What's Happening?

Dime Bingo – Monday, March 2 & 30; 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 27th and March 26th.

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

Intergenerational iPad Class – Tuesdays, March 3 – April 21. Classes alternate between 9 a.m. and 1 p.m. March 3 begins at 9 a.m. This class is free but limited, please see Jenna for more information.

Family Feud – Tuesday, March 3; 10 a.m. Join us to play this classic game. It’s a favorite with our members.

TED Talk – Wednesday, March 4; 10 a.m. We will watch the 15 min talk, “The Secret to Long Life...” by Sandy Pinker and then discuss.

Now You Have It, Now You Don’t... - Thursday, March 5 and Tuesday, March 24; 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.

NEW Silver Sneakers Classic adds Thursdays at 9; begins Thursday, March 5 - $5 unless you have Silver Sneakers then it’s free.

Council Meeting with Entertainment by Jerry Overby – Monday, March 9; 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, March 5.

Open Mic! – Tuesday, March 10; 10 a.m. This is Windy Hill’s version of “American Idol.” Grab the microphone and express your talent!

Future Leaders of York – Wednesday, March 11; 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.

Extra Chair Beach Volleyball – Thursday, March 12; 10 a.m.

Matter of Balance – Friday, March 13; 9 a.m. – 11 a.m. 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.

JFS Health Presentation – Monday, March 16; 10 a.m. See Article inside.

State Representative Kate Klunk’s Office @ Windy Hill – Tuesday, March 17; 9 a.m. – 11 a.m. 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.

St. Patrick’s Day Meal & Entertainment w/ Leo DiSanto – Tuesday, March 17; 10 a.m. Wear your green, grab a Leprechaun and be ready to celebrate the Day. Everyone is Irish on St. Patrick’s Day. Leo will play a selection of Irish tunes mixed with popular favorites. Sign up for the special meal by March 13.

Town Hall Meeting with Congressional Representative Smucker – Tuesday, March 17; 11 a.m. Congressman Lloyd Smucker from Pennsylvania’s 11th Congressional District, which includes Southern York County, will conduct a town hall meeting at Windy Hill on Tuesday, March 17; 11 a.m. He serves on the Transportation and Infrastructures and Education and Labor committees. Here’s your opportunity to find out what’s going on in Washington D.C.!
A special thank you for donations in the month of January. Donations included food, supplies and other items to our center.

Jean Baker
John Basta
Bob & Maryann Brenneman
Jim Burgard
Gladys Curry
Pauline Diehl
Ethel Donner
Connie Fackler
Mike & Amanda Forry
Glenda Funkhouser
Nova Gingerich
Selma Hadsell
Barb Harrell
Jerry Henning
Don & Dolores Hoover
Ellen Johnson
Stan & Sharon Kessler
Bob & Gloria Kramer
Larry Kress
Pam Kuhn
Tom & Judy Markle
Doris Meckley
Ella Murphy
Becky Myers
Dawn Ness
Nick & Debbie Nixon
Barb Pauley
Anna Peterson
Byron & Pat Pomraning
Leo & Sandy Reaver
Diana Rohrbaugh
Shirley Shearer
Nadine Siar
Elaine Smeigh
Pat Stone
Barry & Bev Strausbaugh
Bob & Jan Szczzechowiak
Tim, Famous Hot Weiner
Ruth Wagner
Charlie Ward
Country Meadows
Kennie's Markets

THANK YOU TO THESE ORGANIZATIONS AND INDIVIDUALS WHO MADE MONETARY DONATIONS IN THE MONTH OF JANUARY

Vigilant Social Club
Viking Athletic Assoc
McSherrystown Home Association
Hanover Home Association
Rick Harmer
Linda Freed
Lucinda Kelly
Marion Miller
David Brown
Kennies Markets
James Miller
Genevieve Reed
Richard Hartsough
James Biery
Appeals Steward
Scott & Kitty Kurz – in memory of Ernst & Maria Schirmer
Friend
Catherine Arians
Robert Strausbaugh
Other
Rita & Wayne Smeltzer

THANK YOU

Also, thank you to our anonymous donors. We appreciate your continued support of Windy Hill.

Reminder – We have iPads for use in the building. Ask Nancy to check one out at the front desk.

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
Chocolate Snacks for Vending Machine

* Greater Need

PRAYER LIST

Mary Coulson
Harry Baer
Larry Grothey
Philip Carlise
Alice Bortner
Fred Burns
Dolores Senft
James Senft
Dale Brillhart
Edith
Brenneman
Wayne Holt
Marlene Ayers
Grace

Laughman
Harlyn
Laughman
Dolores
Brillhart
Casino Trip
On Tuesday, June 16 join us to Hollywood Casino at Charles Town Races in Charles Town, WV. The bus will leave at 9:30 a.m. and return approximately 6:30 p.m. Cost is $40 with $20 free slot play. A bag lunch will be provided. See Nancy to sign up, payment required at sign up.

We are heading south to the Chesapeake Bay for lovely tour of the Chesapeake Bay Maritime Museum, lunch at the Crab Claw and afternoon boat cruise on the Miles River. The bus will leave at 6:15 a.m. with a food/potty break enroute and arrive back at 7:45 p.m. The cost is $99 this includes the bus, all activities, gratuities and tax. Payment at time of registration, please see Nancy.

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!

Jewish Family Services of York and The York Jewish Community Center are presenting Healthy Aging: An Approach to Overall Wellness
This presentation is geared to individuals who are looking ahead at preparations and challenges that are a part of aging. We invite you to come and learn!

How can you prepare now for common age related life challenges?

There are 3 important components that are a part of all age related advance planning:

- Looking ahead and anticipating some expected life challenges
- Making plans to help adjust to these challenges
- Completing documents reflecting your wishes and preferences

JFS serves older adults, families and caregivers of all faiths to create a community where every individual and family is on a path to self-sufficiency, ages with dignity and is socially connected. The York Jewish Community Center creates opportunities for everyone, inspires relationships, builds a community of well-being, and enhances Jewish communal life. This program is supported through a grant from the York Community Foundation’s Embracing Aging Initiative grant from the York Community Foundation’s Embracing Aging Initiative.

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.oli.york.psu.edu. You do not have to join OLLI to participate in the classes.

Give Local York
Mark your calendar for Friday, May 1, for Give Local York. Windy Hill will have an open house including DJ Bowersox from 8:30 a.m. - Noon. The Spring Grove community nonprofits will host a family community night from 5-8 p.m. that evening at the Spring Grove Intermediate School. The event will include fun activities for the kids, food, music and lots of fun!
3/1 - Franklin Alland  
Marlin Miller  
Wayne Winemiller  
3/2 - Larry Kress  
Robert Ness  
3/3 - Donald Arnold  
Ethel Donner  
Betty Holt  
Susan (Ann) Lehan  
3/4 - Dennis Ballas  
Dorothy Kaspar-Kerst  
Sharon Madenfort  
Susan Rowland  
3/5 - Raymond Emig  
Mary Sauble  
3/6 - Virginia Adams  
Gene Cyprych  
Phyllis Grogg  
Joseph Hartley  
3/7 - Joan Orndorff  
3/8 - Joann Miller  
3/9 - Alice Bortner  
3/11 - Susan Reidy  
Maggie Smith  
3/12 - Constance Fackler  
Brenda Greiner  
Jo Ann Henry  
Richard Krebs  
Shirley Luckenbaugh  
3/13 - Shirley Hartnett  
James Pittman  
Carol Sollenberger  
3/14 - William Aversa  
Selma Hadsell  
Richard Kipple  
Frederick Reck  
3/15 - Judy Markle  
Gordon Sauble  
3/16 - Jane Funt  
Barry Miller  
Margaret Turner  
3/17 - Dorcas Brenneman  
Charles Harrold  
3/18 - John Hall  
Diana Rohrbaugh  
Ronald Sollenberger  
3/19 - Mary Herring  
John Hoover  
Mary Kollmar  
3/20 - Thelma Airey  
Norman Platt  
3/21 - Roy Fisher  
Catharine Neiderer  
Shirley Sheaffer  
Michael Sholly  
3/22 - Catherine Arians  
Richard Graybill  
Patricia Rabine  
Thelma Russell  
3/23 - Francis Eyler  
3/24 - Stan Kessler  
Sharon Panell  
3/25 - Marilyn Eckard  
Kim Sterner  
3/26 - Dale Brillhart  
Jan Cramer  
3/27 - Louise Slade  
3/28 - Eugene Goodling  
3/29 - Anna Kraft  
Denise Smith  
3/30 - Pamela Hilbert  
Freda Stump  
Robert Thoman  
Tammy Wetzel  
3/31 - Larry Metzger

ANNIVERSARIES

George & Margaret Turner  
03/14/1953  
Paul & Kay Fontaine  
03/14/1998  
Clair & Shirley Bortner  
03/15/1952  
Samuel & Margaret Leese  
03/15/1975  
James & Darlene Pittman  
03/16/1957

David & Cynthia Breeden  
03/20/1966  
James & Dolores Senft  
03/22/1952  
James & Maryanne Biddison  
03/23  
Terry & Nancy Miller  
03/24/1968  
Paul & Darlene Webb  
03/28/1964

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

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

Our Celebration for Birthdays and Anniversaries in March will be held on Thursday, March 19th at 10:00 a.m. with entertainment provided by Tall in the Saddle.. Sign up for lunch by March 16th.

Birthday cupcakes are provided by Country Meadows
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 2</td>
<td>March 3</td>
<td>March 4</td>
<td>March 5</td>
<td>March 6</td>
</tr>
<tr>
<td>Bratwurst -1 piece</td>
<td>Meatloaf</td>
<td>Baked Ham with 1 oz Fruit Sauce</td>
<td>Greek Chicken Salad</td>
<td>Tuna Salad Sandwich-1/2 cup with Lettuce &amp; Tomato</td>
</tr>
<tr>
<td>1/2 cup Scalloped Potatoes</td>
<td>1/2 cup Mashed Potatoes</td>
<td>1/2 cup Sweet Potatoes</td>
<td>3 oz Diced Chicken, Black Olives, White Bread</td>
<td>1/2 cup Potato Salad</td>
</tr>
<tr>
<td>1/2 cup Wax Beans</td>
<td>1/2 cup Mixed Vegetables</td>
<td>1/2 cup Green Beans</td>
<td>Red Onions, Tomato, Mozzarella Cheese</td>
<td>1/2 cup Marinated Beans</td>
</tr>
<tr>
<td>Hot Dog Roll</td>
<td>Wheat Bread</td>
<td>Fresh Fruit</td>
<td>1 cup Mixed Greens with dressing</td>
<td>2 slices Wheat Bread</td>
</tr>
<tr>
<td>Mustard Packet</td>
<td></td>
<td></td>
<td>1 cup Wedding Soup with Crackers</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>1/2 cup Pears</td>
<td></td>
<td></td>
<td>Dinner Roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1/2 cup Mandarin Oranges</td>
<td></td>
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</tbody>
</table>

**March 9**

<table>
<thead>
<tr>
<th>BBQ Pulled Pork-1/2 cup</th>
<th>Baked Ziti 3/4 cup with 3 Meatballs</th>
<th>Chicken Caesar Club (Lettuce, Tomato, Cheese &amp; Croutons)</th>
<th>Salisbury Steak with Onion Gravy</th>
<th>Seafood Mac &amp; Cheese - 1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup Seasoned Potatoes</td>
<td>Marinara Sauce with Cheese Topping</td>
<td>1 cup Creamy Broccoli Soup w/ Crackers Sandwich Roll</td>
<td>1/2 cup Whipped Potatoes</td>
<td>1/2 cup Stewed Tomatoes</td>
</tr>
<tr>
<td>1/2 cup Coleslaw</td>
<td>1 cup Tossed Salad with Cucumber Dressing</td>
<td>1/2 cup Blushed Pears</td>
<td>1/2 cup Diced Carrots</td>
<td>Whole Grain Dinner Roll</td>
</tr>
<tr>
<td>White Bread</td>
<td>Garlic Bread</td>
<td>1/2 cup Pineapple Delight</td>
<td>Wheat Bread</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>1/2 cup Warm Apples</td>
<td>1/2 cup Mixed Fruit Salad</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**March 10**

<table>
<thead>
<tr>
<th>St Patrick's Day Special</th>
<th>Chicken &amp; Biscuit-1 cup</th>
<th>Baked Meatloaf Marinara</th>
<th>Vegetable Lasagna topped with Vegetable Cream Sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet &amp; Sour Roasted Pork-1 slice</td>
<td>Corned Beef &amp; Cabbage-3/4 cup</td>
<td>1/2c. Pepper Slaw</td>
<td>1 cup Tossed Salad w/ Hard Boiled Egg</td>
</tr>
<tr>
<td>1/2c. Mashed Potatoes</td>
<td>Whole Grain Buttermilk Biscuit</td>
<td>Whole Gravy</td>
<td>Cucumber, Dressing</td>
</tr>
<tr>
<td>1/2c. Green Beans</td>
<td>1/2c. Peaches</td>
<td>Breadstick</td>
<td>Breadstick</td>
</tr>
<tr>
<td>Dinner Roll</td>
<td>1/2c. Pistachio Pudding</td>
<td>1/2 cup Sliced Peas</td>
<td>1/2 cup Pineapple</td>
</tr>
</tbody>
</table>

**March 11**

<table>
<thead>
<tr>
<th>March 12</th>
<th>March 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>ITALIAN</td>
<td>TURKEY</td>
</tr>
<tr>
<td>Chicken &amp; Biscuit-1 cup</td>
<td>Baked Meatloaf Marinara</td>
</tr>
<tr>
<td>1/2c. Pepper Slaw</td>
<td>1/2c. Gratin Potatoes</td>
</tr>
<tr>
<td>Whole Grain Buttermilk Biscuit</td>
<td>1/2 cup Corn</td>
</tr>
<tr>
<td>1/2c. Peaches</td>
<td>Wheat Bread</td>
</tr>
<tr>
<td>1/2 cup Sliced Peas</td>
<td>1/2 cup Sliced Pears</td>
</tr>
</tbody>
</table>

**March 14**

<table>
<thead>
<tr>
<th>March 15</th>
<th>March 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Patrick’s Day Special</td>
<td>March 17</td>
</tr>
<tr>
<td>Italian</td>
<td>Chicken &amp; Biscuit-1 cup</td>
</tr>
<tr>
<td>Sweet &amp; Sour Roasted Pork-1 slice</td>
<td>1/2c. Pepper Slaw</td>
</tr>
<tr>
<td>1/2c. Mashed Potatoes</td>
<td>Whole Grain Buttermilk Biscuit</td>
</tr>
<tr>
<td>1/2c. Green Beans</td>
<td>1/2c. Peaches</td>
</tr>
<tr>
<td>Dinner Roll</td>
<td>1/2 cup Sliced Peas</td>
</tr>
<tr>
<td>1/2c. Pistachio Pudding</td>
<td>1/2 cup Sliced Pears</td>
</tr>
</tbody>
</table>

**March 17**

<table>
<thead>
<tr>
<th>March 18</th>
<th>March 19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken &amp; Biscuit-1 cup</td>
<td>Baked Meatloaf Marinara</td>
</tr>
<tr>
<td>1/2c. Pepper Slaw</td>
<td>1/2c. Gratin Potatoes</td>
</tr>
<tr>
<td>Whole Grain Buttermilk Biscuit</td>
<td>1/2 cup Corn</td>
</tr>
<tr>
<td>1/2c. Peaches</td>
<td>Wheat Bread</td>
</tr>
<tr>
<td>1/2 cup Sliced Peas</td>
<td>1/2 cup Sliced Pears</td>
</tr>
</tbody>
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**March 20**

<table>
<thead>
<tr>
<th>March 21</th>
<th>March 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian</td>
<td>March 23</td>
</tr>
<tr>
<td>Italian</td>
<td>St Patrick’s Day Special</td>
</tr>
<tr>
<td>Sweet &amp; Sour Roasted Pork-1 slice</td>
<td>1/2c. Mashed Potatoes</td>
</tr>
<tr>
<td>1/2c. Green Beans</td>
<td>1/2 cup Seasoned Corn &amp; Blackbeans</td>
</tr>
<tr>
<td>Wheat Bread</td>
<td>1/2 cup Seasoned Corn &amp; Blackbeans</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>1/2 cup Seasoned Rice</td>
</tr>
<tr>
<td></td>
<td>Soft Tortilla Shell</td>
</tr>
<tr>
<td></td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td></td>
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</tbody>
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**March 23**

<table>
<thead>
<tr>
<th>March 24</th>
<th>March 25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasted Turkey/ 3 oz with Gravy/ 2 oz</td>
<td>Chicken Taco- 3 oz Chicken with 1 oz Sour Cream &amp; Lettuce</td>
</tr>
<tr>
<td>1/2 cup Sweet Potatoes</td>
<td>1/2 cup Seasoned Corn &amp; Blackbeans</td>
</tr>
<tr>
<td>1/2 cup Lima Beans</td>
<td>1/2 cup Seasoned Rice</td>
</tr>
<tr>
<td>White Bread</td>
<td>Soft Tortilla Shell</td>
</tr>
<tr>
<td>1/2 Cup Sliced Apples</td>
<td>Fresh Fruit</td>
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<td></td>
<td></td>
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**March 25**

<table>
<thead>
<tr>
<th>March 26</th>
<th>March 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Porcupine Ball w/ Tomato Sauce</td>
<td>Breaded Fish Sandwich</td>
</tr>
<tr>
<td>1/2 cup Garlic Whipped Potatoes</td>
<td>Lettuce &amp; Cheese</td>
</tr>
<tr>
<td>1/2 cup Carrots</td>
<td>1c. Homemade Vegetable Soup</td>
</tr>
<tr>
<td>Dinner Roll</td>
<td>Crackers</td>
</tr>
<tr>
<td>1/2 cup Chocolate Pudding</td>
<td>WG Sandwich Roll</td>
</tr>
<tr>
<td></td>
<td>1/2c. Mixed Fruit</td>
</tr>
</tbody>
</table>

**March 26**

<table>
<thead>
<tr>
<th>March 27</th>
<th>March 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swedish Meatballs (4) over Noodles</td>
<td>Chopped Chicken with 1 oz Gravy</td>
</tr>
<tr>
<td>1/2c. Peas</td>
<td>Whole Gravy</td>
</tr>
<tr>
<td>Wheat Bread</td>
<td>Baked Ham with 1 oz Fruit Sauce</td>
</tr>
<tr>
<td>1/2c. Mixed Fruit Salad</td>
<td>1/2 cup Sweet Potatoes</td>
</tr>
<tr>
<td></td>
<td>1/2 cup Green Beans</td>
</tr>
<tr>
<td></td>
<td>White Bread</td>
</tr>
<tr>
<td></td>
<td>Fresh Fruit</td>
</tr>
</tbody>
</table>

**March 28**

<table>
<thead>
<tr>
<th>March 29</th>
<th>March 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pot Roast- 3 oz with 1 oz Gravy</td>
<td>Swedish Meatballs (4) over Noodles</td>
</tr>
<tr>
<td>1/2c. Parsley Potatoes</td>
<td>1/2c. Peas</td>
</tr>
<tr>
<td>1/2c. Sliced Carrots</td>
<td>Wheat Bread</td>
</tr>
<tr>
<td>Italian Bread</td>
<td>1/2c. Mixed Fruit Salad</td>
</tr>
</tbody>
</table>

**March 30**

<table>
<thead>
<tr>
<th>March 31</th>
<th>MARCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian</td>
<td></td>
</tr>
<tr>
<td>MON</td>
<td>TUE</td>
</tr>
<tr>
<td>-----------</td>
<td>-----------</td>
</tr>
<tr>
<td><strong>9</strong></td>
<td><strong>10</strong></td>
</tr>
<tr>
<td>10...Dime Bingo</td>
<td>**Tax Preparation ***</td>
</tr>
<tr>
<td>11...Chair Exercise</td>
<td>9...iPad Class</td>
</tr>
<tr>
<td>11...T’ai Chi Chih</td>
<td>10...Shuffleboard/ Bocce Ball</td>
</tr>
<tr>
<td>12:30...Yoga</td>
<td>11...Beach Chair Volleyball</td>
</tr>
<tr>
<td>5...Quilts for Kids</td>
<td>11... Ballroom Dancing</td>
</tr>
<tr>
<td><strong>16</strong></td>
<td><strong>17</strong></td>
</tr>
<tr>
<td>10...Scrapping w/Bev</td>
<td>**Tax Preparation ***</td>
</tr>
<tr>
<td>10...JFS Health Presentation</td>
<td>9...iPad Class</td>
</tr>
<tr>
<td>11...Chair Exercise</td>
<td>9...St. Pat’s Day w/Leo DiSanto</td>
</tr>
<tr>
<td>11...T’ai Chi Chih</td>
<td>10...Shuffleboard/ Bocce Ball</td>
</tr>
<tr>
<td>12:30...Yoga</td>
<td>11...Line Dancing</td>
</tr>
<tr>
<td>5...Quilts for Kids</td>
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Chair

Massages

Randy Walton will be available on Thursday, March 12th 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.

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.

Disclaimer:

This newsletter was created by a human, expect mistakes.

Windy Hill Showcase and Open House

Join us for our Annual open house and showcase event on Wednesday, April 8, from 6-8 p.m. This is an opportunity to bring your family and friends and show them all the fun that we have. Enjoy displays and demonstrations along with some tasty refreshments. RSVP is required by signing up in the reception area. Please note that we are looking for donations for door prizes for this event.

PA Mail-In Ballots

We have a supply of applications to vote in the Primary and General elections via mail-in ballot. This means that you would not have to go to the polls to vote. Applications can be submitted now for the Primary Election on April 28. You can request to have ballots mailed to you annually. Please see Nancy for an application. For more information visit www.VotesPA.com/MailBallot.

2020 Council Officers

Byron Pomraning, President
Charles Males, V.P.
Maryann Brenneman, Secretary
Linda Wildasin, Assistant Secretary
Leo Reaver, Treasurer

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!

Rent A Kid Program

Local Spring Grove students are available for assisting with household chores, outside jobs including shoveling snow. In order to participate you must inquire through the York County Area Agency on Aging, 717-771-9103. The recommended pay rate is $5/hour however if the work is intense please consider more. Students have been vetted through their guidance counselors and must be accepted into this program to work. Please consider helping our local students earn some extra money.
Fitness Programs at Windy Hill

**Mondays:**
- 10:00 Basketball (Free)
- 11:00 Chair Exercise (Free)
- 11:00 T’ai Chi Chih ($5)*
- 12:30 Yoga ($5)*

**Tuesdays:**
- 9:00 Silver Sneakers Classic ($2, Free to Silver Sneakers)
- 10:00 Shuffleboard/Bocce Ball (Free)
- 11:00 Line Dancing ($2)
- 10:00 Pickleball (Free)

**Wednesdays:**
- 9:30 Parkinson’s Exercise Class ($10)
- 10:00 Walking Club (Free)
- 11:00 Chair Exercise (Free)

**Thursdays:**
- 9:00 Silver Sneakers Classic ($2, Free to Silver Sneakers)
- 10:00 Pickleball (Free)
- 11:00 Walking Club (Free)
- 12:30 Yoga ($5)*

**Fridays:**
- 9:30 Beginner Tap Dance – ½ hour ($2)
- 10:00 Walking Club (Free)
- 10:00 Pickleball (Free)

*These classes are covered under Silver & Fit and Silver Sneakers and are $2 for participating members.

The fitness room is open everyday from 8:30 a.m.—2:30 p.m.

**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 and are 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.

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

**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!

**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.
WELCOME NEW MEMBERS!

Gary & Susan Allshouse  
Rodney Altland  
Linda Berkheimer  
Kim Boone  
Helene Boyd  
Judy Cornbower  
Gordon Custer  
Earl Grissom  
Drena Henry  
Sharon Hondos  
Laurie Kail  
Margaret Knee  
Franklin Runk  
Mary Sheppard  
Lois Simmons  
Sherry Smith  
Doreen Snyder  
Keith & Phyllis Spahr
Barbara Stauffer  
Karen Sullivan  

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.

MARCH NEWSLETTER SPONSORS

In Loving Memory of my sister, Donna Kay Mummert – Robert Stine  
In Loving Memory of my husband, Phil – Gwen Lehr  

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, March 17, 2020 at 11:00 a.m.  

The Giver of Stars by Jojo Moyes  

Alice Wright marries handsome American Bennett Van Cleve hoping to escape her stifling life in England. But small-town Kentucky quickly proves equally claustrophobic, especially living alongside her overbearing father-in-law. So when a call goes out for a team of women to deliver books as part of Eleanor Roosevelt’s new traveling library, Alice signs on enthusiastically. What happens to them—and to the men they love—becomes an unforgettable drama of loyalty, justice, humanity and passion. These heroic women refuse to be cowed by men or by convention. And though they face all kinds of dangers in a landscape that is at times breathtakingly beautiful, at others brutal, they’re committed to their job: bringing books to people who have never had any, arming them with facts that will change their lives. Based on a true story rooted in America’s past, The Giver of Stars is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic—a richly rewarding novel of women’s friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond.

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:
April 6 - Council Meeting  
April 8 - Open House & Showcase  
April 10 - Center Closed – Good Friday  
April 23 - Birthday/Anniversary Party w/DJ Pebbles
New Member Orientation – Wednesday, March 18; 11 a.m. For new and seasoned members who need a reminder of what makes this center tick and highlights that make us great! This is good information, sign up for lunch by March 16.

Prayer Group/Bible Study – Thursday, March 19; 9:15 a.m. Pastor Allison Bowlan of St. Paul’s Lutheran Church in Spring Group will lead the group this morning.

March Birthday and Anniversary Party with Entertainment by Tall in the Saddle - Thursday, March 19; 10 a.m. Please sign up for lunch by March 17.

Bingo Bonanza – Friday, March 20; 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 March 18; please register for Bag Lunch by March 6.

Encompass Health presents “Brain Injury” - Monday, March 23; 10 a.m. Sign up for lunch by March 20.

Mind Matters: Identity Theft & Imposter Scams – Wednesday, March 25; 10 a.m. Join us for this WITF program. Then stay for lunch, rsvp by March 23.

7th Annual Wellness & Life Fair – Thursday, March 26; 8:30 a.m. – 2 p.m. See Insert for More Information

Blood Pressure Check – Friday, March 27; 8:45 a.m. Screenings take place in the lunchroom. Please check “Blood Pressure” on the CoPilot when you sign in.

Jackson Township Tax Collector, Jeanie Grogg - Monday, March 30; 9-10 a.m. Jeanie will be available to collect property taxes and answer questions.

Quilts for Kids – Monday, March 9 & March 16 at 5 p.m.; Thursday, March 12 at 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, March 18 & Tuesday, March 31 at 10 a.m. in the Café.

Ballroom Dancing – Tuesdays; 1:00 p.m. in the Auditorium $2 per person.

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 March 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 card games will be chosen based on the consensus of the attendees.

Poker – Thursdays, March 5 & 19; 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.

Pinochle Games – Thursdays; 1 p.m.
Windy Hill on the Campus
1472 Roth’s Church Rd, Spring Grove

Date: Thursday, March 26, 2020
Time: 8:30 a.m.—2:00 p.m.

Please note: Doors will not open until 8:30 a.m.

8:30 AM - Noon  Vendor Fair including over 40 vendor booths with free gifts & handouts
9-10 AM  Free Gift Card Bingo—Sponsored by OSS Health & Pivot Physical Therapy
10 AM  Workshop—“Stroke Awareness” - Encompass Health Rehabilitation Hospital of York
11 AM  Workshop—“CBD Information” - Minnich’s Pharmacy
NOON  Lunch (reservations required)
1-2 PM  Entertainment by “Patsy Cline & Friends”

Health Screenings throughout the day include blood pressure, vision and hearing. Door prizes will be awarded all day.

RSVP by March 19th to center at 717.225.0733 for lunch

Lunch is available to anyone age 60 or older and a resident of York County. There is no charge for the meals, however, a donation is appreciated. Reservations are required.

EVENT SPONSOR:

UPMC Pinnacle