

What's New?

A newsletter for Residential Living at Tel Hai Community



Join us for these weekly events:

***Unless otherwise noted by activity coordinator**

Every Monday

10:00 AM - 12:00 PM – Drop off donations and open for shopping at Resale Shop: HZ
1:00 PM – Canasta: Conservatory
3:00 PM – Crossword Puzzle Group: AOE
7:00 PM – Pinochle: HCSR

Every Tuesday

Trash pick-up day, please have out Monday night
9:00 AM – Chime Choir Rehearsal: GR (**None Dec. 26**)
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: (**None Dec. 21**) THSR
1:00 - 3:00 PM – Train Room is open for visitors
*Except third Thursday
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 December, 2023

Friday, December 1

7:00 PM – Movie Night “Dead Reckoning-Part 1”: CWPA

Sunday, Dec. 3

3:15 PM – depart from GCC and 3:30 PM depart from SC – “Many Moods of Christmas” Program at Calvary Lutheran Church

Monday, December 4

1:00 PM – Twin Valley 4th graders with the High School students Christmas Program: CWPA

Tuesday, December 5

7:30 PM – Lukens Band Christmas Concert: CWPA

Wednesday, December 6

11:00 AM – Choir Rehearsal: A/C
1:00 PM - Shuttle to CROPS – sign up needed

Thursday, December 7

10:00 AM – Women's Community Bible Study: CWPA PS & SPDR
10:30 AM – Veterans Coffee Hour: MR
10:30 AM - GriefShare: HCR(2)
11:30 AM – 12:30 PM – Ask A Nurse: THSR
2:00 - 4:00 PM – Nimble Fingers – bring your knitting, crocheting, or other needle art projects: Conservatory

Friday, December 8

12:15 PM – check in with Rosie, group leader, for the Silver, Wood & Ivory concert: Grandview Commons (prior registrations required)

Saturday, December 9

11 AM – 2 PM – Train Club Open House: Train Room

Sunday, December 10

Caroling in Garrett Community Center late afternoon by Windsor Baptist Church – watch 965 for correct time

Monday, December 11

2:00 PM – Office of aging presentation: CWPA

Tuesday, December 12

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

1:00 PM – 3:00 PM – Beginners/Intermediate Chess
Matches: HCSR

7:30 PM – Lancaster Chamber Singers Christmas
Program: CWPA

Wednesday, December 13

11:15 AM – Choir: A/C

1:00 PM - Shuttle to Walmart – sign up needed

2:00 PM - Sing Christmas at Afternoon of Song: CWPA.
Sacred and popular music will fill the air.

Thursday, December 14

10:00 AM – Women's Community Bible Study: CWPA
PS & SPDR

10:30 AM - GriefShare: HCR(2)

11:45 AM or 1:00 PM - Tai Chi Class – Free class, no
registration required: CWPA

Friday, December 15

► Submissions for the January "What's New?" are
due. Submit articles to whatsnew@telhai.org

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

7:00 PM – Movie Night "What's Love Got to Do With
It?": CWPA

Saturday, December 16

11 AM – 2 PM – Train Club Open House: Train Room

Sunday, December 17

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

Monday, December 18

7:00 PM – Book Club: Conservatory

Tuesday, December 19

12 PM – Newbies lunch: GVC

11:30 AM and depart at 11:45– check in with Judy for
Miller's Smorgasbord/American Music Theater
Trip (prior registrations required): CWPA

Wednesday, December 20

10:30 AM - Christmas Music with Jay Daniels: A/C

1:00 PM – Tech Time with Tim: MP

7:00 PM – Victorian Christmas with music by the Tel
Hai Choir, Chime Choir and resident participation:
CWPA

Thursday, December 21

10:30 AM – Veterans/Spouses Brunch: MR

10:30 AM - GriefShare: HCR(2)

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, December 22

7:00 PM – Movie Night – "A Christmas Carol": CWPA

Sunday, December 24

10:30 AM – Christmas Candlelight Service: A/C

3:00 PM – Christmas Candlelight Service: CWPA

Tuesday, December 26

1:00 PM – 3:00 PM – Beginners/Intermediate Chess
Matches: HCSR

1:00 PM – Talk with Scott – GCC MP

Wednesday, December 27

8:45 AM check in and depart at 9:00 AM– check in
with Judy for American Music Theater Trip/Miller's
Smorgasbord (prior registrations required): CWPA

1:00 PM – Talk with Scott: SC

Thursday, December 28

2:00 PM – Caregiver Partner Support Group: HCCR

11 AM – 2 PM – Train Club Open House: Train Room

Sunday, December 31

7:00 to 10:00 PM – New Year's Eve Party and pick
your place. Parties at both the CWPA and Garrett
Community Center.

GENERAL ANNOUNCEMENTS

Christmas Decorating in the Van Trump Garden

We have 21 stumps available to decorate. If you
wish, please choose a stump and decorate it for
the holiday season! The stumps are 1'-2' off the
ground. Please use natural items (no plastic).
Any questions, contact Molly Van Zanten at ext.
4623.

Monthly Vaccine Clinic

Beginning in December, Stauffer's Pharmacy will begin visiting the Stonecroft Health Suite on the fourth Wednesday of each month to provide a variety of vaccines. Sign-up sheets are in the Resident Business Centers (GCC & SC) where you can schedule an appointment and choose what type of vaccine you are interested in receiving. Paperwork (also located in each RBC) will need to be completed in advance and brought along with you to your appointment. Sign up sheets will be removed from the Resident Business Centers 2-3 days prior to each vaccine clinic. Please contact Caroline (x2762) or Suzanne (4260) with any questions.

Enjoy Wrapping Presents?

If you are interested in wrapping presents for the items purchased from the Angel Wreath (gifts to go to the Health Care Center residents) please join us in the Gathering Room on Monday, December 4th or Monday, December 11th anytime between 10:00 AM and 2:00 PM. If you have extra wrapping paper, bags, bows or tissue paper, we would be happy to accept the donation!

Tree Lighting in Honey Brook

The Honey Brook Township Recreation, Park Board and Board of Supervisors invite Tel Hai Residents and the greater community to attend the first-ever tree-lighting ceremony prior to the Workshop Meeting on Wednesday, December 6, 2023 at 6:30 PM at 500 Suplee Road, Honey Brook, PA! This will also be the last chance to donate to Toys for Tots.

Office of Aging Presentation

Join us on December 11th at 2:00 PM in the CWPA to learn about the many services and programs that are offered through the Chester

County Department Office for the Aging. Sarah Milam and Colleen D'Alonzo will be the presenters and have a wealth of knowledge to share.

Tel Hai Woodshop

The Tel Hai Woodshop will do repair work on furniture, lamps, and other items. They are ready to repair and refinish furniture and other items. Items can be dropped off on Tuesday mornings between 8:00 AM and 11:00 AM. If you have any questions contact Hugh MacRae at 610-273-4111.

Parkway Cleaners

This is just a reminder that Parkway Cleaners comes to Tel Hai on Thursdays and returns items the next Thursday. They go to both coat closets in GCC and SC. Information and bags are in the coat closets.

What's New? Deadline

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

WORSHIP

UPDATED ISRAEL TRIP

Due to the recent conflict, and in abundance of caution, we have postponed our trip to Israel until March 1-13, 2025. For those who were unable to go in 2024, but interested in a possible future trip, stay tuned while we finalize plans and await the conclusion of the conflict in Israel.

Holiday Service Schedule

November 29 - Christmas Tree Lighting Ceremony (NEW LOCATION) at 5:00 PM in the Brownstone Garden at the firepit.

December 20 – Christmas Music Program at 10:30 AM with musician Jan Daniels: A/C

December 20 – Songs for the Season, A Christmas Concert at 7:00 PM: CWPA featuring the Tel Hai Choir and Chime Choir

December 24 – Christmas Eve Candlelight Service in the morning at 10:30 AM: A/C

December 24 – Christmas Eve Candlelight Service at 3:00 PM: CWPA

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 December: Monday the 4th, 11th and 18th from 11:00 AM-4:00 PM. Friday the 8th from 11:00 AM - 4:00 PM. Tuesday the 26th from 1:00-4:00 PM. Please contact Shelly Hansen at shellyinlight@verizon.net or 610-466-7733 to schedule an appointment.

Tai Chi

Mark your calendar for a free Tai Chi session on Thursday, 12/14. New or experienced participants are invited to a free class, either

11:45 AM - 12:45 PM OR 1:00 - 2:00 PM: CWPA, no registration required.

Tai Chi will continue from January 4 - February 22. All classes will be held on Thursday 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 \$35.00 and will be billed directly to your Tel Hai account. Registration begins Thursday, December 28, 8:00 AM. 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.

CAMPUS SPECIAL EVENTS

Care Partner Support Group

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

Train Club Holiday Open House

The Train Club welcomes you to their holiday open house from 11:00 AM - 2:00 PM on Saturday, December 9, 16 and Thursday, December 28, in the StoneCroft Train Room. Bring your grandchildren and explore all the railway communities within the detailed tablescapes and see the "four new" Christmas insert scenes/tablescapes.

Volunteer Engagement Committee:

Glove, hat and scarf drive to benefit Honey Brook Food Pantry November 20th - December 8th (baskets at both front desks)

SAVE THE DATE! January 24, CWPA:

Help celebrate the birthday of the famous Scottish poet, Robert Burns, with a traditional dinner and live entertainment by Charlie Zahm.

Volunteer Department:

Looking to volunteer? We could use some volunteers at Garrett Front desk, StoneCroft Front desk and the shuttle. Give Erika a call if you are interested (x2010).

Diabetes Self-Management Program (DSMP) – 6 week course

This program is designed to help older adults manage their diabetes. People with diabetes have similar concerns and problems in relation to their disease as well as the impact it has on their lives and emotions. This program addresses healthy eating, physical activity, monitoring, goal setting, stress management, emotions, problem solving, working with health professionals and more. DSMP is a six-week course beginning Tuesday, January 9 from 9:30 AM to 12:00 PM on Dockside of the CWPA except for the Jan. 23rd class, which will meet in the CWPA Poolside. The course is led by Karen Dixon, Brandywine Valley Active Aging from Coatesville (BVAA). About a year ago, Karen led a Chronic Disease Self-Management Class and was well received by those who took the course. Contact Judy Schweitzer at jschweitzer@telhai.org or 610-273-9333, ext. 2154 for sign up.

Library Book Sale

We are planning to have a book sale from January 9-23, 2024, in both the Garrett and StoneCroft lobbies. Please continue to pass along 1 or 2 newer book donations as able. We really do want your donations, just not the bags and boxes from moving households. We can't handle easily the volume we were receiving which included old books and donations that we knew would not sell.

Please remember to return any borrowed books from the Garrett Library back to the Garrett Library. We are not requiring sign-outs, but we do want the books back. We are stamping all

Garrett books so that you will remember to return them. We are continuing to purchase new books for the Garrett from the proceeds of our book sales, so we want to make sure everyone understands to bring them back. Thanks for your support of the library.

Caroling by Windsor Baptist Church

Look at 965 for the specific time that Windsor Baptist Church will be caroling in the Garrett on late Sunday afternoon, December 10. All are welcome to come and join in.

New Year's Eve Party – 7 to 10 PM

Save the date - we will operate similar to what we did last year. We'd like to see a party at the Garrett and one at the CWPA. We have hired Drew Lewis, DJ, for the CWPA, and Frank Starr has agreed to play his keyboard in Garrett. Please mark your calendars - more info next month.

Book Club

The Book Club at StoneCroft will be meeting Monday evening at 7:00 PM, December 18, in the Conservatory at Brownstone. We welcome new members. This month's book is "The Litigators" by John Grisham. For information, please contact Sandy Koenig at ext. 4794.

Pickup Billiards, Tuesdays

10:00 AM - 12:00 Noon:

Garrett Pool Hall,

Thursdays, 10:00 AM - 12:00 PM:

Corner Pocket

Bob LaDrew, 484-722-8395

bonkersboy@gmail.com

Jingle Bell 8-ball Tournament

Tuesday, Dec. 12, 9:00 AM-12:00 PM

Garrett Pool Hall

Bob LaDrew, 484-722-8395

bonkersboy@gmail.com

Women's Walk-in Billiards

Mondays, 2:00 - 4:00 PM: Garrett Pool Hall

Barbara Dooley (610) 273-4756

btdooley215@gmail.com

Bette Bohrman (610) 273-4191

betteannbohrman@gmail.com

WEL (Widows Enjoying Lunch)

Tuesday, December 12, 12:00 Noon: 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 Tuesday, December 19th, at Noon at Grandview Commons. (Grandview Commons is the Club House across from StoneCroft. You'll need your badge for entry.) Guest Speaker, **Dr. Monica Norris**. Doctor Norris is the Medical Director of Seniority Healthcare. Her specialty is geriatric medicine. She sees patients exclusively at Tel Hai. Come Tuesday, December 19, to meet Doctor Norris and her staff. 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 December/January

Stone Croft Display Case: Winter Theme (Holiday and seasonal items)

Garrett Display Case: Winter Theme (Holiday and seasonal items)

Clark Gallery: Professional Artist Alissa Kari Good

Movies

January 5, 7:00 PM, CWPA: Oppenheimer
The story of American scientist, J. Robert Oppenheimer, and his role in the development of the atomic bomb.

Life Enrichment Lectures

Life Enrichment Lectures for January – start time of 2:15 PM, CWPA – please call the shuttle at 484-798-3057 if you need a ride

Monday, January 8 – Nicholas Stoltzfus Homestead

Join Elam Stoltzfus as he presents the story of the Nicholas Stoltzfus Homestead located in Wyomissing. Nicholas and his wife, Anna, and their 4 children emigrated from Zweibrucken, Germany, before purchasing the house in 1771. The Stoltzfus family were part of the Old Order Amish anabaptist group. The Nicholas Stoltzfus are the progenitors for all the Stoltzfus surnames in America. Elam will also incorporate stories of what it was like for him growing up Amish.

Monday, January 15 – Berks Amish History

Lecturer Elam Stoltzfus comes again and will present the History of the Berks County Amish. In his presentation he will incorporate some of his own stories about growing up Amish in the Elverson/Honey Brook area.

Monday, January 22 - Duffy's Cut Project

Join Dr. Matt Patterson, forensic dentist, with the story of the Duffy's Cut Project which, according to Dr. Patterson, is "The most rewarding endeavor of my entire professional career." He is excited to share this story of Duffy's Cut, a railroad construction site in Chester County, Pennsylvania, where fifty-seven Irish immigrant railroad workers died amid a cholera epidemic in the summer of 1832 and were buried in a mass grave.

Monday, January 29 - Craig Caltagrione with Tap Dancing

The Life Enrichment Committee decided to lighten things up a little bit by inviting Craig Caltagrione, a one-man song & dance act. We don't see tap dancing real often anymore. Hope you'll come out to enjoy the fun.

TRIPS

Look for these brochures in both RBCs:

Thursday, January 18, Taste Buds trip to Lancaster County Career and Technology Center in Mt. Joy at the Infusions Restaurant - look for brochures in either RBC.

When you begin to think about 2024 travel, please consider traveling with Tel Hai. The trip committee has decided to do a 2-night, 3-day trip to Horseshoe Curve, Johnstown and Flight 93 memorial sometime in June, 2024. In the fall, we plan to do a trip to Williamsburg. Brochures will be coming as we work the final details with the travel company. The trip committee is currently working on 2024 day trips as well.

FALL CONCERTS

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 7:00 PM.

- Monday, December 4, 1:00 PM
Twin Valley 4th grade and High School Christmas program
- Tuesday, December 5, 7:30 PM
Lukens Band - Christmas Concert
- Tuesday, December 12, 7:30 PM
Lancaster Chamber Singers - Christmas concert
- Wednesday, Dec. 20, 7:00 PM
All community Christmas program
- Friday, January 12, 2024 - Bow Tree Brass-Bow Tree Brass is comprised of 5 musicians, and they will perform their "Decades" program. They start in 1900 and run through to the year 2000 playing tunes that best represent each decade. You'll experience a walk down memory lane.
- Friday, January 19, 2024 - Doris Hall-Gulati (Clarinet) & Dr. Paul Thorlakson (Piano) - Doris Hall-Gulati is GRAMMY WINNER in 2018 with THE CROSSING and Principal Clarinetist in The Chamber Orchestra of Philadelphia, PA Philharmonic and Ocean City Pops. She is Bass Clarinetist in Opera Philadelphia and Acting Principal Clarinetist/Principal Bass Clarinetist in the Lancaster Symphony Orchestra and Artist in Residence at Franklin & Marshall College. She is also Director of Instrumental Studies at Lancaster Bible College. Dr. Paul Thorlakson is from Lancaster Bible College. Ms. Hall-Gulati will be bringing at least 8 instruments with her. Don't miss this captivating program from a very capable and audience engaging musician.

- **Saturday, February 17 - David Kim (Violin) & Jeffrey Uhlig (Piano)** Yes, we try every year to get David Kim here. The time is **2:00 PM** in the CWPA. Please get this date on your calendars now. Note the afternoon time.

Movies

Friday December 1, 7:00 PM, CWPA

Mission Impossible: Dead Reckoning Part

1. Ethan Hunt and his IMF team must track down a dangerous weapon before it falls into the wrong hands. Tom Cruise, Hayley Atwell, Ving Rhames, Simon Pegg. PG-13.

Friday December 15, 7:00 PM, CWPA

What's Love Got to Do with It? Rescheduled due to technical difficulties that prevented it's showing in Oct. In London, an award-winning filmmaker documents her best friend's journey into an assisted marriage in line with his family's Pakistani heritage. In the process, she challenges her own attitude towards relationships. Mim ShaikhIman Boujelouah, Lily James, Emma Thompson. PG-13. 1 hr 48 min.

Friday December 22, 7:00 PM, CWPA

A Christmas Carol. A bitter old miser who rationalizes his uncaring nature learns real compassion when three spirits visit him on Christmas Eve. George C. Scott. PG.

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

December 2023 – Land Fitness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>10:30 – 11:15am</u> Tune Up Time GCC Gathering Room	<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp	<u>10:00– 11:00am</u> Chair Yoga SC Group Exercise Room	<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp
<u>9:00– 10:00am</u> <u>10:30– 11:30am</u> Gentle Flow Yoga SC Group Exercise Rm <i>Fee to participate; contact Gwynne</i> <i>No class 12/4 & 12/25</i>	<u>11:00am</u> Shuffleboard Tel Haven <i>Room closed until 12/8 for staging for holiday decorating</i>	<u>1:00 – 1:45pm</u> Resident Zumba SC Group Exercise Room <i>No class 12/20 & 12/27</i>	<u>10:30 – 11:15am</u> Tune Up Time GCC Gathering Room	<u>10:15 – 11:15am</u> Strengthen & Tone SC Group Exercise Room
<u>10:00am – 12:00pm</u> Pickleball Tel Hai Camp <i>No play 12/25</i>	<u>11:15am – 12:30pm</u> Ping Pong GCC Gathering Room <i>Advanced competition</i>	<u>2:00 – 3:00pm</u> Strength & Balance GCC Gathering Room	<u>11:15am – 12:15pm</u> Ping Pong GCC Gathering Room <i>Open to all levels of play</i> <i>No play 12/28</i>	<u>3:30 – 4:30pm</u> Corn Hole Behind or in Grandview Commons <i>No play 12/1</i>
<u>11:00am– 12:00pm</u> Chair Yoga CWPA poolside <i>No class 12/25</i>	<u>1:15 – 2:00pm</u> Total Body Toning SC Group Exercise Room	<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room <i>No class 12/20 & 12/27</i>	<i>Only on 12/14:</i> <i>Free session open to all.</i> <u>11:45am – 12:45pm or</u> <u>1:00 – 2:00pm</u> Tai Chi in CWPA	**Watch 965 for updates 11/21/23
<u>1:00 – 2:00pm</u> Strength & Balance SC Group Exercise Room <i>No class 12/25</i>	<u>Contact Information</u> <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 	<u>Personal Training Sessions</u> 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		
<u>3:30 – 4:30pm</u> Line Dancing GCC Gathering Room <i>No class 12/18 & 12/25</i>		<u>Tips to Avoid Holiday Stress & Weight Gain</u> <i>*Be realistic:</i> avoid all or nothing thinking. Embrace imperfection. <i>*Keep seasonal foods in perspective:</i> monitor length of celebration (one day instead of the entire month). Portion control. <i>*Focus on good relationships:</i> be gracious and show gratitude. <i>*Adopt a 'less is more' attitude:</i> keep things simple and personal, set-gift giving priorities. <i>*Remember:</i> it's not what you do between Christmas and New Years but what you do between New Years and Christmas!		
<u>FITNESS ROOMS</u> 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		From Attentive Health, LLC		

December 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.

SCAC & GCCP will be closed Christmas Day 12/25

	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 Updated 11/21/2023
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	None	None

StoneCroft Aquatics Center Schedule December 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.

SCAC will be closed Christmas Day 12/25

	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	3:30pm-5:30pm	None	5:15pm-7:00pm	None	3:30pm-5:30pm	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.

Worship Schedule December 2023

Sunday, December 3 - Communion

9:00 AM – Chapel: CWPA or 968
Message: Chaplain Tim Herr
Vocalist: Jan Gause
Piano: Pat Gause
10:30 AM – Chapel: A/C or 968
Message: Chaplain Tim Herr
Vocalist: Jan Gause
Piano: Pat Gause

Tuesday, December 5

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

Thursday, December 7

9:15 AM Bible Discussion Group – THSR
10:30 AM – Noon – GriefShare HCR(2)

Sunday, December 10

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, December 12

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

Thursday, December 14

9:15 AM Bible Discussion Group – THSR
10:30 AM – Noon – GriefShare HCR(2)

Sunday, December 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, December 19

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

Wednesday, December 20 Christmas

Programs

10:30 AM Christmas Music and Reflections
Organist and pianist: Jay Daniels with
Chaplains A/C

7:00 PM Victorian Christmas with music by Tel Hai
Choir and Chime Choir and resident participation
CWPA

Thursday, December 21

9:15 AM Bible Discussion Group – THSR
10:30 AM – Noon – GriefShare HCR(2)
2:00 PM – Catholic Mass A/C

Sunday, December 24 Christmas Eve

10:30 AM – Chapel: A/C or 968 Candlelight Service
Message: Chaplain Tim Herr
Music: Clark Lash/Frank Starr
3:00 PM – Chapel: CWPA or 968 Candlelight Service
Message: Chaplain David Hicks
Music: Aleta Connell

Tuesday, December 26

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

Thursday, December 28

10:00 AM Bible Discussion Group – THSR

Sunday, December 31

9:00 AM – Chapel: CWPA or 968
Message: Pastor Herb Davis
Piano: Frank Starr
10:30 AM – Chapel: A/C or 968
Message: Pastor Herb Davis
Piano: Frank Starr