

# 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 2<sup>nd</sup> 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](mailto: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 Mauer’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 reshelving 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 22<sup>nd</sup> in the Hillcrest Conference Room (2<sup>nd</sup> 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 4<sup>th</sup> 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](mailto: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](mailto: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](mailto: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 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, from 11 AM - 4 PM. Friday the 9<sup>th</sup>, from 11 AM - 4 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 date for the next book club at StoneCroft is Monday, June 19<sup>th</sup> 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](mailto: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 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.

This month we meet **Monday, June 19<sup>th</sup> 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

### 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 19<sup>th</sup>-29<sup>th</sup>, 2024

Look for brochures in both RBCs. If you register by June 15<sup>th</sup>, 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.

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### **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



### 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
	<p><b>9:00 – 11:00am</b> Tennis Grandview Commons <i>Drop in</i></p>	<p><b>10:00am – 12:00pm</b> Pickleball Grandview Commons or Tel Hai Camp</p>	<p><b>9:00 – 11:00am</b> Tennis Grandview Commons <i>Drop in</i></p>	<p><b>10:00am – 12:00pm</b> Pickleball Grandview Commons or Tel Hai Camp</p>
<p><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</i></p>	<p><b>10:30 –11:15am</b> Tune Up Time GCC Gathering Room</p>	<p><b>1:00 –1:45pm</b> Resident Zumba SC Group Exercise Room <i>No class on 6/21</i></p>	<p><b>10:00– 11:00am</b> Chair Yoga SC Group Exercise Room</p>	<p><b>10:15 –11:15am</b> Strengthen &amp; Tone SC Group Exercise Room</p>
<p><b>10:00am – 12:00pm</b> Pickleball Grandview Commons or Tel Hai Camp</p>	<p><b>11:00am</b> Shuffleboard Tel Haven</p>	<p><b>2:00 – 3:00pm</b> Strength &amp; Balance GCC Gathering Room</p>	<p><b>10:30 –11:15am</b> Tune Up Time GCC Gathering Room</p>	<p><b>2:00 – 3:00pm</b> Line Dancing GCC Gathering Room</p>
<p><b>11:00am– 12:00pm</b> Chair Yoga CWPA poolside</p>	<p><b>11:15am –12:30pm</b> Ping Pong GCC Gathering Room <i>Advanced competition</i></p>	<p><b>3:30 – 4:30pm</b> Line Dancing GCC Gathering Room</p>	<p><b>11:15am –12:15pm</b> Ping Pong GCC Gathering Room <i>Beginner/intermediate play</i></p>	<p><b>3:30 – 4:30pm</b> Corn Hole Behind Grandview Commons</p>
<p><b>1:15 – 2:15pm</b> Strength &amp; Balance SC Group Exercise Room</p>	<p><b>1:15 – 2:00pm</b> Total Body Toning SC Group Exercise Room</p>	<p><b>6:00pm</b> Tennis Grandview Commons <i>Under The Lights</i> <i>Contact Andy</i> <i>610-563-1654</i></p>	<p><b>11:45am – 12:45pm</b> <b>1:00 – 2:00pm</b> Tai Chi CWPA <i>Fee to participate;</i> <i>contact Gwynne x2441</i> <i>for more information</i></p>	<p><b>SATURDAY</b> <b>9:00am</b> Tennis Grandview Commons <i>Drop in</i></p>
<p>Line Dancing GCC Gathering Room <b>3:45 – 4:45pm on 6/5</b> <b>3:30 – 4:30pm for rest</b> <b>of month</b></p>	<p><b>Contact Information</b></p> <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> <li>Tennis: Andy 610-563-1654</li> </ul>	<p><b>FITNESS ROOMS</b></p> <p>Cardio and strength machines are available 24/7 to residents who have been cleared by their physician and have been oriented to the use of the rooms. Call Josh X2142 or Gwynne X2441 for information</p>	<p><b>**Watch 965 for updates 5/18/23</b></p>	<p><b>10 ways to love your brain:</b></p> <p><b>Break a sweat:</b> benefits the brain and body. <b>Hit the books:</b> reduce risk of cognitive decline. <b>Follow your heart:</b> caring for your heart benefits your brain. <b>Heads up:</b> take steps to prevent falls. <b>Fuel up right:</b> eat healthy. <b>Catch some Zzz's.</b> <b>Take care of your mental health.</b> <b>Buddy up:</b> be socially engaged. <b>Stump yourself:</b> activate your mind. <b>Butt out:</b> stop smoking.</p>
<p><b>Personal Training Sessions</b></p> <p>Fee based 1-on-1 training is available for those who want to improve their mobility, increase body awareness, and get back their freedom of movement. Also for those seeking help and guidance with weight management through nutrition. Please consider contacting Josh X2142 or jbooker@telhai.org</p>			<p> From alz.org/10ways</p>	

# StoneCroft Aquatics Center Schedule

## June 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.***

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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>Aqua Spin</b> 8:00am-8:45am No registration required <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

# 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
<b>Open Pool &amp; Lap Swim</b>	<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
<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>SCAC:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am  <u>GCCP:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am	<u>SCAC:</u> <b>Aqua Spin</b> 8:00am-8:45am No registration required <b>Deep Water</b> 9:15-10:00am <b>Aqua Spin</b> 2:00- 2:45pm Pre-registration required  <u>GCCP:</u> <b>Water Tai Chi</b> 1:15-2:00pm No registration required	<u>SCAC:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am <b>Aqua Spin- Staff</b> 4:30-5:15 Pre-registration required  <u>GCCP:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am	<u>SCAC:</u> <b>Aqua Spin</b> 8:00-8:45am Pre-registration required <b>Deep Water</b> 9:15-10:00am  <u>GCCP:</u> None	<u>SCAC:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am  <u>GCCP:</u> <b>Aqua Aerobics</b> 9:30-10:30am <b>Arthritis</b> 10:30-11:30am	<u>SCAC:</u> <b>Deep Water</b> 9:15-10:00am  <u>GCCP:</u> None	<u>SCAC:</u> None  <u>GCCP:</u> None
<b>Volley Ball</b>	None	<u>GCCP:</u> Resident <b>2:30-3:30pm</b>	None	<u>GCCP:</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

# 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.