyllis Steiner  
Barry & Bev Strausbaugh  
*Country Meadows*  
*~Everyone who donated their time to make apple dumplings!*  
*~Maryann Brenneman & Sharon Madenfort for making all of the delicious stuffing balls!*  
*~Thanksgiving day volunteers: LuAnn, Jane, Trudy & Bob, Nadine, Bob & Jan, Margaret & Larry. We couldn't have done it without you!*  
*\*Also thank you to our anonymous donors.*

### Prayer List

Edith Brenneman	Shirley Mitzel
Delores Brillhart	Cathy Myers
Philip Carlise	Gary Rohrbaugh
Mary Coulson	James Senft
Rick & Alma Dibble	Brenda Shaffer
Lucy Glatfelter	Larry Sheridan
Hilda Grothey	Richard Stewart
Pat Hoff	George Turner
Doris Meckley	

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



### Wish List

Coca Cola, Diet Coke, Pepsi, Diet Pepsi, Sprite, Orange, Root Beer cans  
Snack bags: chips, pretzels, tasty cakes, etc.  
Dinner-sized paper plates\*  
Antibacterial Hand Soaps  
Postage Stamps\*  
Tissues  
Sandwich-sized Ziplock bags  
Toilet paper  
Bottled water\*  
Printer paper  
Sticks of butter  
Disinfecting wipes

### Bible Study

**Tuesday, December 21st  
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!

### welcome New Members

Larry & Pamela Biller  
Jeffery & Brenda Billman  
Maurene Butterworth  
William Kassakatis  
Chris Kessler  
John Lippy  
Kirk McClelland  
Grace Montagna

William Myers  
Charles Neff  
Paula Nivens  
Tammy Shaffer  
Robert Spurlock  
Betty Sterenberg  
Kathleen Wallis  
Karen Watkins  
Kathleen Watson  
Barry Wetzel

## PA MEDI

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.

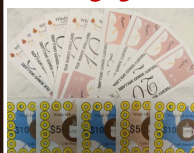
## Property Tax/Rent Rebates

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!



Looking for a last-minute holiday gift? Look no further! 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)

## Holiday Cheer Baskets

We are once again looking for donations for our home-delivered meals consumers! We will be making up 60 bags to be delivered Dec. 20th, and need the following donations:

Hand sanitizer bottles

Toothbrushes

Toothpaste

Socks—Male & Female

Individual-sized Snacks

Notepads & Pens

Puzzle books



*Thank you in advance for helping to make the holidays a little brighter for those in need!*

## 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!





## December Birthdays



1— James Yohe	10-Arlene Niedzielski	17- Mike Baron	23-Paul Bortner
2- Louise Bushey	11- William Altland	Maureen Butterworth	24-Elizabeth Diehl
Patricia Crumble	Barbara Hudgins	18-Steve Albin	Charlie Ferguson
Patricia F. Smith	Bettylou Smith	Judy Barnhart	Sandra Karwacki
4- Jackie Martin	11- Nancy Smith	Ruth Gruver	Joy Laughman
Roxanne Miller	12- Shirley Bortner	Richard Hartsough	25-Faith Fuhrman
Larry Sheridan	Newell Devilbiss	18-Dennis Kessler	Richard Snyder
Charles Ward	Anne Jones	David Miller	26-James Armstrong
5- George Sweitzer	Karen Watkins	Sherry Smith	27-G. Edna McAbier
Kathleen Wallis	13- Kathleen Barnhart	19-Sam Ellis	27-Leo Reaver
Robert Yeater	Barbara DeCello	Dale Seaks	Tena Roach
7- Carolyn Albright	Karen Spadafora	Curtis Wolfe	Jeffrey Waybright
Linda Lauer	14- Dolores Brandt	20-Sally Cushman-	28-Dennis Blum
Robert Shutt	Margie Leese	Chagnon	29-Peggy Hull
Beverly Strausbaugh	15- Wayne Baublitz	Hilda Grothey	Carol E Smith
Robert Strine	Frederick Bollinger	Susan Kanwischer	30-Carol Byer
Betty Yohe	Dean Fuhrman	Nadine Siar	Lori Hoff
8- John Bacon	Cathleen Wagaman	Daniel Ustinovich	Barbara Kephart
Cathy Dietrich	Donna Zortman	Kenneth Watts	Sandra Lange
Matilda Flora	16-Janice Bennett	21-Jane Bailey	31- Christine Chew
9- James Hobday	Linda Myers	22-Jan Hersh	
Elaine Lauer	Paul Nell	Karen Sullivan	
10-Jean Gross	Edward Smith	23-Margaret Bennett	




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

## Happy Anniversary to...

Raymond & Joyce Danneker	Kane & Diane Stambaugh	Cheryl & Paul Breault
December 2, 1982	December 15, 1957	December 26, 1968
Philip & Shelly Smith	Thomas & Gail Carroll	Randal & Nancy Walton
December 2, 2017	December 18, 2010	December 27th
Bill & Mary Gromen	William & Barbara Garman	Franklin & Ingeborg Altland
December 3, 1983	December 18, 1971	December 28, 1960
Robert & Jo King	John & Judith Knight	Lester & Susan Erlemeier
December 6, 1980	December 20, 1974	December 28, 1961
Wayne & Joy Laughman	Wayne & Faye Winemiller	Claudia & Kevin Summerson
December 7, 1974	December 21, 1975	December 29, 1979
Michael & Betsy Sholly	Larry & Lola Boose	Michael & Amanda Forry
December 10, 1988	December 23rd	December 30th
Gerald & Brenda Hoover	Samuel & Dorothy McCurry	Gregory & Janice Smith
December 12, 1959	December 23, 1967	December 31st
Joy & Earl Strausbaugh	Bryan & Pat Smith	
December 12th	December 23, 1978	
Richard & Alma Dibble	Samuel & Paula Sutherland	
December 14, 1957	December 24, 2005	



## December 2021 Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
*Menu Subject to Change due to supply shortages out of our control.	<b>HAPPY</b> <i>Holidays</i>	1 Salisbury Steak w/ Gravy 1/2 cup Parsley Potatoes 1/2 cup Coleslaw Wheat Bread 1/2 cup Mixed Fruit	2 Frozen Meal	3 Frozen Meal
6 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	7 Crispy Chicken Salad 1 cup Mixed Greens with Diced Chicken Bacon Bits, Cheddar, 1/2 Egg 1/2 cup Baked Beans Dinner Roll 1/2 cup Warm Peach Crisp	8 1/2 cup Pulled Pork 1/2 cup Ranch Potatoes 1/2 cup Green Beans Wheat Bread Cookie	9 Frozen Meal	10 Frozen Meal
13 Taco Salad w/ Lettuce & Tomato 1/2 cup Spanish Rice 1/2 cup Corn & Black Bean Salad Nacho Chips 1/2 cup Pineapple Delight	14 <b><u>Christmas Special</u></b> Roast Turkey w/ Gravy Homemade Stuffing balls 1/2 cup Whipped Potatoes 1/2 cup Sweet Peas & Carrots Dinner Roll Apple Pie	15 Crab Cake Slider 1/2 cup Parmesan Noodles 1/2 cup Baked Beans Dinner Roll 1/2 cup Mandarin Oranges	16 Frozen Meal	17 Frozen Meal
20 Baked Meatloaf w/ Gravy 1/2 cup Ranch Potatoes 1/2 cup Green Beans White Bread 1/2 cup Sliced Peaches	21 Chicken Marsala with 2 oz Sauce 1/2 cup Rice Pilaf 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Mixed Fruit	22 Pineapple Glazed Ham 1/2 cup Sweet Potatoes 1/2 cup Peas & Carrots Wheat Bread Fresh Fruit	23 Frozen Meal	24 Center Closed 
27 Center Closed 	28 Chicken & Dumplings 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Applesauce	29 Bacon Bleu Cheeseburger w/ Bacon, Lettuce, Tomato Potato Salad Hamburger Roll Fresh Fruit	30 <b>New Years Eve-Eve Party</b> Birthday/Anniversary Party 	31 Center Closed <b>HAPPY</b> <i>New Year</i>

\*\*\* 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.
















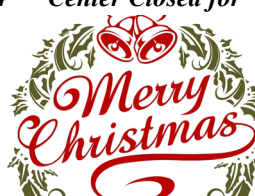




MON

TUE

WED

THU

FRI

<p><u>Mon, Tues, Wed</u> 11:30 - Drive Thru Lunch 12 - Congregate Lunch <u>Everyday</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>  <i>Thursdays - Breakfast in the Café 8:30-9:30</i></p>	<p><b>1</b> 8:30... SG EMS Wellchecks 9...Chair Yoga 9...Decorate the Center 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p> 	<p><b>2</b> Queen Esther Trip 8 &amp; 9...Silver Sneakers Classic 8:30-12...Chair Massage (apt req) 9...Lucky Bingo 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p> 	<p><b>3</b> 8:30...Shuffleboard 9...Quarter Bingo 9:30...Parkinson's 10...Tap Dance Class 10...Walking Club 10:15...Boogie &amp; Boxing 11...Chair Exercise</p> 
<p><b>6</b> 9...T'ai Chi Chih 10...Walking Club <b>10...Council Meeting w/John Pepsin</b> 11...Chair Exercise</p> 	<p><b>7</b> 8 &amp; 9...Silver Sneakers Classic 10...Speaker - Dr. Kish OSS 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p><b>8</b> 9...Chair Yoga 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p> 	<p><b>9</b> Apple Dumplings 8 &amp; 9...Silver Sneakers Classic 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p> 	<p><b>10</b> Casino Bonanza 8:30...Shuffleboard 9...Quarter Bingo 9:30...Parkinson's Class 10...Tap Dance Class 10...Walking Club 10:15...Boogie &amp; Boxing 11...Chair Exercise</p> 
<p><b>13</b> 9...T'ai Chi Chih 9:15...Dime Bingo 10...Walking Club 11...Chair Exercise</p> 	<p><b>14 Christmas Meal</b> 8 &amp; 9...Silver Sneakers Classic <b>10...Christmas Party w/Santa</b> <b>10...Entertainment w/Jerry Overby</b> 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p> 	<p><b>15</b> 9...Chair Yoga 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p> 	<p><b>16</b> 8 &amp; 9...Silver Sneakers Classic 8:30-12...Chair Massage (apt req) 9...Lucky Bingo 10...Pinochle 10...Painting with Pat 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p> 	<p><b>17</b> 8:30...Blood Pressure Checks 8:30...Shuffleboard 9...Quarter Bingo 9:30...Parkinson's Class 10...Tap Dance Class 10...Walking Club 10:15...Boogie &amp; Boxing 11...Chair Exercise</p> 
<p><b>20</b> 9...T'ai Chi Chih 10..."Miracle on 34th Street" movie - Cafe 10...Walking Club 10...Scrapping w/Bev 11...Chair Exercise</p>	<p><b>21</b> 8 &amp; 9...Silver Sneakers Classic 10...Bible Study 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p> 	<p><b>22</b> 9...Chair Yoga 10...Poker 10...Walking Club 10...Dancing thru the Decades 11...Chair Exercise</p>  <p><b>Ugly Christmas Sweater Day</b></p>	<p><b>23</b> 8 &amp; 9...Silver Sneakers Classic 10...Secret Santa 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p> 	<p><b>24 Center Closed for</b> <b>Merry Christmas</b></p> 
<p><b>27 Center Closed for</b></p> 	<p><b>28</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>29</b> 9...Chair Yoga 9:15...Dime Bingo 10...Poker 10...Walking Club 11...Chair Exercise</p> 	<p><b>30 'New Years Eve' Eve Party</b> 8 &amp; 9...Silver Sneakers Classic <b>10...Birthday/Anniversary Party fea. DJ Pebbles</b> 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p> 	<p><b>31 Center Closed for</b> <b>New Year's Day</b></p> 

\*Activities may change if conditions warrant.

*Stepping Out in Time:  
Dancing Thru the Decades*

**Wednesdays at 10 am**, 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!

The last date for this program series will be on Wednesday, December 22nd!

*December's Council Meeting*

**Monday, December 6th 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!**



*Paint with Pat*

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

We will be painting a snowman ornament. Cost is \$5 to participate. Sign up on Copilot for "Craft" to attend.

*December's Birthday & Anniversary  
Party/ New Year's Eve-Eve  
Celebration*

**Thursday,  
December 30th  
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" & sign up for a "Bagged Lunch" if you're interested in lunch that day.



*Christmas Meal/Holiday Party*

Windy Hill will be serving our Christmas meal with homemade stuffing balls on **Tuesday, December 14th**, so make sure to sign up on Copilot to reserve your meal! We will have

special guests, **Mr. & Mrs. Claus** & live entertainment by **Jerry Overby**. Sign up on Copilot for "Party" to attend!



*Secret Santa*

**Thursday, December 23rd  
10 am**

Sign up to participate in the Secret Santa gift exchange in the front office no later than Thursday, December 9th at the end of the business day.

Names will be pulled starting December 10th. Those who participate will need to purchase a gift with a value of \$10.

*Ugly Christmas Sweater Day*  
**Wednesday, December 22nd**

*Scrapping with Bev*

**Monday, December 20th 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.

*Apple Dumpling Time!*

Volunteers needed to help make the dumplings:  
**Thursday, December 9th** starting at 7 am

Apple Dumpling **sales** begin Friday, December 10th at 8:30 am for \$4 per dumpling—cash/credit

*LIHEAP*

**Energy Assistance Program**

York County Assistance Office is once again offering Low-Income Home Energy Assistance Program (LIHEAP) to help pay for heating bills. Income guidelines: 1-person: \$19,320/year; 2-person: \$26,130/year.

Apply online: [compass.state.pa.us](http://compass.state.pa.us) or ask at our front desk for a paper application.



# Fitness News

## 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.

## OSS Speaker

**Tuesday, December 7th at 10 am**

Dr. Kish from OSS Health will be onsite to present on common issues seen in the hand surgery clinic. She will also explain simple, first line treatment options.

## 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! \$2 per class/  
Free for SilverSneakers cardholders

## 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 free

### **Tuesdays:**

**8 & 9** Silver Sneakers with Tracy Schuman \*\$2/free

Zoom ID#**821 3661 1618** passcode **1472**

**11:00** Chair Volleyball free

**11:00** Line Dancing \$2

**1:00** Ballroom Dancing \$2

**1—2:30 pm** Pickleball free

### **Wednesdays:**

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

**9:00** Chair Yoga \$2/free

**9:30** Rock Steady Boxing—Zoom

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

**10:00** Walking Club free

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

## *AmazonSmile*

If you're planning to make purchases through Amazon, please consider choosing Windy Hill as your charity of choice and 0.5% of each purchase will be donated back to Windy Hill!

### **Thursdays:**

**8 & 9** Silver Sneakers with Tracy S \*\$2/free

Zoom ID#**821 3661 1618** passcode **1472**

**11:00** Chair Volleyball free

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

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

**1—2:30 pm** Pickleball free

### **Fridays:**

**8:30** Shuffleboard free

**9:30** Parkinson's/Rock Steady Boxing Inhouse

ID#**327 891 3252** passcode **4xuDHP** free

**10:00** Walking Club free

**10:00** Tap Dance with Charlee \$5

**10:15** Boogie & Boxing free

**11:00** Chair Exercise free

**\*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!*

**Thursdays, December 2nd & 16th**

Randy Walton will be onsite 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, December 1st—8:30 am** Spring Grove EMS

**Friday, December 17th —8:30 am** VNA of Spring Grove & Hanover



# Bus Trips & Socialization

Newly Added!!



## Medieval Times Dinner & Tournament

Friday, January 28th

Cost: \$69

# &



## Dutch Apple Dinner Theatre Beehive the '60s Musical

Thursday, February 17th

Matinee & Lunch: \$90

### Dime Bingo!

**Monday, December 13th**  
**Wednesday, December 29th**

9:15 am—11 am

\*Bring your dimes!

10 cents per game to play!

### Casino Bonanza Bingo

Friday, December 10th

Starts at 9 am



Cash prizes  
50/50, pull tabs  
Door prizes  
Vendor prizes

### 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

### Lucky Bingo

Thursdays (12/2 & 12/16) at 9 am

### Christmas Movie:

#### Miracle on 34th Street

Monday, December 20th at 10 am

Join us in the café to watch the Christmas classic:

*Miracle on 24th Street.*

### Game Day Tuesday!

12/28—10 am—Now you Have it

Bring a gender-neutral gift valued at \$5.

### 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—9:30 am**  
Sign ups for breakfast are located on a table in the café.

### Decorate the Center



**Wednesday, December 1st at 9 am**

Drop on by and help us to decorate for Christmas!

### Card Playing

**Wednesdays at 10—Poker**

**Thursdays at 10—Pinochle**



All members are welcome to join in!

## December 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.

- \* **Don & Shirley Mitzel ~ In memory of our son, Sam Mitzel**
- \* **Gen Reed ~ In lieu of Christmas cards: Merry Christmas! Enjoy the newsletter!**
- \* **Michael Salloom ~ "Merry Christmas!"**
- \* **Susan Howes ~ In memory of my husband, Jim Howes's birthday**
- \* **Lester & Susan Erlemeier ~ In honor of our 60th Wedding Anniversary!**
- \* **Steve Sterner ~ In memory of my father, Robert Sterner, and father-in-law, Milton Sullivan**
- \* **Sponsored by: Bob Strine**
- \* **Sponsored by: Kristyn Stouch, Realtor with House Broker Realty, LLC.**



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

**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 wellbeing of its members.

**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

## Thank you to our Sponsors!

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



**UPMC**  
**Pinnacle**

Hanover



**GLATCO**  
CREDIT UNION

Visiting Nurse Association of Hanover & Spring Grove



**2021 Board of Directors**  
President - Sandy Sferrella-Taylor  
Vice President - Dave Brown  
Secretary - Tamara Ramer  
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