

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 - 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 Café
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 May, 2023

Monday, May 1

11 AM – Senior Fraud Meeting: CWPA
2:30 PM – LEC Ken Sensenig: CWPA

Tuesday, May 2

9:00 AM – Chronic Disease Self-Management (registrations required) – CWPA Dockside
9:00 AM – Chime Choir Rehearsal: GR
1:00 PM – 3:00 PM Chess Matches: HCSR
2:00 PM – Bible Study with Fran Atkins: GR

Wednesday, May 3

11:00 AM – Choir Rehearsal: CWPA

Thursday, May 4

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
7:00 - PM National Day of Prayer Service with Tel Hai Choir and Chime Choir: CWPA

Saturday, May 6

10:00 AM – 2:00 PM – Day in the Country

Monday, May 8

1:00 PM - GriefShare: SPDR
2:30 PM – LEC Ken Sensenig: CWPA

Tuesday, May 9

9:00 AM – Chronic Disease Self-Management (registrations required): CWPA Dockside
9:00 AM – Check in and 9:15 departure for Moses at Sight & Sound: GVC parking lot
12:00 PM – WEL (Widows Enjoying Lunch): MDR
2:00 PM – Bible Study with Fran Atkins: GR

Wednesday, May 10

2:00 PM - Afternoon of Song: CWPA

Friday, May 12

7:00 PM – Movie Night, "Penguin Blooms": CWPA

Saturday, May 13

10:00 AM – 12:00 PM - Chess Matches: Daily Brew
11:45 depart from SC front entrance and 12:00 from
GCC for Lancaster Symphony Orchestra

Sunday, May 14

4:00 PM – Movie on Channel 968

Monday, May 15

► Submissions for the June “What’s New?” are
due by today. Submit articles to
whatsnew@telhai.org

1:00 PM – GriefShare: SPDR

2:30 PM – LEC Ken Sensenig: CWPA

7:00 PM – Book Club: Conservatory

Tuesday, May 16

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

1:00 PM – 3:00 PM Chess Matches: HCSR

Wednesday, May 17

Shuttle to CROPS

7:00 PM – Aliethia Home Schooled Choir: CWPA

Bus transportation from the Garrett begins at 6:30
PM

Thursday, May 18

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, May 19

9:00 AM – 1:00 PM – Resale Shop open: HZ

12:00 Noon – Newbies Lunch: GVC

7:30 PM – Tel Hai Performing Arts Series presents the
Mainliners: CWPA (Bus transportation from the
Garrett begins at 7:00 PM)

Sunday, May 21

2:00 PM - Semi-Annual Remembrance Service where Tel
Hai residents who died between August 15, 2022 and
January 31, 2023 will be remembered. Vocalist: Cheri
Coleman. Service will be held in the CWPA.

4:00 PM – Movie on Channel 968

7:00 PM - Tel Haven Hymn Sing: THSR. Enter via front
door where a greeter awaits you.

Monday, May 22

1:00 PM GriefShare: SPDR

Tuesday, May 23

10:45 AM - Check in and 11:00 AM departure for
Casey Jones Restaurant: GVC parking lot

Wednesday, May 24

4:45 PM check in and depart at 5:00 PM for Reading
Phils Game : GVC parking lot
Shuttle to Walmart

Thursday, May 25

2:00 PM – Care Partner Support Group: HCCR

Friday, May 26

1:00 – 3:00 PM - Meet the Artist: Clark Gallery

7:00 PM – Movie Night, “Fisherman’s Friends”: CWPA

Sunday, May 28

4:00 PM – Movie on Channel 968

Tuesday, May 30

1:00 PM – 3:00 PM Chess Matches: HCSR

GENERAL ANNOUNCEMENTS

17th Annual Day in the Country Open House , Saturday, May 6th

The 17th Annual Day in the Country Open House
is Saturday, May 6th from 10:00 AM - 2:00 PM.
Please invite your friends to visit Tel Hai!
Guests will be able to visit various homes that
will be open and see the common space in
StoneCroft. Resident word of mouth is one of
our best referral sources. Registration for
visitors will be at the StoneCroft Commons.
Please welcome the many guests that will be on
campus!

Care Partner Support Group

The Care Partner Support Group will be held on
May 25th in the Hillcrest Conference Room (2nd
floor) from 2:00-3:00 PM. Please contact
Caroline Cooley with any questions.

Wanted for Display in June

If you did not show your wedding photo in our last wedding display and would like to show it this June, please put your photo in the special box at the Garrett or StoneCroft main desks from May 15th to May 25th. Please clearly label on the back with your name and wedding date."

Duplicate Spades

Steve Wilson is looking for 10+ people who would be interested in learning a card game called "Duplicate Spades" or "Party Spades." This would not be a regular event, but perhaps a couple of times a year. It would meet at the Daily Brew for about 2 1/2 hours, during which time the folks would play in teams of two, with each team playing every other team, and each hand of "spades" played three times (the hands are preserved using a special tray which allows them to be played multiple times. If you might be interested, or would like more information, please contact Steve at wilson2of7@gmail.com or 570-313-4431 (or at 1 Cherry Dr.)

What's New? Deadline

The LAST DAY to submit articles for the **June** What's New? is Monday, May 15th. Email your article to whatsnew@telhai.org.

WORSHIP

Register for Israel 2024 Now

Registrations are now open for the 13-day pilgrimage to Israel, February 24 - March 7, 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

National Day of Prayer Worship

Service

Join us Thursday, May 4th at 7:00 PM for a worship experience centered on Prayer in the Stonecroft CWPA featuring the Tel Hai Choir, Chime Choir, and Drama Troupe.

HEALTH & WELLNESS

Water Tai Chi

Water Tai Chi will be continuing with the following change: no pre-registration is required. Please feel free to join on Tuesdays, 1:15 PM in the GCC pool.

Afternoon of Song

We will end our 2022/2023 season with our May presentation of Afternoon of Song. Our audience in April indicated they want us to continue, so we will be back monthly starting in September on the 13th. Put it on your calendar. Thank you, residents for being our singers for our programs and several of you volunteering to do specials that make it interesting for all. Come out for May 10, at 2:00 PM in the CWPA.

Tel Haven Hymn Sing

The Tel Haven Hymn Sing returns following a break of three years for Covid. It will be every month of the year, on the 3rd Sunday of the month, at 7:00 PM. The May Hymn Sing is May 21. Anne Wise will be playing the piano and the blue hymnal titled, Soul Stirring Songs and

Hymns will be used. The audience will be seated around tables in the Tel Haven Social Room. Come sing hymns and spirituals you have known for years. You will be greeted at the front door.

Movies on 968

The Residential Living Movie Committee is pleased to announce it will show movies on Channel 968 at 4:00 PM on 3 Sundays in May: May 14, 21, and 28. Titles to be announced. Subsequent to the last movie, the Committee will conduct a survey to assess community interest.

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. May: Monday the 1st, 8th, 15th, 22nd, from 11:00 AM-4:00 PM, Friday the 12th, from 11:00 AM - 4:00PM. Tuesday the 30th, from 1:00 - 4:00 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

CAMPUS SPECIAL EVENTS

Book Club

The Book Club at StoneCroft will be meeting Monday, May 15th at 7:00 PM in the Conservatory at Brownstone. Our book discussion will center on "The Diamond Eye" by Kate Quinn. We welcome visitors.

Ceramic Studio News

We want to bring together community members who are interested in creating ceramic/pottery. We will be helping each other learn the craft by working together for a creative end with satisfaction. Resident, Loretta Englerth, has been practicing for many weeks to refine her rusty skills and is interested heading up this project. Plus, she says with a smile on her face, that YouTube will be helpful as well. We would like Tel Hai residents to utilize the Ceramic Studio, by meeting on set times and working together and also by using the studio as a solo creating pottery/sculptured pieces. For questions, ideas and thoughts, you may contact Loretta Englerth-610-324-2776. The time/day for the meetings is Thursday at the Fireside Ceramic Room in StoneCroft from 10:00 - 12:00 on May 4, 11, 18, 25.

May Day 8-ball Pool Tournament

May 1-15

Contact Bob LaDrew bonkersboy@gmail.com
484-722-8395

WEL (Widows Enjoying Lunch)

Tuesday, May 9, 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.

This month we meet **Friday, May 19 at Noon** in Grandview Commons. (Grandview Commons is the Club House across from StoneCroft. Guest Speaker- Dave Shenk, TelHai President/CEO, 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

May

Stone Croft: Salt and Pepper shakers display

Garrett Display Case: Fiber arts display

Clark Gallery: James Evangelista -

Professional Photographer. Meet the Artist is Friday, May 26th - 1:00 - 3:00 PM

TRIPS

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

Look for these brochures in both RBCs:

- Moses at Sight & Sound - May 9 -waiting list only
- Casey Jones Restaurant - May 23 - will be taking our 14 passenger bus
- Reading Phillies Game - May 24
- Berks County Heritage Center - June 6
- 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 you plan to travel with us.

A Ten Night Caribbean Cruise - April 19th-29th, 2024

Look for brochures in both RBCs. If you register by June 15th, you will receive a \$200 a person discount.

TEL HAI PERFORMING ARTS

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

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

The 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.

2023 AMPHITHEATER SUMMER

SERIES

- Friday, June 2, 7:30 PM - Swing Time Dolls -
- Friday, June 9, 7:30 PM - Swing Street ReverbNation
- Wednesday, June 14, 7:30 PM - West Chester Community Band
- Wednesday, June 21, 7:30 PM - Ben Mauger's Mission Impossible Band
- Thursday, June 29, 7:30 PM - Galena Brass
- Wednesday, July 12, 7:30 PM - West Chester Swing Kings
- Thursday, July 20, 7:30 PM - Marcus Chaney
- Tuesday, July 25, 7:00 PM, CWPA - Eastern Echoes
- Friday, July 28, 7:30 PM - Jeffrey Uhlig & Jeffrey Coon
- Wednesday, August 2, 7:00 PM - Twisted Roots
- Wednesday, August 9, 7:00 PM - Charlie Zahm & Tad Marks (violin)

Life Enrichment Lectures

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 May 12th, 7:00 PM, CWPA: Penguin Bloom. A family takes in an injured Magpie that makes a profound difference in their lives. Naomi Watts, Griffin Murray-Johnston, Andrew Lincoln. 2020. PG-13. 1 hr 35 min.

Friday May 26th, 7:00 PM, CWPA: Fisherman's Friends: One and All. A sequel to the 2019 hit about how a singing group of fishermen from a village in Cornwall find fame. In this sequel, the group struggles to adjust to their new-found fame and work towards a second album. James Purefoy, James Swainsbury, Dave Johns. 2022. PG-13. 1 hr 52 min.

Friday June 16th, 7:00 PM, CWPA: Living. In this remake of Akira Kurosawa's "Ikiru," Williams is a 1950's London civil servant who struggles to maintain order under mountains of paperwork. Overwhelmed at work and lonely at home, his life takes a heartbreaking turn when a medical diagnosis tells him time is short. Influenced by a local decadent and the vibrant Margaret, Williams continues to search for meaning until a simple revelation gives him the purpose to create a legacy for the next generation. Bill Nighy, Aimee Lou Wood. 2022. PG-13. 1 hr 42 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 (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

Watch Out for Wellness



StoneCroft Worship Committee

Weekly on Sunday's at 9:00 AM a community of Tel Hai residents gather for interdenominational worship in the Center for Worship and Performing Arts (CWPA) with several residents actively participating as ushers, greeters, musicians, readers, and technical volunteers. Communion is offered for all on the first Sunday of the month. All residents who do not currently have a church home are welcome to attend. Services are followed by light refreshments and time for the residents to visit together.

Shuffleboard

Tel Hai has two shuffleboard Courts. An outside shuffleboard court is located outside of Tel Haven first floor entrance and an inside shuffleboard court is located at the East end of the first floor of Tel Haven. It is near the elevator and there is a sign on the door. It is available from 9 AM to 9 PM seven days a week. This game involves friendly competition, skill and fellowship for 2 - 4 players. The game is good hand eye coordination. Involves the use of a 6-foot-long pole and a 6 inch round disc to be pushed down a powdered floor. All items needed to play are provided in the room. This game is for all ages.

May 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.

Memorial Day 5/29 GCC will have open pool only 7:30am- 11:00am no classes running. SCAC will be open 7:30am -12:00pm with class running.

	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> No Lap swimming due to class running	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-6:00pm <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 Aqua Spin 2:00- 2:45pm Pre-registration required <u>GCCP:</u> Water Tai Chi 1:15-2:00pm No registration required	<u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am Aqua Spin- Staff 4:30-5:15 Pre-registration required <u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u>SCAC:</u> Aqua Spin 8:00-8:45am Pre-registration required 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	None	None Updated 4/15/2023

StoneCroft Aquatics Center Schedule

May 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.

Memorial Day 5/29 SCAC will be open 7:30am -12:00pm with class running.

	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-6:00pm	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-6:00pm	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-6:00pm	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 Spin 2:00pm- 2:45pm Pre-registration required	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am Staff Aqua Spin 4:30pm-5:15pm Pre-registration required	Aqua Spin 8:00am-8:45am Pre-registration required 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	None	Closed
Swim Team	None	None	None	None	None	None	Closed

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.

May 2023 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 – 11:00am Tennis Grandview Commons <i>Drop in: Contact Andy 610-563-1654</i>	10:00am – 12:00pm Pickleball Grandview Commons or Tel Hai Camp	9:00 – 11:00am Tennis Grandview Commons <i>Drop in: Contact Andy 610-563-1654</i>	10:00am – 12:00pm Pickleball Grandview Commons or Tel Hai Camp
9:00– 10:00am 10:30– 11:30am Gentle Flow Yoga SC Group Exercise Rm <i>Fee to participate; contact Gwynne No class-Memorial Day 5/29</i>	10:30 –11:15am Tune Up Time GCC Gathering Room	1:00 –1:45pm Resident Zumba SC Group Exercise Room	10:00– 11:00am Chair Yoga SC Group Exercise Room	10:15 –11:15am Strengthen & Tone SC Group Exercise Room
10:00am – 12:00pm Pickleball Grandview Commons or Tel Hai Camp	11:00am Shuffleboard Tel Haven	2:00 – 3:00pm Strength & Balance GCC Gathering Room <i>No class 5/24 Town Meeting</i>	10:30 –11:15am Tune Up Time GCC Gathering Room	2:00 – 3:00pm Line Dancing GCC Gathering Room
11:00am– 12:00pm Chair Yoga CWPA poolside <i>No class-Memorial Day 5/29</i>	11:15am –12:30pm Ping Pong GCC Gathering Room <i>Advanced competition</i>	3:30 – 4:30pm Line Dancing GCC Gathering Room	11:15am –12:15pm Ping Pong GCC Gathering Room <i>Beginner/intermediate play</i>	SATURDAY 9:00am Tennis Grandview Commons <i>Drop in: Contact Andy 610-563-1654</i> Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Stay engaged in your community. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities. Form relationships. Invest time with people to discover deeper connections with family, friends, and community members.
1:15 – 2:15pm Strength & Balance SC Group Exercise Room <i>No class-Memorial Day 5/29</i>	1:15 – 2:00pm Total Body Toning SC Group Exercise Room	6:00pm Tennis Grandview Commons <i>Under The Lights Contact Andy 610-563-1654</i>	11:45am – 12:45pm 1:00 – 2:00pm Tai Chi CWPA <i>Fee to participate; contact Gwynne x2441 for more information</i> **Watch 965 for updates 4/14/23	
3:45 – 4:45pm Line Dancing GCC Gathering Room <i>Note adjusted time No class-Memorial Day 5/29</i>	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	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		
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				
				

Worship Schedule May 2023

Monday, May 1

1:00 PM GriefShare Session 8 – SPDR

Tuesday, May 2

2:00 PM Bible Study with Fran Atkins – GR

7:00 PM Men’s Bible Study HCR(2)

Thursday, May 4

10:00 AM Bible Discussion Group – THSR

7:00 PM National Day of Prayer Service with Tel Hai
Choir and Chime Choir - CWPA

Sunday, May 7

9:00 AM – Chapel: CWPA or 968 Communion
Message: Chaplain David Hicks
Music: Virginia Patchel

10:30 AM – Chapel: A/C or 968 Communion
Message: Chaplain David Hicks
Music: Virginia Patchel

Monday, May 8

1:00 PM GriefShare Session 9 – SPDR

Tuesday, May 9

2:00 PM Bible Study with Fran Atkins – GR

7:00 PM Men’s Bible Study HCR(2)

Thursday, May 11

10:00 AM Bible Discussion Group – THSR

Sunday, May 14

9:00 AM – Chapel: CWPA or 968
Message: Pastor Herb Davis
Piano: Frank Starr

10:30 AM – Chapel: A/C or 968
Message: Pastor Herb Davis
Piano: Frank Starr

Monday, May 15

1:00 PM GriefShare Session 10 – SPDR

Tuesday, May 16

7:00 PM Men’s Bible Study HCR(2)

Thursday, May 18

10:00 AM Bible Discussion Group – THSR

2:00 PM Catholic Mass – A/C

Sunday, May 21

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

2:00 PM – Semi-Annual Remembrance Service for
Residents who died between August 15, 2022 and
January 31, 2023 CWPA

7:00 PM – Hymn sing THSR

Monday, May 22

1:00 PM GriefShare Session 11 – SPDR

Tuesday, May 23

7:00 PM Men’s Bible Study HCR(2)

Thursday, May 24

10:00 AM Bible Discussion Group – THSR

Sunday, May 28

9:00 AM – Chapel: CWPA or 968
Message: Chaplain Tim Her
Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968
Message: Chaplain Tim Herr
Piano: Danton Arlotto

Monday, May 29 – Memorial Day

Tuesday, May 30

7:00 PM Men’s Bible Study HCR(2)

At the time of the publication of this schedule, mask
wearing in the 10:30 AM chapel service is
determined by Tel Hai and Chester County COVID
infection rates. Thank you for your understanding.