April 2021

Message from the Director

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

Facebook.com/windyhillotc
Email: info@windyhillonthecampus.org

1472 Roth’s Church Road, Suite 103
Spring Grove, PA 17362
(717) 225-0733
windyhillonthecampus.org
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
Edith Brenneman
Dale Brillhart
Dolores Brillhart
Philip Carlise
Mary Coulson
Larry Grothey
Don Mitzel
Shirley Mitzel

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
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.

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 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

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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

Happy Anniversary to...

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<td>Gloria Sterner</td>
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Apologies for missing March Birthday—March 24th—Cindy Sheffer

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

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

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**

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 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.

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.

Fitness News
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.

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

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.

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

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

Jerry Henning
Richard Arnold
Betty Lou Smith

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.

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!

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.

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 murderer 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 homes 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
Thank you to our Sponsors!

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.

Are you a Champion? Champions needed!

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!

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**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</table>
| Cheeseburger  
1/2 c BBQ Butterbeans  
1/2 c Macaroni Salad  
Sandwich Roll  
Fresh Cantaloupe | **Happy Easter!**  
Baked Ham w/ Raisin Sauce  
1/2 c Sweet Potatoes  
1/2 c Beets  
Wheat Bread  
Cookie | 1/2 c Pot Roast  
1/2 c Whipped Potatoes w/ gravy  
1/2 c Carrots  
Wheat Bread  
1/2 c Sliced Pears | 1 | 2 |
| Baked Breaded Chicken Cutlet  
1/2 c Scalloped Potatoes  
1/2 c Tomato & Cucumber Salad  
White Bread  
1/2 c Fruited Gelatin | Roasted Pork w/ Mushroom Sauce  
1/2 c Vegetable Rice Pilaf  
1/2 c Green Beans  
Wheat Bread  
1/2 c Pineapple Delight | Baked Meatloaf w/ Gravy  
1/2 c Baked Potato w/ Margarine  
1/2 c Wax Beans  
Wheat Bread  
Cookie | 7 | 8 |
| 9 |
| Pepper Steak w/ Gravy  
1/2 c Rice Pilaf  
1/2 c Oriental Blend Vegetables  
Wheat Bread  
1/2 c Pears | Penne & Meatballs (4) w/ Marinara  
3/4 c Pasta w/ Sauce  
1 c Tossed Salad w/Tomato & Dressing  
Italian Bread  
1/2 c Pineapple | 1/2 c Warm Roast Beef Sandwich w/ Mozzarella  
1/2 c Roasted Parmesan Redskins  
1/2 c Carrots  
Sandwich Roll  
Fresh Banana | 14 | 15 |
| 16 |
| BBQ Riblette  
Potato Salad  
Cornbread Square  
Fresh Fruit | Kielbasa & 2 Tbsp. Sauerkraut  
1/2 c Whipped Potatoes  
1/2 c Green Beans  
2 Whole Wheat Bread  
Gelatin | 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 | 21 | 22 |
| 23 |
| 24 |
| 25 |

***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.
<table>
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<td>Fitness Room open M-Th 8:30 - 2:30 pm. 4 people max. Make an appointment with Nancy for a 30 min time slot.</td>
<td>In Person - Call to sign up 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</td>
<td>1 9-12...Chair Massage (Appt) 9...Silver Sneakers Classic (20) 10...Lifelong Learning (20) 12:30...Yoga (8)</td>
<td>2 9 AARP Tax Appointments 9...Walking Club 8:30 -1:30...Taxes by Appt. Only 9:30...Parkinson's Class /Rack Steady Boxing (8) 10...Tap Dance Class - ZOOM Food Truck Event</td>
<td>5 Wear your Easter Bonnet 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 1...Council Meeting (20) 5...Quilts for Kids</td>
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