



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 are available for purchase now, 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.

Volume 4, Issue 3

March 2025



Wheel of Fortune with Senior Commons



Wednesday, March 5th at 10am

Get ready to spin the wheel and test your luck! We are excited to welcome our new sponsor, Senior Commons at Powder Mill, at Windy Hill as they host a fun game of Wheel of Fortune! This event is entirely free, and there will be **prizes** for our winners! Sign up ahead of time on copilot under **"Games"**.



St. Patrick's Day Party

Monday, March 17th at 10am

Join us for a Shamrockin' St. Patrick's Day Party! Celebrate the luck of the Irish with Windy Hill. Our party will be full of festive spirit, great food, and live entertainment featuring Clann Redmond, a father and daughters group performing Irish folk music and traditional Irish dancing.



Exciting Changes Coming to Windy Hill

Starting in March, our building will undergo construction. While we're excited about these improvements, it does mean we'll have to adjust how we use our space. As of March 17th, **we will lose access to the yoga room, billiards room, fitness room, and lobby for programming**. We know this is a big change, but please bear with us as we work through this transition. Our team is doing everything we can to keep as many of our programs running as possible. We truly appreciate your patience and support. Windy Hill is more than just a building—it's a **community**, and together, we'll navigate these changes and come out stronger! Stay tuned for updates as we move forward.

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.

12th Annual Wellness Fair sponsored by UPMC



Located at **The York County 4-H Center**

Thursday, March 27th starting at 9 am

With over 35 vendors, you won't want to miss this exciting event! Here is the schedule for the day:

9:00 am - 1:00 pm – Meet the Vendors Scavenger Hunt

9:30 am - **Free Gift Card Bingo** in the Cafeteria

10:45 am - **Cardiovascular Specialists** presentation by Dr. Gilbert on *Peripheral Arterial Disease*

11:15 am – **UPMC** presentation in the Auditorium *topic to be announced*

12 pm– Bagged Lunch (**must preregister by calling 717-225-0733 x 105**)

1 pm– Free Concert featuring **The LeBlancs**.

Sponsored by: **Darrell M. Sipe Opticians & Hearing Aids**

2 pm– Drawings for raffles, Fred Burns Memorial 50/50, & door prizes.

Located at the York County 4-Center, the 12th annual Wellness Fair is just around the corner, bringing together local vendors, exciting activities, and the opportunity to learn, connect and celebrate health! Whether you are looking to discover new resources, enjoy live entertainment, or just spend time with friends in a lively atmosphere, this event has something for everyone.

You do **not** have to be a Windy Hill member to attend!

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!

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 January. Your support of our mission is truly appreciated.

Monetary Donations

West Manchester Township
Mary Lou Ball
Smokey & Patty Barley
Joan Book

In memory of Mariane & Peter Book

James Brooks
Gloria Goodling

Rick & Sandy Harmer
Earl Hersh

In memory of Paul Webb

James and Rita Hobday
Brent & Jenna Lawrence
Clair Markey

In memory of Paul Webb

Nancy McIntyre
Dixie McMaster

In honor of Sharon Slagel

Scott & Amy Meyer
James & Sandra Miller

Kass Moubrey

Mary Lynne & Michael Muenz
Gen Reed

Richard J. Gross VFW Post 8896
Ronald Rodgers

In memory of Eileen M. Rodgers

Gene & Marilyn Saul
Louise Slade
Patricia Stonesifer
Alan Thomas
Elizabeth Whipkey

In memory of Paul Webb

Gerald Yost

Item Donations

Back to Roots Produce
Country Meadows
Alvin & Theresa Bankert
Randal & Donna Barshinger
Maryann Beaver
Jeanne Benner

Alice Bortner
Lester & Wanda Brodbeck
Dave & Tina Brown
Bud & Wendy Bubb
Ethel Donner
William Dubs

Henry & Caroline Duncan
Hal & Kay Edris
John & Deb Freed
Ruth Glatfelter

Richard Hartsough
Don & Dolores Hoover
Sue Howes

Bonita Kern
Joann Kirkwood

Linda Krebs
Ken & Bonna Krout
W & P Lobodinsky
Sharon Madenfort

Sally Miller
Ed & Ruth Myers
Kenneth Myers
Leo & Joan Nolin
Cynthia Opong
Jim & Linda Pentz
Lori Peterson

Byron & Patsy Pomraning
Ronald & Jill Priebe
Leo & Sandy Reaver
Karen Shifflet
Louise Slade

Daniel & Vera Slagle
Theresa Smith
William Snyder
Roxanna Snyder
Mark Staub

Cathleen Wagaman
Michael & Sharon Wagman
Jeffrey Waybright
Eva Weber
Robert Wildasin

thank you

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!*



Drivers Safety Class

Monday, April 21st at 8:00 am

Stay safe on the road with our Driver's Safety Class at Windy Hill instructed by Officer Kevin Mengel of Northern York Regional Police Department. Refresh your skills, learn new driving tips, and stay confident behind the wheel. **Sign up in the office to attend.**

Jackson Township Tax

Collection

Wednesday, March 26th from 9 am—9:30 am

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

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.

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*

Wish List

Thank You!

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



What's New?

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!



Join Us for Breakfast!

Breakfast in the Caf  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 Caf .**
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!

- | | |
|-------------------|--------------------|
| Richard Armstrong | Susan Miller |
| Deborah Ball | Susan Muller |
| Patricia Biondino | Norene Nolf |
| Steve Dubs | Mary Parr |
| Barbara Edsall | Kathy Shaw |
| Dana Edsall | Lucinda Shenberger |
| Barbara Erdsall | Terry Shenberger |
| Hannah Eveland | Deborah Sobeck |
| George Hale | Deann Tag |
| Karen Hale | Roxanne Toomey |
| Kenneth Krammes | Debra Ward |
| Lynn Krammes | |
| Dennis Lloyd | |
| David Merges | |
| Anita Miller | |

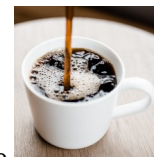
Welcome!



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 | Loretta Hamme | Sue Rankin |
| Rich Arnold | Bill Hoff | Kay Riley |
| Robert Brenneman | Pat Hoff | Brenda Shaffer |
| Jimmy Brooks | Dolores Hoover | Ellen Shultz |
| Alice Bortner | Anne Jones | Janice Smith |
| Stu Burns | Lorraine Knaub | Phyllis Smith |
| Philip Carlise | Thomas Leese | George Turner |
| Jon Chronister | Walter Lobodinsky | Richard Ziegler |
| Rick & Alma Dibble | Barbara Miller | |
| Pete Erdman | Mary Morgan | |
| Cynthia Geraghty | Ella Murphy | |
| Hilda Grothey | | |



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

Memorials

- Michael "Mike" Hartlaub 02/02
 - Thelma Russell 02/04
 - Wayne Winemiller 02/17
 - Patricia Grote 02/16
 - Philip Stambaugh 02/17
- The families & loved ones of these members are in our thoughts and prayers.*



In an effort to inform our Windy Hill family of the passing of our members, we will now be placing names of those who we're aware have passed in our monthly newsletter. Please let Nancy know if we missed someone. Thank you.

March Newsletter Sponsors:

- Gloria Goodling & family** – In Memory of Danny, with love.
- James & Joan Messinger** – In Honor of our Wedding Anniversary
- Bud & Wendy Bubb**—In Memory of Our Grandson, Wyatt

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.



March Birthdays



1st- Franklin Altland
Charles Fleegle
Kervin Hoover
Debra Kapp
Marlin Miller
Barbara Vain

Allen Smeltzer
7th- Sally Shoemaker
Thomas Yingling

15th- Gordon Sauble
Kathy Sloan

22nd- Grace Angotti
Catherine Arians
Richard Graybill
Steven Sterne

29th- Kenneth Duncan
Ruth Glatfelter
Denise Smith

2nd- John Anschuetz
Larry Kress
James Mummert
Robert Ness
Allen Onelius
Donna Stark
Doris Updegraff
Rose Wilhelm

8th- Lowell Hanna
Joann Miller
Donna Reaver

16th- Jane Funt
Barry Miller
Patricia Simpson
Margaret Turner

23rd- Barbara Ball
Francis Eyler
Bonita Grant
Vonnie Mahon
Sandra Storm
Catherine Thomas

30th- Tena Albin
Carol Bechtel
Monroe Busch
Willis Emory
Connie Harvey
Lillian Hicks
Francis Sanders
Larry Shearer
Freda Stump
Tammy Wetzel

3rd- Donald Arnold
Richard Arnold
Brenda Bankert
Ethel Donner

9th- Alice Bortner
Lloyd Bubb Jr
Barbara Crawford
Susan Dickensheets
Betty Sterenberg

17th- Patricia Harron
Brenda Hoke
Katie Reiss
Russell Schroll

24th- Margaret Hilbert
Stanley Kessler
Dennis Myers
David Nobers
Sharon Panell
Cindy Sheffer

31st- Debra Auburger
Joanne Garner
Gale Marsiglia
Susan Meehling
Vicki Miller

4th- Wendy Diviney
Sharon Madenfort
Sarah Nevells

10th- Marsha Diehl-Poff
Arthur "Ott" Dwyer
Connie Wolfe

18th- Deborah Ball
Steve Dubs
John Hall
Scott McDonald
Cathy Morcomb
Jennifer Pagewise
Diana Rohrbaugh
Ronald Sollenberger

25th- Ronald Smith
Regina Williams
Linda Zumbrum

5th- Raymond Emig
Ned Ensminger
Lenora Haney
Dennis Lloyd
Debbie McGlaughlin
Mary Sauble
Thomas Uffelman II
Melissa Welsby

12th- Geneva Epley
Constance Fackler
Jo Ann Henry

19th- Susan Berwager
John Hoover
James Hoover Sr
Geoffrey Woolfson

26th- Michael Chronister
Jan Cramer
Debra Flynn
Charlotte Nace
Elaine Ruhl
William Stone
William Thorr

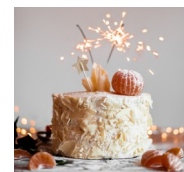
6th- Virginia Adams
Gene Cyprych
Kim Leber
Mary Muenz

13th- Brinda Blevins
Shirley Hartnett
Richard Newcomer
James Pittman
Kevin Shenk
Carol Sollenberger

20th- Cecelia Helwig
Janey Kopp
Ruth Myers
Norman Platt
Sandra Smith
Kay Stock
Debra Ward

27th- Louise Slade

28th- Deborah Davis
Young
Suzanne Seeger



Happy Anniversary to...



*Richard & Sandra Fissel
March*

*Sondra & William Harris
March 12th, 1966*

*Paul & Sydney Nell
March 20th, 1999*

*Jim & Joanne Garner
March 30th, 2013*

*Robin & Shane Lawson
March*

*James & Joan Messinger
March 14th, 1964*

*Theresa & John Sprengle
March 20th, 1976*

*Robin & Dave Sterner
March 31st, 1974*

*Frederick & Terry Bollinger
March 2nd, 1974*

*Diana & Larry Fitzkee
March 16th, 1975*

*Donna & Samuel Marquet
March 21st*

*Kim & Lance Leber
March 6th, 1955*

*James & Darlene Pittman
March 16th, 1957*

*Michael & Gail Stambaugh
March 22nd, 1975*

*Patsy & Scott Harner
March 8th*

*Sharon & Dennis Myers
March 17th, 1973*

*Richard & Cynthia Newcomer
March 24th, 1973*

*Ralph & Frances Nace
March 8th, 1969*

*Dale & Joanne Geiman
March 20th, 1982*

*Glenn & Cheryl Nelson
March 25th, 2006*






*Thomas & Karen Yingling
March 10th, 1984*


*Gloria & Mearl Gross
March 20th, 1957*

*Donna & William Dubs
March 28th, 1972*

March 2025

York County

Monday	Tuesday	Wednesday	Thursday	Friday
3 3oz Baked Meatloaf w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Beets 1 White Bread Seasonal Fresh Fruit	4 Chicken Bacon Carbonara (3oz Chicken, 1/2oz Bacon) 1/2c Pasta 1/2c. Coin Carrots 1 Breadstick 1/2c Mandarin Oranges 	5 Ash Wednesday Tuna Salad Sandwich (4oz) 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit	6 Baked Ravioli (6) w/ 2oz Tomato Cream Sauce 1/2c Green Beans 1/2c Mandarin Oranges 1 Italian Bread	7 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Garlic Breadstick 1/2c Fruit Cocktail
10 Sweet & Sour Pork (4) 1/2c. Rice 1/2c Carrots 1 Dinner Roll Fresh Fruit	11 3oz Pot Roast w/ 2oz Gravy 1/2c mashed potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp	12 Italian Burger (1T Peppers, Onions, White Cheese) 1c Creamy Potato Soup 1 Hamburger Roll Seasonal Fresh Fruit 	13 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	14 Baked Breaded Fish 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight
 Happy St. Patrick's Day! 17 3oz Corned Beef 1/2c Cabbage 1/2c Parsley Potatoes 1 Rye Bread 1/2c Pistachio Pudding 	18 Burgundy Glazed Meatballs (4) w/ Mushrooms 1/2c Rice 1/2c Carrots 1 Italian Breadstick Fresh Orange	19 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Gelatin	20 4oz Cajun Chicken Alfredo 1/2c Creamy Pasta 1/2c Peas 1 Breadstick 1/2c Pineapple 	21 4oz Creamy Egg Salad Sandwich Lettuce & Tomato 1c Cream of Cauliflower Soup 2 Whole Wheat Bread 1/2c Applesauce Cookie
24 Creamy Parmesan Pork Chop (3oz Pork, 2oz Sauce) 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie	25 1 Lasagna Roll with Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit 	26 Chicken Brushetta (3oz chix, 2oz tomatoe, .5oz cheese) 1/2c Pesto Pasta 1/2c Coin Carrots 1 Dinner Roll Fresh Fruit	27 <i>(Bagged Lunch - Reserve by 3/19)</i> Sweet Bologna American Cheese Lettuce & Tomato Cole Slaw Fresh Fruit Cookie Iced Tea	28 Baked Crab Cake 1c Tomatoe Basil Bisque 1/2c Corn White Bread 1/2c Cinnamon Apple Slices
31 1c Chicken & Dumplings 1/2c Mixed Vegetables Whole Grain Buttermilk Biscuit Fresh Orange	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 *menu subject to change based on availability or call 717-225-0733 ext. 105. See a staff member with questions.	 https://community.copilot21.com		

Mon	Tue	Wed	Thu	Fri
<p>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- Brain Injury Aware. & Fall Prev. /CA 10:15- Intro. Line Dancing \$ /A 11- Chair Exercise /L</p>	<p>4 8 & 9- Silver Sneakers \$ /L 9:30- Smart Phone Tech Class /CA 10- Pinochle /C 10- Word Link /CA 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Chair Volleyball /L 11- Dominoes /CA 1- Hatha Yoga \$ /Y</p>	<p>5 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 9:45- Walking Club /L 10- 8 Ball Billiards/ B 10- Wheel Of Fortune /CA 10:15- Bible Study Disc. /A 11- Chair Exercise /L 12:30- Chair Volleyball /L</p>	<p>6 8 & 9- Silver Sneakers \$ /L 10- 500 Bid Card Game /C 10- Staying Fit & Healthy /CA 11- Chair Volleyball /L 12:30- Yarn Workers Club /CA</p>	<p>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</p>
<p>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</p>	<p>11 8 & 9- Silver Sneakers \$ /L 9- Game Time with Students /CA 9:30- Smart Phone Tech Class /CA 10- Pinochle /C 10- Price Is Right /G 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Chair Volleyball /L 11- Dominoes /CA 1- Hatha Yoga \$ /Y</p>	<p>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</p>	<p>13 8 & 9- Silver Sneakers \$ /L 9:30-11:30 - Quilts for Kids /CA 10- 500 Bid Card Game /C 10- Music & Movement /Y 11- Chair Volleyball /L 1- Silver Triangle Meeting /Y</p>	<p>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</p>
<p>17 8:30- Breakfast in the Café \$ 9- T'ai Chi Chih \$ /G 9- Chair Yoga \$ /A 10- St. Patrick's Day Party fea. Clann Redmond /CA 10:15- Walking Club /G 10:15- Intro. Line Dancing \$ /A 5- Quilts for Kids /CA</p>	<p>18 8:30- Silver Sneakers \$ /D-CA 9:30- Smart Phone Tech Class /CA 10- Pinochle /C 10- Now You Have It (\$5 Gift) /C 10- Grief & Loss Support /G 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Dominoes /CA 11:15- Chair Volleyball /D-CA 1- Hatha Yoga \$ /G</p>	<p>19 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 10- 8 Ball Billiards /C 10- Paint with Pat \$ /CA 10:15- Devotions /A 10:15- Walking Club /D-CA 11:15- Show Me Your Muscles /D-CA 12:30- Chair Volleyball /D-CA</p>	<p>20 8:30- Silver Sneakers \$ /D-CA 10- Birthday/Anniversary Party fea. Jerry Overby /CA 10- Book Club /CO 10- 500 Bid Card Game /C 11- Chair Volleyball /L 11:15- Chair Volleyball /D-CA 12:30- Yarn Workers Club /CA</p>	<p>21 8:45- Chair Yoga \$ /A 9- Friday Bingo \$ /CA 10- Tap Dancing \$ /A 10:15- Drumming Exercise /G 10:15- Walking Club /C 12:30- Chair Exercise /D-CA</p>
<p>24 8:30- Breakfast in the Café \$ 9- T'ai Chi Chih \$ /G 9- Chair Yoga \$ /A 9- PA MEDI (appt only) 9:15- Monday Bingo \$ /CA 10:15- Intro. Line Dancing \$ /A 10:15- Walking Club /G 11:15- Chair Exercise /D-CA</p>	<p>25 8:30- Silver Sneakers \$ /D-CA 9:30- Smart Phone Tech Class /CA 10- Pinochle /C 10- Int. Line Dancing \$ /A 11- Adv. Line Dancing \$ /A 11- Chair Volleyball /L 11- Dominoes /CA 11:15- Chair Volleyball /D-CA 1- Hatha Yoga \$ /G</p>	<p>26 8:30- Breakfast in the Café \$ 9- Chair Yoga \$ /A 9- Book Folding \$ /CR 9-9:30 - Tax Collection /G 9:15- Learn & Play: TBD /CA 10- 8 Ball Billiards/ C 10:15- Devotions /A 10:15- Walking Club /D-CA 11:15- Show Me Your Muscles/D-CA 12:30- Chair Volleyball /D-CA 1- Silver Triangle Mtg /G</p>	<p>27 Annual Wellness Fair <i>Located at York County 4H Center for the day</i> 771 Stoverstown Rd, York</p> <p>9-1- Vendor Scavenger Hunt 9:30 - Free Gift Card Bingo 10:15 - Health Presentations 12 - Lunch 1 - Entertainment by The LeBlancs 2 - Raffle winners announced</p>	<p>28 8:30- Blood Pressure Checks 8:45- Chair Yoga \$ /A 9- Friday Bingo \$ /CA 9- Parkinson's Exercise /G 10- Tap Dancing \$ /A 10:15- Drumming Exercise /G 10:15- Walking Club /C 12:30- Chair Exercise /D-CA</p>
<p>31 Kitchen Kettle Village Trip</p> <p>8:30- Breakfast in the Café \$ 9- T'ai Chi Chih \$ /G 9- Chair Yoga \$ /A 10:15- Intro. Line Dancing \$ /A 10:15- Walking Club /G 11:15- Chair Exercise /D-CA</p>	<p><u>Daily</u></p> <p>8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room 8:30-2:30 - Billiards Room 11:30 - Grab & Go Lunch 12 - Congregate Lunch</p>	<p><u>Not offered after March 14</u></p> <p>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</p>	<p>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, W = Wellness Room, Y = Yoga Room</p>	<p>GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am</p> 

*Activities may change if conditions warrant.

Socialization Opportunities



Coffee & Discussion

Monday, March 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, March 5th and March 12th at 10:15am

Pastor Josh Trojak from CABE 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, March 19th & March 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, March 3rd and Tuesday, March 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 Last Garden in England

By: Julia Kelly

Thursday, March 20th at 10am

The Last Garden in England intertwines the lives of three women- Venetia in 1907, land girls in 1944, and Emma today- through a stunning English garden. Full of love, loss, and secrets, this is a beautifully told story of how one place connects generations. 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) - 03/18 at 10am

Dominoes - Tuesdays at 11am

Sign up on Copilot to attend.

Bingo

Monday Bingo

Monday, March 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, March 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, March 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 **Bikini**. Sign up on Copilot for "**Games**".

March's Birthday & Anniversary Party

Thursday, March 20th from 10am - 12pm, featuring **Jerry Overby**. 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 **Cajun Chicken Alfredo**. Come on out to celebrate with us!

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



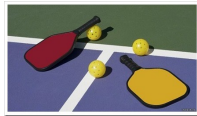
Wednesdays

- 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
- 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. **This month, the billiards table will be relocated to the café & some fitness equipment will be relocated to the cafeteria storage area.**

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

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

Please note: The underlined classes above will have changes beginning March 17th due to building renovations and the loss of use of some of the current spaces. Please see the program calendar insert for dates, times, and locations of classes. Thank you for understanding and your patience with us during this

Brain Injury Awareness & Fall Prevention

Monday, March 3rd at 10am

In observance of March being Brain Injury Awareness Month, Encompass Health will be at Windy Hill to share an important presentation on brain injury awareness and fall prevention. Learn valuable tips on reducing risks, staying safe, and supporting those affected by brain injuries. Sign up on Copilot for **"Health Speaker"** to attend.

Staying Fit and Healthy Presentation:

Thursday, March 6th at 10am

In this presentation, Jill Kaylor from Visiting Angels will highlight the importance of staying active as we age, focusing on how fitness contributes to better health, independence, and quality of life. Sign up on Copilot under **"Health Speaker"** to attend.

Music & Movement

Thursday, March 13th 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

Thursday March 13th & Wednesday, March 26th 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.



Village Home Association of Hanover & Spring Grove



Grief & Loss Support Group

Tuesday, March 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.

Well-Checks



Friday, March 28th at 8:30am

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



Senior Hope Squad at Windy Hill

The Senior 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. You can turn to squad members in your time of need for a listening ear. **If you are in crisis or need of immediate assistance, call 988 for a 24/7 crisis line.**



Lifelong Learning

Yarn Workers Club

Thursdays, March 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**"



Quilts for Kids

Mondays, March 10th & 17th at 5pm, Thursday, March 13th at 9:30am

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**"



Price is Right:

Spring up your House

Tuesday, March 11th at 10 am

Spring up your house with the Price is Right. Join

Ginnie Kite to learn some Helpful Spring tips & chances to **win** with the Price is Right. Sign up on copilot under "**Speaker**"

Paint with Pat

Wednesday, March 19th at 10am

This month Pat will be leading the class in painting a **bunny rabbit**. 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**"

Book Folding

Wednesday, March 26th at 9:00 am

Join us for a creative book folding class with Dawn! The five options with prices are a wine glass (\$20), a cross (\$20), a cat (\$25), butterflies (\$25), and an elephant (\$25). Money due at time of class. **Sign up in the café by 3/21 to participate.**



250 Years of America Presentation

Spring Grove: Where were you in 1776?

Presentation coming in April!

The Executive Director of the Spring Grove Area Historical Preservation Society, Tracy Crouse, will be at Windy Hill to present *Spring Grove: Where Were you in 1776?* This presentation will discuss the history of why Spring Grove area was settled by immigrants, its growth during the colonial period, the area's contributions to the revolution, and the growing pains endured as part of the newly formed United States.

Scrapbooking with Bev

Scrapbooking with Bev is cancelled for the month of March but will resume in April!

Resources



PA MEDI

Wednesday, March 12th and Monday, March 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.



Windy Hill
on the campus

where life, learning and generations connect

St. Patrick's Day

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!



2024 Board of Directors

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

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- Pat Isch
- Betty Markle
- Sharon Myers
- Ambassador: Tom Uffelman

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