

# 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  
1:00 - PM Griefshare: SPDR  
2:00 - 4:00 PM – Color with Me: DB  
7:00 PM – Men's Bible Study: HCCR 2<sup>nd</sup> floor

### **Every Wednesday**

7:30 – 9:30 AM – Breakfast available: Garden Café  
11:00 am – Choir Rehearsal: CWPA  
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 April, 2023**

### **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 7:00 PM

### **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.

### **Monday, April 3**

11:00 AM – Presentation and sign-ups of 2024 Tour to Israel: CWPA\_Dockside  
2:30 PM - Life Enrichment (LEC) presents Mimsie Brookes and Bob & Joyce Witters (an interview with our long-term residents): CWPA

### **Tuesday, April 4**

1:00 PM – 3:00 PM Chess Matches: HCSR  
2:00 PM – Bible Study with Fran Atkins: GR  
7:00 PM – Chosen Season 3 Episode 8: CWPA and Channel 968

### **Thursday, April 6**

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  
2:00 PM– Communion Maundy Thursday Service: A/C

### **Friday, April 7**

2:00 PM – Good Friday Service: CWPA and Channel 968

7:00 PM - Movie Night, ***A Man Called Otto***: CWPA

### **Sunday, April 9**

6:30 am – Easter Sunrise Service – Amphitheater (weather permitting)

### **Tuesday, April 11**

9:00 AM – Chronic Disease Self-Management (registrations required) –CWPA Dockside

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

2:00 PM – Bible Study with Fran Atkins: GR

2:00 – 3:00 PM - Continuous Home Care presents: “Let’s Relax & Breathe!”: CWPA

### **Wednesday, April 12**

2:00 PM - Afternoon of Song contains a little whimsy mixed with dreams and ways that peace finds us. Come sing and feel renewed or just listen and enjoy: CWPA  
Book sale starts in SC and GCC and ends on Wednesday, April 26

### **Thursday, April 13**

12:00 Noon – Newbies Lunch: GVC

### **Friday, April 14**

1:00 - 3:30 PM – Team member awards: Channel 968

### **Saturday, April 15**

► Submissions for the May What’s New? are due by today. Submit articles to [whatsnew@telhai.org](mailto:whatsnew@telhai.org)

### **Monday, April 17**

2:30 PM LEC presents the McCleary’s Travelogue – road trip to Michigan and Wisconsin: CWPA  
7:00 PM – Book Club: SC Conservatory

### **Tuesday, April 18**

9:00 AM – Chronic Disease Self-Management (registrations required): CWPA Poolside  
1:00 PM – 3:00 PM Chess Matches – HCSR  
1:00 PM – Great Decisions: SDR  
2:00 PM – Bible Study with Fran Atkins: GR

### **Wednesday, April 19**

Depart for International Tattoo Trip at GVC – look for final details from Judy  
Shuttle to CROPS  
2:00 – 4:30 PM Office of Katie Muth, Mobile Constituent Services: CWPA

### **Thursday, April 20**

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

### **Friday, April 21**

9:00 AM – 1:00 PM – Resale Shop open

### **Monday, April 24**

2:30 PM – LEC presents comedian, Ryan & Friends -we are asking \$10 donation per person to help cover the cost of this show: CWPA  
3:30 – 5:30 PM – Team Member Awards: Channel 968

### **Tuesday, April 25**

9:00 AM – Chronic Disease Self-Management (registrations required) – CWPA Dockside  
2:00 PM – Diabetes Update (registration required): CWPA

### **Wednesday, April 26**

Shuttle to Walmart  
7:00 PM – Movie Night, “The Fablemans”: CWPA

### **Thursday, April 27**

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

### **Saturday, April 29**

7:00 PM – Tel Hai Performing Arts Series presents The Wheatland Chorale (please notice the time of 7:00 PM) – bus transportation from the Garrett begins at 6:30 PM: CWPA

## **GENERAL ANNOUNCEMENTS**

### **Would you like to grow your own vegetables or flowers?**

Join the Tel Hai Farmers Club. Fill out an application found in the Garrett and StoneCroft RBC's. If you would like to help with the gardens that are for resident use, please contact Barbara McCleary at 484-796-4293 or [btmccleary9@gmail.com](mailto:btmccleary9@gmail.com)

### **Care Partner Support Group**

This new and improved support group will replace the "Caregiver Support Group". Those that are caring for someone with dementia are encouraged to attend. Meetings will be held on the 4<sup>th</sup> Thursday of each month from 2:00-3:00 PM in the Hillcrest Conference Room. The shuttle will be available for participants that may need a ride to/from the meeting. Our first meeting will be on May 25<sup>th</sup> where we will discuss the changes that have been made to this group and what to expect each month. If you have questions or are unsure if this group is right for you, please contact Caroline at extension 2762 or [ccooley@telhai.org](mailto:ccooley@telhai.org) for more information.

### **Senator Katie Muth - Mobile Constituent Services**

The office of Senator Katie Muth will be visiting Tel Hai on Wednesday April 19<sup>th</sup> from 2:00 - 4:30 PM in the CWPA. You will have the opportunity to ask questions about PennDOT services (REAL ID, handicap placards, car registration, etc.), how to obtain birth and death certificates, SEPTA senior passes, PA income tax return issues, and more. Shuttle will be available upon request, call GCC front desk at 2040.

### **Diabetes Update from Main Line Health**

Please join Virginia Goldschmidt, Diabetes Coordinator with Main Line Health, as she provides updated information regarding diabetes. Virginia will describe how diabetes is diagnosed, what the symptoms are, and what you can do to help manage this health condition. Tuesday, April 25, 2023 at 2:00 PM in the CWPA. Please RSVP to Caroline Cooley at extension 2762 by Wednesday, April 19.

### **Volunteers Needed:**

The Volunteer Engagement Committee is looking for new members. The purpose of this committee is to volunteer for various endeavors outside of the Tel Hai campus, but within the surrounding communities in Chester County. If you might be interested please contact Erika Snyder ext. 2010

### **Shuttle News**

Please see the RBC's for the Volunteer Shuttle Service. New hours have been added. Be sure to take advantage of these additional times! Also, don't forget to sign up for the Blood Lab shuttle that goes to Quest and LabCorp the 1<sup>st</sup> Monday of the month.

### **What's New? Deadline**

The LAST DAY to submit articles for the May What's New? is Saturday, April 15<sup>th</sup>. Email your article to [whatsnew@telhai.org](mailto:whatsnew@telhai.org).

### **WORSHIP**

#### **Communion Packets**

Starting with April, the COVID precaution of placing prepackaged communion packets in the Resident Business Centers will be discontinued. This is due to the fact that these products have a limited shelf life so large quantities can't be ordered too far in advance and when an order is placed, the packets have not been readily available.

### **Presentation on upcoming Israel 2024**

Join Chaplain Hicks on Monday, April 3<sup>rd</sup> at 11:00 AM in the CWPA Dockside for a presentation regarding our 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 are NOW available. For more information, contact the Chaplain's office at x-2443

### **Bible Studies beginning in April**

Join us for a new series on the **Beatitudes led by Fran Atkins** beginning **Tuesday, April 4<sup>th</sup> at 2:00 PM** in the Gathering Room in Garrett. This study is open to both men and women.

### **Holy Week Services Planned**

Palm Sunday features a special message and communion brought by Dr. Chip Roper, Director of VOCA center of NYC. Services will be at the normal time on **Sunday, April 2 at 9:00 AM in CWPA and 10:30 AM in Chapel**. Maundy Thursday we will offer a service of communion at **2:00 PM on Thursday, April 6**. A solemn service of remembrance of the crucifixion will occur on **Good Friday, April 7 at 2:00 PM** in the CWPA featuring our Tel Hai Choir and Chime Choir and drama ministry. Then celebrate the resurrection with our annual Easter Sunrise service on **April 9 at 6:30 AM** in the Grandview Commons Amphitheater followed by our traditional Resurrection Sunday services at **9:00 AM** in the CWPA and **10:30 AM** in the Auditorium Chapel.

## **HEALTH & WELLNESS**

### **Coming to SCAC Aqua Spin: Beginning Tuesday April 11, SCAC will launch its first Aqua spin class**

What is Aqua Spin? It is in-water spinning on a submerged stationary bike. This a great no-impact workout that can increase your

cardiovascular endurance. When you're spinning in water, you can exercise at a higher intensity but at a lower heart rate. Thus, it improves your cardiovascular health without risking exhaustion. Pair this with strength training and music and you will have the perfect combination for a fun filled beneficial aquatic spin class.

Class times:

Tuesdays 2:00 PM

Thursdays 8:00 AM

Registration required as space is limited.

Registration will open Friday, March 31, beginning at 12:00 noon. Class will run for 6 weeks. Please contact Sandi Brandt @ [sbrandt@telhai.org](mailto:sbrandt@telhai.org) for more information.

Let's Ride!

### **Tai Chi**

Tai Chi will continue from April 27 - June 15. 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 (11:45 AM - 12:45 PM or 1:00 - 2:00 PM). Registration begins Monday, April 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](mailto:gjohnson@telhai.org) or by phone at extension 2441.

**Cornhole - interested?** Eager to learn or experienced player? Regularly-scheduled time, pick-up games or tournament play? Contact Steve Wilson to express interest or to find out more. [wilson2or7@gmail.com](mailto:wilson2or7@gmail.com)

### **Water volleyball**

Interested in learning with other beginning players? Contact Gwynne to communicate interest. [gjohnson@telhai.org](mailto:gjohnson@telhai.org) or ext. 2441.



### **New pool opportunity**

**Water Tai Chi** will be introduced as a trial class in the GCC pool on Tuesday afternoons in April. 1:15 - 2 PM. Reservations are required, first come, first reserved. Reservations will be taken beginning at noon on Tuesday, March 28. Email is preferred [gjohnson@telhai.org](mailto:gjohnson@telhai.org) or X 2441. Class size is limited. It is preferable for participants to commit to all four Tuesdays in April for this trial class.

Water Tai Chi benefits balance, muscular strength, cardiorespiratory function, joint and muscle flexibility. Tai Chi is slow meditative physical exercise designed for relaxation, balance and health. It is a series of gentle exercises that are fluid, graceful, circular and slow. Breathing is deep, aiding visual and mental concentration.

Andy Valdez, Wellness Supervisor in Lakeview, is the instructor. Andy taught this for ten years when he lived in Texas and is thrilled to be bringing this opportunity to you.

Due to this class, the GCC pool schedule will be adjusted. Afternoon lap swimming will be available only on Thursdays.

### **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. April dates are: Monday the 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, from 11:00 AM - 4:00 PM. Friday, 7<sup>th</sup> and 28<sup>th</sup>, from 12:00 - 4:00 PM. Please contact Shelly Hansen at [shellyinlight@verizon.net](mailto:shellyinlight@verizon.net) or 610-466-7733 to schedule an appointment.

## **CAMPUS SPECIAL EVENTS**

### **Book Club**

The Book Club at StoneCroft will be discussing the book, The Lincoln Highway by Amor Towles on Monday, April 17<sup>th</sup> at 7 PM. We meet in the Conservatory at Brownstone...come and join us!

### **Team Member Annual Awards**

April 14 from 1:00 - 3:00 PM and April 24 from 3:30 to 5:30 PM - tune in to 968 for videos of Team Member Awards. We will run a constant loop during the listed times.

### **Men's Tax Day 9-ball Pool**

April 3-16, Contact Bob LaDrew  
[bonkersboy@gmail.com](mailto:bonkersboy@gmail.com) 484-722-8395

### **Women's Partners 8-ball**

April 17-30, Contact Bob LaDrew  
[bonkersboy@gmail.com](mailto:bonkersboy@gmail.com) 484-722-8395

### **Beginning Billiards**

Wednesdays 6:30 PM, Contact Bob LaDrew  
[bonkersboy@gmail.com](mailto:bonkersboy@gmail.com) 484-722-8395

### **Great Decisions**

The group that discusses important Foreign Policy matters, will meet at **1:00 PM Tuesday, April 18**, in the Scalies Dining room, Stone Croft. The topic will be Climate Change. The

topic for the May meeting will be Energy Security. For more information, email Bill Morling @ [wmorling@comcast.net](mailto:wmorling@comcast.net)

### **WEL (Widows Enjoying Lunch)**

**Tuesday, April 11, 12:00 PM:** Magnolia Dining Room. Come and meet some of your neighbors. We meet on the 2<sup>nd</sup> 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](mailto: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.

**Thursday, April 13 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](mailto:psommar@comcast.net)

### **ART TASK FORCE DISPLAYS**

#### **April**

**Stone Croft:** Salt and Pepper shakers

**Garrett Display Case:** Fiber arts display

**Clark Gallery:** James Evangelista - Professional Photographer

### **TRIPS**

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

#### **Look for these brochures in both RBCs:**

- Colebrookdale Railroad trip - April 18 - **CANCELLED**
- Reading Phillies Game - April 24

- Moses at Sight & Sound - May 9 -waiting list only
- Casey Jones Restaurant - May 23 - will be taking our 14 passenger bus
- Berks County Heritage Center - June 6, - we need more people and deadline for sign-up is April 30
- Ladew Gardens - July 11
- Boyertown Antique Museum - July 14

### **Go for the Gold in the Adirondacks**

**September 24-28, 2023**

Brochures are posted and located in the trip bins of both RBCs.

Plenty of room on this trip - please register soon if planning to travel with us.

### **A Ten Night Caribbean Cruise - April 19<sup>th</sup> - 29<sup>th</sup>, 2024**

Look for brochures in both RBCs

### **TEL HAI PERFORMING ARTS**

**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**

**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.

**Wednesday, May 17, 7:00 PM, CWPA (notice the time)**

**Aliethia Home School Choir**

**Shuttle from Garrett starting at 6:30 PM**

Please join us in welcoming Aliethia Home School Choir as they come together with their talents and abilities of praising the Lord with their voices. Meet the students and parents.

**Friday, May 19, 7:30 PM, CWPA**

**Mainliners**

**Shuttle from Garrett starting at 7:00 PM**

Delaware Valleys premier men's chorus - The Mainliners - are back to perform a variety of songs in four-part harmony a cappella style. The group's musical style includes enthusiastic renditions of sentimental ballads, snappy rhythm tunes and rousing patriotic numbers.

### **Life Enrichment Lectures**

**Monday, April 3 - 2:30 PM, CWPA**

Life Enrichment presents Mimsie Brookes with Bob & Joyce Witters. Join us as Judy interviews long term residents, Mimsie, Bob & Joyce. Mimsie has lived at Tel Hai 15 years, and her parents moved to a Tel Hai cottage in 1986. Her sister has also lived here. Bob & Joyce have lived at Tel Hai for 20 years. Joyce's mother moved to Tel Hai in the mid 90's when Hillcrest was newly built. Come and hear their stories - what brought them to Tel Hai, what memories

do they have of the earlier years of Tel Hai, what changes have they witnessed and more. Please join us for this fun hour.

**Monday, April 17 - 2:30 PM, CWPA**

Join Barbara and Bruce McCleary as they take a road trip to Michigan and Wisconsin. See Greenfield Village in Dearborn, Mackinac Island, the fabulous Upper Peninsula, Wisconsin Dells and more! We hope you will join us on this 3,189-mile journey!

**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.**

**Mondays, May 1, 8 & 15, 2:30 PM, CWPA**

**Back by request - Ken Sensenig with American Revolution: Faith & Conflict**

Join Ken Sensenig (from Mennonite Central Committee) for a three-part educational journey describing uncertain times in the American Revolution. From the casualties of the Battle of Brandywine and the importance of the Ephrata Cloister to a Mennonite preacher and his wife facing a supreme test, you do not want to miss this series. Two centuries almost obliterated this story, but recent decades shed new light on remembering forgotten heroes of the "faith."

## **Movies**

**Friday April 14th, 7:00 PM, CWPA: A Man Called Otto.** Otto Anderson is a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol. She challenges him to see life differently, leading to an unlikely friendship that turns his world around. Tom Hanks, Mariana Treviño. 2022. PG-13, 2 hr 6 min.

**Friday April 28th, 7:00 PM, CWPA: The Fabelmans.** Inspired by Steven Spielberg's own childhood, in this coming-of-age story, a young man uncovers a shattering family secret and the power of film and imagination to help us see the truth about ourselves and each other. Seven Oscar nominations. Michelle Williams, Seth Rogen, Paul Dano. 2022. PG-13. 2 hr 31 min.

## **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 (3<sup>rd</sup> fl. Hillcrest)  
FTR – Fitness Room  
GCC – Garrett Community Center  
GR – Gathering Room  
HCR(2) –Hillcrest Conference Room (2<sup>nd</sup> floor)  
HCSR – Hillcrest Social Room (4<sup>th</sup> 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) – 1<sup>st</sup> 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 – 1<sup>st</sup> Floor  
Theater – 2<sup>nd</sup> Floor  
Textile Arts Room – 3<sup>rd</sup> Floor  
Conservatory – 4<sup>th</sup> floor

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



## Watch Out for Wellness



### Practicing Painters

Practicing Painters is a group getting together to paint and have some social time together. It is very relaxing and no pressure to be a Rembrandt. You decide what you want to paint or draw. Spread out in the Art of Everything, and not messing up your cottage, apartment, and create. They meet Tuesday's between 1:30 - 4:00 PM. Come the whole time or only what suits your schedule. Note: if you show up first, give it some time, because most stagger in. For more information contact Loretta Englerth at 610-324-2776.

# *Worship Schedule*

## *April 2023*

### **HOLY WEEK PALM SUNDAY - Sunday, April 2**

9:00 AM – Chapel: CWPA or 968 Communion

Message: Dr. Chip Roper

Music: Frank Starr

10:30 AM – Chapel: A/C or 968 Communion

Message: Dr. Chip Roper

Music: Frank Starr

### **Monday, April 3**

11:00 AM Chaplain David Hicks – 2024 Tour to Israel

Presentation and Sign-Up – CWPA – Dockside

1:00 PM GriefShare Session 4 – SPDR

### **Tuesday, April 4**

2:00 PM Bible Study with Fran Atkins –

GR

7:00 PM Men's Bible Study HCR(2)

7:00 PM The Chosen: Life of Christ Video Series

Season 3 – Episode 8 CWPA and Channel 968

### **MAUNDY THURSDAY Thursday, April 6**

10:00 AM Bible Discussion Group – THSR

2:00 PM Maundy Thursday Worship Service with

Communion – A/C and 968

### **GOOD FRIDAY Friday, April 7**

2:00 PM Good Friday Service with Choir, Chime

Choir and Reflections

### **EASTER SUNDAY, Sunday, April 9**

6:30 AM – Easter Sunrise Service Amphitheater  
(weather permitting) or Grandview Commons

9:00 AM – Chapel: CWPA or 968

Message: Chaplain David Hicks

Piano: Ruthann Stevenson

10:30 AM – Chapel: A/C or 968

Message: Chaplain David Hicks

Piano: Ruthann Stevenson

### **Monday, April 10**

1:00 PM GriefShare Session 5 – SPDR

### **Tuesday, April 11**

2:00 PM Bible Study with Fran Atkins –

GR

7:00 PM Men's Bible Study HCR(2)

### **Thursday, April 13**

10:00 AM Bible Discussion Group – THSR

### **Sunday, April 16**

9:00 AM – Chapel: CWPA or 968

Message: Mandy Johnson, Good Samaritan  
Services, Chester and Lancaster County

Piano: Frank Starr

10:30 AM – Chapel: A/C or 968

Message: Mandy Johnson, Good Samaritan

Services

Piano: Frank Starr

### **Monday, April 17**

1:00 PM GriefShare Session 6 – SPDR

### **Tuesday, April 18**

2:00 PM Bible Study with Fran Atkins – GR

7:00 PM Men's Bible Study HCR(2)

### **Thursday, April 20**

10:00 AM Bible Discussion Group – THSR

2:00 PM Catholic Mass A/C

### **Sunday, April 23**

9:00 AM – Chapel: CWPA or 968

Message: Chaplain David Hicks

Piano: Ruthie Stevenson

10:30 AM – Chapel: A/C or 968

Message: Chaplain David Hicks

Piano: Ruthie Stevenson

### **Monday, April 24**

1:00 PM GriefShare Session 7 – SPDR

### **Tuesday, April 25**

7:00 PM Men's Bible Study HCR(2)

### **Thursday, April 27**

10:00 AM Bible Discussion Group – THSR

### **Sunday, April 30**

9:00 AM – Chapel: CWPA or 968

Message: Chaplain Tim Herr

Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968

Message: Chaplain Tim Herr

Piano: Danton Arlotto

At the time of the publication of this schedule, RL residents attending any programming held in the Auditorium/Chapel are required to wear masks. Mask wearing can change from Sunday to Sunday, dependent on the Chester County COVID infection rate. Thank you for your understanding.

# April 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
<b>Open Pool &amp; Lap Swim</b>	<u><b>SCAC:</b></u> 7:30am-12:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm 1:00pm-6:00pm  <u><b>GCCP:</b></u> No Lap swimming due to class running	<u><b>SCAC:</b></u> 7:30am-12:00pm 12:30pm-6:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm 1:00pm-6:00pm  <u><b>GCCP:</b></u> 1:15pm-2:15pm	<u><b>SCAC:</b></u> 7:30am-12:00pm 12:30pm-3:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm  <u><b>GCCP:</b></u> 9:00am-11:00am	<u><b>SCAC:</b></u> Closed  <u><b>GCCP:</b></u> Closed
<b>Spa</b>	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
<b>Water Fitness Classes</b>	<u><b>SCAC:</b></u> Aqua Aerobics <b>9:30-10:30am</b> Arthritis <b>10:30-11:30am</b>  <u><b>GCCP:</b></u> Aqua Aerobics <b>9:30-10:30am</b> Arthritis <b>10:30-11:30am</b>	<u><b>SCAC:</b></u> Deep Water <b>9:15-10:00am</b> Aqua Spin <b>2:00- 2:45pm</b> Pre-registration required  <u><b>GCCP:</b></u> Water Tai Chi <b>1:15-2:00pm</b> Pre-registration required	<u><b>SCAC:</b></u> Aqua Aerobics <b>9:30-10:30am</b> Arthritis <b>10:30-11:30am</b> Aqua Spin- Staff <b>4:30-5:15</b> Pre-registration required  <u><b>GCCP:</b></u> Aqua Aerobics <b>9:30-10:30am</b> Arthritis <b>10:30-11:30am</b>	<u><b>SCAC:</b></u> Aqua Spin <b>8:00-8:45am</b> Pre-registration required Deep Water <b>9:15-10:00am</b>  <u><b>GCCP:</b></u> None	<u><b>SCAC:</b></u> Aqua Aerobics <b>9:30-10:30am</b> Arthritis <b>10:30-11:30am</b>  <u><b>GCCP:</b></u> Aqua Aerobics <b>9:30-10:30am</b> Arthritis <b>10:30-11:30am</b>	<u><b>SCAC:</b></u> Deep Water <b>9:15-10:00am</b>  <u><b>GCCP:</b></u> None	<u><b>SCAC:</b></u> None  <u><b>GCCP:</b></u> None
<b>Volley Ball</b>	None	<u><b>GCCP:</b></u> Resident <b>2:30-3:30pm</b>	None	<u><b>GCCP:</b></u> Resident <b>2:30-3:30pm</b>	None	None	None
<b>SCAC Lessons</b>	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	None	None Updated 3/16/2023

# StoneCroft Aquatics Center Schedule

## April 2023



Check for updates at the following sources: Phone Hotline 610-273-4050, [telhai.org/pool](http://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
<b>Hours Open</b>	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
<b>Open/ Lap Swim</b>	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
<b>Spa</b>	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
<b>Water Fitness Classes 3 lanes</b>	<b>Aqua Aerobics</b> 9:30am-10:30am <b>Arthritis</b> 10:30am-11:30am	<b>Deep Water</b> 9:15am-10:00am <b>Aqua Spin</b> 2:00pm- 2:45pm Pre-registration required	<b>Aqua Aerobics</b> 9:30am-10:30am <b>Arthritis</b> 10:30am-11:30am <b>Staff Aqua Spin</b> 4:30pm-5:15pm Pre-registration required	<b>Aqua Spin</b> 8:00am-8:45am Pre-registration required <b>Deep Water</b> 9:15am-10:00am	<b>Aqua Aerobics</b> 9:30am-10:30am <b>Arthritis</b> 10:30am-11:30am	<b>Deep Water</b> 9:15am-10:00am	Closed
<b>SCAC Lessons</b>	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	None	Closed
<b>Swim Team</b>	None	None	None	None	None	None	Closed

Updated 3/16/2023

# 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](http://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.



# April 2023 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>10:00am – 12:00pm</b> Pickleball Grandview Commons or Tel Hai Camp	<b>10:00– 11:00am</b> Chair Yoga SC Group Exercise Room	<b>10:00am – 12:00pm</b> Pickleball Grandview Commons or Tel Hai Camp
<b>9:00– 10:00am</b> <b>10:30– 11:30am</b> Gentle Flow Yoga SC Group Exercise Rm <i>Fee to participate; contact            Gwynne x2441</i>	<b>10:30 –11:15am</b> Tune Up Time GCC Gathering Room	<b>1:00 –1:45pm</b> Resident Zumba SC Group Exercise Room	<b>10:30 –11:15am</b> Tune Up Time GCC Gathering Room	<b>10:15 –11:15am</b> Strengthen & Tone SC Group Exercise Room
<b>10:00am – 12:00pm</b> Pickleball Grandview Commons or Tel Hai Camp	<b>11:00am</b> Shuffleboard Tel Haven	<b>2:00 – 3:00pm</b> Strength & Balance GCC Gathering Room	<b>11:15am –12:15pm</b> Ping Pong GCC Gathering Room <b>Beginner/intermediate            play</b>	<b>2:00 – 3:00pm</b> Line Dancing GCC Gathering Room
<b>11:00am– 12:00pm</b> Chair Yoga CWP poolside	<b>11:15am –12:30pm</b> Ping Pong GCC Gathering Room <b>Advanced competition</b>	<b>3:30 – 4:30pm</b> Line Dancing GCC Gathering Room	<b>11:45am – 12:45pm</b> <b>1:00 – 2:00pm</b> Tai Chi CWP <i>Fee to participate;            contact Gwynne x2441 for            more information</i>	<b>FITNESS ROOMS</b> 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.
<b>1:15 – 2:15pm</b> Strength & Balance SC Group Exercise Room	<b>1:15 – 2:00pm</b> Total Body Toning SC Group Exercise Room	**Watch 965 for updates. 3/16/23	<b>10 WAYS TO INCREASE YOUR ENERGY</b>  **Reduce or eliminate caffeine: impacts hydration & blood sugar swings **Drink water **Use gentle sweets: avoid chemicalized, artificial sweeteners **Eat sweet vegetables & fruit: results in less craving for sugar **Eat dark leafy green vegetables: full of vitamins & nutrients **Get physical activity: helps to balance blood sugar levels & reduce tension **Get more sleep, rest and relaxation **Evaluate the amount of animal-based food you eat **Eliminate fat-free or low-fat foods: these contain high levels of sugar **Slow down and find sweetness in non-food ways: time with friends & family, hugs, massages  AttentiveHealth.com	
<b>3:45 – 4:45pm</b> Line Dancing GCC Gathering Room <b>Note new time</b>	<b>Contact Information</b> <ul style="list-style-type: none"> <li>Line Dancing: Bunny 610-960-4154</li> <li>Pickleball: Ron 267-664-6571 or Robin 610-850-2568</li> <li>Ping Pong: Chris 484-340-0395</li> </ul>			
<b>Personal Training Sessions</b>  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				