

Windy Hill on the campus

where life, learning, and generations connect

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

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

Fred Burns Memorial

Raffle Tickets

Windy Hill's Annual **Fred Burns Memorial Raffle** tickets will be available starting **February 3rd!** Get your tickets while they're still available! **\$10 per ticket.** For those who knew Fred, you knew his passion for finding creative ways to fundraise for Windy Hill. In 2018, Fred created our annual 50/50 to provide financial support for programs that we offer at the center. Each member is asked to sell a minimum of 5 tickets to help support our center. If all 1,000 tickets are sold, the \$5,000 payouts will be as follows: **One 1st prize @ \$2,000; One 2nd prize @ \$1,000; Three 3rd prizes @ \$500; Two 4th prize @ \$250** Winners will be announced on **Thursday, March 27th at 2 pm** at our annual **Wellness Fair**. You do not need to be present to win.

Cash & Gift Card Bingo Event



**with Spring Grove Lions Club
Sat. March 8th!**

Get ready for an afternoon of fun and the chance to win big. Windy Hill and Spring Grove Lions Club are once again collaborating for a bingo fundraiser event. **\$2,000 in prizes will be awarded!**

Tickets are on sale now and are limited! Get them while they last. Cost is **\$20 for 20 games**. Doors will open at 12:30 with the first game starting at 2pm.

Windy Hill will be Closed:

**Monday, February 17th
for Presidents Day**

**Please only park in
designated parking spaces.
Do not park in the fire lane,
grass, or coned off spaces
reserved for child pickup.
Thank you!**

Volume 4, Issue 2



Estate Planning

Thursday, February 6th at 9am

Join us for an informative session on estate planning, presented by the experts at Bellomo & Associates LLC. This presentation will guide you through essential topics to help you secure your legacy and provide peace of mind for you and your loved ones. Preregister on Copilot under **"Speaker"**



February 2025

Valentines Party & Not So Newly Wed Game



Thursday, February 13th at 10am

Join us for a heartwarming and fun-filled Valentine's Celebration at Windy Hill! Enjoy an afternoon of laughter, connection, and entertainment with host Jared from Encompass Health to hold the "Not so Newly Wed Game" a lively game where couples put their knowledge of each other to the test featuring our very own member couples! There will be cake to enjoy and memories to be shared, everyone is welcome to join in on the fun!

Meet the Sponsors



Thursday, February 20th from 9am to 11am

Join us for a special "Meet Our Sponsors" event where members can learn, connect, and ask questions directly with the sponsors of Windy Hill! Meet the faces behind the sponsorships that make our programs and events possible. Visit each sponsor at their tables from 8am till noon! Presentations and a Q/A session will be held from 9am—11am. Come show your appreciation and learn more about the community partners who support Windy Hill! Preregister on Copilot under **"Meet and Greet"** to mark your attendance.



LEGO Serious Play

NEW

Tuesday, February 25th at 10am

Unleash your imagination and problem-solving skills with LEGO Serious Play at Windy Hill, a hands-on, interactive workshop designed to inspire creativity and collaboration. Build and share your ideas using LEGO bricks while participating in a fun, thought-provoking activity. This activity is perfect for anyone looking to try something new, while connecting with others! LEGO serious play is possible through a grant provided from PennCares. Maximum of 8 Participants. Preregister **required** on Copilot under **"Lifelong Learning"**.

Smart Phone Tech Class



**Tuesdays starting March 4th through April 8th
9:30am to 10:30am**

Struggling with your smartphone? The Spring Grove Area High School Tech Buddies will be at Windy Hill to help! Students will be providing personal, one-on-one guidance in a relaxed and hands-on environment that is tailored to your needs. Sign ups forms are available at Windy Hill, please complete the form and return to the front office to reserve your spot in this weekly class.

Stay Connected:
windyhillonthecampus.org



Email: 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 December. Your support of our mission is truly appreciated.

Monetary Donations

Bailey Family of Companies
Paypal Giving Fund
Home Association of
McSherrystown
Robert Aims
Charles Albert
Ute Anderson
Linda Armstrong
Janice Bafford
David Baker
Mary Lou Ball
-Windy Hill Staff & Volunteers
Smokey & Patty Barley
Randal & Donna Barshinger
Wayne & Peg Baublitz
Joseph Becker
Eugene & Fran Bixler
Joan Book
-Mariane & Peter Book
Glenn Bortner
-Angela March
Paul & Violet Bortner
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Paula Glassman
Penny Gordon

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-Our Parents
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- My Wife Emily Stewart
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- George Thomas
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Michael & Rita Young
Julia Zinn
Item Donations
Country Meadows York
Girl Scout Troop 20795
William & Deborah Allen
Gary & Suzy Allshouse
Vicky Anderson
Randal & Donna Barshinger
Nancy Bishop
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Carol Bowers
Ethel Donner
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Vicki Gumper
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Brenda Heiner
Stephen & Janice Hoke
Mike & Lorene Jones
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Cheryl & Bill Knisley
Larry Kress
Jane Matott
Susan Mayer
Mary Lynne & Michael
Muenz
Ed & Ruth Myers
Kenneth Myers
Cynthia Opong
Byron & Patsy Pomraning
Leo & Sandy Reaver
Timothy & Jane Reinaman
Joann Rohrbaugh
Joan Shearer
Lu Ann Stambaugh
Elaine Thomas
Nancy Wagner
Jeffrey Waybright
Eva Weber
Charles & Carol Wildasin

Wish List

Disinfectant Wipes*
Clorox bleach bottles*
Tissues*
Toilet Paper
Paper Towels*
13 Gallon Garbage Bags*
Bottled water*
Sticks of butter (salted)*
Heavy Duty dessert plates (4-6 in.)*
Heavy Duty dinner plates (9 in.)*
Postage Stamps*
Hand Sanitizer*



Hand Soaps
Printer paper*
Cans of soda: Coke*,
Diet Coke, Pepsi,
Diet Pepsi, Sprite,
Orange, Root Beer*
Snacks & Chocolate for
vending machines*
Sandwich-sized Ziplock bags*
Gallon-sized Ziplock bags*
Quart-sized Ziplock bags*
Snacks to share for parties & bingo



Windy Hill Membership

Membership to Windy Hill is **FREE** and open to **active, independent Spring Grove & surrounding community members ages 60+.** Visit our website for more information: windyhillonthecampus.org, stop in for a tour, or call 717-225-0733.
We look forward to meeting you!



Join Us for Breakfast!

Breakfast in the Café is now available **Monday & Wednesday** mornings from **8:30 to 9:30am**. 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.**
Payment due upon receipt.



Join Us for Lunch!

Lunch is served Monday through Friday at noon in our cafeteria. 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**. Grab & Go Meals will be held for those who preregistered until noon, unless we are notified that you will be late to arrive. 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 two days 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 12:15pm

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. Who will be our next big winner?!*

Welcome New Members!

Gary Auchey	Curt LaCoe
Paul Breault	Robin Lawson
Joel Glatfelter	Shane Lawson
Ruth Glatfelter	Valerie Otremba
Scott Haldeman	Edward Sauter
Earl Hersh	Barbara Varian
Mark Jacoby	David Yingling



Building Update

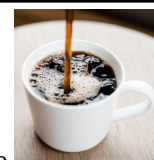


Exciting news! Windy Hill **will not** relocate during construction. Some dates may require less programs than usual, but we are thrilled to not have to worry about moving into a temporary location. Construction is expected to begin March, 2025 and the anticipated opening is by the end of 2025 For more information, see the FAQs link in the weekly eNews.

Coffee Bar

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

Coffee, hot tea, and hot chocolate are available for purchase during our coffee bar hours. Please use the cups provided, even if you need to use it to fill the reusable cup you bring. **The cost is 50 cents per 12 oz. cup that is provided in the coffee bar area. Please place your payment by the register.**



Prayer List

Barry Anderson	Pat Hoff	Brenda Shaffer
Rich Arnold	Dolores Hoover	Ellen Shultz
Robert Brenneman	Anne Jones	Louise Slade
Jimmy Brooks	Lorraine Knaub	Phyllis Smith
Alice Bortner	Thomas Leese	George Turner
Philip Carlise	Walter Lobodinsky	Richard Ziegler
Jon Chronister	Barbara Miller	
Rick & Alma Dibble	Mary Morgan	
Pete Erdman	Ella Murphy	
Hilda Grothey	Kay Riley	
Loretta Hamme	Thelma Russell	
Bill Hoff		



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

Memorials

Thomas Neiderer 12/16	In an effort to inform our Windy Hill family of the passing of our members,
Paul Webb - 12/24	we will now be placing names of
Delores Brillhart - 12/26	those who we're aware have passed
Joyce Bentzel - 12/26	in our monthly newsletter. Please let
	Nancy know if we missed someone.
	Thank you.
	<i>The families & loved ones of these members are in our thoughts and prayers.</i>



February Newsletter Sponsors:

Sharon Madenfort— In Memory of Peggy Bender
Nadine Siar— In Memory of all of our Members who Passed in 2024

Paula Glassman— Happy 11th Birthday to my incredibly handsome grandson, Mason. You will always be my little Angel!!!!
 143 Grandma Paula

James & Rita Hobday— In Memory of our son, Gregory

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.



Inclement Weather Policy:

In the event of inclement weather, Windy Hill will make a decision by 5:30am the morning of, as to whether or not the center will be open. If the decision is made to close, a message will be located on our phone greeting, on WGAL & on our Facebook page.

Office Announcement

To ensure our team can remain focused and accomplish our tasks efficiently, we kindly request that access to the office area be limited to staff & volunteers who are actively performing a job function. If you need to speak with a specific staff member, please stop by the front desk.

February Birthdays

1st- Bonnie Dubs
Jimmy Hughes
Carol Wildasin

2nd- Deborah Baral
Cherie Blevins
Sharon Finke
Lyrian Schuchart
Shirley Silar
Michael Wagman

3rd- Carolyn Hagan
Linda Ness
Joanne Overmiller
Paul Scipioni
Bonnie Slagle

4th- Carolyn Diehl
Stephanie Jacoby
Debra Marple
Becky Saltzgeber
William Swords

5th- Louise Crumbling
D Lyn Greco
Betty Himes

6th- Vincent Angel
Mary Ball
Iris Graybill
Samuel Marquet
Janet Panebaker
Scott Zeigler

7th- Ute Anderson
Michael Herrington
Nancy Lippi

Debra Riggelman
Gregory Runk
Michael Strouse

8th- Tonja McCauley
Quentin Stambaugh
Marsha Stough
Rodney Young

9th- Jody MacAvoy
Judy Miller
Pamila Roos

10th- Carla Deardorff
Darlin Heiner
Phyllis Lokka
Dawn Ness
Claudette Shear
Dianna Shive
Patricia Stonesifer
Peggy Wilkinson

11th- Smokey Barley
Lucinda Kelly
John Smith

12th- Sarah Kopp
Donna Long
Royce Messersmith
Tina Myers
Beverly Pohlman

13th- Deanne Bardo
Bette Ann Becker
Clair Kile
Steven Kopp
Andrew Luther

Tammy Miller
John Parquette
Lucinda Sterner
Sandra Welliver

14th- Nancy Klinedinst
William Witman

15th- Lawrence Altland
Barbara Garman
Patricia Gobrecht

16th- Valetta Baumgardner
Gerald Hoover
Patricia Keister
Phil Servary
Ellen Shenk
Linda Six

17th- Donald Altland
Connie Chronister
Sandra Clark
Fabienne Gladfelder
JoAnne Haines
Joanna Townsley

18th- Caroline Capek
Robert Pavoncello
Rebekah Pulling
Gerald Roth

19th- Bud Bubb
Thomas Orndorff
David Rahn
Deborah Rentschler
Dixie Sterner

20th- Robert Myers II

21st- Phyllis Coffee
Robin Ujcic-Snyder

22nd- Mercedes Baumgardner
Cynthia Heist
Ralph Nace
Cheryl Onelius
Debora Stram

23rd- Gary Allshouse
Donald Elicker
JoAnn Leonard
Ken Myers
Sharon Slagel

24th- Neal Carl
Margo Ilgenfritz
Jack Trimmer

27th- Sally Borsella
Roger Eline
Lester Erlemeier
Ken Hall
Rodger Meyer
Cindy Stambaugh

28th- Marilyn Fiorenza
Rita Hockensmith
Pamela Meckley
Susan Platt
Frances Reed

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



Happy Anniversary to...



*Bryan & Penny Monroe
February*

*Susan and Allen Dickensheets
February 5th, 1977*

*Karen and Roger Leppo
February 7th, 1976*

*Albert and Debra Gemmill
February 10th, 1978*

*Jack and Rebecca Thoman
February 11th, 1973*

*Brenda and Jeffery Billman
February 13th, 1971*

*Randy and Theresa Smith
February 14th, 1974*

*Michael and Patricia Strouse
February 15th, 1970*

*Joan and Glenn Thompson
February 19th*

*Edward and Denise Smith
February 19th, 1972*

*John and Peggy Kfuka
February 21st, 1976*

*Vicki and Dale Miller
February 22nd, 1986*

*Thomas and Patricia Harless
February 25th, 1974*

*Michael and Kathy Sloan
February 25th*

*George and Joann Sterner
February 28th, 1953*






February's Birthday & Anniversary Party

Thursday, February 27th from 10am - 12pm,
featuring **A Mystery DJ.** 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 Stuffed Pepper Casserole. Come on out to celebrate with us!



Mon	Tue	Wed	Thu	Fri
LEGEND: A = Auditorium, B = Billiards Room, C = Café, CA = Cafeteria, CO = Conference Room, D-CA = Dance Floor of CA, CR = Craft Room, G = Glass Room, GY = Gym, L = Lobby, Y = Yoga Room	<u>Daily</u> 8:30 - 11:00 - Coffee Bar 8:30 - 2:30 - Fitness Room 8:30 - 2:30 - Billiards Room 11:30 - 12 Grab & Go Lunch 12 - Congregate Lunch	Mon & 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		
3 8:30- Breakfast in the Café \$ 9- T'ai Chi Chih \$ /Y 9- Chair Yoga \$ /A 9- Game Time with Students /CA 9:45- Walking Club /L 10- Valentine Wreath Craft /CA 10:15- Intro. Line Dancing \$ /A 11- Chair Exercise /L	4 8 & 9- Silver Sneakers \$ /L 9:30- Card Making with Sue /G 10- Pinochle /C 10- Cooking for 1 or 2 /CA 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Chair Volleyball /L 11- Dominoes /CA 1- Hatha Yoga \$ /Y	5 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 9:30-11:30 - Quilts for Kids /CA 9:45- Walking Club /L 10- 8 Ball Billiards/ B 10:15- Bible Study Disc. /A 11- Chair Exercise /L 12:30- Chair Volleyball /L	6 8 & 9- Silver Sneakers \$ /L 9- Estate Planning Pres. /CA 10- 500 Bid Card Game /C 10- Wii Bowling /Y 11- Chair Volleyball /L 12:30- Yarn Workers Club /CA	7 8:45- Chair Yoga \$ /A 9- Friday Bingo \$ /CA 9:45- Walking Club /L 10- Tap Dancing \$ /A 10:15- Drumming Exercise /Y 11- Show Me Your Muscles /L
10 8:30- Breakfast in the Café \$ 9- T'ai Chi Chih \$ /Y 9- Chair Yoga \$ /A 9:45- Walking Club /L 10- Coffee & Discussion /CA 10:15- Intro. Line Dancing \$ /A 11- Chair Exercise /L 5- Quilts for Kids /CA	11 8 & 9- Silver Sneakers \$ /L 9- Game Time with Students /CA 10- Pinochle /C 10- Int. Line Dancing \$ /A 10- Music & Movement /Y 11- Adv. Line Dancing \$ /A 11- Chair Volleyball /L 11- Dominoes /CA 1- Hatha Yoga \$ /Y	12 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 9- PA MEDI (appt only) 9- Trivia Challenge /CA 9:45- Walking Club /L 10- 8 Ball Billiards/ B 10:15- Bible Study Disc. /A 11- Chair Exercise /L 12:30- Chair Volleyball /L	13 8 & 9- Silver Sneakers \$ /L 10- Valentine Party & Not So Newly Wed Game /CA 10- 500 Bid Card Game /C 11- Chair Volleyball /L 1- Silver Triangle Meeting /Y	14 8:45- Chair Yoga \$ /A 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /Y 9:45- Walking Club /L 10- Tap Dancing \$ /A 10:15- Drumming Exercise /Y 11- Show Me Your Muscles /L
17 Center Closed 	18 8 & 9- Silver Sneakers \$ /L 10- Pinochle /C 10- Now You Have It (\$5 Gift) /CA 10- Grief & Loss Support /Y 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Chair Volleyball /L 11- Dominoes /CA 1- Hatha Yoga \$ /Y 1p- Diabetes Prevention /CA 5- Quilts for Kids /CA	19 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 9:45- Walking Club /L 10- 8 Ball Billiards/ B 10- Paint with Pat \$ /CA 10:15- Devotions /A 11- Chair Exercise /L 12:30- Chair Volleyball /L	20 9-11- Meet the Sponsors /A 10- 500 Bid Card Game /C 10- Book Club /CO 11- Chair Volleyball /L 12:30- Yarn Workers Club /CA	21 8:45- Chair Yoga \$ /A 9- Friday Bingo \$ /CA 9:45- Walking Club /L 10- Tap Dancing \$ /A 10:15- Drumming Exercise /Y 11- Show Me Your Muscles /L
24 8:30- Breakfast in the Café \$ 9- T'ai Chi Chih \$ /Y 9- Chair Yoga \$ /A 9- PA MEDI (appt only) 9:15- Monday Bingo \$ /CA 9:45- Walking Club /L 10:15- Intro. Line Dancing \$ /A 10- Scrapbooking with Bev /G 11- Chair Exercise /L	25 8 & 9- Silver Sneakers \$ /L 10- Pinochle /C 10- Lego Serious Play /Y 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Chair Volleyball /L 11- Dominoes /CA 1- Hatha Yoga \$ /Y	26 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 9:15- Learn & Play: Sequence /CA 9:45- Walking Club /L 10- 8 Ball Billiards/ B 10:15- Devotions /A 10- Veteran's Forum /Y 11:30- Wii Bowling /Dance-CA 11- Chair Exercise /L 12:30- Chair Volleyball /L	27 8 & 9- Silver Sneakers \$ /L 10- 500 Bid Card Game /C 10- Birthday/Anniversary Party fea. A Mystery DJ /CA 11- Chair Volleyball /L 1- Silver Triangle Meeting /Y	28 8:30- Blood Pressure Checks 8:45- Chair Yoga \$ /A 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /Y 9:45- Walking Club /L 10- Tap Dancing \$ /A 10:15- Drumming Exercise /Y 11- Show Me Your Muscles /L



February '25

York County

Monday	Tuesday	Wednesday	Thursday	Friday
3 Creamy Parmesan Pork Chop (3oz Pork, 2oz Sauce) 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie	4 Chicken Bruschetta (3oz Chix, 2oz Tomato, .5oz Cheese) 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit	5 1 Baked Crab Cake 1c Tomato Basil Bisque 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices	6 1 Lasagna w/ 2oz Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit	7 1 Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Buttered Noodles 1/2c Carrots Hamburger Bun 1/2c Fruit Crisp
10 1c Chicken & Dumplings 1/2c Peas & Carrots Whole Grain Buttermilk Biscuit Fresh Orange	11 1 Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges	12 Pasta & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit	13 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin 	Happy Valentine's Day! 14 3oz Chicken Rosa Baked Potato w/Sour Cream 1/2c Peas & Onions Dinner Roll Apple Pie
Center Closed! 17 	18 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll 1/2c Blushed Pears	19 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Applesauce	20 1 Baked Cod 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	21 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple
24 4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit	25 3oz Chicken Breast w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	26 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	27 1c Stuffed Pepper Casserole 1c Tossed Salad 1/2c Peas & Carrots 1 White Bread 1/2c Pudding 	27 3oz Chicken Alfredo (2oz Sauce) 1/2c Noodles 1/2c Mixed Vegetables 1 Garlic Breadstick 1/2c. Warm Apple Cranberry Crisp
*menu subject to change based on availability		Make your reservation on Copilot 2 days before you plan to join us using the QR code and entering your email address and Copilot barcode letters and numbers as the password or call 717-225-0733 ext. 105. See a staff member with questions.	SCAN ME 	

Socialization Opportunities



Coffee & Discussion

Monday, February 10th at 10am

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.

Sign up on Copilot for **"Coffee & Conversation"**.

Bible Study Discussion

Wednesdays, February 5th and February 12th at 10:15am

Pastor Josh Trojak from CABC leads this group's discussion. Members of all denominations are welcome to attend. This group meets the 1st & 2nd Wed. of each month at 10:15 am.

Sign up on Copilot for **"Bible Study"** to attend.

Devotions Group

Wednesdays, February 19th & February 26th at 10:15am

As a continuation of the Bible Study discussion, this group will meet for a time of prayer, devotions, scripture, hymn singing, and other topics related to religion and spirituality.

Sign up on Copilot for **"Prayers & Devotions"**.

Game Time with Students!

Monday, February 3rd and Tuesday, February 11th at 9am

The **Spring Grove Area School District sixth graders** are joining us for another school year! Along with options such as chair volleyball, trivia or playing games, you may ask questions and/or troubleshoot tech-related issues with the students visiting.

Sign up on Copilot for **"Intergenerational"** to attend.



Bus Trip: Crab Feast Cruise



Wednesday, September 3rd depart at 8am

Sign-ups are open for this exciting trip to the Suicide Bridge Restaurant. Participants will board the Choptank Riverboat for a scenic cruise along the Choptank River while enjoying a delicious crab feast.

Cost is \$130 per person, sign-up envelopes are available in the office at Windy Hill, please complete the form and return it to the drop box in the office to reserve your spot!



Bus Trip: Kitchen Kettle Village

Monday, March 31st depart at 9am

Shop local, homemade, and big brands at the scenic and walkable Kitchen Kettle Village. This trip includes the Spring Fling Shopping Package (Originally \$100 Value) including a food voucher to eat at the Harvest Cafe among other fun items! Cost is \$70 per person, sign-up envelopes are available in the office at Windy Hill, please complete the form and return it to the drop box in the office.

Book Club: The Woman in the Library

By: Sulari Gentill

Thursday, February 20th at 10am



The Woman in the Library is a murder mystery that takes place in the Boston Public Library. Sulari Gentill weaves a twisty, thrilling tale of friendship, deception, and explores the dangerous power of words. Come on out to discuss this book with your Windy Hill Friends.

Pick up your copy in the office!

Games in the Café



Pinochle—Tuesdays at 10am

500 Bid card game—Thursdays at 10am

Games: Tuesdays in the Cafeteria

Now You Have It (\$5 gift) - 02/18 at 10am

Dominoes - Tuesdays at 11am

Sign up on Copilot to attend.

Bingo

Monday Bingo

Monday, February 24th at 9:15am

\$10 for a pack of 30 games

Friday Bingo

Fridays starting at 9:00am

\$10 for a pack of 40 games

(3 cards per game)

Cash payout - 41st game jackpot prize!

Sign up on Copilot to attend.



Trivia Challenge



Wednesday, February 12th at 9am

Test your knowledge and have some fun at Trivia! Gather your friends, form a team, and compete to see who can claim a title as a trivia champion. There will be a variety of categories, it is the perfect way to spend an engaging morning. Sign up on Copilot **"Games"** to preregister.



Learn & Play with Pat

Wednesday, February 26th at 9:15am

Looking for a fun, low-pressure way to learn something new? Try Learn & Play with Pat, members get together and explore a variety of games and learn how to play them! This month, the game of choice is **Sequence**. Sign up on Copilot for **"Games"**

Copilot from Home

Did you know you can preregister for lunches and activities on Copilot from home? Visit **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.

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
10:15 am - Intro. To Line Dancing - \$2
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 - Intermediate Line Dancing - \$2
11 am - Advanced Line Dancing - \$2
11 am - Chair Volleyball - Free
12:30 pm - Intermediate Pickleball - Free
1 pm - Hatha Yoga - \$5/\$2



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
10 am - Putting Practice - 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
11 am - Chair Volleyball - Free
12:30 pm - Intermediate Pickleball - Free



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 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 /FitOn Health /Renew or One Pass Insurance/Cost with Silver Sneakers Insurance**

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



The Hope Squad at Windy Hill

The Hope Squad at Windy Hill is a group of staff and members that are trained to provide and promote mental wellness, provide hope, and create a sense of belonging at the center. **If you are in crisis or need of immediate assistance, call 988 for a 24/7 crisis line.**

Well-Checks



Friday, February 28th at 8:30am

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



Grief & Loss Support Group

Tuesday, February 18th at 10am

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.

Sign up on Copilot for "**Grief & Loss**" to attend.

Music & Movement



Tuesday, February 11th at 10am

Taylor Hood/Notes of Healing, a board-certified music therapist returns to lead us in musical movements & memorable tunes that have the power to enhance our quality of life.

Sign up on Copilot for "**Entertainment**" to attend.



Silver Triangle Support Group



Thursdays, February 13th & 27th at 1pm

Attendees will have the opportunity to discuss personal experiences & challenges related to aging with Pride. You are not required to speak or share any information you are not comfortable with. What is said in group stays in group.

Sign up on Copilot for "**Silver Triangle**" to attend.



Wii Bowling:

Thursdays, February 6th at 10am & 26th at 11:30am

Looking for a fun way to stay active and socialize? Join us for Wii Bowling at Windy Hill. Wii Bowling is a great way to improve balance and coordination while boosting your flexibility and movement. Sign up on Copilot for "**Wii Bowling**" to attend.



Veteran's Forum:

Wednesday, February 26th at 10am

Windy Hill is hosting a veterans forum on mental health topics with presenters Cindy Richard from Suicide Prevention of York and Pam Gay the York County Coroner. Preregister on Copilot under "**Veteran Program**".

NEW

What's New?

Have you changed your phone number? Moved? Want to update your Emergency Contact? Any changes to your insurance benefits?

For any updates or changes to information you have shared with us on your intake form when joining Windy Hill, please stop by the office & let us know!

Don't Forget to Update Us!



Lifelong Learning

Valentine's Wreath Craft

Monday, February 3rd at 10am

Join us for a fun and creative wreath-making workshop to celebrate the season of love! Sandy and staff from Oak Street Health will be at Windy Hill to lead members in making a decorative Valentine's Day wreath! All supplies are provided. **Space is limited!**

Sign up on Copilot for "Crafts".

MindMatters Presentation: Cooking for 1 or 2

Tuesday, February 4th at 10am

Cooking a nutritious meal for one or two can be a real challenge, but it does not have to be! Let Giant Food Stores Nutritionist Shanna Shultz teach you the basics about shopping, meal planning, and cooking for singles and pairs in this MindMatters Video Presentation. Sign up on Copilot for "Nutrition Education".

Card Making with Sue

Tuesday, February 4th at 9:30am

Bring your creativity to life and use Sue's expert guidance to help you create stunning, personalized cards for Valentine's Day. Sessions will meet in the glass room. Sign up on copilot for "Stamping".



Quilts for Kids

Wednesday, February 5th at 9:30am, Monday, February 10th and Tuesday, February 18th at 5pm

This group is always looking for more help to make a difference for those in need by making quilts, walker bags, etc. No experience necessary. Sign up on Copilot for "Quilts for Kids"

Yarn Workers Club

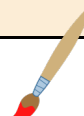
Thursdays, February 6th & 20th at 12:30pm

Do you love knitting, crocheting, or working with yarn?

Join the Yarn Workers Club! Whether you're a seasoned pro or just starting out, this group is the perfect place to share your passion. Just provide the fancy yarn and needle of your choice! Sign up on Copilot for "Needlework Club"

Paint with Pat

Wednesday, February 19th at 10am



This month Pat will be leading the class in painting a **glass vase with flowers**. The cost of the class is \$5. All supplies and materials are included in the cost. Limited seating-Max of 20 participants. Pre-register on Copilot for "Paint with Pat"

Scrapbooking with Bev

Monday, February 24th at 10am

Windy Hill member, Bev Strausbaugh, will lead the scrapbooking class. Please remember to bring your own photos. (Other materials are supplied free of charge). Sign up on Copilot for "Scrapbooking"



Resources



PA MEDI

Wednesday, February 12th and Monday, February 24th at 9am & 10am by appointment

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 medications.

LIHEAP



York County Assistance Office is once again offering the Low-Income Home Energy Assistance Program to help pay for heating bills. Income guidelines: 1-person:\$22,590/yr: 2-person: \$30,660/yr. Apply online compass.dhs.pa.gov, call 1-866-550-4355 or pick up a paper application in our office.



CommunityAid
NEIGHBORS HELPING NEIGHBORS

Community Aid

Windy Hill is a proud partner organization of Community Aid. Please consider donating your gently used items to Community Aid and a portion will be donated back to Windy Hill. Make sure to use the partner code **50190** to give credit to Windy Hill. Stickers with the code are available in the office.

Thank you for your support!

Property Tax/Rent Rebates

1st Tuesday of the month, 9-9:45am and on Thursdays from 11:30am-1:30pm February 13th through April 10th

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

*Due to the construction, AARP Foundation will not be utilizing Windy Hill's location for **income** tax assistance in 2025. **Members may still pick up this tax packet in our front office!**



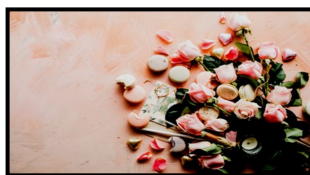
Free Transportation

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

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.



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

Scan Below to make a donation to show your support of Windy Hill!



Glatco Credit Union Mini-Branch



Hours at Windy Hill
Thursdays from

9:30 am - 11:30 am
in Windy Hill's Glass Conference Room

Thank you to our Sponsors!



DARRELL M. SIPE
Opticians and Hearing Aids



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