What's Happening?

T’ai Chi Chih Presentation – Monday, February 3; 10 a.m. See article inside.

State Representative Seth Grove’s Office @ Windy Hill – Tuesdays in February; 9 a.m. – 11 a.m. Wendy Leahy will be available every Tuesday during tax season to answer questions.

TAFE Theatre Program – Tuesdays, February 4 – April 7; 10 a.m. – 11:30 a.m. See article inside.

Now You Have It, Now You Don’t… - Tuesday, February 4 and Thursday, February 20; 9:45 a.m. Please bring a NEW wrapped gift (min. value of $5) that you would like to receive. You must bring a gift in order to play the game. Note the earlier starting time to give staff time to organize the game. No gifts will be provided by the center.

OLLI Presentation – Wednesday, February 5; 10 a.m. See article inside.

Make a Valentine's Day Card – Thursday, February 6; 9:30 a.m. Love is in the air and we know you want to make someone's Valentine's Day special. Plan to join Sue Howes this morning to create your own romantic masterpiece.

Word Link – Thursday, February 6; 10 a.m. Exercise your brain and have fun at the same time! Join us for this popular word game.

Speaker – State Representative Seth Grove – Thursday, February 6; 11 a.m. Representative Grove will be on site to update us on what's new and happening in Harrisburg and how it can affect us. There will be time for questions. Sign up for lunch.

Council Meeting with Entertainment by Leo Reaver – Monday, February 10; 10 a.m. We encourage ALL members to participate in this meeting to learn about what is happening for the month and to give your input on programs and issues at the center. Preregister for lunch by Thursday, February 6.

Dime Bingo – Tuesday, February 11; 9:00 – 11:30 a.m. Join in this small group of bingo players for some small stakes bingo. Stay for lunch, sign up by February 7th.

Valentine’s Day Party with DJ Pebbles – Thursday, February 13; 10 a.m. Bring your sweetheart and your dancing shoes, or come single and show off some of your sweet dance moves, but you do not want to miss our hopping Valentine’s Day Spectacular Dance Party! Look on the message board in the Lunchroom to see what items we need donated. Sign up for lunch before February 11.

Center Closed – Monday, February 17 – President’s Day

State Representative Kate Klunk’s Office @ Windy Hill – Tuesday, February 18; 9 a.m. – 11 a.m. Beginning this month, a representative from Kate Klunk’s Hanover office will be at Windy Hill to answer questions from her constituents (Hanover Area Residents). Her office will continue to have hours at Windy Hill the third Tuesday of each month.

Family Feud – Tuesday, February 18; 10 a.m. Join us to play this classic game. It’s a favorite with our members.

February Craft – Make your own Fleece Scarf – Wednesday, February 19; 10 a.m. Please sign up for this craft in the lobby. Donations are appreciated.

MEALS

Windy Hill has a congregate meal program for adults Age 60 and older. Please sign up by 9:30 am the day before to join us for lunch catered by the Nutrition Group. Meal donations are appreciated.

TRANSPORTATION

Free door-to-door transportation is available for ages 65+ through Rabbit Transit to bring you to Windy Hill. Call the center for more details.

CENTER HOURS

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

A special thank you for donations in the month of December. Donations included food, supplies and other items to our center.

<table>
<thead>
<tr>
<th>Mike Baron</th>
<th>Don &amp; Dolores Hoover</th>
<th>Pat Rabine</th>
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<tbody>
<tr>
<td>Bev Bish</td>
<td>Sue Howes</td>
<td>Leo &amp; Sandy Reaver</td>
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<td>Jim Burgard</td>
<td>Ellen Johnson</td>
<td>Tim &amp; Jane Reinaman</td>
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<td>Fred Burns</td>
<td>Susan Kanwischer</td>
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<td>Jim &amp; Sandy Decker</td>
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<td>Pauline Diehl</td>
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<td>Ethel Donner</td>
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<td>Connie Fackler</td>
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<td>Glenda Funkhouser</td>
<td>Ken &amp; Pat McCannon</td>
<td>Pat Stone</td>
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<td>Rich &amp; Gynger Garrison Doris</td>
<td>Jim &amp; Sandy Miller</td>
<td>Jack &amp; Linda Trimmer</td>
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<td>Gladfelter</td>
<td>Ella Murphy</td>
<td>Nancy Wagner</td>
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<td>Selma Hadsell</td>
<td>Dawn Ness</td>
<td>Ruth Wagner</td>
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<tr>
<td>Barb Harrell</td>
<td>Leo &amp; Joan Nolin</td>
<td>Country Meadows</td>
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<td>Jerry Henning</td>
<td>Wayne &amp; Joanne Overmiller</td>
<td>Church &amp; Dwight</td>
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THANK YOU TO THESE ORGANIZATIONS AND INDIVIDUALS WHO MADE MONETARY DONATIONS IN THE MONTH OF DECEMBER

- Clair & Shirley Bortner
- Patricia Broadhurst Stone
- Jim & Sandy Decker
- Richard Hartsough
- Marion Miller
- Don & Shirley Monroe
- Genevieve Reed
- Shirley Shearer
- Appeals
- Steward
- Friend
- Other
- Don & Dolores Hoover
- Sue Howes
- Ellen Johnson
- Susan Kanwischer
- Cindi Kelly
- Bob & Gloria Kramer
- Pam Kuhn
- Gloria Luckenbaugh
- Ken & Pat McCannon
- Jim & Sandy Miller
- Ella Murphy
- Dawn Ness
- Leo & Joan Nolin
- Wayne & Joanne Overmiller
- 12th Ward Democratic Club
- Hawk Gunning Club
- TE Connectivity
- Mt. Zion Lodge #74 IOOF
- Stock & Leader
- Mr. & Mrs. Jacob Miller
- Don & Terry Reichard
- Phyllis Steiner
- Horace Uffelman
- Harold Warner
- Mr. & Mrs. John Almoney
- Connie Ferree
- Richard Louey
- Don & Donna Reever
- Robert Spangler
- Paul & Viola Bortner

WISH LIST

- Bleach**
- Copy Paper**
- Toilet Paper**
- Sandwich Size Ziploc Bags*
- Postage Stamps*
- Canned Soda *(Pepsi, Diet Pepsi, Coke*, Diet Coke*, Mug Root beer, Orange Crush*)
- Bottled Water*
- Paper Towels*
- Dessert Plates*
- Antibacterial Clorox Wipes
- Antibacterial Liquid Hand Sanitizer
- Antibacterial Hand Soap
- Dishwashing Soap
- Salad Dressings (ranch, Italian, blue cheese, etc)
- Plastic Spoons and Forks
- Styrofoam Soup Bowls *Greater Need
- Chocolate Snacks for Vending Machine

THANK YOU TO OUR ANONYMOUS DONORS. WE APPRECIATE YOUR CONTINUED SUPPORT OF WINDY HILL.

PRAYER LIST

- Mary Coulson
- Harry Baer
- Gloria Geesey
- Larry Grothey
- Pat Franklin
- Larry Wolf
- Philip Carlise
- Alice Bortner
- Fred Burns
- Dolores Senft
- James Senft
- Dale Brillhart
- Edith
- Brenneman
- Wayne Holt
- Linda Pence
- Beth
- Folkenroth
- Marlene Ayers
- Grace
- Laughman
- Harlyn
- Laughman
- Dolores
- Brillhart
- Kenny Shaffer
- Karen Miller
- Larry Kress
Meals on Wheels News
If you're interested in helping out with Meals on Wheels as a driver or just want to ride along to keep someone company, please also let Jenna know.

We are ALWAYS looking for more people to help out!

Curious about Qigong and T'ai Chi and what they can do for you?
Come to the presentation about both on February 3rd 2020 in the cafeteria. Instructor Jack Weaver will show the two forms with movements from each. Anybody can participate while Jack is doing these movements. The movements can be done while standing or seated. Questions will be welcomed. These forms help to improve balance, health, blood circulation, flexibility and work toward fall prevention. Afterward you can participate in our class here at the Center, from 11 to 12 in the Yoga Room.

LiHeap Application Available
Applications for the Low-Income Home Energy Assistance Program (LIHEAP) are available now. This program helps low-income families pay their heating bills. It is a grant, which does not need to be paid back. Crisis grants are also available if you are in jeopardy of losing your heat due to broken heating equipment or leaking lines, lack of fuel, and termination of utility services or danger of being without fuel. Individuals may apply online or by picking up an application at the front desk.

Dutch Apple Theater Lunch/Show
Join us on Wednesday, May 27th for Dutch Apple Theater’s presentation of the Tony Award Winning Broadway Comedy, "Something Rotten". Tickets cost $85 and include bus, lunch, show, a bag lunch for later, and all tips and gratuities. Bus leaves Windy Hill at 10:15 a.m. and returns approximately 5 p.m. See Nancy at the front desk for tickets. This would make a fantastic Mother’s Day Gift!

Income Tax Appointments
It’s Tax Season again at Windy Hill. AARP will be on site every Tuesday from 8:30 a.m. to 1:30 p.m. until April 14th. You MUST have an appointment to be served. Appointments may be scheduled with Tom from 9:30 a.m. – 1:30 p.m. on Mondays and Fridays each week. The first tax appointment will be on Tuesday, February 4. Please keep in mind that if you are calling for an appointment, you will need to select the appropriate mailbox # on the phone system.

OLLI classes Offered at Windy Hill
Beginning in March, the Osher Lifelong Learning Institute at Penn State York will offer several of their classes at Windy Hill. OLLI at Penn State York is a membership organization established to enrich the lives of older adults living in York by providing a variety of educational and social activities. Cost for annual membership in OLLI is $50. Windy Hill will be hosting several OLLI classes this spring. The four scheduled classes include the Mildred Pierce (Joan Crawford) Movie and Discussion on Tuesday, March 10, The US Correctional System: Past, Present and Future and Tour of the York County Prison on Tuesday, April 21, The Hex Murders and Trial 1928-1929 on Friday, May 15, and York County Family Bibles on Monday, May 18. Classes will be held at various times. Flyers are available on the website and in the reception area. Cost for the classes are $8 for OLLI members and $15 for non-members. To become a member of OLLI and sign-up for classes, visit their website at www.olli.york.psu.edu. You do not have to join OLLI to participate in the classes.

TAFE’s Theatre Alive Program
Beginning February 4 and running for 10 weeks participants will experience an art form that allows them to use their memories, voices, bodies, creativity, imagination, observation skills, and have fun while working with others. Through theatre games and exercises you will explore the worlds of the actors and playwrights. From the participant’s own memories, a script will be written for them to share with their Senior Center. Maximum class size is 14 people. Sign up in the Lobby, plan to stay for lunch. This is a FREE program sponsored in part by a grant from York County Community Foundation’s Hahn Home Fund for Embracing Aging.
FEBRUARY BIRTHDAYS

2/1 - Ricky Brandt
2/2 - Shirley Shearer
       Lil Schuchart
       Tyrone Baltimore
       Gene Ritz
       Sharon Finke
2/3 - Lewis Petrow
       Linda Sulc
       Joanne Overmiller
       Carolyn Hagan
       Bonnie Slagle
       David Hilt
2/4 - Nancy Renoll
       Stephanie Jacoby
2/5 - Ellen Johnson
2/6 - Cletus Dubs
2/7 - Michael Herrington
       Michael Strouse
       Gregory Runk
2/8 - Quentin Stambaugh
       Marsha Stough
       Cynthia Breeden
2/10 - Phyllis Thoman
       Joyce Diehl
       Claudette Shear
       Theodore Culp lli
       Patricia Stinesifer
       Darlin Heiner
       Wayne Smeltzer
       Dawn Ness
       Timothy Putnam
       Deborah Mcmillan
2/11 - James Biddison
       Lucinda Kelly
       Esther Easterling
       Tana Stambaugh
2/12 - M. Dolores McCormick
       Donna Long
       Tina Myers
2/13 - Lindy Spangler
       Gary Wildasin
       Tina Schaffner
       Glenda Funkhouser
       Lucinda Sterner
       Andrew Luther
2/16 - Lola Bose
       Gerald Hoover
       Patricia Keister
       Valetta Baumgardner
       Linda Six
2/17 - Mary Martin
2/18 - Connie Chronister
2/19 - Caroline Capek
       Rebekah Pulling
2/20 - Deborah Rentschler
       Jerry Morris
       Barbara Harrell
       Don Reichard
2/21 - Harold Nixon
2/22 - Sylvia Noble
       Amos Strausbaugh
2/23 - Harold Luckenbaugh Sr
       Donald Elicker
2/24 - Wayne Stump
       Jack Trimmer
       Beverly Moritz
2/26 - Wayne Dick
2/27 - Lester Erlemeier
       Nancy Hartley
       Bruce Lightner
       Cheryl Lentz
       Carolyn Abel
2/28 - Gary Allshouse
       Susan Platt
       Hanna Triplett
2/29 - Marilyn Bollinger

ANNIVERSARIES

Jack & Rebecca Thoman
2/11/1973

James & Rose Ditzler
2/14/2004

Robert & Linda Richards
2/15/1969

Patricia Klinedinst & Stanley
       Wakeling
2/15/2008

Michael & Patricia Strouse
2/15/1970

John & Nadine Starner
2/16/1958

Marlin & Juanita Routson
2/18/1967

Edward & Denise Smith
2/19/1972

Dale & DeEtta Senft
2/27/1960

George & Joann Sterner
2/28/1953

Our Celebration for
Birthdays and Anniversaries
in February will be held
on Thursday, February 27th at
10:00 a.m. with entertainment
provided by DJ Mark Bowersox.
Sign up for lunch by February 24th.

Birthday cupcakes are provided
by Country Meadows

Thank you to Pivot Physical Therapy
for sponsoring February’s
Birthday/Anniversary Party.

If we missed your birthday or anniversary, please contact our
office at 225-0733 so we can put you on our list!
### Windy Hill on the Campus

**Address:** 1472 Roth's Church Road, Suite 103, Spring Grove, PA 17362

**Phone:** 717-225-0733

**FEBRUARY 2020**

**WEEKDAYS 8:30-2:33**

<table>
<thead>
<tr>
<th>MON</th>
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<tr>
<td><strong>Mondays &amp; Wednesdays</strong>&lt;br&gt;Open Gym Basketball at Windy Hill Gym&lt;br&gt;Tuesdays &amp; Thursdays - Bowling at Colony Park&lt;br&gt;Wednesdays @ 9 - Needlework &amp; Card Club</td>
<td><strong>Tuesdays in February - 8:30 am -12:30 pm...Income Tax Preparation - Appointments Required.</strong> Contact Tom on Mondays &amp; Fridays 9:30 am -1:30 pm for an appointment.</td>
<td><strong>DAILY:</strong>&lt;br&gt;Fitness Studio (8:30-2:30)&lt;br&gt;Billiards (8:30-2:30)&lt;br&gt;Activity Lounge &amp; Wi-Fi (8:30-2:30)&lt;br&gt;Craft Room (8:30-2:30)&lt;br&gt;Lunch (Noon—reserve)</td>
<td><strong>“That is one good thing about this world...there are always sure to be more Springs.”</strong>&lt;br&gt;-L. M. Montgomery, Anne of Avonlea</td>
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<td>3 10...T’ai Chi Chih Presentation&lt;br&gt;11...Chair Exercise&lt;br&gt;11...T’ai Chi Chih&lt;br&gt;12:30...Yoga 101</td>
<td>4  <strong>Tax Preparation</strong>&lt;br&gt;9...Silver Sneakers Classic&lt;br&gt;9...Seth Grove’s Office&lt;br&gt;10-11:30...Theatre Program&lt;br&gt;10...Now You Have It...&lt;br&gt;10...Shuffleboard, Bocce Ball&lt;br&gt;11...Line Dancing&lt;br&gt;11...Beach Chair Volleyball&lt;br&gt;11...Ballroom Dancing-Cx&lt;br&gt;1...Pickleball&lt;br&gt;4...Board Meeting</td>
<td>5 9...Breakfast in the Café&lt;br&gt;9:30...PARKinson’s Exercise&lt;br&gt;10...OLLI Presentation&lt;br&gt;10...Walking Club&lt;br&gt;11...Chair Exercise</td>
<td>6 9:30...Make a Valentine Card&lt;br&gt;10...Word Link&lt;br&gt;10...Pickleball&lt;br&gt;11...Speaker Seth Grove&lt;br&gt;11...Poker&lt;br&gt;11...Walking Club&lt;br&gt;12:30...Yoga 101&lt;br&gt;1...Pinochle Game</td>
<td>7 9:15...Quarter Bingo&lt;br&gt;9:30...Beginner Tap Dance Class&lt;br&gt;10...Tap Dance Class&lt;br&gt;10...Walking Club&lt;br&gt;11...Chair Exercise</td>
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<td>10...Council Meeting w/Leo Reaver&lt;br&gt;11...Chair Exercise&lt;br&gt;11...T’ai Chi Chih&lt;br&gt;12:30...Yoga 101&lt;br&gt;5...Quilts for Kids</td>
<td>11  <strong>Tax Preparation</strong>&lt;br&gt;9...Silver Sneakers Classic&lt;br&gt;9...Dime Bingo&lt;br&gt;10...Shuffleboard, Bocce Ball&lt;br&gt;10-11:30...Theatre Program&lt;br&gt;11...Line Dancing&lt;br&gt;11...Beach Chair Volleyball&lt;br&gt;11...Ballroom Dancing&lt;br&gt;1...Pickleball&lt;br&gt;5...Quilts for Kids</td>
<td>12 9...Apprise (Appt. Req)&lt;br&gt;9...Breakfast in the Café&lt;br&gt;9:30...PARKinson’s Exercise&lt;br&gt;10...Lucky Bingo&lt;br&gt;10...Walking Club&lt;br&gt;11...Chair Exercise</td>
<td>13  <strong>Valentine’s Day Meal</strong>&lt;br&gt;10...Pickleball&lt;br&gt;10...Quilts for Kids&lt;br&gt;10...Valentine’s Day Party w/DJ Pebbles&lt;br&gt;11...Walking Club&lt;br&gt;12:30...Yoga 101&lt;br&gt;1...Pinochle Game</td>
<td>14 9:15...Quarter Bingo&lt;br&gt;9:30...Beginner Tap Dance Class&lt;br&gt;10...Tap Dance Class&lt;br&gt;10...Walking Club&lt;br&gt;11...Chair Exercise</td>
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<td><strong>Center Closed</strong></td>
<td>18  <strong>Tax Preparation</strong>&lt;br&gt;9...Silver Sneakers Classic&lt;br&gt;9...Kate Klunks Office&lt;br&gt;10...Family Feud&lt;br&gt;10-11:30...Theatre Program&lt;br&gt;10...Shuffleboard, Bocce Ball&lt;br&gt;10...Line Dancing&lt;br&gt;11...Book Club&lt;br&gt;11...Beach Chair Volleyball&lt;br&gt;1...Ballroom Dancing&lt;br&gt;1...Pickleball&lt;br&gt;5...Quilts for Kids</td>
<td>19 9...Breakfast in the Café&lt;br&gt;9:30...PARKinson’s Exercise&lt;br&gt;10...Fleece Scarf Craft&lt;br&gt;10...Walking Club&lt;br&gt;11...Chair Exercise&lt;br&gt;1:30...Memory Cafe</td>
<td>20  <strong>Hoodie Hoo Day</strong>&lt;br&gt;9...Merry Christmas&lt;br&gt;9:15...Prayer Group&lt;br&gt;10...Pickleball&lt;br&gt;10...Now You Have It...&lt;br&gt;11...Poker&lt;br&gt;11...Walking Club&lt;br&gt;12:30...Yoga 101&lt;br&gt;1...Pinochle Game</td>
<td>21 9:15...Bonanza Bingo&lt;br&gt;9:30...Beginner Tap Dance Class&lt;br&gt;10...Tap Dance Class&lt;br&gt;10...Walking Club&lt;br&gt;11...Chair Exercise</td>
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<td>24 9...Apprise (Appt Req)&lt;br&gt;10...UPMC presents: Cardiac Disease Management&lt;br&gt;11...Chair Exercise&lt;br&gt;11...T’ai Chi Chih&lt;br&gt;12:30...Yoga 101</td>
<td>25  <strong>Tax Preparation</strong>&lt;br&gt;9...Silver Sneakers Classic&lt;br&gt;10...Shuffleboard, Bocce Ball&lt;br&gt;10-11:30...Theatre Program&lt;br&gt;10...Lucky Bingo&lt;br&gt;11...Line Dancing&lt;br&gt;11...Beach Chair Volleyball&lt;br&gt;1...Ballroom Dancing&lt;br&gt;1...Pickleball</td>
<td>26 9...Breakfast in the Café&lt;br&gt;9:30...PARKinson’s Exercise&lt;br&gt;10...Mind Matters: A Look at the Night Sky&lt;br&gt;10...Walking Club&lt;br&gt;11...Chair Exercise</td>
<td>27 10...Pickleball&lt;br&gt;10...Birthday/Anniversary Party w/ Mark Bowersox&lt;br&gt;11...Walking Club&lt;br&gt;12:30...Yoga 101&lt;br&gt;1...Pinochle Game</td>
<td>28 8:45...Blood Pressure Check&lt;br&gt;9:15...Quarter Bingo&lt;br&gt;9:30...Beginner Tap Dance Class&lt;br&gt;10...Tap Dance Class&lt;br&gt;10...Walking Club&lt;br&gt;11...Chair Exercise</td>
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**DAILY:**
- **Fitness Studio (8:30-2:30)**
- **Billiards (8:30-2:30)**
- **Activity Lounge & Wi-Fi (8:30-2:30)**
- **Craft Room (8:30-2:30)**
- **Lunch (Noon—reserve)**

**February in February - 8:30 am -12:30 pm...Income Tax Preparation - Appointments Required.** Contact Tom on Mondays & Fridays 9:30 am -1:30 pm for an appointment.
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<tr>
<th>Date</th>
<th>Monday</th>
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<th>Friday</th>
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<tr>
<td>February 3</td>
<td>Chicken Parmesan w/ sauce &amp; Baked Porcupine Ball</td>
<td>Turkey Reuben (2.5 oz Turkey, Chicken Taco- 3 oz Center Cut Pork Loin- 1 Slice each Mozzarella with 2 oz Tomato Sauce with 2 oz Sauerkraut, 1/2 oz cheese) with Sour Cream &amp; Lettuce with 2 oz Gravy</td>
<td>1/2 cup Pasta 1/2 cup Garlic Whipped Potatoes 1 cup Creamy Vegetable Chowder 1/2 cup Seasoned Corn &amp; Black Beans 1/2 cup Whipped Sweet Potatoes 1/2 cup Green Beans 1/2 cup Carrots with Crackers 1/2 cup Seasoned Rice 1/2 cup Lima Beans</td>
<td>Wheat Bread Cake Rye Bread Soft Tortilla Shell White Bread Fresh Fruit 1/2 cup Mixed Fruit</td>
<td>1/2 cup Mixed Fruit 1/2 cup Mixed Fruit 1/2 cup Mixed Fruit 1/2 cup Mixed Fruit 1/2 cup Mixed Fruit</td>
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<td>February 10</td>
<td>Mushroom Cheese Burger- 1 each</td>
<td>Mango BBQ Chicken Breast- 1 each</td>
<td>Swedish Meatballs (4) Chicken Rosa</td>
<td>Pot Roast 1/2 cup with 1 oz of Gravy</td>
<td>Beef Burger Roll with 1 oz of Gravy</td>
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<td>February 17</td>
<td>White Chicken Chili 3 oz Pulled Turkey</td>
<td>Warm Ham &amp; Cheese Sandwich</td>
<td>Lasagna with Meat Sauce</td>
<td>1 cup Tossed Salad with Cucumber</td>
<td>Ham, Cheese &amp; Mayo with 1 oz of Gravy</td>
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<td>February 24</td>
<td>Country Fried Chicken- 1 piece</td>
<td>Sloppy Joe- 1/2 cup</td>
<td>Baked Crab Cake- 1 piece</td>
<td>Roasted Pork with Apples- 1 piece</td>
<td>Fresh Fruit 1/2 cup</td>
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<tr>
<td>February 31</td>
<td>President's Day</td>
<td>Chicken Salad</td>
<td>Chicken Salad</td>
<td>Chicken Salad</td>
<td>Chicken Salad</td>
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*** All meals are subject to change ***

*** Served Daily: 8 ounces Milk and 1 tablespoon Margarine ***
Chair Massages

Randy Walton will be available on Thursday, February 20th from 9 a.m. 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. Sign-up sheet in the reception area.

Pinochle Thursdays at Windy Hill

We have been playing “Auction Pinochle” games on Thursday at 1 p.m. This is for new and experienced players. For anyone interested in learning instruction will be given. The goal is to get enough people playing (at least 8) that we could invite other centers to compete with us. Spearheading this effort is Dale Seaks, he is happy to answer any questions you may have.

Please Note!

We would ask you to please plan on getting to any activity at least 15 minutes prior to the start time listed on the calendar. This is so as to avoid the disturbance by folks walking in the door as the activity is starting. This is rude to our speakers and also to the organizers of games and activities.

NOTICE

Please do not bring miscellaneous items to share on any lunchroom tables. If you have something to share with other members please ask a staff member and remember it must be unopened, new, clean packaging.

Do not hang flyers on Lobby bulletin boards without consulting with Nancy at the front desk.

Out of consideration for our more smell sensitive members, please limit the use of strong fragrances.

Matter of Balance Class Scheduled for the Spring

Mark your calendars now for the next Matter of Balance class scheduled to begin on Friday, March 13th. The class consists of 8 sessions and runs each Friday (except Tuesday, April 7) through May 1st. All classes start at 9 a.m. and are 2 hours long with a break. Please plan to stay for lunch on these days. This class is free but be prepared to commit to attending each class. Look for more information in the Front Lobby and sign up with Nancy.

We will again be hosting a session for Future Leaders of York on March 11 at 9 a.m. We are in need of a few volunteers to interact with the students that morning. Please see Nancy or Tracy for more information.

Windy Hill Closing Policy

Please note that if the Spring Grove Area School District is closed for inclement weather, Windy Hill will be closed. If the school district has a 2-hour delay, Windy Hill will decide on a case-by-case basis whether to open or close. Closures will be posted on our Facebook and website. We will also have a message on the answering machine. Please call the center number for verification of closure. Please use proper judgment when deciding whether or not to travel to the center. Even though we are open, it does not mean that our sidewalks and parking lot are completely clear of ice and snow, please be careful!

Quilts for Kids Needs Your Help

The Quilts for Kids Group would welcome any donations of NEW cotton fabric and NEW cotton batting. This group provides quilts for hospitalized children in regional hospitals. Please be as generous with them as they are giving up their time and talent to make a sick child feel better. Donations can be brought to the main office. Cash donations will be accepted.
## Fitness Programs at Windy Hill

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Wednesdays</th>
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</thead>
<tbody>
<tr>
<td>10:00 Basketball (Free)</td>
<td>9:30 Parkinson’s Exercise Class ($10)</td>
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<tr>
<td>11:00 Chair Exercise (Free)</td>
<td>10:00 Walking Club (Free)</td>
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<tr>
<td>11:00 T’ai Chi Chih ($5)*</td>
<td>10:00 Basketball (Free)</td>
</tr>
<tr>
<td>12:30 Yoga 101 ($5)*</td>
<td>11:00 Chair Exercise (Free)</td>
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**Tuesdays:**
9:00 Silver Sneakers Classic ($2, Free to Silver Sneakers)
10:00 Shuffleboard/Bocce Ball (Free)
11:00 Line Dancing ($2)
1:00 Pickleball (Free)

The fitness room is open everyday from 8:30 a.m.—2:30 p.m.
*These classes are covered under Silver & Fit and Silver Sneakers and are $2 for participating members.

## Parkinson’s Exercise Activity

This exercise class is exclusively for Parkinson's patients and their caregivers. The instructors use proven exercise and stretching techniques to help patients improve strength, balance and stamina. These exercises have been proven and the instructors certified to help Parkinson's patients. Each class is $10 and caregivers are welcome and encouraged to attend for free. The instructors have extensive experience with this disease and can adjust and individualize for the individual patient's needs. Please encourage and spread the word for this worthwhile class.

### Windy Hill Phone System

Please note that when calling Windy Hill, you will immediately receive a voicemail message. After the message, you will be given the opportunity to dial directly to an extension number. Please note the following extensions:

- Income Tax Appointments - 101
- Tracy Haper, Assistant Director - 102
- Tammy Miller, Executive Director - 103
- Home Delivered Meals - Jenna Ericson - 104
- Risa Anderson, Program Assistant - 105
- Nancy Wagner, Receptionist - 0

We are experiencing a large number of calls due to income tax appointments. Thank you for your patience!

## If your insurance changes to or from Silver & Fit to or from Silver Sneakers, please let Nancy know to update our records.

## Windy Hill Lunch Program

Lunch is served Monday through Friday at 12:00 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 on the Copilot by 9:30 a.m. 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. This will allow us to offer that lunch to someone who may not have ordered in advance. Take out containers are available for a $1 donation.
WE COME NEW MEMBERS!

Rita Bingaman
John Hammond
Nina Hammond
Thomas Kern
Mary Kollmar
Deborah McMillan
Constance Michaels
Edwin Michaels
James Miller
Saundra Miller
Jerry Morris
Molly Morris
Diane Nenninger
Mark Nenninger
Gregory Runk
Mary Jo Runk
Robert Strine
Curtis Wolfe

Memory Cafe

Windy Hill will be facilitating a Memory Café on the 3rd Wednesday of each month from 1:30-3:00 p.m. 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. There is no cost to participate in the café. Refreshments will be provided. Please sign up in the reception area or call the center.

FEBRUARY NEWSLETTER SPONSORS

Happy Birthday to Tammy Miller - our fearless leader. And many more. From the Members and Staff of Windy Hill

We need Newsletter Sponsors – Help us to offset the cost of printing our newsletter. For $25 a month you can dedicate or honor anyone or any occasion that you wish. See Nancy at the front desk for more information.

Next Book Club to be held on
Tuesday, February 18, 2020 at 11:00 a.m.
The Cactus by Sarah Haywood
For Susan Green, messy emotions don’t fit into the equation of her perfectly ordered life. She has a flat that is ideal for one, a job that suits her passion for logic, and an “interpersonal arrangement” that provides cultural and other, more intimate, benefits. But suddenly confronted with the loss of her mother and the news that she is about to become a mother herself, Susan’s greatest fear is realized. She is losing control.

Enter Rob, the dubious but well-meaning friend of her indolent brother. As Susan’s due date draws near and her dismantled world falls further into a tailspin, Susan finds an unlikely ally in Rob. She might have a chance at finding real love and learning to love herself, if only she can figure out how to let go.

Windy Hill at Guthrie Library

- Windy Hill will be providing programming and other services for seniors in Guthrie Memorial Library at 3 Library Place, Hanover. Programs will be provided each Wednesday from 10 a.m. until 1 p.m. A lunch will be provided at a minimal cost. Transportation is also available through RabbitTransit, but co-pay per trip will be charged. Please note that these activities will be held at the library location in Hanover.

*Check with the Guthrie Library for a weekly schedule with specific activities.

UPCOMING ACTIVITIES:

March 9 - Council Meeting with Jerry Overby
March 19 - Birthday/Anniversary Party with Tall in the Saddle
March 26 - 2020 Health & Wellness Vendor Fair
What's Happening? - Continued from page 1

**Hoodie Hoo Day – Wednesday, February 20; noon.** Yes, this is a real thing. The tradition is based on the premise that at noon, residents in the Northern Hemisphere tired of winter, step outside at noon, wave their hands over their heads and yell “Hoodie Hoo”. This, presumably, will chase winter away and make ready for Spring. Can’t hurt to try!

**Prayer Group/Bible Study – Thursday, February 20; 9:15 a.m.** Paster Allison Bowlan of St. Paul’s Lutheran Church in Spring Group will lead the group this morning.

**Bingo Bonanza – Friday, February 21; 9:15 – 11:15 a.m.** In order to play the last ‘big bonanza’ game you must be signed up to eat lunch on this day. Please register for hot lunch by February 19; please register for Bag Lunch by February 7.

**UPMC Hanover Hospital presents “Cardiac Disease Management” - Monday, February 24; 10 a.m.** Sign up for lunch by February 20.

**Mind Matters: A Look at the Night Sky– Wednesday, February 28; 10 a.m.** Join us for this WITF program. Then stay for lunch, rsvp by Monday, February 24.

**February Birthday and Anniversary Party with Entertainment by DJ Mark Bowersox – Thursday, February 27; 10 a.m.** Please sign up for lunch by February 25.

**Blood Pressure Check – Friday, February 24; 8:45 a.m.** Screenings take place in the lunchroom. Please check “Blood Pressure” on the CoPilot when you sign in.

**Quilts for Kids –Monday, February 10 & Tuesday, February 18 at 5 p.m.; Thursday, February 27; 10 a.m.** Join the Quilts for Kids group to help make quilts to give to ill or needy children. You don’t need to know how to sew. They can always use assistance cutting fabric, etc.

**Lucky Bingo (no caller) – Tom Uffelman will play Lucky Bingo on Wednesday, February 12 & Tuesday, February 25 at 10 a.m.** in the Café.

**Ballroom Dancing – Tuesdays; 1:00 pm in the Auditorium $2 person.**

**NEW – Bocce Ball – Tuesdays, 10 a.m.** Anyone who would like to participate in the YCAA Senior Games that are held each year in June in the category of Bocce Ball or Shuffleboard should plan to attend and practice on Tuesdays at 10 a.m. If you are interested, please plan to attend the first meeting on February 4th for more information.

**Chair Beach Volleyball – Tuesdays, 11 a.m.** By popular demand, we will now play Chair Beach Volleyball every Tuesday at 11 a.m. in the Front Lobby. Has quickly become a center favorite! Keep your behind on the chair and just hit the ball. Easy – peasy!

**Playing Cards Club – Wednesdays; 9 a.m.** Anyone who is interested, just show up and the cards games will be chosen based on the consensus of the attendees.

**NEW – Poker – Thursdays, February 6 & 20; 11 a.m.** Another event at the YCAA Senior Games in June, there has been interest expressed in getting several folks together to play and then enter the games. If you are interested please plan to attend the February 6 meeting for more information.

**Pinochle Games – Thursdays; 1 p.m.**

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**Dining Room**

**Hours:**

- Monday – Friday: 8:30 am - 2:30 pm
- Saturday: 8:30 am - 1:00 pm
- Sunday: Closed

**Locations:**

- Ceremony Room (Lower Level)
- Café (Lower Level)
- Activity Room (Lower Level)
- Lunchroom (First Floor)
- Circus Room (First Floor)
- Multipurpose Room (First Floor)
- Outdoor Area (Backyard)

**What to Expect:**

- **Meals:**
  - Lunches are served Monday through Friday from 11:30 am to 1:00 pm. Senior citizens can choose from two hot meals. A nutritious meal is provided for lunch each day.
  - Breakfast is served Monday through Friday from 7:00 am to 8:00 am. A breakfast option is provided each day.
  - Dinner is served Monday through Friday from 4:30 pm to 6:00 pm. A dinner option is provided each day.

- **Activities:**
  - Social events, entertainment, and educational programs are offered regularly.
  - Exercise classes, workshops, and seminars are available throughout the week.

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**For more information or to schedule a tour:**

Pvt. Allen J Beck Jr VFW Post 5265
199 West 1st Avenue • PO Box 54 • Spring Grove, PA 17362
717-225-4010 • www.vfw5265.org