

What's New?

A newsletter for Residential Living at Tel Hai Community



Join us for these weekly events:

***Unless otherwise noted by activity coordinator**

Every Monday

10:00 AM to 12:00 PM – Drop off donations and open for shopping at Resale Shop: HZ
1:00 PM – Canasta: Conservatory
7:00 PM – Pinochle: HCSR

Every Tuesday

Trash pick-up day, please have out Monday night
9:00 AM - Chime Choir Rehearsal: GR
9:00 to 11:00 AM – Clinic Hours with Nurse Sara. Free blood pressure screenings provided: SCHS
9:00 AM to 11:30 AM – Woodcraft Shop is open. Bring your items that need a repair: Drop off at WS
9:30 AM – Uke-and-Friends Band Practice: ADS
2:00 to 4:00 PM – Color with Me: DB
7:00 PM – Men's Bible Study: HCCR 2nd floor

Every Wednesday

11:00 AM - Tel Hai Choir Rehearsal: CWPA, Middle (except October 12 & 19 will be in A/C)
1:00 PM – Mahjong – all are welcome to come: Conservatory
1:30 PM – Practicing Painters (bring your supplies and enjoy the company of others): AOE
7:00 PM – Bridge: DB

Every Thursday

10:00 AM – Bible Discussion Group: THSR
10:00 AM – Community Bible Study: CWPA, poolside & SPDR
1:00 to 3:00 PM – Train Room is open for visitors
*Except third Thursday
3:00 PM – Mindfulness Meditation: Theater
6:30 PM – Canasta: Daily Brew

Every Friday

10:00 AM - GriefShare – HCCR
11:00 AM – “Jesus in Galilee” Bible Study with Pastor Dave: GR

Every Sunday

9:00 AM – Chapel Service: Channel 968 and in-person attendance at CWPA
10:30 AM – Chapel Service: Channel 968 and in-person attendance at A/C

What's New? For October 2022

Monday, October 3

Book Sale in GCC and SC – Tables near Daily Brew in GCC and outside Resident Business Center in SC. Money goes toward new books for the GCC library. Check out the Garrett Library for new displays and new books. Thank you for your support. Sale is until October 14.
2:30 PM – LEC: Reporter Chad Umble: CWPA

Wednesday, October 5

Flu Shots – CWPA with registration, bring paperwork

Thursday, October 6

10:30 AM – Veterans Coffee Hour: MR
2:00 to 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects while enjoying good conversation. All are welcome: Conservatory

Friday, October 7th

7:30 – Concert – “From Bach to Barry Manilow”: CWPA

Monday, October 10

9 AM – Resident Council meeting: CWPA (a closed meeting)
2:30 PM - Barbara & Bruce McCleary, Armchair Travelogue to east coast of Australia, New Zealand and tropical Fiji: CWPA

Tuesday, October 11

12:00 PM – WEL (Widows Enjoying Lunch): MDR

Wednesday, October 12

1:00 to 3:00 PM – Chess Matches : HCSR

Thursday, October 13

2:00 PM - Catholic Mass: A/C

Friday, October 14

7:00 PM – Movie Night: CWPA

Book Sale ends today

Saturday, October 15

- ▶ Submissions for the November What's New? are due by today. Submit articles to whatsnew@telhai.org

10:00 AM to 4:00 PM - Explore Retirement Living Open House

11:45 - SC front entrance and 12:00 GCC front entrance for Lancaster Symphony Orchestra – The lecture is at 1 PM and the orchestra begins at 2 PM. Tel Hai transportation is for members who have preregistered.

Monday, October 17

2:30 – First lecture by Jeff Heim: CWPA

7:00 PM Book Club: SC Conservatory

Wednesday, October 19

12:00 PM - Ladies Luncheon: CWPA

Thursday, October 20

10:30 AM – Veterans Brunch: MR

12:00 - PM Newbies Lunch: GVC

2:00 PM - Catholic Mass: A/C

2:00 to 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects while enjoying conversation. All welcome: Conservatory

Friday, October 21

9:00 AM to 1:00 PM – Resale Shop open

Sunday, October 23

2:00 PM Remembrance Service featuring Tel Hai Choir and Chime Choir: CWPA

Monday, October 24

2:30 PM - 2nd Lecture by Jeff Heim: CWPA

Tuesday, October 25

Flu Shots: CWPA with registration, bring paperwork

1:00 to 3:00 PM – Chess Matches: HCSR

Thursday, October 27

2:00 PM - Caregiver Support Group - GVC

7:30 PM – Tel Hai Performing Arts - Bow Tree Brass: CWPA

Friday, October 28

7:00 PM - Movie Night: CWPA

Monday, October 31

2:30 PM 3rd Lecture by Jeff Heim: CWPA

GENERAL ANNOUNCEMENTS

Flu Shots

Flu Shots will be administered in the CWPA on October 5th and 25th. Please sign up in the Resident Business Centers.

Thank You

Wow - what a surprise! And even more amazing that Judy and Gwynne are 65 and joining the Medicare group is the fact that the community was so good at keeping secrets! We truly had no idea of the surprise ahead as Allyson led us to the CWPA on 9/6. We were visiting this space to dream of the next Way to Wellness Faire - little did we know!

We are humbled and grateful to serve you and call you family. Thank you for sharing your lives with us; we are very blessed. Tel Hai is truly a great place to work!

♡Judy & Gwynne♡

P.S. Neither of us has plans to retire anytime soon!

World Mental Health Day

World Mental Health Day is coming up in October! Psychologist Dr. Janine Winner and her doctoral students will be visiting Tel Hai on Wednesday, October 12th, in the CWPA to provide education and individualized cognitive screening exams called the MOCA. The Montreal Cognitive Assessment evaluates

cognitive domains such as attention, concentration, memory, language, and more. This exam has 30 questions and takes about 15 minutes to complete. It can help professionals determine whether someone's thinking ability may be impaired and if further follow-up is necessary. Appointment slots are limited, so please contact Caroline Cooley at extension 2762 or ccooley@telhai.org to book a 20 minute appointment between the hours of 9:00 AM and 12:00 PM.

Ladies Luncheon Attendees:

There will be no table or seat reservations. Doors will open at 11:30. First Come First Served basis.

Fall Watercolor Classes:

Looking forward to Fall Watercolor Classes : Will be starting in October on Thursdays, 10:00 AM to 12:00 noon in the Art Of Everything, AOE. Consider joining us for a relaxing, creative time together. For Information call: Loretta Gable Englerth @ 610-324-2776.

What's New? Deadline

The LAST DAY to submit articles for the November What's New? is Saturday, October 15. Email your article to whatsnew@telhai.org.

WORSHIP

Sunday Chapel Services in the A/C have resumed to in-person. All Residents must screen at the Chapel Lobby and are required to wear a mask.

HEALTH & WELLNESS

Personal Training

Do you want to build core strength, improve balance, and increase your overall general fitness? Going through a quick Functional Movement Screening, we will be able to devise an individualized personal training routine that

is specific for you. With Josh Booker's approach to fitness, you will learn skills that will translate out of the fitness room and help you in your daily life. If you have any questions or are interested in signing up, please email jbooker@telhai.org (preferred) or by phone at ext. 2142.

McCormick Chiropractic

McCormick Chiropractic is available for appointments. Call directly to inquire and to schedule an appointment; 610-705-0201.

Dr. Lori Wilde - Podiatry

Mondays in LVHS and Fridays in SCHS. Appointments required. Call Dr. Lori directly to schedule an appointment; 215-696-6078.

Amanda Rock - Financial Planner

Amanda is available for appointments on campus. Please call her directly to schedule an appointment; (800) 626-1190.

OnSite Dermatology

OnSite Dermatology is available for appointments in the SCHS. Call directly to schedule an appointment; 1-877-345-5300.

Massages at StoneCroft Health Suite

Massages are available by appointment only October 3, 10, 17, and 24 from 11 AM - 4 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

SC and GCC Pool Closure

StoneCroft and Garrett Community Center pools will be closed October 17-22 for deck resurfacing. The GCC pool will be also be closed on Saturday, 10/15 in anticipation of the deck repair.

Covid Booster Clinic

In partnership with Stauffer's Pharmacy, Tel Hai will be hosting a COVID booster clinic on Tuesday November 15th in the CWPA Poolside from 9am to 3pm. Signup sheets, required paperwork, and more details will be placed in each Resident Business Center on October 1st.

CAMPUS SPECIAL EVENTS

Explore Retirement Living Open House Event

Saturday, October 15, 10:00 AM - 4:00 PM. Invite your friends and family to attend this great open house event! Registration for visitors will be in StoneCroft Commons. Guests will be able to visit various homes that will be open as well as see the main floor of the StoneCroft Commons. This is a GREAT opportunity to explore Tel Hai.

Spooktacular Event

Monday October 31st, CWPA, 5:00 pm:

Save the date! Enjoy a casual dinner and some fun Halloween festivities. Costumes optional. Stay tuned for more details!

Save the Date - Holiday Bazaar

The annual Holiday Bazaar will be held on Saturday, November 19 from 10:00 AM to 2:00 PM. This is a good place to find Christmas gifts. In the past, we have had vendors selling handmade Christmas decorations, scarves, jewelry, toys, wreathes, centerpieces, photography, etc. Contact Judy at jschweitzer@telhai.org for more information.

Remembrance Service

Sunday, October 23, 2:00 PM - Remembrance Service for the Tel Hai residents who died between February 1 and August 15, 2022. Music by Tel Hai Choir and Chime Choir.

GriefShare New Meeting

The Fall session of **GriefShare**, a 13-week support group for those who have recently lost a loved one, is presently meeting on **Fridays at 10:00 AM in the Hillcrest Conference Room, 2nd Floor**. This group is open to all residents, staff, and their family and friends. The group consists of video teaching, small group discussion, and a workbook. There is a \$15 cost for the workbook. Scholarships are available. For more information or to register, please contact Chaplain David Hicks at ext. 2443.

"Jesus in Galilee" Bible Study

Using photos and information from locations around the Sea of Galilee, Chaplain David Hicks will explore the ministry of Jesus in Galilee and what it means for us today. This 12-week study meets on **Mondays at 11:00 AM in The Gathering Room (Garrett)**. For more information please contact Chaplin Hicks at ext. 2443.

Veteran's Day Program

Friday, November 11 at 11:00 AM in the CWPA - In addition to the community-wide Veteran's Day program to be held Sunday, November 13, we here at Tel Hai will celebrate Veterans Day on Veteran's Day: November 11 at 11:00 AM. We will be recognizing our veterans who served in World War II. These veterans gave up their personal goals and dreams to protect us and defend our nation. In addition, we will be recognizing the residents among us who are women who served. These women changed the face of military service. They were the pathfinders who paved the way for all young women to serve in all branches of service. Join us to honor those who served. Hear stories about our men and women - stories as told by them. Some poignant. Some funny. All inspiring

and worthwhile. Watch for updates or changes on 968.

Veterans Day Community Program

Sunday, November 13 at 2:00 PM is the Veterans Day Community-wide Program sponsored by the Honey Brook Borough and Township and Tel Hai Veterans in the CWPA. Two veterans from Tel Hai and one Veteran each from the Borough and the Township will be recognized. Included in the program are Scouts, local politicians and music by the Owls Nest Brass.

Tai Chi

Tai Chi will continue from October 27 - December 8, skipping November 3 and November 24. This 5-week session will be \$18.75 and will be billed directly to your Tel Hai account. All classes will be held on Thursday, 2 time options (11:45 AM-12:45 PM or 1:00 -2:00 PM). Registration begins Monday, October 17, 8:00AM. 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 extension 2441.

Mark your calendar and save the date:

December 15 will be a 'free day' for anyone to try Tai Chi. If you're unfamiliar with Tai Chi, this is a perfect opportunity to try it out! If you're an avid fan of Tai Chi - come! Two class times: 11:45 AM -12:45PM or 1:00-2:00 PM. No registration needed.

Library Book Sale

Monday, October 3 until Friday, October 14 in both the Garrett and StoneCroft. You will find the tables near the Daily Brew in Garrett and outside the Resident Business Center in StoneCroft. The money earned from the sale

goes toward new books in the Garrett Library. Check out the Garrett Library for new displays and new books. Tables will be removed Friday, October 14.

Honey Brook Presbyterian Church

Wednesday, October 26, 11:30 AM - The Honey Brook Presbyterian Church invites everyone to join them for conversation, eating together (bring your own lunch) and communion. GR.

The Caregiver Support Group

The Caregiver Support Group will be held on Thursday, **October 27, from 2:00-3:00 PM** in the Grandview Commons. Please contact Caroline Cooley if you have any questions, extension 2762 or ccooley@telhai.org

October Movies:

Friday, October 14th, CWPA, 7:00 PM: Where the Crawdads Sing. Kya is an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh. Daisy Edgar-Jones, Taylor John Smith. 2022. PG-13. 2hr 5 min.

Friday, October 28th, 7:00 PM: The Phantom of the Open. Based on a true story! Maurice Flitcroft doesn't pick up a golf club until he's in his 40s, but that doesn't thwart his ambitions in this charming biopic. Posing as a pro golfer, Flitcroft gains entry to the 1976 British Open,

despite never having played a full round. Mark Rylance, Sally Hawkins. 2022. PG-13. 1hr 42 min.

Book Club

Our next meeting will be on Monday evening, October 17th at 7:00 PM in the Conservatory at Brownstone. Discussion of "The Only Woman in the Room" by Marie Benedict.

Halloween 9-ball Tournament

October 17-31

Contact Bob LaDrew, 484-722-8395

bonkersboy@gmail.com

Women's Fall Pool Tournament

Tues., October 25, 9:00 AM

3-hour event at "Corner Pocket" Pool Room

Contact Bob LaDrew, 484-722-8395

bonkersboy@gmail.com

WEL (Widows Enjoying Lunch)

Tuesday, October 11, 12:00 PM: Magnolia Dining Room. Come and meet some of your neighbors, make new friends, share stories together, and have a laugh or two. We meet on the 2nd Tuesday of the month at noon. Please bring your lunch and beverage. To learn more about this social group, and to make a reservation, contact fellow resident Bebe Holland at 610-999-7907 or email bebeholland28@gmail.com.

Newbies Lunch

Welcome to Tel Hai's newest residents. Those residents who have joined our community in the last few years are the Tel Hai Newbies. The Newbies meet and mingle once a month. Friday, **October 20 at Noon** in Grandview Commons will be the next meeting. This is a "Brown Bag" lunch visit and you are encouraged to bring your lunch from home or pick something up at StoneHearth Grille before the meeting. Please

bring along any questions you have about Life on the Hill. We'll share information and get you answers to your questions. Come ready to make new friends and uncover common interests! Contact Margaretmary Sommar at 484-364-0837.

ART TASK FORCE DISPLAYS

October and November

GCC- Cabinet of Curiosities

StoneCroft - Fall Decor

Clark Gallery - Resident Hazel Duncan

LIFE ENRICHMENT SERIES

Reporter Chad Umble

Monday, October 3, 2:30 PM: CWPA

Chad Umble is a reporter for LNP, and he will discuss how he landed his job, what it's been like to cover news in his hometown, and how the job has changed since the early 2000's. He'll share insight into how several of his own recent stories were selected and written, and will describe his most memorable experiences as a reporter. He will also describe the recent story that got him started on a book project on Amish-born artists Abner and Aaron Zook, and detail what he has learned so far about the brothers and their 3D carved and painted works which have recently fetched \$40K-plus at public auctions.

Armchair Travelogue to Australia, New Zealand and Fiji:

Monday, October 10, 2:30 PM CWPA. Join Barbara and Bruce McCleary as they take us to the eastern coast of Australia, beautiful New Zealand and exotic Fiji.

Jeff Heim - Islam (a five-week course)

Mondays, October 17, 24, 31, Nov. 7 & 14
The first two sessions will focus on the origins of Islam plus a deeper understanding of terms

such as Jihad, Sunni, Shia and Caliphate. Members of the local Muslim community will present classes 3 & 4 on beliefs, practices, gender & family. The 5th class will be a time for questions and answers to discuss further topics that members of the class wish to ask. The real opportunity is face-to-face open and friendly interaction. Jeff Heim, instructor, is a Christian. The cost for this course is \$20 per person (you will be billed), and we will ask you to sign up in one of the Resident Business Centers located in both Garrett and SC when the sheets are posted early October.

TRIPS

** Brochures for trips are available in the Resident Business Centers. **

December 20 & 27 - American Music Theater Christmas Program and lunch at Hershey Farm Restaurant & Inn. Look for brochures in the trip bins at both Resident Business Centers - the December 20th trip is full, but we do need a good waiting list. There are still a few spaces open on the Dec. 27 trip.

TEL HAI PERFORMING ARTS

Pianist Jeffrey Uhlig & Clarinetist

Doris Hall-Gulati

Friday, October 7, 7:30 PM CWPA

Tel Hai favorite Jeffrey Uhlig returns for a captivating and intimate evening of music with Doris Hall-Gulati. Hall-Gulati is Principal Clarinetist in The Chamber Orchestra of Philadelphia, Bass Clarinetist in the Opera Company of Philadelphia, is an Artist in Residence at Franklin and Marshall College and on the faculty of the Lancaster Bible College. Shuttle from the Garrett beginning at 6:45 PM.

Bow Tree Brass

Thursday, October 27, 7:30 PM CWPA

This brass quintet is very similar in style to the Canadian Brass. In fact, they play several of

their arrangements. The lighthearted musical ensemble will be performing an "Around the World" program. They will begin the journey in the US, cross the Atlantic and proceed around the globe with musical selections that represent 12 different countries. All the while, they will introduce each with information about each piece which is sure to add to the overall entertainment of the program. They promise a fun-filled program for all and look forward to spending the evening with us. Shuttle from the Garrett beginning at 6:45 PM.

Chester County Youth Orchestra

Wednesday, November 16, 7:30 PM, CWPA

The CCYO provides an opportunity for students in grades 6-12 to experience the joy of making music with a full symphony orchestra and allows them to meet fellow musicians from school districts across Chester, Delaware and Montgomery Counties. Bus transportation from the Garrett at 7:00 PM.

Lukens Band

Tuesday, November 29, 7:30 PM, CWPA

The Lukens Band, from Coatesville, PA, is no stranger to the Tel Hai Community. Come out and enjoy this 30+ piece band.

Minor Street Brass & Next

Friday, December 9, 7:30 PM, CWPA

Tel Hai Christmas Program

Wednesday, December 14, 7:00 PM, CWPA

LanChester Chorus Christmas Program

Monday, December 19, 7:30 PM, CWPA

FOR YOUR INFORMATION

** A complete calendar of events is located on the Resident Portal! Check it out on your smartphone, tablet, or computer!

** Tune to **Channel 965** for the daily information slides.

** Tune to **Channel 968** for live streaming of Sunday chapel services. All other programs will be only in-person unless otherwise noted.

** 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 Services
AZSQ – Azalea Square Dining Room
DB – Daily Brew
FR – Friendship Room (3rd fl. Hillcrest)
FTR – Fitness Room
GCC – Garrett Community Center
GR – Gathering Room
HCR(2) – Hillcrest Conference Room (2nd floor)
HCSR – Hillcrest Social Room (4th floor)
HZ – Hertzler
LV – Lakeview
LVHS – Lakeview Health Suite
MP – Mantel Pointe (fireplace in GCC)
MDR – Magnolia Dining Room
RBC – Resident Business Center
TH – Tel Haven
THSR – Tel Haven Social Room

StoneCroft (SC) – Ground Floor

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

StoneCroft (SC) – 1st Floor

AOE – Art of Everything Room
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 (GVC) – across from SC
Hillside Amenities – bocce, tennis, pickleball courts



Watch Out for Wellness

Line Dancing

Line Dancing is a great exercise for both men and women. It is a place for meeting new people and enjoying camaraderie. Come and enjoy every Monday and Wednesday at 3:30 to 4:30 and every Friday from 2 to 3. For info or questions call Bunny Toscano 484-722-8277

Life Enrichment Committee

The Life Enrichment Committee or LEC is comprised of about 6 members that serve a 3 year term. We try to provide meaningful presentations on a variety of subjects. Typically, the programs are on Mondays at 2:30 in the CWPA from the month of September through May. If interested in joining the committee, contact Judy Schweitzer at 610-273-9333, ext. 2154.

October 2022 Aquatic Schedule

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





Deck resurfacing closures: SCAC Oct 17 -22. GCC Oct 15-22. SCAC and GCC anticipated re-opening Oct 24.

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

We apologize in advance for any closures.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	<p>SCAC: 7:30am-12:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm 1:00pm-6:00pm</p> <p>GCCP: 1:15pm-2:15pm</p>	<p>SCAC: 7:30am-12:00pm 12:30pm-3:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm 1:00pm-6:00pm</p> <p>GCCP: 1:15pm-2:15pm</p>	<p>SCAC: 7:30am-12:00pm 12:30pm-3:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm</p> <p>GCCP: Updated 9/21 9:00am-11:00am</p>	<p>SCAC: Closed</p> <p>GCCP: Closed</p>
Spa	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
Water Fitness Classes	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Deep Water 9:15-10:00am</p> <p>GCCP: None</p>	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Deep Water 9:15-10:00am</p> <p>GCCP: None</p>	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Deep Water 9:15-10:00am</p> <p>GCCP: None</p>	<p>SCAC: None</p> <p>GCCP: None</p>
Volley Ball	None	GCCP: Resident 2:30-3:30pm	None	GCCP: Resident 2:30-3:30pm	None	None	None
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	8:00am-9:05am 10:15am-11:35am	None
Swim Teams	Practices to begin mid-November. Please note water temperatures are not lowered for practices.				None	None	None

October 2022 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>9:00 – 11:00am Tennis Grandview Commons <i>Drop in</i></p>	<p>9:00am – 11:00am Pickleball Grandview Commons</p>	<p>9:00 – 11:00am Tennis Grandview Commons <i>Drop in</i></p>	<p>9:00am – 11:00am Pickleball Grandview Commons</p>	
<p>9:00– 10:00am 10:30– 11:30am Gentle Flow Yoga SC Group Exercise Rm <i>Fee to participate; contact Gwynne x2441</i></p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>1:00 –1:45pm Resident Zumba SC Group Exercise Room</p>	<p>10:00– 11:00am Chair Yoga SC Group Exercise Room</p>	<p>10:15 –11:15am Strengthen & Tone SC Group Exercise Room</p>	
<p>9:00am – 11:00am Pickleball Grandview Commons</p>	<p>11:00am Shuffleboard Tel Haven</p>	<p>2:00 – 3:00pm Strength & Balance GCC Gathering Room</p>	<p>10:30 –11:15am Tune Up Time GCC Gathering Room</p>	<p>2:00 – 3:00pm Line Dancing GCC Gathering Room</p>	
<p>11:00am– 12:00pm Chair Yoga CWPA poolside</p>	<p>11:15am –12:30pm Ping Pong GCC Gathering Room</p>	<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</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>Saturday 9:00am – 11:00am Tennis Grandview Commons <i>Drop in</i></p>	
<p>1:15 – 2:15pm Strength & Balance SC Group Exercise Room</p>	<p>1:15 – 2:00pm Total Body Toning SC Group Exercise Room</p>			<p>The health benefits of laughter: **Boost heart health by exercising your diaphragm, bringing in more oxygenated air and stimulating your lungs. It also helps to lower blood pressure. **Humor brings comfort and eases physical pain by releasing endorphins. **Laughter can improve sleep and boost immunity by increasing cells that combat illness. **Laughing reduces stress by decreasing cortisol, a major stress hormone. **Laughter brings people together. **Laughter adds positivity to conversations.</p>	
<p>3:30 – 4:30pm Line Dancing GCC Gathering Room</p>	<p>FITNESS ROOMS Cardio and strength machines are available 24/7 to residents who have been cleared by their physician and have been oriented to the use of the rooms. Call Josh X2142 or Gwynne X2441 for information.</p>				
<p>Personal Training Sessions Fee based 1-on-1 training is available for those who want to improve their mobility, increase body awareness, and get back their freedom of movement. Also for those seeking help and guidance with weight management through nutrition. Please consider contacting Josh X2142 or jbooker@telhai.org.</p>		<p>Contact Information</p> <ul style="list-style-type: none"> • Line Dancing: Contact Bunny 610-960-4154 • Pickleball: Contact Ron 267-664-6571 or Robin 610-850-2568 • Ping Pong: Contact Chris 484-340-0395 • Tennis: Contact Marlene 484-796-4221 • Bocce: Sign-out & obtain key in SC RBC. Replace equipment and lock bin when finished playing. <p>**Watch 965 for updates. 9/20/2022</p>			<p>www.verywellmind.com</p>