

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
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 Friday

7:30 – 9:30 AM – Breakfast available: Garden Café

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 September, 2023

Tuesday, September 5

1:30 PM “Jesus in Judea” Bible Study with Chaplain Hicks: GR
2:00 PM ClearCaptions presentation: A/C

Wednesday, September 6

9:00 AM to 11:00 AM – Empty Bowls Project: Fireside Ceramics (prior reservations required)
1:00 to 3:00 PM - Empty Bowls Project: Fireside Ceramics (prior reservations required)

Thursday, September 7

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

Friday, September 8

7:30 PM – Tel Hai Performing Arts Series presents *Owls Nest Brass*: CWPA (Shuttle from GCC at 7:00 PM)

Monday, September 11

2:15 PM - Recycling Resources Manager, Patti Lynn, CRP from Narvon Lanchester Landfill will help us understand how to recycle: CWPA (Call the shuttle for transportation at 484-798-3057)

Tuesday, September 12

10:45 AM check in and 11:00 AM depart from GVC for Woody's Trip (prior registrations required)
12:00 PM – WEL (Widows Enjoying Lunch): MDR
1:30 PM “Jesus in Judea” Bible Study with Chaplain Hicks: GR

Wednesday, September 13

9:00 AM to 11:00 AM – Empty Bowls Project: Fireside Ceramics (prior reservations required)
11:00 AM - Choir Begins (new people welcome): A/C
1:00 to 3:00 PM - Empty Bowls Project: Fireside

Ceramics (prior reservations required)
1:00 PM - Shuttle to CROPS – sign up needed
2:00 PM – Afternoon of Song: THSR

Thursday, September 14

10:00 AM Women's Community Bible Study begins:
CWPA PS & SPDR
10:30 AM - GriefShare: HCR(2)
1:00 PM – 3:00 PM Chess Matches: HCSR
2:00 PM - Catholic Mass: A/C

Friday, September 15

9:00 AM – 1:00 PM – Resale Shop open: HZ
7:00 PM - Movie Night, 42nd Street: CWPA
► Submissions for the October "What's New?" are due. Submit articles to whatsnew@telhai.org

Saturday, September 16

11:15 Departure from GCC and 11:30 departure from SC to Lancaster Symphony Orchestra (prior registration required)

Sunday, September 17

7:00 PM – Hymn Sing: THSR Enter front door where a greeter awaits you. Audience chooses hymns you want to sing, led by Tel Haven residents

Monday, September 18

2:15 PM - Bruce E. Mowday, former newspaper reporter, will give a talk on his true crime books on Chester County's notorious Johnston gang: CWPA (Call the shuttle for transportation at 484-798-3057)
7:00 PM – Book Club: Conservatory

Tuesday, September 19

9:00 AM – Chime Choir Rehearsal: GR
1:30 PM - "Jesus in Judea" Bible Study with Chaplain Hicks: GR

Wednesday, September 20

10:30 AM – Music with Meditation: A/C
11:15 AM – Choir (new members welcome): A/C
12:30 PM Departure from GCC & 12:45 departure from SC to Fulton Plays (prior registration required)
7:30 PM – Tel Hai Performing Arts Series presents 49er's: CWPA (shuttle from GCC begins at 7:00 PM)

Thursday, September 21

10:00 AM – Women's Community Bible Study: CWPA PS & SPDR
10:30 AM – GriefShare: HCR(2)

10:30 AM – Veterans/Spouses Brunch: MR
12:00 Noon – Newbies Luncheon: GVC
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, September 22

7:00 to 9:00 PM – Dance night & Desserts in memory of Ruth Huber

Sunday, September 24 to Thursday, September 28

Adirondack trip – participants will receive departure information

Monday, September 25

2:15 PM - Hiking the Appalachian Trail by Bob Murray (son in law to residents Marty and Jane Shea). Bob proves it's never too late to fulfill a goal: CWPA (Call the shuttle for transportation at 484-798-3057)

Tuesday, September 26

9:00 AM – Chime Choir: GR
1:00 PM – Speak with Scott: GCC

Wednesday, September 27

10:30 - AM Music with Meditation – Chaplains A/C
11:00 AM – Choir: A/C
12:30 & 1:15 PM - Shuttle to Walmart
1:00 PM – Speak with Scott: GCC

Thursday, September 28

10:00 AM – Women's Community Bible Study: CWPA PS & SPDR
10:30 AM – GriefShare: HCR(2)
1:00 PM – 3:00 PM Chess Matches: HCSR

Friday, September 29

7:00 PM – Movie Night, *The Year of the Dog*: CWPA

GENERAL ANNOUNCEMENTS

Grandview Commons

Grandview Commons includes the Hillside Amenities of Tel Hai:
Amphitheater
Tennis/Pickleball Court
Resident Gardens
Event Lawn
Bocce

Flu Vaccines

Stauffer's Pharmacy will be administering flu vaccines this year on September 26, October 17, and October 31 in the CWPA Poolside from 9:00 AM to 12:00 PM. If you are interested in signing up, please visit your nearest Resident Business Center to reserve an appointment time and pick up the necessary paperwork. Shuttle service will be available by calling extension 2040. Please call Caroline Cooley (ext. 2762) or Suzanne Hafer (extension 4260) with any questions.

Pool Closing

Stonecroft Aquatic Center will be closed for maintenance October 22 through October 29, 2023. We apologize for any inconvenience this may cause.

Speaking with Scott

September 26, 1:00 PM - 2:30 PM: GCC Lobby
September 27, 1:00 PM - 2:30 PM: SPDR

Save the date:

Saturday, September 23, Lanchester Landfill (part of Chester County Solid Waste Authority) is holding its annual open house from 9:00 AM to 1:00 PM. Located on Rt 322, two miles west of Honey Brook, this is a unique and fun opportunity to learn more about this local site. Free narrated bus tours of the facility and good food are part of the day. Contact for more info: 800-626-0067, ext. 225.

Dogwood and Hertzler Block Party

September 23rd starting at 4:00 PM at Grandview. Sign up sheets will be in the RBC at Garrett from Sept 9 to the 16th. Any questions call Lesley Durr 484-722-8436 or Bunny Toscano 484-722-8277

Woods Edge Block Party September 19, 2023

Invitation in your mail by September 1st

Starting at 5:00 PM

Program includes laughs with Judy and Gwynne
Congo dance at end. Label utensils. Wear name badge.

Tel Hai Train Club Membership

The Tel Hai Train Club would like to thank you for your support of our Club and the open houses we conduct each year around the holiday season. Many man-years of volunteer time have gone into the building, maintaining and improving of the train room. We love to have the chance to show it off to all of you every year! This past holiday season of 2022 saw more than 1,000 visitors came to enjoy one of the four open houses that we held - thank you! It's engaging to watch the trains run through the various scenes on the layouts. Keep an eye out in the November & December "What's New" for the 2023 dates.

Wouldn't it be nice to be able to run the trains yourself? This would allow you the opportunity to learn how to operate trains. There's nothing like the satisfaction of seeing the smiles on the faces of the kids of all ages when they observe the layout.

Please consider joining our Club - annual membership is only \$30!

You can contact one of the following Tel Hai Train Club members to join:

Lew Weaver - Chairman

Lew Charnock - Vice-Chairman

Bob Stevens - Member-at-Large

Trouble Hearing on the Phone?

ClearCaptions is a no cost caption phone and captioning service if your hearing loss makes it difficult to use the phone. Tuesday, September 5 at 2:00 PM in the A/C you can hear more about this. Shuttle is available by calling ext. 2040.

Care Partner Support Group

The Care Partner Support Group will be held on September 28 in the Hillcrest Conference Room (2nd floor) from 2:00-3:00 PM. Shuttle is available. Please contact Caroline Cooley with any questions.

Afternoon Of Song

AOS welcomes all of us back to sing together the: "songs of our youth", 30's to 70's. Put on your calendar, so not to miss several special presentations this September 13th, at 2:00 PM in the CWPA. Shuttle to CWPA from Garrett and return after the program, for as many trips as necessary, will be made. Note: No AOS in October; we recommend you attend the special music and drama program that day in the CWPA and come back in November to AOS.

Residential Living Resident Council

Congratulations to Joan Atkins, Richard Cain, Bettye Bohrmann, and Jim Weeks on being elected for RL Resident Council.

Tel Haven Resident Council

Congratulations to the Diane Funk and Charlotte Simons and Carol Williams on being elected for the Resident Council.

What's New? Deadline

The LAST DAY to submit articles for the October "What's New?" is Friday, September 15th. Email your article to whatsnew@telhai.org.

WORSHIP

Israel 2024

Have you ever thought about visiting the Holy Land? Now is the time to seriously consider this bucket list trip. Registrations are now open and are quickly filling up for this trip from February 24 to March 7, 2024 led by Chaplain David Hicks. For more information call x-2443

Updated GriefShare to begin

Have you recently lost a loved one, or are you grieving someone who is slowly slipping away? GriefShare is a 13-week support group designed to help you on the road to healing. A newly revised edition will be presented for the first time beginning on **Thursday, September 7th at 10:30 AM in the Hillcrest Conference Room 2nd Floor**. For more information, please contact Chaplain Dave at x-2443.

Jesus in Judea Bible Study

As a follow-up to the "Jesus in Galilee" bible study presented in 2022, Chaplain Hicks will lead an 11-week course on "Jesus in Judea" beginning on **Tuesday, September 5th at 1:30 PM in the Gathering Room**. This course will explore the ministry and message of Christ in and around the region of Jerusalem.

Chime Choir and Tel Hai Choir

We are looking for new members. Chime Choir rehearses on Tuesday's at 9:00 AM in the Gathering Room. Call Frank Starr if interested (717-224-3051). The Tel Hai Choir rehearses on Wednesday's at 11:00 AM in the Chapel. Call Dave Hicks for information (x-2443).

"To God be the Glory" - The Life and

Music of Fanny Crosby, American Hymn Writer, Wednesday, October 11 at 7:00 PM in the CWPA. This evening will include music

from the Tel Hai Choir and Chime Choir, a sketch by the Tel Hai Drama Group and an impersonation of Fanny J. Crosby by Debi Irene Wahl of Act 1 Productions.

Semi-Annual Remembrance Service of Tel Hai Residents who died between February 1 and June 30, 2023. Sunday, October 29, 2:00 PM in the CWPA (and 968). The one hour service will include readings, prayers, music and remembering each resident.

HEALTH & WELLNESS

McCormick Chiropractic

McCormick Chiropractic is available for appointments. Call directly to inquire and to schedule an appointment: 610-286-7000.

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 September: Friday the 1st, from 11 AM - 4 PM. Thursday the 7th, from 1 - 4 PM. Monday the 11th, 18th, and 25th, from 11 AM - 4 PM. Tuesday, the 26th from 1 PM-4 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

Tai Chi

Tai Chi will continue from September 7 - October 26. All classes will be held on Thursdays with 2 time options (11:45 AM-12:45 PM or 1:00-2:00 PM). All classes will be held in CWPA. This 8-week session will be \$35 and will be billed directly to your Tel Hai account. Registration must be made with Gwynne Please communicate class preference when registering. Email is preferred: gjohnson@telhai.org or by phone at extension 2441.

CAMPUS SPECIAL EVENTS

LNP & Daily Local Newspapers at SC at Fireplace

We are pleased that we now have a Book Nook subscription for the Lancaster Newspaper and the Daily Local. They are placed by the fireplace. Enjoy, but do not remove until the next day.

Fulton Plays and Lancaster Symphony Orchestra

In the past we have had a substitute list for both the symphony and orchestra. The list is helpful for the ticket holders when they need a sub due to a conflict in their schedules. The substitute would pay the transportation fee and cost of the concert directly to the owner of the ticket holder. If you would like the opportunity to experience a play or orchestra, email me at jschweitzer@telhai.org or call at 610-273-9333, ext. 2154 and let me know if you would like to be on one or both lists. It's a great way to experience these events without being scheduled in to a whole season, and it helps out the owner of the season tickets tremendously.

Not Accepting Large Donation Of Books

The library committee is trying to get the word out that we are no longer accepting large donations of books. Please inform family members and friends of this new procedure. We are taking one or two newer book donations. If you have read a new book, and would like to donate it, please do. Please, no more boxes, or bags of books.

Karen Ott Neuman Offers Fall Art Classes

Many residents enjoyed Karen's demonstration of an artist technique called "Pour" at the Grandview Commons last month. She is looking forward to offering three classes in October on Wednesday afternoons from 3:30 to 4:30 PM in the Art of Everything. The three dates are October 11, 18 and 25.

Pouring Techniques with acrylics, and watercolor. The acrylics on 8 x 8 canvas with sides, the watercolors on watercolor paper

Session 1: Acrylics

Session 2: Watercolors

Session 3: Acrylics or watercolors

The cost is \$15.00 each session, and \$5.00 for supplies each session

(2 canvases or 2 w/c papers plus paint, brushes, cups, pencil)

totaling \$20.00/class.

Taking all 3 classes with supplies is \$60.00

If an artist wants to bring their own supplies, please email Karen neumann.kln@gmail.com, for the supply list of suggested colors, paper, and brushes, etc. If you are interested in signing up for the classes, contact Judy at 610-273-9333, ext. 2154 or jschweitzer@telhai.org.

Save the Date - Holiday Bazaar

The annual Holiday Bazaar will be held on Saturday, November 18 from 10:00 AM to 2:00 PM. Priority registration for residents/staff members begins Tuesday, September 5 through Tuesday, September 19. Registration for the broader community begins Wednesday, September 20. Registration forms may be found in both RBCs on Tuesday, September 5, or you may contact Judy at jschweitzer@telhai.org for an emailed copy, but not before Sept. 5.

Dance Party & Dessert Reception

In honor of Ruth Huber, who loved a good dance party and desserts, we will gather together on Friday evening September 22 in the CWPA. Tom Pardini: "our DJ for the evening" will be commentator & motivator. He is the son-in-law of Phil & Teri Tegtmeier. This special evening will resemble the American Bandstand era. Whether you can dance or not, come and enjoy the music and appreciate the friends around you. No sign up is necessary, and there will be tables set up as well as some free-standing chairs. We hope you will consider joining in.

Book Club

The Book Club at StoneCroft will be meeting Monday evening at 7:00 PM, September 18th in the Conservatory at Brownstone. We welcome new members. This month's book is TBA at our August meeting when we set up the readings for the coming year. It will appear on 965 early in September. For information, please contact Sandy Koenig at ext. 4794.

Women's Community Bible Study (CBS)

Our study this year is on Job, Joshua, Ruth and 1 & 2 Samuel. It will be held on Thursdays from 10:00 - 11:30 AM starting on September 14 for 30 weeks.

Community Bible Study is an in-depth bible study with study questions, commentaries and lessons from our Teaching Director. There is limited space, so if interested please contact Bebe Holland, bebeholland28@gmail.com or call 610-999-7907 to register.

Great Decisions

The September meeting of "Great Decisions" will meet at 1:00 PM in Scalies Dining Room starting at 1:00 PM. The topic is "Political Trends in Latin America" Great Decisions is a group that meets eight or nine times a year to discuss matters of interest in foreign policy. Sponsored by the "Foreign Policy Institute," our resources include the "Great Decisions" magazine, which is published by the FPA, and a DVD which is also produced by that organization. If you are interested in learning more about this group, please call Bill Morling at 610-273-4165. We will be receiving new members at the January meeting. All our meetings are on the 3rd Tuesday of the month @ 1:00 PM in Scalies.

Will Recchiuti Memorial Pool

Tournament

Wednesday, Sept. 20, 9:00 AM -12:00 PM

All Welcome

Bob LaDrew 484-722-8395

bonkersboy@gmail.com

Novice Billiards

Wed. evenings, 6:30 PM

Must have 2-4 students

Bob LaDrew 484-722-8395

bonkersboy@gmail.com

Pickup Billiards

Tuesdays, 10:00 AM -12 Noon

Garrett Pool Hall

Thursdays, 10:00-12 Noon, Corner Pocket

Bob LaDrew

484-722-8395 bonkersboy@gmail.com

WEL (Widows Enjoying Lunch)

Tuesday, September 12, 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 or pick up something from the garden Café. 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 **Thursday, September 21, 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

For September

Stone Croft Display Case: Handmade cards
by LouElla Yavorka

Garrett Display Case: Lladro and Royal
Doulton Figurines

Clark Gallery: Dr. Stephen Smith

Life Enrichment Lectures

Life Enrichment Lectures resume this fall

We are changing the lecture start time by just 15 minutes. Lectures this fall will have a start time of 2:15 PM on Monday afternoons. Call the shuttle for transportation at 484-798-3057

Monday, September 11, 2:15 PM, CWPA

Recycling Resources Manager, Patti Lynn, CRP from Narvon Lanchester Landfill will help us understand how to recycle. Are you confused about how to recycle? Are you interested in reducing waste or properly disposing of batteries, bulbs and hazardous materials? Bring a perplexing item and your questions to learn how to be Trash Smart with Patti Lynn. Pattie is a certified Recycling Professional in PA and has an M.A. in Teaching and a B.S. in Human Ecology from Rutgers University.

Monday, September 18, 2:15 PM, CWPA

Bruce E. Mowday, former newspaper reporter, will give a talk on his true crime books on Chester County's notorious Johnston gang. Bruce covered the trials of the three brothers for the Daily Local News and even spent two hours in a jail cell interviewing the leader of the gang. His first true crime book is *Jailing the Johnston Gang: Bringing Serial Murderers to Justice*. Books will be available for purchase.

Monday, September 25, 2:15 PM, CWPA

Hiking the Appalachian Trail by Bob Murray (son-in-law to residents Marty and Jane Shea). Bob proves it's never too late to fulfill a goal. After retiring he set out to hike the Appalachian Trail. He completed the hike in early September of 2022, and we are excited to have him lead a presentation on his adventure. The journey was from Georgia to Maine, 14 states and six months.

Monday, October 2, 2:15 PM, CWPA

Covered Bridges of PA by Jim and Gloria Smedley - Jim and Gloria represent the Theodore Burr Covered Bridge Society of PA and will discuss why bridge preservation societies were organized, give a history of early covered bridges in our state, and conclude with many photos and information about existing covered bridges in Pa.

Monday, October 9, 2:15 PM, CWPA

"Get To Know You" - please join us in welcoming new households to Tel Hai. Stay for refreshments afterwards - it's a great way to learn to know new folks.

Monday, October 16, 2:15, CWPA

The Letter, is a Vatican documentary - video presentation about the planetary crisis and the toll it's taking on nature and people. Dr. Roberta Martin, Associate Professor at Arizona State University is daughter to resident Carol Jans. Dr. Martin and her husband Dr. Greg are part of this documentary focusing on the reefs of the planet.

Monday, October 23, 2:15 PM, CWPA

Getting Old is a Blessing - Let the Aging Conversation Continue, Part 2..... by Deborah Massay - successful aging and fighting the good fight against negative age beliefs in our culture and in our minds! Come and be part of a lively discussion covering such topics as: How can we develop a healthy attitude toward aging? How do we stay connected to others with diminishing faculties? Deborah Massay is a Licensed Clinical Social Worker who integrates the psychological and spiritual dimensions in her Psychotherapy practice.

Monday, October 30, 2:15 PM, CWPA

Adventure in Southern Africa Bill Englerth recently experienced tours of 3 countries in Africa: South Africa, Zimbabwe, and Botswana. A presentation will show photos and video from his visit, including Table Top Mountain, Victoria Falls, and highlights from his 10 safaris.

TRIPS

Look for these brochures in both RBCs:

- Lititz Tea for Ladies - October 18 & 25
- Brandywine River Museum - October 26
- American Music Theater Christmas Program and lunch at Miller's Smorgasbord - December 19 & 27. Brochures will be coming out sometime in September.

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

Look for brochures in both RBCs

Fall Concert Series Begins in September

Listed below are the dates and groups coming this fall in September/October. The start time of concerts are 7:30 PM, unless a different time is noted. Tel Hai transportation will be available from the Garrett at 7 PM.

- Friday, September 8 - Owls Nest Brass Band is a professional brass ensemble from Centerville, Delaware with a repertoire that spans both sacred and secular music, including classical, pops, Broadway, patriotic, and jazz. Owls Nest Brass is composed of members with diverse backgrounds joined by their love of bringing joy through music.
- Wednesday, September 20th - 49er's Chorus presents, *The Phantom of the Operator*. The 49ers Chorus was founded

in 1952 and has been delighting audiences for 70 years throughout Chester County with their repertoire of live music, including classic and contemporary works. This year's show takes place in the oldest house in town that is said to be haunted by the phantom spirit of a 50s telephone operator! This show consists of fun-filled Broadway tunes, old classics and new age songs.

- Friday, October 6 - Jeffrey Uhlig (piano) 7 and Anna Marie Ahn Peterson (viola) - Tel Hai favorite Jeffrey Uhlig returns for a captivating and intimate evening of music with Anna Marie Ahn Peterson. Anna Marie graduated from the Curtis Institute of Music and is currently a violist with the Philadelphia Orchestra.
- Friday, October 20 - Trotters Wake Irish Band - Originally formed in Glendale, Arizona, Trotters Wake served the Southwest's Irish music needs before being reformed in Souderton, PA. the band plays in 1 to 4-piece combos of acoustic guitar/kick drum, accordion, fiddle, and bodhran, and Irish hand drum. Their style is a mixture of old and new Irish and other Celtic drinking songs, rebel songs, ballads, and traditional instrumental tunes.

Movies

Friday, September 15, 7:00 PM, CWPA:

42nd Street: The Musical. One of Broadway's most classic and beloved tales, 42nd Street, comes to the big screen in the largest ever live theatre production of the show that makes viewers feel like they are right there. Filmed at London's Theatre Royal, this eye-watering song and dance extravaganza is full of crowd-pleasing tap dancing and show-stopping ensemble production numbers. 2019. PG-13. 2 hr 35 min.

Friday, September 29, 7:00 pm, CWPA:

To be announced

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



Total Body Toning

This class is a challenging and active whole-body conditioning workout. It involves seated, standing and optional floor exercises that target improving your overall strength and balance. You will be using dumbbells, resistance bands and your body weight as resistance tools in a circuit-style format to get a head to toe workout.

Tennis

You might think it's a young person's sport but we have 8 young tennis players here at Tel Hai that really enjoy getting out and playing their hearts out. Come and join us, you will love being young again. We play Tuesday, Thursday and Saturday at 9:00 AM, Wednesday at 7:00 PM. See you on the court!

Worship Schedule September 2023

Sunday, September 3 Communion

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

Tuesday, September 5

1:30 PM “Jesus in Judea” Bible study with
Chaplain David Hicks GR

7:00 PM Men’s Bible Study HCR(2)

Thursday, September 7

10:00 AM Bible Discussion Group – THSR

10:30 AM – Noon – GriefShare HCR(2)

Sunday, September 10

9:00 AM – Chapel: CWPA or 968

Message: Pastor Dan MacDonald

Vocalist: Jan Gause

Piano: Pat Gause

10:30 AM – Chapel: A/C or 968

Message: Pastor Dan MacDonald

Vocalist: Jan Gause

Piano: Pat Gause

Tuesday, September 12

1:30 PM “Jesus in Judea” Bible study with
Chaplain David Hicks GR

7:00 PM Men’s Bible Study HCR(2)

Thursday, September 14

10:00 AM Bible Discussion Group – THSR

10:30 AM – Noon – GriefShare HCR(2)

Sunday, September 17

9:00 AM – Chapel: CWPA or 968

Message: Chaplain David Hicks

Piano: Virginia Patchel

10:30 AM – Chapel: A/C or 968

Message: Chaplain David Hicks

Piano: Virginia Patchel

7:00 PM – Hymn sing THSR

Tuesday, September 19

7:00 PM Men’s Bible Study HCR(2)

1:30 PM “Jesus in Judea” Bible study with
Chaplain David Hicks GR

Thursday, September 21

10:00 AM Bible Discussion Group – THSR

10:30 AM – Noon – GriefShare HCR(2)

2:00 PM Catholic Mass – A/C

Sunday, September 24

9:00 AM – Chapel: CWPA or 968

Message: Dwayne Walton, Director, Parkesburg
Point

Piano: Danton Arlotto

10:30 AM – Chapel: A/C or 968

Message: Dwayne Walton

Piano: Danton Arlotto

Tuesday, September 26

7:00 PM Men’s Bible Study HCR(2)

Wednesday, September 27



10:30 AM Music with Meditation – Chaplains A/C

Thursday, September 28

10:00 AM Bible Discussion Group – THSR

10:30 AM – Noon – GriefShare HCR(2)

September 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> <i>No class 9/4 Labor Day</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	10:30 –11:15am Tune Up Time GCC Gathering Room	2:00 – 3:00pm Line Dancing GCC Gathering Room <i>No class 9/1 & 9/8</i>
11:00am– 12:00pm Chair Yoga CWPA poolside <i>No class 9/4 Labor Day</i>	11:15am –12:30pm Ping Pong GCC Gathering Room <i>Advanced competition</i>	3:30 – 4:30pm Line Dancing GCC Gathering Room <i>No class 9/6</i>	11:15am –12:15pm Ping Pong GCC Gathering Room <i>Beginner/intermediate play</i>	3:30 – 4:30pm Corn Hole Behind Grandview Commons
1:00 – 2:00pm Strength & Balance SC Group Exercise Room Note new time <i>No class 9/4 Labor Day</i>	1:15 – 2:00pm Total Body Toning SC Group Exercise Room	7:00pm Tennis Grandview Commons <i>Under The Lights</i> <i>Drop in</i>	11:45am – 12:45pm 1:00 – 2:00pm Tai Chi CWPA <i>Fee to participate;</i> <i>contact Gwynne x2441 for more information</i>	SATURDAY 9:00am Tennis Grandview Commons <i>Drop in</i>
3:30 – 4:30pm Line Dancing GCC Gathering Room <i>No class 9/4 Labor Day</i>	Contact information <ul style="list-style-type: none"> • Corn Hole: Steve 570-313-4431 • 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 		TIPS FOR PROTECTING YOUR JOINTS <ul style="list-style-type: none"> ✓ Use larger or stronger joints to carry things. ✓ Use proper methods for bending, lifting, reaching, sitting and standing. ✓ Avoid activities that hurt an affected joint. ✓ Avoid staying in one position for a long period of time. Move or change positions often. ✓ Keep your muscles strong and your joints flexible. ✓ Respect pain: if you have pain that lasts for two hours or more after an activity or exercise, you've done too much. 	**Watch 965 for updates 8/22/23
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	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			

September 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.

Labor Day 9/4 GCC will have open pool only 7:30am- 11:00am no classes running. SCAC will be open 7:30am -12:00pm with no 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> 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> Resident Led 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

StoneCroft Aquatics Center Schedule September 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.

Labor Day, September 4 SCAC will be open 7:30am -12:00pm with no 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	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 Resident Led 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.