



ON TOP OF

Windy Hill

July 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
[Facebook.com/windyhillote](https://www.facebook.com/windyhillote)



Center Office Hours

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

Please note: Newsletters are completed by the 15th 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.

**This will be the last newsletter mailed out to our members. If you'd like to receive future newsletters, come on in!*

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.

Message from the Director

July, 2021

Things are heating up at Windy Hill!

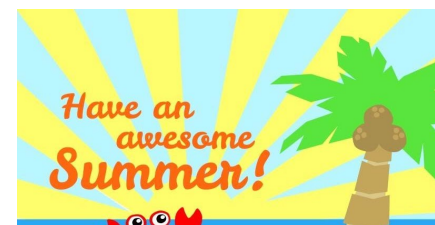
Not only are the temperatures getting warmer, but things are also heating up at Windy Hill! It's great to see many of our friends returning as well as welcoming some new faces. We are fortunate to have a spacious center, but we will continue to control our capacity. For this reason, we are continuing to ask members to please pre-register for many of our more popular activities such as chair exercise, Silver Sneakers Classic, yoga and special events. In addition, we are happy to allow members to participate in our congregate meal in the dining area again. We will be continuing our drive-thru as well. Please be sure to sign up for either our regular lunch (dine-in) or our drive-thru lunch.

During the last year that we were unable to have members inside the center, the staff has kept very busy with improving the facility and updating some procedures. You may notice several new large screen TVs located in the café and the large activity room. We also have a brand-new sound system, which allows us to divide the room and several cameras to accommodate virtual programming. All of these improvements were made possible through a grant we received from the PA Department of Aging.

In addition, we have instituted a new volunteer program, which will allow members to go through a very simple training and then identify them with a picture badge. This will insure that our members are educated and understand the health safety requirements when helping in our kitchen.

Let's all have a safe and enjoyable summer! We deserve it!

Tammy Miller



A sincere thank you goes out to each and every one of you who donated to our center in May. Every item donated, hour volunteered, and dollar donated makes a difference.

Monetary Donations

Catherine Arians
Bertha Hammer
Margaret Harrison
Barbara Redding
Gen Reed
Thelma Russell
Carol Smith
Jack & Linda Trimmer
~In honor of our wedding anniversary
Wayne Wagaman

Clair & Kay Kessler
Lee Miller
Wayne & Joanne Overmiller
Anna Petersen
Phyllis Steiner
Jack Thoman

*Country Meadows
Spring Grove Intermediate
School ~Thank you to Mrs.
Catlin's 6th grade class for
sending seedlings for our
members*

Item Donations

Audrey Bierley
Glenn Bortner
Don & Delores Hoover
Susan Howes



*Also thank you to our
anonymous donors. Although
your name is not listed, you
are appreciated just the same!*

***Give Local York donors
are listed on pages 4-6 of
this newsletter.***

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*
Hand sanitizer bottles
Postage Stamps
Tissues
Quart and gallon-sized zip
top bags
Regular kitchen-sized trash
bags
Bottled water
Printer paper
Sticks of butter**

Prayer List

Peggy Bender	Shirley Mitzel
Edith Brennehan	Becky Myers
Dolores Brillhart	Cathy Myers
Philip Carlise	Dolores Senft
Mary Coulson	James Senft
Lucy Glatfelter	Brenda Shaffer
Hilda Grothey	Larry Sheridan
Larry Grothey	Richard Stewart
Pat Hoff	Wayne Winemiller
Don Mitzel	

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

Quilts for Kids

This group is taking the summer
off. Look for them to meet again
in September!

Home-Delivered Meals News

Our dedicated team of
amazing volunteers has
allowed our program to
continue throughout the
pandemic. We deliver a
week's worth of frozen
meals to homebound
seniors in the Spring Grove
and Hanover areas every
Monday. These
individuals are classified
as homebound by the
York County Area
Agency on Aging based
on an interview with a
Care Manager. If you
would like more
information on receiving
home-delivered meals,
please contact the
YCAAA at 717-771-9610.

Welcome New Members!

Raymond Collins
Bernard Frick
Bertha Hammer
Faye & Glenn Myers
Gene & Mary Ruby
Trena Ruhs
Lu Ann Stambaugh
Kay Stock
Cathleen Wagaman
Francis Zeak

welcome

Property Tax/Rent Rebates

**1st Tuesday of each month
9 am—9:45 am**

Schedule an appointment with
Wendy Leahy from Rep. Seth
Grove's office for assistance with
filling out the application for
property tax or rent rebates. No
walk-ins allowed. Appointments
will be held here at Windy Hill.

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,
stop in for a tour, or call

717-225-0733 ext. 0 to
speak with Nancy. We look
forward to meeting you!



APPRISE is the Pennsylvania State Health Insurance Assistance Program.

APPRISE volunteers are specially trained to answer your questions about Medicare, Medicaid, Medigap, prescription drugs, preventive care, and to assist you with your paperwork.

The counselors have direct access to State and Federal Medicare information and resources.

Currently, all appointments are being conducted over the phone or virtually.

Call the York County Area Agency on Aging at (717) 771-9008 or 1-800-632-9073.

Hotspots for Rent

Glatfelter Memorial Library is now offering hotspots for rent. These act as wireless internet connections used to connect your devices and access the internet.

Requirements:

- ➡ must have a library card in good standing
- ➡ must present a valid ID and pay the rental fee.

The library system is renting them for \$20 for a four-week checkout (fee and checkout time may change in the future). No holds, no renewals, and they are hand-sanitizing each unit as it comes back in. Contact the library for more information 717-225-3220.

Tech Resources

Generations on Line—Offers FREE help with how to use your tablet or smart phone. generationsonline.org and click on whichever type of device you have: Android, Apple, or Amazon Fire.

Senior Planet—Offers help with various topics through free courses and presentations. Seniorplanet.org

Tech Boomers—Offers 100+ Free courses, technology basics, useful websites, etc. techboomers.com

Kennie's Market

Community Rewards Program

Kennie's Market will award up to \$30,000 to local nonprofits this year, and we could use your help! This program began in April and will run through August 25th. Sign up online so your purchases will count toward donations made to Windy Hill Senior Center! It will only take a moment and could make a difference!

Visit kenniesmarket.com and select "Community Rewards" under the "Rewards & Programs tab" to sign up.

Farmers' Market Vouchers

Applications are now available online on our website and at the front desk for those interested in the fruit & vegetable vouchers.

To qualify you must be 60 or older and meet the household income guidelines (\$23,828 for 1 person in the household or \$32,227 for 2 people in the household).

Applications due before 9/15/2021.

Windy Hill's Drive-thru 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!

Gold Leaf (\$1,000+):

Dave & Christina Brown
H & H General Excavating Company
Jerry Henning
Sue Howes
Jackson Township
Don & Gemma Martin
Miller Family*
Jacob Miller
Linda Six

Red Leaf (\$200—\$999):

Bill & Peg Altland
Catherine Arians
Bailey Family of Companies
Peggy Bender
Winifred Bradley*
Bob & Maryann Brenneman
John David*
James & Sandra Decker
Janice & Michael Drew
Richard Hartsough
Home Association of McSherrystown
Margo & Bryan Ilgenfritz
Phil & Deb Keener
Keller Contracting LLC
Chad & Kris Klouse
Terry Lehr
Melissa Loiselle*
Scott and Tammy Miller*
Ella Murphy
Norman & Susan Platt
Ray Quickel
Merle Raubenstine
Donald & Terry Reichard
Timothy & Jane Reinaman
Kathleen Rider*
Sandy & Gary Taylor
Nadine Siar*
Anna Smith
Carole Smith
Greg & Janice Smith
Alice Stauffer
Phyllis Steiner
Rita Steinour
Susan Stough
Dave & Deb Stram

Give Local York Donors



Thank you!!

Jay Trimmer*
VFW Post #8896*
Nancy Wagner
Dan Waltersdorff
Harold L. Warner
Windy Hill Breakfast Fundraiser

Green Leaf (\$51—\$199):

Martin Antkowiak
Don & JoAnn Arnold
Richard Arnold
Robert & Judy Barnhart
Michael Baron
Steve & Valetta Baumgardner*
Steve & Susan Besecker
Barry & Jane Black
Laverne Bortner*
Cheryl Breault
Lori Brodbeck
Sally Bushey
Pat Callahan
Rosie Collins
Dr. Rosemary Cugliari
Ted & Barb Culp
Cynthia & Jeffrey Edmonds*
Pete & Kathy Erdman
Brenda Flory
Michael Flory
Doris Fodor
Robert Glass*
Earl Grissom
Lois & Kevin Gunnet
Margaret Harrison
Carol Harrold*
Cordelia Harrold
Ed Hengst

This year was a record-breaking year for Windy Hill's 4th Annual Give Local York campaign! Thanks to you, we were able to exceed our goal and raise over \$44,000 from over 300 donors. Thank you to the donors listed below, the donors who chose to remain anonymous, and to the volunteers who helped during the event!

William & Lori Hoff
Charles Hoffman
George & Jocelyn Hubbard
Dr. George Ioannidis
Ruth & Ronald Knaub*
Sharon Krebs
Mary Laughman
Gwen Lehr
Pat & Walter Lobodinsky
Anne & Dave Loeffler
Donna Long
Sharon Madenfort
Mary Martin*
Scott Miller
Lee Miller
Minuteman Press
Betty Mitchell
Barbara Moore
Jerry & Molly Morris
Katherine Moubrey*
Robert & Trudy Murray
Dennis & Sharon Myers*
Leo & Joan Nolin*
Bob & Lyn Overmiller
Byron & Pat Pomraning
Leo & Sandy Reaver
Dixie Reed
Gen Reed
Barry & Bonnie Riddle
Barbara Rodich
Claudette Shear
Joan Shearer
Mike Sholly
BettyLou Smith
George Smith, Jr.
Sam & Becky Spalla

Green Leaf (cont.):

Carolyn Stambaugh
 Steve Sterner
 Stewart's Mower Sales & Service
 Patricia Stonesifer
 Kristyn Stouch
 John & Jane Trostle
 Thomas Uffelman
 Barbara Walker*
 Ms. Nancy Wentz*
 Gary & Linda Wildasin
 Chester Wolf

Brown Leaf (\$26—\$50):

Deb Amspacher
 Elwood G Bahn & Sons Construction, Inc
 Mary Lou Ball
 John Basta*
 Karen & Kevin Baum
 Dianna Benaknin
 Randy & Kris Blasdell
 Mark & Patricia Bortner
 Joe & Marie Caputo
 Kimberly Chrissomallis*
 Paul & Lori Clark
 Molly Cooley
 Rosalie Craver
 Gordon Custer
 Carla & Bruce Dale*
 Donald & Ethel Donner
 Charles & Lois Donsen*
 Jenna Ericson
 Linda Eubank*
 Connie Fackler & Jim Burgard
 Linda Freed
 Beatrice Garvick*
 Nova Gingerich*
 Dick & Joan Graybill
 Lillian Grove
 Deborah Hall*
 John Hall
 Phil Crouse & Tracy Haper
 Myron Henry
 Deb Henry
 Jan & Bob Hersh

Paul Hershey*
 Rick Hill and Ronnee Greenstein
 Barbara Hostetter
 Karl & Patricia Jacoby
 Steph & Mark Jacoby
 Gary & Rayann Johnson
 David A Jones II
 Carolyn Kaltreider
 Dennis & Hannah Kessler
 The Kramer Family
 Larry Kress
 Ken & Bonna Krout
 Mary Rose Lawhead
 Adrian Lease and JoAnn Henry
 John & Ann Lehan
 Michael & Susan Lehr*
 Beverly Leppo
 Larry & Brenda Linebaugh
 Jim Loehwing
 David Martin
 Annette Masenheimer*
 Sam & Dorothy McCurry
 Allison Meckley
 Barbara Meckley*
 Lenny Meckley
 Joan Messinger
 Barbara Miller
 Jake & Emily Miller
 Keith Miller
 Donald & Shirley Monroe
 Melinda Mott
 Jayne Murphy
 Grace Myers
 Milton & Nancy Myers
 Denise Nash
 Ryan Oberholtzer
 Sharon Panell
 Linda & Jim Pentz
 Anna Petersen
 Richard & Rebekah Pulling
 Tamara Ramer
 Beatrice Reaver*
 Richard & Sharon Resh*
 Michael & Brenda Robinson
 Joann Rohrbaugh

Roberto Roux*
 Thelma Russell*
 Mary Sauble
 Richard Scott & Sally Schill
 Cindy Selby
 Barb & Richard Senft
 Erin Shrader
 Jeffrey Shue*
 Fred & Ellen Shultz
 Ben Siar*
 Josh Siar*
 Susan Siar*
 Suzanne Smith*
 Glenn & Lois Snyder
 Darlene Stauffer
 Paul E. Stein
 Christopher Stock
 Marsha & Dale Stough
 Robert Strausbaugh
 Donald E. Summers
 Ken & Jane Summers
 Kate Sweeney
 Bonnie Sweitzer
 Bob & Jan Szczechowiak
 Michael Thew
 Sheila Varnhorn*
 Randy & Nancy Walton
 Pat Warner
 Jean Weidler
 Bob & Kathleen Yeater

Orange Leaf (\$5-\$25):

Sandra & Marty Albright
 Barry & Risa Anderson
 Kelly & Patrick Ball
 Talon Basiewicz
 Gloria Becker
 Mike & Cathy Bollinger
 Larry & Lola Boose
 Alice Bortner
 Paul & Violet Bortner
 Stewart Burns Jr*
 Christine Chew
 Charlie Crumrine
 Kathleen DeCello

Orange Leaf (cont.):

Catherine Dietz
Mary A Doan
Carol Drueckhammer
Sara Eisenhart
Charlton Gingerich
Bill & Mary Gromen
Gloria Gross
Trema Gross*
Gerald Groves*
Linda Haberkam*
Kimberly Hackett*
Dorothy Hartlaub
Michael & Hope Herrington
Tina Hess
James and Rita Hobday
Bev Hughes
Dan and Connie Inners*
Ellen Johnson
Susan Kanwischer*
Carl & Mim Kessler
Kate King
Richard & Esther Kipple
Donald & Stephanie Knaub*
Cheryl & Bill Knisley
Bob and Gloria Kramer
Donna Krebs
Linda Krebs*
Dennis & Bev Krout
Larry & Brenda Linebaugh
Bonnie Luckenbaugh
Thomas & Judy Markle
Bill & Pat McCannon
Dixie McMaster*
Carrie Miller*
James & Sandra Miller
Marlin Miller
Terry & Nancy Miller
Thomas C. Miller
Janis Mitchell
Beverly Moritz
Jane Myers
Raymond & Charlotte Nace
Wayne & Joanne Overmiller
Carl & Joan Paley

Alice Provard
Gary & Carol Richardson
Sharan Rinehart
Don & Darlene Rodgers
Patricia Rollman
Nancy Rost
Greg and Mary Jo Runk
John Runk
Gordon Sauble
Cecelia Sell
Albert O. and June Shultz
Heather Siar*
Elaine Smeigh
Richard & Cheryl Snyder
Ronald & Carol Sollenberger
Philip & Shirley Stambaugh
Doug & Betty Stein
Barry & Bev Strausbaugh
Elaine Thomas
Rose Tiehel*
Justine Trucksess
Joanne Warner*
Betty Yohe



Give Local York 2021
Statistics

This year's goal was:
\$30,000 from 300+ donors.

Our Grand Total for 2021 is:
\$46,013.19

2020: \$43,083.69
2019: \$17,971
2018: \$14,445

This year has been the
best year yet!
We are extremely grateful
for the support!

**Signifies donations were made
in honor or in memory of someone.
Listed below are those honored
or memorialized.*

In Honor of:

Dave Brown
Linda Haberkam
Gwen Lehr
Barbara Miller
Tammy Miller
Tracy Shuman
Windy Hill Staff
Windy Hill Volunteers

In Memory of:

Josephine Barck
Rose Basta
John H. Baumgardner
Maureen Bortner
Fred Burns
Mary David
Clem Eubank
Jack Gingerich
Shirley Glass
Sidney Goodling
Faye Groves
Wayne Gruver
Sandra Hershey
Richard Kanwischer
Paul Kopp
Richard M. Krebs
Hattie V. Myers
Ellen Nolin
David Reaver
Gary Reaver
George Reaver
Mildred Reaver
Roy Reaver
Charles Rider
Miriam & Lawrence Russell
Joseph Smith
James Adam Walker
Rod Wentz
*All of the Veterans who did
not come home.*

Outgoing Board Members

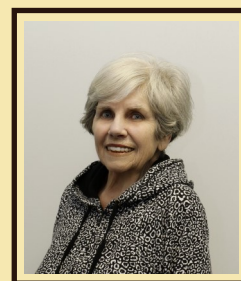
Thank you for your years of service!



Brenda Flory
9 years of service



Michael Robinson
7 years of service



Claudette Shear
6 years of service

Incoming Board Members

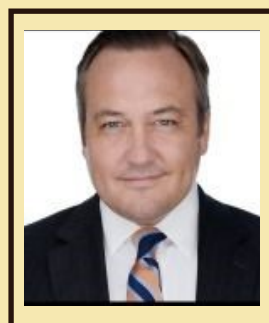
Welcome to Windy Hill on the Campus!



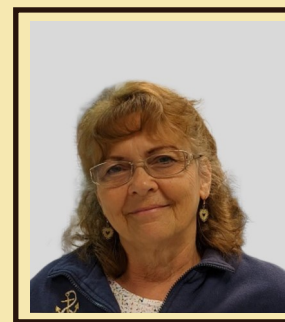
Crawford Dennard
Member



Dr. Steve Guadagnino
Asst. Superintendent
SGASD
Term began May 2021



Scott Miller, R Ph
Minnich's Pharmacy
President



Nadine Siar
Member

Returning Board Members

Thank you for continuing your journey with us!



Sandy Sferrella—Taylor
President
Visiting Angels



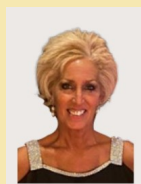
Dave Brown
Vice-president
Member



Tom Uffelman
Treasurer
Member



Tamara Ramer
Secretary
UPMC Pinnacle Hanover



Laura Beck
Beck Funeral Home



Terry Lehr
Member



Pat Lobodinsky
Member






Atty. Jennifer Stetter
Barley Snyder



Chris Stock
Domani Wealth

July 2021 Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Center Closed! 	*Menu Subject to Change			
5	6	7	8	9
	4th of July Meal Pulled Pork Sandwich 1/2 cup Potato Salad 1/2 cup Baked Beans Sandwich Roll Watermelon	Pot Roast 1/2 cup Whipped Potatoes w/ Gravy 1/2 cup Carrots Wheat Bread 1/2 cup Sliced Pears	Patriotic Summer Picnic 	
12	13	14	15	16
Baked Breaded Chicken Cutlet 1/2 cup Scalloped Potatoes 1/2 cup Tomato & Cucumber Salad White Bread 1/2 cup Pears	Roasted Pork w/ Mushroom Sauce 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread 1/2 cup Pineapple Delight	Baked Meatloaf w/ 2 oz Gravy 1/2 cup Baked Potato 1/2 cup Corn Wheat Bread Cookie		
19	20	21	22	23
Baked Ham w/ Raisin Sauce 1/2 cup Sweet Potatoes 1/2 cup Beets Wheat Bread Cookie	Penne & Meatballs (4) with Marinara Sauce 2/4 cup Pasta with Sauce 1 cup Tossed Salad with Dressing Italian Bread 1/2 cup Pineapple	Warm Roast Beef Sandwich w/ Mozzarella 1/2 cup Roasted Parmesan Redskins 1/2 cup Carrots Sandwich Roll Fresh Banana		
26	27	28	29	30
BBQ Riblette Coleslaw Cornbread Square 1/2 cup Diced Peaches	Fiesta Chicken Salad (fajita chicken, cheddar, salsa, sour cr) 1 cup Mixed Greens w/ Tortilla Strips Corn & Blackbean Salad WG Dinner Roll Fresh Fruit	Kielbasa 2 tbsp. Sauerkraut 1/2 cup Whipped Potatoes 1/2 cup Green Beans 2 Whole Wheat Bread 1/2 cup Pudding		

*** 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> Drive Thru Lunch - 11:30 Congregate Lunch - 12:00</p> <p><i>Mon / Wed - Open Gym - 60+ Basketball 8:30-10</i></p>	<p><u>Everyday</u> Coffee on the Patio - 8:30-10 Fitness Room - 8:30-2:30 Pool Room - 8:30-2:30</p>		<p>1</p> <p>9...Silver Sneakers Classic 10...Presenter: Kimberly Krynock, AHA 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p> 	<p>2</p> <p>9:15...Quarter Bingo 9:30...Parkinson's Class/ Rock Steady Boxing 10...Tap Dance Class 10...Walking Club</p> 
<p>5 <i>Center Closed for</i></p> 	<p>6 <i>4th of July Meal</i></p> <p>9...Silver Sneakers Classic 10...Family Feud 11...Line Dancing 1...Pickleball</p>	<p>7</p> <p>9...Card Playing 9:30...Rock Steady Boxing 9:30...Video Series - WWI 10...Walking Club 11...Chair Exercise</p>	<p>8</p> <p>9...Silver Sneakers Classic 10...Patriotic Summer Picnic/ Pool Party w/DJ Chris Wagman 12:30...Yoga 1...Pickleball</p> 	<p>9</p> <p>9:15...Quarter Bingo 9:30...Parkinson's Class /Rock Steady Boxing 10...Tap Dance Class 10...Walking Club</p> 
<p>12</p> <p>9...T'ai Chi Chih 9:30...Rock Steady Boxing 10...Walking Club 10...Council Meeting 11...Chair Exercise</p>	<p>13</p> <p>9...Silver Sneakers Classic 10...Word Link 11...Line Dancing 1...Pickleball</p>	<p>14</p> <p>9...Card Playing 9:30...Rock Steady Boxing 9:30...Video Series - WWI 10...Walking Club 11...Chair Exercise</p>	<p>15</p> <p>9...Silver Sneakers Classic 10...Craft Tie Dye Bags 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p> 	<p>16</p> <p>9:15...Quarter Bingo 9:30...Parkinson's Class/ Rock Steady Boxing 10...Tap Dance Class 10...Walking Club</p> 
<p>19</p> <p>9...T'ai Chi Chih 9:30...Rock Steady Boxing 9:30...Dime Bingo 10...Walking Club 11...Chair Exercise</p> 	<p>20</p> <p>9...Silver Sneakers Classic 10...Now You Have It... 11...Line Dancing 1...Pickleball</p>	<p>21</p> <p>9...Card Playing 9:30...Rock Steady Boxing 9:30...Video Series - WWI 10...Walking Club 11...Chair Exercise</p>	<p>22 <i>Choptank AYCE Cruise</i></p> <p>9...Silver Sneakers Classic 10... Book Club 10...Painting with Pat 11...Chair Volleyball 12:30...Yoga - ZOOM 1...Pickleball</p> 	<p>23</p> <p>9:15...Quarter Bingo 9:30...Parkinson's Class /Rock Steady Boxing 10...Tap Dance Class 10...Walking Club</p> 
<p>26</p> <p>9...T'ai Chi Chih 9:30...Rock Steady Boxing 10...Walking Club 10...Health Presentation Video-How Exercise helps w/Chronic Pain 11...Chair Exercise</p>	<p>27</p> <p>9...Silver Sneakers Classic 10...Heads Up 11...Line Dancing 1...Pickleball</p>	<p>28</p> <p>9...Card Playing 9:30...Rock Steady Boxing 9:30...Video Series -WWI 10...Walking Club 11..Chair Exercise</p>	<p>29</p> <p>9...Silver Sneakers Classic 10...Birthday/Anniversary Party with Bill Anderson 12:30...Yoga 1...Pickleball</p> 	<p>30</p> <p>9:15...Quarter Bingo 9:30...Parkinson's Class /Rock Steady Boxing 10...Tap Dance Class 10...Walking Club</p> 

* Activities may change if conditions warrant.



July Birthdays

- | | | | |
|---------------------|-------------------|-----------------------|---------------------|
| 1 Judy Senft | 12 Brenda Miller | 19 Catherine Dietz | 27 Joseph Lange |
| 2 Kay Hensel | Diana Putman | Carl Kessler | Brenda Shaffer |
| 3 Billie Lam | Richard Reidy | Charlie Males | 28 Wilbert Bosley |
| 4 Mussarat Chaundry | Norma Senft | Tammy S. Miller | Pamela Mummert |
| Katherine Conco | Jean Weidler | Mark Nenninger | Donald Naylor |
| 5 Audrey Bierley | 13 Maryann Beaver | 20 Robert Coble | Wayne Overmiller |
| Patricia Klinedinst | David Breeden | Rhonda Harrison | 29 Paul Hershey |
| Carol Landis | Anna Mae Lauer | Bessie Hoffheins | Joann Kirkwood |
| 6 Sandra Kleiman | Phyllis Mason | 21 Arnhold Kanwischer | Jean Manning |
| Phyllis Minnich | Barbara Schultz | Willa Lefever | Deborah Schell |
| Byron Pomraning | Jane Trostle | Terry Shearer | 30 Kathleen DeCello |
| Gary Rohrbaugh | 14 David Gable | 22 Sandra Harmer | Karen Norris |
| 7 John Basta | Angele Hebert | Sandra Reaver | DeEtta Senft |
| Kenneth Brenneman | Connie Novotny | Sieglinde Uffelman | Nadine Starner |
| Mary Gromen | 15 Lois Bushey | 23 Susan Stough | Patricia Warner |
| Debra Ruth | Beth Folkenroth | 24 Linda Freed | 31 Maureen Crouse |
| Frank Sheridan | Kathy Wonder | Sandra James | Sharon Harman |
| 8 Risa Anderson | 16 Cheryl Knisley | Barbara Senft | |
| Grace Zartman | 17 Wayne Beck | 25 Janice Bafford | |
| 9 Bernard Frick | 17 Scott Carter | Bruce Bigsby | |
| Gloria Gross | Dixie Reed | Pat Broadhurst-Stone | |
| 10 Larry Albright | Kathleen Rider | Anne Loeffler | |
| Allen Costella | 18 Elaine Smeigh | Donna Sheridan | |
| Michael Flory | Barbara Trone | 26 Connie Fetrow | |
| Richard Stambaugh | | | |

If we missed your birthday or anniversary, please contact the office 717-225-0733 x 0

Happy Anniversary to...

- | | |
|-----------------------------|---------------------------------|
| Bruce & Sandra Bigsby | Bob & Judy Barnhart |
| July 1, 1967 | July 18, 1959 |
| Barry & Jane Black | Wayne & Rita Smeltzer, Sr. |
| July 1st | July 18, 1964 |
| David & Susan Mundis | Wayne & Peggy Baublitz |
| July 1, 1978 | July 20, 1969 |
| Lewis & Connie Fetrow | William & Cheryl Knisley |
| July 3, 1964 | July 23, 1977 |
| Wilbert & Pearl Bosley | Richard & Rebekah Pulling |
| July 4th | July 23, 1978 |
| Robert & Dianne Oberdick | William & Lori Koff |
| July 4, 1964 | July 30th |
| Ricky & Dolores Brandt | Walter Hill & Ronnee Greenstein |
| July 8, 1972 | July 31, 1976 |
| Paul & Bonita Kauffman | |
| July 10, 1971 | |
| Ed & Roxanne Miller | |
| July 12, 1991 | |
| Donald & Janet Eichelberger | |
| July 15, 1972 | |



July's Birthday & Anniversary Party

Thursday, July 29th

10 am—noon

Featuring entertainment by:








Bill Anderson!

We're so excited to once again have a birthday & anniversary party!! This will be the first one we've had since February 2020! There will be dancing, food, socializing, and dessert! We'll be breaking out the grill and cooking up hotdogs!

RSVP to attend on Copilot or by using the registration link in the eNews/website/Facebook page.



SUMMER SAFETY TIPS

-  Stay hydrated.
-  Don't stay out for too long.
-  Check the forecast beforehand.
-  Keep sunscreen nearby and use it.
-  Check your prescriptions' side effects.
-  Turn on the A/C.
-  Beware of heat-related illnesses.

Affordable Housing Presentation:

Thursday, July 1st at 10 am

Kimberly Krynock from Affordable Housing Advocates will be presenting on the programs they offer, how they work, how rent is calculated, etc. Affordable Housing Advocates offers a variety of affordable housing options. Applicants undergo a thorough selection process.

Affordable Housing Advocates is pleased to offer a variety of safe, quality, affordable apartments for you to rent. They offer rentals of single rooms to apartments with 3 bedrooms. Rent is based on income. Sign up on Copilot to attend!

Chair Massages

Randy Walton will be taking the summer off. Look for him to return in September.

Tie Dye Craft:

Thursday, July 15th 10 am
\$8

Join Windy Hill staff and friends to create a tie-dyed canvas bag. The bag will have a Windy Hill logo on it. Register on Copilot to attend! Max of 10 people.



Coffee on the Patio

Mondays through Fridays at 8:30 am, join us for a cup of joe on our patio by the front entrance.

In wet weather, we will move inside to the Café area. Coffee is \$0.50 per cup and we'll have regular and decaf available.

July's Council Meeting

Monday, July 12th at 10 am

on Zoom & Facebook Live
& in-person.

Contact Nancy or sign up on Copilot to attend in-person or sign up on Copilot

Zoom ID: **829 6776 4619**

Passcode: **1472**

Windy Hill's Patriotic Summer Picnic / Pool Party!!

Thursday, July 8th from 10 am—noon

It's summertime, so let the good times roll! Join us and wear your red, white & blue. We'll grill and



drink cool summertime favorites and lounge by the (baby) pools. Lawn games will be available for competition and DJ Chris Wagman will play our favorite beach music.

RSVP to attend on Copilot or by using the registration link in the eNews/website/Facebook page. Donations of packaged snacks, soft drinks, bottled water, popsicles requested. Bagged lunch in addition to the rest of the goodies will be provided.

Painting with Pat

Thursday, July 22nd at 10 am



Pat will be teaching us how to do acrylic pour art. \$5 materials will be provided.

Please contact Nancy for a space in the class.

Pat Isch has been teaching folks how to paint for many years. She's the perfect teacher to help aspiring or experienced painters express their creativity.

History Video Series WWI

Wednesdays at 10 am in the Café

Join us for this weekly video series that explains and explores the Great War. This video series presents the war in a college course format with different aspects presented and discussed each week. It is suggested that you plan to watch each Wednesday to get the complete course. Preregistration need on Copilot.



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.

RenewActive
by UnitedHealthcare

Pickleball

Tuesdays & Thursdays at 1 pm; 60 years +. Cost is \$3 per person/session or if you have Silver Sneakers \$1 to play. This program is being shared by Windy Hill and Parks & Rec.



Basketball

Mondays and Wednesdays; 8:30 am – 10:00 a.m. 60 years + This is open gym only.

**Card Playing is back at Windy Hill!
Wednesdays at 9 am!**

**Don't forget to check-in for Silver Sneakers on Copilot if you are doing something active!*

Fitness Classes:

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 Shadow Boxing with Lori DePorter –

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

10:00 Walking Club

11:00 Chair Exercise with Risa – Facebook

Tuesdays:

9:00 Silver Sneakers Classic with Tracy Schuman

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

(\$2, Free to Silver Sneakers members)

11:00 Line Dancing \$2

1:00 Pickleball \$3/\$1

***Cost without SilverSneakers/cost with SilverSneakers**

Line Dancing

Tuesdays at 11 am

\$2 to participate. Let Nancy know if you're interested.

Walking Club New Time

Mondays, Wednesdays & Fridays at **10 am**

Chair Volleyball is back!

Thursdays at 11 am (except 7/8 & 7/29)

Wednesdays:

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

9:30 Shadow Boxing with Lori DePorter –

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

10:00 Walking Club

11:00 Chair Exercise with Risa– Facebook

Thursdays:

9:00 Silver Sneakers Classic with Tracy S \$2

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

11:00 Chair Volleyball

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

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

1:00 Pickleball *\$3/\$1

Fridays:

9:30 Parkinson's/Rock Steady Boxing with Lori

DePorter - Zoom ID#**327 891 3252**

passcode **4xuDHP**

10:00 Walking Club

10:00 Tap Dance with Charlee at Windy Hill!

\$5



**** The fitness room is open Monday – Friday 8:30 am—2:30 pm. No reservations.**

Pool Room News

Beginning July 1st the pool room will be open for play Mon-Fri 8:30 am—2:30 pm

Health Video Presentation: “How Exercise Helps with Chronic Pain”

Monday, July 26th at 10 am

This 30-minute video will highlight how exercise helps to manage chronic pain.

See Nancy at the front desk to sign up to attend a trip!

Suicide Bridge Restaurant
All you can eat Crab Feast
Cruise
July 22nd
Cost \$110



Fort McHenry & Baltimore Museum of Industry Bus Trip
August 25th
Cost \$55



Delaware Park Casino
September 9th
Cost \$40



Queen Esther at Sight & Sound Theatre
with lunch at Hershey Farms
December 2nd
Cost \$99



Game Day Tuesdays!
Every Tuesday at 10 am Word Link, Family Feud and Pokeno are on the schedule for Tuesdays. Also, Now You Have It...is back on July 20th. Register on Copilot to play.



Quarter Bingo -
Fridays, starting at 9:15 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



Dime Bingo!
Monday, July 19—9:30 am—11 am
Sign up on Copilot to attend

Congratulations to our Bingo Winners from May's Drive-thru Bingo:

Shirley Shearer
Larry Kress
Dick Stambaugh

Reminder: June was the last month for drive-thru Bingo



The Windy Hill Book Club!

Thursday, July 22nd at 10 am on Zoom & In person

The Only Woman in the Room by Marie Benedict



Her beauty almost certainly saved her from the rising Nazi party and led to marriage with an Austrian arms dealer. Underestimated in everything else, she overheard the Third Reich's plans while at her husband's side, understanding more than anyone would guess. She devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy Lamarr, screen star.

But she kept a secret more shocking than her heritage or her marriage: she was a scientist. And she knew a few secrets about the enemy. She had an idea that might help the country fight the Nazis...if anyone would listen to her.

A powerful novel based on the incredible true story of the glamour icon and scientist whose groundbreaking invention revolutionized modern communication, *The Only Woman in the Room* is a masterpiece.

The Glatfelter Memorial Library will bring a limited number of books to the center, if you have an eReader or tablet, it is recommended that you set up a Hoopla account and borrow the book electronically. Contact the center if you need assistance.

July 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.

- * **Sue Covert - Honoring all Staff members and Volunteers at Windy Hill Senior Center**
- * **Pat & Byron Pomraning - In Memory of our brother/brother-in-law, Bob Grove**
- * **Joann Rohrbaugh & families—In Memory of Marlet Rohrbaugh (1938-2014), Loving Husband & Father**
- * **Jo Ann Scheu - In Memory of my husband, Jim's birthday 7/3, and passing on 7/18**
- * **Carol E Smith - In Memory of my parents, Warren & Nancy**
- * **Charles Ward & families - In memory of my wife, Ruthie, who passed away 7/30/2014**



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

US Postage

Mission: The mission of Windy Hill on the Campus is to create a community of people dedicated to learning, growth, mutual support and social interaction.

Thank you to our Sponsors!

DARRELL M. SIPE
Opticians and Hearing Aids

BECK
FUNERAL HOME
& CREMATION SERVICE, INC.

M^{1st}
MEMBERS 1st
FEDERAL CREDIT UNION

Minnich's
EST. 1946
PHARMACY
Your Health Advocates.

Visiting Nurse Association of Hanover & Spring Grove

Encompass
Health



UPMC
Pinnacle
Hanover

Directors

2021 Board of Directors
President - Sandy Sferrella-Taylor
Vice President - Dave Brown
Secretary - Tamara Ramer
Treasurer - Tom Uffelman

Laura Beck
Crawford Dennard
Dr. Steven Guadagnino
Dr. Terry Lehr
Pat Lobodinsky
Scott Miller
Nadine Siar
Atty. Jennifer Stetter
Chris Stock

Windy Hill Staff Members

	Ext.	Email Address
Risa Anderson - Programming Assistant	105	anderr@windyhillonthecampus.org
Jenna Ericson - Asst. Director of Operations, Marketing & HDMS	104	ericsonj@windyhillonthecampus.org
Tracy Haper - Asst. Director of Programming	102	hapert@windyhillonthecampus.org
Tammy Miller - Executive Director	103	millert@windyhillonthecampus.org
Nancy Wagner - Administrative Assistant / Receptionist	0	info@windyhillonthecampus.org
Sharon Madenfort—Food Services Coordinator	107	madenforts@windyhillonthecampus.org