



ON TOP OF

Windy Hill

September 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



Center Office
Hours

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

**The Center will be closed
on Monday, September 6th
in observance of Labor Day**

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.

Message from the Director

September, 2021

September is National Senior Center Month! Each September the National Council on Aging recognizes senior centers throughout the nation and celebrates the important work that they do to keep older adults engaged and healthy. The York County Commissioners will recognize all 14 of the senior centers in York County with a special proclamation at their regular meeting on **Wednesday, September 1, at 10 a.m.** York County will livestream this meeting and you can log on through their Facebook page at <https://www.facebook.com/YorkCountyPA>.

There is a saying that "if you've been in one senior center, you've been in one senior center." Every senior center is different and provides a variety of programs which are planned in response to its member interests and needs. Here at Windy Hill, we pride ourselves on offering a wide range of programs and activities targeted to all age groups, ability levels and interests. You can take a look at our monthly calendar and see that there is something for everyone! This month, we are pleased to present several new programs including our **Memory Care Kickoff, Circus Fitness, and Boogie and Boxing.** In addition, some of our previous programs are back including Tap Dance class, Ballroom Dancing and our breakfast program. We always want to hear from our members regarding programs that interest them. Please ask Tracy about joining our program committee.

If you attend one of our New Member Orientation meetings, you will learn about the history of Windy Hill Senior Center, Inc. aka Windy Hill on the Campus along with how the center operates including the governance and funding structure. Please consider joining us on **Wednesday, September 8 at 12:30 p.m.** Everyone is invited to attend this information session regardless of when you joined. See you at the Center!

Tammy



Note: Please update your emergency contact information with Nancy. Using your spouse as your contact in an emergency does no one any good when your spouse is here with you at the center or on a trip.

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

Monetary Donations

Grace Angotti
Patricia Broadhurst-Stone
Gladys Curry
Pauline Diehl
Janice & Michael Drew
Joan Farence
Robert Finke
Bertha Hammer
Cordelia Harrold
Richard Hartsough
Margo & Bryan Ilgenfritz
Nancy McIntyre
James & Sandra Miller
Katherine Moubrey
Robert & Trudy Murray
Merle Raubenstine
Barbara Redding
Gen Reed
Wayne & Fay Wagaman



Item Donations

Michael Baron
Charlie Crumrine
Hal & Kay Edris
Richard Hartsough
Sue Howes
Jane Matott
Nancy McIntyre
Katherine Moubrey
Anna Petersen
Byron & Pat Pomraning
Diana Putman
Kathleen Rider
Shirley Shearer
Ms. Nancy Wentz

Country Meadows
Panera Bread
Spring Grove Area School District

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 soap—Antibacterial
Postage Stamps
Tissues
Quart and gallon-sized zip top bags
Regular kitchen-size trash bags
Bottled water
Printer paper
Sticks of butter
Condiments—ketchup, mustard, dressings

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

Prayer List

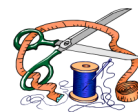
Peggy Bender	Shirley Mitzel
Edith Brennehan	Becky Myers
Dolores Brillhart	Cathy Myers
Philip Carlise	Dolores Senft
Mary Coulson	James Senft
Lucy Glatfelter	Brenda Shaffer
Hilda Grothey	Larry Sheridan
Larry Grothey	Richard Stewart
Pat Hoff	George Turner
Don Mitzel	Wayne Winemiller

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



Quilts for Kids

Monday, September 13
The group will meet at 5 pm. All members welcome to attend.



Welcome New Members!

Patricia Altland
Frederick Bollinger
Raymond Dannecker
Patricia Freed
Nancy Lippi
Ruth McClelland
Jolene McDonald
Sally Miller
Dawn Ruth
Vera Slagle
Merton Smith
Phyllis Smith
Cindy Stambaugh
Brenda Stough
Ralph Warner, Jr.

welcome

Bible Study

Tuesday, September 28
10 am

Pastor Allison from St. Paul Evangelical Lutheran Church will be onsite to lead a bible study. All members are welcome to join.

New Member Orientation

Wednesday, September 8th
12:30 pm

All members are welcome to attend. Learn more about the history of 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 now Pennsylvania Medicare Education and Decision Insight, PA MEDI

*Same Program, Same Services for Pennsylvania's
Medicare Beneficiaries, now with a New Name.*

PA MEDI offers FREE Medicare counseling to older Pennsylvanians. Volunteers are specially trained to answer your questions about Medicare, Medicaid, Medigap, prescription drugs, preventive care, and to assist you with your paperwork.

PA MEDI Counselors do not sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choice about the Medicare options available to you.

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

The PA MEDI Helpline is also available at 1-800-783-7067 from 8 a.m. to 5 p.m. Monday-Friday.

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

Mobile Hotspot rentals—Glatfelter Memorial Library has mobile hotspots for rent. If you've been wanting to try out a hotspot to see how it works at your home, this is an excellent way to try it out. Hotspots give you the ability to have internet access at your home through the use of Wi-Fi (a wireless connection to the internet using radio signals to send and receive data). Stop by the library for more information or call: 717-225-3220.

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.

Property Tax/Rent Rebates

1st Tuesday of each month

9 am—9:45 am

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

Windy Hill's Lunch Program

Drive-thru Lunch Pickup will continue on Monday, Tuesday and Wednesday. The drive-thru time will remain from 11:30 am-12:30 pm.

Reservations for in-center dining at noon will be taken for Mondays, Tuesdays and Wednesdays. Sign up for "Regular Lunch" on Copilot to reserve your in-person space.

On Wednesdays, members will continue to receive frozen meals for Thursday and Friday.

The cost for lunch is by donation for seniors 60 and older (*recommended donation is \$2.00*). Those 59 and younger pay \$3.75.

Windy Hill's funding from the York County Area Agency on Aging is solely based on the members who join us for lunch each day. Please consider signing up for lunch so that we can be compensated by the Agency on Aging and, thus, support

the daily operation of Windy Hill on the Campus.

Please be advised that lunch reservations **must** be made no later than **2 days before** you desire to eat lunch.

Also, please remember to cancel your lunch as soon as you realize that you are unable to attend so we may use the meals for other members who may have been placed on a wait list. Thank you for your support!

September Birthdays



- | | | | |
|---|--|--------------------------------------|--|
| 1- Donald Donner
Patricia Hoffman
Judith Knight | 10-Mona Callender
Raymond Geraghty
Leland Morris | 18-Donald Martin
Rozella Morris | 24-Barbara Senft
Beverly Thompson |
| 2- Stanley Caplan
Sheryl Smith | Lois Simmons
Todd Stouch | 19-Jerry Henning
Timothy Reinaman | 25-Rose Ditzler
Gynger Garrison |
| 3- Thomas Geier
Jill Little | Horace Uffelman | Linda Ronan
Megan Slothour | Doris Grim
Donna Hamm |
| 4- Gwen Lehr
Darlene Webb | 11- William Decker
Ferne Dull | Philip Smith
June Stine | Joan Naylor
William Sterner |
| 5- Cindy Christensen
Susan Ilyes | Julia Zinn | 20-Selinda Clancy
Adeline Delaney | Michael Stewart |
| 6- Ronnee Greenstein
Bonnie Luckenbaugh | 12-James Euclide
William Hoff | 21-Peggy Altland
Dawn Ruth | 26-James Ditzler
Loretta Hale |
| 7- William McCannon
Michael Rupp, Sr. | Ether Kipple | 22-Mary Crushong
Pete Erdman | Arlene Stambaugh |
| 8- Bonna Krout
Linda Smith | 13-Shawn Kilbane | Charles Hoffman
Fay Wagaman | 27-Paul Clark
Shirley Hahn |
| Eugene Sterner
Claire Wentz | 14-S. Terry Lehr | 22-Nancy Wagner | Samuel McCurry
Elaine Phillips |
| 9- Nova Gingerich
Ray Riley | 15-Sharon Hondos
Gloria Kramer | 23-Robert Clancy
Richard Germeten | 28-Judy Brennehan
Wanda Kessler |
| Rosanna Tasker | 17-Judith Bankert
Robert King | 24-Robert Glass
Roberta Heisler | David Smyser
Clyde Stremmel |
| 10-Joyce Altland | Wayne Laughman
Kevin O'Brien | Doris Meckley
Nancy Myers | 29-Diane Stambaugh
Bob Szczechowiak |
| | Daniel Slagle
Lance Sprenkle
Larry Sprenkle | | |

Happy Anniversary to...

- | | |
|--|--|
| Francis & Rebecca Myers
September 1, 1961 | Harold & Shirley Luckenbaugh
September 21, 1957 |
| Paul & Joyce Diehl
September 6, 1951 | Leo & Joan Nolin
September 21, 2005 |
| George & Gloria Myers
September 9, 1967 | Robert & Brenda Greiner
September 25, 1976 |
| Leo & Anna Foreman
September 11, 1999 | Earl & Dolores Brady
September 26, 1956 |
| Scott & Tammy Miller
September 11, 1982 | Richard & Barbara Senft
September 26, 1964 |
| Michael & Brenda Robinson
September 11th | Leo & Sandra Reaver
September 28, 1963 |
| George & Kathy Wonder
September 16, 1972 | Michael & Hope Herrington
September 29, 1962 |
| Willa LeFever & Peter Kaiser
September 21st | John & Nina Hammond
September 30, 1989 |

September's Birthday & Anniversary Party Thursday, September

10 am—noon

Featuring
entertainment by:

Tom Shultz!

Join us for dancing,
food, socializing, and
dessert!

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

**Thank you to our
event sponsor,
Members 1st FCU!**



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









MON

TUE

WED




THU

FRI

<p><u>Mon, Tues, Wed</u> 11:30 - Drive Thru Lunch (2 frozen on Wed) 12 - Congregate Lunch</p> <p><u>Mon thru Fri</u> 8:30-2:30 - Fitness Room 8:30-9:30 - Coffee Bar/Patio</p>	<p><i>Mon / Wed - Open Gym - 60+ Basketball 8:30-10</i></p> <p>Breakfast on Thursdays - Café - 9:00 - 10:00 am</p>	<p>1 9...Card Playing 9:30...Rock Steady Boxing 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise</p>	<p>2 8...Silver Sneakers Classic 9...Silver Sneakers Classic 10...Card Stamping w/Susan 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>3 8:30...Shuffleboard 9...Quarter Bingo 9:30...Parkinson's Class/ Rock Steady Boxing 10...Boogie & Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>6 <i>Center Closed for</i></p> 	<p>7 8 & 9...Silver Sneakers Classic 10:30...Dementia Friends Training 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>8 9...Card Playing 9:30...Rock Steady Boxing 10...Nutritionist Presentation 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise 12:30...New Member Orientation</p>	<p>9 <i>Delaware Park</i> 8 & 9...Silver Sneakers Classic 10...Circus Props Craft 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>10 8:30...Shuffleboard 9...Quarter Bingo 9:30...Parkinson's Class /Rock Steady Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>13 9...T'ai Chi Chih 9:30...Rock Steady Boxing 10...Walking Club 10...Council Meeting 11...Chair Exercise 12:30...Circus Fitness Program 5...Quilts for Kids</p>	<p>14 8 & 9...Silver Sneakers Classic 10...Pokeno 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>15 9...Card Playing 9:30...Rock Steady Boxing 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise 5...Dementia Friends Training</p>	<p>16 <i>Virtual Dementia Tour</i> 8...Silver Sneakers Classic 9...Silver Sneakers Classic 10...Jewelry Craft: Leaf Neck. \$ 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>17 8:30...Shuffleboard 9...Quarter Bingo 9:30...Parkinson's Class/ Rock Steady Boxing 10...Boogie & Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>20</p>  <p>9...T'ai Chi Chih 9:30...Rock Steady Boxing 9:30...Dime Bingo 10...Walking Club 11...Chair Exercise 12:30...Circus Fitness Program</p>	<p>21 8 & 9...Silver Sneakers Classic 10...Now You Have It... 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>22 9...Card Playing 9:30...Rock Steady Boxing 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise</p>	<p>23 8 & 9...Silver Sneakers Classic 10...Memory Care Kick Off 10...Book Club 10...Circus Props Craft 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p>	<p>24 8:30...Blood Pressure Checks 8:30...Shuffleboard 9-11...Matter of Balance 9...Quarter Bingo 9:30...Parkinson's Class/ Rock Steady Boxing 10...Tap Dance Class 10...Walking Club 11...Chair Exercise</p> 
<p>27 9...T'ai Chi Chih 9:30...Rock Steady Boxing 10...Health Presentation: Manage Stress to Manage Pain 10...Walking Club 11...Chair Exercise 12:30...Circus Fitness Program</p>	<p>28 8 & 9...Silver Sneakers Classic 10...Bible Study w/Pastor Allison 11...Line Dancing 11...Chair Volleyball 1...Pickleball 1...Ballroom Dancing</p>	<p>29 9...Card Playing 9:30...Rock Steady Boxing 10...Walking Club 10...Poker 10...Video Series - WWI 11...Chair Exercise</p>	<p>30 8 & 9...Silver Sneakers Classic 10...Birthday/Anniversary Party fea. Tom Shultz 10...Pinochle 11...Chair Volleyball 12:30...Yoga 1...Pickleball</p> 	

*Activities may change if conditions warrant.

September 2021 Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Meatloaf w/ 2 oz Gravy 1/2 cup Mashed Potatoes 1/2 cup Wax Beans Wheat Bread Cookie	2	3
6 	7 Hotdog with Sauerkraut 1/2 cup BBQ Butterbeans 1/2 cup Potato Salad Hotdog Bun 1/2 cup Tropical Fruit	8 Warm Roast Beef Sandwich with Mozzarella 1/2 cup Roasted Parmesan Redskins 1/2 cup Carrots Sandwich Roll Fresh Banana	9	10
13 Maple Dijon Salmon 1/2 cup Garlic Buttered Orzo 1/2 cup Peas Wheat Bread 1/2 cup Pineapple & Cherries	14 Fiesta Chicken Salad (Fajita chicken, cheddar, salsa, sour cream) 1 cup Mixed Greens w/ Tortilla Strips Mixed Vegetables WG Dinner Roll Fresh Fruit	15 Kielbasa 2 Tbsp. Sauerkraut 1/2 cup Whipped Potatoes 1/2 cup Green Beans 2 slices WW Bread Gelatin	16	17
20 Chili Cheese Hotdog (2 oz Chili, 0.5 oz Cheddar) Ranch Potatoes 1/2 cup Green Beans Hotdog Roll 1/2 cup Cinnamon Applesauce	21 Grilled Chicken Caesar Salad Mixed Greens (Diced Chicken, Parmesan, Tomato, Croutons) Coleslaw Whole Grain Dinner Roll 1/2 cup Mixed Fruit	22 Beef Burgundy 1/2 cup Bowtie Noodles 1/2 cup Coin Carrots Wheat Bread Fresh Orange	23	24
27 BBQ Glazed Turkey Burger w/ Cheddar Broccoli Salad Sandwich Roll Fresh Fruit	28 <u>Brunch Lunch</u> Western Omelet w/ Ham , Cheese, Peppers & Onions 1/2 cup Breakfast Potatoes WG English Muffin w/ Jelly 4 oz Orange Juice	29 Salisbury Steak with Gravy 1/2 cup Mashed Potatoes 1/2 cup Cream Corn Wheat Bread Pudding	30 Birthday/Anniversary Party  <i>Bagged Lunch</i>	*Menu Subject to Change

*** 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.

Memory Café

Our Memory Café Kickoff Open House Event will be held on

Thursday, September 23rd at 10 am.

The purpose of the café is to provide a “safe” environment for people living with dementia and their caregivers to socialize and get support. Participants will have the opportunity to learn from others and get support on a variety of topics and issues.

This is open to everyone to attend.

Dr. Caplan from WellSpan Health will be joining us to present on early diagnosis and next steps in care for those with dementia.

In preparation for our Memory Café to open we will be offering Dementia Friends Training for anyone who is interested here at Windy Hill on the following dates:

Tuesday, Sept 7th—10:30 am

Wednesday, Sept 15th 5:00 pm

We will also be offering a Virtual Dementia Tour at Windy Hill on **Thursday, September 16th**— Call to schedule

September’s Council Meeting **Monday, September 13 at 10 am**

on Zoom & Facebook Live
& in-person.

Sign up on Copilot for “Council Meeting” to attend.

Zoom ID: **829 6776 4619**

Passcode: **1472**

Jewelry Craft: Beaded Leaf Necklace **Thursday, September 16th at 10 am**

Join Tracy to create a beaded leaf necklace just in time for fall! Cost to participate is \$5, which includes all materials needed.

Sign up on Copilot for “Craft” to attend. This class is limited in size, so sign up soon!

Card Stamping with Susan

Thursday, September 2nd 10 am

Windy Hill member and volunteer, Susan Howes, will be leading a card stamping class. You will learn how to make a card using stamps and decorative paper. No experience necessary. All members are welcome to attend!

COME ONE. COME ALL.



Windy Hill presents...
Circus Dreams:
A Circus Fitness
Program

It's never too late to learn something new! Chris & Jenny will be joining us as a part of an Artist Residency over a period of 14 weeks where they will teach us the arts of: clowning, juggling, hooping, balancing and poi spinning.

You will also be creating your own props that you'll be able to take home with you!

Join us for a lot of fun, laughter and exercise:

Thursday, September 9th at 10 am —Prop Craft

Monday, September 13th at 12:30 pm— Program

Monday, September 20th at 12:30 pm—Program

Thursday, September 23rd at 10 am—Prop Craft

Monday, September 27th at 12:30 pm—Program

Program will continue through December. Visit our website for more info.

Nutritionist Presentation **Wednesday, September 8th** **10 am**

York County Area Agency on Aging's nutritionist, Lexi Nusbaum, will be joining us to discuss nutrition. She will be able to address questions you may have about congregate meal menus and dietary needs.

Wondrium History Video **Series WWI**

Wednesdays at 10 am

This video series will continue through the month of September! The video will be shown in the small conference room behind the office.

**Chair Massage with Randy will return in October—
1st & 3rd Thursday.**

*Sign up through the links in the eNews
or by seeing Nancy.*

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



DePorter. This is open to all members. No boxing experience required.

Boogie & Boxing

Starting **Fridays at 10 am** in

September we will be having a Boogie & Boxing class taught by Lori

Chair Exercise

Chair Exercise will now be offered 3 times per week starting in September: Mondays, Wednesdays & Fridays at 11 am.



Fitness Room

The Fitness Room is now open Mondays through Fridays from 8:30 am—2:30 pm

Fitness Classes & Activities:

Mondays:

8:30—10:00 Open Gym Basketball—**No games**

9:00 T'ai Chi Chih with Jack W *\$5/\$2

Zoom ID: **814 3316 9989** passcode **1472**

9:30 Shadow Boxing with Lori DePorter –

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

10:00 Walking Club

11:00 Chair Exercise with Risa – Facebook

12:30 Circus Fitness Program

Tuesdays:

8 & 9 Silver Sneakers Classic with Tracy Schuman

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

(\$2, Free to Silver Sneakers members)

11:00 Chair Volleyball

11:00 Line Dancing \$2

1:00 Ballroom Dancing \$2

1—2:30 pm Pickleball \$3/\$1

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

“Manage Stress to Manage Pain”

Monday, September 27th 10 am

Join us for a health presentation focused on support for pain management.

Sign up on Copilot for “Health Speaker” to attend.

Ballroom Dancing

Tuesdays at 1 pm

Cost is \$2 per class

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:

8 & 9 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—2:30 pm Pickleball *\$3/\$1

Fridays:

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

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

passcode **4xuDHP**

10:00 Boogie & Boxing

10:00 Walking Club

10:00 Tap Dance with Charlee \$5

11:00 Chair Exercise

***If you have Silver Sneakers as part of your insurance, make sure to sign in for Silver Sneakers on Copilot if you're doing something active!**



Pool Room News

The Pool Room will be open for play Mon-Fri 8:30 am—2:30 pm.

Matter of Balance Class

Fridays from 9 am—11 am Starting Sept. 24th—Nov. 19th

**Class size is limited. See Nancy to register*

Bus Trips

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See Nancy at the front desk for more information and to sign up to attend a trip!



Delaware Park Casino
September 9th
Cost \$40



Lunch & a Show
Hank Williams Sr Tribute by David Church
October 14th
Cost \$85



Sight & Sound Theatre:
Queen Esther
December 2nd
Cost \$99

Socialization

Game Days!

Fridays at 8:30 am—Shuffleboard
Tuesdays:

9/14—10 am—Pokeno

9/21—10 am—Now you Have it

Card Playing

Wednesdays at 9—Card Playing

Wednesdays at 10—Poker

Thursdays at 10—Pinochle

All members are welcome to join in on the fun!



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, September 20th
9:30 am—11 am



September 7th from 12—1

Come on out to Windy Hill for some **FREE** Beck's ice cream courtesy of Suicide Prevention of York.

Coffee Bar & Breakfast

Mondays through Fridays at 8:30 am, join us for a cup of joe on our patio by the front entrance or in the café. Coffee is \$0.50 per cup and we'll have regular and decaf available.

Starting Thursday, September 9th we will be offering breakfast foods for purchase every Thursday from 8:30 am—10 am.

The Windy Hill Book Club!

Thursday, September 23rd at 10 am

In person Only

A Gentleman in Moscow

By: Amor Towles



In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him entry into a much larger world of emotional discovery.

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.

September 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.

* Jax Energy Works, LLC

* Donna Krebs ~ In honor of my Uncle Harry Baer's 99th Birthday on 9/24

* Trudy Murray ~ In honor of those with September birthdays

* Krystin Stouch



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!



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, R.Ph.
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
Sharon Madenfort—Food Services Coordinator	107	madenforts@windyhillonthecampus.org
Tammy Miller - Executive Director	103	millert@windyhillonthecampus.org
Nancy Wagner - Administrative Assistant / Receptionist	0	info@windyhillonthecampus.org