



ON TOP OF

Windy Hill

April 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/windyhillotc

Message from Tracy

April is a transition month. In an effort to move back to an open center "normal", I will be moving programs back to pre-pandemic time slots and offering new programs. So, pay attention and keep an eye out for new times and openings to attend things in person. We miss you and can't wait until the day we are able to laugh and hug again.

Tracy

Friday, April 2nd
Center Closed



April, 2021

HAPPY SPRING!

There's lots to celebrate ... The birds are singing, the temperatures are getting warmer and Windy Hill on the Campus is opening its doors!

We are happy to hear that many of our members are having success in getting their vaccine appointments. For those who have not, we have scheduled two clinics for April 16th and 19th through Wellspan. There will be a limited number of vaccines available, and we will take appointments on a first-come, first-served basis. With our members getting vaccinated and by continuing to follow the CDC guidelines for distancing and sanitation, we feel that we are able to provide a safe environment for our members. Please keep in mind that by remaining unvaccinated, you continue to put yourself at risk for contracting the COVID-19 virus.

Please mark your calendars for our **Food Truck Event** on Friday, April 9, at the Little Creek Park on Rt. 116. This is one of our first big fundraiser events, and we encourage you to participate and invite your friends and family.

Also, mark your calendar for **GIVE LOCAL YORK**, on Friday, May 7. We will be having some musical entertainment and food that day at the center. Or, you can follow us on Facebook throughout the day. Our goal this year is to raise \$30,000. We are asking members to help us with fundraising for the day through our "**Windy Hill Champions Campaign**." For more information on how to become a Windy Hill Champion, please ask at the front desk for information. We will be offering several prizes to our top Fundraising Champs.

Please continue to be safe, and we look forward to seeing you at the Center!

Tammy Miller

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.

Wish List

It's time to fill the soda and snack machines in anticipation of our opening. We need:

Coca Cola, Diet Coke, Pepsi, Diet Pepsi,
Sprite, Orange, Root beer cans
Snack bags: chips, pretzels, tasty cakes,
chocolate bars, etc.
Paper plate, dessert plates

Postage Stamps
Toilet Paper
Tissues

Antibacterial Clorox Wipes
Sandwich, Quart and Gallon Zip top bags
Regular Kitchen-sized Trash Bags
Hot dog buns
Bottled water

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

Monetary Donations

Franklin & Ingeborg Altland
In memory of: Helga Groetken
 Donald & Joann Arnold
 Kenneth Brenneman
In honor of: Joyce Rosenzweig
 James Burgard
 Kathleen DePorter
In Honor: Lori DePorter
 Harold & Kay Edris
 Constance Fackler
 Richard & Gynger Garrison
 James & Peggy Haley
 Margaret Harrison
 Richard Hartsough
 James & Rita Hobday
 Stephanie Jacoby
 Steven & Katherine Jenson
In honor of Rock Steady Boxing
 Arnhold & Gloria Kanwischer
 Rebecca McMaster
 Marion Miller
 Donald & Shirley Mitzel
 Robert & Lyn Overmiller
 William Rambo
 Gen Reed
 Barbara & Richard Senft
 Shirley Shearer
 Cindy Sheffer
 Pat & Bryan Smith
 Richard & Cheryl Snyder
 Clyde Stremmel
 Joseph & Beverly Thompson
 Rosalie Tiehel
 Jay Trimmer
 Sandra & Dennis Wagner
 Chester Wolf



Appeals

Raymond Beard
 Leo & Sandy Reaver
 Darlene Rohrbaugh
In memory of: Harlyn & Grace Laughman
 Claudette Shear
 Joanne Nowakowski

Item Donations

Karen & Kevin Baum
 Glenn Bortner
 Harold & Kay Edris
 Bon Fagan
 Margaret Harrison
 Shirley Hartnett
 Susan Howes
 Kay & Clair Kessler
 Larry Kress
 Sharon Madenfort & Anna Smith
 Mike & Donna Rupp
 Cindy Sheffer
 BettyLou & Ron Smith
 Lois & Glenn Snyder
 Nancy Wagner
 Theatre Arts for Everyone
 Pivot Physical Therapy
 Country Meadows

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

Welcome New Members!

Geffie Baker
 Julie & Roger Eline
 Margo & Bryan Ilgenfritz
 Cheryl & William Knisley
 Pamela Krebs
 Sandy Kreiner
 Scott Miller
 Charlotte & Raymond Nace
 Richard Newcomer
 Daniel & Rene Plummer
 Philip & Shirley Stambaugh
 Bonnie Stauffer
 Martha Villarreal
 William Welsby



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 or call **717-225-0733**.

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



Prayer List

Peggy Bender	Becky Myers
Edith Brenneman	Cathy Myers
Dale Brillhart	Dolores Senft
Dolores Brillhart	James Senft
Philip Carlise	Norma Senft
Mary Coulson	Brenda Shaffer
Larry Grothey	Emily Stewart
Don Mitzel	Richard Stewart
Shirley Mitzel	Wayne Winemiller

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

Prayer Group Tuesdays Sowing seeds with Nancy

Looking for your biweekly inspiration? Join us every other week for Bible discussion, prayer and fellowship. This group will meet via Zoom and 8 people in-house on **Tuesdays 13th and 27th at 10 am.**

Nancy Wagner leads the discussion.
 Meeting ID: **893 5301 5178**
 Passcode: **1472**



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.

Windy Hill's Drive-thru Lunch Program

Pick up at our side dock **Monday, Tuesday, and Wednesday from 11 am until noon.** The cost for the lunch for seniors 60 and older is by donation (*recommended donation is \$2.00*). Those 59 and younger pay \$3.75. Windy Hill receives funding through the York County Area Agency on Aging 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 **8 am the day before** you desire to eat lunch. Please remember to cancel your lunch as soon as you realize that you are unable to attend.



Bird House Decorating Craft

Monday, April 12th 9 am \$5

Decorate a prebuilt birdhouse with paint, paper and Mod Podge. Let's be creative for spring. 15 people, in-house only.

Mind Matters: Tips to help you save on your Energy Bills

Monday, April 19th 9 am

Join us in person (20 people) or via Zoom to watch this interesting program sponsored by WITF.

Meeting ID: **895 2450 7235**

Passcode: **1472**



Spring into Spring Concert

Featuring Tom Shultz; on the Patio

Thursday, April 22nd from 10 am—noon

First concert of the summer and we'll be breaking out the grill and cooking up the hotdogs! Pull your lawn chairs out of storage and get your dancing shoes out from under the bed!

Remember to wear your mask until you get to your seat. If it rains, this concert will be moved indoors with social distancing. Hotdogs available by donation.

Please RSVP so we make sure we have enough hotdogs.

Spring Grove Community Food Truck Event

Friday, April 9th from 4 pm—7 pm

Little Creek Community Park/Golf Course

Over 10 food trucks & DJ Chris Wagman will be on-site! Proceeds to benefit Windy Hill & SG Parks & Rec. We hope to see you there!

Show us your Easter Bonnet at Lunch Pick-up! Monday, April 5th



Quilts for Kids

Monday, April 12th at 5 pm

The ladies are always looking for help with cutting, sewing and creating wonderful quilts for sick kids. If you are interested, please contact Nancy.



April Birthdays

1	Sandra Bigsby	12	Mitchell Diviney	23	Carol Brown
	Joseph Caputo	13	Donna Harlacher		John David
	Bonita Kauffman		Michael Staub		Judith Kaplan
	Daniel Miller	14	Violet Bortner	25	James Decker
	Richard Stewart	15	Charles Kessler		Katherine Moubrey
	Rose Stinebert		Jane Myers		Charles Snyder, Jr.
2	Salvatore Fama		Paul Treynor	26	Joyce Danneker
3	Arlene Eisenhart	16	Gary Hortch	27	Faye Edsall
	Robert Stine	17	Hershell Adams		Phyllis Forry
4	Barry Black		Harold Edris		Patricia Hoff
	Marie Caputo		Joan Graybill		Wayne Holt
	Charles Fissel		Nancy Hanson	29	Joan Farence
	Philip Stambaugh		Jeffrey Ruth		Lucy Glatfelter
5	David Brown		Suzanne Smith		George Myers
	Gloria Myers		Samuel Sutherland	30	Lynda Butt
	Rene Plummer		Nancy Walton		Phillip Keener
6	Jeffrey Anderson	18	Suzanne Brown		David Loeffler
	Betty Mitchell		Gertrude Murray		Gerald Myers
7	Joann Arnold	19	Deborah Stambaugh		James Papoutsis
	Carl Flandermeyer		Martin Antkowiak		Donald Smith
8	Judy Cornbower		James Berkheimer		Gloria Sterner
9	Milton Buschman		Pamela Krebs		Apologies for missing March
	Larry Slagle		Barbara Miller		Birthday—
10	Linda Armstrong	20	Janice Hoke		March 24th—Cindy Sheffer
	Patti Flandermeyer		Sandra Shumway		
	Mimi Knaub	21	Derondia Roberts		
	Keith Nafe		Lois Snyder		
	Samuel Thieret	22	Donna Hake		
11	Raymond Nace		Lilly Laird		
	Victoria Staub		Randy Lentz		
	Dale Stough		Cecelia Sell		

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



Happy Anniversary to...

Robert & Arlene Niedzeilski	Tom & Gloria Sterner	Jeffrey & Joyce Kertz	Dean & Jeanette Rohrbaugh
04/02/1960	04/06	04/13/1985	04/24/1954
Robert & Janet Szejzechoniak	Frank & Jacqueline Martin	Russell & Betty Snyder	Richard & Joan Graybill
04/03/1980	04/08/1960	04/26/1975	04/24/1954
John & Jane Frostle	Donald & Ethel Donner	Leroy & Darlin Keiner	Dennis & Beverly Krout
04/04/1979	04/10/1960	04/18/1986	04/25/1998
John & Mimi Knaub	Steve & Susan Myers	Charles & Jane Fissel	Michael & Rita Young
04/04/1970	04/10/1971	04/19/1954	04/26
Brian & Cindy Selby	Robert & Selinda Clancy	Wayne & Freda Slump	Robert & Maryann Brenneman
04/04/1981	04/12/1975	04/20/1957	04/27/1968
Norman & Susan Platt	Richard & Sandy Karmner	Bruce & Carole Lightner	Raymond & Charlotte Nace
04/05/1969	04/12/1980	04/22/1967	04/29/1961
			Steven & Lucinda Sterner
			04/29/1995

April 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.

- * **Mary Sauble - In Memory of my parents, Maurice & Eva Hobbs & my husband, Sterling**
- * **Sam Thieret - In Memory of my wife, Helen**
- * **Bob & Maryann Brenneman - In Honor of Windy Hill Staff for all of their hard work to keep the Center running during COVID-19**

Pastels with Sara— ZOOM –

Tuesdays in April 6th & 13th; 11 am

Tuesday's art classes with Sara will include developing skills with oil pastels. This smooth and chalky material is a painting and drawing medium combined. Oil pastels will allow drawings to take on a flat painted look and get our hands on the paper along with the pastels. Over the next couple of weeks, these fun, colorful projects will be a great addition to your day! Preregistration is required, a limited number of pastel kits will be available at the office. \$10/set. Contact Nancy or register using the link in the eNews.

Meeting ID: **876 2724 1177**
Passcode: **1472**

Chair Massages

Randy Walton will be available on **Thursday, April 1st AND Thursday, April 15th** from **9 to noon** to provide 15-minute chair massages.

Have arthritis, swollen fingers? Randy does hand massages too, just ask! Cost is \$10 and pre-registration and payment are required. \$20 for 30 minutes. Contact Nancy for a spot or use the sign up links found on our website and in the eNews.

Painting with Pat Zoom Class **Thursday, April 15; 10 a.m.**

Tune in rain (or snow) or shine to try your hand at a new hobby. Art kits will be available for purchase at the main office. They will include a hard canvas, primary color paints, and brushes for \$10. Contact Nancy to arrange pick up of the kit. Register for the class using the registration link in the eNews.

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



Zoom ID: **843 3564 5505**
passcode: **1472**



April's Council Meeting

Monday, April 12th at 1 pm

on Zoom & Facebook Live

We will be allowing **up to 20 people** to attend in-person.

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

Zoom ID: **829 6776 4619**
Passcode: **1472**

Civil War Program with Nancy & Jef **Wednesdays 7th, 14th, 21st at 10 am via Zoom**

This program can be viewed at home or you can come watch it with us at Windy Hill. Call it a "Watch Party!" We will host up to 20 folks in our café area and watch together on the big screen!

Contact Nancy to reserve a spot.

Zoom ID: **815 7247 5634**
Passcode: **1472**



Lifelong Learning **"This Month in History"**

Thursday, April 1st at 10 am

Zoom & up to 20 people in-house

This program highlights one significant historic event for each day from the month of March. We'll watch it as a group in the café. Contact Nancy and register if you are interested.

Meeting ID: **880 7606 7485**
Passcode: **1472**



Give Local York

Friday, May 7th

Midnight—11:59 pm

York's Big Day of Giving!

Look for more information to come with details of in-person and Facebook Live events that will take place on May 7th! This is our biggest fundraiser of the year! Don't miss out! Help us to reach our goal of **\$30,000 & 300 donors in 24 hours!**

Coffee on the Patio will reopen Tuesday, April 20th

Tuesdays and Thursdays at 8:30 am, join us for a cup of joe. In wet and cold weather, we will move inside to the Café area. Maybe Frankie, our favorite froggy mascot, will come out of hibernation to greet us! Coffee is \$0.50 per cup.

Fitness News



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.



Pickleball is Back!
Tuesdays at 10 am & 1 pm - 60 years+;
Thursdays at 1 pm. Cost is \$3 per person per session to play. This program is being shared by Windy Hill & Parks & Rec.

Basketball is Back!
Beginning April 5, Mondays and Wednesday; 8:30 am – 10:00 am 60 years + This is open gym only. Game play is reserved for **10 am – 12 pm** and this is a Parks and Rec program with a \$3 per person fee. Windy Hill members are invited to pay the fee and play during the 10 am -12 pm time slot.

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.

Fitness Classes:

Mondays:

8:30—10 Open Gym Basketball—No games
9:00 Walking Club
9:30 Rock Steady Boxing with Lori DePorter – Zoom ID#**327 891 3252** passcode **4xuDHP**
10:00 - 12:00 P&R Basketball Game Play \$3
10:00 Chair Exercise with Risa – Facebook
11:00 T'ai Chi Chih with Jack W \$5* - Facebook & Zoom—ID: **814 3316 9989** passcode **1472**

Tuesdays:

9:00 Silver Sneakers Classic with Tracy Schuman
Zoom ID#**821 3661 1618** passcode **1472**
(\$2, Free to Silver Sneakers members)
10:00 - 12:00 Pickleball \$3
1:00 Pickleball \$3

Sam from Pivot

presents **"Parkinson's"**

Thursday, April 8th; 10 a.m.

We will be allowing up to 20 members to attend this presentation in person.

Contact Nancy for more information and to pre-register.

Zoom Meeting ID: **846 9159 2329**
Passcode: **j4ywiZ**

Parkinson's Presentation

Monday, April 26th at 9 am via Zoom & 20 people in person. April is Parkinson's Awareness month and this presentation will help us to understand the disease better.

Meeting ID: **818 7903 4379** Passcode: **1472**

Wednesdays:

8:30 - 10 Open Gym Basketball - No games
9:00 Walking Club
9:30 Rock Steady Boxing with Lori DePorter – Zoom ID#**327 891 3252** passcode **4xuDHP**
10:00 - 12:00 P&R Basketball Game Play \$3
12:30 Chair Exercise with Risa– Facebook

Thursdays:

9:00 Silver Sneakers Classic with Tracy S \$2
Zoom ID#**821 3661 1618** passcode **1472**
12:30—Yoga 101 with Lori Houck-Ruffner \$5*
Zoom ID#**827 1847 4772** passcode **1472**
1:00 Pickleball \$3

Fridays:

9:00 Walking Club
9:30 Parkinson's/Rock Steady Boxing with Lori DePorter - Zoom ID#**327 891 3252** passcode **4xuDHP**
10:00 Tap Dance with Charlee

*These classes are covered under Silver Sneakers and are \$2 for participating members

**** The fitness room is open Monday – Thursday from 8:30 am - 2:30 pm. Groups of 4 at this time, max. Appointments may be made by contacting Nancy at 717-225-0733 ext 100.**

Queen Esther

On **Thursday, December 2nd** we are heading to Sight and Sound Theater for a showing of **Queen Esther** with lunch at Hershey Farms. The bus will leave Windy Hill at 11:15 am and will return at 7:30 pm. The cost is \$99, which includes: bus fare, admission to theater, lunch at Hershey Farms and tips/gratuity. Contact Nancy to sign up. Payment is required at sign up.

Please note, as venues begin to open up we will continue to add trips.



Suicide Bridge Crab Cruise

We are heading south to Herlock, MD on **Thursday, July 22nd** for a crab feast cruise aboard a riverboat at Suicide Bridge Restaurant. The bus will leave Windy Hill at 6:30 am and return at 8:30 pm. The cost is \$110, which includes: bus fare, bagged lunch for the bus, crab cruise and tips/gratuity. Contact Nancy to sign up. Payment is required at sign up.



Jeri Jones presents "Backyard Geology" Wednesday, April 28th at 10 am via Zoom and in-person Zoom Watch Party

Local esteemed Geologist, Jeri Jones, will discuss what is just below our feet and how it got there over 10s of 1000s of years. This proves to be an interesting look at what the heck (geologically-speaking) is going on around us! Jeri will present via Zoom and we will host up to 20 people in-house to watch it together. Contact Nancy or sign up through eNews link.

Meeting ID: **837 0479 2934** Passcode: **1472**



Game Wednesdays

Every Wednesday at 9 am. Word Link, Trivia, Pokeno, and Family Feud are on the schedule for

Wednesdays. In-house only – up to 20 people.

In-person Bingo -

Fridays, starting April 16th at 10 am

Leo Reaver will be calling 40 games. No food sharing. Bingo cards purchased at the door. Call or sign up on Copilot to reserve a spot.

Lucky Bingo

Monday, April 5th - 9 am

20 people in house!

\$0.25 per card

Contact Nancy for registration, or sign up on Copilot!

The Windy Hill Book Club! Thursday, April 29th at 10 am on Zoom The Huntress by Kate Quinn



The Huntress is a fascinating historical novel about a battle-haunted English journalist and a Russian female bomber pilot who join forces to track the Huntress, a Nazi war criminal gone to ground in America. Bold and fearless, Nina Markova always dreamed of flying. When the Nazis attack the Soviet Union, she risks everything to join the legendary Night Witches. When she is stranded behind enemy lines,

Nina becomes the prey of a lethal Nazi murderess known as the Huntress, and only Nina's bravery and cunning will keep her alive. Transformed by the horrors he witnessed from Omaha Beach to the Nuremberg Trials, British war correspondent Ian Graham has become a Nazi hunter. Yet one target eludes him: a vicious predator known as the Huntress. Growing up in post-war Boston, seventeen-year-old Jordan McBride is determined to become a photographer. When her long-widowed father unexpectedly comes home with a new fiancé, Jordan is thrilled. But there is something disconcerting about the soft-spoken German widow.

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.

Zoom Meeting ID: 868 9917 2072
Passcode 1472

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

Jerry Henning
Richard Arnold
Betty Lou Smith





US Postage

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

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.

DARRELL M. SIPE
Opticians and Hearing Aids

Thank you to our Sponsors!

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& CREMATION SERVICE, INC.
Visiting Nurse Association of Hanover & Spring Grove
ma
For Us, It's Personal

Are you a Champion?

Champions needed!



Save the Date!
Give Local York
Friday, May 7th
midnight—11:59 pm
Givelocalyork.org

Who?

Anyone who wants to make a difference can be a fundraising champion!

What?

Fundraising Champions help by spreading the word about **Give Local York** and the importance of **Windy Hill** through collecting donations from friends, family, neighbors, etc.

When?

April 1st through May 7th
All donations are due no later than **Friday, May 7th** on Give Local York day!

How?

Sign up to be a Champion by contacting Nancy anytime before May 7th!

Why?


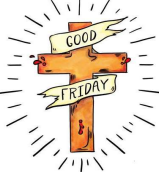
Windy Hill set the goal to reach more than **300 donors** this year and to raise **\$30,000 during Give Local York**. What better way to reach donors than to have our Champions reach out to their friends and family?! Together we can do so much more!

Prizes will be awarded to:

- Champion who raises the **greatest grand total of donations**
- Top 2 champions who raise funds from the **greatest number of donors**.



*Donations must be submitted to Windy Hill by May 7th to count!

**April 2021
Congregate Meal Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 
5 Cheeseburger 1/2 c BBQ Butterbeans 1/2 c Macaroni Salad Sandwich Roll Fresh Cantaloupe	6 Happy Easter! Baked Ham w/ Raisin Sauce 1/2 c Sweet Potatoes 1/2 c Beets Wheat Bread Cookie	7 1/2 c Pot Roast 1/2 c Whipped Potatoes w/ gravy 1/2 c Carrots Wheat Bread 1/2 c Sliced Pears	8	9
12 Baked Breaded Chicken Cutlet 1/2 c Scalloped Potatoes 1/2 c Tomato & Cucumber Salad White Bread 1/2 c Fruited Gelatin	13 Roasted Pork w/ Mushroom Sauce 1/2 c Vegetable Rice Pilaf 1/2 c Green Beans Wheat Bread 1/2 c Pineapple Delight	14 Baked Meatloaf w/ Gravy 1/2 c Baked Potato w/ Margarine 1/2 c Wax Beans Wheat Bread Cookie	15	16
19 Pepper Steak w/ Gravy 1/2 c Rice Pilaf 1/2 c Oriental Blend Vegetables Wheat Bread 1/2 c Pears	20 Penne & Meatballs (4) w/ Marinara 3/4 c Pasta w/ Sauce 1 c Tossed Salad w/ Tomato & Dressing Italian Bread 1/2 c Pineapple	21 1/2 c Warm Roast Beef Sandwich w/ Mozzarella 1/2 c Roasted Parmesan Redskins 1/2 c Carrots Sandwich Roll Fresh Banana	22	23
26 BBQ Riblette Potato Salad Cornbread Square Fresh Fruit	27 Kielbasa & 2 Tbsp. Sauerkraut 1/2 c Whipped Potatoes 1/2 c Green Beans 2 Whole Wheat Bread Gelatin	28 Fiesta Chicken Salad (3 oz. Fajita Chicken, 1 oz. Cheddar, Salsa, Sour Cream) 1 c Mixed Greens w/ Tortilla Strips Three Bean Salad WG Dinner Roll Fresh Fruit	29 *Menu subject to change	30

*** 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 am - Noon in the drive-thru line by the loading dock on the side of the building. All members are eligible to sign up! Must preregister by 8 am the day prior.

MON	TUE	WED	THU	FRI
<p>Fitness Room open M-Th 8:30 - 2:30 pm. 4 people max. Make an appointment with Nancy for a 30 min time slot.</p> <p><i>Mon / Wed - Open Gym - 60+ Basketball 8:30-10</i></p>	<p><u>In Person - Call to sign up</u> T'ai Chi Chih - 8 people Silver Sneakers - 20 people Chair Exercise - 20 people Yoga- 8 people Parkinson Class - 8 people Walking Club - Inside 10/Outside No Limit Classes will also Zoom or FB Live</p>		<p>1</p> <p>9-12...Chair Massage (Appt) 9...Silver Sneakers Classic (20) 10...Lifelong Learning (20) 12:30...Yoga (8)</p>	<p>2</p> 
<p>5 Wear your Easter Bonnet</p> <p>9...Walking Club 9...Lucky Bingo \$(20) 9:30...Rock Steady Boxing 10...Chair Exercise (20) 11...T'ai Chi Chih (8) 11...Drive Thru Lunch</p>	<p>6</p> <p>9...Silver Sneakers Classic (20) 10...Pickleball \$ 11...Pastels w/Sara - ZOOM 11...Drive Thru Lunch 1...Pickleball 60+ \$</p>	<p>7</p> <p>9...Walking Club 9...Word Link (20) 9:30...Rock Steady Boxing 10...Civil War Program Zoom (20) 11...Drive Thru Lunch 12:30...Chair Exercise (20)</p>	<p>8</p> <p>9...Silver Sneakers Classic (20) 10...Pivot Presents "Parkinsons" (20) 12:30...Yoga (8) 1...Pickleball 60+ \$</p>	<p>9 AARP Tax Appointments</p> <p>9...Walking Club 8:30 -1:30...Taxes by Appt. Only 9:30...Parkinson's Class /Rock Steady Boxing (8) 10...Tap Dance Class - ZOOM</p> <p>Food Truck Event</p>
<p>12</p> <p>9...Walking Club 9...Bird House Decorating \$(20) 9:30...Rock Steady Boxing 10...Chair Exercise (20) 11...T'ai Chi Chih (8) 11...Drive Thru Lunch 1...Council Meeting (20) 5...Quilts for Kids</p>	<p>13</p> <p>9...Silver Sneakers Classic (20) 10...Bible Study (8) 10...Pickleball \$ 11...Pastels w/Sara - ZOOM 11...Drive Thru Lunch 1...Pickleball 60+ \$</p>	<p>14</p> <p>9...Walking Club 9...Trivia Game (20) 9:30...Rock Steady Boxing 10...Civil War Program Zoom (20) 11...Drive Thru Lunch 12:30...Chair Exercise (20)</p>	<p>15</p> <p>9-12...Chair Massage(Appt) 9...Silver Sneakers Classic (20) 10...Painting Class -ZOOM 12:30...Yoga - ZOOM (8) 1...Pickleball 60+ \$</p>	<p>16</p> <p>9...Walking Club 9:30...Parkinson's Class/ Rock Steady Boxing (8) 10...Tap Dance Class - ZOOM 10...Bingo \$ (35)</p>
<p>19</p> <p>9...Walking Club 9...Mind Matters (20) 9:30...Rock Steady Boxing 10...Chair Exercise (20) 11...T'ai Chi Chih (8) 11...Drive Thru Lunch</p>	<p>20</p> <p>8:30...Coffee on the Patio 9...Silver Sneakers Classic (20) 10...Pickleball \$ 11...Drive Thru Lunch 1...Pickleball 60+ \$</p>	<p>21</p> <p>9...Walking Club 9...Pokeno Game (20) 9:30...Rock Steady Boxing 10...Civil War Program Zoom (20) 11...Drive Thru Lunch 12:30...Chair Exercise (20)</p>	<p>22</p> <p>8:30...Coffee on the Patio 9...Silver Sneakers Classic -(20) 10...Spring Into Spring Concert w/Tom Shultz 12:30...Yoga - ZOOM (8) 1...Pickleball 60+ \$</p>	<p>23</p> <p>9...Walking Club 9:30...Parkinson's Class /Rock Steady Boxing (8) 10...Tap Dance Class - ZOOM 10...Bingo \$ (35)</p>
<p>26</p> <p>9...Walking Club 9...Parkinson's Presentation(20) 9:30...Rock Steady Boxing 10...Chair Exercise (20) 11...T'ai Chi Chih (8) 11...Drive Thru Lunch</p>	<p>27 Wind Creek Casino</p> <p>8:30...Coffee on the Patio 9...Silver Sneakers Classic (20) 10...Pickleball \$ 10...Bible Study (8) 11...Drive Thru Lunch 1...Pickleball 60+ \$</p>	<p>28</p> <p>9...Walking Club 9...Family Feud (20) 9:30...Rock Steady Boxing 10...Jeri Jones Zoom Presentation 11...Drive Thru Lunch 12:30...Chair Exercise</p>	<p>29</p> <p>8:30...Coffee on the Patio 9...Silver Sneakers Classic (20) 10...Virtual Book Club (8) 12:30...Yoga (8) 1...Pickleball 60+ \$</p>	<p>30</p> <p>9...Walking Club 9:30...Parkinson's Class/ Rock Steady Boxing (8) 10...Tap Dance Class - ZOOM 10...Bingo \$ (35)</p>