

What's New?

A newsletter for Residential Living at Tel Hai Community



July 2021

*****Standing Schedules:** The shuttle to Honey Brook operates every Tuesday and Friday from 12:30 to 4:00 PM. Contact the GCC Desk volunteer at 610-273-9333, ext. 2040 between 10:00 AM and 2:00 PM.

On-campus shuttle service is available from 7:30 AM to 12:30 PM Monday through Friday. Please call 484-798-3057, 10 to 15 minutes prior to your need for a ride.

Thursday, July 1

10:00 AM – Bible Discussion Group: THSR
10:30 AM – Veterans Coffee Hour. Enjoy coffee, donuts, and your fellow Vets: MR
1:00 to 3:00 PM – Train Room is open for visitors
3:00 PM – Mindfulness Meditation: Theater

Friday, July 2

7:00 to 8:00 AM – Lab Work; no appointment necessary, just bring your completed lab requisition form, doctor's order, and insurance cards: LVHS

Saturday, July 3

No scheduled activities

Sunday, July 4

► See Chaplain's Worship Schedule
9:00 AM – Chapel Service: Channel 968 or in-person attendance at CWPA
10:30 AM – Chapel Service: Channel 968 or in-person attendance at CWPA

Monday, July 5

9:00 AM – NO Uke Band Practice
3:00 PM – NY Times Crossword Puzzle: AOE

Tuesday, July 6

► Clinic Hours with Sara Snyder, RN are held every Tuesday from 9:00 to 11:00 AM. Free blood pressure screenings provided: SCHS
7:00 to 8:00 AM – Lab Work; no appointment necessary, just bring your completed lab requisition form, doctor's order, and insurance cards: SCHS
9:00 to 11:30 AM – Got a broken leg, something loose, or just need a little paint? The Woodshop can fix it! Lamps, loose drawers or just split, try us: Drop off at the Woodshop.
7:00 PM – Men's Bible Study: GR

Wednesday, July 7

1:00 PM – Mahjong – all are welcome to come: Conservatory
1:30 PM – Practicing Painters (bring your supplies and enjoy the company of others as you paint): AOE
7:00 PM – Bridge: DB

Thursday, July 8

10:00 AM – Bible Discussion Group: THSR
1:00 to 3:00 PM – Train Room is open for visitors
3:00 PM – Mindfulness Meditation: Theater

Friday, July 9

7:00 to 8:00 AM – Lab Work; no appointment necessary, just bring your completed lab requisition form, doctor's order, and insurance cards: LVHS
7:30 PM – Charlie Zahm (vocalist) & Tad Marks (Violin): Amphitheater

Saturday, July 10

No Scheduled Activities

Sunday, July 11

► See Chaplain's Worship Schedule

9:00 AM – Chapel Communion Service: Channel 968 or in-person attendance at CWPA

10:30 AM – Chapel Communion Service: Channel 968 or in-person attendance at CWPA

Monday, July 12

► 8:00 AM – Registration begins today for the next session of Tai Chi, which begins Thursday, July 22 to Thursday, September 16 (no class on Thursday, August 12). Class hours are 11:45 AM to 12:45 PM or 1:00 to 2:00 PM. Contact Gwynne at gjohnson@telhai.org (preferred) or 610-273-9333, ext. 2441.

9:00 AM – Resident Council Meeting: CWPA

9:30 AM – Uke Band Practice (please note the new time): ADS (Adult Day Service) at the corner of Dogwood Drive and Tel Hai Circle.

3:00 PM – NY Times Crossword Puzzle: AOE

Tuesday, July 13

► Clinic Hours with Sara Snyder, RN are held every Tuesday from 9:00 to 11:00 AM. Free blood pressure screenings provided: SCHS

7:00 to 8:00 AM – Lab Work; no appointment necessary, just bring your completed lab requisition form, doctor's order, and insurance cards: SCHS

9:00 to 11:30 AM – Got a broken leg, something loose, or just need a little paint? The Woodshop can fix-it! Lamps, loose drawers or just split, try us: Drop off at the Woodshop.

10:30 AM – Rosary led by St. Peter Catholic Church: LVAA

7:00 PM – Men's Bible Study: GR

7:30 PM – Open Road Band at Amphitheater – bus transportation from the GCC at 7:00 PM (bring a chair if you are able, visor, water, jacket, etc.)

Wednesday, July 14

1:00 PM – Mahjong – all are welcome to come: Conservatory

1:30 PM – Practicing Painters (bring your supplies and enjoy the company of others as you paint): AOE

7:00 PM – Bridge: DB

Thursday, July 15

► Submissions for the August What's New? are due today. Submit articles to Judy at 610-273-9333, ext. 2154 / jschweitzer@telhai.org

10:00 AM – Bible Discussion Group: THSR

10:30 AM – Veterans Brunch: MR

1:00 to 3:00 PM – Train Room **is closed** to visitors due to monthly business meeting

3:00 PM – Mindfulness Meditation: Theater

Friday, July 16

7:00 to 8:00 AM – Lab Work; no appointment necessary, just bring your completed lab requisition form, doctor's order, and insurance cards: LVHS

2:00 to 4:00 PM – Meet the Artist, Lula Filbert, who is currently displaying her original watercolors in the Clark Gallery. They are available for purchase! Light refreshments will be served.

7:00 PM – Movie Night, *The Courier* – look for the description of this movie in the main body of this issue: CWPA

Saturday, July 17

No scheduled activities

Sunday, July 18

► See Chaplain's Worship Schedule

9:00 AM – Chapel Service: Channel 968 or in-person attendance at CWPA

10:30 AM – Chapel Service: Channel 968 or in-person attendance at Auditorium/Chapel.

NOTE: Masks will be required for the service; all residential living residents will be screened.

Monday, July 19

9:30 AM – Uke Band Practice: ADS

3:00 PM – NY Times Crossword Puzzle: AOE

7:00 PM – Book Club at StoneCroft. The book discussion will center on the book, *I Will Always Write Back*. Discussion will be led by Darlene Young. We welcome any and all readers to join us. For more information, please contact Sandy Koenig (4794): CWPA poolside

Tuesday, July 20

- ▶ Trip to Ocean City, NJ. Participants should have received confirmations and final details. Questions – call Judy at 610-273-9333, ext. 2154
- ▶ Clinic Hours with Sara Snyder, RN are held every Tuesday from 9:00 to 11:00 AM. Free blood pressure screenings provided: SCHS
- 7:00 to 8:00 AM – Lab Work; no appointment necessary; just bring your completed lab requisition form, doctor's order, and insurance cards: SCHS
- 9:00 to 11:30 AM – Got a broken leg, something loose, or just need a little paint? The Woodshop can fix-it! Lamps, loose drawers or just split, try us: Drop off at the Woodshop.
- 7:00 PM – Men's Bible Study: GR

Wednesday, July 21

- 1:00 PM – Mahjong – all are welcome to come: Conservatory
- 1:00 PM – Tel Haven Council Meeting: THSR
- 1:30 PM – Practicing Painters (bring your supplies and enjoy the company of others as you paint): AOE
- 7:00 PM – Bridge: DB
- 7:30 PM – Vintage Jazz Band at amphitheater – bus transportation from the GCC at 7:00 PM (bring a chair if able, visor, jacket, water, etc.)

Thursday, July 22

- 10:00 AM – Bible Discussion Group: THSR
- 1:00 to 3:00 PM – Train Room is open for visitors
- 3:00 PM – Mindfulness Meditation: Theater

Friday, July 23

- 7:00 to 8:00 AM – Lab Work; no appointment necessary, just bring your completed lab requisition form, doctor's order, and insurance cards: LVHS
- 1:00 PM – An Afternoon of Music on Channel 968 or in person at CWPA. See notice in the main body of this issue listing all the participants.

Saturday, July 24

No scheduled activities

Sunday, July 25

- ▶ See Chaplain's Worship Schedule
- 9:00 AM – Chapel Service: Channel 968 or in-person attendance at CWPA
- 10:30 AM – Chapel Service: Channel 968 or in-person attendance at Auditorium/Chapel.
- NOTE: Masks will be required for the service; all residential living residents will be screened.

Monday, July 26

- 9:30 AM – Uke Band Practice: ADS
- 3:00 PM – NY Times Crossword Puzzle: AOE

Tuesday, July 27

- ▶ Clinic Hours with Sara Snyder, RN are held every Tuesday from 9:00 to 11:00 AM. Free blood pressure screenings provided: SCHS
- 7:00 to 8:00 AM – Lab Work; no appointment necessary, just bring your completed lab requisition form, doctor's order, and insurance cards: SCHS
- 9:00 to 11:30 AM – Got a broken leg, something loose, or just need a little paint? The Woodshop can fix-it! Lamps, loose drawers or just split, try us: Drop off at the Woodshop.
- 7:00 PM – Men's Bible Study: GR

Wednesday, July 28

- ▶ Trip to Havre de Grace – Participants should have received confirmations and final details. Questions – call Judy at 610-273-9333, ext. 2154
- 1:00 PM – Mahjong – all are welcome to come: Conservatory
- 1:30 PM – Practicing Painters (bring your supplies and enjoy the company of others as you paint): AOE
- 7:00 PM – Bridge: DB

Thursday, July 29

- 10:00 AM – Bible Discussion Group: THSR
- 1:00 to 3:00 PM – Train Room is open for visitors
- 3:00 PM – Mindfulness Meditation: Theater
- 7:30 PM – Anna Alexander Jazz Band at amphitheater – bus transportation from the GCC at 7:00 PM (bring a chair if able, visor, jacket, water, etc.)

Friday, July 30

7:00 to 8:00 AM – Lab Work; no appointment necessary, just bring your completed lab requisition form, doctor’s order, and insurance cards: LVHS

7:00 PM – Movie Night, *Knives Out* – look for description of the movie in the main body below: CWPA

Saturday, July 31

12:30 PM – Celebration of Life for Arthur Arbogast: CWPA

A THANK YOU NOTE

To all my dear friends at Tel Hai. Thank you so very much for all of the many ways of support, love, and prayers you sent to me and my family during Eric’s illness and passing. I am grateful and blessed. GOD IS GOOD. Elinor Maier

WOODS EDGE BLOCK PARTY will be held Tuesday, September 21, 4:30 to 7:00 PM in the CWPA. You will receive a flyer by mail in early September, on which you will sign up for a food item. Please return this flyer to Ruthann Fleet. Looking forward to being together again and having a good time.

PACKAGE DELIVERY

When ordering packages, please include your physical address along with your respective PO Box # and Apartment/Cottage # when you place orders. This will greatly help the delivery drivers as they try to navigate our campus. Please see examples below:
PO Box 220 @ 4000 Tree Line Drive (Stonecroft mail room)
PO Box 190 @ 1200 Tel Hai Circle (Garrett CC mail room)

TEL HAI HELPS TEACHERS

Do you miss the days at the end of summer when you got your children ready for a new school year? Well if you do, the Volunteer Engagement Committee has an opportunity for you to help teachers as they start a new school year. Each year teachers spend lots of their own hard-earned dollars to equip their classrooms. Tel Hai is sponsoring a School Supply Drive to help teachers! We received, from the Principal of Honey Brook Elementary School, a list of the exact supplies the teachers need for their classrooms.

This School Supply Drive will run from July 1 to July 15. Collection bins will be located in the lobbies of Hillcrest and StoneCroft.

On Friday, June 25 you will find a flyer about this drive in your mailbox. On the backside of the flyer is a list of the needed supplies. Please donate only new, unused items. Questions? Contact Elaine Clark (610-733-3660) or Margaretmary Sommar (484-364-0837).

WORSHIP

PASTORAL CARE TRIPS

Due to an abundance of precaution and recent updates from Israel, **the Pastoral Care trip to Israel will now be conducted MARCH 1-11, 2022**. New brochures will be available shortly. The trip will continue to be conducted through the Jerusalem Center for Biblical Studies and will feature our seasoned, expert guide, Rev. Willis Britt. We want to encourage anyone who was hesitant to sign-up in the past due to the pandemic, will now feel safer to join us in a year in which the desire for travel is going to be greatly increased.

OBERRAMMERGAU/BAVARIAN ALPS

This trip has not changed. It will be on the dates already planned - **August 8-16, 2022**. We will see the sights of the Alps, cities of the region, and enjoy the 400-year-old tradition of the Passion Play featuring a cast of thousands. The cost for this all-inclusive trip is \$4,646. Brochures for both trips are located in the Residential Business Offices, or you may obtain additional information through Chaplain David Hicks at 610-273-9333, ext. 2443

WELLNESS OPPORTUNITIES

PICKLEBALL...

Tel Hai residents, an easy way to fitness is right outside your door! Pickleball is a fun way for seniors to get active. The rules are simple and it is low impact on knees and joints. Studies have shown that playing pickleball regularly can improve fitness level in seniors. It is a sport that helps with hand-eye coordination. It is a must-have amenity in senior living today and we are fortunate to have courts on the premises. Come join us in play every Monday, Wednesday and Friday 9:00 to 11:00 AM. If the game is new to you or you want to practice a bit before play, join us at 10:50 AM for a lesson after regular play. We urge you to join in one of the fastest growing sports in the USA. For more information, you may contact Ron Rumer at cell # 267-664-6571 or Robin LaDrew at cell # 610-273-4671 or May DeGeorge at 484-796-4297. Check out Pickleball for Seniors on YouTube: a 90-year-old plays pickleball for more than just fun! Note: In hot weather, a lesson before regular play can be scheduled.

CANASTA ANYONE?

Is there a group that plays already and would enjoy more players? Or, are there folks interested in learning? Please contact Judy at 610-273-9333, ext, 2154 if you have any interest in Canasta.

JULY MESSAGE DATES

Massages in July will be Monday, July 12, Tuesday, July 20 and Monday, July 26. All appointments are in StoneCroft, and appointments are available from 11:00 AM to 4:00 PM. These dates are tentative, so check Channel 965 for any date changes. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

PODIATRY

Dr. Lori Wilde is available by appointment only (she comes on campus). Her telephone number is 215-696-6078, and her email is doctorloriwilde@gmail.com

TAI CHI ANNOUNCEMENT

Tai Chi will continue from July 22 to September 16 (no class on August 12). This 8-week session will be \$30 and will be billed directly to your Tel Hai account. All classes will be held on Thursdays with two time options (11:45 AM to 12:45 PM or 1:00 to 2:00 PM). Registration begins Monday, July 12 at 8:00 AM. Registration must be made with Gwynne and will be determined by the time of receipt. Please communicate class preference when registering. Email is preferred: gjohnson@telhai.org or by phone at 610-273-9333, ext. 2441.

RESIDENT ZUMBA

Interested in Zumba? Classes will be on Wednesdays in July (7th, 14th, 21st, 28th) from 1:45 to 2:30 PM in the Grandview

Commons. No registration is required - stop by as you are available. Chaplain David Hicks will continue to lead these classes.

BOND/MAIER MEMORIAL POOL TOURNAMENT

Thursday, July 8 at 9:00 AM at StoneCroft. Sudden-death 8-ball with coffee and donuts. Come to play or just watch. Bob LaDrew bonkersboy@gmail.com or 484-722-8395.

BEGINNERS WOMEN'S BILLIARDS

At 6:30 PM each Wednesday in July at StoneCroft. Contact Bob LaDrew at bonkersboy@gmail.com or 484-722-8395.

CAMPUS SPECIAL EVENTS

JERUSALEMA

We are moving forward with the Jerusalema dance project. On the Tel Hai website, you can find a short video of Dave Hicks teaching the dance steps to his Zumba class. He does a great job showing the movements. You can practice the movements at your convenience: go to the Tel Hai website, then go to the Campus Portal, click on Residents, enter the password, then click on the [Jerusalema How-To Video](#) icon. Be sure that you have the computer volume turned on.

Please feel free to email Judy LaDrew or Bob LaDrew for links to more ways to observe the dance steps and hear the music or to ask questions.

Judy's email: judyldrew@gmail.com

Bob's email: bonkersboy@gmail.com

We are hoping that as many people as possible, including Tel Hai departments, will get involved and participate in making our own Jerusalema video at the end of this

summer - WATCH, LISTEN, PRACTICE AND HAVE FUN!

EASY JERUSALEMA CLASS BEGINS

Bunny Toscano and Josie Davis will have a class on Fridays at 2:00 PM in the Gathering Room of Garrett to teach a very easy Jerusalema dance. If anyone is interested, please call Bunny at 484-722-8277. This variation of the steps is specifically for seniors. Why don't you give it a try?

SAVE THE DATE!

Due to the success of our Downton Abbey Tea in February 2020, another Tel Hai Afternoon Tea is in the works! A "Bonnie Brae" Afternoon Tea is being planned as a fundraiser for the Good Samaritan Fund on Saturday, October 23, 2021 in the CWPA. The theme is Scottish, with homemade scones, tea sandwiches, scrumptious desserts, and live, authentic Scottish entertainment! More details coming soon.

EMPTY BOWLS PROJECT

The Empty Bowls Project is again coming to Tel Hai this year! Empty Bowls is a national organization that has been supporting events since 1990. An Empty Bowls event involves members of the community creating ceramic bowls and then serving a simple meal of soup and bread in the bowls. Those attending the event take the bowl home as a reminder that there are always "empty bowls" in the world. The local event is normally held in November at Conestoga Mennonite Church and all proceeds go to the Twin Valley Food Bank. Jill Moyer and Sue Moore will lead the "Empty Bowls" project by helping our residents and team members make bowls in the Fireside Ceramics Center in StoneCroft.

No experience is necessary to make these bowls, and it's a good way to try out the Fireside Ceramics space. The instructors will lead you step by step, and you are serving the community in this worthwhile project. We need bowl makers, and it requires two classes. Class dates are **Tuesdays, September 14 & 21.** Sue and Jill will hold **Class A** on the mornings of **September 14 & 21 from 9:00 AM to 11:00 AM,** and **Class B** on the afternoons of **September 14 & 21 from 1:00 PM to 3:00 PM.** If you are interested in making a bowl, please contact Judy and sign up for Class A or Class B. Judy can be reached at 610-273-9333, ext. 2154 or jschweitzer@telhai.org

ART TASK FORCE DISPLAYS

Garrett Community Center Display

Resident Council Nominations

The Clark Gallery

Watercolors by Lula Filbert

Stonecroft Display Case

Resident Council Nominations

Meet the Artist: Lula Filbert

Come meet the Lula Filbert, the Artist who is currently displaying her Original Watercolors in the Clark Gallery which are available for purchase! Lula will be available between 2:00 to 4:00 PM, Friday, July 16. Light refreshments will be available to enjoy.

MOVIES

Friday, July 16th at 7:00 PM in the CWPA: *The Courier* (2021). True story: Unassuming British businessman Greville Wynne becomes entangled in one of the greatest international conflicts in history. Recruited by MI-6 and a CIA operative,

Wynne forms a covert partnership with a Soviet officer, and both men risk everything in a danger-fraught race against time to provide the intelligence needed to prevent nuclear confrontation and end the Cuban Missile Crisis. Cast Benedict Cumberbatch, Merab Ninidze, Rachel Brosnahan. PG-13. 1 hr 51 min.

Friday, July 30th at 7:00 PM in the CWPA: *Knives Out* (2019). A mystery/comedy: When renowned crime novelist Harlan Thrombey is found dead at his estate, the inquisitive Detective Benoit Blanc is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death. Daniel Craig, Jamie Lee Curtis, Don Johnson, Toni Collette, Christopher Plummer, and more. PG-13. 2 hr 10 min.

TRIPS

The following brochures have been posted in both Resident Business Centers

July 20 - Ocean City, NJ (space available)
July 28 - Havre de Grace (2 spots left)
September 27-29 - Mystic Seaport (space available)

Trips added recently:

Tuesday, August 3 - Simpson House Tea Room. Brochures are located in each Resident Business Center.

Thursday, August 12 - Reading Phillies Game
Pick up a brochure at the Resident Business Centers.

TEL HAI PERFORMING ARTS

An Afternoon of Music

I'm sure that many of you appreciated our pianists and vocalists during the pandemic. They offered, over the course of weeks and months, many accumulated hours of music. They are willing to come together on Friday, July 23 for an in-person and Channel 968 broadcast performing their music. It's named "An Afternoon of Music" featuring Aleta Connell, Mary Bond, Anne Wise, Bill Meehan (we are hoping, but not sure Bill will be able to join us), Frank Starr and Jim Siewert. The music will begin at 1:00 PM, and should be finished by 4:00 PM. The program is designed for you to drop in, sit a spell, enjoy the music, and leave when you like.

Performances at the Amphitheatre

This is what you will need - chair (we will provide a rack of chairs for those that do not have a chair), visor, water, jacket. Those who are vaccinated do not need to wear a mask or social distance. Side doors to the Grandview Commons will be unlocked for water fountain and restrooms. If you want to enter at the front entrance, you'll need to use your keycard. When you seat yourself, please keep the first three rows open at the ends so those that have trouble walking on uneven ground may be placed in those areas. Please do not block row entrances. If the weather is not appropriate, we may meet in the CWPA. Always stay tuned to 965 for updates.

Friday, July 9, 7:30 PM

Charlie Zahm & Tad Marks

Tuesday, July 13, 7:30 PM

Open Road Band Country Music

Wednesday, July 21, 7:30 PM

Ben Mauger's Vintage Jazz Band

Thursday, July 29, 7:30 PM

Anna Alexander's Jazz Band

Wednesday, August 4, 7:00 PM

Quentin Jones, guitar/vocals (Rock & Roll and the Blues)

Tuesday, August 10, 7:00 PM

Heartfelt Harmonies with Ernie Devlin vocals from 60's and 70's

Tuesday, August 17, 7:00 PM

Jeffrey Uhlig (Piano) & Mark O'Kain (Marimba & Xylophone)

LIBRARY FOOTNOTES

WHAT'S NEW at the Garrett

Library...coming soon!

Dray, Stephanie. *The Women of Chateau*

Lafayette. The focus of this novel, the Chateau Lafayette, is the birthplace of the Marquis de Lafayette, a man who famously helped the American colonies win their independence from British rule. It follows the lives of three women. First, Adrienne Lafayette, the Marquis' wife, second, Beatrice Astor Chanler, who during WWI transformed the chateau into a sanctuary for sick and orphaned children, the third is Marthe Simone, one of the orphans who now works as a teacher at the castle, covering over three eras of this famous chateau's history, highlighting the undervalued contributions of women throughout history.

Henry, Emily. *Beach Read.*

A love story of two writers fighting writer's block who find each other on a getaway during the pandemic by the shores of Lake Michigan.

Penny, Louise. *The Madness of Crowds.* As the New Year approaches, Gamache and his wife are back in Three Pines after their trip to the big city (Paris) only to confront a visiting Professor of Statistics who will be giving a lecture at a nearby university. It starts innocently enough when Gamache is asked to provide security for the "event". But when Gamache starts looking into Professor Abigail, he discovers an agenda so repulsive he begs the university to cancel the lecture. They refuse and then a murder is committed...

WELCOME

NEW RESIDENT

Barbara Sampson moved into Tel Haven apartment 312. Her cell number is 610-316-9957.

AUGUST WHAT'S NEW?

The deadline for articles for the August *What's New?* is Monday, August 16th. Email your article to Judy Schweitzer jschweitzer@telhai.org.

FOR YOUR INFORMATION

Tune to **Channel 965 for the daily information slides that cover events, trip information, movies, aquatic and land activities, and health happenings.

Tune to **Channel 968 for live streaming of chapel services and other programming live or recorded.

**At the time of publication, this edition of *What's New?* is as accurate as possible. Any corrections required will be shown on Channel 965.

ABBREVIATIONS KEY

Garrett CC, Lakeview and Healthcare Center

A/C – Auditorium/Chapel
ADS – Adult Day Service
AZSQ – Azalea Square
DB – Daily Brew
FR – Friendship Room (3rd fl. Hillcrest)
FTR – Fitness Room
GCC – Garrett Community Center
GR – Gathering Room
HCR(2) – Conference Room of Hillcrest (2nd floor)
HCR(4) – Conference Room of Hillcrest (4th floor)
HCSR – Hillcrest Social Room (4th floor)
HZ – Hertzler
LV – Lakeview
LVDA – Lakeview Dining Area
LVAA – Lakeview Activity Area
LVFC – Lakeview Friendship Corner
LVHS – Lakeview Health Suite
MP – Mantel Pointe (fireplace in Garrett Community Center)
MDR – Meadowridge Dining Room
MR – Magnolia Room
RBC – Resident Business Center
TH – Tel Haven
THSR – Tel Haven Social Room
QR – Quilt Room
WC – Welcome Center

StoneCroft (SC) – Ground Floor

SCHS – Therapy Area – StoneCroft Health Suite
SCAC – Pool – StoneCroft Aquatics Center
SCWFR – StoneCroft Watson Fitness Room
SCGER – StoneCroft Group Exercise Room

StoneCroft (SC) – 1st floor

AOE – Art Room – The Art of Everything
FCC – Fireside Ceramics Center (includes pottery)
SPDR – Scalies Private Dining Room
BN – The Book Nook
CWPA – Center for Worship & Performing Arts
SC Dining Area – SC Grille (informal)
SC Outdoor Patio – The Terrace

Brownstone

Train Room – 1st floor
Theater – 2nd floor
Textile Arts Room – 3rd floor
Conservatory – 4th floor

Grandview Commons (DVC) – across from SC Hillside Amenities – bocce, tennis, pickleball courts

Worship Schedule

July 2021

Thursday, July 1

10:00 AM – Bible Discussion Group – THSR

Sunday, July 4

9:00 AM – Chapel: CWPA or 968

Worship Leader: Fran Atkins

Message: Pastor Herb Davis

Music: James Siewert

Piano: Frank Starr

10:30 AM – Chapel: Channel CWPA or 968

Worship Leader: Fran Atkins

Message: Pastor Herb Davis

Music: James Siewert

Piano: Frank Starr

Tuesday, July 6

7:00 PM – Men's Bible study - GR

Thursday, July 8

10:00 AM – Bible Discussion Group – THSR

Sunday, July 11

9:00 AM – Chapel: Communion CWPA or 968

Message: Chaplain David Hicks

Piano: Ruthie Stevenson

10:30 AM – Chapel: Communion CWPA or 968

Message: Chaplain David Hicks

Piano: Ruthie Stevenson

Tuesday, July 13

10:30 AM Catholic Rosary – LAA

7:00 PM – Men's Bible study - GR

Thursday, July 15

10:00 AM – Bible Discussion Group – THSR

Sunday, July 18

9:00 AM – Chapel: CWPA or Channel 968

Message: Chaplain Tim Herr

Piano: Frank Starr

10:30 AM – Chapel: A/C or Channel 968

Message: Chaplain Tim Herr

Piano/Organ: Frank Starr

Tuesday, July 20

7:00 PM – Men's Bible study - GR

Thursday, July 22

10:00 AM – Bible Discussion Group – THSR

Sunday, July 25

9:00 AM – Chapel: CWPA or Channel 968

Message: Chaplain David Hicks

Piano: Becky Sensenig

10:30 AM – Chapel: A/C or Channel 968

Message: Chaplain David Hicks

Piano: Becky Sensenig

Tuesday, July 27

7:00 PM – Men's Bible study - GR

Thursday, July 29

10:00 AM Bible Discussion Group – THSR

Saturday, July 31

12:30 PM Celebration of Life Service for Arthur

Arbogast – CWPA

We are looking forward to resuming the 10:30 AM Sunday worship service in the Auditorium/Chapel beginning July 18. PA Department of Health regulations will need to be followed for those who attend. As of June 22, these regulations require that all those who attend the service in the Auditorium/Chapel wear masks. All Residential Living residents and guests will need to be screened, which includes having a temperature check by a volunteer before entering the Chapel or registering at the Kiosk in the Health Care Center Lobby and being issued a name tag. The Pastoral Care Department will continue to monitor any changes in regulations and will follow those directives accordingly.

July 2021 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>9:00 – 11:00am Tennis Grandview Commons Drop in</p>	<p>9:00am – 11:00am Pickleball Grandview Commons</p>	<p>9:00 – 11:00am Tennis Grandview Commons Drop in</p>	<p>9:00am – 11:00am Pickleball Grandview Commons</p>
<p>9:00– 10:00am Gentle Flow Yoga SC Group Exercise Room <i>Fee to participate; limited class size; contact Gwynne x2441</i></p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>2:00 – 3:00pm Strength & Balance GCC Gathering Room</p>	<p>10:00 –10:45am Tune Up Time GCC Gathering Room</p>	<p><u>SUN PROTECTION</u> is essential to skin cancer prevention – **In the U.S., more than 9,500 people are diagnosed with skin cancer every day. More than two people die of the disease every hour. **More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined. **Seek the shade, especially between 10AM-4PM. *Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. **Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water- resistant, broad- spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher. **Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours. **Examine your skin head-to- toe every month. **See a dermatologist at least once a year for a professional skin exam. From skincancer.org/prevention</p>
<p>9:00am – 11:00am Pickleball Grandview Commons</p>	<p>11:15am –12:30pm Ping Pong GCC Gathering Room</p>	<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</p>	<p>10:00– 11:00am Chair Yoga SC Group Exercise Room</p>	
<p>11:00am– 12:00pm Chair Yoga SC Group Exercise Room</p>	<p>1:15 – 2:00pm Total Body Toning SC Group Exercise Room</p>	<p>6:00pm Tennis Grandview Commons Drop in</p>	<p>11:45am – 12:45pm 1:00 – 2:00pm Tai Chi CWPA <i>Fee to participate; contact Gwynne x2441 for more information</i></p>	
<p>1:30 – 2:30pm Strength & Balance SC Group Exercise Room</p>	 <p>Individuals who are fully vaccinated may go “maskless” in indoor and outdoor spaces on the Tel Hai campus (except Meadows, Lakeview and Adult Day Services).</p>	<p><i>For more information:</i> <i>Line Dancing: Contact Bunny 610-960-4154</i> <i>Pickleball: Contact Ron 267-664-6571 or Robin 610-850-2568</i> <i>Ping Pong: Contact Chris 484-340-0395</i> <i>Tennis: Contact Marlene 484-796-4221</i></p>		
<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</p>		<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</p>		
<p>We continue to review best practices and will adjust in line with CDC & PA DOH recommendations.</p> <p>Curious about shuffleboard? Contact Gwynne for more info. gjohnson@telhai.org or X2441</p>				

July 2021 Aquatic Schedule

SCAC = StoneCroft Aquatics Center **GCCP** = Garrett Community Center Pool



For SCAC schedule updates check the following sources: Channel 965, Phone Hotline 610-273-4050, telhai.org/pool, SCAC entrance signs, and Tel Hai's Facebook.

We apologize in advance for any closures.

Updated 6/22/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	<u>SCAC:</u> 7:30am-12:00pm <u>GCCP:</u> 7:30-9:30am	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-6:00pm <u>GCCP:</u> 1:15-2:15pm	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-3:00pm <u>GCCP:</u> 7:30-9:30am	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-6:00pm <u>GCCP:</u> 1:15-2:15pm	<u>SCAC:</u> 9:00am-12:00pm 12:30pm-3:00pm <u>GCCP:</u> 7:30-9:30am	<u>SCAC:</u> 7:30am-12:00pm <u>GCCP:</u> 9:00-11:00am	<u>SCAC:</u> Closed <u>GCCP:</u> Closed
Spa	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
Water Fitness Classes	<u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am <u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u>SCAC:</u> Deep Water 10:00-10:45am *New Time <u>GCCP:</u> None	<u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am <u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u>SCAC:</u> Deep Water 9:15-10:00am <u>GCCP:</u> None	<u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am <u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u>SCAC:</u> Deep Water Resident Led 9:15-10:00am *New Time <u>GCCP:</u> None	<u>SCAC:</u> None <u>GCCP:</u> None
Volley Ball	None	<u>GCCP:</u> Resident 2:30-3:30pm	None	<u>GCCP:</u> Resident 2:30-3:30pm	None	None	None
SCAC Lessons	None	11:15-11:50am 2:30pm-5:50pm	None	10:30am-11:50am 2:15pm-5:50pm	None	None	None
Swim Teams	Season has concluded						