Windy Hill on the campus

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

WEEKDAYS 8:30-2:30
717-225-0733

July 2024

LEGEND: *A = Auditorium, B = Billiards Room, C = Café, CA = Cafeteria, CO = Conference Room, D-CA = Dance Floor of CA, CR = Craft Room, G = Glass Room, GY = Gym, L = Lobby, Y = Yoga Room*

Mon	Tue	Wed	Thu	Fri
1 8:30- Breakfast in the Café $ 9- Chair Yoga $ /A 9- T'ai Chi Chih $ /Y 9- Walking Club /L 10- **Coffee & Discussion** /CA 11- Chair Exercise /L	***2*** 8 & 9- Silver Sneakers Class $ /L 10- Pinochle /C 10- **American Hist. Lecture** /CA 11- Chair Volleyball /L 1p- **Diabetes Prevention** /CA 1- **Hatha Yoga** $ /Y	***3*** 8:30- Breakfast in the Café $ 9- Chair Yoga $ /A 9:45- Walking Club /L 10- 8-Ball Billiards /B 11- Chair Exercise /L 12:30- Chair Volleyball /L	***4*** ***Center Closed*** 	***5*** 8:45- Chair Yoga $ /A 9- Friday Bingo $ /CA 9:45- Walking Club /L 10- Tap Dancing $ /A 10:15- Drumming Exercise /Y 11- Show Me Your Muscles /L
8 8:30- Breakfast in the Café $ 9- Chair Yoga $ /A 9- T'ai Chi Chih $ /Y 9:15- **Monday Bingo** /CA 9:45- Walking Club /L 11- Chair Exercise /L 5- **Quilts for Kids** /CA	***9*** 8 & 9- Silver Sneakers Class $ /L 9:30- **Watercolor w/ Katie** $ /CA 10- Pinochle /C 10- **Family Feud** /CA 11- Chair Volleyball /L 1p- **Diabetes Prevention** /CA 1- **Hatha Yoga** $ /Y	***10*** 8:30- Breakfast in the Café $ 9- **Wellness Checks** 9- Chair Yoga $ /A 9- **PA Medi** (by appt) 9- **Creative Writing** (wk 4) 9:45- Walking Club /L 10- 8-Ball Billiards /B 12:30- Chair Volleyball /L	***11*** 8 & 9- Silver Sneakers Class $ /L 9:30-11:30 -**Quilts for Kids** /CA 10-**Wii Bowling** /D-CA 10- 500 Bid Card Game /C 11- Chair Volleyball /L	***12*** 8:45- Chair Yoga $ /A 9- Friday Bingo $ /CA 9-**Parkinson's Exercise** /Y 9:45- Walking Club /L 10- Tap Dancing $ /A 10:15- Drumming Exercise /Y 11- Show Me Your Muscles /L
15 8:30- Breakfast in the Café $ 9- Chair Yoga $ /A 9- T'ai Chi Chih $ /Y 9:45- Walking Club /L 10- **Scrapbooking with Bev** /CA 11- Chair Exercise /L	***16*** 8 & 9- Silver Sneakers Class $ /L 10- Pinochle /C 10- **Word Link** /CA 10- Beginner Line Dancing $ /A 11- Line Dancing $ /A 11- Chair Volleyball /L 1p- **Diabetes Prevention** /CA 1- **Hatha Yoga** $ /Y	***17 Choptank Trip*** 8:30- Breakfast in the Café $ 9- Chair Yoga $ /A 9- **Creative Writing** (wk 5) 9:45- Walking Club /L 10- **The Power of Plants** /CA 10- 8-Ball Billiards /B 11- Chair Exercise /L 12:30- Chair Volleyball /L	***18*** 8 & 9- Silver Sneakers Class $ /L 10- 500 Bid Card Game /C 10- **Dandelion Talk** /CA 10- **Book Club** /CO 11- **Intergenerational Chair Volleyball** /L	***19*** 8:45- Chair Yoga $ /A 9- Friday Bingo $ /CA 9:45- Walking Club /L 10- Tap Dancing $ /A 10:15- Drumming Exercise /Y 11- Show Me Your Muscles /L
22 8:30- Breakfast in the Café $ 9- Chair Yoga $ /A 9- T'ai Chi Chih $ /Y 9- **PA Medi** (by appt) 9:15- **Monday Bingo** /CA 9:45- Walking Club /L 11- Chair Exercise /L	***23*** 8 & 9- Silver Sneakers Class $ /L 10- Pinochle /C 10- **Boggle** /CA 10- **Grief & Loss Support** /Y 10- Beginner Line Dancing $ /A 11- Line Dancing $ /A 11- Chair Volleyball /L 1p- **Diabetes Prevention** /CA 1- **Hatha Yoga** $ /Y	***24*** 8:30- Breakfast in the Café $ 9- Chair Yoga $ /A 9- **Creative Writing** (wk 6) 9:45- Walking Club /L 10- **Paint with Pat $** /CA 10- 8-Ball Billiards /B 12:30- Chair Volleyball /L 1- **Memory Café:** Christmas In July	***25*** 8 & 9- Silver Sneakers Class $ /Y 10- 500 Bid Card Game /C 10- **Birthday/Anniversary Party fea. Jerry Overby** /CA 11- Chair Volleyball /L	***26*** 8:30- **Blood Pressure Checks** 8:45- Chair Yoga $ /A 9- Friday Bingo $ /CA 9-**Parkinson's Exercise** /Y 9:45- Walking Club /L 10- Tap Dancing $ /A 10:15- Drumming Exercise /Y 11- Show Me Your Muscles /L 3:30- **Food Truck-on campus**
29 8:30- Breakfast in the Café $ 9- Chair Yoga $ /A 9- T'ai Chi Chih $ /Y 9:45- Walking Club /L 10- **Notes of Healing /L** 11- Chair Exercise /L	***30*** *8-12- **Driver Safety** /CA* 8 & 9- Silver Sneakers Class $ /L 10- Pinochle /C 10- Beginner Line Dancing $ /A 11- Line Dancing $ /A 11- Chair Volleyball /L 1p- **Diabetes Prevention** /CA 1- **Hatha Yoga** $ /Y	***31*** 8:30- **Chair Massage** (by appt) 8:30- Breakfast in the Café $ 9- Chair Yoga $ /A 9- **Creative Writing** (wk 7) 9:45- Walking Club /L 10- 8-Ball Billiards /B 11- Chair Exercise /L 10-**Wii Bowling** /D-CA 12:30- Chair Volleyball /L	*Daily* 8:30-11:00 - Coffee Bar 8:30-2:30 - Fitness Room 8:30-2:30– Billiards Room 11:30 - Grab & Go Lunch 12 - Congregate Lunch	Mon & Fri Beg. Pickleball 12:45 pm - 2:30 pm Mon / Wed - Open Gym - 60+ Basketball 8:30-10 Tues/Wed/Thurs. Int. Pickleball 12:45 pm - 2:30 pm *** GLATCO Credit Union Mini Branch Open Thursdays 9:30-11:30 am

*Activities & locations may change if conditions warrant.