



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

Renovation Updates

We're happy to share that the **Erlemeier Family Cafeteria** renovation is complete, along with updated restrooms, including a new companion bathroom made possible by a grant from the **PA Dept. of Aging**.

With building partners preparing their spaces, we no longer have use of the lobby for programs. An alternate space by the Tech Center will be used for those programs starting in March.

This month we'll begin expanding our front parking lot, adding **66** new spaces. During construction, parking will be limited, so please pre-register for programs on Copilot to ensure space is available.

Other renovations, including our kitchen space and a new program space coming soon!

Fred Burns Memorial

Raffle Tickets

Windy Hill's Annual **Fred Burns Memorial Raffle** tickets will be available starting **February 1st!**

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, May 21st at 2 pm** at our annual **Wellness Fair**. You do not need to be present to win.

Volume 5, Issue 3

March 2026

History of Papermaking in York County w/ Scott Minguo

Tuesday, March 3rd at 10 am

Mark your calendars for this upcoming highlight: The History of Papermaking in York County with local historian Scott Minguo! This engaging presentation dives into the fascinating history of papermaking in our county, including the iconic mill right here in Spring Grove, Pennsylvania! **This presentation is open to the public**, so all lovers of local history are welcome to attend! Members please mark attendance on Copilot under "**History Speaker**".



Annual Cash & Gift Card Bingo Event with Spring Grove Lions Club

Sat. March 7th Doors Open at 12:30 pm!

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 an **open to the public** bingo fundraiser event. \$2,000 in prizes will be awarded! Tickets are on sale now in the Windy Hill office. Get them while they last. Cost is \$20 for 20 games. Doors will open at 12:30 with the first game starting at 2pm.



St. Patrick's Day Party

Tuesday, March 17th at 10 am

Join us for a Shamrockin' St. Patrick's Day Party! Celebrate the luck of the Irish with Windy Hill, in a festive and fun-spirited party with live entertainment featuring Clann Redmond, a father and daughters group performing Irish folk music and traditional Irish dancing. **Please sign up for this party ahead of time on Copilot under "Party" as attendance this year is limited due to parking lot construction in front of our building!**



Renovations: Do's & Don'ts w/ Ginnie Kite

Thursday, March 26th at 10 am

We're excited to invite you to an upcoming presentation at Windy Hill "**Renovations: Do's & Don'ts**" with Ginnie Kite of LPT Realty the Kite Team. Ginnie will share practical, insightful advice on approaching home renovations wisely. Whether you're thinking about updating your current home or want to learn about real estate trends from a local expert, this presentation is perfect for that valuable knowledge! Sign up on Copilot under "**Speaker**" to attend!



Referral Program for Windy Hill

We are thrilled to announce the launch of our new Windy Hill Referral Program, designed to help grow our wonderful community even more! As a free, welcoming drop-in center for active adults 60+, we know how much joy comes from sharing good times with your friends here at Windy Hill. Now you can help others discover the fun of Windy Hill, while earning a chance to win great prizes! If someone you refer decides to become a member and writes your name under "Referred by" on their membership application, your name will go into a monthly drawing for a special prize! **Check out our new Windy Hill on the Campus business cards to help pass the good word along!**

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

Encompass Health Rehabilitation
Hospital of York
Hanover Community Players
Thrivent Choice Dollars
Mary Lou Ball
Smokey & Patty Barley
Jared Bean
Joan Book
In Memory of Mariane & Peter Book
Judy Brenneman
Dean & Judy Cornbower

Barbara Cosden
Graybill Family
Brenda Heiner
Sharon Kebil-Whisler
Jane Matott
Paul Plantenberg
Gene & Marilyn Saul
Pat Warner

Item Donations

Hanover Lodge 227 Loyal
Order of the Moose
Randal & Donna Barshinger
Lester and Wanda Brodbeck
John & Deb Freed
Denise Garman
Sue Howes
Joann Kirkwood
Larry Kress
JoAnn Leonard
Sharon Madenfort
James & Sandra Miller
Karen Shifflet

Shirley Silar
Daniel & Vera Slagle
Bob & Jan Szczechowiak
Nancy Wagner
Jack Weaver
Ms. Nancy Wentz
Sue Wolfe

Bus Trips

If you are interested in attending one or multiple bus trips, please visit the table in the office for the payment envelopes and the turn in bin. Bus trip policy manuals can be found in the office by the bus trip payment turn-in bin.



Bus Trip: Kitchen Kettle Village

Tuesday, April 14th, 2026

Cost is \$75 per person



Includes: bus fare, Spring Fling Package (Details to Come!), and a bagged lunch

Shop local, handmade, and big brands at the scenic and walkable Kitchen Kettle Village. This trip includes the Spring Fling Shopping Package (Details on this to come!). 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. **Depart WH: 9:00 AM, Return WH: 5:45 PM**

Rabbit Bus Trip to see

a York Revolution Baseball Game

Thursday, May 14th, 2026

Cost w/ Rabbit Transit Trip (65+): \$14

Cost for Ticket only: \$5

Depart WH: 9:30 AM, Return WH: 2:30 PM



All members who wish to attend this trip will need to fill out a Rabbit Transit application and provide their driver's license or photo ID when turning in their application. Special envelopes are available in the Windy Hill Office!



Bus Trip: Crab Feast Cruise

Wednesday, June 17th, 2026

Cost is \$130 per person



Includes: bus fare, crab feast, cruise, bagged lunch for trip home, and all taxes & gratuity
Participants will board the Choptank Riverboat for a scenic cruise along the Choptank River while enjoying a delicious crab feast. 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!

Depart WH: 8:00 AM, Return WH: 8:00 PM



Bus Trip to see

The Winter Wonderland show at The American Music Theatre followed by a

trip to Miller's Smorgasbord

Wednesday, November 4th, 2026

Cost is \$130 per person

Includes: bus fare, wonderland show, lunch at Miller's, and all gratuity.

Enjoy a festive bus trip to the Winter Wonderland show at The American Music Theatre, followed by a delicious meal and shopping at Miller's Smorgasbord.

Depart WH: 8:30 AM, Return WH: 4:30 PM

Ways to Support Windy Hill

Disinfectant Wipes*

Clorox bleach bottles

Tissues

Toilet Paper

Paper Towels*

13 Gallon Garbage Bags*

Bottled water*

Sticks of butter (salted)*

Heavy Duty dessert plates (8 in.)*

Plastic Forks*

Postage Stamps*

Hand Sanitizer*

Hand Soaps

Wish List



Printer paper

Salad Dressings*

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



Ways to Support Our Cause

We're excited to share new ways to support Windy Hill on the Campus! Scan the QR Code below to read more information on the following ways to donate.

- Community Aid (Partnership Code **50190**)
- RaiseRight
- Walmart Spark Good Program
- Legacy Program
- CARS Donation





Join Us for Breakfast!



Breakfast in the Café is available **Monday & Wednesday** mornings. Currently, we are offering egg sandwiches with bacon, cheese or sausage on an English muffin for \$2.50 and fruit & yogurt parfaits for \$2.50. Breakfast is distributed at **9 am** on Mondays and Wednesdays to those who signed up to participate. **Sign up is located on the clipboard on the table in the Café.**
Payment due upon receipt.



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.**



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 are also 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 participating today!*

Barry Anderson
Rich Arnold
Patty Barley
Robert Brenneman
Patricia Broadhurst Stone
Stu Burns
Rick & Alma Dibble
Mary Doan
Charles Ford
Roger Gardner
Paula Glassman
Hazel Hamme
Loretta Hamme
Rick Harmer
Pat Hoff
William "Bill" Hoff

Prayer List

Sue Howes
Val Iwancio-York
Chris Kessler
Lorraine Knaub
Donna Long
Walter Lobodinsky
Barbara Miller
Mary Morgan
Kass Moubrey
Ella Murphy
Fran Nace
Anna Petersen
Patsy Pomraning
Leo Reaver
Uless Reed
Darlene Redding

Brenda Shaffer
Janice Smith
Nancy Smith
Shelly J. Smith
Bev Strausbaugh
Pat Strouse
Regina Swords
George Turner
Tom Uffelmann
Mae Wagner
Adelle Ward
Charlie Ward
Bill Welsby
Claire Wentz
Donald Wolfe
Richard Ziegler

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

Memorials

David Marconi 01/18
Cheryl Snyder 01/31
John Hall 02/09
Anne Jones 02/10



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 are 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:

Happy Birthday to Diana Rohrbaugh!

The Graybill Family- In Memory of Cody Becker, our brave Police Officer, outstanding Spring Grove Athlete, and Friend of all.

Deb Freed- To my sisters at Windy Hill: Gynger, Janice, and Lynn- So blessed to have you in my life.

Nancy Wagner- In Honor and Memory of John Hall - Anchors aweigh, John!!

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.



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!

Michael Bartholomew	Pamela Kress
Douglas Bell	Beverly Mummert
Theresa Contino	Vicki Rohrbaugh
Stewart Fair	Lori Shive
Kenneth Freeman	David Smethers
Ruby Herring	Gail Smethers

Volunteers Needed at Windy Hill

Volunteers are at the heart of Windy Hill on the Campus, helping us create a welcoming and supportive environment. **You do not have to be a member of Windy Hill to volunteer at our center!** We are currently looking for **Kitchen Volunteers (M, W, F), Center Tour Guides, Copilot Check-in Assistants, Home Delivered Meals Drivers (M, W, F flexible scheduling), event volunteers to set up and clean up, and Bingo Callers.** Email Hannah Eveland at Evelandh@windyhillonthecampus.org for more information or stop by our office for an application.

1st- Charles Fleegle
Kervin Hoover
Debra Kapp
Marlin Miller

2nd- John Anschuetz
Larry Kress
Robert Ness
Allen Onelius
Donna Stark
Rose Wilhelm

3rd- Donald Arnold
Richard Arnold
Brenda Bankert
Ethel Donner

4th- Wendy Diviney
Sharon Madenfort
Sarah Nevells
Susan Rowland
Carol Wilson

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



March Birthdays



6th- Virginia Adams
Kim Leber
Mary Muenz
Allen Smeltzer

7th- Sally Shoemaker
Thomas Yingling

8th- Lowell Hanna
Debra Kinser
Donna Reaver

9th- Alice Bortner
Lloyd "Ed" Bubbs Jr
Barbara Crawford
Margaret Nace
Betty Sterenberg

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

11th- Diana Fitzkee

12th- Geneva Epley
Constance Fackler
Michelle Leckemby
Brenda Searle

13th- Brinda Blevins
Shirley Hartnett

Richard Newcomer
Carol Sollenberger

14th- Launa Bender
Jean Gralley
Richard Kipple
Judith Laughman
Michael Sloan

15th- Gordon Sauble
Kathy Sloan

16th- Jane Funt
Barry Miller
Patricia Simpson

17th- Patricia Harron
Brenda Hoke
Katie Reiss
Russell Schroll
Lori Shive

18th- Deborah Ball
Steve Dubs
Scott McDonald
Diana Rohrbaugh
Ronald Sollenberger

19th- Mary Herring
John Hoover
James Hoover Sr
Geoffrey Woolfson

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

21st- Teresa Altland

22nd- Richard Graybill
Steven Sterner

23rd- Barbara Ball
Clarence Bartram
Bonita Grant
Vonnie Mahon
Catherine Thomas

24th- Stanley Kessler
Edith Lockamy
Dennis Myers
David Nobers
Sharon Panell
Cindy Sheffer

25th- Ronald Smith
Linda Zumbrum

26th- Michael Chronister
Jan Cramer
Debra Flynn

Charlotte Nace
William Stone

27th- Louise Slade

28th- David Azopardi
Deborah Davis-Young
Suzanne Seeger

29th- Ruth Glatfelter
Denise Smith

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

31st- Debra Auburger
Joanne Garner
Gale Marsiglia
Vicki Miller



Happy Anniversary to...



Richard & Sandra Fissel
March

Robin & Shane Lawson
March

Frederick & Terry Bollinger
March 2nd, 1974

Leslie & Adrian Aumen
March 5th, 1988

Kim & Lance Leber
March 5th, 1977

Ralph & Frances Nace
March 8th, 1969

Thomas & Karen Yingling
March 10th, 1984

Sondra & William Harris
March 12th, 1966

James & Joan Messinger
March 14th, 1964

Michael & Linda Danfelt
March 16th, 1986

Diana & Larry Fitzkee
March 16th, 1975

Darlene & James Pittman
March 16th, 1957

Sharon & Dennis Myers
March 17th, 1973

Dale & Joanne Geiman
March 20th, 1982

Gloria & Mearl Gross
March 20th, 1957

Paul & Sydney Nell
March 20th, 1999

Theresa & John Sprenkle
March 20th, 1976

Donna & Samuel Marquet
March 21st

Barbara & Robert Jobst
March 24th

Richard & Cynthia Newcomer
March 24th, 1973

Carol & Martin Zinn
March 24th, 1984

Cheryl & Glenn Nelson
March 25th, 2006

Donna & William Dubs
March 28th, 1972

James & Joanne Garner
March 30th, 2013

Robin & Dave Sterner
March 31st, 1974



March's Birthday & Anniversary Party Thursday, March 5th from 10 am - 12 pm

Due to parking lot construction in March and a lack of adequate parking for larger groups, we will be holding the March birthday and anniversary party earlier in the month. We will still have cupcakes courtesy of Country Meadows, and wonderful entertainment by **Jerry Overby**. As always, this party is open to all members to join us in celebrating, you do not need to be celebrating a birthday or anniversary within the month to attend. Sign up on Copilot for "**Birthday/Anniversary**" to attend, and if you'd like to stay for lunch select "**Regular Lunch**". We hope to see you there!



March 2026

York County

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger 1/2c Seasoned Potatoes 1/2c Baked Pineapple 1/2c Pudding Hamburger Bun	3 3oz Meatloaf with 2oz Gravy Baked Potato 1/2c Carrots Whole Wheat Bread Fresh Fruit	4 3oz Chicken Paprikash w/ 2oz Creamy Tomato Sauce 1/2c White Rice 1/2c Green Beans Whole Wheat Bread Fresh Fruit 	5 Smokey BBQ Burger Cheddar Cheese 1c Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit	6 Fish Sandwich w/ Tartar Sauce 1/2c Coleslaw 1/2c Mixed Vegetable 1/2c Blushed Fruit Hamburger Bun
9 4oz Sloppy Joe 1/2c Country Greens 1/2c Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie	10 Roasted Garlic Pork Loin 1/2c Peas 1/2c White Rice Fresh Fruit Dinner Roll	11 3oz Kielbasa with 1oz Kraut 1/2c Seasoned Potatoes 1/2c Mixed Vegetables 1/2c Applesauce Hot Dog Bun	12 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Whole Wheat Bread 1 Cookie	13 Cheese Lasagna (1oz Mozzarella, 2oz Sauce) 1/2c Mixed Vegetables 1c Tossed Salad w/ Dressing 1 Breadstick Fresh Fruit
16 Sweet and Sour Chicken 1/2c White Rice 1/2c Oriental Blend Vegetables 1/2c Mandarin Oranges Cookie 	Happy St. Patrick's Day! 17 3oz Corned Beef w/Cabbage 1/2c Green Beans 1/2c Whipped Potatoes w/Chives 1 Rye Bread 1/2c Lime Fluff	18 Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans 1/2c Spiced Fruit Whole Wheat Bread 	19 Cheeseburger 1/2c Seasoned Potatoes 1/2c Baked Pineapple 1c Tossed Salad w/ Tomato Hamburger Bun	20 Breaded Fish 1c Bean Soup 1/2c Coleslaw 2 White Bread Fresh Fruit
23 3oz Italian Meatloaf w/ Marinara 1/2c Ranch Cubed Potatoes 1/2c Green Beans White Bread 1/2c Pineapple Tidbits	24 Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Cookie	25 3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie	26 3oz Swiss Steak w/ 2 oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Carrots Wheat Bread 1/2c Pineapple Delight	27 Vegetable Lasagna Topped w/ Cream Sauce 1c Tossed Salad w/ Dressing Dinner Roll 1/2c Fruit Cocktail
30 4oz Sweet & Sour Pork 1/2c White Rice 1/2c Peas & Carrots Wheat Bread Fresh Fruit	31 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread Blushed Fruit 	Make your reservation on Copilot 2 days before you plan to join us (unless indicated otherwise) 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.		

Socialization Opportunities



Coffee & Discussion

Monday, March 9th at 10 am

Join us for our monthly Coffee & Discussion. **We are excited to welcome Kate King, Recreation Director/Branch Executive of the Spring Grove YMCA to this Coffee & Discussion to give information on the YMCA project, membership, and answer any questions you may have.** Sign up on Copilot for “**Coffee & Conversation**”.

Bible Study Discussion

Wednesdays, March 4th & 11th at 10:15 am

Pastor Josh Trojak from CABG leads this group's discussion. Members of all denominations are welcome to attend.

Sign up on Copilot for “**Bible Study**” to attend.

Yarn Workers Club

Thursdays, March 5th & 19th at 12:30 pm

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. Sign up on Copilot for “**Needlework Club**”

Devotions Group

Wednesdays, March 18th and 25th 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**”.



Drum Circle w/ Joe Clark

Thursday, March 12th at 10 am

Join the beat in a drum circle session hosted by Joe Clark—A fun, rhythmic way to connect, relax and share music together! Sign up on Copilot under “**Drumming**”

Family Feud

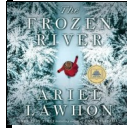
Monday, March 16th at 10 am

Survey says...It's time for Family Feud at Windy Hill! Gather your friends, form a team, and test your knowledge against survey questions. Sign up on Copilot for “**Family Feud**” to attend.



Upcoming Easter Festivities!

The Windy Hill Easter Scavenger Hunt—Starting March 9th. Paper eggs will be hidden in the rooms around our center, members may count (do not remove) the eggs and record their totals to be placed into a drawing for a prize! **Due by March 31st.** Winner will be announced at our Easter Dessert Auction on April 2nd. **A Variety of Chocolate covered Easter Eggs on sale now!** \$3 per egg. See Nancy in the front office to place your order, or purchase from Gloria during Friday Bingos on March 20th & 27th.



Book Club: The Frozen River

By: Ariel Lawhon

Thursday, March 19th at 10 am

A gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into American history *The Frozen River* is a thrilling, tense, and tender story about a remarkable woman who left an unparalleled legacy yet remains nearly forgotten to this day. 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 in the Cafeteria

Now You Have It (bring \$5 gift) - 03/31 at 10 am

Dominoes - Tuesdays at 11am

Sign up on Copilot to attend.

Bingo

Monday Bingo

Monday, March 23rd at 9:15am

\$10 for a pack of 30 games .

Friday Bingo every Friday 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.



Jeopardy Challenge

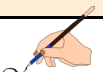
Wednesday, March 25th at 9 am

Test your knowledge and have some fun at Jeopardy! There will be a variety of categories, it is the perfect way to spend an engaging morning. Sign up on Copilot “**Trivia Challenge**” to preregister.

The Creative Writer's Group

Mondays, March 2nd & 16th at 10 am

This is a drop-in group for writers—and anyone curious about creative writing—to join our new Creative Writing Group. Group meets will be twice a month to share ideas, playfully write in meeting exercises, and encourage one another. Sign up on Copilot under “**Arts - Creative Writing**” to join.



Sew for a Cause

Every Thursday at 1 pm



Create fabric items designed to help those in our community from newborns to seniors. Open to all skill levels. There are more areas to contribute than just sewing. Working meetings to be held on **Thursdays at Windy Hill from 1:00 - 3:00 PM.** Those who were previously meeting one Thursday morning a month for Quilts for Kids are encouraged to continue working during this new timeframe.

Fitness & Wellness

Mondays

9 am - Chair Yoga - *\$2/Free
 9:30 am - Basketball at CABC - *\$3/\$1
 11:15 am - Chair Exercise** - Free

Tuesdays


8:30 am - Silver Sneakers** - *\$2/free  
 8:30 am - T'ai Chi Chih - *\$5/\$2
 11 am - Intermediate Line Dancing **AND** Advanced Line Dancing- \$2 (No class on 3/17 due to party)
 11:15 am - Chair Volleyball - Free (3/17 @ 12:30)
 1 pm - Hatha Yoga - *\$5/\$2

Wednesdays



9 am - Chair Yoga - *\$2/Free
 9:30 am - Basketball at CABC - *\$3/\$1
 10:15 am - Walking Club - Free
 10:15 am - Chair Exercise - Free
 11 am - Show Me Your Muscles - Free
 12:30 pm - Chair Volleyball - Free

Thursdays

8:30 am - Silver Sneakers** - *\$2/Free 
 11:15 am or 12:30 pm - Chair Volleyball - Free

Fridays



8:45 am - Chair Yoga - *\$2/Free
 9 am - Parkinson's Exercise (3/13 & 3/27)-Free
 10 am - Tap Dancing - \$5
 10:15 am - Cardio Drum/Dance - Free

Fitness 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 fitness equipment is located in the cafeteria storage area.

***Cost without Silver Sneakers or Renew Active Insurance/Cost with Silver Sneakers or Renew Active Insurance**
****Offered on Zoom/Facebook Live**

Check Out our Billiards Table!

Available to all during business hours (8:30 am—2:30 pm)

The Billiards table located in the Café is open to all members of Windy Hill and is free to play. Get a group together to play or plan to play solo!

Rent a Locker at Windy Hill

We now offer convenient locker rentals for personal items. Lockers are assigned for individual use, and members provide their own lock. Rental options include \$5 per month, \$50 per year, or a volunteer-in-lieu option by completing five approved volunteer hours per month. Stop by the office to learn more or sign—up!



FREE Hearing Screenings



Friday, March 6th 9 am—12 pm

Stop in to get a free hearing assessment from the professionals of Darrell Sipe's office at Windy Hill. Practitioners will be on campus from 9 am— 12 pm with assessments being completed from 9-10 and 11-12. Sign up on Copilot for "**Hearing Screening**"

Grief & Loss Support Group



Tuesday, March 10th at 10 am

Jamie, a Social Worker from VNA of Hanover & Spring Grove, will be here to facilitate the group. This group is intended to help people who have experienced grief from the loss of a loved one.

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

Chair Massages By Regina



Monday, March 2nd

Appointment starting at 8:30 am

\$10 for 10 mins or \$15 for 15 mins; last appt ends at 12:10 pm. Please limit yourself to only one appointment time, to allow everyone to have an opportunity to de-stress. Sign up for an appointment in our front office or call (717) 225-0733 to schedule.



Silver Triangle Support Group



Thursdays, March 5th & 19th at 1 pm

Attendees will have the opportunity to discuss personal experiences & challenges related to aging with Pride. What is said in group stays in group. This group is in partnership with Rainbow Rose Center. Sign up on Copilot for "**Silver Triangle**" to attend.

Family First Health Wellness Checks

Wednesday, March 18th

8:30—10:30 am

Family First Health conducts free Wellness Checks for our members here at Windy Hill in our Wellness Room, including blood pressure checks, assessments, and providing referrals. Sign up on Copilot for "**Wellness Checks**".



Blood Pressure Checks

Friday, March 27th at 8:30 am

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

Music & Movement



Monday, March 30th at 10 am

Notes of Healing, board-certified music therapists returns to lead us in musical movements to tunes that have the power to enhance our quality of life. Sign up on Copilot for "**Music & Movement**" to attend.

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!



Lifelong Learning

Easter Card Making with Sue

Wednesday, March 4th at 9:30 am



Bring your creativity to life and use Sue's expert guidance to help you create stunning, personalized cards for the season! Thank you to Sue for donating her time, talent, and supplies to bring this program to our center. Sign up on Copilot for "**Stamping**".



Quilts for Kids

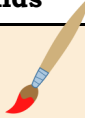
Mondays, March 9th & 16th at 5 pm

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



Paint with Pat

Wednesday, March 18th at 9:30 am



Paint with Pat is a painting class for all skill levels! **The March painting will be of a cardinal.** 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**" to reserve your space in the class. Thank you, Pat for your time and talent! We appreciate you!



Beaded Plant Craft

Pt. 1 on Tuesday, March 10th at 9:30 am

Pt. 2 on Tuesday, March 24th at 9:30 am

Design your own colorful, long lasting "plants" using vibrant beads and wire! These are beautiful pieces that will brighten any space. No watering required! The cost of this class is \$10. Participants are expected to attend both sessions. Space is limited. Sign up on Copilot under "**Craft**" to reserve your space.

Watercolor Class

Monday, March 23rd at 10 am



Watercolor returns at Windy Hill! Join Bonita from Blissful Bonita in creating a watercolor piece. All materials will be provided. Cost is \$15 per person, and the class size is limited to 12 people, so make sure to sign up ahead of time on Copilot for "**Watercolor \$**".

Video Presentation: Army History, 250 Years

Thursday, March 19th at 10 am

This engaging MindMatters video presentation will explore the United States Army origins, key moments, and the brave men and women who have served throughout the centuries! Sign up on Copilot under "**Lifelong Learning**".

Basics of Sign Language

Monday, March 2nd at 10 am

Through guided instruction, learn the basics of American Sign Language in this interactive class designed for true beginners. Sign up on Copilot for "**Sign Language**".

Resources



PA MEDI



Windy Hill will once again be a site for PA MEDI appointments. PA MEDI counselors offer free and confidential services to assist you with determining your health care needs, compare health insurance options, and help obtain Medicare and supplemental coverage. **Appointments will be March 11th & 23rd.** Call or see Windy Hill staff to schedule your appointment.



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.

Veteran's Outreach



Tuesday, March 24th from 8:30 am - 1 pm
Sign-Ups are Available!

The 4th Tuesday of every month York County Veterans Affairs will be at Windy Hill to provide and talk through the resources available to Veterans. These could include **surviving spouse benefits, local discounts, VA health care enrollment, connections for local food and housing, claim denials, national cemetery burial information, education benefits, property and school tax exemption, and more!** If you're a Veteran, you'll want to learn the benefits that are potentially available to you. Schedule your appointment in the Windy Hill office today.



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.

Senior Hope Squad



Windy Hill has a group of members who are here to be active listeners in your time of need called the Senior Hope Squad. If you ever feel like you just need to get something off your chest or need a sounding board, we are your people. Every Wednesday Sr. Hope Squad members wear their special t-shirts and lanyards to identify who they are.



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.



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 Wellness Room

Thank you to our Sponsors!



2025 Board of Directors

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- Past President** - Chris Stock
- Vice President** - Scott Miller, R.Ph.
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- Laura Beck
- Joan Book
- Jermayn Glover
- Dr. Steven Guadagnino
- Pat Isch
- Betty Markle
- Sharon Myers

Windy Hill Staff Members	Ext.	Email Address
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Connie Hemingbrough - Home Delivered Meals & Food Services Coordinator	105	cheming@windyhillonthecampus.org
Margo Ilgenfritz - Bookkeeper	101	ilgenfritzm@windyhillonthecampus.org
Jenna Lawrence - Executive Director	103	lawj@windyhillonthecampus.org
Sharon Madenfort & Debbie Nixon - Food Services Coordinators	107	
Alison Mummert - Program Manager	104	mummerta@windyhillonthecampus.org
Nancy Wagner - Administrative Assistant / Receptionist	0	info@windyhillonthecampus.org