

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 June, 2023

Thursday, June 1

10:30 AM – Veterans Coffee Hour: MR
11:00 – 12 noon – Coffee Klatch: SC Book Nook
2:00 - 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects while enjoying conversation. All welcome: Conservatory

Friday, June 2

7:30 PM – Performing Arts Summer Series with SwingTime Dolls – Amphitheater – bus transportation from the Garret at 7:00 PM

Monday, June 5

1:00 PM - GriefShare: SPDR
2:30 PM – Get to Know you – come and meet some new households. Refreshments will follow short introductions: CWPA

Tuesday, June 6

8:45 AM (check in with Donna) Berks County Heritage Center trip (prior registrations required): Amphitheater parking lot

Friday, June 9

7:30 PM – Performing Arts Summer Series with Swing Street ReverbNation – bus transportation begins from the Garrett at 7:00 PM: Amphitheater

Monday, June 12

8:00 AM – Tai Chi registration begins
1:00 PM - GriefShare: SPDR

Tuesday, June 13

12:00 PM – WEL (Widows Enjoying Lunch): MDR
1:00 PM – 3:00 PM Chess Matches: HCSR

Wednesday, June 14

Shuttle to CROPS – sign up needed
7:30 PM – Performing Arts Summer Series with West Chester Community band – bus transportation from the Garrett at 7:00 PM: Amphitheater

Thursday, June 15

10:30 AM – Veterans Brunch: MR

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

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, June 16

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

7:00 PM – Movie, “Living”: CWPA

Sunday, June 18

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

Monday, June 19

12:00 Noon – Newbies Lunch: GVC

7:00 PM – Book Club: Conservatory

Wednesday, June 21

Shuttle to Walmart

7:30 PM – Performing Arts Summer Series with Ben Mauger’s Mission Impossible Band – bus transportation from the Garrett at 7:00 PM: Amphitheater

Thursday, June 22

2:00 PM – Care Partner Support Group: HCCR

6:00 PM and 6:15 PM Fulton Play departures from Stonecroft & Garrett (subscription members)

Friday, June 23

9:00 AM - check in with Rosie and depart at 9:15 AM for Hunterdon Hills Playhouse (registrations necessary): Grandview Commons

Tuesday, June 27

1:00 PM – 3:00 PM Chess Matches: HCSR

Thursday, June 29

7:30 PM – Performing Arts Summer Series with Galena Brass Band – bus transportation from the Garrett at 7:00 PM: Amphitheater

Friday, June 30

7:00 PM – Movie Night, “Avatar, the Way of Water”: CWPA

GENERAL ANNOUNCEMENTS

Request from the Garrett Library Committee

When you borrow a book from the Garrett library, please sign it out in the Library Register. As returned books are checked in for reshelfing by the library volunteers, time is wasted looking for books that were never listed when taken out.

Woods Edge Block Party

Sept. 19, 2023 in CWPA - Starts at 5:00 PM

You will receive a sign-up sheet the first of September. Please return so we have a count.

If you buy mums in September, would you consider letting us use 3 or 4 plants the day of the Block Party? You can take them home after the Block Party. We need about 4 people willing to let us use 3 or 4. If you are willing, please call Ruthann Fleet 484-796-4235.

From the Volunteer Engagement

Committee

The Committee would like to send a huge thank you to the Tel Hai residents for their generous donation of over 1000 food items. These were evenly distributed to the Honey Brook Food Pantry and Twin Valley Food Bank. Look for our targeted promotion in June to support the Honey Brook Library summer camps.

Care Partner Support Group

The Care Partner Support Group will be held on June 22nd in the Hillcrest Conference Room (2nd floor) from 2:00-3:00 PM. Please contact Caroline Cooley with any questions.

Reservation of Rooms

Please remember that community rooms and spaces- such as Hillcrest 4th floor Social Room- are to be reserved using Tel Hai's Room Reservation System & Policy to ensure the room is reserved and not double booked. Please contact Amy Stanton ext. 2005 or Jessica Martin ext. 2091 to reserve.

Thank you from Judy Schweitzer

Thanks for your prayers, cards, emails, text messages, hugs and listening ears over the time of my Dad's passing. Community love and support makes all the difference when going through loss - thank you.

Duplicate Spades

Last month Steve Wilson requested that anyone who might be interested in learning and playing a group card game called "Duplicate Spades" or "Party Spades" would contact him. There were a few interested responses. However, there were not enough to pursue it... yet. We will need a minimum of 8 people (besides the Wilsons). A couple of questions were raised: **When would it be?** That would be determined by the interested parties. It could be an evening or a Saturday afternoon. It takes about 2 1/2-3 hours. **Where will it be?** The Daily Brew. **What if I don't know how to play Spades?** That is not a problem. We can teach folks how to play. If you have played bridge or pinochle or euchre you will already know the basics. Please email Steve at wilson2of7@gmail.com if you have any interest in learning more.

What's New? Deadline

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

Parkway Cleaners

Did you know we have a dry cleaners service that comes on campus? Residents may bring their items to the coat closet on the first floor of the Garrett Community Center or the StoneCroft coat closet across from front desk. Parkway Cleaners will pick up and return items on Thursdays. Residents are billed by Parkway Cleaners. Customers should use a white valet bag (provided in the above areas) for the first time, and then Parkway provides them with a black parkway bag and name tag. Going forward residents just put the items in the black bag and leave at the pickup location. Please contact Matt at 1-800-515-0511 ext. 101 with any questions.

WORSHIP

Register for Israel 2024

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 Testaments 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. Brochures are NOW available in resident business offices. For more information, contact Dave Hicks at x-2443

HEALTH & WELLNESS

Aqua Spin New Opportunity

Aqua Spin pop-up class Tuesdays 8:00 AM. This class does not require registration. Pop in and take a class with no commitment. First come first served. Community fee \$5.00 per class.

Tai Chi

Tai Chi will continue from June 22 - August 10. This 8-week session will be \$30.00 and will be billed directly to your Tel Hai account. All classes will be held on Thursdays; 2 time options (11:45 AM-12:45 PM or 1-2 PM). Registration begins Monday, June 12, 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.

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 in StoneCroft Health Suite for June: Monday the 5th, 12th, 19th, 26th, from 11 AM - 4 PM. Friday the 9th, from 11 AM - 4 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

CAMPUS SPECIAL EVENTS

Book Club

The date for the next book club at StoneCroft is Monday, June 19th at 7:00 PM in the Conservatory of Brownstone. Jeanne Banyacski will lead our book discussion of *Ordinary Grace* by William Kent Kreuger.

Flag Day Billiards Tournament

June 14-21

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

WEL (Widows Enjoying Lunch)

Tuesday, June 13, 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 **Monday, June 19th 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

June

Stone Croft: Wedding Photos

Garrett Display Case: Wedding Photos

Clark Gallery: Loretta Englerth, Professional and Resident artist

TRIPS

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

Look for these brochures in both RBCs:

- Berks County Heritage Center - June 6
- Hunterdon Hills - June 23
- Ladew Gardens - July 11
- Boyertown Antique Vehicle Museum - July 14
- Franklin Institute (Disney 100 Exhibition) - August 1
- Woody's Seafood - September 12

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

Tel Hai Performing Arts Series

2023 Amphitheater concert series - bring a jacket, visor, sunglasses and chair if able. We will have a rack of folding chairs available as well. Please don't block entrances at the end of each row. Please save the sidewalk seating (the walk that crosses from one side of the amphitheater to the other side) for those with walking and balance issues. Bus transportation will begin at Garrett at 7:00 PM when a concert

starts at 7:30, and at 6:30 PM when a concert begins at 7:00 PM.

2023 AMPHITHEATER SUMMER SERIES

- **Friday, June 2, 7:30 PM - Swing Time Dolls** - This all-female vocal group - consisting of three of the area's most accomplished vocalists, shines a new light on the tunes of the American Hit Parade of the 40s and the 60s classics of the Vietnam era. Drawing inspiration from the Andrews Sisters, the Dolls pride themselves on tight and intricate harmonies that are sure to keep any listener engaged. The Dolls will take you on a sentimental journey back in time with their pinup-styled costumes and energetic choreography.
- **Friday, June 9, 7:30 PM - Swing Street ReverbNation** - is a jazz quartet consisting of vocalist Olivia Marsteller, Chuck Oettel on guitar, Mike Truitt on keyboard, and bassist Pete Bainbridge. The group features a mix of mainstream jazz standards, jazz adaptations of popular tunes and a few adventures into smooth jazz. With over a decade of vocal performance experience, Olivia's smooth, expressive voice is highly complementary to Swing Street's style!
- **Wednesday, June 14, 7:30 PM - West Chester Community Band** is an all-volunteer Community Concert Band, performing in and around the area since 1986. The band has earned a fine reputation for performing a variety of audience-pleasing music. The evening's performance will include a wide variety of musical genres such as classics, show

tunes, jazz pieces, marches and contemporary arrangements.

- **Wednesday, June 21, 7:30 PM - Ben Mauger's Mission Impossible Band** has a repertoire including Big Band, swing, show tunes, Blues Brothers, and Broadway favorites like Chicago. The name was picked because it's nearly impossible to find 8 musicians who know all the different styles of all this great music....but Ben found them! This 8-piece band plays everything from the 1920s thru the 1970s.
- **Thursday, June 29, 7:30 PM - Galena Brass** was founded in 1995 in Bucks County. The band epitomizes versatility. From classical to Dixieland and rock to polka, a Galena Brass performance is engaging and energetic. They've performed at Longwood Gardens, Christmas at the Stadium in Reading, Peddler's Village, Phoenixville's Dogwood Parade and Malvern's Memorial Parade.
- **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

Get To Know You - Monday, June 5 at 2:30 PM, CWPA

You are welcome and encouraged to come and meet new households. There will be short introductions followed by refreshments. Hang around and get to know some new folks. We hope you will join us.

Movies

Friday June 16th, 7:00 pm, CWPA:

Living. In this remake of a famous Japanese movie, "Ikiru," the action shifts from 1950s Tokyo to 1950s London, but the story -- that of a low-level bureaucrat seeking to bring meaning to his life after learning he has only a few months to live -- remains the same. Oscar nomination Best Actor. Bill Nighy, Aimee Lou Wood. 2022. PG-13. 1 hr 42 min.

Friday June 30th, 7:00 pm, CWPA: Avatar:

The Way of Water. Jake Sully lives with his newfound family formed on the planet of Pandora. Once a familiar threat returns to finish what was previously started, Jake must work with Neytiri and the army of the Na'vi race to protect their planet. Stars: Zoe Saldana, Kate Winslet, Sam Worthington, Sigourney Weaver. 2022. PG-13. 3 hr 12 min. **NOTE: This is a very long movie - We will have an Intermission with light refreshments.**

Friday July 7th, 7:00 PM, CWPA:

Chevalier. Inspired by the incredible true story of composer Joseph Bologne, Chevalier de Saint-Georges. The illegitimate son of an African slave and a French plantation owner, Bologne rises to improbable heights in French society as a celebrated violinist-composer and fencer, complete with an ill-fated love affair and a falling out with Marie Antoinette and her court. Kelvin Harrison Jr., Lucy Boynton. 2022. PG-13. 1 hr 48 min.

Friday July 21st, 7:00 PM, CWPA: 80 for Brady. The year is 2017, and four girlfriends aren't going to let a little thing like age stop them from seeing their hero, Tom Brady, play in the Super Bowl. Leaving chaos in their wake, the octogenarian Patriots fans embark on a wild road trip to Houston. Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field, Tom Brady. 2022. PG-13. 1 hr 48 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



Strength & Balance

A seated and standing class that offers a variety of upper and lower body exercises, focusing on strength and balance. Light weight resistance training is also utilized. Time is spent exploring various walking gaits to improve balance. Monday class: optional floor exercises. Wednesday class: various hand-eye or hand-foot activities are included to challenge balance and increase body awareness (and create lots of laughter!).

Strengthen & Tone

The class is equal parts sitting, standing (at barre) and floor mat exercises. The exercises are designed to strengthen the major muscle groups and increase flexibility. A variety of exercises are done, some using light weights.

Worship Schedule June 2023

Thursday, June 1

10:00 AM Bible Discussion Group – THSR

Sunday, June 4

9:00 AM – Chapel: CWPA or 968 Communion

Message: Chaplain Tim Herr

Music: Frank Starr

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

Message: Chaplain Tim Herr

Music: Frank Starr

Monday, June 5

1:00 PM GriefShare – SPDR

Tuesday, June

6

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

Thursday, June 8

10:00 AM Bible Discussion Group – THSR

Sunday, June 11

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, June 12

1:00 PM GriefShare Session 10 – SPDR

Tuesday, June 13

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

Thursday, May 15

10:00 AM Bible Discussion Group – THSR

2:00 PM Catholic Mass – A/C

Sunday, June 18

9:00 AM – Chapel: CWPA or 968

Message: Pastor Herb Davis

Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968

Message: Pastor Herb Davis

Piano: Danton Arlotto

7:00 PM – Hymn sing THSR

Tuesday, June 20

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

Thursday, June 22

10:00 AM Bible Discussion Group – THSR

Sunday, June 25

9:00 AM – Chapel: CWPA or 968

Message: Pastor Dan MacDonald

Piano: Frank Starr

10:30 AM – Chapel: A/C or 968

Message: Pastor Dan MacDonald

Piano: Frank Starr

Tuesday, June

27



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

Thursday, June 29

10:00 AM Bible Discussion Group – THSR

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.

June 2023 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 – 11:00am Tennis Grandview Commons <i>Drop in</i>	10:00am – 12:00pm Pickleball Grandview Commons or Tel Hai Camp	9:00 – 11:00am Tennis Grandview Commons <i>Drop in</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</i>	10:30 –11:15am Tune Up Time GCC Gathering Room	1:00 –1:45pm Resident Zumba SC Group Exercise Room <i>No class on 6/21</i>	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	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 CWP poolside	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>	3:30 – 4:30pm Corn Hole Behind Grandview Commons
1:15 – 2:15pm Strength & Balance SC Group Exercise Room	1:15 – 2:00pm Total Body Toning SC Group Exercise Room	6:00pm Tennis Grandview Commons <i>Under The Lights</i> <i>Contact Andy</i> <i>610-563-1654</i>	11:45am – 12:45pm 1:00 – 2:00pm Tai Chi CWP <i>Fee to participate;</i> <i>contact Gwynne x2441</i> <i>for more information</i>	SATURDAY 9:00am Tennis Grandview Commons <i>Drop in</i>
Line Dancing GCC Gathering Room 3:45 – 4:45pm on 6/5 3:30 – 4:30pm for rest of month	Contact Information <ul style="list-style-type: none"> Line Dancing: Bunny 610-960-4154 Pickleball: Ron 267-664-6571 or Robin 610-850-2568 Ping Pong: Chris 484-340-0395 Tennis: Andy 610-563-1654 	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	10 ways to love your brain: Break a sweat: benefits the brain and body. Hit the books: reduce risk of cognitive decline. Follow your heart: caring for your heart benefits your brain. Heads up: take steps to prevent falls. Fuel up right: eat healthy. Catch some Zzz's. Take care of your mental health. Buddy up: be socially engaged. Stump yourself: activate your mind. Butt out: stop smoking.	
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				

StoneCroft Aquatics Center Schedule

June 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-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	Aqua Spin 8:00am-8:45am No registration required 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

June 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> 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> Aqua Spin 8:00am-8:45am No registration required 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 5/16/2023

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 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.