

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 - 12:00 PM – Drop off donations and open for shopping at Resale Shop: HZ
1:00 PM – Canasta: Conservatory
3:00 PM – Crossword Puzzle Group - AOE
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 - 11:00 AM – Clinic Hours with Nurse Sara. Free blood pressure screenings provided: SCHS
9:00 AM - 11:30 AM – Woodcraft Shop is open. Bring your items that need a repair: Drop off at WS
2:00 - 4:00 PM – Color with Me: DB
7:00 PM – Men's Bible Study: HCCR 2nd floor

Every Wednesday

7:30 – 9:30 AM – Breakfast available: Garden Cafe
1:00 PM – Mahjong – all are welcome: 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, PS & SPDR
1:00 - 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 Sunday

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

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

What's New? For March, 2023

Thursday, March 2

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

Friday, March 3

7:00 PM - Movie Night, *Till*: CWPA

Monday, March 6

2:30 PM – Life Enrichment (LEC) presents WWII: Dachau with speaker Jim Ortoleva: CWPA

Tuesday, March 7

2:00 PM Bible Study – Irene Weaver: CWPA DS
7:00 PM - "CHOSEN: Season 3" – Channel 968 and CWPA

Wednesday, March 8

2:00 PM Afternoon of Song activates your Irish brogue for a little bit 'o singin', along with some travel songs and introspection: CWPA

Thursday, March 9

Fulton Play – depart from SC at 6:00 PM and GCC at 6:15 PM

Friday, March 10

1:00 – 3:00 PM – Way to Wellness: CWPA

Saturday, March 11

Lancaster Symphony Orchestra – depart from GCC at 11:45 AM and SC at 12:00 PM

Monday, March 13

1:00 PM – GriefShare – SPDR
2:30 PM – Life Enrichment Presents The Gwynne & Judy Show: CWPA

Tuesday, March 14

12:00 PM – WEL (Widows Enjoying Lunch): MDR
1:00 PM – 3:00 PM Chess Matches – HCSR
2:00 PM - Continuous Home Care Presentation: CWPA
2:00 PM Bible Study with Irene Weaver: CWPA Dock
7:00 PM - “CHOSEN: Season 3” – Channel 968 and CWPA

Wednesday, March 15

11:00 AM – Choir Rehearsal: CWPA
12:00 Noon – Newbies Lunch: GVC
► Submissions for the April What’s New? are due by today. Submit articles to whatsnew@telhai.org

Thursday, March 16

10:30 AM – Veterans Brunch: MR
2:00 PM - Catholic Mass: A/C
2:00 - 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects while enjoying conversation. All welcome: Conservatory
7:30 PM – Tel Hai Performing Arts presents *Manor Winds*: CWPA Bus transportation from the GCC at 7:00 PM

Friday, March 17

9:00 AM – 1:00 PM – Resale Shop open
10:00 AM - Coffee & Clarity: CWPA
7:00 PM – Movie Night, **Glass Onion: A Knives Out Mystery**: CWPA

Monday, March 20

1:00 PM – GriefShare: SPDR
2:30 PM – Life Enrichment presents, *Grit* with Brianne Houck: CWPA
7:00 PM – Book Club: SC Conservatory

Tuesday, March 21

8:00 – 9:30 AM – Omelet Day
2:00 PM - Bible Study – Irene Weaver: CWPA DS
7:00 PM - “CHOSEN: Season 3”: Channel 968 and CWPA

Wednesday, March 22

Dinner/show – Dinner is at 5:00 PM and Charlie Zahm with Celtic Music is at 6:30: CWPA

Thursday, March 24

1:00 PM Drop-in for Barbara Finley: A/C

Saturday, March 25

7:00 PM - Rockingham Male Chorus Concert: CWPA

Monday, March 27

1:00 PM – GriefShare: SPDR
2:30 PM: LEC History in Miniature – Ruth Williams

Tuesday, March 28

1:00 PM – 3:00 PM Chess Matches - HCSR
7:00 PM - “CHOSEN: Season 3” – Channel 968 and CWPA

Friday, March 31

1:00 – 3:00 PM – Meet the Artist, Patricia Danzon: Clark Gallery:
7:30 PM – Tel Hai Performing Arts presents Dr. Jester & The Kings of Swing: CWPA Bus transportation from GCC at 7PM

Saturday, April 1

1:00 PM – Tel Hai Performing Arts Series presents, Concert Master, Luigi Mazzocchi (violin) and Jeffrey Uhlig (piano): CWPA **Please notice unusual time of 1:00 PM.** Bus transportation at GCC at 12:30.

GENERAL ANNOUNCEMENTS

Retirement Announcement

Barbara Finley started at Tel Hai on March 24, 1997 (26 years this March). Barbara works in the Finance Office as the Billing Associate and handles all of the billing for the Retirement Community. Barbara is very dependable, professional and detail oriented. She spends her days mostly behind the scenes on the computer, talking and meeting with families and residents. She is very caring in her approach with families and residents.

She has announced her retirement and her last day will be Friday, March 31st, 2023. We will be holding a “Drop - in” for her on Friday, March 24th from 1-3pm in the HCC Chapel for residents and team members to share their best wishes with Barb. It will also be an opportunity to meet Heather Leonard, Billing Assistant who will replace Barbara as the Billing Associate. Heather has been in the Finance Department for the past 3 years and looks forward to her new role.

Tuesday March 14th from 2-3pm in the CWP Middle

Continuous Home Care presents: "Heart Health & You". The term heart disease refers to several types of heart conditions, such as coronary artery disease (CAD), congestive heart failure (CHF), and more. Join us to learn about more about these heart conditions, symptoms, risk factors, and what you can do to combat heart disease. No RSVP required. Contact Caroline Cooley (extension 2762) with any questions.

Transportation for Lab Work

The Volunteer Shuttle will begin offering a free shuttle service to Quest and LabCorp (Guthriesville locations) from 8 to 10 AM on the first Monday of the month beginning March 6th. Residents will need to sign-up for their ride by calling the GCC front desk. This is a service we will pilot for 6 months to see how it goes. Please contact Erika Snyder ext. 2010 with any questions or concerns.

Caregiver Support Group

The Caregiver Support Group will be cancelled for March and April. We plan to resume in May of 2023. We will be revamping this program, so please keep your eyes peeled for more information in What's New!

Death Announcement Procedure

Under HIPAA regulations, just as medical information for a Tel Hai resident is protected health information, so the death of a Tel Hai resident is also protected health information. Therefore, to observe legal requirements, the public announcement of a resident's death cannot be made before the resident's power of attorney provides approval or if the information is made public such as on a

funeral home or newspaper website. Tel Hai's practice is that as soon as permission is given to announce a death, a flower with the information is posted in the lobby area of both Garrett Community Center and StoneCroft. If there is a Memorial Service that is planned, the Pastoral Care Office confirms the information that they have received (from a funeral home contact) before posting that information on bulletin boards in the public areas of the levels of care in which the resident has lived (RL, PC and HCC). In RL, the posting is placed on the same bulletin boards used to communicate all Tel Hai Activities/Events. If we have memorial service information we will post on 965.

Tuesday April 11th from 2-3pm in the CWP Middle

Continuous Home Care presents: "Let's Relax & Breathe!". We can all benefit from relaxing breathing techniques daily. We'll also discuss pulmonary conditions that may affect breathing and what you should do if you experience symptoms. No RSVP required. Contact Caroline Cooley (extension 2762) with any questions.

Coffee & Clarity- Dollars & \$ense!

March 17th @ 10:00 am - CWP

In an effort to provide clarity and transparency related to Tel Hai's financials, join Sharon Canull (CFO) and Devon Reynolds (Controller) as we share a deep dive into the Dollar & \$ense of our ministry at the Hill of Life! We'll share about basics like our Income/Expense Report, Balance Sheet and Cash Flow. We'll also share how we track indicators and ratios monthly, our Bank Covenants and Field Benchmarks, and Tel Hai's projections versus actual results. We're excited to share and answer any questions you may have.

Way to Wellness Faire

Stop by the CWPA on **Friday, March 10 between 1:00 PM to 3:00 PM** to discover the Wellness and Volunteer offerings at Tel Hai. A wide variety of clubs, committees and classes will be present to provide information on how you can become involved at Tel Hai.

Do you like to plant flowers, weed, or water?

We could use your help! Many of the flower beds around Tel Hai are taken care of by volunteers. If you enjoy seeing the flowers and would like to help, please contact Barbara McCleary at 484-796-4293 or btmccleary9@gmail.com--

What's New? Deadline

The LAST DAY to submit articles for the April What's New? is Wednesday, March 15th. 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.

April 2 - 9, 2023 - Holy Week

Palm Sunday, April 2 - 9:00 AM and 10:30 AM services with Communion

Message: Dr. Chip Roper, President of VOCA Center, NYC

Maundy Thursday, April 8 - 2:00 PM A/C - Service with Communion

Good Friday, April 7 - 2:00 PM CWPA - Service with Choir/Chime Choir/Drama Ministry

Easter, April 9 - 6:30 AM - Sunrise Service - Amphitheater 9:00 AM and 10:30 AM services with Chaplain David Hicks

Save the Date for Israel

Join Chaplain Hicks for a 13-day pilgrimage to Israel, March 2 - 14, 2024. This all-inclusive trip to the Holy Land will include instruction by Chaplain Dave and time for reflection at the most significant sites from the Old and New Testament including Bethlehem, Jerusalem, Nazareth, the Jordan River and Golan Heights, the Sea of Galilee and surrounding communities, Jericho and the Dead Sea as well as Masada. You will want to sign-up early for this once in a lifetime experience which may be the final tour led by Chaplain Hicks from Tel Hai. Brochures will be available early in 2023. For more information, contact the Chaplain's office at x-2443.

New GriefShare Series in March

***GriefShare**, our 13-week support group for those who have lost a loved one, will resume on Monday's starting March 13th at 1:00 PM in the Scalies Private Dining Room of StoneCroft. All are welcome! Please contact Chaplain Hicks to order a workbook and secure a spot.

HEALTH & WELLNESS

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. March dates are: Monday the 6th, 13th, 20th and 27th, from 11:00 AM - 4:00 PM. Friday, 3/10, from 12:00 - 4:00 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

Exciting news from the ping pong world:

Beginning in March, Thursday ping pong will continue with the following change: one table for beginning players, one table for intermediate players. 11:15am-12:15pm in the Gathering Room. Classes will no longer be held but help will be available regarding equipment, rules and technique as requested. On-going: advanced players are encouraged to compete on Tuesdays, 11:15 AM-12:30 PM in the Gathering Room.

St. Patrick's 8-ball Tournament

Thursday, March 16, 9 AM - 12 noon

Corner Pocket Billiards Room

Donuts and drinks included

Bob LaDrew

bonkersboy@gmail.com 484-722-8395

Novice Billiards Class

Wednesdays, 6:30 PM

Corner Pocket Billiards Room

Bob LaDrew

bonkersboy@gmail.com 484-722-8395

Tai Chi

Tai Chi will continue from March 2 - April 20. This 8-week session will be \$30.00 and will be billed directly to your Tel Hai account. All classes will be held on Thursday, 2 time options

(11:45am-12:45pm or 1-2pm). Registration began Monday, February 20, 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.

CAMPUS SPECIAL EVENTS

Six Week Course Offered at No Charge - Self Management of Mental Health Issues

Chronic disease self-management programs (CDSMP) allow people with any chronic disease to participate and learn self-management skills. The program is a series of structured community-based workshops or classes which hold participants accountable to goal setting. This program will focus on byproducts of chronic problems like emotional stress, decreased physical strength, fatigue & frustration. The class teaches problem solving, communication skills, the importance of physical activity, breathing and relaxation techniques and more. The class runs for 6 weeks (Tuesdays from 9:00 to 11:30 AM in the CWPA, beginning April 11th). This class is taught by Karen Dixon, Community Wellness Coordinator of Brandywine Valley Active Aging. Karen is certified in an evidence-based program called Chronic Disease Self-Management. We need a minimum number of 12. Call Judy at 610-273-9333, ext. 2154 for sign up or jschweitzer@telhai.org. To date, we have 6 signed up and we need 12. This is a very worthwhile class - please consider.

Book Club

March 20 at 7 PM in the CWPA poolside we are having a guest author, Bruce Mowday, from West Chester. A local historian who writes for the Daily Local newspaper as well as biographies such as Richie Ashburn. Open to all residents.

WEL (Widows Enjoying Lunch)

Tuesday, March 14, 12:00 PM: Magnolia Dining Room. Come and meet some of your neighbors. We meet on the 2nd Tuesday of the month at noon. Please bring your lunch and beverage. 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.

Wednesday, March 15 at Noon in Grandview Commons. (Grandview Commons is the Club House across from StoneCroft. You'll need your badge for entry.) This is a "Brown Bag" lunch visit and you are encouraged to bring your lunch from home or pick something up at Stone Hearth Grille before the meeting. Questions? Contact: Margaretmary Sommar, 484-364-0837 psommar@comcast.net

ART TASK FORCE DISPLAYS

March

Stone Croft AND Garrett Display Case:

Who's Who? Still the Who's Who but we've changed out the residents and staff. You get a chance to guess the next round. Put your guesses in the boxes at the front desks.

Winner will receive a prize! Please check back at the end of the month for the answers.

April - May

The StoneCroft Display case will feature salt and pepper shakers during the months of April and May. If you have any salt and pepper shakers that you would like to display, please contact Erika Snyder x2010 or esnyder@telhai.org.

The Garrett Community Center Display case will feature textile arts of various kinds during the months of April and May. If you have any textile arts that you would like to display, please contact Erika Snyder.

TRIPS

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

- Colebrookdale Railroad trip - April 18
- Reading Phillies Game - April 24
- Moses at Sight & Sound - May 9 (waiting list only)
- Casey Jones Restaurant - May 23
- Berks County Heritage Center - June 6
- Hunterdon Hills Playhouse, Friday, June 23rd
- Ladew Gardens - July 11
- Boyertown Antique Museum - July 14

Virginia International Tattoo Trip, April 19-21. Brochures are posted and located in the trip bins of both RBCs. Trip is almost full.

Go for the Gold in the Adirondacks

September 24-28, 2023

Brochures are in both RBCs. Plenty of room on this trip - please register soon if you are planning to travel with us.

A Ten Night Caribbean Cruise - April 19th-29th, 2024 Look for brochures in both RBC's.

TEL HAI PERFORMING ARTS

Thursday, March 16, 7:30 PM, CWPA

Manor Winds - Lancaster based ensemble

Shuttle begins from Garrett at 7:00 PM

The Lancaster-based ensemble, Manor Winds is composed of five musicians who share their love of music and collaboration performing throughout southeastern PA. Providing an unforgettable evening of quality chamber music, their performance will include standard and modern wind quintet repertoire.

Friday, March 31, 7:30 PM, CWPA

Dr. Jester & the Kings of Swing

Shuttle begins from Garrett at 7:00 PM

As a disciplined and creative musician, Jennifer Jester incorporates a rich musical background with many experiences in multiple genres. Her music is an extension of self that is sometimes fun, whimsical and alluring. The music lives up to Jennifer's last name, and is entertaining, playful and diverse.

Saturday, April 1, 1:00 PM, CWPA (please note the time of 1:00 PM)

A Concert Master Plays Music by Beethoven and Spanish Composers with:

Luigi Mazzocchi - Violin

Jeffrey Uhlig - Piano

Shuttle from Garrett at 12:30 PM

Luigi Mazzocchi, is Concert Master of the Philadelphia Ballet Orchestra, Ocean City Pops, Lancaster Symphony Orchestra and Associate Concert Master of the Delaware Symphony Orchestra.

Saturday, April 29, 7:00 PM, CWPA (notice the time of 7pm)

Wheatland Chorale

Shuttle from Garrett starting at 6:30 PM

Escape from the ordinary with a performance by The Wheatland Chorale, known throughout the region for its "shimmering" sound. The singers of the chorale create a huge variety of color and texture, from thundering fortissimos to whisper-quiet pianissimos, with their thick, tight harmonies of modern choral textures.

LIFE ENRICHMENT LECTURES

Monday, March 6, 2:30 PM, CWPA

WWII: Dachau

Speaker, Jim Ortoleva will share his father's experiences at Dachau concentration camp in the spring of 1945. His father was in charge of Medical Supply in the 116th Evacuation Hospital

U.S.A., and a few days before WWII ended, his unit was assigned to Dachau to care for the prisoners.

Monday, March 13, 2:30 PM, CWPA

The Gwynne & Judy Show

LEC presents, "The Gwynne & Judy Show". During Covid Judy interviewed Gwynne, and we learned a little bit about her background and how she came to Tel Hai. Gwynne will now interview Judy, but to keep it interesting, we are going to have a couple of surprises. So consider coming and join in the fun and laughter.

Monday, March 20, 2:30 PM, CWPA

Grit

Join Brianne Houck, USOA Ms. Pennsylvania 2022, as she talks about her colorful life and professional experience. A Birdsboro native, she attended the United States Military Academy at West Point, was in active duty in the Army for three years and earned a BS in Science from Penn State and an MBA from Tuft's University and created her own nonprofit organization.

Monday, March 27, 2:30 PM, CWPA

History in Miniature - Ruth Williams - A portrait artist strives to keep a lost art alive

From an early age, PA artist, Ruth A. Williams, was encouraged to appreciate family stories, traditions, and a love of handcrafting. Influenced by the PA German culture found in her native Berks County, Ruth began creating folk art in 1984. Her work includes acrylic and watercolor paintings, Fraktur, silhouettes, and hand-sewn items. She has been a featured artisan with historic sites and shops in multiple PA counties. Her recent passion is creating Portraits in Miniature. After much self-study on the topic, visiting museum collections, and attending presentations on 18th century art, Ruth began painting miniature scenes, mementos and portraits. Come and learn more about the history of this art and Ruth's journey.

Monday, April 3 - LEC presentation TBA

Monday, April 24, 2:30 PM, CWPA

Ryan & Friends

As a busy comedian performing throughout North America, ventriloquist Ryan will deliver a flawlessly clean show and sidesplitting comedy! Meet all his friends - like Harold and Irene - who are hilarious "old folks" with way more opinions on life than your average grandparents!

To help cover the cost of this event, we are asking for a \$10 donation per person upon entrance to the 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
CP – Corner Pocket
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

StoneCroft Aquatics Center Schedule

March 2023



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

We apologize in advance for any closures.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours Open	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Open/ Lap Swim	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Spa	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Water Fitness Classes 3 lanes	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	Deep Water 9:15am-10:00am	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	Deep Water 9:15am-10:00am	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	Deep Water 9:15am-10:00am	Closed
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	8:45am-11:35am	Closed
Swim Team	3:45pm-5:30pm	None	3:45pm-5:30pm	None	3:45pm-5:30pm	None	Closed

Updated 2/21/2023

StoneCroft Aquatics Center Policies & Swim Team Information

Pool rules:

- *Lifeguard on duty is in charge
- *Pool waivers must be signed
- *Please use deck showers to rinse off
- *No running
- *No diving
- *Children must be fully potty-trained or in swim diapers to be in the pool.
- *Children under 5, non-swimmers, must have adult in pool with them. Parent can only take non-swimmer as far as parent can stand
- *Children over 5, without an adult in pool, must pass test
- *No food on deck
- *No glass containers on deck
- *Non-swimmers must wear Coast Guard approved lifejackets
- *Lap lanes are for lap swimmers, lessons & swim teams only
- *Proper swim attire- no street clothes
- *Water Fitness equipment is for water fitness only (barbells & gloves)
- *Starting blocks for swim team & lessons only
- *Must be 18 years old to use spa
- *Shoes and proper attire are required to leave area
- *No shaving allowed on site
- *Pull cords for emergencies only

Swim meet schedule:

- Swim Meets have concluded for the season.

Swim Team Contact info:

Upon Request

Swim Lane Etiquette

Lap swimming etiquette:

How to share a lane:

- *Make sure the other swimmer is aware you are joining them in lane.
- *More than 1 swimmer per lane - swimmers choose a side, or you both choose to circle swim.
- *More than 2 per lane- Circle swimming only by all in lane.

25 Yard Pool

100 yards = 4 lengths

500 yards = 20 lengths

1,000 yards = 40 lengths

1,760 yards (mile) =

71 lengths

Update Hotline- 610-273-4050

Call for schedule changes or in case of severe winds, thunder, lightning, snow, ice, tornado warnings, etc.

*We do not offer credits/make ups for missed lessons, memberships, or swim team practice for inclement weather, school functions, vacations, minor illnesses.

Thunder/lightning- Pool must be cleared, every strike/boom will result in 30 minutes additional closure. If during lessons, our instructors will run deck safety lessons until pool can reopen, or lessons are cancelled.

2 hr TVSD/CASD delay- Pool opens at 9am, classes running will be determined by weather.

Early Dismissal- No evening programming, pool closes at 5pm or earlier weather dependent.

School Closures:

Morning- Opening time and classes determined by weather.

Evening- Will be reevaluated by 2pm, information will be updated on hotline by 1pm.

Weekends- Any delayed openings or closures will be on hotline.

Please visit www.telhai.org/pool or call 610-273-9333 ext. 2441 for more regarding the following information
Membership information- Daily, 10 visit punch cards, monthly and quarterly memberships available for purchase. Family, Couple, and Individual options are available. Memberships are not required for swim lesson participation.

Watch Out for Wellness



Pinochle

Do you enjoy playing Pinochle? Would you like to sharpen your pinochle skills?

Join us on Monday evenings from 7-9 PM in the Hillcrest 4th Social Room (HCSR). All are welcome. Any questions, please contact Sandy Jenkins 610-273-4640.

Ping Pong

The aerobic exercise ping pong gives us, surprises everyone. You can set your own pace, but even the slowest practice, no game, can raise a sweat, increase heart beat and focus. Our brains use energy, too. The socialization and laughter in the ping pong room make a little paddle and ball valuable tools for our wellness.

If you are a player with advanced skill you can really work up a sweat and speed up brain activity. Your day in the Garrett Gathering Room is Tuesday, 11:15 - 12:30 PM

Beginners and Intermediates each have a table on Thursdays, 11:15 AM - 12:15 PM

Equipment is available.

March 2023 Aquatic Schedule

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





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	<u>SCAC:</u> 7:30am-12:00pm <u>GCCP:</u> 7:30am-9:30am	<u>SCAC:</u> 7:30am-12:00pm 1:00pm-6:00pm <u>GCCP:</u> 1:15pm-2:15pm	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-3:00pm <u>GCCP:</u> 7:30am-9:30am	<u>SCAC:</u> 7:30am-12:00pm 1:00pm-6:00pm <u>GCCP:</u> 1:15pm-2:15pm	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-3:00pm <u>GCCP:</u> 7:30am-9:30am	<u>SCAC:</u> 7:30am-12:00pm <u>GCCP:</u> 9:00am-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 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 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 9:15-10:00am <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	3:45pm-5:50pm	None	3:45pm-5:50pm	None	8:45am-11:35am	None
Swim Teams	3:45pm-5:30pm	None	3:45pm-5:30pm	None	3:45pm-5:30pm	None	Updated 2/21/2023

March 2023 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp	<u>10:00– 11:00am</u> Chair Yoga SC Group Exercise Room	<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp
<u>9:00– 10:00am</u> <u>10:30– 11:30am</u> Gentle Flow Yoga SC Group Exercise Rm <i>Fee to participate; contact Gwynne x2441</i>	<u>10:30 –11:15am</u> Tune Up Time GCC Gathering Room	<u>1:00 –1:45pm</u> Resident Zumba SC Group Exercise Room No class March 1st & 8th	<u>10:30 –11:15am</u> Tune Up Time GCC Gathering Room	<u>10:15 –11:15am</u> Strengthen & Tone SC Group Exercise Room
<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp	<u>11:00am</u> Shuffleboard Tel Haven	<u>2:00 – 3:00pm</u> Strength & Balance GCC Gathering Room	<u>11:15am –12:15pm</u> Ping Pong GCC Gathering Room Beginner/intermediate play	<u>2:00 – 3:00pm</u> Line Dancing GCC Gathering Room
<u>11:00am– 12:00pm</u> Chair Yoga CWPA poolside	<u>11:15am –12:30pm</u> Ping Pong GCC Gathering Room Advanced competition	<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room	<u>11:45am – 12:45pm</u> <u>1:00 – 2:00pm</u> Tai Chi CWPA <i>Fee to participate; contact Gwynne x2441 for more information</i>	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.
<u>1:15 – 2:15pm</u> Strength & Balance SC Group Exercise Room	<u>1:15 – 2:00pm</u> Total Body Toning SC Group Exercise Room	**Watch 965 for updates. 2/21/23	<div><div><h2>Eating Right for Older Adults</h2><p>The following tips can help you get started on your way to eating right.</p><p>Make half your plate fruits and vegetables. Make at least half your grains whole. Switch to fat-free or low-fat milk, yogurt & cheese. Vary your protein choices. Limit sodium, saturated fat and added sugars. Stay well-hydrated. Enjoy your food but be mindful of portion sizes. Consult a registered dietitian if you have special dietary needs.</p></div></div>	
<u>3:45 – 4:45pm</u> Line Dancing GCC Gathering Room Note new time	Contact Information <ul style="list-style-type: none">Line Dancing: Bunny 610-960-4154Pickleball: Ron 267-664-6571 or Robin 610-850-2568Ping Pong: Chris 484-340-0395			
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				
		eatright.org Academy of Nutrition and Dietetics		